

Recipes  
From  
The  
Heart

Valborg Lutheran Home  
1101 Grandview Ave.  
Des Moines, Iowa 50316

## Valborg Lutheran Home From Past To Present



The word "Valborgsminde" inscribed above the front door of the Valborg Lutheran Home has a deep but quite a simple meaning. Translated from the Danish, it means "In memory of Valborg."

Valborg, in whose memory the home was named, was the daughter of Mr. Christian Larsen. It was in 1908 that Mr. Larsen challenged the Danish Lutheran Church with his dream that a home for the aged be built. He offered to give the \$15,000 to the Synod if they could raise a matching sum for this purpose. He traveled about various congregations to tell them the need for a home and ask for contributions. Larsen, a farmer, blacksmith, farm implement dealer, was faithful and willing worker in his church and sensitive to the needs of older persons.

Although Larsen was the one that initially started the movement to build a Home for the Aged, there were countless others throughout the Synod who enthusiastically met the challenge by encouraging their local congregations to accept the idea and by helping to raise the necessary funds.

*(Continued on Next Page)*

## (Valborg Lutheran Home - Continued)

The fact that Larsen owned seven lots in Des Moines, three facing Morton Ave. and four facing Grandview Ave., was a deciding factor in the Synod's final approval of the Des Moines location.

On January 22, 1914, groundbreaking ceremonies were held. On October 4, 1914, "Valborgsminde" was completed and dedicated.

In 1949, the Home was enlarged, converting the third floor attic into additional rooms and adding on the west end of the original structure. An elevator was installed in 1953.

On June 22, 1969, a second addition to the facility was dedicated. This included the lounge areas on each floor, for the resident rooms, office space and enclosed stairs at the west end of the building. The cost of this addition, which also included some remodeling in other areas of the Home, was \$177,000.

At the time of the formation of the Lutheran Church in America in 1962, the ownership of the Valborgsminde passed from the former American Evangelical Lutheran Church to the Iowa Synod, LCA. In July of 1969, the Valborg Lutheran Home of the Iowa Lutheran Home in Madrid were merged and governed by the single board of directors elected by the Iowa Synod, LCA.

In January, 1975, The Valborg Home received notice that the oldest section of the building could not pass the stringent Life Safety Code enforced by HEW. Residents receiving Title XIX help could no longer live at Valborg. We knew the day would come when Valborg would lose its license to give nursing care because of the new regulations governing Intermediate Care Facilities. Something had to be done.

The Lutheran Congregations of The Greater Des Moines Area decided to take action. A new corporation called Central Iowa Lutheran Home of the aging formed in Oct., 1975. Eighteen ALC, LCA and LCMS congregations joined immediately, since then eight congregations have joined.

*(Continued on Next Page)*

## **(Valborg Lutheran Home - Continued)**

On January 1, 1976, the new corporation (CILHA) assumed full responsibility for the operation for the Valborg Lutheran Home under a lease arrangement with the Iowa Synod, LCA. In July of 1976, the Iowa Synod, LCA deeded the Valborg Home and its assests to the new corporation and CILHA became the owner and sponsor.

This exciting, cooperative ministry to older persons by these twenty-six congregations has grown into the soon-to-be-completed Luther Park Complex on Hull Ave. and a complete program of multi-levels of care and living for older persons ranging from independent living unit (apartments) to Skilled Nursing Care serving over three hundred persons.

It all started at the turn of the century out of the concern of Christian Laymen. "Valborgminde" remains today a very vital part of the ministry of the Lutheran Church. Today, after extensive remodeling, the Valborg Home looks toward many more years of providing a safe, beautiful, comfortable place for older persons to call home. It is licensed as a 46 bed Residential Care Facility, offering housing, meals and personal assistance and services to persons who need no nursing care. Here, Christian Fellowship, love to the atmosphere of "family" and dedicated service continues to prevail and grow out of the roots which run very deep into the soil of caring.

Phone: (515) 265-1629

Fax: (515) 265-7124

Email: [LCSVALBORG@AOL.COM](mailto:LCSVALBORG@AOL.COM)

# SUBSTITUTIONS

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

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Appetizers

and

Dips

## Hints for Appetizers, Beverages, and Dips

Save leftover fruit juices until there's enough to freeze in an ice tray. The cubes add extra flavor to lemonade, iced tea or Jello.

You won't need sugar with your tea if you drink Jasmine tea or the lighter bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also slows melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

You can thaw frozen orange juice right in the container. Remove the top metal lid and place the opened container in the microwave. Heat on high power 30 seconds for 6 oz. and 45 seconds for 12 oz.

Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.

Coffee beans and ground coffee retain their strong flavor longer if kept in the freezer.

Use a teaspoon of nonfat dry milk in your coffee or tea rather than nondairy creamers which contain saturated fats and sugar.

To keep tea and tea bags fresh, store them in air-tight containers in a cool, dark place away from strong-flavored foods.

When serving hors d'oeuvres on a silver tray, you may wish to protect the tray from acids by covering it with a layer of green lettuce.

Use yogurt instead of sour cream for dips and you will reduce the calorie content.

Buy a loaf of unsliced pumpernickle bread and freeze it for an hour so that you can slice it wafer thin. Then spread with unsalted butter and a light sprinkling of Parmesan cheese. Toast at 325° until crisp.

Cut circles of bread with a cookie cutter, spread with mayonnaise, top with a cucumber and a pimienta sliver or a sprig of dill.

## **Apple Dip**

- |                             |                  |
|-----------------------------|------------------|
| 1 (8 oz.) pkg. cream cheese | ¼ C. white sugar |
| ¾ C. brown sugar            | 2 tsp. vanilla   |

Combine all ingredients. Slice apples and dip.

*Eleanor Andrew*

## **Artichoke Dip**

- |                                                         |                                 |
|---------------------------------------------------------|---------------------------------|
| 2 (14 oz.) cans marinated<br>artichoke hearts (chopped) | 1 pkg. tomato-basil Feta cheese |
| 1 C. grated Parmesan cheese                             | Dash of Worcestershire sauce    |
| 1 C. mayonnaise                                         | Dash of Tabasco sauce           |
|                                                         | 1 tsp. garlic powder            |

Mix well. Bake in slightly greased casserole dish for 20 minutes at 325°. Serve with Tricuits.

*Sherry Sollenbarger*

## **Cheeseball**

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2 (8 oz.) pkg. cream cheese | ¼ pkg. dry ranch<br>dressing mix |
| 1 pkg. dried beef           |                                  |
| 1 C. green onion            |                                  |

Chop beef and onion. Mix with cheese and dressing mix. Form ball, chill and serve with assorted crackers or chips.

*L. Davis*

## **Cheeseball**

2 bunch green garden  
onions (stem & all)

4 pkgs. budding beef  
3 pkgs. cream cheese

Combine 3 pkg. cream cheese with chopped garden green onions. Chop 3 pkgs. budding beef in small squares add to mixture. Form into a ball. With remaining pkg. of beef wrap slices around ball. Serve with Ritz crackers.

*Kathy Harper*

## **Cheesecake Fruit Dip**

1 (8 oz.) pkg. cream cheese  
(softened)

2 tsp. grated orange peel  
Dash of ginger

1 (7 oz.) jar marshmallow creme

Combine ingredinets. Mix with mixer. Makes about 2 cups. Serve with fresh strawberries, pineapple, melon or any fruit, cut in bite-sized pieces for dipping.

*Amy Sollenbarger*

## **Crab Dip**

16 oz. cream cheese  
12 oz. cocktai sauce

12 oz. imitation crab meat

In 12-inch pizza pan spread cream cheese. Pour and spread cocktail sauce. Shred crab meat on top.

*Rita Peiffer*

## **Crab-Stuffed Mushrooms**

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 12 lg. mushrooms                    | 1 T. chopped parsley             |
| ¼ C. margarine or butter            | ¼ C. plain dry bread crumbs      |
| 2 T. finely chopped onion           | 1 (6 oz.) can crabmeat (drained) |
| 2 cloves of garlic (finely chopped) |                                  |

Preheat oven to 350°. Remove stems from mushrooms and finely chop. In large skillet, lightly brown mushroom caps in margarine. Place the caps in an 8 or 9-inch square baking dish. In same skillet, cook and stir chopped stems, onion, garlic and parsley until lightly browned. Stir in crumbs and crabmeat and fill mushroom caps. Bake 8 to 10 minutes. Serve immediately.

*Sherry Sollenbarger*

## **Deviled Eggs**

- |                          |                             |
|--------------------------|-----------------------------|
| 1 dozen hard boiled eggs | ¼ C. finely shredded cheese |
| ½ C. Miracle Whip        | ¼ C. sweet relish           |
| 1 T. mustard             | ¼ tsp. salt                 |
| ¼ C. ham (diced)         | Dash pepper                 |
| 2 T. onion (minced)      | Dash paprika                |

Cut hard boiled egg in half. In bowl combine egg yolk, Miracle Whip and mustard and beat until creamy. Add ham, onion, cheese, relish, salt and pepper. Fill each egg white half and sprinkle with paprika.

*Laura McDonald*

## **Dill Dip**

- |                     |                               |
|---------------------|-------------------------------|
| 1 C. sour cream     | 1 T. chopped or minced onions |
| ½ C. salad dressing | ½ tsp. celery seed            |
| 1 T. dill weed      | 1/8 tsp. garlic powder        |
| 1 T. parsley flakes | ¼ tsp. seasoning salt         |

Combine all ingredients. Refrigerate several hours or overnight. Serve with crackers or fresh vegetables.

*Janet Hargis*

## **Fruit Dip**

- |                                |            |
|--------------------------------|------------|
| 1 carton yogurt                | 2 T. sugar |
| ½ (8 oz.) container sour cream |            |

Beat all ingredients until smooth. Serve with fruit pieces.

*Gay Lea Wilson*

## **Layered Mexican Dip**

- |                              |                            |
|------------------------------|----------------------------|
| 2 (8 oz.) pkgs. cream cheese | 3-4 green onions (chopped) |
| 30 oz. refried beans (spicy) | 1 tomato (chopped)         |
| 1 large bottle picante sauce | Black olives (chopped)     |
| 1 large pkg. cheddar cheese  |                            |

Using a 9x13-inch baking dish layer as listed and watch it disappear.

*Nancy De Angelo*

## Mexican Dip

- |                           |                              |
|---------------------------|------------------------------|
| 1 can refried beans       | 1 C. shredded cheddar cheese |
| ½ C. sour cream           | Salsa                        |
| ½ C. chopped green pepper | Avocado                      |
| ½ C. sliced ripe olives   | Green chili                  |
| 1 tomato (chopped)        | Green onions                 |

Spread dip on platter. Spread sour cream on top. Layer others as want (any order). Add salsa if like to sour cream. Layer mashed avocado, green chili and onions (chopped). Use tortilla chips to scoop.

*Frances Bond*

## Mexican Pinwheels

- |                                |                          |
|--------------------------------|--------------------------|
| 16 oz. cream cheese (softened) | ½ C. chopped ripe olives |
| 2 oz. shredded cheddar cheese  | 2 T. taco seasoning mix  |
| 1 can chopped green chilies    | 4 to 6 flour tortillas   |

Mix together all ingredients except tortillas. Spread mixture on tortillas. Roll up (jelly roll style). Chill. Slice in ¾ to 1-inch pieces. Serve with picante sauce.

*Marge LePorte*

## Seven Layer Taco Dip

- |                             |                           |
|-----------------------------|---------------------------|
| 1 can bean dip              | 8 green onions (chopped)  |
| 1 tub avocado dip           | 2 tomatoes (diced)        |
| 1 (8 oz.) carton sour cream | 1 can sliced black olive  |
| ½ pkg. taco seasoning       | 2 C. shredded taco cheese |

In 12-inch pizza pan spread bean dip. Then spread avocado dip. Mix sour cream and taco seasoning together and spread on top. Add onions, tomatoes and black olives evenly. Put cheese on top.

*Rita Peiffer*

## **Nachos**

½ lb. ground beef	2 cans refried beans
½ lb. Italian sausage	1 (4 oz.) can chopped green chilies
1 large onion (chopped)	2-3 C. cheddar cheese (shredded)
Salt	1 (12 oz.) bottle taco sauce
Liquid hot pepper seasoning	

### **GARNISH:**

Olives	Avocado
Green onions	Tortilla chips
Sour cream	

Brown beef and sausage in skillet. Add onion stir until lightly browned. Discard fat. Season with salt and liquid hot pepper seasoning. Spread 1 or 2 cans refried beans in shallow 10x15-inch pan. Top with meat. Sprinkle green chilies over meat. Cover with shredded cheese. Drizzle taco sauce over top. Bake uncovered for 20 to 25 minutes. Remove from oven and quickly garnish with green onion, olives, avocado and sour cream. Serve with flavored corn chips. Serves 4 to 6.

*Juanita Reinier*

## **7-Layer Dip**

2 (10 oz.) cans jalapeno bean dip	1 pkg. taco seasoning mix
3 medium avocados (ripe)	1 C. chopped onion or green chilies (drained)
2 T. lemon juice	2 C. chopped tomatoes (drained)
½ tsp. salt	1 lg. C. pitted black olives (drained & chopped)
Dash of garlic powder	1 C. grated cheddar cheese
½ C. mayonnaise	
1 C. sour cream	

Layer 1: Spread bean dip on 10-inch platter.

Layer 2: Blend together next 4 ingredients. Layer over beans.

Layer 3: Blend together next 3 ingredients. Place over avocado mixture.

Layer 4-7: Layer remaining ingredients one at a time.

Serve with tortillas chips.

**Shanghai Egg Rolls**

½ lb. lean ground pork	1 tsp. salt
½ lb. finely chopped (cooked, shrimp)	¼ tsp. pepper
½ C. water chestnuts (chopped)	1 egg (slightly beaten)
¼ C. dried mushrooms (soaked, then chopped)	1 T. soy sauce
	25 to 30 egg roll wrappers

Combine first 4 ingredients in a large bowl. Season with salt and pepper. Blend egg and soy sauce. At one corner of egg roll wrapper, place 2 T. of mixture. Roll ½ way, fold over L and R corners (to reassemble an unsealed envelope). Moisten outer edges of wrapper (to seal). Finish rolling egg roll to "close the rounded envelope". Deep fat fry until done. Serve with sweet and sour sauce.

**SWEET AND SOUR SAUCE:**

¼ C. vinegar	1 T. water
¼ C. sugar	2 T. tomato ketchup
2 T. soy sauce	Pinch of salt
2 tsp. cornstarch	

Combine vinegar, sugar, soy sauce, cornstarch, water, ketchup and salt in a small saucepan. Cook over low heat until it boils and thickens, stirring constantly.

*Lou Ebert***Spinach Dip**

1 pkg. frozen spinach (chopped)	1 C. Hellmann's dressing
½ C. parsley (chopped)	1 C. sour cream
½ C. green onions (chopped)	

Drain this on paper towel. You may squeeze juice out by twisting. Mix and chill.

*Frances Bond*

Phonetic Spelling

1 egg, 1/2 cup milk, 1/4 cup vegetable oil, 1/2 cup sugar, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt, 1/2 cup yeast.

Directions:

1. In a large bowl, mix the yeast, sugar, and milk. Let it rise for 10 minutes. 2. Add the flour, oil, and baking powder. Mix until a soft dough is formed. 3. Roll out the dough on a floured surface. 4. Cut into strips. 5. Fry in hot oil for 2-3 minutes. 6. Drain on paper towels. 7. Sprinkle with salt and sugar.

1/2 cup yeast, 1/2 cup sugar, 1/2 cup milk, 1/4 cup vegetable oil, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt.

1/2 cup yeast, 1/2 cup sugar, 1/2 cup milk, 1/4 cup vegetable oil, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt.

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1/2 cup yeast, 1/2 cup sugar, 1/2 cup milk, 1/4 cup vegetable oil, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt.



# Beverages

## HELPFUL HINTS

When baking prepared biscuits in a tube, place two together, one on top of the other, to make bigger and better biscuits.

If plastic bread wrapper gets burned to the outside of electric skillet, clean with fingernail polish remover.

Parboil potatoes before placing them in the oven to bake. Place potatoes in kettle of hot water. Cook 15 minutes. Move carefully so as not to break skins. Potatoes will bake in less time.

Use powdered milk in cooking. For 1 cup milk add  $\frac{1}{3}$  cup powdered milk to 1 cup water.

Pierce chicken livers with fork to keep them from splattering when frying.

Doughnuts for breakfast: Use prepared biscuit tube mix. Punch hole in biscuit with thumb. Fry in hot fat. Turn over and brown other side. Drain. Roll in cinnamon and sugar.

To make long "curled" chocolate shavings for cakes, pies or puddings, use the vegetable peeler to shave the chocolate.

Add a piece of lemon peel to the cookie jar when placing fresh cookies in it. Keeps them fresh and crisp longer.

To store cleaned celery for several days, clean and place in refrigerator in jar of water.

If someone in the family is on a salt-free diet, try cooking a turnip with the boiled potatoes. It makes it taste as if salt has been added.

Save colored maraschino cherry juice or spiced apple juice for cooking rice or tapioca puddings to add color and flavor.

Place eggs in refrigerator door space the same way as they are in the carton, small end down for storage.

Clean green onions without cutting off roots. Store in plastic bag with paper towel. Cut off roots just before serving.

Stuff a couple of paper towels in plastic bag with cleaned onions or radishes. Keeps them fresh longer.

## Banana Strawberry Whip (Low-Cal for Dieters)

- |                                   |                                                |
|-----------------------------------|------------------------------------------------|
| 1 banana (chopped)                | 1 C. lowfat cottage cheese                     |
| 1 C. frozen strawberries (thawed) | 1 (8 oz.) carton lowfat whipped topping (2 C.) |
| 1 T. sweetener                    |                                                |

Mix all ingredients and let stand in refrigerator for 1 hour. Pour into serving dishes.

*Daisy Martin*

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## Cranberry Party Punch

- |                                                                 |                                                          |
|-----------------------------------------------------------------|----------------------------------------------------------|
| 3 (12 oz.) cans frozen lemonade concentrate (thawed, undiluted) | 1 C. frozen orange juice concentrate (thawed, undiluted) |
| 1 qt. cranberry juice cocktail                                  | 1 (33.8 oz.) bottle gingerale (chilled)                  |
|                                                                 | 1 orange (thinly sliced)                                 |

Combine juices, chill. Add gingerale just before serving. Garnish with orange slices. Yields: 1½ gallons.

*Frances Bond*

## Dieters Pineapple Gel

- |                               |                                                        |
|-------------------------------|--------------------------------------------------------|
| 1 envelope unflavored gelatin | 1 (8¼ oz.) can unsweetened crushed pineapple (drained) |
| 1½ C. pineapple juice         | ¼ C. orange juice                                      |

In a 1½ qt. saucepan sprinkle gelatin over 1 C. of the pineapple juice and allow to soften, about 5 minutes. Add crushed pineapple, over moderate heat, stir until gelatin dissolve. Take off heat. Stir in remaining pineapple juice and orange juice. Chill until partly set; stir gently to distribute pineapple. Turn into custard cups or dessert dishes. Chill to set. Makes 6 servings.

*Daisy Martin*

## **Hot Punch**

1 qt. apple juice	2 sticks cinnamon
3 C. cranberry juice	¼ tsp. salt
4 whole cloves	¼ C. brown sugar

Put the juices in a percolator. Put rest of the ingredients in the basket of the percolator and percolate. This makes 8 cups punch.

*Karen Wells*

## **Miss Aimee B's Special Lemonade**

SERVES 6:

2 medium lemons  
1½ C. sugar  
1 pt. milk

SERVES 32:

11 lemons  
8 C. sugar  
11 C. milk

Wash the lemons, cut off the ends and quarter them. Hand squeeze the juice from the lemons into a bowl. In either a blender or food processor, coarsely chop the lemons. Do not puree! Add chopped lemons to juice. Next, add the sugar; stir well and let the mixture set for 30 minutes. This allows the sugar to pull the juices out of the lemons. Finally add the 2 cups of milk; stir well again. Cover and refrigerate several hours or overnight. To serve, strain the concentrate to remove the rinds and seeds. Fill a glass with ½ cup lemonade mixture, ½ cup club soda and ½ C. crushed ice. Stir well.

*Gay Lea Wilson*

## Mulled Wine Punch

1 qt. cranberry juice cocktail	6 cloves
½ C. sugar	6 allspice
½ C. brown sugar	1 bottle burgandy
½ stick cinnamon	

Mix juice and sugars in large saucepan. Tie spices in cheesecloth and add to pan, heat to boiling uncovered. Reduce heat, simmer 5 minutes. Discard spice bag, add burgandy, heat until piping hot, but do not boil.

*Linda Westergaard*

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## Percolator Cider

1 qt. apple cider	3 sticks cinnamon
1 pt. cranberry juice	1 tsp. whole allspice
1 pt. orange juice	1 tsp. whole cloves
½ C. sugar	

Put cider, juices and sugar in percolator and mix well. In coffeepot basket put spices. Perk as usual.

*Frances Bond*

*A friend - is a person who goes around saying  
nice things about you, behind your back.*

INTRODUCTION

1. The first part of the book is devoted to a general introduction to the subject of the book. It is divided into two parts: the first part deals with the general principles of the subject, and the second part deals with the specific details of the subject.

2. The second part of the book is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.

3. The third part of the book is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.

CHAPTER I

1. The first part of the chapter is devoted to a general introduction to the subject of the chapter. It is divided into two parts: the first part deals with the general principles of the subject, and the second part deals with the specific details of the subject.

2. The second part of the chapter is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.

3. The third part of the chapter is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.

4. The fourth part of the chapter is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.

5. The fifth part of the chapter is devoted to a detailed discussion of the various aspects of the subject. It is divided into three parts: the first part deals with the general principles of the subject, the second part deals with the specific details of the subject, and the third part deals with the practical applications of the subject.



*Breads*

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## Hints for Breads and Spreads

Dry yeast is soaked or softened in warm liquid. Technically, you cannot "dissolve the yeast"; it is a living organism, cells merely separate, activate, and reconstitute to expand and reproduce. They will appear to dissolve only because the cells are exceedingly small.

Hot water kills yeast. You can tell if the temperature is correct by pouring the water over your forearm; if you cannot feel either hot or cold, the temperature is just right.

Add ½ tsp. of sugar to the yeast when stirring it into the water to soften. If it foams and bubbles in ten minutes, you know the yeast is alive and active.

There is a difference in the yeast called for in old recipes and today's. A "cup of yeast" called for in some older recipes is similar to sourdough batter; "2 ounces" yeast called for in a 1954 cookbook is equal to a one-fourth ounce envelope of today's yeast.

Use water that has been used to boil potatoes to make bread more moist, adds flavor and provides food for the yeast.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

When creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

Dough won't stick to your hands if it is kneaded inside a large plastic bag.

To help yeast dough rise quickly and evenly, use a heating pad. Set the covered bowl on the pad with its temperature set at medium. If the television is in use, it makes a nice warm spot for dough to rise.

Another way to raise bread; turn oven to 200°. When temperature is reached, shut oven off and put bread in to rise.

Dough can be raised in 15 minutes using a microwave. Place the dough in a microwave proof bowl and put it in the microwave with another container of 8 ounces of water. Heat at 10% power (or lowest setting) for 3 minutes. Let rest in the oven for three minutes, then heat again for 3 minutes. Let rest 6 minutes. Dough should have doubled in bulk and is ready for shaping.

To thaw frozen bread loaves, place in clean brown paper and put in 325° oven for 5 to 6 minutes to thaw completely. For thawing rolls, allow several more minutes. 20 seconds in the microwave is enough time for 2 slices to thaw.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil are absorbed more readily into the dough or batter and do not help release baked goods from pan.

## Apple-Nut Bread

2 C. sugar	1 tsp. cinnamon
1 C. oil	1 tsp. baking soda
3 eggs	2 tsp. vanilla
3 C. flour	3 C. grated apples
1 tsp. salt	1 C. chopped black walnuts

Cream sugar, oil and eggs. Add sifted flour, salt, cinnamon and soda. Add vanilla, grated apples and nuts. It takes about 6 medium apples to make 3 cups grated. Do not chop the apples, grating them makes them finer and give the bread more moistness. Pour mixture into 2 greased loaf pans and sprinkle with sugar. Bake at 325° for an hour.

*Hilda Sissel*

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## Aunt Grace's Pumpkin Bread

3 $\frac{1}{3}$ C. sifted flour	1 tsp. nutmeg (she uses 1 $\frac{1}{2}$ tsp.)
2 tsp. soda	3 C. sugar
1 $\frac{1}{2}$ tsp. salt	1 C. oil
1 tsp. cinnamon	4 eggs
(she uses 1 $\frac{1}{2}$ tsp.)	$\frac{2}{3}$ C. water

Sift dry ingredients along with sugar in mixing bowl. Mix well then add wet ingredients. Beat well and then add 2 C. canned pumpkin. Again beat well. Optional ingredients: 2 C. nuts (pecans) or 2 C. raisins or both. Bake at 350° for about 20 minutes and keep an eye on it.

*Grace Howsare*

## Banana Bread

½ C. butter or margarine	½ tsp. baking soda
1 C. sugar	2 C. flour (1 C. white, 1 C. whole-wheat)
2 eggs	1 C. walnuts (opt.)
3 T. sour milk	1 C. mashed bananas
½ tsp. salt	

Mix first 3 ingredients until well blended, then stir in sour milk (or butter-milk) and mashed bananas. Stir salt, soda and flour together and stir in. Blend in nuts. Pour into well-greased medium-sized loaf pan (or 4 small loaf pans). Let stand 20 minutes. Preheat oven to 350°. Bake 1 hour on center rack of oven or until a knife inserted in the center comes out clean. Cool before slicing.

*Lela Wilson*

## Banana Nut Bread

1¾ C. all-purpose flour	⅓ C. shortening
1¼ tsp. baking powder	2 eggs
¾ tsp. salt	2 T. milk
½ tsp. baking soda	1 C. mashed ripe bananas (3 medium bananas)
⅔ C. sugar	¼ C. chopped pecans or walnuts

Stir together flour, baking powder, salt and soda; set aside. In simmer mixer bowl, cream sugar and shortening until light and fluffy. Add eggs one at a time, and milk, beat well. Add flour mixture and mashed bananas alternately to cream mixture, beating smooth after each addition. Fold in nuts. Turn into lightly greased 8x4x2-inch loaf pan. Bake at 350° until a wooden pick inserted near center comes out clean, 60 to 65 minutes. Cool 10 minutes remove from pan. Cool on wire rack. Wrap and store overnight.

*Kathy Harper*

## Banana Nut Bread

½ C. butter	½ tsp. soda
1 C. sugar	2 C. flour
2 eggs	1 C. nuts
3 T. sour milk	1 C. bananas (mashed)
½ tsp. salt	

Mix first three ingredients until well blended, then stir in sour milk (or buttermilk) and mashed bananas. Sift salt, soda and flour together and stir in. Blend in nuts. Pour into well greased medium sized loaf pan. Let stand 20 minutes. While batter is setting, heat oven to 350°. Bake loaf on center rack about 1 hour or until wooden pick inserted in center, comes out clean. Cool before slicing (this is one bread I like to make a day or two ahead).

*Viola Lewis*

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## Bread

2 C. milk (scalded)	1 egg (beaten)
1 tsp. salt	1 pkg. yeast
½ C. shortening	¼ C. warm water
¼ C. honey	5 or 6 C. flour
¼ C. sugar	

Mix as for any bread. Makes 2 loaves. Bake at 350° for about 45 minutes.

*Karen Wells*

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

## Bread Ring

½ C. sugar	6½ C. flour
3 T. Crisco	½-1 stick of margarine
1 T. salt	½ C. brown sugar
1 egg	2 tsp. cinnamon
1 pkg. yeast mix	Raisins & nuts (opt.)
1 C. lukewarm water	

Cream together sugar, Crisco and salt. Add egg and mix thoroughly. Add water and yeast mix; blend well. Add 1 more cup water. Beat in 6½ C. flour, beating well. Place in greased bowl. Let rise to the top of bowl, then on floured surface roll ½ dough into a rectangle. Spread margarine over rectangle. Sprinkle with ½ C. brown sugar, 2 tsp. cinnamon, raisins and nuts. Roll into a "snake" and place in a circle on a greased cookie sheet, take scissors and cut edges 4-inches apart, do not cut all the way through. Bake at 350° for 30 minutes or until done. Frost and decorate with red and green cherries. Makes 2 bread rings.

*Nancy De Angelo*

## Fast Carmel Rolls

1 C. brown sugar	Chopped nuts
2 T. milk	3 tubes buttermilk biscuits
1 stick margarine	4 tsp. cinnamon (or to taste)
1 tsp. vanilla	½ C. sugar (or to taste)

Mix brown sugar, milk, margarine and vanilla to boil. In bundt pan greased with Pam, sprinkle chopped nuts on bottom of pan. Put ½ of mixture on top of nuts. Roll biscuits in cinnamon-sugar mixture. Stand biscuits on end. You may have to squeeze together to get it to fit. Pour remaining mixture over rolls. Bake at 350° for 30 minutes. Rolls freeze well.

*Amy Sollenbarger*

## Cinnamon Rolls

2 C. lukewarm milk	7-7½ C. flour
½ C. sugar	6 T. butter or margarine
2 tsp. salt	¾ C. sugar
2 pkgs. dry yeast	3 tsp. cinnamon
2 eggs	Optional: ¾ C. raisins &
½ C. cooking oil	½ C. chopped nuts

Prepare yeast according to directions on the package. Mix together the warm milk, sugar and salt. Then mix in the prepared yeast mixture. Add eggs and oil. Sift into this 3 or 4 cups of flour. Mix together thoroughly. Allow to stand at room temperature about 10 to 15 minutes. Then mix in enough sifted flour so dough is easy to handle, not sticky. Turn dough into a floured board. Knead until smooth and elastic and does not stick to the board (approx. 5 minutes). Oil the same bowl or a larger one. Put the dough in and press down. Turn it over and cover with a damp cloth and place in 80° draft free place (a slightly warmed oven works well for this). Allow to rise until double in size (1½-2½ hours). Punch down, turn over in bowl and cover. Let rise again until almost double in size (30 to 60 minutes). Spread out onto a floured board. Lightly flour and roll out to a rectangle about ¾-inch thick. Spread with the melted butter or margarine, then sprinkle over the entire area a mixture of the ¾ C. sugar and 3 tsp. cinnamon. If desired, scatter the raisins and/or nuts. Roll up tightly, starting at the long side of the rectangle. Pinch edges to seal the roll. Cut into 1¼ to 1½-inch slices. Place tightly in a greased pan (use two 9x13-inch pans). Cover with a damp cloth and allow to rise at room temperature until double in bulk. Bake in 375° oven for 25 to 30 minutes. Allow to cool and frost with a favorite frosting.

### MAPLE NUT FROSTING:

3 T. liquid coffee	2 T. margarine
2 T. milk	Pinch of salt
1 C. powdered sugar (or more)	1 tsp. maple flavoring

Warm the coffee, milk and margarine in a small saucepan. Add salt and mix in sufficient powdered sugar to make a smooth, spreadable mixture. Mix in the maple flavoring. Spread on rolls while they are still slightly warm.

