

TUNEFUL SPOONFUL



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M53
T86x
1984

**Des Moines Chapter Sweet Adelines
1984 Regional Championship Chorus**

TABLE OF CONTENTS

Appetizers & Beverages

The cookbook project for the Des Moines Sweet Adelines was prompted by our chorus becoming Regional Champion. Becoming eligible for International Competition in Kansas City in 1985 made fund raising a necessity.

In addition to raising funds for the trip and desired special education, we see the project as an opportunity to share a "Tuneful Spoonful" of good eating with others as we "harmonize the world" in four-part barbershop-style music.

Thanks to all who contributed recipes, title ideas and words of wisdom to the book. Special thanks to those who typed, proofread and created artwork for the book -- Lynn Carlson, Sue Yinger, Thelma Wooldridge, Lisa Williams, Maureen Miller and Jane Tham.

We wish you harmonious cooking using our cookbook "Tuneful Spoonful".

Editor, Katy Elson
1984

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon	oz. - ounce or ounces
Tbsp. - tablespoon	lb. - pound or pounds
C. - cup	min. - minute or minutes
pt. - pint	hr. - hour or hours
qt. - quart	mod. - moderate or moderate

TABLE OF CONTENTS

Appetizers & Beverages	1
Breads	9
SIMPLIFIED MEASURES	
Cakes & Frostings	21
Casseroles	31
Cookies & Candy	39
Main Dishes	49
Microwave	65
Pastries & Desserts	79
US CUSTOMARY MEASURES AND WEIGHTS	
Salads & Vegetables	95
Miscellaneous & Low-Calorie	107

OVEN TEMPERATURES

Low	300°
Low-medium	325°
Medium	350°
Medium-high	375°
High	400°
Very High	425°
Broil	475°

TABLE OF CONTENTS

Appetizers & Beverages 7

Breads 9

Cakes & Frostings 21

Casseroles 31

Cookies & Candy 39

Main Dishes 49

Microwave 65

Pastries & Desserts 79

Salads & Vegetables 95

Miscellaneous & Low-Calorie 107

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ABBREVIATIONS COMMONLY USED

tsp. - teaspoon

Tbsp. - tablespoon

C. - cup

pt. - pint

qt. - quart

pk. - peck

bu. - bushel

oz. - ounce or ounces

lb. - pound or pounds

sq. - square

min. - minute or minutes

hr. - hour or hours

mod. - moderate or moderately

doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon

3 teaspoons - 1 tablespoon

16 tablespoons - 1 cup

1 cup - 1/2 pint

2 cups - 1 pint

2 pints (4 cups) - 1 quart

4 quarts (liquid) - 1 gallon

8 quarts (solid) - 1 peck

4 pecks - 1 bushel

16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons - 1/4 cup

5 1/3 tablespoons - 1/3 cup

8 tablespoons - 1/2 cup

10 2/3 tablespoons - 2/3 cup

12 tablespoons - 3/4 cup

14 tablespoons - 7/8 cup

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons - 1 tablespoon

4 tablespoons - 1/4 cup

16 tablespoons - 1 cup

1/2 cup - 1 gill

4 gills - 1 pint

2 cups - 1 pint

4 cups - 1 quart

2 pints - 1 quart

4 quarts - 1 gallon

8 quarts - 1 peck

4 pecks - 1 bushel

16 ounces - 1 pound

OVEN TEMPERATURES

Slow 300°

Slow moderate 325°

Moderate 350°

Quick moderate 375°

Moderately hot 400°

Hot 425°

Very hot 475°

ROASTING**MEAT****Beef**

	<i>Set Temperature</i>	<i>Time in Minutes per Pound</i>	<i>Time in Min. per Lb. Started Cooking from Frozen State</i>
Standing Rib 6-8 Lbs.	300	Rare	18-20
		Medium	22/25
		Well Done	27-30
Less than 6 pounds	300	Rare	33
		Medium	45
		Well Done	50
Rolled Ribs	300	Rare	32
		Medium	38
		Well Done	48
Rump (high quality)			
Standing	300		25-30
Rolled	300		30-35

Lamb

Leg	300	30-35	40/45
Rolled Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45

Veal

Leg	300	25-30	40-45
Shoulder	300	25	40-45
Boned and Rolled	300	40-45	40-45

Pork

Loin	350	35-40	50-55
Fresh Ham	350	30-35	50-60

Smoked Pork

Ham (New style)	300	15	
Ham (New style) Half	300	18-20	
Ham Butts	300	35/40	

POULTRY**Chicken**

Stuffed 3-4 lbs.	350	45-40
Stuffed 4-5 lbs.	350	40-35
Stuffed over 5 lbs.	325	35/30

Turkey

8-10 lbs.	325	25-20
10-14 lbs.	325	20-18
14-18 lbs.	300	18-15
18-20 lbs.	300	15-13

Goose

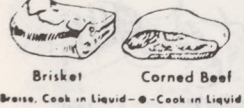
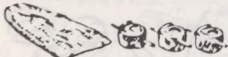
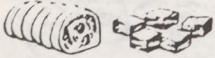
10-12 lbs.	325	30-25
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Duck

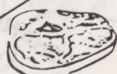
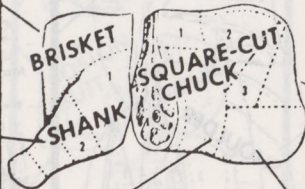
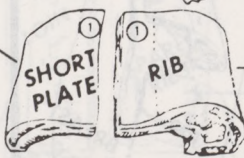
5-6 lbs.	350	35-30
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BEEF CHART

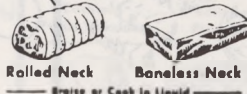
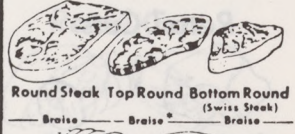
Retail Cuts



Wholesale Cuts



Retail Cuts



VEAL CHART

Retail Cuts



Standing Rump Roast Rolled Rump Roast

Roast or Braise



Loin Chop Sirloin Steak Kidney Chop

Braise or Pantry



Crown Roast Rib Roast

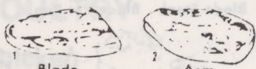
Rib Chop (Frenched)

Roast — Braise or Pantry — Roast



Blade Roast Arm Roast

Roast or Braise



Blade Steak Arm Steak

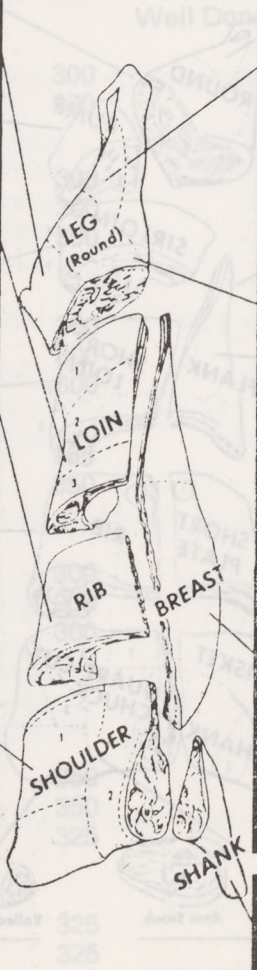
Braise or Pantry



Roller Shoulder Roast City Chicken

Roast or Braise — Braise, Pantry

Wholesale Cuts



Retail Cuts



Heel of Round Hind Shank

Braise or Cook in Liquid



Round Steak (Cutlet) Leg (Round) Center-Cut Roast

Braise or Pantry — Roast or Braise



Scallops Rosettes

Braise or Pantry



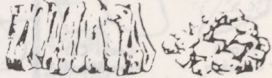
Breast

Roast, Braise, Cook in Liquid



Mock Chicken Legs Loaf

Braise or Pantry — Roast (Bake)



Riblets Stew Meat

Braise or Cook in Liquid



Fore Shank Patties

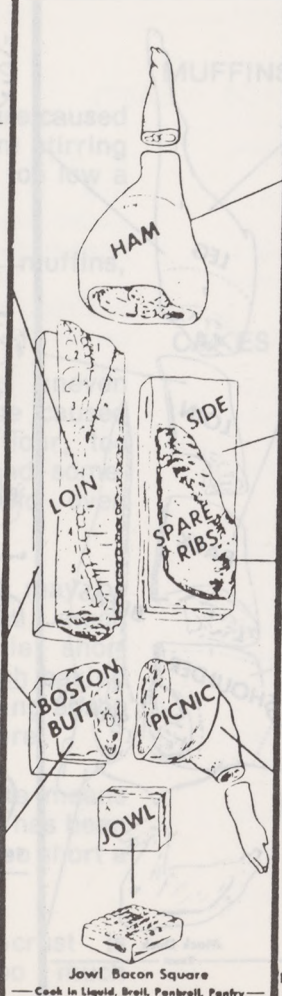
Braise, Cook in Liquid — Braise or Pantry

PORK CHART

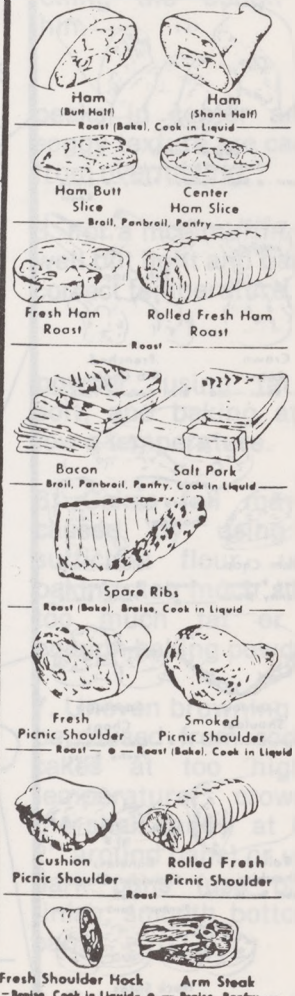
Retail Cuts



Wholesale Cuts



Retail Cuts



LAMB CHART

Retail Cuts



Leg of Lamb
(Three cuts from one leg)

— Roast - ● Broil, Panbroil, Panfry - ○ Braise - Roast



Crown Roast

— Roast - ● Broil, Panbroil, Panfry - ○ Braise - Roast



Rib Chops

Frenched Rib Chops



Square Cut Shoulder

Arm Chop

Blade Chop

— Roast - ● Broil, Panbroil, Panfry, Braise - ○ Braise - Roast



Cushion Shoulder



Saratoga Chops

— Roast - ● Broil, Panbroil, Panfry, Braise - ○ Braise - Roast

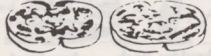


Roller Shoulder



Boneless Shoulder Chops

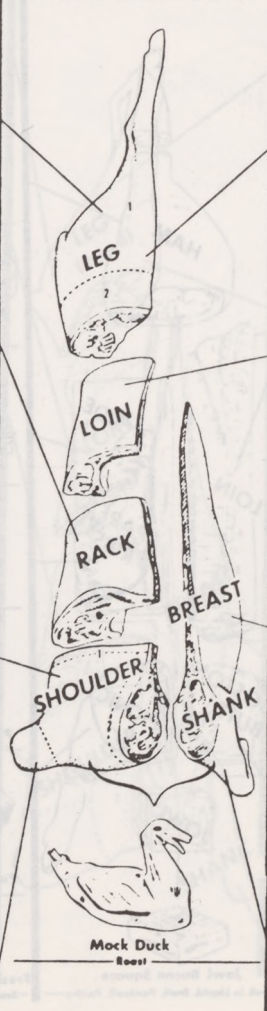
— Roast, Braise - ● Broil, Panbroil, Panfry, Braise - ○ Braise - Roast



Neck Slices

Braise, Cook in Liquid

Wholesale Cuts



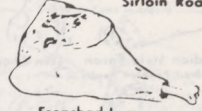
Retail Cuts



American Leg



Boneless Sirloin Roast



Frenched Leg



Loin Chop

English Chop

Roller Loin Roast

— Roast - ● Broil, Panbroil, Panfry - ○ Braise - Roast



Patties

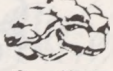


Loaf

— Roast (Bake) - ● Broil, Panbroil, Panfry - ○ Braise - Roast



Ribs



Stew Meat

— Roast - ● Broil, Panbroil, Panfry - ○ Braise - Roast

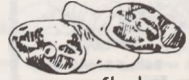


Roller Breast



Breast

— Roast - ● Broil, Panbroil, Panfry - ○ Braise - Roast



Shanks

Braise or Cook in Liquid

COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by overmixing flour and fat.

2. Pastry is tough caused by using too much water and over mixing dough.

3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400°-425° constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this caused by over-rising or cooking at too low a temperature.

2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.

3. Bread does not rise - this is caused from over-kneading or from using old yeast.

4. Bread is streaked - this is caused from under-kneading and not kneading evenly.

5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

SUBSTITUTIONS

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

THE METRIC SYSTEM

WEIGHT

1 kilogram	=	1000 grams
1 hectogram	=	100 grams
1 dekagram	=	10 grams
1 gram	=	1 gram
1 decigram	=	.1 gram
1 centigram	=	.01 gram
1 milligram	=	.001 gram

VOLUME

1 hectolitre	=	100 litres
1 dekalitre	=	10 litres
1 litre	=	1 litre
1 decilitre	=	.1 litre
1 centilitre	=	.01 litre
1 millilitre	=	.001 litre

METRIC CONVERSION

VOLUME

1 fluid oz.	=	29.5 millilitres
1 quart	=	approx. 1 litre
1 T.	=	scant 15 millilitres
1 t.	=	5 millilitres
1 c.	=	250 millilitres

WEIGHT

1 oz.	=	approx. 29 grams
1 lb.	=	approx. 454 grams
1 cup	=	213 grams margarine (or liquid solids)
1 cup	=	149 grams flour (or fine powders)
1 cup	=	202 grams sugar (or granulated foods)
1 cup	=	106 grams rice (or grains)



Appetizers & Beverages

BLUE CHEESE CHEESE BALL

Lynn Carlson

**2 8 oz. pkgs. cream
cheese (softened)**
**4 oz. crumbled blue
cheese**
1 tsp. lemon juice

8-10 drops Tabasco sauce
1/2 tsp. minced garlic
3/4 C. chopped pecans

Mix first 5 ingredients in bowl and chill for 2 hours. Shape into ball and roll in chopped nuts.

Store cheese balls, inverted (on the lid), in containers and they won't lose their shape when removed.

CHEESE SPREAD

Martha Komma

**2 8 oz. pkgs. cream
cheese**
2 T. Heinz 57 sauce

1 tsp. garlic salt
**1 tsp. onion salt or
powder**

Blend all together. Refrigerate. Spread on crackers.

CHILI / CHEESE DIP

Joan Johnson

**2 sm. cans Hormel
chili (no beans)**
1 1 lb. box Velveeta

**1 sm. can green chillies
(chopped)**
Tostitos or corn chips

Heat chili thoroughly. Cut or slice Velveeta and stir into chili. Stir until cheese melts and mix thoroughly. Add green chillies, if desired.

Melts best in microwave. Do not cover tightly while in crock pot. It will steam and dilute dip.

HOW TO PRESERVE A HUSBAND:

Be careful in your selection. Do not choose too young. When once selected, give your entire thoughts to preparation for domestic use. Some insist in keeping them in a pickle, others are constantly getting them into hot water. This may make them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with love and seasoned with kisses. Wrap them in a mantel of charity. Keep warm with steady fire of domestic devotion and serve with peaches and cream. Thus prepared, they will keep for years.

Mrs. C. T. Larew

CREAM PUFF APPETIZERS

Lynn Carlson

CREAM PUFFS:

1 C. water
1/2 C. butter or
margarine

1 C. flour
4 eggs

HAM FILLING:

1 6 3/4 oz. can chunk ham,
drained
1/4 C. mayonnaise

2 T. sweet pickle relish
1 tsp. prepared
horseradish
1/4 tsp. dry mustard

Combine water and butter in saucepan over medium heat, bring to rolling boil and reduce heat to low. Add flour all at once, stirring vigorously with a wire whisk or wooden spoon for 1 minute or until mixture forms a ball. Remove from heat. Add eggs, all at once and continue beating until mixture is smooth. Drop dough by teaspoonful about 1 1/2-inches apart on an ungreased baking sheet. Bake for 20 to 25 minutes at 400°. Cool puffs on wire racks away from any drafts. Mix all filling ingredients in bowl until well blended. Cover and chill. When puffs are cool, cut off tops and fill with ham filling.

Puffs can be frozen. To re-crisp, place in preheated 350° oven for 5 to 10 minutes. Use any of your favorite fillings for variety.

DEVILED NUTS

Londa DeYoung

1/4 C. butter
1 T. Worcestershire
sauce
1 tsp. chili powder

Dash bottled hot
pepper sauce
1 lb. unsalted, roasted
peanuts or pecans

In large skillet, melt butter; stir in Worcestershire sauce, chili powder and pepper sauce. Stir in nuts; cook over medium heat, stirring occasionally, about 25 minutes or until brown. Nuts will become crisp when cool. Drain on paper toweling. Cool. Makes about 3 cups.

No one has so big a house that he doesn't need a good neighbor.

HANKY PANKYS

Bev Hoover

- | | |
|------------------------------------|-----------------------------|
| 1 lb. ground beef | 1 tsp. oregano |
| 1 lb. hot pork sausage | 1/2 tsp. garlic salt |
| 1 lb. Velveeta, diced | 1/2 tsp. pepper |
| 1 tsp. Worcestershire sauce | 2 loaves party rye |

Brown and drain meat. Add cheese and stir until melted. Add Worcestershire sauce, oregano, garlic salt and pepper. Stir and spread on bread. Place on cookie sheets and freeze. When frozen, remove from sheets and put in plastic bags. Warm in 350° oven for 15 minutes when ready to use. Makes 80.

KATY'S CHEESE LOG

Katy Elson

- | | |
|------------------------------------|----------------------------|
| 8 oz. pkg. cream cheese | 1 T. horseradish |
| 1/4 C. Parmesan cheese | 1 tsp. minced onion |
| 1/3 C. chopped green olives | Minced, dried beef |

Soften cream cheese and stir in Parmesan cheese, olives, horseradish and onion. Mix well and form into a log. Roll in dried beef. Wrap in Saran and refrigerate at least overnight before serving with crackers.

MARINATED MUSHROOMS

Claudia Tracy

- | | |
|--|------------------------|
| 2 lbs. fresh mushroom caps | 1 tsp. tarragon |
| 1 lg. bottle Wish-Bone Italian dressing | 4 cloves garlic |

Combine dressing, tarragon and garlic in large kettle. Add mushroom caps. Heat to boiling. Simmer 15 to 20 minutes. Cool in sauce, then drain. Refrigerate. Serve cold.

Cut stems even with bottom of cap. Use the very freshest mushrooms. Cook down a great deal.

I have noticed that folks are generally about as happy as they have made up their minds to be.

OLIVE CHEESE BALLS

Lynn Carlson

2 C. Cheddar cheese
1 1/2 C. flour

1/2 C. margarine, melted
Pimento-stuffed olives

Mix cheese and flour till crumbly. Add melted margarine and mix thoroughly with hands. Form dough around olives to make balls. Chill at least 1 hour. Arrange on cookie sheet; bake at 400° for 15 to 20 minutes. Serve warm or cold.

SHRIMP MOUSSE

Cheryl Doser

1 can tomato soup
1 8 oz. pkg. cream
cheese
2 pkgs. unflavored
gelatin
3/4 C. cold water

1 C. mayonnaise
1/2 C. diced onion
1/2 C. diced green pepper
1/2 C. diced celery
3 cans chopped shrimp

Heat soup and cream cheese until well blended. Add gelatin that has been softened in a little cold water. Cool. Add remaining ingredients and pour into 1 1/2-quart mold. Chill. Serve with crackers or as salad.

SPINACH DIP

Marilyn Klein

2 boxes frozen,
chopped spinach
(thaw, rinse &
squeeze)
2 cans water
chestnuts, chopped

1 pkg. onion soup mix
16 oz. sour cream
1 pt. mayonnaise

Mix together and refrigerate 8 hours or overnight. Serve with vegetables and/or crackers.

A recipe that is not shared with others will soon be forgotten, but when it's shared, it will be enjoyed by future generations.

SWEDISH MEATBALLS

Sheryl Lovell

- | | |
|-------------------------------|--|
| 1 lb. ground beef | 1/3 C. minced onions |
| 1/2 C. dry bread crumbs | 1/4 C. milk |
| 1 egg | 1 T. parsley |
| 1 tsp. salt | 1/8 tsp. pepper |
| 1/2 tsp. Worcestershire sauce | 1 12 oz. bottle chili sauce
(1/4 C. shortening-if frying meatballs) |
| | 1 4-5 oz. jar grape jelly |

Mix beef, bread crumbs, egg, salt, Worcestershire sauce, onions, milk, parsley and pepper and shape into 1-inch balls. Brown meatballs in oven on a large, flat tray at 350°. Remove meat and dispose of fat. (Can fry meatballs to brown.) Heat chili sauce and jelly in crock pot or skillet. Stir constantly until jelly melts. Add meatballs and stir until coated. Simmer 30 minutes. Serves many.

Can be refrigerated and reheated.

BOURBON SLUSH

Bev Hoover

- | | |
|----------------|----------------------------|
| 4 tea bags | 12 oz. frozen orange juice |
| 7 C. water | 6 oz. frozen lemonade |
| 1 1/2 C. sugar | 1 1/2 C. bourbon |

Steep tea bags in 2 cups boiling water. Stir all ingredients together and freeze for 24 hours.

CRANAPPLE SLUSH

Karen Fensterman

- | | |
|--|---|
| 48 oz. bottle cranapple juice | 12 oz. can lemonade concentrate, thawed |
| 12 oz. can limeade concentrate, thawed | 1 16 oz. bottle 7-Up |
| | 2 C. water |
| | 2 C. vodka |

Mix all ingredients and freeze. Thaw slightly before serving. Stir well before serving in punch cups. Can be stored in 1/2-gallon plastic ice cream containers. Serves 12.

Every minute you are angry, you lose 60 seconds of happiness.

CRANBERRY PUNCH

Lynn Carlson

- | | |
|-----------------------------|--------------------------|
| 4 C. cranberry juice | 4 1/2 C. sugar |
| 4 C. pineapple juice | 2 qts. ginger ale |
| 1 T. vanilla | |

Mix first 4 ingredients. Stir until sugar is dissolved. Chill. Add ginger ale before serving. Serves 30.

GOLDEN PHEASANT

Claudia Tracy

- | | |
|------------------------------|---------------------|
| 1/2 C. powdered sugar | 6 oz. gin |
| 1 egg | Ice, crushed |
| 3 oz. lemon juice | Cream soda |

Blend sugar, egg, juice and gin well in blender. Allow to sit in refrigerator until foam dies down. Measure 1 jigger into an old-fashioned glass and fill with cream soda and ice.

HOT CHOCOLATE MIX

Marjorie Lankford

- | | |
|--------------------------------------|---|
| 1 8 qt. box powdered milk | 1 6 oz. jar instant coffee cream |
| 1 lb. chocolate Nestle's Quik | 1/2 lb. powdered sugar |

Mix all ingredients together in a large container. Use 1/4 to 1/2 cup in 1 cup hot water. Stores well in airtight container. Makes a good gift or bake sale item when packaged attractively.

IRISH CRÈME

Claudia Tracy

- | | |
|---------------------------------------|---------------------------------------|
| 1 1/3 C. Irish whiskey | 3 eggs |
| 1 can sweetened condensed milk | 1 16 oz. carton Coffee Rich |
| | 3 T. Hershey's chocolate syrup |

Blend all ingredients in blender for 45 seconds. Refrigerate for 4 hours before serving.

Money will buy a fine dog, but only love will make him wag his tail.

ORANGE JULIUS

Joni Reeves

1 6 oz. can orange juice
3 cans water
1/2 C. instant dry milk

2 dips vanilla ice cream
5 ice cubes

Blend juice, water and dry milk in blender. Add ice cream and ice cubes and blend until frothy.

PEPPERMINT SCHNAPPS

Thelma Wooldridge

6 C. sugar
10 C. water

2 pts. Ever Clear
1 oz. pure peppermint
extract

Heat sugar and water until sugar is dissolved. Do not boil. Let cool, then add remainder of ingredients.

Ever Clear can be purchased at Liquor Store.

COOKIES:

A house should have a cookie jar
For when it's half past three
And children hurry home from school
As hungry as can be.
There's nothing quite so splendid as
Spicy, fluffy ginger cakes and
Sweet milk in a cup.

A house should have a mother
Waiting with a hug.
No matter what a boy brings home
A puppy or a bug.
For children only loiter,
When the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss.

Notes

ORANGE-JULUS

1 1/2 oz can orange juice
3 cans water
10 C instant dry milk

REPERMINT SCHNAPPS

8 C sugar
10 C water
1/2 cup mint

CHOCOLATE

1 1/2 oz can orange juice
3 cans water
10 C instant dry milk

CHOCOLATE

1 1/2 oz can orange juice
3 cans water
10 C instant dry milk

CHOCOLATE

CHOCOLATE

COOKIES

And children hurry home from school
For when the bell rings
There's nothing like an afternoon
Sweet milk in a cup

A house should have a mother
Waiting with a bug
No matter what a boy does
When the bell rings to dismiss
If no one's home to greet them
With a house and a mother

And the house will be a home



Breads

ALMOND-RAISIN CARAMEL ROLLS

Bette Fulton

- 1/3 C. soft butter
- 1/3 C. brown sugar
(firmly packed)
- 1/4 C. raisins

- 1/4 C. slivered almonds
(may use walnuts
or pecans)
- Brown & serve rolls

Blend butter and sugar. Add raisins and nutmeats. Place 2 teaspoons mixture in ungreased muffin tins. Cut rolls in half, horizontally, to form 2 layers. Place tops of rolls down onto mixture in cups. Cover each with 1 teaspoon mixture and top with remaining rolls, bottoms up. Bake at 400° for 15 minutes. After baking, let stand in pan 1 + minute. Invert pan to remove.

APPLE-CINNAMON MUFFINS

Londa DeYoung

- 1 C. unsifted
all-purpose flour
- 1/3 C. firmly packed
brown sugar
- 1 T. baking powder
- 1/2 tsp. salt

- 2 1/2 C. Post "Fruit and
Fibre" cereal with
apples and cinnamon
- 1 C. milk
- 1 egg
- 1/3 C. oil

Mix flour with sugar, baking powder and salt. Combine cereal and milk in bowl and let stand for about 3 minutes, stir well. Add egg and oil and blend well. Add flour mixture to cereal mixture (batter will be thick). Spoon into greased muffin pans - or use paper liners. Bake at 400° for 25 minutes or until golden brown. Makes 12 muffins.

APRICOT BANANA BREAD

Donna Mininger

- 1 C. whole wheat flour
- 1 C. all-purpose flour
- 1 tsp. soda
- 1/4 tsp. baking powder
- 1/2 tsp. salt
- 6 T. margarine
- 3/4 C. sugar

- 2 eggs
- 2 T. water
- 4 sm. very ripe bananas
- 1/2 C. dried apricots,
snipped
- 1/2 C. chopped walnuts

Combine flours, soda, baking powder and salt; set aside. Cream margarine and sugar; add eggs and beat well. Mash bananas thoroughly and add water. Add banana mixture and dry ingredients alternately to creamed mixture. Fold in apricots and nuts. Pour into 3 small 7 1/2x3 1/2x2 1/4-inch loaf pans. Bake at 350° for 45 minutes.

BANANA PECAN BREAD

Vicki Warrick

- | | |
|---------------------------|-----------------------------|
| 3 mashed bananas | 1 tsp. baking powder |
| 1 C. sugar | 1 tsp. soda |
| 2 beaten eggs | 1 tsp. salt |
| 1/2 C. shortening | 1/2 C. pecans |
| 2 C. flour, sifted | <i>tsp vanilla</i> |
| | <i>cinnamon</i> |

Mash bananas, stir in sugar; let stand 15 minutes. Beat in shortening and eggs. Sift together dry ingredients. Stir till mixed. Blend in nuts. Place in well-greased loaf pan and bake at 325° for 50 to 60 minutes.

BEER BREAD

Karen Fensterman

- | | |
|--------------------------------------|--------------------------------|
| 3 C. self-rising flour | 1/2 C. melted margarine |
| 3 T. granulated sugar | |
| 1 12 oz. can beer, room temp. | |

Mix together the first 3 ingredients. Pour into greased loaf pan. Bake at 350°. Watch for nice brown color in crust. After 45 minutes of baking time, remove from oven and pour melted margarine over partially baked loaf. Return to oven and finish baking for 15 minutes. Serves 8 to 10.

PIES:

Once upon a time I planned to be
An artist or celebrity.
A song I thought to write one day
And all the world would homage pay.

I longed to write a noted book,
but what I did was learn to cook.

For life with simple task is filled
And I have done not what I willed
Yet when I see boys hungry eyes
I'm glad I make good apple pies.

BUBBLE LOAF ROLLS

Thelma Wooldridge

2 pkgs. dry yeast
1/2 C. lukewarm water
1 C. milk, scalded
1/3 C. sugar
2 tsp. salt
1/2 C. shortening, soft

2 eggs
5 1/2-6 C. all-purpose flour
1 1/2 C. quick oats,
uncooked

Soften yeast in lukewarm water. Pour scalded milk, sugar, salt and shortening together. Stir constantly until it melts. Cool to lukewarm. Stir in eggs and 1 cup of flour; add softened yeast and oats. Stir in enough more flour to make a soft dough. Turn onto lightly-floured board. Knead until smooth and satiny, about 10 minutes. Round dough into a ball; place in greased bowl; brush lightly with melted butter. Cover and let rise in a warm place until double in size, about 1 hour. Punch dough down; cover; let rest 10 minutes. Pinch off small pieces of dough; shape to form 42 balls. Dip in melted butter, then into cinnamon and sugar. Arrange balls in layers in a greased 10-inch tube pan. Cover; let rise until nearly double in size, about 45 minutes. Bake in preheated oven of 350° for 40 to 45 minutes. If desired, drizzle with confectioners' sugar frosting and decorate with red and green candied cherries. Makes 3 1/2 dozen.

CARAMEL CINNAMON ROLLS

Marge Wigton

1/2-1 C. chopped pecans
18-19 frozen dinner rolls
1 pkg. regular
butterscotch
pudding

6 T. margarine
1/2 C. brown sugar
3/4 tsp. cinnamon

Lightly grease bundt pan. Sprinkle pecans on bottom. Place rolls in pan. Sprinkle with dry pudding. Melt margarine. Remove from heat; add brown sugar and cinnamon. Pour over rolls. Let rise overnight on counter, uncovered. Bake at 350° for 30 minutes. Serves 6.

Do not use **instant** pudding.

Friendship is the cement that holds the world together.

CARAMEL FINGER ROLLS

Claudia Tracy

- 1 C. brown sugar,
packed
- 1/2 C. chopped nuts
- 1/2 C. dark corn syrup
- 1/4 C. butter, melted

- 2 10 oz. cans refrigerator
biscuits
- 1 8 oz. pkg. cream cheese
- 1/4 C. powdered sugar
- 2 T. soft margarine

Combine brown sugar, nuts, corn syrup and butter in bottom of pan. Separate biscuits and press each into a 4-inch circle. Spoon cream cheese into center of each. Then fold biscuit in half like a crêpe. Place seam-side down in 2 rows in greased 9x13-inch pan. Mix powdered sugar and margarine and spread over biscuits. Bake at 350° for 20 to 30 minutes.

Refrigerate leftovers.

EXCELLENT BRAN MUFFINS

Zada Z. Burrell

- 2 C. All-Bran
- 2 C. boiling water
- 3 C. sugar
- 1 C. shortening
- 4 eggs

- 1 qt. buttermilk
- 4 C. 40% Bran flakes
- 5 C. flour
- 5 tsp. soda
- 1 tsp. salt

Stir All-Bran into boiling water and set aside while mixing the other ingredients. In a large bowl, cream sugar and shortening; add eggs and beat. Add buttermilk. Stir in softened All-Bran and Bran flakes. Mix together flour, soda and salt and add to the liquid mixture. Bake in greased muffin tins at 400° for 15 minutes. Serves 30. The recipe makes about 1/2 gallon of mix. It will keep refrigerated for several weeks. Store in covered ice cream containers.

Bake twice as many as needed. They are just as good cold as warm. Lovely muffins!

Opportunity merely knocks, temptation kicks the door in.

FRESH PEACH MUFFINS

Cheryl Doser

- | | |
|--------------------------|---|
| 1 egg | 1 tsp. lemon juice |
| 1 C. milk | 1/4 tsp. vanilla |
| 1/4 C. melted shortening | 2 C. unsifted flour |
| 2/3 C. sugar | 3 tsp. baking powder |
| 1/2 tsp. salt | 1 C. unpeeled, chopped
fresh peaches |
| 1/4 tsp. cinnamon | |

Beat egg; stir in milk, shortening, sugar, salt, cinnamon, lemon juice and vanilla. Sift together flour and baking powder; stir into milk mixture just until blended. Do not overmix. Fold in peaches. Bake at 450° in greased or paper-lined muffin tins for 15 to 20 minutes. Makes 12 - 3-inch muffins.

GREAT WAFFLES

Carole Reeves
from Etta Huffy

- | | |
|---------------------|----------------------------|
| 1 3/4 C. flour | 1 1/3 C. milk |
| 3 T. baking powder | 4 T. melted butter |
| 1/2 tsp. salt | 3 egg whites, beaten stiff |
| 3 egg yolks, beaten | 1 tsp. vanilla |

Sift dry ingredients together. Add egg yolks, milk and butter. Gently fold in egg whites and vanilla. Bake in preheated waffle iron until golden brown.

HAY HAND ROLLS

Claudia Tracy

- | | |
|------------------|------------------------|
| 1 pkg. dry yeast | 1 C. melted shortening |
| 4 C. warm water | 1 C. sugar |
| 4 C. flour | 3 beaten eggs |
| 1 T. sugar | 6 C. flour, approx. |
| 1 T. salt | |

Dissolve yeast in water. Stir in 4 cups of flour, 1 tablespoon of salt and 1 tablespoon of sugar. Beat until bubbly. Let stand overnight at room temperature. Add remaining ingredients, the next day; mix well. Knead. Let rise once. Punch down. Refrigerate dough in covered bowl. Form rolls at night. Place in greased baking pans. Bake the next day in 400° oven for 25 to 30 minutes.

I have had more trouble with myself than with any other person I know.

MONKEY BREAD

Cheryl West

- 3 pkgs. Pillsbury
buttermilk biscuits
- 1 stick margarine

- 1 C. sugar
- 1 tsp. cinnamon

Combine sugar and cinnamon. Cut biscuits into quarters, roll into sugar and cinnamon mixture. Drop into bundt pan. Take remaining sugar and cinnamon and add enough sugar to it to make 1 full cup - may add more cinnamon, if desired. Melt butter (margarine), mix with cinnamon and sugar and pour over biscuits. Bake at 350° for 30 minutes.

Let cool in pan a few minutes after baking before moving to serving plate.

OLD-FASHIONED OVERNIGHT RAISIN OATMEAL PANCAKES

Donna Mininger

- 2 C. old-fashioned
oats
- 2 C. buttermilk
- 2 lg. eggs
- 1/4 C. margarine, melted
& cooled
- 1/3 C. dark, seedless
raisins

- 1/2 C. all-purpose flour
- 2 T. granulated sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/2 tsp. salt

Mix oats and buttermilk in large bowl. Cover and refrigerate overnight. When ready to cook, beat in eggs and margarine. Stir in raisins. Mix flour, sugar, baking powder, baking soda, cinnamon and salt. Add to oat mixture, stir briskly, just until moistened. Let stand 20 minutes. Using about 1/4 cup per pancake, cook on lightly-greased griddle over moderate heat. If batter is too thick, add more buttermilk, 1 tablespoon at a time. Makes about 18 pancakes.

Very moist, these pancakes are less bubbly and cook more slowly than regular pancakes.

Work smarter - not harder.

Faults are big when love is small.

Always forgive your enemies - nothing annoys them so much.

