

Serving
with

Style



Amelia

Serving with Style



**The Iowa State Chapter Cookbook
compiled by
Chapter CM, Keota**



What a project! And what wonderful response we have had from our P.E.O. sisters throughout the state when we asked them to join us in creating the Iowa State P.E.O. Cookbook!

It has been a lot of work . . . it has taken a lot of time . . . but now, at last, it is here . . . ready to read, to use and to share.

We of Chapter CM are certain of one thing: there are many excellent cooks among the P.E.O. members of the state! From appetizers and snacks, through desserts and main dishes and on to vegetables, the book abounds with tried and true favorites, all of them delicious.

Good cooking, recipes and the sharing of them is a P.E.O. tradition, we know. In fact, it began with our seven founders and we are fortunate enough to have been sent a set of recipes from these women who began our Sisterhood over a century ago. As an introduction to the nearly 800 recipes you will find in the following pages, we will begin with the offerings from our seven founders, "Food From the Founders".

We are sure that these gems from long ago, as well as the goodies in the rest of the book, will keep you "Serving with Style" for many meals to come. Our best to you all.

In sisterly love,
The members of Chapter CM, P.E.O.
Keota, Iowa

FOOD FROM THE FOUNDERS

In the years when a pound of this and a pinch of that were standard measures, our P.E.O. founders created culinary delights!

HAPPY COOKING - 1869 STYLE

Suela Pearson's Applesauce Cake

1 c. sugar	2 c. flour
1/2 c. butter	1 c. raisins
1/2 t. nutmeg	1 t. baking powder
1 t. cinnamon	1/2 c. nuts
1/2 t. cloves	1 c. hot unsweetened
1 t. soda	applesauce

Cream butter and sugar with spices. Add soda mixed with a little hot water to applesauce. Mix with first ingredients; then add remaining ingredients. Bake 1 hour.

Franc Roads' Indian Pudding

2 c. cornmeal	2/3 c. molasses
1 c. flour	2 t. soda
1 c. sweet milk	Salt
1 c. sour milk	

Fill greased cans half full. Tie brown paper over top. Steam for 2 hours. Serve with sweet cream or butter or both.

Alice Bird's Crumb Cake

1/2 c. butter	1 egg
2 c. brown sugar, packed	1 c. sour milk
2 c. flour	1 t. soda
1/2 t. nutmeg	

Cream butter and sugar until fluffy. Add flour and nutmeg and mix until well blended. Remove 1/2 cup mixture and reserve. Add last 3 ingredients to rest of flour mixture. Pour into well-greased pan and sprinkle with crumbs. Bake until done.

Ella Stewart's Escalloped Chicken

Cook one 5-pound chicken until tender. Remove from bones and cut in small pieces. Take one pint rich broth, add one cup flour, salt, pepper, 4 well-beaten eggs, and enough milk to make 2 quarts of sauce. Cook and cool. Cut dry bread in cubes and spread a layer in a well-buttered pan. Over this spread a layer of sauce. Put all the chicken over this. Cover with remainder of sauce. Cover with fine dry bread crumbs and dot with butter. Bake in a slow oven 30 or 45 minutes. Serves 15.

Hattie Briggs' Cole Slaw

Chop some celery and one head of cabbage. Make a dressing as follows: put 1 cup vinegar and 1 cup water on the fire; add 1 tablespoon sugar, large lump of butter, salt and let it come to a boil. Beat up 2 eggs. Mix in 1 teaspoon mustard and a tablespoon flour and stir into the dressing and let thicken. Cool and turn over the cabbage. Garnish with green celery leaves and white rings of boiled eggs.

Alice Coffin's Baked Corn

Take 12 ears of corn, cut from cob, not too close, scraping off the rest. Season with pepper and salt. Add 1 tablespoon butter, 1/2 teacup new milk and 1/2 teaspoon sugar. Bake 45 minutes. This does for a small family and is a very nice way of cooking corn.

Mary Allen's Butterscotch

2 c. sugar (heaping)
1 1/2 c. hard syrup
1/2 c. butter

1 pt. rich cream
1 t. salt

Boil all together until a firm ball forms in cold water. Add nuts and 1 teaspoon vanilla. Put into buttered pans. Mark into squares before cold.

Table of Contents

Appetizers & Snacks.....	1
Dips & Spreads.....	19
Beverages	27
Breads	
Breakfast Breads.....	33
Coffee Cakes.....	37
Quick Breads.....	42
Yeast Breads/Rolls.....	54
Sweet Yeast Breads/Rolls.....	60
Cakes & Frostings.....	75
Candy.....	93
Canning & Freezing.....	101
Cookies & Bars	
Bar Cookies.....	107
Roll & Drop Cookies.....	121
Others	129
Desserts.....	133
Eggs, Milk & Cheese.....	171
Main Dishes.....	181

Meats, Poultry & Fish	
Meats.....	235
Fish.....	253
Chicken & Poultry.....	255
Pastry & Pies.....	269
Salads & Salads Dressings	
Fruit Salads.....	287
Vegetable Salads.....	301
Main Dish Salads.....	315
Salad Dressings.....	327
Soups & Sauces	
Soups.....	331
Sauces.....	340
Vegetables.....	345
Index.....	377



Appetizers & Snacks

APPETIZERS & SNACKS

Antipasta

- | | |
|--|--------------------------------|
| 1/2 c. salad oil | 2 t. Worcestershire sauce |
| 1/2 c. olive oil | 1 t. vinegar |
| 3 onions, chopped | Salt to taste |
| 3 lge. carrots, cooked 5 min.
and chopped | 1/2 t. coarse pepper |
| 3 4-oz. cans mushrooms,
drained | 1 24-oz. bottle ketchup |
| 4 sweet pickles, chopped | 2 8-oz. cans tomato sauce |
| 4 bay leaves | Garlic salt to taste |
| | 3 cans white 3 Diamond tuna |
| | 1 lge. can ripe olives, sliced |

Saute chopped onions and chopped green peppers in the oils. Add remaining ingredients except tuna and ripe olives. Simmer 15 minutes. Then add tuna and ripe olives. Serve with Tostitos. This makes a large recipe, but freezes well. One-third of the recipe makes 4 cups.

Martha Griffith, JI, Cedar Rapids

Artichoke Nibbles

- | | |
|--|--------------------------------|
| 2 6-oz. jars marinated
artichokes | 1/2 t. salt |
| 1 lge. onion, finely chopped | 1/8 t. pepper |
| 1/8 t. garlic | 1/8 t. Accent |
| 4 eggs | 1/8 t. oregano |
| 1/4 c. seasoned bread
crumbs, crushed | 2 drops Tabasco sauce |
| | 1/2 lb. Cheddar cheese, grated |
| | 2 T. parsley, minced |

Drain artichokes from 1 jar and save juice; discard juice from second jar. Put juice in skillet; saute onion until limp, about 5 minutes. Chop artichokes and add to onion. Beat eggs until fluffy. Add bread crumbs, salt, pepper, Accent, oregano and Tabasco sauce. Stir in cheese and parsley. Mix all ingredients well and put in 7 x 11-inch greased baking dish. Bake at 350° for 30 minutes. Cool and cut into 1-inch squares. Can be frozen and reheated.

Kathy Morain, MY, Jefferson

Artichoke Squares

2 jars marinated artichoke hearts, drained and chopped
2 sm. onions, chopped
1 clove garlic, optional
4 eggs

1/4 c. dry bread crumbs
1/8 t. oregano
1/2 lb. sharp Cheddar cheese shredded
2 T. parsley, chopped

Have cheese at room temperature. Beat eggs. Add remaining ingredients. Mix well and put into greased 8 x 8-inch pan. Bake at 325° for 30 minutes. Cool and cut into 1-inch squares. Can be frozen.

Mary Jo Abbott, MW, Davenport

Cheese Folds

1 5-oz. jar Old English cheese spread
1 3-oz. pkg. cream cheese

1/2 T. mayonnaise
5 drops Tabasco sauce
Dash Worcestershire sauce

Mix softened cheese, mayonnaise, Tabasco and Worcestershire sauce. Cut crusts off bread. Place cheese in middle of slice. Fold 4 corners together and dot with butter. Bake on cookie sheet 20 minutes at 350°. Can be frozen.

Vivian Lockett, LZ, Keokuk

Cheese Krispies

1/2 lb. sharp Cheddar cheese, grated and softened
1 c. margarine

2 c. flour
2 c. Rice Krispies cereal

Mix margarine and cheese. Add flour and Rice Krispies; blend well. Place small balls on greased cookie sheet. Flatten with bottom of glass to make a round, about the size of a quarter. Bake at 350° for 15 minutes. They will be very crisp. Store in air-right container. They freeze well. Makes 100.

Donna Tanner, NG, Indianola

Cheese Nuggets

2 sticks butter or margarine
8-10 oz. sharp Cheddar
cheese, grated

2 c. all-purpose flour
2 c. Rice Krispies

Soften butter; beat with electric mixer. Beat in cheese. Add flour; mix with hands. Add Rice Krispies, again mixing with hands. Pinch off a small ball; flatten with a fork. Bake 20-25 minutes at 350°. Makes approximately 90 cookies. Good for diabetic diets. Can be used as a cookie or cracker with salads.

Scottie Moore, X, Oskaloosa

Cheese Wafers

1 c. flour
1 t. salt
1/2 t. ginger
1/3 c. shortening
2-3 T. ice water

1 c. sharp cheese,
grated and packed
1/4 c. sesame seeds,
toasted
1/2 t. Worcestershire sauce

Combine all ingredients and work into a smooth dough. Divide the dough in half, making 2 rolls about 8 inches long and 1/4-inch in diameter. Chill. When firm, slice about 1/4-inch thick. Transfer to cookie sheets with a fork. Bake at 400° 10-12 minutes. Makes 3 dozen. These are very fragile; do not overbake.

Barbara Peterson, IK, Dubuque

Chili Con Queso

2 green peppers, sliced
1 onion, chopped
2 T. shortening or oil
1 c. canned tomatoes,
chopped and undrained

1 4-oz. can green chilies,
diced
1 t. salt
1 t. chili powder
2 c. Old English or Velveeta
cheese, grated

Saute peppers and onion in shortening; stir continuously while adding tomatoes; cook 5 minutes. Add green chilies, salt, chili powder and cheese. Cook on low heat until cheese is melted. Serve hot with tortillas or corn chips. This may be made ahead of time and reheated for serving. Also delicious served over green beans, baked potatoes or steaks.

Meloa Chisholm, HP, Des Moines

Crab Meat Canapes

1 jar Old English cheese
spread
1/2 c. butter, softened
1/2 t. seasoned salt
1/4 t. garlic powder

1 T. mayonnaise
1 can crab meat, drained and
flaked
6 English muffins

Beat cheese and butter together until smooth. Add seasonings and mayonnaise. Stir in crab meat. Split muffins (untoasted) in half and spread with mixture; cut each half into 4 pieces. Place on baking sheet and freeze until solid. Place in plastic bags, seal and store in freezer. Canapes may be removed as desired and baked (without thawing) at 400° for 10 minutes or until lightly browned. Serve hot.

Lee Kirkberg, DJ, Fort Dodge

Crab Puffs (Microwave)

**1 6-1/2-oz. can crab or
1/2 lb. fresh crab
1/4 c. olives, chopped
2 T. onion, finely minced
1 garlic clove, minced
2 T. green pepper, finely
minced**

**2 T. celery, finely minced
3 drops Tabasco sauce
1/2 c. mayonnaise
24 miniature cream puff
shells, baked and halved**

In a quart bowl, combine all ingredients to make the filling. Fill shells and microwave on HIGH, uncovered on paper plate, allowing 2 minutes for 12 shells. Serve immediately.

Dixie Fishbaugh, JA, Shenandoah

Cucumber Sandwiches

**1 8-oz. pkg. cream cheese
1 pkg. Good Seasons Italian
dressing mix**

**Pepperidge Farm party rye
bread
Cucumber, thinly sliced
Dill weed**

Mix first 2 ingredients well, then spread generously on slices of bread. Top each with 1 cucumber slice sprinkled with dill weed or other favorite herb or spice.

Palma Quandahl, IZ, Des Moines

Egg Rolls

1/2 lb. bean sprouts
4 med. stalks celery
6 med. Chinese black mushrooms, dried
1/2 lb. lean boneless pork
1 c. bamboo shoots
3 med. green onions
Garlic

1 slice ginger root
1 egg
Salt
White pepper
Soy sauce
Sugar
Vegetable oil
1 pkg. egg roll skins

GRAVY MIXTURE:

2 t. cornstarch
1 t. soy sauce
1/2 t. sugar

Dash white pepper
1/2 c. water
4 drops sesame seed oil

Cut pork into very small strips; marinate with 1/4 teaspoon salt and white pepper, 1 teaspoon soy sauce and 1/4 teaspoon sugar. Rinse mushrooms and soak for 1 hour in warm water. Pat dry and slice into very thin strips. Rinse bean sprouts in cold water; drain and pat dry with paper towel. Cut celery diagonally into very thin strips. Cut green onion into small horizontal strips. Do this all ahead.

Prepare filling in wok or nonstick skillet. Warm 1 tablespoon oil; saute slice of ginger root. Discard ginger root and stir fry bean sprouts for 1-2 minutes. Turn into a bowl. Warm 1 tablespoon oil. Stir fry mushrooms and celery for 1 minute. Turn into bowl with bean sprouts. Warm 2 tablespoons oil. Saute 1 clove garlic and discard. Stir fry pork for 2 minutes. Add gravy mixture and stir. Pork will be coated with a light clear glaze. Add green onion and all vegetables. Stir to mix. Leave the mixture in bowl. Cool to room temperature. Drain off juice.

To assemble put 2 tablespoons of filling across center of egg roll skin. Fold up 1 corner over mixture. Fold in side corners. Roll up. Use beaten egg to seal edge.

To cook add 3 cups oil to wok. Heat until very hot. Place egg rolls in hot oil and deep fry until golden brown and crisp on both sides. Serve with hot Chinese mustard and sweet and sour sauce.

Nancy Mortimore, MG, Cedar Rapids

Frosted Liver Log

1 lb. liver sausage
1/4 c. mayonnaise
1 T. dill pickle juice
1 t. Worcestershire sauce
Dash of Tabasco and liquid
smoke, if desired

1/4 t. garlic salt
1 8-oz. pkg. cream cheese,
softened
1/4 c. dill pickle, chopped
1/4 c. onion, chopped
1/3 c. peanuts, chopped

Blend all ingredients except 2/3 of cream cheese, until smooth. Shape in a long narrow loaf or dome. Chill. Frost with remaining cream cheese. Sprinkle with additional chopped peanuts and garnish with olive slices.

Sonna Crary, GZ, Sioux City

Herb Toast Triangles

1 loaf very thin white
Pepperidge Farm bread (or
Brownberry dark bread,
thinly sliced)
3 sticks margarine, room
temperature

3/4 t. salt
3/4 t. paprika
3/4 t. marjoram
3/4 t. thyme

Mix well all ingredients except bread; spread on bread; cut into 4 wedges. Place on cookie sheet. Bake at 200 or 250°, 1 hour or more until crisp and brown. Cool and store in air tight container.

Variation: 2 sticks margarine, 6 tablespoons Kraft grated sharp Cheddar cheese (in blue shaker can). Mix; spread slices of bread generously. Cut in 3 pieces. Follow same baking and storing directions.

Martha Frutig, JT, Cedar Rapids

Hot Asparagus Canapes

1 can asparagus
20 slices very thin white
bread
3 oz. blue cheese

8 oz. cream cheese
1 egg
1/4 lb. or more butter or
margarine, melted

Trim crusts from bread. Flatten bread with rolling pin. Blend cheeses and egg to workable consistency and spread evenly on each slice. Roll each slice around asparagus. Dip each roll in melted butter and coat thoroughly. Place rolls on cookie sheet and freeze. When rolls are frozen, slice each into 3 sections. To serve, bake at 400° about 15-30 minutes or until light brown. (Keep them frozen until you want to serve. Take out as many as you need and bake while still frozen.) Makes 60 or more pieces.

Lynn Stitler, J, Washington

Hot Spinach Balls

4 10-oz. pkgs. frozen
spinach, chopped
4 c. Pepperidge Farm herb
crumbs
2 lge. onions, finely minced

8 eggs
1 c. Parmesan cheese
3/4 c. butter, melted
1 T. thyme
2 cloves garlic, minced
Salt and pepper

Cook and drain spinach. Squeeze out as much liquid as possible. Mix all ingredients thoroughly. Chill at least 2 hours. Roll into 1-inch balls. Freeze uncovered on cookie sheet until hard. Store frozen in plastic bags. To cook, place on cookie sheets. Thaw 50 minutes. Bake for 30 minutes at 300° until golden brown.

LuAnn Karlson, FG, Fayette

Layered Seafood Plate

1 6-oz. pkg. cream cheese,
softened
1 6-oz. bottle cocktail sauce
1 6-1/2-oz. can crab meat or
tiny shrimp

1 2-oz. can black olives,
chopped
1/2 c. Monterey Jack cheese,
grated
1/2 c. Colby cheese, grated

On serving plate, layer in the order given. Spread cream cheese over entire plate; pour on cocktail sauce, then layer seafood, olives and cheeses. Serve with favorite taco chips. Serves 12.

Renea Ogren, FM, Marcus

Miniature Quiches

CRUST:

1 8-oz. pkg. Cheddar cheese,
1/2 lb. butter

Dash cayenne pepper
2 c. flour

FILLING:

1 pkg. frozen broccoli,
cooked and drained

1/4 c. onion, sauteed in 1 T.
butter

CUSTARD:

2 T. flour
1 c. milk

4 eggs
1/2 t. salt

Mix crust ingredients together with mixer. Mix filling ingredients together, and beat custard ingredients. Roll crust into large ball and chill for 1 hour. Make into 1-inch balls and press into miniature muffin tins. Place 1/2 teaspoon filling into each. Then add 1 tablespoon custard to each. Bake at 400° for 12-15 minutes. Can be made ahead, baked, frozen and reheated. Can use mushrooms, spinach, shrimp, etc. Serves 48-50.

Susan McCoy, HD, Des Moines

Mushroom Business

1/2-1 lb. fresh mushrooms
White bread
1/2 c. each chopped onion,
celery and green pepper
1/2 c. mayonnaise
3/4 t. salt

1/4 t. pepper
2 eggs
1-1/2 c. milk
1 can cream of mushroom
soup
Yellow cheese

Saute mushrooms in butter until they smell like mushrooms. Butter 3 slices of white bread; cut into 1-inch cubes and scatter on bottom of casserole. Combine mushrooms with onion, celery, green pepper, mayonnaise, salt and pepper. Put mixture on top of bread cubes and top with three more slices of buttered bread, cut into 1-inch cubes. Over this pour eggs, slightly beaten with milk. Can do this one hour up to one day before hand and refrigerate. Then top with mushroom soup and 2 more slices of bread, cut in small cubes. Bake at 300° for 60-70 minutes or 325° for 50-60 minutes. Ten minutes before it is finished cooking, remove; grate yellow cheese on top and return to oven. Serves 6-8.

Marilyn Pickens, JT, Cedar Rapids

Mushroom Logs

1 4-oz. can mushrooms,
drained
1/4 t. seasoned salt

1 8-oz. pkg. refrigerated
crescent rolls
4-oz. cream cheese, softened

Mix cream cheese, seasoned salt and mushrooms. Separate crescent rolls into four rectangles and spread with cream cheese mixture. Roll up starting at long sides. Cut each roll in four 2-1/2-inch pieces. Brush with beaten egg and sprinkle with poppy or sesame seeds. Bake on ungreased sheet at 375° for 12 minutes. Makes 16.

Barb Foss, C, Fairfield

Oyster Cracker Snacks

3 sm. pkgs. oyster crackers	1 pkg. Hidden Valley Ranch dressing mix, original recipe
1/2 t. garlic powder	3/4 c. oil
1/2 t. dill weed	

Mix and let stand in covered container.

Eloise Sloan, X, Oskaloosa
Recording Secretary, Iowa State Chapter

Oyster Cracker Snacks

1 12-oz. pkg. oyster crackers	1 t. dill weed
1/2 c. oil	1/2 pkg. Hidden Valley Ranch salad dressing, original recipe
1/2 t. lemon pepper	

Heat oil and pour over crackers; add other ingredients and mix. Place in air tight container for at least 2 hours. Good as snacks or for soups.

Evelyn Septer, CB, Ida Grove

Party Meatballs

2 lbs. ground chuck	2 t. Accent
1 egg	1/4 c. dry bread crumbs
1 envelope onion soup mix	
1 14-oz. bottle ketchup	Juice of 1 lemon
1-1/2 12-oz. bottles chili sauce	2 gingersnap cookies, crushed, or 1/4 t. ginger optional
1 10-oz. jar apple jelly	
1 10-oz. jar grape jelly	

Mix first five ingredients together and form into very small balls. Place in large baking pan and put under broiler to brown. (Watch carefully.)

Mix remaining ingredients. Place meatballs in casserole. Pour mixture over them. Bake uncovered for about 1 hour at 300°. Serve hot. These freeze beautifully.

Kathryn Nutt, HZ, Sioux City

Pizza Party Snacks

**2 loaves party rye bread
(small size slices)**

**1 lb. hot Jimmy Dean
sausage**

3/4 lb. hamburger

1 lb. Velveeta cheese

1 T. Worcestershire sauce

1/2 t. oregano

1/2 t. garlic salt

Finely crumble meats together and fry; drain. Add meat mixture to remaining ingredients and spread on rye bread. (May be frozen at this point.) Preheat oven to 350° and bake 10 minutes. Makes 70 or more.

Donita Fatland, JM, Des Moines

Salmon Log

1 1-lb. can red salmon

**1 8-oz. pkg. cream cheese,
softened**

1 T. lemon juice

2 T. onion, grated

1 t. prepared horseradish

1/4 t. salt

1 t. liquid smoke seasoning

**1/2 c. walnuts or pecans,
chopped**

3 T. parsley, snipped

Drain and flake salmon, remove skin and bones. Combine salmon and the next six ingredients; mix well. Chill several hours. Combine nuts and parsley. Shape salmon mixture into a 6 x 8-inch log. Roll in nut mixture. Chill well. Serve with crisp crackers.

Carole Moore, EG, Rockwell City

Sandwich Fingers

1 loaf sandwich bread

1 can cream of chicken soup

Bacon

Cut crusts from bread slices. Spread with soup. Roll and wrap with 1/2 strip raw bacon. Bake at 200° for 2 hours.

Geri Fletcher, MD, Fort Dodge

Shrimp Pizza

12-oz. cream cheese
2 T. mayonnaise
2 T. Worcestershire sauce
1 sm. onion, grated
1 T. lemon juice

Dash of salt and garlic salt
1/4 c. chili sauce
1/4 c. cocktail sauce
1 c. small shrimp
Parsley, fresh or dried

Mix together cream cheese, Worcestershire sauce, mayonnaise, lemon juice, salt, garlic salt and onion. Spread cheese mixture on 12-inch plate. Sprinkle the shrimp on the top. Mix chili sauce and cocktail sauce together and pour on top of shrimp. Top with parsley and serve with crackers.

Connie Skibsted, NM, Storm Lake

Shrimp Quiches — Two Bite ✕

1 8-oz. pkg. refrigerated
Butter Flake dinner rolls
3/4 c. (4-oz.) small cooked
shrimp
1 egg
1/2 c. whipping cream or
half and half

2 T. green onion, finely
chopped
1/2 t. salt
1/4 t. dill weed
1/8 t. cayenne pepper
1/2 c. Swiss cheese,
shredded

Generously grease 2 dozen 1-3/4-inch muffin cups; set aside. Separate rolls into 12 equal pieces. Cut each in half. Press each half into bottom and sides of a muffin cup. Divide shrimp evenly among pastry shells. Beat together egg, cream, onion, salt, dill weed and cayenne until well blended. Divide the mixture evenly among the shells (about 2 teaspoons for each). Sprinkle cheese over tops. Bake uncovered at 375° for 20 minutes or until edges are brown and centers appear set. Cool 5 minutes to serve warm. Or remove from muffin pans and cool completely on racks. After they are completely cool, package in air-tight container and freeze. To reheat, place frozen quiches on baking sheet. Bake at 375° for 15 minutes or until heated thoroughly.

Maggie B. Bittner, CA, Greenfield

Spanacopita (Greek Spinach Pie)

3 10-oz. pkgs. frozen spinach	1-1/2 lbs. brick cheese, cut
1 T. flour	in julienne strips
Pepper to taste	5 eggs, slightly beaten
Onion powder	Parmesan cheese
1 lb. sm.-curd creamed	
cottage cheese	

Cook spinach as directed on package; put into large bowl. Add flour and seasoning; mix. Add remaining ingredients. Put into a greased 9 x 13-inch pan. Sprinkle with parmesan cheese. Bake at 350° for 45-60 minutes. Easy; can do ahead and refrigerate before baking. This is adapted from an original Greek recipe which I discovered in Pittsburgh, Pa. It also can be cut into small squares and served as an appetizer.

Estelle Perkins, LT, Marshalltown

Spinach Balls

2 10-oz. pkgs. frozen spinach	3/4 c. butter, softened
1 c. Parmesan cheese, grated	Salt and pepper
2 c. stuffing mix	
6 eggs, beaten	

Mix all ingredients. Form walnut-size balls. Freeze. Bake while still frozen at 350° for 15 minutes. Makes 70 balls.

Nancy Reuber, GN, Mason City

Strawberry Leather

5 c. strawberries,	1/4 c. sugar or honey
halved	

Place strawberries 1 cup at a time into a blender. Puree strawberries until smooth. Stir in sugar. Line two 15-1/2 x 10-1/2 x 1-inch jelly roll pans with plastic wrap. Secure edges with tape. Spread puree evenly in pans. Place in 150° oven to dry. Leave oven door ajar approximately 4 inches. Place candy thermometer in back of oven. Check temperature periodically to be sure it is correct. If necessary, turn oven off for a while to reduce temperature. Rotate pans every two hours. The leather is dry when the surface is no longer sticky. (Drying time is 6-12 hours.) When dry, remove from oven. Remove plastic wrap. Let cool completely. When cool, rewrap in plastic wrap by rolling up like a jelly roll. Fruit leathers can be stored at room temperature for 1 month, in refrigerator for 3 months, and in freezer for 1 year.

Margo Magill, AF, Atlantic

Sugared Nuts

1 lb. shelled nuts
2 t. butter or margarine
1/4 c. butter or margarine
2 egg whites

1 c. sugar
1/4 t. cinnamon
1/4 t. salt (if nuts are unsalted)

Heat oven to 325°. Place nuts and 2 teaspoons butter or margarine in shallow pan. Bake, stirring often, until golden brown, about 25 minutes. Cool. Melt 1/4 cup butter or margarine in shallow roasting or jelly roll pan. Beat egg whites until they form moist peaks. Fold in sugar, salt and cinnamon. Stir in nuts and spread mixture over melted butter or margarine. Bake 40 minutes. Cool before breaking into pieces.

Lillian Payne, BU, Pella
(Originally LB)

Sweet and Sour Meatballs

- | | |
|--|---|
| 2 lbs. ground round or lean ground beef | 2 t. Accent (monosodium glutamate) |
| 1 envelope dry onion soup mix | 1 egg |
| 1/4 dry bread crumbs | 2 14-oz. bottles tangy catsup |
| | 1 10-oz. jar apple jelly |

Mix together the meat, dry soup mix, bread crumbs, Accent and egg. Form into small balls and brown in butter. Mix together the catsup and jelly and cook over medium heat. Add the browned meatballs and simmer 20 minutes. Cocktail weiners may be substituted for the meatballs.

To serve as a hot appetizer, keep the meatballs warm in a chafing dish or over a warmer candle, and provide toothpicks for spearing.

Mary Lou Strain, MK, Sioux City

Wheat Thins

- | | |
|-------------------------------|--|
| 3 c. whole wheat flour | 6 T. margarine |
| 1 t. salt | 3/4 c. water |
| 2 T. brown sugar | 1 T. molasses |
| 2 T. wheat germ | Corn meal |
| 2 t. baking powder | Paprika, garlic salt, onion salt or seasoned salt |
| 2 T. nonfat dry milk | |

Combine in mixing bowl first six ingredients. Cut in margarine with pastry blender. Combine the water and molasses and stir into flour mixture. Knead a little until smooth. Grease two 10 x 15-inch cookie sheets and sprinkle each with corn meal. Divide dough in half. Roll out each half directly on a cookie sheet, rolling to thickness of a dime. Sprinkle lightly with your choice of seasonings. Run rolling pin over once more. Prick with fork and cut into squares or triangles. Bake at 350° for 10 minutes or until lightly browned.

Eva Brown, JC, Akron

Zucchini Appetizer

**3 c. zucchini, unpeeled and
grated**

1 c. Bisquick

1/2 c. onion, chopped

**1/2 c. Parmesan cheese,
grated**

3 T. parsley, chopped

1/2 t. oregano

1/2 t. seasoned salt

1/2 t. pepper

1/2 t. garlic powder

1/2 c. oil

2 eggs

Mix all the above ingredients and pour into a 9 x 13-inch pan.
Bake at 350° for 30 minutes and cut into 1-1/2-inch squares. Serve
warm as a finger food.

Betty Tongate, NL, Storm Lake

1. The first part of the report is a general statement of the purpose and scope of the study. It is followed by a brief review of the literature on the subject. The next part of the report is a description of the methods used in the study. This is followed by a presentation of the results of the study. The final part of the report is a discussion of the results and their implications.

Results

1. The first part of the report is a general statement of the purpose and scope of the study.	2. The second part of the report is a brief review of the literature on the subject.
3. The third part of the report is a description of the methods used in the study.	4. The fourth part of the report is a presentation of the results of the study.
5. The fifth part of the report is a discussion of the results and their implications.	6. The sixth part of the report is a conclusion.

The results of the study are presented in the following table. The first column shows the results of the first part of the study, and the second column shows the results of the second part of the study. The third column shows the results of the third part of the study, and the fourth column shows the results of the fourth part of the study. The fifth column shows the results of the fifth part of the study, and the sixth column shows the results of the sixth part of the study.



Dips & Spreads

DIPS & SPREADS

Braunschweiger Spread

- | | |
|------------------------------------|----------------------------------|
| 1 8 oz.-pkg. braunschweiger | 1 T. prepared mustard |
| 1 8-oz. pkg. cream cheese | 1 T. Worcestershire sauce |
| 1 T. minced onion | |

Soften cream cheese and braunschweiger. Add other ingredients; blend together. Serve with crackers.

Sally Stephenson, LC, Newton

Candy Apple Dip

- | | |
|-----------------------------------|---------------------------|
| 1 8-oz. pkg. cream cheese | 1/4 c. white sugar |
| 3/4 c. brown sugar, packed | 1 t. vanilla |

Soften cream cheese. Mix all ingredients together with mixer or blender until smooth. Serve at room temperature. Dip slices of apple in dip, then in walnuts or pecans. You may also use bananas, grapes or other fruit or serve on ice cream.

Margaret Brinning, CM, Keota

Crab-Cheese Spread

- | | |
|--|---|
| 11-oz. cream cheese,
softened | Fresh parsley, chopped |
| 2 T. Worcestershire sauce | 1 12-oz. bottle Heinz chili
sauce, drained in strainer |
| 2 T. mayonnaise | 1 can crab meat, drained and
flaked |
| 2 T. lemon juice | |
| 1 T. onion, finely chopped | |

Blend first five ingredients well and spread in 9-inch serving dish with sides. Spread drained chili sauce over this, then crab meat over chili sauce. Sprinkle parsley over top. Refrigerate several hours or overnight. Serve with assorted crackers.

Barbara Harsh, LG, Creston

Crab Meat Spread

1 pkg. cream cheese
1 can crab meat

1 jar seafood cocktail sauce

In a food processor or blender mix cream cheese and crab meat. Mold into desired shape and spread jar of seafood cocktail sauce over it. Serve with crackers.

Nancy Good, HG, Vinton

Family Reunion Dip

2 cans green chilies, chopped
2 cans black olives, chopped
2 tomatoes, peeled and chopped

4 green olives, chopped
2 T. wine vinegar
1 T. olive oil

Mix all ingredients, chill and serve with tortilla chips.

Betty Schoeneman, EY, Sioux City

Hamburger Dip

1 lg. box Kraft Velveeta cheese
2 lbs. hamburger

1 6-8 oz. can pizza sauce
1 sm. can green chili peppers, chopped

Brown hamburger; heat cheese, hamburger, pizza sauce and peppers. Serve warm with tostado chips or crackers.

Patty Joy, CJ, Des Moines

Hot Cheese Dip

2 c. onions, thinly sliced
2 c. Hellman's mayonnaise

2 c. Cheddar cheese, shredded

Mix and place in 1-1/2 quart casserole dish. Bake 25 minutes at 350°. Use as a dip with tostadas or tortilla chips.

Betty Davis, BD, Independence

Hot Crab Dip (Microwave)

1 8-oz. pkg. cream cheese
1/2 c. mayonnaise
2 green onions, sliced
1 T. dried parsley flakes
1/2 c. almonds, slivered
1/4 t. Worcestershire sauce

**1 6-oz. can crab meat,
drained and flaked (may
use lobster or shrimp)**
2 T. dry white wine
1 T. (or more) horseradish

Place cream cheese in glass bowl in microwave on ROAST or 75% power for approximately 2 minutes or until soft. Stir in other ingredients. Microwave on ROAST 4-5 minutes or until hot, about 120°; stir. Serve in warmer with crackers or party rye.

Laurie Kolenbrander, ND, Pella

Hot Mushroom Dip

4 slices bacon
1/2 lb. mushrooms, sliced
1 med. onion, chopped
1 clove garlic, chopped
2 T. flour
1/4 t. salt

1/8 t. pepper
1/2 c. sour cream
8-oz. cream cheese, cut up
2 t. Worcestershire sauce
2 t. soy sauce

Fry bacon until crisp; remove and crumble. Remove all but 2 tablespoon bacon fat, and add mushrooms, onion and garlic. Cook until mushrooms are done. Add flour, salt, pepper and cream cheese. Turn down heat and simmer until cheese is melted. Take off heat and add Worcestershire sauce, soy sauce, sour cream and bacon. Serve warm. Makes 2-1/2 cups.

Joanne Dunlavey, LF, Cedar Rapids

Mexican Style Chip Dip

- | | |
|--|------------------------------------|
| 3 or 4 tomatoes, diced fine | 1 bunch green onions, diced |
| 1 jar of pepperoncini, (found in pickle section at grocery store) | 1 can ripe olives, diced |
| | Garlic salt to taste |

Mix all ingredients ahead to give good full flavor. Wide chips work best!

Mary Jones, GX, Des Moines

Minced Clam Dip

- | | |
|---|------------------------------------|
| 1 can minced clams, drained (save juice) | 1 T. mayonnaise |
| 1 8-oz. pkg. cream cheese | 1 t. lemon juice |
| | 1/8 t. Worcestershire sauce |

Combine all ingredients. Add clam juice if too thick.

Marie Nesler, Dubuque
Past President, Iowa State Chapter

Nacho Dip

- | | |
|--|-------------------------|
| 4 tomatoes, peeled and chopped | 3 T. olive oil |
| 4 green onions, tops and all, chopped | 1-1/2 T. vinegar |
| 1 can ripe olives, chopped | 1 t. garlic salt |
| Sm. can green chillies, chopped | Salt |
| | Pepper |

Mix all ingredients and serve with tortilla chips. Food processor works well for chopping. Blender also can be used (on low), but not for tomatoes.

Carol Hanthorne, NV, Spencer

Oyster Dip

1 3-oz. can smoked oysters
1 t. Worcestershire sauce
2 t. instant dried onions
1/2 t. salt

1/2 t. pepper
1 c. sour cream
1/2 c. sm. mushrooms, pieces

Drain oysters and mix with other ingredients; chill. Serve with crackers.

Charlotte P. Pence, HJ, Cedar Rapids

Potato Chip Dip

3 3-oz. pkgs. cream cheese
1/2 c. light cream

1/2 t. minced onion
Dash of salt, pepper, celery
salt and onion salt.

Beat well in electric mixer. Add cream if needed to thin mixture.

Virginia Cambier,
Past President, Iowa State Chapter

Seafood Dip

1/2 c. chili sauce
3 T. tomato paste
2 T. pickle juice
1 T. lemon juice

1 T. horseradish
1/2 c. pickle, chopped
3/4 c. shrimp, chopped
1 8-oz. pkg. cream cheese

Dill or sweet pickle may be used; also crab or clam meat. Blend and serve with cauliflower bits, crackers, etc.

Nancy Clark, HO, Ames
Past President, Iowa State Chapter

Shoepeg Corn Dip

- | | |
|--|---|
| 1 12-oz. can white corn,
drained | 1/4 c. Parmesan cheese,
grated |
| 1 4-oz. pkg. Cheddar cheese,
grated | 1 c. sour cream |
| 1 T. grated onion | 1/2 c. mayonnaise |

Mix thoroughly. Refrigerate several hours to blend flavors. Serve with chips, crackers or vegetables. Tastes like crab!

Katherine Hoover, HF, Des Moines

Shrimp Butter Vegetable Dip

- | | |
|---------------------------|----------------------------------|
| 1/2 c. butter | 1 8-oz. pkg. cream cheese |
| 1 can sm. shrimp | 1 T. Miracle Whip |
| 2 T. onion, grated | 1 T. lemon juice |

Soften butter and cream cheese a little and mix with other ingredients. Chill.

Pat Shissler, IE, Des Moines

Shrimp Dip

- | | |
|--|-----------------------------------|
| 1 can cocktail shrimp | 1 16-oz. carton sour cream |
| 1 pkg. Good Seasons Italian
salad dressing mix, dry | 1 t. lemon juice |

Stir together; chill. Serve with crackers.

Janice Pageler, MJ, Marshalltown

Shrimp Dip

- | | |
|-----------------------------------|----------------------------|
| 1 can shrimp | 1 t. parsley flakes |
| 1/4 c. butter or margarine | 1/2 t. celery salt |
| 2 T. Miracle Whip | 1 T. minced onion |

Melt butter; remove from heat. Drain, wash and cut up shrimp. Add all ingredients to melted butter and stir. Refrigerate. Serve with crackers and chips.

Kay Treiber, MV, Cedar Falls

Shrimp Spread

- | | |
|---|------------------------|
| 1 8-oz. pkg. cream cheese,
room temperature | 2 T. fresh lemon juice |
| 1 7-oz. can tiny shrimp,
rinsed and well-drained | 1 t. parsley, chopped |
| 1/4 c. mayonnaise | 1/2 t. dill weed |
| | 1/2 t. salt |

Combine all ingredients in mixing bowl and beat until well blended. Transfer to serving dish, cover and chill until ready to serve. Spread on crackers; also good with vegetables. Yields 2 cups.

Bev Clausen, JN, Clinton

Spinach Dip

- | | |
|---|---|
| 1 c. Hellman's real
mayonnaise | 1 box Knorr's vegetable
soup mix |
| 1-1/2 c. sour cream | 1 can water chestnuts,
drained and diced |
| 1 box spinach, thawed,
drained and chopped | |

Mix first two ingredients; then add remaining ingredients. Chill at least 2 hours before serving (preferably overnight). Serve with raw vegetables or pieces of dark rye bread.

Virginia Hash, FV, Cedar Falls

Super Shrimp Spread

- | | |
|-------------------------------|------------------|
| 8-oz. cream cheese | 1 c. mayonnaise |
| 1 c. celery, chopped | 3 t. lemon juice |
| 3 T. onions, finely chopped | 2 cans shrimp |
| 3-4 hard boiled eggs, chopped | |

Mix together and chill. Serve with a buttery type cracker.

Carol M. Bennett, KJ, Marion
Assistant Secretary-Treasurer, Iowa State Chapter

Taco Dip

**1 pkg. taco seasoning
(add to taste)**

**3-oz. pkg. cream cheese
1 8-oz. carton sour cream**

Mix together and spread on a pizza pan. Pour jar of taco sauce over mixture. Add a layer of lettuce, onion, shredded cheese, tomatoes and ripe olives. Serve with taco chips.

Jeannine Bunge, CW, Hartley

Tex-Mex Dip

**3 ripe, medium avocados
2 T. lemon juice
1/2 salt
1/4 t. pepper
1 c. dairy sour cream
1 pkg. taco seasoning mix
2 T. mayonnaise
2 cans plain or jalapeno bean
dip, or use one of each**

**3 med. tomatoes, peeled,
seeded and chopped
2 3-1/2-oz. cans pitted ripe
olives, drained and chopped
1 8-oz. pkg. Cheddar Cheese,
shredded
1 lg. bunch green onions
chopped (include some
tops
Lg. pkg. tortilla or nacho
cheese chips**

Peel, pit and mash avocados in medium-sized bowl with lemon juice, salt and pepper. Combine sour cream, mayonnaise and taco seasoning in a small bowl. To assemble, spread bean dip on large shallow serving platter. Top with avocado mix. Spread with mayonnaise mixture. Sprinkle with chopped tomatoes; then onions, then olives. Cover with shredded cheese. Serve chilled or at room temperature with chips.

Julie McWilliams, MO, Spirit Lake

Vegetable Dip

**2 c. Hellman's mayonnaise
4 T. soy sauce**

**4 T. milk
4 T. onion flakes**

Mix well and let stand several hours before serving. Serve with assorted fresh vegetables.

**Janis Boenker, JF, Iowa City
Past President, Iowa State Chapter**



Beverages

BEVERAGES

Banana Crush Punch

- | | |
|--|------------------------------|
| 4 c. sugar | 6 c. water |
| 1 46-oz. can pineapple juice | |
| 2 12-oz. cans frozen orange juice | 5 bananas |
| 1 12-oz. can frozen lemonade | 6 28-oz. bottles 7-Up |

Mix first 3 ingredients in large container. Mix next three ingredients in blender till smooth. Add to the first mixture and stir well. (If you wish to make ahead of time, this mixture can be frozen and thawed before finishing the punch.) Just before serving, stir in 7-Up; mix well. Makes 40 8-oz. cups, about 80 punch cup servings.

Elizabeth Hiatt, BA, Colfax

Cranberry Ice

- | | |
|--------------------------|-------------------------------|
| 1 qt. cranberries | 2 T. fresh lemon juice |
| 2 c. water | 2 c. half and half |
| 3 c. sugar | |

Cook cranberries in covered pan of water until soft. Rub through sieve. Add sugar, lemon juice and half and half. Freeze in ice cream freezer, according to directions. Makes 1/2 gallon; double if necessary.

Kathy Maddaleno, KA, Centerville

Cranberry Tea

- | | |
|--------------------------------|---|
| 1 gal. water | 1 6-oz. pkg. cherry gelatin |
| 3 c. sugar | 1 qt. cranberry juice |
| 6 regular tea bags | 1 qt. apple juice |
| 3 t. whole cloves | 1 6-oz. can frozen orange juice, undiluted |
| 3 sticks cinnamon | |
| 1/2 c. real lemon juice | |

In a large covered pan bring water and sugar to a boil. Remove from heat. Add tea bags. Cover and let set 6 minutes. Remove tea bags and add cloves and cinnamon. Set 30 minutes and remove spices. Add gelatin; stir well. Add juice; refrigerate. Better after 24 hours. Serve hot.

Vicki Ricker, LQ, Waterloo

French Cocoa

**2-1/2 sq. unsweetened
chocolate**
1/2 c. cold water
3/4 c. sugar

1 c. heavy cream, whipped
6 c. milk
Pinch of salt

Stir together unsweetened chocolate and cold water for 4 minutes over medium heat. Add sugar and salt to chocolate and cook until thick. Cool. Add cream to cooled chocolate. Heat milk. Let guests add the chocolate cream to their cups of hot milk.

Carolyn Jensen, LD, Sioux City

Fresh Fruit Punch

**1 6-oz. can frozen orange
juice**
**1 5-3/4-oz. can frozen
lemonade**

5 med. ripe bananas
1 can pineapple

Mix orange juice and lemonade. Blend bananas and pineapple juice in blender. Mix and chill. Makes 1 gallon. May add pineapple sherbet.

Felva and Sharon Tait, F, Moulton

Frozen Fruit Slush

**1 20-oz. can crushed
pineapple**
3 bananas, sliced
2 c. ginger ale

**1 6-oz. can frozen orange
juice, undiluted**
1/2 c. sugar

Mix together and freeze in individual cupcake liners in muffin tins. Allow to thaw slightly before serving.

Virginia Johnson, EF, Onawa

Fruit Punch

1 qt. pineapple juice
1 qt. apple juice

1 qt. orange juice
1 qt. ginger ale

Chill fruit juices and ginger ale. Mix just before serving. Add ice. Yields 40 servings. Note: If juices and ginger ale are chilled before mixing, you can mix as much or as little as needed.

Mary Lou Wiley, DK, Cedar Rapids

Fruit Slush

5 c. sugar
6 c. water
1 48-oz. can pineapple juice
1 12-oz. can frozen orange juice
2 cans mandarin oranges, cut in pieces

5 bananas, mashed
1 20-oz. can crushed pineapple, packed in unsweetened juice
1 sm. jar maraschino cherries, cut in small pieces

Heat sugar and water until sugar is dissolved. Add the remaining ingredients. Stir altogether in large container; fill 5-ounce paper cups and freeze. Makes about 50 servings. Partially thaw before serving. This is good for brunch or a summer lunch.

Martha Bates, MX, Washington

Hot Apple Cider

6 c. apple cider
3/4 c. 7-Up
1/4 c. cinnamon red hot candies

2 cinnamon sticks
15-20 whole cloves

Put cider and 7-Up in bottom of coffeepot. Place other ingredients in the basket and percolate.

Jean McKay, LW, Knoxville

Hot Buttered Rum

1 c. butter, softened
1 c. brown sugar

1 c. powdered sugar
1 qt. ice cream, softened

Mix above ingredients. Fill a cup 1/3 full with mixture. Add 1-oz. rum; fill cup with boiling water. Stir and top with sprinkle of nutmeg.

Joan Felkner, NA, Iowa City

Hot Buttered Rum Mix

**1 lb. softened butter, not
margarine**
2 lbs. brown sugar
1-1/2 c. honey
**1 bottle rum extract, about
1/4 c., not flavoring**

2 T. ground nutmeg
2 t. cinnamon
1 t. ground cloves

Cream butter and sugar. Add remaining ingredients and beat well. May be frozen, but extract will keep it fresh and good a long time in the refrigerator. To serve, add to 1 cup boiling water, 1 oz. rum and 1 t. rum mix, or more to taste.

Mary Lea Holcomb, DR, Adel

Hot Grape Punch

1 gal. grape juice
1 t. whole cloves
2 sticks cinnamon
1 t. nutmeg

2/3 c. sugar
3/4 c. lemon juice
1 c. orange juice

Heat grape juice, spices and sugar in pan. Cover and simmer 15 minutes. Strain and add lemon and orange juice. Reheat to serving temperature.

Ann Green, IR, Bettendorf

International Coffee

2 c. cocoa
2 c. dairy creamer
2 c. sugar

1-1/2 c. instant coffee
1 t. cinnamon
1/2 t. nutmeg

Mix 2 rounded teaspoons per cup of boiling water.

Sandra Lawrence, KP, Iowa City
(initiated into CN)

Orange Julius

1 6-oz. can frozen orange juice
1 can milk
1 can water

2 t. sugar
1/4 t. vanilla
6 ice cubes

Combine and blend in a blender until cubes are finely crushed.

Christine Frank, GL, Griswold

Peach Champagne Ice

8 peaches, peeled and quartered
1 c. sugar

1/4 c. lemon juice
2 c. champagne (or ginger ale)

Put peaches, sugar and lemon juice into blender. Blend until smooth. Stir in champagne. Pour into ice cube trays and freeze until mushy. Makes about 5 cups.

Susan Gnagy, BZ, Elkader

P.E.O. Sparkling Punch

3 c. sugar
3 c. water
3/4 lemon juice

1 46-oz. can unsweetened pineapple juice
1 bottle sparkling water

Heat together sugar and water to dissolve; then cool and add lemon juice and pineapple juice. Chill. Add sparkling water when ready to serve.

Rosalie Kopp, EZ, Anita

Sparkling Strawberry Punch

- | | |
|--------------------------------------|---|
| 4 c. frozen unsweetened strawberries | 1 32-oz. bottle Ocean Spray cranberry juice |
| 1 3-oz. pkg. strawberry gelatin | 2 c. cold water |
| 1 c. boiling water | 1 28-oz. bottle ginger ale |
| 1 6-oz. can frozen lemonade | 1 ice ring |

Thaw strawberries. Place in blender and puree. Strain if desired. Dissolve gelatin in boiling water. Stir in lemonade concentrate. Transfer to punch bowl. Add strawberry puree, cranberry juice and cold water. Carefully pour ginger ale down side of bowl, stir gently. Add ice ring. Makes 28 4-oz. servings.

Margaret Rhoer, JE, Webster City

Summer Punch

- | | |
|--------------------------------|---------------------|
| 1 c. orange juice (Five Alive) | 1/3 c. strawberries |
| 1 c. pineapple juice | 1/2 c. 7-Up |
| 1/2 banana | |

Process first four ingredients in blender. Add 7-Up and serve.

Mary Ellen Griffelth, ET, Wapello

Wassail

- | | |
|---------------------------------------|--|
| 4 c. hot tea | 1 c. cranberry juice |
| 1 t. whole cloves | 2/3-1 c. sugar, depending on taste |
| 2 med. cinnamon sticks | Warm water equal to sugar amount, 2/3-1 c. |
| 1 gal. apple cider or juice | |
| 4 c. orange juice | |
| 2-1/2 c. unsweetened grapefruit juice | |

Make tea; steep 5-7 minutes (do not use instant). Add spices tied in cloth bag; heat to boiling, simmer 10 minutes. Add apple, orange, grapefruit and cranberry juices. Dissolve sugar in water. Add to juice, tea and spice mixture. Bring punch to boiling point but do not boil. Let stand overnight. Before serving, remove spice bag and heat again. Serve hot. (Need a large kettle to make.)

Marilyn Carstens, CS, Marion



Breads

BREAKFAST BREADS***

Almond French Toast with Strawberry Butter

2 eggs, slightly beaten
Pinch of salt
2 T. sugar
1 c. milk

1/2 t. almond extract
12 slices bread
Powdered sugar

Combine eggs, salt, sugar, milk, and almond flavoring in shallow dish. Dip bread slices into mixture, coat each side, place on well-buttered cookie sheets. Bake at 450° for 7 minutes. Remove from oven, turn toast, return to oven until toast is brown. Sift powdered sugar over each piece, serve with strawberry butter. Toast doesn't brown on top very well during first seven minutes, but very fast when it's turned. Watch carefully.

STRAWBERRY BUTTER:

1 c. butter
1 10-oz. pkg. frozen, thawed
strawberries, well drained

1/3 c. powdered sugar

Whip butter until creamy; add berries gradually, beating well. Beat in sugar. You can chill, but don't allow it to get hard. You may use fresh strawberries instead of or in addition to frozen ones.

Sandy Green, DU, Sheldon

Baked Pancakes ✓

1/4 c. butter, melted in
baking pan
3 eggs
3/4 c. flour

3/4 c. milk
Pinch of salt
Dash of nutmeg, optional
1/4 t. vanilla

Beat eggs in blender or food processor. Add remaining ingredients; blend until smooth. Pour into buttered 8 or 9-inch round cake pan. Bake at 425° for 15-20 minutes. Serve immediately. Will fall immediately after cutting. Top with syrup, preserves or whatever you prefer. Serves 2-4.

Shirley Eaton, GB, Alta

Caramel Breakfast Ring (Microwave)

**1/2 c. brown sugar
4 T. butter
1 can refrigerated biscuits**

**1-1/2 T. water
Nuts, if desired**

Cook sugar, butter and water 1 minute on HIGH. Halve or quarter biscuits and dip in mixture with fork. Place in ring mold or round dish with glass in center. Cook 2-1/2 minutes on HIGH, turning once, until no longer doughy. Let stand 3 minutes before serving.

Pam Carr, KJ, Dubuque

Delicious Thin Pancakes

**2 eggs, beaten
1/4 t. salt
1/4 c. sugar**

**1 c. flour, unsifted
3 T. shortening, melted
1-1/2 c. milk**

Mix in order given and stir to a smooth batter. Pour 1/4 - 1/3 cup of batter on the center of a round lightly greased griddle, and tilt until the batter flows evenly to the edge of the pan. When brown, turn and brown the other side. Spread with butter, jam or any filling desired and roll cake into shape of jelly roll. Makes 8 to 9-inch cakes.

Gen Vieth, EQ, Oakland

French Breakfast Puffs

**1/3 c. soft margarine
1/2 c. sugar
1 egg
1-1/2 c. flour**

**1-1/2 t. baking powder
1/2 t. salt
1/4 t. nutmeg
1/2 c. milk**

Mix thoroughly margarine, sugar and egg. Sift flour, baking powder, salt and nutmeg and stir into margarine mixture alternately with milk. Fill greased muffin tins 2/3 full. Bake at 350° 20-25 minutes or until brown. Melt 6 tablespoons butter. Roll muffins in butter then in mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Makes 12 muffins.

Linda Hoppel, FN, Garner

Oven-Baked French Toast

**1/4 c. butter or margarine,
melted**
2 T. honey
1/2 t. ground cinnamon
3 eggs

1/2 c. orange juice
1/8 t. salt
**6 slices white or whole
wheat bread**

Combine butter and honey in a 13×9×2-inch pan, spreading to sides of pan; sprinkle with cinnamon. Combine eggs, juice and salt in shallow bowl; mix well. Dip bread slices, one at a time, into egg mixture, coating well and draining slightly. Arrange on top of honey mixture. Bake at 400° for 20 minutes or until lightly browned. Invert toast to serve. Serve with additional honey.

Ruth Stevens, DJ, Fort Dodge

Puff Pumpkin Pancakes

1 c. flour
1 t. sugar
2 t. baking powder
1/2 t. cinnamon
1/2 t. salt

2 eggs, separated
1 c. milk
1/2 c. pumpkin
2 t. melted butter
Powdered sugar

Combine flour, sugar, baking powder, salt and cinnamon. Stir together egg yolks, milk and pumpkin and add to dry ingredients. Stir in melted butter. Beat egg whites and lightly fold into mixture. Using a hot skillet, pour approximately 1/4 cup for each 4-inch pancake. Spread slightly. Turn when bubbles just begin to break. Fry until cake springs back lightly. Serve with butter and sprinkled powdered sugar. Makes about 10 pancakes.

Sharon Lyle, CM, Keota

Waffles

2 c. Bisquick
1 egg

1/2 c. oil
1-1/3 c. club soda

Blend Bisquick, egg and oil. Add club soda and mix well. Bake in waffle iron until done.

Mary Prall, L, Sigourney

Waffles from Heaven

2 c. bisquick

1 egg

1/2 c. oil

1-1/3 c. club soda

Combine ingredients; stir well. Bake in waffle iron. These freeze well; pop in toaster to reheat.

Jane Knudsen, NW, Clear Lake

COFFEE CAKES

Buttercream Coffeecake

1/3 c. plus 1/2 c. butter	3/4 t. soda
2-1/4 c. sifted flour	1/2 t. salt
1/3 c. packed brown sugar	2/3 c. sugar
1 t. cinnamon	2 eggs
1/2 c. chopped walnuts	1 c. sour cream
1/2 t. baking powder	1 t. vanilla

Grease bottom of 9-inch pan. Cut 1/3 cup butter into 3/4 cup flour, brown sugar and cinnamon until fine. Stir in walnuts. Sift 1-1/2 cup flour with baking powder, soda and salt. In large bowl cream 1/2 cup butter and sugar until light. Add eggs, mixing well; add vanilla. Add dry ingredients alternately with sour cream beginning and ending with dry ingredients. Spread in pan. Sprinkle with walnut mixture. Bake 45-55 minutes at 325°. Cool 10 minutes. Remove from pan. Cool completely. Cut in half horizontally. Fill with buttercream filling. Refrigerate.

BUTTERCREAM FILLING:

1/4 c. flour	2/3 c. butter
1/2 t. salt	1 c. sugar
1 c. milk	1 t. vanilla

To make filling, combine flour, salt and milk in small saucepan. Cook over low heat, stirring constantly, until very thick. Cool. Cream butter; gradually add sugar. Cream well. Add flour mixture, beat till fluffy. Add vanilla.

Janet Nesbit, LG, Creston

Coffee Cake

1 c. brown sugar
1/2 c. white sugar
1 stick margarine
1 egg
2 c. flour

1/2 t. salt
1 t. soda
1 c. buttermilk
Vanilla

FILLING:

1 c. brown sugar
2 T. flour
2 T. melted butter

1 t. cinnamon
1/2 c. nuts

Blend white sugar, brown sugar, margarine and egg. Add flour, salt, soda, baking powder, buttermilk and vanilla. Prepare filling by mixing ingredients together. Grease and flour a 9 x 13-inch pan. Put half of cake mix in bottom of pan; top with half of filling and repeat layers. Bake at 350° for 30 minutes.

Mabel Morris, CM, Keota

Coffee Cake

2 sticks butter
2 c. sugar
2 c. flour
1 t. baking powder

1 t. salt
2 eggs
1/2 t. vanilla
1 c. sour cream

TOPPING:

3/4 c. chopped pecans
2 t. cinnamon

1/2 c. brown sugar
1/2 t. vanilla

Cream butter and sugar. Sift dry ingredients; add eggs to creamed mixture. Add dry mixture. Add vanilla and sour cream. Pour half of batter into greased and floured bundt pan. Sprinkle half of topping mixture over batter. Add remaining batter and topping. Bake at 350° for 50-60 minutes. Remove immediately.

Hazel Slothower, GG, Tabor

Easy Coffee Cake

1/4 c. warm water
1 pkg. dry yeast
1 egg
2 c. flour
1/8 t. salt
3/4 c. margarine

1 8-oz. pkg. cream cheese
1 c. sugar
**1 T. grated orange or
lemon peel**
**1 c. English walnuts,
chopped**

Dissolve yeast in warm water; beat egg and add to yeast mixture. Blend together flour, salt and margarine. Mix the liquids into the flour and margarine and work smooth as for pie dough. Cream together the cream cheese, sugar and grated orange or lemon rind. (You can use juice.) Divide dough in half and roll into a rectangle about 1/4-inch thick. Spread half the cream cheese mixture on this rectangle and the rest on the second one. Sprinkle each with 1/2 cup nuts. Roll jelly roll fashion, and place side by side on a cookie sheet. Cut through the top, lengthwise, but not all the way through. Cakes spread out in baking. Bake at 375° for 25 or 30 minutes.

Dorothy Adduci, FZ, Story City

Filled Coffee Cake

1 c. granulated sugar
1/2 c. brown sugar
1 c. oil
1 t. vanilla
4 eggs, beaten

2 c. flour
1 t. baking powder
1 can raisin pie filling
**1/4 c. sugar and cinnamon
mixture**

Mix ingredients in order given. Spread half the batter in an 8 x 12-inch pan; then spread pie filling on top. Sprinkle part of sugar and cinnamon mixture on raisin pie filling. Then spread rest of batter on top and sprinkle rest of sugar and cinnamon on top. Bake at 325° for 50 minutes. Serve warm.

Sharon Sluiter, FR, Rolfe

Goosey Butter Coffee Cake

1 box pound cake mix
2 eggs
1/2 c. butter or margarine,
melted

1 8-oz. pkg. cream cheese
2 eggs
1 lb. powdered sugar (reserve
2-3 T.)

Mix the first three ingredients and pat into an 8 x 12-inch greased and floured baking pan. Combine the next three ingredients; mix well and spread over crust layer. Bake at 325° for 15 minutes. Remove from oven and sprinkle reserved powdered sugar on top. Return to oven and bake 30 minutes longer or until well set.

Luann Swanson, AL, New Sharon

Moist Coffee Cake

6 T. butter
1 c. sour cream
4 eggs
2 bananas, chopped

1 box yellow cake mix
1 pkg. coconut pecan
frosting mix

Butter and flour 9 x 13-inch pan. Mix butter and frosting mix until crumbly; set aside. Blend sour cream, eggs and 1 chopped banana with cake mix. Beat 2 minutes, then add other chopped banana and blend well. Pour half of batter in pan; sprinkle half of frosting mixture on top of batter; pour remainder of batter on mixture and top with remainder of frosting mixture. Bake 30-40 minutes at 350°.

Jean Mattes, NY, Clarinda

Quick Coffee Cake

1-1/2 c. flour
1/4 c. butter
1/4 t. salt
1 egg

3 t. baking powder
1/2 c. milk
3/4 c. sugar
1 t. vanilla

STREUSEL MIXTURE:

1/2 c. brown sugar
2 t. cinnamon
2 T. melted butter

2 T. flour
1/2 c. nuts, chopped
1/2 c. raisins, optional

Sift flour before measuring. Sift dry ingredients together. Rub in butter with fingers. Blend in beaten egg, milk and vanilla. Beat well. Pour half the batter into well greased 9-inch square pan. Sprinkle with half of streusel mixture; add remaining batter, then rest of streusel mixture. Bake 25-30 minutes at 350°. Serves 9.

Joyce Klatt, MM, Muscatine

Yummy Coffee Cake

CRUST:

1 stick margarine

1 c. flour

FILLING:

1 c. water
1 stick margarine

1 c. flour
4 eggs

FROSTING:

1 c. powdered sugar
Enough milk to make a
thick frosting

1/4 c. margarine
1 t. vanilla
1/2 t. almond extract

Mix crust ingredients until crumbly like pie crust. Add enough water to make a firm dough. Divide into 2 parts; roll out on cookie sheet. Let stand. For filling, bring water and margarine to a boil. Add flour; mix well. Remove from heat. Add eggs, one at a time, beating well after each addition. Spread filling on dough; making sure to spread close to edges. Bake at 375° for 30-45 minutes. Remove from oven and frost while warm.

QUICK BREADS

Almond Poppy Seed Bread

3 c. flour
1-1/2 t. salt
1-1/2 t. baking powder
2-3/4 c. sugar
3 t. poppy seeds
1-1/2 c. milk

1-1/2 c. oil
3 eggs
3 t. vanilla flavoring
3 t. almond flavoring
3 t. butter flavoring

GLAZE:

1/4 c. orange juice
3/4 c. sugar
1/2 t. vanilla flavoring

1/2 t. almond flavoring
1/2 t. butter flavoring

Beat all ingredients until smooth. Pour into greased loaf pans. Bake at 350° for 1 hour depending on size of loaf. Insert straw to test. Makes 3 large loaves, 4 medium loaves, or 5 mini-loaves. Remove to rack and brush on glaze while bread is still warm.

To make glaze, cook all ingredients over low heat until sugar dissolves. Simmer 5 minutes.

Linda M. Birney, CM, Keota

Apple Bread

1/2 c. shortening
1 c. sugar
2 eggs
1 t. soda dissolved in
2 T. sour milk

2 c. flour
1/2 t. salt
1 t. vanilla
2 c. apples, finely chopped

TOPPING:

2 T. butter
2 T. flour

2 T. brown sugar
3/4 t. cinnamon

Cream shortening and sugar. Add eggs and soda mixture; then blend in remaining ingredients. Pour thoroughly mixed batter into

5 x 9-inch, greased loaf pan (or two small pans). Sprinkle topping over batter. Bake at 350° for 45 minutes.

Lisa Holmberg, JY, Des Moines

Apricot Brandy Bread

3 c. sugar
1 c. margarine
6 eggs
3 c. flour
1/2 t. soda
1 t. baking powder
1/2 t. salt

1 c. sour cream
1 t. orange flavoring
1/2 t. rum flavoring
1 t. vanilla
1 t. lemon flavoring
1/2 t. almond extract
1/2 c. apricot brandy

CREAM CHEESE FROSTING:

8-oz. pkg. cream cheese,
softened
1 T. milk

1 t. vanilla
Dash of salt
5-1/2 c. confectioner's sugar

Cream the sugar, margarine and eggs. Blend in the other ingredients. Pour into 2 greased and floured 9 x 5-inch loaf pans. Bake at 325° for 30 minutes. Frost with cream cheese frosting.

To make frosting, blend together cream cheese, milk, vanilla and salt. Add sugar 1 cup at a time, mixing well after each addition.

Judy Meister, GS, Kingsley

Boston Brown Bread

4 c. flour, sifted
1 t. salt
2 c. water
2 c. raisins
2 t. soda

1/2 c. shortening
2 c. sugar
2 t. vanilla
2 eggs, unbeaten
1 c. nuts, chopped

Cream shortening and sugar. Add eggs and vanilla. Combine water, raisins and soda. Boil 2 minutes; let cool. Alternate flour/salt and raisin mixtures with creamed ingredients. Add nuts. Grease and flour six No. 303 cans. Fill 1/2 full. Bake at 350° for 50 minutes. Let cool. Run knife around to loosen. Freezes well.

Betty Milford, LR, Council Bluffs

Bran Muffins

**15-oz. box Post Raisin
Bran Flakes
1 c. cooking oil
3 c. white sugar
4 eggs, beaten**

**1 qt. buttermilk
5 c. flour
5 t. baking soda
2 t. salt**

Mix Bran Flakes, sugar, flour, soda and salt in a large bowl. Add eggs, oil and buttermilk and mix well. Bake in greased or paper-lined muffin tins 16-18 minutes at 400°.

This recipe keeps in refrigerator up to 6 weeks. Do not stir again after mixing. Serves 48.

Elizabeth Mixon, IF, Cedar Rapids

Buttermilk Bran Muffins

**1-1/4 c. flour
1 t. baking powder
1/2 t. soda
1/2 t. salt
1/2 c. sugar**

**1-1/2 c. all-bran cereal
1/4 c. buttermilk
1 egg
1/3 c. salad oil or soft
shortening**

Sift dry ingredients except all-bran together and set aside. In separate bowl combine all-bran and buttermilk. Stir and let stand a few minutes until cereal is soft. Add egg and shortening and beat well. Add dry ingredients to cereal mixture, stirring only until moistened. Do not over beat. Spoon batter into 12 greased muffin cups. Bake at 400 for 20-25 minutes until golden brown.

To use buttermilk powder: Add 4 tablespoons buttermilk powder to the dry ingredients and substitute 1-1/4 c. water for liquid buttermilk.

No Name, FQ, Mapleton

Cheese French Bread

1 loaf French bread
2 sticks margarine
3 to 4 T. vegetable oil

1 c. Cheddar cheese, grated
1 c. Mozzarella cheese, grated

Split loaf of French bread lengthwise. Mix remaining ingredients. Add salt, pepper and garlic powder to taste. Spread mixture on bread. Sprinkle chopped chives on top. Bake 20 minutes at 350° uncovered. Watch carefully so cheese doesn't burn.

Patti Thayer, DU, Sheldon

Cherry Nut Bread

21-oz. can cherry pie filling
2 eggs
1/3 c. oil
2-1/2 c. flour

1/2 c. sugar
1 T. baking powder
1/2 t. salt
1/2 c. nuts, chopped

CHERRY BUTTER:

1/2 c. cherry pie filling
1/2 c. butter, softened

1/4 c. confectioner's sugar

Set aside 1/2 cup cherry filling to use for Cherry Butter. Combine remaining filling, eggs and oil in large mixing bowl. Use electric mixer to mix and chop up cherries. Sift together all dry ingredients. Mix with cherry mixture and chopped nuts only to combine. Pour batter into 9×5×3-inch loaf pan that has been oiled and the bottom lined with waxed paper. Bake at 350° for 85-90 minutes or until toothpick inserted near center comes out clean. Cool 5 minutes. Remove from pan and finish cooling on rack. Serve with cherry butter. Strawberry pie filling also may be used in this recipe.

To make Cherry Butter, combine pie filling, butter and sugar.

Nita Abbott, CX, Columbus Junction

Cranberry Bread

2 c. flour
1/2 t. salt
1-1/2 t. baking powder
1/2 t. soda
1 c. sugar
1 egg

2 T. butter, melted
2 T. hot water
1/2 c. orange juice
1/2 c. nuts
1 c. whole cranberries,
uncooked

Sift flour, salt, baking powder, soda and sugar. Add egg, melted butter, hot water and orange juice. Fold in nuts and cranberries. Bake in loaf pan at 325° for 1 hour and 10 minutes.

Bertha McFadden, BJ, Audubon

Dilly Bread

1 pkg. yeast
1/4 c. warm water
1 c. cottage cheese,
heated to lukewarm
2 T. sugar
1 T. minced onion or
1 T. onion soup mix

1 T. soft butter
2 t. dill seed
1/4 t. soda
1 t. salt
1 egg, unbeaten
2-1/4 to 2-1/2 c. flour

Combine yeast and water. Let yeast dissolve and set a few minutes. In a large bowl combine cottage cheese, sugar, onion, butter, dill seed, soda, salt and egg. Add yeast and mix well. Place in greased 2-quart casserole. Let rise in warm place until doubled. Bake for 25-30 minutes at 350°.

Goldie Heiny, ES, Northwood

French Mustard Bread

1 stick butter or margarine,
softened
1/4 c. parsley, snipped
2 T. green onion, chopped

2 t. prepared mustard
1 T. sesame seed
1 t. lemon juice
1 loaf French bread

Mix all ingredients together and spread on sliced bread. Either arrange on baking sheet and toast in 350° oven for 20 minutes or reassemble slices into loaf, wrap in foil and heat in 375° oven for 15 minutes.

Irene Anwyl, IJ, Des Moines

Herb-Toasted Bread Sticks

1 stick butter or margarine, melted	1/2 t. parsley, chopped
1/2 t. garlic salt	1/2 t. basil

Add seasoning to melted butter. Dip hot dog buns which have been quartered in mixture and bake at 350° for 15 minutes. Note: buns slice easier if frozen before cutting.

Ellen Elkin, GZ, Sioux City

Johnny Cake

1 c. flour	2/3 c. sugar
2-1/2 t. baking powder	1 egg
1/2 t. salt	1/4 c. oil
1 c. stone-ground corn meal	3/4 c. milk
2 T. wheat germ	

Combine sugar, egg, oil and milk. Sift together flour, salt and baking powder. Add to first mixture. Add corn meal and wheat germ and stir until well mixed. Bake at 350° for 30 minutes or until golden brown.

Ruth Townsend, CM, Keota

Lemon Bread

3/4 c. shortening
2 c. sugar
4 eggs
2 t. baking powder
3 c. flour

2 lemons, grated rind only
(reserve juice for glaze)
1 c. milk
1 c. walnuts, chopped

GLAZE:

Juice of 2 lemons

1 c. sugar

Cream shortening and sugar; add eggs. Add dry ingredients alternately with milk. Add nuts. Bake 1 hour in 2 large or 3 small loaves, at 350°. Remove from pans to a rack to cool and glaze.

This bread will keep 2 or 3 weeks in refrigerator or may be frozen.

Joan Burton, IX, Waterloo

Oatmeal Crackers

1 c. sugar
2 c. flour
1 t. soda
1/2 t. salt
3 c. dry oatmeal

1 egg
1 c. butter and margarine,
mixed
2 T. milk
1 t. vanilla

Sift flour, soda and salt; then combine with remaining ingredients. The dough will be quite stiff. Roll out thinly on a lightly floured board. (A rolling pin sleeve and a canvas cloth work best.) Cut into small squares about 2 inches, using a pastry cutter. Bake on greased cookie sheet at 350° until lightly browned.

Helen Feuling, CQ, Cresco

Peach Bread

1-1/2 c. sugar
2 eggs
1/2 c. shortening
2 c. peaches, mashed
2 c. flour
1 t. cinnamon

1 t. soda
1 t. baking powder
Pinch of salt
1 t. vanilla
1/2 c. nuts, chopped

Cream together sugar, eggs and shortening; add remaining ingredients. Pour batter into 2 greased loaf pans. Bake at 350° for 35-40 minutes.

