

# WILD ROSE



## RECIPES

21st NATIONAL  
SQUARE DANCE  
CONVENTION

JUNE 22, 23, 24, 1972

VETERANS AUDITORIUM  
DES MOINES, IOWA

WILD ROSE RECIPES

BILL AND BEVERLY ROMBKE

CO EDITORS

BECKY HERZOG

ASSISTANT EDITOR

"THANK GOD FOR DIRTY DISHES,  
THEY HAVE A TALE TO TELL:  
WHILE OTHER FOLDS GO HUNGRY,  
WE'RE EATING VERY WELL.  
WITH HOME AND HEALTH AND HAPPINESS  
WE SHOULDN'T WANT TO FUSS,  
FOR BY THIS STACK OF EVIDENCE,  
GOD'S VERY GOOD TO US."

Unknown

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## DEDICATION

Square dancing is friendship set to music.

This book is dedicated to square dancers  
all over the world.

A special and grateful thanks is extended  
to our square dancing friends who live and  
dance in Iowa. Without them this collection  
would never have come into being.

It is our hope that you enjoy this book  
and remember it came from where the Wild Rose  
grows - Iowa.

Sincerely,

*Bill and Beverly*

Bill and Beverly



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## GLOSSARY OF KITCHEN TERMS

- A la mode:** To cook in the manner of or the way it is done. In America it has come to mean topped with ice cream.
- Al burro:** Pasta served with grated cheese and butter.
- Alsugo:** Pasta served with sauce and grated cheese.
- Aspic:** A clear jelly, prepared in various ways usually with broth, used to make molds of cold foods or to garnish dishes.
- Au gratin:** A dish baked with a bread-crumb topping.
- Bake:** To cook in the oven.
- Barbecue:** To cook over an open fire.
- Baste:** To spoon or brush melted fat over food as it cooks. Basting keeps food moist, helps flavor and gives a glaze.
- Batter:** Any combination that includes flour, water, milk, butter, eggs and the like, used for dipping, coating, etc. or for pancakes, cakes and etc.
- Beat:** To stir vigorously with spoon, fork, whisk or beater.
- Blanch:** To subject to boiling water for about a minute, in preparation for further treatment. Nuts and tomatoes are blanched in order to loosen their skins.
- Blaze:** To pour liquor over food and light it.
- Blend:** To mix ingredients together usually until smooth.
- Boil:** To cook a liquid substance at the bubbling point.
- Bouillon:** A clear soup or stock.
- Braise:** To brown in a little fat, then cook over low heat in very little liquid in a covered pan.
- Broil:** To cook by direct heat.



## CONTINUED - GLOSSARY OF KITCHEN TERMS

Brush:	To daub the surface of food with butter, seasoning or other coating.
Caramelize:	To melt sugar over low heat until it turns liquid and brown.
Coat:	To cover thoroughly, as with bread crumbs.
Condiment:	Seasoning and flavoring.
Cream:	To mix thoroughly with a spoon until smooth, as in creaming butter and sugar to make a cake.
Croutons:	Small pieces of bread, fried or toasted in the form of cubes, crescents, etc. used as a garnish for soups, etc.
Dredge:	To cover thoroughly with a dry substance, as flour, corn meal, crumbs.
Dust:	To cover very lightly with a dry ingredient.
Flake:	To break into small pieces, as with fish.
Fold:	To combine two ingredients by turning slowly with a spoon so as to keep air in the mixture, as with beaten egg whites.
Fricassee:	A stew, usually enveloped in a thick sauce.
Garnish:	To use one food to decorate another.
Grate:	To make small particles of food by rubbing on a grater.
Julienne:	Cut into long, thin strips.
Knead:	To mix thoroughly with the hands.
Lyonnais:	Seasoned with onions, parsley.
Marinade:	A seasoned liquid in which foods are soaked.
Marinate:	To soak foods in a seasoned liquid.
Meringue:	Stiffly beaten egg white sweetened with sugar.
Mince:	To chop very finely.

## CONTINUED - GLOSSARY OF KITCHEN TERMS

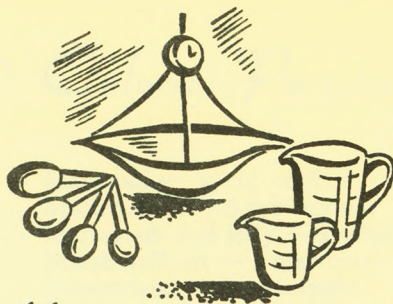
Pan-fry:	To cook in a small amount of fat.
Par-Boil:	To precook until partially done.
Pit:	To remove pits (seeds) from fruit.
Poach:	To cook in hot liquid, being careful that food holds shape.
Roast:	To cook by dry heat, usually in oven.
Ragout:	A highly seasoned thick meat and vegetable stew.
Saute:	To cook in small amount of hot fat.
Scone:	To cut narrow grooves or gashes part way through the outer surface of food.
Sear:	To brown very quickly by intense heat.
Scallop:	To bake in a casserole a food usually cut in pieces and mixed with a sauce.
Shred:	To cut or tear in small, long narrow pieces.
Simmer:	To cook slowly in liquid over low heat.
Steam:	To cook in steam in a pressure cooker, deep well cooker or double boiler.
Stew:	To simmer slowly in a small amount of liquid for a long time.
Stock:	The liquid in which meat, poultry, fish or vegetables have been cooked.
Torte:	A rich cake, usually made from crumbs, eggs and nuts.
Toss:	To lightly mix ingredients without mashing them.
Truss:	To tie a fowl or other meat so that it will hold its shape while cooking.
Whip:	To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

## KITCHEN WEIGHTS AND MEASURES

- 1 common sized tumbler =  $\frac{1}{2}$  pint
- 2 cups = 1 pint
- 2 pints = 1 quart
- 1 tablespoonful =  $\frac{1}{2}$  ounce
- 1 large wine glass = 2 ounces
- 4 cups flour = 1 pound
- 2 cups solid butter = 1 pound
- 4 quarts = 1 gallon
- 2 cups sugar = 1 pound
- 3 cups cornmeal = 1 pound
- 2  $\frac{2}{3}$  cups brown sugar = 1 pound
- 2  $\frac{2}{3}$  cups powdered sugar = 1 pound
- 2 cups solid meat = 1 pound
- 16 ounces = 1 pound
- 2 tablespoons butter, sugar, salt = 1 ounce
- 4 tablespoons flour = 1 ounce
- 16 tablespoonsful = 1 cupful
- 60 drops = 1 teaspoonful
- 3 teaspoonsful = 1 tablespoonful
- 4 tablespoonsful =  $\frac{1}{4}$  cupful
- $\frac{1}{4}$  pound cornstarch = 1 cupful
- 5 eggs = about 1 cup
- 8-10 egg whites = 1 cup
- 12-15 egg yolks = 1 cup
- 1 tablespoon cornstarch = 2 tablespoons flour
- 1 cup cream = 2 cups whipped cream
- 1 cup cottage cheese =  $\frac{1}{2}$  pound
- 1 lemon = 3 tablespoons juice

# Weights

# and Measures



## Standard Abbreviations

t. — teaspoon  
T. — tablespoon  
c. — cup  
f.g. — few grains  
pt. — pint  
qt. — quart

d.b. — double boiler  
B.P. — baking powder  
oz. — ounce  
lb. — pound  
pk. — peck  
bu. — bushel

## Guide to Weights and Measures

1 teaspoon=60 drops	1 pound=16 ounces
3 teaspoons=1 tablespoon	1 cup= $\frac{1}{2}$ pint
2 tablespoons=1 fluid ounce	2 cups=1 pint
4 tablespoons= $\frac{1}{4}$ cup	4 cups=1 quart
$5\frac{1}{3}$ tablespoons= $\frac{1}{3}$ cup	4 quarts=1 gallon
8 tablespoons= $\frac{1}{2}$ cup	8 quarts=1 peck
16 tablespoons=1 cup	4 pecks=1 bushel

## Substitutions and Equivalents

2 tablespoons of fat=1 ounce  
1 cup of fat= $\frac{1}{2}$  pound  
1 pound of butter=2 cups  
1 cup of hydrogenated fat plus  $\frac{1}{2}$  t. salt=1 cup butter  
2 cups sugar=1 pound  
 $2\frac{1}{2}$  cups packed brown sugar=1 pound  
 $1\frac{1}{3}$  cups packed brown sugar=1 cup of granulated sugar  
 $3\frac{1}{2}$  cups of powdered sugar=1 pound  
4 cups sifted all purpose flour=1 pound  
 $4\frac{1}{2}$  cups sifted cake flour=1 pound  
1 ounce bitter chocolate=1 square  
4 tablespoons cocoa plus 2 teaspoons butter=1 ounce of bitter chocolate  
1 cup egg whites=8 to 10 whites  
1 cup egg yolks=12 to 14 yolks  
16 marshmallows= $\frac{1}{4}$  pound  
1 tablespoon cornstarch=2 tablespoons flour for thickening  
1 tablespoon vinegar or lemon juice+1 cup milk=1 cup sour milk  
10 graham crackers=1 cup fine crumbs  
1 cup whipping cream=2 cups whipped  
1 cup evaporated milk=3 cups whipped  
1 lemon=3 to 4 tablespoons juice  
1 orange=6 to 8 tablespoons juice  
1 cup uncooked rice=3 to 4 cups cooked rice





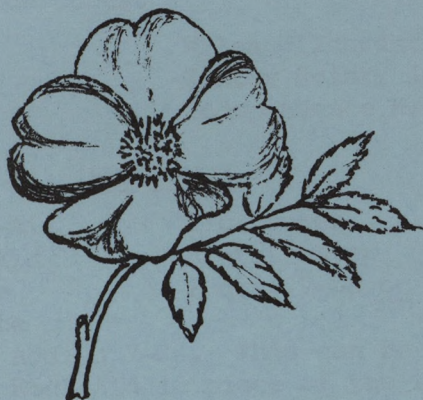
## *Approximate 100 Calorie Portions*

Almonds (shelled) — 12 to 15 nuts	Macaroni — $\frac{3}{4}$ cup cooked
Angel cake — $1\frac{3}{4}$ inch cube	Malted milk — 3 tablespoons
Apple — 1 large	Marmalade and jelly — 1 tablespoon
Apple pie — $\frac{1}{3}$ normal piece	Marshmallows — 5 marshmallows
Apricots — 5 large	Mayonnaise — 1 tablespoon
Asparagus — 20 large stalks	Meat — cold sliced — $\frac{1}{8}$ inch slice
Bacon — 4 or 5 small slices	Meat — fat — size $\frac{1}{2}$ chop
Bananas — 1 medium	Meat — lean — size 1 chop
Beans — $\frac{1}{3}$ cup canned baked	Milk — $\frac{5}{8}$ cup (regular)
Beans — green string — $2\frac{1}{2}$ cups	Molasses — $1\frac{1}{2}$ tablespoons
Beets — $1\frac{1}{3}$ cups sliced	Onions — 3 to 4 medium
Bread — all kinds — slice $\frac{1}{2}$ inch thick	Oranges — 1 large
Butter — 1 tablespoon	Orange juice — 1 cup
Buttermilk — $1\frac{1}{8}$ cups	Peaches — 3 medium fresh
Cabbage — 4 to 5 cups shredded	Peanut butter — 1 tablespoon
Cake — $1\frac{3}{4}$ inch cube	Pears — 2 medium fresh
Candy — 1 inch cube	Peas — $\frac{3}{4}$ cup canned
Cantaloupe — 1 medium	Pecans — 12 meats
Carrots — $1\frac{2}{3}$ cups	Pie — $\frac{1}{4}$ ordinary serving
Cauliflower — 1 small head	Pineapple — 2 slices 1 inch thick
Celery — 4 cups	Plums — 3 to 4 large
Cereal — uncooked — $\frac{3}{4}$ cup	Popcorn — $1\frac{1}{2}$ cups
Cheese — $1\frac{1}{8}$ inch cube	Potatoes — sweet — $\frac{1}{2}$ medium
Cottage cheese — 5 tablespoons	Potatoes — white — 1 medium
Cherries — sweet fresh — 20 cherries	Potato salad — 1 cup
Cookies — 1 to 3 inches in diameter	Prunes — dried 4 medium
Corn — $\frac{1}{3}$ cup	Radishes — 3 dozen red button
Crackers — 4 soda crackers	Raisins — $\frac{1}{4}$ cup seeded or 2 table- spoons seeded
Crackers — graham — $2\frac{1}{2}$ crackers	Rhubarb — stewed and sweetened — $\frac{1}{2}$ cup
Cream — thick — 1 tablespoon	Rice — cooked $\frac{3}{4}$ cup
Cream — thin — 4 tablespoons	Rolls — 1 medium
Cream sauce — 4 tablespoons	Rutabagas — $1\frac{2}{3}$ cups
Dates — 3 to 4	Sausage — 2 small
Doughnuts — $\frac{1}{2}$ doughnut	Sauerkraut — $2\frac{1}{2}$ cups
Eggs — $1\frac{1}{8}$ eggs	Sherbet — 4 tablespoons
Fish — fat — size of 1 chop	Spinach — $2\frac{1}{2}$ cups
Fish — lean — size of 2 chops	Squash — 1 cup
Flour — 4 tablespoons	Strawberries — $1\frac{1}{3}$ cups
Frankfurter — 1 small	Sugar — brown — 3 tablespoons
French dressing — $1\frac{1}{2}$ tablespoons	Sugar — white — 2 tablespoons
Grapefruit — $\frac{1}{2}$ large	Tomatoes — canned — 2 cups
Grape juice — $\frac{1}{2}$ cup	Tomatoes — fresh — 2 to 3 medium
Grapes — 20 grapes	Turnips — 2 cups
Gravy — 2 tablespoons	Walnuts — 8 to 16 meats
Ice cream — $\frac{1}{4}$ cup	Watermelon — $\frac{3}{4}$ slice 6 inches diameter
Lard — 1 tablespoon	
Lemons — 3 large	
Lettuce — 2 large heads	



# BEVERAGES

# SOUPS



The Iowa State Federation of Square and Round Clubs was organized in 1960. At the present time it consists of five member federations. Siouxland, North East, East Central, Quint Cities and Central Iowa.



# BEVERAGES / SOUPS



The first thing I noticed of the new world was the  
opportunity to see it. At the present time it is one of the  
most interesting places in the world. It is a place  
where you can see the best of the world.

# BEVERAGES - SOUPS

## DELICIOUS SUMMER DRINK

- |                             |                   |
|-----------------------------|-------------------|
| 1 qt. orange Pekoe tea      | 2 c. orange juice |
| 1 large can pineapple juice | 3 c. sugar        |
| 1 c. lemon juice            | 2 qts. water      |

Boil 2 sticks of cinnamon and 2 c. water for 1 min. Strain, add sugar and boil 3 min. Then add to rest of ingredients and serve iced. Serves 30. Garnish with mint leaves, cherries, strawberries or green ice cubes.

Wilma Gilchrist  
Center Point, Iowa  
Independence Merry Mixers

## RED PUNCH

- |                            |                                  |
|----------------------------|----------------------------------|
| 2 pkg. strawberry Kool-Aid | 2 c. sugar                       |
| 2 pkg. raspberry Kool-Aid  | 8 qts. water                     |
| 1 can lemon concentrate    | 2 qts. 7-Up <u>or</u> ginger-ale |
| 1 can orange concentrate   |                                  |

Chill well before adding 7-Up. This can be made green by using green lemon lime Kool-Aid in place of the red Kool-Aid.

Virginia Templeton  
DeWitt, Iowa  
Tower Twirlers

## MEN'S SPECIALTY - COCKTAIL

- |                          |                  |
|--------------------------|------------------|
| 1 bottle cranberry juice | 6 bottles Squirt |
| 1/2 pt. Vodka            |                  |

Place in punch bowl with ice. Serve cold.

Lloyd L. LaLone  
Hawkeye, Iowa  
Swinging Squares

MEN'S SPECIALTY - TOM AND JERRY'S

6 eggs	Dash of nutmeg
1 lb. powdered sugar	Little warm milk
Brandy and rum <u>or</u> whiskey	
and rum (can use either)	

Gradually add powdered sugar and eggs alternately until all gone. Beat for 1/2 an hour at least. Use 1 c. warm milk. Heat until steam comes off milk. Add liquor and milk to cup, add batter. Top with nutmeg. Let batter stand for at least a day.

Ed Neumann  
Moline, Illinois  
Merry Mixers Club

PATIO PUNCH

1 pkg. cherry Kool-Aid	1 (6 oz.) can frozen lemonade
1 pkg. strawberry Kool-Aid	1 (6 oz.) can frozen orange juice
2 c. sugar	1 qt. ice cubes
1 (1 pt. 12 oz.) bottle ginger-ale (chilled) (3 1/2 c.)	

Combine drink powders and sugar. Add water and stir to dissolve. Add frozen concentrates. Chill until serving time. Pour over ice cubes. Pour ginger-ale slowly down the side of the bowl. Makes 4 qts.

Myrtle Wood  
Hawarden, Iowa  
Redi-Mixers

A HINT FOR MAKING COFFEE

Use 1/2 c. fresh coffee grounds for 10 c. of coffee. There are 5 c. of the grounds in 1 lb. of coffee. Therefore, 1 lb. of coffee will make 100 c. of coffee.

Jayne Jeys  
Davenport, Iowa  
Rhythm Rounders Dance Club

HOT CRANBERRY PUNCH

This punch is made in a coffee maker and usually makes round 48 punch cups. Place in basket of 48 c. coffee maker:

4 T. whole cloves	12 sticks cinnamon (broken up)
2 T. whole allspice	

Place in bottom of pot:

2 qts. water	4 bottles cranberry juice cocktail
1/2 c. brown sugar	
2 (28 oz.) cans unsweetened pineapple juice	1 tsp. red food coloring

Plug in and let perk through the regular cycle. Serve hot.

Mrs. Shirley Anderson  
North Liberty, Iowa  
Do - Si - Do Club

PERCOLATOR PUNCH

2 1/2 c. pineapple juice	1/2 T. whole allspice
1 1/4 c. water	3 sticks cinnamon
2 c. cranberry juice	1/4 tsp. salt
1 T. whole cloves	2 c. brown sugar (packed)

Pour pineapple juice, water and cranberry juice into bottom of automatic coffee maker. Place remaining ingredients in basket. Set control on strong and complete perking cycle. Hold on mild setting.

Lefty and Darlene Meyer  
Oein, Iowa  
Stanwood Swingin Squares

PENNY PUNCH

This punch is versatile - quick and easy - designed to suit the mood of your party or pantry!

1 can Hi-C drink	1 pkg. Kool-Aid (same color)
1 large bottle of soda pop (same color or 7-Up)	

Combine chilled ingredients. Serve with ice. Makes about 1 gal.

Kathy Seamans  
Fredericksburg, Iowa  
Chicka Squares



OPEN HOUSE PUNCH

2 1/2 c. Southern Comfort	1 (6 oz.) can frozen orange juice
6 oz. fresh lemon juice (use real lemons)	2 (6 oz.) can frozen lemonade
	2 1/4 qts. 7-Up

Chill ingredients. Mix in punch bowl, add 7-Up last. Add ice, citrus fruit slices. Serves 25 people.

Marvel Swyter  
Waterloo, Iowa  
Twenty Eagles

WEDDING PUNCH

8 large cans frozen orange juice	3 c. sugar
6 small cans frozen lemonade	6 qt. size bottles ginger-ale
2 large cans pineapple juice (not frozen)	

Add this all together, stir real good then add your favorite color. Serves 150.

Esther Verstraete  
Gilbertville, Iowa  
Twirling Eagles

WEDDING PUNCH

3 (46 oz.) cans fruit punch	46 oz. pineapple juice
12 oz. frozen lemon juice	6 c. water
12 oz. frozen orange juice	1 c. sugar

Mix well and freeze. Take out of freezer about 5 hrs. before serving. Pour 1 qt. ginger-ale over fruit juice. Serves 30-35.

Margaret Wilson  
Indianola, Iowa  
Su - Z - Q's

Fruit Ice Cubes - Freeze whole strawberries in ice cubes. Serve in tall glasses of fruit juice.

HOT APPLE CIDER

1 tsp. whole cloves                      2-3 in. cinnamon sticks  
 1 tsp. whole allspice

Put the spices in a cheese cloth bag. Then add: 1/3 c. lightly packed brown sugar and a few grains of salt. Bring all of this to a boil and simmer 30 min.

Mrs. Neva Heitland  
 Iowa Falls, Iowa  
 Scenic City Swingers

PUNCH

2 pkgs. strawberry Kool-Aid              2 c. sugar  
 2 pkgs. cherry Kool-Aid                1 can lemon concentrate  
 1 can orange concentrate               8 qts. water  
 2 qts. ginger-ale or 7-Up

Mrs. Frieda Schatz  
 De Witt, Iowa  
 Tower Twirlers

RHUBARB JAM

4 c. rhubarb (finely cut)                1 small pkg. raspberry or  
 4 c. sugar                                  strawberry Jello  
 1 small can crushed pineapple

Cook rhubarb and sugar 12 min. Add 2 T. pineapple juices to start rhubarb cooking. You can use 2 T. water instead. Stir constantly, add pineapple and cook for 3 min. Stir in Jello until dissolved then pour into glass jars. Store in refrigerator.

Jolene Smith  
 Atlantic, Iowa  
 Whirl - A - Ways

APPLE BUTTER

Use 1 slight c. sugar to each c. apple pulp. Mix cinnamon with sugar until desired darkness. Add to apple pulp. Cook until desired thickness. Add more cinnamon if necessary. Put into jars and seal.

Mrs. Jerry McCrory  
 Atlantic, Iowa  
 Whirl - A - Way

RHUBARB JAM

3 heaping c. rhubarb  
(finely cut)

3 scant c. sugar  
1/2 c. water

Bring to boil, and boil for 5 min. Set off burner and add 1 pkg. of strawberry Jello and dissolve. Cool at room temperature. Chill and top with paraffin. Makes 2 pts.

Henrietta Moore  
Bettendorf, Iowa  
Le Valley Stars

RHUBARB JAM

Combine 4 c. rhubarb (cut up fine) with 4 c. sugar. Stir til it forms its own juice. Boil 15 min. or until a good consistency. Remove from heat and add 1 (3 oz.) pkg. of either raspberry or strawberry Jello. Stir well. Put into jelly glasses and cover with paraffin.

Mrs. Jerry McCrory  
Atlantic, Iowa  
Whirl - A - Way

GRAPE JELLY

4 c. juice  
6 c. sugar

Wash and stem grapes. Mash them and cook without water. Strain juice and heat to rolling boil. Heat the sugar in the oven. Stir in sugar and pour into glasses. This makes good jelly.

Ada Phillips  
Fremont, Iowa  
Boot and Slippers

Coffee-Tea cubes - Freeze regular strength coffee or tea in your ice cube tray - won't dilute your coffee or tea.

If you heat lemons well before using there will be twice the quantity of juice.

CORN COB JELLY

Cover 8 clean corn cobs with 5 c. water. Boil 10 min. Strain and use 3 c. liquid and 2-3 drops red food color. Add 1 pkg. Sure-Jell. Bring to boil. Add 4 c. sugar and boil hard for 1 min. Pour at once into 5 jars. (Add Kool-Aid for flavorings if desired after cooking).

Ramona Camp  
Atlantic, Iowa  
Whirl - A - Way

SWEET PICKLE SLICES

4 qts. cucumber slices	6 c. sugar
(unpeeled) (1/8 in. thick)	3 T. salt
7 1/3 c. vinegar	2 1/4 tsp. celery seeds
1 T. mustard seeds	1 T. whole allspice

In covered kettle simmer cucumber slices in 4 c. vinegar with salt, mustard seeds and 1/4 c. sugar for 15 min. or until slices turn slightly yellow. Don't over cook. Drain. Discard cooking liquid. Spoon slices into hot, sterilized jars. Bring to boil 3 1/3 c. vinegar, 5 3/4 c. sugar, celery seeds and whole allspice. Pour over pickles. Seal at once. Process in boiling water bath (212°) for 5 min. Makes 5 pts.

Mrs. Jerry McCrory  
Atlantic, Iowa  
Whirl - A - Way

PICKLED BEETS

2 c. sugar	1 tsp. allspice
2 c. water	1 tsp. cinnamon
2 c. vinegar	1 tsp. cloves

Pour over beets and let simmer 15 min. Pack in sterilized jars and seal hot. A little grated horseradish added to beets gives variety. Also if you wish, put spices in cheese cloth, then remove from syrup.

Virginia Templeton  
DeWitt, Iowa  
Tower Twirlers



HOMEMADE TOMATO SOUP

Heat to boiling point: 1 can tomatoes and 2 T. butter, 1 tsp. soda. Stir to break up tomatoes (or put tomatoes in blender before starting). Then add about 4 c. milk. Add salt and pepper to taste. Do not boil or it will curdle.

Mrs. Mark Kemp  
Des Moines, Iowa  
Levis N Lace

POTATO SOUP

3 c. raw potatoes (diced)	1 T. margarine <u>or</u> butter
1 carrot (finely diced)	(Optional)
1/2 c. celery (diced)	Dash pepper
1 medium onion (chopped)	Parsley (chopped) (optional)
2 tsp. salt	2 c. milk

Put the first 5 ingredients in kettle with 1 1/2 c. water and cook 15 min. or til done. Add milk and margarine or butter and heat. Add pepper and parsley. Serves 4.

Etha Moon  
Knoxville, Iowa  
Dudes & Dames

SPLIT PEA SOUP

Place ham bone and any scraps of ham in a large kettle with 2 medium sized onions that have been cut into small pieces. Pour over it 2 qts. boiling water. Add 1 lb. split peas that have been washed thoroughly. Cook gently for 1 1/2 hrs. At the end of 45 min., add 1 1/2 qts. of any leftover vegetable liquid, chicken broth or water. Continue cooking until peas have disintegrated.

Florence Rowell  
Ottumwa, Iowa  
Boots and Slippers Club

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



KOSHER DILLS

This recipe makes 1 large jar of Kosher dills. Rinse pickles in cold water, slice lengthwise. Bring these to a rolling boil: 1/3 c. vinegar, 2/3 c. water, and 1 1/2 c. sugar. Boil pickles for 1 min. in the above syrup. Add 1/2 c. horseradish. Pour syrup over pickles in the jar and add horseradish on top. Let stand at least 24 hrs. in refrigerator.

Rachel Tiedt  
Sumner, Iowa  
Belles' n' Beaus

## SWEET DILL PICKLES

Use medium sized pickles quartered and cut 4-5 in. long enough for 4 qts. Pack into clean jars with dill. Then combine:

4 c. sugar	1/2 c. salt
1 qt. vinegar	1 pt. water

Pour hot over pickles. Seal as desired. May be eaten in 3 weeks.

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Belles' n' Beaus

## CINNAMON RINGS

Remove seeds from 7 lbs. real large cucumbers. Slice in thin slices. Add 2 c. salt and cover with water. Let stand 3 days. Drain. Simmer for 2 hrs. in 1 c. vinegar, 1 T. alum and a few drops of green coloring. Drain. Make syrup of 8 c. vinegar, 8 c. sugar and 3 or 4 sticks cinnamon. Heat the syrup for 3 days and pour over pickles. Seal in sterilized jars on 3rd day.

Mrs. Robert Bak  
Dakota City, Nebraska  
Sioux Swingers

A smile is a curve that can straighten out a lot of things.