ONE-HOUR DINNER ROLLS ITALIANO

Vicki Warrick

- | | |
|-------------------------------------|--------------------------------------|
| 3 1/2-4 C. all-purpose flour | 1 egg |
| 2 pkgs. dry yeast | 1/2 C. grated Parmesan cheese |
| 2 T. sugar | 2 T. margarine, melted |
| 2 tsp. garlic salt | 1/4 C. grated Parmesan cheese |
| 1 tsp. Italian seasoning | |
| 1 C. milk | |
| 1/2 C. water | |
| 2 T. margarine | |

In large mixer bowl, combine 1 1/2 cups flour, yeast, sugar, salt and seasoning; mix well. In saucepan, heat milk, water and margarine until warm (120°-130°; butter does not need to melt); add flour mixture. Add egg. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in 1/2 cup cheese and enough remaining flour to make firm dough. Knead on well-floured surface until smooth and elastic, about 3 to 5 minutes. Place in greased bowl, turning to grease top. Cover, let rise in warm oven (turn oven to lowest setting for 1 minute, turn off) for 15 minutes. Punch down dough and divide into 16 pieces. Form into balls, dip tops into melted butter and 1/4 cup cheese. Place in well-greased 9x13-inch baking pan or 2 - 8-inch round pans. Cover and let rise in warm oven about 10 minutes. Bake at 375° for 20 to 25 minutes until golden brown. Remove from pan, cool. Makes 16 rolls.

OVERNIGHT BUNS

Claudia Tracy

- | | |
|----------------------------|--------------------|
| 2 pkgs. dry yeast | 1 C. oil |
| 4 1/2 C. warm water | 2 tsp. salt |
| 1 1/2 C. sugar | 15 C. flour |

Dissolve yeast in 1/2 cup warm water. Combine remaining water, sugar, oil and salt. Add yeast. Add flour, mix and knead. Cover and let rise 5 hours. Shape into buns and put in 4 greased 9x13-inch pans. Let rise overnight. Bake 15 minutes at 375°.

More important than length of life is how we spend each day.

POPPY SEED BREAD

Claudia Tracy

- | | |
|-----------------|-----------------------------|
| 3 C. flour | 1 1/2 tsp. baking powder |
| 2 1/2 C. sugar | 1 1/2 tsp. vanilla |
| 1 1/2 C. milk | 1 1/2 tsp. almond flavoring |
| 3 eggs | 1 1/3 C. salad oil |
| 1 1/2 tsp. salt | 1 1/2 T. poppy seeds |

GLAZE:

- | | |
|---------------------|---------------------------|
| 3/4 C. sugar | 1 tsp. vanilla |
| 1/4 C. orange juice | 1/2 tsp. almond flavoring |
| | 2 T. butter, melted |

Mix all ingredients until smooth. Pour into 2 greased and floured 9x5-inch loaf pans. Bake 70 to 75 minutes at 350°. Make glaze of 3/4 cup sugar, 1/4 cup orange juice, 1 teaspoon vanilla, 1/2 teaspoon almond flavoring and 2 tablespoons melted butter. Spoon over loaves while still in pans until tops of loaves are covered. After glaze has soaked in, slice and serve.

Can be made as muffins, also.

RAISIN BRAN MUFFINS

Cheryl Doser

- | | |
|--------------------------|-------------------------|
| 1 15 oz. box Raisin Bran | 5 tsp. soda |
| 3 C. sugar | 1 qt. buttermilk |
| 5 C. flour | 4 beaten eggs |
| 2 tsp. salt | 1 C. margarine (melted) |

Mix dry ingredients together in very large bowl. Combine remaining ingredients and add to dry mix. Fill greased muffin tins 3/4 full. Bake at 400° for 15 to 20 minutes. Store remaining batter in covered container and refrigerate for up to 3 weeks.

"MY CREED"

To laugh when the clouds are darkest,
To smile in the midst of pain,
And remember the golden promise
Of the rainbow after rain.
To say a kindly word
To all who pass along,
To keep content within my heart
And on my lips a song.

Unknown

RAISIN WHOLE WHEAT BREAD

Claudia Tracy

- | | |
|---------------------------|------------------------|
| 1/2 C. honey | 3 C. warm water |
| 1/4 C. packed brown sugar | 5 C. whole wheat flour |
| 2 tsp. salt | 3-4 C. flour |
| 2 pkgs. dry yeast | 3/4 C. sunflower seeds |
| | 2 C. raisins |

Combine honey, brown sugar and salt in large bowl. Dissolve yeast in water and add to mixture. Beat until well blended. Gradually add whole wheat flour, beating at medium speed. Stir in 3 cups all-purpose flour. This will make a medium-firm dough. Turn out onto floured board, kneading in sunflower seeds, raisins and enough flour to make dough smooth and elastic. Place in deep, greased bowl, turning to grease top. Cover and let rise in warm place until doubled. Punch down dough and turn onto floured board. Form dough into 2 loaves. Place in greased 9x5-inch loaf pans. Let rise, covered, until doubled. Bake at 350° about 50 minutes or until nicely browned. Remove from pans; brush tops with butter.

SASSY CINNAMON MUFFINS

Nancy Reis

- | | |
|----------------------|-----------------------|
| 1 1/2 C. flour | 1/2 tsp. cinnamon |
| 1/4 C. sugar | 1 beaten egg |
| 1/4 C. brown sugar | 1/2 C. oil |
| 2 tsp. baking powder | 1/2 C. milk |
| 1/2 tsp. salt | 1/2 C. chopped pecans |

Sift together flour, sugars, baking powder, salt and cinnamon. Combine egg, oil and milk. Add to dry ingredients, stir just enough to moisten. Fold in pecans. Fill 12 greased muffin tins 2/3 full. Bake in 400° oven for 20 to 25 minutes.

To understand the culture of the country, you must understand the cooking of that country.

SOURDOUGH BISCUITS

Thelma Wooldridge

STARTER:

1 pkg. yeast

2 C. flour

2 1/2 C. warm water

BISCUITS:

1 C. starter

1 C. flour (enough to drop)

1/4 tsp. salt

3/4 tsp. soda

1/3 C. oil

FEED:

1 C. flour

1/2 C. sugar

1 C. milk

To make starter, soften yeast in water. Add flour; stir well. Wait a day or two before using. From this batter, save 1 cup in a jar. Store in refrigerator. To make biscuits, mix together starter, flour, salt, soda and oil; drop by teaspoonfuls on ungreased baking sheet. Bake in 375° oven for 12 to 15 minutes. When starter has less than 1 cup remaining, feed it by stirring in 1 cup flour, sugar and milk. Don't use it the same day it is fed.

STRAWBERRY MUFFINS

Cheryl West

1 pt. (2 C.) fresh strawberries

2 C. flour

2 tsp. baking soda

1/2 tsp. salt

1/2 C. margarine

1 C. + 2 T. sugar, divided

2 eggs

1/4 C. milk

1 tsp. vanilla

1 T. finely chopped pecans

Clean and hull strawberries; dice into 1/4-inch pieces. Sift dry ingredients. Cream margarine and 1 cup sugar; beat in eggs, then stir in dry ingredients, alternately with milk. Toss diced strawberries with 1 tablespoon sugar and fold into batter. Fill 12 large, well-greased muffin cups 2/3 full. Mix chopped nuts with remaining 1 tablespoon sugar and sprinkle over batter. Bake 25 minutes at 375°. Cool in pan at least 15 minutes, then turn out onto wire rack to cool completely. Can be eaten when warm, but be careful in taking them out so that they will not pull apart.

Good breakfast muffins.

Kindness is becoming at any age.

STRAWBERRY NUT LOAF

Joni Reeves

- | | |
|---------------------------|---------------------------------|
| 1 C. margarine | 1/2 C. sour cream or buttermilk |
| 1 1/2 C. sugar | 3 C. flour |
| 1 tsp. vanilla | 1 tsp. salt |
| 1/4 tsp. lemon extract | 3/4 tsp. cream of tartar |
| 4 eggs | 1/2 tsp. soda |
| 1 C. strawberry preserves | 1/2 C. chopped nuts |

Cream together margarine and sugar. Add vanilla and lemon. Beat in 4 eggs, one at a time. Add strawberry preserves and sour cream. Sift dry ingredients together; blend into creamed mixture. Stir in nuts. Bake in 5 small loaf pans which have been greased and floured in 350° oven for 50 minutes.

ZUCCHINI BREAD

Vicki Warrick

- | | |
|------------------|------------------------|
| 2 C. flour | 1/4 tsp. baking powder |
| 1 1/2-2 C. sugar | 3 slightly-beaten eggs |
| 3 tsp. cinnamon | 1 C. oil |
| 1 tsp. soda | 3 tsp. vanilla |
| 1 tsp. salt | 2 C. shredded zucchini |

Mix together flour, sugar, cinnamon, soda, salt and baking powder. Add eggs, oil, vanilla and zucchini; beat. Bake in greased and floured loaf pan at 350° for 50 minutes.

Kindness is catching, so if you go around with a thoroughly developed case, your neighbor will be sure to get it.

Notes

STRAWBERRY YUL LOAF
1 C. margarine
1/2 C. sugar
1 tsp. vanilla
1/4 tsp. lemon extract
4 eggs
1 C. strawberry
preserves

Cream together margarine and sugar. Add vanilla and lemon. Beat in 4 eggs one at a time. Add strawberry preserves and pour cream into an ungreased loaf pan. Bake in a preheated oven at 350° for 50 minutes.

ZUCCHINI BREAD
2 C. flour
1/2 C. sugar
1/2 tsp. cinnamon
1/2 C. oil
1 C. oil
3 tsp. vanilla
2 C. shredded zucchini
1/4 tsp. baking powder

Mix together flour, sugar, cinnamon, zucchini, oil and baking powder. Add eggs, oil, vanilla and zucchini. Bake in a preheated oven at 350° for 50 minutes.

Kindness is catching, so if you go around with a thoroughly developed case your neighbor will be sure to get it.

eye you in the...
18



Cakes & Frostings

AUNT CLARE'S COCOA BROWNIES

Diana Latch

1 1/3 C. shortening
2 C. sugar
4 eggs
2 tsp. vanilla
2 T. corn syrup

1 1/2 C. flour
3/4 C. cocoa
1 tsp. baking powder
1 tsp. salt
2 C. nuts

Melt shortening in saucepan. stir in sugar. Add eggs, stirring constantly. Add vanilla and corn syrup. Combine flour, cocoa, baking powder and salt and add to mixture in saucepan. Blend well. Add nuts. Pour into 9x12-inch pan. (Grease and flour bottom and sides of pan.) Bake in 350° oven for 30 minutes.

AUNT MAGGIE'S OL' BLACK CAKE

Kaye Trim

3 C. flour
2 C. sugar
6 T. cocoa
2 tsp. soda
1/2 tsp. salt

2/3-1 C. salad oil
2 C. water
2 T. vinegar
2 tsp. vanilla

Sift flour, sugar, cocoa, soda and salt; mix well to keep cocoa from lumping. Make a well in center of dry ingredients. Add oil, water, vinegar and vanilla; mix well. Bake in 9x13-inch pan at 350° for 35 minutes. It is done when toothpick inserted in center comes out clean.

The closest to perfection a person ever comes is when he fills out a job application form.

BANANA BARS

Sharon Dady

- | | |
|----------------------------|-------------------------|
| 1 1/2 C. sugar | 2 tsp. vanilla |
| 1/2 C. margarine | 3 ripe bananas (mashed) |
| 2 eggs | 2 C. flour |
| 1 C. commercial sour cream | 1 tsp. soda |
| | 1 tsp. salt |

FROSTING:

- | | |
|-------------------------|---------------------|
| 3 oz. pkg. cream cheese | 3/4 stick margarine |
| 1 tsp. vanilla | 1 T. cream or milk |
| | 2 C. powdered sugar |

Grease and flour large jellyroll pan. Cream shortening and sugar. Beat in eggs and sour cream. Add vanilla and bananas. Sift together flour, soda and salt. Add to banana mixture. Pour evenly into jellyroll pan. Bake at 375° for 25 minutes. Frost when cool. FROSTING: Cream the cream cheese, margarine, vanilla and cream. Add sugar and beat well. Spread over cooled bars. These freeze well with nuts in the batter or on top.

BROWNIES

Faye Petersen

- | | |
|-------------------|----------------------------|
| 1/2 C. cocoa | 1 1/4 C. all-purpose flour |
| 2/3 C. shortening | 1 tsp. baking powder |
| 2 C. sugar | 1 tsp. salt |
| 4 eggs | 1 C. chopped nuts |
| 1 tsp. vanilla | |

Mix cocoa and shortening in large saucepan over low heat. Remove from heat. Mix in sugar, eggs and vanilla. Add flour, baking powder and salt; mix well and stir in nuts. Spread in greased 13x9x2-inch pan. Bake in 350° oven for 25 to 30 minutes or until brownies start to pull away from sides of pan. Do not overbake. Cool slightly. Cut into bars, about 2x1 1/2-inch. If desired, spread with Glossy Chocolate Frosting before cutting.

I seldom make the same mistake twice...
Generally it's three times or more.

GLOSSY CHOCOLATE FROSTING

Faye Petersen

- | | |
|----------------------------------|-----------------------|
| 3 T. shortening | 1/4 tsp. salt |
| 1/3 C. cocoa | 1/3 C. milk |
| 2 C. confectioners' sugar | 1 tsp. vanilla |

Melt shortening and cocoa in saucepan over low heat. Stir in remaining ingredients; beat until smooth. Place pan of frosting in bowl of ice and water; continue beating until of spreading consistency. If desired, stir in 1/2 cup finely chopped nuts. Fills and frosts 2 - 8 or 9-inch layers or frosts a 13x9-inch cake.

CHOCOLATE CHIP OATMEAL CAKE

Gretchen Wigton

- | | |
|-------------------------|------------------------------|
| 1 C. oatmeal | 1 tsp. vanilla |
| 1 3/4 C. water | 1 3/4 C. sifted flour |
| 1 C. sugar | 1/2 tsp. salt |
| 1 C. brown sugar | 1 tsp. soda |
| 1 stick oleo | 1 T. cocoa |
| 2 lg. eggs | 6 oz. chocolate chips |

Pour boiling water over oatmeal. Let stand 10 minutes. Add sugars and oleo, stirring until dissolved. Add eggs and vanilla. Mix. Add dry ingredients and mix until blended well. Pour into 9x13-inch pan. Sprinkle 3/4 of chips on top, reserving some for garnish. Bake at 350° for 40 minutes. Garnish with reserved chips.

CHOCOLATE MIRACLE WHIP CAKE

Mary McGinley

- | | |
|---------------------------|--------------------------|
| 1 C. sugar | 1 C. Miracle Whip |
| 3 T. cocoa | 1 tsp. vanilla |
| 1 C. water | 1/4 tsp. salt |
| 2 tsp. baking soda | 2 C. flour |

In a bowl, mix sugar and cocoa until evenly blended. In another bowl, combine water and soda; stir until soda dissolves. Combine the sugar/cocoa mixture and water/soda mixture; add Miracle Whip, vanilla and salt. Beat with mixer on low setting until well blended; add flour; beat for about 5 minutes. Turn into greased and floured 9x13-inch cake pan. Bake at 350° for 25 to 30 minutes.

Trying something new can make a better you.

CHOCOLATE PECAN FROSTING

Cheryl Doser

- | | |
|--------------|--------------------------|
| 1 stick oleo | 1 lb. box powdered sugar |
| 3 T. cocoa | 1/2 C. chopped pecans |
| 5 T. milk | 1 tsp. vanilla |

Combine oleo, cocoa and milk in a 2-quart saucepan. Cook over low heat until margarine melts and just to boiling. Remove from heat and beat in powdered sugar. Add nuts and vanilla. Spread on cooled "Texas Brownies".

CHOCOLATE PUDDING CAKE

Kristi Evans

- | | |
|---------------------------|-----------------------|
| 1 pkg. chocolate cake mix | 1 1/3 C. brown sugar |
| 1/3 C. cocoa | 1/4 C. pecans, broken |
| | 1 3/4 hot water |

Prepare chocolate cake mix according to directions on the box. Pour cake batter into greased 9x13-inch pan and sprinkle topping (cocoa, brown sugar and nuts) evenly on top of cake mix. Pour hot water over all; bake at 350° for 35 to 40 minutes. Good hot or cold and topped with ice cream or whipped topping. Serves 12.

CRANBERRY CAKE WITH HARD SAUCE

Claudia Tracy

CAKE:

- | | |
|-------------|------------------------|
| 1 C. milk | 3 tsp. baking powder |
| 3 T. butter | 1 tsp. vanilla |
| 1 C. sugar | 1/2 tsp. salt |
| 2 C. flour | 3 C. whole cranberries |

HARD SAUCE:

- | | |
|-----------------------|----------------------|
| 1/2 C. butter, melted | 3/4 C. half and half |
| 1 C. sugar | |

CAKE: Mix all ingredients except cranberries well. Add cranberries; bake at 350° for 45 minutes in 9x13-inch cake pan.

SAUCE: Combine ingredients, bring to boil (stirring constantly) over medium heat. Boil 3 minutes - not stirring. Serve warm over cake.

Sure God created man before women, but then you always make a rough draft before the final masterpiece.

FRUIT COCKTAIL BARS

Faye Petersen

- | | |
|-----------------|-------------------------|
| 2 eggs | 1/2 tsp. salt |
| 1 1/2 C. sugar | 1 tsp. vanilla |
| 2 1/2 C. flour | #303 can fruit cocktail |
| 1 1/2 tsp. soda | 1 1/3 C. coconut |

TOPPING:

- | | |
|------------------------|------------------|
| 3/4 C. sugar | 1/2 C. butter |
| 1/4 C. evaporated milk | 1/2 tsp. vanilla |

Beat eggs and sugar until light. Add remaining ingredients except coconut. Put into a greased cookie sheet (10x15-inches). Sprinkle coconut on top of batter. Bake at 350° for 20 to 25 minutes.

TOPPING: Combine ingredients in a saucepan; bring to a boil. Boil 2 minutes, stirring constantly. Pour over bars.

HOT WATER CHOCOLATE CAKE

Nancy Reis

- | | |
|----------------|--------------------|
| 1/2 C. butter | 1/2 C. cocoa |
| 1 1/2 C. sugar | 1/2 tsp. salt |
| 2 eggs | 2 tsp. soda |
| 3/4 C. milk | 1 tsp. vanilla |
| 2 C. flour | 1 C. boiling water |

Cream butter and sugar. Beat in eggs. Add milk and mix until curdly looking. Add dry ingredients to cream mixture slowly. Add boiling water and vanilla, mix until smooth, no more. Pour into greased pans (2 - 8 inch round or 1 - 9x13-inch). Bake in 325° oven for 35 minutes.

You cannot get rid of a bad temper by losing it.

ITALIAN CREAM CAKE

Vicki Warrick

CAKE:

- 1 yellow cake mix
- 1 3 oz. pkg. vanilla instant pudding
- 1 1/3 C. water
- 4 eggs
- 1/4 C. oil
- 1 C. flaked coconut
- 1 C. chopped nuts

FROSTING:

- 1 8 oz. pkg. cream cheese, softened
- 4 T. oleo
- 2 tsp. milk
- 3 1/2 C. powdered sugar
- 1/2 tsp. vanilla
- 1 C. coconut

Mix cake mix, pudding, water, eggs and oil according to package directions. Stir in coconut and nuts. Pour into 9x13-inch greased and floured pan. Bake at 350° for 30 minutes.

FROSTING: Cream together cream cheese and oleo. Add milk and powdered sugar and vanilla. Stir in coconut. Frost cake when completely cool. Serves 24.

MANDARIN ORANGE CAKE

Karen Fensterman
Ruth Rieman

- 2 C. flour
- 2 C. white sugar
- 2 eggs
- 2 tsp. soda
- 1 tsp. salt
- 2 tsp. vanilla
- 2 cans mandarin oranges, drained

GLAZE:

- 3/4 C. brown sugar
- 3 T. margarine
- 3 T. milk
- 1/4 tsp. cinnamon
- 1/2 C. chopped walnuts
- 1/2 C. coconut

Mix together flour and sugar. Add remaining cake ingredients and beat with electric mixer 5 or 6 minutes on high. Pour batter into oiled and floured 9x9-inch baking pan. Bake at 350° for 35 to 45 minutes. While it is baking, combine first four glaze ingredients, heat and pour over the hot cake. Top with nuts or coconut, if desired.

If you see someone without a smile -- give him one of yours.

NO-FAIL BROWNIES

Mary McGinley

- | | |
|--------------------------|------------------------------|
| 1 C. sugar | 1 can Hershey's syrup |
| 1 stick margarine | 1 C. flour |
| 4 eggs | |

In a bowl, cream sugar and softened margarine with mixer. Add eggs and syrup; beat until well blended. Add flour; beat for several minutes. Turn into well-greased and floured 9x12-inch jellyroll pan. Bake at 350° for about 20 minutes.

OATMEAL CAKE

Marilyn Klein

- | | |
|---------------------------|-----------------------------|
| 2 C. boiling water | 1 1/2 C. brown sugar |
| 3/4 C. margarine | 1 1/3 C. sugar |
| 1 1/2 C. oatmeal | 2 tsp. cinnamon |
| 3 eggs | 1 tsp. soda |
| 2 C. flour | 1 tsp. salt |

Pour boiling water over margarine and oatmeal; cover. Let set 20 minutes. Add eggs and dry ingredients. Beat until smooth. Bake in greased 11x13-inch pan in 350° oven for 40 minutes. Frost with Coconut Pecan Frosting.

COCONUT PECAN FROSTING

Marilyn Klein

- | | |
|---|----------------------------|
| 1 C. evaporated milk | 1/2 C. margarine |
| 1 C. sugar | 1 tsp. vanilla |
| 3 egg yolks, slightly
beaten | 1 1/3 C. coconut |
| | 1 C. chopped pecans |

Combine milk, sugar, egg yolks, margarine and vanilla in saucepan. Cook over medium heat till thickened, about 12 minutes. Remove from heat; add coconut and pecans. Beat until thick and cool enough to spread. Good on Oatmeal Cake.

A friend is one who knows all about you and still likes you.

PINEAPPLE CAKE

Zada Z. Burrell

- 2 C. white sugar
- 2 eggs
- 1 stick margarine
- 2 tsp. soda
- 2 1/2 C. flour
- 1 #1 can (20 oz.) crushed pineapple
- 2 tsp. vanilla

FROSTING:

- 8 oz. cream cheese
- 1/2 stick margarine
- 1 3/4 C. powdered sugar
- 1 tsp. vanilla
- 1/2 C. nutmeats

Cream together sugar, eggs and margarine. Mix together flour and soda. Stir into other mixture. Add pineapple and vanilla. Pour into 9x13-inch pan. Bake for 30 minutes at 350° (be careful not to overbake). While cake is still hot, spread on frosting made by creaming together cream cheese, margarine, powdered sugar and vanilla. Sprinkle nuts on top. Serves 15.

This cake is so moist and good, I dream about it.

PUMPKIN CAKE ROLL

Joni Reeves

- 3 eggs
- 1 C. sugar
- 2/3 C. pumpkin
- 1 tsp. lemon juice
- 3/4 C. flour
- 1 1 tsp. baking powder

- 2 tsp. cinnamon
- 1 tsp. ginger
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1 C. chopped nuts

Beat eggs for 5 minutes, gradually beat in sugar. Stir in pumpkin and lemon juice. Mix dry ingredients together and fold into mixture. Spread on greased and floured 15x10x1-inch baking sheet. Top with 1 cup chopped nuts. Bake 15 minutes at 375°. Turn out on tea towel (nut-side down). Sprinkle with powdered sugar. Starting at narrow end, roll towel and cake together. Cool and unroll. Fill with filling.

FILLING:

- 1 C. powdered sugar
- 2/3 oz. pkgs. cream cheese

- 4 T. margarine
- 1/2 tsp. vanilla

Combine all ingredients. Beat until smooth. Spread over cake and reroll. Chill well before serving.

A friend is one who walks in when the rest of the world walks out.

TEXAS BROWNIES

Cheryl Doser

- | | |
|------------------------|-----------------------------|
| 2 C. flour | 2 eggs (well beaten) |
| 2 C. sugar | 1 tsp. soda |
| 1 tsp. cinnamon | 1/2 C. buttermilk |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 1 stick oleo | |
| 1 C. water | |
| 3 T. cocoa | |

Into mixing bowl, sift flour, sugar, cinnamon and salt. In saucepan, combine oleo, water and cocoa. Bring to a boil and pour over dry ingredients. In another bowl, combine eggs, soda, buttermilk, vanilla; add to first mixture. Thoroughly mix; pour into 11x15-inch jellyroll pan and bake at 350° for 20 minutes. When cool, frost with "Chocolate Pecan Frosting". Cut into small squares.

TEXAS SHEET CAKE

Kaye Trim

- | | |
|-------------------------------------|----------------------------|
| 1 stick margarine | 1 C. flour |
| 1 C. sugar | 1/2 C. chopped nuts |
| 4 eggs (beaten) | 1 tsp. vanilla |
| 1 16 oz. can chocolate syrup | |

Cream margarine and sugar; add eggs; mix well. Add syrup, flour, nuts and vanilla; mix. Pour into ungreased 15x10-inch pan. Bake at 350° for 20 to 25 minutes. Frost while still hot, cool and cut into squares.

TEXAS SHEET CAKE FROSTING

Kaye Trim

- | | |
|-----------------------|-----------------------------|
| 1 1/2 C. sugar | 6 T. margarine |
| 6 T. milk | 1 C. chocolate chips |

Combine sugar, milk and margarine in saucepan. Bring to a boil. Boil for 30 seconds. Remove from heat and add chocolate chips. Beat until thick enough to spread. Serves 20+.

There is no right way to do the wrong thing.

ZUCCHINI SPICE CAKE

Mary McGinley

- | | |
|-----------------------------|-------------------------------|
| 3 eggs | 2 tsp. baking soda |
| 2 C. sugar | 3 tsp. cinnamon |
| 1 C. oil | 1/2 tsp. baking powder |
| 2 C. grated zucchini | 3 tsp. vanilla |
| 2 C. flour | 1 C. chopped walnuts |
| 1 tsp. salt | |

Mix eggs, sugar, oil, zucchini and flour. Beat with mixer until well blended. Then add salt, soda, cinnamon, baking powder and vanilla. Beat with mixer for several minutes. Stir in nuts. Turn into greased and floured 9x13-inch baking pan; bake at 350° for 45 to 50 minutes.

This is great with a cream cheese frosting.

When God measures men, he puts the tape around the heart and not the head.



Casseroles



BAKED CARROT DISH

Bev Hoover

**2 lbs. carrots, cleaned,
sliced**
**8 oz. pkg. Velveeta,
cut up**

1 stick oleo, cut up
Cracker crumbs
1/4-1/2 stick oleo

Parboil carrots for about 10 minutes and add desired seasoning. Add Velveeta and 1 stick oleo. Mix together. Place in casserole. Top with cracker crumbs and dot with oleo. Bake at 350° for 30 minutes.

BROCCOLI CASSEROLE

Lynnea Young

1 pkg. frozen broccoli
1/2 C. onion (chopped)
1/2 C. celery (chopped)

1 C. mushroom soup
1 C. Minute rice
1 sm. jar Cheez Whiz

Cook broccoli until barely tender; drain. Add broccoli, celery, onion and soup to rice. Add Cheez Whiz. Stir. Pour into greased 1 1/2-quart casserole. Bake in 350° oven for 30 minutes.

BROCCOLI-CHEESE CASSEROLE

Shirley A. From

1/2 C. chopped onion
4 T. margarine
2 T. flour
1/2 C. water
8 oz. Cheez Whiz

**2 pkgs. frozen, chopped
broccoli**
3 eggs
1/2 C. crumbs
2 T. margarine

Saute onion in margarine. Stir in flour. Gradually add water and cook, stirring, till it thickens and boils. Blend in cheese. Add broccoli. Beat eggs well and fold into broccoli mixture. Turn into 1 1/2-quart casserole. Cover with crumbs tossed in margarine. Bake at 325° for 20 to 25 minutes. Serves about 6.

Waste of time is the most extravagant and costly of all expenses.

BROCCOLI-CHICKEN CASSEROLE

Marge Wigton

- | | |
|---|--|
| 2 pkgs. chopped
broccoli, cooked | 1 C. mayonnaise |
| 2 C. cooked chicken,
diced | 1/2 tsp. lemon juice |
| 1 can cream of
chicken soup | 1/2 tsp. curry powder |
| 1 can Cheddar cheese
soup | 1 can Chinese noodles |
| | 1 1/2 C. Cheddar cheese,
grated |

Combine broccoli, chicken, soups, mayonnaise, lemon juice and curry powder. Mix in Chinese noodles; reserve 3/4 cup for top. Pour into greased 9x13x2-inch baking pan. Top with cheese and noodles. Bake in 350° oven for 30 minutes.

BROCCOLI RICE

Marjorie Lankford

- | | |
|------------------------------------|-----------------------------|
| 2 boxes frozen
broccoli | 1 can chicken soup |
| 1 C. Minute rice | 1 sm. jar Cheez Whiz |
| Sm. onion, chopped | 1 C. milk |

Cook broccoli according to directions on box; drain. Combine other ingredients and add broccoli. Turn into 2-quart baking dish. Bake in 350° oven, covered, for 15 minutes and uncovered for 25 minutes.

CARROT CASSEROLE

Londa DeYoung

- | | |
|--|--|
| 4 C. sliced carrots | 1/2 C. grated cheese |
| 1 sm. onion, chopped | Salt and pepper to
taste |
| 6 T. butter, divided in
two | 1 6 7 oz. box seasoned
cROUTONS |
| 1 can cream of celery
soup | |

Boil carrots in salted water; drain. Meanwhile, brown onions in 3 tablespoons butter; keep warm. Add soup, cheese, onion, salt and pepper to the carrots. Add half the cROUTONS and mix thoroughly. Top with remaining cROUTONS and 3 tablespoons melted butter. Bake in greased 1 1/2-quart casserole at 350° for 30 minutes. Serves 6.

CHEESE BURGER PIE

Becky Sparks

1 C. tomato sauce
1/2 med. diced onion
1/2 med. diced green
pepper
1/2 pkg. beef Lipton
instant soup mix
1 tsp. sugar
1/2 tsp. chili powder

1/4 tsp. garlic powder
1/2 lb. cooked, ground beef
2 C. cooked rice
4 oz. shredded Cheddar
cheese
1 deep-dish prepared
pie shell

Combine first 7 ingredients in saucepan and simmer for 10 minutes. Take off heat and add beef, rice and cheese. Stir until cheese is melted. Turn into pie shell and bake for 20 to 30 minutes at 350°. Let cool for 15 minutes before serving. Serves 4 to 6.

CHEESE 'N GRITS

Vi Young

4 1/2 C. water
1 C. "quick grits"
1/2-1 tsp. salt

1/8 lb. margarine (or more)
1 6 oz. pkg. Kraft garlic
cheese (or favorite
substitute)

Bring water to boil; stir in grits and salt. Gradually reduce heat, cooking 2 1/2 to 5 minutes; stirring occasionally. Add margarine and cheese while stirring. Grits are ready to serve after cooling slightly. If used for potluck offering, they may be transferred to casserole and kept warm in low oven.

This is an excellent dish to serve with ham, fish, etc. instead of potatoes.

CHEESE PUFF

Sarah Donohoe

5 slices buttered
bread, cubed
3/4 lb. sharp Cheddar
cheese, grated
1/2 tsp. dry mustard

4 eggs, slightly beaten
2 C. milk
1 tsp. Worcestershire
sauce
1/2 tsp. salt

Mix all ingredients in 9x11-inch casserole. Let stand 3 hours or overnight. Bake at 350° for 45 minutes.

This is a perfect breakfast dish for guests.

CHICKEN CASSEROLE

Martha Komma

- 1 med. onion, chopped
- 3 T. butter or margarine
- 1 can cream of mushroom soup
- 1 can cream of chicken soup

- 1/2 C. green chilies, chopped
- Med. pkg. flour tortillas
- 2 C. diced, cooked chicken
- 1 lb. Cheddar cheese, grated

Saute onion in 3 tablespoons butter. Add soups and chilies. Add chicken broth if more liquid is needed. Boil 10 minutes. Tear tortillas into pieces and layer with chicken, cheese and sauce in 9x13-inch casserole. Repeat layers, ending with cheese. Bake in 350° oven for 45 minutes.

CHICKEN CASSEROLE

Ruth Rieman

- 2 whole chicken breasts
- 1 can chicken rice soup
- 1 can mushroom soup

- 1 can chow mein noodles
- 1 small can condensed milk
- 1/2 C. cooked, cubed celery
- 1/2 C. potato chips

Cook chicken breasts until tender; debone and cube. Stir in other ingredients. Pour into 2-quart casserole; cover with crushed potato chips. Bake at 350° for 1 hour.

CHICKEN DELIGHT CASSEROLE

Cheryl West

- 6 slices bread, cubed
- 3/4 C. melted butter or margarine
- 2 C. (2 cans) chicken noodle soup
- 1 C. (1 can) cream of mushroom soup

- 2 eggs
- 4 whole chicken breasts
- 1 C. crumbled cornflakes
- 1/4 stick melted butter or margarine

Mix bread cubes with 3/4 cup melted butter. Add soups. Add eggs and chicken, which has been cooked, removed from bones and cut into chunks. Mix together. Pour into casserole and bake in 350° oven for 1 to 1 1/2 hours, depending on casserole depth. Mix cornflakes in 1/4 stick melted butter and sprinkle over casserole last 10 to 15 minutes of baking.

CORNED BEEF NOODLE CASSEROLE

Ruth Rieman

- | | |
|------------------------------------|--|
| 1 8 oz. pkg. frozen noodles | 1/2 C. celery, chopped fine |
| 1 can corned beef | 1/2-1 C. American cheese as desired |
| 1 can cream of chicken soup | 1/2 C. crushed cornflakes or potato chips |
| 1 tsp. dry onion flakes | 2 T. margarine or butter |

Cook noodles as directed (for 2 - use 1/2 package). Combine corned beef, soup, onion flakes, celery and cheese; add to noodles. Pour into 2-quart casserole. Top with crushed cornflakes or potato chips; dot with butter. Bake at 350° for 1 hour.

CROCKPOT SPAGHETTI

Lisa Williams

- | | |
|----------------------------------|---------------------------------------|
| 1 lb. ground beef | 1/4 tsp. pepper |
| 1 T. instant minced onion | 4 oz. dry (uncooked) spaghetti |
| 1 1/2 tsp. salt | 8 oz. can tomato sauce |
| 1/2 tsp. garlic powder | 4 oz. can mushrooms, undrained |
| 1/2 tsp. dry mustard | 3 C. tomato juice |
| 1/4 tsp. allspice | |
| 1/4 tsp. mace | |

Brown ground beef in skillet; drain and place in crock pot. Add all remaining ingredients. Stir well. Cover and cook on low for 6 to 7 hours or high for 3 1/2 hours.

DUTCH BABIES

Sarah Donohoe

2- TO 3-QUART PAN:

(Serves 4)

- 1/4 C. butter**
- 3 eggs**
- 3/4 C. milk**
- 3/4 C. flour**

3- TO 4-QUART PAN:

(Serves 6)

- 1/3 C. butter**
- 4 eggs**
- 1 C. milk**
- 1 C. flour**

Melt butter in 425° oven in pan while mixing batter. Put eggs in blender at high speed 1 minute. With motor on, gradually pour in milk, then flour. Whir 30 seconds more. Pour into hot, melted butter. Return to oven and bake at 425° for 20 to 25 minutes until puffy and well browned. (Dutch Babies really puff up, so you may want to lower your rack a notch or two.) Serves 4 or 6.

This novelty breakfast dish tastes great with honey, maple syrup or plain.

GOULASH

Roberta Piatt

1 lb. hamburger
1 1/2-2 C. macaroni (shell)
1 onion, chopped

1 lg. can tomatoes
Salt & pepper

Mix ingredients together in large bowl. Pour into 2-quart casserole and cook, covered, for about 1 1/4 hours at 425°. Add water if tomatoes do not have a lot of liquid on them to cook macaroni.

HAMBURGER CASSEROLE

Marilyn Klein

1 lb. hamburger
1 C. celery, diced
1 onion, chopped
1 can bean sprouts

2 cans celery soup
1/2 C. Minute rice
Chinese noodles

Brown meat, add celery, onion and cook till meat is done. Add bean sprouts, soup and rice. Pour in buttered 12x12-inch baking dish. Cover. Bake 1 hour at 350°. Put noodles on top 30 minutes before done. Serves 6.

