

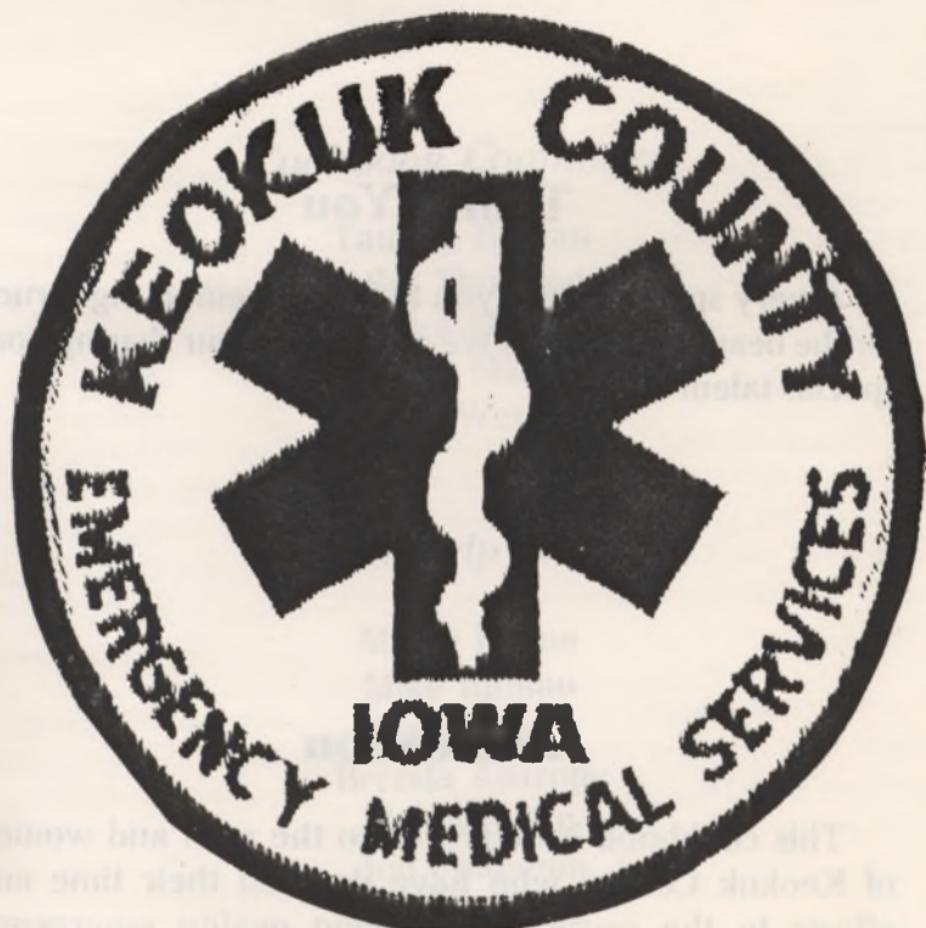
# KEOKUK COUNTY'S



## HOME STYLE COOKBOOK

Sponsored  
By Your  
Keokuk County EMS Association

KEOKUK  
COUNTY'S



HOME STYLE  
COOKBOOK

Sponsored  
By Your  
Keokuk County EMS Association

## **Expression of Appreciation**

The Keokuk County Emergency Medical Services Association wishes to express our most sincere gratitude to the individuals who donated recipes, helped with the compiling and selling or in any way contributed to the publication of this cookbook.

## **Thank You**

A very special thank you to Mina Greiner, Sigourney for the beautiful artwork. We appreciate your sharing your special talent with us.

## **Dedication**

This cookbook is dedicated to the men and women of Keokuk County who have devoted their time and efforts to the cause of providing quality emergency medical care to their fellowman.

# **Keokuk County EMS Association Officers - 1988**

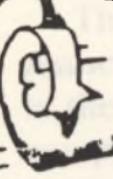
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**Mollie Payne  
Mike Buman  
Frank Mertz  
Brenda Aistrop  
Nancy Winn  
Joe Chapman  
Wanda Tolles  
Mike Tolles**



## EMS Pledge

*I do hereby solemnly pledge, before God and before man, the practice of my care with compassion and concern for the dignity and well-being of my fellow man at all times. I will render my services, in accordance with the best of my ability and judgment, to my patient, abstaining from that which may be deleterious or without benefit. Whether I shall enter into home or public place I shall hold in confidence all that I see or hear, without revealing same but as required by law.*

*Knowledge that I posses I shall willfully share with others, that they may also be of benefit. I, in turn, shall continuously seek to learn from others, that I may be of further aid in time of illness or injury. I offer my services without selfishness or hesitation, that I may render unto my fellow man alleviation of pain and suffering, to the best of my ability.*

*This I have pledged of my own free will, that others may gain relief from their suffering through my intervention. In return may it be granted that I enjoy both life and the free practice of my art; and that the respect of my fellow man be my reward.*

# Weights



# and Measures

## Standard Abbreviations

t. - teaspoon  
T. - tablespoon  
c. - cup  
f.g. - few grains  
pt. - pint  
qt. - quart

d.b. - double boiler  
B.P. - baking powder  
oz. - ounce  
lb. - pounds  
pk. - peck  
bu. - bushel

## Guide to Weights and Measures

1 teaspoon - 60 drops  
3 teaspoons - 1 tablespoons  
2 tablespoons - 1 fluid ounce  
4 tablespoons -  $\frac{1}{4}$  cup  
5 $\frac{1}{2}$  tablespoons -  $\frac{1}{3}$  cup  
8 tablespoons -  $\frac{1}{2}$  cup  
16 tablespoons - 1 cup

1 pound - 16 ounces  
1 cup -  $\frac{1}{2}$  pint  
2 cups - 1 pint  
4 cups - 1 quart  
4 quarts - 1 gallon  
8 quarts - 1 peck  
4 pecks - 1 bushel

## Substitutions and Equivalents

2 tablespoons of fat - 1 ounce  
1 cup of fat -  $\frac{1}{2}$  pound  
1 pound of butter - 2 cups  
1 cup of hydrogenated fat plus  $\frac{1}{2}$  t. salt - 1 cup butter  
2 cups sugar - 1 pound  
 $2\frac{1}{2}$  cups packed brown sugar - 1 pound  
 $1\frac{1}{3}$  cups packed brown sugar - 1 cup of granulated sugar  
 $3\frac{1}{2}$  cups of powdered sugar - 1 pound  
4 cups sifted all purpose flour - 1 pound  
 $4\frac{1}{2}$  cups sifted cake flour - 1 pound  
1 ounce bitter chocolate - 1 square  
4 tablespoons cocoa plus 2 teaspoon butter - 1 ounce of bitter chocolate  
1 cup egg whites - 8 to 10 whites  
1 cup egg yolks - 12 to 14 yolks  
16 marshmallows -  $\frac{1}{4}$  pound  
1 tablespoon cornstarch - 2 tablespoon flour for thickening  
1 tablespoon vinegar or lemon juice + 1 cup milk - 1 cup sour milk  
10 graham crackers - 1 cup fine crumbs  
1 cup whipping cream - 2 cups whipped  
1 cup evaporated milk - 3 cups whipped  
1 lemon - 3 to 4 tablespoons juice  
1 orange - 6 to 8 tablespoons juice  
1 cup uncooked rice - 3 to 4 cups cooked rice

## *QUANTITIES TO SERVE 100 PEOPLE*

Coffee — 3 Pounds	Baked Beans — 5 gallon
Loaf Sugar — 3 Pounds	Beets — 30 Pounds
Cream — 3 quarts	Cauliflower — 18 Pounds
Whipping Cream — 4 Pints	Cabbage for Slaw — 20 pounds
Milk — 6 Gallon	Carrots — 33 Pounds
Fruit Cocktail — 2½ Gallon	Bread — 10 Loaves
Fruit Juice — 4 No. 10 cans (26 lbs.)	Rolls — 200
Tomato Juice — 4 No. 10 cans	Butter — 3 Pounds
Soup — 5 Gallon	Potato Salad — 12 Quarts
Oysters — 18 Quarts	Fruit Salad — 20 Quarts
Weiners — 25 Pounds	Vegetable Salad — 20 Quarts
Meat Loaf — 24 Pounds	Lettuce — 20 Heads
Ham — 40 Pounds	Salad Dressing — 3 Quarts
Beef — 40 Pounds	Pies — 18
Roast Pork — 40 Pounds	Cakes — 8
Hamburger — 30 to 36 Pounds	Ice Cream — 4 Gallon
Chicken for Chicken Pie — 40 lbs.	Cheese — 3 Pounds
Potatoes — 35 Pounds	Olives — 1¼ Pounds
Scalloped Potatoes — 5 Gallon	Pickles — 2 Quarts
Vegetables — 4 No. 10 cans (26 lbs.)	Nuts — 3 Pounds Sorted

*To Serve 50 People — Divide by 2*

*To Serve 25 People — Divide by 4*

## *FLOUR EQUIVALENTS*

**1 Cup White Flour Equals:**

- ¾ Cup Whole Wheat Flour
- 7/8 Cup Rice Flour
- 1½ Cup Rye Flour
- 1 Cup Rye Meal
- 5/8 Cup Potato Flour
- ¾ Cup Buckwheat Flour
- 7/8 Cup Cornmeal
- 1½ Cup Oatmeal
- ½ Cup Bean Flour

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# Table of Contents

Appetizers and Beverages .....	1-18
Soups and Salads .....	19-44
Breads .....	45-68
Main Dishes .....	69-112
Game and Fish .....	113-116
Vegetables .....	117-130
Cakes and Frostings .....	131-154
Cookies, Bars and Candy .....	155-196
Pies .....	197-210
Desserts .....	211-228
Sauces and Canning .....	229-240
Children's and Fun .....	241-258
Helpful Hints .....	259-276

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# MY FAVORITE RECIPES

Recipe

Page

# Appetizers and Beverages



## Appetizers and Beverages

### APPETIZERS

Bacon Wraps	1
Bread Sticks	1
Cinnamon Snacks	1
Hidden Valley Ranch Oyster Crackers	1
Dried Beef Cracker Spread	2
"Philly" Cheese Ball	2
Tangy Cheese Ball	2
Deviled Eggs	2
Apple Dip	3
Margie's Candy Apple Dip	3
Cheese Dip	3
Clam Dip	3
Crab Dip	4
Curry Vegetable Dip	4
Dill Dip	4
Dried Beef Dip	4
Guacamole Dip	5
Ham and Spinach Dip	5
Hamburger Bean Dip	5
Hamburger Dip	5
Hot Pecan Dip	6
Mexican Dip	6
Sombrero Spread	7
Spaghetti Dip	7
Taco Dip	7,8
Vegetable Dip	8
Ram Spread	9
Mushroom Stuffers	9
Nachos Miguel	9
Onion Rings	10

Pizza Rounds	10
Vegetable Pizza	10
Veggie Pizza	11
Sugar-Coated Chex	11
Caramel Chex Mix	11
Microwave Caramel Corn	11,12
Oven Caramel Corn	12
Puppy Chow	12
Honey Nut Granola	13
Tortilla Roll-Ups	13

### BEVERAGES

Banana Shake	13
Brandy Slush	13
Easy Punch	14
Egg Nog	14
Fuzzy Navel Slush	14
Hot Chocolate Mix	14
Hot Spiced Apple Cider	15
Lime Fizz	15
Orange Slush	15
Red Punch	15
Refreshing Frozen Punch	16
Russian Tea	16
Sherbert Punch	16
Slush Punch	17
Strawberry Daquiri	17
Strawberry-Lemon Punch	17
Strawberry Slush	17
Tutti-Fruitti Ice	18
Wassail	18

## —APPETIZERS—

### BACON WRAPS

*Debora Hinnah, Sigourney*

Raw bacon

Club crackers

Wrap 1 slice of bacon (you may wish to use  $\frac{1}{2}$  slice of bacon, depending on length), around a single piece of Club cracker. Place on a jelly roll pan that has been lined with a paper bag. Place cracker and bacon on paper bag with ends down so that they do not unfold. Bake at  $350^{\circ}$ - $400^{\circ}$  until bacon is done. You will need to turn once during the baking time. Do not rush the cooking time by setting the oven temperature higher, and watch baking process at all times; paper bag may ignite.

### BREAD STICKS

*Joan Netten, Keota*

1 (24 oz.) loaf bread

1 tsp. seasoning salt

1 lb. oleo

Garlic powder (sprinkled)

Melt oleo and mix in seasoning salt. Cut bread in strips and let dry overnight. Drizzle with oleo and bake on two cookie sheets at  $250^{\circ}$  for 2-3 hours or until golden brown.

### CINNAMON SNACKS

*Karen Sheetz, Sigourney*

$\frac{1}{4}$  C. sugar

2 T. melted margarine or butter

$\frac{3}{4}$  tsp. cinnamon

$\frac{1}{2}$  of a 10 oz. pkg. frozen waffles

Combine sugar, butter and cinnamon; mix well. Spread both sides of waffles with mixture. Cut waffles into strips. Bake on foil-covered cookie sheet at  $400^{\circ}$  about 7 minutes. If desired, serve with flavored yogurt as a dip.

### HIDDEN VALLEY RANCH OYSTER CRACKERS

*Kathy Thompson, Ollie*

12-16 oz. oyster crackers

$\frac{1}{4}$  tsp. garlic powder

1 pkg. Hidden Valley Ranch buttermilk  
dressing mix

$\frac{1}{4}$  C. salad oil

$\frac{1}{4}$  tsp. lemon pepper

$\frac{1}{2}$ -1 tsp. dill weed

Combine dressing mix and oil; add dill weed, garlic powder and lemon pepper. Pour over crackers, stir to coat. Place in warm oven for 15-20 minutes.

## CRACKER SPREAD (Dried Beef) *Marlene Leinenweaver, South English*

1 (8 oz.) pkg. Philly cream cheese	Onion salt, to taste
1 T. onion soup mix	Garlic salt, to taste
1 T. salad dressing	1 pkg. dried beef

(If too thick and stiff, add a little milk.) Tear dried beef into tiny pieces and stir into creamed mixture. Chill. Serve with Ritz crackers.

## "PHILLY" CHEESE BALL

*Karen Greiner, Harper*

1 (8 oz.) container Cracker Barrel sharp cheddar cold pack cheese (shredded)	1 (8 oz.) pkg. cream cheese
2 tsp. chopped pimiento	2 tsp. chopped green pepper
1/2 tsp. lemon juice	2 tsp. chopped onion
	1 tsp. Worcestershire sauce

Combine shredded cold pack cheese and softened cream cheese, mixing until well blended. Add remaining ingredients; mix well. Form into a ball. Chill. Serve with crackers.

## TANGY CHEESE BALL

*Kathy Thompson, Ollie*

2 (8 oz. ea.) pkgs. cream cheese	1 T. Worcestershire sauce
3/4 C. crumbled bleu cheese	Chopped parsley
1/4 C. minced onion	

Use cheese at room temperature. Put in food processor with onion and Worcestershire sauce. Beat until fluffy. Cover and chill 3-4 hours. Mold into ball and roll in parsley.

## DEVILED EGGS

*Rita M. Reasor, Sigourney*

6 hard boiled eggs	1/2 tsp. Worcestershire sauce
1 can chicken spread	1/2 tsp. prepared horseradish
1/4 C. mayonnaise (any brand)	1/4 tsp. dry mustard

Cut eggs into half lengthwise. Scoop out yolks; mash. Blend with remaining ingredients. Pile mixture into egg whites. Sprinkle with paprika.

## APPLE DIP

*Christie Sellers, Sigourney*

½ C. brown sugar  
½ C. white sugar  
Apples

1 (8 oz.) pkg. cream cheese  
Vanilla to taste

Let cream cheese set at room temperature. Cream ingredients together until creamy. Can use mixer or blender. Slice apples and dip.

## MARGIE'S CANDY APPLE DIP

*Tanna Huber, Keota*

1 (8 oz.) pkg. cream cheese  
¾ C. brown sugar

¼ C. white sugar  
1 tsp. vanilla

Mix together well in mixer or blender and serve with sliced apples, bananas, strawberries, etc.

## CHEESE DIP

*Laurie Altenhofen*

2 (5 oz. ea.) jars Kraft Old English  
cheese spread  
1 (8 oz.) pkg. Philadelphia cream  
cheese

6 strips bacon  
(fried and crumbled)  
Dash garlic salt

Cream together cheese spread, cream cheese and garlic salt. Stir in bacon. Chill.

## CLAM DIP

*Debora Hinnah, Sigourney*

6 oz. cream cheese (softened)  
1 tsp. lemon juice  
1 tsp. Worcestershire sauce

1 (7 oz.) can minced clams  
Garlic salt  
Pepper

Blend liquids into cream cheese. Drain clams, reserving liquid. Stir in clams and enough clams liquid to make dip desired thickness. Season to taste. Refrigerate several hours to mellow flavors.

## CRAB DIP

1 can snow crab (drained)  
1 can undiluted cream of mushroom soup  
8 oz. cream cheese  
2 ribs celery (finely chopped)

*Sue Bennison, Lakewood, Colo.*

Mix crab, cheese, mayonnaise, celery and onions. Dissolve gelatin in  $\frac{1}{4}$  C. cold water. Add to soup that has been heated. Mix all together quickly - molds very well.  
For Shrimp Dip: Substitute shrimp and change soup to tomato.

## CURRY DIP (Vegetable Dip)

*Mollie Payne, Dubuque*

2 C. real mayonnaise  
2 tsp. tarragon vinegar  
2 tsp. garlic salt  
 $\frac{1}{2}$  tsp. garlic powder

2 tsp. curry powder  
2 tsp. horseradish  
1 small onion (grated)

Mix thoroughly all ingredients. Dip vegetables.

## DILL DIP

*Mollie Payne, EMT-P, Dubuque*

1 C. real mayonnaise  
1 C. sour cream  
2 tsp. seasoning salt

1 tsp. minced onion  
1 tsp. dill weed

Mix together thoroughly all ingredients. Dip vegetables in or top baked potatoes.

## DRIED BEEF DIP

*Cindy Bowermaster, Hedrick*

3 (2.5 oz. ea.) pkgs. dried beef  
3 (8 oz. ea.) pkgs. cream cheese  
2 T. Worcestershire sauce

2 T. Accent  
2 bunches green onions

Mix cream cheese, Worcestershire sauce and Accent together. Dice dried beef and onions. Mix with cream cheese. Serve on snack crackers.

## GUACAMOLE DIP

*Kathy Thompson, Ollie*

2 avocados (peeled and pitted)  
1 medium onion (finely chopped)  
1 can chopped green chilies  
1 T. lemon juice  
1 tsp. salt

1/2 tsp. coarse ground pepper  
1/2 tsp. ascorbic acid  
1 medium tomato (finely chopped)  
1/2 C. shredded cheese  
1 C. shredded lettuce

Mash avocados until smooth (food processor works nice). Add onion, green chilies, lemon juice, salt, pepper and ascorbic acid. Fold in tomatoes. Chill in refrigerator 1 hour. Stir and put on bed of shredded lettuce and top with cheese.

## HAM AND SPINACH DIP

*Sandy Greiner, Keota*

1 pkg. frozen chopped spinach  
(squeeze dry)  
1 C. chopped ham

8 oz. softened cream cheese  
8 oz. sour cream  
Dash of dehydrated onion

Whip cream cheese and sour cream until blended. Squeeze spinach and add to cream mixture, add onion and ham. Chill. Prepare several hours ahead in order to get flavors to blend.

## HAMBURGER DIP

*Susan Snakenberg, Sigourney*

1/2 lb. browned hamburger  
1 can bean dip  
1 small jar jalapeno Cheese Whiz

Oregano  
Garlic powder  
Dehydrated onion

Brown hamburger. Combine bean dip and cheese. Add oregano, garlic powder and onions to taste. Heat it and serve warm with nacho chips.

## HAMBURGER BEAN DIP

*Nancy Harris, Sigourney*

1 lb. ground beef (browned)  
1 C. tomato sauce  
1 small can green chile pepper  
(chopped)

1 tsp. Worcestershire sauce  
1 lb. Velveeta  
3-4 green onions (chopped)  
1/3 C. green peppers

Mix everything together. Put in casserole and bake at 350° for 3-4 hours or use crock pot. Very good with corn chips.

## HOT PECAN DIP

*Cindy Hewitt, Keosauqua*

8 oz. cream cheese  
2 T. milk  
1 tsp. onion salt

½ C. pecans  
1 small pkg. dried beef  
(chopped fine)  
¼ pint sour cream

Combine and place in a small shallow casserole dish. Heat and crisp ½ C. pecans in 2 T. butter. Put on top of cheese mixture. Bake 20 minutes at 350°.

## MEXI DIP

*Thomas Christy, Bonaparte, IA*

2 cans refried beans  
1-1½ lbs. ground chuck  
8 oz. sour cream  
1-2 medium tomatoes  
1 medium onion

1 (16 oz.) jar taco sauce  
(hot medium)  
1 head lettuce (chopped)  
1 C. shredded cheese  
½ C. milk

Fry ground chuck and drain off excess fat. Place in mixing bowl and add 2 cans refried beans to it. Stir in ½ C. milk to smooth consistency. Place in 9x13-inch dish and smooth out. Add sour cream to top and smooth out, sprinkle onions and jar of taco sauce spread out over layer. Top off with chopped lettuce, tomatoes, onions, cheese.

## MEXICAN DIP

*Laurie Altenhofen*

### MIX TOGETHER:

2 cans refried beans

2 pkgs. taco seasoning

2 boxes sour cream  
1 can black olives (chopped)  
2 small onions (chopped)

1 jar jalapeno peppers (chopped)  
16 oz. shredded mozzarella cheese

Mix together refried beans and taco seasoning. Layer everything in order given above.

*Keep smiling - it will make people wonder what you've been up to!*

## SOMBRERO SPREAD

*Kathy Thompson, Ollie*

1 lb. lean hamburger	3 tsp. chili powder
½ C. onion (chopped)	1 tsp. salt
½ C. hot sauce	15 oz. kidney beans (with liquid)

### GARNISH:

1 C. shredded sharp cheddar cheese	½ C. black olives (chopped)
½ C. onion (chopped)	

Brown meat and onion. Stir in hot sauce, chili powder, and salt. Mash in beans, heat through. Garnish with cheese, olives and onions. Serve with Tostito chips.

## SPAGHETTI DIP

*Tammy Buman, Sigourney*

1 lb. hamburger or sausage	Oregano and other spices as per
1 small onion	personal preference
1-2 cloves garlic (minced or	1½ lbs. mozzarella cheese
garlic salt)	½ lb. cheddar cheese
1 large jar spaghetti sauce	Loaf of French bread

Brown meat with onion and garlic; drain well. In pan or crock pot combine the sauce, meat, spices and cheese. Simmer on low or place crock pot on low until cheese melts. Serve with French bread dippers.

## TACO DIP

*Kay Peiffer, Sigourney*

1 can refried beans

### NEXT LAYER:

1 C. sour cream	3 T. mayonnaise
1 pkg. taco season mix	

### TOP WITH:

Shredded lettuce	Black olives
Tomatoes	Shredded cheese

## TACO DIP

*Sharon Lyle, Keota*

8 oz. cream cheese  
8 oz. sour cream or yogurt  
½ pkg. taco seasoning mix  
8 oz. jar taco sauce

OPTIONAL TOPPINGS:  
Ground beef or beans  
Shredded lettuce  
Cheese  
Tomato

Mix the cream cheese, sour cream, and taco seasoning in bowl. Spread on round platter and top with taco sauce. Add additional toppings in any combinations of beef, cheese, lettuce, tomatoes and beans. Serve with tortilla chips.

## VEGETABLE DIP

*Rosemary Adam, Sigourney*

2 C. mayonnaise  
4 T. soy sauce  
3 T. instant onion

Small amount salad mustard  
(to taste)  
Small amount ginger (to taste)  
1 tsp. vinegar

Stir together. Chill thoroughly. (HINT: Better taste if allowed to chill for several hours.)

## VEGETABLE DIP

*Virginia Orman  
(Submitted by Joan Netten), Keota*

2 T. lemon juice  
1 C. cottage cheese

¼ C. buttermilk  
2 T. mayonnaise

Mix lemon juice into the cottage cheese. Add buttermilk and mayonnaise and blend well in blender. Serve dip wth carrots, celery, pepper, cauliflower, and broccoli.

## VEGETABLE DIP

*Kathy Thompson, Ollie*

2 C. real mayonnaise  
1 C. sour cream  
1 C. mozzarella cheese  
1 T. Parmesan cheese

1 tsp. parsley flakes  
1 tsp. garlic  
1 tsp. Accent

Blend all ingredients together. Cool and serve with raw veggies.

## HAM SPREAD

Keokuk County Porkettes

1 (8 oz.) pkg. cream cheese  
1/4 C. real mayonnaise  
2 C. ground ham

1 T. parsley  
1 tsp. onion (chopped fine)  
1/4 tsp. dry mustard

Blend all ingredients together. Serve with crackers or vegetables. Makes about 2 C.

## MUSHROOM STUFFERS

Denny Lyle, Keota

1 lb. fresh mushrooms  
(cleaned and stemmed)  
2 T. finely chopped onion  
1/4 C. butter or margarine

1/4 C. Italian style dry bread  
crumbs  
1/3 C. (1 1/2 oz.) shredded cheddar  
or Swiss cheese

Finely chop mushroom stems. Saute with onion in butter about 5 minutes or until onion is tender. Cool slightly. Stir in bread crumbs and cheese. Fill caps. Place filled side up in shallow baking dish. Add warm water to cover bottom of dish about 1/2-inch deep. Bake in 350° oven for about 20 minutes or until cheese is bubbly and mushrooms are heated through.

## NACHOS MIGUEL

Mike Buman, Sigourney

Nacho chips (lightly salted)  
8 oz. American cheese (shredded)  
8 oz. Monterey Jack cheese  
(shredded)  
Spanish paprika

15 oz. can refried beans  
with bacon  
2 1/4 oz. can sliced ripe olives  
Cookies taco sauce

Heat refried beans in a saucepan, stirring frequently. When they become thoroughly heated and stir readily, remove from heat. Next arrange a single layer of nacho chips on a microwaveable plate. Add approximately 1/2 of American cheese, covering chips. To this add small spoonfuls of refried beans so that chips are evenly distributed with same. Next sprinkle with 1/2 of Monterey Jack cheese. Sprinkle with ripe olive slices, then add taco sauce to taste. Sprinkle with Spanish paprika. Add second layer of chips over the first, repeating initial steps, using remaining cheese and olives. Microwave at temperature level 7 for 1 1/2 minutes, then at full power for 1 minute additional. Remember to turn plate approximately 1/4 turn every 30 seconds unless using a turntable. Serves 1-4, depending upon whether served as a meal or an appetizer.

## ONION RINGS

*Cindy Hauschilt, Marengo*

1 can beer  
1 egg  
Onions

Pinch of sugar  
Flour

Stir together beer, egg, sugar and enough flour to thicken the mixture. Dip sliced onions in mixture and lay on cookie sheet until ready to deep fat fry.

## PIZZA ROUNDS

*Susan Snakenberg, Sigourney*

1 loaf party rye bread  
1 can pizza sauce  
1/2 lb. browned hamburger or sausage  
2 C. mozzarella cheese

Onion  
Mushrooms  
Olives

Place slices of bread on cookie sheet. Spoon on sauce. Add hamburger and favorite toppings. Sprinkle on cheese, then broil until cheese melts. Makes 2 large cookie sheets full.

## VEGETABLE PIZZA

*Pauline Ward, Ollie*

2 tubes (8 count each) refrigerated  
crescent rolls  
3/4 C. salad dressing or mayonnaise  
1/2 C. sour cream  
2 (8 oz. ea.) pkgs. cream cheese  
(softened)  
1 envelope Ranch style dressing mix

3/4 C. green onions (chopped)  
3/4 C. tomatoes (diced)  
3/4 C. chopped broccoli  
3/4 C. carrots (sliced)  
3/4 C. cauliflower (sliced)  
3/4 C. green pepper (chopped)  
3/4 C. cheddar cheese (shredded)

Cover bottom of 11x17-inch baking pan (jelly roll pan) with the sheets of crescent roll dough, patting and stretching to fit. Bake at 350° for 7-8 minutes or until brown. In mixing bowl, combine salad dressing, sour cream, cream cheese and dressing mix. Spread over crust in pan. Combine vegetables, tossing to mix, and distribute evenly over cheese mixture. Cover with plastic wrap and push vegetables into cheese. Refrigerate, still covered, 3-4 hours. Cut into bars to serve. Makes about 3 dozen small bars. Half of this recipe may be prepared in 9x13-inch pan.

## VEGGIE PIZZA

*Kathy Smit/Linda Werger, Keota*

2 tubes crescent rolls

Press out on cookie sheet and bake as directed.

MIX:

2 (8 oz. ea.) pkgs. cream cheese

1/2 tsp. garlic powder

1/2 C. mayonnaise

1 tsp. minced onion

2 T. dill weed

Spread over cooled crust. Top with vegetables, finely cut: broccoli, cauliflower, carrots, cucumbers, radishes, peppers, tomatoes (seeded). May use other vegetables of choice. Refrigerate.

## SUGAR COATED CHEX

*Nancy Sasseen/Linda Werger, Keota*

2 sticks oleo

1 (12 oz.) pkg. peanut butter

1 C. peanut butter

chips

Melt and add 14 C. Rice Chex. Throw in brown grocery bag and dust with 1 lb. powdered sugar. Store in tight container.

## CARAMEL CHEX MIX

*Karen Vittetoe, Keota*

1 C. margarine

2 C. brown sugar

1/2 C. Karo syrup

Cook until melted and to boiling point. Then pour over cereal mixture of 1 box Rice Chex, 1 box Wheat Chex, and 1 can party peanuts. Bake in oven for 1 hour at 200° on cookie sheets. Stir every 15 minutes or so. Then cool and put in Tupperware container.

## MICROWAVE CARAMEL CORN

*Kathy Smit/Linda Werger, Keota*

1 C. brown sugar

1/2 tsp. salt

1 stick oleo

3-4 qts. popped corn

1/4 C. white Karo syrup

1/2 tsp. baking soda

Combine all ingredients, except soda and popcorn in 1 1/2-2 qt. dish. Bring to a boil in microwave. Then cook on full power for 2 minutes. Remove from microwave and stir in soda. Put popped corn in brown grocery sack. Pour syrup over corn. Close bag and shake. Cook in bag on high in microwave for 1 1/2 minutes. Shake bag and cook another 1 1/2 minutes. Pour onto waxed paper and allow to cool. Break apart as caramel corn cools.

## MICROWAVE CARAMEL CORN

*Kathy Thompson, Ollie*

1 C. brown sugar  
½ C. oleo  
¼ tsp. vanilla

¼ C. white corn syrup  
½ tsp. baking soda  
3-5 qts. popped corn

Bring to boil in 2-qt. glass bowl: vanilla, sugar, oleo, syrup. Boil on high 2 minutes in microwave. Remove from oven, stir in soda. Put popcorn in doubled paper grocery bag. Pour syrup mixture over corn. Fold over top of bag and place in microwave. Microwave on high for a total of 3 minutes. Remove bag from oven every 60 seconds and shake vigorously. Spread caramel corn on waxed paper to cool. Store in tightly covered container. \*Doubled grocery bag keeps corn from burning.

## OVEN CARAMEL CORN

*Cassidy Stull, Sigourney*

6-8 qts. popped corn  
2 C. brown sugar  
½ C. white syrup

2 sticks margarine  
1 tsp. salt  
1 tsp. soda

Stir together brown sugar, syrup, margarine and salt. Cook these to full boil and continue to boil 1 minute. Remove from heat and add soda. Beat with spoon, then pour over popcorn. Spread this onto cookie sheets and bake at 200° for 1 hour, stirring 2-3 times.

## PUPPY CHOW

*Lola Powers, Farmington  
Cindy Hewitt, Bonnie Carter, Keosauqua  
Rita Reasor, Sigourney  
Wanda Tolles, What Cheer*

1 stick butter  
1 C. peanut butter  
1 C. chocolate chips

1 box Crispix cereal  
2 C. powdered sugar

Melt together butter, peanut butter and chocolate chips. Empty Crispix into large bowl and pour chocolate mixture over top and stir until cereal is evenly coated. Let cool for 1 hour. Pour cereal into large brown paper sack with the powdered sugar. Shake until cereal separates into individual pieces. Store in airtight container.

## HONEY NUT GRANOLA

Sharon Lyle, Keota

2 1/2 C. Quaker Oats	1/4 C. bran or wheat germ
1/2 C. brown sugar	1/4 C. coconut
1/2 C. sunflower seeds or nuts	1 tsp. cinnamon
1/3 C. honey	1 tsp. vanilla
1/3 C. margarine (melted)	1/2 C. raisins
	1/2 C. apricots (dried)

Preheat oven to 325°. Combine all ingredients except raisins and apricots and mix well. Bake in lightly greased 9x13-inch pan for 20-25 minutes, stirring occasionally. When done baking, stir in raisins and apricots. Spread mixture on ungreased cookie sheet to cool. Store in cool dry place or refrigerate. Makes about 6 C.

## TORTILLA ROLL-UPS

Barb Henderson, Keota

1 pkg. soft tortilla shells	1/2 C. black olives
1 (8 oz.) pkg. cream cheese	1/4 C. onion
2 T. green chile peppers	1 tsp. garlic

Combine black olives, green chile peppers, onion and garlic. (I use food processor.) Then add cream cheese. Mix to spreading consistency. Spread on tortilla shells. Roll shell and cut in 2-inch chunks. Dip in salsa sauce when eating. Big party favorite!

## —BEVERAGES—

### BANANA SHAKE

Cory Van Den Heuvel, What Cheer

1 ripe banana	1 large scoop vanilla ice cream
1 C. milk	

Put milk, ice cream and peeled banana in blender. Blend until smooth. Pour into two glasses and share with a friend.

### BRANDY SLUSH

Linda Werger, Keota

1 (12 oz.) can frozen grape juice	2 C. blackberry brandy
1 (12 oz.) can frozen lemonade	2 C. sugar
8 C. water	

Boil water and sugar until sugar dissolves. Cool. Add remaining ingredients and freeze. To Serve: Spoon a glass about half full with slush mixture and add 7-Up.

## **EASY PUNCH**

*Voncile Burton Henderson, Keota*

1 pkg. Kool-Aid (cherry or lemon)	1 (6 oz.) orange juice concentrate
1 pkg. Kool-Aid (strawberry or orange)	1 (6 oz.) lemonade
2 C. sugar (I use 1 1/2 C.)	1 qt. bottle ginger ale
3 qts. water	Small can pineapple juice

Heat sugar and water. Cool and add rest of ingredients and let set. Can be made the night before and store in refrigerator. When ready to serve, add the 1 bottle of ginger ale.

## **EGG NOG**

*Nancy Harris, Sigourney*

2 eggs (well beaten)	1 (15 oz.) can Eagle brand milk
1 tsp. vanilla	1/2 tsp. salt
1 qt. whole milk	1/2 pt. whipped cream
Nutmeg	

Beat eggs. Add Eagle brand milk, vanilla, salt, until thoroughly blended. Gradually add milk. Fold in whipped cream. Top with nutmeg.

## **FUZZY NAVEL SLUSH**

*Pam Gitter, Harper*

9 C. water	2 large cans frozen orange juice
1 1/4 C. sugar	1 fifth peach schnapps

Boil water and sugar. Cool to lukewarm and add juice, stir to dissolve. Add schnapps. Freeze for about 24 hours. To serve, place desired amount of slush in glass and combine with 7-Up.

## **HOT CHOCOLATE MIX**

*Debora Hinnah, Sigourney  
Judy Winn, Ollie*

1 (1 lb.) box Nestle's Quik	1 (8 qt.) box powdered, non-fat
1 (6 oz.) jar Coffeemate	dry milk
1 1/2 C. powdered sugar	

Mix all ingredients together well. Store covered in a cool, dry place. Put 1/3 C. of mix in 1 C. boiling water. Stir and enjoy. This recipe is more economical if your family uses a lot of hot chocolate.

## HOT SPICED APPLE CIDER

*Cindy Snakenberg, Sigourney*

2 qts. sweet apple cider  
1 tsp. whole cloves  
1 tsp. whole allspice  
Few grains salt  
Red apple slices

2 cinnamon sticks  
(about 3-inches each)  
½ C. firmly packed light brown  
sugar

Combine apple cider, cloves, allspice, cinnamon sticks, brown sugar and salt in a heat-resistant glass punch bowl. Heat uncovered in microwave oven to boiling (15-20 minutes at High, or if using temperature probe, set at 170° and at High.) Stir cider. Remove spices. Serve hot, garnished with apple slices. Makes about 2 quarts.

## LIME FIZZ

*Christopher Sellers, Sigourney*

½ C. lime juice  
¾ C. sugar

2 C. water  
2 (7 oz. ea.) bottles carbonated  
water

Measure lime juice and put in a pitcher. Add sugar and water. Stir. Add ice to glasses. Put ½ C. lime mixture in a glass and fill with carbonated water. Add mint sprigs.

## ORANGE SLUSH

*Linda Werger, Keota*

1 large can frozen orange juice  
1 large can frozen lemonade  
1 C. sugar

1 C. hot tea (tea bag)  
1-2 C. Vodka

Mix and freeze. To serve, fill glass half full of slush and remaining glass with Squirt or 7-Up. More slushy if use 1 C. vodka.

## RED PUNCH

*Debra Walker, What Cheer*

2 pkgs. raspberry Kool-Aid  
2 pkgs. cherry Kool-Aid  
1 (46 oz.) can unsweetened pineapple  
juice

3½ C. sugar  
6 qts. water  
2 (6 oz. ea.) cans frozen lemonade  
1 qt. 7-Up

Mix all ingredients except 7-Up. Refrigerate overnight. Just before serving add chilled 7-Up. Mix well. Serves 50. May be halved to make a little over 1 gal. punch.

## REFRESHING FROZEN PUNCH

*Pat Hultman, Keota*

1 large bottle cranberry juice  
2 pkgs. raspberry Kool-Aid  
1 qt. ginger ale

1 1/2 qts. water  
1 C. sugar (more if desired)

Mix juice, Kool-Aid, water and sugar together until sugar is dissolved. Pour into container and freeze. Will keep for weeks in the deep freeze. Remove from freezer 4-5 hours before ready to serve. Add 1 qt. ginger ale just before serving. Good served while slushy.

## RUSSIAN TEA

*Kathy Thompson, Ollie*

1 1/3 C. Tang  
1/2 C. sugar  
1/2 C. instant tea

1 tsp. cinnamon  
1/2 tsp. cloves

Combine and store in tightly covered jar. 1 qt. = 1/2 C. mix in 1 qt. boiling water. Can be made by the cup.

## RUSSIAN TEA

*Debora Hinnah, Sigourney*

2 C. Tang  
1/2 C. dry Wyler's lemonade mix  
3/4 C. instant tea  
1/2 tsp. allspice

1 3/4 C. sugar (can use less or use an artificial sweetener)  
1 tsp. cinnamon  
1/2 tsp. cloves

Mix all ingredients together. Store covered in a cool, dry place. Use 1 heaping teaspoon of tea mix to 1 C. boiling water. A nice change on a cold Iowa morning!

## SHERBET PUNCH

*Linda Werger, Keota*

5 big pkgs. Wyler's lemonade  
8 qts. water  
4 qts. 7-Up

2 (1/2 gal. ea.) sherbet (any kind)  
Drop of food coloring for  
desired color

Mix lemonade and water. Add 7-Up. Drop sherbet by large spoonfuls into liquid and stir. Serves 90.

## SLUSH PUNCH

*Pat Hultman/Linda Werger, Keota*

1 pkg. family size Jello  
(use flavor you want for color)

2 C. hot water

Dissolve Jello in water.

ADD: 2 C. sugar

2 C. cold water

Stir until well dissolved.

ADD: 1 (46 oz.) can unsweetened pineapple juice

Stir until well mixed and freeze. Take out of freezer about 2 hours before serving.  
Mash up with potato masher and add 2-qts. ginger ale or 7-Up. Serves 22.

## STRAWBERRY DAIQUIRI

*Tammy Buman, Sigourney*

1 (6 oz.) can frozen lemonade  
6 oz. vodka

1 small pkg. frozen strawberries  
12-14 ice cubes (crushed)

Put all in blender and slush. Serve in sugar rimmed glass. Can substitute peaches, bananas, etc., for strawberries.

## STRAWBERRY-LEMON PUNCH

*Kathy Thompson, Ollie*

1 (6 oz.) can lemonade  
1 pkg. frozen strawberries  
1 (6 oz.) can orange juice  
1 qt. Club Soda

1 qt. ginger ale  
1 bag ice  
Slices bananas, oranges and  
lemons

Mix lemonade, orange juice concentrate with strawberries. Add soda and ginger ale and ice. Garnish with slices of bananas, oranges and lemons. \*Very pretty punch!

## STRAWBERRY SLUSH

*Holly Van Den Heuvel, What Cheer*

1 pkg. strawberries  
2 scoops Wyler's lemonade

1 C. 7-Up  
Blender of ice

Put ice cubes in blender. Add rest of ingredients and mix well. Serve in tall glasses.

## TUTTI-FRUITTI ICE

*Christopher Sellers, Sigourney*

1 (1 oz.) pkg. each orange, lime,  
cherry powder drink mixes  
Sugar

Water  
Chilled lemon-lime carbonated  
beverages

Mix each flavor drink mix with  $\frac{2}{3}$  C. sugar and 4 C. water. Pour into separate ice cube trays and freeze. To serve, put 1 cube of each flavor into a glass and fill with lemon-lime beverage.

## WASSAIL

*Mary Blake (Submitted by Debora Hinnah)*

1 gal. apple cider  
1 C. brown sugar  
1 (6 oz.) can frozen lemonade  
concentrate  
1 (6 oz.) can frozen orange juice  
concentrate

1 T. whole cloves  
1 T. whole allspice  
1 tsp. ground cinnamon  
1 tsp. ground nutmeg  
24 cinnamon sticks (opt.)

Combine cider, sugar and concentrates. Can add 1 or 2 quarts water. Tie cloves and allspice in cheese cloth; add to liquid along with cinnamon and nutmeg. Simmer covered 20 minutes. Discard cheese cloth bag. Serve hot with cinnamon stick stirrer, if desired. Makes 24 punch cup servings.

Mix all ingredients together and spoon into a large punch bowl. Add ice cubes and serve.

Ice cubes are added to the punch bowl to dilute the juice.

# Soups and Salads



## Salads and Soups

### SALADS

Cottage Cheese Salad	19
North Woods Inn Cottage Salad	19
Tasty Cottage Salad	19
Curly Macaroni Salad	19
Mostaccioli Salad	20
Pasta Salad	20
Glorified Rice	20
Rice Salad	20
Grape-Poppy Seed Slaw	21
Slaw	21
Slaw (Like Kentucky Fried Chicken)	21
Texas Coleslaw	22
Spinach Salad	22
Broccoli Salad	22
Fresh Broccoli Salad	23
Garden Pasta Salad	23
Hot German Potato Salad	23
Fresh Mushroom Salad	24
Raw Vegetable Layer Salad	24
Sauerkraut Salad	24
Vegetable Salad	25
Angel Hash Salad	26
Applesauce Salad	26
Banana Split Salad	26
Bing Cherry Salad	27
Broken Glass Salad	27
Butter Brickle Salad	27
Cherry Pie Filling Salad	28
Cranberry Salad	28
Fresh Cranberry Salad	29
Cranberry Salad	29
Frozen Fruit Salad	29
Lemon Salad	29
Lime Salad	30
Low Calorie Salad	30

Orange Tapioca Salad	30
Pink Salad	31
Pretty Pink Salad	31
Pimento Cheese Salad	31
Pineapple and Cheese Salad	31
Raspberry Delight Salad	32
Ribbon Salad	32
7-Up Applesauce Salad	33
Seven Layer Salad	33
7-Up Salad	33
Strawberry Fluff Salad	34
Strawberry Salad	34
Tapioca Salad	35

### SOUPS

Bayou Gumbo	35
Bean Soup	36
Bean and Bacon Soup	36
Hearty Bean Soup	36
Beef Chowder	37
Broccoli Soup	37
Broccoli Cheese Soup	37,38
Cream of Broccoli Soup	38
Celery Soup	39
Chili Soup	39
Cold Cucumber Soup	39
Hamburger Soup	40
Lentil Soup	40
Mexican Chihi Cheese Soup	40
New England Clam Chowder	41
Onion Soup	41
Fancy Oyster Stew	41
Po Potage-Ham and Potato Soup	42
Creamy Potato Soup	43
Potato Soup	43
Tortellini	43

## —SALADS—

### COTTAGE CHEESE SALAD

*Michelle Baer, Ottumwa*

1 pkg. lemon Jello  
1 ½ C. hot water  
1 carton cottage cheese  
6-8 marshmallows

1 C. whipped cream  
1 small can crushed pineapple  
Nuts

Dissolve Jello in hot water, let chill. When set, cut into cubes and add the remaining ingredients.

### NORTH WOODS INN COTTAGE CHEESE

*Kathy Thompson, Ollie*

12 oz. small curd cottage cheese  
2 T. sour cream  
¼ tsp. garlic salt  
¼ tsp. onion salt  
¼ tsp. celery salt

¼ tsp. caraway seed  
¼ tsp. Accent (MSG)  
¼ tsp. parsley  
¼ tsp. chives

Mix well and refrigerate 2 hours before serving.

### TASTY COTTAGE CHEESE

*Pat Reinier, Ollie*

1 carton cottage cheese  
2 hard boiled eggs (chopped)

Green onions (chopped)  
Salt and pepper to taste

Combine all ingredients and chill. Very simple - real tasty!

### CURLEY MACARONI SALAD

*Patricia Reinier, Ollie*

1 lb. curley macaroni  
1 can condensed milk  
2 C. mayonnaise  
1 C. vinegar  
1 ½ C. sugar

1 tsp. salt  
4 green peppers (diced)  
3 carrots (diced)  
1 onion (diced)

Cook macaroni as directed. Mix rest of ingredients, add to macaroni. Mix well, refrigerate overnight.

## MOSTACCIOLI SALAD

*Tammy Buman, Sigourney*

1 lb. mostaccioli noodles (cook, rinse, chill)	1 1/2 tsp. pepper
1 C. oil	1 tsp. Accent
1 C. sugar	1 1/2 tsp. garlic powder
1 C. vinegar	2 cucumbers (thinly sliced)
1 tsp. salt	2 onions (thinly sliced)
	2 tomatoes (diced) or use cherry tomatoes (halved)

Mix oil, sugar, vinegar, and seasonings. Combine vegetables and noodles. Pour dressing over and mix well. Chill overnight. Stir before serving.

## PASTA SALAD

*Debra Walker, What Cheer*

1 small pkg. corkscrew pasta	2 grated carrots
1 diced cucumber	3/4 bottle Italian dressing
2 diced tomatoes	1/2 jar Schillings Salad Seasoning
1 green pepper	

Boil the pasta until tender, then rinse with hot water. Drain. Mix with remaining ingredients and chill. Stir before serving.

## GLORIFIED RICE

*Linda Shipley, What Cheer*

6 serving size pkg. Minute Rice	Miniature marshmallows
2 pkgs. strawberry Jello	Cool Whip
1 jar maraschino cherries	Nuts

Cook Minute Rice according to directions; let cool. Make Jello according to directions. Let set until it starts to get firm, then add the rest of ingredients - cooled rice, cherries, Cool Whip, marshmallows and nuts if desired.

## RICE SALAD

*Kathy Thompson, Ollie*

3 C. cool cooked rice	1 tsp. prepared mustard
1/4 C. diced pimentos	1/2 C. each: finely chopped onions, sweet pickles
1 tsp. salt	
1/4 tsp. pepper	4 hard boiled eggs (chopped)

Blend thoroughly. Chill, serve on lettuce leaves and garnish with tomatoes and ripe olives. For variety, add 8 oz. prepared shrimp, 9 oz. tuna, 1/2 C. chopped, cooked chicken, turkey, beef, pork, ham, or corned beef. Makes 6 generous servings.

## GRAPE-POPPY SEED SLAW

*Darlene Ruggles, Thornburg*

4 C. coarsely shredded red cabbage	2 C. seedless green grapes
2 C. shredded carrots	(halved)
3/4 C. commercial poppy seed salad dressing	

Combine cabbage, carrots and grapes in a large bowl. Add dressing and toss gently to coat.

## SLAW

*Neoma Wonderlich, Ollie*

1 C. sugar	1/2 C. oil
1/2 C. vinegar	4 C. cabbage
1/2 C. water	2 carrots
1 pkg. lemon Jello	1/2 C. celery
1/2 tsp. celery seed	Onion
1 tsp. salt	1 green pepper

Mix and bring to a boil sugar, vinegar and water. Turn off. Dissolve Jello in syrup. Add salt and celery seed. When this mixture is cool, beat in oil with beater. Pour over chopped vegetables. Let set for 4 hours in refrigerator.

## SLAW

*Patricia Reinier, Ollie*

1 cabbage (slawed)	1/2 C. mayonnaise
3 carrots (chopped)	1 T. sugar
1 can crushed pineapple (undrained)	

Mix cabbage, carrots, and pineapple together. Mix mayonnaise and sugar together and put on slaw. Refrigerate.

## SLAW (Like Kentucky Fried Chicken)

*Mrs. (Roy) Babe Hauschilt  
What Cheer*

6 1/4 C. cabbage	3/4 C. sugar
Enough carrots to color	1/4 C. tarragon vinegar
Enough onions to taste	1/4 C. Kraft oil (or other good oil)
1/2 C. Miracle Whip	

Mix all together.

## TEXAS COLESLAW

*Larry Eldridge, Sigourney*

3 lbs. fresh cabbage	1/2 C. sugar
2 large dill pickles (chopped)	1 tsp. salt
1/2 C. mayonnaise	

Shred cabbage. Mix the rest of the ingredients together well. Pour over cabbage. Stir together well, let stand for 1 hour to let flavors blend.

## SPINACH SALAD

*Sandy Shuttlefield*

4 hard boiled eggs (chopped)	1/2 can bean sprouts
1/2 lb. bacon (fried)	1 lb. fresh spinach

### DRESSING:

1 C. Wesson oil	1 tsp. salt
1/4 C. vinegar	1/8 C. finely chopped onion
1/3 C. catsup	1 T. Worcestershire sauce
3/4 C. sugar	

Make dressing 24 hours before and don't put on until just before serving.

## BROCCOLI SALAD

*Mrs. Art Green, South English*

2 lbs. fresh broccoli (chopped into bite-size pieces)	1 medium onion (chopped fine)
6 slices bacon (fried and crumbled)	1/2 C. raisins 1/2 C. cashews

### DRESSING:

2 T. vinegar	1 C. salad dressing
1/2 C. sugar	

Combine broccoli and onions. Mix dressing together and pour over mixture. Just before serving, toss cashews, bacon and raisins into salad.

*Instead of pointing a finger, why not hold out a hand?*

## FRESH BROCCOLI SALAD

*Nancy Kerr, Webster*

2 stalks broccoli  
8 slices bacon  
1 medium onion  
½ C. raisins

1 C. mayonnaise or salad dressing  
¼ C. sugar  
3 tsp. vinegar

Soak broccoli in salt water for awhile; drain. Cut up broccoli in small pieces. Cook 8 slices bacon; drain well and crumble. Chop 1 medium onion. Soak ½ C. raisins (while frying bacon and then drain water off.) Mix the broccoli, bacon, onions and raisins with the mayonnaise, sugar and vinegar. Let set for 1 hour and serve.

## GARDEN PASTA SALAD

*Kathy Thompson, Ollie*

1 C. Miracle Whip  
¼ C. chopped parsley  
1 tsp. basil  
1 garlic clove (minced)  
8 oz. mild cheddar cheese (cubed)

2 C. broccoli flowerettes (cooked)  
1 C. tri-color corkscrew noodles,  
(cooked and drained)  
2 tomatoes (cut into thin wedges)  
½ C. chopped walnuts (optional)

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Chill. Arrange tomatoes on platter, top with salad. Sprinkle with walnuts.

## HOT GERMAN POTATO SALAD

*Debra Walker, What Cheer*

5 large potatoes  
4 slices chopped, fried bacon  
  
½ C. vinegar  
¼ C. sugar  
¼ C. water

1 T. flour  
1 chopped onion  
  
1-2 tsp. salt  
⅓ tsp. dry mustard  
¼ tsp. pepper

Boil, peel, slice the potatoes in a bowl. Add onion. Thicken bacon and grease with flour. Mix other ingredients together and add to the bacon mixture. Thicken. Stir with the potatoes and onion. Eat while warm.

## FRESH MUSHROOM SALAD

*Trudy Welter, Sigourney*

½ C. oil  
1 egg yolk  
2 T. fresh squeezed lemon juice  
1 clove garlic  
½ tsp. salt  
¼ tsp. sugar  
¼ tsp. ground pepper

1/8 tsp. dry mustard  
1 medium head Romaine lettuce  
½ lb. fresh spinach  
½ lb. fresh mushrooms  
2 T. thinly sliced green onion  
3 slices crisp bacon (crumbled)

Combine oil, egg yolk, lemon juice, garlic and seasonings in blender. Blend until smooth. Chill. Line salad bowl with outer leaves of romaine. Tear remaining romaine into pieces and put in large bowl. Add spinach, bacon, green onion and mushrooms. Pour dressing over mixture and toss gently to coat evenly. Turn into romaine lined bowl.

## RAW VEGETABLE LAYER SALAD

*Mollie Payne, Dubuque*

1 ½-inch cut lettuce  
½ C. chopped celery  
½ C. chopped green pepper  
1 small onion

1 (10 oz.) pkg. frozen peas  
1 ½ C. salad dressing  
6 slices bacon (fried and crumbled)  
4 oz. sharp cheese

Place in layers in order given.

## SAUERKRAUT SALAD

*Ruth Bennison, Heber, Arizona*

1 diced bell pepper  
1 large onion (chopped)  
1 jar pimento  
2 C. diced celery  
1 (No. 2 ½) can drained sauerkraut

½ C. vinegar  
1 ½ C. sugar  
1 tsp. salt  
1 tsp. celery seed  
½ tsp. caraway seed

Mix all together and chill overnight. Keeps a week or more in refrigerator.

## VEGETABLE SALAD

*Winifred Wehr, Sigourney*

1 pkg. broccoli and cauliflower  
½ lb. bacon  
¼ lb. cheese (shredded)

½ C. raisins  
1 C. sunflower seeds  
1 medium onion

### DRESSING:

½ C. oil  
2 T. vinegar  
⅓ C. sugar

½ C. sour cream  
2 T. creamy Italian dry mix

Mix together, chill and put over vegetables and toss and serve.

## VEGETABLE SALAD

*Debra Walker, What Cheer*

1 head cauliflower (sectioned)  
2 bunches broccoli (cut up)  
2 bunches green onions (sliced)  
1 bunch celery (diced)

3 C. Hellmann's mayonnaise  
4 T. sugar  
Bacon bits (to taste)  
Parmesan cheese

In bowl mix vegetables. Stir mayonnaise with sugar then pour over vegetables and stir. Sprinkle bacon bits and cheese over the mixture. Let it sit overnight in a tightly closed 9x13-inch pan. Stir before serving.

## VEGETABLE SALAD

*Delores Ingle, Ollie*

1 pkg. frozen mixed vegetables  
(cooked until tender)  
1 medium onion (chopped)  
Small jar pimentos  
  
¾ C. sugar  
½ C. vinegar

1 can kidney beans  
4 stalks celery (chopped)  
½ green pepper  
  
1 T. dry mustard  
1 lb. (heaping) flour

Cook and cool vegetables; drain. Wash kidney beans and add celery, onion, green pepper, pimentos. Cook until thickens sugar, vinegar, mustard and flour. Cool and pour over vegetables. Put in refrigerator overnight is best.

## ANGEL HASH SALAD

*Jeannie Striegel, Sigourney*

1 lb. can crushed pineapple  
1 lb. can fruit cocktail  
1 C. reserved syrup from fruits  
2 T. cornstarch  
 $\frac{1}{4}$  C. sugar

2 egg yolks (beaten)  
1 (8 oz.) carton Cool Whip  
 $\frac{1}{4}$  C. chopped pecans  
2 C. miniature marshmallows

Drain pineapple and fruit cocktail, reserving syrup. Combine 1 C. syrup, cornstarch, sugar and egg yolks in saucepan. Blend well and cook over low heat, stirring well until thickened. Remove from heat and cool good. Fold in whipped cream, fruits, nuts, and marshmallows. Place in large dish and chill overnight.

## APPLESAUCE SALAD

*Imogene Homan, Webster*

2 $\frac{1}{3}$  C. applesauce  
1 (3 oz.) pkg. lime gelatin  
1 (7 oz.) bottle 7-Up

$\frac{1}{4}$  lb. large marshmallows  
1 (3 oz.) pkg. cream cheese  
 $\frac{1}{2}$  pt. whipping cream

Heat applesauce; stir in gelatin. Cool. Stir in 7-Up. Let set. Cut the marshmallows into small pieces. Break up cream cheese into bits. Pour whipping cream over marshmallows and cheese. Let stand in refrigerator overnight. In morning, beat until creamy. Spread over gelatin mixture.

## BANANA SPLIT SALAD

*Donna Orris, Washington*

1 stick margarine (melted)  
2 C. crushed graham crackers  
3 T. sugar  
2 beaten eggs  
2 sticks margarine (melted)  
2 C. powdered sugar

3-5 bananas (sliced)  
1 (No. 2) can crushed pineapple  
1 large carton Cool Whip  
Maraschino cherries (sliced)  
Chopped nuts

Mix first 3 ingredients together and spread in a 9x13-inch pan. Mix eggs, margarine and powdered sugar together, beat for 15 minutes. Spread onto unbaked crust. Cover with sliced bananas. Pour crushed pineapple over banana. Next spread on Cool Whip. Sprinkle with cherries and nuts. Cover and refrigerate overnight. May drizzle on chocolate syrup before serving.

## BING CHERRY SALAD

*Michelle Baer, Ottumwa*

1-2 pkgs. black cherry Jello (depending on how much you want)	½ C. milk
1 can dark cherries	20 marshmallows
1 small can crushed pineapple	Whipped cream
	Nuts (optional)

Use juice from cherries and also from small can crushed pineapple as part of the liquid in Jello. Let set, then top with the following; heat ½ C. of milk and 20 marshmallows until they are dissolved. Cool, then add 1 C. whipped cream and small can drained crushed pineapple. Sprinkle with nuts.

## BROKEN GLASS SALAD

*Laurie Altenhofen*

3 oz. pkg. orange Jello	2 ¼ C. graham cracker crumbs
3 oz. pkg. strawberry Jello	¾ C. sugar
3 oz. pkg. lime Jello	¾ C. butter (melted)
3 oz. pkg. pineapple Jello	4 C. whipped cream

Separately dissolve orange, strawberry and lime Jello in 1½ C. boiling water for each. Pour each mixture into an 8-inch square pan. Chill until firm. Cut into ½-inch cubes and toss lightly together. Dissolve pineapple Jello in 1¼ C. boiling water. Chill, stirring occasionally, just until syrupy. Meanwhile, combine cracker crumbs, sugar and melted butter. Press mixture firmly against sides and bottom of 9x13-inch pan. Chill. Fold pineapple mixture into whipped cream. Fold mixture into jello cubes. Pour mixture into prepared pan. Chill several hours or overnight.

## BUTTER BRICKLE SALAD

*Diane Bruns, Washington*

1½ C. graham cracker crumbs	2 boxes instant vanilla pudding
¼ C. melted butter	2 C. milk
¼ C. brown sugar	1 qt. butter brickle soft ice cream

Mix and press in the bottom of a 9x13-inch pan, the crumbs, butter and brown sugar. Put remaining ingredients in mixer and blend good. Pour over graham cracker crust, then spread 1 pkg. Cool Whip over top and 4-5 Heath bars sprinkled over top. (NOTE: Freeze the Heath bars. Then do one bar at a time in the blender.) Put in refrigerator and let set up.

## CHERRY PIE FILLING SALAD

*Jane Axmear, South English*

- 1 (8 oz.) Cool Whip
- 1 can cherry pie filling
- 1 can fruit cocktail (drained)

- 1 C. miniature marshmallows
- 1/2 C. chopped nuts

Mix above ingredients.

## CHERRY PIE FILLING SALAD

*Linda Werger, Keota*

- 1 can cherry pie filling
- 1 small can crushed pineapple

- 1 can Eagle brand milk
- 1 carton Cool Whip

Mix all together and refrigerate.

## CRANBERRY SALAD

*Ernestine Burns McCloney, Osceola*

- 1 C. cranberries
- 2 medium red apples
- 6 dried marshmallows

- 1 small can crushed pineapple
- 1/2 C. nuts (broken)
- 1/2 C. sugar

Grind and drain the cranberries and red apples. Add marshmallows and drained pineapple and nuts. Mix altogether with sugar and let stand for 2 hours in refrigerator. Then whip 1 pt. whipping cream and fold in 2 T. sugar and 1/2 tsp. vanilla. Fold in well drained fruits just before serving. Serves 10-12 people.

## CRANBERRY SALAD

*Debra Walker, What Cheer*

- 2 small boxes cherry Jello
- 2 C. boiling water
- 1 tray of ice cubes
- 1 bag frozen cranberries

- 4 small or 3 large apples
- 2 oranges
- 1 1/2 C. sugar

Dissolve Jello with water. Stir with ice cubes until thickened. Grind cranberries, unpeeled oranges, and unpeeled, cored apples. Add sugar. Let fruit mixture set for 1 hour before mixing thoroughly with Jello. Refrigerate until completely set.

## FRESH CRANBERRY SALAD

*Ida Mae Fye, Ollie*

1 pkg. cherry Jello  
1 3/4 C. boiling water  
1 C. sugar

3 C. finely ground raw cranberries  
3-4 raw apples (ground)  
1/2 C. fine ground nuts

Dissolve Jello in boiling water. Add sugar, cranberries, apples and nuts. Mix well and place in refrigerator. Real good!

## CRANBERRY SALAD

*Nancy Harris, Sigourney*

2 C. ground cranberries  
1 C. miniature marshmallows  
1 C. crushed pineapple

1 C. sugar  
1 pt. whipped cream

Let cranberries and sugar set 2 hours. Add whipped cream, drained pineapple, and marshmallows. May add walnuts if desired.

## FROZEN FRUIT SALAD

*Darlene Ruggles, Thornburg*

3 oz. pkg. cream cheese  
3 T. cream  
2 T. lemon juice  
1 C. mandarin oranges (drained)  
1/2 Royal Anne cherries (seeded and  
quartered)  
1/2 C. pineapple tidbits (drained)

1/2 C. pecans (chopped)  
1/2 C. maraschino cherries  
(chopped)  
1/3 C. mayonnaise  
1 C. whipped cream  
2 T. sugar

Mix cream cheese thoroughly with 2 T. cream. Add mayonnaise, lemon juice and dash of salt. Combine pineapple cherries, orange sections, sugar and chopped nuts. Add to cheese mixture. Add whipped cream to fruit-cheese mixture. Fold in carefully! Pour into freezing tray (without stirring) and allow to freeze. Cut into slices or cubes to serve on crisp lettuce. (This is my favorite party salad.)

*Leftovers are a kind of food that are here today - and here tomorrow.*

## LEMON SALAD

*Linda Werger, Keota*

1 (9 oz.) Cool Whip  
1 (6 oz.) can frozen lemonade

1 can Eagle brand milk

Fold together and add 1 small can crushed pineapple. Refrigerate.

## LIME SALAD

*Lola Nelson, Ollie*

2 (3 oz. ea.) pkgs. lime Jello  
2 C. boiling water  
1 1/2 C. cold water  
15 1/4 oz. crushed pineapple (drained)  
(add juice as part of cold water)

1 1/2-2 C. miniature marshmallows  
1 lb. carton cottage cheese  
(small curd)  
1 envelope Dream Whip  
(prepared as pkg. directions)

Dissolve gelatin in boiling water. Use the drained pineapple juice and add cold water to total 1 1/2 C. Add to the gelatin mix. Let set until syrupy and fold in rest of ingredients. Pour in mold and refrigerate until firm.

## LOW CALORIE SALAD

*Lola Nelson, Ollie*

4 serving size pkg. sugar-free gelatin  
(raspberry)  
1/2 tsp. cinnamon  
1 C. boiling water

1 C. cold water  
1 C. chopped apples (peel on)  
1 C. chopped celery

Mix gelatin and cinnamon. Add boiling water and stir until dissolved. Add cold water. Let set until syrupy. (I make matchsticks of the apples by slicing, then cutting slices in a stack sideways.) This is no sugar, no fat, no cholesterol recipe. It is something that helps to fill you up when you don't have any calories to spare.

## ORANGE TAPIOCA SALAD

*Karen Greiner, Harper*

2 boxes vanilla tapioca pudding mix  
1 (9 oz.) box whipped topping  
(prepared)  
1 can drained mandarin oranges

2 1/2 C. water  
1 can undrained pineapple  
1 pkg. orange Jello (small)  
1/2 C. diluted orange juice

Cook pudding, Jello and water until thick. Cool. Add orange juice. Fold in whipped topping. Add mandarin oranges and pineapple.

## PINK SALAD

*Debra Goodwin, Hedrick*

1 (3 oz.) pkg. cream cheese  
1 (4 oz.) jar maraschino cherries  
½ lb. marshmallows

1 medium can crushed pineapple  
(drained)  
½ pt. whipped cream

Place cream cheese and cherry juice in bowl. Set aside until cream cheese is soft. Add cherries, drained pineapple and marshmallows. Let stand until all juice is soaked up by marshmallows. Fold in whipped cream. Refrigerate overnight.

## PRETTY PINK SALAD

*Barb Henderson, Keota*

1 can crushed pineapple  
(drain a little)  
1 pkg. strawberry Jello  
1 pint fresh strawberries

1 (12 oz.) container Cool Whip  
1 (24 oz.) container cottage  
cheese

Heat pineapple and Jello over low heat until Jello dissolves. Cool completely. When cool fold in Cool Whip, strawberries, and cottage cheese. Garnish with sliced strawberries.

## PIMENTO CHEESE SALAD

*Jeannie Striegel, Sigourney*

1 jar Kraft pimento cheese  
1 C. crushed pineapple with juice

3 C. miniature marshmallows  
1 (8 oz.) carton Cool Whip

Mix the cheese with the pineapple. Stir in the Cool Whip and then add the marshmallows. Chill good and serve. This tastes better the longer it sets before eating.

## PINEAPPLE AND CHEESE SALAD

*Mary Cavner, Martinsburg, IA*

1 large can sliced pineapple (cut)  
½ lb. American cheese (cut)  
½ lb. marshmallows (cut in pieces)  
1 T. butter

1 egg  
½ C. sugar  
2 T. (heaping) flour  
3 T. sour cream

Heat 1 C. pineapple juice and 1 T. butter. In other bowl beat 1 egg well. Add ½ C. sugar, 2 T. (heaping) flour, 3 T. sour cream. Add to hot liquid and cook until thick. Cool and mix with pineapple, cheese and marshmallows. Chill.