PRONTO PUPS (COCKTAILWIENERS)

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

Sift together flour, sugar, baking powder and salt. Stir in corn meal. Cut in shortening until mixture resembles fine crumbs. Combine egg and milk. Add to corn meal mixture. Mix well. Insert wooden skewer into each wiener. Spread evenly with batter and fry in deep hot fat until brown 4-5 min. Serve with catsup.

Gloria Grant  
Des Moines, Iowa  
Dixie Daisies

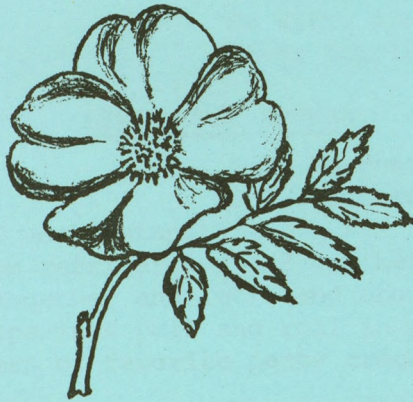
HOT CATSUP

1 gal. tomatoes	2 c. green sweet pepper
2 c. sweet red pepper	1 c. sugar
1 c. hot pepper	1 tsp. mustard seed
3 tsp. salt	3 tsp. mixed spices
1 tsp. celery seed	2 1/2 c. vinegar
2 c. onions	

Skin tomatoes before chopping. Chop all vegetables before measuring. Tie all spices in bag. Mix all ingredients except spice bag and vinegar. Add spice bag after mixture has boiled 30 min. Cook until thick, then add vinegar and boil until thick.

Louise Yount  
Des Moines  
Happy Whirlers

# SNACKS



*The State Federation meets five times annually. Some of its official functions are to promote the activities and determine policies of this recreation in Iowa. In this capacity, the organization sponsors the annual State Convention and publishes the State magazine.*





## SNACKS

### CRAB MEAT DIP

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 c. crab meat             | 2 tsp. lemon juice              |
| 8 oz. cream cheese         | 1 1/2 tsp. Worcestershire sauce |
| Salt and pepper (to taste) | 1/2 c. cream                    |

Cream cream cheese; cream lemon juice and the Worcestershire sauce. Add crab meat and salt and pepper to taste. Serve with chips or crackers.

Virginia Templeton  
De Witt, Iowa  
Tower Twirlers

### LIVERWURST SPREAD

- |                                   |                           |
|-----------------------------------|---------------------------|
| 1 lb. liverwurst <u>or</u>        | 1 T. Worcestershire sauce |
| braunschweiger                    | 2 T. horseradish mustard  |
| 2 T. minced onion (I use instant) |                           |

Remove meat from refrigerator 1/2 hr. before mixing. Mix last 3 ingredients together and let stand about 2 min. Mix well into meat. Shape into ball and roll in parsley flakes. Serve on Ritz crackers or favorite party cracker.

Yvonne (Joe) Aversa  
Des Moines, Iowa  
Valley Square S.D. Club

### LIVERWURST SPREAD OR DIP

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 1 lb. liverwurst            | 1 tsp. horseradish                    |
| 1 (8 oz.) pkg. cream cheese | 1/2 c. beer                           |
| 2 tsp. mayonnaise           | 1/4 tsp. onion powder <u>or</u> juice |
| 1 tsp. Tabasco sauce        |                                       |

Mix all ingredients well.

Virginia Templeton  
De Witt, Iowa  
Tower Twirlers



BLUE CHEESE WHIP

- |                             |                            |
|-----------------------------|----------------------------|
| 2 (3 oz.) pkg. cream cheese | 1 T. onion (minced)        |
| 1 T. milk                   | 1 c. heavy cream (whipped) |
| 1 (3 oz.) pkg. Blue cheese  |                            |

Soften cream cheese. Blend in milk, then blue cheese and onion. Fold in whipped cream. Makes 2 1/2 c.

Evelyn Hall  
Sioux City, Iowa  
Dancin' Squares

GREEN PEPPER DIP

- |                 |               |
|-----------------|---------------|
| 3 T. oleo       | 3 T. vinegar  |
| 3 T. sugar      | 1/2 tsp. salt |
| 3 eggs (beaten) |               |

Cook over medium heat till thick. In blender put 1 lb. cottage cheese, 1/2 large green pepper and 1 tsp. onion powder. Blend till smooth. When cooked mixture has cooled a bit, put into blender with mixture already there and blend till well mixed.

"Dickie" Smith  
Oelwein, Iowa  
Independence Merry Mixers

CURRY DIP

- |   |  |
|---|--|
| 1 c. real mayonnaise<br>(do not substitute) | 1 tsp. garlic salt                             |
| 1 tsp. horseradish                          | 1/4 tsp. garlic powder                         |
| 1 tsp. onion (minced)                       | 1 tsp. tarragon vinegar (do not<br>substitute) |
| 1 tsp. curry powder                         |  |

Beat! This is a fresh vegetable dip.

Janie Reed  
Des Moines, Iowa  
Scoot and Scat

CHEESE SANDWICH LOAF

Prepare for filling by mixing ingredients for each with enough salad dressing to make easy to spread. Remove crust from bread that has been cut lengthwise (5 slices). Butter each slice and fill with a filling of your choice. Place each slice on tops of the other in the form of the whole loaf. Soften 3 (3 oz.) pkgs. Philadelphia cream cheese. Cream with sweet cream and spread on outside of loaf as you would use a cake. Decorate with sliced stuffed olives and toasted almonds. Wrap in a damp cloth and chill in the refrigerator 3 hrs. or more. Serve cold, garnish with lettuce, olives, etc. Cut in full slices or half slices.

Ardis Johnson  
Le Mars, Iowa  
Country Cousins

CHEESE SPREAD

1 T. white sugar	1 egg (beaten)
1 T. butter	1/2 c. cream
1/2 tsp. salt	1 T. flour
3 T. vinegar	

Mix and cook until thick. Then add 2 hard boiled eggs, chopped fine; 1/2 lb. cheese and onion, if desired. Stir in while other is hot.

Betty Van Der Weide  
Sioux Center, Iowa  
Soo Mor Swingers

CHEESE BALL

(IDEAL FOR PARTIES AND HOLIDAYS)

6 oz. cream cheese	1 T. minced onion flakes
5 oz. jar Old English cheese	1 T. Worcestershire sauce
5 oz. jar Roka Blue cheese	1 tsp. paprika
(or any other)	1 tsp. horseradish

Mix together. Chill for at least 2 hrs. in refrigerator. Shape into ball and roll in chopped nuts.

Lucy McNeal  
Cedar Rapids, Iowa  
Circle Eights

CHEDDAR - BEER CHEESE

1 lb. mild Cheddar (grated)	1/2 clove garlic (crushed)
Dash cayenne	1/2 tsp. dry mustard
1 T. Worcestershire sauce	1/2 c. beer

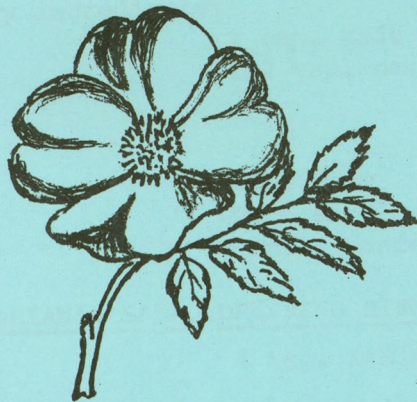
Mix until smooth - fill crock and seal with paraffin. Keep at least 2 weeks.

Lois Swalley  
Cedar Rapids, Iowa  
Circle Eights

Fruit Juice Cubes - Freeze lemonade or fruit juice in cubes.  
Serve with ginger-ale.

Place thin slices of cheese on slices of bread. Roll up. Wrap in a strip of bacon. Broil slowly until bacon is done.

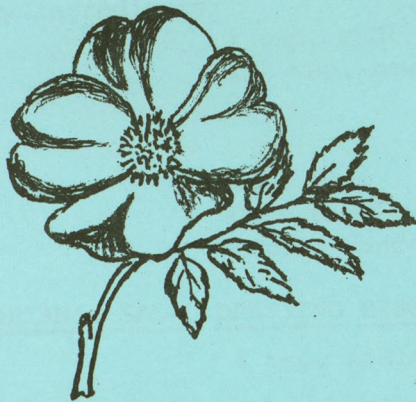
# BREADS



*The official publication of the Iowa State Federation of Square and Round Dance Clubs is the Iowa Square and Round Dance News. It is published ten times annually. Dancing news of the five areas and special features comprise its contents.*



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## BREADS

CARROT BREAD

## Mix:

3 eggs (beaten)                      1 1/2 c. oil  
2 c. sugar

## Add:

2 c. raw carrots (grated)              1 small (8 1/2 oz.) can crushed  
3 tsp. vanilla                          pineapple juice and all

Beat and add dry ingredients:

3 c. flour                              1 tsp. soda  
2 tsp. cinnamon                      1/2 tsp. baking powder  
1/2 tsp. salt

Bake 55-60 min.

Oima Quam  
Decorah, Iowa  
Miniwa Dancers

MARIAN'S SALAD DRESSING BISCUITS

2 c. flour                              4 tsp. baking powder  
1/2 tsp. salt  
1/4 c. salad dressing mixed

together with 3/4 c. milk

Mix all together. Pat out on floured surface. Cut into squares, and bake in 425° oven for about 12 min.

Bernie and Loraine Washburn  
Lawton, Iowa  
Soo Puffers  
Heel and Toe

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

AUNT FANNIE'S KOLACHE

Dissolve 1 pkg. dry yeast in 2 c. warm water. Mix and add:	
2/3 c. sugar	1 c. lukewarm mashed potatoes
1 1/2 tsp. salt	(instant work fine)
2/3 c. soft shortening	8-8 1/2 c. flour
2 eggs	

Mix well, add more flour if needed. Cover with shortening and place dough in tightly covered bowl. Refrigerate overnight. (Will keep well for a week or more in refrigerator). When ready to make, make balls about the size of walnut. Place on greased baking sheets. Let raise. Make indentations in center. Fill with desired filling. Bake about 400°-425° oven for 8-10 min. Makes about 100.

There is quite a story behind this recipe. Aunt Fannie (now deceased) was a favorite aunt and we spent many a pleasant afternoon on the farm, always enjoying these delicious kolaches. I was convinced this was an old recipe from Czechoslovakia and finally asked Aunt Fannie for the recipe. As I was writing it down, I asked for closely guarded secrets of success and Aunt Fannie just grinned and proudly announced that this was one of Betty Crocker's "tested" recipes!

Marge & Rudy Jasa  
Guys and Dolls  
Marion, Iowa

CRUST BREAD

Stir in a bowl:

1 1/2 c. boiling water	1/2 c. molasses
1 c. rolled oats	1 T. salt
1/3 c. shortening	

Cool to lukewarm. Combine 2 pkg. dry yeast with 1/2 c. warm water. Stir into oatmeal mixture; mix well. Add 2 eggs (beaten) and 5 1/2 c. sifted flour. Mix thoroughly. Let stand 15 min. Turn onto floured board. Shape in 2 loaves. Let rise approx. 1 1/2 hrs. Bake 350° about 1 hr.

Arleen Fox  
Davenport, Iowa  
Circle Four

NOODLES

3 egg yolks	1 whole egg
3 T. cold water	1 tsp. salt
2 c. flour	

Mix 1/2 flour with mixture. Turn out on floured board.  
Roll very thin - let dry. Roll up - cut into thin strips.

Lola Westendorf  
Waterloo, Iowa  
Twirling Eagles

APRICOT PASTRIES

1 pkg. refrigerated crescent rolls	1 c. sour cream
1/2 c. apricot jam	1 T. sugar
1 egg (beaten)	1/2 tsp. vanilla

Unroll crescent rolls and pat in buttered 13x9 pan. Spread with jam and bake at 425° for 15 min. Combine remaining ingredients. Pour evenly over pastry. Return to oven at 325° and bake for 5 or 6 min. Cut into squares and serve. Yield: 12 pastries.

Gloria Grant  
Des Moines, Iowa  
Dixie Daisies

REFRIGERATOR MUFFINS

3/4 c. sugar	2 tsp. baking powder
1/2 c. butter	1/4 tsp. cinnamon
1 egg (beaten)	1/2 c. raisins
2 c. flour	1 c. milk

Cream butter and sugar and beat in egg. Sift together flour, baking powder and cinnamon and add raisins. Add flour mixture and milk, a little at a time, to butter-sugar mixture, stirring well after each addition. Place paper crinkle cups in muffin tins and fill 2/3 full. Bake 20-25 min. at 250°. Makes 24. These can be put in the refrigerator for as long as a week.

Florence Long  
Des Moines, Iowa  
Dudes and Dames Club

PRUNE STICK

4 c. flour

1 c. lard

Mix as pie crust. Beat 3 egg yolks, add 1 c. milk, 3 T. sugar, 3/4 tsp. salt and 1 cake yeast. Add to above mixture, cover and chill overnight or few hours. Divide into 4 parts. Roll thin rectangular and spread with beaten egg whites, and 1/2 c. brown sugar, 1 1/2 cans prunes (Solo brand, cooked), little cinnamon, few dots of butter. Fold in sides and ends to close. Let rise 1 1/2 hrs. Carefully spread rest of egg whites on top. Bake 350° for 20-25 min. until golden yellow. Cool 10 min.; frost with powdered sugar icing. Optional: After putting egg whites on ready for oven, prune stick may be sprinkled with sugar and cinnamon. Some people prefer this to the icing.

Mrs. Robert Bak  
Dakota City, Nebraska  
Sioux Swingers

WAFFLES

2 c. flour

2 eggs (beaten separately)

1/2 tsp. salt

2 c. milk

3 tsp. baking powder

4 T. butter (melted)

Sift flour, salt and baking powder into mixing bowl. Beat yolks well and add milk and beat adding this to the flour, slowly beating until smooth. Then add melted butter and fold in stiffly beaten egg whites.

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Bells and Beaus

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



APPLE BREAD

2 c. white sugar	3/4 c. Wesson oil
1/4 c. orange <u>or</u> pineapple juice	3 c. flour
3 eggs	1 tsp. cinnamon
2 tsp. soda	2 T. vanilla
1/2 tsp. salt	
3 c. raw apple (slice very thin)	

Bake 1 hr. at 350°. Makes 3 loaves. Can add 1/2 c. nuts if desired.

Gen Salisbury  
Cedar Falls, Iowa  
Haylofters

CORN FRITTERS

1 can corn	1 tsp. baking powder
1/2 c. flour	1/4 tsp. paprika (optional)
Salt	2 eggs

Mix dry ingredients well and add beaten yolks of eggs, then fold in beaten white. Drop from spoon into hot fat and drain on paper.

Patsy Harper  
Des Moines, Iowa  
Scoot and Scat

EASY NOODLES

2 egg yolks	1/4 tsp. salt
3 T. cream	1/4 tsp. baking powder
1 tsp. softened lard	

Mix. Add enough flour to roll out on board, cut and cook, or let dry for later use.

Gisela Kalitzki  
Indianola, Iowa  
Su - Z - Q's

DATE BREAD

2 c. white sugar	2 c. dates
1/2 c. butter	2 c. boiling water
2 eggs	2 tsp. soda
3 c. flour (sifted)	1 c. nuts (chopped)

Cut up dates and add soda and boiling water. Let this stand while creaming butter and sugar. Add eggs and beat well. Add date mixture and nuts. Add flour. Mix well. Bake in 2 regular size loaf pans at 325° for 45 min. to 1 hr. These freeze well.

Betty Van Der Weide  
Maurice, Iowa  
Soo Mor Swingers

SYRIAN NUTMEG COFFEE CAKE

2 c. brown sugar	1 c. sour cream
2 c. flour	1 tsp. soda
1/2 c. shortening <u>or</u> oleo	1/2 c. nutmeats (chopped)
1 egg	1 tsp. nutmeg

Blend brown sugar, flour and shortening into crumbs with pastry blender. Put half of crumb mixture into a greased 9x9 in. pan. Stir egg, nutmeg and sour cream mixed with soda into remaining crumbs. Pour mixture over crumbs in pan and sprinkle with chopped nuts. Bake in 350° oven for about 35-40 min. (Also good served cold with ice cream).

Mrs. Wilbur Kleckner  
Vinton, Iowa  
Vinton Twirlers

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

SWEDISH RYE BREAD

3 c. warm water	2 T. butter <u>or</u> oleo (melted)
1 1/2 tsp. salt	3 c. white flour
3/4 c. brown sugar	3 c. rye flour
2 pkg. yeast	2 c. white flour

Combine first 5 ingredients, then add the next 3 in order, mixing well after each addition. Then turn out on a well floured board, and knead till smooth. Place in a well greased mixing bowl, and let rise for 1 hr. or until doubled in bulk. Make into 3 loaves and let rise again till doubled. Bake for 45 min. (30 min. at 375°, then decrease to 350° for the remaining 15 min.).

Stella Fletcher  
Kingsley, Iowa  
The Kingsley Swingers

DOUGHNUT MUFFINS

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

Beat egg, oil, sugar, and milk. Add sifted dry ingredients. Bake in paper cups in muffin tins, 30 min. at 350°. Brush with melted butter. Roll in 1/2 c. sugar and cinnamon. Makes 12.

Jo Ann Ritchhart  
Des Moines, Iowa  
Scoot and Scat

DATE BREAD

1 1/2 c. dates (diced)	1 tsp. vanilla
1 1/2 c. boiling water	3 T. shortening
1 c. sugar	2 3/4 c. flour (sifted)
1 egg	2 tsp. soda
1/2 tsp. salt	

Place dates in boiling water and simmer 3 min. Cool - cream sugar, and shortening. Add egg, dates and water. Mix in flour, soda, salt, vanilla and nuts. Grease 4 (No. 2) size cans and flour to the top. Fill 1/2 full. Bake 45 min. at 350°. Remain in cans 5 min. after removing from oven.

Evelyn Carle  
Sioux City, Iowa  
Soo Puffers

BRAN MUFFINS

This makes enough muffins to serve 72 only.

2 1/2 c. sugar	3 c. 100% bran
1 c. <u>plus</u> 3 T. Crisco	3 c. Kelloggs all-bran (cover
4 eggs	bran and soak with 2 c.
1 qt. buttermilk	boiling water)
6 c. flour	5 tsp. soda
2 tsp. salt	

Cream sugar and Crisco, add beaten eggs. Alternate with the buttermilk and the bran and flour mixture. Do not overmix. Bake in muffin tins at 400° for 16 min. May keep batter in refrigerator 3 weeks.

Jean Haney  
Waverly, Iowa  
Circle Eights

FLUFFY COTTAGE CHEESE PANCAKES

3 egg yolks	1/2 c. cottage cheese
1/3 c. milk	1/4 c. all-purpose flour
1/4 tsp. salt	3 egg whites

In a mixing bowl beat egg yolks until thick and lemon colored. Add cottage cheese, beat until almost smooth. Blend in milk, flour and salt. Beat egg whites until peaks fold over. Fold in batter. Let batter stand 5 min. Using 1/4 c. measure pour batter onto a hot buttered griddle. Bake until top is bubbly and edges baked. Turn and bake on the other side.

Mrs. Vernon Kugel  
Postville, Iowa  
Monona Merry Mixers

DOUGHNUTS IN RHYME

1 c. sugar, 1 c. milk, 2 eggs (beaten fine as silk), salt and nutmeg (lemon will do) of baking powder, teaspoons two. Lightly stir the flour in (2 1/2 c.), roll on pie board, not to thin, cut in diamonds, twist or rings, drop with care the doughy things into fat (375°) that briskly swells, evenly the spongy cells, watch with care the time for turning, fry them brown, just short of burning. Roll in sugar, serve and eat! Thank Esther for this treat!

Esther Verstraete  
Gilbertville, Iowa  
Twirling Eagles

MOM'S APPLE ROLL

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

Mix ingredients as for biscuits and roll out to 1/2 in. thickness. Completely cover with finely chopped apples, approximately 2 c. Roll up jelly-roll style; slice and lay in pan of syrup. Dot with butter; sprinkle with cinnamon and bake 350° till brown and dough is done. Delicious warm with cream.

## SYRUP:

2 c. sugar	1 tsp. vanilla
2 c. water	

Mix and bring to boil in baking dish you plan to use. Lay apple slices cut side up in syrup.

Mrs. Ray Walker  
Carlisle, Iowa  
Country Cousins

GRIDDLE CAKES

2 c. flour	4 tsp. baking powder
1 tsp. salt	2 T. sugar
1 egg (beaten)	1 1/2-1 3/4 c. milk
2 T. butter (melted),	
shortening <u>or</u> bacon drippings	

Sift dry ingredients. Add egg and milk, adding more milk if thinner cakes are desired. Blend in melted shortening. Serves 4-5.

Pat Munsell  
Cedar Rapids, Iowa  
Circle Eights

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



QUICK COFFEE CAKE

## Filling:

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

In a small bowl mix together above ingredients.

## Cake:

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

Sift together flour, baking powder and salt. Cream together shortening and sugar. Add egg, milk, vanilla and flour mixture. Mix smooth and put half into a well greased 8x8 in. pan. Sprinkle half of filling on top. Carefully spread remaining batter on top and sprinkle rest of filling over. Bake at 375° for 25-30 min.

Carolyn Hird  
Cedar Rapids, Iowa  
Belles and Beaux

CHERRY NUT BREAD

2 eggs	1 c. sugar
1/2 tsp. salt	1 1/2 tsp. baking powder
1 (8 oz.) jar maraschino cherries (drained)	1 1/2 c. flour
	1 c. nuts (chopped)

Beat eggs, add sugar and mix. Add dry ingredients with drained juice and mix thoroughly. Stir in cherries and nuts with spoon. Put into a well greased loaf pan. Bake in 350° oven for 45 min.

Mrs. Melvin Lehrman  
Mechanicsville, Iowa  
Stanwood Swinging Squares

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

PUMPKIN BREAD

1 2/3 c. flour	1 tsp. soda
1/4 tsp. baking powder	1/4 tsp. cloves
1/2 tsp. cinnamon	1/3 c. butter
3/4 tsp. salt	1/2 c. nutmeats
1/3 c. raisins	1/3 c. water
2 eggs	1 c. pumpkin
1 1/3 c. sugar	

Bake 40-50 min. at 350°. Place a small pan of water in oven to keep from drying out.

Lavonne Van Berkum  
Sioux Center, Iowa  
Soo Mor Swingers

HOP TOADS

1 c. milk	1 tsp. baking powder
1/2 tsp. salt	1 c. flour
1 egg (beaten)	

Sift dry ingredients and add to beaten egg and milk mixture. Drop by spoonful into deep fat at donut temperature. Roll in cinnamon and sugar.

Karen Roeder  
Des Moines, Iowa  
Levis "N" Lace

When baking bread, a small dish of water in the oven will help to keep the crust from getting too hard.

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

BOHEMIAN NUT SLICES

1 pkg. dry yeast	3/4 c. margarine
1/4 c. warm water	2 eggs (separated)
1 tsp. sugar	1/2 c. sugar
2 c. flour	1 tsp. vanilla
1/2 tsp. salt	1/4 c. nuts (chopped)

Sprinkle yeast over water, add 1 tsp. sugar. Let stand 10 min. Cut margarine into flour and salt until it resembles coarse corn meal. Blend in egg yolks and yeast mixture. Mix until soft ball forms. Beat egg whites until stiff but not dry. Gradually add 1/2 c. sugar and continue beating until stiff and peaked. Fold in vanilla. Divide dough in half and roll out 1/2 at a time. Spread each half with the egg white mixture and sprinkle with nuts. Roll up as for a jelly roll. Place on greased baking sheet. Cut a 1/2 in. deep slit lengthwise along each roll. Bake at (no rising) 375° for 22 min. When warm, frost with powdered sugar icing. Cool, slice into approximately 26 slices.

Jo Ann Walker  
Des Moines, Iowa  
Scoot and Scat

RYE BREAD

2 c. warm water	3 tsp. sugar
2 c. sour milk <u>or</u> buttermilk	1 T. salt
1 pkg. yeast dissolved <u>in</u> 1/2 c. warm water	1 tsp. caraway seed in liquid (optional)
1 tsp. molasses	1/2 rye and 1/2 white flour
3 tsp. lard	(about 12 c.)

Mix and beat well. Add a little flour at a time. Knead on floured board until smooth and elastic. Place in greased bowl. Let rise about 1 hr., punch down and let rise again. Divide dough into 3 parts - makes loaves - put into 3 greased loaf pans and let rise. Bake for 1 hr. at 350°.

Ellen Krezek  
Clutier, Iowa  
Twirling Eagles

OVER-NIGHT CINNAMON ROLLS

3 c. warm water	1/2 c. sugar
1/2 c. shortening	8 c. flour
1 pkg. dry yeast	

Mix together in usual way. Put in greased bowl. Punch down every hour 3 or 4 times. Roll out for cinnamon rolls. Put in pans and let rise overnight. Bake 350° in the morning.

Mrs. Ray Friderich  
Monona, Iowa  
Monona Merry Mixers

When separating the yolk from the white of an egg if you drop a portion of the yolk into the white, moisten a cloth with cold water, touch to the yolk and it will adhere to the cloth.

NEVER FAIL ROLLS

2 pkg. yeast	1/2 c. sugar
2 c. lukewarm water	2 tsp. salt
6 1/2 c. flour	3 eggs
1/2 c. shortening	

Soften yeast in water, add sugar, salt and 3 c. flour. Beat hard. Add eggs and shortening, beat again. Then mix in enough flour to make a soft easily handled dough. Let rise till more than doubled. About 2 hrs. or more. Shape into rolls, place on well greased pan. Let rise 20 or 30 min. Bake 20-25 min. at 375°. These may be made into cinnamon rolls too. Makes 2 1/2-3 dozen.

Louise Boeke  
Hubbard, Iowa  
Scenic City Swingers

Cut square biscuits quickly by using the ice cube divider from a refrigerator tray.

To avoid lumps in batter, add a pinch of salt to the flour before it is wet.

BUNS - A WORKING GIRLS BUNS!

Start at 5 p. m.

6 c. water

6 T. oleo

2 c. sugar

6 tsp. salt

4 eggs (beaten)

16-18 c. flour

1 cake yeast

Punch down every hour until 10 p. m. Make into rolls and let raise all night. Bake in the morning at 350° for 15 min.