HAMBURGER RICE CASSEROLE

Carole Reeves

1 lb. ground beef
1/2 C. chopped celery
1 med. onion, chopped
1 can cream of mushroom soup

1 can cream of chicken soup
2 T. soy sauce
3/4 C. rice, uncooked

Brown ground beef and drain. Cook onion and celery in a bit of margarine until tender crisp. Add all ingredients together. Bake in 2-quart baking dish at 350° for 40 to 45 minutes until rice is done and casserole is hot and bubbly. Serves 4.

Your best helper is yourself.

OVERNIGHT EGGS

Carole Reeves

**2 slices bread, broken
up**
1 tsp. dry mustard
**1 lb. sausage, browned
and drained**

**1 C. sharp grated
cheese**
6 eggs
1 C. milk

Tear bread into a greased 1 1/2-quart casserole, sprinkle on mustard, sausage and cheese; toss. Mix eggs and milk together and pour over bread mixture. Refrigerate overnight. Bake in 350° oven, uncovered, for 35 to 40 minutes. Mixture will puff up slightly, like an omelet.

Great for serving guests with no fuss in the morning.

PIZZA BAKE

Nicolette D. Lane

**1 lb. ground beef or
pork**
Spices to taste
1 15 oz. can tomato sauce
1 T. Bisquick
1 C. mozzarella cheese

CRUST:
1 C. Bisquick
1 C. milk
1 egg

Brown meat - add spices to taste. Add sauce, 1 tablespoon Bisquick. Spread in 9x13-inch pan. Sprinkle with cheese over top. Mix all crust ingredients well. Batter will be runny. Pour this over the meat and cheese mixture. Bake in 375° oven for 20 minutes.

PIZZA CASSEROLE

Sharon Dady

**1 1/2 lb. ground beef,
browned**
**1/2 tsp. anise seed
(don't omit)**
1 1/4 tsp. salt
1/4 tsp. pepper

1/4 tsp. garlic salt
1/8 tsp. allspice
3 1/4 C. spaghetti sauce
1/2 lb. lasagne noodles
**6 1/2 oz. mozzarella cheese
(shred)**

Brown beef with anise seed, salt, pepper, garlic salt and allspice. Add spaghetti sauce to meat mixture. Prepare noodles according to package instructions. Layer noodles, meat mixture and half of the cheese in that order in a 9x13-inch pan. Repeat. Sprinkle the remaining cheese over the top. Bake 30 minutes at 350°. The secret is the anise seed to give pizza flavor.

You may add more anise seed and more cheese, if desired.

POTATO AND HAM DISH

Vi Young

- 2 lb. bag frozen hash brown potatoes**
- 1 can cream of celery soup**

- 2 cans cream of potato soup**
- 1 8 oz. carton sour cream**
- Cubed ham, as desired**

Mix all ingredients together without defrosting potatoes. Use undiluted soups. Bake at 325° to 350° for 1 to 1 1/2 hours in 1 1/2- to 2-quart casserole.

POTLUCK CASSEROLE DISH

Joan Johnson

- 1 can cream-style corn**
- 1 can whole kernel corn**
- 1 C. sour cream**
- 1 box Jiffy corn bread mix**

- 2 eggs**
- 1 stick margarine (cut up)**
- 4 T. chopped onion**
- Salt & pepper to taste**

Mix all ingredients together. Bake, uncovered, in 1 1/2-quart greased casserole dish at 350° for 45 minutes. Serves 10 to 12.

SCALLOPED CHICKEN

Lisa Williams

- 1 whole chicken (boiled, boned and cubed)**
- 1/2 loaf bread, torn**

- Salt to taste**
- 1 pt. milk**
- 3 eggs, beaten**
- 1 pt. broth from chicken**

In large mixing bowl, mix together chicken and bread; pour milk over bread and chicken. Add beaten eggs and broth. Bake in 13x9-inch greased baking pan for 2 hours at 300°. Serves 4 to 6.

TURKEY TETRAZZINI

Becky Sparks

- 1 med. onion, diced**
- 1 green pepper, diced**
- 1 stick margarine**
- 1 lb. Velveeta cheese**

- 1 can mushroom soup**
- 3 C. cooked turkey, chopped**
- 8 oz. cooked spaghetti**

In skillet, sauté onion and pepper in margarine. Add cheese and soup to melt. Take off heat and add meat and spaghetti and mix well. Turn into 2-quart casserole and bake for 30 minutes at 350°. Serves 4 to 6.



Cookies & Candy

CHOCOLATE CHIP OATMEAL COOKIES

Susan Yinger

- | | |
|------------------|----------------------------|
| 1 C. shortening | 1 tsp. baking soda |
| 1 C. brown sugar | 1/2 tsp. baking powder |
| 1 C. white sugar | 1/2 tsp. salt |
| 2 eggs | 1 tsp. vanilla |
| 2 C. oatmeal | 1 C. chocolate chips |
| 2 C. flour | 1/2 C. chopped nuts (opt.) |

Blend together shortening and sugars; stir in eggs. Mix together dry ingredients (oatmeal, flour, soda, powder and salt). Add dry ingredients and vanilla to egg mixture. When thoroughly blended, stir in nuts and chips. Drop by teaspoonfuls on greased cookie sheets. Bake at 350° for 12 minutes.

COCONUT WHEAT GERM BARS

Lucille Summy

- | | |
|----------------------------------|-----------------------|
| 1 C. wheat germ | 1 tsp. baking powder |
| 1 C. unbleached flour | 1/4 tsp. salt |
| 1/4 C. firmly packed brown sugar | 2 tsp. vanilla |
| 1/2 C. melted margarine | 2 2/3 C. coconut |
| 3/4 C. brown sugar | 1 C. chopped nuts |
| 4 eggs, beaten | 1/4 C. powdered sugar |
| 2 T. flour | |

Combine wheat germ, flour, 1/4 cup brown sugar and margarine; mix together. Press into bottom of greased 9x13x2-inch pan. Bake at 350° for 20 minutes. Mix together 3/4 cup brown sugar, eggs, flour, baking powder, salt and vanilla. Stir in coconut and nuts. Spread over crust, bake 20 minutes. Cool, sprinkle with powdered sugar and cut into bars.

Life is a grindstone. Whether it grinds you down or polishes you up, depends on what you are made of.

DANISH BUTTER COOKIES

Shirley Freeman

1 C. butter (no
substitutes)
1 C. sugar

1 egg
1 tsp. vanilla
2 C. flour

Cream butter and sugar until fluffy. Add egg and vanilla and beat well. Mix in flour. Form into 2 rolls, about 2-inches in diameter. Refrigerate 4 hours. Slice very thin (1/8 to 1/4-inch) and place on ungreased cookie sheet. Bake at 350° for 8 to 10 minutes until golden on edges. Makes 3 dozen.

Very light, crisp cookie which is good plain or decorated. Can also be used in a cookie press.

DATE BARS

Lucille Summy

4 eggs
1 1/4 C. powdered sugar
6 T. melted margarine
(cooled)
1 1/2 C. unbleached flour

3 tsp. baking powder
1/2 tsp. salt
3 C. cut-up dates
1 1/2 C. nuts

Beat eggs until foamy. Stir in powdered sugar; add margarine. Mix together flour, baking powder and salt; fold into egg mixture. Gently fold in dates and nuts. Pour into greased 9x13-inch pan. Bake 25 minutes in 350° oven. Sprinkle with powdered sugar. Cool and cut into bars.

DAVY CROCKETT BARS

Marilyn Klein

2 C. flour
1 C. sugar
1 tsp. baking soda
1 tsp. salt
1 C. brown sugar
2 C. oatmeal

1 C. cooking oil
2 eggs
1 tsp. vanilla
1 6 oz. pkg. chocolate or
butterscotch chips
1 C. chopped nuts

Stir together dry ingredients. Mix together oil, eggs and vanilla. Blend ingredients together by hand. Stir in chips and nuts. Spread on ungreased jellyroll pan. Bake in 350° oven for 15 minutes.

The more of earth we want -- the less of heaven we get.

DOUBLE CRUNCH BARS

Lucille Summy

2/3 C. packed brown sugar
2/3 C. melted margarine or butter

1/4 C. honey
1 tsp. vanilla
4 C. Quick Quaker Oats
1 1/2 C. chopped nuts

Combine all ingredients; mix well. Press firmly into well-greased 15 1/2x10 1/2-inch jellyroll pan. Bake in preheated 450° oven for 12 minutes until bubbly and golden brown. Cool and cut into bars.

GRANDMA SALLY'S SOFT SUGAR COOKIES

Becky Sparks

1 C. lard
1 C. white granulated sugar
1 C. brown sugar
3 eggs
1 C. sour milk
Pinch of salt

1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
1/2 tsp. lemon extract
4 C. flour

Cream lard, sugars, eggs and sour milk together with mixer. Add remaining ingredients and blend well by hand. Let stand in refrigerator for 2 to 3 hours or overnight. Drop by teaspoonful onto cookie sheet. Flatten with fork and bake at 375° for 5 to 6 minutes just until done, but not brown. Makes 5 to 6 dozen.

Don't use mixer when adding the flour or cookie will not be soft.

A diamond is a piece of coal that stuck to the job.

OATMEAL BARS

Carole Reeves

- | | |
|------------------------|--|
| 1 1/4 C. boiling water | 1 tsp. cinnamon |
| 1 C. oatmeal | Raisins, dates or nuts
(if desired) |
| 1 stick margarine | |
| 1 1/2 C. flour | ICING: |
| 1 tsp. soda | 1 C. brown sugar |
| 1 tsp. salt | 2 T. flour |
| 2 eggs | 2 T. margarine |
| 1 C. granulated sugar | 1/2 C. milk |
| 1 C. brown sugar | 1 C. powdered sugar |

Combine boiling water, oatmeal and margarine. Let stand 20 minutes (or until cool). Sift together flour, soda and salt. Add to oatmeal mixture. Add eggs, sugars and cinnamon; beat 2 minutes. Add raisins and nuts, if desired. Bake on greased and floured 11x15-inch baking sheet at 350° for 20 minutes. Cool and frost. To make frosting, boil brown sugar, flour, margarine and milk for 3 minutes. Cool and beat in 1 cup powdered sugar. If necessary, add more powdered sugar to make spreading consistency.

OATMEAL CRISPIES

Joan Johnson

- | | |
|--------------------|--------------------|
| 1 C. shortening | 1 1/2 C. flour |
| 1 C. sugar | 1 tsp. salt |
| 1 C. brown sugar | 1 tsp. soda |
| 2 well-beaten eggs | 3 C. quick oats |
| 1 tsp. vanilla | 1/2 C. nuts (opt.) |

Cream shortening and sugars; add eggs and vanilla. Beat well. Add dry ingredients and oatmeal to mixture, mix well. Stir in nuts, if desired. Form into a roll on waxed paper, chill and slice onto greased cookie sheet (or drop by teaspoons). Bake at 350° for 10 to 12 minutes.

OATMEAL RAISIN COOKIES

Cheryl Doser

- | | |
|------------------|----------------|
| 3 C. shortening | 3 tsp. salt |
| 3 C. white sugar | 3 tsp. vanilla |
| 3 C. brown sugar | 3 tsp. soda |
| 6 eggs, beaten | 6 C. flour |
| 1 C. molasses | 8 C. oatmeal |
| | 3 C. raisins |

In mixer bowl, cream shortening and sugars; beat in eggs and molasses. Add vanilla, salt, soda and mix. Pour into very large bowl; stir in flour, oatmeal and raisins. Drop by large teaspoonfuls on cookie sheet. Bake at 350° for 10 minutes.

PEANUT BUTTER BALLS

Marilyn Klein

- 1 stick margarine (melted)
- 2 C. peanut butter
- 3 C. Rice Krispies
- 1 lb. powdered sugar

- 1/2 C. chopped nuts
- 1 lb. almond bark, chocolate or butterscotch

Mix margarine, peanut butter, cereal, powdered sugar and nuts with hands; form into 1-inch balls. Chill 1 hour or more. Dip in melted bark (chocolate or butterscotch). Place on waxed paper until set.

SUGAR COOKIES

Lisa Williams

- 3 1/4 C. flour
- 1 tsp. soda
- 1/2 tsp. salt
- 1/2 C. shortening or butter (soft)

- 1 C. sugar
- 1 egg (unbeaten)
- 1 tsp. vanilla or 1/2 tsp. nutmeg
- 1/2 C. Carnation milk or sour cream

Sift together flour, soda and salt. Set aside. Cream shortening and sugar; add egg and vanilla or nutmeg. Add milk and flour mixture; beat until well blended. Roll out 1/4-inch thick on lightly-floured surface. Cut with favorite cookie cutter. Place on greased baking sheet. Bake at 425° for about 12 minutes. Makes about 2 1/2 dozen cookies.

TOFFEE SQUARES

Susan Yinger

- 1 C. shortening
- 1 C. brown sugar, packed
- 1 egg
- 1 tsp. vanilla

- 2 C. flour
- 1/4 tsp. salt
- 1 C. chocolate chips, Not Imitation!!!
- 1/2 C. chopped nuts

Mix shortening, sugar, egg, vanilla, flour and salt. Spread in ungreased 11x17-inch pan and bake about 18 minutes at 350°. Immediately remove the pan from oven and sprinkle chocolate chips over the browned dough. Let them melt and spread. Sprinkle with nuts and cut while warm.

Never let tomorrow's work tire you today.

WALNUT FUDGIES

Shirley A. From

- | | |
|------------------------------------|---|
| 3 oz. unsweetened chocolate | 1/4 tsp. vanilla |
| 1/2 C. margarine | 1/2 tsp. salt |
| 2 C. sugar | 1 C. sifted flour |
| 2 eggs | 1/2-1 C. chopped English walnuts |

In a saucepan, melt chocolate and margarine over low heat or hot water. Remove from heat and beat in the sugar. Beat until sugar does not grate on side of pan. Cool until bottom of pan is slightly warm to palm of your hand. Beat in eggs. Mix well, stir in vanilla. Add salt and flour. Beat until flour disappears. Stir in chopped nuts. Pour batter into a well-greased, standard 8-inch cake pan. Bake in preheated oven, 350° F. for exactly 30 minutes. Remove at once and place on cake rack. (Mixture will become firm as it cools.) When fudgies are cool, cut as desired. Lift out with spatula. Makes 16 squares.

WHOLE WHEAT FRUIT DROPS

Cheryl West

- | | |
|---------------------------------------|---|
| 1/2 C. butter or margarine | 1/2 tsp. baking powder |
| 1 C. light brown sugar, packed | 1/2 tsp. salt |
| 1 egg | 2 T. wheat germ |
| 1 tsp. vanilla | 1 C. quick oats |
| 1 C. whole wheat flour | 1/2 C. chopped pecans |
| 1/2 tsp. baking soda | 1/2 C. raisins |
| | 1/2 C. chopped, dried apples or apricots |

Beat together butter and sugar. Add egg and vanilla; beat until light and fluffy. Stir together flour, baking soda, baking powder, salt and wheat germ. Add to creamed mixture and mix well. Stir in all other ingredients, mixing until blended. Drop on greased cookie sheets. Bake at 350° for 8 to 12 minutes or until lightly browned. Cool and store in covered containers.

Face powder may attract a man, but baking powder will hold him.

POTATO CHIP COOKIES

Vivian B. Gavin

- | | |
|-------------------|---------------------------------|
| 1/2 C. butter | 2 C. flour |
| 1/2 C. shortening | 1 tsp. soda |
| 1 C. brown sugar | 2 C. crushed potato chips |
| 1 C. white sugar | 1 6 oz. pkg. butterscotch chips |
| 1 tsp. vanilla | 1 C. nutmeats (chopped) |
| 2 eggs | |

Cream together butter, shortening and sugars. Add vanilla and eggs. Beat until smooth. Sift flour and soda together. Add to creamed mixture and mix well. Stir in potato chips, butterscotch chips and nuts. Drop by teaspoonsful on cookie sheet. Bake at 375° for 10 to 12 minutes.

BEST FUDGE

Zada Z. Burrell

- | | |
|-----------------------|--------------|
| 2 C. sugar | 3 T. cocoa |
| 2 T. white Karo syrup | 3/4 C. cream |

AFTER COOKED TO SOFT BALL STAGE, ADD:

- | | |
|-------------|--------------|
| 2 T. butter | 1 T. vanilla |
|-------------|--------------|

AFTER BEATING, ADD:

- 1 C. nutmeats

In 3-quart heavy saucepan, stir together sugar, syrup, cocoa and cream. Cook over high heat, stirring occasionally to soft ball stage (236° on candy thermometer) or test in a cup of cold water with an ice cube added. When the candy can be rolled around in the cold water and you can pick up the ball, it is ready to take off the heat. Add the butter and vanilla, let cool 3 minutes, then beat until the shine is gone, add nutmeats and pour into a greased pie pan.

It does not take long to cook, so keep testing often. Also, do not overbeat as you won't be able to get it out of the pan in time.

Some people give and forgive - others get and forget.

BROWN SUGAR PRALINES

Shirley Freeman

- 1 lb. golden brown sugar (2 1/3 C.)
- 2/3 C. evaporated milk
- 2 T. butter or margarine

- 1 tsp. vanilla
- Dash of salt
- 2 C. pecan halves

In 3-quart saucepan, combine sugar, evaporated milk and butter. Place over high heat, stirring constantly until boiling. Place candy thermometer in mixture, reduce heat to medium and continue cooking to 236° (soft ball stage). Remove from heat, add vanilla, salt and pecan halves. Beat with wooden spoon until mixture just starts to thicken (2 to 4 minutes). Drop from spoon into paper-lined muffin pans. If candy becomes too stiff while spooning, heat gently to soften. Makes 24 to 28 pieces.

CANDY PIECES

Sharon Dady

- 2 lbs. almond bark
- 1 C. chunky peanut butter
- 2 C. dry roasted peanuts

- 2 C. miniature marshmallows
- 3 C. rice cereal

Melt almond bark in 200° oven. Stir in peanut butter. Add remaining ingredients and mix well. Drop by teaspoon on waxed paper.

CARAMEL CORN

Susan Yinger

- 1/2 C. white corn syrup
- 1/2 C. butter or margarine
- 1 C. brown sugar

- 1/4 tsp. salt
- 1/4 tsp. baking soda
- 1/2 tsp. vanilla
- 4 qts. popped popcorn

In saucepan, combine corn syrup, margarine and brown sugar; boil for 5 minutes. Add the soda, salt and vanilla. Pour this mixture over popped popcorn in 9x13-inch pan and stir. Bake 1 hour at 250°, stirring every 15 minutes. Remove from oven and stir as it cools to keep from sticking together.

This recipe can be doubled; place popcorn and caramel coating in a large roaster pan. Fairly foolproof recipe; it's not likely that an inexperienced candy maker will ruin this!!

You show someone you care just by being there.

EASY CARAMELS

Cheryl Doser
Marjorie Lankford

**1 C. butter or
margarine**
1 lb. brown sugar
(2 1/4 C.)
Dash of salt

1 C. light corn syrup
**1 15 oz. can sweetened
condensed milk**
1 tsp. vanilla

Melt butter in heavy 3-quart saucepan. Add brown sugar and salt, stirring until thoroughly blended. Stir in corn syrup, then sweetened condensed milk, stirring constantly. Cook and stir over medium heat till candy reaches firm ball stage (245°), 12 to 15 minutes. Remove from heat, stir in vanilla. Pour into buttered 9x9-inch pan. Cool thoroughly. Cut in small squares. Wrap in plastic wrap. Makes 2 1/2 pounds.

ENGLISH TOFFEE

Marjorie Lankford

1 lb. butter or oleo
2 1/4 C. sugar
1/4 C. water
1 lb. pecans

**1 lb. chocolate or
combine with
chocolate bits**

Mix ingredients. Boil to hard crack stage (310°), stirring constantly (1/2 hour). Spread pecans evenly on cookie sheet; pour candy over pecans. Cool. Melt chocolate and spread on cooled candy. Break into pieces.

The glory of life is being useful.

Praise so often can inspire someone to reach a little higher.

Sharing's such a simple way of sweetening someone else's day.

TOFFEE

Shirley A. From

2 sticks butter (1 C.)
1 1/2 C. brown sugar

1 1/2 C. chocolate chips
1/2-3/4 lb. chopped pecans

Butter a 10x12-inch cookie sheet and sprinkle generously with chopped pecans (1/2 to 3/4 pound). In a big, heavy, cast iron skillet, heat butter and brown sugar. (Do NOT use margarine in this candy; it won't work.) From the moment you put it on the stove, stir it. This mixture burns in a hurry. When mixture bubbles all over, continue stirring and cook for 7 to 9 minutes. Mixture will turn a little darker and will not stick to the pan. (During the early cooking period, you'll think butter never will combine with the sugar, but don't worry, it will.) Drizzle hot mixture over nuts and sprinkle with chocolate chips. Cover with foil for 2 or 3 minutes until chips melt, then spread chocolate over the toffee. While hot, run knife through candy to shape pieces. Refrigerate until chocolate is set. Makes about 2 dozen.

TOFFEE

Roberta Piatt

1 C. sugar
1/2 lb. butter
3 T. water

1 tsp. vanilla
6 plain Hershey bars
1/3 C. walnuts

Place sugar, butter and water in a pan and let it come to a slow boil. Cook until it is bubbly and caramelized. Stir occasionally. Add vanilla when it is ready to pour. Pour into shallow 8x8-inch pan. Place broken Hershey bars over hot caramel mixture and spread evenly as they melt. Sprinkle with finely chopped nuts. Mark in square before it hardens. Serves 30.

Helpful to have an extra pair of hands for spreading chocolate - must be done rapidly. Triple recipe for 11x17 cookie sheet.

To spice up a day, just take a minute and put a dash of loving in it.



Main Dishes

BARBEQUE BEEF

Shirley Freeman

- | | |
|----------------------------------|--|
| 5 lbs. ground beef | 1 C. dry rice (uncooked) |
| 1 C. chopped onion | 1 qt. tomatoes or juice |
| 1 C. chopped green pepper | 3 18 oz. bottles barbeque sauce |
| 1 C. chopped celery | 1 pt. water (opt.) |

In large container, fry ground beef, onion, pepper, celery and rice until beef is crumbly and slightly browned. Add tomatoes and cook until done. about 1/2 hour. Add barbeque sauce and stir well. If too thick, add water. Season with salt and pepper to taste. This is a LARGE recipe and freezes well. Serve hot on buns. Grr-eat for a crowd of hungry teens. Serves 40 to 45.

I sometimes divide recipe in thirds and freeze 2 containers. The remainder stays in refrigerator for quick sandwiches. Bun and barbeque placed in microwave 1 minute (or less, depending on wattage) serves a fast lunch.

BEEF "BIRDS"

Shirley Freeman

- | | |
|---|--|
| 1 med. onion, diced | 4 cube steaks |
| 1/2 C. butter or margarine | 1/4 C. flour |
| Salt & pepper to taste | 1/4 C. butter or margarine |
| 4 slices bread, torn into small pieces | 10 oz. can beef broth (bouillon) soup |

In hot skillet, melt 1/2 cup butter, sauté onion. Add salt and pepper. Toss bread pieces in mixture until well coated and brown. Flour both sides of cube steak. In center of each steak, place large spoonful of the bread and onion stuffing mix. Shape meat into a roll and fasten together with toothpicks. Brown in remaining butter. Arrange in casserole dish. Empty beef broth soup into pan drippings in which steak rolls were browned. Heat to boiling and thicken with remaining flour. Season to taste. Pour over steak rolls. Cover casserole and bake 1 1/2 hours at 350°. Serves 4.

Pork tenderloins or veal steak may be substituted for beef. Serving size easily adjusted by adding extra steak and 1/2 can water to soup gravy.

Life's fun when you go through each day in a happy-go-lucky way.

BEEF BURGUNDY

Bette Fulton

3/4 C. chopped onion
1/2 C. mushrooms
2 T. fat
2 lbs. cubed beef
1 1/2 T. flour

1/2 tsp. thyme
1/4 tsp. marjoram
Salt & pepper to taste
1/2 C. consommé
1 C. dry red wine

In a heavy skillet, sauté onion and mushrooms in fat until golden. Remove. Sauté beef. Add flour and spices. Add consommé and wine. Simmer, covered, 3 1/2 hours. Add more liquids as necessary. Return onion and mushrooms to skillet last 3/4 hour. Serve with rice.* Serves 4 to 6.

*Especially good with wild/brown rice mix; gives a "nutty" flavor.

BEEFBURGER MIX

Vivian B. Gavin

1 lb. ground beef
1 C. catsup
1 tsp. salt
1/2 tsp. pepper

1 T. prepared mustard
1/2 tsp. finely chopped onion
1/2 tsp. chili powder
1/4 C. water

Brown meat in heavy skillet and drain grease. Add remaining ingredients. Simmer slowly about 35 to 45 minutes. This will allow mixture to thicken. Serve on buns. Keeps well; can be fixed ahead and reheated.

BREAKFAST PIZZA

Lynn Carlson

1 lb. ground sausage
1 pkg. (8) refrigerated crescent rolls
1 C. frozen hash browns (thawed)
1 C. sharp Cheddar cheese (grated)

5 eggs
1/4 C. milk
1/2 tsp. salt
1/8 tsp. pepper
2 T. grated Parmesan cheese

Cook and drain sausage. Separate rolls into triangles and press in an ungreased 12-inch pizza pan to form crust. Spoon sausage over crust, sprinkle with potatoes and top with Cheddar cheese. Mix eggs, milk, salt and pepper and pour over crust. Sprinkle with Parmesan cheese. Bake in 350° oven for 25 to 30 minutes. Serves 10 to 12.

CHEESE-BAKED CHICKEN

Londa DeYoung

- 2 chicken breasts**
- 1 T. melted butter**
- 1/3 C. Parmesan cheese**
- 1 tsp. minced onion**

- Paprika**
- Pepper**
- 2 T. butter**

Dip chicken breasts in 1 tablespoon melted butter, then in Parmesan cheese. Sprinkle onion, paprika and pepper on top. Dot remaining butter in pie plate. Place chicken, skin-side up in baking dish. Bake at 375° for about 50 minutes or until tender. Spoon drippings over chicken twice during baking. Cover with foil the last 15 minutes, if necessary, to prevent over-browning. Serves 2.

CHICKEN DELIGHT

Sheryl Lovell

- 1 small jar dried beef**
- 4-6 boned, skinned chicken breasts**
- 3 strips raw bacon**

- 1 can celery soup or cream of chicken soup**
- 1/2 C. Hidden Valley Ranch dressing**

In the bottom of a casserole or glass rectangular dish, layer the following ingredients: dried beef (will not use entire jar), chicken breasts, 1/2 strip bacon per chicken breast. In a bowl, combine soups and dressing. Stir and pour this mixture over meat. Bake at 350° for 1 to 1 1/4 hours. Serves 4 to 6.

If using a glass dish, bake at 325°.

CHICKEN DIVAN

Norma Klein

- 2 cans cream of chicken soup**
- 1 C. mayonnaise**
- 1/2 C. sherry**
- 1 tsp. lemon juice**
- 1/2 tsp. curry powder**
- 2 pkgs. frozen broccoli spears, cooked**

- 6 whole chicken breasts, cooked**
- 1/2 C. slivered almonds**
- 1/2 C. grated Cheddar cheese**
- 3/4 C. buttered crumbs**

Mix soup, mayonnaise, sherry, lemon juice and curry powder. Place well-drained broccoli, chicken and almonds followed by soup mixture in 9x12 inch pan. Top with grated cheese and buttered crumbs. Bake at 350° for 45 minutes. Serves 6.

COCK-A-DOODLE STEW

Carol Reeves
from Etta Huffy

- | | |
|---------------------------------|------------------------|
| 2 C. sliced carrots | 2 T. flour |
| 2 C. cubed potatoes | 1/4 C. water |
| 1 C. chopped onion | 1 C. flour |
| 1/2 bay leaf | 1 C. oatmeal |
| 1 tsp. salt | 1 T. baking powder |
| 1/4 tsp. pepper | 1 tsp. salt |
| 3 C. chicken broth | 1/4 C. soft shortening |
| 1 C. diagonally-cut
celery | 1 C. milk |
| 2 C. chopped, cooked
chicken | |

Combine carrots, potatoes, onion, bay leaf, salt, pepper and broth; bring to a boil and simmer 10 minutes. Add celery and chicken; cook 10 minutes more. Combine 2 tablespoons flour with water; quickly stir into hot mixture and bring to boil. Pour into 9x13-inch pan. Top with biscuits. To make biscuits, combine flour, oatmeal, baking powder, salt; cut in shortening and stir in milk. Roll to 1/2-inch thickness on lightly-floured surface. Cut into biscuits. Place in top of chicken mixture. Bake at 375° for 20 to 25 minutes.

CORN CHOWDER

Jane Tham

- | | |
|--|----------------------------------|
| 1/2 lb. bacon, fried crisp
& crumbled | 1 can whole potatoes,
chopped |
| 1 med. onion, chopped | 1/2 tsp. salt |
| 1/2 C. celery & tops,
chopped | 1/8 tsp. pepper |
| 2 T. flour | Sprinkle of parsley &
paprika |
| 4 C. milk | |
| 1 can (1 lb. 1 oz.) cream-
style corn | |

Fry bacon; use 3 tablespoons of drippings and fry onion and celery. Remove from heat and blend in flour. Add milk and heat till bubbly. Boil 1 minute. Add corn, potatoes and seasonings. Heat through. Add bacon just before serving.

The smallest pleasure is big enough to share.

CORN CHOWDER WITH CHILES AND CHEESE

Donna Mininger

- | | |
|--|--|
| 1/4 lb. bacon, chopped | 1 1/2 oz. can whole kernel corn |
| 1 C. chopped onion | 3 C. milk |
| 1/2 C. chopped celery | 1 tsp. salt |
| 1/4 C. chopped celery leaves | 1/8 tsp. black pepper |
| 1/4 oz. can diced green chiles, drained | 1 1/2 C. shredded Jack cheese |
| Dash cumin | Avocado slices |
| 2 T. flour | |

Fry bacon in saucepan, then remove and drain on paper towels. Set aside. Pour off all but 3 tablespoons fat. Add onion, celery, celery leaves and chiles. Cook until vegetables are tender, about 8 minutes. Add cumin and flour; stir till blended. Add undrained corn, milk, salt and pepper. Cook and stir till soup comes to boil and is slightly thickened. Stir in 1 cup cheese. Garnish with remaining cheese, bacon and avocado slices. Serves 4 to 6.

COUNTRY GRITS AND SAUSAGE

Vicki Warrick

- | | |
|--|---|
| 2 C. water | 1 C. milk |
| 1/2 tsp. salt | 1/2 tsp. thyme |
| 1 1/2 C. quick grits | 1/8 tsp. garlic |
| 2 1/2 C. sharp Cheddar cheese, grated | 1 lb. pork sausage, cooked & drained |
| 4 eggs, beaten | |

Boil water with salt, stir in grits and bring to boil again. Reduce heat; cook 4 minutes, stirring occasionally. Combine grits and cheese, stirring until cheese melts. Combine eggs, milk, thyme, and garlic, stirring until well mixed. Add a small amount of hot grits mixture to egg mixture. Combine remaining grits to egg mixture. Add cooked sausage and stir well. Put in an 11x7-inch pan and refrigerate overnight. Bake at 350° for 45 minutes.

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

CREAM OF BROCCOLI SOUP

Diana Latch

**1 bunch broccoli (cut
in small pieces)**
1/2 C. water
1 tsp. salt
1 C. chicken broth

1/4 C. butter
1 C. chopped onion
1/4 tsp. flour
1/2 C. salt
3 C. half and half

Put broccoli, water and salt in saucepan. Heat to a boil. Simmer 15 minutes or until just tender. Put broccoli and chicken broth in blender, process until smooth. Set aside and keep warm. Melt butter in medium saucepan, add onion and cook until tender. Blend in flour and 1/2 teaspoon salt. Stir in half and half. Heat to boil, stirring constantly. Boil 1 minute. Pour into blender, process until smooth. Stir in broccoli puree. Heat to serving temperature. Garnish with grated carrot or thin slice of lemon, if desired. Serves 4.

EASIEST MEATBALLS

Susan Yinger

MEATBALLS:

1 1/2 lbs. ground beef
1/2 C. bread crumbs
1/2 C. milk
1 egg
Salt & pepper to taste

SAUCE:

2 C. tomato juice
2 T. flour
1/2 C. barbecue sauce

Mix together ground beef, bread crumbs, milk, salt and pepper. Shape into balls. Place on 11x17-inch pan or cookie sheet with sides and bake at 350° for 30 minutes. Lift them into a 2-quart casserole dish. Mix tomato juice, barbecue sauce and flour. Pour over the meatballs in casserole and bake 20 minutes more at 350°.

Planning your work is good, but doing it is even better.

EASY HAMBURGER STROGANOFF

Faye Petersen

- | | |
|--|---|
| 1 lb. ground beef | 1 8 oz. can mushroom stems & pieces, drained |
| 1 med. onion, chopped (approx. 1/2 C.) | |
| 1/4 C. butter or margarine | 10 1/2 oz. can condensed cream of chicken soup |
| 2 T. flour | |
| 1 tsp. salt | 1 C. dairy sour cream |
| 1 tsp. garlic salt or 1 clove minced garlic | 2 C. hot, cooked noodles |
| 1/4 tsp. pepper | Snipped parsley |

In large skillet, cook and stir ground beef and onion in butter until onion is tender. Stir in flour, salt, garlic salt, pepper and mushrooms; cook 5 minutes, stirring constantly. Remove from heat. Stir in soup; simmer, uncovered, 10 minutes. Stir in sour cream; heat through. Serve over noodles. Sprinkle with snipped parsley. Makes 4 to 6 servings.

FIFTEEN-MINUTE CHICKEN SHORTCAKE

Bette Fulton

- | | |
|-------------------------------------|------------------------------|
| 1 can cream of mushroom soup | 1/2 C. cooked peas |
| 1/3 C. milk | 1 T. chopped pimiento |
| 4 6 oz. boned chicken | 4 biscuits, split |

In small saucepan, blend soup and milk. Add chicken, peas and pimiento. Heat, stirring occasionally. Serve over biscuits. Serves 4.

Can substitute drained tuna for chicken. Or substitute toast for toasted English muffins for biscuits.

FIVE-HOUR BEEF STEW

Susan Yinger

- | | |
|----------------------------|----------------------------------|
| 2 lbs. boiling beef | 2 T. tapioca |
| 2 C. cubed potatoes | 1 T. Worcestershire sauce |
| 2 C. diced carrots | 1 tsp. salt |
| 1 lg. chopped onion | 1 C. tomato juice |

Place ingredients in any 4-quart casserole dish or ovenproof pan with a tight lid. Bake at 275° for 5 hours. DO NOT PEEK!

HAM BALLS

Lynnea Young

- | | |
|---------------------------------------|---------------------------|
| 2 1/2 lbs. ham loaf mix | 1 can tomato soup |
| 2 eggs | 1/3 C. vinegar |
| 1 C. milk | 1/3 C. brown sugar |
| 1 1/2 C. graham cracker crumbs | 1 T. mustard |

Combine ham loaf mix, eggs, milk and graham cracker crumbs; form into balls. Place in 9x13-inch baking pan. Combine soup, vinegar, brown sugar and mustard; pour over meatballs. Bake, covered for 1 3/4 hours. Uncover and bake 15 minutes. Serves 6 to 8.

HAMBURGER STROGANOFF

Cheryl Doser

- | | |
|--------------------------------|------------------------------|
| 2 lbs. ground chuck | 1 can beef broth |
| Salt and pepper | Dash of Tabasco sauce |
| 2 lg. onions, sliced | 4 T. flour |
| 2 cloves garlic, minced | 1/4 C. water |
| 2 cans sliced mushrooms | 1/2 pt. sour cream |
| 2 cans consommé | |

Brown meat, seasoned with salt and pepper in 4-quart skillet or saucepan. Drain off grease. Add onions, garlic, mushrooms, liquids and Tabasco sauce. Simmer at least 30 minutes. The longer, the better. Thicken with mixture of flour and 1/4 cup water to gravy consistency. Add sour cream. To get smooth blend, first add about a cup of hot mix to sour cream, then return to large pan. Heat through. Serve 6 to 8.

Serve over rice or hot, buttered noodles. Minute rice makes this a "quick fix" meal.

