Recipe Favorites of Holt Mothers

홀트 양자회

Proceeds to aid

Korean Orphans at

The Holt Memorial Orphanage

DEDICATED-

to help in carrying on the work that the late Harry Holt started 15 years ago shortly after the Korean war. Mr. Holt founded an orphanage and adoption agency in Korea which has provided homes for 6,500 children in all 50 states and in some foreign countries. It was Mr. Holt's belief that "Every child should have a home".

The proceeds from this cookbook will go to help the 1,000 children still waiting for their homes.

For information concerning The Holt Adoption Program write:

Box 95
Creswell, Oregon 97426

We are most grateful to friends and family for contributing their favorite recipes. We regret that because of duplicates and space limitations it was impossible to publish each recipe submitted and ask your indulgence for editorial liberties taken.

We do not know the sources of many of these recipes, and do not intend any infringements on other copyrighted material.

Art illustrations by Holt mother, Julie Ahrens
Des Moines, Iowa

Korean titles by Mr. Kwang B. Kim and Mr. Hyung Bok Kim

Compiled by the Des Moines Holtap Mother's Club in 1971

PRESERVING CHILDREN

6 children or any amount will do
1 large grassy field
Flowers
Deep blue sky
3 small dogs
Hot sun
Narrow strip of
brook with pebbles

Mix children with dogs and empty into field, stirring constantly. Sprinkle the field with flowers, pour the brook gently over the pebbles. Cover all with a deep blue sky and bake in hot sun. When children are well browned, they may be removed. Will be just right for setting away to cool in the bath tub.

Submitted by Holt mother, Cathy Kiner
Deep River, Iowa

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Harry Holt, Founder
P. O. Box 95 Creswell, Oregon 97426
Phone 895-2202 Area Code 503

"The Children whom the Lord hath given." - - Isa. 8:18

"Greetings to cooks who will enjoy this book. It has been said "We are what we eat" so it is necessary to eat properly. Good advice for the homemaker is to plan meals which include fruits, vegetables, milk, and meat. People in our country are bombarded with too much fat, starchy and sweet foods which cause overweight, and eventually heart trouble. Daily physical exercise is very important for good health also. Attractive, nutritious food at regular periods, spiced with interesting conversation and laughter, and loving attention to each member of the family, brings good digestion, health and happy memories of joyful family living.

Remember to be thankful for your food, for more than half of the world's people are always hungry."

Sincerely and gratefully,

Bertha Holt

Bertha Holt

HARRY'S FAVOURITE BOSTON BAKED BEANS

Bertha Holt
Creswell, Oregon

Soak 2 cups small white beans overnight in water. Boil the beans 1 hour in plenty of water with 1/2 tsp. soda. Skim off the foam. Rinse through a colander, add 1/4 lb. salt pork, cut small, 1 tsp. salt, 1/2 tsp. pepper, 1/2 c. molasses, 1/2 c. sugar, and water to cover. Bake in slow oven at least 3 hours. Water may be added during baking

LINDA AND HYUN'S FAVOURITE BARBECUED STEAK

Bertha Holt
Creswell, Oregon

6 tender steaks
Marinate in following sauce:
- 2 c. soy sauce
- 1 c. sugar
- 4 leeks or green onions, cut in 1/2 in. pieces including green stems
- 2 tsp. crushed sesame seed
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder

Barbecue or broil in the sauce. Use leftover sauce on cooked rice. It is yummy!

CHRISTINE'S FAVOURITE SANDWICH SPREAD

Bertha Holt
Creswell, Oregon

1 can tuna fish
1 T. mayonnaise
1/2 tsp. cayenne
1/2 tsp. Spice Island spaghetti sauce
Dash of garlic powder

Mix and use on open-face sandwiches.

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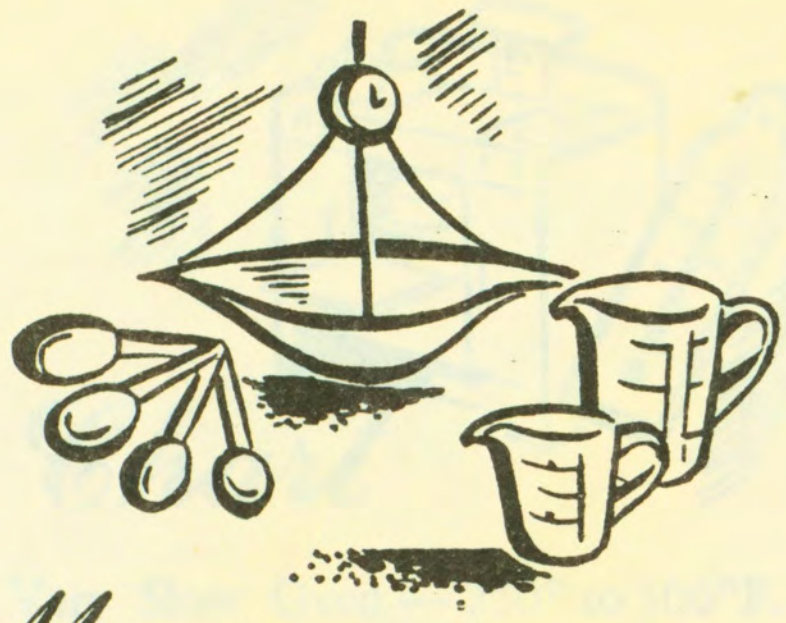


Weights and Measures

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. — pound
pk. — peck
bu. — bushel

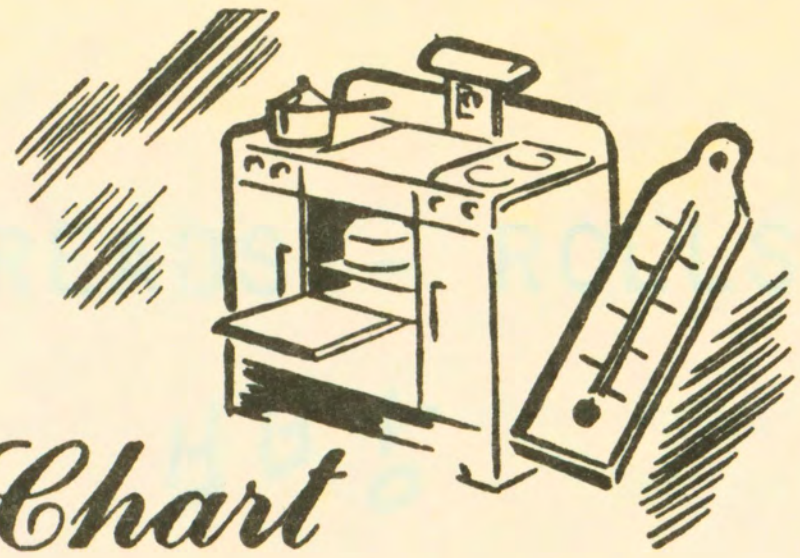
Guide to Weights and Measures

1 teaspoon=60 drops
3 teaspoons=1 tablespoon
2 tablespoons=1 fluid ounce
4 tablespoons=1/4 cup
5 1/3 tablespoons=1/3 cup
8 tablespoons=1/2 cup
16 tablespoons=1 cup
1 pound=16 ounces
1 cup=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=1/2 pound
1 pound of butter=2 cups
1 cup of hydrogenated fat plus 1/2 t. salt=1 cup butter
2 cups sugar=1 pound
2 1/2 cups packed brown sugar=1 pound
1 1/3 cups packed brown sugar=1 cup of granulated sugar
3 1/2 cups of powdered sugar=1 pound
4 cups sifted all purpose flour=1 pound
4 1/2 cups sifted cake flour=1 pound
1 ounce bitter chocolate=1 square
4 tablespoons cocoa plus 2 teaspoons butter=1 ounce of bitter chocolate
1 cup egg whites=8 to 10 whites
1 cup egg yolks=12 to 14 yolks
16 marshmallows=1/4 pound
1 tablespoon cornstarch=2 tablespoons 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

General Oven Chart



General Oven Chart

Very Slow Oven	— 250° to 300°F.
Slow Oven	— 300° to 325°F.
Moderate Oven	— 325° to 375°F.
Med. Hot Oven	— 375° to 400°F.
Hot Oven	— 400° to 450°F.
Very Hot Oven	— 450° to 500°F.

Breads

Baking Powder Biscuits	450°F. 12 — 15 min.
Muffins	400° to 425°F. 20 — 25 min.
Quick Breads	350°F. 40 — 60 min.
Yeast Bread	375° to 400°F. 45 — 60 min.
Yeast Rolls	400°F. 15 — 20 min.

Cakes

Butter Loaf Cakes	350°F. 45 — 60 min.
Butter Layer Cakes	350° to 375°F. 25 — 35 min.
Cup Cakes	375°F. 20 — 25 min.
Chiffon Cakes	325°F. 60 min.
Sponge Cakes	325°F. 60 min.
Angel Food Cakes	325°F. 60 min.

Cookies

Bar Cookies	350°F. 25 — 30 min.
Drop Cookies	350° to 375°F. 8 — 12 min.
Rolled and Ref. Cookies	350° to 400°F. 8 — 12 min.

Pastry

Meringues	350°F. 12 — 20 min.
Pie Shells	450°F. 12 — 15 min.
Filled Pies	450°F. 10 min. lower to 350°F. 40 min.

Roasts

Beef Roast	325°F. Rare	18 — 20 min. per lb.
	Medium	22 — 25 min. per lb.
	Well done	— 30 min. per lb.
Chicken	325°F - 350°F.	30 min. per lb.
Duck	325°F. - 350°F.	25 min. per lb.
Fish Fillets	500°F.	15 - 20 min.
Goose	325°F. - 350°F.	30 min. per lb.
Ham	350°F.	20 - 30 min. per lb.
Lamb	300°F. - 350°F.	35 min. per lb.
Meat loaf	375°F.	60 min. for 2 lb. loaf
Pork Roast	350°F.	30 min. per lb.
Turkey	250°F. - 325°F.	15 - 25 min. per lb.
Veal Roast	300°F.	30 min. per lb.
Venison	350°F.	20 - 25 min. per lb.

BREADS - ROLLS

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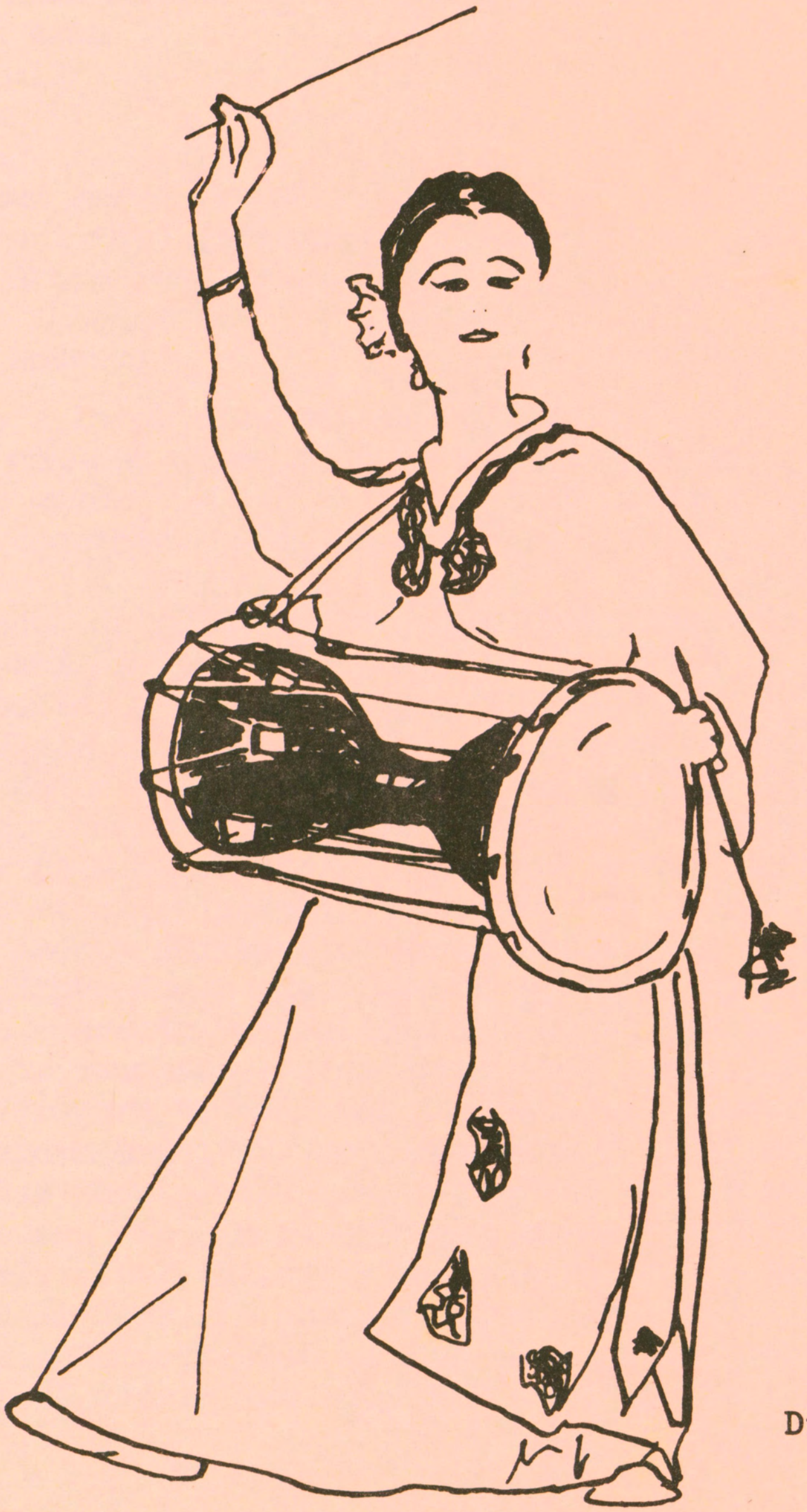

Drum Dance

BREADS - ROLLS

BRAN CEREAL BREAD

Mrs. Robert Engleman
Cedar Falls, Iowa

1 1/2 c. Bran Flakes or Raisin Bran
1 1/3 c. milk
2 c. flour
1 c. sugar
1 T. baking powder
3/4 tsp. salt
1 egg (beaten)
1/4 c. oleo (melted)

Soften cereal in milk; add egg, oleo, and sifted dry ingredients. Pour into greased 9x5 in. loaf pan. Bake at 350° about 50 min. Store overnight.

BREAD (6 Loaves)

Beulah Stronczek

Into a large dish pan measure:

2 2/3 c. non-fat dried milk
6 c. warm water
2/3 c. sugar
3 tsp. salt

Mix together. Add and mix:

4 c. flour
3/4 c. bacon drippings or other melted shortening

Add and mix:

3 pkg. instant dry yeast
2 c. seedless raisins
6 T. ground or whole caraway seed (optional)

Add and mix an additional 11 or 12 c. of flour, adding 4 c. at a time. When the dough is thick and no longer able to be stirred with a large spoon, knead the bread dough in the pan until it is not sticky, sprinkling on flour as needed. On a kneading board or smooth surface, sprinkle flour over an area about 10 in. across. Empty dough onto floured area and knead it at least 15-30 min. Adding sprinkled flour as needed to the board. When kneading is completed, grease the dish pan all the way up the sides and return bread dough to dish pan. Cover with an oiled or greased cloth and lid. Set in a warm draft-free place (80°). Let it rise about 2 1/2 hrs. to nearly top of pan. Punch down, turn it over. Let it rise 2 more times, punch down and turn. Immediately after third rising time, grease 6 baking pans. Knead each loaf slightly to shape for pan. Put dough in greased pan, turn over so smooth side is up. Cover with greased cloth and let rise to loaf size. Put into 300° oven and bake 1 hr. Remove from

Continued Next Page.

BREAD (6 Loaves) Continued.

oven, set on cake rack to cool. Brush with butter. When completely cool, put into plastic bag. May be stored in freezer.

QUICK BOSTON BROWN BREAD — Lucille Wood

1 1/2 c. raisins
1 1/2 c. water
1 T. butter
1 1/2 c. sugar
1 egg
2 1/2 c. flour
1/4 tsp. salt
2 tsp. soda

Sift flour, salt and soda. Cook raisins in water till soft. Strain raisins and cool. Save raisin water. Cream butter, sugar and egg. Alternately add raisin water and sifted dry ingredients to creamed mixture. Add raisins. Grease 3 size No. 2 food cans. Fill slightly over 1/2 full. Bake 1 hr. at 350°. Shake out of cans. Serve warm with baked beans.

CAN CAN BREAD — Mrs. Glen Brown, Cedar Falls, Iowa

1 pkg. yeast
1/2 c. warm water
1/8 tsp. ginger
3 T. sugar
1 (13 oz.) can evaporated milk
1 tsp. salt
2 T. oil
4-4 1/2 c. flour
Butter or margarine

Dissolve yeast in water in large mixing bowl; blend in ginger and 1 T. sugar. Let stand in warm place 15 min. Stir in remaining sugar, milk, salt, and oil. With mixer at low speed, add flour 1 c. at a time, beating well after each addition. (Beat last cupful in with wooden spoon). Dough should be heavy and stiff, but not too sticky to knead. Place dough in 2 well greased 1 lb. coffee cans. Cover with greased plastic can lids. Let covered cans stand in warm place till dough rises and lids pop off, about 45-60 min. Remove lids if they don't pop off and bake 45 min. in 350° oven. Brush top with butter.

Thank God for dirty dishes, they have a tale to tell:
while others may go hungry, we're eating well.
With home and health and happiness, I shouldn't want to fuss;
by the stack of evidence, God's been very good to us.

DILLY CASSEROLE BREAD

Mrs. John Kilgore, Lehigh, Iowa
Janet Adams, Eugene, Oregon

1 pkg. dry yeast
1/4 c. water
1 c. cottage cheese (heated to lukewarm)
2 T. sugar
1 egg (unbeaten)
1 T. onion (minced)
1 T. butter
2 tsp. dill seed or Spice Island dill weed
1 tsp. salt
1/4 tsp. soda
2 1/4-2 1/2 c. flour

Soften yeast in water. Combine in bowl the cheese, sugar, onion, butter, salt, soda, egg, dill and yeast. Add flour, beating well. Cover and let rise until double in bulk. Punch down and turn into greased 2 qt. casserole. Let rise until light. Bake at 350° for 45-50 min. Brush with butter.

DARK BREAD (A Family Favorite)

Mrs. Marvin De Young
Sioux Center, Iowa

1 c. oatmeal (heaping)
2 tsp. salt
4 T. bacon fat
1/2 c. medium dark molasses
1 pt. boiling water
1 pkg. yeast
1/3 c. water
5 1/2 c. flour

Combine oatmeal, salt, bacon fat, molasses, boiling water. Let stand until cool. Then add yeast dissolved in 1/3 c. warm water and flour. Knead mixture well, being careful not to add more flour than needed to keep from sticking. Let rise to double in bulk in warm place. Knead again and shape into 2 loaves. Let rise again until double. Bake 45 min. at 350°.

MOM'S FRENCH BREAD

Dorothy Mattson

1 or 2 pkg. yeast (2 if in hurry)
3 c. very warm water
2 T. sugar
1 T. salt
2 T. shortening
8 c. flour (sifted)

Sprinkle yeast in 1/2 c. water. Stir til dissolved. In large bowl dissolve sugar and salt in remaining water. Add shortening and yeast mixture and mix well. Add flour and mix well. Work through dough with spoon at 10 min. intervals 5 consecutive times. Turn dough out on floured board, divide into 4 pieces. Shape pieces into balls and let rest 10 min. Roll each ball out then roll up as for jelly roll. Seal edges. Place on baking sheet. Score top diagonally. Cover with towel and let rise 1 1/2 hrs. Bake 400° for 30-35 min. Brush with melted butter while warm. Yield 4 loaves.

HEALTHY YEAST BREAD

Barbara Ray
Indianola, Iowa

4 c. milk (scalded)
4 tsp. salt
4 T. butter
4 T. honey
2 pkg. dry yeast
1/4 c. warm water
9-10 c. flour (unbleached)

Add salt, butter and honey to hot milk. Cool to lukewarm. Add yeast, softened in warm water. Stir in enough flour to make stiff batter. When dough pulls away from bowl, turn it out on floured board. (Add flour, folding over and over with greased pancake turner until firm enough to knead). Knead until smooth and satiny, about 5 min. Place in greased bowl, grease top of dough, cover and let rise in warm place until double in bulk. Punch down and let rise again. Divide in 4 parts, form loaves and place in greased loaf pans. Grease tops, let rise (about 1 1/2 hrs.). Bake in 350° oven about 30 min. Wrap well for the freezer.

HONEY OATMEAL LOAF

Adalene Parsons
Urbandale, Iowa

2 c. flour (sifted)
1 tsp. soda
1 tsp. salt
1 c. uncooked rolled oats
1/2 c. raisins
1 egg (beaten)
1/4 c. shortening (melted)
1 c. honey
1 c. milk
1 tsp. orange rind (grated)

Sift flour, soda and salt into bowl. Stir in rolled oats and raisins. Add remaining ingredients and stir only until blended. Pour batter into greased, waxed paper-lined 9x5x3 in. pan. Bake at 325° about 1 1/4 hrs. or until golden brown. Cool a few minutes, then remove from pan. Cool, and if possible, wrap in foil and store overnight before slicing.

POPPY SEED BREAD

Mrs. Harry Hoekstra
Harris, Iowa

1 pkg. white cake mix
1 pkg. instant pudding mix
(coconut or vanilla)
1/4 c. poppy seed
4 eggs
1/2 c. cooking oil
1 c. hot water

Mix all ingredients. Beat 4 min. Bake in 2 loaf pans in moderate oven for 1 hr.

PEANUT BUTTER BREAD

Roselyn Davids
Spring Valley, Minn.

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

Sift flour, baking powder and salt into a bowl. Add peanut butter and sugar and mix thoroughly. Beat egg and milk together, add to flour and mix well. Put into a greased loaf pan and bake at 350° for 35 min. Best when it's a day old for sandwiches. Makes a medium sized loaf.

STEAMED BREAD

Lily Winters

2 c. Bran Flakes
2 c. buttermilk
1/2 c. sugar
1/2 c. light syrup
1 c. raisins or nuts
2 tsp. baking soda
1 tsp. salt
2 c. flour

Add Bran Flakes to buttermilk and put aside to soak. Mix all the other ingredients together and then add Bran Flake mixture. Fill 3 (1 lb.) coffee cans (not greased) 1/2 full and cover with foil. Put a pan filled with water in the oven along with the coffee cans and steam cook your bread at 350° for 3 hrs. During the last 15 min. of cooking time remove foil to brown.

SWEDISH RYE BREAD

Mrs. John Kilgore
Lehigh, Iowa

1 pkg. dry yeast or 1 cake of compressed yeast
1 1/2 c. water
3 T. brown sugar
3 T. molasses
2 c. rye flour
1/4 c. shortening (melted) or salad oil
2 T. orange peel (grated)
2 1/2 tsp. salt
2 tsp. caraway seed
1 tsp. anise seed
3 c. white flour (sifted)

Soften yeast in warm water. Stir in brown sugar, molasses, and rye flour. Beat until smooth. Cover tightly with foil or waxed paper and let rise until double in bulk (45-60 min.). Stir in shortening and seasonings. Mix. Add 2 3/4 c. flour, beating vigorously. Cover and let rest 10 min. Work in remaining 1/4 c. flour. Place in greased pan. Grease top, cover and let rise until double in bulk. Bake 45 min. at 375°. (For variety, I sometimes add a few raisins).

MRS. BORG'S WHOLE WHEAT BREAD

Carol Updegraff
Indianola, Iowa

1 lb. brown sugar
1 1/3 c. dry milk powder
3 1/2 tsp. salt
2/3 c. shortening
4 1/2 c. hot water
2 pkgs. yeast
6 c. whole wheat flour
7 c. white flour (approx.)

Combine in a large bowl the sugar, milk powder, salt, shortening and hot water; cool to lukewarm. Add yeast and blend well until dissolved. Add whole wheat flour and blend well. Add white flour gradually until a stiff dough is obtained. Knead well on a well floured board until smooth and satiny (7-10 min.). Place in a greased bowl, place in a warm place and let rise until double in bulk (about 1 1/2 hrs.). Punch down, divide into 4 loaves, shape and place in greased loaf pans. Let rise until double again (45 min. to 1 hr.) and bake at 350° for 45-55 min.

Tip No. 1: Oven may be heated to "Warm", then turned off and dough may be put into this warmed oven to rise.

Tip No. 2: Cover loaves with a sheet of aluminum foil to keep them from getting too brown when they are baking.

APRICOT BREAD

Mrs. Howard Hanson
Decorah, Iowa

1 c. dried apricots
1 c. sugar
2 T. butter (melted)
1 egg
1/4 c. water
1/2 c. orange juice
2 c. flour
2 tsp. baking powder
1/4 tsp. soda
1 tsp. salt
1/2 c. nutmeats

Soak apricots in water 30 min. Drain off water and cut into 1/4 pieces. Mix sugar, butter and egg. Stir in water and orange juice. Sift the flour, soda, salt and stir into above mixture. Blend in apricots and nuts. Grease the loaf pan. Let the batter set for awhile before baking. Bake in a 350° oven 55-65 min.

BANANA BREAD

Edith Gross, West Des Moines, Iowa
Marie Gentry, Morgan, Minn.

1 c. sugar
1/2 c. butter or shortening
1 egg
1 c. bananas (mashed)
3 T. sweet milk
1/2 tsp. soda
1 tsp. baking powder
2 c. flour
1/2 c. nuts

Mix lightly by hand. Let stand 15 min. before baking. Bake 40 min. in a 350° oven.

CARROT BREAD — Romona Williams

1 1/2 c. flour
1 tsp. baking soda
1/4 tsp. salt
1/2 c. nuts
3/4 c. salad oil
1 tsp. baking powder
1 tsp. cinnamon
1 c. sugar
2 eggs (unbeaten)
1 c. raw carrots (grated)

Mix sugar and oil, add eggs and mix well. Add carrots, nuts and dry ingredients and mix. Pour into greased loaf pan. Bake for 55 min. at 375°.

CRANBERRY NUT BREAD — Florence Fries

1 c. nuts (chopped) (optional)
2 c. flour
1 tsp. baking soda
1 tsp. salt
3/4 c. sugar
1 egg (slightly beaten)
2/3 c. milk
1/4 c. butter or margarine (melted)
1 c. whole cranberry sauce

Sift flour, soda, salt and sugar together, then add remaining ingredients. Mix. You may double recipe for 2 loaves. May be baked in loaf or ring pan. Bake about 1 hr. at 350° or until done.

DATE NUT BREAD — Mrs. Henry Morgan, Burlington, Iowa

1 lb. dates
2 tsp. baking soda
2 c. boiling water
2 c. granulated sugar
1/2 c. butter or shortening
2 eggs
3 1/2 c. flour
2 tsp. vanilla
1 c. walnut meats (chopped) or other nuts

Put soda on dates -- pour boiling water over and let cool. In large bowl, cream butter and sugar. Add eggs and beat a bit. To this mixture add the dates and water, alternating addition of flour; continuing to stir. Add chopped nuts and vanilla. Put into greased loaf pans or No. 2 can if round slices are desired. Even frozen juice cans are nice to make slices for party purposes. Dough will double in volume, bake at least 1 hr. at 350°. Very good spread with cream cheese when served.

Work is the yeast that raises the dough.

ORANGE NUT BREAD

Adalene Parsons
Urbandale, Iowa

1 medium orange
2 T. fat (melted)
1 tsp. vanilla
1 egg (beaten)
2 c. flour
1/4 tsp. salt
1 tsp. baking powder
1 tsp. soda
1 c. sugar
1/2 c. nuts (chopped)

Squeeze juice from orange in measuring cup. Fill with boiling water. Grind orange rind and add to diluted orange juice. Stir in shortening, vanilla, and egg. Add flour sifted with other dry ingredients. Beat well and stir in nuts. Bake in greased 1 lb. loaf pan for 1 hr. at 350°. Cool in pan before slicing.

PINEAPPLE-NUT BREAD

Adalene Parsons
Urbandale, Iowa

1 3/4 c. flour (sifted)
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1/2 c. raisins
3/4 c. walnuts (chopped)
3/4 c. brown sugar (firmly packed)
3 T. soft butter or margarine
2 eggs (unbeaten)
1 (8 1/2 oz.) can (1 c.) crushed pineapple (not drained)

Measure first 4 ingredients into sifter; set aside. Rinse raisins with boiling water to plump them up; drain well; set aside with walnuts. Gradually beat sugar into butter. Beat in eggs, one at a time. Add raisins and nuts. Sift in about 1/2 the flour mixture; stir (don't beat) just until moistened and fairly smooth. Add pineapple with its syrup, then stir in rest of flour mixture. Quickly but gently spoon the heavy batter into greased 9x5x3 in. loaf pan. Sprinkle with a topping mixture of 2 T. sugar and 1/2 tsp. cinnamon. Bake at 350° for 60-70 min. or until done when tested. Turn out onto a rack to cool.

MOM'S PUMPKIN BREAD

Mrs. Eldon Harris, West Burlington, Iowa
Mrs. Dean Folkerts, Steamboat Rock, Iowa

3 c. sugar
1/2 tsp. baking powder
2 tsp. soda
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
3 1/2 c. flour
1 c. salad oil
4 eggs (beaten)
1 small can pumpkin

Sift dry ingredients into large bowl. Mix oil, eggs and pumpkin; add to dry ingredients. Mix thoroughly; pour into 2 greased loaf pans. Bake for 1-1 1/2 hrs. at 325°.

PUMPKIN BREAD

Adalene Parsons
Urbandale, Iowa

1 c. sugar
1/2 c. golden brown sugar (firmly packed)
1 c. cooked or canned pumpkin
1/2 c. salad oil
2 eggs (unbeaten)
1 tsp. soda
1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/4 tsp. ginger
1 c. raisins
1/2 c. nuts (chopped)
1/4 c. water
2 c. flour

Combine sugars, pumpkin, oil and eggs; beat until well blended. Sift together flour, soda, salt and spices; add and mix well. Stir in raisins, nuts and water. Spoon into well oiled 9x5x3 in. loaf pan. Bake at 350° for 65-75 min., or until done when tested. Turn out on rack to cool thoroughly.

SQUASH ROLLS

Floss Erhardt
Bloomfield, Iowa

3/4 c. milk
1 c. squash
1/2 c. sugar
1/2 tsp. salt
2 pkg. yeast
1/2 c. margarine or Wesson butter oil
1/4 c. warm water

Heat milk and mashed squash. Stir in sugar, salt and oil. Cool to lukewarm. Measure warm water into bowl, add yeast. Stir in milk mixture and 2 c. flour. Beat in vigorously. Add remaining flour to make soft dough. Mix well, cover, let rise 45 min. Punch down. Roll and cut with biscuit cutter, or make balls. Place on greased sheet, cover let rise 45 min. Bake 370° 15 min. 2 1/2-3 dozen.

REFRIGERATOR ROLLS

Frances Silverthorn
Norwalk, Iowa

1 c. potatoes (mashed)
1 c. shortening (melted)
1 c. potato water
1 qt. milk (scalded)

Cool the above to lukewarm then add:

6 c. flour
1 tsp. soda
2 tsp. baking powder
2 1/2 tsp. salt
1 cake yeast dissolved in 1/2 c. warm water

Mix well and let rise. Add 8 c. more flour or enough to make a soft dough. Let rise--work down and put in refrigerator. Use as needed. Can be worked out on pans and put in freezer. When needed, let rise until double. Bake in 350° oven.

VERY GOOD BUNS

Mrs. Lloyd Schlueter
Hawarden, Iowa

1 pkg. yeast dissolved in 3 c. lukewarm water
1/2 c. sugar
1 T. salt
1/2 c. shortening (melted and cooled)
Enough flour to make a soft dough

Let rise until double in bulk, then knead down and let rise for 1 hr. again. Then form into buns and let rise. Bake 25 min. in a 375° oven. Sometimes I omit second rising and they come out just as good.

CINNAMON ROLLS

Veneta Davis

1 c. shortening (1/2 Imperial oleo)
4 c. flour
1 pkg. dry yeast
1 tsp. salt
1/4 c. warm water
1/4 c. sugar
4 egg yolks
1 c. scalded milk (lukewarm)

Cut shortening into mixture of flour, salt, and sugar until mixture looks crumbly. Dissolve yeast in warm water. Add to egg yolks and cooled milk. Then add to flour mixture. Stir well and cover. Chill in refrigerator overnight. Divide dough into 2 parts. Roll each part and brush with melted butter or oleo, sprinkle with cinnamon and sugar. Roll as for jelly roll and cut each in 12 pieces. Cover and let rise 1 hr. Dough will not double, but will rise slightly. Bake at 350° for 20 min. Remove from oven and frost with a powdered sugar frosting.

CARAMEL PECAN ROLLS

Doris Tempelton
Oskaloosa, Iowa

1/2 c. butter
1/2 c. brown sugar
2/3 c. dark corn syrup
8 oz. pkg. whole pecans
14 brown and serve Cloverleaf rolls

Melt butter, blend in brown sugar and syrup. Boil 1 min. Place mixture in bottom of 14 muffin cups. Put a few pecans in each cup. Top with rolls. Bake in moderate oven, 350° until lightly brown.

Why is a cook book exciting? Because it has many stirring events.

BREAKFAST CINNAMON ROLLS

Doris Templeton
Oskaloosa, Iowa

1 tube refrigerator biscuits
1/2 tsp. cinnamon
1/2 c. sugar
1 c. butter (melted)

Dip biscuits in butter, roll in cinnamon sugar mixture, then arrange on greased cookie sheet. Bake at 350° for 8 min. or until brown.

SPICE CAKE DOUGHNUTS

Carol Ashby

3 1/4 c. flour
2 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. nutmeg
2 eggs
1 tsp. vanilla
2/3 c. light cream
4 T. butter or oleo (melted)

Mix first 4 items in mixing bowl, add eggs, light cream, butter and vanilla. Chill dough 2 hrs. Roll thin on flour dusted board. Cut with doughnut cutter. Fry in deep fat fryer until lightly brown. While warm shake in mixture of 1/2 c. sugar and 1/2 tsp. cinnamon. Makes 20 doughnuts.

OLIEBOLLEN (Drop Doughnuts)

Mrs. Harold Ver Meer
Pella, Iowa

3 c. all-purpose flour
4 tsp. baking powder
3/4 c. sugar
1 tsp. salt
4 T. corn oil
2 eggs
1 c. milk
1 tsp. vanilla

Sift all the dry ingredients. Add other ingredients and blend. For flavor and variation: 3 chopped apples or 1 c. raisins or currants may be added. (Chopped nuts, candied fruit such as used in fruit cake, or cut cranberries would be an American innovation.) A bit of orange rind also gives special flavor. Drop by tablespoonfuls into hot fat at about 350° and cook until golden brown. Do not make too large or centers will not be done. Place on absorbent paper and then shake in sugar-cinnamon mixture in a paper bag. (1/4 c. sugar to 1/4 tsp. cinnamon) Plain sugar may also be used. Serve hot or make ahead and freeze. Makes 40.

ADVICE on how to avoid getting that run-down feeling --
LOOK both ways before crossing the street.

GERMAN PUFFBALL DOUGHNUTS

Nancy Thalacker
Clear Lake, Iowa

2 pkg. dry yeast
1 c. cream
1 c. milk
1/2 tsp. salt
2 c. sugar
1 c. raisins
6 eggs (beaten)
4-5 c. flour

Dissolve yeast in warm water, have milk and cream room temperature. Mix and let rise 2-3 hrs. Drop by small tablespoonfuls in hot oil and fry til brown.

GLAZED RAISED DONUTS

Ardeth Von Ahnen
Mrs. Harry Hoekstra, Harris, Iowa

1 1/2 c. milk (scalded)
2 pkg. yeast (dissolved)
1/2 c. sugar
1/3 c. butter
2 eggs (beaten)
1 tsp. salt
4 1/2-5 c. flour
1 c. mashed potatoes

Put mashed potatoes, shortening, sugar, salt, milk in mixing bowl; mix and cool. Add eggs, yeast. Stir in flour, let raise. Punch down once. Let raise again. Roll out, cut and fry. Makes approximately 4 dozen donuts.

GLAZE:

1 lb. powdered sugar
1 T. cornstarch
1 T. sweet cream
1 tsp. vanilla
1/3 c. oleo

Warm water to make liquid or can be sugared.

BRAN MUFFINS

Mrs. Jesse Mann
Eldora, Iowa

2 c. Nabisco Bran
4 c. Kellogg's Bran
2 c. boiling water
1 qt. buttermilk
1 tsp. salt
4 eggs
5 c. flour
5 tsp. soda
3 c. sugar
1 c. shortening

Pour water over brans, add buttermilk. Cream shortening and sugar, beat in eggs one at a time. Add this mixture to the cooled bran mixture. Sift flour, measure, sift again with salt and soda. Stir in creamed mixture, just enough to dampen. Don't over mix. Store in refrigerator. Will keep a month. Spoon batter in muffin pan. Bake 375° for 15-20 min. Makes 6 dozen.