*In Loving Memory of my husband, Daryl  
(Submitted by Lou Ebert)*

## Focaccia Bread

- |                                  |                                                          |
|----------------------------------|----------------------------------------------------------|
| 1½ T. cornmeal                   | 1 C. water                                               |
| 2½ C. flour                      | ¼ C. olive oil (divided)                                 |
| ½ C. oatmeal                     | 4 to 6 dried tomatoes (packed in oil, drained & chopped) |
| 2 T. Italian seasoning (divided) | ½ onion (sliced & sauteed)                               |
| 1 pkg. yeast                     | ¼ C. Parmesan cheese                                     |
| 2 tsp. sugar                     |                                                          |
| 1½ tsp. garlic salt (divide)     |                                                          |

Lightly spray a 9x13-inch baking dish. Dust with cornmeal. In large bowl, combine 1 C. flour, oatmeal, 1 T. Italian seasoning, yeast, sugar and 1 tsp. garlic salt; mix well. In small saucepan, heat water and 2 T. olive oil until very warm (120° to 130°). Stir into flour mixture. Gradually stir in enough remaining flour to make a soft dough. Turn dough out onto lightly floured surface. Knead 8 to 10 minutes or until smooth and elastic. Cover and let rest 10 minutes. Pat dough into prepared pan, pressing dough out to edges of pan. Using fingertips, poke indentations all over surface of dough. Brush with remaining 2 T. oil. Sprinkle with remaining 1 T. Italian seasoning and ½ tsp. garlic salt. Arrange dried tomatoes and onions on top. Sprinkle with cheese. Cover; let rise in warm place until doubled (about 30 minutes). Bake 25 to 30 minutes in 400° oven. Makes 12 servings.

*Marge LePorte*

*The only fair way to talk about somebody is to speak as though you knew he was listening in.*

## French Toast

- |                |                      |
|----------------|----------------------|
| 2 eggs         | 1 C. flour           |
| ½ C. milk      | ½ tsp. baking powder |
| ½ tsp. vanilla | 8-10 slices bread    |
| ¼ C. sugar     | 1½ C. oil            |
| ¼ tsp. salt    |                      |

Heat oil to 375° deep enough for deep frying. Cut bread slices in half. Combine the first 5 ingredients. Stir in flour and baking powder. Dip the bread in the batter. Drop into oil. Cook until golden brown. Remove and drain on a wire rack. Dip one side in granulated sugar.

*Juanita Reinier*

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## Lemon Yogurt Bread

- |                      |                     |
|----------------------|---------------------|
| 3 C. flour           | 1 C. vegetable oil  |
| 1 tsp. salt          | 1½ C. sugar         |
| 1 tsp. baking soda   | 2 C. lemon yogurt   |
| ½ tsp. baking powder | 1 T. lemon extract  |
| 3 eggs               | 1 C. chopped pecans |

Heat oven to 350°. Combine dry ingredients, set aside. Beat in eggs lightly. Add oil and sugar, cream well. Mix in yogurt, extract and pecans. Spoon into two well greased loaf pans and bake 1 hour.

*Scatter sunshine everywhere you go.*

## Mom's Pie Crust

3 C. flour	1 egg (beaten)
1 C. shortening	1 tsp. vinegar
1 tsp. salt	5 T. COLD water

Cut first 3 ingredients together. Mix in egg, vinegar and water. Work only until blended. Overworking will make dough tough. Roll out on floured surface. This recipe is very tender. Makes 1 (2-crust) pie.

*Glenna Colyn*

## Monkey Bread

3 tubes small size biscuits	1½ sticks margarine
½ tsp. cinnamon	1 tsp. cinnamon
⅓ C. sugar	1 C. brown sugar
Chopped nuts (opt.)	Shortening

In bowl or large freezer bag add ½ tsp. cinnamon and ⅓ C. sugar. Cut each biscuit in 4 pieces. Toss or roll in cinnamon/sugar mixture. Grease bundt pan with Crisco. Place nuts in bottom, then layers of biscuits. In a saucepan combine margarine, 1 tsp. cinnamon and brown sugar. Boil 2 to 3 minutes. Pour over biscuits and nuts. Bake at 350° for 20 minutes. Cool 10 minutes and turn out onto plate.

*Paula Miles*

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

## Monkey Bread

3 cans biscuits  
 ½ C. sugar  
 ½ tsp. cinnamon

¾ C. sugar  
 ¾ tsp. cinnamon  
 1 stick oleo

Mix ½ C. sugar and ½ tsp. cinnamon. Cut biscuits in quarters. Roll in sugar and cinnamon mixture. Put in greased and floured bundt pan. Melt ¾ C. sugar and ¾ tsp. cinnamon and 1 stick of margarine. Heat until sugar melts and pour over biscuits. Bake at 350° for 30 to 35 minutes. Let stand 10 minutes and invest on plate.

*Kay Kaipust*

## Overnight Caramel Rolls

1 pkg. Rhodes frozen dinner rolls	Scant ½ C. sugar
1 (3 oz.) pkg. butterscotch pudding mix	½ tsp. cinnamon
½ C. nuts (chopped)	½ C. butter
	½ C. brown sugar (firmly packed)

Grease a 9x13-inch baking pan; set frozen dinner rolls (24 in a package) into the bottom of the pan in rows. Sprinkle the cinnamon and sugar over the top. Then sprinkle nuts and dry pudding mix. Melt butter and brown sugar in a separate pan. Pour this mixture over the top of the dough and other ingredients (it looks terrible), but cover pan with aluminum foil and leave out overnight. Bake at 350° for 30 minutes the next morning. Turn out and serve warm.

*Linda Mahlberg*

## Pumpkin Bread

3 $\frac{1}{3}$ C. sifted flour	3 C. sugar
2 tsp. soda	1 C. salad oil
1 $\frac{1}{2}$ tsp. salt	$\frac{2}{3}$ C. water
1 tsp. cinnamon	4 eggs
1 tsp. nutmeg	2 C. pumpkin

Sift together dry ingredients including sugar into a large bowl. Make a deep well in dry ingredients and all other remaining ones. Mix until smooth. Proportion batter into 3 regular or 2 large bread pans that have been greased. Place a strip of waxed paper in bottom of pan. Bake at 350° for about an hour or until done. Cool slightly before turning out onto racks.

*Karen Wells*

## Raisin Rolls

1 $\frac{1}{2}$ C. flour	$\frac{1}{3}$ C. Crisco
1 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. salt

Mix above ingredients as for pie crust. Roll out into thin crust, cover with raisins. Roll the crust into a long roll and slice. Cover with 1 C. sugar and pour boiling water over top until completely covered. Bake at 350° until done.

*Karen Wells*

*Wrinkles should merely show  
where the smiles have been.*

## Rhubarb Bread

### CREAM:

1/3 C. oil

1 egg

3/4 C. sugar

### ADD AND MIX:

1 1/4 C. flour

1 tsp. soda

1/2 C. sour milk

3/4 C. rhubarb

1/2 tsp. salt

1/4 C. nuts

Pour into greased and floured loaf pans, only half full. Sprinkle 1 T. sugar and 1/4 tsp. cinnamon over top. Bake at 350° for 1 hour. Check at 50 to 55 minutes.

*Hilda Sissel*

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## Wheat Muffins

1 C. flour (1/2 reg. & 1/2 wheat)

1/3 C. sugar

1/2 tsp. salt

2 1/2 tsp. baking powder

1 C. Instant Ralston Cereal

1 egg (beaten)

3/4 C. milk

1/4 C. oil

3/4 C. fresh or frozen blueberries

Add dry ingredients together and mix. Add wet to dry and mix. Do not over-mix. Fill tin/paper 2/3 full. Bake at 400° for 20 minutes. Serve warm.

*Frances Bond*

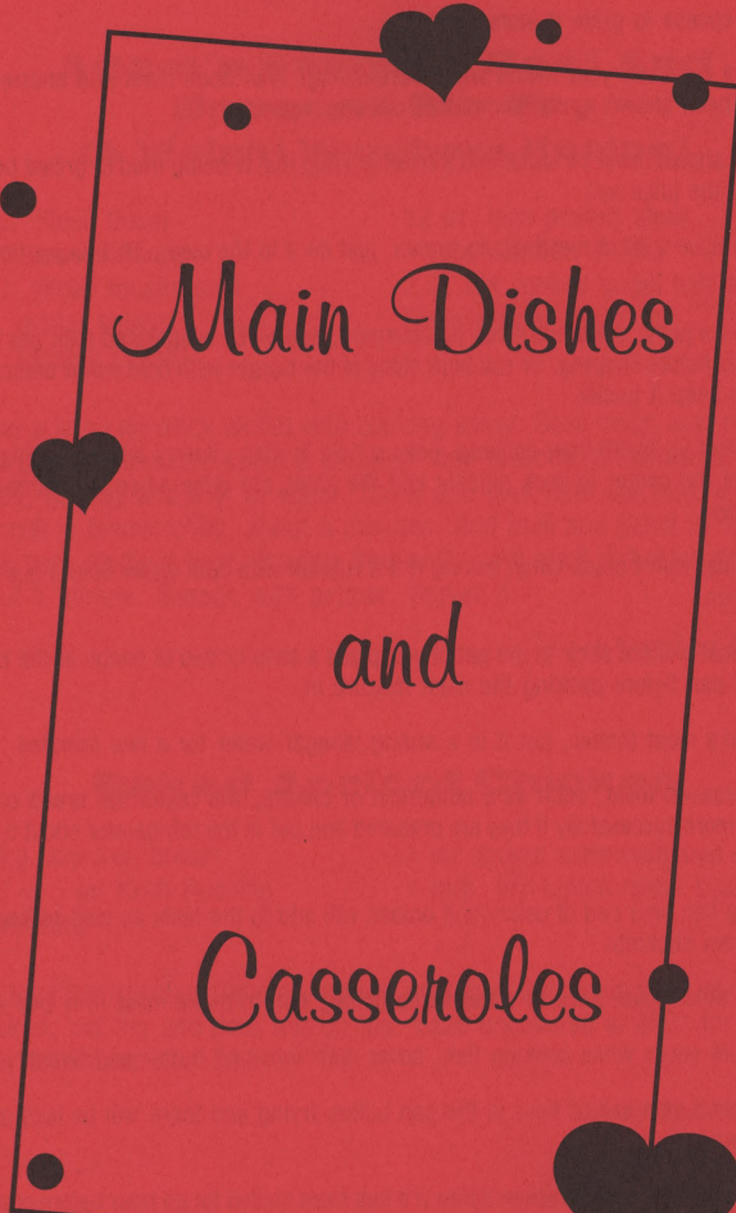
## Zucchini Bread

- |                      |                            |
|----------------------|----------------------------|
| 3 beaten eggs        | 1/4 tsp. baking powder     |
| 1 C. oil             | 1/2 tsp. salt              |
| 2 C. sugar           | 1 tsp. baking soda         |
| 2 C. grated zucchini | 1 tsp. cinnamon            |
| 2 tsp. vanilla       | 3/4 C. chopped nuts (opt.) |
| 3 C. flour           |                            |

Wash zucchini. Split in half lengthwise and scoop out the seeds. Grate the zucchini leaving the skin on. Mix the oil, sugar, zucchini and vanilla with the beaten eggs. In a separate bowl mix the flour, baking powder, salt, baking soda and cinnamon. Pour dry ingredients into wet ingredients. Blend. Add nuts. Pour into 2 greased 9x5x2-inch loaf pans. Bake at 325° for 50 to 60 minutes. Freezes well. Our children love this bread.

*Mrs. Daniel Christensen*

*Doing nothing is the most tiresome job in the world,  
because it's impossible to quit to take a rest.*



Main Dishes

and

Casseroles

MAIN  
DISHES  
AND  
CASSEROLES

## Hints for Main Dishes and Casseroles

Chill cheese to grate it more easily.

Do not overcook your meats when barbecuing! Well done meat and charred food have been shown to contain cancer-causing agents.

A fork should never be stuck into a steak or chop that is being fried or grilled because it lets the juice out.

If you have a lot of meatballs to brown, just do it in the oven. This saves time and mess.

For extra juicy, extra nutritious hamburgers, add ¼ C. evaporated milk per pound of meat before shaping. Or rub both sides of the burger with cold water before grilling to keep it juicier.

To speed up hamburger cooking, poke a hole in their centers when shaping. This causes the center to cook quickly and the holes are gone when the hamburgers are done.

Meat loaf won't crack when baking if it's rubbed with cold water before going into the oven.

Meat loaf will not stick to the pan if you place a strip or two of bacon at the bottom of the pan before packing the meat mixture in.

To make meat tender, put it in a strong vinegar water for a few minutes.

Any breaded meat, such as a tenderloin or cutlets, will retain the bread crumbs much more successfully if they are prepared and put in the refrigerator about 5 hours before frying.

Baking fish on a bed of celery and onions will add to the taste as well as keep the fish from sticking.

Add a little lemon juice to water while boiling fish to make meat firm and white.

To avoid odors while cooking fish, cover with browned butter and lemon juice.

Sprinkle a little salt or flour in the pan before frying and there will be less grease splattered.

Coating will adhere to chicken better if it has been chilled for an hour before cooking.

Always roast poultry breast side down so the white meat will not dry out. Turn the bird for the last portion of cooking so that it will brown well.

Unwaxed dental floss is good for trussing poultry because it will not burn.

## **Adam's Favorite Beef And Broccoli Stir Fry (A Weight Watchers Recipe)**

- |                       |                                  |
|-----------------------|----------------------------------|
| ½ C. sliced onion     | 12 oz. lean broiled steak        |
| 2 C. broccoli florets | (cut into thin strips)           |
| ½ C. sliced mushrooms | 2 C. hot cooked angel hair pasta |
| 3 T. oyster sauce     | Black pepper (to taste)          |
| 1 T. parsley (fresh)  |                                  |

Spray a large nonstick skillet with cooking spray. Cook onion over medium heat until translucent, about 2 minutes. Add broccoli, mushrooms, oyster sauce, parsley and 2 T. of water. Cover and cook over medium heat until broccoli is tender-crisp, about 5 minutes. Add beef and pasta to mixture. Cook over medium heat, tossing frequently until meat is heated through, about 1 minute. Season with pepper. Serves 4.

*Gay Lea Wilson*

## **Baked Apricot Chicken**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 pkg. chicken breast                | 1 jar apricot preserves          |
| 1 (8 oz.) jar Kraft Russian Dressing | 1 pkg. dry Lipton onion soup mix |

Mix together Russian dressing, apricot preserves and onion soup mix. Wash chicken; pat dry and pour mix on top. Bake uncovered at 350° for 1 hour and 15 minutes.

*Sherry Sollenbarger*

## **Baked Eggs**

1 C. bacon or ham (cooked)	3 oz. mushrooms
½ C. green onion	4 tsp. melted butter
3 T. butter	2¼ C. bread crumbs
12 eggs	½ tsp. paprika

Cook meat and onion in butter, add eggs and scramble. Fold in mushrooms and eggs in cheese sauce, turn into 12x7x2-inch pan. Combine melted butter, crumbs and paprika. Pour onto eggs. Cover and chill until 30 minutes before serving. Bake uncovered at 350° for 30 minutes.

### **CHEESE SAUCE:**

2 T. butter	1/8 tsp. pepper
2 T. flour	2 C. milk
½ tsp. salt	1 C. cheese

Melt butter, add flour, salt, pepper, milk and cheese use low heat until blended together.

*Lisa Davis*

## **Beef Sherry**

3 lbs. beef stew meat	1 pkg. onion soup mix
2 cans mushroom soup	¾ C. cooking sherry
2 C. water	

Put all ingredients in the crock pot. Salt and pepper to taste. Cover and cook on high for 4 to 5 hours. Serve over rice or pasta. Serves 5.

*Juanita Reinier*

## Beef Stroganoff

- |                                              |                                |
|----------------------------------------------|--------------------------------|
| 1 large round steak (sliced thin)            | 1 C. water                     |
| 1 can mushrooms<br>(drained & reserve juice) | 1 T. butter                    |
| 1/3 C. onions (diced)                        | 1 can cream of chicken soup    |
| 1/8 tsp. garlic salt                         | 1 (12 oz.) can evaporated milk |
| 1/2 tsp. salt                                | 1 T. flour                     |
| 1/2 tsp. pepper                              | 2 T. vinegar                   |

Saute' onions in butter. Add sliced round steak and brown with mushrooms. When browned add 1 C. of water and mushroom juice. Add salt, pepper and garlic salt. Cover and simmer until tender. If necessary, add more water. In a saucepan mix butter and flour. Add canned milk, chicken soup and vinegar. (Stir well.) Pour this mixture over the cooked meat and cook a few minutes until well blended. Can be served over egg noodles or rice or alone.

*Juanita Reinier*

## Bev's Meat Loaf (Onion Mushroom)

- |                                                                    |                            |
|--------------------------------------------------------------------|----------------------------|
| 1 envelope (Lipton's Recipe<br>Secrets onion mushroom<br>soup mix) | 1 C. fresh bread crumbs    |
| 2 lbs. ground beef 93 or 95%<br>lean                               | 1/2 C. quick oats          |
|                                                                    | 2 eggs                     |
|                                                                    | 1/3 C. ketchup             |
|                                                                    | 1/2 C. milk & 1/4 C. water |

Preheat oven to 350°. In large bowl, combine all ingredients. Shape and place into 2 loaf pans. Bake 1 hour or until done. Makes about 8 servings. Remove from heat and let stand 10 minutes before serving.

*Beverly Wagoner*

## **Breakfast Egg Dish**

- |                    |                             |
|--------------------|-----------------------------|
| 8 eggs (beaten)    | 1½ tsp. mustard             |
| 1 C. milk          | Add browned sausage, cooked |
| 8 slices of bread  | bacon, ham, green peppers,  |
| (broken in pieces) | onions, mushrooms & cheese  |
|                    | to liking                   |

Mix and put in greased 9x13-inch baking pan. Set in fridge overnight. Bake approx. 30 to 35 minutes at 350°.

*Frances Bond*

## **Broccoli Lasagna**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 15 lasagna noodles (cooked)    | 2 C. shredded mozzarella cheese |
| 24 oz. cottage cheese          | ½ C. Parmesan cheese            |
| 3 eggs                         | 2 (16 oz.) bags frozen          |
| 3 tsp. fresh parsley (chopped) | broccoli pieces                 |
| 24 oz. Monterey Jack cheese    | 1 tsp. garlic powder            |
| (divided into 3 portions)      | ¼ C. Parmesan cheese            |

Preheat oven to 350°. Mix cottage cheese with eggs, parsley and ½ C. Parmesan cheese. Run hot water over broccoli for several minutes. Squeeze out water well. Mix broccoli with garlic powder. Spray a 15x10x3-inch glass pan with Pam. Line pan with 5 noodles (4 lengthwise and 1 crosswise). Spread ⅓ of cottage cheese mixture, ⅓ of broccoli, ⅓ of the Monterey Jack cheese and ½ C. mozzarella cheese. Repeat layers. Repeat again, ending with ¼ C. Parmesan cheese. Bake at 350° for 45 minutes covered with foil. Remove foil and bake 10 to 15 minutes more.

*Gay Lea Wilson*

## Cherry Almond Glazed Pork

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 (3 lb.) pork roast            | 1/4 tsp. cinnamon              |
| 1 (12 oz.) jar cherry preserves | 1/4 tsp. nutmeg                |
| 2 T. light corn syrup           | 1/4 tsp. cloves                |
| 1/4 C. red wine vinegar         | 3 T. toasted, slivered almonds |
| 1/4 tsp. salt                   |                                |

Rub roast with salt and pepper. Place on rack in shallow baking pan. Roast uncovered in 325° oven for 2-2½ hours. Meanwhile, combine other ingredients. Keep sauce warm. When meat has cooked, spoon hot cherry sauce over meat. Cook 15 minutes more. Pass remaining sauce.

*Sherry Sollenbarger*

## Chicken Crescent Almondine

- |                                  |                                                 |
|----------------------------------|-------------------------------------------------|
| 3 C. cooked chicken or turkey    | 1 (8 oz.) can water chestnuts,<br>sliced (opt.) |
| 1 can cream of chicken soup      | 1 can crescent rolls                            |
| 3/4 C. fresh mushrooms (chopped) | 4 tsp. melted butter                            |
| 1/2 C. chopped celery            | 2/3 C. Swiss cheese                             |
| 1/2 C. chopped onion             | 1/2 C. slivered almonds                         |
| 3/4 C. sour cream                |                                                 |
| 3/4 C. mayonnaise                |                                                 |

Saute' mushrooms, celery and onion in margarine into saucepan. Add chicken, soup, sour cream and water chestnuts, cook until hot and bubbly. Put in a 9x13-inch pan. Separate rolls into 2 long rectangles; place over chicken mixture. Combine cheese, almonds and melted butter; pour over dough. Bake until golden brown for 20 to 25 minutes at 375°. Serves 6 to 8.

*Shelly Sollenbarger*

## **Chicken McNuggets**

4 chicken breast (cut in bite size pieces)	Progresso Italian bread crumbs
5 eggs (well beaten)	1 C. flour
	1 C. oil

Put oil in skillet, put on medium to high heat. Dip pieces of chicken in flour, then eggs and then bread crumbs. Fry in oil, turning until well browned. Dip in garlic butter.

*Juanita Reinier*

## **Chicken Tetrizzini Almondine (A Weight Watchers Recipe)**

1 T. + 1 tsp. diet margarine	½ tsp. dried basil
1½ C. mushrooms (sliced thin)	6¾ oz. spaghetti (cooked & drained)
2 T. flour	8 oz. cooked chicken breasts (cubed)
1½ C. evaporated skim milk	1 T. Parmesan cheese
½ C. chicken broth	
1 oz. toasted sliced almonds	

Preheat oven to 350°. Spray an 11x7-inch baking dish with spray. SAUCE: In a saucepan melt margarine; add mushrooms. Cook, stirring constantly. Pour in ½ cup milk, broth and ½ cup water. Cook 2-3 minutes. Combine flour and remaining milk in a shaker until well blended. Gradually stir into hot mixture. Add almonds and basil. Cook and stir until slightly thickened. Place spaghetti in 11x7-inch pan. Top with chicken; pour sauce over all. Sprinkle with cheese. Bake 20 to 25 minutes. Cool 5 minutes.

*Gay Lea Wilson*

## Chicken With Noodles

- |                                          |                   |
|------------------------------------------|-------------------|
| 4-5 chicken breasts<br>(boil until done) | 1 C. sour cream   |
| 2 cans cream of chicken soup             | ½ stick margarine |
| 1 can milk                               | Ritz crackers     |

Cut cooled chicken into pieces. Combine soup, milk and sour cream. Add chicken pieces, heat in oven or microwave 15 minutes. Crumble Ritz crackers (1 long roll). Put on top with ½ stick margarine. Heat in oven additional 10 minutes at 350°.

*John Seddon*

## Chili Con Carne

- |                              |                          |
|------------------------------|--------------------------|
| 1½ lb. ground beef           | 1 onion (chopped)        |
| 1 green peppers (chopped)    | 2 (15 oz.) cans tomatoes |
| 3 (15 oz.) cans tomato sauce | 1 can kidney beans       |
| 2 T. chili powder            | 1 T. beef bouillon       |
| 1 to 1½ T. salt              | ½ tsp. garlic salt       |
| 1½ tsp. sugar                | 1 bay leaf               |

Brown meat, onion and green pepper. Add tomatoes, beans and spices. Simmer at least two hours.

*Marge LePorte*

*You cannot do a kindness too soon because you never know when it will be too late.*

## **Chinese Chicken**

- |                                               |                                                          |
|-----------------------------------------------|----------------------------------------------------------|
| 1 box of Uncle Ben's Long Grain and Wild Rice | 1 small jar pimento pieces (undrained)                   |
| 3 C. cooked & cubed chicken breast            | 1 small tin of sliced water chestnuts (drained)          |
| 1 can celery soup                             | 1 C. Hellmann's mayonnaise                               |
| 1 can French fried onions                     | 3 boxes frozen French-cut green beans (cooked & drained) |

Prepare rice according to package directions; set aside. Mix soup, mayonnaise, pimento pieces, water chestnuts and half can of onions. Add cooked rice, green beans and chicken. Place in a 9x13-inch pan. Crush remaining onions and sprinkle on top. Sprinkle with paprika. Bake in 350° for 45 minutes.

## **Country Steak**

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1½ lb. round steak (¾-inch thick) | 1 can cream of mushroom soup |
| 2 T. shortening                   | ¼ C. water                   |

Pound steak with a meat hammer. Cut into serving size pieces. In skillet, brown steak in the shortening, pour off the fat. Stir in soup and water. Cover let simmer 1½ hours or until tender. Stir often. Makes 6 servings.

*Juanita Reinier*

*If you haven't got time to do a job right, when will you have time to do it over?*

## Crispy Baked Chicken

- |                              |                              |
|------------------------------|------------------------------|
| ½ C. flour                   | 1¾ oz. envelope dry onion    |
| 1/8 tsp. pepper              | soup mix                     |
| 6 chicken breast (halved)    | 2 eggs (beaten)              |
| 1 C. rice krispies (crushed) | 2 T. water                   |
| 1 C. grated Parmesan cheese  | ¼ C. + 2 T. melted butter or |
|                              | margarine                    |

Combine flour and pepper. Then sprinkle over chicken. Combine cereal, cheese and soup. Set aside. Mix eggs and water. Dip chicken in liquid and coat with cereal. Place in a 13x9x2-inch dish meat side down and drizzle with butter. Bake 30 minutes uncovered at 350°, turn and bake another 30 minutes.

*Juanita Reinier*

## Dads Meatballs

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1¼ lb. ground chuck             | 3 tubes saltine crackers    |
| 1½ medium to large green pepper | 7 eggs                      |
| 1 (4 oz.) can mushrooms         | 1 tsp. sugar                |
| (stems & pieces)                | ½ tsp. garlic powder        |
| 3 T. minced dry onion           | ½ tsp. Italian ground herbs |
| 1 T. salt                       | 1 tsp. Parmesan cheese      |
| 1 tsp. black pepper             |                             |

Using an 8 qt. mixing bowl, put ground chuck in the bowl. Dice green pepper in small pieces, do the same with mushrooms. Roll saltines with rolling pin until fine. Mix all ingredients together by hand until well mixed. Using a small bowl of water to keep hands moist roll into small or average size balls. To cook: Place on large cookie sheet in oven at 300° for approximately 1 hour to 1¼ hours. Check often for browning and fully cooked as the size can make the difference. For best cooking, put meatballs in your simmering/boiling spaghetti sauce, which will take 2 to 3 hours, cooking for flavoring.

*Nancy DeAngelo*

## **Delicious Chicken Marinade**

- |                           |                   |
|---------------------------|-------------------|
| ¾ C. soy sauce            | ½ C. wine vinegar |
| ⅓ C. lemon juice          | 2 T. dry mustard  |
| 1 T. oil                  | 1½ T. parsley     |
| ¼ C. Worcestershire sauce |                   |

Combine and marinate 4-24 hours. Bake in the marinade for ½ hour then finish on the grill or bake at 350° for 1 hour + (medium size chicken breasts) and the internal temperature reaches 180°.

*Mrs. Daniel Christensen*

## **Easy Pasta Bake**

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 lb. ground beef              | ½ C. grated Parmesan cheese      |
| 5 C. cooked pasta              | 1 pkg. (8 oz.) mozzarella cheese |
| 1 jar (30 oz.) spaghetti sauce |                                  |

Cook ground beef in large skillet; drain. Stir in 5 cups cooked pasta, 1 jar spaghetti sauce and ½ C. Parmesan cheese. Spoon into 13x9-inch baking dish. Top with mozzarella cheese. Bake at 375° for 20 minutes.

*Lorrie Little*

## **Escalloped Corn And Macaroni**

- |                                        |                            |
|----------------------------------------|----------------------------|
| 1 can cream corn (undrained)           | 1 C. uncooked macaroni     |
| 1 can whole kernel corn<br>(undrained) | ¼ C. margarine (melted)    |
|                                        | 1 C. cubed Velveeta cheese |

Mix all ingredients together. Place in greased casserole dish and bake 1 hour at 350°. Can add chopped onions, celery, pimento and ham.

*Grace Howsare*

## Enchiladas Fantasticas

- |                                                                             |                                                             |
|-----------------------------------------------------------------------------|-------------------------------------------------------------|
| 1 lb. ground turkey                                                         | 12 (7-inch) flour tortillas (warmed in microwave to soften) |
| 2 C. picante sauce (divided)                                                | 1 (14 oz.) can diced tomatoes in juice                      |
| 1 (10 oz.) pkg. frozen, chopped spinach (thawed, squeezed, dried & chopped) | 1 C. shredded cheddar cheese                                |
| 2 tsp. ground cumin (divided)                                               | ½ tsp. salt                                                 |
| 1 (8 oz.) pkg. light cream cheese (cubed)                                   | ¼ tsp. garlic powder                                        |

In a 10-inch skillet, cook turkey until it loses pink; break into small pieces. Sprinkle garlic powder. Add 1 C. picante sauce, spinach, 1¼ tsp. cumin and salt. Cook and stir 5 minutes or until liquid has evaporated. Add cream cheese; stir until melted. Remove from heat. Spoon ⅓ C. of filling in center of each tortilla; roll up and place, seam side down in lightly greased 9x13-inch baking pan. Combine tomatoes, remaining 1 C. picante sauce and remaining ½ tsp. cumin; mix well. Spoon over enchiladas. Bake at 350° for 20 minutes. Sprinkle with cheddar cheese; return to oven for 2 minutes to melt cheese. Top as desired with sour cream, avocado slices, olives, etc., to serve. Makes 6 servings.

*Amy Sollenbarger*

## Fajitas

- |                                               |                    |
|-----------------------------------------------|--------------------|
| 1¼ lb. thinly sliced round steak (or chicken) | 1 tsp. lime juice  |
| 2 tsp. beef bouillon (or chicken)             | 1 tsp. cumin       |
| 1 (15 oz.) can tomatoes (chopped)             | 1 tsp. cilantro    |
| 1 green pepper (sliced)                       | 1 tsp. garlic salt |
| 1 onion (sliced)                              | 1 T. chili powder  |
| 1 tsp. soy sauce                              | ¼ tsp. cayenne     |
|                                               | 1 T. cornstarch    |

Brown meat. Add all other ingredients except cornstarch and simmer at least 45 minutes. Add cornstarch, stirring until thickened. Serve with flour tortillas and condiments.

*Marge LePorte*

## **Florida Pork Chops**

- |                                  |                    |
|----------------------------------|--------------------|
| 6 to 8 pork chops                | 1 tsp. pepper      |
| ½ C. orange juice + T. if needed | ½ tsp. dry mustard |
| 1 tsp. salt                      | 4 T. brown sugar   |

Place pork chops in 13x9-inch shallow baking pan. Do not brown. Combine ingredients and pour over chops. Bake at 350° for 1 hour.

*Nancy De Angelo*

## **Greek Pizza**

- |                                                      |                                                        |
|------------------------------------------------------|--------------------------------------------------------|
| 1 lb. turkey cutlets<br>(cut in thin strips)         | 2 tsp. olive oil                                       |
| 2 C. thinly-sliced onion                             | 1 thin crust Italian pizza shell<br>(12-inch diameter) |
| ¼ C. chopped fresh parsley                           | 1 C. chopped tomatoes                                  |
| 1 tsp. each lemon pepper,<br>minced garlic & oregano | 12 green olives (sliced)                               |
|                                                      | 1 pkg. (6 oz.) crumbled<br>feta cheese                 |

Combine turkey strips, onion, parsley, lemon pepper, garlic and oregano in a large bowl. In a large nonstick skillet, over medium-high heat, saute' mixture in oil 5 to 7 minutes or until turkey is lightly browned and no longer pink in the center. Place pizza shell on 10x15x2-inch baking sheet. Top with turkey mixture, tomatoes, olives and cheese. Bake at 450° for 10 to 12 minutes or until heated throughout and cheese is slightly melted. Makes 6 servings.

*Linda Needham*

## Ham And Cheese And Potato Casserole

- |                                   |                                               |
|-----------------------------------|-----------------------------------------------|
| 2 C. diced, cooked ham            | 6 medium potatoes (cooked,<br>peeled & diced) |
| 2 C. diced process cheese         |                                               |
| 1 can (4 oz.) pimientos (drained) | 1½ C. medium white sauce                      |

Put ham, cheese and pimientos through a food chopper, using medium blade. Spread mixture in greased baking dish 12x7x2-inches. Cover with diced potatoes and pour white sauce over top. Bake uncovered in preheated moderate oven. Bake at 350° for 40 minutes.