Lallie Stark, IA, Sioux City

Pineapple Bread

**13-1/2-oz. can crushed
pineapple, undrained**
1 5-oz. pkg. flaked coconut
2 eggs, beaten

3/4 c. sugar
2 c. flour
1 t. salt
1 t. soda

Combine in the order given. Pour into a greased loaf pan. Bake 1 hour at 325°.

Barbara Kuchel, GS, Kingsley

Poppy Seed Bread

3 c. flour
2-1/2 c. sugar
1-1/2 t. baking powder
1-1/2 t. salt
2-1/2 T. poppy seeds

1-1/2 t. almond extract
1-1/2 c. milk
1-1/4 c. oil
3 eggs
1-1/2 t. vanilla

GLAZE:

3/4 c. sugar
1/4 c. orange juice
3 T. butter, melted

1/2 t. vanilla
1/2 t. almond extract

Mix bread ingredients for 2 minutes. Bake in greased and floured pans at 350° for 1 to 1-1/4 hours, depending on size of pan. Remove from pans while hot; then brush or pour on glaze. Will fill 2 9 x 5-inch pans, 3 8 x 4-inch pans, or 5-6 mini pans.

Rita Dahmus, HE, Des Moines

Refrigerator Muffins

4 c. Kellogg's All Bran
2 c. Nabisco 100% Bran
2 c. boiling water
1 c. margarine
4 eggs
2 c. sugar

1 qt. buttermilk
5 c. flour
2 t. baking powder
5 t. baking soda
1/2 t. salt

Pour the boiling water over the cereal and cool. In another bowl cream together the margarine, eggs, sugar and buttermilk. Add the dry ingredients and cooled bran cereals. Mix but do not overbeat. Fill muffin cups half full and bake at 350° for 15-20 minutes. This recipe should be made in a very large bowl! It will keep in the refrigerator as batter for several weeks or can be baked ahead and frozen or shared with friends.

Cindy Hamilton, N, Chariton

Scandinavian Flat Bread

2 c. unbleached flour
1 c. bran (health store)
1 c. wheat germ
2/3 c. powdered milk
1 c. pure vegetable oil

3 c. graham flour
1 c. yellow cornmeal
2 t. salt
2/3 c. molasses or honey
2 c. hot water

Mix dry ingredients. Make a hole in center. Pour in molasses, oil and hot water. Mix well. Divide dough into balls about size of medium apple. Use Wondra flour to roll out. Must use special ridged rolling pin. Roll very thin. Bake in large flat pan at 350° until brown (about 10-15 minutes). May freeze.

Maria Strom, JC, Akron

Scotch Scones

1-1/3 c. flour
2 T. sugar
2 t. baking powder
1/2 t. salt
1/2 c. shortening
1 egg yolk

1 egg
1/3 c. milk
1 c. fortified oat flakes
1/4 c. raisins
1 egg white, slightly beaten
Sugar or cinnamon sugar

Mix flour with 2 tablespoons sugar, baking powder and salt. Cut in shortening. Combine egg yolk, egg and milk; add to flour mixture with cereal and raisins. Stir until soft dough is formed. Turn out on lightly floured board and knead until smooth. Divide dough into 4 parts. Pat or roll each into a circle half-inch thick. Cut into quarters and place on ungreased baking sheets. Brush tops lightly with egg white, sprinkle with sugar and cinnamon. Bake at 450° about 10 minutes or until lightly browned. Serve with butter and jam. Makes 16 small scones.

Mary Hanna, JE, Webster City

Southern Blintzes

2 loaves fresh sandwich
bread
2 8-oz. pkgs. cream cheese
2 egg yolks
1/2 c. sugar

1/2 t. lemon juice
2-3 sticks butter, melted
3 c. brown sugar
4 t. cinnamon

Cut crusts from bread. Roll each slice flat with a rolling pin. Mix cheese, eggs, sugar and lemon juice. Spread cream cheese mixture on flattened bread slices. Roll up. Dip each in melted butter, then in brown sugar mixed with cinnamon. Place on cookie sheet. Bake at 350°, approximately 10 minutes. These will freeze nicely. Just bake for a longer time when frozen. Great for a morning coffee.

Betty Dobbin, CF, State Center

Strawberry Bread

2 10-oz. pkgs. frozen
strawberries, thawed
and undrained
4 eggs
1-1/4 c. vegetable oil
3 c. flour

1 t. soda
1 t. salt
1 T. cinnamon
2 c. sugar
1 c. nuts, chopped

Mix together strawberries, eggs and oil. Sift dry ingredients into strawberry mixture. Stir to blend thoroughly. Stir in nuts; pour into greased pans. Bake at 350° for 1 hour. Makes 2 9×5-inch, 3 medium, or 4 small loaves. Freezes well.

Garnet Cecil, LF, Cedar Rapids

Strawberry Nut Bread

1 c. margarine
1-1/2 c. sugar
1 t. vanilla
1/4 t. lemon extract
4 eggs
3 c. flour

1 t. salt
1 t. cream of tartar
1 c. strawberry jam
1/2 c. sour cream
1 c. nuts, chopped

Cream margarine, sugar and extracts until fluffy. Add eggs one at a time, beating well between each egg. Combine flour, salt and

cream of tartar and set aside. Mix strawberry jam and sour cream together. Add the flour mixture alternately with the jam mixture to the creamed sugar and egg mixture. Beat until well blended. Add nuts last. Bake in 4 or 5 small loaf pans, well greased. Bake at 350° for 30-45 minutes, testing with a pick. Let stand 10 minutes before removing from pans.

**Leota Fahrney, R, Cedar Falls
Past President, Iowa State Chapter**

Swedish Almond Rusks

**1 c. butter or margarine
1-3/4 c. sugar
2 eggs
1 t. almond extract
5 c. flour**

**3/4 t. salt
1 t. soda
1 c. cultured sour cream
1 c. grated almonds
1 t. cardamom**

Cream together butter and sugar. Add eggs and extract; mix. Sift together flour, salt and soda; add alternately with the sour cream, almonds and cardamom mixture. Divide dough into 4 parts and shape into rolls. Place on 2 baking sheets. Bake 30 minutes at 350° or until slightly browned. Remove from pans and cut into 1/2-inch slices. Place on sheets and return to oven until rusks are browned. Cool and store in tight container. Excellent with coffee, tea or with a salad.

Roberta Swanson, KP, Iowa City

Wheat Germ-Nut-Zucchini Bread

**3 eggs
1 c. salad oil
1 c. white sugar
1 c. brown sugar
3 t. vanilla
2 c. zucchini, grated
2-1/2 c. flour**

**1/2 t. baking powder
2 t. soda
2 t. salt
1 c. nuts, chopped
1/2 c. wheat germ
1/2 c. sesame seeds**

Beat eggs, oil, sugars and vanilla. Add zucchini. Combine dry ingredients and add to wet ingredients and mix gently until just blended. Grease 2 loaf pans and pour 1/2 of dough into each. Sprinkle sesame seeds on top and press with back of a spoon. Bake 1 hour at 350°. Freezes well.

Ava Root, NQ, LeMars

YEAST BREADS/ROLLS

Blue Ribbon Potato Rusks

2 cakes yeast
1/4 c. water
2 eggs
1/2 c. sugar
2 t. salt

1 c. milk
1/2 c. shortening, melted
1/2 c. mashed potatoes
5 - 5-1/2 c. flour

ICING #1:

1 c. powdered sugar

3 T. cream

ICING #2:

3/4 c. butter
3 T. flour

1-1/2 c. powdered sugar

Soften yeast in water. Scald milk and cool to 85° F. Add melted shortening, sugar and salt to milk. Add about half the flour, the yeast, beaten eggs and potatoes. Beat this batter well. Add remaining flour. Turn out on lightly floured board and knead until smooth and satiny. All ingredients should be about 80° F. and on cold days even the board should be warmed. Place in greased bowl, cover and let rise about 45 minutes, or until double in bulk, in warm place about 80-85° F. Turn out on board and stretch or roll out to about 1/2-inch thick. Cut with small cookie cutter and place on baking sheet. Let rise until double in bulk, about 45 minutes. Bake at 400° F. for 8-10 minutes. When cool, ice with icing and dust with powdered sugar. This dough will make about 100 rolls 1/2-inch thick and 1-3/4 inches across.

No name given, MA, West Des Moines

Bread Sticks

1 pkg. yeast
2/3 c. warm water
1/4 c. margarine, melted
1 T. sugar
1 t. salt

2 c. flour (or less)
1/2 c. margarine, melted
1/3 pkg. Good Seasons
Italian dressing mix

Dissolve yeast in warm water; add sugar, salt and margarine. Add flour. Let stand 15-30 minutes. Roll into sticks about the size of a pencil (use a heaping teaspoonful of dough) and place on a greased cookie sheet. Bake at 325°. When sticks start to turn brown, remove from oven and roll in 1/2 cup melted margarine mixed with the dressing mix. Reheat and crisp before serving.

Jan Van Metre, Z, Waterloo

Good Dark Bread

1 pkg. yeast
1/2 c. warm water
2 c. milk, scalded and
cooled
2 c. dark flour (whole wheat,
graham or rye)
6 T. shortening, melted

1/4 c. honey
1/4 c. molasses
1/4 c. brown sugar
1 egg, beaten
Salt
4 c. white flour

Dissolve yeast in warm water. Combine remaining ingredients with yeast; mix well. Cover bowl tightly and place in refrigerator overnight. Divide dough into 2 parts and place in 2 well-greased bread pans. Let rise until doubled in size. Bake at 350° for 1 hour.

Bethel Wollman, CP, Correctionville

Light Pumpernickel Bread

3 pkgs. dry yeast	2/3 c. warm honey
2 c. warm buttermilk (105-115° F.)	1/4 c. margarine (1/2 stick)
3-3/4 c. rye graham flour	1 T. salt
3-1/2 c. bread flour	1 T. caraway seed
1 egg + 1 yolk	1 T. sesame seed

BEFORE BAKING:

1 egg white	Sesame seeds
1 T. water	Cornmeal

Soften yeast in buttermilk. Combine in mixing bowl: rye flour, 1 cup bread flour, egg, honey, melted margarine, salt, seeds and yeast/buttermilk mixture. Beat well (3-4 minutes with mixer on high). Stir in enough of remaining bread flour to make a stiff dough. Knead on board 10-12 minutes. Place in greased bowl. Let rise until doubled. Punch down; divide into three pieces. Cover with plastic wrap and let rest 10 minutes. Shape into balls and put into greased, round, 1 to 1-1/2 quart casseroles that are sprinkled with cornmeal. Let rise until doubled. Cut cross on top about halfway through with sharp knife. Brush top with mixture of egg white and water. Sprinkle with sesame seeds. Bake at 375° on low oven rack until well browned, 30-35 minutes. Turn out on wire rack to cool. (A quick seller at the farmer's market.)

Virginia H. Roth, IV, Ames

Oatmeal Buns

6 T. lard	2 T. white sugar
2 c. oatmeal	1-1/2 c. brown sugar
4 c. boiling water	3 t. salt
2 pkgs. yeast	10 c. flour
3/4 c. warm water	

Mix lard, oatmeal and water. Let cool. Dissolve yeast in warm water and add white sugar. Combine oatmeal and yeast mixture and add brown sugar, salt and flour. Let stand 10 minutes. Turn out onto floured board and knead in 2 additional cups flour, about 5

minutes. Let rise until doubled, about 1-1/2 hours. Punch down. Knead again 5 minutes. Let rise again until doubled. Punch down, form into buns and let rise until doubled. Bake at 350° for 25 minutes. Yield: 50 buns.

Cindy Schubert, GF, Britt

Oatmeal-Honey Bread

1 c. quick-cooking oatmeal
2 c. boiling water
2 pkgs. dry yeast
1/3 c. lukewarm water
1 T. salt

2 T. butter
1/2 c. honey
4 - 5 c. whole wheat or
white flour

Pour 2 cups boiling water over 1 cup oatmeal. Let mixture stand for 1/2 hour. Then soak yeast in lukewarm water. Add salt, honey and butter to oats; stir in yeast. Gradually add enough flour to make dough knead easily. Knead 5-10 minutes until smooth and elastic. Place in a greased bowl, turning greased side up; cover. Let rise in a warm place until double in bulk. Punch down; turn over and let rise again. Punch down and form into 2 loaves or buns. Let rise until double in bulk. Bake at 325° for 50 minutes.

Diane Jones, ED, Rockford

Swedish Rye Bread

1 T. sugar
4 c. milk
1 T. salt
1/2 c. shortening
3 pkgs. dry yeast

1/4 c. lukewarm water
1 c. molasses
1 c. brown sugar
4 c. rye flour
9 c. white flour

Soak yeast in water. Heat milk with sugar, salt and shortening. In large mixing bowl, combine brown sugar and molasses. When milk mixture is warm and shortening has melted, add milk to mixture in mixing bowl. Add yeast when the mixture is cooled to a temperature comfortable to your finger. Mix in the rye flour and about 7 cups of the white flour. Dough will be sticky. Let rise in a warm place. Punch down and make sure it starts to rise again; knead in additional 2 cups of flour. Shape into 4 loaves and place in pans. Allow dough to rise to the top of the pan. Bake 40-50 minutes at 350°.

Jane Brees, CM, Keota

Whole Wheat Bread

2/3 c. warm water
2 pkgs. yeast
1 t. brown sugar
2 t. shortening
1/2 c. brown sugar

2 t. salt
2 c. whole wheat flour
2 c. hot water
4 c. white flour

In a small dish mix and let stand until bubbly the warm water, yeast and 1 teaspoon brown sugar. Meanwhile, mix shortening, 1/2 cup brown sugar, salt, whole wheat flour, hot water and 2 cups white flour. Add yeast mixture. Let stand for 30 minutes. Add 2 more cups of white flour. Knead until no longer sticky. (May have to add a little more flour). Let rise until double. Shape into 2 loaves or make into rolls. Let rise until double and bake at 350° for 50-60 minutes. (Less time for rolls).

Ione Hardy, IT, Clarksville

Whole Wheat Bran Bread

1 c. water
3/4 c. milk
1 c. Kellogg's whole bran cereal
3 T. sugar
4 t. salt

6 T. butter
1/3 c. molasses
3 c. whole wheat flour
2 pkgs. yeast
1/2 c. lukewarm water
1 t. sugar

Mix 1 cup water, milk, cereal, sugar, salt, butter and molasses and bring to a boil. Cool until lukewarm. Add flour. Dissolve yeast, 1/2 cup water and sugar; add to flour mixture. Mix and add 2-1/2 cups whole wheat flour. Knead and let rise. Make into 2 loaves; let rise. Bake at 350° for 50 minutes.

Alice Ann Dial, BO, Lake City

Whole Wheat Buns

2 T. yeast
2 t. honey
1/2 c. warm water
1/2 c. shortening
1/2 c. honey

1-1/4 t. salt
2 c. warm water
6 c. flour (2 c. whole wheat,
4 c. all-purpose)

Mix together first 3 ingredients and set in a warm place. Then mix together shortening, extra honey, salt and extra water. Add to yeast mixture; then add 4 cups flour. Beat well with electric mixer. Add 2 more cups of all-purpose flour while kneading. Let rise 2 hours; punch down and knead again. Shape into 36 buns; let rise 2 hours. Bake at 350° until light brown. May need more flour when kneading. This also will make 3 loaves of bread or 2 dozen rolls and 1 small loaf.

Shirley Franklin, EW, Tama

Whole Wheat - Cottage Rolls

3-3/4 - 4 c. whole wheat flour	1/2 c. water
2 pkgs. dry yeast	1/4 c. brown sugar
1/2 t. baking soda	2 T. butter or margarine
1-1/2 c. cottage cheese, cream-style	2 t. salt
	2 eggs

Thoroughly stir together 1-1/2 cups flour, yeast and soda. Heat together cheese, water, sugar, butter and salt just until warm (115-120°), stirring constantly to melt butter. Add to dry mixture; add eggs. Beat at low speed for 1/2 minute, scraping bowl constantly. Beat 3 minutes on high speed. By hand, stir in enough remaining flour to make a moderately stiff dough. On floured surface, knead until smooth, 8-10 minutes. Place in a greased bowl, turning once. Cover; let rise until nearly double. Punch down. Shape into 24 rolls. Place in greased muffin pans or 2 8-inch cake pans. Let rise until nearly double. Bake at 375° 12-15 minutes (a little longer if using cake pans).

Katherine Jones, DB, West Union

SWEET YEAST BREADS/ ROLLS

Apple Nut Coffee Ring

3/4 c. milk	2 pkgs. granulated yeast
1/2 c. sugar	1/2 c. warm water
2 t. salt	1 egg
1/2 c. butter or margarine	4 c. flour

FILLING:

1/2 c. butter, melted	1/4 c. sugar
2 c. apples, (Golden Delicious) finely chopped	2 t. cinnamon
1/2 c. walnuts, chopped	Vanilla glaze

Scald milk; stir in sugar, salt and butter. Cool to lukewarm. Sprinkle yeast over warm water in large bowl; stir until dissolved. Stir in milk mixture, egg and 2 cups flour; beat until smooth. Stir in remaining 2 cups flour, mixing well. Cover tightly and refrigerate at least 2 hours or up to 3 days.

Make 2 coffee rings. Roll and spread with apple-nut mixture; roll jelly roll fashion, cutting with sharp knife or scissors 3/4 of way toward center, about every inch. Cover and let rise 1 - 1-1/2 hours. Bake at 350° 20-25 minutes until golden brown. When almost cool, glaze and decorate with vanilla glaze, candied cherries and nuts as desired.

Bernice McClintic, AQ, Brighton

Butterscotch Pecan Rolls

1 pkg. yeast	3 eggs, well beaten
1 c. lukewarm milk	3-1/2 c. flour
1/2 c. sugar	1/2 c. shortening, melted
1 t. salt	(may use part or all butter)

GOOEY BUTTERSCOTCH PECAN MIXTURE:

2 T. butter, melted	1/4 c. raisins
1/2 c. brown sugar	Melted butter for dipping
1/2 c. dark corn syrup	balls of dough
1/2 c. pecans	

Crumble yeast in mixing bowl with 1 teaspoon sugar. Stir in lukewarm milk, let stand until yeast is dissolved. Stir in beaten eggs; add half of the flour. Beat until mixture drops from spoon in sheets (5-10 minutes). Stir in melted shortening, stir in sugar and remaining flour by hand, adding just enough to make a soft dough. Mix well. Knead until smooth and elastic. (10 minutes). Round up and place in greased bowl; cover with damp cloth. Let rise in a warm (82°) place until double in bulk (2 hours). Punch down. Let rise again until almost double (45 minutes). Cover with damp cloth, let rest for 10 minutes. Roll to rectangle 1/4-inch thick and twice as long as it is wide. Roll up and slice. Place in 9-inch square or round baking pan. Let rise about 30 minutes. Bake at 375° for 25-30 minutes. Turn out at once on rack or cookie sheet.

For butterscotch pecan mixture, mix butter, sugar and syrup. Heat to dissolve sugar. Sprinkle with pecans and raisins. Grease muffin tins. Spoon mixture in bottom of each cup. Roll 3 small balls of dough in melted butter and place in muffin tin. These often are called penny muffins.

Germaine Krettek, GQ, Council Bluffs

Cinnamon Rolls

17-oz. can vanilla pudding
2 eggs, beaten
1 scant t. salt
1/2 c. warm water
2 pkgs. yeast

2 T. sugar
1 stick margarine, melted
5 - 6 c. flour
Cinnamon
Sugar

CARAMEL FOR 12 ROLLS:

3/4 c. brown sugar
5 T. margarine

2 T. light Karo syrup

Mix pudding, eggs, salt and margarine. Dissolve yeast and sugar in warm water. Add to other ingredients. Stir in 2 cups of flour. Beat well and add remaining flour. Knead 10 minutes. Place in a greased bowl to rise until double. Divide. Roll out for rolls. Spread with margarine, sugar and cinnamon. Cut into rolls and let rise. Bake at 350° for 15 minutes.

For caramel rolls bring brown sugar, margarine and syrup to a good boil. Pour into pan and cool. Place cut rolls on top. Let rise. Bake at 350° for 15 minutes. Turn upside down on cookie sheet.

Helen Mayer, CM, Keota

Fortchen Fritters

1 pkg. dry yeast
1/2 t. sugar
1/4 c. lukewarm water
1-1/2 c. milk, scalded
1/3 c. sugar

2-1/2 c. flour
1/2 c. butter or margarine
3 eggs, separated
1 c. raisins

Mix yeast, 1/2 teaspoon sugar, lukewarm water together. Mix milk, sugar and butter together and preserve one-third cup of mixture. Add flour to remainder, plus yeast mixture. Beat egg yolks and add with the raisins. Then add reserved mixture and fold in beaten egg whites. Let rise one hour or a little longer if needed. Fry in fortchen pan or drop in hot fat for a few minutes. Serve with sugar or jelly. (Note: These fortchens are made and served at Christmas in most homes in this German community.)

Millicent Wiese, IS, Manning

Fried Rolls

1 cake yeast
1/4 c. warm water
1/4 c. sugar
1 t. salt
3-1/2 - 3-3/4 c. flour

1/4 c. soft shortening
1 egg
3/4 c. milk
Cinnamon
Powdered sugar frosting

Soak yeast in water for 5 minutes in a large mixing bowl. Sift next 3 ingredients together; cut the shortening into the dry ingredients. Stir egg and milk into yeast mixture; gradually add sifted flour mixture to liquid, kneading when dough is too stiff to stir. Roll out the dough on waxed paper about 1/2-inch thick; sprinkle with cinnamon. Roll the dough into a long roll with the cinnamon side on the inside and seal the edge with fingers dipped in milk. Slice into 1/2-inch thick roll or slices; press each roll flat. Let rise 1 hour. Fry in deep fat in fryer or electric skillet at 450-500°. Turn as soon as underside becomes golden brown. Drain on paper towels and frost with powdered sugar frosting while warm. Yield: 3 dozen.

Margaret Deere, O, Farmington

Frosted Pecan Yeast Rolls

2 pkgs. dry yeast
1 c. warm water
2 eggs
2 t. salt
2 T. sugar
1/4 c. salad oil

4 - 4-1/2 c. flour
Soft butter
2 t. cinnamon
1/2 c. combination brown
and granulated sugar

SYRUP:

1/2 c. butter
3 T. corn syrup

1/2 c. brown sugar
2 c. whole pecans

Dissolve yeast in warm water. Allow to stand. Beat together in separate bowl eggs, salt and sugar. Add dissolved yeast and salad oil. Using electric mixer beat in flour. (Generally works best to beat in about half the flour with the mixer and do the rest by hand.) Knead lightly. (Dough is quite soft, but use only enough flour to prevent sticking.) Let rise about an hour or until double in bulk. Work dough down and roll into a rectangle about 6 x 15 inches. Spread with soft butter. Sprinkle with a mixture of cinnamon and sugars. Roll and cut as for ordinary cinnamon rolls.

For syrup, melt butter. Remove from heat and add corn syrup and brown sugar. Spread evenly in a 9 x 13-inch glass baking pan. Cover the syrup mixture in the baking pan with the pecans. Place cut raw rolls on the topping. Cover and let rise until double in bulk.

Bake at 325° for 25-30 minutes. Let stand in pan until the syrup mix in the bottom has stopped bubbling and cools slightly. Turn out of pan onto a rack and drizzle with a thin powdered sugar glaze. Makes 15 large rolls.

Kathryn Knapp, EG, Rockwell City

Lemon Twists

1 c. sugar
used for rolling only
3-1/2 c. sifted flour
1 t. salt
1 c. shortening (Crisco and
margarine or butter)

1 pkg. yeast
1/4 c. warm water
3/4 c. or 1 carton sour cream
1 whole egg and 2 egg yolks,
beaten
1 t. vanilla

Sift flour and salt; cut in shortening. Dissolve yeast in warm water; stir into flour mixture with sour cream, eggs, and vanilla. Mix well. Cover with damp cloth and refrigerate 2 hours or overnight. Remove from refrigerator and divide into thirds using 1/3 cup sugar for rolling each. Sprinkle sugar on pastry cloth and over top of dough. Roll into a 8 × 16-inch rectangle. Fold ends toward center, overlapping. Sprinkle with sugar and roll again. Repeat a third time. Roll about 1/4-inch thick. Cut down center then cut in 1 × 4-inch strips. Put in a few muscat raisins on each strip and then twist. Place on an ungreased cookie sheet. Bake immediately for 18 minutes at 350°. Frost with lemon-flavored powdered sugar frosting.

Ilah Holscher, GM, Cedar Rapids

Orange Rolls

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

1/2 c. butter, melted, divided
3-1/2 c. flour, divided
3/4 c. sugar
2 T. grated orange rind
1 c. grated coconut, toasted

GLAZE:

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

2 T. orange juice
1/4 c. butter

Dissolve yeast in warm water in large mixing bowl. Beat in 1/4 cup sugar, salt, eggs, sour cream and 6 tablespoons butter. Gradually add 2 cups flour; beat until smooth. Knead remaining flour into dough. Cover and let rise in warm place until double in bulk, about 2 hours. Punch down dough; knead on floured board about 15 times. Divide dough in half; roll to 12-inch circle. Combine sugar, 3/4 cup toasted coconut and orange rind. Brush dough with 1 tablespoon melted butter and sprinkle with half of orange-coconut-sugar mixture. Cut into 12 wedges and roll into crescent shapes. Repeat with second half of dough. Place rolls point side down in three rows in buttered 12 x 9-inch pan. Cover and let rise until doubled, about 1 hour. Bake at 350° for 20 minutes or until golden brown.

To make glaze, combine ingredients; bring to a boil and boil 3 minutes, stirring constantly. Pour warm glaze over rolls as soon as removed from oven. Sprinkle remaining coconut on top. Rolls may be frozen in pan and used as needed.

Virginia Heuer, IH, Cedar Rapids

Poteca-Slovenian Nut Roll

1 cake or pkg. of yeast
1/4 c. warm water
3/4 c. lukewarm milk
1/4 c. sugar
3-1/2 - 3-3/4 c. sifted flour

1 t. salt
1 egg
1/4 c. shortening
1/2 t. lemon extract

FILLING:

1/4 c. soft butter
1 egg
1/2 t. vanilla
1/2 c. brown sugar,
tightly packed

1/4 c. milk
1/2 t. lemon extract
2 c. walnuts or pecans, finely
ground (not chopped)
1/2 c. raisins (optional)

Dissolve yeast in water. Stir in milk, sugar, salt, egg, extract and shortening. Mix in flour until dough is easy to handle. Turn out on lightly floured board. Let stand 10 minutes. Knead until smooth and elastic. Round up in greased bowl; bring greased side up. Cover with damp cloth and let rise at 85° until double in bulk, about 2 hours. Punch down; round up on board and cover. Let rise 15 minutes. While dough is resting, prepare filling.

Mix thoroughly the butter, brown sugar and egg. Stir in milk, vanilla and lemon extract. Blend in ground nuts. Roll dough on cloth to 20×30-inch rectangle. Spread filling with rubber spatula, leaving approximately 1 inch at front edge clear. (May sprinkle raisins on at this point, if desired.) Roll up like a jelly roll. Place in greased oblong pan, 13×9-1/2×2-inches, or on cookie sheet, shaping like a snail. Let rise about 1 hour. Bake in preheated 325° oven 40-45 minutes, until lightly browned. (Use brown paper to cover toward end of time if it browns too soon.)

Lydia Mihelic, HL, Dubuque

Quickie Sticky Rolls

2-3/4 c. flour
2 pkgs. dry yeast
3/4 c. milk
1/2 c. water
1/4 c. butter
1/4 c. sugar
1 t. salt

1 egg, beaten
3/4 c. butter
1 c. brown sugar
1 T. corn syrup
1 T. water
1 t. cinnamon
1 c. chopped nuts

Blend 1-1/2 cup flour and yeast. Heat until warm: milk, water, butter, sugar and salt. Stir into flour-yeast mixture. Add beaten egg and remaining 1-1/4 cup flour and mix well. Cover; let rise until double. Combine butter, sugar, syrup, water and cinnamon. Cook over low heat until butter melts. Remove, stir in nuts. Put 1 tablespoon of mixture in each greased muffin cup. Stir the yeast batter and put 1 tablespoon in each muffin cup. Let rise 30 minutes. Bake at 375° for 12-15 minutes. Remove and turn upside down.

Dorothy Lyle, CM, Keota

Refrigerator Rolls

3 eggs, beaten
1/2 c. butter or margarine,
melted
1 pkg. yeast
1 c. lukewarm water
1 t. salt
1/2 c. sugar

4 c. flour
1/4 t. cardamom, optional
1/2 c. butter or margarine,
melted
1/2 c. sugar
Cinnamon

Dissolve the yeast in water. Mix the eggs and 1/2 cup butter; then add yeast mixture, flour, salt, 1/2 cup sugar and cardamom. Refrigerate overnight or 8 hours. Roll out dough on floured surface to 1/2-inch thickness. Spread with melted butter or margarine, 1/2 cup sugar and cinnamon. Roll up dough and cut into 1/2-inch slices. Let rise. Bake at 400° for 15 minutes. Frost with powdered sugar frosting when slightly cooled. Makes 2-1/2 dozen rolls or 3 coffee cakes.

Charlotte Lindstrom, KT, Des Moines

Rum Rolls

1 c. milk

1/2 c. Crisco

1/2 c. sugar

1 cake or pkg. yeast

2 eggs, beaten

4 c. flour

Heat together milk and shortening. Dissolve yeast in 1/8 cup warm water. Combine sugar, salt and eggs in a bowl and beat with mixer. Add milk and shortening; then add dissolved yeast and continue beating. Add flour; continue beating. Let rise until double (cover with greased plate). This can be left for a day or so after the first punch down. Form into small rolls. Let rise until double in size. Bake at 350° for 15 minutes.

Separate rolls with two forks. Pour melted butter or margarine over and reheat. Pour over a mixture of rum and powdered sugar.

Ann Harper, DV, Iowa Falls

Sour Cream Danish Roll

1 c. sour cream
1/2 c. granulated sugar
1/2 c. butter, melted
1 t. salt

2 pkgs. dry yeast
1/2 c. warm water
2 eggs, beaten
4 c. white flour

FILLING:

2 8-oz. pkgs. cream cheese,
softened
3/4 c. granulated sugar

1 egg, beaten
1/4 t. salt
2 t. vanilla

GLAZE:

2 c. powdered sugar
4 T. milk

2 t. vanilla

Heat sour cream over low heat; stir in sugar, salt and butter; cool to lukewarm. Sprinkle yeast over warm water in large mixing bowl; stir until yeast dissolves. Add sour cream mixture, eggs and flour; mix well. Cover tightly; refrigerate overnight or several hours. Divide into four equal parts; roll each part into a 12 x 8-inch rectangle on well-floured board. Spread one-fourth of filling on each rectangle. Roll up jelly-roll fashion, beginning at long side. Pinch edges together and fold ends under. Place rolls, seam side down, on greased baking sheets. Slit each roll at 2-inch intervals about two-thirds of way through. Cover and let rise in warm place until double (about 1 hour). Bake at 375° for 12-15 minutes. Spread with glaze while warm.

Johanna Nelson, JF, Iowa City

Sugar Crisps

1 pkg. dry yeast
1/4 c. warm water
3-1/2 c. flour, sifted
1-1/2 t. salt
1/2 c. butter
1/2 c. margarine

2 eggs, beaten
1/2 c. sour cream, thick
or commercial
3 t. vanilla
1-1/2 c. sugar

Soften yeast in warm water. Sift flour and salt; cut in shortening. Blend in beaten eggs, sour cream, 1 teaspoon vanilla and yeast. Mix well; cover. Chill at least 2 hours. (Dough may be stored in refrigerator up to 4 days.) Mix sugar and 2 teaspoons vanilla. Sprinkle board with 1/2 cup mixture. Roll out half of dough to 16 x 8 inches; sprinkle with vanilla-sugar. Fold one end over to center. Fold opposite end over to make 3 layers. Turn one fourth around and repeat, sprinkling with additional sugar as needed. Roll 1/4-inch thick. Cut to 4 x 1-inch strips. Twist. Bake on ungreased sheets at 350° for 15-20 minutes. Makes about 4-1/2 dozen. Good with morning coffee! Freezes well.

Mary Jane Cox, LV, Belmond
Past President, Iowa State Chapter

Super Orange Rolls

1 c. milk
3 T. butter
1 cake yeast
1 t. salt

3 eggs, well beaten
1/2 c. sugar (add to eggs)
4 c. flour

FILLING:

1/2 c. soft butter
1/2 c. sugar

Grated rind of one large
orange

Scald milk; add butter and cool. When lukewarm, add yeast and salt, beaten eggs, and sugar. Add 1 cup flour and beat well. Let rise until bubbly (about 2 hours). Add remaining flour. Mix well with spoon; do not knead. Let rise about 2 hours. Dough is very soft. Divide dough into 3 parts. Roll each part into rectangular shape and spread each part with one-third of butter mixture. Roll like cinnamon rolls. Slice and put in muffin tins. Let rise about 2 hours. Bake at 400°. Watch carefully; do not get too brown.

Corinne Maxwell, EE, Cherokee

Tester's Choice Tea Ring

2 pkgs. yeast	3/4 c. sugar
1/2 c. lukewarm water	1/2 t. salt
1 c. butter	6 egg yolks
5 c. flour	1 c. sour cream

ALMOND-CHEESE FILLING:

1 can Solo almond filling	1/2 c. Coco Casa
8-oz. pkg. cream cheese	cream of coconut
2 eggs	

Beat together until smooth.

CHOCOLATE-CHEESE FILLING:

8-oz. pkg. cream cheese	2 eggs
8-oz. pkg. chocolate cheese	1/2 c. sugar
2 T. cornstarch	1/2 c. Coco Casa
2 t. vanilla	cream of coconut

Beat together until smooth.

PINEAPPLE-CHEESE FILLING:

8-oz. pkg. cream cheese	2 eggs
1/2 c. Coco Casa	3/4 c. pineapple, well drained
cream of coconut	1/4 c. brown sugar

Mix together well.

Dissolve yeast in water. Melt butter. Sift flour, sugar and salt. Beat egg yolks until thick. Blend in sour cream and butter. Stir in dissolved yeast, gradually stir egg yolk mixture into dry ingredients, mixing to make smooth dough. Knead 5 minutes. Cover and let rise until double. Meanwhile prepare your choice of fillings. Roll out one-half or one-third of the dough (depending on the size of ring mold) into rectangle. Cover well with filling. Roll up. Place in pan sealing edges well. Bake at 350° for 35-40 minutes.

Norma Klein, CM, Keota

Yardstick

1 pkg. dry yeast
1/2 c. lukewarm water
4 c. flour
1 c. shortening (margarine
or Crisco

3 T. sugar
2 t. salt
1 c. milk
3 egg yolks, beaten

FROSTING:

1 T. butter, dissolved in
1 T. hot milk

2/3 c. powdered sugar

Dissolve yeast in lukewarm water. Mix flour, shortening, sugar and salt with pastry blender as for pie crust. Scald milk and cool to lukewarm. Add egg yolks and yeast. Add flour mixture and blend well. Cover and place in refrigerator overnight or for as long as 3 days. When ready to bake, divide dough into 4 parts and roll each portion into a rectangle. Spread down center with any jam (or fruit pie filling). Fold both sides to center, overlapping slightly, and seal. Turn ends up to seal. Slit the top 4 or 5 times. Bake at 350° for 30 minutes or until light brown. Frost while warm.

Bunny Soultz, HO, Ames

1. The following cases were reported by the
2. The following cases were reported by the
3. The following cases were reported by the
4. The following cases were reported by the
5. The following cases were reported by the
6. The following cases were reported by the
7. The following cases were reported by the
8. The following cases were reported by the
9. The following cases were reported by the
10. The following cases were reported by the

11. The following cases were reported by the
12. The following cases were reported by the
13. The following cases were reported by the
14. The following cases were reported by the
15. The following cases were reported by the
16. The following cases were reported by the
17. The following cases were reported by the
18. The following cases were reported by the
19. The following cases were reported by the
20. The following cases were reported by the

21. The following cases were reported by the
22. The following cases were reported by the
23. The following cases were reported by the
24. The following cases were reported by the
25. The following cases were reported by the
26. The following cases were reported by the
27. The following cases were reported by the
28. The following cases were reported by the
29. The following cases were reported by the
30. The following cases were reported by the

31. The following cases were reported by the
32. The following cases were reported by the
33. The following cases were reported by the
34. The following cases were reported by the
35. The following cases were reported by the
36. The following cases were reported by the
37. The following cases were reported by the
38. The following cases were reported by the
39. The following cases were reported by the
40. The following cases were reported by the

41. The following cases were reported by the
42. The following cases were reported by the
43. The following cases were reported by the
44. The following cases were reported by the
45. The following cases were reported by the
46. The following cases were reported by the
47. The following cases were reported by the
48. The following cases were reported by the
49. The following cases were reported by the
50. The following cases were reported by the



Cakes & Frostings

CAKES & FROSTINGS***

Apple Cake and Sauce

2 eggs
1 c. oil
2 c. sugar
2 c. flour
1/2 t. salt

2 t. cinnamon
1 t. soda
1 t. vanilla
4 c. apples, diced
1/2 c. pecans, chopped

SAUCE:

1 c. sugar
1/2 c. butter

1/2 c. half and half
1 t. vanilla

Beat together eggs and oil, then add sugar and continue beating until well blended. Sift together dry ingredients and add to creamed mixture. Stir in remaining ingredients. Bake 45-50 minutes at 350°.

For sauce, cook first 3 ingredients together over low heat until mixture coats a spoon. Do not boil. Stir in vanilla.

Vera Johnston, HN, Ames

Apricot Brandy Cake

1 c. butter
2 c. sugar
4 eggs
1 t. vanilla
1 T. rum

1/2 t. lemon extract
3 c. unsifted flour
1/2 t. each salt and soda
1 c. sour cream
1/2 c. apricot brandy

Beat together butter and sugar until creamy. Add eggs one at a time, beating after each. Add vanilla, rum and lemon extract. Stir together flour, salt and soda. Add flour mixture alternately with sour cream and brandy to creamed mixture, beating well after each addition. Pour batter into well buttered and floured 10-inch bundt pan. Bake at 350° for 70 minutes or until well browned. Cool 10 minutes and turn onto wire rack. Dust with powdered sugar. Serves 10.

Margie Schwinn, EY, Sioux City

Apricot Brandy Pound Cake

3 c. sugar
6 eggs
3 c. flour, sifted with
1/4 t. soda and 1/2 t. salt
1 c. dairy sour cream
1/2 t. rum extract

1 t. orange extract
1/2 t. lemon extract
1/4 almond extract
1 t. vanilla
1/2 c. apricot brandy

Grease and flour only the bottom of a large angel food cake pan. Preheat oven to 325°. Cream butter and sugar in large mixer bowl until very fluffy; add eggs one at a time, beating thoroughly after each. Combine the sour cream, flavorings, and brandy and blend. Add one-third of the sifted dry ingredients to the creamed mixture in mixer bowl and blend. Add one-half the sour cream mixture and blend, one-third dry ingredients, rest of sour cream and end with last one-third of dry ingredients, blending well after each addition. Pour batter into the prepared tube pan and bake for 70-80 minutes or until it tests done with a straw. Invert over cooling rack and cool. Remove from pan and store in cake box. Freezes well.

Sarah Katherine Croghan, NE, Nevada

Banana Crumb Cake

5 T. butter or margarine
1 pkg. coconut pecan or
almond frosting mix
1 c. oatmeal

1 c. sour cream
4 eggs
2 large bananas
1 pkg. yellow cake mix

Melt butter and add frosting mix and oatmeal. Mix and set aside. Beat sour cream, eggs and bananas until smooth. Blend in cake mix and beat 2 minutes. Pour 2 cups batter into greased bundt pan, sprinkle 1 cup of frosting mix on top. Repeat twice, with crumb mix on top. Bake 50-60 minutes, in 350° oven. Remove from pan and turn cake so crumb mixture is on top.

Pat Moser, EJ, Eagle Grove

Banana Split Cake

5 bananas
2 sticks margarine
1 #2 can crushed pineapple,
drained

1 large carton Cool Whip
2 c. powdered sugar
2 c. graham cracker crumbs
2 eggs

Combine 1 stick margarine with graham cracker crumbs to make a 9×12-inch crust in bottom of pan. Next, beat for 10-15 minutes: 1 stick margarine, 2 cups powdered sugar and 2 eggs. Pour over graham cracker crust. Slice bananas and lay over the yellow mixture. Spread drained pineapple over bananas followed by the Cool Whip over all. Garnish with chopped nuts and chopped maraschino cherries. Refrigerate.

Carla Heaton, NC, Des Moines

Banana Split Cake

1 12-oz. box vanilla wafers
3 T. sugar
1/2 c. margarine, melted
2 c. powdered sugar
3 eggs
1 c. margarine
4 bananas, sliced

2 med. cans crushed
pineapple in heavy syrup,
drained
1 jar maraschino cherries,
drained
1 12-oz. carton Cool Whip
Hershey's chocolate sauce
Nuts

Crush wafers and mix with 3 tablespoons of sugar and 1/2 cup melted margarine. Press into 9 x 13-inch pan. Beat powdered sugar, eggs and 1 cup margarine with electric mixer on high for 15 minutes. Pour on top of crust. Layer fruits over powdered sugar mixture and cover with Cool Whip. Drizzle with chocolate sauce and sprinkle with nuts. Refrigerate.

Lavonne Kacer, NW, Clear Lake

Blotch Cake

2 c. sugar
3/4 c. butter or margarine
2 eggs
1 c. milk

3 c. sifted flour (heaping)
3 t. baking powder
1/2 c. melted butter

TOPPING:

1/2 c. sugar
1/8 c. flour
1 t. nutmeg

1 t. cinnamon
1 stick hard butter,
chopped fine

Cream sugar and butter; add eggs and beat. Add dry ingredients alternately with milk. Use 3 pie shells (frozen can be used or 2 deep dish shells right from freezer; do not bake first). Fill with batter. Breech with the butter. Then sprinkle with topping mixture. Bake at 350° about 40 minutes. Use toothpick check.
(A recipe of Mary Allen Stafford.)

Kay Stafford, LM, Davenport

Carrot Cake

2 c. flour
1/2 t. salt
1 t. soda
1 t. cinnamon
2 c. sugar

1 c. Wesson oil
3 eggs
1 c. nuts, chopped
1 c. pineapple, drained
2 c. carrots, grated

TOPPING:

8 oz. pkg. cream cheese,
softened
1/2 stick margarine

1/3 box powdered sugar
1/2 t. vanilla
1/2 c. coconut

Cream sugar, oil and eggs; add flour mixture gradually. Fold in carrots, pineapple and nuts. Bake in 3 8-inch round cake pans at 350° for 30-35 minutes.

For topping, beat cream cheese and margarine until creamy; add powdered sugar, vanilla and coconut. Spread on cake.

Carrie Huff, LZ, Keokuk

Chocolate Chip Oatmeal Cake

1-3/4 c. boiling water
1 c. oatmeal
1 c. brown sugar
1 c. white sugar
1 stick margarine
1-3/4 c. flour

2 large eggs
1 t. soda
1/2 t. salt
1 T. cocoa
3/4 c. chopped nuts
12-oz. pkg. chocolate chips

Pour boiling water over oatmeal; let stand 10 minutes. Add margarine; stir until it melts. Add sugars and beat in eggs. Mix dry ingredients together; add to mixture. Pour into greased 9x13-inch pan. Add chocolate chips and stir slightly. Bake at 350° for 30-35 minutes.

Susan Maysent, NK, Ames

Chocolate Pound Cake

**1/2 lb. butter and
1/2 c. Crisco
3 c. sugar
1 c. milk
1/2 t. baking powder**

**5 T. (heaping) cocoa
5 eggs
3 c. cake flour
1/4 t. salt
1 t. vanilla**

Cream butter, Crisco and sugar. Add eggs one at a time, beating until they disappear. Mix dry ingredients and add alternately with milk and vanilla. Bake in greased and floured large tube pan for 2 hours at 300°. (Don't peek).

Dorothy Humphries, DT, Mt. Vernon

Christmas Cake

**1 large orange
1 c. raisins
1 c. nuts
1 c. sugar
1/2 c. shortening
1 egg
2 c. flour, sifted**

**3/4 t. soda
1 t. baking powder
1/4 t. salt
1/4 t. allspice
1/4 t. cinnamon
1 c. sour milk or buttermilk**

Grind first 3 ingredients and reserve one-fourth of mixture to use in frosting. Cream sugar, shortening and egg. Sift dry ingredients. Add to sugar mixture alternating with sour milk. Stir in fruit mixture. Bake at 325° until it tests done. Use a powdered sugar frosting with fruit mixture added.

Grace Randell, I, Keosauqua

Christmas Fruit Cake

**1 can Baker's Angel Flake
coconut, cut fine
1 can Eagle Brand sweetened
condensed milk
1/2 lb. pecans, halved**

**1-1/2 t. lemon juice
1/2 lb. dates, cut in half
1/2 c. whole candied cherries
2 slices candied pineapple**

Mix all ingredients except pineapple. Line loaf pan with foil; extend over ends of pan. Oil foil. Press cake ingredients firmly into pan; use pineapple slices to decorate. Fold foil over cake ingredients. Set pan in hot water and place in 325° oven. Bake for 3 hours until milk is caramel colored. Fold foil back last 20 minutes so cake will brown.

Annetta Stoutner, CM, Keota

Cranberry Cake

1-1/2 c. flour
1 c. sugar
2-1/2 t. baking powder
3 T. shortening, melted

2/3 c. milk
1 egg
2 c. whole raw cranberries

BUTTER SAUCE:

1/2 c. butter (not margarine) **3/4 c. half and half**
1 c. sugar

Mix dry ingredients; add shortening, milk and egg. Beat 2 minutes. Stir in cranberries. Bake in 8 x 11-inch glass pan at 350° about 40 minutes. Serve with warm butter sauce. For butter sauce, melt butter, add sugar and half and half; mix well. Cook until mixture boils. Boil gently for 6 minutes.

Mary Lou Hadley, JQ, Charles City

Creme De Menthe Cake

1 pkg. white cake mix
**1/2 c. green creme de
menthe**

**1 can yellow-label Hershey's
fudge topping**
**9-oz. ctn. non-dairy
whipped topping**

Mix cake according to package directions, but add to batter 1/4 cup creme de menthe. Bake cake in a greased 9 x 13-inch pan at 350° for about 35 minutes; cool. Stir fudge topping and spread over cake. Blend 1/4 cup creme de menthe into whipped topping. Spread this mixture over fudge topping. Garnish with shaved chocolate. Chill. Serves 12.

Elaine Holcombe, KI, Dubuque

Dr. Bird Cake

3 c. sifted flour
1 t. baking soda
1 t. cinnamon
2 c. sugar
1 t. salt
1-1/2 c. cooking oil

**8 oz. can crushed pineapple
with juice**
1-1/2 t. vanilla
3 eggs
2 c. ripe bananas, diced

Measure dry ingredients and sift. Dice bananas and add to dry ingredients, along with oil, vanilla, eggs and the crushed pineapple with its juice. The mixture is stirred to blend but not beaten. Pour into greased 9-inch tube pan. Bake at 350° for 1 hour and 20 minutes. Cool on rack in pan.

Elnora Moon, KL, Cedar Falls

Fresh Apple Cake

1 c. sugar
2 c. diced apples
1 egg, beaten
1 c. flour

1 t. cinnamon
1 t. soda
1/2 c. nuts

TOPPING:

1/2 c. brown sugar
1/2 c. white sugar
1/2 c. water
1/3 c. flour

1/2 t. vanilla
1/2 c. butter
Dash salt

Combine sugar and diced apples. Let stand 1/2 hour. Add beaten egg. Mix well. Add dry ingredients. Pour into greased 8-inch pan. Bake at 350° for 30-40 minutes. While cake bakes, cook the first four ingredients of the topping until thick. Add vanilla, butter and salt. Stir until butter melts. Pour while warm over warm cake.

Barb Feaster, JN, Clinton

Fresh Apple Cake

2 eggs, beaten
2 c. sugar
1-1/4 c. oil

3 c. flour
1 t. cinnamon
1 t. soda

**3 c. fresh apples, peeled
and chopped**
2 t. vanilla

1/2 t. salt
1/2 c. nuts

Combine first five ingredients; then mix in remaining ingredients. Spread in 9×13-inch pan without greasing or flouring. Bake at 350° for 45 minutes.

Becky Holstrom, LI, Cedar Rapids

Fresh Coconut Cake

- | | |
|--|--------------------------------------|
| 1 coconut | 2 T. water |
| 1/2 c. butter or margarine | 2 t. baking powder
(well rounded) |
| 2-1/2 c. flour
(I use cake flour) | 1 t. vanilla |
| 1 c. coconut milk (add
enough water to make 1 c.) | 6 egg whites (beaten stiffly) |

FROSTING:

- | | |
|-------------------|------------------------|
| 1-1/2 c. sugar | Dash of salt |
| 2 egg whites | 1/4 t. cream of tartar |
| 1/3 c. cold water | 1 t. vanilla |

Prepare whole coconut. Drain milk and refrigerate. Place drained coconut in 300° oven for at least 1/2 hour. Meat of coconut comes out easily when cracked. Peel meat of coconut, then grate or shred finely. Cover and refrigerate.

Cream butter and sugar. Add about one-third of flour first, then some coconut milk and water, and beat each time. Add baking powder in last one-third of flour. Don't overbeat. Add vanilla and fold in beaten egg whites to batter by hand with wire whisk. Bake in layers or a 9×13-inch pan. Bake at 350°-375° until straw comes out clean, or it doesn't leave a dent when touched lightly with a finger. Don't overbake. Turn out on waxed paper or wire rack to cool.

For frosting place all ingredients in double boiler except vanilla. Mix thoroughly. Cook, beating constantly with a rotary or electric beater until mixture forms little waves that hold their shape, about 7 minutes. Add vanilla. Remove from heat and spread on top and sides of cake. Sprinkle top and sides of cake with coconut. Refrigerate if kept a day as coconut is very delicate to keep.

Helen Ash Anderson, HB, Red Oak

Fresh Rhubarb Cake

3/4 c. brown sugar	1 t. soda
3/4 c. white sugar	1 t. vanilla
1 stick margarine	1/2 t. salt
1 egg	2 c. rhubarb, cut small
1 c. buttermilk or sour milk	2 c. flour

Cream sugar and margarine; add beaten egg. Add buttermilk alternating with flour (to which soda and salt have been added and mixed). Add rhubarb and vanilla. Beat. Bake in 9 × 13-inch pan which has been greased and floured. Add a topping of 1/2 cup sugar, 1/2 cup chopped nuts and 1/4 cup plumped raisins. Bake at 350° until done (about 30 or 40 minutes.)

Marian C. Johnson, DE, Perry

George Mardikian's All-Purpose Cake

2 c. brown sugar	1/2 c. butter
2 c. flour	
1 egg, beaten	1 t. soda
1 c. sour cream	1 t. nutmeg

Blend first 3 ingredients as for pie crust. Remove half of this mixture. Grease 9-inch square pan. Put in half the crumb mixture. Combine sour cream and soda. Add the egg, nutmeg and remaining half of crumbs. Pour this batter over the crumb mixture in the pan. Sprinkle with chopped nuts and cinnamon. Bake at 350° for 40 minutes.

George Mardikian's is a restaurant in San Francisco.

Ann Bell, KY, Clinton

Glazed Apple Gems

- | | |
|-----------------------------|---------------------------|
| 1 stick (1/2 c.) butter | 2 c. flour |
| 1-1/3 c. brown sugar | 1 t. soda |
| 1 egg | 1 t. cinnamon |
| 1 apple, peeled and chopped | 1 t. nutmeg |
| 1 c. raisins, chopped | 1-1/2 c. powdered sugar |
| 1 c. walnuts, chopped | 3 T. lemon or apple juice |
| 1/4 c. apple juice | 1 T. unsalted butter |
| 1 t. lemon peel, grated | |

Mix by hand all the ingredients except powdered sugar, apple or lemon juice and unsalted butter. Bake at 375° for 10 minutes. To mix glaze, combine powdered sugar, lemon or apple juice and unsalted butter and pour over cake.

Geraldine Caughlan, MF, Council Bluffs

Goopy Butter Cake

- | | |
|------------------------|-------------------------|
| 1 pkg. yellow cake mix | 1 lb. powdered sugar |
| 2 eggs | 2 eggs |
| 1 stick margarine | 8-oz. pkg. cream cheese |

Mix first 3 ingredients and press into bottom of 2 round 9-inch pans. Mix remaining ingredients and spread on top of crust mixture. Bake at 350° for 30 minutes. Do not overbake as cake will be soft when done. Freezes well.

Lois Miller, GP, Jewell

Hawaiian Delight

- | | |
|--------------------------------------|---|
| 4 eggs | 1 c. oil |
| 1 small can drained mandarin oranges | 1 Duncan Hines butter cake mix (yellow) |

FROSTING:

- | | |
|-------------------------------------|---|
| 12-oz. ctn. Cool Whip | 1 small box crushed pineapple, well drained |
| 1 small box vanilla instant pudding | |

Beat eggs; add oil, cake mix and oranges. Beat according to cake mix directions. Pour into 3 round 8-inch pans. Bake at 350° for 20-25 minutes, or until it tests done. For frosting, stir pudding into Cool Whip; add drained pineapple. Frost between layers, on top and sides.

Lavonne Behrens, BA, Colfax

Hawaiian Dessert Cake

- | | |
|--|---|
| 1 Betty Crocker yellow cake mix | 8-oz. ctn. Cool Whip |
| 1 box vanilla instant pudding | 16-oz. can crushed pineapple, well drained |
| 1 c. milk | Angel Flake coconut |
| 8-oz. pkg. cream cheese, softened | Nuts |
| | Maraschino cherries |

Bake the cake mix as directed, using 17×11-inch jelly roll pan. Let cool. Mix the instant pudding and milk until it thickens. Mix together the softened cream cheese and Cool Whip until creamy and combine with the pudding. Spread this over the cooled cake. Then spread the well drained pineapple over pudding mix. Sprinkle Angel Flake coconut, then sliced macadamia nuts, pecans or walnuts. When ready to serve, top each piece with a maraschino cherry. This keeps well in refrigerator. Can be made the night before.

Rene Hockman, GP, Jewell

Lemon Apricot Cake

- | | |
|---|-------------------------------------|
| 1 pkg. lemon cake mix | 3 eggs |
| 1 can (approx. 1 lb.) apricot halves, unpeeled and undrained | 10 oz. jar apricot preserves |
| | 1 or 2 T. apricot brandy |

In large bowl combine dry cake mix and apricot halves with syrup and eggs. Blend and beat as directed on package. If mixing by hand, mash fruit first. Bake in greased and floured 12-cup bundt pan at 350° for 40-45 minutes. Turn out on wire rack or serving plate. Completely cool. To make glaze, heat apricot preserves. Dilute with apricot brandy. (Put through sieve or in blender, if desired). Pour over cake to glaze.

Helen Berg, JU, Marshalltown

Orange Slice Cake

- | | |
|-----------------------------|--|
| 1 c. butter | 1 t. soda |
| 2 c. sugar | 1 lb. candy orange slices,
cut fine |
| 4 eggs, added one at a time | 2 c. nuts, chopped |
| 1/2 c. buttermilk | 1 c. flaked coconut |
| 3-1/2 c. flour | 1 pkg. dates, chopped |
| 1/2 t. salt | |

GLAZE:

- | | |
|--------------------------------------|---------------------|
| 6-oz. can orange juice,
undiluted | 2 c. powdered sugar |
|--------------------------------------|---------------------|

Mix all ingredients together. Bake at 300° for 2 hours or longer, depending on size of pan. This is nice baked in angel food cake pan. Mix glaze ingredients and pour over cake while still warm. Serve with whipped topping.

Yvonne Fischer, HG, Vinton

Piña Colada Cake

- | | |
|--|-----------------------------------|
| 18-1/2-oz. box yellow
or white cake mix (not
pudding type) | 1-1/3 c. water |
| 3-1/2-oz. can flaked coconut,
divided | 2 eggs |
| | 8-1/2 oz. can cream of
coconut |
| | 12-oz. ctn. Cool Whip |

Combine cake mix, 1 cup coconut, water and eggs. Beat 2 minutes at highest speed. Reduce to low and beat 1 minute more. Pour batter into greased and floured 9 x 13-inch baking pan. Bake at 350° for 25-30 minutes. Cool 10 minutes in pan. Punch holes in the top of the cake with a toothpick. Pour cream of coconut over cake while still warm. Spread Cool Whip over top and sprinkle with remaining coconut. Cover and chill at least 4 hours.

Ann M. Fender, DI, Hamburg

Pineapple Angel Food Cake

- | | |
|---|------------------------------|
| 1 baked angel food cake | 1 pkg. instant lemon pudding |
| 20-oz. can unsweetened
crushed pineapple | 1 pt. whipping cream |

Drain pineapple dry. Add instant pudding mix to pineapple. Whip cream until stiff. Fold into pineapple mixture. Cut cake into 3 layers crosswise. Frost layers and entire cake.

Helen Gethman, FA, Eldora

Rum Cake

18-1/2 oz. yellow cake mix	4 eggs
1 c. pecans	1/2 c. cold water
1 pkg. instant vanilla pudding	1/2 c. cooking oil
	1/2 c. 80-proof rum

Glaze

1 c. powdered sugar	1/2 c. butter
1/4 c. water	

Sprinkle nuts in bottom of oiled and floured cake pan. Pour in cake mixture. Bake at 350° for 45 minutes. Cool 8 minutes and remove from pan. For glaze, boil 5 minutes, cool; stir in 1/2 c. rum.

Esther Bethel, BM, Grinnell

Rum Cake with Hot Rum Glaze

1/2 c. chopped pecans	1/2 c. light rum
18-oz. yellow cake mix	1/2 c. salad oil
3-oz. pkg. butter pecan instant pudding	4 eggs
	1/2 c. water

HOT RUM GLAZE:

1 c. sugar	1/4 c. light rum
1/2 c. butter	1/4 c. water

Grease and flour 10-inch tube or bundt cake pan. Sprinkle pecans on bottom. Combine cake mix, pudding mix, rum, water, oil and eggs. Beat 2 minutes at medium speed. Pour batter in pan and bake at 350° for 50-60 minutes. Turn cake out on serving plate. For glaze, combine ingredients and boil 2-3 minutes. Spoon over warm cake.

Carol Nelson, JK, Des Moines

Self Frosting Cake (Microwave)

**9 oz. size chocolate
cake mix**
1 egg
1/3 c. cooking oil

3/4 c. water
1 t. vanilla
**6 oz. pkg. real chocolate
chips**

Combine all ingredients except chips and put in 9-inch round glass cake pan. Sprinkle chips over the batter. Batter is very thin and they sink to the bottom. Microwave 6-9 minutes, turning 3 times until done. Remove from oven and immediately turn out onto plate. Spread the melted chips out to form frosting.

Susan Jo Young, JD, Storm Lake

Surprise Cupcakes

3 c. flour
2 c. sugar
1/2 c. cocoa
1 t. salt

2/3 c. salad oil
2 t. soda with 2 c. water
2 T. vinegar
2 t. vanilla

FILLING:

8-oz. cream cheese
1 egg
1/3 c. sugar

1/2 t. salt
6-oz. pkg. chocolate chips

Sift flour, sugar, cocoa and salt. Add liquid ingredients. Put cupcake liners in muffin pans. Fill half full of batter. Top with teaspoon of filling. Bake at 350° for 20-25 minutes. May frost if desired. To make filling, beat well first four ingredients; add chocolate chips.

Jean Marshall, FK, Council Bluffs

Turtle Cake

1 chocolate cake mix
14-oz. bag caramels
1/2 c. evaporated milk

3/4 c. melted butter
2 c. nuts
1 c. chocolate chips

Prepare cake mix using package directions. Pour half the batter into greased 9 x 13-inch pan. Bake at 350° for 15 minutes. Melt caramels with milk and butter over low heat; pour over cake. Sprinkle with 1 cup nuts and chocolate chips; pour remaining batter over filling; sprinkle with remaining nuts. Bake 20 minutes longer. May serve with Cool Whip, but great plain.

Janette Tower, CC, Greene

Vanilla Wafer Cake

2 sticks butter or margarine
2 c. sugar
6 eggs
1 c. pecans, chopped
1/2 c. milk

7-oz. pkg. coconut
12-oz. pkg. vanilla wafers,
crumbled
1 t. lemon flavoring

Cream together sugar and butter. Add eggs, one at a time, and beat after each addition. Add crumbs and milk alternately. Add coconut, pecans and flavoring. Turn into a well greased and floured bundt pan. Bake 2 hours at 275°.

Julie Davidson, LS, Des Moines



Candy

CANDY

Almond Bark Drops

1 pkg. white almond bark
(2-2-1/4 lbs)
2 c. colored miniature
marshmallows

2 c. Rice Krispies cereal
1 13-oz. can mixed nuts
1 c. flaked coconut

Melt almond bark in top of double boiler over hot water. Stir in remaining ingredients. Drop by teaspoon onto waxed paper. Makes about 100.

Jeannette Hammons, MT, Fort Dodge

Apricot Creams

8 dried apricots, chopped
1 c. water
2 c. sugar

1/2 t. salt
2 T. butter
Vanilla

Combine apricots and water; cook. Add sugar, salt and butter; heat to boiling. Cook to soft ball stage (234°-236°). Add few drops of vanilla. Cool to room temperature. Beat until thick and creamy. Drop from spoon onto waxed paper or pour into well oiled shallow pan. Cut into squares.

Verna Hamilton, AK, Brooklyn

Butter Crust Toffee

**1 lb. butter or
margarine**
2 c. sugar
1 t. vanilla

**1 c. salted cashews,
crushed**
1 12-oz. bar milk chocolate

Melt butter in heavy pan; add sugar. Cook over high heat until mixture turns a tan color, stirring constantly and rapidly, about 8-10 minutes. Remove from heat; add vanilla and 2/3 cup nuts. Pour out onto large foil lined cookie sheet. Cool until candy begins to harden. Melt chocolate in double boiler; spread over candy. Sprinkle with remaining nuts; cool thoroughly. Break into pieces.

Sue Gumbel, CM, Keota

Caramels

1 c. white Karo syrup
3-3/4 c. cream

1 c. butter
3-3/4 c. sugar

Put syrup, butter, sugar and half the cream into a large kettle. Bring to a rolling boil. Heat remaining cream; add slowly and keep mixture boiling. Test in ice water. Cook until brittle and brown. Pour onto buttered platter. When partly cool, cut with paring knife and wrap each piece in waxed paper.

Laurie Freeburg, MI, Ames

Chocolate Mints (Microwave)

1-1/2 lbs. white almond bark
**1 c. 6-oz. semi-sweet
chocolate chips**

1 t. peppermint extract
4 drops green food coloring
3 T. whipping cream

Line bottom and sides of an 8 x 10-inch pan with waxed paper. In a 4-cup glass measure, microwave uncovered 1 pound of white bark and chocolate chips on HIGH for 2-1/2-3 minutes or until softened. Spread 1/2 in bottom of pan; refrigerate 20 minutes. Allow remaining mixture to stand at room temperature. Place remaining white bark in a 2-cup glass measure; microwave on HIGH for 1-1/2-2 minutes (uncovered) until just softened. Stir in extract and coloring. Mixture will get stiff. Stir in cream until it is of spreading consistency. Spread over chocolate layer and refrigerate until set, about 20 minutes. Spread remaining chocolate mixture over mint layer; chill until set. Before serving, allow to warm to room temperature. Lift waxed paper from pan; cut mints at room temperature.

Barbara Fryzek, FF, Glenwood

Cranberry Gum Drops

**3 3-oz. pkgs. raspberry
gelatin**

1 c. white sugar

1 can jellied cranberry sauce

**1/2 t. raspberry flavoring
(optional)**

1/2 c. chopped nuts, optional

Mix well the sugar, cranberry sauce and gelatin; put on low heat and stir until dissolved. Bring to a boil (boils only a little bit). Remove from heat. Let set 20 minutes. Add flavoring and nuts, if desired. Sprinkle sugar on 8 x 8-inch pan and pour mixture into pan; let stand overnight. Cut into small squares and roll in sugar. Put on waxed paper and lay additional waxed paper on top of pieces; let set for 3-4 days.

Helen Mills, CM, Keota

Fudge

2-1/4 c. white sugar
3/4 c. evaporated milk
1/3 c. light corn syrup
2 T. margarine
Dash of salt

2 c. semi-sweet chocolate morsels
1 t. vanilla
1 c. nuts, chopped

Combine sugar, evaporated milk, corn syrup and butter. Bring to a boil, stirring constantly. Cook over moderate heat for 5 minutes, stirring constantly. Remove from heat. Add the chocolate morsels and vanilla and stir until smooth. Add nuts. Pour into greased 8 x 8 x 2-inch pan. Top with pecan halves, if desired. Makes about 2-1/2 pounds.

Hazel Evans, JY, Des Moines

Marble Fudge (Microwave)

1 12-oz. pkg. semi-sweet chocolate pieces
1 12-oz. pkg. butterscotch pieces

1 c. peanut butter
1 10-1/2-oz. pkg. miniature marshmallows
1 c. salted peanuts

Combine chocolate pieces, butterscotch pieces and peanut butter in a large glass mixing bowl. Microwave on MEDIUM for about 5 minutes. Stir until melted. Fold in marshmallows and peanuts. Spread in a buttered 9 x 13-inch pan. Refrigerate for several hours or until set. Cut into squares.

Alice Annear, DW, Coon Rapids

Miraculous Peanut Clusters

1 12-oz. pkg. semi-sweet chocolate morsels
1 lb. white almond bark

1 14-oz. pkg. salted peanuts or dry roasted peanuts

Melt chips and bark in double boiler or microwave. When completely melted, stir in peanuts. Drop by teaspoon on waxed paper and cool.

Dorothy Lauer, GT, Winfield

Mom's Dipped Chocolates

1 c. butter
3 lb. powdered sugar
1 lg. can Eagle Brand condensed milk
1-1/2-oz. cocoa butter (buy at drugstore)

3 pkgs. Baker's baking and candy making chocolate, semi-sweet
Maraschino cherries, nuts, etc.

Make fondant by cutting butter into powdered sugar until mixture looks mealy. Mix in condensed milk with fingers. Form around cherries, nuts, etc., and make into balls. Chill very well; could even freeze fondant balls. Melt cocoa butter and chocolate in top of double boiler. Use pick to spear fondant and dip into chocolate. Drain on waxed paper-covered cookie sheet and chill.

Mary Blake, CM, Keota

Mom's Fudge

4 c. sugar
1 lg. can evaporated milk
1/2 c. margarine or butter
1 12-oz. pkg. semi-sweet chocolate morsels

2 8-oz. Hershey candy bars without nuts
10-oz. jar marshmallow cream
1 c. walnuts or pecans, chopped
1 t. vanilla

Bring sugar, milk and butter to a boil. Boil 5 minutes over low heat. Remove from heat. Add chocolate, marshmallow cream and nuts. Stir to blend. Spread in greased cookie sheet with sides. Cool for several hours. Best kept under refrigeration. Freezes well, too. Makes 8-10 dozen pieces.

Bonnie Sundberg, NP, Boone

Needhams

**1 med. potato, boiled and
mashed or 1/2 c. potato
flakes and 1/2 c. boiling
water**

1 lb. confectioner's sugar

1/2 t. vanilla

1 7-oz. pkg. coconut

1 12-oz. pkg. chocolate chips

1/4 bar paraffin

Mash potato or mix flakes. Add sugar and vanilla. Mix until stiff, then add coconut. Pat out into a 9 x 9-inch pan and cut into small pieces. Dip into mixture of melted chocolate and paraffin.

Doris Sessions, LU, Cedar Rapids.

Peanut Butter Fudge

**1 12-oz. pkg. peanut butter-
favored chips**

**1 14-oz. can Eagle Brand
sweetened condensed milk**

1/4 c. butter or margarine

**1/2 c. chopped peanuts,
optional**

**1 6-oz. pkg. semi-sweet
chocolate morsels**

In large saucepan, melt peanut butter chips, 1 cup sweetened condensed milk and 2 tablespoons butter. Stir occasionally. Remove from heat and stir in peanuts. Spread mixture into waxed paper-lined, 8-inch square pan. In small saucepan melt chocolate morsels, remaining milk and butter. Spread mixture on top of peanut butter mixture. Chill 2 hours or until firm. Turn fudge onto cutting board. Peel off paper and cut into pieces.

Carolyn Houk, MY, Jefferson

Pralines

2 c. granulated sugar

1 t. baking soda

1 c. buttermilk

Pinch salt

2 T. butter

**1-1/2 c. broken (not chopped)
pecans**

Put the first 4 ingredients into a large kettle. Cook briskly, stirring frequently until candy thermometer registers 210°. Add the butter and pecans; stir continuously and cook until thermometer registers 230° or soft ball stage. Remove from heat. Let stand 1-2 minutes, then beat until creamy and thickened. Drop immediately by teaspoon onto waxed paper.

Frances Heaton, MG, Cedar Rapids

Spiced Pecans

1 egg white, beaten until foamy	1 t. cinnamon
2-1/2 t. water	1/2 t. cloves
3/4 c. white sugar	1/4 t. allspice
3/4 t. salt	1/4 t. nutmeg
3-4 c. pecans, shelled	

Mix well, using hands if necessary. Put on cookie sheet. Bake at 250° for 45 minutes. Turn once. Loosen quickly.

Lucille Smith, FR, Olney
First Vice President, International Chapter

Swedish Pecans

1 lb. pecans	1/4 t. cinnamon
2 egg whites, room temperature	1/8 t. nutmeg
1 c. sugar	1/2 c. margarine

Warm pecans at 325° for 15-20 minutes on cookie sheet. Do not burn. Beat 2 egg whites and add sugar gradually until stiff; add cinnamon and nutmeg. Melt margarine and mix with pecans in the meringue. Bake at 325° for 20-25 minutes, stirring every 7-10 minutes.

Elizabeth Peters, MD, Ft. Dodge

Toffee

1 c. butter or margarine	1 c. nuts, coarsely chopped
1 c. sugar	4-oz. milk chocolate, melted
3 T. water	1/2 c. nuts, finely chopped
1 T. light corn syrup	

Melt butter in heavy 2-quart saucepan; add sugar, water and syrup. Cook, stirring often, to hard crack stage, 300°. Stir in coarsely chopped nuts. Quickly pour to 1/4-inch thickness on well-greased cookie sheet. When cool, spread melted chocolate over top and sprinkle with finely chopped nuts. When hardened, break into pieces.

Janet Anderson, MQ, Council Bluffs

Twice-Cooked Divinity

2 c. sugar

1/2 c. light corn syrup

1/2 c. water

Pinch of salt

2 egg whites

1 t. vanilla

Combine sugar, syrup, water and salt. Stir until dissolved. Boil gently to soft ball stage or 240°. Beat egg whites until stiff but not dry. Gradually pour 1/2 cup of syrup over egg whites, beating constantly. Cook remaining syrup to light crack stage or 265°. Beat remaining syrup into candy mixture, adding vanilla. When mixture holds its shape when dropped from a spoon, drop on cookie sheet covered with waxed paper.

Arleta Barnum, CM, Keota



Canning & Freezing

CANNING & FREEZING❀❀

Apple Rings

2 gal. cucumbers	2 c. cold water
2 c. lime	10 c. sugar
2 gal. water	2 t. salt
1 c. vinegar	8 sticks broken cinnamon sticks
1 T. alum	14-oz. bag cinnamon red hots (candy)
1 bottle red food coloring	
2 c. vinegar	

Peel and slice cucumbers; remove seeds. Dissolve lime in water; pour over cucumbers and let stand 24 hours. Drain off lime solution and rinse cucumbers thoroughly. Combine vinegar with enough water to cover cucumbers; add alum and food coloring. Pour over cucumbers and let stand 2 hours. Drain. Combine vinegar, cold water, sugar, salt, cinnamon sticks and candies. Bring to a boil; pour over cucumbers and let stand overnight. Drain and reheat syrup; pour over cucumbers in hot sterilized jars and seal.

