TASTE & SEE

that the Lord is good

~Psalm 34:8

Trinity Lutheran Church

Taste and See

that the Lord is Good

A Collection of Recipes by

Trinity Lutheran Priscilla Guild

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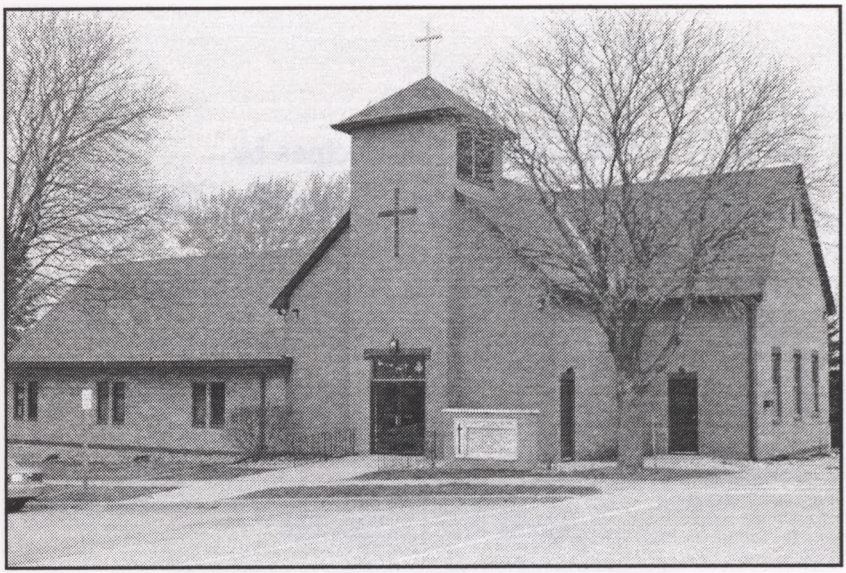

Acknowledgements & Dedication

In 1954, the ladies of the Priscilla Guild of Trinity Lutheran Church in Manilla, Iowa compiled and published a cookbook. Now, fifty years later, the members of the Priscilla Guild have created another cookbook to share with current church families and the community.

To all those who submitted recipes and helped in various ways to make this project a success, we offer a sincere thank you. In this book we have attempted to combine the practical with the unusual in order to provide you with an outstanding book of assorted and favorite recipes. We have included some recipes from past members as well as those who have gone on to be with their Lord. These recipes are marked with an asterisk (*).

We lovingly dedicate this book to the glory of God who continues to sustain us, love us, forgive us and bless us.

Priscilla Guild
Current Membership

Guild Members	Initial Membership Date
Loretta Arnold	1996
Deb Birks	2004
Gloria Boeck	1983
Marian Drake	1981
Jeanette Ferry	1986
Irene Genzen	1968
Sandra Hanson	2001
Carol Ann Joens	1970
Judy Lingle	1963
Bonnie Lorenzen	1975
Susan Mahnke	1988
Kathleen Mueller	2002
Virginia Mundt	1959
Lee Ann Musfeldt	1974
Sylvia Saunders	1956
Berniece Segebart	1952
Cathie Segebart	1974
Velma Struve	1965
RoseAnn Thomssen	1995

Social Members	Initial Membership Date
Sylvia Bandow	1962
Marie Brus	1938
Violet Schroeder	1947
Edna Lohrmann	1941
Elsie Soll	1958
Vera Mesenbrink	1952
Marge Schnoor	1958

2004 Cookbook Committee

Bonnie Lorenzen, Susan Mahnke, and Cathie Segebart

A Special Guest

The secret of good cooking
Is to love your little nest
Fill the room with happiness
And God will do the rest.

Just tackle any recipe
Then say a little prayer
Arm yourself with proper tools
And add some loving care.

Each special meal will be a feast
Leftovers, too, are fine
A joy to share with anyone
When Jesus comes to dine.

By Viola Silk
Perry, Iowa

Used by Permission

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Appetizers & Beverages

So whether you eat or drink or whatever you do, do it all for the glory of God.

~ I Corinthians 10:31

Helpful Hints

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

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

- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

- Always chill juices or sodas before adding to beverage recipes.

- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.

- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

- One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice. This is helpful in making fresh orange juice or lemonade!

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

- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Cheeses should be served at room temperature, approximately 70°.

- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

Appetizers & Beverages

ARTICHOKE DIP

Mary Lynne Lueth

1 lg. can artichoke hearts
1 c. mayonnaise
1 c. Parmesan
1/4 tsp. garlic powder

Chop artichoke hearts until fine. Mix remaining ingredients. Bake at 350° for 20 minutes. Serve with crackers.

CARAMEL APPLE DIP

Vera Vollstedt

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

Blend all ingredients and dip sliced apples into this dip. Chill covered.

CHEESE DIP

Bonnie Lorenzen
Sandy Gruhn

2 (8 oz.) cream cheese
1 T. Thousand Island dressing
1 T. Russian dressing
2 T. catsup
1/2 tsp. garlic powder
1 T. onion salt
1/8 tsp. pepper

Mix all together. Store in covered dish. Keeps for quite awhile. Great on crackers. May be frozen.

CHILI CHEESE DIP

Cathie Segebart
**Edie Mesenbrink*

1 (15-oz.) can chili with beans
1 (15-oz.) can chili without beans
1 (8-oz.) jar Cheez Whiz

Mix and heat in saucepan or small crockpot. Keep warm and serve with corn chips or taco chips.

CRAB DIP

**Susan Geitz*

1 (8-oz.) pkg. cream cheese
1 (8-oz.) ctn. sour cream
2 cans canned crab meat, or fresh if you can get it
3 green onions, chopped finely
2 tsp. garlic powder
2 tsp. white pepper

Combine the sour cream and the cream cheese in a bowl, mix until smooth. Add the green onions and the crab meat. Add seasonings, adjust to taste. Serve chilled with crackers or bread.

SHRIMP DIP

Dawn Lorenzen

1 (4-oz.) can shrimp, drained
½ c. celery, chopped fine
½ c. mayonnaise
1½ tsp. lemon juice
½ c. onion, chopped fine
8 oz. cream cheese, softened

Wash shrimp and blend with remaining ingredients. Chill. I usually double this recipe.

DELICIOUS SHRIMP DIP

Berniece Segehart

2 (6-oz.) cans sm. shrimp, drained
1 (8-oz.) pkg. cream cheese
½ sm. onion, grated
2 T. ketchup
1 T. horseradish
Salt and pepper to taste

Combine all ingredients and stir together. Refrigerate for four hours before serving with crackers.

TACO DIP

Joleen Spies

1 lb. hamburger
2 cans green chilies, chopped
1 can cheddar cheese soup
1 can refried beans
1 med. onion, chopped
1 lb. Velveeta cheese
1 (8-oz.) jar taco sauce

Brown hamburger, onion and chilies. Drain. Melt Velveeta and soup. Add refried beans, taco sauce and hamburger mixture. Serve hot with Tostito chips. Can be frozen for use later.

TACO DIP

**Martha Gray*

1 (8-oz.) pkg. softened cream cheese
1 (16-oz.) ctn. sour cream
1 pkg. dry taco seasoning
1 (8-oz.) jar salsa
2-3 c. shredded cheddar cheese
3 Roma tomatoes, diced
1 can sliced black olives

With a mixer, blend the cream cheese, sour cream and taco seasoning. Spread in a 9 x 13-inch pan or a large serving plate. Layer the following ingredients in order, salsa, then cheese, then tomatoes and finally black olives. Chill and serve with tortilla chips.

FRESH VEGETABLE DIP

Virginia Mundt

8 oz. sour cream
1 pkg. Ranch dressing mix
1½ tsp. dill weed

In a small mixing bowl, mix sour cream, dressing mix and dill weed. Let set for 30 minutes so flavor can mingle. Great for carrot sticks, broccoli, cucumber slices, cauliflower, zucchini slices and pepper strips.

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BLT BITES

Vera Vollstedt
Bonnie Lorenzen
Nancy Grimm

16 to 20 cherry tomatoes
1 lb. bacon, cooked and crumbled
½ c. mayonnaise or Miracle Whip
⅓ c. chopped green onions
2 T. snipped fresh parsley

Cut thin slice off each tomato top. Scoop out and discard pulp. Invert tomatoes on paper towel to drain. In a small bowl, combine bacon, mayonnaise, onions, and parsley. Mix well. Spoon into tomatoes. Refrigerate for several hours.

BRUSCHETTA

**Martha Gray*

¼ c. olive oil
3 T. fresh chopped basil or 1½ T. dry basil
4 cloves garlic, minced
½ tsp. salt
¼ tsp. pepper
4 med. tomatoes, diced
3 T. grated Parmesan
1 (1-lb.) loaf French or Italian bread
4 T. olive oil

In a bowl, combine ¼ cup olive oil, basil, garlic, salt and pepper. Add diced tomatoes and Parmesan and gently coat. Refrigerate in a covered bowl for at least 2 hours. Bring to room temperature about half an hour before serving. Cut French bread diagonally into 1-inch slices. Brush slices with 4 tablespoons olive oil and toast under broiler until slightly brown. Top with tomato mixture and serve immediately.

CHEESE SPREAD

Joleen Spies

1 lb. Velveeta cheese
1 med. onion, minced
6 hard-boiled eggs
1 to 1½ c. mayonnaise

Melt cheese and all the mashed eggs. Add onion, salt and pepper to taste. Add enough mayonnaise (1 to 1½ cups) to make good spreading consistency. Good on rye crackers or pumpernickel bread.

CHEESE SPREAD

Vera Vollstedt

1 (8 oz.) whipped cheddar cheese
1 (3 oz.) cream cheese
½ c. sour cream
1 tsp. Worcestershire sauce
¼ tsp. garlic powder

Whip all together and chill. Serve with crackers.

CHEESE SPREAD

Garnet Jorgensen

½ c. whipping cream
1 egg, well beaten
1 T. sugar
1 T. flour
2-3 T. vinegar
½ lb. Velveeta cheese
1 T. chopped onion
1 T. bacon bits
Dash garlic salt

Heat cream, egg, sugar, flour and vinegar over low heat until thickened. Remove from heat and stir in Velveeta cheese, chopped onion, bacon bits and garlic.

EASY CHEESEY SPREAD

Virginia Mundt

1 (8-oz.) pkg. light cream cheese
½ c. Velveeta cheese
1 T. Worcestershire sauce
½ tsp. onion powder
¼ tsp. garlic powder

Have cheeses at room temperature. Mix cheeses, sauce, onion powder and garlic powder with mixer until smooth and creamy. Spread on any kind of snack crackers for a cheese treat.

CHEESY FOOTBALL

**Shelley Dunaway*

2 (8-oz.) pkgs. cream cheese
1 (8-oz.) pkg. Kraft sharp cheddar cheese
½ c. grated Parmesan cheese
½ c. real mayonnaise
¼ c. chopped green onions
¼ tsp. black pepper
1 pkg. bacon bits
Ritz crackers
Pimento strips

Beat cheeses and mayonnaise with electric mixer on medium until well blended. Add onions and pepper, mix well. Cover. Refrigerate several hours or overnight. Form into shape of football, cover with bacon bits, add pimento strips to form lacings for football. Serve with crackers.

LAYERED CRAB SPREAD

Lee Ann Musfeldt

2 (8-oz.) pkgs. cream cheese
2 T. ReaLemon lemon juice
1 tsp. Worcestershire sauce
¼ tsp. garlic powder
2 T. finely chopped onion
¾ c. Bennett's chili sauce or cocktail sauce
1 (6-oz.) can crabmeat, drained

In large bowl, beat softened cream cheese, ReaLemon juice, Worcestershire sauce and garlic powder until fluffy. Stir in onion. Spread cheese mixture into a 7- or 8-inch circle on serving plate. Top with chili sauce, then crabmeat. Can use imitation crab instead. Cover and chill. Serve with crackers. Refrigerate leftovers.

MEXICAN PLATTER

Bricy Lorenzen

1 sm. can refried beans
1 ctn. Anderson Erickson Mexican sour cream
Shredded lettuce
Tomatoes, chopped
Black olives, sliced
Picante sauce

Spread refried beans onto a large platter. Next spread Mexican sour cream on top of refried beans. Top with lettuce, tomatoes and black olives. Drizzle picante sauce over all. Serve with taco chips.

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MUSHROOM PINWHEELS

Cathie Segebart

2 (8-count) tubes crescent rolls
1 (4-oz.) can mushrooms, finely chopped
1 (8-oz.) pkg. cream cheese
1 T. minced onion, dry or fresh
½ tsp. seasoning salt

Unroll crescent rolls and press onto waxed paper forming two (6 x 24-inch) rectangles. Make sure seams are sealed. Carefully spread softened cream cheese over dough. Place chopped mushrooms between paper towels and pat partially dry. Scatter mushrooms over cream cheese. Sprinkle minced onion and seasoning salt over mushrooms. With back of spoon, gently press mushrooms and onions down into cheese. Roll up jellyroll fashion (can be refrigerated or frozen at this stage). When ready to bake, slice into ½-inch pieces and place on greased baking sheet. Bake at 375° for 12-15 minutes. Serve warm.

STUFFED MUSHROOMS

Bonnie Lorenzen
Nancy Grimm

1 or 2 pkgs. lg. fresh mushrooms
½ lb. fresh Italian sausage
½ c. shredded Swiss cheese
½ c. shredded cheddar cheese
¼ c. chopped onion
Seasoning to taste (Lawry's)

De-stem mushrooms. Mix rest of ingredients. Stuff the mushrooms. Wrap in tin foil. Grill or bake 30 minutes. Sprinkle with more cheese when done.

OLIVE SPREAD

Arlene A. Jahn

6 oz. cream cheese, softened
½ c. mayonnaise
1 c. chopped green salad olives (bits and pieces of olives and pimentos in a jar)
2 tsp. liquid from olives
Dash pepper
½ c. chopped pecans

Combine cream cheese and mayonnaise and mix well. Add liquid from olives and pepper. Next fold in pecans and olives. Spread it on crackers or make a sandwich using it with lettuce and tomato.

PARTY FRANKS

Arlene A. Jahn

¾ c. chopped onion
2 tsp. vegetable oil
1 c. catsup
½ c. water
½ c. vinegar
2 tsp. sugar
2 tsp. honey
2 tsp. Worcestershire sauce
2 tsp. ground mustard
2 tsp. paprika
¾ tsp. salt
½ tsp. pepper
1 lemon, sliced
⅛ tsp. hot pepper sauce, opt.
2½ to 3 lbs. mini hot dogs or sausage links

Sauté onion in oil until tender. Stir in next 11 ingredients, add lemon. Bring to a boil, reduce heat, simmer uncovered for 20-25 minutes or until slightly thickened. Discard lemon slices. Put hot dogs in a 9 x 13-inch pan and cover with sauce. Bake, uncovered at 350° for 18-20 minutes or until heated through. Keep warm, serve with toothpicks. This sauce can be made ahead and reheated with the franks before serving.

PINEAPPLE CHEESE SPREAD

Betty Pedersen

2 (8-oz.) pkgs. cream cheese
1 (8-oz.) can crushed pineapple, drained
¼ c. chopped green peppers
1 c. chopped pecans
Seasoned salt, to taste

Soften cream cheese to room temperature and mix in remaining ingredients. Chill. Serve with crackers.

SPINACH ROLL UPS

Berniece Segebart

3 (10-oz.) pkgs. frozen spinach, thawed and well drained
1 pkg. Ranch dressing
2 c. sour cream
1 c. mayonnaise
1 (3.5-oz.) bottle bacon bits
10 tortilla shells

Mix together, spinach, Ranch dressing, sour cream, mayonnaise, bacon bits. Spread on each tortilla shell. Roll up and wrap in plastic wrap. Refrigerate at least 2 hours. Slice into pieces.

TACO SCRAMBLE

Lori Asmus

1 lb. ground beef or pork
1 pkg. taco seasoning
8 eggs
Tortilla chips
Taco sauce or salsa
1 c. cheddar cheese, shredded

Brown meat and drain. Add taco seasoning and cook according to package directions. Divide meat mixture in half, return ½ to pan and reserve half for another use. Add beaten eggs to pan with meat. Cook until eggs are set. Sprinkle with cheese. Break up egg/meat mixture into small pieces. Serve with tortilla chips and taco sauce or salsa. Can also serve egg mixture with flour shells, for a type of burrito.

HONEY GLAZED SNACK MIX

Ferdonna Zimmerman

4 c. Krispix cereal
1½ c. mini pretzels
1 c. mixed nuts
⅓ c. margarine
¼ c. honey

In large bowl combine the cereal, pretzels and nuts. Melt margarine over low heat. Stir in honey. Pour over cereal mixture and toss to coat. Spread on a 15 x 10-inch jellyroll pan. Bake at 350° for 12-15 minutes or until glazed, stirring often as this tends to burn awfully easy. I usually stir it every 3 minutes and be sure and watch closely after 10 minutes as it can scorch easy. Spread on waxed paper to cool and store in tightly covered container. No fear, it doesn't last long at my house. Makes 8 cups.

OYSTER CRACKERS

Bricy Lorenzen

2 (12 oz.) oyster crackers
1 c. Crisco oil
1 tsp. dill weed
½ tsp. garlic salt
1 pkg. Hidden Valley Ranch original

Mix oil, garlic salt, Hidden Valley and dill. Pour over crackers and mix well. Let set 1 hour. Store in airtight container.

PARTY MIX

Bricy Lorenzen

¾ c. margarine
2 tsp. garlic salt
2 tsp. onion salt
2 tsp. celery salt
3 T. Worcestershire sauce
1 bag pretzels
6¾ oz. cocktail peanuts
3 c. Cheerios
4 c. Rice Chex
1 bag cheese curls
1 bag Spanish peanuts

Melt margarine and add garlic salt, celery salt, onion salt and Worcestershire sauce. Pour over pretzels, peanuts, Cheerios, Rice Chex and cheese curls. Cook in a 250° oven for 1 hour, stirring every 15 minutes.

SNACK CRACKERS

Virginia Mundt

2 (12-oz.) pkgs. oyster crackers
1 pkg. Hidden Valley Ranch dressing mix
1 c. oil
1 tsp. dill weed

Heat oil until warm. Add dressing and dill weed. Stir well and pour over crackers which have been put in large plastic bag. Shake well to coat the crackers.

FRUIT PIZZA

**Martha Gray*

1 tube Pillsbury sugar cookie dough
1 (8-oz.) pkg. cream cheese, softened
¼ c. sugar
½ tsp. vanilla
Assorted sliced fruit, strawberries, kiwi, blueberries, grapes, bananas
½ c. sugar
½ c. water
2 T. cornstarch
2 T. dry apricot Jello
1 T. lemon juice

Press cookie dough in 10 x 15-inch pan. Bake for 10 minutes at 350°. Cool. Mix together cream cheese, ¼ cup sugar and vanilla. Spread on cooled crust. Top creamed mixture with assorted fruits. Combine ½ cup sugar, water and cornstarch in saucepan and cook for 2 minutes. Add Jello and lemon juice. Drizzle glaze over fruit. Refrigerate until ready to serve.

VEGETABLE PIZZA

Cathie Segebart

1 (8-count) pkg. crescent rolls
1 (4-count) pkg. crescent rolls
1/3 c. sour cream
1/3 c. Miracle Whip
1 (8-oz.) pkg. cream cheese, softened
1/2 pkg. Hidden Valley Ranch dressing mix
Diced fresh vegetables, broccoli, cauliflower, carrots, radishes, onions, mushrooms

Press crescent rolls in 10 x 15-inch bar pan. Bake according to package directions. Cool completely. Mix sour cream Miracle Whip, softened cream cheese and Ranch dressing mix. Spread on crust. Sprinkle diced fresh vegetables on creamed mixture. Top with shredded cheddar and seasoned salt. Refrigerate until ready to serve.

CREAMY CAPPUCCINO MIX

Lori Asmus

1/3 c. dry milk
2/3 plus 1 T. sugar
2/3 c. flavored powdered coffee creamer (Irish creme, vanilla, hazelnut, etc.)
1/3 c. instant coffee

Mix all dry ingredients together and store in pint jar. To serve, mix 2 tablespoons dry mix with 1 cup boiling water. Also make a nice gift if you layer dry ingredients in the jar and add a pretty bow.

HOT CHOCOLATE MIX

Susan Mahnke

1 (8-qt.) box instant milk
1 c. powdered sugar
1 (6-oz.) jar powdered coffee creamer
1 (1-lb.) can instant chocolate milk mix (not cocoa)
1/2 c. cocoa

Sift all ingredients together. Store in airtight container. Shake well before using. For one cup hot chocolate ads very hot water to a generous 1/4 cup mix. Don't skimp.

CREAMSICLE PUNCH

Jeanette Ferry

1/2 gal. orange sherbet
1/2 gal vanilla ice cream
2 (1-L) bottles ginger ale room temperature

Combine and mix, let ice cream and sherbet start to melt.

ORANGE JULIUS

Lisa Thomssen Sample

1 (6-oz.) can frozen orange juice, partially thawed
1 c. water
1 c. milk
1/4 c. sugar
1/2 tsp. vanilla
12 ice cubes

Put all ingredients into blender. Blend together until ice is crushed and it is well mixed. Pour into glasses and enjoy.

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ORANGE SMOOTHIES

Jessica Sebring

1 1/2 c. milk
1 (12-oz.) can orange juice
2 c. crushed ice
1 1/2 tsp. vanilla

Mix all ingredients in a blender until smooth. Serve immediately. Great summertime drink!

HOLIDAY SPICED TEA

Vera Vollstedt

1 qt. cranberry juice
6 oz. frozen orange juice
6 oz. frozen lemonade
2 T. instant tea
Apple juice to fill 30-c. coffee maker
2 1/2 c. sugar
1 T. whole cloves
1 T. whole allspice
3 sticks cinnamon

Put juices, tea, and lemonade in coffee maker and fill to 30 cup line with apple juice. Put sugar and spices in basket of coffee maker and perk.

SPICED TEA

**Marian Joens*

1 c. instant tea mix
2 c. Tang
1 pkg. lemonade mix
1 1/2 c. sugar
1 tsp. cloves
1 tsp. cinnamon
1/2 tsp. allspice

Mix and store dry. (Takes about 1 tablespoon for each cup of tea).

TANGY PUNCH

Garnet Jorgensen

2/3 c. Tang
1/2 c. sugar
3 c. water
2 c. pineapple juice
1/4 tsp. almond extract

Freeze above mixture. Put in a glass half full and add ginger ale or Seven Up. Takes several hours to freeze. Set out 3 hours before serving.

V8 JUICE

Deb Birks

6 qt. tomato juice
2/3 c. sugar
1 tsp. garlic powder
2 tsp. celery salt
2 tsp. onion powder
2 tsp. canning salt

Mix all together and bring to boil. Put in quart jars, seal and put in boiling water bath.

SOUPS & SALADS

But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.

~ Psalm 52:8

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

Soups & Salads

BAKED POTATO SOUP

Bricy Lorenzen

⅔ c. margarine or butter
7 c. milk
4 lg. potatoes, baked, cooled, peeled and cubed
12 bacon strips, cooked and crumbled
1¼ c. shredded cheddar cheese
1 tsp. black pepper
⅔ c. flour
4 green onions, chopped
1 c. sour cream
1 tsp. salt

In a soup kettle or Dutch oven melt butter. Stir in flour. Heat and stir until smooth. Gradually add milk, stirring constantly until thickened. Add potatoes and onions. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Add bacon, cheese, sour cream, salt and pepper and stir until cheese is melted. Makes 4 to 6 servings.

BRETTS' POTATO SOUP

Lisa Saunders

4 potatoes
2 carrots
1 lg. onion
2 celery ribs
2 T. margarine
2 T. flour
2 c. milk
1 c. shredded American cheese

Cover potatoes, carrots, onion and celery with water, salted to taste, and boil until tender. Do not drain. Mash vegetables well. In another pan, melt margarine. Add flour. To this mixture add milk and the mashed potato mixture. Heat until warm. Add shredded cheese.

CHEDDAR CHEESE SOUP

Gloria Hargens

4 c. water
3-4 med. potatoes, cubed
2 stalks celery, cut into sm. pieces
3 lg. carrots, cut up
½ to 1 c. onion, chopped
2 c. cubed ham
1 to 1½ lbs. Velveeta cheese, cubed

Cook vegetables in water until tender, don't drain water. Add ham and cheese plus 1 cup milk or whatever to keep soup from getting too thick while cheese is melting. Add salt and pepper to taste. You may double recipe for a larger group.

CHEESE AND BROCCOLI SOUP

**Susan Geitz*

2 c. water
1 c. celery, chopped
1 c. carrots, chopped
½ c. onion, chopped
1 lb. fresh broccoli, washed and chopped
½ c. butter
½ c. flour
2 tsp. salt, or to taste
¼ tsp. white pepper
4 c. milk
Tabasco sauce, as desired
1 lb. processed cheese spread, cut in ½-inch cubes or
4 c. grated cheddar cheese
2 c. ham, cut in ½-inch cubes

In a large saucepan combine water, celery, carrots and onion. Bring to a boil, reduce heat. Simmer covered for about 5 minutes or until tender/crisp. Add broccoli and

(continued)

cook until broccoli is tender/crisp, about 4-5 minutes. (To keep broccoli bright green, leave the cover slightly ajar.) Do not drain vegetables. To make sauce, melt butter in a large saucepan. Blend in flour, salt and pepper. Cook, stirring for 1 minute. Stir in milk. Cook until mixture thickens. Add several drops of Tabasco sauce if desired. Stir in cheese and cook until melted. Add ham cubes. Combine cheese mixture with undrained vegetables, stir to blend. Yields 12 servings.

CHILI

Virginia Mundt

1 lb. ground beef
1 onion, chopped
1 (12-oz.) can chili beans
½ c. water
½ c. sugar
1½ qt. tomato juice
½ tsp. salt
¼ tsp. pepper
1½ tsp. chili powder

Brown ground beef and onion. Drain off fat. Add beans, water, sugar, tomato juice, salt, pepper and chili powder. Simmer for an hour.

CREAMY TOMATO SOUP

Deb Birks

1 med. onion, chopped
2 T. butter or margarine
2 (14½-oz.) cans diced tomatoes, undrained
2 (10¾-oz.) cans condensed tomato soup, undiluted
1½ c. milk
1 tsp. sugar
½ to 1 tsp. dried basil
½ to 1 tsp. paprika
⅛ to ¼ tsp. garlic powder
1 (8-oz.) pkg. cream cheese, cubed

In a saucepan, sauté onion in butter until tender. Stir in tomatoes, soup, milk, sugar, basil, paprika and garlic powder. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in cream cheese until melted. Serve immediately. Yields 8 servings, 2 quarts.

EGG DROP SOUP

**Martha Gray*

1½ qt. chicken broth
2 T. cornstarch
¼ c. cold water
3-6 green onions
2 eggs, slightly beaten

Heat the chicken broth to a boil. Combine the cornstarch and cold water until cornstarch is dissolved. Add to boiling broth. Dice the green onions and add to broth. Slowly add the slightly beaten eggs. Simmer for 2 minutes and serve immediately.