*Kathy Harper*

## Ham Balls

- |                             |                   |
|-----------------------------|-------------------|
| 1¼ lb. ground ham           | 1 C. milk         |
| 1 lb. ground pork           | 1 can tomato soup |
| ¾-inch ground chuck         | 1 tsp. mustard    |
| 2 eggs                      | 1½ C. vinegar     |
| 1½ C. graham cracker crumbs | 1½ C. brown sugar |

Mix meat mixture (ham, pork, chuck, eggs, milk and cracker crumbs). Form in balls 2-inches round. Put in large baking dish. Mix soup, mustard, vinegar and brown sugar. Pour over meatballs. Bake uncovered at 350° for 1½ to 1¾ hours.

*Kay Kaipust*

## **Ham Balls**

- |                              |                    |
|------------------------------|--------------------|
| 2½ lb. ground ham            | 2 C. milk          |
| 2 lb. ground pork            | 2 cans tomato soup |
| 1 lb. ground beef            | ¾ C. vinegar       |
| 3 eggs                       | 2¼ C. brown sugar  |
| 3 C. crushed graham crackers | 2 tsp. dry mustard |

Mix meats together. Mix meats, eggs, crackers and milk together and make into balls. Mix tomato soup, vinegar, brown sugar and mustard together to make a sauce; pour over meatballs. Bake at 350° for 1 hour.

*Sherry Sollenbarger*

## **Honey-Basil Chicken**

- |                         |                              |
|-------------------------|------------------------------|
| 1 C. raspberry vinegar  | ½ tsp. dried thyme           |
| 3 T. Dijon mustard      | Pinch of ground black pepper |
| 2 T. soy sauce          | 4-6 boneless, skinless       |
| 2 T. honey              | chicken breast halves        |
| 2 T. minced fresh basil |                              |

In a shallow glass baking dish, mix the vinegar, mustard, soy sauce, honey, basil, thyme and pepper. Add the chicken and turn to coat all sides. Marinate at room temperature for 15 minutes. Transfer chicken to grill or broiling rack; reserve marinade and place in a 1 qt. saucepan. Grill or broil chicken 5 minutes per side or until cooked thoroughly. While chicken cooks, boil marinade until reduced to half. Pour marinade over chicken to serve.

*Sherry Sollenbarger*

## Honey Sesame Pork Tenderloin

- |                           |                       |
|---------------------------|-----------------------|
| ½ C. soy sauce            | 1 lb. pork tenderloin |
| 2 cloves garlic (chopped) | ½ C. honey            |
| 1 T. sesame oil           | 2 T. brown sugar      |
| 1 tsp. ginger             | 4 T. sesame seeds     |

Combine soy, garlic, oil and ginger in bag. Add meat. Marinate 2 hours at room temperature. Mix honey and brown sugar in shallow pan. Roll tenderloin in mix, then roll in seeds. Roast in shallow pan at 375° for 30 minutes, or 160° with thermometer.

*Sherry Sollenbarger*

## Jack Pot Casserole

- |                    |                                 |
|--------------------|---------------------------------|
| 1 T. salad oil     | Dash of salt & pepper           |
| 1 lb. hamburger    | 1 can cream style corn          |
| ¼ C. minced onion  | ¼ C. sliced ripe olives         |
| 1 can tomato soup  | 1 (8 oz.) pkg. noodles (cooked) |
| 1 can cheddar soup | ¼ C. shredded cheddar cheese    |
| 1½ C. water        |                                 |

Saute' hamburger and onions in salad oil. Add tomato soup, cheddar cheese soup and water. Stir until well mixed. Add salt, pepper, corn, olives and noodles, stirring until all noodles are well coated. Bake at 350° oven for 30 minutes. Top with shredded cheese and serve.

*Nichole Foster*

## **Lasagne**

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 2 lbs. ground beef                | 2 eggs (beaten)               |
| 1 clove garlic (minced)           | 2 tsp. salt                   |
| 1 T. parsley (chopped)            | ½ tsp. pepper                 |
| 1 T. basil                        | 2 T. parsley (chopped)        |
| 1½ tsp. salt                      | ½ C. Parmesan cheese (grated) |
| 2 C. tomatoes (1 lb. can)         | 1 lb. mozzarella cheese       |
| 2 cans (6 oz.) tomato paste       | (sliced thinly)               |
| 1 pkg. (10 oz.) lasagne noodles   |                               |
| 2 cartons lg. curd cottage cheese |                               |

Brown meat slowly, spoon off excess fat. Add next 6 ingredients and simmer until thick (45 minutes). Cook noodles in salted water, drain. Combine cottage cheese with next 5 ingredients. Put half of noodles in 13x9x2-inch pan and spread half the cottage cheese mixture over. Add half mozzarella cheese and half the meat sauce. Repeat. Bake 30 minutes at 375°. Let stand 15 minutes before cutting into squares.

*Kathy Harper*

## **Meatballs**

- |                             |                   |
|-----------------------------|-------------------|
| 5 lbs. ham/ground beef mix  | 1 can tomato soup |
| 3 eggs (beaten)             | ½ C. vinegar      |
| 3 graham crackers (crushed) | 1 T. water        |
| 2 C. milk                   | 2 C. brown sugar  |

Mix meat, eggs, graham crackers and milk. Make meatballs (approx. 50). Mix soup, vinegar, water and brown sugar. Pour over meatballs. Bake at 350° oven for 1 hour uncovered.

*Frances Bond*

## Lasagna

- |                          |                                              |
|--------------------------|----------------------------------------------|
| 1/2 C. minced onion      | 2 1/2 C. canned tomatoes                     |
| 2 T. salad oil           | 1 can (8 oz.) tomato sauce                   |
| 1 lb. lean ground beef   | 1/2 C. grated Parmesan cheese                |
| 2 cloves garlic (minced) | 1/2 lb. lasagna (1 1/2-inch wide noodles)    |
| 1 1/2 tsp. salt          | 3/4 lb. thinly sliced Mozzarella             |
| 1/4 tsp. black pepper    | 1 lb. farmer-style cottage cheese or ricotta |
| 1/4 tsp. oregano         |                                              |
| 3 T. snipped parsley     |                                              |

Do ahead, saute' onions in hot oil. Add beef, cook until red color disappears. Add next 7 ingredients and 2 T. of Parmesan cheese. Simmer covered for 30 minutes. Refrigerate until ready to use. Cook lasagna according to directions on package. Rinse with cold water; drain. Put 1/3 noodles and 1/3 of the meat sauce into a 12x8x2-inch baking dish. Cover with 1/2 of the Mozzarella, 1/2 of the cottage cheese and 2 T. of Parmesan. Repeat. Pour remaining meat sauce over top. Sprinkle with Parmesan cheese. Bake 30 to 45 minutes in a 350° oven. Makes 8 servings.

## Meat Loaf

- |                                  |                                                                     |
|----------------------------------|---------------------------------------------------------------------|
| 2 lbs. ground beef 80% lean      | 1 1/2 C. soft bread crumbs or cracker crumbs (I use cracker crumbs) |
| 1 envelope Lipton onion soup mix |                                                                     |
| 2 eggs                           |                                                                     |
| 1/3 C. ketchup                   | 3/4 C. water (soak the soup mix in it)                              |

Mix all ingredients together well. Shape in loaf and bake at 375° for 45 minutes to 1 hour.

### SAUCE:

- |                  |                    |
|------------------|--------------------|
| 1/4 C. ketchup   | 1/4 tsp. nutmeg    |
| 3 T. brown sugar | 1 tsp. dry mustard |

Mix the above ingredients and put over meat loaf before baking.

*Grace Howsare*

## **Meat Loaf**

- |                                             |                               |
|---------------------------------------------|-------------------------------|
| 1½ lbs. hamburger                           | ¼ tsp. salt                   |
| 6 to 8 saltine cracker squares<br>(crushed) | ½ tsp. pepper                 |
| 1 egg (beaten)                              | 2 slices American cheese      |
| ½ C. ketchup                                | ¼ tsp. of dried onions (opt.) |

Mix together hamburger, crushed crackers, beaten egg, ketchup, salt and pepper. Press half of mixture into loaf pan, lay slices of cheese on top of meat, then press remaining meat mixture on top of cheese. Bake at 350° for 1 hour or until meat loaf is done. Serves 6 people.

*Dennis Miles*

## **Mexican Stack**

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 pkg. flour tortillas            | 1 C. sour cream       |
| 1 C. cream of chicken soup        | Grated cheddar cheese |
| 1 (4 oz.) can diced green chilies |                       |

Mix soup, chilies and sour cream. Place about 2 T. of mixture on first tortilla, top with cheese. Continue to stack 7 to 8 tortillas. Plain one on top, put in pie pans. Bake at 350° for 15 to 20 minutes until cheese melts. Cool 15 minutes, cut into squares.

## **No Peek Chicken**

- |                            |                                                    |
|----------------------------|----------------------------------------------------|
| ¾ C. raw rice (not minute) | 3 or 4 skinless chicken breasts<br>(cut in strips) |
| 1 can cream of celery soup | 1 pkg. onion soup mix                              |
| 1 can mushroom soup        |                                                    |
| 1 can water                |                                                    |

Mix together soup, rice and water and pour into a 9x13-inch pan. Arrange cut up chicken on top. Sprinkle 1 pkg. onion soup mix over the chicken. Cover tightly with foil and bake for 2 hours at 325°. Don't peek!

*Marj Christensen*

## Olive Cheeseburgers

- |                    |                            |
|--------------------|----------------------------|
| 1½ lb. ground beef | ¼ tsp. pepper              |
| ½ onion (chopped)  | ¾ lb. Velveeta cheese      |
| 1 tsp. salt        | ½ C. black olives (sliced) |

Brown ground beef and onion. Drain off fat. Add all other ingredients and heat through. Serve on hamburger buns. Serves 8 to 10.

*Marge LePorte*

## One Dish Chicken And Stuffing Bake

- |                                            |                              |
|--------------------------------------------|------------------------------|
| 4 C. herb seasoned cubed stuffing          | 1 can cream of mushroom soup |
| 6 skinless, boneless chicken breast halves | ⅓ C. milk                    |
| Paprika                                    | 1 T. chopped fresh parsley   |

Mix stuffing, ½ C. boiling water and 1 T. margarine. Spoon stuffing across center of 2 quart shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika. Mix soup, milk and parsley. Pour over chicken. Bake covered at 400° for 15 minutes. Bake uncovered 15 minutes or until chicken is no longer pink. Serves 6.

*Lorrie Little*

## Oriental Broiled Chicken

- |                             |                 |
|-----------------------------|-----------------|
| 1 cut up frying chicken     | ½ C. white wine |
| 2 C. Italian salad dressing | ½ C. soy sauce  |

Marinate chicken in dressing, wine and soy sauce overnight in refrigerator. Broil or grill.

*Christine Deignan*

## **Pork Roast With Gravy**

- |                           |                   |
|---------------------------|-------------------|
| 1 can cream of onion soup | Butter            |
| 2 T. Worcestershire sauce | 2½ lb. pork roast |
| 2 T. A1 Steak Sauce       |                   |

Put in oven or crock pot with a pork roast. (Bake at 350° in oven for 1 hour or more.)

*Sherry Sollenbarger*

## **Pork Tenderloin Towers**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 6 pork tenderloins              | 6 slices tomato (sliced ¼-inch) |
| 1 tsp. salt                     | 6 slices sharp cheddar cheese   |
| ¼ tsp. pepper                   | 6 slices bacon                  |
| 6 slices onion (1/8-inch thick) |                                 |

Season tenderloins. Top with slice of onion and cover dish. Bake in 350° for 45 minutes. Then uncover tenderloin and top with tomato, cheese and bacon. Use toothpicks to hold in place. Bake uncovered 15 minutes at 350°, if bacon isn't done place under broiler briefly.

*Sherry Sollenbarger*

## **Poured Pizza**

- |                 |                           |
|-----------------|---------------------------|
| 1 lb. hamburger | Dash of pepper            |
| ½ onion (diced) | ⅔ C. milk                 |
| ½ C. flour      | 2 eggs                    |
| ½ C. Bisquick   | 1 can pizza sauce         |
| 1 tsp. salt     | 1 C. mozzarella cheese or |
| ½ tsp. oregano  | Hearty Italian            |

Brown hamburger and onion. Mix flour, Bisquick, salt, oregano, pepper, milk and eggs. Pour into a 9x13-inch greased pan. Sprinkle meat on top. Bake 15 to 20 minutes at 400°. Remove from oven. Add sauce and cheese. Bake 10 to 15 minutes more.

*Donna Gideon*

## Seafood Enchiladas

10 (8-inch) flour tortillas

1 T. margarine

1/3 C. chopped onion

16 oz. imitation crab

8-10 oz. shrimp

1 (4 oz.) can green chilies

1 C. salsa

1/2 tsp. chili powder

1/4 C. margarine

2 T. flour

1 can mushroom soup

1 C. milk

1/2 tsp. coriander

2 T. cilantro

1/2 tsp. chili powder

1/2 tsp. salt

1/4 tsp. pepper

1/2 C. sour cream

1 1/2 C. shredded cheese

Cook onion in 1 T. margarine. Add all ingredients in first column. In another pan, melt 1/4 C. margarine. Add flour and soup. Blend then add milk, and spices. Cook over medium-high heat until mixture thickens and bubbles. Stir in sour cream and 1/2 C. cheese. Spoon 1/4 C. cheese sauce into bottom of 9x13-inch pan, sprayed with Pam. Fill tortillas with seafood filling, roll up and place in pan. Pour cheese sauce over then top with remaining 1 C. cheese. Bake at 350° for 35 minutes. Makes 6 servings.

*Marge LePorte*

## Six Layer Dinner

2 C. sliced potatoes

2 C. celery

2 C. ground beef

1 C. sliced onion

1 C. green pepper (opt.)

2 C. cooked tomatoes

Salt & pepper

Grease casserole. Put ingredients into casserole in layers as listed. Bake 2 hours at 350°. Season to taste.

*Genevieve Galenbeck*

## Seafood Linguini

2 T. margarine	¾ C. Parmesan cheese
3 C. broccoli/zucchini	10 oz. shrimp
2 cans mushrooms	10 oz. crabmeat
1 C. chopped onion	1 tsp. salt
⅓ C. margarine	¼ tsp. pepper
½ C. flour	2 tsp. garlic salt
4 C. milk	⅓ C. sherry
3 oz. Swiss cheese	16 oz. linguine

Heat 2 T. margarine and saute' vegetables. Remove from skillet. Heat ⅓ C. margarine, add flour, then milk, stirring until smooth. Add cheeses, stir until melted. Add spices and sherry. Add vegetables, shrimp and crabmeat. Pour over cooked linguine. Serves 6.

*Marge LePorte*

## Spaghetti With Italian Meat Sauce

2 lbs. ground beef	2 envelopes Italian style spaghetti
1 medium onion (finely chopped)	sauce mix with mushrooms
1 green pepper (finely chopped)	3 C. water
2 cans (15 oz. ea.) tomato sauce	1 T. sugar
2 cans (12 oz. ea.) tomato paste	1 tsp. oregano leaves
1 can (7½ oz.) ripe olives (chopped or sliced)	2 cloves garlic (crushed)
	1 bay leaf (crumbled)
	16 oz. Italian style spaghetti

Cook and stir meat, onion and pepper until meat is brown and onion is tender. Drain excess grease. Stir in rest of ingredients except spaghetti. Cover and simmer 1½ hours stirring occasionally. Cook spaghetti as directed, drain and serve meat sauce over hot spaghetti.

*Lisa Davis*

## Stuffed Shells

- |                                                    |                             |
|----------------------------------------------------|-----------------------------|
| 1 (12 oz.) pkg. jumbo shells<br>(cooked & drained) | ½ tsp. salt                 |
| 1 (15 oz.) carton ricotta cheese                   | 2 C. chopped tomatoes       |
| ½ (10 oz.) pkg. spinach<br>(thawed & drained)      | 1 T. Italian salad dressing |
| 8 oz. mozzarella cheese                            | ½ T. Italian seasoning      |
| ½ T. parsley                                       | ½ T. minced onion           |
|                                                    | ½ T. minced garlic          |
|                                                    | 32 oz. spaghetti sauce      |

Combine cheeses, spinach and spices. Spray a 9x13-inch pan with Pam. Fill shells with cheese mixture and place in pan. Pour tomatoes and spaghetti sauce on top, then sprinkle with Parmesan cheese. Bake at 350° for 25 to 30 minutes.

*Marge LePorte*

## Stuffed Shells

- |                                                 |                            |
|-------------------------------------------------|----------------------------|
| 6 oz. lowfat cottage cheese                     | 1 box large pasta shells   |
| ½ C. Progresso Italian flavored<br>bread crumbs | ½ lb. hamburger (opt.)     |
| ¼ tsp. salt & pepper                            | 1 (25 oz.) spaghetti sauce |
| ½ tsp. garlic powder                            | ½ C. mozzarella cheese     |

Cook pasta shells according to directions on box. Mix together cottage cheese Italian flavored bread crumbs, salt, pepper and garlic powder; set aside. If you wish to put hamburger in recipe cook and drain, return to pan and add spaghetti sauce heat through. Spread half of sauce in bottom of 8x8-inch pan, stuff 14 to 16 shells with mixture, place shells on top and spread remaining sauce over shells. Top with mozzarella cheese. Cover with aluminum foil and bake for 20 to 30 minutes at 350° or microwave 20 to 30 minutes on bake setting. Yummy with Italian bread or sticks and salad. Serves 4 to 6 people.

*Paula Miles*

## **Swedish Meat Balls**

- |                                                                        |                                 |
|------------------------------------------------------------------------|---------------------------------|
| 1 lb. ground beef                                                      | 2 eggs                          |
| 4 slices bread (soaked in 1 C.<br>warm milk & 1 tsp. baking<br>powder) | 1 tsp. salt                     |
|                                                                        | Pepper & onions (to suit taste) |

Combine these ingredients and form into balls, flour and brown in hot fat in a skillet. Place in a hot dish. Pour over 1 can mushroom soup combined with equal amount of milk. Bake uncovered at 325° about 1½ hours. Serves about 10. Recipe x 3 makes 46 generous sized meatballs. One pound makes 15 meat balls.

*Frances Bond*

## **Tater Tot Casserole**

- |                        |                                |
|------------------------|--------------------------------|
| 1 lb. ground beef      | ½ can (soup) milk              |
| ½ medium chopped onion | ½ can French fried onion rings |
| 1 can green beans      | ½ bag tater tots (16 oz.)      |
| 1 can mushroom soup    | Salt & pepper                  |

Brown ground beef and onions, drain off any grease. Put in greased casserole dish. Add all ingredients (except tater tots) and mix well. Place tater tots on top of meat mixture. Bake at 350° for 35 minutes.

*Genevieve Galenbeck*

## **Tater Tot Casserole**

- |                            |                                        |
|----------------------------|----------------------------------------|
| 1½ lbs. hamburger          | Salt & pepper (to taste)               |
| 1 can cream of celery soup | ½ pkg. mozzarella cheese<br>(shredded) |
| 1 can mix vegetables       | 1 pkg. tater tots                      |
| 1 onion                    |                                        |

Brown hamburger, mix with soup and vegetables and seasoning. Put into baking dish. Spread cheese on top of meat. Lay tater tots on top. Bake at 350° for 30 minutes.

*Kathy Harper*

## Thymes Remembered Chicken Broccoli Casserole

- |                                                    |                                         |
|----------------------------------------------------|-----------------------------------------|
| 1 (6 oz.) pkg. long-grain & wild rice mix (cooked) | 1 (10¾ oz.) can cream of mushroom soup  |
| 1 (16 oz.) pkg. frozen chopped broccoli (thawed)   | ¼ tsp. each: dry mustard & curry powder |
| 3 C. cooked, diced chicken                         | ¼ C. Parmesan cheese (or more to taste) |
| 1 C. American processed cheese (shredded)          | ½ C. cracker crumbs or bread crumbs     |
| 1 C. fresh sliced mushrooms                        | 1 T. butter                             |
| ½ C. mayonnaise                                    |                                         |

Preheat oven to 350°. In a lightly-greased or sprayed 9x13-inch pan, layer rice, broccoli, chicken, cheese and mushrooms. In a small bowl, combine mayonnaise, soup, mustard and curry powder. Pour over the chicken mixture. Sprinkle with Parmesan cheese. Saute' crumbs in butter; sprinkle over the cheese. Bake 30 minutes or until bubbling hot.

*Gay Lea Wilson*

## Tuna Cheese Pie

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 can cream of celery soup  | 1½ C. baking mix            |
| 3 eggs (beaten)             | ⅓ C. very hot water         |
| 1 C. (6½ oz.) can tuna      | 1 C. Monterey Jack shredded |
| ½ C. chopped pimento (opt.) |                             |

In bowl, stir soup, beaten eggs, tuna and pimento; set aside. Knead dough on floured surface until smooth. Press dough into bottom and up sides of 10X6-inch baking dish or pie plate. Sprinkle ½ C. of cheese on dough. Add tuna mixture. Top with remaining cheese. Bake at 350° for 50 minutes or until center is set. Cool 10 minutes.

*Nancy DeAngelo*

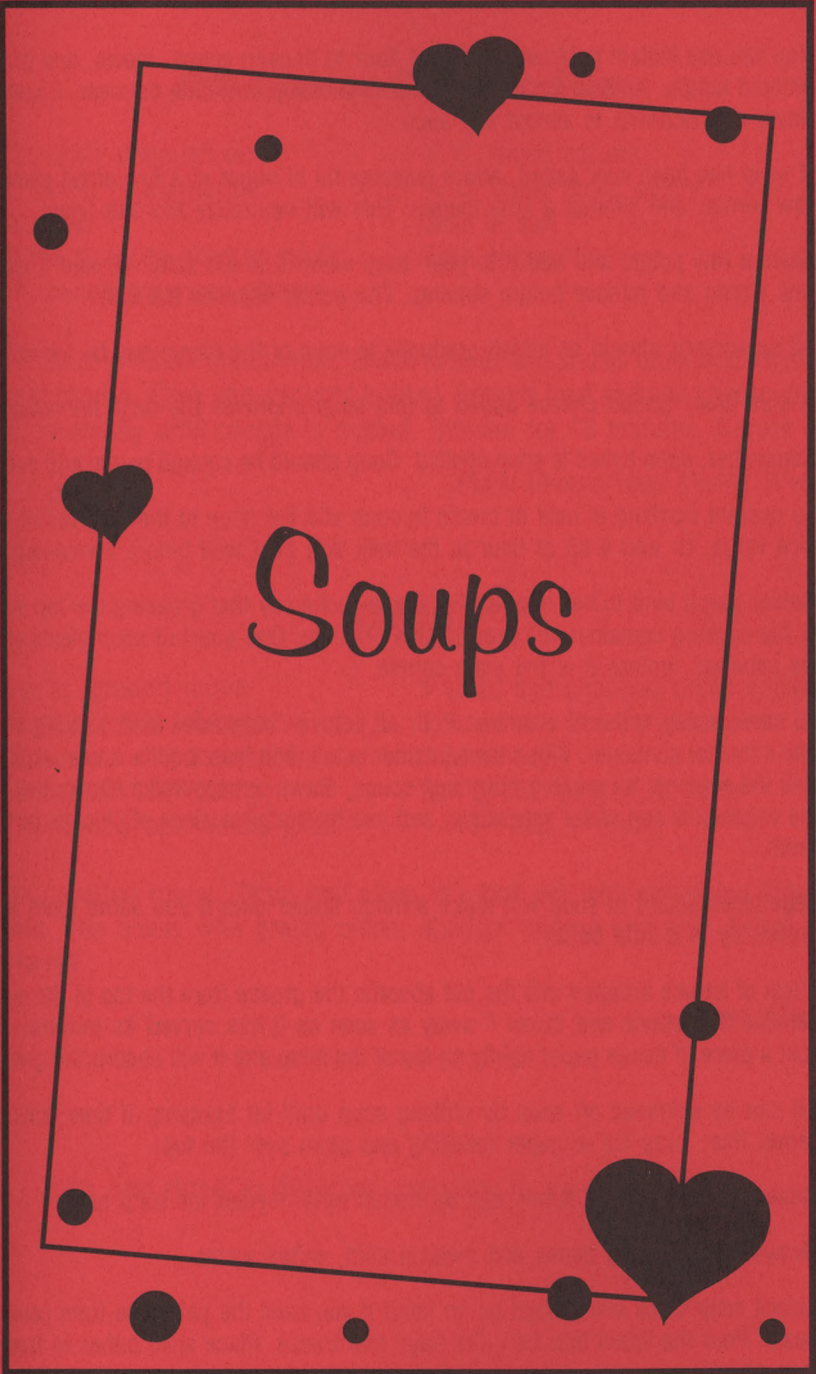
## **Tuna Noodle Casserole**

- |                       |                            |
|-----------------------|----------------------------|
| 3½ C. egg noodles     | ¼ C. diced green pepper    |
| 2 cans tuna (drained) | 1 tsp. salt                |
| ½ C. mayonnaise       | 1 can cream of celery soup |
| 1 C. chopped celery   | ½ C. milk                  |
| ⅓ C. chopped onion    | 1 C. grated cheese         |

Cook noodles in boiling salted water as directed on the package. Combine noodles, drained tuna fish, mayonnaise, celery, green pepper and salt. Blend soup and milk, heat through. Add cheese, heat and stir until cheese melts. Add noodle mixture. Turn into 1½ quart casserole. Bake in 425° oven for about 20 minutes. Serves 6.

*Juanita Reinier*

*Some people are so stingy with praise  
you'd think there was a tax on it.*

A decorative frame with a red background, black outlines, hearts, and dots. The word "Soups" is written in a cursive font in the center. The frame is composed of a large outer rectangle and a smaller inner rectangle, both with black outlines. The space between the rectangles is filled with several black hearts and dots of varying sizes. One heart is at the top center, one is on the left side, and one is at the bottom right. There are also several dots scattered throughout the frame.

# Soups

## Hints for Soups, Stews, and Sandwiches

You can use instant potatoes instead of flour to thicken soups, stews, and gravies without lumps. Another excellent thickener for soup is a little oatmeal. It will add flavor and richness to almost any soup.

If soup has been over salted, add a teaspoonful of sugar or a few small pieces of raw turnip, and simmer a little longer. This will neutralize the salt flavor.

Grate a raw potato and add it to your soup when it is too salty. Or add a whole, raw potato and remove before serving. The potato absorbs the salt.

All seasonings should be added gradually to soup or the flavor may be too strong.

A little finely grated cheese added to thin soup improves the taste immensely.

Remember, soup boiled is soup spoiled. Soup should be cooked gently and evenly.

To prevent curdling of milk or cream in soup add the soup to the milk rather than vice versa. Or add a bit of flour to the milk and beat well before combining.

Cream soups tend to boil over easily. Some cooks say that greasing the top edges of the cooking container will prevent this problem. One quart of soup yields about six servings, unless it is the main course.

To save money and add vitamins: Pour all leftover vegetables and cooking water into a freezer container. When the container is full, add tomato juice and seasoning. Use the contents for making nutritious soups, stews or casseroles. Or try freezing the vegetables and water separately, and use the water in place of chicken or beef broth.

Vegetables added to soup will make a much tastier dish if you saute them first, preferably in a little butter.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose. Or, float a piece of tissue paper lightly on top of the soup and it will absorb the grease.

Fat can be skimmed off soup by chilling soup until fat hardens. If time does not permit this; wrap ice in paper toweling and skim over the top.

Steak, roast or poultry bones can be frozen until needed for soup stock.

Always start cooking bones and meat in cold, salted water.

Instant soup stock will always be on hand if you save the pan juice from cooking meats. Pour the liquid into ice cube trays and freeze. Place solid cubes in freezer bags or foil.

## Cheese Chowder

¼ C. finely chopped onion  
 2 T. butter or margarine  
 ¼ C. flour  
 1 (13¾ oz.) can chicken broth  
 ½ C. cubed American cheese

¼ C. diced carrots  
 ¼ C. finely diced celery  
 Dash of salt  
 Dash of paprika

Cook onion in butter until tender. Blend in flour and add all other ingredients except cheese. Cook and stir until bubbly. Reduce heat and add cheese stirring constantly until cheese is melted. Simmer for 15 minutes. Serves 4.

*Ruth Brown and Karen Wells*

## Chili

1-1½ lb. ground round  
 1 medium onion (chopped)  
 1 (2 lb.) can diced tomatoes  
 1 (2 lb.) can chili beans  
 1 (10-12 oz.) can tomato juice

1 small can chopped green chilies  
 1 small can sliced mushrooms  
 (drained)  
 Salt & chili pepper, to taste  
 (½-1 tsp. of each)

Brown ground round. Drain and place in crock pot with remaining ingredients. Top bowls with grated onion, cheddar cheese and sour cream as preferred.

*Lou Ebert*

*It's one thing to disagree—another to be disagreeable.*

## Chicken And Noodle Soup

3 qt. cold water	6 peppercorns
1 whole chicken	2 cloves
1/3 C. diced carrots	1 T. salt
1/3 C. chopped onions (or more)	1 medium onion (chopped)
1/2 C. diced celery (or more)	6 medium carrots (chopped)
2 sprigs of parsley	1 lb. pkg. frozen egg noodles or homemade
1/4 tsp. thyme	1 (32 oz.) can chicken broth
1/2 bay leaf	

Wash chicken and place in a 4-6 qt. pot. Cover with 3 qts. cold water, 1/3 C. carrots, 1/3 C. onions, 1/2 C. celery, parsley, thyme, bay leaf, peppercorns, cloves and salt. Cover and simmer gently 3 to 4 hours. Strain broth (save) and let cool briefly then refrigerate. Pick the chicken off the bone and chop the meat. Refrigerate. Once the broth has chilled enough the fat will rise to the top, skim this off. Heat the broth with 1 medium onion and 6 carrots (chopped) and chopped chicken. In another pot heat the 32 oz. of canned broth until boiling then add the egg noodles and cook 30 minutes or until nearly done. Combine the pot of noodles and broth with the chicken, vegetables and broth. Simmer and add salt and pepper to taste. The broth will be absorbed by the noodles the longer this simmers. Makes over 4 quarts. Use a large stock pot or 2 crock pots. I usually cook the chicken, debone, and chill chicken and broth one day then finish making the soup the next day. Garlic powder or fresh minced garlic is good in this. We sometimes serve this ladled over mashed potatoes.

*Mrs. Daniel Christensen*

*The same rain that grows weeds for the pessimist,  
sprinkles flowers for the optimist!*

## Clam Chowder From Grinnell General Hospital

- |                                                      |                                                |
|------------------------------------------------------|------------------------------------------------|
| 1 gallon clams (1 pt.)                               | 1 qt. clam juice ( $\frac{1}{2}$ C.)           |
| 1 qt. finely chopped<br>onions ( $\frac{1}{2}$ C.)   | 1 C. flour (2 tsp.)                            |
| 1 qt. potatoes, diced ( $\frac{1}{2}$ C.)            | 1 qt. chopped celery ( $\frac{1}{2}$ C.)       |
| Carrots, diced, 1 qt. ( $\frac{1}{2}$ C.)            | 1 $\frac{1}{2}$ qts. water ( $\frac{3}{4}$ C.) |
| $\frac{1}{2}$ lb. butter (1 oz.)                     | 1 $\frac{1}{2}$ qts. milk ( $\frac{3}{4}$ C.)  |
| 1 $\frac{1}{2}$ qts. half & half ( $\frac{3}{4}$ C.) | 1 tsp. pepper (dash)                           |

Drain and chop clams. Save juice. Saute' onions in a small amount of the butter. Cook potatoes, celery and carrots in clam juice and water until tender. Add onion mixture. Melt butter, add flour and blend slowly, add milk and cream. Stir until thick and smooth. Season with pepper. Add sauce to vegetable mixture. Add clams and simmer 20 minutes.