Maxine Lovett, T, Garden Grove

Baked Apple Butter

12 c. sugar	1 t. nutmeg
4 t. cinnamon	

Wash apples, quarter, remove core. Cook until tender, then run through a food mill or sieve. Use 15 cups of this apple mixture. Add above ingredients. Mix thoroughly, put in a large shallow pan. I used 2 large cake pans. Bake at 350° for 1 hour and 15-30 minutes according to how juicy your apples are. Stir the butter every 15 minutes or so. Pack in sterilized jars and seal.

Margaret Hull, CH, Villisca

Beet Pickles

2 c. sugar
2 c. water
2 c. vinegar
1 t. Real Lemon

1 T. cinnamon
1 t. cloves
1 t. allspice
1 t. salt

Cook the beets, peel and slice. Make a pickling syrup of the above ingredients. Put sliced beets in syrup and simmer for 15 minutes. Seal in sterilized jars.

No Name

Bread-and-Butter Cucumbers

1 c. sugar
1 c. cider vinegar
1/2 t. turmeric
1/2 t. celery seed

1/2 t. mustard seed
1 lb. cucumbers, cut into
1/4-inch slices
1 large onion, thinly sliced

In 4-quart enamel or stainless steel saucepot over high heat, heat sugar, vinegar, turmeric, celery and mustard seed to boiling, stirring often. Add cucumbers and onion; heat to boiling. Reduce heat to low; simmer, uncovered, 10 minutes, stirring occasionally. Store in covered glass container in refrigerator and use within 1 month. Makes about 3-1/2 cups.

Lillian Corley, J. Valparaiso, IN
Second Vice President, International Chapter

Canned Spaghetti Sauce

20 c. peeled tomatoes,
chopped
3 c. onions, finely chopped
4 stalks celery, chopped
2 or 3 green peppers,
chopped

1 T. black pepper
3 T. salt
1 T. garlic salt
6-oz. can tomato paste
1-2 c. sugar
2 c. water, as or if needed

Bubbly cook for 2 hours. Stir as needed. Put into sterilized pint jars and seal. Makes a one-dish meal when combined with browned ground beef and spaghetti.

Jeanette Platt, KU, Davenport

Chili Sauce

12 medium onions	1 qt. cider vinegar
3 green peppers	3 T. salt
3 red peppers	1 t. whole cloves
1 stalk celery,	2 t. ginger
finely chopped	2 t. cinnamon
1 pk. (8 qts.) tomatoes,	2 c. brown sugar
peeled, quartered	2 c. white sugar

Cut up onions, green peppers and red peppers. Combine and process in blender. In a large pot combine with celery and tomatoes. Add vinegar, salt, cloves, ginger, cinnamon, brown sugar and white sugar. Boil very carefully, stirring often to prevent scorching, about 3-4 hours. Pour sauce into hot sterilized jars and seal tightly. Makes 12 pints. Hint: Add 3 tablespoons of cornstarch to thicken sauce and shorten the boiling time.

Marjorie Chavenelle, IP, Dubuque

Freezer Pickles

7 c. cucumbers, sliced	2 c. sugar
1 c. onion, sliced	1 c. vinegar
1 c. pepper, chopped	2 t. celery salt
2 T. pickling salt	

Combine first four ingredients and let stand 2 hours. Rinse and drain. Place in pint containers and add the cold mixture of sugar, vinegar and celery salt. Freeze. This makes 3 pints. Remove from freezer to refrigerator 8 hours before serving.

Lucille Williams, CN, Williamsburg

Golden Glow Pickles

6 lbs. ripe yellow or green cucumbers
6 large onions
3 red peppers
3 green peppers
1/2 c. pickling salt

2 c. white sugar
2 c. brown sugar
2 c. cider vinegar
1 t. turmeric
1 t. mustard seed
1 t. celery seed

Peel cucumbers, cut in half and scoop out seeds and pulp. Cut the firm part in bite-sized chunks. Dice onions and peppers. Combine all, stir in salt and let stand overnight. Drain next day, rinse with cold water and drain again. Combine sugar, vinegar and spices; add to vegetables and cook slowly until cucumbers are transparent (about 20 minutes). Place in hot sterilized jars and seal at once. Makes about 6 pints.

Ella Barnes, L, Sigourney

Green Pepper Jam

3 large or 6 small green peppers
1-1/2 T. hot red pepper, powdered

6 c. sugar
1-1/2 c. white vinegar
6-oz. liquid Certo
1 t. green food coloring

Grind peppers; add sugar, powdered red pepper and vinegar, boil 5 minutes. Add Certo and green food coloring; boil additional 2 minutes. Pour into sterile jelly containers and seal. Serve with cheese or cream cheese and crackers.

Nan Gray, GO, Decorah

Green Pepper Jelly

15-20 sweet green bell peppers
7 c. sugar

1-1/2 c. cider vinegar
6-oz. liquid Certo
Green food coloring

Clean and seed peppers, removing membranes. Grind with food chopper. Drain thoroughly (may set overnight in colander in refrigerator). Press remaining juice out. You should have about 4 cups ground pepper. In large heavy pan, bring the sugar and vinegar to a boil slowly. Add the ground peppers and boil 5 minutes. Add Certo and boil 3 minutes longer, stirring frequently. Remove from heat. Add about 15 drops food coloring. Skim if necessary. Pour into sterilized jars. Seal with paraffin. Makes about a dozen small baby food jars full, or 6-8 jelly glasses. This is delicious served on crackers with a dab of cream cheese.

Ruth Hanson and Judy McConkie, CZ, Jefferson

Italian Tomato Sauce

**18 lbs. ripe tomatoes
(54 medium)**

3 T. brown sugar

1-1/2 T. salt

1/2 t. pepper

3 large onions, chopped

3/4 c. parsley

6 cloves garlic, crushed

**1 T. each of basil, oregano
and thyme**

3 bay leaves

Remove stem ends and core tomatoes. Cut up tomatoes and let stand in colander 15-20 minutes to drain. In a 10-quart Dutch oven, combine tomatoes, brown sugar, salt and pepper. Bring to boil and stir occasionally. Boil gently, uncovered, 1 hour. Then puree through food mill or food processor. Return puree to pan. Add remaining ingredients and boil gently, uncovered, 1-1/4 hours or to desired consistency. To process, pack hot sauce into hot pint jars leaving 1 inch head space. Process in boiling water bath 55 minutes or freeze. Makes 5 pints.

Jane Heidenreich, DS, Odebolt

Raspberry Jam from Frozen Berries

5 10-oz. pkgs. frozen
raspberries, thawed
6 c. sugar

1 c. cranberry cocktail
1 box Sure-Jell

Combine raspberries, cranberry cocktail and Sure-Jell. Bring to boil over high heat. Add 1 teaspoon butter and 6 cups sugar all at once. Boil 1 minute, stirring constantly. Remove from heat and skim. Pour into sterilized jars and seal. If not sealed, jam should be placed in freezer. Do not use paraffin to seal.

Betty Hunck, LK, Cedar Falls

Sweet Pickle Relish

1 medium cucumber,
unpeeled
6 medium onions
2 green peppers
2 T. salt

3 c. sugar
1 c. vinegar
1 t. mustard seed
1 t. celery seed

Grind first 3 ingredients together. Add salt and let stand 1 hour. Drain well. Mix remaining ingredients and pour over relish. Boil for 5 minutes. Pack in jars and seal. Delicious for potato salad, tuna salad or as tartar sauce.

Beverly Sloan, CG, Eldon



Cookies & Bars

COOKIES & BARS

Angel Food Bars

1 c. sugar
1/2 c. butter
3 eggs
1 t. vanilla

12-oz. box vanilla wafers,
finely crushed
1-1/2 c. angel flake coconut

TOPPING:

1/2 c. butter
5 t. cream

1 c. brown sugar
1/2 c. pecans, chopped

Cream sugar and butter; add eggs, 1 at a time, beating well after each. Add vanilla; beat until batter is light and fluffy. By hand, stir in cookie crumbs and coconut. Drop by large spoonfuls evenly over lightly greased 15 x 10 x 1-inch jelly roll pan. Wet finger tips slightly, then pat dough evenly over bottom of pan. Bake at 325° for 20-25 minutes until lightly brown. Do not overbake.

For topping, combine ingredients in saucepan. Bring to boil over medium heat; boil gently 3 minutes. Pour and spread over bars when removed from oven. Broil until topping bubbles. Watch carefully; this takes about 1 or 2 minutes.

Jane DeRosear, O, Farmington

Applesauce Brownies

1-1/2 c. sugar
2 eggs
2 T. cocoa
1/2 c. margarine
1/2 t. salt

2 c. sweetened applesauce
1 t. soda
1/2 t. cinnamon
2 c. flour

TOPPING:

2 T. sugar
1 c. English walnuts

1 c. chocolate chips

Cream margarine, sugar, cocoa and eggs in mixing bowl. Add dry ingredients and applesauce alternately until mixed. Spread in 10 x 15-inch greased jelly roll pan. For topping, mix last 3 ingredients and spread on dough. Bake at 350° for 30 minutes. Serves 28.

Corinne James, AH, West Liberty

Apricot Bars

1-1/2 c. flour
1 t. baking powder
1 c. brown sugar, packed

1-1/2 c. quick oatmeal
3/4 c. butter
18-oz. jar apricot jam

Mix first 4 ingredients and cut in the butter. Pat 2/3 of oatmeal mixture in bottom of a 9 x 12-inch greased pan. Spread jam on top and sprinkle rest of oatmeal mixture on top and pat in place. Bake at 350° for 15-20 minutes.

Gean Holmes, Z, Waterloo

Apricot Bars

1 c. dried apricots
3/4 c. water
1 c. flour
6 T. butter
1-1/2 c. brown sugar
1 T. cornstarch

1/4 t. salt
2 t. grated orange peel
2 T. orange juice
2 eggs, beaten
1-1/2 c. flaked coconut

Cut apricots in small pieces, combine with water; cover and simmer 20 minutes. Mix flour, butter and 1/2 cup sugar. Press crumbly mixture into 11 x 7-inch pan. Bake at 350° for 20 minutes. Mix 1 cup sugar, cornstarch and salt; stir into undrained apricots and cook until thickened, stirring constantly. Remove from heat. Stir in remaining ingredients, reserving a little coconut. Spread apricot mixture over baked crust; sprinkle with reserved coconut. Bake at 350° for 25 minutes. Cool. Cut into bars.

Mary F. Paulding, CX, Columbus Junction

Apricot Bars

3/4 c. butter

1 c. sugar

2 c. flour

1/2 t. soda

1/2 t. salt

1/2 c. coconut

1/2 c. nuts, chopped

1 12-oz. jar apricot jam

Crumble first five ingredients in bowl. Then add the coconut and chopped nuts. Press two-thirds of jam mixture into 9 x 13-inch pan. Spread on mixture, then the other one-third of dough on top. Bake at 350° for 30 minutes. Hint: Jam spreads easier if heated slightly.

Karen Shields, EN, Nashua

Apricot Frills

1/2 c. sugar

1 c. shortening or butter

Salt

2 egg yolks

2-1/2 c. flour

1 jar Smucker's apricot preserves

4 egg whites

1 c. sugar

Cream sugar and shortening; add salt, egg yolks and flour. Pat dough in 11 x 14-inch cookie sheet; spread with apricot preserves. Beat egg whites; add sugar to make meringue. Spread over other two layers. Bake at 350° for 35 minutes. Cut in squares.

Vesta Ketels, LD, Sioux City
Past President, Iowa State Chapter

Caramel Pecan Dream Bars

**1 Pillsbury Plus yellow
cake mix**
1/2 c. butter, softened
**14-oz. can sweetened
condensed milk**

2 eggs
1 t. vanilla
1 c. pecans, chopped
**1/2 c. Heath Bits O' Brickle
baking chips**

Cream cake mix, butter and 1 egg. Mix at high speed until crumbly. Press into 9 × 13-inch greased pan. Beat condensed milk, 1 egg and vanilla until blended. Stir in nuts and baking chips. Pour over cake mix in pan. Spread to cover. Bake at 350° for 25-35 minutes, until light golden brown. Center may appear loose, but will set upon cooling. Cool completely. Cut into bars. Makes 36.

Fern Rundell, JG, Sioux City

Chocolate Sherry Cream Bars

4-oz. baking chocolate
1 c. butter
4 eggs
2 c. sugar

1 c. flour, sifted
1/2 t. salt
1 t. vanilla

FILLING:

1/2 c. butter
4 c. confectioner's sugar
1/4 c. cream

1/2 c. sherry
**1 c. walnuts or pecans,
chopped**

TOPPING:

6-oz. pkg. chocolate chips
3 T. water

4 T. butter

Melt chocolate and butter over boiling water and cool slightly. Beat eggs with electric mixer until light; gradually add sugar. Add chocolate mixture, flour, salt and vanilla. Beat 1 minute. Pour into 10 x 14-inch pan which has been greased and floured. Bake at 350° for 25 minutes. Cool.

For filling, beat butter and sugar together with electric mixer, adding cream and sherry gradually. When mix is light and fluffy, add nuts and mix well. Spread over chocolate base. Chill.

For topping, melt chocolate bits with water and butter over boiling water. Mix well and drizzle over filling. Let topping harden before cutting into bars for serving. Best when served chilled. Freezes well.

Jean Funck, HU, Burlington

Double Chocolate Crumble Bars

1/2 c. butter or margarine

3/4 c. sugar

2 eggs

1 t. vanilla

3/4 c. flour

1/2 c. pecans, chopped

1 t. salt

2 T. cocoa

1/4 t. baking powder

2 c. miniature marshmallows

6-oz. pkg. chocolate chips

1 c. peanut butter

1-1/2 c. Rice Krispies

Cream margarine and sugar; beat in eggs and vanilla. Stir together flour, chopped nuts, cocoa, baking powder and salt. Stir into egg mixture. Spread in bottom of greased 9 x 12-inch baking pan. Bake at 350° for 15-20 minutes or until bars test done. Sprinkle marshmallows on top; bake 3 minutes more; cool. In a small saucepan combine chocolate chips and peanut butter. Cook and stir over low heat until chocolate is melted. Stir in cereal. Spread mixture on top of cooled bars; chill. Cut in bars. Refrigerate.

Alleen Nichols, JZ, Des Moines

Goombahs

14-oz. pkg. caramels
1/3 c. evaporated milk
1 pkg. German chocolate
cake mix
3/4 stick margarine, melted

1/3 c. evaporated milk
1/2 t. vanilla
1 c. chopped nuts, optional
6-oz. pkg. chocolate chips

Melt caramels and milk in top of double boiler. Set aside. Mix cake mix, margarine, evaporated milk, vanilla and nuts until it holds together. Press 1/2 of above mixture in 9 x 13-inch pan. Bake for 6 minutes at 350°. Remove from oven; sprinkle chocolate chips on cake and spread caramel and milk mixture over chocolate chips. Then spread remaining cake mixture over top and bake 15-18 minutes.

Mary Ellen Christensen, EJ, Eagle Grove

Grasshopper Bars

3/4 c. soft butter
3/4 c. powdered sugar, sifted
1 T. milk
1/4 t. peppermint extract

1-1/2 c. flour
1/2 t. baking powder
1-oz. sq. unsweetened
chocolate, melted

CHEESE LAYER:

1/4 c. soft butter
3-oz. pkg. cream cheese
4 c. powdered sugar, sifted

1/4 t. peppermint extract
3 T. milk
Green food coloring

Cream butter. Add sugar, milk and extract. Cream again. Add flour with baking powder; mix well. Spread evenly in a 9 x 13-inch pan. Bake at 325° for 25-30 minutes. Cool slightly. To make cheese layer, cream butter and cheese. Add sugar, salt, extract and milk. Cream again. Tint with food coloring. Spread cheese layer over bottom layer. Drizzle with chocolate. Chill. Cut in bars.

Loretta Kent, CM, Keota

Hello Dollies

1 stick butter or margarine
1-1/2 c. graham cracker
crumbs
1-1/2 c. flaked coconut
1-1/2 c. chocolate chips

1/2 c. butterscotch chips
1 c. nuts, chopped
15-oz. can sweetened
condensed milk

Melt butter in 9 x 13-inch pan. Sprinkle crumbs over butter. Stir thoroughly and press to form a bottom crust. Sprinkle coconut, chips and nuts on top in the order given. Pour milk over all. Bake at 350° for 30 minutes. Cool and cut into squares.

Linda Schuchert, HI, Iowa City

Lemon Dream Bars

1/3 c. butter
1 c. flour
2 T. granulated sugar
2 eggs, beaten
1/2 c. brown sugar

3/4 c. coconut
1/2 c. nuts, chopped
1/4 t. salt
1/8 t. baking powder
1/2 t. vanilla

LEMON FROSTING:

2 T. lemon rind
2 T. lemon juice

1 c. powdered sugar

Cut butter into flour mixed with granulated sugar. Press into ungreased 9 x 9-inch pan. Bake at 350° for 15-20 minutes. Combine remaining bar ingredients; spread over mixture in pan. Bake at 350° for 20 minutes. Frost with lemon frosting and cut into bars. Makes 24.

Eula Shriver, KO, Des Moines

London Bars

1 c. flour
1/2 c. brown sugar
1/2 c. butter
1 c. brown sugar
2 eggs
1 t. vanilla

1/2 c. walnuts or pecans,
chopped
3 T. flour
1/2 t. salt
1-1/2 c. coconut

Mix first 3 ingredients together and pat into an 8-1/2 x 11-inch pan. Bake 10 minutes at 350°. Mix remaining ingredients together and spread over the first layer after it has baked. Replace in oven and bake 20-30 minutes longer. Cut into bars.

Marjorie Johnson, ID, Madrid

Mint Toll House Squares

1/2 c. butter or shortening
6 T. white sugar
6 T. brown sugar
1/2 t. vanilla
1 egg
1 c. plus 2 T. flour

1/2 t. baking soda
1/4 t. salt
1/2 c. nuts, optional
6-oz. pkg. chocolate mint
chips

Combine butter, sugars and vanilla; beat well. Add egg and beat again. To this mixture add flour, soda, salt and nuts. Mix well and spread in greased 9 x 13-inch cake pan. Sprinkle chocolate mint chips over the top. Bake at 375° for 1 minute, then marbleize and continue baking for 15-18 minutes. Cut in squares when cool.

Norma Richardson, CM, Keota

Moist Apple Bars

2 c. sugar
2 c. flour
1 t. salt
2 t. soda
1 c. cooking oil
2 eggs

2 t. cinnamon
2 t. vanilla
1 c. nuts
4 c. apples, peeled and
chopped

Mix all ingredients together. Pour in greased 11-1/2 x 17-inch cookie sheet. Bake at 350° for 25-30 minutes. May frost with powdered sugar frosting.

Wanda Baumert, CM, Keota

Nut Goodie Bars

12-oz. pkg. semi-sweet
chocolate chips
12-oz. pkg. butterscotch
chips
2 c. peanut butter
2 c. peanuts, coarsely
chopped

1 c. margarine or butter
1/2 c. evaporated milk
3-3/4 oz. pkgs. vanilla
pudding mix, not instant
2 lbs. powdered sugar
1 t. vanilla

Butter a 10×15-inch jelly roll pan. In large pan melt chocolate chips and butterscotch chips over low heat. Remove and add peanut butter. Mix well and spread half of this mixture in prepared pan. Chill. Add peanuts to remaining chocolate mixture and set aside.

In large pan over low heat, melt margarine. Slowly add evaporated milk and stir in pudding mix. Cook, stirring constantly, until mixture is slightly thickened. Do not boil. Remove from heat; add powdered sugar and vanilla. Cool slightly. Spread over chilled chocolate layer. Chill 30 minutes. Drop reserved chocolate-peanut mixture over pudding layer (small spoonfuls) and spread. Chill until firm. Store in refrigerator.

Elleen Naber, JI, Cedar Rapids

Oatmeal Caramelitas

1 c. flour
1 c. quick oatmeal
3/4 c. brown sugar, packed
1/2 t. soda
1/4 t. salt
3/4 c. margarine, softened

1 c. chocolate chips
1/2 c. nuts
3/4 c. caramel ice cream
topping
3 T. flour

Mix flour, oats, brown sugar, soda, salt and margarine. Blend at low speed to form crumbs. Press half of crumbs into bottom of an 11×7-inch pan. Bake at 350° for 10 minutes. Remove from oven. Sprinkle with chocolate chips and nuts. Blend caramel topping with 3 tablespoons flour and pour caramel mixture back and forth over chips and nuts. Sprinkle with remaining crumbs. Bake 15-20 minutes until golden brown. Chill. Cut into bars. May double recipe and use a 15-1/2×11-inch cookie sheet.

Marlys Keith, DQ, Reinbeck

Peanut Butter Fingers

1/2 c. margarine
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1/3 c. peanut butter
1/2 t. soda

1 t. vanilla
1/4 t. salt
1 c. flour
1 c. quick oatmeal
1 c. chocolate chips
Chopped nuts

Cream margarine. Gradually add sugars and cream well. Blend in egg, peanut butter, soda, vanilla and salt. Add flour and oatmeal. Mix thoroughly. Spread in a greased 9 x 13-inch pan. Bake at 350° for 18-20 minutes or until lightly browned. Immediately sprinkle on chocolate chips. Let stand 5 minutes, then spread like frosting. Sprinkle chopped nuts over mixture. Cool. Cut into bars.

Dorothy Zimmerman, HA, Fairfield

Peanut Butterscotchers

**1-1/2 c. sifted all-purpose
flour**
2 t. baking powder
1/2 t. salt
1/3 c. butter or margarine

1-1/2 c. sugar
1/2 c. evaporated milk
2 eggs, unbeaten
**1 T. lemon rind, grated,
optional**

TOPPING:

**6-oz. pkg. butterscotch
morsels**

1 c. peanut butter
2 c. crushed corn flakes

Sift flour with baking powder and salt. Melt butter in saucepan; remove from heat. Add sugar and milk; blend well. Blend in eggs; beat well. Stir in dry ingredients and lemon rind; mix well. Pour into 15 x 10-inch jelly roll pan or slightly smaller cake pan, greased and floured on bottom. Bake at 350° for 30-35 minutes or until brown. Cool.

For topping, melt morsels in double boiler over hot water. Remove from heat and stir in peanut butter and corn flakes. Spread on top of cooled cake.

Marlon Henderson, CK, Mount Ayr

Praline Cookies

20-24 graham crackers
1 c. butter (not margarine)
1 c. light brown sugar

1 c. pecans, chopped
1 t. vanilla

Line cookie sheet with crackers. Melt butter; add brown sugar and boil 2 minutes. Remove from stove when boiling stops. Add nuts and vanilla; stir. Spread over crackers. Bake at 350° for 10 minutes. When cool cut into desired shapes.

Mildred Rule, FL, Bellevue

Prayer Bars

1/4 c. sugar
1/4 c. cocoa
1/2 c. margarine
1 egg, beaten
1/2 t. vanilla
1 c. flaked coconut
2 c. graham crackers,
crushed

1/2 c. nuts
1/2 c. margarine
1/2 box vanilla instant
pudding mix
3 t. milk
2 c. powdered sugar
3 T. shortening
6-oz. pkg. chocolate chips

Melt 1/2 cup margarine, sugar and cocoa in double boiler. Add egg and vanilla when thick. Cool slightly. Add coconut, graham crackers and nuts. Pat in 9 x 13-inch pan and place in refrigerator. Beat 1/2 cup margarine, pudding mix, milk and powdered sugar until smooth. Pour over crumb layer. Refrigerate. Melt shortening and chocolate chips in double boiler. Cool slightly. Spread over top. Refrigerate. Cut and keep in refrigerator.

Margaret Olsen and Ruth Haas, FK, Council Bluffs

Pumpkin Pie Squares

1 c. sifted flour
1/2 c. quick-cooking rolled
oats
1/2 c. brown sugar
1/2 c. butter or margarine
1-lb. can pumpkin
13-1/2-oz. can evaporated
milk
2 eggs

3/4 c. sugar
1/2 t. salt
1 t. cinnamon
1/4 t. cloves
1/2 t. ginger
1/2 c. pecans, chopped
1/2 c. brown sugar
2 T. butter or margarine

Combine flour, rolled oats, 1/2 cup brown sugar and 1/2 cup butter or margarine in bowl. Mix until crumbly, using electric mixer on low speed. Press into ungreased 13 x 9 x 2-inch pan. Bake at 350° for 15 minutes.

Combine pumpkin, evaporated milk, eggs, sugar, salt and spices in bowl. Beat well. Pour into crust and bake at 350° for 20 minutes.

Combine pecans, 1/2 cup brown sugar and 2 tablespoons butter or margarine; sprinkle over pumpkin filling. Return to oven and bake 15-20 minutes or until filling is set. Cool in pan and cut into 2-inch squares. Good served with a dollop of whipped cream.

Joan Kirk, AW, Osage

Salty Nut Rolls

1 pkg. yellow pudding-type
cake mix
1/3 c. margarine
1 egg
Marshmallows, miniature
12-oz. pkg. peanut butter
chips

2/3 c. white syrup
1/4 c. margarine
2 t. vanilla
2 c. Rice Krispies
2 c. salted white peanuts,
(12-oz. can)

For crust; mix cake mix, margarine and egg. Pat into 10 x 14-inch pan. Bake 12-15 minutes at 350°. Remove from oven and cover with solid layer of miniature marshmallows. Return to oven until puffy, not brown. Cool. Melt peanut butter chips, syrup, margarine and vanilla. Add Rice Krispies and peanuts. Spread mixture while warm over top of marshmallows. Cool. Cut into bars.

Alicemary Borthwick, BB, Marshalltown

Saucepan Raisin Bars

1/2 c. shortening
1 c. water
1 t. cinnamon
1/2 t. cloves
1 c. sugar
1 c. raisins
1/4 t. nutmeg

1/4 t. salt
2 c. flour, sifted
1/2 t. baking powder
1 t. soda
1/2 c. nuts, chopped
1 t. vanilla

In saucepan, combine shortening, water, cinnamon, cloves, sugar, raisins, nutmeg and salt. Heat gently and let boil 3 minutes. Set aside until cool. Then add flour, baking powder and soda to the cooled mixture. Then add nuts and vanilla. Pour batter in 10 x 15-inch pan. Bake at 350° for 20-25 minutes. Glaze with powdered sugar icing.

Vesta Orsborn, AK, Brooklyn

Sour Cream Raisin Bars

1-3/4 c. oatmeal
1 c. butter
1 t. soda

1 c. brown sugar
1-3/4 c. flour

FILLING:

1-1/2 c. sugar
3 T. cornstarch
4 egg yolks

1 c. sour cream
2 c. raisins

Mix all crust ingredients together well. Saving a little for the top, press mixture in a greased 9 x 13-inch pan. Bake at 350° for 15 minutes.

For filling, cook sugar, cornstarch and eggs together until thick. Add sour cream and raisins. When thick, pour over oatmeal mixture. Add rest of oatmeal mixture and bake another 10 minutes. Cool and cut into bars.

Gilberta Brooks, JP, Waterloo

Whole Grain Apple Squares

2 c. oatmeal
1-3/4 c. flour
1 c. margarine
1 c. brown sugar, packed
1 t. cinnamon
3/4 t. salt

1/2 t. soda
1/4 t. nutmeg
1/8 t. cloves
1 c. applesauce
3/4 c. raisins
1/2 c. nuts, chopped

Combine all ingredients except applesauce, raisins and nuts. Beat at a low speed on electric mixer until mixture is crumbly. Reserve 2 cups mixture; press remaining onto bottom of greased 13 x 9-inch baking pan. Combine the applesauce, raisins and nuts. Spread this mixture evenly over base; sprinkle with reserved mixture. Bake at 350° for 25-35 minutes or until golden brown. Cool and cut into squares.

Beverly McMahon, CV, Corning

ROLL & DROP COOKIES

Almond Cookies

1 c. shortening	1/8 t. salt
1/2 c. sugar	1-1/2 t. baking powder
1/4 c. brown sugar, firmly packed	5 dozen whole almonds, blanched
1 egg	1 egg yolk
1 t. almond extract	2 T. water
2-1/4 c. flour	

Cream shortening and sugars until fluffy. Add egg and almond extract. Beat until well blended. Sift flour with salt and baking powder. Add to creamed mixture and blend well. Roll 1 tablespoon of mixture into a ball. Place balls 2-inches apart on ungreased cookie sheet. Press down on each ball to make a 2-inch round. Press an almond in center of each round. Beat egg yolk and water. Brush mixture over top of each cookie. Bake at 350° for 10-12 minutes or until lightly browned. Cool on wire racks. Store in an air tight container. Makes 5 dozen.

Janice Oss, IL, Sioux City

“Best Yet” Sugar Cookies

1 c. white sugar	2-1/2 c. flour
1 c. brown sugar	2 t. cream of tartar
1 c. shortening (must be 1/2 Crisco and 1/2 margarine)	2 t. soda
2 eggs	1 t. vanilla
	Dash of salt

Cream sugars and shortenings together; add eggs. Add vanilla and mix. Add all dry ingredients that have been mixed together. Roll into 1-inch balls and then roll in sugar. Do not flatten. Bake at 350° for almost 10 minutes. These are best underbaked, so take them out just before you think they are done. They will be delightfully crisp on the outside and chewy on the inside.

Dee Wittmack, HT, Des Moines

Cashew Cookies

1/2 c. margarine
1 c. brown sugar
1 egg
1 t. vanilla
1/4 t. salt
8-oz. carton sour cream

2 c. flour
3/4 t. baking powder
3/4 t. soda
1 small pkg. cashews,
chopped

TOPPING:

1/2 c. margarine
3 T. half and half

1 t. vanilla
2 c. powdered sugar

Cream margarine. Add sugar and cream well. Add egg, vanilla and sour cream. Mix well. Sift flour, baking powder, soda and salt. Add with nuts. Bake at 325° for 10 minutes. This is a soft cookie; do not overbake. For topping, melt margarine and brown slightly. Add half and half and vanilla, then add sugar. If you double the recipe, use 5 tablespoons of half and half.

Irene Bellairs, AE, Clarinda

Chocolate-Peanut Butter Cookies

2 c. flour
2 t. baking powder
1/2 t. soda
1/2 t. salt
2 c. sugar

2 eggs
4 T. shortening
1 c. peanut butter
2 sq. chocolate, melted
1/2 c. milk

Sift the flour, baking powder, soda and salt together. Set aside. Cream sugar, eggs and shortening. Add peanut butter and chocolate to creamed ingredients. Then add the dry ingredients with 1/2 cup milk, alternately. Drop from soup spoon onto greased sheet 2 inches apart. Bake at 350° about 10 minutes. Do not overbake! Let cookies cool a bit before removing from pan. Makes about 4-6 dozen.

Dorothy Graham, KH, Clarinda

Chocoroons

1-1/2 c. flour, sifted
2/3 c. Nestle's Quick
chocolate mix
1-1/2 t. baking powder
1/4 t. salt

1/2 c. butter or margarine
1/4 c. sugar
2 egg yolks
1 T. milk
1/2 t. vanilla

COCONUT FILLING:

2 egg whites
1 t. almond extract
1/2 t. vanilla

1/4 c. sugar
7-oz. pkg. flaked coconut
1 T. water

FROSTING:

1 c. Nestle's Quick
chocolate mix
1/4 c. butter
1/4 c. boiling water

2-1/4 c. powdered sugar,
sifted
1 t. vanilla

Cream butter and sugar, add egg yolks, milk and vanilla. Beat well. Add dry ingredients, mix well. Chill. Roll 1/3 of the dough into a rectangle on canvas or very heavy plastic. Cut in half lengthwise. Make filling by beating egg whites, extract and vanilla until soft mounds form. Gradually add sugar and beat until stiff. Fold in coconut and water. Spread 1/3 of the filling on one side, fold other over. Cut into slices crosswise, about 3/4-inch wide. Transfer to ungreased cookie sheets and bake at 325° for 12 minutes. For frosting, combine chocolate mix, butter and boiling water. Beat smooth. Blend in powdered sugar and vanilla. Frost cookies while still warm.

Helen Stoutner, CM, Keota

Coconut Macaroons

3 eggs
1 c. sugar
1/2 c. flour

3 c. fine coconut
1 T. butter

Mix eggs, sugar and soft butter together. Add coconut and flour. Drop on well greased cookie sheet with teaspoon. Bake at 350° until lightly browned.

Louise Dukes, CU, Bedford

Cream Cheese Cookies

8-oz. pkg. cream cheese
2 sticks butter or margarine

2 c. flour, approximately
Assorted preserves

Mix first 3 ingredients until they stick together. Form into ball. Chill. Roll out small amount at a time on floured board until very thin. With sharp knife, cut into triangles, with 2- to 3-inch base. Fill centers with a drop of preserves — cherry, strawberry, apricot or pineapple. Fold one edge to middle. Fold remaining two edges to center, one on top of the other. Bake at 375° on ungreased sheet until light golden, approximately 8 minutes. When cool sprinkle with powdered sugar.

Becky Gelman, KQ, Iowa City

Delicious Nutritious Cookies

1 c. brown sugar
1 c. white sugar
1 c. margarine
1 c. salad oil
1 egg
1/2 t. vanilla
1 t. coconut flavoring
1 t. salt

1 t. soda
1 t. cream of tartar
1 c. coconut
1 c. Rice Krispies
12-oz. pkg. chocolate chips
1 c. oatmeal
3-1/2 c. flour

Mix sugars, margarine and oil. Add egg, vanilla and flavoring. Stir in dry ingredients. Then add coconut, Rice Krispies, chocolate chips and oatmeal. Roll into balls. Press down with a glass that has been dipped in sugar. Bake 12 minutes at 350°.

Lois Stillman, BK, Emmetsburg

Easy To Roll Sugar Cookies

3 c. sifted flour
1-1/2 t. baking powder
1/2 t. salt
1 c. sugar

1 c. butter or margarine
1 egg, slightly beaten
3 T. cream
1 t. vanilla

Sift together flour, baking powder, salt and sugar into a mixing bowl. Cut in butter until particles are fine. Combine egg, cream and vanilla and add to butter-flour combination. Blend thoroughly. The dough should just hold together when pressed. Roll to 1/8-inch thickness on floured pastry cloth. Place on ungreased baking sheet, sprinkle with sugar and bake at 400° until delicately browned, 5-8 minutes. Variations: Add 1 teaspoon anise seed or mace to taste.

Minerva Fair, JV, Indianola

English Drop Cookies

2 c. light brown sugar	1 t. baking powder
1 c. shortening (1/2 butter,	1 t. nutmeg
1/2 margarine)	4 c. flour
1 c. cold strong coffee	1 t. cinnamon
3 eggs	1 c. nuts
1 t. soda	2 c. raisins

Cream shortening and brown sugar. Add eggs and mix well. Put dry ingredients together and add alternately with coffee. Drop by 1/2 teaspoonfuls on greased baking sheet. Bake at 400° for 10 minutes. Do not over bake. Brought from England over 100 years ago.

Ellen Townsend, EW, Tama

Forgotten Kisses

2 egg whites	6-oz. pkg. chocolate chips
1/2 c. sugar	3/4 c. nuts, chopped

Beat egg whites until stiff. Add sugar gradually. Fold in by hand the chocolate chips and nuts. Put aluminum foil over a cookie sheet. Drop by spoonfuls onto cookie sheet. Cookies don't spread, so can be put close together. Put in preheated 350° oven. Turn off oven immediately. Leave overnight. Don't open oven until morning.

Leslie Mowers, BW, Algona

Mocha Nut Butterballs

1 c. soft butter
1/2 c. sugar
2 t. vanilla
2 t. instant coffee crystals
1/4 c. cocoa

1-3/4 c. sifted flour
1/2 t. salt
2 c. pecans, finely chopped
Confectioner's sugar

Cream butter, sugar and vanilla until light. Add coffee crystals, cocoa, flour and salt. Mix well. Add nuts. Shape in 1-inch balls and put on ungreased cookie sheet. Bake at 325° about 15 minutes. Cool and roll in confectioner's sugar. Makes about 6 dozen.

Wilma Cappel, KX, Mason City

Orange Nut Cookies

1 c. shortening
1 c. brown sugar
3/4 c. white sugar
2-1/2 c. flour
1 orange rind, grated

2 eggs, beaten
2 t. soda
1/2 t. salt
3/4 c. nuts
2 T. orange juice

Cream shortening, brown sugar and white sugar. Add eggs, sifted dry ingredients, orange juice and rind. Add nuts. Drop by spoonfuls onto greased baking sheet. Bake at 325° or 350° for 10-12 minutes, depending on oven. Ice with orange juice and powdered sugar.

Ann Linn, FD, Sheffield

Pistachio Chip Cookies

1/2 c. margarine or butter,
softened
1 box Pistachio instant
pudding
1 egg

1/2 t. baking soda
1 c. flour
6-oz. pkg. chocolate chips
1/4 c. pecans, chopped
(optional)

Cream together butter and pudding. Blend in egg, then flour and soda. Add chocolate chips and pecans. Drop by teaspoonfuls onto lightly greased baking sheet. Bake at 350° about 12 minutes or until done. Cool on wire racks. Makes 3-4 dozen, depending on size.

Marie Welterlen, AS, Manchester

Potato Chip Cookies

1 lb. margarine
1 c. sugar
2 t. vanilla

3 c. flour
2 c. chips, crushed
1-1/2 c. pecans, chopped

Cream margarine, sugar and vanilla. Add flour, chips and nuts. Roll dough into size of a walnut and flatten. Bake 10-12 minutes at 350°. If desired, roll in powdered sugar when cool.

No name given, IJ, Des Moines

Soft Sugar Cookies

2 c. sugar
1 c. shortening
1 c. milk
2 eggs
1-1/2 t. vanilla

1-1/2 t. baking soda
2 t. baking powder
2 t. cream of tartar
1 t. salt
5 c. flour

Cream sugar and shortening. Beat eggs and combine with creamed mixture. Add vanilla and milk. Sift dry ingredients and add to creamed mixture. Mix well. Cookies may be dropped or rolled to 1/2-inch thick and cut. Bake at 350° for 8-10 minutes.

Pat Sprouse, CM, Keota

Sugar Cookies

1 c. margarine
1 c. vegetable oil
1 c. powdered sugar
1 c. white sugar
1-1/2 t. vanilla

2 eggs
4 c. flour
1 t. cream of tartar
1 t. soda
1 t. salt

Cream margarine, oil, powdered sugar and white sugar. Add vanilla and eggs. Sift flour, cream of tartar, soda and salt. Add sifted ingredients to sugar mixture and chill in refrigerator 1/2 hour. Roll 1 teaspoon dough into ball and roll in sugar. Press down on a greased cookie sheet with a fork. Bake at 375° for 10 minutes.

Mary McMurray, LY, Keokuk

Swedish Creme Wafers

1 c. soft butter
1/2 c. thick cream
2 c. sifted flour
1/4 c. soft butter

3/4 c. powdered sugar
1 egg yolk
1 t. vanilla

Mix first 3 ingredients well. Chill. Heat oven to 350°. Roll out dough to 1/8-inch thick on floured bread board. Cut with 1-1/2-inch cookie cutter. Roll only 1/3 of the dough at a time and keep the rest chilled. Place each cookie on a cookie sheet and prick with a fork. Sprinkle with sugar and bake 7-9 minutes. Cool. Put two cookies together with frosting which is made by blending the last 4 ingredients.

Dawn Helscher, CM, Keota

OTHERS

Apricot Balls

**1-1/2 c. dried apricots,
ground**
2 c. shredded coconut

**2/3 c. Eagle Brand
sweetened condensed milk**
Confectioner's sugar

Mix apricots and coconut. Add condensed milk and blend well with hands. Shape into balls and roll in powdered sugar. Let stand until firm. Makes 32 1-1/4-inch balls.

Barbara Hanel, IE, Des Moines

Bon Bon Cookies

2 c. powdered sugar
6 T. butter, melted
**1-1/2 c. peanut butter,
crunchy**
2 c. dates, finely chopped

1 c. nuts, chopped
**12-oz. pkg. chocolate or
butterscotch chips**
Paraffin

Mix first ingredients by hand and form into balls. In a double boiler melt chips. Add 1/4 bar paraffin. Keep on low heat and use tongs to turn balls in mixture until all are coated. Place on waxed paper until set. Makes about 50 bon bons that can be frozen.

Lois Coons, MF, Council Bluffs

Butter Brickle Refrigerator Cookies

1 c. sugar
1 c. brown sugar
1-1/4 c. shortening
2 eggs
1 t. vanilla
4 c. flour
1 t. soda

1 t. cream of tartar
1/2 t. salt
6 butter brickle candy bars,
crushed, or 1 7.8-oz. pkg.
Health Bits o'Brickle
baking chips

Cream two sugars and shortening together. Add eggs and vanilla and beat well. Sift dry ingredients together and add to mixture. Add candy. Shape dough into rolls 2-inches in diameter. Wrap in waxed paper and chill until firm. Cut into 1/8-inch or larger slices. Bake at 350° about 7 minutes.

Jan Walters, IW, Mason City

Creme De Menthe Squares

1-1/4 c. margarine
1/2 c. cocoa
3-1/2 c. powdered sugar
1 egg, beaten
1 t. vanilla

2 c. graham cracker crumbs
1/3 c. creme de menthe
1-1/2 c. semi-sweet chocolate
chips

Bottom layer: in saucepan, combine 1/2 cup margarine and the cocoa. Heat and stir until well blended. Remove from heat; add 1/2 cup powdered sugar, egg, and vanilla, then the graham cracker crumbs. Mix well. Press into bottom of ungreased 9 x 13-inch pan. Middle layer: melt 1/2 cup margarine. In small mixer bowl, combine margarine and creme de menthe. At low speed, beat in remaining 3 cups powdered sugar until smooth. Spread over chocolate layer. Chill.

Top layer: in small saucepan, combine remaining 1/4 cup margarine and chocolate chips. Cook and stir over low heat until melted. Spread over mint layer. Chill. Cut into small squares. Store in refrigerator.

Helpful Hint: Soften top layer a bit before you attempt to cut. I set the pan in a sunny window until it cuts easily with a sharp knife.

Marian Christiason, FE, Waterloo

Cupcake Brownies

**4 1-oz. sq. semi-sweet
chocolate**
1 c. butter
1-3/4 c. sugar

1 c. flour
4 eggs
1 t. vanilla
1-1/2 c. nuts

Melt chocolate and butter. In large bowl mix together sugar, unbeaten eggs, flour and vanilla. Add chocolate mixture and nuts. Fill cupcake liners approximately 1/2-3/4 full. Bake at 325° for 35 minutes.

Janice Matson, ME, Newton

No-Bake Chocolate Apple Cookie

1/2 c. margarine or butter
2 c. sugar
3 T. cocoa
1 t. vanilla

**1 c. Jonathan apples,
unpeeled, grated**
3 c. quick oatmeal
1 c. nuts, coarsely chopped

Melt butter, add sugar, cocoa and apples. Boil 1 minute. Remove from heat and add vanilla, oatmeal and nuts. Mix well. Drop by teaspoon onto waxed paper. Roll in powdered sugar while warm. Refrigerate.

Lydia Adams, AA, Ames

Super Tarts

1/2 c. butter
3-oz. pkg. cream cheese
1 c. flour
**4 1-oz. sq. semi-sweet
chocolate**
2 t. butter

2 eggs, beaten
2/3 c. sugar
1/2 t. vanilla
Pinch of salt
1/2 c. nuts, chopped

Cream butter and cream cheese. Add flour and chill 1 hour. Melt chocolate and butter in double boiler; add remaining ingredients except nuts. Press rounded teaspoon of dough in bottom of small tart pan. Sprinkle with spoon of nuts. Spoon in chocolate mixture on top. Bake at 350° for 30 minutes. Remove from pans and cool on wire rack. Makes about 30 tarts.

Barbara Berry, MW, Davenport

Chocolate Chip Cookies

2 1/2 cups all-purpose flour

1 cup granulated sugar

1/2 cup butter, softened

1 egg

1/2 tsp baking soda

1/2 tsp salt

1 cup chocolate chips

Preheat oven to 350°F.

Combine flour, sugar, butter, egg, baking soda, and salt in a large bowl.

Mix well.

Stir in chocolate chips.

Drop by rounded teaspoons onto a parchment-lined baking sheet.

Bake for 10-12 minutes.

Cool on a wire rack.

Yield: 24 cookies

Recipe by: [illegible]

© [illegible]

1/2 cup butter, softened

1 cup granulated sugar

1 egg

1/2 cup all-purpose flour

1/2 cup chocolate chips

1/2 tsp baking soda

1/2 tsp salt

Preheat oven to 350°F.

Combine butter, sugar, egg, flour, baking soda, and salt in a large bowl.

Mix well.

Stir in chocolate chips.

Drop by rounded teaspoons onto a parchment-lined baking sheet.

Bake for 10-12 minutes.

Cool on a wire rack.

Yield: 24 cookies

Recipe by: [illegible]

© [illegible]



Desserts

DESSERTS

Almond Toffee Torte

2 T. butter

1-1/4 c. sifted flour

1/2 c. plus 2 T. sugar

**Slivered almonds 1 c. strong
coffee or 2 t. instant
coffee crystals per 1 c. water**

2 T. cornstarch

1 T. butter

1/2 c. sugar

1 t. vanilla

Mix first three ingredients and work like pie crust. Put in two buttered 9-inch cake pans or 8 x 12-inch pyrex pan. Sprinkle with almond slivers. Bake 15 minutes at 350°.

Mix dry ingredients and coffee slowly; cook over low heat until thick. Whip 1 pint whipping cream or use Cool Whip. Thin custard with 1 cup of the whipped cream. Break one layer of crust in pieces on large torte plate and pour custard over. Put second layer of crust pieces on top. Spread remainder of cream on top and sides; then sprinkle with almonds.

Odessa Wycoff, IS, Manning

Apricot Crisp

**1 30-oz. can California
apricots, drained; reserve 2
T. juice**

**1 3/4 c. Rice Krispies,
cushed to 1 c.**

1/3 c. flour

1/4 t. salt

1/2 c. brown sugar, packed

1/2 t. cinnamon

1/4 t. nutmeg

1/3 c. margarine, softened

Cut each apricot half into 2 pieces; add reserved syrup and place in 1-quart casserole. Combine remaining ingredients, mixing until crumbly. Sprinkle over apricots. Bake at 350° for 30 minutes or until brown. Serve warm; top with ice cream. Serves 6.

Margo Hade, V, Des Moines

Apricot-Pineapple Dessert

1/2 c. butter
1/4 c. brown sugar
1 c. flour
1 c. walnuts, chopped

1 can apricot pie filling
1 can sweetened condensed milk
1 20-oz. can crushed pineapple, drained

Mix butter, brown sugar, flour and walnuts and put into a 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool and crumble. Put 3/4 of the crumbs in bottom of 9 x 13-inch pan. For the filling combine the pie filling, sweetened condensed milk and pineapple, and pour over crust in pan. Sprinkle remaining crumbs on top. Freeze. Remove 1 hour before serving. Serves 15.

Patricia Sorensen, EH, Des Moines

Apricot Torte

20 graham crackers, finely crushed
2 T. butter, melted
1/4 c. granulated sugar
1 c. butter
1-1/3 c. powdered sugar

3 eggs
1 28-oz. can apricots, drained and cut in sm. pieces
1 c. pecan halves
1/2 pint cream, whipped and slightly sweetened

Combine cracker crumbs, melted butter and 1/4 cup sugar and pat half of mixture into bottom of 7 x 12-inch pan lined with wax paper. Cream the 1 cup butter; add sifted powdered sugar gradually and beat thoroughly. Add eggs one at a time and beat well after each addition. Spread butter mixture over crumbs in pan. Top with apricots, then pecans. Spread with whipping cream and then sprinkle with remaining crumb mixture. Refrigerate at least 12 hours before serving. A springform pan may be used instead of the 7 x 12-inch pan. Serves 10 or 12.

Ann Linn, FD, Sheffield

Apricot Tortoni

1 sm. box vanilla wafers, crushed	1/2 c. sugar
1/2 gal. vanilla ice cream,	1/4 c. butter or margarine, melted
2 sm. jars apricot preserves	1-2 t. almond extract

Combine melted butter and extract. Mix crushed wafers and sugar; pour butter mixture over wafer mixture and combine. In loaf or spring form pan alternately layer crunchy mixture, ice cream and preserves. Repeat. Optional: top with almonds.

Dot Gay, KQ, Iowa City

Bartlett Pear Dessert

Take one fresh Bartlett pear for each portion; peel, leaving the stem attached. Simmer until tender, but still firm, 10 to 15 minutes, in a sugar syrup barely covering pears, using 1/2 cup sugar for each cup of water. Remove pears from syrup and cool.

Place pears in deep dish and marinate about 4 to 6 hours in Cointreau to which a few drops of green vegetable coloring have been added. Drain pears before serving and brush one cheek a glowing pink with red vegetable coloring.

Rest pear upright on fresh grape leaf on clear glass dessert plate. At one side place a bunch of chilled seedless grapes.

At the last minute, place a portion (tablespoon or so) of frozen cream on the plate. This is heavy cream frozen in a refrigerator tray, unflavored and unsweetened, just as it comes from the container.

Patricia Hix, ML, Waverly

Black Forest Pie Squares

**1-1/4 c. crushed chocolate
wafer cookies**

1/4 c. butter or margarine

2 T. sugar

1-21 oz. can cherry pie filling

**1 c. whipping cream (may
use Cool Whip)**

2 T. sugar

1/2 t. vanilla

**1 c. shredded medium natural
Cheddar cheese**

**8-oz. Philadelphia cream
cheese, softened**

1/2 c. sugar

In 8-inch square baking dish or pan, stir together chocolate crumbs, melted butter and sugar. Reserve 1/4 cup of the chocolate crumbs. Press remaining crumb mixture evenly in pan. Beat together cream cheese and sugar, spread over crumb mixture. Place in refrigerator while you prepare the whipped cream, or if you use Cool Whip, chill the cheese a little. Spread over cream cheese mixture the cherry pie filling and then top with the whipping cream. For real cream, beat it at high speed, scraping bowl often until soft peaks form. Gradually add sugar and vanilla. Beat until stiff peaks form. By hand, fold in the cheese. After spreading this over the cherry filling, sprinkle with reserved crumb mixture. Cover; chill 2 to 3 hours. Makes 9 servings.

Ferne Renken, GK, Manson

Brownie Torte

2 Jiffy brownie mixes

1/4 c. nuts

1 c. whipping cream

1/4 c. brown sugar

1 T. instant coffee

Bake brownie mixes as directed in two 9-inch round cake pans. Don't overbake. (Nuts are optional.) Whip cream. Blend in brown sugar and instant coffee. Split each pan of brownies so that you have 4 layers. Spread whipped cream mixture between layers. Cover and refrigerate.

Susan Gnagy, BZ, Elkader

Champagne Sorbet

1 c. whipping cream
3/4 c. sugar
1-1/2 c. champagne
1 10-oz. pkg. frozen
strawberries, thawed

2 egg whites
1/4 t. cream of tartar
Few drops red food coloring
optional

Combine cream and 1/2 cup sugar; cook and stir over medium heat until sugar dissolves. Cool. Stir in the champagne and undrained berries. Pour into 8 x 8 x 2-inch pan. Cover; freeze firm. Beat egg whites and cream of tartar to soft peaks. Slowly add remaining sugar (1/4 cup), beating to stiff peaks. Break up frozen mixture. Turn into chilled mixer bowl. Beat smooth with electric mixer. Fold in egg whites. Tint with food coloring, if desired. Return to pan. Cover; freeze firm. Makes about 1-1/4 quarts. Serve in attractive wine glasses, garnish with a straw and strawberry. Make ahead and freeze in serving glasses ready to enjoy.

Anne Williamson, NP, Boone

Cheesecake

CRUST:

18 graham crackers

1/2 stick melted margarine

Mix together graham crackers and margarine and pat into 9-inch pie plate.

FILLING:

1 3-oz. box lemon gelatin
1 c. boiling water
1 8-oz. pkg. cream cheese
1 t. vanilla

1 lg. can evaporated milk,
well chilled
1 C. sugar

Cherry Nut Ice Cream

6 eggs
2 cans Eagle Brand
condensed milk
8-12 oz. chopped maraschino
cherries

1/2-1 c. pecans (or walnuts
or almonds
1/2-1 T. vanilla and/or
almond extract

Beat eggs on high for 5 minutes. Add remaining ingredients and mix well. Pour into 4, 5, or 6-quart freezer. Finish filling with milk and freeze according to freezer instructions.

Tanna Huber, CM, Keota

Cherry Pudding

1 c. sugar
1 egg
1/4 c. butter
1 c. canned cherries

1 t. soda
1 c. flour
Cinnamon and all spice,
if desired

Cream sugar and butter; add egg. Mix cherries and soda. Add to creamed mixture. Add flour and pour into 8 x 8-inch pan. Bake at 300-325° until tested done with toothpick.

Fran Trembly, IM, Fort Dodge

Cherry Pudding Cobbler

3 T. butter
1 c. sugar
1 c. milk
2-1/2 c. flour
2 t. baking powder

Pinch of salt
2 c. cherries, drained
1 T. butter
2 c. sugar
2 c. boiling water or
cherry juice

Mix first 6 ingredients and pour into a greased 9 x 13-inch pan. Mix remaining ingredients and pour over batter. Bake at 350° for 30 to 45 minutes.

Joan Netten, CM, Keota

Mix gelatin and hot water. Set aside while preparing other ingredients. Combine cream cheese, sugar and vanilla. Add evaporated milk which has been whipped until thick. Add gelatin mixture. Blend well and pour into crust. Place into freezer until very cold. Top with favorite fruit filling.

Velta Gardner, DO, Sidney

Chocolate Angel Food Dessert

1 12-oz. pkg. chocolate chips	1 lg. or 2 sm. angel food cakes
2 T. sugar	Cook Whip
3 eggs, separated	
1 pt. whipping cream	

Combine sugar and chocolate chips in heavy saucepan. Melt together. Add eggs yolks to chocolate. Beat whipping cream until stiff and add to chocolate mixture. Beat egg whites until very stiff and add to chocolate mixture. Break angel food cake into pieces. Place half of cake in bottom of 9 x 13inch pan. Pour half of chocolate mixture over cake. Repeat. Refrigerate overnight. Serve with lots of Cool Whip.

Susie Champion, LH, Davenport

Chocolate Cheesecake

1-1/2 c. chocolate wafer crumbs	1 c. sugar
1 c. blanched almonds, chopped and slightly toasted	4 eggs
1/3 c. sugar	1/3 c. heavy cream
3/4 c. butter	1/4 c. almond liqueur (Amaretto)
3 8-oz. pkg. cream cheese	1 t. vanilla
	2 c. sour cream
	2 T. sugar
	1 t. vanilla

Make crust by mixing wafer crumbs, almonds, 1/3 cup sugar and butter. Press into bottom and sides of spring form pan. Cream cream cheese and sugar and add eggs, one at a time. Then add heavy cream, liqueur and vanilla. Pour batter into crust and bake in middle of oven at 350° for 40-50 minutes. Place on rack; let stand 5-10 minutes to set. Whip sour cream, sugar, and vanilla. Place on cake and bake additional 5 minutes. Cool; sprinkle around edge with additional almonds.

Virginia Harper, KZ, Iowa City

Chocolate Chip Pudding

30 marshmallows

1/2 c. milk

1 c. cream

2 sq. unsweetened chocolate

1 t. vanilla

25 graham crackers

1/4 lb. butter (1 stick)

Dissolve marshmallows in milk; let cool. Whip cream; add chocolate, chipped fine, and vanilla. Add this mixture to cooled marshmallow mixture. Roll graham crackers; add butter. Press 2/3 of mixture in bottom of 9 x 13-inch pan. Top with creamed mixture and cover with remaining graham cracker mixture. Chill and serve with whipped cream. Serves 12.

Alice Boyd, CK, Mount Ayr

Chocolate Delight

**2 sq. unsweetened chocolate,
melted**

1 can Eagle Brand milk

1/2 c. strong coffee

1/2 c. chopped pecans

Vanilla wafers

Cook chocolate, milk and coffee until thick; add pecans. Line pan with layer of whole vanilla wafers. Spread with half of chocolate mixture. Repeat, making 2 layers. Refrigerate. Serve with vanilla ice cream or whipped cream.

Mabel Ochs, CM, Keota

Chocolate Frangos

1 c. butter

2 c. powdered sugar, sifted

4 sq. chocolate, melted

1 c. vanilla wafer crumbs

2 t. peppermint flavoring

2 t. vanilla flavoring

4 eggs

Finely chopped nuts, optional

Beat butter and sugar until fluffy. Add chocolate and beat. Add whole eggs, one at a time, beating well after each addition. Add flavorings and beat. Sprinkle half the crumbs in 18 cupcake papers in muffin tins. Fill with chocolate mixture. Sprinkle remaining crumbs on top. Freeze. Peel off paper to serve.

Eleanor Jane Stonebraker, II, Cedar Rapids

Chocolate Mint Cream Dessert

- | | |
|---|--|
| 1-1/2 c. graham crackers
crushed | 4 eggs |
| 2 T. melted butter | 4 sq. unsweetened chocolate,
melted |
| 2 T. sugar | 1/2 t. mint flavoring |
| 1 c. butter, softened | 1/2 t. salt |
| 2 c. powdered sugar, sifted | |

Combine first 3 ingredients and put all but 1/4 cup of crumb mixture into 9 x 9-inch square pan. Cream butter and powdered sugar till light and fluffy. Add eggs one at a time and beat thoroughly after each addition. Add melted chocolate (cooled slightly) and beat in thoroughly. Add mint flavoring and salt. Beat till smooth. Spread filling over crumbs. Sprinkle remaining crumbs over top. Refrigerate at least 4 hours. Serve with whipped cream on top.

Marcia Niday, JK, Des Moines

Chocolate Mousse

- | | |
|----------------------------------|----------------------------|
| 8-oz. semisweet chocolate | 1-1/8 c. sugar |
| 7 egg yolks | 4 c. whipping cream |

Melt chocolate in double boiler. Blend egg yolks and sugar. Whip cream until it forms soft peaks. Add chocolate to egg yolk and sugar mixture. Whip vigorously. Fold in whipped cream small amounts at a time until all is added. Spoon into 8-ounce wine glasses; refrigerate. Garnish with whipped cream or topping. Serves 8-10.

Mary Ann Cruzen, NL, Storm Lake

Chocolate Mousse

- | | |
|--------------------------------------|--------------------------|
| 1 8-oz. pkg. chocolate chips | 1/4 c. water |
| 1/2 oz. unsweetened chocolate | 5 eggs, separated |
| (cocoa may be substituted) | 1 t. vanilla |

Melt together chocolate chips, unsweetened chocolate and water in top half of a double boiler. Stir until velvety. Remove from heat. Add 5 well beaten egg yolks and vanilla. The mixture should be semi-fluid. Beat 5 egg whites until stiff and fold in the chocolate mixture gently but thoroughly. Pour into 6 individual glasses. Chill 6 to 8 hours. Top with whipped cream.

Olga M. Korfmacker, BM, Grinnell
Past President, Iowa State Chapter

Chocolate Mousse Cake

- | | |
|-----------------------------------|----------------------------------|
| 1 lb. pkg. fudge-filled | 1/2 c. water |
| chocolate sandwich cookies | 1 c. sugar |
| finely crushed | 4 eggs, separated |
| 12-oz. pkg. semi-sweet | 3 c. heavy cream, whipped |
| chocolate chips | or Cool Whip |
| 1 t. instant coffee powder | |

Preheat oven to 325°. Press cookie crumbs into bottom of pan. Bake 10 minutes and cool. Melt chocolate, blend in coffee, water, and 1/2 cup sugar; cool slightly. Blend in egg yolks, one at a time, beating well after each addition. Beat egg whites until soft peaks form. Gradually add 1/2 cup sugar and continue to beat whites until stiff. Fold whites into chocolate mixture. Fold in whipped cream, lightly but thoroughly until well mixed. Pour into crust; cover and freeze overnight. Thaw 8 hours before serving.

Margaret Merrick, KH, Clarinda

Choco-Peanut Refrigerator Dessert

- | | |
|----------------------------------|--------------------------------------|
| 1/2 c. margarine | 1 3-oz. box vanilla instant |
| 1 c. dry roasted peanuts | pudding |
| 1 c. flour | 1 3-oz. box chocolate instant |
| 1 8-oz. pkg. cream cheese | pudding |
| 1 c. powdered sugar | 2-1/2 c. milk |
| 1 c. creamy peanut butter | 2/3 c. dry roasted peanuts |
| 1 8-oz. carton Cool Whip | |

Cream margarine until soft; mix in peanuts, finely chopped, and flour. Pat into 9 x 13-inch pan. Bake at 300° for 20 minutes. Cool. Combine cream cheese, powdered sugar, peanut butter and 1 cup Cool Whip. Spread over baked crust. In large bowl combine pudding mixes and milk. Beat with mixer until thoroughly combined. Spread over cream cheese layer, then spread remaining Cool Whip on top and sprinkle with 2/3 cup peanuts. Refrigerate until ready to serve.

Barbara Anderegg, CM, Keota

Chocolate-Peppermint Dessert

**1-1/2 or 2 c. crushed vanilla
wafers**
3 T. butter, melted
2 T. sugar 1/2 c. nuts,
1/2 c. butter
2 c. powdered sugar

3 eggs separated
2 sq. semi-sweet chocolate
melted
1/2 c. nuts, chopped
Peppermint ice cream

Mix vanilla wafers, butter, and sugar; press into bottom of 9 x 13-inch pan. Cream powdered sugar and butter, then add beaten egg yolks, chocolate and nuts together. Fold in beaten egg whites and spread this chocolate mixture over crumb crust and freeze. For third layer, spread 1 quart softened peppermint ice cream over chocolate layer and freeze. Cut into squares to serve, adding a teaspoon of whipped topping.

Vivian Garton, AN, Humeston

Chocolate Silk

1/4 lb. butter
3/4 c. sugar
2 sq. unsweetened chocolate,
melted

1 t. vanilla
2 eggs

Cream butter and sugar. Add melted chocolate and vanilla to sugar mixture. Add eggs one at a time beating 5 minutes after each. Spoon into very small cups. Refrigerate a few hours until firm.

Carolyn Jensen, LD, Sioux City

Creme au Chocolat

**1 8-oz. pkg. German sweet
chocolate**
2 T. sugar
1 c. cream

4 eggs yolks, slightly beaten
1 t. vanilla
1 carton whipping cream

Melt chocolate over hot water and gradually stir in sugar and cream. Remove from heat and gradually blend into egg yolks. Stir in vanilla and pour into demitasse cups. Chill and serve with whipped cream. Top with cherry, nuts, or fruit. Serves 8.

Anne Bergdahl, HE, Des Moines

Creme Caramel

4 eggs
1/2 c. sugar
1/4 t. salt

2 c. half and half
1 t. vanilla
Grated nutmeg

Preheat oven to 300°. Butter 6 custard cups. Melt 4 teaspoons of the sugar in a heavy skillet until golden and distribute among cups. Beat eggs until thick; add remaining sugar and salt. Add half and half, vanilla and nutmeg and mix well. Fill custard cups. Set them in a baking pan and pour boiling water around the outside of the custard cups. Bake for about an hour, or until set. Do not over bake. Cover each cup with aluminum foil and refrigerate. To serve run a knife around the outside of each custard and invert onto a serving plate. The liquid sugar will form a sauce.

Charlotte M. Smith, AO, Newton

Dessert Cups

**1 qt. vanilla ice cream,
softened**
**1 c. coconut macaroons,
white puffy ones, crumbled**

1/2 c. nuts, chopped
**1/2 c. maraschino cherries,
chopped**

Fold all together. Line muffin tins with paper or foil liners. Fill with above mixture. Freeze.

Janet Hoak, HH, Des Moines

Easy Chocolate Mousse (Pot de Creme)

**1 6-oz. pkg. semi-sweet
chocolate pieces**
4 eggs, separated

2 T. sherry
1/4 t. salt
2 lg. T. Cool Whip

Melt the chocolate pieces in top of double boiler. Remove pan from heat and beat in the egg yolks while still over hot water. Remove pan from over water and add the sherry and salt. Fold in egg whites stiffly beaten, and Cool Whip.

Bernice Neff, HO, Ames

Easy Dessert

3 c. crushed Corn Chex cereal
1/2 c. brown sugar
1/2 c. coconut

1 stick margarine, melted
1/2 gal. sherbet or ice cream

Mix first 4 ingredients and save 1 cup mix for topping. Spread remainder in 9 x 13-inch pan and bake for 8 minutes. Watch closely. Spread softened sherbet or ice cream on crust when cool and top with crumbs. Put into freezer until ready to use.

Eleanor Peterson, DS, Odebolt

English Toffee Pudding

2 c. powdered sugar
4 t. cocoa
2 eggs, separated
1/2 c. margarine

1 t. vanilla
1 c. pecans, toasted
15 vanilla wafers
2 egg whites

Cream margarine, sugar and cocoa. Add egg yolks and pecans. Fold in stiffly beaten egg whites. Roll wafers fine. Put crushed wafers in bottom of 8 x 8-inch pan. Spread pudding over wafers and sprinkle nuts on top. Refrigerate.

Alice Johnson, J, Washington

Everbest Fruit Cobbler (Microwave)

- | | |
|---------------------------------|---------------------------|
| 1 22-oz. can pie filling | 2 T. brown sugar |
| 1 9-oz. cake mix | 1 t. cinnamon |
| 1/4 c. butter, sliced | 3 T. nuts, chopped |

In 8-inch round baking dish arrange pie filling evenly; sprinkle evenly with dry cake mix. Dot with butter slices. Combine sugar, cinnamon and nuts; sprinkle over top. Microwave on full power 9-11 minutes, rotating dish 1/4 turn several times. Rest 10 minutes. Serves 6. (Cherry pie filling with cherry cake mix is a good combination.)

Hope Wilhelm, B, Stuart

Four Layer Dessert

- | | |
|--------------------------------|------------------------------------|
| 1 c. flour | 2 sm. pkgs. instant pudding |
| 1/2 c. nuts, chopped | Flavor of your choice: |
| 1/2 c. butter, melted | pistachio, lemon, chocolate |
| 8-oz. pkg. cream cheese | coconut, etc. |
| 1 c. Cool Whip | 3 c. milk |
| 1 c. powdered sugar | 1 t. vanilla |

Mix together flour, nuts and melted butter and press into 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool. Mix cream cheese, 1 cup of Cool Whip and powdered sugar and spread on first layer. Chill. Mix and beat pudding, milk and vanilla until thick. Pour on top of second layer. Chill; top with remaining Cool Whip and sprinkle with nuts or crumbs. Serves 12-15.

Becky Holstrom, LI, Cedar Rapids

French Blueberry Dessert

- | | |
|------------------------------------|------------------------------------|
| 3 egg whites | 1/2 c. nuts |
| 1 c. sugar | 1 can blueberry pie filling |
| 20 soda crackers (1-1/2 c.) | 1 pkg. whipped topping |
| 1 t. vinegar | 1/2 c. powdered sugar |
| 1 t. baking powder | 1-1/2 t. vanilla |
| | 8-oz. pkg. cream cheese |

Beat egg whites; gradually add sugar and continue beating. Add crackers mixed with baking powder, nuts, vanilla and vinegar. Spread mixture in 9 x 13-inch pan. Bake at 325° for 20 minutes. Cool. Prepare whipped topping and add powdered sugar, vanilla and softened cream cheese. Mix well and spread over baked crust. Spread pie filling over this and chill at least 2 hours. Serve with whipped cream or Cool Whip. Serves 15.

Emma Arthur, LN, Ames

French Mint Pie

1 c. butter	4 eggs
2 c. powdered sugar	1 t. peppermint flavoring
4 sq. unsweetened chocolate	2 t. vanilla

Prepare vanilla wafer crumbs. Cream butter and powdered sugar thoroughly. Melt and cool chocolate. Add to butter and sugar mixture and beat. Add eggs, peppermint and vanilla. Sprinkle crumbs in bottom of party nut cups. Fill with chocolate mixture and top with crumbs. Keep in freezer. Serve the pies with fresh fruit.

Mrs. Fred Dalvey, JX, Fort Dodge

Frozen Lemon Dessert

1/2 c. butter	6 eggs
2/3 c. brown sugar	1 c. white sugar
3 c. Wheaties	2 c. whipping cream
2/3 c. nuts, chopped	2 lemons

Melt butter in saucepan. Blend in brown sugar. Cook over low heat, stirring constantly to prevent scorching. Cook to crack stage. Add Wheaties and chopped nuts. Stir until well coated. Spread mixture in a thin layer on a baking sheet. Cool. Then crumble nut-crunch mixture into small pieces. Beat egg whites until stiff. Gradually add 1 cup sugar. Beat egg yolks until thick and lemon colored. Fold into the meringue. Mix together grated rind and juice of 2 lemons, about 8 tablespoons, and add to the meringue. Butter 9 x 13-inch pan. Pour in half of the lemon filling. Sprinkle half the crunch mixture over the filling. Add remainder of filling and sprinkle remaining crunch mixture on top. Freeze quickly until firm. Cut in squares. Serves 15.

Maurine Timmer, BU, Pella

Frosty Fruit Dessert

**3-oz. pkg. cream cheese,
softened
12-oz. container non-dairy
whipped topping
21-oz. can cherry pie filling**

**11-oz. can mandarin oranges,
drained
20-oz. can chunk pineapple,
drained
nuts**

Mix cream cheese with small amount of topping. Gradually add rest of topping and pie filling, blending well. Fold in mandarin oranges and pineapple; add nuts. May be frozen in a mold or served without freezing. Serves 10.

Margaret Johnson, F, Moulton

Fruit-Filled Pineapple (Microwave)

**1 c. (3-4-oz.) coconut,
shredded
1/2 c. sliced almonds,
toasted
1 11-oz. can mandarin
orange sections, drained**

**1/2 c. maraschino cherries
without stems, drained
1/2 c. sweet orange
marmalade
1/4 c. light rum**

Cut pineapple, including leafy crown, in half lengthwise. Cut out fruit, leaving outside shell intact. Remove woody core; cut remaining fruit in chunks. Toss pineapple chunks with coconut, almonds, oranges, cherries add marmalade. Place pineapple shells in 13 x 9 x 2-inch dish or serving plate suitable for microwave oven. Fill shells with fruit mixture. Insert temperature probe so tip is in center of one of pineapple halves. Cover with wax paper. Attach cable end at receptacle. Microwave at high. Set tempature at 120°, bake 10 to 12 minutes. Measure rum into glass measure. Microwave at high 15 seconds. Remove 1 metal tablespoonful. Pour rest of rum over pineapple. Ignite rum in spoon and pour over pineapple to flame. Makes 6 servings. On models not equipped with probe use minimum microwave time and check for doneness.

Peggy Grafke, NN, Oskaloosa

Fruit Pizza

2 8-oz. pkgs. cream cheese
3 T. orange juice frozen
concentrate
1 T. orange peel, grated
1/4 c. sugar
1 T. corn starch

1 c. fruit juice (orange,
pineapple or lemon
Fruits: bananas, mandarin
oranges, strawberries,
blueberries, and pineapple

Use your favorite sugar cookie recipe for the crust. Bake on pizza pan. For filling, combine cream cheese, orange juice, orange peel and sugar. Spread on crust. Arrange fruit on top of filling. To make glaze, cook fruit juice and corn starch until thick. Cool 5 minutes and pour a thin layer of glaze over fruit.