## PINEAPPLE SALAD

*Wanda Tolles, What Cheer*

Cook in double boiler. Mix 3 T. sugar and 2 T. flour. Add 2 beaten eggs and whip until smooth. Add juice of one medium size can pineapple chunks. Cook until thick, then add small lump butter. Cool. Add pineapple chunks and marshmallows. Add nuts if desired. Mix in an 8 oz. pkg. Cool Whip.

## RASPBERRY DELIGHT SALAD

*Norma Wolfe, Harper*

1 pkg. raspberry Jello	1 C. hot water
1 C. vanilla ice cream	3 T. orange juice
1 (8 oz.) can crushed pineapple (undrained)	½ C. chopped pecans
	1 medium banana (sliced)

Combine Jello and hot water. Add ice cream to this mixture, stir until dissolved. Add orange juice. Set aside until partially thickened. Combine pineapple, nuts and banana and add to Jello mixture. Chill until firm. A 1-qt. mold may be used.

## RIBBON SALAD

*Delores Ingle, Ollie*

2 pkgs. lime Jello	1 C. pineapple juice
1 pkgs. lemon juice	8 oz. cream cheese
2 pkgs. cherry Jello	1 lb. can crushed pineapple
5 C. hot water	1 C. whipped cream
4 C. cold water	1 C. mayonnaise
½ C. marshmallows cut up	

Dissolve lime Jello in 2 C. hot and 2 C. cold water. Put in 14x10x2-inch pan. Chill until almost set. Next dissolve lemon Jello in 1 C. hot water. In double boiler melt marshmallows and mix into lemon Jello. Add cream cheese and pineapple juice. Beat until mixed and add crushed pineapple. Fold in whipped cream and mayonnaise. Chill until almost thick and pour over lime Jello until set. Then mix cherry Jello with 2 C. hot and 2 C. cold water. Chill until thickened and pour over the lemon mixture. Keep in refrigerator. Nice for Christmas!

*A smile is a light in the window of your face to show your heart is at home.*

## 7-UP APPLESAUCE SALAD

*Neoma Wonderlich, Ollie*

1 pkg. raspberry gelatin	1 orange
1 C. applesauce	7 oz. 7-Up

Dissolve the gelatin in the cup of hot applesauce. Add juice and rind of the orange and the 7-Up. Refrigerate. (I put my applesauce in a 2 C. glass measure, add the gelatin and put all in microwave for about 2 1/2 minutes. This heats the applesauce and dissolves the gelatin at the same time. I then add the other ingredients.)

## SEVEN LAYER SALAD

*Daisy Hymes, Sigourney*

4 oz. uncooked elbow macaroni	1 C. diced celery
6 oz. lettuce (cut up)	1 C. shredded cheddar cheese
1 C. shredded red cabbage	1 oz. frozen peas (thawed)
2 tsp. minced onion	1 C. Creamy Cucumber dressing

Cook macaroni in boiling salted water until tender, yet firm, about 6 minutes. Rinse with cold water, drain and set aside. Make a bed of lettuce in bottom of a large bowl. Layer macaroni on top. Continue with remaining ingredients; using each to form one layer. Pour salad dressing over the top. Cover and refrigerate for several hours or overnight. Just before serving add salt to taste and toss salad.

## 7-UP SALAD

*Debra Goodwin, Hedrick*

2 pkgs. lemon Jello	2 C. crushed pineapple (drained, save juice)
2 C. hot water	3 sliced bananas
2 C. 7-Up	
1 small pkg. miniature marshmallows	

### TOPPING:

1 egg (beaten)	2 T. flour
2 tsp. butter	2 T. sugar and pineapple juice

Make Jello with hot water and 7-Up. Stir in pineapple, bananas, and marshmallows. Let set up.

For Topping: Cook together until thick; cool. Fold in 2 C. whipped cream and spread on Jello. Top with grated longhorn cheese.

## STRAWBERRY FLUFF SALAD

*Lois Greiner, Keota*

2 C. water	1 reg. size tapioca pudding
1 reg. size strawberry Jello	

Cook until clear. Stir in 1 pkg. frozen strawberries. Cool. Stir in 1 container Cool Whip. Refrigerate.

## STRAWBERRY SALAD

*Diane Bruns, Washington*

### PART I:

1 pkg. frozen strawberries (thawed and drained)	1 C. boiling water
1 pkg. strawberry Jello	$\frac{1}{4}$ C. sugar

### PART II:

1 pkg. Dream Whip	$\frac{1}{2}$ C. powdered sugar
1 (8 oz.) pkg. cream cheese	1 tsp. vanilla

For Part I: Mix strawberry juice and water to make 1 C. Mix together and set in refrigerator until soft; takes several hours. For Part II: Whip Dream Whip leaving out the required vanilla that the package calls for. Add cream cheese, powdered sugar, and 1 tsp. vanilla. Set in refrigerator. Mix  $\frac{1}{3}$  C. sugar, 1  $\frac{1}{4}$  C. graham crackers and  $\frac{1}{3}$  C. butter. Press in 8x8-inch pan and set aside. Spread  $\frac{1}{2}$  strawberry mixture on crumbs, then  $\frac{1}{2}$  cream, then some of the strawberries. Then finish off with cream mixture. Put in refrigerator to set up.

## STRAWBERRY SALAD

*Linda Tygart, Sigourney*

$\frac{1}{4}$ lb. (16) marshmallows	3 oz. cream cheese
2 T. strawberry juice	$\frac{1}{2}$ C. salad dressing
1 C. crushed strawberries	$\frac{1}{2}$ C. heavy cream (whipped)
$\frac{1}{2}$ C. crushed pineapple (drained)	

Melt marshmallows in top of double boiler with strawberry juice. Cool, add strawberries and pineapple. Blend cream cheese until creamy. Add salad dressing and whipped cream. Combine, pour into refrigerator tray and freeze.

## TAPIOCA SALAD

*Michelle Baer, Ottumwa*

1 box vanilla tapioca  
1 box regular vanilla pudding  
1 small box orange-pineapple Jello  
3 C. water (use juice drained from fruit for part of liquid)

1 small can pineapple chunks  
1 small can mandarin oranges  
1 medium tube Cool Whip

Cook first 4 ingredients until thick. Cool; then add fruit and Cool Whip. Chill. Be sure to drain the fruit well.

## TAPIOCA SALAD

*Patricia Reinier, Ollie*

5 C. boiling water  
1 C. tapioca  
½ tsp. salt  
½ C sugar

1 box Jello (your favorite)  
1 carton Cool Whip  
Your choice of fruit - 2 or more mandarin oranges, peaches, bananas

To the boiling water, add 1 C. tapioca and boil 5 minutes. Cool. Add salt, sugar, Jello. Let set awhile, then add fruit and Cool Whip. Refrigerate.

## —SOUP—

## BAYOU GUMBO

*Kathy Thompson, Ollie*

3 half chicken breasts  
½ C. flour  
3 T. oil  
1 onion (peeled and sliced)  
1 zucchini (sliced)  
1 C. chopped fresh tomato  
1½ C. pitted ripe olives (drained)  
1 clove garlic (minced)

1 (14½ oz.) can chicken broth  
1 C. water  
¼ tsp. EACH cayenne and thyme  
Salt and pepper to taste  
½ lb. shrimp (cleaned and shelled)  
1 C. rice (cooked)  
1 can whole kernel corn (drained)  
2 tsp. file' powder

Dredge chicken in flour and brown in oil in heavy casserole or soup pot. Remove chicken and saute onion, zucchini, tomato, olives and garlic in remaining oil. Add broth, water, seasonings, chicken; simmer 20 minutes. Add remaining ingredients; cook 5 minutes longer, but do not boil. Serve garnished with fresh thyme or parsley. Makes 6 servings.

## BEAN SOUP

H.C. Bottger, Ollie

2 cans Mrs. Grimes navy beans  
1 C. chopped celery  
1/2 C. chopped onion  
2/3 C. diced ham

2 T. catsup  
1 tsp. salt  
1/2 tsp. coarse ground pepper  
2 cans water

Mix all ingredients, cook 20-30 minutes. Makes 8 servings.

## BEAN AND BACON SOUP

Kathy Thompson, Ollie

1 lb. dried navy beans  
6 C. water  
2 tsp. salt  
1/4 tsp. pepper  
2 cloves garlic (minced)  
4 slices bacon  
2 medium onions (finely chopped)

1 small green pepper  
(finely chopped)  
1/2 C. finely chopped carrots  
1 bay leaf  
1 (8 oz.) can tomato sauce  
1 tsp. minced fresh parsley

Sort and wash beans; put into Dutch oven. Cover with water 2-inches above beans; let soak overnight. Drain beans; cover with 6 C. water. Add salt, pepper, garlic and bay leaf. Cook bacon until crisp; remove bacon, reserving drippings. Crumble bacon and set aside. Add green pepper and onion to drippings and saute until tender. Add onion and green pepper and carrots to beans. Bring to a boil; cover and simmer 1 hour. Add tomato sauce and parsley to soup; cover and simmer another 30 minutes or until beans are tender. Remove bay leaf. Ladle into bowls; sprinkle with bacon. Yield: 10 servings.

## HEARTY BEAN SOUP

Imogene Homan, Webster

2 lbs. navy beans  
1 1/2 lbs. smoked ham hocks  
1 carrot (chopped)

4 qts. beef stock or water  
1 onion (sliced)  
1 potato

Soak beans overnight. Drain and put in pot with beef stock or water and ham hocks. Braise onion in margarine. Add to beans along with carrot and potato. Cook until tender.

## BEEF CHOWDER

H.C. Bottger, Ollie

1 lb. lean ground beef  
3 C. water  
1 (13 oz.) can evaporated milk  
1 T. instant minced onion

1 1/2 tsp. salt  
1/4 C. instant mashed potatoes  
1 can whole corn (drained)

Brown and drain ground beef in large saucepan. Stir in water, milk, onion and salt. Bring to boil; stir in instant potatoes and corn. Simmer 5 minutes.

## BRCCOLI SOUP

Barb Henderson, Keota

4 T. oleo  
3 T. onion  
3 T. mushrooms  
Garlic salt  
2 C. broccoli

4-5 T. flour  
4 C. chicken broth  
1 C. milk  
8 oz. Velveeta cheese

Heat electric skillet to 240°. Melt oleo. Add onion, mushrooms, garlic salt and broccoli and flour. Sauté 4 minutes. Add chicken broth and milk. Simmer until broccoli is tender. Add and melt cheese.

## BROCCOLI CHEESE SOUP

Susan Snakenberg, Sigourney

4 C. chicken broth  
1 lb. broccoli (cut into bite-size pieces)  
1 T. margarine

1 tsp. onion powder or flakes  
1/2 tsp. celery salt  
1/2 C. whole milk  
1/3 lb. Velveeta cheese

Simmer broth, broccoli, margarine, onion and celery salt for 15 minutes. Add milk and cheese. Heat until cheese melts. For variation, add any of the following: 1/2 medium onion (sautéed), mushrooms, substitute cauliflower for broccoli, add croutons before serving. Serves 4-6.

*Happiness is like potato salad - when you share it with others, it's a picnic.*

## BROCCOLI-CHEESE SOUP

*Joyce Leedom/Linda Werger, Keota*

3 C. cubed potatoes	1/2 tsp. salt
1 1/2 C. water	Dash of pepper
1/2 C. chopped celery	1 chicken bouillon cube
1/2 C. sliced carrots	1 1/2 C. milk
1/4 C. chopped onion	2 T. flour
1 tsp. parsley flakes	1/2 lb. Velveeta cheese

Combine potatoes, water, celery, carrots, onion, parsley flakes, seasoning and bouillon cube. Cover and simmer 15-20 minutes until tender. Mix flour and milk until well blended. Gradually add flour mixture to hot vegetables. Bring to a boil and let thicken. Add cheese and let melt. (I double recipe and also add 2 pkgs. frozen cooked broccoli after cheese is melted. I double the amount of cheese and have used half cheddar cheese for a variation.)

## CREAM OF BROCCOLI SOUP *Margaret Brunner, Arden Hills, Minnesota*

1 qt. fresh broccoli heads	3 T. lemon juice
2/3 C. butter	1 clove garlic (crushed)
1/2 C. flour	1 T. Worcestershire sauce
3 C. warm milk	1/4 tsp. Tabasco sauce
2 C. hot chicken broth	3 egg yolks
2 tsp. salt	2 C. heavy cream
1/4 tsp. white pepper	

Wash broccoli; trim and dry. In a saucepan cook broccoli in the butter until soft. Blend in the flour and simmer until smooth and bubbling, stirring occasionally. Add the milk, chicken broth, salt, pepper, lemon juice, garlic, Worcestershire sauce and Tabasco sauce. Stir constantly until smooth. Remove from heat and whirl in a blender using a little cream if necessary. Strain soup through a fine strainer into a clean saucepan. The soup may be frozen. Make the day before to this point and finish later. Stir in the remaining cream and return to burner; bring just to a boil. Remove from heat and beat egg yolks in a small bowl, whisk a little of hot soup into beaten yolks. Pour egg mixture into soup, stirring constantly. May add more salt to taste. If you reheat this soup do so on a very low heat or in a double boiler. Cauliflower may be used instead of broccoli.

## CELERY SOUP

*Kathy Thompson, Ollie*

2½ C. sliced celery	¼ tsp. nutmeg
3 C. chicken stock (canned consomme' or bouillon)	5 tsp. flour
1½ tsp. celery salt	Milk

Simmer celery and liquid until celery is tender. Add celery salt and nutmeg. Make a paste of flour with 2 T. milk; add to celery, stirring carefully. Add 3 C. milk and heat. Do not boil. Add cheese and serve hot. Yield: 6 servings.

## CHILI SOUP

*Michelle Baer, Ottumwa*

2 lbs. hamburger	1 large can tomatoes
1 large onion	1 qt. water
1 can Brook's hot chili beans	Salt
2 T. (level) chili powder	

Fry hamburger and onion until brown. Mix together in large kettle and simmer 2-3 hours.

## COLD CUCUMBER SOUP

*Margaret Brunner, Arden Hills, Minnesota*

2 large cucumbers (pared, seeded and chopped)	1 T. minced fresh dill or 1 T. dried dill weed
3 C. chicken stock or broth	2 T. cornstarch
1 T. white wine vinegar	2 T. cold water ⅔ C. dairy sour cream

Puree cucumber and 1 C. stock in blender or food processor. Mix puree and remaining 2 C. stock in large saucepan and heat to simmering. Stir in vinegar and dill. Cook uncovered over low heat for 15 minutes. Mix cornstarch and water. Stir into cucumber mixture; simmer, stirring constantly for 3 minutes. Refrigerate covered until cold about 2 hours. Stir in ⅔ C. sour cream. Season to taste with salt and pepper. Refrigerate overnight. Serve cold and garnish with sour cream and chives. This is great on hot summer days. Makes 4½ C.

## HAMBURGER SOUP

*Joan Netten, Keota*

2 lbs. hamburger	1 C. diced celery
1 onion (diced)	½ C. cabbage
2 C. diced potatoes	½ C. barley
1 can cooked carrots (undiluted)	1 can Hunt's Special Sauce
5 bouillon cubes dissolved in water	1 can tomato juice

Brown hamburger and onions. Drain excess fat. Add rest of ingredients and simmer 1½ hours.

## LENTIL SOUP

*Mary Blake (submitted by Debora Hinnah)*

2 C. lentils	1 clove garlic (minced or mashed)
2 qts. water	2 tsp. salt
2 slices bacon (cut up)	¼ tsp. pepper
1 medium onion (diced)	½ tsp. oregano
¼ C. chopped carrots	1 (1 lb.) can tomatoes
½ C. chopped celery	2 T. wine vinegar
3 T. chopped parsley	

Cook bacon and onions until half done. Wash lentils and place in pan with water. Add bacon, onion, carrots, celery, parsley, garlic, salt, pepper and oregano. Cover and simmer 1-1½ hours. Add tomatoes, breaking up with spoon. Add vinegar and simmer 30 minutes more. Seasoning may be added or changed to your taste. You can use more bacon for a more meaty taste.

## MEXICAN CHILI-CHEESE SOUP

*Kathy Thompson, Ollie*

¼ C. butter	½ tsp. salt
½ C. chopped onion	Dash powdered cumin
2 large tomatoes (seeded)	8 oz. shredded Monterey Jack
4 oz. can whole green chilies (seeded)	cheese
	⅓ C. light cream

In medium saucepan, melt butter. Add onion; saute until tender. In blender container place tomatoes, chilies, salt, cumin and sauteed onion. Mix until smooth. Return to saucepan. Over low heat, heat mixture until hot but not boiling. Gradually add cheese, stirring constantly, until smooth and melted. Remove from heat, stir in cream. Makes 4 servings. To serve - ladle into soup bowls. Garnish with avocado or corn chips.

## NEW ENGLAND CLAM CHOWDER

*Debora Hinnah, Sigourney*

4 strips bacon	1 (6-8 oz.) can clams
1 medium onion	1 C. milk
2 medium potatoes (peeled and cubed)	Salt and pepper to taste

Chop up bacon and onion and cook together in saucepan until onions are soft. You may pour off a little of the bacon fat if it seems too greasy. Put in cubed potatoes, liquid from can of clams, and enough additional water to barely cover potatoes. Simmer until potatoes are done, about 20 minutes. Pour in milk and clams and salt and pepper to taste. Heat through but do not boil. You can serve with a pat of butter on top. Serves 4 as an appetizer, 2 for dinner. You may use light cream instead of milk and double the amount of clams.

## ONION SOUP

*Kathy Thompson, Ollie*

1/4 C. butter	1/8 tsp. pepper
4 medium onions (sliced thin)	10 slices French bread
4 C. meat stock or bouillon	1 C. grated Parmesan cheese
1 tsp. salt	

Melt butter, add onions and simmer slowly about 3 minutes until golden brown. Add stock, salt and pepper and simmer about 20 minutes. Toast slices of French bread until very crisp. Place toasted bread in a large heated casserole or soup tureen and pour soup over it. Sprinkle with Parmesan cheese. Yield: 4 servings.

## FANCY OYSTER STEW

*Kathy Thompson, Ollie*

1 1/2 C. chopped onions	24 oz. undrained fresh oysters
2 stalks celery (sliced)	1/4 C. + 2 T. golden sherry
2 cloves garlic (minced)	3/4 tsp. salt
1/4 tsp. thyme	1/4 tsp. pepper
2 sprigs fresh parsley (chopped)	1/4 tsp. Worcestershire sauce
1/4 C. + 2 T. butter	1/8 tsp. hot sauce
4 1/2 C. Half and Half	

Saute onion, celery, garlic, parsley, and thyme in butter in large Dutch oven until vegetables are tender. Gradually add Half and Half, stirring constantly. Drain oysters; reserve liquid. Add liquid to vegetable mixture; heat thoroughly without boiling. Stir in oysters, sherry, salt and pepper. Worcestershire and hot sauce. Continue cooking over low heat, stirring constantly, until mixture is heated and oyster edges curl. Serve warm. Yield: 10 C.

## PO POTAGE - HAM AND POTATO SOUP

*Kay Helscher, Keota*

2 T. unsalted butter	2 small baking potatoes
1 medium onion (chopped)	(peeled and diced)
1 small clove garlic (minced)	3 C. chicken broth or 2 cans
½ C. cooked ham	Salt and pepper
2 ribs celery (finely chopped)	¼ C. chopped parsley (too much)
1/8 tsp. dried thyme	2 T. sour cream
1 small bay leaf	

Melt butter in medium saucepan. Over medium heat add onion, cook 1 minute. Add garlic and ham. Cook until lightly browned, about 5 minutes. Reduce heat, add celery, thyme, bay leaf. Cook covered over medium-low heat 5 minutes. Remove cover, add potatoes. Toss well. Add chicken broth. Heat to boiling. Reduce heat; simmer, covered until potatoes are tender, about 20 minutes. Add salt and pepper to taste. Remove from heat. Combine sour cream with ½ C. soup. Whisk back into soup. Add chopped parsley and serve immediately. Serves 2 as main course, 4 as first course.

## CREAMY POTATO SOUP

*Kay Peiffer, Sigourney*

3 C. chopped potatoes	½ tsp. salt
1 C. water	Pepper
½ C. celery slices	1 ½ C. milk
½ C. carrot slices	2 T. flour
¼ C. chopped onions	½ lb. Velveeta cheese
1 tsp. parsley flakes	(cubed)
1 chicken bouillon cube	

In large saucepan combine potatoes, water, celery, carrots, onion, parsley flakes, bouillon cube and seasonings; mix well. Cover; simmer 15-20 minutes or until vegetables are tender. Gradually add milk to flour, mixing until well blended. Add milk mixture to vegetables; cook until thickened. Add processed cheese; stir until melted. Makes 6-8 servings. (I usually double this recipe.)

*Scatter sunshine everywhere you go.*

## POTATO SOUP

*Mrs. Walt Greiner, South English*

Simmer together 10 minutes, Do Not Drain:

2 C. boiling water	1/2 C. chopped onion
2 C. diced potatoes	1 1/2 tsp. salt
1/2 C. diced carrots	1/4 tsp. pepper
1/4 C. diced celery	

Make a white sauce of the following: 1/4 C. oleo, 1/4 C. flour, 2 C. milk. Add 1 C. shredded Velveeta or cheddar cheese. Mix sauce and vegetables. Add 1 C. crumbled crisp bacon. Do not boil. Could curdle.

## TORTELLINO - An Old Fashioned Italian Soup

*Lena Biondi  
Tammy Buman, Sigourney*

4 lbs. round steak (cubed)	1 C. bread crumbs
3 chicken breasts (cubed)	1 C. grating cheese
3 pork chops (butterfly or loin chops cut into chunks)	Parsley
1/2 onion	1 tsp. nutmeg
3 cloves garlic	Salt and pepper to taste
12-14 eggs (beaten)	Pasta recipe (below)

Brown the steak, chicken and pork chops in butter. Grind to a fine consistency. Brown onion and garlic. Add to meat mixture. Beginning with 6 eggs, add until you reach a meat loaf consistency. Add other ingredients and refrigerate until ready to use. Using pasta recipe, divide dough into thirds. On lightly floured surface roll each into a 16x12-inch rectangle. Cut into 2-inch squares. Place 1/4 tsp. filling in center of each and fold in half. Press with fingers to seal edges. Place index finger against fold, bring the two outer edges together and press one corner over the other. Freeze on a cookie sheet then transfer to bags. To cook, bring seasoned chicken broth to a boil. Add enough tortellini to give a good ration to the liquid (as in any noodle soup) and cook until al dente or tender. Serve with Parmesan cheese and crusty bread. This recipe will make 3000 tortellini.

## HOMEMADE PASTA:

2 1/3 C. flour	1/3 C. water
1/2 tsp. salt	1 tsp. olive oil or cooking oil
2 eggs (beaten)	

In a mixing bowl stir together 2 C. of the flour and the salt. Make a well in center. Combine eggs, water and oil. Add to flour and mix well. Sprinkle kneading surface with remaining flour. Knead until dough is smooth and elastic (8-10 minutes). Cover and let rest 10 minutes.



# Breads



## Breads

Beer Bread . . . . .	45	Quick Bread Fruitcake . . . . .	58
Best White Yeast Bread . . . . .	45	Rhubarb Muffins . . . . .	59
Bubble Bread . . . . .	45	Strawberry Bread . . . . .	57
Butterhorn Rolls . . . . .	46	Zucchini Bread . . . . .	58
Cinnamon Nut Bread . . . . .	47	Cherry Fill-Ups . . . . .	59
Cinnamon Swirl Loaf . . . . .	47	Coffee Cake . . . . .	59, 60
Dilly Bread . . . . .	48	Easy Coffee Cake . . . . .	60
English Muffin Loaves . . . . .	48	Magic Marshmallow . . . . .	
Golden Crescents . . . . .	49	Crescent Puffs . . . . .	60
Herb and Onion Bread . . . . .	49	Monkey Bread . . . . .	61
No Knead Bread . . . . .	49	Orange Butter Coffee Cake . . . . .	61
Jeweled Pineapple Rings . . . . .	50	Overnight Coffee Cake . . . . .	62
No Knead Cinnamon Rolls . . . . .	50	Quick Cinnamon Rolls . . . . .	61
Orange Rolls . . . . .	51	Banana Blueberry Pancakes . . . . .	62
Overnight Rolls . . . . .	51	Perfect French Toast . . . . .	62
Rich Sweet Dough . . . . .	52	Sourdough Hotcakes . . . . .	63
Sour Cream Twists . . . . .	52	Wheat Pancakes . . . . .	63
Stickie Quickie Buns . . . . .	53	Whole Wheat Pancakes . . . . .	63
Sugar Crisp Rolls . . . . .	53	Biscuits . . . . .	64
3 Dozen Golden Rolls . . . . .	54	Cloud Biscuits . . . . .	64
Whole Wheat Bread with Honey .	54	Honey-Cornmeal Biscuits . . . . .	64
Apple Muffins . . . . .	54	Applesauce Donuts . . . . .	64
Apricot Bread . . . . .	55	Popovers or Donuts . . . . .	65
Banana Bread . . . . .	55	Doug's Noodle Recipe . . . . .	65
Banana Chocolate Tea Bread .	56	Easy Noodle Recipe . . . . .	65
Best Nut Loaf . . . . .	56	Grandma Doc's Noodles . . . . .	65
Christmas Banana Bread . . . . .	56	Grandma's Egg Noodles . . . . .	66
Cranberry Bread . . . . .	57	Noodles . . . . .	66
Fruit Bread . . . . .	57	Pizza Crust . . . . .	66
Pumpkin Bread . . . . .	57	Yeast Pizza Crust (Deep Dish) .	67
Pumpkin Nut Bread . . . . .	58	Croutons-Microwave . . . . .	67

## —BREADS—

### BEER BREAD

*Jane Westendorf, Keota*

3 C. self-rising flour

1 can warm beer

3 T. sugar

2 T. butter

Combine above ingredients and bake 25 minutes at 350°. Brush with melted butter and bake another 15 minutes. Delicious toasted. (You can substitute regular flour for the self-rising if you add 4 1/2 tsp. baking powder and 3/4 tsp. salt.)

### BEST WHITE YEAST BREAD

*Michael B. Tolles, Villisca, IA*

5 3/4-6 1/2 C. all-purpose flour

1 pkg. active dry yeast

3 T. sugar

1/2 C. milk

2 1/2 tsp. salt

3 T. butter or margarine

1 1/2 C. water

In a large bowl, combine 2 C. flour, sugar, salt, and yeast. In 1-qt. saucepan over low heat, heat 1 1/2 C. water, milk and 3 T. margarine until very warm (120°-130°). With mixer at low speed gradually pour liquid into dry ingredients. Increase speed to medium; beat 2 minutes, occasionally scraping bowl with spatula. Beat in 1/2 C. flour or enough to make a thick batter; continue beating for 2 minutes, occasionally scraping. With a spoon stir in enough additional flour to make a soft dough. Turn dough onto lightly floured surface and knead until smooth and elastic; about 10 minutes. Shape dough into ball and place in greased large bowl, turning over so that top is greased. Cover with towel, let rise in warm place (80-85°), away from draft until double, about 1 hour. Punch down dough, turn onto lightly floured surface, cut in half - let set 15 minutes. Grease two 9x5-inch loaf pans. Set oven for 400°. Roll out each half with rolling pin into 12x8-inch rectangles, then roll up like jelly rolls and pinch ends shut. Place in pans and let rise (about 1/2 hour). Bake 25-30 minutes. Remove from pans immediately and let cool. Makes a softer crust if it is buttered while still hot.

### BUBBLE BREAD

*Michelle Baer, Ottumwa*

2 loaves frozen bread (thawed)

1 tsp. cinnamon

1 large box butterscotch pudding

1 tsp. vanilla

1 C. brown sugar

1/2-3/4 C. milk

1/2 C. melted butter

Cube the thawed bread. Put into a 9x13-inch pan, that has been sprayed with Pam. Mix other ingredients together well and pour over the bread cubes. Let rise for 30 minutes. Bake at 350° for 30 minutes. Nuts may be sprinkled on bread before other ingredients are poured over.

## BUTTERHORN ROLLS

Jeannie Striegel, Sigourney

1 C. milk	3 beaten eggs
½ C. lard	4 C. flour
½ C. sugar	¼ C. water (warm)
1 tsp. salt	1 tsp. sugar
1 pkg. dry yeast	2-3 T. melted margarine

Scald the milk in a saucepan. Add the lard, ½ C. sugar and salt to the scalded milk. Set aside and cool to lukewarm. Dissolve the dry yeast in the ¼ C. warm water and sprinkle in 1 tsp. sugar. When the milk has cooled, combine it with the yeast mixture in a large bowl. Add the 3 beaten eggs and stir well. Mix in the flour 1 C. at a time. Do not have to knead the dough. Cover and let rise until double in size in warm place. Punch down, let rise again. Divide dough into 2 equal parts. Roll each half out into a round circle the size of a pie pan. Brush each circle with melted margarine and cut each in 12 wedges. Roll each wedge from wide end and place on greased baking sheets. Let rise until almost doubled. Bake at 350° until golden on top for 12-15 minutes. Makes 2 dozen.

## BUTTERHORN ROLLS

Michelle Baer, Ottumwa

1 pkg. dry yeast	1 tsp. salt
1 C. + 3 T. warm water	2 beaten eggs
½ C. sugar	4 C. sifted flour
½ C. shortening (margarine)	

Dissolve yeast in 3 T. water. Mix sugar, shortening, remaining water, salt and eggs. Stir in yeast and flour. Refrigerate overnight. Roll into circle, brush with melted butter. Cut into 16 wedges. Roll each wedge from large end to point. Place on greased baking sheet. Let rise until double in bulk 1½-2 hours. Bake at 350° until brown, approximately 20-25 minutes.

*Always remember whether you are short or tall  
Doesn't determine your size at all.  
You are measured by the width of your grin  
And the depth and breadth of what is within.*

## CINNAMON-NUT BREAD

*Michael B. Tolles, Villisca, IA*

8-9 C. all-purpose flour  
1 C. sugar  
1 tsp. salt  
3 pkgs. active dry yeast

1 1/2 C. milk  
1 C. butter or margarine  
2 eggs

In a large bowl, combine 2 C. flour, sugar, salt and yeast. In a medium saucepan over low heat, heat milk, 1/2 C. water and margarine until very warm (120°-130°). With mixer at low speed, gradually pour liquid in dry ingredients. Increase speed to medium; beat 2 minutes, occasionally scrape bowl with spatula. Beat in eggs and 2 C. flour, continue beating 2 minutes, scraping bowl occasionally. With spoon stir in enough additional flour to make a soft dough. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Shape dough into a ball and place in greased bowl, turning over so that top of dough is greased. Cover with towel; let rise in warm place (80°-85°) away from draft, until doubled, about 1 hour. Punch down dough. Turn out onto floured surface and divide into 1/3. Grease three 9x5-inch loaf pans. Roll dough out into approximately 12x9-inch rectangles. In a small bowl mix 1/4 C. packed light brown sugar, 1/4 C. chopped pecans and 1/2 tsp. cinnamon. Sprinkle and spread this mixture on each rectangle (1 batch per rectangle) and roll like a jelly roll. Put in pans, let rise 1/2 hour and bake in preheated oven at 350° for 35 minutes.

## CINNAMON SWIRL LOAF

*Pam Gretter, Harper*

1 C. milk (scalded)	1 tsp. salt
1/4 C. sugar	4 1/2 C. flour
1 pkg. yeast	1/2 C. melted butter
1 egg (beaten)	1/2 C. sugar
1/4 C. warm water	1 T. cinnamon
1/4 C. butter or oleo	

### ICING:

1/2 C. powdered sugar	2 tsp. warm milk
1/2 tsp. vanilla	1/4 tsp. butter flavoring

Scald milk and add sugar, butter and salt. Cool. Dissolve yeast in warm water. Add milk mixture to yeast. Stir in egg and flour 1 C. at a time. Mix well. Cover and let rise until double in bulk. Divide dough in half and roll into approximately 8x10-inch shapes. Spread with melted butter. Sprinkle with remaining 1/2 C. sugar and cinnamon. Roll up and place in greased 9x5x3-inch loaf pans. Let rise for 1 hour. Bake at 350° for 35-40 minutes.

For Icing: Mix ingredients and drizzle over hot loaves.

## DILLY BREAD

*Larry Eldridge, Sigourney*

1 pkg. dry yeast	2 T. dill seed
$\frac{1}{4}$ C. warm water (115°)	1 tsp. salt
1 C. cottage cheese (warmed)	$\frac{1}{4}$ tsp. soda
2 T. sugar	1 unbeaten egg
1 T. instant minced onion	2 $\frac{1}{4}$ -2 $\frac{1}{2}$ C. flour
1 T. butter	

Soften yeast in warm water. Combine cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg and softened yeast. Gradually add flour to form stiff dough. Let rise until double, about 1 hour. Knead dough well and turn into greased 8-inch round casserole dish or make into rolls. Let rise again until doubled, about 40 minutes. Bake at 350° for 45-50 minutes. Brush with butter and sprinkle with salt.

## ENGLISH MUFFIN LOAVES

*Kathy Thompson, Ollie*

5 $\frac{1}{2}$ -6 C. flour (measure by spooning lightly into cup)	$\frac{1}{4}$ tsp. baking soda
1 T. sugar	2 C. milk
2 tsp. salt	$\frac{1}{2}$ C. water
2 pkgs. active dry yeast	Corn meal

Combine 3 C. flour, yeast, sugar, salt and soda. Heat liquids until very warm (120°-130°). Add to dry mixture; beat well. Stir in enough flour to make a stiff batter. Spoon into two 8  $\frac{1}{2}$  x 4  $\frac{1}{2}$ -inch greased pans that have been sprinkled with corn meal. Cover and let rise in warm place for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool.

For Microwave: Reduce flour by 1 C. Mix and let rise as directed above. Microwave each loaf on high power 6  $\frac{1}{2}$  minutes (no longer). Surface of loaf will be moist, flat and pale. Allow to rest 5 minutes before removing from pans.

To Serve: Slice and toast. Makes 16 slices per loaf.

*Two things are bad for the heart,  
Running up stairs and running down people.*

## GOLDEN CRESCENTS

*Margaret Brunner, Arden Hills, Minnesota*

2 pkgs. dry yeast  
3/4 C. warm water (105°-115°)  
1/2 C. sugar  
1 tsp. salt

2 eggs  
1/2 C. shortening (part soft butter)  
4 C. flour

Dissolve yeast in warm water and stir in sugar, salt, eggs, shortening plus 2 C. flour. Beat until smooth and mix in remaining flour until smooth and scrape dough from side of bowl. Cover and let rise in a warm place until double for 1 1/2 hours. Divide dough in half. Roll each half into 12-inch circle. Spread with butter and cut into 16 wedges. Roll up each wedge beginning at rounded edge and place roll with point on greased baking sheet. Cover and let rise until double for 1 hour. Bake at 400° for 12-15 minutes. Brush with butter. Makes 32 rolls. Is very good!

## HERB AND ONION BREAD

*Lois Bruns, Sigourney*

1/2 C. milk  
1 1/4 T. sugar  
1 tsp. salt  
1 T. butter  
1 pkg. yeast

2 1/4 C. white or whole wheat flour  
1/2 small onion (minced)  
1/2 tsp. dried dill weed  
1 tsp. crushed dried rosemary  
1/2 C. warm water

Scald milk and dissolve the sugar, salt and butter. Cool to lukewarm. In a large bowl dissolve the yeast in the warm water. Add the cooled milk, flour, minced onion and herbs and stir well with large wooden spoon. When batter is smooth cover bowl with a towel and let rise in a warm place until triple in bulk about 45 minutes. Stir down and beat vigorously a few minutes, then turn into a greased bread pan. Let stand for 10 minutes. Bake 1 hour in preheated 350° oven.

## NO KNEAD BREAD

*Kathy Thompson, Ollie*

3 1/4 C. warm water  
3 pkgs. dry yeast  
6 T. sugar  
6 T. butter

4 tsp. salt  
2 eggs  
10 C. flour (unsifted)

Add yeast to water and stir until dissolved. Add sugar, butter, salt, eggs, flour, stirring until moist. Put into large Tupperware bowl and seal tightly. Place in warm spot, wait 30 minutes. Divide into 4 parts, put into 4 greased loaf pans. Cover with towel for 30 minutes. Bake 30 minutes at 350°. (NOTE: For whole wheat bread use whole wheat flour and brown sugar instead of white sugar.)

## JEWELLED PINEAPPLE RINGS

Winifred Wehr, Sigourney

2 pkgs. quick rise yeast  
4 1/4-4 1/2 C. flour  
1/3 C. sugar  
2 tsp. salt

1/2 C. milk  
1/2 C. water  
1/3 C. butter  
2 eggs

### FILLING:

1/4 C. butter  
1 C. powdered sugar

1/2 C. finely chopped pecans  
1/2 C. finely chopped candied  
pineapple

### GLAZE:

1/4 C. pineapple juice

3 T. sugar

In a large mixing bowl, combine yeast, 2 C. flour, sugar, salt. Mix well. Heat milk, water and butter until warm (120°-130°). Add to flour mixture. Add eggs. Beat 3 minutes at medium speed. Gradually stir in enough remaining flour to make a soft dough. Cover; let rise in warm place for 15 minutes. Prepare filling: Cream butter. Blend in powdered sugar. Stir in pecans and pineapple. Roll dough to 18x12-inch rectangle. Spread filling over half the dough lengthwise. Fold uncovered dough over filling. Cut into 18 strips, twisting each 2 or 3 times. Loosely coil on greased cookie sheet. Tuck ends under. Cover; let rise in warm place about 30 minutes. Bake 15 minutes at 375°. Combine pineapple juice and sugar. Brush rolls. Bake 5-7 minutes longer until golden brown. Makes 18 rolls.

## NO KNEAD CINNAMON ROLLS

Nancy Winn, Ollie

1 pkg. yeast  
1 tsp. sugar  
1/2 C. warm water  
3 eggs (beaten)  
1/2 C. oleo (melted)

1/2 C. (more) sugar  
1 C. milk  
4 1/2 C. flour  
1 tsp. salt

Dissolve the yeast and 1 tsp. sugar in the warm water. Add the rest of the ingredients. Mix well and let stand, covered, in the refrigerator at least 6 hours. This dough will keep in the refrigerator for days. Do not knead at any time. When you take it out of the fridge, roll right away as this is a rich dough. This makes 24 cinnamon rolls. (I roll the dough out and spread softened oleo over the dough.) Mix together and have ready: 1/2 C. brown sugar, 1/2 C. white sugar, 1 tsp. cinnamon. Sprinkle this over the dough. Just roll them up and cut. Bake at 350° for 30 minutes. Frost before they get cool.

## ORANGE ROLLS

Beverly Underwood, Ollie

1 pkg. dry yeast  
1/4 C. warm water  
1/4 C. sugar  
1 tsp. salt  
2 eggs  
1/2 C. dairy sour cream

1/2 C. butter (melted and divided)  
3 1/2 C. flour  
3/4 C. sugar  
2 T. grated orange rind  
1 C. toasted coconut

### GLAZE:

3/4 C. sugar  
1/2 C. dairy sour cream

2 T. orange juice  
1/4 C. butter

Dissolve yeast in warm water in large mixing bowl. Beat in 1/4 C. sugar, salt, eggs, sour cream plus 6 T. melted butter. Gradually add 2 C. flour and beat smooth. Knead remaining flour into dough. Cover and let rise in warm place until double (about 2 hours). Punch down. Knead about 15 times. Divide dough into half and roll to 12-inch circle. Combine 3/4 C. sugar, 3/4 C. toasted coconut and orange rind. Brush dough with melted butter. Sprinkle with 1/2 of sugar mixture. Cut in 12 wedges. Roll into crescent shape. Sprinkle with remaining sugar mixture. Place rolls point side down in 3 rows in buttered 9x12-inch pan. Cover and let rise 1 hour. Bake at 350° for 20 minutes or until golden brown. Combine glaze ingredients. Boil 1 minute, stirring constantly. Pour glaze over warm rolls as soon as they come from oven. Top with remaining coconut.

## OVERNIGHT ROLLS

Jill Hale, Sigourney

2 pkgs. yeast  
4 C. water  
1 1/2 C. sugar

1 stick oleo  
1/2 C. Crisco

Boil water and sugar for 5 minutes and add to oleo, Crisco and yeast. Cool. Add to yeast mixture 4 beaten eggs, 1 T. salt and enough flour for stiff dough. Knead. Let raise overnight. Make into rolls in morning place in greased pan. Let rise until doubled. Bake in oven set at 375° for 15 minutes. Brush with butter.

*May I never miss a rainbow or a sunset because I'm looking down.*

## RICH SWEET DOUGH

*Darlene Ruggles, Thornburg*

3/4 C. milk	1/2 C. warm water
1/2 C. sugar	2 pkgs. yeast
2 tsp. salt	1 egg
1 stick margarine	4 C. flour

Scald milk. Stir in sugar, salt and margarine. Cool to lukewarm. Put warm water into large, warm bowl. Add yeast. Stir in milk mixture, egg and half the flour. Beat until smooth. Add remaining flour to make a stiff batter. Cover tightly. Refrigerate at least 2 hours. May be kept in refrigerator up to 3 days. To use, cut off amount needed and shape as desired. (A "no-knead" refrigerator dough that makes a rich, tender product.)

## SOUR CREAM TWISTS

*In Memory of Grace Strupp*

1 C. sour cream	1 egg
1 pkg. active dry yeast	3 C. flour
1/4 C. warm water	2 T. soft margarine
2 T. butter or margarine	1/4 C. brown sugar
3 T. sugar	1 tsp. cinnamon
1 tsp. salt	

### CREAMY GLAZE:

1 1/2 C. confectioners sugar	1 1/2 tsp. vanilla
2 T. butter or margarine (softened)	1-2 T. hot water

(I put 1 T. vinegar with canned milk for sour cream.) Heat sour cream just to lukewarm. Dissolve yeast in warm water. Stir in sour cream, 2 T. butter or margarine, salt, egg and 1 C. flour and beat until smooth. Mix in remaining flour until dough cleans side of bowl. Turn dough onto lightly floured board and knead until smooth; about 10 minutes. Place in a greased bowl, turn greased side up. Cover and let rise in warm place until double; about 1 hour. Punch down and roll into a rectangle about 16x24-inches. Brush with 2 tsp. butter. Mix brown sugar and cinnamon and sprinkle over lengthwise of rectangle. Fold over half onto sugared half, cut into 24 one-inch strips. Holding strips at each end twist in opposite directions. Place 2-inches apart on greased baking sheet pressing ends of twists on baking sheet. Cover and let rise until double; about 1 hour. Heat oven to 375° and bake 12-15 minutes until golden brown. While warm frost with creamy glaze.

For Creamy Glaze: Mix confectioners sugar, butter or margarine (softened), vanilla and hot water. Beat until smooth and of spreading consistency.

## STICKIE QUICKIE BUNS

*Jeannie Striegel, Sigourney*

1 1/2 C. flour	1 egg (beaten)
2 pkgs. dry yeast	1 3/4 C. flour
3/4 C. water	3/4 C. butter or margarine
1/2 C. milk	1 C. brown sugar
1/4 C. margarine (softened)	1 tsp. cinnamon
1/2 tsp. salt	3/4 C. chopped pecans
1/4 C. sugar	3 T. milk

Combine 1 1/2 C. flour and the yeast in large bowl. Set aside. Heat the milk, water, sugar, salt and margarine in saucepan until margarine melts. Pour into the yeast and flour and beat good by hand. Let set a few minutes. Then add the beaten egg and the other 1 3/4 C. flour. Dough will be very sticky. Cover and let rise 30 minutes. Combine the margarine, brown sugar, cinnamon, nuts and milk in a saucepan. Heat until almost ready to boil and pour this into a 9x13-inch pan. Now with a tablespoon, stir down the dough and spoon the dough on top of the caramel. Bake at 350° for 20 minutes. Let set a minute or two and invert the rolls onto a larger pan. Very moist and it disappears fast.

## SUGAR CRISP ROLLS

*In Memory of Grace Strupp*

1/2 C. milk	1/2 C. warm water
1/2 C. sugar	2 pkgs. dry yeast
1 tsp. salt	4 1/2-5 C. flour
1/2 C. margarine	2 eggs

Scald milk, stir in sugar, salt and margarine and cool. Measure warm water into a large warm bowl and sprinkle in yeast. Stir until dissolved. Add milk mixture, eggs, and 1 C. flour. Beat with mixer until smooth; turn out on lightly floured board and knead until smooth and elastic, about 8 minutes. Place in a greased bowl, turning to grease top. Cover and let rise in a warm place about 1 hour. Punch down and let rise again until double. Punch down and divide into half. Roll half into a 9x18-inch rectangle. Brush with butter and sprinkle dough with sugar and nuts mixture. Roll as for jelly roll and cut into 1-inch slices. Roll and flatten each piece of dough into a 4-inch circle. Dust each roll with sugar-nut mixture. Place on ungreased baking sheet, cover and let rise 30 minutes. Bake at 375° for 10 minutes. Do other half of dough the same way. Makes 35-40 sugar crisps.

### SUGAR-NUT MIXTURE:

1 C. sugar	1 C. finely chopped pecans
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Do not mix. Sprinkle separately.

### 3 DOZEN GOLDEN ROLLS

1 C. scalded milk  
1 1/2 pkgs. dry yeast  
1/2 C. sugar  
3 well beaten eggs

*Norma Gene Wonderlich, Ollie*

1/2 C. vegetable shortening  
1/2 C. lukewarm water  
1 tsp. salt  
5 C. flour

Combine yeast and lukewarm water until dissolved. Scald milk, add sugar and salt and shortening. Stir well; set aside. Cool to lukewarm. Add the eggs and yeast mixture, add flour mix and knead slightly and let rise until double in size. Divide dough into 3 equal parts. Roll each into 12-inch pie shapes. Cut into 4 equal parts and cut each 1/4 into thirds, brush lightly with melted butter. Roll beginning with large end and place on an oiled cookie sheet, small end on bottom. Let rise. Bake about 12-13 minutes at 350°. Remove from oven and brush tops with butter.

### WHOLE WHEAT BREAD WITH HONEY *Brenda Callahan, Thornburg*

2 pkgs. yeast  
2 C. lukewarm water  
or potato water  
2 C. milk (scalded)  
1/4 C. sugar

2 tsp. salt  
6 C. white flour  
1/4 C. soft lard or shortening  
1/2 C. honey  
5-6 C. whole wheat flour

Soften yeast in water. Add milk, cooled to lukewarm, sugar and salt. Stir and add 6 C. white flour. Beat until batter is smooth. Cover and let stand in warm place until light and bubbly (1-1 1/2 hours). Add lard, honey and enough whole wheat flour to make dough that can be handled easily. Let stand 10 minutes, then knead well. Place in greased bowl and grease top of dough. Cover with damp cloth and let rise until doubled. Punch down and let rise again. Divide into 3 or 4 parts, shape into loaves, place in greased pans. When raised again, bake in 375° oven 45-50 minutes. When done, bread sounds hollow when tapped and shrinks from sides of pan. Brush with butter.

### APPLE MUFFINS

*Doug Adam*

1/4 C. Crisco  
1/2 C. sugar  
1 1/2 C. flour  
1/2 C. milk

1 egg  
1 tsp. cinnamon  
1 T. baking powder  
1 C. applesauce or finely chopped apples

Mix Crisco and sugar. Add egg, baking powder, cinnamon, milk and applesauce. Then mix in flour. Fill muffin cups. Top each with a mixture of 1/3 C. brown sugar, 1/2 tsp. cinnamon, 1/3 C. ground nuts. Bake at 375° for 20 minutes. Great breakfast muffins.

## APRICOT BREAD

*Karen Greiner, Harper*

5½-6½ C. unsifted flour  
¾ C. sugar  
1 tsp. salt  
3 pkgs. active dry yeast

½ C. softened butter or oleo  
1 C. very hot water (120°-130°)  
3 eggs (room temperature)

In a large bowl thoroughly mix 1¼ C. flour, sugar, salt, and undissolved active dry yeast. Add butter. Gradually add water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ¼ C. flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn onto lightly floured board; knead until smooth and elastic about 8-10 minutes. Divide dough into 3 equal pieces. Roll one piece into a 12x7 rectangle, transfer to greased baking sheet. Starting at a short side, spread ⅓ prepared Apricot Filling down center third of rectangle. Cut 1-inch wide strips along both sides of filling cutting from filling out to edges of dough. Fold strips at an angle across filling, alternating from side to side. Sprinkle with ⅓ prepared crumb topping. Let rise in warm place until more than double in bulk, about 1½ hours. Bake at 375° for 20-25 minutes.

For Apricot Filling: Combine 2¼ C. (11 oz. pkg.) dried apricots and ½ C. water in saucepan. Bring to a boil; cook until liquid is absorbed and apricots are tender, about 20 minutes. Sieve, stir in 1½ C. brown sugar. Cool.

## BANANA BREAD

*Barb Henderson, Keota*

2 C. flour  
¼ tsp. salt  
1 tsp. soda  
½ C. oleo  
1 C. sugar

2 eggs  
1 tsp. vanilla  
3 bananas (mashed)  
1 C. nuts (optional)  
Brown sugar

Sift together flour, soda and salt. Cream butter and sugar together, and add eggs and vanilla. Stir and add mashed bananas; fold in dry ingredients, and nuts. Place in a well greased loaf pan. Sprinkle top with brown sugar. Bake 1 hour at 350°.

*The best conversations happen over a good meal.*

## BANANA CHOCOLATE TEA BREAD

*Winifred Wehr, Sigourney*

½ C. butter	1 tsp. salt
½ C. sugar	½ tsp. cinnamon
2 eggs	1 banana
1½ C. flour	½ C. sour cream
2 T. cocoa	½ C. nuts
1 tsp. soda	⅓ C. semi-sweet chips
1 tsp. vanilla	

Cream butter, sugar until light and fluffy. Add eggs, beat well. Combine flour, cocoa, soda, salt, cinnamon. Sift them together. Stir flour mixture into egg mixture. Add vanilla. Stir in banana, sour cream, nuts and semi-sweet chips. Spoon into 2 greased and floured  $7\frac{1}{2} \times 3 \times 2$ -inch loaf pans. Bake at 350° for 45 minutes or when center comes out clean when tested.

## BEST NUT LOAF

*Jean Cavin, Sigourney*

3 C. flour	1 egg
¾ C. sugar	1½ C. milk
3½ tsp. baking powder	2 T. oil
1½ tsp. salt	¾ C. chopped nuts

Mix well. Stir in nuts. Grease  $9\frac{1}{2} \times 5 \times 3$ -inch pan. Bake at 350° for 1 hour.

## CHRISTMAS BANANA BREAD

*Nancy Harris, Sigourney*

1 C. brown sugar	½ C. shortening or oleo
3 mashed bananas	2 eggs
2 C. flour + 1 tsp. soda	¼ C. nuts
¼ C. chocolate chips	¼ C. maraschino cherries (cut in half)

Cream sugar and shortening. Add mashed bananas and eggs. Stir in flour and soda. Add nuts, chocolate chips and cherries. Bake in full size loaf pan (greased) at 350° for 40-50 minutes.

## CRANBERRY BREAD

*Ernestine Bruns McCloney, Osceola*

2 C. flour  
1 C. sugar  
1 1/2 tsp. baking powder

1 tsp. salt  
1/2 tsp. soda

Sift all above ingredients. Combine juice and rind of one orange with 2 T. Crisco and enough water to make 3/4 C. Add 1 well beaten egg; stir into flour mixture until moist like muffins. Add 1 C. chopped nuts and 1 C. halved cranberries. Bake at 350° for 1 hour in greased loaf pan (9x5x3-inch).

## FRUIT BREAD

*Doris Brock, South English*

1/2 C. butter  
1 C. sugar  
2 eggs  
2 C. flour  
1 tsp. soda

1 C. oil  
1/4 C. chopped maraschino cherries  
1/4 C. chocolate chips  
1/4 C. nuts

Cream butter and sugar. Add eggs and beat well. Sift flour and soda and add alternately with oil to egg mixture. Mix in remaining ingredients. Pour into oiled 4 1/2x9-inch loaf pan. Bake at 350° for 1 hour. While warm, drizzle with powdered sugar icing. Makes 1 loaf.

## PUMPKIN BREAD

*Linda Sieren, Keota*

3 C. sugar  
1 C. oil  
4 eggs  
3 1/2 C. flour

1 tsp. cinnamon  
1 tsp. nutmeg  
2 tsp. soda  
1 tsp. salt

Mix together sugar, oil. Add eggs. Mix dry ingredients together and add alternately with 2/3 C. water. Add 2 C. pumpkin. Put in 2 loaf pans and bake at 350° for 75 minutes.

## STRAWBERRY BREAD

*Cindy Snakenberg, Sigourney*

4 eggs  
1 pkg. Betty Crocker strawberry cake mix

1 C. water  
1/2 C. oil  
1/4 C. poppy seeds

Mix all in bowl and beat for 4 minutes. Grease and flour 2 or 3 loaf pans and bake for 30-40 minutes. When cool, wrap in foil and refrigerate or freeze.

## PUMPKIN NUT BREAD (2 loaves)

*Irene Namer, Keota*

2 C. sifted flour	1 C. pumpkin
2 tsp. baking powder	1 C. sugar
½ tsp. soda	½ C. milk
1 tsp. cinnamon	¼ C. oleo (softened)
½ tsp. nutmeg	1 C. chopped walnuts
2 eggs	

Preheat oven to 350°. Sift first 6 ingredients together. Combine pumpkin, sugar, milk and eggs in bowl. Add dry ingredients and oleo, mixing only until flour is moistened. Stir in nuts. Divide evenly in 2 well greased loaf pans. Bake at 350° for 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes, then remove from pans.

## QUICK BREAD FRUITCAKE

*LaVonne Hughes, Sigourney*

2 eggs	2 C. pecans (chopped)
2 C. water	2 C. raisins
1 pkg. Pillsbury cranberry quick bread mix	2 C. candied cherries
1 pkg. Pillsbury date or nut quick bread mix	1 C. cut up pineapple Corn syrup, if desired

Heat oven to 350°. Grease and flour bottom and sides of 12 C. fluted tube or 10-inch tube pan. In large bowl, combine eggs and water. Add remaining ingredients except corn syrup. Stir by hand until smooth. Pour into prepared pan. Bake at 350° for 75-85 minutes or until toothpick inserted in center comes out clean. Cool in pan 30 minutes; loosen edges and remove from pan. Cool completely. Wrap in plastic wrap or foil and store in refrigerator. Glaze with warm corn syrup before serving. Decorate with additional candied fruits and nuts, if desired.

## ZUCCHINI BREAD

*LaVonne Hughes, Sigourney*

3 C. flour	3 beaten eggs
3 tsp. cinnamon	1 C. oil
1 tsp. salt	2 C. sugar
1 tsp. soda	2 C. grated zucchini
¼ tsp. baking powder	3 tsp. vanilla
1 tsp. nutmeg	2 T. light Karo syrup
	1 C. chopped nuts

Stir all together and mix all the ingredients in the first column. Stir liquid ingredients into dry ingredients. Mix well and bake at 350° for 1 hour. Makes 2 large loaves or 3 small loaves.

## RHUBARB MUFFINS

*Lola Nelson, Ollie*

1 1/4 C. brown sugar  
2/3 C. oleo or shortening  
1/2 tsp. salt  
1 egg  
1 tsp. soda

1 C. sour milk or buttermilk  
1 1/2 tsp. vanilla  
1 1/2 C. rhubarb (cut up fine)  
2 1/2 C. flour

Cream sugar and oleo. Add rest in order given. Put in lined or greased muffin tins. Fill 1/2 to 2/3 full. Sprinkle with topping. Bake at 350° for 20-25 minutes.

### TOPPING:

1/3 C. granulated sugar  
1/4 C. chopped nuts

1 T. softened oleo  
1/2 tsp. cinnamon

Mix with fork until crumbly. Would you rather have rhubarb cake? Increase brown sugar to 1 1/2 C. and decrease flour to 2 C. Put in greased 9x13-inch pan. Sprinkle with topping made by increasing sugar to 1/2 C. Bake at 350° for 40-45 minutes.

## CHERRY FILL-UPS

*Christopher Sellers, Sigourney*

Cherry preserves  
1 pkg. refrigerated biscuits  
2 T. sugar

1 egg  
2 T. milk

Use 9-inch round pan, place biscuits into pan. Press tiny hollow in the center of each biscuit with fingers. Fill hollows with a teaspoon of the preserves. Break egg into a bowl and beat until smooth. Add sugar and milk. This glaze puts a shine on biscuits. Brush on egg mixture with a pastry brush and bake about 10 minutes in 425° oven. Remove from pan and serve at once.

## COFFEE CAKE

*Linda Wade, South English*

2 tubes crescent rolls  
2/3 C. sugar  
11 oz. softened cream cheese  
1 egg yolk

1 tsp. vanilla  
1 T. lemon juice  
1 egg white

Pat 1 tube of rolls into 9x13-inch slightly oiled pan. Let set while mixing filling. Cream sugar, cream cheese, egg yolk, vanilla and lemon juice until creamy. Spread over rolls. Top with remaining tube of crescent rolls. Beat egg white until frothy and brush over top. Bake at 350° for 25 minutes. Do not overbake! The filling should be a little runny - not firm. Sprinkle powdered sugar over top while cooling or use a mixture of sugar and cinnamon.

## COFFEE CAKE

Ann L. Mackey

1 pkg. Jiffy yellow cake mix  
2 eggs  
1 (8 oz.) carton sour cream

Betty Crocker coconut and pecan  
dry frosting

Stir with spoon or beater. Use 9x9-inch pan. Put half of batter in pan. Sprinkle half of frosting over batter. Add rest of batter. Sprinkle rest of frosting over top. Drizzle with melted margarine over frosting. Bake at 350° until light brown, about 25 minutes. Very delicious!

## EASY COFFEE CAKE

Nancy Harris, Sigourney

½ C. sugar	4 T. oil
1 ¼ C. flour	1 egg
1 ½ tsp. baking powder	½ C. milk
¼ tsp. salt	Cinnamon and sugar

Combine sugar, flour, baking powder and salt. Combine egg, milk and oil. Add to dry ingredients. Stir until dry ingredients are moist. Pour into 9x9-inch greased pan. Top with cinnamon-sugar. Bake at 375° for 20 minutes. May top with fruit in season.

## MAGIC MARSHMALLOW CRESCENT PUFFS

Paula Bell, Keota

¼ C. sugar  
1 tsp. cinnamon  
2 cans refrigerated quick crescent  
dinner rolls

16 large marshmallows  
¼ C. margarine or butter (melted)

### GLAZE:

½ C. powdered sugar  
½ tsp. vanilla

2-3 tsp. milk

Heat oven to 375°. Combine sugar and cinnamon. Separate crescent rolls into 16 triangles. Dip a marshmallow in melted margarine; roll in sugar-cinnamon mixture. Place marshmallow on shortest side of triangle. Fold corners over marshmallow and roll to opposite side of triangle completely covering marshmallow. Pinch edges of dough to seal. Dip in melted margarine and place margarine-side down in deep muffin cup. Repeat with remaining marshmallow. Place pan on foil or cookie sheet to guard against spillage. Bake at 375° for 10-15 minutes or until golden brown. Immediately remove from pan to greased plate. Combine glaze ingredients; drizzle over warm rolls.

## MONKEY BREAD

*Brenda Callahan, Thornburg*

4 tubes biscuits	1 C. sugar
3/4 C. white sugar	3/4 C. butter or oleo
1 tsp. cinnamon	1/2-1 1/2 tsp. cinnamon
1/2 C. nuts (finely chopped, optional)	

Cut biscuits into 4 pieces. Shake in sugar and cinnamon mixture. Put in loaf pans. (I use angel food cake pan sprayed with Pam.) Then bring to a boil 1 C. sugar, oleo and cinnamon. Pour over dough in pan and bake 40-50 minutes in 350° oven. Let set 5 minutes and remove from pan.

## ORANGE BUTTER COFFEE CAKE

*Debora Hinnah, Sigourney*

1 pkg. yeast	1 C. dairy sour cream
1/4 C. warm water	1/2 C. butter
1 C. sugar	3 C. flour
1 tsp. salt	1 C. coconut (toasted)
2 eggs	2 T. grated orange rind

Soften yeast in warm water in mixing bowl. Stir in 1/4 C. sugar, salt, eggs, sour cream, and 6 T. butter. Gradually add flour to form a stiff dough, beating well. Cover. Let rise in warm place until doubled (about 2 hours). Combine 3/4 C. sugar, 3/4 C. coconut and orange rind. Knead dough on well floured surface, then roll half of dough to a 12-inch circle. Brush with 1 T. melted butter. Sprinkle with half of coconut mixture. Cut into 12 wedges. Roll up, starting with wide end. Repeat with remaining dough. Place rolls, point-side down in 3 rows in a greased 9x13-inch pan. Cover; let rise in warm place until light, about 1 hour. Bake at 350° for 25-30 minutes until golden. Leave in pan. Top with glaze. Sprinkle with 1/4 C. coconut.

### ORANGE GLAZE:

3/4 C. sugar	2 T. orange juice
1/2 C. dairy sour cream	1/4 C. butter

Combine in saucepan. Boil 3 minutes, stirring occasionally. Pour over hot rolls.

## QUICK CINNAMON ROLLS

*Cindy Hauschilt, Marengo*

2 T. milk	2 tsp. cinnamon
1/2 C. brown sugar	1 C. sugar
1/2 C. oleo	3 small tubes buttermilk biscuits

Greasd bundt pan. Set oven at 350°. Combine milk and brown sugar on bottom of the bundt pan. Mix cinnamon and sugar together. Melt the oleo. Dip each biscuit in the melted oleo, then in the sugar mixture. Stand on edge in pan. Bake 30 minutes. Remove from pan almost immediately. Can use 2 large tubes of biscuits instead, but you may need to bake longer.

## OVERNIGHT COFFEE CAKE

*Linda Werger, Keota*

$\frac{2}{3}$  C. oleo  
1 C. white sugar

1 C. brown sugar  
2 eggs

Cream the above ingredients, then add:

2 C. flour  
2 T. powdered dry milk  
(I use just milk)  
1 C. buttermilk

1 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
1 tsp. soda  
1 tsp. cinnamon

Pour into a greased 9x13-inch pan. Cover with topping:  $\frac{1}{2}$  C. brown sugar,  $\frac{1}{2}$  C. nuts,  $\frac{1}{2}$  tsp. nutmeg (mix these 3 ingredients together). Sprinkle over coffeecake. Let stand overnight in refrigerator. Bake 30 minutes at 350°.

## BANANA BLUEBERRY PANCAKES

*Mike Buman, Sigourney*

1 ripe banana	$\frac{1}{2}$ C. buttermilk
1 $\frac{1}{3}$ C. whole wheat flour	2 T. sugar
$\frac{1}{3}$ C. cornmeal	$\frac{1}{2}$ tsp. salt
2 large eggs	1 C. blueberries
1 $\frac{1}{4}$ C. milk	$\frac{1}{4}$ C. melted butter or margarine
$\frac{1}{2}$ tsp. nutmeg	1 tsp. baking soda
1 tsp. baking powder	

In mixing bowl mash together banana and buttermilk. Using a wire whisk blend in eggs, then milk, sugar, melted butter and nutmeg. In larger, separate bowl toss together remaining ingredients, except blueberries, until mixed. After forming a hole in the middle of the dry ingredients pour in the contents of the first bowl, then mix gently with spoon or whisk, adding blueberries after ingredients are well, but not completely mixed. Cooking on a hot, greased griddle, use approximately  $\frac{1}{3}$  C. of batter per pancake, flipping only once after a few airholes appear on the surface of the pancake. Makes 12-15 pancakes.

## PERFECT FRENCH TOAST

*Christopher Sellers, Sigourney*

2 eggs  
 $\frac{1}{2}$  C. milk  
 $\frac{1}{4}$  tsp. salt

3 T. fat  
4-5 slices bread

Break eggs into a bowl. Beat until smooth. Blend in milk, salt and pour into shallow pan. Dip bread into batter. Cook on hot fat in pan until brown. Turn and brown opposite side. Serve with syrup or confectioners sugar.

## SOURDOUGH HOT CAKES

*Doyle Wagamon, South English*

2 C. flour (white or whole wheat or half of each)  
2 C. tepid water  
1 pkg. dry yeast  
2 eggs

1 tsp. baking soda  
1 tsp. salt  
1 T. sugar  
1 T. cooking oil

Mix the flour and the tepid water together in a large glass bowl. Yeast grows, so be sure the bowl is large. Stir in the yeast. Put the bowl, uncovered, in a cupboard or cold oven overnight. In the morning, stir the mixture. Put  $\frac{1}{2}$  C. of it in a covered jar and keep in the refrigerator until next time. This is your starter. It will keep for weeks in the refrigerator, but if you don't use it again for a long time, be sure to add some new flour and water. Add the eggs, baking soda, salt, sugar and cooking oil to the batter in your bowl. Mix it lightly. Then fry your hot cakes on a hot, greased griddle or frying pan.

## WHEAT PANCAKES

*Ernest Bruns, Sigourney*

1 C. buttermilk  
1 egg  
1 T. sugar  
1 C. whole wheat flour

1 tsp. soda  
 $\frac{1}{2}$  tsp. salt  
1 T. oil or melted butter

Mix and griddle. If it seems too thick add just a little more milk. This makes twelve 4-inch cakes.

## WHOLE WHEAT PANCAKES

*Ernest Bruns, Sigourney*

1 C. whole wheat flour  
 $\frac{1}{2}$  C. buckwheat flour  
3 T. soy flour  
1 T. wheat germ  
6 T. dry buttermilk

1 tsp. soda  
 $\frac{1}{4}$  tsp. salt  
1 T. sugar  
2 egg whites or 1 egg  
1  $\frac{1}{2}$  T. Puritan Oil  
 $1\frac{3}{4}$ - $2\frac{1}{4}$  C. water

These pancakes are high protein, low cholesterol, and low in sodium. Makes 16 (4-inch) cakes.

## BISCUITS

2 C. flour  
4 tsp. baking powder  
1 tsp. salt

*Debra Walker, What Cheer*

7 T. butter or margarine  
3/4-1 C. milk

Combine dry ingredients. Cut butter in thoroughly. Add milk until dough is soft and sticky. Knead 10 times. Put in greased pan with sides touching. Bake in preheated 450° oven for 10 minutes.

## CLOUD BISCUITS

2 C. sifted flour  
1 T. sugar  
4 tsp. baking powder  
1/2 tsp. salt

*Brenda Callahan, Thornburg*

1/2 C. oleo  
1 beaten egg  
2/3 C. milk

Sift dry ingredients. Cut in shortening until crumbs are coarse. Combine egg and milk. Add to other mixture all at once. Stir until dough follows fork. Turn out and knead gently 20 strokes. Roll to 3/4-inch thick. Cut with biscuit cutter or with glass dipped in flour. Bake on ungreased baking sheet for 10-14 minutes at 450°. It is possible to refrigerate biscuits before baking - up to 3 hours.