*Mary Anne Smith*

## Hearty Potato Cheese Soup

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 3 C. frozen hashbrowns           | 1 chicken bouillon cube           |
| 2 C. water                       | 1 $\frac{1}{2}$ C. milk           |
| $\frac{1}{2}$ C. chopped celery  | 2 T. flour                        |
| $\frac{1}{2}$ C. chopped carrots | $\frac{1}{2}$ lb. Velveeta cheese |
| $\frac{1}{4}$ C. chopped onions  | $\frac{1}{2}$ C. chopped ham      |
| 1 tsp. parsley                   |                                   |

Boil in water until tender, but not too done: hash browns, celery, carrots, onions, parsley and chicken bouillon cube. Combine milk and flour; shake in jar and warm in microwave, pour into soup mixture. Add cheese melted; add ham. Heat, but do not boil.

*Amy Sollenbarger*

## **Kick-Off Chili**

- |                                                |                                                                   |
|------------------------------------------------|-------------------------------------------------------------------|
| 1 lb. ground beef                              | 1 T. ground oregano                                               |
| 1 lb. ground pork sausage                      | 3 T. chili powder                                                 |
| 1 large onion (coarsely chopped)               | 1 tsp. ground coriander                                           |
| 2 cloves garlic (minced)                       | 1½ tsp. celery seed                                               |
| 1 large bell pepper<br>(cut in ¾-inch chunks)  | 2 (28 oz.) or 4 (14.5 oz.) cans<br>ready cut tomatoes (undrained) |
| 1 lb. smoked sausage<br>(cut in ¾-inch chunks) | 2 (27 oz.) or 4 (15 oz.) cans<br>kidney beans (reserve liquid)    |
|                                                | ⅓ C. yellow cornmeal                                              |
|                                                | 12 oz. mozzarella cheese                                          |

In a large pot or Dutch oven over medium heat brown ground beef, pork sausage with onions and garlic. Add bell pepper and smoked sausage continue cooking 5-10 minutes longer. Reduce heat to low; drain fat. Stir in spices and tomatoes, simmer 5 to 10 minutes. Stir in kidney beans. In a bowl, put a little reserved bean liquid with cornmeal to consistency similar to pancake batter; mix with chili, simmering another 10 to 15 minutes. Stir occasionally. Serves 12. Top with mozzarella cheese.

*Nancy DeAngelo*

## **Oyster Stew**

- |                          |                        |
|--------------------------|------------------------|
| ¼ C. butter or margarine | 1½ tsp. salt           |
| 1 qt. raw oysters        | 1½ tsp. pepper (black) |
| 1½ qt. milk              | 2 T. flour             |

Melt butter or margarine in pan on low heat. Add oysters and liquid from it. Cook oysters until edges are curled. Add milk and salt and pepper. (Blend in flour with milk.) Cook on low heat do not boil.

*Janet Hargis*

## Potato Soup

- |                          |                       |
|--------------------------|-----------------------|
| 5 lbs. potatoes          | 1½ T. butter          |
| 2 onions                 | 1 can evaporated milk |
| ½ celery stalk           | (I use 2 cans)        |
| 1 can chicken broth      | 1 C. water            |
| 3 chicken bouillon cubes |                       |

Mix ingredients and cook until potatoes are tender.

## 7 Hour Stew

- |                                                            |                             |
|------------------------------------------------------------|-----------------------------|
| 4 lb. good grade steak (cut up<br>into cubes, don't brown) | ¼ C. minute tapioca         |
| 3 large carrots                                            | 1 T. brown sugar            |
| 1 large onion (diced)                                      | ½ C. Pepperidge Farm Crumbs |
| 1 pkg. frozen peas                                         | Salt & pepper (to taste)    |
| 3 bouillon cubes                                           | 4 shakes Lawry's seasoning  |
| ½ C. red wine (not cooking wine)                           | 3 bay leaves                |

Put into large covered casserole. Bake 7 hours at 250°.

*Kathy Harper*

## Stew

- |                             |                                                   |
|-----------------------------|---------------------------------------------------|
| 1½ lbs. beef for stew       | 1 (48 oz.) can of V-8 juice or<br>vegetable juice |
| 4 large potatoes            | ¼ tsp. pepper                                     |
| 1 lb. carrots               | 1 tsp. dried onion flakes                         |
| 2 (14 oz.) cans green beans |                                                   |

In skillet or large pot brown beef, while browning wash and cut into 1½-inch cubes the potatoes add to beef. Wash and cut carrots into 1-inch lengths add to beef. Open and drain liquids from green beans, then add to beef. Add pepper and onions, open and add V-8 juice over top, put lid on. Cook over medium/high heat until boiling then set on low heat and simmer for 1 to 4 hours. The longer cooking time the better. Great with cornbread or biscuits. Serves 6 to 8 people.

*Dennis Miles*

REVISIONS

1. The first part of the document is a letter to the editor of the journal. It discusses the importance of maintaining accurate records of all transactions and the need for a systematic approach to bookkeeping. The author emphasizes that good bookkeeping is essential for the success of any business and provides a detailed outline of the steps involved in setting up a bookkeeping system. This includes choosing the right accounting method, selecting appropriate accounting software, and ensuring that all transactions are recorded promptly and accurately. The author also discusses the importance of regular reconciliation and the use of bank statements to verify the accuracy of the records. The letter concludes by encouraging readers to take the time to learn the basics of bookkeeping, as it is a skill that can be applied to a wide range of business situations.

2. The second part of the document is a detailed guide to the various types of accounts used in bookkeeping. It explains the difference between assets, liabilities, and equity accounts, and provides examples of each. The author also discusses the importance of understanding the normal balances for each type of account and how to use the accounting equation to check the accuracy of the records. This section includes a table of account types and their normal balances, as well as a discussion of the various types of transactions that can affect each account. The author also provides a detailed explanation of the double-entry system, which is the foundation of modern bookkeeping. This system requires that every transaction be recorded in two accounts, one as a debit and one as a credit, and that the total debits equal the total credits. The author explains how this system helps to ensure the accuracy of the records and provides a clear picture of the financial position of the business at any given time.

STEPS

3. The third part of the document is a step-by-step guide to the bookkeeping process. It starts with a discussion of the importance of setting up a chart of accounts, which is a list of all the accounts used in the business. The author explains how to design a chart of accounts that is tailored to the needs of the business and provides a sample chart of accounts for a small business. The next step is to choose the right accounting method, which depends on the size and nature of the business. The author discusses the differences between the cash method and the accrual method, and provides a detailed explanation of how to choose the right method for the business. The final step is to set up the bookkeeping system, which involves selecting the right accounting software, entering the opening balances, and recording all transactions. The author provides a detailed explanation of how to do this and includes a checklist of the steps involved in setting up the system. The guide concludes by emphasizing the importance of regular reconciliation and the use of bank statements to verify the accuracy of the records.

Salads

and

Dressings

## Hints for Salads and Dressings

To prevent a vegetable salad from becoming soggy when it has to stand for a few hours, place a saucer upside down on the bottom of the bowl before filling it with the salad. The moisture will run underneath and the salad will remain fresh and crisp.

Stuff a couple of paper towels in the plastic bag with cleaned onions or radishes and they will stay fresh longer.

Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.

If you have trouble getting a head of lettuce or some other vegetables into a plastic bag, grasp the lettuce through the bag, then pull the bag over the lettuce.

Peel onions under water and they will not irritate the eyes.

Rub some dry mustard on your hands after peeling onions and then wash as usual. You will find that all odor will be removed.

When celery loses its crispness, place it in cold water. Slice a raw potato and add it to the water. Let this stand for several hours. Remove the celery and it will be crisp again.

If parsley is washed with hot water instead of cold it retains its flavor and is easier to chop.

Green pepper is an excellent source of Vitamin C. Cut it in strips to serve as nibblers, add it to salads and sandwich fillings. Whole peppers may be blanched and filled with tuna, potato or macaroni salad.

To reduce calorie in-take, mix powdered salad dressings into plain low-fat yogurt instead of oil or sour cream. Or add buttermilk, cottage cheese or tomato juice to the dressings.

Bottled salad dressings may be loaded with saturated oil and preservatives. Make your own by mixing 3 or 4 parts polyunsaturated vegetable oil, olive oil, yogurt or buttermilk with 1 part vinegar or lemon juice, and seasonings.

If you mix the oil and vinegar into a salad separately, add the oil first. If you reverse the order, the oil just slides off the wet leaves.

Old spice jars are perfect one-shot salad dressings containers to take along with a salad lunch.

Slice tomatoes vertically rather than horizontally. The slices will stay firmer in your salad and they'll help keep the salad dressing from getting watery.

If you soak onion rings in cold water for about an hour, they'll taste milder in your salad.

## Apple Spinach Salad

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 pkg. torn fresh spinach       | 1/4 C. apple cider vinegar |
| 2 Granny Smith apples (chopped) | 1/4 C. oil                 |
| 1/2 C. cashews                  | 1/4 tsp. garlic salt       |
| 1/4 C. golden raisins           | 1/4 tsp. celery salt       |
| 1/4 C. sugar                    |                            |

Combine sugar, vinegar, oil, garlic salt and celery salt in a jar and shake. Pour over salad and toss gently.

*Sherry Sollenbarger*

## Beet Relish

- |                          |                 |
|--------------------------|-----------------|
| 6 C. ground cooked beets | 1 tsp. cinnamon |
| 3 C. sugar               | 1 tsp. cloves   |
| 3 C. vinegar             |                 |

Cook all together until very thick. Seal while hot in jars.

*Grace Howsare*

## Broccoli Salad

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 C. mayonnaise             | 1 C. golden raisins             |
| 1 T. vinegar                | 2 oz. slivered almonds          |
| 1/2 C. sugar                | 2 sticks celery (chopped)       |
| 1/4 tsp. salt               | 1/2 red onion (sliced)          |
| 1 bunch broccoli floweretts | 3/4 lb. cooked bacon (crumbled) |

Mix together mayonnaise, vinegar, sugar and salt in a large bowl. Add all other ingredients and stir well. Refrigerate. Serves 8.

*Marge LePorte*

## **Broccoli Raisin Salad**

- |                                 |                                          |
|---------------------------------|------------------------------------------|
| 1 C. Hellmann's mayonnaise      | 7½ oz. raisins                           |
| ½ C. granulated sugar           | 2 bunches broccoli<br>(cut into florets) |
| 1 T. vinegar                    | 1 small onion (finely diced)             |
| ½ lb. bacon (cooked & crumbled) |                                          |

Prepare the dressing: Blend the mayonnaise, sugar and vinegar in a small bowl. Combine broccoli florets, crumbled bacon, diced onions and raisins in a large mixing bowl. Gently fold in dressing. Serve salad slightly chilled. Taste best when served the same day. Optional: May add shelled sunflower seeds. Yields 3 to 4 pints.

*Lou Ebert*

## **Broccoli Salad**

- |                                               |                        |
|-----------------------------------------------|------------------------|
| 1 bunch broccoli<br>(split into flowerette)   | ¼ C. slivered almonds  |
| 5-6 bacon slices (cooked crisp<br>& crumbled) | 1 C. dried cranberries |
|                                               | ¼ C. diced red onion   |

### **DRESSING:**

- |                   |              |
|-------------------|--------------|
| ⅓ C. Miracle Whip | 3 T. vinegar |
| 3 T. sugar        |              |

Mix dressing first and set aside. Combine all the other ingredients in bowl. Crumble bacon on top and toss with dressing.

*Linda Needham*

**Cabbage Apple Molded Salad**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 pkg. (3 oz.) lemon or lime gelatin | ½ C. shredded cabbage            |
| 1 C. boiling water                   | 4 tsp. vinegar                   |
| ¾ C. cold water                      | ½ tsp. salt                      |
|                                      | 1 C. diced red apples (unpeeled) |

Dissolve gelatin in boiling water. Add cold water. Chill until thickened. Combine cabbage, vinegar and salt. Let stand about 20 minutes. Fold cabbage and apples into gelatin. Pour into 3 C. mold. Chill until firm. Unmold. Garnish with crisp greens and mayonnaise if desired. Makes 6 servings.

*Daisy Martin*

**Cabbage Lemon Salad**

- |                                          |                             |
|------------------------------------------|-----------------------------|
| 6 C. finely chopped cabbage              | ⅓ C. water                  |
| 2 medium carrots<br>(finely shredded)    | 1 C. sugar                  |
| 1 small onion (finely chopped)           | ¼ tsp. mustard seed         |
| 1 small green pepper<br>(evenly chopped) | 1 tsp. salt                 |
| ¾ C. salad oil                           | 1 tsp. celery seed          |
|                                          | 1 (3 oz.) pkg. lemon Jell-O |
|                                          | ⅓ C. vinegar                |

Combine vegetables and pour oil over them. Let stand while you heat mixture of the next 5 ingredients. When mixture boils add Jell-O and stir until dissolved. Cool. Pour over vegetables. Mix well and let stand overnight in refrigerator. Salad keeps 2 or 3 weeks in tightly covered container. Makes 10 to 12 servings.

*Ruth Power*

## **Calico Salad**

- |                                                |                        |
|------------------------------------------------|------------------------|
| 1 (15 oz.) can white corn<br>(not cream style) | 1 green pepper (diced) |
| 1 (15 oz.) can French style<br>green beans     | 1 C. diced celery      |
| 1 (15 oz.) can peas                            | ½ C. diced onion       |
|                                                | 1 C. grated carrots    |

### **CALICO SALAD DRESSING:**

- |                  |               |
|------------------|---------------|
| ½ C. cooking oil | 1 C. sugar    |
| ¾ C. vinegar     | 1 tsp. salt   |
| 1 T. water       | ¼ tsp. pepper |

Drain the first 3 ingredients for 1 hour. Combine ingredients for dressing and boil for 1 minute. Cool to lukewarm. Pour over vegetables. Refrigerate several hours. This will keep 2 or 3 weeks.

*Lila Anderson*

## **Carrot Salad**

- |                        |                           |
|------------------------|---------------------------|
| 6 C. cooked carrots    | ¾ C. vinegar              |
| 1 bell pepper (sliced) | 1 T. Worcestershire sauce |
| 1 onion (sliced)       | 1 tsp. salt               |
| 1 can tomato soup      | 1 tsp. pepper             |
| 1 C. sugar             | 1 tsp. mustard            |
| ½ C. salad oil         |                           |

Mix well soup, sugar, vinegar, oil and spices; heat. Mix with your vegetables. Let set for several hours. Keeps well.

*Ruth Power*

**Carrot Salad**

- |                           |                    |
|---------------------------|--------------------|
| 3 C. sliced carrots       | 2 T. sugar         |
| ½ C. chopped celery       | 2 T. vinegar       |
| ½ C. chopped green pepper | 1 tsp. horseradish |
| ¼ C. chopped onion        |                    |

Cook and drain carrots and add to other vegetables. Combine Miracle Whip dressing, sugar, vinegar and horseradish. Mix well and pour over vegetables. Will keep several days in refrigerator. Delicious!

*Mamie Berry*

**Carrot Salad**

- |                         |                             |
|-------------------------|-----------------------------|
| 2 lb. carrots (sliced)  | 1 C. sugar                  |
| 1 green pepper (sliced) | ¾ C. vinegar                |
| 1 onion (cut up thin)   | 1 tsp. prepared mustard     |
| Celery (cut up thin)    | 1 tsp. Worcestershire sauce |
| 1 can tomato soup       | Salt & pepper (to taste)    |
| ½ C. oil                |                             |

Cook carrot slices in salted water and drain. Add pepper, onion and celery. Mix soup, oil, sugar, vinegar, mustard, Worcestershire sauce and salt and pepper in order given. (Do not heat.) Will keep. Refrigerate.

*Leola Mae George*

*The way to a friend's house is never long.*

## **Ceasar Salad**

- |                           |                        |
|---------------------------|------------------------|
| 1/3 C. vinegar            | 1 head Romaine lettuce |
| 2 tsp. dry mustard        | Seasoned croutons      |
| 2 cloves garlic (chopped) | Bacon bits             |
| 1/3 C. sour cream         | 4 shredded anchovies   |
| 2/3 C. oil                |                        |

Dissolve dry mustard, chopped garlic, sour cream in vinegar. Toss lettuce in oil. Add croutons, bacon bits, anchovies to lettuce. Pour sour cream mixture over lettuce. Toss. Serve immediately.

*Yvonne Chadek*

## **Chicken Pasta Salad**

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1/2 C. Miracle Whip              | 1 C. (4 oz.) corkscrew noodles |
| 1/2 C. (1 oz.) grated cheese     | (cooked & drained)             |
| 2 C. T. milk & 1/2 tsp. salt     | 1 C. green pepper (chopped)    |
| 1 1/2 C. chopped, cooked chicken | 1 C. chopped tomatoes          |
|                                  | 1/4 C. chopped onions          |

Combine salad dressing, cheese, milk and salt. Mix well, add remaining ingredients. Mixed lightly. Chill several hours or overnight. Add remaining salad dressing just before serving if desired. Serve on lettuce leaves.

*Karen Wells*

*When you feel dog tired at night, it may  
be because you growled all day.*

## Chicken Waldorf Salad

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 C. cubed, cooked chicken    | 1/4 C. walnuts                     |
| 1/2 C. coarsely chopped apple | 1/2 C. Miracle Whip Salad Dressing |
| 1/2 C. chopped celery         | 1/2 tsp. ground ginger (opt.)      |
| 2 T. raisins                  |                                    |

Mix all ingredients until blended. Makes 4 servings.

*Karen Wells*

## Chinese Salad

- |                                  |                |
|----------------------------------|----------------|
| 1 head shredded Napa cabbage     | 1/2 C. sugar   |
| 1 bunch (8) chopped green onions | 1/4 C. vinegar |
| 2 pkgs. Ramien noodles           | 3/4 C. oil     |
| 4 oz. sliced almonds             | 2 T. soy sauce |
| 1 oz. sesame seeds               | 1/2 C. butter  |

First make the dressing: Boil together for 1 minute, sugar, vinegar, oil and soy sauce. Cool to room temperature then beat, cool in refrigerator. Second: Brown in melted butter the noodles, almonds and sesame seeds. Remove from frying pan and drain on paper towels. Third: Pour dressing over Napa cabbage and onions then toss in browned noodles, almonds and sesame seeds.

*Christine Deignan*

*It is much easier to be critical than to be correct.*

## **Copper Penny Carrot Salad**

2 lbs. carrots (cut up)  
1 green pepper (cut)

1 onion (cut)

### **SAUCE:**

1 can tomato soup

1 tsp. Worcestershire sauce

1 C. sugar

½ C. cooking oil

1 tsp. prepared mustard

½ C. vinegar

Boil carrots until a little crispy and drain. Add green pepper and onion. SAUCE: Bring to slow boil and pour over carrots. Salt and pepper to taste. Refrigerate. Will keep for 5 days.

*Ruth Power*

## **Cottage Cheese Salad**

1 small carton cottage cheese  
1 can crushed pineapple (drained)  
1 can mandarin orange segments  
(drained)

1 small carton Cool Whip  
Miniature marshmallows (opt.)  
1 box orange flavored gelatin

In a bowl, combine all ingredients except for the flavored gelatin. Sprinkle the dry gelatin over the top of the cottage cheese mixture and refrigerate.

*Lila Anderson*

*Do not resent growing old - many are denied that privilege.*

**Cottage Cheese Salad**

- |                                  |                                                     |
|----------------------------------|-----------------------------------------------------|
| ½ C. sugar                       | 1 large can crushed pineapple<br>(drained a little) |
| 1 C. water                       | 1 C. cottage cheese                                 |
| 1 sm. pkg. lemon or lime gelatin | 1 C. Cool Whip                                      |

Bring sugar and water to a boil; stir in dry gelatin. Dissolve. Set aside until syrupy. Then add remaining ingredients gently. Chill at least 2 hours to set before serving.

*In Memory of my grandmother, Fern Colyn  
(Submitted by Gay Lea Wilson)*

**Crunchy Pea Salad**

- |                                                  |                                             |
|--------------------------------------------------|---------------------------------------------|
| ½ C. Miracle Whip Salad Dressing                 | 1 C. peanuts                                |
| ¼ C. Zesty Italian dressing                      | 6 crispy cooked bacon<br>(sliced, crumbled) |
| 1 (10 oz.) pkg. frozen peas<br>(thawed, drained) | ¼ C. chopped red onion                      |
| 1 C. chopped celery                              |                                             |

Combine salad dressing and Italian dressing; mix well. Add remaining ingredients; mix lightly. Chill. Add additional salad dressing; just before serving, if desired. Serve in tomatoes, cut into wedges, if desired.

*Frances Bond*

*The way out of trouble is never as simple as the way in.*

## **Country Baked Potato Salad**

- |                                                           |                                                     |
|-----------------------------------------------------------|-----------------------------------------------------|
| 4 C. quartered, cooked<br>new potatoes                    | ½ C. each chopped green<br>peppers & chopped onions |
| 6 slices Oscar Meyer Bacon<br>(crisply cooked & crumbled) |                                                     |

Mix potatoes, bacon, green peppers and onion in large bowl. Add dressing, mix lightly. Season to taste with salt and pepper. Refrigerate. Makes 8 servings.

*Lorrie Little*

## **Creamy Coleslaw**

- |                                       |                    |
|---------------------------------------|--------------------|
| 4 C. shredded cabbage                 | 1 T. vinegar       |
| ½ C. shredded carrot                  | 1 T. sugar         |
| ½ C. finely chopped green pepper      | ¼ tsp. salt        |
| ½ C. salad dressing<br>(Miracle Whip) | 1 tsp. celery seed |

In a large bowl, combine cabbage, carrots and peppers. To prepare dressing: Mix together salad dressing, vinegar, sugar, celery seed and salt. Pour the dressing over the cabbage mixture; toss lightly to coat vegetables. Cover and chill. Makes 8 servings.

*Daisy Martin*

*Tomorrow is not promised us, so  
make the very most of today.*

## Cucumbers In Sour Cream

- |                          |                     |
|--------------------------|---------------------|
| 3 medium sized cucumbers | 1 tsp. sugar        |
| ½ C. sour cream          | ½ tsp. salt         |
| 2 T. vinegar             | ½ tsp. black pepper |

Peel cucumbers and slice thin. Put cucumbers in medium size bowl. Cover with 3 C. water or enough to cover and 1½ tsp. salt. Chill for ½ to 1 hour. Pour off salted water and rinse in clear water. Drain. Blend sour cream, vinegar and sugar. Fold into cucumbers. Serve with a sprinkling of salt and pepper.

*Daisy Martin*

## Diet Gourmet Dressing

- |                     |                                    |
|---------------------|------------------------------------|
| 1 C. cottage cheese | ½ tsp. salad herbs (crushed)       |
| 2 tsp. vinegar      | Dash each of garlic & onion powder |
| 1 tsp. salt         | 1 C. plain yogurt                  |

In small mixing bowl, beat cottage cheese until fairly smooth. Add vinegar, salt, herbs and garlic and onion powders. Mix thoroughly. Fold in yogurt. Cover and chill to blend flavors. Use as a dressing for tossed salads. Keeps well in covered container in refrigerator for several days. Makes about 2 cups.

*Daisy Martin*

*Reach out and touch someone – a pat on  
the back, a smile, a prayer.*

## **4 Bean Salad**

- |                                 |                      |
|---------------------------------|----------------------|
| 1 (16 oz.) can wax beans        | 1 large white onion  |
| 1 (16 oz.) can green beans      | (cut into rings)     |
| 1 (16 oz.) can red kidney beans | 1/3 C. salad oil     |
| 1 (16 oz.) can garbanzo beans   | 3/4 C. white vinegar |
|                                 | 3/4 C. water         |
|                                 | 1 tsp. pepper        |

Drain beans. Mix with onion rings. Combine next 4 ingredients. Pour over bean mixture. Marinate in refrigerator overnight.

*Frances Bond*

## **Freezer Slaw**

- |                               |                   |
|-------------------------------|-------------------|
| 1 medium head cabbage         | 1 carrot (grated) |
| (shredded)                    | 1 tsp. salt       |
| 1 green pepper (chopped fine) |                   |

Mix cabbage and salt well then let stand 1 hour. Add peppers and carrots.

### **DRESSING:**

- |                      |                     |
|----------------------|---------------------|
| 1 C. vinegar (white) | 1 tsp. celery seed  |
| 1/4 C. water         | 1 tsp. mustard seed |
| 2 C. sugar           |                     |

Mix well. Boil 1 minute. Cool completely and pour over slaw; mix well. Place in airtight containers, serving size and freeze.

*Ruth Power*

**Fruited Slaw**

- |                                |                      |
|--------------------------------|----------------------|
| 2 C. shredded raw carrots      | Salt                 |
| 2 C. shredded raw cabbage      | ½ C. mayonnaise      |
| 1½ C. chopped apples           | 2 T. pineapple juice |
| ¼ C. drained crushed pineapple |                      |

Combine carrots, cabbage, apples and pineapple. Add salt to taste. Combine mayonnaise and pineapple juice. Add to veg. fruit mixture. Toss lightly. Serve on lettuce if desired.

*Daisy Martin*

**Layered Lettuce Salad**

- |                                |                              |
|--------------------------------|------------------------------|
| 1 large head lettuce           | ½ C. chopped onions          |
| 5 slices crisp bacon (browned) | 1 pt. Hellmann's mayonnaise  |
| 1 box frozen peas              | 1 C. cheddar shredded cheese |
| 4 or 5 hard boiled eggs        |                              |

Break lettuce in a 9x11-inch pan. Crumble bacon over lettuce. Put peas, onions and sliced eggs in layers over lettuce and bacon. Spread on mayonnaise. Sprinkle grated cheese on top. Serves 12 and will keep several days.

*Clara Olason*

**Layered Salad**

- |                        |                 |
|------------------------|-----------------|
| Layer of lettuce       | 2 C. mayonnaise |
| Green peppers & onion  | 2 T. sugar      |
| 10 oz. pkg. peas       | Shredded cheese |
| 4 boiled eggs (sliced) | Bacon bits      |

May be made night before.

## **Layered Salad**

- |                             |                                                  |
|-----------------------------|--------------------------------------------------|
| 1 head lettuce (broken up)  | 2 C. Miracle Whip                                |
| ½ C. celery (chopped)       | 1 (8 oz.) pkg. grated cheddar cheese             |
| ½ C. green pepper (chopped) | Crisp bacon or imitation bacon bits (as garnish) |
| 1 onion (sliced thin)       |                                                  |
| 1 pkg. frozen peas          |                                                  |

In the bottom of a 9x13-inch pan arrange all the above ingredients except the bacon. Sprinkle the bacon over the top and cover the salad with foil and refrigerate overnight.

*Helen Wilson*

## **Layered Spinach Salad**

- |                                               |                                          |
|-----------------------------------------------|------------------------------------------|
| 1 pkg. (9 oz.) refrigerated cheese tortellini | ½ C. sliced green onions                 |
| 2 C. shredded red cabbage                     | 1 bottle (8 oz.) ranch salad dressing    |
| 6 C. torn fresh spinach                       | 8 bacon strips (cooked & crumbled), opt. |
| 2 C. cherry tomatoes (halved)                 |                                          |

Cook tortellini according to package directions. Drain and rinse with cold water; set aside. In a large glass bowl, layer cabbage, spinach, tortellini, tomatoes and onions. Pour dressing over top; sprinkle with bacon if desired. Cover and refrigerate for at least 1 hour. Yield: 10 servings. Diabetic Exchanges: One cup serving (prepared with lowfat salad dressing and without bacon) equals 1 starch, 1 vegetable, 1 fat; also, 159 calories, 350 mg sodium, 14 mg cholesterol, 16 gm carbohydrate, 6 gm protein and 8 gm fat.

This tasty dish uses less sugar, salt and fat.

*Hilda Sissel*

**Lettuce Salad****SALAD:**

- 1 head lettuce bite size
- 2 C. chopped celery
- 2 T. minced parsley
- 4 green onions (tops too)
- 2 C. mandarin oranges

**DRESSING:**

- ½ tsp. salt
- 2 T. sugar
- 2 T. vinegar
- ½ C. oil

1 pkg. slivered almonds

Mix first 5 ingredients. Then mix dressing ingredients together. Melt 2 T. sugar in skillet and add almonds, brown, stirring constantly they burn easily. Cool and break apart. Add dressing and almonds just before serving.

*Linda Payton*

**Lobster Tasties Garden Salad**

- 1 (8 oz.) pkg. Captain Jack  
Lobster Tasties
- ½ C. celery (chopped)
- 1 C. cucumber (chopped)
- ¼ C. olives (chopped)
- 1 T. lemon juice
- ½ C. mayonnaise or  
salad dressing

Shred Lobster Tasties and combine with celery, cucumbers and olives. Mix in mayonnaise and blend in lemon juice. Serve on lettuce leaves. Makes 4 servings.

*Tina Wells Payton*

## **Macaroni Salad**

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 pkg. macaroni (cooked)        | 1 small onion (chopped)        |
| 2 hard boiled eggs              | 2 carrots (grated)             |
| 1 small can Spam or ham (cubed) | 1 to 2 stalks celery (chopped) |

### **DRESSING:**

- |                    |                   |
|--------------------|-------------------|
| 1 C. Miracle Whip  | 1 tsp. vinegar    |
| ½ C. sugar         | ¼ C. milk (scant) |
| ⅓ C. salad mustard |                   |

In a bowl, combine the Miracle Whip with the remaining ingredients for the dressing. Pour this over the remaining ingredients and mix well.

*Helen Wilson*

## **Make Ahead Salad**

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 envelopes plain gelatin | 1 C. vegetable oil               |
| ¼ C. cold water           | 2 chopped peppers (green or red) |
| 1½ C. sugar               | 3 carrots                        |
| 1 tsp. salt               | 1 small onion (grated)           |
| 1 C. vinegar              | 8 C. cabbage (shredded)          |
| 2 tsp. celery seed        |                                  |

Soften gelatin in cold water. Heat vinegar and sugar until sugar dissolves. Add remaining seasonings, then stir into softened gelatin. Beat in salad oil. Combine vegetables and toss with dressing. Refrigerate at least 24 hours.

*Wilda C. Huffman*

## Make Ahead Slaw

- |                          |                         |
|--------------------------|-------------------------|
| 2 envelopes Knox gelatin | 1 C. salad oil (Mazola) |
| ¼ C. cold water          | 10 C. shredded cabbage  |
| 1 C. vinegar             | 3 grated carrots        |
| 1½ C. sugar              | 2 chopped green peppers |
| 2 tsp. celery seed       | 1 small grated onion    |
| 1 tsp. salt              |                         |

Soften gelatin in cold water. Heat vinegar and sugar until sugar dissolves, add remaining seasoning then stir in soften gelatin. Beat in salad oil. Combine vegetables and toss with dressing. Refrigerate for at least 24 hours. Vegetables stay crisp. Pack cabbage firmly. Keeps well in refrigerator.

*Helen Klein*

## Mostaciolli Salad

- |                             |                       |
|-----------------------------|-----------------------|
| 1 box mostaciolli           | ¼ tsp. celery salt    |
| ¾ C. Italian salad dressing | ¼ tsp. seasoned salt  |
| ¾ C. mayonnaise             | ¼ tsp. celery seed    |
| ½ tsp. onion salt           | ¼ tsp. mustard seed   |
| ½ tsp. garlic salt          | ¼ tsp. oregano        |
| 2 tsp. sugar                | ¼ tsp. parsley flakes |
| ¼ tsp. cracked black pepper |                       |

Cook box of mostaciolli according to directions on the box. Drain and rinse with hot water and drain again well. Toss with dressing and spice ingredients. Chill. Serve at room temperature. Keeps well.

*Carolyn Whitlatch*

## **Mostaccioli Salad**

- |                                             |                                 |
|---------------------------------------------|---------------------------------|
| 8 to 10 oz. mostaccioli noodles<br>(cooked) | 1 tsp. Accent                   |
| 1¼ C. cider vinegar                         | 1 tsp. garlic powder            |
| ¼ C. water                                  | 2 T. prepared mustard           |
| 1½ C. sugar                                 | 1 medium onion (cut fine)       |
| 1 tsp. salt                                 | 1 medium cucumber (lg. grating) |
| 1 tsp. coarse ground pepper                 | 1 small jar pimento (drained)   |
|                                             | Parsley (to taste)              |

Mix all together and let stand in refrigerator. Stir gently occasionally.