HEARTY POTATO SOUP

6 med. potatoes, peeled and sliced
2 carrots, diced
6 celery ribs, diced
2 qt. water
1 onion, chopped
6 T. butter or oleo
6 T. flour
1 tsp. salt
½ tsp. pepper
1½ c. milk

In a large pot, cook potatoes, carrots, and celery in water until tender (about 20 minutes). Drain, reserving liquid and set vegetables aside. In the same pot, sauté onion in butter until soft. Stir in flour, salt and pepper; gradually add milk stirring constantly until thickened. Gently stir in cooked vegetables. Add 1 cup or more of reserved liquid until soup is desired consistency. Serves 8-10.

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LINDA'S CHILI SOUP

Marge Schnoor

2 lbs. ground beef
2 (15-oz.) cans tomato sauce
½ tsp. chili powder
½ c. onions, chopped
2 T. minced green pepper
1 T. sugar, or to taste
Pepper to taste
1 (21-oz.) can Van Camp chili beans
⅔ c. catsup
1½ tsp. salt
½ tsp. celery flakes, opt.
Garlic powder, to taste

Brown ground beef and onion. Add remaining ingredients and simmer. Makes 3 to 3½ quarts.

QUICK 'N EASY BEAN SOUP

Garnet Jorgensen

1 can pork and beans
1 can bean with bacon soup
1 can northern beans
1 (10-oz.) can Campbell's chicken broth

Put all together and heat thoroughly.

VEGETABLE BEEF SOUP

**Madonna Segebart*

2 lbs. ground beef
2 qt. water
1 qt. tomatoes
1 onion, minced
4 T. beef bouillon
2 or 3 stalks celery, sliced
4 or more carrots, sliced
4 potatoes, cubed, opt.
¼ c. Minute Rice
1-lb. pkg. mixed vegetables, opt.
1 tsp. salt
¼ tsp. pepper

Brown ground beef and drain off fat. Add water and tomatoes. Then add beef bouillon, onion, celery, carrots, potatoes, rice, mixed vegetables, salt and pepper. Simmer for one hour.

WESTERN IOWA TEXAS CHILE

Nyle Gruhn

1½ lbs. hamburger
1 lb. ground Italian sausage
1 lb. rib eye steak, cubed sm.
1 big onion, chopped
1 (46-oz.) can tomato juice
1 pkt. mild chile mix
1 pkt. hot chile mix
1 tsp. beef bouillon granules
1 tsp. chopped garlic
1 tsp. Emeril green pepper sauce
1 tsp. Emeril southwest essence powder

Brown hamburger, and ⅓ chopped onion, drain. Brown sausage and ⅓ chopped onion, drain. Brown small cubed steak and ⅓ chopped onion. Drain, combine. Add all other ingredients. Simmer one hour, serve. Supply towel to consumers to remove moisture from forehead.

WILD RICE SOUP

Deb Birks

9 slices bacon
1 med. onion
1 pkg. prepared Uncle Ben's wild rice
2 c. cubed Velveeta
2 cans condensed potato soup
2 pt. half-and-half

Dice and sauté bacon and onion. Combine with rest of ingredients, heat and serve.

AUTUMN SALAD

Barb Hargens
Suzette Rudnick

1 (4-oz.) can crushed pineapple
1 c. and 5 T. sugar
1 (7 oz.) lemon Jello
1 lb. cream cheese
4 raw apples, finely chopped
2 c. celery, finely chopped
2 c. whipping cream, whipped

In a saucepan combine pineapple and sugar. Bring to a boil. Add Jello, stir until dissolved. Add cream cheese, stir until mixture is thoroughly combined. Cool in an ice bath. Fold in chopped apples, celery and whipped topping. Pour in a cake pan and refrigerate. Cut into squares (12 servings).

BLUEBERRY SALAD

Marian Drake

2 (3-oz.) pkgs. black cherry Jello
1 can blueberry pie filling
2 c. boiling water
20-oz. can crushed pineapple and juice

Topping:

1 (8-oz.) pkg. cream cheese
½ c. sugar
8-oz. ctn. sour cream
1 tsp. vanilla

Mix Jello, boiling water, pie filling and pineapple with juice. Put in a 9 x 13-inch pan and refrigerate until set. Whip ingredients for topping and spread on Jello. Can sprinkle nuts on top.

DUCHESS CREAM

Bricy Lorenzen

5 T. Minute Tapioca
1 c. sugar
1 tsp. salt
1 tsp. lemon juice
½ pt. whipping cream
1 c. crushed pineapple, drained, opt.

Fruit:

Bananas
Halved seedless grapes
Apples, etc

Boil tapioca in 1½ cups water until clear. Add lemon juice, sugar and salt. Cool overnight in refrigerator. The next day, whip heavy cream, making sure your glass or metal bowl and beaters are cold. (This step could be done the night before also.) Add whipping cream, pineapple, your favorite fruit and chopped nuts, if desired, to tapioca. (I leave out the pineapple and just use halved purple grapes.) Carefully fold together. Refrigerate until ready to serve.

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FIVE CUP SALAD

Loretta Arnold

1 c. sour cream
1 c. mandarin oranges, sliced and drained
1 c. sm. marshmallows
1 c. coconut
1 c. crushed pineapple, drained

Mix ingredients together. Cool and serve.

FROZEN FRUIT SALAD

Garnet Jorgensen

1 env. Dream Whip, follow directions on box
1 c. sour cream
2 T. lemon juice
1 1/2 c. sugar
1/4 tsp. salt
2 sm. cans crushed pineapple, juice and all
1/2 c. maraschino cherries
4 bananas, cut up

Mix in order given and put in muffin tins lined with cupcake papers and freeze. You can take out as many as you need. Let them set at room temperature until they begin to slightly soften.

FRUIT COCKTAIL SALAD

Bonnie Lorenzen

1 (17-oz.) can fruit cocktail, with syrup
1 (3-oz.) pkg. strawberry Jello
1 (3-oz.) pkg. cream cheese, softened
1 (8-oz.) ctn. Cool Whip

Heat fruit cocktail with juice and Jello to boiling point. Remove from heat. Add cream cheese and stir until it melts. Fold in Cool Whip. Place in serving bowl and refrigerate.

GRANDMA BRUS' APPLE SALAD

Bonnie Lorenzen

Peeled and sliced apples
Chopped maraschino cherries
Sm. marshmallows
Miracle Whip salad dressing
Milk
Sugar
Cherry juice
Cool Whip

Depending on how many you are serving, peel apples and dice them. Add cherries and marshmallows. **For Dressing:** Use Miracle Whip and sweeten to taste, thin it with milk and cherry juice for a light pink color. You can add some Cool Whip to the dressing also. Combine and add to the apple, cherry and marshmallow mixture.

HASTY TASTY FRUIT SALAD

Irene Genzen

1 (30-oz.) can fruit cocktail
1 (20-oz.) can chunk pineapple
1 c. miniature marshmallows
3/4 c. pineapple juice
1 pkg. instant vanilla pudding
4 oz. Cool Whip
2 bananas

Drain fruit cocktail and pineapple. Use the juice (3/4 cup) and mix with the pudding mix. Add the topping to mix. Add the fruit and chill. Add other fruit if you wish.

MARSHMALLOW SALAD

Madlyn Younie

1 c. scalded milk
1 lb. marshmallows
1 pt. whipping cream
1 c. crushed pineapple

Melt marshmallows in milk. Cool. Add pineapple. Put in graham cracker crust. Top with whipped cream or Cool Whip.

ORANGE SALAD

Carol Ann Joens

1 (11-oz.) can mandarin oranges
1 (8-oz.) can crushed pineapple
Water
1 (6-oz.) pkg. orange gelatin
1 pt. orange sherbet, softened
2 bananas, sliced

Drain fruit, reserving juices. Add water to juices to make 2 cups. Bring to a boil, pour over gelatin in large bowl. Stir until dissolved, stir in sherbet. Chill until partially set. Fold in fruit. Chill until firm.

PEAR LIME GELATIN

Garnet Jorgensen

1 (29-oz.) can pear halves in juice
1 (3-oz.) pkg. lime gelatin
1 (3-oz.) pkg. cream cheese
1 c. whipped topping

Drain pears, reserving juice; set pears aside. Measure the juice; add water if needed to equal 1½ cups. Pour into a saucepan; bring to boil, add gelatin; stir until dissolved. Gradually add cream cheese; whisking until smooth. Cover and refrigerate until cool. Mash reserved pears and fold into gelatin mixture. Fold in whipped topping. Pour into glass bowl, very pretty salad.

PINEAPPLE SALAD

Garnet Jorgensen

20-oz. can crushed pineapple
⅔ c. sugar
1 (3-oz.) pkg. lemon Jello
1 (8 oz.) cream cheese
1 c. diced red apple, with skin
1 c. chopped nuts
1 c. diced celery
½ ctn. whipped topping

Cook pineapple and juice with sugar 3 minutes. Add Jello, stir, add softened cream cheese and mix. When it begins to congeal, add diced apples with red skins on, celery and nuts. Fold in whipped topping. Pour in 9-inch pan.

QUICK FRUIT SALAD

Berniece Segebart

1 (21-oz.) can peach pie filling
2 c. strawberries, halved
3 firm bananas, sliced
1 c. seedless grapes

Combine peach pie filling, bananas, strawberries and grapes in a bowl. Refrigerate until serving time.

RUBY RED RASPBERRY SALAD

Vera Vollstedt

1 (3-oz.) raspberry Jello
1 c. boiling water
1 (10-oz.) pkg. red raspberries, undrained
1 1/2 c. sour cream
1 (3-oz.) pkg. cherry Jello
1 (20-oz.) can crushed pineapple, drained
1-lb. can whole cranberry sauce or cranberry raspberry sauce
Mayonnaise for garnish on top

Dissolve raspberry Jello in boiling water. Add red raspberries. Place in 9 x 13-inch pan. Refrigerate until set. Spread sour cream over this layer. Then dissolve cherry Jello in boiling water. Add pineapple and cranberry sauce. Spoon over sour cream layer. Cover and refrigerate. Cut in squares and serve on a lettuce leaf.

SNICKER SALAD

Charlie Lueth

4 Snickers candy bars
4 apples, chopped
4 bananas, sliced
Lg. ctn. Cool Whip

Chop Snickers and mix all together and serve. Chopped walnuts and celery are good too.

CHICKEN SALAD

Edna Lohrmann

2 c. chopped chicken
1/4 c. or more chopped cashews
1/2 c. celery, chopped
1 c. shell macaroni, cooked, and cooled
Pimento sm. amount
1 c. salad dressing
Salt and pepper
2 T. sugar
Little mustard if desired

Combine the chicken with the macaroni, salt and pepper, celery, cashews and pimento. Mix salad dressing with sugar and mustard and toss over above mixture. Refrigerate.

CHICKEN SALAD

**Elsie Steckelberg*

1/2 c. whipped cream
1 c. salad dressing
1/8 tsp. salt
1/2 c. sweet diced pickles
3 c. diced cooked chicken
6 hard-boiled eggs
1 c. celery

Mix whipped cream, salad dressing, salt and diced pickles. Mix diced cooked chicken, chopped hard-boiled eggs, and chopped celery. Pour the salad dressing ingredients over chicken and egg mixture. Mix well and chill.

SOMBRERO PASTA SALAD

Joleen Spies

1 (16-oz.) pkg. spiral pasta
1 lb. ground beef
3/4 c. water
1 env. taco seasoning
2 c. shredded cheddar cheese
1 lg. green pepper, chopped
1 med. onion, chopped
1 med. tomato, chopped
2 cans sliced ripe olives, drained
1 (16-oz.) bottle Catalina or Western salad dressing

Cook pasta according to package directions. Meanwhile, in a skillet, cook beef medium heat until no longer pink, drain. Add water and taco seasoning; simmer, uncovered, for 15 minutes. Rinse pasta in cold water and drain; place in a large bowl. Add beef mixture, cheese, green pepper, onion, tomato and olives; mix well. Add the dressing and toss to coat. Cover and refrigerate for at least 1 hour. Makes 10 servings.

MACARONI SALAD

Loretta Arnold

1 lb. curly macaroni
1 lg. green pepper
1 onion
4 shredded carrots
1/2 can Eagle Brand sweetened condensed milk
1 c. sugar
1 c. vinegar, can use 3/4 c.
2 c. Miracle Whip
1 tsp. salt
Lemon pepper to taste

Cook macaroni according to instructions on package. Cool. Add pepper, onion and carrots. Mix condensed milk, sugar, vinegar, Miracle Whip, salt and lemon pepper. Pour mixture over macaroni and vegetables. Cool and serve.

MOSTACCIOLI SALAD

**Betty Miller*

4 c. (1 box) mostaccioli noodles, uncooked
1/2 c. corn oil, divided
1 green pepper, diced
1 jar pimento
1 cucumber, diced
1 sm. onion, diced
1 sm. can black olives
1 T. parsley flakes
1 c. vinegar
1 c. sugar
1 tsp. salt
1 T. coarse pepper
1 T. dried mustard
1 T. garlic powder
1 T. Accent

Cook and drain noodles. Coat noodles with 1/4 corn oil and cool. When noodles are cold, add green pepper, pimento, cucumber, diced onions, black olives and parsley flakes. Mix together in saucepan the vinegar, sugar, salt, coarse pepper, dried mustard, garlic powder and Accent. Heat this mixture to dissolve the sugar. Remove from heat and add remaining 1/4 cup corn oil to vinegar solution. Pour over noodles and vegetables. Refrigerate and marinate 12 hours before serving. Stir several times while marinating to blend flavors.

SPAGHETTI SALAD

*Susan Geitz

1 lb. long spaghetti, broken into sm. pieces
1 med. onion, chopped
1 green pepper, chopped
1 pkg. pepperoni slices, chopped
1 (16-oz.) bottle Wishbone dressing
1 cucumber, chopped
Salt and pepper to taste

Boil spaghetti according to package, then let cool. Add the rest of the ingredients and mix thoroughly. Refrigerate overnight for best flavor.

BROCCOLI

Velma Struve

1 head broccoli, chopped in very sm. pieces
1 c. white raisins
1/2 c. chopped onion
1 c. sunflower seeds
10 strips bacon, crumbled
1/2 c. Miracle Whip
3 T. sugar
2 T. vinegar

Have broccoli crisp and chopped in bowl. Add raisins, onion, seeds and crumbled crisp bacon. Mix Miracle Whip and sugar with vinegar and add to salad. Refrigerate until used.

CAULIFLOWER AND BROCCOLI SALAD

Arlene Jahn

1 head cauliflower
1 head broccoli
2 c. grapes, halved
2 green onions, use tops too
2 c. celery
1 green or red pepper
1 can water chestnuts

Dressing:

1 1/4 c. Miracle Whip
1/3 c. sugar
1/2 c. milk

Mix dressing and pour over vegetables. Chill well before serving. Can add raisins too. Sprinkle with paprika.

CORN VEGETABLE SALAD

Velma Struve

1 (16-oz.) can whole corn
1 c. celery, diced
1 c. sliced zucchini
1 c. diced tomato
1 c. chopped green onions
1 c. sliced carrots
1 bottled bacon bits
1 bottle Wishbone Italian dressing

Dice vegetables. Drain corn, toss with dressing. Refrigerate overnight. Stir once in awhile. Serve with tossed bacon bits.

EMILY'S CABBAGE SALAD

**Emily (Cadwell) Gernander*

1/3 c. olive oil (Filippo Berio brand suggested)
Seasoning pkt. from chicken Ramen noodles
3 T. sugar
1 T. vinegar
Pepper to taste
1 sm. head cabbage, chopped
3 green onions with tops, chopped fine
1/2 c. toasted slivered almonds
1 pkg. chicken Ramen noodles, crushed
3/4 c. sunflower seeds

Blend oil, contents of seasoning packet, sugar, vinegar, and pepper well. Mix cabbage, onions and dressing mixture and refrigerate for several hours to blend flavors. Before serving add almonds, Ramen noodles and sunflower seeds. Makes a crunchy fresh salad.

GARDEN LETTUCE SALAD DRESSING

Mary Lynn Lueth
(From the Kitchen of the late Elsie Manford)

2 rounded T. sugar
1/4 c. (scant) vinegar
1/2 c. heavy cream
1/2 c. thin cream
Coarsely torn lettuce, washed and chilled
Salt and pepper to taste

Mix sugar and vinegar, add 1/2 cup heavy cream. Stir until well mixed. Then add 1/2 cup thin cream. Pour over clean garden lettuce. Use salt and pepper to taste.

FESTIVE TOSSED SALAD

Vera Vollsttedt

1/3 c. sugar
1/3 c. red wine vinegar
2 T. lemon juice
2 T. finely chopped onion
1/2 tsp. salt
2/3 c. vegetable oil
10 c. cleaned and torn romaine lettuce
1 c. shredded Swiss cheese
1 med. apple (red or yellow), cored and cubed
1/2 c. dried cranberries
3 tsp. poppy seeds
1/2 c. chopped cashews

In a blender, combine sugar, vinegar, lemon juice, onion and salt. Cover, process until blended. Gradually add oil. In a separate bowl, combine lettuce, cheese, apple, pear, cranberries, poppy seeds and cashews. Drizzle with dressing, toss and serve immediately.

JELLIED VEGETABLE SALAD

**Ruth Younie*

1 env. Knox unflavored gelatin
1/4 c. cold water
1 1/4 c. boiling water
1 tsp. salt
1/2 c. sugar
1/4 c. lemon juice
1/4 c. vinegar
1 sm. grated onion
1 c. crisp shredded cabbage
2 T. green pepper, chopped
1/2 c. julienne cut carrots
1 c. chopped celery
1/4 c. sliced stuffed olives

Soften gelatin in cold water. Then put it in the boiling water to dissolve. Add salt, sugar, lemon juice and vinegar. Stir to dissolve the sugar and salt. Chill to partial set.

(continued)

Then add onion, cabbage, chopped green pepper, carrots, celery and stuffed olives. Put in mold or shallow pan and chill.

ORIENTAL CABBAGE SALAD

LeeAnn Musfeldt

1 pkg. cabbage slaw mix
1/4 c. chopped onion
1 pkg. Ramen noodles, chicken or Oriental
1/2 c. sunflower nuts
1/2 c. sliced almonds

Dressing:

4 T. sugar
3 T. white vinegar
1/2 c. oil
1/2 tsp. salt
1/4 tsp. white pepper
Flavor pkt. from Ramen noodles

Mix dressing and chill. Combine cabbage mix, onion, almonds, sunflower nuts and crunched noodles. One hour before serving, mix with dressing.

PEA SALAD

Bonnie Lorenzen

1 can peas, drained
6 eggs, boiled and chopped
1 c. diced celery
1/4 c. chopped onions
1/2 c. Miracle Whip
1 tsp. yellow mustard
1 tsp. sugar

Mix peas, eggs, celery and onions together. In another bowl, mix Miracle Whip, mustard, sugar and milk. Toss with pea mixture and chill.

POTATO SALAD

**Madonna Segebart*

7 med. potatoes
6 eggs
3 T. chopped onions
3 T. vinegar
5 T. sugar
3/4 c. mayonnaise
1 drop yellow food coloring
1/4 tsp. salt
1/8 tsp. pepper

Peel, quarter and cook potatoes until done, but do not over cook. Hard boil eggs, cool, peel and chop. Mix onions, vinegar, sugar, mayonnaise, food coloring, salt and pepper. Add this dressing mixture to the cooled potatoes and eggs. Mix well. Refrigerate.

POTATO SALAD

Jeanette Ferry

1/2 c. sugar
1 T. cornstarch
1 tsp. dry mustard
3/4 c. water
1/2 tsp. salt
1/4 c. vinegar
2 eggs, beaten
6 c. diced cooked potatoes
5 hard-boiled eggs, chopped
1/4 c. onion, diced
Salt and pepper, if desired
1 c. salad dressing or mayonnaise

Combine sugar, cornstarch, dry mustard, water, salt, vinegar and beaten eggs. Cook over medium heat until thick, stirring constantly. Cool and add salad dressing. Pour mixture over warm potatoes and eggs and onions. Mix well and chill for several hours.

TASTY VEGGIE MACARONI SALAD

8 oz. spiral macaroni, cooked and drained
4 1/2 tsp. minced onion
2 T. vinegar
1 c. mayonnaise
1 3/4 tsp. salt
1/4 tsp. pepper
2 tsp. paprika
3 tomatoes, cut in wedges
1/2 c. green pepper
2 T. sliced black olives

Combine onion and vinegar and let stand a few minutes. Add mayonnaise, salt, pepper, paprika, and mix. Mix the macaroni, tomatoes, green pepper and olives. Toss lightly with dressing.

BUTTERMILK SALAD DRESSING

Vera Vollstedt

1 clove minced garlic
3/4 c. mayonnaise (low fat or any kind)
1/2 c. buttermilk
1 tsp. dried parsley
1/2 tsp. dried minced onion
1/4-1/2 tsp. salt
1/8 tsp. pepper

Mix and chill. If you don't use buttermilk for many recipes, buy the 8-ounce carton. This is good on macaroni salad, cole slaw, tossed salad, etc.

DRESSING FOR MACARONI SALAD

Lynne Gruhn

2 c. real mayonnaise
1/4 c. vinegar
1/2 c. sugar
1 c. Eagle Brand milk

Makes enough for 2 cups macaroni.

HONEY POPPY SEED DRESSING

Vera Vollstedt

3/4 c. honey
1 1/2 tsp. dry mustard
1/3 c. cider vinegar
1 T. grated onion
1/4 c. apple juice
1/2 tsp. salt
1 c. oil
1 1/2 T. poppy seeds

In food processor bowl, combine honey, mustard, vinegar, onion, apple juice and salt. Pulse 1 1/2 minutes. Add oil slowly, continue beating until thick 2-3 minutes. Add poppy seeds; blend quickly. Pour into a 1-pint jar and refrigerate.

VEGETABLES & SIDE DISHES

Blessed are those who hunger
and thirst for righteousness,
for they will be filled.

~ Matthew 5:6

Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.

Vegetables & Side Dishes

ASPARAGUS CASSEROLE

Marlene Jahn

1 (15½-oz.) can asparagus, drained lightly
1 (15½-oz.) can peas, drained lightly
1 (8-oz.) can water chestnuts, drained
1 c. cheddar cheese
5 slices white bread
½ c. margarine

Combine asparagus, peas, and water chestnuts in bottom of glass Pyrex dish. Sprinkle cheese over vegetables. Trim crusts off bread and divide each slice into thirds. Melt margarine and dip each piece of bread into margarine. Place bread on top of vegetables and cheese. Bake at 325° for 20 minutes or until bread in brown and crisp.

CALICO BEANS

Arlene A. Jahn

½ lb. hamburger
1 lg. onion, chopped
Few slices bacon, cut up
½ c. catsup
¾ c. brown sugar
1 tsp. salt
1 tsp. dry mustard
2 T. vinegar
1 can pork and beans
1 can kidney beans, drain
1 can lima beans, drain

Fry ground beef, bacon and onion; drain off excess fat. Add to remaining ingredients. Bake in casserole 30-45 minutes at 350°. Casserole may be frozen for later use.

HARLEQUIN BEANS

Susan Mahnke

1 can baby lima beans
1 can butter beans, lg. yellow lima beans
1 lg. can pork and beans, more than 1 lb.
1 can kidney beans
6-12 slices bacon, cut in sm. pieces
3 lg. onions, sliced and separated into rings
¼ tsp. dry mustard
½ c. vinegar
1 c. brown sugar
1 T. molasses, opt.

Drain beans and pour into a large casserole or bean pot. Fry the bacon. Add the onion rings and fry until transparent. Add the mustard, vinegar, and brown sugar. Simmer 20 minutes. Pour over the beans in the casserole and bake uncovered for 1 hour 15 minutes.

THREE BEAN BAKE

Lee Ann Musfeldt

15-oz. can green beans, drained
15-oz. can red beans
21-oz. can pork and beans
⅓ c. catsup
⅓ c. brown sugar
1 T. vinegar
2 T. chopped onion
Salt
Pepper

Mix and bake 1 hour at 300°.

BAKED LIMA BEANS

Rosalie Macumber

1 lb. lima beans
1/4 lb. bacon
1 med. onion, chopped
2 T. flour
1 pt. tomato juice
3/4 c. brown sugar

Soak lima beans overnight. Cook in the morning. Drain and season to taste. Fry bacon with the onion, until onion is transparent. Add flour; stir to blend. Add tomato juice and brown sugar. Pour tomato mixture over the beans and bake in an ovenproof casserole at 350° for 30-40 minutes.

BROCCOLI CASSEROLE

Marge Schnoor

1/4 c. chopped onion
6 T. butter
2 T. flour
1/2 c. water
1 (8-oz.) jar Cheez Whiz
1 (10-oz.) pkg. frozen chopped broccoli, thawed
3 eggs, well beaten
1/2 c. soda cracker crumbs

Sauté onion in 4 tablespoons of the butter until soft. Stir in flour. Add water. Cook over low heat until thickened. Blend in cheese. Combine sauce with broccoli. Add egg and mix gently until blended. Pour in 1 1/2-quart greased casserole. Cover with crumbs and remaining 2 tablespoons of butter. Bake in a 325° oven for 30 minutes.

RICE AND BROCCOLI CASSEROLE

**Madonna Segebart*

2 (10-oz.) boxes frozen chopped broccoli
1/2 c. milk
1 (10-oz.) can cream of mushroom soup
1 (8-oz.) jar Cheez Whiz
1 c. Minute Rice, uncooked
1/4 c. chopped onion
1/2 pkg. dry onion soup mix

Cook and drain broccoli. Mix milk, mushroom soup and Cheez Whiz. Add to hot broccoli. Then add Minute Rice, onion, and onion soup mix. Pour into 2-quart baking dish. Bake uncovered for 35 minutes at 350°.

CABBAGE CASSEROLE

Vera Mesenbrink

1 lg. head cabbage
Sliced Velveeta cheese
1 roll Ritz crackers
1/4 c. margarine, melted

Core and cut up cabbage. Cook for 15 minutes in boiling salt water. Drain cooked cabbage. Using a 2-quart casserole dish, layer cooked cabbage with slices of Velveeta cheese. Crush Ritz crackers and combine with melted margarine. Sprinkle cracker crumbs on top of cabbage. Bake at 350° for 30 minutes.

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CALIFORNIA CASSEROLE

Lee Ann Musfeldt

1 (16-oz.) pkg. California mix (can use more), carrots, cauliflower and broccoli
American or Velveeta cheese
24 Ritz crackers
1 stick oleo, melted

Put California mix in flat glass 9 x 13-inch baking dish. Top with slices of American or Velveeta cheese. Crush 24 Ritz crackers and put on top of cheeses. Pour 1 stick of melted oleo over top. Bake 350° for 30 minutes.

CARROTS AU GRATIN

Diane Vetter

2 c. finely crushed corn flakes
1/3 c. chopped onion
1 tsp. salt
1 1/2 c. milk
4 c. cooked carrots, drained
1 c. grated American cheese
4 T. margarine, divided
3 T. flour
1/8 tsp. pepper
1 T. parsley flakes

Melt 1 tablespoon margarine and add corn flakes, mix well and set aside. Over low heat melt rest of margarine and add onion. Cook until tender. Stir in flour, salt and pepper. Remove from heat and add milk gradually stirring until smooth. Return to heat and cook until thick and bubbly. Add cheese and stir. Remove from heat and add carrots and parsley. Put in casserole and sprinkle with crumbs. Bake at 350° for 20 minutes.