## HONEY-CORNMEAL BISCUITS

1 3/4 C. Bisquick or Jiffy baking mix  
1/2 C. yellow corn meal

1/2 C. milk  
2 T. honey

Mix all ingredients until dough forms; beat 30 seconds. Turn dough onto surface dusted with flour. Gently roll to coat. Shape into ball and knead 10 times. Roll 1/2-inch thick. Cut with 2-inch cutter. Bake on ungreased cookie sheet until golden brown, 8-10 minutes, at 450°. Makes 12 biscuits. Serve with honey butter. Beat 1/2 C. margarine, 1/4 C. honey until fluffy.

## APPLESAUCE DONUTS

2 C. flour  
1/2 C. sugar  
2 T. baking powder  
1/2 tsp. salt  
1 tsp. cinnamon

*Nancy Harris, Sigourney*

1 egg  
1/2 C. applesauce  
1/2 C. milk  
1 1/2 T. oil  
1 tsp. nutmeg

Sift dry ingredients together. Mix milk, applesauce and oil and add to dry ingredients. Drop by teaspoon into hot oil (350°) until golden brown. Drain on toweling, roll in cinnamon-sugar.

## POPOVERS OR DOUGHNUTS

*Jill Hale, Sigourney*

1 C. cold mashed potatoes  
1 C. sweet milk  
1 tsp. salt  
2 eggs

1 C. sugar  
3 1/2 C. flour  
4 tsp. baking powder  
Flavor to taste

Fry in hot fat (Crisco). Drop from spoon for doughnuts. Add a little more flour - enough to make soft dough and roll 1/4-inch and cut with doughnut cutter.

## DOUG'S NOODLE RECIPE

*In Memory of Doug Adam*

4 eggs (beat well)  
4 T. milk  
1 T. (level) Crisco

1/2 tsp. baking powder  
1/4 tsp. cream of tartar  
1 tsp. salt  
2 C. flour (approximately)

Mix ingredients in order given. Roll to desired thickness. Let dry slightly and cut into desired size. Let dry.

## EASY NOODLE RECIPE

*Alice Hootman, Webster*

3 egg yolks + 1 whole egg  
3 T. water

1 tsp. salt  
2 C. sifted flour

Mix eggs well, add water. Add flour and salt, mix well. Roll to desired thinness, cut and dry or use at once. Can be frozen.

## GRANDMA DOC'S NOODLES

*Cindy Hewett, Keosauqua*

2 eggs  
1 tsp. salt

1 1/2 C. flour  
2 T. milk

Mix all ingredients together. Work until it will handle good enough to roll. May need to add more flour. Roll thin, let dry awhile. Roll up or cut into strips. Cut as small as possible.

## GRANDMA'S EGG NOODLES

*Debbie Hinnah, Sigourney*

2 egg yolks (slightly beaten)  
1 tsp. shortening  
2 T. cream or milk

1/4 tsp. salt  
1/4 tsp. baking powder

Mix all ingredients together. Add enough flour so that the dough mixture can be rolled out. Roll dough out on a slightly floured surface. Roll dough as thin as possible. Let dry for several hours. Cut into any desired length of noodles. Noodles can be used immediately, bagged and placed in the refrigerator or freezer.

## NOODLES

*Betty Green, What Cheer*

1 C. flour  
1 tsp. salt  
1 tsp. baking powder

1 egg (beaten until fluffy)  
2 T. milk

Mix first 3 ingredients together. Make a well in your flour mixture, add egg and milk; mix well. Set in warm place for 30 minutes. Roll out and cut.

## PIZZA CRUST

*Regina (Charles) Striegel, What Cheer*

4 1/2 C. unbleached all-purpose  
white flour  
1 tsp. salt  
1/4 C. olive oil

2 pkgs. dry yeast  
1 1/2 C. warm water  
2 tsp. light brown sugar

Measure 1/2 C. warm water (110°) in a measuring cup and stir in 2 tsp. light brown sugar. Be sure the water is only warm - not hot. If the water is too hot, it will kill the yeast and the dough will not rise. The 2 pkgs. of yeast should be dissolved for 5 minutes. Sift the 4 C. flour into bowl with salt. Make a depression in the middle of flour and add 3 T. olive oil and 1 C. warm water. Then add the yeast to this. Knead the dough for 8-10 minutes until elastic and smooth. Let rise for 1 1/2 hours. It is now ready to be rolled out into any thickness you prefer.

*Speech is silver, silence is golden.*

## YEAST PIZZA CRUST - DEEP DISH

*Kathy Thompson, Ollie*

1 pkg. active dry yeast	1 1/2 C. flour
1/2 C. warm water (110°-115°)	1/2 tsp. salt
1 T. cooking oil	

Stir yeast into water in a bowl. Mix in flour, salt and shortening. Knead mixture on lightly-floured surface until it forms a smooth ball. Place in a greased pan; turn once to grease surface. Cover and let rise in warm place (85°) for 10-15 minutes. Grease deep dish pizza pan with solid shortening. Press dough into bottom and sides of pan or roll into 16-inch circle and press in pan. Spread about 3/4 C. pizza sauce over dough. Top with cheese and other ingredients desired. Bake.

## CROUTONS - Microwave *Judy Buggren (submitted by Debora Hinnah)*

3 T. margarine	1/2 tsp. each oregano and basil
2 T. Parmesan cheese	2 slices white bread (cubed,
1/2 tsp. each garlic salt and	about 2 C.)
celery seeds	

In medium size bowl microwave butter on high for 1 minute until melted. Stir in cheese and seasonings until blended. Add bread, toss to coat. Microwave, uncovered, on high 3-5 minutes. Stir twice. Let stand until crisp and cool. Makes 1 C.

## A LONELY COOKBOOK

*I am a lonely cookbook*

*A sittin' on the shelf.*

*Although I'm full of goodies*

*I'm no good there by myself.*

*I need someone to pick me up,*

*And look inside my cover,*

*And if you do, I promise you,*

*A new world you will discover.*

2 egg yolks slightly beaten  
1/2 cup shortening

2 T. flour or cornstarch

Mix all together

Bake in oven at 350° for 15 minutes

Yield: 12-15 squares

Calories: 300

Protein: 10

Carbohydrates: 45

Fat: 20

Cholesterol: 100

Sodium: 100

Calories: 300

Protein: 10

Carbohydrates: 45

Fat: 20

Cholesterol: 100

Sodium: 100

Calories: 300

Protein: 10

Carbohydrates: 45

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# Main Dishes



## Meats

African Chop Suey	69	Marinated Round Steak	82
Anne's Pizza Meat Loaf	69	Meatballs	83
Aunt Barb's Meatballs	69	Meatloaf	83
B.B.Q. Burgers	70	Meat-Za-Pie	84
Beef and Bean Tostada	70	Mexicali Bake	84
Beef Parmegiana	70	Mexican Beef	84
Beef and Potato Bake	71	Mexican Spaghetti	85
Beef Roll Ups	71	Microwave Meatballs	85
Beef Stew	71, 72	Mother's Meatloaf-Microwave	85
Beef Stroganoff	72	Mrs. Stocky's Taverns	86
Calico Bean Casserole	72	Noodle Casserole	86
Chicken Fried Steak	73	Nutty Noodles	86
Chili	73	Old-Style Beef Stew	87
Chinese Steak	73	One Dish Meal Casserole	87
Chiligette	73	One Pot Dinner	87
Corned Beef Casserole	74	Easy Oven Stew	88
Creamed Dried Beef	74	Pizza Casserole	88
Burrito Bake	74	Pizza Meatloaf	89
Dried Beef and Hominy	74	Poor Boy Filets	89
Deep Dish Pizza	75	Reuben Sandwiches	89
Enchilada Casserole	75, 76	Round Steak Casserole	90
Fried Liver	76	Salisbury Hamburger	90
Golden Meatloaf	76	Salisbury Steak	90
Grandpa's Famous Stew	77	Santa Fe Casserole	91
Grilled Ranch House Hamburger	77	Spaghetti Pie	91
Ground Beef Balls	77	Spanish Rice	91
Ground Beef and Cabbage	78	Standing Rib Roast with Company Gravy	92
Ground Beef-Cheese Casserole	78	Steak Bake	92
Hamburger and Noodle Casserole	78	Stuffed Bread	92
Hamburger Pie	79	Swiss Steak	93
Hamburger-Vegetable Casserole	78	Taco Casserole	93
Hobo Stew	79	Taco Salad	93, 94
Homemade Salami	79	Tostado Bake	94
Hungry Jack Beef Casserole	79	Vegetable Beef Casserole	94
Impossible Cheeseburger Pie	80	BBQ Ribs	95
Easy Italian Casserole	80	Beer N Bratwurst with Kraut	95
Italian Meatballs	80	Chalupa's Mexican Casserole	95
Lazy Day Lasagne	81	Chicken Fried Pork Steak	96
Lasagna-No Boil Noodles	81	Chinese Rice Casseroles	96
Little Shepherd Pies	82	Cloma's Casserole	96
Maidrites	81		

*(Continued on Next Page)*

## **(Meats - Continued)**

Creamy Mushroom Pork Chops	97	Creole Chicken-Microwave	105
Grilled America's Cut	96	Hidden Valley Ranch	
Ham Balls	97	Buffalo Wings	105
Ham, Broccoli and Macaroni Casserole	97	Chicken Strata	105
Impossible Cheese Porky Pie	98	Savory Crescent Chicken Squares	106
Iowa Style Ribs	98	Chicken Spinach Enchilada	106
Italian Style Picnic Ham	98	Five Can Chicken Casserole	107
Laotian Egg Rolls	99	Hot Chicken Casserole	107
Lemon Pork Chops	99	Quick Chicken Casserole	107
Pork Chops and Kraut	99	Viva La Chicken	107
Red Skins	99	Iowa State Fair Grilled Turkey Tenderloin	108
Porky Good Spread	100	Turkey Loaf	108
Sausage Biscuits	100	Breakfast Casserole	108
Smokies BBQ Sauce	100	Breakfast Frittata	109
Tomato Topped Chops	101	Breakfast Lasagna	109
Baked Chicken	101	Brunch Casserole	109
Barbeque Chicken	101	Brunch Pie	110
BBQ Chicken	102	Cheese Scrambled Egg	110
Breast of Chicken Magnifique	102	Christmas Brunch Casserole	110
Chicken Casserole	101,102	Eggs Aloyshius	111
Chicken and Cashews	103	Egg Substitute	111
Chicken or Meat Casserole	103	Frito Pie	111
Chicken Mole' Poblano	104	Shirred Eggs	111
Chicken Overnight Casserole	103	Mexican Quiche	112
Chicken Rice Casserole	104		
Chicken and Rice	104		



## —MEATS, MAIN DISHES, CASSEROLES, EGGS, CHEESE—

### AFRICAN CHOP SUEY

*Tanna Huber, Keota*

1 lb. hamburger	1 can cream of chicken soup
1 C. chopped celery	1 can cream of mushroom soup
1 can water chestnuts (sliced and undrained)	1 3/4 C. water
1/2-1 C. Minute Rice	4 tsp. soy sauce
	1 can Chinese noodles

Brown hamburger, add remaining ingredients. Mix and bake at 350° for 1-1 1/2 hours. The last 10 minutes place one large can Chinese noodles on top.

### ANNE'S PIZZA MEAT LOAF

*Larry Eldridge, Sigourney*

1 1/2 lbs. ground beef	1/2 tsp. sage
1 medium onion (chopped)	2 tsp. oregano
3/4 C. crushed crackers	1/4 tsp. garlic powder
1 egg	1/8 tsp. pepper
1 (8 oz.) can tomato sauce	1/4 C. catsup
1 tsp. salt	2 oz. mozzarella cheese
	6 sliced black olives

Combine the above ingredients to make meatloaf. Press into 9x9-inch pan. Top with catsup and bake at 350° for 45 minutes. Drain grease from pan and sprinkle with cheese and olives. Bake for 15 minutes longer.

### AUNT BARB'S MEATBALLS

*Larry Eldridge, Sigourney*

1 C. seasoned bread croutons	1/3 C. evaporated milk or cream
1/4 C. boiling water	1 can mushroom soup
1/4 stick butter or margarine	2 tsp. Worcestershire sauce
1 lb. hamburger	1 T. catsup

Make hamburger into 5 or 6 patties and flatten. Add bread croutons and butter to boiling water and mix well. Place tablespoon of stuffing in center of each hamburger patty and fold patty over stuffing. Place in pan. Mix mushroom soup, Worcestershire sauce and catsup together and heat. Pour over meatballs and bake at 350° for 45-50 minutes.

## B.B.Q. BURGERS

*H.C. Bottger, Ollie*

1 1/2 lbs. lean hamburger  
2/3 C. evaporated milk  
1 egg  
1/2 C. fine cracker crumbs

1/4 tsp. pepper  
1 tsp. dry mustard  
1/4 C. finely chopped green pepper  
1 1/2 tsp. salt

Blend all ingredients together until well mixed. Form into 6 patties. Broil or grill 5-7 minutes on each side.

## BEEF AND BEAN TOSTADA

*Lola Powers, Farmington*

1 lb. ground beef  
1 (1 1/4 oz.) envelope taco seasoning mix  
3/4 C. water  
12 tostado shells

2 (16 oz. ea.) cans refried beans  
Shredded lettuce  
Diced tomato  
Shredded cheddar cheese  
Taco sauce

Prepare ground beef according to directions on taco seasoning mix package. Preheat oven to 350°. Place tostado shells on baking sheet. Warm in oven for 5-7 minutes. Spread each tostado shell with 1/4 C. beans. Top with 1-2 T. ground beef mixture, shredded lettuce, tomato, cheese and taco sauce. Makes 12 tostados.

## BEEF PARMIGIANA

*Jeannie Striegel, Sigourney*

6 minute steaks  
1/2 C. flour  
1 egg (beaten)  
1 T. water  
3/4 C. dry bread crumbs  
1/4 C. Parmesan cheese

2 tsp. sweet basil leaves  
1 (15 oz.) can tomato sauce  
1/2 tsp. oregano  
2 tsp. dry onion flakes  
1 C. shredded mozzarella cheese

Mix egg and water together. Dredge meat in the flour. Mix the dry bread crumbs, Parmesan cheese and sweet basil leaves. Dip the floured meat in the egg mixture, then coat meat with crumb mixture. Brown the meat on both sides in skillet and place in 9x13-inch baking pan. Mix tomato sauce, oregano, and onion flakes. Pour this over the meat. Cover the pan and bake at 350° for 45 minutes. Remove from oven, uncover and sprinkle some mozzarella cheese on each piece of meat. Place back in oven uncovered until the cheese melts. Super family favorite, it's like pizza without the crust!

## BEEF 'N POTATO BAKE

*Kathy Thompson, Ollie*

4 C. frozen hash brown potatoes  
(thawed)  
3 T. vegetable oil  
1/8 tsp. pepper  
1 lb. lean ground beef  
1 pkg. Durkee brown gravy mix

1 C. water  
1/2 tsp. garlic salt  
1 pkg. frozen mixed vegetables  
1 C. shredded cheddar cheese  
1 can French fried onions

In shallow 1 1/2-qt. baking dish combine potatoes, oil and pepper. Firmly press mixture across bottom and up sides of dish to form a shell. Bake, uncovered, at 400° for 15 minutes. Meanwhile, in skillet, brown beef; drain. Stir in gravy mix, water and garlic salt; bring to a boil. Add mixed vegetables; reduce heat to medium and cook 5 minutes. Stir in 1/2 C. cheese and 1/2 can French fried onions. Place in potato shell. Bake, uncovered, at 350° for 15 minutes. Sprinkle with remaining cheese and onions. Bake 5 minutes longer. Makes 4-6 servings.

## BEEF ROLL-UPS

*Cindy Snakenberg, Sigourney*

2 lbs. round steak  
1 pkg. onion soup mix

1 can mushroom soup  
Salt and pepper to taste

Sprinkle onion soup mix, salt and pepper on round steak. Roll steak in individual portions. Pour mushroom soup over roll-ups. Bake at 300° for 2 hours.

## BEEF STEW

*Brenda Callahan, Thornburg*

2 lbs. beef stew meat (not browned)  
1 C. canned tomatoes  
1 diced onion  
1 T. sugar  
3 medium potatoes (diced)

1 C. water  
1/2 C. diced celery  
1 1/2 tsp. salt  
3 T. tapioca  
1 slice bread (broken into pieces)

Mix all together. Place in large covered casserole and bake at 325° for 3 1/2 hours. (I use a heavy Dutch oven to bake this in.)

## BEEF STEW

*Michelle Baer, Ottumwa*

3 lbs. beef (cu tin 1-inch cubes)	6 C. boiling water
1/3 C. flour	6 carrots
1 T. salt	8 onions
1/2 tsp. pepper	8 small potatoes
1 tsp. sugar	1/4 tsp. oregano
1 bay leaf	

Dredge beef cubes with flour; brown. Add bay leaf, salt, pepper, sugar and water. Simmer, covered, for 1 1/2 hours. Scrape carrots, cut in 1-inch pieces. Peel onions and potatoes, cut into small pieces. Add carrots, onions and potatoes. Cover, cook 30 minutes. Add oregano. Cook 15 minutes longer. Remove bay leaf. Can be adapted to crock pot.

## BEEF STROGANOFF

*Michelle Baer, Ottumwa*

4 lbs. sirloin or round steak	1 can beef consomme
Flour	1 can cream of mushroom soup
2 large onions	1/2 C. cooking sherry
2 large cans mushrooms	1/2 pt. sour cream

Cut meat into cubes. Flour well and brown in margarine. Cut up and saute 2 large onions. Add onions and 2 large cans mushroom pieces and beef consomme. Simmer together until beef is done. Add mushroom soup and cooking sherry. Simmer 1/2-1 hour. Add sour cream. Serve over cooked rice. You may use crock pot after browning meat.

## CALICO BEAN CASSEROLE

*Mrs. Art Green, South English*

1 lb. hamburger	Salt and pepper to taste
1/4 lb. bacon	1/2 C. brown sugar
1/2 C. chopped onion	2 T. vinegar
1 (No. 2 1/2 can) pork and beans	1/2 C. ketchup
1 (No. 2) can drained lima beans	1 T. dry mustard

Brown meat and onions, and combine with remaining ingredients. Bake at 300° for 1 hour and 30 minutes.

## CHICKEN FRIED STEAK

*H.C. Bottger, Ollie*

Round steak (tenderized)	½ tsp. pepper
½ C. flour	Oil
1 tsp. salt	

Cut steak to suit you. Trim fat and reserve. Bread in flour and spices. Render fat out in skillet, add oil to make ½ C. Fry steak in hot oil 5 minutes per side.

## CHILI

*Michael Tolles, Villisca, IA*

10 lbs. hamburger	9 cans chili beans
3 qts. strained tomatoes or juice	¼ C. (or more) sugar
1 qt. water	Salt and chili powder to taste

Brown meat. Add all ingredients. Simmer. Extra can be frozen.

## CHINESE STEAK

*Barbara and Bill Anderegg, Keota*

1 lb. round steak (cubed)	3 C. water
2 onions (diced)	1 C. minute rice
1 C. celery (chopped)	3 T. soy sauce
2 T. shortening	½ tsp. salt
1 can mushroom soup	1 can bean sprouts

Lightly brown steak, onions, and celery in fat. Add other ingredients. Pour in large casserole dish. Bake at 350° for 1½ hours. Cover with crushed potato chips and bake 10 minutes longer.

## CHILIGETTI

*Lynne Dennis, Keswick*

1 lb. ground beef	2 C. tomato juice
1 large chopped onion	1 T. Worcestershire sauce
2 tsp. chili powder	3 tsp. salt
2 C. kidney beans	½ tsp. pepper
1½ C. uncooked spaghetti	

Cook ground beef and onion until done. Mix together tomato juice, chili powder, Worcestershire sauce, salt and pepper. Alternate layers in a baking dish. Bake at 350° for 1 hour.

## CORNED BEEF CASSEROLE

*Carrie Witt, What Cheer*

2 1/2 C. uncooked shell macaroni  
(cooked to pkg. directions; drain)  
1 (12 oz.) can corned beef (diced)  
1 can cream of chicken soup  
1 C. milk  
2 C. diced Cheddar cheese

2 T. melted butter  
1/2 C. chopped onion  
2 slices bread (I use a little more  
or you can use cracker crumbs  
on top)

Combine first 6 ingredients and turn into a casserole. Cube the bread and toss it in the melted butter and arrange around the edge of casserole. Bake in preheated 350° oven for 45 minutes or until golden brown. Serves 9-10.

## CREAMED DRIED BEEF

*H.C. Bottger, Ollie*

1 (4 oz.) pkg. dried beef  
1/4 C. chopped onion  
2 T. butter

1 can cream of celery or cream  
of mushroom soup  
1/2 C. milk

Rinse beef in hot water; drain. Brown beef and onions in butter. Stir in soup and milk. Heat and stir often. Don't add salt. Serve over biscuits or toast.

## DRIED BEEF AND HOMINY

*H.C. Bottger, Ollie*

2 T. butter  
3 oz. dried beef  
1 T. chopped onion

1 can golden hominy  
(drained and washed)  
Seasoned salt to taste

Melt butter in skillet and add dried beef that has been torn into pieces. Sauté onions along with beef. When onions are transparent, add hominy. Heat thoroughly. Sprinkle with seasoned salt. Makes 4 generous servings.

## BURRITO BAKE

*Karen Sheetz, Sigourney*

1 C. Bisquick baking mix  
1/4 C. water  
1 (16 oz.) can refried beans  
1 lb. ground beef (cooked and drained)

1 avocado (sliced, if desired)  
1 C. thick taco salsa  
1 1/2 C. shredded cheddar cheese

Heat oven to 375°. Grease pie plate, 10x1 1/2-inch. Mix Bisquick, water and beans. Spread in pie plate. Layer remaining ingredients on bean mixture. Bake 30 minutes. Serve with sour cream if desired.

## DEEP DISH PIZZA

*Debora Hinnah, Sigourney*

### DOUGH:

1 pkg. yeast	1 tsp. salt
1 C. lukewarm water	2 T. oil
1 T. sugar	2 1/2-3 C. flour

### MEAT SAUCE:

1 lb. pork sausage	1 (4 oz.) can mushrooms (drained)
1/4 C. onion (chopped)	1 tsp. oregano
1 clove garlic (minced)	1 tsp. salt
1 (1 lb.) can tomatoes	1/8 tsp. pepper
1 (6 oz.) can tomato paste	

For Dough: Soften yeast in warm water. Add sugar, salt and oil; mix well. Gradually add flour to form a stiff dough; knead. Place in greased bowl. Cover and let rise 1-1 1/2 hours. Prepare sauce and filling.

For Meat Sauce: Brown first 3 ingredients and reserve 1/4 C. sausage for filling. Then add remaining ingredients and simmer for 15 minutes.

### CHEESE FILLING:

1/4 lb. mozzarella cheese	1/4 C. minced parsley
1 lb. dry cottage cheese	1/8 tsp. salt
2 eggs (slightly beaten)	

Combine all ingredients with reserved sausage. Mix well. Divide dough into two portions. Roll dough out to 15x10-inch rectangle. Place in well greased jelly roll pan. Spread with Cheese Filling. Roll out remaining dough. Place on filling and cover with Meat Sauce. Bake at 400° for 15 minutes. Sprinkle with 1/4 lb. mozzarella cheese (shredded), 1/2 tsp. oregano, and 1/4 C. Parmesan cheese and return to oven and bake 10-15 minutes more.

## ENCHILADA CASSEROLE

*Linda Tygart, Sigourney*

2 lbs. ground chuck	2 tsp. salt
1 (15 oz.) can tomato sauce	1/4 tsp. pepper
1 (8 oz.) can tomato sauce	2 T. chili powder
1/2 C. water	1 pkg. soft flour shells
1 medium onion (diced)	8 oz. grated cheddar cheese

Set oven at 350°. In large pan, brown meat and drain. Stir in remaining ingredients except cheese and shells. Simmer for 10 minutes. Stir in 6 oz. of cheese. Remove from heat. Put one large spoonful of sauce on one shell, roll up and place seam side down in ungreased 9x13-inch pan. Do the same for all shells. Then pour remaining sauce over top of shells in pan and sprinkle cheese over all. Cover with foil and bake 30 minutes.

## ENCHILADA CASSEROLE

*Lynne Dennis, Keswick*

1 large chopped onion  
1½ lbs. hamburger  
1 (6 oz.) can tomato paste  
1 C. water  
1 (15 oz.) can enchilada sauce

12 corn tortillas  
1 lb. grated cheddar cheese  
1 (8 oz.) can sliced ripe olives  
1 (15 oz.) can chili and beans

Brown hamburger and onions. Combine tomato paste, water, enchilada sauce. Add to meat and bring to a boil. Put ¼ of meat mixture in the bottom of a 2-qt. casserole. Cover with 3 tortillas. Cover tortillas with ¼ lb. of cheese and olives. Alternate remaining ingredients making 4 layers of each. Pour chili and beans over all layers and top with layer of cheese and olives. Bake at 325° for 1 hour.

## FRIED LIVER

*H.C. Bottger, Ollie*

Flour	Salt and pepper to taste
Cracker meal	Paprika
Grated mozzarella cheese	Oil
Onions	

Trim liver and remove striping from edges. Bread in ½ flour and ½ cracker meal mix. Add salt, pepper, cheese and paprika. Saute onions in oil. Cook liver on top of onions. Don't overcook.

## GOLDEN MEATLOAF

*Cindy Bowermaster, Hedrick*

3 lbs. hamburger	2 T. Heinz 57 Sauce
3 eggs	1-1½ C. ketchup
1 pkg. soda crackers	3 cans Campbell's golden
1 medium onion (chopped)	mushroom soup

Mix all ingredients together except for 1½ cans golden mushroom soup. Make 2 loaves of meatloaf. Bake at 350° for 1 hour. Remove from oven, pour 1½ cans soup over both loaves. Bake another 30 minutes. Serves 6.

## GRANDPA'S FAMOUS STEW

H.C. Bottger, Ollie

2 lbs. cubed chuck roast  
4 medium potatoes  
4 medium carrots  
1 onion  
½ head cabbage  
1 small can whole corn

4 stalks celery  
1 large can green beans  
1 large can tomatoes  
½ C. pearl barley  
1 small can peas

Boil beef in large kettle until done. Dice potatoes, carrots, onion and cabbage into bite-size pieces. Add with barley to beef. Next add all other ingredients. Cook slowly until done. Don't rush the cooking. Add water as it cooks to get amount of broth desired. Season to taste. (I just add salt, pepper and Accent.)

## GRILLED RANCH HOUSE HAMBURGERS

Dolores Sieren, Keota

1 ½ lbs. ground beef  
¼ C. finely chopped onion  
1 ½ T. Worcestershire sauce  
1 tsp. garlic salt

Dash pepper  
Dash or two of Tabasco sauce  
(optional)  
¾ C. quick oatmeal

Combine all ingredients and mix thoroughly. Form 6-8 patties and grill over hot coals.

## GROUND BEEF BALLS

Debra Walker, What Cheer

1 ½ lbs. ground beef  
½ C. uncooked rice  
1/8 tsp. garlic powder  
Salt  
Pepper

1 onion (sliced, separated)  
1 carrot (sliced thin)  
1 C. tomatoes  
1 green pepper (sliced thin)

Shape meat mixture into balls, brown, and put them into a 9x13-inch pan or casserole dish. Place other ingredients over and around the meatballs, pouring tomatoes over the top. Cover and bake for 1-1 ½ hours at 350°.

*Gossip is like a balloon, it grows bigger with every puff.*

## GROUND BEEF AND CABBAGE

*Karen Greiner, Harper*

1 lb. ground beef  
1 T. salad oil  
1 C. chopped onion  
1 tsp. salt  
1/2 tsp. pepper

3/4 C. raw rice  
1 can tomato soup  
1 can water  
3 C. chopped cabbage

Cook beef in oil until brown and crumbly. Drain. Add onion, salt, pepper and rice. Cook 2-3 minutes more. Add soup and water and mix. Pour over cabbage that is in a 2-qt. casserole. Don't stir. Cover and bake at 325° for 1-1 1/2 hours.

## GROUND BEEF-CHEESE CASSEROLE

*Doris Brock, South English*

1 lb. ground beef  
1 small onion  
1 can cream of mushroom soup  
Salt and pepper to taste

3/4 lb. cheese  
4-6 oz. noodles (cooked)  
1 small jar stuffed olives (diced)

Brown ground beef and onions. Combine with soup and cheese, noodles and olives. Bake 45-60 minutes in 350° oven.

## HAMBURGER AND NOODLE CASSEROLE

*Mary Ann Bell, Keota*

2 C. uncooked noodles  
(cook after measuring)  
1 lb. ground beef  
1 small onion  
1 tsp. salt

2 eggs (beaten)  
1/2 C. American cheese  
1 can cream of mushroom soup  
1 C. cottage cheese  
Cheddar cheese

Cook noodles and drain. Brown hamburger and drain. Add to beef: 1 small onion, 1 tsp. salt, 2 beaten eggs, 1/2 C. American cheese, 1 can cream of mushroom soup, 1 C. cottage cheese. Add cooked noodles and bake at 350° for 30 minutes. Cover with cheddar cheese after it has baked about 15 minutes and then return to oven for last 15 minutes of baking.

## HAMBURGER-VEGETABLE CASSEROLE

*Joan Nett, Keota*

2 lbs. hamburger (browned,  
with onions)  
Potatoes (sliced)  
Carrots (sliced)

1 can Carnation milk  
1 can cream of celery soup  
1 can cream of chicken soup

Brown hamburger, with onions. Drain excess fat. Mix all ingredients together and bake at 350° for 2 hours.

## HAMBURGER PIE

*Jill Hale, Sigourney*

1 lb. ground beef	1 (10 3/4 oz.) can tomato soup
1/2 C. chopped onion	5 medium potatoes (cooked)
1/2 tsp. salt	1/2 C. warm milk
Pepper	1 egg (well beaten)
1 lb. can green beans	1/2 C. shredded cheese

In large skillet cook meat and onions until meat is brown and onions are tender. Add salt and pepper. Add beans and tomato soup. Pour into a greased 1 1/2-qt. casserole dish. Mash potatoes while they are still hot, add milk and egg. Spoon over casserole. Sprinkle with cheese. Bake at 350° for 25-30 minutes.

## HOBO STEW

*H.C. Bottger, Ollie*

1 lb. lean ground beef	1 can mixed vegetables or peas
1/2 lb. sliced weiners	and carrots
1 (10 oz.) pkg. onion gravy mix	1 C. water
8 oz. can tomato sauce	Season to taste

Brown and drain beef. Stir in remaining ingredients. Heat until hot and bubbly.

## HOMEMADE SALAMI

*Judy Winn, Ollie*

2 lbs. lean ground beef	2 tsp. mustard seed
1/2 tsp. garlic powder	2 1/2 T. Morton Tender Quick salt
1 tsp. coarse ground pepper	3 T. liquid smoke

Mix well. Shape into 2 logs. Let set a couple of days wrapped in foil. Bake 9 hours at 150°. Cool, slice and eat.

## HUNGRY JACK BEEF CASSEROLE

*Joyce Straube, Delta*

1 lb. ground beef	1 tsp. instant minced onion
1 tsp. salt	1 (9.5 oz.) can Hungry Jack
16 oz. can pork and beans	biscuits
3/4 C. Kraft barbecue sauce	1 C. shredded cheddar cheese

Preheat oven to 375°. Brown ground beef and drain. Stir in next 5 ingredients, heat until bubbly. Pour into a 2-qt. casserole. Cut biscuits in half to form 20 half circles, place cut side down around edge of casserole. Sprinkle with cheese. Bake until biscuits are brown.

# IMPOSSIBLE CHEESEBURGER PIE

*Kathy Thompson, Ollie*

1 lb. ground beef	½ tsp. salt
1½ C. chopped onion	¼ tsp. pepper
1½ C. milk	2 tomatoes (sliced)
¾ C. Bisquick	1 C. cheddar cheese
3 eggs	

Heat oven to 400°. Grease 10-inch pie plate. Cook and stir beef and onion until brown; drain. Spread in plate. Beat milk, Bisquick, eggs, salt and pepper, until smooth, 15 seconds in blender or on high 1 minute with mixer. Pour into plate. Bake 25 minutes. Top with tomato, sprinkle with cheese. Bake until inserted knife comes out clean, about 5-8 minutes. Cool 5 minutes.

## EASY ITALIAN CASSEROLE

*Agnes Grove, South English*

1 lb. ground beef	½ C. milk
½ C. chopped onion	1 egg
1 (4 oz.) can mushroom pieces	8 slices American cheese
1 (16 oz.) can spaghetti sauce	¼ C. Parmesan cheese
2 C. Bisquick baking mix	

Cook beef and onions until brown; drain. Stir in sauce and mushrooms, heat until boiling. Grease baking dish, 8x8x2-inch. Mix together baking mix, milk, and eggs. Spread half in baking dish. Top with 4 cheese slices. Spoon beef over cheese. Top with remaining cheese slices. Sprinkle with Parmesan cheese. Drop remaining dough by spoonfuls onto cheese. Bake at 400° about 20 minutes.

## ITALIAN MEATBALLS

*Tammy Buman, Sigourney*

1½-2 lbs. ground beef	2 T. minced garlic
2 eggs (beaten)	1 tsp. oregano
¾ C. milk	1 tsp. salt
½ C. fine dry bread crumbs	Dash of rosemary and celery salt
¼-½ C. finely chopped onion	½-¾ C. grated Parmesan cheese

Mix all of the above ingredients until well blended. Heat a small amount of vegetable oil in a frying pan or electric skillet. Form mixture into golf ball size and brown in oil. Drain and place in large pot of spaghetti sauce (your favorite recipe) and allow to simmer at least 2 hours. Serve with spaghetti. Makes 24-30 meatballs. (I also use the above ingredients for my meat loaf which I place in muffin tins and bake in a 350° oven for 20 minutes.)

## LAZY DAY LASAGNA

*Agnes Grove, South English*

1 (12 oz.) carton cottage cheese	1/2 tsp. dried basil leaves
2 C. shredded mozzarella cheese	1/8 tsp. pepper
2 eggs	1 (32 oz.) jar spaghetti sauce
1/3 C. chopped parsley	1 lb. cooked ground beef
1 tsp. onion powder	9 uncooked lasagna nodles
	1/4 C. water

Mix first 7 ingredients; set aside. Mix beef and spaghetti sauce. In a 12x8x2-inch baking dish spread 1-1 1/2 C. meat sauce. Layer 3 uncooked noodles on top. Spread with half the cottage cheese mixture. Then 1 1/2 C. meat sauce. Layer 3 more noodles on top. Spread with remaining cottage cheese mixture. Top with 3 more noodles and remaining meat sauce. Pour water around edge of casserole. Cover tightly with foil. Bake at 350° for 45 minutes. Uncover and bake 15 minutes more. Let stand 10 minutes before serving.

## LASAGNA - NO BOIL NOODLES

*Tammy Buman, Sigourney*

1 1/2 lbs. ground beef	Garlic
1 large jar Ragu spaghetti sauce	1 1/2 C. water
Onion	1 T. margarine

### MIX:

1 small carton cottage cheese	1/2 C. Parmesan cheese
1 egg (beaten)	

1-1 1/2 lbs. mozzarella cheese (shredded)

Brown ground beef, garlic, onion; drain. Add spaghetti sauce, seasonings, water and margarine. Simmer. Place ladle of sauce in 9x13-inch pan. Layer uncooked noodles, more sauce, cottage cheese mixture and mozzarella cheese continuing to layer ending with cheese on top. Bake in 350° oven for 1 hour. Allow to set briefly before cutting.

## MAIDRITES

*Michael B. Tolles, Villisca, IA*

10 lbs. hamburger	Chopped green pepper (optional)
2 big onions (chopped)	4 tsp. salt

Cook and stir hamburger until nearly done. Pour off excess grease. Add onion, pepper and salt. Add 2 C. catsup (or more) and 1/2 C. brown sugar and 2 T. (heaping) mustard. Eat fresh or freeze to use later.

## LAZY DAY LASAGNA

Laurie Altenhofen

1 (12 oz.) carton cottage cheese  
2 C. shredded mozzarella cheese  
2 eggs  
 $\frac{1}{3}$  C. chopped parsley  
 $\frac{1}{2}$  tsp. dried basil leaves  
1/8 tsp. pepper

1 tsp. onion powder  
1 (32 oz.) jar spaghetti sauce  
 $\frac{3}{4}$  lb. cooked ground beef  
9 uncooked lasagne noodles  
 $\frac{1}{4}$  C. water  
Grated Parmesan cheese

In a large bowl mix first 7 ingredients until well blended. Set aside. In medium bowl mix spaghetti sauce and cooked ground beef. In 12x8x2-inch baking dish put  $\frac{3}{4}$  C. meat sauce. Layer noodles on top of meat. Spread with  $\frac{1}{2}$  the cottage cheese mixture and  $1\frac{1}{2}$  C. meat sauce. Lay 3 more noodles on top, spread with remaining cottage cheese mixture. Top with remaining 3 noodles and remaining meat sauce. Pour water around edges of casserole. Cover tightly with foil. Bake at 375° for 45 minutes. Uncover and bake 15 minutes more or until noodles are tender. Let stand 10 minutes before serving. Serve with Parmesan cheese.

## LITTLE SHEPHERD PIES

Tammy Buman, Sigourney

6 large baking potatoes  
1-1  $\frac{1}{2}$  lbs. hamburger  
Onion (to taste)  
Garlic (to taste)

Ketchup  
1 T. Worcestershire sauce  
 $1\frac{1}{2}$  C. cheddar cheese

Bake potatoes. Allow to cool slightly, then cut in half horizontally and scoop out inside leaving  $\frac{1}{4}$ -inch to reinforce shell. Mash potatoes with milk and margarine to smooth consistency. Add  $\frac{1}{2}$  C. cheese and stir to melt. Brown hamburger with onion and garlic; drain. Add ketchup and Worcestershire sauce to sloppy joe consistency. Place meat mixture in potato shell to  $\frac{1}{2}$ -inch to top. Mound potato mixture on top. Drizzle with melted margarine and cover with cheese. Bake at 375° for 20-25 minutes or until cheese melts.

## MARINADED ROUND STEAK

Joe Chapman, South English

$\frac{1}{2}$  C. + 3 T. soy sauce  
 $\frac{1}{4}$  C. oil  
Chopped onion (green if in season,  
plus the green tops)  
1 tsp. garlic powder

3 T. ground sesame seeds  
 $\frac{1}{2}$  C. sugar  
 $\frac{1}{4}$  tsp. black pepper  
5 lbs. cubed round steak  
(may make strips if you prefer)

Mix all ingredients together (except steak) and run through blender. Pour mixture over cut up meat and cover. Refrigerate for at least 24 hours. Grill to your likeness. Can use as a main course, but better hot off the grill as appetizer or finger food.

## MEAT BALLS

*Kristy Kitzman, What Cheer*

2 lbs. hamburger  
1 C. oatmeal  
1 C. milk

1 T. instant onion  
Salt and pepper

### SAUCE:

3 T. sugar  
1 T. Worcestershire sauce  
1 T. vinegar

1 medium onion (diced)  
1 regular bottle ketchup  
1 C. water

Mix meatball ingredients together and brown until done. Simmer sauce for 10 minutes, pour over meatballs. Bake in oven at 350° for 45 minutes.

## MEAT LOAF

*Rita Reasor, Sigourney*

1 1/2 lbs. ground beef  
3/4 C. oatmeal  
1/4 C. chopped onion or a sprinkle  
of minced onion  
1 1/2 tsp. salt

1/4 tsp. pepper  
1 C. spaghetti sauce  
1 pkg. taco seasoning mix  
1 egg (beaten)

Combine all 8 ingredients, pack firmly into an ungreased loaf pan. Bake at 350° for 1 hour and 15 minutes or put into a microwave safe dish and cook for 30 minutes on full power.

## MEATLOAF

*Lola Nelson, Ollie*

1 egg  
2 slices bread  
Milk  
1 tsp. salt  
1/8 tsp. pepper

1 tsp. (heaping) prepared mustard  
1 1/2 lbs. hamburger  
Small onion  
1/2 stalk celery  
1/2 green pepper

Beat egg a bit. Add two slices of torn up bread. Add just enough milk so can squish together and make like a mush. Now add salt, pepper and mustard. Horseradish-mustard is good or add some horseradish. Now stir in hamburger, the chopped onion, celery and green pepper; 1/2 tsp. sage can be added for nice flavor but is optional. Mix well. Put in greased dish. Bake at 350° for 1 hour. Drain grease off when done before serving.

## MEAT-ZA-PIE

1 lb. ground beef  
½-1 tsp. garlic salt  
½ C. dry bread crumbs  
⅔ C. evaporated milk  
⅓ C. catsup

1 C. drained mushrooms  
2-3 slices American cheese  
¼ tsp. oregano  
2 T. grated Parmesan cheese

Combine ground beef, garlic salt, bread and milk. Put in pie pan as you would pie dough. Put rest of ingredients as they follow. Bake 20 minutes at 400°.

## MEXICALI BAKE

*Tammy Buman, Sigourney*

1 lb. ground beef  
½ C. chopped onion  
1 clove minced garlic  
1 T. chili powder

1 can chili beans with gravy  
1 lb. shredded cheddar cheese  
Favorite cornbread recipe

Brown ground beef with onion and garlic. Drain. Add chili beans, chili powder and other seasonings as desired. Simmer. Pour into casserole dish, sprinkle with cheese reserving ½ C. cheese for top. Pour cornbread over chili. Sprinkle with remaining cheese. Bake in 375° oven for 30-35 minutes.

## CROCK POT MEXICAN BEEF

*Nancy Kerr, South English*

1 ½-2 lbs. boneless round steak  
1 clove garlic (minced, optional)  
¼ tsp. pepper  
½ tsp. salt  
1 T. chili powder

1 T. prepared mustard  
1 onion (chopped)  
1 beef bouillon cube (crushed)  
1 (16 oz.) can tomatoes (cutup)  
1 (16 oz.) can kidney beans  
(drained)

Spread meat with mixture of garlic, salt, pepper, chili powder and mustard. Cut into ½-inch wide strips. Place in slow-cooking pot. Cover with onion, bouillon cube and tomatoes. Cover and cook on low for 6-8 hours. Turn control to high. Add beans and cook, covered, for 30 minutes. Serve on bed of rice. Makes 5-6 servings.

## MEXICAN SPAGHETTI

*Helen Sypherd, What Cheer*

1 1/2 lbs. ground beef	1 clove garlic (chopped)
1 onion (chopped)	or 1/2 tsp. garlic powder
1/4 bell pepper (chopped)	3 cans tomato sauce
1 C. celery (chopped)	2 tsp. chili powder

Brown ingredients together until meat is done. Mix chili powder with first can of tomato sauce until well blended. Pour over meat mixture. Rinse can with little of water and pour onto meat. Follow up with rest of tomato sauce. Let simmer for about 20 minutes, then pour over boiled drained spaghetti. May add more water to sauce if needed.

## MICROWAVE MEATBALLS

*Nancy Winn, Ollie*

1 onion (finely chopped)	1 (10 3/4 oz.) can tomato soup
1/4 C. brown sugar (firmly packed)	3 T. lemon juice
1 (13 oz.) can pineapple chunks	1 lb. ground beef
3/4 tsp. seasoned salt	

Combine onion, salt, soup, juice and sugar in glass dish. Microwave full power 3/4 minute or until simmering. Stir halfway through cooking; set aside. Roll ground beef into 1-inch balls. Place in sauce and spoon sauce over them. Cook medium power 12-14 minutes until cooked through. Stir in pineapple. Heat full power 1 minute more. Serve with toothpicks for hors d'oeuvres or on rice as main dish.

## MOTHER'S MEATLOAF - Microwave

*Jill Hale, Sigourney*

1 1/2 lbs. ground beef	1/4 C. finely chopped green pepper
2 C. soft bread cubes	1 1/2 tsp. salt
1/2 C. finely chopped celery	1 egg
1/2 C. chopped onions	1/2 C. catsup

Combine all ingredients in a medium bowl; mix well. Pat into a 9x5-inch loaf dish. Microwave for 25-30 minutes on high power until well done in the center (about 140°). Serves 5-6 people.

## MRS. STOCKY'S TAVERN

*Jill Hale, Sigourney*

1 lb. hamburger	1 T. mustard
1 C. ketchup	1 medium onion (chopped)
1 tsp. salt	½ tsp. chili powder
½ tsp. pepper	¼ C. water

Combine all ingredients. Simmer over low heat about 45 minutes until sauce is thick. Do not brown hamburger first. Makes filling for 10 buns.

## NOODLE CASSEROLE

*Amy Hervey, South English*

1 ½ C. noodles	1 C. diced cheese
1 pkg. dried beef	½ C. milk
1 can mushroom soup	¼ C. chopped onion (optional)

Cook noodles in unsalted water and drain. Chop dried beef and onions. Dice cheese. Mix all ingredients together and bake about 45 minutes in 350° oven or until cheese is melted. Can use other soups if preferred.

## NUTTY NOODLES

*Mrs. Art Green, South English*

2 lbs. hamburger	1 medium bottle green olives
1 medium onion	1 (8 oz.) pkg. noodles
1 can mushroom soup (mixed with 1 ½ C. milk)	½ lb. grated sharp cheese
	1 can chow mein noodles

Mix first 5 ingredients. Place half in a casserole dish. Top with grated cheese. Place rest of hamburger mixture on top. Bake covered for 30 minutes. Put chow mein noodles on top. Bake uncovered 30 minutes longer.

## ONE POT DINNER

*Ida Mae Fye, Ollie*

1 lb. ground beef	1 tsp. salt
¾ lb. bacon (cut in pieces)	Dash pepper
1 C. chopped onion	1 C. ketchup
2 cans pork and beans	¼ C. brown sugar
1 can kidney beans (drained)	1 T. liquid smoke
1 can butter limas (drained)	3 T. white vinegar

Brown ground beef in skillet. Drain off fat and put in crock pot. Brown bacon and onion, drain off fat. Put in crock pot and add remaining ingredients to this. Stir all together. Cover and cook on low for 4-6 hours.

## OLD STYLE-BEEF STEW

*Mike Sellers, Sigourney*

2 lbs. beef chuck	1/2 tsp. paprika
1 tsp. Worcestershire sauce	1/4 tsp. pepper
1 clove garlic	Dash ground allspice or cloves
1 medium onion (sliced)	6 carrots (pared and quartered)
1-2 bay leaves	4 potatoes (pared and quartered)
1 T. salt	Gravy
1 tsp. sugar	

Thoroughly brown meat in 2 T. hot shortening, turning often. Add 2 C. hot water and next 9 ingredients. Cover and simmer for 1 1/2 hours, stirring occasionally, to keep from sticking. Remove bay leaves and garlic, add vegetables. Cover and cook 30-45 minutes or until vegetables are tender.

For Gravy: Skim most of fat from liquid. Measure 1 3/4 C. liquid. Combine 1/4 C. water and 2 T. all-purpose flour until smooth. Stir slowly into hot liquid. Cook and stir until bubbly. Cook and stir 3 minutes more. Serve stew in bowls. Serves 6-8 people.

## ONE DISH MEAL CASSEROLE

*Angie Muilenburg, Keota*

1 lb. hamburger	1 C. cubed Velveeta cheese
1 can cream of mushroom soup	1/2 C. frozen peas (prepared)
3/4 C. milk	1/2 C. frozen corn (prepared)

### FOR BISCUITS:

2 C. flour	1/3 C. Crisco shortening
3 tsp. baking powder	3/4 C. milk
1/2 tsp. salt	

First prepare casserole: Brown hamburger and drain off grease. Place in bottom of a slightly greased casserole dish. Place prepared vegetables over hamburger. Sprinkle on salt and dash pepper. Combine soup and milk until smooth and pour over mixture. Cover with cheese. Bake at 350° for 40 minutes until bubbly or brown. Remove from oven and cover with biscuits.

For Biscuits: Mix dry ingredients. Cut in shortening. Make a well and add milk. Stir with a fork. Knead 10-12 times. Roll and cut. After placing unbaked biscuits on top of casserole, bake at 450° for 15 minutes or until biscuits are brown.

## EASY OVEN STEW

Pam Grettner, Harper

2 lbs. lean stew meat  
(or cubed steak)  
1 large onion (chopped)  
4-5 carrots ( $\frac{1}{2}$ -inch thick chunks)  
4 stalks celery ( $\frac{1}{2}$ -inch chunks)  
4 medium potatoes (quartered)

1 C. tomato juice  
2 tsp. sugar  
2 tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
2 T. tapioca  
1 tsp. Worcestershire sauce

Place meat in bottom of roaster or large casserole with cover. Layer vegetables over meat. Combine remaining ingredients and pour over all. Cover and place in 250° oven for at least 5 hours.

## PIZZA CASSEROLE

Jill Hale, Sigourney

1  $\frac{1}{2}$  lbs. hamburger  
1  $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. garlic salt  
 $\frac{3}{4}$  lb. wide noodles

$\frac{1}{4}$  tsp. pepper  
1 qt. spaghetti sauce  
 $\frac{1}{2}$  lb. cheese

Brown hamburger, drain excess fat. Cook noodles and drain well. Combine all ingredients, except  $\frac{1}{2}$  lb. cheese. Place mixture in baking dish, top with remaining cheese. Bake at 375° for 30 minutes.

## PIZZA CASSEROLE

Pat Hultman/Linda Werger, Keota

2 lbs. ground beef  
4 C. uncooked noodles (wide egg)  
1 large pkg. mozzarella cheese

1 can meatless pizza sauce (2 C.)  
1 can mushroom soup or cream  
of chicken or celery soup

Brown meat, season. Cook noodles, rinse and drain. Mix pizza sauce and soup. Layer in order. Meat, noodles, cheese, sauce and soup mix. Bake at 350° for 30-45 minutes. (I use a 9x13-inch glass baking pan.)

*Life is like a ladder, every step we take is either up or down.*

## PIZZA MEAT LOAF

*Donna Adam, Sigourney*

1 1/2 lbs. ground beef	1 (8 oz.) can tomato sauce
1 medium onion (chopped)	1 tsp. salt
1 egg	1/2 tsp. sage
3/4 C. crushed crackers	1/2 tsp. oregano
1/4 tsp. garlic powder	

Mix well, shape in loaf pan, 9x9-inch. Top with the following: 1/4 C. ketchup, 2 oz. mozzarella cheese, olives if desired. Bake 45 minutes before adding topping, then 15 minutes longer to melt cheese.

## POOR BOY FILETS

*Larry Eldridge, Sigourney*

10 slices bacon (microwave 3 minutes)	3 T. finely chopped pimento olives
1 lb. lean ground beef	2 T. finely chopped onion
1/4 C. Parmesan cheese	2 T. finely chopped green pepper
	1 (2 oz.) can mushrooms (drained)

Pat beef on waxed paper into 12x7x1/4-inch rectangle. Sprinkle with salt and lemon pepper. Top with the Parmesan cheese. Combine the vegetables and sprinkle over meat. Roll up jelly roll fashion and slice into 1 1/2-inch slices. Wrap edges with bacon and secure with toothpicks. Grill over medium coals, 8 minutes per side.

## REUBEN SANDWICHES

*Meta Bown, Delta*

8 slices rye bread	1 C. sauerkraut (drained)
1/3 C. Russian dressing	1/2 lb. Swiss cheese (sliced)
1/2 lb. corned beef (cooked)	Softened butter
Mustard	

Spread bread with dressing and mustard. Makes 4 sandwiches; layering corned beef, sauerkraut and cheese. Spread both sides of sandwich with butter and brown in hot skillet until golden and cheese melts.

*Looking ahead is a good way to keep from falling behind.*

## ROUND STEAK CASSEROLE

*Barb Henderson, Keota*

1 round steak	1 can green beans (drained)
5-6 potatoes (peeled and cut in chunks)	Salt and pepper to taste

1 can tomato or cream of  
mushroom soup

Cut round steak in serving size pieces. Roll in flour and brown. Put steak in Pyrex casserole dish sprayed with Pam and pour over drippings. Top steak with peeled potatoes and 1 can soup, cover and bake 1 hour and 45 minutes at 325°. Remove from oven and top with green beans. Return to oven for 15 minutes more and serve.

## SALISBURY HAMBURGER

*H.C. Bottger, Ollie*

½ C. chopped onion	½ tsp. Accent
1 small can tomato sauce	1 lb. lean hamburger
⅔ C. catsup	Oatmeal
1 small can whole tomatoes	½ C. chopped celery
½ tsp. A-1 Sauce	

Make hamburger into good sized thick patties with oatmeal (small amount). Brown onions in oil or butter; add celery. Brown meat on both sides, on top of onions and celery. Add other ingredients on top of meat. Simmer until sauce thickens.

## SALISBURY STEAK

*Shirley Watson, Keota*

1 can cream of celery soup	½ C. dried bread crumbs
1 ½ lb. ground beef	1 egg (slightly beaten)
Generous dash pepper, no salt	¼ C. chopped onion

Measure out ½ C. soup and mix with other ingredients. Form 6 patties, then put them in a shallow baking dish. Bake at 350° for 30 minutes. Drain off fat. Mix rest of soup with ⅓ C. water and pour over meat and bake another 30 minutes. (NOTE: To make them extra moist, add a little cold water to the patties as you mix them.)

*Kind words are like honey; enjoyable and healthful.*

## SANTA FE CASSEROLE

*Kathy Thompson, Ollie*

- 1 T. vegetable oil
- 1 lb. lean ground beef
- ½ lb. ground veal
- 1 medium onion (chopped)
- 1 (4 oz.) can chopped green chilies
- 1 C. mushrooms (sliced)
- ½ C. sliced pimento (stuffed olives)

- 1 T. instant beef bouillon
- 2 C. thin noodles (uncooked)
- 2 C. sharp cheddar cheese (shredded)
- 1 C. prepared salsa
- 2 C. hot water

In large skillet, heat oil over medium-high heat. Add meat and onion. Cook, stirring often, until meat is browned. Pour off drippings. Add chilies and mushrooms; cook 3 minutes. Stir in salsa and olives. Cook 2-3 minutes. Preheat oven to 350°. In medium saucepan bring water to boil. Stir in bouillon. Add noodles and cook 5 minutes until tender; drain well. Stir noodles into meat mixture. Spoon into 2-qt. casserole. Sprinkle with cheese. Bake 45 minutes.

## SPAGHETTI PIE

*Tammy Buman, Sigourney*

- 6 oz. spaghetti
- 2 T. margarine
- 2 eggs (beaten)
- ½ C. grated cheese
- 1 C. cottage cheese (optional)

- Spaghetti sauce (canned or homemade)
- 1 lb. hamburger (browned)
- Spices and seasonings as desired—onion, garlic, oregano
- 1 C. shredded mozzarella cheese

Cook spaghetti in salted boiling water 10-12 minutes or just until tender; drain. Stir in margarine, beaten eggs, and Parmesan cheese. Form mixture into a "crust" in a greased 10-inch pie pan. Sprinkle with cottage cheese if desired. Combine sauce, hamburger and seasonings. Simmer 15 minutes. Turn meat mixture into spaghetti crust. Cover edges with foil. Bake at 350° for 20 minutes. Sprinkle with mozzarella cheese; bake 5 minutes more or until cheese is melted.

## SPANISH RICE

*Doug Adam*

- 1 lb. ground beef
- 1 medium onion (finely chopped)
- 1 C. cream of mushroom soup (or cream of celery soup)

- 1 C. chopped celery
- 1 C. cream of chicken soup
- ½ C. raw rice
- 1½ C. water

Saute onion and celery in small amount of oil. Add and brown hamburger. Stir together rest of ingredients and pour into hamburger/vegetable saute. Cover. Place into oven for 30 minutes. Stir with spoon, then bake another 30 minutes. The last 15 minutes, uncover and top with chow mein noodles.

# STANDING RIB ROAST WITH COMPANY GRAVY

*Larry Eldridge  
Sigourney*

Standing rib roast  
(Rib roast of desired size)

Salt and pepper to taste  
Garlic powder to taste

## COMPANY GRAVY:

1 can mushrooms  
1 can beef consomme  
 $\frac{1}{4}$  lb. butter

$\frac{1}{4}$  C. flour  
 $\frac{1}{4}$  C. sherry wine

Rub roast with salt, pepper and garlic powder to your taste. Using meat thermometer, roast at 325° for 24-26 minutes per pound for rare (140°), medium rare (160°) for 28-32 minutes per pound, well done (170°) for 33-37 minutes per pound. To make gravy, melt butter and flour to make thick paste. Heat consomme and juice from mushrooms. Add butter and flour mixture and stir constantly until smooth. Add mushrooms and wine. Heat and serve over slices of meat.

# STEAK BAKE

*Cindy Bowermaster, Hedrick*

4-6 lbs. round steak (tenderized)  
4 cans cream of mushroom soup  
1 medium onion

1 T. Accent  
4 C. milk

Brown steak and onion in a glass baking dish. Mix together cream of mushroom soup, milk and Accent. Add steak, onion. Bake at 300° for 1½-2 hours.

# STUFFED BREAD

*Linda Tygart, Sigourney*

1 loaf frozen bread dough  
 $\frac{3}{4}$  lb. hamburger  
 $\frac{3}{4}$  lb. sausage

$\frac{1}{2}$  lb. cheddar cheese  
 $\frac{1}{2}$  lb. mushroom pieces

Let bread raise. Push flat and roll out on floured board into an oval. Brown meats and drain well. Spread meat onto dough. Add cheese and mushrooms. Roll like jelly roll and twist ends. Put on cookie sheet seam side down. Bake at 450° for 15 minutes. Slice and serve.

## SWISS STEAK

*Larry Eldridge, Sigourney*

3 lbs. round steak  
1 lb. can stewed tomatoes  
Salt and pepper to taste  
1 C. flour

3-4 T. flour  
2-3 cans V-8 or tomato juice  
Cooking oil as needed

Trim fat from steak. Cut into individual pieces. Place 1 C. flour, salt and pepper to taste into paper bag, add meat pieces one at a time and shake. Take meat from bag and pound flour into meat with meat mallet. Brown meat in oil in heavy skillet. Place meat in pan and set aside. Stir the 3-4 T. flour into skillet drippings. Add V-8 or tomato juice to skillet and bring to boil. Return meat and stewed tomatoes to skillet. Cover and put in 350° oven for at least 1-1½ hours.

## TACO CASSEROLE

*Nadine Greiner, Keota*

2 lbs. hamburger  
1 C. water  
1 C. sour cream  
1 tube crescent rolls  
2 pkgs. taco seasoning

Grated mozzarella cheese  
Grated cheddar cheese  
Taco chips  
Lettuce  
Taco salsa  
Olives

Brown hamburger and drain. Add water, sour cream, and taco seasoning. Remove from heat. Line a 9x13-inch pan with 1 tube crescent rolls. Pour hamburger mixture over crescent rolls. Top with grated cheeses. Bake at 350° for 30 minutes. Top with crushed taco chips, lettuce, sour cream, salsa and olives.

## TACO SALAD

*Barb Henderson, Keota*

1-1½ lbs. hamburger  
1 pkg. taco seasoning  
1 can refried beans  
4 T. salsa sauce  
Onions (chopped)

Green pepper (chopped)  
Tomatoes  
Lettuce  
Shredded cheddar cheese  
Tortilla chips

Brown hamburger and add taco seasoning following package directions. Add refried beans and salsa sauce. Simmer covered 15 minutes. Uncover and cook to desired consistency. In cake pan layer broken tortilla chips. Put meat mixture on top. Layer lettuce, tomatoes, green pepper, onion and shredded cheddar cheese.

## TACO SALAD

*Linda Tygart, Sigourney*

1 lb. hamburger  
½ envelope (¼ C.) dry onion  
soup mix  
¾ C. water  
1 medium head lettuce

1 small onion (chopped)  
¼ C. chopped green pepper  
4 oz. shredded cheese  
6 oz. pkg. corn chips  
1 large tomato

Cook and drain hamburger. Sprinkle soup mix over meat. Stir in water. Simmer uncovered 10 minutes. In salad bowl combine other ingredients. Toss well. Put lettuce mixture on plate. Top with meat and corn chips. Serves 4-6.

## TOSTADO BAKE

*Tammy Buman, Sigourney*

1½ lbs. ground beef  
Onion  
Garlic  
Small can tomato sauce

Chili powder  
1 can chili beans with gravy  
1 lb. shredded cheddar cheese  
Large flour tortillas

Brown ground beef with onion and garlic; drain. Add tomato sauce, chili powder and chili beans. Simmer. Place tortilla in a round casserole dish. Top with meat mixture, then cheese and another tortilla. Continue to layer. Top with cheese. Bake in 375° oven for 30 minutes. Cut into pie wedges.

## VEGETABLE-BEEF CASSEROLE

*Zeola Coble, Delta*

2 lbs. hamburger  
1 large onion  
1½ tsp. garlic powder  
1 tsp. chili powder  
1 tsp. seasoning salt

2 cans Veg-All  
3 cans vegetable beef soup  
1 can tomato soup  
1 qt. tomatoes or 1 can tomato  
juice

Steam hamburger with onion. Add seasonings. Add Veg-All, vegetable beef soup, tomato soup and tomatoes. Turn down on low and let simmer. The longer it cooks the better it seasons. Make a medium batch of instant potatoes or a medium batch of cooked fresh potatoes, mashed and mixed with 1 egg. Put vegetable mix in large casserole bowl. Place potatoes on top. Bake at 350° for 20-25 minutes.

## B.B.Q. RIBS

*H. C. Bottger, Ollie*

4 lbs. country-style ribs	1 1/4 C. brown sugar
1 C. hickory BBQ sauce	1/2 tsp. Accent
1 1/2 C. catsup	1/2 tsp. A-1 Sauce

Cut ribs into portions. Wash in cold water and place in large kettle. Mix rest of ingredients and pour sauce over ribs. Start to boil and add water to cover ribs. Cook slowly until done. Simmer for last 1/2 hour. Remove ribs and let cool before placing on grill. Brush with BBQ sauce from bottle as they brown and glaze on both sides.

## BEER 'N BRATWURST WITH KRAUT

*Kay Peiffer, Sigourney*

1 qt. kraut (drained)	1 medium potato (grated)
6 bratwurst (cooked or grilled)	1-2 T. brown sugar
2 cans beer	1 apple (sliced)
1 large onion (diced)	1 tsp. caraway seed (optional)

Rinse the sauerkraut and drain. Place sauerkraut in a large saucepan. Stir in onion, potato, brown sugar, apple, and caraway seed. Pour beer over sauerkraut. Simmer uncovered, 30-45 minutes. Check mixture, add more beer if necessary. Meanwhile, grill the bratwursts. Add bratwurst to sauerkraut and simmer for 15 minutes. Serve with mashed potatoes, dijon mustard and beer.

## CHALUPAS MEXICAN CASSEROLE

*Keokuk County Porkettes*

1 lb. ground pork	2 (8 oz. ea.) cans tomato sauce
1/2 C. chopped onion	4 frozen flour tortillas
1/4 C. chopped green pepper	2 C. cheddar cheese (shredded)
1/4 pkg. taco seasoning (opt.)	

Brown ground pork, onion, and green pepper; drain. Add taco seasoning and tomato sauce. Simmer until hot and bubbly. Warm tortillas slightly. Layer ingredients by placing two tortillas on bottom of an 8x12-inch baking dish. Place half of meat mixture on tortillas; then half of cheese. Repeat with the tortillas and meat mixture. Bake in 350° oven for 30-40 minutes. Top with remaining cheese in last minute of baking. (NOTE: Can top each piece with sour cream and corn chips.)

## CHICKEN FRIED PORK STEAK

*Judy Sieren, Keota*

2 large pork steaks (cut in serving pieces)	1 tsp. chopped onion
1 tsp. seasoned salt	2 C. fine cracker crumbs or bread crumbs
Pepper	1 tsp. chopped pepper (optional)
2 beaten eggs	1/4 tsp. sage

Place beaten eggs in a bowl, dip meat in eggs and roll in crumbs. Brown lightly in hot oil. Place in casserole, add onion and seasonings. Cover tightly. Bake at 250° for 2-2 1/2 hours.

## CHINESE RICE CASSEROLE

*Helen Sypherd, What Cheer*

1 lb. pork sausage	1/2 can pimentoes
3 C. celery (diced)	1/2 C. blanched almonds (chopped)
1 large onion (diced)	1/2 C. raw rice
1/2 green pepper (chopped)	3 C. boiling water
2 pkgs. Lipton's chicken noodle or chicken rice soup	

Cook sausage until redness is gone. Drain off fat. Stir in soup mix and onions and cook until onions are limp. Put rest of ingredients together, then bake at 350° for 1 1/2 hours covered. Uncover about 20 minutes before serving.

## CLOMA'S CASSEROLE

*Patty Barnes, Ottumwa*

2 cans cream of chicken soup	2 C. uncooked Minute Rice
1 (8 oz.) jar Cheese Whiz	1 C. chopped onion sauteed in
1 C. milk	4 T. margarine
2 (10 oz. ea.) pkgs. frozen broccoli (cooked)	2 C. chopped ham (cubed)

Mix all together and bake at 350° for 1 hour.

## GRILLED AMERICA'S CUT

*Denny Lyle, Keota*

4 (1 1/2-inch ea.) boneless loin cut pork (now called America's Cut)	1/2 C. Seven Seas Viva Italian salad dressing (or similar type)
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Marinate chops 2 hours or more, turning several times. Grill on medium to high heat to a temperature of 155°.

## CREAMY MUSHROOM PORK CHOPS

*Jean Cavin, Sigourney*

4 chops (brown in seasoned flour)	1 C. sour cream
4 oz. can mushrooms	1 C. chicken bouillon or 1 can chicken soup
2 T. oleo	3 dashes white pepper
2 T. onion (chopped)	$\frac{1}{4}$ tsp. ground marjoram
2-4 C. noodles	$\frac{1}{4}$ - $\frac{1}{2}$ C. grated Parmesan cheese
2 T. flour	

Brown chops in seasoned flour. Sauté mushrooms and onions in 2 T. oleo. Cook noodles. Stir 2 T. flour into sour cream and heat to boiling. Slowly stir in soup and heat to boiling. Add white pepper, marjoram and Parmesan cheese. Mix sauce with cooked noodles. Pour into shallow casserole. Top with browned chops. Bake covered for 1 hour at 350°. Uncover and bake 30 minutes more.

## HAM BALLS

*Michelle Baer, Ottumwa*

2 lbs. ground ham	2 eggs
2 lbs. ground pork	1 $\frac{1}{2}$ C. milk
2 C. graham crackers	

### SAUCE:

1 can tomato soup	$\frac{1}{2}$ C. vinegar
1 $\frac{1}{2}$ C. brown sugar	1 T. dry mustard

Combine and form into balls. Combine sauce ingredients and pour over the top of ham balls. Bake about 2 hours at 300°; basting occasionally. Makes about 40 ham balls.