*Frances Bond*

## **Pea Salad**

- |                              |                                                 |
|------------------------------|-------------------------------------------------|
| 2 pkgs. frozen peas (thawed) | 1 pkg. hidden valley original<br>ranch dressing |
| 1½ C. cauliflower (cut up)   | 1 C. celery (cut up)                            |
| 1 C. mayonnaise              |                                                 |

Mix together and refrigerate.

*Carolyn Whitlatch*

## **Pimento Cheese Salad**

- |                                           |                                  |
|-------------------------------------------|----------------------------------|
| 2 (5 oz.) jars pimento cheese             | 1 (20 oz.) can crushed pineapple |
| ½ C. mayonnaise                           | ½ C. walnut pieces               |
| 1 large package miniature<br>marshmallows | 2 C. whipping cream              |

Cream cheese and mayonnaise until smooth. Stir in marshmallows, then add pineapple (juice and all) and nuts. Fold in the whipped cream and pour into baking dish and freeze.

*Karen Wells*

## Raspberry Vinaigrette Dressing

- |                                           |                                     |
|-------------------------------------------|-------------------------------------|
| 1/3 C. pureed fresh or frozen raspberries | 2 tsp. Dijon mustard                |
| 1/3 C. raspberry vinegar                  | 1 tsp. fresh thyme (1/2 tsp. dried) |
| 2/3 C. walnut oil (or mild vegetable oil) | 1/2 tsp. fresh rosemary             |
|                                           | Salt, pepper (to taste)             |

Combine all ingredients and whisk together. The dressing ingredients will separate on standing. Shake before use. Refrigerate.

*Gay Lea Wilson*

## 7 Layer Salad

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 head of lettuce                     | 1 large jar Hellmann's mayonnaise |
| Chopped celery                        | 1 large can Parmesan cheese       |
| Chopped onion, salt & pepper          | 1 lb. bacon                       |
| 2 pkgs. frozen peas (cook until done) |                                   |

First layer: In 9x12-inch dish (or larger) shredded lettuce.

Second layer: Celery.

Third layer: Chopped onion with salt & pepper.

Fourth Layer: Cooked peas.

Fifth Layer: Mayonnaise 1/2-inch thick.

Sixth Layer: Parmesan cheese.

Seventh Layer: Crumble bacon.

Keep refrigerated.

*Eleanor Andrew*

## **Shrimp Salad**

1 head lettuce  
1 medium onion  
6 stalks celery  
1 bell pepper

Onion salt (to taste)  
Pepper (to taste)  
1/4-1/2 jar Miracle Whip

Cut lettuce as for a salad. Chop all fresh vegetables, mix in with lettuce. Add Miracle Whip. Add onion salt and pepper (to taste). Place in refrigerator for at least 2 hours before serving.

## **Sour Cream-Potato Salad**

1/3 C. Italian salad dressing  
7 medium potatoes, cooked in jackets  
(peeled & sliced = 6 C.)  
3/4 C. sliced celery  
1/3 C. sliced green onions

4 hard cooked eggs  
1 C. mayonnaise or salad dressing  
1/2 C. sour cream (chip dip is good too)  
1 1/2 tsp. prepared horseradish mustard

Pour Italian dressing over warm potatoes. Chill 2 hours. Add celery and onions, chop egg whites, sieve egg yolks. Mix with mayonnaise, sour cream and mustard. Fold into salad. Add salt and celery seed to taste. Chill 2 hours. Makes 8 servings.

*Mamie Berry*

*Daily prayers lessen daily cares.*

## Spaghetti Salad

Any amount desired of:

Radishes	Peppers
Green onions & tops	Celery
Cucumbers	Tomatoes

Cook spaghetti in salted water, cool and rinse, use any amount you like.

### DRESSING:

Mayonnaise (not salad dressing)	Cracked pepper or coarse ground pepper
Italian salad dressing (regular & creamy)	Mustard (dry & prepared)
Sugar (to your taste)	Garlic powder & salt

Mix to taste. Pour over spaghetti and vegetables. The longer it sets, the better.

*Mamie Berry*

## Spinach Salad

1 lb. fresh spinach	4 eggs (hard cooked, sliced)
2 C. fresh bean sprouts or 1 #2 can bean sprouts (drained)	¼ C. green onions including tops
1 (8 oz.) can water chestnuts	½ lb. bacon (fried, crumbled)
	1 C. fresh mushrooms (sliced), opt.

Tear clean, crisp, thoroughly dried spinach into a large bowl. Wash and drain bean sprouts. Toss salad ingredients together.

### DRESSING:

¾ C. sugar	⅓ C. ketchup
¼ C. vinegar	2 tsp. salt
¼ C. salad oil	1 tsp. Worcestershire sauce

Combine ingredients in jar. Cover and shake well. At serving time, pour dressing over salad. Toss lightly until spinach leaves are well coated. Serve immediately.

*Mamie Berry*

## **Susie's Coffee Salad**

- |                                          |                                      |
|------------------------------------------|--------------------------------------|
| 1 (1 lb.) pkg. marshmallows<br>miniature | 1 C. nuts                            |
| 1 C. strong coffee                       | 1 C. whipping cream<br>or Dream Whip |

Heat coffee and marshmallows until melted. Chill in fridge until congealed like Jell-O. In a separate bowl whip cream. Also whip congealed mixture and combine. Fold in nuts (black walnuts are best). Refrigerate until time to use. Good with pork and turkey.

*Wilda Huffman*

## **Taco Salad**

- |                                         |                                         |
|-----------------------------------------|-----------------------------------------|
| 2 or 3 lbs. hamburger                   | 2 or 3 tomatoes (chopped)               |
| 1 large can chili beans<br>(or 2 small) | 1 head lettuce (chopped thin)           |
| 2 pkgs. taco seasoning                  | 1 large pkg. shredded cheddar<br>cheese |

Brown hamburger, add chili beans and taco seasoning. Let cool. Mix tomatoes, lettuce and hamburger mixture. Add crushed nacho cheese taco chips and add to mixture.

*Mamie Berry*

## **Tarragon Chicken Salad**

- |                                                                   |                                            |
|-------------------------------------------------------------------|--------------------------------------------|
| 4 boneless, skinless chicken<br>breast halves<br>(cooked & cubed) | ¾ C. Miracle Whip or<br>Miracle Whip Light |
| 1 C. red grapes                                                   | 1 tsp. dried tarragon leaves               |

Mix all ingredients. Refrigerate several hours or overnight. Makes 6 servings. Variations: Serve in lettuce lined pita breads.

*Lorrie Little*

## Great Western Chef Taco Salad

- |                                      |                    |
|--------------------------------------|--------------------|
| 1 onion                              | 1 C. black olives  |
| 2 tomatoes                           | 1 avocados         |
| 1 head lettuce                       | 1 lb. ground beef  |
| 1 C. shredded cheese                 | 1 can kidney beans |
| 1 C. thousand island dressing        | ¼ tsp. salt        |
| 1 (6 oz.) bag toasted tortilla chips |                    |

Chop onion, tomatoes and head lettuce. Toss with shredded cheese, dressing. Crumble and add tortilla chips. Add olives and avocado. Brown ground beef, drain. Add beans. Mix into cold salad and serve. Decorate with extra chips.

*Virginia Semple*

## Turkey And Vegetable Pasta Salad

- |                                         |                                                                                      |
|-----------------------------------------|--------------------------------------------------------------------------------------|
| ½ C. Miracle Whip or Miracle Whip Light | 3 C. cooked turkey strips (smoked/regular)                                           |
| ¼ C. sour cream                         | 3 C. assort. vegetables (cut into strips (zucchini, carrots bell peppers & tomatoes) |
| ¾ tsp. each dillweed & garlic salt      | 1½ C. medium shell macaroni (cooked & drained)                                       |

Mix dressing, sour cream, dill and garlic salt to large bowl. Add remaining ingredients, mix lightly. Refrigerate. Makes 5 cups.

*Lorrie Little*

## **Zucchini Squash Relish**

- |                        |                      |
|------------------------|----------------------|
| 10 C. ground squash    | 2 ground red peppers |
| 4 C. ground onions     | (or 4 green peppers) |
| 2 ground green peppers | 1/3 C. salt          |

Mix together and let stand overnight in refrigerator. Drain and wash in cold water. Drain and let dry in colander. Add 1 tsp. tumeric, 1 tsp. nutmeg, 1 tsp. celery seed, 2 1/2 C. vinegar, 4 1/2 C. sugar, 1/4 tsp. black pepper and 1 T. cornstarch. Boil 20 minutes and seal while hot. Makes 7 pints.

*Grace Howsare*

## **Apple Salad**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 3 C. apples (sliced or chopped)  | 1/3 C. raisins              |
| 1 C. marshmallows                | 1 (8 oz.) carton Cool Whip  |
| 8 oz. crushed, drained pineapple | 1 small box instant pudding |
| 1 C. peanuts                     | (butterscotch flavor)       |

Add all ingredients. Stir gently. Refrigerate and serve.

*Frances Bond*

## **Apricot Delight**

- |                               |                          |
|-------------------------------|--------------------------|
| 1 large can crushed pineapple | 5 T. milk                |
| 1/2 C. sugar                  | 1 large carton Cool Whip |
| 1 (3 oz.) pkg. apricot Jell-O | 50 vanilla wafers        |
| 1 (8 oz.) pkg. cream cheese   | 1/2 stick margarine      |

In a saucepan, bring to a boil pineapple, sugar and apricot Jell-O. Completely cool. Cream the cream cheese and milk together, blend with the Cool Whip. Blend pineapple mixture and cream cheese together. Crush vanilla wafers and mix with melted margarine. Reserve small amount for top of salad. Press crumbs into a 9x13-inch pan. Add Jell-O mixture and sprinkle remaining crumbs on top. Refrigerate overnight.

*Lila Anderson*

**Apricot Salad**

- |                                         |                               |
|-----------------------------------------|-------------------------------|
| 2 pkgs. orange Jell-O                   | 1 large can crushed pineapple |
| 2 C. boiling water                      | 1 large can apricots (mashed) |
| 1 C. pineapple & apricot<br>juice mixed | 20 miniature marshmallows     |

**TOPPING:**

- |                                         |               |
|-----------------------------------------|---------------|
| 1 C. pineapple & apricot juice<br>mixed | 2 T. flour    |
| ½ C. sugar                              | 1 beaten egg  |
|                                         | 2 tsp. butter |

Mix Jell-O when firm. Cook the topping until thick. When cool, fold in 1 C. cream, whipped. Spread over the firm gelatin and top with grated cheese.

*Betty Carman*

**Autumn Fruit**

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1½ lb. fresh cranberries        | 2 tsp. cinnamon                |
| 5-7 apples (peeled & diced)     | 2 T. grated orange rind        |
| 1 pkg. dried apricots (snipped) | ¼ tsp. nutmeg                  |
| 1 C. golden raisins             | 2¼ C. sugar (scant)            |
| 1½ C. orange juice              | ½ C. orange liquor or Galliano |

Combine in all ingredients, except orange liquor, in large pan. Bring to a boil; reduce heat and simmer 45 minutes. Stir frequently. Remove from heat. Stir in orange liquor. Cool to room temperature. Cover and chill.

*Marge LePorte*

## **Blueberry Pie Mix Salad**

- |                            |                             |
|----------------------------|-----------------------------|
| 2 pkgs. blackberry gelatin | 1 (13½ oz.) can crushed     |
| 2 C. boiling water         | pineapple (not drained)     |
| 1 can blueberry pie mix    | 1 (8 oz.) pkg. cream cheese |
| 1 tsp. lemon juice         | (softened)                  |
| 1 C. sour cream            | 2 T. salad dressing         |

Dissolve gelatin in boiling water. Blend together pie mix, lemon juice and sour cream. Stir into gelatin. Add crushed pineapple and juice. Mix. Place in an 8x11-inch pan and chill. Frost with cream cheese which has been blended with salad dressing.

## **Blueberry Salad**

- |                             |                    |
|-----------------------------|--------------------|
| 3 (3 oz.) pkg. grape Jell-O | 3 C. boiling water |
|-----------------------------|--------------------|

Dissolve Jell-O in the boiling water and cool until it begins to jell. Add 1 C. blueberry pie mix. When partially set, add and swirl ½ pint sour cream. Stir the sour cream well before adding to Jell-O. It can be mixed right in the salad dish. Its a large recipe, so use a 13x9-inch dish.

*Clara Olason*

## **Cherry Salad**

- |                       |                             |
|-----------------------|-----------------------------|
| 2 pkgs. cherry Jell-O | 1 (3 oz.) pkg. Philly cream |
| 1 can cherry pie mix  | cheese                      |
| 10 marshmallows       | 1 C. whipping cream         |
| Less than ¼ C. milk   |                             |

Dissolve Jell-O in 3 C. boiling water and add 1 C. cherry pie mix. Refrigerate set. In double boiler melt 10 marshmallows, add just a little milk (less than ¼ C.). Add cream cheese and let cool. In the meantime, whip whipping cream and fold into the marshmallow mixture. Spread over the Jell-O when it is firm.

*Mary Lewis*

## Christmas Salad

- |                             |                                |
|-----------------------------|--------------------------------|
| 2 pkgs. red Jell-O          | 1 medium can crushed pineapple |
| 2 pkgs. lemon Jell-O        | 1 (8 oz.) pkg. Philly          |
| 1 C. mayonnaise             | cream cheese                   |
| 1 C. cream (before whipped) |                                |

Prepare the box Jell-O with 1 C. water each box. Partially set. Cream the cheese and whip the cream. Combine all ingredients except Jell-O and stir into the Jell-O. Refrigerate. NOTE: Make a layer of red Jell-O first and let set then a layer of other ingredients and let set, then pour partially set Jell-O on top.

*Karen Wells*

## Cranberry Relish

- |                   |            |
|-------------------|------------|
| 1 lb. cranberries | 2 C. sugar |
| 1 or 2 oranges    |            |

Grind cranberries and oranges (with peelings). Add sugar and mix well.

*Clara Olason*

## Diet Salad

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 can fruit cocktail (light)       | 1½ cartons Cool Whip (small) |
| 1 can mandarin oranges             | 1 C. colored marshmallows    |
| 1 can crushed or pineapple tidbits | 1 C. coconut                 |
| 1 carton dry cottage cheese        |                              |

Mix cheese and Cool Whip. Add drained fruit, marshmallows and coconut. Can add chopped pecans or maraschino cherry on top.

*Clara Olason*

## **Easy Fruit Salad**

- |                                       |                                              |
|---------------------------------------|----------------------------------------------|
| 1 (20 oz.) can chunk pineapple        | 1 C. miniature marshmallows                  |
| 1 (11 oz.) can mandarin oranges       | 1 large banana (sliced)                      |
| ¼ C. maraschino cherries<br>(chopped) | 1 (3½ oz.) pkg. lemon instant<br>pudding mix |

Drain pineapple and oranges. Save 1 cup of pineapple juice and ½ C. orange juice. Empty pudding mix into large bowl. Add fruit juices and stir well. Add fruit and marshmallows and mix gently. Cover and chill thoroughly. Serve on a bed of lettuce or other salad greens. Any combination of fruits may be used.

*Marj Christensen*

## **Five Cup Salad**

- |                             |                |
|-----------------------------|----------------|
| 1 C. sour cream             | 1 C. pineapple |
| 1 C. miniature marshmallows | 1 C. coconut   |
| 1 C. mandarin oranges       |                |

*Clara Olauson*

## **Frozen Pink Salad**

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 can cherry pie filling             | 1 (9 oz.) carton Cool Whip |
| 1 can crushed pineapple<br>(drained) | 1 can Eagle Brand milk     |

Mix and freeze in a 9x13-inch pan. Cut into squares and serve frozen.

*Nichole Foster*

## Gooseberry Salad

- |                                                    |                           |
|----------------------------------------------------|---------------------------|
| 1 pkg. lemon Jell-O dissolved<br>in 2 C. hot water | 1 C. celery               |
| 1 C. gooseberries<br>(drained & crushed)           | 1 orange (sliced & diced) |
|                                                    | 1 C. nuts                 |

Dissolve Jell-O in hot water and cool slightly. Add gooseberries to Jell-O. Add rest of ingredients.

*Wilda C. Huffman*

## Heavenly Hash

- |                                                   |                                     |
|---------------------------------------------------|-------------------------------------|
| 1 can (8 oz.) pineapple tidbits<br>(well drained) | 1 C. little marshmallows            |
| 2 C. Cool Whip                                    | ¼ C. chopped maraschino<br>cherries |
| 1 C. flake coconut                                | 3 T. milk                           |

Thoroughly mix all ingredients. Chill about 1 hour. Makes 6 servings.

*Genevieve Galenbeck*

## Ice Cream Salad

- |                             |                                            |
|-----------------------------|--------------------------------------------|
| 1 (3 oz.) pkg. lemon Jell-O | 1 C. longhorn cheese (shredded)            |
| 1 C. hot water              | 1 small can crushed<br>pineapple (drained) |
| 1 pt. vanilla ice cream     |                                            |

Add Jell-O to hot water and dissolve, stir in ice cream and mix well. Add pineapple and shredded cheese. Pour into mold or dish and refrigerate until firm.

*Jeanne Clark*

## **Jell-O Salad**

- 1 large pkg. black cherry Jell-O
- 1 large Cool Whip
- 1 can pitted black cherries

Cut cherries in half and drain. Add 2 C. boiling water and 1 C. cold water and juice from cherries to Jell-O. Let partly set and beat well until frothy. Add Cool Whip and cherries. Mix well together and put in refrigerator until well set.

*Virginia Semple*

## **Jell-O Salad**

- 1 pkg. lemon Jell-O
- 1 can crushed pineapple
- 1 C. boiling water
- ½ C. shredded longhorn cheese
- 2 C. vanilla ice cream

Dissolve Jell-O in water, add ice cream and stir in pineapple. Add cheese, sprinkling it on top. Refrigerate.

*Leola Mae George*

## **Layered Salad**

- Layer of lettuce
- 2 tsp. sugar
- Pepper & onion
- Another layer of lettuce
- 1 (10 oz.) pkg. peas
- Shredded cheese
- 4 sliced eggs
- Bacon bits
- 2 C. mayonnaise

Make the night before.

*Mary Lewis*

**Lemon Layer Salad**

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 (6 oz.) pkg. lemon Jell-O      | 2-3 sliced bananas               |
| 1 (20 oz.) can crushed pineapple | 1 (6 oz.) pkg. mini marshmallows |
| 2 C. Mt. Dew                     |                                  |

**TOPPING:**

- |                            |                                  |
|----------------------------|----------------------------------|
| 1 (8 oz.) carton Cool Whip | 1 (22 oz.) can lemon pie filling |
|----------------------------|----------------------------------|

Drain juice from pineapple and add water to juice to make 2 cup, heat and mix in Jell-O. Stir until dissolved. Add Mt. Dew, pineapple and marshmallows. Refrigerate until set. Put in 9x13-inch pan. Whip the two topping ingredients. Spread on after salad is set. Keep in refrigerator.

*Ruth Power***Lime Jell-O Salad**

- |                                  |                         |
|----------------------------------|-------------------------|
| 2 boxes lime Jell-O              | 3 tsp. horseradish      |
| 2 C. boiling water               | 1 C. canned milk        |
| 1 lb. cottage cheese (drain)     | 1 C. mayonnaise         |
| 1 C. nuts                        | 2 C. small marshmallows |
| 1 (20 oz.) can crushed pineapple |                         |

Put Jell-O and water into square pan (9x9 or 9x7-inch). Stir well. Put all ingredients into Jell-O when chilled. Mix slow and thoroughly.

*Wilda Huffman*

## **Molded Jell-O Salad**

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 small pkg. lime Jell-O  | 1 large pkg. Philly cream cheese |
| 1 small pkg. lemon Jell-O | 1 small can crushed pineapple    |
| 1 pkg. Dream Whip         |                                  |

STEP 1: Mix lime Jell-O with 1½ C. of boiling water and set to a syrupy consistency. Add pineapple with juice and pour into mold.

STEP 2: Mix lemon Jell-O with 1½ C. of boiling water and let it set until a syrupy consistency. Meantime, beat the Dream Whip and add cream cheese with a pinch of salt.

STEP 3: When lemon Jell-O is syrupy add to the whipped Dream Whip and cream cheese and pour over the lime. Let set.

*Virginia Semple*

## **Pearl Tapioca Fruit Pudding**

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 pkg. pearl tapioca           | Small marshmallows, maraschino |
| 2 C. sugar                     | cherries, chunk pineapple, red |
| 1 (No.2) can crushed pineapple | seedless grapes & nuts         |
| 1 tsp. vanilla                 | (pecans)                       |

Soak tapioca in 2 C. water for 1 hour. Cook in double boiler type pan, with 3 C. water until clear (can add more water if needed). Add 1 can crushed pineapple, cook slightly. Add sugar and vanilla. Cook until well dissolved. Set until morning in a cool place. Put in a pretty bowl. You can either layer tapioca, cherries, pineapple chunks, miniature marshmallows, grapes and nuts or poke fruit into pudding.

*Grace F. Howsare*

**Pie Mix Salad**

- |                                  |                                                        |
|----------------------------------|--------------------------------------------------------|
| 1 can apricot pie filling        | 1 (10 oz.) pkg. frozen strawberries (partially thawed) |
| 1 C. crushed pineapple (drained) | 1 banana                                               |

Mix all together. Can use strawberries frozen. Do not drain them. This will keep indefinitely and banana does not turn brown. Serves 12.

*Marj Christensen*

**Pineapple Salad**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 (16 oz.) can chunk pineapple | 3 bananas                       |
| ½ C. sugar                     | 1 small bunch California grapes |
| ½ tsp. salt                    | 1 C. miniature marshmallows     |
| 1 egg                          | ½ C. English walnut meats       |
| 1 T. cornstarch                | 1 small carton whipped cream    |
| 1 small can mandarin oranges   |                                 |

Drain juice from pineapple into saucepan. Add sugar, starch, salt and egg, beat until smooth. Cook until very thick. Remove from fire and add pineapple chunks. Make this ahead and let chill. Drain juice from mandarin oranges, seed grapes unless they are seedless. Let stand overnight in refrigerator. Drain thoroughly when ready to use. Whip cream. Add pineapple mixture, bananas, oranges, grapes, nutmeats and marshmallows. Be sure to drain grapes and oranges after they stand all night. This makes a large holiday salad.

*Marge Wagner*

## **Pineapple Cheese Salad**

- |                              |                                                    |
|------------------------------|----------------------------------------------------|
| 2 pkgs. lemon flavor gelatin | 3 T. cornstarch                                    |
| 2 C. boiling water           | 2 (8½ oz.) cans crushed<br>pineapple (not drained) |
| 2 C. cold water              | 1 C. heavy cream                                   |
| 6 bananas (peeled & sliced)  | 1 C. shredded longhorn<br>cheddar cheese           |
| 2 C. miniature marshmallows  |                                                    |
| ½ C. sugar                   |                                                    |

Dissolve gelatin in boiling water; add cold water and chill until syrupy. Stir in sliced bananas and marshmallows. Pour into 9x13-inch pan. Chill until set. Mix sugar and cornstarch, add to undrained pineapple. Cook over medium heat, stirring constantly until thickened. Cool; whip heavy cream and fold into cooled pineapple mixture along with half of the shredded cheese. Spread mixture on congealed lemon gelatin. Sprinkle remainder of shredded cheese over top. Chill overnight.

*Linda Payton*

## **Pistachio Salad**

Use 1 package pistachio pudding instead of lemon pie or lemon pudding mix. Use 1 C. milk for 1 C. cold liquid. Also use 9 ounce carton Cool Whip instead of 1 envelope Dream Whip.

*Leola Mae George*

## **Waldorf Salad - Lowfat Version**

- |                        |                                                                             |
|------------------------|-----------------------------------------------------------------------------|
| 1 C. celery (diced)    | ⅓ C. raisins                                                                |
| 1 C. apples (diced)    | ½ C. lowfat yogurt (can use plain<br>or combination of flavored<br>& plain) |
| ⅓ C. walnuts (chopped) |                                                                             |

Prepare diced celery and apples and combine with chopped nuts and raisins. Blend yogurt into the mixture. Makes 6½ C. servings.

*Frances Bond*

## 7-Up Salad

- |                           |                                            |
|---------------------------|--------------------------------------------|
| 1 small pkg. cream cheese | 1 small can crushed pineapple<br>(drained) |
| 1 C. hot water            | 1 C. miniature marshmallows                |
| 1 pkg. lime Jell-O        | Maraschino cherries                        |
| 1 C. 7-Up                 |                                            |
| 1 pt. whipped cream       |                                            |

Dissolve cream cheese in 1 C. hot water. Add Jell-O and 7-Up. Mix well. Put in refrigerator until it begins to set. Take out and fold in whipped cream. Add crushed pineapple and marshmallows. Also, add a few cherries. Return to refrigerator until set.

*Carolyn Whitlatch*

## Strawberry Salad

- |                                  |                              |
|----------------------------------|------------------------------|
| 2 pkgs. strawberry Jell-O        | 1 tall can crushed pineapple |
| 2 C. boiling water               | 2 large ripe bananas         |
| 1 large pkg. frozen strawberries |                              |

Dissolve Jell-O in boiling water. Add thawed strawberries with juice, undrained pineapple and bananas, which have been mashed and whipped with rotary beater. Pour half of mixture into 9x12-inch baking dish and chill until set. Keep remaining Jell-O at room temperature. Spread 1 carton of dairy sour cream over top of congealed layer. Cover with remaining Jell-O and chill until firm. Serves 12 to 15.

*Faye Crawford*

## **Strawberry Salad (With Pretzel Base)**

- |                                           |                                                                |
|-------------------------------------------|----------------------------------------------------------------|
| 2½ C. crushed pretzels                    | 1 large carton Cool Whip                                       |
| 3 T. sugar                                | 1 C. sugar                                                     |
| 1½ sticks oleo (melted)                   | 2 pkgs. strawberry Jell-O<br>(dissolved in 2 C. boiling water) |
| 1 (8 oz.) pkg. cream cheese<br>(softened) | 2 small (10 oz.) pkgs. frozen<br>strawberries                  |

Mix together pretzels, 3 tsp. sugar and oleo. Press in a 9x13-inch pan. Bake at least 10 minutes at 350°. Cool. When crust is cool mix together cream cheese, Cool Whip and sugar. Spread over pretzel crust. Combine strawberry Jell-O and water. Add frozen strawberries. Whip or mix well and pour over top. Refrigerate at least 1 hour or even better, let stand overnight before serving.

*Daisy Martin*

## **Water Gate Salad**

- |                                  |                                            |
|----------------------------------|--------------------------------------------|
| 1 (1 lb.) can crushed pineapple  | 1 (4½ oz.) pkg. Cool Whip                  |
| 1 pkg. pistachio instant pudding | ½ C. chopped pecans or walnuts             |
| 1 C. miniature marshmallows      | ½ C. chopped maraschino<br>cherries (opt.) |

Combine pudding and pineapple with juice. Mix until it thickens. Add marshmallows, Cool Whip, pecans or walnuts and cherries. Mix well and serve chilled.

*Lillian*



*Vegetables*

## Hints for Vegetables and Side Dishes

Put a tablespoon of butter or a few teaspoons of cooking oil in the water when cooking rice, dried beans, and pasta to keep it from boiling over and sticking together.

Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

Pasta products tend to lose texture and become too soft when frozen and reheated.

A few drops of lemon juice in the water while boiling potatoes will whiten them.

Potato skins will remain tender if you wrap them in aluminum foil to bake them. Foil margarine wrappers also work well.

To improve the flavor of old potatoes, add a little sugar to the water in which they are boiled.

Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

A well-beaten white of egg added to mashed potatoes will enhance the looks and taste of the dish.

Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing. One tablespoon of butter added before mashing also enhances the flavor.

If someone in the family is on a salt-free diet, try cooking a turnip with the boiled potatoes. It makes it taste as if salt has been added.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to one quart of water) immediately after peeling.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white. A bit of lemon juice or vinegar added to the cooking water also makes cauliflower keep its snowy white color.

Use greased muffin tins as molds when baking stuffed green peppers.

Green pepper may change the flavor in frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade.

For a quick cheese sauce over cooked vegetables, simply slice cheese from a brick with a vegetable peeler and place some of these extra-thin slices on top of hot vegetables. The thin slices melt quickly and easily.

## Baked Beans

- |                           |                        |
|---------------------------|------------------------|
| 2 cans pork & beans       | ½ C. BBQ sauce         |
| 2 T. bacon bits           | 1 tsp. salt            |
| 2 T. minced onions        | 1 tsp. pepper          |
| 1 tsp. garlic             | 1 to 1½ C. brown sugar |
| 2 T. Worcestershire sauce |                        |

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

*Janet Hargis*

## Baked Carrots

- |                         |                      |
|-------------------------|----------------------|
| 3 C. sliced raw carrots | ½ stick oleo         |
| Salt (to taste)         | ½ C. Velveeta cheese |
| 2 T. onion (diced)      |                      |

Boil carrots until tender. Drain and stir in onions, cheese and oleo. Put into a baking dish and cover with crushed potato chips. Bake at 350° for 30 minutes.

*Frances Bond*

## Broccoli And Rice Casserole

- |                             |                              |
|-----------------------------|------------------------------|
| 1 C. rice (cooked, no salt) | 1 pkg. frozen broccoli       |
| 1 medium onion (chopped)    | (cook as directed)           |
| ½ C. oleo                   | 1 can cream of mushroom soup |
|                             | ½ jar Cheese Whiz            |

Saute' onion in oleo until tender. Put in casserole dish with soup. Blend. Stir in the cheese and rice. Fold in the broccoli. Bake at 350° for 30 minutes.

*Lou Ebert*

## **Best Baked Beans**

- |                             |                              |
|-----------------------------|------------------------------|
| 1 lb. hamburger or sausage  | Dash of salt                 |
| 1 bell pepper (chopped)     | 1 chopped onion              |
| ½ C. light brown sugar      | 2 (16 oz.) cans pork & beans |
| ¼ C. molasses               | 1 tsp. dry mustard           |
| 2 tsp. Worcestershire sauce | ½ C. ketchup                 |
| Black pepper (to taste)     |                              |

Brown meat and break into bite-size pieces; remove from skillet. Brown onion and pepper in drippings. Drain meat, onion and pepper well. Stir together pork & beans, brown sugar, molasses, mustard, Worcestershire sauce, ketchup and black pepper. Mix in meat, onions and bell pepper. Pour into lightly greased casserole. Bake at 325° for 1 about 1 hour, until slightly thick and meat is done.

*Marj Christensen*

## **Broccoli Casserole**

- |                                             |                                                |
|---------------------------------------------|------------------------------------------------|
| 2 pkgs. (16 oz.) frozen<br>chopped broccoli | 1 can cream of mushroom soup                   |
| 2 eggs                                      | 1 tsp. minced onion                            |
| 1 C. mayonnaise                             | Salt & pepper (to taste)                       |
| ½ C. milk                                   | 1 stack (about 34) Ritz<br>crackers (crumbled) |
| 1 C. sharp cheddar cheese<br>(grated)       | 3 T. butter or margarine                       |

Cook broccoli according to directions and drain. Mix together eggs, mayonnaise, milk, cheese, soup and onion. Add salt and pepper to taste. Mix with broccoli and put in greased casserole dish 9x13-inch or 10-inch square. Sprinkle top with crumbled crackers and dot with butter or margarine. Bake 45 to 50 minutes at 350°. Serves 10 to 12 people.

*Beverly Wagoner*

## Broccoli Casserole

- |                              |                            |
|------------------------------|----------------------------|
| 2 pkgs. frozen broccoli      | 1 C. sharp cheese (grated) |
| 1 can cream of mushroom soup | 1 C. mayonnaise            |
| 2 eggs (beaten)              | 1 tsp. onion               |

Cook broccoli 5 minutes. Mix rest of ingredients together and pour over broccoli. Roll Ritz crackers, mix with a little melted butter and sprinkle on top. Bake at 350° for 45 minutes.