HAWAIIAN BAKED BEANS

Bev Hoover

- | | |
|--|----------------------------------|
| 2 lbs. ground beef | 1/2 C. brown sugar |
| 1 onion, chopped | 1 lb. can pork and beans |
| 1 lb. can chili beans | 1 C. barbecue sauce |
| 2 C. crushed pineapple, drained | (Open Pit, hot and spicy) |
| 1 C. catsup | |

Brown beef and drain. Mix all ingredients. Turn into large casserole. Bake at 350° for 1 hour. Makes large quantity.

LASAGNE

Faye Petersen

- 1 lb. ground beef
- 6 oz. ground, lean pork
- 3/4 C. chopped onion
- 1 clove garlic, minced
- 1 1 lb. can tomatoes
- 1 15 oz. can tomato sauce
- 2 T. parsley flakes
- 2 T. sugar
- 1 tsp. salt
- 1 tsp. basil leaves
- 3 C. (2-12 oz. cartons) creamed cottage cheese
- 1/2 C. grated Parmesan cheese
- 1 T. parsley flakes
- 1 1/2 tsp. salt
- 1 tsp. oregano leaves
- 1 8 oz. pkg. lasagne noodles, cooked and well drained
- 1/4 lb. mozzarella cheese, shredded
- 1/2 C. grated Parmesan cheese

Cook and stir ground beef, ground pork, onion and garlic in large saucepan or Dutch oven until meat is brown and onion is tender. Drain off all fat. Add tomatoes and break up with fork. Stir in tomato sauce, parsley flakes, sugar, 1 teaspoon salt and basil. Heat to boiling, stirring occasionally. Reduce heat; simmer, uncovered, 1 hour or until mixture is the consistency of spaghetti sauce. Heat oven to 350°. Mix cottage cheese, 1/2 cup Parmesan cheese, parsley flakes, 1 1/2 teaspoon salt and the oregano. Reserve 1/2 cup meat sauce for thin layers. In ungreased baking pan, 13x9x2-inch, layer 1/4 each of the noodles, remaining meat sauce, mozzarella cheese and cottage cheese mixture; repeat 3 times. Spread reserved meat sauce over top; sprinkle with 1/2 cup Parmesan cheese. (If desired, lasagne can be covered and refrigerated several hours at this point.) Bake, uncovered, 45 minutes (allow an additional 10 to 15 minutes if lasagne has been refrigerated.) For easier cutting, let stand 15 minutes after removing from oven. Makes 12 servings (3-inch square per serving).

Humor is the harmony of the heart.

LASAGNE

Norma Klein

- | | |
|--------------------------------|-------------------------------------|
| 1 lb. ground beef | 1/2 tsp. pepper |
| 1 clove garlic (minced) | 1/4 tsp. oregano |
| 6 oz. can tomato paste | 1 8 oz. pkg. lasagne noodles |
| 2 C. tomatoes | 1 C. mozzarella cheese |
| 3/4 tsp. salt | 1 carton dry cottage cheese |

Brown meat with garlic. Drain off any fat. Add tomato paste, tomatoes, salt, pepper, oregano and simmer for 20 minutes. Cook noodles in boiling water per package directions until tender. Drain. In 11 1/2x7 1/2-inch pan, layer, beginning with noodles, then sauce and cheeses, ending with mozzarella cheese. Bake at 350° for 30 minutes. Serves 6.

MAID-RITE CHILI

Marjorie Lankford

- | | |
|---------------------------|----------------------------------|
| 4 lbs. ground beef | 1/2 tsp. cayenne pepper |
| 1 C. minced onion | 1/2 tsp. garlic salt |
| 3 tsp. salt | 2 tsp. chili powder |
| 1/2 tsp. paprika | 1 42 oz. can tomato juice |
| | 1 lg. can chili beans |
| | (10 C.) |

Brown meat and onion. Add seasonings, tomato juice and beans. Simmer 1 hour. Stir often. Never use tomato paste! Makes a LARGE batch.

Opportunity often runs around disguised as hard work.

MANICOTTI

Donna Mininger

MANICOTTI & FILLING:

- 1 C. flour
- 1 tsp. salt
- 1 T. margarine, melted
- 3 eggs, beaten well
- 1 C. milk
- 2 lbs. dry curd cottage cheese
- 8 oz. mozzarella cheese, shredded
- 1/3 C. grated Parmesan cheese
- 2 eggs
- 1 tsp. salt
- 1 T. parsley flakes
- 1/4 tsp. pepper

SAUCE:

- 1/4 C. olive oil
- 1 1/2 C. chopped onion
- 1 clove garlic, crushed
- 1 lg. can tomatoes (28 oz.)
- 1 12 oz. can tomato paste
- 2 T. parsley
- 1 T. sugar
- 1 tsp. each: salt, oregano, basil, marjoram
- 1/2 tsp. each: rosemary, thyme
- 1 bay leaf
- 1/4 tsp. pepper

Mix together sauce ingredients, simmer 1 hour. Combine first 5 ingredients to make pasta (beat smooth). Combine cheeses, 2 eggs and seasonings for filling. Fry pasta batter in 6-inch buttered skillet, using 3 tablespoons batter till set, but not brown. Slide out and fill with about 3 tablespoons filling in center, folding over each side to make manicotti. Place in 2-12x7-inch pans. When pans are full, ladle sauce on top and bake at 350° for 45 minutes. Serves 8.

I put small amount of sauce in pan under manicotti; second pan can be frozen before baking. Allow extra time for frozen manicotti when baking directly from freezer. This is great sauce for any pasta.

MOCK FILETS

Carole Adams

- 3 lbs. ground chuck
- 12 oz. sharp Cheddar cheese, grated
- 6 T. ketchup
- 6 T. Worcestershire sauce
- 1 egg, beaten
- 1 tsp. onion salt
- 1 1/2 tsp. salt
- Scant pepper
- Bacon

Mix all ingredients except bacon. Shape into balls (baseball size) and slightly flatten. Wrap bacon around balls and secure with a toothpick. Grill for 30 to 40 minutes on white coals. Serves 12.

I put foil on the grill, and you have to stay with these at all times to see that they don't flame.

OVEN STEW

Martha Komma

- 2 lbs. stew meat
- 2 potatoes, chopped
- 2 carrots, chopped
- Chopped onion, to taste

- 1 pkg. frozen peas
- 1 can tomato soup
- 1 can cream of mushroom soup

Mix all ingredients together, uncooked. Bake in 2-quart casserole in 250° oven for 5 hours.

PEPPER STEAK WITH RICE

Jane Tham

- 1 lb. lean beef, round or sirloin tip steak, cut in 1/4-inch strips
- 1 T. paprika
- 2 T. margarine
- 2 cloves garlic, crushed
- 1 1/2 C. beef broth (1 1/2 C. water, 2 bouillon cubes)

- 1 C. sliced green onion, including tops
- 2 green peppers, cut in strips
- 2 T. cornstarch
- 1/4 C. water
- 1/4 C. soy sauce
- 3 C. hot cooked rice

Cut steak in 1/4-inch strips and sprinkle with paprika. Allow to stand while preparing other ingredients. Using large skillet, brown meat in margarine; add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water and soy sauce. Stir into meat mixture. Cook, stirring till clear and thickened 2 or 3 minutes. Serve over beds of fluffy rice. Serves 4.

PORCUPINE MEATBALLS

Diana Latch

- 1 lb. hamburger
- 1 tsp. salt
- 1/4 tsp. pepper

- 1/4 C. rice
- 1 can tomato soup
- 1/2 tsp. garlic powder

Combine hamburger, salt, pepper and rice. Mix with hands and shape into balls. Place in pressure pan. Combine tomato soup and garlic powder and pour over meatballs. Cook 15 minutes after pressure comes up. Serves 4.

It takes a heap of cooking to make a house a home.

PORK CHOW MEIN

Marilyn Klein

- | | |
|--|---|
| 1 lb. lean, boneless pork, cut into cubes or cut coarsely in food processor | 1 C. water |
| 4 med. stalks celery, each cut crosswise in thirds | 1/4 C. soy sauce |
| 1 med. onion, quartered | 2 tsp. instant chicken or beef bouillon granules |
| 1-16 oz. can bean sprouts, drained | 2 T. cornstarch |
| | 1/4 C. water |
| | 1 large can chow mein noodles |

Brown meat in 12-inch skillet over medium heat. Slice celery and onion in food processor, stir-fry with meat until tender, but not crisp. Stir in bean sprouts, water, soy sauce and bouillon granules. Combine cornstarch with water and stir to a smooth paste; stir into meat mixture. Cook, stirring constantly, until sauce is thickened and clear. Serve hot over chow mein noodles. Serves 6 (3/4 cup each).

For variations, substitute 1 pound raw, boned and sliced chicken for pork. Use 2 tablespoons oil in skillet and stir-fry chicken 5 to 6 minutes.

SALMON PUFF

Martha Komma

- | | |
|-------------------------------|-------------------------------|
| 4 eggs | 2 C. soft bread crumbs |
| 1/2 C. milk | 2 T. soft butter |
| 1 can celery soup | Chopped onion to taste |
| 1 can salmon (drained) | Salt & pepper |

Beat eggs; mix with milk and soup. Add remaining ingredients; toss together. Pour into greased casserole. Bake at 375° for 45 to 50 minutes.

Each new day can be a door to joys we've never known before.

SAUCE POT MEATBALLS

Bette Fulton

- | | |
|----------------------------------|------------------------------|
| 1 pkg. dry onion soup mix | 1/2 tsp. garlic salt |
| 1 1/4 C. water | 1/2 tsp. thyme |
| 2 8 oz. cans tomato sauce | 1/4 tsp. pepper |
| 1 lb. ground beef | 1 T. dry parsley |
| | 1 lb. noodles, cooked |

In deep, heavy saucepan, bring to quick boil - onion soup mix, water, 1 1/2 cans tomato sauce. Simmer, covered, 10 minutes. Mix beef, seasonings and remaining tomato sauce. Shape into small balls. Place in sauce. Simmer gently, uncovered, for 25 minutes, turning occasionally. Serve over hot noodles. Serves 4.

Quick, easy, delicious!

SAVORY BAKED SPAGHETTI

Gretchen Wigton

- | | |
|---|---|
| 1 lb. ground beef | 1 tsp. salt |
| 1/2 C. chopped onion | 1/8 tsp. pepper |
| 1 clove garlic or 1/8 tsp. garlic powder | 1 tsp. chili powder |
| 3 1/2 C. canned tomatoes or tomato sauce | 1/2 lb. (2 C.) spaghetti, broken into 2 to 3-inch pieces |
| 1 C. water | 1 C. (1/4 lb.) grated American cheese |

Brown ground beef. Drain off fat. Add onion, garlic, tomatoes, salt and pepper. Simmer 20 to 30 minutes. Remove garlic clove. Add water and chili powder. In 2-quart greased casserole, place half of uncooked spaghetti. Pour on half of meat sauce. Sprinkle on half of cheese. Repeat layers. Cover and bake at 325° for 35 to 40 minutes. Uncover and bake an additional 15 minutes. Serves 6 (generous).

Remember the good old days -- when charity was a virtue, not an industry!

SPARKS' FOUR-STAR CHILI

Becky Sparks

- | | |
|--------------------------|---------------------------------|
| 2 lbs. ground beef | 4 whole cloves |
| 1 med. onion, diced | 2 sm. cans tomato paste |
| 1 tsp. red ground pepper | 1 12 oz. can tomato sauce |
| 3 T. cinnamon | 3 T. Worcestershire sauce |
| 2 tsp. chili powder | 1 T. cider vinegar |
| 3 cloves garlic, diced | 16 oz. cooked spaghetti |
| 4 bay leaves, crushed | 2 cans red kidney beans, heated |
| 1 tsp. oregano | 12 oz. Cheddar cheese, shredded |
| Salt & pepper to taste | 1 pkg. oyster crackers |

Brown beef in large Dutch oven with onion. Add red pepper, cinnamon, chili powder, garlic, bay leaves, oregano, cloves, tomato paste, tomato sauce, Worcestershire sauce and vinegar. Then fill pot with water. Bring to a boil; let simmer 5 to 6 hours, stirring occasionally. To serve, put cooked spaghetti on plate first, then sauce, shredded Cheddar cheese, spoonful of kidney beans and top with some oyster crackers. Serves 8.

Start with a small serving of spaghetti on plate, because by the time you get the sauce, cheese and beans on your plate, it's a lot!!

SUKIYAKI

Mary McGinley

- | | |
|-----------------------------------|------------------------|
| 1 1/2 lbs. chuck or sirloin steak | 1 can bamboo shoots |
| 1/4 C. cooking oil | 1 can mushrooms |
| 1 C. cooking sherry | 1/2 C. soy sauce |
| 1 C. celery | 2 T. margarine |
| 1 can water chestnuts | 1 T. flour |
| 1 onion, sliced | 6 servings Minute rice |

Cut steak into 1x3-inch strips. Brown meat in 1/4 cup of oil - salt and pepper to taste. Drain meat of excess oil and pour sherry over meat. Simmer meat about 20 minutes. Add celery (cut at an angle in 1/2-inch pieces) and water chestnuts (cut in quarters), onion, bamboo shoots, mushrooms and soy sauce. In another skillet, melt 2 tablespoons margarine; when bubbling, add 1 tablespoon flour and stir. Add juices from vegetables; pour into meat mixture and bring to a boil while stirring. Serve over rice.

ZUCCHINI SOUP

Carole Reeves

- 1 lb. Italian sausage
- 1/2 lb. ground beef
- 2 C. celery, chopped
- 1 C. onion, chopped
- 2 C. green pepper,
chopped
- 2 lbs. zucchini,
chopped

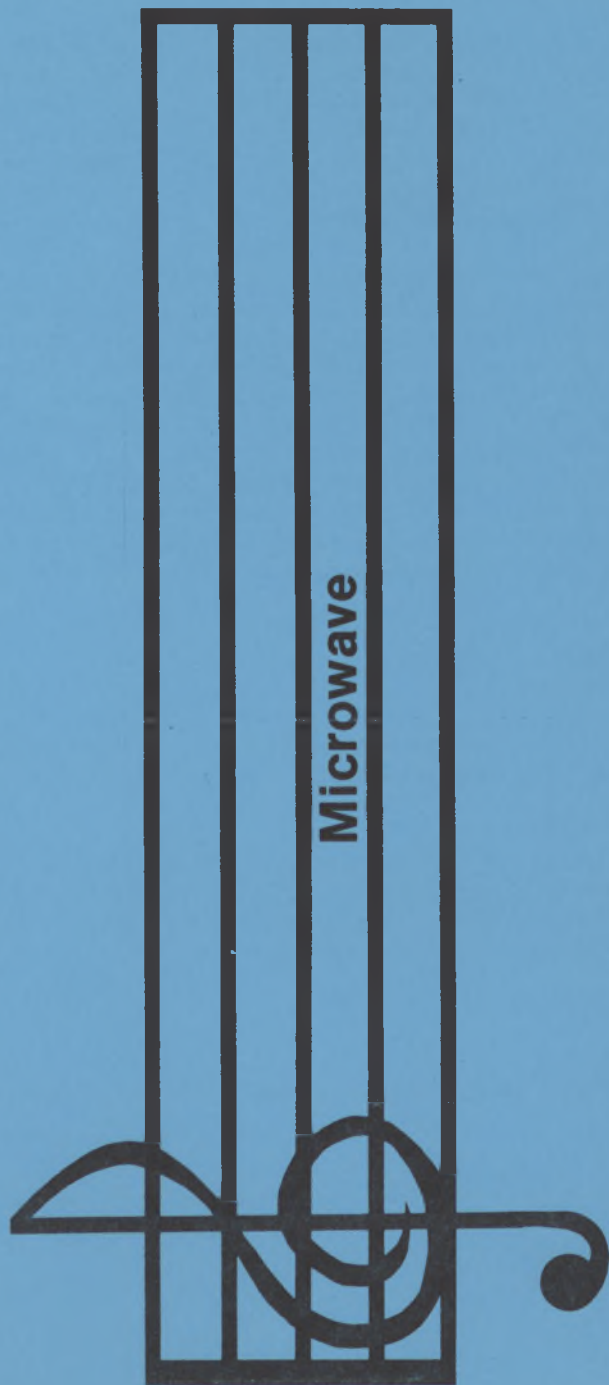
- 2 28 oz. cans of tomatoes
- 1 tsp. salt
- 1 tsp. oregano
- 1 clove garlic
- 1 tsp. basil
- 1 tsp. sugar

Brown sausage and ground beef; drain well. Add celery, onion, green pepper and zucchini. Steam until tender. Add tomatoes, spices and sugar. Simmer 30 minutes. Serves 4.

This freezes very well.

When you approach a problem, strip yourself of preconceived opinions and prejudice, assemble and learn the facts of the situation, make the decision which seems to you to be the most honest, and then stick to it.

—Chester Bowles



BEEF-E-LADAS

Lynnea Young

1 1/2 lb. round steak,
1/2-inch thick
1 pkg. (1 1/2 oz.)
enchilada sauce
1 med. onion, sliced
2 T. flour
1 tsp. salt

1/2 tsp. chili powder
2 C. water
10-12 oz. flour tortillas
1 C. Monterey Jack
cheese
2 C. shredded lettuce
1 tomato, chopped

Cut steak into strips 1/2-inch wide and 1-inch long. Combine meat and dry sauce mix in 2-quart casserole or 12x8-inch microwave dish. Microwave on high, uncovered, 5 1/2 to 6 1/2 minutes or until meat is no longer pink; stirring once. Stir in onion, flour, salt, chili powder and water. Cover casserole. Microwave on high for 5 minutes. Then microwave on low (30%) 50 to 60 minutes or until meat is tender, stirring once. Using a slotted spoon - spoon meat into the center of each tortilla. Fold edges over to secure meat inside. Place in 12x8-inch glass baking dish. Pour sauce over tortillas. Sprinkle with cheese. Microwave on high, uncovered, 5 to 6 minutes or until bubbly. Garnish with shredded lettuce and chopped tomato.

BEER BREAD

Katy Elson

2 C. self-rising flour
1 C. all-purpose flour
3 T. sugar

1-12 oz. can beer
Cornflake crumbs

Mix flours, sugar and beer together. Grease a loaf dish and sprinkle with cornflake crumbs. Spoon in batter and dot with butter and sprinkle cornflake crumbs over the top. Cook at 50% power for 9 minutes and 2 to 3 minutes on full power; eat warm. Very good toasted.

It's too bad some folks don't have hearts as soft as their heads.

BUFFET VEGETABLE BAKE

Katy Elson

- 2 10 oz. pkgs. frozen peas & carrots**
- 1-9 oz. pkg. frozen, cut green beans**
- 1-8 oz. can water chestnuts (sliced)**
- 1-3 oz. can sliced mushrooms (drained)**
- 1 can cream of mushroom soup**
- 1 tsp. Worcestershire sauce**
- Dash of bottled hot pepper sauce**
- 2 C. shredded sharp cheese**
- 1/2 C. Ritz cracker crumbs (12 crackers)**

Place peas, carrots and beans in 12x8x2-inch baking dish. Add 1/4 cup water. Cover and cook for 15 to 18 minutes, stirring once; drain. Mix water chestnuts, mushrooms, soup. Worcestershire sauce, hot pepper sauce and cheese. Stir into vegetables and top with crumbs. Cook, uncovered, for 8 minutes or till hot. Serves 10 to 12.

CARAMEL CORN

Lynnea Young
Norma Klein

- 1/2 C. melted butter**
- 1/4 C. Karo syrup**
- 1/2 C. brown sugar**
- 1/2 tsp. salt**
- 1/4 tsp. soda**
- 1 tsp. vanilla**
- 2 microwave poppers full of popcorn**

Cook butter, syrup, brown sugar, salt for 2 minutes on high. Remove from microwave; add soda and vanilla. Put popcorn in large grocery sack. Pour syrup over popcorn - stir and shake. Fold top of sack closed. Microwave on high for 1 to 1 1/2 minutes. Remove and shake sack. Turn sack over. Microwave on high for 1 to 1 1/2 minutes.

If popcorn is sticky, put back in microwave for 30 seconds.

I'd enjoy life more if the day didn't begin with the first half hour in the morning.

CARAMEL SNAPPERS

Lynnea Young

**Pecan halves (about
4 oz.)**
**1 14 oz. pkg. caramels,
unwrapped**

1 T. butter or margarine
1 T. milk
**1/2 C. semi-sweet chocolate
pieces**

Arrange pecan halves in clusters of 3 each on buttered cookie sheet or buttered wax paper. Form about 36 clusters. Combine caramels, butter and milk in glass bowl. Microwave (high), uncovered, 2 to 3 minutes or until melted, stirring once or twice. Cool until slightly thickened. Spoon by rounded teaspoonful onto center of each pecan cluster. Cool until set, about 30 minutes. Microwave chocolate pieces on high in glass dish for 1 to 2 minutes or until softened. Stir until smooth. Spoon a little chocolate onto each candy and spread to cover caramel. Refrigerate until set. Allow to warm to room temperature for serving.

CHERRY CAKE SUPREME

Lynnea Young

4 eggs
1 C. sugar
1 C. cooking oil
2 C. unsifted flour
1 1/2 tsp. baking powder
1/4 tsp. salt
**1 21 oz. can cherry pie
filling**

2 T. sugar
1/2 tsp. cinnamon

FROSTING

2 T. butter or margarine
3/4 C. powdered sugar
1/8 tsp. almond extract
1/2-1 T. milk

Beat together eggs, sugar, oil, flour, baking powder and salt. Pour half the batter into ungreased 12x8-inch glass dish. Spread evenly. Microwave on medium (50%), uncovered, for 4 minutes. Spoon cherries on partially cooked cake. Spread remaining batter over cherries. Combine the 2 tablespoons sugar and cinnamon. Sprinkle over batter. Microwave on medium (50%), uncovered 15 minutes, rotating dish once. Then microwave on high (100%), 3 to 5 minutes or until no longer doughy. Cool. Serves 15 to 18.

For frosting, microwave butter in glass dish on high for 1/4 to 1/2 minute or until softened. Beat in powdered sugar, extract and enough milk until of drizzling consistency. Spoon onto cake.

The best loved kids wear paddled britches.

CREAMY POTATO BAKE

Lynnea Young

1 24 oz. pkg. frozen hash
browns
1 12 oz. pkg. frozen hash
browns
2 T. chopped onion
2 C. milk

1/4 C. flour
1/4 C. butter or margarine
2 tsp. salt
1/8 tsp. pepper
1 T. parsley flakes
1/2 C. sour cream

Combine hash browns and onion in 2-quart casserole. Cover with waxed paper. Microwave (high) for 16 to 18 minutes until potatoes are tender, rearranging and stirring once or twice. Set aside. Combine milk and flour in a 4-cup glass measure. Add butter. Microwave (high), uncovered, 4 to 5 minutes or until mixture boils, stirring occasionally. Stir in seasonings and sour cream. Pour over potatoes; stir. Cover with waxed paper; microwave (high) for 5 to 7 minutes or until heated through.

CRUMB PIE SHELL

Claudia Tracy

1 1/4 C. fine chocolate
wafer crumbs

2 T. sugar
1/4 C. melted butter

Combine crumbs and sugar in bowl. Add melted butter and mix. Press firmly and evenly into a 9-inch pie plate. Place in microwave. Cook for 1 minute on high. Repeat for a firmer crust.

CRUSTLESS QUICHE LORRAINE

Katy Elson

12 slices bacon (cooked
& crumbled)

4 oz. shredded
Cheddar cheese

1/4 C. chopped green onion

3 eggs

1 T. all-purpose flour

Dash of cayenne pepper

1 1/3 oz. can evaporated
milk

Layer bacon, cheese and onion in bottom of 9-inch glass pie plate. Beat together eggs, flour and pepper; set aside. Using temperature probe, heat milk to 180°. Slowly pour heated milk into eggs, beating constantly. Pour milk mixture in dish. Using turn tray, microwave for 13 to 15 minutes on Setting #3. Let stand for 5 minutes before serving. Makes 6 servings.

A cheerful friend is like a sunny day.

EASY COMPANY CAKE

Lynnea Young

1/4 C. margarine
3/4 C. sugar
2 eggs
1/4 tsp. vanilla
3/4 C. flour (unsifted)
1/2 tsp. baking powder
1/4 C. milk

TOPPING:

1/4 C. margarine
1/2 C. sugar
1 T. milk
1 T. flour
1/3 C. slivered almonds

Place butter in large mixing bowl. Microwave on roast (70%) for about 30 seconds or until softened. Beat sugar, eggs and vanilla until light and fluffy. Stir in dry ingredients alternately with milk - mix well after each addition. Beat until smooth. Pour into 9-inch round baking dish. Microwave on simmer (50%) for 7 minutes. Microwave on high (100%) for 3 to 4 minutes or until toothpick inserted in center comes out clean. Pour topping over warm cake. Serve warm or cold.

To prepare TOPPING: Combine butter, sugar and milk in 2-cup glass measuring cup; stir until well blended. Blend in flour. Stir in almonds. Microwave on 70% for 1 to 2 minutes or until slightly thickened. Stir to blend. Serves 6 to 8.

EGG CASSEROLE

Claudia Tracy

6 slices buttered bread
1 lb. sausage or ham
1 can mushrooms,
sliced
1 can mushroom soup

1 C. milk
5-6 eggs
1 tsp. dry mustard
5-6 slices Cheddar cheese

Arrange bread buttered-side down in 9x13-inch glass dish. Brown sausage on high for approximately 10 minutes. Drain and layer on bread. Top with mushrooms. In dish, combine soup, milk, eggs and mustard. Beat well; pour over bread mixture. Cover with cheese slices. Microwave 20 minutes on high. Let stand for 5 to 10 minutes and cut in squares.

Common sense is the knack of seeing things as they are and doing things as they ought to be done.

FANCY BROCCOLI AND CARROTS

Katy Elson

- | | |
|---|--|
| 1 10 oz. pkg. frozen,
chopped broccoli | 1/4 C. grated Parmesan
cheese |
| 1 10 oz. pkg. frozen, sliced
carrots | 1/4 tsp. salt |
| 1/2 C. cream | 1/4 tsp. pepper |
| 3 T. flour | 1 C. boiling water |
| | 1 chicken bouillon cube |

Defrost vegetables briefly to separate. In 1 1/2-quart glass casserole, combine cream, flour, cheese, salt and pepper. Pour over vegetables. Boil water in glass cup with bouillon cube. Pour over vegetables. Microwave on high, covered, for 8 to 10 minutes, stirring halfway through cooking. Rest for 5 minutes. Serves 6. (Can substitute other vegetable combinations, if desired.)

Makes the sauces while cooking.

GINGER-ORANGE CHICKEN

Katy Elson

- | | |
|--|---|
| 2 lbs. chicken parts | 1/4 C. chopped onion |
| 10 3/4 oz. can condensed
golden mushroom
soup | 1 T. concentrated orange
juice |
| | 1/2 tsp. ground ginger |

In 2-quart oblong glass baking dish, arrange chicken skin-side down, with thicker pieces toward the edge of dish. Cover with plastic wrap. Microwave on high for 8 to 10 minutes, turning dish once. Drain; turn chicken skin-side up. Combine remaining ingredients and pour over chicken. Recover. Microwave on high for 8 to 10 minutes, turning dish once. Let stand, covered, for 2 minutes. Stir sauce before serving. Makes 4 servings.

Can be ready in 30 minutes.

GROUND BEEF VEGETABLE SOUP

Katy Elson

- | | |
|--|---|
| 1 lb. ground beef | 1/8 tsp. pepper |
| 1 env. onion soup mix | 4 C. water |
| 16 oz. can tomatoes
(undrained) | 1 bay leaf |
| 2 C. uncooked noodles | 1 tsp. salt |
| | 10 oz. pkg. frozen, mixed
vegetables |

Crumble meat in 3-quart casserole. Microwave for 5 to 6 minutes, stir meat and drain fat. Stir in remaining ingredients. Microwave, covered, for 20 to 25 minutes until mixture boils and noodles are tender. Remove bay leaf.

HORSERADISH BEAN DIP

Katy Elson

**1 11 1/2 can condensed
bean with bacon
soup**
1 C. sour cream

2 T. prepared horseradish
2 tsp. prepared mustard

In 1-quart round glass casserole, combine all ingredients and cover with glass lid. Microwave on high for 5 to 7 minutes or until hot, stirring occasionally. Serve with crackers or chips. Makes about 2 cups. Stirring beans helps eliminate popping during microwaving.

HOT FUDGE SAUCE

Claudia Tracy

**2 C. miniature
marshmallows**
1/4 C. milk

1/4 C. chocolate chips
1 tsp. rum or rum extract
1/4 C. chopped pecans

Combine marshmallows, milk and chips and cook on high for approximately 2 1/2 minutes, until marshmallows and chips melt. Stir in 1 teaspoon rum or rum extract and 1/4 cup chopped pecans when mixture is fully blended.

MALE EGO

Katy Elson

**1 10 1/2 oz. can cream of
chicken soup**
**1 4 oz. can diced green
chilies**
1/4 tsp. instant onion
1/2 C. water

**2 lg. firm tomatoes (peel
& slice thin)**
1 6 oz. pkg. corn chips
**2 5 oz. cans boned chicken
(diced)**
**1 C. shredded Cheddar
cheese**

In small mixing bowl, place soup, chilies, onion and water. Stir until well blended. In 2-quart dish, layer 1/2 corn chips. Top with 1 can of diced chicken, then half of tomato slices. Pour half of soup mixture over chicken and sprinkle with half of cheese. Repeat layers in same order, ending with cheese. If you have a temperature probe, use probe at 155° and full power. When buzzer sounds, remove casserole and let stand 5 minutes before serving. If you don't have a probe, the approximate cooking time is about 15 minutes on full power. Makes 6 to 8 servings. Of course, if you cook the chicken yourself, you'll be saving money (instead of buying the canned chicken). Arrange the chicken in a casserole dish, the larger-size pieces towards the outside of the dish; cover. Microwave 7 minutes per pound, until the chicken is tender. Remove meat from bones and proceed as directed in your recipe.

ONION CASSEROLE

Claudia Tracy

- 4 yellow onions, sliced
- 3 T. margarine
- 2 T. flour
- 1/8 tsp. pepper
- 1 C. canned beef broth

TOPPING:

- 1 1/2 C. croutons
- 2 T. margarine, melted
- 1/2 C. shredded Swiss cheese
- 3 T. Parmesan cheese

Cook onions in 3 tablespoons margarine on medium for 7 minutes. Stir in 2 tablespoons flour and pepper to taste. Add beef broth; cook for 3 minutes, stirring every 30 seconds.

FOR TOPPING: Toss croutons with 2 tablespoons margarine and sprinkle over onions. Sprinkle cheese on top and cook for additional 2 minutes on high.

PARTY MIX

Lynn Carlson

- 2 C. Corn Chex
- 2 C. Wheat Chex
- 2 C. Rice Chex
- 2 C. Cheerios
- 1 C. pretzels

- 1 C. peanuts or mixed nuts
- 1/4 lb. butter
- 1 tsp. celery seed
- 1 tsp. garlic powder
- 3 T. Worcestershire sauce

Mix cereals, pretzels and nuts together in large, glass, microwave dish. Melt butter and add remaining ingredients. Pour over cereal mixture and stir to distribute sauce. Microwave on high for 8 minutes, stirring and rotating pan every 2 minutes.

Store in glass jars - seal while hot and mix will stay crunchy.

PEANUT BRITTLE

Marilyn Klein

- 1 C. sugar
- 1/2 C. light corn syrup
- 1 C. raw peanuts

- 1 tsp. butter
- 1 tsp. vanilla
- 1 tsp. soda

Mix sugar and corn syrup together. Microwave on high 4 minutes. Add peanuts; microwave on high 5 minutes. Add butter and vanilla; microwave on high 2 minutes. Add 1 teaspoon soda; stir gently. Pour on well-greased baking sheet. Break into pieces after cooled.

PEANUT CLUSTERS

Lynn Carlson

- 1 lb. almond bark
- 6 oz. chocolate chips
- 12 oz. Spanish peanuts

Melt bark and chips for 3 minutes on high. Remove; add peanuts and drop by teaspoon on wax paper.

QUICHE LORRAINE

Lynnea Young

- 8 slices crisp-cooked bacon
- 1/2 lb. cooked sausage
- 1 9-inch baked pastry shell
- 1 C. shredded cheese
- 1/4 C. finely minced onion
- 3/4 eggs
- 1 13 oz. can evaporated milk
- 1/2 tsp. salt
- 1/4 tsp. sugar
- 1/4 tsp. pepper

Layer crumbled meat in bottom of 9-inch baked pastry shell. Sprinkle with cheese and onion. Blend eggs, milk, salt, sugar and pepper. Pour over meat mixture. Microwave on "roast" (70%) for 13 to 15 minutes, rotating dish 1/4 turn once or twice. (Center will still "jiggle" like jello.) Rest 10 minutes before serving.

Milk may be heated before combining ingredients for more even cooking. Less total cooking time will be needed.

Even if you're on the right track, you'll get run over if you just sit there.

REUBEN MEAT LOAF

Katy Elson

Ribbons of sauerkraut and Swiss cheese make this delicious tasting meat loaf attractive to serve. It only takes a few minutes to assemble and cooks in just a quick 15 minutes.

- | | |
|--|---|
| 1 11 oz. can condensed tomato bisque soup | 1 8 oz. (about) can sauerkraut (well drained & finely chopped) |
| 1 lb. ground beef | 1/2 C. shredded Swiss cheese |
| 1 12 oz. can corned beef (finely chopped) | 1/2 tsp. caraway seed |
| 2 1/2 C. soft bread crumbs | 2 tsp. prepared horseradish |
| 2 eggs (slightly beaten) | 2 slices (about 1 oz. each) Swiss cheese (cut in 8 triangles) |
| 2 T. chopped parsley | |
| 1 lg. clove garlic (minced) | |

Mix thoroughly 1/4 cup soup, ground beef, corned beef, bread crumbs, eggs, parsley and garlic. On waxed paper, pat meat firmly in rectangle (15x10-inch). Combine sauerkraut, shredded cheese and caraway seed; press into meat to within 1-inch edges. With aid of waxed paper, roll meat tightly, jellyroll fashion, starting at short edge. Seal seam and ends. Place in 2-quart oblong glass baking dish. Cover with plastic wrap. Microwave on high for 8 to 10 minutes, turning dish occasionally. Let stand, covered, for 5 minutes. Combine remaining soup and horseradish; pour over loaf and recover. Microwave on high for 4 to 5 minutes, turning dish once. Arrange cheese on top of loaf, overlapping edges slightly. Let stand, covered, for 5 minutes. Makes 6 to 8 servings.

RHUBARB DREAM

Lisa Williams

- | | |
|----------------------------|--------------------------------|
| 1 C. flour | 2 3 C. rhubarb, chopped |
| 3 T. powdered sugar | 1 C. sugar |
| 1/2 C. butter | 3 eggs |

To make crust, combine flour, powdered sugar and butter. Press into 8- to 10-inch round baking dish. Microwave on medium 5 to 8 minutes. It is done when brown spots begin to appear. For filling, beat together sugar and eggs; stir in rhubarb. Pour into crust. Microwave on high 3 minutes. Turn and microcook on medium for 5 to 9 minutes. Serves 9.

Turn 1/4 turn every 3 minutes during cooking.

SHORTBREAD

Katy Elson

**1/2 C. butter or
margarine**
**1 C. shredded Cheddar
cheese**
1 1/2 C. flour (unsifted)

1/2 tsp. salt
1/8 tsp. cayenne
**1-2 T. minced onion
(optional)**

In a large bowl suitable for the microwave oven, soften the butter or margarine (this will take about 30 seconds). Beat in the cheese; stir in the flour, salt, cayenne and onion. Knead lightly to blend well. Press evenly into a lightly-greased 6x10-inch utility dish. Sprinkle top with paprika or chili powder, if desired. Cook on full power for 6 to 7 minutes or until no longer doughy and firm. While hot, cut into bars or squares with a sharp knife. Let cool slightly before removing dish. Serve warm or cold. Makes 40 1 1/4 -inch squares.

For variations: Add 2 tablespoons sesame or poppy seeds to the dough. Sprinkle top with an additional tablespoon of either seed, pressing in lightly with finger tips. Bacon bits also make a tasty addition!

S'MORS

Katy Elson

12 graham crackers
1 sm. Hershey bar

6 lg. marshmallows

Place 2 squares of chocolate on graham crackers and place marshmallows on top of the chocolate using 6 graham crackers. Bake for 45 seconds on roast cycle. Remove from oven and top with another graham cracker.