## HAM, BROCCOLI, AND MACARONI CASSEROLE

*Roberta Haupert  
What Cheer*

1 (14 $\frac{1}{2}$ oz.) pkg. macaroni and cheese	$\frac{1}{2}$ tsp. minced garlic
1 (12 oz.) pkg. cooked ham (cut into $\frac{1}{2}$ -inch pieces)	$\frac{3}{4}$ C. milk
$\frac{1}{4}$ C. grated Parmesan cheese	$\frac{1}{2}$ C. sour cream 3 C. frozen broccoli $\frac{1}{2}$ tsp. pepper

Cook macaroni according to directions. Drain macaroni and put into a 3-qt. dish. In saucepan mix milk, sour cream and cheese sauce from package. Stir until smooth. Then add ham, cook over medium heat for 5-8 minutes, stirring 2-3 times until mixture thickens. Stir in broccoli and remaining ingredients. Reduce heat. Cover and cook 5-8 minutes more. Add macaroni. Stir until coated. Put in baking dish. Broil 4 or 5-inches from heat, about 5 minutes.

## IMPOSSIBLE CHEESE PORKY PIE

*Michele Brower, South English*

1 lb. ground pork	¾ C. Bisquick
½ C. chopped onion	3 eggs
½ tsp. salt	2 tomatoes (sliced)
¼ tsp. pepper	1 C. shredded cheddar cheese
1 ½ C. milk	

Grease 9-inch pie plate. Brown pork and onion; drain. Stir in salt and pepper. Spread in plate. Beat milk, baking mix and eggs until smooth, 1 minute with beater. Pour into plate. Bake 25 minutes at 400°. Then top with tomatoes, sprinkle with cheese. Bake until knife inserted in center comes out clean 5-8 minutes.

## IOWA STYLE RIBS

*Thomas Christy, Bonaparte, IA*

3 lbs. country style pork ribs	1 jar Cookie's Bar-B-Q sauce
2 T. whole caraway seed	Onion and garlic salt
Seasoned salt and pepper (Lawry's)	1 can beer or 1 glass water

On outside grill use low heat (325°). Sprinkle with caraway seeds, salt and pepper on both sides of ribs. Place on hot grill, cover, turn every 10 minutes or as needed. Sprinkle water or beer over meat and close lid to steam the meat. Season every so often as you turn the meat with seasoned salt. After 30-40 minutes ribs should be brown and tender. Brush or spoon on barbecue sauce on top of the ribs. Close lid and allow to cook 4-5 minutes. Turn and coat other side with sauce, close lid and cook 4-5 minutes more. Serves 3-4 people.

## ITALIAN STYLE PICNIC HAM

*Larry Eldridge, Sigourney*

5-6 lbs. picnic ham	6 cloves garlic
¾ C. vinegar	(slivered lengthwise)

Remove skin from ham. Peel and slice garlic. Cut slits in ham. Place a sliver of garlic in each slit before removing knife. Simmer ham in water to cover to which you have added the vinegar. Simmer 20 minutes per pound. Remove from kettle and bake in 300° oven for 10 minutes per pound. May be glazed.

## LAOTIAN EGG ROLLS

*Debora Hinnah, Sigourney*

2 lbs. ground pork sausage  
4 eggs  
1 pkg. bean threads  
1 medium onion (chopped)  
Fresh garlic to taste

Seasonings: (to taste)  
Fish sauce (2 T.)  
Soy sauce (3 T.)  
Accent (1 T.)  
Shredded cabbage (optional)  
Chopped shrimp (optional)

Soak bean threads in hot water for 15 minutes, until soft; drain well and cut in small pieces with scissors. Mix all ingredients together. Wrap filling in egg roll skins. Fry in hot oil until golden brown, turning once. An original Laotian recipe.

## LEMON PORK CHOPS

*Larry Eldridge, Sigourney*

6 butterfly pork chops  
1/4 C. flour  
Salt and pepper to taste  
1/4 C. cooking oil

2 lemons  
1 C. catsup  
1/2 C. brown sugar  
1 C. water

Coat chops with salt, pepper and flour. Brown in oil. Place in baking dish. Top with slice of lemon. Stir together the catsup, brown sugar and water. Pour over chops. Cover chops and bake at 350° for 45 minutes to 1 hour.

## PORK CHOPS AND KRAUT

*Dorothy McKay, Gibson*

6 pork chops  
1 (No. 300) can kraut (drained into  
1 C. measuring cup)  
1 T. brown sugar

1/4 tsp. caraway seed  
1 C. chopped onion  
Enough water added to kraut juice  
to make 1 C.

Flour chops and brown in hot fat. Drain off fat. Spread kraut over chops; sprinkle with brown sugar and caraway seed. Top with the chopped onion. Pour the cup of liquid over all and simmer on stove until chops are tender.

## RED SKINS

*H.C. Bottger, Ollie*

1 pkg. weiners  
1 medium onion (chopped)  
Salt and pepper to taste

Butter  
1 can tomatoes

Cover weiners with ingredients and dot with butter. Cook slowly until weiners have burst open and sauce has cooked down quite thick. Serve with remaining sauce.

## PORKY GOOD SPREAD

Keokuk County Porkettes

2 C. (1 lb.) ground pork  
(browned very fine and drained)  
1/4 C. pickle relish  
Minced onion to taste

1 C. (4 oz.) shredded Swiss  
cheese  
3/4 C. Miracle Whip  
1/2 tsp. salt

Combine all ingredients. Add minced onion to suit your taste. Add pickle juice if needed to thin mixture to spreading consistency. Chill. Makes 3-3 1/2 C. Spread on crackers.

## SAUSAGE BISCUITS

*Kathy Thompson, Ollie*

1 lb. good quality bulk sausage  
3 C. buttermilk baking mix  
2 C. grated cheddar cheese  
2 large eggs  
1/4 C. milk

1/2 tsp. salt  
1/8-1/4 tsp. pepper  
1/4 tsp. thyme  
1/8 tsp. ginger

Cook sausage 6-8 minutes over moderate heat breaking it up until meat is no longer pink and most of the fat is cooked out. Drain. Heat oven to 350°. Combine biscuit mix, cheese and cooked sausage with fork. Beat together eggs, milk, salt, pepper, thyme, ginger and add to sausage mixture. Mix well with hands. Shape in 12 patties about 3-inches in diameter and 1-inch thick. Place 2-inches apart on an ungreased baking sheet. Bake 12-15 minutes or until lightly browned. Brush lightly with melted butter.

## SMOKIES BARBEQUE SAUCE

*Rosemary Adam, Sigourney*

1 C. brown sugar  
3 T. flour  
2 tsp. dry mustard  
2 lbs. "Smokies"

1 C. pineapple juice  
1/2 C. vinegar  
1 1/2 tsp. soy sauce  
Maraschino cherries  
Pineapple chunks

Pour into pan and bring to boil. Pour over Smokies. Cook on low in crock pot.

## TOMATO-TOPPED CHOPS

*Mrs. Roy (Babe) Hauschilt, What Cheer*

3/4 C. pancake mix	8 lean pork chops
1 T. garlic salt	(3/4-inch thick)
1 tsp. oregano	2 medium onions
1 egg (beaten)	(sliced 1/4-inch thick)
1 T. water	2 (8 oz. ea.) cans tomato sauce

Heat oven to moderate (350°). Place pancake mix, garlic salt, and oregano in paper bag; shake to combine. Combine egg and water. Dip pork chops in egg wash, then shake, one at a time in bag. Brown pork chops in large skillet in hot shortening. Transfer to glass baking dish; top with onions and tomato sauce. Cover and bake in preheated oven (350°) for 1 hour or until tender. (Flavorful pancake mix also makes a savory coating for chicken or fish.)

## BAKED CHICKEN

*Kristy Kitzman, What Cheer*

Dried beef	1 can cream of mushroom soup
8-10 chicken pieces	1 carton sour cream
Bacon	

Lay dried beef in bottom of a 9x13-inch pan. Put chicken pieces on top of beef and cover with bacon strips. Mix together cream of mushroom soup and sour cream. Spread over top. Bake uncovered at 325° for 2 1/2-3 hours.

## BAR-B-Q CHICKEN

*Joe Chapman, South English*

1 pt. water	1 pt. vinegar
1/4 lb. oleo	5 T. salt
5 T. Worcestershire sauce	1/2 tsp. garlic salt
1 T. onion salt	1 T. pepper
	2 cut up chickens

Place all ingredients in a pan, except the chicken. Bring to a boil. Do this as you are cooking the chicken on the grill. Dip chicken in sauce as you turn the pieces.

## CHICKEN CASSEROLE

*Marilyn Sieren, Keweenaw*

3 C. macaroni (uncooked)	3 C. broth or milk
3 C. boned cooked chicken	3/4 lb. grated cheese (American)
3 cans cream of mushroom soup	1 medium onion (grated)

Mix all together and let stand 1-2 hours. Bake 1 1/2 hours at 325°.

## BBQ CHICKEN

*Linda Tygart, Sigourney*

1 onion	½ C. celery
2 T. fat	¼ C. lemon juice
2 T. vinegar	1 C. catsup
2 T. sugar	3 T. Worcestershire sauce
1 C. water	½ T. prepared mustard
	Salt and red pepper

Simmer above mixture 30 minutes. Pour over browned chicken and place in 325°-350° oven for 1 hour.

## BREAST OF CHICKEN MAGNIFIQUE

*Imogene Homan, What Cheer*

4 whole chicken breasts (split)	½ C. butter or margarine
2 C. sliced mushrooms	2 cans cream of chicken soup
1 clove garlic (minced)	Dash crushed thyme
1/8 tsp. rosemary (crushed)	⅔ C. light cream

Brown chicken in margarine. Remove chicken and brown mushrooms. Stir in soup and seasonings; add chicken. Cover, cook over low heat about 45 minutes, stirring now and then. Remove chicken and stir in cream. Heat slowly. Pour over chicken on serving platter. Serve with wild rice mix. If canned mushrooms are used, drain well and add with cream.

## BROWN AND SERVE CHICKEN

*Lola and Laura Powers, Farmington*

1 pkg. boneless chicken thighs	1 (10 oz.) box frozen rice pilaf
¼ C. brown sugar	(prepared according to package
1 T. margarine (melted)	instructions)
1½ tsp. garlic salt	¼ C. chopped parsley (optional)

Place chicken in baking dish. Combine sugar, margarine and garlic salt. Spoon evenly over chicken pieces. Bake at 375° for 30 minutes. Turn chicken and baste with sauce after 15 minutes. Serve on hot rice, garnish with parsley. Serves 4.

## CHICKEN CASSEROLE

*Dorothy Denison*

1 C. chicken (cubed)	¼ lb. American or Velveeta cheese
1 can cream of chicken soup	1 C. milk
1 small onion (chopped)	1 C. uncooked shell macaroni

Mix and store in refrigerator overnight. Bake at 325°-350° for 1 hour or until consistency you like. Use a 9x13-inch pan or if doubling recipe use 12x13-inch pan. Stir several times while baking, could stick. Serves 4-6.

## CHICKEN AND CASHEWS

*Margaret Brunner, Arden Hills, Minnesota*

1 lb. boneless chicken breast (cut in thin strips)	2 T. soy sauce
1 T. cornstarch	2 T. oil
2 T. oil	4 C. cabbage or 4 C. fresh bean sprouts
½ tsp. salt	1 tsp. sugar
1 small onion (chopped)	1 (6 oz.) pkg. cashew nuts
½ lb. mushrooms (sliced)	¼ C. soy sauce 1 tsp. cornstarch

In small bowl place chicken strips with 2 T. soy sauce and 1 T. cornstarch. Blend well and let stand at room temperature for 15 minutes. Heat 2 T. oil with ½ tsp. salt in skillet over high heat. Add chicken strips and stir and fry until white and firm. Add onion and mushrooms, continue to fry and stir until vegetables are soft. Place in heated bowl; add remaining 2 T. oil to wok or skillet, stir in cabbage or bean sprouts and sugar. Stir and fry for 3-4 minutes. Return chicken mixture to wok or skillet; add cashews (which you have rinsed off salt and patted dry). Toss to combine; add 1 tsp. cornstarch to ¼ C. soy sauce and stir into chicken mixture. Cover and steam for 1 minute. Uncover and stir until sauce thickens. Sprinkle with one 3 oz. can chow mein noodles just before serving. Serves 4-6 people.

## CHICKEN OR MEAT CASSEROLE

*Mrs. Walt Greiner, South English*

7 oz. pkg. macaroni (uncooked)	½ lb. cheese (cut in cubes)
2 C. milk	2 C. chicken, ham or other meat
1 can cream of celery soup	(diced)
1 can cream of mushroom soup	½ tsp. salt
A little onion	

Mix, cover, and refrigerate overnight. Bake at 325° for 1½ hours.

## CHICKEN OVERNIGHT CASSEROLE

*Pat Hultman  
Linda Werger, Keota*

2 C. chicken (cooked and diced)	1 (16 oz.) pkg. shell macaroni
1 can celery soup	1 C. Velveeta cheese (diced)
1 can mushroom soup	1 tsp. diced onion or onion flakes
1½ C. milk	

Mix together. Set overnight in refrigerator. Stir. Bake at 350° for 1 hour. Use a 9-inch square casserole dish. Serves 8-9.

## CHICKEN MOLE POBLANO

*Barbara Spicer, South English*

In a blender or processor, make a paste of:

2 cloves minced garlic	1/4 C. blanched almonds
1 medium onion (cut up)	1 T. sesame seeds
1 small flour tortilla	1 T. cilantro (parsley)
1/4 C. raisins	1/2 lb. tomatoes (peeled, seeded) or 1/2 can drained stewed tomatoes
7 T. chili powder	1/4 tsp. each: cumin, cloves, cinnamon, coriander, anise, sugar
1 oz. unsweetened chocolate (melted)	
1 tsp. salt	

Brown in oil and set aside 4 lbs. chicken breasts (cut up fryer will do). Simmer blended ingredients in 2 T. olive oil 5 minutes. Stir frequently. Stir in 3 C. chicken broth or bouillon and the browned chicken. Cover and simmer 30-40 minutes. Goes well with "green rice". This makes plenty of sauce to freeze remainder for another batch of chicken. (I stretch this for a crowd by cutting boned breasts into "bites" instead of halves.)

## CHICKEN RICE CASSEROLE

*Jane Axmear, South English*

1 box chicken flavor Rice-A-Roni
2 C. cooked chicken or turkey
3/4 C. chopped onion
1 small can mushrooms (drained)

3/4 C. chopped celery
3 C. hot water
1 can cream of chicken or mushroom soup

Prepare Rice-A-Roni according to package directions, using 3 C. hot water. Stir in remaining ingredients. Put in 9x13-inch casserole. Sprinkle with grated cheese. Bake 45 minutes at 350°.

## CHICKEN AND RICE

*Cindy Bowermaster, Hedrick*

4 whole skinless chicken breasts
2 C. long grain and wild rice
1 C. chicken broth
2 cans cream of mushroom soup

1 can cream of chicken soup
1 can cream of celery soup
1 (4 oz.) can mushrooms

Split chicken breasts. Cover with water and boil for 15 minutes. In a glass baking dish, mix all soups, chicken broth, mushrooms and rice. Add chicken. Bake at 350° for 1 hour.

## CREOLE STYLE CHICKEN - Microwave

*Don Aller, Harper*

2 slices bacon	1/4 C. coarsely chopped green pepper
1/4 C. chopped onion	1 tsp. instant beef bouillon
1 small clove garlic (crushed)	Hot pepper sauce to taste
1 (16 oz.) can tomatoes (cut up)	
2 C. cooked chicken	1 tsp. cornstarch

In 1 1/2-qt. casserole, place bacon. Cover with paper towel. Microwave until crisp, drain; leave drippings in casserole. Crumble bacon; set aside. In reserved drippings microwave onion and garlic until tender, about 2 minutes. Stir in tomatoes and next 4 ingredients and 1/4 tsp. salt. Microwave, covered, until bubbly about 6 minutes, stirring twice. Add 1 T. cold water into cornstarch, stir into hot mixture. Microwave, covered, until bubbly about 4 minutes, stirring after each minute. Cook 1 minute more. Sprinkle with bacon. Serve over fluffy bed of rice. Serves 4.

## HIDDEN VALLEY RANCH BUFFALO WINGS *Kathy Thompson, Ollie*

24 chicken wings/drummettes	2 pkgs. Hidden Valley salad dressing - milk recipe
1/2 C. melted butter	1/2 tsp. paprika
1/4 C. hot pepper sauce (less if desired)	Celery sticks
3 T. vinegar	

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put into baking pan. Sprinkle with 1 pkg. dry dressing mix. Bake 25-30 minutes or until browned. Sprinkle with paprika. Serve with celery sticks and prepared dressing mix as a dip.

## CHICKEN STRATA

*Debora Hinnah, Sigourney*

1 pkg. Pepperidge Farm dressing	2/3 C. mayonnaise
3 C. chicken (cooked and cubed)	2 eggs
1/4 C. green pepper (chopped fine)	2 C. milk
1/2 C. onion (chopped fine)	1 can cream of mushroom soup
1 C. celery (chopped)	1/2 C. milk

Butter 3-qt. baking dish and line with 2/3 pkg. Pepperidge Farm dressing as prepared on package directions. Mix chicken, green peppers, onion, celery, and mayonnaise together and spread on dressing. Beat eggs with 2 C. milk. Pour over chicken mixture and let stand 2 hours or overnight. Mix mushroom soup with 1/2 C. milk, spread on top. Top with remaining 1/3 prepared dressing. Bake at 350° for 45 minutes to 1 hour.

## SAVORY CRESCENT CHICKEN SQUARES

Debora Hinnah  
Linda Tygart, Sigourney

3 oz. pkg. cream cheese (softened)	1/8 tsp. pepper
2 T. margarine (melted)	2 T. milk
2 C. cooked chicken or 2 (5 oz. ea.) cans boned chicken	1-3 T. chopped onion (optional)
1/4 tsp. salt	8 oz. can Pillsbury crescent dinner rolls
1/8 tsp. pepper	

Preheat oven to 350°. Blend cream cheese and margarine until smooth. Add chicken, salt, pepper, milk and onions. Mix well. (You can prepare this much in advance if you so desire.) Separate crescent dough into 4 rectangles. Press perforations to seal. Spoon 1/2 C. chicken mixture onto each rectangle. Pull 4 corners to center, seal to shut. Place on ungreased cookie sheet. Bake for 20-25 minutes, until golden brown. 4 servings - 310 calories per each serving. You may choose to brush top with melted butter and dip into crushed seasoned croutons. This will add to your calorie count.

## CHICKEN SPINACH ENCHILADA

Sharon Lyle, Keota

1/2 C. chopped onion	1 C. diced cooked chicken
1 T. margarine	1 1/2 C. mild taco sauce
1 (10 oz.) pkg. frozen chopped spinach	1 1/4 tsp. ground cumin
2 C. shredded Monterey Jack cheese	3/4 tsp. onion salt
1 C. cottage cheese	10 flour tortillas (6-7")
1 C. chopped broccoli	Shredded lettuce

Cook onion in margarine until tender. Add spinach and stir until moisture evaporates. Remove from heat. Add 1 C. Monterey Jack cheese, 1/2 C. taco sauce, and remaining ingredients, except tortillas and lettuce. Spoon 1/3 C. of mixture down the center of tortilla, roll up. Place seam side down in greased 11x7-inch baking dish. Spoon remaining sauce on top. Cover with foil. Bake 20 minutes at 350°. Sprinkle with cheese. Bake until melted. Sprinkle with lettuce. Cut in squares to serve. Serves 4-6. You may microwave 10-12 minutes on high, rotating dish. Let stand 5 minutes before serving.

## FIVE CAN CHICKEN CASSEROLE

*Dorothy McKay, Gibson*

1 small can Swanson chicken or  
2 cans if more chicken is desired  
1 can cream of chicken soup

1 can chicken noodle soup  
1 small can evaporated milk  
1 small can chow mein noodles

Mix all together and pour into a buttered 8x8-inch baking dish or 9x9-inch if two cans of chicken are used. Top with buttered cracker crumbs and bake 35 minutes at 350°.

## HOT CHICKEN SALAD

*Pat Hultman, Keota*

3 C. diced cooked chicken  
1 C. mayonnaise  
5 hard boiled eggs (diced)  
1/2 C. slivered almonds  
2 tsp. minced onion

1 can cream of chicken soup  
2 T. lemon juice  
1 C. chopped celery  
1 C. chopped pimentos  
1 1/2 C. crushed potato chips

Crush potato chips and place in bottom of a 9x13-inch pan, saving a few for the top. Mix rest of ingredients together. Spread over chips and top with remaining chips. Bake 20 minutes at 400°.

## QUICK CHICKEN CASSEROLE

*Jeannie Striegel, Sigourney*

3 C. cubed cooked chicken  
4 C. cooked noodles  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1/2 C. chicken broth

3 T. chopped red pimento  
1 C. shredded American cheese  
2 C. cooked frozen peas  
Pepper to taste

Mix soups and broth. Add all the remaining ingredients. Pour into 1 large or 2 small casserole dishes. Bake at 350° until hot and bubbly. Makes a large quantity. Can freeze half and use later.

## VIVA LA CHICKEN

*Meta Bown, Delta  
Edna Wemer, Sigourney*

Flour tortilla shells  
4 chicken breasts (cooked, deboned and cubed)  
1 can cream of chicken soup  
1 can cream of mushroom soup

1 can milk (use soup can)  
1 small onion (diced)  
1 can green chilies (diced)  
Salt and pepper to taste

Line a 9x13-inch pan with tortilla shells. Combine chicken, soups, milk, onion, chilies, and seasonings. Pour over tortilla shells. Grate cheddar cheese and sprinkle on top. Bake at 325° for 45 minutes to 1 hour.

## IOWA STATE FAIR GRILLED TURKEY TENDERLOINS

*Kathy Thompson, Ollie*

1 lb. turkey tenderloins ( $\frac{3}{4}$ -1" thick)	2 T. pure lemon juice
$\frac{1}{4}$ C. soy sauce	2 T. dehydrated onion
$\frac{1}{4}$ C. vegetable oil	$\frac{1}{4}$ tsp. ginger
$\frac{1}{4}$ C. dry sherry	Salt

Blend all ingredients in shallow pan for marinade with turkey tenderloins. Add turkey, turning to coat both sides. Cover and marinate in refrigerator several hours. Turn occasionally. Grill steaks over hot coals 6-8 minutes per side, depending on thickness. Turkey is done when there is no pink in the center of the meat. Do not overcook. Serves 3-4.

## TURKEY LOAF

*Vicki Homan, Sigourney*

1 C. chopped onions	$\frac{1}{2}$ C. tomato sauce
1 C. chopped green (sweet) peppers	$\frac{1}{4}$ C. plain yogurt
$\frac{1}{2}$ tsp. garlic powder	2 T. chopped fresh parsley
15 oz. ground veal or ground turkey	2 tsp. Worcestershire sauce
4 oz. shredded cheddar cheese	1 tsp. chili powder
$\frac{3}{4}$ C. plain dried bread crumbs	Salt/pepper

Steam onions and green peppers until soft. Combine with remaining ingredients. Shape into a loaf. Bake until brown in 375° oven, about 45 minutes. Makes 4 servings.

## BREAKFAST CASSEROLE

*Doris Brock, South English*

2 C. diced cooked meat (ham or chicken)	2 C. diced celery
2 cans cream of mushroom soup	1 (7 oz.) pkg. macaroni (raw)
2 C. chicken broth	1 (2 oz.) jar diced pimento
1 tsp. salt	$\frac{1}{3}$ C. diced green peppers
$\frac{1}{4}$ tsp. Accent	1 small onion
	4 diced hard boiled eggs

Mix all ingredients in a large mixing bowl and pour into a greased 9x13-inch pan. Sprinkle on  $\frac{1}{2}$  lb. cheese, diced. Cover and refrigerate overnight. Next day before baking, cover with buttered bread crumbs or crushed potato chips. Serves 15. Bake 1 hour at 350°.

## BREAKFAST FRITTATA

*Cindy Hewitt, Keosauqua*

6 slices bacon (cooked)	$\frac{1}{4}$ C. milk
12 oz. frozen hash browns or	$\frac{3}{4}$ tsp. salt
3 C. shredded cooked potatoes	$\frac{1}{4}$ tsp. pepper
$\frac{1}{4}$ C. chopped onions	6 thin slices tomato
6 eggs	4 oz. cheddar cheese (grated)

Cook bacon over medium heat until crisp in 10-inch omelet pan/skillet. Remove bacon; drain and set aside. Pour off all but 1 T. bacon fat. Add potatoes to the pan. Cover; cook over medium heat for 5 minutes. Sprinkle with onions. Beat eggs, milk and seasonings together. Pour over potato mixture. Cook, covered, until eggs are nearly set, 15-20 minutes. Arrange tomato slices on top. Sprinkle with cheese and reserved bacon. Cover pan; remove from heat. Let stand 5 minutes. Cut into wedges. Serves 4-6.

## BREAKFAST LASAGNA

*Naomi Sellers, Sigourney*

4 slices bacon	4 eggs
2 C. frozen hash browns (thawed)	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ C. chopped onions	Dash pepper
1 C. shredded cheese	$\frac{1}{4}$ C. milk

Brown bacon until crisp. Remove, crumble, put drippings in electric skillet and mix 2 C. hash browns with onions. Blend thoroughly. Cook over low heat until underside is crisp and brown. (Never use high heat.) Drop in pats of butter if necessary. Blend 4 eggs, salt, pepper and milk. Pour over potatoes. Combine crumbled bacon with cheese and sprinkle over eggs. Cover (close vent on pan). Cook over low heat until eggs are set and they lose watery look in center.

## BRUNCH CASSEROLE

*Sylvia Lemley, South English*

1 C. cottage cheese	10 oz. chopped asparagus or spinach
3 eggs (beaten)	$\frac{1}{4}$ C. flour
$\frac{1}{4}$ C. melted butter	$\frac{1}{2}$ tsp. Beau Monde seasoning
$\frac{1}{4}$ lb. grated cheese	

Mix all ingredients and pour into 1-qt. greased casserole dish. Bake 1 hour at 350°. You may add slivered ham or bacon, but cut down on the melted butter.

## BRUNCH PIE

*Kathy Thompson, Ollie*

3 T. butter  
2 (15 oz. ea.) cans corned beef hash  
3 eggs  
 $\frac{1}{2}$  C. chopped onions  
1 C. grated cheese  
1 can Veg-All (drained)

$\frac{1}{2}$  C. evaporated milk  
1 T. flour  
 $\frac{1}{2}$  tsp. dry mustard  
Dash garlic powder  
Dash pepper

Coat 9-inch pie plate with butter. Mix hash and 1 beaten egg; press into plate to form crust. Bake at 375° for 10 minutes. Saute onion in 3 T. onion. Layer cheese, onion and Veg-All in crust. Beat together remaining eggs, evaporated milk, flour, mustard, garlic powder and pepper. Pour over mixture in crust. Bake at 350° for 30-40 minutes, until filling is set. Let stand 10 minutes before serving. Makes 6 servings.

## CHEESE SCRAMBLED EGGS

*Chuck Campbell, Keswick*

6 eggs  
 $\frac{1}{4}$  C. milk

American cheese slices

Crack 6 eggs and put them in a bowl. Add milk. Stir well. Put small amount of oil in skillet and turn on heat. When hot add egg mixture. Put cheese to cover top of mixture, keeping stirring until cheese melts and eggs are fluffy. Then place in serving bowl.

## CHRISTMAS BRUNCH CASSEROLE

*Norma Wolfe, Harper*

9 slices white bread (crumbled)  
2 lbs. sausage  
2 C. shredded cheddar cheese  
8 eggs (beaten)

1 tsp. dry mustard  
3 C. milk  
 $\frac{1}{4}$  C. chopped onion  
 $\frac{1}{4}$  C. chopped green pepper

Grease well a 10x13-inch pan or Pyrex baking dish. Place bread crumbs on bottom. Fry sausage and drain, sprinkle over bread crumbs, then add cheese. Beat eggs, milk and mustard. Add chopped onions and chopped green peppers and pour over top of bread, sausage and cheese. Seal tightly and refrigerate overnight. Bake at 350° for 1 hour. \*Mushrooms may be added as well as oregano or other spices to your taste.

## EGGS ALOYSHIOUS

*Don Aller, Harper*

3-4 eggs

1 small onion

Small chunk salami (Kosher)

In a saute pan, let the onion and salami fight it out for awhile. Stir in the beaten eggs until set. Season to taste. Serve hot.

## EGG SUBSTITUTE

*Mary Stangl, Ottumwa Courier*

2 C. non-fat dry milk

(use good quality brand)

2 tsp. baking powder

4 tsp. cornstarch

3 T. safflower oil

1/4 tsp. yellow food color

(oil based)

Mash dry milk to fine powder (using a mortar with pestle or tablespoon and mixing bowl). In medium mixing bowl, blend finely powdered milk, baking powder and cornstarch. In a cup, mix oil and food coloring. Drizzle oil mixture over dry mixture, tossing with a fork then grinding with a spoon until mixture is consistent in color and fine in texture. Store in tight container. Yield: 34 egg substitutes. To Use: Mix 1 T. dry mixture with 2 tsp. water until smooth. Add 2 egg whites and mix until smooth and evenly colored. This is equivalent to one egg; contains approximately 60 calories.

## FRITO PIE

*Nancy Winn, Ollie*

1 bag Fritos

Onions (diced)

Velveeta cheese (diced)

1 can Hormel chili with beans

Put a layer of Fritos in the bottom of a 9-inch square pan. Sprinkle with diced onion and Velveeta cheese. Add the can of Hormel chili. Put another layer of Fritos, onion and cheese. Bake this in the oven until the cheese melts. Take out of the oven, put a layer of shredded lettuce and sliced tomatoes on the top. This is a meal in itself. (I usually double the recipe as it is a favorite around here!)

## SHIRRED EGGS

*Mike Buman, Sigourney*

1 large egg per individual

1 large unpeeled orange per 2

1 tsp. cream per egg

1 T. grated cheddar cheese  
per egg

Slice oranges in half, and scoop out inside of each half, leaving peel intact. Place in a greased muffin tin. Break one egg in orange peel, being careful not to break the yolk. Add 1 tsp. cream to each and top with 1 T. grated cheddar cheese per egg. Bake in a 325° oven for 10-12 minutes. Serve one per person, leaving in orange peel half. Salt and pepper to taste.

## MEXICAN QUICHE

*Kathy Thompson, Ollie*

9-inch baked pie shell	2 tsp. parsley flakes
½ lb. lean hamburger	¼ tsp. garlic powder
3 green onions (sliced)	½ tsp. chili powder
1 tomato (chopped)	¼ tsp. Tabasco sauce
1 C. cream	1 small can chopped green
1 ½ C. cheddar cheese (shredded)	chilies

Brown and drain hamburger. Crumble in bottom of baked pie shell. Sprinkle onions and tomato over hamburger, then shredded cheese. Mix remaining ingredients and pour over all. Bake at 325° approximately 45 minutes. (Suggestion: You may microwave on simmer or low setting for 30 minutes.) Serves 6-8.

# Game and Fish



## **Game and Fish**

Baked Flounder and Tarragon . . . . .	113
Escalloped Corn and Oysters . . . . .	113
Poor Man's Lobster . . . . .	113
Salmon Burgers . . . . .	114
Sea Salad . . . . .	114
Tuna Loaf . . . . .	114
Tuna Cheese Deluxe . . . . .	115
Pheasant . . . . .	115
Onion Smothered Venison Steak . . . . .	115
Venison Patties . . . . .	116

## BAKED FLOUNDER WITH TARRAGON

*Lola and Laura Powers  
Farmington*

6 flounder fillets (6 oz. ea.)  
1/3 C. white wine  
Worcestershire sauce  
2 tsp. olive oil or salad oil

1 T. minced fresh tarragon leaves  
or 1 1/4 tsp. dried tarragon leaves  
1 T. capers (drained)  
1/8 tsp. cracked black pepper  
Tarragon sprigs for garnish

Preheat oven to 425°. Rinse flounder fillets with running water. Pat dry with paper towels. Arrange flounder fillets in deep oven-safe platter or 12x8-inch baking dish, overlapping fillets slightly if necessary. Pour white wine, Worcestershire sauce and olive or salad oil over fish. Sprinkle with tarragon leaves, capers and cracked black pepper. Cover platter with foil and bake fish 10-15 minutes until fish flakes easily when tested with a fork. Makes 6 servings. About 165 calories per serving.

## ESCALLOPED CORN AND OYSTERS

*Edna Wemer, Sigourney*

1 can creamed corn  
1 egg (beaten)  
1/4 C. melted margarine  
1 C. cracker crumbs

1/2 C. milk  
1 tsp. sugar  
1 can oysters (drained)

Mix all together and place in greased casserole and top with a few cracker crumbs. Bake in 375° oven for 30 minutes. (I use fresh oysters.)

## POOR MAN'S LOBSTER

*Evelyn Sieren and Rosie Vittetoe, Keota*

1 box haddock (thawed)  
1 T. salt

2 T. vinegar  
Paprika

Put haddock in pan and cover with water. Add salt and vinegar, let come to boil, then turn down and simmer 10-12 minutes. Drain and put into baking dish and sprinkle with paprika. Put under preheated broiler for a few seconds. Dip in hot melted butter (preferably).

*There is no love more sincere than the love of foods.*

## SALMON BURGERS

*Laura Powers, Farmington*

1 (15 oz.) can Alaska salmon  
1 egg (slightly beaten)  
½ C. each chopped onion, finely  
chopped green pepper and fresh  
whole wheat bread crumbs

1 T. lemon juice  
1 tsp. grated lemon peel  
½ tsp. rosemary (crushed)  
1/8 tsp. pepper

Drain salmon; flake. Combine remaining ingredients. Mix well. Form into 4 or 5 patties. Pan fry in a small amount of vegetable oil until lightly browned on both sides. Serve on toasted hamburger buns. Top with favorite condiments. Makes 4 or 5 servings.

## SEA SALAD

*Laurie Altenhofen, Keota*

1 (8 ½ oz.) box Kraft macaroni  
and cheese dinner  
1 can peas (drained)  
1 can tuna (drained)  
1 C. Miracle Whip

1 C. chopped celery  
¼ C. sweet pickle relish  
2 T. chopped onion  
Dash salt

Prepare macaroni and cheese as directed. Add remaining ingredients. Mix and chill. Serve on lettuce leaf. (You can also use chunk turkey or chicken.)

## TUNA LOAF

*Wanda C. Tolles, What Cheer*

1 egg (beaten)  
½ C. milk or light cream  
¾ C. soft bread crumbs  
2 tsp. lemon juice  
3 T. minced parsley or celery leaves

1 T. grated onion  
Dash of Tabasco  
1 (6 or 7 oz.) can tuna (flaked)  
Salt and pepper (dash of each)

Mix all together. Add salt and pepper last. Turn into greased loaf pan. Bake at 350° until top is brown and firm to touch (about 30 minutes). Serve with tomato sauce. Serves 4.

*We make a living by what we get, but we make a life by what we give.*

## TUNA CHEESE DELUXE

*Katharine Northup, Sigourney*

2 T. margarine	1 C. shredded Swiss or Velveeta cheese
1½ C. Rice Krispies	1½ C. cooked rice
¼ C. slivered almonds	1 (6½ oz.) can tuna (well drained)
¼ C. chopped onion	¼ C. chopped stuffed green olives
1 can cream of mushroom soup	
¼ C. milk	

Melt 1 T. margarine in skillet over low heat. Stir in Rice Krispies and almonds, coating well. Set aside for topping. In large saucepan melt remaining 1 T. margarine. Add onion, cook until just tender, stirring occasionally. Add soup, milk and cheese. Cook over medium heat until cheese is melted, stirring frequently. Remove from heat. Lightly stir in rice, tuna, and olives. Spread tuna mixture evenly in greased 10x6½x2-inch pan. Spoon cereal topping evenly over casserole. Bake at 350° about 20 minutes.

## PHEASANT

*Jeanne Gretter/Linda Werger, Keota*

Brown pheasant

Put in crock pot with:

½ C. water	1 onion
1 can beer	Potatoes
¼ C chili sauce	Celery
Carrots	

Put vegetables on top of meat in crock pot. Cook until done. When done make a gravy out of juice and serve over pheasant and vegetables.

## ONION SMOTHERED VENISON STEAK

*Joyce Straube, Delta*

4 venison steaks	1 pkg. dry onion soup mix
Flour	1 T. Worcestershire sauce
Seasoning salt and pepper to taste	Shortening

Pound steak, combine flour with seasonings. Coat steaks with flour mixture. Brown steaks in shortening in skillet. Add dry onion soup mix, 1½ C. water and Worcester-shire sauce. Simmer for 1 hour or until tender. Serve with rice. Yield: 4-6 servings.

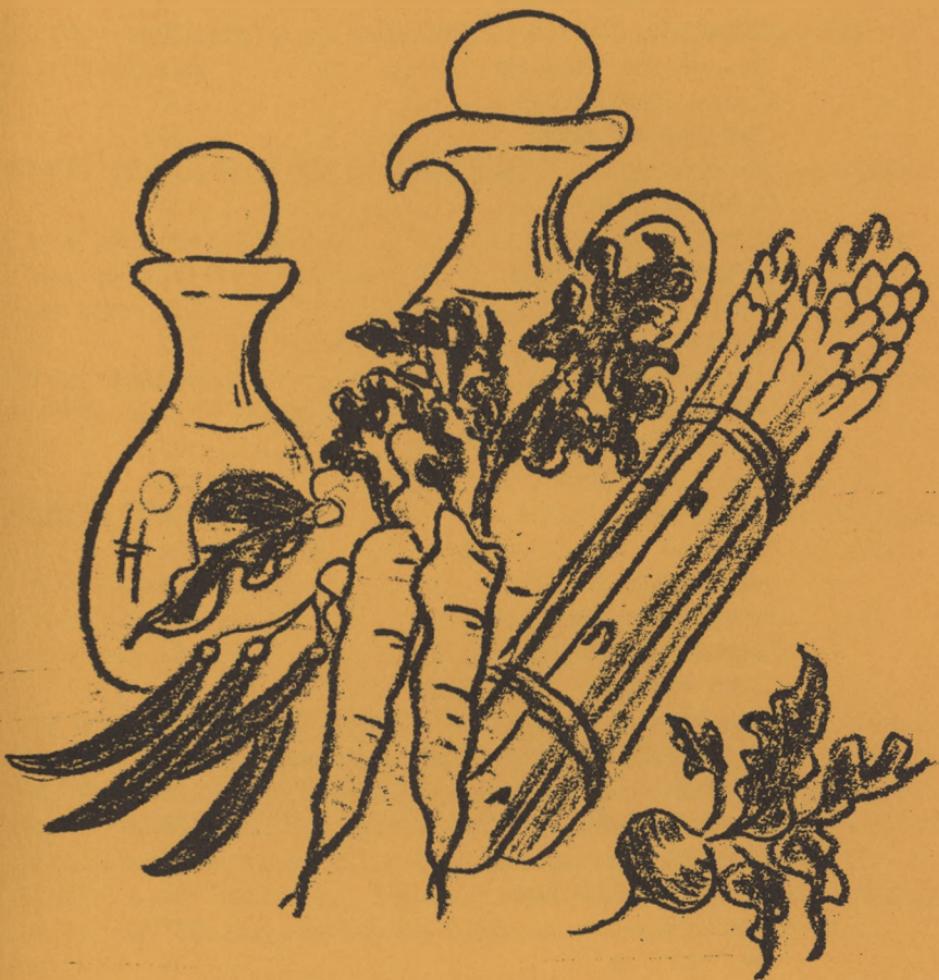
## VENISON PATTIES

Wanda Tolles, *What Cheer*

1 lb. ground venison	1 tsp. salt
1 small onion	1/4 tsp. pepper
2 toes garlic (chopped)	1 egg

Mix ingredients together. Form into patties and around each wrap a strip of bacon, securing with a toothpick. Brown on all sides in 2 T. lard. Pour off most of the grease and add  $\frac{1}{2}$  C. water and  $\frac{1}{2}$  C. wine. Simmer 1 hour. Use the liquid as gravy for potatoes.

# Vegetables



## Vegetables

Beets in Sour Cream . . . . .	117
Baked Broccoli and Cauliflower . . . . .	117
Barb's Veggie Bake . . . . .	117
Broccoli Casserole . . . . .	118
Broccoli Delight . . . . .	118
Broccoli and Cauliflower Casserole . . . . .	118, 119
Swiss Vegetable Medley . . . . .	119
Cabbage Au Gratin . . . . .	119, 120
Carrot Cheesy Casserole . . . . .	120
Cindy's Scalloped Corn . . . . .	120
Corn Cheese Pudding . . . . .	120
Corn Pudding . . . . .	121
Corn-Rice Casserole . . . . .	121
Frito Pie . . . . .	121
Barbeque Green Beans . . . . .	122
Snappy Green Beans . . . . .	122
Sweet and Sour Green Beans . . . . .	122
Cheese Potatoes . . . . .	122
Wilted Lettuce . . . . .	123
Colorful Cross-Cut Candy Yams . . . . .	123
Crisp Baked Potatoes . . . . .	123
Hash Brown Casserole . . . . .	124
Microwave Potato Casserole . . . . .	124
Oven Potatoes . . . . .	124
Oven Fried Potatoes . . . . .	124
Parmesan Potatoes . . . . .	125
Potato Pancakes . . . . .	125
Quick Potatoes . . . . .	125
Sour Cream Potatoes . . . . .	126
Best Rice Bake . . . . .	126
Chinese Fried Rice . . . . .	126
Fried Rice . . . . .	127
Mexican "Green" Rice . . . . .	127
Spanish Rice . . . . .	127
Stir Fried Rice . . . . .	128
Tomato Casserole . . . . .	128
Scalloped Tomatoes . . . . .	128
Italian Zucchini Crossiant . . . . .	128
Italian Zucchini Casserole . . . . .	129
Zucchini Casserole . . . . .	129
Pork and Beans . . . . .	130
Touch of Spice . . . . .	130

## —VEGETABLES—

### BEETS IN SOUR CREAM

*Larry Eldridge, Sigourney*

1/4 C. sour cream	1/2 tsp. minced green onion
1 T. vinegar	Dash cayenne pepper
3/4 tsp. sugar	2 1/2 C. hot diced beets
1/2 tsp. salt	

Mix first 6 ingredients, add to beets. Heat slowly, stirring occasionally. When hot, serve immediately.

### BAKED BROCCOLI AND CAULIFLOWER

*Debra Goodwin, Hedrick*

2 small pkgs. frozen broccoli	1 (8 oz.) jar Cheese Whiz
2 small pkgs. frozen cauliflower	1 can onion rings
1 can celery soup	

Mix first 4 ingredients and 1/2 of onions. Place in baking dish. Top with other 1/2 of onions. Bake 30 minutes at 350°.

### BARB'S VEGGIE BAKE

*Barbara Workman, Delta*

1 pkg. frozen brussel sprouts	1 pkg. frozen broccoli
1 pkg. frozen cauliflower	1 (3 oz.) can mushrooms
1 can cream soup	1 small jar Cheese Whiz

Cook vegetables together in a small amount of water, on low heat, only until nearly done. Heat cream soup and cheese together, pour over vegetables in a casserole dish. Top with onion rings. Heat in a 350° oven for 45 minutes, or until onions brown. (VARIATIONS: Other vegetables may be substituted. Carrots may be used instead of mushrooms to add color. Vegetables may be cooked separately, layered, and put in a glass baking dish. The cream soup may be left out for fewer calories and less salt. You may also use less cheese or other kinds of cheese.)

*If you pour some happy spirit in a great big mixing bowl;  
Just add a few ingredients and you'll have a casserole.*

## BROCCOLI CASSEROLE

*Irene Namer, Keota*

1 C. celery	1 (4 oz.) can mushrooms
1 medium onion	(undrained)
1 stick oleo	1 can mushroom soup
2 (10 oz. ea.) pkgs. frozen broccoli	1 can cream of chicken soup
1 (8 oz.) jar Cheese Whiz	1 C. minute rice (uncooked)

Saute celery and onions in oleo. Cook broccoli, drain. Mix all ingredients together. Put in 2-qt. glass dish. Bake at 350° for 30-40 minutes.

## BROCCOLI CASSEROLE

*Kathy Thompson, Ollie*

1 pkg. cooked, cut broccoli	¼ lb. Velveeta cheese
½ stick butter	(chopped or grated)
1/8 lb. crushed Ritz crackers	

Cook 1 pkg. broccoli about 5 minutes. Add ¼ stick butter and Velveeta cheese. Pour into buttered casserole. Top with crushed Ritz crackers that have been mixed with ¼ stick melted butter. Bake 20-30 minutes at 350°. Don't overcook.

## BROCCOLI DELIGHT

*Kay Peiffer, Sigourney*

4-5 C. broccoli flowerettes	¼ C. diced red onions
1 C. raisins	10 slices bacon (cooked)
1 C. sunflower seeds	

### DRESSING:

½ C. light mayonnaise	1 T. vinegar
3 T. sugar	

## BROCCOLI AND CAULIFLOWER CASSEROLE *Mollie Payne, Dubuque*

1 large pkg. broccoli	1 can cream of cheddar soup
1 large pkg. cauliflower	1 ½ C. corn flakes
1 can cream of chicken soup	½ C. butter

Combine ingredients, cover and bake at 325° for 45 minutes.

## BROCCOLI-CAULIFLOWER CASSEROLE

*Lois Bruns, Sigourney*

2 (10 oz. ea.) pkgs. frozen broccoli spears	1 can water chestnuts (slivered)
2 (10 oz. ea.) pkgs. frozen cauliflower	1 can cream of mushroom soup
	1 can cream of chicken soup
	1 (8 oz.) jar Cheese Whiz

Cook vegetables until crisp and tender. Heat soups and Cheese Whiz until cheese is melted. Place cooked vegetables and water chestnuts in buttered casserole and pour sauce over top. Bake at 350° for 30-35 minutes. For a prettier dish, sprinkle with bread crumbs or canned French fried onion rings for the last 5 minutes in the oven. Serves 8-10 people.

## SWISS VEGETABLE MEDLEY

*Kathy Thompson, Ollie*

1 bag frozen cauliflower, carrots and broccoli combination (thawed and drained)	1 C. shredded Swiss cheese (divided)
1 can undiluted cream of mushroom soup	1/3 C. sour cream
	1/4 tsp. pepper
	1 (4 oz.) jar chopped pimento
	1 can French fried onion rings

Combine veggies, soup, 1/2 C. cheese, sour cream, pepper, pimento and 1/2 can French fried onions. Pour into 1-qt. casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer. (Microwave Directions: Prepare as above. Cook, covered, on high 8 minutes, turn halfway through. Top with remaining cheese and onions. Cook, uncovered on high 1 minute or until cheese melts.) Makes 6 servings.

## CABBAGE AU GRATIN

*Esther Churchill, Marion, IA*

1 small head cabbage	1/2 C. grated cheese
1 C. milk	1/4 tsp. salt
2 T. flour	1/2 C. bread crumbs
2 T. butter or oleo	4 T. oleo

Chop cabbage and cook in boiling salted water until tender. Prepare the white sauce, the flour and the milk, and the cheese. Place 1/2 of the cabbage in buttered baking dish. Add 1/2 the cheese sauce, the rest of the cabbage and rest of cheese sauce. Cover with buttered bread or cracker crumbs and bake in 350° oven for 25 minutes.

## CABBAGE AU GRATIN

*Debra Goodwin, Hedrick*

4 C. chopped cabbage	½ C. grated American cheese
2 C. boiling water	1 C. milk
4 T. butter	1 T. chopped onion
4 T. flour	½ C. cabbage juice
½ tsp. salt	¼ tsp. pepper

Cook cabbage in boiling water until tender; drain, saving ½ C. Make sauce with butter, flour, milk and cabbage liquid. Stir in cheese and onion until cheese melts. Put cabbage in baking dish, pour sauce over cabbage. Mix well with fork. Bake at 350° for 20 minutes.

## CARROT-CHEESEY CASSEROLE

*Barbara Workman, Delta  
Susan Snakenberg, Dorothy Denison, Sigourney  
Naomi Sellers, Sigourney*

4 C. carrots (slice and diced) or small whole ones	1 C. Velveeta cheese (cubed)
¼ stick butter	Potato chips or fine bread crumbs
	1 small onion (diced)

Cook carrots until tender, drain. Put into buttered casserole dish. Combine carrots with small slices of butter and onions. Cover with cheese and put crumbled chips or buttered bread crumbs on top. Bake in a 350° oven for 30 minutes.

## CINDY'S SCALLOPED CORN

*Larry Eldridge, Sigourney*

1 (17 oz.) can whole corn (drained)	1 stick oleo
1 (17 oz.) can creamed corn	1 (8 oz.) pkg. cream cheese
1 box Jiffy cornbread mix	Amount of milk listed for cornbread (½ C.)

Mix ingredients together and place in 2-qt. casserole. Bake at 325°-350° for about 60 minutes.

## CORN CHEESE PUDDING

*Donna Orris, Washington*

2 cans cream style corn	4 T. oleo
4 T. flour	4 beaten eggs

Mix and pour into casserole dish. Top with 1 C. sliced Velveeta cheese. Bake at 350° for 1 hour. (VARIATIONS: Add sausage, green peppers and/or pimento.)

## CORN PUDDING - A Hearty Autumn Dish *Mrs. Roy (Babe) Hauschilt What Cheer*

2 T. cornstarch	1 (1 lb., 1 oz.) can creamed style corn
1 tsp. sugar	$\frac{1}{4}$ C. margarine (melted)
1 tsp. salt	3 egg yolks (slightly beaten)
1 C. milk	3 egg whites

Mix cornstarch, sugar and salt. Gradually add milk. Mix in corn, margarine and egg yolks. Beat egg whites until soft peaks form when beater is raised; fold into corn mixture. Pour into greased  $1\frac{1}{2}$ -qt. casserole. Set into pan of hot water to depth of  $1\frac{1}{2}$ -inches. Bake in  $350^\circ$  oven (moderate) for 1 hour and 10 minutes or until knife inserted in center comes out clean. Makes 6 servings.

## CORN/RICE CASSEROLE

*Cindy Hewitt, Keosauqua*

2 C. cooked rice	$\frac{1}{2}$ lb. grated cheese
2 C. whole kernel corn	$\frac{1}{3}$ C. chopped onion
$\frac{1}{2}$ C. chopped green pepper	3 T. butter
1 C. milk	Salt and pepper
1 small jar pimentos	

Brown onion in butter and mix in rest of the ingredients. Bake at  $350^\circ$  for 30-45 minutes.

## FRITO PIE

*Rosemary Adam, Sigourney*

1 bag Fritos	1 diced onion
Diced Velveeta cheese	1 small can Hormel chili

Put a layer of Fritos in bottom of 9-inch square pan. Sprinkle with onion and cheese. Add can of chili. Put another layer of Fritos, onions and cheese over the top. Bake until cheese melts. Remove from oven, put a layer of shredded lettuce and sliced tomatoes on the top. This is a meal in itself. For large group or appetites, double the recipe and use large can of chili.

## BARBECUED GREEN BEANS

*Cindy Snakenberg, Sigourney*

3 (1 lb. ea.) cans cut green beans  
1/2 C. catsup  
1 tsp. liquid smoke  
5-6 raw bacon strips

3/4 C. light brown sugar  
1/3 C. dark corn syrup  
1 medium onion (finely chopped)

Place all ingredients except bacon in 2-qt. casserole. Lay bacon strips on top. Bake uncovered for 1 hour in 325° oven.

## SNAPPY GREEN BEANS

*Larry Eldridge, Sigourney*

4 slices bacon  
1/4 C. chopped onion  
2 T. tarragon vinegar

2 C. hot, drained green beans  
1/2 tsp. salt

Fry bacon until crisp and crumble. Cook onion in 2 T. bacon grease just until tender. Add vinegar. Season with salt and dash of pepper. Pour over hot green beans and sprinkle bacon crumbs on top.

## SWEET AND SOUR GREEN BEANS

*Debora Hinnah, Sigourney*

1 qt. canned green beans  
4 slices bacon  
1 medium onion (minced)  
2 tsp. flour

1/2 C. water  
1/3 C. vinegar  
2 T. sugar  
Salt and pepper

In skillet, fry bacon and drain on paper towel. Reserve 2 T. drippings. Sauté onions until tender. Stir in flour, cook and stir until bubbly. Stir in water, vinegar and sugar. Heat to boiling and cook until slightly thickened. Add beans and heat through, tossing occasionally. Sprinkle with salt and pepper and crumbled bacon. A new way to serve those same old green beans!

## CHEESE POTATOES

*Michelle Baer, Ottumwa*

6 medium potatoes  
2 C. shredded cheddar cheese  
1 C. sour cream  
1/4 C. butter

1 T. chopped onion  
1 tsp. salt  
1/4 tsp. pepper  
2 T. butter

Cook potatoes with jackets on; let cool, then peel and shred. Heat cheese and 1/4 C. butter until partially melted. Remove from heat and blend in sour cream, onion, and seasonings. Fold in potatoes. Put into a 2-qt. casserole dish and dot with 2 T. butter. Sprinkle with paprika. Bake uncovered at 350° for 30 minutes.

## WILTED LETTUCE

*Debora Hinnah, Sigourney*

2 T. vinegar  
3 T. water  
 $\frac{1}{4}$  C. sugar (may want to add more)  
Dash of salt

4 slices bacon  
2 T. reserved bacon grease  
Fresh green onions  
Fresh garden lettuce (you may also use fresh spinach)

Fresh lettuce or spinach from the garden, washed and dried. Use the amount you desire to eat. Slice green onions and place with lettuce. Cook bacon until crisp, reserve 2 T. grease. Crumble bacon into lettuce. Bring remaining ingredients to a boil. Pour over lettuce and let set for 2 minutes before eating. (This recipe was handed down to me from my Grandma - an old fashion southern way of preparing garden lettuce.)

## COLORFUL CROSS-CUT CANDY YAMS

*Barbara Workman, Delta*

4-5 boiled yams or sweet potatoes  
 $\frac{1}{4}$  C. butter  
2 slices lemon

$\frac{1}{2}$  C. sugar  
 $\frac{1}{2}$  C. water  
Red food coloring

Cook yams or sweet potatoes until done, still firm not soft. Peel and slice the yams, cutting crosswise. Cook lemons in butter and sugar for 3 minutes, add red food coloring. Put sliced yams in casserole dish, pour the syrup over them. Bake at 350° for 25-30 minutes. Baste with syrup while baking. The red food coloring makes orange yams have excellent color.

## CRISP BAKED POTATOES

*Naomi Sellers, Sigourney*

6 oz. cooked whole potatoes (chilled)  
1 T. + 1 tsp. reduced calorie  
margarine  
Dash pepper

1 T. soy sauce  
 $\frac{1}{4}$  tsp. salt-free low pepper  
no garlic herb seasoning

Preheat oven to 400°. Cut each potato into 4 wedges and transfer to small bowl; set aside. In small saucepan or metal measuring cup, melt margarine. Add soy sauce and stir to combine. Pour margarine mixture over potatoes and toss to coat thoroughly. Transfer potatoes to nonstick baking dish, brushing with any remaining margarine mixture. Sprinkle with seasonings and bake until crisp, about 1 hour.

## HASH BROWN CASSEROLE

*Becky Hahn, Keota*

2 lbs. frozen hash browns (32 oz.)  
½ C. melted butter  
Salt  
1 C. grated onion

1 can cream of chicken soup  
1 pt. sour cream  
2 C. grated American, cheddar or  
English cheese

Mix all and put in buttered casserole. Melt ¼ C. butter, add 2 C. corn flakes and toss. Spread over top. Bake 1 hour at 350°.

## MICROWAVE POTATO CASSEROLE

*Deb Horras*

½ C. oleo  
16 oz. bag hash browns (cubed)  
1 (8 oz.) container sour cream  
1 can cream of mushroom soup

12 oz. sharp cheddar cheese  
Garlic salt, to taste  
Dried onion, to taste

Thaw potatoes in microwave. Melt oleo in casserole dish. Mix together potatoes, sour cream, soup, garlic salt and onion. Add ¾ of the cheese and microwave on High for 10 minutes and stir. Cook for 10 minutes more and add remainder of cheese on top.

## OVEN POTATOES

*Lisa Conry, South English*

1 pkg. frozen hash browns  
1 medium onion (chopped)  
2 cans cream of celery soup

1 can milk  
1 (3 oz.) pkg. cream cheese  
Velveeta cheese

Break up hash browns in 9x13-inch pan. Sprinkle onion on top, season with salt and pepper. Heat 2 cans cream of celery soup and 1 can milk. Add cream cheese. Pour over potatoes and onions. Bake at 350° for 1¼ hours. Before serving, top with Velveeta cheese slices. Place foil over pan and return to oven until cheese melts.

## OVEN FRIED POTATOES

*Tammy Buman, Sigourney*

6-8 russet potatoes (thinly sliced,  
peel if desired)  
¼ C. oil

½ C. margarine  
2 tsp. garlic salt

Place sliced potatoes in 9x13-inch baking dish. Melt margarine. Stir in oil and garlic salt, mixing well. Pour over potatoes. Bake at 400° for 45-50 minutes, stirring occasionally.

## **PARMESAN POTATOES**

*Gail Pilkington, Sigourney*

1 C. flour  
Salt and pepper to taste  
1 stick margarine

$\frac{1}{3}$  C. Parmesan cheese  
6 large potatoes

Mix flour, salt and pepper and cheese together. Wedge potatoes or can be sliced. Coat potatoes with flour and cheese mixture. Put stick of margarine in 9x13-inch pan and melt in oven set at 325°. Add potatoes and bake for 1 hour.

## **POTATO PANCAKES**

*Nancy Winn, Ollie*

2 medium size all-purpose potatoes  
(about 12 oz., peeled)  
1 T. freshly squeezed lemon juice  
 $\frac{1}{4}$  C. butter or margarine (melted)  
2 tsp. all-purpose flour  
 $\frac{1}{4}$  C. finely chopped onion  
1 T. thinly sliced scallions

1 large egg (beaten)  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{4}$  tsp. baking powder  
1 T. vegetable oil or as needed  
1 T. butter or margarine  
or as needed

Using coarse side of hand grater, grate potatoes into large bowl. Toss with lemon juice to coat thoroughly. Let stand 5 minutes; drain well. Add melted butter, flour, onion, scallions, egg, salt, pepper and baking powder to potatoes. Stir in, mix well. In 8-inch skillet over medium-high heat, heat 1 T. each oil and butter. Working in batches of 3-4 pancakes, add potato mixture in heaping tablespoon to skillet; using tines of fork, flatten each portion into very thin round, about 2  $\frac{1}{2}$ -inches in diameter. Cook pancakes 3-4 minutes on each side until golden brown and cooked through. Remove to paper towels to drain; keep warm in 300° oven. Repeat procedure until remaining potato mixture is used up, adding more oil and butter to skillet as needed. Serve immediately, accompanied by country breakfast sausage. Makes about 16 pancakes.

## **QUICK POTATOES**

*Laurie Altenhofen, Keota*

1 (2 lb.) pkg. frozen hash browns  
2 C. milk

1 stick oleo  
 $\frac{1}{2}$ -1 C. grated cheese

Heat milk and butter. Put potatoes in greased 9x13-inch pan. Pour milk and butter over potatoes. Cover with grated cheese. Bake at 350° for 1 hour.

## SOUR CREAM POTATOES

*Karen Bruns, Tooele, Utah*

6 large unpeeled potatoes  
1 medium chopped onion  
2 T. butter  
1 pt. sour cream

1 can cream of chicken soup  
½ C. grated cheese  
2 C. crushed corn flakes  
1 C. melted butter

Boil the potatoes; peel and cool. Grate when cool. Sauté onion in butter. Mix the onion, sour cream, soup and cheese. Add mixture to potatoes and mix altogether. Put into 2x9x13-inch oblong pan. Cover with mixture of corn flakes and butter. Bake at 350° for 30-45 minutes.

## BEST RICE BAKE

*Barbara Workman, Delta*

2 C. chicken broth  
1 C. wild rice or other rice may  
be used  
1 medium onion (optional)  
1 C. diced carrots

1 C. green vegetable  
(peas work best)  
Seasonings to taste, salt, pepper,  
¼ tsp. thyme

Combine rice and broth and simmer for ½ hour. Add seasonings. Place undrained rice in a casserole dish, add vegetables and sautéed onions. You may top with cooked crumbled bacon or Bacos. Cover and bake in a 350° oven until bubbly, approximately 40 minutes. Let stand a few minutes before serving. Buttered bread crumbs or tater tots may be put on top if desired.

## CHINESE FRIED RICE

*Norma Gene Wonderlich, Ollie*

3 C. cold cooked rice  
¼ tsp. salt  
5 T. salad oil  
8 slices bacon

6 eggs  
1 T. soy sauce  
2 T. chopped green onions

Beat eggs and salt slightly with a fork. In a hot skillet, heat 3 T. oil until very hot. Pour in egg mixture, stirring fast until egg mixture breaks into small pieces, lower heat and push eggs to one side of skillet. Stir in rice and 2 T. oil until rice is coated with oil. Add bacon and soy sauce and mix all together in the skillet. Garnish serving dish with chopped green onions.

## FRIED RICE

*Debora Hinnah, Sigourney*

1/4 C. salad oil  
2 C. cold cooked white rice  
3 eggs (beaten)  
2 slices bacon (cooked and crumbled)

2 T. soy sauce  
1/8 tsp. pepper  
3 green onions and tops

Heat oil, saute rice over medium heat, stirring until golden (5 minutes). Stir eggs into rice. Cook, stirring constantly until cooked, about 3 minutes. Stir in bacon, soy sauce and pepper.

## MEXICAN "GREEN" RICE

*Barbara Spicer, South English*

3 C. cooked rice  
3/4 lb. Monterey Jack cheese  
(diced small or grated)  
Grated cheddar cheese

2 C. sour cream  
1 (4 oz.) can hot green chilies  
(jalapenos, seeded and chopped)

Combine all ingredients except cheddar cheese. Salt and pepper to suit. Bake in buttered casserole (approximately 1 1/2-qt. size or 9x13-inch pan) for 1/2 hour at 350°. Sprinkle with grated cheddar cheese (approximately 1/2 C.). Allow 1 T. to just melt. This casserole can be frozen before it's baked (takes 1 hour frozen). Do Not Over-cook rice before assembly. Goes well with Chicken Mole'

## SPANISH RICE

*Neoma Wonderlich, Ollie*

3/4 C. rice  
2 T. fat  
5 C. water  
2 onions  
2 C. tomatoes  
  
1/2 C. chopped green pepper  
Salt  
Pepper  
Paprika

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Sauté onions in a little fat; mix with tomatoes and chopped peppers, and add to the rice. Add seasoning, and place in a greased casserole. Bake at 350° for 30 minutes. Bacon may be used for the fat. The crisp bacon may be crumbled and added to the casserole.

## STIR FRIED RICE

*Irene Namer, Keota*

3-4 strips bacon	Dash white pepper
3-4 T. soy sauce	Dash ginger powder
1 T. salad oil	Green onion
Dash of garlic powder	1 1/4 C. cooked rice

Cut bacon into tiny pieces. Fry until real crisp. Save fat and bacon together. Cut green onion bottoms. Stir-fry 1 minute only. Mix together first 7 ingredients. Add rice and seasonings to hot bacon. Stir-fry 4-6 minutes. Top with onion tops cut up. Makes 5 servings. Very good!

## TOMATO CASSEROLE

*Meta Brown, Delta*

Heat 1/2 can tomatoes. After they get very hot add 1 pint cream and thicken a little (by adding flour). Add salt last to keep them from curdling. Pour over diced bread.

## SCALLOPED TOMATOES

*Larry Eldridge, Sigourney*

1 C. diced celery	3 slices bread (toasted & cubed)
1/2 C. finely chopped onion	1 T. sugar
2 T. butter or margarine	1 tsp. salt
2 T. all-purpose flour	Dash of pepper
3 1/2 C. tomatoes	2 tsp. prepared mustard

Cook celery and onion in butter until just tender, blend in flour. Butter toast and cut into 1/2-inch pieces. In 1 1/2-qt. casserole, combine onion-celery mixture with tomatoes, 1/2 toast cubes, the sugar, salt, pepper and mustard. Bake at 350° for 30 minutes. Top with remaining toast cubes and bake 20 minutes longer.

## ITALIAN ZUCCHINI CASSEROLE

*Debora Hinnah, Sigourney*

8 C. sliced zucchini	1 C. water
1/2 C. chopped onion	1 (6 oz.) can tomato paste
1/2 C. green pepper	1 (4 oz.) pkg. (1 C.) shredded
4 T. butter	mozzarella cheese
1 (3 oz.) canned mushrooms (drained)	2 T. Parmesan cheese
1 pkg. dry spaghetti sauce mix	

Cook zucchini, onions and pepper in butter until tender. Mix all ingredients together and place in casserole dish. Bake at 350° for 45-60 minutes. Top of casserole will brown.

## ITALIAN ZUCCHINI CROISSANT PIE

*Debora Hinnah, Sigourney*

4 C. thinly sliced unpeeled zucchini	1/4 tsp. basil leaves
1 C. coarsely chopped onion	1/4 tsp. oregano
1/2 C. margarine	2 eggs (beaten well)
1/2 C. chopped parsley or 2 T. parsley flakes	8 oz. (2 C.) shredded muenster cheese
1/2 tsp. salt	8 oz. can crescent dinner rolls
1/2 tsp. pepper	2 tsp. mustard
1/4 tsp. garlic powder	

Cook zucchini and onions in margarine until tender (about 10 minutes). Stir in parsley and seasonings. Blend eggs and cheese. Stir into vegetable mixture. Line a 9-inch pie plate with crescent rolls. Spread 2 tsp. prepared mustard over the crescent rolls. Now add vegetable and seasoning mixture. Bake in oven at 375° until center of pie is set.

## ZUCCHINI CASSEROLE

*LaVonne Hughes, Sigourney*

3 C. grated zucchini	1/2 C. grated cheddar cheese
1 1/2 tsp. grated onion	1/2 tsp. salt
1 C. cracker crumbs	Dash pepper
1 egg (slightly beaten)	Dash salt

Combine all ingredients and place in a buttered casserole. Then top with 1/3 C. buttered bread crumbs. Bake at 350° for 1 hour.

## ZUCCHINI CASSEROLE

*Debora Hinnah, Sigourney*

2 lbs. zucchini (chopped or peeled)	Salt and pepper for your taste
2 small onions (chopped)	1 pkg. Stove Top stuffing
1 can cream of mushroom soup	1 C. butter
8 oz. carton sour cream	

Cook onion and zucchini until 1/2 done (test with fork). Drain well. Add soup, sour cream, salt and pepper. Combine stuffing mix with melted butter. Line a large baking dish with 1/2 of stuffing mixture. Place zucchini over stuffing, then top with additional stuffing. Bake at 350° for 40 minutes.

## PORK AND BEANS

Charles Striegel (6 miles north of Delta)

(This recipe is dedicated to Frank, Joe and Rick of the EMT-A Class)

1 can Van Camps pork and beans

Conventional heating directions - Empty contents into saucepan. Heat, stirring occasionally. Microwave heating directions - Empty contents into 1-qt. casserole; cover. Microwave at High 3-4 minutes or until hot. Stir halfway through heating and again before serving. Storage: Store unopened can at room temperature. After opening, promptly refrigerate unused portion. Good Luck!