*Kathy Harper*

## Calico Beans

- |                      |                              |
|----------------------|------------------------------|
| ½ lb. bacon          | 2 (15 oz.) cans pork & beans |
| 2 T. bacon drippings | 1 (15 oz.) can kidney beans  |
| 1 lb. ground beef    | 1 (15 oz.) can lima beans    |
| 1 onion (chopped)    | 1 (16 oz.) can navy beans    |
| ¾ C. brown sugar     | 1 (16 oz.) can butter beans  |
| ½ C. chili sauce     |                              |
| 2 T. vinegar         |                              |
| 1 tsp. dry mustard   |                              |

Fry bacon until crisp. Remove bacon and disregard all but 2 T. of drippings. Brown beef and onions in drippings. Drain beans and combine all ingredients. Bake at 350° for 45 minutes. May use crockpot.

*Gay Lea Wilson*

## Chicken Broccoli Casserole

- |                                        |                     |
|----------------------------------------|---------------------|
| 1 pkg. chopped broccoli                | ½ C. mayonnaise     |
| 2 C. cut-up, cooked chicken            | ¼ tsp. curry powder |
| 1 can cream of chicken soup            | 1 T. lemon juice    |
| 1 C. Pepperidge Farm seasoned dressing |                     |

Cook broccoli, drain and place in 9-inch baking dish. Place the chicken over broccoli. Mix together the chicken soup, mayonnaise, curry powder and lemon juice. Pour this over the chicken and broccoli. Top with 1 generous cup of the dressing. Toasted almonds may also be added. Bake 40 minutes at 350°. Serves 6 to 8. I sometimes use other brands of dressing which works as well. Prepare dressing according to directions on box.

*Marj Christensen*

## Corn Bake

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 can cream style corn              | 1 (8½ oz.) box Jiffy Muffin Mix |
| 1 can whole kernel corn (drained)   | 1 C. sour cream                 |
| 2 eggs                              | ¼ C. chopped onion              |
| 1 stick butter (cut up into slices) |                                 |

Mix well, pour into greased 9x13-inch pan. Top with Ritz crackers. Bake at 350° for 1 hour.

*Linda Westergaard*

*Don't pray for rain if your  
going to complain about the mud.*

## Corn Casserole

- |                                         |                                          |
|-----------------------------------------|------------------------------------------|
| 1 can whole kernel corn<br>(undrained)  | 1 can macaroni (uncooked)                |
| 1 can cream style corn                  | 1 C. (8 oz.) Velveeta cheese<br>(cut up) |
| 1 stick margarine or butter<br>(cut up) |                                          |

Combine all ingredients in a 9x12-inch or larger casserole dish. Bake at 350° uncovered for 30 to 45 minutes. Can be made the night before and kept refrigerated before baking.

*Connie Seddon*

## Cream Cheese Mashed Potatoes

- |                                            |                           |
|--------------------------------------------|---------------------------|
| 5 lbs. baking potatoes                     | ½ C. margarine (softened) |
| 2 (3 oz.) pkgs. cream cheese<br>(softened) | ½ C. milk                 |
| 1 (8 oz.) pkg. sour cream                  | 2 tsp. onion salt         |
|                                            | Garnish with paprika      |

Peel potatoes and cut into 1-inch cubes. Cook in water until tender. Place in large mixing bowl, add cream cheese and next 4 ingredients, mix with mixer. Spoon into lightly greased baking dish. Bake for 50 minutes at 325°. Garnish with paprika.

*Sherry Sollenberger*

## Hash Brown Casserole

- |                            |                            |
|----------------------------|----------------------------|
| 2 lbs. hash brown potatoes | 1 can cream of celery soup |
| 1 can cream of potato soup | 1 C. sour cream            |

Stir together and bake in a large greased casserole for 2 hours at 350°, covered.

*Nichole Foster*

## Curried Cauliflower Casserole

- |                              |                               |
|------------------------------|-------------------------------|
| 1 can cream of mushroom soup | 1 large head cauliflower      |
| 1 C. shredded cheddar cheese | (broken up, cooked & drained) |
| ½ C. margarine               | ¼ C. fine dry bread crumbs    |
| 1 tsp. curry powder          | 2 T. margarine (melted)       |

In medium bowl, stir together soup, cheese, mayo and curry until well blended. Place cauliflower in 2 qt. casserole. Pour sauce over cauliflower. In small bowl, mix together bread crumbs and margarine. Sprinkle over top. Bake uncovered at 350° for 30 minutes or until hot and bubbly. Makes 6 to 8 servings.

*Nancy DeAngelo*

## Green Bean Bake

- |                     |                             |
|---------------------|-----------------------------|
| 1 can mushroom soup | 3 C. cooked green beans     |
| ½ C. milk           | 1 can (3½ oz.) French fried |
| 1 tsp. soy sauce    | onions                      |

In 1½ qt. casserole, blend soup, milk, soy sauce and dash of pepper. Stir in beans and ½ can of onions. Bake at 350° for 25 minutes. Stir. Top with remaining onions. Bake 5 minutes more. Makes about 4 cups.

*Juanita Reinier*

## Hash Brown Potato Casserole

- |                              |                         |
|------------------------------|-------------------------|
| 2 lbs. frozen hash browns    | 2 C. sour cream         |
| 2 C. shredded cheddar cheese | 2 T. dried minced onion |
| 1 can cream of chicken soup  | 1 tsp. salt             |
| ½ C. melted oleo             | ¼ tsp. pepper           |

Mix all ingredients together. Spread in 10x15-inch baking dish. Bake at 350° for 1 to 1½ hours.

*Donna Gideon*

## Green Beans Rosemary

### MARINADE:

¼ C. salad oil	1/8 tsp. black pepper
1 T. vinegar	¼ tsp. dried rosemary leaves
1 tsp. salt	1 garlic clove

Stir together ingredients. Pour marinade over 3 C. of cooked green beans and toss lightly. Place in a serving dish and cover. Chill for at least 4 hours. Remove garlic clove and serve chilled or heat 5 minutes. To garnish dish, place strips of cheese on the top. Serves 6.

*Frances Bond*

## Hoppin John

2 C. cooked rice	1 C. chopped fresh tomato
2 C. cooked black eye peas	1 tsp. salt
4 slices bacon	¼ tsp. black pepper
½ C. finely chopped onion	Grated onion (opt.)

In a large skillet fry bacon until crisp. Remove bacon from skillet and saute' onions in bacon grease. Stir in chopped tomato, salt and pepper. Stir in rice, peas and bacon (crumbled). Cover skillet with lid and heat thoroughly. Serve with a sprinkling of grated cheese over portions. NOTE: This is a famous rice dish, a simplified Jambalaya.

*Nichole Foster*

*You never get a second chance  
to make a good first impression.*

## Oven Method Canned Tomatoes

Tomatoes

Canning salt

Scald tomatoes. Peel and remove core from each tomato and put in sterilized jars. Pack firm. Add 1 tsp. canning salt to each jar and seal with lids and rings. Put in cold oven on rack with airspace between bottles. Start oven at 200° for 1 hour. Turn off oven and leave until oven door is cool to the touch (approx. 2-3 hours). Remove from oven and finish cooling. (Two market baskets full of tomatoes will usually make about 13 quarts.) These canned tomatoes can be used in stews, soups, salads or eaten as is. They are remarkably like fresh tomatoes as they remain whole.

*Bob Freel*

## Parmesan Paprika Potatoes

¾ C. grated Parmesan cheese

⅓ C. flour

3 T. paprika

½ tsp. pepper

8 small baking potatoes  
(cubed or in wedges)

½ C. melted margarine

Combine first 4 ingredients in a large, heavy duty zip-top plastic bag; shake to blend. Cut each potato into wedges place in bag. Seal and shake to coat. Arrange potatoes in 13x9-inch pan; drizzle with butter. Bake at 375° for 20 to 25 minutes on each side or until tender. Yield: 6 to 8 servings.

*Amy Sollenbarger*

## Praline Squash

1 large butternut squash  
4 T. melted butter  
2 beaten eggs

1 tsp. salt  
Dash of pepper

### TOPPING:

$\frac{2}{3}$  C. brown sugar  
1 tsp. cinnamon

4 T. melted butter  
1 C. chopped pecans

Bake squash (cut in half, lay cut side up) covered with foil for 1 hour at 400°. Scoop the cooked squash out of shell and combine with butter, eggs, salt and pepper. Pour into a 1 quart casserole dish. Mix brown sugar and cinnamon and sprinkle onto squash. Sprinkle on chopped pecans and drizzle with butter. Bake uncovered at 350° for 30 minutes.

*Mrs. Daniel Christensen*

## Quick Candied Yam

1 (40 oz.) can yams  
 $\frac{1}{2}$  C. butter

1 C. white or brown sugar  
1 C. syrup from can

Place yams from can, in shallow baking dish. Combine syrup from can, sugar and butter in saucepan, stirring to boil to thicken. Pour sauce over yams. Bake in 350° oven for 20 to 30 minutes, basting frequently. Sprinkle with miniature marshmallows last 15 minutes. Variations: Sprinkle lightly with cinnamon and/or ground nutmeg. Or place a small sprinkle of crushed pineapple or yams in dish and add 3 T. pineapple juice to liquid before basting.

*Lorrie Little*

## Scalloped Corn

2 cans creamed style corn	2 eggs (beaten)
1 can whole kernel corn	1 C. sour cream
1 box Jiffy Corn Muffin Mix	3 tsp. sugar
	Salt (opt.)

Preheat oven to 350°. Mix together all ingredients in a large bowl. Put in 9x13-inch baking pan. Melt ½ C. oleo or margarine. Pour over the top. Bake at 350° for 1 hour or until done.

*Lou Ebert*

## Sliced Baked Potatoes

4 medium potatoes	2 to 3 T. parsley, chives, thyme
1 tsp. salt	4 T. grated cheddar cheese
2 to 3 T. melted margarine	½ T. Parmesan cheese

Peel potatoes, cut into thin slices. Put potatoes in a baking dish. Sprinkle with salt and drizzle butter. Sprinkle with herbs. Bake potatoes at 425° for 50 minutes. Remove from oven. Sprinkle with cheese. Bake about 10 more minutes or until brown.

*Janet Hargis*

*You can't build a reputation on  
what you are going to do.*

## Sweet Potato Casserole

3 C. mashed sweet potatoes (drain can)	2 eggs
1 C. sugar	½ C. butter
	1 tsp. vanilla

### TOPPING:

1 C. brown sugar	⅓ C. butter
⅓ C. flour	1 C. chopped pecans

Bake at 350° for 30 minutes. Combine all ingredients beat until smooth. Spoon into greased 2 qt. shallow casserole.

TOPPING: Combine all ingredients and sprinkle over casserole.

*Linda Westergaard*

## Vegetable Packets For Grill

6 potatoes (sliced)	1 lb. fresh mushrooms (sliced)
1 bunch fresh broccoli (cut up)	1 fresh red or green peppers, diced (opt.)
6 T. margarine	1 onion, chopped (opt.)
½ lb. Colby cheese (grated)	¼ head fresh cauliflower (cut up)
6 sq. 12x12-inch aluminum foil (greased)	

In each square of foil, place 1 sliced potato, 1/6 of broccoli, 1/6 of mushrooms, 1/6 of cauliflower, onion and pepper. Top with 1 T. margarine, 1 T. water, salt, pepper and garlic salt. Add cheese. Seal ends and top. Place on grill, cook 30 to 45 minutes. Check potatoes for doneness. (Potatoes may be cooked ahead of time in microwave for 3 minutes on high.)

*Amy Sollenbarger*

Swampy Swampy

1/2 cup (125 ml) vegetable oil  
1/2 cup (125 ml) water  
1/2 cup (125 ml) vinegar  
1/2 cup (125 ml) lemon juice  
1/2 cup (125 ml) salt  
1/2 cup (125 ml) sugar

1. Pour all ingredients into a large bowl.  
2. Mix well with a spoon or your hands.  
3. Let it sit for 1 hour before using.

4. Use for cleaning windows and other surfaces.

Vegetable Wash

1/2 cup (125 ml) white vinegar  
1/2 cup (125 ml) water  
1/2 cup (125 ml) salt  
1/2 cup (125 ml) sugar

1. Mix all ingredients in a large bowl.  
2. Use to wash vegetables and fruits.  
3. Rinse thoroughly with clean water.  
4. Let dry before eating.

5. Store in a clean, dry container.  
6. Use within 2 weeks.  
7. Do not use on delicate surfaces.

8. For more recipes, visit our website.

A decorative border surrounds the central text, featuring several black hearts and dots of varying sizes placed at the corners and along the edges of the frame.

Desserts,  
Cakes,  
Cookies,  
Bars  
& Pies

DESSERTS · CAKES · COOKIES · BARS AND PIES

## Hints for Desserts

To make long “curled” chocolate shavings for cakes, pies or puddings, use the vegetable peeler to shave the chocolate. This also works well for frozen butter.

Grating a stick of butter softens it quickly. So will a few seconds in your microwave.

Save colored maraschino cherry juice and spiced apple juice for cooking rice or tapioca puddings to add color and flavor.

Save the liquids from canned fruits and thicken them with cornstarch; heat and serve as sauce over cake or pudding.

To prevent a skin from forming on the top of refrigerated puddings, place transparent plastic wrap tightly over the top of the dish. Don't let wrap touch the pudding.

To cream butter and sugar; put them in a warm bowl and beat as usual until mixture is like whipped cream.

When a recipe calls for a quantity of melted butter, measure it after melting, not before.

When baking a milk pudding, place the dish in a pan of water in the oven. This prevents the pudding from burning or boiling over.

Before returning an opened carton of ice cream to the freezer, press plastic wrap onto the surface of the ice cream to prevent ice crystals from forming.

Whipped cream can be made well in advance without separating. Sprinkle  $\frac{1}{2}$  tsp. unflavored gelatin over 1 T. of cold water in a custard cup, then set the cup over simmering water to melt the gelatin. Whip 1 cup of heavy cream until almost stiff. Add the gelatin mixture and whip until stiff. Cover and refrigerate as long as 3 days.

If you like whipped cream sweetened, it will be fluffier and less likely to separate when made ahead if you use confectioners sugar instead of granulated sugar.

Heavy cream will whip faster if you chill the bowl and the beaters in the freezer until they're very cold.

Avoid using the ultra pasteurized variety of heavy cream; it takes much longer to whip.

Evaporated milk has considerably less cholesterol than heavy cream and can be whipped like cream. Pour it into an ice-cube tray and freeze for about  $\frac{1}{2}$  hour or until ice begins to form around the edges, remove the tray from the freezer, pour the milk into a chilled bowl and whip it with a chilled electric beater until it thickens.

## Apple Cake

- |                     |                     |
|---------------------|---------------------|
| 3 eggs              | 1 tsp. salt         |
| 2 C. sugar          | 1 tsp. soda         |
| 1½ C. vegetable oil | 3 C. chopped apples |
| 2 tsp. vanilla      | 1 C. chopped pecans |
| 3 C. flour          |                     |

Beat eggs, add sugar and beat, add oil and vanilla and beat. Add flour, salt and soda; mix well. Stir in apples and pecans. Pour in greased tube pan. Bake at 350° for 1 hour and 15 minutes (batter will be stiff). Cool in pan 10 minutes before removing.

### TOPPING:

- |             |                  |
|-------------|------------------|
| ½ C. butter | 1 C. brown sugar |
| ¼ C. milk   |                  |

Combine in pan and boil for 3 minutes stirring constantly, slowly pour over warm cake.

*Mary Anne Greco*

## Apple Harvest Cake

### BEAT WELL:

- |                 |            |
|-----------------|------------|
| 2 eggs (beaten) | 2 C. sugar |
| 1½ C. oil       |            |

### MIX TOGETHER:

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

Mix by hand, add to above until dry ingredients are moistened. Stir in 3 C. finely chopped apples, 1 C. walnut meats. Bake at 350° for 1 hour, large cake pan; 40 minutes, smaller pans.

*Lela M. Wilson*

## **Brownie Cup Cakes**

4 sq. semi-sweet chocolate	1¾ C. sugar
1 C. butter	1 C. flour
4 eggs (slightly beaten)	1 tsp. vanilla
Reese's peanut butter cups	

Melt together chocolate and butter. Beat rest of ingredients with chocolate mixture by hand. Fill paper-lined (or tin foil lined) muffin tins and bake at 325° for 30 to 35 minutes. You may press a small Reese's peanut butter cup in the center of each brownie cup and return to the oven a couple more minutes. Doesn't need frosted.

*Marj Christensen*

## **Caramel Layer Chocolate Squares**

50 (14 oz.) light caramels	¾ C. butter or margarine (melted)
1 pkg. German chocolate cake mix	1 C. chopped nuts
⅔ C. evaporated milk	1 C. chocolate chips

In heavy saucepan, combine caramels and ⅓ C. evaporated milk. Cook over low heat stirring constantly until caramels are melted. NOTE: May melt in microwave instead. In large bowl, combine cake mix, melted butter, ⅓ C. evaporated milk and nuts. Stir until dough holds together. Press ½ of dough into 9x13-inch pan. Bake at 350° for 6 minutes. Sprinkle with chocolate chips. Spread on caramel mixture. Crumb reserve dough over caramel. Bake 15 to 18 minutes. Cool and refrigerate about 30 minutes to set bars. Cut into bars.

*Lou Ebert*

## **Carrot Cake**

- |                      |                    |
|----------------------|--------------------|
| 2 C. flour           | 1¾ C. sugar        |
| 2 tsp. soda          | 1 C. vegetable oil |
| 1 tsp. baking powder | 3 eggs             |
| 1 tsp. salt          | 1 tsp. vanilla     |
| 2 tsp. cinnamon      |                    |

Add first set of ingredients together. Beat with a wooden spoon, batter will be thick.

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 can crushed pineapple (drained) | 1 C. coarse chopped walnuts |
| 2 C. shredded carrots             | 1 C. raisins                |
| 1 C. flake coconut                |                             |

Add second set of ingredients. Stir well. Pour into greased pan. Bake at 350° for 45 minutes until springs back to the touch. Frost.

**FROSTING:** Boughten or homemade

- |                             |                     |
|-----------------------------|---------------------|
| 1 (3 oz.) pkg. cream cheese | 2 C. powdered sugar |
| ½ stick butter or margarine | 1 tsp. vanilla      |

Mix well by hand or mixer.

*Frances Bond*

## **Chocolate Pudding Cake**

- |                      |                     |
|----------------------|---------------------|
| 1 C. flour           | 1 tsp. vanilla      |
| ⅔ C. sugar           | ½ C. milk           |
| 2 T. cocoa           | 1 C. brown sugar    |
| 2 tsp. baking powder | 4 T. cocoa          |
| 2 T. melted butter   | 1½ C. boiling water |

Mix the first 6 ingredients together. Turn into an 8x8-inch baking dish. Mix the last 3 ingredients together and pour over the batter. Bake at 350° until it is done.

## **Carrot Cake**

- |                     |                 |
|---------------------|-----------------|
| 1½ C. oil           | 2 C. flour      |
| 4 eggs              | 1 tsp. cinnamon |
| 2 C. sugar          | 1 tsp. soda     |
| 3 C. grated carrots | ½ tsp. salt     |
| 1 C. chopped pecans |                 |

Beat oil and eggs until thick and lemon in color. Add sugar and mix well. Add remaining ingredients and mix well. For the carrots I grate them in the blender or food processor and use one pound. Bake at 350° for 40 to 50 minutes. I use a spring pan and do not overbake.

### **CREAM CHEESE ICING:**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 lb. confectioners' sugar  | 1 stick butter or margarine |
| 1 (8 oz.) pkg. cream cheese | 1 tsp. vanilla              |

*Karen Wells*

## **Chocolate Cake**

- |                   |                 |
|-------------------|-----------------|
| 2 C. flour        | 1 C. water      |
| 2 C. sugar        | ¼ C. buttermilk |
| 1 stick margarine | 1 tsp. vanilla  |
| ¼ C. shortening   | 1 tsp. soda     |
| 4 T. cocoa        | 2 eggs (beaten) |

Mix flour and sugar in a bowl. In a saucepan, put margarine, shortening, cocoa and water and bring to a boil. Pour this over flour and sugar mixture. Add buttermilk, vanilla and soda. Add the 2 beaten eggs. Bake in sheet or jelly roll pan at 375° for 20 minutes.

### **FROSTING:**

- |                      |                |
|----------------------|----------------|
| 1 box powdered sugar | 6 T. milk      |
| 1 stick margarine    | 1 tsp. vanilla |
| 4 T. cocoa           |                |

Put powdered sugar in a bowl. In a saucepan put margarine, cocoa and milk, bring almost to a boil. Then add to powdered sugar and beat. Add vanilla. Put on cake while warm.

*Juanita Reinier*

## Creme-De-Mint Cake With Glaze

- |                        |                                          |
|------------------------|------------------------------------------|
| 1 white cake mix       | 1/2 C. water                             |
| 1 pkg. vanilla pudding | 1 (10 oz.) bottle<br>maraschino cherries |
| 1/2 C. cooking oil     | 1 C. black walnuts                       |
| 4 eggs                 |                                          |
| 1/2 C. creme de menthe |                                          |

Combine first 6 ingredients. Beat on low speed for 1 minute, then on medium speed for 5 minutes. Fold in chopped cherries and nuts. Bake at 350° for 55 minutes. Cool in pan for 10 minutes, then invert onto plate and punch holes into cake with fork and pour in glaze.

### GLAZE:

- |                     |                        |
|---------------------|------------------------|
| 1 C. powdered sugar | 2 tsp. creme de menthe |
| 1/4 C. cream        |                        |

Mix all together and pour over cake. Cool before serving. This cake is excellent at Easter and Christmas as it is green and the cherries give it color.

*Viola Lewis*

## Elvera's Chocolate Cake

- |                  |                               |
|------------------|-------------------------------|
| 1/2 C. margarine | 1 heaping tsp. soda           |
| 2 C. sugar       | 1 C. sour cream               |
| 2 large eggs     | 2 sq. melted baking chocolate |
| 2 C. flour       | 1 C. boiling water            |
| 1 tsp. salt      |                               |

Cream margarine with sugar, add eggs. Sift flour with salt. Add soda to sour cream. Add flour and sour cream mixture alternately, then add melted baking chocolate and boiling water. Blend until smooth. Bake at 325° for 50 minutes.

*Linda Westergaard*

## **Easy German Chocolate Cake**

1 pkg. white cake mix  
1 pkg. chocolate instant pudding

2 C. milk  
2 eggs

Mix all ingredients at medium speed for 4 minutes. Bake at 350° for around 1 hour.

### **FROSTING:**

1 C. evaporated milk  
1 C. sugar  
¼ C. margarine

1 tsp. vanilla  
3 egg yolks

Cook for 12 minutes. Remove from heat and add ⅓ C. coconut and ½ C. chopped pecans. Mix until frosting is cooked to spreading consistency. This is the most delicious cake I have ever eaten.

*Viola Lewis*

## **Daryl's Chocolate Cake**

½ C. cooking oil  
1½ C. sugar  
2 eggs  
1½ tsp. vanilla  
1 C. milk  
3 C. flour

¾ C. cocoa  
3 tsp. soda  
¾ tsp. baking powder  
1½ tsp. salt  
2 C. boiling water

In a large bowl, mix thoroughly the oil, sugar, eggs and vanilla. Sift together the dry ingredients into this mixture. Add the milk. Mix thoroughly. Add the boiling water. Mix thoroughly. Prepare a 9x13-inch pan by either light greasing or Pam, followed by a flour/cocoa mixture. Pour the batter into the pan. Run a spoon over batter several times (lengthwise and crosswise to remove most bubbles). Bake at 350° for about 35 minutes or until it tests done with a toothpick.

*In loving memory of my husband, Daryl  
(Submitted by Lou Ebert)*

## **Funnel Cakes**

- |                 |                              |
|-----------------|------------------------------|
| 1 1/3 C. flour  | 3/4 T. baking powder         |
| 1 1/4 tsp. salt | 1 egg (beaten)               |
| 1/2 tsp. soda   | 1/3 C. milk (more if needed) |
| 2 T. sugar      |                              |

Sift together flour, salt, soda, sugar and baking powder. Mix egg and milk together and add to dry ingredients. Beat until smooth. Pour batter into funnel. Hold finger over bottom of funnel. Let finger go and drizzle batter in hot oil (375°). Fry until golden brown; turn, sprinkle with powdered sugar.

*Gay Lea wilson*

## **Harvey Wall Banger Cake**

- |                               |                     |
|-------------------------------|---------------------|
| 1 box plain yellow cake       | 1/4 C. neopolitan   |
| 1 box instant vanilla pudding | Liquor              |
| 1 C. Crisco Oil               | 3/4 C. orange juice |
| 4 eggs                        | Powdered sugar      |
| 1/4 C. vodka                  |                     |

Mix all ingredients together putting vodka, neopolitan and juice in last, beat 4 minutes. Pour into bundt cake pan. Bake at 350° for 45 minutes. Cool enough to get out of pan and sprinkle with powdered sugar.

*Lisa Davis*

*Count you age by your friends, not by years.*

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## **Moon Cake**

1 C. water	4 eggs
½ C. margarine	1 tsp. almond extract
1 C. flour	Pam

Preheat oven to 375°. CRUST: In a saucepan combine water and margarine. Bring to a boil. Remove from heat and add flour. Beat until smooth. Wait 10 minutes. Add eggs, one at a time; mix well, using a spoon. Add almond extract. Spread on a greased (I use Pam) cookie sheet or jelly roll pan. Bake for 30 to 35 minutes or until golden brown. Let cool. Loosen crust completely from pan with a spatula. Wipe pan with a paper towel to remove any excess crumbs or grease. Return to pan. This can be frozen ahead.

### **FILLING:**

2 large pkgs. instant vanilla pudding	1½ (12 oz.) pkgs. cream cheese
5 C. milk	1 (12 oz.) carton Cool Whip (defrosted)
	Chocolate syrup

Mix the pudding and milk with a wire whisk. Set aside 10 minutes to get thick. Beat the softened cream cheese (cream cheese should be soft! If not, put in microwave for 20 seconds and turn over; heat 15 seconds again.) Add 1 C. of the pudding mixture to cream cheese and continue mixing until smooth. Add the remaining pudding and beat together. Spread over crust. Next, spread thawed Cool Whip over the pudding. Finally, drizzle ½ the bottle of chocolate fudge syrup over the Cool Whip and marble with a toothpick. Chill and refrigerate 8 hours or overnight. Serves 15-24.

*Gay Lea Wilson*

## Orange Spice Cake

1 $\frac{2}{3}$ C. whole wheat flour	1 $\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ C. light molasses	1 tsp. ground ginger
$\frac{1}{2}$ C. orange juice	1 tsp. cinnamon
$\frac{1}{3}$ C. sugar	$\frac{1}{2}$ tsp. ground cloves
$\frac{1}{3}$ C. vegetable oil	$\frac{1}{2}$ C. low sugar orange (marmalade)
1 egg	

Here's a deliciously sweet and spicy cake, reminiscent of a light gingerbread, lower in fat and calories than most homemade cakes. Best served in a bowl with a bit of milk, it can also be served plain. Heat oven to 350°. Lightly oil and flour a 9-inch square pan. Combine all ingredients except marmalade in a large bowl. Beat at low speed until well mixed, about 1 to 2 minutes. Pour into pan and bake for 30 to 35 minutes or until top springs back when touched lightly in center. After removing cake from oven, heat arrange marmalade in microwave or over low heat on stove, stirring occasionally, until heated through. Spread over warm cake. Serve in bowl with a bit of milk, or like standard cakes. Yield: 12 servings. Prep time: 15 to 20 minutes. Cooking time: 30 to 35 minutes.

## Raw Apple Cake

2 beaten eggs	3 C. flour
1 C. oil	2 C. sugar
	1 tsp. salt
	2 tsp. soda
	4 C. apples (unpeeled)

Beat eggs, add oil. Combine balance of ingredients including apples. Batter will be thick. Bake in a 9x13-inch pan for 1 hour and 15 minutes.

*Kay Kaipust*

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## **Poppy Seed Bundt Cake With Caramel**

- |                        |                                                |
|------------------------|------------------------------------------------|
| 1/3 C. poppy seeds     | 1 (3 oz.) pkg. instant<br>butterscotch pudding |
| 1 C. water             | 4 eggs                                         |
| 1 pkg. yellow cake mix | 1 C. vegetable oil                             |

### **SAUCE:**

- |                  |                        |
|------------------|------------------------|
| 1/2 C. margarine | 1/2 C. evaporated milk |
| 1 T. flour       | 2 T. vanilla           |
| 1 C. brown sugar |                        |

Soak poppy seeds in the water for 10 minutes. Do not drain. In large mixing bowl, combine poppy seeds and water, cake mix, pudding mix, eggs and oil. Mix well. Pour into greased and floured bundt pan. Bake at 350° for 50 minutes. Cool.

SAUCE: Prepare sauce just before serving. Combine all ingredients but vanilla in small saucepan. Stir continuously until mixture boils. Remove from heat, and stir in vanilla. Spoon over slices of cake and serve.

*Amy Sollenbarger*

## **Rhubarb Cake Crisp**

- |                                                               |                   |
|---------------------------------------------------------------|-------------------|
| 2 C. fresh rhubarb (cut up)                                   | 1 egg             |
| 1 C. sugar                                                    | 1 tsp. soda       |
| 1 C. flour                                                    | Pinch of nutmeg   |
| 1 C. sour milk or 1 C. evaporated<br>milk with 1 tsp. vinegar | Pinch of cinnamon |
|                                                               | Pinch of salt     |

Mix altogether and pour into an 8 or 9-inch square cake pan. Bake at 350° for 25 to 30 minutes.

*Ruth Brown*

## Poppy Seed Cake

- |                       |                        |
|-----------------------|------------------------|
| 2 ounces poppy seed   | Grated rind of 1 lemon |
| 1 C. skim milk        | 2 C. whole wheat flour |
| 2 egg equivalents     | ¼ C. powdered milk     |
| ⅓ C. oil              | ½ tsp. cinnamon        |
| 1 C. sugar            | ¼ tsp. nutmeg          |
| 1 tsp. almond extract | 2½ tsp. baking powder  |

Soak poppy seeds in skim milk for one hour. Add egg equivalents, oil, sugar, almond extract and lemon rind. Mix well, and combine with remaining ingredients, stirring only to just moisten the batter. Bake in loaf pan at 350° for 45 to 60 minutes.

### GLAZE:

- |                                                 |                                                      |
|-------------------------------------------------|------------------------------------------------------|
| 1-2 T. hot water (depends on desired thickness) | ½ tsp. vanilla, rum or brandy extract or lemon juice |
| 1 T. cornstarch                                 | 2 T. powdered sugar                                  |

*Frances Bond*

## Russian Tea Cakes

- |                            |                             |
|----------------------------|-----------------------------|
| 1 C. softened butter       | ¼ tsp. salt                 |
| ½ C. sifted powdered sugar | ¾ C. finely chopped almonds |
| 1 tsp. vanilla             | ½ tsp. almond extract       |
| 2¼ C. flour                | Extra powdered sugar        |

Mix butter, powdered sugar and vanilla. Sift flour and salt together then stir into butter mixture. Mix in chopped nuts and almond extract. Chill dough at least 1 hour. Make into 1-inch balls. Bake on ungreased cookie sheet at 400° for 10 to 12 minutes. Roll in powdered sugar right after removing from oven and again after cookies are cool. Store in airtight container.

*Yvonne Chadek*

## **Rhubarb Coffee Cake**

½ C. butter or margarine	½ tsp. salt
1½ C. sugar	2½ C. flour
1 egg	3 C. sliced rhubarb
1 C. buttermilk	(may use frozen)
1 tsp. baking soda	1 C. light brown sugar
1 tsp. vanilla	½ C. chopped pecans

Preheat oven to 350°. Grease a 13x9-inch pan. In medium bowl, mix butter or margarine, sugar, egg, buttermilk, soda, vanilla, salt, flour and rhubarb. Pour into greased pan. Sprinkle bacon, sugar and nuts on top. Bake for 45 minutes or until toothpick inserted comes out clean.