Carmen Hammerberg, BN, Ackley

Fruit Tartlets

1/2 c. butter
1/4 c. sugar
1/4 t. salt

2 T. sugar
2 T. flour
Dash salt
2 egg yolks

1 egg white
1-1/2 c. all-purpose flour
(sift before measuring)

1/4 c. milk
2 T. rum (Myer's rum)
1/2 c. heavy cream
1/2 t. vanilla extract

1/2 c. current jelly. Strawberries, blueberries, raspberries, seedless green grapes, kiwi fruit.

For tartlet shells, in bowl blend butter, sugar, salt and egg white with fork until smooth and combined. Gradually mix in flour until smooth. For each tartlet, use 2 teaspoons dough. With fingers press into 2-1/2 to 3-inch tart pans. Place on cookie sheet. Refrigerate 1/2 hour. Preheat oven to 375°. Bake shells 12 minutes, until golden. Cool in pans on rack a few minutes, turn out and cool. Can freeze.

For rum cream filling, in small saucepan mix sugar, flour and dash salt. In a bowl beat egg yolks slightly. Beat in the milk and rum to combine. Stir into sugar mixture. Cook over medium heat; stir constantly with wire whisk until mixture boils and is thickened. Pour into small bowl and set in pan of ice water; stir occasionally to cool mixture quickly 8 to 10 minutes. Filling will be thick. Beat cream until stiff. With scraper, fold into filling mixture to combine well. Stir in vanilla. Refrigerate until ready to use, at least 30 minutes.

Sally Phelps, AT, Spencer

German Apple Torte

1/2 c. Crisco

2 c. sugar

2 eggs

2 c. flour

2 t. soda

1 c. chopped nuts, if desired

1 t. salt

1 t. cinnamon

2 t. vanilla

**4 c. unpeeled apples, finely
chopped**

Cream together Crisco, sugar and eggs. Add remaining ingredients. Bake at 350° for 35 to 40 minutes in 8 x 11-inch pan. Serve with whipped cream.

Susan Gilchrist, FP, Monticello

German Rice Pudding

1/2 c. regular rice

2 c. boiling water

3 c. milk

1/2 c. sugar

1/2 t. salt

1 t. vanilla

Cinnamon

Add rice to boiling water in 2-quart saucepan; bring to boil again, then reduce heat and cook, stirring occasionally, until all water is absorbed. Stir in milk. Simmer 20 minutes, stirring occasionally. Add sugar and salt. Continue cooking 20 minutes more or until mixture is creamy. Stir in vanilla. Serve warm with cinnamon. May also be served with a little applesauce on top. Makes 6 servings.

Wanda Burriss, Y, What Cheer

Heavenly Chocolate Dessert

1 c. flour
1/2 c. butter
1/2 c. nuts, chopped
4 eggs, separated
1 t. vinegar
1/2 t. salt

1 c. sugar
1 12-oz. pkg. chocolate chips
1/2 c. water
2 c. whipping cream
1/2 c. sugar

Mix flour, butter and nuts and press in a greased 9 x 13-inch pan. Bake at 350° for 12 to 15 minutes. Beat together egg whites, vinegar and salt until stiff, but not dry. Gradually add the sugar and beat until very stiff. Spread over bottom and sides of pan. Bake at 325° for 15 to 18 minutes. Cool. Melt chocolate chips. Blend in egg yolks which have been beaten with the water. Stir until smooth. Spread 6 tablespoons of this mixture over the cooled meringue. Chill remainder of chocolate mixture. Whip cream until stiff, adding the 1/2 cup sugar. Spread half of this over the chocolate layer. Fold chilled chocolate mixture into remaining whipped cream. spread over whipped cream layer. Chill 4 hours.

Sherry Luers, CM, Keota

Lemon Dessert

2 env. unflavored gelatin
1/2 c. cold water
6 eggs, separated
1 c. sugar, divided in half
1/2 c. scalded milk
Additional whipped cream or
Dream Whip for topping

3/4 c. lemon juice
1/2 c. pecans, chopped
1 c. whipping cream or
Dream Whip
Angel food cake

Soften gelatin in cold water. Beat egg yolks and beat in 1/2 cup sugar and scalded milk. Cook egg yolk mixture over boiling water, stirring till thickened. Dissolve softened gelatin in hot mixture and let cool. Stir in lemon juice. Beat egg white until stiff; add remaining 1/2 cup sugar to make a meringue. Fold into cooled custard along with whipped cream. Oil a 9 x 12-inch cake pan. Tear angel food cake into small chunks. (One-half of a 10-inch tube pan size cake is usually about right.) Put layer of cake on bottom of pan. Cover with about half the custard. Put in the rest of the cake chunks and then the rest of the custard. Sprinkle top with nuts. Chill several hours or overnight. Serve with whipped cream. Serves 12.

Mary Ann Roegner, CM, Keota

Lemon Kiss

8 eggs, separated
1/2 t. cream of tartar
1 t. vanilla
2 c. sugar
2 c. whipped cream or
Cool Whip

6 T. lemon juice (7 T. Real
Lemon juice and 3 T.
water
4 T. water
1 c. sugar

Beat egg whites, cream of tartar and vanilla until very stiff. Slowly add 2 cups sugar, beating constantly. Spread on two cookie sheets lined with brown paper. Bake at 275° for one hour. Loosen from paper immediately. Cook egg yolks, sugar, lemon juice and water in double boiler until thick. Cool. Fold in whipped cream. Spread on bottom layer of meringue, top with other layer. Refrigerate overnight. Served 12 to 15.

Hints: Put egg white mixture in a slightly greased Teflon pan. This would be the bottom layer, like a jelly roll pan. For the second layer, slightly grease a cookie sheet of the same size.

Virginia Underkofler, LT, Marshalltown

Lemon Supreme Dessert

1 lemon supreme cake mix
1 20-oz. can crushed
pineapple
1 3-oz. pkg. vanilla instant
pudding

1/2 c. milk
1 8-oz. carton Cool Whip
Coconut

Bake cake mix according to package directions in 9 x 13-inch pan. While still warm punch holes in cake and pour crushed pineapple over. Allow to set overnight. To make topping, mix instant pudding and milk and fold in Cool Whip. Spread over cake and sprinkle coconut on top.

Opal Luers, CM, Keota

Lime Sherbet Dessert

**1-1/2 c. Ritz crackers,
crushed**
4 T. sugar
7 T. margarine, melted
1 qt. vanilla ice cream
1 qt. lime sherbet

6 T. lemon juice
1 stick margarine, melted
3 eggs, well beaten
1-1/2 c. sugar

Combine cracker crumbs with sugar and melted margarine. Pat into 9 x 13-inch pan. Mix vanilla ice cream with lime sherbet and spread over crumb mixture. Freeze. For topping, cook lemon juice, melted margarine, well beaten eggs and sugar until thick. After cooling, put lemon topping on ice cream-lime sherbet and return to freezer. Serves 8 to 10.

Virginia Lent, DT, Mt. Vernon

Little Individual Cheese Cakes

**2 8-oz. pkgs. cream cheese,
softened**
1 T. lemon juice
3/4 c. sugar
2 eggs

1 t. vanilla
18 vanilla wafers
1 can cherry pie filling

Blend together cream cheese, lemon juice, sugar, vanilla, and eggs. Put 1 vanilla wafer in cupcake liner and fill 3/4 full of the blended mixture. Bake 15 to 20 minutes at 375°. Cool. Add pie filling and keep in refrigerator. Makes approximately 18 cheese cakes.

Marie Huber, CM, Keota

Jade Cream Mold

1 pkg. Dream Whip
1 qt. vanilla ice cream

2 T. butter
2 sq. chocolate
2/3 c. boiling water
2 c. sugar

1 pt. lime sherbet
1/4 c. creme de menthe

4 T. white Karo syrup
1 t. vanilla
Salt

Prepare Dream Whip as directed. Soften ice cream and sherbet. Mix together with creme de menthe and fold in prepared Dream Whip till well blended. Turn into a 6-cup mold or 2 or 3 refrigerator trays. Cover and freeze. Serve with the topping made as follows. Melt butter and chocolate. Add boiling water and bring to a boil slowly; add sugar and syrup and boil for 5 minutes. Cool; add salt and vanilla. Makes one pint.

Maxine Boardway, JW, Clinton

Julie's Angel Cake

10 eggs, room temperature separated	2 oranges, rind and juice
2 c. sugar, sifted	1 lemon, rind and juice
1/4 t. cream of tartar	1/8 t. salt
1/8 t. salt	1 c. sugar
	1/2 pt. whipping

Beat egg whites until frothy; add cream of tartar and salt. Add 2 cups sugar slowly; continue beating until stiff. Bake at 300° for 50 minutes in two round, wax paper-lined cake pans. Cool before removing from tins. To make filling beat egg yolks; add sugar, salt, juices and grated rinds. Cook in double boiler until thick. Cool and spread between layers of meringue. Cover with whipped cream and refrigerate. Note: Use half this recipe for small cake.

Julie Bowers, CD, Le Mars

Missouri River Mud Pie

1 c. flour	1/2 gal. chocolate ice cream
1/2 c. margarine, softened	6 T. caramel topping
16-oz. can chocolate syrup	9-oz. carton whipped topping
1/2 c. blanched peanuts,	1/2 c. red-skinned peanuts
	chopped

Combine flour and margarine in small bowl of mixer. Add 1/2 cup of the chocolate syrup and mix well. Stir in chopped blanched peanuts. Press mixture into a buttered 9 x 13-inch pan. Bake at 350° for 15 minutes. Remove and cool. Spread softened chocolate ice cream over cooled crust. Freeze until firm. Drizzle with remainder of chocolate syrup. Drizzle caramel topping over this. Spread with whipped topping. Sprinkle red-skinned peanuts on top. Return to freezer until serving time. Cut to serve 12 or 15.

Mildred Gardner, DX, Sioux City

My Favorite P.E.O. Dessert

1 env. unflavored gelatin
1/2 c. sugar
Dash salt
2 eggs, beaten
1/2 c. water
1 lge. angel food cake

1 6-oz. can frozen lemonade concentrate
1 14-oz. can evaporated milk, chilled icy cold, then whipped
Yellow food coloring

Mix gelatin, sugar and salt. Add eggs and water. Cook and stir until gelatin dissolves and mixture thickens slightly. Remove from heat and stir in concentrate. Chill until partially set, then fold into whipped milk. Add a few drops of yellow food coloring. Tear cake into small pieces, making sure there are no brown crumbs on the cake. Cover the bottom of 9 x 12-inch pan with thin layer of gelatin mixture. Arrange one-third of cake on top. Pour one-third of gelatin mixture over, repeating layers. Chill until firm. Serves 15. (Place a marguerite on each plate when serving, with green left on; white daisies may be used.)

Ruby White, JV, Indianola

Never Fail Meringue Shells

6 egg whites
Pinch of salt
2 c. sugar

1 T. vinegar
1 t. vanilla

Add salt to egg whites. Beat until stiff. Add 2 tablespoons of sugar at a time, beating until dissolved. After sugar is all added, add vinegar and vanilla. Beat until all sugar is dissolved. Bake 45 minutes at 225° on ungreased tin.

The inside of the finished meringue is like a marshmallow. Remove shell as soon as baked. They will store in refrigerator in Tupperware for days. To serve, lift off top, add scoop of vanilla or peppermint ice cream. Top with fresh strawberries or chocolate syrup. Makes 9 large shells.

Lorraine Lowenberg, NH, Burlington

Orange Sherbet Dessert

- | | |
|-------------------------------------|--|
| 2-1/2 c. Ritz cracker crumbs | 4 Tablespoons frozen orange juice concentrate |
| 4 T. sugar | 1 c. sugar |
| 8 T. butter | 6 T. butter |
| 1-1/2 qt. orange sherbet | 3 eggs, beaten |
| 1-1/2 qt. vanilla ice cream | |
| Whipped cream | |

Combine cracker crumbs, 4 tablespoons sugar and butter. Press into 9 x 13-inch pan. Soften ice cream and sherbet. Mix; spread over crust and freeze. Combine orange juice concentrate, sugar, butter and beaten eggs; cook until thick. Cool; spread over ice cream. Top with whipped cream.

Dixie Moore, Y, What Cheer

Oreo Chocolate Sundae Dessert

- | | |
|---|---|
| 2 rows Oreo chocolate cookies | 2 c. powdered sugar |
| 1 stick margarine, melted | 1 stick margarine |
| 1/2 gal. vanilla ice cream, softened | 1 can Eagle Brand condensed milk |
| 1 pkg. salted peanuts | 1 6-oz. pkg. chocolate chips |

Crush cookies and mix with melted margarine and spread in 9 x 13-inch pan. Chill. Spread softened ice cream on crust and sprinkle with peanuts. For topping combine remaining ingredients and bring to boil; lower heat and cook for 10 minutes. Let cool completely and spread on top of ice cream and freeze.

Nancy Flood, DM, Seymour

Ozark Pudding

1 egg	1/8 t. salt
3/4 c. sugar	1 t. vanilla
2 T. flour	1/2 c. apple, finely chopped
1-1/4 t. baking powder	1/2 c. nuts, chopped

Beat egg until light; gradually add sugar. Beat until smooth. Sift baking powder and flour and add to egg and sugar. Add remaining ingredients; mix well. Bake at 350° in greased 8-inch square pan for 35 minutes. Serve with whipping cream.

Derby Minturn, JH, Sioux City

Peach Cobbler

6 peaches, sliced	1/2 c. milk
1 c. water	3/4 c. flour
1 c. sugar	1 t. baking powder
2 T. butter	1/2 t. salt
Cinnamon (to taste)	2 T. butter, melted
1/2 c. sugar	

Combine first five ingredients in a saucepan; boil until peaches are cooked. Combine remaining ingredients into batter and pour into greased 9 x 9-inch pan. Pour boiled mixture over batter and bake at 375° for 30 minutes. Serve warm.

Diana Buter, JB, Grinnell

Peaches 'n' Cream Cheesecake

3/4 c. flour	1 15-20-oz. can sliced
1 t. baking powder	peaches, drained (reserve
1/2 t. salt	syrup)
1 sm. pkg. vanilla instant	3 T. peach syrup
pudding	1 3-oz. pkg. cream cheese,
3 T. butter, softened	softened
1 egg	1/2 c. sugar
1/2 c. milk	1 T. sugar
	1/2 t. cinnamon

Combine first 7 ingredients in large bowl. Beat 2 minutes and pour into 10-inch greased pie plate. Place peaches over batter. Combine cream cheese, sugar and syrup in small bowl and beat 2 minutes. Spoon to within 1 inch of edge of batter. Combine sugar and cinnamon and sprinkle over top. Bake at 350° for 30 to 35 minutes until crust is golden brown. Store in refrigerator.

Wendy Lego, JG, Sioux City

Peanut Brittle Dessert

1/2 lb. peanut brittle
1-3/4 c. vanilla wafers,
crushed

1/4 lb. butter
2 c. powdered sugar
3 eggs, separated

Crush peanut brittle and add vanilla wafers. Set aside. Cream together butter and powdered sugar. Add egg yolks. Beat egg whites until stiff and fold them into mixture. Place half of the crumbs in an 8 x 8 x 2-inch pan. Cover with filling then put remaining crumbs on top. Chill for 12 hours. Makes 9 servings.

Rosemary Wood, LJ, Des Moines
P.E.O. Executive Secretary

P.E.O. Cranberry Cream

1/2 c. flour
1/4 c. butter
1/8 c. brown sugar
1 8-oz. pkg. cream cheese
1 c. powdered sugar
1 t. unflavored gelatin

1 6-oz. can frozen cranberry
juice, undiluted
1-1/2 c. Cool Whip
1 6-oz. can cranberry
juice, undiluted
1/4 c. sugar

Mix flour, butter and brown sugar and pat on a cookie sheet. Bake 5 minutes at 375°. Crumble into the bottom of an 8 x 8-inch pan. Beat cream cheese with powdered sugar. Sprinkle gelatin over cranberry juice and heat until gelatin is dissolved. Cool. Add to cream cheese mixture. Fold in Cool Whip. Pour over crumbs and freeze. Make sauce of cranberry juice, the second can listed, and sugar. Boil gently until mixture is reduced by one-third. Sauce will thicken as it cools. Drizzle sauce over individual serving pieces of dessert.

Jacque Andrew, CZ, Jefferson

Peppermint Dessert

1/3 c. butter, softened
2 c. powdered sugar
3 eggs, separated
2 sq. chocolate, melted
1 t. vanilla

Dash of salt
1/2 c. nuts, chopped
1/2 gal. peppermint ice cream
Vanilla wafers

Cream butter and sugar. Add egg yolks and beat until light. Add chocolate, vanilla and salt. Fold sugar mixture into beaten egg whites and add nuts. Spread the mixture in a 9 x 13-inch pan which has been lined with crushed vanilla wafers. Let chocolate mixture set well in the freezer. Then spread with 1/2 gallon peppermint ice cream. Sprinkle more wafer crumbs on top. Freeze. Cut in squares for serving. Will keep some time in the freezer. Variation: Use chocolate wafers and different flavors of ice cream.

Mary Ellen Norton, CU, Bedford

Pineapple Souffle

1 20-oz. can chunk pineapple, drained (reserve juice)
1 c. sugar

2 eggs
1 T. flour
6 slices white bread, cubed
3/4 c. butter

Melt butter in large saucepan. Turn off heat. Add bread cubes and stir to absorb butter. Beat eggs; add sugar, flour and pineapple juice. Layer pineapple and bread mixture in a 1-1/2 quart greased casserole dish. Top layer should be bread mixture. Pour juice mixture over all. Bake at 350° for 1 hour. Serves 8.

Diane Asmussen, IK, Dubuque

Pompadour Pudding

1 qt. milk, scalded (hold out 1/2 c. cold milk)
3/4 c. sugar
3 T. corn starch

3 eggs, separated
2-oz. unsweetened chocolate
1/2 c. sugar

Mix corn starch and sugar with the cold milk. Add to hot milk in double boiler. Beat egg yolks. Blend a little hot milk into egg yolks and then add back to hot mixture. Cook about 5 minutes or until no starch or egg taste remains. Divide in 6 sherbet glasses. Cover and refrigerate. Serve with topping. To make topping: melt chocolate over hot water. Beat egg whites until stiff. Add sugar to make stiff meringue. Fold in melted chocolate carefully. Do not over mix. Refrigerate until ready to serve.

Edith Kirkpatrick, CQ, Cresco

Pumpkin Cheesecake

**1-1/2 c. graham cracker
crumbs**
1/3 c. almonds, ground
1/2 t. ginger
1/2 t. cinnamon
1/3 c. butter, melted
**4 8-oz. pkgs. cream cheese,
softened**
1-1/4 c. sugar
3 T. maple syrup
3 T. cognac
**1/4 c. almonds, sauteed in
butter**

1 t. ginger
1 t. cinnamon
1/2 t. nutmeg
4 eggs (room temperature)
1/4 c. whipping cream
**1 c. cooked or canned
pumpkin**
2 c. sour cream
1/4 c. sugar
1 T. maple syrup
1 T. Cognac

Preheat oven to 425°. Combine graham cracker crumbs, almonds, ginger, cinnamon and butter. Press in an even layer on bottom of a 10-inch spring form pan. Bake 10 minutes. Remove pan from oven and reduce oven temperature to 325°. Beat cream cheese with an electric mixer until smooth. Gradually add sugar, beating until fluffy and light. Add 3 tablespoons maple syrup, 3 tablespoons Cognac and spices. Blend well. Add eggs, one at a time, beating thoroughly after each addition. Add cream and pumpkin and mix well. Pour filling mixture into prepared crust. Bake for 45 minutes. Turn off oven. Do not open oven door during baking time or for 1 hour after oven is turned off. Remove cake. Preheat oven to 425°. Blend sour cream, sugar, 1 tablespoon maple syrup and 1 tablespoon Cognac. Spread over cake. Bake for 10 minutes. Allow cheesecake to cool at room temperature for about 1 hour. Arrange almonds in a ring around perimeter of cake. Chill at least 3 hours before removing sides of pan. Serves 12. This cake freezes well.

Jane Paul, KU, Davenport

Pumpkin Cottage Pudding

1/3 c. soft shortening
1/2 c. sugar
2 eggs
1 c. canned pumpkin
1/2 c. light molasses
1 T. orange peel, grated
1-2/3 c. flour
1/2 t. each baking powder
and salt
1 t. soda
1 t. cinnamon
1/2 t. each cloves and
nutmeg

1/4 t. ginger
1/3 c. orange juice
1/2 c. nuts, chopped
1 3-oz. pkg. cream cheese
2 T. milk
1 T. corn starch
1/2 c. sugar
1/4 t. cinnamon
2 t. orange peel
1 c. orange juice
2 T. butter

Cream shortening and sugar. Beat in eggs one at a time. Stir in pumpkin, molasses and orange peel. Mix dry ingredients together and blend into pumpkin mixture alternately with orange juice. Pour into greased 9-inch square pan. Bake at 350° for 30 to 35 minutes. Cut in 16 squares and serve warm with the following. Blend cream cheese with milk. Beat till fluffy. For orange sauce, cook cornstarch, sugar, cinnamon, orange peel and orange juice until thick. Add butter. On each square put a small dollop of cream cheese mixture and spoon over the hot orange sauce. If desired, garnish with a wheel of thinly sliced fresh orange.

Norma Reynolds, KW, Mason City

Pumpkin Dessert

1 c. cake flour, sifted
1/2 c. quick cooking oatmeal
1/2 c. brown sugar
1/2 c. margarine, melted
1 16-oz. can pumpkin
1 13-1/2-oz. can evaporated
milk
2 eggs

3/4 c. sugar
1 t. cinnamon
1/2 t. ginger
1/4 t. cloves
1/2 t. salt
1/2 c. pecans, chopped
1/2 c. brown sugar
2 T. margarine, melted

Mix flour, oatmeal, sugar and margarine. Press into bottom of ungreased 9 x 13-inch pan. Bake at 350° for 15 minutes. Mix pumpkin, milk, eggs, sugar, spices and salt; put on the baked crust and return to oven. Bake for 20 minutes. Mix pecans, sugar and margarine and sprinkle over filling. Bake another 15 to 20 minutes until set. Cool; cut into squares. Good served with whipped cream.

Hilda Harris, GG, Tabor

Raspberry-Rhubarb Souffle

**3 c. fresh rhubarb, finely
diced**
1/2 c. sugar
**1 10-oz. pkg. frozen
raspberries, thawed**

1 env. unflavored gelatin
1 t. lemon juice
6 egg whites
1/4 c. sugar
1 c. heavy cream

Prepare 1-1/2 qt. souffle dish by adding a collar of either foil or wax paper tied around the outside of dish extending over lip approximately 3 inches. Sprinkle rhubarb with 1/2 cup sugar. Let stand for 1 hour. Meanwhile blend raspberries in blender till smooth. Sieve and discard seeds. Sprinkle gelatin over raspberries to soften. Simmer rhubarb in saucepan until barely tender. Drain, reserving enough liquid to make 3/4 cup. Add hot liquid to raspberries. Stir until gelatin is dissolved. Add rhubarb, lemon juice and salt. Chill until mixture is consistency of unbeaten egg whites.

Beat egg whites until foamy. Add 1/4 cup sugar gradually, beating until stiff glossy peaks form. Fold in tickened raspberry mixture.

Beat cream until very soft peaks form. Fold into raspberry mixture. Pour into souffle dish and refrigerate until firm, at least 4 hours. Serves 8 to 10.

Sandy Rider, BR, Corydon

Raspberry Swirl Dessert

**3/4 c. graham cracker
crumbs**
**3 T. butter or margarine,
melted**
2 T. sugar
3 eggs, separated

1 8-oz. pkg. cream cheese
1 c. sugar
1/8 t. salt
1 c. heavy cream, whipped
**1 10-oz. pkg. frozen
raspberries, partially
thawed**

Combine graham crackers, butter and 2 tablespoons sugar and press into a 11 x 7 x 1-1/2-inch baking dish. Bake at 375° for 8 minutes. Cool completely. Beat yolks at high speed until thick. Add cream cheese, 1 cup sugar and salt. Beat until smooth and light. Beat egg whites until stiff peaks form. Fold egg whites and whipped cream into cheese mixture. Puree raspberries in blender. Gently swirl half of puree through cheese filling. Spread over crust. Spoon remaining puree over top. Swirl with knife. Freeze, then cover and return to freezer. (May be doubled for 9 x 13 pan)

Leah Helmensen, BE, Spirit Lake

Sherbet Delight

1 pt. cream
1/4 c. sugar
1 t. vanilla
1 c. coconut, toasted

1 c. walnuts, chopped
1 pt. raspberry sherbet
1 pt. orange sherbet
1 pt. lemon or lime sherbet

Whip cream; add sugar and vanilla. Fold in coconut and nuts. Spread most of the cream mixture in thin layer on bottom of 7-1/2 x 12 x 1-1/2-inch glass baking pan. Put sherbets, by spoonfuls, over whipped cream mixture; mix colors all over. Spread remaining whipped cream mixture over top. Freeze. Coconut may be sprinkled on top. Makes 12 servings.

Imogene Hinman, LV, Belmond

Strawberry Delight

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

1 10-oz. pkg. frozen strawberries
2 egg whites
1 c. sugar

1 c. flour
1/2 c. nuts, chopped

1 T. lemon juice
1 t. vanilla
1 c. whipping cream whipped

Mix first four ingredients lightly; put in pan and bake at 350° for 15 minutes or until golden brown. When cool, crumble and place 2/3 of mixture into a 9 x 13-inch pan for the crust. Reserve 1/3 for topping. Place strawberries, egg whites, sugar, vanilla, and lemon juice in a large bowl. Beat 15 or 20 minutes with electric beater fold in the whipped cream. Pour into the crust. Top with 1/3 of the crumbs. Place in freezer. Serves 12. Serve with whipped cream and a whole strawberry on top.

Kathleen Hoaglin, NC, Des Moines

Strawberry Fluff

2 c. flour
1/2 c. brown sugar
1 c. nuts
1 c. margarine, melted

2 egg whites
2/3 c. sugar
1 10-oz. pkg. strawberries
2 T. lemon juice
1 8-oz. carton Cool Whip

Mix first 4 ingredients and bake at 350° for 20 minutes, stirring two or three times. Cool this mixture. Beat the egg whites, sugar, strawberries, and lemon juice for 10 minutes. Place 2/3 of the flour mixture in bottom of 9 x 12-inch pan. Pour in strawberry mixture and top with remaining 1/3 cup flour mixture. Can be used immediately or frozen.

Helene Sleeter, P, Burlington

Strawberry Pretzel Dessert

1-1/2 c. pretzels, crushed
1/2 c. sugar
1/2 c. margarine, melted
1 8-oz. pkg. cream cheese,
softened
1 c. sugar

1 8-oz. container Cool Whip
1 6-oz. pkg. strawberry
gelatin
2 c. boiling water
2 10-oz. pkg. frozen
strawberries, partially
thawed

Combine pretzels, sugar and margarine; pat into 9 x 13-inch pan. Bake at 350° for 10 minutes. Cool. Combine cream cheese, sugar and Cool Whip; spread over pretzel crust. Dissolve gelatin in boiling water; add strawberries. Let mixture set partially, then spread over cream cheese layer and refrigerate several hour or overnight.

Doris Corrie, V, Des Moines

Strawberry Success

1 c. flour
1/4 c. brown sugar
1/2 c. pecans, chopped
1/2 c. margarine
2 egg whites

1 c. sugar
1 12-oz. carton Cool Whip
2 T. lemon juice
1 10-oz. pkg. frozen
strawberries, partially
thawed

Cream margarine and brown sugar; gradually add flour and pecans. Spread evenly in shallow pan; smooth into a fine, crumbly mixture. Bake at 300° for 20 minutes, stirring once. Sprinkle 2/3 of this mix into 9 x 13-inch pan and let cool. Beat egg whites until stiff and add sugar gradually. Then add Cool Whip, lemon juice and strawberries. Beat until well blended. Pour onto cooled crumb mixture. Top with rest of crumbs. Freeze at least 6 hours. Serve from freezer. Will stay fresh in freezer up to 10 days.

Marilyn Piper, B, Bloomfield

Strawberry Trifle

- | | |
|---|---|
| 1 pkg. yellow or white cake mix | 1 c. whipping cream, chilled |
| 1 16-oz. pkg. frozen strawberries, thawed | 1/4 c. sugar |
| 1 can vanilla pudding (or 2 c. prepared pudding) | 1/4 c. almonds, slivered and toasted |

Bake cake according to package directions in 9 x 13-inch pan. Cool. Cut crosswise in half. Reserve 1/2 for another dessert. Cut remaining cake into 8 pieces; split each piece horizontally. Arrange half the pieces in 2-quart glass serving bowl, cutting pieces to fit bowl. Pour half the strawberries, with syrup, over cake. Spread with 1 cup pudding. Repeat with remaining cake pieces, strawberries and pudding. Cover and chill at least 4 hours. In chilled bowl beat cream and sugar until stiff. Spread over trifle; sprinkle with almonds and, if desired, garnish with fresh strawberries. Spoon into dessert dishes. Serves 8 to 10.

Madalyn Shafer, CM, Keota

Swan Cream Puffs

1 c. water
1/2 c. margarine
1/4 t. salt
1 sm. pkg. vanilla instant
pudding

1 c. flour
4 eggs
1 c. heavy or whipping cream
1-1/4 c. milk
1/2 t. almond extract

Grease large cookie sheet. In 2 quart saucepan heat water, margarine and salt until mixture boils. Remove pan from heat. Add flour all at once; stir with wooden spoon until mixture leaves side of pan and forms a ball. Add eggs, one at a time, beating with wooden spoon after each addition. Preheat oven to 375°. Spoon 1/2 c. mixture into pastry bag with 1/2-inch writing tip. Pipe eight 3-inch long "question marks" for swans' necks, having a small dollop at beginning for head. Drop remaining batter onto cookie sheet into 8 large mounds, 3 inches apart. With moistened fingers, smooth and round batter. Bake 20 minutes or until necks are golden. Remove necks to cool. Continue baking creme puffs 45 to 50 minutes longer. Check them; mine didn't take that long. Cool completely. In small bowl with mixer at medium speed, beat cream until soft peaks form; set aside. Prepare pudding using milk. Fold whipped cream and almond extract into prepared pudding. Cut off top 1/3 of puff and set aside. Spoon creme into each "body". Cut reserved tops in half lengthwise and set into creme at a slant to make wings. Place swans' necks into creme. Refrigerate. Serves 8.

Anne Olson, MN, Muscatine

Sybil's Mazarine Torte

1/2 c. butter
1-1/3 c. sifted flour
1 t. baking powder
1/3 c. sugar
1 egg, slightly beaten
1 large jar seedless
raspberry jam
1/2 c. butter

2/3 c. sugar
2 eggs
1 c. blanched almonds,
ground fine
1/2 t. almond extract
1/2 c. confectioner's sugar
2 t. lemon juice

Mix the first 4 ingredients and cut together as pie crust. Add slightly beaten egg. Press into 9-inch cake pan or cheesecake pan with removable sides and press up sides. Cover crust with 1/2 cup jam (or slightly more); chill while preparing next step. Cream butter and sugar. Add eggs, one at a time. Stir in nuts and extract. Spoon over jam. Bake at 350° for 50 minutes. Cool. Remove from pan. Cover with jam. Combine confectioner's sugar and lemon juice. Drizzle over jam.

Mary Weir, Original A. Mt. Pleasant



Eggs, Milk & Cheese

EGGS, MILK & CHEESE ❁

Alice's Eggs

2 c. Velveeta cheese, grated	1/4 t. pepper
1/4 c. butter	2 t. dry mustard
1 c. half and half	12-16 eggs
1 t. salt	

Use a well greased 8x12-inch pan. Grate cheese on bottom of pan, dot with butter. Mix half and half, salt, pepper and mustard. Pour half of this over cheese. Beat eggs slightly; add rest of half and half mixture. Pour over cheese. May add ham pieces or crumbled bacon. Bake at 325° for 40 minutes. Serves 12.

Wilma Gillespie, BY, Guthrie Center

Apple Cheese Bake

1/2 lb. bacon	2 c. milk
8 slices firm white bread,	1 t. celery salt, optional
crusts removed	1/4 t. dry mustard
2 c. applesauce	Dash of pepper
2 c. Cheddar cheese, grated	Additional bacon for garnish,
6 eggs	if desired

Cook bacon until crisp; drain and crumble. Place half the bread slices in bottom of greased, 8-inch baking dish. Cover bread with applesauce, cheese and bacon; top with remaining bread slices. Beat eggs; stir in milk, celery salt, mustard and pepper. Pour egg mixture over ingredients in baking dish; let stand in refrigerator for at least 1 hour or overnight. Bake at 325° for 50-55 minutes or until top is puffy and golden. If desired, garnish with additional bacon strips. Serve immediately. Serves 6.

Eileen Goodwin, AS, Manchester

Breakfast Casserole

3 c. French bread, cubed
3 c. cooked ham, cubed
1/2 lb. Cheddar cheese,
shredded
3 T. flour

1 T. dry mustard
4 eggs
3 T. margarine, melted
3 c. milk

In large bowl mix bread, ham, cheese, flour and mustard. Pour this mixture into a greased 9x13-inch pan. Beat eggs till foamy; add margarine and milk and beat again. Pour this over the first mixture. Cover and chill overnight or at least 4 hours. Bake uncovered at 350° for 1 hour or so. Serves 10 or 12.

Linda Bullock, BX, Maquoketa

Breakfast Casserole

5 T. butter
4 T. flour
3 c. milk
2 c. American cheese, grated

6 hard-cooked eggs, sliced
2 c. ham, diced
5 c. bread crumbs
Paprika

Melt butter and blend flour, then stir in milk. Cook and stir until sauce boils and is thickened. Add grated cheese. Arrange 1-1/2 cups bread crumbs, 3 sliced eggs, 1 cup ham in buttered 2-quart casserole. Season with salt and pepper. Cover with 1/2 cheese sauce. Repeat layer and top with buttered bread crumbs and sprinkle with paprika. For buttered bread crumbs use remaining bread crumbs and add to 2 tablespoons melted butter. Bake casserole at 350° 1-1/2 hours. (Bake 2 hours if refrigerated after making.) Can be refrigerated up to 24 hours before serving.

Barb Hagie, FS, Clarion

Breakfast Pizza

1 lb. bulk sausage
1 pkg. refrigerated crescent
rolls
1 c. frozen loose-pack hash
brown potatoes, thawed
1 c. sharp Cheddar cheese
(4 oz.), shredded

5 eggs
1/4 c. milk
1/2 t. salt
1/8 t. pepper
2 T. Parmesan cheese

In skillet cook sausage until brown; drain. Separate dough into 8 triangles. Place in ungreased 12-inch pizza pan. Press over bottom and sides. Spoon sausage over crust. Sprinkle with potatoes. Top with Cheddar cheese. Swiss or Monterey Jack may be used in place of Cheddar cheese. Beat eggs, milk, salt and pepper. Pour on crust. Sprinkle Parmesan cheese over all. Bake at 375° for 25-30 minutes. Serves 6-8.

Adeline Landsness, GJ, Sioux Rapids

Classic Quiche

**4-8 slices bacon, cooked
and crumbled**
2 T. onion, chopped
1/2-1 c. steamed broccoli
1/2 c. mushrooms
**1 c. sharp Cheddar cheese,
grated**
**1/2 c. Monterey Jack cheese,
grated**

4 eggs
1 c. cream
Dash of salt
Dash of pepper
1 t. Lowry's seasoning salt
Dash of ground nutmeg
9 or 10-inch pie shell

Lightly butter bottom of crust. Sprinkle bacon, onion, vegetables and cheeses into pie shell. Combine eggs and cream until well blended. Add seasonings. Pour egg mixture over ingredients in pie shell. Bake at 350° for 35 minutes or until knife inserted in center comes out clean. Cool 10 minutes before serving.

Marsha Sedlacek, NM, Storm Lake

Egg Casserole

3 c. cooked rice
**2 c. Cheddar cheese,
shredded**
1 c. fresh bread crumbs
2 t. onion, grated
2 t. parsley flakes
3 shakes garlic salt

1/2 t. dry mustard
3/4 c. butter, melted
1/2 green pepper, chopped
1 t. salt
1-3/4 c. milk
6 eggs, slightly beaten

Combine all ingredients, and place in 9x13-inch pan. Bake at 350° for 1 hour or bake at 250° for 45 minutes and freeze. Reheat 15 minutes at 350°.

Kathy Ward, DG, Eddyville

Egg-Sausage Bake

6 eggs
2 c. milk
2 slices bread, cubed
1 t. salt
1 t. dry mustard

1 c. Cheddar cheese,
shredded
1 lb. mild sausage
1 4-oz. can green chilies
Sliced mushrooms, optional

Fry sausage and drain. Whip eggs; mix all ingredients together and pour into an 8x12-inch pan. Let set overnight. Bake at 350° for 50 minutes. Bake at 325° if using a glass pan. After baking, cool 5 minutes. Serves 8.

Jan Ridout, DF, Toledo

Elegant Eggs Oriental

1 c. celery, sliced
1 T. butter
1 can cream of chicken soup,
undiluted
1/3 c. milk
1 or 2 T. soy sauce

6 hard-cooked eggs, quartered
3/4 c. cooked chicken,
chopped
1 c. (4 oz.) button
mushrooms with liquid
1 T. sliced pimiento

In large saucepan cook celery in butter until tender, but not brown. Blend in soup, milk and soy sauce. Stir in remaining ingredients. Heat to serving temperature. Stir, but do not break up eggs. Serve over rice or chow mein noodles.

Faye Carter, BV, Humboldt

Glorified Shell Macaroni (Souffle)

1 sm. onion, diced
1 sm. green pepper, diced
1 sm. jar pimiento, drained
and diced, reserve a few
pieces for garnish
1 c. macaroni shell
1 c. milk

2 eggs, beaten
1 c. cheese, shredded
2 T. butter, melted
Dry bread crumbs
1 can cream of mushroom
soup, optional
Parsley for garnish

Cook macaroni until soft; drain. Saute onion, green pepper and pimienta. Bring milk to boil; add eggs, cheese and butter. Mix together macaroni, vegetables and milk mixture. Line greased baking dish with crumbs; pour in souffle mixture. Let stand overnight. Top with more crumbs if desired; bake at 350° for 45 minutes. Garnish with pimienta and parsley; serve with hot mushroom soup as a sauce if desired.

Scotty Hoff, EH, Des Moines

Ham and Swiss Cheese Quiche

1/2 c. all purpose flour	1 c. ham, diced
1/2 c. whole wheat flour	1/3 c. green onion, chopped
1/4 t. salt	2 c. milk
3 T. butter	1 T. cornstarch
2 T. lard	4 eggs, slightly beaten
3-4 T. cold water	1/4 t. salt
2 c. (8 oz.) Swiss cheese,	1/4 t. nutmeg
shredded	Dash of pepper

Preheat oven to 375°. Combine flours and salt; cut in shortening until mixture resembles coarse crumbs. Gradually stir in water until dough holds together. Form into a ball. Roll out and line a 9-inch pan with dough. Trim and build up edges. To make filling, toss together ham, cheese and onion. Place in bottom of crust. Dissolve cornstarch in a little of the milk. Add remaining milk, eggs, salt, nutmeg and pepper. Pour over ham mixture. Bake 45 minutes or until knife comes out clean. Let stand 20 minutes before serving.

Erma Eppler, ER, Strawberry Point

Ham and Swiss Sandwich Puffs

2 c. Swiss cheese (1/2 lb.)
2 c. ground cooked ham
(1 lb.)
1/2 c. mayonnaise
1 t. prepared mustard

12 slices sandwich bread,
toasted
6 eggs
2-1/4 c. milk
Parsley

Put cheese and ham through blender using coarse blade. Blend in mayonnaise and mustard. Spread on 6 bread slices. Place remaining 6 bread slices on top and cut diagonally into quarters. Stand sandwiches up placing crust side down in buttered 9x13-inch pan. Beat eggs slightly with milk and pour over sandwiches. Cover and chill at least 4 hours or overnight. Bake at 325° for 35 minutes or until set. Garnish with parsley. Serves 10-12.

Marlene Miller, FO, Cedar Rapids

Jambon et les Oeufs (French Ham and Eggs)

8 hard-boiled eggs
2 c. ham, cubed
6 T. butter
5 T. flour
1-1/2 t. seasoned salt
2 c. crushed Rice Chex cereal

1/2 t. pepper
3 c. milk
1 c. light cream
1 t. onion, minced
1 c. Parmesan cheese
1/4 c. melted butter

Melt the 6 tablespoons butter; blend in flour, seasoned salt and pepper. Add milk, cream and minced onion. Cook, stirring until thickened. Add cheese, sliced eggs and ham. Place in buttered casserole. Top with the 2 cups of crushed Rice Chex and melted butter. Bake at 325° for 45 minutes. Casserole can be prepared the day before serving. If casserole has been refrigerated, bake at 325° for 1-1/2 hours. This serves 6 hearty eaters or 8 average eaters.

Gwen Dahlberg, HX, Des Moines

Make-Ahead Mini-Quiches

1 pkg. of 12 refrigerated
butterflake rolls
1 4-oz. can shrimp, drained
1 egg, beaten
1/2 c. light cream

1 T. brandy
1/2 t. salt
Dash of pepper
1-1/3 oz. Swiss cheese

Grease 2 dozen 1 3/4-inch muffin pans. Separate each dinner roll in half, pressing into muffin pans to make shell. Place one shrimp in each shell. Combine egg, cream, brandy, salt and pepper. Divide evenly among shells, using about 2 teaspoons liquid for each. Slice cheese into 24 small triangles, and place atop each appetizer. Bake in 350° oven for 20 minutes or until golden brown. Serve hot, or cool, wrap in foil and freeze. To serve frozen appetizers, place on baking sheet and bake at 350° for 10-12 minutes until hot. Serve hot. Makes 24.

Diana Larson, BX, Maquoketa

Near Quiche

2 eggs
1-1/2 c. flour (do not pack)
1 t. salt
1/4 c. green pepper, diced
8 oz. Swiss cheese, grated

8 oz. Cheddar cheese, grated
2 c. milk
1/4 c. onion, grated
2 c. ham, chopped
2 c. mushrooms, diced

Mix all ingredients, reserving 1/4 cup cheese. Divide into two 10-inch pie plates. Sprinkle with remaining cheese. Bake at 350-375° for 30 minutes. Makes 12 servings. May spray pie plates to prevent sticking.

Maxine Nelson, AE, Clarinda

Oven Cheese Fondue

10 slices white bread
6 eggs
3 c. milk
2 T. parsley, snipped
1 t. dry mustard

1 t. salt
2 c. 8-oz. process sharp
American cheese, shredded
3 T. onion, finely chopped

Heat oven to 325°. Remove crusts from bread slices. Cut bread into cubes. Beat eggs, milk and seasonings. Stir in bread cubes, cheese and onion. Pour into ungreased baking dish 11x7-inch. Bake uncovered 1 hour or until center is set.

Donna Reimers, GL, Griswold

Sausage-Cheese Strata

3 c. herb-flavored croutons
1-1/2 lbs. bulk pork sausage
(may use part Italian sausage)
8-9 eggs
4-1/2 c. milk

1 t. dry mustard
4 oz. pkg. Cheddar cheese,
shredded
1 can condensed cream of
mushroom soup mixed with
1/2 c. milk

First layer: place croutons on bottom of 9x13-inch baking dish. Second layer: brown and drain the sausage; layer over the croutons. Third layer: mix together the eggs, milk and dry mustard; pour over the croutons and sausage. Fourth layer: sprinkle the Cheddar cheese over all. Cover and place in refrigerator overnight. Preheat oven to 300°. Mix together the mushroom soup and milk; pour over the layers. Bake 1 hour. Allow to stand 5-10 minutes before serving.

Dorothy Muenchau, MK, Sioux City

Scalloped Bacon and Eggs

1/4 c. onion, chopped
2 T. margarine
2 T. flour
1 c. milk
4 oz. Cheddar cheese,
grated

6 hard-boiled eggs, sliced
1-1/2 c. crumbled potato chips
1/2 lb. bacon, fried and
crumbled

Saute onion in margarine. Blend in flour and milk. Cook until thickened and add cheese. In greased 9x9x2-inch pan, layer half the sliced eggs, half the cheese mixture, half the crumbled chips, and half the crumbled bacon. Repeat layers. Pour cooked mixture over the layers. Bake at 350° for 20-30 minutes.

Velma Fehrle, CV, Corning

Swiss and Crab Quiche

- | | |
|--|---------------------------------|
| 4 oz. Swiss cheese, shredded | 3 eggs, beaten |
| 1 7-1/2 oz. can crab meat,
drained and flaked, with
cartilage removed | 1 c. light cream |
| 2 green onions with tops,
sliced | 1/2 t. salt |
| 1 9-inch pie shell | 1/2 t. grated lemon peel |
| | 1/4 t. dry mustard |
| | Dash of ground mace |

Arrange cheese, crab and onion over pie shell. Combine rest of ingredients and pour over top. Bake at 325° for 45 minutes. Let stand 10 minutes before serving.

Joanna Reno, AB, Bonaparte

Vegetable Quiche

- | | |
|---|--|
| 1 unbaked Pet Ritz
deep-dish pie shell | 4 eggs, slightly beaten |
| 1/3 c. carrots, diced | 2 c. half and half |
| 1/3 c. celery, diced | 1-1/2 c. Swiss cheese,
shredded |
| 1/3 c. broccoli, diced | 1/4 t. salt |
| 1/3 c. cauliflower, diced | 1/4 t. pepper |
| 1/3 c. zucchini, diced | Dash of nutmeg |
| 2 T. onion, chopped | Dash of cayenne pepper |
| Sunflower kernels | |

Saute vegetables in small amount of oil until they are just crisp tender; transfer to bowl. Combine remaining ingredients except sunflower seeds. Pour over vegetables and stir to coat evenly. Pour into crust and sprinkle with sunflower kernels. Bake 10 minutes at 400°, then 40 minutes at 350° or until a knife inserted in center comes out clean. Cool 10 minutes before cutting. Serves 6-8.

Marie Fair, IB, Davenport



Main Dishes

MAIN DISHES*****

Asparagus Dried Beef Rolls

- | | |
|---------------------------------------|------------------------------------|
| 1 6-oz. pkg. sliced dried beef | 2 slices Mozzarella cheese, |
| 10-oz. pkg. fresh or frozen | halved |
| asparagus spears, crisp | 2 t. Parmesan cheese, |
| cooked and drained | grated |

Lay 1/2 slice cheese on a slice of dried beef. Top with 4 asparagus spears. Fold or roll beef around the asparagus spears. Secure with toothpicks and place in a greased, flat baking dish. Bake at 350° for 20 minutes. Sprinkle with Parmesan cheese and serve at once. Microwave: cook on HIGH for 2 minutes, turn pan, sprinkle with Parmesan cheese and cook 2-4 minutes longer.

Margaret Ehrig, AR, Grundy Center

Baked Chicken Souffle X

- | | |
|--|--|
| 9 slices white bread, crusts removed | 9 slices processed sharp cheese |
| 5 c. cooked chicken | 4 eggs, well beaten |
| 1/2 lb. fresh mushrooms | 2 c. milk |
| 1/4 c. butter | 1 t. salt |
| 1 8-oz. can water chestnuts, drained and sliced | 1 can cream of mushroom soup |
| 1/2 c. mayonnaise | 1 can cream of celery soup |
| 1 2-oz. jar pimiento, diced | Buttered bread crumbs |

Line a large flat buttered pan with the bread slices. Top with chicken. Cook mushrooms in butter and spoon over chicken with the water chestnuts. Dot with mayonnaise. Top with cheese slices. Combine eggs, milk and salt and pour over chicken. Mix soups and pimiento and spoon over all. Cover with foil and store in refrigerator overnight. Bake at 350° for 1-1/2 hours. Sprinkle buttered bread crumbs over the souffle for the last 15 minutes. 9 to 10 servings. May substitute turkey for chicken.

Arlene Bralnard, FU, Anamosa

Barbecued Sandwiches

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

2 T. onion, chopped
2 T. green onion
2 T. Worcestershire sauce
1 t. celery seed

Combine and cook for 3 minutes. Add to leftover roast beef or pork or browned ground beef. Serve on buns.

Carol Moore, CG, Eldon

Beef Empañadas

1/3 c. onion, finely chopped
3 T. butter or margarine
1/2 lb. ground beef
3 T. brown sugar
2 T. slivered almonds

2 T. chili powder
Salt and pepper to taste
1 egg, slightly beaten
1 egg, beaten with 2 T. water
to brush pastry

PASTRY:

1/2 c. butter or margarine,
cut into small pieces
4 oz. cream cheese, softened
2 T. ice water

1-1/2 c. flour
1/4 t. vinegar
1/2 t. baking powder

In medium bowl, using a fork, combine all ingredients for pastry. With floured hands knead mixture for three minutes or until smooth. Chill while preparing filling.

Saute onions in butter or margarine until golden. With slotted spoon remove onions to medium bowl. In skillet used to saute onions, brown beef, stirring over medium heat for three minutes. Remove beef with slotted spoon to bowl with onions. To onion/beef mixture add sugar, almonds, chili powder, salt, pepper and slightly beaten egg. Mix well.

On floured surface, roll out pastry 1/16 inch thick. Cut out 8 circles, each about 5-1/2 inches in diameter. Place a heaping tablespoon of filling in center of each circle; fold one side over, press edges together with tines of fork.

Brush empanadas with egg/water mixture; place on greased cookie sheet. Bake at 400° for 15 minutes or until golden brown. Makes 8 empanadas.

Rochelle Tennyson, IN, Ottumwa

Beef Stew in Red Wine

4 T. butter
2 lb. beef shoulder cut in
1-in. cubes
1-1/2 t. salt
3 med. onions, approx. 1 lb.,
thinly sliced
1 clove garlic, crushed
1 t. fresh basil, chopped,
or 1/2 t. dried

Grated peel of 1/2 lemon
1 t. paprika
1-1/2 T. flour
1 c. dry red wine
1 c. beef stock, or canned
beef broth
1/2 lb. raw mushrooms,
coarsely chopped
Chopped parsley

Melt butter in large casserole and brown beef lightly. Add salt, onions, garlic, basil, lemon and paprika. Cover and simmer 30 minutes. Sprinkle flour over the beef and mix well. Add wine and beef stock, cover and simmer 1 hour. Add mushrooms, cover and simmer 15 minutes longer or until beef is tender. Sprinkle with parsley. Serves 4.

Virginia Green, GI, Des Moines

B.I.L. Casserole

1 4-lb. stewing hen or 3-4 whole chicken breasts
3 c. canned whole green beans, drained
1 can cream of chicken soup
1/2 can chicken broth

20 single saltine crackers
1 c. Cheddar cheese, grated
1/2 t. dry onion flakes or fresh onion to taste
2 to 3 T. melted butter
Slivered almonds for garnish

Simmer chicken until tender. Remove meat from bone, but leave in larger than bite sized pieces. Butter a 9 x 9 x 2-inch baking dish. Arrange drained beans in bottom of pan, then half the chicken over the beans. Top with 16 crackers, unbroken. Sprinkle with half the cheese. Arrange the rest of the chicken over the cheese layer. Combine soup, broth, onion, and remaining cheese. Pour over the chicken. Crumble remaining crackers and sprinkle over the top. Add slivered almonds and drizzle with melted butter. Bake at 350° for 30-40 minutes or until bubbling hot. Serves 6-8.

Jean Stevens, FE, Waterloo

Cheese Souffle With Shrimp

16 slices white bread, crusts removed, sliced in half
1 lb. Cheddar cheese slices
1 lb. Swiss cheese slices
1 16-oz. pkg. frozen shrimp, cooked
6 eggs

3 c. milk
1/2 t. onion salt
1/2 t. dry mustard
Salt
Pepper
Cornflakes, crushed
3 T. butter, melted

Grease a 9 x 13-inch glass baking dish. Layer half the bread, Cheddar cheese, Swiss cheese and shrimp into the dish. Mash down and repeat until all is used. Combine eggs, milk, onion salt, mustard, salt and pepper to taste. Pour over casserole and refrigerate overnight. Combine enough crushed cornflakes to cover casserole with butter. Sprinkle over top. Bake at 375° for 40 minutes.

Judy Seefeldt, IR, Davenport

Chicken Breasts and Rice

- | | |
|---|---|
| 6 whole chicken breasts,
skinned, boned and cut in
half, or fryer chicken, cut
in pieces | 1 c. milk |
| 1 can cream of celery soup | 1/4 c. sherry or sauterne
wine |
| 1 can cream of mushroom
soup | 1 c. regular rice |
| | 1 pkg. Lipton's dry onion
soup mix |

Grease a 9 x 13-inch baking pan. Mix all ingredients except chicken and soup mix and place in pan. Place chicken pieces on top of mixture in one layer and sprinkle onion soup mix over all. Cover tightly and bake at 325° oven for at least 2 hours. Butterfly pork chops may be used instead of chicken. Bake for 3 hours.

Billie Miller, NE, Nevada

Chicken-Broccoli Casserole

- | | |
|---|---------------------------------|
| 6 whole chicken breasts | 3 t. lemon juice |
| 3 pkgs. frozen broccoli | 2 t. curry powder |
| 2 cans cream of chicken
soup | Salt and pepper to taste |
| 1 c. mayonnaise | 1-1/2 c. cheese, grated |
| | Crumbs for top |

Cook chicken in a little salted water with onion and celery. Debone and cut into small pieces. Cook broccoli, drain. Put a layer of broccoli into buttered casserole, then a layer of cut-up chicken. Repeat. Mix soup, mayonnaise, lemon juice, curry, salt and pepper and pour over chicken and broccoli. Cover with grated cheese and crumbs of any type. Bake at 350° for about 45 minutes.

Susan H. McCurry, CN, Williamsburg

Chicken and Chipped Beef

4 chicken breasts, boned and skinned
1 4-oz. pkg. dried beef, cut up

1 c. dairy sour cream
1 can cream of mushroom soup

Line bottom of casserole with dried beef pieces. Roll each chicken breast half and arrange on top. Mix sour cream and soup. Pour over top. Bake, uncovered, 3 hours at 275°. Casserole prepared and covered may be stored overnight in refrigerator before baking. Serves 6-8.

Betty Lowenberg, HC, Ottumwa

Chicken Casserole

1 c. chicken, cooked or canned
1 c. rice, cooked
1 c. celery, chopped
1/2 c. almonds
1/2 t. salt
Cornflakes, crushed

1 T. lemon juice
3 eggs, hard cooked, chopped
3/4 c. mayonnaise
1 can cream of chicken soup

Combine all ingredients and put in 11 x 8-inch pan. Cover with crushed cornflakes. Bake at 375° for 35 minutes or until very hot. Serves 6.

Pearl Cass, CD, Le Mars

Chicken Casserole

1 c. spaghetti, broken and cooked
1-1/2 c. milk, warmed
1/4 c. butter or margarine, melted
1/4 c. green pepper, chopped

1 c. chicken, diced
1 c. dry bread crumbs
3 eggs, slightly beaten
1 c. American cheese, grated
1 t. salt
2 T. pimiento, chopped

Bake in buttered 9-inch dish one hour at 325°. If desired, serve with mushroom soup, thinned, as a sauce over the top. Serves 6.

Jeanne Hanna, IL, Sioux City

Chicken Enchilada

2 10-3/4-oz. cans cream of chicken soup
1 sm. can mild green chilies, drained and chopped
1 lge. can evaporated milk
10 slices Swiss cheese

1 med. onion, thinly sliced
2 lbs. chicken breasts, cooked until tender and cut into pieces
1 pkg. Dorito chips, broken

Mix soup, milk and chilies. Heat through. Line 9 x 13-inch baking dish with half the Doritos. Place pieces of cooked chicken on top. Place onion slices over this. Pour on soup mixture and then slices of Swiss cheese. Pour remaining Doritos on top. Bake at 350° for 45 minutes. Let stand about 5 minutes before serving. Serves 10-12.

Jo Nelson, MS, Des Moines

Chicken Enchilada Bake

4 chicken breast halves
3 c. water
1 bay leaf
1 c. celery, chopped
5 whole cloves
1 c. onion, chopped
1/4 c. margarine
1/4 c. flour
6 8-in. flour tortillas

1 t. chicken bouillon crystals
1 c. sour cream
2-1/2 c. reserved chicken broth
2 c. Cheddar cheese, shredded
2 T. or more fresh green chilies, finely chopped (or 1/2 t. cumin)

Stew chicken in water seasoned with bay leaf, chopped celery and cloves. Cook until tender. Cool and cut chicken into cubes. Remove seasonings from broth and reserve broth. In medium saucepan, cook onions with margarine until tender. Stir in flour, then chicken broth. Cook and stir until thickened. In a bowl mix together chicken, 1 cup cream sauce, 1 cup cheese, and chilies or cumin. Into remaining sauce, dip each tortilla to soften. Fill with equal portions of chicken mixture. Roll up and arrange in lightly greased baking pan. Pour over remaining sauce and sprinkle with rest of grated cheese. Bake at 350° for 30 to 45 minutes. Can be frozen before baking. Serves 6.

Dorothy Merrill, GA, Des Moines

Chicken Mexicaine

4 lbs. chicken pieces
2 T. butter
1 med. onion, chopped
2 green peppers, chopped
1 clove garlic, minced
1 T. sugar
1/2 t. oregano

3 c. canned tomatoes
1 8-oz. can button mushrooms, drained
4 T. fresh parsley, chopped
1/2 t. pepper
1 t. chili powder

Cook chicken pieces in 3 cups salted water. Cool in broth. Remove meat from bones in large pieces. Reduce broth to 2 cups and strain. Melt butter in skillet; add onion, green peppers and garlic. Saute until onion is transparent. Add tomatoes and button mushrooms along with parsley, sugar, pepper, oregano, chili powder and the broth. Cook uncovered for 15 minutes. Taste and add salt and chili powder to taste. Mix 2 tablespoons cornstarch in cold water, add to sauce and cook, stirring constantly, 1 minute or until thick and clear. Place chicken pieces in 9 x 13-inch baking dish or divide in 8 small individual casseroles and spoon sauce over. Cover. Bake at 350° for 30 minutes or until bubbly. Can be made a day ahead and refrigerated overnight.

Ione Anderson, FO, Cedar Rapids

Chili Casserole

2 lb. hamburger
1 onion, chopped
1 c. rice, uncooked
Salt and pepper to taste

1 qt. tomato juice or 2 15-oz. cans tomato sauce
1 can hot chili beans
Cheese

Brown hamburger and onion. Mix all ingredients but the cheese. Pour into a 9 x 13-inch pan and bake at 350° for 1 hour. Top with cheese later and bake until it melts.

Paula Heilbuth, KE, Sioux City

Chinese Casserole

2 lbs. ground beef
1/2 c. onion, diced
1 c. celery, chopped
1 c. mushrooms, sliced
2 T. soy sauce
1 can Chinese vegetables
1 c. water chestnuts,
sliced

1/2 c. cashews, chopped
2-1/2 c. chow mein noodles
1 can tomato soup
1 can cream of mushroom
soup
1 can water

Brown beef and separate. Add onion and celery and simmer until tender. Combine with rest of ingredients. Bake in greased 13 x 9 x 2-inch baking dish at 350° for 1 hour. Serves 12.

Lois Boyer, JW, Clinton

Chipped Beef and Egg Casserole

3-1/2-oz. pkg. Buddig
chipped beef, coarsely torn
Dash pepper
2 T. pimienta
1 sm. can mushroom pieces
1/4 c. butter or margarine

3 T. flour
2 c. milk
3 eggs, separated
1/4 t. salt
1/3 c. med. sharp cheese,
shredded

Cook beef in butter; blend in flour and milk to make sauce. Add pimienta and mushrooms and place in 6 x 10-inch glass casserole dish. Put in oven to keep warm while preparing the topping. Beat egg whites until stiff; fold in egg yolks, beaten with salt and shredded cheese. Pour topping over beef mixture and bake at 375° for 15-20 minutes.

Elizabeth Bloom, FC, Muscatine

Complete Dinner Casserole

- | | |
|--|--|
| 1 10-oz. pkg. seasoned long grain wild rice, cooked according to package directions | 1 4-oz. jar mushrooms, drained |
| 1 10-oz. pkg. frozen chopped broccoli, cooked according to package directions | 1 c. Cheddar or American cheese, cut in 1/2-in. cubes |
| 12 oz. ham, cubed | 1 can cream of celery soup |
| | 1 c. mayonnaise |
| | 2 t. prepared mustard |
| | 1 t. curry powder |
| | 1/4 c. Parmesan cheese |

Spread cooked rice in bottom of 9 x 13-inch pan. Cover with broccoli, ham, mushrooms, topping with cheese. Blend soup with mayonnaise, mustard and curry powder. Spread mixture over casserole contents. Sprinkle Parmesan cheese over mayonnaise mixture. Bake at 350° for 45 minutes.

Bonnie Strong, KK, Cedar Rapids

Corned Beef Casserole

- | | |
|---|---|
| 1 7-oz. pkg. macaroni or 2 cups cooked | 1 can cream of chicken soup |
| 1 can corned beef, flaked | 1 can cream of mushroom soup |
| 1 cup Velveeta cheese, cubed | Onion or olives, chopped, optional |
| Salt and pepper to taste | |
| Bread crumbs or potato chips, crushed | |

Combine ingredients in 8-inch casserole dish and top with bread crumbs or crushed potato chips. Bake one hour at 350° or for 20 minutes in the microwave on ROAST.

Diane Alexander, DA, Montezuma

Corned Beef Casserole

- 1 8-oz. pkg. noodles or
homemade noodles**
- 1 12-oz. can corned beef,
diced**
- 1/4 lb. American cheese,
diced**
- 1/4 to 1/2 c. onion, chopped**

- 1 can cream of mushroom,
cream of chicken or cream
of celery soup**
- 1 c. milk**
- 3/4 c. crumbs, buttered
or potato chips, crushed**

Cook noodles in boiling salted water; drain. Add diced beef, cheese, onion, milk and soup. Pour into greased 2-quart casserole. Top with crumbs/chips. Bake at 350° for 45 minutes or until very bubbly. You may add the crumbs/chips later or just before casserole is served to prevent burning. Serves 8-10.

Midge Lewis, CJ, West Des Moines

Corned Beef Casserole

- 1 8-oz. pkg. noodles**
- 1 12-oz. can corned beef,
diced**
- 1/4 lb. American cheese,
diced**

- 1 can cream of chicken soup**
- 1 c. milk**
- 1/4 c. onion, chopped**
- 3/4 c. crumbs, buttered**

Cook noodles in boiling salted water until tender; drain. Add corned beef, cheese, soup, milk and onion. Pour into greased 2-quart casserole. Top with buttered crumbs. Bake at 350° for 45 minutes. Serves 8 to 10.

Myrtle Miller, FM, Marcus

Corned Beef Casserole

- | | |
|--|--------------------------------------|
| 1 7-oz. pkg. noodles | 1 soup can milk |
| 1 12-oz. can corned beef, cubed | 1 c. onion, chopped |
| 1 8-oz. pkg. Cheddar cheese, shredded | 1/2 c. stuffed olives, sliced |
| 1 can cream of chicken soup | 1 c. celery, diced |
| 1 can cream of mushroom soup | Mushrooms, optional |
| | Potato chips, crushed |

Cook noodles; blanch in cold water and drain. Cook soups, milk, onions and cheese on low heat until cheese is melted. Mix all ingredients together. Place in casserole; cover with crushed potato chips and sprinkle with paprika. (May be made day ahead, adding potato chips just before baking.) Bake at 325° for 1-1/2 hours. Let set 5 minutes before serving.

Frances Throckmorton, LL, Des Moines

Country Noodles

- | | |
|---------------------------------|----------------------------------|
| 1/2 lb. sliced bacon | 2 T. onions, minced |
| 1 lb. vermicelli | 2 T. Worcestershire sauce |
| 3 c. cottage cheese | Dash Tabasco sauce |
| 3 c. sour cream | 4 t. salt |
| 2 garlic cloves, crushed | 3 T. horseradish |
| 1/2 c. Parmesan cheese | |

Fry bacon until crisp. Drain and crumble. Cook vermicelli until tender and drain. Mix all ingredients except Parmesan cheese. Cover and bake 30-40 minutes at 350°. Sprinkle with Parmesan cheese and broil until golden. Serves 12.

Linda LaRue, FF, Glenwood

Crevettes au Chamignon Amindina X

- | | |
|--|------------------------------------|
| 1/2 c. ea. wild and white rice
or 1 c. Uncle Ben's wild
and white rice | 1 can cream of mushroom
soup |
| 1/2 c. celery, chopped | 1 can crab meat |
| 1/2 c. green pepper, chopped | 2 lbs. shrimp, cooked or
canned |
| 1 c. onions, chopped | 1 c. sharp cheese,
grated |
| 2 sm. cans mushrooms | 1-1/2 c. med. white sauce |
| Salt and pepper | |
| 1/4 lb. almond halves,
sauteed | |

Cook rice separately in salt water. Saute celery, green pepper, onion and mushrooms in plenty of butter. Season with salt and pepper. Layer all ingredients in casserole, except cheese. Cover with cheese. Pour white sauce on top of cheese. Do not stir. Put almond halves on top of white sauce. Bake 40 minutes at 325°. Can freeze. Serves 12.

Esther Sunstrom, DD, Boone

De-licious Brunch Casserole X

- | | |
|------------------------------------|---|
| 1/4 c. margarine | 6 eggs, hard cooked, cut
in quarters |
| 1/3 c. flour | 1 c. cooked ham, cubed |
| 1 t. salt | 1/2 c. ripe olives, chopped |
| 2 c. milk | 1/2 can green chilies |
| 1 T. minced instant onion | 1 c. soft bread crumbs |
| 3/4 t. prepared mustard | 3 T. margarine, melted |
| Dash of pepper | |
| Dash of Tabasco sauce,
optional | |

Melt 1/4 cup margarine, then add salt and flour. Stir in milk and cook to medium white sauce stage. Add onion, prepared mustard, pepper and Tabasco sauce. Arrange egg quarters in buttered 9 x 10-inch or 9-inch baking dish. Sprinkle with ham, ripe olives and green chilies. Pour white sauce over all. Stir bread crumbs into 3 tablespoons of melted margarine and top casserole, leaving middle plain. Bake at 350° about 20 minutes. May center with bouquet of parsley before serving. Hint: prepare a day ahead and bake just before serving.

Ruth Douglas, BB, Marshalltown

Easter Breakfast

2 c. pancake mix
1 1/4 c. milk
2 eggs
2 T. salad oil

1 14-oz. jar spiced apple rings
1 8-oz. pkg. brown-and-serve sausage links

APPLE MAPLE SYRUP:

Spiced apple syrup
1/3 c. sugar, optional
1 T. corn starch

1 T. margarine
3/4 c. maple syrup

Combine pancake mix, milk, eggs and oil. Beat until nearly smooth. Pour into a greased 9 x 13-inch pan. Drain apple rings, reserving juice. Halve each sausage. Arrange apple rings and sausage on batter in a pattern. Bake at 350° for 35 minutes. Serve with apple maple syrup.

To prepare syrup, add water to reserved spiced apple syrup to equal 2/3 cup. Cook syrup, sugar and corn starch. Cook until thickened. Stir in margarine and maple syrup.

Jean Ann Middleton, DZ, Mason City, IA

Easy Hamburger Quiche

1 unbaked pie shell
1/2 lb. ground beef
1/2 c. mayonnaise
1/2 c. milk
2 eggs

1 T. corn starch
1-1/2 c. Cheddar or Swiss cheese, chopped
1/2 c. green onion, sliced
Dash pepper

Brown meat in skillet over medium heat. Drain; set aside. Blend next 4 ingredients until smooth. Stir in meat, cheese, onion and pepper. Pour into pastry shell. Bake 35-40 minutes at 350° until knife comes out clean.

Wilmer Gambill, JZ, Des Moines

Easy Mexicali Dinner

1 lb. ground beef
1 med. onion, chopped
1/2 a 12-oz. pkg. med.
noodles, cooked and
drained
1 1-lb. can tomatoes (2 c.)
1 6-oz. can tomato paste
(2/3 c.)

1 c. sharp cheese, shredded
1/2 c. ripe olives, sliced
1 t. salt
1/4 t. basil
1/8 t. pepper
1/2 c. sharp cheese,
shredded

Brown ground beef. Add onion and cook until tender. Stir in noodles, tomatoes, tomato paste and the 1 cup cheese, olives and seasonings. Place in 2-quart casserole. Top with the 1/2 cup cheese. Bake at 350° for 45 minutes or until heated through.

Shirley LaGrave, JM, Des Moines

Eggs A La King

1 c. celery, chopped
1/4 c. green pepper, chopped
1/4 c. onion, chopped
2 T. salad oil
1 t. horseradish
1 can cream of mushroom or
cream of celery soup

1/8 to 1/4 c. milk
1 c. ham, diced or beef,
chopped
1 c. Velveeta cheese
4 eggs, hard cooked,
quartered

Cook the celery, green pepper and onion in oil until tender. Add horseradish, soup, milk, meat and cheese. Stir until cheese melts. Add eggs. Serve over toast or biscuits.

Phyllis Brackelsberg, KG, Ames

Eight-Can Casserole

- 2 5-oz. cans boned chicken**
- 1 can cream of mushroom soup**
- 1 can cream of chicken soup**
- 1 4-oz. can mushroom stems and pieces**
- 1 5-1/2-oz. can evaporated milk**

- 1 3-oz. can chow mein noodles**
- 1 8-oz. can water chestnuts, sliced**
- 1/2 t. poultry seasoning**
- 1/4 t. curry powder, optional**
- 1 T. parsley flakes**

Combine all ingredients, including liquid in cans. Turn into 7 x 11-inch baking dish; bake at 350° for 45 minutes. Serves 6-8.

Alta Thomas, NZ, Mt. Pleasant

Five Hour Beef Stew

- 2 lb. stew meat**
- 1-1/2 c. tomato juice**
- 2 T. minute tapioca**
- 1 t. sugar**
- 1 t. salt**
- 1 T. Worcestershire sauce**

- 5 carrots, cubed**
- 1 c. celery, chopped**
- 4 potatoes, diced**
- 2 onions, chopped**

Place meat in large casserole. Mix next 5 ingredients and pour over meat. Place vegetables on top of meat. Cover and bake at 250° for at least 5 hours.

Pat Baehr, FY, Des Moines

Fork Pizza

- 1 lb. ground beef**
- 1 onion, chopped**
- Soda crackers**
- Sliced processed cheese**

- 1/4 t. Italian seasoning**
- 1 can condensed tomato soup**
- 1/2 can milk**

Brown the ground beef and add the onion. Put a layer of soda crackers in 9 x 9-inch greased baking dish. Over the crackers place a layer of the cheese, then add a layer of the meat/onion mixture, then sprinkle with the Italian seasoning. Repeat soda cracker, cheese, meat and seasoning layers. Over all of mixture pour one can tomato soup that has been diluted with the milk. Bake approximately 30 minutes at 350°. This can be made ahead of time and refrigerated until baking time. Allow 45 minutes for baking time if it has been refrigerated.

Alice Lichty, IU, Waterloo

Fried Won Tons

1/2 lb. ground beef
1/2 lb. ground pork sausage
1 pkg. frozen chopped
spinach, thawed and
squeezed
2 bundles green onions,
chopped

1 lb. fresh bean sprouts
Salt and pepper to taste
2-1/2 T. ground ginger
1 pkg. won ton skins
2 T. soy sauce
1-1/2 T. sugar
2 eggs

SWEET AND SOUR SAUCE:

1 c. sugar
1 sm. jar pimientos

1 c. white vinegar
1/2 green pepper, chopped
fine

Brown meats together and drain off fat. Stir in spinach and green onions. Warm and then add spices. Remove from heat and then add bean sprouts. In separate bowl mix eggs, soy sauce and sugar, then add to meat mixture. Spoon 1 teaspoon filling into each won ton skin and shape according to the directions on the package. Fry in Crisco until golden. These can be fried a day ahead and refrigerated. Then place on a cookie sheet in a single layer and bake in 350° oven for 8-10 minutes. Serve hot with sweet and sour sauce. To make sauce, combine all ingredients and simmer for 20 minutes. Then thicken with a little corn starch and water mixture. Cook until clear. Sauce should be syrupy.