## TOUCH OF SPICE

Lynne Dennis, Keswick

5 tsp. onion powder	1 1/4 tsp. crushed thyme leaves
2 1/2 tsp. garlic powder	1/2 tsp. pepper
2 1/2 tsp. paprika	1 tsp. crushed celery leaves
2 1/2 tsp. powdered mustard	1 tsp. crushed parsley

Mix thoroughly and place in shaker. Add a few grains of rice to prevent caking. Use in place of salt for seasoning.

## ITALIAN SPINACH AND PASTA

1/2 C. dried spaghetti

1/2 C. dried elbow pasta

1/2 C. dried green beans  
1/2 C. dried green peas  
1/2 C. dried carrots  
1/2 C. dried zucchini  
1/2 C. dried onions  
1/2 C. dried mushrooms  
1/2 C. dried bell peppers  
1/2 C. dried tomatoes  
1/2 C. dried green beans  
1/2 C. dried green peas  
1/2 C. dried carrots  
1/2 C. dried zucchini  
1/2 C. dried onions  
1/2 C. dried mushrooms  
1/2 C. dried bell peppers  
1/2 C. dried tomatoes

1/2 C. dried green beans  
1/2 C. dried green peas  
1/2 C. dried carrots  
1/2 C. dried zucchini  
1/2 C. dried onions  
1/2 C. dried mushrooms  
1/2 C. dried bell peppers  
1/2 C. dried tomatoes

Cook pasta, onions and peppers in individual batches. Add all vegetables and pasta to a large 12" x 20" baking pan at 350° for 45-60 minutes. Top with cheese and broil.

# Cakes and Frostings



## Cakes and Frostings

### CAKES

Apple Cake	131
Apple Dessert Cake	131
Apple Sauce-Spice Cake	132
Banana Sour Cream Cake	132
Better Than Sex Cake	132
Black Bottom Cake	133
Carrot Cake	133
Chocolate Angel Food Cake	133
Chocolate Cake	134
Chocolate Sheet Cake	135
Chocolate Toffee Cake	134
Chocolate Upside Down Cake	135
Chocolate Whip Cream Cake	136
Chocolate Zucchini Cake	136
Coca-Cola Cake and Frosting	137
Crazy Cake	136
Cream Cheese Pound Cake	137
Cupcakes	138
Easy Upside Down Cake	137
Fastest Cake in the West	138
Filled Chocolate Cake or Cupcakes	139
Fruit Cocktail Cake	138
German Chocolate Caramel Cake	139
German Chocolate Cupcakes	140
Gooey Butter Cake	140
Grandma's Spice Cake	139
Harvest Apple Cake	140
Hostess Cupcakes	141
Ida's Chocolate Cake	141
Kansas Dirt Cake	141
Lemon-Lime Refrigerator Cake	142
Mandarin Orange Cake	142
No-Fat Strawberry Shortcake	143
Nut Cake	143

Oatmeal Cake	144
Oatmeal Cupcakes	144
Old Time Pound Cake	143
Perfect Chocolate Cake	145
Phobe's Pumpkin Cake	145
Pina Colata Cake	144
Pineapple Cake	145
Pineapple-Cherry Dump Cake	146
Pineapple Pudding Cream Cake	146
Pineapple Sheet Cake	146
Red Chocolate Cake	147
Rhubarb Cake	147
Rhubarb Johnnie Cake	148
Sponge Shortcake	148
Strawberry Angel Cake	148
Strawberry Bake	149
Strawberry Cake	149
Swan Down Caramel Cake	150
Texas Cake and Frosting	150
Twinkie Cake	149, 151
20 Minute Sheet Cake	151

### FROSTINGS

Beat and Eat Frosting for Layer Cake	152
Buttercream Frosting	152
Caramel Frosting	152
Cream Cheese Frosting	152
Cream Cheese Icing	153
Decorator Frosting	153
One-Bowl Buttercream Frosting	153
One Minute Fudge Frosting	153
Quick Cook Fudge Icing	154
Pudding Frosting	154
Whipped Cream Frosting	154

## —CAKES AND FROSTINGS—

### APPLE CAKE

*Frances Ritchie, South English*

2 C. apples (diced and peeled)  
1 C. sugar  
1 egg  
Nuts, if desired

1 C. flour  
1 1/2 tsp. cinnamon  
1 tsp. soda

#### SAUCE:

1/2 C. brown sugar  
1/2 C. white sugar  
2 T. flour

1 C. water  
1/2 C. butter or margarine  
1 tsp. vanilla

Let sugar and apples stand until sugar is dissolved. Add eggs; sift in flour, cinnamon and soda. Add nuts. Bake in greased 9x13-inch pan. Bake at 375° for 40 minutes.

For Sauce: Cook first 4 ingredients about 5-7 minutes until clear. Remove from heat and add butter and vanilla. Pour over cake while cake is still warm.

### APPLE DESSERT CAKE

*Joyce Ludom/Linda Werger, Keota*

1/2 C. oleo  
1 1/2 C. sugar  
2 eggs (beaten)  
4 C. diced apples  
1/2 C. nutmeats

1/4 tsp. salt  
2 C. flour  
1 tsp. soda  
1 tsp. cinnamon

Cream butter and sugar. Add eggs and rest of ingredients, adding nuts and apples last. Pour in greased 9x12-inch pan. Bake at 350° for 40 minutes.

#### TOPPING:

2 T. (heaping) flour  
1/2 C. brown sugar  
1/2 C. white sugar

1 C. boiling water  
1/2 stick oleo  
1 tsp. vanilla

Cook until thick. Remove from heat. Add butter and vanilla. Let cool slightly and pour over cake. Keep refrigerated.

## APPLESAUCE-SPICE CAKE

*Lois Bruns, Sigourney*

2 1/2 C. all-purpose flour	1/4 tsp. baking powder
2 C. sugar	1 1/2 C. applesauce
1 1/2 tsp. baking soda	1/2 C. water
1 1/2 tsp. salt	1/2 C. shortening
3/4 tsp. cinnamon	2 eggs
1/2 tsp. cloves	1 C. raisins
1/2 tsp. allspice	1/2 C. chopped nuts

Heat oven to 350°. Grease and flour a 2x9x13-inch pan. Beat all ingredients in large mixer bowl on low speed, scraping bowl constantly for 30 seconds. Beat on high speed, scraping bowl occasionally for 3 minutes. Pour into pan. Bake until wooden pick inserted in center comes out clean, for 60-65 minutes.

## BANANA SOUR CREAM CAKE

*Ann Garrett, South English*

1 1/2 C. sugar	2 C. cake flour
1/2 C. butter	1 tsp. soda
2 egg yolks	1 tsp. baking powder
1 C. mashed bananas	1 tsp. vanilla
1/2 C. sour cream	2 beaten egg whites

Cream sugar and butter. Add 2 egg yolks and mashed bananas, 1/2 C. sour cream, flour, soda, baking powder, vanilla. Mix well. Fold in egg whites. Bake at 350° until done (by testing).

## BETTER THAN SEX CAKE

*Wanda C. Tolles, What Cheer*

1 pkg. Gerann chocolate cake mix	8 oz. sour cream
1 (4 oz.) box instant vanilla pudding	1 bar German chocolate (melted)
1/3 C. oil	6 oz. chocolate chips
3 eggs	1/2 C. hot water

Beat all ingredients together, except chips until blended. Add chips. Bake in greased and floured 9x13-inch pan. Bake at 350° for 35 minutes or until done. Frost with chocolate frosting: 3/4 C. margarine, small can (5 oz.) evaporated milk, 1 C. coconut, 1 C. pecans or walnuts. In pan, melt margarine with milk. Stir until it comes to a boil. Stir in coconut and nuts. Remove and cool. While still warm add 6 oz. chocolate chips.

## BLACK BOTTOM CAKE

*Cindy Hauschilt, Marengo*

2 C. flour	4 T. cocoa
1½ C. sugar	1 C. white sugar
4 tsp. baking powder	4 T. cocoa
½ tsp. salt	1 C. brown sugar
1 C. milk	2 C. boiling water
6 T. melted oleo	

Sift together flour, 1½ C. white sugar, baking powder and salt. Mix milk, melted oleo and 4 T. cocoa with the flour mixture. Pour into a buttered 9x13-inch pan. Mix together 1 C. white sugar, 4 T. cocoa and brown sugar. Sprinkle over batter, then pour boiling water on top of this. Bake in 375° oven. Check after ½ hour.

## CARROT CAKE

*Debra Walker, What Cheer*

3 C. grated carrots	2 C. flour
2 C. sugar	2 tsp. baking powder
1¼ C. oil	1 tsp. soda
4 eggs	1 tsp. salt
1 tsp. vanilla	1 tsp. cinnamon

Soak carrots in oil, sugar mixture while sifting dry ingredients together. Add the dry ingredients to the carrot mixture and blend. Add the vanilla and one egg at a time, beating after each egg. Mix thoroughly and pour into greased/floured 9x13-inch pan. Bake at 325° for about 1 hour.

### ICING:

1 (4 oz.) pkg. softened cream cheese	½ box (2 C.) powdered sugar
½ stick margarine or butter	1 tsp. vanilla

Blend together. Spread over cooled cake.

## CHOCOLATE ANGEL FOOD CAKE

*Shirley Watson, Keota*

14 egg whites	2 C. sugar
1 tsp. cream of tartar	½ C. cocoa
1 C. cake flour	1 tsp. vanilla
½ tsp. salt	

Beat egg whites until foamy and add cream of tartar, beat to soft peaks. Add dry ingredients that have been sifted together 7 times. Add vanilla last. Bake 45 minutes at 375°.

## CARROT CAKE

*Debra Goodwin, Hedrick*

4 eggs	2 tsp. salt
2 C. sugar	$\frac{1}{2}$ tsp. cinnamon
1 $\frac{1}{2}$ C. Mazola Oil	2 C. carrots (grated)
2 C. flour	

### FROSTING:

$\frac{1}{2}$ lb. cream cheese	$\frac{1}{2}$ C. nuts
1 lb. powdered sugar	2 tsp. vanilla
$\frac{1}{4}$ lb. oleo	

Sift dry ingredients together in a bowl. Make a well in the middle and add wet ingredients. Mix well. Pour into a 9x13-inch pan. Bake at 350° until done.

For Frosting: Mix all ingredients together except nuts. Spread on cake. Sprinkle nuts on frosting.

## CHOCOLATE CAKE

*Debra Goodwin, Hedrick*

$\frac{1}{4}$ C. butter	1 $\frac{3}{4}$ C. flour
$\frac{1}{4}$ C. shortening	$\frac{3}{4}$ tsp. baking powder
2 C. sugar	$\frac{3}{4}$ tsp. soda
1 tsp. vanilla	1/8 tsp. salt
3 eggs	1 $\frac{3}{4}$ C. milk
$\frac{3}{4}$ C. cocoa	

Cream butter, shortening, sugar, vanilla until fluffy. Blend in eggs. Combine cocoa, flour, baking powder, soda, salt in a bowl. Add milk to butter then slowly add dry ingredients. Blend well. Bake in 9x13-inch pan at 350° for 30-35 minutes.

## CHOCOLATE TOFFEE CAKE

*Wanda Tolles, What Cheer*

1 (2-layer) yellow cake mix	$\frac{1}{2}$ C. chopped or crushed Heath bars or chocolate coated English toffee bars
$\frac{3}{4}$ C. chocolate syrup	

1 (8 oz.) Cool Whip

2 T. chocolate syrup

Prepare cake mix following regular directions. While cake is still warm punch holes with meat fork in cake about 1-inch apart. Drizzle the  $\frac{3}{4}$  C. chocolate syrup over cake; spreading with spatula to fill holes. Cool. Cover with Cool Whip and sprinkle around the chopped toffee. Drizzle with 2 T. chocolate syrup. Keep refrigerated.

## CHOCOLATE SHEET CAKE

*Mrs. Roberta Haupert, What Cheer*

1 C. margarine	1 tsp. soda
$\frac{1}{4}$ C. cocoa	1 tsp. cinnamon
1 C. water	$\frac{1}{2}$ C. sweetened condensed milk
2 C. flour	2 eggs
1 $\frac{1}{2}$ C. brown sugar	1 tsp. vanilla

Combine in small saucepan: margarine, cocoa and water. Bring to a boil. Remove from heat. Add flour, brown sugar, soda and cinnamon; beat well. Stir in sweetened condensed milk, eggs and vanilla. Mix well. Pour into greased 15x10-inch jelly roll pan. Bake at 350° for 15 minutes in preheated oven.

### FROSTING:

In small saucepan melt  $\frac{1}{4}$  C. margarine. Stir in  $\frac{1}{4}$  C. cocoa and balance of 14 oz. can sweetened condensed milk, 1 C. or more confectioners sugar, 1 C. chopped nuts. Spread over warm cake.

## CHOCOLATE UPSIDE DOWN CAKE

*Janice Blosser, South English*

1 C. flour	$\frac{1}{2}$ C. milk
$\frac{3}{4}$ C. sugar	1 square chocolate (melted)
$\frac{1}{3}$ tsp. salt	1 tsp. vanilla
2 T. butter	$\frac{1}{2}$ C. nuts
2 tsp. baking powder	

Sift dry ingredients, add milk, butter, chocolate, vanilla and nuts. Put in 8x8-inch pan. Mix together and sprinkle over first part  $\frac{1}{2}$  C. white sugar,  $\frac{1}{2}$  C. brown sugar, 2 T. cocoa. Pour 1 C. boiling water over the top of all this. Bake 45 minutes at 325°. Sauce will be on the bottom of the pan when baked. Serve with sauce side up. Garnish with whipped cream.

## CHOCOLATE UPSIDE DOWN CAKE

*Jill Hale, Sigourney*

4 T. shortening	1 tsp. salt
1 $\frac{1}{2}$ C. sugar	1 tsp. vanilla
2 C. flour	1 C. milk
4 tsp. baking powder	

Mix all of the above first.

1 C. sugar	$\frac{1}{2}$ C. cocoa
1 C. brown sugar	2 C. hot water

Mix all of the above second. Spread the first ingredients in 9x15-inch cake pan, then put second ingredients on top of first and bake at 350° for 45 minutes.

## CHOCOLATE WHIP CREAM CAKE

Donna Orris, Washington

12 T cocoa or 4 squares chocolate  
1 C. boiling water  
2 C. sour cream (whipped)  
4 eggs  
2 C. sugar

2 1/2 C. flour (sifted)  
1/2 tsp. salt  
1 tsp. vanilla  
2 tsp. soda

Flour and grease 3 layer cake pans. Dissolve and set aside cocoa or chocolate in boiling water. Whip sour cream, add 1 egg at a time. Fold in sugar gradually. Combine flour and salt, add gradually. Add chocolate mixture and vanilla and soda. Pour into pans. Bake at 350° oven for 25-30 minutes. Frost with favorite frosting. Suggest sour cream frosting.

## CHOCOLATE ZUCCHINI CAKE

Jeannie Striegel, Sigourney

1/2 C. margarine  
1/2 C. vegetable oil  
1 C. sugar  
2 eggs  
2 C. ground zucchini  
1/2 tsp. cinnamon  
1/2 C. sour milk

2 1/2 C. flour  
4 T. cocoa  
1/2 tsp. salt  
1 tsp. vanilla  
1 tsp. baking soda  
1/2 tsp. baking powder  
1 C. chocolate chips  
1/2 C. chopped pecans

Beat margarine, oil, and sugar together. Add eggs, cocoa, cinnamon, salt, vanilla. Beat good. Add flour, sour milk, baking powder and baking soda. Beat good and add the zucchini. Pour in a greased 9x13-inch pan. Sprinkle the chocolate chips and nuts on top. Bake at 350° for 40-45 minutes. This needs no frosting and is a very moist cake.

## CRAZY CAKE

Rita Kitzman

3 C. flour  
2 tsp. baking soda  
1/2 C. cocoa  
2 C. sugar

1 tsp. vanilla  
3/4 C. oil  
2 tsp. vinegar  
2 C. water

Sift together flour, soda, salt, cocoa and sugar in a large mixing bowl. Mix together and add vanilla, oil, vinegar and water. Beat by hand until smooth. Bake at 350° for 40-50 minutes. You can also bake in a bundt pan. If so, bake for 55 minutes at 325°.

## COCA-COLA CAKE AND FROSTING

*Larry Eldridge, Sigourney*

1 C. butter or margarine (softened)	1 tsp. baking soda
2 C. all-purpose flour (sifted)	1 tsp. vanilla
1 3/4 C. sugar	2 eggs
3 T. cocoa	1/2 C. buttermilk
	1 C. carbonated cola

Combine all ingredients except cola. Blend at low speed with electric mixer, then beat for 1 minute at medium speed. Add cola and mix well. Pour batter into 9x13x2-inch pan. Bake in 350° oven for 35 minutes. Mix together the following ingredients and frost:

1/2 C. butter or margarine (softened)	4 C. confectioners sugar (sifted)
3 T. cocoa	1 C. of your favorite nuts
1/3 C. cola beverage + 1/2 tsp. vinegar	(chopped)

Beat until smooth, add nuts and frost cake.

## CREAM CHEESE POUND CAKE

*Meta Bown, Delta*

3 sticks oleo	Dash of salt
1 large pkg. cream cheese	6 eggs
1 1/2 tsp. vanilla	3 C. sifted flour

Cream softened butter, cream cheese and sugar until light. Add salt and vanilla. Beat in eggs one at a time. Add flour gradually. Bake in tube pan at 350° for 1 1/2 hours or until done.

## EASY UPSIDE DOWN CAKE

*Betty Green, What Cheer*

Put brown sugar over bottom of cake pan and dot with butter. Spread 1 large can crushed pineapple over sugar mixture with juice. Mix 1 yellow cake mix as directed and pour over pineapple. Bake 1 hour at 350° or until it pulls away from pan.

*Patience is the ability to count down before blasting off.*

## FASTEAST CAKE IN THE WEST

*Lynne Dennis, Keswick*

2 C. flour	1 can fruit pie filling
1 1/2 C. sugar	2 eggs
1/2 tsp. salt	3/4 C. oil
1 1/2 tsp. soda	1 1/2 C. nuts (optional)
1 tsp. cinnamon	

Mix all dry ingredients with a fork in an ungreased 9x13-inch cake pan. Add pie filling, eggs, oil and nuts. Mix well with fork. Spread out evenly. Bake at 350° for 40 to 45 minutes. Serve with Cool Whip, ice cream or cream cheese frosting (8 oz. pkg. cream cheese, 1 stick margarine, 1 tsp. vanilla, 1 box powdered sugar, beat together).

## CUPCAKES

*Daisy Hymes, Sigourney*

2 1/2 C. flour	1 C. Crisco oil
2 C. sugar	1 C. buttermilk
1 tsp. baking powder	2 tsp. soda
2 eggs	1 C. hot water
1/3 C. cocoa	

### FILLING:

1/2 C. sugar	1 T. water
1/3 C. milk	1/2 C. powdered sugar
2/3 C. Crisco	1 tsp. vanilla

Sift together flour, sugar, baking powder and cocoa. Mix in bowl eggs, Crisco oil, 1 C. buttermilk and soda dissolved in hot water. Add dry ingredients. Put in muffin pan and bake at 350° for 25 minutes. Let stand until cold before filling.

For Filling: Combine sugar, milk, Crisco, water, 1/2 powdered sugar and vanilla. Beat on high 5-7 minutes. Add other half powdered sugar and beat 5-7 minutes. Put in a frosting tube and fill cupcakes. Frost top if desired.

## FRUIT COCKTAIL CAKE

*Meta Bown, Delta*

1 (No. 303) can fruit cocktail (pour off 1/4 c. and don't use it)	1 tsp. soda
1 C. flour	1/4 tsp. salt
1 C. sugar	1 tsp. vanilla
	1 egg

Put all ingredients into bowl and mix thoroughly. Pour into greased and floured 8x8-inch pan. Top with 1/2 C. brown sugar and 1/2 C. chopped nuts mixed together. Bake at 350° for 40 minutes. Serve warm or cold with Cool Whip, whipped cream or ice cream. (I usually double this for a 9x13-inch pan.)

## FILLED CHOCOLATE CAKE OR CUPCAKES

*Jeannie Striegel  
Sigourney*

3 C. flour	1/4 tsp. cinnamon
1 1/2 C. sugar	2 tsp. baking soda
1/2 C. cocoa	1 (8 oz.) pkg. softened cream
1 tsp. salt	cheese
2/3 C. vegetable oil	1/3 C. sugar
2 C. water	1 egg (beaten)
2 T. vinegar	1 C. chocolate chips

Mix all the dry ingredients together, then add all the liquid ingredients. Beat together good. Pour in a 9x13-inch greased pan. Now make the filling. Beat the cream cheese, sugar, and egg together. Add the chips. Spoon this mixture over the cake and bake at 350° for 30 minutes or until done. For cupcakes, use paper liners and fill each one half full. Then add a teaspoon of filling on top of each and bake. Makes 24 cupcakes. This is a very moist cake and can be made plain without the filling on the cake or cupcakes. If not using the filling, you can frost it. (These are my kids' favorites for birthday treats at school.)

## GERMAN CHOCOLATE CARAMEL CAKE

*Judy Winn, Ollie*

### MIX TOGETHER:

German chocolate cake mix	1/2 C. Pet milk
1 1/2 sticks melted oleo	

Spread 1/2 of mix in oblong cake pan. Bake 15 minutes at 350°. Melt 14 oz. Kraft caramels and 1/3 C. Pet milk. Spread mixture from melted caramels and milk on baked batter. Sprinkle over this 1/2 C. pecans and 1/2 C. chocolate chips. Spread rest of batter or by spoonfuls on top of caramel, nuts and chips mixture. Bake 25 minutes at 350°.

## GRANDMA'S SPICE CAKE

*In Memory of Helen Payne*

1 1/2 C. sugar	1 C. coffee
1/2 C. lard	1 tsp. baking soda
1 egg	2 tsp. pumpkin pie spice
1/2 C. cooking molasses	2 C. flour

Mix in large bowl molasses, egg, lard and sugar. Alternately add coffee and dry ingredients (soda, spice and flour). Pour in a greased and floured 9x13-inch pan. Bake at 350° for 25-30 minutes.

## GERMAN CHOCOLATE CUPCAKES

Dorothy Denison

1 bar German chocolate	1 C. unsifted flour
2 sticks oleo	1 3/4 C. sugar
1 3/4 C. pecan pieces	4 large eggs
1 tsp. butter flavoring	

Melt German chocolate and oleo together. Add pecans and butter flavoring. Set aside to cool. Mix flour, sugar and 4 eggs together just until blended. Do not stir or beat. Add chocolate mixture just until blended. Again do not stir or beat. Fill cupcake papers (in muffin tins) about 3/4 full. Makes about 20. You will note there is no baking powder or soda in this recipe. Bake at 350° about 20-30 minutes. Do not overbake; they will be chewy.

## GOOEY BUTTER CAKE

Cheryl Osweiler, South English

### MIXTURE I:

1 pkg. yellow cake mix	2 eggs
1 stick margarine	

### MIXTURE II:

8 oz. cream cheese	2 eggs
1 lb. box powdered sugar (reserve)	
1/2 C. powdered sugar for top of cake)	

Mixture I: Mix all the ingredients and press in 9x13-inch pan.

Mixture II: Beat all the ingredients well and pour over Mixture I. Sift the 1/2 C. powdered sugar over top. Bake at 350° for 30-35 minutes. You do not want to over-bake - you want it to be really moist.

## HARVEST APPLE CAKE

Doug Adam

2 eggs (beaten)	1 tsp. salt
2 C. sugar	1 tsp. soda
1 1/2 C. oil	1 tsp. cinnamon
3 C. flour	3 C. peeled and chopped apples
1 C. nuts	

Stir together. Bake for 30-40 minutes in 350° oven in a 9x13-inch cake pan or cookie sheet.

### FROSTING:

1 (8 oz.) pkg. creamed cheese	2 tsp. vanilla
1 1/2 C. powdered sugar	1 tsp. cinnamon

Stir together. Stir in 1 medium-sized container Cool Whip. Frost over cooled cake.

## HOSTESS CUPCAKES - Makes about 50

*Marilyn Sieren, Keota*

2 chocolate cake mixes	6 eggs
2 sticks oleo	2 C. water

Fill cups  $\frac{1}{2}$  full. Bake at 350° for 20 minutes.

### FILLING:

$\frac{1}{2}$ C. evaporated milk	$\frac{1}{2}$ C. sugar
$\frac{2}{3}$ C. Crisco	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	

Beat at high speed 10 minutes and add 1 T. cold water,  $\frac{1}{4}$  C. powdered sugar. Beat well. Let cupcakes get cold. Fill cupcakes using a pastry tip.

## IDA'S CHOCOLATE CAKE

*LoraLee Sellers, Sigourney*

2 oz. chocolate	1 C. boiling water
$\frac{1}{2}$ C. shortening	
2 C. sugar	2 beaten eggs
2 C. sifted flour	$\frac{1}{2}$ C. sour milk
1 $\frac{1}{2}$ tsp. soda	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Heat chocolate, boiling water, shortening together until chocolate is melted and glossy. Next sift into mixing bowl sugar, sifted flour, soda, salt and pour in chocolate mixture and beat well. Add eggs, sour milk, vanilla. Mix well. Pour into cake pan. Bake at 350° until done, toothpick comes out clean.

## KANSAS DIRT CAKE

*Debora Hinnah, Sigourney*

1 large pkg. Oreo cookies	1 large carton Cool Whip
1 (8 oz.) pkg. cream cheese	2 (3 $\frac{1}{2}$ oz. ea.) pkgs. instant
$\frac{1}{2}$ C. butter	vanilla pudding
1 C. powdered sugar	3 C. milk
1 tsp. vanilla	

Crush cookies and put half in a 9x13-inch pan. Mix cream cheese and butter until smooth with a mixer. Mix in powdered sugar. Fold in Cool Whip topping. In a separate bowl, mix pudding, milk and vanilla. Fold cream cheese mixture and pudding together and pour into pan onto crumbs. Sprinkle with remaining crumbs. Serve frozen or chilled.

## LEMON-LIME REFRIGERATOR CAKE

*Agnes Grove, South English*

1 pkg. lemon cake mix

1 (3 oz.) pkg. lime gelatin

### TOPPING:

1 envelope whipped topping mix

1 pkg. lemon instant pudding mix

1 1/2 C. cold milk

Dissolve gelatin in 3/4 C. boiling water. Add 1/2 C. cold water. Set aside at room temperature. Mix and bake cake as package directs using a 14x10-inch pan. Cool cake 20-25 minutes. Poke deep holes through top of warm cake (still in pan) with meat fork, space holes about 1-inch apart. With a cup, slowly pour gelatin mixture into holes. Refrigerate cake while preparing topping. Blend and whip topping mix, instant pudding, and cold milk until stiff (3-8 minutes). Immediately frost cake. Cake must be stored in refrigerator and served chilled.

## MANDARIN ORANGE CAKE

*Doug Adam*

*Marlene Leineweaver, South English*

1 C. sugar

1 tsp. baking soda

1 C. flour

1/2 tsp. salt

1 egg

1 tsp. vanilla

Nuts (optional)

1 small can mandarin oranges

Combine and beat 2 1/2-3 minutes. Bake for 30-35 minutes at 350° in an 8-inch pregreased pan.

### TOPPING:

3/4 C. brown sugar

3 T. milk

3 T. butter

Bring to boil. Pour over hot cake. Recipe can be doubled and placed in a 9x13-inch pan; baked 30-35 minutes.

*It matters not if it's red, green or yellow.*

*There's nothing you can disguise like a bowl full of Jello.*

## NO FAT STRAWBERRY SHORTCAKE

*Vicki Homan, Sigourney*

### BISCUIT:

1 C. flour	2 tsp. sugar substitute
2 tsp. baking powder	Dash of cinnamon
1/4 tsp. soda	3/4 C. buttermilk

### TOPPING:

4 C. sliced strawberries (sweetened with sugar or sugar substitute)	1/2 C. lowfat or nonfat yogurt
---	--------------------------------

Heat oven to 400°. Spray 4-6 muffin cups with non-stick spray. Spoon into cups. Dough will be sticky. Bake 15-20 minutes. Serve right out of the oven! To put together, slice biscuits, spoon strawberries over half. Top with biscuit and more berries. Top with yogurt or non-dairy whip topping. Serves 4-6.

## NUT CAKE

*Mrs. Art Green, South English*

2 C. sifted flour	1 tsp. vanilla
2 3/4 tsp. baking powder	3 eggs (separated)
1/4 tsp. salt	3/4 C. milk
2/3 C. shortening	1 1/2 C. nuts (any kind)
1 1/2 C. sugar	

Sift flour, baking powder and salt. Separate eggs, beating whites until stiff. Cream shortening, sugar and vanilla until fluffy. Add beaten egg yolks and mix. Add sifted flour alternating with milk. Beat well after each addition. Stir in nuts. Grease and lightly flour 2 layer cake pans. Pour in batter and bake in 350° oven for 30 minutes. Cool and frost.

## OLD TIME POUND CAKE

*Sue Bennison, Lakewood, Colorado*

3/4 C. Crisco	1/2 C. milk
1/4 C. oleo	1 tsp. vanilla
1 1/4 C. sugar	1/4 tsp. baking powder
4 eggs	1/2 tsp. salt
2 C. flour	

Mix all together and beat until fluffy. Pour into greased and floured bundt or bread pan. Bake 1 hour at 350°. Good topped with berries!

## OATMEAL CAKE

*Trudy Welter, Sigourney*

1 C. quick cooking oatmeal	2 eggs
1 1/4 C. boiling water	1 2/3 C. sifted flour
1/2 C. butter	1 tsp. cinnamon
1 C. sugar	1 tsp. soda
1 C. brown sugar	1/2 tsp. salt

### TOPPING:

1 C. coconut	1 tsp. vanilla
1/2 C. butter	1 egg
1 C. brown sugar	2 T. milk
Nuts (if desired)	

Soak oatmeal in water. Cream butter and sugars. Add eggs and beat well. Sift flour, cinnamon, soda and salt. Add alternately with oatmeal mixture. Bake in 9x13-inch pan for 30 minutes at 375°. Remove from oven and spread with topping. Turn oven to "broil" and place cake under broiler until lightly browned. Watch closely as coconut will burn very easily.

## OATMEAL CUPCAKES WITH CHOCOLATE CHIPS OR RAISINS

*Jill Hale, Sigourney*

1/2 C. butter	1 tsp. vanilla
1/2 C. shortening or lard	1 tsp. soda
2 eggs	1 tsp. cinnamon
1 1/2 C. sugar	1/2 tsp. salt
1 C. sour milk	2 C. flour
1 pkg. chocolate chips or raisins (optional)	2 C. oatmeal

Cream butter, shortening and sugar together. Add eggs; mix well. Add vanilla, soda, cinnamon, salt; mix well. Add 1 C. flour. Mix, then add part of the milk. Add the rest of the flour, milk and then add the oatmeal and chocolate chips or raisins. Bake at 375° for 25-30 minutes.

## PINA COLATA CAKE

*Debra Walker, What Cheer*

Yellow cake mix	1/2 C. coconut
Cream of coconut	1/3 C. crushed pineapple
1 can evaporated milk	Large Cool Whip

Bake cake in 9x13-inch pan according to directions on the box. Cool and poke holes with a wooded spoon handle. Combine the cream of coconut (found in the liquor section of store) and milk. Pour over the cake. Set 1 hour. For frosting, mix coconut, pineapple and Cool Whip together.

## PERFECT CHOCOLATE CAKE

*Michelle Baer, Ottumwa*

1 C. cocoa	½ tsp. baking powder
2 C. boiling water	1 C. butter or margarine
2 ¾ C. sifted all-purpose flour	2 ½ C. sugar
2 tsp. baking soda	4 eggs
½ tsp. salt	1 ½ tsp. vanilla

Combine cocoa with boiling water, cool. Sift dry ingredients. Beat butter, sugar, eggs and vanilla for about 5 minutes. Beat in flour mixture alternately with cocoa mixture; beginning and ending with the flour mixture. Divide into three 9-inch layered cake pans. Bake for 25-30 minutes at 350°.

## PHOBE'S PUMPKIN CAKE

*Debora Hinnah, Sigourney*

1 pkg. yellow cake mix (reserve 1 C.)	½ C. melted butter
1 egg (slightly beaten)	

### FILLING:

3 C. pumpkin	2 eggs
½ C. milk	

### TOPPING:

1 C. cake mix (reserved)	¼ C. butter
¼ C. sugar	1 tsp. cinnamon

Mix package of cake mix (with 1 C. taken out) with melted butter and beaten egg. Press into greased 9x13-inch pan. Mix all ingredients of filling and pour over bottom layer. Mix topping ingredients together and sprinkle on top. Bake at 350° for 45-50 minutes. Serve topped with Cool Whip.

## PINEAPPLE CAKE

*Ida Mae Fye, Ollie*

2 eggs	1 (No. 2) can crushed pineapple
2 C. sugar	2 tsp. baking soda
2 C. flour	1/8 tsp. salt
2 tsp. vanilla	½ C. nuts (pecans)

Mix and bake in greased and floured pan (9x13-inch) at 350° for 40 minutes. Ice while cake is warm.

### ICING:

1 (8 oz.) pkg. softened cream cheese	1 ¾ C. powdered sugar
½ stick oleo	½ C. nuts
1 tsp. vanilla	

## PINEAPPLE-CHERRY DUMP CAKE

*Gail Van Auken*

1 tall can crushed pineapple (undrained)	1 C. chopped pecans or walnuts
1 can cherry pie filling	1 C. flaked coconut
1 box cake mix (yellow or butter pecan)	2 sticks margarine

Pour undrained pineapple into a buttered 9x13-inch cake pan. Pour cherry pie filling over this and sprinkle cake mix (dry) over top. Sprinkle nuts and coconut. Cut margarine into thin patties and arrange on top. Bake in 350° oven for 45 minutes or until done.

## PINEAPPLE PUDDING CREAM CAKE

*Mrs. David E. Noller, Sigourney*

1 box yellow or lemon cake mix	1 (8 oz.) Cool Whip
1 (20 oz.) can crushed pineapple	1 C. milk
1 (3 oz.) pkg. vanilla instant pudding	

Make cake according to directions in a 9x13-inch cake pan. When done and still hot, make holes in top of cake with a fork and pour over the top the pineapple with juice; let cool. Mix the pudding with milk. Blend the Cool Whip and spread over cake. Cover and refrigerate until ready to serve. Try this with any type of cake mix and fruit.

## PINEAPPLE SHEET CAKE

*Doris Brock, South English*

2 C. sugar	2 eggs
1 tsp. soda	½ C. oil
2 C. flour	1 (No. 2) can crushed pineapple
½ tsp. salt	

Mix dry ingredients. Add eggs, oil and pineapple (with juice). Mix thoroughly. Bake in greased sheet pan at 350° for 25 minutes.

### ICING:

⅔ C. evaporated milk	1 stick oleo
1 C. sugar	1 C. coconut
1 C. nuts	

Boil milk, sugar and oleo for 10 minutes, stirring constantly. Add nuts and coconut. Spread on cake while hot.

## RED CHOCOLATE CAKE

*Virginia Orman, Keota*

*Joan Netten, Keota*

1 white cake mix  
1 pkg. instant chocolate pudding  
2 eggs

1 small bottle red food coloring  
2 C. milk

### WALDORF ASTORIA FROSTING:

3 T. flour  
1 C. milk  
1 C. sugar

1 T. vanilla  
1 C. butter

For Cake: Mix all ingredients in large bowl. Bake in 9x12-inch pan at 350° for 35-40 minutes.

For Frosting: Cook flour and milk until thick, stirring constantly, then cool. Cream sugar, butter and vanilla until very fluffy. Add to first mixture. Mix until well blended. Should be consistency of whipped cream. Spreads better when chilled. Makes enough for a layer cake or two loaf cakes. Store remaining frosting in refrigerator.

## RHUBARB CAKE

*Norma Wolfe, Harper*

1 1/2 C. sugar	1 tsp. salt
1/2 C. shortening	2 C. + 1 T. flour
1 egg	3 C. finely chopped rhubarb
1 C. buttermilk	1/3 C. coconut
1 tsp. soda	* 1/2 tsp. strawberry flavoring
1/3 C. sugar	1/2 tsp. cinnamon
1/2 C. chopped nuts	

Cream sugar and shortening, add egg and beat well. Combine buttermilk with soda and salt; add to creamed mixture, alternately with flour. Fold in rhubarb, coconut and flavoring (with spoon or spatula). Pour into greased 9 1/2x13-inch pan. Combine sugar, cinnamon and nuts. Sprinkle over top of cake mix and bake at 350° for 45 minutes. To use as a dessert serve warm with a butter or hard sauce. (\*2 T. strawberry Jello may be added in place of flavoring, adds color to cake.)

## RHUBARB JOHNNIE CAKE

*Kathy Thompson, Ollie*

3-4 C. rhubarb pieces	1 tsp. baking powder
1 pkg. strawberry Jello	½ tsp. baking soda
1 C. butter	½ tsp. salt
1 ¼ C. sugar	½ C. brown sugar
2 eggs	2 T. white sugar
1 C. sour cream	1 tsp. cinnamon
2 C. flour	½ C. chopped walnuts

Cut rhubarb into ½-inch pieces or smaller. Mix thoroughly with Jello. Set aside. Make a cake batter out of the next 8 ingredients, creaming butter and sugar until light and fluffy, beating in eggs well. Stir in sour cream and other ingredients. Spread ½ of batter into a greased 9x13-inch pan. Cover with rhubarb mixture. Put remaining dough on top of this. Combine last 4 ingredients and sprinkle over the top. Bake at 350° for about 45 minutes or until nicely browned.

## SPONGE SHORTCAKE

*Lynne Dennis, Keswick*

1 C. sifted flour	1 C. sugar
1 tsp. baking powder	2 T. butter
¼ tsp. salt	½ C. hot milk
2 eggs	1 tsp. vanilla

Sift together flour, baking powder and salt. Beat eggs until thick and lemon colored, about 3 minutes at high speed. Gradually add sugar, beating at medium speed 5 minutes. By hand, fold dry ingredients into egg mixture. Add butter to the hot milk and stir into batter. Add vanilla and blend well. Pour into 8x8-inch greased pan. Bake at 350° for 25-30 minutes.

## STRAWBERRY ANGEL CAKE

*Brenda Aistrop, Martinsburg*

1 round angel food cake	1 (10 oz.) pkg. frozen strawberries
2 pkgs. strawberry Jello	2 tsp. lemon juice
2 ½ C. boiling water	1 pt. vanilla ice cream

In large bowl dissolve Jello in 2 ½ C. water and add frozen strawberries breaking them up with fork. Add lemon juice. Add ice cream and blend until ice cream is melted. Submerge whole cake in mixture in bowl and put plate on top to hold cake down and weigh down. Chill overnight. Set bowl in warm water to unmold. Garnish with whipped cream and strawberries.

## STRAWBERRY BAKE

*Jean Cavin, Sigourney*

1 1/2 C. small marshmallows	2 1/4 C. flour
1 1/2 C. sugar	3 tsp. baking powder
1/2 C. oleo	1/2 tsp. salt
3 eggs	1 tsp. vanilla
1 C. milk	2 1/2 C. mashed strawberries
	1 pkg. strawberry Jello

Cream sugar and oleo. Add eggs, milk, flour, baking powder, salt and vanilla. Mix well. Grease 9x13-inch pan. Sprinkle marshmallows over bottom. Pour batter over marshmallows. Mix strawberries and Jello, spoon over batter. Bake 40-45 minutes in 350° oven. Berries will sink. Serve with whipped cream.

## STRAWBERRY CAKE

*Jill Hale, Sigourney*

*Babe Hauschilt, What Cheer*

1 box deluxe white cake mix	1/2 C. strawberries (drained)
1 pkg. strawberry Jello (put in dry)	1/2 C. water or strawberry juice
1/2 C. vegetable oil	4 eggs

Mix cake mix, Jello, oil and strawberries and water in mixer. Beat 4 minutes on medium speed. Add eggs one at a time. Pour batter into 9x13-inch greased and floured pan. Bake at 350° for 35-45 minutes.

### FROSTING:

1/2 C. drained strawberries	1 lb. powdered sugar
1/2 C. warm butter	

Mix well and spread over cooled cake.

## TWINKIE CAKE

*Pauline Ward, Ollie*

*Kristy Kitzman, What Cheer*

Yellow cake mix	1/2 C. Crisco
5 T. flour	1/2 C. oleo
1 C. milk	2 tsp. vanilla
1 C. sugar	1/2 tsp. salt

Line a 9x13-inch pan with waxed paper. Bake cake mix as to direction on box. Boil milk and flour, stirring, until thick. Set aside to cool. Add sugar, Crisco, oleo, vanilla and salt. Beat well. Remove cake from pan, split into 2 layers and put filling in the middle. Store in refrigerator for 2 days. Serve with Cool Whip or ice cream. Freezes well too. (VARIATION: May use any flavor cake mix.)

## SWAN DOWN CARAMEL CAKE

*In Memory of Flavia Cawner*

½ C. butter	4 tsp. baking powder
¾ C. sugar	¼ tsp. salt
4 egg yolks beaten light	1 C. milk
Second ¾ C. sugar	1 tsp. vanilla
3 C. cake flour	4 egg whites (stiffly beaten)

Cream shortening with ¾ C. sugar. Beat egg yolks until light and add second ¾ C. sugar; beat well. Add this mixture to the first. Mix well. Sift the flour, measure. Add baking powder and salt and sift (3) times. Add flour mixture and milk alternately to first mixture. Then add vanilla. Fold in egg whites and bake in two layer cake pans in 350° oven. Put layers together and cover with caramel icing.

For Caramel Icing: Cook 2 C. brown sugar with 1 C. milk until it forms soft balls when tried in cold water. Add 1 T. butter and 1 tsp. vanilla. Remove from fire leave until cold, then beat until creamy. (NOTE: If sugar curdles the milk, add pinch of soda.)

## TEXAS CAKE

*Mollie Payne, Dubuque*

2 sticks margarine	½ C. sour milk
1 C. water	2 eggs (well beaten)
4 T. cocoa	1 tsp. vanilla
2 C. flour	1 tsp. cinnamon
2 C. sugar	1 tsp. baking soda

In a saucepan, mix margarine, water and cocoa until melted together. Mix in flour and sugar. Add sour milk, eggs, vanilla, cinnamon, and soda. Pour into a greased and floured cookie sheet. Bake at 375° for 20 minutes.

### TEXAS CAKE FROSTING:

1 stick margarine	4 T. cocoa
6 T. milk	½ lb. powdered sugar

In a saucepan, melt together margarine, milk and cocoa. Add powdered sugar. Frost while the cake is still warm.

## TWINKIE CAKE

Jill Hale, Sigourney

1 (9x13-inch) chocolate cake	½ C. vegetable shortening
5 T. flour	½ C. butter
1 C. milk	1 tsp. vanilla
½ tsp. salt	

Bake and cool cake. Mix flour and milk. Cook over low heat until thick. Remove from heat and cool. Place sugar, shortening, butter, salt and vanilla in bowl and mix. Add cooled milk. Mix and beat on high speed until like whipped topping. Cut cooled cake lengthwise with a thread and put filling on, replace top and frost with favorite icing.

### FUDGE FROSTING:

1½ C. sugar	1 stick oleo
½ C. evaporated milk	

Mix and boil 1 minute. Add 1 C. marshmallows, ½ C. chocolate chips, 1 tsp. vanilla. Cool. Stir occasionally. Spread on cake when it is thick.

## 20 MINUTE CHOCOLATE SHEET CAKE

Kathy Thompson, Ollie

1¼ C. butter	½ tsp. salt
½ C. unsweetened cocoa	1 (14 oz.) can Eagle brand milk (not evaporated)
1 C. water	2 eggs
2 C. unsifted flour	1 tsp. vanilla
1½ C. firmly packed brown sugar	1 C. powdered sugar
1 tsp. baking soda	1 C. chopped nuts
1 tsp. cinnamon	

Preheat oven to 350°. In saucepan melt 1 C. butter, stir in ¼ C. cocoa, then water. Bring to a boil, remove from heat. In large bowl, combine flour, brown sugar, baking soda, cinnamon and salt. Add cocoa mixture, beat well. Stir in ½ C. Eagle Brand milk, eggs and vanilla. Pour onto greased 15x10-inch jelly roll pan. Bake 20 minutes. In small saucepan melt remaining ¼ C. butter, stir in ¼ C. cocoa and remainder of the Eagle Brand milk. Stir in powdered sugar and nuts. Spread on warm cake. (I put the nuts in the cake; it makes the frosting easier to spread.)

## —FROSTINGS—

### BEAT AND EAT FROSTING FOR LAYER CAKE *Kathy Thompson, Ollie*

1 egg white  
3/4 C. sugar

1 tsp. cream of tartar  
1 tsp. vanilla  
1/4 C. boiling water

Combine ingredients. Add boiling water. Continue beating until frosting stands in peaks. Garnish with coconut.

### BUTTERCREAM FROSTING

*Tammy Buman, Sigourney*

1/2 C. solid vegetable shortening  
1/2 C. butter or margarine  
1 tsp. clear vanilla flavoring

4 C. sifted powdered sugar  
(approx. 1 lb.)  
2 T. milk

Cream butter and shortening with electric mixer. Add vanilla. Gradually add sugar, 1 C. at a time, beating well on medium speed. Scrape sides and bottom of bowl often. When all sugar has been mixed in icing will appear dry. Add milk and beat at high speed until light and fluffy. Keep icing covered with damp cloth until you're ready to use it. For best results, keep icing bowl in refrigerator when not in use. You can refrigerate icing in airtight container for 2 weeks. Rewhip before using. Yield: 3 C.

### CARAMEL FROSTING

*Kathy Thompson, Ollie*

1/2 C. oleo  
1 C. brown sugar (firmly packed)  
1/4 C. milk

2 C. powdered sugar  
1 tsp. vanilla

Melt oleo, sugar in pan. Boil 2 minutes. Take off stove, add milk. Bring to boil again, remove from heat and cool. When cool, add powdered sugar and vanilla until smooth. You may have to add more powdered sugar.

### CREAM CHEESE FROSTING

*Mollie Payne, Dubuque*

1 lb. powdered sugar  
1/4 C. butter or margarine  
2 tsp. vanilla

1 (8 oz.) pkg. cream cheese  
2 T. milk

Soften butter or margarine and add and mix all ingredients together.

## CREAM CHEESE ICING

*Tammy Buman, Sigourney*

3 (8 oz. ea.) pkgs. slightly softened cream cheese	3 C. sifted powdered sugar
--	----------------------------

Beat cream cheese until smooth. Add powdered sugar and mix thoroughly. Beat at high speed until light and fluffy. Yield: 3½ C.

## DECORATOR FROSTING

*Judy Winn, Ollie*

½ tsp. salt	⅓ C. powdered cream
½ C. water	¾ C. Crisco shortening
2 tsp. vanilla	5 C. powdered sugar

Mix all together in large bowl. Mix on medium speed 3 minutes, then on high for 5 minutes. Add more sugar to thicken; water to thin. Makes approximately 3¾ C.

## ONE-BOWL BUTTERCREAM FROSTING

*Barb Henderson, Keota*

6 T. butter or oleo (softened)	⅓ C. milk
½ C. cocoa	1 tsp. vanilla
2⅔ C. powdered sugar	

In small mixer bowl cream butter. Add cocoa and powdered sugar alternately with milk; beat to spreading consistency (additional milk may be needed). Blend in vanilla. About 2 C. frosting.

## ONE MINUTE FUDGE FROSTING

*Kathy Thompson*

PLACE IN SAUCEPAN:

1 oz. chocolate	¼ C. shortening
1 C. sugar	¼ tsp. salt
⅓ C. milk	

Bring slowly to a rolling boil, stirring constantly. Boil 1 minute, add 1 tsp. vanilla and beat until thick enough to spread. If too thick, add 1 T. cream.

## QUICK COOK FUDGE ICING

*Kathy Thompson, Ollie*

1 1/2 C. sugar  
2 squares chocolate  
1/2 C. milk minus 1 T.

1/2 C. butter  
1 T. Karo syrup

Mix together in pan; bring to boil, stirring constantly. Boil 1 minute to soft ball stage and add 1 tsp. vanilla. Cool and beat.

## PUDDING FROSTING

*Pat Sprouse, Keota*

1 C. sugar  
3 T. cornstarch  
1/4 C. cocoa

1 C. boiling water  
3 T. butter  
1 T. vanilla

Mix well sugar, cornstarch, and cocoa in pan. Add boiling water and cook until thick. Remove from heat. Add butter and vanilla. Stir. Frosting will stay soft.

## WHIPPED CREAM ICING

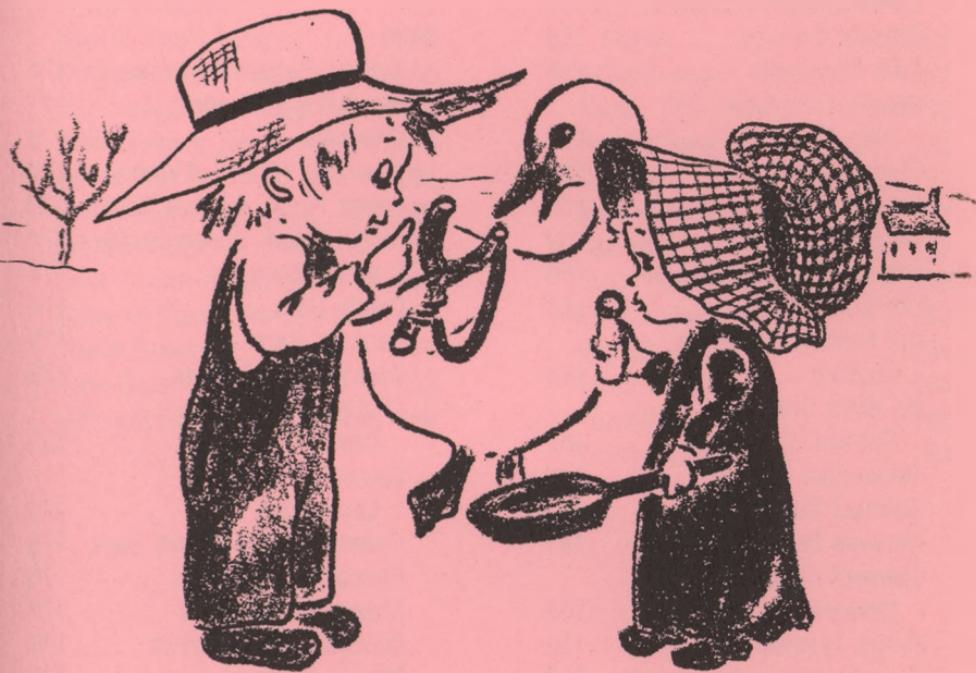
*Tammy Buman, Sigourney*

1 tsp. unflavored gelatin  
1 C. heavy whipping cream (at least  
24 hours old and very cold)

4 tsp. cold water  
1/4 C. confectioners sugar  
1/2 tsp. vanilla

Combine gelatin and cold water in small saucepan. Let stand until thick. Place over low heat, stirring constantly, until gelatin dissolves (about 3 minutes). Remove from heat and cool slightly. Whip cream, sugar and vanilla until slightly thickened. While beating slowly, gradually add gelatin to whipped cream mixture. Whip at high speed until stiff. Yields: 2 C. Cakes frosted with this must be kept in refrigerator.

# Cookies Bars and Candy



## Cookies - Bars and Candy

### COOKIES

Banana Oatmeal Cookies . . . . .	155
Chewy Chocolate Chip Cookies . . . . .	155
Chocolate Chip Cookies . . . . .	155, 156
Chocolate Chip Rice Krispie Cookies . . . . .	156
Chewy Chocolate Cookies . . . . .	157
Chocolate Lovers Cookies . . . . .	157
Coffee Ginger Cookies . . . . .	157
Crescent Cookies . . . . .	158
Date Pinwheels . . . . .	158
Double Chocolate Mint Chip Cookies . . . . .	159
Finger Cookies . . . . .	158
Fork Cookies . . . . .	159
Ginger Snaps . . . . .	159
Graham Cracker Cookies . . . . .	160
I'm Mad Cookies . . . . .	160
Old Fashion Molasses Cookies . . . . .	160
No Bake Chocolate Oatmeal Cookies . . . . .	160
Norwegian Kringla . . . . .	161
Oatmeal Cookies . . . . .	161
Oatmeal Drop Cookies . . . . .	161
Oatmeal Chocolate Chip Cookies . . . . .	162
Pecan Tassies . . . . .	162
Easy Peanut Butter Cookies . . . . .	163
Peanut Butter Fingers . . . . .	163
Peanut Butter Temptations . . . . .	163
Pudding Chip Cookies . . . . .	164
Pudding Cookies . . . . .	164
Ranger Cookies . . . . .	164
Sand Balls . . . . .	165
Santa's Whiskers . . . . .	165
Slice O'Spice Cookies . . . . .	165
Snowballs . . . . .	166
Sorgum Chewies . . . . .	166
Sugar Cookies . . . . .	166
Best Yet Sugar Cookies . . . . .	167
Cracked Sugar Cookies . . . . .	167

Low Calorie Sugar Cookies . . . . .	167
Soft Sugar Cookies . . . . .	168, 169
Stay Soft Sugar Cookies . . . . .	169
Soft White Cookies . . . . .	169
Tea Cookies . . . . .	169
Thimble Cookies . . . . .	170
Waverly Cracker Cookies . . . . .	170
What Cheer Travelers Treats . . . . .	171
Zucchini-Nut Chip Cookies . . . . .	170

### BARS

Betty's Buttermilk Brownies . . . . .	171
Big Batch Brownies . . . . .	171
Brownies . . . . .	172, 173
Brownies (Chewy Type) . . . . .	172
Butter Pecan Banana Bars . . . . .	173
Butter Pecan Chocolate Bars . . . . .	174
C and C Bars . . . . .	174
Candy Bars . . . . .	174
Caramel Bars . . . . .	175
Caramel Candy Bars . . . . .	175
Chocolate Toffee Cresent Bars . . . . .	175
Caramel Chocolate Layer Bars . . . . .	176
Caramel Pecan Dream Bars . . . . .	176
Chocolate Chip Bars . . . . .	176
Cherry Walnut Bars . . . . .	177
Chocolate Chip Chews . . . . .	177
Chocolate Revel Bars . . . . .	177
Double Chocolate-Oatmeal Bars . . . . .	178
Dump Bars . . . . .	178
Fudge Bars . . . . .	178, 179
Fudge Brownies . . . . .	178
Fudgy Brownies . . . . .	179
Glazed Apple Bars . . . . .	179
Iowa Mud Bars . . . . .	180
Lemon Bars . . . . .	180
Lemon Bars Supreme . . . . .	181
Lovey-Dovey Date Crunch Bars . . . . .	181

(Continued on Next Page)

## (Cookies - Bars and Candy - Continued)

### **BARS (Cont.)**

Magic Bars . . . . .	180
Mint Brownies . . . . .	182
Molasses Squares . . . . .	182
O'Henry Bars . . . . .	182
Chewy Oatmeal Raisin Bars .	183
Oatmeal Bars . . . . .	183
Peanut Squares . . . . .	183
Peanut Butter Granola Bars .	184
Pumpkin Bars . . . . .	184
Reeses Peanut Bars . . . . .	185
Rhubarb Bars . . . . .	185
Rice Krispie Brownies . . . .	185
Rice Krispies Treat . . . . .	186
Salted Nut Roll . . . . .	186
Salted Nut Bars . . . . .	186
Snicker Bars . . . . .	187
Sour Cream Raisin Bars . . .	187
Streusel Pecan Pie Squares .	188
Turtle Brownies . . . . .	187
Twix Bars . . . . .	188
Ultimate Chocolate Brownies	189

### **CANDY**

Almond Bark Candy . . . . .	189
Beer Nuts . . . . .	189
American Layered Fudge . .	190
Buttermilk Fudge . . . . .	190
Divinity Fudge . . . . .	190
Eggnog Fudge . . . . .	191
Fool Proof Fudge . . . . .	191
Golden Fudge . . . . .	191
Old Fashioned Chocolate Fudge . . . . .	193
White Fudge . . . . .	192
Mints . . . . .	192
Mound Bars . . . . .	193
Nut Balls . . . . .	192
Ohio Buckeyes . . . . .	193
Peanut Butter Cups . . . . .	193
Rocky Road Candy . . . . .	194
Easy Toffee . . . . .	194
English Toffee . . . . .	194
Quick Toffee . . . . .	194
Turtles . . . . .	195
Yummy Drops . . . . .	195



## —COOKIES AND BARS—

### BANANA OATMEAL COOKIES

*Amy Hervey, South English*

1 egg	3/4 tsp. cinnamon
1 1/2 C. flour	3/4 C. shortening
1 C. sugar	1 C. mashed bananas
1 tsp. soda	1 3/4 C. quick oatmeal
1/2 tsp. salt	1/2 C. chopped nuts (optional)
1/4 tsp. nutmeg	

Mix together flour, soda, salt and spices. Beat shortening until creamy. Add egg, banana, oatmeal and flour mixture; mix well. Drop on ungreased pan by teaspoon 1 1/2-inches apart. Bake in 350° oven for 12 minutes. Makes about 3 dozen. Freeze well.

### CHEWY CHOCOLATE CHIP COOKIES

*Cindy Hewitt, Keosauqua*

*(Large Batch)*

3 1/3 C. flour	1 1/4 C. brown sugar
1 1/2 tsp. soda	1 1/4 C. white sugar
1 1/2 tsp. salt	1 1/2 tsp. vanilla
1 C. Crisco	3 eggs
1/2 C. oleo or butter	Large pkg. chocolate chips

Cream shortening, sugar, eggs and vanilla. Sift together flour, soda and salt. Mix 2 mixtures together. Add chocolate chips. Bake at 350° for 10 minutes.

### CHOCOLATE CHIP COOKIES

*Iva Kolsto, Cedar Rapids  
Ann Garrett, South English*

2 1/4 C. flour	1 C. shortening
1 tsp. soda	1/4 C. white sugar
1 tsp. vanilla	3/4 C. brown sugar
1 pkg. instant chocolate pudding	1 C. nuts

1 (12 oz.) pkg. chocolate chips

Sift flour and soda together. Cream shortening, white sugar, brown sugar and add vanilla, pudding, nuts, chocolate chips. Bake at 375° for 8-10 minutes.

## CHOCOLATE CHIP COOKIES

*Sandy Williams, Richland*

2 C. brown sugar	5 C. flour
2 C. white sugar	4 C. old fashioned oatmeal
2 C. oleo	12 oz. chocolate chips
4 eggs	*2 C. nuts
1 tsp. salt	*2 C. coconut
2 tsp. vanilla	*2 C. raisins
2½ tsp. baking soda	*2 C. Rice Krispies
2½ tsp. baking powder	

(\*May add instead of chocolate chips.) Cream sugars and oleo until creamy. Add eggs one at a time, beating well after each addition. Add salt, vanilla, baking soda, and baking powder. Blend well. Add flour. Stir in oatmeal and chocolate chips. Drop by teaspoonful on cookie sheet. Bake 12 minutes at 350°. Do Not Overbake. Best if dough is refrigerated overnight.

## CHOCOLATE CHIP COOKIES

*Cindy Hauschilt, Marengo*

*(In Memory of Grandma Margaret Merz)*

2 C. flour	1 C. brown sugar
1 tsp. soda	2 eggs
½ tsp. salt	2 C. rolled oats
½ tsp. baking powder	1 pkg. chocolate chips
1 C. oleo	1 tsp. vanilla
1 C. sugar	

Sift flour, soda, salt and baking powder together. Cream oleo and sugars together. Add eggs and beat until light and fluffy. Add flour mixture. Last of all, stir in 2 C. rolled oats, 1 pkg. chocolate chips and 1 tsp. vanilla. Bake 10-15 minutes at 350°. Drop by spoonfuls onto cookie sheet.

## CHOCOLATE CHIP RICE KRISPIE COOKIES

*Linda Werger, Keota*

½ C. margarine	½ tsp. soda
1 C. sugar	¼ tsp. salt
1 egg	1 C. milk chocolate chips
1 tsp. vanilla	2 C. Rice Krispies
1 ¼ C. flour	

Mix in order and bake at 325° for 10 minutes. Don't overbake. Makes a small batch, usually double recipe.

## CHEWY CHOCOLATE COOKIES

*Barb Henderson, Keota*

1 1/4 C. butter or oleo (softened)	1 tsp. baking soda
2 C. sugar	1/2 tsp. salt
2 eggs	2 C. Reese's peanut butter chips
2 tsp. vanilla	or 2 C. semi-sweet chocolate
2 C. flour	chips
3/4 C. cocoa	

Heat oven to 350°. In large mixer bowl cream butter and sugar until light and fluffy. Add eggs and vanilla; beat well. Combine flour, cocoa, baking soda and salt; gradually blend into creamed mixture. Stir in peanut butter or chocolate chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake 8-9 minutes. (Do not overbake; cookies will be soft. They will puff while baking and flatten while cooling.) Cool slightly; remove from cookie sheet.

## CHOCOLATE LOVERS COOKIES

*Vickie Garrison, Ollie*

1 C. oleo or butter	2 C. all-purpose flour
3/4 C. dark brown sugar	1 tsp. baking soda
1/2 C. granulated sugar	3/4 tsp. salt
1 tsp. vanilla	1 1/3 C. chocolate chips
1 egg	1 C. nuts
1/4 C. sour cream	

Cream butter, gradually beat in sugars. Continue beating until fluffy, 5 minutes. Blend in vanilla, egg, and sour cream. Gradually add flour, soda and salt. Stir in chips and nuts. Drop by spoonfuls on ungreased baking sheets 2-inches apart. Bake at 350° for 12 minutes until light brown.

## COFFEE GINGER COOKIES

*Dorothy Greiner, Keota*

1 C. shortening	3 tsp. soda
2 C. white sugar	8 C. flour
2 eggs	3 tsp. ginger
1 C. molasses	2 tsp. vanilla
1 C. hot strong coffee	

Cream together first 3 ingredients. Then mix in molasses, coffee, soda. Mix together ginger and flour. Add to other ingredients, then add vanilla. Put in refrigerator to chill overnight. Roll out and cut. Bake at 400° oven.

## CRESCENT COOKIES

½ lb. (2 sticks) oleo or butter  
½ C. powdered sugar  
1 tsp. vanilla  
2 C. sifted flour

*Beverly McCulloch, LaPorte, Indiana*

1 C. finely chopped pecans  
Powdered sugar to roll  
the baked cookies in

Cream oleo, add sugar. Beat well, add vanilla, flour, nuts and mix well. Chill a little while, then shape generous tablespoons of dough into crescents. Bake on ungreased cookie sheet at 350° for 20 minutes. When done roll cookies immediately in the powdered sugar. This doesn't make very many so you will probably want to double the recipe.

## DATE PINWHEELS

*In Memory of Doug Adam  
Tammy Buman, Sigourney*

1 (8 oz.) dates (finely snipped)  
½ C. sugar  
½ C. water  
½ C. chopped nuts  
½ tsp. vanilla  
2 C. flour  
½ tsp. baking powder

¼ tsp. salt  
¼ tsp. cinnamon  
½ C. shortening  
1 C. packed brown sugar  
1 egg  
½ tsp. vanilla

For Filling: In small saucepan, bring to boil dates, sugar and water. Cook and stir over low heat for 1-2 minutes or until thick. Remove from heat. Stir in nuts and ½ tsp. vanilla. Cool. In large mixing bowl, beat shortening for 30 seconds. Add brown sugar and beat until fluffy. Add egg, vanilla and beat. Add flour, soda, salt and cinnamon; stir by hand. Cover and chill 30 minutes. On waxed paper roll dough into an 18x10-inch rectangle. Spread filling to within ½-inch of edges. Roll up jelly roll style, beginning at long end. Pinch edge to seal. Cut roll in half crosswise. Wrap rolls and chill for several hours and overnight. Cut into ¼-inch slices. Place on lightly greased cookie sheet. Bake in a 350° oven for 10-12 minutes. Cool on cookie sheet for 1 minute, then remove and cool thoroughly. Makes 72.

## FINGER COOKIES

*Wanda Tolles, What Cheer*

2 sticks margarine (melted)  
30 graham crackers (crumbled fine)  
1 C. flaked coconut  
½ C. chunky peanut butter  
½ C. ground nuts

1 lb. powdered sugar  
1 tsp. vanilla  
½ cake paraffin  
1 (12 oz.) pkg. milk chocolate chips

Combine first 7 ingredients. Shape into fingers or balls. Place on waxed paper and chill. Melt chocolate and paraffin in double boiler. Use tongs to dip.

## DOUBLE CHOCOLATE MINT CHIP COOKIES

*LaVonne Hughes  
Sigourney*

1 (10 oz.) pkg. Nestle Toll House mint chocolate morsels (divided)	½ C. butter (softened)
1 ¼ C. all-purpose flour	½ C. firmly packed brown sugar
¾ tsp. baking soda	¼ C. sugar
½ tsp. salt	½ tsp. vanilla
	1 egg
	½ C. chopped nuts

Preheat oven to 375°. Melt over hot (not boiling) water, ¾ C. mint chocolate morsels. Stir until smooth. Remove from heat; cool. In bowl, combine flour, baking soda and salt; set aside. In bowl, combine butter, brown sugar, sugar and vanilla extract; beat until creamy. Add melted morsels and egg. Beat well. Gradually blend in flour mixture. Stir in remaining ¾ C. mint chocolate morsels and nuts. Drop by rounded tablespoons onto ungreased cookie sheets. Bake 8-9 minutes. Makes about 1½ dozen cookies.

## FORK COOKIES

*Lois Bruns, Sigourney*

1 C. sugar	1 tsp. soda
1 C. Crisco	1 tsp. vanilla
¼ C. sour milk	¼ tsp. nutmeg
1 egg	2 ½ C. flour
½ tsp. salt	

Cream sugar and butter; add egg and vanilla. Dissolve soda in sour milk. Sift salt and nutmeg with flour and mix all together. Drop on greased cookie sheets and press with fork. Bake at 350° for 10-15 minutes. Makes very good cookie.

## GINGER SNAPS

*Nancy Harris, Sigourney*

1 C. sugar	¾ C. bacon grease
1 egg	4 T. molasses
2 C. flour	1 tsp. each soda, ginger, salt, cinnamon

Mix sugar with grease. Add egg, molasses and dry ingredients. Roll in a teaspoon size ball, press with fork. Sprinkle with sugar. Bake at 350° for 10-15 minutes.

## GRAHAM CRACKER COOKIES

*Tiffany Fox, Thornburg*

1 T. milk  
1 1/2 tsp. margarine (softened)  
1 1/2 T. cocoa

1/4 tsp. vanilla  
2/3 C. powdered sugar  
Graham crackers

Mix and put between 2 graham crackers.

## I'M MAD COOKIES

*Rita Reasor, Sigourney*

3 C. oatmeal  
1 1/2 C. flour  
1 1/2 tsp. baking powder  
1 1/2 C. brown sugar (firmly packed)

1 1/2 C. margarine (3 sticks)  
1 bag M&M's  
1 bag nuts (chopped)  
1 small bag chocolate chips

Preheat oven to 350°. Mix together all the ingredients until lumps are gone. Roll dough into small balls and put them on an ungreased cookie sheet. Flatten balls with the bottom of a small glass, dipped into sugar. Bake at 350° for 10-12 minutes.