OATMEAL RAISIN MUFFINS

Mrs. Robert Engleman
Cedar Falls, Iowa

1 c. flour
3 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening
1 c. quick cooking oatmeal
1 egg
1 c. milk
1/2 c. brown sugar
1/2 c. raisins
1/4 c. granulated sugar
1/4 tsp. cinnamon

Sift dry ingredients. Cut in shortening until like coarse crumbs. Stir in oatmeal; add egg, milk, and brown sugar. Beat well. Add raisins, spoon into muffin tins. Combine granulated sugar and cinnamon and sprinkle over top. Bake at 425° for 15-20 min. Makes 12 muffins.

GOLDEN PUMPKIN MUFFINS

Nina Harrell

2 c. biscuit mix
1/2 c. sugar
1 1/2 tsp. pumpkin pie spice
3/4 c. milk
1/2 c. pumpkin
1 egg (slightly beaten)
2 T. cooking oil

Combine biscuit mix, sugar, and spice. Combine milk, pumpkin, egg and oil. Stir into dry ingredients till blended. Fill greased muffin pans 2/3 full. Bake at 400° about 20 min. Makes 1 dozen.

APPLE FRITTERS

Dianna Cooper
Norwalk, Iowa

Add 1 c. pancake mix to 1 egg and 1/2 c. milk and stir. Wash and core apples. Slice in rings. Dip apple ring in batter; pop into hot fat for 1 1/2 min. Drain on towels. Roll in dip:
1/2 c. sugar
1 1/2 tsp. cinnamon
3/4 tsp. orange rind

APPLE-PUMPKIN FRITTERS

Donella Maher
Norwalk, Iowa

4 eggs
1/2 c. sugar
1/4 tsp. salt
1 tsp. cinnamon
2 tsp. nutmeg
2 tsp. vanilla
2 c. applesauce
1 c. canned pumpkin
2 c. biscuit mix
1/2 c. butter (melted)

Beat eggs and mix in sugar, salt, spices, vanilla, applesauce and pumpkin. Stir in biscuit mix (don't beat). Heat part of

Continued Next Page.

APPLE-PUMPKIN FRITTERS (Continued).

butter in skillet or griddle over moderately high heat. Spoon about 1/4 c. batter for each fritter onto hot surface. Fry about 8 min. brown on both sides. Add butter as needed. Serve with maple syrup. Makes about 18 fritters.

FRENCH FRIED FRENCH TOAST

Arly Pace
Norwalk, Iowa

1 c. flour
1 1/2 tsp. sugar
1 1/2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
1/8 tsp. cloves
1 c. milk
1 egg
12 slices good bread
Fat (for deep frying)

Stir together dry ingredients. Blend milk and egg add to flour mixture and beat until smooth. Lightly dip bread slices into batter, coating both sides evenly. Fry in deep fat at 375° until golden, about 2 min. on each side. Or, fry in skillet in 1 in. of fat. Drain and serve hot with butter and syrup.

CHOICE OATMEAL PANCAKES

Mrs. Paul Messerli
Oskaloosa, Iowa

1 c. oatmeal
1 1/2 c. buttermilk
2 eggs
1/3 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. sugar
1/2 tsp. salt

Mix ingredients together at one time. Fry on greased griddle.

RAW POTATO PANCAKES

Dorothy Courter
Cogan Station, Pa.

1 lb. potatoes (grated)
1 egg
2 T. flour
1/2 tsp. salt
1/2 tsp. baking powder
2 T. milk

Rinse potatoes with cold water and drain thoroughly. Add remaining ingredients, flour last. Drop by large spoonfuls into hot fat and brown; turn and brown on the other side. Serve immediately.

Modern Girl - one who dresses to kill and cooks that way too.

FLOPS

Polly Eason (Age 10)
Scranton, Iowa

2 eggs
1 c. light cream
(1/2 and 1/2)
1/2 c. flour (sifted)
1 1/2 tsp. sugar
1/4 tsp. salt

Beat eggs just enough to blend. Add cream. Add sifted dry ingredients into liquid. Beat till smooth. Heat skillet to 375°. Butter lightly. Pancakes will be very thin. Delicious rolled up and eaten with powdered sugar and butter or served with strawberries and whipped cream. This is Polly's favorite breakfast!

* * * * *

MY KITCHEN PRAYER

Bless my little kitchen, Lord,
I love its every nook;
And bless me as I do my work
Wash pots and pans and cook.

May the meals that I prepare
Be seasoned from above
With thy blessing and thy grace,
But most of all...thy love.

As we partake of earthly food
The table thou hast spread;
We'll not forget to thank Thee, Lord,
For all our daily bread.

So bless my little kitchen, Lord
And those who enter in;
May they find naught but joy and peace,
And happiness therein.

- Amen

CAKES - CANDIES

생과자

Ten Story Pagoda At Kyong-Bok Palace

CAKES

MANDARIN ORANGE ANGEL CAKE

Mrs. Marvin Faust
Hubbard, Iowa

Drain juice from 1 can mandarin oranges. Add enough water to juice to equal 1 c. Mix 1/3 c. sugar and 1 T. cornstarch; blend this and juice. Add 1/2 tsp. orange flavoring. Add few drops orange coloring. Cook till thick and clear. Cool. Add mandarin oranges. Refrigerate. When ready to serve, add 1 bowl Cool Whip and spoon over slices of angel food cake.

APPLE NUT TORTE

Marie Gentry
Morgan, Minn.

1 1/2 c. sugar
1/2 tsp. salt
4 eggs (well beaten)
2 c. apples (chopped)
3/4 c. flour
1 tsp. baking powder

Add sugar to well-beaten eggs. Beat until thick, about 5 min. Fold in flour, baking powder, and salt (which has been sifted together). Fold in chopped apples and 1 c. chopped nuts. Pour into greased 9x13 in. pan. Bake 350° for 45 min. Serve with whipped cream. Serves 12.

TEXAS APPLE CAKE

Eva Silverthorn
Winterset, Iowa

1 c. brown sugar (firmly packed)
1 c. white sugar
1/2 c. butter
2 eggs
1 tsp. vanilla
1/2 tsp. cloves
1 tsp. soda
1/2 tsp. salt
1 c. buttermilk
1 c. apples (chopped)
2 c. flour
1 c. raisins
1/2 c. nuts

Cream butter and 2 sugars. Add eggs, then vanilla. Add dry ingredients alternately with buttermilk. Add apples, raisins, and nuts. Bake at 325° in glass pan.

TEXAS APPLE CAKE TOPPING:

1/2 c. butter
2/3 c. sugar
3 egg yolks

Cook on very low heat till thick. Add 1/2 c. pecans, 1 c. raisins, and 2 1/2 c. coconut.

APPLE ORCHARD SQUARES

Sandy Hargens

1/2 c. butter or margarine
2 c. apples (grated)
1 tsp. baking soda
1 tsp. salt
1 c. raisins
1 c. sugar
2 c. flour
1 tsp. cinnamon
1 c. walnuts (chopped)

Cream butter and sugar. Blend in grated apples. Combine dry ingredients and stir into apple mixture. (Milk to mix). Stir in nuts and raisins. Spread in lightly greased and floured 9x13 pan. Bake at 350° for 50-55 min.

TOPPING:

1 T. butter
1/2 c. sugars (1/4 c. white and 1/4 c. brown)
Rind and juice of 1 orange (grated)

Combine and bring to boil. Reduce heat and simmer till butter melts and sugars are dissolved. Pour hot topping over cake as it comes from oven.

RAW APPLE CAKE

Beulah Stronczek

2 c. sugar
1/2 c. shortening
2 eggs
2 c. flour
1 tsp. soda
1/2 tsp. nutmeg
1 tsp. cinnamon
1 tsp. salt
4 c. raw apples (chopped)
1 c. nutmeats

Mix together sugar, shortening and eggs. Sift and add flour, soda, nutmeg, cinnamon, and salt. Add last, chopped apples (do not peel) and nuts. Spread out in an 8x13 cake pan or (2) 8 in. round cake pans. Bake at 350° for 50-60 min. Top with whipped cream and cherry. (This recipe has no liquid. The apples supply it in the baking).

CARROT CAKE

Mary Anne Westin
Park Forest Village, Ill.

4 eggs
1 c. Crisco oil
2 c. brown sugar
1 c. crushed pineapple (drained)
2 c. carrots (grated)
1/2 c. pecans (chopped) (optional)
1 tsp. vanilla
2 c. cake flour (sifted)
1 tsp. soda
1 1/2 tsp. baking powder
Dash salt
1 tsp. cinnamon

Continued Next Page.

CARROT CAKE (Continued).

Mix eggs and oil, add sugar, pineapple and carrots. Sift together dry ingredients and add gradually. Bake in 9x13 pan at 350° for 35-40 min.

FROSTING:

1 (8 oz.) pkg. cream cheese
1/2 stick margarine
1 c. confectioners' sugar
1 tsp. vanilla

Cream together and spread on cooled cake.

CARROT CAKE WITH NUT ICING

Mrs. Harold Mead, Manchester, Iowa
Diana Latch

2 c. flour (sifted)
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. salt
4 eggs
1 1/2 c. salad oil
2 c. sugar
2 c. carrots (finely grated)

Sift together the flour, baking powder, soda, cinnamon and salt. Combine salad oil and sugar, mix well. Add the eggs one at a time. Beat well after each addition. Gradually add dry ingredients. Mix well. Add the carrots. Bake in 9x13 greased and floured pan. 350° 50-60 min.

NUT ICING:

1/2 c. butter
1 (8 oz.) pkg. cream cheese
1 (1 lb.) pkg. powdered sugar
1 tsp. vanilla
1 c. nuts (chopped)

Beat butter and cheese till light, add powdered sugar, vanilla and nuts. Spread carefully on cooled cake.

CHEESE CAKE

Evelyn Surface
Ventura, Iowa

Optional: Mix 1 pkg. plain gelatin softened in cold water and add to hot mixture.

1 large pkg. lemon Jello
2 c. boiling water
2 tsp. vanilla
2 large pkg. cream cheese
1 3/4 c. sugar
1 large can evaporated milk

Dissolve lemon Jello in boiling water, add vanilla and cool. Cream the cream cheese with sugar. Add to Jello and whip. Whip chilled evaporated milk, add to cheese and Jello mixture. Whip together.

Continued Next Page.

CHEESE CAKE (Continued).

CRUST:
40 graham crackers
1 1/2 cubes oleo

Mix graham cracker crumbs and oleo. Cover bottom of 9x12 pan and save 1/3 mixture to cover top of cheesecake. Chill.

CHERRY CHIP CAKE

Connie Davis
Eldon, Iowa

3 eggs (well beaten)
1 c. sugar
1 1/2 c. flour (sifted)
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 lb. chocolate chips
2 c. pecans or walnuts
1 c. halved cherries
1 c. dates

Beat eggs and sugar together. Sift dry ingredients, add chocolate chips, nuts, dates and cherries to flour, then fold in egg-sugar mixture. Pour in oiled waxed paper lined loaf or tube pan. Bake in 325° oven for 1 1/2 hrs.

FUDGE CAKE

Joann Fisher

2 1/4 c. flour (sifted)
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1/2 c. shortening
1 1/2 c. sugar
1 tsp. vanilla
2 eggs
1 c. sour milk
1/3 c. hot water
1/2 c. cocoa

Preheat oven to 350°. Grease and dust with flour the cake pans desired for the cake. Sift together flour, soda, baking powder, and salt; set aside. Cream shortening; add sugar gradually, beating thoroughly after each addition. Add vanilla, then well-beaten eggs; beat until light and fluffy. Beat in flour mixture alternately with sour milk. Mix cocoa and hot water to form a smooth paste; beat into batter. Pour into prepared pans and bake for 30-35 min. Cool; spread with frosting.

Two thirds of our nation now live in or near big cities.
The other third is on the expressway looking for the exit.

MIDNIGHT CAKE

Lois Steinbrink
Manson, Iowa

2/3 c. soft shortening
1 2/3 c. sugar
3 eggs
2 1/4 c. cake flour
2/3 c. cocoa
1/4 tsp. baking powder
1 1/4 tsp. soda
1/2 tsp. salt
1 1/3 c. water
1 tsp. vanilla

Heat oven to 350°. Grease well and flour layer pans or loaf pan. Cream together shortening, sugar and eggs until fluffy. Beat 5 min. on high speed of mixer. Sift dry ingredients together and mix in alternately with water and vanilla. Bake in layers 35 min.; oblong 40-45 min. Cool and frost.

CHOCOLATE SHEET CAKE

Family Favorite of: Helen Walthart, Vinton, Iowa
Mrs. Glen Brown, Cedar Falls, Iowa; Irma Foell, Portland, Iowa
Mrs. Lloyd Schlueter, Hawarden, Iowa; Ardeth Von Ahnen

2 c. sugar
2 c. flour
2 eggs
1/4 tsp. salt
1/2 c. buttermilk
2 sticks oleo
1 tsp. soda
1 tsp. vanilla
3 T. cocoa
1 c. water

Combine 2 c. sugar, 2 c. flour, and 1/4 tsp. salt. Melt oleo and cocoa in the 1 c. of water, bring to rapid boil and pour over sugar mixture. Mix well; add 2 beaten eggs, 1/2 c. buttermilk, soda and vanilla. Mix and pour in greased 16x11 in. baking sheet. Bake at 375° for 20 min. or until done. Have icing ready.

ICING:

1 stick oleo
6 T. milk
2 T. cocoa
1 tsp. vanilla
1 box powdered sugar (sifted)
1 c. nuts (chopped)

Bring oleo, milk, cocoa to a boil, remove from heat. Add sugar. Beat with mixer until smooth, add nuts and vanilla and spread on cake while cake is warm. This recipe may also be used for loaf cake and cupcakes also. Fill cooled cupcakes with the following:

1/2 c. sugar
1/3 c. Crisco
1/4 tsp. salt
1 T. water
1 tsp. vanilla

Beat the above ingredients very well. Add 1/3 c. milk and beat again. Add 1/2 c. powdered sugar and beat. Use cake decorator to fill cakes using large round tip - put into cake and push.

CHOCOLATE CAKE WITH MARSHMALLOW TOPPING

Doris Kingery

1 c. sugar
4 eggs
1/2 c. oleo
1 can Hersheys syrup
1 c. flour
1 tsp. baking powder
1 small pkg. miniature marshmallows

Prepare cake in usual manner, bake 350° for 30-35 min. When done, sprinkle top of cake with 1 small pkg. of marshmallows. Put cake back in oven till marshmallows soften. When cool, frost.

FROSTING:
1/2 c. nuts
1/2 c. oleo (melted)
1 1/2 c. powdered sugar
3 T. cocoa
1 tsp. vanilla
1 egg

CHOCOLATE-CHIP-DATE-NUT TORTE

Dorothy Mattson

1 c. sugar
1 c. shortening
1 tsp. vanilla
1 c. dates (chopped)
1 c. boiling water
1 3/4 c. flour
4 T. cocoa
1/2 tsp. salt
1 tsp. soda
1 c. chocolate chips
1 c. nuts (chopped)

Cream together sugar, shortening and vanilla. Combine dates and boiling water and set aside. Combine flour, cocoa, salt and soda in sifter. Add to creamed mixture alternately with date mixture. Sprinkle chocolate chips and chopped nuts over batter after you place it in glass baking dish. Bake 45 min. at 325°.

CHOCOLATE CHIP DATE CAKE

Mrs. Carroll Kendall
Jefferson, Iowa

1 c. dates (cut up fine)
2 tsp. soda
1 c. boiling water

Let cool, then add:

1 c. sugar
2 c. flour
1 c. Miracle Whip salad dressing

Put in greased 9x12 in. pan.

TOPPING:
1/2 c. brown sugar
1/2 c. nuts
1 (6 oz.) pkg. chocolate chips

Bake 40-50 min. at 350°.

CHOCOLATE PEPPERMINT CAKE

Nancy Dixon
Indianola, Iowa

2/3 c. shortening
2 c. sugar
2 eggs
1 tsp. vanilla
1 tsp. peppermint extract
4 sq. chocolate (melted)
2 2/3 c. flour (sifted)
2 tsp. baking powder
1 1/2 tsp. soda
1/2 tsp. salt
2 c. boiling water

Cream shortening and sugar together. Add eggs, vanilla, peppermint and blend well. Stir in chocolate. Sift dry ingredients together and add alternating with water until all has been absorbed. Batter will be thin. Bake in 9x13 pan at 350° for 30 min. or until done.

DATE CAKE

Miriam Wilson
Mt. Pleasant, Iowa

1 1/2 c. sugar
1 c. oil
3 eggs
2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. allspice
1 c. buttermilk
1 c. dates (chopped)
1 c. nuts (chopped)
1 tsp. vanilla

Beat sugar, oil and eggs till creamy. Sift dry ingredients together and add alternately with buttermilk. Stir in nuts, dates and vanilla. Pour into 9x13 pan and bake 55-60 min. Frost with Buttermilk Icing:

BUTTERMILK ICING:

1 c. sugar
1/2 c. buttermilk
1/2 tsp. soda
1/2 tsp. vanilla
1/2 c. oleo

Combine in saucepan. Cook over medium heat, stirring constantly to 230° (softball). Remove from heat and cool 5 min. Beat until it starts to thicken. Pour at once over cake in pan.

Did you hear about the man who went on an onion diet?
He lost five pounds and all his friends.

JANE'S DUTCH CAKE

Jane Paxton
Montour, Iowa

1 egg
1 c. white sugar
1 c. milk
2 c. flour
1 tsp. baking powder
1/8 tsp. salt

Beat egg until light and add sugar. Add milk alternately with dry ingredients. Divide batter between two layer cake pans.

TOPPING:

1 c. brown sugar
1 1/2 tsp. cinnamon
1/3 c. oleo or butter

Mix-crumble and sprinkle over top of batter. Bake 350° for 25-30 min. Serve warm.

MRS. HOUSER'S "NEW MEMBER" GINGERBREAD

Kathryn Finney

1/2 c. salad oil
1/2 c. sugar
1 egg yolk
2 1/2 c. flour
1 1/2 tsp. soda
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. allspice
1/2 tsp. salt
3/4 c. molasses (green label)
1/4 c. light corn syrup
1 c. hot water

Combine sugar, oil and egg yolk and beat well. Add molasses and syrup. Combine flour, soda and seasonings--add sugar-oil mixture. Add hot water and beat well. Pour into an oiled 8x8 in. cake pan and bake at 300° for 45 min. Cuts into 8 big pieces. Serve warm with pineapple topping.

PINEAPPLE TOPPING:

1 egg white
3/4 c. sugar
2 T. crushed pineapple
Dash salt

Combine all ingredients, beat with electric mixer. The longer the topping is beaten the better it is. (It will stand high for days in refrigerator and can be frozen). Gingerbread may also be frozen.

Have you ever wondered why they put holes in Swiss cheese when it's the Limburger cheese that needs the ventilation?

A diet is the penalty we pay for exceeding the feed limit.

GRAHAM CRACKER CAKE

Marilyn Carter
Udell, Iowa

1 (13 3/4 oz.) pkg. or
3 full c. graham cracker crumbs
1 1/2 tsp. baking powder
1/2 tsp. cinnamon
2 c. pecans (chopped)
2/3 c. butter
2 c. sugar
6 eggs
2/3 c. milk

Mix cracker crumbs, baking powder, cinnamon and pecans. Cream butter and sugar. Add eggs to butter and sugar mixture one at a time, beating well after each. Stir in the crumb mixture alternately with milk beginning and ending with dry ingredients. Pour into 2 greased pans. Bake at 350° for 45 min. Let cool in pans about 10 min. before removing. Frost with the following:

ORANGE FROSTING:

1/3 c. soft butter
1 tsp. orange rind (grated) (firmly packed)
1/2 tsp. instant tea powder
1/8 tsp. salt
2 tsp. lemon juice or Real Lemon
1 tsp. Aromatic bitters
1 egg (well beaten)
1 lb. powdered sugar

Mix well and spread on layers. (This is a very rich, moist, heavy cake).

HOT MILK CAKE

Mrs. Howard Hanson
Decorah, Iowa

1 c. milk
2 T. butter
4 eggs
2 c. sugar
2 c. flour
Pinch salt
2 tsp. baking powder
2 tsp. vanilla

Heat milk and butter until butter melts. Put eggs, sugar, flour, salt, baking powder and vanilla in mixer bowl and blend. Then blend in hot milk. Bake in 350° oven for 55 min. (This is a large recipe).

BROILED TOPPING:

2/3 c. butter
1/2 c. milk
1 1/3 c. brown sugar

Cook until thick, then add 1 c. coconut. Put on hot cake and put under broiler until top bubbles.

JOYCE'S EASY JELLY ROLL

Joyce Boesenberg
Cedar Rapids, Iowa

3 eggs
3/4 c. sugar
3 T. butter (melted)
1 tsp. vanilla
3/4 c. pancake mix

Beat eggs till foamy, add sugar and continue beating. Add butter, vanilla and pancake mix. Grease shallow pan 12x18 in. cover with wax paper. Bake 10 min. at 400°. Take out of pan when hot, put on towel covered with powdered sugar. Spread with favorite jelly and roll.

BRIDE'S LEMON POUND CAKE

Sarah Brooks

1 pkg. lemon cake mix
1 pkg. lemon instant pudding
1/2 c. Crisco oil
1 c. water
4 eggs

Blend all ingredients in large bowl. Beat at medium speed for 2 min. Pour into 10 in. tube pan and bake 350° for 45 min. When cool, remove from pan. Drizzle the glaze down the sides of the cake and coat the top surface of the cake.

GLAZE:

1 c. powdered sugar
1 T. milk (I use half and half)
1 T. lemon juice

OATMEAL CAKE

Hazel Yost
Logan, Iowa

1 1/2 c. boiling water
1 c. quick oatmeal
1 stick oleo
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1 1/3 c. flour
1 tsp. cinnamon
1/2 tsp. salt
1 tsp. soda

Pour boiling water over oatmeal and oleo. While it cools, mix sugar, brown sugar, eggs, and vanilla. Mix well and add oatmeal mixture. Mix dry ingredients and add. Bake 350° in greased 9x13 in. pan.

TOPPING:

Combine in saucepan:

1 c. brown sugar
1 stick oleo
2 eggs (beaten)
1/2 c. half and half

Bring to boil and cook 4 min., stirring constantly. Remove from heat and add 1/2 c. nuts, 1 c. coconut. Spread on cooled cake.

UPSIDE DOWN PEACH CAKE — Carol Ashby

In 8 in. dish arrange small can sliced peaches. Sprinkle 1 c. brown sugar, and 1/2 c. melted butter over peaches. Set aside. In mixing bowl add:

1/3 c. shortening
1 3/4 c. flour (sifted)
3/4 c. sugar
3/4 c. milk
2 1/2 tsp. baking powder
1/2 tsp. salt
1 egg
1 tsp. vanilla

Mix all ingredients, beat 2 min. at medium speed on mixer. Pour over peaches. Bake at 375° for about 30 min.

PENNSYLVANIA DUTCH HUSTLE CAKE — Joann Fisher

1/3 c. milk
1/4 c. margarine
1 pkg. dry yeast
1 1/3 c. flour (sifted)
1/4 c. sugar
1/4 c. warm water
1/2 tsp. salt
1 egg (well beaten)
1 1/2 c. canned or cooked apple slices (drained)
2 T. brown sugar
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Scald milk. Stir in sugar, salt and half the margarine. Cool to lukewarm. In mixing bowl dissolve yeast in warm water. Stir in lukewarm milk mixture. Add egg, flour. Beat until smooth. Spread dough in greased 9x9x2 in. pan. Arrange apple slices on top. Sprinkle with a sugar-cinnamon-nutmeg mixture. Dot with remaining margarine. Cover. Let rise in warm place until doubled in bulk, about 40 min. Bake at 400° for 25 min. Drizzle with confectioners' sugar icing.

PUMPKIN CAKE — Patty Eason, Scranton, Iowa

2 sticks oleo
3 c. sugar
3 eggs
2 1/2 c. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda
1/2 tsp. baking powder
1 tsp. vanilla or orange flavoring
2 c. cooked pumpkin

Cream sugar and oleo. Add eggs one at a time and cream well. Add flavoring. Sift dry ingredients together and add alternately with the pumpkin beginning and ending with dry ingredients. Bake in a well greased and floured tube pan 1 1/2 hrs. at 325°. Serve with whipped cream or substitute and hot coffee. Ummmmmmmm!!

RHUBARB UPSIDE DOWN CAKE — Nina Harrell

3 c. rhubarb (cut up)
1 1/2 c. miniature marshmallows
1 c. sugar
1 stick margarine
2 eggs (beaten)
1/2 c. milk
1 3/4 c. flour
3 tsp. baking powder
1 tsp. vanilla

Cream sugar, margarine, and eggs. Add flour and baking powder alternately with milk; add vanilla. Butter 9x13 dish. Place marshmallows in bottom of dish. Put rhubarb on top of marshmallows. Spread batter over rhubarb. Bake 350° for 1 hr. Cool 5 min. before removing from pan. Serve warm or cool. May top with whipped cream.

HIGH HAT RHUBARB CAKE — Mrs. Robert Engleman, Cedar Falls, Iowa

2 c. rhubarb (cut)
1 T. flour
2/3 c. sugar
1 tsp. orange rind (grated) (optional)
1 tsp. cinnamon

Arrange rhubarb in greased 8 in. baking dish. Sprinkle other ingredients over top.

1 c. flour
1/4 tsp. salt
2 tsp. baking powder
1/2 c. sugar
1/4 c. shortening
1 egg (beaten)
1/3 c. milk

Sift dry ingredients. Cut in shortening. Add egg and milk. Batter will be stiff. Spread over rhubarb. Bake at 350° for 30 min. Mix 2 T. orange juice and 1 T. sugar and pour over cake. Bake 15 min. longer. Turn upside down on waxed paper and serve warm. (Cherries, peaches, apples or other fruit may be substituted for rhubarb).

STRAWBERRY LONG-CAKE — Joann Fisher

2 c. flour
6 T. sugar
3 tsp. baking powder
1 tsp. salt
6 T. shortening
1 egg (well beaten)
2/3-3/4 c. milk

Mix together and spread in 12x7 1/2x2 in. greased baking dish or pan. Cover with 1 qt. sweetened strawberries and juice. Mix 1/4 c. butter, 1/2 c. sugar, 3 T. flour. Drop here and there on fruit. Bake at 400° for about 35 min. Serve warm with whipped cream. Top with more sweetened berries.

JELLO CAKE

Edith Gross
West Des Moines, Iowa

1 pkg. Duncan Hines white or yellow cake mix
2 (3 oz.) pkg. strawberry Jello
2 c. boiling water

Bake cake as directed on pkg. Dissolve Jello in boiling water. While cake is still hot make holes in cake with a big fork. Spoon hot Jello in each hole. Chill in refrigerator and when set put on 1 box of Whip 'n Chill strawberry pudding. Can fold in whipped cream and strawberries if desired.

STRAWBERRY SHORT-CUT CAKE

Darline Robbins

1 c. miniature marshmallows
2 c. frozen sliced strawberries in syrup (completely thawed, 2 - 10 oz. pkg.)
1 (3 oz.) pkg. strawberry Jello
2 1/4 c. flour
1 1/2 c. sugar
1/2 c. shortening
3 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1 c. milk
3 eggs

Preheat oven to 350°. Take out 13x9 in. cake pan, grease. Sprinkle marshmallows evenly over bottom. Thoroughly combine strawberry Jello with strawberries. Set aside. In large mixing bowl combine flour, sugar, shortening, baking powder, salt, vanilla milk and eggs. Mix at medium speed until well blended. Pour evenly over marshmallows. Spoon strawberry mixture over top evenly. Bake for 45-50 min. or until toothpick comes out clean. Serve warm with whipped cream or ice cream.

STRAWBERRY CAKE

Mrs. Richard Johnson
Mount Union, Iowa

1 box white cake
1 box strawberry Jello
1/2 c. strawberries
1/2 c. strawberry juice
1/2 c. cooking oil
4 eggs

Mix first 5 ingredients well. Add eggs, one at a time, mixing well after each. Bake in long pan or 2 layers at 350° for 30 min.

FROSTING:
1 box confectioners' sugar
1 stick margarine
1/2 c. strawberries

Mix well. Spread on cool cake.

SURPRISE SCRIPTURE CAKE

Mrs. Paul Messerli
Oskaloosa, Iowa

1 c. Judges 5:25
1 c. Exodus 16:31
6 Isaiah 10:14
1 c. Genesis 24:17
1/2 tsp. Leviticus 2:13
2 c. I Samuel 30:12
2 c. Nahum 3:12
2 c. Numbers 17:8
2 c. Luke 22:31
2 tsp. Amos 4:5
1 tsp. all kinds of Kings 10:10

Proverbs 23:14. Bake in 325-350° oven until cake pulls from sides of pan.

TOMATO SOUP CAKE

Romona Williams

1 egg
1 1/2 c. sugar
3/4 c. shortening
1/2 tsp. salt
1 1/2 tsp. baking soda
2 c. flour (sifted)
1 1/2 tsp. cinnamon
1 1/2 tsp. nutmeg
1/4 tsp. of cloves or pinch
1 can tomato soup
1/2 c. nuts or raisins (if desired)

Cream together; egg, sugar and shortening. Sift dry ingredients together and add to creamed mixture along with tomato soup. Add nuts or raisins if desired. Bake at 350° until cake springs back. Bake in 9x13 cake pan.

RED VELVET CAKE

Keely Kiner (Age 4)
Deep River, Iowa

1 c. Crisco
1 1/2 c. sugar
2 eggs
1/4 c. red food coloring (4-1/2 oz. bottles)
1 tsp. vanilla
2 T. cocoa
1/2 tsp. salt
1 c. buttermilk
2 1/4 c. flour (sift 3 times, do not use cake flour)
1 T. vinegar
1 tsp. soda

Cream Crisco and sugar until fluffy; add eggs and beat 1 min. Mix cocoa and red coloring in a cup to make a paste. Add salt, add this to the above, along with flour. Alternate the milk and flour, ending with flour. Put vinegar and soda in cup, mix; put this in with the rest. (Do not mix or beat, just blend). Bake in two 9 in. pans at 350° for 28-30 min. Cool on racks; cut layers into with string. Makes 4.

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RED VELVET CAKE (Continued).

ICING:

1 c. butter
1 c. powdered sugar (sifted)
1 tsp. vanilla
1 c. milk
7 tsp. flour

Cook milk and flour over low heat until thick. Let stand until cool, put into refrigerator. Mix butter, sugar and vanilla with beater until fluffy. Add flour and milk mixture and beat until fluffy. Ice cake.

WALNUT CAKE

Mrs. Robert Engleman
Cedar Falls, Iowa

1 1/2 c. sugar
1/2 c. butter
1/4 tsp. salt
2 c. flour
4 tsp. baking powder
1 tsp. vanilla
3/4 c. water
2 eggs (beaten)
1/2 c. nuts (chopped)

Cream butter and sugar; add vanilla and salt. Add sifted dry ingredients alternately with water. Add eggs and nuts. Bake at 350° in small tube pan about 45 min. Frost and place walnut halves around top.

KIDDIE APPLE CAKE CONES

Tammy Howard (Age 9)

1 pkg. yellow cake mix
2 eggs
1 (8 1/2 oz.) can applesauce
1/4 c. water
Food coloring
36 ice cream cones (flat bottom kind)

Mix cake according to directions on pkg., using the canned applesauce and water in place of liquid called for. When batter is mixed, fold in any food coloring desired. Pour 1/4 c. batter into each cone; stand them in muffin tins and bake at 350° for about 12 min. or until done. Remove from oven and cool. Frost each cake-cone.

FOR TOPPERS:

Butter icing
36 marshmallows
Nuts (chopped)
Coconut or Candy sprinkles

Top with a marshmallow (regular size); then swirl more frosting up and over until entire marshmallow is covered. Round out to look like a scoop of ice cream; top with chopped nuts, coconut, candy sprinkles, as desired.

HEATH BAR COFFEE CAKE

Miriam Wilson
Mt. Pleasant, Iowa

1/4 lb. oleo
1/2 c. sugar
1 c. brown sugar
2 c. flour
1 c. buttermilk
1 tsp. soda
1 tsp. vanilla
1 egg

Blend together oleo, sugar, brown sugar and flour. Set aside 1/2 c. mixture. Then add buttermilk, soda, egg, vanilla and blend well. Sprinkle topping over the batter and bake 350° for 30 min.

TOPPING:
1/2 c. cake mixture
6 Heath bars crushed (frozen ones will crush best)
1/2 c. pecans or almonds

OVERNIGHT COFFEE CAKE

Margaret Martin
Lombard, Ill.

2/3 c. margarine
1 c. sugar
1/2 c. brown sugar
2 eggs
2 c. flour
2 T. powdered milk
1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1 c. buttermilk

Mix in order given. Pour in pan, sprinkle with the following topping:
1/2 c. brown sugar
1/2 c. nuts
1/2 tsp. cinnamon

Cover pan with Saran Wrap and place in refrigerator overnight.

FILLED COFFEE CAKE

Mrs. Billy Howard

1 c. sugar
1/2 c. brown sugar (packed)
1 c. oil
1 tsp. vanilla
4 eggs
2 c. flour
1 tsp. baking powder
2 cans fruit pie filling
Cinnamon and sugar

Mix by hand; sugars, oil and vanilla. Add eggs, flour and baking powder. Pour 1/2 batter into 9x13 pan (greased). Batter is thick and will require spreading. Sprinkle with cinnamon and sugar. Spread pie filling over the batter. Pour remainder of batter slowly back and forth over pie filling, being careful to cover completely. Sprinkle with cinnamon and sugar. Bake at 350° for 50 min.

COFFEE CAKE

Peggy Birk
Holt Representative at O'Hare

1 1/2 c. flour
3 tsp. baking powder
1/4 c. shortening
1 egg
1/4 tsp. salt
3/4 c. sugar
1 tsp. vanilla
1/2 c. milk

FILLING:
1/2 c. brown sugar
2 T. flour
2 tsp. cinnamon
2 T. butter
1/2 c. nuts (chopped)

Mix filling to crumbly stage. Pour 1/2 batter in pan, spread with half of crumbs, add rest of batter and top with rest of crumbs. Bake at 350°.

FROSTINGS

FRANNIE'S FAILPROOF FROSTING

Mrs. Harold Mills
Afton, Iowa

2 egg whites
3/4 lb. powdered sugar
5 tsp. cornstarch
3/4 c. vegetable shortening (melted, but not hot)

Flavoring such as 1/2 tsp. lemon extract or 1 tsp. vanilla or 2 T. cocoa. Put all in at once, beat with electric mixer till smooth.

CAKE FROSTING

Mrs. Charly Beyer
Lynnville, Iowa

1 c. brown sugar
1/4 c. evaporated milk
1/4 c. butter (melted)
1 c. toasted almonds (diced)

Spread over hot cake. Broil 1-2 min.

HONEY ICING

Linda Masters
Mason City, Iowa

1 c. honey
2 egg whites
1/4-1/2 tsp. flavoring

Boil honey until thickened (5-10 min.). Meanwhile, beat egg whites until stiff; pour honey slowly over the egg whites, beating until thick. The keeping quality of this is very good, and it makes enough for a 9x13 in. cake.

ORANGE FLUFF

Elaine Graves
Hubbard, Iowa

Mix 2 eggs, 1/2 c. sugar and 1/3 c. orange juice in top of double boiler. Cook over hot water, stirring constantly until mixture thickens, about 15 min. Stir in 1 T. grated orange peel. Cool. Fold in 1 c. whipping cream, stiffly whipped. Serve over angel food cake.

FLUFFY FROSTING

Miriam Wilson
Mt. Pleasant, Iowa

1 c. sugar
1/3 c. water
1/3 tsp. cream of tartar
2 egg whites
1 tsp. vanilla
Few grains of salt

Combine sugar, water and cream of tartar. Boil until sugar is completely dissolved. Pour sugar, syrup over 2 beaten egg whites. Add vanilla and salt and beat to desired consistency.

CANDIES

KRISP CANDY BALLS

Tammy and Tina Langfald
Scarville, Iowa

Melt in double boiler:
1 (14 oz.) pkg. small Kraft caramels
1 stick oleo
1/2 can Eagle Brand milk

Cut large marshmallows in half. Dip in warm mixture and roll in Rice Krispies.

HOLIDAY DELIGHT

Lucille Wood

3 c. sugar
1 c. light corn syrup
1 1/2 c. coffee cream
1 1/2 tsp. vanilla
1/2 lb. Brazil nuts (cut in half)
1/2 lb. walnuts (broken in large pieces)
1/2 lb. whole pecans
1/2 lb. candied cherries (cut in half)
1/2 lb. candied pineapple (cut in large pieces)

Cook sugar, syrup and cream to very soft ball stage. Remove from heat and beat immediately. It will thicken and change color. Add vanilla and beat in remaining ingredients. When mixed, press

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HOLIDAY DELIGHT (Continued).

into 9x13 buttered pan with a wet spoon. Cut after 24 hrs. Will keep for weeks.

OLD FASHIONED BUTTERSCOTCH

Bill Erhardt
Bloomfield, Iowa

2 c. sugar
1/4 c. light corn syrup
1/2 c. butter
2 T. water
2 T. vinegar

Combine ingredients in 2 qt. saucepan. Stir and cook over medium heat till sugar is dissolved, then reduce heat and cook at medium boil, stirring as needed to control foaming and to avoid sticking as mixture thickens. (If sugar crystals form on side of pan, wipe them off). Cook to hard crack 300°. Remove from heat and let stand 1 min. Drop on buttered aluminum foil. If candy hardens, set in hot water.