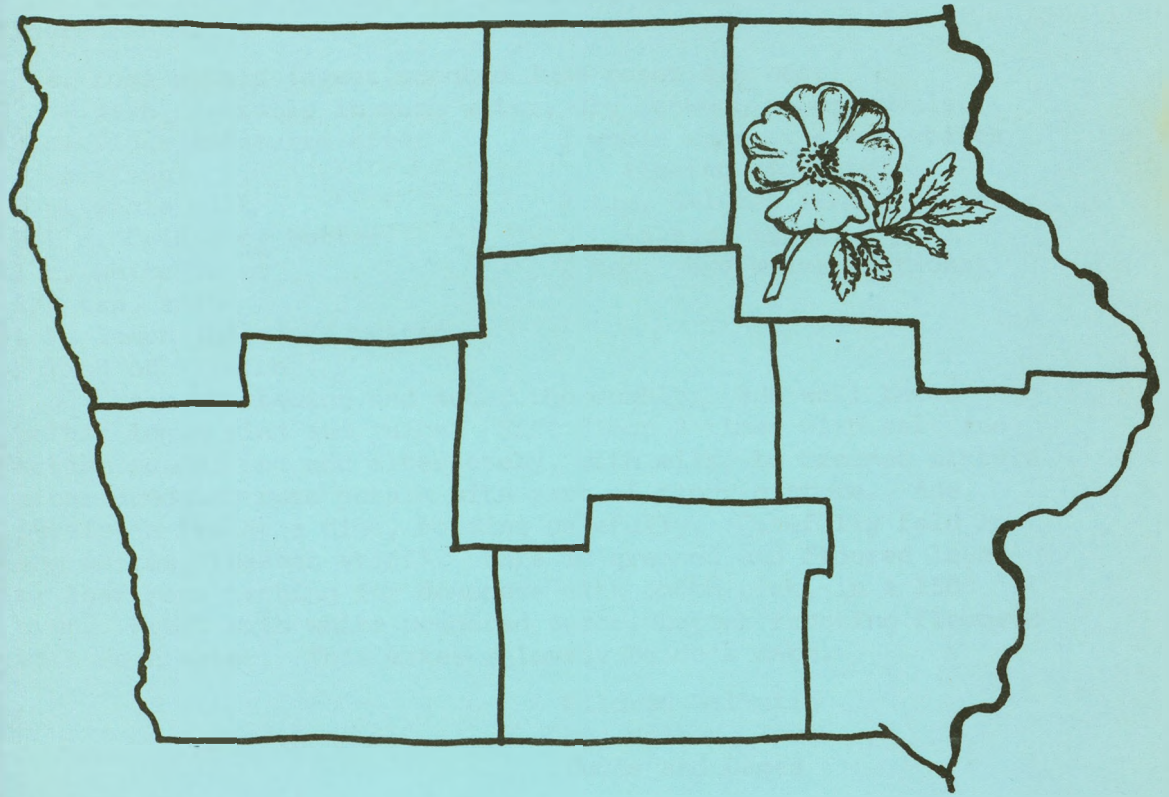
Jane Schultz

Le Mars, Iowa

Country Cousins



# CAKES



Northeast Iowa is surprising--a different kind of Iowa. Level farm lands graduate to hills and valleys, dotted with grazing dairy herds--laced with contour patterns. Verdant summer valleys wait for frost. Then comes autumn. Hills explode with color with sumac, maple, oak, hickory, ash all vying for attention.



# CAKES

## ROSE PETAL CAKE

This recipe is over 100 years old but is modified to modern ingredients.

- |   |   |
|---|---|
| 2 c. rose petals (sweet scented June roses are best)    |   |
| Wash carefully in warm water, dry between paper towels. |   |
| 3 c. flour (measured after sifting)                     | 3 whole eggs <u>or</u> 4 egg whites (beaten separately) |
| 1 c. whole milk   | 2 tsp. Calumet baking powder (s.a.s. type)              |
| 5/8 c. Crisco <u>or</u> butter                          | 2 tsp. rose water (optional)                            |
| 1 c. white sugar  |   |
| 1/2 tsp. salt   |   |
| 1 T. lemon juice and grated rind of 1 lemon             |   |

Cream shortening and sugar thoroughly. Add well beaten egg yolks, lemon rind and juice. Sift flour 3 times with salt and baking powder and add alternately, with milk, to creamed mixture after dredging rose petals with part of flour mixture. Add petals, a few at a time, folding carefully. Carefully fold in egg whites, (beaten stiff). Bake in greased and floured layer or loaf pans testing for doneness with tooth pick, in a 350° oven. Frost with white powdered sugar, butter frosting flavored with rose water. This makes a lovely bride's cake.

Mildred Gallatin  
Des Moines, Iowa  
Dudes and Dames

He who looses money looses much;  
He who looses a friend looses more,  
but he who looses faith looses all.

BAKELESS CAKE

1 c. sugar	1 c. nuts
2 eggs (separated)	Graham crackers
1 c. crushed pineapple	2 boxes Jello
1/2 c. butter <u>or</u> oleo	

Cream butter and sugar. Beat egg yolks, slightly. Add to creamed mixture. Fold in stiffly beaten egg whites, pineapple, nutmeats and 3 T. cream or canned milk. Put a layer of whole graham crackers on bottom of 13x9x2 pan. Spread mixture on them. Place another layer of graham crackers on top. Dissolve 2 boxes of Jello and partially set. Pour on top of last layer of crackers and chill. May be topped with whipped cream.

Dorothy Downs  
Eldridge, Iowa  
Circle Four

LEMON CAKE

Mix dry ingredients:

1 pkg. lemon cake mix  
1 pkg. instant lemon pudding

Then add:

1 c. cold water	4 eggs
1/2 c. salad oil	

Bake in 13x9 greased cake pan at 350° for 30-40 min. Remove from oven and poke holes with fork through it. Mix and pour over cake while warm:

1/2 c. lemon juice	2 T. butter (melted)
2 c. powdered sugar (sifted)	

Serve with whipped topping.

JoAnn Ritchhart  
Des Moines, Iowa  
Scoot and Scat

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



COKE CAKE

Bring ingredients to boil and set aside to cool:

2 sticks oleo	1 c. coke
6 T. cocoa	
2 c. flour	2 c. sugar
1/2 tsp. salt	2 eggs
1 tsp. soda	1/2 c. buttermilk
1 tsp. vanilla	1/2 c. miniature marshmallows

Sift flour, sugar and salt together. Beat 2 eggs and add cooled coke mixture. Add soda and vanilla to the buttermilk and add alternately with sifted dry ingredients. Beat well. Add marshmallows. Bake at 350° for 35-40 min.

Evelyn Will  
Sioux City, Iowa  
Dancing Squares

IOWA CHOCOLATE CAKE

3/4 c. margarine	2 c. flour
1 1/2 c. boiling water	1/2 c. cocoa
2 tsp. soda	2 eggs
1/2 tsp. salt	1 tsp. vanilla
2 c. sugar	

Add boiling water to margarine and sugar in bowl. Sift dry ingredients twice and add to liquids. Add beaten eggs and vanilla. Bake 45 min. at 350° in a 9x15 pan.

Frances Classen  
Cedar Rapids, Iowa  
Guys and Dolls

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

APPLE CAKE DESSERT

2 c. sugar	2-4 tsp. cinnamon
1/2 c. butter	1-2 tsp. nutmeg
2 eggs	1 tsp. salt
2 c. flour	4 c. apple (finely chopped)
1 tsp. soda	1 c. nutmeats (chopped)

Cream sugar and butter; add beaten eggs. Sift dry ingredients together and add to batter. Add apples and nutmeats. Bake in greased, floured 9x13 in. pan for a total of 1 hr. Bake at 350° for 15 min., at 300° for the last 45 min. Serve warm with sauce.

SAUCE:

1 c. sugar	1/2 c. half and half
1 tsp. vanilla	1/2 c. butter

Cook together over low heat, stirring constantly, until mixture coats spoon.

The list of dos and don'ts include: It's OK to substitute margarine for butter in the cake, but not in the sauce; don't substitute milk for the half and half in the sauce; do get the apples finely chopped. The cake may be frozen, the sauce made early and rewarmed.

Dorothy Boyd  
Des Moines, Iowa  
Jo - C - Do

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

WHIPPED CREAM CAKE

3 egg whites	1 c. whipping cream
1/2 c. cold water	1 tsp. almond flavoring
2 c. cake flour	1 1/2 c. sugar
3 tsp. baking powder	1/8 tsp. salt

Beat egg whites until stiff. Whip cream until stiff and gently fold into the egg whites. Gradually fold in the cold water, to which the flavoring has been added. Sift the flour once before measuring. Mix and sift the flour, sugar, baking powder and salt together, and fold into the cream mixture. Pour into 2 (8 in.) layer pans that have been floured and bake at 325° for 30-35 min. For Valentine's Day I substituted maraschino cherry juice instead of the 1/2 c. cold water and cut up half a dozen of the cherries and it was delicious. Decorated with fluffy frosting with pink hearts.

Mrs. Maynard Freund  
Des Moines, Iowa  
Happy Whirlers

BANANA CAKE

2 bananas	1 1/2 c. sugar
1 c. milk	2 eggs
2 c. flour	2 tsp. soda
1 1/2 tsp. baking powder	1 tsp. vanilla

Mash bananas first, then add the rest in order and mix well. Bake at 350° for 35 min.

Barbara Kral  
Waterloo, Iowa  
Whirl - A - Ways

To be complimented on my smile makes the trip to the dentist worthwhile.

RHUBARB CAKE

1 1/2 c. brown sugar	1 tsp. salt
1 tsp. vanilla	1 tsp. soda
1 c. shortening <u>or</u> 2/3 c. butter	1/2 c. nuts (cut up fine)
	2 c. flour
1 egg	1 1/2 c. rhubarb (cut up fine)
1 c. sour milk	

Mix in order given. Place in large pan. I usually use a 10 1/2x15 jelly roll pan. Before baking top with 1/2 c. white sugar mixed with 1 tsp. cinnamon. Bake 1/2 hr. in 350° oven.

Edrie Wassmer  
Cedar Rapids, Iowa  
Guys and Dolls Club

STRAWBERRY DREAM CAKE

1 pkg. white cake mix, baked according to pkg. directions. Cool cake then take fork and stab cake to make holes all over it. Dissolve 1 pkg. strawberry Jello according to Jello directions. When cool but not set, pour over cake by tablespoons so that it is absorbed into the holes made by the fork. Then put cake in refrigerator to set. Make topping of 1 pkg. strawberry Whip 'n Chill, put on cake. Prepare 1 pkg. Dream Whip and put over Whip 'n Chill layer.

Virginia Bends  
Toledo, Iowa  
Toledo Squares

RAISIN CAKE FILLING

1/2 c. raisins (softened in boiling water for 10 min.)	1/4 tsp. almond
	2 T. flour (heaping)
1 c. sugar	1/2 c. nuts
3 egg yolks	1 tsp. vanilla
1 c. milk (scalding)	1/8 tsp. salt

Mix sugar, flour and salt. Add hot milk. Return to stove and cook until thick. Add beaten egg yolks to which has been added slowly a little of the cooled mixture. Cook 1/2 min. longer. Cool and then add nuts and flavoring. Very good for chocolate cake filling.

Betty Van Der Weide  
Sioux Center, Iowa  
Soo Mor Swingers



OVERNIGHT CAKE

2 c. cake flour

2 c. sugar

Add 1 c. boiling water and beat until smooth. Set in cool place overnight.

2 tsp. baking powder

1 tsp. salt

1 tsp. vanilla

Beat 6 egg whites with 1 tsp. cream of tartar till stiff. Add salt, vanilla and baking powder. Fold in 1st mixture. Bake at 350° for 30-40 min.

Mrs. Vernon Kugel

Postville, Iowa

Monona Merry Mixers

EGGLESS - MILKLESS - BUTTERLESS CAKE

This recipe is one from depression days ---very cheap to make, but very delicious. A very moist spicy cake that freezes well.

Boil 1 c. raisins in 2 c. water, cool and then drain, saving 1 c. of the water. Grind the raisins and 1 c. nutmeats (optional). Cream together 1 c. sugar and 2 T. lard or margarine. Add 1/2 c. of the saved water. Sift together:

2 c. flour

1 tsp. nutmeg

1 tsp. cinnamon

1/2 tsp. cloves

1/4 tsp. salt

Add half of the above ingredients to the first mixture. Add 1 tsp. soda to the remaining 1/2 c. water and add alternately with the remaining dry ingredients. Add ground raisins and nuts. Bake in an 8x12 pan about 30-35 min. in a moderate oven of 350°.

Harriette Rayman

Elberon, Iowa

Wheel 'N Dealers

POOR MAN CAKE

2 c. raisin and 2 c. water - boil until almost dry. Add 1 c. cold water - 1/2 c. shortening - 1 c. sugar - 2 tsp. soda 3 tsp. cinnamon - 1 tsp. salt - 2 c. flour. Bake at 350° in a 9x13 pan. Frost with powdered sugar frosting. Use as cake or bars.

Cherry Olson  
Sioux Center  
Soo Mor Swingers

CARROT CAKE

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

Cream sugar and oil, add eggs. Sift flour, baking powder, salt, soda and cinnamon. Add to the first mixture. Fold in grated carrots and chopped nuts. Grease and flour 3 (9 in.) layer cake pans, bake at 350° for 25-30 min.

FILLING:

Drain 1 large can crushed pineapple, reserving some of the juice for the frosting. Cream together 1/2 stick margarine to 1 (8 oz.) pkg. Philadelphia cream cheese, 1 tsp. vanilla, 1 box confectioners' sugar. Add just enough pineapple juice to make mixture spread. Place a small amount of frosting along with drained pineapple between layers, then frost the cake with remaining frosting. Before frosting let completely cool. Will remain moist.

Dot Anderson  
Newton, Iowa  
The Newton Squares

Happiness adds and multiples as we divide them with others.

HEAVENLY WHITE OR CHOCOLATE ANGEL FOOD CAKE

1 1/2 c. egg whites	1 1/2 tsp. cream of tartar
1/4 c. water	2 c. sugar
1/4 tsp. vanilla	1 1/2 c. cake flour (sifted)

Beat egg whites with water, salt, and vanilla until foamy. Add cream of tartar, beat until mixture stands in stiff peaks. Add 1 c. sugar which has been sifted once. Beat with electric mixer on low speed. Fold in sifted flour to which 1 c. sugar has been added, 1/4 at a time. Fold 15 strokes after each addition. Pour into ungreased tube pan. Bake in 350° oven for 35 min. Invert pan. Cool. For chocolate angel food; remove 1/4 c. flour and add 1/4 c. cocoa and sift with flour and sugar.

Mrs. Melvin Lehrman  
Mechanicsville, Iowa  
Stanwood Swinging Squares

ATOMIC CAKE

2 c. sugar	2 c. water
6 T. cocoa	2 tsp. vinegar
2 tsp. soda	3/4 c. vegetable oil
1 tsp. salt	2 tsp. vanilla
3 c. flour	

Mix dry ingredients in ungreased 13x9 pan. Mix liquid ingredients and stir into dry mixture. Bake at 350°.

Mildred Simonsen  
Marion, Iowa  
Circle Eights

She did not make us perfect  
But nature still was kind  
To our own faults she made us  
Amazingly blind!

CHOCOLATE BEER CAKE

1 3/4 c. cake flour	2 eggs (separated)
1 tsp. baking powder	2 sq. Bakers chocolate unsweet- ened (melted and cooled)
1/4 tsp. soda	3/4 c. "Millers High Life"
1/2 tsp. salt	beer
1/3 c. butter	
1 c. sugar	

Mix and sift flour, baking powder, soda and salt together 3 times. Cream butter until soft and add sugar gradually. Add egg yolks 1 at a time, beating until well blended. Add chocolate. Then add flour alternately with beer a small amount at a time beating until smooth after each addition. Fold in stiffly beaten egg whites. Put into 2 greased 7 in. layer tins and bake at 350° for 30 min. or until done. Cool and put together with butter frosting.

Florence Rowell  
Ottumwa, Iowa  
Boots and Slippers Club

EASY ONE EGG CAKE

Sift together:

2 1/2 c. flour	Pinch salt
2 1/2 tsp. baking powder	1 1/3 c. sugar

Add:

1/2 c. shortening	1 tsp. vanilla
1 egg	1 1/2 c. milk

Beat until smooth. Bake 30-35 min. at 350° in a greased pan.

Alice Mills  
Rock Island, Illinois  
Circle Four

A teaspoonful 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.



POUND CAKE

1/2 lb. butter	1/3 c. oleo
3 c. sugar	3 c. flour
1/2 tsp. salt	1/2 tsp. baking powder
1 tsp. nutmeg	1 c. milk
1/2 tsp. vanilla	5 eggs

Sift dry ingredients 3 times. Cream butter, oleo and sugar. Add eggs one at a time. Add dry ingredients with milk. Put in a cheese cake pan with wax paper in the bottom. Bake at 250° for 2-3 hrs.

Gladys Ehlert  
Pella, Iowa  
Tulip City Squares

DEEP DARK SECRET

## Cake Batter:

4 eggs	2 tsp. vanilla
1 c. sugar	1/4 tsp. salt
1/2 c. flour	1 lb. dates (cut fine)
1 tsp. baking powder	1 c. nutmeats

## Fruit Mixture:

3 or 4 bananas (sliced)	1 can white cherries (optional)
1 small can mandarin oranges	
1 small can crushed pineapple (drained)	

To make cake batter - mix all ingredients together and spread in shallow oblong baking pan. (Jelly roll pan). Bake 25 min. at 350°. When cool remove from pan and break 1/2 the cake in pieces and arrange on platter or pan. Now place fruit mixture on top of cake pieces. Break up other 1/2 of cake and pile on top of fruit (forming a mound) or level in a pan. Press together with hands. Cover with 1 pt. whipping cream (I use Dream Whip). Decorate with nuts and cherries. Refrigerate until ready to use.

Mrs. George Meyer  
Fort Atkinson, Iowa  
Swinging Square

CHOCOLATE MARSHMALLOW CAKE

1/2 c. hot water	1/4 lb. marshmallows
2 sq. chocolate	1 c. sugar
1 c. sour cream	1 1/2 c. flour (sifted)
1 tsp. soda	1 tsp. salt
1 tsp. vanilla	2 eggs

Melt marshmallows and chocolate over hot water; add water, beat to a paste. Cool. Sift flour, soda and salt 3 times. Beat eggs and sugar; add cream and flour mixture. Add chocolate paste and vanilla, and stir well. Bake in 8 in. pans for 30 min. at 375°. Frost with chocolate frosting.

Mrs. Agnes Young  
Des Moines, Iowa  
Dudes and Dames

MIRACLE WHIP CAKE  
(SHEET CAKE)

2 c. flour	Little salt
1 1/2 tsp. soda	3 large T. cocoa
1 c. Miracle Whip salad dressing	1 1/2 c. sugar
1 c. boiling water	1 tsp. vanilla

Mix all dry ingredients together. Add the Miracle Whip, boiling water and vanilla. Stir until smooth. Pour into a 17x11x 3/4 in. sheet cake pan. Then bake at 350° for 30 min. or until it tests done. After it has cooled, frost with the Caramel frosting later in this section.

Pearl Campbell  
Atlantic, Iowa  
Whirl - A - Way

When making a cake, always add 2 T. boiling water to the butter and sugar mixture. This makes a fine textured cake.

RAW APPLE CAKE

2 c. sugar  
1/2 c. shortening

2 eggs

Sift and add:

2 c. flour  
1 tsp. soda  
1/2 tsp. nutmeg

1 tsp. cinnamon  
1 tsp. salt

Add last:

4 c. raw apples  
1/2 c. nuts

Spread in pan 8x13 or two 8 in. pans. Bake at 350° for 50-60 min. Serves 12 nicely.

## TOPPING:

1/2 c. brown sugar  
2 T. flour  
2 T. water

1/2 c. nuts  
1/4 c. butter (melted)

Mix together all ingredients. Spread carefully a small amount at a time, over hot cake, return to oven and bake 5 min. longer.

Mrs. La Verne Garms  
Monona, Iowa  
Monona Merry Mixers

MINCEMEAT FRUIT CAKE

1/2 c. shortening or lard  
(1/2 butter, 1/2 shortening)  
2 tsp. soda  
1 c. sugar  
1 1/2 c. mincemeat  
3/4 c. raisins

1 c. English walnuts  
2 eggs  
2 c. flour  
1/4 c. orange juice (full strength)  
3/4 c. dates (chopped)

Cream shortening and sugar. Add eggs. Alternate dry ingredients and orange juice. Add fruit. Put in well greased pan. Set oven for 270° and bake for 2 hrs.

Beverly Whitney  
Des Moines, Iowa  
Scoot and Scat

20 MINUTE FUDGE CHOCOLATE CAKE

2 c. sugar	2 eggs (slightly beaten)
2 c. flour (sifted)	1 tsp. baking soda
1 c. butter	1 tsp. vanilla
1/4 c. cocoa	1 c. water
1/2 c. buttermilk	

Sift flour and sugar into large bowl. Combine butter, cocoa and water in a pan. Cook to boiling point, pour over flour and sugar while hot. Mix thoroughly. Add buttermilk, eggs, soda, vanilla. Mix well. Pour into greased jelly roll pan (15x10). Bake 400° for 20 min. Prepare icing 4-5 min. before cake is done.

## ICING:

1/2 c. butter	1/4 c. cocoa
6 T. milk	1 lb. powdered sugar
1 tsp. vanilla	1 c. pecans <u>or</u> walnuts

Combine butter, cocoa, milk in a pan. Cook to boiling point. Remove from heat, add remaining ingredients and mix well.

Rayleen Pearson  
Cedar Rapids, Iowa  
Twilight Twirlers

As you take a cake from the oven, place it for a few moments on a cloth wrung out of cold water. Then it may be turned out easily without sticking to the pan.

To prevent cakes from burning, sprinkle salt in the oven under the baking tins.

PRUNE CAKE

1/2 c. butter	3/4 tsp. baking powder
1 1/2 c. sugar	1 tsp. soda
2 eggs (beaten)	1/4 tsp. salt
1 c. cooked prunes	1/4 tsp. cloves
1 c. sour milk <u>or</u> buttermilk	1/4 tsp. allspice
3/4 tsp. cinnamon	2 1/2 c. flour

Mix and bake as any cake, with spices sifted with flour. This mixture added alternately with sour milk after other ingredients are mixed. Bake at 350° till done.

FILLING AND TOPPING:

2 eggs (beaten)	1 c. cooked prunes
1 c. sugar	Salt
1/2 c. sour cream	1/2 tsp. vanilla

Cook all ingredients in double boiler until thick; cool. Spread between layers of cake and on top.

Marie Banowetz  
DeWitt, Iowa  
Tower Twirlers

I'VE - GOT - A - SECRET CUPCAKES

1 c. margarine	3 tsp. double-acting baking
4 eggs	powder
3 c. fine graham cracker	1 c. sugar
crumbs	2 tsp. vanilla
1 c. nuts (finely chopped)	1 c. milk

Blend margarine, sugar, eggs and vanilla. Combine crumbs, nuts and baking powder and add to first mixture alternately with milk. Pour in paper baking cups placed in muffin tins and bake at 350° for 20-25 min. Frost with favorite frosting.

Mabel Vauthrin  
Melbourne, Iowa  
Challenge Club



NEVER FAIL CUPCAKES

Into a bowl mix in order given, but do not stir until all ingredients are added.

1 egg	1 tsp. soda
1/2 c. shortening	1 tsp. vanilla
1/2 c. cocoa	1 c. white sugar
1/2 c. boiling water	1 c. flour
1/2 c. sour milk	

Beat well and put into paper baking cups. Bake in moderate oven.

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Bells and Beaus

CHOCOLATE CREME FILLED CUPCAKES

Mix together:

2 1/2 c. flour	5 T. cocoa
2 c. sugar	1/2 tsp. salt

Add:

2 eggs	1 c. salad oil
1 tsp. vanilla	1 c. buttermilk

Beat together and add 2 tsp. soda dissolved in 1 c. hot water. Bake at 350° for 15-20 min. Makes 36 cupcakes. Cool cupcakes before filling.

FILLING:

Beat 5 min. Add 1/2 c. powdered sugar. Beat until smooth:

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

When cake is cool, use decorating tube and insert into top squeezing the filling into cake. They will begin to crack if too full.

CHOCOLATE FROSTING:

1 1/3 c. sugar, 6 T. milk and 6 T. oleo. Bring to boil for 1 1/2 min. then add 4 marshmallows and 1/2 c. chocolate chips. Beat until smooth. Cool slightly before frosting.

Mrs. Gunnard Carlson  
Pierson, Iowa  
Kingsley Swingers

FILLED CHOCOLATE CUPCAKES

1 1/2 c. flour	1/3 c. cooking oil
1 c. sugar	1 T. vinegar
1/4 c. cocoa	1 tsp. vanilla
1 tsp. soda	1/2 tsp. salt
1 c. cold water	

Mix dry ingredients together, add rest of mixture all at a time. Beat until smooth. Fill cupcake pan half full and add 1 tsp. filling. Bake at 350° for 30-35 min.

FILLING:

1 (3 oz.) pkg. cream cheese	1/8 tsp. salt
1 egg (unbeaten)	1 (6 oz.) pkg. chocolate chips
1/3 c. sugar	

Beat first 4 ingredients together, stir in chocolate chips.

Jo Ann Conner  
Creston, Iowa  
Pepper Slippers

CUPCAKE BROWNIES

4 sq. semi-sweet chocolate	1 tsp. vanilla
2 sticks margarine	1 c. flour (unsifted)
1 1/2 c. nuts	4 large eggs (well beaten)
1 3/4 c. sugar	

Melt chocolate and margarine in pan. Add nuts and stir. Combine sugar, flour and eggs and vanilla. Do not beat. Bake in papers 35 min. at 350°.

Mrs. Arnold Peter  
Cresco, Iowa  
Cresco Squares

Stir in a half package of chocolate into your seven minute frosting while it is still hot. It will turn out creamy and taste wonderful.

QUANTITY CHOCOLATE CAKE

3 1/2 qts. flour	2 T. vanilla
3 T. soda	2 5/8 qts. sugar
3 1/2 c. cocoa	2 1/3 T. salt
2 1/2 c. dry eggs	1 3/4 c. dry milk
2 qts. <u>plus</u> 1 1/2 c. lukewarm water	1 3/4 lbs. shortening

Mix dry ingredients first and then add the dry eggs, shortening water, and vanilla. Mix well. Use 4 pans.

Evelyn Sanders  
Des Moines, Iowa  
Scoot and Scat

BEST EVER CHOCOLATE CAKE

Sift:

2 c. flour	2 tsp. soda
2 c. sugar	1 tsp. salt
1/2 c. cocoa	

Add:

1 c. salad oil (Western)	1 c. buttermilk
2 eggs	1 tsp. vanilla

Mix. Then add 1 c. boiling hot coffee. Bake 45 min. at 350°.

Jo Ann Stanton  
Sioux City, Iowa  
Heel and Toe

To those who talk and talk and talk

This proverb should appeal.

The steam that blows the whistle

Will never turn the wheel.

BEER CAKE

1 1/2 c. sugar	1 tsp. cloves
2/3 c. shortening	2 tsp. nutmeg
1 tsp. salt	1 tsp. soda
2 3/4 c. flour	1 c. nuts
1 tsp. cinnamon	1 (12 oz.) can cold beer
1 tsp. vanilla	1 1/2 c. dates (chopped) <u>or</u>
3 medium bananas (mashed)	raisins
2 eggs	

Cream shortening, sugar and dry ingredients. In a separate bowl put eggs, nuts, dates and blend together with creamed ingredients. Last of all add 1 can cold beer to entire mixture. Bake at 350° oven for 45 min. in 9x13 pan. Cool, do not serve warm. Frost, if desired.

Mary Lou Timmons  
Sioux City, Iowa  
Sioux Swingers

ICING

1 stick oleo	6 T. coke
6 T. cocoa	

Bring this to a boil and add 1 box powdered sugar. Then add 1/2 c. nuts and 1 tsp. vanilla. This is very good with the coke cake.

Evelyn Will  
Sioux City, Iowa  
Dancing Squares

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

22 MINUTE CAKE (BROWNIES)

2 c. flour	1 c. water
2 c. sugar	3 1/2 T. cocoa
1 tsp. soda	1/2 c. buttermilk
1/2 c. shortening	2 eggs
1 stick margarine	1 tsp. vanilla

Combine flour, sugar and soda in bowl. Combine cocoa, margarine, shortening and water in pan and bring to a boil. Pour over flour mixture and beat well. Mix eggs, buttermilk, and vanilla and add to batter and blend well. Pour into 11 1/2x17 cookie sheet with sides. Bake 22 min. at 400°.