## OLD FASHION MOLASSES COOKIES

*Winifred Wehr, Sigourney*

2 C. molasses  
2 T. soda  
2 eggs

1 C. shortening  
2 tsp. ginger  
1/2 C. boiling water  
Flour as needed

In one bowl put molasses, eggs, shortening, ginger and soda. Add the boiling water, stir in flour to make a soft dough. Refrigerate a few hours. Roll out dough and cut into shapes as desired. Bake at 350° until done. (\*These were made during the sugar rationing of World War I.)

## NO-BAKE CHOCOLATE OATMEAL COOKIES

*Cassidy Stull, Sigourney*

2 C. sugar  
1/2 C. margarine  
2 T. cocoa  
1/2 C. milk

3 C. quick oatmeal  
(not instant)  
1/2 C. chunky peanut butter  
1 tsp. vanilla

Combine the first 4 ingredients in one pan. Cook over low to medium heat until boiling. Cook 3 full minutes. Remove from heat and stir in the oatmeal, peanut butter and vanilla. Drop onto cookie sheet by tablespoonful and cool.

## NORWEGIAN KRINGLA

*Debora Hinnah, Sigourney*

2 C. sugar	1 tsp. soda
3/4 C. margarine	1/2 tsp. salt
2 small cartons sour cream (2 C.)	1 tsp. vanilla
4 1/2 C. flour	

Cream sugar and margarine. Add sour cream and mix well. Add dry ingredients and vanilla. Refrigerate dough overnight or at least several hours for easier handling. On a pastry cloth or floured board, measure about 2-3 T. dough. Roll into a rope about 6-inches long. Shape into figure "8" and bake at 425° until light golden brown. These freeze very well and are good when reheated for a few minutes under the broiler or in a microwave. Spread with butter or cream cheese. (This is one of my family's special Christmas cookies.)

## OATMEAL COOKIES

*Darlene Adams*

3/4 C. sugar	1 C. oatmeal
3/4 C. brown sugar	2 C. oatmeal
1 C. shortening	Nuts (optional)
2 eggs	1 tsp. salt
1 tsp. vanilla	1 tsp. soda
1 C. coconut	3 C. flour

Cream first 4 ingredients, then add vanilla. Mix and add 1 C. coconut and 1 C. oatmeal or 2 C. oatmeal and nuts (optional). Then mix salt, soda and flour. Drop by teaspoonful on cookie sheet. Bake 10 minutes in 350° oven.

## OATMEAL DROP COOKIES

*Lois Bruns, Sigourney*

3/4 C. butter	1 C. raisins or dates
3/4 C. brown sugar	1 C. chopped nuts
1/4 C. white sugar	2 C. sifted flour
2 eggs (beaten)	1 tsp. soda
1 tsp. vanilla	1 tsp. baking powder
1 1/2 C. quick-cooking oatmeal	2 tsp. cinnamon
1/2 C. milk	1/2 tsp. allspice
	1/2 tsp. salt

Cream butter and add sugar gradually, creaming until well blended. Add eggs, vanilla, milk, oatmeal, raisins and nuts. Sift flour with soda, baking powder, spices and salt. Add to creamed mixture and mix well. Drop by spoonfuls on greased cookie sheets. Bake in preheated oven until golden brown (350°) for 10-12 minutes. (I always had to double the recipe for my family - use two cubes butter and 1/2 C. Crisco and then double the other ingredients.)

## OATMEAL CHOCOLATE CHIP COOKIES

*Dolores Sieren, Keota*

2 C. sifted flour	1 C. shortening
1 tsp. soda	1 C. brown sugar
1/2 tsp. salt	1 C. granulated sugar
1/2 tsp. baking powder	2 eggs
2 C. oatmeal	1 tsp. vanilla
1 (6 oz.) pkg. chocolate chips	Nutmeats (optional)

Blend together shortening, brown sugar, white sugar. Add eggs and beat until light and fluffy. Sift together flour, soda, salt and baking powder. Add flour mixture and beat well. Stir in vanilla, oatmeal, chocolate chips. Drop by teaspoon on greased cookie sheet. Bake at 350°.

## OATMEAL CHOCOLATE CHIP COOKIES

*Ann Garrett, South English*

1 C. shortening	1 tsp. baking powder
1 C. white sugar	1/2 C. coconut (shredded, optional)
1 C. brown sugar	2 C. flour
2 eggs	2 C. oatmeal (toasted in oven)
1 tsp. vanilla	1 C. chocolate chips
1 tsp. soda	

Cream shortening, sugars and eggs. Add rest of ingredients in order given. To toast the oatmeal, place in pie tin in 350° oven for 5-10 minutes. Bake cookies in a 350° oven for about 10 minutes. Yields 4 dozen.

## PECAN TASSIES

*Michelle Baer, Ottumwa*

1 (3 oz.) pkg. cream cheese	1/2 C. butter or margarine
1 C. flour	

### FILLING:

1 egg	1 tsp. vanilla
3/4 C. brown sugar	2/3 C. chopped pecans
1 T. softened margarine	

Soften cream cheese and margarine. Blend in flour. Chill 1 hour. Shape into little balls and press into ungreased tassie pans.

For Filling: Bake in slow oven at 325° for 25 minutes or until set. Cool before removing from pan. Makes 2 dozen.

## EASY PEANUT BUTTER COOKIES

*Chuck Campbell, Keswick*

$\frac{1}{2}$  C. sugar  
 $\frac{1}{2}$  C. white Karo syrup

1 C. peanut butter  
3 C. corn flakes

Heat syrup and sugar (don't boil). When hot and syrupy add peanut butter, then stir in corn flakes. Drop on waxed paper.

## PEANUT BUTTER FINGERS

*Christie Sellers, Sigourney*

$\frac{1}{2}$  C. butter  
 $\frac{1}{2}$  C. sugar  
 $\frac{1}{2}$  C. brown sugar  
1 egg  
 $\frac{1}{3}$  C. peanut butter  
 $\frac{1}{2}$  tsp. soda

$\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla  
1 C. flour  
1 C. oats  
1 (6 oz.) pkg. chocolate chips

Cream butter, sugars, egg and peanut butter. Stir in soda, salt, vanilla, flour and oats. Spread in greased and floured pan. Bake at 350° for 20-25 minutes. Sprinkle chocolate chips over hot bars and return to oven until melted and spread. Combine and beat until smooth:  $\frac{1}{2}$  C. powdered sugar,  $\frac{1}{4}$  C. peanut butter and 2-4 T. milk. Spread over the melted chocolate chips. Cool and cut into bars.

## PEANUT BUTTER TEMPTATIONS

*Naomi Sellers, Sigourney*

$\frac{1}{2}$  C. butter  
 $\frac{1}{2}$  C. peanut butter  
 $\frac{1}{2}$  C. sugar  
 $\frac{1}{2}$  C. brown sugar  
1 egg

$\frac{1}{2}$  tsp. vanilla  
 $1\frac{1}{4}$  C. flour  
 $\frac{3}{4}$  tsp. baking soda  
1 pkg. Reese's miniature peanut butter cups

Cream together butter, peanut butter, sugar and brown sugar. Beat in egg and vanilla. Sift together flour, baking soda, salt. Blend into above mixture and mix well. Shape dough into 1-inch balls and place in greased muffin tins. Bake at 350° for 8-10 minutes. Immediately place a Reese's peanut butter cup in the middle of each cookie. Cool 10 minutes and remove.

## PUDDING CHIP COOKIES

Wanda Tolles, What Cheer

2 1/4 C. unsifted flour	1 (4 oz.) pkg. Jello instant
1 tsp. baking soda	pudding and pie filling
1 C. butter or margarine (softened)	1 tsp. vanilla
1/4 C. sugar	2 eggs
3/4 C. packed brown sugar	1 (12 oz.) pkg. chocolate chips
	1 C. chopped nuts (optional)

Mix butter, both sugars, pudding mix and vanilla in large bowl. Beat until smooth and creamy. Beat in eggs, add flour mixture. Stir in chips and nuts. Drop by teaspoon onto ungreased sheet about 2-inches apart. Bake at 350° for 8-10 minutes. Makes about 7 dozen.

## PUDDING COOKIES

Amanda Kracht, Sigourney

3/4 C. biscuit mix (small box)	1/4 C. salad oil
1 pkg. instant pudding (your choice)	1 egg

Mix everything together. Shape into small balls. Place on cookie sheet. Bake at 350° for about 8 minutes. Makes 2-3 dozen.

## RANGER COOKIES

In Memory of Grace Strupp

1 C. margarine	1/2 tsp. baking powder
1 C. white sugar	2 C. oatmeal (quick)
1 C. brown sugar	2 C. Rice Krispies
2 eggs	1 C. coconut
1 tsp. vanilla	1/2 C. nuts (optional)
2 C. flour	1 pkg. chocolate chips (optional)
1 tsp. soda	

Cream margarine, sugar, eggs and vanilla. Fold in flour, soda and baking powder, sifted together. Add cereals and coconut; last nuts and chocolate chips. Drop by teaspoon on greased cookie sheet and bake at 375° for 10-12 minutes.

## SAND BALLS

*Darlene Ruggles, Thornburg*

2 C. flour	1 tsp. baking powder
2 C. pecans (chopped)	1 tsp. vanilla
1 C. butter or oleo	Pinch of salt
4 T. powdered sugar	

Mix all ingredients together with hands. Roll into small balls or logs. Bake for 1 hour in a slow oven. Roll in powdered sugar while warm. This is an old German recipe.

## SANTA'S WHISKERS

*Betty Denison, North English*

1 C. margarine	$\frac{3}{4}$ C. chopped red and green candied cherries
1 C. sugar	$\frac{1}{2}$ C. chopped pecans
2 T. milk	$\frac{3}{4}$ C. flaked coconut
1 tsp. vanilla or rum (I try to use rum)	2 C. sifted flour

Cream margarine and sugar; blend in milk, vanilla or rum. Stir in flour, cherries and nuts. Form into 2 rolls. Roll in coconut. Wrap and chill several hours or overnight. Slice  $\frac{1}{4}$ -inch thick, place on ungreased cookie sheet. Bake at 375° for 12 minutes or until edges are golden.

## SLICE O'SPICE COOKIES

*Alice M. Hootman, Webster*

3 C. flour	2 C. brown sugar
1 tsp. soda	2 unbeaten eggs
1 tsp. cream of tartar	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	1 C. quick rolled oats
1 C. shortening	$\frac{1}{2}$ C. sugar + 4 tsp. cinnamon

Sift together flour, soda, cream of tartar, and salt. Cream shortening, add gradually 2 C. firmly packed brown sugar. Blend in eggs, vanilla. Stir in dry ingredients. Add oatmeal. Chill 1 hour. Divide dough in 3 parts. Shape into 12-inch rolls, wrap and chill 5-6 hours or overnight until firm enough to slice. Cut into  $\frac{1}{4}$ -inch slices. Dip each into a mixture of sugar and cinnamon. Bake at 350° for 9-12 minutes. Makes 9 dozen.

## **SNOWBALLS**

*Heather Follman, Sigourney*

2 lbs. butter	7 1/2 C. powdered sugar
1 T. vanilla	2 C. coconuts
2 C. chocolate chips	7 1/2 C. oatmeal

Mix well in mixer and form into balls with No. 30 scoop. Place on tray that has been sprinkled with powdered sugar. When tray is filled, sprinkle snowballs with powdered sugar. Allow to stand a short time to become firm. Ground raisins may be used instead of chocolate chips.

## **SORGHUM CHEWIES**

*NAncy Harris, Sigourney*

1 C. sugar	1 1/2 tsp. soda
1/2 C. shortening	1 tsp. vanilla
1 egg	1 C. quick oats
1/2 C. sorghum	6 oz. pkg. chocolate chips
2 C. flour	1 C. coconut
1 tsp. salt	

Cream shortening and sugar. Add egg and sorghum. Beat well. Add dry ingredients. Add vanilla. Stir in oats, chocolate chips and coconut. Drop by teaspoon on greased cookie sheet. Bake at 375° for 12 minutes.

## **SUGAR COOKIES**

*Regina (Charles) Striegel, What Cheer*

2 eggs	1 tsp. almond flavoring
2 sticks butter	1 tsp. cream of tartar
1 C. powdered sugar	1 tsp. soda
1 C. granulated sugar	1 tsp. salt
1 C. oil	4 1/2 C. flour
1 T. vanilla	

Mix together and refrigerate. Form dough into balls. Put on cookie sheet. Press down with glass dipped in sugar. Bake at 350° for 10 minutes.

## BEST YET SUGAR COOKIES

*Mrs. Walt Greiner, South English*

1 C. oleo	5 C. flour
2 C. sugar	2 tsp. soda
2 eggs	2 tsp. cream of tartar
1 C. salad oil	$\frac{1}{4}$ tsp. salt
2 tsp. vanilla	

Cream sugar and oleo. Add eggs, oil, salt and vanilla. Mix well. Add sifted dry ingredients. Form in balls, roll in sugar. Bake at 350° for 10-12 minutes.

## CRACKED SUGAR COOKIES

*Monica Watts*

2 C. sugar	Dash of salt
$\frac{1}{2}$ C. butter	1 tsp. baking soda
$\frac{1}{2}$ C. vegetable shortening	1 tsp. cream of tartar
3 egg yolks	$\frac{1}{2}$ tsp. vanilla
2 C. flour	$\frac{1}{4}$ tsp. cardamom (optional)

Cream sugar, butter and shortening. Add egg yolks and cream until smooth. Sift dry ingredients and stir into creamed mixture, then stir in flavoring. Roll into balls the size of a walnut. Roll in granulated sugar. Place on ungreased cookie sheet and bake at 300° about 15 minutes. These will not be brown. Makes about 3 dozen cookies.

## LOW CALORIE SUGAR COOKIE

*Lola Powers, Farmington*

$\frac{1}{4}$ C. powdered sugar	$\frac{1}{2}$ tsp. vanilla flavoring
1 C. oleo	2 C. flour
2 $\frac{1}{2}$ tsp. liquid sweetener	1 tsp. soda
1 tsp. lemon flavoring	1 tsp. cream of tartar

Mix in order given. Form in small balls. Flatten with glass dipped in sugar. Bake at 350° for 15 minutes.

*The way to a friend's house is never long.*

## OLD FASHIONED SUGAR COOKIES

*Debra Walker, What Cheer  
(In Memory of Flossie Crawford)*

4 C. sifted flour  
1½ C. sugar  
1 C. butter or margarine  
2 eggs

4 T. sweet or sour cream  
(I use Half and Half)  
2 tsp. vanilla  
1 tsp. soda dissolved in 1 tsp.  
hot water

Blend flour, sugar, butter like a pie crust. Into another bowl beat 2 eggs. Add the cream, vanilla, soda mixture to the eggs. Mix. Add to the flour mixture and work to a firm dough. Cover and refrigerate for 8 hours or overnight. Add just enough flour to the board to roll good. Use cookie cutters for shapes. Bake on greased cookie sheets for 5-10 minutes in a 375° oven. Frost when cool.

## SOFT SUGAR COOKIES

*Pat Sprouse, Keota  
Debra Goodwin, Hedrick*

2 C. sugar  
1 C. shortening  
1 C. milk  
2 eggs  
½ tsp. vanilla

1½ tsp. baking soda  
2 tsp. baking powder  
2 tsp. cream of tartar  
1 tsp. salt  
5 C. flour

Cream sugar and shortening. Beat eggs and combine with creamed mixture. Add vanilla and milk. Sift dry ingredients and add to creamed mixture. Mix well. Cookies may be dropped or rolled to ¼-inch thick and cut. Bake at 350° for 8-10 minutes.

## SOFT SUGAR COOKIES

*Wanda Tolles, What Cheer*

½ C. butter or margarine  
1½ C. sugar  
2 eggs  
1 tsp. vanilla

3 C. sifted flour  
1 tsp. salt  
½ tsp. baking powder  
½ tsp. soda  
1 C. dairy sour cream

Cream butter; add sugar, then eggs one at a time. Next vanilla and flour mixing well. Drop by tablespoon on ungreased cookie sheet. Bake at 400° for 10-12 minutes.

## SOFT SUGAR COOKIES

*Hayley Schauf, Sigourney*

3 1/4 C. flour  
1 tsp. soda  
1/2 tsp. salt  
1/2 C. soft oleo

1 C. sugar  
1 egg  
1 1/2 tsp. vanilla  
1/2 C. sour cream

Cream butter and sugar. Beat in the egg, vanilla, soda and salt. Add half the flour and half the sour cream. Stir well; add remaining flour and sour cream. Stir well. Refrigerate several hours to make dough easy to work with. Roll out on floured surface to 1/4-inch thickness and cut with cookie cutters. Bake at 350° until bottoms are light brown. Do Not Overbake!

## STAY SOFT SUGAR COOKIES

*Jill Hale, Sigourney*

2 C. sugar  
4 eggs  
1 C. shortening  
1 C. milk

1 tsp. baking soda  
4 tsp. baking powder  
1/2 tsp. vanilla  
4 C. flour

Cream first 4 ingredients. Add remaining ingredients on a greased cookie sheet. Drop by teaspoonful. Bake at 350° until golden. Frost if desired.

## SOFT WHITE COOKIES

*Judy Winn, Ollie*

1 C. sugar  
3/4 C. shortening  
1/2 C. milk  
1/2 tsp. salt

1 egg  
1 tsp. baking soda  
(dissolve in milk)  
2 1/2 C. flour

Mix together. Drop by spoon onto ungreased cookie sheet. Bake 8-10 minutes at 350°. When cool, frost.

## TEA COOKIES

*Nancy Harris, Sigourney*

2 sticks oleo  
1 tsp. vanilla  
Sugar for dipping

5 T. sugar  
2 C. flour

Mix oleo and sugar. Add vanilla and flour. Drop by teaspoon on cookie sheet. Top each with nutmeat or 1/2 red or green cherries. Bake at 350° for 8-10 minutes. Will be light. Dip top in sugar while warm. Great party cookie. Very rich!

## THIMBLE COOKIES

*Lora Lee Sellers, Sigourney*

1 1/2 C. sifted flour  
1/4 tsp. salt  
3/4 C. oleo or butter  
1 C. nuts (finely chopped)

1/2 C. firmly packed brown sugar  
1 unbeaten egg yolk  
1/2 tsp. vanilla

Sift together flour and salt. Cream together oleo, brown sugar, then blend in egg yolk and vanilla. Add dry ingredients and mix thoroughly. If desired, chill 1 hour for easier handling. Shape dough into balls 1-inch in diameter. Dip in slightly beaten egg white, then into finely chopped pecans or other nuts. Place on ungreased baking sheets. Press deep hole into center of cookie with floured thimble or finger. Bake in 375° oven for 12-15 minutes. Cool, then fill with frosting of your choice.

## WAVERLY CRACKER COOKIES

*Delores Ingle, Ollie*

BOIL 5 MINUTES:  
2/3 C. white sugar  
1/2 C. brown sugar  
1 stick oleo

9x13-inch pan lined with unbroken  
Waverly crackers

1 C. graham cracker crumbs  
1/4 C. milk

MELT: 2/3 C. peanut butter  
1 C. chocolate chips

After cooking sugar, oleo, cracker crumbs and milk, pour over the Waverly crackers and add another layer of crackers and spread the melted chips and peanut butter over crackers. Cool and cut in squares. (I sometimes double the caramel mixture to make it better.)

## ZUCCHINI NUT CHIPS

*Dorothy McKay, Gibson*

4 C. sifted flour  
1 tsp. baking soda  
1/4 tsp. salt  
1 C. butter or oleo (softened)  
1 C. white sugar  
1 C. packed brown sugar

2 eggs  
2 tsp. vanilla  
2 C. shredded zucchini  
1 C. chopped pecans  
1 (12 oz.) pkg. chocolate chips

Into large bowl sift together flour, soda and salt; set aside. In another large bowl using mixer at medium speed beat shortening and sugars until light and fluffy. Beat in eggs and vanilla. Reduce speed to low and beat in zucchini, then dry ingredients. With spoon, stir in nuts and chocolate chips. Drop rounded teaspoonfuls of dough 2-inches apart on greased cookie sheets. Bake at 350° for 15 minutes until golden brown. Remove from baking sheets; cool completely. Makes 6 dozen cookies.

## WHAT CHEER TRAVELERS TREATS *Barbara Workman, What Cheer*

3/4 C. shortening	2 tsp. ginger
1 C. sugar	1/4 tsp. cloves
1 egg	2 tsp. soda
1/4 C. molasses	2 C. flour
1 tsp. cinnamon	1/4 tsp. salt
2 tsp. fresh lemon juice	

Mix shortening, sugar, egg, and molasses. Sift spices, soda, flour, and salt. Combine the 2 mixtures. Roll into balls, roll in sugar. (VARIATIONS: Cloves may be eliminated if you want a cookie that isn't as "spicy" or leave out the cloves and ginger and increase the cinnamon for "cinnamon snap" or in any of the variations ginger can be increased for a better ginger treat.) These ginger snaps are good to carry while traveling, as they keep well and many find the ginger prevents motion sickness. It has been helpful to some who have severe cases of motion sickness.

## BETTY'S BUTTERMILK BROWNIES

*Darlene Adams*

2 C. sugar	1/2 C. oil
2 C. flour	1/2 C. buttermilk
4 T. cocoa	1 tsp. soda
1 C. water	1 tsp. vanilla
1 stick oleo	2 eggs

Mix first 3 ingredients in bowl. Bring to boil water, oleo and oil. Add to flour mixture. Mix well. Then add rest of ingredients; beat well. Put in large greased cookie sheet. Bake at 400° for 18 minutes. Cool and frost.

For Frosting: Mix and boil 1 minute, 1 1/2 C. sugar, 6 T. oleo, 6 T. milk. Then add 1 C. chocolate chips. Turn off heat and stir well. Put on brownies immediately.

## BIG BATCH BROWNIES

*Bonnie Carter, Keosauqua*

2 squares unsweetened chocolate	1 tsp. vanilla
1 C. margarine	2 C. flour
2 C. sugar	1/2 tsp. salt
3 eggs	1/2 C. nuts (chopped)

Place chocolate squares and margarine in a saucepan over medium heat to melt. Add sugar, mix and cool. Add eggs, one at a time, and beat in with a spoon. Add vanilla. Stir in salt, flour and nuts. Pour into 10x15-inch pan. Bake at 325° for 30-35 minutes. After baked spread 1 jar marshmallow creme over top. After cooled, frost with white or chocolate powdered sugar frosting.

## BROWNIES

*Cheryl Osweiler, South English*

1½ C. margarine	1½ C. flour
3 C. sugar	1 C. cocoa
1 T. vanilla	½ tsp. salt
5 eggs	½ C. nutmeats

Cream margarine, sugar, vanilla and eggs. Stir in rest of the ingredients. Put in greased 9x13-inch cake pan depending on how thick you want your brownies. Bake at 350° for 25 minutes. Really moist and chewy if not overbaked.

## BROWNIES

*Tiffany Fox, Thornburg*

1½ C. flour	4 eggs
1 tsp. baking powder	2 tsp. vanilla
1½ tsp. salt	4 squares melted unsweetened
2 C. sugar	chocolate or 1 C. cocoa
1 C. shortening	

Sift dry ingredients and set aside. Cream sugar and shortening. Add eggs and vanilla. Beat well. Add chocolate and cream dry ingredients. Pour into a greased 9x13-inch pan and bake at 350° for 25-30 minutes.

## BROWNIES

*Michelle Baer, Ottumwa*

¾ C. cocoa	2 tsp. vanilla
¾ C. shortening	2 C. white sugar
4 eggs	1½ C. flour

Melt together first 2 ingredients. Add the remaining and mix well. Bake at 275° for 25 minutes.

## BROWNIES

*Margaret Hollingsworth, Sigourney*

¾ C. cocoa	1 C. (2 sticks) margarine
2 C. sugar	4 eggs
1½ C. flour	1 tsp. baking powder
½ tsp. salt	½-1 C. nutmeats

Melt margarine, stir in cocoa. Remove from heat and stir in sugar and eggs. Mix together flour, baking powder and salt. Add to cocoa mixture. Add nuts. Bake in 9x13-inch pan for 30-35 minutes at 350°.

## BROWNIES

*Ethel Nimmer and Ann Garrett, South English*

2 C. flour	2 sticks oleo
2 C. sugar	1 C. water
1/2 tsp. salt	3 T. cocoa
2 beaten eggs	1 tsp. soda
1/2 C. buttermilk	1 tsp. vanilla

### FROSTING:

1 stick oleo	1 T. cocoa
4 T. milk	3 1/2 C. powdered sugar

Place flour, sugar, salt in large bowl. In saucepan boil the oleo, water and cocoa. Cool this mixture. When cool, pour over flour and sugar, eggs, soda, buttermilk, vanilla. Bake in cookie sheet at 400° for 20 minutes.

For Frosting: Heat but do not boil the oleo, cocoa and milk. Pour over powdered sugar. Frost while cake is hot.

## BUTTER PECAN BANANA BARS

*Trudy Welter, Sigourney*

1 1/2 C. whole wheat flour	1/2 C. + 2 T. margarine
1 C. white flour	2/3 C. buttermilk
1 1/2 C. brown sugar	1 1/4 C. very ripe mashed bananas
1 1/4 tsp. baking powder	2 eggs
1 1/4 tsp. soda	1/2 C. pecans

### FROSTING:

1/2 C. margarine	2 tsp. vanilla
4 C. powdered sugar	1/2 C. chopped pecans
2-4 T. milk	

Combine dry ingredients. Add margarine, buttermilk and banana. Beat until ingredients are moistened, about 1 minute. Add eggs. Beat 2 minutes at medium speed, scraping sides of bowls often. Stir in nuts. Turn into ungreased 15x10x1-inch pan. Bake at 350° for 30-40 minutes or until springs back when touched. Beat frosting ingredients together until fluffy. Fold in pecans. Frost bars and cut into squares.

## BUTTER PECAN CHOCOLATE BARS

*Rosie Pearson/Linda Werger  
Keota*

2 C. sifted flour  
1 C. packed brown sugar  
½ C. butter  
1 C. pecan halves

⅔ C. butter  
½ C. brown sugar (packed)  
1 (6 oz.) pkg. chocolate chips

Combine flour, 1 C. brown sugar. Cut in ½ C. butter until crumbly, using pastry blender. Press mixture into ungreased 13x9x2-inch pan. Sprinkle pecans over crust. Combine ⅔ C. butter and ½ C. brown sugar in saucepan. Cook over medium heat, stirring constantly, until mixture boils. Boil 1 minute. Pour over pecans. Bake at 350° for 20 minutes until bubbly and crust is light brown. Remove from oven. Sprinkle chocolate chips over all. Let stand 5 minutes until melted. Swirl chocolate through caramel layer. Cool and cut. Makes 39.

## C & C BARS

*Irene Namer, Keota*

1 German chocolate cake mix  
⅓ C. evaporated milk  
¾ C. oleo

12 oz. chocolate chips  
14 oz. caramels

Mix all of above ingredients. Put half in bottom of greased 9x13-inch pan. Pat down and bake 6 minutes at 350°. Melt 14 oz. pkg. caramels with ½ C. evaporated milk. Pour on top of baked cake. Sprinkle 12 oz. chocolate chips over caramels. Spread on other half of cake mixture. Bake 15-20 minutes at 350°.

## CANDY BARS

*Wanda C. Tolles, What Cheer*

½ C. sugar  
½ C. corn syrup  
¾ C. peanut butter

1 tsp.. vanilla  
4 C. Rice Krispies  
3 (1 oz ea.) Hershey bars  
1 C. butterscotch chips

Put sugar and syrup in medium size pan and heat just until it boils. Remove from heat and stir in peanut butter and vanilla. Mix well and add Rice Krispies. Press into well buttered 9x9-inch pan. Put in cool place. Melt Hershey bars and chips. Spread over cereal cookies.

## CARAMEL BARS

*Agnes Grove, South English*

1 box German chocolate cake  
1 (12 oz.) bag chocolate chips  
1 (14 oz.) bag caramels

2/3 C. evaporated milk  
3/4 C. soft margarine  
1 C. chopped nuts (optional)

Mix cake mix, 1/3 C. milk and margarine. Press 1/2 of mixture into greased 9x13-inch pan. Bake at 350° for 6 minutes. Melt together caramels and 1/3 C. milk. Spread over crust. Sprinkle chocolate chips and nuts over caramels. Top with remaining cake mixture (drop by teaspoonful). Bake 15-20 minutes. Cool, refrigerate 30 minutes to let caramel set.

## CARAMEL CANDY BARS

*Jeannie Striegel, Sigourney*

1 (14 oz.) pkg. caramel candies  
1/3 C. milk  
2 C. quick oatmeal  
1 tsp. baking soda  
1 egg (beaten)  
1 C. chocolate chips

1/2 C. chopped pecans  
2 C. flour  
1 1/2 C. brown sugar  
1/4 tsp. salt  
1 C. margarine

Unwrap the caramels and melt in saucepan with milk on low heat. Set aside. Cream the margarine and brown sugar. Add the egg, baking soda, and salt. Beat and add the flour and oatmeal. Press half of this mixture into a greased 9x13-inch pan. Bake 10 minutes at 350°. Remove from oven and sprinkle on the chocolate chips and nuts. Drizzle on the melted caramels. Crumble the rest of the dough over this. Return to the oven and bake 20-25 minutes. Cool a little, then run a knife around the edge of the pan to loosen. Cut while still a little warm into bars.

## CHOCOLATE TOFFEE CRESCENT BARS

*Karen Sheetz*

1 (8 oz.) can refrigerated crescent dinner rolls  
2/3 C. firmly packed brown sugar  
2/3 C. butter or margarine

1-1 1/2 C. nut halves or chopped nuts  
1 (6 oz.) pkg. semi-sweet chocolate pieces

Separate rolls into two large rectangles. Place on ungreased 10x15-inch pan. Gently press dough to cover bottom of pan. Seal the perforations in the dough. In a small saucepan combine brown sugar and butter; boil 1 minute. Pour evenly over dough. Sprinkle with nuts. Bake in preheated 375° oven for 14-18 minutes or until golden brown. Remove from oven and immediately sprinkle with chocolate pieces. Swirl pieces as they melt, leaving some partially melted or whole. (Do not spread evenly; leave a mottled appearance.) Cool and cut into bars.

## CARAMEL CHOCOLATE LAYER BARS

*Mrs. Walt Greiner  
South English*

14 oz. pkg. caramels

3/4 C. melted oleo

2/3 C. evaporated milk (divided)

1 C. chopped nuts

1 German chocolate cake mix

1 C. chocolate chips

Melt caramels and 1/3 C. evaporated milk in quart size Pyrex pitcher in microwave on high about 2 1/2 minutes. Stir after each minute until smooth. Combine in large bowl: German chocolate cake mix, 3/4 C. melted oleo and 1/3 C. evaporated milk by hand until dough holds together. Press 1/2 of mixture in a 9x13-inch pan and bake at 350° for 6 minutes. Remove from oven and sprinkle with 1 C. chopped nuts and 1 C. chocolate chips. Drop caramel mixture over the top, then crumble remaining cake over top. Bake at 350° for 15-18 minutes.

## CARAMEL PECAN DREAM BARS

*Nadine Greiner, Keota*

### BASE:

1 pkg. yellow cake mix  
(Pillsbury Plus)

1/3 C. oleo or butter  
(room temperature)

1 egg

### FILLING:

14 oz. Eagle Brand milk  
1 egg  
1 C. chopped pecans

1 tsp. vanilla  
1/2 C. Bits-O-Brisque

Mix first 3 ingredients until crumbly. Press into prepared 9x13-inch pan. In bowl beat milk, egg and vanilla until blended. Stir in pecans and Bits-O-Brisque. Pour over base in pan. Spread to cover. Bake at 350° for 25-30 minutes or until light golden brown. Center will set upon cooling. Cool completely before cutting.

## CHOCOLATE CHIP BARS

*Cindy Hauschilt, Marengo*

32 graham crackers (halves)

1 pkg. chocolate chips

1 can Bordon's Eagle Brand milk

Roll graham crackers until fine. Mix all ingredients together. Bake in a well greased 11 3/4x7 1/2-inch pan. Bake at 325° for 20-25 minutes. While still warm, cut into bars.

## CHERRY WALNUT BARS

*Imogene Homan, Webster*

2½ C. flour	2 eggs + 1 yolk
½ C. sugar	1½ C. brown sugar
1 C. butter	½ tsp. salt
½ tsp. baking powder	½ C. chopped walnuts
½ C. chopped maraschino cherries	

Mix flour, sugar and butter. Press into 9x13-inch pan. Bake 15 minutes at 350°. Mix the eggs, reserving white, brown sugar, salt, baking powder, nuts, and cherries. Pour on top of baked mixture. Return to oven. Bake 20-25 minutes.

For Icing: Mix 1 unbeaten egg white, 2 T. cherry juice, 2 T. melted butter and 2 C. powdered sugar.

## CHOCOLATE CHIP CHEWS

*Linda Werger, Keota*

⅔ C. margarine	2 C. flour
1 C. brown sugar	½ tsp. salt
1 C. white sugar	1 tsp. baking powder
3 eggs	1 C. fine coconut
1 tsp. vanilla	1 C. chocolate chips

Mix in order given and pour in greased 10x15-inch pan. Bake at 350° for 20 minutes. Don't Overbake!

## CHOCOLATE REVEL BARS

*Mrs. Roberta Haupert, What Cheer*

1 C. margarine	1 tsp. soda
2 C. brown sugar	3 C. quick cook oatmeal
2 eggs	12 oz. bag chocolate chips
2 tsp. vanilla	1 can sweetened condensed milk
2½ C. flour	2 T. margarine
2 tsp. vanilla	

Combine 12 oz. pkg. chocolate chips, condensed milk and 2 T. margarine in double boiler. Melt together. When smooth add 2 tsp. vanilla. Set aside. Cream margarine and brown sugar until light and fluffy. Mix in eggs and 2 tsp. vanilla. Stir in flour, soda and oatmeal. Spread ⅔ of oatmeal batter in a 15x10x1-inch pan. Cover with chocolate filling. Dot with remaining oatmeal mixture. Bake at 350° for 25-30 minutes.

## DOUBLE CHOCOLATE-OATMEAL BARS

*Patricia Reinier, Ollie*

1 C. margarine or butter (softened)  
½ C. granulated sugar  
½ C. packed brown sugar  
2 egg yolks  
1 C. flour

1 C. quick or regular oats  
1 C. M&M (plain or peanut)  
1 tub Creamy Deluxe chocolate  
ready-to-spread frosting  
1 C. M&M (plain or peanut)

Heat oven to 350°. Grease and flour rectangular pan. Mix margarine, sugars, and egg yolks in large bowl. Stir in flour and oats. Stir in 1 C. candies. Spread dough in pan. Bake until light brown, 20-25 minutes. Cool completely. Frost with frosting and sprinkle with 1 C. candies. Cut into bars about 2x1 ½-inches. Makes 36 bars.

## DUMP BARS

*Wanda Tolles, What Cheer*

2 C. sugar  
1 ¾ C. flour  
5 eggs  
1 tsp. salt

1 C. oil  
1 tsp. vanilla  
½ C. cocoa  
1 C. chocolate chips

Dump all ingredients into bowl except chips and stir until moist. Put into greased pan (9x13-inch). Sprinkle with chips and bake at 350° for 30 minutes.

## FUDGE BARS

*Jill Hale, Sigourney*

1 C. shortening  
2 C. sugar  
7 eggs

¾ C. cocoa  
1 tsp. salt  
1 tsp. vanilla  
1 C. flour

Mix well. Put into a greased jelly roll pan. Bake at 325° for 25-30 minutes. Frost with powdered sugar frosting.

## FUDGE BROWNIES

*Debra Goodwin, Hedrick*

4 squares semi-sweet chocolate  
2 sticks oleo  
1 ¾ C. sugar  
1 ½ C. chopped nuts

1 C. flour  
4 eggs  
1 tsp. vanilla

Melt oleo and chocolate squares. Set aside to cool. Combine sugar, flour and eggs. Mix well. Add chocolate mix and vanilla; fold in nuts. Bake at 325° for 30 minutes. Dust with powdered sugar.

## FUDGE BARS

*Kay Peiffer, Sigourney*

½ C. shortening	¾ C. flour
1 C. brown sugar	½ tsp. salt
1 egg	½ tsp. soda
½ tsp. vanilla	2 C. oatmeal

Mix. Put all but 1 C. mixture in greased 9x13-inch pan.

### FILLING:

1 (6 oz.) pkg. chocolate chips	Dash salt
1 T. butter	1 tsp. vanilla
1 can sweetened condensed milk	½ C. nuts

Melt chips and butter. Add remaining ingredients. Pour over oatmeal mixture. Add remaining 1 C. mixture for topping. Bake at 350° for 25 minutes.

## FUDGY BROWNIES

*Regina (Charles) Striegel, What Cheer*

2 squares unsweetened chocolate	2 eggs
½ C. butter	1 C. sugar
⅔ C. flour	1 tsp. vanilla
¼ tsp. salt	½ C. chopped nuts
½ tsp. baking powder	

Melt chocolate with butter in saucepan over very low heat. Mix flour, salt and baking powder. Beat eggs thoroughly. Gradually beat in sugar. Blend in chocolate mixture and vanilla. Add flour mixture, stir well. Stir in nuts. Spread in greased 8-inch square pan. Bake at 350° for 25 minutes. Recipe may be doubled. Bake in greased 9x13-inch pan for 25-30 minutes.

## GLAZED APPLE BARS

*Virginia Leinenweaver, Webster*

1 ½ C. brown sugar	2 C. flour
½ C. margarine	1 tsp. soda
1 egg (unbeaten)	¼ C. milk
1 tsp. cinnamon	1 C. chopped apple
¼ tsp. cloves	¼ - ½ C. chopped nuts

Put brown sugar, margarine, egg, cinnamon and cloves in mixing bowl and beat until smooth. Sift flour and soda together and add. Blend well. Stir in milk, chopped apples and nuts. Use 10x15-inch pan. Bake 11-14 minutes at 400°. After taking from oven and while still hot, spread with Vanilla Glaze: 1 ½ C. powdered sugar, 1 ½ T. butter, 2 ½ T. hot milk, ¼ tsp. vanilla.

## IOWA MUD BARS

*Barbara Workman, What Cheer*

1 C. butter	1 1/2 C. flour
2 C. sugar	1 1/3 C. coconut
4 eggs	1 1/2 C. chopped nuts
2 T. cocoa	1 (8 oz.) jar marshmallow creme
2 tsp. vanilla	

### FROSTING:

1 (1 lb.) box powdered sugar	1/3 C. cocoa
1/2 C. butter	1 tsp. vanilla
1/2 C. evaporated milk	

Cream butter and sugar; add eggs, cocoa and vanilla. Gradually add flour, mix well. Fold in the coconut and nuts. Bake in a greased and floured 9x13-inch pan at 350° for 35 minutes. Spread with marshmallow creme while still hot. Cool completely before frosting. Mix frosting ingredients together and beat until smooth. Spread over marshmallow creme. Cut into 1 1/2-inch squares.

## LEMON BARS

*Monica Watts*

1 C. flour	1/2 C. soft butter
1/4 C. powdered sugar	
2 eggs	1/2 tsp. baking powder
Dash of salt	1 C. sugar
2 T. flour	3 T. fresh lemon juice

Combine flour, butter and powdered sugar. Pat into 8x8-inch buttered pan. Bake 20 minutes at 350°. Combine eggs, salt, flour, baking powder, sugar and lemon juice. Pour over baked layer and bake 25 minutes longer. Cool, then sprinkle with powdered sugar and cut into squares.

## MAGIC BARS

*LaVonne Hughes, Sigourney*

1 1/2 C. graham cracker crumbs	1 1/3 C. flaked coconut
1 C. chopped nuts	1 (15 oz.) can Eagle brand
1 C. (6 oz.) chocolate chips	sweetened condensed milk
1 stick butter or margarine (melted)	

Into bottom of 9x13-inch pan, pour melted butter or margarine. Now add rest of the ingredients one by one on top of each other. Sprinkle crumbs evenly over melted butter or margarine, chopped nuts carefully over crumbs. Then distribute chocolate chips over nuts, flaked coconut evenly over chocolate chips. Pour condensed milk over all. Bake at 350° for 25 minutes or until lightly browned on top. Allow to cool 15 minutes before cutting.

## LEMON BARS SUPREME

*Paula Bell, Keota*

### BASE:

1 pkg. lemon cake mix  
1 1/2 C. quick cook oats  
1 egg

1 C. chopped pecans  
1/2 C. margarine or butter  
(softened)

### FILLING:

1 can ready to spread lemon frosting  
2 eggs

8 oz. cream cheese (softened)

Heat oven to 350°. Grease a 9x13-inch pan. In large bowl, combine base ingredients. Mix on low speed until crumbly. Reserve 2 C. for topping; press remaining crumbs into prepared pan. In large bowl, blend all filling ingredients. Beat at medium speed until smooth and creamy. Pour over crust. Sprinkle reserved crumbs over filling. Bake at 350° for 45-55 minutes or until firm when pan is lightly shaken. Refrigerate leftovers.

## LOVEY-DOVEY DATE CRUNCH BARS *Barbara Workman, What Cheer*

### BARS:

1 1/2 C. flour  
1 C. brown sugar  
1 tsp. soda

1 tsp. salt (optional)  
3/4 C. margarine  
1 C. rolled oats

### FILLING:

2 C. dates  
1 C. water  
1/4 C. sugar  
1 T. flour

1/2 tsp. salt  
1/4 tsp. lemon flavoring  
Chopped nuts (optional)

Mix bar ingredients together and pat 1/2 of mixture into the bottom of a 9x13-inch pan. Mix and cook filling ingredients until bubbly and thickened. Pour filling mixture over bar mixture. Crumble remaining bar mixture over filling. Bake at 350° for 20-25 minutes. Cut while still warm. Raisin bars may be made with this recipe instead of dates. Use 1/2 C. of sugar instead of 1/4 C.

## MINT BROWNIES

*Lisa Conry, South English*

1 C. sugar  
1 stick margarine  
4 eggs  
1 C. flour  
1 can Hershey syrup  
1 C. nuts (chopped, optional)  
2 C. powdered sugar

1 stick margarine  
2 T. milk  
½ tsp. mint flavoring  
1 cap of green coloring  
1 C. chocolate chips  
6 T. or 4 T. margarine

Mix first 6 ingredients and put in 9x13-inch pan or a jelly pan (thinner bar). Bake for 20 minutes at 350°. Chill or freeze for 20 minutes. Mix next 5 ingredients and spread on brownie mixture, freeze or chill for 20 minutes. Melt chocolate chips and margarine and spread on mint filling. Refrigerate until ready to serve.

## MOLASSES SQUARES

*Neoma Wonderlich, Ollie*

2 C. flour  
¼ tsp. salt  
¼ tsp. soda  
1½ tsp. baking powder  
¼ C. shortening  
½ C. sugar

1 egg  
½ C. molasses  
1 C. raisins  
1 C. nutmeats  
½ C. milk

Sift flour, salt, soda and baking powder together. Cream shortening and sugar and egg. Mix well and add molasses, raisins, nuts; then add milk alternately with dry ingredients. Spread thinly on pan (jelly roll). Bake 12 minutes or more. Cut in squares. Nuts may be omitted. This is a quick last minute bar.

## O'HENRY BARS

*Glendajayne Latcham, Hedrick*

1 C. melted butter  
4 C. oatmeal

½ C. sugar  
1 C. brown sugar

Mix ingredients and pat into a 9x13-inch pan. Bake 10-12 minutes in 350° oven. For frosting, melt one 12 oz. pkg. chocolate chips and ¾ C. peanut butter and spread over bars.

## CHEWY OATMEAL RAISIN BARS

*Margaret Ruth, South English*

1/4 lb. oleo  
1 C. firmly packed light brown sugar  
1 C. all-purpose flour (sifted)  
1 egg  
1 tsp. vanilla

1/2 tsp. baking soda  
1/4 tsp. salt  
1 C. quick rolled oats  
1/2 C. chopped walnuts  
1/2 C. raisins

In mixing bowl, cream oleo and sugar until light and fluffy. Beat in egg, vanilla, flour, soda and salt. Stir in oats, walnuts and raisins until well mixed. Mixture will be very stiff. Turn mixture onto greased 9-inch square baking pan and spread evenly. Bake in preheated 350° oven for 12 minutes. (I spread a thin layer of powdered sugar frosting when still warm.)

## OATMEAL BARS

*Lucinda Wonderlich, Ollie*

1 1/2 C. shortening  
2 C. brown sugar  
1 C. white sugar  
2 eggs  
1/2 C. milk

2 C. flour  
1 tsp. soda  
1 tsp. salt  
6 C. oatmeal  
2 C. chocolate chips

Cream the shortening and sugars together. Add eggs and milk. Add the sifted dry ingredients, stir in the oatmeal. Add chocolate chips. Bake in two 9x13-inch greased pans. Bake at 350° for 20-25 minutes. Watch time closely and don't overbake.

## PEANUT SQUARES

*Hazel Snodgrass, What Cheer*

1 C. peanut butter  
1/2 C. corn syrup  
1/2 C. brown sugar (firmly packed)

1 C. coconut  
3 C. Kellogg's Special K cereal

Combine in order in a saucepan. Cook over moderate heat, stirring until mixture bubbles. Remove from heat and stir in peanut butter. Add Special K cereal and coconut. Stir until well covered. Press in bottom of buttered 8x8-inch pan. Let stand and cool in a cool place until firm. Cut into squares. Yields: 64 (1-inch each) squares.

## PEANUT BUTTER GRANOLA BARS

*Lola Nelson, Ollie*

1/4 C. sugar	1/2 C. peanut butter
1/2 C. brown sugar	1 1/2 tsp. vanilla
3/4 C. light corn syrup or honey	4 C. quick oatmeal
1/2 C. oleo	4 C. Rice Krispies

Melt together sugars, syrup and oleo. Heat and stir and bring to a rolling boil. Remove from heat and add peanut butter and vanilla. Stir until well blended. Pour over the cereals that you have already mixed in a 4-qt. bowl or pan. Mix to coat well. Press in a buttered 10x15-inch jelly roll pan. Let cool to set up and cut into bars. Raisins, nuts, chocolate chips or coconut may be added.

## PUMPKIN BARS

*Delores Ingle, Ollie  
Jill Hale, Sigourney*

2 C. flour	1 tsp. soda
2 C. sugar	1 C. salad oil
2 tsp. cinnamon	4 beaten eggs
2 tsp. baking powder	1 lb. can pumpkin
1/2 tsp. salt	

Combine oil, eggs and pumpkin and add dry ingredients until well blended. Bake in a jelly roll pan, 11x15-inch. Bake 25 minutes at 350°.

### FROSTING:

3 oz. cream cheese (softened)	1/4 C. softened oleo
1 T. vanilla	2 C. powdered sugar

Beat together and spread on pumpkin bars that have been cooled. Nuts or raisins may be added to bars if desired.

## PUMPKIN BARS

*Diana Bruns, Washington*

4 eggs	2 C. flour
1 2/3 C. sugar	2 tsp. baking powder
1 C. oil	2 tsp. cinnamon
1 (16 oz.) can pumpkin	1 tsp. salt and soda

Beat together eggs, sugar, oil and pumpkin until light and fluffy. Stir together flour, baking powder, cinnamon, salt and soda. Add to pumpkin mixture and mix well. Spread batter in ungreased 1x10x15-inch baking pan. Bake at 350° for 25-30 minutes. Cool and frost. Makes 2 dozen.

### FROSTING:

1 (3 oz.) pkg. cream cheese	1 tsp. vanilla
1/2 C. soft butter	2 C. powdered sugar (sifted)

## REESES PEANUT BARS

*Debra Walker, What Cheer*

$\frac{1}{3}$  lb. graham cracker crumbs  
1 lb. powdered sugar

1 C. peanut butter  
1 C. butter or margarine

Pat into 9x13-inch pan and cover with 2 C. chocolate chips and 1 C. peanut butter melted together. Refrigerate 1 hour.

## RHUBARB BARS

*Irene Namer, Keota*

$\frac{1}{2}$  C. oleo  
1 C. flour

5 T. powdered sugar

2 C. sugar  
 $\frac{1}{2}$  C. flour  
1 T. baking powder

3 eggs  
3-4 C. cut rhubarb

Blend first 3 ingredients as you do for pie crust. Press into a 9x13-inch ungreased pan and bake 15 minutes at 350°. Meanwhile mix next 5 ingredients. Spread over crust and continue baking at 350° for 45 minutes more. Delicious!

## RICE KRISPIE BROWNIES

*Jeannie Striegel, Sigourney*

$\frac{1}{2}$  C. margarine  
 $\frac{3}{4}$  C. sugar  
2 eggs  
1 tsp. vanilla  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{3}{4}$  C. flour  
2 T. cocoa

$\frac{1}{4}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
2 C. miniature marshmallows  
1 C. chocolate chips  
1 C. peanut butter  
1 $\frac{1}{2}$  C. Rice Krispies

Cream sugar and margarine. Beat in eggs, vanilla, and cinnamon. Then add cocoa, baking powder, salt. Beat good and add flour. Spread in a greased 9x13-inch pan and bake at 350° for 15 minutes. Remove from oven and sprinkle on the marshmallows evenly. Place pan back in the oven for 2-3 minutes. Remove and cool. In a saucepan melt chocolate chips and peanut butter over low heat. Stir in the Rice Krispies. Spread this over the bars. Cool and cut into bars. This recipe can be doubled for a 15x11-inch jelly roll pan. (These disappear fast at my house!)

## RICE KRISPIES TREATS

*Laura Powers, Farmington*

1/4 C. margarine or butter  
6 C. Kellogg's Rice Krispies cereal

1 (10 oz.) pkg. regular  
marshmallows or 4 C. miniature  
marshmallows

Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies cereal. Stir until well coated. Using buttered spatula or waxed paper, press mixture evenly into buttered 9x13x2-inch pan. Cut into squares when cool. Yield: 24 squares, 2x2-inches. May top with melted chocolate chips.

## SALTED NUT ROLL

*Michele Brower, South English*

1 yellow cake mix  
1/3 C. oleo  
1 egg  
3 C. miniature marshmallows  
2/3 C. Karo syrup (corn syrup)  
1/2 stick oleo

2 tsp. vanilla  
12 oz. pkg. peanut butter chips  
2 C. Rice Krispies  
2 C. salted peanuts  
6 oz. chocolate chips

Mix together until crumbly the yellow cake mix (no other kind), 1/3 C. oleo, 1 egg. Use fork. Press into 9x13-inch pan. Bake at 350° for 13 minutes. Remove and top with 3 C. miniature marshmallows. Return to oven 1-2 minutes until marshmallows puff up, but not brown. Remove and top with topping. Melt together in saucepan 2/3 C. Karo syrup, 1/2 stick oleo, 2 tsp. vanilla and 12 oz. pkg. peanut butter chips. When melted together mix with 2 C. Rice Krispies, 2 C. salted peanuts. Spoon this over ingredients already in pan. Melt 6 oz. chocolate chips and spread over top if desired. Chill and serve. Cut into bars.

## SALTED NUT BARS

*Colleen Payne, Dubuque*

1 1/2 C. flour  
2/3 C. brown sugar  
1/2 tsp. baking powder  
1 tsp. vanilla

1/2 tsp. salt  
1/4 tsp. soda  
1/2 C. margarine (softened)  
2 egg yolks

Combine all ingredients and press into a 9x13-inch pan. Bake at 350° for 15 minutes. Sprinkle 3 C. of miniature marshmallows. Put into oven for 2-4 minutes. Cool. While ingredients above are cooling, combine 2/3 C. light corn syrup, 1/4 C. margarine, 2 tsp. vanilla, 12 oz. pkg. peanut butter chips. Melt together. Remove from heat and add 2 C. Rice Krispies and 2 C. cocktail peanuts. Spread over other ingredients and chill. Cut into bars.

## SNICKER BARS

*Sandy Williams, Richland*

1 German chocolate cake mix	1 (14 oz.) pkg. caramels
$\frac{1}{3}$ C. evaporated milk	$\frac{1}{3}$ C. evaporated milk
$\frac{3}{4}$ C. oleo (melted)	2 C. chocolate chips 1 C. nuts (pecans or walnuts)

Combine cake mix, evaporated milk and melted oleo. Spread half the dough in a 9x13-inch pan and bake for 12 minutes. Melt caramels and evaporated milk. Pour over baked crust. Sprinkle with chocolate chips and nuts. Spread rest of dough on top. Return to oven and bake for 15 minutes. Cut into bars when cool.

## SOUR CREAM RAISIN BARS

*Norma Gene Wonderlich, Ollie*

2 C. raisins	1 $\frac{1}{2}$ C. sour cream
1 C. brown sugar	3 egg yolks
1 C. butter	1 C. white sugar
1 $\frac{3}{4}$ C. oatmeal	2 $\frac{1}{2}$ T. cornstarch
1 tsp. soda	1 tsp. vanilla
1 $\frac{3}{4}$ C. flour	

Cook raisins in small amount of water 10 minutes; drain. Cream brown sugar and butter. Add oatmeal, soda and flour. Pat  $\frac{1}{2}$  of mixture in 9x13-inch pan. Bake 7 minutes at 350°. In heavy cooking pan combine egg yolks, sour cream and cornstarch. Cook, stirring constantly, over low heat until thick. (I add raisins to this mixture and simmer awhile.) Add vanilla, then pour over the baked crust. Top with rest of oatmeal mixture. Return to oven and bake 30 minutes at 350°.

## TURTLE BROWNIES

*Vickie Garrison, Ollie*

1 pkg. German chocolate cake mix	1 C. chocolate chips
$\frac{2}{3}$ C. evaporated milk	1 pkg. Kraft caramels
$\frac{3}{4}$ C. oleo	1 C. chopped pecans

Melt caramels. Add  $\frac{1}{3}$  C. milk. Set aside. Melt  $\frac{3}{4}$  C. oleo, and add to cake mix. Add remaining  $\frac{1}{3}$  C. milk to this and nuts. Dough will be stiff. Press  $\frac{1}{2}$  of dough in greased 9x13-inch pan. Bake at 350° for 6 minutes. Remove from oven and sprinkle with chocolate chips. Pour caramel mixture over the chips. Add remaining dough by dropping over caramel. Bake for additional 16-18 minutes at 350°. Cool, then refrigerate for  $\frac{1}{2}$  hour to set caramel. Excellent!

## STREUSEL PECAN PIE SQUARES *Gina Bennett/Linda Werger, Keota*

### CRUST:

3 C. flour	3/4 C. brown sugar
1 1/2 C. butter	

### FILLING:

3/4 C. brown sugar	1 tsp. vanilla
1 1/2 C. corn syrup	4 eggs
1 C. milk	1 1/2 C. chopped pecans
1/3 C. margarine (melted)	

Heat oven to 400°. In large bowl combine all crust ingredients, blend until crumbly. Reserve 2 C. of crumbs for filling or topping. Press remaining crumbs in bottom of ungreased 10x15-inch jelly roll pan. Bake at 400° for 10 minutes. In large bowl combine 1/4 C. reserved crumbs and all filling ingredients except pecans. Mix well. Stir in pecans. Pour over crust. Bake for additional 10 minutes. Reduce oven temperature to 350°. Sprinkle remaining 1 3/4 C. reserved crumbs over filling. Bake at 350° for 20-25 minutes or until filling is set and crumbs are golden brown. If desired serve with whipped cream or ice cream. Serves 15.

## TWIX BARS

*Linda Werger, Keota  
Pam Gritter, Harper*

Club Crackers	1/2 C. oleo
1 C. graham cracker crumbs	2/3 C. peanut butter
3/4 C. brown sugar	1 (12 oz.) pkg. chocolate chips
1/2 C. white sugar	1 pkg. caramels
1/3 C. milk	1 C. chopped pecans

Butter 9x12-inch pan, then put a layer of Club Crackers. Boil next 5 ingredients for 5 minutes. Pour over crackers. Add another layer of crackers. Melt caramels and pour over last layer of crackers. Sprinkle 1/2 C. chopped pecans over caramels. Melt peanut butter and chocolate chips until smooth, spread over caramels. Top with remaining pecans. Refrigerate. Cut into squares before completely cooled or will be very difficult to cut.

## ULTIMATE CHOCOLATE BROWNIES

*Barb Henderson, Keota*

$\frac{3}{4}$ C. Hershey's cocoa	2 eggs
$\frac{1}{2}$ tsp. baking soda	$1\frac{1}{3}$ C. flour
$\frac{2}{3}$ C. butter or oleo (melted and divided)	1 tsp. vanilla
$\frac{1}{2}$ C. boiling water	$\frac{1}{4}$ tsp. salt
2 C. sugar	1 C. chocolate chips

Heat oven to 350°. Grease rectangular pan, 13x9x2-inch or two square pans. In medium bowl combine cocoa and baking soda. Blend in  $\frac{1}{3}$  C. melted butter. Add boiling water; stir until mixture thickens. Stir in sugar, eggs and remaining  $\frac{1}{3}$  C. melted butter; stir until smooth. Add flour, vanilla and salt; blend completely. Stir in chocolate chips. Pour into prepared pans. Bake 35-40 minutes for rectangular pan, 30-35 minutes for square pans or until brownies begin to pull away from sides of pan. Cool completely in pan(s). Frost with Buttercream Frosting. Makes about 3 dozen brownies.

## —CANDY—

### ALMOND BARK CANDY

*Virginia Burch, Madrid*

1 lb. white almond bark	1 C. salted peanuts
1 C. chunky peanut butter	1 tsp. almond flavor
4 C. Rice Krispie cereal	

Place almond bark in top of double boiler. Melt over low heat. Stir in peanut butter. Remove from heat and stir in remaining ingredients. Press into buttered 9x13-inch pan. Cool and cut. (Chocolate chips may be added.)

### BEER NUTS

*Debora Hinnah, Sigourney*

2 C. raw peanuts (10 oz.)	$\frac{1}{2}$ C. water
1 C. white sugar	Salt

Mix all ingredients together in a medium sauce pan. Cover and cook over low heat, stirring occasionally. Continue cooking until sugar/water dries onto peanuts. Spread evenly onto a cookie sheet. Sprinkle with salt (amount to your taste). Bake in oven, set at 275°-300° for 15 minutes. Stir and bake another 15 minutes.

## AMERICAN LAYERED FUDGE

1 C. milk  
2 C. sugar  
½ tsp. salt

Wanda Tolles, What Cheer

1 (6 oz.) pkg. butterscotch chips  
1 (6 oz.) pkg. chocolate chips

In saucepan mix ½ C. milk, 1 C. sugar and ½ tsp. salt. Bring to full rolling boil while stirring for 5 minutes. Remove and stir in butterscotch chips. Pour into 8-inch square pan that's well buttered. Repeat cooking process with remaining ingredients, boiling only 4 minutes. Mix in chocolate chips and pour over first mixture. After cooling, cut into squares.

## BUTTERMILK FUDGE

2 C. white sugar  
1 tsp. soda  
1 stick oleo

1 C. buttermilk  
3 T. white syrup  
2 C. pecans

Nancy Harris, Sigourney

Cook everything except nuts to soft ball stage, stirring constantly. Add pecans and cool. Beat until it loses its gloss. Drop by teaspoon on waxed paper.

## DIVINITY FUDGE

1 pkg. fluffy white frosting mix  
½ C. boiling water  
⅓ C. white corn syrup  
1 tsp. vanilla

1 (1 lb.) box powdered sugar  
1 C. nuts (optional)  
Use any color food coloring

Jill Hale, Sigourney

In small bowl combine frosting, ⅓ C. corn syrup, 1 tsp. vanilla and ½ C. boiling water. Beat on highest speed until soft peak forms, about 15 minutes. Transfer to large bowl. On low speed blend in 1 lb. powdered sugar. Gradually stir in 1 C. nuts. At this time you can use any color of food coloring you want. Drop by teaspoon on waxed paper. Allow to set 12 hours or overnight. Store in airtight container. Makes 5-6 dozen candy.

*You never get a second chance to make a first impression.*

## EGGNOG FUDGE

*Wanda Tolles, What Cheer*

2 C. sugar	1 tsp. vanilla
1 C. eggnog	½ C. chopped nuts
1 T. light corn syrup	2 T. chocolate chips
2 T. butter or margarine	2 T. butter or margarine

Butter sides of heavy 3-qt. saucepan. In pan combine sugar, eggnog and syrup. Cook over medium heat, stirring until sugar dissolves and mixture boils. Cook to soft ball stage (238°), stirring only as necessary. Remove and cool to lukewarm (110°) without stirring. Add 2 T. butter and vanilla. Beat until fudge is thick and loses gloss. Stir in nuts and spread into 8x4x2-inch pan. In cup melt chips and remaining butter. Drizzle over fudge.

## FOOL-PROOF FUDGE

*Kathy Thompson, Ollie*

3 (6 oz. ea.) pkgs. semi-sweet chocolate chips	Dash salt
1 (14 oz.) can Eagle Brand milk	1½ tsp. vanilla ½ C. chopped nuts

In top of double boiler, over boiling water. Melt chocolate chips with Eagle Brand milk. Remove from heat; stir in remaining ingredients. Spread evenly into waxed paper lined 8-inch square pan. Chill 2 hours or until set. Turn fudge onto cutting board and peel off waxed paper. Cut into squares. Cover and store at room temperature.

## GOLDEN FUDGE

*Ann Garrett, South English*

2 C. sugar	1½ C. creamy peanut butter
⅔ C. evaporated milk	1 tsp. vanilla
1 C. marshmallow creme	

Cook sugar and milk to 234°, using candy thermometer. Add rest of ingredients. Mix well and pour into buttered 8x8-inch pan. Cool and cut.

*No beauty shop can duplicate a pleasant smile.*

## OLD FASHIONED CHOCOLATE FUDGE *Norma Gene Wonderlich, Ollie*

3 C. white sugar	1 ½ C. Half and Half
1/3 C. brown sugar	2 tsp. vanilla
1/3 C. cocoa	2 T. butter
1/4 C. white corn syrup	1/2 C. nuts

Combine sugars, cocoa, syrup and Half and Half in a heavy 4-qt. saucepan. Stir over heat until the sugar is fairly well dissolved and it begins to boil. Cook to soft ball stage, add butter and remove from heat. Let set without stirring until it cools some or you can beat immediately by setting pan in cold water. Beat until it begins to lose its gloss and hold its shape somewhat. Stir nuts in and pour quickly into a greased platter.

## WHITE FUDGE

*Darlyne Fagen/Linda Werger, Keota*

2 C. sugar	1 C. miniature marshmallows
1 C. Carnation milk	1/2 C. flaked coconut
1/2 C. oleo	1/2 C. chopped nuts (walnuts)
8 oz. white almond bark	1 tsp. vanilla

Butter sides of 3-qt. saucepan. Add sugar, milk and oleo. Cook over medium heat to soft ball (234°), stirring frequently. Remove from heat. Add almond bark, marshmallows, coconut, nuts and vanilla. Stir well. Pour into buttered 10x16-inch pan.

## MINTS

*Darlene Adams*

1 (8 oz.) cream cheese (softened)	1 (2 lb.) pkg. powdered sugar
1 tsp. peppermint flavoring	Food coloring

Mix cream cheese and flavoring well. Add food coloring and powdered sugar. Knead well. Pinch off small amount, dip in sugar, press into mold. Pop out on waxed paper covered cookie sheet or cardboard. Dry. Freezes well. Makes approximately 160.

## NUT BALLS

*Darlene Ruggles, Thornburg*

1 stick butter	2 T. sugar
1 C. pecans	1 C. flour
1 tsp. vanilla	

Mix all ingredients together and form into tiny balls. Bake at 250° for 1 hour. Cool slightly and roll in powdered sugar. Roll in sugar again in about 1/2 hour.

## MOUND BARS

*Debora Hinnah, Sigourney*

2 C. graham cracker crumbs	1 stick butter (melted)
$\frac{1}{2}$ C. powdered sugar	
2 C. coconut	1 tsp. vanilla

1 can Eagle Brand milk

Combine first 3 ingredients and press into a 9x13-inch pan. Bake 10 minutes at 350°. Spread next 3 ingredients, layer by layer onto crust. Bake another 10 minutes. Melt 1 large Hershey candy bar with 1 square bitter chocolate. Spread on top. May sprinkle with nuts.

## OHIO BUCKEYES

*Judy Winn, Ollie*

2 C. peanut butter	1 tsp. vanilla
3 C. powdered sugar	12 oz. chocolate chips
1 stick oleo	$\frac{1}{2}$ stick paraffin wax

Mix peanut butter, powdered sugar, oleo and vanilla like a pie crust. Refrigerate 1 hour. Roll into 1-inch balls. Refrigerate 2 hours. Melt chocolate chips and wax together in double boiler over low heat. Stir well. Dip balls into chocolate. Mix with toothpick. Refrigerate.

## PEANUT BUTTER CUPS

*Linda Werger, Keota*

### MELT TOGETHER:

1 (8 oz.) Hershey chocolate	$\frac{1}{4}$ lb. butter
$\frac{1}{2}$ C. peanut butter	

### MELT ALONE:

$\frac{1}{2}$ C. peanut butter	Can put nuts in if desired.
--------------------------------	-----------------------------

Put 1 tsp. chocolate mixture in petit-four case (miniature cupcake papers - come in boxes of 150-200). Spread another teaspoon of melted peanut butter on chocolate mixture, then another teaspoon of chocolate mixture. Let chocolate cool slightly before putting in case. (VARIATIONS: Use crunchy peanut butter in place of regular peanut butter.)

## ROCKY ROAD CANDY

*Darlene Ruggles, Thornburg*

1 pkg. milk chocolate chips  
3/4 C. pecans or walnuts

3/4 C. miniature marshmallows

Melt chips 2 minutes in microwave. Stir. Stir in marshmallows and nuts. Drop on foil. Refrigerate.

## EASY TOFFEE

*Linda Werger, Keota*

1 1/2 C. chopped walnuts  
10 T. butter or margarine

1 C. brown sugar  
3/4 pkg. semi-sweet chocolate pieces

Sprinkle walnuts in 8x8x2-inch baking pan. Cook butter and brown sugar over medium heat to soft ball stage (290°) on candy thermometer, stirring often. Remove from heat, cool slightly and spread over nuts. Sprinkle chocolate pieces on top, let stand until softened, spread evenly over toffee. Chill and break into pieces.

## ENGLISH TOFFEE

*Jane Westendorf, Keota*

1 lb. butter (not oleo)  
2 C. sugar

1 lb. nuts  
12 oz. chocolate chips

Butter a cookie sheet and cover with nuts. Cook butter and sugar in a heavy iron skillet, stirring constantly, until it reaches 300°. It takes about 20-25 minutes to cook over medium heat. Pour over nuts. After it sets a bit, pour chocolate chips on. They will melt. Spread it all over with a spatula. Cool completely and break into pieces.