Julie Jaecques-Gere, LM, Davenport

Gold Rush Brunch

1 10-oz. pkg. hash brown
potatoes
1/4 c. onion, chopped
2 T. parsley, chopped
1/4 c. butter
1/2 c. flour
1 t. salt

1/4 t. pepper
1 1/2 c. milk
1 c. commercial sour cream
12 round slices Canadian
bacon
8 eggs, scrambled

Prepare potatoes according to package directions and drain well. Stir in onions and parsley. Place potatoes in well-greased 9 x 13-inch baking dish. Melt butter in saucepan. Blend in flour, salt and pepper. Gradually stir in milk and heat until thickened; add sour cream. Lay bacon slices on the potatoes; cover with half of the sauce. Cover with scrambled eggs and pour last half of sauce on top. Bake for 30 minutes at 350°. Serves 8.

Lorna Muller, DY, Tipton

Gourmet Chicken Cranberry Casserole

3 lge. whole chicken breasts,
split
Salt
Paprika
1 c. grated Parmesan cheese
2 1-lb. cans French cut green
beans
1/2 c. almonds, slivered
1-1/2 c. wild rice or 1 6-oz.
box Uncle Ben's wild and
herb rice, cooked

1 sm. onion, chopped
1 sm. green pepper, diced
1-1/2 c. fresh cranberries
1 c. dry white wine
1 c. celery, chopped
1 6-oz. cans sliced
mushrooms, drained
Pepper
3/4 c. margarine

Sprinkle chicken breasts with salt and paprika. Roll breasts in cheese and put aside. Place green beans and almonds in shallow casserole. Melt 1/2 cup margarine. Add onion, green pepper and celery and saute until soft. Stir in mushrooms, wild rice and cranberries. Blend well and season to taste. Place chicken breasts over green beans and almonds. Spoon wild rice mixture around edge of casserole. Pour wine over all. Dot chicken with remaining butter and bake at 350° for 45 to 50 minutes. Serves 6.

Anne Wallace, KW, Mason City

Grandchildren's Casserole

1 c. milk
1 can cream of mushroom
soup
1 c. macaroni, uncooked

1 c. Cheddar cheese, grated
2 T. onion
6-oz. dried beef

Do not add salt. Mix and let stand in refrigerator overnight. Bake at 350° for 1 hour.

Clara May Bliss, JJ, Des Moines

Ham and Asparagus Casserole

2 boxes frozen asparagus,
thawed
2 c. ham, cubed
3-5 eggs, hard cooked,
chopped
3 T. shortening

3 T. flour
1-1/2 c. milk
1/4 lb. mild Cheddar cheese,
grated
1 c. potato chips, crushed

Make a white sauce of flour, shortening and milk. Season to taste. Add cheese. Layer asparagus, ham and eggs in a 9-inch pan. Cover with sauce. Add potato chips on top. Bake 20 minutes at 300°.

Sherry Foster, IL, Sioux City

Hamburger Cheesebake

1 lb. ground beef
1/2 c. onions, chopped
2 8-oz. cans tomato sauce
1 t. sugar
3/4 t. salt
1/4 t. garlic salt
1/4 t. pepper
1/4 c. Parmesan cheese,
shredded

4 c. med. noodles, uncooked
1 c. cream-style cottage
cheese
1/4 c. sour cream
1/3 c. green onion,
sliced
1/4 c. green pepper,
chopped
1 8-oz. pkg. cream cheese

In large skillet, cook meat and onion till meat is lightly browned and onion is tender. Stir in tomato sauce, sugar, salt, garlic salt and pepper. Remove from heat. Cook noodles according to package directions; drain. Combine cottage cheese, cream cheese, sour cream, green onion and green pepper. Spread half the noodles in 11 x 7-inch baking pan, top with a little of meat sauce. Cover with cheese mixture. Add remaining noodles and meat sauce. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes. Freezes well. Serves 8-10.

Joan Phillips, MM, Muscatine

Hamburger Chop Suey

1 lb. hamburger
2 onions
2 c. boiling water
1 c. celery, sliced

1 can Chinese vegetables
1-1/2 T. corn starch
Soy sauce

Brown hamburger and onions. Add water and celery. Simmer for 10 minutes. Add Chinese vegetables. Thicken with corn starch dissolved in a little water. Add soy sauce to taste. Serve over rice and Chinese noodles.

Margaret Overland, FT, Postville

Hamburger Hash Brown Quiche

- | | |
|--|---------------------------------------|
| 1-lb. pkg. frozen hash brown potatoes, thawed | 2 eggs, beaten |
| 1/3 c. butter, melted | 1 T. corn starch |
| 1/2 lb. ground beef | 1/2 lb. Velveeta cheese, cubed |
| Onion, chopped | Salt and pepper |
| 1/2 c. milk | 1 t. Worcestershire sauce |

Press potatoes into greased 9-inch pie plate; brush with melted butter. Bake at 350° for 10 minutes. Brown meat and onion; drain. Combine milk, eggs and corn starch; stir into meat. Add cheese and seasonings. Pour into potato crust. Bake at 350° for 35 minutes. Let set for several minutes before cutting.

Joanne Willett, KM, Des Moines

Hamburger Layer Casserole

- | | |
|----------------------------------|--|
| 1 8-oz. pkg. fine noodles | 1 8-oz. pkg. cream cheese, softened |
| 1 lb. lean ground beef | 1/4 c. green pepper, chopped |
| 1 T. butter | 1 T. onion, chopped |
| 2 8-oz. cans tomato sauce | 2 T. butter, melted |
| 1 c. cottage cheese | |
| 1 c. sour cream | |

Cook noodles and rinse in cold water. Spread half the noodles in a 9 x 13-inch cake pan. Combine cheeses and sour cream. Add onions and pepper. Spread over the noodles. Spread remaining noodles over cheese layer. Pour 2 tablespoons melted butter over noodles. Brown beef in 1 tablespoon butter. Add the tomato sauce and spread over the noodles. Bake for 30 minutes at 350°.

No name given, IQ, Council Bluffs

Ham Roll Ups

1 can cream of celery soup
1 c. sour cream
2 T. Dijon mustard
1 c. instant rice
1 10-oz. pkg. chopped frozen
spinach or broccoli,
thawed and drained

1/2 c. onion, chopped
1 c. cottage cheese
1/4 c. flour
18 slices boiled ham
2 eggs
Croutons

In small bowl mix soup, sour cream and mustard. In medium bowl combine generous 1/2 cup soup mixture with rice, spinach or broccoli, cottage cheese, eggs, onion, and flour. Mix well. Place about 2 tablespoons mixture on each ham slice. Roll up and place seam side down in a 11 x 7-inch pan. Spoon remaining soup mixture over ham rolls. Top with croutons. Bake uncovered for 30-35 minutes. Let stand a few minutes before serving. Can be made a day ahead.

Spring Buffet Committee, BV, Humboldt

Hearty Beef Pie

1 1/4 lb. ground beef
1/3 c. onion, chopped or 4 T.
instant minced onion
1/4 c. green pepper, chopped
1 c. green beans
1/4 t. garlic salt

1 15 3/4-oz. can tomato
sauce
1 can refrigerator crescent
rolls
1 egg, slightly beaten
2 c. Cheddar cheese,
shredded
Paprika

Preheat oven to 375°. Brown ground beef, onion, and green pepper; drain fat. Stir in tomato sauce, beans, garlic salt and simmer while preparing crust. Separate crescent dough into triangles. Place triangles in ungreased deep 9-inch pie plate and press to form crust. Combine slightly beaten egg with 1 cup of the shredded cheese. Spread over bottom of the crust. Spoon hot meat mixture over the egg and cheese. Sprinkle with the remaining cheese and sprinkle with paprika. Bake 20-25 minutes. Let stand 5 minutes before cutting.

Terry Johnson, ET, Wapello

Hot Pizza Dish (Microwave)

1 lb. ground beef	1/2-1 c. pepperoni
1/3 c. green pepper, chopped	1 c. water
1 onion, chopped	2 c. uncooked noodles
1/8-1/4 t. garlic powder	1 c. Mozzarella cheese
2 8-oz. cans pizza sauce	1/4 c. Parmesan cheese
1 3-oz. can mushroom pieces	

Combine ground beef, green pepper, onion and garlic powder. Microwave for 5 to 6 minutes in a 2-quart casserole. Drain. Add rest of the ingredients. Cook 15 to 17 minutes in microwave. Top with cheeses. Microwave for 1 minute.

Vicki Ricker, LQ, Ankeny

Hungarian Stuffed Cabbage

4 qts. water
1 sm. head cabbage, about
1-1/2 lbs.
1/2 lb. ground beef
1/2 c. cooked rice
1 egg, beaten slightly
1 clove garlic, crushed
1 T. parsley, snipped
1/4 t. salt
1 t. paprika

1/4 t. pepper, freshly ground
1 16-oz. can sauerkraut,
drained
1 c. onion, thinly sliced
1 16-oz. can chopped
tomatoes, undrained
1 t. salt
1/4 t. pepper, freshly ground
2 T. brown sugar, optional
1-1/2 t. caraway seed
Dairy sour cream for garnish

Heat water to boiling in 4-quart Dutch oven. Remove core from cabbage. Remove 8 to 10 large outside leaves; shred remaining cabbage and reserve. Place cabbage leaves in boiling water; cover. Remove from heat; let stand until leaves are pliable, about 15 minutes. Drain. Mix ground beef, rice, egg, garlic, parsley, salt, paprika and 1/4 teaspoon pepper. Divide the meat mixture, so that you have about 2 tablespoons in center of each cabbage leaf. Fold ends of leaf over mixture and roll up.

Mix sauerkraut and reserved shredded cabbage. Spread half the mixture in Dutch oven. Arrange cabbage rolls on sauerkraut mixture; cover with remaining sauerkraut mixture and the onions. Mix tomatoes, salt, pepper and brown sugar; pour over sauerkraut mixture. Sprinkle with caraway seed. Heat to boiling, reduce heat, and cover. Simmer 1-1/2 hours. When ready to serve, arrange cabbage rolls and sauerkraut on platter and garnish with sour cream. Makes 4 to 6 servings.

Margaret Lelmer, KB, Burlington

Individual Sandwich

TUNA SALAD:

2 cans tuna, white meat
1 c. celery, cut fine
2 T. pickle relish

3 eggs, hard boiled
mayonnaise

DRESSING:

1 c. pineapple juice
1 T. sugar
1 T. flour

1 T. vinegar
1 c. cream, whipped

SANDWICH:

1 pineapple ring, drained
Lettuce

1 slice dark bread
1 slice white bread

Combine tuna, celery, relish and eggs. Moisten with mayonnaise. Boil the pineapple juice, sugar, flour and vinegar until thick. Cool and add whipped cream. To make sandwich, place pineapple ring on a piece of lettuce. Cut a piece of dark bread the size of the pineapple. Butter bread and place on pineapple. Put tuna salad on the bread and cover with a round of white bread. Cover with dressing when ready to serve. Garnish with olives, radishes or whatever you like.

Blanche Schol, DH, Sioux City

Inside-Out Ravioli

1 lb. ground beef
1/2 c. onion, chopped
1 clove garlic, minced
1 10-oz. pkg. frozen chopped spinach
1 1-lb. can spaghetti sauce with mushrooms
1 8-oz. can tomato sauce
1 6-oz. can tomato paste
1/2 t. salt

Dash pepper
1 7-oz. pkg. elbow macaroni, cooked and drained
4-oz. sharp process American cheese, shredded (1 c.)
1/2 c. soft bread crumbs
2 eggs, well-beaten
1/4 c. salad oil

Brown first 3 ingredients in large skillet. Cook spinach according to package directions. Drain, reserving liquid; add water to make 1 cup. Add spinach liquid and next 5 ingredients to meat mixture. Simmer 10 minutes. Combine spinach with macaroni and remaining ingredients. Spread in 13 x 9 x 2-inch baking dish. Top with meat sauce. Bake at 350° for 30 minutes. Let stand 10 minutes. Serves 8 to 10.

Bettye Herold, MP, Dubuque

Italian Spaghetti with Meat Sauce

2 lbs. ground beef
1 med. onion, diced
1 garlic clove, minced
2 6-oz. cans tomato paste
2 8-oz. cans tomato sauce
2 c. water
1 can mushrooms
1/8 t. pepper
Parmesan cheese

1 or 1/2 t. thyme
1/2 t. oregano
1 t. rosemary
3 t. sugar
1 t. basil
1 bay leaf
1-1/2 t. salt
1/2 lb. spaghetti, cooked and drained

Brown meat, onion and garlic. Add remaining ingredients except spaghetti and cheese and simmer uncovered 1-1/2 hours. Serve meat sauce over cooked spaghetti; sprinkle with Parmesan cheese.

Linda Hurd, CB, Ida Grove

Lasagne

1 8-oz. pkg. lasagne noodles
1 T. salad oil
2 bay leaves
1 recipe meat sauce

1/4 c. Parmesan cheese
1 carton cottage cheese
6-8 oz. Mozzarella cheese,
thinly sliced

MEAT SAUCE:

1-1/2 lb. ground beef
1 6-oz. can tomato paste
1 6-oz. can tomato sauce
1 to 1-1/2 pkgs. spaghetti

1/2 c. water
1 T. sugar
1 T. mustard

Cook noodles, adding oil and bay leaves to boiling water. Drain. Oil 8 x 12-inch baking dish. Make layers starting with noodles and 1/3 of meat sauce. Dot with half of cottage cheese, sprinkle with Parmesan and add a few slices Mozzarella cheese. Repeat layers, making top layers of noodles and meat sauce. Decorate with strips of Mozzarella. Bake at 350° for 30 minutes. Let stand 15 minutes before serving. Can prepare a day ahead.

For meat sauce, brown meat, add rest and bring to boil. Simmer 15-20 minutes, stirring frequently during simmering.

Linda Hawkins, FB, Woodbine

Lasagne

1 lb. Italian sausage or ground chuck
1 T. whole basil
1 16-oz. can tomatoes
1-1/2 t. salt
1 clove garlic
1 12-oz. can tomato paste
1 10-oz. pkg. lasagne noodles

1-1/2 lb. Mozzarella cheese
3 c. creamy cottage cheese or fresh ricotta
1/2 c. Parmesan or Romano cheese
2 eggs, beaten
2 t. salt
2 T. parsley flakes
1/2 t. pepper

Brown meat and spoon off fat. Add basil, tomatoes, 1-1/2 t. salt, garlic and tomato paste. Simmer uncovered for 1/2 hour, stirring occasionally. Cook noodles until tender in a large amount of salted water. Rinse in cold water and drain. Cut 1/2 pound Mozzarella cheese into small pieces and add the rest of the ingredients except the 1 pound of Mozzarella cheese. In a greased 9 x 13-inch baking dish, arrange a layer of noodles. Spread 1/2 of the cheese mixture over the noodles. Cover with 1/2 of the meat sauce and 1/2 of the remaining Mozzarella cheese. Repeat layers ending with the layer of Mozzarella cheese. Bake for 30 minutes at 375°. Remove from oven and let stand for 10 minutes for ease in cutting. Serves 12. Spaghetti sauce may be used in place of meat sauce.

Pauline Normand, T, Garden Grove

Lasagne (Microwave)

1 lb. ground beef
1 16-oz. can tomatoes
1 8-oz. can tomato sauce
1/4 c. onion, chopped
1/2 t. garlic salt
3/4 t. salt
1/8 t. pepper
1/2 t. oregano

1/4 lb. lasagne noodles, cooked and drained
8 oz. Mozzarella cheese, grated
8-oz. ricotta or cottage cheese
1/4 c. Parmesan cheese

Combine ground beef, tomatoes, tomato sauce, onion, garlic salt, salt, pepper, and oregano in 2-quart bowl. Microwave 20 minutes on HIGH or until sauce thickens, stirring after 10 minutes. Layer one-third each of noodles, meat sauce, Mozzarella and ricotta in 10 x 8-inch utility dish. Sprinkle with Parmesan cheese. Microwave 8-10 minutes on HIGH or until cheese melts and center is hot. Serves 4-6.

Linda Shafer, CM, Keota

Lazy Man's Cabbage Roll

1 lb. hamburger
1 med. head cabbage,
shredded
1 lg. can spaghetti sauce

1 c. Minute rice
1 can mushrooms, sliced
Grated Mozzarella cheese

Brown hamburger. Spread half of cabbage in greased 9 x 13-inch pan, then browned meat, mushrooms and rice. Cover with remaining cabbage and spaghetti sauce and garnish with cheese. Bake at 350° until cabbage is tender, approximately 1-1/2 hours. Cover for the first half of baking time. Serves 8-12.

Martha Palmer, AS, Manchester

Manicotti Parmigiana

1 pkg. spaghetti sauce mix
1 1-lb. 12-oz. can whole
tomatoes
1 8-oz. can tomato sauce
2 T. garlic spread
1-1/2 t. seasoned salt

8 manicotti shells
1 lb. ground beef
1/4 c. green peppers,
chopped
8-oz. Mozzarella cheese,
diced
Parmesan cheese

Mix the first 5 ingredients in large saucepan. Cover and simmer for 20 minutes. Cook manicotti shells in boiling salted water about 7 minutes; drain. Brown beef and green peppers in a skillet. Drain off fat. Remove from heat and stir in Mozzarella cheese. Stuff shells with meat and cheese mixture. Pour 3/4 of sauce in bottom of a 12 x 8 x 2-inch baking dish. Place stuffed shells over sauce; top with remaining sauce. Sprinkle with Parmesan cheese. Bake at 350° for 25-30 minutes.

Madge Ruchotzke, NF, Grinnell

Meatza Pie (Microwave)

1 lb. ground beef
2/3 c. evaporated milk, small can
1/2 c. bread crumbs
1 t. instant minced onion
1/2 t. garlic salt
1/3 c. tomato paste
1/4 t. oregano

1/4 t. basil
1/2 t. salt
1/4 t. pepper
1 4-oz. can mushrooms, drained
1/2 c. Mozzarella cheese, shredded

Combine beef, milk, crumbs, onion, and garlic salt. Mix well. Press into 9 or 10-inch pie plate. Combine tomato paste, oregano, basil, salt and pepper. Spread over meat. Sprinkle mushrooms over tomato paste and seasonings. Cook on HIGH for 8 minutes, or until meat is fully cooked. Turn once. Sprinkle Mozzarella cheese over all. Cook on MEDIUM 1-1/2 minutes.

Colleen Scholten, NQ, LeMars

Methodist Beef Rice Casserole

1 lb. ground chuck
1 to 2 T. instant minced onion
1 can chicken rice soup

1 can cream of mushroom soup
3 c. Rice Krispies

Brown ground beef; drain fat. Add onion, soups and Rice Krispies. Mix well and put in greased casserole dish. Bake at 350° for 35 minutes. Optional: when done, remove from the oven and cover with cheese slices. Put back in oven until cheese melts.

LaVonne Elliott, EL, Webster City

Mom's Wild Rice Hamburger Casserole

**2 c. wild rice, cooked in
salted water till tender**

3 lb. ground beef

2 onions, chopped

2 c. celery, chopped

**2 cans cream of chicken
soup**

**2 cans cream of mushroom
soup**

**1 very lge. can mushrooms,
drained**

Toasted almonds, optional

Pimiento, optional

Water Chestnuts

Brown beef, onion and celery in butter or margarine. Combine beef mixture with wild rice. Add soups and mushrooms. Pour into greased casserole. Bake at 350° for 45 minutes. Almonds and pimiento can be added for texture and color. Serves 12.

Rebecca Sanders, NV, Spencer

Navajo Tacos

2 c. flour

2 t. baking powder

1/2 t. salt

1 T. shortening

Sift together flour, baking powder and salt. Cut in shortening until it resembles cornmeal. Add enough water to make a soft dough, about 1 cup. Knead on lightly floured surface until dough is smooth and elastic. Pinch off 1-1/2 inch balls and roll into 4 inch rounds. Fry in fat, 1/4-inch deep, at 400° until brown on both sides, turning once. Serve hot. Have bowls of refried beans, chopped lettuce, chopped tomatoes, chopped onions, grated Cheddar cheese, meat browned with taco flavoring and taco sauce available. Guests build their own tacos at the table. Also, the bread may be used for snacks with jam or honey.

Jeanne Hershey, HS, Newton

Oriental Pork Tenderloin Casserole

- | | |
|---|--|
| 4 or 5 pork tenderloins, 1/2 inch thick | 1 10-1/2-oz. can cream of mushroom soup |
| 1 can fancy chinese vegetables, undrained | 1-1/2 c. water |
| 1 box Uncle Ben's long grain and wild rice | Soy sauce |
| | 1 c. French fried onion rings |

Trim fat from tenderloins and brush both sides with soy sauce. Place rice in 1-1/2-quart baking dish. Add undrained vegetables over rice. Brush tenderloins again with soy sauce and lay over vegetables. Mix mushroom soup with 1-1/2 cup water and spoon over tenderloins. Bake at 350° for 1 hour. Add onion rings and bake 15 minutes more. Serves 5 or 6.

Berniece McGuire, AN, Humeston

Oven Beef Stew

- | | |
|---|--|
| 2 lb. lean stew meat | 4-oz. cooking sherry |
| 8 carrots, cut in thick coin shape | 3 T. tapioca |
| 1 c. celery, cut in 1-inch pieces | 2 slices bread, cubed |
| 1 No. 2 can whole tomatoes | 1 pkg. frozen peas |
| 1/2 pkg. onion soup mix | Dash pepper, thyme, marjoram and rosemary |

Combine all ingredients except peas in a large greased baking dish. Bake covered at 250° for 6 hours. Don't peek! Add peas last 20 minutes and bake uncovered until done. Serves 6 to 8.

Mary Ellen Orth, ES, Northwood

Party Casserole

- | | |
|---|---------------------------------------|
| 2 lbs. sirloin steak, cubed | 2 cans beef broth |
| 1/2 c. butter | 4 t. soy sauce |
| 1/4 t. instant garlic flakes | 1 can water chestnuts |
| 1 lge. onion, chopped | 2 t. seasoned salt |
| 1/2 lb. mushrooms or 1 8-oz. can | 1/2 c. almonds, slivered |
| 1 c. celery, chopped | browned in butter |
| | 1 c. mixed wild and white rice |

Saute onions and garlic in butter. Remove from pan and add the meat and brown lightly. Put all ingredients except one can of broth and almonds into a large casserole. Cover and bake 1-1/2 hours at 350°. Add can of broth, stir well and bake 1/2 hour longer. Add buttered and browned almonds to top during last 5 minutes. Serves 8.

Mrs. Larry French, EE, Cherokee

P.E.O. Tuna

1 c. macaroni, cooked and drained
1 3-oz. pkg. cream cheese
1 can cream of mushroom soup
1 can tuna

1-1/2 T. pimiento, chopped
1 T. onion, chopped
1/4 c. milk
1 T. prepared mustard
1/2 c. dry bread crumbs
2 T. butter, melted

Combine cream cheese and mushroom soup. Stir in next 5 ingredients, along with macaroni. Put in 1-1/2-quart casserole. Mix dry bread crumbs and melted butter and sprinkle over top. Bake at 375° for 20 to 25 minutes.

Charlotte Scott, DM, Seymour

Peter's Pot

1 sm. can crab meat
1 sm. can shrimp
1 sm. can tuna
4 eggs, hard-cooked
1-3/4 c. Minute Rice
1-1/2 c. milk
1-1/2 c. mayonnaise

1 can cream of mushroom soup
1 T. onion flakes
1 T. parsley flakes
1/4 c. sweet pepper, chopped
1 c. celery, chopped
1/2 c. almonds, slivered
3 T. dry sherry

Drain seafood and flake. Combine remaining ingredients; add seafood. Put in large casserole and bake, uncovered, at 350° for 1 hour. Serves 4 to 6.

Mary Kay Estey, DB, West Union

Pizza Casserole

- | | |
|--------------------------------------|---|
| 1-1/2 lbs. hamburger | 1 c. uncooked Minute Rice |
| 1 t. salt | 1 c. tomato juice |
| 1/2 t. garlic salt | 1 15-oz. jar Zesty Italian sauce |
| 1/2 t. pepper | 2 t. sugar |
| 1 lge. onion, chopped | 3 t. leaf oregano |
| 1 can cream of mushroom soup | 1/2 t. garlic salt |
| 1 5-oz. can mushrooms, sliced | Mozzarella cheese, shredded |

Brown hamburger and add salt, pepper, and garlic salt. Drain. Saute onion and add to hamburger. Mix together soup, mushrooms, rice, tomato juice, sauce, sugar, oregano and salt. Simmer about 15 minutes. Add hamburger and onion to the above mixture. Place in casserole and cover with shredded Mozzarella cheese. Bake at 350° for 30 minutes.

Helen Brackey, EX, Lake Mills

Pizza in a Skillet

- | | |
|---------------------------------|--|
| 1-lb. ground beef | 1/4 t. oregano |
| 1 can mushrooms, sliced | 1/8 c. Parmesan cheese, grated |
| 1 10-oz. can pizza sauce | 4 thin slices Mozzarella cheese |
| 1 c. quick rice | |
| 1 green pepper, chopped | |

Brown meat and drain. Drain mushrooms and reserve 3/4 cup liquid. Add water to make 3/4 cup if necessary. Add everything to meat except the two cheeses. Bring to a boil, reduce heat, cover and simmer until liquid is absorbed, about 5 minutes. Sprinkle the Parmesan cheese and arrange the Mozzarella cheese on top. Cover and heat a couple of minutes until the cheeses soften.

Nancy Hobscheidt, CM, Keota

Plenty More in the Kitchen

1 c. onion, chopped
2 lbs. ground beef
2 T. oil
1 8-oz. can tomato sauce
2 sm. cans mushroom pieces
1 12-oz. can whole kernel or cream style corn
1 T. Worcestershire sauce

1 t. chili powder
Dash of pepper
1 T. brown sugar
1/2 bay leaf
1 c. Cheddar cheese, shredded
1 8-oz. pkg. noodles or macaroni, cooked

Brown onion and beef in oil until meat is crumbly. Add remaining ingredients, except noodles, mix well and simmer about 10 minutes. Add cooked and drained noodles or macaroni and put mixture in a large casserole or baking dish. Sprinkle a few crumbs of cheese on top, if desired, and bake at 350° about 50 minutes. Serves 10 to 12.

Margie Swanson, N, Chariton

Polynesian Dinner

Layer 1: Chinese Noodles
Layer 2: rice, cooked
Layer 3: chicken and gravy
Layer 4: frozen peas, cooked
Layer 5: green onions, chopped
Layer 6: celery, chopped

Layer 7: chicken and gravy
Layer 8: Cheddar cheese, grated
Layer 9: crushed pineapple
Layer 10: almonds, slivered
Layer 11: coconut, shredded
Layer 12: tomato wedges or cherry tomatoes

To make chicken and gravy, cook 1 stewing hen with onions, bay leaf, salt and pepper. Stew until well done. Remove chicken from bones. Strain broth. Blend 2 cups broth, 1/2 cup fat and 8 tablespoons flour. Cook until thick. Add 3 ounces stuffed green olives, chopped and 1 can cream of mushroom soup. Add chicken last. Serves 10.

No name given, EL, Webster City

Pork Rice Casserole

1 lb. ground pork, unseasoned
1/3 c. onion, chopped
1/3 c. green pepper, chopped
2 c. celery, diced
2 c. water
1 c. Minute rice

1 pkg. Lipton's beef noodle soup mix
1 pkg. Lipton's onion soup mix
1 4-oz. can mushrooms, undrained
1/2 c. almonds, toasted

Brown the ground pork. Add the onion, green pepper and celery. Cook down about 1 hour. Boil 2 cups water, then add the rice and soups. Put all the ingredients together, cover and let stand overnight. Freeze now if you do not want to use it the next day. When ready to bake, add mushrooms and juice and toasted almonds. Bake for 1 hour at 350°.

Kathryn Grotenhuis, HB, Red Oak

Quick Chicken Chop Suey (Microwave)

2 chicken breasts, skinned and boned
4 chicken thighs, skinned and boned
1 c. water

1 pkg. 15-min. Adolph's Chicken Marinade
1 lge. can Chinese vegetables
1 sm. can mushrooms

RICE:

1 c. long grain rice
2 c. water

1 t. oil
1 t. salt

Cut chicken in 2-inch strips; mix marinade and water. Place chicken in marinade and stir to coat. Marinate thirty minutes or longer. Microwave chicken in sauce 8 to 10 minutes on HIGH. Do not overcook. Add vegetables and mushrooms. Microwave on SIMMER 10 minutes more.

For rice, microwave water, oil and salt until boiling and add rice. Cover. Microwave on HIGH 4 minutes. Reduce to 50 percent power for 14 minutes. Allow to stand covered for 10 minutes.

Jacqueline Gable, CW, Hartley

Quick Crab Main Dish

- | | |
|-----------------------------------|-----------------------------|
| 1 can cream of celery soup | 2 eggs, hard cooked, |
| 1 can crab meat | chopped |
| 1 t. curry | 1 10-oz. pkg. frozen |
| 1 T. onion, chopped | asparagus, cooked |
| Salt and pepper | |

Combine soup and seasonings. Heat. Add drained crab meat and chopped eggs. Serve over asparagus. Serves 4.

Rose Hoyman, BP, Indianola

Reuben Pie

- | | |
|---------------------------------|---------------------------------------|
| 1/2 c. cornmeal | 1 8-oz. can sauerkraut, rinsed |
| 3/4 c. flour | and drained |
| 1/2 t. salt | 2 c. Swiss cheese, shredded |
| 1/3 c. shortening | (8-oz.) |
| 3-4 T. cold water | 1 T. parsley flakes |
| 1 12-oz. can corned beef | 1/3 c. chili sauce |
| | 1/3 c. mayonnaise |

For crust, mix together cornmeal, flour and salt. Cut in shortening. Add water to make dough. Roll out on floured surface for 9-inch pie pan. Fit into pan; flute edges; prick crust and bake at 425° for 8-10 minutes. Remove and reduce temperature to 375°. Fill crust with corned beef; cover with sauerkraut and sprinkle with cheese and parsley flakes. Combine chili sauce and mayonnaise and drizzle over top. Bake for 20-25 minutes and serve immediately. Serves 8.

Jane Longnecker, HF, Des Moines

Rice Ricotta

1/3 c. butter or margarine
1 c. raw rice
1/3 c. onion, chopped
1/2 c. celery, finely diced

1 can beef consomme
1-2/3 can water
3/4 c. ripe olives
1/2 c. Parmesan cheese,
grated

Melt butter and saute onion and celery gently. Add rice and stir until well coated with butter and deep golden in color (not brown). Add consomme and water. Turn into 2 quart casserole and bake uncovered at 350° for 35 to 40 minutes. Fold in olives and cheese. Return to oven for another 5 minutes. Perfect with pork roast or prime rib.

Chris Geisinger, EP, Storm Lake

Santa Fe Tostadas

1 lb. ground beef, browned
1 med. onion, chopped
1 clove garlic, minced
1 16-oz. can tomato sauce
1 3-oz. can green chilies
1 16-oz. can refried beans
1/4 t. oregano
1 t. chili powder

1/4 t. sugar
Tostada shells
Sour cream
Lettuce, chopped
Green onions, sliced
Tomatoes, chopped
Cheddar cheese, shredded
Black olives

Simmer first 9 ingredients 15 to 20 minutes. Bake tostada shells as directed. Layer on top of shells: meat mixture, sour cream, lettuce, green onions, tomatoes, Cheddar cheese and black olives.

Elsie Hertel, KM, Des Moines

Sauerkraut and Sausage

1 lge. can sauerkraut, drained
1 can cream of mushroom
soup
1/2 c. brown sugar
10-15 link sausage, browned
(Farmland is good)

4 sm. to med. potatoes,
halved
2 T. onion, chopped
4-oz. Monterey Jack cheese,
diced

Mix first 6 ingredients well and place in covered greased casserole dish. Bake 2 hours at 350°. Uncover, top with diced cheese and bake 15 minutes more. Can be cooked in crock pot 8 hours on low or 4 hours on high, adding cheese last 30 minutes. (This is even better warmed over, so doubling or tripling is a good idea.) Serves 6-8.

Carolyn Willey, BR, Corydon

Sausage and Rice Casserole

- | | |
|--|--|
| 1/2 to 3/4 lb. sausage,
browned | 1 can cream of chicken soup |
| 1 med. onion | 1 can mushrooms |
| 1/2 c. celery | 1 c. Uncle Ben's wild rice,
uncooked; do not use
seasoning pkg. |
| 3/4 c. green pepper | 1 c. American cheese, grated |
| 1 can cream of mushroom
soup | |

Mix ingredients and bake at 325° for 1-1/2 hours or until tender.

Lorna Louscher, BK, Emmetsburg

Sea Food Casserole

- | | |
|---|---|
| 1 can crab meat | 1 med. onion, finely sliced |
| 2 cans med. shrimp | 1 pt. Hellman's mayonnaise |
| 2 5-oz. cans mushrooms | 2 t. Worcestershire sauce |
| 4 eggs, hard cooked,
chopped | 1 t. salt |
| 2 c. celery, finely chopped | 2 cans water chestnuts,
sliced |
| 1 green pepper, chopped | 5 slices bread, dried |
| Almonds, chopped | |

Mix all ingredients and place in 9 x 13-inch casserole pan. Grind bread slices and sprinkle over top, along with almonds. Bake about 1 hour at 325°.

Ana May Breckenridge, JL, Boone

Sentimental Chicken Casserole

- | | |
|--|--|
| 1 hen or 2 fryers, boiled,
approx. 5 lbs. total | 1 c. celery, diced |
| 1 16-oz. pkg. spaghetti | 1 c. onion, diced |
| 1 c. ripe olives, sliced | 1 T. A-1 sauce |
| 1 c. mushrooms, sliced | 1 clove garlic, cooked with
spaghetti and later with
onion and celery |
| 1 can cream of mushroom
soup | 3 bay leaves, cooked with
chicken |
| 1 lb. Velveeta cheese, cubed,
divided | |

Boil chicken with bay leaves, remove from bones and cut into pieces. Use chicken broth to cook spaghetti; drain. Saute onions, celery and garlic in butter. Mix all ingredients, including half the cheese, and bake 1 hour at 350°. Stir often. Add other half of cheese to top a few minutes before removing from oven. Serves 10-12.

This casserole was served at the charter luncheon when Chapter LS was organized in 1964. It was so well like it got the name "Sentimental Chicken Casserole." In 1982 Chapter LS sponsored Chapter NT of Carlisle and this casserole was served by LS for their charter luncheon.

No name given, LS, Des Moines

Shrimp and Crab Stuffed Potatoes

- | | |
|---|---|
| 1 10-oz. or more-oz. can
frozen condensed cream of
shrimp soup | 1/2 c. sharp Cheddar cheese,
shredded |
| 1/4 c. milk | 4 med. Idaho potatoes,
baked |
| 1 T. onion, grated | 1 7-oz. can crab meat,
cleaned and flaked (should
make about 1 c.) |
| Dash of pepper | |
| Dash of paprika | |

Combine soup, milk, onions and pepper. Heat slowly, stirring often, then add cheese, stirring until melted. Cut baked potatoes in half lengthwise. Scoop out insides, place in separate bowl. Add soup mixture, blend until fluffy, then fold in crab meat. Spoon in shells. Bake on a cookie sheet at 450° for approximately 15 minutes. Sprinkle with a little paprika for color. Makes 4 servings.

Darlene Sulhoff, LP, Council Bluffs

Shrimp A L'Laura

- | | |
|--|------------------------------------|
| 1 can frozen cream of shrimp soup | 1 can peas, drained |
| 1 can cream of celery soup | 1 can mushrooms, with juice |
| 1 can cream of mushroom soup | 2 or 3 c. canned shrimp |
| 1 can cream of chicken soup | 6 eggs, hard cooked, diced |
| | 1/4 c. capers |
| | Buttered crumbs |

Combine all ingredients and simmer together about 10 minutes. For individual servings, portion into baking shells and cover with buttered crumbs. Bake 15 to 30 minutes at 325° and serve immediately. Or serve on mounds of brown rice. 16 to 18 servings.

**Ruth Paschal, EL, Webster City
Past President, Iowa State Chapter**

Sicilian Meat Roll

- | | |
|---------------------------------|-----------------------------------|
| 2 eggs, beaten | 1/4 t. garlic powder |
| 3/4 c. soft bread crumbs | 2 lb. ground beef |
| 1/2 c. tomato juice | 8 thin slices ham |
| 2 T. dry parsley flakes | 6-oz. Mozzarella cheese, |
| 1/2 t. salt | shredded |
| 1/2 t. oregano, crushed | 3 slices Mozzarella cheese |
| 1/4 t. pepper | for top |

Combine eggs, bread crumbs, tomato juice, parsley, salt, pepper, oregano and garlic powder. Add meat and mix well. On foil, pat meat mixture to a 12 x 10-inch rectangle. Cover meat with ham slices leaving a small margin around edges. Sprinkle cheese over ham. Start at narrow end and carefully roll meat lifting it with the foil. Seal edges. Put in a 9 x 13-inch pan and bake at 350° for 1 hour and 15 minutes. Place sliced cheese over top and return to oven for 5 minutes or until cheese melts. Center will be pink because of ham. 8-10 servings.

Kathy Gabrielson, GF, Britt

Skillet Macaroni and Cheese

1/4 c. butter, 1/2 stick
1 c. onion, chopped
1 T. flour
1-1/2 t. salt
1/4 t. leaf oregano

1 7- or 8-oz. pkg. elbow macaroni
3-1/2 c. milk
2 c. Cheddar cheese, shredded (8-oz.)
Parsley

In large skillet melt butter; add onion and saute until tender. Stir in flour, salt and oregano. Add macaroni and milk. Cover and bring to boil; reduce heat and simmer 15 minutes or until macaroni is tender, stirring occasionally. Add cheese and stir until cheese is melted. Do not boil. Garnish with parsley. Serves 6-8.

Margie Towe, FX, Paullina

Sloppy Joe Turnovers

1 lb. ground beef
1/4 c. onion
1/2 c. catsup
1/2 t. salt

1/4 t. garlic salt
1/4 c. sour cream
1 10-oz. can Pillsbury Hungry Jack biscuits

Brown ground beef and onion; add salt, garlic salt, catsup and sour cream. Roll each biscuit to 4 x 4-inches and put 1 tablespoon of the meat mixture into the center of each biscuit. Fold into triangle and seal edges with a fork. Cut three slits on top of each triangle biscuit. Bake for 15 to 20 minutes at 375°. Brush with butter after baking. Taco meat and cheese taste just as good.

Terry Weber, CM, Keota

Snow On The Mountain

Brown rice
Creamed chicken with
mushrooms
Tomatoes, sliced
Onions, sliced
Chow mein noodles, warmed
Celery, chopped
Stuffed olives, sliced

Longhorn cheese, shredded
Crushed pineapple, drained
Mexican pumpkin seeds or
sunflower seeds or
shredded, blanched,
toasted almonds
Coconut, shredded

Label each serving dish with the contents and arrange in the order listed above. Each guest builds his own dinner. Serve with hot hard rolls, drink and dessert.

Bonnie Gioiello, GQ, Council Bluffs

Spaghetti Pie **(Microwave)**

7-oz. spaghetti, cooked
2 T. butter
1/3 c. Parmesan cheese
2 eggs, well beaten
1 lb. ground beef
1/2 c. onion, chopped
1 8-oz. can whole tomatoes

1 6-oz. can tomato paste
1 t. oregano, crushed
1/2 t. garlic salt
1/4 c. green pepper, chopped
1 c. cottage cheese
1/2 c. Mozzarella cheese

Drain cooked spaghetti and add butter, Parmesan cheese and eggs. Form into crust in 10-inch glass pie plate. Microwave on HIGH 2 minutes. Crumble ground beef and microwave it and onion for 5 minutes on HIGH. Drain, add tomatoes, tomato paste, oregano, garlic salt and green pepper. Microwave on HIGH 4 to 5 minutes, covered. Spread cottage cheese on spaghetti crust. Add filling. Microwave, covered with wax paper, 6 to 8 minutes. Top with Mozzarella cheese. Microwave 1 minute more.

Jean Jorgensen, NJ, Fort Dodge

Spinach Quiche with Rice Crust

CRUST:

1-1/2 c. brown rice, cooked
1 egg
1-1/2-oz. Swiss cheese

1 T. parsley, chopped
1/2 t. salt
Dash pepper

FILLING:

1 T. vegetable oil
3/4 c. onion, diced
1 garlic clove, minced
1 c. spinach leaves
3/4 c. skim milk

2 eggs
1-1/2-oz. Swiss cheese
1/2 t. salt
Dash pepper
Dash nutmeg

Combine all crust ingredients. Spray 9-inch quiche dish with Pam. Press on sides and bottom. Bake at 425° for 25 minutes. Remove from oven. Decrease heat to 375°.

To make filling, heat oil in 10 to 12-inch skillet. Add onions and garlic. Saute until browned lightly. Add spinach and saute until liquid evaporates. Put with rest of ingredients in a medium bowl. Fill crust and bake 35 minutes at 375°.

This is legal Weight Watchers dish. 3 servings, 396 calories/serving. Is equal to 1 bread, 1 egg, 1 oz. cheese, 1 fat, 2/3 vegetable, 1/4 milk.

Jody Geer, AR, Grundy Center

Steinbeck's Casserole

2 c. rice, cooked
1 7-oz. can whole green mild chili peppers
1 can green chili salsa
3 med. zucchini, cooked and cut in 1/2-inch cubes
1 lge. tomato, sliced

1 lb. Monterey Jack cheese, grated
2 c. sour cream
1 t. salt
1 t. oregano
2 T. green pepper, chopped
2 T. onion, chopped

In greased casserole layer rice, salsa, chilies sliced in strips, onions, green pepper, zucchini, cheese, tomato and seasonings. Cover with sour cream. Bake at 350° for 30-40 minutes. Serves 8.

Gertrude Saar, HU, Burlington

Stew *A*

1 No. 2 can each of:

Diced carrots

Small onions

Whole tomatoes

Tiny peas

Small potatoes

Green beans, regular cut

3 lbs. stew meat

1/2 c. beef consommé

4 T. Minute tapioca

1 T. brown sugar

1/2 c. prepared bread crumbs

1 bay leaf

1/2 c. white wine

1-1/2 t. salt

Pepper to taste

Mix all ingredients together and cover. Cook in 250° oven a minimum of 6-7 hours. (No need to peek!)

Catherine A. Mick, IZ, Des Moines
Past President, Iowa State Chapter

Stir Fry Cashew Chicken

3 whole chicken breasts

2 boxes frozen pea pods

1/2-lb. fresh mushrooms

4 green onions

1 15-oz. can bamboo shoots

1 c. chicken broth

1/4 c. soy sauce

2 T. cornstarch

1/2 t. ea. salt and pepper

1/4 c. salad oil

4-oz. cashew nuts

Bone and remove skin from chicken. Slice horizontally in 1/8-inch slices, then cut in 1-inch squares. Wash and slice mushrooms. Cut the green ends of onions into 1-inch lengths and slash ends to form small fans; slice white part in 1/4-inch lengths. Drain and slice bamboo shoots. Mix together the soy sauce, cornstarch, salt and sugar. To cook, heat 1 tablespoon of the oil in electric frypan, at 350°. Add nuts all at once and cook 1 minute. Remove from pan and set aside. Add remaining oil to pan, add the chicken and cook quickly, turning until it turns opaque. Add peas and mushrooms; pour in broth, cover and simmer 2 minutes. Add bamboo shoots. Stir the soy sauce mixture into the pan juices and cook until the sauce is thickened, stirring constantly; then simmer 1 minute uncovered. Mix in green onion and sprinkle with nuts. Serve over rice.

Fran Kuehl, R, Cedar Falls

Swiss Enchiladas

2 c. chicken or turkey,
cooked and chopped
1/2 can or 4-oz. Ortegass,
diced
1 can 7-oz. green chilies
1 sm. can Las Palomes sauce

1/2 t. salt
2 c. whipping cream,
unwhipped
12 corn tortillas
1-1/2 c. Monterey Jack
cheese, shredded

Combine chicken, chilies and chile sauce for filling. Mix salt with cream for sauce. Fry each tortilla in medium hot oil a few seconds on each side until it blisters and is limp. Then dip into cream. Fill with chicken mixture. Roll and place in ungreased baking pan flat side down. Pour remaining cream over them and sprinkle with cheese. Bake uncovered at 350° for 15 to 20 minutes.

Irene Axtell, HH, Des Moines

Taglarini

1 lb. ground beef
8-oz. med. wide noodles
1 lb. sharp Cheddar cheese,
grated
1 can creamed corn
1 can cream of mushroom
soup

1 can mild or hot enchilada
sauce
2 sm. cans tomato sauce
1 onion, sliced
1 can lge. pitted black
olives, drained

Brown ground beef, drain. Cook and drain noodles. In large dutch oven sized pan, add all ingredients and mix. Bake covered at 350° for 1-1/2 hours. Recipe can be made ahead and frozen.

Joan B. Greiner, AA, Ames

Teropeta

1 lb. feta cheese, crumbled
1 c. cottage cheese
1/2 lb. butter, melted
6 eggs

1 qt. milk
1/2 lb. filo leaves
1/2 to 3/4 c. cream of rice cereal

Cook cream of rice with milk until thick, stirring constantly. Remove from heat and add 2 tablespoons butter. Cool mixture. Add the cheeses, beat eggs and add to cream of rice/cheese mixture. Butter 15 x 10-inch pan well. Each single sheet of filo must be drizzled with melted butter as you assemble peta. Place 3-4 single sheets of filo on bottom of pan. The next 3-4 sheets of filo should be placed so they overlap the sides of pan. Next add the cheese mixture; fold over the sheets of filo that overlap the pan (this contains the cheese mixture). Finally, place 5-6 more single sheets of filo over top of cheese mixture; butter top sheet of filo very well with melted butter. Slit the top layers only of filo in strips across the width of pan. This enables steam to escape while peta is cooking. Bake at 350° for 45 to 60 minutes. Allow to stand for about 15 minutes after you remove from oven; then slice and serve.

Kalliope Jolas, GN, Mason City

Thor's Company Casserole

2 T. salad oil
1 clove garlic
1 lb. veal or beef round,
thinly sliced
Salt and pepper
2 3-oz. cans mushrooms,
sliced

1/4 lb. noodles
1/2 c. sour cream
1/4 lb. Swiss cheese, sliced
2 tomatoes, sliced
1/2 c. dry wine
1/2 c. Parmesan cheese

Saute garlic in oil, remove and add meat and cook until browned; season with salt and pepper and add garlic. Add undrained mushrooms. Simmer covered 15-20 minutes. Meanwhile, cook noodles and drain, then toss with sour cream. In a greased 1-1/2 quart casserole, place half of noodle mixture, half of meat and mushrooms, then half of tomato and cheese slices; repeat. Stir wine and Parmesan cheese into meat and mushroom juices left in pan. Pour over casserole. Bake uncovered for about 25 minutes.

Sharron Davis, C, Fairfield

Tuna Casserole

- | | |
|-------------------------------------|------------------------------------|
| 1 can Chinese vegetables | 1/4 c. water |
| 1 can Chinese noodles, dry | 2 T. onion, chopped |
| 1 can cream of mushroom soup | 1/4 c. cashew nuts, chopped |
| 1 can chunk tuna, chopped | corn flakes |

Mix all ingredients except corn flakes together. Put in greased casserole. Sprinkle crushed cornflakes on top. Bake 40 minutes at 350°. Serves 8 to 10. Can be made the night before and stored in refrigerator.

Ruth Ruhnke, FA, Eldora

Tuna Cheese Imperial

- | | |
|----------------------------------|--------------------------------------|
| 1 8-oz. pkg. wide noodles | 2 7-oz. cans tuna, drained |
| 5 T. butter or margarine | 1/2 c. stuffed olives, sliced |
| 1 t. salt | 2 T. chives, snipped |
| 1/4 t. pepper | 1 8-oz. pkg. Muenster |
| 2-1/2 c. milk | cheese, sliced |
| 1 8-oz. pkg. cream cheese | |

Cook noodles, drain and set aside. Melt butter or margarine. Stir in flour, salt and pepper and cook, stirring constantly, until bubbly. Stir in milk; continue cooking until sauce thickens and boils. Slice cream cheese into sauce; stir until melted, then stir in tuna, olives and chives; remove from heat. Pour 3/4 cup of the sauce into a 9 x 12-inch pan, then layer other ingredients on top in this fashion: half the noodles, half the sauce, half the Muenster cheese slices, remaining noodles, half of remaining sauce, remaining Muenster cheese and remaining sauce. Bake at 350° for 30 minutes. 8 servings. May be made the night before and refrigerated or even frozen before baking.

Polly McNeill, BW, Algona

Tuna On Rusks

6 Holland rusks
Butter
Tomato slices
1 8-oz. pkg. cream cheese
1 T. mayonnaise
1 t. catsup

3 eggs, hard boiled, chopped
1/2 t. lemon juice
1/4 t. Worcestershire sauce
1 6-1/2-oz. can tuna, drained
6 slices American cheese

Spread Holland rusks with butter. Top with a slice of tomato. Mix remaining ingredients except American cheese and spread on the rusk. Top with a slice of American cheese and bake at 350° until cheese has melted.

Bea Crary, DX, Sioux City

Turketti

1-1/2 c. spaghetti, broken
into 2-inch pieces
2 c. turkey or chicken,
cooked and boned
1/4-1/2 c. pimiento, diced
1/4-1/2 c. green pepper,
diced
1 sm. onion, diced

1/2 c. celery, diced
1 can cream of mushroom
soup
1 can cheese soup
3/4-1 lb. Cheddar cheese,
diced or grated, reserve
some for topping
1/2 t. ea. salt and pepper
1/2 c. water or broth, as
needed

Cook spaghetti in salted water and drain. Blend all ingredients; place in casserole dish and sprinkle with reserved cheese. Bake covered at 350° for about 45 minutes, then uncover and bake an additional 10 or 15 minutes.

Katie Hakes, NT, Carlisle

Two Rice Casserole

- | | |
|-------------------------------------|---------------------------------|
| 1 lb. bulk pork sausage | 1/2 t. poultry seasoning |
| 1 c. or less onions, chopped | 1 13-3/4-oz. can chicken |
| 2 4-oz. cans mushroom | broth |
| pieces, drained | 1/4 c. flour |
| 1 pkg. Uncle Ben's long | 1/2 c. slivered almonds, |
| grain and wild rice mix | toasted, optional |

Cook sausage, onion and mushrooms in skillet until sausage is browned and onion is soft. Drain off fat. Cook rice according to package directions. When rice is cooked, add poultry seasoning. In saucepan, combine a little chicken broth with flour and stir to make a smooth paste. Add remaining chicken broth and cook, stirring constantly, until thickened. Stir rice and broth into sausage mixture in 2-quart casserole. Top with almonds if desired. Bake at 350° for 30 minutes. Note: freezes well. Sliced ripe olives and chopped parsley makes good topping, after cooking, instead of almonds.

Sharon Garner, IB, LeClaire

War and Peace Casserole

- | | |
|-------------------------------------|--------------------------------|
| 1 10 or 12-oz. pkg. bow tie | 2 c. sour cream |
| or butterfly-shaped | 1 c. Parmesan or Romano |
| noodles, cooked and warm | cheese, grated |
| Meat sauce | |
| 2 10- or 12-oz. pkgs. frozen | |
| chopped spinach, thawed | |
| and well drained | |

MEAT SAUCE:

- | | |
|----------------------------------|--|
| 1/2 lb. bulk pork sausage | 1-1/2 c. water (or 1 c. dry red |
| 1 lb. lean ground beef | wine and 1/2 c. water |
| 1 lge. onion, chopped | 1/4 t. each rosemary, basil, |
| 1 clove garlic, minced | marjoram, oregano, savory |
| 1 15-oz. can tomato sauce | leaves, and black pepper |
| 1 6-oz. can tomato paste | 1/2 t. salt |

Crumble meat; cook until pinkness is gone. Add onions and garlic. Cook until soft, not brown. Add tomato sauce and paste, liquids and seasonings. Reduce to simmer; cook slowly, uncovered, about 30 minutes. Mix meat sauce and noodles; let cool. Spread half of meat and noodle mixture on bottom of a 3-quart casserole. Add half the spinach, then half the sour cream, then half the cheese. Repeat layers. Cover and refrigerate. Bake uncovered at 375° for 40 minutes until heated through and top is lightly browned. Serves 10-14.

(So named because this recipe makes enough to last through as many evenings as it takes to run the movie on television.)

Joyce Wubbels, NF, Grinnell

Wild Rice and Ground Beef Casserole ✕

1-3/4 lbs. ground beef
1 c. wild rice, or wild/white rice, mixed
1 lge. onion, chopped
1/2 c. celery, chopped
2 T. margarine
2 T. Worcestershire sauce
1 can cream of mushroom soup
1 can cream of chicken soup

1 lge. can mushrooms and juice
1 can water chestnuts, drained and sliced
1 can ripe olives, drained and sliced
1 t. salt
1/2 t. pepper
1 c. slivered almonds
1 c. Pepperidge Farm dressing

Cook rice in salted water as per instructions on package. Saute onions and celery in margarine. Brown beef; drain if too fat. Combine all but nuts and dressing. Bake at 350° for 30 minutes in 9 x 13-inch greased pan. Top with dressing crumbs and almonds and bake additional 30 minutes, uncovered. Serves 12-15.

LaVeda Richtsmeier, BN, Ackley
Past President, Iowa State Chapter

Wild Rice and Sausage

- | | |
|---|--|
| 1 onion | 1 c. wild rice |
| 1 lge. and 1 sm. can mushrooms | 3 cans cream of chicken soup, undiluted |
| 1 lb. sausage (Jimmy Dean is good) | 1 sm. pkg. slivered almonds |

Saute onion, sliced thin, and add mushrooms, sliced; add sausage and cook for 30 minutes. While this is cooking, cook wild rice in 3 cups boiling water. Put ingredients together and add cream of chicken soup and slivered almonds. Bake in 9 x 13-inch pan at 350° for 45 minutes.

Notice there is no salt added, it doesn't need it. Add fruit salad or bowl of canned fruits to the complete the meal.

**Joann Johnston, LW, Knoxville
Organizer, Iowa State Chapter**

Zimmy Zammy ✍

- | | |
|---------------------------------------|--|
| 2 lbs. lean ground beef | 1 can cream of mushroom soup |
| 1 lge. onion, chopped | 1 No. 2 can tomatoes, drained |
| 2 stalks celery, chopped | 1 sm. can mushrooms, sliced, drained |
| 1 green pepper, chopped | 1 12-oz. pkg. noodles, cooked and drained |
| 1 t. thyme | |
| Salt and pepper to taste | |
| 1 can cream style corn | |
| 1 sm. jar green olives, sliced | |
| 1/2 lb. Cheddar cheese, grated | |

Cook together and drain the first 6 ingredients. Then mix together with all remaining ingredients except cheese in a 9 x 13-inch pan and bake at 350° for 35 minutes. Sprinkle cheese on top and bake an additional 25 minutes. Freezes well. Note: whole kernel corn can be used.

No name given, AM, Nevada

Zucchini-Ham-Cheese Pie with Crumb Topping

1 lge. onion, thinly sliced
3 sm. zucchini, thinly sliced
1 lge. clove garlic, crushed
1/3 c. vegetable oil
2 c. cooked ham, slivered
1 c. Swiss cheese, shredded
(4-oz.)
1-1/4 c. dairy sour cream
1 t. dill weed

1 t. salt
1/4 t. pepper
1 10-in. pastry shell, baked
1/2 c. packaged bread
crumbs
1/4 c. Parmesan cheese,
grated
Tomato wedges and parsley,
optional

Saute onion, zucchini and garlic in oil in large skillet about 5 minutes or until zucchini is tender-crisp. Remove skillet from heat. Add ham, Swiss cheese, sour cream, dill weed, salt and pepper. Mix thoroughly. Spoon into baked pie shell. Melt butter in small skillet. Stir in bread crumbs and Parmesan cheese with fork. Sprinkle mixture in 2-inch band around edge, leaving center open. Bake at 350° for 35 minutes or until bubbly. Let stand 10 minutes before serving. Garnish with tomato wedges and parsley, if desired.

Jean Peterson, NS, Carroll

Zucchini Lasagne

3/4 lb. ground beef
1/2 c. onion, chopped
1 15-oz. can tomato sauce
1/2 t. dried oregano
3/4 t. salt
1/8 t. pepper
1/2 t. dried basil

4 med. zucchini
1 c. cottage cheese
1 egg, beaten
1/2 lb. Mozzarella cheese,
grated
Parmesan cheese, grated

Cook ground beef and onion in skillet until beef is browned; drain off fat. Add tomato sauce and seasonings. Simmer, uncovered, for 10 minutes, stirring occasionally. Slice zucchini in lengthwise strips slightly less than 1/4 inch thick. Arrange half of strips in greased 12 x 8 x 2-inch baking dish. Beat cottage cheese with egg; spread over zucchini. Top with half of Mozzarella and half the meat sauce. Layer again with zucchini, Mozzarella and sauce. Sprinkle with Parmesan cheese. Bake uncovered at 350° for 40-45 minutes or until hot and bubbly. Let stand 10 minutes.

Pat Scholl, HJ, Cedar Rapids



Meats, Poultry & Fish

MEATS

Applesauce Meatballs

1 lb. ground beef
1/2 c. thick applesauce
1/2 c. soft bread crumbs
1 egg, beaten

1 sm. onion, minced
Salt and pepper
1/2 c. catsup
1 c. water

Mix meat, applesauce, bread crumbs, egg, onion, salt and pepper and form into 12 balls. Roll lightly in flour and place in greased casserole. Combine catsup and water and pour over meatballs. Bake at 350° for 1 hour.

Eileen Klingman, EN, Nashua

Beef au Jus X

1 loaf French bread
3-4 lb. beef roast
(boneless rump, bottom
round or brisket)
2 lge. sweet onions,
cut in 1/4-inch slices
1/2 c. soy sauce

1 clove garlic
1-1/2 t. browning sauce,
optional
1 pkg. dry onion soup mix
5 c. water
1/4 c. butter
1 c. Swiss cheese, grated

Brown onions in butter. Add soy sauce, garlic, onion soup mix, water and browning sauce. Place roast in crockpot; add liquid mixture to crockpot. Cover and cook on low for 8-10 hours or cook in conventional oven at 325° for 2-1/2 hours. Let roast set for 20 minutes before slicing, then put back in liquid. Slice French bread in half, then in 3 to 4 pieces. Butter and toast under the broiler. Next, place meat on bread and sprinkle cheese on top of meat. Broil until cheese melts. Pour extra sauce on bread to serve.

Dorothy Stoltz, DL, New Hampton

Beef Brisket

4-5 lbs. fresh beef brisket
1 pkg. dry onion soup
1 med. onion sliced and
separated into rings
12-oz. bottle chili sauce

2 med. stalks celery,
chopped
1 bottle water
1 can beer (not lite beer)

Sprinkle soup over meat. Put onion and celery on top. Combine chili sauce, water and beer. Pour over meat. Bake covered at 350°. Cool; refrigerate overnight. Remove any grease that has risen to the top. Slice meat across grain. Heat slices in the cooking liquid. Put some over slices to serve. This is good on large buns for sandwiches, too. Freezes well.

Leslie Cleaveland, EQ, Oakland

Beef Brisket

4-6 lb. beef brisket
Worcestershire sauce
Barbecue sauce

2-oz. Liquid Smoke mixed
with celery, garlic and
onion salts

Marinate overnight in Liquid Smoke and salts. Cover with foil after sprinkling with Worcestershire sauce. Bake at 275° for 6 hours. Drain. Cover with barbecue sauce and replace foil. Bake at 275° for 1 hour. Slice and serve.

Ann Kenworthy, JJ, Des Moines

Beef Kabobs

- 1 c. red wine
- 1/2 c. soy sauce
- 1 c. pineapple juice
- 1 t. thyme
- 1 t. rosemary
- 1/4 c. Worcestershire sauce
- 1 med. onion, finely chopped
- 1 t. pepper
- 1-1/2 lbs. sirloin steak cut into 1-1/2 x 1-1/2-inch cubes
- 24 cherry tomatoes
- 12 sm. onions
- 12 whole mushrooms
- 1 sm. eggplant, peeled and cut into 1-1/2 x 1-1/2-inch pieces
- 1 sm. can pineapple chunks
- 1 green pepper, cut into lge. pieces
- 12 small potatoes, peeled and parboiled (you may use large potatoes cut into chunks)

Marinate meat for 2 hours in the first 8 ingredients. Put the remaining ingredients on skewers in the order of your choice. Place on grill or broil in the oven for 15 minutes. Baste with marinade.

Betty Hultquist, EM, Hawarden

Beef Stroganoff

- 1/4 c. flour
- 1/2 t. salt
- 1-1/2 lb. round steak
- 1/3 c. butter
- 1/2 c. sour cream
- 1/2 t. garlic powder
- Noodles or rice
- 8-oz. can mushrooms stems and pieces (do not drain)
- 1 lge. onion diced, or 1-1/2 T. instant minced onion
- 1 beef bouillon cube in 1 c. boiling water

Cut steak in 1/2 x 2-inch strips. Dredge in flour and salt mixed. (If you use tenderizer on steak do not use salt.) Melt butter in skillet and brown meat, turning often. Cover and simmer until tender. Add mushrooms and onion and any leftover flour. Add the beef broth and cook until thickened. Freezes well at this point. To serve, add sour cream and garlic powder to the beef mixture. Do not boil after sour cream is added. Serve on extra wide noodles or rice.

Louise S. Harken, P, Burlington

Easy Danish Meat Balls

- | | |
|---------------------------------------|-------------------------------------|
| 1 lb. hamburger | 1 egg, beaten |
| 1 T. flour | 1/2 c. milk |
| 1/4 t. ea. ginger and allspice | 1 can cream of mushroom soup |
| 1/2 t. mustard | |
| 1/2 t. salt | |

Mix all ingredients except soup. Form into small balls. Place on cookie sheet and brown under broiler. Place in casserole dish, pour soup over, cover and bake at 375° for 1 hour. Serves 4.

No Name, FQ, Mapleton

Elegant Steak and Rice

- | | |
|--|-------------------------------------|
| 1-1/2 lbs. tenderized boneless beef round steak | 1 can cream of mushroom soup |
| 2 lge. onions, sliced, separated into rings | 1-1/2 T. cooking oil |
| 4-oz. can sliced mushrooms, drained, reserving liquid | 1/2 c. cooking sherry |
| | 1-1/2 t. garlic salt |
| | 3 c. hot cooked rice |

Cut steak into thin strips. Brown meat in oil on high heat. Add onions and saute until tender-crisp. Blend soup, sherry, mushroom liquid, and garlic salt. Pour over steak. Add mushrooms, reduce heat, and simmer, covered, for 1 hour, or until steak is tender. Serve over rice. Serves 4.

Zelda Stevens, JP, Waterloo

Hong Kong Pepper Steak

- | | |
|------------------------------------|--|
| 2 to 2-1/2 lbs. round steak | 1 onion, sliced crosswise |
| 2 T. lard | 2 green peppers, cut in strips |
| 1 beef bouillon cube | 1 can water chestnuts, drained and halved |
| 1/2 c. hot water | 1 T. cornstarch |
| 2 T. soy sauce | 1/4 c. cold water |
| 1 t. molasses | 8-10 cherry tomatoes, halved |
| 1/2 t. ginger | |
| 1 t. salt | |
| 1 clove garlic, crushed | |

Cut steak into serving pieces and brown slightly in lard. Pour off drippings and salt both sides. Dissolve bouillon in 1/2 cup hot water, stir in soy sauce, molasses, ginger and garlic and pour over meat. Cover and cook slowly 1 hour and 15 minutes. Add onions and cook 15 minutes or until the meat is tender. Add pepper and chestnuts; cover and cook slowly 5 to 10 minutes. Remove meat to platter. Blend cornstarch with 1/4 cup cold water and gradually add to pan liquid, stirring constantly until thickened. Fold in tomatoes. Serve vegetables and gravy with meat and rice. Serves 6.

Thea Houser, GC, Avoca

Hot Easy Beef

5-lb. beef roast (tip or heel)
3 lge. onions
1/2 c. margarine
1-1/2 T. LaChoy brown gravy
sauce
1/4 c. soy sauce

4 c. water or enough to
cover
2 bay leaves
3/4 t. salt and pepper
4 T. cornstarch

Brown beef well. Add onions, margarine, sauces, water, bay leaves, salt and pepper. Combine and bake at 350° for 2 hours. Remove and cool. Slice thinly. Remove onions, thicken liquid with cornstarch. Combine meat and sauce and simmer at least 1 hour. Serves 12 to 15.

Shirley Peterson, MC, Altoona

Italian Meat Loaf

1-1/2 lbs. ground beef
1 egg
3/4 c. cracker crumbs
1/2 t. oregano

Salt and pepper
8-oz. can tomato sauce,
divided
1 bag Mozzarella cheese

Mix meat, egg, cracker crumbs, oregano, salt, pepper and 2/3 cup tomato sauce. Flatten to rectangle. Sprinkle 2/3 bag Mozzarella cheese. Roll like jelly roll. Bake at 350° for 1 hour. Drain off excess fat. Pour over last 1/3 can tomato sauce and rest of cheese. Return to oven and bake another 15 minutes or until cheese melts.

Charlotte Silkebaken, EI, Belle Plaine

Kefta Balls

- | | |
|---|------------------------------|
| 2-1/2 lbs. ground lamb
(beef may be substituted) | 2 lge. garlic cloves, minced |
| 4 eggs | 1 t. coriander |
| 2 c. dry bread crumbs | 1 t. cumin |
| 2 lge. onions, finely chopped | 1-1/2 t. salt |
| | Pepper to taste |

Form into 2-inch balls and flatten slightly. Pour oil in skillet to cover bottom. Fry keftas until golden, about 5 minutes on each side.

Latha Bonnewell, IP, Dubuque

Lemoned Beef Kabobs

- | | |
|---|---|
| 6 lbs. cubed meat, marinated
overnight (48 cubes of
sirloin tip and/or
lamb or pork) | 4 green peppers, cut into
48 squares |
| 4 lemons, thinly sliced | 48 lge. mushroom caps |
| | 24 cherry tomatoes |

Marinade

- | | |
|------------------------------|------------------------------|
| 3/4 c. parsley leaves | 1/2 c. lemon juice |
| 2 lge. cloves garlic, minced | 1-1/2 t. oregano |
| 1 lge. onion, minced | 1-1/2 t. powdered beef broth |
| 1-1/2 c. oil | Salt and pepper |
| 1-1/2 T. salt | |

Alternate ingredients on skewers and brush with marinade. Place on grill, brushing and turning until done.

Marcie Holmes, FR, Rolfe

Oven Pot Roast

1 beef roast
1 can mushroom soup

1 pkg. dry onion soup

Roll the roast in flour and brown in hot fat. Then put on a large square of heavy-duty foil. Lift the foil and meat carefully and put it in a baking pan. Combine soup and soup mix. Pour over roast. Do not use salt or pepper as there is enough in the soups. Pull the foil up and make a double fold on the top, the same for each end. Bake at 350° for about 3 hours. When you open it at serving time, you'll have a wonderful gravy to use on potatoes.

Margaret Hull, CH, Villisca

Rolled Round Steak

1 round steak
Salt and pepper
Prepared mustard

1 onion, cut in sm. pieces
6 strips bacon
2-3 c. hot water

Tenderize round steak and cut into 6 pieces. Trim off fat. Sprinkle salt and pepper on both sides. Spread a little mustard on top side. Sprinkle onion and bacon over mustard on each piece of steak. Then roll each piece up like a jelly roll and secure with toothpicks. Roll each piece in flour and brown in hot shortening. Add hot water and let simmer for about 1-1/2 hours. Thicken gravy with cornstarch.

Pat Hultman, CM, Keota

Scandinavian Meatballs with Dill Sauce

1-1/2 lbs. lean ground beef
2 eggs, beaten
1 c. heavy cream
1/2 c. rye bread cubes
1/2 c. apple, grated

1/2 c. raisins, chopped
1/4 c. almonds, chopped
4 t. green onion, chopped
1 t. salt
1 t. white pepper

DILL SAUCE:

1/4 c. butter
1/4 c. flour
2 c. beef bouillon

1-1/2 t. dried dill weed
1 c. water chestnuts, sliced
1 c. plain yogurt

Gently but thoroughly mix together ground beef, eggs, cream, bread cubes, apple, raisins, almonds, green onion, salt and pepper. Shape into 2-inch meatballs and place on roasting rack in roasting pan. Bake at 400° for 10 to 15 minutes or until brown. Place meatballs in chafing or serving dish and pour dill sauce over top. To make dill sauce, melt butter in a small saucepan. Stir in flour. Add bouillon, salt and dillweed. Cook over medium heat until thick. Remove from heat; stir in yogurt and water chestnuts.

Eleanor Ehlers, International Office

Sherried Beef

2 lbs. round steak, cut into
1/2-inch cubes
1 envelope dry onion soup
mix
1 can cream of mushroom
soup

1 can beef bouillon
1/2 c. dry sherry
1 can mushrooms
2 slices bacon, diced and
fried

Brown meat in bacon drippings. Combine all ingredients. Simmer slowly for 1 hour. Serve over rice or noodles.

Joan Parsons, E, Iowa City

Southern Pot Roast

**3-1/2 lb. boneless chuck
shoulder or bottom round
roast**
2 T. cooking oil
Salt and pepper
1/4 c. dry vermouth
15-oz. can stewed tomatoes
8-oz. can tomato sauce
6-oz. can tomato paste

1 t. sugar
1 lge. onion, chopped
1 green pepper, diced
6 potatoes, halved
**6 carrots, cut in 2-inch
sections**
**16-oz. can whole white
onions, drained**

Sear meat in oil in a large skillet or Dutch oven. Remove meat and season. Drain off oil. Reduce heat. Add vermouth to skillet and scrape to loosen meat particles. Add next 6 ingredients. Return meat to skillet, cover and simmer until tender, or about 2-1/2 hours. Add other ingredients and cook until tender. It can be cooked in the oven, if desired.

Mary Freese, CM, Keota

Stuffed Round Steak Rolls

**2 lbs. round steak,
1/2-inch thick**
1-1/2 t. salt
Fresh ground pepper
Dusseldorf mustard
1 med. onion, finely chopped
10 slices bacon, chopped

**1 med. dill pickle,
thinly sliced**
3-4 T. butter
1 c. beef bouillon
1/2 c. red table wine
1 T. flour
Parsley

Pound round steak to 1/4-inch thickness. Cut into 8 pieces. Season with salt and pepper. Brush lightly with mustard. Place chopped onion, bacon and dill pickle slices on top of each piece. Roll and tie with white cord or use toothpicks to hold together. Melt butter in skillet. Dredge rolls with flour and brown on all sides. Add the beef bouillon and red wine. Cover and simmer gently, about 1-1/2 hours. Thicken the sauce with 1 more tablespoon of flour mixed into 1 tablespoon of melted butter. Pour over rolls. Sprinkle with parsley.

Marie Anderson, IV, Ames

Surprise Beef Roll Ups

**Round steak, 4-inch square
per serving**
Grey's Poupon dijon mustard
Dill pickles

Bacon, 1/2 slice per serving
Green onion, chopped,
include some green stems
8 oz. can tomato sauce

Pound steak and sprinkle with pepper and garlic powder to taste. Cut in 4-inch squares. On each square spread mustard, sprinkle 1/2 slice bacon, chopped, uncooked. Also sprinkle with chopped green onion. Place on each square 3 slices dill pickle the size of your little finger. Roll up steak and skewer. Dust with flour and brown in a small amount of fat in deep frying pan. Pour tomato sauce over meat and simmer 45 minutes. Serve over rice or noodles.