CARROT CASSEROLE

Marlene Jahn

4 c. cooked carrots
1 can cream of celery soup
1 (8-oz.) jar Cheez Whiz
1/4 c. melted butter
1/2 c. cracker crumbs

Mix first 3 ingredients in a 2-quart casserole and top with butter crumb mixture. Bake 30-40 minutes at 350°.

CARROT CASSEROLE

Berniece Segebart

5 c. sliced carrots
1/2 lb. processed cheese
1 stick margarine
1 sm. onion, diced
Salt and pepper to taste
Ritz crackers, crushed

Cook carrots until tender. Layer carrots and cheese in casserole. Sauté onion in margarine and pour over carrots and cheese. Top with crushed crackers. Bake at 350° oven for 25 minutes.

CARROTS ELEGANT

Cathie Segebart

1 lb. carrots, thinly sliced
1/4 c. golden raisins
1/4 c. butter or margarine
3 T. honey
1 T. lemon juice
1/4 c. sliced, unpeeled almonds

Cook carrots, covered, in 1/2-inch boiling water for 8 minutes; drain. Turn carrots into a one-quart baking dish. Stir in golden raisins, butter, honey, and lemon juice. Bake, uncovered in a preheated 350° oven 45 minutes; stir occasionally. Sprinkle with almonds.

PENNY CARROTS

Sylvia Saunders

6 c. sliced carrots
1 sm. onion, chopped
1/4 c. butter
1/2 tsp. salt
1/4 tsp. pepper
1 c. grated American cheese
1/2 stick (1/4 c.) butter, sliced
2 c. crushed potato chips or buttered bread crumbs

Slice carrots like a penny. Precook and drain. Sauté onion in 1/4 cup butter. Add sautéed onion, salt and pepper to carrots. Stir in grated cheese. Turn carrots into 2-quart baking dish. Slice 1/2 stick (1/4 cup) of butter over carrots and top with butter, bread crumbs or potato chips. Bake for 30 minutes at 350°. Bake covered for the first 20 minutes. Uncover the last 10 minutes to brown.

SCALLOPED CARROTS AND ONIONS

**Elsie Puck*

3 med. onions, sliced
2 T. butter
3 to 4 carrots, sliced
1/8 tsp. salt
Coffee cream or top milk

Fry sliced onions in butter until yellow. To this add sliced carrots and sprinkle with salt. Over this pour enough coffee cream or top milk to cover the carrots. Simmer for 20 minutes or until carrots are done, or if you are having an oven meal, put the carrot and onion mixture in a baking dish as you would escalloped potatoes. Carrots fixed this way gives them a sweet taste.

CAULIFLOWER

Joleen Spies

1 head cauliflower

White Sauce:

1 c. milk
1 T. butter
1 1/2 T. flour
1/4 c. Velveeta cheese

Boil 1 cup water and 1/2 teaspoon salt. Add the cauliflower and boil gently for 10-12 minutes. Should be tender but firm. Drain and put into the white sauce. **For the White Sauce:** Melt butter over low heat and blend in flour. Slowly add milk, stirring constantly. Remove from heat and add Velveeta cheese. Stir until melted. Pour over well drained cauliflower.

CORN CASSEROLE

**Madonna Segebart*

1 (15-oz.) can whole kernel corn, drained
1 (15-oz.) can whole kernel corn with juice
1 (15-oz.) can cream-style corn
1 (8 1/2-oz.) box cornbread mix
8 oz. sour cream
2 eggs, beaten
1/2 c. melted butter

Mix corn, cornbread mix, sour cream and eggs. Stir in melted butter. Pour into 9 x 13-inch greased baking dish and bake at 350° for 1 hour.

SCALLOPED CORN

Yvonne Thomssen Klindt

4 c. fresh or frozen corn
3 eggs, beaten
1 c. milk
1 c. crushed saltines, about 3 c.
3 T. butter, melted
1 T. sugar
1 T. finely chopped onion
Salt and pepper to taste

In a large bowl combine the corn, eggs, milk, 3/4 cups of the cracker crumbs, butter, sugar, onion, salt and pepper. Transfer to a greased 1 1/2-quart baking dish. Sprinkle with rest of cracker crumbs. Bake uncovered at 325° for 1 hour or until knife inserted near the center comes out clean.

SCALLOPED CORN

Sylvia Saunders

2 (15-oz.) cans cream-style corn
1 c. crushed soda crackers
1 c. half-and-half
2 eggs
Salt and pepper
Chopped onion
Green pepper, pimento or drained dry fresh oysters, opt.

Beat eggs slightly and add corn, crackers and half-and-half, salt and pepper and other ingredients if preferred. Bake at 350° for one hour uncovered.

ONION CASSEROLE

**Ruth Manford Joens*

6 lg. onions
1/2 c. butter
1 (15-oz.) cream of mushroom soup
1 c. milk
2 c. grated Swiss cheese
1 loaf French bread, sliced and buttered

Slice and sauté onions in butter until clear. Pour into 9 x 13-inch Pyrex baking dish. Combine soup and milk. Gently pour over onions. Sprinkle Swiss cheese over soup and milk mixture. Lay sliced and buttered French bread on top. Bake at 350° for 30 minutes until bread is golden brown.

VIDALIA ONION PIE

Sylvia Saunders

(Any onion is good)

1 c. Pepperidge Farm herb stuffing
1/4 c. melted butter
2 1/2 c. thinly sliced onion
2 T. butter
2 eggs
3/4 c. milk
Salt and pepper
1/2 c. sharp grated cheddar cheese

Line a 9-inch pie pan with melted butter and stuffing. Sauté 2 tablespoons butter with onions until tender (not brown), arrange over crust. Slightly beat 2 eggs and add 3/4 cup milk, salt and pepper to taste and pour over crust and top with 1/2 cup grated cheese. Bake at 350° for 45 minutes or until knife in center comes out clean. Serve hot.

CAJUN POTATOES

Kathy Siegner

5 red potatoes
¼ c. Zatarain's crab boil seasoning

Do not peel potatoes. Cut potatoes in quarters. Boil potatoes and Zatarains. Drain and serve. Watch out! Hot and spicy.

CHEESY POTATOES

Jessica Sebring

1 (30-oz.) bag frozen shredded hash browns
1 (10-oz.) can cream of chicken soup
1 (10-oz.) can cream of mushroom soup
½ soup can of milk
1 (8-oz.) ctn. sour cream
2 c. shredded cheddar cheese
4 T. oleo, cut in 4 pieces
Diced onion, opt.
Mushroom pieces, opt.

Partially thaw hash browns. Spread out in greased 9 x 13-inch cake pan. In a bowl mix soups, milk, sour cream and cheddar cheese. Pour over potatoes, stir together. Put butter pieces on top. Bake uncovered at 350° for about 1 hour or until brown.

HASH BROWN POTATOES

Loretta Arnold

2 lbs. hash browns
½ c. melted butter
1 tsp. salt
1 tsp. pepper
2 T. minced onion
1 can cream of chicken soup
1 pt. sour cream
2 c. corn flakes, crumbs
¼ c. melted butter

Mix all ingredients together except corn flakes and ¼ cup melted butter. Put into 9 x 13-inch pan. Then top with corn flake crumbs and ¼ cup melted butter. Bake 1 hour at 350°.

HASH BROWN CASSEROLE

**Alan Joens*

2 lbs. frozen hash browns
12 oz. sour cream
2 c. sharp cheddar cheese
¼ c. melted butter
1 sm. onion
2 cans cream of mushroom soup
Dash pepper

Mix everything then add hash browns. Butter dish well. Spread evenly into 9 x 13-inch baking dish. Bake at 375° for 50 minutes.

HOT GERMAN POTATO SALAD

Peggy Huebner

6 med. potatoes, in jackets
6 slices bacon
¾ c. chopped onion
2 T. sugar
½ tsp. celery seeds
2 T. flour
1½ tsp. salt
Dash pepper
Water
Vinegar

Boil potatoes, in jackets. Let cool a bit before slicing. Cut bacon in small bits and fry slowly until crisp, then drain on paper towel. Sauté onion in bacon fat until golden brown. Blend in sugar, celery seeds, flour, salt and pepper. Cook over low heat

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stirring until smooth and bubbly. Remove from heat. Stir in 3/4 cup water and 1/3 cup vinegar. Bring to boil stirring constantly. Boil one minute. Stir in potato slices and bacon bits. Cover and let stand until ready to serve. Makes 8 servings.

POTATO SPEARS

**Susan Geitz*

3 lg. baking potatoes
1/4 c. Miracle Whip
1 dash onion salt
1 good dash pepper

Scrub the potatoes and cut them lengthwise into thick slices, then cut the slices into thick strips. Brush the strips with the Miracle Whip. Place on a greased 15 1/2 x 10 1/2-inch cookie sheet and season to taste with the onion salt and pepper. Bake in a preheated 375° oven for 50 minutes or until tender and golden brown.

QUICK OVEN POTATOES

Idamae Fake

4 lg. baking potatoes in 1/2-inch slices
1/3 c. butter or oleo, melted
1 T. minced dried onion flakes
1/2 tsp. dried dill weed
2 T. grated Parmesan cheese

Slice baking potatoes and place in 6 x 10-inch pan. Combine 1/3 cup butter or oleo melted, 1 tablespoon onion flakes, 1/3 teaspoon dill weed and mix together, pour over sliced potatoes and sprinkle with 2 tablespoons Parmesan cheese. Bake at 375° for 1 hour.

REFRIGERATOR MASHED POTATOES

Marlene Jahn

5 lbs. potatoes, 9 lg.
2 (3-oz.) pkgs. cream cheese
2 tsp. onion salt
1 tsp. salt
1/4 tsp. pepper
2 T. butter or oleo

Cooked peeled potatoes in boiling salted water until tender, drain. Mash until smooth. Add remaining ingredients and beat until light and fluffy. Cool. Cover and place in refrigerator. May be used anytime within 2 weeks. To use place desired amount in greased casserole. Dot with butter and bake at 350° until heated through about 30 to 45 minutes. Makes 8 cups or 12 servings. Can easily be doubled for large crowd.

REFRIGERATOR MASHED POTATOES

Deb Birks

5 lbs. potatoes
2 (3-oz.) pkgs. cream cheese
2 tsp. onion salt or 1 tsp. onion powder
1/4 tsp. pepper
1 c. sour cream
1 tsp. salt
2 T. butter
Garlic salt if desired

Cook peeled potatoes in salt water until tender. Drain. Mash until smooth (no lumps). Add remaining ingredients and beat until fluffy. Cool. Place in 9 x 13-inch pan pan, dot with butter and bake at 350° until heated through, about 30 minutes. Sprinkle with paprika before serving.

SAUERKRAUT CASSEROLE

Vera Mesenbrink

1 (15½-oz.) can sauerkraut
2 (15½-oz.) cans pork and beans
1 (15½-oz.) can unsweetened applesauce
½ c. brown sugar
½ tsp. dry mustard
½ tsp. salt

Rinse and drain sauerkraut. Combine pork and beans, applesauce, brown sugar, dry mustard and salt. Add to well drained sauerkraut and mix until all ingredients are blended. Turn into a 2-quart casserole dish and bake at 350° for 30 minutes.

TOMATO RICE

Bricy Lorenzen

¼ c. onion
2 T. butter or bacon grease
1½ c. Minute Rice
2 c. tomato juice, seasoned
½ tsp. salt
Dash pepper
½ tsp. sugar
Bacon

Brown onions in butter (or bacon grease) add rice, tomato juice, salt, pepper and sugar. Bring to a boil, remove from heat. Add cooked bacon and cover. Let sit 10 minutes.

SESAME NOODLES

Elise Lueth

1 (12-oz.) box spaghetti
1 bunch green onions
½ c. peanuts
¼ c. soy sauce
1 tsp. ginger
½ c. peanut butter or hot oil
1 T. crushed red pepper
2 T. sesame seeds

Cook spaghetti and drain. Chop green onions, add peanuts, soy sauce, ginger, peanut butter, red pepper and sesame seeds. Combine with cooked spaghetti. Can be served hot or cold. Any ingredient may be adjusted to suit individual tastes.

SPINACH QUICHE

Cathie Segebart

1 unbaked 10-inch pie crust
½ c. grated cheddar or Gruyère cheese
4 eggs, beaten
1 c. milk
1 (13.5-oz.) can spinach, well drained
⅓ c. diced red onion
1 Roma tomato, thinly sliced

Sprinkle cheese into prepared pie crust. In a medium bowl, mix eggs, milk, spinach and onion. Pour mixture evenly over cheese. Top with slices of tomato. Bake for 15 minutes in 425° oven. Reduce heat to 350° and bake an additional 20-25 minutes until set, or a toothpick comes out clean. Remove from oven and let stand 10 minutes before serving.

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VEGETABLE CHEESE BAKE

Gloria Hargens

1 (10-oz.) pkg. frozen broccoli, stems or stalks
1 (10-oz.) pkg. frozen cauliflower
1 (10-oz.) pkg. frozen carrots
1 can cream of mushroom soup
1 jar Cheez Whiz

Boil vegetables until tender. Mix in large casserole with soup and cheese. Bake in oven 15-20 minutes or until cheese is slightly browned. Serves 10.

VEGETABLE CASSEROLE

Marlene Jahn

1 (17-oz.) can whole kernel corn
1 (10-oz.) pkg. frozen cauliflower, cooked
1 (10-oz.) pkg. frozen cut broccoli, cooked
1 (4-oz.) can sliced mushrooms
1 (17-oz.) can cream-style corn
2 c. shredded Swiss cheese
1 (10¾-oz.) can cream of celery soup
2 T. butter
1½ c. soft bread crumbs

Drain whole kernel corn, cooked cauliflower, cooked broccoli and mushrooms. Cut up large pieces of cauliflower. Combine creamy-style corn, Swiss cheese and soup. Fold into drained vegetables. Turn into a 12 x 7 x 2-inch baking dish. Melt butter and toss with bread crumbs. Sprinkle on top of mixture. Bake at 375° for 30-35 minutes. You can prepare this casserole ahead and chill. Then add 15 minutes to baking time.

SUPER VEGETABLE HOT DISH

Arlene Jahn
Bonnie Lorenzen

1-lb. can green beans
1-lb. can yellow beans
1-lb. can diced carrots
1 (4-oz.) can mushrooms
1 (4-oz.) can water chestnuts
1 (10¾-oz.) can cream of mushroom soup
4 oz. cheese, cheddar, Velveeta or Cheez Whiz
1 (2.8-oz.) can French-fried onion rings
Salt and pepper

Drain vegetables, mushrooms and water chestnuts. Toss together. Combine soup and cheese. Stir into vegetables. Preheat oven to 350°. Bake 30 minutes. Sprinkle onion rings over top. Bake 5-10 minutes more.

SWISS VEGETABLE MEDLEY

Betty Pedersen

1 (16-oz.) bag frozen broccoli, carrots, and cauliflower combination, thawed and drained
1 (10¾-oz.) can condensed cream of mushroom soup
1 c. (4 oz.) shredded Swiss cheese, divided
⅓ c. sour cream
¼ tsp. pepper
1 (2.8-oz.) can dried onion rings

Combine vegetables, soup, ½ cup cheese, sour cream, pepper and ½ can onion rings. Pour into a one-quart casserole. Bake, covered at 350° for 30 minutes. Top with the remaining cheese and onions; bake, uncovered 5 minutes longer.

DUMPLINGS

Virginia Mundt

1 egg, slightly beaten
6 T. cold water
1 T. vegetable oil
½ tsp. salt
1 tsp. baking powder
1 c. flour

Mix egg, water, oil, salt, baking powder and flour until thick and smooth. Drop from teaspoon into boiling broth or soup. Cook for 10 minutes. Can be cooked uncovered and do not need to be turned.

SAGE DRESSING

Bricy Lorenzen

4 c. dry bread crumbs
3 T. chopped onion
1 tsp. salt
¼ tsp. pepper
¼ tsp. poultry seasoning
1 tsp. sage
⅓ c. melted butter
1½ c. chopped celery
1 (6-oz.) can sliced mushrooms, drained

Combine all ingredients and add hot water to moisten. Toss gently to mix. Stuff in bird or cook in crockpot.

Recipe Favorites

MAIN DISHES

The Lord loves righteousness and justice;
the earth is full of his unfailing Love.

~ Psalm 33:5

Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.

- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.

- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.

- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.

- It's easier to thinly slice meat if it's partially frozen.

- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

- When frying meat, sprinkle paprika over it to turn it golden brown.

- Thaw all meats in the refrigerator for maximum safety.

- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.

- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Scaling a fish is easier if vinegar is rubbed on the scales first.

Main Dishes

AMERICAN GOULASH

Barb Hargens

1 1/2 lbs. ground beef
1/2 green pepper, chopped
1 sm. onion, chopped
1 (28-oz.) jar spaghetti sauce
1 T. garlic salt or less
1/2 tsp. pepper
8 oz. uncooked macaroni, 2 c.
1/2 c. water
1 c. (4 oz.) shredded mozzarella cheese

Preheat oven to 350°. Brown hamburger, pepper and onion, drain. Add rest of ingredients except for cheese, mix well. Put in 2 1/2-quart buttered dish cover and bake 25 minutes. Remove from oven, top with cheese. Bake (uncovered) 15-20 minutes until cheese melts. Makes 4-6 servings.

BACON CHEESEBURGER RICE

Sharon Grimm
Barb Hargens

1 lb. ground beef
1 3/4 c. water
2/3 c. barbecue sauce
1 T. mustard
2 tsp. dried onion
1/2 tsp. pepper
2 c. uncooked instant rice
1 c. shredded cheese
1/2 c. chopped dill pickles
5 bacon strips, cooked and crumbled

Cook beef, drain. Add water, barbecue sauce, mustard, onion and pepper. Bring to boil and stir in rice. Sprinkle with cheese. Reduce heat, cover and simmer for 5 minutes. Sprinkle with pickles and bacon.

BAKED SPAGHETTI

Pam Sebring

1 c. chopped onion
1 T. butter
1 (28-oz.) can chopped tomatoes
1 (4 oz.) drained mushrooms
2 tsp. oregano
1 1/2 lbs. browned ground beef
12 oz. spaghetti, cooked and drained
2 c. shredded cheddar cheese
1 (10 3/4-oz.) can cream of mushroom soup
1/4 c. water
1/4 c. grated Parmesan cheese

Sauté onions in butter in skillet, add tomatoes and mushrooms, oregano and ground beef. Simmer for 10 minutes. Place 1/2 spaghetti into 9 x 10-inch greased pan. Top with 1/2 tomato/meat juice. Sprinkle with 1 cup cheddar cheese. Repeat layers. Mix soup and water until smooth, pour over top layer evenly. Sprinkle with Parmesan cheese. Bake uncovered at 350° for 35-40 minutes. Let stand 5-10 minutes before serving. Makes 8-10 servings.

BARBARA MANDRELL STEW

Sylvia Saunders

2 lbs. beef chunks
1 c. diced onion
2 c. quartered potatoes
2 c. carrots, chunks
2 c. celery, cut
2 tsp. salt
1 tsp. pepper
1 tsp. sugar
5 T. tapioca
3 c. beef broth

Place all ingredients in order given in roaster with tight fitting lid. Bake at 250° for five hours. No browning necessary. When done, gravy will be thick and brown.

BARBECUED BEEF PATTIES

Virginia Mundt

1 c. soft bread crumbs
1/2 c. milk
1 lb. ground beef
1 tsp. salt
1/4 tsp. pepper
1 1/2 T. Worcestershire sauce
1/4 c. vinegar
3 T. sugar
1/2 c. catsup
1/2 c. chopped onion

Moisten crumbs in milk, combine with beef, salt and pepper. Shape into patties, place in baking dish. Combine Worcestershire sauce, vinegar, sugar, catsup and onion and pour over patties. Bake at 350° for 50 minutes.

BARBECUED MEATBALLS

Priscilla Guild Salad Luncheon Recipe

2 lbs. ground beef
1 T. minced onion
1 1/2 tsp. salt
1 c. rolled oats
1/2 tsp. pepper
1 c. milk

Sauce Recipe:

2 T. brown sugar
2 T. Worcestershire sauce
1 c. catsup
1/2 c. water
1/4 c. vinegar
1/2 c. minced onion

Combine meat, rolled oats, onion, pepper, salt and milk. Form into 1/4 cup balls. Roll in flour and brown in shortening. Turn when brown. Put in roaster and cover with sauce. Bake 1 hour at 350° oven.

BARBECUED MEATBALLS

**Madonna Segebart*

Meatballs:

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

Barbecue Sauce:

2 T. sugar
2 T. Worcestershire sauce
1 c. catsup
1/2 c. water
1/2 c. vinegar
1/2 c. minced onion

Combine meat, oatmeal, onion, pepper, salt and milk. Form into 18-20 balls. Roll in flour and brown in skillet with 3 tablespoons oil. Brown on all sides. Mix sugar, Worcestershire sauce, catsup, water, vinegar, and 1/2 cup minced onion. Pour this

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sauce mixture over meatballs and simmer on low heat until sauce is fairly thick and meatballs are done (30-40 minutes).

BARBECUED MEATBALLS

**Jerri Grundmeier*

1 lb. ground beef
4-5 slices white bread
½ c. milk
1 tsp. salt
Pepper to taste
2 T. vinegar
3 T. sugar
½ c. catsup
½ c. water
2 T. Worcestershire sauce
½ c. chopped onion

Mix ground beef, cubed white bread, milk, salt and pepper with an electric mixer. Make into balls and place in 9 x 9-inch Pyrex baking dish. To make the sauce, combine vinegar, sugar, catsup, water, Worcestershire and onion. Pour over meatballs. Cover and bake in a 350° oven for 45 minutes.

BEEF STROGANOFF

Berniece Segebart

2 lbs. round steak
½ pkg. dry onion soup mix
1 (10-oz.) can creamy of mushroom soup
1 can water
Salt and pepper to taste
½ pt. sour cream
1 (4½-oz.) jar sliced mushrooms

Cube steak and brown in small amount of butter or olive oil in an electric skillet or in a large skillet on stove, mix dry soup mix, mushroom soup, water and salt and pepper. Pour over beef and simmer covered for 1½ hours. When meat is tender, add sour cream and mushrooms. Serve over noodles.

BEEF AND WATER CHESTNUT CASSEROLE

Irene Genzen

1 c. chopped celery
½ c. chopped green pepper
2 (8½-oz.) cans water chestnuts
2 c. cooked rice
1 (5-oz.) can evaporated milk
2 c. crushed soda crackers
3 T. butter, melted
3 lbs. ground beef
2 tsp. salt
1 tsp. pepper
1 c. chopped onion
2 (6-oz.) cans tomato paste
2 c. water

Brown beef; add salt, pepper, onion, tomato paste and water. Stir well. Cover and cook on low heat for 30 minutes. Add celery, peppers and water chestnuts to meat mixture and cook 12-15 minutes. Add rice and evaporated milk and stir well. Pour in a 9 x 13-inch pan. Top with the soda crackers and butter. Bake 30-35 minutes at 350°. Serves 10.

BRAT AND KRAUT CASSEROLE

Barb Hargens

1 (28-oz.) can sauerkraut
1 lg. onion, chopped
2 garlic cloves, crushed
3/4 c. brown sugar
1 bay leaf, opt.
4-5 brats, cut into 1/2-inch pieces
4 potatoes, cut into 1-inch squares

Preheat oven to 350°. Drain and rinse sauerkraut. Mix with rest of ingredients. Put in large casserole dish. Cover and bake 1 1/4 to 1 1/2 hours. Can substitute hot dogs or smoked sausage.

CALZONES

**Martha Gray*

1 (6.5-oz.) pkg. pizza crust mix
1/4 c. pizza sauce
3 c. mozzarella
15 pepperoni slices
1/4 c. diced onions
1/4 c. diced green pepper
1 T. melted butter
1 T. Parmesan cheese
1 tsp. garlic salt
1 T. chopped parsley

Make pizza crust according to directions. Roll into a 10-inch circle. On half of the crust, add pizza sauce, keeping sauce 1/2 inch from the edges. Sprinkle 1 cup of mozzarella over sauce half and top with pepperoni, onions and green pepper. Sprinkle remaining 2 cups of mozzarella over pizza toppings. Flip the uncovered dough half over the toppings. Press the edges together. Dip a fork in the melted butter and press around the dough edges to seal. Add Parmesan and garlic salt to remaining butter and spoon over top of crust. Garnish with parsley. Bake at 350° for 25-30 minutes.

CHEESEBURGER BAKE

Susan Mahnke

1 lb. hamburger
1 sm. onion, chopped
1 c. catsup
1 (8-oz.) can tomato sauce
8 oz. noodles or macaroni
24 oz. shredded cheese or sliced American cheese

Brown hamburger and onion and drain. Mix catsup and tomato sauce with meat in skillet and heat. Cook noodles or macaroni while meat is cooking and drain. Put half of meat sauce in large 2-quart casserole. Layer with half of noodles, then half of cheese. Repeat layers of meat sauce, noodles and cheese. Bake at 350° for 30-40 minutes until cheese is melted.

CHICKEN BREAST CASSEROLE

Mary Lynn Lueth
**Ruth Manford Joens*

4 whole chicken breasts, boneless
1 can cream of chicken soup
1/3 c. dry white wine
1/4 c. butter
Enough Swiss cheese to cover chicken
1 c. seasoned croutons

Cover chicken with cheese. Mix soup and wine. Cover chicken. Put croutons over the top. Drizzle with butter. Bake at 350° approximately 1 hours.

CHICKEN CASSEROLE

Rosalie Macumber

2 (12-oz.) pkgs. Stove Top stuffing
1 c. hot broth
½ c. melted oleo

Mix and place ½ in 9 x 13-inch pan.

1 cooked, diced chicken (4 c.)
½ c. chopped onion
½ c. chopped pepper
½ c. chopped celery
½ c. mayonnaise
¾ tsp. salt

Mix and place on top of dressing then put on second ½ of above dressing.

3 eggs, beaten slightly
1½ c. milk

Pour over and refrigerate overnight.

1 can mushroom soup

Pour soup over top next A.M. Cover with foil. Bake 325° for 40-60 minutes or until done.

1 c. cheddar cheese

Put on top and bake again until cheese is melted. Serves 12.

CHICKEN ENCHILADAS

Kathy Siegner

1 lb. chicken, cooked, cut up
1 can cream of chicken soup
¼ c. salsa
½ tsp. cumin
1 c. sour cream
¼ c. milk
2 c. grated cheddar cheese
8 (10-inch) flour tortillas

Mix chicken, cream of chicken soup, salsa, and 1 cup cheese. Fill tortillas. Place in 9 x 13-inch dish. Bake at 375° for 20 minutes. In a separate bowl mix sour cream, milk, cumin, and 1 cup cheese. Pour over rolled tortillas and bake an additional 15 minutes.

CHICKEN SALAD CASSEROLE

Cathie Segebart

¾ c. salad dressing or mayonnaise
1 tsp. minced dry onion flakes
2 T. lemon juice
½ tsp. salt
2 c. cubed cooked chicken
2 c. sliced celery
⅓ c. toasted slivered almonds
½ c. shredded cheddar cheese
1 c. crushed potato chips

Combine salad dressing (or mayonnaise), minced onion, lemon juice and salt. Set aside. In another bowl mix cubed chicken, celery, slivered almonds, and shredded cheese. Pour the salad dressing mixture over the chicken ingredients and mix well. Pile lightly into a 1½-quart casserole dish. Sprinkle with potato chips. Bake in 400° oven for 20 minutes until heated through. Can use turkey in place of chicken.