CARAMELS

Shirley Lowe

2 c. white cane sugar
2 c. white Karo syrup
1 stick butter
Dash salt

Mix thoroughly then let mixture come to a rolling boil. Stir constantly throughout cooking time. After mixture comes to a good rolling boil, add 1 tall can Pet evaporated milk--a few drops at a time--still stirring. DO NOT LET BOILING STOP. Cook to 244° and remove from fire. Add 2 tsp. pure vanilla and chopped black walnut meats. Pour into well-buttered sq. pan. When cool, cut in squares and wrap in waxed paper. The constant stirring is most important.

PEANUT BUTTER BALLS

Doris Kingery

1 1/3 sticks oleo
1 c. peanut butter
1 box powdered sugar
2 c. chocolate chips
Salad oil

Combine oleo, peanut butter and powdered sugar, when well mixed form into balls. Melt the chocolate chips, add enough oil to make chocolate of dipping consistency. Dip the balls into the chocolate and cool on waxed paper. Need to be stored in the refrigerator, or in very cool place.

PEANUT BUTTER CANDY
(No Cook)

Laura (Age 12) and Polly (Age 10) Anderson
Ames, Iowa

1 c. chunk-style peanut butter
2 T. margarine
1 1/4 c. powder sugar (sifted)
3 c. crisp Rice cereal
Peanuts (chopped)

Shape into 3 logs-- pat peanuts over logs. Wrap in foil -- chill -- slice 1/2 in. thick. Makes 1 lb.

PEANUT BRITTLE

Lucille Barker

1/2 c. water
2 c. sugar
1 c. white syrup
2 c. raw peanuts
2 T. butter
2 tsp. soda
1 tsp. vanilla

Bring water to a boil, then add sugar and syrup and cook to a thread. Add peanuts and cook over low heat to a golden brown. Take from fire and add rest of ingredients and spread on 2 buttered cookie sheets and let cool, then break in pieces.

EVA'S TOFFEE

Barbara Ray
Indianola, Iowa

1 1/4 c. sugar
1/2 c. white Karo
1/4 c. hot water
1/2 c. butter
1/2 c. margarine

Combine ingredients in heavy iron skillet over high heat, and stir continually till mixture turns light brown. It takes about 8-10 min. Pour into buttered pie plate. Let cool, then break into chunks.

VARIATIONS: Chopped nuts may be added before pouring from skillet, or 10-12 chocolate chips may be spread on top while cooling.

2 MINUTE FUDGE

Meg (Age 10) and Jedd (Age 9) Anderson
Ames, Iowa

1/2 c. margarine
1/4 c. milk
1/3 c. plus 1 T. cocoa
1 tsp. vanilla
1 box powdered sugar

Melt margarine -- add milk, bring to a boil. Take off stove, add sugar and cocoa and mix well-- add vanilla and mix again. Line 8x8 in. pan with aluminum foil. Pour mixture into pan, spread -- chill -- cut and serve!!

PEANUTSCOTCH FUDGE — Nina Harrell

2 (6 oz.) pkg. butterscotch bits
1 can condensed milk
16 large marshmallows
1/2 c. peanut butter
1 tsp. vanilla
1/8 tsp. salt

Combine bits, milk and marshmallows in top of double boiler. Stir now and then till smooth. Remove from heat and stir in peanut butter, vanilla and salt. Pour into buttered 8 in. pan. Chill.

CARAMELIZED HICKORY NUT FUDGE — Shirley Hendricks, Bloomfield, Iowa

3 c. sugar
2 T. hot water
1 c. light cream
1/2 c. hickory nuts (or more)
1 tsp. vanilla

Melt 1 1/2 c. sugar in heavy skillet. Stir constantly. Add 2 T. hot water when entirely melted. Cook until smooth, stirring steadily. Place remaining 1 1/2 c. sugar in saucepan, add caramel sugar syrup, add cream, cook to soft ball stage 238°. Cool thoroughly, beat until stiff. Add nuts and vanilla, stirring in well. Pour into buttered pan and cool.

WHITE FUDGE — Doris Tempelton, Oskaloosa, Iowa

2 c. sugar
1/2 c. evaporated milk
1/2 c. water
1/2 tsp. salt
2 T. butter
1 tsp. vanilla
1/2 c. Marshmallow Creme

Cook sugar, milk, water, salt and Marshmallow Creme in small pan until soft ball stage. Remove from heat, add butter and vanilla. Beat until smooth and when mixture starts to thicken, pour onto greased platter. Cool and cut in squares. Makes 2 dozen pieces.

PINK KISSES — Mrs. Frank Carnal

1/2 c. sugar
1/8 tsp. cream of tartar
2 egg whites
Red food coloring
1/2 c. butter or margarine
1/2 c. powdered sugar
1 tsp. vanilla
1-2 T. water

Sift granulated sugar with cream of tartar. Beat egg whites until foamy; gradually add sugar and continue beating until stiff peaks form. Add food coloring to tint pink. Cover a baking sheet

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PINK KISSES (Continued).

with foil. Using a pastry bag, with star tube, make small swirls of meringue on foil about 1/2 in. apart. Bake in a 200° oven for 1 hr. or until dry. Cool and remove from baking sheet; store in a tightly covered container. About 1 hr. before serving, cream butter, powdered sugar and vanilla. Adding enough water to make spreading consistency. Spread bottom of each meringue kiss with frosting and stick them together in pairs. Refrigerate until serving time. Makes about 4 dozen.

HOMEMADE CARAMEL NUT CANDY BARS — Mary Brubaker, KRNT-TV

CHOCOLATE COATING:

1 (6 oz.) pkg. milk chocolate chips (can be mint or semi-sweet)
2 T. vegetable shortening

Melt above in double boiler.

FILLING:

1 (14 or 16 oz.) pkg. caramels (light or dark)
1/4 c. butter
1/4 c. dairy half and half
2 c. confectioners' sugar
3/4 c. nuts (chopped)

Melt caramels, butter and half and half. When completely melted, stir in confectioners' sugar. Remove from heat and add nuts. Cool to lukewarm before spreading. Spread half of chocolate coating on waxed paper to make 8 in. sq. Place in refrigerator a few min. until firm. Remove and spoon filling several places over the coating. Smooth and spread remaining half of coating over filling to cover. Set aside until candy is firm. (To hasten place in refrigerator). Cut in bars and wrap individually. Mary says, "these are a great Christmas favorite---very rich."

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CASSEROLES - VEGETABLES

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CASSEROLES - VEGETABLES

ASPARAGUS CASSEROLE

Connie Davis, Eldon, Iowa
Elaine Graves, Hubbard, Iowa

Asparagus spears (1 lb. 4 oz. can)
2 T. butter or margarine
1 T. flour
1 tsp. salt
1/2 c. evaporated milk
1/2 c. fine cracker crumbs
2 hard boiled eggs (chopped)
1/2 c. or 1/8 lb. cheese (grated)
1/2 tsp. pepper

Drain asparagus, reserving liquid. Melt butter and blend in the flour, salt and pepper. Add the milk to the asparagus liquid, using enough to make 1 1/2 cups, and stir into the flour mixture. Blend until smooth. Cook for 2 min. Spread the asparagus spears in the bottom of a greased shallow 1 1/2 qt. casserole. Add crumbs eggs and sauce alternately. Sprinkle the grated cheese over the top. Bake in oven of 350° for about 30 min. or until the casserole is bubbly.

BRUNCH EGG CASSEROLE

Mrs. Beverly Clapp Winn
Muscatine, Iowa

In bottom of greased 10x6x1 3/4 in. baking dish; combine 2 c. plain croutons and 1 c. (4 oz.) shredded Cheddar cheese. Combine 4 slightly beaten eggs, 2 c. milk, 1/2 tsp. salt, 1/2 tsp. prepared mustard, 1/8 tsp. onion powder, dash pepper. Mix till blended. Pour over crouton mixture. Cook 4 slices bacon until crisp, drain and crumble. Sprinkle over top of casserole. Bake 325° for 55-60 min. or until eggs are set. Bacon on top. Serves 6.

OLD SETTLER'S BAKED BEANS

Evelyn Surface
Ventura, Iowa

1 lb. ground chuck
1/2 lb. bacon (cut in small pieces)
1 small onion (cut in small pieces)
1 can red kidney beans (undrained)
1 can pork and beans (undrained)
1 can butter beans (undrained)
1/3 c. brown sugar
1/3 c. white sugar
1/4 c. catsup
1 tsp. dry mustard
2 T. molasses

Brown ground chuck, bacon and onion. Add and mix the kidney beans, pork and beans, and butter beans. Add brown sugar, white sugar, catsup, dry mustard and molasses. Bake at 350° for 2 hrs.

BROCCOLI-LIMA BEAN CASSEROLE — Revanne Duckett

1 pkg. frozen broccoli
1 pkg. frozen lima beans
2 c. Corn or Wheat Chex
1 stick margarine
1 can celery soup
1 can mushroom soup

Cook 1 pkg. frozen broccoli, then chop. Cook 1 pkg. frozen lima beans. Brown 2 c. Corn Chex or Wheat Chex in 1 stick margarine. Combine vegetables, 1 can mushroom soup, 1 can celery soup, and half the browned Chex. Pour into casserole, sprinkle with rest of Chex, and bake 30 min. in 350° oven.

BAKED LIMA BEAN CASSEROLE — Donella Maher, Norwalk, Iowa

2 c. large limas cooked until done in salt water. Put in casserole and add:

1/4 tsp. pepper
1/2 tsp. dry mustard
1/2 c. brown sugar
1 c. sour cream or Carnation milk

Place bacon strips over top and bake about 45 min. in 350° oven.

BOLOGNA CASSEROLE — Elaine Graves, Hubbard, Iowa

Grind and brown 1 ring bologna and 1 medium onion. Add 1 can cream of mushroom soup, 1 can cream style corn, 1 small can evaporated milk. Cook 1 small bag noodles. Drain and add to first mixture. Mix well and put in buttered casserole. Top with crushed potato chips and bake at 350° until crispy brown.

CARROT CASSEROLE — Revanne Duckett

1 large pkg. frozen carrots
Onion
1 c. Velveeta (grated)
1 stick butter
Cornflake Crumbs

Cook 1 large pkg. of sliced frozen carrots with onion until tender. Combine 1 c. grated Velveeta with 1 stick of butter and melt. Place carrots in casserole, pour cheese mixture over top. Cover with Corn Flake Crumbs. Bake 30 min. in 350° oven.

Two inventions that have helped men get up in the world - the elevator and the alarm clock.

CHOW MEIN CASSEROLE

Family Favorites of: Donna Tucker, Cedar Falls, Iowa
Mrs. Lloyd Schlueter, Hawarden, Iowa
Mrs. William Peasley, Newhall, Calif.

1 1/2 lb. hamburger
1 c. onion (diced)
1 c. celery (diced)
2 c. water
1/2 c. uncooked rice
2 T. Worcestershire sauce
2 T. molasses
1 can cream of chicken soup
1 can cream of mushroom soup
1 can Chow Mein noodles

Brown hamburger, onion and celery in skillet as for chili. Add 2 c. water, rice, Worcestershire, molasses and 2 cans of soup. Mix and bake 2 hrs. at 300°. Cover with 1 can Chow Mein noodles 15 min. before baking time is finished.

CHINESE CASSEROLE

Pat Palmer
Ankeny, Iowa

1 can Chow Mein noodles
1 can cream of mushroom soup
1/4 c. water
1 c. leftover pork (diced)
1 c. celery (sliced)
1/4 c. onion (sliced)
1/2 tsp. salt
1/4 tsp. pepper
2 tsp. soy sauce
1/4 c. cashews or walnuts (chopped)

Put 3/4 of Chow Mein noodles in large bowl, add remaining ingredients. Mix well. Put in buttered casserole dish. Top with rest of noodles (and more nuts, if available). Bake, uncovered, at 350° for 30 min. Yield: 4 servings.

CHICKEN CASSEROLE

Virginia Harrell
South Gate, Calif.

2 c. cooked chicken
1 can cream of chicken soup
2 tsp. onion (chopped)
1 c. cooked instant rice
3/4 c. mayonnaise
1/2 c. water chestnuts
3 tsp. lemon juice
1 c. celery (diced)
3 hard boiled eggs (chopped)
1 small jar of pimientos

Mix and cover with crumbled corn flakes. Bake 30 min. at 350°.

CHICKEN CASSEROLE

Mrs. Herman Van Dyke
Hartley, Iowa

1 chicken (cooked and diced)
4 pieces of toast (cubed)
2 T. celery (chopped)
2 eggs (beaten)
2 c. broth
1 can cream of mushroom soup

Mix all together. Put in casserole with crushed potato chips on top. Bake in moderate oven about 1 hr.

CHICKEN PAPRIKA CASSEROLE

Ethel Harrington
Mason City, Iowa

8 oz. egg noodles
1 small onion (chopped)
1/4 c. butter or margarine
2 chickens (quartered, about 2 lbs. each)
1/4 c. flour
1 tsp. salt
1/2 tsp. pepper
1 T. paprika
2 c. chicken broth
2 T. tomato sauce
1 1/2 tsp. Worcestershire
1 pt. sour cream

Cook noodles just until tender, drain and put in 3 qt. casserole. Sauté onion in butter. Remove onion and sauté chicken until lightly browned. Arrange chicken on noodles. Blend flour into skillet drippings; add salt, pepper and paprika. Cook, stirring 1-2 min. Add broth and cook until thickened. Remove from heat and add tomato sauce, Worcestershire and sour cream; pour over chicken. Bake 350° for 1 1/2 hrs. Serves 6-8.

HAMBURGER-NOODLE CASSEROLE

Virginia Harrell
South Gate, Calif.

1 lb. hamburger (cooked and drained)
1 can vegetable beef soup
1 can tomato soup
Garlic
Salt
Pepper
Chili powder
6 oz. pkg. cooked noodles

Cook and drain noodles. Mix all ingredients together. Season to taste. Pour in square baking dish. Bake 30 min. at 350°. Serves 4-6.

Confucius say a bird in the hand feels funny.

CANADIAN BACON SCALLOP — Sandy Hargens

4 c. uncooked potatoes (sliced)
1 tsp. salt
1/2 c. green onion (sliced)
1/2 of a 6 oz. roll garlic-smoke cheese (diced)
1 can French-style green beans (drained)
3/4 c. milk
1/4 tsp. Tabasco sauce
3 T. flour
1/2 tsp. celery seed
2 T. butter
12 slices Canadian bacon
1 T. catsup

Place 1/2 the potato slices in buttered casserole. Combine flour, salt, celery seed. Sprinkle 1/2 of flour mixture, onion and cheese over potatoes. Dot with 1/2 of butter. Top with 1/2 of beans and bacon. Repeat this order for second layer. Combine milk catsup and Tabasco and pour over. Cover and bake at 350° for 1 hr. Uncover and bake 30 min. more.

ELEGANT RICE CASSEROLE — Revanne Duckett

1 3/4 c. uncooked long-grained white rice
1/4 c. wild rice
1 can consomme soup
1 can mushroom soup
1 envelope dry onion soup mix
1/2 lb. can mushrooms and liquid
2 c. water
1/2 green pepper (chopped)
1/2 c. celery (chopped)
1/4 tsp. garlic salt
1/4 tsp. onion salt

Mix all ingredients in casserole. Bake at 350° for 1 1/2 hrs. Fold in 1 c. sour cream and 3/4 c. slivered almonds. Return to oven for 15 min.

BUBBLE AND SQUEAK — Mrs. Ronald Carlsen, Omaha, Neb.

5-6 slices bacon
1 lb. round steak cubes
2 large potatoes (thin slices)
2 medium onions (thin slices)
1 can consomme or bouillon soup

Pound flour into steak and brown in a little fat. Fill casserole with layers of ingredients and bake 300° for 1 1/2-2 hrs. or until done.

Don't worry if your grades are low and your rewards are few. Remember that the mighty oak was once a nut like you.

HAMBURGER-POTATO CASSEROLE

Mrs. Lloyd Schlueter
Hawarden, Iowa

1 lb. hamburger
1/4 tsp. paprika
5 medium potatoes
1 can cream of chicken soup
1 medium onion (minced)
Salt and pepper (to taste)
Milk

Lightly brown hamburger and minced onion in frying pan. Add salt and pepper. When browned, add soup and paprika. Pare and slice potatoes, put layer of potatoes in bottom of buttered casserole. Cover with meat mixture, then more potatoes. Pour enough milk over until it shows around the edge. Bake at 350° until potatoes are soft.

HAMBURGER PIE

Frances Silverthorn
Norwalk, Iowa

Brown 1 lb. hamburger and 1 medium onion (chopped) until brown. Add 1 can drained green beans, 1 can tomato soup, salt and pepper. Pour this mixture into 1 1/2 qt. casserole. Cook and mash 5 medium sized potatoes. Add 1 well beaten egg, 1/2 c. milk and seasoning. Spoon the potatoes over hamburger mixture and bake 30 min. at 350°.

COMPANY CASSEROLE

Betty Paxton, Montour, Iowa
Mrs. Dean Folkerts, Steamboat Rock, Iowa
Betty Vannoy, Cedar Rapids, Iowa

1 lb. ground beef (raw)
1 pkg. Tater Tots (frozen)
1 pkg. frozen peas
1 can cream of mushroom soup
1 can cream of celery soup
1 can cream of Cheddar cheese soup

Arrange meat, potatoes and peas in large pan or baking dish. Pour soups over and spread evenly. Bake 350° about 45 min.
OPTIONAL: Top with croutons or potato chips.
NOTE: May increase hamburger to 1 1/2 lbs. and use 1 can mushroom soup and 1/2 pkg. onion soup mix instead of the 3 soups.

HAM AND NOODLES

Mrs. Howard Hanson
Decorah, Iowa

1 (8 oz.) pkg. noodles
1 1/2 c. ham (chopped)
1 can condensed cream of chicken soup
1/2 c. milk
1 can cream of celery soup
2 T. butter
1/2 c. Cheez Whiz

Cook noodles as directed on pkg. and drain. Mix all ingredients in casserole. Bake in 350° oven about 1 hr.

CASSEROLE ITALIANO

Donella Maher
Norwalk, Iowa

1/2 lb. ground beef
1/3 c. onion (chopped)
1/2 tsp. oregano
1 can tomato soup
2 c. cooked wide noodles
1/2 lb. ground pork sausage
1 medium clove garlic
1/2 tsp. salt
1/3 c. water
4 oz. cheese (shredded)

Brown beef, pork, onion, garlic and seasonings. Combine in dish with soup, water and noodles (cooked). Place cheese around edge of casserole. Bake 350° for 30 min.

PORK CASSEROLE

Mrs. Russell Settlemyer
Spirit Lake, Iowa

1 lb. pork (diced and browned)
1/2 lb. cooked noodles (wide, 4 oz. pkg.)
1 can mushroom soup
1 c. water
1/2 lb. American cheese (grated) or 2 (4 oz.) pkg. natural cheese (shredded)
1 green pepper
2 pimientos
1 can cream style corn (No 2 can)
2 eggs (beaten)
Salt and pepper

Beat eggs and add browned pork and all other ingredients. Bake at 350° for 1 hr. Serves 8-10.

IOWA PORK CASSEROLE

Shirley Lowe

1 1/2 lb. pork sausage
Salt and pepper
1 can tomato soup
1 can cream of celery soup
2 soup cans of milk
3 T. onion soup mix (dry)
1 pkg. Creamette spaghetti

Mix everything together. Cover and bake at 350° for 1 hr.

TUNA CASSEROLE

Mrs. Robert Engleman
Cedar Falls, Iowa

1 can mushroom soup
1 soup can milk
1 can tuna (flaked)
1 can peas
1 c. cheese crackers (crushed) or soda crackers and Parmesan cheese

Mix and bake at 350° for 30 min.

BEAN AND FRANK CASSEROLE

Dianna Cooper
Norwalk, Iowa

1 can green beans (drained)
6 wieners (cut in 1 in. pieces)
1 can cream of celery soup
1 T. Worcestershire sauce

Mix. Place in casserole and cover with bread, cracker, or potato chip crumbs. Bake in 350° oven till browned.

CADILLAC BEANS

Beulah Stronczek

Into a large pan:
4 c. washed great northern beans

Cover with 10 c. water. Add:

2 1/2 tsp. salt
1 1/4 c. brown sugar (pressed down)
1 large onion (chopped)
2 T. molasses
1 tsp. mustard
1/4 lb. (6 slices) bacon (chopped)

Cover and simmer gently (1 bubble in the middle) for 8 hrs. Stir only twice to preserve shape of beans. This recipe evolved while we paid for a second-hand cadillac for camping in our national parks. Hence the name.

SPANISH GREEN BEANS

Mrs. Don Hannon
Macksburg, Iowa

2 T. butter
2 onions (sliced and browned in the melted butter)
1/2 c. uncooked rice
1 (1 lb.) can tomatoes or 1 pt. canned
1/8 tsp. pepper
1 (1 lb.)can green beans or 1 qt. canned
1 tsp. salt
Dash chili sauce or powder
1/3 c. water (more may be added as needed)

To onions browned in melted butter, add rice, tomatoes, black pepper, green beans, salt, chili sauce and water. Simmer until rice is cooked. (about 1 hr.) Hamburger may be browned and added if you wish.

MIDWEST'S FAVORITE BEANS

Ethel Harrington
Mason City, Iowa

1 can green beans (drained)
1 can cream of mushroom soup
Salt and pepper (to taste)
1/2 c. mild Cheddar cheese (shredded)
1 can French fried onions

Combine beans, soup, salt and pepper, and cheese. Pour into casserole and sprinkle onions over top. Place in 350° oven for about 30 min.

ZESTY FRENCH-CUT BEANS

Mrs. Marvin De Young
Sioux Center, Iowa

1 pkg. frozen French-cut beans (cooked)
1/4 c. mayonnaise
1 T. sugar
1 small onion (grated)
1 T. butter
1 T. vinegar
Bacon

Heat mayonnaise, sugar, onion, butter and vinegar. Mix with well-drained beans. Fry bacon crisp and crumble over beans just before serving.

ROODE KOOL

Mrs. Charles Hamilton
Barnes City, Iowa

1 medium head of red cabbage
1 apple (sliced)
1 tsp. salt

Add a small amount of water and boil until tender. When done add:

1/2 c. sugar
1/4 c. vinegar
1 T. butter

Toss and serve hot.

MINT GLAZED CARROTS

Mildred Zeliadt

Pare 5 or 6 medium carrots. Cook in slices or strips. Drain. Make glaze by simmering:

3 T. butter or oleo
1/4 c. sugar
1 T. mint jelly

Add carrots until glazed.

SCALLOPED CARROTS

Mrs. Glen Brown
Cedar Falls, Iowa

12 medium carrots
1 small onion (minced)
1/4 c. butter
1/4 c. flour
1 tsp. salt
1/4 tsp. dry mustard
2 c. milk
1/4 tsp. celery salt
1/8 tsp. pepper
1/2 lb. sharp American cheese slices
2 c. buttered fresh bread crumbs

Pare and slice carrots, cook till tender and drain. Cook onion in butter 2-3 min. Stir in next 4 ingredients. Cook, stirring till smooth. Add celery salt and pepper. Arrange layer of carrots, then layer of cheese in 2 qt. casserole. Repeat till both are used, ending with carrots. Pour sauce over top and sprinkle buttered crumbs over this. Bake uncovered 25 min. in 350° oven.

GERMAN-STYLE CARROTS

Mrs. Marvin De Young
Sioux Center, Iowa

5-6 carrots (slivered)
1 T. shortening (not butter)
1 medium onion (sliced)
1-2 T. sugar
Salt and pepper

Put shortening in 1 pt. saucepan. Fill the pan almost to top with slivered carrots. Slice a medium onion over top. Add sugar, salt and pepper. Simmer 20 min., stirring occasionally. DO NOT ADD WATER. If necessary, add little shortening.

SWEET SOUR CARROT SLICES

Mrs. Frank Carnal

3 medium carrots
3/4 c. sugar
3/4 c. Tarragon vinegar
1 T. mustard seed
2 1/2 in. stick cinnamon (broken)
3 whole cloves

Cut carrots into 1/4 in. slices and cook in salted water for 5 min. Drain off water, reserving 3/4 c. Add the reserved water, sugar, vinegar and mustard seed to carrot slices. Tie spices in a bag and add. Bring to a boil and simmer 10 min. Cool; refrigerate overnight. Drain carrots to serve.

CHEESE-SCALLOPED CORN

Irene Williams

4 slices bacon
1 1/4 c. saltine crackers (crushed)
1 medium onion
2 eggs (beaten)
1 lb. can cream-style corn
4 oz. pimiento (diced)
1 c. milk
1 c. Cheddar cheese (grated)
1/4 tsp. salt
1/4 tsp. pepper

Cook bacon until crisp; remove from skillet. Mix 2 T. bacon drippings with 1/4 c. crumbs; set aside for topping. Cook onion in drippings until tender. Add remaining cup of crumbs; mix and brown slightly. Combine onion-crumb mixture with beaten eggs; add the other ingredients. Mix well and pour into shallow baking dish. Sprinkle with reserved crumbs. Bake at 350° about 45 min. Serves 6.

One way to relieve a seating problem is not to buy another chair but to go on a diet.

BASQUE POTATOES

Linda Straight
Logan, Iowa

2 T. butter
1/2 c. onion (chopped)
1/2 c. celery (chopped)
1/2 c. carrot (shredded)
1 clove garlic (minced)

Sauté in skillet. Add 1 (10 oz.) can chicken broth and enough water to make 2 c. to skillet mixture. Add 2 lbs. (4 c.) potatoes, peeled and cut into 1 in. cubes, 1/2 tsp. salt and 1/8 tsp. pepper to skillet. Cover and simmer 10 min. Uncover and simmer 20 more minutes. Serve sprinkled with chopped parsley. Serves 4-6.

POTATO BREAKFAST SURPRISE

Miss Marlyss Joy Winn
Muscatine, Iowa

3 T. oleo
1 T. chives (chopped)
24 oz. frozen hash brown potatoes
6 eggs

Melt oleo in electric skillet. Add chives and potatoes. Brown slightly. Season with salt and pepper (onion salt, too, if desired). Add beaten eggs. Cook until done.

FANCY POTATOES

Nellye Kyl

10 medium potatoes (mashed)
1 (8 oz.) pkg. cream cheese
1 c. dairy sour cream
2 T. chives
Salt and pepper (to taste)
Butter (to dot top)

Beat all the ingredients together well except the butter. Put into an 8x10 in. buttered dish or pan. May be refrigerated, covered with foil, until 1 hr. before serving time. Bake 1 hr. in a 350° oven. This will serve 12, but the recipe can safely be cut for a smaller group. (If you desire the potatoes to be softer or less solid, add milk or half and half as you would in mashing potatoes regularly.)

SKILLET-CANDIED SWEET POTATOES

Elaine Woody
Joplin, Mo.

6 sweet potatoes (washed)
1 c. brown sugar (packed)
1/4 c. butter or margarine
1/4 c. water
1/2 tsp. salt
1/4 c. walnuts (chopped)

Boil potatoes in covered pan until tender in salted water (about 35 min.). Drain, peel and split lengthwise. Combine next 4 ingredients in large skillet; boil 5 min. Arrange potatoes in syrup and simmer 20 min. Turn and baste occasionally. Sprinkle on nuts and serve.

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ADDITIONAL RECIPES

COOKIES - BARS

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COOKIES - BARS

CARAMEL APPLE COOKIES

Elaine Woody
Joplin, Mo.

1/2 c. shortening
1 egg
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 c. light raisins (optional)
1 1/3 c. brown sugar (packed)
2 1/4 c. flour
1/2 tsp. salt
1 tsp. cloves
1 c. apples (grated)
1/2 c. apple juice
1 c. walnuts (chopped)

Cream sugar, egg and shortening. Combine dry ingredients and add to creamed mixture. When well blended, add rest of ingredients. Drop by tablespoonsful on greased sheet. Bake at 350° for 12 min. When cool, frost.

FROSTING:

Cook 1/4 c. butter and 1/4 c. brown sugar (packed) until sugar dissolves. About 3 min. Add 1 1/2 c. powdered sugar, 1/4 tsp. salt and 2 1/2 T. cream and beat.

BANANA COOKIES

Patty Eason
Scranton, Iowa

1 c. shortening (1/2 butter)
1 c. sugar
2 eggs
1 c. mashed bananas
1/2 c. buttermilk
1 tsp. vanilla
3 c. flour
1 1/2 tsp. soda
1/2 tsp. salt

Mix all ingredients. Drop by teaspoonfuls onto ungreased baking sheet (you might grease lightly if not Teflon). Bake 10 min. at 375°. Cookies will look undone and have a small cake-like appearance. Delicious with iced tea.

BUTTERSCOTCH COOKIES

Faye Butcher
Morgan, Minn.

1/2 c. brown sugar
1/2 c. powdered sugar
1 c. butter
1 egg
1 tsp. vanilla
1/2 tsp. salt
1 tsp. soda
1 tsp. cream of tartar
1 c. nuts (ground)
2 c. flour

Continued Next Page.

BUTTERSCOTCH COOKIES (Continued).

Cream butter. Add sugars. Mix in egg then vanilla. Sift flour with soda, salt and cream of tartar. Combine with first mixture; add nuts. Chill 1 hr. Roll in balls; flatten with a glass dipped in sugar. Bake in moderate oven till brown.

GREAT GRANDMA'S CARROT COOKIES — Chris Hargens (Age 3)

1 c. sugar
1 c. shortening
1 egg
2 tsp. baking powder
1 c. cooked carrots
Pinch salt
2 c. flour

Cream sugar and shortening. Add egg and beat. Add carrots and dry ingredients. Drop on ungreased baking sheet. Bake 8-10 min. at 375°. While warm ice.

ICING:
1/4 c. orange juice
2 T. butter
Add powdered sugar to right consistency and beat.

BROWNIE DROPS — Jackie Kemmer, Waukee, Iowa
Joann Fisher

2 bars German's sweet chocolate
1 T. butter
2 eggs
3/4 c. sugar
1/4 c. flour (unsifted)
1/4 tsp. baking powder
1/4 tsp. cinnamon
1/8 tsp. salt
1/2 tsp. vanilla
3/4 c. pecans (chopped)

Melt chocolate and butter over hot water. Cool. Beat eggs until foamy; add sugar, 2 T. at a time; beat until thickened, about 5 min. Blend in chocolate. Add flour, baking powder, salt and cinnamon; blend. Stir in vanilla and nuts. Drop by teaspoonfuls onto baking sheet. Bake at 350° for 8-10 min. until cookies are set.

When things go wrong through all the day long.
Mother tells me there's no use in crying.
She'll open a new bag of patience tomorrow.
And I'll start a new day of trying.

CHOCOLATE CHIP COOKIES

Mrs. John Kilgore
Lehigh, Iowa

1/2 c. butter
1/2 c. shortening
1 c. brown sugar
1/2 c. white sugar
2 eggs (beaten)
1 tsp. vanilla
2 1/2 c. flour
2 tsp. soda
2 tsp. cream of tartar
1/2 tsp. salt
1 (6 oz.) pkg. chocolate chips
1/2 c. nuts (chopped)

Cream butter and shortening. Add sugar and cream well. Add beaten eggs and vanilla. Sift dry ingredients together and add chocolate chips and nuts. Make into balls, roll in granulated sugar and bake 9 min. at 375°.

CHOCOLATE COOKIES

Mrs. Carroll Kendall
Jefferson, Iowa

1 c. oleo
2 c. white sugar
4 sq. bitter chocolate (melted)
4 eggs
2 tsp. vanilla
2 tsp. baking powder
2 c. flour
Pinch salt
1/2 c. nuts

Cream oleo and sugar. Add melted chocolate to oleo and sugar. Add beaten eggs, one at a time. Mix in rest of ingredients and chill. Form in balls and roll in powdered sugar. Bake 10-12 min. at 325°.

"TURTLE" COOKIES
(Baked in Waffle Iron)

Janet Adams
Eugene, Oregon

4 eggs (beaten)
1 1/2 c. granulated sugar
2 tsp. vanilla
1/2 tsp. salt
4 sq. baking chocolate
1 c. butter
2 c. flour
1 c. nuts

Melt chocolate and butter over low heat. Beat eggs until light. Add sugar, vanilla and salt to egg mixture. Then add chocolate and butter. Fold in flour. Bake in waffle iron, medium setting, about 1 min. (Don't go away--they bake fast!) Frost with chocolate-butter icing.

CHOCOLATE-BUTTER ICING:

1 box powdered sugar
About 1/2 stick soft margarine
About 4 or 5 T. Hershey's cocoa
Little milk

Makes 100 cookies--nice for hot weather when you don't want to use oven.

NO PEEK COOKIES

Marion Westphal
Manson, Iowa

2 egg whites
Pinch cream of tartar
Pinch salt
Green food coloring
2/3 c. sugar
Mint chocolate chips

Beat egg whites, cream of tartar and salt. Add food coloring. Add sugar slowly. Beat until stiff peaks form. Gently fold in mint chocolate chips. Have oven heated to 350°. Put in cookies and shut oven off. Leave overnight. Don't peek. Makes nice fancy cookies. May vary colors and chips.

CHOCOLATE CHIP CEREAL COOKIES

Darlene Klein
Knoxville, Iowa

1 tsp. soda
1 tsp. baking powder
1 tsp. salt
2 c. flour
1 c. white sugar
1 c. brown sugar
1 1/2 c. shortening
2 eggs
1 tsp. vanilla
2 c. oatmeal
1 c. corn flakes (crushed)

Sift soda, baking powder, salt and flour and set aside. Cream white sugar, brown sugar, shortening, eggs and vanilla. Add flour mixture to above mixture. Add oatmeal, corn flakes and chocolate chips. You may add (any or all) 1 c. chopped maraschino cherries, 1 c. coconut or 1 c. chopped nuts. Bake at 375° until brown.

CINNAMON COOKIES

Mrs. Harold Ver Meer
Pella, Iowa

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
2 3/4 c. flour
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1/2 tsp. nutmeg, cloves, cinnamon and mace

Mix together the shortening, white sugar and brown sugar. Sift together the flour, soda, baking powder, salt and spices. Add to creamed mixture. Make into 1 in. balls. Roll in cinnamon and sugar mixture. Bake in 350° oven for 8-10 min.

The mother who really cares - makes sure the cookie jar is always full.

CONFETTI COOKIES

Polly Eason (Age 10)
Scranton, Iowa

1 c. sugar
1/2 c. brown sugar
1 c. shortening
2 eggs
1 tsp. vanilla
2 1/3 c. flour (sifted)
1 tsp. salt
1 tsp. soda
1 c. gum drops (cut up) or 1 pkg. chocolate chips or 1 pkg. M and M's
1/2 c. nuts (if desired)

Cream sugar, shortening, eggs and vanilla. Sift flour, salt, and soda. Add to creamed mixture and mix well. Stir in gum drops or whatever you have decided to add. Drop by teaspoonfuls onto greased baking sheet. Bake at 350° for 15 min.

MRS. TISDALE'S GINGERSNAPS

Lucille Barker

1 1/2 c. sugar
1 1/2 c. shortening
1 egg
1 1/2 c. molasses
1 T. soda
1 T. ginger
Cinnamon and salt
Flour (to stiffen)

Cream sugar and shortening, add egg, molasses, then add soda, ginger, cinnamon and salt. Stiffen with flour, roll into balls and bake in hot oven. Several years ago, a friend took this recipe to the state fair, and won first prize.

MOLASSES COOKIES

Doris Kingery

4 c. sugar
3 c. shortening
1 c. eggs
1/3 c. molasses
7 c. flour
1 1/3 T. cinnamon
1 1/2 tsp. ginger
1 tsp. cloves
2 2/3 T. soda

Cream shortening and sugar. Add eggs and molasses to creamed mixture. Sift dry ingredients together and add to creamed mixture. Roll dough into balls, roll balls in granulated sugar. Place on slightly greased cookie sheet. Do not flatten. Bake 350° for 12 min.

Don't worry if you stumble,
a worm is about the only thing that can't fall down.

CRUNCHY OATMEAL COOKIES

Pat Palmer
Ankeny, Iowa

1 c. shortening
1 c. white sugar
1/2 c. brown sugar
1 egg (beaten)
1 1/2 c. flour
1 tsp. soda
1 tsp. cinnamon
1 1/2 c. quick rolled oats
3/4 c. walnuts (finely crushed) or pecans
1 tsp. vanilla

Cream together shortening and sugars. Add 1 beaten egg. Sift together flour, soda and cinnamon and add. Add remaining ingredients. Chill 1 hr. Put walnut-sized pieces on greased cookie sheet. Butter bottom of small glass, dip in granulated sugar, flatten out pieces. Bake at 350° for 10-12 min.

OATMEAL COOKIES

Barry Caylor
Udell, Iowa

2 c. flour
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
2 eggs
1 c. shortening
1 c. sugar
1 c. brown sugar
2 T. milk
2 c. oatmeal

Cream shortening and sugars. Add eggs. Combine dry ingredients and add to mixture; add milk and vanilla. Makes a large batch. Bake at 375° for 10-15 min.