Sandra Libby, MH, Clinton

Teriyaki Meatballs

1 lb. ground beef
1/4 c. onion, chopped
1/4 c. bread crumbs
1 egg
1 t. salt
1/4 t. pepper
1/4 c. soy sauce

2 T. sherry
1 t. garlic, minced
1/2 c. water
2 T. brown sugar
1/8 t. powdered ginger
2 t. cornstarch
1/8 t. monosodium glutamate

Combine beef, onion, bread crumbs, egg, salt, pepper and 1 tablespoon soy sauce. Shape into 1-inch meatballs. Brown in skillet; remove. Combine remainder of soy sauce, sherry, water, brown sugar, ginger, garlic, cornstarch and MGS. Cook in skillet on low heat until sauce thickens, stirring constantly. Return meatballs to skillet and simmer covered 10 minutes.

Kay Walter, MN, Muscatine

Barbequed Ribs - Island Style

4-5 lbs. ribs	2 t. salt
1 c. orange marmalade	1/3 c. catsup
1 can consomme	1/3 c. mild vinegar

Combine and marinate overnight or all day. Bake at 300° until well done and nicely browned, about 4 hours.

Helen McConnell, KB, Burlington

Chinese Ham and Fried Rice

1 c. cured ham or chunk ham, diced	Ripe olives, sliced
1/2 c. onion, diced	2 eggs, beaten
1/2 c. celery, diced	1 c. cooked rice
1/3 c. carrots, grated	1 T. soy sauce
1/2 c. frozen peas	Bean sprouts
Mushroom pieces	Mandarin orange slices
	Celery leaves

Saute ham, onion, celery and carrots in butter or margarine until tender-crisp. Add peas, mushroom pieces and olive slices, if desired. Cook 3-4 minutes; add a little water if necessary. Push mixture aside in skillet; add eggs and scramble. Add rice and soy sauce; stir well. Bean sprouts may be added. Garnish with Mandarin orange slices and celery leaves.

Wilma Day, AQ, Brighton

Chinese Pork Roast

5-lb. pork loin roast, boneless	1 T. thyme
1/2 c. soy sauce	1/2 t. garlic powder
1/2 c. dry sherry	1 T. dry mustard
	1/2 t. ginger

Marinate in plastic bag several hours or overnight. Bake at 325° for 3 hours in open pan, fat side up. Baste with sauce.

Nella Elliott, EV, New London

Fruited Pork Chops

6 pork chops, 1-inch thick
2 T. flour
1 t. salt
1/2 t. paprika
13-oz. can pineapple chunks

1 can Mandarin oranges
2 T. sweet pickle relish
2 T. soy sauce
2 T. cornstarch
1 T. sugar

Mix flour, salt and paprika; coat the pork chops and brown. Put in casserole. Mix other ingredients, add, then cover and bake at 350° for 1-1/4 hours.

Helen Tuttle, KF, Spencer

Glazed Ham Balls

1 lb. ground ham
1/2 lb. ground fresh pork
3/4 c. soft bread crumbs

2 eggs, slightly beaten
1/2 c. milk
2 T. onion, chopped

GLAZE:

1 c. crushed pineapple
1/3 c. brown sugar

1T. vinegar
2-3 T. prepared mustard

Thoroughly combine meats, bread crumbs, eggs, milk and onion. Shape into 1-1/2-inch balls and place in shallow baking pan. Mix glaze and spread over ham balls. Bake at 350° for 45 to 50 minutes, basting occasionally with glaze.

Ruth E. Emmett, DQ, Reinbeck

Ham Balls with Spiced Cherry Sauce

2 c. ground cooked ham
1/3 c. dry bread crumbs
1/4 c. milk
1 egg, beaten
1/8 t. pepper
1/4 c. vegetable oil

1/4 c. hot water
1 c. cherry preserves
2-1/2 T. lemon juice
3/4 t. ground cinnamon
1/4 t. ground cloves

Mix ham, crumbs, milk, egg and pepper. Shape into 1-1/2-inch balls. Heat vegetable oil in a skillet over medium heat. Add ham balls and cook until browned on all sides. Pour off drippings and add 1/4 cup water to skillet. Cover and simmer 15 to 20 minutes. Combine preserves, lemon juice, cinnamon and cloves in small pan. Cook over low heat until mixture comes to low boil, stirring at times. Put ham balls on a warm platter and cover with sauce. Serves 4 to 6.

Josephine Watts, DP, Logan

Ham Loaf

1-1/2 lbs. lean pork, ground	1 c. brown sugar
1-1/2 lbs. ham, ground	1 t. dry mustard
1 c. cracker crumbs	1/2 c. vinegar
2 eggs	1/2 c. water
1/2 c. milk	

Mix meat, cracker crumbs, eggs and milk in a bowl. Shape into 2 loaves and place in a roasting pan. Mix brown sugar, dry mustard, vinegar and water in a pan and heat. Pour heated mixture over the loaves and baste every 15 minutes. Bake at 350° for 1 hour. Serve with whipped cream seasoned with sugar, salt, horseradish and prepared mustard. You may also use commercial horseradish.

Helen Davis, IW, Mason City
Past President, Iowa State Chapter

Ham Loaf

1 lb. precooked ham, ground	Brown sugar to taste
1 lb. lean pork, ground	1 c. cornflakes or Special K
1/4 t. pepper	1 c. pineapple juice
2 lb. sweet potatoes	1 egg

Mix everything except potatoes and brown sugar. Bake at 350° about 1-1/2 hours. Cook and mash sweet potatoes. Season with brown sugar. Spread this over loaf. Drain off fat around loaf. Put back in oven 20 or 30 minutes before serving. Brush with butter, if desired.

Lucille Killpack, DZ, Mason City

Ham Loaf

1 lb. smoked ham, ground
1 lb. veal, ground
4 T. hot catsup
1/2 c. onion, finely chopped
3 T. green pepper,
finely chopped
2 eggs, beaten
1/4 t. white pepper

1 can cream of mushroom
soup
1 t. garlic powder
1/2 t. salt
1-1/4 c. salted cracker
crumbs, finely crumbled
Paprika
Ripe olives, sliced, optional

(Ask butcher to grind ham and veal together). Blend ingredients together, adding crackers last. Put in one or two well greased pans. Sprinkle generously with paprika, and if you wish, decorate with sliced ripe olives. Bake in preheated oven at 350° for 1-1/4 hours. Leftovers are great sliced and slowly fried.

James Wickizer, B.I.L.,
Husband of Eleanor Wickizer, HY, Des Moines

Mushroom Ham Loaf

1-1/2 lb. ground ham
4 slices day-old bread
1 can cream of mushroom
soup
4 T. green pepper, chopped
1/2 t. salt

1/4 t. pepper
1-1/2 lbs. ground lean pork
1/2 c. water
2 eggs
1 onion, chopped
1-1/2 t. Accent

Break bread into small pieces. Mix all ingredients together thoroughly. Press into greased bread pans. Bake at 350° for 1-1/2 hours. Pour off juice before unmolding. May be served hot or cold with horseradish sauce.

Bertha McFadden, BJ, Audubon

Oven Chops

6 Iowa chops
2 T. cooking oil
2 T. catsup

1 T. Worcestershire sauce
1 T. lemon juice
1 T. soy sauce

Arrange chops in a single layer in baking dish. Combine other ingredients. Spread half over chops. Bake uncovered 30 minutes at 350°. Turn chops and spread with remaining seasoning. Bake 30 minutes longer.

Joan Hyde, MZ, Vinton

Party Bake Pork Chops

4 lean pork chops,
1-inch thick
1/4 c. uncooked rice,
not quick-cooking

4 thin slices onion
1-lb. 13-oz. can tomatoes
1/2-1 t. salt
Pepper

Season chops well on both sides with salt and pepper. Brown on both sides. Top each chop with a slice of onion, 1 tablespoon rice and cover with whole tomatoes. Add any remaining tomatoes and juice to skillet. Season with salt. Cover tightly, simmer over low heat or bake in foil-covered 7-1/2 x 11-1/2 x 1-1/2-inch baking dish at 350° for 1-1/2 hours.

Isabelle Butler, EZ, Anita

Pork Chop and Cheese Scallop

6 pork chops
1 T. butter
Salt and pepper
5 med. potatoes, peeled and sliced

4 slices processed cheese
1/4 c. green onions, sliced
1 10-1/2 oz. can cream of vegetable soup
1-1/4 c. milk

Trim fat off chops and brown on both sides in butter, adding salt and pepper. Place half of sliced potatoes in greased casserole. Cover with cheese slices. Top with remaining potatoes and salt lightly. Arrange browned chops over potatoes. Pan fry onions in drippings in skillet. Add soup and slowly stir in milk. Heat and pour over chops. Bake, covered, at 350° about 35 minutes, then remove cover and bake until potatoes are tender, about 30 more minutes. Serves 6.

No Name, EU, Allerton

Pork St. Tammany

6-oz. pkg. long grain and wild rice mix
1/2 c. boiling water
1/2 c. dried apricots, chopped
2 green onions, finely chopped
1/2 c. fresh mushrooms, chopped
1/4 c. green pepper, chopped
2 T. butter or margarine

3 T. pecans, chopped
1 T. fresh parsley, chopped
1/8 t. salt
1/8 t. pepper
Dash red pepper
Dash garlic powder
4 1-1/2-lb. boneless pork tenderloins
4 slices bacon
Canned apricot halves
Fresh parsley sprigs

Cook rice according to package directions. Set aside. Pour boiling water over apricots; let stand 20 minutes to soften. Drain. Saute green onions, mushrooms and green pepper in butter until tender. Add rice, apricots, pecans, parsley and seasonings. Stir until mixed. Cut lengthwise slit on top of each tenderloin, being careful not to cut through the bottom and sides. Spoon half of stuffing into the opening of one tenderloin; place cut side of second tenderloin over stuffing. Tie tenderloins together securely with string; place on rack in roasting pan. Repeat with other 2 tenderloins. Place aluminum foil tent over meat; bake at 325° for 1-1/2 to 2 hours or to 170° on meat thermometer. Remove foil the last 30 minutes; remove from oven. Let stand 5 minutes; remove string, slice and garnish with apricot halves and parsley. Serves 8 to 10.

Bette Lee Smith, JO, Fort Madison

Rio Grande Pork Roast

4-5 lb. pork roast
1/2 t. garlic salt

1/2 t. salt
1/2 t. chili powder

RIO GRANDE GLAZE:

1/2 c. apple jelly
1/2 c. catsup

1 T. vinegar
1/2 t. chili powder

Sprinkle salts and powder over roast. In saucepan, combine glaze ingredients. Bring to boil, reduce heat, simmer 2 minutes. Place roast fat side up on rack in open roasting pan. Roast at 325° for 2 to 2-1/2 hours. Brush with glaze during the last 20 to 30 minutes of cooking time. Let roast stand 10 minutes before carving.

Stephanie Hansen, DE, Perry

Sweet-and-Sour Pork

1 egg, beaten
1/4 c. all-purpose flour
1 t. salt
1/4 c. cornstarch
3/4 c. chicken broth, divided
1 to 1-1/2 lbs. boneless pork,
trimmed of fat and cut into
3/4-inch cubes
2 T. vegetable oil
15-1/2 oz. can pineapple
chunks

1 med. green pepper,
cut into strips
1 clove garlic, minced
2-3 med. carrots, cut into
2-inch strips
1/4 c. sugar
1/4 c. red wine vinegar
1 t. soy sauce
2 T. cold water
1 T. cornstarch
Hot cooked rice

Combine egg, flour, salt, cornstarch and 1/4 cup chicken broth; beat until smooth. Dip pork cubes in batter, coating well; deep fry in hot oil, 375° for 5 to 6 minutes or until golden brown. Drain and set aside. Drain pineapple, reserving juice. Heat oil in a large skillet; add green pepper, garlic, carrots and pineapple. Cook 2 to 3 minutes, stirring occasionally. Stir in pineapple juice, remaining chicken broth, sugar, vinegar, and soy sauce; boil 1 minute. Slowly add cold water to cornstarch, stirring until smooth; stir into vegetable mixture, and cook until thickened. Stir in pork and serve over rice. Serves 4 to 6.

Judy Carlson, CA, Greenfield

Veal Chops

4 T. oil
3 T. catsup
3 T. soy sauce
1 t. sugar

1 clove garlic, crushed
1/4 t. salt
1/4 t. pepper

Marinate chops for at least 2 hours. Broil 3 inches from flame for 10 minutes. Turn and broil other side 5 minutes until done.

Lenny Ramsey, FY, Des Moines

Salmon Pie Supreme

8-oz. pkg. herb-seasoned stuffing mix, finely crushed	1 c. water
1/4 c. butter or margarine, melted	1/2 c. milk
15-1/2-oz. can red salmon, drained, flaked and bones removed	2 eggs, slightly beaten
1 c. (4 oz.) Cheddar cheese, shredded	2 T. dried parsley flakes
	1 T. instant minced onion
	1 t. instant chicken bouillon granules
	1/2 t. dry mustard

Combine 3/4 cup of crushed stuffing mix with butter. Press mixture evenly into greased 9-inch pie pan to form crust. Blend remaining stuffing mix (about 2 cups) with remaining ingredients. Spoon mixture into prepared crust. Bake at 350° for 50-55 minutes or until golden brown and knife inserted in center comes out clean. Cut into wedges. Serve with Dill Sauce, if desired. Serves 6.

DILL SAUCE:

2 T. butter or margarine	1/4 t. salt
2 T. all-purpose flour	1/8 t. pepper
1/2 t. dill weed	1 c. milk

Melt butter in small saucepan over medium heat. Blend in flour, dill weed, salt and pepper. Gradually add milk; heat until mixture boils and thickens, stirring constantly. Spoon warm sauce over wedges of salmon pie.

Phyllis White, DK, Cedar Rapids

Seafood Delight (Microwave)

2 T. butter
1/2 c. celery, chopped
1/4 c. onion, chopped
1-1/2 t. parsley flakes
1 T. lemon juice
Dash thyme
1-1/2 c. bread cubes

2 1/2-lb. fish fillets
(haddock is best)
1 sm. can shrimp
1 can condensed shrimp
soup
Parsley
Parmesan cheese

Combine first six ingredients in 1-quart glass casserole. Cook on HIGH 3 minutes. Stir once. Mix in bread cubes. In 8 x 12-inch glass dish place one fish fillet. Top with bread stuffing, then top with second fish fillet. Place shrimp on fish. Pour shrimp soup over this. Cover with wax paper; cook on HIGH 6 to 8 minutes or until fish is done. Garnish with parsley and sprinkle with Parmesan. Serves 4 to 6.

Ellie Tompkins, LK, Cedar Falls

Sole a la Creme

2 pkgs. frozen sole fillets,
not breaded
1/2 lb. fresh mushrooms
1/4 c. dry white wine
1/2 pt. sour cream

1/4 c. butter
Flour
Milk
Seasonings

Arrange raw fillets in a deep baking dish. Melt butter in fry pan. Add as much flour as butter, and when bubbly add the wine, sour cream and mushrooms. A little milk may be added if mixture is too thick. Season with onion salt, course ground pepper, and a little lemon juice. Pour over fish. Bake at 375° for 45 minutes. May be garnished with thinly sliced lemons and capers, if desired.

Dorothy Onthank, HT, Des Moines

CHICKEN & POULTRY***

Baked Chicken Breasts and Broccoli

- | | |
|--|---|
| 2 10-oz. pkgs. frozen
broccoli, cooked and
well drained | 1 c. Hellmann's mayonnaise |
| 3 chicken breasts, cooked,
boned and cut in pieces | 1 t. lemon juice |
| 2 cans cream of chicken
soup | 1/2 t. curry powder |
| | 1/2 c. cheese, grated |
| | 1/2 c. Parmesan cheese |
| | 1/2 c. bread crumbs with
melted butter |

Using glass baking pan, line bottom with broccoli, top with chicken. Mix soup, mayonnaise, lemon juice and curry powder. Pour on top of chicken and broccoli. Top with remaining ingredients. Bake at 350° for 25 to 45 minutes.

Coleen Sandquist, DR, Adel

Chicken and Rice Valencia

- | | |
|----------------------------------|---|
| 1 c. rice, uncooked | 1 c. onion, chopped |
| 1 green pepper, diced | 2 cloves garlic, minced |
| 1 tomato, diced | 10-oz. can condensed
chicken broth |
| 1 t. salt | 1 c. water |
| 1 bay leaf | 1 pkg. frozen peas |
| 1 broiler chicken, cut up | |
| 1/4 c. cooking oil | |

Mix rice, green pepper, tomato, salt and bay leaf in 3-quart baking dish. Brown chicken in oil. Place on top of rice mixture. Stir onion and garlic into chicken drippings. Saute until soft. Add broth and water. Heat to boiling. Pour over chicken. Cover. Bake at 350° for 1 hour or until liquid is absorbed. Cook peas and spoon around edge of baking dish. Serves 6.

Anne Shaner, JH, Sioux City

Chicken Breast Parmesan

- | | |
|--|---|
| 4 chicken breasts | 1/3 c. milk |
| 1/2 c. pancake mix seasoned
to taste with salt
and pepper | 1/3 c. dry onion soup mix |
| 1 can mushroom soup | 1/2 c. Parmesan cheese,
grated |

Coat chicken with pancake mix and place in a shallow pan. Mix soup, milk and dry soup mix; pour over chicken pieces. Cover with foil and bake at 350° for 1 hour. Remove foil; sprinkle with Parmesan cheese. Bake 15 minutes more. Serves 4.

Sharon Hicok, ED, Rockford

Chicken Chalupa

- | | |
|---|---|
| 4 lge. chicken breasts,
cooked and cut into
bite-size pieces | 1 can cream of mushroom
soup |
| 1 lb. sharp Cheddar cheese,
shredded | 1 sm. can green chilies,
diced |
| 12 fresh corn tortillas,
broken into pieces | 2/3 c. milk |
| 1 can cream of chicken soup | 1 c. sour cream |
| | 1/2 onion, minced |

Mix soups, chilies, sour cream, milk and onion. Toss together with chunked chicken, shredded cheese and broken tortillas. Pour into 9 × 13-inch casserole and bake at 350° for 1 hour. Serves 8.

Margery Strom, JA, Shenandoah

Chicken Eugene

**3-4 chicken breasts, halved,
boned and skinned**

Salt to taste

Paprika

6-8 thin slices country ham

**1/4 c. margarine or butter,
melted**

**10-3/4-oz. can cream
of mushroom soup,
undiluted**

1/2 c. sherry

8-oz. ctn. dairy sour cream

**4-oz. can sliced mushrooms,
drained**

Sprinkle chicken with salt and paprika. Place ham slices in a shallow baking dish. Top with chicken. Combine remaining ingredients; blend well. Pour over chicken. Bake at 350° for 1 to 1-1/2 hours or until done. Serves 6-8.

Jayne Poage, BS, Fort Madison

Chicken Gertrude

5-lb. chicken

3 T. butter

3 T. flour

1-1/2 c. chicken broth

1 c. light cream

2 c. yellow cheese, grated

1 t. salt

1/2 t. monosodium glutamate

Pepper

1 c. rice, cooked

**1 c. slivered almonds,
blanched**

Mushrooms, sauteed

1 T. onion, minced

Cook, debone and cube chicken. Make a cream sauce of butter, flour, chicken broth and cream. Add cheese, monosodium glutamate, rice, pepper, salt, mushrooms and onion. Add chicken. Pour into a 2-quart casserole. Top with almonds. Bake at 350° for 40 minutes. You can double all except chicken and it will serve 15.

Nancy Wolfe, GR, Sioux City

Chicken in Wine with Rice

- | | |
|--|-------------------------------------|
| 4 good-sized chicken breasts,
skinned and boned | 1/4 c. onion, finely chopped |
| 1/2 stick margarine | 1 can chicken soup |
| 1 can mushrooms, drained | Wine |

Brown chicken breasts in margarine. Remove; saute mushrooms and onions in same pan. Combine chicken, mushrooms and onions. Make a sauce by combining the chicken soup and 1/2 soup can of wine. Place chicken breasts with mushrooms and onions in baking dish. Pour the sauce over them. Bake at 350° for 1 hour or until done. If possible, turn the breasts after baking 1/2-hour. Add more wine if needed. May be served with wild rice or your choice of cooked rice. Sauce from the chicken may be served separately or used over the rice.

Margaret Ludlow, GM, Cedar Rapids

Chicken Roll Ups

- | | |
|---|--|
| 2-3-oz. pkgs. cream cheese
with chives | 2 cans Pillsbury crescent
rolls |
| 3/4 c. margarine | 1/2 c. walnuts, chopped fine |
| 2-1/2 c. chicken,
cooked and cubed | 2/3 c. Pepperidge Farm herb-
seasoned stuffing mix, |
| 4-oz. can mushrooms, sliced | |
| 3 T. margarine | 4-oz. can mushrooms |
| 3 T. flour | 3 c. chicken,
cooked and cubed |
| 2 c. chicken broth | 2 T. pimienta |
| 1 can cream of chicken soup | |

Blend 1/4 cup margarine, cheese, chicken, mushrooms and 1/8 teaspoon salt. Roll out rolls a little between waxed paper. Fill each roll with 1/4 cup of the mixture and roll up. Melt 1/2 cup margarine; dip each roll in margarine, walnuts and stuffing crumbs. Bake on ungreased cookie sheet at 375° for 10 to 15 minutes or until brown.

To make sauce, melt 3 tablespoons margarine and add flour and chicken broth. Add the soup, mushrooms, chicken and pimienta and season to taste. Serve it hot over the roll ups.

Mary Peterson, GB, Alta

Chicken Squares with Mushroom Sauce

**3 c. cooked chicken or
turkey, diced**

1 c. cooked rice

2 c. soft bread crumbs

1/3 c. celery, diced

1/4 c. pimienta, chopped

4 eggs, beaten

2 t. salt

1/4 t. poultry seasoning

2 c. chicken broth

**(2 bouillon cubes dissolved
in 2 c. hot water)**

1/3 c. milk

**1 can cream of mushroom
soup**

Combine chicken, rice, bread crumbs, celery and pimienta. To the beaten eggs, add salt and poultry seasoning. Add broth and mix thoroughly. Stir into chicken mixture. Bake in greased 9×9×2-inch baking dish at 350° for 55 minutes. Add milk and soup and heat thoroughly. Pour over chicken mixture and cut into squares. Serves 6 to 9.

Mary Lou Nicholas, EA, Clear Lake

Chicken Wings with Oyster Sauce

- | | |
|--|-------------------------------|
| 1 clove fresh garlic | 1 c. chicken broth |
| 3 T. oyster sauce (available
in Oriental foods) | 3 slices fresh ginger |
| 2 T. soy sauce | 2 T. sherry |
| 1 T. brown sugar | 1/8 t. anise, optional |
| | 10-12 chicken wings |

Cut tips from chicken wings and simmer in water with a little onion and carrot to make 1 cup chicken broth. In a skillet stir together all ingredients except wings. Add wings and simmer 20 minutes covered. Remove lid and continue to cook until liquid has cooked down and wings are brown.

Helen Myers, NR, Webster City

Company Chicken (Microwave)

- | | |
|--|--|
| 2 oz. dried beef | 1 lb. fresh mushrooms,
thinly diced |
| 2 whole chicken breasts,
skinned, boned, halved and
flattened to 1/4-inch
thickness | 1 can cream of mushroom
soup |
| 1/2 c. dairy sour cream | 1/4 c. almonds, sliced |

Place one-fourth of beef on each chicken breast half, roll up and secure with toothpick. Place sliced mushrooms in 8 x 8-inch glass dish. Top with chicken rolls. Combine soup and sour cream and pour over chicken. Cover with wax paper and microwave on HIGH 7-1/2 to 12-1/2 minutes. Rearrange chicken midway. Sprinkle almonds over chicken to serve. Serves 4.

**Helen Dryden, KH, Clarinda
Past President, Iowa State Chapter**

Gourmet Chicken

4 chicken breasts,
cooked and cut up
8 slices bacon,
cut up and fried
8-oz. dried beef,
broken apart
1 can celery soup
1 can cheese soup

1/2 pt. sour cream
1-1/2 T. onion flakes
1-1/2 T. prepared mustard
4 c. (7-oz. pkg.) Minute rice,
cooked
8-oz. mushrooms, chopped
8-oz. pimento, chopped

Grease 9 x 13-inch pan. Cover bottom with dried beef. Mix chicken, rice and remaining ingredients together and pour over beef. Bake at 350° for 35 to 40 minutes. Let stand about 10 minutes before serving. Serves 12-15.

Ethel Taylor, EC, Traer

Lemon Chicken

4 chicken breasts
Cornstarch
2/3 c. bean sprouts, rinsed
2/3 c. snow peas
2/3 c. mushrooms

1/2 c. water chestnuts,
thinly sliced
1 green onion, for garnish
Crushed almonds, for garnish

MARINADE:

1 T. oil
2 t. soy sauce

1/2 t. sherry
Dash of pepper

LEMON SAUCE:

3/4 c. water
3 heaping T. sugar
2 T. catsup
Juice of 1 lge. lemon

1 t. oil
1-1/2 t. cornstarch dissolved
in small amount of water

Combine marinade ingredients in a small bowl. Bone and flatten chicken to 1/2-inch thickness. Coat chicken pieces with marinade; then coat lightly with cornstarch. Refrigerate at least 20 minutes. To make lemon sauce, combine all ingredients except cornstarch/water mixture in a small saucepan. Bring to boil over medium-high heat, stirring occasionally. Add dissolved cornstarch and stir until slightly thickened. Keep warm. Heat 1/2-inch oil in wok over medium-high heat until light haze forms. Fry chicken until golden brown on each side. Drain; cut into strips 3/4-inch wide. Set aside; keep warm. Wipe out skillet, add small amount oil and heat over medium-high heat. Add mushrooms and stir-fry for 1 minute; add bean sprouts, snow peas and water chestnuts and stir-fry until crisp-tender. Transfer vegetables to a platter. Top with chicken strips and spoon lemon sauce over both. Garnish with green onion and chopped almonds. Serve immediately.

Susan Furtwangler, LA, Des Moines

Mexican Casserole

**1 whole chicken plus 2
chicken breasts
1 pkg. Doritos
1 can cream of mushroom
soup**

**1 can chicken soup
1 3- or 4-oz. can green
chilies or tomato chilies
1 c. chicken broth
Cheddar cheese, grated**

Boil chicken. Line a 9 × 13-inch baking pan with the Doritos. Remove chicken from bones, cut in chunks and arrange over chips. Mix the soups and chilies and pour over the chicken. Top with Cheddar cheese. Bake at 350° until heated through.

Stella Hart, D, Centerville

Mexican Chicken

**4 chicken breasts or one
whole chicken, cooked
and cut in pieces
8 flour tortillas,
cut into strips
1 can green chilies, chopped
1 can cream of chicken soup**

**1 can cream of mushroom
soup
3/4 lb. Cheddar cheese,
grated
1 sm. onion, chopped
1/2 can evaporated milk**

Mix together soups, cheese, onion and milk. Layer chicken, chilies, sauce and strips of tortillas. Repeat. Add last third of sauce on top. Best made several hours ahead or the day before. Cover and refrigerate. Bake at 350° for 1 hour. Use 9 × 13-inch pan.

Alice Applegate, M, Knoxville

Oriental Chicken

- | | |
|-------------------------------------|--|
| 1 c. celery, sliced | 2 t. soy sauce |
| 1/2 c. green onions, chopped | 1/2 c. cheese, shredded |
| 1/3 c. butter | 2 c. cooked chicken, chopped |
| 1/4 c. flour | 1 can water chestnuts, drained and sliced |
| 1 t. salt | |
| Dash garlic powder | |
| 2 c. milk | |

Mix butter, flour and salt. Add milk and cook until thick. Add remaining ingredients and cook a little longer. Serve on patty shells. Can be made ahead and reheated.

Mary Criswell, NG, Indianola
Past President, Iowa State Chapter

Party Chicken

- | | |
|-------------------------------|------------------------------|
| 4 lge. chicken breasts | 1 can mushroom soup |
| 8 slices bacon | 1 c. dairy sour cream |
| 4-oz. pkg. dried beef | |

Debone the chicken breasts and wrap with bacon. Cover the bottom of baking dish with dried beef and arrange chicken on top of beef. Mix soup and sour cream together and pour over chicken. Can be refrigerated overnight this way or baked immediately for 3 hours at 275°. Serves 4.

Esther Kress, GX, Des Moines

Pheasant Almond Supreme

3 T. peanut oil
1 pheasant, diced
2 T. soy sauce
1 c. celery, diced
1/2 c. onion, diced
4 oz. can mushrooms

1 c. Chinese peapods
1/2 c. water chestnuts, sliced
1 c. hot chicken broth
1 T. corn starch
2 T. water
1/2 c. almond slices, toasted

Heat oil in wok. Saute pheasant 3 minutes, stirring constantly. Add soy sauce, celery, onion, mushrooms, peapods and water chestnuts. Cook 2 minutes. Stir in broth; cover and cook over low heat 5 minutes. Mix corn starch in water. Add and stir for 3 minutes. Top with almonds. Serves 6 to 8.

Donna Poort, HR, Ottumwa

Pheasant Supreme

2 Iowa pheasants
3 T. butter
Flour
Chives to taste
8 oz. sour cream
8 oz. button mushrooms
Kitchen Bouquet

1/2 t. salt
2 T. flour
Dash of pepper
1 pt. sour cream
1/2 c. white wine,
optional in sauce
4 c. white rice, cooked

The pheasant should be cleaned and soaked in salt water 2 to 3 hours before cooking. Remove from the water and drain thoroughly.

Remove the pheasant breasts and cube (use only the breast meat). Flour the pheasant. In a large skillet saute in butter until golden brown. Turn often and continue to saute approximately 15 minutes until tender. Add drained mushrooms and saute an additional 15 minutes.

To make cream sauce, mix butter drippings with 2 tablespoons flour, salt and pepper. Blend with a wire whisk until smooth. Add the juice of the mushrooms, sour cream and optional wine. Cook over medium heat until mixture thickens. Fold in the pheasant and mushrooms and steam for 10 minutes. Place the cooked white rice or mixture of half white and half wild rice around the edge of the platter. Place the creamed pheasant in the center and serve.

Sandra Cheers, BF, Afton

Stuffed Chicken Breasts (Microwave)

**1 c. Pepperidge Farm
stuffing, crushed
1/2 c. Parmesan cheese,
grated
1 T. dried parsley flakes**

**2 whole chicken breasts
1/2 c. butter, melted
2 slices boiled ham
2 slices cheese**

Combine stuffing, Parmesan cheese and parsley. Cut chicken breasts in half; remove bone. Dip chicken in butter; then roll in crumb mixture. Take half a slice each of ham and cheese; wrap breast around and place skin side up in 9-inch glass baking dish. Repeat with 3 more breasts. Sprinkle remaining crumbs and butter over top of chicken. Cook, covered with waxed paper, 10 minutes turning dish one-fourth turn halfway through cooking.

Mary Wright, CI, Cincinnati

Sweet and Sour Chicken

**4-6 boneless chicken breasts
1 sm. jar apricot preserves
1 btl. Wishbone Russian
salad dressing**

**1 pkg. dry onion soup, leave
out some of the dark soup
but use all the onion**

Layer the above in pan sprayed with Pam. Bake at 350° for 1/2-hour covered and 1/2-hour uncovered. Mixture is also good with Iowa chops.

Alleen Pabst, H, Albia

Sweet and Sour Chicken

**3-lb. chicken, cut up, or
3 lbs. chicken breasts**
Ginger
Garlic salt
1 egg, more as needed

1 c. sugar
3/4 c. cider vinegar
1/4 c. water
1/4 c. catsup
1/4 c. soy sauce

Sprinkle chicken pieces with ginger and then with garlic salt and marinate in the refrigerator overnight or at least 3 hours. Do not wash off spices before coating in egg. Beat 1 egg or more as needed and roll chicken in same. Cover each piece with cornstarch using a sifter; do not use flour. In a frying pan, brown each piece about 5 minutes in oil or margarine until golden brown. Grease well a 9×13-inch glass baking dish. Place chicken in dish and cover with mixture of sugar, vinegar, water, catsup and soy sauce. Bake uncovered 1/2 hour; turn each piece and continue baking 1/2 hour more at 350°. Yields 4 generous servings.

Marjorie Stern, DP, Logan

Wild Rice Turkey

2/3 c. wild rice
2 T. oil
3 T. onion
3 c. turkey,
cooked and drained
1 can water chestnuts,
drained
1 can chicken broth

1 can cream of mushroom
soup
1/2 c. milk
1 can mushrooms,
do not drain
1/2 t. poultry seasoning
1/2 t. garlic salt
Parmesan cheese

Pour boiling water over wild rice. Let stand 15 minutes, then drain and rinse to make sure rice is clean. Saute onion in oil. Combine all ingredients and bake covered at 325° for 30 minutes. Remove, cover and bake 30 minutes more until all liquids are absorbed. If it bakes dry, add a little water. Sprinkle with Parmesan cheese near end of baking period. Serves 6-8. Bake in 9×9-inch square pan.

Carol Risvold, EC, Traer

Wined Cornish Hens

4 22-oz. Rock Cornish hens

1 t. salt

1/4 c. peanut oil

1 c. white wine

1 c. chicken broth

Parsley

Lime slices

Thaw hens, rinse and pat dry with paper towel. Rub inside of each hen with 1/2 teaspoon salt. Truss birds. Rub outside of each hen with a tablespoon peanut oil. Place in roaster on rack. Mix 1 cup white wine with 1 cup chicken broth and pour mixture over hens. Cover and roast at 350°, basting occasionally, about 1 hour. Increase temperature to 400° and roast 1 hour more. May need to uncover last 20 minutes of roasting time to allow more browning. Arrange hens on serving platter and garnish with parsley and lime slices. Serves 4.

Lynette Koons, HV, Clinton



Pastry & Pies

PASTRY & PIES*****

Blueberry Pie

**1 deep-dish pie shell,
unbaked**
1 box blueberries, washed
1/4 c. flour
2/3 c. sugar

1/2 t. cinnamon
1 c. whipping cream
3/4 c. flour
1/2 c. sugar
1 stick butter

Put blueberries into pie shell. Mix together flour, sugar and cinnamon, and then add the whipping cream. Pour over blueberries. Top with crumb mixture made of flour, sugar, and butter. Bake at 375° for 45 minutes to 1 hour. Cool. Serve with rum raisin ice cream.

Theo Christian, HV, Clinton

Chocolate Coconut Bavarian Pie

2 sq. semi-sweet chocolate
2 T. butter
2 T. hot milk

2/3 c. powdered sugar, sifted
1-1/2 c. coconut, shredded

1 env. unflavored gelatin
1/4 c. cold water
1/4 c. granulated sugar
1/2 t. salt
3 eggs, separated
1 c. milk

1/4 c. sugar
**1 c. whipping cream,
whipped**
1 t. vanilla
1 c. flaked coconut
1 sq. semi-sweet chocolate

Melt 2 squares chocolate and butter; combine with milk and powdered sugar. Add the coconut. Press into well greased 8-inch pie plate. Refrigerate.

Soften gelatin in cold water. Slightly beat egg yolks. In a double boiler combine the beaten egg yolks, milk, 1/4 cup sugar and gelatin. Cook till custard coats spoon. Cool. Beat the egg whites with salt until slightly stiff; gradually add 1/4 cup sugar, beating until whites hold stiff peaks. Fold whites into custard along with half the coconut and vanilla. Pour custard into cooled shell. Top with remaining coconut and shaved chocolate.

JoAnn Alexander, AC, Hampton

Coffee Time Snack

**1 c. cottage cheese,
not too fresh
1 c. margarine**

**2 c. flour
Sugar
Cinnamon**

Cream margarine and add cottage cheese; mix well. Add flour and blend. Chill dough at least 1 hour. Divide into 4 equal parts. Roll each section out, one at a time, on a floured board in a round shape as for pie crust. Sprinkle crust with sugar and cinnamon. Cut each crust into 8 pie-shaped pieces. Starting at broad end of each piece roll to the pointed end. Place rolled pieces on ungreased cookie sheet, 2 rows of 8 rolls - 16 pieces per sheet. Bake at 375° for 20 to 25 minutes. Remove from oven and glaze or frost lightly with powdered sugar frosting. Yields 32. Keeps several days or can be stored in freezer.

Betty Ashby, AO, Newton

Cool Lemon Pie

**9-inch pastry shell, baked, or
graham cracker crust
8 or 9-oz. carton whipped
cream topping**

**14-oz. can sweetened
condensed milk
6-oz. can frozen lemonade,
thawed**

Fold together pie ingredients and pour into prepared shell; chill at least 3 hours before serving. Garnish with fresh fruit or chocolate curls.

**Evelyn Milam, Nevada, Mo.
President, Cottey College**

Danggood Pie

**1-1/2 c. sugar
1 c. crushed pineapple,
undrained
3 eggs, slightly beaten**

**3 T. flour
1 c. coconut flakes
3/4 stick margarine or butter
1 unbaked 9-inch pie shell**

Stir together sugar, pineapple, eggs, flour and coconut flakes. Melt margarine or butter and combine with other ingredients. Pour filling into pie shell. Bake at 350° for 1 hour or until filling is set and browned.

Grethel Oaks, B, Bloomfield

Danish Kringle

1 pkg. dry yeast
3 T. sugar
2 t. salt
1 c. milk, heated to lukewarm
3 egg yolks, beaten
4 c. flour, sifted
1/2 c. shortening
1/2 c. butter

1/2 c. sugar
2 t. cinnamon
1 c. nuts, chopped
2 c. confectioner's sugar, sifted
1/4 c. butter, melted
4-6 T. cream
1 t. vanilla

Add yeast, 3 tablespoons sugar and salt to milk. Stir until yeast is dissolved. Add egg yolks. Place flour in large bowl; cut in shortening and butter with pastry blender. Add liquid ingredients; mix thoroughly. Place in greased bowl and store overnight in refrigerator. Combine 1/2 cup sugar, cinnamon and nuts. Cut dough into 4 equal portions. Roll each portion as thin as possible (1/16-inch). Place one piece of pastry on a lightly greased cookie sheet. Brush with cream. Top with another layer of pastry. Brush with cream again and sprinkle with cinnamon/sugar mixture. Place remaining pastry on second cookie sheet and repeat above procedure. Cover and let rise 2 hours. Bake at 350° for 20-25 minutes until lightly browned. Frost with icing made from confectioner's sugar, butter, cream and vanilla. Cut into 4 x 1-1/2-inch rectangles. Makes 5 dozen.

Alice Johnson, DE, Perry

Danish Kringle

6 T. sugar
1 pkg. dry yeast
1/2 c. lukewarm water
1 c. milk
4 c. flour

1 c. margarine
1 t. salt
3 egg yolks, or 2 eggs,
beaten

FILLING:

1/2 c. sugar
1-1/2 T. cornstarch
1 t. salt
2 egg yolks, or 1 egg,
beaten

1 c. half and half cream,
or 1/2 c. evaporated milk
and 1/2 c. milk
1/4 c. margarine
1/2 t. almond extract

ICING:

2 c. powdered sugar
3 T. margarine
1/4 t. salt

1/2 t. vanilla or
almond extract
Half and half cream
or evaporated milk

Dissolve sugar and yeast in lukewarm water. Allow to stand 5 minutes. Scald milk and cool. Blend flour, margarine and salt as for pie crust. Add cooled milk, beaten eggs and yeast mixture. Stir only until blended. Refrigerate overnight or several hours in greased and covered bowl.

For filling, in double boiler, mix sugar, cornstarch and salt. Gradually add cream until mixture thickens. Cook a few minutes more. Stir some of this mixture into beaten egg and return to cream mixture. Cook 2 minutes. Remove from heat and add margarine and flavoring. Filling should be thick enough to spread and hold its shape.

For icing, combine powdered sugar, margarine, salt and vanilla and beat until smooth. Thin to right consistency with cream. Frost coffeecakes while still warm. If you plan to freeze coffeecakes, use evaporated milk to thin icing. It can be reheated without melting.

To assemble, divide refrigerated dough into fourths and roll each to 1/4-inch thick. Dough is quite soft, so flour board generously. Fold circles in half and move gently to a round cake pan or cookie sheet. Unfold, butter each circle lightly, and sprinkle with a small amount of sugar. Spread one-fourth filling on each round. Fold in outer edges, leaving some of the center uncovered. Let rise 2 hours or until double in bulk. Bake at 325° for 20 to 25 minutes.

Olivette Werling, DY, Tipton

Dutch Letters

1 lb. butter or margarine
4 c. flour
1 c. water
1 lb. almond paste

2 c. sugar
1 t. vanilla
3 eggs

To make dough, mix butter or margarine and flour. Stir in water and mix well. Chill overnight. Beat almond paste with electric mixer until smooth. Add sugar, vanilla and eggs. Mix well and chill. When ready to bake, divide dough and filling into 14 or 16 equal parts. Roll one section of dough into a 4 × 14-inch strip. Take section of filling and spread down center of dough strip. Lap one side of dough over the filling, then the other side; pinch ends shut. Place on greased cookie sheet with seams on bottom. Shape into letter "S." Brush top with beaten egg white and sprinkle with sugar. Prick with fork every 2 inches for steam to escape. Bake at 400° for 30 minutes.

Variation: cut each strip (when formed) into 1-1/2 or 2-inch pieces. Bake as above. These freeze very well.

Margaret Batschelet, BY, Guthrie Center

Egg Custard Pie

5 med. eggs, beaten
1 scant c. sugar
2 c. milk
1/4 c. butter or margarine

1/4 t. salt
1/2 t. vanilla
Nutmeg

PIE CRUST:

1-1/2 c. flour
1 t. sugar
1 t. salt

1/2 c. oil (Mazola preferred)
2 T. milk

For pie crust mix the oil and milk together and then add the flour, sugar and salt. Press around sides and bottom of 9-inch pie pan. For pie filling mix the eggs, sugar, salt and milk in 2-quart heavy pan. Add butter, which has been cut into chunks, to mixture. Place on medium heat until butter or margarine melts; add vanilla. Do not boil. Have crust baking at 400° while cooking custard. It should start to brown. Pour custard into crust and sprinkle with nutmeg and bake exactly 10 minutes at 400°.

Maxine Skidmore, GH, Des Moines

French Silk Pie

3/4 c. butter, softened
1 c. plus 2 T. sugar
2 sq. chocolate, melted
1 t. vanilla
3 eggs

2 T. pecans, chopped
1 c. whipping cream,
whipped
pie shell, baked

Cream butter and add sugar; beat until fluffy. Add vanilla and melted chocolate; mix. Add eggs, one at a time, beating with mixer at high speed for 4 minutes after each. Pour into pie shell. Sprinkle with pecans. Chill 2 hours or overnight. May be frozen. Serve topped with whipped cream.

Marcia Congdon, JS, Davenport

Fresh Pink Grapefruit Chiffon Pie

**1 c. vanilla wafers,
finely crushed**

3 T. sugar

1 pkg. unflavored gelatin

3/4 c. sugar

1/4 t. salt

**1-1/2 c. fresh pink grapefruit
juice**

2 t. grapefruit peel, grated

**1/4 c. butter or margarine,
melted**

2 eggs, separated

2 T. lemon juice

1/2 c. heavy cream, whipped

Red food coloring, optional

Peeled grapefruit sections

Mix vanilla wafer crumbs with melted butter or margarine and sugar. Pat evenly over bottom and sides of a 9-inch pie pan. Bake at 350° for 6 minutes. Cool.

In saucepan, combine gelatin with sugar and salt; then stir in grapefruit juice and peel. Stir over medium heat until mixture almost comes to boiling. Remove from heat. Beat egg yolks slightly. Stir some of hot mixture into yolks, then return to pan; place on low heat and stir for one minute. Add lemon juice and chill till mixture mounds when dropped from a spoon, about 2-3 hours. Beat the egg whites until stiff. Fold into gelatin mixture with whipped cream and a few drops of food coloring until blended. Pour into crust and chill until set, at least 3 hours. Keeps very well overnight. Garnish with grapefruit sections. Serves 6-8.

Marjorie Carrigg, KG, Cedar Rapids

Frozen Pumpkin Pie with Caramelized Almonds

1 pt. vanilla ice cream, softened	1/2 t. ginger
1 baked 10-inch pie shell	1/4 t. cloves
1-lb. can (2 c.) pumpkin	1 t. vanilla
1-1/2 c. sugar	1-1/2 c. whipping cream
1/2 t. salt	1 c. slivered almonds
1 t. cinnamon	1/4 c. sugar

Spread softened ice cream in cooled pie shell; place in freezer. Mix pumpkin with 1-1/2 cups sugar, salt, spices and vanilla. Whip 1 cup of the cream until stiff; fold in the pumpkin mixture. Pour mixture over ice cream in shell. Cover with foil and freeze. Meanwhile, caramelize almonds; combine almonds and 1/4 cup sugar in small skillet. Place over low heat, stirring constantly and rapidly, as the sugar begins to turn color. Continue stirring until almonds are caramel colored; spread on greased cookie sheet. Break apart when cool. Before serving pie, whip remaining 1/2 cup cream, spread over top of pie, garnish with almonds.

Paula Nicholas, HI, Iowa City

Fudge Pie

1/3 c. butter or margarine	1/4 t. salt
3 sq. unsweetened chocolate	1 t. vanilla
4 eggs	2/3 c. pecans
1-1/2 c. sugar	

Put butter and chocolate squares in small saucepan and melt on low heat. Beat until light and fluffy the eggs, sugar, salt and vanilla. Add melted chocolate and butter to egg mixture. Stir in pecans. Bake at 325° for approximately 40 minutes or until center of pie, when tested with toothpick, is slightly sticky. Cool completely before serving. Serves 8. Top with scoop of ice cream.

Colette Greenley, BD, Independence

Fudge Pie

2 sq. chocolate
1/2 c. butter
2 eggs, well beaten
1 c. sugar

1/4 c. flour
1 t. vanilla
Chopped nuts, optional

Melt together chocolate and butter. Add eggs, sugar, flour and vanilla. Bake in greased pie plate at 350° for 20 to 25 minutes. A quick dessert to make.

Ruth Krebill, LZ, Keokuk
Past President, Iowa State Chapter

Grapefruit Pie

3 large grapefruit, sectioned
1 c. sugar, separated
1 c. grapefruit juice
Cool Whip

3 T. strawberry-flavored gelatin
3 T. cornstarch

Section grapefruit and add 1/4 cup sugar. Put in colander over bowl to drain. Cook grapefruit juice, remaining sugar, gelatin and cornstarch until thickened. Let cool. Fold in grapefruit sections and put in baked pie shell or graham cracker crust. Top with Cool Whip.

Kay Helscher, CM, Keota

Hershey Bar Pie

9-inch graham cracker crust
1 lge. Hershey candy bar
with almonds
20 lge. marshmallows

1/3 c. milk
1/2 pt. whipping cream
Slivered almonds, toasted

Melt Hershey bar with marshmallows in top of double boiler; cool. Whip cream; fold cooled Hershey mixture into whipped cream and pour into crust. Chill all day or overnight. Sprinkle with a few toasted slivered almonds before serving.

Martha Jean Kintzinger, IK, Dubuque
First Vice President, Iowa State Chapter

Lemon Meringue Pie

**4 lge. eggs, separated,
at room temperature
1 t. cream of tartar
1-1/2 c. sugar, separated**

**1/2 c. lemon juice
Rind of 1 lemon, grated
1-2 c. whipping cream**

Beat egg whites with cream of tartar until foamy. Gradually add 1 cup sugar, beating until whites are stiff. Put in 9- or 10-inch pie pan, well greased; spread out to make crust. Bake at 300-325° for 1 hour; let cool. Place egg yolks, 1/2 cup sugar and lemon juice in double boiler with grated lemon rind. Cook until thick; let cool. Whip cream; fold into egg yolk mixture and pile into meringue crust.

Irene Richardson, CM, Keota

Lemon or Lime Pie

**8 or 9-inch baked pie crust
or graham cracker crust
1 can Eagle Brand milk
Yellow or green
food coloring**

**6-oz. can frozen lemonade or
limeade concentrate
8-oz. carton Cool Whip,
slightly thawed**

Mix together milk and frozen concentrate, either lemonade or limeade. Fold in Cool Whip and add either yellow or green food coloring, depending on which concentrate you use. Spoon into baked pastry crust or graham cracker crust. Keep refrigerated until ready to serve. Small dab of topping is optional when serving.

**Marian Hill, HS, Newton
Past President, Iowa State Chapter**

Lemon-Sour Cream Pie

**1 c. sugar
3 T. cornstarch
Dash of salt
3 eggs, separated
1 c. milk
1/3 c. lemon juice**

**1 c. dairy sour cream
9-inch pie shell, baked
1/4 t. cream of tartar
1/2 t. vanilla
6 T. sugar**

Combine 1 cup of sugar, cornstarch and salt. Slightly beat egg yolks; combine with milk. Add to sugar mixture. Place in heavy saucepan. Cook and stir until mixture is boiling and thickened. Add lemon juice. Cover and cool for about 1 hour. Fold in sour cream. Spoon into pie shell. For meringue, beat egg whites with cream of tartar and vanilla to soft peaks. Gradually add 6 tablespoons sugar, beating to stiff peaks. Spread meringue over pie. Bake at 350° for 12 to 15 minutes or until golden.

Katherine McCrory, EI, Belle Plaine

Maine Blueberry Pie

3 c. blueberries

1 c. sugar

3/4 c. water

2 T. cornstarch

1/4 t. salt

3 T. cold water

Pie shell, baked

Cook 1 cup blueberries with sugar and 3/4 cup water until soft. Blend cornstarch with salt and cold water. Stir into hot berries and continue cooking until thickened. Cool. Add 2 cups uncooked berries and pour into baked pie shell. Chill 3 hours. Serve with whipped cream or vanilla ice cream.

Fran Tremblay, IM, Fort Dodge

Mystery Cheese Cake Pie

9-inch pie shell, unbaked

1/3 c. sugar

1 c. pecans

1/4 c. sugar

1/2 t. vanilla

1 egg

1/2 t. vanilla

2 eggs, slightly beaten

2/3 c. dark corn syrup

8 oz. pkg. cream cheese

Beat cream cheese, 1 egg, 1/3 cup sugar, and 1/2 teaspoon vanilla until light and fluffy. Spread on unbaked pie shell. Sprinkle pecans over mixture. Mix slightly beaten eggs, 1/4 cup sugar, corn syrup, and 1/2 teaspoon vanilla and pour over pecans. Bake at 375° 40 to 45 minutes.

Ellen Richardson, EB, Carroll

Old Fashioned Real Mincemeat

1 c. cooked roast beef,
ground
4 apples, finely chopped
1 c. brown sugar
1/2 c. white sugar

1 c. raisins, cooked
1/2 t. salt
2 t. cinnamon
1/2 t. nutmeg
3 T. vinegar

Mix all ingredients together and cook over medium heat until apples are done. Instead of all sugar you may add dark jelly or jam. This makes enough for 2 pies.

Patricia E. Miller, I, Keosauqua

Oleo Pie Crust

2 c. flour
1 t. salt

1 c. margarine
6 T. water

Sift together flour and salt. Cut in margarine and stir in water. Divide into 2 equal parts. Flatten and wrap in waxed paper. Chill. Roll out into 2 separate crusts.

Gerry VanRoekel, BH, Monroe

Orange Chiffon Pie

9-inch pie crust, baked
4 egg yolks
1/2 c. sugar
1 orange, rind and juice
1 lemon, rind and juice
Sweetened whipped cream

1 rounded T. Knox gelatin,
(2 envelopes)
1 c. cold water
4 egg whites
3/4 c. sugar

Soak gelatin a few minutes in cold water. Cook egg yolks and 1/2 cup sugar in double boiler, stirring until thick like custard. Add softened gelatin. Remove from heat. Add orange and lemon rinds and juice. When gelatin mixture begins to set, fold in egg whites which have been beaten stiff with 3/4 cup sugar. Place in baked pie crust. Refrigerate. When ready to serve, top with sweetened whipped cream or Cool Whip. Serves 8.

No name given, AM, Nevada

Out-Of-This-World Pie

1 can cherry pie filling
3/4 c. sugar
20 oz. can pineapple,
crushed, undrained
2 T. cornstarch

1 box raspberry gelatin
3 lg. or 6 sm. bananas
1 c. pecans
2 pie shells, baked

In saucepan combine pie filling, sugar, pineapple with juice and cornstarch; cook until thick. Remove from heat, add gelatin and cool. Add bananas and pecans. Pour into baked shells. This makes very full pies which never run because the gelatin makes them set. May be made a day or two ahead. Keep refrigerated.

Jane Saur, CL, Oelwein

Paper Bag Apple Pie

Unbaked pie shell
4 lg. or 7 sm. apples
1/2 c. sugar
2 T. flour
1/2 t. cinnamon

1/2 t. nutmeg
2 T. lemon juice
1/2 c. sugar
1/2 c. flour
1 stick margarine

Mix apples, 1/2 cup sugar, 2 tablespoons flour, cinnamon, nutmeg and lemon juice until apples are well coated. Place in unbaked pie crust. Mix 1/2 cup sugar, 1/2 cup flour and margarine and spread over apples. Place pie in paper bag and fold end over twice. Bake at 425° for 1 hour. Remove from oven; open sack carefully to allow steam to escape.

Esther Hatter, AU, Marengo

Peach Cream Pie

2/3 c. sugar
2 rounded T. flour
Pinch of soda
Pinch of salt
1/4 t. nutmeg

1/2 t. almond flavoring,
optional
3/4 c. half and half
6 fresh peaches, peeled and
sliced

Mix first six ingredients. Gradually add half and half. Fill unbaked pie shell with peaches, then pour remaining combined ingredients over peaches. Bake at 350° for 45 minutes or until peaches are soft.

Jan Allbee, NC, Marshelltown

Peach Pie

1-1/2 c. flour
2 T. sugar
1/2 t. salt

1/2 c. oil
2 T. milk

FILLING:

1 c. sugar
3-1/2 T. cornstarch
2 T. white corn syrup
Dash of salt

1 c. water
3 T. dry peach-flavored
gelatin
4-6 fresh peaches

Mix first five ingredients together well. Press into 9-inch pan and bake at 325° for 35 to 40 minutes. Cool.

For filling, mix together in saucepan the sugar, cornstarch, corn syrup, salt and water. Bring to boil, stirring constantly, until mixture is thick and clear. Remove from heat and add gelatin. Cool. Peel and slice peaches; add to cooled filling. Pour into pie shell. Refrigerate for a few hours before serving.

You may vary this recipe by using 5 cups fresh strawberries and strawberry-flavored gelatin, 5 cups fresh raspberries and raspberry-flavored gelatin, or fresh apricots and apricot-flavored gelatin.

Roberta Fjelstul, GO, Decorah

Peanut Butter Pie

1 graham cracker crust
4 oz. cream cheese,
at room temperature
1/3 c. peanut butter

1/3 c. milk
1 c. powdered sugar
8-oz. carton Cool Whip
or similar topping

Cream peanut butter and cream cheese. Add milk gradually; then add powdered sugar. Fold in Cool Whip and put in shell. Keep in freezer. Cover after freezing. When serving, let set at room temperature about 15 minutes.

Clara Moore, LU, Cedar Rapids
Past President, Iowa State Chapter

P.E.O. Pie

4 eggs, separated
1/4 t. cream of tartar
1-1/2 c. sugar

Juice of 1 lemon (3 to 4 T.)
Rind of 1 lemon
1/2 pt. cream, whipped

Beat the egg whites and cream of tartar until foamy. Add very slowly 1 cup sugar. Beat until stiff. Pile into 10-inch pie pan and bake 1 hour at 275°. For lemon filling, cook in a double boiler until thick the egg yolks and 1/2 cup sugar, mixing thoroughly. Add lemon juice and rind. Cool slightly and combine with whipped cream and turn into baked shell. Can be made a day ahead. Flavor enhances if it sets for at least 4 hours.

Nola Vander Streek, ND, Pella
Second Vice President, Iowa State Chapter

Rhubarb Pie and Grandma Patton's Crust

5 rounded T. flour (use
a large serving spoon)
1 double salt (same as
scant 1/2 t.)

2 rounded T. shortening
(same spoon) (can be
1 T. each lard and Crisco
or all Crisco)
2 T. water (same spoon)

3 c. rhubarb
1 c. sugar
1/2 t. orange peel, grated

3 T. flour
1/8 t. salt

For pie crust, gently mix together first four ingredients with hands. Makes a single crust. Combine remaining ingredients; fill pie shell. Can top with bits of butter and second crust or with streusel-type topping. Bake at 450° for 10 minutes, then 350° for 30 to 35 minutes.

Kathy Patton, G, Ottumwa

Sour Cream Pecan Pie

3 eggs
1/2 c. sour cream
1/2 c. light corn syrup
1 t. vanilla
1 c. sugar

1/8 t. salt
2 T. butter, melted
1/2-1 cup pecans
(better with 1 c.)
Unbaked pie shell

Beat eggs; add remaining ingredients. Pour into unbaked pie shell. Bake at 350° for 30 to 35 minutes.

Helene Burcham, X, Oskaloosa

Sour Cream Raisin Pie

2 c. flour
1 t. salt
1 c. Crisco

1 egg
1 t. vinegar

FILLING:

2 c. water
1 c. raisins
3/4 c. sugar
1/2 t. salt
2 egg yolks

1/2 c. sour cream
1/2 c. flour
1 T. vanilla
1/2 c. milk

Cut together first three ingredients until crumbly. Place egg in measuring cup; add vinegar and enough water to make 1/2 cup liquid. Beat; add to flour mixture. Roll out crust, place in pie pan and bake.

Cook raisins in water, adding sugar during last 5 minutes of cooking. Mix remaining ingredients and add to raisin mixture. Cook until mixture thickens. Remove from heat and cool. Pour into baked pie shell and top with meringue made from the two remaining egg whites, 3-1/2 tablespoons sugar and 1/4 teaspoon cream of tartar. Brown at 350° for 10 to 15 minutes.

Katherine Southwick, EF, Onawa

Strawberry Cream Cheese Pie

**1 unbaked 9-inch graham
cracker crust, chilled**
2 8-oz. pkgs. cream cheese
1 c. sour cream

3 pts. strawberries, hulled
1/4 c. plus 1 T. sugar
3 T. cornstarch
1/8 t. vanilla

Blend cream cheese with 1/2 cup sour cream. Measure 1 cup cream cheese and sour cream mixture and spread on the bottom of chilled pie shell. Crush 1 pint of strawberries; sprinkle with 1/4 cup sugar and let stand until juicy. Rub through a sieve. Measure the juice and add water to make 1-1/2 cups. Mix in the cornstarch and heat and stir until thick; cool. Pour a thin layer of sauce into the shell and add the remaining berries. Top with remaining sauce and chill. Add the remaining sugar, sour cream and vanilla to the rest of the cream cheese mixture; chill and garnish the pie. Serves 6-8.

Dea Brown, KZ, Iowa City

Strawberry Pie

1-1/2 c. flour
2 T. sugar
1/2 t. salt

1/2 c. Crisco oil
2 T. milk

FILLING:

3/4 c. sugar
2 T. cornstarch
2 T. light Karo syrup
1 c. water

2 T. strawberry gelatin
Red food coloring, as desired
1 qt. strawberries, cleaned
Whipped cream, as desired

Combine flour, 2 tablespoons sugar, salt, oil and milk, mixing well. Pat into a 9-inch pie pan and bake at 400° for 12 minutes.

Put 3/4 cup sugar, cornstarch, Karo syrup, and water into a saucepan; boil until clear. Add gelatin, food coloring and strawberries to hot filling. Pour into cooled crust and garnish with whipped cream. ,

Eleanor Green, ER, Strawberry Point

Valentine Dream Pie

1/2 c. sugar
2 T. cornstarch
2 t. unflavored gelatin
1/4 t. salt
1 c. milk
3 egg yolks, beaten

1-1/2 t. vanilla
1 8-oz. pkg. whipped
topping mix
1 pie shell, baked and cooled
1 can cherry pie filling

Blend sugar with cornstarch, gelatin and salt in saucepan. Stir in milk; cook over medium heat, stirring constantly, until mixture thickens. Boil 1 minute. Remove from heat; gradually add small amount of hot mixture to beaten egg yolks. Mix well and return to saucepan. Bring to a boil; remove from heat. Add vanilla. Cool until mixture mounds when dropped from spoon. Fold in whipped topping mix. Pour into pie shell. Chill overnight or at least 3 hours. Spread cherry filling over top. Return to refrigerator until time to serve. Add 1/2 teaspoon almond extract to pie filling for an excellent flavor.

Zelma McIlvain, EB, Carroll



Salads & Salad Dressings

FRUIT SALADS*****

Apricot Fruit Salad

- 1 1-lb., 6-oz. can apricot pie filling
- 1 11-oz. can mandarin oranges, drained

- 1 1-lb., 4-oz. can pineapple chunks, drained
- 1 c. miniature marshmallows
- 2 bananas, sliced

Chill fruits except bananas. Combine all ingredients in large bowl; garnish with maraschino cherries if desired.

Ginny Abel, MQ, Council Bluffs

Apricot Salad

- 1 48-oz. can Hearts Delight apricot juice
- 4 3-oz. pkgs. apricot Jello
- 1 No. 2 can crushed pineapple, including juice

- 1 8-oz. pkg. cream cheese
- 5 T. mayonnaise
- 1/4 c. celery, finely chopped
- 1/4 c. nuts, chopped

Heat the apricot juice and add the Jello. Stir until dissolved. Add the pineapple. Pour half the mixture into a mold and put in refrigerator to set. Leave second half at room temperature. Mix the cream cheese, mayonnaise, celery and nuts. When refrigerated gelatin mixture is set, spread the cream cheese mixture over the top and add the unrefrigerated gelatin mixture. Place in refrigerator to finish setting.

Eva Winger, IN, Ottumwa
Past President, Iowa State Chapter

Black Cherry Salad

**1 can black cherries
containing at least 1 c. of
cherries
1 c. cherry juice**

**1 3-oz. pkg. sm. cherry Jello
1 c. port wine
1 c. pecan sm. halves**

Drain cherries; bring juice to a boil. Add Jello; stir to dissolve. Cool; add wine. Chill till slightly thickened. Add cherries and nuts. Nice to put in individual molds or a ring mold. Serves 6-8. Better if stands 12 to 24 hours.

Lorraine Mueller, KG, Cedar Rapids

Champagne Salad

**1 8-oz. pkg. cream cheese
3/4 c. sugar
1 20-oz. can crushed
pineapple, drained
2 bananas, sliced**

**1/2 c. nuts, finely chopped
1 lge. carton Cool Whip
1 10-oz. pkg. frozen
strawberries with juice**

Soften and blend cream cheese with sugar. Mix together remaining ingredients; combine the two mixtures. Put into 5 x 9-inch loaf pan or 9 x 13-inch cake pan. Freeze solid. To serve, thaw slightly and slice or cut into squares. Return unused portion to freezer. Note: bananas do not darken, but if desired they may be sliced into drained pineapple juice before they are added to fruit mixture.

Cleva Kerr, NT, Carlisle

Cottage Cheese Salad

**1 3-oz. box lime Jello
1 3-oz. box lemon Jello
1 No. 2 can crushed
pineapple
1 carton cottage cheese**

**1 c. salad dressing
1 c. black walnuts
1 can Eagle Brand sweetened
condensed milk
1 t. horseradish**

Dissolve Jello in 2 cups hot water; mix well. Add pineapple and let cool. Then add remaining ingredients, mix well and refrigerate. Fills 9 x 15-inch Pyrex container.

Wilma Baker, CF, State Center

Cranberry Salad

1 pkg. raspberry gelatin
1 c. hot water
1/2 c. pineapple juice
1 orange, peeled and diced

**1/2 c. crushed pineapple,
drained**
**1 1-lb. can whole cranberry
sauce**
1/4 c. pecans, chopped

DRESSING:

**1 c. Miracle Whip salad
dressing**

**1/2 a 3-oz. pkg. cream
cheese**

Dissolve gelatin in hot water, add pineapple juice and chill until partially set. Fold in orange pieces, pineapple, cranberry sauce and nuts. Chill until firm. Cut in squares or make in individual molds. To make dressing, whip salad dressing with cream cheese.

Lilas Brandhorst, GT, Webster Groves, Missouri
President, International Chapter, 1983

Creamy Waldorf Salad

1 6-oz. pkg. lime gelatin
1 1-lb. can lemon pudding

**2 c. apple, diced (about 2
med.)**
1/2 c. walnuts, chopped

Dissolve gelatin in 2 cups boiling water. Stir in 1-1/2 cups cold water. Chill till almost set. In mixer bowl, combine pudding and chilled gelatin; beat 2 minutes with electric mixer. Stir in apple and walnuts. Pour into 8-cup mold; chill 4 to 5 hours till set. Garnish with poached apple slices, if desired. 8 to 10 servings.

Elaine Holcombe, KI, Dubuque

Daiquiri Salad

- 1 8-oz. pkg. cream cheese
- 1 4-1/2-oz. pkg. golden custard mix
- 1 6-oz. can frozen daiquiri mix, thawed

- 3/4 c. mayonnaise
- 1 13-oz. can crushed pineapple, drained
- 1 9-oz. carton Cool Whip
- 1 c. pecans, chopped

Mix cream cheese with dry custard mix. Add daiquiri mix, mayonnaise and pineapple; blend well. Fold in Cool Whip and nuts; freeze. Serve on lettuce leaf with crisp crackers of your choice. Serves 9 when frozen in 8-inch or 9-inch square pan.

Helen L. Kidder, HD, Des Moines

Eggnog Salad

- 3 T. Knox gelatin
- 3/4 c. cold water
- 1 qt. eggnog

- 1/4 c. sugar
- 1/4 t. nutmeg
- 1 c. whipped cream or Cool Whip

Mix the gelatin and water together. In a saucepan heat one cup of the eggnog, sugar, nutmeg and gelatin mixture. Use low heat, stirring until gelatin is dissolved. Remove from heat and add rest of eggnog. Chill until almost firm, then fold in whipped topping. Can be put into a mold or used as a dessert.

Connie Schmitt, BQ, Stuart

Festive Cranberry Salad

- 1 14-oz. can sweetened condensed milk
- 1/4 c. lemon juice
- 1 16-oz. can whole berry cranberry sauce
- 1 20-oz. can crushed pineapple, drained

- 1/2 c. walnuts, chopped
- 1 9-oz. contained frozen non-dairy whipped topping, thawed
- Lettuce leave
- Whipped topping and chopped walnuts for garnish, optional

In large bowl, combine sweetened condensed milk and lemon juice. Stir in cranberry sauce, pineapple and nuts; fold in whipped topping. Spread in a 9 x 13-inch baking dish or a spring form pan. Freeze until firm. Remove from freezer 10 minutes before cutting. Serve on lettuce leaf; top with whipped topping and nuts, if desired. Return leftovers to freezer. Makes 15 servings. When using spring form pan, garnish center with whipped topping and fresh strawberries.

Margaret De Bar, LP, Council Bluffs

Fresh Orange Salad Delicious

- | | |
|--|---------------------------------|
| 1 med. head lettuce | 2 T. orange juice |
| 1 c. cauliflower pieces | 1-1/2 t. wine vinegar |
| 8 slices bacon, cooked and crumbled | 1/2 t. lemon juice |
| 2 c. fresh orange sections | 2 t. sugar |
| 1 avocado, peeled and cut in chunks | 1/2 t. prepared mustard |
| 1/4 c. green onions, diced | 1/2 t. horseradish |
| | 1 t. orange rind, grated |
| | Dash garlic powder |

For salad dressing, combine orange juice, wine vinegar, lemon juice, sugar, dry mustard, horseradish, orange rind, and garlic powder; beat and chill. Toss ingredients for salad just before serving. Add dressing.

Lois Vernon, CV, Corning
Past President, Iowa State Chapter

Frosty Salad Loaf

- | | |
|---|---|
| 1 8-oz. pkg. cream cheese | 1 1-lb. can apricot halves, drained and sliced |
| 1 c. dairy sour cream | 1 sm. can crushed pineapple |
| 1/4 c. sugar | 2 c. miniature marshmallows |
| 1/4 t. salt | |
| 1-1/2 c. fresh dark cherries, pitted and halved, or 1 can dark pitted cherries | |

Let cream cheese stand to soften; beat until fluffy. Stir in sour cream, sugar, salt, fruit, and marshmallows. Pour into pan and freeze 6 hours or overnight.

Dorothy Hartman, KE, Sioux City

Frosted Fruit Mold

- | | |
|---|--|
| 1 3-oz. pkg. lime Jello | 1/4 c. sugar |
| 1 c. boiling water | 1 T. all-purpose flour |
| 1 7-oz. bottle lemon-lime beverage (1 c.) | 1 egg, slightly beaten |
| 1 8-oz. can crushed pineapple, drained, reserve syrup | 1/2 c. whipping cream, whipped or 1 c. Cool Whip |
| 1 banana, sliced | 1/2 T. American cheese, grated |
| | 2 T. Parmesan cheese, grated |

Dissolve gelatin in boiling water; cool until slightly thickened and add carbonated beverage. Chill until partially set. Fold pineapple and banana into gelatin mixture. Turn into 8 x 8 x 2-inch baking dish and chill in refrigerator until firm. Combine sugar and flour in sauce pan; stir in reserved pineapple syrup and egg. Add a little lemon juice if desired to give a more tart taste. Cook over hot water until thickened; chill. Fold whipped cream or Cool Whip into egg mixture. Spread over gelatin mixture and sprinkle with grated cheeses. Cut into squares and serve on lettuce, if desired.

Jean Mundy, U, Keokuk

Frozen Apple Salad

- | | |
|---------------------------|----------------------|
| 4 apples, unpeeled, diced | 1/2 c. celery, diced |
| 1/2 c. pineapple chunks | 1/2 c. nuts |

DRESSING:

- | | |
|-------------------------|----------------|
| 2 eggs, slightly beaten | 1 T. flour |
| 1/2 c. sugar | 1/8 t. salt |
| 1/2 c. pineapple juice | 1 c. Cool Whip |

Cook eggs, sugar, pineapple juice, flour and salt until thickened, stirring all the time. Cool; fold in Cool Whip. Add rest of the ingredients and freeze in a 7 x 11-inch pan. Will keep 2 to 3 weeks. Serves 8.

Veva Young, AG, Winterset

Frozen Apricot Salad

1 c. apricot pie filling
1 8- or 9-oz. carton whipped topping

1 20-oz. can crushed pineapple, undrained
1 14-oz. can Eagle brand sweetened condensed milk

Mix all together. Pour into 9 x 13-inch pan. Sprinkle with nuts and freeze. Remove 20 minutes before serving. Any kind of pie filling can be substituted.

Lois Stump, MC, Altoona

Frozen Fruit Salad

1 8-oz. pkg. cream cheese
3/4 c. sugar
1 20-oz. can crushed pineapple, drained

1 10-oz. pkg. frozen strawberries, thawed
3 bananas, sliced
1/2 c. nuts, chopped
1 8-oz. carton Cool Whip

Soften cream cheese and mix with sugar. Mix together pineapple, bananas, strawberries, nuts and Cool Whip. Mix all with cream cheese mixture. Put in 9 x 13-inch pan and freeze. Thaw slightly before serving. Serve with Ritz crackers.

Sharon Helming, LH, Davenport

Frozen Slush Salad

1 6-oz. can frozen lemonade concentrate
1 6-oz. can frozen orange juice concentrate
1 1-lb. box frozen strawberries with juice

1 No. 2 can crushed pineapple with juice
1 sm. bottle maraschino cherries with juice
3-4 bananas, sliced
2-1/2 c. water
1 c. sugar

Mix in large mixing bowl. Place in freezer; stir occasionally while freezing. Makes 1 gallon.