CORNBREAD TACO BAKE

Marian Drake

1 1/2 lbs. ground beef
1 pkg. taco seasoning
1/2 c. water
1 (12-oz.) can corn, drained
1/2 c. chopped green peppers
1 (8-oz.) can tomato sauce
1 (8 1/2-oz.) pkg. corn muffin mix
1/3 c. shredded cheddar cheese

Brown beef and drain; stir in taco seasoning, water, corn, green pepper and tomato sauce. Pour into a 2-quart casserole. Prepare corn muffin mix according to the package; spoon mixture over the meat mixture. Bake uncovered at 400° for 20 minutes. Top cornbread with cheese. Bake 2 minutes longer. Serves 6.

COUNTRY FRIED CHICKEN

Virginia Mundt

1 can mushroom soup
2 lbs. chicken pieces
2 T. shortening
1/4 tsp. poultry seasoning
1 c. carrots, sliced
3 T. chopped parsley

In a heavy skillet, brown chicken in shortening and pour off fat. Stir in soup, carrots and seasoning. Cover and cook over low heat for 45 minutes or until tender. Garnish with parsley.

CROCKPOT HAMBURGER CASSEROLE

**Jerri Grundmeier*

3 lg. potatoes, sliced thin
3-4 carrots, sliced thin
1-2 stalks celery, sliced
1 lg. onion, sliced and broken apart
1 lb. hamburger, lightly browned
1 (10.5-oz.) can tomato soup

Layer and season vegetables in crockpot. Place lightly browned meat on top. Mix tomato soup with 1/2 cup water and pour over all. Cook for 3-4 hours on high.

CROCK PIZZA

Jeanette Ferry

1 (12-oz.) pkg. Kluski noodles
1 1/2 lbs. ground beef
1 med. onion
1 (16-oz.) jar pizza sauce
1 (8-oz.) jar spaghetti sauce
8 oz. shredded cheddar cheese
8 oz. shredded mozzarella
1 pkg. pepperoni

Cook and drain noodles. Brown hamburger and onion and drain. Add sauces and simmer with meat. Layer noodles, hamburger and cheeses and pepperoni in crockpot twice. Set on low until cheeses are melted. Or layer in a 9 x 13-inch pan and bake for 20 minutes at 350°. Serves 12.

CRUNCHY CHICKEN BREASTS

Lori Asmus

4 chicken breasts, boneless
8 oz. Swiss cheese, sliced
1 can cream of chicken soup
1/3 c. melted margarine
1/2 c. water
1 c. Stove Top stuffing mix, chicken flavor

Place chicken in greased 9 x 13-inch pan. Place a piece of cheese on each chicken breast. Dilute soup with water; pour over chicken. Sprinkle dressing over chicken and drizzle with melted margarine. Bake at 325° for 1 1/2 hours.

DEEP DISH TACO SQUARES

Barb Hargens

½ lb. hamburger
½ c. sour cream
⅓ c. salad dressing or mayonnaise
½ c. shredded sharp cheddar cheese (2 oz.)
1 T. chopped onion
1 c. Bisquick baking mix
¼ c. cold water
1-2 tomatoes, sliced thin
½ c. chopped green pepper

Preheat oven to 375°. Cook ground beef, drain. Mix sour cream, mayonnaise, cheese and onion, reserve. Mix Bisquick and water until soft dough. Put in 8 x 8 x 2-inch greased dish pressing dough ½ inch up sides. Layer beef, tomatoes, green peppers in dish, spoon sour cream mix over top. Bake 25-30 minutes. Makes 5-6 servings.

EASY-DOES-IT SPAGHETTI
(For Crockpot)

Marlene Jahn

1 lb. ground beef
1 T. instant minced onion
1½ tsp. salt
½ tsp. garlic powder
½ tsp. dry mustard
¼ tsp. each mace, allspice and pepper
8-oz. can tomato sauce
4-oz. can mushrooms
3 c. tomato juice
4 oz. dry spaghetti, 1½ c. broken in 4- to 5-inch pieces

Brown ground beef well in skillet and place in crockpot. Add all remaining ingredients except dry spaghetti. Stir well. Cover and cook on low for 6 to 8 hours (high 3½ hours). Turn to high last hour and stir in dry spaghetti. I do not add the spaghetti. I cook it separately on stove.

ESCALLOPED CHICKEN

**Florence Behrend*

1 qt. coarsely chopped cooked chicken
1½ qt. stale bread cut into ½-inch squares
¾ c. melted butter
1¼ tsp. sage
¼ c. cream or stock
¾ tsp. salt
⅛ tsp. pepper
2 T. finely chopped onion
4 T. chicken fat
4 T. flour
1 qt. chicken broth

Place chicken in bottom of 9 x 13-inch pan. **Dressing;** Mix bread, melted butter, sage, cream of stock, salt, pepper and onion. Press dressing mixture over chopped chicken. **Gravy:** Cook chicken fat and flour together to make a paste. Gradually add chicken broth, stirring constantly until gravy mixture comes to a boil and thickens. Pour gravy evenly over dressing layer. Bake at 350° for 35 minutes until dressing is slightly brown. Cut in squares and garnish with rings of fresh red and green peppers and parsley or curly celery leaves.

FAVORITE MEAT LOAF

Virginia Mundt

2 lbs. ground beef
2 eggs
2 c. rolled oats
1/4 tsp. sage, ground
1/4 c. onion, chopped
1 1/2 c. catsup
2/3 c. brown sugar
1/2 tsp. dry mustard

Topping:

1 1/2 c. catsup
2/3 c. brown sugar
1/2 tsp. dry mustard

Mix beef, eggs, oats, sage, onion, catsup, brown sugar and mustard. Put in 8 x 8-inch pan or large loaf pan that has been greased. Mix together the catsup, brown sugar and mustard and spread on top of meat loaf. Bake 1 hour at 350°.

GREEN PEPPER STEAK

Rosalie Macumber

1 lb. beef chuck or round (fat trimmed)
1/4 c. soy sauce
1 clove garlic
1 1/2 tsp. grated fresh ginger
1/4 c. salad oil
1 c. green onion, thinly sliced
1 c. red or green peppers, cut in 1-inch squares
2 stalks celery, thinly sliced
1 T. cornstarch
1 c. water
2 tomatoes, cut in wedges

Cut beef across grain into thin strips 1/8-inch thick. Combine soy sauce, garlic, ginger. Add beef. Toss and set aside while preparing vegetables. Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer 30 minutes over low heat. Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 minutes. Mix cornstarch with water. Add to pan, stir and cook until thickened. Add tomatoes and heat through. Serve over rice. Makes 4 servings.

HAMBURGER-CABBAGE CASSEROLE

Peggy Huebner

1/2 head cabbage, cut up
1 lb. hamburger, seasoned
1/4 c. minced onion
1/3 c. uncooked rice
1 can tomato soup, or sauce
1 can water

Put cabbage in a 2-quart greased casserole. Brown hamburger and onion, then mix with uncooked rice. Put on top of the cabbage hamburger and rice then tomato and water mixed. Bake at 350° for 1 hour.

HAM POTATO SCALLOP

Lee Ann Musfeldt

1 (5-oz.) pkg. scalloped potatoes
2 c. boiling water
2 T. butter or oleo
3/4 c. milk
2 c. cubed fully cooked ham
2 c. frozen cut green beans
1 c. shredded cheddar cheese

In an ungreased 1 1/2-quart baking dish combine potatoes with sauce mix, boiling water and butter. Stir in milk, ham and beans. Bake uncovered at 40° for 35 minutes or until potatoes are tender.

JENKIE'S FANCY CHICKEN

**Jenkie Joens*

6 boneless and skinless chicken breast halves
2 cans cream of mushroom soup
1 jar dried beef

Cut chicken breast in half. You will have 12 pieces. Place one slice of dried beef under one piece of chicken and one piece of dried beef on top of the chicken. Repeat for other eleven. Pour cream of mushroom soup evenly over top. Place in baking dish. Bake at 350° for 45 minutes.

CROCKPOT PIZZA

Lynne Gruhn
**Leora Gruhn*

1 1/2 lb. hamburger
1 chopped onion
1 (14-oz.) can pizza sauce
1 (14-oz.) can spaghetti sauce
1 (12-oz.) pkg. Kluski noodle
4 oz. shredded cheddar cheese
4 oz. shredded mozzarella cheese
2 cans mushrooms

Brown hamburger and onion, drain. Add spaghetti and pizza sauces. Cook noodles according to package. Layer ingredients. Place noodles first in crockpot, layer of meat, layer of cheese, layer of mushrooms. Repeat layers. Heat on high for 30 minutes. Then 60 minutes on low.

LITTLE CHEDDAR MEAT LOAVES

Berniece Segebart

1 egg
3/4 c. milk
1 c. 4% shredded cheddar cheese
1/2 c. quick oats
1/2 c. onion
1 tsp. salt
1 lb. lean ground beef
2/3 c. ketchup
1/2 c. brown sugar
1 1/2 tsp. prepared mustard

Beat 1 egg, 3/4 cup milk. Stir in cheese, quick oats, onion, and salt. Add ground beef. Mix and shape into 8 small loaves. Place in greased 9 x 13-inch pan or baking dish. Combine ketchup, brown sugar, mustard. Spoon over loaves. Bake uncovered at 350° for 45 minutes.

MACARONI, TUNA AND CHEESE BAKE

Joleen Spies

2 c. macaroni
1 can tuna or chicken
4 T. butter
4 T. flour
1/2 tsp. salt
2 c. milk
1 tsp. dry mustard
1 T. Worcestershire sauce
1/2 lb. cheese, Kraft American

Melt butter and add flour and milk. Beat until smooth and add salt, cheese and mustard and Worcestershire sauce, mix well. Cook macaroni about 20 minutes. Put in greased casserole and bake 20 minutes at 375°.

MEAT BALLS

Lee Ann Musfeldt

2 lbs. ground beef
2 eggs
2 c. Rice Krispies
1 c. milk
1 1/2 tsp. salt
1/2 tsp. pepper
1/4 c. chopped onion
2 tsp. dried parsley flakes
1/4 tsp. sage
1/4 c. ketchup
1 T. Worcestershire sauce

Sauce:

1 can tomato soup
1 1/2 c. brown sugar
1/4 c. vinegar
1 tsp. dry mustard

Mix all ingredients together. Shape into meatballs using a 1/4 cup measure. Brown. Then put in pan and cover with sauce. Bake 1 hour in 350° oven.

MEAT CASSEROLE

Carol Ann Joens

2 lbs. hamburger
1 c. celery
Onion
1 can cream chicken soup
1 can cream of mushroom soup
1 (3-oz.) can chow mein noodles

Brown hamburger, salt, pepper, add celery, onion. Simmer. Put meat in 9 x 13-inch pan, add soups, mix together, put noodles on top. Bake at 350° for 30 minutes.

MOM'S STEW

Pam Sebring

3-4 lg. peeled potatoes, cut up
3-4 lg. peeled carrots, cut up
3-4 stalks celery, cut up
1 med. onion
1 lb. stew meat
1 lg. can tomato juice
2 T. tapioca (dry mix)

Cut up all vegetables into bite-size pieces. Put all raw veggies and meat into a medium size roaster. Pour enough tomato juice over it to cover everything. Add 2 tablespoons of dry tapioca mix over the top. Bake at 250° for 5 hours or until meat and veggies are tender.

OLIVE CHICKETTI

**Marian Joens*

1 (5-lb.) chicken, cut up
1/4 c. oil
6 c. hot water
1 T. salt
1/3 c. chopped onion
1/3 c. diced green peppers
2 c. sliced celery
1/2 c. diced pimiento
1 lb. spaghetti, dry
1 1/2 c. black olives
2 c. grated cheddar cheese

Brown chicken in hot oil. Add hot water and salt. Cover and cook slowly until tender. Cool. Skim off excess fat, bone and skin, leaving meat in large pieces and return to broth. Cook onion, pepper and celery in a little fat. Stir into chicken broth. Add pimento and heat to boiling. Add spaghetti. Boil until tender adding more water if needed. Cut some olives into large pieces and leave some whole. Just before serving stir in olives and cheese and heat until cheese melts.

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OVERNIGHT CHICKEN

*Marian Joens

Combine in large bowl and mix well:

1 (7-oz.) pkg. uncooked macaroni
2 c. milk
1 can cream of mushroom soup, undiluted
1 can cream of celery soup, undiluted
1 (4-oz.) can mushrooms, drained
1 (4-oz.) can pimentos, drained
2 c. cooked chicken, diced
1 sm. onion, chopped
½ lb. American cheese, cubed

Refrigerate overnight. Nest day stir to mix well and put in 9 x 13-inch greased pan. Top with bread crumbs. Bake at 350° for 1 hour.

PIZZA CASSEROLE

Arlene Jahn

2 lbs. hamburger
1 med. onion
1 tsp. oregano
Garlic salt
4-5 c. wide noodles, cooked
1 lg. jar spaghetti sauce
8 oz. shredded mozzarella cheese
8 oz. shredded cheddar cheese

Brown hamburger, add chopped onion, oregano and 4 shakes of garlic salt. Add cooked noodles and spaghetti sauce. Put in a 9 x 13-inch pan, add cheeses and mix together. Bake 30-40 minutes.

PORK CHOP BAKE

Jeanette Ferry

1 T. oil
6 pork chops
1 (10.5-oz.) can cream of mushroom soup
½ c. milk
½ c. sour cream
Salt and pepper to taste
1 (24-oz.) pkg. frozen hash brown potatoes, thawed
1 c. shredded cheddar cheese
1½ c. canned French-fried onions

Heat oil and brown chops. Preheat oven to 350°. Mix soup, milk, sour cream and salt and pepper in a bowl. Stir in potatoes, ½ cup cheese and ½ cup onions. Mix together and spread in a 9 x 13-inch pan. Arrange chops on top. Cover and bake for 40 minutes or until chops are tender. Remove cover, top with remaining cheese and onions and bake uncovered for 5-10 minutes longer. Makes 6 servings.

PORK CHOPS SUPREME

Virginia Mundt

4 pork loin or rib chops, ¾-inch thick
Sprinkles salt
4 thin onion slices
4 thin lemon slices or drops lemon juice
¼ c. brown sugar
¼ c. catsup

Sprinkle both sides of chops with salt. Place in a shallow baking dish. Top each chop with onion slice and lemon and 1 tablespoon brown sugar and 1 tablespoon catsup. Cover and cook at 350° for 30 minutes. Uncover and cook, spooning sauce onto chops occasionally until done, about 30 minutes longer. Makes 4 servings.

PRIZE WINNING MEAT LOAF

Berdella Meyer

1 1/2 lbs. ground beef
1 c. tomato juice
3/4 c. oats, uncooked
1 egg, beaten
1/4 c. chopped onion
1 tsp. salt
1/4 tsp. pepper

Preheat oven to 350°. Combine all ingredients; mix well. Press firmly into ungreased 8 x 4 x 2-inch loaf pan. Bake at 350° about 1 hour. Let stand 5 minutes before slicing. Makes 8 servings. **For Hamburgers:** Omit egg; reduce tomato juice to 1/2 cup. Shape to form 8 patties. Broil or pan fry to desired doneness. Makes 8 hamburgers.

SALSA SAUSAGE QUICHE

Dawn Lorenzen

1/2 lb. pork sausage
1 (9-inch) unbaked pastry shell
2 c. (8 oz.) shredded cheddar cheese, divided
3 eggs
1 c. salsa

In skillet over medium heat, cook sausage until no longer pink; drain. Transfer to pastry shell. Sprinkle with half of the cheese. In small bowl, lightly beat eggs; stir in salsa. Pour over cheese. Bake at 375° for 30-35 minutes or until a knife inserted near center comes out clean. Sprinkle with the remaining cheese. Bake 5 minutes longer or until cheese is melted. You can make mild or hot by salsa type you use. Makes 6-8 servings.

SKILLET CHICKEN AND RICE

Berdella Meyer

1/2 c. uncooked rice
3/4 c. chopped onion
1/2 tsp. dried basil leaves
1 can chicken broth
4 skinless chicken breast halves
2 c. frozen vegetables combination

In skillet over medium heat in 1 tablespoon hot margarine cook rice and onion with basil leaves until rice is lightly brown; stir constantly. Stir in broth. Heat to boiling. Add chicken. Reduce heat to medium. Cover, cook 5 minutes. Add vegetables. Cover, cook 15 minutes or until chicken is no longer pink and rice is tender, stirring in rice mixture occasionally. Makes 4 servings.

SLOPPY JOES

LeAnn Lorenzen

1/2 c. onion, chopped
2 lbs. ground beef
1/2 c. water
1/4 tsp. dry mustard
1 T. brown sugar
1/2 T. salt
1 T. butter
1 c. ketchup
1/8 c. lemon juice
1/2 T. Worcestershire sauce
1 tsp. vinegar

Sauté the onion in butter. Add ground beef and brown lightly; drain off excess fat. Add remaining ingredients and simmer for 30 minutes covered.

SOUTHERN CHICKEN PIE

Rosalie Macumber

Sauce:

½ c. butter
4 T. flour
1 c. milk
2 c. chicken broth
Salt and pepper

Crust:

1 c. flour
2 tsp. baking powder
¼ tsp. salt
1 egg

Boil a chicken until tender. Remove skin and bones, cut in bite size pieces. **Sauce:** Melt butter, stir in flour until smooth. Add milk, blend well, add chicken broth, salt and pepper. Pour over chicken in 2½-quart casserole. **Crust:** Combine flour, baking powder and salt. In measuring cup break and beat 1 egg; add milk to equal 1 cup. Stir and pour into flour mixture. Spoon over hot chicken sauce mixture and bake 25 minutes at 400° oven.

SPAGHETTI AND MEAT BALLS

Donald Hodne

1 to 1½ lbs. pork spare ribs or country ribs
1 lb. mild Italian sausage

Meatballs:

1 lb. hamburger
3 eggs
Salt and pepper to taste
2 T. Parmesan cheese
3 slices bread, crumbled up
2 T. parsley
2 cloves garlic

Sauce:

1 onion, chopped
3 sm. cans tomato paste
16-oz. can tomato sauce
4 bay leaves
About 4 of the 16-oz. cans water
3 cloves garlic

Spaghetti

Mix hamburger mixture, form into walnut size meatballs. Brown in a little oil. Then brown the ribs and the Italian sausage. When browned on all sides add sauce ingredients and simmer for 3 hours. Cook spaghetti and drain. Remove meat from sauce to serve. Leftover sauce and meat may be frozen for another time.

SPAGHETTI SAUCE

Nyle Gruhn

1½ lbs. ground beef
1½ lbs. ground Italian sausage
2 cans tomato soup
1 can tomato sauce
2 cans mushrooms, drained, stems and pieces
2 med. onions
1 tsp. salt
½ tsp. pepper
½ tsp. garlic salt
1 T. oregano
⅓ to ½ bottle Italian seasoning or to taste

Brown beef and one chopped onion, drain. Brown sausage and one chopped onion, drain. Combine meat and all other ingredients and simmer for couple hours. Add ⅓ to ½ bottle of Italian seasoning as it simmers until you get the taste of pure Italy. Serves one, me. Double batch for more people!

STUFFED CABBAGE CASSEROLE

Kathleen Mueller

1 med. cabbage, chopped up
1 lb. ground beef
1 onion, chopped
½ c. uncooked rice
Salt and pepper to taste
1 can tomato soup
1 soup can water

Place cabbage in a greased 9 x 13-inch baking dish. Brown beef and onions. Stir in rice and place on cabbage. Season to taste with salt and pepper. Combine soup and water and pour over all. Cover with foil and bake at 350° for 1 hour.

SUNBURST STIR-FRY

Berdella Meyer

1 (20-oz.) can chunk pineapple in juice
1 chicken breast, split, skinned, boned
2 lg. cloves garlic pressed
2 T. minced ginger root or 1 tsp. ground ginger
2 T. vegetable oil
2 med. carrots, sliced
1 green bell pepper, slivered
4 oz. thin spaghetti, cooked
3 green onions, sliced

Sauce:

⅓ c. reserved pineapple juice
⅓ c. soy sauce
1 T. cornstarch
1 T. sesame oil or salad oil

Drain pineapple, reserve ⅓ cup juice for sauce. Cut chicken into chunks. In large skillet, stir fry chicken with garlic and ginger in oil for 2 minutes. Add pineapple, carrots and bell peppers. Cover steam 2 or 3 minutes until vegetables are tender crisp. Stir in spaghetti. Combine sauce ingredients, pour into skillet along with green onions. Toss until ingredients are thoroughly mixed and heated through. Makes 4 servings.

Cooks Note: You can use rice instead or spaghetti. Cook 1 cup of rice in 2 or 3 cups of water.

TOM'S MEAT LOAF

Lisa Saunders

2 lbs. ground beef
1 c. milk
2 eggs
1 tsp. salt
¼ tsp. pepper
1 sm. onion, chopped
1 c. cracker crumbs

Topping:

½ c. ketchup
½ c. brown sugar
½ tsp. dry mustard

Mix all ingredients. Place in pan and bake at 325° for 1½ hours. Last 15 minutes of baking place topping on meat loaf.

WAIKIKI CHICKEN

Idamae Fake

6-8 chicken breasts
1/2 c. flour
1/2 tsp. salt
2 T. Crisco oil
1 (8 oz.) crushed pineapple
1/2 c. BBQ sauce
1 T. cornstarch
1 T. brown sugar
1/2 tsp. dried mustard

Combine flour and salt, shake. Add the chicken breasts and shake to coat, add the chicken breasts to hot oil in frying pan and cook for 15-20 minutes. Combine and mix together the crushed pineapple, BBQ sauce, cornstarch, brown sugar and dried mustard, pour over chicken in fry pan and cook and cover over low heat for 35-40 minutes.

BREADS & ROLLS

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

~ John 6:35

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25˚.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

Breads & Rolls

ABBELSKIVER-DANISH

Garnet Jorgensen

1 1/4 c. flour
1 tsp. soda dissolved in 1 3/4 c. buttermilk
1 tsp. salt
2 eggs, separated and beaten

Add egg whites, beaten stiff at last. Bake in abbelskiver pan well oiled. Turn them with cake tester. Roll in sugar while hot.

BEST DOUGHNUTS

**Elsie Steckelberg*

2 T. shortening
3/4 c. sugar
2 well beaten eggs
3/4 c. milk
3 1/2 c. flour
1 tsp. salt
5 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. nutmeg

Cream shortening and sugar. Add eggs and beat well. Add milk, then flour sifted with salt, baking powder and spices. Roll on lightly floured surface to 3/8-inch thick. Cut with floured doughnut cutter. Let stand 15 minutes. Fry in deep fat, 375° until brown, turning once. Drain on absorbent paper. Makes 3 dozen. Sugar or glaze when fried and warm.

FRITTERS

Sandy Hanson

3 eggs
1 tsp. salt
1/2 c. sugar
1/4 c. melted butter
1 tsp. cardamom
2 1/2 c. scalded milk
1 pkg. yeast
4 1/2 c. flour

Beat eggs, salt, sugar, butter and cardamom. Add scalded milk. Add yeast when is no longer hot. Let set about 5 minutes. Add flour and let rise until double. Fill hot fritter pan with about 1/2 teaspoon oil. Fill each hole until full. Turn over when brown and cook until other side is browned. This takes 2-3 minutes.

GERMAN FRITTERS

Vera Vollstedt

1 pkg. yeast
1 tsp. sugar
1/2 c. warm water
3 beaten eggs
1 c. sugar
2 c. milk, scalded and cooled
2 T. butter
1 c. raisins, cooked and drained, opt.
4 to 4 1/2 c. flour
1 tsp. salt

Dissolve sugar and yeast in warm water. Let stand 5 minutes. Add eggs and sugar, milk and butter. Stir in raisins and flour. Let rise. Stir down and let rise again. Drop by teaspoonfuls into hot oil or a fudgin pan. Fry until golden brown. Drain and roll in sugar.

GRANDMA GLADYS JAHN'S FRITTERS

Pam Sebring

4 eggs, beaten with salt
3 c. sweet milk, warmed
¼ c. sugar
1 T. melted oleo
Enough flour to make stiff
1 pkg. yeast, dissolved in 1 c. warm water
1 c. raisins
6 tsp. cardamom powder
1 c. raisins or chopped apples, opt.

Stir all ingredients together, flour last. Let raise in a warm place until doubled. Stir down and let raise again until doubled. In a fritter pan, melt lard (Crisco) on stove top, drop by spoonfuls into hot grease, turn until brown and not doughy in center. If you don't have a fritter pan, you can use a fry daddy, just be sure to have grease really hot.

BELGIAN WAFFLES

Sylvia Saunders

2 c. Bisquick
½ c. salad oil
1 egg
1⅓ c. club soda

Stir together 2 cups Bisquick baking mix, ½ cup oil, 1 egg and 1⅓ cup club soda.

BUTTERMILK WAFFLES

Garnet Jorgensen

1¾ c. flour
2 tsp. baking powder
½ tsp. soda
2 beaten egg yolks
½ c. salad oil
2 stiff beaten egg whites
1¼ c. buttermilk, can use a little more if too thick

Sift dry ingredients, add eggs, oil and buttermilk. Fold beaten egg whites in at last.

APPLE PANCAKES

Deb Birks

2 eggs
1 tsp. salt
1 c. flour
1 c. milk
Sliced apples

Beat eggs, add salt, flour and milk. Mix well. Pour batter in frying pan and add sliced apples. Cook both sides until light brown.

BLINTZ PANCAKES

Dawn Lorenzen

1 c. all-purpose flour
1 T. sugar
½ tsp. salt
1 c. (8 oz.) sour cream
1 c. (8 oz.) sm.-curd cottage cheese
4 eggs, lightly beaten
Fruit flavored syrup

In a bowl combine the flour, sugar and salt; mix well. Add the sour cream, cottage cheese and eggs; mix just until combined. Spoon ¼ cupfuls of batter onto a greased hot griddle. Turn when edges are set; cook until the second side is golden brown. Serve with syrup and strawberries if desired. Yield 12 pancakes.

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PUMPKIN PANCAKES

Dawn Lorenzen

2 c. biscuit/baking mix
2 T. brown sugar
2 tsp. ground cinnamon
2 eggs
1 (12-oz.) can evaporated milk
½ c. cooked or canned pumpkin
2 T. vegetable oil
1 tsp. vanilla extract
Maple syrup

In a bowl, combine baking mix, brown sugar and cinnamon. In another bowl, combine eggs, milk, pumpkin, oil and vanilla. Stir into dry ingredients; mix well. Pour batter by ⅓ cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown. Serve with syrup. Yield: 12 pancakes.

OVEN PANCAKE

Lori Asmus

4 eggs
1½ c. flour
1½ c. milk
1 tsp. salt
¼ c. butter

Beat eggs. Add flour, milk and salt. Mix until well blended. Melt butter in 9 x 13-inch pan. Pour mixture into hot pan and bake 35 minutes at 375°. Serve with butter and syrup.

SWEDISH PANCAKES

Rosalie Macumber

3 eggs
½ tsp. salt
2 c. milk
3 dessert spoons sugar
1 c. flour
2 T. butter

Beat eggs well. Add salt, sugar and milk. Beat. Add flour then shortening. Beat. This is thin batter. Cook on hot greased griddle.

THIN PANCAKES

Loretta Arnold

4 eggs
2 c. milk
1½ c. flour
⅓ c. sugar
Salt

Mix above ingredients. Bake on slightly greased griddle.