CRISP OATMEAL COOKIES

Dorothy Mattson

2 c. sugar
1 c. butter
2 eggs
1 1/4 c. dates
1 c. coconut
1 tsp. salt
2 c. oatmeal
2 c. flour
1 tsp. soda
1 tsp. vanilla

Mix together, in usual cookie manner, and form into balls. Dip balls in sugar and bake 325° for 12-15 min. Makes 4 or 5 doz.

For storing cookies:
Crisp cookies should be kept in a jar or canister with a loose fitting lid. Soft cookies should be kept in an earthenware jar with a tight cover.

PEANUT CHOCOLATE STAR COOKIES

Mrs. Willis Towne
Hampton, Iowa

1 3/4 c. flour
1 tsp. soda
1 tsp. salt
1/2 c. shortening
1/2 c. peanut butter
1/2 c. white sugar
1/2 c. brown sugar
1 egg (unbeaten)
2 T. milk
1 tsp. vanilla

Mix. Roll into balls, bake 8 min. at 375°. Remove, press chocolate candy star in middle and bake 2 min. more.

PINEAPPLE DROP COOKIES

Faye Butcher
Morgan, Minn.

1/2 c. butter
1 c. brown sugar
1 egg
1 tsp. vanilla
1 tsp. soda
1 1/2 tsp. baking powder
2 c. flour
1/4 tsp. salt
3/4 c. crushed pineapple (drained)
1/2 c. nuts

Cream shortening. Add sugar, cream well. Add egg. Then add crushed pineapple and vanilla. Sift dry ingredients. Add to first mixture along with nuts. Bake about 15 min. Cool. Remove with spatula. Frost with powdered sugar frosting.

PUMPKIN COOKIES

Nina Harrell

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

Cream shortening and sugar; beat in eggs. Add vanilla and pumpkin. Blend in dry ingredients. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 375° for 8-10 min. Frost with Caramel Icing.

CARAMEL ICING:

1/4 c. butter
1/4 c. brown sugar (packed)
1 1/2 c. powdered sugar
1/4 tsp. salt
2 1/2 T. cream

Cook butter and brown sugar till sugar is dissolved (about 3 min.). Add rest of ingredients and beat.

RICE KRISPIES COOKIES

Jo Ann Pfaltzgraff
Ackley, Iowa

1 c. lard
1 c. white sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
2 c. oatmeal
2 c. Rice Krispies

Mix all ingredients together and bake at 350° for 15 min. VARIATIONS: Add chocolate chips, or raisins or cut up gum drops and-or nutmeats.

TINA'S SUGAR COOKIES

Valeria Rinnan, Montour, Iowa
Marie Gentry, Morgan, Minn.

1 c. powdered sugar
1 c. oleo
1/2 c. white sugar
1 egg
1 tsp. vanilla
1/4 tsp. lemon extract
2 1/2 c. flour
1 tsp. soda
1 tsp. cream of tartar

Cream sugars and oleo, add egg, vanilla and lemon extract. Add sifted dry ingredients. Roll into walnut sized balls then roll in sugar. Press down with fancy glass or plain glass. Bake at 350° for 10 min. Do not overbake. Makes 3 1/2 dozen.

TOFFEE CRUNCH COOKIES

Patty Eason
Scranton, Iowa

1 1/2 c. flour (sifted)
1/2 tsp. baking soda
1/2 tsp. salt
1/2 c. butter or margarine
3/4 c. brown sugar
1 egg
1 tsp. vanilla
1 c. Heath bars (finely chopped)
1/3 c. pecans (chopped)

Combine and sift flour, soda and salt. Cream butter. Add sugar, egg and vanilla; mix until smooth and creamy. Stir in dry ingredients; blend in chopped candy bars and pecans. Drop by tablespoonfuls 2 in. apart onto greased baking sheets. Bake in 350° oven until done, 12-15 min. Makes about 3 dozen.

The milk of human kindness should not be bottled up.

CRISCO COOKIES

Cean Connell
Kettering, Ohio

3/4 c. Crisco
1 c. sugar
2 egg yolks
1 tsp. soda
2 tsp. cream of tartar
1 1/2 c. flour (sifted)
1 tsp. vanilla

Whip Crisco till light and then add sugar and egg. Sift together flour, soda and cream of tartar. Then add vanilla. Roll lightly on waxed paper which has been sprinkled with powdered sugar. Don't add more flour. Cut with cookie cutters or top of a glass. Bake 400° for 10 min. This makes the most tender sugar cookie ever.

GOOD ROLLED SUGAR COOKIES

Lisa Foell (Age 8)
Portland, Iowa

1 1/2 c. powdered sugar
2 sticks oleo
1 egg
1 tsp. vanilla
1/4 tsp. nutmeg
2 1/2 c. flour (sifted)
1 tsp. soda
1 tsp. cream of tartar
1/2 tsp. salt

Cream sugar and oleo, add egg, vanilla and nutmeg. Cream together well. Add flour, soda, cream of tartar and salt to creamed mixture. Don't need to chill--roll out on lightly floured board and cut. Bake at 350° until light brown.

CANADIAN OATMEAL SHORTBREAD

Mrs. Ruby D. Canfield
Waterloo, Iowa

1 c. butter or margarine
1/2 c. brown sugar (packed)
1 tsp. vanilla
1 c. flour
1/2 tsp. soda
2 c. rolled oats

Mix butter, sugar and vanilla until fluffy. Blend flour, soda and rolled oats; stir into butter mixture. Chill 1-2 hrs. Heat oven to 350°. Roll dough 1/4 in. thick on lightly floured board. Cut in 1 1/2 in. sq. or fancy shapes. Bake on ungreased baking sheet for 10-12 min. Makes 3 1/2-4 dozen cookies.

Many people want what they don't need,
and need what they don't want.

BLONDE CHOCOLATE CHIP BROWNIES — Clare Maiers, Altoona, Penn.
Mrs. Charles Hamilton, Barnes City, Iowa

1 c. flour (sifted)
1/2 tsp. baking powder
1/8 tsp. soda
1/2 tsp. salt
1/2 c. nuts (chopped)
1/3 c. shortening
1 c. brown sugar
1 egg (slightly beaten)
1 tsp. vanilla
1/2 c. chocolate chips

Sift flour once, measure and add baking powder, soda, salt and sift again. Melt shortening in saucepan. Remove from heat, add sugar and mix well. Cool. Add egg and vanilla. Add flour mixture, small amount at a time, mixing well after each addition. Turn into greased 9x9x2 pan. Sprinkle nuts and chocolate chips on top. Bake in moderate oven 350° 20-25 min. Cool in pan. Cut in 24 bars. I usually double this recipe as these bars are a real favorite with the kids.

CHOCOLATE CHIP OATMEAL BROWNIES — Carol Updegraff
Indianola, Iowa

1 c. soft butter
2/3 c. granulated sugar
2/3 c. brown sugar
2 eggs
2 tsp. vanilla
1 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
2 c. quick rolled oats
2 (12 oz.) c. chocolate chips

Cream butter, sugars, eggs and vanilla until fluffy. Blend in flour, baking powder, salt and spices. Stir in oats and 1 c. chocolate chips. Spread in a greased 9x13 in. pan. Sprinkle with remaining chips and bake at 350° for 20-25 min. or until golden brown. Cool. Cut into bars. Makes 24.

3 LAYER FREEZER BROWNIES — Mrs. Lloyd Schlueter
Hawarden, Iowa

Layer 1: Combine and melt the following and let cool a little.
2 sq. unsweetened chocolate
1/2 c. oleo

Beat the following together and add to chocolate mixture:
2 eggs (beaten)
1 c. sugar

Sift together and add to the above:
1/2 c. flour
1/4 tsp. salt

Continued Next Page.

3 LAYER FREEZER BROWNIES (Continued).

Add:
1 tsp. vanilla
1/2 c. nuts
Put in 11x7 in. greased pan and bake 350° for 20-25 min.
Cool.

Layer 2:
Cook the following to soft ball stage. Set in pan of cold water and beat till creamy. Add vanilla. Spread on Layer 1 (spread before it gets too hard):

1 1/2 c. sugar
1/3 c. oleo
1/2 c. light cream
1 tsp. vanilla

Layer 3:
When the above is firm, melt the following; 3 sq. semi-sweet chocolate. Spread on brownies and freeze. Cut in small squares.

FARMER'S BROWNIES

Opal Hargens
Westside, Iowa

1/4 c. cocoa
1 c. hot water
3/4 c. butter
2 1/2 c. flour
1 tsp. baking soda
1/2 tsp. salt
2 c. sugar
2 eggs (slightly beaten)
1/2 c. buttermilk or sour milk
1 tsp. vanilla
1 c. nuts (chopped)

Mix cocoa into hot water. Stir butter into this, allow to cool. Sift dry ingredients together and stir into cocoa mixture. Add eggs. Beat in buttermilk, then vanilla. Add nuts, spread on buttered baking sheet or jelly roll pan (10x15). Bake at 375° for about 20 min.

NUT-TOPPED COCOA BROWNIES

Linda Straight
Logan, Iowa

1/2 c. margarine
1 c. sugar
1 tsp. vanilla
2 eggs
1/2 c. unsweetened cocoa
3/4 c. flour
1/2 tsp. salt
1/2 tsp. baking powder
1/2-3/4 c. nuts (chopped)

Cream margarine and sugar until blended. Add vanilla and eggs and beat until light and fluffy. Add cocoa and mix well. Stir in dry ingredients, then most of the nuts, saving some for on top.

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NUT-TOPPED COCOA BROWNIES (Continued).

Spread in buttered 9 in. sq. pan and sprinkle with remaining nuts. Bake at 350° for about 25 min. Cool in pan; cut in 2 in. sq. Makes 16.

BROWNIES -ALA- CALORIES

Mary Klaus
Ames, Iowa

2/3 c. shortening (melted)
2 1/4 c. brown sugar
3 eggs
1 pkg. chocolate chips
2 3/4 c. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1 c. nuts (chopped)

Mix ingredients. Spread on large cookie sheet. Bake at 350° for 25-30 min. Cut when cool. Makes 3 dozen brownies.

BROWNIES --CAKE-LIKE

Bonnie Anderson
Ames, Iowa

2 c. sugar
2/3 c. shortening
3 eggs
1 1/3 c. flour
1/2 c. cocoa
1/2 tsp. salt
1 tsp. vanilla
3/4 c. milk
1/2 c. nuts

Cream sugar, shortening. Add eggs, vanilla. Alternately add milk with sifted flour, cocoa, salt. Stir in nuts. Place in 9x13 cake pan. Bake at 325° for 55 min.

BROWNIES

Mrs. Milt Mohs
Elgin, Iowa

1/4 c. margarine
1 c. sugar
4 eggs
1 tsp. vanilla
1 lb. can Hershey's chocolate
1 c. flour
1/2 tsp. baking powder
Nuts

Cream the margarine, sugar, eggs, vanilla and chocolate. Sift and combine flour and baking powder. Beat 2 mixtures together. Nuts are optional. Bake at 350° for 30 min. in cookie sheet.

FROSTING:

1/2 c. brown sugar
1/4 c. milk
1/2 c. white sugar
1/4 c. butter

Bring the above to a boil, add 1/2 c. chocolate chips, boil 1 min., remove from heat and beat with mixer quickly. Spread immediately over tray of brownies.

SKILLET BROWNIES

Elaine Graves
Hubbard, Iowa

Melt 1/2 c. margarine and 2 oz. chocolate (Hershey's) in skillet. Add 1 c. sugar. Cool well. Add 2 eggs, one at a time, beating well. Add 1 tsp. vanilla, 3/4 tsp. salt, 1/2 tsp. baking powder, 3/4 c. flour. Mix well. Add 1 c. nutmeats. Bake in 10x14 in. pan in 350° oven for 15-20 min.

AUNT CLARE'S COCOA BROWNIES

Dorothy Mattson

2 sticks margarine
2 c. sugar
3/4 c. cocoa
4 eggs
1 1/2 c. flour
1 tsp. baking powder
1 tsp. salt
2 tsp. vanilla
2 T. corn syrup
1 c. nuts (chopped)

Melt margarine, add sugar, cocoa and eggs. Combine dry ingredients, and add to chocolate mixture. After mixing thoroughly add vanilla, corn syrup, and chopped nuts. Bake in jelly roll pan 350° 30 min. When cool, top with fudge frosting.

FUDGE FROSTING:

1 c. sugar
1/4 c. margarine
1/4 c. milk
1/4 c. cocoa

Bring to boil that cannot be stirred down, continue boiling and stirring for 1 min. Remove from heat, add 1 tsp. vanilla. Cool, then beat till frosting begins to lose gloss. Spread quickly.

UNBAKED FUDGE COOKIES

Katherine Towne (Age 8)
Hampton, Iowa

Boil 2 c. sugar, 1/2 c. milk and 1 stick oleo. Cook 4 or 5 min. Pour over 3 c. quick rolled oats and 1 large pkg. chocolate chips. Stir well, drop onto wax paper at once. Let cool.

UNBAKED CHOCOLATE COOKIES

Nellye Kyl

2 c. sugar
1/2 c. milk
3 T. cocoa
1/2 c. butter
2 c. uncooked quick oatmeal
1/2 c. peanut butter

Combine sugar, milk, cocoa and butter and boil exactly 3 min. after it starts to boil. While hot, add oatmeal and peanut butter. Mix well and while still warm, spoon out on waxed paper.

DATE FINGERS

Mary Duffield
Pulaski, Iowa

1 stick margarine
1 c. white sugar
1 c. dates (finely cut)
1/2 c. nuts
1 egg (beaten)
Dash salt
1 tsp. vanilla
2 1/2 c. Rice Krispies
3/4 c. coconut
1/2 c. nuts (chopped)

Melt margarine, add sugar, dates, egg and salt. Cook 10 min. over low heat stirring so mixture doesn't scorch. Remove from heat and add 1 tsp. vanilla then pour over Rice Krispies and mix. Shape into fingers and roll in a mixture of coconut and nuts. Place on sheet of waxed paper and refrigerate for 1 hr. and store in sealed container.

CANDY BAR COOKIES (No Bake cookies)

Mrs. Paul Messerli
Oskaloosa, Iowa

1 c. chocolate chips
1 c. powdered sugar
2 eggs (beaten)
10 oz. pkg. small marshmallows
1 c. salted Spanish peanuts

Melt chocolate chips, beat eggs and add powdered sugar to eggs. Add egg and sugar mixture to melted chocolate chips. Add remaining ingredients. Drop by spoon on cookie sheet.

NO BAKE COOKIES

Elaine Graves
Hubbard, Iowa

2 pkgs. butterscotch chips
1 c. peanut butter
4 c. corn flakes
4 c. small marshmallows

Melt chips and peanut butter together. Mix in corn flakes and marshmallows. Drop by teaspoonfuls on waxed paper and chill. Very good.

Some women like to travel
While others like a book,
But the woman who will get her man
Is the girl who likes to cook!

When daddy has to feed the heir
And mealtime is a scrimmage,
He learns the truth behind the saying
"That boy's your spitting image!"

CRUNCHY FUDGE SANDWICHES

Carolyn Boisvert
Editorial Home Economist
Quaker Oats Company

5 c. Cap'n Crunch's peanut butter cereal
4 c. miniature marshmallows
1 (6 oz.) pkg. butterscotch bits
1/4 c. butter or margarine
1 (6 oz.) pkg. milk chocolate bits
1/2 c. confectioners' sugar (sifted)
2 T. butter or margarine
2 T. water

Pour peanut butter cereal into a greased large bowl. Melt marshmallows, butterscotch bits, and butter in top of double boiler over hot (not boiling) water, stirring until smooth. Remove from heat. Pour butterscotch mixture over cereal. Press half of cereal mixture into a greased 8 in. sq. pan. Chill in refrigerator while preparing fudge mixture. Set aside remaining cereal mixture. Combine chocolate bits, sugar, butter and water in top of double boiler over hot (not boiling) water, stirring until smooth. Spread over chilled cereal mixture. Spread remaining cereal mixture evenly over top; press gently. Chill overnight. Cut into squares.

QUICK COOKY BARS

Mary Pfaltzgraff
Waterloo, Iowa

1 c. sugar
1 c. white syrup
1 c. peanut butter
7 c. dry cereal (corn flakes, Rice Krispies, etc.)

Bring sugar, syrup and peanut butter to boil. Then add dry cereal. Mix. Pour into large buttered cake pan and pat down. Cut in squares. May put 6 oz. chocolate or white chips over this while hot and spread as soon as melted. Delicious and easy to make.

APPLESAUCE BARS

Linda Morgan (Age 11)
Burlington, Iowa

1 c. shortening
1 1/2 c. sugar
2 eggs
2 1/2 c. all-purpose flour (sifted)
1 c. unsweetened applesauce
1/2 c. raisins
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
1/2 c. nutmeats (chopped)

Cream the shortening and sugar; then beat in the eggs, one at a time and blend thoroughly. Sift the flour and measure; then sift

Continued Next Page.

APPLESAUCE BARS (Continued).

again with the soda, salt, cinnamon, nutmeg and cloves. Stir in the flour alternately with the unsweetened applesauce. Last add the nuts and raisins. Spread in a greased 10x15 in. pan. Bake at 350° for 30 min. Cool slightly. Cut into bars. Dust with powdered sugar.

DANISH APPLE BARS

Pat Palmer, Ankeny, Iowa
Verda Simon, Urbandale, Iowa

2 1/2 c. flour
1 T. sugar
1 tsp. salt
1 c. shortening
1 egg yolk
Milk
1 c. corn flakes (crushed)
5-6 apples
1 1/2 c. white sugar
3 tsp. cinnamon
1 egg white (beaten stiff)

Sift together flour, sugar, salt. Add shortening and mix well. Combine egg yolk with enough milk to make 2/3 c. Add to flour mixture and mix well. Divide dough in half. Roll out to fit a cookie sheet 15x11 in. Bring pastry up over the sides. Sprinkle corn flakes over pastry. Arrange evenly over the corn flakes, cut up apples. Sprinkle with sugar and cinnamon. Cover with remaining pastry. Beat the egg white and spread over the top of the pastry. Bake in moderate hot 400° oven 40 min. until apples are tender when tried with a fork, and the top is golden brown. When still warm, ice with 1 c. icing sugar and 2 T. lemon juice to make a smooth paste. Mix well and dribble over squares.

APPLE BARS

Mrs. Max Cannon

2 eggs
1 1/2 c. sugar
1 c. flour
2 tsp. baking powder
1/2 tsp. salt
2 fresh apples (chopped fine)
1 c. walnuts (if desired)

Beat eggs well and add sugar; mix well. Add flour, baking powder and salt. Mix well and add apples. Stir in walnuts if you desire. Bake at 350° for 25-30 min.

A kitchen is a friendly place,
Full of livings daily grace,
And rich in dignity is she
Who shares it's hospitality.

CALORIE BARS

Dorothy Brooks
St. Charles, Iowa

1 stick oleo (melted)
2 c. graham crackers (crushed)
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 small pkg. coconut
1 can Eagle Brand condensed milk

Combine margarine and graham cracker crumbs, and line the bottom of 9x13 pan. Sprinkle chocolate chips, butterscotch chips and coconut over graham cracker crust. Pour condensed milk over all. Bake 350° for 25 min.

CHERRY BARS Favorites of: Mrs. Dean Folkerts, Steamboat Rock, Iowa
Mrs. Ronald Oleson, Sumner, Iowa; Rose Wagonner, Oskaloosa, Iowa
Mrs. Charles Hamilton, Barnes City, Iowa

1 c. margarine
1 1/3 c. sugar
4 eggs
3 c. flour (sifted)
1 1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1 can cherry pie mix
Powdered sugar frosting
Nuts

Combine margarine, sugar and eggs. Beat well and then add sifted flour, baking powder and salt. Blend and add vanilla. Mix well. Take about 1 1/2 c. of dough and set aside. Spread remainder dough in an "ungreased" cookie sheet. Spread 1 can cherry pie mix (may use any type mix you like) on dough. Take remaining dough and drop by teaspoonfuls on the spread pie mix. Bake at 350° for 40-45 min. When cool, drizzle with powdered sugar frosting and sprinkle with nuts.

MARSHMALLOW FUDGE BARS

Lilyann Dissinger

1 c. oleo
2 c. sugar
1/2 tsp. baking powder
4 T. cocoa
4 eggs
1 1/2 c. flour
1/4 tsp. salt
2 tsp. vanilla
1 c. nuts
Miniature marshmallows

Cream oleo and sugar; add eggs and mix. Add dry ingredients, then vanilla and nuts. Spread on greased pan 10x15 and bake at 350° for 20 min. Remove from oven, cover with miniature marshmallows. Return to oven for 3 min. Frost with the following frosting: Boil 1/4 c. water, 1/2 c. brown sugar and 2 sq. of baking chocolate for 3 min. Then add 2 T. butter and 1 tsp. vanilla. Cool and add 1 1/2 c. powdered sugar. Frost bars.

SAUCEPAN CHOCOLATE COCONUT BARS

Mrs. Robert Engleman
Cedar Falls, Iowa

2 sticks oleo
2/3 c. white sugar
2/3 c. brown sugar
4 T. water
2 c. flour
2 1/2 tsp. baking powder
2 eggs
1 tsp. vanilla
1 c. coconut (shredded)
6 oz. pkg. chocolate chips

Melt oleo in a large saucepan. Remove from heat. Add sugar and water. Stir in flour, baking powder. Add egg and vanilla. Beat well. Add coconut and chocolate chips. Stir lightly. Pour into large flat cake pan (13x9). Bake at 350° for 25-30 min. Do not over bake. Cool and cut into bars.

CHOCOLATE BARS

Nellye Kyl

1 stick margarine or butter
1 pkg. chocolate chips
1 pkg. butterscotch chips
3/4 c. peanut butter (chunk style)
2 1/2 c. miniature marshmallows
2 1/2 c. coconut

Melt margarine, chips and peanut butter in double boiler. When cool, blend in marshmallows and coconut. Pour in greased pan and refrigerate. Cut in bars to serve.

FROSTED COFFEE BARS

Barry Caylor
Udell, Iowa

1/4 c. shortening
1 c. brown sugar
1 egg
1/2 c. hot strong coffee
1 1/2 c. flour
1/2 tsp. soda
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. salt
1 tsp. vanilla
1/4 c. nuts (ground)
1/2 c. raisins (ground)

Cream shortening and sugar, beat in egg. Sift dry ingredients together and add with nuts and raisins. Blend in vanilla. Spread in greased shallow pan (9x13). Bake at 350° for 20-25 min. Frost with powdered sugar icing while still warm. When cooled, cut into bars.

My house is clean enough to be healthy,
And dirty enough to be happy.

MADELINE'S DATE BARS

Floss Erhardt
Bloomfield, Iowa

1 c. shortening (margarine)
1 c. brown sugar
2 c. flour
1 egg
1/2 tsp. baking powder
1/4 tsp. salt
1/2 c. nuts
1 tsp. vanilla
2 1/2 c. oatmeal

FILLING:

1 lb. dates
1 c. sugar
1 c. water

Boil until thick, add 1 tsp. cornstarch, pinch salt. Chill. Cream shortening and sugar. Add egg, then sifted dry ingredients, oatmeal and nuts. Pat half of oatmeal mixture in bottom of jelly roll pan. Cover with filling. Roll rest of oatmeal mixture with rolling pin on wax paper to same size as pan. Put rolled layer on top of filling. Bake 375° 20-30 min.

FROSTED CREAMS

Mrs. Dean Folkerts, Steamboat Rock, Iowa
Joann Fisher

1 1/2 c. sugar
1 T. cinnamon
1 1/2 c. raisins (cooked)
3 c. flour
1 tsp. vanilla
1 c. shortening
2 eggs
1 1/4 tsp. soda
1 c. liquid from cooked raisins
1 tsp. salt
1 c. nuts (optional)
1 pkg. chocolate chips

Cook raisins in water and keep 1 c. liquid. Cool. Cream shortening, add sugar and eggs and beat until smooth. Sift together dry ingredients and add alternately with liquid and raisins, vanilla and nuts. Spread on large greased cookie sheet. Sprinkle chocolate chips over the top. Bake at 350° about 40-45 min. Frost with creamy chocolate frosting.

CREAMY CHOCOLATE FROSTING:

3 sq. unsweetened chocolate
2 T. butter
3 c. powdered sugar
7 T. milk
1 tsp. vanilla

Melt chocolate and butter. Add powdered sugar and milk. Beat until smooth. Add vanilla. Frost bars and cut into squares.

LEMON LOVE NOTES

Charlotte Smith

Crust:
1/2 c. butter
1/4 c. powdered sugar
1 c. flour

Filling:
2 T. lemon juice
Rind of 1 lemon (grated)
2 eggs (beaten)
1 c. sugar
2 T. flour
1/2 tsp. baking powder

Frosting:
3/4 c. powdered sugar
1 T. butter
1/2 tsp. vanilla
1 1/2 tsp. milk

Combine crust ingredients and pat into 9 in. sq. pan. Bake 15 min. at 350°. Cool. Combine filling ingredients, spoon onto baked crust and bake 25 min. at 350°. Set aside to cool completely. Prepare frosting in usual manner and spread on top of cooled bars. Cut into small bars. I often double the amounts and bake in jelly roll pan.

LEMON BARS

Nellye Kyl

1 c. flour
1/2 c. margarine
1/4 tsp. butter flavoring
1/4 c. powdered sugar
2 eggs
1 c. sugar
2 T. flour
1/2 tsp. baking powder
3 T. lemon juice
1/4 tsp. lemon flavoring

Blend together flour, margarine, powdered sugar and butter flavoring with pastry blender or two knives. Put in 8 in. pan, loosely (don't pat down). Bake 20 min. at 325°. Beat 2 eggs, then beat in sugar, sifted flour and baking powder, lemon juice and lemon flavoring. Pour over baked layer. Bake 25 min. at 325°. Cut before cool. Cool and frost with powdered sugar frosting.

GREAT OATMEAL BARS

Georgene Green
Mason City, Iowa

2 sticks oleo
1 c. brown sugar
1 c. white sugar
2 eggs
3 c. oatmeal
1 tsp. soda
1 tsp. vanilla
1 1/2 c. flour

Mix oleo, sugars and eggs together. Add remaining ingredients. Press into 12x18 in. baking sheet. Bake at 350° for 30 min. Frost while warm with following: Brown 3 T. oleo, add 1 tsp. vanilla 1 1/2 c. powdered sugar and milk to spread. Cut in bars. Store in airtight containers.

FUDGE-FILL PEANUT BUTTER BARS — Mary Daugherty

1 pkg. Pillsbury yellow cake mix
1 c. peanut butter
1/2 c. butter or margarine (melted)
2 eggs

FILLING:
1 c. (6 oz.) chocolate chips
1 1/2 c. sweetened condensed milk (14 oz.)
1 pkg. Pillsbury coconut pecan or coconut almond frosting mix
2 T. butter

In large bowl combine cake mix, peanut butter, butter, eggs. By hand stir until dough holds together. Press 2/3 of dough into bottom of a ungreased 13x9 in. baking dish. Reserve remaining dough for topping. Prepare filling--in saucepan combine chocolate chips, milk, butter. Melt over low heat stirring until smooth. Remove and stir in frosting mix. Spread filling over the dough in pan, crumble reserve dough over filling. Bake at 350° for 20-25 min. Cool. Cut into bars.

CHOCOLATE PEPPERMINT BARS — Mary Brubaker KRNT-TV

Melt together:
2 (1 oz.) sq. unsweetened chocolate
1 stick margarine

Beat:
2 eggs
1 c. sugar
1/2 c. flour (sifted)

Mix the above together and put into a foil lined 8 in. pan; bake 25 min. in 350° oven. Cool.

2nd layer:
1 1/2 c. powdered sugar
3 T. butter
1 1/2 T. light cream
1 tsp. peppermint flavoring

Mix and spread over first layer. Chill.

3rd layer:
1 1/2 sq. unsweetened chocolate
1 1/2 T. butter

Melt and spread over cooled layer. Chill again. Cut into bars or squares. This can be cooked ahead and frozen.

The hurrier I go,
The behinder I get.

PECAN BARS

Mrs. Charly Beyer
Lynnville, Iowa

1 c. brown sugar
2 eggs
1 c. white sugar
Pinch salt
1 1/2 sticks butter or oleo (melted)
1 1/2 c. flour (sifted)
1 c. pecans
1 tsp. vanilla

Beat eggs until lemon colored. Add white sugar and beat well. Then add brown sugar, a little at a time. Add the melted butter or oleo, stir and mix in flour. Then add the pecans and vanilla. Bake in a 9x13 pan at 350° for 25-30 min. Be careful not to overbake.

PINEAPPLE BARS

Mrs. Ronald Carlsen
Omaha, Neb.

Filling:
3 1/2 T. cornstarch
1 c. sugar
1/4 tsp. salt
1 c. crushed pineapple and juice

Pastry:
1 1/2 c. flour (sifted)
1 tsp. salt
1 tsp. baking powder
1 c. brown sugar
1/2 c. butter
1 3/4 c. oatmeal

Prepare filling first by combining all ingredients and cooking until thick and clear. Cool. Now sift flour, and combine with salt and baking powder. Cream butter and sugar. Add the flour mixture and oatmeal. Take out 1 c. of the pastry. Pat remaining over bottom of a well buttered pan. Cover with pineapple filling. Sprinkle top with 1 c. of pastry mixture. Bake in 375° oven for 30 min. When cool, cut in bars.

RAISIN COOKY BARS

Verda Simon
Urbandale, Iowa

1 egg
2/3 c. brown sugar
1/3 c. butter (melted)
1 tsp. vanilla
1 c. flour (sifted)
1/2 tsp. baking powder
1/4 tsp. salt
2/3 c. seedless raisins

Beat egg. Gradually beat in brown sugar. Stir in melted butter and vanilla. Sift together dry ingredients and add. Add raisins. Spread in 9x9x1 in. pan and sprinkle top with mixture of 2 T. sugar and 1/2 tsp. cinnamon. Bake at 350° for 15-20 min. Cut into bars. Makes 24.

SAUCEPAN RAISIN BARS

Barbara Brown
Hubbard, Iowa

1/2 c. shortening
1 c. sugar
1 c. water
1 c. raisins
1 tsp. cinnamon
1/4 tsp. nutmeg
1/2 tsp. cloves
1/4 tsp. salt
2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1/2 c. nuts
1 tsp. vanilla

Combine shortening, sugar, water, raisins, spices and salt in saucepan. Heat gently, then let boil 3 min. Set aside till cool. Sift flour, soda and baking powder into cooled mixture. Mix together and add nuts and vanilla. Pour batter into greased 10x15 cookie sheet. Bake at 350° for 20-25 min. Frost with powdered sugar frosting.

7 LAYER BARS

Cathy Kiner
Deep River, Iowa

1 stick butter or margarine
1 c. graham crackers (crushed)
1 c. coconut (flakes)
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 can sweetened condensed milk
1 c. pecans (chopped)

Use 11 1/2x8 in. pan (or near that size). Place 1 stick of butter or margarine in it and melt in oven. Sprinkle crushed graham crackers over the butter--then layer of coconut over the crackers. Next distribute chocolate chips and butterscotch chips. On top of this drizzle sweetened condensed milk. Cover with chopped nuts. Bake 30-35 min. at 350°. Cool in pan before attempting to cut into bars or squares.

SPICES BARS (With Oil)

Janis Gillaspie

3/4 c. flour
1/2 c. brown sugar
2 eggs
1/2 c. cooking oil
1/2 tsp. salt
1/2 c. nuts (chopped)
1/2 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
1/2 c. raisins

Have oil and eggs at room temperature. Put flour and sugar in small mixing bowl, mixing well. Add all ingredients except raisins. Beat well. Dust raisins and nuts with flour and add last. Bake at 350° for 20 min. in 10x13 in. pan. Cool in pan. Frost with icing of your choice.

BUTTER TOFFEE COOKIES

Phyllis Towne (Age 10)
Hampton, Iowa

Mix 1 c. soft butter, 1 c. brown sugar, 1 egg, 1 tsp. vanilla and 2 c. flour. Spread on 11x17 pan and bake 15-20 min. at 350°. Lay 8 Hershey bars on top, spread, sprinkle on 1/4 c. nuts.

OH HENRY BARS

Sarah Hovey
Algona, Iowa

6 c. oatmeal
1 c. butter or oleo
1 c. brown sugar
1/2 c. granulated sugar
4 1/2 tsp. vanilla
3/4 c. white or dark Karo syrup

Mix and spread on cookie pan. Bake 20 min. at 375°. Cool before putting frosting on.

FROSTING:

Melt 9 oz. pkg. chocolate chips and mix with 3/4 c. chunk style peanut butter. Spread on then cut.

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DESSERTS

후식

Seoul's Famous Bell Pavilion

DESSERTS

DANISH APPLE GOODY

Dorothy Mattson

3-5 c. apples (sliced thin)
1 c. sugar
1 T. flour (rounded)
1/4 tsp. cinnamon
Dash salt

TOPPING:
3/4 c. flour
1/4 tsp. soda
1/4 tsp. baking powder
1 c. oatmeal
1 c. brown sugar
1/2 c. margarine or butter

Mix apples, sugar, flour, cinnamon and salt together till apple slices are well coated, place in greased baking dish. Mix topping ingredients with pastry blender as for pie crust. Sprinkle crumbles over top of fruit and bake till apples are fork tender. Time will vary, depending on what variety of apples are used. 350°.

APPLE BETTY

Frances Silverthorn
Norwalk, Iowa

Peel and slice apples into long Pyrex cake pan or other baking dish until nearly filled. Cover with mixture of:
1 c. sugar
1 T. flour
1 tsp. cinnamon

Mix and crumble over the above:
1/2 c. butter or oleo
1 c. brown sugar
1 c. flour
1/4 tsp. salt

Bake at 350°.

CHERRY PUDDING

Jo Ann Pfaltzgraff
Ackley, Iowa

Make batter of:
1 c. sugar
1/2 tsp. salt
1 c. flour
2 tsp. baking powder
2/3 c. milk

Place in baking dish. Over this batter, pour 1 large can or 1 qt. of cherries, sweetened. Place in 375° oven for about 30 min. When done the cherries will be on the bottom and the cake on top.

COCKTAIL CAKE DESSERT

Mrs. Cleo Langfald
Scarville, Iowa

Mix together:
1 c. sugar
1 c. brown sugar
2 eggs (beaten)
1 tsp. vanilla

Add:
2 c. flour
1 tsp. baking soda
1/2 tsp. salt

Blend, then add 2 c. well drained fruit cocktail and pour into well greased 9x13 cake pan. Mix together 1/2 c. brown sugar and 1/2 c. nuts. Sprinkle on top of cake and bake 1 hr. at 275°. Serve with whipped cream or ice cream on top.

CRANBERRY DESSERT

Barbara Suh Hanson (Age 13)
Decorah, Iowa

1 1/2 c. cranberries
2 eggs
1 c. sugar
1 c. sour cream
1 3/4 c. flour
1/4 tsp. soda
1 tsp. vanilla

SAUCE FOR CRANBERRY DESSERT:
1 1/2 c. sugar
2 T. butter
1 tsp. vanilla
1 c. sweet cream

Blend eggs, sugar and sour cream. Add dry ingredients. Then add berries last. (Cut berries in half or chop fine). Bake in 9x13 in. cake pan in 350° oven for 35-40 min. To prepare sauce mix ingredients, place on heat, and boil 2 min. Serve warm.

PERFECT CUSTARD

Cassie Lemar

3 eggs
2 c. milk
1/4 c. sugar
1/4 tsp. nutmeg
1/4 tsp. vanilla

Beat eggs and milk. Add sugar, nutmeg and vanilla. Bake in 350° oven for 30 min.

QUICK DESSERT

Mrs. Raymond Garner
Ryan, Iowa

Grease a cake pan. Cover bottom of pan with 1 can cherry pie mix, then 1 can drained chunk pineapple. Sprinkle 1 yellow cake mix (dry) over above. Pour 1 c. melted butter over mixture. Top with 1 c. coconut and pecans. Bake at 350°.

PEACH ROLL

Karen Olcott

Dough:

1 c. flour
1/3 c. shortening
6 T. milk
1 tsp. salt
2 medium size cans peaches

Mix flour, shortening and salt together, add milk. Roll out dough spread with butter. Drain peaches; cut up and put on dough. Sprinkle cinnamon on fruit. Roll the dough and fruit up like a jelly roll, cut into sections about 1 in. wide. Put in pan and pour juice over it until it almost covers the rolls. If more juice is needed put 1 c. water and 1/2 c. sugar in pan over heat and stir until sugar is dissolved. Pour as much as needed over rolls. Bake at 350° for 30-45 min. Other fruits may be substituted for peaches if desired.

QUICK PEACH COBBLER

Mrs. Herman Van Dyke
Hartley, Iowa

1 stick butter or margarine
1 c. flour
1 c. sugar
1/4 tsp. salt
2 tsp. baking powder
1 c. milk
1 tsp. vanilla
1/4 tsp. butter flavoring
1/4 tsp. orange flavoring
3 c. peaches (sliced)
1 c. sugar
1 tsp. cinnamon

Melt butter in 8x12 in. pan. Stir flour, sugar, salt and baking powder. Add milk and flavorings to flour mixture and stir well. Pour batter in pan over melted butter. Combine peaches, sugar and cinnamon and scatter over batter. Bake 50-60 min. at 350°. Serve plain or with milk or cream.