May your life be like arithmetic - friends added, enemies subtracted, joy multiplied and errors divided.

SWEET 'N SOUR SHRIMP

Marilyn Klein

- 1/4 C. sugar
- 3 T. cornstarch
- 1/2 tsp. ground ginger
- 1 tsp. paprika
- 2 T. soy sauce
- 1/4 C. vinegar
- 1 13 1/4 oz. can pineapple tidbits
- 1 12 oz. pkg. frozen, uncooked shrimp, thawed
- 3 green onions, finely sliced
- 1/4 C. sliced celery
- 1 green pepper, cut into strips
- 1 med. tomato, chopped
- Cooked rice or chow mein noodles

Combine sugar, cornstarch, ginger, paprika, soy sauce and vinegar in 2-quart glass casserole; mix well. Stir in remaining ingredients except tomato. Cover with glass lid or plastic wrap. Microwave on high for 13 to 14 minutes or until shrimp turns pink. Stir in tomato. Let stand, covered, 5 minutes before serving. Serve over rice or chow mein noodles. Serves 4 to 6.

SWISS FISH

Katy Elson

- 1/2 C. finely chopped onion
- 2 T. butter or margarine
- 1 10 3/4 can condensed cream of celery soup
- 1/4 C. Chablis or other dry white wine
- 1 C. shredded Swiss cheese
- 1 T. lemon juice
- 2 tsp. chopped parsley
- 1 lb. fillets of sole
- 2 T. Italian flavored fine bread crumbs
- Paprika

In 2-quart oblong glass baking dish, combine onion and butter. Microwave on high for 3 to 4 minutes or until just tender. Stir in soup, wine, cheese, lemon juice and parsley. Arrange fish fillets in sauce, coating each side. Sprinkle with bread crumbs and paprika. Cover with plastic wrap. Microwave on high for 7 to 9 minutes or until fish flakes, turning dish once. Let stand, covered, for 5 minutes. Makes 4 servings.

Swiss Fish: White wine makes this recipe special...condensed soup enhances the foolproof sauce...microwave cooking is the time saver for this easy main course.

People love dogs, because they wag their tails instead of their tongues.

TANGY MUSTARD CAULIFLOWER

Lynnea Young

1 med. head
cauliflower
2 tsp. water
1/2 C. mayonnaise or
salad dressing

1 tsp. chopped onion
1 tsp. prepared mustard
1/2 C. shredded Cheddar
cheese

Cook cauliflower in 1 1/2-quart casserole on high for 8 to 9 minutes or until tender crisp. Combine mayonnaise, onion and mustard in small mixing bowl. Spoon mustard sauce on top of cauliflower. Sprinkle with cheese. Microwave on roast for 1 1/2 to 2 minutes to heat topping and melt cheese. Let stand 2 minutes before serving. Serves 6 to 8.

TUNA CAN-COCTION

Claudia Tracy

1 6 oz. can water-pack
tuna
1 tsp. lemon juice
1 can cream of
mushroom soup
1/3 C. milk

1/4 C. chopped pimento
1 3 oz. can mushrooms,
drained
1 4 oz. can shoestring
potatoes (reserve
1/4 C.)

Combine all ingredients in 1 1/2-quart microwave casserole. Cover and cook on high for 6 minutes. Stir after 3 minutes. Top with reserved shoestring potatoes.

For anything worth having one must pay the price; and the price is always work. patience. love, self-sacrifice...the gold of real service.

—John Burroughs

VEGETABLE CHEESE CHOWDER

Katy Elson

- | | |
|----------------------------|--------------------------------------|
| 1 C. thinly sliced carrots | 1/4 tsp. pepper |
| 1 C. thinly sliced celery | 1 tsp. instant chicken bouillon |
| 1/2 C. chopped onion | 1 tsp. Worcestershire sauce |
| 1/3 C. water | 1 T. parsley flakes |
| 2 T. cornstarch | 2 C. skim milk |
| 1 tsp. seasoned salt | 1/2 C. shredded sharp Cheddar cheese |

Combine carrots, celery, onion and water in 2-quart casserole. Cover with plastic wrap or glass lid. Cook in radarange oven, covered, on full power for 6 to 8 minutes or until vegetables are tender. Stir in cornstarch, salt, pepper, bouillon, Worcestershire sauce, parsley flakes and milk. Cook in radarange oven on full power for 5 to 6 minutes or until heated through. Sprinkle cheese over soup. Heat in radarange oven on full power for 45 seconds to 1 minute or until cheese begins to melt. Yield: 6-6 ounce servings. Calories: Approximately 90 per serving.

VEGETABLE MEDLEY

Katy Elson

- | | |
|--------------------------------|--------------------------------|
| 1/4 C. butter | 1 green pepper (cut in strips) |
| 3 C. coarsely shredded cabbage | 1/2 C. chopped onion |
| 1 C. bias-cut 1-inch celery | 1 tsp. salt |
| 1 C. thinly sliced carrots | 1/8 tsp. pepper |

In 2 1/2-quart glass casserole, melt butter on high for 30 seconds. Add remaining ingredients. Microwave on high, covered, for 5 to 7 minutes, stirring once. Rest, covered, for 5 minutes. Serves 6.

I never made a mistake in my life; at least, never one that I couldn't explain away afterwards.

—Rudyard Kipling



Pastries & Desserts

APPLE CRUNCH

Roberta Piatt

6 lg. apples, peeled
and sliced
1/2 C. white sugar

1 C. brown sugar
1 C. flour
1/2 C. butter, margarine
or shortening

Slice apples and put in greased 9x11-inch baking dish. Sprinkle white sugar over apples. Mix the remaining ingredients together and sprinkle over the apples. Bake in 350° oven for 1 hour. Serves 15.

Yellow transparent or Grimes golden are the best apples to use.

BLENDER CHERRY BARS

Gretchen Wigton

2 eggs
1 C. sugar
1/4 tsp. almond extract
1 C. maraschino
cherries, drained

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

Place eggs, sugar and almond extract in blender. Blend 5 seconds. Add cherries, pecans, flour and baking powder. Blend just until mixed. Pour in greased 9x13-inch pan and bake at 350° for 20 minutes.

BAKED APPLE DUMPLINGS

Lisa Williams

DOUGH:

2 C. flour
1/2 tsp. salt
1 1/2 tsp. baking powder
1/3 C. shortening
2/3 C. milk
10-12 tart apples

Sugar
Cinnamon

SAUCE:

2 C. sugar
1/2 C. butter
2 C. boiling water

In mixing bowl, cut shortening into dry ingredients; add milk, mix. Roll out dough. Cut in 3- to 4-inch circles or squares. Peel and slice apples. Place 2 to 3 tablespoons apples on each piece of dough; top with 1 teaspoon sugar, a pat of butter and cinnamon. Wrap dough around apples; place in shallow baking dish. Make sauce by boiling sugar, butter and water for 5 minutes. Pour over dumplings, sprinkle with cinnamon and bake at 350° for 1 hour.

BUSTER BAR DESSERT

Sharon Dady

- | | |
|---|--------------------------------|
| 1 regular-size pkg.
Oreos, crushed | 2 C. powdered sugar |
| 1/2 C. margarine, melted | 2/3 C. chocolate chips |
| 1/2 gal. vanilla ice
cream, softened | 1/2 C. margarine |
| 1 lb. salted Spanish
peanuts | 1 large can evaporated
milk |

Combine crushed cookies with 1/2 cup melted margarine and place in bottom of 9x13-inch baking dish. Carefully spoon softened ice cream over crumb mixture. Sprinkle with peanuts. Place in freezer while preparing the topping. Combine remaining ingredients in saucepan. Heat until chips melt. Bring to boil and simmer 10 minutes. Let cool thoroughly. Pour over dessert and freeze until firm. Before serving, allow to soften slightly (about 10 minutes in refrigerator).

CHERRY BARS

Kristi Evans

- | | |
|----------------|--------------------------|
| 1 C. margarine | 1/2 tsp. salt |
| 1 3/4 C. sugar | 3 C. flour |
| 4 eggs | 1 1/2 tsp. baking powder |
| 1 tsp. vanilla | 1 can cherry pie filling |

Cream margarine and sugar. Beat in eggs, one at a time. Mix in remaining ingredients except for pie filling. Pour into greased jellyroll pan, saving 1 1/2 cups batter for top. Spoon cherry pie filling over the batter, then dot with remaining batter. Bake 45 minutes at 350°. Frost with powdered sugar, if desired.

CHERRY DELIGHT

Martha Komma

CRUST:

- 2 C. flour
- 1/2 C. brown sugar
- 1 C. butter or oleo
- 1 C. chopped nuts

FILLING:

- 1-8 oz. pkg. cream cheese
- 1 C. powdered sugar
- 1 tsp. vanilla
- 2 cans cherry pie filling

CRUST: Mix ingredients listed. Add no liquid. Press into 9x13-inch pan; bake at 400° for 15 minutes. Cool slightly, then turn out on waxed paper. Cool, crumble and press back into pan.

FILLING: Cream together cream cheese and powdered sugar; add vanilla. Spread over crust. Spoon pie filling over this and refrigerate 12 hours before serving.

CHOCOLATE CHIP PIE

Karen Fensterman

CRUST:

- 1 1/2 C. graham cracker crumbs
- 1/4 C. margarine
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

FILLING:

- 36 lg. marshmallows
- 1/2 C. milk
- 1 tsp. vanilla
- 1 C. whipping cream
- 2 sq. semi-sweet chocolate (shaved)

Combine crust ingredients. Press into 9x9-inch baking pan. Bake at 375° for 5 minutes. Cool. Melt marshmallows, add milk and vanilla, stirring constantly. Cool completely. Whip cream. Add shaved chocolate. Add cream mixture to marshmallow mixture, fold together. Pour into pan. Chill well. Serves 9 to 12.

CHOCOLATE SUNDAE DESSERT

Lynn Carlson

- 2/3 C. butter or oleo
- 2 C. powdered sugar
- 3 1 oz. pkgs. unsweetened liquid chocolate
- 3 whole eggs
- 1 tsp. vanilla

- 1 C. chopped walnuts
- 1 pkg. crushed chocolate wafers
- 1/2 stick butter or margarine
- 1/2 gal. vanilla ice cream (softened)
- Chocolate shavings, nuts or crushed cookies for garnish on top

Cream butter and powdered sugar; add unsweetened chocolate, eggs, vanilla and nuts. Line bottom of 9x13-inch pan with crushed cookies (mixed with melted butter). Spread chocolate mixture on top of crumbs. Layer softened ice cream over chocolate mixture and sprinkle with chocolate shavings, nuts or cookie crumbs. Freeze overnight. Serves 12 to 15.

Age is a matter of the mind -
If you don't mind, it doesn't matter.

COFFEECAKE WITH FILLING

Jane Tham

- 1 1/2 C. sugar
- 1 C. margarine
- 4 eggs
- 2 C. flour
- 1 tsp. vanilla
- 1 can prepared pie filling

- DRIZZLE FROSTING:**
- 1 C. powdered sugar
 - 1/2 tsp. almond extract
 - 1 T. softened butter or margarine
 - 4 6 T. milk

Beat sugar and 1 cup margarine till fluffy. Add eggs, one at a time, beating well after each. Mix in flour and vanilla. Put into large, greased cookie sheet (with edges). Spoon any kind of prepared pie filling over cake and bake at 350° for 30 to 40 minutes, until very light brown. Prepare frosting by mixing all ingredients, add additional milk to make thin drizzle. Drizzle frosting over cake while hot.

Cherry pie filling and blueberry pie filling are good! Makes a light, fluffy pastry.

CROQUIGNOLES (FRENCH CANADIAN)

Joyce McFadyen

- 1/3 C. butter
- 1 C. sugar
- 4 eggs
- 1 tsp. vanilla
- 4 C. sifted all-purpose flour

- 4 tsp. baking powder
- 1 tsp. salt
- 1/4 tsp. nutmeg
- 1/2 C. light cream
- Powdered sugar, opt.

Cream butter and sugar. Beat in eggs, one at a time; add vanilla. Sift dry ingredients; stir in mixture alternately with cream. Dough is very soft; chill at least 3 hours to firm. Working with a quarter of the dough at a time, roll to 1/4-inch thickness. Cut in 1/2-inch strips 7-inches long. Twist each strip, fold in half and pinch ends firmly together. Fry in deep fat (375°) until golden brown. Drain on crumpled paper. Dust with powdered sugar, if desired. Makes 3 to 4 dozen.

Traditionally served during Christmas holidays in Quebec.

DANISH CRINGLE

Nicolette D. Lane

- | | |
|------------------------|----------------------------------|
| 1 C. flour | 1/2 tsp. almond flavoring |
| 1/2 C. butter | 1 C. powdered sugar |
| 1 T. cold water | 1 tsp. almond flavoring |
| 1 C. water | 1 T. water |
| 1/2 C. butter | 1 T. butter |
| 1 C. flour | |
| 3 eggs | |

Mix first 3 ingredients like a crust. Pat into 2 strips, each about 3-inches wide, on a cookie sheet. Bring to a boil: 1 cup water and 1/2 cup butter. Remove from heat. Stir in 1 cup flour and eggs (one at a time). Add 1/2 teaspoon almond flavoring. Spread on strips of dough and bake 1 hour at 350°. Frost while warm with mixture of powdered sugar, 1 teaspoon almond flavoring, 1 tablespoon water and 1 tablespoon butter. Serves 12 to 15.

DATE NUT PUDDING

Roberta Piatt

- | | |
|-----------------------------|-----------------------------|
| 1 1/2 C. brown sugar | 1 C. nuts |
| 1 C. warm water | 1 C. milk |
| 1 C. sugar | 1 tsp. baking powder |
| 1 C. flour | 1 T. butter |
| 1 C. dates, chopped | Whipped or ice cream |

Boil first 2 ingredients together and pour into greased 9x11-inch pan. Mix remaining ingredients and pour into syrup. Bake for 35 to 45 minutes at 350°. Serve with whipped cream or ice cream on top. Serves 12.

DATE PUDDING

Ruth Rieman

- | | |
|------------------------------|-----------------------------|
| 1 lb. dates | 1/2 tsp. salt |
| 1/2 C. sugar | 1 C. brown sugar |
| 1 1/2 C. water | 1 1/4 C. rolled oats |
| 1 1/2 C. sifted flour | 3/4 C. shortening |
| 1/2 tsp. soda | |

Chop dates; boil to paste consistency with sugar and water. Sift flour, soda and salt together. Add brown sugar and rolled oats to flour mixture. Cut in shortening. Spread the 2 mixtures in layers in greased pan, 7x11-inches, making the last layer of date paste. Bake at 350° for 25 minutes.

Serve with whipped cream.

ENGLISH APPLE PIE FILLING

Lon Brough

- 1 egg
- 2/3 C. sugar
- 1/8 tsp. salt
- 1 C. flour
- 1 tsp. baking powder

- 1 C. apples (cut in sm. pieces)

Whipped topping or ice cream

Combine egg, sugar and salt. Beat until well creamed. Mix remaining ingredients together. Add creamed mixture. Pour into greased 9-inch pie tin. Bake at 350° for 30 minutes. To serve, top with ice cream or whipped topping.

FRENCH MINT DESSERT

Kristi Evans

- 1 C. butter or oleo
- 2 C. powdered sugar
- 4 sq. melted chocolate
- 4 eggs

- 1/2 tsp. peppermint flavoring
- 2 tsp. vanilla
- 2 C. crushed vanilla wafers
- Graham cracker crumbs

Cream butter and sugar. Add melted chocolate; beat. Add eggs and beat. Add peppermint and vanilla; beat. Line 16 muffin cups with graham cracker crumbs. Fill with chocolate mixture and top with vanilla wafer crumbs. Refrigerate 24 hours. Serves 6.

May want to use only 3 squares of chocolate.

FRENCH SILK CHOCOLATE PIE

Lynn Carlson

- 3/4 C. margarine or butter
- 1 1/8 C. sugar
- 2 packets liquid chocolate (bitter)

- 1 tsp. vanilla
- 3 eggs
- 1 9 inch graham cracker crust or baked pastry shell

Cream margarine and sugar well. Blend in liquid chocolate and vanilla. Add eggs, one at a time, and beat mixture for 5 minutes on high after each egg. Pour into graham cracker or baked 9-inch pastry shell. Chill in refrigerator for at least 6 hours before serving. Serves 6.

A man (or woman) who has never made a mistake has done nothing.

FROZEN DESSERT OR SALAD

Londa DeYoung

- 1 20 oz. can crushed
pineapple with
juice
- 2 pkgs. pistachio
pudding mix

- 3/4 C. milk
- 1 8 oz. carton frozen,
whipped topping

Add pineapple with juice to pudding mix; stir well and add milk. Fold in thawed, whipped topping. Pour into 1/2-gallon milk carton; freeze. Peel carton off and slice.

FRUIT PIZZA

Norma Klein

- 1 pkg. slice and bake
sugar cookies
- 8 oz. cream cheese
- 1 1/2 C. sugar
- 1 tsp. vanilla
- 1/2-3/4 C. water
- 1 C. orange juice

- 1/4 C. lemon juice
- 3-4 T. cornstarch
- Dash of salt
- Fresh fruit: strawberries,
pineapple, melon,
blueberries, etc. (any
combination of fruit)

FIRST LAYER: Slice sugar cookie dough 1/8-inch thick. Place on greased pizza pan. Bake at 350° for 10 to 15 minutes or until brown.

SECOND LAYER: Cream 8 ounce cream cheese, 1/2 cup sugar, 1 teaspoon vanilla. Spread over cooled crust.

THIRD LAYER: Glaze - Combine 1/2 to 3/4 cup water, 1 cup orange juice, 1/4 cup lemon juice, 3 to 4 tablespoons cornstarch, 1 cup sugar and salt. Mix together and heat to boiling. (**Stir constantly** till thick and clear.) Remove from heat and chill. Fold in fruit and spread on pizza. Chill. Serves 12.

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

FRUIT PIZZA

Kristi Evans

**2 pkgs. slice & bake
sugar cookie
dough**
11 oz. cream cheese
3/4 tsp. vanilla
1/3 + 1 T. sugar
1/2 C. orange marmalade

1 T. water
Bananas
Strawberries
Grapes
Blueberries
Mandarin oranges
Cherries

Line 11x14-inch jellyroll pan with foil. Place 1/8-inch slices of cookie dough as close together as possible; pinch edges together. Bake 10 to 12 minutes at 350°. Cool; remove foil and put crust in pan. Whip cream cheese, vanilla and sugar; spread carefully over cool crust. Arrange fresh fruits on top of cream cheese layer. Mix orange marmalade and water; spread as a glaze over fruit. Keep refrigerated until 1 hour before serving. Serves 15 to 20.

If using canned fruit, be sure it is well drained.

GLENFIDDICH CHOCOLATE MOUSSE (SCOTLAND)

Joyce McFadyen

6 oz. sweet chocolate
5 eggs, separated
1 tsp. vanilla extract
1 tsp. instant coffee
1 T. hot water
**1/2 pt. double cream
(whipping)**

**2 T. Glenfiddich (or any
good single malt
whiskey)**

Melt chocolate in double boiler over simmering hot water. Remove from heat and allow to cool. Lightly beat the egg yolks and stir them into the melted chocolate. Flavor to taste with vanilla and instant coffee diluted in a tablespoon of hot water. Beat the cream until thick, stir in whiskey and fold into the chocolate mixture. Beat egg whites until stiff and fold into the mixture a little at a time. Pour into a serving dish and chill for at least 2 hours.

The rest of the Glenfiddich can be enjoyed after dinner. Pour a little in a brandy snifter and drink it without water or ice. Just sip.

Remember the three p's - patience, pride and persistence.

GLORIFIED RICE

Vivian B. Gavin

- | | |
|--|--|
| 1 pkg. lemon Jell-O | 2 C. crushed pineapple,
drained |
| 1 C. boiling water | 2 C. cold, cooked rice |
| 1 C. pineapple juice
(reserved from
drained, crushed
pineapple) | 1/2 C. white sugar |
| | 1 C. whipped cream |
| | 1 C. chopped nutmeats |

Dissolve Jell-O in hot water. Add pineapple juice, stir, pour in 9x12-inch glass baking dish; refrigerate until slightly thickened. Remove and whip so it's a bit frothy. Add pineapple pulp to rice and sugar. Whip cream; fold in rice mixture. Add to whipped Jell-O. Fold in nuts. Place in 9x12-inch baking dish and chill. Serves 8.

HOMEMADE VANILLA ICE CREAM

Nicolette D. Lane

- | | |
|----------------------------------|---|
| 6 eggs | 2 qts half and half (or
1 qt. cream) |
| 2 C. sugar | whole milk |
| 4-5 T. vanilla (to taste) | |
| 1/4 tsp. salt | |

Beat eggs until light and fluffy. Gradually add sugar and continue to beat until all sugar is mixed thoroughly with eggs. Add vanilla, salt and cream. Mix well. Put into ice cream machine container. Fill rest of way with whole milk. Make according to machine directions. Makes 1 gallon.

ICE CREAM COOKIES

Lynnea Young

- | | |
|--|-------------------------------------|
| 1 box vanilla wafers,
crushed | 1 tsp. vanilla |
| 2 C. sugar | 3 egg yolks, beaten |
| 2 sq. chocolate, melted | 3 egg whites, beaten stiff |
| 1 2 C. butter, softened | 1/2 gal. ice cream, softened |
| 1/2 C. nuts, crushed | |

Crush vanilla wafers and spread evenly on bottom of greased 9x13-inch pan, reserving 3/4 cup for top. Combine sugar, chocolate, butter, nuts, vanilla and egg yolks; fold in beaten egg whites. Pour over crust. Spread softened ice cream on top. Sprinkle with reserved crumbs. Freeze until solid.

Credit is a device that enables you to start at the bottom to go into the hole!

IMPOSSIBLE PIE

Vi Young
Sheryl Lovell

1/2 C. baking mix
(Bisquick)
1/2 C. sugar
4 eggs

2 C. milk
1 3/4 oz. can coconut
1 tsp. vanilla
3 T. butter or margarine

Combine all ingredients in blender; blend for 3 minutes. Pour into buttered 9-inch cake or pie pan. Bake in 400° oven until custard is set, approximately 25 to 30 minutes. Serve cold.

LIME SHERBET DESSERT

Carole Adams

1 1/2 C. crushed "Ritz"
crackers
1 stick butter or
margarine (melted)
4 T. sugar
1/2 gal. vanilla ice cream
1 qt. lime sherbet

3-4 drops green food
coloring
4 T. lemon juice
1 C. sugar
2 beaten eggs
6 T. butter or oleo

Mix crackers, oleo and sugar together and press into bottom of 9x13-inch pan. Mix together vanilla ice cream, lime sherbet, and food coloring; pour over cracker crust and freeze. Cook until slightly thick, lemon juice, sugar, eggs and butter. Cool and spread over ice cream mixture. Keep frozen until served. Serves 12 to 16.

MARSHMALLOW DESSERT

Lon Brough

1-5 oz. jar pimiento
cheese spread
1/4 C. mayonnaise
1-8 oz. can crushed
pineapple, drained

1 sm. carton whipped
topping
1/2 lb. miniature
marshmallows

Cream together cheese and mayonnaise. Mix in pineapple. Fold in whipped topping and marshmallows. Chill.

Only one person in the world can defeat you; that is yourself.

MOCK APPLE PIE

Lon Brough

1 9 inch double crust pastry shell	1/2 tsp. nutmeg
18 soda crackers	1 1/2 C. sugar
1/4 C. butter	1 1/2 C. water
1 tsp. cinnamon	1 1/2 tsp. cream of tartar

Prepare pastry shells. Line bottom of 9-inch pie tin with 1 shell. Place broken crackers in bottom shell. Dot with butter. Sprinkle cinnamon and nutmeg on to taste. In saucepan, boil together sugar, water and cream of tartar. Pour over crackers. Place shell on top. Bake at 350° for 30 minutes as an apple pie, until golden brown. Serves 5 to 6.

POPOVERS

Vivian B. Gavin

1 C. flour	1 C. milk
1 tsp. salt	3 eggs, beaten

Preheat muffin cups at 400° for 5 minutes with 1/2 teaspoon oil in each cup. Sift together salt and flour. Beat eggs. Add milk, then add flour and salt. Beat mixture about 2 minutes. Divide evenly in muffin cups. Bake for 20 to 30 minutes at 400°. Check at 20 minutes.

PUMPKIN BARS

Joan Johnson

2 C. flour	1/2 tsp. salt
2 C. sugar	1 16 oz. can pumpkin
2 tsp. cinnamon	1 C. oil
2 tsp. baking powder	4 eggs
1 tsp. soda	

FROSTING:

1 3 oz. pkg. cream cheese	1 3/4 C. powdered sugar
3/4 stick margarine	1 tsp. milk
	1 tsp. vanilla

Mix together dry ingredients. Beat in eggs, oil and pumpkin. Pour into greased jellyroll pan. Bake at 350° for 25 minutes. Cool before frosting.

FROSTING: Cream margarine, cream cheese and sugar with milk until smooth. Add vanilla. Spread on cooled bars.

“PRETTY PIE”

Londa DeYoung

1-14 oz. can sweetened
condensed milk
1 sm. can limeade
1/4 tsp. peppermint
extract

2 drops green food
coloring
1-8 oz. container
whipped topping
Prepared graham
cracker crust

Mix sweetened condensed milk with limeade; add extract and food coloring. Fold in whipped topping. Pour into crust. Refrigerate 2 to 3 hours. Garnish with sliced limes.

Pink lemonade may be substituted for limeade; use red food coloring instead of green.

RASPBERRY DESSERT

Carole Adams

CRUST:

1/2 C. plus 1 T. melted
margarine

1 C. flour

1 T. sugar

FILLING:

2 lg. pkgs. cream
cheese, softened

2 tsp. vanilla

2 powdered sugar

1-9 oz. carton frozen,
whipped topping

1/2 tsp. salt

1/2 C. sugar

TOPPING:

1 lg. pkg. raspberry
jello

2-10 oz. pkgs. frozen red
raspberries

2 1/2 C. boiling water

Mix melted margarine, flour and sugar. Pat in 9x13x2-inch pan and bake at 300° for 20 minutes. When crust is cool, mix cream cheese, powdered sugar, salt, vanilla and prepared whipped topping and spread on the top. Next, mix boiling water, jello, sugar until dissolved. Add the frozen raspberries. Keep stirring; when mixture starts to thicken, pour over the top. Keep in refrigerator. Serves 12 to 16.

All people smile in the same language.

RHUBARB COBBLER

Carole Reeves
N.W. Bell Dispatchers

- | | |
|---------------------------------|----------------------|
| 4 C. chopped rhubarb | 1 3/4 C. flour |
| 14 lg. marshmallows,
chopped | 1/2 C. milk |
| 1 1/2 C. sugar | 3 tsp. baking powder |
| 1/2 C. margarine | 1 tsp. vanilla |
| 1 C. sugar | 1/8 tsp. salt |

Layer rhubarb in bottom of 9x13-inch baking pan. Spread first marshmallows, then 1 1/2 cups sugar on top. Mix together margarine, 1 cup sugar, flour, baking powder, salt, milk and vanilla. Spread over rhubarb mixture. Bake at 325° for 60 minutes. It's great served warm with ice cream.

RHUBARB COBBLER

Donna Mininger

COBBLER:

- 5 C. chopped rhubarb
- 3/4 C. sugar (can use
1/2 C.)
- 3 T. margarine, melted
- 1/2 C. milk
- 1 C. flour

1 tsp. baking powder

1/4 tsp. salt

TOPPING:

- 1 C. sugar
- 1 T. cornstarch
- 1/2-1 tsp. cinnamon
- 1 C. boiling water

Put rhubarb in 12x7-inch pan. Beat remaining cobbler ingredients for 2 minutes. Spread over rhubarb. Combine topping ingredients of sugar, cornstarch and cinnamon and sprinkle over top of batter. Pour 1 cup boiling water over all. Bake at 350° for 45 minutes.

Fresh or frozen peaches, raspberries or fruit combinations can be used instead of rhubarb; decrease sugar to 1/2 cup in topping mixture.

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

RICE PUDDING

Diana Latch

1/2 C. rice
Pinch salt
1 qt. milk
4 eggs

1/2 C. sugar
1 T. butter
1 tsp. vanilla
1/4 tsp. salt
3/4 C. sugar

Combine rice, pinch of salt and milk in double boiler; cook until tender. Separate eggs. Mix together egg yolks and 1/2 cup sugar, then add to rice mixture, stirring continually. Add butter and vanilla. Pour into 1 1/2-quart casserole dish; top with meringue. MERINGUE: Let egg whites set until at room temperature. Beat a little, add 1/4 teaspoon salt. Slowly add sugar. Beat until you can not feel sugar crystals in the meringue and stiff peaks are formed. Spread over casserole. Bake at 350° for 12 minutes. Serves 6.

SHERBET DESSERT

Maurine Miller

2 pts. whipping cream,
seasoned with
sugar and vanilla
OR 1 lg. Cool Whip
12 macaroon cookies,
crumbled

1 1/2 C. chopped pecans
1 pt. sherbet of each
color (flavor):
raspberry, orange,
pineapple, lime

Whip cream, add sugar and vanilla. Add crumbled macaroons and nuts to whipped cream mixture. Spread half of this mixture in a 9x13x2-inch pan. On top, add scoops of sherbet, alternating flavors for color appeal. Smooth top of sherbet and add remaining whipped cream. Freeze. Serve in squares.

SCALLOPED PINEAPPLE

Marge Wigton

1/2 C. margarine
2 C. sugar
2 eggs
1/2 can sweetened
condensed milk

6 slices bread
1-20 oz. can crushed
pineapple
1 tsp. cinnamon

Cream margarine and sugar. Add eggs and milk. Tear bread into small pieces and toss with mixture. Mix in pineapple including juice. Pour into greased 9x13-inch baking pan. Sprinkle cinnamon on top. Bake in 300° oven for 1 hour.

SODA CRACKER PIE

Claudia Tracy

- | | |
|-----------------------------------|-----------------------------------|
| 4 egg whites, beaten stiff | 3/4 C. soda cracker crumbs |
| 1 C. sugar | 1/2 C. chopped dates |
| | 1/2 C. chopped nuts |

Beat 4 egg whites to the soft peak stage. Gently fold in sugar, soda and cracker crumbs; then dates and nuts. Bake in buttered 9-inch pie pan at 300° for 30 minutes until top is brown and crusty. Serve with whipped topping.

STRAWBERRY PIE

Sharon Dady
Cheryl Doser

- | | |
|------------------------|------------------------------------|
| 1 1/2 C. water | 1 sm. pkg. strawberry jello |
| 3/4 C. sugar | 1 pt. fresh strawberries |
| 2 T. cornstarch | 1 baked pastry shell |

In saucepan, boil water, sugar and cornstarch until clear. Add jello. Cool. Pour over fresh berries in 10-inch baked pastry shell. Chill. Serve with whipped cream.

SWISS CHOCOLATE SQUARES

Joan Johnson

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

FROSTING:

- | | |
|--|-----------------------------------|
| 1/2 C. margarine | 4 C. sifted powdered sugar |
| 6 T. milk | 1 tsp. vanilla |
| 1 1/2 sq. unsweetened chocolate | |

Combine water, margarine and chocolate in saucepan; bring to boil. Remove from heat. Combine flour and sugar with a fork and add to mixture. Add eggs, sour cream, soda and salt; mix well. Pour into greased 15 1/2x10 1/2-inch jellyroll pan. Bake at 375° for 20 to 25 minutes. Frost while warm!

FROSTING: Boil margarine, milk and chocolate 1 minute. Add sifted powdered sugar; mix well. Add 1 teaspoon vanilla and continue mixing until the frosting loses its gloss. Spread on warm chocolate squares. Cool. Cut and serve.

Use the same saucepan to make the frosting; rinse it out first. Remove leftover squares from the jellyroll pan to store.

Notes

SODA CRACKER PIE

INGREDIENTS

- 1/2 C. chopped dates
- 1/2 C. chopped nuts
- 3/4 C. soda cracker crumbs

- 4 egg whites, beaten stiff
- 1 C. sugar

Beat 4 egg whites to the soft peak stage. Gently fold in sugar, soda and cracker crumbs; then dates and nuts. Bake in buttered 9-inch pie pan at 300° for 30 minutes until top is brown and crusty. Serve with whipped topping or ice cream.

STRAWBERRY PIE

- 1 pt. fresh strawberries
- 1 baked pastry shell

- 2 T. cornstarch
- 3/4 C. sugar
- 1 1/2 C. water

In saucepan, boil water, sugar and cornstarch until thick. Add strawberries. Pour over fresh berries in 10-inch baked pastry shell. Chill. Serve with whipped cream.

SWISS CHOCOLATE SQUARES

- 2 C. sugar
- 2 eggs

- 1 C. water
- 1/2 C. margarine

Combine water, margarine and chocolate in saucepan. Bring to boil. Remove from heat. Combine flour and sugar with egg whites and add to mixture. Beat mixture until stiff peaks form. Spread on waxed paper and bake at 300° for 20 minutes. Frost with vanilla frosting.

FROSTING:

- 4 C. sifted powdered sugar

- 1/2 C. margarine
- 6 T. milk

Combine water, margarine and chocolate in saucepan. Bring to boil. Remove from heat. Combine flour and sugar with egg whites and add to mixture. Beat mixture until stiff peaks form. Spread on waxed paper and bake at 300° for 20 minutes. Frost with vanilla frosting.

FROSTING: Beat margarine and powdered sugar until stiff peaks form. Add milk and beat until smooth. Spread on top of squares.

Use the same saucepan to make the frosting, since it is just removed from the jellyroll pan to store.



Salads & Vegetables

CHEESE AND PINEAPPLE SALAD

Diana Latch

- 1 pkg. lemon gelatin
- 1 C. hot water
- 1/2 C. cold water (or
pineapple juice)

- 1 pkg. Dream Whip
- 1 #2 can pineapple (crushed,
drained)
- 2 C. cubed American
cheese
- 1 C. chopped nuts

Dissolve gelatin in hot water, add cold water or pineapple juice. Let jell until syrup, then whip. Add Dream Whip, prepared as package directs, to gelatin. Quickly add the remaining ingredients. Pour into mold or pan, let set. Fills 9x13x2-inch glass dish.

COLESLAW

Susan Yinger

- 8 C. shredded cabbage
- 2 shredded carrots
- 1/2 onion, finely chopped
- 1 green pepper, diced

DRESSING:

- 2/3 C. sugar
- 2/3 C. vinegar

- 2 tsp. celery seed
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 pkg. unflavored gelatin,
softened in 1/4 C.
cold water
- 2/3 C. salad oil

Mix vegetables in extra large mixing bowl. Mix sugar, vinegar and spices in saucepan and bring to boil. Stir into it the unflavored gelatin softened in water. Cool till thickened. Beat into it the salad oil. Pour the dressing over top of the vegetables and mix.

This coleslaw will not spoil as easily as a mayonnaise-based slaw. It may be stored several days in the refrigerator. Always stir before serving.

It's better to talk over a person's head than behind his back.

CRANBERRY SALAD

Karen Fensterman

- 2 C. fresh or bagged
cranberries, ground**
- 1 C. sugar**
- 1 C. whipping cream**

- 3/4 lb. miniature
marshmallows**
- 1 sm. can crushed
pineapple, well
drained**

Mix cranberries and sugar together and let stand 2 hours. Whip cream and marshmallows. Mix with cranberry mixture. Let stand another 2 hours. Add pineapple and mix all together. Let stand in refrigerator 24 hours or overnight. Pour into serving bowl. Serves 6 to 8.

CRUNCHY SAUERKRAUT

Maurine Miller

- 1/2 C. cider vinegar**
- 1/2 C. sugar**
- 1/4 C. vegetable oil**
- 1 tsp. salt**
- 1/2 tsp. pepper**
- 1/2 tsp. garlic salt**

- 1 tsp. celery seed**
- 1 lb. sauerkraut,
drained**
- 1/2 C. onion, chopped**
- 1 green pepper, chopped**
- 2 pimientos, chopped**

Heat vinegar, sugar, oil and seasoning together. Add remaining ingredients. Chill 4 hours.

DELUXE CRANBERRIES

Ruth Rieman

- 2 C. sugar**
- 1 C. water**
- 1 lb. cranberries**

- 20 lg. marshmallows**
- Nuts, if desired**

Boil sugar and water to thread stage. Add cranberries. Cover and simmer approximately 10 minutes. Remove from heat; add marshmallows and nuts. Pour into bowl; refrigerate overnight.