BLUE BLUEBERRY MUFFINS

**Shelley Dunaway*

¾ c. melted butter
1 c. sugar
2 beaten eggs
2 tsp. baking powder
½ tsp. salt
1 c. fresh of frozen blueberries
½ c. blueberry pie filling
2 c. flour
½ c. milk

Crumb Topping:

½ c. sugar
⅓ c. flour
¼ c. softened butter

Preheat oven to 375°. Grease the bottoms only of 12-cup muffin pan. Melt the butter, mix in sugar, add beaten eggs, baking powder and salt, mix thoroughly. Put

(continued)

one tablespoons of flour in plastic bag with blueberries. Shake gentle to coat blueberries. Add 1 cup flour and 1/4 cup milk. Mix. Then add remaining flour and milk. Mix thoroughly. Add blueberries pie filling and mix thoroughly. Add flour coated blueberries and fold in. Fill 3/4 of each tin, mix crumb topping and sprinkle over muffins. Bake at 375° for 25-30 minutes, cool 30 minutes.

POPPY SEED POUND CAKE MUFFINS

Vera Vollstedt

2 c. all-purpose flour
3 tsp. poppy seeds
1/2 tsp. salt
1/4 tsp. baking soda
1 c. sugar
1/2 c. butter, softened
2 eggs
1 c. plain yogurt
1 tsp. pure vanilla extract or lemon extract

Preheat oven to 400°. In a small bowl sift together flour, poppy seeds, salt and baking soda. In a large bowl cream together sugar and butter. Beat in eggs one at a time. Beat in yogurt and vanilla until well blended. Stir in flour mixture until thoroughly moistened. Spoon batter into greased muffin tins and bake for 15-20 minutes or until a wooden pick inserted in the center comes out clean. Cool on racks for 5 minutes before serving. Rich, moist and delicious.

BAKING POWDER BISCUITS

Cathie Segebart

2 c. flour
4 tsp. baking powder
1/2 tsp. cream of tartar
1/2 tsp. salt
2 T. sugar
1/2 c. Crisco
2/3 c. milk
1 unbeaten egg

Blend flour, baking powder, cream of tartar, salt and sugar. Cut Crisco into dry mixture. Add milk and egg. Stir into a stiff dough. Knead on floured board four or five times. Roll 1/2-inch thick and cut into biscuits or squares. Bake at 400° for 12 minutes.

COFFEE CAKE

Joleen Spies

2 pkgs. yeast
1 1/2 tsp. salt
1/2 c. melted shortening
1/4 c. sugar
1 egg
1 1/2 c. warm water
4 c. flour
Raisins

Pour warm water in a large bowl and add yeast. Let stand and stir to dissolve. Add 1/2 of the flour and other ingredients and stir 2 minutes. Add rest of the flour and stir until it disappears. Let rise (20-30 minutes). Put in large well greased jellyroll pan. Use fingers to press evenly in pan. Then sprinkle with 1 tablespoon milk, sprinkle with brown sugar and lots of white sugar. Let rise again and bake 20 minutes at 375°. After baked, drizzle with powdered sugar frosting.

COFFEE CAKE

Marie Brus

1/2 c. butter or oleo
1/2 c. sugar
1/2 c. boiling water
1 pkg. yeast soaked in 1/4 c. warm water and 1 tsp. sugar
3/4 c. evaporated milk
2 beaten eggs
3/4 c. raisins
4 1/2 c. flour
1/2 tsp. cardamom or other flavoring
Little salt

Mix together the butter, sugar and boiling water. Add the other ingredients beating well after each 1 cup of flour. Let rise 1 1/2 hours and then put in well greased pan or pans. Let rise until double in size and bake 350° or 375° oven for 35 to 40 minutes. Put this topping on before it rises the last time; 1/4 cup brown sugar, 1 tablespoon flour, 1 teaspoon cinnamon, 1 tablespoon melted butter, you may add nuts.

ALMOND-GLAZED POPPY SEED BREAD

Vera Vollstedt

3 c. all-purpose flour
1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/2 c. milk
1/2 c. butter or oleo, room temperature
1/2 c. oil
2 1/4 c. sugar
1 1/2 T. poppy seed
1 1/2 tsp. vanilla
1 1/2 tsp. almond extract
1 1/2 tsp. butter flavoring

In a large bowl, combine all ingredients. Beat with electric mixer 2 minutes. Pour into 2 large or 5 small loaf pans. Bake at 350° oven 60 minutes for large loaves or 25 minutes for smaller loaves or until brown. Cool in pans 10 minutes; remove from pans. Brush glaze generously over tops and sides. Cool completely. Wrap in foil to store or freeze. **For Glaze:** One half teaspoon almond extract, 1/2 teaspoon vanilla, 1/4 cup orange juice, 3/4 cup sugar. In mixing bowl, combine all ingredients; mix until sugar is dissolved.

BANANA BREAD

**Elsie Manford*

1/3 c. butter
2/3 c. sugar
2 eggs, beaten
1 3/4 c. flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1 c. mashed bananas
1 c. chopped dates
1/2 c. chopped nuts

Cream butter. Add sugar and eggs. Mix flour, baking powder, salt and soda together and add to creamed mixture. Blend in mashed bananas and beat thoroughly. Add dates and nuts. Mix well. Pour into one-pound loaf pan. Bake at 350° for 75 minutes.

CEREAL BREAD

**Helen Kuhl*

½ c. Grape Nuts
1 c. sour milk
¾ c. sugar
1 egg, beaten
1¾ c. flour
1 tsp. baking powder
½ tsp. soda
½ tsp. salt

Soak Grape Nuts in sour milk for 5 minutes. Add sugar and beaten egg. Mix well. Blend in flour, baking powder, soda and salt. Pour batter into 1½-pound loaf pan and bake at 350° for one hour.

CHOCOLATE CHIP/BANANA BREAD

Pam Sebring

½ c. oleo
2 eggs, beaten
1 c. sugar
1 c. mashed banana
1 tsp. baking soda
2 c. flour
¼ c. maraschino cherries, chopped
½ c. chocolate chips
½ c. chopped nuts, opt.

Mix all ingredients together and pour evenly into 2 greased loaf pans. Bake 40 minutes at 350° or until knife comes out clean.

Note: Can also use green cherries at holiday time.

DATE NUT BREAD

**Mary Rasmussen*

¾ c. chopped nuts
1 c. chopped dates
3 T. butter
1½ tsp. soda
1 c. boiling water
2 eggs
1 c. sugar
1½ c. flour
½ tsp. vanilla

Put nuts, dates, butter and soda in a bowl and add boiling water. Let stand. Beat eggs and add sugar. Blend flour into egg mixture. Add the date and nut ingredients to the egg and flour mixture. Lastly, add the vanilla. Pour into greased 1½-pound loaf pan and bake at 350° for 30-40 minutes.

POPPY SEED BREAD

Vera Vollstedt

1 pkg. lemon cake mix
1 pkg. lemon instant pudding
4 eggs
½ c. oil
1 c. hot water
¼ c. poppy seeds

Mix and put in either one regular size loaf pan or two mini pans. Bake at 350° for 1 hour for regular loaf pan or 35 minutes for mini loaf.

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POPPY SEED BREAD

Vera Vollstedt

3 c. flour
1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/2 c. milk
1 1/8 c. oil
2 1/4 c. sugar
1 1/2 tsp. poppy seed
1 1/2 tsp. vanilla
1 1/2 tsp. butter flavor extract
1 1/2 tsp. almond extract

Mix 4 minutes. Grease and flour 6-7 (16-ounce) cans. Fill 1/2 full. Bake 40-50 minutes at 350°. Cool 5 minutes. Pour frosting while still in cans. Cool 5 or more minutes. Remove from cans. **Frosting:** One and one fourth cup orange juice, mixed, 3/4 cup sugar, 1/2 teaspoon vanilla, 1/2 teaspoon butter flavored extract, 1/2 teaspoons almond flavor extract.

POPPY SEED BREAD

Vera Vollstedt

3 c. all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. salt
3 eggs
2 c. sugar
1 1/4 c. milk
1 c. oil
1 1/2 tsp. almond extract
1 1/2 tsp. vanilla
1 1/4 tsp. poppy seed

Sift together flour, baking powder, and salt. Set aside. In large bowl, blend eggs, sugar, milk, oil, almond extract, vanilla and poppy seed. Add sifted ingredients and mix well. Pour into 4 small greased loaf pans. Bake in 350° oven 45-60 minutes.

RAISIN NUT BREAD

**Katie Justice*

2 c. boiling water
2 c. raisins
2 tsp. soda
2 T. butter
1 1/2 c. brown sugar
1/2 tsp. salt
2 eggs, beaten
3 c. flour
1 tsp. baking powder
1 c. nuts

Pour boiling water over raisins and soda. Set aside to cool. Cream butter, brown sugar, salt, and eggs. Add cooled raisin mixture. Blend in flour, baking powder and nuts. Pour batter into 2-pound loaf pan and bake at 350° for one hour.

ZESTY POPPY SEED BREAD

Vera Vollstedt

2 c. all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1 T. poppy seed
3/4 c. sugar
1/4 c. butter or oleo
2 lg. eggs
1 tsp. finely shredded lemon zest
3/4 c. 2% milk
1/4 c. instant lemon pudding
1/2 c. lemon yogurt
2 T. crushed lemon drops

In bowl, whisk together flour, baking powder, salt and poppy seed. In large bowl cream together sugar and butter until fluffy. Add eggs and lemon zest to creamed mixture. Combine milk, pudding and yogurt, stir to dissolve pudding. Stir into creamed mixture. Add dry ingredients; mix just until moistened. Pour into lightly greased 9 x 5-inch loaf pan. Sprinkle crushed lemon drops on top. Bake in 350° oven 55-60 minutes or until toothpick inserted in centers comes out clean. Cool 15 minutes in pan, remove from pan to wire rack to finish cooling.

BREAD MACHINE ROLLS

Lori Asmus

4 T. margarine, melted
2/3 c. milk, heated
1 egg
1/2 tsp. salt
1/4 c. sugar
2 1/4 c. all-purpose flour
1 pkg. yeast

Add ingredients to your bread machine according to the manufacturer's instructions. Set for dough cycle. Watch dough as you may need to add more flour if dough is too sticky. At end of cycle shape into rolls. Let rise. Bake at 375° for 15 minutes. Makes 15 soft dinner rolls. Also makes good cinnamon rolls.

BUNS

Diane Vetter

1 1/3 c. warm water
1 pkg. dry yeast
1/3 c. sugar
1/4 c. vegetable oil
1 tsp. salt
4 c. flour

Mix the warm water and yeast. Stir until yeast is dissolved. Add the sugar and vegetable oil to the mixture slowly. Then add the salt and flour. Let rise 1 hour. Make into rolls or buns. Let rise again. Bake at 400° for 25 minutes. Makes a 9 x 12-inch pan full.

BUNS OR SWEET ROLLS

Rosalie Macumber
In Memory of Katie Justice

2 pkgs. yeast
1 T. sugar
1 T. flour
1 c. water
Scald 1 c. milk
1/2 c. sugar
1/2 c. butter or oleo
Salt

Scald milk and add 1/2 cup sugar, 1/2 cup butter or oleo, salt and let cool. In large bowl put the yeast, 1 tablespoon sugar, 1 tablespoon flour and 1 cup water and let set, it will get bubbly. Add the cooled milk, sugar, butter and salt mixture. Then add 3 beaten eggs and 5 cups flour. Mix together, then knead. Put in bowl that has been greased and let rise, knead down and let it raise again. Make into buns or cinnamon rolls. Bake 350° for 15 minutes.

BUTTER HORN ROLLS

**Elsie Manford*

1 pkg. yeast
1 c. warm water
1/2 c. butter
5 T. sugar
2 eggs, well beaten
1 tsp. salt
4 c. flour
1/2 c. butter, to spread over dough before baking

Dissolve yeast in warm water. Cream butter, add sugar and beaten eggs. Add salt to creamed mixture. Combine the creamed mixture with the dissolved yeast. Add flour and mix until batter is smooth. (May need to add a little extra flour.) Cover dough and place in refrigerator. When ready to bake, knead a little on slightly floured board. Cut in half and roll each half round like pie to 1/4-inch thickness. Spread with soft butter. Cut like pie into sixteen pieces, beginning at broad end roll up towards small end. Place in greased tins. Let rise until double in size. Bake at 350° for 15-20 minutes.

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BUTTERSCOTCH TEA RING

Pam Sebring

2 loaves frozen bread dough (partially thawed)
1 stick oleo
½ c. brown sugar
1 box cook and serve butterscotch pudding

Cut bread dough into bite-size pieces. Melt oleo on stove top, slowly add brown sugar and pudding. Stir until melted and dissolved. In 9 x 13-inch pan or bundt pan. Layer with pudding mix and bread dough. Bake 350° for 25-30 minutes until bread dough is done.

CINNAMON STICKY BUNS

Dawn Lorenzen

1 c. packed brown sugar
½ c. corn syrup
½ c. butter or margarine
1 c. coarsely chopped pecans
½ c. sugar
2 T. ground cinnamon
2 (17.3-oz.) tubes lg. refrigerated biscuits

In a saucepan, combine brown sugar, corn syrup and butter; cook and stir until sugar is dissolved. Add pecans. Spoon into a greased 9 x 13 x 2-inch baking pan. In a shallow bowl combine sugar and cinnamon. Cut each biscuit in half and dip in cinnamon/sugar. Place, cut side down, over brown sugar mixture. Bake at 375° for 25-30 minutes or until brown. Invert onto a serving plate; serve warm. Makes 12-16 servings.

EASY CARAMEL ROLLS

Kari Segebart

2 loaves frozen bread dough, thawed
1 (6-oz.) lg. pkg. reg. pudding
1 c. brown sugar
½ c. margarine
2 tsp. milk
Cinnamon

Cut 1 loaf into small pieces and arrange them in a greased 9 x 13-inch pan. Combine pudding (vanilla or butterscotch), brown sugar, margarine and milk. Add cinnamon to taste. Sprinkle this mixture over the dough pieces, then top with second loaf, cut into pieces. Let rise 2 hours (or overnight). Bake at 350° for 20-25 minutes. Remove from pan immediately.

HOMEMADE ROLLS

Berdella Meyer

2 c. warm water, not hot
2 pkgs. dry yeast
½ c. sugar
2 tsp. salt
¼ c. soft or liquid shortening
1 egg, beaten
6½ to 7 c. flour

Put warm water in a large mixing bowl. Add yeast, sugar, shortening and beaten egg and mix well. Add about 4 cups flour and mix in with a large spoon. Gradually add the rest of the flour and mix by hand until mixture is neither sticky nor dry. Cover and allow to rise until doubled in size. Punch down and make into rolls approximately 1½ inches in diameter; allow to rise again. Bake at 375° for 15-20 minutes. Best served warm. Yields 18 rolls.

GOOD CINNAMON ROLLS

Vera Vollstedt

1 pkg. yellow cake mix
2 pkgs. dry yeast
1 tsp. salt
1 tsp. vanilla

Mix together. Add 2½ cups lukewarm water. Stir in 5 cups flour (white) and mix together thoroughly. Let rise until double. Roll out ¼-inch thick. Spread with melted butter, lots of brown sugar and 2 tablespoons or more cinnamon. Roll up and cut into slices. Put rolls into 2 buttered 9 x 13-inch pans. Let rise 45 minutes. Bake at 350° for 40 minutes or until brown on top. Cool and frost with glaze.

NEVER FAIL BUNS OR ROLLS

**Jerri Grundmeier*

2 pkgs. yeast
½ c. warm water (112°)
1 tsp. sugar
2 eggs
½ c. sugar
2 tsp. salt
½ c. Wesson oil
1¾ c. very warm water
7 c. flour

Dissolve the yeast in ½ cup lukewarm water and add 1 teaspoon sugar. Let stand for 5 minutes. Beat together the eggs, sugar, salt, oil and water; add to yeast mixture. Stir in 3½ cups flour and beat well. Stir in the next 2 cups of flour (1 at a time). Sprinkle the sixth cup of flour over the batter and let set for 15 minutes. Knead for 8 minutes adding the remaining cup of flour. Let rise twice and the third time shape into buns or rolls. Let rise again and bake in 350° oven for 18-20 minutes.

OATMEAL ROLLS

**Vi Snyder*
Irene Genzen

1 c. oatmeal
3 T. margarine
2 c. boiling water
2 pkgs. yeast, dissolved in ⅓ c. warm water and 1 tsp. sugar
⅔ c. brown sugar, packed
1 T. white sugar
1½ tsp. salt
5 c. all-purpose flour

In a large bowl, pour the boiling water over the oats and margarine. Stir and cool to lukewarm. Add sugars, salt and dissolved yeast to the oatmeal mixture. Knead in the flour, 1 cup at a time. Allow dough to rise in a warm place for 1 hour. Punch down. Shape into buns and let rise 20-30 minutes. Bake at 350° until golden brown, 20-25 minutes. Makes 25 buns in a 9 x 13-inch greased pan. May also roll the dough to 1-inch thickness after the first rising. Sprinkle with cinnamon and brown sugar. Roll into a pinwheel and cut into 1½-inch rolls. Bake and glaze with icing.

EASY RYE BREAD

Rose Ann Thomssen

2 pkgs. dry yeast
2 c. warm water
2 c. warm milk
2 T. salt
6 T. brown sugar
4 T. vegetable oil
4 c. stone ground rye flour
9-10 c. white flour

Add yeast to warm water. Let stand a few minutes, then stir. Add milk, brown sugar, salt and oil. Stir in rye flour and beat until smooth. Add enough white flour to make a stiff dough, knead dough 5 to 10 minutes. Cover and let rest 20 minutes. Divide into 4 parts and shape into 4 loaves. Place into 4 greased loaf pans and let rise in warm place for 1 hour. Bake at 375° for 35-40 minutes.

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GRAMMY'S RYE BREAD

Lynne Gruhn
Leora Gruhn

½ c. sugar
1 tsp. salt
Yeast mixture
4 c. warm water
2 c. rye flour
4 c. sifted flour, add more flour until thick, not sticky 1 c. at a time, knead for 20 minutes

Into a measuring cup ⅓ cup hot water, 2 packages dry yeast, 1 teaspoon sugar, let set until mixture rises to the top of cup. Grease bottom of pans and sides, add mixture, cover with towel, let rise 40-50 minutes, punch down, knead 10 minutes, let rise again 40-50 minutes. Grease 4 loaf pans, let bread rise again. Bake at 350° for 1 hour.

OATMEAL BREAD

**Emma Schmielau*

2 c. boiling water
1 c. old-fashioned oatmeal
1 yeast cake
½ c. lukewarm water
½ c. molasses
1½ tsp. salt
1 T. melted butter
4½ to 5 c. flour

Put boiling water in top of double boiler and add, stirring constantly, the 1 cup of oatmeal. Place pan over boiling water, cover and steam for one hour. Remove from fire and cool. Soften yeast cake in lukewarm water and when oatmeal is lukewarm, add the yeast to it; also add the molasses, salt and melted butter. Mix well; then add the flour and mix well. Cover with cloth and set in warm place. When light and well risen, toss on a floured board and knead well. Place in one large (1½-pound) well buttered bread pan, or in 2 small (1-pound) buttered pans. Cover and let rise again until double in bulk. Bake 45 minutes in a 400° oven.

RYE (ALL-BRAN) BREAD

Marie Brus

½ c. warm water
1 tsp. sugar
2 pkgs. dry yeast
3 c. warm water
1½ c. all-bran
1 T. salt
2 T. sugar
1 T. lard or Crisco, opt.

Stir together ½ cup water, 1 teaspoon sugar and yeast in 2-cup measuring cup. Let set until it rises (will fill cup almost). Meanwhile, stir together in large bowl the water, bran, salt, sugar and lard. Stir in a little flour (1-2 cups) and the yeast. Beat good. This makes a thin like gooey mixture, not stiff. Let rise 45 minutes or until bubbles appear. Stir down and add more flour to make a stiff dough (4 to 5 cups). Put flour on your kneading surface and knead dough adding flour as necessary. Knead until somewhat smooth and elastic. You will know there is enough flour when you grab into the dough (after kneading awhile) and it doesn't stick very much to your fingers. It takes quite a lot of flour and you usually don't get too much flour. But the dough shouldn't be real stiff and dry when you have finished kneading it. Put in greased bowl and turn over in bowl. Cover and let rise in warm place until double (at least an hour). Punch down and form 3 loaves. Put in greased bread pans and let rise until double. Bake 8-10 minutes at 425° and then 35 minutes at 350°. It is done when you thump the top and it sounds somewhat hollow. Butter top after removing from pans, cover with towel and let cool.

WHOLE WHEAT BREAD

Virginia Mundt

1½ qt. warm water
1 c. cooking oil
3½ c. whole-wheat flour
1 T. salt
1 c. sugar
Almost 5 lbs. white flour
1 pkg. yeast
1 c. warm water

Put 1½ quarts warm water in large dish pan. Add oil, sugar, salt and whole wheat flour. Stir well. Put yeast in 1 cup warm water and let set 5 minutes. Add and mix. Then stir in white flour, 3 cups at a time. When too heavy to stir, knead until the right consistency (elastic and not sticky), oil the top and cover with towel. Place on heating pad (low setting) let rise until double. Work down and form 4 large loaves in loaf pans. Oil, let rise until double. Bake 45 minutes in 350° oven. I poke holes in loaves with a fork after putting in pans (keeps bubbles out).

DESSERTS

Pleasant words are a honeycomb,
sweet to the soul and
healing to the bones.

~ Proverbs 16:24

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.

- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.

- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.

- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.

- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.

- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.

- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.

- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.

- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.

- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

Desserts

ALMOND JOY CAKE

Bonnie Lorenzen

1 pkg. devil's food or German chocolate cake mix
1 (12-oz.) can evaporated milk
2½ c. white sugar
25 lg. marshmallows
14 oz. flaked coconut
½ c. butter
2 c. milk chocolate chips
Almonds

Mix cake mix and bake as directed for a 9 x 13-inch cake. In saucepan, combine ½ can milk and 1½ cup sugar. Bring mixture to a rapid boil. Quickly remove from heat and add marshmallows. Stir until melted. Stir in coconut. Pour mixture over top of cake. In saucepan, combine remaining sugar and other ½ can of milk. Bring to a boil. Remove from heat and add butter and chocolate chips. Stir until melted. Mix in almonds and pour mixture over top of coconut topped cake. Chill overnight.

APPLESAUCE CAKE OR BARS

Berdella Meyer

1 c. sugar
½ c. butter or oleo
2 eggs, well beaten
½ tsp. salt
1 tsp. cinnamon
1 tsp. ground cloves
½ c. chopped raisins
½ c. chopped nutmeats
1 c. tart applesauce
2 c. pastry flour
1 tsp. soda, dissolved in 1 T. hot water

Cream the sugar and butter together and add the beaten eggs. Mix well, add salt, cinnamon and ground cloves. Add applesauce and beat thoroughly, then add the pastry flour and soda dissolved in hot water. Last fold in raisins and nut meats. Bake in 9 x 12 x 2-inch pan for 45 minutes at 350° oven. **For Bars:** Bake in 15½ x 10½ x 1-inch pan for 20 minutes at 350° oven. Ice with brown sugar icing.

Brown Sugar Icing:

½ c. butter or oleo
¾ c. brown sugar
6 T. cream or milk
2 c. powdered sugar
1 tsp. vanilla

Combine first three ingredients, bring to a boil and boil for one minute. Add powdered sugar and vanilla. Beat until it starts to lose its gloss. Spread on top of cake or bars.

APRICOT CRUMBLE CAKE

Lee Ann Musfeldt

1 (8-oz.) pkg. cream cheese
½ c. oleo
1¼ c. sugar
2 eggs
¼ c. milk
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
1 (10-oz.) jar apricot preserves

Topping:

1 tsp. cinnamon
⅓ c. melted oleo
⅔ c. brown sugar

Blend softened cream cheese, oleo and sugar. Gradually add eggs, milk and vanilla. Add flour sifted with baking powder, soda and salt mixing until well blended. Pour

(continued)

half of batter into a greased and floured 9 x 13-inch pan. Cover with preserves and top with remaining batter. Bake at 350° for 35-45 minutes. Combine topping ingredients, spread on cake. Broil until golden brown or can put topping ingredients on cake before baking.

BROWNIE SWIRL CHEESECAKE

**Jerri Grundmeier*

1 pkg. brownie mix (9 x 13-inch size)
2 (8-oz.) pkgs. cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs
1 c. chocolate chips, melted

Prepare brownie mix according to package directions for chewy fudge brownies. Spread into a greased 9-inch springform pan. Bake at 350° for 15 minutes (brownies will not test done). Cool for 10 minutes on wire rack. Meanwhile, in a mixing bowl, combine cream cheese, sugar and vanilla; mix well. Add eggs, one at a time, beating well after each addition. Pour over brownie crust. Top with melted chocolate; cut through batter with a knife to swirl the chocolate. Bake at 350° for 35-40 minutes or until center is almost set. Run a knife around edge of pan to loosen; cool completely. Remove sides of pan. Refrigerate at least 3 hours. Garnish with whipped cream and chocolate kisses.

BUTTERMILK CAKE

Ferdonna Zimmerman

2 c. sugar
2 c. flour
1 c. water
2 sticks margarine
3 T. cocoa
2 eggs
½ c. buttermilk
1 tsp. soda
1 tsp. vanilla
Pinch salt

Combine sugar and flour into a mixing bowl. Bring water to a boil and pour over the sugar and flour, 1 cup water, 2 sticks margarine, and 3 tablespoons cocoa. To this add 2 eggs and ½ cup buttermilk, soda, vanilla and salt. Mix well. This makes a sheet cake that freezes well. Bake at 350° for 25-30 minutes. This also makes good cupcakes or a 9 x 13-inch cake also. Can also be put into a jellyroll pan and makes very good brownies.

COFFEE CAKE

Carol Ann Joens

½ c. oleo
1 c. sugar
2 eggs
2 c. flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla
1 c. sour cream

Topping:

⅓ c. brown sugar
¼ c. white sugar
½ tsp. cinnamon
½ c. nuts

Put ½ batter in 9 x 13-inch pan, then ½ topping, rest of batter, then rest of topping. Bake at 350° for 30 minutes.

DEVIL'S FOOD CAKE

*Frances Segebart

1 tsp. soda
1 c. sour cream
1 c. sugar
2 eggs
3 T. cocoa
1/4 tsp. salt
1 1/2 c. flour
1 tsp. vanilla

Dissolve soda in sour cream and set aside. Cream sugar and eggs. Slowly add cocoa, salt and flour to sugar and eggs; then gradually add the sour cream mixture. Add the vanilla last. Mix about 5 minutes until all ingredients are well blended. Bake in 8 x 12-inch shallow pan at 350° for 30-40 minutes.

GLUTEN-FREE YELLOW CAKE

Estella Schrum

1 1/2 c. white rice flour
3/4 c. tapioca flour
1 tsp. baking soda
3 tsp. baking powder
1 tsp. xanthan gum
4 eggs
1 1/4 c. white sugar
2/3 c. mayonnaise
1 c. milk
1 tsp. vanilla

Preheat oven to 350°. Grease and rice flour two (8- or 9-inch) round cake pans. Mix the white rice flour, tapioca flour, baking soda, baking powder, and xanthan gum together and set aside. Mix the eggs, sugar and mayonnaise until fluffy. Add the flour mixture, milk and vanilla and mix well. Spread batter into the prepared pans. Bake for 25 minutes. Cakes are done when a toothpick inserted near the center comes out clean. Frost or top with Cool Whip and strawberries.