RHUBARB ROLLS

Sandy Hargens
Mrs. Charles Hamilton, Barnes City, Iowa

2 c. flour
4 tsp. baking powder
1/4 tsp. salt
2 tsp. sugar
4 T. shortening
3/4 c. milk
2 T. butter (melted)
1 c. sugar
1/2 tsp. cinnamon
3 c. rhubarb (sliced)

Sift and mix flour, baking powder, salt and 2 tsp. sugar. Cut in shortening. Add milk and mix to soft dough. Roll 1/3 in. thick. Spread with melted butter; sprinkle with sugar. Arrange sliced rhubarb over dough and spread with remaining sugar and

Continued Next Page.

RHUBARB ROLLS (Continued).

cinnamon. Roll up as for cinnamon rolls. Cut in 1 in. slices and put in baking dish. Pour cooled vanilla sauce over rolls and bake 35-40 min. in 350° oven.

VANILLA SAUCE:

1 c. sugar
2 T. flour
1 c. boiling water
1 tsp. butter
1 tsp. vanilla

Mix sugar and flour; add boiling water. Boil until clear. Add butter and vanilla. Remove from heat; cool. Pour over rolls and bake.

GREAT GRANDMA'S RHUBARB COBBLER

Lori Hargens (Age 5)

3-4 c. rhubarb (diced)
3/4 c. sugar
1/2 c. milk
1 tsp. baking powder
3 T. butter
1 c. flour
1/4 tsp. salt
1/2-3/4 c. sugar
1/4 tsp. salt
1 T. cornstarch
1/4 tsp. cinnamon
1 c. boiling water

Place rhubarb in 9x13 bake dish. Mix 3/4 c. sugar, milk, baking powder, butter, flour and salt into batter and pour over rhubarb. Mix 1/2-3/4 c. sugar, salt, cornstarch and cinnamon and sprinkle over batter. Pour 1 c. boiling water over and bake 45 min. at 375°.

OPAL'S RHUBARB PUDDING

Janis Hargens
Westside, Iowa

2 or 3 c. rhubarb (finely chopped)
1 egg
1 c. sugar
4 T. butter

DOUGH:

2 c. flour
1/2 tsp. salt
1/2 tsp. soda
2 tsp. baking powder
1 c. sour cream

Put rhubarb in bottom of baking dish. Mix egg, sugar and butter and pour over rhubarb. Make dough and put on top. Bake 30 min. at 350°.

RICE PUDDING

Mrs. Cleo Langfald
Scarville, Iowa

Cook over hot water till tender (about 45 min.):
1/2 c. rice in 2 c. milk
1/4 tsp. salt
Last 1/2 hr. stir in 1/2 c. raisins. Blend:

2 c. milk	1/4 tsp. cinnamon
2 egg yolks (slightly beaten)	1 tsp. vanilla
1/2 c. sugar	

Add to rice and cook 5 min., stirring frequently. Remove from heat and carefully fold in 2 stiffly beaten egg whites. Pour into casserole and bake for 30 min. at 350°. Serve cold for a richer taste.

STRAWBERRY CRUNCH

Arly Pace
Norwalk, Iowa

1 c. flour	1/2 c. nuts (chopped)
1/4 c. brown sugar	1/2 c. margarine

Blend like pie dough. Put in 8x13 in. pan in 250° oven for 1 hr., stirring 2 or 3 times during baking to brown evenly. Cool.

2 egg whites	1 tsp. vanilla
1 c. white sugar	1 pt. frozen strawberries (Juice and all)
1 T. lemon juice	

In a large mixing bowl break berries apart somewhat with a fork. Beat all for 20 min. Whip 1/2 pt. cream and fold in berry mixture. Use half of the crumbs as a base; cover with strawberry mixture and top with remaining crumbs. Freeze overnight in freezing compartment. Serves 12-15.

HOLIDAY DESSERT

Nellye Kyl

1 c. sugar	1 T. butter (melted)
1 c. flour	1 c. pie cherries (do not drain)
1 tsp. soda	Red food coloring
1 egg (beaten)	1 c. walnuts (chopped)

Mix beaten egg with melted butter and add sugar, flour and soda. Add 1 c. red pie cherries, juice and all. Add a little red food coloring, and 1 c. walnuts. Pour into greased 9x9 pan and bake 35 min. at 350°. Serve with the following sauce.

BUTTER SAUCE:

1 c. sugar	1/2 c. cream (1/2 and 1/2)
1/2 c. butter	1 tsp. vanilla

Cook until the consistency of a sauce. Serve warm.

CHERRY DESSERT — Margo Barker

1 pkg. graham crackers
1 stick oleo
3 T. brown sugar
2 pkg. Dream Whip
1 (8 oz.) pkg. cream cheese
1/2 c. powdered sugar
1 tsp. vanilla
1 can cherry pie filling
1/4 c. sugar

Make graham cracker crust out of crumbs, oleo and brown sugar. Prepare Dream Whip, beat together with cream cheese and powdered sugar, add vanilla. Carefully put cherry pie filling over top of whipped mixture. Sprinkle sugar over top of the cherries.

CRANBERRY FLUFF DESSERT — Evelyn Surface, Ventura, Iowa

1 lb. raw cranberries
1 1/4 c. granulated sugar
1 pkg. miniature marshmallows
1 tall can crushed pineapple (drained)
1 c. walnuts (broken)
1/2-2/3 c. seedless green grapes (cut into)
1 carton whipping cream

Grind cranberries and add sugar, marshmallows, pineapple, walnuts and grapes. Whip 1 carton whip cream and fold cream into mixture. Refrigerate.

GRAHAM CRACKER CUSTARD DESSERT — Millie Harrell, Indianola, Iowa

2 egg yolks (beaten)
1/2 c. sugar
1/2 c. milk
1 pkg. Knox gelatin
1 c. cold water
1 c. whipped cream
2 egg whites (beaten)
Vanilla flavoring
12 graham crackers (rolled fine)
3 T. brown sugar
3 T. butter (melted)

Combine finely rolled cracker crumbs with brown sugar and butter. Place half of crumbs in bottom of bake dish. Dissolve gelatin in 1 c. cold water and add to hot custard. (To prepare hot custard cook the 2 beaten egg yolks, 1/2 c. sugar, and 1/2 c. milk in double boiler). Cool until thick then add beaten whites of 2 eggs, 1 c. whipped cream, flavoring, and a bit more sugar. Put layer of crumbs over top. Chill.

GRAHAM CRACKER ROLL

Nancy Thalacker
Clear Lake, Iowa

26 graham crackers (rolled fine)
1 c. marshmallows (cut fine)
1/2 c. nuts
1/2 c. dates
3/4 c. sweet cream

Save 1/2 c. cracker crumbs. Mix all of the rest of the ingredients, and form a roll. Then roll in the remaining 1/2 c. of crumbs. Chill, slice and serve with whipped cream.

FRIGIDAIRE DESSERT

Opal Hargens
Westside, Iowa

4 egg yolks (beaten)
1 c. crushed pineapple and juice
1/2 c. sugar
1 pkg. orange gelatin
4 egg whites
1/2 c. sugar

Combine egg yolks, 1 c. pineapple and juice, and sugar and cook until slightly thick. Add 1 pkg. orange gelatin and remove from heat. Beat egg whites and sugar until stiff. Fold in first mixture and pour into buttered mold and sprinkle with cookie or graham cracker crumbs. Set in refrigerator and chill. Serves 8.

LEMON COOLER

Roilene Smith
Toledo, Iowa

1 small can frozen lemonade
1 can Eagle Brand milk
2 pkg. Dream Whip (whipped)
2 c. miniature marshmallows

Whip cream in mixing bowl. Pour in lemonade and milk. Beat about 1 min. or until smooth. Fold in marshmallows. Pour over crushed Ritz crackers which line an oblong cake pan. Sprinkle crackers over top and chill.

STAINED GLASS WINDOW DESSERT

Roselyn Davids
Spring Valley, Minn.

1 pkg. red Jello
1 pkg. green Jello
1 pkg. orange Jello
1 1/2 c. hot water for each pkg. Jello

Dissolve each pkg. of Jello in 1 1/2 c. hot water, put in ice cube trays and chill. Cut into cubes and add later. Dissolve 1 pkg. of lemon Jello in 1 c. hot pineapple juice, put in bowl and chill. When almost set; add 1 pt. of whipped cream and 1/2 c. of sugar and beat. Fold in cubes of Jello and pour into a graham cracker crust or into individual dessert dishes and sprinkle with graham cracker crumbs.

QUICK AND EASY STRAWBERRY DESSERT

Mrs. Russell Settlemyer
Spirit Lake, Iowa

1 pkg. strawberry Jello
1 1/4 c. hot water
1 pkg. frozen strawberries or
1 qt. fresh berries
1/2 pt. whipped cream
50¢ size angel food cake

Dissolve Jello in hot water. Add frozen strawberries to hot Jello. Fold in whipped cream. Pour over angel food cake (broken in small pieces) and placed in large baking dish 8x12. Refrigerate.

HOMEMADE ICE CREAM

Hazel Yost
Logan, Iowa

6 eggs (separated)
2 c. sugar
1/3 c. white syrup
Dash salt
2 tsp. vanilla
1 pt. whipping cream

Use mixer. Beat egg white till foamy then add 1 c. sugar. In large bowl, beat cream till starting to whip good and beat in other cup of sugar, the syrup, salt, yolks and vanilla. Add first mixture and blend well. Pour in freezer can and fill to within an inch from the top with milk. (1 gallon freezer).

HOMEMADE CARAMEL ICE CREAM

Millie Harrell
Indianola, Iowa

1 c. sugar
1/2 c. boiling water
1 pt. milk
1 c. sugar
1 T. flour
3 eggs
Salt
1/2-1/3 c. sugar
Small can evaporated milk or cream
1 pt. half and half

Brown (burn) 1 c. sugar in skillet and add 1/2 c. boiling water to make syrup. Set aside. Make custard of 2 c. milk, 1 c. sugar, 1 T. flour, 3 eggs and salt. Combine the beaten eggs with sugar and flour. Add 1 c. milk and cook. Add other 1 c. milk and salt. Set aside to cool. Add burnt sugar syrup. Add 1/2-1/3 c. sugar, evaporated milk or cream, vanilla and half and half to cooled mixture. Put in ice cream freezer and add milk to 3 in. from top of can. Freeze as for any ice cream.

Most families are like a model T. Ford, it has at least one crank.

ORANGE SHERBET

Mrs. John Kilgore
Lehigh, Iowa

1 (3 oz.) pkg. orange gelatin
1 c. boiling water
1 c. sugar
1/4 tsp. salt
1 (6 oz.) can frozen orange juice (undiluted)
3 c. milk

Dissolve gelatin, sugar and salt in boiling water. Stir in orange juice. Add milk. Pour into refrigerator trays and freeze until firm. Remove from trays into bowl and whip with beater. Refreeze.

ICE CREAM YUMMY

Wanda Lohr
Winterset, Iowa

1/2 c. of butter melted in 9x13 pan. Add 1 c. coconut, 2 1/2 c. Rice Krispies, 1 c. walnuts and 1 tsp. vanilla. Toast in oven for 10 min. at 300°, stirring. Add 3/4 c. brown sugar and cool. (Use 1/2 of mixture for topping). Spread 1/2 gal. of vanilla ice cream over 1/2 of mixture and add remaining 1/2 of mixture as topping. Freeze.

DRESSED UP ICE CREAM

Mrs. Harold Dellit
Manly, Iowa

1 gal. vanilla ice cream
1 c. maraschino cherries (quartered)
1 c. pineapple chunks (cut up) or crushed pineapple (drained)
1 banana (mashed)
1/2 c. nuts
1 pkg. miniature marshmallows
1 pkg. raspberry Jello
1 c. hot water
Juice of 1 lemon or little Realemon
1 can frozen orange juice

Dissolve Jello in hot water and cool. Combine all fruit and juices, etc. Then mix together with softened ice cream in large bowl. Freeze in 2 large cake pans (9x13). Serves 24-30.

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ADDITIONAL RECIPES

KOREAN & OTHER FOREIGN FOODS

한국 과 기타국의 음식

KOREAN - OTHER FOREIGN FOODS

CHICKEN PARISIENNE

Linda Masters
Mason City, Iowa

Place 6 chicken breasts, skin side up, in a 11x9 in. baking dish. Combine 1 can cream of mushroom soup, a 3 oz. can of mushrooms and liquid, 1 c. sour cream and 1/2 c. white wine. Pour over chicken. Sprinkle generously with paprika. Bake at 350° for 1 1/4 hrs. Serve with rice.

CORDON BLEU BEEF ROLLS

Dianna Cooper
Norwalk, Iowa

3 lbs. ground beef
1 tsp. salt
1 tsp. dried vegetable flakes
1 (8 oz.) pkg. sliced Swiss cheese (halved crosswise)
1 (6 oz.) pkg. Canadian bacon slices
2 eggs
1/4 c. water
1 c. seasoned bread crumbs
1/3 c. butter
1 can golden mushroom soup
1 c. milk
1 medium tomato (cut in 8 wedges)

Mix beef with salt and vegetable flakes; shape into 8 patties about 1/4 in. thick. Top each with slice of cheese and bacon; roll up, jelly-roll fashion. Beat eggs with water in pie pan; place bread crumbs in 2nd pie pan. Dip meat rolls into egg mixture then into crumbs to coat well. Sauté, turning often in butter for 25 min. or until beef is done to your liking. Remove to heated platter. Keep warm while making gravy. Pour all drippings from pan. Stir soup and milk together in pan. Heat slowly scraping brown bits from bottom. Heat till bubbly hot. Season with salt and pepper, if needed. Garnish rolls with tomato wedges; serve with gravy. Makes 8 servings.

WARMER KARTOFFELSALAT MIT SPECK
(Hot potato salad with bacon)

Jani Carlsen
Omaha, Neb.

4 lb. potatoes (pared and sliced)
1/2 c. onion (chopped)
2/3 c. bacon drippings
2 T. parsley (snipped)
1/2 c. vinegar
2 tsp. sugar
1 tsp. paprika
1/2 tsp. salt
1/4 tsp. pepper
12 slices bacon (fried and crumbled)

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WARMER KARTOFFELSALAT MIT SPECK (Continued).

Cook potatoes in salted water until tender; drain. Sauté onion in bacon drippings until tender. Stir in vinegar, parsley, sugar, paprika, salt and pepper and mix lightly with potatoes and bacon. Serve warm.

CURRY

Kamal Roy Nirine
Chicago, Ill.

1/2 medium onion (sliced thin)
4 T. shortening
6 tsp. curry powder
1/2 tsp. cumin seed
1/2 tsp. garlic powder
1 c. water
4 lbs. chicken
Salt (to taste)

Put onion and shortening into Dutch oven and cook 3 or 4 min. Mix curry, cumin seed, garlic and water together and add to cooked onion. Add chicken pieces and stir to coat. Cook 5 min. Add water to cover. Bring to a boil. Cook till chicken is tender, about 1/2-3/4 hr. The sauce cooks down and can be used as gravy over boiled rice or potatoes.

LASAGNA MEDITERRANIA

Mrs. Marvin Faust
Hubbard, Iowa

2 T. butter
1 c. onion (minced)
1 1/2 lb. ground chuck (may use hamburger)
2 c. (16 oz. can) tomatoes
3/4 c. (6 oz.) tomato paste
1/2 c. (4 oz. can) mushrooms and liquid
1 clove of garlic (minced)
1 1/2 tsp. salt
2 tsp. oregano
1 tsp. monosodium glutamate
1/2 tsp. rosemary
1/4 tsp. pepper
1 (8 oz.) pkg. lasagna noodles
2 c. cottage cheese
3/4 c. Parmesan cheese
8 oz. Mozzarella cheese (sliced)

Melt butter in large pan. Sauté onions; add meat and brown. Drain off all fat. Add tomatoes, tomato paste, mushrooms and liquid, garlic and seasonings. Simmer uncovered 30 min. Cook noodles according to pkg. directions; drain and rinse. Place 1/3 of sauce in bottom of shallow pan (13x9x2). Top with criss-cross layers of noodles. Add 1/2 cottage cheese, and remaining sauce. Top with half Parmesan and Mozzarella. Repeat layers ending with Mozzarella. Bake in 350° oven for 25-35 min.

JAPANESE BEEF TERIYAKI

Mrs. Robert Inslee
Glendale, Calif.

1 1/2 lbs. flank steak, round steak or sirloin tips (cut into thin slices across the grain).

SAUCE:
1/2 c. sugar
3 T. sake
1 tsp. crushed or grated ginger
1 green onion (chopped) and top
2/3 c. shoyu (Japanese soy sauce)
1/2 tsp. salt
1 clove garlic (crushed)

Marinate meat in sauce for 1 hr. Broil 5-10 min.; baste while broiling. Meat may also be cut in 1 in. sq. and placed on skewers. Teriyaki sauce may also be used on chicken and pork.

CHICKEN: JAPANESE STYLE

Verda Simon
Urbandale, Iowa

1 clove garlic (cut)
2 T. butter
2 T. flour
1 1/2 c. chicken broth
2 tsp. soy sauce
Salt and pepper
2 c. cooked chicken (slivered)
2/3 c. uncooked rice
Parsley (chopped)

Melt butter in skillet. Add garlic, heat and remove. Blend in flour. Gradually add chicken broth, stirring, until thickened. Add soy sauce and salt and pepper to taste. Add chicken and heat. Cook and drain rice. Spread on top, cover and heat gently. Sprinkle with parsley. Makes 4 servings.

SUKIYAKI

Kumyea Phelps
Hillsboro, Iowa

1 1/2 lbs. sirloin steak in thin slices 4 in. long
1/2 lb. green onions (cut 1 in. long)
1/5 lb. carrots (cut 1/4 in. thick and 1 in. long)
5 eggs (if desired)
2 or 3 large pieces beef suet
1/2 lb. fresh spinach (cut 2 in. long)
1/5 lb. fresh or canned mushrooms (sliced 1/8 in. thick)

SUKIYAKI SAUCE:
1 c. shoyu (Japanese soy sauce)
1 piece 9 in. sq. tangle
3/4 c. sugar
3 c. water

Put ripped tangle and water in pot and heat to boil. Pour broth into container. Oil skillet with suet. Lay in meat so as

Continued Next Page.

SUKIYAKI (Continued).

not to overlap. Cook until meat juices start to ooze, then turn. Sprinkle meat with sugar, shoyu, and tangle froth to taste. When meat is done, put in vegetables. Eat from skillet as cooked. It is recommended to dip cooked meat and vegetables into well-beaten raw egg and eat. Serves 5.

TEMPURA

Kumyea Phelps
Hillsboro, Iowa

1 lb. white fish filet
1/2 lb. asparagus, egg plant, green peas, string beans, potatoes, mushrooms or any vegetable in season

TEMPURA BATTER:
1/2 c. flour
1/2 c. water
1 egg

TEMPURA SAUCE:
3 T. shoyu (Japanese soy sauce)
5 c. water
1/4 tsp. salt
3 T. mirin (Japanese sweet sake)
1/2 c. dried-bonito flakes
4 pieces 4 in. sq. tangle

Put tangle and water in pot and heat to boil; then take out tangle, add dried-bonito flakes; turn off heat. Wait until bonito flakes sink to bottom of pot, strain through cloth strainer. Add shoyu and salt, bring to boil. Skim off foam and boil 2 min. Fill skillet with vegetable oil 2 in. deep and heat to 356°. Dip ingredients, one at a time, in batter; then place in heated oil. Make 5 servings (Batter and sauce serve 1 so multiply by five).

BARBECUE

Kumyea Phelps
Hillsboro, Iowa

1 1/2 lbs. beef, pork, chicken or clam
1 lb. potatoes, onions or green peppers

Thread meat and vegetables alternately on skewer.

SEASONING:
1 c. shoyu (Japanese soy sauce)
1/4 tsp. red pepper
2 T. onion (minced)
1/4 tsp. white pepper
1 tsp. mustard
1 tsp. parsley (minced) soaked in water

Charcoal brazier is preferable. Gas stove will also do. Broil skewered meat and vegetable until light brown on both sides. Dip them into shoyu and place on plate; sprinkle with any seasoning desired. Serve while hot. Makes 5 servings.

CHICKEN WINGS SHOYU

Mrs. Howard Stevens
Sagus, Calif.

2 lbs. chicken wings
1 bunch green onions with tops

Combine for sauce:
2/3 c. shoyu (Japanese soy sauce)
1/2 c. brown sugar
1/4 tsp. salt
1/4 tsp. MSG
1/4 c. sake

Heat suace until sugar is dissolved. Bring to boil and simmer chicken for 45 min., stirring occasionally. Add green onions and serve with cooked white rice.

SHOYU CHICKEN

Carol (Brown) Tom
Pearl City, Hawaii

1 whole chicken (3-4 lbs.)
1 c. shoyu (use 1/2 c. water and 1/2 c. shoyu if using chicken parts instead of whole chicken)
1 T. liquor (cooking wine)
1/3 c. brown sugar
1/4 tsp. monosodium glutamate
1/4 tsp. Chinese five spices
1 corner star anise (may use anise extract-a few drops or seeds)
1 clove garlic (crushed)
1 slice ginger (crushed)

Combine and bring to a boil all ingredients except chicken. Add chicken and simmer 45 min., turning occasionally to obtain an even browning. Serve chopped into 2x1 in. pieces. Spoon some of the sauce over the chicken. Garnish with Chinese parsley.

JAPANESE SALAD

Thomas R. Ackerman
Indianola, Iowa

1 head cabbage (grated)
Fresh or canned shrimp or 1 can tuna

DRESSING:
1/2 c. vinegar
1/2 c. shoyu (Japanese soy sauce)
1/4 c. sugar

Mix all ingredients long before serving; let stand. Serve chilled. Serves 5-6.

Never miss an opportunity to make others happy, even if you have to let them alone in order to do it.

KIM CHEE

Yong Fehd
Sheffield, Iowa

2 lbs. won bok (Chinese cabbage)
1/4 c. rock salt
4 c. water

SEASONINGS:
2 tsp. red pepper (minced)
3/4 tsp. garlic (minced)
1/2 tsp. ginger root (minced)
1/2 tsp. paprika
1 T. sugar
1/4 tsp. monosodium glutamate

Wash won bok and cut in 1 1/2 in. lengths. Dissolve rock salt in water. Soak won bok in brine 3-4 hrs. Rinse and drain. Combine seasonings and add to cabbage, mixing thoroughly. Pack into 1 qt. jar. Cover loosely and let stand at room temperature 1-2 days. Chill in refrigerator before serving. Yield: 1 qt.

KEEM CHEE

OURS (Parent Organization)
Minneapolis, Minn.

2 heads Chinese (celery) cabbage (about $1.00 worth). Cut the cabbage into 1 in. strips, cutting across the width of the cabbage. Sprinkle quite heavily with salt after each head of cabbage. Let the cabbage and salt stand 1 hr. Then rinse off the salt with cold water. Add 2 bunches green onions (cut up) and 2-6 cloves of garlic (cut up fine) to cabbage and mix. Powder heavily with powdered red pepper, 3-5 tsp. Stir well and powder heavily with red pepper again, 3-5 tsp. Add some salt--about 3-4 tsp. mix well. Put into glass jars. Put covers on jars and allow them to stand at room temperature for 1 week. Tip jars upside down once a day to mix the water and pepper mixture with the cabbage at the top of the jar. Refrigerate after the week is up. Allow to stand only 2 days in hot weather before refrigeration.

PUL KO-KEE

OURS (Parent Organization)
Minneapolis, Minn.

1 lb. beef (sliced thin)
(sandwich steaks work well)
4 T. sugar
2 T. sesame seed oil
6 T. soy sauce
Speck of pepper
1 green onion
1 clove garlic
4 T. prepared sesame seed
(optional)
1 T. flour
Water-small amount (about 1/4 c.)

Cut beef into small strips 1 1/2x3 in. Mix sugar, oil, soy sauce, pepper, flour, water and sesame seed. Chop onion including

Continued Next Page.

PUL KO-KEE (Continued).

top and garlic. Add to sauce. Add sauce to meat, mix well. Let stand 1 hr. or more. Remove meat from sauce and spread on pan or cookie sheet. Broil. Turn and broil other side. Do not over cook. Serve hot. The juice from the broiled meat is very good on rice.

BUL-KO KI

Yong Hui Chi (Mrs. Tammy Lakey)
Fort Dodge, Iowa

To serve 5 persons (1/4 lb. per person)

1 1/2 lbs. round or chuck steak
6 T. soy sauce
6 T. pear juice
3 T. sugar
2 T. parched sesame seed
1 1/2 tsp. pepper
6 T. green onion (chopped in pieces 1/2-1 in. long)
2 cloves of garlic (mashed)

Tenderize steak and cut in pieces about 2 1/2 in. sq. Combine all other ingredients and pour over steak. Marinate for 1/2 hr. or longer. Work sauce into the steak. Using a heavy skillet, heat about 3 T. oil and fry steak until tender...usually just a few minutes.

KUN KOKI (Broiled Steak)

Yong Fehd, Sheffield, Iowa
Carol (Brown) Tom, Pearl City, Hawaii

1 1/2 lb. flank steak

SAUCE:

3 T. toasted sesame seeds*
3 T. salad oil
1/4 c. shoyu (Japanese soy sauce)
1/3 c. onion (finely chopped)
1/4 c. green onion (finely sliced)
1 clove garlic (crushed)
1/4 tsp. pepper
1 slice ginger (slivered)
2 tsp. sugar

Remove tendon and trim steak. Pound and score steak. Cut into 3x4 in. pieces. Combine sauce ingredients and spread on steak. Marinate for 1 hr. Broil 3 in. from flame for 4 min. Turn: broil 3 min. on other side. Serve hot. Yield: 6 servings.
*To toast sesame seeds, spread them in hot ungreased skillet and stir until browned.

However unfortunate we may think we are there is always someone worse off than ourselves.

FRIED MAN-TU

OURS (Parent Organization)
Minneapolis, Minn.

1 lb. ground beef
1 1/2 c. cabbage (minced)
1 c. onion (minced)
1 c. bean sprouts (minced)
1 lb. egg roll skins
1/2 tsp. black pepper
1 tsp. Accent
2 T. salad oil
2-3 T. soy sauce

Put all ingredients in a bowl together and mix them. Cut the egg roll skins in 3x3 squares. Stuff, seal and fry in a bit of vegetable oil or deep fry.

MANDOO KOOK (Soup with Pork Filled Dumplings)

Yong Fehd
Sheffield, Iowa

FILLING:

3 lb. pork (cooked and ground)
1 block Tofu (soy bean curd) (may be omitted)
2 lb. cabbage (cooked and finely chopped)
2 (12 oz.) pkg. bean sprouts
3 T. green onion (minced)
3 large cloves garlic (minced)
3 T. shoyu (Japanese soy sauce)
1/4 tsp. pepper
1 T. salt
1/4 tsp. monosodium glutamate
1 T. sesame seed oil

Pork: Cook in 3 qts. water for 1 hr. Drain and save broth. Grind. Tofu: Cook in 2 c. water, for 10 min. Drain and squeeze excess water. Grind with pork. Cabbage: Cook in 4 c. water. Drain and squeeze excess water. Chop fine. Bean Sprouts: Cook in 2 c. water, drain and squeeze excess water. Chop fine. Combine filling ingredients and mix well. Fill each mandoo wrapper with 2 T. filling mixture. Fold wrappers in half to form triangle. Moisten edges of wrapper and press together to seal. Simmer in water for 5 min. Drain. Serve in broth. Garnish with green onions and egg strips.

KOOK: (Soup)

3 qts. pork stock (saved after cooking pork)
1 T. salt
2 tsp. shoyu (Japanese soy sauce)
1/4 tsp. monosodium glutamate

Combine ingredients and heat. Serve over mandoo. Yield: 6-8 servings.

Do not let anything turn you from your purpose.

BARBECUED GROUND BEEF

OURS (Parent Organization)
Minneapolis, Minn.

1 lb. ground beef
2-3 stalks green onions (chopped)
2 cloves garlic (minced)
2 tsp. brown sugar
2 T. soy sauce
1 tsp. Accent
1/8 tsp. pepper
1-2 slices ginger (minced)
1 tsp. sesame seeds
1 T. sesame oil

Mix ingredients. Shape into patties. Brush patties with sesame oil and broil to desired doneness.

CHA-SOH JUHN

Bertha Holt from Oregon-Holt Mothers Cookbook

1 medium potato
1 medium onion
1 medium carrot
2 eggs
3/4 c. flour
1 tsp. salt
1/4 c. water
2 T. oil

Cut vegetables in 1 1/2 in. lengths and shred lengthwise. Beat eggs with fork. Add flour, salt and water. Beat well. Add vegetables and mix slightly. Drop by teaspoonful in oblong shape in heated oiled skillet. Fry slowly until light brown on both sides. Serve with vinegar and soy sauce.

CHOP CHAI II

OURS (Parent Organization)
Minneapolis, Minn.

1 large onion (cut in short, fine length strips)
1 c. cabbage or celery cabbage (cut in short fine length strips)
1 c. carrots (cut in short, fine length strips)
2 c. beef (cut in short, fine length strips)
1 green pepper
4 oz. bean threads (soaked in water for 15 min.)

SAUCE:

1/4 c. soy sauce
1/3 c. water
1/4 c. cooking wine

Mix all the above ingredients together and put 2 T. sugar and black pepper in the sauce mixture. Arrange all the vegetables and meat and bean threads in the frying pan. Pour the sauce in the frying pan and cook until vegetables are done. Don't overcook.

KOREAN FRIED RICE

Evelyn Cateron

1 lb. bacon
6 green onions
5 eggs
2 c. uncooked rice
Soy sauce
1 small head lettuce

Cut bacon in about 1 in. pieces and brown in large skillet using low heat. Push to one side and add onions (cut in small pieces) heat and push to other side. Beat eggs and scramble in same skillet. Add cooked rice* and mix all together adding enough soy sauce to make a light tan color. Add cubed lettuce and toss only until lettuce is barely warm (not to wilted point). Makes about 8 large servings. *The cooked rice will absorb the bacon grease when mixed.

SUK CHU NAMUL (Bean Sprout Salad)

Yong Fehd
Sheffield, Iowa

1 lb. fresh bean sprouts
1 tsp. salt
2 c. boiling water
1 1/2 T. green onion (finely chopped)
1/2 tsp. sugar
1 T. sesame or salad oil
1 T. sesame seeds (toasted and ground)
3 T. shoyu (Japanese soy sauce)
1/8 tsp. garlic (finely chopped)
1/16 tsp. cayenne

Clean bean sprouts and wash in cold water. Cook in salted, boiling water for 2 min. and drain thoroughly. Add seasoning and mix well. Yield: 6 servings.

KOREAN SALAD

Georgene Green
Mason City, Iowa

1 lb. fresh spinach (washed, dried, and cut in bite size pieces; chill).
2 hard cooked eggs (chopped)
5 strips bacon (fry crisp and crumble, save grease)
French dressing
1 c. bean sprouts (drained and rinsed)
1 small can water chestnuts (sliced thin)

Put spinach in bowl and pour very hot bacon grease over spinach to wilt. Add eggs, sprouts, water chestnuts and bacon. Toss lightly with just enough French dressing to coat all. Serve.

Scatter sunshine everywhere you go.

BAHK JUHN (Fried Zucchini Squash)

Yong Fehd
Sheffield, Iowa

2 zucchini squash (cut 1/8 in. slant slices)
1/8 tsp. monosodium glutamate
2 eggs (slightly beaten)
1/8 tsp. salt
Flour (for dredging)

Combine monosodium glutamate, eggs and salt. Dip slices of zucchini into flour and shake off excess. Dip into egg mixture and fry in a small amount of salad oil until golden brown, turning only once. Serve with Vinegar Sauce. Yield: 4-6 servings.

VINEGAR SAUCE:

1 tsp. green onion (finely minced)
1 T. Japanese rice vinegar
3 T. shoyu (Japanese soy sauce)
Dash monosodium glutamate

Combine sauce ingredients. Serve with Bahk Juhn.

ENCHILADAS

Mrs. Gail Ingram
Santa Monica, Calif.

3 lbs. ground beef
2 cans black olives (sliced, save juice)
1 can tomato sauce per lb. of meat
2 pkgs. flat corn tortillas (24 tortillas)
1 or 2 onions (diced)
Oregano
Salt and pepper
1 1/2 lb. cheese (grated)

Fry meat and onions, add oregano (2-3 T.) and other seasonings to taste. Add sliced olives (saving the liquid). Drain juice from the meat into another pan; add some flour to this to make a thick gravy. Add to the gravy the olive liquid, tomato sauce, and 1/3 of the grated cheese. Place a spoonful of gravy and some meat olive mixture on each tortilla; roll. Put rolled, filled tortillas in large baking dish. Cover with the remainder of the gravy and grated cheese. Garnish with whole, pitted ripe olives. Bake at 350° until bubbling through.

Although I daily exercise
To make my figure slimmer,
The only change I see to date
Is that I'm growing grimmer.

ENCHILADAS CON CARNE

Jani Carlsen
Omaha, Neb.

2 large tomatoes, (peeled and and chop with pinch of sugar)
1 clove garlic (minced)
1/4 c. shortening
1 1/2 tsp. salt
12 tortillas
1 large onion (minced)
1 lb. hamburger (cooked fine)
1/4 c. cheese (grated)
Oregano
Lettuce and tomato slices

Mix tomatoes and garlic; sauté 5 min. in half of melted shortening. Add salt and pepper. In another skillet sauté tortillas in remaining shortening. Brown both sides. Place 1 1/2 tsp. tomato mixture, some chopped onion and meat in center of each tortilla. Roll; top with grated cheese and oregano.

TORTILLAS

Jani Carlsen
Omaha, Neb.

2 eggs
1/2-3/4 tsp. salt
5 1/2 T. white corn meal
3/4 c. cornstarch
1 c. milk (room temperature)
2 T. cooking oil or butter

Beat eggs and salt; add corn meal and mix well. Combine cornstarch and milk. Add eggs, salt and corn meal and mix again. Add oil stirring. Grease and heat 7 in. skillet. Pour small amount of batter in bottom; tilt pan for even batter (Teflon works great). Brown, flip and brown. Should be paper thin.

FRIED RICE

Carol (Brown) Tom
Pearl City, Hawaii

3 slices bacon (chopped, also may use such meat as hot dogs, ham, Spam, bologna anything you happen to have)
1/2 onion (chopped)
2 stalks green onion (chopped)
2 T. parsley (chopped)
1/2 tsp. salt
Dash pepper
1-2 tsp. soy sauce
Dash monosodium glutamate
2 c. cooked rice
1 egg

Fry meat. Add onions and cook 3 min. Add remaining ingredients except egg. Fry, stirring frequently until rice is lightly browned and crumbly. Add egg and stir for 1 min. (may also add carrot to this--chopped small--if you want to).

JAVA'S NASI GORENG (Fried Rice) Lorri Evans

1/2 lb. chuck beef
2 T. pkg. dried bread crumbs
1 egg (unbeaten)
1 1/4 c. onion (chopped)
Salt and pepper
Butter or margarine
1 c. celery (diced)
3 T. salad oil
1/2 lb. shelled fresh shrimp (deveined)
2 T. curry powder
2 c. canned chicken broth
2 c. pkg. precooked rice

1. Combine chuck, bread crumbs, egg, 1/4 c. chopped onion, 1/2 tsp. salt, and 1/8 tsp. pepper. Form into tiny meat balls, using 1 T. of mixture for each. Set aside. 2. In a large skillet, melt 2 T. butter. Add 1 c. chopped onion and celery; sauté till golden; then remove from skillet. 3. In same skillet, heat salad oil; add shrimp; sauté 3-5 min. or until cooked; remove. 4. In same skillet, brown meat balls well, keeping them round by rotating skillet over heat as they cook. 5. In medium saucepan, melt 2 T. butter; add curry, 1 tsp. salt, 1/8 tsp. pepper and chicken broth; bring to boil. Add rice; cover; remove from heat; let stand 5 min. or as label directs. 6. Now add celery-onion mixture, shrimp and rice to meat balls in skillet. Cover and heat until piping hot. Serve heaped in a bowl or on a platter. Makes 4 servings.

ORIENTAL VEGETABLE SALAD Faith Johnson
Cedar Falls, Iowa

1 can bamboo shoots
1 can water chestnuts (sliced, 1 large or 2 small cans)
1 can bean sprouts
1 can Chinese mixed vegetables
1 can green beans (French cut)
1 can green peas
1 c. thin sliced onion rings
1 c. celery (diced)

All vegetables are drained. Bring 1 c. sugar and 1 c. Terragon vinegar to a boil for dressing and let cool before putting on vegetables. Let this salad stand, refrigerated at least 24 hrs. It is better the longer it stands.

Life rough?
Don't complain;
Be like the robin,
Singing in the rain.