## ICING:

Boil until thick:

1 stick oleo	1/3 c. milk
3 1/2 T. cocoa	

Pour over 1 lb. powdered sugar, 1 c. walnuts (English), 1 tsp. vanilla. Beat until well blended. Frost cake as soon as it is removed from oven.

Yvonne (Joe) Aversa  
Des Moines, Iowa  
Valley Squares

CARAMEL FROSTING

7 T. brown sugar	3 T. butter <u>or</u> oleo
5 T. cream <u>or</u> whole milk	Powdered sugar

Melt butter and brown sugar together, let boil for a minute or so. Stir so it doesn't burn. Let cool. Then add powdered sugar until it is the right consistency for spreading over the cooled cake.

Pearl Campbell  
Atlantic, Iowa  
Whirl - A - Way



FROSTING

1/2 c. margarine (1 stick)                      1/4 c. cocoa  
 1/3 c. buttermilk

Bring to a boil, add 1 box powdered sugar (about 4 c.) and  
 1/2 tsp. vanilla. Mix well. Spread over warm brownies. Nuts  
 may be added if desired.

Mrs. Albert Kilburg  
 DeWitt, Iowa  
 Tower Twirlers

INDIANA ICING

2 c. powdered sugar (sifted)                      1 egg white  
 1/3 c. vegetable shortening                      1/16 tsp. salt  
 1/2 tsp. vanilla

Put all ingredients in a bowl and beat until fluffy. Food  
 coloring added when used in decorating.

Joan Ackerman  
 Des Moines, Iowa  
 Scoot and Scat

FROSTING

2 lbs. butter    1 1/8 c. flour  
 4 1/2 c. sugar    1 1/8 c. dry milk  
 4 1/2 c. water    1 T. vanilla

Cook flour and milk to make a thick paste. Cool. (This  
 can be prepared a day ahead). Beat butter, sugar, and vanilla  
 together. Add cooked mixture and beat hard.

Evelyn Sanders  
 Des Moines, Iowa  
 Scoot and Scat

Middle age is that period in life, when our broad mind and  
 narrow waist begins to exchange place.

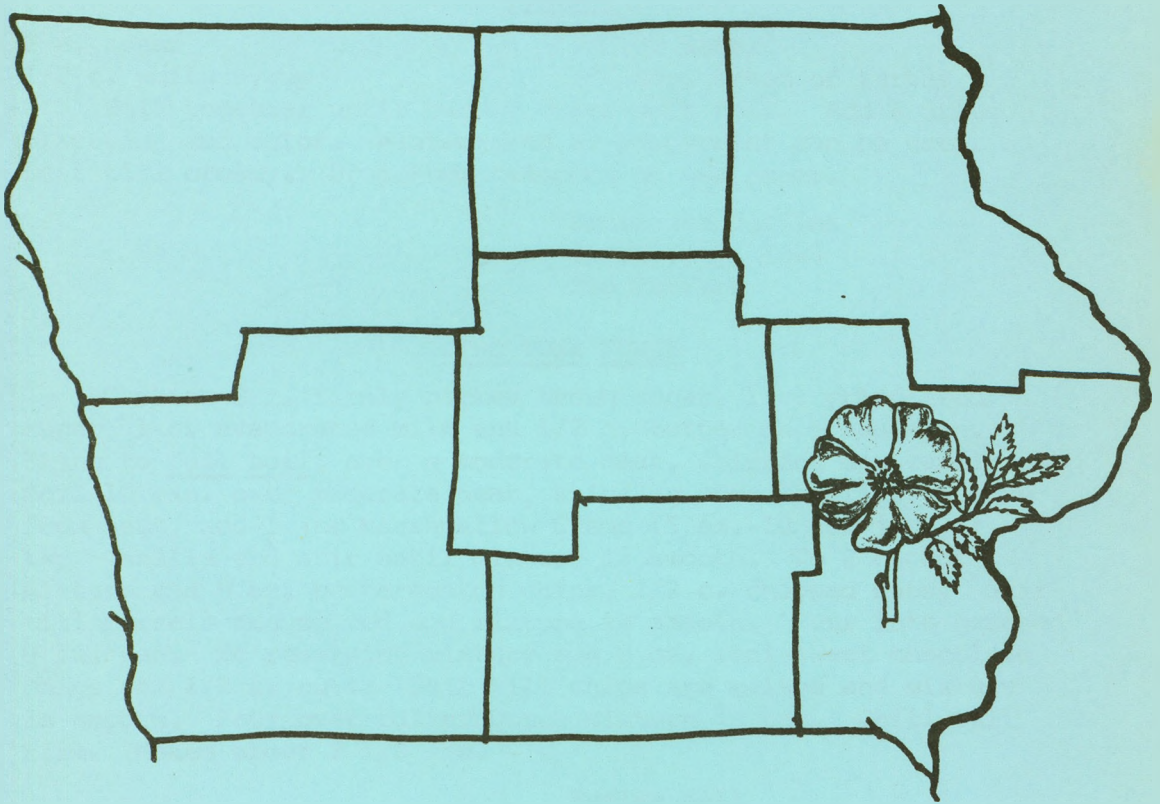
BAKERS' FROSTING

1 c. sugar	1 T. cornstarch (heaping)
1 egg	1 c. sour cream <u>or</u> 1 c. evap-
1 c. nuts	orated milk with 1 T.
1/2 tsp. vanilla	vinegar to sour (canned
	sour cream will not work)

Mix all together. Cook until thick, stirring constantly over low heat. Will frost layer cake or 13x9 cake.

Joyce O'Brien  
Cedar Rapids, Iowa  
Promenaders Square Dance Club

# CANDIES



*Don't worry Mark Twain, southeast Iowa is much as you left it. Unspoiled vistas along the Mississippi are a part of Iowa. The ear shattering blasts of hundreds of steam engines in unison at Mount Pleasant. Little river ghost towns struggling to be as they once were. Gay celebrations and Dixieland music along the levees at Burlington. River history and activity to satisfy the most devoted water buff.*



# CANDY

## FONDANT

2 c. sugar

1/2 c. water

1/2 c. white syrup

1/4 tsp. cream of tartar

Boil together until barely forms soft ball. Add 6 drops flavoring and color. Wintergreen or peppermint can be used. Beat till creamy. Drop from teaspoon on wax paper.

Ernestine Collins

Sioux City, Iowa

## Soo Puffers

## TWO TONE FUDGE

Combine 2 c. firmly packed brown sugar, 1 c. granulated sugar, 1 c. evaporated milk and 1/2 c. butter in a saucepan. Bring to full boil, over a moderate heat, stirring constantly. Boil 10 min. over moderate heat, stirring occasionally. Remove from heat, add 1 jar Marshmallow Creme (5 oz.-10 oz. jar), 1 tsp. vanilla and stir until mixture is smooth. To 2 c. hot mixture add 6 oz. butterscotch chips, 1/2 c. chopped nuts. Stir till morsels are melted and mixture is smooth. Pour into greased 9 in. pan. To remaining mixture add 6 oz. semi-sweet chocolate chips and 1/2 c. nuts. Stir till chips are melted and mixture is smooth. Pour over butterscotch mixture in pan. Chill till firm. Makes about 2 1/2 lbs.

Evelyn Hall

Sioux City, Iowa

## Dancin' Squares

## FUDGESICLES

Cook 2 c. milk, 1/2 c. sugar, 2 T. cocoa, 1/2 c. white corn syrup and 2 eggs till it coats the spoon. Add 1 tsp. vanilla. Pour into ice cube tray with cube form in. Put tooth pick in each section and freeze.

Sandy Greenley

Independence, Iowa

## Merry Mixers



SNOW ICE CREAM

2 c. cold milk	1/2 tsp. salt
1 1/2 c. sugar	3 tsp. vanilla
2 eggs (beaten)	

Put these into a very large bowl. Beat with egg beater to mix well. Fresh clean snow - enough to make mixture thick like ice cream. Using small amounts at a time, add the snow to milk mixture and blend thoroughly after each addition. A wooden spoon works well for stirring in the snow. Keep adding more snow until mixture is quite stiff and hard to stir. Eat immediately or freeze.

Sandy Greenley  
Independence, Iowa  
Merry Mixers

BON BON CANDY

2 c. powdered sugar	2 c. dates (cut fine)
1 1/2 c. crunchy peanut butter	1 c. nuts (cut very fine)
6 T. margarine (melted)	

Mix by hand (will be very stiff) make into balls and chill until very hard. Melt in a double boiler: 1 (12 oz.) pkg. chocolate chips or butterscotch chips and 1/2 bar of paraffin. Dip balls in the above and put on wax paper to set.

Doris Beer  
Hampton, Iowa  
Dudes and Dolls

CANDY CANES

Combine 2 c. sugar, 1/2 c. light corn syrup, 1/2 c. water and 1/4 tsp. cream of tartar. Place over heat and stir until the sugar dissolves. Then cook without stirring to a very hard ball stage (265°). Remove from heat, add 1 tsp. peppermint extract, pour 1/2 the syrup onto one buttered platter. Add to the remaining syrup 1 tsp. red coloring and pour onto a second buttered platter. When the candy is cool enough to handle, pull each part separately. Form in ropes and twist the red and white parts together. Cut into 6 in. lengths and shape into canes.

Mrs. Robert Bak  
Dakota City, Nebraska  
Sioux Swingers

PEANUT BRITTLE

2 c. white sugar                      1 c. white syrup  
 1/2 c. water                          1/4 tsp. salt

Cook until it is thick (bubbles heavily all over pan). Add 4 T. butter or oleo, 2 c. raw peanuts and cook until light brown and nuts crack and pop - stirring all the time. Take off burner and add 1 tsp. vanilla, stir well. Add 2 tsp. baking soda. Stir well and pour on buttered tin while still foaming. If candy thermometer is used the temperature should be 238° when peanuts are added. The temperature should be 290° when done.

Mary Hansen  
 Rock Island, Illinois  
 Pep-er Step-er's

WALNUT DIVINITY FUDGE

2 c. white sugar                      1 tsp. vinegar  
 1/2 c. light Karo                      1 egg white (beaten)  
 1/2 c. water                          1/2 c. nutmeats

Boil together sugar, syrup, water and vinegar until soft ball is formed in cold water. Pour half of this mixture over beaten egg white. Return other half to range and cook until it forms a hard ball. Pour over the first part and continue beating until stiff enough to drop. Add nuts, then drop quickly.

Virginia Templeton  
 De Witt, Iowa  
 Tower Twirlers

CARAMEL SQUARES

2 1/3 c. sugar                          1/2 c. butter  
 3/4 c. white syrup                      1 tsp. vanilla  
 1 can sweetened condensed milk      1/2 c. pecans (chopped)

Blend first 4 ingredients. Cook over medium heat, stirring constantly to 240° on candy thermometer. Add vanilla and pecans. Turn into buttered 9x9 in. pan. Cool. Cut in sq. and wrap individually in waxed paper.

Betty Van Der Weide  
 Maurice, Iowa  
 Soo Mor Swingers

BOURBON BALLS

1/2 c. butter	1 c. powdered sugar
4 T. bourbon	1 c. pecans (finely chopped)
1 large pkg. chocolate chips	1 T. paraffin

Cream butter, and sugar. Add bourbon and pecans. Shape into small balls and put on waxed paper and refrigerate for at least 30 min. Melt chocolate chips and add paraffin. Dip balls into cooled chocolate and place on waxed paper to harden.

Ardis Johnson  
Le Mars, Iowa  
Country Cousins

FIVE MINUTE FUDGE

(No beating or soft-ball tests needed)

2/3 c. Carnation milk (undiluted)	2 T. butter
1 2/3 c. sugar	1/2 tsp. salt
2 c. (4 oz.) miniature marshmallows	1 tsp. vanilla
1 1/2 c. (1 1/2 6 oz. pkg.) semi-sweet chocolate pieces	1/2 c. nuts (chopped)

Combine butter, Carnation evaporated milk, sugar and salt in a saucepan over medium heat. Bring to boil. Cook 4-5 min., stirring constantly. (Start timing when mixture starts to bubble around edges of pan). Remove from heat. Stir in marshmallows, chocolate, vanilla, nuts. Stir vigorously for 1 min. (until marshmallows melt and blend). Pour into an 8 in. sq. buttered pan. Cool. Cut in squares. Makes 2 lbs.

Emily Morgan  
Des Moines, Iowa  
Scoot & Scat

Life is not so short but that there is always time enough for courtesy.

MARSHMALLOW FUDGE CANDY (EASY)

4 c. sugar  
1/4 lb. butter

1 large can milk

Boil the above ingredients to a soft boil stage. Add 2 pkgs. chocolate chips, 1 pt. jar Marshmallow Creme, and blend this all together. Add 1 c. nuts that are chopped and pour into a buttered pan. This makes about 5 lbs.

Ardis Johnson  
Le Mars, Iowa  
Country Cousins

MELLO - CHOCOLATE CANDY

Spread a 1/2 bag colored miniature marshmallows in a 9x13 in. cake pan. Sprinkle a layer of mixed nuts or salted cocktail peanuts. Melt:

1 stick oleo  
6 oz. pkg. chocolate chips

6 oz. pkg. butterscotch chips  
1/4 c. peanut butter

Mix. Pour over marshmallows to make solid layer. Refrigerate.

Sandy Cornish  
Independence, Iowa  
Merry Mixers

PEANUT BRITTLE

1 c. granulated sugar  
1/4 c. hot water

1/2 c. light corn syrup

Cook over medium heat in a heavy saucepan, stirring constantly until it spins a good thread off the spoon. Add the following and cook until amber color:

1 c. raw peanuts  
1 T. butter

1 tsp. vanilla

Remove from heat and stir in 1 tsp. baking soda. It will foam up so stir well, pour into greased cookie sheet, cool and break into bite size pieces.

Marilyn Stuetelberg  
Atlantic, Iowa  
Whirl-Aways



CHOCOLATE FUDGE CANDY

4 c. sugar  
 1 1/2 c. milk  
 2 tsp. vanilla

4 T. cocoa  
 2 T. butter  
 4 T. syrup

Cook until past the soft ball stage. Cool and beat. Pour on greased cookie sheet and then cut into squares.

La Wanda Osenbaugh  
 Lacona, Iowa  
 Su - Z - Q's

DIVINITY

2 c. white sugar  
 1/2 c. water

1/2 c. white corn syrup

Boil until it forms a hard ball when it is dropped in cold water. Pour over 1 beaten egg white (not dry, just whipped). Beat and add 1 tsp. vanilla and pour onto a greased platter. You may add nutmeats and coloring.

La Wanda Osenbaugh  
 Lacona, Iowa  
 Su - Z - Q's

ANISE CANDY

2 c. white sugar  
 1/2 c. cold water

1 c. white corn syrup  
 1/2 tsp. salt

Boil these ingredients until hard crack. Add 2 large T. anise extract. Add red food coloring. Put on shallow pan. Don't stir too much, that causes sugaring.

Dorothy Van Der Weide  
 Maurice, Iowa  
 Soo Mor Swingers

Physical fitness and good nutrition go hand in hand.



OVEN CARAMEL CORN

2 c. brown sugar	1 tsp. salt
2 sticks butter	1 tsp. burned sugar flavoring
1/2 c. white sugar	

Combine and boil 5 min. Add 1/2 tsp. soda. Pour over 8 qts. popped corn. Put in large flat pan. Bake 250° for 1 hr. Stir 3 or 4 times while baking.

Margie Irwin  
Remsen, Iowa  
Kingsley Swingers

POPCORN BALLS

1 c. sugar	1 1/2 T. vinegar
1 1/2 T. butter	Pinch salt
1/2 c. syrup (white)	

Mix above together, heat, bringing to boil, to soft ball stage. Add 1/4 tsp. soda, mix, pour over popcorn and form into balls.

Ruth Foster  
Des Moines, Iowa  
Scoot and Scat

CARAMEL CORN

2 c. brown sugar	1 tsp. salt
1/2 c. white sugar	1 tsp. vanilla
2 sticks oleo	

Bring to boil, boil 5 min. Pour over 8 qt. popcorn and mix. Spread out on cookie sheets. Put in the oven for 1 hr. Stir every 15 min. 250°.

Anna Hand  
Des Moines, Iowa  
Scoot and Scat

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

STRAWBERRIES

2-3 oz. pkg. strawberry Jello      1 c. flake coconut  
 1 c. pecans (ground)      1/2 tsp. vanilla  
 3/4 c. Borden's Eagle Brand  
 sweetened condensed milk

Combine Jello, pecans and coconut and stir in milk and vanilla. Chill 1 hr. and form into strawberries. Roll in red sugar. Put on green frosting leaves.

Mabel Vauthrin  
 Melbourne, Iowa  
 Happy Whirler's

FUDGE SAUCE

Blend 1/4 c. cocoa, 1 T. flour, 1/2 c. sugar. Add to that 1 c. water. Boil, stir constantly - take from heat and add 1/8 tsp. salt, 1 1/2 tsp. vanilla and 1 T. butter.

Evelyn Carle  
 Sioux City, Iowa  
 Soo Puffers

CREME DE MENTHE TOPPING FOR ICE CREAM

Combine in small saucepan:

1/2 c. white sugar      2 T. white syrup  
 1 c. water

Bring to a boil. Cover, boil for 3 min. Uncover and boil another 5 min. Remove from heat. Add 1/4 tsp. mint flavoring and 1 tsp. green coloring.

Dorothy Van Der Weide  
 Maurice, Iowa  
 Soo Mor Swingers

Happy laughter and friendly voices in the home will keep more children off the streets at night than the loudest curfew.

CHOCOLATE FUDGE

3 c. sugar	1 c. cream
2 T. white syrup	2 sq. unsweetened chocolate
1/8 tsp. salt	3 T. butter
1 tsp. vanilla	1/2 c. nutmeats

Boil until it forms a soft ball in cold water; add butter, vanilla and nuts. Beat very little and turn into a buttered pan.

Harriet Vande Kieft  
Maurice, Iowa  
Soo Mor Swingers

SHAGGY DOGS

Marshmallows	Chocolate syrup
Coconut	

Toast marshmallows over a campfire. Dip toasted marshmallows in chocolate syrup. Sprinkle coconut over the top of the chocolate syrup. Now they are ready to be eaten.

Denise Johnson  
Waterloo, Iowa  
Fireball Squares

PUDDING POPS

1 pkg. instant pudding, any flavor (4 serving size), 2 c. cold milk (or half and half). Prepare pudding mix with milk as directions show on package. Pour into 6 (5 oz.) paper cups. Insert wooden or plastic spoon into each for a handle. If desired, press a square of aluminum foil or wax paper down onto pudding to cover, piercing center of foil square with handle. Freeze until firm, at least 5 hrs. Press firmly on bottom of cup to release pop. Serve with foil around handle. Makes 6.

Karen Roeder  
Des Moines, Iowa  
Levis "N" Lace

CHRISTMAS OR PARTY MINTS

1 egg white (stiffly beaten)

1 box powdered sugar

1 T. water

(4 3/4 c. sifted)

Stir in 1/4 tsp. peppermint extract. Beat egg white. Add powdered sugar gradually, alternately with the water and flavoring to kneading consistency. Divide, add coloring as desired. Roll into small balls and flatten with fork.

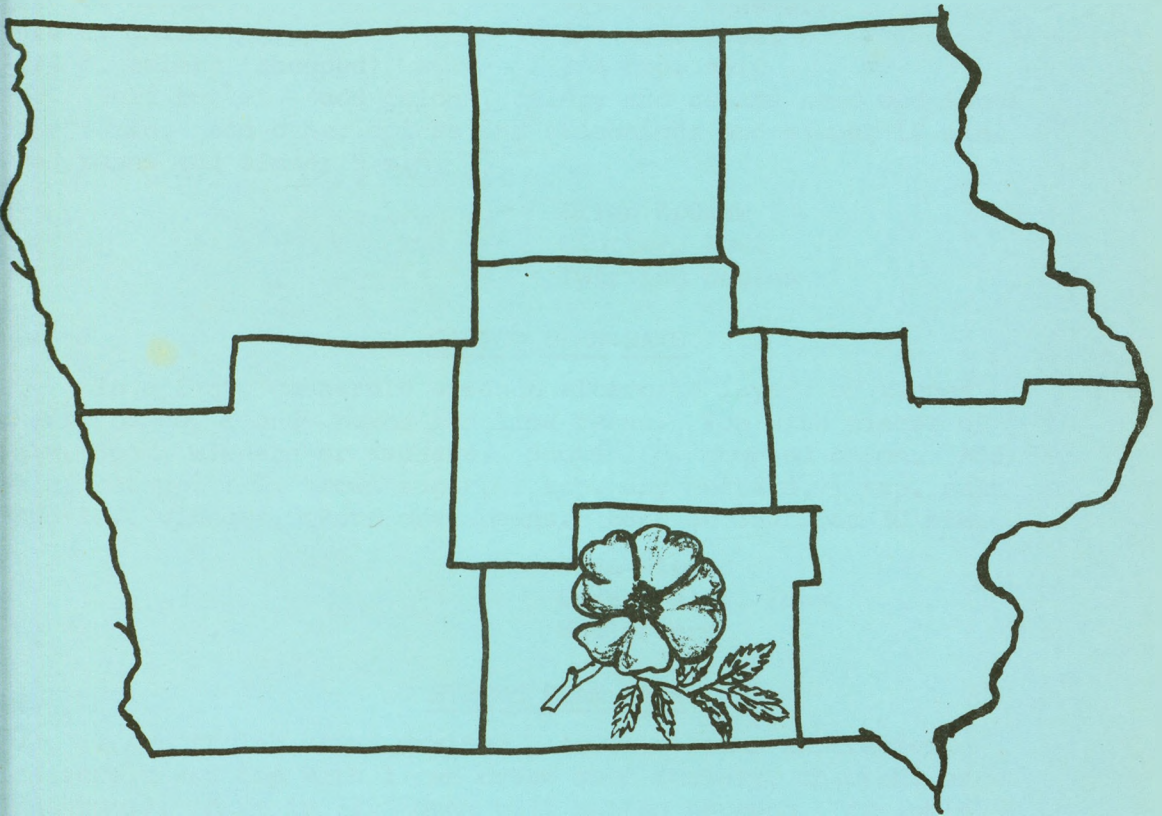
Irene Wittkop

Jesup, Iowa

Independence Merry Mixers



# VEGETABLES



*It's been said there are no strangers in Iowa, only friends you haven't met yet. You'll find this true in the southcentral region, as in all of Iowa. Friendliness is here.*





# VEGETABLES

## GREEN BEANS WITH HERBED BUTTER

1 lb. green beans	2 T. sesame seed
1/4 c. butter	1/4 tsp. rosemary
3/4 c. onion (chopped)	1/4 tsp. basil
1/4 c. celery (chopped)	3/4 tsp. salt

Melt butter - add onions, celery and sesame seed and sauté for 5 min. Add other spices and seasonings and simmer 10 min. Add beans and simmer 5 min.

Ellen Krezek  
Clutier, Iowa  
Twirling Eagles

## CALICO BEAN-BAKE

In a 2 qt. casserole arrange alternate layers of canned baked beans, kidney beans and lima beans. Top with pieces of ham, Spam, wieners or sausage. Sauté 1 c. chopped onion. Add 1 c. catsup, 1 T. brown sugar, 1 tsp. dry mustard, 1 tsp. salt and 1 T. vinegar. Pour over beans. Bake at 350° for 30 min.

Dode Nieman  
Cedar Falls, Iowa  
Haylofters

## STRING BEAN BAKE

1 can string beans drained. Arrange beans in greased casserole and top with 1 can cream soup (celery, chicken, or mushroom). Bake in 325° oven till heated through. Sprinkle top with 1 can onion rings, and return to the oven and warm rings for a few minutes.

Evelyn Green  
Sioux City, Iowa  
Sioux Swingers

BEAN CASSEROLE

Drain all beans:

2 large cans butter beans

1 large can kidney beans

8 slices bacon (cut in  
small pieces and brown)

2 medium onions (browned in  
bacon fat)

1 c. brown sugar

1 large can pork and beans

1 large can green lima beans

Scant 1/2 c. vinegar

1 T. dry mustard

1/2 tsp. garlic powder

1 tsp. salt

Mix all together and bake at 350° for 45 min. Serves 12-18.

Mary Ladurini

Grimes, Iowa

Do - Si - Dancers

CHEESE OMELET

1/2 c. (2 oz.) bread crumbs

1/2 tsp. baking powder

1 c. milk

1/2 tsp. salt

3 eggs (well beaten)

1/2 c. cheese (grated)

Mix crumbs, salt, baking powder. Add beaten eggs, milk to mixture. Stir in cheese. Butter the baking dish. (Puffs up golden brown, falls as it cools). Serves 4.

Floris Waller

Cedar Falls, Iowa

Haylofters

GREEN BEANS SUPREME

Sauté 1 onion or less in butter. Add 1 can beans and 1/2 c. tomato soup. Add lemon juice (1 tsp.), 1/2 T. sugar, and salt and pepper to taste. Simmer.

Patti Townsend

Fairfax, Iowa

Twilight Twirlers

LUAU BEANS

- |   |  |
|---|--|
| 6 c. pork and beans                             | 3 T. pineapple juice                       |
| 3 cans pineapple chunks<br>(drained, 30 chunks) | 3 shakes ground cloves                     |
| 6 T. brown sugar                                | 3 or 4 strips bacon <u>or</u> cubed<br>ham |
- Simmer slowly 1 1/2 hr. or bake at 350° for 1 1/2 hrs.

Louise Yoder  
Rowley, Iowa  
Independence Merry Mixers

FRENCH FRIED ONIONS

- |                            |                  |
|----------------------------|------------------|
| 1 large onion (per person) | 1 c. milk        |
| 1 egg                      | 1 qt. Mazola oil |
- Beat egg and milk together. After skinning onion thin, 1/8 in. thick, dip onion in egg and milk and flour both sides. Put in hot oil at 450° and brown each side to suit you. When done put on paper towel to drain for short time.

Mrs. Nellie Myers  
Chariton, Iowa

CORN FRITTERS

- |                       |                        |
|-----------------------|------------------------|
| 2 c. cream style corn | 3/4 tsp. salt          |
| 1/8 tsp. pepper       | 1 egg (beaten)         |
| 2 tsp. fat (melted)   | 1/2 c. milk            |
| 1 c. flour (sifted)   | 1/2 tsp. baking powder |
- Add corn into remaining ingredients. Beat well and drop by spoonfuls into a hot skillet containing hot fat. About 350°. Sauté until golden brown on both sides. Serves 6.

Lon Kluis  
Maurice, Iowa  
Soo Mor Swingers

FRIED RICE

- |                             |                              |
|-----------------------------|------------------------------|
| 1 1/3 c. precooked rice     | 8 slices bacon (cooked and   |
| 1 (6 oz.) can mushrooms     | crumbled)                    |
| 3 T. soy sauce (I don't put | 2 eggs (beaten)              |
| this much in - can be       | 2 T. salad oil               |
| added when you eat it)      | 1/4 c. onion (chopped)       |
|                             | 1/2 tsp. salt and pepper (to |
|                             | taste)                       |

Prepare rice. Heat salad oil and add with water the rice, mushrooms, onions and soy sauce. Fry slowly for 1/2 an hr. stirring often. Add bacon and eggs, stir well. Continue cooking about 10 min. Serve as a main dish with tossed salad or with fowl.