GRAHAM STREUSEL CAKE

Marian Drake

2 c. graham cracker crumbs
3/4 c. chopped nuts
3/4 c. brown sugar, packed
1 1/4 tsp. cinnamon
3/4 c. butter or margarine, melted
1 c. water
1 pkg. yellow cake mix
1/4 c. vegetable oil
3 eggs

Mix crumbs, nuts, brown sugar, cinnamon and butter; reserve. Blend cake mix, water, oil and eggs until moistened about 30 seconds. Beat on medium speed 3 minutes. Pour 1/2 of the batter into a greased 9 x 13 x 2-inch pan; sprinkle with 1/2 of the crumb mixture. Spread remaining batter evenly over crumb mixture; sprinkle with remaining crumb mixture. Bake 45 to 50 minutes in a 350° oven; cool. Drizzle with vanilla glaze below. **Vanilla Glaze:** Mix 1 cup powdered sugar and 1 to 2 tablespoons water until desired consistency.

LEMON CAKE

Alice Bornhoft

1 pkg. lemon cake mix
1 pkg. lemon instant pudding
4 eggs
3/4 c. salad oil
3/4 c. water

Juice Mix:

1/3 c. orange juice
2 c. powdered sugar
2 T. salad oil

Combine mixes in a large bowl. Add eggs, water and oil. Beat until smooth. Bake in 9 x 13-inch pan at 350°. Remove from oven and poke holes all over the cake while hot. Pour juice mix over top.

LEMON-LIME CAKE

Marge Schnoor

1 pkg. (box) lemon cake mix
1 1/4 c. hot water
1 (3-oz.) pkg. lime gelatin

Prepare cake according to package directions. Bake in 9 x 13-inch pan at 350° until done. Poke holes in cake and pour gelatin liquid over cake. Let cool. (Dissolve gelatin in 1 1/4 cups hot water.)

OVERNIGHT COFFEE CAKE

RoseAnn Thomssen

2/3 c. softened butter or oleo
1/2 c. brown sugar
1 c. sugar
2 eggs
1 c. buttermilk
2 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt

Topping:

1/2 c. brown sugar
1/2 tsp. cinnamon
1/2 c. chopped nuts
1/4 tsp. nutmeg

Mix butter, brown sugar and sugar; add eggs. Stir together flour, baking powder, baking soda, cinnamon and salt, add dry ingredients and buttermilk alternately, mix well. Pour into greased 9 x 13 x 2-inch pan. Mix topping ingredients, brown sugar, cinnamon, nuts and nutmeg. Sprinkle over coffee cake, cover and refrigerate overnight or can be baked right away. Bake at 350° for 35-40 minutes.

POPPY SEED CAKE

Vera Vollstedt

1 scant c. poppy seeds
3/4 c. milk
1 1/2 c. sugar
3/4 c. butter
2 c. flour
2 tsp. baking powder
4 egg whites, stiffly beaten

Filling:

1 1/2 T. cornstarch
1/2 c. sugar
4 egg yolks, beaten
3/4 c. milk

Soak the poppy seeds in the milk for at least 2 hours. Preheat oven to 350°. Cream 1 1/2 cup sugar and butter. Add flour and baking powder alternating with the soaked poppy seeds and milk. Fold in the stiffly beaten egg whites. Place in two greased and floured round cake pans (may want to place waxed paper in pan). Bake at 350° for 20-30 minutes. When cool, place the cooled filling between the layers. Frost with a fudge frosting. For filling, mix cornstarch and sugar. Add beaten egg yolks to milk. Slowly add liquid to dry ingredients. Cook on top of the stove until thickened.

RHUBARB CAKE

Kathleen Mueller

5 c. cut up rhubarb
1/2 c. sugar
1 sm. pkg. strawberry Jello
3 c. mini marshmallows
1 white cake mix, prepared as directed

In a greased 9 x 13-inch pan layer the rhubarb, sugar, Jello and marshmallows. Pour cake mix on top. Bake 45 minutes at 350°. Best served chilled with Cool Whip or ice cream.

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RHUBARB CAKE

Vera Vollstedt

6 c. diced rhubarb
1 (3-oz.) dry strawberry Jello
1-2 c. sugar
1 box yellow or white cake mix
1 c. water
1 stick (1/2 c.) oleo

Spread rhubarb in a sprayed 9 x 13-inch pan. Mix the sugar and Jello together and sprinkle over the top of rhubarb. Sprinkle the cake mix over the top of the mixture. Boil the water and melt the oleo in the water and pour over the mixture. Bake at 350° for 50 minutes.

SCRIPTURE CAKE

**Trudy Wiechmann*

3/4 c. Gen. 18:8
1 1/2 c. Jer. 6:20
5 Is. 10:14, separated
3 c. sifted Lev. 24:5
3 tsp. 2 Kings 2:20
3 tsp. Amos 4:5
1 tsp. Ex. 3:23
1/4 tsp. each 2 Chron. 9:9
1/2 c. Judg. 4:19
3/4 c. chopped Gen. 43:11
3/4 c. finely cut Jer. 24:5
3/4 c. 2 Sam. 16:1
3/4 c. whole Gen. 43:11

Cream Genesis 18 with Jeremiah 6. Beat in yolks of Isaiah 10, one at a time. Sift together Leviticus 24, 2 Kings 2, Amos 4, Exodus 30, and 2 Chronicles 9. Blend into creamed mixture alternately with Judges 4. Beat whites of Isaiah 10 until stiff. Fold in chopped Genesis 43, Jeremiah 24, and 2 Samuel 16. Turn into 10-inch tube pan that has been greased and dusted with Leviticus 24. Bake at 325° for 1 hour and 10 minutes. After 10 minutes, remove from pan and cool completely. Drizzle with Burnt Jeremiah Syrup.

Burnt Jeremiah Syrup:

1 1/2 c. Jer. 6:20
1/2 c. Gen. 24 45
1/4 c. Gen. 18:8

Melt Jeremiah 6 in heavy frying pan over low heat. Keep cooking it until it is deep gold, then add the Genesis 24. Cook until smooth and remove from the heat. Add Genesis 18 and stir until it melts, then cool. After drizzling this on the cake, you can decorate it with whole Genesis 43.

Translation for Scripture Cake and Burnt Jeremiah Syrup:

Gen. 18:8-butter
Jer. 6:20-sugar
Is. 10:14-eggs
Lev. 24:5-flour
2 Kings 2:20-salt
Amos 4:5-baking powder
Ex. 30:23-cinnamon
2 Chronicles 9:9-spices
Judg. 4:19-milk
Gen 43:11-almonds
Jer. 24:5-figs or dates
2 Sam. 16:1-raisins
Gen. 24:45-water

WACKY CAKE

Sarah Birks
Pam Sebring

3 c. flour
2 c. sugar
6 T. cocoa
2 tsp. baking soda
1 tsp. salt
3/4 c. cooking oil
2 T. vinegar
2 tsp. vanilla
2 c. water
3 c. powdered sugar
3 T. cocoa
1 stick (1/2 c.) oleo
1 tsp. vanilla

Sift the flour, sugar, cocoa, baking soda, salt into a mixing bowl. Add the cooking oil, vinegar, vanilla and water and beat well. Pour into a greased 9 x 13-inch cake pan. Bake at 350° for 35 minutes. For cupcakes bake at 350° for 15-20 minutes. Beat the rest of the powdered sugar, cocoa and softened butter and vanilla together until spreadable. Spread on the cooled cake.

CHOCOLATE FROSTING

**Frances Segebart*

1 1/2 c. sugar
6 T. butter or oleo
6 T. milk
1/2 c. chocolate or butterscotch chips
1 tsp. vanilla

Boil sugar, butter and milk for three minutes. Remove from heat. Add chocolate or butterscotch chips and vanilla. Beat until smooth and creamy. Frost a 9 x 13-inch cake.

FROSTING

Loretta Arnold

1/2 c. shortening
1 egg white
2 c. powdered sugar
2 T. flour
1 T. liquid (coffee, milk or juice)

Put all ingredients in bowl and beat until consistency to spread.

APPLE CRISP

Susan Mahnke

1 to 2 qt. apples, peeled and sliced
1/2 c. brown sugar
1/4 c. melted butter
1/2 c. flour
1/2 c. uncooked oatmeal
1/2 tsp. cinnamon
1/4 tsp. baking soda, opt.

Layer fruit in an 8 x 8-inch pan. Mix sugar and butter with a fork. Add flour, oatmeal, cinnamon and soda and mix with a fork until crumbly. Sprinkle over fruit. Bake at 350° for 30-40 minutes or until the top is brown and bubbling around the edges and the raw fruit is soft. Double for a 9 x 13-inch pan. You may use canned fruit pie filling, raw fruit or frozen fruit that is almost thawed.

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APPLE DESSERT

RoseAnn Thomssen

1 c. sugar
1/4 c. melted butter or oleo
1 egg, slightly beaten
1 c. flour
1 tsp. baking soda
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt
2 c. diced raw apples
1/2 c. chopped walnuts

Cream sugar and melted butter together, add beaten egg, mix well. Add flour which has been mixed with soda, cinnamon, nutmeg and salt. Blend well and add apples and nuts. Bake in greased 9-inch pie plate in 350° oven for 40 minutes. Serve plain or top with whipped cream or ice cream.

APPLE PUDDING

**Dora Kuhl*

6 apples
1/2 c. sugar
1 c. water
1 c. flour
1 c. brown sugar
1/2 tsp. baking powder
1/2 c. butter

Combine apples and sugar in saucepan. Pour water over apples and boil until done. Mix flour, brown sugar and baking powder. Cut butter into the flour mixture. Pour apples into 9 x 13-inch pan. Sprinkle the flour butter mixture over cooked apples. Bake at 350° for 20 minutes.

APRICOT SURPRISE DESSERT

**Denise Cadwell From Violet Schroeder*

2 c. flour
1 1/2 c. crushed soda cracker crumbs
2 c. flaked coconut
1 c. brown sugar
1/3 tsp. baking powder
1 c. melted margarine or butter
2 c. apricot pie filling

Mix flour, crumbs, coconut, sugar and baking powder. Add melted butter. Press 2/3 of crumb mixture in a 9 x 13-inch pan. Spread pie filling on crust layer. Sprinkle on remaining crumb mixture. Bake at 350° for 30 minutes. Makes a very different dessert and yet is very easy and quick.

CHOCOLATE CAKE DESSERT

Bonnie Lorenzen

1 box chocolate cake mix
1 (14-oz.) can Eagle Brand sweetened condensed milk
1 jar caramel ice cream topping

Bake cake according to package directions. When done, poke holes with fork while still warm and pour condensed milk on top and then caramel sauce on top. If desired dollop with whipped cream. Refrigerate.

CHOCOLATE DESSERT

Ferdonna Zimmerman

1 c. flour
½ c. melted oleo
1 c. powdered sugar
8 oz. Philadelphia cream cheese
2 (3-oz.) pkgs. instant chocolate pudding
3 c. milk
1 tsp. vanilla
1 (12-oz.) ctn. Cool Whip
Pecans, if you desire

Pat 1 cup flour and melted oleo into bottom of 9 x 13-inch pan. Put crushed pecans over this if desired. Bake 15 minutes at 350°. Let cool. Whip powdered sugar and cheese together and then fold in 1 cup Cool Whip. Spread over bottom crust and let set. **Third Layer:** Two packages instant pudding and 3 cups milk and 1 teaspoon vanilla. Beat and spread over cheese layer. After set take the rest of the container of Cool Whip and spread over the top and dot with pecans. You can use any flavor of instant pudding for this. Makes a very pretty dessert and will keep in refrigerator for a couple of days. I usually make this the day before so it has time to really cool and set up.

CHOCOLATE STRAWBERRY TORTE

**Martha Gray*

½ c. butter
2 c. chocolate graham cracker crumbs
¼ c. sugar
1 (12-oz.) ctn. whipped topping
1 c. sour cream
1 (3.8-oz.) pkg. instant devil's food pudding
1 pt. fresh sliced strawberries
4 T. chocolate syrup

Melt butter and add graham cracker crumbs and sugar. Grease a 9-inch springform pan. Press crumb mixture into bottom and one inch up the sides the pan. Refrigerate. Beat whipped topping, sour cream and pudding. Spread half of pudding mixture over crust. Put sliced strawberries on top of pudding mixture and cover with remaining half of pudding mixture. Drizzle with chocolate syrup. Refrigerate 4-5 hours before serving.

GERMAN CHOCOLATE CAKE DESSERT

Jeanette Ferry

1½ c. coconut
1½ c. pecans
1 German chocolate cake mix
8 oz. cream cheese
1 stick oleo
2 c. powdered sugar

Grease and flour a 9 x 13-inch cake pan. Mix coconut and pecans and put in bottom of pan. Mix the German chocolate cake mix according to package directions and pour over coconut and pecans. Mix the cream cheese, oleo and powdered sugar until smooth and drop by spoonful over the cake mix. Bake at 350° for 45 minutes to 1 hour.

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KITCHENETTE CAKE

*Hertha Behrend

1 3/8 c. flour
1 c. sugar
2 tsp. baking powder
1/2 tsp. salt
1/3 c. shortening
2/3 c. milk
1 tsp. flavoring
2 eggs

Mix flour, sugar, baking powder and salt. Add shortening, milk and flavoring. Beat for 2 minutes at medium speed. Add eggs and beat two more minutes. Pour into 9 x 13-inch pan. Bake at 350° for 30 minutes.

LEMON ICE CREAM DESSERT

*Susan Geitz

2/3 c. graham crackers
1/4 c. butter
1/3 c. ginger snaps
1 T. sugar

Mix together above ingredients, then bake for 10 minutes at 350°.

1 qt. ice cream
16 oz. pink lemonade

Mix together above ingredients in a blender, then pour over baked crust, freeze.

MOM'S RHUBARB DESSERT

Pam Sebring

4 c. cut rhubarb
1 c. sugar
1 pkg. strawberry or raspberry Jello
1 box white cake mix
1/3 c. melted oleo
1 c. water

In a 9 x 13-inch greased cake pan pour in cut up rhubarb. Mix in sugar and Jello. Pour cake mix evenly over the top. Then drizzle 1 cup water and 1/3 cup oleo over the top. Bake at 350° for 45 minutes or until golden brown.

OLD FASHIONED BREAD PUDDING

Vera Vollstedt

3 c. soft bread crumbs (4 c. for firmer pudding)

Blend in:

2 c. milk, scalded with 1/4 c. butter
1/2 c. sugar
2 eggs, slightly beaten
1 tsp. cinnamon or nutmeg
1/2 c. seedless raisins

Place in 1 1/2-quart baking dish and place baking dish in pan of hot water 1 inch deep. Bake at 350° oven 40-45 minutes until knife inserted 1 inch from edge comes out clean. Serve warm with or without hard sauce or cream. **Hard Sauce:** Cream until soft 1/2 cup butter (1/4-pound). Blend in gradually, 1 cup powdered sugar. Then beat in 1 unbeaten egg white (egg white makes if fluffy). Stir in 1/2 teaspoon vanilla. Put in serving dish, sprinkle with nutmeg and chill about an hour.

Variations for Bread Pudding: Chocolate; 1/2 cup semi-sweet pieces instead of raisins. Butterscotch; use brown sugar instead of white sugar. Date and nut; use 1/2 cup chopped dates and 1/4 cup broken nuts instead of raisins.

PEACHES AND CREAM

Bonnie Lorenzen

2 c. flour
3/4 c. melted butter or oleo
1 c. chopped pecans
3 c. powdered sugar
1 (8-oz.) pkg. cream cheese, softened
1 (12-oz.) ctn. whipped cream or 1 1/2 c. whipped cream
1 c. sugar
3 T. cornstarch
1 c. water
1 (3 oz.) peach Jello
***4 c. fresh peaches, peeled, sliced**

Combine flour and butter. Stir in chopped pecans. Press into 9 x 13-inch pan. Bake in 350° oven about 10 minutes or until lightly browned. Cool completely. Set aside. Mix powdered sugar with cream cheese until smooth. Fold in whipped topping. Spoon on top of crust pushing sides up to make a slight well for peaches. Set aside. In medium pan, mix sugar and cornstarch. Over medium heat, slowly stir in water. Bring to boiling, stirring constantly and cook one minute until mixture is bubbly, clear and slightly thickened. Remove from heat and stir in peach gelatin. Cook another 2 minutes. Reserve 1/3 cup for peaches, spoon glaze over cream mixture, leaving a 1-inch border of cream visible. Stir reserved glaze into peaches and spoon peaches over glaze. Refrigerate several hours or overnight. *Can use 4 cups sliced strawberries and strawberry Jello.

PINK DESSERT

Deb Birks

1 angel food loaf cake
2 (3-oz.) boxes of strawberry Jello
2 c. boiling water
1 qt. vanilla ice cream
2 sm. ctn. frozen strawberries

Break cake into bits in 9 x 13-inch pan. In another large bowl, dissolve Jello in boiling water. Mix in ice cream and strawberries. Pour over cake. Mix well and chill.

PUMPKIN CRUNCH

**Betty Miller*
Pam Sebring

1 (12-oz.) can (1 c.) evaporated milk
1 (16-oz.) can solid pack pumpkin
1 tsp. cinnamon or pumpkin pie spice
1 to 1 1/2 c. sugar
1/2 tsp. salt
3 eggs
1 yellow cake mix (dry)
1/2 c. chopped pecans
1 c. melted butter or oleo
Whipped topping

In a large bowl combine evaporated milk, pumpkin, spice, sugar, salt and eggs. Pour into a greased 9 x 13-inch cake pan. Sprinkle the dry cake mix evenly over the top. Sprinkle nuts over the top and drizzle with the melted butter or oleo. Bake uncovered at 350° for 1 hour. Then bake 20 minutes longer covered until golden brown and set when a knife inserted in the center comes out clean. If is is getting too brown, cover with foil or metal cake pan lid. Cool and serve with whipped topping.

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PUMPKIN ROLL

Berniece Segebart

3 eggs
1 c. sugar
2/3 c. pumpkin
3/4 c. flour
2 tsp. pumpkin pie spice
1 tsp. baking powder
1/2 tsp. salt

Filling:

3-oz. pkg. Philadelphia cream cheese
1 1/2 c. powdered sugar
1/2 stick margarine
1 tsp. vanilla

Beat 3 eggs 5 minutes. Gradually add and beat in 1 cup sugar. Stir in 2/3 cup pumpkin. Fold 3/4 cup flour, pumpkin spice, baking powder and salt into egg and pumpkin. Line a 15 x 10-inch pan with greased and floured waxed paper. Spread mixture evenly. Bake 15 minutes in 350° oven. When done lay cake upside down and dampened dish towel sprinkled with powdered sugar. Peel off waxed paper, roll up in towel and cool. Spread with cream cheese filling.

QUICK DESSERT

**Marie Segebart*

1 c. sugar
1/2 c. shortening
2 eggs
1 tsp. salt
3 tsp. baking powder
2 c. flour
1 tsp. vanilla
1 c. milk
2 c. brown sugar
1 1/2 c. coconut
2 c. light cream

Cream sugar, shortening and eggs. Blend in salt, baking powder, and flour. Slowly add vanilla and milk. Pour into a 9 x 13-inch cake pan. Over top of batter, sprinkle brown sugar and coconut. Pour light cream over coconut. Bake at 350° for 30 minutes.

QUICK DESSERT

Velma Struve

1 can crushed pineapple
1 can cherry pie filling
1/2 box cake mix (can use Jiffy)
1 c. pecans, chopped
1 1/2 sticks margarine, melted

Dump pineapple and pie filling a 9 x 9-inch pan. Add pecans, don't stir, sprinkle with cake mix, melt margarine and pour on top. Bake 1 hour at 350°.

RAISIN DELIGHT

Virginia Mundt

1 T. oleo
1 c. brown sugar
1/2 c. raisins
2 c. boiling water
1 T. oleo
1/4 tsp. salt
1/2 c. sugar
1/2 c. milk
2 tsp. baking powder
1 1/2 c. flour

Boil raisins, brown sugar, 1 tablespoon oleo and water until rolling boil. Cream oleo, salt and sugar. Add sifted flour and baking powder alternately with milk. Grease an 8 x 12-inch pan. Spread batter (will be quite stiff) into pan. Pour the boiling hot mixture over top of the batter. Bake 35-40 minutes (or until batter comes to the top and is brown) in 350° oven. Serve with a dab of Cool Whip or ice cream. Very good and pudding is on the bottom.

STRAWBERRY DESSERT

Alice Bornhoft

1 2/3 c. graham crackers
1/3 c. sugar
1/2 c. margarine
1 sm. angel food cake
2 sm. boxes strawberry Jello
3 1/2 c. boiling water
2 pkgs. strawberries

Crush graham crackers, add sugar and margarine. Press in 9 x 13-inch pan. Bake 10-15 minutes in 325° oven, cool. Dissolve Jello in boiling water, stir well. Add 2 packages strawberries (partially thawed). Break up angel food on crust. When Jello is starting to congeal pour over cake. Top with whipped cream and nuts. Refrigerate.

GRANDMA DELLA RUHDI'S HOMEMADE ICE CREAM

Pam Sebring

4 eggs
2 1/2 c. sugar
6 c. milk
4 c. light cream or 2 boxes of half-and-half
2 T. strong vanilla
1/2 tsp. salt

Mix all ingredients together with mixer, then pour into ice cream freezer. Churn until stiff. Serve with your favorite topping.

BANANA CREAM PIE

Mary Lynn Lueth
(From the Kitchen of the late Elsie Manford)

1 c. sugar
1 c. flour
1/4 tsp. salt
2 1/2 c. milk
4 egg yolks
1/2 c. milk
3 T. butter
1 1/2 tsp. vanilla

In heavy saucepan mix one cup sugar, 1/2 cup flour and 1/4 teaspoon salt. Add 2 1/2 cup milk. Cook on medium until thick. Beat 4 egg yolks and 1/2 cup milk, add to above mixture. Return and cook over medium heat 2 minutes. Remove from heat and add tablespoon butter and 1 1/2 teaspoons vanilla. When mixture is cool, pour over sliced bananas in baked pie shell. Top with meringue of 4 egg whites, 1/2 cup sugar, 1/2 teaspoon cream of tartar and 1 teaspoon vanilla. Pour over pie and bake in 400° oven until lightly browned (for coconut cream, add 1 1/2 cup in place of bananas).

LEMON MERINGUE PIE

Rosalie Macumber

1 1/2 c. sugar
1 1/2 c. water
1/4 tsp. salt
5 T. cornstarch
1/2 c. water
3 beaten egg yolks
2 T. butter
1/2 c. lemon juice
Grated lemon rind, opt.

Bring 1 1/2 cup water, sugar and salt, to a boil. When boiling add cornstarch that has been mixed with 1/2 cup water, stir constantly. Cook about 5 minutes, keep stirring. Remove from heat and add beaten egg yolks and butter. Mix thoroughly and add lemon juice, cool. Pour into baked pie shell. **Meringue:** Beat 3 egg whites, add 6 tablespoons sugar until stiff peaks. Brown in oven 325°.

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OPEN PEACH PIE

Madlyn Younie

Unbaked pie crust
1 T. melted butter
1 c. sugar
3 beaten eggs
4 or 5 peaches

Mix the butter, sugar and eggs, then mix with the peaches. Pour into pie crust. Bake at 400° for 15 minutes and then at 350° for 45 minutes.

OUT OF THIS WORLD PIE

Vera Vollstedt

1 can cherry pie filling
1 (No. 2) can crushed pineapple
2 (3-oz.) pkgs. raspberry Jello
3/4 c. sugar
4 T. cornstarch

Cook all together until thick. Cool. Add 2-3 sliced bananas. Pour into 2 baked pie shells and top with Cool Whip.

PECAN PIE

**Louise Bandow*

3 eggs
1 c. dark corn syrup
2 T. flour
Pinch salt
2/3 c. sugar
3 T. melted butter
1 tsp. vanilla
1 c. pecans

Beat eggs, stir in corn syrup. Mix flour, salt and sugar. Add to the egg mixture. Stir in melted butter, vanilla and pecans. Pour in 9-inch unbaked pie crust. Bake at 325° for one hour or until firm.

PIE CRUST

Garnet Jorgensen

5 c. flour
1 T. salt
1/2 tsp. baking powder
2 c. Crisco
1 c. 7-Up or more as needed

Mix dry ingredients, cut in Crisco; stir in 7-Up. I make this large batch, take enough for one crust. Roll into a ball, wrap and freeze. Handy to have on hand.

PIE TOPPING

Virginia Mundt

1 c. brown sugar
1 c. flour
1 1/2 c. rolled oats
1/2 c. oleo

Mix brown sugar, oats, flour and oleo until crumbly. Put 1 1/2 cups of mixture on top of fruit pie such as apple, peach or rhubarb. Bake in 350° oven until fruit is done when tested with a fork. Mixture can be stored in refrigerator for several weeks. Keeps a long time in the freezer.

RHUBARB PIE

*Vi Snyder

3 c. finely cut rhubarb
1 c. sugar
1 (3-oz.) pkg. strawberry flavored Jello or raspberry
1 egg
1 T. cornstarch
1 pie shell

Mix together, let sit while making crust. Beat 1 egg, add up to 1 tablespoon of cornstarch. Pour into unbaked pie crust. Bake for 15 minutes at 425° and then at 375° for 25 minutes.

RON'S PIE

Marie Brus
Ron Rowe

2 c. rhubarb
2 c. strawberries
1 c. sugar
¼ c. flour
Dash nutmeg

Cut up rhubarb and strawberries in equal pieces. Mix 1 cup sugar, flour and nutmeg. Stir in with rhubarb and strawberries. Let sit for ½ hour. Then pour into unbaked pie shell. Cover with 1 tablespoon melted butter. Bake 35-45 minutes.

SOUTHERN PECAN PIE

*Jenkie Joens

⅓ c. butter
½ c. brown sugar
1 c. light corn syrup
1 tsp. vanilla
3 eggs
1 c. chopped pecans

Cream butter, gradually add firmly packed brown sugar and cream well. Blend in corn syrup and vanilla. Mix thoroughly. Add slightly beaten eggs and pecans. Turn into pastry lined pan and bake at 450° for 10 minutes then at 350° for 25 minutes.

SUGAR FREE APPLE PIE

Lori Asmus

4 c. sliced apples
3 T. quick tapioca
¼ tsp. salt
1½ tsp. cinnamon
1 (12 oz.) frozen apple juice concentrate, thawed
2 T. butter

Combine all ingredients except butter and pour into a large unbaked pie shell. Dot butter over apples and add a top crust. Bake 450° for 20 minutes, then 350° for 40 minutes. You may use other fruits and juices in combination with good results.

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COOKIES & CANDY

Taste and see that the Lord is good; blessed is the man who takes refuge in him.

~ Psalm 34:8

Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.

- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.

- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.

- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.

- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.

- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.

- Tin coffee cans make excellent freezer containers for cookies.

- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.

- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

Cookies & Candy

CHERRY MASH CANDY BAR

Marlene Jahn

½ c. butter or oleo
2 c. sugar
⅔ c. evaporated milk
12 lg. marshmallows
1 (10-oz.) pkg. cherry chips
1 tsp. vanilla
1 (12 oz.) chocolate chips
¾ c. peanut butter
½ pkg. chopped peanuts

Bring butter, sugar, milk and marshmallows to a boil for 5 minutes. Add cherry chips and vanilla. Spread in a 9 x 13-inch pan and chill. Melt chocolate chips and peanut butter. Add peanuts. Spread over chilled mixture and chill again.

CHOCOLATE PEANUT CLUSTERS

Bonnie Lorenzen

12 oz. chocolate chips
12 oz. salted peanuts
12 oz. white almond bark

Melt chips and bark in microwave. Stir in peanuts. Spoon into very small cup cake like paper cups. Let harden.

BAKED FUDGE

**Sophie Mundt*

½ c. butter
2 c. sugar
3 (1-oz.) squares unsweetened chocolate
3 eggs
½ c. black walnuts
1½ c. flour

Melt together butter, sugar and chocolate. Beat in eggs, one at a time. Add nuts and flour. Spread in 9 x 13-inch pan. Bake at 325° for 35-40 minutes.

FANTASY FUDGE

Cathie Segebart

3 c. sugar
¾ c. margarine
⅔ c. evaporated milk
1 (12-oz.) pkg. chocolate chips
1 (7-oz.) jar marshmallow creme
1 c. chopped nuts
1 tsp. vanilla

Combine sugar, margarine, and evaporated milk in heavy 2½-quart saucepan. Bring to a full rolling boil and boil 5 minutes over medium heat stirring constantly. Remove from heat an stir in chocolate chips until melted. Add marshmallow creme, nuts, and vanilla. Beat with electric mixer until well blended. Pour into greased 9 x 13-inch pan. Cool at room temperature. Cut and serve.

FUDGE

Susan Mahnke

3 c. sugar
1 c. whipping cream
1 T. syrup, opt.
¼ c. cocoa, to taste
⅛ tsp. salt
1 T. butter
1½ tsp. vanilla
1 c. chopped nuts, opt.

Combine sugar, cream, syrup, cocoa and salt in large heavy saucepan. Cook over low heat to boiling. Cook to soft ball stage (234°-238°). Remove from heat. Add butter and vanilla and beat until spreading consistency. May spread on a 9 x 13-inch or pour in a buttered 8 x 8-inch or 9 x 9-inch pan and cool. May add nuts if desired.

MINTS FOR WEDDING OR GRADUATION

Pam Sebring

4 oz. Philadelphia cream cheese
2 drops any flavoring (peppermint, wintergreen, almond, raspberry, etc.)
1 lb. powdered sugar
Mint molds

Mix ingredients together until like pie dough and not sticky. Take a small amount of dough, roll into a ball. Then roll in white sugar. Press into mold and pop out. Let set for a bit on tin foil. Then store in covered container. Freeze well.

MICROWAVE PEANUT BRITTLE

Bonnie Lorenzen

1 c. raw peanuts
1 c. sugar
½ c. white corn syrup
⅛ tsp. salt
1 tsp. baking soda
1 tsp. vanilla
1 tsp. butter

In a 1½-quart casserole, stir together the peanuts, sugar, syrup and salt. Cook 8 minutes at high stirring well after 4 minutes. Add butter and vanilla. Cook 1 minute longer on high. Add baking soda and quickly stir until light and foamy. Pour onto lightly buttered baking sheet. Spread out thin. When cool, break into pieces. Used 800 watt microwave. Adjust time with other wattages.

SALTED NUT ROLL

Nick Birks

2½ tsp. margarine
12 oz. peanut butter chips
1 can Eagle Brand condensed milk
10-oz. pkg. miniature marshmallows
1½ (16-oz.) jars dry roasted peanuts or 24 oz. dry roasted peanuts

Butter sides and bottom of 9 x 13-inch pan. Melt margarine and chips. Add condensed milk. Stir in marshmallows and mix well. Microwave a little at a time to soften marshmallows (so no lumps). In buttered pan, put ½ the peanuts. Spread marshmallows mix on peanuts. Add rest of peanuts on top, press in. When set, cut bars.

APPLE SAUCE COOKIES

**Emma Ehrichs*

½ c. shortening
1 c. sugar
1 egg, beaten
1 c. applesauce
1 tsp. soda
2¼ c. flour
½ tsp. salt
½ tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
1 tsp. vanilla
1 c. chopped raisins
1 c. chopped nuts

Cream shortening, sugar and egg. Mix applesauce with soda and stir into creamed mixture. Combine flour, salt, cinnamon, cloves and nutmeg; add to creamed mixture. Mix well. Add vanilla and again mix well. Stir in raisins and nuts. Drop by rounded teaspoons onto greased cookie sheet. Bake at 350° for 12-15 minutes.

BACON GREASE COOKIES

Irene Genzen
Recipe from Viola Humphrey

1½ c. bacon grease
2 c. white sugar
2 eggs
4 T. molasses
4 c. flour
2 tsp. soda
2 tsp. ginger
2 tsp. cinnamon
1 tsp. cloves
½ tsp. salt
May add raisins and/or nuts if you like

Mix as usual, roll into small balls. Place on cookie sheet. Press dough down with a fancy bottomed glass dipped in sugar. Bake 350°-375° for 12-15 minutes.

BANANA OATMEAL COOKIES

Marian Drake

¾ c. shortening
1 c. sugar
1 egg, beaten
1 c. mashed bananas
1 tsp. vanilla
1½ c. flour
1 c. oatmeal
½ tsp. soda
1 tsp. salt
¼ tsp. nutmeg
¾ tsp. cinnamon
½ c. nuts
1 c. raisins, opt.

Cream shortening and sugar; add beaten egg, mashed bananas, and vanilla. Beat well. Fold in flour, oatmeal, soda, salt, nutmeg and cinnamon. Stir in nuts and raisins. Drop by rounded teaspoonfuls onto greased cookie sheet. Bake at 375° for 10 minutes.

BEST EVER COOKIES

Velma Struve

1½ c. crunchy peanut butter
½ c. margarine
1 c. white sugar
1 c. brown sugar
3 tsp. soda
2 tsp. vanilla
3 eggs
4½ c. oatmeal
¼ to ½ c. flour
2 T. sour cream
1 c. mini M & M's, opt.
1 c. chocolate chips, opt.
1 c. chopped dates, opt.
1 c. raisins, opt.

Cream peanut butter, margarine, sugars, soda and vanilla. Add eggs and beat well. Fold in oatmeal, flour and sour cream. Then add mini M & M's or chocolate chips,

(continued)

or chopped dates or raisins. Drop by tablespoons onto cookie sheet and bake at 350° for 10 minutes on until lightly browned.

CHOCOLATE CHIP COOKIES

Marian Drake

½ c. shortening
½ c. sugar
¼ c. brown sugar
1 egg
1 tsp. vanilla
1 c. and 1 T. flour
½ tsp. salt
½ tsp. soda
1 c. chocolate chips
½ c. nuts

Cream shortening and sugars. Add egg and vanilla. Mix in flour, salt and soda. Stir in chocolate chips and nuts. Drop by rounded teaspoonfuls onto cookie sheet. Bake at 350° for 12 minutes.

CHOCOLATE CHIP COOKIES

**Martha Gray*

1 c. Crisco
¾ c. brown sugar
¾ c. sugar
2 eggs
1 tsp. vanilla
2 T. hot water
1¼ tsp. salt
1 tsp. baking soda
2½ c. flour
1 (12-oz.) pkg. semi-sweet chocolate chips

Cream Crisco and sugars. Add eggs and vanilla and beat well. Add hot water, vanilla, soda, and salt. Beat well. Gradually mix in flour. Stir in chocolate chips. Drop by rounded teaspoons onto baking sheet and bake at 325° for 10-12 minutes.

CHOCOLATE CHIP COOKIES

Lauren Lueth

2 sticks margarine
1 c. brown sugar
1 c. white sugar
2 eggs
1½ c. flour
1 tsp. soda
½ tsp. salt
3 c. oatmeal
1 (12-oz.) chocolate chips

Cream margarine and sugars. Add eggs and vanilla. Beat well. Add sifted dry ingredients, chocolate chips and oatmeal. Drop from teaspoon on ungreased cookie sheet. Bake at 375° for 8-12 minutes.

"SOFT" CHOCOLATE CHIP COOKIES

Diane Vetter
Bricy Lorenzen

1 c. butter
¾ c. brown sugar
½ c. white sugar
2 eggs
1 sm. box instant vanilla pudding
2¼ c. flour
1 tsp. soda
½ tsp. baking powder
¼ tsp. salt
12-oz. pkg. chocolate chips

Cream butter, sugars, eggs and pudding mix until well blended. Then sift in dry ingredients and mix well. Stir in chocolate chips. Drop by rounded teaspoon on cookie sheet. Bake 10-12 minutes at 350°. Butterscotch pudding with butterscotch chips are also very good in this.

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CINNAMON COOKIES

**Viola Joens*

1 c. white sugar
1 egg, beaten
1 c. sour cream
1 tsp. soda
½ tsp. salt
1 tsp. vanilla
2 c. flour
½ c. chopped nuts
½ c. chopped raisins
½ c. sugar
1 tsp. cinnamon

Beat together sugar, egg and sour cream. Add soda, salt, vanilla and flour. Mix well. Stir in nuts and raisins. Set aside. In separate dish mix ½ cup sugar and 1 teaspoon cinnamon. Roll cookie dough into small ball and drop into cinnamon sugar mixture. Roll cookie in cinnamon sugar mixture until well coated. Place on greased cookie sheet and bake for 8 minutes in 350° oven.

COCONUT MACAROONS

**Florence Rasmussen*

½ c. butter
1 c. white sugar
1 c. brown sugar
½ c. vegetable shortening
2 eggs
1 tsp. vanilla
1 c. flour
4 c. rolled oats
1 tsp. soda
1 tsp. salt
1 c. coconut

Cream butter, sugars and shortening until fluffy. Add eggs and vanilla and mix well. Stir in flour, rolled oats, soda, salt and coconut. Drop by rounded teaspoon on greased cookie sheet. Bake at 350° for 10 minutes.

CREAM OF TARTAR COOKIES

Ferdonna Zimmerman

½ c. butter
1 c. sugar
1 tsp. vanilla
½ tsp. soda
½ c. vegetable shortening
1 egg
1 tsp. cream of tartar
2 c. unsifted flour

Mix ingredients in order given. Sift soda, cream of tartar with flour. Roll in balls. Dip in sugar and place on cookie sheet and press down with fork. Bake at 350° for 10 minutes.

LEMON POPPY SEED COOKIES

Vera Vollstedt

¾ c. butter or margarine, soft
1 c. sugar
2 egg yolks
1 lg. whole egg
1½ tsp. lemon extract
2 c. flour
½ tsp. baking soda
1½ tsp. fresh lemon zest
1 tsp. ground coriander
2 T. poppy seeds

In large bowl cream together butter and sugar until light and fluffy. Add egg yolks, whole egg and extract. In separate bowl sift together flour, soda, lemon zest and coriander. Add to creamed mixture and stir in poppy seeds. Drop by rounded tablespoons, 2 inches apart onto baking sheets. Bake in 300° oven for 23-25 minutes. Cool; spread filling between two cooled cookies.

(continued)

Lemon Poppy Seed Cookies Filling:

1/4 c. butter or margarine, softened
1 3/4 c. powdered sugar
1 T. lemon juice
1 1/2 tsp. lemon extract

Cream butter and powdered sugar. Add lemon juice and lemon extract. Beat well. Spread between two cooled cookies.

EASY-GOING OATMEAL DROPS

Bonnie Lorenzen

1 c. raisins
1/2 c. hot water
2 c. sifted flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
2 c. rolled oats
1 c. brown sugar, firmly packed
1/2 c. nuts, opt.
2 eggs, unbeaten
3/4 c. salad oil
1 tsp. vanilla

Soak raisins in hot water, set aside. Sift flour with soda, salt, nutmeg and cinnamon into mixing bowl. Blend in rolled oats, sugar and nuts. Beat eggs with fork, add oil, undrained raisins and vanilla; pour into dry mixture. Stir just until blended. Drop by teaspoonfuls on ungreased baking sheet. Bake at 350° for 10-13 minutes. Makes 4 to 5 dozen cookies. These fit well into a low cholesterol diet.

OATMEAL COOKIES THE GERMAN WAY

Lynne Gruhn

2 c. sugar
1 heaping c. shortening
2 eggs
1 1/2 c. sour cream
1 tsp. soda
1/2 tsp. salt
1 tsp. vanilla
1 tsp. cinnamon
2 c. oatmeal
4 c. flour
2 c. raisins, soaked

Cream sugar, shortening, and eggs. Stir soda into sour cream and add to creamed mixture. Add salt, vanilla and cinnamon and mix well. Stir in oatmeal, flour, and raisins that have been soaked and plumped in hot water.

OATMEAL CRUNCHIES

**Louise Bandow*

1 c. raisins
6 T. raisin juice
1 c. butter
1 c. white sugar
1 c. brown sugar
2 eggs
2 c. oatmeal
2 c. flour
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1/2 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. cloves
1 c. nuts

Cover raisins with water and boil for 5 minutes. Drain, reserving 6 tablespoons of raisin juice. Set raisins and juice aside to cool. Cream butter and sugars. Beat in eggs. Add the cooled raisin juice and oatmeal. Then stir in flour, soda, baking powder, salt, nutmeg, cinnamon, cloves, nuts and cooled raisins. Drop by rounded teaspoons on greased cookie sheet. Bake at 350° for 10 minutes.

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OATMEAL MACAROONS

Erma Jorgensen

1 c. shortening
2 c. brown sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour
2 c. old-fashioned oatmeal
1 c. corn flakes
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1 c. coconut

Cream shortening, sugar and eggs. Add vanilla and mix well. Stir together flour, oatmeal, corn flakes, soda, baking powder, salt and coconut and add to creamed mixture. Drop by rounded teaspoonful on greased cookie sheet. Bake in 350° oven for 8 minutes.

ORANGE SLICE COOKIES

Vera Vollstedt

1 c. brown sugar
1 c. white sugar
1 stick (1/2 c.) oleo
2 eggs
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
2 c. flour
2 c. oatmeal
1 c. pecans, chopped
1 c. orange slice candies, cut up

In large bowl, cream sugars and oleo. Beat in eggs. In small bowl, combine flour, soda, salt and baking powder. Mix well with creamed mixture. Stir in oatmeal, pecans and orange slices. Drop by teaspoons onto cookie sheet. Bake at 350° for 8-10 minutes.

PEANUT BUTTER COOKIES

Estella Schrum

1 c. peanut butter
1 c. sugar
1 egg, slightly beaten
1 tsp. vanilla

Preheat oven to 325°. In bowl combine all ingredients. Shape dough into 1-inch balls. On ungreased cookie sheet, arrange cookies 2 inches apart. With fork, flatten each cookie. Bake 8 minutes or until lightly browned. Dough can also be pressed into a 9 x 13-inch pan for a bar. Frost with chocolate frosting. Great for those on a gluten and wheat free diet.

PECAN COOKIES

Joleen Spies

1 c. butter, softened
3/4 c. sugar
3/4 c. packed brown sugar
1 egg
2 tsp. vanilla extract
1 tsp. almond extract
2 1/2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 c. chopped pecans

In large mixing bowl, cream butter and sugars. Beat in the egg and extracts. Combine the flour, baking powder, baking soda and salt; gradually add to creamed mixture. Stir in pecans. Roll into 1-inch balls; place 2 inches apart on ungreased baking sheets. Bake at 350° for 9-11 minutes. Cool 3 minutes before removing to wire racks. Makes 6 1/2 dozen.

SALTED PEANUT COOKIE

*Gertrude Wiese

1 c. margarine
1 c. sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
2 c. flour
1 tsp. soda
2 c. quick oatmeal
2 c. salted Spanish peanuts

Cream margarine, sugars, vanilla and eggs. Combine flour, soda and quick oatmeal. Add to creamed mixture. Stir in Spanish peanuts. Drop by rounded teaspoons onto ungreased cookie sheet. Bake at 350° for 8-10 minutes.

ANISE COOKIES

Anonymous

1 c. white sugar
1 c. light brown sugar
1/4 c. Crisco oil
1 egg
1 c. shortening
1 tsp. soda in 1 T. warm water
1 1/2 tsp. anise oil
3 1/4 c. flour

Mix together roll in small rolls the size of a little finger or pencil. Chill thoroughly or freeze. Slice thin. Bake on a greased cookie sheet at 350° oven for 12 minutes. If dough is too dry add a little more Crisco oil.

PEPPER NUTS

Bonnie Lorenzen

1 c. white sugar
1 c. brown syrup
1 c. Crisco or lard
2 tsp. salt
2 rounded tsp. soda in a little hot water
1/2 tsp. anise oil
3 well-beaten eggs
1 tsp. baking powder
5 c. flour, about

Boil sugar, syrup and lard or Crisco. Remove from heat and add salt and soda. Cool. After cool, add anise oil, eggs, baking powder and enough flour to roll. Make rolls as thick as a penny and slice off. Bake at 375° for about 10 minutes. Makes a large batch.

PEPPER NUTS

Sandy Hanson

1 1/2 c. Crisco
1 1/2 c. dark corn syrup
3/4 c. brown sugar
1/2 c. milk
1 tsp. anise oil
6 1/2 c. flour
1 tsp. soda
1/2 tsp. salt

Cream Crisco, syrup and sugar. Add milk and anise oil and mix well. Fold in flour, soda and salt. Roll some dough into a 1/2-inch round rope and slice. Bake at 350° for 10-12 minutes or until light brown.

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PUMPKIN COOKIES

Pam Sebring

2 c. flour
1 c. oatmeal
1 tsp. baking soda
1 tsp. cinnamon
1 c. melted oleo
1 c. brown sugar
1 c. white sugar
1 egg
1 tsp. vanilla
1 (16-oz.) can pumpkin
1 c. chocolate chips

Mix dry ingredients together, then add sugars, oleo, egg, vanilla, pumpkin and chocolate chips. Mix well. Batter will be soft. Place by spoonfuls on cookie sheet. Bake at 350° for 20-25 minutes. Store in airtight container and they will stay soft and moist.

GRANDMA GLADYS JAHN'S SUGAR COOKIES

Pam Sebring

½ c. oleo
½ c. butter, must be real
1 c. sugar
1 c. vegetable oil
1 c. powdered sugar
2 eggs
1 T. vanilla
1 tsp. cream of tartar
1 tsp. baking soda
4-5 c. flour

Mix all together to form a nice soft dough. (May need more flour.) Form into balls and place on cookie sheet. Flatten with the bottom of a glass that has been dipped in colored sugar crystals. Bake at 350° for 8-10 minutes.

SUGAR COOKIE

**Elsie Steckelberg*

1 c. white sugar
1 c. powdered sugar
1 c. oleo
1 c. salad oil
2 eggs
1 tsp. soda
1 tsp. cream of tartar
Pinch salt
1 tsp. vanilla
5½ c. sifted flour

Cream sugars and oleo, add salad oil and the beaten eggs. Sift the soda, cream of tartar, and salt with flour and blend with the cream mixture. Roll in a ball and take a fork to make a criss cross. Sprinkle with sugar. Bake for 10-15 minutes in a moderate 350° oven. This dough will be quite soft.

SOUR CREAM CUT-OUT SUGAR COOKIES

**Frances Segebart*

2 c. sugar
½ c. butter
½ c. margarine
1 c. sour cream
1 tsp. soda
3 eggs, beaten
2 tsp. baking powder
4 c. flour
1 tsp. salt
2 tsp. vanilla

Cream sugar, butter and margarine. Dissolve soda in soda cream and add to sugar, butter and margarine mixture. Add beaten eggs. Sift baking powder into flour and salt. Then add dry ingredients to creamed mixture. Lastly, add vanilla and mix well. Chill dough several hours until cold. On floured board, roll dough to ¼-inch thickness. Cut into desired shapes and bake at 350° for 8-10 minutes.

WHEATIE COOKIES

*Delpha Olson

1 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1/2 tsp. vanilla
2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1/2 tsp. salt
2 c. coconut
2 c. Wheaties

Cream shortening, sugars, eggs and vanilla. Mix flour, soda, baking powder, salt and stir into creamed mixture. Slowly stir in coconut and Wheaties. Drop by rounded teaspoonful onto greased cookie sheet. Bake for 10 minutes in 350° oven.

AR-WE-VA BARS

Alex Segebart

1/2 c. butter or oleo
1/2 c. brown sugar
1/2 c. sugar
1 egg
1/2 c. chunky peanut butter
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. vanilla
1 c. flour
1 c. oatmeal
3/4 c. mini chocolate chips

Cream oleo and sugars. Add egg and mix well. Add chunky peanut butter and beat well. Stir in baking soda, salt, vanilla, flour and oatmeal. Fold in mini chocolate chips. Spread into a greased 9 x 13-inch pan. Bake at 350° for about 20 minutes. Do not overbake. Frost while warm with frosting below.

Ar-We-Va Bars Frosting:

1/2 c. powdered sugar
1/4 c. creamy peanut butter, softened
3 to 4 T. milk

Mix powdered sugar, peanut butter and milk. Carefully spread on warm bars.

BAR COOKIES

*Betty Miller

1/2 c. oleo
1 c. crushed graham crackers
1 (12-oz.) pkg. chocolate chips
1 c. flake coconut
1 c. chopped nuts
1 (14-oz.) can sweetened condensed milk

Melt oleo and pour into 9 x 13-inch pan. Sprinkle the graham crackers over top of melted oleo. Then layer chocolate chips, coconut and nuts over graham cracker crumbs. Carefully drizzle sweetened condense milk over the top. Bake at 350° for 25 minutes.

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GRANDMA DELLA RUHDE'S BROWNIES

Pam Sebring

1 c. oleo
1/2 c. cocoa
2 c. white sugar
4 eggs
2 c. flour
1 tsp. baking powder
1 tsp. vanilla

Frosting:

1/2 c. oleo
1/2 c. milk
2 c. sugar
1 c. semi-sweet chocolate chips
1 tsp. vanilla

In a heavy saucepan melt oleo and cocoa and sugar. Heat until melted then remove from heat an add eggs, flour, baking powder and vanilla. Pour into greased jellyroll pan. Bake 350° for 15-20 minutes. **Frosting:** Combine oleo, milk and sugar. Bring to a boil, then take off stove and add 1 cup chocolate chips and 1 teaspoon vanilla. Beat until spreadable. May need to set in a cool place to thicken.

SCOTT'S BLOND BROWNIES

Lisa Saunders

2 c. packed brown sugar
2/3 c. butter
2 T. hot water
2 eggs
2 tsp. vanilla
2 c. flour
1 tsp. baking powder
1/2 tsp. soda
Salt
Pkg. chocolate chips

Mix butter, brown sugar, eggs, water and vanilla. Add dry ingredients. Mix. Add chocolate chips and mix. Place in a greased 9 x 13-inch pan. Bake 25 minutes at 350°.

DOUBLE DECK BROWNIES

Idamae Fake

1/2 c. flour
1/4 tsp. baking soda
1 c. quick oatmeal
1/4 tsp. salt
1/2 c. brown sugar
1/2 c. butter, melted
1 (1-oz.) square unsweetened chocolate, melted
1/4 c. butter, melted
3/4 c. sugar
1 egg
2/3 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
1/4 c. milk
1/2 tsp. vanilla
1/2 c. chopped nuts

For the bottom deck sift together 1/2 cup flour, soda and 1/4 teaspoon salt. Combine with quick oatmeal and brown sugar. Stir in 1/2 cup melted butter. Pat mixture into bottom of 7 x 11-inch baking pan and bake for 10 minutes at 350°. For the top deck melt 1/4 cup butter and chocolate together. Cool slightly. Add sugar and egg and beat well. Sift 2/3 cup flour with baking powder and 1/4 teaspoon salt. Add flour mixture to chocolate mixture alternately with milk and vanilla. Fold in chopped nuts. Spread batter over baked bottom deck. Return to oven and bake an additional 25 minutes at 350°. Cool. Frost or sprinkle with powdered sugar.

CARAMEL RICE KRISPIE BARS

Marie Brus

2 (10-oz.) pkgs. miniature marshmallows
¾ c. butter, divided
8 c. Rice Krispies
1 (14-oz.) pkg. caramels
1 (13-oz.) can sweetened, condensed milk

Melt 1½ packages of marshmallows with ½ cup butter. Mix with cereal. Pack ⅔ of the mixture in a greased jellyroll pan. Sprinkle with remaining marshmallows. Melt caramels with condensed milk and remaining butter. Pour over mixture in pan. Pat remaining cereal mixture on top. Let cool. Slice and serve.

CHERRY WALNUT BARS

Marlene Jahn

2¼ c. flour, divided
½ c. sugar
1 c. butter or oleo
2 whole eggs
1 egg yolk
1½ c. brown sugar, firmly packed
½ tsp. baking powder
½ tsp. salt
½ c. chopped maraschino cherries, drained
1 c. chopped English walnuts

Sift 2 cups flour and combine with white sugar. Cut in butter. Pat into greased 9 x 13-inch pan. Bake for 12 minutes at 350°. Beat eggs and egg yolk and brown sugar until fluffy. Sift remaining ¼ cup flour with baking powder and salt. Blend into egg mixture. Stir in cherries and nuts. Spread mixture over baked crust. Bake an additional 25-30 minutes at 350°. Cool. Frost with Cherry Icing.

Cherry Icing:

1 egg white
2 T. maraschino cherry juice
2 c. powdered sugar

Combine slightly beaten egg white with cherry juice. Mix in powdered sugar. Beat until smooth. Can make plain powdered sugar frosting and add 2 tablespoons cherry juice.

CINNAMON ALMOND BARS

Margie Schnoor

1 c. butter or oleo
1½ c. sugar, divided
2 c. sifted flour
2 tsp. cinnamon, divided
1 egg, separated
1 c. slivered or sliced almonds

Combine butter, 1 cup sugar, flour, 1 teaspoon cinnamon and egg yolk with a wooden spoon. Then work mixture with your hands until well blended. Pat into a buttered 9 x 13-inch pan. Beat egg white until foamy. Brush over surface of dough. Combine 1 teaspoon cinnamon and ½ cup sugar and sprinkle over egg white. Layer almonds over top. Bake at 350° for 20 minutes.

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COCONUT CRANBERRY BARS

Ferdonna Zimmerman

1 1/2 c. graham cracker crumbs
1/2 c. butter or margarine
1 1/2 c. vanilla or white chips
1 1/2 c. dried cranberries
1 (14-oz.) can sweetened condensed milk
1 c. flaked coconut
1 c. pecan halves

Combine cracker crumbs and butter; press into a greased 9 x 13 x 2-inch pan. In a bowl, combine the remaining ingredients; mix well. Gently spread over the crust. Bake at 350° for 25 to 28 minutes or until edges are golden brown. Cool on a wire rack. Cut into bars. Yield: 3 dozen.

COFFEE BARS

Madlyn Younie

1 c. brown sugar
1/2 c. shortening
1 egg
1 1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. soda
1/2 c. strong coffee
1/2 c. chopped dates
1/2 c. nuts

Cream sugar and shortening, add egg, coffee and flour alternately. Last add dates and nuts. Bake in 7 x 11-inch pan in a 350° oven. May frost when cool.