BEEF AND TOMATO

Mrs. Charles Tom (former Carol Brown)
Pearl City, Hawaii

1/2 lb. lean beef
1 medium onion
1 small green pepper
1 large tomato
1 stalk celery
1 stalk green onion
1/2 tsp. soy sauce
1/2 tsp. cornstarch
1/2 T. sugar
1 T. dry red wine
1/2 clove garlic (crushed)
1/2 slice fresh ginger (crushed)
2 T. peanut oil

Cut meat in thin strips, the vegetables in large pieces. Add soy sauce, cornstarch, sugar and wine to meat. Mix thoroughly and let stand 15 min. Fry garlic and ginger in 1 T. oil until browned and dry. Remove and fry meat. Remove meat and set aside. Heat remaining oil and lightly fry onions, green pepper and celery. Add tomatoes; cook for 5 min. Make gravy as follows:

1/2 tsp. cornstarch
1 tsp. sugar
1/4 c. water
1/4 tsp. salt
1/2 tsp. soy sauce

Combine ingredients. Add to vegetables and bring to a boil. Remove from heat; add beef and green onions. Garnish with Chinese parsley.

BARBECUED SPARERIBS WITH APRICOT GLAZE

Carol (Brown) Tom
Pearl City, Hawaii

2 lbs. spareribs (whole, cut across ribs in 2 in. lengths)

MARINADE:
Combine:

1/2 c. shoyu sauce
2 T. sugar
1 T. liquor (cooking wine)
1 clove garlic (minced)
1 slice ginger (minced)

GLAZE:
1/2 c. apricot jam
2 tsp. shoyu

Marinate spareribs 1 hr. and bake in 350° oven 1 hr. or until done, turning once for even browning. Brush glaze over ribs and place under broiler until nicely browned. Chop into serving pieces. Garnish with Chinese parsley.

SWEET-AND-SOUR CHICKEN

Pat Palmer
Ankeny, Iowa

1 frying chicken (cut up)
1/2 c. flour
1/3 c. salad oil or shortening
1 tsp. salt
1/4 tsp. pepper

SAUCE:
1 (13 1/2 oz.) can pineapple chunks
1 c. sugar
2 T. cornstarch
3/4 c. cider vinegar
1 T. soy sauce
1/4 tsp. ginger
1 chicken bouillon cube
1 large green pepper (cut in 1/2 in. wide strips)

Wash chicken; pat dry. Coat chicken with flour. Heat oil in large skillet. Add chicken, a few pieces at a time, and brown on all sides. Remove as browned to shallow roasting pan, arranging pieces skin side up. Sprinkle with salt and pepper. Preheat oven to 350°. Make sauce. Drain pineapple chunks, pouring syrup into 2 c. measure. Add water to make 1 1/4 c. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger, and bouillon cube; bring to boiling, stirring constantly. Boil 2 min. Pour over chicken. Bake, uncovered, 30 min. Add pineapple chunks and green pepper; bake 30 min. longer, or until chicken is tender. Makes 4 servings.

SWEET AND SOUR SPARERIBS

Carol (Brown) Tom
Pearl City, Hawaii

2 lbs. spareribs
2 (8 3/4 oz.) cans pineapple tidbits
6 T. salad oil
6 cloves garlic (crushed)
1/4 c. soy sauce
1/2 c. brown sugar
1 c. vinegar
1/2 c. water
4 tsp. cornstarch
2 T. water

Have butcher cut spareribs into 2 in. pieces. Drain pineapple, saving 1 c. syrup. Heat oil in a skillet; sauté garlic. Add spareribs and brown 1 min. Combine soy sauce and sugar; add to spareribs and cook 4 min. Combine the pineapple syrup with vinegar and the 1/2 c. water; add to spareribs. Cover, bring to a boil, and simmer 20 min. To make gravy, combine cornstarch with the 2 T. water; stir into spareribs. Add pineapple and cook 2 min. Makes 6 servings.

SWEET AND SOUR PORK

Song Ja Park
Mount Ayr, Iowa

2 lbs. lean pork (cut in thin strips 2 in. long and 1/2 in. wide)
1/2 c. cornstarch
1 c. flour or pancake mix
1 tsp. baking powder
1 c. water
Vegetable oil
2 carrots (thinly sliced)
3 green onions (cut in 2 in. lengths)
1 can mushrooms (drained)
1 T. fat
Salt and pepper

Roll the pork strips in cornstarch and dip in batter. (Prepare batter by mixing flour, baking powder and water). Deep fry in hot fat. Drain on paper towel and keep hot in heavy pan. Fry carrots first, then green onions and mushrooms in hot fat. Prepare the following sauce:
Combine 3/4 c. cornstarch, 2 c. water, 2 T. soy sauce, 1/2 tsp. salt, 1/2 c. sugar and 1/4 c. vinegar. Mix these ingredients well and cook till transparent. Stir constantly. Pour this sauce over cooked vegetables and cook 2-3 min. Then pour over meat and serve with hot rice. Serves 8.

SWEET AND SOUR PORK

Mrs. Paul Ingram
Indianola, Iowa

Marinate 2 1/2 lbs. pork shoulder, cut into 1/2 in. cubes, in 3 T. sherry, 2 T. soy sauce, 1 tsp. MSG, and 1/2 tsp. ground ginger for about 20 min. Prepare batter: 3 eggs, 3/4 c. flour, and 3 T. cornstarch. Should be very thick, but a little milk may be added if necessary. Drain pork cubes; coat with the batter. Fry cubes in 1 qt. salad oil, heated to 375°. When done (about 5-7 min.) drain on paper; put in warm oven until ready to serve.

SWEET AND SOUR SAUCE:
1 large can pineapple chunks
1 c. vinegar
1 bunch green onions with tops (cut into thirds)
2 tsp. soy sauce
1/2 c. crystallized ginger (slivered) or 1 T. ground ginger
1 c. sugar
2 large green peppers (cut into 1/2 in. strips)
2 T. cornstarch
2 large tomatoes (cut into eighths) or 1 can whole tomatoes and juice

Drain the pineapple, saving the juice. To the juice add 1/2 c. water. Combine juice, sugar and vinegar; bring to a boil. Add

Continued Next Page.

SWEET AND SOUR PORK (Continued).

green peppers and onions; boil a few seconds and then remove from the heat. Combine cornstarch with 1/4 c. water and add to mixture; bring to a boil, stir until smooth and translucent looking. Add the pineapple, soy sauce, ginger and tomatoes. Arrange pork cubes in serving dish; pour sauce over the pork. Serve with hot white rice. Makes 6-8 servings. Also may use sauce with chicken or beef.

HAWAIIAN LEG OF LAMB

Virginia Harrell
South Gate, Calif.

5-6 lbs. leg of lamb
2 c. bread crumbs
4 tsp. butter or oleo
9 oz. can crushed pineapple (well drained)
1/2 c. brown sugar (packed)
1/2 clove garlic (crushed) or 1/4 tsp. instant garlic
1/2 c. pecans (chopped)
2 T. parsley (chopped)
1 T. onion (scraped)
1/2 tsp. ginger
3 T. lemon juice
Soy sauce

Have butcher bone leg of lamb. Brown crumbs lightly in butter. Add pineapple, brown sugar, garlic, pecans, parsley, onion and ginger. Let stand 1 hr. Brown cavity in leg of lamb with lemon juice. Fill with stuffing. Skewer cavity closed and lace with white string. Grill over charcoal which has burned down to even coals (3 hrs. to burn down). Grill 3-4 hrs., until meat thermometer registers 175-180°. Baste every half hour with soy sauce.

POLYNESIAN PORK ROAST

Jean Tallman
The Des Moines Tribune's Food Editor

4-5 lbs. boneless pork loin roast
1 tsp. salt
1/4 c. red wine vinegar
1/4 c. catsup
1/4 c. orange or pineapple juice
1/4 c. honey
1 T. soy sauce
2 tsp. cornstarch
1/2 tsp. dry mustard
1 clove garlic (sliced)
Red food coloring

Rub outside of roast with salt. Insert meat thermometer to lean center part. Place on rack in shallow uncovered bake pan. Roast at 325° until meat is fork tender (2 3/4-3 hrs.) or until thermometer in meat registers 170°. Meanwhile, combine remaining ingredients except coloring. Cook and stir until thickened and

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POLYNESIAN PORK ROAST (Continued).

clear. Add few drops of red food coloring. Remove garlic and brush roast with glaze several times during last 30 min. of roasting. Serve remaining glaze with roast and garnish the platter with fresh fruit. This is very good.

BEEF CHOP SUEY

Mrs. Paul Ingram
Indianola, Iowa

1 1/2 lb. flank steak, round steak or sirloin tips (cut into thin slices across the grain)
2-3 stalks celery (cut 1/2 in. thick)
1 bunch green onions with tops (cut into thirds)
1/2 lb. or 1 can bean sprouts
3-4 T. shoyu (Japanese soy sauce)

Fry meat, seasoned to taste, in hot greased skillet. Add 1 1/2 c. water. Add celery; cook a few min. then add onions. Mix 1 T. cornstarch with 1/4 c. cold water and add, stirring constantly until mixture is boiling and translucent. Add bean sprouts and shoyu. Serve immediately with cooked white rice.

CHINESE ALMOND COOKIES

Carol (Brown) Tom
Pearl City, Hawaii

1 1/2 c. Crisco or lard
1 c. sugar
1 egg
3 tsp. almond extract
3 c. flour
1/4 tsp. salt
1/2 tsp. baking soda
Red food coloring

Cream shortening and sugar. Add egg and almond extract. Blend well, sift together dry ingredients. Blend into creamed mixture. Chill (preferably overnight-dough is easier to work with then). Shape dough into balls the size of large marbles. Place them on a greased cookie sheet 1 in. apart. Press center of the cookie with one's thumb. Brush indentation with food coloring. Bake in 350° oven for 15-20 min. Makes about 3 dozen tea-size cookies. These cookies freeze well after baking. Also keep for ages in a tightly covered container.

One thing sure - if you laugh at your troubles, you will probably always have something to laugh about.

SWEDISH MEAT BALLS (KÖTTBULLAR)

Luella Whitworth
Macksburg, Iowa

2 1/2 c. bread crumbs (seasoned)
2 1/2 c. warm cream
4 lbs. ground beef (finely)
1 lb. finely ground pork
2 1/2 c. milk
1/2 tsp. sausage seasoning
(if bread is not seasoned)
6 eggs (slightly beaten)
10 T. onion (minced)
4 T. salt
1 2/3 tsp. pepper
5/8 tsp. allspice

Soak crumbs in warm cream, combine with meat; mix thoroughly; add milk. Add eggs, onion and seasonings. Form into small balls (tiny) and brown on all sides in hot fat. Keep warm with following gravy poured over them. Do not scorch.

CREAMY GRAVY:

1 1/4 c. flour
7 c. water
7 beef bouillon cubes
3 1/2 c. light cream
1 1/4 tsp. salt (if needed)
1/2 tsp. pepper

Stir flour into drippings, add water in which cubes have been dissolved, cream and seasonings. Boil, stirring continually until thickened. Remove from heat, add meat balls and keep them warm by simmering (or in oven). Serves 40.

KRINGLA

Sylvia Ryerson
Lakewood, Iowa

1 c. sugar
1 c. butter or oleo
1 egg
1 c. buttermilk
1 tsp. soda
2 1/2 tsp. baking powder
3 c. flour
1/4 tsp. salt
1 tsp. vanilla

Cream sugar and butter. Add egg and mix well. Add buttermilk with soda then flour, salt and baking powder and vanilla. Knead it on a board and leave it in refrigerator overnight. Cut in strips and roll in shapes wanted. Bake on ungreased cookie sheet at 475° until brown on bottom. Then place under broiler until tops are toasted. Watch carefully because they cook rapidly. We usually shape them similar to pretzels.

If you must use a hammer, build something.

SUE'S NUT BALLS

Sue Nelson
Creswell, Oregon

Cream together: 1 c. butter and 1/2 c. powdered sugar. Sift together: 2 1/2 c. sifted flour and 1/4 tsp. salt. Add dry ingredients to creamed mixture, along with 1 tsp. vanilla and 1 c. chopped nuts. Shape into 1 in. balls. Bake in 350° oven 30 min. (20 better). Roll while hot in powdered sugar. Cool and roll in powdered sugar again.

SWEDISH SPRITS

Sue Nelson
Creswell, Oregon

1/2 lb. butter
1 small c. sugar
1 egg
3 T. cream
2 1/2 c. flour (sifted several times)
2 tsp. baking powder
1 tsp. vanilla or almond extract

Beat egg until frothy. Cream butter and sugar. Add egg and beat until creamy. Gently stir in the rest of the items. Use a Swedish cookie press.

SWEDISH NUTS

Sue Nelson
Creswell, Oregon

1/2 lb. (1 1/2 c.) almonds
1/2 lb. (2 c.) walnut halves
1 c. sugar
Dash salt
2 egg whites (stiffly beaten)
1/2 c. butter or margarine

Toast nuts in slow oven (325°) until light brown. Fold sugar and salt into egg whites; beat until stiff peaks form. Fold nuts into meringue. Melt butter in an oblong pan; spread nut mixture over butter. Bake in slow oven about 30 min., stirring every 10 min. until nuts are coated with a brown coating and no butter remains in pan. Cool. Filberts may be used also.

HVITE NOTTER (WHITE MICE COOKIES)

Linnea Kyd

1 c. butter
2 c. flour
1 tsp. vanilla
1/4 c. powdered sugar
1 tsp. water
1 c. pecan nutmeats

Mix and roll into shape of dates (a little larger). Bake in slow oven 40 min. Shake in powdered sugar after they have cooled.

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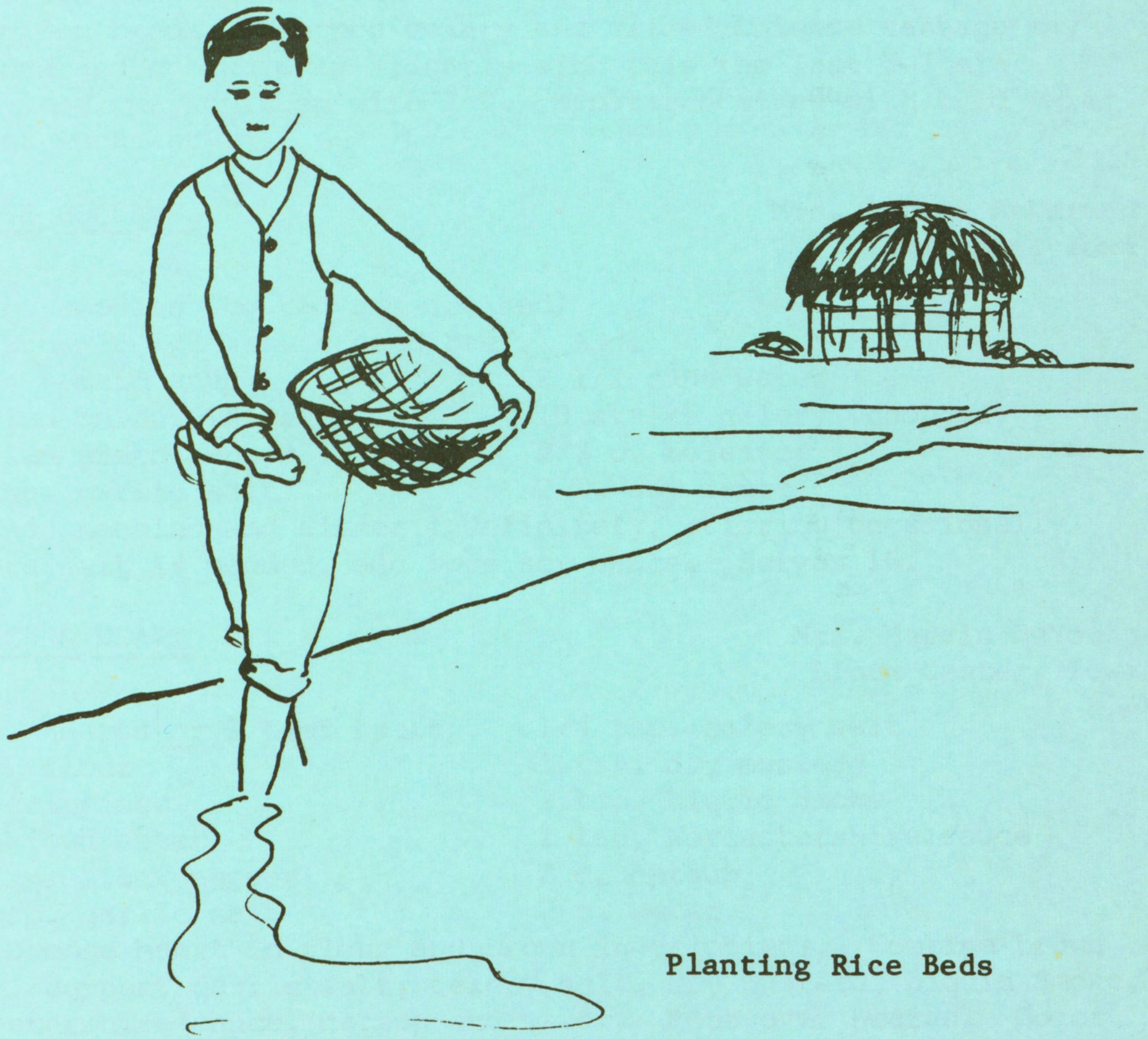
MEATS - POULTRY - SEAFOOD

육붙과 생선 요리



Planting Rice Beds

BEEF

PFALTZGRAFF CHOP SUEY

Mary Pfaltzgraff
Waterloo, Iowa

Recipe for cooking rice:
1 c. rice
2 1/2 c. water
1/2 tsp. salt

Bring to a boil. Stir. Turn to low heat and simmer (covered) for 15 min.

Topping for rice:
1 1/2 lb. hamburger

Brown with onion powder and salt (1 tsp. each). Add 1 or 2 cans green beans. Chopped celery and sliced Chinese cabbage may be added and cooked only slightly with this the last 5-7 min. If desired, may thicken with 2 T. cornstarch mixed with cold water but not necessary.

CHINESE GOULASH

Mrs. Thomas Ackerman
Indianola, Iowa

3/4 lb. noodles (cooked and drained)

Brown 2 1/2 lbs. ground beef. Add:

2 cans tomato soup
2 medium onions (diced)
1 medium green pepper (diced)
1/2 tsp. garlic salt
2 1/2 cans water
10 stalks celery (chopped)
2/3 c. molasses
2 T. soy sauce

Add noodles and simmer indefinitely, stirring occasionally. If more salt is needed, add more soy sauce. Serves 16.

BARBECUED HEART

Mrs. Marvin DeYoung
Sioux Center, Iowa

4 veal hearts or 1 beef heart
1/2 c. flour
3 T. drippings
2 T. brown sugar
1/8 tsp. black pepper
1/4 tsp. garlic salt
1/4 tsp. celery salt
1 tsp. dry mustard
1 tsp. Liquid Smoke
1 tsp. Worcestershire sauce
2 c. catsup
2 c. water

Dredge heart in flour and brown in drippings. Combine brown sugar, pepper, garlic salt, celery salt, dry mustard, Liquid Smoke, Worcestershire sauce, catsup and water. Pour over hearts. Cover tightly and simmer 1 1/2-2 hrs. 4-8 servings.

SKILLET SPANISH RICE

Margaret Johnson
West Des Moines, Iowa

1/4 c. vegetable oil
1 medium onion (thinly sliced)
1/2 medium green pepper (chopped)
1/2 lb. ground beef
1 c. regular rice (uncooked)
2 (8 oz.) cans tomato sauce
1 3/4 c. hot water
1 tsp. prepared mustard (optional)
1 T. salt
Dash pepper

Heat oil in skillet. Add onion, beef and rice. Stir over high heat until lightly browned. Add tomato sauce and remaining ingredients. Mix well. Bring quickly to boil. Cover tightly and simmer 25 min. Makes 4 servings. (For packaged precooked rice use 1 1/2 c. water for 1 1/2 c. rice and simmer, uncovered, only 5 min.) For processed rice follow recipe as for regular rice.
VARIATIONS: Bacon instead of beef; omit vegetable oil and ground beef. Cook 2 or 3 slices of bacon, cut into pieces; add onion, green pepper, etc. and cook as above. Casserole style: cook rice separately in hot water, or an equal amount of beef or chicken broth. Stir into meat and sauce mixture as in recipe above. Pour into casserole and bake at 375° about 20 min. Flavorful topped with packaged pimiento cheese slices before cooking.

SPANISH NOODLES

Shirley Lowe

2 slices bacon (diced)
1 lb. ground beef
1 large onion (diced)
1 green pepper (diced) (optional)
1 tsp. salt
1/8 tsp. pepper
1 (8 oz.) pkg. noodles (uncooked)
1 (No. 2) can tomatoes
1/2 c. chili sauce

Dice bacon in skillet. Cook over heat until crisp. Add ground beef and brown as desired. Stir in onions, green peppers, salt and pepper. Cook about 3 min. Stir in uncooked noodles. Stir in tomatoes and chili sauce. Cover. Bring to a steam. Reduce heat to simmer. Cook 15-20 min.

CALIFORNIA TAMALE PIE

Mrs. Paul Ingram
Indianola, Iowa

1 1/2 c. yellow cornmeal soaked in 4 c. water or milk.
Brown together in large skillet:
1 1/2 lb. ground beef
1 pressed garlic clove
3 tsp. salt

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CALIFORNIA TAMALE PIE (Continued).

Add:
2 or 3 small cans tomato sauce
2 tsp. chili powder
2 T. green pepper (chopped)
2 onions (chopped)
1/2 tsp. pepper

Simmer for 3/4 hrs. Mix in corn meal and liquid. Pour entire mixture into 9x13 in. Pyrex baking dish. Cover with grated cheese and whole pitted ripe olives. Bake 3/4 hr. at 350°.

LASAGNE AL FORNO

Darline Robbins

1/2 (16 oz.) pkg. lasagne noodles (extra large)
1 egg
1/2 lb. cottage cheese
2 (8 oz.) cans Ragu sauce
1/2 lb. Mozzarella cheese (sliced)
Few grains pepper
1 (1 1/4 oz.) jar Parmesan cheese

Cook, drain lasagne, place in cold water about 5 min. or until cool-drain. Beat egg-add cottage cheese, mix well. Spread lasagne in greased pan, spread cottage cheese mixture on top, add layer of sauce, top with slices of Mozzarella cheese, sprinkle with pepper, continue until all ingredients are used up. Bake at 375° for 30 min. Serve with Parmesan cheese. Makes about 6 servings.

SPAGHETTI AND MEAT BALLS

Pat Palmer
Ankeny, Iowa

Sauce:
3/4 c. onion (chopped)
2-3 T. salad oil
2 (1 lb.) cans tomatoes
2 (6 oz.) cans tomato paste
2 cans tomato sauce (optional)
1 c. water
1 1/2 tsp. salt
1 bay leaf
1/4 tsp. garlic powder
1 T. sugar
1/2 tsp. pepper
1 1/2 tsp. oregano

Cook onion in oil till tender in large pan. Add remaining sauce ingredients. Simmer 30 min. uncovered; remove bay leaf and simmer, covered 30 min. more. While sauce is simmering make meat balls.

Continued Next Page.

SPAGHETTI AND MEAT BALLS (Continued).

Meat Balls:

4 slices dry bread
2 eggs
1 lb. ground beef
2 T. parsley (chopped)
1/2 c. Parmesan cheese (grated)
1/4 tsp. garlic powder
1 tsp. salt
1 tsp. oregano
Dash pepper

Soak bread in water; crush in a bowl. Add remaining ingredients and mix well. Shape into balls and brown in skillet. After sauce has simmered a total of 1 hr., drop meat balls in sauce. Simmer sauce and meat balls 1 hr. more. Serves 6.

Nell Mattson

SPAGHETTI

Sauce:

1 can tomato paste
1 (46 oz.) can tomato juice
1 can tomato sauce (2 c. size)
1 c. water
2 T. salt
1 tsp. garlic powder
3 bay leaves
1 tsp. oregano
2 T. sugar

Meatballs:

3 lb. hamburger
1 tsp. garlic
2 tsp. salt
1/2 tsp. pepper
1 tsp. oregano
1 egg

Combine sauce ingredients in large heavy pan and let simmer 2 1/2 hrs. Combine meat ball ingredients, mix with hands. Shape into balls size of walnuts. Drop balls into simmering sauce. You may have to raise heat to keep sauce simmering after meat balls have been added. I use 1 1/2 lb. pkg. of spaghetti for this amount of sauce. Add 1 T. butter to water in which spaghetti is cooked. This keeps it from sticking together.

Patty Eason
Scranton, Iowa

ITALIAN MEAT LOAF

1 1/2 lb. ground beef
3/4 c. corn flakes (crumbed) crackers or bread
1 c. milk
2 eggs
1/4 c. Parmesan cheese (grated)
1 tsp. salt
Onion (if desired)
1/4 c. catsup
1/4 c. Parmesan cheese
1/4 tsp. sweet basil

Pour milk over flakes and let set for about 15 min. Add eggs and then mix in beef. Add 1/4 c. cheese and salt. Add onion,

Continued Next Page.

ITALIAN MEAT LOAF (Continued).

if desired. Form in 6 loaves of equal size. Pour catsup over all. Sprinkle 1/4 c. cheese over all. Crumble sweet basil over. Bake at 350° for 45 min.

BARBEQUED BEEF LOAVES

Jackie Kemmer
Waukee, Iowa

1 1/2 lb. ground beef
1/3 c. fine dry bread crumbs
1 T. instant onion (minced)
1/4 c. raw carrot (shredded)
2 tsp. salt
Dash pepper
1 c. evaporated milk

Combine ingredients and form into 6 loaves. Place in baking dish and bake at 350° for 20 min. While they are baking, prepare sauce. Garnish loaves with onion rings; spoon sauce over top and bake 30 min. longer.

SAUCE:
1/3 c. brown sugar
1 tsp. dry mustard
1/4 tsp. cloves (ground)
1/4 tsp. allspice
1 T. flour

BARBEQUED MEAT BALLS

Barbara Brown
Hubbard, Iowa

1 1/2 lbs. ground beef
3/4 c. quick oatmeal
1 T. onion (minced)
1 1/2 tsp. salt
1/4 tsp. pepper
1 c. milk

Combine meat, oatmeal, onion, salt, pepper and milk. Form into balls. Roll in flour. Brown in shortening. Cover with following sauce and bake in oven about 1 hr.

SAUCE:
2 T. sugar
2 T. Worcestershire sauce
1/4 c. vinegar
1 c. catsup
1/3 c. water
1/2 c. onion (minced)

Mix all ingredients and cover meat balls.

Between the great things we cannot do
and the small things we will not do,
the danger is that we shall do nothing.

PORCUPINES

Mrs. Charles Hamilton
Barnes City, Iowa

1 lb. hamburger
1/2 c. raw rice
1/2 tsp. salt
1/2 medium onion
1/4 tsp. pepper
1/4 tsp. chili powder
1/4 tsp. garlic salt
1 can tomato soup

Combine soup, 1/2 c. water and 1/2 tsp. salt in pressure cooker. Combine hamburger, rice, salt, onion, pepper, chili powder and garlic salt. Form into balls and place in tomato mixture. Cook 30 min. at full pressure. Cool pressurer immediately. Or you can bake in covered dish 1 1/2 hrs. at 350°.

MEAT LOAF

Janis Gillaspie

1 1/2 lb. ground beef
3/4 c. quick rolled oats (uncooked)
1/4 c. onion (chopped)
1 1/2 tsp. salt
1/4 tsp. pepper
1 egg (beaten)

SAUCE:
1/3 c. catsup
2 T. brown sugar
1 T. prepared mustard

Heat oven to 350°. For meat loaf combine all ingredients; mix thoroughly. Pack firmly into loaf pan. Combine all ingredients for sauce and pour over meat loaf. Bake for about 1 hr. Let stand 5 min. before slicing.

SHORT RIBS

Veneta Davis

4 or 5 lbs. ribs
Onion
2 c. water
2 beef bouillon cubes
1 tsp. horseradish
3 T. vinegar
1 bay leaf
Noodles

Brown short ribs with salt, pepper and flour. Place in Dutch oven. Sauté onion in grease that ribs are browned in. Combine onion, bouillon cubes dissolved in water, horseradish, vinegar, and bay leaf and pour over ribs. Bake 1 1/2 hrs. at 375°. Cook noodles and put around meat. Bake 30 min. more.

The FASHION industry has its ups and down -- its hemlines and its necklines.
The way things are going, by 1975 the two will pass each other.

CABBAGE ROLLS

Florence Fries

1 large head green cabbage
1 can sauerkraut
2 lbs. lean ground beef
4 cloves garlic (minced)
1 onion (minced)
1/2 c. rice
1 large can tomato sauce
1 ham bone (optional)
2 eggs
Salt and pepper (to taste)

In deep kettle, filled about 1/2 full of boiling water; place head of cabbage. Wilt enough to remove leaves. After separating leaves, mix remaining ingredients. In each cabbage leaf - place enough of meat mixture to make a roll. Be sure to tuck ends of leaves in or filling will fall out. In deep, oven proof pot, put can of saurkraut and ham bone, if one is used, place each cabbage roll on top, then pour tomato sauce over top and add enough water to make about 1/2 a pot of juice. Place in oven at 350° and cover. Cook until rice is tender.

STUFFED CABBAGE ROLLS

Lindy Hansen
Clear Lake, Iowa

6 large cabbage leaves
1 1/4 lb. ground beef
2 tsp. salt
1/2 tsp. pepper
1 small onion
Small amount of catsup and Worcestershire sauce
2 T. cooking oil
1 (8 oz.) can tomato sauce
1 T. brown sugar
1 T. lemon juice
1/4 c. water

Cover cabbage leaves with boiling water and let stand for 5 min. or until limp; drain. Combine next 5 ingredients. Place equal portions of meat mixture in center of each leaf. Fold sides of each leaf over meat; roll up and fasten with toothpicks. Brown in hot oil in very large skillet. Pour tomato sauce over. Combine sugar, water and lemon juice. Stir into tomato sauce. Simmer covered, 1 hr., basting occasionally. Makes 6 servings.

WASH DAY SPECIAL

Margaret Eckardt
Knoxville, Iowa

1 lb. ground beef
1 small onion (diced)
1/2 c. raw rice
1 small can kidney beans
2 c. tomato juice
1 tsp. chili powder
Salt (to taste)

Brown ground beef in a little oil in skillet with tight fitting lid. Add remaining ingredients and bring to vigorous boil, cover, turn off heat and let steam 45 min.

STEAK WITH SOUR CREAM — Sandy Hargens

Flour
2 lbs. round steak
4 T. butter
1 tsp. salt
1/8 tsp. pepper
1/2 c. onion (diced)
1/2 c. mushrooms (diced)
1 c. sour cream

Pound flour into steak. Brown steak in butter, add salt and pepper. Remove and sauté onion and mushrooms in butter. Combine mushrooms, sour cream, onions and 2 T. flour. Place steak in large casserole, cover with sour cream mixture. Bake covered at 275° for 2 hrs.

SALISBURY STEAK — Mrs. Robert Engleman, Cedar Falls, Iowa

3/4 lb. ground chuck
1/4 lb. ground pork
1 egg (beaten)
1/4 c. fine bread crumbs
1 small onion (minced)
2 T. catsup
1 tsp. Worcestershire sauce
1/2 tsp. salt
Dash pepper

GRAVY:
1 can cream of chicken soup or mushroom
1/2 can water
Dash salt and pepper
1 tsp. Worcestershire sauce

Combine meat and other ingredients. Shape into large oval patties. Brown on both sides in skillet. Mix gravy and pour over. Lower heat and simmer for 15 min. Serve hot with gravy poured over steak. Gravy is very good poured over rice too.

SALISBURY STEAK BAKE — Patty Eason, Scranton, Iowa

1 can golden mushroom soup
1 1/2 lb. ground beef
1/2 c. bread crumbs (fine dry) or crackers
1 egg (slightly beaten)
1 1/4 c. onion (finely chopped)
Generous dash pepper
Salt

Mix thoroughly 1/4 c. soup with remaining ingredients. Shape into 6 patties; place in shallow baking dish. Bake at 350° for 30 min. Drain off fat. Mix rest of soup and 1/3 c. water; pour over meat and bake 10 min. more. 6 servings.

PORK

PORK CHOPS AND CORN GRAVY

Nancy Thalacker
Clear Lake, Iowa

8 lean pork chops
1 can (2 c.) cream corn
1 can mushroom soup
Salt and pepper (to taste)

Brown chops in skillet. In a roaster mix corn, soup, salt and pepper. Place chops in mixture so they are well covered. (More corn can be added if chops are large). Bake at 325° for 1 1/2-2 hrs.

PORK CHOPS AND DRESSING

Mrs. Harry Hoekstra
Harris, Iowa

4 or 5 pork chops
6 c. dry bread cubes
1 small onion (chopped)
1/2 tsp. sage
1/2 tsp. salt
Sprinkling of pepper
2 c. milk
1 chicken bouillon cube
2 T. butter
4 eggs (beaten)

Brown chops in electric skillet, while they are browning mix together bread cubes, onion, sage, and pepper. Scald milk. Add and dissolve butter and bouillon cube. Pour slowly into eggs and pour all over bread cube mixture, tossing till bread is moistened. Place 2 or 3 chops in bottom of skillet. Pile on dressing. Put remaining chops on top. Cover and simmer 1 hr.

PORK STEAK AND DUMPLINGS

Mrs. Richard Sparks
Knoxville, Iowa

Brown pork steak in hot grease; salt, pepper, slice 1 onion over steaks. Add enough water to make broth for dumplings. For dumplings, use 1 c. Bisquick and 1/3 c. milk, mix well and drop by spoonfuls in pork steak and broth. Simmer for 30-45 min.

BEEFY PORK STEAK

Shirley Lowe

2 lbs. pork steak
Seasoned salt
Flour
3 T. fat
3 beef bouillon cubes
2 c. hot water
1-2 medium onions

Season steak with seasoned salt and dust with flour. Brown in hot fat. Pour off fat, add bouillon cubes dissolved in hot water to meat. Slice onion over top of meat, cover and simmer until tender.

PORK STEAK CASSEROLE (Oriental-Style)

Dorothy Yeglin
Des Moines Register's Food Editor

3-4 lean pork steaks (1/2 in. thick, chops may also be used)
2 c. uncooked rice
1 lb. can chop suey vegetables
1 can cream of mushroom soup
1 1/2 c. water
Soy sauce
1 c. French fried onion rings (canned or frozen)

Trim excess fat from steaks. Place rice in shallow 1 1/2 qt. baking dish about 10x10x2. Drain chop suey vegetable, reserving liquid. Spread vegetables evenly over rice. Spoon soup over mixture. Add vegetable liquid and water. Place pork steaks or chops brushed with soy sauce on top. Continue to baste occasionally with soy sauce as casserole bakes. Bake in 350° oven for 1 hr. Sprinkle onion rings over top; continue baking 15 min. more. Serves 4.

PORKER'S FILET

Elaine Woody
Joplin, Mo.

12 slices bacon
6 pork tenderloins
Salt and pepper
6 slices tomato (1/2 in. thick)
6 thin slices onion

For each serving, form an X with 2 bacon slices. Place tenderloin in center. Season. Place tomato slice, then onion slice and fold bacon ends over all and fasten with toothpick. Bake for 50 min. at 350°. Place under broiler to brown.

HAM ROLLS

Wanda Lohr
Winterset, Iowa

1 lb. ground smoked ham
1 lb. ground pork
2 c. bread crumbs
2 eggs (well beaten)
1 c. milk
1 1/2-1 3/4 c. brown sugar
1/2 c. water
1/2 c. vinegar
1 tsp. dry mustard

Combine ham, pork, bread crumbs, eggs and milk; mix well. Combine brown sugar, water, vinegar and dry mustard. Roll meat into balls. Pour on liquid mixture. Let cook down, basting from time to time, in 325° oven. Turn rolls once. Baking time 1 1/2 hrs.

An expressway interchange is called a cloverleaf,
because you are lucky if you get where you are going.

HAM-PINEAPPLE RINGS

Linnea Kyd

1 lb. ground smoked ham
1 lb. ground pork
1 1/2 c. soft bread crumbs
1 c. milk
2 eggs (beaten)

SAUCE:
1 1/2 c. brown sugar
1/2 c. vinegar
1/2 c. pineapple juice
1 tsp. dry mustard

Combine ham, pork, bread crumbs, milk and eggs. Using 1 (No. 2 1/2) can of pineapple slices, shape meat around the slices on each side--with hole in middle to form shape of doughnut. Bake in shallow pan for 1 1/4 hrs. at 300°. Baste frequently with sauce. Combine brown sugar, vinegar, pineapple juice and dry mustard to make the sauce.

SCALLOPED POTATOES AND HAM

Mrs. Glenn Kruse
George, Iowa

20 lbs. red potatoes (sliced or diced)
6 cans cream of chicken soup
8 lbs. cooked ham (cubed)
6 cans whole milk

Cook potatoes for 5 min. Alternate ham and potatoes in a pan and pour combined milk and soup over them. Season to taste. Bake slowly for 2 1/2-3 hrs. at 325°. Serves 70.

POULTRY - SEAFOODS

CHICKEN LOAF

Mrs. Richard Johnson
Mount Union, Iowa

Meat from 1 cooked chicken (cut up)
1 1/2 c. celery (diced)
1 1/2 c. cheese (cubed) or 1 can cheese soup
1 can mushroom soup
2 eggs (beaten)
4 c. Ritz cracker crumbs
4 c. chicken broth
Salt and pepper (to taste)
Pimiento (for color)

Mix ingredients as for meat loaf. Bake in loaf pan at 350° for 1 hr.