## QUICK TOFFEE

*Monica Watts*

1/2 lb. real butter  
1 C. sugar

1 (6 oz.) pkg. sei-sweet chips  
(substitute butterscotch chips or  
milk chocolate chips for the  
semi-sweet chips if desired)

3/4 C. chopped nuts (I use pecans)

Combine butter and sugar in large, heavy saucepan. Cook, stirring constantly, to 300° on candy thermometer. Spread thinly on foil covered jelly roll pan. While hot sprinkle with chips. Spread over toffee as they melt. Sprinkle with nuts. Cool. Break into pieces.

## TURTLES

*Emma Speaker/Linda Werger, Keota*

1 (12 oz.) pkg. milk chocolate chips	1 T. peanut butter
1 (14 oz.) pkg. caramels	Pecans

Melt chocolate and peanut butter. Cut caramels in quarters and add to melted chocolate. Stir in pecans. Drop by teaspoon on waxed paper.

## YUMMY DROPS

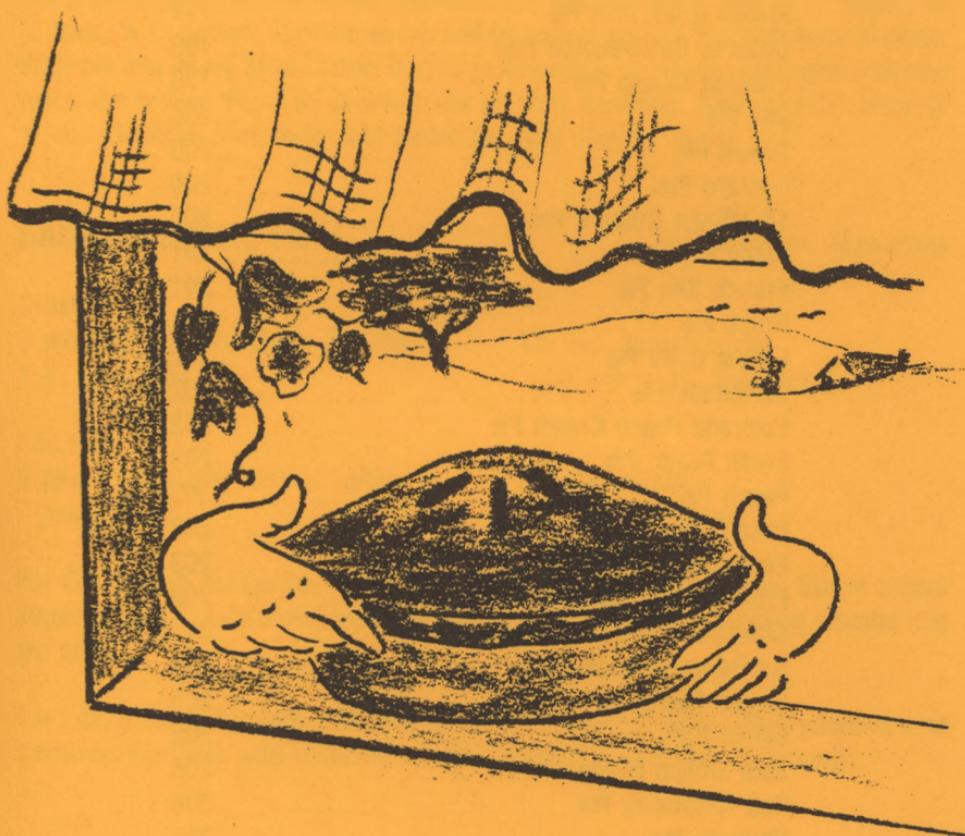
*Judy Winn, Ollie*

2 lbs. butterscotch bark (or almond bark)	4 C. Rice Krispies
1 C. peanut butter	4 C. miniature marshmallows

Melt bark in large glass bowl in 200° oven. Blend in peanut butter, add remaining ingredients and drop onto waxed paper by a teaspoon.



# Pies



## Pies

Paper Bag Apple Pie . . . . .	197
Banana Creme Pie . . . . .	197
Quick Banana Cream Pie . . . . .	197
Black Forest Pie . . . . .	198
Cherry Cheese Pie . . . . .	198
Chocolate Ice Cream Pie . . . . .	198
Amazing Coconut Pie . . . . .	199
Coconut Butterscotch Pie . . . . .	199
Coconut Cream Pie . . . . .	199
Dirt Pie . . . . .	200
Dream Pie . . . . .	200
Custard Pie . . . . .	200
15 Minute Custard Pie . . . . .	200
White Pie . . . . .	201
French Silk Pie . . . . .	201
Grape Pie . . . . .	201
Lemon Cake Pie . . . . .	202
Lemonade Pie . . . . .	202
Colorado Peach Cream Pie . . . . .	202
Fresh Peach Pie . . . . .	203
Peach Pie . . . . .	203
Pecan Pie . . . . .	203
Pecan or Hickory Nut Pie . . . . .	203
Frost-On-The-Pumpkin Pie . . . . .	204
Makes-Its-Own-Crust Pumpkin Pie . . . . .	204
No Bake Pumpkin Pie . . . . .	204
Lemon Raisin Pie . . . . .	205
Raisin Pie . . . . .	205
Sour Cream Raisin Pie . . . . .	205
Red Raspberry Pie . . . . .	206
Rhubarb Pie . . . . .	206
Sour Cream Rhubarb Pie . . . . .	205
Low-Cal Strawberry Pie . . . . .	207
Strawberry Pie . . . . .	207
Very Strawberry Pie . . . . .	208
Pie Dough . . . . .	208
Pie Crust . . . . .	208
Brown Sugar Meringue . . . . .	208
Never Fail Meringue . . . . .	209

## —PIES—

### PAPER BAG APPLE PIE

*Brenda Callahan, Thornburg*

1 unbaked 9-inch pastry shell	1/2 tsp. nutmeg
4 or more large baking apples	1/2 tsp. cinnamon
1/2 C. sugar	2 T. lemon juice

Mix together and put the above ingredients in the pie crust. Mix 1/2 C. sugar, 1/2 C. flour, 1/2 C. butter. Sprinkle on top and be sure to spread well to outside of crust. Slide pie into heavy brown paper bag large enough to cover pie. Fold open end over twice and fasten. Place on cookie sheet for easy handling. Bake in 425° oven for 1 hour. Remove from oven, cut paper bag and cool on cookie rack.

### BANANA CREME PIE

*Vicki Homan, Sigourney*

#### CRUST:

3 whole graham crackers (crushed)	1 1/2 tsp. brown sugar
1 T. margarine	(or use sugar substitute)

#### FILLING:

2 pkgs. sugar-free instant vanilla pudding mix	3 C. skim milk
	2-3 bananas (sliced)

For Crust: Melt margarine. Add crushed graham crackers and mix. Stir in brown sugar (or sugar substitute). Reserve 2 tsp. crumbs. Press remaining crumbs into pie shell.

For Filling: Slice bananas and arrange on the bottom of crust. Pour pudding over bananas. Sprinkle with reserved crumbs. Refrigerate. Makes 6 servings.

### QUICK BANANA CREAM PIE

*Donna Adam, Sigourney*

1 (3 oz.) box instant vanilla pudding mix	1 C. milk
1 small carton sour cream	2 bananas

1 graham cracker crust

Mix pudding mix, sour cream, milk in bowl until thick. Slice bananas in pie shell and pour pudding mix over this. Top with layer of Cool Whip. Decorate with banana slices if desired. Refrigerate until served.

## BLACK FOREST PIE

*Debora Hinnah, Sigourney*

1 (15 oz.) pkg. Pillsbury All Ready pie crust  
1 tsp. flour  
 $\frac{3}{4}$  C. sugar  
 $\frac{1}{3}$  C. unsweetened cocoa  
2 T. flour  
 $\frac{1}{4}$  C. margarine

$\frac{1}{3}$  C. milk  
2 eggs (beaten)  
1 (21 oz.) can cherry pie filling  
1 (9 oz.) container Cool Whip  
1 (1 oz.) square unsweetened chocolate (coarsely grated)

Prepare pie crust according to package directions for filled one crust pie, using 1 T. flour. Heat oven to 350°. In saucepan, combine sugar, cocoa and 2 T. flour; add margarine and milk. Cook until mixture begins to boil, stirring constantly. Remove from heat. Add small amount of hot mixture to eggs; return mixture to pan. Fold half can pie filling into mixture. Pour into crust-lined pan. Bake at 350° for 35-45 minutes or until center is set but still shiny. Cool. Chill 1 hour. Combine 2 C. topping and grated chocolate; spread over cooled pie. Top with remaining pie filling and topping. Chill  $\frac{1}{2}$  hour. Serves 8-10.

## CHERRY CHEESE PIE

*Jill Hale, Sigourney*

1 (9-inch) graham cracker crust  
1 (8 oz.) pkg. cream cheese  
1 (14 oz.) can Eagle Brand sweetened condensed milk

$\frac{1}{3}$  C. Real Lemon lemon juice from concentrate  
1 tsp. vanilla extract  
1 (21 oz.) can cherry pie filling (chilled)

In large mixing bowl, beat cheese until fluffy. Gradually beat in sweetened milk until smooth. Stir in Real Lemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.

## CHOCOLATE ICE CREAM PIE

*Glenda Jayne Latcham, Hedrick*

1 pt. softened vanilla ice cream  
1 box instant chocolate pudding  
Graham cracker crust

Cool Whip  
Chocolate bar

Mix ice cream and chocolate pudding. Put into the crust. Add Cool Whip on top of pie and curl chocolate bar on top of Cool Whip. Refrigerate.

## AMAZING COCONUT PIE

*Lois Bruns, Sigourney*

2 C. milk	1 1/2 tsp. vanilla
3/4 C. sugar	1/2 C. biscuit mix
4 eggs	1 C. coconut
1/4 C. butter or margarine (melted)	

Combine milk, sugar, biscuit mix, eggs, butter and vanilla in blender and cover. Blend n low speed for 3 minutes. Pour into a greased 9-inch pie plate. Let stand for 5 minutes. Sprinkle coconut over the top and bake at 350° for 40 minutes. Makes its own crust. You can omit the coconut and have amazing custard pie if you like.

## COCONUT BUTTERSCOTCH PIE

*Helen Evans, South English*

2 C. milk	2 eggs
3 1/2 T. flour	1 C. brown sugar
3 T. butter	1/8 tsp. salt
1 tsp. vanilla	1 C. coconut

Mix sugar and flour. Add to the milk which has been scalded. Cook until thick. Remove from heat and add butter, salt, coconut and stir in egg yolks lightly beaten. Cook 1 minute longer. Add vanilla. Pour in baked 8-inch or 9-inch pie shell. Make meringue with the 2 egg whites. Put on pie and bake at 325° until nicely browned.

## COCONUT CREAM PIE

*Norma Gene Wonderlich, Ollie*

9-inch baked pie shell	2 1/4 C. milk
1/2 C. sugar	1 tsp. vanilla
3 1/2 T. cornstarch	1/2 tsp. lemon (optional)
1/4 tsp. salt	2 T. butter
3 eggs (separated)	1/2 C. coconut

Mix sugar, cornstarch, 1/4 tsp. salt together in a saucepan. Add a small amount of milk and stir in egg yolks. Beat with a spoon until mixed well. Add remaining milk and cook, stirring constantly, until it thickens or cook in a double boiler (could be cooked in microwave). After it is cooked, add extracts, butter and coconut. Pour into baked crust, top with meringue of egg whites. Immediately sprinkle on a little flaked coconut and brown a few minutes at 400°. Can omit meringue and top after cooled with whipped cream.

## DIRT PIE

*Debra Goodwin, Hedrick*

½ gal. vanilla ice cream (softened)  
1 large pkg. Oreo cookies  
1 C. butter (melted)

2 waxed paper packages graham  
crackers

Crush to fine crumbs Oreo cookies and graham crackers. Mix well, add melted butter and toss. Press ½ of this mixture in a 9x13-inch cake pan. Spread ice cream evenly over the crust. Sprinkle remaining ½ of mix over ice cream layer and press. Freeze overnight.

## DREAM PIE

*Jill Hale, Sigourney*

2 envelopes Dream Whip  
2 ¾ C. cold milk  
1 baked 9-inch pie shell (cooled)

2 pkgs. Jello brand instant  
pudding (any flavor)

Prepare whipped topping mix with 1 C. milk as directed on package. Using large mixing bowl, add remaining 1 ¾ C. milk and the pudding mix. Blend, then beat at high speed for 2 minutes, scraping bowl occasionally. Spoon into pie shell. Chill at least 4 hours.

## CUSTARD PIE

*Wanda C. Tolles, What Cheer*

2 ½ C. scalded milk  
½ C. sugar  
3 eggs

1 T. vanilla  
½ tsp. nutmeg  
1 unbaked pie shell

Cool scalded milk and add all ingredients. Pour into pie shell and bake at 400° for 25-30 minutes. This recipe can also be used for bread pudding. Pour over broken dried bread (about 4 slices) and bake as above.

## 15 MINUTE CUSTARD PIE

*Darlene Adams, Keota*

3 eggs  
½ C. sugar  
¼ tsp. salt

1 ½ tsp. vanilla  
¼ tsp. nutmeg

Mix above ingredients just a bit. Add 2 C. hot scalded milk using a small amount first to heat mixture without turning egg whites, then add remaining milk and mix just enough to mix. Pour into unbaked pie shell. Bake at 475° for 5 minutes. Reduce heat to 425°. Bake 10 minutes more or until knife blade inserted into center comes out clean. (HINT: This can be made with 6 egg yolks instead of 3 eggs.)

## CUSTARD WHITE PIE

*Judy Winn, Ollie  
In Memory of Ethel Burton*

1 C. milk	Pinch of salt
1 stick oleo	2 egg whites
4 T. flour	2 T. sugar
1/2 tsp. vanilla	

Heat 1 C. milk in double boiler. Add sugar, milk, flour, salt and cook over medium heat until thickened and smells done. Beat egg whites and vanilla and fold into pudding mix. Pour into baked pie shell or graham cracker crust. Top with ground nutmeg. Needs to be kept refrigerated.

## FRENCH SILK PIE

*Angie Muilenburg, Keota  
Becky Hahn, Keota*

1 C. sugar	3 eggs
3/4 C. butter	8 oz. container whipped cream
3 oz. unsweetened chocolate squares	Hershey candy bar to make chocolate curls
1 1/2 tsp. vanilla	Graham cracker pie crust

Cream sugar and butter for 4 minutes. In a double boiler, melt chocolate squares and cool. Add cooled chocolate and vanilla to sugar and butter. Beating on medium speed, add eggs one at a time, beating 2 minutes after each egg. Turn into graham cracker crust pie shell and chill for several hours. Garnish with whipped cream and chocolate curls. Be sure to beat ingredients as long as the directions say or pie will not turn out right.

## GRAPE PIE

*Debora Hinnah, Sigourney*

5 1/3 C. grapes	1 1/4 tsp. lemon juice
1 1/3 C. sugar	1/4 tsp. salt
1/4 C. flour	

Remove grape pulp from skins and save skins. Put pulp into a saucepan without water and bring to a rolling boil. While mixture is hot, rub through strainer to remove seeds. Mix strained pulp with skins. Now mix all ingredients together and place in a 9-inch unbaked pie shell. Top with upper crust. Bake 425° for 35-45 minutes.

## LEMON CAKE PIE

*Susan Snakenberg, Sigourney*

3 T. oleo  
5 T. flour  
1 C. sugar

1 C. milk  
1 lemon (grated rind and juice)  
2 eggs (separated)

Cream  $\frac{3}{4}$  C. sugar and oleo. Add flour. Beat egg yolks, then add milk, lemon rind and juice. Add to sugar mixture. Beat egg white until stiff and add  $\frac{1}{4}$  C. sugar to whites. Fold both mixtures together. Pour into buttered pie pan. (Can use custard cups.) Set pan in hot water. Bake at 350° for 40 minutes. (Option: May use unbaked pie shell.)

## LEMONADE PIE

*Kim Anderson/Linda Werger, Keota*

1 (6 oz.) can frozen pink lemonade  
1 (8 oz.) Cool Whip

1 can Eagle Brand milk  
1 graham cracker pie crust

Mix lemonade, Cool Whip and milk. Pour in pie crust. Refrigerate for at least 2 hours. Very refreshing! Can substitute frozen orange juice in place of lemonade.

## COLORADO PEACH CREAM PIE

*Kathy Thompson, Ollie*

### FILLING:

4 C. fresh sliced peaches  
1 C. sugar (divided)  
2 T. flour  
1 egg

$\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla  
1 C. sour cream

### CRUST:

$\frac{1}{2}$  C. butter  
 $\frac{1}{2}$  tsp. salt

1  $\frac{1}{2}$  C. flour

### TOPPING:

$\frac{1}{3}$  C. sugar  
 $\frac{1}{4}$  C. butter

$\frac{1}{2}$  C. flour  
1 tsp. cinnamon

For Crust: Cut butter into flour and salt. Press into 9 or 10-inch pie plate.

For Filling: Sprinkle peaches with  $\frac{1}{4}$  C. sugar. Let stand. Combine  $\frac{3}{4}$  C. sugar, flour, egg, salt and vanilla. Fold in sour cream. Stir in peaches. Pour into crust. Bake at 400° for 15 minutes. Reduce heat to 350° and bake for 20 minutes. Combine topping and sprinkle over pie. Bake 10 minutes at 400°.

## FRESH PEACH PIE

*Miss Valburga Heisdorffer, Keota*

Peaches (cut into slices)

1 C. cream or Carnation milk

1 C. sugar

1 tsp. vanilla

2 T. cornstarch

Line an unbaked pie shell with the peaches, cut side up. Combine sugar, cornstarch, cream and vanilla. Pour over peaches. Bake until done. (I make fresh cherry pie like this. Make a fresh apple pie by slicing apples and sprinkle a little cinnamon over the top of them.)

## PEACH PIE

*Cheryl Osweiler, South English*

### CRUST:

1½ C. flour

2 T. milk

1 T. sugar

½ C. oil

Scant tsp. salt

### FILLING:

1 C. sugar

¼ C. peach Jello (dry)

1 C. water

Peaches, nutmeg or lemon juice

2 T. cornstarch

Dash salt

Mix all crust ingredients and bake at 400° for 10-15 minutes. This crust you have to pat in pie plate. For the filling, cook sugar, water and cornstarch until thick and clear. Add Jello, sliced peaches, nutmeg or lemon juice. Pour into crust and refrigerate until set.

## PECAN PIE

*Wanda C. Tolles, What Cheer*

1 C. sugar

3 eggs

½ C. syrup

½-1 C. pecans

¼ C. butter (melted)

1 unbaked pie shell

Mix, starting with beaten eggs. Pour in pie shell. Bake at 375° for 40 to 45 minutes.

## PECAN OR HICKORY NUT PIE

*Margaret Hollingsworth*

1 C. light corn syrup

3 slightly beaten eggs

1 C. brown sugar

1 tsp. vanilla

½ tsp. salt

1 (9-inch) unbaked pie shell

½ C. melted margarine

1 C. pecans or hickory nuts

Combine corn syrup, brown sugar, salt, margarine and vanilla; mix well, then add slightly beaten eggs. Pour into pie shell and bake at 350° for 20 minutes. Remove from oven and sprinkle nutmeats over the top and bake 25 more minutes or until center is set. If nutmeats start to become too brown, cover with foil to finish baking.

## FROST-ON-THE-PUMPKIN PIE

*Cheryl Osweiler, South English*

### CRUST:

1 1/4 C. graham cracker crumbs	1/4 tsp. nutmeg
3 T. sugar	1/8 tsp. cloves
1/2 tsp. cinnamon	1/3 C. margarine (melted)

### FILLING:

1 can frosting (vanilla)	1/2 tsp. ginger
1 C. dairy sour cream	1/4 tsp. cloves
1 C. canned pumpkin	8 oz. Cool Whip

Heat oven to 350°. In small bowl combine all crust ingredients. Stir until blended. Reserve 2 T. crumbs for topping. Press crust mixture in 9-inch or 10-inch pie plate. Bake at 350° for 6 minutes. Cool. In large bowl combine all filling ingredients except Cool Whip. Beat 2 minutes at medium speed. Fold in 1 C. Cool Whip. Pour into cooled crust. Spread remaining Cool Whip over filling, sprinkle with reserved crumbs. Refrigerate at least 4 hours before serving.

## MAKES-ITS-OWN-CRUST PUMPKIN PIE

*Rosemary Adam, Sigourney*

2 eggs	1 tsp. cinnamon
3/4 C. sugar	1/4 tsp. nutmeg
1 can Carnation + water to make 2 C.	1/2 tsp. salt
1/4 tsp. cloves	1 1/2 C. pumpkin
1/2 tsp. ginger	1/2 C. Bisquick

Pour all into blender. Blend on medium speed. Pour into 10-inch pie pan. Bake at 350° for 45-50 minutes.

## NO BAKE PUMPKIN PIE

*Carrie Witt, What Cheer*

1 tsp. cinnamon	1 envelope Knox gelatin
1/2 tsp. nutmeg	2 T. water
1/2 tsp. ginger	1 egg (slightly beaten)
1/2 tsp. salt	1 can Eagle Brand milk
Graham cracker crust	1 small can pumpkin or 2 C.

Blend milk, egg, spices and salt and set aside. In medium saucepan, sprinkle gelatin over the 2 T. water; let stand 1 minute, then stir over low heat until the gelatin is dissolved. Blend in milk mixture, continue stirring over low heat until slightly thickened, then blend in pumpkin. Put in Keebler graham cracker crust. Chill until firm, top with Cool Whip.

## LEMON RAISIN PIE

*In Memory of Grace Strupp*

1 C. raisins	3 T. flour
1 C. milk	A few grains of salt
2 egg yolks	2 T. lemon juice
2/3 C. sugar	

Beat egg yolks and add sugar, flour and a little of the milk. Set aside and put raisins on to cook with the rest of the milk and boil for a few minutes. Then add mixture and let it come to a boil. Add lemon juice and put in a baked pie shell. Frost with egg white which have been beaten with 4 T. sugar added to them. Bake at 400° until light brown.

## RAISIN PIE

*Kay Peiffer, Sigourney*

1 C. raisins	2 T. flour
1 C. cream (Half and Half)	1 pie shell
2 eggs (separated)	1/4 tsp. salt
3/4 C. sugar	4 T. sugar

Cook raisins in enough water to cover. Combine 2 egg yolks, sugar, flour and cream. Add to raisin mixture. Cook until thick. Add vanilla. Beat egg whites with salt and 4 T. sugar. Brown in oven.

## SOUR CREAM RAISIN PIE

*Wanda Tolles, What Cheer*

### FILLING:

1 egg	1 tsp. cinnamon
1 1/2 C. brown sugar	1/2 tsp. cloves
1 1/2 C. chopped raisins	1/2 tsp. allspice
1 C. sour cream	1/2 tsp. salt
1 tsp. vinegar	1 pastry shell

Mix in order given. Put into pie shell. Bake in hot oven, 450°, for 10 minutes. Turn down to 350° and bake 1/2-3/4 hour until done.

*Give others a piece of your heart, not a piece of your mind.*

## RED RASPBERRY PIE

*Marlene Leinenweaver, South English*

9-inch baked pie shell	1 C. water
1 C. sugar	3 T. raspberry Jello
3 1/2 T. cornstarch	1 (10 oz.) pkg. Birdseye frozen
3 T. white Karo syrup	red raspberries (in light syrup)

Mix together sugar, cornstarch, Karo and water. Cook until clear and slightly thickened, stirring constantly. Remove from fire and stir in Jello. Cool and add thawed raspberries. Pour into shell and refrigerate. Serve with whipped cream.

## RHUBARB PIE

*Kay Helscher, Keota*

3 1/2-4 C. rhubarb	6 T. flour
1 egg	1/4 tsp. salt
1 1/4 C. sugar	

Cut rhubarb into pieces and measure. Slightly beat and coat rhubarb with egg. Mix flour, sugar and salt. Pour over rhubarb and coat rhubarb well with flour mixture. Pour into 9 1/2-inch pie shell. Cover with top pie crust. Bake in preheated 425° oven for 40-45 minutes.

## RHUBARB PIE

*Mrs. Roberta Haupert, What Cheer*

2 C. rhubarb (cut fine)	1/4 C. oatmeal
1 C. sugar	1/4 C. sugar
1 egg (beaten)	2 T. flour
2 T. flour	1 T. margarine

Mix first 4 ingredients and pour into 8-inch unbaked pie shell. Blend next 4 ingredients until crumbly. Sprinkle over top of pie. Bake 15 minutes at 400°. Reduce to 325° and bake for 30-35 minutes.

## SOUR CREAM RHUBARB PIE

*Marie Bottger, Ollie*

3-4 C. rhubarb	2 T. butter
1 1/2 C. sugar	2 1/2 T. flour
2 eggs	4 T. sour cream

Cover rhubarb with boiling water. Let stand 5 minutes. Drain. Combine remaining ingredients and pour over rhubarb and mix. Bake 1 hour at 350° in an unbaked pastry shell.

## LOW-CAL STRAWBERRY PIE

*Vicki Homan, Sigourney*

### CRUST:

1/2 C. + 1 T. flour  
1/3 C. skim milk  
1 T. vegetable oil

2 tsp. baking powder  
1 tsp. artificial sweetener

### FILLING:

3 C. halved fresh strawberries  
1 (3 oz.) pkg. sugar-free strawberry Jello

1 T. cornstarch  
1 1/2 C. water

For Crust: Mix all ingredients. Press into a pie pan (sprayed with non-stick spray). Bake at 400° for 10 minutes or until lightly browned. Remove from oven and cool.

For Filling: In a saucepan, combine Jello and cornstarch. Gradually add water. Cook over medium heat until mixture thickens slightly. Remove from heat and cool slightly. Put sliced berries into crust. Pour cooked mixture over berries. Cool. Can top with whipped cream or sweetened yogurt. Makes 6 servings.

## STRAWBERRY PIE

*Thomas Christy, Bonaparte*

1 C. sugar  
2 C. water  
1/3 C. + 1 T. cornstarch

1/3 C. + 1 T. corn syrup  
1 box strawberry Jello  
4 pints strawberries

Bring sugar, water, cornstarch and corn syrup to a boil; cool until thick. Remove from heat and stir in 1 box strawberry Jello. Cool good. Mix 1/2 of berries with 1/2 of thickening and pour into baked pie shell. 4 pints strawberries - 2 per pie. Chill and serve. Makes 2 pies.

## STRAWBERRY PIE

*Debora Hinnah, Sigourney*

1 C. water  
1 C. sugar  
3 T. cornstarch

3 T. white syrup  
1/8 tsp. salt

Combine all ingredients until clear, remove from heat and add 2 T. strawberry Jello and 1 tsp. red food coloring. Place about 1 quart fresh strawberries in a 9-inch pie shell (already cooked). Pour glaze over strawberries.

## VERY STRAWBERRY PIE

*Cindy Hewitt, Keosauqua*

4 serving size strawberry Jello  
3/4 C. boiling water  
1/2 C. ice cubes  
4 serving size pkg. vanilla instant  
pudding

3/4 C. milk  
3 1/2 C. Cool Whip  
1 pint strawberries (hulled/sliced)  
1 baked 9-inch pie shell

Completely dissolve gelatin in boiling water. Add ice cubes and stir until melted. Prepare pie filling mix with 3/4 C. milk as directed on package for pie, let stand about 2 minutes. Blend in gelatin. Chill if necessary until thickened. Fold in 2 C. whipped topping and strawberries. Pour into crust. Freeze 1 hour or chill in the refrigerator for 3 hours before serving. Garnish with remaining Cool Whip and berries.

## PIE DOUGH

*Nancy Winn, Ollie*

3 C. flour  
1 C. lard  
1 egg

6 T. vinegar  
6 T. cold water  
Pinch salt

Cut the lard into flour with 2 knives or a pastry blender. Add the rest of the ingredients. Make two 9-inch double crust pies. (Before putting my pies into the oven I mix egg and a little water, brush on top of pie to give it a golden brown color.)

## PIE CRUST

*Voncile Burton Henderson*

2 C. flour  
1 stick margarine

1/2 C. Crisco  
6 T. cold milk

Blend flour, margarine and Crisco to usual crumb consistency. Add milk with least possible mixing. Makes 3 single 9-inch crusts.

## BROWN SUGAR MERINGUE

*Kathy Thompson, Ollie*

8-inch pie: 2 eggs and 1/4 C. sugar  
9-inch pie: 3 eggs + 6 T. sugar

10-inch pie: 4 eggs + 1/2 C. sugar  
3/4 tsp. vanilla

Substitute brown sugar for white sugar. Beat egg whites, 1/4 tsp. cream of tartar until foamy. Beat in sugar 1 T. at a time. Beat in vanilla. Continue beating until stiff and glossy. Don't underbeat.

## NEVER FAIL MERINGUE

*Kathy Thompson, Ollie*

1 T. cornstarch  
½ C. water  
3 egg whites

6 T. sugar  
½ tsp. salt  
1 tsp. vanilla

Cook cornstarch and water until clear, about 5 minutes. Cool. Beat egg whites until stiff. Gradually add sugar, salt and vanilla. Beat in cornstarch mixture last. Bake until light brown.

## **“JUST FOR NOTES”**

# Desserts



## Desserts

Apple Crisp . . . . .	211	Mom's Dessert . . . . .	220
Apple Turnovers . . . . .	211	Pacific Ginger Torte . . . . .	220
Banana Split Dessert . . . . .	212	Peach Salad . . . . .	219
Blackberry Cobbler . . . . .	211	Pear Puree Salad . . . . .	220
Buster Bars . . . . .	212	Rainbow Dessert . . . . .	221
Buster Bar Dessert . . . . .	212	Rice Pudding . . . . .	221
Buttermilk Brownies . . . . .	213	Rhubarb Cherry Crunch . . . . .	221
Cherry Blossoms . . . . .	213	Rhubarb Cream Dessert . . . . .	222
Cherry Cobbler . . . . .	213	Rhubarb Crisp . . . . .	222
Chocolate Eclair Dessert . . . . .	214	Rhubarb Crunch . . . . .	222
Chocolate Lush . . . . .	213	Rhubarb Dessert . . . . .	223, 224
Eclair Dessert . . . . .	214	Rhubarb Pudding . . . . .	224
8 Minute Cheese Cake . . . . .	215	Rhubarb Surprise . . . . .	224
Four Layer Delight . . . . .	215	Rhubarb Swirl . . . . .	225
Four Layer Dessert . . . . .	216	Rhubarb Torte . . . . .	225
Fried Apple Rings . . . . .	215	Scalloped Pineapple . . . . .	225
Frozen Strawberry Dessert . . . . .	216	Delicious Strawberry Salad . . . . .	226
Fruit Pudding . . . . .	217	Suet Pudding . . . . .	226
Gooseberry Pie . . . . .	217	Wheaten Strawberry-Peach Shortcake . . . . .	227
Graham Cracker Fruit Salad . . . . .	217	Cherry Nut Ice Cream . . . . .	226
Lemon Bars . . . . .	218	Ice Cream Dessert . . . . .	227
Lemon Pudding Dessert . . . . .	218	Homemade Ice Cream . . . . .	227
Lemon Roll . . . . .	218	Ice Cream . . . . .	228
Lo-Cal Fruit Cup . . . . .	219	Ice Cream Sandwiches . . . . .	228
Luscious Lemon Dessert . . . . .	219	Oreo Ice Cream . . . . .	228
Microwave Fruit Dessert . . . . .	219		

## —DESSERTS—

### APPLE CRISP

*Debra Walker, What Cheer*

3 medium pared apples	3/4 C. quick cooking oats
3/4 C. brown sugar	1/2 C. softened butter or margarine
1/2 C. flour	Cinnamon to taste (optional)

Put apples in lightly greased 9x9-inch pan. Preheat oven at 350°. Mix remaining ingredients. Put on apples and bake about 35 minutes. Serves 6.

### APPLE TURNOVERS

*Janice Blosser, South English*

3 C. sifted all-purpose flour	5-6 T. water
3 T. granulated sugar	1 (20-22 oz.) can prepared apple
1 1/2 tsp. salt	pie filling (or use any pie
1/2 tsp. cinnamon	filling of your choice)
1 1/4 C. Crisco	Confectioner's sugar

Preheat oven to 425°. Combine flour, granulated sugar, salt, cinnamon. Cut in Crisco with pastry blender until mixture is uniform. Sprinkle dough with water a tablespoon at a time, stirring it with a fork until just enough has been added so dough can be patted into a ball. Divide pastry in half. On a lightly floured surface, roll 1/2 into a 10x15-inch rectangle. Cut into six 5-inch squares. Repeat with other half of dough. Place about 2 measuring tablespoons of fruit filling in center of each square. Moisten pastry edges with water. Fold over 1/2 of pastry to form triangle. Seal edges firmly with a fork. Prick top with fork for steam to escape. Bake on ungreased baking sheets 12-15 minutes or until lightly browned. Cool slightly. Drizzle with powdered sugar frosting. Makes 12.

### BLACKBERRY COBBLER

*Don Aller, Harper*

1 qt. blackberries	2 C. Bisquick
2 1/2 T. cornstarch	1 1/4 C. milk
1 C. sugar	3 T. sugar

Mix berries in 9x13-inch Pyrex pan with 1 C. sugar. Add 2 1/2 T. cornstarch to 1 1/4 C. water. Stir and pour over berries. Add 3 T. sugar to Bisquick and add milk. Mix and pour over berries. Bake for 30 minutes at 350°.

## BANANA SPLIT DESSERT

*Judy Winn, Ollie*

### CRUST:

½ C. oleo (melted)

2 C. graham cracker crumbs

2 eggs

4 bananas (sliced)

2 C. powdered sugar

1 (9 oz.) whipped topping

¾ C. oleo

½ C. pecans

1 tsp. vanilla

1 (4 oz.) jar maraschino cherries

1 (20 oz.) can crushed pineapple  
(drained)

(drained)

Beat eggs until light and add powdered sugar, oleo, vanilla. Beat 5 minutes. Spread over crust. Chill 30 minutes. Spread drained pineapple over creme mix and top with bananas. Cover with whipped topping and garnish with nuts and cherries. Cover and refrigerate overnight.

## BUSTER BARS

*Maryann Bell, Keota*

1 lb. Oreo cookies

Chocolate syrup

½ stick margarine

Salted peanuts

Vanilla ice cream

Cool Whip

Crush the 1 lb. Oreo cookies and add to it the ½ stick margarine (melted). Put all but 1 C. in bottom of 9x13-inch pan. Layer vanilla ice cream, chocolate syrup, peanuts. Cool Whip, 1 C. Oreos on top. Freeze and cut into squares to serve. Delicious!!

## BUSTER BAR DESSERT

*Mary Vittetoe, Keota*

Regular size Oreo cookies (crushed)

2 C. powdered sugar

½ C. melted oleo

⅔ C. chocolate chips

½ gal. softened ice cream

½ C. oleo

1 lb. salted peanuts

1 can evaporated milk

Combine crushed cookies with oleo and place in the bottom of a 9x13-inch pan. Spoon ice cream over cookies. Sprinkle with nuts. Freeze. For Topping: Combine remaining ingredients in pan and melt. Bring to boil and simmer 10 minutes. Let cool. Pour over dessert and freeze. Soften in refrigerator 10 minutes before serving.

## BUTTERMILK BROWNIES

*Agnes Grove, South English*

2 C. sugar	½ C. salad oil
2 C. flour	½ C. buttermilk
4 T. cocoa	1 tsp. baking soda
1 C. cold water	2 eggs
½ C. margarine	1 tsp. vanilla

Sift together sugar, flour and cocoa. Bring to boil - water, margarine and salad oil. Pour into dry ingredients and beat until smooth. Add ½ C. buttermilk, baking soda, eggs and 1 tsp. vanilla.

### FROSTING:

½ C. margarine	1 box powdered sugar
¼ C. cocoa	1 tsp. vanilla
⅓ C. buttermilk	

Combine and bring to a boil margarine, cocoa and buttermilk. Add 1 box powdered sugar and 1 tsp. vanilla. Mix well and frost brownies.

## CHERRY BLOSSOMS

*Debra Goodwin, Hedrick*

¾ C. sugar	1 T. lemon juice
2 eggs	1 tsp. vanilla
2 (8 oz. ea.) pkgs. cream cheese	1 can cherry pie filling
Vanilla wafers	

Put cupcake liners in muffin tins with a vanilla wafer in each. Mix all above ingredients well and place 1½ T. over each wafer. Bake 15 minutes at 375°. Cool well, then top with 1-2 T. pie filling. Chill.

## CHERRY COBBLER

*Debra Goodwin, Hedrick*

Sift together 1 C. flour, 2 tsp. baking powder, ¼ tsp. salt. Blend in 4 T. butter, ½ C. sugar, 1 egg and ¼ C. milk. Place in a greased 9x9-inch deep dish pan. Spoon on top of batter 2 C. sweetened cherries and 1 T. tapioca if you want it thicker. Bake 45 minutes at 375°.

## CHOCOLATE LUSH

*Jill Hale, Sigourney*

Melt 1 (12 oz.) pkg. chocolate chips and 2 T. water in large pan. Beat 4 egg yolks and salt. Add chocolate mixture to yolks when melted. Beat 4 egg whites with 2 T. powdered sugar. Fold into cooled chocolate mixture. Whip 1 C. cream, fold in ½ C. nuts, 1 tsp. vanilla into above mixture. Break up angel food cake into a buttered 13-inch pan and pour mixture over cake.

## CHOCOLATE ECLAIR DESSERT

(Make 48 hours ahead)

2 pkgs. French vanilla pudding mix  
(instant)  
3 1/2 C. milk

1 (8 oz.) Cool Whip  
Box graham crackers

Butter 9x13-inch pan and line with graham crackers. Pour 1/2 of above mixture over this. Layer another layer of crackers. Pour rest of pudding mixture over this. Top this with layer of crackers. Frost with:

2 squares unsweetened chocolate  
3 T. margarine  
3 T. milk

1 T. white syrup  
1 tsp. vanilla  
1 1/2 C. powdered sugar

Pour over crackers.

## CRACKER DESSERT

*Imogene Homan, Webster*

14 soda crackers  
1 C. sugar  
1/2 tsp. baking powder

3 egg whites  
1/2 C. finely chopped nuts  
1 1/2 tsp. vanilla

1 C. whipped cream

1 box frozen strawberries

Beat egg whites until stiff. Fold in sugar and vanilla. Fold in crackers, crushed fine, baking powder and walnuts. Bake in well greased 9-inch pie pan, 30 minutes at 350°. Beat cream. Fold in strawberries, well drained. Put on baked crust. Refrigerate several hours.

## ECLAIR DESSERT

*Karen Greiner, Harper*

2 large pkgs. instant vanilla pudding  
3 C. milk

9 oz. carton Cool Whip  
Whole graham crackers

Beat together pudding and milk. Add Cool Whip and fold together. Layer whole graham crackers in 9x13-inch pan. Put half of pudding mixture over graham crackers and another layer of graham crackers, another layer of pudding mixture. Top with 3rd layer of graham crackers.

For Frosting: Melt together 2 squares unsweetened chocolate, 3 tsp. oleo, 2 T. corn syrup, 3 T. milk, and 1 tsp. vanilla. When melted remove from heat. Add 1 1/2 C. powdered sugar. Spread over dessert. Refrigerate overnight.

## 8 MINUTE CHEESECAKE

*Jill Hale, Sigourney*

1 pkg. cream cheese (softened)  
1/3 C. sugar  
1 C. (1/2 pt.) sour cream  
2 tsp. vanilla

1 (8 oz.) container Cool Whip  
(thawed)  
1 graham cracker crust  
Fresh strawberries to garnish

Beat cheese until smooth. Gradually beat in sugar, blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into crust. Chill at least 4 hours. Garnish with fresh strawberries.

## FOUR LAYER DELIGHT

*Debora Hinnah, Sigourney*

### FIRST LAYER:

1 C. flour  
1/2 C. margarine

1/2 C. chopped pecans

### SECOND LAYER:

1 C. Cool Whip from a 10 oz. carton  
1 C. powdered sugar

1 (8 oz.) pkg. cream cheese

### THIRD LAYER:

2 small pkgs. instant pudding  
(lemon or chocolate)

Milk required according to package

### FOURTH LAYER:

Remaining Cool Whip

Mix ingredients of First Layer together well and pat into a 9x13-inch baking dish. Bake at 375° for 20-30 minutes. Cool. Mix ingredients of Second Layer together on low speed of mixer until fluffy; spread on cooled crust. Mix pudding and required milk for 2 minutes and spread on top of second layer. Spread remaining Cool Whip on top. Refrigerate 4 hours.

## FRIED APPLE RINGS

*Mike Buman, Sigourney*

2 T. butter or margarine  
1/3 C. sugar

2 apples (cored, sliced into  
1/4-inch to 1/2-inch rings  
(8 total)

Place butter in skillet and heat until medium-hot. Add apple rings, arranging in a single layer. Cook for 2 minutes. Sprinkle sugar over rings and turn over, cooking for an additional minute or two, or until sugar has melted and apple rings are golden brown on both sides. Great served alongside ham or bacon, or on top of oatmeal. Serves 4-8.

## 4 LAYER DESSERT

*Jill Hale, Sigourney*

### FIRST LAYER:

1 C. flour	½ C. butter
¼ C. powdered sugar	

Press in pan. Bake for 10 minutes at 350°.

### SECOND LAYER:

1 (8 oz.) pkg. cream cheese	1 C. powdered sugar
1 C. Cool Whip	

Spread on cooled first layer.

### THIRD LAYER:

2 pkgs. chocolate pudding and	4 ½ C. milk
1 pkg. vanilla pudding	

Spread on 1st and 2nd layers.

### FOURTH LAYER:

Rest of Cool Whip	Sprinkle with shaved chocolate
or mini-chocolate chips	

## FROZEN STRAWBERRY DESSERT *Margaret Hollingsworth, Sigourney*

1 C. flour	2 egg whites
¼ C. brown sugar	1 C. frozen strawberries
½ C. chopped nuts	2 T. lemon juice
½ C. margarine	1 envelope Dream Whip

Crumble together flour, brown sugar, margarine and nuts. Bake in 9x13-inch pan at 350° for about 20 minutes. Remove ½ of crumbs and save for topping. Beat the 2 egg whites at high mixer speed, add strawberries and lemon juice and beat for 10 minutes. Prepare the Dream Whip and fold into strawberry mixture. Pour into pan and top with remaining crumb mixture. Freeze.

## FRUIT PUDDING

*Daisy Hymes, Sigourney*

1 C. sugar	1 pint fruit or berries
2 C. sifted flour with 1 tsp. baking powder	1 C. sugar
1 C. sweet milk	2 C. hot water
Butter the size of a walnut	Dots of butter

Is as good as pie and so much easier to make. Mix into batter: 1 C. sugar, 2 C. flour with baking powder, 1 C. sweet milk and butter. Pour in a greased pan. Pour over it the fruit or berries; whichever you have on hand. Top with sugar and hot water. Dot with butter. Bake in oven until batter comes to the top and browns.

## GOOSEBERRY PIE

*Debra Walker, What Cheer*

4 C. gooseberries	½ C. flour
1 ¾ C. sugar	

Wash and stem gooseberries. Mix all ingredients together and let set while making crust.

CRUST: 2 crust pie

2 ¼ C. flour	¾ C. shortening or lard
¾ tsp. salt	5 T. cold water

Cut in shortening (I prefer lard) to the flour and salt mixture until the pieces are the size of small peas. Add water a little at a time until all the mixture is moistened. Divide into 2 balls. Roll out on floured surface. Put in pie pan. Add gooseberries mixture covering with 2 T. butter. Lay second crust over the top and flute. Bake at 425° for 35-45 minutes.

## GRAHAM CRACKER FRUIT SALAD

*Miss Valburga Heisdorffer, Keota*

2 egg yolks	2 well beaten egg whites
¾ C. milk	1 large can fruit cocktail
½ C. sugar	
1 ½ envelopes Knox gelatin	18 graham crackers
Pinch of salt	4 T. melted butter or oleo
1 C. whipped cream or topping	

Cook yolks, milk and sugar. Cool slightly and add gelatin and salt. Cool completely. Add fruit cocktail, beaten egg whites and whipped cream. In second bowl mix crushed graham crackers and melted butter. Press into large baking dish, reserving some crumbs for topping. Pour custard mix into dish and sprinkle rest of graham cracker mix over the top. Chill in refrigerator.

## LEMON BARS

*Michelle Baer, Ottumwa*

½ C. butter  
1 C. flour  
¼ C. powdered sugar  
2 eggs

2 T. flour  
3 T. lemon juice  
½ tsp. baking powder  
1 C. sugar

Melt ½ C. butter in a 9x9-inch pan. Add 1 C. flour and ¼ C. powdered sugar. Pat down for crust. Bake at 350° for 20 minutes. While crust is baking, mix 2 well beaten eggs, 2 T. flour, 3 T. lemon juice, ½ tsp. baking powder and 1 C. sugar. Pour over baked crust, bake 20-25 minutes more. Dust with powdered sugar.

## LEMON PUDDING DESSERT

*Doris Howard, South English*

1 ½ C. flour  
¾ C. butter  
½ C. chopped nuts  
1 C. powdered sugar

2 C. whipped cream  
8 oz. cream cheese  
2 small pkgs. instant lemon  
pudding

Mix flour, butter and nuts. Put in a 9x12-inch pan. Bake 15 minutes at 375°. Cool. Mix powdered sugar, whipped cream and cream cheese. Whip until smooth and thick. Spread on cooled crust. Mix instant lemon pudding. Pour over cream cheese mixture. Top with additional whipped cream, if desired.

## LEMON ROLL

*Imogene Homan, Webster*

1 C. sifted flour  
1 tsp. baking powder  
½ tsp. salt  
3 eggs  
1 C. sugar

5 T. water  
1 tsp. vanilla  
1 large box lemon pudding mix  
1 (8 oz.) carton whipped topping

Sift flour, baking powder and salt. Beat eggs until very light and fluffy. Gradually add sugar. Stir in water and vanilla. Add sifted dry ingredients all at once and beat well. Pour into a 10x15-inch jelly roll pan that has been lined with greased paper. Bake 12-15 minutes at 375°. Turn out immediately on a towel that has been sprinkled with powdered sugar. Remove paper at once and trim edges. Roll while warm with towel between, beginning at narrow edge. When cool unroll and spread with lemon filling and roll up. Chill several hours.

For Lemon Filling: Prepare lemon pudding according to package directions. When cool fold in whipped topping.

## LO-CAL FRUIT CUP

*Dolores Sieren, Keota*

1 C. fresh strawberries (sliced, covering with 1 pkg. Sweet and Lite)	1 (8 1/2 oz.) can crushed pineapple (in natural juice)
1 C. peaches	1 (16 oz.) carton low-fat yogurt
	3 ripe bananas

Mix together. Using cupcake liners in a muffin pan, fill each cup 3/4 full and freeze until firm. Remove from freezer and soften a few minutes. Remove paper cups. 40 calories each.

## LUSCIOUS LEMON DESSERT

*Agnes Grove, South English*

1/2 C. butter (softened)	1/2 C. powdered sugar
1 C. flour	2 C. Cool Whip (divided)
1/2 C. chopped pecans	2 large pkgs. lemon instant
8 oz. pkg. cream cheese	pudding

Combine butter, flour and pecans and press into a 9x13-inch pan. Bake at 350° for 15 minutes. Set aside. Cream together cream cheese and powdered sugar, add 1 C. Cool Whip. Spread on baked crust. Prepare lemon pudding. Spread on top. Then spread 1 C. Cool Whip over pudding. Sprinkle with chopped pecans.

## MICROWAVE FRUIT DESSERT

*Bertha Bremer, South English*

1 large can peaches	Fruit juice plus enough water
1 can mandarin oranges	to make 3 C.
1 large can crushed pineapple	1 large box vanilla pudding
1 large box tapioca pudding (not instant)	(not instant)

Drain juice from fruit and add enough water to make the 3 C. Mix together juice and puddings. Put in large microwave-proof container and microwave on high for 10 minutes. Cool. Add fruit. Grapes and bananas may be added before serving.

## PEACH SALAD

*Hazel Snodgrass, What Cheer*

2 large boxes peach Jello	3-4 bananas
1 (No. 2) can peaches (sliced)	1 large Cool Whip
1 (No. 2) can pineapple chunks	

Dissolve Jello in 2 C. hot water. Add 2 C. peach juice and water. Add peaches and pineapple chunks (do not use pineapple juice) and let set. After this sets, slice bananas on top then Cool Whip on top. Let set so Cool Whip will get slightly firm.

## MOM'S DESSERT

*Pauline Ward, Ollie*

1 large pkg. Jello (prepared as directed on package) in an 8x12-inch pan.

COOK:

½ C. margarine

1 T. flour

2 eggs (beaten)

1 small can crushed pineapple

1 C. sugar

¼ C. water

Combine all ingredients and cook until thick. Let cool. In meantime prepare Jello and set until good and firm. Then add 1 whole graham cracker all on top Jello until you have covered all the Jello. Add cooled custard mixture on top of crackers. (I sometimes double the custard mixture.) Then another layer of crackers (whole). Prepare another package Jello as directed on package and set until syrupy and pour over last layer of graham crackers. Add Cool Whip on top each serving.

## PACIFIC GINGER TORTE

*Margaret Brunner, Arden Hills, Minnesota*

1 (1 lb. 14 oz.) can crushed  
pineapple

1 C. whipping cream

1 (14 oz.) pkg. gingerbread mix

¼ C. powdered sugar

½ C. dairy sour cream

1 tsp. vanilla

1 large banana (sliced)

½ C. chopped walnuts

2 T. lemon juice

Drain pineapple, reserving ½ C. syrup. Blend reserved syrup into gingerbread mix; beat in sour cream. Pour into 2 greased 8-inch round cake pans. Bake in preheated oven (350°) for 20-25 minutes until tests done. Turn out onto wire racks to cool. Meanwhile slice banana into lemon juice and toss to coat each slice well. Whip cream with sugar and vanilla until stiff. Place one large gingerbread on serving plate. Spread with half of whipped cream. Arrange banana slices around edge. Spoon half of drained pineapple into center. Top with remaining gingerbread layer. Spread with remaining whipped cream. Ridge edge with walnuts. Spoon remaining pineapple into center.

## PEAR PUREE SALAD

*Babe (Roy) Hauschilt, What Cheer*

1 (No. 303) can pears

⅓ C. chopped pecans

1 pkg. lime Jello

½ C. chopped, drained

2 (3 oz. ea.) pkgs. cream cheese

maraschino cherries

1½ C. Cool Whip (small size carton)

1 T. lemon juice

Drain pears. Heat 1 C. of the juice. Beat the cheese into this warm mixture. Mash the pears, fold in and chill until syrupy. Fold in the Cool Whip, nuts, cherries and lemon juice. Pour into 8-inch square pan and chill before serving. Serves 8.

## RAINBOW DESSERT

*Irene Roberts, South English*

30 sandwich coconut cream cookies  
12 oz. carton Cool Whip

1 C. or as desired chopped pecans  
½ gal. rainbow sherbet

Crumble cookies in big pieces with hands. Mix with the Cool Whip and nuts. Spread half of mixture in 9x13-inch pan. Spoon sherbet by tablespoons over layer in pan. Spread rest of cookie topping and nut mixture over the top. Freeze. Cut in squares to serve. Different flavors of sandwich cookies, sherbet or ice cream may be used.

## RICE PUDDING

*Agnes Grove, South English*

1 large pkg. vanilla pudding & pie mix  
(cooked kind)  
¼ tsp. salt

1 C. Minute Rice  
3 C. milk

Stir well. Cook in double boiler, stirring occasionally. Takes 7-10 minutes.

## RHUBARB CHERRY CRUNCH

*Jim Wade, South English*

### CRUST:

2 ¼ C. oatmeal  
¾ C. flour

¾ C. brown sugar  
¾ C. margarine

1 C. white sugar  
1 C. water  
2 T. cornstarch

1 can cherry pie filling  
1 tsp. almond flavoring  
4 C. sliced rhubarb

Mix crust ingredients until fine crumbs. Press ½ of mixture into 9x13-inch pan. Save remainder for topping. Cook sugar, water and cornstarch until thick, remove from heat and add cherry pie filling and almond flavoring. Place rhubarb on crust, cover with cherry mixture and top with remaining crumb mixture. Bake at 350° for 50 minutes.

*As all people laugh in the same language,  
so do all shed tears with the same pain.*

## RHUBARB CREAM DESSERT

*Jeannie Striegel, Harper*

2 C. graham cracker crumbs	1 (3 oz.) pkg. strawberry or raspberry Jello
1/4 C. sugar	2 C. miniature marshmallows
1/2 C. melted margarine	1 (8 oz.) container Cool Whip
4 C. diced rhubarb	
2 C. sugar	

Mix graham cracker crumbs, sugar and margarine. Press in a 9x13-inch pan and set aside. Place rhubarb and sugar in a pan. Let set until it starts to get juicy and then cook on the stove until rhubarb is tender. Add the Jello and stir until dissolved. Remove from heat and add the marshmallows, stir until they are melted. Cool this mixture good in refrigerator. Fold in the Cool Whip and spread over the graham cracker crust. Place in refrigerator until chilled and set.

## RHUBARB CRISP

*Irene Namer, Keota*

4 T. flour	1 1/2 C. sugar
3 C. rhubarb (fresh)	

### TOPPING:

1 C. brown sugar	1/2 tsp. baking powder
1/2 C. shortening	1/4 tsp. salt
1 egg	1/2 C. milk
1 C. flour	

Mix first 3 ingredients. Put in baking dish. Add topping ingredients in order and mix well. Spread over top. Bake at 375° for 45 minutes.

## RHUBARB CRUNCH

*Mrs. Roberta Haupert, What Cheer*

1 C. flour	4 C. rhubarb
3/4 C. quick-cooking oatmeal	1 C. sugar
1 C. brown sugar	2 T. cornstarch
1 stick margarine	1 C. water
1 tsp. cinnamon	1 tsp. vanilla

Mix flour, oatmeal, brown sugar, cinnamon. Melt margarine and mix until crumbly. Press 1/2 mixture in a 9-inch greased pan. Cover with rhubarb. Cook in saucepan - sugar, cornstarch, water and vanilla until thick and clear. Pour over rhubarb. Cover with crumb mixture. Bake 1 hour at 350°.

## RHUBARB DESSERT

*Connie Walden, Sigourney*

### CRUST:

1 C. flour	Dash salt
2 T. sugar	1/2 C. butter

Mix and press into 9x9-inch pan. Bake at 325° for 20-25 minutes.

### FILLING:

1 1/2 C. sugar	2 T. flour
1/3 C. milk	3 egg yolks (save whites for
2 1/2 C. rhubarb	meringue)

Mix flour and sugar, beat egg yolks slightly and add milk; mix well. In a medium saucepan combine rhubarb, sugar and flour, milk and egg yolks. Mix well and cook over medium heat, stirring constantly, until rhubarb is cooked and mixture has thickened. Pour over baked crust.

### MERINGUE:

3 egg whites	6 T. sugar
1/4 tsp. cream of tartar	1/2 tsp. flavoring

Beat until stiff peaks. Brown in 400° oven for 8-10 minutes.

## RHUBARB DESSERT

*Meta Bown, Delta*

1 1/2 C. chopped rhubarb	1/2 C. milk
3/4 C. sugar	1/2 tsp. salt
3 T. butter	1 C. sugar + 1 T. cornstarch
1 C. flour	1 C. boiling water
1 tsp. baking powder	

Cut up rhubarb and put into square pan. Mix 3/4 C. sugar, butter and add flour, baking powder and salt alternately with milk. Pour this over rhubarb and sprinkle with sugar and cornstarch mixed. Pour over all the 1 C. boiling water and bake at 375° for 1 hour. (I sometimes add a little cherry Jello over the rhubarb. Sometimes I sprinkle rhubarb with a little cinnamon.)

## RHUBARB DESSERT

Sandy Schuttlefield

1 1/2 C. sugar  
1 1/2 C. flour  
1 tsp. soda  
1/2 tsp. salt  
1 C. sour milk

4 T. melted butter  
1 C. water  
1 1/2 C. brown sugar  
4 C. rhubarb

Mix first 6 ingredients and put in a 9x13-inch pan. Bring water to a boil and pour over brown sugar and rhubarb. Pour this over batter. Bake at 350° for 45-50 minutes.

## RHUBARB PUDDING

Denny Lyle, Keota

1/3 C. margarine  
1 1/4 C. sugar  
1 egg  
1 tsp. vanilla  
1 C. milk

2 1/2 tsp. baking powder  
1 tsp. salt  
2 C. flour  
4 C. chopped rhubarb  
1/2 C. sugar

Mix ingredients in order given, except for 1/2 C. sugar. Grease and flour 9x13-inch cake pan. Pour in batter and sprinkle with remaining sugar. Bake 35-40 minutes at 350°. Serve warm with milk or ice cream.

## RHUBARB SURPRISE

Barbara Anderegg  
Bill Anderegg, Keota

1 C. sifted flour  
1 tsp. baking powder  
1/2 tsp. salt  
2 T. butter  
1 egg (beaten)  
2 T. milk

3 C. diced rhubarb  
1 (3 oz.) pkg. strawberry Jello  
1/2 C. unsifted flour  
1 C. sugar  
1/2 tsp. cinnamon  
1/4 C. melted butter

Sift together 1 C. flour, baking powder and salt. Cut in butter. Add egg and milk. Mix and press into greased 9-inch pan. Arrange rhubarb on top, then sprinkle with gelatin. Combine remaining ingredients and sprinkle on top of gelatin. Bake at 350° for 50 minutes or until rhubarb is tender.

## RHUBARB SWIRL

Shirley Watson, Keota

1 (3 oz.) pkg. strawberry Jello  
3 C. diced rhubarb  
 $\frac{3}{4}$  C. sugar  
1 box instant vanilla pudding

1 1/2 C. milk  
1 (8 oz.) Dream Whip  
1 graham cracker crust

Cook sugar and rhubarb until tender. Stir in gelatin until dissolved. Set aside to cool. Prepare pudding with milk and vanilla. When thickened add Dream Whip. Stir pudding and rhubarb into crust and swirl. Cool.

## RHUBARB TORTE

Ada R. Chapman, *South English*

### CRUST:

3 eggs	1/2 tsp. vanilla
2 C. sugar	1/2 tsp. salt
1/2 C. flour	4 C. diced rhubarb
3/4 tsp. baking powder	

For Crust: Mix flour, oleo, powdered sugar. Place in ungreased 9x13-inch pan. Beat eggs, add sugar. Gradually as you beat the eggs, add flour, baking powder, salt, vanilla. Stir in 4 C. diced rhubarb. Mix well. Pour over unbaked crust. Bake at 350° for 40 minutes.

## SCALLOPED PINEAPPLE

*Debbie Hinnah, Sigourney*

1 C. melted butter  
2 C. sugar  
1 1/2 C. milk

3 eggs  
1 can crushed pineapple (drained)  
4 C. soft bread cubes

Mix all together and put into a 3-qt. casserole dish. Bake at 350° for 45 minutes. You may wish to decrease the amount of butter to  $\frac{3}{4}$  C. and decrease the sugar to  $1\frac{3}{4}$  C.

# DELICIOUS STRAWBERRY SALAD

*Karen Sheetz*

2 C. coarsely crushed pretzels	1 C. powdered sugar
3/4 C. melted oleo	1 large box strawberry gelatin
2 T. sugar	2 C. boiling water
1 (8 oz.) pkg. cream cheese	2 (10 oz. ea.) pkgs. frozen
1 (8 oz.) carton Cool Whip	strawberries

Mix crushed pretzels, oleo and sugar and press lightly into a 9x13-inch pan. Bake in 400° oven for 8 minutes. Combine cream cheese, Cool Whip and powdered sugar. Spread over cooled crust. Add gelatin to boiling water. Cool slightly and add frozen strawberries. Pour over cheese mixture and chill.

## SUET PUDDING

*Inez Short*

1 C. ground suet	1 tsp. cinnamon
1 C. sour milk	1/2 tsp. soda
1 C. Karo or part sorghum	2 C. flour
1 C. raisins	2 tsp. vanilla

### TOPPING:

1 C. sugar	1 tsp. vanilla
1 C. hot water	1/2 tsp. salt
3 T. cornstarch	2 T. butter

Mix all the pudding ingredients and cook for 3 hours in double boiler and place in 350° oven for 1/2 hour. Boil the topping ingredients until thick and spread over the pudding.

## CHERRY NUT ICE CREAM

*Lanna Huber, Keota*

2 cans Eagle brand condensed milk	5 eggs
10-12 oz. chopped maraschino cherries and juice	1 T. vanilla 1/2 C. chopped pecans

Whip eggs 5 minutes. Then mix in remaining ingredients. Add to 4 or 5 quart ice cream freezer and finish filling with milk. Freeze according to freezer directions.

## WHEATEN STRAWBERRY-PEACH SHORTCAKE

*Ken Haedrich  
Mike Buman, Sigourney*

1½ C. unbleached flour	½ C. whole wheat flour
3 T. sugar	2½ tsp. baking powder
½ tsp. baking soda	¼ tsp. salt
7 T. cold, unsalted butter	½ C. milk
¼ C. sour cream	1 large egg (slightly beaten)
1 egg yolk (beaten with 1 T. milk)	2 pints strawberries (hulled and sliced)
1-2 peaches (peeled and sliced)	1-2 T. sugar
Up to 1 T. lemon juice to taste	Sweetened whipped cream

Preheat oven to 450°. In large bowl, mix the flours, sugar, baking powder, soda, salt. Cut the butter into ¼-inch slices and add to the dry ingredients. Using a pastry blender, cut the butter into the dry mix until the largest pieces of butter are no bigger than small peas. Blend the milk, sour cream and egg. Make a well in the flour mixture and pour in the liquids. Stir with a fork until the mixture forms a shaggy mass. Scrape onto a floured surface and knead gently 10-12 times with floured hands. Pat the dough into a thickness of ¾-inch, then cut circles with a 3-inch biscuit cutter (the rim of a drinking glass will do). Place the circles on a lightly buttered baking sheet. Brush each circle sparingly with the yolk and milk mixture, then sprinkle each with a pinch of sugar. Bake for 12-15 minutes, until the shortcake is well browned, top and bottom. While the shortcakes bake, prepare the fruit and put in a bowl. Toss the fruit with the sugar and lemon juice to taste. To serve, split the shortcakes with a fork. Cover the bottom half with fruit, a generous mound of whipped cream, and the top half. Eat at once. Serves 6-7.

## ICE CREAM DESSERT

*Jane Axmear, South English*

22 vanilla sandwich cookies (crushed)	½ gal. strawberry ice cream
1 (12 oz.) Cool Whip	½ C. nuts

Mix cookies, Cool Whip and nuts. Put ½ mixture in bottom of 9x13-inch pan. Layer softened ice cream on top. Put remaining mixture on top of ice cream. Freeze.

## HOMEMADE ICE CREAM

*Kathy Thompson, Ollie*

10-12 medium eggs (beat well)	4 T. vanilla
3½ C. sugar	Milk
2 qts. Half and Half	

Add milk to bring it up to the second rung on the dasher. Use plenty of salt with ice when freezing the ice cream.

## ICE CREAM

*Nancy Harris, Sigourney*

5 eggs	2 C. sugar
1 C. Eagle brand milk	1 tsp. salt
2 tsp. vanilla	Milk

Beat eggs. Add sugar, salt, vanilla, Eagle brand milk and 2 C. milk. Stir well. Pour in freezer. Fill to fill line with milk and freeze.

## ICE CREAM SANDWICHES

*Debra Goodwin, Hedrick*

1 egg	1 tsp. vanilla
½ C. shortening	1 pkg. devils food cake mix
¼ C. butter	½ gal. vanilla ice cream

Beat egg, shortening, butter, vanilla and ½ cake mix. Stir in rest of cake mix, roll out and cut cookies. Bake at 375° for 6-8 minutes. Let cool. Place 1 scoop ice cream on bottom of one cookie. Press bottom of another cookie on top. Wrap and freeze.

## OREO ICE CREAM

*Maryann Bell, Keota*

½ gal. vanilla ice cream	12 oz. Cool Whip
1 lb. Oreo cookies (crushed)	

Crush Oreo cookies. Soften ice cream and Cool Whip. Add cookies and mix. Put in flat Tupperware container with lid and freeze.

# Sauces and Canning



## Sauces and Canning

B.A.'s Barbeque Sauce . . . . .	229
Bar-B-Q Sauce . . . . .	229
Barbeque Sauce . . . . .	229
Basic Gravy . . . . .	229
Tex-Mex Bar-B-Que Baste . . . . .	230
Carolina Mustard Sauce . . . . .	230
Mom's Chocolate Syrup . . . . .	230
Hidden Valley Dressing . . . . .	231
Western Style Salad Dressing . . . . .	231
Eagle Brand Milk . . . . .	231
Marinade for Grilled Pork . . . . .	231
Mayonnaise . . . . .	232
Medium White Sauce . . . . .	232
Mexicali Dressing . . . . .	232
Pizza Sauce . . . . .	232,233
Salsa . . . . .	233
B.A.'s Spaghetti Sauce with Meat . . . . .	233
Spaghetti Sauce with Meat . . . . .	234
Spaghetti Sauce . . . . .	234
Tomato Sauce for Lasagna and Pizza . . . . .	234
Strawberry Rhubarb Sauce . . . . .	235
Apricot Rhubarb Jam . . . . .	235
Grape Juice . . . . .	235
Mock Apple Butter . . . . .	235
Orange Jelly from Frozen Concentrate . . . . .	236
Pear Honey . . . . .	236
Spiced Pear Jam . . . . .	236
Grape Jelly from Frozen Concentrate . . . . .	236
Raspberry Jelly . . . . .	237
Best-Ever Rhubarb Jam . . . . .	237
Rhubarb Jam . . . . .	237,238
Rhubarb and Blueberry Jam . . . . .	238
Apple Pie (Canning) . . . . .	238
Bread and Butter Pickles . . . . .	239
Freezer Corn . . . . .	238
Quick Grape Juice . . . . .	239
Lime Pickles . . . . .	239
Zucchini Relish . . . . .	240

## —SAUCES AND CANNING—

### B.A.'S BARBEQUE SAUCE

*Doug Adam*

1 (15 oz.) can tomato sauce	3 T. A-1 Sauce
1 (15 oz.) can stewed tomatoes	1 T. Tabasco sauce
½ C. brown sugar	1 T. olive oil
½ C. white sugar	1 small onion (diced)

Puree all ingredients together in blender. Makes approximately 34 oz. You may refrigerate leftovers. Will keep up to 3 weeks in refrigerator (covered). (Doug's hint to great barbequed chicken: Have grill moderately hot. Grill chicken for 15-20 minutes without sauce, then thoroughly coat chicken with sauce.)

### BAR-B-Q SAUCE

*Betty Green, What Cheer*

1 gal. catsup	1 bottle onion juice
1 bottle liquid smoke	2 lbs. brown sugar

Mix all together and cook very slowly until thick. This is delicious!

### BARBECUE SAUCE

*Tanna Huber, Keota*

1 stick margarine	2 T. mustard
¾ C. catsup	Dash pepper
3 T. sugar	Dash lemon juice
3 T. Worcestershire sauce	

Put all ingredients in saucepan. Simmer 15 minutes and use as desired.