Elva Kness  
Quasqueton, Iowa  
Independence Merry Mixers

ESCALLOPED ASPARAGUS

- |                                   |                        |
|-----------------------------------|------------------------|
| 1/3 c. butter <u>or</u> margarine | 1 tsp. salt            |
| 1/4 tsp. pepper                   | 1/4 c. flour           |
| 1 can asparagus                   | 1 pimienta             |
| 4 hard boiled eggs                | 1/2 c. cheese (grated) |
| Milk                              | (I use mild Cheddar)   |

Make sauce from butter, salt, flour and pepper. Take liquid from asparagus and enough milk to make 2 c. Put in layers - asparagus, sliced eggs, cheese, pimienta and sauce. Top with buttered crumbs. Bake at 350° until heated thru and browned on top.

Alvera Schultz  
Waterloo, Iowa  
Swingmasters

Kindness is the golden chain by which society is bound together.



LASANKA

- |                          |                             |
|--------------------------|-----------------------------|
| 1 lb. butter             | 1 (14 oz.) pkg. large shell |
| 1 large head cabbage     | macaroni (cooked in salted  |
| (coarse shred)           | water)                      |
| 2 large onions (chopped) | Accent                      |
| 1 clove garlic (minced)  |                             |

Put shredded cabbage in colander, pouring boiling water over it for a little while - shaking occasionally to redistribute cabbage. Drain well. Cook onion and garlic in butter till limp. Mix all together. Salt and pepper to taste. Cook or better when reheated.

Mrs. Neale Caudron  
Adel, Iowa  
Cee Do Cee Club

RICE CASSEROLE

Brown rice (1 c. Uncle Ben's converted) in 4 T. butter, 2 cans onion soup, 1 1/2 c. water, 1 tsp. soy sauce, 1/2 tsp. seasoning salt and 1 small can mushrooms. Sprinkle top generously with Parmesan cheese. Bake at 350° until rice is cooked and casserole is browned.

Gladys Vander Ploeg  
Des Moines, Iowa  
Dudes and Dames

NORDIC FEST LEFSE

- |                         |            |
|-------------------------|------------|
| 4 c. cooked salted rice | 1 c. flour |
| potatoes                | 3 T. cream |
| 1 tsp. salt             |            |

Boil salted potatoes, put through a ricer. Cool. Add cream and flour. Take a small amount of the soft dough, make into a ball; roll thin. Bake on a lefse iron or a pancake griddle until light brown.

Rita Snyder  
Decorah, Iowa  
Minowa Squares

POTATO CASSEROLE

Cook 8 medium potatoes. Mash, add 1 large (8 oz.) pkg. of Philadelphia cream cheese and 1 carton commercial sour cream. Beat very well with mixer. (Small lumps will bake out). Put in casserole, dot with butter and sprinkle with paprika. Bake 350° for 35 min. May be fixed several hours ahead, or a day ahead. Add butter, paprika and bake.

Sally Hawker  
Monticello, Iowa

LEFSE

5 large potatoes	1 tsp. salt
1/2 c. sweet cream	3 T. butter

Boil potatoes, mash very fine and add cream, butter and salt. Beat until light and let cool. Add flour. Take piece of dough and roll as for pie crust, rolling as thin as possible. Bake on top of stove or on a pancake griddle until light brown, turning frequently, to prevent scorching. Use moderate heat. When baked, place between clean cloths to keep from becoming dry. (I use my electric Teflon griddle). Will keep for a week or two in refrigerator in plastic bag or may be frozen. Cut the large lefse in fourths, spread with butter and sprinkle with white or brown sugar, roll or fold and eat.

Mrs. Wilbur Kleckner  
Vinton, Iowa  
Vinton Twirlers

GOLDEN CASSEROLE

2 c. carrots (sliced)	1 can cream of mushroom soup
2 c. potatoes (sliced)	1 onion (diced)
1/2 can milk	Butter and seasonings

Alternate layers in greased casserole. Pour over mixed soup and milk mixture. Season. Dot with butter. Bake 45 min. at 325°.

Evelyn Marienau  
Le Mars, Iowa  
Heel and Toe

PANNED CORN AND ZUCCHINI IN BUTTER

In a skillet melt 6 T. butter; add 1/3 c. thinly sliced green onions and sauté until tender. Add 4 c. fresh kernel corn (about 8 ears) and 2 c. sliced zucchini that has been cut in 1/4 in. slices. Cook and stir occasionally until tender. Stir in 1 medium tomato, chopped; about 1 T. of finely chopped parsley, 1/2 tsp. salt and 1/8 tsp. pepper.

Dorothy Downs  
Eldridge, Iowa  
Circle Four

PICKLED BEETS

Wash and cook beets 1/2 or until tender. Let cool and skin them. Juice makes about 1 gallon.

2 c. sugar	3 1/2 c. vinegar
1 1/2 c. water	1 T. whole allspice
1 long stick whole cinnamon	
stick	

Simmer 5 min. Stir. Add beets and let boil 5 min. Wash jars "hot beets and juice in jars" put a small piece of cinnamon stick in each jar and seal. Be sure jars are hot and lids are hot also.

Bev Forrester  
Cedar Rapids, Iowa  
Twilight Twirlers

SCALLOPED CORN

1 can creamed corn	1 c. crackers (crushed)
1 can whole kernel corn	1/2 c. milk
1 egg	Salt and pepper (to taste)
Butter	

Mix in bowl 2 cans corn, egg, 2/3 c. crackers, milk, salt and pepper. Pour into greased baking dish. Sprinkle remaining crackers over top and dot with butter. Bake in 350° oven for 30-45 min.

Evie Derflinger  
Cedar Rapids, Iowa  
Guys and Dolls

SCALLOPED CABBAGE

Boil cabbage few minutes. Butter baking dish. Melt butter and add 1 c. bread crumbs. Make white sauce of: 1 T. butter, 1 T. flour, and 1 c. milk. Place cabbage in baking dish and add rest of ingredients.

Ruth La Lone  
Hawkeye, Iowa  
Swinging Squares

BROCCOLI CASSEROLE

1/4 c. onion (finely chopped)	6 T. oleo
2 T. flour	1/2 c. water
1 (8 oz.) pkg. Velveeta <u>or</u> Cheddar cheese	

Sauté onion in oleo until soft. Add flour and water and cook until thick. Blend in cheese. Cook. Add 2 (10 oz.) pkg. frozen broccoli that has been chopped. Drain, combine with sauce - 3 eggs well beaten. Add to above mixture. Put in 1 1/2 qt. casserole. Top with 1/2 c. soda cracker crumbs. Bake 30 min. at 325°.

Elsie Busse  
Strawberry Point, Iowa  
Country Cousins

CELERY CASSEROLE ORIENTAL

4 c. (1 in.) celery slices	1 (5 oz.) can water chestnuts
1/2 c. soft bread crumbs	1/4 c. pimientos
1 can chicken soup (undiluted)	1/4 c. slivered almonds
2 T. butter (melted)	

Cook celery in small amount of boiling water 8 min. leaving pan uncovered to retain color. Drain and add thinly sliced chestnuts, soup and pimientos. Turn into 1 1/2 qt. casserole. Toss bread crumbs with almonds and melted butter. Sprinkle over casserole. Bake uncovered at 350° about 35 min., until golden brown.

Sally Hawker  
Monticello, Iowa



CAULIFLOWER ANTIPASTO

1 small head cauliflower	1/2 c. olive oil
1 green pepper (cut in 1/2 in. wide strips)	1/4 c. lemon juice
1/2 c. carrots (cut in small pieces)	1/4 c. water
1/2 c. celery (sliced)	1/2 c. sliced mushrooms
1/2 c. green stuffed olives (sliced)	2 T. sugar
	1 tsp. salt
1/2 c. wine vinegar	1/2 tsp. basil (crumbled)

Break cauliflower into flowerets and slice. Add remaining ingredients and place all in big skillet. Bring to boil. Reduce heat and cover. Simmer 5 min. Don't test for doneness. Cool and refrigerate overnight. It will last for days and days. Drain for serving.

Etha Moon  
Knoxville, Iowa  
Happy Whirlers

ASPARAGUS CASSEROLE

3 (No. 3) cans cut asparagus	1 c. cracker crumbs
2 cans cream of chicken soup	1/2 stick butter
	5 hard cooked eggs (sliced)

Mix chicken soup with liquid from 1 can of the asparagus. Drain the asparagus. Alternate ingredients in a casserole. Top with grated cheese. Bake in a 400° oven till it bubbles.

Dot Anderson  
Newton, Iowa  
The Newton Squares

RICE CASSEROLE

Brown 1 c. rice (Uncle Ben's converted) in 4 T. butter. Then add 2 cans onion soup, 1 1/2 c. water, 1 tsp. soy sauce, 1/2 tsp. seasoning salt and 1 small can mushrooms. Sprinkle top generously with Parmesan cheese. Bake at 350° until rice is cooked and casserole is browned.

Gladys Vander Ploeg  
Des Moines, Iowa  
Dudes and Dames



VEGETABLE CASSEROLE

1 layer raw potatoes	1 layer raw carrots
Some celery	1 small can peas and liquid
1 lb. ground beef browned with onion	

Top with 1 can creamed soup, season each layer. Bake about 1 1/2 hrs. at 350°. Can make as many layers as desired.

Steve and Betty Dann  
Des Moines, Iowa  
Plaids and Dads

CREAMY NOODLE BAKE

4 c. cooked noodles (1/4 lb.)	1 (8 oz.) pkg. soft cream cheese
1 T. margarine	
1 lb. ground beef	1/4 c. sour cream
2 (8 oz.) cans tomato sauce	1/3 c. minced onion
1 c. cottage cheese	1 T. minced green pepper

Sauté beef until brown. Add tomato sauce. Combine cottage cheese, cream cheese, sour cream, onions, and pepper. In a 2 qt. casserole, spread half of noodles on bottom. Cover with cheese mixture and add remaining noodles. Top with beef and tomato mixture. Bake 30 min. at 350°.

Vi Morgan  
Cedar Rapids, Iowa  
Guys and Dolls

CELERY CASSEROLE

4 c. celery (sliced)	1 can celery soup (undiluted)
(cooked just to reduce bulk)	1 can mushroom soup (undiluted)
1 c. sharp cheese (grated)	

In greased casserole (about qt. size) place celery, then the cheese and then the soups. Sprinkle 1/2 c. almonds over this and cover with 1 c. buttered cracker crumbs or corn flake crumbs. Bake 45 min. at 350°.

Betty Meeker  
Waterloo, Iowa  
Round - a - lets

SCALLOPED CORN

1 egg	Butter
Salt (to taste)	1/3 c. half and half (milk and cream)
Pepper (to taste)	24-30 soda crackers (crushed, reserve an adequate amount for topping)
1 c. cream style corn	
1 c. canned golden whole kernel corn (including 3 T. liquid)	

Beat egg in a bowl with a fork until frothy. Blend in seasonings and corn. Add chunks of butter (about 2 T.), cream, and cracker crumbs; mix well. Turn into a buttered casserole. Top with reserved crumbs and dot generously with butter. Bake at 350° for 30 min.

Flora Bell Kuhn  
Independence, Iowa  
Merry Mixers

POTATOES ALA SCHATZ

7 or 8 potatoes boiled with peels. When cool, peel and grate. Melt 1 stick margarine with 1 carton of half and half cream. Spread potatoes in a greased 9x13 pan. Sprinkle with 1 T. salt and spread Parmesan cheese on top over that a package of Cheddar cheese. Bake at 325° for 1 hr.

Frieda Schatz  
De Witt, Iowa  
Tower Twirlers

NORDIC FEST LEFSE

4 c. cooked salted rice	1 c. flour
potatoes	3 T. cream
1 tsp. salt	

Boil salted potatoes, put through a ricer. Cool. Add cream and flour. Take a small amount of the soft dough, make into a ball, roll thin. Bake on a lefse iron or a pancake griddle until light brown.

Rita Snyder  
Decorah, Iowa  
Minowa Squares

ONION RINGS

1 c. flour	1 egg
1 tsp. baking powder	1 c. milk
1/2 tsp. salt	1/4 c. vegetable oil

Sift dry ingredients together and put in bowl. Mix milk, egg, oil together well; then add to dry ingredients. Beat until batter is smooth. Cut large onions crosswise into 1/3-1/4 in. slices. Separate into rings. Dry onion and coat with flour. Dip rings into batter, letting excess drip off. Fry a few at a time in 1/2-1 in. deep hot fat or oil (375°) until golden brown, about 2 min. Drain on absorbent paper. For variety, dip the rings in crushed saltine cracker crumbs after dipping in the batter. Then fry them.

Marilyn Lee  
De Witt, Iowa  
Tower Twirlers

PORK 'N BEAN CASSEROLE

1 big can pork 'n beans	1/4 c. brown sugar
1 T. catsup	Green pepper (to your taste)
1 tsp. mustard	Liquid Smoke (Bar B Q liquid smoke)
Pinch onion	
4 slices bacon <u>or</u> ham	

Bake at 350° for 1-1 1/2 hrs.

Mrs. Janice Seward  
Sioux City, Iowa  
Soo - Puffers

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

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

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

VEGETABLE SCALLOP

1 1/2 c. cooked string beans	1 1/2 c. cooked sliced carrots
1 T. green pepper	1 T. onion (chopped)
1/4 lb. cheese (grated)	1 1/4 c. medium white sauce
1 c. bread crumbs	Salt and pepper

Add cheese to white sauce, cook slowly in double boiler until cheese melts. Add sauce to vegetables with seasonings to taste. Place in casserole and cover with bread crumbs. Bake at 325° for 30 min.

Elsie Busse  
Strawberry Point, Iowa  
Country Cousins

BROCCOLI HOT DISH

1/4 c. onion (minced)	6 T. butter <u>or</u> margarine
2 T. flour	1/2 c. water
1 c. Cheese Whiz	2 c. broccoli, (thawed and
3 eggs (well beaten)	drained)
1/2 c. soda cracker crumbs	

Sauté onion and add flour and water. Let this come to a boil. After you make the white sauce, blend in the cheese. Combine the sauce and broccoli and add beaten eggs. Mix gently until blended. Put into a 1 1/2 qt. greased baking dish. Cover with cracker crumbs and dot with butter. Bake at 325° for 45 min.

Myrtle Wood  
Hawarden, Iowa  
Redi - Mixers

BAKED CARROTS

Shred 3 c. carrots, add salt to taste and cook till tender. Drain and put into a buttered casserole. Top with 1 can cheese soup, 1/4 c. green pepper and 1 tsp. onion powder mixed together; then put buttered crumbs on top. Bake at 350° for 45 min.

Dickie Smith  
Oelwein, Iowa  
Independence Merry Mixers

SAUCEY GREEN BEANS

Cut 3 strips of bacon into pieces and fry until crisp. Remove bacon and to the drippings blend 1 T. vinegar and 1 T. flour until smooth. Add 2/3 c. liquid from a can of green beans, 1 tsp. sugar and 1 tsp. prepared mustard. Cook until thick. Add beans and cook until heated. Garnish with bacon before serving.

Mrs. Elmer Willemssen  
Pella, Iowa  
Pella's Circle Eight

SWEET POTATO BAKE

Use canned sweet potatoes (or fresh ones you have cooked yourself).

1 1/2 T. cornstarch

1/8 tsp. cinnamon

1/4 tsp. salt

Combine the above dry ingredients in a pan. Stir in 1 c. apricot nectar, 2 tsp. grated orange peel, and 1/2 c. hot water. Bring to full boil and stir constantly. Remove from heat. Add 2 T. butter and 1/2 c. chopped pecans. Cool slightly. Pour over potatoes. Bake at 375° for 25 min.

Steve and Betty Dann  
Des Moines, Iowa  
Plaids and Dads

To prevent the odor of cooking cabbage permeating the house, add a little vinegar to the water in which it is cooked.

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



MENS SPECIALITY - BAKED BEANS

2 cans pork and beans

1/2 lb. bacon

1 small onion

You use brown sugar and bar-B-Q sauce to taste. Fry bacon, drain and cool. Fry onion along with bacon. Add bacon and onions to pork and beans along with brown sugar and bar-b-q sauce. Put some onion and bacon on top. Bake at 350° for 1 hr.

Ed Neumann  
Moline, Illinois  
Merry Mixers Club

## MY KITCHEN PRAYER

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

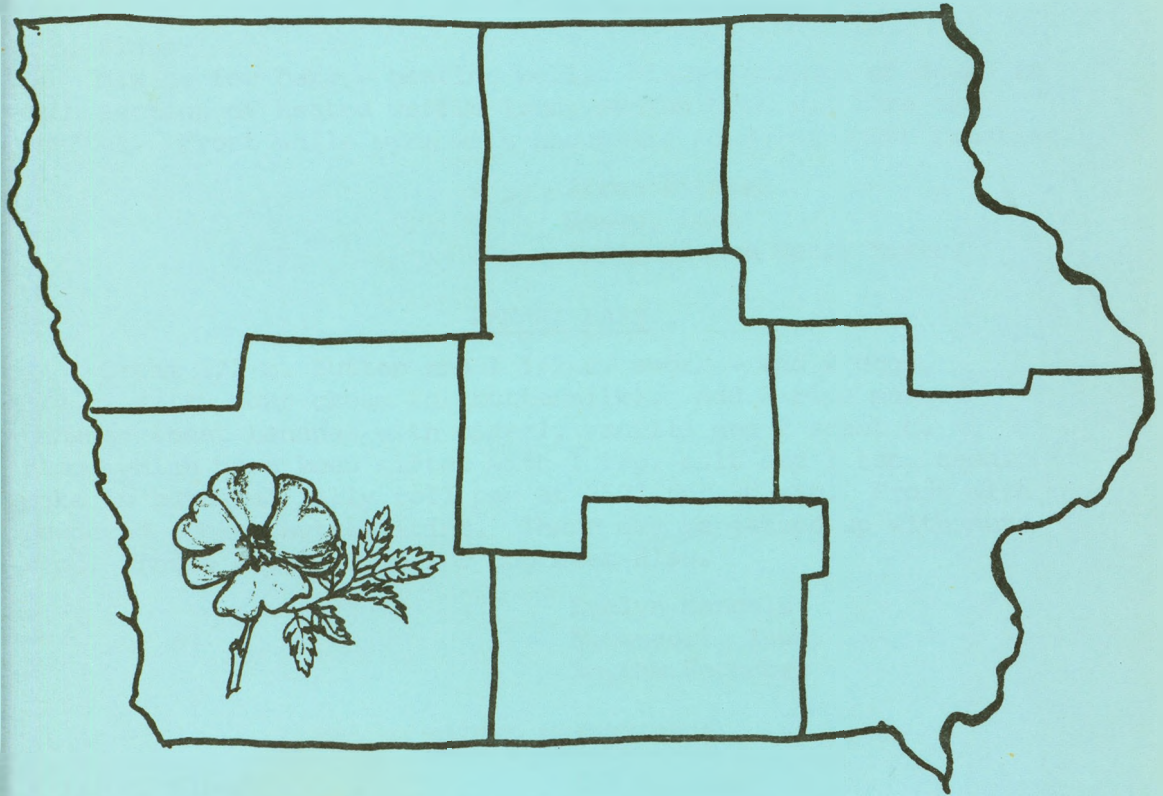
May the meals that I prepare  
Be seasoned from above  
With thy blessing and thy grace,  
But most of all...thy love.

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

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

- Amen

# COOKIES



Our Southwest could have many names. We like to call it our "Western Gateway". Everything is not cowboy boots and spurs, of course, but the land rolls gently to the Missouri River, hinting at wide open spaces.



# COOKIES

## WAFFLE IRON COOKIES

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

Mix as for cake - beating well. Place teaspoon of dough in each section of heated waffle iron, medium heat and bake as waffles. Frost while warm with chocolate powdered sugar frosting.

Irene Wittkop  
Jesup, Iowa  
Independence Merry Mixers

## BANANA BARS

Cream 1/2 c. butter and 1 1/2 c. sugar - add 2 eggs, 3/4 c. dairy sour cream (or buttermilk). Add 2 ripe mashed bananas (beat bananas with mixer), vanilla and 2 scant c. flour which have been sifted with 1 tsp. salt and 1 tsp. soda. Bake in buttered jelly roll pan at 350° for 30 min. Frost with powdered sugar, butter icing. These may be jazzed up with nuts atop. These may be used for cupcakes also.

Evelyn Mangels  
Davenport, Iowa  
Rhythm Rounders

## SALTED PEANUT BARS

1 1/2 c. flour	1/2 c. oleo
3/4 c. brown sugar	

Mix like pie crust. Put in 9x13 in. pan. Bake for 10 min. at 375°. 1 pkg. butterscotch chips, 1 1/2 T. butter, 1/4 c. white syrup, 1 1/2 c. salted peanuts and 1 1/2 T. water. Combine all ingredients except peanuts in double boiler. Melt, add peanuts. Spread over crust. Bake 8 min. at 375°.

Betty Van Der Weide  
Maurice, Iowa  
Soo Mor Swingers



CHOCOLATE CHIP BARS

Cream together:

3/4 c. shortening  
1/2 c. brown sugar

1/2 c. white sugar

Add:

2 egg yolks  
1 T. water

1 tsp. vanilla

Add:

2 c. flour (sifted)  
1/2 tsp. salt

1 tsp. baking soda

Pat into ungreased 13x9x2 pan. Sprinkle 2/3 c. chocolate chips over top. Press into batter. Beat 2 egg whites until stiff. Add 1 c. brown sugar, and beat till fluffy. Spread over batter. Top with 1/2 c. chopped nuts. Bake at 350° for 25 min.

Doris Stegemann  
Alta, Iowa  
Do Si Do Club

CHOCOLATE SYRUP BROWNIES

1/4 lb. margarine  
4 eggs  
1/2 tsp. baking powder  
1 (16 oz.) can chocolate  
syrup

1/2 c. nuts  
1 c. sugar  
1 tsp. vanilla  
1 c. plus 1 T. flour

Cream margarine and sugar. Add eggs, vanilla, baking powder, and flour. Mix thoroughly. Add syrup and mix. Add nuts. Bake at 350° about 30 min. Frost with boiled chocolate icing.

BOILED CHOCOLATE ICING:

1 1/3 c. sugar  
1/3 c. milk

6 T. butter

Mix all ingredients in saucepan. Bring to a boil over medium heat. Boil 1 min. Remove from heat and stir in 1/2 c. semi-sweet chocolate chips. Stir until melted. Spread on top of brownies. (Icing will be thin, but will harden as it cools).

Joann Berry  
Des Moines, Iowa  
Scoot and Scat

GREAT OATMEAL BAR

2 sticks margarine	1 c. brown sugar
2 eggs	1 tsp. vanilla
1 1/2 c. flour	1 tsp. soda
3 c. oatmeal	12x18x1 jelly roll pan

Frost while warm with the following: 5 T. butter, 1 1/2 c. powdered sugar, vanilla and milk to spread. Bake the oatmeal bar batter at 350° for 30 min.

Wanda Kress  
Quasqueton, Iowa  
Independence Merry Mixers

BUTTERBRICKLE BARS

Mix 1 pkg. butterbrickle or butterscotch cake mix with 1 c. softened peanut butter and 1/2 c. melted oleo and 2 beaten eggs. Pat 2/3 of this in an ungreased cookie sheet.

FILLING:

Melt and place over dough.

1 c. chocolate chips	1 can sweetened condensed milk
1 c. butterscotch chips	

Dot rest of dough over filling. Bake 20 min. at 350°.

Ruth Siege  
Maurice, Iowa  
Soo Mor Swingers

CRANBERRY COOKIES

1 c. uncooked oatmeal	1 can cranberry sauce
1/2 c. flour	1 c. brown sugar
1/2 c. butter (soft)	

Mix oatmeal, flour, brown sugar and butter. Spread half of this mixture into greased pan. Cover with cranberry sauce or jelly can be used, and add remaining oatmeal mixture to the top of the cranberries. Bake in moderate oven (325°) for 45 min. Cut in small squares for cookies or large ones as a dessert. As a dessert, serve with whipped cream.

Florence Rowell  
Ottumwa, Iowa  
Boots and Slippers Club

FRUIT PUNCH BARS

2 eggs	1/2 tsp. salt
1 (1 lb. 1 oz.) can fruit cocktail (undrained)	1 1/2 tsp. soda
2 1/4 c. flour (sifted)	1 tsp. vanilla
	1 1/2 c. sugar

Topping to be put on before baking:

1 1/3 c. flaked coconut  
1/2 c. pecans (chopped)

Combine eggs and sugar and beat until light. Add remaining ingredients except coconut and pecans. Spread in jelly roll pan. Sprinkle coconut and pecans on top. Bake.

GLAZE:

3/4 c. sugar	1/2 tsp. vanilla
1/4 c. evaporated milk <u>or</u> cream	1/2 c. butter

Combine and bring to boil for 2 min. and cool slightly, dribble over warm cake. Stays moist.

Mrs. Erwin Lehrman  
Mechanicsville, Iowa  
Stanwood Swinging Squares

CHRISTMAS WREATH COOKIES

1/2 c. oleo  
30-32 marshmallows

Melt in double boiler. Add 1/4 tsp. green food coloring and 1/2 tsp. vanilla. Pour over 3 1/2 c. corn flakes. Form wreath and decorate with cinnamon candies.

Virginia Templeton  
DeWitt, Iowa  
Tower Twirlers

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

BUTTERSCOTCH BROWNIES

Preheat oven to 350° and grease and flour pan.

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

Melt butter; cream in sugar; add egg that was beaten well.

Sift dry ingredients and add to cream mixture. Add nuts and vanilla. Bake 20-25 min.

Barbara Walker  
Des Moines, Iowa  
Scoot and Scat

PINEAPPLE NUT COOKIES

1 c. lard <u>or</u> oleo	1 c. brown sugar
1 c. white sugar	
Cream together and add:	
2 eggs (well beaten)	1 tsp. vanilla
1 c. crushed pineapple	1 c. nuts

Sift together and add:

1 tsp. soda	1/2 tsp. salt
4 c. flour	

Drop on cookie sheet and bake 350°.

Jolene Smith  
Atlantic, Iowa  
Whirl - A - Ways

APRICOT BARS

1 lb. dried apricots	1 3/4 c. flour
1 1/2 c. oats (quick cooking rolled oats)	1/2 tsp. soda
	1 tsp. salt
1 c. brown sugar	

Soak apricots 4-5 hrs. in warm water. Cook until tender but not mushy. Drain well. Cool. Mix dry ingredients. Press 1/2 of the dry mixture in bottom of 8x12 in. pan. Spread apricots over bottom layer. Add top layer of rolled oats and press lightly. Bake 400° for 20-25 min. When cool, cut in bars.

Buel and Melanie Rockey  
Des Moines, Iowa  
Valley Squares Club

BUTTERSCOTCH YUMMIES

1 Jiffy yellow cake mix  
1 stick oleo

Mix until crumbly, pack in 9 in. sq. pan. Bake at 350° for 10 min. Remove from oven and sprinkle evenly over top; 1 bag butterscotch chips and nutmeats. Return to oven until chips melt and cookies lightly brown. Cool, cut in squares.

Opal McDanel  
Des Moines, Iowa  
Levis "N" Lace

GUMDROP COOKIES

1 c. oil  
1 c. white sugar  
1 c. coconut  
1/4 tsp. salt  
1 tsp. baking powder  
2 c. oatmeal

1 c. brown sugar  
2 eggs  
2 c. flour  
1 tsp. soda  
1 tsp. vanilla  
1 c. gumdrops (cut up)

Mix oil and sugars, add beaten eggs. Add dry ingredients. Add oatmeal and gumdrops and the vanilla. Drop on cookie sheet and bake 12 min. at 350°. Makes about 3 1/2 doz.