CHICKEN POT PIE

Faith Johnson
Cedar Falls, Iowa

1 stewing chicken
1 T. salt
1 onion (sliced)
1/2 c. flour
1/2 tsp. salt
3/4 c. cold milk
2 c. hot chicken broth
2 egg whites
1/2 tsp. salt
1/4 c. flour
1 can cream-style corn
2 c. biscuit mix
3/4 c. milk
2 egg yolks
Butter (melted)
Parsley

Cook chicken in hot water till done. Take from bone. Put in 13x9 greased baking dish. Make cream sauce of flour, salt, milk and broth and pour over chicken pieces. Beat egg whites till stiff. Combine with salt, flour and corn and spread on top. Mix biscuit mix, egg yolks and milk and roll like cinnamon rolls and put butter and parsley in center. Put on top of corn mixture. Bake at 425° for 30 min.

PEPSI - BAR-B-Q CHICKEN

Lilyann Dissinger

Must be cooked in electric skillet. If desired, skin and brown chicken. After fryer is browned, pour over:

1 c. catsup
16 oz. bottle Pepsi
Dash Worcestershire sauce
Salt and pepper (to taste)

Cover and cook at 225° for 45-60 min. or until tenderness desired.

CHICKEN ROYALE

Lindy Hansen
Clear Lake, Iowa

Simmer 3 lbs. chicken breasts with 2 stalks celery, 2 carrots, onion, salt and pepper, and water. When done, save broth, bone chicken. Mix together 10 slices fresh bread (crumbled), 4 c. broth, 4 eggs, well beaten and salt and pepper. Combine this mixture with boned chicken. Bake 1 hr. at 350°-400°. Serve with following sauce:

1 can mushroom soup
1 small can mushrooms

Combine and heat. Serve over baked chicken dish.

The modern husband believes that a woman's place is in the home, and he expects her to go there immediately after work.

HUNTINGTON CHICKEN

Stacy Kiner (Age 6)
Deep River, Iowa

2 c. chicken (cooked, diced and seasoned)
1 c. cooked peas
1 c. cheese (diced or grated)
1 c. cooked macaroni
1 small can mushrooms
1 c. cooked potatoes (diced)

Mix the above and put in oiled pan 9x12 in. Then pour 2 c. thickened gravy or white sauce over this mixture. Top with crushed potato chips. Bake in moderate oven for 1 hr. Turkey or tuna may be used in place of chicken.

SCALLOPED CHICKEN

Mrs. Harry Hoekstra
Harris, Iowa

2 c. cooked chicken (cut up)
1/2 loaf bread (cubed)
1/4 lb. butter
1 c. chicken broth
1 1/2 c. milk
4 eggs

Butter 9x13 in. baking dish. Spread chicken in first, then bread cubes. Mix broth, milk, eggs, salt and pepper to taste. Pour over bread cubes. Dot with the butter. Bake 1 hr. in slow oven.

SCALLOPED CHICKEN

Peggy Birk
Holt Representative at O'Hare

1 medium (5 lb.) chicken (equal to 1 qt. of meat when cut from bone)
2 c. soft bread crumbs
1/4 c. pimiento (chopped) (optional)
1 c. cooked rice
3 c. milk or broth
1/4 c. butter or fat
Salt and pepper (to taste)
4 eggs

Mix in order given and bake in greased pan 1 1/4 hr. at 325°. Let stand 15 min. before serving. Serves 8-10.

SCALLOPED CHICKEN

Mrs. Harold Dellit
Manly, Iowa

1 qt. chicken
1 qt. broth
1 1/2 qt. stale and dried bread cubes

Make gravy with broth, 4 T. flour, 4 T. oleo or chicken fat. Add: 1 1/2 tsp. ground sage, 3/4 tsp. salt, little pepper, 2 T. chopped onion. Pour half c. melted oleo or butter over bread

Continued Next Page.

SCALLOPED CHICKEN (Continued).

crumbs. Alternate layers of chicken and crumbs in large pan or large bowl. Pour gravy over top. Spread 1 can mushroom soup over top and bake 1 hr. at 350°.

STEWED CHICKEN WITH HERBS

Evelyn Surface
Ventura, Iowa

Add water to chicken (since stewing chickens are hard to get, an economy capon, with missing parts, works very well). Add 2 T. mixed dried vegetable flakes, small onion (finely diced), 1/2 tsp. salt per pound of chicken (can use part garlic salt), black pepper, 1 bay leaf, 1/2 tsp. basil, few drops Worcestershire sauce, 1/4 tsp. oregano. Bring to boil, reduce heat, cover, simmer 3-4 hrs. or until tender. Remove chicken and cut into chunks. Bring broth to boil, add chicken and homemade noodles.

HOMEMADE NOODLES:

Combine 3 beaten eggs, 1 tsp. salt, 3 or 4 T. evaporated milk. Add 2-2 1/2 c. flour, enough to make dough stiff. Roll thin on floured surface, let stand to dry a little, roll up loosely and slice 1/4 in. wide, spread out and let dry several hours. Drop into boiling broth and cook uncovered until tender. (For large family, double recipe).

TUNA-NOODLE HOT DISH

Mrs. Cleo Langfald
Scarville, Iowa

Cook 12 oz. noodles in water in 3 qt. pan till tender. Drain and then add 1 can cream of chicken soup, 1 (8 oz.) can chunk style tuna, and 3/4 c. cut up cheese. Stir and cook till cheese melts. Serve.

TUNA LOAF

Lorri Evans

1 loaf sandwich bread; remove all crusts except bottom, slice lengthwise into 3 slices, butter and fill with:

4 hard boiled eggs (chopped)
1/2 c. mushroom soup
1/3 c. olives (stuffed, sliced)
Onions (minced) (to taste)
1 can tuna fish
2 T. mayonnaise
Salt

Spread loaf on all 3 sides with butter. Put in refrigerator overnight. Bake at 350° for 45 min. Slice and serve with sauce made from: 1 can mushroom soup heated with 1/2 can milk.

CREAMED TUNA ON ONION SQUARES — Sandy Hargens

2 c. biscuit mix
1 can French fried onions
3/4 c. milk
1 can cream of mushroom soup
2/3 c. milk
1/8 tsp. pepper
1 can tuna (drained)
Parsley flakes

Combine biscuit mix, 1 c. of onions (crumbled) and 3/4 c. milk. Mix until moistened; spread dough in bottom of greased 8 in. sq. pan. Bake 425° for 15 min. Combine soup, 2/3 c. milk, pepper and tuna in pan and heat gently. Heat remaining onions as described on can label. Cut biscuit square into 6 pieces. Top each serving with tuna mixture, then heated onions and parsley. Serves 6.

SALMON PUFFS — Darline Robbins

1/2 c. flour
1/4 tsp. salt
1/2 c. shortening
1/2 c. water
2 eggs

Sift together flour and salt. Melt shortening and water together. Add dry ingredients to boiling liquid all at once stirring constantly. Cook until mixture leaves side of pan in smooth ball. Remove from heat and cool for 1 min. Add eggs one at a time beating after each one until mixture is smooth again. Drop by rounded T. about 1 1/2 in. apart on greased baking sheet. Bake at 450° for 10 min., then 400° for 15-20 min. Cut opening in top of puff and fill with creamed salmon.

CREAMED SALMON FILLING:

1/2 c. celery (chopped)
1 T. green pepper (chopped)
6 T. shortening
3 c. milk
6 T. flour
2 c. (1 lb. can) flaked salmon
1/8 tsp. pepper
1 tsp. salt

Fry celery, and green pepper in 1 T. shortening. Melt other shortening in double boiler, add flour and mix well. Add milk gradually. Cook until thick and smooth. Add salmon, salt and pepper and celery mixture. Cook about 5 min. or until vegetables are thoroughly cooked or heated. (Tuna, shrimp, hamburger, or combination may be used in place of salmon). Serves approximately 8 people.

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Who thinks by INCH and talks by YARD
(Although it's crudely put)
Quite often tempts a person to
Boot him by the FOOT.

It is not wise to gripe and gripe
Because you'll find it's true
That those inclined to BEEF too much
Are always in a STEW.

You may look DOWN on your fellow men
That fact is very true-
But that doesn't necessarily mean
They're looking UP to you.

PIES

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PIES

IOWAN'S APPLE PIE

Ethel Harrington
Mason City, Iowa

PASTRY:

5 c. flour
4 tsp. sugar
1/2 tsp. salt
1/2 tsp. baking powder
1 1/2 c. lard
2 egg yolks
Cold water

Combine dry ingredients; cut in lard. Beat yolks slightly in measuring cup and add cold water to make a scant cup.

FILLING:

4 tsp. lemon juice
12-15 c. apples (thinly sliced and peeled)
3/4 c. sugar
3/4 c. brown sugar (packed)
1 tsp. cinnamon
1/4 tsp. salt
1/2 tsp. nutmeg
Powdered sugar icing

Line 15 1/2x10 1/2 in. jelly roll pan with half of pastry rolled into a rectangle. Sprinkle lemon juice on apples; place half the apple in pan. Combine remaining ingredients, except apples and frosting. Sprinkle half of mixture over apples in pan. Place rest of apples on top and sprinkle rest of sugar mixture over. Top with rolled-out pastry, seal, and crimp edges. Brush with milk and sprinkle with sugar. Prick with fork. Bake at 400° for 50 min. When cool, drizzle with powdered sugar icing. Serves 24.

BANANA CREAM PIE

Lucille Wood

6 T. cake flour
2/3 c. sugar
1/4 tsp. salt
1 3/4 c. milk
2 egg yolks (slightly beaten)
1/2 c. cream (whipped)
1 tsp. vanilla
3 bananas
1 baked pie shell

Mix flour, sugar and salt in top of double boiler. Beat egg yolks into flour mixture. Gradually add the milk. Cook in double boiler until thick. Cool. Add vanilla and chill. Fold in whipped cream. Slice 1/2 the bananas into pie shell; cover with 1/2 pudding. Add rest of bananas. Top with rest of pudding. Garnish with whipped cream.

BUTTERSCOTCH PIE

Elaine Woody
Joplin, Mo.

Filling for 9 in. pie:
1/4 c. butter
1 1/4 c. dark brown sugar (packed)
1/8 tsp. salt
1/3 c. flour
1 tsp. cornstarch
2 c. plus 2 T. milk
3 egg yolks
1/2 tsp. vanilla
1 T. butter

Melt butter, stir in 1/2 brown sugar and heat, stirring until thick and smooth; then boil 1 min. Remove from heat. Mix remaining sugar with next 3 ingredients and stir into hot liquid. Slowly add half of milk -- keeping mixture smooth. Then add rest of milk. Return to heat and cook, stirring until thickened 5-6 min. Remove from heat. Beat egg yolks well and stir in 1/2 c. hot mixture. Return to pan and cook 2 min. more. Remove from heat; stir in 1/2 tsp. vanilla, then butter. Cool. Pour into baked, cooled pie shell.

CHERRY-O CREAM CHEESE PIE

Mary Brubaker KRNT- TV

1 (9 in.) crumb crust or
1 (9 in.) baked pastry shell (cooled)
1 (8 oz.) pkg. cream cheese
1 1/3 c. (15 oz. can) sweetened condensed milk
1/3 c. lemon juice (fresh, reconstituted, or frozen that has been made regular strength--do not use lemon extract)
1 tsp. vanilla extract
1 (1 lb. 6 oz.) can prepared cherry pie filling

Let cream cheese stand at room temperature until softened; beat until fluffy. Gradually add condensed milk while stirring; stir until thoroughly mixed. Add lemon juice and vanilla extract; stir until well mixed. Turn into prepared crust. Chill 2-3 hrs. in refrigerator (Do not freeze). Before garnishing top pie with cherry pie filling. 7-8 servings. Mary says, "all the fellows who work here vote for this pie."

CHOCOLATE FUDGE PIE

Elaine Woody
Joplin, Mo.

1/4 lb. oleo
3/4 c. sugar
3 eggs (well beaten)
1/4 c. chocolate chips
1 sq. unsweetened chocolate

Continued Next Page.

CHOCOLATE FUDGE PIE (Continued).

Cream oleo and sugar then add well beaten eggs. Melt chocolate chips and square of chocolate; add to oleo, sugar and eggs and beat until thick. Pour into baked pie shell. Serve with whipped cream or topping.

DELUXE CHOCOLATE PEPPERMINT CREAM PIE — Lorri Evans

2/3 c. butter
1 c. sugar
3 eggs (beaten)
2 oz. semi-sweet chocolate
2 oz. unsweetened chocolate
1/4 tsp. peppermint extract
1 (9 in.) graham cracker crust
1 c. cream (whipped)
4 sticks peppermint candy (crushed)

Cream butter. Add sugar and cream until light and fluffy. Blend in eggs. Melt chocolate. Cool and add to creamed mixture. Add peppermint extract. Turn mixture into graham cracker pie shell. Chill 3-4 hrs. Spread with whipped cream to which confectioners' sugar has been added. Sprinkle with crushed peppermint candy.

CHOCOLATE CHIP PIE — Margaret Martin, Lombard, Ill.

1 c. chocolate chips
3 T. milk
2 T. sugar
4 egg yolks
4 egg whites
1 tsp. vanilla

Combine in top of double boiler, chips, milk, sugar. When chips are melted, and mixture is smooth, remove from heat and cool. Add egg yolks, one at a time, beating after each. Add vanilla. Beat egg whites until stiff. Fold chocolate mixture into beaten egg whites. Pour into baked pie shell, or graham cracker crust. Cool in refrigerator.

COCONUT MACAROON PIE — Dorothy Mattson

1 1/2 c. sugar
2 eggs
1/2 tsp. salt
1/2 c. soft butter or margarine
1/4 c. flour
1/2 c. milk
1 1/2 c. coconut (shredded)
9 in. unbaked pie shell

Beat sugar, eggs and salt until mixture is lemon colored. Add butter and flour, blend well. Add milk, fold in 1 c. coconut. Pour into pie shell, top with remaining 1/2 c. coconut. Bake 350° for 40 min. or until filling is set.

CRACKER MERINGUE

Mrs. Harold Dellit
Manly, Iowa

3 egg whites
1 c. sugar
1 tsp. vanilla
12 soda crackers
1 tsp. baking powder
1/2 c. nutmeats

Beat egg whites until stiff. Add sugar to whites, then vanilla mix well. Roll crackers fine. Combine crackers, baking powder and nuts with egg whites. Grease and flour a pie tin and bake 350° for 30 min. Pie will crack on top around edge when cool. Serve topped with fresh strawberries or ice cream.

HOMEMADE MINCEMEAT

Cassie Lemar

2 lbs. apples
2 lbs. ground beef
1 c. vinegar
2 lbs. raisins
1 c. brown sugar
1/2 c. white sugar
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1 stick butter or oleo

Cook all ingredients until apples are done. Ready for filling pie. Yield: 8 pies.

OATMEAL PIE

Frances Silverthorn
Norwalk, Iowa

2/3 c. brown sugar
2/3 c. white sugar
3 eggs
2/3 c. quick oatmeal
2/3 c. coconut
1 tsp. vanilla
1/2 c. nuts
3 T. oleo (melted)

Mix and fill unbaked pastry shell. Bake 45 min. at 350°. Top with whipped cream if desired. (This is similar to pecan pie).

OSGOOD PIE

Eva Silverthorn, Winterset, Iowa
Paula Lozano, Fort Madison, Iowa

1 c. sugar
1 1/2 T. vinegar
3 T. water
1/2 c. raisins
2 egg yolks
1/2 tsp. cinnamon
1/4 tsp. cloves
1 T. butter (melted)
2 egg whites (beaten)

Cook raisins and retain 3 T. water. Whip egg yolks and add sugar and spices mixed together. Add vinegar, raisin water and butter. Fold in beaten egg whites. Bake in crust 45 min. in 325° oven.

LAZY PEACH PIE

Mrs. Richard Johnson
Mount Union, Iowa

Melt 1/2 c. butter or margarine in an oblong cake pan. Sift together 1 c. flour, 1 c. sugar, 2 tsp. baking powder and 1/2 tsp. salt. Mix sifted mixture with 3/4 c. milk. Pour over melted butter in cake pan. Pour 1 qt. or 1 large can peaches (undrained) over batter. Bake at 350° for 1 hr. or until browned.

PEANUT BUTTER PIE

Roselyn Davids
Spring Valley, Minn.

1 c. light or dark syrup
1 c. sugar
3 eggs (slightly beaten)
1/2 tsp. vanilla
1/3 c. peanut butter
1 unbaked pie shell

Mix all ingredients together. Pour into unbaked pie shell and bake at 400° for 15 min. Then reduce heat to 350° and bake 30-35 min. longer. Filling should appear slightly less set in the center than around edges. Serve with whipped cream or ice cream.

GERMAN PECAN PIE

Mrs. Carroll Kendall
Jefferson, Iowa

3 egg whites
1 c. sugar
1 c. pecans
22 Ritz crackers

Beat egg whites stiff and mix sugar, pecans and broken crackers into egg whites. Bake at 275° for 30-35 min. Top with Dream Whip and grated chocolate on top.

PEPPERMINT BONBON PIE

Revanne Duckett

Chocolate shell:
3/4 c. semi-sweet chocolate bits
4 tsp. shortening
1/4 c. walnuts (finely chopped)

Line 9 in. pie pan with aluminum foil. Place chocolate and shortening in pan. Heat in slow oven until chocolate softens, add nuts and blend with spoon. Chill about 15 min. or until thick enough to spread and yet stick to the sides of the foil lining. Spread evenly over the bottom and up sides to make pie shell. Chill about 1 hr. until firm. Peel foil carefully from chocolate shell. Slip back in pie pan and chill until ready to fill.

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PEPPERMINT BONBON PIE (Continued).

Filling:

2 c. peppermint stick candy (coarsely crushed)
1 c. evaporated milk
1 envelope unflavored gelatin
2 T. cold water
2 c. cream for whipping

Set aside 2 T. candy. Combine remainder with evaporated milk. Cook in double boiler until candy melts. Soften gelatin in hot milk mixture. Chill until syrupy. Whip 1 1/2 c. cream until stiff, fold in gelatin mixture. Pour into chocolate shell. Chill 2 hrs. or until firm. Just before serving, whip remaining cream until stiff, spoon petal fashion on top of pie, sprinkle with crushed candy.

PINEAPPLE CREAM CHEESE PIE

Mrs. Richard Sparks
Knoxville, Iowa

1/3 c. sugar
1 T. cornstarch
1 (9 oz.) can crushed pineapple (not drained)
1/2 lb. Philadelphia cream cheese
1/2 c. sugar
1/2 tsp. salt
2 eggs
1/2 c. milk
1/2 tsp. vanilla
1 (9 in.) unbaked pie shell
1/4 c. pecans (chopped)

Blend the 1/3 c. sugar with cornstarch and add the pineapple. Cook, stirring constantly until mixture is thick and clear. Cool. Blend the cream cheese, softened at room temperature, with the 1/2 c. sugar and the salt. Add the eggs, one at a time, stirring well after each egg is added. Blend in the milk and vanilla. Spread the cooled pineapple mixture in bottom of pastry shell. Pour cream cheese mixture over top and sprinkle with pecans. Bake in hot oven 400° for 10 min., then reduce heat to 325° and bake for additional 50 min. Cool before serving.

CREAMY PUMPKIN PIE

Mrs. Laverne Zumbach
Ryan, Iowa

1/4 c. butter
1 c. Dream Whip
1 pkg. Jello vanilla instant pudding
1 c. canned pumpkin
1/2 tsp. cinnamon
1/4 tsp. ginger
1/2 tsp. nutmeg
2/3 c. milk

Beat the above 1 min. Pour into graham cracker crust. Chill until set. Top with Dream Whip and sprinkle with graham cracker crumbs.

"EASY TO MAKE" PUMPKIN PIE

Mrs. Jim Nelson
Manchester, Iowa

1 can pumpkin
3/4 c. sugar
1 c. milk
2 eggs
2 T. cornstarch
Pumpkin pie spice

Cook all ingredients on top of stove. Boil 2 min. - bubbling stir constantly. Cool and pour in baked pie shell and serve with whipped cream. Delicious and so easy!

SOUR CREAM RAISIN PIE

Eva Silverthorn
Winterset, Iowa

2 c. sour cream
1 c. sugar
1 T. flour
3/4 c. raisins
2 or 3 egg yolks
1 tsp. cinnamon (level)
1/2 tsp. nutmeg
Pinch salt

Cook until thick. Pour in baked pie shell. Use egg whites for meringue and brown.

RHUBARB CREAM PIE

Irma Foell, Portland, Iowa
Nina Harrell

2 T. butter
2 1/2 c. rhubarb (diced)
1 c. sugar
1/4 c. sugar
2 T. cornstarch
2 egg yolks (well beaten)
1/4 c. light cream
1/8 tsp. salt
1/4 tsp. lemon flavoring

Melt butter and add rhubarb and 1 c. sugar. Cook slowly until rhubarb is tender. Combine sugar, cornstarch, egg yolks, cream and salt. Add to rhubarb and cook until thick. Add lemon flavoring. Cool; pour into baked crust; top with meringue. (Double for large pie).

RASPBERRY RHUBARB PIE

Mrs. John Kilgore
Lehigh, Iowa

Blend and let stand 15 min.:
1 c. frozen raspberries
1 1/3 c. sugar
3 T. quick tapioca
1 T. flour (scant)
Pinch salt

Add, and let stand 5 min.:
3 c. rhubarb (sliced)
1/2 tsp. lemon juice
1/8 tsp. almond extract
1 T. butter

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RASPBERRY RHUBARB PIE (Continued).

Prepare pastry for 2-crust pie. Add filling. Bake 10 min. at 375°. Brush crust with a mixture of 1 T. cream and 1 T. powdered sugar for glaze.

SHOO FLY PIE

Carol Updegraff
Indianola, Iowa

Pastry for 2 pie crusts

Liquid:

1 c. molasses	1 T. soda
2 egg yolks (beaten)	1 1/2 c. boiling water

Crumbs:

1 1/2 c. flour	1/4 tsp. ginger
1 c. brown sugar	1/4 tsp. cloves
4 T. shortening	1 tsp. cinnamon
1/4 tsp. nutmeg	1/2 tsp. salt

Line two 9 in. pie plates with pastry; set aside. Dissolve soda in boiling water, add egg yolks and molasses. In another bowl, combine dry ingredients working in the shortening with pastry blender. In pie shells, make alternating layers of crumbs and liquid, ending with crumbs. Bake in hot oven 450°, until crust edges start to brown. Reduce heat to 350° and bake until firm (about 20 min. longer).

FRESH STRAWBERRY PIE

Mrs. John Kilgore
Lehigh, Iowa

1 qt. of fresh strawberries

Hull and wash strawberries. Crush 1 c. of the strawberries and add 1 c. water, 1 c. sugar, 3 T. cornstarch mixed with 1 1/2 T. water. Cook until thick. Cool. Put remaining strawberries in shell. Pour cooled cornstarch mixture over berries and serve with whipped cream or ice cream.

You're an old timer, if you remember when a woman went on her second honeymoon, it was with her first husband.

TEA TIME TASSIES — Janice Neal

1 (3 oz.) pkg. cream cheese
1 c. margarine
1 c. flour

Let cheese and margarine soften, blend together and stir in flour, chill 1 hr. Shape into 24 (1 in.) balls. Place 1 ball in each tiny tart pan (ungreased) and press dough on bottom and sides.

FILLING:

Beat together 1 egg, 1 T. butter, 3/4 c. brown sugar, 1 tsp. vanilla, pinch salt, and 3/4 c. pecans. Fill tarts 1/2 full of pecan filling and bake in slow oven 325° for 25 min.

UNROLLED PIE CRUST — Sharon Conard, Spirit Lake, Iowa

1 c. flour (sifted)
5 T. powdered sugar
1/2 c. soft butter or margarine

Mix together until well blended. Pat into pie pan. Bake for 15 min. at 350°.

WORLD'S BEST PIE CRUST — Lucille Barker

3 c. flour
1 c. lard or 1 c. shortening (rounded)
1 T. salt
1 egg
1 tsp. vinegar
4 or 5 T. water

Blend flour, lard and salt with pastry blender. In separate bowl, combine egg, vinegar and water. Pour egg mixture over flour mixture and mix with fork.

NEVER FAIL PIE CRUST — Sarah Hovey, Algona, Iowa

3 c. flour
1 1/4 c. shortening
1 egg
1 T. vinegar
5 T. cold water
1 1/2 tsp. salt

Beat egg and mix with vinegar, cold water and salt. Then mix with flour and shortening.

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ADDITIONAL RECIPES

SOUPS - SALADS - SANDWICHES

국 야채 샌드위치

Farmer With A-Frame

SOUPS

BEAN SOUP

Jim and Julie Ahrens

Put 1 1/2 lbs. pea (or navy) beans in large bowl, add water to cover 4-5 in., and let soak overnight. Drain the beans and run them under hot water until slightly whitened. Put beans in large soup pot and cover with 3 qts. cold water. Add 4 large chopped yellow onions and 1 large clove garlic, both lightly browned in a little butter. Add 6 stems parsley, 3/4 tsp. thyme, 1 1/2 large bay leaves, 1 chopped carrot, 1/2 lemon--all tied in cheesecloth. Add 1 lb. smoked ham hock (or the shank end of a smoked ham). Cover; cook soup slowly for about 3 hrs., or until reduced by half and the beans are done. Remove flavorings in cheesecloth; discard. Remove ham hock and let cool; remove 2 c. beans with a little liquid. Puree and return with 2 c. water. Cut ham into small pieces and return to soup. Season with freshly ground pepper, 1 T. salt. Reheat carefully. Serves 8. Serve with corn bread sticks and butter.

HAMBURGER VEGETABLE SOUP

Patty Eason
Scranton, Iowa

1 lb. ground beef
1 c. onion (chopped)
1 c. potatoes (diced)
1 c. carrots (sliced)
1 c. cabbage (shredded)
1 c. celery (sliced)
2 (1 lb. can) tomatoes
1/4 c. rice
3 c. water
4 tsp. salt
1 bay leaf

Cook the ground beef and onion together till all the pink has disappeared. Drain off excess fat; add all the remaining ingredients and bring to a boil. Cover and simmer for 1 hr.

RICE 'N RIVVEL SOUP

Mrs. Robert Engleman
Cedar Falls, Iowa

Cook soup bones at 15 lbs. pressure for 1 hr. Cool and take off fat. Add water if needed. Add 1/2 c. uncooked rice, 1 tsp. instant onion, a little celery, and diced carrots, (or 1 c. frozen peas and carrots). Simmer covered about 45 min.

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RICE 'N RIVVEL SOUP (Continued).

Rivvel (Pennsylvania Dutch):

1 egg (beaten)
1/2 tsp. salt
1 1/2 tsp. baking powder
2 T. cooking oil or oleo (melted)
1/3 c. milk
1/2-1 c. flour (to make soft dough)

Drop by teaspoons into boiling soup. Simmer covered for 10 min.

CORN CHOWDER

Dorothy Mattson

2 T. butter
1/4 c. onion (chopped)
1 1/2 c. potatoes (diced)
1 c. water
1/4 tsp. pepper
1 tsp. salt
1 c. cream style corn
1/4 c. cream
Left-over cooked ham (cubed)
1 c. milk

Melt butter, add onion, cook until onion is golden. Add potatoes, water, salt and pepper. Cover, cook till potatoes are tender. Add corn, milk, cream and ham. Heat thru. Serve immediately. This recipe can be altered to fit your left-over amounts and your family size.

CHILI CON CARNE

Carol Updegraff
Indianola, Iowa

1 1/2 lbs. ground lean beef
1 medium onion (chopped)
1 (8 oz.) can tomato paste
2 cans water
1-2 T. chili powder
Dash Tabasco
2 (1 lb.) cans kidney beans
Salt (to taste)

Brown beef thoroughly; add onions and cook until transparent. Add tomato paste, water and seasonings and simmer for 10 min. Add kidney beans and continue to cook until beans are thoroughly heated.

OZARK CHILI

Elaine Woody
Joplin, Mo.

1 1/2 lb. hamburger
2 cans brown beans (pinto beans)
1 can tomato paste
Season with pkg. chili seasoning (to taste)

Add water to hamburger and boil until there is no pink left in meat. Drain; add beans (undrained) and tomato paste. Add seasoning and simmer. (This is a thick chili).

AHRENS CHILI

Jim and Julie Ahrens

1 lb. ground beef
1 can tomatoes
1 can kidney or pinto beans
1 small bay leaf
1/2 tsp. sweet basil
1/2 tsp. Accent or Lawry's salt
Dash Tabasco sauce
4 tsp. chili powder
1 large onion
1 small bell pepper
1 can tomato paste
1 clove garlic
1/2 tsp. oregano
1/2 tsp. cumin seed
1/2 tsp. red pepper (crushed)

Brown beef and onion. Skim off extra fat. Add pepper, tomatoes and tomato paste. Add 1 can of water plus what it takes to rinse the tomato paste can. Add rest of seasonings. Cook a couple of hours. Add beans last 15 min. Serves 4.

SKILLET SUPPER FOR FOUR

Dorothy Mattson

1 lb. ground beef
1/2 tsp. salt
Dash pepper
2 c. carrots (sliced)
2 c. potatoes (cubed)
1 can cut green beans (reserve liquid)
1 can cream of mushroom soup
1/3 c. onion (chopped)

Combine ground beef, salt and pepper. Form into balls. Brown meat balls in electric skillet. When all meat balls have been browned, layer carrots, potatoes and green beans on top of meat balls. Combine reserved green bean juice, soup and onions, and pour over meat balls and vegetables. Simmer for 1 hr.

SUPPER IN A POT

Mrs. Billy Howard

1 lb. ground beef
1 T. instant onion (minced)
1 tsp. chili powder
1 tsp. salt
1/4 tsp. pepper
1 T. oil
1 can condensed bean and bacon soup
1 can condensed tomato soup
1 (16 oz.) can cut green beans
1 (3-4 oz.) can or jar mushrooms
1 (16 oz.) can whole white potatoes

Combine ground beef, onion, chili powder, salt and pepper. Form into meat balls, using about 1 T. for each. Sauté in hot oil until well browned on all sides; spoon off excess. Add soups and liquid drained from green beans and mushrooms, stirring until smooth. Bring to a boil; cover and simmer 30 min. Stir in green beans, mushrooms and drained potatoes; simmer until vegetables are heated. Serves 4.

5-HOUR STEW

Mrs. Glen Brown
Cedar Falls, Iowa

2 lbs. stew meat
1 c. tomato juice
2 T. tapioca
1 T. Worcestershire sauce
1 T. sugar
1 tsp. salt
Dash pepper
2 c. potatoes (cut up)
1 c. carrots (cut up)
1 c. celery (cut up)
1 onion

Mix tomato juice, tapioca, Worcestershire, sugar and seasoning and let set awhile. Then pour over meat. Put potatoes, carrots, celery and onion over meat. Cook at 250° for 5 hrs.

BEST EVER OVEN STEW

Mrs. Lloyd Schlueter
Hawarden, Iowa

2 lb. stew meat
1 qt. jar tomatoes
1 onion (diced)
Green pepper (optional)
1/2 c. celery (diced)
8 carrots
1 bay leaf
6 medium potatoes
3 T. Minute tapioca
1 T. sugar
2 slices white bread (fresh and broken up)
1 c. water
1 qt. green beans
1 tsp. oregano powder
Salt and pepper

Mix together, put in oven and bake 4-4 1/2 hrs. at 250°. 2 hrs. covered and 2 hrs. uncovered. Stir once in awhile.

SALADS

APPLE SALAD

Mrs. W. J. Eivins
Winterset, Iowa

1 c. cream (thin)
2 T. flour
3/4 c. sugar
1/2 tsp. nutmeg
1/4 tsp. salt
1 c. raisins (cooked and drained)
5 or 6 apples (peeled and diced)

Prepare the dressing by combining cream, flour, sugar, nutmeg and salt. Cook until thick. Add cooled dressing and raisins to diced apples and mix.

VERY GOOD CRANBERRY SALAD

Irma Foell, Portland, Iowa
Marilyn Carter, Udell, Iowa

1 lb. cranberries
1 c. sugar
3/4 lb. large marshmallows (cut up)
2 c. whipped cream
1 c. crushed pineapple (well drained)

Wash, grind and mix cranberries with sugar. Cover and let stand in refrigerator for at least 2 hrs. Combine marshmallows and whipped cream, cover and put in refrigerator for 2 hrs. Fold together cranberry mixture, whipped cream mixture and well drained pineapple. Can be made ahead and covered. Chill overnight in refrigerator.

FRUIT SALAD

Mrs. Myron Walthart
Vinton, Iowa

1 can peaches
1 can pears
1 can pineapple
1 can mandarin oranges

Drain fruits and cut into chunks. Add 1 can apricot pie filling. Sliced bananas may be added. Mix and refrigerate. Keeps well.

FIVE CUP SALAD

Diana Latch

1 c. sour cream
1 c. marshmallow pieces
1 c. chunk pineapple (drained)
1 c. mandarin oranges (drained)
1 c. coconut

Combine ingredients (standard sized marshmallows cut in bits are better here than miniatures), cover and refrigerate for 24 hrs. Serve in lettuce cups. Makes 8 servings.

BUTTERMILK SALAD

Debbie Juergensen
Churdan, Iowa

Cut up 1 lb. large marshmallows into thirds and stir into 1 1/2 c. buttermilk. Cover and let set overnight in refrigerator. Next day make a sauce by melting 3 T. butter, then add 3 heaping tsp. of flour, 3 T. pineapple juice, and 1 c. heavy cream. Heat and stir until it thickens. Let the sauce cool and then add it to the marshmallow mixture. Add 1 c. chopped nuts and 2 (No. 211) cans of pineapple tidbits (drained). Chill. Serves 14.
FOR VARIATION: Delicious apples and Tokay grapes may be added. (Debbie, age 14, originated this recipe and won second place in the Milk Made Magic Sweepstakes sponsored by the American Dairy Assoc. of Iowa at the 1970 Iowa State Fair! It is yummy).

FROZEN FRUIT SALAD

Wanda Lohr
Winterset, Iowa

No. 2 1/2 can apricots (drained)
No. 2 can pineapple (drained)
1 large pkg. or 2 (10 oz.) pkgs. of frozen strawberries
4 bananas (cut up)

SYRUP:
1 c. water
2 c. sugar

Boil 3 min. and cool. Pour syrup over fruit placed in paper muffin cups; freeze and place in plastic bags for storage in freezer. Remove from freezer about 10 min. before serving.

GINGER PEACH SALAD

Faith Johnson
Cedar Falls, Iowa

Pkg. orange Jello (6 oz.)
2 1/3 c. hot water
1/3 tsp. salt
1 1/3 c. ginger-ale and juice from peaches
1 (No. 303) can peaches
Toasted almonds on top

APRICOT SALAD

Irma Foell, Portland, Iowa
Millie Harrell, Indianola, Iowa

2-3 oz. pkg. orange Jello
2 c. boiling water
1 (No. 2) can crushed pineapple (drained)
1 (No. 2) can apricots (drained and mashed)
1/2 c. pineapple juice
1/2 c. apricot juice
2 c. miniature marshmallows
3/4 c. sugar
4 T. flour
1 egg (beaten)
1/2 c. pineapple juice
1/2 c. apricot juice
1 c. whipping cream
2 oz. cheese (grated)

Prepare Jello with 2 c. boiling water. Add 1/2 c. pineapple and 1/2 c. apricot juice. Chill until thickened; fold in pineapple and apricots and marshmallows. Refrigerate in 9x13 in. dish. Blend sugar and flour in sauce pan. Stir in egg and slowly add juices. Stir constantly over medium heat. Cook till thick and smooth; cool. Fold in whipped cream and spread over salad. Sprinkle with grated cheese. Refrigerate. Serves 9-12.

APRICOT SALAD

Cathy Kiner
Deep River, Iowa

2 pkg. orange Jello
1 1/2 c. hot water
2 1/2 c. apricot nectar
1 c. miniature marshmallows

TOPPING:
1/2 c. sugar
2 T. flour
1 egg
1 c. apricot nectar
1 c. whipped cream
Cheese (grated)

Dissolve Jello in hot water. Add 2 1/2 c. nectar. Pour in pan and add marshmallows. Set until firm. To prepare topping; mix together sugar, flour, and egg. Add 1 c. apricot nectar and cook until thick, then cool. Add whipped cream. Spread on Jello and top with grated cheese.

CHRISTMAS SALAD

Linnea Kyd

2 pkg. black cherry Jello
2 c. hot water
1 (16 oz.) can jellied cranberry sauce
1 (13 1/4 oz.) can crushed pineapple
Juice of 1 fresh orange

Dissolve Jello in hot water. Add cranberry sauce, pineapple and orange juice. Chill.

ELEGANT RASPBERRY SALAD

Margaret Eckardt
Knoxville, Iowa

2 pkg. raspberry gelatin
2 3/4 c. boiling water
2 T. sugar
1 can applesauce
1 pkg. frozen raspberries
1 carton sour cream
1 c. small marshmallows

Dissolve gelatin and sugar in boiling water. Add frozen red raspberries and mix. Add applesauce and let set in refrigerator until firm, (overnight). Mix sour cream and marshmallows; cover and set in refrigerator overnight. Next day, resoften, whip and spread over salad.