CREAM BARS

Pam Sebring

2 c. flour
1 c. oleo
1/2 c. powdered sugar
1 (8-oz.) pkg. cream cheese
1/2 c. sugar
2 eggs
1 tsp. almond extract

Frosting:

1 1/2 c. powdered sugar
1 1/2 tsp. milk
1/4 c. oleo
1 tsp. almond extract
Sliced almonds
Maraschino cherries

Mix flour, oleo and powdered sugar. Press into a 9 x 13-inch greased pan. Bake at 350° for 15 minutes. Cream 8 ounce of cream cheese, sugar, eggs and almond extract. Pour over baked crust. Bake an additional 15 minutes at 350°. **For Frosting:** Beat powdered sugar, milk, oleo, and almond extract. Spread on cooled bars. Garnish with sliced almonds and maraschino cherries. Cut in half and place on each piece.

DREAM BARS

**Caroline Ehrichs*

1/2 c. butter
1/2 c. brown sugar
1 c. flour
1 c. brown sugar
2 eggs, beaten
1 tsp. vanilla
1 c. coconut
1/4 tsp. salt
2 T. flour
1/2 tsp. baking powder
1 c. black walnuts

Cream 1/2 cup butter and 1/2 cup brown sugar. Work 1 cup flour into this and press in greased 9 x 13-inch pan. Bake at 350° for 10 minutes. Combine brown sugar, eggs, vanilla, coconut, salt, flour, baking powder and black walnuts. Pour over previously baked crust mixture. Continue baking for 20 minutes at 350°.

E-Z BARS

Bonnie Lorenzen

1 (18 oz.) spice cake mix
20-oz. can apple pie filling
4 eggs

Mix the cake mix, pie filling and eggs together. Spread in a greased jellyroll pan. Bake at 350° for 35-45 minutes. Frost while warm. Can use chocolate cake and cherry pie filling.

FRUIT PUNCH BARS

Bonnie Lorenzen

2 eggs
1 1/2 c. sugar
1 lb. 1 oz. undrained fruit cocktail (Libbys)
2 1/4 c. flour
1 1/2 tsp. soda
1/2 tsp. salt
1 tsp. vanilla
1 1/3 c. coconut
1/2 c. nuts, English nuts

Glaze:

3/4 c. sugar
1/2 c. oleo
1/4 c. evaporated milk
1/2 tsp. vanilla
1/2 c. nuts

Beat eggs and sugar until light. Add fruit cocktail, flour, soda, salt and vanilla. Beat until well blended. Spread in greased jellyroll pan. Sprinkle with coconut and nuts. Bake 20-25 minutes at 350°. While still hot from the oven drizzle glaze on top. **For Glaze:** Bring to a boil the sugar, oleo and evaporated milk. Boil for 2 minutes stirring constantly. Remove from heat. Stir in nuts and vanilla. Drizzle over bars.

MIXED NUT BARS

Marie Brus

1 1/2 c. flour
1/4 tsp. salt
3/4 c. brown sugar
1/2 c. butter or more
1 can mixed nuts

Topping:

1 (6 oz.) butterscotch chips
1/2 c. light syrup
2 T. butter

Combine flour, salt, sugar and butter. Press in a 9 x 13-inch pan. Bake 10 minutes at 350°. Spread 1 can mixed nuts over top. For topping, melt chips, syrup and butter. Pour over nuts. Bake 10 minutes more at 350°.

OATMEAL PEANUT BUTTER BARS

Marlene Jahn

1 (14-oz.) can Eagle Brand milk
1/3 c. peanut butter
1 c. all-purpose flour
2 c. quick oatmeal
1 c. brown sugar
1/2 tsp. baking soda
1/4 tsp. salt
3/4 c. butter
1 c. chocolate chips

Preheat oven to 350°. Grease 9 x 13-inch pan. Combine first two ingredients. Mix until blended. Set aside. In large bowl combine remaining ingredients except chocolate chips. Mix until crumbly. Press half crumb mixture in pan. Spread with peanut butter mixture. Sprinkle with chocolate chips. Top with remaining crumbs. Pat down. Bake about 25 minutes or until brown. Makes 3 dozen bars.

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ORANGE SLICE BARS

**Betty Miller*

1/2 lb. chopped dates
1/2 c. sugar
2 T. flour
1 c. water
3/4 c. oleo
1 c. brown sugar
2 eggs
1 tsp. soda
2 T. hot water
1 tsp. vanilla
1/2 tsp. salt
1 3/4 c. flour
1/2 c. nuts
1 (15-oz.) pkg. candy orange slices

Put dates, 1/2 cup sugar, 2 tablespoons flour and 1 cup water in a saucepan and bring to a boil. Boil until thick. Set aside to cool. Cream oleo and brown sugar. Add eggs and beat well. Add soda dissolved in 2 tablespoons hot water. Then add vanilla and salt. Stir in flour and nuts. Spread half of batter in a greased 9 x 13-inch pan. Cover with orange slices that have been sliced thin lengthwise. Spread date mixture over top of sliced orange slices. Spread remaining batter carefully over date mixture. Bake at 350° for 20-30 minutes or until done. May frost if desired.

PINEAPPLE OATMEAL BARS

**Donna Mahnke*

1/4 c. sugar
1 T. cornstarch
1 c. crushed pineapple
1 c. flour
1 c. brown sugar
2 1/2 c. oatmeal
1 c. shortening

Cook 1/4 cup sugar, cornstarch and crushed pineapple until thick and clear. Set aside and let cool. Mix flour, brown sugar, and oatmeal. Work shortening into flour mixture and mix until crumbly. Press 1/2 of this mixture in greased 8 x 12-inch pan. Spread pineapple mixture over bottom layer, then sprinkle remaining crumbs over pineapple layer. Bake for 20 minutes at 350°.

RAISIN BARS

Diane Vetter

3/4 c. butter
1 c. brown sugar
1 3/4 c. flour
1/2 tsp. salt
1/2 tsp. soda
1 1/2 c. oatmeal
2 1/2 c. raisins
1/2 c. sugar
2 T. cornstarch
3/4 c. water
3 T. lemon juice

Combine butter, brown sugar, flour, salt, soda and oatmeal for the crust. After mixing press 3/4 of mixture in bottom of pan. Reserve 1/4 of mixture. Mix the raisins, sugar, cornstarch, water and lemon juice. Stir over low heat. Spread on crust. Sprinkle remainder of crust mixture over the top. Bake at 350° for 30 minutes.

S'MORES BARS

**Jerri Grundmeier*

8 to 10 whole graham crackers
1 pkg. fudge brownie mix (9 x 13-inch size)
2 c. miniature marshmallows
1 c. chocolate chips
2/3 c. peanuts

Arrange graham crackers in a greased 9 x 13-inch pan. Prepare brownie batter according to package directions. Spread batter over crackers. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Sprinkle immediately with marshmallows, chocolate chips and chopped peanuts. Bake 5

(continued)

minutes longer or until marshmallows are slightly puffed and golden brown. Cool on wire rack before cutting.

THIS & THAT

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

~ Galatians 5:22, 23

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.

- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

- Remove stale odors in the wash by adding baking soda.

- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.

- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

- Add raw rice to the salt shaker to keep the salt free-flowing.

- Ice cubes will help sharpen garbage disposal blades.

- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.

This & That

CRANBERRY CONSERVE *(Relish)*

Edna Lohrmann

1 lb. cranberries
3 lg. oranges
3 lg. cooking apples

Wash oranges and apples, remove seeds, leave peeling on. Grind oranges, apples and cranberries. To each cup of mixture, add 3/4 cup of sugar. Mix well and store in refrigerator.

CORN RELISH

Marge Schnoor

2 (12-oz.) cans vacuum packed golden whole kernel corn, drained
1/3 c. sweet pickle relish
1/3 c. vinegar
2 T. finely chopped onion
1 (2-oz.) jar pimiento, drained and diced
1/3 c. sugar
3 T. water
1/2 tsp. dry mustard

Combine all ingredients in medium saucepan. Bring to a boil. Cover and reduce heat; simmer 5 minutes. Cover and chill thoroughly. Makes about 2 1/2 cups relish.

Tip: The flavor actually improves with age.

EXTRA GOOD FROZEN PEACHES

Edna Lohrmann

1 sm. can frozen orange juice concentrate
3 sm. cans water
4 c. sugar
Slice peaches, fresh

Add 4 cups of sugar to the orange juice with water added. Stir well. Slice fresh peaches into containers and pour orange juice mixture over. Then freeze.

FROZEN CORN

Loretta Arnold

20 c. corn
1/2 c. sugar
2 tsp. salt
1 qt. water

Cut corn off cob, cold. Add the sugar, salt and water. Bring to boil and simmer 10 minutes. Cool on ice and put into containers. Freeze.

FROZEN FRUIT CRUSH

Pam Sebring

Juice of 3 oranges
Juice of 3 lemons
3 c. water
2 3/4 c. sugar
1 (No. 2) can crushed pineapple, juice and all
3 ripe bananas, diced or mashed
Maraschino cherries to taste

Mix all ingredients in a large container. Spoon into small plastic cups or Dixie cups. Freeze on a cookie sheet. If space does not allow for individual cups, you can freeze in the large container and then let partially thaw before serving.

FRESH SALSA

**Denise Cadwell*

2 med. Roma tomatoes
1 or 2 cloves fresh garlic
1/4 med. onion
1/4 to 1/2 green pepper
5 or 6 sprigs cilantro
1/4 jalapeño for mild, 1/2 for med. and a whole 1 for hot
1/4 tsp. salt
Juice of 1/2 lime or lemon

I use Romas, if possible. If you use regular tomatoes, wash out the watery stuff inside. This keeps the salsa from being too watery. Chop the tomato, onion, green pepper into chunks. Dice the garlic, cilantro, and jalapeño into smaller pieces. Squeeze the juice over all. Add salt and mix. Sometimes I put just a little sugar in too. Delicious with tortilla chips. We love this fresh flavor!

SALSA

Deb Birks

15 lg. tomatoes, peeled and cored
4 lg. onions
2 green peppers
3 red peppers
1 T. cilantro or parsley
1 sm. can tomato paste
4-5 sm. hot peppers
1/2 to 1 c. sugar
2 1/2 tsp. salt
1 c. vinegar
1 tsp. celery seed

Chop all vegetables. Boil all together for 30 minutes. Put in pint jars and seal. Put in boiling water bath for 5-10 minutes. The tomato paste helps thicken it.

BREAD AND BUTTER PICKLES

**Iverne Nutzmann*

12 med. cucumbers
6 med. white onions
1 tsp. ginger
1 tsp. pepper
1 tsp. mustard seed
1 tsp. celery seed
1/2 tsp. cinnamon
1 T. turmeric
1 c. sugar
1 pt. vinegar

Peel and slice cucumbers and onions. Let stand in salt water 1 hour. Mix ginger, pepper, mustard seed, celery seed, cinnamon, turmeric, sugar and vinegar. Drain salt water from cucumbers and onions and pour spice mixture over cucumbers and onions. Bring all ingredients to a boil. Fill jars and seal.

CRISP SWEET CUCUMBER PICKLES

Marge Schnoor

4 heaping c. sliced dill pickles
4 T. mixed pickling spice
1/2 c. cider vinegar
3 c. sugar

Put in jar, but do not mix. Let stand for 10 days in refrigerator.

SWEET PICKLES

Rosalie Macumber

Buy a gallon jar of dill pickles. Wash and drain them good. Cut into chunks.

Syrup:

2 c. water
6 c. sugar
1 c. vinegar
2 T. celery seed
2 T. mustard seed

Put pickles back into gallon jar and pour syrup over them. Put lid on and shake jar until sugar is dissolved. Place in refrigerator. Next day take jar out of refrigerator and shake jar again. Do this for 3 days and they are ready to eat. You can cut the recipe in half if you want less. Very good.

STRAWBERRY JAM

**Beulah Hamann*

4 c. strawberries, washed, stemmed and sliced
4 c. sugar
Juice from ½ a lemon

Sprinkle 4 cups sugar over 4 cups strawberries. Let stand for 15 minutes. Then boil for 12 minutes. Add juice from ½ a fresh lemon. Let stand in pan overnight. Next morning put in jars.

ZUCCHINI JAM

Sarah Birks

6 c. ground zucchini
1 (8-oz.) can crushed pineapple
2 T. lemon juice
6 c. sugar
1 (6-oz.) pkg. apricot Jello

Peel and grind or blend zucchini, cook until looks like mush (may need to add a little water). Add pineapple with juice and all, add lemon juice and sugar. Boil 6 minutes. Remove from heat, stir in 1 (6-ounce) package of apricot Jello. Cool. Put in jars and refrigerate or freeze. Makes about 8 jelly jars.

DRIED CORN

Susan Mahnke

12 c. sweet corn cut off cob
1 c. sugar
1 c. sweet milk

Cook corn, sugar and milk on top of the stove until very thick. Spread in a shallow baking pan and dry in low oven (175°-200°) for a day, stirring occasionally. Place in a cloth sack for a few days. Shake sack occasionally to break the corn apart. Put in jars or the freezer. If you use a dehydrator the color stays nicer and there is less chance of burning.

GRANOLA

**Marian Joens*

3 c. rolled oats
¼ c. sunflower seeds
½ c. pecans
¼ c. olive oil
¼ c. honey
⅙ c. water (2 T.)
¾ tsp. vanilla
¾ tsp. salt

Combine dry ingredients. Mix together oil, honey, water, vanilla and salt and pour over dry mixture. Stir well. Spread on greased 10 x 15-inch cookie sheet and bake at 350° for 30 minutes, stirring occasionally.

FRENCH ONION BEEF AU JUS

Berniece Segebart

1/4 c. soy sauce
1/2 tsp. garlic powder
1/2 to 1 pkg. dry onion soup mix
3 c. water

Combine soy sauce, garlic powder, onion soup mix and water. Use over roast beef in slow cooker or over round steak.

MARINADE FOR 3 CHICKEN BREASTS

Loretta Arnold

2 T. soy sauce
2 T. water
1/2 T. lemon juice
1 tsp. brown sugar
1/2 T. oil
Sprinkle of Tabasco sauce
1/2 tsp. minced garlic
Pinch of pepper

Mix all ingredients together. Pour over chicken breast. Let stand for at least an hour in refrigerator. Then grill chicken breasts.

CROCKPOT CHOCOLATE SYRUP OR FROSTING

Madlyn Younie

1 box chocolate cake mix
3/4 c. oil
1 pt. sour cream
4 eggs
1 box chocolate instant pudding
6 oz. chocolate chips

Mix all ingredients and put in crockpot. Cook on low for 6 to 8 hours. This gets very thick. You may have to heat in microwave for putting on ice cream. Good on cake, graham crackers and ice cream. Store in refrigerator.

HOMEMADE MAYONNAISE

Marie Brus
Beverly Graves

4 or more eggs or egg yolks
1 c. sugar
2 T. flour
1 T. mustard
1 tsp. salt
1 c. milk
1 c. vinegar

Beat eggs. Use a double boiler. Add small amount of milk to eggs. Add dry ingredients which have been mixed to eggs. Add rest of milk and vinegar. Add vinegar last. Cook in double boiler until thick.

HOMEMADE NOODLES

Garnet Jorgansen

2 egg yolks
1 tsp. oil
2 T. milk
1/4 tsp. salt
1/4 tsp. baking powder

Whisk all ingredients until well mixed, add about 3/4 cup flour to make a soft dough. Roll out thin like pie crust. Cut in thin strips. These do not need to dry, you can use them right away.

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PANCAKE SYRUP

Lori Asmus

1 c. brown sugar
1 c. granulated sugar
1 c. water
1 c. white corn syrup
1 T. mapleine

Combine sugars, water and syrup in a saucepan. Boil for 5 minutes over medium heat. Remove from heat and add flavoring. Store in appropriate container.

PEANUT BUTTER POPCORN

Berdella Meyer

1 c. sugar
½ c. margarine
1 c. syrup
¾ c. peanut butter

Combine and bring to a boil the sugar, margarine and syrup. Blend in the peanut butter. Pour over 6 to 8 cups of popcorn and stir to coat.

QUICK SANDWICH SPREAD

Pam Sebring

4-5 hard-boiled eggs, diced
1 can Spam, diced
Onion to taste, diced
1 c. Velveeta, cubed
Miracle Whip to hold it all together

Mix all together and spread on bun halves. Bake in oven at 350° until cheese melts.

SPICE BLEND

Lori Asmus

2 T. season salt or season all
1 T. powdered mustard
2½ tsp. onion powder
1¾ tsp. curry powder
1¼ tsp. black pepper
1¼ tsp. cumin
½ tsp. garlic powder

Combine all ingredients and store in a small shaker bottle. Very good on chicken or pork. You may substitute 2 tablespoons savory for the season salt if you want your blend to be salt free.

TARTAR SAUCE

Berdella Meyer

1 c. mayonnaise
2 T. finely chopped onion
1 T. chopped sweet dill pickle
2 T. lemon juice

Combine all ingredients thoroughly.

WHO SKUNK STINK-AWAY

Mark Segebart

1 qt. 3% hydrogen peroxide
1 tsp. liquid soap
¼ c. baking soda

Mix hydrogen peroxide with the liquid soap. Then add the baking soda. Scrub the solution well down into the pets fur. Rinse pet well with clear tap water. Do not try to keep any left over solution because it will explode if kept in a sealed container.

HOLDING TANK RECIPE FOR CAMPERS

Bonnie Lorenzen
Colene Lohrmann
Joan LaFrantz

Mix the following in a 1-gallon jug:

1 c. fabric softener
1 c. lemon ammonia
1 c. Pinesol
1 c. baking soda

Add enough water to fill jug. Shake well and add 1 cup to a 30-gallon tank. This solution will keep the black water holding tank in a camper clean and eliminate offensive odors.

Recipe Favorites

INDEX OF RECIPES

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Soups & Salads

Vegetables & Side Dishes

Main Dishes

Breads & Rolls

Desserts

Cookies & Candy

This & That

Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.

5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

7. To keep cauliflower white while cooking, add a little milk to the water.

8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.

10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

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

15. A few drops of lemon juice in the water will whiten boiled potatoes.

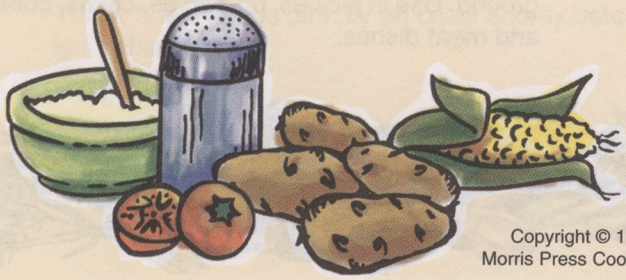
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

17. Do not use metal bowls when mixing salads. Use wood, glass or china.

18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

19. Do not use soda to keep vegetables green. It destroys Vitamin C.

20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, ¼ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

Herbs & Spices

Marjoram May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.

Oregano Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

Saffron Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

Thyme Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.

2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.

3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.

4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.

5. Small amounts of leftover corn may be added to pancake batter for variety.

6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.

7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.

2. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.

3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits	to 1 cup flour use 1 1/4 tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 1/2 tsp. baking powder
popovers	to 1 cup flour use 1 1/4 tsp. baking powder
waffles	to 1 cup flour use 1 1/4 tsp. baking powder

Proportions of Liquid to Flour

drop batter	to 1 cup liquid use 2 to 2 1/2 cups flour
pour batter	to 1 cup liquid use 1 cup flour
soft dough	to 1 cup liquid use 3 to 3 1/2 cups flour
stiff dough	to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°

Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.

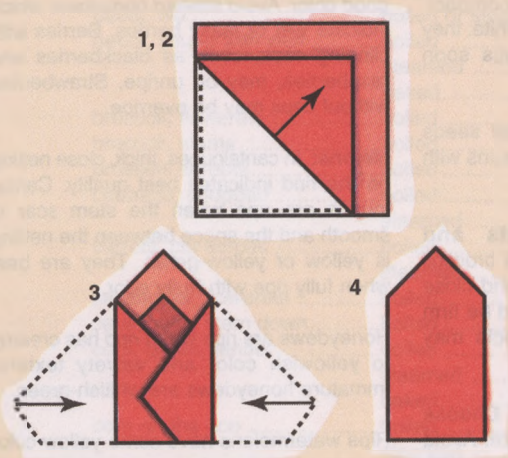
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.



Instructions:

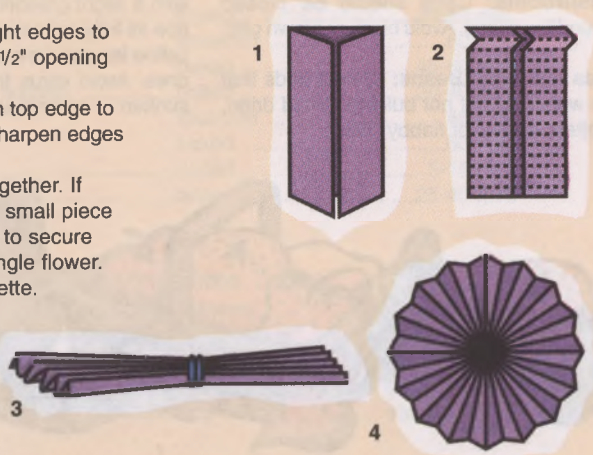
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

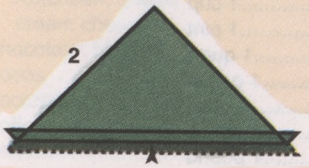
1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



Napkin Folding

Candle

Easy to do; can be decorated.



Instructions:

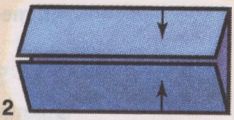
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

Pretty in napkin ring or on plate.

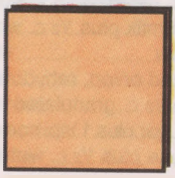
Instructions:

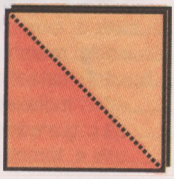
1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

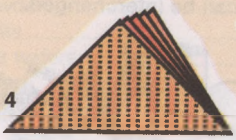


Lily

Effective and pretty on table.







Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.

Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.

3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!

6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.

13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.

15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.

16. Heat left-over custard and use it as frosting for a cake.

17. Melt marshmallow creme. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.

19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.

20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz. 90
coffee (black) 0
cola type, 12 oz. 115
cranberry juice, 6 oz. 115
ginger ale, 12 oz. 115
grape juice, (prepared from
frozen concentrate), 6 oz. 142
lemonade, (prepared from
frozen concentrate), 6 oz. 85
milk, protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
orange juice, 6 oz. 85
pineapple juice, unsweetened, 6 oz. 95
root beer, 12 oz. 150
tonic (quinine water) 12 oz. 132

Breads

cornbread, 1 sm. square 130
dumplings, 1 med. 70
French toast, 1 slice 135
melba toast, 1 slice 25
muffins, blueberry, 1 muffin 110
bran, 1 muffin 106
corn, 1 muffin 125
English, 1 muffin 280
pancakes, 1 (4-in.) 60
pumpernickel, 1 slice 75
rye, 1 slice 60
waffle, 1 216
white, 1 slice 60-70
whole wheat, 1 slice 55-65

Cereals

cornflakes, 1 c. 105
cream of wheat, 1 c. 120
oatmeal, 1 c. 148
rice flakes, 1 c. 105
shredded wheat, 1 biscuit 100
sugar krisps, 3/4 c. 110

Crackers

graham, 1 cracker 15-30
rye crisp, 1 cracker 35
saltine, 1 cracker 17-20
wheat thins, 1 cracker 9

Dairy Products

butter or margarine, 1 T. 100
cheese, American, 1 oz. 100
camembert, 1 oz. 85
cheddar, 1 oz. 115
cottage cheese, 1 oz. 30
mozzarella, 1 oz. 90
parmesan, 1 oz. 130
ricotta, 1 oz. 50
roquefort, 1 oz. 105
Swiss, 1 oz. 105
cream, light, 1 T. 30
heavy, 1 T. 55
sour, 1 T. 45
hot chocolate, with milk, 1 c. 277
milk chocolate, 1 oz. 145-155
yogurt
made w/ whole milk, 1 c. 150-165
made w/ skimmed milk, 1 c. 125

Eggs

fried, 1 lg. 100
poached or boiled, 1 lg. 75-80
scrambled or in omelet, 1 lg. 110-130

Fish and Seafood

bass, 4 oz. 105
salmon, broiled or baked, 3 oz. 155
sardines, canned in oil, 3 oz. 170
trout, fried, 3 1/2 oz. 220
tuna, in oil, 3 oz. 170
in water, 3 oz. 110

Calorie Counter

Fruits

apple, 1 med. 80-100
applesauce, sweetened, 1/2 c. 90-115
unsweetened, 1/2 c.....50
banana, 1 med. 85
blueberries, 1/2 c.....45
cantaloupe, 1/2 c.....24
cherries (pitted), raw, 1/2 c. 40
grapefruit, 1/2 med. 55
grapes, 1/2 c. 35-55
honeydew, 1/2 c. 55
mango, 1 med. 90
orange, 1 med. 65-75
peach, 1 med. 35
pear, 1 med. 60-100
pineapple, fresh, 1/2 c.....40
canned in syrup, 1/2 c. 95
plum, 1 med. 30
strawberries, fresh, 1/2 c.....30
frozen and sweetened, 1/2 c. 120-140
tangerine, 1 lg. 39
watermelon, 1/2 c. 42

Meat and Poultry

beef, ground (lean), 3 oz. 185
roast, 3 oz. 185
chicken, broiled, 3 oz. 115
lamb chop (lean), 3 oz. 175-200
steak, sirloin, 3 oz. 175
tenderloin, 3 oz. 174
top round, 3 oz. 162
turkey, dark meat, 3 oz. 175
white meat, 3 oz. 150
veal, cutlet, 3 oz.....156
roast, 3 oz. 76

Nuts

almonds, 2 T. 105
cashews, 2 T. 100
peanuts, 2 T. 105
peanut butter, 1 T.....95
pecans, 2 T. 95
pistachios, 2 T. 92
walnuts, 2 T. 80

Pasta

macaroni or spaghetti,
cooked, 3/4 c. 115

Salad Dressings

blue cheese, 1 T. 70
French, 1 T.....65
Italian, 1 T. 80
mayonnaise, 1 T. 100
olive oil, 1 T. 124
Russian, 1 T.....70
salad oil, 1 T.....120

Soups

bean, 1 c. 130-180
beef noodle, 1 c.....70
bouillon and consomme, 1 c. 30
chicken noodle, 1 c. 65
chicken with rice, 1 c. 50
minestrone, 1 c.....80-150
split pea, 1 c. 145-170
tomato with milk, 1 c. 170
vegetable, 1 c. 80-100

Vegetables

asparagus, 1 c.....35
broccoli, cooked, 1/2 c. 25
cabbage, cooked, 1/2 c. 15-20
carrots, cooked, 1/2 c. 25-30
cauliflower, 1/2 c. 10-15
corn (kernels), 1/2 c. 70
green beans, 1 c. 30
lettuce, shredded, 1/2 c.....5
mushrooms, canned, 1/2 c. 20
onions, cooked, 1/2 c. 30
peas, cooked, 1/2 c.....60
potato, baked, 1 med. 90
chips, 8-10 100
mashed, w/milk & butter, 1 c. ..200-300
spinach, 1 c. 40
tomato, raw, 1 med. 25
cooked, 1/2 c. 30

Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.