Sherry McKnight  
Carlisle, Iowa  
Levis "N" Lace

EASY CHOCOLATE DROP COOKIES

1 3/4 c. flour  
1/2 tsp. salt

1/2 tsp. soda

Add:

2/3 c. shortening  
1 c. brown sugar  
1 egg

1/2 c. sweet or sour milk  
1 tsp. vanilla

Beat well, add 2 sq. chocolate that have been melted. Beat again. Bake at 350° for about 8-10 min. on an ungreased cookie sheet.

Donna Lower  
Sioux City, Iowa  
Soo Puffers



ANISE COOKIES

6 whole eggs	1/2 tsp. anise oil
3 c. flour	Little salt
1 lb. powdered sugar	

Beat eggs and sugar 1/2 hr. Add oil and beat a little, add flour, beat till well mixed. Drop by teaspoon on greased cookie sheet, let stand at room temperature overnight. Bake in slow oven 300° not brown, 8-12 min. They come out frosted.

Ardis Johnson  
Le Mars, Iowa  
Country Cousins

OATMEAL PARTY SQUARES

2/3 c. oleo	1 c. brown sugar
3 tsp. vanilla	1/2 c. light corn syrup
1 tsp. salt	4 c. oatmeal

Mix together and press into 9x13 pan. Bake at 450° for 12 min. Will look unbaked. Cool. Melt 6 oz. pkg. chocolate chips and 2/3 c. peanut butter. Spread over baked mixture.

Evelyn Carle  
Sioux City, Iowa  
Soo Puffers

OATMEAL APPLESAUCE BARS

Combine 1/2 c. butter, 1 c. brown sugar, 1 egg and 1 c. applesauce. Add 1 c. oatmeal and sifted together 1 1/2 c. flour, 1 tsp. soda, 1/2 tsp. nutmeg, 1 tsp. cinnamon and a pinch of salt. Stir in 1 c. raisins (bars will stay more moist if raisins are cooked before mixed in) and 1 tsp. vanilla. Spread batter in a 9x13 in. pan or a little larger with bottom greased. Bake at 350° 20-25 min.

Wanita Burns  
Winthrop, Iowa  
Independence Merry Mixers

COCONUT BALLS

1 c. shortening	1 c. brown sugar
1 c. white sugar	2 c. flour
1 c. oatmeal	1 c. coconut <u>or</u> nuts (if desired)
2 eggs	1/2 tsp. soda
2 tsp. baking powder	

Cream shortening and sugar. Add beaten eggs. Mix dry ingredients and add. Form in balls and bake at 350° about 12 min. or till edges are lightly browned.

Mrs. Neale Caudron  
Adel, Iowa  
Cee Do Cee Club

BUTTERMILK BROWNIES

2 c. sugar	4 T. cocoa
2 c. flour	

Stir together. Boil 1 c. water, 1/2 c. oleo and 1/2 c. salad oil. Take off stove and mix together. Add:

1 c. buttermilk	2 eggs
1 tsp. soda	

Bake 18 min. at 400° in a jelly roll pan.

## FROSTING:

1/4 c. cocoa	1/2 c. oleo
1/3 c. buttermilk	

Bring to boil. Add 1 box powdered sugar. Put on while warm.

Mrs. Geo Kooi  
Sioux Center, Iowa  
Soo Mor Swingers

## For storing cookies:

Crisp cookies should be kept in a jar or canister with a loose fitting lid.

Soft cookies should be kept in an earthenware jar with a tight cover.

BUTTER COOKIES

2 c. sugar	1 tsp. cream of tartar
1 c. butter	4 c. flour (sifted)
2 eggs (beaten)	1 tsp. vanilla
1 tsp. soda	

Cream sugar and butter well. Add eggs, beat again and add flour. Soda and cream of tartar should be sifted together. Mix all. Form in rolls and chill overnight. Slice and bake. Heat oven to 375° and bake for 8-10 min.

Mrs. Robert Bak  
Dakota City, Nebraska  
Sioux Swingers

POTATO CHIP COOKIES

1 c. shortening	1 c. brown sugar
2 eggs	1 tsp. salt
2 1/2 c. flour	1 tsp. soda
2 c. nuts (chopped)	1 c. potato chips (crushed)
1 c. white sugar	

Cream shortening and sugar. Add eggs, mix flour, salt and soda. Add to batter. Add chips and nuts. Place on ungreased cookie sheet. Bake at 325° for 8-10 min.

Evelyn Van Duesen  
Vinton, Iowa  
Vinton Twirlers

Smiles are like the sunshine  
They freshen up our day,  
They tip the pearls of life with light  
And drive our cares away.

PECAN ROLL  
(Refrigerator Cookie)

3/4 c. shortening	1 c. sugar
1 egg (beaten)	1/2 tsp. vanilla
2 c. flour (sifted)	1/4 tsp. salt
1/2 tsp. soda	1/2 c. pecans (finely chopped)

Cream shortening and sugar thoroughly. Add eggs and vanilla. Mix well. Sift dry ingredients together and add to the creamed mixture. Add pecans. Form in a roll 2 in. in diameter and wrap in waxed paper. Chill thoroughly. Slice 1/8 in. thick or a little thicker and bake in a moderate oven (350°-400°) for 12 min. These keep very well.

Pearl Campbell  
Atlantic, Iowa  
Whitl - A - Ways

POTATO CHIP COOKIES

1 c. shortening	1 c. brown sugar
1 c. white sugar	
Cream together.	
2 eggs	1/2 c. nuts (chopped)
1 tsp. soda	2 c. flour
1 (6 oz.) pkg. butterscotch chips	1 tsp. vanilla
2 c. (1 pkg.) potato chips (crushed)	

Drop by teaspoon on unbuttered cookie sheet. Bake at 375° until lightly browned.

Lavone Jensen  
Hampton, Iowa  
Dudes and Dolls

Remember the steam kettle; though up to its neck in hot water it continues to sing.

SWEET HEARTS

3/4 c. oleo	1/2 c. brown sugar (packed)
1/2 c. granulated sugar	1 egg
1 tsp. vanilla	1 2/3 c. flour (sifted)
1/2 tsp. soda	Dash salt
1 1/3 c. rolled oats (quick or old fashioned, uncooked)	

Beat butter until creamy. Gradually beat in sugars, egg and vanilla. Beat well, sift together flour, soda and salt, add to creamed mixture mixing well. Stir in oats. Chill several hours or overnight. Roll out to 1/8 in. thickness on board or canvas dusted with powdered sugar. Cut with heart shaped cutter dipped in powdered sugar. Place on ungreased cookie sheet and bake at 350° 5-8 min. Cool and decorate with powdered sugar icing - plain or tinted, may add candy decorations, too.

Janice Neuberger  
Hampton, Iowa  
Dudes and Dolls

NO ROLL SUGAR COOKIES

1 c. powdered sugar	1 c. margarine <u>or</u> butter
1/4 c. white granulated sugar	1 tsp. vanilla
1 egg	2 1/2 c. flour
1/4 tsp. lemon flavoring	1 tsp. cream of tartar
1 tsp. soda	

Mix in order of recipe. Sift last 3 ingredients. Do not add more flour. Drop by teaspoon on cookie sheet, flatten each cookie with the bottom of a water glass that has been dipped in white sugar. These may be baked as soon as mixed or you may chill. Bake on a greased cookie sheet at 350° for 15 min. or only till they are a very light brown around edges. For a nice shape, chill about 15 min. and roll in even sized balls and flatten with a glass dipped in sugar. (Very light and crisp. Melts in your mouth, delicious).

Mrs. Wilbur Kleckner  
Vinton, Iowa  
Vinton Twirlers



DATE LOGS

1/4 lb. butter	1 c. sugar
2 eggs (beaten)	8 oz. dates
1 tsp. vanilla	

Melt butter, add eggs, dates and vanilla. Stir until dates melt. Use a large bowl; put 2 1/2 c. Rice Krispies and 1/2 c. nuts in that. Pour date mixture over Rice Krispies. Mix. Roll out to make logs. Roll in coconut. Wrap and freeze.

Ernestine Collins  
Sioux City, Iowa  
Soo Puffers

RAISIN SHEET COOKIES

2 c. brown sugar	1 c. raisin juice (cooled)
1/2 c. shortening	1 tsp. soda
3 c. flour	1 tsp. baking powder
1 c. nuts	1 tsp. cinnamon
1 c. raisins (cooked and drained)	Salt
2 eggs	

Cream sugar, shortening and eggs. Add sifted dry ingredients with liquid and raisins. Spread batter into a cookie sheet. Bake at 350° for about 20 min. Make a powdered sugar icing and glaze top as soon as you take from oven.

Evelyn Hall  
Sioux City, Iowa  
Dancin' Squares

FRENCH SUGAR COOKIES

1 c. butter <u>or</u> oleo	
1 1/2 c. powdered sugar (sifted 2 times)	
Cream above ingredients together, then add:	
1 egg	1 tsp. vanilla
1/4 tsp. salt	2 c. flour (sifted 3 times)
1 tsp. cream of tartar	1 tsp. soda

Mix in flour mixture 1/3 at a time. Roll into balls and roll in sugar, put on cookie sheet and flatten with fork. Bake 10-13 min. at 350°.

Marie Landis  
Manchester, Iowa  
Country Cousins

WHOLE WHEAT COOKIES

1/2 c. shortenin <u>or</u> oil	2 eggs
1 c. peanut butter (crunchy is good)	1 tsp. soda
	1 tsp. salt
1 1/2 c. dark brown sugar	1 tsp. vanilla
2 1/4 c. whole wheat flour	

Blend oil, sugar, peanut butter, and eggs well. Add vanilla and stir in whole wheat flour with salt and soda. An added flavor can be grated orange or lemon peel.

Marietta Johnson  
Monona, Iowa  
Monona Merry Mixers

LEMONADE COOKIES

1 c. butter <u>or</u> oleo	1 (6 oz.) can (2/3 c.) frozen
1 c. sugar	lemonade concentrate
2 eggs	(thawed)
3 c. flour (sifted)	1 tsp. baking soda

In large mixer bowl, cream butter and sugar. Add eggs, beating until light and fluffy. Sift together flour and soda, add alternately to creamed mixture with 1/2 c. lemonade concentrate. Drop from teaspoon onto greased baking sheet. Bake at 400° for 8-10 min. Brush hot cookies lightly with remaining lemonade, sprinkle with a little granulated sugar. Remove to rack. Makes 4 doz. cookies.

Berniece Gulick  
Garrison, Iowa  
Vinton Twirlers

SOFT MOLASSES SUGAR COOKIES

3/4 c. oleo	2 c. flour
1 c. sugar	1/2 tsp. cloves
1/4 c. molasses	1/2 tsp. ginger
1 egg	1 tsp. cinnamon
2 tsp. soda	1/2 tsp. salt

Melt oleo and then cool. Add sugar, molasses and egg. Beat well. Add sifted dry ingredients. Mix well. Chill in refrigerator. Then form into balls and roll in white sugar. Bake 8-10 min. at 375°.

Donna Lower  
Sioux City, Iowa  
Soo Puffers

POOR MAN COOKIES

1 c. white raisins	1 egg (beaten)
1 stick oleo (1/4 c.)	1/2 tsp. salt
2 c. water	1/4 tsp. allspice
1 tsp. soda	1 tsp. cinnamon
1 c. sugar	1/2 tsp. ginger

Mix raisins, water and soda and oleo in pan, boil to 1 c. liquid. Add egg and dry ingredients. Bake in 10x14 pan for 15 min. at 350°.

FROSTING:

1/2 c. brown sugar	1/2 c. half and half cream
1/2 tsp. salt	1 stick oleo (1/4 c.)

Boil 5 min. Beat in powdered sugar to thicken. Spread over sheet cookies. Cut, in squares. These cookies freeze well.

Dorothy Scott  
Sioux City, Iowa  
Soo Puffers

APRICOT BARS

Mix together:

1/2 c. margarine	1 egg (well beaten)
1 c. flour	1 T. milk
1 tsp. baking powder	

Spread in ungreased 9x9 in. pan. Spread a thin layer of apricot jam, about 8 T. on above crust. Spread topping by T. over jam layer. Bake at 350° for 30 min.

Bernie and Loraine Washburn  
Sioux City, Iowa  
Heel and Toe Club

Always sift flour and powdered sugar before measuring.

### OLD FASHIONED SOUR CREAM COOKIES

Mix together:

1/2 c. soft shortening                      2 eggs  
1 1/2 c. sugar

Stir in:

1 c. thick sour cream  
1 tsp. vanilla

Sift together and stir in:

2 3/4 c. flour (sifted)                      1/2 tsp. baking powder  
1/2 tsp. soda                                  1/2 tsp. salt

Bake at 400° for 8-10 min. Drop about 2 in. apart on  
ungreased cookie sheet. Ice with chocolate icing.

Betty Grinstead  
Bettendorf, Iowa  
Circle Four

### STRAWBERRY COOKIES

Place in large mixing bowl:

4 c. Rice Krispies  
1 c. nuts (chopped)

In small mixing bowl and beat 2 eggs. Add and stir:

1 c. sugar                                      Pinch salt  
1 lb. dates (chopped)

Put in skillet 5 T. margarine. When margarine melts enough  
to coat skillet, add date, egg and sugar mixture. Cook on low  
heat, stirring constantly, until thick - about 15 min. Stir in  
1 tsp. vanilla. Pour over cereal and nuts and mix well. When  
cool enough to handle, shape into strawberries. Roll in red  
sugar. Put on green frosting leaves.

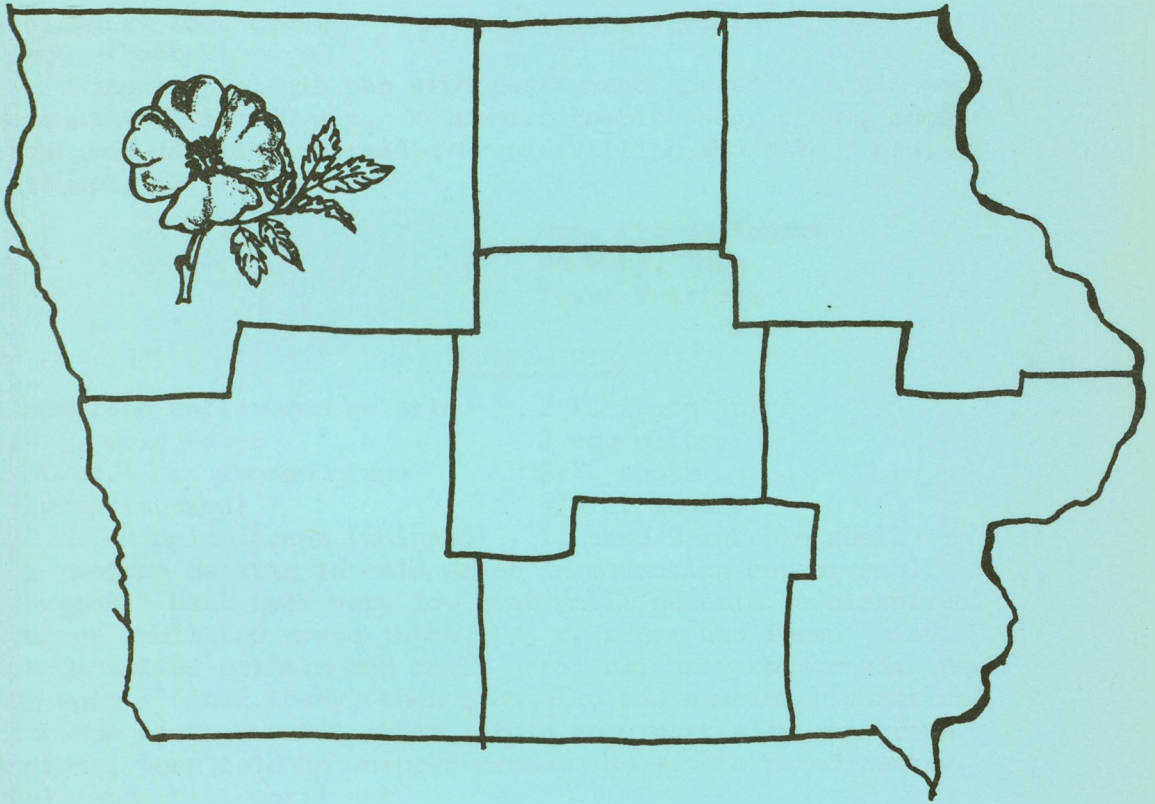
Mabel Vauthren  
Des Moines, Iowa  
Happy Whirlers

The whites of eggs will whip more readily if a pinch of salt is  
added to them.

ADDITIONAL RECIPES



# PIES



Northwest Iowa is our "Great Lakes" region, and an established vacation area. Lake Okoboji is one of three natural blue water lakes in the world. The lake country is a blend of many things. Pioneer history, rich farm land, and ever present recreation. There is variety in this region.



The first of the four counties, Adams, is the largest and is located in the northwestern part of the state. It is bounded by the Canadian border to the north and west, and by the state of Illinois to the south and east. The other three counties, Brown, Lincoln, and Outagamie, are located in the central and eastern parts of the state. They are all of similar size and shape, and are all located in the same general area. The map shows the relative positions of these four counties, and the state of Wisconsin as a whole.

# PIES

## SPECIAL MINCE PIE

2 c. prepared mincemeat	2 T. sugar
1 c. dairy sour cream	1 tsp. vanilla
2 eggs (beaten)	

Line a 9 in. pie pan with pastry and spread with mincemeat. Bake at 425° for 20 min. Meanwhile combine sour cream, eggs, sugar and vanilla. Spread over pie filling and bake 5 min. or till set.

Mrs. Frieda Schatz  
De Witt, Iowa  
Tower Twirlers

## PURPLE PIE

1 envelope unflavored gelatin	2 T. lemon juice
1/4 c. cold water	2 egg whites
1 (6 oz.) can frozen grape juice (thawed)	3 T. sugar
	1/4 c. sugar
1/2 c. whipping cream (whipped)	1 baked 9 in. pie shell

Soften gelatin in cold water in measuring cup or small saucepan. Heat over very low heat until gelatin is dissolved. Combine undiluted grape juice, 1/4 c. sugar and lemon juice. Add dissolved gelatin and chill until slightly thickened. Beat egg whites until foamy, then gradually add remaining sugar and continue beating until stiff. Fold into partially set grape mixture, then fold in whipped cream. Heap into baked pastry shell and chill until set.

Mrs. Ed Neumann  
Moline, Illinois  
Merry Mixers

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

EGGNOG PIE

## Crust:

16 graham crackers  
1/3 c. white sugar

1/3 c. butter (melted)

## Filling:

1 envelope plain gelatin  
1 c. milk  
1/2 c. sugar  
1/4 c. cold water  
Pinch salt

3 egg yolks (beaten)  
3 egg whites (beaten)  
1 c. whipped cream  
1 tsp. vanilla

Soak gelatin in 1/4 c. cold water. Let stand. Scald milk. Add egg yolks, sugar and salt. Cook over hot water stirring constantly until it begins to thicken. Remove from heat and add dissolved gelatin and let it cool until it begins to set. Add vanilla, egg whites and whipped cream. Pour into crust and sprinkle with grated Hershey bar or colored sugar crystals. Let stand in refrigerator several hours before servings.

Sandy Cornish  
Independence, Iowa  
Merry Mixers

## Creation of woman from the rib of man:

She was not made of his head to top him;  
nor out of his feet to be trampled upon by him;  
but out of his side to be equal with him;  
under his arm, to be protected;  
and near his heart to be beloved.

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



APPLE PAN-PIE

## Egg Yolk Pastry:

5 c. flour	4 tsp. sugar
1/2 tsp. salt	1/2 tsp. baking powder
2 egg yolks	Cold water
1 1/2 c. lard (I use	
shortening, but add about	
1 T. more)	

Combine dry ingredients, cut in lard. Place egg yolks in measuring cup and stir with fork. Add enough cold water to make a scant cupfull. Sprinkle over dry ingredients. Toss with fork to soft dough. Roll as usual. Makes crust for Apple Pan-Pie or 3 (9 in.) double crust pies.

## Filling:

5 lbs. tart apples (pared,	1 tsp. cinnamon
sliced)	1/4 tsp. salt
4 tsp. lemon juice	1/2 tsp. nutmeg
3/4 c. white sugar	3/4 c. brown sugar

Roll out half of pastry and line a 15 1/2x10 1/2 in. jelly roll pan. Sprinkle lemon juice on apples. Place half of apples in bottom of pan. Combine remaining ingredients, (except apples). Sprinkle half on apples in pan. Spread remaining apples and sprinkle the rest of sugar-spice mixture all over. Top with remaining crust. Sprinkle with sugar, prick with fork. Bake 50 min. at 400°. When cool, drizzle with 1 c. powdered sugar mixed with 2 T. milk. Cut into squares.

Marge & Rudy Jasa  
Marion, Iowa  
Guys & Dolls

FRESH PEACH PIE

1 c. sugar	2 T. quick cook tapioca
Few grains salt	1 tsp. lemon juice
4 c. sliced peaches (fresh)	2 T. butter (diced)

Mix and let stand 15 min. Place in crust. Bake at 425° for 40-50 min. Top crust may be left in one piece or lattice type may be used.

Helen Gamble  
Soo Puffers  
Sioux City, Iowa



PUMPKIN PIE

1 unbaked 9 in. pastry shell	1/2 tsp. cinnamon
3/4 c. brown sugar	1/4 tsp. ginger
1 T. cornstarch	3 eggs (slightly beaten)
1/2 tsp. salt	1 1/2 c. milk
2 c. pumpkin	

Combine sugar, cornstarch, salt, cinnamon, ginger and eggs in mixing bowl, add pumpkin and milk, blend well. Pour into pastry shell. Bake at 400° for 15 min. and then reduce heat to 350° and bake for 40 min.

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Bells and Beaus

COCONUT MACAROON PIE

1 1/2 c. sugar	2 eggs
1/2 tsp. salt	1/2 c. soft butter
1/4 c. flour	1/2 c. milk
1 1/2 c. shredded coconut	9 in. pie shell (unbaked)

Beat sugar, eggs and salt until mixture is lemon colored. Add butter and flour, blend well. Add milk and fold in the coconut. Pour into pie shell and bake in slow oven (325°) about 60 min.

Lefty and Darlene Meyer  
Olin, Iowa  
Stanwood Swingin Squares

When soft custard separates on removal from the fire, beat it hard for five minutes with an egg-beater.

CRAZY CRUST APPLE PIE

1 c. flour	2/3 c. shortening
1 tsp. baking powder	3/4 c. water
1/2 tsp. salt	1 can apple pie filling
1 T. sugar	1 T. lemon juice
1 egg	1/2 tsp. pie spice

Mix flour, baking powder, salt, sugar, egg, shortening and water. Blend well; beat 2 min. at medium speed of mixer. Pour batter in 9 in. pan. Combine pie filling, lemon juice and spice. Pour into center of batter. Do not stir. Bake at 375° for 35-45 min. Mincemeat or cherry pie filling may be substituted for apple.

Mrs. Vernon Kugel  
Postville, Iowa  
Monona Merry Mixers

PECAN TARTS

## Pastry:

1/2 c. butter	1 c. flour (sifted)
1 (3 oz.) pkg. cream cheese	
Pat this into gem pans.	

## Filling:

1 egg (well beaten)	1 c. brown sugar (firmly packed)
1 tsp. vanilla	
1/3 c. pecans (finely chopped)	1 T. butter (melted)

Top with a pecan half and bake at 350° for 20-25 min. Leave in pan until cool. Makes 24.

Ruth Duncan  
Anamosa, Iowa  
Circle J

Opportunity merely knocks, temptation kicks the door in.

RHUBARB PIE

3 c. rhubarb (cut fine)  
 1 1/2 c. sugar  
 3 T. flour

Cinnamon (if preferred)  
 Little salt  
 3 eggs (beaten)  
 2 T. milk

Mix eggs and milk together. Pour over rhubarb and bake.

Marie Banowetz  
 De Witt, Iowa  
 Tower Twirlers

CAKE TOP APPLE PIE

4 c. sliced apples  
 1/4 c. sugar  
 1/4 tsp. cinnamon  
 1 T. butter  
 1/2 c. sugar

1/2 c. flour (sifted)  
 1 egg (lightly beaten)  
 1 tsp. vanilla  
 1/2 tsp. baking powder

Place apples in well buttered pie pan. Combine 1/4 c. sugar with cinnamon and spread over apples. Cover pie pan tightly with foil and bake for 20 min. in 400° oven. Meanwhile, cream butter, gradually add the 1/2 c. sugar, vanilla and egg beating all together. Sift flour and baking powder together and blend into creamed mixture. Spread butter evenly over partially baked apples and bake 20-25 min. in 400° oven till golden brown. Serve with cream, whipped cream or ice cream as desired.

Grace Franklin  
 Des Moines, Iowa  
 Jo - Ci - Do

PEACH PIE

1 (9 in.) graham cracker crust

Melt 18 large marshmallows in 1/4 c. milk. Let cool. Whip 1 pkg. Dream Whip. Slice 5 large peaches. Mix all together and pour into crust and chill.

Jolene Smith  
 Atlantic, Iowa  
 Whirl - A - Ways

GRASSHOPPER PIE

## Crust:

Combine 1 1/4 c. crushed chocolate cookie wafers, with  
1/3 c. melted butter. Pat into deep 9 in. pie pan and chill.

## Filling:

2/3 c. milk (scalded)	1 T. creme de cacao
2 T. creme de menthe	1/2 pt. cream (whipped)
24 marshmallows	

Add marshmallows to scalded milk in double boiler, stirring often until blended and smooth. Cool to room temperature. Add creme de menthe and creme de cacao. Fold whipped cream into mixture and pour into pan. Freeze minimum of 2 hrs.

Evelyn Hall  
Sioux City, Iowa  
Dancin' Squares

RHUBARB PIE DELIGHT

1 1/2 c. rhubarb (cut)	4 T. water
1 c. sugar	

Cook until done. Stir in 1 box strawberry Jello. When cool and is thickened, fold in 1 pkg. Dream Whip.

Helen Soenksen  
De Witt, Iowa  
Tower Twirlers

CREME DE MENTHE PIE

Use 1 qt. vanilla ice cream and mix in creme de menthe for color and taste.

## Crust:

Melt 2 sq. Bakers chocolate and 1/4 lb. butter and add 3/4 c. sugar and heat through. Stir in 2 c. chocolate flavored puffed rice cereal. Place lightly in pie pan. Place in freezer 1 hr. or longer. Pour ice cream in crust and return to the freezer.

Doris Porter  
Kewanee, Illinois  
Rhythm Rounders

PECAN PIE

1 c. sugar	2 eggs (slightly beaten)
2 T. flour (rounded)	
Mix the above and add:	
3/4 c. dark Karo syrup	Dash nutmeg
1 T. butter	1 c. pecan meats (broken)
1/4 c. cream (half and half or milk)	

Bake slowly in an unbaked 8 in. pie shell until custard is set. Bake at 350° for about 50 min.

Gloria Grant  
Des Moines, Iowa  
Dixie Daisies

CHOCOLATE CREAM PIE

1 c. sugar	1/3 c. flour
1/4 tsp. salt	2 c. milk
2 egg yolks (slightly beaten)	2 T. margarine
3 T. cocoa (heaping)	1 tsp. vanilla

In saucepan combine sugar, flour, salt and cocoa. Gradually stir in milk. Cook and stir over medium heat until mixture boils and thickens. Stir small amount of hot chocolate mixture into egg yolks. Return to hot mixture, cook 2 min., remove from heat, add butter and vanilla. Pour into baked pie shell, cover with meringue or cream.