Nice served in glass bowl with whipped cream on top.

It is equally advisable to keep the mouth closed when swimming and when angry.

EASY ORANGE SALAD

Kristi Evans

- 1 pkg. dry orange jello**
- 1 pkg. Dream Whip prepared**
- 1 can mandarin oranges**

- 1 can chunk pineapple**
- 1 bag miniature marshmallows**

Add orange jello to Dream Whip and stir together well. Add drained mandarin oranges and pineapple. Add marshmallows; refrigerate until served. Serves 6.

EASY SALAD

Bev Hoover

- 1 C. crushed pineapple**
- 1 sm. container Cool Whip**

- 1 lg. jello, any flavor**
- 1 sm. carton cottage cheese**

Mix all ingredients and refrigerate overnight.

FRENCH DRESSING

Shirley Freeman
Shirley From

- 2 C. salad oil**
- 2 C. sugar**
- 2 tsp. salt**
- 1 onion (size of an egg), grated**

- 2/3 C. catsup**
- 2/3 C. vinegar**
- 2 tsp. celery seed**

In large mixing bowl, combine salad oil, sugar, salt, onion and catsup. Mix together and beat 20 minutes. (Set your timer!) Lightly stir in the vinegar and celery seed. Store in refrigerator. Keeps indefinitely. Makes approximately 1 quart dressing.

The man who lives by the golden rule today never has to apologize for his actions tomorrow.

FRUIT SALAD

Nancy Reis

- 16 oz. fruit cocktail,
drained
- 8 oz. mandarin
oranges, drained
- 8 oz. chunk pineapple,
drained
- 2 C. miniature
marshmallows
- 1 C. coconut
- 3 oz. cream cheese,
softened
- 3/4 C. mayonnaise
- 1 T. sugar
- 1 pkg. prepared Dream
Whip
- Maraschino cherries
opt.

Combine first 5 ingredients (fruits, marshmallows and coconut). Mix cream cheese, mayonnaise and sugar. Fold Dream Whip into cream cheese mixture. Fold cream cheese mixture into fruit mixture. For extra color, add drained maraschino cherries. Serves 8 to 12.

FRUIT SALAD

Norma Klein

- 2 #2 cans fruit cocktail
- 1 #2 can chunk pineapple
- 1 bottle maraschino
cherries
- 1 pt. sour cream
- 4 T. mayonnaise
- 1/2 lb. marshmallows,
chopped

Drain fruit well. Mix sour cream, mayonnaise and marshmallows. Alternate layers of fruit and sour cream mixture in 9x13-inch pan, beginning with sour cream mixture. Chill 24 hours. Serves 12.

GERMAN POTATO SALAD

Sarah Donohoe

- 4 bacon strips
- 1 15 1/2 oz. can Read
German potato
salad
- 1/4 tsp. mustard
- 1/2 T. sugar

Fry bacon; crumble. Save 1 teaspoon grease; add with other ingredients. Heat and serve.

Don't be afraid to try new recipes, the worst that can happen is-- you'll have to eat them yourself.

LAYERED SALAD

Kristi Evans

- 1 lg. head crisp lettuce
- 1/2 C. chopped celery
- 1 sm. onion, sliced or diced
- 1 green pepper, sliced or diced
- 1 C. fresh mushrooms, sliced

- 4 hard-boiled eggs, sliced
- 1 10 oz. pkg. uncooked, frozen peas
- 7-8 slices bacon, fried & crumbled
- 2 C. mayonnaise
- 2 T. sugar
- 1 C. grated Cheddar cheese

Tear crisp lettuce into 9x13-inch dish. Layer the rest of the ingredients in the order listed. Carefully spread mayonnaise like frosting and sprinkle with grated Cheddar cheese. Cover and refrigerate overnight. Serves 8 to 12.

LAYERED LETTUCE SALAD

Vicki Warrick

- 1 med. head lettuce
- 1 head cauliflower
- 2 C. mayonnaise
- 1 med. onion, chopped

- 1 lb. bacon, fried crisp and crumbled
- 1/2 C. Parmesan cheese
- 1/2 C. sugar

Layer ingredients in order given in a large mixing bowl. Let set tightly-covered overnight in refrigerator. When ready to serve, stir ingredients well.

MOUNTAIN DEW SALAD

Joni Reeves

- 2 3 oz. pkgs. lemon gelatin
- 2 C. hot water
- 1 can Mountain Dew pop
- 1 15 oz. can crushed pineapple

- 2 C. miniature marshmallows
- TOPPING:**
- 1 box instant lemon pudding
- 1 env. Dream Whip

Mix together gelatin and hot water. Add Mountain Dew; let cool. Drain pineapple. Add pineapple and marshmallows to gelatin mixture. Pour into 9x13-inch pan. Let set until almost firm. Follow package directions for pudding and Dream Whip; fold together. Spread over top of gelatin.

Confucious say a bird in the hand feels funny.

PIMIENTO SALAD

Sarah Donohoe

1 jar pimiento
cheese spread
1 15 oz. can crushed
pineapple, semi-
drained

1 C. sm. marshmallows
1 9 oz. Cool Whip

Mix together first 3 ingredients. Add Cool Whip. Chill. Can be frozen and served in slices.

POPPY SEED SALAD DRESSING

Thelma Wooldridge

1 C. granulated sugar
1 3/4 tsp. dry mustard
1 3/4 tsp. salt
2/3 C. red wine vinegar

2 T. chopped onion
1 1/2 tsp. poppy seeds
2 C. salad oil

Combine sugar, mustard and salt in saucepan. Mix well. Add vinegar. Whip with wire whisk. Heat to lukewarm. Add onion and poppy seeds. Gradually add oil and continue to whip until all the oil has been added. (Note: If oil is not added gradually, the dressing will separate and not thicken.) Makes 3 cups.

Excellent over mixed fruit salad or any salad where a sweet-sour dressing is appropriate.

PRETZEL STRAWBERRY SALAD

Vicki Warrick

2 C. crushed pretzels
1/4 C. sugar
3/4 C. oleo, melted
1 8 oz. pkg. cream
softened
1 C. sugar

1 1/2 C. whipped cream
6 oz. pkg. strawberry
gelatin
2 C. hot pineapple juice
20 oz. frozen strawberries

Combine pretzels, sugar and oleo. Pat into 9x13-inch pan and bake at 350° for 10 minutes. Cool. Cream sugar, cream cheese and whipped cream and spread over cooled crumbs. Dissolve gelatin in pineapple juice. While hot, add strawberries. As soon as partially set, spread over cheese mixture. Store, covered, in refrigerator.

It's not the hours you put in, it's what you put in the hours.

QUICK REFRIGERATOR CUCUMBER CHIPS

Zada Z. Burrell

3 lg. cucumbers, sliced
1 lg. red or green bell pepper
1 lg. onion, sliced
1 tsp. salt

2 tsp. dill seed or dill weed
3/4 C. sugar
1/2 C. wine vinegar

Wash and slice cucumbers with skin on. Cut pepper into strips and onion into slices. Place vegetables into large glass dish. Add salt and dill weed or seed. Stir well and set aside for 1 hour. Mix sugar and vinegar until sugar is dissolved. Add to the cucumbers, onions and peppers. Stir gently and refrigerate. Be sure to use a glass container, not a plastic one. Makes about 2 quarts.

SHRIMP SALAD

Nicolette D. Lane

1 8 oz. box shell macaroni
1 med. size onion (diced)
1 C. celery (chopped)

1/4 C. (diced) sweet pickles
1 C. cooked peas (drained)
2 cans shrimp salad dressing

Cook macaroni and rinse in cold water. Prepare other ingredients and add to cool macaroni. Add shrimp last of all. Mix gently. Add your favorite salad dressing or Miracle Whip to moisten. Best if chilled for several hours. This is a large recipe.

SPAGHETTI SALAD

Nicolette D. Lane

14 oz. thin spaghetti
1 C. chopped onion
1 C. chopped green pepper

4 T. yellow mustard
4 T. sugar
1 C. Italian dressing

Cook spaghetti till tender; rinse in cool water and drain. In separate bowl, mix onion, green pepper, mustard, sugar and dressing. Pour this over spaghetti and garnish with tomato chunks or olives.

Delicious and easy to make.

Success is getting what you want; happiness is wanting what you get.

TACO SALAD

Lynnea Young

- | | |
|--------------------------------------|---|
| 1 lb. hamburger | 1/2 chopped onion |
| 1/2 med. onion, chopped | 1 med. bag taco chips, crushed |
| 1 can chili beans | 8 oz. Thousand Island salad dressing (or choice) |
| 1 med. head lettuce | |
| 8 oz. shredded Cheddar cheese | |

Brown hamburger; add 1/2 medium onion and chili beans. Shred lettuce; add cheese, onion and crushed taco chips. Pour hamburger mixture over lettuce mixture. Top with salad dressing; mix well. Serves 6 to 8.

Serve immediately after mixing. Does not refrigerate well.

TACO SALAD

Gretchen Wigton

- | | |
|-----------------------------------|---|
| 1 lb. ground beef | 1 head lettuce |
| 1 pkg. taco seasoning mix | 1 carrot, grated |
| Water as per seasoning mix | 1 sm. onion, chopped |
| 1 can kidney beans | 1 4 oz. pkg. taco cheese, grated |

In saucepan or large skillet, brown ground beef. Add taco seasoning mix and water according to package directions. Add kidney beans. Simmer about 20 minutes, until juice evaporates. Meanwhile, tear lettuce in bite-size pieces. Grate carrot, chop onion and toss together. Pour hot meat over greens, top with cheese. Serves 6 to 7.

TUNA SALAD

Vi Young

- | | |
|---|----------------------------------|
| 3/4 C. oatmeal, uncooked | 1/2 C. salad dressing |
| 1 7 oz. can flaked tuna, drained | 1/2 C. milk |
| 1/2 C. celery, diced | 3 T. green onions, sliced |
| | 2 T. pickle relish |

Toast oatmeal in 350° oven for 12 to 15 minutes until brown. Mix oatmeal with all other ingredients. Chill. Add more salad dressing, if needed.

BARBECUED GREEN BEANS

Roberta Piatt

- 6 slices bacon
- 1 onion (cut up)
- 1 can tomato soup
- 2 T. sugar
- 1 T. vinegar

- Salt and pepper
- 1 tsp. dry mustard
- 2 cans whole green beans
- 1 can mushrooms

Chop and brown bacon in medium saucepan. Add next 6 ingredients and simmer 30 minutes. Add beans and mushrooms. Heat to serve. Serves 8.

BROCCOLI CASSEROLE

Cheryl Doser

- 2 pkgs. chopped broccoli
- 1 can cream of mushroom soup
- 3/4 C. sour cream

- 1/2 C. chopped celery
- 1/4 C. grated Cheddar cheese
- Chopped pimento

Cook broccoli as package directs, omit salt. Drain. Combine with remaining ingredients and pour into 2-quart baking dish. Bake at 350° for 30 minutes.

CREAMY POTATO BAKE

Mary McGinley

- 6 servings instant potatoes
- 1 4 oz. pkg. cream cheese
- 1 egg

- 2 T. chopped onion
- 1 T. parsley
- 1 T. butter
- Paprika

Prepare potatoes according to package directions, but omit butter. In a bowl, whip cream and add to potatoes. Stir in egg, onion and parsley and mix well. Turn into well-buttered 1-quart baking dish. Dot with butter and sprinkle with paprika. Bake at 400° for 30 minutes. Serves 6.

It's better to stamp out a rumor than to jump to conclusions.

GREEN BEANS AU GRATIN

Joan Johnson

- 3 T. butter or margarine
- 4 T. flour
- 2 cans green beans, drain and reserve
- 1/2 C. liquid

- 1 C. milk
- 1/2 C. Velveeta, cut in sm. chunks
- Salt and pepper to taste
- Bread crumbs

Melt 3 tablespoons butter; add 4 tablespoons flour. Blend and add 1/2 cup bean liquid and 1 cup milk. Boil 3 minutes and add 1/2 cup Velveeta. Stir until cheese is melted. Pour over green beans (drained) in 1 1/2-quart baking dish. Add salt and pepper to taste. Cover with bread crumbs. Bake at 350° for 45 minutes. Serves 6 to 8.

You can stretch this by just adding 1 more can of green beans (drain).

GREEN BEANS SUPREME

Vivian B. Gavin

- 3 T. butter or margarine
- 3 T. flour
- 1 C. milk
- 1 1/2 T. Worcestershire sauce
- Dash of paprika
- 1 1/2 C. Kraft American cheese, chopped fine or grated

- 1 sm. can mushrooms, chopped
- 1 qt. green beans (precooked such as home or commercially canned)
- 1 C. potato chips, crushed; not too fine

In saucepan, melt butter, stir in flour. Slowly stir in milk. Add Worcestershire sauce and paprika. Cook until thickened. Add cheese; blend until smooth. Put beans and mushrooms in 1 1/2-quart baking dish and cover with sauce. Bake at 350° for 30 minutes. Top with potato chips last 10 minutes of baking. Serves 6 to 8.

Never get mad at somebody who knows more than you do. After all, it isn't his fault.

FRENCH FRIED ONIONS

Carole Reeves

1/2 tsp. salt
1/3 C. flour
1 tsp. sugar
1/4 tsp. baking powder

1 egg
1/3 C. milk
Onions

Sift together dry ingredients. Beat eggs slightly with milk. Add to flour mixture. Stir until well blended. Slice onions 1/4-inch thick (do not wash); dip in batter. Fry in hot grease at 360°.

This mixture is also good for use with shrimp except substitute water for the milk.

GOLDEN POTATO CASSEROLE

Carole Adams

8 med. potatoes
1/4 C. butter or oleo
1 C. shredded
Cheddar cheese
1 can cream of chicken
soup

2 C. sour cream
1/3 C. chopped green onion
1 tsp. salt

Cook potatoes in skins until almost done. Peel and chill. In large bowl, chop the potatoes in medium-size pieces. In medium saucepan over low heat, combine butter and cheese. Keep stirring until almost smooth and melted. Add soup and remove from heat. Blend in sour cream, onions and salt and pour over potatoes. Stir lightly and turn into buttered 2-quart casserole dish. Bake at 350° for 45 minutes. Cover bowl.

Keep bowl covered while baking, but watch that the oven does not get too hot and the mixture does not run over.

SCALLOPED CORN

Cheryl West

1-16 oz. can cream-style
corn
1 egg yolk

1 C. crumbled crackers
1 T. margarine
Salt and pepper to taste

Mix corn and egg. Add crackers, margarine, salt and pepper. Bake at 375° for 45 to 60 minutes. Turn into 1-quart casserole.

SCALLOPED POTATOES

Vicki Warrick

- 3 C. hash browns, frozen**
- 1/2 C. sour cream**
- 1 can celery soup**

- 1 C. grated Cheddar cheese**
- Chives (optional)**

Mix hash browns, sour cream, celery soup and chives together. Put layer of potatoes in greased 1 1/2-quart casserole, then layer of grated cheese and repeat, ending with cheese. Bake for 1 hour at 350°.

VEGETABLE CASSEROLE

Carole Adams

- 1 pkg. frozen California Mix veggies**
- 1 sm. jar Cheez Whiz**

- 1 can cream of mushroom soup**
- 1 can French fried onion rings**

Cook vegetables according to package directions. Drain and place in 1-quart casserole dish. Top with Cheez Whiz and soup. Bake at 350° for 30 minutes. Cover mixture with the can of onion rings and return to oven for 5 more minutes.

Never throw mud. Even if you miss your mark, you will still have dirty hands.



Miscellaneous & Low Calorie

BARBECUE SAUCE

Susan Yinger

- | | |
|-----------------------|-----------------------------|
| 2 T. brown sugar | 2 tsp. Worcestershire sauce |
| 1 tsp. paprika | 2 T. vinegar |
| 1 tsp. salt | 1 C. tomato juice |
| 1 tsp. dry mustard | 1/2 C. catsup |
| 1/2 tsp. chili powder | |

Mix ingredients in saucepan and heat till blended well. Flavor intensifies with length of time it simmers.

Excellent way to use up leftover roast beef. Also makes inexpensive homemade Sloppy Joe's.

BARBECUE SAUCE

Cheryl West

- | | |
|--------------------------------|------------------------|
| 1 8 oz. can tomato sauce | 1 lemon, thinly sliced |
| 1/4 C. prepared barbecue sauce | 2 T. brown sugar |
| 1 T. instant minced onion | 1 tsp. garlic salt |
| | 1/2 tsp. dry mustard |
| | 1/8 tsp. pepper |

Combine all ingredients; mix well. Let stand 15 to 20 minutes to blend flavors. Store leftover sauce, covered, in refrigerator. Makes 1 1/2 cups sauce.

BARBECUE SAUCE FOR RIBS OR HAM BALLS

Thelma Wooldridge

- | | |
|---|-----------------------|
| 3 C. brown sugar | 2 T. prepared mustard |
| 1 1/2 C. pineapple or other fruit juice | 1-2 T. cornstarch |
| 3 C. catsup | 6 T. soy sauce |
| | 6 T. vinegar |

Mix all ingredients, heat and pour over meatballs or ribs. Turn the meat once in sauce. Bake 1 or 1 1/2 hours at 325°.

Remember, when you point your finger accusingly at someone else, you've got three fingers pointing at yourself.

CHEESE RELISH

Maurine Miller

- | | |
|--------------------------------------|------------------------|
| 1 lb. Cheddar cheese,
grated | 2 boiled eggs, chopped |
| 1 sm. onion, grated | 1 tsp. salt |
| 2 T. sweet pickle,
chopped finely | 1 T. butter |
| 2 pimientos, chopped | 1/2 C. sugar |
| | 1 egg |
| | 1/2 C. vinegar |

Mix together cheese, onion, pickle, pimiento, boiled egg and salt. To make dressing, combine butter, sugar, egg and vinegar in top of double boiler. Cook until thick. Cool. Add dressing to cheese mixture. Makes delicious sandwiches.

CHOCOLATE POPCORN

Kristi Evans

- | | |
|-----------------------|---------|
| 1/2 C. butter or oleo | Popcorn |
| 1 C. sugar | Oil |
| 1/2 C. milk | Salt |
| 3 T. dry cocoa | |
| 1 tsp. vanilla | |

Melt butter and add sugar in saucepan, mix well; add milk, vanilla and cocoa. Heat to boiling, stirring constantly. Boil for 1 minute or to soft ball stage. Remove from heat; dribble over popcorn; stir to cover evenly. Serves 2 to 6. Makes 2 large batches of popcorn.

CINNAMON SYRUP

Sarah Donohoe

- | | |
|-------------------------|-----------------------------------|
| 1 C. sugar | 1/2 C. evaporated milk |
| 1/2 C. light corn syrup | 1/4 tsp. butter flavoring |
| 1/4 C. water | 1/4 tsp. burnt sugar
flavoring |
| 1/2-3/4 tsp. cinnamon | |

Bring first 4 ingredients to boil, stirring constantly. Boil 2 minutes. Remove from heat. Add remaining ingredients.

Yummy homemade flavor.

There's no use advertising your troubles—there's no market for them.

CURRY DIP

Londa DeYoung

- | | |
|--|------------------------------|
| 1 C. Hellmann's real
mayonnaise | 1 tsp. garlic salt |
| 1 tsp. tarragon vinegar | 1 tsp. horseradish |
| 1 tsp. curry powder | 1/4 tsp. onion powder |

Combine all ingredients and chill about 1 hour. Dip: carrots, celery, cauliflower, onions and cucumbers.

FROZEN FRUIT

Cheryl West

- | | |
|--|---|
| 1 10 oz. pkg. frozen
strawberries | 2 cans mandarin oranges,
drained |
| 1 16 oz. can crushed
pineapple, drained
drained | 1 C. water |
| 4 diced bananas | 1 C. sugar |

Mix fruit together. Make a syrup with the sugar and water by heating together until the sugar dissolves. Pour over fruit. Bananas do not turn brown. Spoon into foil cupcake liners and freeze. When completely frozen, they may be stored in plastic bags in the freezer. Serves 20.

FRUIT DIP

Londa DeYoung

- | | |
|------------------------------------|----------------------------------|
| 7 oz. marshmallow
crème | 1 C. mayonnaise |
| 2 tsp. ginger | 2 tsp. grated orange peel |

Mix ingredients well and store in refrigerator. Dip chunks of banana, apple, orange, pineapple, grapes and melons.

Open your eyes and seek another human being in need of a little time, a little friendliness, a little company, a little work.

—Albert Schweitzer

GRANOLA

Claudia Tracy

- 1 1/2 C. brown sugar, packed
- 1/3 C. water
- 1 C. vegetable oil, warmed
- 2 tsp. vanilla
- 6 C. quick-cooking oatmeal
- 1 12 oz. jar wheat germ
- 1/2 C. whole wheat flour
- 1 jar sunflower seeds
- 1 lg. pkg. coconut

Raisins, dates, dried apples or other fruit

Dissolve brown sugar in water. Boil 1 minute; add warmed oil and vanilla. Mix dry ingredients, except fruit. Drizzle syrup over dry ingredients, mixing well. Spread on 2 greased cookie sheets. Bake at 200° for 2 hours, stirring occasionally, until dry and golden brown. Cool. Add fruit.

LOW-CALORIE CRUSTLESS QUICHE

Katy Elson

- 1 T. butter or margarine
- 1/2 C. chopped onion
- 1 C. broccoli flowerets
- 1 C. sliced mushrooms
- 1/2 tsp. salt
- 1/2 C. ham
- 1 1/2 C. skim milk
- 5 eggs
- 1 T. flour
- 1/2 tsp. each salt & pepper
- 1/4 tsp. Tabasco sauce
- 3/4 C. Jarlsberg or lowfat Swiss cheese, grated

Sauté onions, broccoli and mushrooms in butter. Add 1/8 teaspoon salt. Place sautéed vegetables and ham in greased quiche dish. Blend together milk, eggs and seasonings. Pour over vegetables and ham in 9-inch quiche dish or 10-inch pie pan. Sprinkle cheese on top. Bake 45 to 50 minutes (until firm in the middle) in preheated 325° oven. Let stand 5 to 10 minutes before serving. Serves 4 - 195 calories per serving.

An ounce of fact means more than a ton of argument.

LOW-CALORIE FROSTY MINT TEA

Bette Fulton

- 4 C. boiling water
- 6 tea bags (or 6 tsp. instant)
- 1 T. mint jelly

- Lime juice to taste (opt.)
- Ginger ale or 7-Up (diet)

Pour water over tea. Steep 5 minutes. Pour tea over jelly - stir until dissolved. Chill! Fill glasses 1/2 full with tea mixture. Add crushed ice. Fill with ale or 7-Up. Garnish with mint sprig. Serves 4. Delicious.

LOW-CALORIE ORANGE JULIUS

Jane Tham

- 6 oz. frozen orange juice concentrate
- 1 C. milk
- 1 C. water

- 1/2 C. sugar
- 1 tsp. vanilla
- 8-10 ice cubes

Mix together all ingredients except ice. Add ice to a slushy consistency. Can make low-calorie by using skim milk and artificial sweetener.

LOW-CALORIE SPICEY CHEDDAR SPREAD

Jane Tham

- 4 oz. extra-sharp Cheddar cheese
- 12 oz. pot-style or dry curd cottage cheese

- 6-10 drops Tabasco sauce (more for more spicey flavor)
- 2-3 T. skim milk or port wine

Use food processor. Cut Cheddar cheese into cubes and process with metal blade until smooth. Very gradually, add the cottage cheese through feed tube while machine is running. Process until completely smooth - scraping down sides of bowl occasionally. Add Tabasco to taste. Add skim milk or wine to thin mixture. Makes about 1 3/4 cups.

Serve with crackers or veggies. Use a dry red wine to thin mixture - gives it a bit more tangy flavor.

When you get into a tight place and everything goes against you...never give up then, for that is just the place and time that the tide will turn.

—Harriet Beecher Stowe

HOT CORNED BEEF SANDWICHES

Becky Sparks

1 can corned beef
1 C. ketchup
1 med. onion, diced

**1-6 oz. pkg. Cheddar
cheese, grated**
1 pkg. 8 hamburger buns
Mustard, opt.

Combine all ingredients in large bowl and mix well. Spread mixture on hamburger buns. Wrap sandwiches in foil and place each one on racks of oven and bake at 350° for 20 minutes. Leave each sandwich wrapped until ready to serve. Serve with mustard, optional. Serves 4.

Sandwiches can also be heated in the microwave oven. Instead of foil, wrap them each in paper towel, heat on "reheat" for 1 1/2 minutes each.

KAHLUA

Jane Tham

1 3/4 oz. instant coffee
2 C. boiling water
4 C. sugar

2 C. brandy
1 vanilla bean

Stir instant coffee (not decaffeinated) into boiling water until dissolved. Add sugar and stir until dissolved. Add brandy. Pour into 1/2 gallon bottle. Drop in a feathered vanilla bean (Spice Island brand is good). Cap and age for approximately 30 days in a cool, dark place. After aging, remove vanilla bean and enjoy. Keep refrigerated.

Makes a delicious coffee liqueur. Tastes just like the stuff you buy - only better! Enjoy it straight, over crushed ice with cream or half and half or added to coffee.

Laughter is one of the greatest helps of digestion.

PARTY DIP (HOT)

Shirley A. From

2 lbs. ground round
2 lbs. Velveeta cheese

**2 cans mild enchilada
sauce**
Fritos or potato chips

Sauté ground round in small amount of margarine in large skillet. Gradually add 2 pounds Velveeta cheese. Add 2 cans mild enchilada sauce and simmer until cheese is all melted and sauce is well combined with cheese and meat. Serve hot with Fritos or chips. Transfer dip to fondue pot to keep warm. Serves about 8 to 10.

I use Old El Paso enchilada sauce.

SUMMER SAUSAGE

Kristi Evans

2 lbs. hamburger
1/2 tsp. salt
1/8 tsp. garlic salt
1 C. water
1 1/2 T. liquid smoke

**3 T. Morton's Quick cure
salt**
1/3 C. onion (chopped)
1 1/2 T. honey

Mix all ingredients; shape into 3 rolls. Wrap each in foil; refrigerate 24 hours. Make slits in the bottom of the foil; place on rack over a pan to catch drippings. Bake at 350° for 1 1/4 to 1 1/2 hours. Remove from oven, unwrap to cool. Place in plastic bags to refrigerate. Slices easiest when cool.

WEIGHT WATCHERS GOULASH

Ruth Rieman

**Canned tomatoes
(unlimited)**
1/2 C. tomato sauce
**Onion flakes (as
desired)**
**Green pepper (as
desired)**

**6 oz. veal or beef,
precooked in
microwave on rack,
chopped**
2/3 C. cooked macaroni

Put tomatoes in saucepan and mash, add all other ingredients; simmer until vegetables are done and flavorful. May add sugar substitute to take away tartness. Could use 2 tablespoons catsup if you like that flavor.

This is equal to 1 meat, 1 bread.

Notes

WOMAN'S FEEL BEMING JON
 PARTY DIP (HOT)
 2 lbs. ground touring
 2 lbs. Velveeta cheese
 1 can mild enchilada
 sauce
 1/2 cup milk
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper

Subst ground tour in small amount of margarine in large skillet. Gradually add 2 rounds Velveeta cheese. Add 2 cans mild enchilada sauce and simmer until cheese is all melted and sauce is well combined with cheese and meat. Serve hot with Pinto or chipotle. Transfer dip to tortilla pit or keep warm. Serve about 8 to 10.

1 use Old El Paso enchilada sauce
 2 1/2 cups milk
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper

SUMMER SAUSAGE

2 lbs. hamburger
 1/2 cup milk
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper

Mix all ingredients. Shape into 3 balls. Wrap each in foil. Refrigerate 24 hours. Make cuts in the bottom of the foil. Place on rack over a pan to catch dripping. Bake at 350° for 1 1/2 hours. Remove from oven. Allow to cool. Place in plastic bag to refrigerate. Slices essential with cool.

WEIGHT WATCHERS DOULASH

Canned tomatoes
 (unlimited)
 1/2 C. tomato sauce
 Onion flakes (as desired)
 Green pepper (as desired)
 1/2 C. cooked macaroni
 chopped
 microwave on rack
 precooked in
 1/2 cup milk
 1/2 cup onion
 1/2 cup tomato
 1/2 cup green pepper

Put tomatoes in saucepan and mash. Add all other ingredients. Simmer until vegetables are done and flavorful. May add sugar substitute to taste. Watch fatness. Could use 2 tablespoons calumet if you like. If you like.

This is equal to 1 meal, 1 bread.

INDEX

APPETIZERS AND BEVERAGES:

Blue Cheese Cheeseball	1
Cheese Spread	1
Chili/Cheese Dip	1
Cream Puff Appetizers	2
Deviled Nuts	2
Hanky Pankys	3
Katy's Cheese Log	3
Marinated Mushrooms	3
Olive Cheese Balls	4
Shrimp Mousse	4
Spinach Dip	4
Swedish Meatballs	5

Bourbon Slush	5
Cranapple Slush	5
Cranberry Punch	6
Golden Pheasant	6
Hot Chocolate Mix	6
Irish Crème	6
Orange Julius	7
Peppermint Schnapps	7

BREADS:

Almond-Raisin Caramel Rolls	9
Apple-Cinnamon Muffins	9
Apricot Banana Bread	9
Banana Pecan Bread	10
Beer Bread	10
Bubble Loaf Rolls	11
Caramel Cinnamon Rolls	11
Caramel Finger Rolls	12
Excellent Bran Muffins	12
Fresh Peach Muffins	13
Great Waffles	13
Hay Hand Rolls	13
Monkey Bread	14
Old-Fashioned Overnight Raisin Oatmeal Pancakes	14
One-Hour Dinner Rolls Italiano	15
Overnight Buns	15
Poppy Seed Bread	16
Raisin Bran Muffins	16
Raisin Whole Wheat Bread	17
Sassy Cinnamon Muffins	17
Sourdough Biscuits	18
Strawberry Muffins	18
Strawberry Nut Loaf	19
Zucchini Bread	19

CAKES AND FROSTINGS:

Aunt Clare's Cocoa Brownies	21
Aunt Maggie's Ol' Black Cake	21
Banana Bars	22
Brownies	22
Chocolate Chip Oatmeal Cake	23
Chocolate Miracle Whip Cake	23
Chocolate Pecan Frosting	24
Chocolate Pudding Cake	24
Coconut Pecan Frosting	27
Cranberry Cake with Hard Sauce	24
Fruit Cocktail Bars	25
Glossy Chocolate Frosting	25
Hot Water Chocolate Cake	25
Italian Cream Cake	26
Mandarin Orange Cake	26
No-Fail Brownies	27
Oatmeal Cake	27
Pineapple Cake	28
Pumpkin Cake Roll	28
Texas Brownies	29
Texas Sheet Cake	29
Texas Sheet Cake Frosting	29
Zucchini Spice Cake	30

CASSEROLES:

Baked Carrot Dish	31
Broccoli Casserole	31
Broccoli-Cheese Casserole	31
Broccoli-Chicken Casserole	32
Broccoli Rice	32
Carrot Casserole	32
Cheese Burger Pie	33
Cheese 'N Grits	33
Cheese Puff	33
Chicken Casserole	34
Chicken Casserole	34
Chicken Delight Casserole	34
Corned Beef Noodle Casserole	35
Crock Pot Spaghetti	35
Dutch Babies	35
Goulash	36
Hamburger Casserole	36
Hamburger Rice Casserole	36
Overnight Eggs	37
Pizza Bake	37
Pizza Casserole	37
Potato and Ham Dish	38
Potluck Casserole Dish	38
Scalloped Chicken	38
Turkey Tetrazzini	38

COOKIES AND CANDY:

Chocolate Chip Oatmeal Cookies	39
Coconut Wheat Germ Bars	39
Danish Butter Cookies	40
Date Bars	40
Davy Crockett Bars	40
Double Crunch Bars	41
Grandma Sally's Soft Sugar Cookies	41
Oatmeal Bars	42
Oatmeal Crispies	42
Oatmeal Raisin Cookies	42
Peanut Butter Balls	43
Sugar Cookies	43
Toffee Squares	43
Walnut Fudgies	44
Whole Wheat Fruit Drops	44
Potato Chip Cookies	45
Best Fudge	45
Brown Sugar Pralines	46
Candy Pieces	46
Caramel Corn	46
Easy Caramels	47
English Toffee	47
Toffee	48
Toffee	48

MAIN DISHES:

Barbeque Beef	49
Beef "Birds"	49
Beef Burgundy	50
Beefburger Mix	50
Breakfast Pizza	50
Cheese-Baked Chicken	51
Chicken Delight	51
Chicken Divan	51
Cock-A-Doodle Stew	52
Corn Chowder	52
Corn Chowder With Chiles and Cheese	53
Country Grits and Sausage	53
Cream of Broccoli Soup	54
Easiest Meataballs	54
Easy Hamburger Stroganoff	55
Fifteen-Minute Chicken Shortcake	55
Five-Hour Beef Stew	55
Ham Balls	56
Hamburger Stroganoff	56
Hawaiian Baked Beans	56
Lasagne	57

Lasagne	58
Maid-Rite Chili	58
Manicotti	59
Mock Filets	59
Oven Stew	60
Pepper Steak with Rice	60
Porcupine Meatballs	60
Pork Chow Mein	61
Salmon Puff	61
Sauce Pot Meatballs	62
Savory Baked Spaghetti	62
Spark's Four-Star Chili	63
Sukiyaki	63
Zucchini Soup	64

MICROWAVE:

Beef-E-Ladas	65
Beer Bread	65
Buffet Vegetable Bake	66
Caramel Corn	66
Caramel Snappers	67
Cherry Cake Supreme	67
Creamy Potato Bake	68
Crumb Pie Shell	68
Crustless Quiche Lorraine	68
Easy Company Cake	69
Egg Casserole	69
Fancy Broccoli and Carrots	70
Ginger-Orange Chicken	70
Ground Beef Vegetable Soup	70
Horseradish Bean Dip	71
Hot Fudge Sauce	71
Male Ego	71
Onion Casserole	72
Party Mix	72
Peanut Brittle	72
Peanut Clusters	73
Quiche Lorraine	73
Reuben Meat Loaf	74
Rhubarb Dream	74
Shortbread	75
S'mors	75
Sweet 'N Sour Shrimp	76
Swiss Fish	76
Tangy Mustard Cauliflower	77
Tuna Can-coction	77
Vegetable Cheese Chowder	78
Vegetable Medley	78

PASTRIES AND DESSERTS:

Apple Crunch	79
Blender Cherry Bars	79
Baked Apple Dumplings	79
Buster Bar Dessert	80
Cherry Bars	80
Cherry Delight	80
Chocolate Chip Pie	81
Chocolate Sundae Dessert	81
Coffecake With Filling	82
Croquignoles (French Canadian)	82
Danish Cringle	83
Date Nut Pudding	83
Date Pudding	83
English Apple Pie	84
French Mint Dessert	84
French Silk Chocolate Pie	84
Frozen Dessert	85
Fruit Pizza	85
Fruit Pizza	86
Glenfiddich Chocolate Mousse (Scotland)	86
Glorified Rice	87
Homemade Vanilla Ice Cream	87
Ice Cream Cookies	87
Impossible Pie	88
Lime Sherbet Dessert	88
Marshmallow Dessert	88
Mock Apple Pie	89
Popovers	89
Pumpkin Bars	89
Pretty Pie	90
Raspberry Dessert	90
Rhubarb Cobbler	91
Rhubarb Cobbler	91
Rice Pudding	92
Scalloped Pineapple	92
Soda Cracker Pie	93
Strawberry Pie	93
Swiss Chocolate Squares	93

SALADS AND VEGETABLES:

Cheese and Pineapple Salad	95
Coleslaw	95
Cranberry Salad	96
Crunchy Sauerkraut	96
Deluxe Cranberries	96
Easy Orange Salad	97
French Salad Dressing	97
Fruit Salad	98

Fruit Salad	98
German Potato Salad	98
Layered Salad	99
Layered Lettuce Salad	99
Mountain Dew Salad	99
Pimiento Salad	100
Poppy Seed Salad Dressing	100
Pretzel Strawberry Salad	100
Quick Refrigerator Cucumber Chips	101
Shrimp Salad	101
Spaghetti Salad	101
Taco Salad	102
Taco Salad	102
Tuna Salad	102