### **TOPPING:**

½ C. butter or margarine	½ C. evaporated milk or cream
1 C. sugar	1 tsp. vanilla

While cake is baking, in small saucepan, heat topping ingredients, stirring occasionally until sugar is dissolved. When cake is done spread topping on warm cake.

*Sherry Sollenbarger*

## **Snickers Cake**

1 pkg. German chocolate cake mix	1 C. chocolate chips
30 caramels	1 T. milk
1 stick margarine	1 C. peanuts

Mix cake mix according to directions. Put ½ batter in 9x13-inch cake pan. Bake 15 to 20 minutes at 350°. Melt margarine, caramels and milk (do while cake is baking). Pour over baked cake. Sprinkle cake with chocolate chips and peanuts. Pour on reserved cake batter. Bake at 325° to 350° for 15 to 20 minutes.

*Sherry Sollenbarger*

## Sour Cream Coffee Cake

- |                    |                  |
|--------------------|------------------|
| 1 C. sugar         | 1 C. sour cream  |
| ½ lb. margarine    | ¼ C. sugar       |
| 2 eggs             | ⅓ C. brown sugar |
| 2 C. flour         | 1½ tsp. cinnamon |
| 1 tsp. baking soda | ½ C. nuts (opt.) |
| 1 tsp. vanilla     |                  |

Mix first 7 ingredients together. Pour in 9x13-inch greased and floured pan. Mix last 4 ingredients together and sprinkle over top. Bake at 350° for 30 minutes.

*Sherry Sollenbarger*

## Suicide Chocolate Cake (1992 State Fair Blue Ribbon)

- |                       |                      |
|-----------------------|----------------------|
| 1¾ C. flour           | 2 eggs               |
| 2 C. sugar            | 1 C. milk            |
| ¾ C. cocoa            | ½ C. vegetable oil   |
| 1½ tsp. baking soda   | 2 tsp. vanilla       |
| 1½ tsp. baking powder | 1 C. boiling water   |
| 1 tsp. salt           | 1 C. chocolate chips |

Combine dry ingredients, add the rest except water and chocolate chips. Beat at medium speed for 2 minutes. Stir in boiling water then add chocolate chips. Pour into greased and floured round cake pan or 9x13-inch pan. Bake at 350° for 30 to 35 minutes for layers or 35 to 40 minutes for a 9x13-inch. Cool, cut each layer in half, making 4 layers. Suicide Cake Frosting recipe on next page.

*Michelle Pray*

## **Suicide Cake Frosting**

- |                 |                      |
|-----------------|----------------------|
| 9 T. butter     | 4 C. powdered sugar  |
| 1 C. cocoa      | Mini chocolate chips |
| 1½ tsp. vanilla | ¾ C. pecans          |
| ½ C. milk       |                      |

Melt butter in small saucepan. Add cocoa, cook over low heat until boiling (stir constantly). Pour into small bowl, stir in vanilla, add sugar and milk alternately. Beat until creamy. Frost cake, decorating with mini chocolate chips, cashews or other nuts and chocolate. If cake is cut into 4 layers, you may need to make 1½ recipe of frosting.

*Michelle Pray*

## **Vi's Moist Chocolate Cake**

- |                  |                    |
|------------------|--------------------|
| 2½ C. flour      | 1 C. buttermilk    |
| 2¼ C. sugar      | 2 tsp. baking soda |
| ½ C. cocoa       | 1 tsp. salt        |
| 1 C. cooking oil | 1 C. boiling water |
| 2 eggs           | 2 tsp. vanilla     |

Mix dry ingredients first. Add all other ingredients with boiling water last. Bake at 350° until a toothpick comes out clean. This makes a large, very moist cake. Frost with cream cheese frosting.

*Viola Lewis*

## Wacky Cake

- |             |                             |
|-------------|-----------------------------|
| 3 C. flour  | 2 C. cold water             |
| 2 C. sugar  | $\frac{2}{3}$ C. Crisco oil |
| 1 tsp. salt | 2 T. vinegar (white)        |
| 2 tsp. soda | 2 tsp. vanilla              |
| 4 T. cocoa  |                             |

Mix all dry ingredients if using electric mixer use only a low speed. Add water and vinegar, then oil using vanilla last. Grease lightly then flour a 9x13-inch or 2 (8x8-inch) or 2 (8 or 9-inch) round cake pans. Bake at 325° for 30 minutes use toothpick in center to test for doneness. This is a very moist tangy cake. Great with sour cream or cream cheese frosting.

*Lisa Davis*

## Watergate Cake

- |                                                          |                        |
|----------------------------------------------------------|------------------------|
| 1 white cake mix                                         | 1 C. salad oil         |
| 1 (3 oz.) box instant pistachio<br>pudding (powder only) | 1 C. club soda or 7-Up |
|                                                          | 3 eggs                 |

Mix well and pour in greased 9x13-inch pan. Bake at 350° for 40 minutes.

### FROSTING:

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 pkg. pistachio pudding powder | 1 (9 oz.) carton Cool Whip |
| $1\frac{1}{2}$ C. milk          |                            |

Mix pudding and milk together on low speed for 2 minutes. Fold in Cool Whip. Spread frosting on cool cake.

*Beverly Wagoner*

## **Aunt Grace's Sugar Cookies**

- |                  |                                                          |
|------------------|----------------------------------------------------------|
| 2 sticks of oleo | 1/4 tsp. salt                                            |
| 2 C. sugar       | 2 tsp. vanilla (I use 1 tsp.<br>vanilla & 1 tsp. almond) |
| 2 eggs           |                                                          |
| 1 C. salad oil   |                                                          |

Mix all ingredients. Beat a long time until fluffy. This is important! Then add 5 C. sifted flour, 2 tsp. soda and 2 tsp. cream of tartar. Mix this with the wet ingredients. I roll in ball and flatten some. Bake until light brown at 350° for 13 to 14 minutes, but watch!

*Grace Howsare*

## **The Best Peanut Butter Cookies**

- |                          |                    |
|--------------------------|--------------------|
| 1 C. butter or margarine | 2 eggs             |
| 1 C. peanut butter       | 2 tsp. baking soda |
| 1 C. white sugar         | 3 C. flour         |
| 1 C. brown sugar         |                    |

Cream the butter, peanut butter, white sugar and brown sugar. Add eggs. Sift together baking soda and flour; gradually add to sugar mixture. Roll balls of dough the size of a quarter and place on a greased cookie sheet. Mash each ball with a fork that has been dipped in white sugar (make them about 1/2-inch thick). Bake 12 to 15 minutes at 350°. Yields 60-70 cookies.

*Gay Lea Wilson*

**Chocolate Chip Oatmeal Cookies**

1 C. all-purpose flour	1 egg
½ C. sugar	2 T. milk
½ C. packed brown sugar	½ tsp. vanilla
½ tsp. baking soda	1½ C. quick-cooking rolled oats
½ tsp. salt	1 (6 oz.) pkg. chocolate chips
½ C. shortening	

Turn oven to 375°. In large mixing bowl, stir together the flour, sugar, brown sugar, baking soda and the salt. Add the shortening, egg, milk and vanilla. Stir with a wooden spoon until well mixed or mixed with hands. Stir in the oats and the chocolate chips. Drop dough by rounded tsp. about 2-inches apart onto ungreased cookie sheets. Bake in the 375° oven about 10 minutes until brown. Lift cookies to cooling rack to cool. Makes about 48 cookies.

*Frances Bond*

**Chocolate Oat-Chip Cookies**

1 C. (2 sticks) margarine or butter (softened)	1¾ C. all-purpose flour
1¼ C. firmly packed brown sugar	1 tsp. baking soda
½ C. sugar	½ tsp. salt (opt.)
2 eggs	2½ C. Quaker Oats (quick or old fashion, uncooked)
2 T. milk	2 C. semi-sweet chocolate chips
2 tsp. vanilla	1 (12 oz.) pkg.
	1 C. coarsely chopped nuts (opt.)

Heat oven to 375°. Beat margarine and sugars until creamy. Add eggs, milk and vanilla; beat well. Add flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts, mix well. Drop by rounded measuring T. onto ungreased cookie sheet. Bake 9-10 minutes for chewy cookies or 12-13 minutes for crisp cookies. Cool 1 minute on cookie sheet, remove to wire rack, cool completely. Makes about 5 dozen 2½-inch cookies.

*Lorrie Little*

## **Fruitcake Cookies**

2/3 C. brown sugar (packed)  
1 egg  
1 C. flour  
1/8 tsp. salt  
1 (4 oz.) container candied  
cherries (halved)  
1/2 C. chopped pecans  
1 C. chopped walnuts

1/2 C. butter  
1 tsp. vanilla  
1/2 tsp. baking soda  
1 lb. pitted dates  
2 candied pineapple  
slices (chopped)  
1/2 C. whole filberts

Cream butter and sugar until light and fluffy. Add egg and vanilla; beat well. Stir in flour, soda and salt and beat. Stir in fruit and nuts. Chill batter. Drop by slightly rounded tablespoons onto greased cookie sheet. Bake in 325° oven for 12 minutes. Store baked cookies overnight in airtight container to soften. The longer you keep them the better they get.

*Barbara Rouw*

## **Grandma "Albachs" Sugar Cookies (Powdered)**

1 stick margarine  
3/4 C. powdered sugar  
1 egg  
1 C. flour

1/2 tsp. vanilla  
1/2 tsp. cream of tartar  
1/2 tsp. baking soda

Mix all together. Drop by teaspoon onto ungreased cookie pan. May press down with the bottom of drinking glass dipped in sugar. Bake at 350° for approximately 10 to 12 minutes. Makes approximately 15 cookies. May double recipe. NOTE: This is a very easy recipe.

*Beverly Wagoner*

## Kringla

1½ C. sugar	4 C. flour
¼ lb. margarine	1 tsp. baking powder
1 egg	1 tsp. salt
1 C. buttermilk	2 tsp. vanilla

Blend together well. Leave in bowl covered with wax paper overnight. For each cookie, roll dough in ball, size of walnut then on floured board roll dough (with hand) in long roll and form figure 8. Place on ungreased cookie sheets. Bake at 375° for 12 minutes. Cookie will be light do not overbake. Should be soft like cake. Frost with almond or eat with butter.

*L. Davis*

## No Bake Cookies

2 C. sugar	3 C. oatmeal
½ C. milk	½ C. peanut butter
½ stick oleo	1 tsp. vanilla
3 T. cocoa	

Boil sugar and milk for 1 minute. Add oleo, cocoa, oatmeal, peanut butter and vanilla. Drop on wax paper. Chill in refrigerator.

*Frances Bond*

## Oatmeal Cookies

1 C. brown sugar	2 tsp. baking powder
1 C. white sugar	1 tsp. vanilla
⅔ C. Crisco	1½ C. oatmeal
1 C. raisins	½ tsp. cinnamon
2 C. flour	2 eggs
½ tsp. soda	

Mix all ingredients together and drop by teaspoonful on greased cookie sheet. Bake at 350° for 8 to 10 minutes.

*Hilda Sissel*

## **Oatmeal Chocolate Chip Cookies**

- |                          |                                 |
|--------------------------|---------------------------------|
| ¾ C. shortening          | ½ C. dry milk                   |
| 1½ C. packed brown sugar | 1 tsp. baking soda              |
| 2 eggs                   | 2½ C. rolled oats (uncooked)    |
| 2 tsp. vanilla           | ½ C. wheat germ                 |
| 1 C. flour               | 1 C. semi-sweet chocolate chips |

Cream shortening and sugar; add eggs and vanilla. Beat. Stir or sift together dry ingredients and add to creamed mixture. Mix well. Blend in oats and wheat germ. Add 1 C. chocolate chips. Mix well. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350° for 12 to 14 minutes. This is one of my favorite La Leche League Recipes.

*Mrs. Daniel Christensen*

## **Peanut Butter Cookies**

- |                    |                     |
|--------------------|---------------------|
| 1 C. white sugar   | 1 tsp. vanilla      |
| 1 C. brown sugar   | 1 tsp. salt         |
| 1 C. margarine     | 1 tsp. cream tartar |
| 1 C. Mazola Oil    | 1 tsp. soda         |
| 1 C. peanut butter | 3½ C. flour         |
| 1 egg              | 1 C. oatmeal        |

Cream together sugars, margarine and Mazola Oil. Add eggs, vanilla, salt, cream of tartar and soda; mix well. Add flour, oatmeal and peanut butter; mix. Drop onto cookie sheet, press with fork. Bake at 350° for 12 to 15 minutes.

*Linda Westergaard*

## **Peanut Butter Chocolate Chip Cookies**

- |                                                           |                                 |
|-----------------------------------------------------------|---------------------------------|
| 1/2 C. (1 stick) softened margarine<br>(room temperature) | 2 1/2 C. flour                  |
| 1/2 C. Crisco shortening                                  | 1 1/2 tsp. baking soda          |
| 1 C. creamy peanut butter                                 | 1 tsp. baking powder            |
| 1 C. sugar                                                | 1/2 tsp. salt                   |
| 1 C. packed light brown sugar                             | 1 (12 oz.) pkg. chocolate chips |
| 2 eggs                                                    | 1 C. chopped walnuts (opt.)     |

Beat together with mixer: Butter, shortening, peanut butter, sugar, brown sugar and eggs until fluffy. Mix in flour, baking soda, powder and salt until well blended. Add chips and nuts. Drop onto ungreased cookie sheet by teaspoon. Bake at 375° for 8 to 10 minutes. Makes 8 to 10 dozen cookies.

*Paula Miles*

## **Pecan Dreams**

- |                                |                       |
|--------------------------------|-----------------------|
| 1/2 lb. butter (no substitute) | 2 C. pecans (chopped) |
| 1/2 C. powdered sugar          | 2 tsp. vanilla        |
| 2 C. sifted flour              | 2 tsp. water          |

Cream butter and powdered sugar (put water and vanilla in with butter). Add remaining ingredients. Roll in ball (size of walnut) and bake at 250° for 30 to 40 minutes. Let stand for 5 minutes and roll in powdered sugar.

*Grace Howsare*

## **Rock Bottom Cookies (100 year old recipe)**

1½ C. sugar	½ tsp. vanilla
1 C. shortening	½ C. raisins
3 eggs	3 C. flour
3 T. water or raisin juice*	1 tsp. cinnamon
1 tsp. baking soda	½ C. nuts

Mix sugar and shortening together. Mix in remaining ingredients. Drop by spoonful and bake at 350°. \*Cook raisins in 3 T. water and use this juice.

*Lela Wilson*

## **Skillet Cookie**

1½ C. chopped dates	¼ C. butter
½ C. sugar	1 egg
1 tsp. vanilla	2 C. rice krispies
Coconut	

Beat the egg and mix with the dates, sugar and butter in a skillet. Cook 10 minutes, stirring well. Let cool, then add the vanilla and rice krispies. Roll into balls, then in fine coconut. Good and quick!

*Nichole Foster*

*The best things in life aren't things!*

## Snack Mix Squares

- |                             |                             |
|-----------------------------|-----------------------------|
| 2½ C. halved pretzel sticks | ½ C. butter or margarine    |
| 2 C. corn chex              | ½ C. creamy peanut butter   |
| 1½ C. M&M's                 | 5 C. miniature marshmallows |

In a large bowl, combine the pretzels, cereal and M&M's. In a large saucepan, over low heat, melt butter and peanut butter. Add marshmallows; cook and stir until marshmallows are melted and mixture is smooth. Pour over pretzel mixture; stir to coat. Press into a greased 13x9x2-inch baking pan. Cool until firm. Cut into squares. Yields 3 dozen.

*Frances Bond*

## Snickerdoodles

- |                 |                        |
|-----------------|------------------------|
| ½ C. butter     | 2 tsp. cream of tartar |
| ½ C. shortening | 1 tsp. baking soda     |
| 1½ C. sugar     | ½ tsp. salt            |
| 2 eggs          | 3 T. sugar             |
| 2¾ C. flour     | 2 tsp. cinnamon        |

Beat together butter, shortening, sugar and eggs. Mix together flour, cream of tartar, baking soda and salt. Add dry ingredients to creamed mixture. Chill for 1 hour. Roll into balls. Mix 3 T. sugar and 2 tsp. cinnamon together and roll balls in this mixture. Bake at 400° for 8 to 10 minutes.

*Amy Sollenbarger*

*Most footprints on the sands of time  
were made by work shoes.*

## **Strawberry Cream Pie**

- |                             |                                        |
|-----------------------------|----------------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 C. whipping cream                    |
| ¼ C. granulated sugar       | ¼ C. sifted confectioners' sugar       |
| ½ tsp. vanilla              | 1 (9-inch) graham cracker<br>pie crust |
| Dash of nutmeg              |                                        |
| 1 C. strawberry slices      |                                        |

Combine softened cream cheese, granulated sugar, vanilla and nutmeg, mixing until well blended. Mash ¾ C. strawberry slices. Stir into cream cheese mixture. Mix whip cream with confectioners' sugar until stiff peaks form. Fold into cream cheese mixture. Fold remaining strawberries into cream cheese mixture. Spoon into crust. Chill several hours. Garnish with additional strawberries.

*Juanita Reinier*

## **Surprise Meringue Cookies**

The surprise is the chocolate chips and nuts hiding in the hollow center. Delicious and only about 50 calories per cookie.

- |                        |                                 |
|------------------------|---------------------------------|
| 4 egg whites           | 1½ C. sugar                     |
| ¼ tsp. salt            | 1 (12 oz.) pkg. chocolate chips |
| ¼ tsp. cream of tartar | ½ C. nuts (chopped)             |
| 2 tsp. vanilla         |                                 |

Beat egg whites, salt, cream of tartar and vanilla until soft peaks form. Add sugar gradually, beating until peaks are very stiff. Fold in chocolate chips and nuts. Cover cookie sheets with plain paper; such as grocery sacks, cut to fit the cookie sheet. This keeps the cookie from sliding around. Drop mixture onto the paper by rounded teaspoonfuls. Bake at 300° for 20 minutes. Makes 4 dozen.

*Marge LePorte*

## \$250 Nieman Marcus Cookies

- |                            |                                         |
|----------------------------|-----------------------------------------|
| 2 C. butter                | 3 C. finely chopped pecans              |
| 2 C. sugar                 | 4 C. flour                              |
| 2 C. brown sugar           | 5 C. oatmeal (blended to a fine powder) |
| 4 eggs                     | 1 tsp. salt                             |
| 2 tsp. vanilla             | 2 tsp. baking powder                    |
| 1-2 C. chocolate chips     | 2 tsp. baking soda                      |
| 8 oz. Hershey bar (grated) |                                         |

Cream butter, sugar, eggs and vanilla in a bowl. Mix together the flour, oatmeal, salt, baking soda and baking powder in a bowl. Combine both mixtures to form the dough. Add chocolate chips, grated Hershey bar and pecans. Roll into balls and place 2-inches apart on ungreased cookie sheet. Bake at 375° for 6 minutes. Yield 112 cookies. MYTH: Lady paid \$250 for cookie recipe and thought she was only paying \$2.50.

Mary Anne Greco

## White House Cookies

- |                         |                        |
|-------------------------|------------------------|
| 1 C. Imperial Margarine | 3½ C. flour            |
| 1 C. sugar              | 1 tsp. soda            |
| 1 C. brown sugar        | 1 tsp. cream of tartar |
| 1 C. oil                | 1 C. rice krispies     |
| 1 egg                   | 1 C. quick oatmeal     |
| 1 tsp. vanilla          | 1 C. coconut           |

Beat margarine, sugars and oil together, add egg and vanilla. Add flour, soda, cream of tartar, then stir in the last 3 ingredients. Bake at 350° for 10 minutes.

Viola Lewis

## **Cinnamon Pie**

1¼ C. sugar	3 tsp. cinnamon
½ C. flour	Dash of salt
2 T. cornstarch	3 C. boiling water
1 T. butter	

Sift dry ingredients into 1 qt. or larger bowl. Add boiling water to dry ingredients. Add butter (can use margarine) into mixture stirring all constantly. Pour into 9-inch unbaked pie crust and bake at 400° for 15 minutes, then turn oven temperature down to 350° and continue baking for around 40 minutes until filling is cooked.

*Ruth Brown*

## **Cinnamon Pie**

2 C. boiling water	1 C. sugar
3 heaping T. flour	1 T. butter
1 T. cinnamon	

Mix well and pour into an unbaked pie crust and bake at 350° for 45 minutes.

*Karen Wells*

## **Southern Pecan Pie**

1 C. white corn syrup	3 eggs (beaten)
1 C. dark brown sugar	Dash of vanilla
⅓ C. melted butter	Pinch of salt
1 heaping C. pecans	

Mix all well and pour into an unbaked 9-inch pie shell. Bake 45 to 50 minutes at 350°.

*Marj Christensen*

## Drizzle Berry Pie

- |                                               |                                 |
|-----------------------------------------------|---------------------------------|
| 1 (8 oz.) pkg. cream cheese                   | 1 egg                           |
| ¼ C. packed brown sugar                       | 1 (9-inch) graham cracker crust |
| ½ tsp. vanilla                                | 2 T. Parkay margarine           |
| 1 (6 oz.) pkg. semi-sweet<br>chocolate pieces | Whole strawberries              |

Combine softened cream cheese, sugar and vanilla, mixing until well blended. Blend in ½ C. chocolate pieces, melted and the egg. Pour into crust. Bake at 325° for 35 minutes and chill. Combine remaining chocolate pieces and margarine. Stir over low heat until smooth. Arrange strawberries on top of pie. Drizzle chocolate mixture over strawberries and chill.

*Juanita Reinier*

## Rhubarb Pie

- |              |                                            |
|--------------|--------------------------------------------|
| 2 C. rhubarb | 1 (3 oz.) pkg. strawberry Jell-O           |
| ½ C. sugar   | 1 T. lemon juice                           |
| ½ C. water   | 1 (3 oz.) can evaporated milk<br>(chilled) |

Cook rhubarb, sugar and water. Add lemon juice and Jell-O while still hot. Set aside to cool. Whip milk until it is thick and fold in rhubarb. Pour into 8-inch baked pie crusts. This makes 2 (8-inch) pies.

*Karen Wells*

## **Dessert**

- |                            |                                 |
|----------------------------|---------------------------------|
| 2 medium ripe bananas      | 1 T. vanilla                    |
| 1 T. instant coffee powder | 2 C. flour                      |
| ½ C. butter                | 2 tsp. baking powder            |
| 1½ C. brown sugar (packed) | 1 C. chopped pecans             |
| 2 eggs                     | 1 C. semi-sweet chocolate chips |

Puree bananas in blender with instant coffee (equals 1 C.). Cream butter and sugar. Beat in eggs and vanilla. Combine flour and baking powder. Beat in dry ingredients alternately with banana mixture. Stir in nuts and chips. Spread butter in greased 13x9-inch pan. Bake at 350° for 30 minutes.

*Hilda Sissel*

## **Apple Crisp**

- |                      |                 |
|----------------------|-----------------|
| 4 C. apples (sliced) | ½ tsp. cinnamon |
| ¼ C. orange juice    | ¼ tsp. nutmeg   |
| 1 C. sugar           | ½ C. butter     |
| ¾ C. flour           |                 |

Put the apples in the bottom of an 8x8-inch square pan or pie plate. Pour orange juice over apples. Cream sugar and butter; add flour, cinnamon and nutmeg. Crumble over apples. Bake at 375° for 45 minutes. I use a glass casserole dish and bake at 350° for 30 to 40 minutes usually. Tart apples work best.

*Mrs. Daniel Christensen*

## **Apple Streudel**

2 cans apple pie filling  
¼ C. butter (melted)

1 small pkg. cake mix

Put apple filling in casserole dish. Cover with dry cake mix. Put melted butter on top of cake mix. (This may need more melted butter.) Bake at 350° until brown, about 35 minutes.

*Amy Sollenbarger*

## **Baby Carrot Bars**

4 eggs  
2 C. sugar  
3 jars baby food (carrots)  
1 tsp. salt

1 C. salad oil  
2 C. flour  
2 tsp. soda  
1 tsp. cinnamon

### **TOPPING:**

1 large pkg. cream cheese  
4 T. butter

1½ C. powdered sugar  
1 tsp. vanilla

Combine eggs and sugar and salad oil, beat until creamy. Add remaining ingredients. Bake at 350° in cookie sheet pan. Cool, add topping.

*Donna Noftsger*

## **Brownies**

2 C. sugar  
4 eggs  
1 stick butter  
1 tsp. vanilla

1¼ C. flour  
3 heaping T. cocoa  
Nuts (if desired)

Beat first three ingredients together as started. Add vanilla, cocoa and flour. Mix well and pour into greased and floured round pan. Bake at 350° for 45 minutes.

*Karen Wells*

## **Blackberry Cobbler**

½ C. butter or margarine  
1 (16 oz.) pkg. frozen  
blackberries

1 C. self rising flour  
1½ C. sugar  
¾ C. milk

Preheat oven to 350°. Melt butter in an 8-inch square baking dish in oven. Place berries and juice (or ½ C. water if using frozen berries) in small saucepan. Place over low heat until heated through. Combine flour, sugar and milk in bowl, blend well. Pour into baking dish with melted butter. Do not stir. Spoon berries and juice evenly over batter. Do not stir. Bake 40 to 50 minutes or until golden brown. Serve with cream or ice cream if desired.

*Sharon Kollbaum*

## **Buttermilk Brownies**

½ C. oil  
1 stick margarine  
1 C. water  
⅓ C. cocoa  
2 C. flour  
2 C. sugar

½ tsp. salt  
1 tsp. baking soda  
½ C. buttermilk  
1 tsp. vanilla  
2 eggs  
1 C. nuts

### **FROSTING:**

1 stick margarine  
⅓ C. cocoa  
⅓ C. buttermilk

1 lb. box powdered sugar  
1 tsp. vanilla

Melt oil, margarine, water and cocoa together and bring to a boil. Pour this over flour, sugar, salt and baking soda. Mix well. Add ½ C. buttermilk, vanilla, eggs and chopped nuts. Spread in a 9x13-inch cake pan or a large sheet pan. Bake 20 minutes at 400°.

FROSTING: Mix softened margarine with cocoa, buttermilk, powdered sugar and vanilla. Mix well and spread on brownies while they are still warm. Sprinkle additional walnuts on top if desired.

*Mrs. Daniel Christensen*

## Cherry Cobbler

- |               |                          |
|---------------|--------------------------|
| 2 C. cherries | 2 T. minute tapioca      |
| 1½ C. sugar   | 2-3 drops almond extract |
| ½ C. water    |                          |

Cook 5 minutes. Pour into baking dish. Sprinkle white cake mix over the top. Bake at 350° for 35 to 40 minutes.

*Nichole Foster*

## Cherry Dessert

- |                                            |                          |
|--------------------------------------------|--------------------------|
| 1 Eagle Brand milk                         | 1 cherry pie filling     |
| 1 can large pineapple tidbits<br>(drained) | 1 small carton Cool Whip |

Add all ingredients. Mix well. Let set covered in refrigerator. Can use apricot filling.

*Frances Bond*

## Cherry Fluff

- |                              |                                |
|------------------------------|--------------------------------|
| 1 can cherry pie filling     | 1 can sweetened condensed milk |
| 1 can whip cream (Cool Whip) | 1 C. nuts                      |

Mix together and cool.

*Janet Hargis*

## **Cherry Meringue Dessert**

- |                      |                                  |
|----------------------|----------------------------------|
| 3 egg whites         | ¾ C. Club crackers (rolled fine) |
| 1 C. sugar           | ½ C. chopped walnuts             |
| ½ tsp. baking powder | 1 can cherry pie filling         |
| 1 tsp. vanilla       | 1 (8 oz.) carton Cool Whip       |

Whip egg whites to meringue. Add sugar, baking powder and vanilla and mix well. Fold in crackers and nuts. Spray 9-inch pan with cooking spray. Pour mixture into pan. Bake ½ hour in 325° oven. Top with cherries. Let set a couple hours. Top with Cool Whip. Serves 6 to 8 people.

*Marge LePorte*

## **Chocolate Coconut Brownies**

- |                          |                      |
|--------------------------|----------------------|
| 1 C. butter or margarine | ¼ C. cocoa powder    |
| 1½ C. sugar              | 1 tsp. vanilla       |
| 3 eggs                   | ½ C. chopped walnuts |
| 1 C. flour               |                      |

### **TOPPING:**

- |                                |              |
|--------------------------------|--------------|
| 1 can sweetened condensed milk | 1 C. coconut |
|--------------------------------|--------------|

### **ICING:**

- |                      |                                      |
|----------------------|--------------------------------------|
| 2 C. powdered sugar  | 2 T. butter or margarine<br>(melted) |
| ¼ C. cocoa powder    | 1 tsp. vanilla                       |
| 5 T. evaporated milk |                                      |

Heat oven to 350°. For brownies, cream shortening, add sugar and eggs, then flour and cocoa powder. Add vanilla and nuts. Pour into greased 13x9-inch pan. Bake 30 minutes. While baking, combine sweetened condensed milk and coconut. Spread over hot brownies. Bake 20 minutes more. For icing, mix all ingredients. Spread over cooled brownies.

*Sharon Kollbaum*

## Coconut Squares

- |                  |                      |
|------------------|----------------------|
| 2 C. brown sugar | 1 tsp. baking powder |
| ½ C. butter      | 2 C. coconut         |
| 2 eggs (beaten)  | 2 T. butter          |
| 1 tsp. vanilla   | 2 T. sugar           |
| ½ C. flour       | 1 C. coconut         |

Cream brown sugar, ½ C. butter, eggs and vanilla. Add flour, baking powder and 2 C. coconut. Turn into a 9x13-inch pan. In small bowl, mix the 2 T. butter, 2 T. sugar and 1 C. coconut. Spread on top of batter. Bake at 350° for 25 minutes. Cool and cut into bars.

*Marj Christensen*

## Fruit Crunch

- |                      |                      |
|----------------------|----------------------|
| 3 cans fruit filling | 2 eggs               |
| 2 C. flour           | 2 tsp. baking powder |
| 2 C. sugar           | 1 stick butter       |

Spray or grease 9x13-inch pan. Mix flour, sugar and baking powder together. Beat eggs, pour over dry mixture and crumble together. Pour fillings into the 9x13-inch pan. Melt the butter and pour over crumbs; spread over the fruit and bake at 350° for 50 to 60 minutes.

*Karen Wells*

*People who show off least always show up best.*

## **Homemade Ice Cream**

- |                |                  |
|----------------|------------------|
| 5 egg whites   | 1 tsp. lemon     |
| 3 egg yolks    | 1 qt. rich cream |
| 2½ C. sugar    | 3 pt. whole milk |
| 1 tsp. vanilla |                  |

Beat egg whites well; set aside. Beat egg yolks in a bowl, adding sugar, ¼ C. at a time, beating constantly. Add vanilla and lemon; beat. Add cream and milk; beat. Stir in well-beaten egg whites last. Pour into ice cream freezer. This recipe is over 100 years old.

*In memory of my grandmother, Fern Colyn  
(Submitted by Gay Lea Wilson)*

## **Lemon Bars**

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

Mix cake mix and 1 stick of melted oleo with 1 egg (beaten). Pack in greased 9x13-inch pan. Beat 2 eggs and cheese together. Add powdered sugar and mix until smooth. Pour over cake mixture and bake at 350° for 45 minutes. Cool in pan and cut in bars.

*Kay Kaipust*

*It's not important where we live, but how we live.*

## Mini Cherry Pockets

1 (15 oz.) pkg. Pillsbury  
Refrigerated Pie Crust

1 (21 oz.) can cherry pie filling

Heat oven to 450°. Place pie crusts on cutting board, remove plastic sheets. Cut each crust into quarters making 8 wedges. Top one half of each triangle with 2 T. pie filling. Fold remaining pie crust half over filling. Press edges with fork to seal. Place on cookie sheet. Bake at 450° for 11 to 15 minutes or until light golden brown. Makes 8 pockets.