Janet Lacey, AL, New Sharon

Fruit Soup

1 c. water
1/2 c. sugar
3 T. tapioca
Dash of salt
1-1/2 c. water
1 sm. can frozen orange
juice concentrate

1-2 apples, unpeeled, cored
and chopped
1 pkg. frozen peaches
1 pkg. frozen strawberries
1 can mandarin oranges
2 bananas, sliced

Combine first 4 ingredients; let stand 5 minutes, then cook until clear. Add 1-1/2 cups of water and cool. Add all fruit except bananas; mix and refrigerate until ready to serve. Add bananas just before serving. May be served alone or over a scoop of sherbet. Keeps well 1-2 days in refrigerator.

Marilyn McDaniel, NX, Des Moines

Holiday Pear Salad

1 29-oz. can Barlett pear
halves
1 Kiwi fruit
1 egg, beaten
3 T. all-purpose flour
Dash salt
1 T. butter or margarine
2 t. lemon juice
1 c. prepared whipped topping
or 1 c. sweetened whipped
cream

1 16-oz. can pineapple
chunks, drained
1 med. banana, sliced
1 11-oz. can mandarin orange
sections, drained
1/4 c. almonds, sliced,
toasted, optional

Drain pears, reserving 1 cup syrup. Chill pears and Kiwi fruit. In a saucepan, combine egg, flour, salt and reserved pear syrup. Cook and stir over medium heat until sauce thickens. Add butter and lemon juice. Cool thoroughly. Fold in whipped topping. Cut four pear halves in half lengthwise; dice remaining pears. Layer diced pears, pineapple, banana and oranges in a 2-quart glass bowl. Spread topping over fruit. Refrigerate several hours or overnight. Peel and slice Kiwi fruit; arrange with remaining pears on topping. Sprinkle with nuts, if desired.

Dorothy Stolz, DL, New Hampton

Lime-Olive Salad

1 3-oz. pkg. lime gelatin	1/3 c. pecans, chopped
1-1/2 c. boiling water	1 4-oz. carton whipped
4-oz. cream cheese	topping
1/4 c. cold water	1 sm. can pitted ripe olives
1 sm. can crushed	
pineapple, drained	

Dissolve gelatin in boiling water. Add cream cheese, mix well, then add cold water. Refrigerate until mixture begins to thicken, then mix in pineapple, chopped olives, and chopped nuts and fold in whipped topping. Refrigerate overnight.

Irene Jordan, IQ, Council Bluffs

Mandarin Salad

1/2 c. sliced almonds	1/2 t. salt
3 T. sugar	Dash pepper
1/2 head iceberg lettuce	1/4 c. vegetable oil
1/2 head romaine lettuce	1 T. parsley, chopped
1 c. celery	2 T. sugar
2 green onions, sliced	2 T. vinegar
1 11-oz. can mandarin	Dash of tabasco sauce
oranges, drained	

In a small pan over medium heat, cook almonds and sugar, stirring constantly until almonds are coated and sugar dissolved. Watch carefully as they will burn easily. Cook and store in airtight container. Mix the salt, pepper, vegetable oil, parsley, sugar, vinegar and tabasco sauce and chill. Mix lettuces, celery and onions. Just before serving add almonds and oranges. Toss with the dressing.

No Name, LX, Sioux City

Molded Peach-Cherry Salad

- | | |
|--------------------------------------|-----------------------------|
| 1 12-oz. pkg. frozen peaches, | 1/4 c. lemon juice |
| thawed, reserve juice | 1/4 c. Bing cherries |
| 1 3-oz. pkg. orange Jello | 1/4 c. almonds |
| 1 c. ginger ale | 4 t. sugar |

Heat peach juice, adding water to make $\frac{3}{4}$ cup. Dissolve gelatin in hot juice. Add ginger ale, lemon juice and sugar. Chill until syrupy. Add fruit. Chill until firm. Serves 6.

Barbara Paul, LN, Ames
Past President, Iowa State Chapter

Organization Day Avocado Salad

- | | |
|----------------------------|-----------------------------|
| 1 pkg. lime gelatin | 1 t. salt |
| 1 c. boiling water | 1 c. avocado, mashed |
| 1 c. mayonnaise | 1 c. cream, whipped |
| 3 T. lemon juice | |

Dissolve gelatin in boiling water. Chill, then whip. Mix mayonnaise with lemon juice and salt. Fold into whipped gelatin. Mix avocado and whipped cream and fold into gelatin mixture. Canned grapefruit and/or cherries may be added or may be used as garnish. Must be well drained. Chill until set. Serves 6-8.

Helen Parrish, KL, Cedar Falls

Overnight Layered Fruit Salad

- | | |
|-----------------------------------|----------------------------------|
| 2 c. lettuce, shredded | 1/3 c. dates, chopped |
| 2 Golden Delicious apples | 1 c. mayonnaise |
| 1 can Mandarin oranges | 1 c. sour cream |
| 2 c. seedless green grapes | 1 c. mild Cheddar cheese, |
| 1/2 c. celery, chopped | shredded |

Spread lettuce on bottom of 9 x 13-inch pan. Core and quarter apples; slice thinly but do not peel. Layer over lettuce. Sprinkle orange or lemon juice over apples. Arrange oranges on top. Layer grapes, celery and dates. Combine mayonnaise and sour cream and spread over all. Sprinkle shredded cheese on top. Cover pan tightly with plastic wrap. Refrigerate overnight.

Sue Peters, MH, Clinton

Paper Cup Frozen Salad

- | | |
|--|--|
| 2 c. sour cream | 1 banana, diced |
| 2 T. lemon juice | 1/4 c. pecans, chopped |
| 1/2 c. sugar | 1 can pitted Bing cherries,
drained |
| Dash salt | 4 drops red food coloring |
| 1 8-oz. can crushed pineapple,
well-drained | |

Combine all ingredients; spoon into paper muffin cups which have been placed in muffin tins. Freeze. Remove 15 minutes before serving, peel off paper. Serves 14-16.

Sandy Davis, HM, Des Moines

Raspberry-Blueberry Salad

- | | |
|-------------------------------|---------------------------------------|
| 1 pkg. wild raspberry gelatin | 1 pkg. black raspberry
gelatin |
| 1 pkg. unflavored gelatin | 4-1/2 c. water |
| 1 c. half and half | 1 No. 303 can blueberries,
drained |
| 1 8-oz. pkg. cream cheese | 1 c. sugar |
| 1 t. vanilla | |
| 1/2 c. nuts, chopped | |

Dissolve wild raspberry gelatin in 1 cup hot water and add 1 cup cold water. Let set to form first layer. Soften unflavored gelatin in 1/2 cup cold water. Heat half and half and sugar; don't boil. Add softened gelatin. Mix with softened cream cheese, vanilla and nuts. Combine until smooth. Pour over first layer. Let set. Dissolve black raspberry gelatin in 1 cup hot water. Add 1 cup cold water and blueberries. Pour over second layer and refrigerate.

Gayle Blinkinsop, AU, Marengo

Raspberry Gelatin Salad

2 pkgs. raspberry gelatin
2 c. boiling water
1 can. cherry pie filling
1 c. canned pie cherries,
drained
1 pkg. lemon gelatin
1 c. boiling water

1 8-oz. pkg. cream cheese
1/2 c. mayonnaise
1 8-1/2-oz. can crushed
pineapple, undrained
1 c. marshmallows
1 c. Cool Whip

Mix raspberry gelatin and 2 cups boiling water; stir until gelatin is dissolved. Add pie filling and cherries. Place in 9 x 13-inch pan and let set. Dissolve lemon gelatin in 1 cup boiling water. Cool. Add cream cheese, mayonnaise, crushed pineapple and marshmallows to lemon gelatin. Chill until partially set; fold in Cool Whip. Layer lemon gelatin mixture on top of raspberry gelatin mixture.

Elnora McDowell, CM, Keota

Rhubarb Salad

2 c. rhubarb, fresh or frozen,
diced
1/2 c. sugar
1 3-oz. pkg. strawberry gelatin
1 3-oz. pkg. cream cheese,
cubed

2/3 c. celery, finely chopped
2/3 c. pecans, chopped
1 pkg. whipped topping,
prepared according to pkg.
directions

Combine rhubarb and sugar in saucepan. Bring to boil and simmer for 10 minutes. Add gelatin and cream cheese to rhubarb mixture and stir until dissolved. Cool to room temperature and fold in remaining ingredients.

Carol Bates, IO, Oskaloosa

Rhubarb Salad

3 c. rhubarb, cut up
1 c. water
1 c. sugar

1 3-oz. pkg. raspberry or
strawberry gelatin
1 c. celery, diced
1 c. nuts, chopped

Cook rhubarb in water for 5-10 minutes. Add to hot rhubarb mixture the sugar and the gelatin. Stir well; cool until syrupy. Add the celery and nuts. Place in a 8 x 8-inch dish.

Laura May Geisinger, EP, Storm Lake
Past President, Iowa State Chapter

Sour Cream Cherry Salad

- | | |
|------------------------------------|--|
| 2 3-oz. pkg. cherry gelatin | 2 T. sherry |
| 2 c. boiling water | 1 c. sour cream |
| 1 c. cold water | 2 c. Bing cherries, pitted |
| 2 t. lemon juice | 1/4 c. almonds, toasted and
chopped |

Dissolve gelatin in hot water; add cold water and lemon juice. Measure 1 cup of gelatin mixture, add sherry to it and pour into a 2-quart mold; set until firm. Chill remaining gelatin until partially set and whip until fluffy. Fold in remaining ingredients and pour on top of set gelatin in mold. Chill. May be served with a dressing of sour cream and mayonnaise. Serves 10-12.

Lois Schustek, NO, Boone

Spring Salad

- | | |
|------------------------------------|--|
| 1 30-oz. can fruit cocktail | 1/2 c. lemon juice or
concentrate |
| 3/4 c. water | 1 c. sour cream |
| 2 t. caraway seed | 2 c. Cheddar cheese,
shredded |
| 1/4 t. salt | |
| 2 3-oz. pkgs. lemon gelatin | |

Drain fruit cocktail, reserving syrup. Combine syrup, water, caraway seed and salt in saucepan. Boil for 3 to 5 minutes. Pour over gelatin, stirring to dissolve. Blend in lemon juice. Chill until thick and mixture mounds on a spoon. Fold fruit into half of the jello mixture and turn into 2-quart mold. Chill. Fold the sour cream and cheese into the remaining mixture and pour over fruit layer. Chill until firm. Serves 8-10.

Enola Carter, Original A, Mt. Pleasant
Past President, Iowa State Chapter

24-Hour Salad

1 lge. can pineapple tidbits
1/2 lb. miniature
marshmallows
1 carton Cool Whip
2 c. white seedless grapes

1 egg
1 T. sugar
1 T. flour

Drain pineapple and heat juice. Beat egg, flour and sugar together and thin slightly with water. Add to heated juice and stir till thick. Pour over marshmallows and pineapple and let cool. When cold add grapes and Cool Whip. Let stand 24 hours.

Margie Sellman, CM, Keota

Two-Layer Salad

1 6-oz. pkg. lemon gelatin
2 c. hot water
2 c. cold water
4 bananas, quartered and
sliced
1-1/2 c. miniature
marshmallows
1 15-oz. can crushed
pineapple, drained, reserve
juice

1 c. sugar
4 T. flour
2 eggs, slightly beaten
3 T. butter
1 pkg. whipped topping mix,
prepared according to pkg.
directions
Colby cheese, grated,
optional

Mix lemon gelatin with hot water until dissolved; add cold water. When gelatin begins to thicken add pineapple, bananas and marshmallows. Pour into a 9 x 13-inch pan and set aside. Add enough water to the reserved pineapple juice to make 2 cups. Cook pineapple juice, water, sugar, flour, eggs and butter until mixture coats a spoon. Remove from heat and let cool. Fold in prepared topping mix and spread over lemon gelatin mixture. Sprinkle with cheese.

Bonnie James, AH, West Liberty

VEGETABLE SALADS

Amana "Juicy Cabbage Slaw"

- | | |
|--|--------------------------|
| 1 med. to lge. head cabbage,
shredded | 1 c. white sugar |
| 1 med. to lge. onion, finely
chopped | 4 T. white vinegar |
| 1/2 t. salt | 1 t. lard or salad oil |
| Dash of pepper | 3/4 c. coleslaw dressing |
| | 1/2 c. mayonnaise |

Combine shredded cabbage, onion, salt, and pepper. Heat vinegar and lard. Let cool until cold; add to cabbage mixture. Add sugar and stir well. Add coleslaw dressing and mayonnaise. Best if made 24 hours ahead of serving.

Judy Roussell, FP, Monticello

Asparagus Mold

- | | |
|--|--|
| 1 T. gelatin dissolved in
1/4 c. cold water | 1/3 c. green onion, chopped
or 2 T. chives, snipped |
| 1 can asparagus soup | 3/4 c. mayonnaise |
| 1 3-oz. pkg. cream cheese | 1 pkg. frozen cut asparagus,
cooked and drained |
| 1 sm. jar pimiento cream
cheese | 1/2 c. stuffed olives, sliced |
| 2 T. lemon juice | |

Blend soup and cheeses over low heat until melted. Add lemon juice. Pour over gelatin and stir until dissolved. Add remaining ingredients. Pour into mold and chill. This salad may be enhanced with the addition of shrimp, crab meat or tuna.

Anne Ryan, HY, Des Moines

Basic Tomato Aspic With Variations

1 6-oz. pkg. lemon gelatin
3 c. V-8 juice
Dash red pepper sauce

1 T. lemon juice (2 T. if more tartness desired)
1 t. Worcestershire sauce
Dash white pepper

Heat 1 cup juice to boiling. Stir gelatin into hot juice until dissolved. Add remaining juice, red pepper sauce, lemon juice, Worcestershire sauce and white pepper. Chill to consistency of egg white, then stir in one of the following combinations:

VARIATION NO. 1:

1/4 c. green olives, sliced
2 T. green onion, sliced

1/2 c. cucumber, finely chopped
1 c. bean sprouts, drained

VARIATION NO. 2:

1/4 c. green olives, sliced
2 T. green onion, sliced

1/2 c. green pepper, finely chopped
1 c. celery, finely chopped

Pour into oiled 8-inch pan or oiled small ring mold. Chill until firm. Serves 6 to 8.

Charlotte Clemens, HM, Des Moines

Cauliflower/Broccoli Salad

1 med. head cauliflower, broken in small flowers
3 med. stalks broccoli, cut in small pieces, stalk and all

2 sm. bunches green onions, chopped

DRESSING:

1 c. Hellman's mayonnaise
1/2 c. sour cream
Dash of Tabasco and Worcestershire sauces

1 T. sugar
1 T. vinegar

Mix and pour over vegetables and refrigerate. Make 24 hours before serving. Will keep several days. Serves 10.

Lucille Humphreys, GT, Winfield

Cauliflower Salad

**1 head cauliflower, broken
into flowerets**
Seasoned salt

**1 sm. pkg. Cheddar cheese,
shredded**
1 c. Hellman's mayonnaise
1 c. sour cream

Mix well; chill. More ingredients can be added to this recipe if desired.

Helen Brunner, DD, Boone

Chef Salad

1 6-oz. pkg. lemon gelatin
2 t. salt
2 c. boiling water
1 c. cold water
3 T. vinegar
1/8 t. red pepper sauce

3/4 c. ham, cut in strips
3/4 c. cheese, cubed
1/2 c. lettuce, shredded
1/4 c. onion, chopped
1 tomato, cut in wedges
1/2 green pepper, chopped

Dissolve gelatin and salt in boiling water. Add vinegar, cold water and red pepper sauce, and chill until partially set. Add remaining ingredients. Place in a 9-inch square pan. Double recipe for 9 x 13-inch pan.

LeeAnn McClain, KA, Centerville

Cole Slaw

1 head of cabbage, grated
2 c. sugar
1 c. vinegar
1 t. salt
1 t. mustard seed

1 t. celery seed
1 green pepper, chopped
1 med. onion, chopped
1 lge. carrot, grated

Mix all ingredients together and refrigerate a day before serving.

Robert E. Baker, B.I.L., IY, Mason City

Colonel's Lady's Salad Bowl

- | | |
|---|--------------------------------------|
| 6 qts. torn mixed greens
(Romaine, Bibb, leaf) | 3 T. parsley, snipped |
| 1-1/2 green peppers, cut in
long strips | 1 t. Accent |
| 1-1/2 lge. cucumbers, thinly
sliced | 1-1/2 t. ea. salt and garlic
salt |
| 3 green onions, snipped | 1/2 t. pepper |
| 3 stalks celery, sliced
diagonally | 1/2 t. ground oregano |
| 3 T. sugar | 1 pkg. frozen peas |
| | 3/4 c. oil |
| | 1/2 c. wine vinegar |

Prepare greens, green peppers, cucumbers, green onions and celery. Refrigerate. Mix together sugar, parsley, Accent, salts, pepper and oregano. Set aside. Immediately before serving, pour boiling water over peas and drain. Add to greens, sprinkle dry mixture over, and toss with the dressing made of oil and wine vinegar. Serves 12.

Martha McCutcheon
Corresponding Secretary, Iowa State Chapter

Colorful Winter Cabbage Slaw

- | | |
|------------------------------|--------------------|
| 6 c. red cabbage, shredded | 1/4 c. sour cream |
| 1 c. fresh mushrooms, sliced | 1/4 t. salt |
| 1 c. frozen peas, thawed | 2 t. lemon juice |
| 1/2 c. mayonnaise | 1/2 t. dry mustard |

In a large bowl, combine cabbage, mushrooms and peas. In small bowl, combine remaining ingredients and pour over cabbage mixture. Toss lightly. Refrigerate until ready to serve. 12 servings.

Leigh Ellen Murphy, HL, Dubuque

Country Vegetable Salad

- | | |
|--|--|
| 1 pkg. lemon gelatin | 1 env. Dream Whip prepared
according to pkg.
directions or 1 carton
Cool Whip |
| 1 c. boiling water | |
| 1 c. carrots, grated | |
| 1 c. celery, finely chopped | |
| 1/2 c. green pepper, finely
chopped | 1/2 c. mayonnaise |
| 1 T. onion, chopped | 1 sm. carton cottage cheese |

Mix gelatin and boiling water. Let cool until syrupy. Fold all remaining ingredients into the gelatin mixture and chill until firm.
Marilyn Roorda, AV, Prairie City

Cucumber Salad *Good**

1 3-oz. pkg. lemon gelatin	1-1/2 c. cottage cheese
1/2 c. boiling water	1 cucumber, peeled, seeded and chopped
1/2 t. salt	1/4 c. green onion, chopped
1 c. mayonnaise	

Dissolve gelatin in boiling water and cool. Stir in remaining ingredients. Refrigerate until ready to serve.

Florence Mercer, NI, Burlington

Edie's Salad

1 pkg. lime flavored gelatin	1 cucumber, diced
1 c. boiling water	1 t. onion, chopped
1 c. cottage cheese	1 c. Almonds, sliced
1 c. salad dressing	1 T. lemon juice

Dissolve gelatin in boiling water. Cool and when slightly thick add other ingredients. Mold if desired, and serve on lettuce leaf.

Helen Nicholson, NY, Clarinda

Fresh Spinach Salad

**1 lb. spinach, washed and
torn in pieces, no stems**
**8 slices bacon, fried crisp
and crumbled**
4 eggs, hard cooked, sliced

**6-10 green onions, thinly
sliced, some tops**
**3 med. tomatoes, sliced
1/8-in. thick**

DRESSING:

1 c. salad oil
1 c. catsup
1/3 c. vinegar

1/3 c. sugar
1 t. Worcestershire sauce

Be sure the spinach is well drained or dried in paper towels after washing. Toss salad just before serving with dressing, or serve dressing separately.

Optional additions: 1/2 pound sliced fresh mushrooms, thinly sliced radishes or halved cherry tomatoes instead of large tomatoes.

Mary Jane Moyer, CS, Marion

German Potato Salad

**6 med. potatoes, boiled in
skins until tender**
**6 slices of bacon, fried until
crisp**
3/4 c. onion, sliced thin
2 T. flour

2 T. sugar
1-1/2 t. salt
1/2 t. celery seed
Dash of pepper
3/4 c. water
1/2 c. vinegar

Peel the potatoes and slice thinly into a bowl. Cook onions in 1/3 c. of bacon fat in a skillet until yellow. Mix together and then stir in the flour, sugar, salt, celery seed and dash of pepper. Stir in gradually the water and vinegar. Cook, stirring until mixture boils; boil one minute. Pour over potatoes and add the crisp bacon broken into pieces (save some for garnish). Cover, let stand until ready to serve. May be re-heated. Serves 6. Note: before pouring dressing on potatoes, taste to correct seasoning and add more sugar if too sour.

Ethel Daglitz, FL, Bellevue

Green Pea Salad

- | | |
|---|--------------------------------------|
| 1 10-oz. pkg. frozen broccoli | 1 c. celery, chopped |
| 1 10-oz. pkg. frozen peas | 1 can water chestnuts, sliced |
| 1 head of cauliflower, cut
bite size | 1 can bean sprouts, drained |
| 1 bunch green onions,
chopped | 1 jar salad dressing |

Boil broccoli and green peas 2 to 3 minutes; drain and set aside to cool. Combine all ingredients and toss with salad dressing. Make the night before to marinate well. It's also good with Creamy Cucumber dressing.

Marty Van Stavern, EV, New London

“Green” Salad

- | | |
|--|--|
| 1 pkg. lime gelatin | 1 c. cottage cheese |
| 1 pkg. lemon gelatin | 1 pepper, chopped, green
or red |
| 2 c. boiling water | 1 onion, chopped |
| 1/2 t. salt | 1 c. celery, diced |
| 2 t. vinegar | 1 c. carrots, shredded |
| 1-2 T. horseradish | |
| 3/4 c. mayonnaise or salad
dressing | |

Dissolve gelatins in boiling water. Add salt, vinegar and horseradish; cool. Add mayonnaise and cottage cheese and whip. Add remaining ingredients. Pour into 9 x 13-inch pan or mold. May be made a day to two ahead. Keeps very well.

Toni Freshwaters, FIU, Anamosa

Hot Tossed Salad

- | | |
|-------------------------------------|---------------------------|
| 2 c. fresh raw tomatoes,
chopped | 1 pkg. frozen pea pods |
| 1-1/2 c. raw carrots, sliced | 1 pkg. frozen green beans |
| 1 c. celery, sliced | 4 T. butter, melted |
| 3/4 c. green pepper, chopped | 3 T. minute tapioca |
| 1/2 c. onion, chopped | 3 T. sugar |
| 1 can water chestnuts, sliced | 2 t. salt |
| | 1/4 t. pepper |

Mix first 8 ingredients and place in 9 x 13-inch casserole. Add remaining ingredients and mix with vegetables. Cover with foil and bake at 350° for 1 hour.

Sue Fritcher, EP, Storm Lake

Kraut and Macaroni Salad

- | | |
|--------------------------|--|
| 2 c. sauerkraut, drained | 1/2 c. sweet or dill pickles,
chopped |
| 2 c. cooked macaroni | 1/2 t. salt |
| 2 T. onion, chopped | 1 c. raw carrots, chopped |

Chop all ingredients separately and then mix. Mix in mayonnaise and refrigerate.

Winnie Secress, DG, Eddyville

Lettuce and Fruit Salad

- | | |
|---|---|
| 1 lge. head lettuce, crisp
and torn into bite-size
pieces | 1 avocado, sliced |
| 1 lge. orange, sliced | 1 8-oz. bottle fruit salad
dressing or homemade
dressing listed below |
| 1 lge. apple, sliced | |

DRESSING:

- | | |
|-----------------------|--|
| 2/3 c. sugar or honey | 1/3 c. vinegar or lemon juice
or 1/6 cup of each |
| 1 t. paprika | 1 c. salad oil |
| 1 t. dry mustard | 1 t. seeds (celery or poppy or
caraway or toasted sesame) |
| 1/4 t. salt | |

Combine lettuce and sliced orange, apple and avocado. Toss with salad dressing just before serving. Serves 12 to 16. For dressing, combine sugar or honey, paprika, mustard and salt in small mixer bowl. Stir in vinegar or lemon juice. While beating with electric mixer, slowly add salad oil. Add seeds, cover and chill. This recipe makes 1-3/4 cups dressing or enough for 4 batches of salad.

Nancy Lazenby, NI, Burlington

Macaroni & Cheese Salad

1 8-oz. pkg. macaroni
2 or 3 tomatoes
1 green pepper

1 sm. onion or 1 bunch green onions
1/3 lb. Velveeta, cubed
Whites of 5 hard cooked eggs

DRESSING:

Yolks of 5 hard cooked eggs,
mashed
3/4 c. sugar
2 T. vinegar

1 T. salad mustard
2 T. salad dressing
Dash of Worcestershire sauce
Salt and pepper to taste

Cook macaroni according to package directions. Chop tomatoes, onion, green pepper, cheese and egg whites. Combine and toss with dressing. Refrigerate. Best if marinates several hours or overnight.

Frances Fisher, NO, Boone

Marinated Vegetable Salad X

1 lge. can white corn,
drained
2 lge. cans bean sprouts,
drained and rinsed
2 c. celery, diced
3 carrots, grated
1 2-oz. jar chopped pimientos
1 head cauliflower, broken
into very sm. pieces

1 sm. onion, chopped
6 t. salt
3/4 c. oil
1 c. vinegar, cider or white
1-1/2 c. sugar
Dash of pepper

Marinate vegetables in last 5 ingredients. Store in refrigerator. Keeps a long time.

Jan Rusher, JO, Fort Madison

Mixed Vegetable Salad

1 head cauliflower, broken
in small pieces
1 bunch broccoli, broken in
small pieces
1 pkg. frozen peas, thawed
but uncooked
1 can water chestnuts,
drained and sliced

1 med. onion, sliced
1 c. sour cream
1 c. mayonnaise
1/2 pkg. dry Good Seasons
Cheese-Garlic salad
dressing

Combine vegetables and toss with the sour cream, mayonnaise and salad dressing. Refrigerate several hours or overnight.

Sandy Carroll, GC, Avoca

Molded Egg Salad

1 env. unflavored gelatin
1/2 c. cold water
1-1/2 c. mayonnaise
3/4 t. salt
7 eggs, hard cooked, diced

1 c. celery, diced
1/4 c. green pepper, diced
2 T. parsley
2 T. lemon

Dissolve gelatin in cold water over double boiler. Add mayonnaise and salt. Fold in remaining ingredients. Put in a greased 1-quart mold. Refrigerate. When ready to serve, unmold onto a bed of lettuce.

Mavis Smith, EM, Hawarden

Pea and Bacon Salad

1 pkg. frozen peas
8 slices bacon, fried and cut
in sm. pieces

1 c. sour cream
Pinch of salt

Thaw peas. Drain bacon on paper towel. Combine all ingredients. Let stand 1 hour before serving. 4-6 servings.

Hazel Primus, MZ, Vinton

P.E.O. Salad

2 pkgs. lime gelatin
1-1/2 c. boiling water
1 pt. cottage cheese

1 pt. Hellman's mayonnaise
1 lge. cucumber
1 med. onion

Dissolve gelatin in boiling water; set aside. Grind in food chopper cucumber and onion; use juice, too. When gelatin is cooled mix with the cottage cheese, mayonnaise, cucumber and onion. Pour into 9 x 13-inch pan and refrigerate.

No name given, IG, Keokuk

Snow White Salad

3 pkgs. lemon gelatin
3-1/2 c. boiling water
2 c. cottage cheese
2 c. celery, chopped
1 c. carrots, grated

1 c. green pepper, chopped
1/2 green onion, chopped
1 c. salad dressing
1 c. whipped topping

Mix gelatin and boiling water together and let partially set. Add cottage cheese and vegetables. Blend together salad dressing and whipped topping. Add to gelatin mixture and put into 9 x 13-inch pan. Cover and refrigerate. Will keep well several days.

Julie McWilliams, MO, Spirit Lake

Spiced Beet Salad

1 pkg. lemon gelatin
1 c. hot water
1 c. beet and pineapple juice

1-1/2 c. pickled beets, cubed
1 c. crushed pineapple
1 c. salted pecans halves

Mix gelatin with hot water; add other ingredients and place in mold. Serve with dab of mayonnaise. May use unsalted nuts and salt. Serves 6-8.

Betty Lowenberg, HC, Ottumwa
Past President, Iowa State Chapter

Spinach and Bacon Salad

- | | |
|--------------------------------------|-----------------------------|
| 2 lbs. fresh spinach | 1 t. dry mustard |
| 1/2 lb. bacon | 1 t. salt |
| 1/4 c. sugar | 1/3 c. cider vinegar |
| 1 c. lge. curd cottage cheese | 1 c. salad oil |

Prepare spinach; fry bacon, cool, and crumble. For dressing, combine sugar, salt, mustard, vinegar and salad oil. Shake or beat well. Add cottage cheese just before serving and shake. Pour over spinach and bacon.

Diane Dorsey, NA, Iowa City

Spinach and Lettuce Salad

- | | |
|---|---|
| 1 pkg. Good Seasons Italian dressing | 1 6-oz. can marinated artichoke hearts |
| 8-oz. fresh mushrooms, sliced | 1 lb. bag of fresh spinach |
| 1 3-oz. can black olives, sliced | 1 med. head lettuce |

Prepare dressing with salad oil as per package directions. Marinate mushrooms, olives, and artichoke hearts in dressing in refrigerator overnight. Clean and cut lettuce and spinach. Pour dressing over when ready to serve.

Judy Van Der Kamp, NK, Ames

V-8 Salad

- | | |
|-----------------------------------|--------------------------------|
| 1-3/4 c. V-8 juice | 1 green pepper, chopped |
| 1 3-oz. pkg. lemon gelatin | 1/2 c. celery, chopped |
| 1 T. vinegar | 3 T. mayonnaise |
| 1/2 c. dry cottage cheese | |

Heat to boiling 1 cup V-8 juice and dissolve gelatin in it. Add 3/4 cup cold V-8 juice, vinegar and mayonnaise. When mixture begins to set, add pepper, celery and cottage cheese. Chill in large or small molds. Serves 6-8.

Harriet Friedman, LL, Des Moines

Vegetable Salad

1 16-oz. pkg. frozen baby lima beans
1 10-oz. pkg. frozen peas
1-1/2 c. celery, diced or sliced thin diagonally

1 scant c. Hellmann's mayonnaise
1 4-oz. jar diced pimiento, drained
Lemon juice, onion powder and celery salt to taste

Cook limas and peas separately in boiling, salted water until tender but not soft. Drain and cool. Mix mayonnaise with pimientos, lemon juice and seasonings and then blend with cooked vegetables. Refrigerate in covered container at least 3 hours or overnight before serving.

Lillian Sutlive, U, Keokuk

Vegetable Salad

4 c. zucchini, sliced (4 sm.)
2 c. yellow squash, sliced (2 sm.)
2 c. broccoli flowerets and stems, chopped

1-1/2 c. cauliflower flowerets
1 c. carrots, sliced
1 c. purple onions, sliced
1 c. cherry tomatoes, halved

DRESSING:

2 c. vegetable oil
1 c. white vinegar
1/2 c. lemon juice
1/4 c. salt or to taste
1 t. oregano

1 t. dry mustard
1 t. dehydrated onion
1 t. granulated garlic
1/2 t. anise seed

Combine dressing in large jar. Mix well. Combine vegetables in large bowl. Pour approximately 2 cups dressing over vegetables and refrigerate several hours before serving, stirring occasionally. Store dressing in refrigerator.

Marianne Walsh, NS, Carroll

Vegetable Salad

1 head cauliflower, chopped
1 bunch broccoli, cut in pieces

2 green peppers, chopped
2 carrots, chopped

DRESSING:

1 c. sour cream
1 c. mayonnaise
1 8-oz. bottle Green Goddess dressing

1-1/2 c. Parmesan cheese, grated
1/2 t. garlic powder
1 t. Beau Monde seasoning

Mix dressing. Pour over prepared vegetables. Chill 4 hours.

Alice Renaud, JB, Grinnell

Wonder Blend Salad

1 lge. head lettuce
1 3-oz. pkg. cream cheese
1/4 t. celery salt
1 T. onion, minced
1 T. pimiento, minced

2 t. garlic juice or garlic powder to taste
1 T. green pepper, minced
3 T. sweet pickle juice

Remove core from lettuce; wash and drain head. Blend remaining ingredients. Place drained lettuce head in large bowl with core-side up. Pour dressing into core opening. Cover tightly and refrigerate several hours. To serve, slice head in wedges.

Ellen Krause, CM, Keota

Yummy Salad

1 3-oz. pkg. lemon gelatin, dissolved in
1 can tomato soup, undiluted, heated
1 c. celery, chopped

1/2 c. green pepper, chopped
1/4 c. onion, chopped
1 c. sm. curd cottage cheese, well drained
1 c. mayonnaise

Mix all together and place in greased 8-inch square pan. Refrigerate. Best if made night before. Serves 9.

Aune Perham, IA, Sioux City

MAIN DISH SALADS

Beef Salad

- | | |
|---|------------------------------|
| 1 pkg. lemon gelatin | 1 c. carrots, grated |
| 1-1/2 c. hot water | 1 c. celery, finely chopped |
| 1 t. salt | 1 t. onion, minced |
| 2 t. vinegar | 3 eggs, hard cooked, chopped |
| 1 c. mayonnaise | Cheddar cheese, grated |
| 1 can Dinty Moore's corned beef, flaked | |

Dissolve gelatin and salt in hot water, when warm add gradually to vinegar and mayonnaise. Fold in meat, vegetables and eggs. Let stand overnight. Before serving add cheese.

Louise Hallenbeck, BU, Pella

Chicken Jello Salad

- | | |
|-----------------------------|-----------------------------|
| 2 3-oz. pkgs. lemon gelatin | 1 c. mayonnaise |
| 3 T. lemon juice | 1 c. celery, chopped |
| 2 c. chicken, cut up | 1 c. American cheese, diced |
| 4 hard-boiled eggs, sliced | |
| 1 can ripe olives, sliced | |

Dissolve lemon gelatin in 2 cups hot water. Cool until syrupy. Mix together remaining ingredients; add to lemon gelatin and put in 9 x 13-inch pan. Refrigerate.

Mary Nyberg, GR, Sioux City

Chicken Salad

1 16-oz. pkg. shell macaroni
1 T. salt
2 c. salad dressing
1/2 to 1/4 c. Real Lemon
juice
4 sm. cans boned chicken

2 pkg. almonds, slivered or
sliced
1 jar salad olives, cut in
pieces
1 lb. or more green seedless
grapes
1 9-oz. carton Cool Whip

Boil macaroni with salt for 7 to 10 minutes. Marinate macaroni with salad dressing and lemon juice and let set overnight. Add remaining ingredients; mix well and refrigerate. Makes enough for a large Tupperware salad bowl; serves about 20.

Eloise Pearson, ID, Madrid

Chicken-Tuna Salad

1 can chicken with rice soup
1/2 c. water
1 3-oz. pkg. lemon gelatin
1 6-1/2-oz. can water packed
tuna

1 8-oz. can water chestnuts
1/2 c. mayonnaise
2 T. onion, grated
1 4-oz. carton Cool Whip

Bring soup and water to boil; add gelatin and cool. Then add the tuna, sliced water chestnuts, mayonnaise, and onion. When semi-set fold in the Cool Whip.

Frances King, CL, Oelwein

Chinese Chicken Salad

4 T. rice vinegar
2 T. sugar
1/4 c. vegetable oil
2 t. sesame seed
1 head lettuce
1 bunch green onions
3 to 4 T. almonds, slivered

2 t. salt
1 T. Accent
1/2 t. pepper
Maifun rice sticks
1/2 lb. or more chicken
breasts, cooked

Shake vinegar, sugar, oil, salt, Accent, pepper in jar and set aside. Bake sesame seeds until golden. Deep fry Maifun sticks until puffy or follow package directions. Drain. Chop chicken breasts and lettuce. Chop green onions, using some of the green tops. Toss lettuce, chicken, onions, almonds and sesame; pour on dressing, and toss again and sprinkle Maifun sticks on salad just before serving. Salad is better if dressing is poured on just before serving. *Note:* Rice vinegar and Maifun rice sticks can be purchased at Oriental food stores or restaurants.

Nancy Bates, H, Albia

Chop Chop Salad

1 med. head Chinese cabbage,	1/2 c. mayonnaise
thinly sliced, about 6 c.	1/2 c. sour cream
1-1/2 c. cold cooked rice	1 t. celery seed
1 10-oz. pkg. frozen peas,	1 t. Accent
cooked, drained and cooled	1/2 t. salt
2 c. cooked pork, diced	Pepper
1 5-oz. can water chestnuts,	
sliced	

Toss together Chinese cabbage, rice, pork and water chestnuts. Combine sour cream, celery seed, Accent, salt and pepper, and taste for seasoning. Toss with salad; chill. Makes 6 main dish servings.

Maxine Ryan, HC, Ottumwa

Corned Beef Salad

1 3-oz. box lemon gelatin	1 12-oz. can corned beef
1-1/2 c. boiling water	1 c. celery, diced
1 c. Miracle Whip	1/2 c. green pepper, diced
1 T. onion, grated	Stuffed olives, sliced
1 T. vinegar	

Mix gelatin and water; cool. Break meat up with a fork. Mix all other ingredients together and add to gelatin. Let salad set in 6 x 10-inch pan and garnish with olives. Cut in squares to serve.

Helen Moore, AB, Bonaparte

Corned Beef Salad

1 sm. pkg. lemon Jello
1 c. hot water
1-1/2 c. celery, diced
1 c. salad dressing
1/2 c. green pepper, diced
1 t. mustard

4 chopped hard boiled eggs
2 c. corned beef
2 T. onion, grated
2 T. parsley, chopped

Dissolve Jello in hot water. Let cool. Add remaining ingredients. Mix and pour into 7 x 11-inch baking dish. Cut into squares when firm. Serve on lettuce leaf. Serves 8.

Dorothy Myers, HX, Des Moines

Crab Louis Salad

1 c. mayonnaise
2 T. wine vinegar
4 T. olive oil
Freshly ground pepper to taste
1/4 c. chili sauce

2 T. minced chives
1 t. horseradish
1 t. Worcestershire sauce
3 c. crab meat
Tomatoes, quartered
Eggs, hard cooked and quartered

Mix first nine ingredients well, chill. Arrange lettuce in chilled bowl; mound crab meat on top. Spoon mayonnaise mixture over crab meat; garnish with tomato and egg quarters.

Marcia Heers, FZ, Story City

Crunchy Tuna Salad

2 7-oz. cans tuna, drained and flaked
1 5-oz. can sliced water chestnuts
1 c. sm. raw cauliflowerets
1 c. celery, diced
1/2 c. almonds, slivered

1/2 c. mayonnaise
1/4 c. onion, minced
1 T. pickle relish
1 T. lemon juice
1/2 t. prepared mustard
1/4 t. each salt, pepper, and curry powder

Toss ingredients lightly; chill thoroughly. Serve on crisp greens.

Nancy Nichols, LW, Knowville

Flying Farmer Chicken Salad

**5 c. chicken, cooked, cut
in chunks**
2 T. salad oil
2 T. orange juice
2 T. vinegar
1 t. salt
3 c. cooked rice
1-1/2 c. celery, sliced

**1-1/2 c. sm. green grapes
(canned spiced grapes can
be used)**
**1 13-1/2-oz. can pineapple
tidbits, drained**
**1 11-oz. can mandarin
oranges, drained**
1 c. almonds, slivered, toasted
1-1/2 c. mayonnaise

Combine chicken, salad oil, orange juice, vinegar and salt; let stand while preparing remaining ingredients, or refrigerate mixture overnight. Gently toss together all ingredients.

Erma Faye Polk, DO, Sidney

Fruited Chicken Salad

4 c. chicken, diced
1 15-oz. can chunk pineapple
1 c. celery, chopped
**1 11-oz. can mandarin orange
sections, drained**
1/2 c. ripe olives, chopped
1/2 c. green pepper, chopped

2 T. onion, grated
1 c. mayonnaise
1 T. prepared mustard
**1 5-oz. can chow mein
noodles**
Lettuce leaves

In large bowl combine cooked chicken, pineapple, celery, oranges, olives, green pepper and onion. Blend mayonnaise and mustard; toss gently with chicken mixture. Cover and chill several hours. Just before serving, mix in chow mein noodles; turn salad into lettuce-lined salad bowl. Serves 8.

Marge Zarley, KD, Des Moines

Hot Potato Salad

8 slices bacon, diced
1 T. flour
2 T. sugar
1-1/2 t. salt
1/4 t. celery seed
1/8 t. pepper
1/2 c. vinegar

1/4 c. water
1/2 c. onion, chopped
1 c. celery, sliced
4 c. potatoes, cooked
1/2 c. salad dressing
1 T. parsley, chopped
1 lb. franks or sausage

Cook bacon; add next 7 ingredients and cook until thick. Add salad dressing and vegetables. Place in casserole and line franks or sausages around edge. Bake 30 minutes at 350° or until well heated.

Mary May Huber, IT, Clarksville

Hot Seafood Salad

1-1/4 c. celery, chopped
1/2 c. green pepper, chopped
3 T. onion, chopped
1 c. mayonnaise or salad dressing
1 can cream of celery soup

2 c. rice, pre-cooked
1/2 t. salt
1/2 t. Worcestershire sauce
1 can crab meat
2 cans shrimp

Mix well. Top with crushed potato chips or buttered crumbs. Bake at 350° for about 40 minutes.

Shirley Walker, BC, Waverly

Island Tuna Medley

2 7-oz. cans tuna
1 c. fresh or canned pineapple chunks, drained
1 orange, peeled and sectioned, or 1 can mandarin oranges, drained
1 green pepper, cut in strips

1/4 c. each of almond slivers, toasted, raisins and coconut, grated
1/2 c. mayonnaise
1/2 c. plain yogurt
2 T. chutney
Juice of 1 lime

Combine tuna with pineapple, orange, green pepper, almonds, raisins, and coconut. Make dressing by combining mayonnaise, yogurt, chutney and lime juice. Chill at least one hour. Toss salad with dressing and serve on salad greens or on cantaloupe ring when in season.

Dot Louden, MB, Fairfield

Ladies' Luncheon Choice — Corned Beef Loaf

- | | |
|--|------------------------------------|
| 1 12-oz. can corned beef | 1 c. celery, finely chopped |
| 3 eggs, hard cooked, finely chopped | 1 c. mayonnaise |
| 1 sm. onion, finely chopped | 1 pkg. lemon gelatin |
| 2 T. green pepper, finely chopped | 1 can beef consomme |

Break corned beef into pieces. Heat consomme and dissolve gelatin in liquid. Stir other ingredients into gelatin. (Not necessary to wait for gelatin to cool.) Pour into Pyrex loaf pan. Serves 8 generously.

Irene Livengood, KK, Cedar Rapids

Polynesian Chicken Salad

- | | |
|--|---|
| 8 to 10 chicken breasts | 2 3-1/4-oz. bags almonds, sliced |
| 1 fresh pineapple, peeled sliced, and cubed | 2 c. mayonnaise |
| 1 lb. seedless grapes, halved | 1 T. fresh lemon juice |
| 2 8-oz. cans water chestnuts, sliced | 1 T. soy sauce |
| | 3 T. curry powder |

Bake chicken, remove from bones and cut in bite size pieces. Combine mayonnaise, lemon juice, soy sauce, and curry powder. Toss with other ingredients. Serves 12 to 16.

Jewel Kintzinger, BM, Grinnell

Polynesian Prize Beef

1 12-oz. beef salami
1 c. mayonnaise
1 T. lemon juice
1 T. soy sauce
1 t. curry powder
1 15-1/2-oz. can pineapple
chunks, drained

2 c. red apples, cubed
1 can water chestnuts,
drained and sliced
1 lb. seedless grapes, halved
1 c. celery, sliced
1/3 c. cashew nuts

Cut salami in 1/4-inch thick slices, then into bite size wedges. Combine mayonnaise, lemon juice, soy sauce and curry powder. Toss together rest of ingredients, fold in mayonnaise mixture and chill. Serve in lettuce cups.

Susan Dodge, LC, Newton

Reuben Salad

5 slices rye bread
3 T. margarine, softened
8 c. lettuce, torn
1 4-oz. corned beef, sliced
and cut in strips

1 8-oz. can sauerkraut, rinsed,
drained and chilled
1 c. natural Swiss cheese,
cubed
3/4 c. Thousand Island dressing
1/2 t. caraway seed

To make rye croutons, brush sides of bread slices with butter or margarine. Cut into 1/2-inch cubes. Place on baking sheet and bake at 300° for 20 to 25 minutes or till croutons are dry and crisp. Makes 2 cups.

Place lettuce in large bowl. Arrange corned beef, sauerkraut, and swiss cheese over lettuce. Add 1 cup croutons. Store remaining croutons in plastic bag for later. Combine Thousand Island dressing and caraway seed; pour over salad and toss till well coated. Serves 6-8.

No name given, MA, Des Moines

Salmon Party Salad

1 envelope (1 T.) unflavored gelatin
1/4 c. cold water
3/4 c. boiling water
2 T. sugar
1 T. lemon juice
1 T. vinegar
2 t. onion, grated

1/2 t. salt
1/2 t. horseradish
1 1-lb. can salmon, drained and flaked
1/2 c. mayonnaise
1/3 c. ripe olives, sliced and pitted
1/4 c. celery, finely chopped

AVOCADO DRESSING:

1 lge. ripe avocado
1/2 c. dairy sour cream

1/2 t. salt

Soften gelatin in cold water. Add boiling water and stir until dissolved. Add next 6 ingredients and chill until partially set. Stir in salmon and rest of ingredients. Spoon into 3-cup mold; chill 5 hours or overnight. Seed, peel and mash the avocado. Combine it with the sour cream and salt. Blend thoroughly. Chill. Just before serving, frost with avocado dressing and garnish with a twisted slice of lemon. Makes 4 servings.

Doris Woods, MT, Fort Dodge

Salmon Salad

3 tall cans red salmon
4 c. celery, chopped
3 or more c. carrots, grated
4 eggs, hard cooked, chopped

1 or more c. seedless white grapes
Lemon juice
Mayonnaise

Mix first 5 ingredients with lemon juice to taste and just enough mayonnaise to hold mixture together. Serve on lettuce. Serves 15 generously for luncheon.

Phyllis Bruggen, IZ, Des Moines

Sea Food Salad

- | | |
|-------------------------------------|-----------------------------------|
| 1 loaf sandwich bread | 2 cans sm. shrimp, drained |
| 1 onion, diced | 2 cans crab meat |
| 4 eggs, hard cooked, chopped | 3 c. mayonnaise |
| 1 c. celery, chopped | |

Lightly butter each slice of sandwich bread. Stack in fours and cube, crust included. Place in large bowl; add onion and eggs. Refrigerate overnight. Next day add celery, shrimp, crab meat and mayonnaise. Serves a large group.

Kae Rusk, BF, Aton

Shrimp Curry Salad

- | | |
|---|--|
| 2 pkgs. tiny frozen peas,
thawed and drained | 1/2 t. curry |
| 1 c. celery, finely chopped | 1 t. lemon juice |
| 2 or 3 cans shrimp | Dash garlic salt |
| 3/4 c. mayonnaise | 1/2 to 1 c. salted cashews |
| | 1 5-oz. can chow mein
noodles |

Blend first seven ingredients a couple hours ahead of time and chill. Add the nuts and noodles at the last minute. Serves 8.

Suzie Kelley, BP, Indianola

Shrimp Salad

- | | |
|------------------------------------|--|
| 2 pkgs. lemon gelatin | 1 c. shrimp (2 4-1/2-oz. cans),
washed |
| 2 c. boiling water | 1 T. onion, finely chopped,
not instant |
| 1 t. salt | 1 c. celery, finely chopped |
| 1 c. real mayonnaise | 4 eggs, hard cooked, chopped |
| 1 c. cream, whipped | 1/4 c. pimiento olives, sliced |
| 1 c. Velveeta cheese, diced | |

Mix gelatin and salt; add water and chill. Whip when gelatin is partly set; add rest of ingredients. Pour into 9 x 13-inch pan; chill. Serve on lettuce leaf with crackers or rolls.

Lenore Ludeman, LW, Mason City

Shrimp Salad

- | | |
|-------------------------------------|---|
| 1 c. carrot, grated | 1 sm. can shrimp |
| 1 sm. onion, finely diced | 1 c. mayonnaise |
| 2 eggs, hard cooked, chopped | 2 c. canned shoe string potatoes |
| 1 c. celery, finely chopped | |

Mix first 6 ingredients together thoroughly. Refrigerate. Before serving, add the shoestring potatoes.

Helen Niles, DW, Coon Rapids

Tiki Tuna Salad

- | | |
|---|-------------------------------------|
| 4 6-1/2-oz. cans of tuna | 2 T. soy sauce |
| 2 20-oz. cans pineapple chunks | 1/2 t. salt |
| 1 can water chestnuts | Lettuce leaves |
| 1 c. celery, chopped | Eggs, hard cooked and sliced |
| 1/2 c. green onion, finely chopped | Tomatoes, cut in wedges |
| 1 c. mayonnaise | Asparagus spears, chilled |
| | Ripe olives |

Drain pineapple thoroughly. Drain tuna and break into chunks. Drain and dice chestnuts. Place pineapple, tuna, celery, chestnuts and onion in large bowl. Combine mayonnaise, soy sauce and salt. Gently fold dressing into salad ingredients. Make the day before. Serve on lettuce leaf. Garnish with egg slices, tomato wedges, asparagus spears and olives. Serves 10.

Lorraine Baur, AG, Winterset

Zippy Seafood Salad

12 stuffed olives, sliced
1 sm. onion, chopped
3 eggs, hard cooked, chopped
3 unpared apples, cut up
3 T. lemon juice

**1 can tuna or crab meat,
drained**
2 cans shrimp, drained
1-1/2 c. celery, chopped
Salt and pepper

DRESSING:

1 c. Miracle Whip
1/4 c. chili sauce
1/2 t. salt

Dash pepper
1 c. French dressing
1 t. Worcestershire sauce

Mix dressing and pour over all ingredients. Toss lightly. Serve on bed of lettuce. Serves 8 or 9.

Naomi Loupee, ME, Newton

SALAD DRESSINGS ****

Blender Dressing for Spinach Salad

1 onion	1 t. celery seed
3/4 c. sugar	1 T. prepared mustard
1 t. salt	1/2 c. cider vinegar
1/2 t. pepper	1 c. oil

Blend well in the blender. Stores well in the refrigerator, tightly covered.

Jan Johnson, AC, Hampton

Blue Cheese Dressing

2 4-oz. pkgs. blue cheese	2 t. lemon juice
2 c. mayonnaise	1 T. dry onion flakes
1 c. sour cream	1/2 t. garlic powder

Soak onion in a little water for 5 minutes; drain. Break up cheese with a fork and add to rest of ingredients. Mix well and refrigerate. Keeps 3 or 4 weeks.

VI Graf, HA, Fairfield

Dressing for Apple Salad

1 c. cold water	1/3 c. corn starch
2 c. boiling water	1/8 c. butter
1-1/2 c. sugar	Vanilla
1/3 c. vinegar	

Mix corn starch with 1 cup cold water and add 2 cups boiling water. Cook until clear, add remaining ingredients and then cool. Do not refrigerate to cool. Serves approximately 30. This may be added to the salad early and apples will not darken. Keeps overnight in refrigerator. Fruit you can use: apples, grapes, drained pineapple chunks, dates, nuts, celery.

Vivian Hance, NN, Oskaloosa

Fruit Salad Dressing

1 lemon
1 orange
1 lime

1 egg
1 c. sugar

Grate and juice the lemon, orange and lime. Beat egg until stiff. Gradually add sugar. Add juices to this and mix. Boil for 1 minute. This keeps several weeks in the refrigerator. Serve on fruit salads.

Helen Tuttle, KF, Spencer
Past President, Iowa State Chapter

Golden Lamb — Shaker Salad Dressing

1/2 c. sugar
1 t. dry mustard
1 t. salt
1 T. celery seed

1/4 t. onion juice (minced onion)
1/3 c. vinegar
1 c. salad oil

Mix sugar, salt and mustard. Add onion juice and small amount of vinegar. Add oil gradually with whisk and remaining vinegar and celery seed. Store in refrigerator. Can be served on spinach with cooked eggs and bacon slices or over fresh grapefruit and orange sections.

Julie Zaring, GV, Fort Dodge

Homemade Salad Dressing

4 whole eggs or 6 yolks and
1 t. flour, beaten
4 T. sugar
1 t. salt
1/2 t. mustard

1 T. flour
1/2 c. vinegar
1/2 c. sweet or sour milk
or cream

Use a double boiler. Mix dry ingredients while vinegar is heating. Mix dry into beaten eggs. Add milk and then pour mixture into hot vinegar and cook until it thickens. Remove from stove and add a little butter.

A double recipe will fill a quart jar. Keeps forever in refrigerator. May use it mixed with other dressing, such as half and half with Miracle Whip.

Ruth S. Morse, AW, Osage

Honey Salad Dressing

2/3 c. sugar
1 t. paprika
1 t. celery seed
1 t. dry mustard
1/4 t. salt

5 T. vinegar
1/3 c. strained honey
1 c. salad oil
1 T. lemon juice

Combine the first five ingredients. Add the vinegar and honey and mix thoroughly. Slowly add the salad oil. Add the lemon juice last to keep from separating.

Dorothy McConnell, II, Cedar Rapids

Poppy Seed Dressing

1-1/2 c. sugar
2 t. dry mustard
2 t. salt
2/3 c. vinegar

3 T. onion juice
2 c. salad oil (never use olive oil)
3 T. poppy seed

Mix sugar, mustard, salt and vinegar. Add onion juice and stir it in thoroughly. Add oil slowly, beating constantly and continue to beat until thick. Add poppy seeds and beat for a few minutes. Store in refrigerator. Onion juice is obtained by grating a large onion on fine side of grater, then straining.

Maxine Schlegel, HR, Ottumwa

Russian Salad Dressing

1 c. sugar
2/3 c. water
Juice of 2 lemons
1 c. catsup
1 c. Mazola or Wesson oil
1 T. horseradish

2 T. onion, grated
1 t. celery seed
1/4 c. vinegar
1/4 t. salt
Paprika to taste

Cook sugar and water until it threads; cool slightly. Add other ingredients, beating oil in last a little at a time. (Can use blender). Yields 1 quart. Will keep indefinitely in the refrigerator. Good for vegetables or fruit salad.

Barbara Long, IC, Davenport



Soups & Sauces



SOUPS

Cauliflower Soup

- | | |
|------------------------------------|-------------------------------------|
| 2 T. butter | 2 c. chicken broth |
| 1 c. celery, thinly sliced | 1 13-oz. can evaporated milk |
| 2 T. onion, minced | or 1-1/2 c. half and half |
| 3 med. potatoes, peeled and | Salt and pepper to taste |
| thinly sliced | 1 T. parsley, chopped |
| 1 lge. head cauliflower | 4 oz. sharp Cheddar cheese, |
| | grated |

Melt butter in saucepan; add onion and celery and cook until transparent. Add potatoes and just enough water to cover. Bring to a boil and cook until tender. Do not drain. Meanwhile, cut up cauliflower and cook until tender in separate pan; drain. Add the cooked cauliflower, chicken broth, half and half and seasonings to the potato mixture. Heat, but do not boil. Add grated cheese; stir until melted. Serve hot. Makes 6 servings.

Harriet Kolar, IH, Cedar Rapids

Cheese Soup

- | | |
|---------------------------------------|------------------------------------|
| 1/4 c. celery, finely chopped | 2 c. milk |
| 1/4 c. onions, finely chopped | 1 can chicken broth |
| 1/4 c. carrots, finely chopped | 1/2 c. sharp cheese, grated |
| 2 T. butter | 3 T. pimienta, chopped |
| 1/4 c. flour | |

Cook vegetables in butter until tender. Add salt and stir in flour; add milk and broth and stir until thickened. Add cheese and pimienta. Simmer 5 minutes. Don't allow to boil. Serve topped with croutons.

Charlotte Fair, AT, Spencer

Mesbyerian **Cheese Soup** x

4 chicken bouillon cubes
1 qt. water
1 c. celery, chopped
1 c. onion, chopped
2-1/2 c. raw potatoes, diced

1 16-oz. pkg. frozen mixed
vegetables
2 cans cream of chicken soup
1 lb. Velveeta cheese
~~1 can clams, minced~~

Cook bouillon, water, celery and onion for 30 minutes. Add potatoes and vegetables and cook for 20 minutes. Add all other ingredients and heat until cheese is melted. Serves 8.

Jean Evans, KC, Ames

Cheese Soup

1 c. green onions, chopped
1/3 c. celery, chopped
1/3 c. carrots, chopped
1 c. water
1 med. onion, chopped
1 stick butter
1 c. flour

4 c. milk
4 c. chicken broth
2 c. water
1 15-oz. jar Cheez Whiz
1 T. prepared mustard
Salt and pepper to taste

Boil green onions, celery and carrots in 1 cup water for 5 minutes. Saute onion in butter; add flour. Bring milk to boil; stir milk, chicken broth and water into flour and onion mixture. Add vegetables, Cheez Whiz, mustard, salt and pepper.

Ruth Arnold, GI, Des Moines

Cheesy Clam Chowder

1 T. onion, chopped
1 can Cheddar cheese soup,
undiluted
1-lb. can tomatoes, cut and
undrained
1 T. parsley

2 T. margarine
1/2 c. milk
1 7-1/2-oz. can minced clams,
undrained
Dash of pepper

Cook onion in margarine until tender. Add cheese soup gradually. Blend in milk; add tomatoes, clams, parsley and pepper. Simmer 10 minutes. Serve with Triscuit crackers. May be made the day before and served next day.

Goldie Helgens, KJ, Marion

Creamy Cheese Soup

2 c. water
1 c. carrots, shredded
1/2 c. onion, chopped
1 t. salt

1 8-oz. pkg. cream cheese,
cut up
2 c. milk
2 T. margarine
2 T. flour

In a 3-quart saucepan combine water, carrots, onion, celery and salt. Bring to a boil and reduce heat. Cook covered 15 minutes or until vegetables are tender. Stir in cream cheese until melted. Add milk. Blend together margarine and flour and add to saucepan. Cook and stir until mixture thickens and bubbles. For variations, broccoli, cauliflower or ham may be included.

Jane Westendorf, CM, Keota

Crab Bisque Soup

1 can condensed cream of
mushroom soup
1 can condensed cream of
asparagus soup
1-1/2 soup cans milk

1 c. light cream
1 6-1/2 or 7-1/2 oz. can crab
meat, drained and flaked
1/4 c. cooking sherry

Blend soups; stir in milk and cream. Heat just to boiling. Add crab meat; heat through. Add cooking sherry just before serving. Float pat of butter atop each serving. Serves 6-8.

Kathy Schlimmelfennig, NZ, Mt. Pleasant

Golden Cauliflower Soup

1 sm. head cauliflower,
separated into small
flowerets, or 2 10-oz. pkgs.
frozen cauliflower

2 c. water

1/2 c. onion, chopped

1/4 c. butter or margarine

1/2 c. flour

2 T. instant chicken-flavored
bouillon, or 6 cubes

2 c. (8-oz.) mild Cheddar
cheese, shredded

2 c. milk

1/8 t. ground nutmeg

Fresh parsley sprigs

Paprika

In a medium saucepan, cook cauliflower in 1 cup water until tender; drain, reserving liquid. Reserve 1 cup cauliflower. Blend reserved liquid and remaining cauliflower to a puree. Set aside. In a large heavy saucepan, cook onion in butter until tender. Stir in flour. Gradually add remaining 1 cup water and bouillon, stirring until well blended and thickened. Stir in pureed cauliflower, reserved flowerets and cheese. Cook over medium heat, stirring until cheese melts. Add milk and nutmeg. Heat thoroughly. Garnish with parsley and paprika. Makes about 1-1/2 quarts.

Bernie Mann, KR, Ames

Quick and Easy Barley Stew

1 lb. ground beef, browned

1/2 c. carrots

1-1/2 c. water

1/4 t. pepper

1 c. tomatoes

1 c. potatoes

1/2 c. celery

1/4 c. barley

Salt to taste

Cook 45 minutes over low heat or until vegetables are done. Bouillon can be added for more beef flavor if desired.

Earlene Schultz, BN, Ackley

Creamy Salmon Broccoli Soup

1 15-1/2-oz. can salmon

1 10-oz. pkg. frozen broccoli,
chopped

2/3 c. onion, chopped

3 T. butter

3 T. flour

1-1/2 c. half and half

3-1/2 c. milk

2 chicken bouillon cubes

1/2 t. salt

1/4 t. thyme

1/8 t. cayenne pepper

Drain salmon, reserving liquid, and break into small chunks with a fork. Cook broccoli according to package directions; drain. Saute onion in butter; blend in flour. Add reserved salmon liquid, half and half and milk, stirring and cooking until thickened and smooth. Dissolve bouillon cubes in hot soup. Add salmon, broccoli and seasonings. Heat through. Makes 4-6 servings.

Carolyn Shipman, IF, Cedar Rapids

Midwest Chowder

10-oz. sharp Cheddar cheese	2 c. potatoes, diced
1/4 c. butter	1/2 c. carrots, sliced
1/4 c. flour	1/2 c. celery, chopped
2 c. milk	1/4 c. onion, chopped
2 c. cream-style corn	1 t. salt

Shred cheese and add to white sauce made with butter, flour and milk. Stir until cheese melts. Combine potatoes, carrots, celery, onions, salt and 2 cups water. Cook 10 minutes. Do not drain. Add to sauce along with corn. Heat through, but do not boil.

Mary Rosendahl, GK, Manson

Lebanese Cucumber Soup

1 lge. or 2 sm. cucumbers, unpeeled	2 T. tarragon vinegar
1-1/2 c. light cream	Salt and black pepper
3/4 c. yogurt	2 T. fresh or dried mint, chopped
1 clove garlic	

Grate cucumbers coarsely in a bowl and peel and crush garlic. Stir in cream and yogurt; add vinegar. Stir in mint and season to taste. Refrigerate at least 1 hour. Serve in individual bowls. For a summery look, garnish with thin slices of cucumber, chopped parsley, chives or a sprig of fresh mint. On special occasions, float a few shelled cooked shrimp on top instead of greens. Serves 4 to 6.

Grace Linder, JF, Iowa City

Pennsylvania Dutch Chicken Corn Soup

**1 stewing chicken, about
4 lbs.
3 qts. water
1 onion, chopped
2 t. salt
1/8 t. pepper**

**1/4 t. saffron
2 c. corn, fresh, frozen or
canned
2 c. noodles, optional
1 t. parsley, chopped
2 hard-cooked eggs, diced**

Cut up the chicken and cover with about 3 quarts of water. Add the chopped onion, salt, pepper and saffron. Stew until tender. Remove the chicken, cut the meat into small pieces and return to broth, together with the corn, noodles, parsley and the eggs. Boil 15 minutes longer. If noodles are not used, the broth may need to be thickened with flour.

Evelyn Roden, NR, Webster City

Ham Chowder

**2-1/2 c. diced ham or smoked
shoulder butt (1 lb.)
2 med. onions, chopped (1 c.)
2 med. potatoes, sliced (2 c.)
2 med. carrots, sliced (2/3 c.)**

**1 T. butter or margarine
2 c. water
1 env. buttermilk salad
dressing mix
2 c. milk**

Saute ham, onions, potatoes and carrots in butter in large skillet for 5 minutes. Add water. Bring to boil; reduce heat, cover and simmer 15 minutes or until vegetables are tender. Meanwhile, combine salad dressing thoroughly with milk. Stir into ham and vegetables. Bring to boil; reduce heat. Cover and simmer 5 minutes.

Ann Kem, MV, Cedar Falls

Broccoli and Cheese Soup

2 T. onion, finely chopped
2 T. margarine
3 T. flour
1/2 t. salt
1/8 t. pepper

2 c. milk
1 c. American cheese, cubed
2 chicken bouillon cubes
1-1/2 c. water
1 10-oz. pkg. frozen broccoli, chopped

In large pan, cook onions in margarine until tender. Stir in flour, salt and pepper and stir until well blended. Add milk. Cook until thickened, stirring constantly. Add cheese and stir until melted. Remove from heat. In separate pan, dissolve bouillon cubes in water. Bring to boil. Add broccoli and cook until done. Do not drain! Add broccoli mixture to cheese mixture and serve.

Chris Branstad, EX, Lake Mills

French Market Soup

1/4 c. each:

Lentils
Red kidney beans
Split peas
Pinto beans
Black-eyed peas
Navy beans
Barley
Lima beans
Baby lima beans
Black beans

1 T. salt
3 qt. water
2 ham hocks
2 bay leaves
1 t. thyme
1 qt. tomatoes, with juice
2 lge. onions, chopped
2 celery stalks, chopped
2 t. salt
Dash of pepper
1-lb. bite-sized smoked sausage links
6 chicken thighs

Wash beans. Cover with water to which the salt has been added. Soak overnight; drain. Add 3 quarts water, ham hocks, bay leaves and thyme. Simmer, covered, for 3 hours. Add tomatoes, onions, celery, salt and pepper. Simmer additional 1-1/2 hours, uncovered. Add meats. Simmer until chicken is tender, covered, about another hour. Remove bones from chicken, shred meat and return to soup. Makes 5 quarts. (Editor's note: would this be a good variation for 15-bean soup mix?)

Mary Gruhl, GW, Davenport

Fresh Mushroom Soup

2 T. butter
1 lb. mushrooms, sliced
3 med. onions, coarsely chopped
1/3 c. fresh parsley, minced
2 T. chicken bouillon granules, dissolved in 3 c. hot water
3 T. tomato paste

1 garlic clove, crushed
1/4 t. pepper, freshly ground
1/2 c. dry white wine
8 slices caraway cocktail rye bread, dried and toasted
1 c. each grated Jarlsberg, Parmesan and Cheddar cheeses, mixed

Melt butter in Dutch oven over medium high heat. Add onion; saute until almost tender. Add mushrooms; saute briefly. Stir in bouillon, parsley, tomato paste, garlic and pepper. Increase heat and quickly bring soup to a boil. Reduce heat and add wine. Simmer 5 minutes. Meanwhile, divide toast and cheese among 8 mugs or bowls and ladle hot soup over top of cheese. Serve immediately. Serves 8.

Nancy Baker, LE, Clear Lake

Cold Raspberry Soup

2 10-oz. pkgs. frozen raspberries, thawed
1/2 c. commercial sour cream
1/2 c. sugar
1-1/2 c. ice water
1/2 c. dry red wine

Put raspberries through a fine sieve. Add sour cream and sugar. Stir well. Add ice water and wine. Put mixture in blender and blend until well mixed. Chill overnight. Stir well before serving in cups. Serve cold. Serve 6.

Florence Irving
Past President, International Chapter

Oyster Stew

1 pt. oysters
1 can minced clams
1/4-1/2 c. dry sherry
4 T. butter
4 T. flour
6 c. milk

4 T. butter
1 carrot, grated
1 celery rib, finely chopped
1 med. onion, grated
1/2 c. parsley, chopped

Simmer vegetables in butter about 15 minutes. Make a thin white sauce with butter, flour and milk. Simmer oysters, clams and sherry until oysters curl, using liquid on oysters and clams as well. Combine all together and season with salt and pepper. Good reheated, too.

Maurine Heilman, BP, Indianola
Past President, Iowa State Chapter

SAUCES

Sauerkraut Relish

- | | |
|--------------------------------------|----------------------------|
| 1 1-lb., 4-oz. can sauerkraut | 1 t. sugar |
| 1 T. instant minced onion | 1/2 t. caraway seed |

Drain sauerkraut. With fork loosen packed shreds. Add onion, sugar and caraway seed. Toss lightly. Cover tightly and chill 2 or 3 hours. Use on hamburgers or frankfurters which have been spread with prepared mustard. Makes 3 cups.

Helen McFadden, CM, Keota

Hot Chocolate Sauce

- | | |
|-------------------------------------|----------------------------------|
| 1 6-oz. pkg. chocolate chips | 1 sm. can evaporated milk |
| 1/2 c. honey | |

Melt chips in a double boiler. Add honey and milk and stir thoroughly. Serve warm. Store in refrigerator. Will turn solid and can be reheated in a double boiler.

Joan Frye, KK, Mason City

Casserole Sauce Mix

- | | |
|--|--|
| 2 c. instant nonfat dry milk crystals | 1/2 t. pepper |
| 3/4 c. cornstarch | 1 t. dried thyme, crushed, optional |
| 1/4 c. instant chicken bouillon | 1 t. dried basil, crushed, optional |
| 2 T. dried onion flakes | |

Combine all ingredients, mixing well. Store in airtight container. Makes 3 cups or equivalent of 9 10-1/2-oz. cans of condensed cream soup. To substitute for 1 can of condensed soup, combine 1/3 cup dry mix with 1-1/4 cups water in saucepan. Cook and stir until thickened. If desired, add 1 tablespoon margarine. To make cream of mushroom soup, add 1/4 cup cooked mushrooms. For cream of celery soup, add 2-3 tablespoons cooked celery.

Betty Simm, FX, Paullina

Cake Sauce

- | | |
|--------------------|-----------------------|
| 1 c. sugar | 1/2 c. raisins |
| 1 c. water | 1/2 c. dates, chopped |
| 1 heaping T. flour | 1/2 c. nut meats |

Cook until thick; add nuts. Serve hot or cold on chocolate cake.
Serves 8-10 adequately.

Grace Hultz, AA, Ames
Gladys H. Meads, AA, Ames
Jan M. Baker, IY, Mason City
Chris B. Nearman, A, Elk Point, SD
(Four generations of P.E.O. presidents)

Sauce for Pork

- | | |
|--|------------------------------|
| 2/3 c. dark brown sugar | 1/2 c. catsup |
| 2 T. cornstarch | 1/2 c. water |
| 2 t. dry mustard | 1/4 c. onion, finely chopped |
| 2/3 c. vinegar | 2 T. soy sauce |
| 1 8-1/2-oz. can crushed pineapple, undrained | Salt and pepper |

Spread meat, meaty side up, in a single layer in shallow pan. Brown at 425° 20-30 minutes. Drain off fat. Combine all remaining ingredients in a sauce pan, stirring until smooth. Cook over medium heat until thick and glossy, stirring constantly. Spoon over each piece of meat, using one-half of the sauce. Reduce oven heat to 350°; bake 45 minutes. Turn meat and pour remaining sauce over meat. Bake 30 minutes more.

Joan Thrasher, NH, Burlington

Sauce Gloria for Vegetables

- | | |
|-------------------------------------|----------------------------------|
| 1 8-oz. pkg. cream cheese, softened | 1/2 t. salt |
| 3/4 c. evaporated milk | 1/2 c. Parmesan cheese, shredded |

Cream the cream cheese; gradually add milk. Heat over low heat, stirring occasionally. Stir in salt and half the Parmesan cheese. Serve over green vegetables or baked potato, sprinkling with remaining cheese. 16 servings.

Marion Weyhrauch, IX, Waterloo

Lemon Medley

4 lemons, washed
2 c. sugar

3/4 c. butter
4 eggs, slightly beaten

Grate rind; squeeze, and strain juice from the lemons. Cook juice, rind, sugar and butter in sauce pan over low heat to melt ingredients. Remove from heat and blend in eggs, stirring vigorously. Return to heat and cook to coat spoon. Cool. Put into jars and store in refrigerator for up to 4 months. Serve the sauce hot or cold over hot or cold cake. If it thickens too much, add water.

Dorothy Elder, BO, Lake City

Peach Sundae Sauce

3 c. fresh peaches, crushed
or finely diced

1 c. plus 2 T. sugar
1/2 c. light rum

Mix and boil uncovered till thick 15 or 20 minutes. Remove from heat and let cool, then add rum. Chill the sauce; will keep for a long time in refrigerator. Can be sealed in sterile jars or frozen. Serve over ice cream, pound cake or angel food cake.