ORANGE MANDARIN SALAD

Mrs. Billy Howard

1 can (11 oz.) mandarin oranges
2 pkgs. orange Jello (regular size)
3 c. liquid
1 pt. orange sherbet

Using the juice from the can of oranges as part of your liquid (add enough water to juice to make 3 c.) mix Jello and let

Continued Next Page.

ORANGE MANDARIN SALAD (Continued).

chill. When Jello gets like thick cream; beat until real fluffy and double in size (about 12 or 15 min. of steady beating). Add sherbet in tablespoon size portions and beat in on slow speed until sherbet is just mixed in. Fold in orange sections and refrigerate. The secret of this recipe is the long beating to get it extra fluffy.

SUNSHINE LEMON SALAD

Martha Brockman
Carroll, Iowa

1 (No. 2) can crushed pineapple (drained)
2 pkg. lemon Jello
1 1/2 c. small marshmallows
4 bananas

TOPPING:
3/4 c. pineapple juice
2 T. flour
1/2 c. sugar
1 egg
2 T. butter

Prepare Jello with 2 c. boiling water and 2 c. cold water. When partly set add pineapple and marshmallows. Prepare topping. Mix topping ingredients and cook until thick. Cool; put over salad. Top with bananas. May top with whipped cream and grated cheese if desired.

DEWEY LEMON SALAD

Mrs. Charles Faux

1 large pkg. lemon Jello
2 c. hot water
1 regular bottle Mountain Dew
1 medium size can pineapple tidbits (drained)
3 bananas (sliced)
2 c. miniature marshmallows
1 pkg. lemon pie filling (instant)
1 pkg. prepared topping mix

Mix Jello and hot water. Cool slightly. Add pop, drained pineapple, marshmallows and bananas. Chill until firm. Combine 1 pkg. instant lemon pie filling prepared according to pkg. directions) and 1 pkg. of prepared topping mix and chill. Spread topping over salad before serving.

May your life be like arithmetic --
Friends added, enemies subtracted, joy multiplied and errors divided.

DOUBLE LEMON SALAD — Doris Kingery

2 (3 oz.) pkg. lemon gelatin
2 c. boiling water
1/2 c. cold water
1 can lemon pie filling or
1 pkg. lemon pudding mix (prepared)
1 (1 lb. 4 oz.) can pineapple (not drained)

Dissolve Jello in boiling water, add cold water, lemon pudding, and pineapple. Chill till set in a ring mold. When firm, turn out and fill center with mixture of: 1 carton sour cream, 3 T. powdered sugar and 1 pt. sliced fresh strawberries.

LIME-PEAR SALAD — Dianna Cooper, Norwalk, Iowa

1 pkg. lime Jello
1 1/2 c. boiling water
1/2 c. pear juice
1/8 tsp. salt
1 tsp. vinegar
2 pears (diced)
1 pkg. cream cheese
Mayonnaise

Dissolve Jello in boiling water. Add pear juice, salt and vinegar to Jello. Pour half of Jello in loaf pan and set till firm. Chill rest of Jello and whip till good and creamy. Cream the cheese and fold cheese and pears into whipped mixture. Pour over top of firm Jello. Set until firm. Serve with mayonnaise on top.

SUPREME LIME SALAD — Jani Carlsen, Omaha, Neb.

1 pkg. lime Jello
1 3/4 c. boiling water
2 T. lime juice
1/2 pt. sour cream

STRAWBERRY TOPPING:
1/2 c. mayonnaise
1/2 pt. whipped cream
2 tsp. sugar
Dash salt
1 tsp. lemon rind (grated)
12 marshmallows (cut in fourths)
1 pkg. frozen strawberries and juice

Add boiling water to Jello. Stir until dissolved. Chill, add lime juice and cream. Whip vigorously. Pour into (cold water rinsed) mold and chill. Serve with strawberry topping. Blend topping ingredients and chill.

WINDOW WASHING: "A little job done best by three.
One in, one out, one referee."

"NEVER TELL" SALAD

Margaret Eckardt
Knoxville, Iowa

1 (No. 2) can crushed pineapple
15 big marshmallows
1 pkg. lime gelatin
1 c. heavy cream (whipped)
1 c. small curd cottage cheese
1/2 c. nuts

Drain juice from pineapple and to the juice add enough orange juice or water to make 1 c. Combine juice, marshmallows and gelatin and heat until marshmallows are dissolved. Set aside to cool. When almost set, fold in whipped cream, cottage cheese, nuts and crushed pineapple. Pour into an 8 in. sq. pan or pretty bowl and refrigerate.

DELICIOUS ORANGE SALAD

Mrs. Herman Van Dyke
Hartley, Iowa

Drain 1 can mandarin oranges and 1 medium can crushed pineapple. Add to the juice enough water to make 1 c. Put in saucepan. Beat in 3 egg yolks, 1/3 c. sugar, 1 T. flour. Cook, stirring constantly. Boil 1 min. Immediately add 1 (3 oz.) pkg. orange Jello. Add fruit, let cool. Whip 1 envelope whipped topping mix. Fold into salad, then add about 2 1/2 c. miniature marshmallows.

COTTAGE CHEESE SALAD

Mrs. Charly Beyer
Lynnville, Iowa

1 pkg. orange Jello
2 c. water and pineapple juice
1 dozen large marshmallows
1 small can crushed pineapple tidbits
1 c. cottage cheese
1 c. whipped cream

Dissolve Jello in hot liquid; then add marshmallows. When cool, add the pineapple and cheese and fold in the whipped cream.

STRAWBERRY SALAD

Verda Simon, Urbandale, Iowa
Faith Johnson, Cedar Falls, Iowa

2 pkg. strawberry gelatin
2 c. boiling water
1 large pkg. frozen strawberries
1 tall can crushed pineapple
2 large ripe bananas (mashed and whipped)
1/2 carton sour cream (dairy)

Dissolve gelatin in boiling water. Add thawed strawberries, undrained pineapple, and bananas. Pour half of mixture into 8x12 in. baking dish, chill until set. Keep remaining gelatin at room temperature. Spread sour cream over top of congealed layer. Cover with remaining gelatin and chill until firm. Will yield 12-15 servings.

TUNA SALAD

Janet Adams
Eugene, Oregon

Dissolve 1 envelope Knox gelatin in 1/4 c. cold water. Add 1/4 c. boiling water. Fold in following:

1 c. mayonnaise
3 hard-boiled eggs (chopped)
3 pickles (diced)
1/4 c. celery
1 can tuna (flaked and drained)

Whip 1 c. whipping cream and fold into above. Chill in 9x9 pan.

TOPPING:

Mix 1 pkg. of raspberry Jello with 1 c. hot tomato juice. Add 1 c. cold tomato juice. Pour over first mixture after first is partially set. Serves 8. Colorful and nice for a luncheon.

COLE SLAW

Cathy Kiner, Deep River, Iowa
Mrs. Charles Hamilton, Barnes City, Iowa

2 c. sugar (may use a little more)
1 c. vinegar
1/2 c. water
1 tsp. celery seed
1 tsp. mustard seed
1 tsp. salt

Mix and bring to boil and boil 5 min. Let set until cold.

1 head of cabbage (shredded)
1 T. salt

Enough cold water to cover. Let set 1 hr. Drain and add 1 c. celery, 1/2 c. green or red pepper, and grate some carrots. When this is completed, add the cold syrup solution. Mix and cover. Will last in refrigerator for weeks. Cabbage stays crisp and fresh.

COLE SLAW

Carol Ashby

2 c. cabbage (shredded)
1/4 c. green pepper (chopped)
1 small onion (chopped)
3 T. sugar
Salt (to taste)
3 T. vinegar
2 T. salad oil

Combine vegetables. Combine remaining ingredients, stir to dissolve sugar. Pour over cabbage. Stir and serve with green pepper rings. Makes 4 servings.

JANI'S MACARONI SALAD

Mrs. Ronald Carlsen
Omaha, Neb.

2 c. ring macaroni (American Beauty spoghetti rings)
1 c. Miracle Whip
1/4 lb. Velveeta (cubed)
3/4 can peas (drained)
1/4 c. onion (finely chopped)
1 large fresh tomato (chopped)
Salt (to taste)
Dash pepper

Cook macaroni in salted water just until tender; soak in cold water 5 min. Drain and add mayonnaise (Miracle Whip). Mix in onion, cheese, then peas and tomato. Season. Chill overnight or at least several hours for flavors to blend.

MACARONI SHRIMP SALAD

Mary Mattson

1 lb. pkg. Creamettes macaroni
1 can small shrimps
2 bunches green onions
1/2 c. mayonnaise
1 small head lettuce
Salt
Pepper

Cook macaroni according to pkg. directions, drain. Cut shrimps in thirds. Tear lettuce into small pieces. Slice green onions thinly. Combine macaroni, shrimps, onion slices and mayonnaise. Salt and pepper to taste. (Amount of mayonnaise may be changed to your taste).

DRESSINGS

COTTAGE CHEESE DRESSING

Bonnie Anderson
Ames, Iowa

1 c. small curd cottage cheese
2 T. milk
1/2 c. tomato sauce
1 T. onion (grated)
1/2 tsp. chili powder
1 tsp. lemon juice

Beat well. Make 1 3/4 c.

AUNT CLARE'S GARLIC DRESSING

Clare Maiers
Altoona, Penn.

1 qt. oil (chilled overnight)
1 1/2 c. vinegar
1 1/2 c. sugar
1 T. salt
1 T. dry mustard
1 egg
1 1/2 bulbs garlic
1 T. Worcestershire sauce
1 T. A-1 sauce
1/2 tsp. Tabasco

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AUNT CLARE'S GARLIC DRESSING (Continued).

Mix dry ingredients and add some vinegar to make a paste. Add egg and beat well. Add oil slowly. Mix in a little vinegar when oil stays on surface. Beat and beat. Alternate oil and vinegar, beating more. Finish with vinegar and add seasonings. This is a great recipe to share, as it makes a lot. We save catsup bottles to put it in. It sells well at bazaars.

BLUE CHEESE DRESSING

Mabel Barker
Troy, Iowa

1 (3 oz.) wedge Blue cheese (room temperature)
1/2 c. mayonnaise
1/4 c. milk
2 T. vinegar
1/16 tsp. garlic salt

Beat smooth with rotary beater. Keep refrigerated.

GLOBUS SALAD DRESSING

Jim and Julie Ahrens

1 c. Tarragon vinegar
1/2 c. olive oil
1 tsp. tarragon (crushed)
1 tsp. garlic salt
1/2 tsp. cracked pepper
Juice of 1 lemon
1/4 tsp. sugar

UNCOOKED SALAD DRESSING

Mrs. Marion Dykstra
Bussey, Iowa

1 can Eagle Brand milk
1/2 c. oil
1/2 c. white vinegar
1/2 tsp. salt
1/2 tsp. prepared mustard
1/2 tsp. celery seed
1 egg

Mix and beat well.

SALAD DRESSING

Mrs. Carroll Kendall
Jefferson, Iowa

3 egg yolks (beaten)
1/2 c. sugar
1/2 c. vinegar
2 tsp. dry mustard
1/4 tsp. salt

Cook until thick. Thin with cream when using if desired.

SPECIAL SALAD DRESSING

Cathy Kiner
Deep River, Iowa

1 1/2 c. sugar
1 c. salad oil
1/2 c. vinegar
1/2 tsp. salt
Approximately 1/2 bottle Heinz catsup

Blend all together in blender. Will make about 1 qt. of salad dressing. For a more spicy dressing, add a pkg. of Italian salad seasoning. You'll have trouble keeping enough lettuce on hand!

SARAH'S FRENCH DRESSING

Sarah Hovey, Algona, Iowa
Mrs. Carroll Kendall, Jefferson, Iowa
Mrs. David Carter, Udell, Iowa

1 c. sugar
1 c. Mazola oil
1 c. catsup
1 c. vinegar
1/2 tsp. celery seed
1 T. onion (grated or ground)
1 tsp. salt

Mix together well--let set a few hrs. so the flavor goes through. Put in container and refrigerate.

THOUSAND ISLAND DRESSING

Carol Updegraff
Indianola, Iowa

Place the following ingredients in a blender and blend well:

1 c. mayonnaise
1/4 c. catsup
Dash Tabasco
1 T. sugar
1 clove garlic
1 (1/4 in.) slice of large onion
1/4 c. hamburger relish
1 tsp. Worcestershire sauce

Add the following and blend a few seconds:

2 hard cooked eggs
1 small dill pickle
1/2 green pepper

Cut all of these in 1 in. pieces. Use over tossed salad or in place of tartar sauce with fish, or over vegetables.

HOT BACON DRESSING

Dorothy Courter
Cogan Station, Pa.

4 slices bacon
1/4 c. sugar
2 T. flour
Dash salt
1 egg
1/4 c. vinegar
1 c. water

Cook bacon until crisp; drain, cut fine and return to hot fat. In a separate bowl, mix together sugar, flour and salt. Add the remaining ingredients and blend well. Add this mixture to the hot bacon grease and cook until thick and smooth. Serve hot on greens.

SANDWICHES

ELEGANTE SANDWICH SPREAD

Mrs. Henry Morgan
Burlington, Iowa

1 pt. green tomatoes (when ground)
2 green peppers
2 red pimientos or peppers
6 sweet pickles (ground)
3 tsp. salt

DRESSING:
2 T. flour
2 T. prepared mustard
1/2 c. vinegar
1/2 c. sugar
3 eggs (beaten)
1 c. sour cream

Grind peppers and add to tomatoes. Put 3 tsp. salt on mixture and let stand 1/2 hr. Drain. Add 1/2 c. water and boil until tender and drain. Then add ground pickles. To prepare dressing: mix flour, sugar and vinegar together and cook until clear, then add mustard, eggs (first stirred out in a little of the mixture). Add sour cream and cook until thick. Combine with vegetable mixture and put into sterilized jars and seal. Will keep indefinitely. Delicious as a spread or added to plain dressing for lettuce salad. Especially good used in a cheese sandwich.

HAMBURGER-HOT-DOG BAKE

Rex Howard (Age 8)

12 slices bread
Butter or margarine
1 lb. lean ground beef
1/4 c. catsup
1 tsp. salt
6 frankfurters
2 medium onions (sliced)
6 slices process American cheese
2 eggs (beaten)
1 c. milk

Spread 6 bread slices with butter; arrange in bottom of greased 9x13 cake pan. Toast in moderate oven (350°) about 15 min. Combine beef, catsup and salt; spread over toast (1/3 c. per sandwich). Top with frankfurters, cut almost in half lengthwise, onion and cheese slices. Cover with remaining bread slices. Combine eggs and milk; pour over bread. Bake at 350° about 50 min. Makes 6 servings.

It takes hundreds of nuts to hold a car together, but only one in the driver's seat to scatter it all over the highway.

HOT RODS

Adalene Parsons
Urbandale, Iowa

1/2 lb. wieners (cubed) or ham
1/2 lb. sharp cheese (cubed)
1/3 c. onion (diced)
2 hard boiled eggs (chopped)
1/2 c. stuffed olives (sliced)
3 T. mayonnaise
1/2 c. pickle relish

Combine all ingredients and spread on wiener buns, wrap buns in foil. Bake at 325° for about 10 min.

PIZZA SNACKS

Mrs. Charly Beyer
Lynnville, Iowa

1 lb. hamburger
1/2 c. American cheese (grated)
1/2 can tomato soup
3 T. onion (finely chopped)
or 1 T. onion flakes
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. oregano

Mix raw. Spread on 16 bun halves, carefully covering all bread. Broil 5 min.

PIZZAZ PIZZA BURGERS

Mary Brubaker KRNT-TV

1/2 lb. ground ham (minced)
1 lb. ground beef
1/2 tsp. salt
1 tsp. sage
2 tsp. oregano
1/2 lb. Mozzarella cheese (grated)
1 can spaghetti sauce or 2 c. parsley (chopped)

Quickly brown beef in skillet until color is gone. Cool. Add other ingredients. Spoon on buttered bun halves. Bake at 425° for 10-12 min. Mary says, "great for teen-age parties-easy to fix."

ITALIAN SAUSAGE SANDWICHES

Karen Olcott

Italian sausage
Vienna bread
Pizza sauce (small can makes 4)
Mozzarella (pizza) cheese
Onions (sliced)

Make sausage into patties and fry, until completely done. Cut bread into pieces big enough for patties. Cut each piece of bread in half and open on a cookie sheet. (Cut as to make a bun). Spread 1 T. or 2 if preferred of pizza sauce on each side of bread. Place 1 slice of cheese on the bottom part of sandwich, put sausage pattie on top of cheese. Lay 1 layer of sliced onion on pattie. Spread remaining sauce over top of sausage pattie and on top part of bread. Lay another slice of cheese on top of pattie and onion. Bake in oven 350°-400° for 5-10 min. or until cheese has melted.

"LONG BOY" CHEESEBURGERS — Joann Fisher

1 lb. ground beef
1 tsp. salt
1/4 tsp. pepper
1 T. Worcestershire sauce
1/4 c. catsup or chili sauce
1/4 c. onion (finely chopped)
1/2 c. cracker or corn flake crumbs
1 c. evaporated milk
2 loaves brown 'n serve French bread (cut in half, lengthwise)

Preheat oven to 375°. Prepare meat mixture. On cut side of each half-loaf spread 1/4 of meat mixture, covering to edges. Place on baking sheet, crust side down. Bake about 25 min. or until meat is cooked to your liking. During last 5 min. of baking, top liberally with grated cheese or cheese strips. 4 servings: 1/2 loaf each; 8 servings: 1/4 loaf each.

FANCY PANTS HAMBURGERS — Darline Robbins

1 lb. hamburger
4 slices sharp cheese
Salt
Garlic salt
1 can tomato sauce

Make 8 thin cakes. On 4 slices place sliced cheese leaving a little meat uncovered around edges. Top with remaining cakes and pinch edges together to enclose cheese. Sprinkle salt over all. Heat pan to very hot, place hamburger in and brown both sides, lower heat, cover with sauce and simmer until sauce sizzles.

POTATO BURGERS — Mrs. Lloyd Schlueter, Hawarden, Iowa

1 lb. hamburger
2 c. raw potatoes (grated)
3 T. raw onion (chopped)
1 egg
1/4 c. milk
Salt and pepper

Mix all together and fry like hamburgers. More or less may be added depending on size of family.

RODEOBURGERS — Mrs. Richard Johnson, Mount Union, Iowa

1 1/2 lbs. ground beef
1 c. catsup
2 onions (chopped)
4 pieces celery (diced)
1 can chili con carne
2 green peppers (chopped)
Salt and pepper (to taste)

Brown meat and onion in skillet. Add other ingredients and cook over slow fire for 2 hrs. Serve hot on buns, may be frozen.

SLOPPY JOES — Todd Duckett (Age 10)

Brown 3 lbs. ground beef. Add 2 cans tomato soup, 1/4 c. mustard, 1/2 tsp. salt. Simmer for about 1 hr. Serve on toasted buns.

BEEFBURGERS FOR A CROWD — Barbara Suh Hanson (Age 13)
Decorah, Iowa

10 lb. hamburger
1 large onion
3 (46 oz.) cans tomato juice
1/2 of a small box of quick oatmeal

Brown meat and onions. Then add tomato juice. Cook and bring to a boil then add oatmeal. Salt and pepper. A couple of T. of vinegar may be added if not tart enough. This may be made up and frozen.

HAMBURGER GOOEY — Eva Silverthorn
Winterset, Iowa

1 lb. hamburger
1 c. celery (diced)
1/2 c. onion (chopped)
1 tsp. dry mustard
1/2 c. catsup
2 T. flour

Brown hamburger, celery and onion. Add rest of ingredients and salt to taste. Simmer. Very good on buns.

SPAMBURGERS — Mrs. Dean Folkerts, Steamboat Rock, Iowa
Nancy Thalacker, Clear Lake, Iowa

1 can Spam
1 T. onion (diced)
3 T. milk
1/4 lb. Velveeta cheese
3 T. catsup

Grind Spam and cheese and mix rest of ingredients. Put on buns and wrap in foil. Bake in oven 350° for 15 min. Extra may be frozen.

HOT TUNA SANDWICHES — Mrs. Charles Hamilton
Barnes City, Iowa

1 can tuna
1 tsp. lemon juice
1 T. butter
1 T. flour
1/2 c. milk
Salt and pepper
1/4 tsp. Worcestershire sauce
1 large tomato (sliced) (optional)
4 slices bread (buttered)

Melt butter in saucepan, stir in flour and add milk. Cook

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HOT TUNA SANDWICHES (Continued).

until bubbly. Add tuna and lemon juice. Season and simmer a few minutes. Put bread on broiler pan, buttered side down and toast until brown. Turn and spoon tuna on untoasted buttered side. Place slice of tomato on each and broil again.

* * * * *

LINES TO A LOST ART

I may not be healthy or wealthy or wise;
I may not have dreamy mysterious eyes;
I may not wear clothes from a French fashion book,
But I'm never lonely, for--boy, I can cook!

I may not be clever--my wisecracks are rare.
But so are my pies, so I really don't care.
My repartee's seldom the sort that will gleam,
But what I can do with three eggs and some cream!

My contract is faulty, my dancing is grim,
But I never lack for a favorite him.
The waffles I make fairly tickle the tongue,
And in praise of my devil's food poets have sung.

I may not be pretty or witty or svelte,
But my Southern corn pudding makes icy hearts melt.
I may not go big when the moonlight's bewitchin'--
But--boy, the proposals I've had in my kitchen!

MISCELLANEOUS

기타 (오이지 잼 소스 음료)

Rural Washday

MISCELLANEOUS

EASY RICE

Carol Updegraff
Indianola, Iowa

1 part regular white rice
2 parts boiling water
Place rice add boiling water in a covered dish and bake at 375° for 30 min. for perfect fluffy rice.

REAL PENNSYLVANIA DUTCH EGG NOODLES

Dorothy Courter
Cogan Station, Pa.

1 egg
1/2 egg shell full of water
Salt and pepper (to taste)
Flour

Blend well egg, water, salt and pepper. Add flour gradually until a very stiff dough is formed. Roll very thin on a floured board (this is somewhat hard to do and takes some "muscle"). Let the dough dry for an hour or so. Roll up, as if for jelly roll, and slice across, forming long thin strips when unrolled. Add to boiling broth and cook till tender.

QUICK HOT CHOCOLATE

Nancy Thalacker
Clear Lake, Iowa

2 lbs. can of Nestles Quik
11 oz. jar of Coffee Mate
3 1/2 c. powdered sugar
8 qt. box of dried milk

Mix well. Add 2 T. per cup of boiling water.

GAYLON'S HOT TEA DRINK

Mr. Gaylon Jensen, Valley City, N. Dak.
Marilyn Carter, Udell, Iowa; Carol Updegraff, Indianola, Iowa
Nancy Thalacker, Clear Lake, Iowa

1 (3 oz.) pkg. dry lemonade mix
1 (7 oz.) jar Tang
1 c. sugar
1/4 c. instant tea
1/2 tsp. cinnamon
1/4 tsp. cloves (ground)

Mix together; store in a jar. When you wish a delightful drink--put 2 T. mix in a cup and fill with boiling water.

You don't get ulcers from what you eat - but from what's eating you.

PATIO PUNCH

Joann Fisher

1 envelope cherry Kool-Aid
1 envelope strawberry Kool-Aid
2 c. sugar
2 qts. cold water
1 (6 oz.) can frozen orange juice concentrate
1 (6 oz.) can frozen lemonade concentrate
1 qt. ice cubes
1 (1 pt. 12 oz. bottle) ginger-ale (chilled)

Combine drink powders and sugar. Add water and stir till dissolved. Add frozen concentrates. Chill till serving time. Pour over ice cubes. Pour ginger-ale slowly down side of bowl. Makes about 4 qts. punch.

QUICK HOLIDAY PUNCH

Mrs. Henry Morgan
Burlington, Iowa

2 1/2 c. Karo syrup (red label)
3 pts. cranberry juice cocktail
3 c. orange juice (strained)
1 1/2 c. lemon juice (strained)
3 c. carbonated water
Fruit slices for garnish

Measure Karo syrup and fruit juices into pitcher. Stir until well mixed. Chill thoroughly. Just before serving, add carbonated water. Pour over ice to serve. Makes 1 gallon or 32 cups.

PAT'S CRAB DIP

Jackie Kemmer
Waukee, Iowa

2 jars Old English cheese spread
1 (8 oz.) pkg. cream cheese
1 (7 oz.) can crab meat (drained)

Melt cheeses over low heat, add crab; heat through. Serve in fondue pot. Use as dip for crackers, corn chips, or chunks of French bread.

DIP FOR VEGETABLES

Lilyann Dissinger

2 c. Hellman's mayonnaise
2 tsp. garlic salt
1 tsp. garlic powder
2 tsp. terragon vinegar
2 tsp. curry powder
2 tsp. horseradish

Mix and chill. Use for dip for any fresh vegetable--carrot strips, celery sticks, cauliflower flowerets, cherry tomatoes, etc.

Perhaps the most fortunate thing about small boys is that they are washable.

PARTY CHEESE BALL

Mary Anne Westin
Park Forest Village, Ill.

2 (8 oz.) pkgs. cream cheese
8 oz. sharp Cheddar cheese (shredded)
1 T. pimiento (chopped)
1 T. green pepper (chopped)
1 T. onion (chopped)
2 tsp. Worcestershire sauce
1 tsp. lemon juice
Dash cayenne
Dash salt
Pecans (chopped) or parsley (snipped)

Warm cream cheese to room temperature; blend in Cheddar. Add other ingredients except pecans. Form into a ball and roll in chopped pecans (or snipped parsley) and serve with assorted party crackers.

HORS D'OEUVRE CHEESE ROLLS

Mrs. Henry Morgan
Burlington, Iowa

1 lb. American cheese
1 large pkg. cream cheese
1 c. nuts (chopped)
1 clove garlic
1/2 tsp. red pepper
1/4 tsp. salt

Grind, mix and knead thoroughly. Shape into small rolls. Sprinkle wax paper with chili powder and paprika. Roll them in the wax paper and store them in refrigerator. Cut into slices across. Serve the way you serve hors d'oeuvres. Great popped atop a Ritz (or other party cracker) cracker!

LEMON JELLY

Ethel Harrington
Mason City, Iowa

Juice and rind of 1 lemon (grated)
2 T. cold water
1 c. sugar
Butter (the size of 1/2 an egg)
2 egg yolks
1 egg white

Cook until real thick stirring constantly.

RHUBARB JELLY

Mrs. Marvin De Young, Sioux Center, Iowa
Mrs. Charles Hamilton, Barnes City, Iowa

4 c. rhubarb (cut fine)
4 c. sugar
1 pkg. Jello (cherry, strawberry or raspberry)

Mix rhubarb and sugar and simmer 15 min. Add dry Jello and boil 5 min. longer. Pour into sterilized jars and seal.
NOTE: 1 c. crushed pineapple may be simmered with rhubarb-sugar mixture.

STRAWBERRY MARMALADE — Mrs. Billy Howard

2 small or 1 1/2 medium oranges
5 c. strawberries (quartered)
5 1/2 c. sugar
1 (6 oz.) bottle liquid fruit pectin

Cut unpeeled oranges into quarters and remove seeds. Grind or finely chop, peel and pulp, reserving the juice. Combine orange, orange juice, strawberries and sugar in a large saucepan. Place over high heat and bring to a full rolling boil; continue to boil rapidly for 1 min., stirring constantly. Remove from heat and immediately add the pectin, stirring to mix. Skim off foam with a metal spoon. Continue to stir and skim off foam for 5 min. Fill hot, sterilized jars and adjust caps. Makes about 6 1/2 pts.

SWEET PICKLES — Irma Foell
(Very Good and Easy to Make) — Portland, Iowa

Wash and pack small and medium size pickles into jars. Add:

2 c. vinegar
2 T. salt (level)
1 T. mixed spices
1 tsp. powdered alum
1 or 2 small dried red peppers

Fill up with cold water and seal. (This is for a 2 qt. jar). To fix several months later --- Dump out pickles, wash off in cold water and drain. Cut each one into, add 2 c. sugar and cover. Stir several times for a couple days---now ready to eat.

LIME PICKLES — Mrs. Ronald Carlsen
Omaha, Neb.

7 lbs. cucumbers
2 c. lime (may be purchased from lumber yard)
2 gal. water

Let stand for 24 hrs. Then rinse good and put on clear water for 3 hrs.

2 qt. vinegar
4 1/2 lbs. sugar
1 tsp. celery seed
1 T. mixed spice
1 T. salt

Let the above come to a boil and pour over pickles. Let stand for 24 hrs. Now put pickles and syrup on stove and boil hard for 35 min. Can while hot.

CANDIED DILL PICKLES — Mrs. Billy Howard

1 qt. dill pickles
3 c. granulated sugar
2/3 c. tarragon or cider vinegar
2 T. mixed pickling spices

Combine sugar, vinegar and pickling spices in a saucepan; bring to a boil and boil for 1 min. Cool slightly. Drain pickles, discarding the juice in which they were packed. Cut pickles into 1/4 in. slices and repack in qt. jar. Strain out pickling spices and pour warm syrup (that you've made) over pickles. Store in refrigerator for 1 week before using.

DILL PICKLES — Laura Hargens, Manning, Iowa

8 qt. pickles
3 qt. water
1 qt. vinegar
1 c. salt
1 tsp. alum
2 heads dill
2 red peppers (optional)

Heat, pour over pickles in jar and seal.

GARLIC DILLS — Roselyn Davids, Spring Valley, Minnesota

Soak pickles overnight in clear water. Cut up to serve as you like. Place a sprig of dill or 1 tsp. of dill on the bottom and the top of each qt. jar and 1 clove of garlic on the bottom only. Pack pickles in jars and add 1/2 tsp. of alum to 1 qt. jar. Boil 9 c. water, 3/4 c. salt (use pickling or coarse salt) and 1 c. vinegar together. Pour over pickles while hot and seal. Leave upstairs for about 2 days to work and then put in cellar.

SPROUT-KRAUT RELISH (American Kimchi?!) — Mrs. Russell Settlemyer, Spirit Lake, Iowa

1 (No. 2) or (No. 303) can sauerkraut (not drained)
1 (No. 2) can bean sprouts
1 (2 oz.) jar pimientos (chopped)
2 c. onion (diced)
2 c. celery (cut up)
2 c. green pepper (diced)
2 c. sugar
2/3 c. vinegar
1/2 tsp. salt

Mix together and refrigerate 24-48 hrs. Keeps forever.

A mosquito is like a child.
When it stops making noise you know it's getting into something.

APPLE AND TOMATO RELISH

Ann Mattix

12 ripe tomatoes
12 tart apples
9 medium onions
2 c. sugar (brown-granulated or mixed)
2 c. vinegar (apple cider)
1-2 T. salt
1 tsp. black pepper
1 tsp. ground cloves
1 tsp. dry mustard
1 tsp. ground cinnamon

Peel and chop up small; tomatoes, apples and onions. Mix all ingredients together and cook until soft and thick. Takes approximately 1 1/2 hrs. As it thickens watch it closely as it can scorch. Put in pt. jars and seal. Makes 6 pts. Goes well with meat, especially chicken and turkey.

JUST-RITE SAUERKRAUT

Nancy Thalacker
Clear Lake, Iowa

Cut cabbage for kraut and pack firmly into jars. Add 1 tsp. salt and 1/2 tsp. sugar for each 1 qt. jar. Pour boiling water over kraut to cover and put on lid and seal. Set in warm place for 1 or 2 weeks until thoroughly fermented.

CHILI SAUCE

Nancy Thalacker
Clear Lake, Iowa

20 tomatoes
12 apples
10 onions
1 bunch celery
2 green peppers
1 red pepper
1/4 c. salt
3 c. sugar
1 T. cinnamon
1 tsp. cloves
1 qt. vinegar

Scald and cut tomatoes and chop into small pieces. Peel apples and chop in small pieces. Peel onions and put them through grinder. Cut up celery in small pieces. Add salt, sugar, spices and vinegar. Cook 2-3 hrs., place in jars and seal.

CALIFORNIA MARINADE

Carol Updegraff
Indianola, Iowa

1 c. salad oil
3/4 c. soy sauce
1/2 c. lemon juice
2 cloves garlic (finely minced)
1/4 c. Worcestershire sauce
1/4 c. prepared mustard
1 T. salt

Blend ingredients; spread over meat in a shallow covered dish.

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CALIFORNIA MARINADE (Continued).

Marinate in refrigerator overnight, or if meat is very tender, for a few hrs. If you wish to marinate a rolled roast or something of similar size, wrap the roast in aluminum foil, leaving a small opening at the top. Pour marinade into foil pouch around roast and seal the foil.

BARBECUE SAUCE

Mrs. Henry Morgan
Burlington, Iowa

1-2 large onion (cut up)
2 c. brown sugar (packed)
1 c. catsup
1/4 c. cider vinegar
1 c. water
1/2 tsp. Liquid Smoke
Dash salt
Few drops garlic juice or use garlic salt and omit other salt

Cut up a large onion or two and add rest of ingredients. Stir together and pour over meat and cook (moderate to low heat). I use the oven for this. Cook about an hour. This can be adjusted to taste, once you've tried it, but our friends are most enthusiastic about this. If you use more meat, double recipe for sauce as it should nearly cover the meat. This amount would do a 3 lb. chicken adequately. For chicken: cut up pieces and brown. Then simmer in sauce in oven or electric skillet. For barbecued meat balls: make balls as usual and brown. Then finish cooking (simmer in sauce). Also excellent for spareribs.

BARBECUE SAUCE

Lindy Hansen
Clear Lake, Iowa

1 bottle Kraft barbecue sauce
1 bottle water (Kraft bottle)
1 c. catsup
2 tsp. Liquid Smoke
1 onion (chopped fine)
1/4 c. oil

Simmer. Refrigerate. Very good on chicken, pheasant, etc.

PARTY MIX

Lilyann Dissinger

2 pkg. pretzels
1 pkg. Kix cereal
1 pkg. Rice Chex
1 pkg. Wheat Chex
1 lb. mixed nuts
1 lb. butter
1 tsp. onion salt
1 tsp. celery salt
1 tsp. garlic salt
1/2 tsp. Worcestershire sauce
1/2 tsp. Tabasco sauce

Continued Next Page.

PARTY MIX (Continued).

Melt butter and add salts and sauces; pour over dry ingredients. Place in roaster in 200° oven for 1 hr. Stir every 15 min. Add nuts for the last 30 min.

CARAMEL CORN

Dorothy Woodward, Mason City, Iowa
Mrs. Marion Dykstra, Bussey, Iowa

6-7 qts. popped corn
2 c. brown sugar
2 sticks oleo
1 tsp. salt
1 tsp. vanilla
1 c. white syrup

Boil sugar, oleo, syrup, salt and vanilla for 5 min. Add 1/2 tsp. soda. Pour over popcorn and stir to coat evenly. Spread on 2 or 3 cookie sheets. Bake at 250° for 30 min., stirring every 10 min. When done break apart with fingers. 1 or 2 c. Spanish peanuts can be mixed with popcorn before pouring on syrup for delicious cracker jacks.

SPICED NUTS

Mrs. Henry Morgan
Burlington, Iowa

1 lb. pecan meats or mix kinds of nuts
1 egg white
1 T. cold water
Salt
1 c. brown sugar
1/2 c. granulated sugar
1 tsp. cinnamon
1/4 tsp. nutmeg

Mix egg white and water, beating a bit with fork until a little foamy. Pour in nuts till all are moistened. Mix spices--pour over nuts--toss slightly. Bake on cookie sheet 1 hr. at 250°. Stir a couple times while baking.

GRAHAM CRACKER GOODIES

Lilyann Dissinger

Line a 9x12 Pyrex baking dish with whole graham crackers. Melt 1/2 c. butter, add 1 c. brown sugar and bring to boil and boil EXACTLY 2 min. Take off fire and add 1/2 c. nuts. Spread over graham crackers. Bake at 350° for 10 min. Cut along lines in crackers.

Cold cash is something no one can keep long enough to warm up.

HOT FUDGE SAUCE — Shirley Lowe

3/4 c. sugar
1/4 c. cocoa
1/4 c. water
2/3 c. evaporated milk
2 tsp. butter
1 tsp. vanilla

In pan combine sugar and cocoa. Gradually add water, bring to boil. Add evaporated milk and boil 5 min. Stir occasionally. Add butter and vanilla; stir till butter melts. Serve warm over ice cream.

NUTTY DESSERT SAUCE — Dorothy Mattson

1 c. sugar
1/4 c. margarine
1/4 c. milk
1 tsp. vanilla
1/3 c. white syrup
1/2 c. pecans (chopped)

Combine sugar, margarine and milk in saucepan. Bring to a boil. Boil for 1 min., stirring constantly. Remove from heat, add syrup, vanilla and nuts. Use hot. Fantastic over chocolate cake squares.

CARAMEL ICE CREAM TOPPING — Lucille Barker

1 c. brown sugar
1/4 c. cream (I use half and half)
3 T. corn syrup
3 T. butter

Combine ingredients in saucepan. Over medium heat, keep stirring constantly. When smooth, remove from heat. Do not refrigerate this sauce, as it will sugar.

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ADDITIONAL RECIPES

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