*Lorrie Little*

## Oreo Ice Cream Dessert

1 lb. pkg. Oreo cookies (crushed)

1 stick butter (melted)

Combine together and press into lightly greased 9x13-inch pan.

1 C. chocolate chips

Soften ½ gallon vanilla ice cream

1 stick oleo

2 C. powdered sugar

1 (13 oz.) can evaporated milk

1 tsp. vanilla

Cool the boiled mixture well. Put softened ice cream on top of crumb crust. Pour cooled sauce over top of ice cream. Top with nuts or reserved cookie crumbs. Freeze. Top with whipped topping at serving time. NOTE: Add vanilla last after chocolate has been removed from the heat.

*Marj Christensen*

## **Oreo-Peppermint Frozen Dessert**

1 (20 oz.) pkg. Oreos  
1/2 gallon peppermint ice cream  
(softened)

1 (8 oz.) carton Cool Whip

Put Oreos in blender. Crush. Place in bottom of 9x13-inch pan. Add Cool Whip to ice cream. Mix together. Spread onto crushed cookies. Sprinkle more Oreos on top (not alot). Freeze. Cut into squares.

*Amy Sollenberger*

## **Peanut Butter Brownie Cups**

1 pkg. fudge brownie mix  
15 to 20 peanut butter cups

Line a mini-muffin pan with paper or foil mini muffin cups. Mix brownie batter according to directions. Fill muffin pan cups 2/3 full of batter. Set 1 peanut butter cup in each muffin cup and press down until batter meets top edge of the candy. Bake at 350° for 20 minutes. Do not overbake. Yield 1 1/2 dozen. NOTE: These have a tendency to dry out quickly. Store in covered container with a piece of bread.

*Amy Sollenberger*

*Don't worry about knowing people – just  
make yourself worth knowing.*

## **Pistachio Dessert**

### **CRUST:**

36 graham cracker squares      12 T. melted butter  
½ C. sugar

### **TOPPING:**

2 Heath bars or bits      1½ C. milk  
2 pkgs. instant pistachio      1 qt. soft vanilla ice cream  
pudding mix      Cool Whip

**CRUST:** Crush crackers into crumbs, add sugar, and melted butter, mix well and press into a 9x13-inch dish. Set aside.

**TOPPING:** Mix pudding and milk for 4 minutes, then add ice cream, just enough to combine. Pour over graham cracker crust then spread Cool Whip on top. Sprinkle chopped Heath bits on top. Freeze overnight. Set out 10 minutes before serving.

*Paula Miles*

## **Quick Parfaits With Creamy Orange Sauce**

½ C. Miracle Whip or      2 T. orange juice  
Miracle Whip Light      1 T. grated orange peel  
½ C. Breakstones or Knudsen      Pound cake cubes  
Sour Cream      Assorted fresh fruit  
2 T. brown sugar

Mix all ingredients except cake and fruit. Refrigerate several hours or overnight. Layer sauce with pound cake and fruit in parfait glasses. Makes 8 parfaits.

*Lorrie Little*

## **Pumpkin Bars**

- |                    |                      |
|--------------------|----------------------|
| 4 eggs             | 2 C. flour           |
| 2 C. sugar         | 2 tsp. baking powder |
| 2 C. pumpkin       | 1 tsp. baking soda   |
| ¾ C. melted butter | 1 tsp. cinnamon      |

Beat together eggs, sugar, butter and pumpkin until light and fluffy. Sift together flour, baking powder, baking soda and cinnamon. Add to pumpkin mixture and mix thoroughly. Spread batter on greased and floured 15x10x1-inch pan (or similar). Bake at 350° for 30 minutes. Makes 2 dozen bars.

### **FROSTING:**

- |                                           |                        |
|-------------------------------------------|------------------------|
| 1 (3 oz.) pkg. cream cheese<br>(softened) | 1 T. milk              |
| 1 tsp. vanilla                            | 6 T. butter (softened) |
|                                           | 3 C. powdered sugar    |

Cream softened cream cheese and butter. Stir in vanilla. Add milk and powdered sugar, a little at a time, beating well until mixture is smooth. Frost cooled bars.

*Gay Lea Wilson*

## **Quick Peanut Butter Bars**

- |                  |                          |
|------------------|--------------------------|
| 1 C. brown sugar | 1 C. margarine or butter |
| ½ C. white sugar | 4 C. oatmeal             |

Mix and bake in a 10x15-inch pan at 350° for 12 minutes.

### **FROSTING:**

- |                    |                      |
|--------------------|----------------------|
| 1 C. peanut butter | 1 C. chocolate chips |
|--------------------|----------------------|

Melt peanut butter and chocolate chips. Spread over top of oatmeal after its baked and cooled.

*Lorrie Little*

## Pumpkin Bars

- |                      |                        |
|----------------------|------------------------|
| 2 C. flour           | 2 C. sugar             |
| 1 tsp. soda          | 1 C. vegetable oil     |
| 2 tsp. baking powder | 4 eggs                 |
| ½ tsp. salt          | 1 (16 oz.) can pumpkin |
| 2 tsp. cinnamon      |                        |
| ½ tsp. nutmeg        |                        |
| ½ tsp. ginger        |                        |

Mix first 7 ingredients. Mix last 4 ingredients and add to first mixture. Bake in a large 11x15-inch cookie pan with edges at 350° for 15 to 20 minutes. Frost when cool.

### FROSTING:

- |                             |                     |
|-----------------------------|---------------------|
| 1 (3 oz.) pkg. cream cheese | 1 tsp. milk         |
| ¾ stick margarine           | 2 C. powdered sugar |
| 1 tsp. vanilla              |                     |

*Beverly Wagoner*

## Pumpkin Bars

### BASE:

- |                            |                       |
|----------------------------|-----------------------|
| 1 egg                      | ½ C. melted margarine |
| 1 C. yellow cake mix (dry) |                       |

Mix together and put in 9x12-inch cake pan.

### FILLING:

- |                       |        |
|-----------------------|--------|
| 1 big can pumpkin mix | 2 eggs |
| ⅔ C. milk             |        |

Mix together and pour over the mixture already in your 9x12-inch pan.

### TOPPING:

- |                            |                     |
|----------------------------|---------------------|
| 1 C. yellow cake mix (dry) | ¼ C. sugar          |
| 1 tsp. cinnamon            | ¼ C. soft margarine |

Mix together and sprinkle over filling. Bake for 50 minutes at 350°.

## **Reese's Peanut Butter Bars**

- |                     |                      |
|---------------------|----------------------|
| 2 C. peanut butter  | 1 stick margarine    |
| 3 C. powdered sugar | 1 tsp. vanilla       |
| ½ C. brown sugar    | 1 C. chocolate chips |

Combine all ingredients except chocolate chips; mix well with spoon and hands. Press into buttered 9x13-inch pan. Melt chocolate chips and put all over. Refrigerate until firm.

*Amy Sollenbarger*

## **Scalloped Pineapple**

- |                                   |                                            |
|-----------------------------------|--------------------------------------------|
| 4 C. bread (torn in small pieces) | ¼ C. milk                                  |
| 3 eggs                            | 1 large can crushed<br>pineapple (drained) |
| 2 C. sugar                        |                                            |
| 1 C. oleo (softened)              |                                            |

Mix all ingredients; pour in a greased rectangular casserole. Bake at 325° for 1½ hours.

*Lela Wilson*

## **Southern Fried Peaches**

- |                 |                  |
|-----------------|------------------|
| 6 fresh peaches | 1 C. brown sugar |
| 3 T. butter     |                  |

Peel peaches, split and remove pits. Melt butter in a large iron skillet and arrange peaches, hollows up. Fill hollows with brown sugar, sprinkle remaining sugar into skillet. Simmer until peaches are well cooked. Serve as a side with meat or as a sauce for ice cream.

*Nichole Foster*

## Seven Layer Magic Bars

- |                                                                                 |                                             |
|---------------------------------------------------------------------------------|---------------------------------------------|
| ½ C. (1 stick) butter or margarine                                              | 1 C. (6 oz.) butterscotch<br>flavored chips |
| 1½ C. graham cracker crumbs                                                     | 1 C. (6 oz.) semi-sweet<br>chocolate chips  |
| 1 (14 oz.) can Eagle Brand<br>sweetened condensed milk<br>(not evaporated milk) | 1½ C. flaked coconut                        |
|                                                                                 | 1 C. chopped nuts                           |

Preheat oven to 350° (325° for glass dish). In 13x9-inch baking pan, melt butter in oven. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients in order listed; press down firmly. Bake 25 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store covered at room temperature.

*Rita Peiffer*

## Spring Dessert

- |                            |                                             |
|----------------------------|---------------------------------------------|
| 30 Ritz crackers (crushed) | 1 small (7½-8 oz.) can<br>crushed pineapple |
| ¼ C. melted butter         | ½ pkg. (3 T.) lemon Jell-O                  |
| 4 eggs (separated)         | ½ pt. whipping cream                        |
| ½ C. sugar                 |                                             |

Blend Ritz crackers with butter and press into an 8x8-inch dish, saving a few crumbs for top of dessert. Cook egg yolks, sugar and pineapple (with juice) in double boiler until thick. Stir in dry lemon Jell-O. Beat egg whites until stiff with (¼-½ C. sugar) and fold into cooked mixture. Pour over cracker crust in dish and chill until firm. Spread whipped cream on top and garnish with saved crackers. Serves 12. Better if prepared the day before serving time.

*Barbara Rouw*

## Yorkshire Pudding

1 C. flour  
½ tsp. salt  
1 C. milk

2 eggs  
¼ C. hot beef drippings

Combine ingredients and chill for 2 hours. Bake at 425° for 25 to 30 minutes.

*Worry is like a rocking chair. It gives you something to do,  
but it doesn't get you closer to the problem.*



Snacks

and

Candies

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# Hints for Candy, Nuts, and Popcorn

For perfect popped corn, melt butter-flavored shortening in the corn popper, then add the desired amount of kernels. The end result is amazing! Not only does the corn pop evenly into perfect fluffy popcorn, it also has a flavorful butter taste with no added cholesterol.

Popcorn will pop better if you sprinkle it with warm water an hour before popping.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Set fudge to cool in an ice cube tray. When the fudge is nearly ready to cut, use the tray divider to mark off even squares.

## Candy Testing

<i>Candy</i>	<i>Degrees</i>	<i>Stage</i>	<i>Cold Water Test</i>
	230-234	<i>Thread</i>	<i>Syrup spins 2-inch thread when dropped from spoon</i>
<i>Fudge, Fondant</i>	234-240	<i>Soft Ball</i>	<i>Candy will roll into soft ball but quickly flattens when removed from water</i>
<i>Divinity, Caramels</i>	244-248	<i>Firm Ball</i>	<i>Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water</i>
<i>Taffy</i>	250-266	<i>Hard ball</i>	<i>Syrup forms hard ball, although it is pliable</i>
<i>Butterscotch</i>	270-290	<i>Light Crack</i>	<i>Candy will form threads in water which will soften when removed from water</i>
<i>Peanut Brittle</i>	300-310	<i>Hard Crack</i>	<i>Candy will form hard, brittle threads in water which will not soften when removed from water</i>
<i>Caramelized Sugar</i>	310-321	<i>Caramelized</i>	<i>Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water</i>

## Angel Sweets

- |                                |                          |
|--------------------------------|--------------------------|
| 1 (6 oz.) pkg. chocolate chips | 1 C. chopped nuts        |
| 2 T. butter                    | 2 C. little marshmallows |
| 1 egg                          | ½ C. flaked coconut      |
| 1 C. sifted powdered sugar     |                          |

Melt chocolate chips and butter on low heat. Remove from heat and blend in egg. Stir in sugar, nuts and marshmallows, blend well. Shape mixture into 1-inch balls. Roll in coconut. Refrigerate or freeze. Makes 3½ dozen.

*Genevieve Galenbeck*

## Buck Eyes

- |                           |                              |
|---------------------------|------------------------------|
| 1 stick butter            | 4 C. rice krispies           |
| 2 C. creamy peanut butter | 1 pkg. chocolate almond bark |
| 2 C. powdered sugar       |                              |

Combine all ingredients together in large bowl. Chill over noc. Form into balls (size of buck eyes). Microwave 1 pkg. almond bark, dip buck eyes into. Lay on wax paper to dry.

*Kathy Harper*

## Chocolate Haystacks

- |                          |                      |
|--------------------------|----------------------|
| 2 C. sugar               | 1 C. flaked coconut  |
| ⅓ C. cocoa               | ½ C. chopped walnuts |
| ½ C. butter or margarine | ½ tsp. vanilla       |
| ½ C. milk                | Dash of salt         |
| 3½ C. oatmeal            |                      |

In saucepan, combine sugar, cocoa, milk and butter. Bring to boil. Remove from heat; stir in remaining ingredients. Drop quickly from teaspoon on waxed paper and let cool.

*Amy Sollenbarger*

## **Cracker Jacks**

8 or 9 oz. popped corn	½ C. white Karo syrup
2 C. brown sugar	1 tsp. vanilla or maple flavoring
1 C. margarine	½ tsp. baking soda

Boil all ingredients except (baking soda and corn) 5 minutes, mixing well and stirring occasionally. Remove from heat and add soda (stir in quickly.) Pour over corn, mixing well. Put in two large pans and place in 250° oven for 1 hour, stirring 2 to 3 times more. Store in tightly closed container. (This keeps it fresh.) May add peanuts too, if desired.

*Lisa Davis*

## **Date Bon Bons**

1 lb. dates snipped (or grind them), I always grind dates	1½ C. chunk peanut butter
1 C. finely chopped nuts	2 C. powdered sugar
	6 T. melted butter

Mix ingredients thoroughly and shape into little balls. Chill several hours. In top of double boiler over hot, not boiling water. Melt a 12 oz. pkg. chocolate chips and ½ stick paraffin. Put perhaps 10 balls into chocolate, roll them around and remove them with tongs. Place on waxed paper until chocolate is set. These freeze nicely. And if you like butterscotch as a change from chocolate, you can dip them in butterscotch chips melted with paraffin.

*Grace Howsare*

## Divinity Puffs

2 egg whites  
2½ C. sugar  
½ C. water

½ C. light corn syrup  
1 tsp. vanilla  
¾ C. chopped nuts

Cook sugar, water and corn syrup to 234°. Pour about half of syrup over egg whites which have been beaten until stiff but not dry. Cook remaining syrup to 260° then pour over egg mixture. Beat until it will hold its shape, add vanilla and nuts. Drop by teaspoonfuls onto waxed paper.

*Ruth Brown*

## English Toffee

1 C. white sugar  
1 C. Real butter  
3 T. water

1 tsp. vanilla  
Chocolate chips  
Chopped nuts

Cook sugar, butter and water to 300°, stirring constantly. Remove from heat and add vanilla. Pour into a buttered pan. Sprinkle with chocolate chips and spread as they melt. Sprinkle nuts on top. When cool enough, put this in refrigerator and then you can break into pieces easier.

*Lela Wilson*

## Jell-O Jubilees

3 (3 oz.) pkgs. red Jell-O  
4 envelopes unflavored gelatin

4 C. boiling water

Mix Jell-O and gelatin; stir in boiling water until dissolved. Pour into 9x13-inch pan. Refrigerate until solid. Cut in squares as desired or a cookie cutter may be used for different shapes.

*Ruth Brown*

## **Fool Proof Dark Chocolate Fudge**

- |                                               |                    |
|-----------------------------------------------|--------------------|
| 3 (6 oz.) pkg. semi-sweet<br>chocolate chips  | Dash of salt       |
| 1 can Eagle Brand<br>sweetened condensed milk | 1½ tsp. vanilla    |
|                                               | 1½ C. chopped nuts |

In a heavy saucepan, over low heat melt chocolate chips with sweetened milk and salt. Remove from heat, stir in vanilla and nuts. Spread evenly into wax lined 8 or 9-inch square pan. Chill for 2 hour or until firm. Turn fudge onto cutting board. Peel off wax paper and cut into squares. Store loosely covered at room temperature.

*Kathy Harper*

## **Grandma C's Christmas Wreaths**

- |                            |                   |
|----------------------------|-------------------|
| ½ C. margarine or butter   | 3½ C. corn flakes |
| 25 large marshmallows      | Red hot candies   |
| 1 tsp. green food coloring |                   |

Melt marshmallows and butter in double boiler, add green food coloring to make mixture a deep green. Add corn flakes and stir until well coated. Shape into wreaths while still warm. (Drop by tablespoonfuls and push a hole in the middle.) Decorate with red hots.

*Dan Christensen*

## Microwave Caramel Corn

- |                   |                  |
|-------------------|------------------|
| 1 stick margarine | ¼ C. white syrup |
| ½ C. brown sugar  | 1 tsp. vanilla   |
| ½ tsp. salt       | ¼ tsp. soda      |

Microwave margarine, brown sugar, salt, and white syrup for 2 minutes. Stir. Microwave 2 more minutes. Add vanilla and soda and stir into mixture. Pour over popcorn in a large paper bag (1 gallon). Microwave 1 minute. Shake. Microwave 1 minute. Shake. Microwave 1 minute. Shake.

*Frances Bond*

## Pamandes

- |                           |                                |
|---------------------------|--------------------------------|
| 1 (6 oz.) pkg. semi-sweet | 2½ C. vanilla wafers (crushed) |
| ½ C. sugar                | 1 C. walnuts (chopped)         |
| ¼ C. corn syrup           | 1 tsp. orange extract          |
| ¼ C. water                | Colored sugar                  |

In large microwavable bowl, melt chips. Add sugar, corn syrup and water; mix well. Now add vanilla wafers, nuts and extract. After all is mixed well, roll in 1-inch balls and cover with colored sugar.

*Laura McDonald*

## Peanut Butter Fudge

- |            |                                 |
|------------|---------------------------------|
| 2 C. sugar | 1½ C. peanut butter             |
| ½ C. milk  | 1 (7 oz.) jar marshmallow creme |

In a saucepan, bring sugar and milk to a boil; boil for 3 minutes. Add peanut butter and marshmallow creme; mix well. Quickly pour into a buttered 8-inch square pan. Chill until set. Cut into squares. Yield 3 to 4 dozen.

*Karen Wells*

## # 1 Peanut Butter Fudge

- |                                  |                         |
|----------------------------------|-------------------------|
| 2 C. sugar                       | 1 C. peanut butter      |
| $\frac{2}{3}$ C. evaporated milk | 8 oz. marshmallow creme |

Cook and stir sugar and milk to 236°. Be careful your heat isn't too high or it will scorch. Beat in peanut butter and marshmallow creme with a wooden spoon until smooth and well blended. Pour into a 9x9-inch pan. Let cool.

*Lela Wilson*

## Peanut Butter Krispie Balls

- |                           |                    |
|---------------------------|--------------------|
| 1 C. chunky peanut butter | 2 T. butter        |
| 1 C. powdered sugar       | 2 C. rice krispies |

Mix well with hands. Shape into small balls, chill. Melt 4 squares almond bark or chocolate in double boiler. Roll balls in chocolate and place on waxed paper.

*Grace Howsare*

## Pecan Dreams

- |                                           |                         |
|-------------------------------------------|-------------------------|
| $\frac{1}{2}$ lb. butter (no substitutes) | 2 C. sugar (chopped up) |
| $\frac{1}{2}$ C. powdered sugar           | 2 tsp. vanilla          |
| 2 C. sifted flour                         | 2 tsp. water            |

Cream butter and powdered sugar (put water and vanilla in with butter). Add remaining ingredients. Roll in ball (size of walnut) and bake at 250° for 30 to 40 minutes. Let stand for 5 minutes and roll in powdered sugar.

*Grace Howsare*

## Popcorn Balls

- |                   |                             |
|-------------------|-----------------------------|
| 1 C. sugar        | A pinch of salt             |
| 1/3 C. water      | 1/4 C. butter or margarine  |
| 1/3 C. corn syrup | 1 tsp. vanilla (add at end) |

Boil all ingredients (except vanilla) together until a hardball stage in over medium heat. Add vanilla. Can do in microwave.

*Frances Bond*

## Puppy Chow

- |                          |                              |
|--------------------------|------------------------------|
| 1 stick oleo (margarine) | 1 box rice chex (small box)  |
| 1 C. chocolate chips     | 1 1/2 to 2 C. powdered sugar |
| 1 C. peanut butter       |                              |

Melt and mix oleo, chocolate chip and peanut butter. Pour over 1 box rice chex (small box). Shake in powdered sugar.

*Janet Hargis*

*Things that never happen worry us most.*

1. *[Faint, illegible text]*

*[Faint, illegible text]*

2. *[Faint, illegible text]*

*[Faint, illegible text]*

3. *[Faint, illegible text]*

*[Faint, illegible text]*

A decorative frame with a black border, tilted slightly to the right. Inside the frame, there are several black hearts and dots of varying sizes scattered around the perimeter. The word "Miscellaneous" is written in a cursive font in the center of the frame.

*Miscellaneous*

MISCELLANEOUS

## HELPFUL HINTS

Wrap your scouring pad in a paper towel after use. The towel takes up the moisture and pad doesn't rust.

If you spill something on the inside of your oven, sprinkle salt on it as soon as possible. Chances are, you'll be able to lift it out easily after the oven cools.

Have you ever tried polishing your silver with baking soda? It works and doesn't even scratch. Mix 3 parts soda to 1 part water, making a paste. Use a damp sponge or soft cloth and rub each piece until clean. Rinse and buff.

To remove black marks on tile floors made by shoes, cover stains with a light coat of shortening, lard or margarine. Sprinkle with baking soda and wipe up with dampened sponge.

Place meat loaf on top of a slice of bacon while baking and the loaf won't stick to the pan.

Keep your summer salads cool, covered and out of direct sunlight. There is a visual tipoff to know when mayonnaise has gone bad. The oil separates. If your salad develops a shine or film on top, the mayonnaise has broken down. The salad, even if it tastes all right, should not be eaten.

To remove grease stains from your wooden cabinets, spray with an aerosol laundry starch. After it has dried, simply rub off the starch and stain with a soft cloth.

When you are baking layer cakes, put a pan of water on the bottom oven shelf. Cakes will bake more evenly and be heavenly moist.

To control the cabbage worms, sprinkle rye flour over and around the plants while they are covered with dew.

To rid the house of ants, mix equal parts of powdered sugar and powdered borax. Sprinkle along baseboards and in corners.

To keep lint from clinging to blue jeans and corduroys, add ½ C. vinegar to each wash load.

Tape a small sponge on the inside of your garbage can cover and keep it saturated with a disinfectant. This will lessen odors and will also keep out insects.

For a steady heat to raise bread in time required in most recipes, turn oven to 200°. When temperature is reached, shut off oven and put bread in to rise.

## Buttermilk Pancakes

3-4 large eggs	½ tsp. salt
2-2½ C. buttermilk	2-2½ C. flour (I use whole wheat)
1 tsp. baking soda	2 T. vegetable oil
2 tsp. baking powder	

Beat the eggs well. Sift the dry ingredients together. Mix milk and dry ingredients alternately into the eggs, making a smooth batter. Add oil and mix again. Heat a griddle over high heat; oil lightly. Pour batter slowly to form pancakes, flipping after the outside rim looks cooked and before bubbles start breaking. Serve.

*Gay Lea Wilson*

## Dad's Italian Spaghetti Sauce

3 (12 oz.) cans tomato sauce	3 T. minced onions
2 (12 oz.) cans tomato paste	1 small medium green pepper
1 T. salt	1 pinch of garlic powder
1 can mushrooms (sliced or bits & pieces)	1 T. mixed Italian spices
1½ tsp. black pepper	⅓ C. oil

Use a 6-8 qt. saucepan or stock pot. Cover bottom with oil, diced green pepper, adding mushrooms and minced onions at high heat until all medium brown, stirring constantly. Add tomato sauce, paste and 3 qts. water. After a smooth mixture is attained add salt, pepper and spices. After all ingredients are added cook at medium heat until boiling. Stir and watch carefully so you don't burn the bottom. Turn heat down and simmer to a thicker consistency at least 4 hours. May cook meatballs in sauce and or chunks of Italian sausage for flavoring.

*Nancy DeAngelo*

## Escaloped Bacon And Eggs

- |                               |                                      |
|-------------------------------|--------------------------------------|
| ¼ C. onion (chopped)          | 1 C. shredded sharp processed cheese |
| 2 T. butter                   | 6 hard boiled eggs                   |
| 2 T. flour                    | 1½ C. potato chips (crushed)         |
| 1½ C. milk                    |                                      |
| 10-12 slices bacon (crumbled) |                                      |

Cook onions in butter until tender; blend in flour. Add milk and cook, stirring constantly until thickened. Add cheese, stirring until melted. Place a layer of egg slices in a 10x6-inch pan. Cover with half cheese sauce, half of bacon, half of chips, repeat layers. Bake at 350° for 20 minutes.

*Sherry Sollenbarger*

## For A Happy Home

- |                  |                      |
|------------------|----------------------|
| 4 C. love        | 5 spoons hope        |
| 2 C. loyalty     | 2 spoons tenderness  |
| 3 C. forgiveness | 4 qt. faith          |
| 1 C. friendship  | 1 barrel of laughter |

Take love and loyalty, mix thoroughly with faith. Blend it with tenderness, kindness and understanding. Add friendship and hope. Sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

*Kathy Harper*

## Homemade Dumplings

- |                      |                              |
|----------------------|------------------------------|
| 2 C. flour           | 1 C. milk                    |
| 1 tsp. salt          | 4 T. melted fat or salad oil |
| 3 tsp. baking powder |                              |

Sift together in a mixing bowl, flour, salt and baking powder. Blend in milk and oil to make a soft dough. Drop by spoonfuls into boiling chicken or beef broth. Cover and let boil 12 to 15 minutes with a tight fitting lid.

## Happiness

- |                                |                        |
|--------------------------------|------------------------|
| 1 C. friendly word             | Pinch warm personality |
| 2 heaping C. of understanding  | Dash of humor          |
| 4 heaping T. time and patience |                        |

Measure words carefully. Add understanding. Use generous amounts of time and patience. Cook on front burner. Keep temperature low. Do not boil. Add a bit of humor and warm personality. Season to taste with spice of life. Serve in individual molds.

*Lisa Davis*

## Homemade Noodles

- |                      |           |
|----------------------|-----------|
| 2 eggs (well beaten) | ½ C. milk |
| 1 tsp. salt          | Flour     |
| ½ tsp. baking powder |           |

Mix first 4 ingredients. Add flour gradually until you have a stiff dough. Roll out in flour and sprinkle flour on top as you go. When rolled as thin as possible, put more flour on top and roll up into a roll and slice noodles thinly. Unroll noodles and let dry. Cook in broth for 10 to 15 minutes. This recipe is over 100 years old.

*Lela Wilson*

## Scalloped Pineapple

- |                                              |                                            |
|----------------------------------------------|--------------------------------------------|
| 1 stick of butter or margarine               | 1 large can pineapple tidbits<br>(drained) |
| 1 C. sugar                                   | 3 eggs                                     |
| 6 slices of bread (trim off crust<br>& cube) | ½ C. evaporated milk                       |
|                                              | Dash of cinnamon on top                    |

Melt butter. Combine all ingredients and pour in a 2 qt. casserole. Bake uncovered for 45 minutes at 350°. Serve warm or cold with whipped cream.

## Hot Sausage Sandwiches

½ lb. ground beef	½ tsp. oregano
½ lb. hot sausage	1½ tsp. sweet basil
½ C. pizza sauce	4 oz. shredded mozzarella cheese
1 T. chopped onions	½ loaf French bread

Brown ground beef and sausage in skillet. Add onions and spices. Add pizza sauce and stir well. Simmer 5 minutes. Cut bread in half lengthwise. Spread meat mixture on cut side of bread. Sprinkle cheese on top and bake at 375° until cheese is melted.

*Janet Hargis*

## Superb Southern Style Dressing

¾ C. butter	6 eggs
1½ C. chopped celery	1 C. chicken broth
1½ T. poultry seasoning	4 large onions (chopped)
Salt & pepper	Additional butter to dot on top
1 loaf white bread	

Melt butter. Saute' onions. Add celery and stir a few minutes. Remove from heat, add poultry seasoning, salt and pepper to taste. Pull apart bread to make about 1 quart, medium packed. Add bread to sauteed mixture. With a fork, mix eggs with bread mixture. Add about 1 C. of chicken broth. Don't overmix. You may stuff the bird with some of the dressing. Place the remaining dressing in a large casserole dish. Dot with butter. Bake, uncovered, in a preheated oven 1½ hours. During last half hour, baste with bird juices. Serves at least 12.

*Mrs. Daniel Christensen*

## Swedish Pancakes

1 egg (beaten)	1 tsp. sugar
1 C. milk	¼ tsp. salt
½ C. flour	½ tsp. baking powder

Beat egg well, add milk and then sifted dry ingredients, beating during addition. Batter will be thin. Bake in hot, well greased skillet until edges are brown. Three tablespoons of batter makes one cake. Turn carefully and cook on other side. Delicious with butter and syrup.

*Marj Christensen*

## Swedish Pancakes

4 eggs (beaten)	¼ C. melted butter
2 T. sugar	1 C. flour
Pinch of salt	1½ C. milk & cream

Mix together. Fry on hot ungreased griddle. They will be very thin. Spread with jam, roll and sprinkle with powdered sugar.

*Kate Bowers*

## Teriyaki Sauce (Marinade)

½ C. soy sauce	1 clove garlic (pressed)
½ C. cooking sherry	¼ tsp. pepper
¼ C. brown sugar	¼ C. cider vinegar
¼ C. vegetable oil/water mix	

Mix ingredients together. Marinate meat, covered overnight (or at least 3-4 hours). Great for marinating beef, chicken or pork.

*Lou Ebert*

General Principles

1. The first step in the process of...  
2. The second step is to...  
3. The third step is to...  
4. The fourth step is to...  
5. The fifth step is to...

General Principles

1. The first step in the process of...  
2. The second step is to...  
3. The third step is to...  
4. The fourth step is to...  
5. The fifth step is to...

General Principles

1. The first step in the process of...  
2. The second step is to...  
3. The third step is to...  
4. The fourth step is to...  
5. The fifth step is to...



Index

# WAYS TO USE LEFT-OVERS

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there - and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch - such as fruit in muffins or vegetables in an omelet. Listed below are some of the dishes in which left-overs may be used.

**Cooked snap beans, lima beans, corn, peas, carrots**, in meat and vegetable pie, soup, stew, stuffed peppers, stuffed tomatoes, vegetables in cheese sauce.

**Cooked leafy vegetables, chopped**, in creamed vegetables, soup, meat loaf, meat patties, omelet, souffle.

**Cooked or canned fruit**, in fruit cup, fruit sauces, jellied fruit, quick breads, shortcake, upside-down cake, yeast breads.

**Cooked meats, poultry, fish**, in casserole dishes, hash, meat patties, meat pies, salads, sandwiches, stuffed vegetables.

**Cooked wheat, oat, or corn cereals**, in fried cereal, meat loaf or patties, sweet puddings.

**Cooked rice, noodles, macaroni, spaghetti**, in casseroles, meat or cheese loaf, timbales.

**Bread, slices for**, French toast, **dry crumbs in** brown betty, croquettes, fried chops, **soft crumbs in** meat loaf, stuffings.

**Cake or Cookies**, in brown betty, icebox cake, toasted, with sweet topping, for dessert.

**Egg yolks**, in cakes, cornstarch pudding, custard or sauce, pie filling, salad dressing, scrambled eggs.

**Egg whites**, in custard, fruit whip, meringue, souffles.

**Hard-cooked egg or yolk**, in casserole dishes, garnish, salads, sandwiches.

**Sour cream**, in cakes, cookies, dessert sauce, meat stews, pie filling, salad dressing, sauce for vegetables.

**Sour milk**, in cakes, cookies, quick breads.

**Cooked potatoes**, in croquettes, fried or creamed potatoes, meat-pie crust, potatoes in cheese sauce, stew or chowder.

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