Doris Dull, IN, Ottumwa

Grand Marnier Sauce

5 eggs yolks
1/2 c. plus 2 T. sugar

1/4 c. Grand Marnier Liqueur
1 c. cream, whipped

Put egg yolks plus 1/2 c. sugar into mixing bowl that will fit into a pan making a double boiler. Beat yolks with a whisk or mixer until thick. Put over a pan and beat 10 minutes over boiling water until quite thick and pale yellow. Remove and stir in half the Grand Marnier. Allow to cool and refrigerate. Beat 1 cup whipping cream with 2 tablespoons sugar and stir in remaining Grand Marnier. Good over fruit with cookies.

Kathy Boatman, DI, Hamburg

Orange Fluff (Topping)

3 egg yolks
1/2 c. sugar
1/2 c. orange juice
1 T. orange rind, grated

1 c. heavy cream, whipped or
1 container La Creme
whipped topping
1/2 c. nuts, chopped or 1/2
c. coconut, grated

Mix together egg yolks, sugar and orange juice in top of double boiler. Cook over hot water, stirring constantly, for about 15 minutes or until thick. Remove from heat; stir in orange rind and cool. Fold in whipped cream and nuts. Serve on plain cake or angel food cake. Serves 8-10.

Agnes Porter, FW, Lenox

Cream Horseradish Sauce

1 c. heavy cream, whipped
1/3 c. mayonnaise
1/4 c. horseradish

1 t. salt
Dash cayenne
1 t. prepared mustard

Combine all ingredients. Beat just enough to blend. Keep in refrigerator. Serve with ham or roast beef. Makes 2 cups.

Juanita Lorentzen
Co-Hostess, Iowa P.E.O. Home, Mt. Pleasant

Chocolate Sauce

2 sq. unsweetened chocolate
2 T. butter
2/3 c. boiling water

2 c. sugar
4 T. white Karo syrup

Melt chocolate slowly; add butter. Add water, sugar and syrup; stir until mixed. Cover; cook over low heat. When it boils around the edges, time for 9-1/2 minutes. Keep refrigerated.

Laurie Freeburg, MI, Ames



Vegetables

VEGETABLES

Asparagus Amandine

2 No. 303 cans green
asparagus spears, drained,
reserve juice
1 can cream of mushroom
soup
1/2 c. asparagus liquid
1/2 t. salt
1/4 t. pepper

1 c. American or Cheddar
cheese, grated
1 c. bread crumbs
4 T. butter
1/2 c. almonds, lightly
toasted

Lay asparagus in oblong casserole. Pour the soup mixed with liquid, salt and pepper over asparagus. Sprinkle with grated cheese. Melt butter, add bread crumbs and sprinkle over grated cheese. Dot with whole almonds. Bake at 300° for 45 minutes. Serves 8.

Marge Zeigler, NU, Marshalltown

Asparagus Casserole (24-Hour)

1 can asparagus (or 2 cups
fresh, cooked), reserve
juice
3 hard cooked eggs, sliced
Milk

3 eggs, well beaten
1/2 c. Cheddar cheese,
grated
1 c. soft bread crumbs or
cubes

TOPPING:

1 can cream of mushroom
soup
1 t. lemon juice

1/8 t. paprika
1 T. parsley, chopped
Green stuffed olives, sliced

Make a medium white sauce with juice from asparagus and enough milk to make 1 cup. Add asparagus, eggs, cheese and bread crumbs or cubes. Place in well greased 9 x 13-inch pan. Top with blended topping ingredients. Refrigerate for 24 hours. Bake at 350° for about 1 hour. Let stand 15 minutes.

Erma Reid, EA, Clear Lake

Asparagus Casserole

2 T. butter
2 cans asparagus, pieces
1 can cream of mushroom soup

4 hard boiled eggs
1 sm. can mushrooms, cut up

Mix together and top with cracker crumbs. Dot with butter. One 16-ounce can of tuna may be added if you want a meat dish instead of vegetable.

Agnes Bashor, FW, Lenox

Baked Hash Browns

1/2 c. margarine
1 can cream of mushroom soup
1/2 soup can milk
Onion, diced, to taste

1/2 lb. diced Velveeta cheese
1 sm. carton sour cream
2-lb. pkg. frozen hash brown potatoes
Salt and Pepper

Melt margarine in large saucepan. Add cream of mushroom soup, milk, cheese and sour cream. Add diced onion, salt, and pepper to taste. Fold in hash brown potatoes. Pour into a 9 x 13-inch pan and bake at 350° for 1-1/2 hours.

Lyndal Watts, DA, Montezuma

Baked Mushrooms

1 lb. fresh mushrooms, sliced
2 T. lemon juice
2 T. onion, finely chopped
1/4 c. butter
Salt and pepper

1 T. flour
2 T. Parmesan cheese
1 c. whipping cream
2 egg yolks, slightly beaten
2 T. fine, soft bread crumbs

Sprinkle mushrooms with lemon juice and place in small saucepan with onion and 2 tablespoons of the butter. Add salt, pepper, flour and cheese. Stir, cover and simmer 3 minutes. Turn into baking dish. Mix together the cream and egg yolks. Pour over the mushroom mixture. Sprinkle with the bread crumbs. Dot with the rest of the butter. Bake at 400° for 15 minutes.

Martha Graham, KF, Spencer

Baked Pineapple

- | | |
|--|-------------------------------|
| 1 lge. can crushed pineapple,
not drained | 1/2 c. sugar |
| 1 c. Cheddar cheese,
shredded | 2 T. flour |
| | Bread crumbs, buttered |

Mix first four ingredients together; put in buttered casserole. Cover with bread crumbs. Bake 45 minutes at 350°.

Peach Moore, LU, Cedar Rapids

Baked Vegetable Medley

- | | |
|---|-----------------------------|
| 1-1/2 c. onion, sliced | 1/2 t. pepper |
| 1-1/2 c. carrots, sliced | 3 T. tapioca |
| 3/4 c. green pepper, cut in
strips | 2 c. sliced celery |
| 2 t. salt | 2 c. green beans |
| | 2 c. canned tomatoes |

Combine ingredients and place in casserole; cover tightly. Bake at 350° for 1 hour and 10 minutes.

Sandra Bainbridge, DH, Sioux City

Bavarian Sauerkraut

- | | |
|--|----------------------------------|
| 2 lbs. canned sauerkraut | 1 T. caraway seed |
| 1 or 2 onions, sliced | 1 T. sugar |
| 2 slices bacon, diced,
uncooked | 1 c. beef bouillon |
| 2 T. butter | 1/2 c. white wine or beer |

Rinse sauerkraut with warm water and drain well. Combine drained sauerkraut, onions, bacon, butter, caraway seed and sugar. Cover tightly. Cook 1/2 hour. Add bouillon and liquid and simmer 1/2 hour or longer until kraut is cooked to your taste. Freezes well.

Charlotte Johnson, KY, Clinton

Bean Casserole

1 can kidney beans
1 can butter lima beans
1 can green lima beans
1 lge. can pork and beans
1/4 lb. bacon
2 or 3 onions, sliced and
ringed

2 cloves garlic, minced
1/4 t. dry mustard
1/2 c. vinegar
1 c. brown sugar
1 t. liquid smoke, optional

Drain all beans except the pork and beans. Chop bacon and fry. Add onion, garlic and seasonings. Simmer 20 minutes. Mix with beans. Place in casserole; bake at 350° for 1 hour.

Ruth Hamilton, GA, Des Moines

Broccoli Casserole

2 pkgs. broccoli, frozen,
chopped
1 c. onion, chopped
1/4 c. margarine
6 oz. processed cheese,
shredded

1 can mushroom soup
1 can mushrooms, chopped
1/2 c. almonds, toasted,
sliced
1/2 c. Pepperidge Farm
stuffing

Brown stuffing in margarine. Cook broccoli 5 minutes; drain and arrange in 9 x 13-inch pan. Cook onion in margarine until transparent, add cheese, soup, mushrooms, and half the almonds. Simmer to melt cheese. Pour over broccoli. Sprinkle with browned stuffing and rest of almonds. Bake at 325° for 25 minutes. 8 servings.

Anne Clawson, JX, Fort Dodge

Broccoli-Onion Casserole

1 lb. fresh broccoli or one
10-oz. pkg. frozen cut
broccoli
2 c. frozen small whole
onions or 3 med. onions,
chopped
4 T. margarine
2 T. flour

1/4 t. salt
Dash of pepper
1 c. milk
1 3-oz. pkg. cream cheese
2-oz. sharp American cheese
shredded (1/2 cup)
1 c. soft bread crumbs

Cook broccoli and drain. Cook onions in boiling, salted water until tender; drain. In saucepan melt 2 tablespoons of the margarine; blend in flour, salt and pepper. Add milk; cook until thick and bubbly. Reduce heat; blend in cream cheese until smooth. Place broccoli in 1-1/2-quart casserole. Pour sauce over and mix lightly. Top with shredded cheese, cover and chill. Bake casserole covered at 350° for 30 minutes. Sprinkle crumbs around the edge and bake uncovered about 30 minutes more. Serves 6.

Lois Gilman, BS, Fort Madison

Carrot Casserole

2 lb. carrots
1/4 c. margarine
1 med. onion, chopped fine

1 c. cheese, cubed
3 slices dried bread, finely crumbled

Parboil carrots after peeling, then slice and drain. Place in buttered casserole. Mix together margarine, onion and cheese and place in casserole. Sprinkle dried bread crumbs on top. Bake at 350° for 35 minutes.

No name given, CC, Greene

Carrot Souffle

2 c. carrots, cooked
1 t. salt
1/4 c. honey
1-1/4 c. rich milk or cream

3 T. corn starch
3 eggs, well beaten
4 T. margarine

Peel carrots, cook until tender, drain and press through a colander. Stir in salt and honey. Dissolve corn starch in milk and add eggs; stir in melted butter. All of the ingredients may be placed in a blender and beat in one step. Pour into buttered casserole. Bake 30 to 40 minutes at 375°.

Kay Dunn, MP, Dubuque

Cauliflower-Walnut Casserole

- | | |
|--|---|
| 1 med. head cauliflower,
about 2 lb. | 1/3 c. walnuts, coarsely
chopped |
| 1 c. sour cream | 1/4 c. fine dry bread crumbs |
| 1 c. Cheddar cheese,
shredded (4-oz.) | 1 T. margarine, melted |
| 1 T. flour | 1 t. marjoram leaves,
crumbled |
| 2 t. chicken bouillon crystals | 1/2 t. onion salt |
| 1 t. dry mustard | |

Cook cauliflower. Heat oven to 400°. Mix sour cream, cheese, flour, bouillon crystals and mustard. Place cauliflower in 10 x 6 x 13-inch baking dish. Spoon cheese mixture over cauliflower. Mix walnuts, crumbs, butter, marjoram and onion salt. Sprinkle over cheese and cauliflower. Bake until hot and bubbly, about 15-20 minutes. Serves 4-6.

Lucille Russell, GW, Davenport

Celery Casserole

- | | |
|--|--|
| 4 c. celery | 1 c. fine soft bread crumbs |
| 1 5-oz. can cream of chicken
soup | 1/4 c. slivered almonds,
toasted |
| 1/4 c. diced pimienta | 1 5-oz. can water chestnuts,
sliced |
| 2 T. butter | |

Cut celery in 1-inch slices and cook in salted water until crisp, about 8 minutes. Drain. Mix celery, water chestnuts, pimienta and soup together. Put into 1-quart casserole. Melt the 2 tablespoons of butter and toss with bread crumbs and almonds. Sprinkle crumb mixture over casserole. Bake at 350° for 35 minutes.

Vivian B. Gibson, Original A, Mt. Pleasant

Celery-Chestnut Casserole

1 can cream of chicken soup
1/4 c. milk
1 c. celery, sliced

1 16-oz. can water chestnuts
2 c. fairly dry bread cubes
Butter

Blend soup and milk. Saute celery in butter and add water chestnuts. Combine with dry bread cubes. Note: saute celery lightly for crisper texture. Bake in 1-1/2 quart casserole about 30 minutes at 350°. Can be topped with herbed crumbs if desired. Optional: poultry seasoning may be added to taste.

This recipe can serve as a dressing substitute.

Margaret Pauley, AP, Harlan

Cheesy Potato Casserole

2-1/2 c. instant potatoes
2 c. water
1 c. milk
1 8-oz. pkg. cream cheese,
softened

1 carton French onion dip
1 t. garlic salt
1-1/2 c. Velveeta cheese,
diced or shredded

Mix together potatoes, milk and water. Add garlic salt, French onion dip and cream cheese. Mix together well, then stir in Velveeta cheese. Pour into 9 x 13-inch pan; top with paprika. Bake at 350° for 35 minutes. Serves 6.

Pam Hammes, CM, Keota

Corn Pudding

2 eggs
2-4 T. sugar
1/4 c. butter, melted
1/2 c. milk, heated

Salt to taste
2 c. whole kernel corn,
drained

Combine eggs and sugar and beat well. Gradually stir in butter. Add milk; beat until smooth. Add corn and refrigerate at least 30 minutes. Blend well before baking. Bake in 1-quart casserole dish placed in pan of water for at least 30-35 minutes at 350°. Serves 4.

Naomi Mason, HN, Ames

Corn-Broccoli Casserole

**1 pkg. frozen broccoli,
thawed**
1 can cream-style corn
1 can whole kernel corn

**1 pkg. Chicken-n-Biscuit
crackers, crushed**
1 stick margarine, melted

Mix vegetables. If whole kernel corn is in tall can, drain first. Mix crackers and margarine; reserve 1/2 cup. Mix vegetables and crackers. Top with reserved crumbs. Bake at 350° for 30 minutes.

Breta Soldat, KD, Des Moines

Corn-Noodle Casserole

1 can cream style corn
1 egg, slightly beaten
2 c. noodles, cooked
**Corn flakes, crushed,
optional**

**3/4 c. cheese, Velveeta or
grated Swiss**
4 T. margarine

Mix together the corn, egg, noodles, cheese and margarine. Top with crushed corn flakes if desired. Bake at 350° for 45 minutes. Serves 6.

Margaret Stoutner, CM, Keota

Creamed Zucchini and Corn

**1 12-oz. can whole kernel
corn, undrained**
5 c. zucchini, sliced
**4-oz. can mushrooms,
drained**

1 t. chicken bouillon crystals
1/2 c. dairy sour cream
1 T. flour
1 T. dill weed
1/2 t. salt

In a crock pot place corn, zucchini, mushrooms and bouillon crystals. Cook on high 2 hours. Blend remaining ingredients; add and cook 15 minutes.

Ginger Ferguson, M, Knoxville

Creamy Baked Hash Browns

1 can cream of celery soup
1/3 c. milk
1 3-oz. pkg. cream cheese
4 c. frozen hash browns

1/4 c. onions, chopped
1/2 c. Cheddar cheese,
shredded

Combine soup, milk and cheese. Stir over low heat until smooth. Combine with potatoes and onion. Pour into greased 9 x 9-inch casserole. Sprinkle Cheddar cheese over. Cover with foil and bake at 350° for 1-1/2 hours.

Fran Wood, IC, Davenport

Curried Fruit

Canned fruit, good quality:
pears, pineapple rings,
maraschino cherries,
peaches, apricots
1/2 t. curry powder

1/2 t. ginger
1/2 c. brown sugar
4 T. butter
2 t. lemon juice
1 c. juice from one of the
fruits

Use fruits in any combination you prefer. Drain fruits well and arrange in shallow baking dish. In small pan, mix balance of ingredients. Heat to melt the butter; then pour over fruit. Refrigerate; then bring dish to room temperature. Bake at 350° for 20 minutes.

Margaret Sumners, FS, Clarion

Elegant Green Beans

- | | |
|--|--|
| 1/4 lb. butter | 1/8 t. tabasco sauce |
| 1/3 c. onions, chopped | 1/8 t. salt |
| 1 4-oz. can mushrooms,
drained, reserve liquid | 1 c. milk |
| 1 5-oz. can water chestnuts,
drained and sliced | 1/2 c. liquid from mushrooms |
| 4 T. butter | 1 c. cheese, grated |
| 1/3 c. flour | 2 No. 2 cans green beans,
drained |
| 1 t. soy sauce | 1 c. French fried onions |

Melt butter, add onions, mushrooms, water chestnuts. Stir and cook slightly. Melt butter; blend in flour. Add other ingredients and cook until thick. Layer beans alternately with onion mixture. Last layer should be beans. Bake at 350° for 45 minutes. Take out and crumble French Fried onions over top. Return to oven for 10 minutes.

Solveig Bailey, IGI, Waterloo

English Pea Casserole

- | | |
|---|--|
| 2 10-oz. pkgs. frozen peas | 1 c. water chestnuts, finely
chopped |
| 1 c. celery, finely chopped | 1 sm. jar pimientos, diced |
| 1/4 c. onion, diced | 1 can cream of mushroom
soup, undiluted |
| 1/4 c. butter | |
| Buttered bread crumbs or
cubes | |

Cook peas according to package directions and drain well. Combine all ingredients except bread crumbs or cubes and place in buttered casserole. Cover top with bread crumbs or cubes; pour melted butter over bread crumbs. Bake about 30 minutes in a 350° oven, till bubbly and brown. This freezes well.

Carolyn Bertness, GJ, Sioux Rapids

Escalloped Pineapple

- | | |
|--|----------------------------------|
| 4 slices bread, cubed with crusts left on | 1 c. sugar |
| 1 No. 2 can chunk pineapple, drained | 1 stick margarine, melted |
| 2 eggs | 2 T. lemon juice |
| | Salt |
| | 1/4 c. milk |

Cube bread, drain pineapple and mix together. Put in casserole. Pour rest of ingredients over pineapple mixture. Bake at 350° for 30 minutes. Serves 4.

Florence Wallace
Past President, Iowa State Chapter

Exotic Celery

- | | |
|---|-------------------------------------|
| 4 heaping c. celery, cut in 3/4-inch lengths | 1 sm. can pimiento and juice |
| 1 can water chestnuts, sliced and drained | 1 can cream of chicken soup |
| | 1/2 c. almonds, sliced |

Boil celery in salted water 5 minutes; drain. Put in buttered casserole; add remaining ingredients. Bake uncovered at 350° for 30 minutes.

Willetta Collins, LA, Des Moines

Fresh Vegetable Marinade

- | | |
|--|--------------------------------------|
| 5 c. cauliflower flowerets | 1 onion, separated into rings |
| 4 c. broccoli flowerets (1 bunch) | 1-1/2 c. cooking oil |
| 8 lge. fresh mushrooms, sliced | 1/2 c. vinegar |
| 3 stalks celery, chopped | 2 T. sugar |
| 1 green pepper, cut into strips | 2 T. poppy seeds |
| | 2 t. dry mustard |
| | 1 t. salt |

Combine vegetables in large bowl. Shake remaining ingredients in jar. Pour dressing over vegetables. Cover and chill. Makes 12 servings.

Julie Phillips, AL, New Sharon

Fried Rice

8 slices bacon, chopped fine	4 T. soy sauce
2 stalks celery, cut up	6 c. cold cooked rice
1 sm. onion, diced	1 T. sugar
4 green onions, cut up	Salt and pepper to taste
1 green pepper, chopped fine	4 eggs

In large fry pan, fry bacon until brown. Add celery, green pepper, and onion. Cook about 3 minutes. Push to one side of pan. Add 4 eggs and scramble until hard. Add rice and fry, stirring constantly. Season with soy sauce, salt and pepper. Serves 16.

For a main dish, you can add chopped leftover chicken, beef, pork, or ham.

Karen Harrison, FN, Garner

Green Beans Deluxe

3 strips bacon	1 qt. green beans
1 sm. onion, chopped	Sugar
1 can tomato soup	Salt
1 4-oz. can mushrooms	Pepper

Fry bacon in skillet. Remove from skillet and crumble. Saute onion in bacon drippings. Return crumbled bacon to the skillet and add soup and mushrooms. When this has been heated through, add green beans, sugar and season to taste. Simmer for 30 minutes or more.

Gwen Augustine, MX, Washington

Green Beans Supreme

1 stick margarine	1/2 c. mushroom juice
1/2 c. onion, chopped	1/3 c. flour
1 4-oz. can mushrooms, drained, save juice	1 t. soy sauce
1 can water chestnuts, sliced	1 c. milk
1/2 t. Tabasco sauce	1 c. cheese, grated
2 T. margarine	2 cans French style green beans, drained
	1/8 t. salt

Melt butter, add onions, mushrooms and water chestnuts and cook until the onions are clear. Put the remaining ingredients, except beans, in a double boiler and cook until thick. Add the green beans. Alternate the 2 mixtures in a buttered baking dish. Bake 35-45 minutes at 350°.

Roberta McDonald, CI, Cincinnati

Green Rice

1 sm. box Uncle Ben's rice
1 lb. jar Cheese Whiz
7-oz. pkg. frozen broccoli,
chopped
2 eggs, beaten

2/3 c. milk
1 onion, chopped
1 can mushroom soup
Water chestnuts, chopped,
optional

Cook rice according to directions. Cook broccoli and drain. Stir all ingredients together and pour into a 2-quart casserole that has been lightly greased. Bake 1-1/2 hours at 325°. Serves 8 to 10.

Marjorie Ricketts, KC, Ames

Herbed Peas

6 pkgs. frozen peas
3 or 4 med. carrots, sliced
2 t. parsley
9 T. green onion, sliced (8-12)
1/2 t. thyme

1/2 t. rosemary
1/2 t. marjoram
2 t. salt
2 t. sugar

Melt generous amount of butter to saute carrots in a heavy pan. Add remaining ingredients. Cook, covered, to boiling point, stirring to break up frozen peas. Lower the heat and cook for 5 minutes. You may cool and refrigerate, overnight even, and when ready to use, reheat on lowest heat. Do not boil again.

Patricia Hix, ML, Waverly

Herb Spinach Bake

1 10-oz. pkg. frozen chopped spinach
1 c. cooked rice
1-1/2 c. sharp Cheddar cheese, shredded
1 egg, slightly beaten
3 T. butter or margarine, softened

1/2 c. milk
4 T. onion, chopped (or more if desired)
1/2 t. Worcestershire sauce
Salt, oregano, thyme to taste
Bacon and mushrooms, optional

Cook and drain spinach. Mix with cooked rice, cheese, egg, butter or margarine, milk, onion and other seasonings. Pour into greased 10 x 6 x 1-1/2-inch baking dish. Bake at 350° for 20-25 minutes or until knife inserted half way comes out clean. Serves 6 as a vegetable or can be cut into 1-inch squares for hot hors d'oeuvres.

Betty Collison, JU, Marshalltown,

Hot Fruit Compote

1/3 c. butter
3 firm bananas
1 lge. can pears, drained (may use apricots)
1 lge. can peaches, drained

1 lge. can pineapple, drained
1 sm. bottle cherries
3/4 c. brown sugar
1 T. corn starch
1 t. curry powder

Melt butter in baking dish and add fruits. Mix brown sugar, corn starch and curry powder and place over fruit. Bake uncovered at 350° for 45 minutes to 1 hour. Serve hot. Good with fowl at holiday time.

Gretchen Brayton, FH, Sumner

Hot Fruit Compote

1/2 c. fruit juice
1 jar maraschino cherries
1 can each peaches, pears
and apricots
1 can pineapple chunks

4 T. butter
Nutmeg
Allspice
Flour
Powdered sugar

In a large flat baking dish arrange drained halves of peaches, pears and apricots. Put a maraschino cherry in the center of fruit. Scatter pineapple chunks in all empty spaces. Melt butter in fruit juice; pour over fruit in baking dish. Sprinkle plentifully with spices. Over this scatter flour and a layer of powdered sugar. Bake 30-40 minutes at 400°. Serve hot; delicious with turkey, chicken, and pork.

Floy Lischer, CU, Bedford
President, Iowa State Chapter

Jo's Bean Casserole

1 15-oz. can yellow wax
beans
1 15-oz. can green beans
1 15-oz. can butter beans
1 15-oz. can kidney beans
1 16-oz. can pork and beans

1/2 lb. bacon, cut in pieces
1 T. liquid smoke
1 lge. onion, grated
2 c. brown sugar
1 T. seasoned salt

Drain all beans, except pork and beans. Rinse kidney beans. Mix all ingredients; cook in crock pot on low for 7 to 8 hours or bake at 350° for 70 minutes, covered. Optional: Add 1 15-oz. can lima beans, drained, and 1 15-oz. can garbanzo beans, drained. 16 servings.

Marcia Ward, MJ, Marshalltown

Lima Beans au Gratin

1 lb. lge. dried lima beans,
cooked
1/4 c. onion, chopped
1/4 c. celery, chopped
1/2 c. margarine
1/4 c. flour
1 c. milk

1 c. evaporated milk
1-1/2 c. Cheddar cheese,
shredded
3 T. pimiento
1/2 t. salt
Thyme
Paprika

Drain cooked lima beans, reserving 1/4 cup liquid. Saute onion and celery in melted margarine; stir in flour. Gradually add milk, evaporated milk and reserved cooking liquid. Cook until thick, stirring constantly. Stir in 1 cup of cheese, until melted. Add pimienta, salt and thyme. Place beans and sauce in alternate layers in greased 2-quart casserole, ending with sauce. Top with remaining 1/2 cup cheese. Sprinkle with paprika. Bake uncovered at 350° for 1 hour.

Ruth Wells, DF, Toledo

Lima Bean Casserole

2 10-oz. pkgs. frozen lima beans, cooked and drained
4 T. butter or margarine
2 T. flour
1/2 t. salt
1/2 t. dry mustard
2 c. milk

1-1/2 c. Cheddar cheese, grated
1 sm. jar chopped pimienta
1 T. dried parsley
1/2 t. oregano
1/2 t. rosemary
Buttered crumbs

Make sauce with butter, flour, salt, mustard, milk and cheese; add pimienta and spices. Place lima beans in greased casserole and pour sauce over. Top with buttered crumbs and bake at 350° for 30 minutes. Serves 8-10.

Lydia Rogers, HP, Des Moines

Marinated Fresh Vegetables

2 tomatoes, peeled, cut into 1/2-in. squares
2 stalks celery, diced
1 zucchini, diced
1 onion, diced
1 green pepper, diced

1/2 cucumber, peeled and diced
1/2 c. sugar
1/2 c. cider vinegar
1/2 t. salt
1/8 t. pepper

Toss all ingredients together; refrigerate 4 or more hours. Drain and serve. Mushrooms, etc., may be added.

Grace Meldrum, E, Salt Lake City, Utah
Chairman Educational Fund (1983)
International Chapter

Mixed Vegetable Casserole (Gronsaksqratin)

in flour
r 3

- | | |
|---|--------------------------------|
| 3 med. carrots, sliced (about 1-1/2 c.) | 2 T. margarine or butter |
| 8-oz. green beans, cut into 1-in. pieces | 2 T. flour |
| 1/2 sm. head cauliflower, separated into flowerets (about 2 cups) | 1/8 t. pepper |
| 1 sm. onion, sliced | 1/2 t. salt |
| | 1/2 c. whipping cream |
| | 1/4 c. Parmesan cheese, grated |

Heat 1 inch of salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add carrots, beans, cauliflower and onion. Heat again to boiling; reduce heat. Cover and simmer until tender, 12 to 15 minutes. Drain vegetables, reserving liquid. Place vegetables in ungreased oblong bakng dish, 11 x 7 x 1-1/2-inches, or square baking dish 8 x 8 x 2-inches. Heat margarine over low heat until melted. Blend in flour, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in 1 cup of the reserved liquid and the whipping cream. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Pour sauce over vegetables; sprinkle with cheese. Set oven control to broil and/or 550°. Broil until top is light brown and bubbly, 3 to 5 minutes. Serves 6.

Sandra Griffing, D, Centerville

Mushrooms Under Glass (Champgnons sous Clouche)

- | | |
|--|---------------------------------------|
| 1 lb. fresh mushrooms, or use half canned mushrooms, drained | Salt and pepper |
| 10 slices bread | 1-1/2 c. heavy cream or half and half |
| | 1/2 stick butter or margarine, melted |

Butter large casserole. Toast bread and remove crusts. Butter generously, cut into quarters or cubes. Alternate layers of toasted bread with mushrooms, ending with large mushrooms on top. Salt and pepper lightly as you go along. Pour over the cream. Refrigerate overnight. Bake uncovered at 350° for 1 hour. The dish may be served in an open casserole, or the French way, in a beautiful glass-covered casserole. Serve 8.

Laurie Koldenbrander, ND, Pella

Nantucket Succotash

- | | |
|--|------------------------------|
| 1 can (1-lb.) whole kernel corn, drained | 1/4 c. green onions, chopped |
| 1 pkg. (10-oz.) frozen cut green beans, cooked and drained | 1/2 c. mayonnaise |
| 1/2 c. (2-oz.) sharp cheese, shredded | 1/2 t. Worcestershire sauce |
| 1/4 c. celery, chopped | 1 c. soft bread crumbs |
| | 2 T. margarine, melted |

Combine first five ingredients. Mix mayonnaise with Worcestershire sauce. Fold into vegetables mixture. Put in 1-quart casserole. Combine crumbs and margarine. Sprinkle on top. Bake at 350° for 30 minutes.

Joan Parsons, E, Iowa City

Onion Casserole ✕

- | | |
|-----------------------------|---|
| 6-8 lge. onions, sliced | 3 c. potato chips, crushed (measure after crushing) |
| 2 c. Cheddar cheese, grated | 1 can cream of mushroom soup |
| | 1/2 soup can of milk |

In a deep, about 4-5 inches, round casserole dish, layer one half the onions, one half the cheese and one half the crushed potato chips. Combine soup and milk; mix well. Pour one half over onion mixture. Repeat all layers again. Bake at 350° for 1 hour.

Pat Meyer, FV, Cedar Falls

Onion Casserole (Microwave)

- | | |
|----------------------------|-------------------------------|
| 4 yellow onions, sliced | 1-1/2 c. croutons |
| 3 T. butter | 2 T. butter, melted |
| 2 T. flour | 1/2 c. Swiss cheese, shredded |
| 1 c. beef broth, condensed | 3 T. Parmesan cheese |

Saute onions and 3 tablespoons butter for 7 minutes. Stir in flour and pepper to taste. Add beef broth; stir every 30 seconds for 3 minutes. Toss the croutons with the 2 tablespoons melted butter; sprinkle over onions and add the cheeses. Cook uncovered 2 minutes more. (Like French onion soup.)

Carla Kramer, MS, Des Moines

Onion Pie

2 c. onions, sliced
3 T. butter
1 egg, beaten
1/2 c. cream.

Salt and pepper
Partially baked pie shell
Parmesan cheese

Saute onions in butter until transparent. Arrange in pie shell. Beat egg until light, add cream, salt and pepper to taste, and spoon over onions. Sprinkle generously with Parmesan cheese. Bake at 425° for 35 minutes until top is nicely brown. Serve hot.

Lucy Simpson, MB, Fairfield

Party Peas

2 T. butter or margarine
1 10-oz. pkg. frozen peas
2 c. lettuce, shredded
1/4 c. onion, chopped

1 t. salt
1/4 t. black pepper
Pinch dried sweet basil,
tarragon or mint, optional

Heat butter in large saucepan; add frozen peas, cover and cook slowly until peas are just defrosted. Do not add water. When peas are thawed completely, add lettuce, onion, and seasonings. Mix lightly, cover tightly and steam for 4 minutes, no more. 6 servings.

Lorna Vermazen, FG, Fayette

Potato Salad Casserole

- | | |
|-----------------------------|-----------------------------------|
| 1 can cream of chicken soup | 5 med. potatoes, cooked and cubed |
| 2 c. sour cream | 5 hard boiled eggs, chopped |
| 1 T. parsley | 1-1/2 c. Cheddar cheese, grated |
| 1 T. green onions | |
| 1 t. salt | |
| 1 t. pepper | |

Reserve 1/2 cup cheese. Mix together the rest of the ingredients. Top with the 1/2 cup cheese. Bake at 350° for 30 minutes.

Marilyn Van Antwerp, AF, Atlantic

Potluck Potato Casserole

- | | |
|-----------------------------------|-----------------------------------|
| 2 lb. hash brown potatoes, frozen | 1 can cream of chicken soup |
| 1/2 c. butter, melted | 1 pt. sour cream |
| 1 t. salt | 2 C. sharp Cheddar cheese, grated |
| 1/2 t. pepper | 2 c. corn flakes, crushed |
| 1/2 c. onion, chopped | 1/4 c. butter, melted |

Combine hash brown potatoes and 1/2 cup butter and add salt and pepper. Add onion, soup, sour cream and cheese. Mix corn flakes and 1/4 cup melted butter. Top casserole with this mixture. Bake 350° for 45 minutes. Serves 16.

Phyllis Peterson, IG, Keokuk

Rice Pilaf

- | | |
|--------------------------------|---------------------------------|
| 1/4 c. butter or margarine | Pecans |
| 1/2 c. vermicelli, broken | 2 c. chicken broth |
| 1/4 of 1 green pepper, chopped | 1 c. Uncle Ben's converted rice |
| 4 green onions, sliced | Salt and pepper |
| 1 sm. can mushrooms, sliced | |

Melt the butter or margarine in Dutch oven or large saucepan; then add the vermicelli and brown slowly. Add the green pepper, onions, mushrooms and desired amount of pecans. Add the chicken broth and stir; add the rice, cover and cook over low heat for 1 hour (you may have to add more broth). Salt and pepper to taste. Serves 6-8.

Helen Gustafson, KT, Des Moines

Scalloped Carrots

- | | |
|-------------------------------------|----------------------------|
| 3 c. raw carrots, sliced | 2 T. butter |
| 1/2 c. water | 2 T. flour |
| 1/4 c. onion, chopped | 1 c. milk |
| 1/4 c. green pepper, chopped | 1 c. cheese, grated |
| Potato chips, crushed | 1 t. salt |

Cook carrots, onions and green pepper in water. Drain; pour into casserole. Melt the butter and mix with flour; add milk, grated cheese and salt and cook until thickened. Pour over vegetables, top with crushed potato chips. Bake at 350° for 30 minutes.

June Mitchell, LR, Council Bluffs

Scalloped Celery

- | | |
|---|---|
| 4 c. celery, cut diagonally
into 1-inch pieces | 1 can condensed cream of
celery soup |
| 1 can condensed cream of
chicken soup | 1 can water chestnuts, sliced |
| | 1 c. seasoned bread stuffing |

Combine ingredients except for stuffing. Sprinkle stuffing over top. Place in greased 9-inch square pan and bake at 350° for 45 minutes. Serves about 6.

Opal Henderson, KO, Des Moines

Scalloped Cheese Tomatoes

- | | |
|------------------------------------|--|
| 1-1/2 c. herb stuffing mix | 3/4 c. Cheddar cheese,
shredded |
| 1 20-oz. can tomatoes | 1 c. onion, thinly sliced,
separated into rings |
| 1 T. sugar | |
| 1/2 t. garlic salt | |
| 1/2 t. dried oregano leaves | |

Place stuffing mix in 2-quart casserole. Heat tomatoes, sugar, garlic salt and oregano; pour over stuffing mix. Top with onion and then cheese. Bake at 350° for 20 minutes. Serves 4-6.

Audrey Metier, GV, Fort Dodge

Scalloped Tomatoes with Cheese

- | | |
|---|--------------------------------------|
| 1 1-lb. can whole tomatoes | 1 c. Mozzarella cheese, cubed |
| 4 slices bread toasted and cubed, or 1-1/2 c. croutons | 1 c. Cheddar cheese, cubed |
| 1 T. onion, minced | 1/2 t. salt |
| 1/4 c. butter or margarine, melted | 1/4 t. Pepper |

Combine all ingredients in a 1-1/2-quart greased casserole. Bake uncovered at 375° for 20 minutes. Serves 4-5.

Charlotte Frandsen, DV, Iowa Falls

Simply Super Zucchini

Zucchini
Salt and pepper

Butter or margarine

Select fresh, crisp zucchini, according to number of servings desired. Coarsely grate unpeeled zucchini. Saute lightly in enough butter or margarine to prevent scorching until zucchini begins to look transparent and is heated through. DO NOT OVERCOOK! Season to taste with salt and freshly ground pepper and serve. May also use onion salt or garlic salt.

Patti Jacobi, KS, Waterloo

Spinach Casserole

- | | |
|-------------------------------------|---------------------------------------|
| 1 pkg. frozen spinach | 1 can french fried onion rings |
| 1 8-oz. pkg. cream cheese | 3/4 stick of butter, melted |
| 1 can cream of mushroom soup | Cracker crumbs |

Cook spinach according to package directions and drain. Heat soup and cream cheese to soften. Mix with spinach and add onion rings. Pour into casserole. Melt butter and add enough cracker crumbs to absorb butter. Spread crumbs on top and bake at 350° for 20 minutes.

Marie Millard, FB, Woodbine

Spinach Casserole

- 2 pkg. frozen chopped spinach, cooked and well drained**
- 1 c. sour cream**
- 1 pkg. Lipton onion or onion mushroom soup mix**

- 1/4 c. bread crumbs mixed with**
- 1/4 c. Parmesan cheese**

Mix first three ingredients and put in buttered casserole. Top with cheese/crumb mixture; dot with butter. Bake at 350° for about 35 minutes until bubbly and brown.

Barbara Edwards, IO, Oskaloosa

Spinach Casserole

- 2 pkgs. frozen chopped spinach, thawed and well drained**
- 1 pt. low fat cottage cheese**
- 1-1/2 c. Cheddar cheese, grated**

- 3 eggs, beaten**
- 1 t. salt**
- 1/4 c. flour**
- 2 T. margarine, in chunks**

Beat eggs; add flour, salt, margarine, spinach and cheese. Place in greased 8-inch pan. Bake at 325° for 1 hour. Let set 10 minutes before serving. Serves 5-6. Recipe may be doubled for a 9 x 13-inch pan; bake a few minutes longer.

**Mary Louise Remy, E. Los Angeles, California
Organizer, International Chapter**

Spinach Puff

- 4 eggs, separated, at room temperature**
- 6 slices bread, trimmed and cubed**
- 1 10-oz. can cream of mushroom soup**

- 1 10-oz. pkg. frozen chopped spinach, thawed and drained**
- 1 c. Cheddar cheese, grated**
- 1/2 t. onion salt**

Beat yolks until thick. Stir in remaining ingredients. Beat egg whites until stiff and fold into spinach mixture. Bake in a greased 1-1/2 quart casserole or shallow baking dish for 1 hour at 325°.

Marianna Trerotola, BC, Waverly

Spinach Souffle

1 10-oz. pkg. frozen spinach, chopped
3 eggs
4 T. flour
1/4 lb. Brick cheese, cubed

1/4 lb. American cheese, cubed
1 lb. sm. curd cottage cheese
1/4 c. butter, melted
Salt and pepper to taste

Cook spinach in boiling water until thawed. Drain and cool. Beat eggs and add to spinach along with the flour. Fold in cheeses, butter, salt and pepper. Spread in a greased 9-inch pie plate. Bake at 350° for 1 hour. Let stand 10 minutes. Cut into wedges and serve warm.

Nancene Wengert, LN, Ames

Squash Casserole

1 lb. butternut squash
1 med. onion, finely chopped
1 clove garlic, finely chopped, optional
1 can green chili peppers or 3 fresh jalapeno peppers, finely chopped
1 t. salt
2 T. butter

1/4 t. black pepper
1 egg, beaten
1/2 c. heavy cream or 1 small can condensed milk
1/4 c. dry white wine
1/3 c. sharp Cheddar cheese, grated

Bake squash, scoop out and mash. Saute onion and garlic in butter until tender. Add chopped chili peppers, salt, pepper and squash. Stir in egg, cream and wine. Bake 30-35 minutes at 350°, uncovered. Ten minutes before done, sprinkle Cheddar cheese over the top and put back in oven for remaining time.

Mary Kay Searing, HZ, Sioux City

Squash Casserole

3 lbs. buttercup squash
1 lge. onion
1/4 c. butter
2 T. corn starch

1 c. cream
1/2 lb. Velveeta cheese
1/2 c. Ritz cracker crumbs

Peel squash and cut in chunks. Cook with onion in salted water until tender. Drain. Make a sauce of the butter, corn starch, cream and cheese. Pour over squash in buttered casserole. Top with the cracker crumbs. Bake at 350° for 20-30 minutes.

Leota Fahrney, R, Cedar Falls

String Bean Casserole

2 boxes frozen french cut
green beans
2 T. butter
2 T. flour
1 t. salt
1/4 t. pepper
1 T. sugar

1/2 pt. sour cream
1 onion, chopped
Dash garlic salt
1/2 lb. Swiss cheese, grated
1 c. Cheddar cheese, grated
3 c. corn flakes, crushed
2 T. butter, melted

Cook and drain the beans. Combine in a saucepan butter, flour, salt, pepper, sugar, sour cream, grated or chopped onion, and garlic salt. Cook until mixture has bubbled on low heat, stirring often. Mix the sauce with the beans and pour into a buttered casserole dish. Cover with a mixture of the grated cheeses. Top with crushed corn flakes. Drizzle melted butter over the top. Bake at 400° for 20 minutes, or until bubbly. Serves 8-10.

Marilyn Gorham, NG, Indianola

Sweet Potato Casserole

2-1/2 c. raw sweet potato,
coarsely grated
3/4 c. pecans, chopped
1 c. sugar
2 eggs, well beaten
3/4 stick butter, melted

3/4 c. buttermilk
1/4 c. milk
1/2 t. nutmeg
1/2 t. cinnamon
1 t. vanilla

Mix altogether. Bake in shallow greased casserole at 325° for 1 hour and 15 minutes.

June Evans, BE, Spirit Lake

Sweet Potato Casserole

- | | |
|---|---------------------------------|
| 3 c. sweet potatoes, boiled
and mashed | 1/3 c. flour |
| 1 c. sugar | 1 c. coconut |
| 1/2 c. milk | 1 c. nuts, chopped |
| 1/2 c. margarine, melted | 1 c. brown sugar |
| 2 eggs, slightly beaten | 1/3 c. margarine, melted |
| 1 t. vanilla | |

Combine the sweet potatoes, sugar, milk, 1/2 cup margarine, eggs, and vanilla and pour into a 3-quart baking dish. Combine the flour, coconut, nuts, brown sugar and 1/3 cup margarine and sprinkle over the sweet potato mixture. Bake uncovered at 375° for 25 minutes. This can be made ahead of time and frozen.

Fern Kumpula, CP, Correctionville

Swiss Escalloped Potatoes

- | | |
|---|--|
| 12-16 med. potatoes, thinly
sliced | 2 T. butter |
| 2-1/2 c. onions, thinly sliced | 2-3 c. chicken broth |
| | 1-1/2 c. coarsely grated
Swiss cheese (1 lb.) |

Melt butter in fry pan and saute onions over low heat. They need not be fully cooked. In a 9 x 13-inch baking dish arrange a layer of potatoes, onions and cheese. Continue and end with the cheese on top. Dot with butter and pour in enough chicken broth to come halfway up the side of the potatoes. Set dish over moderate heat on top of the stove and bring to a simmer. Then place on lower-middle level of oven. Bake 30 to 35 minutes at 425°.

Wilma Bultenwerf, AV, Prairie City

Tempura Batter

- | | |
|-----------------------|---------------------------|
| 2 eggs | 1 t. baking powder |
| 1-1/2 c. water | 1/4 t. salt |
| 1-1/2 c. flour | |

Break eggs in bowl and beat gently. Stir in water. Add dry ingredients. Do not stir too long; batter may be lumpy. Use batter for Tempura Fried Vegetables and Chinese Spiders.

Tempura Fried Vegetables

Fresh mushrooms, quartered
Cauliflower, broken into sm.
pieces

Cucumber or zucchini
squash, sliced optional
Egg plant, cubed, optional

Put all cleaned and drained vegetables in large bowl and pour about 1/2 quart Tempura Batter over vegetables. Deep fat fry in small amount. Peanut oil is best.

Chinese Spiders

3-4 potatoes
2-3 carrots

1 onion

Shred peeled vegetables all together in one bowl. Pour half the Tempura Batter mix over. Drop by teaspoonsful in hot peanut oil and deep fat fry just until brown.

Prue Frederickson, AP, Harlan

Three-Bean Casserole

1 can wax beans, drained
1 can green beans, drained
1 pkg. baby lima beans,
cooked
1 can cream of mushroom or
cream of celery soup

1/2 t. Worcestershire sauce
Parmesan cheese
Paprika

Mix soup and Worcestershire sauce together. Stir into beans and pour into baking dish. Sprinkle generously with Parmesan cheese and paprika. Bake, covered, at 350° for 1/2 to 3/4 hour. Uncover and bake till lightly browned.

Faye Chevallier, FT, Postville

Vegetable Casserole

2 c. carrots, sliced
1 can asparagus
3 eggs, hard cooked

1 c. milk
4 T. flour
4 T. margarine
8-oz. cheese, shredded

Cook carrots; drain asparagus, reserve juice. Make white sauce using liquid from asparagus, adding milk to make a cup, plus 1 cup milk, flour, and margarine. Put in layers in order of recipe. Bake 20 minutes in 350° oven.

Frances White, LV, Belmond

Vegetable Dish

1 box frozen peas
1 box frozen beans
1 box frozen asparagus
1 can mushroom soup

1 sm. jar stuffed olives, sliced
1 c. cheese, grated

Mix all the above and put in casserole dish. Top with 1 can French fried onion rings. Bake 1 hour at 375°.

Connie Pronga, EK, Waukon

Vegetables with Cheese Sauce

1 box frozen asparagus, chopped
1 box frozen broccoli, chopped
1 sm. jar Cheese Whiz

1 box frozen cauliflower, chopped
1 can cream of mushroom soup
Almonds, sliced

Simmer vegetables, being careful not to overcook. Add asparagus a little after the other two as it cooks faster. Drain. Place in a buttered 8-inch casserole. Mix soup and Cheese Whiz and pour over vegetables. Cover with sliced almonds. Bake uncovered 35 minutes at 350°.

Ann Riggs, G, Ottumwa

Water Chestnut Casserole

2 c. celery
1 can water chestnuts
1/4 jar pimiento
1 can cream of chicken soup
Chicken breasts, cooked,
optional

Turkey, cooked, optional
1 4-oz. can mushrooms,
optional
Cornflakes, buttered
Almonds, slivered

Cut celery into 1-inch pieces and cook until tender, about 10-12 minutes. Combine all ingredients in casserole. For a one dish meal add chicken breasts or leftover turkey and mushrooms. Top with buttered cornflakes and slivered almonds. Bake at 350° for 40-45 minutes.

Karlene Wonderlich, EK, Waukon

Wild Rice with Mushrooms

1 c. wild rice (1 box Uncle
Ben's without seasonings)
1 c. Cheddar cheese, grated
1 c. mushrooms, chopped
1 c. ripe olives, chopped

1/2 c. onions, chopped
1 c. hot water
1/2 c. salad oil
1 c. canned tomatoes
Salt and pepper

Soak rice overnight; drain. Add remaining ingredients. Cover and bake at 350° for 1 hour. Serves 10-12.

Jeanne Zimmerman, JS, Davenport

Yam-Yam Sweet Potatoes

**3 c. sweet potatoes, mashed
and drained
1/2 c. butter**

**2 eggs
1/4 to 1/3 c. granulated sugar
1 T. vanilla**

TOPPING:

**3/4 c. brown sugar
1/4 c. flour**

**1/4 c. butter
1 c. nuts, optional**

Mix sweet potatoes, butter, eggs, white sugar and vanilla. Place in buttered casserole, 1-1/2-quart or 9 x 12-inch. Mix topping with fork until crumbly. Sprinkle on top. Bake at 350° for 20 minutes. Serves 6-8.

Pat Simmons, KS, Waterloo

Zesty Vegetable Bowl

**2 c. cherry tomatoes, halved
3 med. zucchini, cut in
1/4-inch slices**

**1 sm. head cauliflower,
broken in small pieces**

DRESSING:

**1/2 c. vegetable oil
1/3 c. tarragon vinegar**

**1 envelope Italian salad
dressing mix
2 T. Parmesan cheese, grated**

Combine vegetables in large bowl. Combine dressing ingredients in small bowl. Mix well. Pour dressing over vegetables, cover and refrigerate 4 hours. Stir occasionally. Serves 8. Variation: may also use carrots, broccoli, mushrooms or cucumbers.

Clare Copley, BH, Monroe

Zippy Buttered Potatoes (Microwave)

**3 or 4 med. potatoes
3 T. butter or margarine
1/2 t. garlic salt**

**1/2 t. paprika
2 T. Parmesan cheese**

Scrub potatoes. Microwave butter on HIGH in glass baking dish until melted. Blend in garlic salt, paprika and cheese. Quarter potatoes lengthwise; dip cut edges in butter mixture. Arrange cut side down in dish. Cover with paper towel. Microwave on HIGH 10 to 12 minutes or until potatoes are tender, rearranging once or twice, turning to put other cut side down last 3 or 4 minutes.

Susan Jo Young, JD, Storm Lake

Zucchini Casserole

1-1/2 lb. zucchini squash
(3 med.)
1 med. onion
1 t. salt
3/4 pt. dairy sour cream

1 can cream of chicken soup
1/2 stick margarine
1/2 pkg. Pepperidge Farm
dressing mix

Cook sliced squash (do not peel) and onion in salted water about 5 minutes; drain. Add soup and sour cream. Melt margarine; add dressing and stir. Layer in greased casserole, alternating dressing and zucchini mixtures. Top with dressing. Bake at 375° for 45 minutes.

Betty Herman, JL, Boone

Zucchini Casserole

2 lbs. zucchini, sliced, but
not peeled
2 T. onion, grated
2 med. carrots, grated
1/2 c. margarine

1 box herb seasoned stuffing
mix
1 can cream of chicken soup
1 c. sour cream
8-oz. Mozzarella cheese,
shredded

Parboil and drain zucchini well. Melt margarine; add stuffing mix and combine. In a 9 x 13-inch dish alternate layers of stuffing, zucchini and carrots. Combine soup and sour cream — pour over top. Sprinkle cheese on top. Bake uncovered at 375° for 30 minutes. (If made the day before; refrigerate and bake 1 hour.)

Lorna Ericson, NJ, Fort Dodge



Index

APPETIZERS & SNACKS

Antipasta.....	1
Artichoke Nibbles.....	1
Artichoke Squares.....	2
Cheese Folds.....	2
Cheese Krispies.....	2
Cheese Nuggets.....	3
Cheese Wafers.....	3
Chili Con Queso.....	4
Crab Meat Canapes.....	4
Crab Puffs (Microwave).....	5
Cucumber Sandwiches.....	5
Egg Rolls.....	6
Frosted Liver Log.....	7
Herb Toast Triangles.....	7
Hot Asparagus Canapes.....	8
Hot Spinach Balls.....	8
Layered Seafood Plate.....	9
Miniature Quiches.....	9
Mushroom Business.....	10
Mushroom Logs.....	10
Oyster Cracker Snacks.....	11
Oyster Cracker Snacks.....	11
Party Meatballs.....	11
Pizza Party Snacks.....	12
Salmon Log.....	12
Sandwich Fingers.....	12
Shrimp Pizza.....	13
Shrimp Quiches-Two Bite.....	13
Sanacopita (Greek Spinach Pie).....	14
Spinach Balls.....	14
Strawberry Leather.....	14
Sugared Nuts.....	15
Sweet and Sour Meatballs.....	16
Wheat Thins.....	16
Zucchini Appetizer.....	17

DIPS & SPREADS

Braunschweiger Spread.....	19
Candy Apple Dip.....	19
Crab-Cheese Spread.....	19
Crab Meat Spread.....	20
Family Reunion Dip.....	20
Hamburger Dip.....	20
Hot Cheese Dip.....	20
Hot Crab Dip (Microwave).....	21
Hot Mushroom Dip.....	21
Mexican Style Chip Dip.....	22
Minced Clam Dip.....	22
Nacho Dip.....	22
Oyster Dip.....	23
Potato Chip Dip.....	23
Seafood Dip.....	23
Shoepeg Corn Dip.....	24
Shrimp Butter Vegetable Dip.....	24
Shrimp Dip.....	24
Shrimp Dip.....	24
Shrimp Spread.....	25
Spinach Dip.....	25

Super Shrimp Spread.....	24
Taco Dip.....	25
Tex-Mex Dip.....	25
Vegetable Dip.....	25

BEVERAGES

Banana Crush Punch.....	26
Cranberry Ice.....	26
Cranberry Tea.....	26
French Cocoa.....	27
Fresh Fruit Punch.....	27
Frozen Fruit Slush.....	27
Fruit Punch.....	28
Fruit Slush.....	28
Hot Apple Cider.....	28
Hot Buttered Rum.....	29
Hot Buttered Rum Mix.....	29
Hot Grape Punch.....	29
International Coffee.....	30
Orange Julius.....	30
Peach Champagne Ice.....	30
P.E.O. Sparkling Punch.....	30
Sparkling Strawberry Punch.....	31
Summer Punch.....	31
Wassail.....	31

BREADS

Almond French Toast with Strawberry Butter.....	33
Baked Pancakes.....	33
Caramel Breakfast Ring (Microwave).....	34
Delicious Thin Pancakes.....	34
French Breakfast Puffs.....	34
Oven-Baked French Toast.....	35
Puff Pumpkin Pancakes.....	35
Waffles.....	35
Waffles from Heaven.....	36
Buttercream Coffecake.....	37
Coffee Cake.....	38
Coffee Cake.....	38
Easy Coffee Cake.....	39
Filled Coffee Cake.....	39
Goosey Butter Coffee Cake.....	40
Moist Coffee Cake.....	40
Quick Coffee Cake.....	41
Yummy Coffee Cake.....	41
Almond Poppy Seed Bread.....	42
Apple Bread.....	42
Apricot Brandy Bread.....	43
Boston Brown Bread.....	43
Bran Muffins.....	44
Buttermilk Bran Muffins.....	44
Cheese French Bread.....	45
Cherry Nut Bread.....	45
Cranberry Bread.....	46
Dilly Bread.....	46
French Mustard Bread.....	46
Herb-Toasted Bread Sticks.....	47
Johnny Cake.....	47

Lemon Bread.....	48
Oatmeal Crackers.....	48
Peach Bread.....	49
Pineapple Bread.....	49
Poppy Seed Bread.....	50
Refrigerator Muffins.....	50
Scandinavian Flat Bread.....	51
Scotch Scones.....	51
Southern Blintzes.....	52
Strawberry Bread.....	52
Strawberry Nut Bread.....	52
Swedish Almond Rusk.....	53
Wheat Germ-Nut-Zucchini Bread.....	53
Blue Ribbon Potato Rusk.....	54
Bread Sticks.....	55
Good Dark Bread.....	55
Light Pumpernickel Bread.....	56
Oatmeal Buns.....	56
Oatmeal-Honey Bread.....	57
Swedish Rye Bread.....	57
Whole Wheat Bread.....	58
Whole Wheat Bran Bread.....	58
Whole Wheat Buns.....	59
Whole Wheat-Cottage Rolls.....	59
Apple Nut Coffee Ring.....	60
Butterscotch Pecan Rolls.....	61
Cinnamon Rolls.....	62
Fortchen Fritters.....	63
Fried Rolls.....	63
Frosted Pecan Yeast Rolls.....	64
Lemon Twists.....	65
Orange Rolls.....	66
Poteca-Slovenian Nut Roll.....	67
Quickie Sticky Rolls.....	68
Refrigerator Rolls.....	68
Rum Rolls.....	69
Sour Cream Danish Roll.....	70
Sugar Crisps.....	71
Super Orange Rolls.....	71
Tester's Choice Tea Ring.....	72
Yardstick.....	73

CAKES & FROSTINGS

Apple Cake and Sauce.....	75
Apricot Brandy Cake.....	76
Apricot Brandy Pound Cake.....	76
Banana Crumb Cake.....	77
Banana Split Cake.....	77
Banana Split Cake.....	78
Blotch Cake.....	78
Carrot Cake.....	79
Chocolate Chip Oatmeal Cake.....	79
Chocolate Pound Cake.....	80
Christmas Cake.....	80
Christmas Fruit Cake.....	80
Cranberry Cake.....	81
Creme De Menthe Cake.....	81
Dr. Bird Cake.....	82
Fresh Apple Cake.....	82

Fresh Apple Cake.....	83
Fresh Coconut Cake.....	84
Fresh Rhubarb Cake.....	85
George Mardikian's All- Purpose Cake.....	85
Glazed Apple Gems.....	86
Goosey Butter Cake.....	86
Hawaiian Delight.....	86
Hawaiian Dessert Cake.....	87
Lemon Apricot Cake.....	87
Orange Slice Cake.....	88
Piña Colada Cake.....	88
Pineapple Angel Food Cake.....	88
Rum Cake.....	89
Rum Cake with Hot Rum Glaze.....	89
Self Frosting Cake (Microwave).....	90
Surprise Cupcakes.....	90
Turtle Cake.....	91
Vanilla Wafer Cake.....	91

CANDY

Almond Bark Drops.....	93
Apricot Creams.....	93
Butter Crust Toffee.....	94
Caramels.....	94
Chocolate Mints (Microwave).....	94
Cranberry Gum Drops.....	95
Fudge.....	96
Marble Fudge (Microwave).....	96
Miraculous Peanut Clusters.....	96
Mom's Dipped Chocolates.....	97
Mom's Fudge.....	97
Needhams.....	98
Peanut Butter Fudge.....	98
Pralines.....	98
Spiced Pecans.....	99
Swedish Pecans.....	99
Toffee.....	99
Twice-Cooked Divinity.....	100

CANNING & FREEZING

Apple Rings.....	101
Baked Apple Butter.....	101
Beet Pickles.....	102
Bread-and-Butter Cucumbers.....	102
Canned Spaghetti Sauce.....	102
Chili Sauce.....	103
Freezer Pickles.....	103
Golden Glow Pickles.....	104
Green Pepper Jam.....	104
Green Pepper Jelly.....	104
Italian Tomato Sauce.....	105
Raspberry Jam from Frozen Berries.....	106
Sweet Pickle Relish.....	106

COOKIES & BARS

Angel Food Bars.....	107
----------------------	-----

Applesauce Brownies.....	108
Apricot Bars.....	108
Apricot Bars.....	108
Apricot Bars.....	109
Apricot Frills.....	109
Caramel Pecan Dream Bars.....	110
Chocolate Sherry Cream Bars.....	110
Double Chocolate Crumble Bars.....	111
Goombahs.....	112
Grasshopper Bars.....	112
Hello Dollies.....	113
Lemon Dream Bars.....	113
London Bars.....	114
Mint Toll House Squares.....	114
Moist Apple Bars.....	114
Nut Goodie Bars.....	115
Oatmeal Caramelitas.....	115
Peanut Butter Fingers.....	116
Peanut Butterscotchers.....	116
Praline Cookies.....	117
Prayer Bars.....	117
Pumpkin Pie Squares.....	118
Salty Nut Rolls.....	118
Saucepan Raisin Bars.....	119
Sour Cream Raisin Bars.....	119
Whole Grain Apple Squares.....	120
Almond Cookies.....	121
"Best Yet" Sugar Cookies.....	121
Cashew Cookies.....	122
Chocolate-Peanut Butter Cookies.....	122
Chocoroons.....	123
Coconut Macaroons.....	123
Cream Cheese Cookies.....	124
Delicious Nutritious Cookies.....	124
Easy To Roll Sugar Cookies.....	124
English Drop Cookies.....	125
Forgotten Kisses.....	125
Mocha Nut Butterballs.....	126
Orange Nut Cookies.....	126
Pistachio Chip Cookies.....	126
Potato Chip Cookies.....	127
Soft Sugar Cookies.....	127
Sugar Cookies.....	127
Swedish Creme Wafers.....	128
Apricot Balls.....	129
Bon Bon Cookies.....	129
Butter Brickle Refrigerator Cookies.....	130
Creme De Menthe Squares.....	130
Cupcake Brownies.....	131
No-Bake Chocolate Apple Cookie.....	131
Super Tarts.....	131

DESSERTS

Almond Toffee Torte.....	133
Apricot Crisp.....	133

Apricot-Pineapple Dessert.....	134
Apricot Torte.....	134
Apricot Tortoni.....	135
Bartlett Pear Dessert.....	135
Black Forest Pie Squares.....	136
Brownie Torte.....	136
Champagne Sorbet.....	137
Cheesecake.....	137
Cherry Nut Ice Cream.....	138
Cherry Pudding.....	138
Cherry Pudding Cobbler.....	138
Chocolate Angel Food Dessert.....	139
Chocolate Cheesecake.....	139
Chocolate Chip Pudding.....	140
Chocolate Delight.....	140
Chocolate Frangos.....	140
Chocolate Mint Cream Dessert.....	141
Chocolate Mousse.....	141
Chocolate Mousse.....	142
Chocolate Mousse Cake.....	142
Choco-Peanut Refrigerator Dessert.....	142
Chocolate-Peppermint Dessert.....	143
Chocolate Silk.....	143
Creme au Chocolat.....	144
Creme Caramel.....	144
Dessert Cups.....	144
Easy Chocolate Mousse (Pot de Creme).....	145
Easy Dessert.....	145
English Toffee Pudding.....	145
Everbest Fruit Cobbler (Microwave).....	146
Four Layer Dessert.....	146
French Blueberry Dessert.....	146
French Mint Pie.....	147
Frozen Lemon Dessert.....	147
Frosty Fruit Dessert.....	148
Fruit-Filled Pineapple (Microwave).....	148
Fruit Pizza.....	149
Fruit Tartlets.....	150
German Apple Torte.....	151
German Rice Pudding.....	151
Heavenly Chocolate Dessert.....	152
Lemon Dessert.....	152
Lemon Kiss.....	153
Lemon Supreme Dessert.....	153
Lime Sherbet Dessert.....	154
Little Individual Cheese Cakes.....	154
Jade Cream Mold.....	154
Julie's Angel Cake.....	155
Missouri River Mud Pie.....	155
My Favorite P.E.O. Dessert.....	156
Never Fail Meringue Shells.....	156
Orange Sherbet Dessert.....	157

Stuffed Chicken Breasts	
(Microwave).....	266
Sweet and Sour Chicken.....	266
Sweet and Sour Chicken.....	267
Wild Rice Turkey.....	267
Wined Cornish Hens.....	268

PASTRY AND PIES

Blueberry Pie.....	269
Chocolate Coconut Bavarian	
Pie.....	269
Coffee Time Snack.....	270
Cool Lemon Pie.....	270
Danggood Pie.....	270
Danish Kringle.....	271
Danish Kringle.....	272
Dutch Letters.....	273
Egg Custard Pie.....	274
French Silk Pie.....	274
Fresh Pink Grapefruit	
Chiffon Pie.....	275
Frozen Pumpkin Pie with	
Carmelized Almonds.....	276
Fudge Pie.....	276
Fudge Pie.....	277
Grapefruit Pie.....	277
Hershey Bar Pie.....	277
Lemon Meringue Pie.....	278
Lemon or Lime Pie.....	278
Lemon-Sour Cream Pie.....	278
Maine Blueberry Pie.....	279
Mystery Cheese Cake Pie.....	279
Old Fashioned Real	
Mincemeat.....	280
Oleo Pie Crust.....	280
Orange Chiffon Pie.....	280
Out-Of-This-World Pie.....	281
Paper Bag Apple Pie.....	281
Peach Cream Pie.....	282
Peach Pie.....	282
Peanut Butter Pie.....	283
P.E.O. Pie.....	283
Rhubarb Pie and Grandma	
Patton's Crust.....	284
Sour Cream Pecan Pie.....	284
Sour Cream Raisin Pie.....	284
Strawberry Cream Cheese	
Pie.....	285
Strawberry Pie.....	286
Valentine Dream Pie.....	286

SALADS & SALAD DRESSINGS

Apricot Fruit Salad.....	287
Apricot Salad.....	287
Black Cherry Salad.....	288
Champagne Salad.....	288
Cottage Cheese Salad.....	288
Cranberry Salad.....	289
Creamy Waldorf Salad.....	289
Daiquiri Salad.....	290

Eggnog Salad.....	290
Festive Cranberry Salad.....	290
Fresh Orange Salad	
Delicious.....	291
Frosty Salad Loaf.....	291
Frosted Fruit Mold.....	292
Frozen Apple Salad.....	292
Frozen Apricot Salad.....	293
Frozen Fruit Salad.....	293
Frozen Slush Salad.....	293
Fruit Soup.....	294
Holiday Pear Salad.....	294
Lime-Olive Salad.....	295
Mandarin Salad.....	295
Molded Peach-Cherry Salad.....	296
Organization Day Avocado	
Salad.....	296
Overnight Layered Fruit	
Salad.....	296
Paper Cup Frozen Salad.....	297
Raspberry-Blueberry Salad.....	297
Raspberry Gelatin Salad.....	298
Rhubarb Salad.....	298
Rhubarb Salad.....	298
Sour Cream Cherry Salad.....	299
Spring Salad.....	299
24-Hour Salad.....	300
Two-Layer Salad.....	300
Amana "Juicy Cabbage	
Slaw".....	301
Asparagus Mold.....	301
Basic Tomato Aspic With	
Variations.....	302
Cauliflower/Broccoli Salad.....	302
Cauliflower Salad.....	303
Chef Salad.....	303
Cole Slaw.....	303
Colonel's Lady's Salad Bowl.....	304
Colorful Winter Cabbage	
Slaw.....	304
Country Vegetable Salad.....	304
Cucumber Salad.....	305
Edie's Salad.....	305
Fresh Spinach Salad.....	306
German Potato Salad.....	306
Green Pea Salad.....	307
"Green" Salad.....	307
Hot Tossed Salad.....	308
Kraut and Macaroni Salad.....	308
Lettuce and Fruit Salad.....	308
Macaroni & Cheese Salad.....	309
Marinated Vegetable Salad.....	309
Mixed Vegetable Salad.....	310
Molded Egg Salad.....	310
Pea and Bacon Salad.....	310
P.E.O. Salad.....	311
Snow White Salad.....	311
Spiced Beet Salad.....	311
Spinach and Bacon Salad.....	312
Spinach and Lettuce Salad.....	312

V-8 Salad.....	312
Vegetable Salad.....	313
Vegetable Salad.....	313
Vegetable Salad.....	314
Wonder Blend Salad.....	314
Yummy Salad.....	314
Beef Salad.....	315
Chicken Jello Salad.....	315
Chicken Salad.....	316
Chicken-Tuna Salad.....	316
Chinese Chicken Salad.....	316
Chop Chop Salad.....	317
Corned Beef Salad.....	317
Corned Beef Salad.....	318
Crab Louis Salad.....	318
Crunchy Tuna Salad.....	318
Flying Farmer Chicken Salad.....	319
Fruited Chicken Salad.....	319
Hot Potato Salad.....	320
Hot Seafood Salad.....	320
Island Tuna Medley.....	320
Ladies' Luncheon Choice- Corned Beef Loaf.....	321
Polynesian Chicken Salad.....	321
Polynesian Prize Beef.....	322
Reuben Salad.....	322
Salmon Party Salad.....	323
Salmon Salad.....	323
Sea Food Salad.....	324
Shrimp Curry Salad.....	324
Shrimp Salad.....	324
Shrimp Salad.....	325
Tiki Tuna Salad.....	325
Zippy Seafood Salad.....	326
Blender Dressing for Spinach Salad.....	327
Blue Cheese Dressing.....	327
Dressing for Apple Salad.....	327
Fruit Salad Dressing.....	328
Golden Lamb-Shaker Salad Dressing.....	328
Homemade Salad Dressing.....	328
Honey Salad Dressing.....	329
Poppy Seed Dressing.....	329
Russian Salad Dressing.....	329

SOUPS & SAUCES

Cauliflower Soup.....	331
Cheese Soup.....	331
Cheese Soup.....	332
Cheese Soup.....	332
Cheesy Clam Chowder.....	332
Creamy Cheese Soup.....	333
Crab Bisque Soup.....	333
Golden Cauliflower Soup.....	334
Quick and Easy Barley Stew.....	334
Creamy Salmon Broccoli Soup.....	334
Midwest Chowder.....	335
Lebanese Cucumber Soup.....	335

Pennsylvania Dutch Chicken Corn Soup.....	336
Ham Chowder.....	336
Broccoli and Cheese Soup.....	337
French Market Soup.....	337
Fresh Mushroom Soup.....	338
Cold Raspberry Soup.....	338
Oyster Stew.....	339
Sauerkraut Relish.....	340
Hot Chocolate Sauce.....	340
Casserole Sauce Mix.....	340
Cake Sauce.....	341
Sauce for Pork.....	341
Sauce Gloria for Vegetables.....	341
Lemon Medley.....	342
Peach Sundae Sauce.....	342
Grand Marnier Sauce.....	342
Orange Fluff (Topping).....	343
Cream Horseradish Sauce.....	343
Chocolate Sauce.....	343

VEGETABLES

Asparagus Amandine.....	345
Asparagus Casserole (24-Hour).....	345
Asparagus Casserole.....	346
Baked Hash Browns.....	346
Baked Mushrooms.....	346
Baked Pineapple.....	347
Baked Vegetable Medley.....	347
Bavarian Sauerkraut.....	347
Bean Casserole.....	348
Broccoli Casserole.....	348
Broccoli-Onion Casserole.....	348
Carrot Casserole.....	349
Carrot Souffle.....	349
Cauliflower-Walnut Casserole.....	350
Celery Casserole.....	350
Celery-Chestnut Casserole.....	351
Cheesy Potato Casserole.....	351
Corn Pudding.....	351
Corn-Broccoli Casserole.....	352
Corn-Noodle Casserole.....	352
Creamed Zucchini and Corn.....	352
Creamy Baked Hash Browns.....	353
Curried Fruit.....	353
Elegant Green Beans.....	354
English Pea Casserole.....	354
Escalloped Pineapple.....	355
Exotic Celery.....	355
Fresh Vegetable Marinade.....	355
Fried Rice.....	356
Green Beans Deluxe.....	356
Green Beans Supreme.....	356
Green Rice.....	357
Herbed Peas.....	357
Herb Spinach Bake.....	358
Hot Fruit Compote.....	358
Hot Fruit Compote.....	359
Jo's Bean Casserole.....	359

Lima Beans au Gratin.....	359
Lima Bean Casserole.....	360
Marinated Fresh Vegetables.....	360
Mixed Vegetable Casserole (Gronsaksgratin).....	361
Mushrooms Under Glass (Champignons sous Clouche).....	361
Nantucket Succotach.....	362
Onion Casserole.....	362
Onion Casserole (Microwave).....	362
Onion Pie.....	363
Party Peas.....	363
Potato Salad Casserole.....	364
Potluck Potato Casserole.....	364
Rice Pilaf.....	364
Scalloped Carrots.....	365
Scalloped Celery.....	365
Scalloped Cheese Tomatoes.....	365
Scalloped Tomatoes with Cheese	366
Simply Super Zucchini.....	366
Spinach Casserole.....	366
Spinach Casserole.....	367
Spinach Casserole.....	367
Spinach Puff.....	367
Spinach Souffle.....	368
Squash Casserole.....	368
Squash Casserole.....	368
String Bean Casserole.....	369
Sweet Potato Casserole.....	369
Sweet Potato Casserole.....	370
Swiss Escalloped Potatoes.....	370
Tempura Batter & Fried Vegetables.....	370
Three-Bean Casserole.....	371
Vegetable Casserole.....	372
Vegetable Dish.....	372
Vegetables with Cheese Sauce.....	372
Water Chestnut Casserole.....	373
Wild Rice with Mushrooms.....	373
Yam-Yam Sweet Potatoes.....	374
Zesty Vegetable Bowl.....	374
Zippy Buttered Potatoes (Microwave).....	374
Zucchini Casserole.....	375
Zucchini Casserole.....	375