Barbecued Green Beans	103
Broccoli Casserole	103
Creamy Potato Bake	103
Green Beans Au Gratin	104
Green Beans Supreme	104
French Fried Onions	105
Golden Potato Casserole	105
Scalloped Corn	105
Scalloped Potatoes	106
Vegetable Casserole	106

MISCELLANEOUS AND LOW CALORIE:

Barbeque Sauce	107
Barbeque Sauce	107
Barbeque Sauce for Ribs or Ham Balls	107
Cheese Relish	108
Chocolate Popcorn	108
Cinnamon Syrup	108
Curry Dip	109
Frozen Fruit	109
Fruit Dip	109
Granola	110
Hot Corned Beef Sandwiches	112
Kahlua	112
Low-Calorie Crustless Quiche	110
Low-Calorie Frosty Mint Tea	111
Low-Calorie Orange Julius	111
Low-Calorie Spicy Cheddar Spread	111
Party Dip	113
Summer Sausage	113
Weight Watchers Goulash	113

INDEX

- BEETLES** Hint No.
Borax; eliminating beetles 191
- BREAD**
Bread board,
to whiten 179
Crusts; to prevent hard crusts 14
To cut 321
Keep buns warm 305
Molds; baking powder tins
for brown bread 17
Stale loaves, freshening 34
Wallpaper, cleaning 90
Baking muffins 328
Kneading the dough 330
Help yeast dough rise 332
To cut biscuits 333
To make bread crumbs 336
To keep soft cookies soft 421
- BRUSHES, CARE OF**
Floor 145
Hair 143
Paint 146
Shoe 147
- BUTTER**
Creaming butter with sugar 15
Cream pitcher lip; preventing
drip 200
Prevent cold shortening
from sticking 329
When butter is too hard 400
Jam; to prevent jam sticking 72
Measuring butter 9, 10
Pitch, to remove 248
Softening butter 16
To make garlic butter 398
Tar, to remove 248
- CAKE**
Burning, to prevent 5
Cake; keeping it moist 3
When cake is done 334
Dark cake, shortening 2
Flavor with orange or lemon 3
Fruitcake; to prevent fruit
settling 13
Pancakes; dropping batter
from spoon 36
Raisins, prevent sinking 202
Removing from pans 6
Shortening for dark cake 2
Icing that isn't thick enough 335
Substitute for cake flour 397
- CANDLES**
Birthday 140
- CLEANING HINTS**
Aluminum 135, 213, 214
Garbage cans 4
Brass 129
Bread boards 179
Bronze 132
Brushes 143, 145-147
Chimneys and stovepipes 123
Copper 131, 216
Dishes (fancy) 192
Dishes, with brown stains 217
Earthenware, to preserve 209
Enamelware 210
Furs (white) 264
Ash trays 54
Glasses, table 193
Gloves, black kid 261
Gloves, brown kid 259
Handbags, black leather 196
Hearth or floor tiles 176, 187
Oven cleaner 122
Knives, silver 118
steel 121
Leather suitcase or trunk 171
Linoleum 152, 172
Marble 141
Meat boards 179
Medicine bottles 175
Mirrors 98, 142
Nickel, to polish 211
Ironing board cover 130
Pewter, to polish 136
Piano keys 125
Porcelain, to polish 207
Scrubbing, how to protect knees 208
Silver 112-116, 119, 120, 124
Steel 137
Tiled floors 174
Tinware 127
Toilet articles 138-140, 143
Umbrella 100
"Washing Up" 178
Windows 96-98
Wooden utensils 218, 220
Woodwork 180, 186, 263
Zinc 133, 134
- MISCELLANEOUS**
Short tacks, show to fix in
corners 107
Packaging for mailing 310
To start a barbecue fire 316
When baking sugar cookies 317

Save leftover fruit juices	325
Ice cube trays	326
Finely-cut ingredients	337
Glass pie plate to see better	338
Cookies	339
Refrigerator roll dough	342
Fudge to cool and cut	340
To cut perfectly round cookies	342
Add color and sparkle to frosting	343
Sweeten whipped cream	344
Nice topping for pumpkin pie	345
Easier grating for cheese	347
To keep the ice cube supply	355
What to do with plastic pill containers	356
Bacon drippings	357
How to protect a cookbook	362
How to make cookie cutters	363
Easy ice cream sandwiches	364
Cleaning burned pots and pans	370
Preheating oven for roasting	371
Ironing a man's shirt	372
Sprinkling clothes	373
Scorched cottons	374
Ironing pockets	377
Wet sponge when ironing	379
Sprinkling clothes	380
To water plants when away	384
How to remove crayon marks	387
Marking dishes for picnics	388
Stop cracked vases from leaking	390
For black frosting	393
How to remove a stamp	395
Coupon reminder	403
Easy way to clean phones	405
Rubber gloves preserver	410
Nursery see-through	412
Kitchen oil filter	413
Improvised eye glasses case	414
Recycled pillow cases	415
Backpack trays	416
Easily separated bacon	417
A-Z spices	418
What to do with leftover rice	423
Knee pads	424
Graham cracker goody	425
Antispill marker for toddler	426

NUTS

Almonds, to blanch	30
Pecans, to remove whole	31

ODORS, PREVENTING AND REMOVING

Cabbage, boiling	53
To remove odors from refrigerator	399
Club bag; to prevent mustiness	198
Fruit pies bubbling over	56, 57

Ham, boiling	53
Onions, peeling	50
Onion; to remove onion odor from hands	262
Vegetables, cooking	46, 47
Smoke	287, 301
Garbage disposal	304

PAINTING

Paint brush, care of	146
Paper plate; to hold paint can	106
To keep bugs off fresh paint	385
Hot to paint steps	386
Removing dried paint from clothing	402

PICKLES

Beet root; to keep fresh	203
Cold pack method	201
Pickles, to keep	204

POTATOES

Baking quicking	42
Better French fried potatoes	368
Muffin pan for potatoes	327
Celery; restoring crispness of	51, 311
Ferns; restoring when yellow	111
Flavor, to improve	43
Mashed	41
Fried potatoes	313
Scraping new potatoes	39
Slicing raw potatoes	40
Soup, salty	79
Vegetable stains	231

PUDDING AND PIES

Prevent sticking pie crusts	309
Ingredients for pie crust	353
Juice from apple pie	354
Burning, to prevent	22
Custard, separating	25
Juice, escaping	57
Lumps, to prevent	27
Meringue	312

RUBBER MATERIAL STORING

Bathing caps	221
Hot water bottles	223

COOKING SUBSTITUTIONS

Baking powder	1
Gravy; add color	76
Too much salt	177

CORKS AND STOPPERS

Corks, to remove	189
Stoppers, to remove	190

CREAM AND MILK	
Boiling over	69
Scalding milk	331
Curdling	70
Cream or milk stains	236
Ink stains, to remove	224, 227
Milk pudding	22
Pancakes, dropping batter	
from spoon	36
Souring	71
Whip Cream	24
Whipped cream, to measure	12
Wine stains, to remove	230

EGGS	
Beating egg whites	20, 21
Burns, to alleviate pain of	185
Complexion aid	182
Container for eggs	205
Cooking with	28
Cream; using egg white in	
whipping	24
To freeze eggs	110
Prevent soggy crusts	320
Mayonnaise; to prevent curdling	60
Paste; eggs a substitute	184
Poaching	65
Potatoes; egg with mashed	
potatoes	41
Storage of eggs	323
Help for cracked eggs	324
Thin-shelled eggs	44
Stains	237
Stains, on silver	120
Stains, on white woodwork	186
Yolks; when portion gets	
in with whites	19
Yolks, to separate	18
Yolks, stringy	27
Yolks, use of leftovers	35
Prevent cracking eggs	346
Help cracked eggs	348
Cleaning up a broken egg	365
To cut hard-boiled eggs	422

EYE WASH	
Inflammation of eye	183

FIRST AID	
For a cut or sore	302
Headaches, cramps, etc.	303
Burns or scalds	319
Chigger bites	322

FISH, FOWL AND MEAT	
COOKING	
Beef, salt	66
Fish, frying	62
Fish; to draw salt out	61
Fowl; to keep color	64

Frying; keep lid on	63
Breaded tenderloin	318
Meat; to make tender	67
Soup bones	75
Steaks and chops, frying	68
Stuffing idea	8
Frying meat	350
Meat loaf or meatballs	351
Preventing meat loaf from	
sticking	389
How to cook roasts	420

FLOORS AND FLOOR COVERINGS	
Carpets and rugs	
cleaned	159, 160, 161, 163
Coconut matting, to clean	173
Grease on carpet	166
Hearth tiles, to clean	176, 187
Linoleum cleaning	152, 172
preserving	153
restoring	154
removing wax	157
Rugs, to prevent edges curling	162
Soot on carpets	158
Sweeping with salted water	159
with bran	161
with wet tea leaves	163
with the nap	160
Tiled Floors	174
Varnished floors	151
Wool rugs	164

FLOUR	
Currants, to clean	29
Fruitcake; to prevent fruit	
settling	13
Grease on carpet	166
Lumps in batter	26, 83
Measure, to	10, 11
White furs, to clean	264

FRUIT	
Apples, baking	249
Canned by cold pack method	201
Canning	306
Cranberries, cooking	74
Currants, to clean	29
Fruit juice; to improve jelly	73
Lemon, to increase juice	33
Lemon, to flavor cake	3
Orange skins, to remove whole	32
Orange, to flavor cake	3
Marshmallows	285

FURNITURE CARE	
Cracks	149
To clean grooves in	
carved furniture	394
Enameled paints	92
Gilt Furniture	170

Heat marks	150
Hot dish marks	219
Leather furniture	169
Oilcloth, to repair	156
Piano keys	125
Polish, to restore	148
Scratches, match; to remove	263
Umbrella, to renovate	100
White marks	126
Wicker furniture	168

GARAGE DOORS

Stakes as stops	222
-----------------	-----

GLYCERINE

Burns; to alleviate pain	185
Cake; to keep fresh	3
Grease spots on suede	246
Hand lotion	300
Remove stains	229

JAMS AND JELLIES

Easier opening for jelly jars	391
Jam, to prevent sticking	72
Jelly, to improve flavor	73

LEMONS

Aluminum, to clean	135
Bread boards, to clean	179
Cake, to flavor	3
For more juice	314
Cauliflower, to preserve color of	48
Clothes, to keep white	274
Copper, to brighten	216
Fowl; to keep a good color	64
Hand lotion	300
Iodine stains	253
Juice, to increase quantity of	33
Marble, to polish	141
Meat boards	179
Shoes, new, to polish	108
Shortening for dark cake	2
Silver, to clean	115
Squeezer, make-shift	199
"Washing Up"	178

LOTION

Hand lotion	300
Skin softener	182, 194

MEASURING

Butter	9, 10
Cream, whipped	12
Flour	10
Ingredients, dry sifted	11
Level spoonful	7
Salt	10

SALT AND ITS USES

Batter; to avoid lumps	26
Salt in cooking	366
Potatoes, soaked	367
Colored cotton fabrics	378
Cakes; to prevent burning	5
Carpets, to sweep	159
Clothes, to prevent sticking to iron	290
Copper, to brighten	216
Colored borders, to preserve	270
Eggs, to beat	21
Egg stains, on silver	120
Fish; to draw out salt	61
Floor brushes, to clean	145
Fumes, to prevent	56
Furs, white, to clean	264
Gargle	299
Gasoline cleaning	254
Ink stains on fingers	228
Iron, to prevent sticking	290
Measure, to	10, 11
Nickel, to polish	211
Potatoes, baking	42
Potatoes, scraping new	39
Salt; to make flow freely	188
Silks, when washing	280
Soup, oversalted	78, 79
Stains, to remove rust	251
Wicker furniture, to clean	168
Yeast cakes, to preserve	23

SAND

Flames, to extinguish	181
Unpainted woodwork, to clean	180
Wooden kitchen utensils	218, 220

SEWING

Absorbing excess oil	165
What to do with your sewing directions	396
To keep a thimble on your finger	401
Neater notions	404
Threading ease	406
Button saver	407
Sewing catch-all bag	427
Sewing hint	37

SHOES AND STOCKING, CARE OF

Damp shoes, to polish	109
New shoes, to polish	108
White shoes	155
Shoestrings	284
Hanging up nylons	381

SOAP

Olive oil	194
Soap balls	195

SOUP MAKING

Freezing soup	358
Grease; how to remove	82
Maxim for good soup	75
Saltiness, to correct	78, 79
Seasonings	80
Taste, to improve	81
Vegetables for soup	77

STAINS, REMOVING

Axle grease	248
Benzine rings	255
Blood	235
Cocoa	229
Coffee	286, 229
Cream	236
Egg	237
Fruit	232, 233
Gasoline rings	254
Glue spots	197
Grass	234
Grease, generally	244
on carpet	166
on silk	245
on suede	246
on wallpaper	84, 85, 88, 247
Gum	256, 257
Ink, dry ink	225, 226, 227
on fingers	228
wet ink	224
Iodine	253, 258
Iron mold	225
Mildew, from linen	242, 243
Milk	236
Paint, on colored material	238
on white	239
Rain spots on silk	252
Rust	251
Sewing machine oil	250
Silver	119, 120
Tar	248
Tarnish	113, 114
Tea	229
Vegetable	231
Wine	230

STORAGE HINTS

When storing linens	375
Bathing caps	221
Bottles, hot water	223
Clothes	293
Club bag, to prevent mustiness	198
Container, to keep airtight	102
Knives, silver	117
Linens	104, 294
Materials	104
Woolens	103

TOILET ARTICLES

Hair brushes, to wash	143
Ivory, to clean	138
Tortoise shell, to clean	139
Mirrors	142

VEGETABLES

Catsup; pour easier	359
Vegetable scrubber	411
Cabbage, to prevent odor of	53
Cauliflower, to keep white	48, 360
Celery, renewing crispness	51
Color, to preserve	49, 52
Adding corn to batter	369
Corn, cutting off cob	144
Cooking, odor of	46, 47, 53
Absorb odor of cabbage	361
Green peppers	308
Green beans	315
Onions, peeling	50
Parsley	59
Potatoes, slicing	40
Potatoes, scraping new	39
Potatoes, to bake quickly	42
Potatoes, to improve flavor	43
Vegetables, burnt	55
Vegetable salad	58
Vegetable soup	77

VINEGAR

To keep cheese from drying out	349
When washing stockings	376
Treating perspiration stains	382
To clean steam irons	383
Aluminum, to polish	135
Beet root, to preserve	203
Bottles, to clean	175
Cauliflower, to keep white	48
Eggs, boiled	44
Eggs, poaching	65
Glue, thickened	197
Glue spots, removing	197
Ham, boiling; to prevent odor	53
Ink stains, on fingers	228
Leather suitcases, to clean	171
Meat; to make tender	67
Pickles, to keep	204
Vegetables, to prevent odor of	46, 47, 53
Remove lint	45

WALLPAPER CLEANING AND REPAIRING

Cleaning	89, 90, 91
Grease marks, to remove	84, 85, 88, 247
Patching	86
Removing	87

WASHING, BLEACHING AND IRONING

Black goods, restoring color	268
Borders, colored; to preserve	270
Chintz, to wash	271
Clothes, to hang out	283
Clothes, to whiten .273-275, 277, 278	
Clothes, sprinkling	298
Color, to restore silks	282
Colors, to set	269
Colored materials, washing and rinsing	270, 276
Cottons, washing	266
Cretonne, washing	271
Crepe-de-chine	281
Handkerchiefs, washing and ironing	276, 277
Ironing	288
Ironing; to prevent iron sticking	289, 290
Lace, to iron	291, 297
Linens, to bleach	272, 277, 279
Linens, table	294
Material, faded, to bleach	278
Moths, how to prevent	293
Net Curtains	296
Ribbon, to iron	291
Remove lint	45
Setting colors in wash goods	269
Sheets, to fold	292
Silk, to restore color	282
Silk, to wash	280
Sorting the laundry	295
Sprinkling clothes	298
Woolens, to wash	265

WINDOW CARE

Blinds; to freshen color	93
Blinds, white; to clean	94
Blinds, to repair	95
Clean windows	96
Cloths, window	99, 101
Curtains, how to hang	105
Windows and mirrors, to clean	98, 142
Inexpensive window cleaner	408
Windows, to clean	96, 97

1. If you run out of baking powder when you need some, use two level teaspoons cream of tartar to one teaspoon soda. This is the equivalent of four teaspoons of tartrate baking powder, the kind you usually have in the kitchen.

2. If beef dripping or mutton dripping is beaten to a cream and a few drops of lemon juice and a little carbonate of soda added, it will serve as shortening in making dark cakes.

3. A teaspoon of glycerine added to a pound of flour in cake-making will aid greatly in keeping a cake fresh. Also, the grated rind of an orange or lemon added to a cake mixture not only gives the cake a nice flavor, but also prevents it from becoming stale.

4. A handful of dry laundry detergent scattered in garbage cans after cleaning will repel flies and other insects.

5. To prevent cakes from burning, sprinkle salt in the oven under the baking pans.

6. As you take a cake from the oven, place it for a very few moments on a cloth wrung out of cold water. Then it may be turned out easily without sticking to the pan.

7. To measure a level spoonful, dip the spoon into the dry material, take up a heaping spoonful and level it off with a knife, even with the edge of the spoon.

8. When making a large turkey, put cheesecloth around the cavity of the bird and then stuff it. You won't have trouble getting out all the filling, which should not be left inside the turkey, yet nothing is left clinging to the bones.

9. When a recipe calls for a quantity of melted butter, take care to measure the butter after melting, not before.

10. Salt, flour, seasoning, spices, butter and all solids are measured level.

11. Always sift flour and powdered sugar before measuring. When recipe calls for flour, baking powder, soda, salt, sift all these dry ingredients together before adding to the rest of the batter.

12. Measure a cupful of whipped cream after it is whipped.

13. Rich fruitcakes are often spoiled in appearance by the fruit settling at the bottom. It is quite easy to prevent this by shaking the fruit in some flour and adding it to the cake mixture at the last minute.

14. When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

15. To cream butter and sugar, warm a bowl, put the butter in, then sieve the sugar on the top. Beat until the mixture is like whipped cream.

16. To soften butter, fill a small bowl, one just sufficiently large to cover the butter with boiling water; let stand a minute or two or until thoroughly heated, then empty the water and immediately turn the hot bowl upside-down over the butter. In a few minutes, the butter will be softened so it is just right.

17. Baking powder cans make good molds for brown bread. Set the cans on a rack in a pan, with water enough to come up two-thirds the depth of the molds, then cover the pan. Water should be boiling gently before the cans are put in.

18. When separating the yolk from a white of an egg, break it into a funnel over a glass. The white will pass through and the yolk will remain in the funnel.

20. Never beat egg whites in an aluminum pan, it is sure to darken them.

21. The whites of eggs will whip more readily if a pinch of salt is added to them. If the eggs are placed in cold water for a time before being broken, they will whip easily.
22. When baking a milk pudding, place the dish in a pan of water in the oven. This prevents the pudding from burning or boiling over.
23. Bury the yeast cake in salt and it will keep for some time.
24. When cream will not whip, add the white of an egg to your cream - chill it and it will whip.
25. When soft custard separates on removal from the stove, beat it hard for 5 minutes with an egg beater.
26. To avoid lumps in batter, add a pinch of salt to the flour before it is wet.
27. If egg yolks become stringy after being added to hot puddings, especially tapioca, use a beater; the lumps will adhere to the beater and leave the pudding smooth.
28. Whether cooking eggs on top of the range or in the oven, always use low or moderate and even heat. If cooked at too high a temperature, eggs become tough. If adding hot liquids to beaten eggs, add just a little at a time.
29. To clean currants, wash them well in 2 or 3 waters, drain, dry in a cloth and finish in a slightly warm oven. A little flour dredged over them will absorb any remaining moisture.
30. To blanch almonds, put them into a saucepan, cover with cold water, bring to a boil, and having strained them, run cold water over them, dry them in a cloth, and the skins will slip off easily.
31. To remove the kernels whole from pecan nuts, pour boiling water over the nuts and let them stand until cold. Then hammer on the small end of the nuts.
32. To peel an orange easily and to get the skin off in one piece, heat the orange slightly for 3 or 4 minutes before peeling.
33. Heat lemons well before using and there will be twice the quantity of juice.
34. Stale loaves may be made quite palatable by wrapping in a wet cloth for half a minute. Take the cloth off, then bake in a slow oven for half an hour.
35. The yolks of eggs, leftover when baking requires the whites only, if dropped into a pan of boiling and salted water, will cook and be ready for your noon salad.
36. When cooking pancakes, dip the spoon in milk or water and the batter will drop off the spoon easily.
37. Tape a large, flat magnet to sewing machine case or table - no stopping to stick pins in cushion. (Be sure magnet isn't close to motor.)
38. Select a jar lid the proper size for hamburgers. Remove liner and wash lid well. Fill with meat and smooth top with knife or spatula; turn over and tap.
39. Before scraping new potatoes, soak them for half an hour in cold water which has been salted. Not only do the skins peel off easily, but the hands are not stained.
40. When slicing potatoes, hold the paring knife over a gas flame or in boiling water and the potatoes will slice easily.
41. A well-beaten white of egg added to mashed potatoes will add to the looks and taste of the dish.
42. To bake potatoes quickly, boil them in salted water for 10 minutes, then put them into oven. The boiling water will heat them through more rapidly than if they were placed cold into the oven.
43. To improve the flavor of old potatoes, add a little sugar to the water in which they are boiled.

44. If an egg has a very thin shell or is chipped and likely to crack when being boiled, add a few drops of vinegar to the water.
45. To keep lint from clinging to blue jeans and corduroys, add a half cup of vinegar to each wash load.
46. To prevent the smell of cooking greens, add a lump or so of loaf sugar to the water or put a piece of dry toast in a clean muslin bag and boil it with the greens. Another method is to add a teaspoonful of vinegar to the water when it is boiling.
47. To help rid the house of the odor of cooking vegetables, put a little vinegar in an open saucepan on the stove.
48. Lemon juice or vinegar in the water cauliflower is cooked in makes it keep its snowy white color.
49. To preserve the color of green vegetables, put them on to cook in boiling water with a pinch of soda, or keep the cover off the pan while boiling them.
50. Peel onions under water and they will not irritate the eyes.
51. When celery loses its crispness, place it in a pan of cold water. Slice a raw potato and put it in the pan. Let stand for a few hours. Remove the celery from the water and you will find that it has regained its original crispness.
52. Vegetables that are to be cooked by steaming will preserve their color in the process if, after being washed in the usual way, they are given a final rinse in boiling water containing a little soda.
53. To prevent the odor of boiling ham or cabbage permeating the house, add a little vinegar to the water in which they are boiled.
54. Try waxing the inside of your ash trays and the ashes won't stick. Then you can simply wipe them clean with a tissue - and no washing!
55. If a vegetable or cereal burns, plunge the pan containing the burned mass into cold water and allow it to remain for a few minutes before pouring the contents into another pan. This will do away almost entirely with the burned taste which is so disagreeable.
56. To prevent fumes from juice that bubbles from pies while they are baking, sprinkle a little salt on the fruit juice.
57. To keep juice from running out of fruit pies, insert a small cornucopia of white paper into the center of the pie so that it is about twice the height of the pie.
58. To prevent a vegetable salad from becoming sodden when it has to stand for a few hours, place a saucer upside-down on the bottom of the bowl before filling it with salad. The moisture will run underneath and the salad will remain fresh and crisp.
59. If parsley is washed with hot water instead of cold, it retains its flavor and is easier to chop.
60. When making mayonnaise, add the white of the egg to the mixture after the vinegar is added. This will prevent curdling.
61. To draw out the salt from salted fish, add a glass of vinegar to the water in which the salt fish is soaking.
62. When frying fish, use clarified dripping or salad oil. Shortening smells and butter fries a bad color.
63. When frying, place a saucepan lid over the frying pan. It will keep in the steam and the contents of the pan will cook more quickly.
64. To keep a boiled fowl a good color, run the fowl over with a piece of cut lemon and wrap in grease-proof paper for boiling.
65. A teaspoon of vinegar added to the water in which eggs are poached keeps the whites from spreading and makes the whites cook over the yolk.

66. Salt beef is improved in flavor if a few small onions and dessert spoonful of brown sugar are added while cooking.

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

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

69. Milk can be prevented from boiling over by the use of an outer saucepan containing water. Place a smaller saucepan containing the milk in the larger saucepan of water and boil both together. There is then no danger of the milk boiling over.

70. To prevent milk or cream from curdling when used in combination with tomato, add a bit of bicarbonate of soda to each before they are mixed.

71. To keep milk or cream from souring in hot weather, stir in a small quantity of bicarbonate of soda.

72. When making jam, rub the bottom of the pan with butter. This prevents burning and keeps the jam clear.

73. Jelly is improved if in place of water, it is made with juice left over from either dried or fresh fruit.

74. Add one-quarter teaspoon soda to cranberries while cooking them and they will not require much sugar.

75. When making soup, remember the maxim: Soup boiled is soup spoiled. The soup should be cooked gently and evenly.

76. Next time your gravy is colorless rather than a nice brown, add two teaspoons of instant coffee to it. The flavor isn't harmed and you have a nice brown gravy.

77. Root vegetables, such as carrots, turnips, etc., should be free from all dirt and grit; those of the green variety should be allowed to soak for a few minutes in cold water in which a generous pinch of salt has been added. Keep all vegetables in cold water until they are required.

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

79. Grate a raw potato and add it to your soup when you put too much salt in it. The potato absorbs the salt.

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

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

82. When grease collects on top of broth, float a piece of tissue paper lightly on top of the soup and it will absorb the grease or skim the soup with a piece of ice. The grease will harden and can be scraped off the ice.

83. To avoid lumps, try this method for mixing your thickening. In place of the old, long-drawn-out way of adding a little liquid slowly to a bowl of flour and working free from lumps, do it in half the time. Get a small can with a good-fitting lid, an empty cocoa or one-pound baking powder can; put in about half a cupful of cold water or milk (be sure to put the liquid in first), then add your flour or cornstarch. Place the lid on the can firmly and shake the can up and down briskly several times. You'll be surprised how smooth and free from lumps your thickening is. Add to the other ingredients in the usual way.

84. To remove a grease mark from wallpaper, mix French chalk with enough dry cleaning fluid to make a very stiff paste. Apply the paste to the grease spot and let it remain overnight. In the morning, brush it off carefully and very lightly. If any grease remains, repeat the process.

85. Another method is to cover the grease mark with a piece of blotting paper, then press very gently with a warm iron, moving the blotting paper as it absorbs the grease.

86. To patch wallpaper, first dampen the ragged portion with a cloth wrung out of warm water and allow the paper to soak for some time, then carefully remove any ragged portion with a blunt knife, leaving an uneven, but not ragged edge. Match up the paper from a piece of new, then tear around the edge so that it is jagged. Paste the back of the patch and carefully stick it in place.

87. To remove wallpaper, mix together one heaping tablespoon saltpeter and one gallon of hot water and apply freely to wallpaper, keeping the water hot. The paper will come off easily.

88. Varnish wallpaper which has been splashed with grease can be washed with a pailful of warm soapy water to which a tablespoon of ammonia has been added.

89. Place all brewed tea leaves in a jar kept specially for that purpose. These will come in handy for cleaning varnished wallpaper. Boil in a large saucepan, strain, and apply to the paper with a pad of soft rags. Allow to dry, then polish with an old silk handkerchief.

90. To clean wallpaper, dust it thoroughly, then rub down evenly with bread, changing the bread as it becomes soiled.

91. Varnished papers may be sponged lightly with warm soapy water, from below upwards, then rinsed and dried.

92. Dust enameled paint thoroughly and wash with warm water to which has been added a tablespoon of powdered borax. Rinse with clear water and dry, then polish with furniture cream.

93. To freshen the color of window blinds, brush with linseed oil.

94. White window shades may be cleaned with magnesia. Spread a sheet on the floor, unroll the shade and with a soft cloth scrub the shade with magnesia and water. After treating one side, turn the shade over and clean it in the same way. This method removes the dirt very satisfactorily and renews the shade at a cost of about 10 cents.

95. A quick and presentable repair may be effective on a torn cotton blind in the following manner: Dip a piece of the same material into hot starch, place it neatly on top of the tear and press with a hot iron.

96. If windows are very dirty, wipe them first with a damp cloth. Then wipe again with a cloth dipped in methylated spirit. No polishing is required.

97. When cleaning windows, add a little vinegar to the water and you will be surprised at the brilliant polish it produces.

98. Cleaning windows and mirrors: For windows use water and washing soda, ammonia, borax, kerosene, or alcohol. Soap should never be used on windows as it leaves a film. Wring the cloths as dry as possible for the final polish. To clean mirrors, mix a little powdered bluing, whiting or pumice stone with alcohol to form a thin paste. Smear the surface of the mirror with this with a small rag or sponge and before the alcohol evaporates, rub the mixture off. Afterwards, polish with a silk or soft cloth.

99. Cloths for cleaning windows without the use of water can be made with a semi-liquid paste of benzine and calcined magnesia. The cloth, which should be of coarse linen or something free from lint, is dipped into this mixture and hung in the air until the spirits have evaporated and it is free from odor. This cloth may be used again and again and is a great convenience. When soiled, wash and re-dip.

100. A shabby umbrella may be renovated by brushing with a solution of ammonia and warm water.

101. When window cloths are scarce, use tissue paper or wads of newspaper for polishing.

102. If you are storing anything in a tin that you wish to keep airtight, fix a piece of adhesive tape around the tin so it covers the edge of the lid. Air cannot enter if this precaution is taken.

103. When packing a trunk of woollens for long storage, place in it a bottle of chloroform with a small hole in the cork. The fumes will permeate the garments and destroy the moths.

104. When putting away delicate white summer things or linens into the hope chest, wrap in blue tissue or a well-blued cloth. This will prevent them from turning yellow. In the case of new things being put away for some time, do not wash them if it is not absolutely necessary, as they will keep much better with the dressing in them, even if mused from handling when in the making.

105. When putting up curtains on small curtain rods, slip a thimble over the end of the rod. The curtain slips on in a second and no threads are pulled.

106. An ordinary paper plate, glued to the bottom of the paint can, is much more convenient than spreading newspapers which must be moved every time the can is shifted from one place to another.

107. Short tacks are difficult to fix in corners, but if they are forced through a small strip of paper and the paper is held instead of the tack, there will be no bruised fingernails.

108. New shoes that will not polish easily may be rubbed with a cut half of lemon. When dried, polish in the usual way, finish with a soft cloth or pad of velvet.

109. Damp shoes will polish well if a little paraffin is added to the shoe polish.

110. To each 8 ounce cupful of whole eggs or yolks, add 1 tablespoon sugar or 1 teaspoon salt. Mix well with fork; freeze in freezer container. (Use sugar in cakes, puddings, salt in omelets, etc.) WHITES freeze unbeaten.

111. When ferns turn yellow, slice a raw potato and put on top of the soil. This will draw out the worms, which are usually responsible for such a condition.

112. Silver should always be washed and scrupulously cleaned in hot soapy water, then thoroughly rinsed in clear hot water and wiped dry. Great care must be taken not to scratch the surface.

113. To remove tarnish: There are many good creams, powders, etc., on the market, or one may use whiting moistened with ammonia water. Rub on the paste, allow to dry and rub off with a soft cloth, tissue paper or best of all a piece of chamois.

114. A very simple method of removing stubborn tarnish is as follows: Take a bowl large enough to contain the silverware, put into it an old piece of aluminum (do not use an aluminum utensil still in use for cooking as this process would quickly corrode it), the silverware and one quart of water in which is dissolved one teaspoon of salt and one teaspoon of soda. Put over the fire and boil gently until the tarnish is removed. This gives a satiny appearance and makes the silver clean.

115. If silver, after it is cleaned, is rubbed with a piece of lemon and then washed and well dried, it acquires an extra brilliancy, and it will keep clean longer than with ordinary cleaning.

116. When silver becomes dull, rub it with a piece of potato dipped in baking soda.

117. If knives are to be stored for a time, clean them, rub them with a little sweet oil and fold them one by one in flannel, baize or chamois leather.

118. To clean knives quickly, rub them with a cork that has been dipped in water and then in plate or knife powder.

119. A dry cork will remove stains from plate or silver more quickly than anything else and it never scratches. If the cork is cut to a point, it can be worked into crevices which have become tarnished.

120. The darkest egg stain may be removed from silver by taking a pinch of table salt between the thumb and finger and rubbing it on the spot with the end of the finger.

121. When cleaning steel knives, add a little bicarbonate of soda to the cleaning powder. This helps to remove stains.

122. Fill discarded air-wick bottles with ammonia and use for an oven cleaner. Raise wick and place in oven overnight and oven will clean easily.

123. To clean chimneys and stove-pipes, put a piece of zinc on the live coals in the stove.

124. Save tobacco ashes and use them for cleaning silver or silver plate. Apply a damp cloth and finish with a soft dry one.

125. To whiten piano keys, wash them with alcohol.

126. White marks on furniture may be removed with turpentine or kerosene.

127. Wash tinware in hot soapy water, rinse and dry. Polish with a paste of whiting and water.

128. Whether cooking eggs on top of the range or in the oven, always use low or moderate and even heat. If cooked at too high a temperature, eggs become tough. If adding hot liquids to beaten eggs, add just a little at a time.

129. Wash brass in warm soapy water to which a little ammonia has been added. Polish with brass polish and soft dusters. Lacquered brass should only be washed and dried.

130. When recovering your ironing board, place a sheet of aluminum foil under the cover. It will hold the heat.

131. Wash copper in warm, soapy water, rinse and dry. Polish with whiting, rubbing with a circular motion to prevent scratching. Lemon or salt may be used to remove stains.

132. Dust bronze and rub with a cloth dipped in linseed oil and polish with soft dusters.

133. Wash zinc in hot soda water, scour with paraffin and bathbrick polish.

134. Mix lime and water to the consistency of cream and use as a polish on zinc.

135. Wash aluminum in a weak solution of vinegar and water and polish with whiting.

136. Clean pewter with a paste of whiting and linseed oil, wash in soapy water, rinse, dry and polish with a chamois.

137. Rub steel with a fine emery paper of fine sand, then polish.

138. Wash ivory in warm soapy water and dry, then polish with furniture cream. If stained, use lemon juice and whiting, and if necessary, bleach by wetting with soapy water and leaving in the sun for some time.

139. Wash tortoise shell in warm soapy water, rinse and dry. Polish with a paste of rottenstone and linseed oil, and finally polish with rouge.
140. If you keep the candles for the birthday cake in the refrigerator for a day before using, they will burn slowly and evenly.
141. Dust marble and wash in warm soapy water and remove any stains with lemon juice and whiting. Wash off immediately, then dry and polish with furniture cream. Black marble should be polished with linseed oil.
142. Moisten a pad of linen with methylated spirits, dip in powdered whiting and rub over the surface of glass or mirrors. When dry, polish with dusters.
143. To clean hair brushes, rinse them thoroughly in cold water to which a generous amount of ammonia has been added; then shake and place in the open air to dry. The ammonia removes the dirt like magic.
144. Cut corn over angel food cake pan using the center of the pan to support the ear, cutting the corn off the cob and into the pan.
145. If floor brushes have become very dirty, they may be cleaned by rinsing in a tepid, soapy lather to which a generous amount of salt has been added. Afterwards rinse in clear tepid water and place in the open air to dry.
146. If paint brushes have become hard with paint, allow them to soak for an hour or so in turpentine; then squeeze the bristles between the fingers until all the paint has been removed. After this treatment, rinse the brushes in a fresh bath of turpentine.
147. Rub the bristles of shoe brushes together in a warm soapy solution to which a little turpentine has been added. Care should be taken to hold the brushes under the surface of the solution, otherwise the bristles will cause the solution to spray in tiny drops over the face and arms. Rinse in a fresh soapy solution, shake thoroughly, and place in the open air to dry.
148. Furniture that has lost its polish may be renovated by rubbing with linseed oil or paraffin, or by washing with equal parts of vinegar and warm water. Wipe with a damp cloth, dry and polish off with a good furniture polish or cream. Give a final rubbing with a piece of chamois leather.
149. Beeswax may be used for filling up cracks in polished furniture. Apply to the affected parts, then rub with an old silk handkerchief.
150. Camphorated oil will darken and help to conceal heat marks on polished wood. If the wood is dark, iodine may be used the same way.
151. A varnished floor should never be washed with hot water. A cloth wrung out in lukewarm water is best and each piece must be dried as it is washed.
152. To clean linoleum without washing, remove all dust, then take a piece of flannel sprinkled with paraffin and rub over the linoleum. This not only makes it appear like new, but preserves the linoleum.
153. The life of linoleum may be prolonged and preserved by an occasional rub with a rag dipped in olive oil.
154. Linoleum that has lost its original bright appearance can be restored by rubbing lightly and evenly with a piece of beeswax. Polish afterwards with a piece of flannel that has been warmed in the oven.