Ruth Foster  
Des Moines, Iowa  
Scoot and Scat

When cream will not whip, add the white of an egg to your cream--chill it and it will whip.



GOOSEBERRY PIE

3 c. gooseberries	2 T. flour
1/2 c. water	1 tsp. cinnamon
1/4 tsp. salt	1/8 tsp. nutmeg
1/2 tsp. cloves	1 T. butter
1 1/2 c. sugar	

Cook berries, 1 c. sugar and water until berries are tender; add flour and spices into cooked mixture and cool. Line pan with pastry. Pour in filling. Bake 450° for 10 min.; then reduce heat to 350° and bake 25 min.

Virginia Templeton  
Tower Twirlers  
DeWitt, Iowa

DELICIOUS PUMPKIN PIE

2 c. pumpkin (Libbys)	2 eggs
2 c. milk <u>or</u> cream	1/2 tsp. salt
2/3 c. white sugar (then pack in the remainder of the cup with brown sugar)	2 tsp. cinnamon
	1/4 tsp. ginger
	1/2 tsp. allspice

Mix all these ingredients together, beat well. Then add 2 T. dark sorghum molasses. This really adds to the flavor and color. Bake in hot oven 475° for 15 min. Reduce heat to 400° and bake 45 min. Makes 9 in. pie.

Donna Lower  
Sioux City, Iowa  
Soo Puffers

PAPER SACK APPLE PIE

Chunk apples	1/2 c. sugar
2 T. flour	Lots of cinnamon
Topping:	
1/2 c. sugar	1/2 c. butter (on top)
1/2 c. flour	

Bake 1 hr. at 425°. But first place the pie in a brown paper sack and then bake.

Lola Westendorf  
Waterloo, Iowa  
Twirling Eagles

ROCKSHIRE CHOCOLATE PIE

3 sq. baking chocolate	4 eggs
3/4 c. butter (oleo)	1 tsp. vanilla
3/4 c. sugar	

## Vanilla Wafer Crust:

Crush vanilla wafers and line greased pie pan with crumbs, reserving a few for the top of the pie. Melt chocolate squares. Cream sugar and butter in small mixing bowl. Pour melted chocolate over creamed mixture. Add eggs, one at a time and beating for 5 min. (No less) for each egg. Add vanilla. Pour mixture into crumb crust. Sprinkle some of the vanilla crumbs over top and add nutmeats if desired. Chill. To serve, top with whipped cream.

Arlene Beasley  
Marion, Iowa  
Circle Eights

CHOCOLATE CHIP PIE

## Cook together:

2 egg yolks	2 T. sugar
1 c. milk	

Dissolve 1 T. or 1 pkg. Knox gelatin in 1/4 c. water. Add to the hot mixture above. Cool. Add beaten egg white with 2 T. sugar beaten in. Then add 1/2 c. chocolate chips. Use a graham cracker crust.

Doris Beer  
Hampton, Iowa  
Dudes and Dolls

Travel is broadening, but not nearly so much as chocolate cake, whipped cream, and such.

"MILE HIGH" LEMON CHIFFON PIE

8 egg yolks (slightly beaten)	Salt (to taste)
1 c. sugar	2 lemon rinds (grated)
2 lemons (juice)	

Cook in a double boiler, stirring frequently until consistency of thick custard.

1/2 c. cold water  
2 T. unflavored gelatin

Dissolve gelatin in cold water, add to hot custard and cool.

8 egg whites  
1 c. sugar

Beat egg whites stiff but not dry. Beat in sugar gradually and then beat again. Fold cooled custard into beaten egg whites. Put in baked pie shell and chill for 3 hrs. Serve with whipped cream if desired.

Betty Jackson  
Ames, Iowa  
Nevada Whirlers

SODA CRACKER PIE

14 single soda crackers	1 c. sugar
(rolled fine)	1/2 tsp. baking powder
3 egg whites (beaten stiff)	1/2 tsp. vanilla
1/2 c. walnuts	

Beat egg whites until stiff. Fold in sugar and vanilla. Fold in crackers, baking powder, and walnuts. Bake in well greased 9 in. pie plate at 350° for 30 min. Beat 1 c. whipping cream, fold in 1 box frozen strawberries that have been well drained. Spread over pie, refrigerate 4 hrs. or more. You may use Dream Whip. This can be low in calories.

Virginia Templeton  
De Witt, Iowa  
Tower Twirlers

Many parents give their children everything --- except themselves.

PEANUT BUTTER PIE

1 c. light syrup	1/2 c. peanut butter
1 c. granulated sugar	3 eggs (well beaten)
1/2 tsp. vanilla	

In medium bowl beat eggs, add syrup and sugar. Stir till blended then add peanut butter and vanilla. Stir well. Pour into unbaked pie shell. Bake at 450° for 10 min., reduce heat to 325° and cook 30-40 min. longer or until knife comes out clean. Be careful not to over cook as the filling will be chewy and hard.

Janet Stafford  
Van Meter, Iowa  
Cee Do Cee

LAYERED RASPBERRY PIE

## Red Layer:

1 pkg. raspberry Jello  
1/4 c. granulated sugar

Dissolve in 1 1/4 c. boiling water. Add 1 (10 oz.) pkg. frozen raspberries, 1 T. lemon juice. Chill till partially set.

## White Layer:

1 (3 oz.) pkg. cream cheese	1 tsp. vanilla
Dash salt	1 c. cream (whipped)
1/3 c. confectioners' sugar (sifted)	

Mix above ingredients and chill. Place red layer in bottom of baked 9 in. pie crust. Top with white layer. Chill several hours before serving. May use 2 layers of red and 2 layers of white.

Ellen Krezek  
Clutier, Iowa  
Twirling Eagles

PECAN TARTS

## Crust:

1 small pkg. Philadelphia  
cheese  
Mix with 1 c. flour.

1 stick oleo

## Filling:

2 eggs (beaten)                      1 tsp. vanilla  
1 1/2 c. brown sugar                1 T. butter (melted)  
Pinch salt                            1 small pkg. pecans

Press dough on bottom and sides of muffin tins. Put filling  
in. Bake at 350° for 25 min. then 250° for 10 min. Makes 12  
tarts.

Margarett Van Zante  
Pella, Iowa  
Circle Eight

FROZEN FRENCH PASTRY

1/2 lb. butter or margarine        1/2 lb. cream-filled chocolate  
2 eggs                                    cookies (rolled or ground  
1 c. powdered sugar                    fine)  
1 qt. ice cream (vanilla or  
strawberry)

Cook the butter, powdered sugar and beaten eggs until thick,  
over very low heat. Cool. Place layer of crumbs in bottom of  
8 in. pan. Add layer of ice cream (softened) and layer of custard.  
Alternate layers, making 2 layers of each, with crumbs on top.  
Freeze. Makes 9 servings.

Mrs. Gunnard Carlson  
Pierson, Iowa  
Kingsley Swingers

Men don't marry women on \$25 a week any more - a girl must  
be making at least twice that much.



TWIN APPLE PIES

This recipe serves 16 people and makes enough for 2 pies.

6 large tart apples (sliced thin)	1 tsp. lemon juice
1 c. sugar	1/4 tsp. nutmeg
1/4 tsp. cinnamon	1/8 tsp. salt
	1 T. butter

Bake at 425° for 50-60 min. For Twin pie: use same recipe as above except 1/2 c. brown sugar and 1/2 c. white and add 1/8 tsp. allspice to above spices. The flavor of this combination of spices is so delicate and delicious.

Dorothy Downs  
Eldridge, Iowa  
Circle Four

PUMPKIN PIE

2 c. sugar	1/3 c. flour
1/2 tsp. salt	1 tsp. cinnamon
1/4 tsp. ginger	1/4 tsp. nutmeg

Mix and add 2 (1 lb.) cans pumpkin, 2 beaten eggs, 1 T. melted butter, 1 1/2 c. milk and 1/4 tsp. vanilla. Pour into 2 pastry lined 9 in. pie pans. Bake 15 min. at 425° then 20 min. at 375°.

Mrs. Neale Caudron  
Adel, Iowa  
Cee Do Cee Club

If all the deeds that I have done  
Were the clothes I had to wear --  
How much more caution would I take  
To dress myself with care?

RHUBARB DELIGHT PIE

Simmer until tender:

1 1/2 c. rhubarb (cut fine)      4 T. water  
1 c. sugar

Add 1 pkg. strawberry Jello. Let stand till cool. Then add 1 pkg. Dream Whip, 1 tsp. vanilla and a pinch of salt to rhubarb mixture.

Crust:

1 1/2 c. flour      1 tsp. salt  
1/2 c. oil      2 T. milk  
2 T. sugar

Mix and pat into pie pan. Bake a very short time at 350°.

Esther Boxwell  
Anamosa, Iowa  
Circle J

BANANA PARFAIT PIE

1 pkg. cherry Jello      1 1/4 c. boiling water  
1 pt. vanilla ice cream      1 1/2 c. sliced bananas (2)

Dissolve Jello in boiling water, add ice cream by spoonfuls until melted. Chill a little, add bananas. Put in your favorite crust.

Mrs. George Meyer  
Fort Atkinson, Iowa  
Swinging Square

STRAWBERRY PIE

Cook together:

3/4 c. sugar      2 T. cornstarch  
1 1/2 c. water      Pinch salt

This will be moderately thick and clear. Dissolve 1 (3 oz.) box strawberry Jello to the hot mixture. While hot pour over 1 qt. box washed and well drained strawberries, may leave whole or slice. Pour into a 10 in. baked pie crust. Place in refrigerator, serve with whip cream.

Irene Beck  
Indianola, Iowa  
Su - Z - Q's

SUPER STRAWBERRY PIE

In a saucepan crush 1 pt. fresh strawberries, stir in 3 T. cornstarch, 1 c. granulated sugar, 2 T. lemon juice; stir over moderate heat until clear and thick. Cool. Have another pt. of berries, fold into mixture, pour into crust. Refrigerate until well chilled. Serve with whipped cream.

Karen Fatchett

De Witt, Iowa

Tower Twirlers

7-UP PIE CRUST

Mix well:

3 c. flour

1 1/2 tsp. salt

1 c. grainy bulk lard

Mix well:

1/3 c. 7-Up

1 large egg

Mix lard and flour well. Add 7-Up and egg. Bake 400°. Leftovers should be kept in refrigerator. It can be rerolled.

Gloria Grant

Des Moines, Iowa

Dixie Daisies

PIE CRUST

Makes 2 crust pies or 5 pie shells.

3 c. flour

2 tsp. salt

1 c. shortening (rounded)

1 egg (beaten)

5 T. water

1 tsp. vinegar

Sift flour and salt. Cut in shortening. Beat egg, add water and vinegar. Add to flour. Mix lightly.

Mrs. Cliff Haley

Carlisle, Iowa

Levis N Lace Club

"NEVER FAIL" PIE CRUST

1 1/4 c. lard (chilled)	1 tsp. salt
1 tsp. baking powder	1 tsp. vinegar
1 egg	6 T. water
3 c. flour	

Sift flour, baking powder and salt together and add to chilled lard. Use pastry blender and mix until consistency of coarse meal. Now combine egg, vinegar and water and add slowly to flour mixture blending as you add. When mixture leaves side of bowl, chill and roll out. Makes 2 double crust 9 in. pies.

Mrs. Wilbur Kleckner  
Vinton, Iowa  
Vinton Twirlers

FOOLPROOF PIE CRUST

Mix together:

4 c. flour	1 3/4 c. shortening
1 T. sugar	2 tsp. salt

Beat together and add:

1 T. vinegar	1 egg
1/2 c. water	

Will keep in refrigerator till used.

Gladys Ehlert  
Pella, Iowa  
Tulip City Squares

NEVER FAIL PIE CRUST

Mix well with fork and set aside:

3 c. flour
1 1/4 c. lard

Mix:

1 egg (beaten)	1 small tsp. vinegar
1 tsp. salt	5 T. cold water

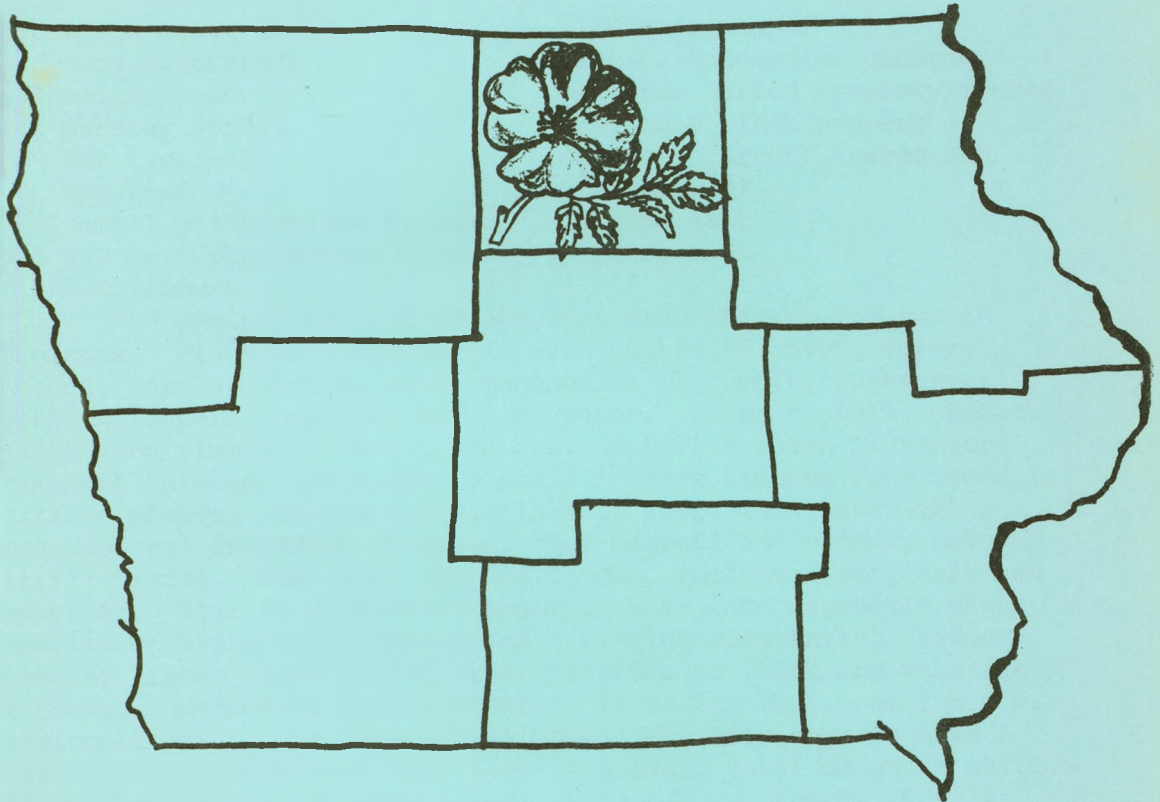
Add to flour mixture with a fork. This crust is very short and flaky.

Eunice Burman  
Hampton, Iowa  
Dudes and Dolls

## ADDITIONAL RECIPES



# MEATS



*We call North Central Iowa "The Land of the Music Man", for Mason City was the basis for Meredith Wilson's famous musical. But it is also a land of outdoor sports, recreation, and history.*

THE STATE OF NEW YORK  
IN SENATE  
JANUARY 12, 1911.  
REPORT  
OF THE  
COMMISSIONERS OF THE LAND OFFICE  
IN RESPONSE TO A RESOLUTION  
PASSED BY THE SENATE  
MAY 1, 1909.



WEV12

# MEATS

## CHICKEN POT PIE

(5 lb. Stewing Chicken)

1 large onion (peeled and quartered)	1/8 tsp. pepper
3 celery tops	1 tsp. monosodium glutamate
2 parsley sprigs	1/4 tsp. dried rosemary leaves
2 1/2 tsp. salt	10 whole black peppers
1 bay leaf	8 small carrots (pared and halved)
12 small white onions (peeled)	1 tsp. salt
1 (10 oz.) pkg. frozen peas	1/2 c. milk
1/2 c. flour	

Prepare chicken and vegetables; wash chicken and cut in pieces. Place in large kettle with quartered onion, celery tops, parsley sprigs, salt, monosodium glutamate, rosemary, black peppers, bay leaf and 2 c. water. Bring to boil. Reduce heat and simmer covered 1 1/2 hrs. or till chicken is tender. Remove chicken; set aside to cool. Remove chicken from bones in large pieces. Strain stock. In 4 c. stock (add water if necessary) in medium saucepan, cook carrots and onions, covered till tender. Add peas. In small bowl, combine flour, salt and pepper. Stir in milk until smooth. Stir into vegetable stock mixture; bring to boiling point, stirring constantly. Reduce heat; simmer about 8 min. or until sauce is thick and peas are tender. Meanwhile make biscuits: in medium bowl, combine 2 c. biscuit mix, 1 egg, and 1/2 c. milk. Mix with fork to make a soft dough; then beat with fork vigorously until dough is stiff. Knead on lightly floured board. Roll 1/2 in. thick. Cut 12 rounds. Turn hot chicken and vegetables into 3 qt. casserole. Top with biscuits. Bake uncovered 20-25 min. at 425° oven. 6-8 servings.

Karen Roeder  
Des Moines, Iowa  
Levis "N" Lace

ESCALLOPED CHICKEN

2 c. bread crumbs	1 chicken (cut in pieces)
2 c. broth	3 eggs
1 c. cream	1 can mushroom soup

Remove chicken from bones, beat eggs, mix with chicken broth, soup, and cream. Salt to taste. Cover with crumbs. Bake 1 hr. at 350°.

Janice Gutshall  
Farmhamville, Iowa

ESCALLOPED CHICKEN

1 chicken (cooked in salt water)	6 T. flour
4 T. fat	1 1/2 qts. broth (free of fat)
Cook together.	
1 1/2 qt. toast (cut in small pieces)	3 eggs (beaten)
1/2 c. butter (melted)	3/4 tsp. salt
1 tsp. sage	Pepper
	2 T. onion (chopped)

Mix dressing lightly with fork. Cut chicken fine. Put chicken in baking dish and cover with dressing. Pour gravy over the top and sprinkle with bread crumbs. Bake about 35 min. at 350°.

Betty Meeker  
Waterloo, Iowa  
Round - a - lets

BARBEQUE COON SAUCE

1 qt. tomatoes	2 1/2 handfuls brown sugar
1 qt. tomato juice	2 tsp. chili powder
1 bottle catsup	2 T. Worcestershire sauce

Cook a few minutes and pour over cleaned coon and put in oven to cook at 350° till done. A hint to good tasting coon - take glands out of all four legs.

Bev Forrester  
Cedar Rapids, Iowa  
Twilight Twirlers

SAUERBRATEN

1 1/2 lb. round steak (cubed). Brown on all sides.

## Sauce:

2 c. water including	1 T. minced onion
steak liquid	1 tsp. Worcestershire sauce
1 pkg. brown gravy mix	1/2 tsp. ginger
2 T. white wine vinegar	Salt and pepper
2 T. brown sugar	
Simmer 1 1/2-2 hrs.	

Mrs. Ron Kreitzer  
Cresco, Iowa  
Cresco Squares

CHEESE BARBECUE

1 lb. Longhorn cheese	2 hard cooked eggs
1 medium onion	1/2 c. tomato soup
1 c. stuffed olives	2 T. butter (melted)
1/2 green pepper	

Grind cheese, pepper, onion, eggs and olives together.  
Add soup. Butter buns well. Spread mixture on buns and broil  
in oven. Serves 12.

Patti Townsend  
Fairfax, Iowa  
Twilight Twirlers Club

One can no more be mean and happy at the same time than an  
orange can at once be both sour and sweet.



FRANK AND GREEN BEAN CASSEROLE

4 franks	1 c. green beans (canned)
2 T. flour	2 T. shortening
1/2 c. cheese (grated)	1 c. milk
1 c. cooked potatoes (diced)	1 1/2 tsp. Worcestershire sauce

Brown franks in hot fat in heavy skillet over medium heat. Remove franks. Stir flour into remaining shortening. Gradually add milk stirring until thickened. Blend in salt, Worcestershire sauce, and 1/4 c. cheese. Stir in drained beans and potatoes. Arrange franks over top. Cover; reduce heat and simmer 15 min. Sprinkle with remaining cheese. Makes 3-4 servings.

Leola Spratt  
Waverly, Iowa  
Circle Eights

SCALLOPED CHICKEN SUPREME

6 c. dry bread cubes  
1 1/4 tsp. sage  
Toss together.  
4 c. cooked chicken or turkey  
3/4 c. oleo

Use a 4 qt. casserole and put a layer of bread cubes and a layer of chicken, filling casserole, ending with bread cubes. Make a gravy of 1/4 c. chicken fat, 1/2 c. flour, 2 tsp. onion, 1/4 c. cream, 4 c. chicken broth and salt and pepper to taste. Pour over chicken and bread in casserole and bake 350° oven 1 hr. Can serve over rice.

Mrs. Robert LeClere  
Manchester, Iowa  
Country Cousins

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

PHEASANT

Cut pheasant into pieces. Season pieces and then dip into flour to coat. Next dip into beaten egg. Finally coat the pieces with crushed saltine cracker crumbs. Brown the pieces in a skillet, using margarine as the fat. Then put in covered pan, with some added water. Bake in a slow oven (300°) until tender, usually allowing at least 1 1/2-2 hrs., depending on the size of the pieces. This is especially good if you have boned out the meat first.

Marilyn Lee  
DeWitt, Iowa  
Tower Twirlers

CURRIED BROILED SHRIMP

1 pkg. frozen shrimp	1/4 c. olive oil
1/4 c. lemon juice	1/2-1 tsp. curry powder
1/2 tsp. garlic salt	1/2 tsp. salt

Combine ingredients and 1/4 c. water. Marinate shrimp for 3 hrs. Then grill shrimp, while grilling brush on the marinating sauce. Serve as is or add a hot sauce.

Lorraine Pfotenhauer  
Sioux City, Iowa  
Soo Puffers

CHICKEN (BAKED) AND DRESSING

1 stewing hen	1 3/4 c. milk
1/2 tsp. black pepper	2 eggs (well beaten)
1/4 c. butter (omit butter if chicken is fat)	2 T. onion (diced)
7 c. cubed bread	2 tsp. sage
	1 tsp. garlic

Cook chicken in salted water until tender. When cold remove meat from bones and cut in bite size pieces. Save broth. Put chicken in greased dish, mix above ingredients and put over chicken. Pour 2 1/2 c. broth over chicken and dressing. Bake 325° for 1 hr.

Mrs. Bettie Taylor  
Sioux City, Iowa  
Sioux Swingers

BEER SAUCE

1 c. onion (chopped)  
 1/2 c. salad oil  
 1 bottle beer  
 1 bottle chili sauce

2 cloves garlic mint  
 2 c. brown sugar  
 1/3 c. Worcestershire sauce  
 1/3 c. wine vinegar

Bring to boil - let simmer - makes 1 gallon. Garnish over steak or barbecued chicken.

Linda Weese  
 Des Moines, Iowa  
 Scoot and Scat

MEAT BALL STEW

1 lb. hamburger  
 1 c. oatmeal  
 3/4 c. milk

1/8 tsp. dry mustard  
 1 egg  
 1 tsp. salt

Mix above - form meat balls and brown - set aside to add to: 6-8 carrots (diced), precook 20 min.; 6 small potatoes (diced); 1 (No. 2) can stewed tomatoes; 1 tsp. salt; 2 tsp. Worcestershire sauce. Combine all ingredients in covered casserole and bake 350° for 1 1/2 hrs. Makes 4-6 servings.

Helen Pfiffner  
 Raymond, Iowa

PORCUPINE MEAT BALLS

1 c. Minute Rice  
 1 lb. ground beef  
 1 egg (beaten)  
 2 tsp. onion (grated)  
 2 tsp. salt

Dash pepper  
 2 1/2 c. tomato juice  
 1/2 tsp. margarine  
 1/2 tsp. sugar

Combine rice, beef, egg, seasonings and 1/2 c. tomato juice. Mix lightly and form 18 meat balls. Place in skillet. Add sugar to remaining tomato juice. Pour over meat balls, bring to boil; cover and simmer 15 min.

Nancy Holland  
 Des Moines, Iowa  
 Levis "N" Lace Club

SALMON FRITTERS

1 lb. can salmon	1/2 c. celery (minced)
2 c. baking powder biscuit mix	Half and half <u>or</u> light cream
1 egg (slightly beaten)	1 T. lemon juice
2 T. green onions (finely chopped)	1/2 tsp. dried dill weed
2 T. green pepper (finely chopped)	

Drain salmon and add half and half for 2/3 c. liquid. Add to other ingredients which have been mixed well and fry in cooking oil for 2 min. or golden brown. Serve with cheese sauce made with a mild cheese.

Frances Clossen  
Guys and Dolls

SWISS ONION STEAK

Pound 1/2 c. seasoned flour into both sides of: 3 lbs. round steak cut into servings. Brown in hot fat in heavy skillet and add 2 cans liquid onion soup and simmer for 2 hrs. Serve meat on a platter and use the liquid as is for a delicious gravy.

Norma Reisinger  
Hampton, Iowa  
Scenic City Swingers

PRAIRIE HOT DISH

1 lb. ground beef	1 small can Chow Mein noodles
1 tsp. salt	1/2 c. onion (chopped)
1 can cream style corn	1/4 tsp. pepper
1/2 c. Cheddar cheese (shredded)	1 can cream of tomato soup

Brown beef and onion. Add all ingredients. Bake in 2 qt. casserole 30 min. at 350°. Serves 6.

Opal McDanel  
Des Moines, Iowa  
Levis "N" Lace

PORK CHOPS SUPREME

Season chops with salt and arrange in shallow baking dish. Top each chop with a slice of onion and slice of lemon. Place 1 T. brown sugar, and 1 T. catsup over each chop. Cover and bake 1 hr. at 350°. Uncover and cook 30 min. longer, basting occasionally.

Mackie Heller  
Davenport, Iowa  
Rhythm Rounders

HAM PATTIES DELUXE

1 lb. ground ham	1 lb. ground pork
1 1/2 c. toasted bread crumbs	1 c. milk
2 eggs	1 tsp. mustard
Mix well. Form into patties. Put in a long shallow pan.	
Boil together:	
1 1/2 c. brown sugar	1/2 c. pineapple juice
1/2 c. vinegar	

When it comes to a boil pour over patties. Put a half a pineapple slice and a whole cherry on each patty. Bake 1 1/4 hrs. at 300°. Serves 12.

Myrtle Wood  
Hawarden, Iowa  
Redi Mixers

7 CAN CASSEROLE

2 cans boned chicken	1 can large Chow Mein noodles
1 can cream of chicken soup	1 can peas (drained)
1 can large Pet milk	1 can cream of mushroom soup

Break up chicken. Add rest of ingredients. Save some of noodles for top. Bake at 325° for 30 min. Take lid off and add rest of noodles on top and bake uncovered for 15 min. longer.

Nita Wandt  
Bettendorf, Iowa  
Wagon Wheelers



BROCCOLI AND HAM CASSEROLE

1 (10 oz.) pkg. frozen broccoli spears	1 tsp. lemon juice
1 c. cooked ham (chopped)	1 tsp. onion (chopped)
2 T. green pepper (chopped)	1 1/2 c. light cream sauce
2 hard boiled eggs (chopped)	Buttered crumbs <u>or</u> Croutons
1/4 c. American cheese (grated)	1 can mushroom soup
	1 (3 oz.) pkg. cream cheese

Cook broccoli. Cut into 1 in. pieces and place in buttered casserole. Combine ham with green pepper, eggs, cheese, onion and lemon juice. Cover broccoli with ham mixture. Add mushroom soup and cream cheese to the 1 1/2 c. cream sauce. Pour this mixture on top of broccoli and ham. Sprinkle with crumbs or croutons. Bake for 20 min. in 350° oven.