### BASIC GRAVY

*Judy Winn, Ollie*

2 T. fat drippings	¼ C. cold water
2 C. liquid (water, broth or bouillon)	Desired seasonings
2 T. cornstarch	

Measure fat into roasting pan. Stir in liquid. Cook over medium heat, stirring to loosen browned particles. Remove from heat. Mix cornstarch and water. Stir into pan. Add seasonings. Stir constantly, bring to boil over medium heat. Boil 2 minutes. Makes 2 C. (HINT: Easy rule of thumb - 1 T. cornstarch = 2 T. flour.)

## TEX-MEX BOURBON BAR-B-QUE BASTE

*Mike Buman, Sigourney*

8 T. butter	1 C. bourbon
1 C. beef bouillon	2 T. Worcestershire sauce
1/4 C. lemon juice	1 T. dry mustard
1/2 tsp. cayenne pepper	2 T. chili powder
2 T. sugar	1 large onion (finely minced)
1 crushed bay leaf	3 cloves garlic (finely minced)
Jalapeno peppers to taste (finely minced)	Black pepper to taste

Melt butter in a large saucepan over medium heat. Stir in bourbon, bouillon, Worcestershire and lemon juice. Mix together in separate bowl-mustard, chili powder, cayenne and sugar. Then stir into saucepan, adding a bay leaf or two to the mixture. Bring to a simmer. Add garlic, onion, jalapeno peppers. Leave uncovered and simmer for 15 minutes.

## CAROLINA MUSTARD SAUCE

*Mike Buman, Sigourney*

3/4 C. water	3 T. minced onion
1 clove garlic (minced)	1 C. prepared mustard
1 tsp. dry mustard	3 T. ketchup
3-4 T. sugar	1 T. honey
1 tsp. Worcestershire sauce	2 tsp. soy sauce
1/4 tsp. black pepper	1/2 tsp. cayenne pepper

Combine all ingredients in a saucepan (preferably non-aluminum) and bring to a boil, stirring occasionally. Reduce heat to a simmer, and maintain for 15 minutes. Afterwards allow to cool to room temperature.

## MOM'S CHOCOLATE SYRUP

*Barb Henderson, Keota*

1 1/2 C. sugar	1 C. hot water
1/2 C. cocoa	1 tsp. vanilla
Dash of salt	

Combine sugar, cocoa and half of water at a time (so it doesn't sugar) in medium saucepan. Add dash of salt. Boil for 9 minutes, then add vanilla. Makes 1 pint.

## HIDDEN VALLEY DRESSING

*Cheryl Osweiler, South English*

2 C. mayonnaise	1/2 tsp. Accent
2 C. buttermilk	3/4 tsp. pepper
1/2 tsp. garlic salt	1 1/2 tsp. parsley flakes
1/2 tsp. onion salt	

Mix well and store in airtight container in refrigerator. Keeps for long time. Longer it sets better it gets.

## WESTERN STYLE SALAD DRESSING

*Judy Winn, Ollie*

1 (20 oz.) bottle catsup	1/2 C. vinegar
1 pt. oil	1 tsp. garlic powder
1 C. sugar	1 tsp. celery seed

Blend 10 minutes on high speed with mixer or in blender.

## EAGLE BRAND MILK

*Judy Winn, Ollie*

1 C. + 2 T. (dry) nonfat milk	1/2 C. water (hot)
3/4 C. sugar	

Dissolve sugar in hot water. Cool and add powdered milk, using electric mixer on high until smooth. Use this recipe when you're out of canned Eagle brand milk.

## MARINADE FOR GRILLED PORK STEAK

*Jim Wade, South English*

1/2 C. vinegar	1 T. onion powder
1/2 C. Wesson Oil	1/2 tsp. paprika
3/4 C. sugar	1 clove garlic or dry garlic
1 can tomato soup	1 T. garlic powder

Soak meat for 6-12 hours before grilling over very low heat. Baste lightly every 10 minutes. It should take about 1 hour to cook pork steak - longer if you use pork chops. This is very good sauce for table use with any meat.

## MAYONNAISE

*Marie Bottger, Ollie*

1 C. sugar	1 tsp. salt
2 eggs	2 T. flour
1 tsp. mustard	½ C. vinegar

Cook until thick. Can be thinned with either sweet or sour cream if necessary.

## MEDIUM WHITE SAUCE

*Judy Winn, Ollie*

1 C. cold milk	¼ tsp. salt
1 T. cornstarch	1/8 tsp. pepper
2 T. oleo	

In saucepan, gradually stir milk into cornstarch. Add oleo, salt and pepper. Stirring constantly, bring to boil over medium heat. Boil 1 minute. Makes 1 C. For creamed vegetables, poultry, meat or fish. (VARIATIONS: Cheese Sauce - Stir 1 C. shredded cheese into white sauce until cheese melts. Thin White Sauce - Use recipe for Medium White Sauce, decreasing cornstarch to ½ T. and oleo to 1 T.)

## MEXICALI DRESSING

*Kathy Thompson, Ollie*

½ C. oil	½ tsp. Mexican seasoning
¼ C. red wine vinegar	1/16 tsp. pressed fresh garlic
2 T. catsup	4 drops Tabasco sauce
1 T. chopped green onion	

Cover and shake well.

## PIZZA SAUCE

*Regina (Charles) Striegel, What Cheer*

½ bushel pear shape tomatoes	2 T. parsley
3 lbs. green peppers	2 T. oregano
3 hot peppers	6 bay leaves
2 garlic cloves	8 small cans tomato paste
¼ C. salt	1 C. oil
2 T. basil	1 C. sugar

Run tomatoes through colander. Grind and cook the rest of the vegetables with the tomatoes. Then cook with spices for 1 hour. Fill jars (pints or quarts) and pressure cook 5 minutes at 5 lbs. pressure. Makes 8 pints.

## PIZZA SAUCE

*Kathy Thompson, Ollie*

1 (8 oz.) can tomato sauce	1/2 tsp. oregano
1 (6 oz.) can tomato paste	1/2 tsp. parsley flakes
1/4 C. dry red wine	1/4 tsp. fennel seed
2 tsp. minced onions	1/4 tsp. garlic salt
1/2 tsp. basil	

Mix ingredients in saucepan. Bring to boil. Cook over low heat about 10 minutes. Use approximately 3/4 C. sauce for each pizza. Store remainder in refrigerator or freeze for future use. Yield: 1 3/4 C.

## SALSA

*Kathy Perry, Keota*

12 tomatoes (peeled and chopped fine)	3 onions (chopped fine)
4 green peppers (chopped fine)	1 T. salt
4 jalapeno peppers (chopped fine)	Dash of pepper

Chop all vegetables fine. Then add 1 can herb sauce (Hunts brand, size of can of soup), 1 can tomato sauce (size of soup can). Simmer about 1 1/2-3 hours or until desired thickness. This recipe makes 4 pints. Put in canner for 5 minutes at 5 pounds pressure.

## B.A.'S SPAGHETTI SAUCE WITH MEAT

*Doug Adam*

1 lb. hamburger	2 C. water
1 oz. peanut oil	2 T. white sugar
3 cloves garlic	2 T. brown sugar
1 medium onion (diced)	2 T. grated Parmesan cheese
1 (6 oz.) can tomato paste	

Saute onion and garlic in oil. Add hamburger and brown. Add rest of ingredients, stirring well. Salt and pepper to taste. (Doug's Hint: Add 1 T. olive oil to water to boil spaghetti - al dente.)

## SPAGHETTI SAUCE WITH MEAT

*Virginia Burch, Madrid*

1 1/2-2 lbs. ground beef	1 large can tomato sauce
Onion	1 large can tomato paste
1 clove garlic	1 T. (large) butter or margarine
Parsley	Celery leaves

Brown onion, garlic, parsley and celery leaves in a small amount of oil. Add ground beef and brown. Drain off grease. Add tomato sauce and paste. Season to taste. Simmer 2 1/2-3 hours. Add 1 T. (large) butter or margarine after sauce is cooked.

## SPAGHETTI SAUCE

*Marilyn Sieren, Keota*

5 C. tomato juice	1/2 tsp. pepper
1 1/2 tsp. sugar	1 bay leaf
1 1/2 tsp. garlic powder	1 small onion
1 1/2 tsp. parsley (chopped or flake)	1/2 tsp. oregano
1/2 tsp. basil	2 1/2 T. cornstarch
2 1/2 tsp. salt	

Bring to boil and simmer 20 minutes. Put in jars. Pressure them for 8 minutes at 10 lbs. When you brown your hamburger for spaghetti, add 2 T. flour to hamburger and stir it in, then add your canned spaghetti sauce to hamburger.

## TOMATO SAUCE FOR LASAGNA, PIZZA

*Marilyn Sieren, Keota*

10 qts. juice	2 T. oregano
3 green peppers	1/2 C. canning salt
3 hot peppers	6 bay leaves
2 garlic bulbs	1 C. Wesson Oil
2 lbs. onions	1 1/2 C. sugar
2 T. basil	4 medium cans tomato paste
2 T. parsley	(size of soup can)

Cut garlic, onions, peppers up and cook with about 1 qt. juice. Cook for 1 hour and then put this in your blender to chop up the garlic, onion, peppers even more. Add all other spices and rest of juice. Cook for 1 hour after it gets pretty hot. Put in jars and pressure them at 5 lbs. for 5 minutes. This makes approximately 10 quarts.

## STRAWBERRY-RHUBARB SAUCE

*Shane Utterback, Sigourney*

4 C. fresh cut up rhubarb (diced)  
2 C. fresh strawberries (split)

2 C. sugar  
1 box strawberry Jello

Cook rhubarb and strawberries until tender. Stir in sugar and strawberry Jello. Pour into serving dish and cool. May also be served over white or angel food cake.

## APRICOT RHUBARB JAM

*Lola Nelson, Ollie*

6 C. rhubarb (cut up) 4 C. sugar

Mix and let stand until it makes some juice, so it won't stick together. Cook and boil for 10-15 minutes, frequently stir. Add 1 (20 oz.) can apricot pie filling. Bring to a boil. Then add 1 (3 oz.) pkg. apricot Jello and 1 (3 oz.) pkg. orange Jello. Stir until dissolved. Pour into jars and refrigerate or freeze.

For Cherry Rhubarb Jam: Make same as for apricot jam except use cherry pie filling and 2 pkgs. cherry Jello (3 oz. each).

For Blueberry Jam: Make same as above except use blueberry pie filling and 2 pkgs. blackberry Jello (3 oz. each).

## GRAPE JUICE

*Judy Winn, Ollie*

6 qts. grapes 4 C. water

Bring to boil, then simmer 20 minutes. Strain. For every quart of juice add 1 C. sugar. Boil until sugar dissolves completely. Pour into hot jars and seal. To serve: 1 quart juice - add 1 quart water; 1 pint juice - add 1 pint water.

## MOCK APPLE BUTTER

*Debora Hinnah*

4 C. zucchini puree  
4 T. vinegar  
1 tsp. lemon juice  
2 C. sugar

1 tsp. cinnamon  
Dash of allspice  
2 drops red food coloring

Peel and seed zucchini, chop coarsely. Put zucchini into blender or food processor with vinegar and blend until smooth. Pour into saucepan with remaining ingredients and cook, stirring occasionally, until mixture reaches desired thickness. Cool and keep refrigerated. Makes 2 pints. A nice way to use that extra zucchini.

## ORANGE JELLY FROM FROZEN CONCENTRATE

Michael B. Tolles

Villisca, IA

1 (12 oz.) can frozen orange juice  
(thawed)  
2 1/2 C. water

4 1/2 C. sugar  
1 box Sure-Jell

Pour juice and water in large pan and bring to boil after mixing in Sure-Jell. Pour sugar in all at once and bring to full rolling boil. Boil for at least 2 minutes. Pour into jars.

## PEAR HONEY

Donna Adam, Sigourney

8 C. pears (ground fine)  
10 C. sugar

2 C. crushed pineapple  
1/4 C. lemon juice

Mix in heavy pan and cook until thick. Takes about 1 hour. Stir often to prevent scorching.

## SPICED PEAR JAM

Tanna Huber, Keota

4 C. (2 lbs.) chopped pears  
2 T. lemon juice  
1 3/4 oz. pkg. pectin  
5 1/2 C. sugar

3/4 tsp. cinnamon  
1/4 tsp. cloves  
Dash nutmeg, curry and ginger

Mix pears, lemon juice and pectin in a 3-qt. saucepan and place over high heat. Stir until mixture comes to a hard boil. Add remaining ingredients at once and bring to a full rolling boil that cannot be stirred down. Boil hard for 4 minutes, stirring constantly. Remove from heat and skim off foam with a metal spoon. Stir and skim for 5 minutes to cool slightly to prevent floating fruit. Makes 7 C.

## GRAPE JELLY FROM FROZEN CONCENTRATE

Michael B. Tolles

Villisca, IA

1 (6 oz.) can frozen grape juice  
(thawed)  
2 1/2 C. water

3 3/4 C. sugar  
1 box Sure-Jell

Pour juice, water and Sure-Jell in a large pan. Bring to a full rolling boil. Pour sugar in all at once and bring to a full rolling boil again. Boil 1-2 minutes. Pour in jars. Makes 4 1/2 C.

## RASPBERRY JELLY

*Agnes Grove, South English*

6 C. beet juice (juice strained  
after cooking beets)  
2 pkgs. Sure-Jell

1/2 C. lemon juice  
8 C. sugar  
2 pkgs. raspberry Jello

Bring beet juice, Sure-Jell and lemon juice to a full boil. Then add sugar and Jello. Continue to boil for 6 minutes. Skim off foam. Pour into jars and seal.

## BEST-EVER RHUBARB JAM

*Jeannie Striegel, Sigourney*

5 C. diced rhubarb  
4 C. sugar

1 (3 oz.) box raspberry Jello

Place cut up rhubarb and sugar in large pan. Let set for a few hours until rhubarb forms its own juice. Place on stove and cook until rhubarb is tender. Add the box of Jello and stir until dissolved. Let cool and pour into plastic freezer containers. Let cool completely, put on lids and freeze. Keeps indefinitely. (This is one my kids use faster than I can make it.)

## RHUBARB JAM

*Mollie Payne, Dubuque*

4 C. rhubarb  
4 C. sugar

1/4 C. water  
Any flavor Jello (3 oz. size)

Bring to boil rhubarb and sugar. Add water. Cook until thick, about 15 minutes. Remove and add Jello. Put in jars.

## RHUBARB JAM

*Irene Namer, Keota*

4 C. cut up rhubarb  
4 C. sugar

1 (3 oz.) pkg. strawberry or  
raspberry Jello

Boil rhubarb and sugar together until tender. Add Jello and let come back to boil. Remove from heat. Jello will thicken jam when cool. Cover with wax. (Sometimes I make a double batch, then add 1 (3 oz.) pkg. strawberry Jello and 1 (3 oz.) pkg. raspberry Jello.) Very good on toast!

## RHUBARB JAM

Keota

5 C. rhubarb (chopped fine)	1 (3 oz.) pkg. red Jello
3 C. sugar	

Cook rhubarb and sugar together for 10 minutes or until rhubarb is done. Add red Jello, turn off heat and mix well. Put into glasses.

## RHUBARB AND BLUEBERRY JAM

*Lyda Rouw/Lois Bruns*

8 C. rhubarb (cutup)	2 (3 oz. ea.) pkgs. Jello
1/2 C. water	(raspberry)
4 C. sugar	1 can blueberry pie filling

Cook rhubarb with water until rhubarb is done. Makes 5 C. when cooked. Then add the sugar and bring to a boil. Add Jello, stir and cook until dissolved. Add pie filling. Cook 1 minute more. Put in jars and keep in freezer or the refrigerator.

## APPLE PIE (Canning)

*Nancy Winn, Ollie*

4 1/2 C. sugar	2-3 drops yellow food coloring
1 C. cornstarch	5 1/2-6 lbs. tart apples
2 tsp. ground cinnamon	(peeled, cored and sliced
1/4 tsp. nutmeg	thinly)
3 T. lemon juice	

In a large saucepan, blend first 4 ingredients and 1 tsp. salt. Stir in 10 C. water, cook and stir until thickened and bubbly. Add the lemon juice and food coloring. Pack apples into hot jars, leave 1-inch headspace. Fill with hot syrup, leaving 1/2-inch headspace (use a spatula to help distribute syrup). Adjust lids. Process in boiling water bath: pints 15 minutes and quarts 20 minutes. Makes 6-7 quarts. When ready to bake a pie, bake at 400° for 50 minutes. Also good for apple crisp filling.

## FREEZER CORN

*Linda Werger, Keota*

20 C. cut off corn	1/4 C. salt
1 C. sugar	5 C. ice water

Mix together until it starts to form juice. Put in freezer bags and freeze.

## BREAD AND BUTTER PICKLES

*Debra Walker, What Cheer*

4 qts. unpeeled, sliced cucumbers  
6 medium onions (sliced)  
2 green peppers (chopped)  
3 cloves garlic  
 $\frac{1}{3}$  C. salt

5 C. sugar  
 $1\frac{1}{2}$  tsp. turmeric  
 $1\frac{1}{2}$  tsp. celery seed  
2 T. mustard seed

Mix first 5 ingredients thoroughly. Cover with cracked ice. Mix again. Let stand for 3 hours. Drain. Combine other ingredients for syrup. Pour over cucumbers and heat to a boil. Seal in hot jars. Makes 8 pints.

## QUICK GRAPE JUICE

*Kathy Thompson, Ollie*

Large mouth quart jars (sterilized)  
Concord grapes (stemmed and  
washed)

Sugar  
Boiling water

Per quart jar = 1 C. grapes and  $\frac{1}{2}$  C. sugar. Fill to neck with boiling water. Seal and put into boiling water bath for 10 minutes with water about 2-inches over top of jars.

## LIME PICKLES

*Michael B. Tolles, Villisca, IA*

2 C. pickling lime  
2 gal. water  
2 qts. vinegar

$9\frac{1}{2}$  C. sugar  
Green food coloring for desired  
color of pickles  
7-9 lbs. cucumbers

### IN A BAG COMBINE:

1 tsp. whole allspice  
1 tsp. celery seed  
1 tsp. whole cloves

1 tsp. mixed pickling spice  
1 T. salt

Stir 2 C. pickling lime into 2 gal. water and let settle. Slice 7-9 lbs. cucumbers. Pour the clear lime water over the sliced cucumbers and let soak for 24 hours. Rinse 3 or 4 times and soak 3 hours in cold water. Heat vinegar, sugar, spices and food coloring. Pour off water and pour above mixture over pickles. Let soak overnight. Next morning, heat whole thing to boiling for 35 minutes. Do not stir much. Can and seal.

## ZUCCHINI RELISH

*Karen Bruns, Tooele, Utah*

5 large zucchini squash (unpeeled)  
5 green peppers

5 large onions  
5 red sweet peppers

Grind above through a food chopper and add  $\frac{1}{2}$  C. salt and 1 tray ice cubes. Let set overnight and drain well. Next day add 5 C. sugar, 5 C. white vinegar, 1 T. turmeric,  $\frac{1}{2}$  tsp. mustard seed and  $\frac{1}{2}$  tsp. celery seed. Cook until tender, about 20 minutes and put in jars and seal.

# Children's and Fun



## Children and Fun Recipes

### CHILDREN'S AND FUN RECIPES

Mother Goose Cookies	241
Almond Delight	241
Amy's Lemon Pie	241
Animal Cookies	242
Apple Delight	242
Beauty Salad	242
Caramel Popcorn	242
Caramel Popcorn-Microwave	243
Caramel Popcorn	243
Cracker Sandwiches	243
Crispy Pops	243
Crowded Canoes	244
Easter Nests	244
Egg in a Frame	244
Finger Jello	244
Graham Cracker Goodies	245
Ice Cream Sandwiches	245
Microwave S'Mores	245
Microwave Tacoburgers	245
Orange Balls	246
Peanut Butter Balls	246
Pilaf	246
Pizza Cookie	246
Popcorn Balls	247
Popsicles	247
Potting Soil Dessert	247
Sleeping Pickle	248
S'Mores	248
Spinach Casserole	248
Sugar Balls	248
Tasty Toast	249
Watermelon Snow	249
Clay	249
Modeling Clay	249

Knox Easter Eggs	250
Mr. Potato Head	250
Homemade Playdough	250
Playdough	250, 251

### KID WRITTEN RECIPES

Blarney Pudding	251
Cheese Pizza	252
Chocolate Chip Cookies	252
Chocolate Chip Cooceys	252
Chocoolt Chip Cookies	252
Choclate Chip Cookies	253
Chocolate Treats	253
French Toast	253
Grilled Cheece	254
Ice Cream	254
Instructions to Grandma	254
Macaroni and Cheese	254, 255
Macarone and Cheese	254
Microwave Cake	255
Mint Candy	255
Orange Juice	255
Peanut Butter Sandwich	255
Pizza	255, 256
Pork and Beans	256
Pork Roast	256
Rice Krispies	257
Rice Krispie Treats	257
Rice Krispie Treatee	257
Salad	257
Seafish	257
Sloppy Joes	257
Sugar Cookies	258
Tockows	258

## —CHILDREN AND FUN RECIPES—

### MOTHER GOOSE COOKIES

1½ C. of the first thing little girls  
are made of  
½ tsp. of the second thing  
little girls are made of  
1 tsp. baking soda  
1 tsp. salt  
2 Humpty Dumpties

*Cindy Snakenberg, Sigourney*

1 C. of what Little Miss Muffet  
was eating  
1 C. of the third thing little  
girls are made of  
2½ C. of what the Little Red Hen  
went to the mill to fetch  
1 C. of the thing that Jack Spratt  
could not eat

Mix ingredients thoroughly. Drop by the teaspoonful on a greased baking sheet. Bake in 350° oven for 10-12 minutes or until slightly brown. Makes 4 dozen.

(ANSWERS TO RECIPE: First thing little girls are made of - sugar; second thing little girls are made of - spice, use ginger or cinnamon. Humpty Dumpties - eggs; What Miss Muffet was eating - milk; third thing little girls are made of - everything nice - nuts, raisins, or chocolate chips; what the Little Red Hen went to the mill to fetch - flour; the thing that Jack Spratt could not eat - fat.)

### ALMOND DELIGHT

4 oz. bag almonds  
1 carton Cool Whip

*Dustin Snakenberg, Sigourney*

2 cut up apples  
1 box strawberries

Mix together and ready to eat.

### AMY'S LEMON PIE

1 large Cool Whip  
1 small can lemonade (thawed)  
1 can Eagle Brand milk

*Amy Thompson, Ollie*

Juice of one lemon  
2 graham cracker crusts

Mix Cool Whip, lemonade, milk and lemon juice. Pour into pie crusts. Freeze 3 hours. Take out of freezer 15 minutes before serving.

## ANIMAL COOKIES

*Christopher Sellers, Sigourney*

2 C. confectioner's sugar  
2 T. rich milk  
Dash salt

1/4 tsp. vanilla  
1 pkg. vanilla wafers  
1 pkg. animal crackers

Sift confectioner's sugar onto waxed paper to measure 2 C. Place into bowl, add milk, salt, vanilla, beat until smooth. If frosting is too stiff to spread add small amount more milk. Put wafer together with frosting in middle, place small dab on top and place animal cracker into frosting. Great for parties.

## APPLE DELIGHT

*Erica Snakenberg, Sigourney*

2 C. chopped apples  
1 C. chopped bananas

1/2 C. chopped strawberries  
1 carton Cool Whip

Mix altogether and stir, then chill for 30 minutes.

## BEAUTY SALAD

*Dustin Snakenberg, Sigourney*

1/2 tsp. vanilla  
1 C. marshmallows  
1/2 C. sugar

1 1/4 C. peanut butter  
1 cut up apple

Mix together and serve.

## CARAMEL POPCORN

*Delores Ingle, Ollie*

2 sticks oleo  
1 C. brown sugar

20 large marshmallows  
8 C. popped corn

Put altogether in a saucepan until the marshmallows are melted and then pour over the 8 C. popcorn which you put in a large deep pan and bake in the oven at 225° for 1 hour, stirring it every 15 minutes.

# CARAMEL POPCORN FOR THE MICROWAVE

*Cindy Hewitt  
Keosauqua*

28 caramels  
2 T. water

2½ qts. popped corn

Microwave caramels and water in medium size bowl on high power for 1½ minutes; stir, continue microwaving 30 seconds to 1 minute or until sauce is smooth, stirring every 30 seconds. Pour over popped corn; toss until well coated. Spread onto greased cookie sheet. Let stand until set, break apart.

## CARAMEL POPCORN

*Cindy Hauschilt, Marengo*

2 C. brown sugar  
½ C. white corn syrup

2 sticks oleo  
1 tsp. salt

Mix all ingredients in a medium size saucepan. Bring to a boil, let boil 5 minutes. Remove from the heat and add 1 tsp. baking soda; stir. Pour over 6-8 quarts popcorn. Mix well until all corn is covered. Spread over 2 cookie sheets and bake 1 hour at 250°. Stir caramel corn every 15 minutes while baking. Store in plastic ice cream containers in freezer or refrigerator. You may add cashews or peanuts after baking.

## CRACKER SANDWICHES

*Meghan and Meredith Goodwin, Hedrick*

1 box Ritz crackers

1 small jar creamy peanut butter

Spread one cracker with small amount of peanut butter. Top with another cracker. Serve with a glass of milk. (\*Grandma dips them in melted chocolate and let them dry on wax paper. \*Pastel colored almond bark makes a nice spring time snack.)

## CRISPY POPS

*Lori Snakenberg, Sigourney*

6 C. crisp rice cereal  
1 C. candy coated chocolate pieces  
¼ C. margarine or butter

10½ oz. pkg. miniature marshmallows  
14 (5 oz. ea.) cold drink cups  
14 wooden sticks

In large bowl combine cereal and chocolate pieces. In 2-qt. microwave safe bowl add margarine and marshmallows. Microwave on high for 1-2 minutes. Stir after 1 minute. Beat until well blended. Pour marshmallow mixture over cereal mixture, mix gently. Fill each cup with cereal mixture, press lightly. Insert sticks; let cool completely. Makes 14 pops.

## CROWDED CANOES

*Ryan Buman, Sigourney*

1 celery stalk	1-2 T. Rice Krispies
Cheese spread or peanut butter	

Cut celery stalk into bite-size pieces. Spread groove of celery with peanut butter or cheese. Spread cereal on waxed paper and press celery - filling side down - into the cereal.

## EASTER NESTS

*Melanie Hinnah, Sigourney*

1 large Hershey bar	1 large bag chow mein noodles
1 (12 oz.) pkg. chocolate chips	

Melt Hershey bar and chocolate chips together. In large bowl mix noodles with chocolate sauce. Let cool until able to touch. Drop onto wax paper and shape into a small nest. Decorate as you wish. Makes 12. (SUGGESTIONS: Green colored coconut with jelly beans; peanut M&M's; small colored marshmallows.)

## EGG IN A FRAME

*Melanie Hinnah, Sigourney*

1 slice bread	1 egg
1 T. butter or margarine	Seasoning to taste

Melt butter in skillet on medium heat (be careful not to burn the butter). With biscuit cutter cut out center of bread. Children may wish to use other shape cookie cutters to do this with. Place slice of bread in skillet. Carefully break egg into center of bread slice. Season to your taste. Turn once. Cook until egg is set or your desired doneness.

## FINGER JELLO

*Sandy Winn, Ollie*

4 envelopes Knox gelatine	4 C. boiling water
3 boxes Jello	

Dissolve Knox and Jello in the boiling water and put into an oblong pan. After it sets up cut into squares. You can use any flavor Jello you like.

## GRAHAM CRACKER GOODIES

*Joni Snakenberg, Sigourney*

16 graham cracker squares

$\frac{1}{4}$  C. peanut butter

$\frac{1}{4}$  C. ready to spread chocolate frosting

Spread one side of a square with peanut butter. Spread another square with frosting. Place together to form a sandwich. Makes 8 sandwiches.

## ICE CREAM SANDWICHES

*Melanie Hinnah, Sigourney*

1 egg

$\frac{1}{2}$  C. shortening

$\frac{1}{4}$  C. butter (softened)

1 tsp. vanilla

1 pkg. devil's food cake mix

$\frac{1}{2}$ -1 gal. brick ice cream

Heat oven to 375°. Beat egg, add shortening, butter, vanilla and about  $\frac{1}{2}$  of cake mix. Mix and then add the rest of the cake mix. Pat into a jelly roll pan and also a 9x9-inch pan. Bake 6-8 minutes. Will be slightly puffed. Prick with a fork. Cool. Cut into rectangles for ice cream sandwiches. Cut ice cream approximately  $\frac{3}{4}$ -inch thick. Place between cookies and press together. Wrap in foil or plastic wrap and freeze. Makes 16 sandwiches.

## MICROWAVE S'MORES

*Joshua Bolinger, What Cheer*

Graham crackers

Peanut butter

Chocolate chips

Marshmallows

Spread  $\frac{1}{2}$  graham cracker with peanut butter. Sprinkle with chocolate chips and marshmallows. Microwave on high for 30-45 seconds. Top with  $\frac{1}{2}$  graham cracker.

## MICROWAVE TACO BURGERS

*Joni Snakenberg, Sigourney*

1 lb. ground beef

1 pkg. mild taco seasoning mix

2 T. mild salsa

Mix well, shape into 4-5 patties. Cook in microwave (cover with wax paper) on high power for 5-7 minutes, turn over after 3 minutes. Let stand 2-3 minutes. Place on hamburger buns. Suggested toppings - sliced tomatoes, lettuce, sour cream or guacamole.

## ORANGE BALLS

*Amy Thompson, Ollie*

1 (7 1/4 oz.) pkg. vanilla wafers  
3/4 C. grated coconut  
Powdered sugar

1/2 C. frozen orange juice  
concentrate

Crush vanilla wafers by putting them between sheets of waxed paper and rolling with a rolling pin. Mix crumbs, coconut and orange juice concentrate together. Shape into 1-inch balls and place on cookie sheet. Chill 3 hours. Roll in powdered sugar before serving. Makes about 36 cookies.

## PEANUT BUTTER BALLS

*Abbie Axmear, Keswick*

1/3 C. peanut butter  
1/3 C. honey

2 C. oatmeal  
1 C. dried milk

Mix with mixer. Make into balls.

## PILAF

*Shaun Ritchie, South English*

3/4 C. Minute Rice  
3/4 C. spaghetti (broken in 1-inch  
or so pieces)

1/4 C. margarine  
2 C. chicken bouillon

Saute rice and spaghetti in margarine until golden brown. Add chicken bouillon. Cover and simmer for 25-30 minutes. Good with chicken, pork chops and fish. Takes the place of potatoes.

## POPCORN BALLS

*Judy Winn, Ollie*

2 batches popped corn  
1/4 C. brown sugar  
1 T. vinegar  
1/2 C. oleo

1 C. white sugar  
1/2 C. water  
3/4 C. light corn syrup

Cook this to hard ball stage. Remove from heat and stir in 1/4 tsp. baking soda. Pour over popped corn and mix well. Form into balls. For softer balls or to eat as light caramel corn - cook until soft ball stage.

## PIZZA COOKIE

*Kathy Thompson, Ollie*

### DOUGH:

1 1/3 C. flour  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/3 C. melted butter

1 C. firmly packed brown sugar  
1 egg  
1 T. hot water  
1 tsp. vanilla

### TOPPING SELECTIONS:

1/2 C. chopped nuts  
1 C. chocolate chips  
1/2 C. M&M's  
1/2 C. jelly beans

1 C. peanut butter chips  
1 C. butterscotch chips  
1 C. flaked coconut  
1 C. miniature marshmallows

In a large bowl combine flour, baking powder and soda and salt. Stir in melted butter and brown sugar. In small bowl combine egg, vanilla and hot water. Stir into flour mixture. Grease 12-inch pizza pan. Flour hands and spread dough out evenly. Sprinkle with a selection of toppings from list and top with miniature marshmallows. Bake 18 minutes at 350° until browned. Loosen pizza at edges. When cool, cut into wedges with pizza cutter.

## POPSICLES

*Linda Werger, Keota*

1 pkg. Jello  
1 C. sugar

1 pkg. same flavor Kool-Aid

Dissolve in 2 C. hot water. Add 2 C. cold water. Pour into molds and freeze. Makes 16.

## POTTING SOIL DESSERT

*Ryan Buman, Sigourney*

Chocolate pudding - made per  
pkg. directions  
Oreo cookies - crushed

Gummy worms  
Dixie cups

Place small amount of crushed cookies in bottom of Dixie cup. Fill 2/3 full with pudding. Top with more cookies. "Plant" gummy worm in cookies about 1/2 way. Fun party treat!

## SLEEPING PICKLE

*Ryan Buman, Sigourney*

2 slices bread	1 whole pickle - cut in half
2 slices square luncheon meat	lengthwise
	2 slices American cheese

Spread one side of bread slices with margarine. Place on baking sheet. Place meat slice on bread. Place pickle half on meat in center. Top each with cheese slice leaving 1-inch of pickle uncovered. Bake at 400° for 7-8 minutes or until cheese melts.

## S'MORES

*Toshya McKay, What Cheer*

Graham crackers	Large marshmallows
Milk chocolate candy bars	

For each s'more, top one cracker with chocolate, hot toasted marshmallow and second cracker; press together slightly. Place on paper towel, microwave on high for 10-15 seconds or until marshmallow is softened. (VARIATION: Spread second cracker with peanut butter.)

## SPINACH CASSEROLE

*Amy Thompson, Ollie*

1 (10 oz.) pkg. frozen chopped spinach (thawed)	1 C. shredded cheddar cheese
1 can cream of mushroom soup	½ C. melted butter
1 small onion (chopped)	1 C. seasoned stuffing

Heat oven to 350°. Put spinach in a greased casserole dish. Combine rest of ingredients and pour over spinach. Bake for 30 minutes.

## SUGAR BALLS

*Dustin Snakenberg, Sigourney*

1½ C. sugar	1 T. vanilla
¾ C. Cool Whip	⅓ tsp. cinnamon
⅔ C. brown sugar	

Mix together and eat.

## TASTY TOAST

*Amy Thompson, Ollie*

1 (8 oz.) pkg. cream cheese  
½ C. Parmesan cheese  
3 T. mayonnaise

1 onion (finely chopped)  
½ loaf white bread  
3 T. bacon bits

Trim crusts from bread and cut each slice into 4 triangles (cut large "X"). Mix all remaining ingredients together. Toast bread in oven on one side only. Spread mixture on untoasted side. Before serving, ask an adult to help you heat slices under broiler until bubbly. These may be frozen. If so, warm 4 minutes before broiling. Serves 8.

## WATERMELON SNOW

*Lori Snakenberg, Sigourney*

4 C. watermelon (seeded and cubed)  
6 oz. can frozen fruit punch  
concentrate (thawed)

2 C. lemon-lime flavored  
carbonated beverages

In blender, place watermelon cubes. Process until smooth. Pour watermelon puree into a 2-qt. non-metal freezer container, stir in remaining ingredients. Freeze 2 hours, stir well. Freeze until slush consistency, about 3-4 hours. (TIP: If slush is frozen solid, let stand at room temperature for 1-1½ hours before serving. Makes 10 (½ C.) servings.

## CLAY

*Meghan and Meredith Goodwin, Hedrick*

2½ C. flour  
1 C. salt  
Food coloring if desired

2 C. boiling water  
3 tsp. cooking oil

Mix well. Let cool. Watch the fun!

## MODELING CLAY

*NAncy Harris, Sigourney*

1 C. salt  
5/8 C. water

½ C. cornstarch

Cook over low heat stirring constantly until mixture thickens. Remove from heat, add food coloring to tint desired. Cool. Store covered.

## KNOX EASTER EGGS

*Kathy Thompson/Judy Winn, Ollie*

Large eggs - blown, rinsed and dried  
1 box Jello  
1 envelope Knox gelatin

$\frac{3}{4}$  C. boiling water  
 $\frac{1}{4}$  C. cold water

When blowing eggs, one end should be the size of a pin hole. The other end should be about "dime-size". Seal small end with wax. Large eggs take about  $\frac{1}{4}$  C. of Jello mix. Fill and return eggs to carton. Put in refrigerator to set. Peel as you would hard-boiled eggs. Make several different colors. Can be used in centerpieces at Easter then eaten like "Knox-blox".

## MR. POTATO HEAD

*Nancy Harris, Sigourney*

Cut a large slice off of a large potato. Hollow out and fill with soil. Plant grass seed in soil. Make a face on potato. Seeds should germinate within 7-8 days.

## HOMEMADE PLAYDOUGH

*Erica Snakenberg, Sigourney*

2 C. flour  
1 C. salt  
1 C. water

1 T. oil  
Few drops of food coloring

Mix all ingredients together. Knead and mix to correct texture. Add more flour and water as needed. Store in plastic bag in refrigerator.

## PLAY DOUGH

*Tiffiny Fox, Thornburg*

1 C. flour  
 $\frac{1}{2}$  C. salt  
1 T. alum

1 T. salad oil  
 $\frac{3}{4}$  C. boiling water  
Food coloring

Mix dry ingredients, then add oil and boil water and knead. Keep in covered bowl.

## PLAY DOUGH

*Nancy Harris, Sigourney*

1 C. flour  
1 T. oil  
 $\frac{1}{2}$  C. salt

2 tsp. cream of tartar  
1 C. water

Mix and cook 3 minutes. Cook over low heat until mixture leaves side of pan. Knead and cool. Tint with food coloring. Store in covered containers.

## PLAYDOUGH

*Dustin Snakenberg, Sigourney*

2 C. flour

1 C. salt

4 tsp. cream of tartar

BOIL:

2 T. oil

Food coloring as desired

2 C. water

Flavoring

Mix together and cool. Have fun!

## PLAY DOUGH

*Mollie Payne, Dubuque*

2 C. flour

1 1/2 C. boiling water

1 C. salt

3 T. cooking oil

2 T. alum

Food coloring

Mix ingredients together and knead until smooth, add food coloring and knead until smooth.

## BLARNEY PUDDING

*Justin Shipley - 1st Grade  
North English Elementary*

Magic Moo then you put garlic then you put chocolate chips then you shake it then you eat it up.

## BLARNEY PUDDING

*Joshua Van Dee - 1st Grade  
North English Elementary*

Do you know how to make Blarney Pudding? Yes! First you get some milk and some Magic Moo and a bowl. Then you put the Magic Moo in first then the milk then you put on the lid and shake it for 20 minutes. That's how you make Blarney Pudding.

## CHEESE PIZZA

*Laura Van Dee - 2nd Grade  
North English Elementary*

You mix some dough, 2 C. of sauce, and a lot of cheese. Bake for 1/2 hour. It is really good!

## CHOCOLATE CHIP COOKIES

*Sonia Severt - 1st Grade  
North English Elementary*

Flour, powder sugar, sugar, mix, add chocolate chips and mix and bake.

## CHOCOLATE CHIP COOKIES

*Amanda Hoylman - 1st Grade  
North English Elementary*

First you make the dough then you put in the chocolate chips then you put them in the stove.

## CHOCOLATE CHIP COOKIES

*Anne Pilkington - 1st Grade  
North English Elementary*

Sugar, flour, chocolate chips, eggs, brown sugar, put them in the oven.

## CHOCOLATE CHIP COOKIES

*Sarah Buffington - 1st Grade  
North English Elementary*

Milk, eggs, brown sugar, chocolate chips and flour, then cook them then eat them.

## CHOCOLATE CHIP COOEEYS

*Joey Axmear - 1st Grade  
North English Elementary*

Chocolate chips  
Doy

Eggs  
Brown shagr

Mix it.

## CHOCOLATE CHIP COOKIES

*Tricia Masters - 1st Grade  
North English Elementary*

3 C. of sugier

Chocolit chips

Put it in the oven.

## CHOCOLATE CHIP COOKIES

Erin Gent - 2nd Grade  
North English Elementary

You add 3 cups of surgur, 2 eggs. Mix it up and one teaspoon of bacen sodo, 3 cups of powder. Mix it up. Get out a pan and butter it. Get out a spoon and get a little bit. Put it in the pan. Turn the stove on to 15 minutes.

## CHOCOLATE CHIP COOKIES

Christi Sterrett - 2nd Grade  
North English Elementary

2 eggs	½ sugar
½ C. brown sugar	2 C. choc. chips
1 tsp. vanilla	½ butter
2 C. flour	

Put in the butter, the eggs, and the brown sugar. Mix well. Then put in the vanila, 1 C. flour, and sugar. Mix good. Then put in choc. chips and flour. When you get all that done, put on greased cookie sheet. Temp. 230° for 1 hour.

## CHOCOLATE TREATS

Mary Parsons - 2nd Grade  
North English Elementary

1 pkg. unmelted marshmallows	½ melted butter
2½ C. melted chocolate chips	1½ C. peanut butter

Put in a box of rice crispys. Mix well.

## FRENCH TOAST

Eric Smith - 1st Grade  
North English Elementary

2 eggs	Bread
15 manacs	

## FRENCH TOAST

Nicole Wilson - 1st Grade  
North English Elementary

You need: a bowl, a measuring cup, tow eggs, a fork, a pan. Take you bowl and eggs. Krak the eggs into the bowl. Ster for 2 hurs. Put in in the pan. Het for 57 hawers.

## GRILLED CHEESE

Aaron Osweiler - 1st Grade  
North English Elementary

Bred-Budr on the top side  
A pan with budr.  
Chece on the in side.  
Leve it on four ten minis.

## ICE CREAM

Connie Tremmel - 1st Grade  
North English Elementary

8 C. choclate

Then mix well. Put in 3 marshmallo.

## ICE CREAM

Bryan O'Rourke - 1st Grade  
North English Elementary

Ice, salt, milk, put it in a dish and stir and then eat it.

## INSTRUCTIONS TO GRANDMA FOR WARMING BABY SISTER'S BOTTLE IN THE MICROWAVE

Lindsey Tygart-Age 3  
Oskaloosa

"Put in microwave until the bell rings!"

## MACARONI AND CHEESE

By Lindsey Tygart - Age 3, Oskaloosa

Put 60 degree water in macaroni  
Cook 80 minutes  
Then put cheese in it  
Say "It's Done" and then eat it!

## MACARONE AND CHESE

Austin Clubb - 1st Grade  
North English Elementary

4 C. of water

1 box of macarone

Boil fur 8 munits. Then put milk and butter and cheese. Then you have macarone and cheese.

## MACARONI AND CHEESE

*Emily Levers - 1st Grade  
North English Elementary*

Boil water. Let it sit four matits. Noodls in straynr. Then malk then cheese and batr.

## MICROWAVE CAKE

*Christine Robison - 2nd Grade  
North English Elementary*

1/3 cooking oil  
3/3 water

1 egg

Beat 75 times. Grease pan. Pour batter in pan. Then microwave 12 minits.

## MINT CANDY

*Erica Snakenberg, Sigourney*

3 C. sugar  
1 C. peppermint

1 pinch salt  
1/4 C. water

Turn stove on High. Bring water to boil, put salt and sugar in boiled water. After peppermint put in refrigerator and let chill for 2 hours.

## ORANGE JUICE

*Matt Van Berkum - 1st Grade  
North English Elementary*

Put it in the pitcher, then add a quart of water. Shake it and enjoy!

## PEANUT BUTTER SANDWICHES

*Lindsey Tygart - Age 3, Oskaloosa*

Put peanut butter on the sandwich and then put the sandwich on top of the peanut butter. Cut into butterflies (triangles).

## PIZZA

*Travis Clubb - 1st Grade  
North English Elementary*

- 1.) You make dough
- 2.) You put it in a pan.
- 3.) You put sauce on it.
- 4.) You put ham on it.
- 5.) Put it in the oven.

## PIZZA

*Dallas Harriman - 1st Grade  
North English Elementary*

Cut crust and put cheese and put sauce and put it in the oven.

## PIZZA

*Anne Pilkington - 1st Grade  
North English Elementary*

Pizza, cheese, meat, tomato sauce, mushrooms, more cheese, pepper, olives, mix them up.

## PIZZA

*Craig Robinson - 1st Grade  
North English Elementary*

First you put the pizza dough in a bowl then you put hot water in the dough. Then you mix it up then you put it in a pan then you put the pizza sauce on the dough then you put meat on the sauce then you put cheese then you bake it for an hour.

## PIZZA

*Melissa Ackerman - 2nd Grade  
North English Elementary*

You make dough. Two cans of sauce. One bag of hamburger.  $\frac{1}{2}$  bag of cheese. Now you put it in the oven. Put it in the oven for 20 mins.

## PORK AND BEANS

*Dustin Snakenberg, Sigourney*

1  $\frac{1}{2}$  cans pork and beans  
1/2 bag frozen peas  
1 can tomato sauce

$\frac{1}{4}$  C. milk  
5 cut up potatoes

Mix together and bake 19-20 minutes.

## PORK ROAST

*Dustin Snakenberg, Sigourney*

1 can pork and beans  
2 C. water  
1 bag frozen peas

1 can tomato sauce  
2 cut up potatoes  
Any of the pork that you like

Bake 15-17.

## RICE KRISPIES

*Lindsey Tygart - Age 3, Oskaloosa*

Put Rice Krispies in first and then you put milk in and then you put salt in and then bring it over to the table. Eat it.

## RICE KRISPIE TREATS

*Eric Krebs - 1st Grade  
North English Elementary*

Count 40 morshmollos

Pet them in a pot

Cook 85 minttans.

Bo not stop.

Pet rice krispies in a pot.

## RICE KRISPIE TREATE

*Nick Pfannebecker - 1st Grade  
North English Elementary*

Put two Liters in it.

Then put peanut butter in it.

Then put chalklit covring.

That's all!

## SALAD

*Andy Mather - 1st Grade  
North English Elementary*

Tomatoes, cabbage, lettuce, broccoli, cheese mix them.

## SEAFISH

*Dustin Snakenberg, Sigourney*

1 pound catfish

5 crackers (crumbled)

1 tomato

Bake for 12 minutes and eat.

## SLOPPY JOES

*Cameron Miller - 1st Grade  
North English Elementary*

Take some ketchup and hamburger and some bread and cook them and enjoy!

## **SUGUR COOKIES**

2 C. of flour  
3 C. of water  
3 C. of sugur  
2 eggs

Put crisco on a pan. Take some cookie batter. Put it on the pan. Cook it. Then when it is done, if you want you can put on some sprinkles.

## **SUGAR COOKIES**

*Becky Oswald - 2nd Grade  
North English Elementary*

Sum sugar and 2 eggs.  
Sum dougn.  
Some more egg.  
Put it in the oven for 20 minuts.

## **TOCKOWS**

*Brandon Van Dee - 1st Grade  
North English Elementary*

1 sheel  
1 tamytee  
Som hameberger and cheese and latis

# Helpful Hints



## Hints

Clean Up . . . . .	259
Difficult Fractions . . . . .	260
Double the Butter . . . . .	260
Eagle Brand Milk . . . . .	260
Elephant Stew . . . . .	260
Food Quantities . . . . .	261
Handy Chart . . . . .	262
Happy Home Recipe . . . . .	263
Kitchen Hints . . . . .	263-267
Meat Roasting Guide . . . . .	268
Microwave Tips . . . . .	269, 270, 272
General Oven Chart . . . . .	270
Contents of Cans . . . . .	270
Common Pastry Problems . . . . .	267
Equivalent Chart . . . . .	271
Spice and Herb Guide . . . . .	274
Substitutions . . . . .	271, 273, 275
Temperatures Tests . . . . .	275
Window Cleaner . . . . .	276
Window Cleaner that Keeps Flies Away . . . . .	276

## —HINTS—

### CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add  $\frac{1}{4}$  C. baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 T. baking soda or salt.

To clear a sink or basin drain, pour  $\frac{1}{2}$  C. baking soda followed by a cup of vinegar down the drain...let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

## DIFFICULT FRACTIONS

*Judy Winn, Ollie*

One-third of  $\frac{1}{4}$  C. = 1 T. + 1 tsp.

One-third of 5 T. = 1 T. + 2 tsp.

One-third of  $\frac{1}{3}$  C. = 1 T. +  $2\frac{1}{3}$  tsp.

One-third of  $\frac{1}{2}$  C. = 2 T. + 2 tsp.

One-half of  $\frac{3}{4}$  C. = 6 T.

## EQUIVALENT MEASURES:

A few grains = less than 1/16 tsp.

$\frac{3}{4}$  C. = 12 T. or 6 oz.

A pinch = less than 1/8 tsp.

1 C. = 16 T. or 8 oz.

$\frac{1}{2}$  T. = 1 $\frac{1}{2}$  tsp.

2 C. = 1 pt.

1 T. = 3 tsp. or  $\frac{1}{2}$  oz.

1 imperial pt. (Canadian) =  $2\frac{1}{2}$  C.

$\frac{1}{8}$  C. = 2 T. or 1 oz.

1 imperial qt. (Canadian) = 5 C.

$\frac{1}{4}$  C. = 4 T. or 2 oz.

4 qts. liquid (U.S.) = 1 gal.

$\frac{1}{3}$  C. = 5 T. + 1 tsp.

8 qts. dry (U.S.) = 1 peck

$\frac{1}{2}$  C. = 8 T. or 4 oz.

4 pecks = 1 bushel

$\frac{2}{3}$  C. = 10 T. + 2 tsp.

## DOUBLE BUTTER

*Maxine McCellan, Ollie*

Soften one envelope Knox gelatin in  $\frac{1}{2}$  C. skim milk. Stir over low heat until dissolved. Add 1 $\frac{1}{2}$  C. skim milk and whip into 1 lb. butter which has been softened to room temperature. Use electric mixer at medium speed. Put in covered container in refrigerator. Makes 2 lbs. of butter with only one-half the calories.

## EAGLE BRAND MILK

*Joyce Weber, Ollie*

1 C. + 2 T. non-fat milk

$\frac{1}{2}$  C. hot water

$\frac{3}{4}$  C. sugar

Dissolve sugar in hot water. Cool and add powdered milk, using a mixer on high mix until smooth. \*Use this recipe when you are out of Eagle Brand milk.

## ELEPHANT STEW

*Kathy Thompson, Ollie*

1 elephant (medium size)

Brown gravy

2 rabbits (optional)

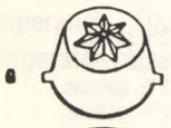
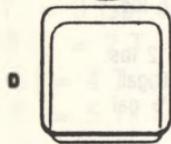
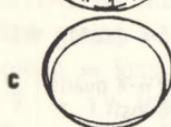
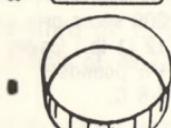
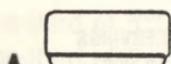
Salt and pepper

Cut elephant into bite-size pieces. This should take approximately 2 months. Add enough brown gravy to cover. Cook over a kerosene fire for about 4 weeks at 465°. This recipe will serve 3800 people. If more are expected, 2 rabbits may be added, but only if necessary. Most people don't like finding hare in their stew.

# FOOD QUANTITIES FOR 25, 50, and 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 (1 lb.) loaves	100 slices or 6 (1 lb.) loaves	200 slices or 12 (1 lb.) loaves
Butter	½ pound	¾-1 pound	1½ pounds
Mayonnaise	1 C.	2-3 C.	4-6 C.
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½-3 quarts	5-6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾-2 quarts	2½-4 quarts
Jams and Preserves	1½ lbs.	3 lbs.	6 lbs.
Crackers	1½ lbs.	3 lbs.	6 lbs.
Cheese (2 oz. per serving)	3 lbs.	6 lbs.	12 lbs.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pts.	½ gal.
<b>Meat, Poultry or Fish:</b>			
Weiners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25-35 pounds	50-75 pounds
Fish, large, whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
<b>Salads, Casseroles, Vegetables:</b>			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or one 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lbs.	18-20 lbs.	25-35 lbs.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 (No. 10) can	2½ (No. 10) cans	4 (No. 10) cans
<b>Fresh Vegetables:</b>			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ C.)	6¼ lbs.	12½ lbs.	25 lbs.
Tomatoes	3-5 lbs.	7-10 lbs.	14-20 lbs.
<b>Desserts:</b>			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ C. per serving)	3 qts.	6 qts.	12 qts.
Cake	1 (10x12") sheet cake	1 (12x20") sheet cake	2 (12x20") sheet cakes
	1½ (10") layer cakes	3 (10") layer cakes	6 (10") layer cakes
Whipping Cream	¾ pint	1½-2 pints	3 pints
<b>Ice Cream:</b>			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2½ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
<b>Beverages:</b>			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	½ pound and 6 gal. water
Lemonade	10-15 lemons, 1½ gal. water	20-30 lemons, 3 gal. water	40-60 lemons, 6 gal. water

# HANDY CHART OF KITCHEN MATH



## WHEN THE RECIPES CALLS FOR:

### 4-Cup Baking Dish:

9-inch pie plate

8 x 1 1/4-inch layer-cake pan - C

7 3/8 x 3 5/8 x 2 1/4-inch loaf pan - A

### 6-Cup Baking Dish:

8 or 9 x 11 1/2-inch layer-cake pan - C

10-inch pie plate

8 1/2 x 3 5/8 x 2 5/8-inch loaf pan - A

### 8-Cup Baking Dish:

8 x 8 x 2-inch square pan - D

11 x 7 x 1 1/2-inch baking pan

9 x 5 x 3-inch loaf pan - A

### 10-Cup Baking Dish:

9 x 9 x 2-inch square pan

11 3/4 x 7 1/2 x 1 3/4-inch baking pan - D

15 x 10 x 1-inch jelly-roll pan

### 12-Cup Baking Dish Or Over:

13 1/2 x 8 1/2 x 2-inch glass baking pan

12 cups

13 x 9 x 2-inch metal baking pan

15 cups

14 x 10 1/2 x 2 1/2-inch roasting pan

19 cups

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

### Tube Pans:

7 1/2 x 3-inch "Bundt" tube - K 6 cups

9 x 3 1/2-inch fancy tube or "Bundt" pan - J OR K 9 cups

9 x 3 1/2-inch angel cake pan - I 12 cups

10 X 3 3/4-inch "Bundt" or "Crownburst" pan - K 12 cups

9 x 3 1/2-inch fancy tube - J 12 cups

10 x 4-inch fancy tube mold (kugelhupf) - J 16 cups

10 x 4-inch angel food pan - I 18 cups

### Melon Mold:

7 x 5 1/2 x 4-inch mold - H 6 cups

### Spring-Form Pans:

8 x 3-inch pan - B 12 cups

9 x 3-inch pan - B 16 cups

### Ring Molds:

8 1/2 x 2 1/4-inch mold - E 4 1/2 cups

9 1/4 x 2 3/4-inch mold - E 8 cups

### Charlotte Mold:

6 x 4 1/4-inch mold - G 7 1/2 cups

### Brloche Pan:

9 1/2 x 3 1/4-inch pan - F 8 cups

## A HAPPY HOME RECIPE

4 C. of Love	5 spoons of Hope
2 C. of Loyalty	3 spoons of Tenderness
3 C. of Forgiveness	4 quarts of Faith
1 C. of Friendship	1 barrel of Laughter

Take Love and Loyalty, mix it thoroughly with Faith. Blend it with Tenderness, Kindness and Understanding. Add Friendship and Hope, sprinkle abundantly with Laughter. Bake it with sunshine. Serve daily with generous helpings.

## KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit - skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

## KITCHEN HINTS

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Softener butter for spreading by inverting a small heated pan over the butter dish for awhile.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar...no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

## KITCHEN HINTS

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc., it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add  $\frac{1}{4}$  teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

## KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon; heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

## KITCHEN HINTS

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place in the refrigerator for 24 hours.

## COMMON PASTRY PROBLEMS

*Judy Winn, Ollie*

### PROBLEM:

### WHY IT HAPPENED:

Tough:

Not enough fat

Too much water

Over mixing

Too much flour added when  
rolling out

Crumbly:

Not enough water

Too much fat

Doesn't Brown:

Rolled too thick

Underbaked

Overmixed

Shrinks:

Stretched when put in pan

Overhandled

Rolled too thin

Blistered:

Not pricked enough

Baked at too low a temperature

## MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° Oven)	Internal Temperature
<b>BEEF</b>			
Standing Rib Roast (10-inch ribs)	4	1 3/4	140° (rare)
If using shorter cut (8-inch) ribs, allow 30 minutes longer	2 1/2	2	160° (medium)
		170° (well done)	
	8	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Rolled Rump (2)	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin Tip (2) (2) Roast only if high quality. Other- wise, braise	3	1 1/2	140° (rare)
		2	160° (medium)
		2 1/4	170° (well done)
<b>Lamb:</b>			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
<b>Veal:</b>			
Leg (piece)	5	2 1/2-3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled Shoulder	3-5	3-3 1/2	170° (well done)

## POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
Turkey	6-8 lbs.	325°	2 1/2-3 hours
	8-12 lbs.	325°	3-3 1/2 hours
	12-16 lbs.	325°	3 1/2-4 hours
	16-20 lbs.	325°	4-4 1/2 hours
	20-24 lbs.	300°	5-6 hours
Chicken Unstuffed)	2-2 1/2 lbs.	400°	1-1 1/2 hours
	2 1/2-4 lbs.	400°	1 1/2-2 1/2 hours
	4-8 lbs.	325°	3-5 hours
Duck (Unstuffed)	3-5 lbs.	325°	2 1/2-3 hours

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

JUICE TIP - To get more juice from lemons and oranges, microwave on high for 30 seconds per fruit before squeezing.

BACON - To separate cold bacon, microwave 15-20 seconds and let stand 3-5 minutes.

EGGS - Scramble eggs with cottage cheese ( $\frac{1}{3}$  C. per two eggs). Microwave on high 1-1 $\frac{1}{2}$  minutes; stir and microwave another 1-1 $\frac{1}{2}$  minutes.

PANCAKES - Microwave butter and syrup together 1-2 minutes on high. Pour over pancakes.

### TIPS FOR FRUITS AND VEGETABLES

1. Rehydrate dried fruits by covering with liquid. Microwave on high for 5-6 minutes. Let stand 6 minutes.

2. Defrost frozen orange juice concentrate by removing lid and put cardboard container in microwave on high 15-30 seconds.

3. Bake medium sized cored apple in microwave by filling center with cinnamon candies. Cover with plastic wrap; microwave on high 2 minutes. Rotate and microwave 1-2 minutes more.

4. Always salt vegetables after cooking. Salt interferes with microwave's cooking pattern.

5. To cook cabbage leaves for cabbage rolls, remove core from cabbage. Place leaves in plastic bag with 2 T. water. Fold top in. Microwave on high 4-5 minutes until pliable.

### BREAD TIPS

1. To scald 2 C. milk for bread baking, microwave on high 2-3 minutes.

2. Whole grain flours keep best in the freezer. To bring to room temperature, microwave 2 C. on high 30-45 seconds.

3. Dissolving yeast - Get water to perfect temperature by using microwave meat probe. Set it between 110°-115°.

4. Before baking canned refrigerated biscuits - microwave on high for 1 $\frac{1}{2}$ -2 minutes. Complete in conventional oven. This yields higher and more moist biscuits.

5. Freshen day-old or slightly dry rolls/bread - microwave on paper towel on Defrost/Low (8 oz. heats in 1 $\frac{1}{4}$  minutes.)

6. To make dry bread crumbs, cut 6 slices of bread into  $\frac{1}{2}$ -inch cubes. Microwave on high in 3-qt. casserole 6-7 minutes, stirring after 3 minutes. Crush in blender.

# MICROWAVE TIPS

Kathy Thompson, Ollie

## MISCELLANEOUS MICROWAVE TIPS:

1. For best results when reheating foods - always use less than full power. Cover with paper plate or waxed paper.
2. Use paper towel when you want to absorb moisture; plastic wrap for steaming and waxed paper to prevent spatters.
3. Rule of Thumb when converting conventional recipes to microwave. Microwaving takes  $\frac{1}{4}$  of the time of conventional (allow for standing time).
4. Use round dishes when possible. Sharp corners allow more exposure to microwave energy and food in these areas dries out first.
5. To have squeaky, better-flavored cheese curds, microwave on high 30 seconds.
6. Like liquid hand soap? Shiver or shred leftover scraps of hand soap in ratio of 1 large bar soap to 3 cup water. Microwave on high 5-6 minutes. Stir every 2 minutes. Let stand until cool.
7. To microwave meat loaf, form meat around a glass placed upside down in center of plate. This creates suction that pulls grease inside glass as meat loaf cooks.
8. To rid microwave of seafood or fish odor, put 1 cup water,  $\frac{1}{4}$  cup lemon juice and several whole cloves in 2 cup glass measure. Microwave on high 4 minutes.
9. To speed up rice crispy bars, butter large bowl, put marshmallows and butter in bowl; microwave on high 2-3 minutes.
10. Toast coconut in microwave by spreading  $\frac{1}{2}$  cup coconut in glass pie plate. Microwave on high 3-4 minutes. Stir every 30 seconds after first 2 minutes.
11. To thaw frozen whipped topping (4  $\frac{1}{2}$  oz. carton). Microwave on Defrost/Low 30-60 seconds.
12. Blanch almonds to remove skins by adding boiling water to cover. Microwave on high 15 seconds. Drain; remove skins by rubbing between paper towels.

## GENERAL OVEN CHART

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

## CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:	
8 oz. ....	1 cup
picnic .....	1 $\frac{1}{4}$ cup
No. 300 .....	1 $\frac{3}{4}$ cup
No. 1 tall .....	2 cup
No. 303 .....	2 cup
No. 2 .....	2 $\frac{1}{2}$ cup
No. 2 $\frac{1}{2}$ .....	3 $\frac{1}{2}$ cup
No. 3 .....	4 cup
No. 10 .....	12-13 cup

## EQUIVALENT CHART

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

## SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square chocolate (1 ounce) = 3-4 T. cocoa + 1/2 T. fat.

1 T. cornstarch (for thickening) = 2 T. flour.

1 C. sifted all-purpose flour = 1 C. + 2 T. sifted cake flour.

1 C. sifted cake flour = 1 C. minus 2 T. sifted all-purpose flour.

1 tsp. baking powder = 1/4 tsp. baking soda + 1/2 tsp. cream of tartar.

1 C. sour milk = 1 C. sweet milk into which 1 T. vinegar or lemon juice has been stirred; or 1 C. buttermilk (let stand for 5 minutes).

1 C. sweet milk = 1 C. sour milk or buttermilk + 1/2 tsp. baking soda.

3/4 C. cracker crumbs = 1 C. bread crumbs.

1 C. cream, sour, heavy = 1/3 C. butter and 2/3 C. milk in any sour milk recipe.

1 tsp. dried herbs = 1 T. fresh herbs.

1 C. whole milk = 1/2 C. evaporated milk and 1/2 C. water or 1 C. reconstituted nonfat dry milk and 1 T. butter.

1 package active dry yeast = 1 cake compressed yeast.

1 T. instant minced onion, rehydrated = 1 small fresh onion.

1 T. prepared mustard = 1 tsp. dry mustard

1/8 tsp. garlic powder = 1 small pressed clove of garlic.

1 lb. whole dates = 1 1/2 C. pitted and cut.

3 medium bananas = 1 C. mashed.

3 C. dry corn flakes = 1 C. crushed.

10 miniature marshmallows = 1 large marshmallow.

## MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 C. hot water. Microwave at high for 1½-2 minutes for ½ lb. or 2-3 minutes for 1 lb.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15-30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-oz. pkg. cream cheese by microwaving at 30% power for 2-2½ minutes. One 3-oz. pkg. cream cheese will soften in 1½-2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add Jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 C. milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-qt. casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark fr candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 C. nuts in a 1-qt. casserole with 1 C. water. Cook for 4-5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.

## MICROWAVE HINTS

19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15-20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-oz. jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ C. coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

## SUBSTITUTION - IF YOU RUN OUT OF:

*Judy Winn, Ollie*

For 1 C. cake flour, use 1 C. minus 2 T. flour

For 1 T. cornstarch (for thickening) use 2 T. flour

For 1 C. whole milk use ½ C. evaporated milk plus ½ C. water.

For 1 C. skim milk use ½ C. nonfat dry milk in measuring cup and stir in water to make 1 cup.

For 1 C. buttermilk, add 1 T. vinegar or lemon juice to milk

For 1 cake compressed yeast, use 1 pkg. dry yeast. Use very warm (105°-115°F), not lukewarm, water to dissolve yeast.

For 1 square (1 oz.) unsweetened chocolate, use 3 T. cocoa + 1 T. shortening

For 1 C. beef or chicken broth = 1 bouillon cube

For 1 T. prepared mustard, use 1 tsp. dry mustard

For 1 garlic clove, use 1/8 tsp. garlic powder

For 1 T. fresh herbs, use 1/3-1/2 tsp. dried herbs

## A HANDY SPICE AND HERB GUIDE

**ALLSPICE** - a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

**BASIL** - the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup, also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

**BAY LEAVES** - the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**CARAWAY** - the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**CURRY POWDER** - A ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**DILL** - the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

**MACE** - the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

**MARJORAM** - an herb of the mint family grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (MONOSODIUM GLUTAMATE)** - is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

**OREGANO** - a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

**PAPRIKA** - a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**POPPY** - the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

**ROSEMARY** - an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

**SAGE** - the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

**THYME** - the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

**TURMERIC** - a root of the ginger family grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

## SUBSTITUTIONS

Judy Winn, Ollie

### When Your Recipe Calls For:

#### Bread:

1 C. soft crumbs  
1 C. cubes  
2 C. ready mix bread crumbs

#### Cereal:

1 C. crushed corn flakes  
2 C. cooked corn meal

#### Crackers:

1 C. fine graham cracker crumbs  
1 C. coarse saltines

#### Macaroni and Rice:

4 C. cooked spaghetti  
2 C. cooked elbow macaroni  
4 C. cooked rice  
3 1/2 C. cooked noodles

#### Dairy Products:

8 T. butter  
1 C. freshly grated cheese  
3/4 C. evaporated milk

#### Fruits, Juices and Peels:

4 C. sliced apples  
2 C. sliced strawberries  
1 C. orange juice  
3 T. lemon juice  
1 1/2 tsp. grated lemon rind  
1 C. mashed bananas

### You Need:

2 slices  
2 slices  
1/2 of an 8 oz. pkg.

3 C. whole flakes  
1/2 C. meal

12 crackers  
20 squares

8 oz. pkg.  
1 C. uncooked  
1 C. uncooked  
8 oz. pkg.

1/4 lb. or 1 stick  
1/4 lb.  
1 small can

4 medium  
1 pint  
3 medium oranges  
1 lemon  
1 lemon  
3 medium

## TEMPERATURE TESTS FOR CANDY MAKING

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

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

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

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

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

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

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

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

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

## WINDOW CLEANER

*Mrs. Roberta Haupert, What Cheer*

1 pt. rubbing alcohol  
1 T. dishwashing liquid  
1 T. ammonia

1 gal. water  
A few drops blue food coloring

This solution is a good window cleaner. Put alcohol, ammonia in gallon jug and just about fill. Add dishwashing liquid and coloring. Shake before using. Also good for chrome and kitchen and bath use.

## WINDOW CLEANER THAT KEEPS FLIES AWAY *Marie Bottger, Ollie*

Strain leftover tea into bottles. To each pint of tea add one teaspoon glycerine. Inexpensive and works!