155. After polishing white shoes, rub over them with a piece of wax paper. This prevents the polish from rubbing off on your clothes and hands. This is especially good for baby's shoes.

156. To prevent a cut in oilcloth from becoming an unsightly hole, put a strip of adhesive tape on the wrong side and press the edges down smoothly.

157. For removing wax from congoeum or linoleum rugs prior to varnishing, wash the rug thoroughly with benzine. Take special precaution with reference to fire.

158. To clean a carpet that has been soiled with soot, black lead or black shoe polish, dissolve a little fuller's earth in a mixture of equal parts of cold water and ammonia and apply to the affected parts with a pad of soft rag. Allow this to dry on the material, then remove all particles with a fairly stiff brush.

159. When brushing a carpet, dip the broom in cold, salted water. This will not only keep down the dust, but will also freshen the carpet.

160. Always sweep the rugs and carpets the way of the nap. To brush against it roughens the surface and tends to force the dust into the carpet instead of out of it.

161. To clean carpets, use bran, moistened very slightly. Sift evenly over the carpet and sweep in the usual way. The bran scours and cleans the carpet, raising very little dust. Be careful not to have the bran too damp.

162. Rugs which persist in curling up around the edges may be treated with hot starch. Brush the starch on the wrong side of the rug and press the rug with a hot iron.

163. To sweep rugs, use wet tea leaves. Spread them evenly over the rug and then sweep in the usual way. This brightens the rug and raises very little dust.

164. Colored wool rugs which have faded may be brightened by rubbing with a flannel dipped in warm water to which a little vinegar and common salt have been added. Dry in the open air.

165. After oiling the sewing machine, it is a good idea to sew through a blotter so that the blotter may absorb the surplus oil which otherwise might stain the next fabric to be placed under the machine needle.

166. When grease drops onto a carpet, cover the spot immediately with salt. Scoop it up as it soaks up the grease and repeat until it comes off clean. Put on more and leave overnight.

167. Freeze leftover pancakes separately between pieces of wax paper. For hurry-up breakfasts, simply pop pancakes into toaster or microwave oven and serve hot with your favorite syrup.

168. To clean wicker and cane furniture, dust and wash with warm water, rinse with water and lemon juice or salt. Dry thoroughly and place out of doors. Leave out the lemon for brown wicker and polish instead with furniture polish.

169. To clean leather furniture: Wash with a good saddle soap, then polish with a reliable leather cream.

170. To clean gilt furniture, rub with a cut lemon, then sponge with water to which has been added a little bicarbonate of soda.

171. To improve the appearance of a leather suitcase or trunk that has become shabby, apply a mixture of linseed oil and vinegar. In an old pan boil about half a pint of the oil. Allow this to become nearly cold and then stir in an equal quantity of vinegar. Pour into a bottle and rub a little on the leather with flannel, then polish with a soft cloth. Shake the bottle well before using.

172. To clean linoleum, wash it with warm soapy water, but do not use a scrubbing brush. Rinse and dry thoroughly, then polish. Polished floors may be treated in a similar manner.

173. To clean coconut matting, wash and scrub it with warm soapy water; rinse with salt water, dry and put out of doors if possible.

174. To clean tiled floors, wash with hot soda water, scrubbing with a stiff brush. Rinse and dry, then polish like linoleum.

175. The best and quickest way to clean badly stained medicine bottles is to put in a teaspoonful of vinegar, then a few grains of rice and shake well. When rinsed, the bottles will be quite clean.

176. When hearth or floor tiles do not look clean and bright after ordinary washing, try treating them in this way: Dissolve two pieces of lump sugar in the juice of a lemon. Dip a soft cloth into this and rub the tiles all over. Dirt and stains will disappear and the tiles will dry with a shine that will last a long time.

177. Too much salt in gravy or soup may be remedied by adding a quartered white potato and boiling for 10 minutes.

178. When "washing up" put a piece of lemon peel into dish soap. It will soften the water, remove all traces of the smell of fish, onions, and so on, and put a fine gloss on china.

179. A good way to whiten bread or meat boards which have become discolored is to rub them with lemon rinds turned inside out. Then wash with clean warm water. They will be a beautiful white when dry.

180. The labor of clean unpainted woodwork will be greatly reduced if the wood is rubbed over with a little fine sand before washing. This may be done by means of a damp cloth which has been dipped into the sand.

181. If there is a coal oil stove in the home, a small bag of fine sand should be kept handy. Then if an explosion or fire should occur, the sand thrown over the flames will quickly extinguish them.

182. The white of an egg will make a rough skin white and soft. Rub a little into the skin at bedtime and wash off in the morning.

183. To remove inflammation from the eyes, boil together for 3 minutes 1 teaspoon of boric acid and 1 pint of water. Apply with a clean, soft cloth.

184. If no paste is available, the white of an egg makes an excellent adhesive.

185. The white of an egg mixed with equal parts of glycerine will alleviate the pain of a burn. Pour the mixture over a strip of linen and bind over the affected part.

186. A small quantity of egg shell, crushed into a fine powder and shaken into a scrubbing brush will remove stains from white woodwork.

187. Instead of scrubbing hearth tiles, rub them with floor or furniture polish. They will look much cleaner and take on a splendid polish.

188. In damp weather when salt is difficult to use in a shaker, add a teaspoon of cornstarch to each cupful of salt and mix thoroughly. This will make the salt run freely.

189. To remove corks, insert a knife on either side of the cork, grasp the two knives firmly as though they were one and pull forward, turning them as you do so. The pressure will remove the cork.

190. When a glass stopper will not come loose from the bottle, put a drop or two of salad oil around the stopper and provided the contents are not flammable, place the bottle near the fire. When it becomes warm, knock it gently and it will loosen.

191. To keep beetles away, strew powdered borax on the floor at night.

192. Dishes and ornaments are usually cleaned by washing in hot water and soap. They should not be quickly heated or cooled, for sudden changes of temperature are likely to crack china.

193. Table glass will look clear and sparkling if washed first in fairly hot water in which some soap flakes have been dissolved and to which a few drops of liquid ammonia have been added, and then rinsed in warm water containing a squeeze of ordinary washing blue.

194. A few drops of olive oil added to hard water will make the soap lather better and keep the skin from getting rough.

195. Save pieces of soap, tie them tightly in a piece of soft flannel and dip in boiling water until soft. Place in cold water until firm. Remove the flannel and a good ball of soap is ready for use.

196. Black leather handbags may be cleaned by rubbing with a clean cloth and afterwards with another cloth dipped in a mixture of one teaspoonful of sweet oil and two teaspoonfuls of milk. When dry, the bag should be polished with another rag, using a white shoe cream or furniture polish.

197. When glue thickens in the bottle, moisten it with vinegar instead of water. Glue spots may also be dissolved in this way.

198. To prevent a hide suitcase or club bag from having a musty smell when not in use, sprinkle the inside with lavender or dried verbena leaves or you can buy from druggists packets of specially antiseptic and air-purifying pot-pourri (perfumed) which would be just the thing.

199. A very useful make-shift lemon squeezer is fashioned by placing the prongs of one fork over another and while you hold them in place by the handles, turn the lemon around the prongs just as you do with a squeezer.

200. Grease the lip of the cream or milk pitcher with butter to prevent the drip.

201. Fruits or vegetables canned by the cold pack method should be covered to $\frac{1}{4}$ of an inch from the top with their own liqueur. Add $\frac{1}{2}$ to 1 teaspoon of salt to each pint jar.

202. Before adding raisins or currants to the batter for cakes or muffins, heat them in a dish over low heat or hot water until they are very warm. This will prevent them from sinking to the bottom of the cake or muffin.

203. Beet root will keep fresh for quite a long time if a little mustard is mixed with the vinegar poured over it.

204. A piece of horseradish placed in a jar of pickles will keep the vinegar from losing its strength. The pickles will not become soft or mouldy.

205. A quart berry basket will hold a dozen eggs and takes up a small amount of space in any refrigerator.

206. When putty is required and is not at hand, a good substitute can be made by mixing linseed oil and whiting to a stiff paste. This will set quite hard, but the oil prevents the whiting drying and cracking. For stopping a leak in a gas or a water pipe, it is particularly effective.

207. When dripping water causes yellow stains in your porcelain sinks, moisten pulverized chalk with ammonia and apply with a stiff brush.

208. Instead of using a mat to kneel on when scrubbing or waxing the floors, use two rubber sponges. Fasten them about the knees with elastic.

209. To save the inside of earthenware teapots, pie dishes and pudding bowl from becoming lined with tiny cracks, put them when new into a pan of cold water. Then bring the water slowly to a boil and let it boil for a minute or two.

210. White enamelware may be cleaned of stains by making a strong solution of baking soda and rain water. Put the utensils in it and boil them hard; they will be as white as snow.

211. To polish nickle, rub a damp cloth over soap until a thick lather is formed, then dip in salt and apply to the nickel. After it is dry, polish with a soft cloth.

212. To avoid steaming up the entire bathroom, run cool water in tub first, then add the hot.

213. Badly discolored aluminum pans may be brighted by boiling apple parings in them for a short time.

214. Aluminum kettles will last longer if they are emptied each night and turned upside-down to drain and dry. Tiny pinholes are sometimes caused by leaving water in kettles all night.

215. Stick diaper pins in a small candle. It keeps pins well waxed so they slip through diapers easily. Also use candles as pincushions when sewing.

216. Use a mixture of table salt and lemon juice for brightening copper vessels that have become blackened through contact with fire. Rinse with tepid water.

217. Dishes that have become brown from baking may have that stain removed by soaking in strong borax and water.

218. Wooden utensils must be carefully cared for. If they are not, they are apt to become unsanitary. Soap is apt to stain wood, so that fine sand is the best scouring material to use. Scrub wood utensils with a circular motion in order not to roughen the fibers; rinse well and dry with the grain.

219. The marks left by hot plates and dishes on a dining table or other polished surface may be removed by applying spirits of camphor with a soft cloth. Rub lightly and when the stain disappears, polish with a soft duster.

220. If spoons or chopping bowls splinter or become rough, smooth them down with sandpaper, rubbing with the grain.

221. Bathing caps of rubber that have been stored should be soaked in warm soapy water to which a little ammonia has been added before they are used again. Rub them between the hands until they are quite pliable before attempting to stretch them over the head. If stretched while they are dry and hard, they are liable to split.

222. In order to make your garage doors stay open, cut two wooden sticks about 1" square and 3 feet long and attach with screw eyes to the door at the proper height. When the doors are opened, these stakes drag, but when they attempt to close, they catch in the ground. A nail at the proper distance is driven into the door so that the stick may be fastened out of the way when not needed.

223. Before rubber hot water bottles are put away they should be treated with a solution of weak soda water. Fill the bottle with the solution and shake it well. Then empty and dip the whole bottle into the soda water. Finally, dry it thoroughly before wrapping and storing. After this treatment, the hot water bottles may be left for several months without fear of hardening.

224. Wet ink stains may be removed by washing in milk or better still, buttermilk. Wash, changing the milk frequently.
225. To remove iron mold or dry ink from white materials, steep the stained material in a hot solution of salts of lemon - one tablespoon of salts to one quart of boiling water; or simply place the stained part over a basin, cover the stain with salts and pour the boiling water through. Repeat if necessary.
226. Ink stains may be removed by covering the spot with lard. Let this stand for about 12 hours and wash the article in the regular way.
227. Soak ink stains in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.
228. Ink stains on the fingers can be removed by brushing with a soft nail brush dipped first in pure vinegar and then in salt.
229. To remove tea, coffee, or cocoa stains, use glycerine. A fresh stain can be removed by gently rubbing; if the stain is old, soak in the glycerine for some time.
230. Wine stains may be removed by holding the stained portion of the cloth in boiling milk.
231. To cleanse hands from vegetable stains, rub with a slice of a raw potato.
232. While a fruit stain is still moist, cover it with powdered starch. When dry, rinse the article in cold water and wash in the ordinary way.
233. Fruit stains may be removed with a strong solution of borax or the stain moistened with water, rubbed with borax, and boiling water poured through.
234. For grass stains, use cold water and no soap. Alcohol or ether may be used if the material is unwashable.
235. Blood stains, if fresh, may be removed by washing in cold water. If hard and dry, steep for a few hours in cold water, to which add a pinch of baking soda. Washing and bleaching will finish the process. Never put blood stains in hot water.
236. Never put hot water on milk and cream stains. Wash them in cold water, followed by soap and water. Rinse in clear water.
237. Egg stains on washable fabrics may be removed by soaking the garment in cold water for a short time before washing with soap and water in the usual way.
238. To remove paint from colored material, dip the stains in turpentine, rub, then dip in a little ammonia, rub and wash in warm water.
239. To remove wet paint from white material, wash the stain with soap and water and boil with a small amount of paraffin in the water. Dry paint on white material can easily be removed by steeping the stain in turpentine. Rub well and wash in the ordinary way.
240. To cut pie into 5 equal pieces, slice a Y in the pie and then slice the two larger pieces in half.
241. To cut pie into 5 equal pieces, slice a Y in the pie and then slice the two larger pieces in half.
242. Mildew stains may be removed by rubbing with a paste made by mixing two teaspoons of water, one of powdered chalk, and two of soap powder. The spots should afterwards be well rinsed and dried out of doors in the sunlight. This has a bleaching effect on them.
243. Soak mildew stains for several hours in a weak solution of chloride of lime; afterwards rinse in cold water.

244. Grease spots generally may be removed with hot water and soap. If the stains have become fixed by long standing, they may be removed by chloroform, ether or naphtha. If any of these chemicals are used, keep them at a safe distance from fire or artificial light.
245. To remove grease from silk, lay the silk on a table on top of a clean white cloth. Cover the spot thickly with powdered French chalk. On this lay a sheet of blotting paper and over that a moderate hot iron. If grease does not disappear at once, repeat process.
246. Grease spots on suede shoes will disappear if they are rubbed with a clean rag dipped in glycerine.
247. To remove grease spots from wallpaper, mix fuller's earth with liquid ammonia into a thin paste and apply. When dry, brush off.
248. Soften axle-grease or tar stains with lard; then soak in turpentine. Take a knife and carefully scrape off all the loose surface dirt. Sponge clean with turpentine and rub gently until dry.
249. To prevent apples from cracking open when baking, prick them in several places with a silver fork before putting them in the oven.
250. Rub sewing machine oil stains with lard, let stand for several hours and then wash with cold water and soap.
251. Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place the material in the sun.
252. To remove rain spots from satin, felt and similar materials, use a soft ball of tissue paper. Rub the affected parts with a circular movement.
253. To remove iodine stains from linens, rub the stained area with a slice of lemon.
254. If a little common salt is added to the gasoline used for removing spots on thin and delicate materials, the disfiguring ring that is often left can be avoided.
255. The mark often left on a garment that has been cleaned with benzine can be prevented if the material is ironed under a damp cloth immediately after cleaning.
256. To remove chewing gum from fabrics, rub with ice and the gum will roll off and leave no marks.
257. Chewing gum may be removed from different materials by soaking them in turpentine.
258. To remove an iodine stain from cotton or linen, cover with a soft paste of mustard mixed with water and let stand for a few hours. Every trace of iodine will be removed.
259. To clean brown kid gloves, place them on a folded towel, then with a piece of flannel apply a little fresh milk in which a generous amount of good quality yellow soap has been dissolved. When quite clean, put the gloves out gently and place in the open air to dry.
260. Don't dispose of circular cardboard backs from frozen pizzas. Cover with foil and use as plates when taking round cakes away from home.
261. To clean black kid gloves, apply a mixture of equal parts of good quality blacking and olive oil, paying particular attention to the parts between the fingers.
262. Rub some dry mustard on your hands after peeling onions and then wash in the ordinary way. You will find that all odor will be removed.
263. To remove marks on woodwork made by scratching matches, rub them with a cut lemon.

264. When white furs need cleaning, spread them on a clean cloth dampened with alcohol, then rub French chalk into the hair and roll the fur up in a cloth for a couple of days. Then comb until every bit of chalk is combed out. Or, it may be cleansed by rubbing equal parts of salt and flour well into the roots and then shaking out.
265. To keep woolens soft and comfortable, follow these rules: Wash woolens by themselves and one article at a time. Wash before they become so soiled that they have to be rubbed to be made clean. Have the water lukewarm, never hot or cold. Make a thick suds of soap and then put the garment in. Squeeze the soapy water gently through the woolen article. Then put it in fresh soap suds and repeat the process. Never rub soap directly on woolens. Rinse in two or three clear warm water baths - always squeezing never wringing. Work quickly and do not allow woolens to stand in water. If drying woolens indoors, do not place the article near heat. If drying outdoors, do not place in the direct rays of the sun. Before the article is dry, draw it into the correct shape and size. Do not iron until it is absolutely necessary and then only with a warm iron. Shake to loosen the fibers and restore fluffiness.
266. Cotton material should be washed in a warm soapy lather made with shredded soap of some mild brand and boiling water in which a little washing soda has been dissolved. Rinse in several pots of water, wring thoroughly, then spread on the grass (if convenient) to dry.
267. When washing and rinsing colored materials, add a teaspoon of Epsom salts to each gallon of water and even the most delicate shades will neither fade or run.
268. When the color has been taken out of black goods, it may be restored by the application of liquid ammonia.
269. To set green, blue, lavender and pink colors in wash goods, before washing, soak in alum water - two ounces to a tub of water. Black, dark blue and gray should be soaked in a strong solution of salted water.
270. Salt and water will prevent the red borders in towels, etc., from running if the towels are steeped in it for 24 hours.
271. To wash chintz and cretonne, boil 1 pound of rice in 2 gallons of water until the rice is soft. Strain and pour $\frac{3}{4}$ of the liquid into a large basin. Add 1 gallon of tepid water and wash the material by swirling it about in the solution and pressing between the hands. Empty the basin, pour in the remainder of the rice water with a generous quantity of clear, tepid water and rinse the material thoroughly in this. This method not only cleanses the material more effectively than soap but renders starching unnecessary.
272. Linen of any kind may be whitened by adding to the washing water a little pipe-clay dissolved in cold water. This method saves a good deal of labor and cleans the dirtiest linen thoroughly.
273. Put a teaspoon of peroxide in the hot water in which you soak white clothes if you wish them to be as white as possible.
274. A lemon cut into slices and boiled with white clothes keeps them white and takes out stains.
275. A tablespoon of turpentine boiled with the clothes will make them snowy white.



276. When washing handkerchiefs, rub each handkerchief with good yellow bar soap and soak for an hour or so in warm water to which a generous amount of salt has been added. Wash in warm water, re-soap and place in an enamel vessel. Cover with warm water and boil for half an hour, then remove and rinse in tepid water. Dip in blue water, wring and press when slightly damp, beginning at the center of each and working gradually towards the borders. A little orris root sprinkled over the ironing blanket will give the handkerchiefs a delightful fragrance.

277. To bleach handkerchiefs, towels, etc., soak overnight in a solution of half a teaspoon of cream of tartar to each quart of water.

278. To make a faded material white, boil it in two gallons of water in which half a cup of cream of tartar is dissolved.

279. Linen that has become yellow may be bleached snow white if soaked in buttermilk for a short time - rinse and hang in the sun.

280. When silk is being washed, a little salt added to the water helps to fix the color and also keeps the material soft.

281. To preserve the gloss on crepe dechine, borax should be dissolved in the water used for washing.

282. To restore faded silks to their natural color, immerse them in soap suds in which a little pearl ash has been added.

283. When hanging out clothes, put your basket on the children's wagon. If a child is handy to pull it for you, so much the better. It saves stopping and keeps the basket clean on muddy days.

284. When shoestrings lose their plastic tips, dip the ends in clear fingernail polish.

285. To keep miniature marshmallows down in jello, let the jello almost set and spoon it on the marshmallows. If it is heavier, they can't come to the top.

286. To remove coffee stains from plastic dishes, apply baking soda with a damp cloth. Another successful cleaning agent for Melmac and similar dinnerware is toothpaste applied in the same way.

287. A room can be cleared of smoke in a few minutes if you dip a towel in equal parts of vinegar and hot water, wring it out and wave it gently over your head as you walk about the room.

288. When washing or ironing, put a thick rug under your feet and you will find you do not tire so easily.

289. A few drops of turpentine added to the starch water will prevent clothes from sticking when they are ironed.

290. To prevent the iron from sticking, add a little salt to the starch.

291. Ribbon or lace will dry flat after washing and need no ironing if it is smoothed around a clean bottle until dry. Good lace should never be ironed.

292. Tablecloths and sheets should be folded crosswise occasionally. It will make them last longer.

293. If clothes are well pressed before they are stored away, they are pretty safe from moths because the pressing will kill any hidden moth eggs.

294. Table linen should be laundered with great care, ironed on the right side and then on the wrong side. If white linen is put away for a time, it should be rolled in blue paper, which prevents the linen from becoming yellow.

295. When ironing, sort each person's belongings, also sheets, towels, etc., to save time and trouble when putting them away.

296. Net curtains, unless given special care, are inclined to shrink after they have been washed. A good idea is to hang the curtains at the windows while they are still quite wet, stretch them to the correct size and then leave them to dry. You can, if you like, iron the curtains afterwards, but you may not find this necessary.

197. Lace edgings should be pressed from the material to the lace edge always. Embroideries should always be pressed on the wrong side. Tucks are ironed all one way in groups. French seams are pressed only on the wrong side.

298. An easily made and convenient device for sprinkling clothes is made by piercing holes in the top of a catsup bottle or other bottle with a metal screw-on top.

299. To relieve sore throat, gargle often with the following solution: $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon powdered borax, $\frac{3}{4}$ tumblerful hot water. Dissolve salt and borax in the hot water.

300. Homemade hand lotion: $\frac{1}{2}$ ounce gum tragacanth, 4 ounces cologne, 4 ounces glycerine, 1 ounce tincture of benzoin (plain), juice of 2 lemons and about $1\frac{1}{2}$ quarts of soft water. Add the water to the gum, stand for 24 hours; add the other ingredients. Stir well. If too thick, add more soft water.

301. Cook a pot roast in the oven. To eliminate splattered grease and smoking up kitchen from browning roast, place in covered pan in 450° oven for 10 minutes and turn oven down to 350° to finish cooking. Add vegetables the last hour of cooking.

302. For a cut or sore on hands, or a hang nail that has been cut too close and hurts, place a plain piece of adhesive tape around finger or on cut and leave on for 24 hours. When tape is removed, the wound will be able to heal and there will be no infection.

303. This is a cure-all for headaches, cramps, upset stomach, colic, and just plain don't feel good days. Boil fresh mint leaves in water. (It will be dark green.) Place in quart jar and keep in refrigerator. It can be diluted by adding a little more water when ready to use. To give to babies for colic, gas, etc., add a little sugar and warm in baby bottle.

304. To sweeten a smelly disposal, grind up several ice cubes after using.

305. To help keep your buns warm at the table, heat a ceramic tile in the oven while baking buns and place it under the buns in the bread basket to keep the buns warm all through the meal.

306. To sterilize fruit jars, wash them thoroughly and place upside-down in oven. Bring oven to 250° . Leave in oven for 20 minutes.

307. Keep a mint plant in rooms where odors are a problem, such as the kitchen, bathroom and baby's room. Besides being decorative, the mint will absorb stale odors and keep your home smelling fresh.

308. Green pepper is an excellent source of summertime vitamin C. Cut it in strips to serve as nibblers, add it to salads and sandwich fillings or blanch whole peppers and fill with tuna-potato or macaroni salad.

309. Dust your pie pans with flour before lining them with dough. This will prevent the pie from sticking after it has been baked.

310. When tying up a package for mailing, wet the cords, they tighten as they dry holding the package more securely.

311. If celery loses crispness, place in a pan of cold water and add a slice of raw potato. Let stand a few hours, remove celery and it will be crisp.

312. Add a tablespoon of cornstarch to the sugar when making meringue for pie, it will not weep.

313. You'll have delicious golden fried potatoes if you sprinkle them lightly with flour before frying.

314. A warm lemon will give more juice and a stronger flavor than a cold one. If you keep yours in the refrigerator, warm it in warm water before removing the juice.

315. Add leftover chip dip to cooked green beans for a new taste treat.

316. To start a barbecue fire, soak a brick in kerosene for a day or two, then use as a base under kindling to start the fire. The brick keeps burning and helps the fire along even if the kindling is damp.

317. When baking white or brown sugar cookies, use a cup of applesauce instead of sour milk. The flavor is better and they keep moist longer.

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

319. Use full strength vanilla on fresh burns or scalds, avoid blisters and eases pain at once.

320. To prevent soggy pie crust in an unbaked pie shell, brush with a thin coating of egg white. Especially good for fruit pies.

321. To cut fresh bread easily, cut with a hot knife.

322. Rub chigger bites with an aspirin tablet, slightly dampened.

323. Store eggs with the broad ends up. Yolks are less likely to break after storage this way.

324. Cracked eggs stay fresh as the rest of the dozen if cracks are sealed with cellophane tape.

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

326. Wash ice cube trays often in hot, soapy water. Frequent washings help to keep the trays from sticking to the freezer compartment and it helps keep the ice cubes from sticking to the trays.

327. Reach into the hot oven once and remove all the baked potatoes - it's easy if the potatoes are baked in a muffin pan. The pan is also handy for baking apples and stuffed peppers.

328. If muffins brown too quickly around the edges, next time omit the muffin mix from one cup section and fill it partly with water.

329. Prevent cold shortening from sticking to the beaters of an electric mixer by heating the beaters in hot water just before using them.

330. Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

331. Before scalding milk, rinse the saucepan with cold water. The pan won't get coated with the milk and will be easier to wash.

332. To help yeast dough rise quickly and evenly, use a heating pad - set the covered bowl on the pad with its temperature set at medium.

333. Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking, biscuits will separate at dividing lines.

334. The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

335. If icing that isn't thick enough runs down the sides of the cake, sift powdered sugar over it and the dripping will stop.

336. To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

337. When finely-cut ingredients are called for in a recipe, use an unperforated pancake turner to lift them from the cutting board. It slides under food easily and picks up large loads.
338. When food cooking under cover atop the range must be watched, watch it through glass - substitute a glass pie plate for the pot cover.
339. If cookies brown too quickly on the bottoms, don't use a cookie sheet. Instead place the cookies on top of baking pan that's turned upside-down. The problem is solved when only the pan edges touch the hot oven rack.
340. Set fudge to cool in an ice cube tray. When the fudge is nearly ready to cut, use the tray divider to mark off even squares.
342. To cut perfectly round cookies from refrigerator dough, try this: Chill the dough in a small frozen fruit can, then remove the bottom of the can and use it to push the dough through the can, little by little, to guide thin even slicing.
343. Add color and sparkle to white cake frosting. Sprinkle bright sugary crystals of gelatin dessert directly from the package over the cake.
344. Sweeten whipped cream with powdered sugar if dessert serving may be delayed, whip stays fluffy longer than when granulated sugar is used.
345. Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
346. When cooking eggs, it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.
347. Chill cheese to grate it more easily.
348. Add a little vinegar to the water when an egg cracks during boiling.
349. To keep cheese from drying out, wrap it in a cloth dampened with vinegar. It's grandmother's method and still a good idea.
350. To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.
351. Encase both hands in plastic mitts or small plastic food bags and shaping meat loaf or meatballs won't be the messy job it used to be.
352. To get all of the shortening from the can, put the can on an unlighted stove burner when you have the oven on. The slow heat from the oven will melt the shortening and then it can be poured for frying, etc.
353. A pie crust will be more easily made and better if all the ingredients are cool.
354. If the juice from the apple pie runs over the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.
355. Help keep the ice cube supply from running short by keeping water - filled in half and half cream cartons in the freezer. Ice, frozen in cartons this size, fits into most water pitchers.
356. Save little plastic pill containers from the drugstore. With their tight fitting tops, they can be used for individual portions of mustard, mayonnaise, relish, catsup, etc., to take along in picnic baskets and lunch boxes.
357. Drain freshly cooked bacon on paper towels atop wax paper. The drippings won't soak through onto the range or counter top and the paper towels can be folded inside the wax paper and used later to grease casseroles.
358. Freeze soup in milk cartons. The tall cartons use freezer space economically and the handy cream and half and half cartons make it worthwhile to freeze small leftover quantities.

359. Instead of pounding the bottle to make the catsup pour, insert a drinking straw, push it to the bottom of the bottle and then remove it. Enough air is admitted to start an even flow.
360. If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.
361. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage and it will absorb the odor from it.
362. Before following a recipe from a cookbook, slip the open book into clear plastic food storage bag. Spatters and spills will hit the plastic bag instead of the pages of the book and the books cover will also be protected.
363. Make cookie cutters from the metal edges of foil and wax paper boxes. They're easily bent into unusual shapes to please the children.
364. Make special ice cream sandwiches with leftover ice cream and cookies. Spread ice cream on a cookie, top it with another cookie and wrap it individually in freezer paper. Freeze the sandwiches at a low temperature.
365. If a raw egg spills onto the floor, don't smear it by wiping it up with a cloth; instead, shake on salt thickly to cover the egg, let it dry and then sweep it up with a broom.
366. It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables, always salt the water in which they are cooked. Put salt in the pan when frying fish.
367. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
368. Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
369. Small amounts of leftover corn may be added to pancake batter for variety.
370. Fill pots and pans that have been burned with a solution of baking soda, one teaspoon in a quart of hot water. Leave solution in the pan until it has cooled and cleaning will be greatly simplified.
371. Do not preheat oven when roasting large items. Wastes several minutes of heat. Is unnecessary.
372. When ironing a man's shirt, button the sleeves together. That way they do not touch the floor.
373. Put a small amount of cologne in the water to be used for sprinkling clothes. Makes ironing pleasant and freshens dresser draws and closets.
374. If cottons scorch while ironing, plunge into cold water immediately and let stand 24 hours. The scorched area will disappear.
375. When storing linens, leave them unstarched as the starch rots them.
376. A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically runproof.
377. When ironing pockets in little girls' dresses, if the pockets are fancy, gathered, or smocked type, stuff them with soft tissue paper before ironing and you'll be delighted with the professional results.
378. Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.
379. Keep a wet sponge handy when ironing. It's just the thing to dampen any spots which have dried out.

380. Sprinkle clothes right on the line if you have a garden hose (turn on fine spray). Roll clothes as you take them down.
381. Insert a teaspoon in the toe of your nylons when hanging them on the line to prevent blowing and snagging.
382. Fresh perspiration is acid. Use a solution of alkaline to remove. Baking soda is alkaline. Old perspiration stains are alkaline. Use a milk solution of white vinegar to remove.
383. To clean steam irons, fill iron with equal parts of vinegar and water. Set iron on rayon setting and let heat for 30 minutes. Pour out solution and rinse with clean water three times. Dry out iron before using.
384. To water plants while on vacation, place one layer of bricks in the bathtub. Fill tub almost to the top of bricks. Set plants on bricks while away.
385. To keep bugs off fresh paint, mix in oil of citronella or vanilla with the paint.
386. When there are steps to paint, paint every other one first. When they are dry, paint the ones you skipped. This way the steps will stay in use.
387. A small pad dipped in nail polish remover will quickly remove crayon marks on windows and woodwork.
388. Before taking dishes to picnics, clubs, etc., mark them with fingernail polish. It won't come off when washed, but can be removed with fingernail polish remover.
389. Meat loaf will not stick to the pan if you place a strip or two of bacon at the bottom of the pan before packing the meat mixture in.
390. Coat inside of cracked vases with hot paraffin. It stops leaks.
391. When making jelly or jam, hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove the paraffin when opened for table use.
392. When the phone rings or something else needs handling when you have messy hands from baking, solve the problem of getting the phone messy by slipping a handy plastic bag over your hand.
393. For black frosting for party cupcakes, add blue food coloring to your favorite chocolate frosting.
394. Use cotton swabs dipped in lukewarm soap or detergent suds to clean the grooves of carved furniture.
395. A stamp can be removed from an envelope by applying lighter fluid to the inside of the envelope behind the stamp.
396. When sewing, tape or pin your sewing directions to the wall near you. You can easily refer to it as you sew.
397. If you don't have cake flour, measure the required amount of all-purpose flour and take out 1 tablespoon from each cup, replacing with one tablespoon cornstarch to each cup.
398. To make garlic butter, peel and slice a clove of garlic. Place in a bowl with $\frac{1}{4}$ cup butter. Cover tightly and let stand for $\frac{1}{2}$ to 1 hour. Remove garlic.
399. To remove odors from refrigerators, mix powdered dry mustard with cold water and set in the refrigerator overnight in an open dish.
400. When butter is too hard to spread easily, use a vegetable peeler to shave off thin curls from the stick. Almost instantly they will be soft and ready to spread.
401. To hold a thimble on your finger when sewing or mending, blow into it once or twice before putting it on your finger. No more falling off.

402. Equal parts of ammonia and turpentine will take paint spots out of clothing no matter how long the paint has had to dry. Saturate the spots several times, then wash out with warm soap suds.
403. When you have a refund coupon that requires labels from a product, tape the offer to the jar or can so you don't forget to save the label when the jar is empty.
404. Use spray can tops as drawer dividers in your sewing cabinet to keep pins, buttons, snaps and small sewing notions neatly sorted and easily accessible.
405. To clean the dial holes on your telephone, dab a cotton swab in liquid cleaner.
406. For mending ease, rub lip gloss on your lips before moistening thread for needles. Thread slips easily into eye of the needle.
407. Dab transparent nail polish on the center of buttons. This seals the threads so they won't unravel.
408. Instead of using expensive household window cleaner, buy car windshield solvent and use in a spray bottle.
409. Glue a clothespin to the bottom of wall cabinets to hold recipes above countertop work area.
410. To prevent rubber gloves from wearing out so quickly, turn gloves inside out and line the top part of the fingers with adhesive tape.
411. Use a soft complexion brush in the kitchen to gently scrub mushrooms and other tender vegetables and fruits so they won't be bruised in the washing process.
412. Replace a regular nursery door with a screen door so baby can see and hear others and you can see and hear baby.
413. To drain cooking oil after deep fat frying, place a paper coffee filter in the funnel used to pour the oil back into its bottle. Then just throw the filter and crumbs away.
414. Make an inexpensive glasses case, especially great for today's sunglasses, from a square potholder. Just fold in half and sew the bottom and side.
415. Do not discard worn pillow slips. Cut a small hole in the seamed end and slip it over a hanger as protection for clothes.
416. Styrofoam trays used for packaging meat make excellent plates for backpacking, easy to pack, weightless, disposable and economical.
417. To easily peel cold, uncooked bacon slices, roll the bacon like a jellyroll, starting from the short side. Reverse and roll again. Slices don't tear.
418. If spices are kept in alphabetical order, they are very easy to locate and you can keep track of needed replacements.
419. For a moister cake when you use a mix, add $\frac{1}{4}$ cup salad oil and $\frac{1}{4}$ cup white syrup to the cake, otherwise, mix as directed. This can be used with any full-size cake mix except Duncan Hines.
420. Experienced cooks do a roast with the fat side up. The juice soaks down into the meat and keeps it basted and moist.
421. To keep soft cookies soft, put a piece of bread in the cookie jar with the cookies.
422. To cut hard-boiled eggs into smooth slices, dip the knife in hot water between slices.
423. Leftover rice? Don't toss out. Save and reheat the next day. Empty into a larger stainer, set over simmering water, cover and steam until fluffy and hot.

424. Convert sponge padding leftover from carpeting into two knee pads, great for gardening.

425. For a switch from ice cream cones, try a "mother-made," home-style, ice cream sandwich. Insert slice of your favorite ice cream between two graham cracker halves.

426. Help toddler from spilling milk by placing brightly colored tape in a triangle on the high chair to make a special target on which to set the glass.

427. Tape a paper bag on the sewing machine cabinet in a convenient place to catch "snips" and threads cut off while sewing. No more bothersome threads and scraps on the floor.

Tune-Up Spoonful
c/o Kelly Eason
2500 NE 36th Street
Bemidji, Iowa 50025

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