Mrs. Ronald Courtright  
Ida Grove, Iowa  
Crescent Club

ROUND STEAK

Brown 2 lbs. round steak in a heavy frying pan. Sprinkle over top 1/2 envelope of dried onion soup mix and spread over this lean mushroom soup. Cover pan. Bake at 325° for about 2 hrs. or until tender. Serves 4 or 5 people.

Eva Rae Grant  
Des Moines, Iowa  
Dixie Daisies

BREADED CHICKEN

Dip chicken in a beaten egg, then in instant potato flakes and brown in butter in an open pan in 400° oven for 1/2 hr. Then turn on other side to brown a 1/2 hr. too. It always gets so nice and golden brown.

Mary Ann Kash  
Waterloo, Iowa  
Twirling Eagles

HAM LOAF WITH PINEAPPLE TOPPING

- |                              |                               |
|------------------------------|-------------------------------|
| 1 lb. ground cured ham       | 1 tsp. pepper                 |
| 1 1/2 lbs. ground fresh pork | 1 c. cracker crumbs           |
| 1 c. milk                    | 1 small can crushed pineapple |
| 2 eggs                       | 3/4 c. brown sugar            |
| 1 1/2 tsp. salt              | 1/4 c. margarine              |

Combine ham, pork, milk, eggs, salt and pepper and cracker crumbs. Mix thoroughly and shape ingredients into a loaf. In a small saucepan, combine pineapple, brown sugar, and margarine. Bring to a boil and pour over ham loaf. Bake at 350° for 1 1/2 hrs. Serves 8-10 people.

Mrs. Eldo Sander  
Monona Merry Mixers

DELICIOUS FRIED FISH

(Mens Specialty)

Use fillet fish. Roll fish in equal parts of flour (Bisquick preferable) and white corn meal. Salt and pepper. Then sprinkle with paprika. Fry in Crisco oil or vegetable shortening.

Lester La Lone  
Hawkeye, Iowa  
Swinging Squares

MEAT BALLS AND GREEN BEANS

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 lb. ground beef (lean)             | 1 1/4 c. water             |
| 1 c. seasoned croutons               | 1 (8 oz.) can tomato sauce |
| 1 egg (slightly beaten)              | 1 (16 oz.) can green beans |
| 1 tsp. salt                          | (drained)                  |
| 2 T. salad oil                       |                            |
| 1 (3/4 oz.) envelope brown gravy mix |                            |

Combine meat, croutons, egg and salt in a bowl. Mix well. Shape into meat balls. Heat salad oil in a large skillet. Add meat balls, and cook until evenly brown on all sides. Add brown gravy mix, water and tomato sauce. Mix well. Cover and simmer, stirring occasionally, for 20 min. Add beans. Cover and continue cooking for 10-15 min. longer, or until beans are thoroughly heated.

Barb DeAngelo

PHEASANT WITH RICE

Brown 1/4 lb. bacon in skillet, then flour and brown pheasant in bacon. In a bowl, mix the following:

1 small onion (chopped)	6 pieces rosemary (broken)
1/2 tsp. salt	1 can mushrooms
1/2 tsp. parsley	

Mix and pour over pheasant that has been placed in casserole. Drizzle 1/4 c. white wine over all. Bake 2 hrs. at 375°, covered. Serve over rice if desired.

Steve and Betty Dann  
Des Moines, Iowa  
Plaids and Dads

BARBECUED SPARERIBS

3 lb. ribs	1 medium onion (minced)
3 c. water	1 T. Worcestershire sauce
1 clove garlic (minced)	1/4 c. catsup
1/2 c. sugar	1 tsp. pepper
2 T. salt	1 bay leaf
1 c. vinegar	

Broil spareribs and turn, brown well on both sides. Combine ingredients and simmer 10 min., stirring frequently. Arrange ribs in an uncovered roasting pan and cover with sauce. Bake at 350° for 1 hr. Baste frequently. Serves 4 or 5.

Mrs. Mary Hansen  
Rock Island, Illinois  
Pep-er Step-er's

CHICKEN CHOW MEIN

1 can Chow Mein mixed vegetables	1-1 1/2 c. milk
1 large can Chinese noodles	1 can chicken soup
1 can mushroom soup	2 c. cooked chicken (chopped)

Mix and top with buttered bread crumbs. Bake in a moderate oven approximately 1 hr.

Virginia Conklin  
Hawkeye, Iowa  
Swinging Squares

CHICKEN FOR COMPANY  
(Our Family Favorite)

1 fryer (cut up, about 3-3 1/2 lbs.)	1 can cream of mushroom soup
1 c. rice	1/4 c. butter (melted)
1 can cream of chicken soup	1 can chicken broth
	1 tsp. salt

In bottom of well-greased 9x13 glass pan put the cup of raw rice. Mix together soups, broth and salt, and pour over rice. Dip chicken pieces into melted butter and place skin side up in the soup mixture. Bake at 275° for about 2 1/2 hrs., or at 225° for 3 1/2 hrs.

Mrs. Roger Den Herder  
Sioux Center, Iowa

SWISS STEAK

1 c. catsup	1/2 c. flour
2 lbs. round steak	1 large onion (sliced)

Optional: 2 T. lemon juice or 1 lemon thinly sliced. Combine catsup and flour. Spread half of mixture in bottom of shallow glass baking dish. Place steak on top. Season with salt and pepper. Cover meat with onion slices and remaining catsup mixture. Sprinkle with lemon juice or top with lemon slices. Cover dish with aluminum foil and seal edges. Bake in 350° oven for 1 1/2-2 hrs. or until meat is tender.

Mrs. Eldo Meyer  
Vinton, Iowa  
Vinton Twirlers

It is easy to be pleasant  
When life flows by like a song.  
But the man worth while is one who will smile,  
When everything goes dead wrong.

BARBECUED SHRIMP

1/3 c. butter <u>or</u> margarine	1/2 tsp. curry powder
1 clove garlic (minced)	1/2 tsp. salt
Pepper (freshly ground)	1/2 c. parsley (snipped)
2 lb. large raw shrimp (peeled and deveined)	

Cream butter with remaining ingredients except shrimp. Divide shrimp equally on 6 pieces of heavy duty aluminum foil and top with butter mixture. Bring foil up around shrimp. Seal tightly. Place shrimp directly on hot coals. Cook 5-7 minutes. Serve in foil packages. Serves 6.

Harriet Vande Kieft  
Maurice, Iowa  
Soo Mor Swingers

HOT CORN BEEF SANDWICHES

1 can corn beef	1/2 c. mayonnaise
1/4 c. catsup	1 tsp. horseradish
1 tsp. prepared mustard	1 c. cheese (diced)

Put on buns and wrap in aluminum foil. Place under ~~broiler~~ broiler for 20-25 min. or you can heat in the oven.

Evelyn Van Duesen  
Vinton, Iowa  
Vinton Twirlers

HAMBURGER CASSEROLE

1 lb. hamburger	1 small onion
1 can tomato soup	1 can mushroom soup
1 can mushrooms (drained)	1 c. celery (diced)
1 can Chow Mein noodles	

Brown hamburger and onions first. Add remaining ingredients reserving 1/2 of the Chow Mein noodles to sprinkle on top. Bake 1 1/2 hrs. at 350°. Do not add salt or water to the soup. Serves 6.

Flora Bell Kuhn  
Independence, Iowa  
Independence Merry Mixers



CHICKEN NOODLE CASSEROLE

3 c. cooked noodles	1 (1 lb.) can boned chicken
1 can green beans	1 can mushroom soup
1 can mushrooms	

Cook noodles in salted water until tender. Grease casserole, alternate layer, noodles, chicken, bean, using the soup which has been thinned down with milk between each layer. Top with mushrooms. Bake at 300° for 1 hr.

Gladys Vander Ploeg  
Des Moines, Iowa  
Dudes and Dames

SALISBURY STEAK

1 lb. ground beef	1 egg (beaten)
1/4 c. dry bread crumbs	1 tsp. salt
1/8 tsp. pepper	2 T. minced onion
1/4 c. celery (finely chopped)	

Mix above ingredients and shape into small round balls. Brown in fry pan with a little lard, turn and brown other side. Skim off extra grease. Add 1 can cream of celery soup diluted with 1/2 c. water. Cook in casserole dish in oven slowly or a electric fry pan. Works real well for 25 min. This serves 6.

Mrs. Alvin Gilster  
Monona, Iowa  
Monona Merry Mixers

CASSEROLE - 12 SERVINGS

2 lbs. fresh pork (cubed)	
Cook in pressure cooker for 15 min.	
1 c. chicken broth	1 can chicken soup
2 (8 oz.) pkg. noodles (cooked and drained)	1/2 c. onion <u>or</u> small onion
1 c. celery (diced)	1 c. lima beans
1 can mushrooms	1 can water

Put in 9x13x2 in. pan. Top with bread crumbs or potato chips. Bake 1 hr. at 350°.

Vern and Nora Haberichter  
Monona, Iowa  
Monona Merry Mixers

ROAST WITH WINE SAUCE

Rump roast weighing 10-11 lbs.

For the marinade:

3/4 c. claret wine, (more if needed)	1 large onion (sliced in wedges)
3 cloves garlic (more if desired)	3 or 4 bay leaves

For the sauce:

1/2 lb. fresh mushrooms	3 1/4 c. stock
Butter <u>and</u> oil (as needed for sautéing)	1/2 c. wine (or more to taste)
1 T. dark molasses	Pan juices from roast (as available)
3 T. Worcestershire sauce	Salt and pepper (to taste)
1 T. tapioca flour (cornstarch may be used, but sauce will not be as clear)	

Marinate the uncooked roast for several hours, basting occasionally. Then, the meat is roasted for 45 min. at 450°. Add some of the stock to the pan and cover loosely with foil and roast at 325° until done as desired. For a well-done roast, allow 25 min. for each pound. Slice mushrooms through stem and cap and sauté rapidly, a few at a time, in butter and oil mixture. Place in a bowl with a little stock added and set aside. As roast cooks, remove pan juices and save for the sauce. Combine tapioca flour and 1/4 c. stock. Add wine, molasses, Worcestershire sauce and remaining stock and cook mixture until thickened. Add pan juices as it thickens. Add mushrooms to sauce just before serving. Serve the roast in slices with the claret-mushroom sauce on top.

Joann Berry  
Des Moines, Iowa  
Scoot and Scat

For a spicy ham sauce combine 1 1/3 c. jelly, 1 c. raisins, 1 T. vinegar, 1/8 tsp. ginger, 1/4 tsp. cinnamon, 1 T. cornstarch. Cook until thickened. Pour over ham slices.

MEAT AND POTATO PIE

2 sticks pie crust mix	Dash pepper
1 lb. ground beef (lean)	Dash allspice
1/2 c. milk	1 (12 oz.) pkg. loose - pack
1/2 envelope (1/4 c.) dry	frozen hash brown potatoes
onion soup mix	(thawed)

Prepare pie crust mix according to pkg. directions; roll out for 2 crust 9 in. pie. Line 9 in. pie plate with pastry. Combine meat, milk, soup mix, pepper, and allspice; mix gently. Lightly pat into pastry-lined pie plate. Top with potatoes. Adjust top crust, seal and flute edge. Cut design in top pastry. Bake at 350° about 1 hr., or till browned. Serve with warmed catsup. Makes 6 or 8 servings.

Mrs. Wesley Kindwall  
Alta, Iowa  
Do - Si - Do Dancers

MEAT LOAF

1 1/2 lbs. ground beef	1/2 c. brown sugar
1/4 lb. soda crackers	1 egg
1/2 c. catsup	1/2 tsp. pepper (no salt)
1 onion (chopped fine)	

Crush soda crackers, add chopped onion, pepper and egg, sugar and catsup and mix. Add to the ground beef and mix well. Bake at 350° for 1 hr.

Mabel Vauthrin  
Melbourne, Iowa  
Twinkle Twirlers Round  
Dance Club

Shout or scream - I'll bet you won't be heard.  
But whisper, sister - they'll not miss a word.

BARBECUED SPARERIBS

2 1/2 lb. spareribs	3/4 c. water
1 T. fat	1 tsp. salt
Salt and pepper	1/4 tsp. pepper
1 1/2 T. vinegar	1/4 tsp. chili powder
2 T. brown sugar	1 large onion (chopped)
3 T. lemon juice	3 T. Worcestershire sauce
3/4 c. catsup	

Cut spareribs into serving pieces; season with salt and pepper. Brown in fat. Add onion, brown lightly. When browned, drain off fat. Add rest of ingredients. Put in 350° oven. Bake about 1 hr.

Betty Van Der Weide  
Maurice, Iowa  
Soo Mor Swingers

CORNED BEEF NOODLE CASSEROLE

1 large pkg. noodles	2 cans corned beef
2 cans mushroom soup	2 cans milk
1/2 lb. cheese (cut fine)	1 small onion (cut fine)

Cook noodles, combine the ingredients. Pour in large casserole, top with crushed potato chips, bake at 350° for 1 hr.

Norma Springer  
Fayette, Iowa  
Swinging Squares

BEEF LIMA SKILLET

1/2 c. onion (chopped)	1/4 c. catsup
1/2 c. celery (diced)	1 1/2 tsp. Worcestershire sauce
2 T. butter <u>or</u> margarine	Dash Tabasco
1 lb. ground beef	2 c. cooked lima beans
1 1/2 c. canned tomatoes	1/8 tsp. pepper
1 tsp. salt	

Cook onion and celery in butter until onion is clear; add meat and cook until brown. Add remaining ingredients. Cover and simmer for 15-20 min. Yield: 6 servings.

Carolyn Hird  
Cedar Rapids, Iowa  
Belles and Beaux



BEEF ROAST

5-6 lb. roast

Mix together:

1 T. vinegar	1/4 tsp. pepper
1/4 tsp. allspice	1 tsp. paprika
1/2 tsp. dry mustard	2 tsp. salt
1 T. brown sugar	

    Rub mixture on both sides of meat. Bake at 200° for 6 hrs.  
DO NOT add water to cover. May also be used on pork roast.

Mrs. Jack (Ramona) Camp  
Atlantic, Iowa  
Whirl - A - Ways

TUNA CRUNCH

    In a skillet cook 1/2 c. thinly sliced celery until tender. Stir in 1 can cream of mushroom soup. Add 1 can tuna, drained, 1 can Chop Suey vegetables drained, and rinsed in cold water. Heat till hot, serve over 1 (3 oz.) can crunchy Chow Mein noodles. You can mix with the Chow Mein noodles, and bake for 10 min. at 350°.

Stella Fletcher  
Kingsley, Iowa  
Kingsley Swingers

TURKEY CASSEROLE

2 c. turkey <u>or</u> chicken (chopped)	1/2 c. cracker crumbs
1 can cream of chicken soup	2 tsp. onion (chopped)
1 c. celery (finely chopped)	1/2 tsp. salt
1 c. slivered almonds	1 tsp. lemon juice
1/2 tsp. pepper	3 hard-cooked eggs (chopped)
1/2 c. mayonnaise	1/2 c. potato chips

    Combine all ingredients except potato chips. Mix and pour into casserole dish; sprinkle potato chips on top. Cook at 425° about 30 min. or until hot and bubbly. Yield: 6 servings.

Dot Anderson  
Newton, Iowa  
The Newton Squares



HOMEMADE CHILI

1 lb. hamburger	1/2 can tomato juice (more or less)
1 can red beans	
1 onion (chopped in small pieces)	1 can tomatoes

Shake salt, pepper, garlic salt and chili pepper in while hamburger and onions are cooking. You can add more hamburger and juice depending on the size of crowd. I have a deep old fashion iron skillet I use. Add beans and tomatoes, juice and cover and let simmer about 10-15 min.

Dorothy Berthof  
Waterloo, Iowa  
Twirling Eagles

DIFFERENT SCALLOPED CORN

1 can corn	Salt and pepper (to taste)
1 egg	1/4 c. evaporated milk
2 T. butter	1 can oysters <u>and</u> 1/2 liquid
3/4 c. cracker crumbs	

Mix all together and bake in 375° oven for 3/4 hr. Leftover oyster stew works very well also.

Irene Wittkop  
Jesup, Iowa  
Independence Merry Mixers

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

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

HAMBURGER PIE - A COMPLETE MEAL IN ITSELF

1 lb. ground beef	1 can tomato soup
2 T. onion (chopped)	1 can green beans
1/2 tsp. salt	5 small potatoes
Dash pepper	T. butter

Fry the ground beef and onions maid-rite style until the beef is done. Drain grease. Add the can of tomato soup, salt and pepper and cook until it simmers. Drain the juice from the can of green beans and add to the beef mixture. While cooking your ground beef, peel and dice your potatoes and put onto boil. When potatoes are done, mash them. Put your ground beef mixture in a 2 qt. casserole dish, then put your mashed potatoes on top. Add a tablespoon of butter on top of the potatoes. A little more salt and pepper, then bake in the oven for 15 min. at 350°. In just a few minutes you have a complete meal all in one dish; your meat, vegetable, and potatoes. Very delicious. Also easy!! Just the thing for the working girl who doesn't have a whole lot of time to prepare an evening meal.

Dean and Elaine Cox  
Waterloo, Iowa  
Moose Star Thrus

SAUSAGE STUFFING

This yields 12 c. - enough to stuff 16 lb. bird.

2 lb. pure pork sausage meat	2 c. water
14 c. dry bread cubes	1/4 c. onion (chopped)
2 c. celery (chopped)	2 tsp. salt
2 tsp. sage	

Pan fry sausage until brown and well cooked. Combine all other ingredients, mixing well. Stuff bird just before roasting. This recipe can be cut down and is very good with pork chops.

Elva Kress  
Quasqueton, Iowa

5 - HOUR BEEF STEW

2 lb. lean beef stew meat (cubed)	2 T. tapioca (briefly soaked in tomato juice)
1 c. tomato juice	
1 1/2 tsp. salt	2 c. potatoes (cubed)
1 T. Worcestershire sauce	1 c. celery (chopped)
2 c. carrots (sliced)	1 onion (quartered)

Combine all ingredients in large covered casserole.

Bake 5 hrs. at 275°. Do not peek!

Lefty and Darlene Meyer  
Olin, Iowa  
Stanwood Swingin Squares

ROUND STEAK SUPREME

Round steak for 5 or 6  
people

2/3-3/4 can of water

1/2 pkg. dry onion soup

1 can mushroom soup

Pound round steak, salt and pepper lightly, flour and brown in skillet. Mix soup, water and dry onion soup together and alternate, meat and soup in a roaster pan. Start and end with soup. Bake for at least 1 hr. at 325°. It is fork cutting tender and my Rogers favorite.

Sharon Nelson  
Rowley, Iowa  
Independence Merry Mixers

DRESSING

4 qt. dry bread  
4 eggs (beaten with 1 large  
can of Pet milk)  
2 tsp. salt  
1/2 tsp. pepper

4 c. broth  
1/2 c. onion (chopped)  
3 tsp. sage  
1 c. giblets (chopped, cooked)

Bake in 9x13 pan for 45 min. in 350° oven.

Bernice L. Fletchall  
Grimes, Iowa  
Do Si Dancers

HUSH PUPPIES

1 lb. ground beef	Salt and pepper (to taste)
3/8 c. rice	1 egg (beaten)
1/2 tsp. chili powder	1 can tomato sauce
1/2 tsp. oregano	Small onion (diced)

Cook rice, mix ingredient using 1/2 the sauce. Shape into balls. Pour remaining sauce over top. Bake 45 min. at 375°.

Virginia Templeton  
De Witt, Iowa  
Tower Twirlers

SALMON LOAF

1 lb. salmon	1 can cream of celery soup
Little onion	2 eggs
Cracker crumbs	Pepper

Bake 1 hr. at 350°.

Mary Pritchard  
Newton, Iowa  
Happy Whirler

MEAL IN A SKILLET

1 lb. ground beef	1 tsp. salt
2 T. shortening	1/4 tsp. pepper
2 T. onion (chopped)	1 tsp. prepared mustard
1 can tomatoes	1 can pork and beans

Brown beef in shortening; add remaining ingredients. Cover; simmer for 25 min. Yield: 6 servings.

Carolyn Hird  
Cedar Rapids, Iowa  
Belles and Beaux

SCALLOPED OYSTERS

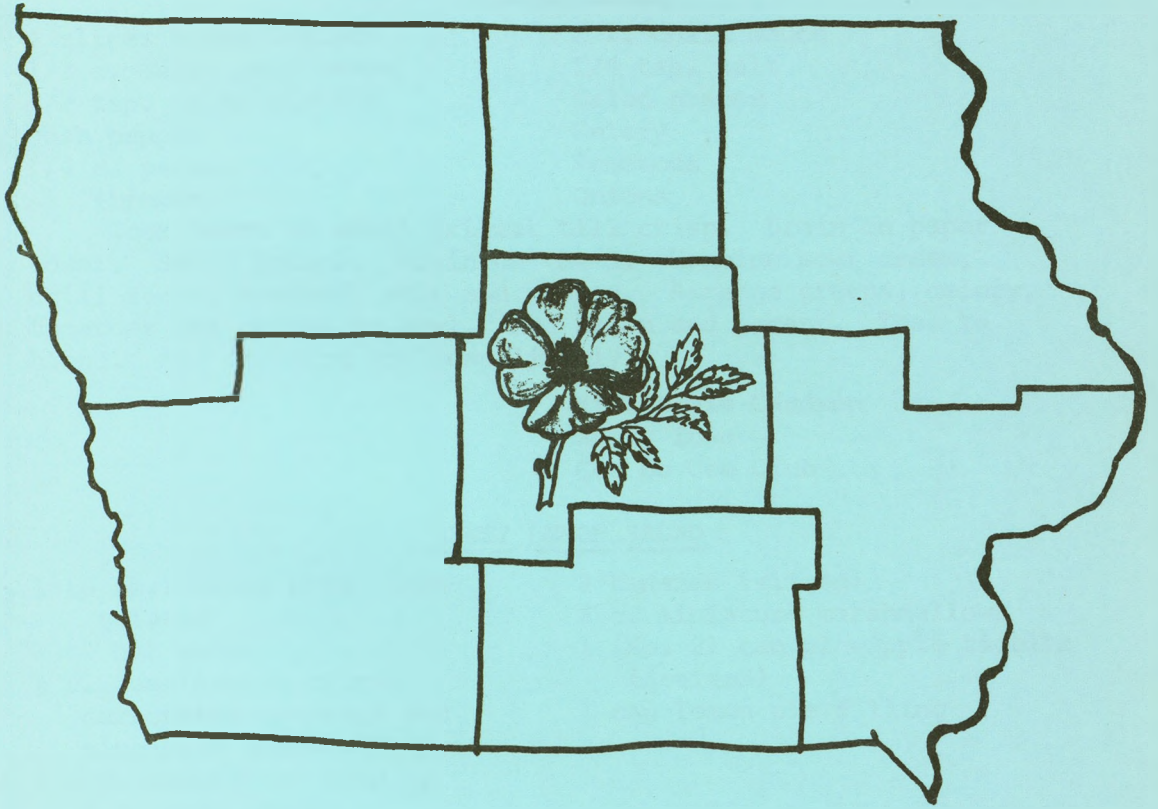
Drain juice from oysters. Wash oysters to remove all grit. Place alternate layers of crackers crumbs and oysters in a buttered dish, beginning and ending with crackers. Season each layer with salt, pepper, and lumps of butter. Strain oyster juice and pour juice over ingredients. Then add sufficient quantity of milk to fill casserole to about 1 in. from top of dish. Bake in hot oven until brown.

Florence Rowell  
Ottumwa, Iowa  
Boots and Slippers Club



ADDITIONAL RECIPES

# SALADS



*In the "Heart of Iowa" lies Iowa's capitol city, Des Moines. Ten minutes by car beyond the city, you can find old covered bridges, wooded campsites and hiking trails, river and lake recreation.*



## SALADS

SAVORY SALAD

4 slices bacon (diced)	2 T. chili sauce
1/2 c. dairy sour cream	1/4 tsp. salt
1/2 tsp. salad mustard	Salad greens
Dash pepper	Celery
1/4 c. pecans	Tomatoes
(broken)	Onions

Cook bacon in small skillet till crisp. Drain on paper towel. Sauté pecans. Drain on towel. Combine sour cream, chili sauce, mustard, salt and pepper. Arrange greens, celery, tomatoes and onions in bowl. Add bacon and pecans. Toss to blend. Add dressing and toss lightly.

Mrs. Neale Caudron  
Adel, Iowa  
Cee Do Cee Club

DEWEY LEMON SALAD

1 (6 oz.) large pkg. lemon gelatin	2 bananas (sliced)
2 c. hot water	2 c. miniature marshmallows
2 c. combination citrus carbonated beverage and pineapple juice	1 (No. 2) can pineapple tidbits (drained)
1 pkg. commercial whip <u>or</u> 1 c. whip cream	1 can lemon pie filling

Dissolve gelatin in hot water. Add beverage and pineapple juice. Let set until it begins to set. Fold in fruit and marshmallows. Pour in 9x13 pan and refrigerate until firm. Whip cream and fold in lemon pie filling until blended. Spread on gelatin and return to refrigerator.

Betty Meeker  
Waterloo, Iowa  
Round - A - Lets

PEAR SALAD

- |                                     |                   |
|-------------------------------------|-------------------|
| 1 pkg. lime Jello                   | 1 large can pears |
| 1 small carton whipping cream       |                   |
| 2 (3 oz.) Philadelphia cream cheese |                   |

Heat liquid from pears and add to Jello. Let stand till syrupy. Mash pears and cream cheese together and add to Jello. Fold in whipped cream. Refrigerate overnight. I always appreciated this recipe because I use home grown pears.

Mrs. La Verne Garms  
Monona Merry Mixers

SPINACH SALAD

- |  |                     |
|--|---------------------|
| 1 pkg. fresh spinach                         | 3 tsp. lemon juice  |
| 1 small red onion (sliced,<br>rings)         | 1 c. celery (diced) |
| 4 hard boiled eggs (sliced)                  | 1 carton sour cream |
| 1 pkg. Good Seasons cheese and<br>garlic mix |                     |

Toss lightly. Serves 6.

Alice Hoover  
Des Moines, Iowa  
Twink - L. Twirlers

TASTEE SALAD

- |   |                                  |
|---|----------------------------------|
| 1 can peach pie filling                                       | 1 c. marshmallows                |
| 1 (tall) can pineapple tidbits<br><u>or</u> crushed (drained) | 1 can mandarin oranges (drained) |

Mix and eat. Use your own imagination on variations. Easy to carry to picnics or camping. Open the cans and mix when you need it.

Jayne Jeys  
Davenport, Iowa  
Rhythm Rounders



TOSS SALAD DRESSING

2 c. salad oil                      2 c. sugar  
 2 tsp. salt                        1/2 tsp. garlic salt  
 1 c. Del Monte catsup            2 small onions (grated)  
 Put all in blender and beat 20 min. or until all mixed good.  
 Then blend in 1/2 c. vinegar and 1 tsp. ground celery seed. Beat  
 5 min. longer.

Gladys Ehlert  
 Pella, Iowa  
 Tulip City Squares

SAUERKRAUT SALAD

1 (No. 2) can sauerkraut            1/2 c. onion (chopped fine)  
 1/2 c. green pepper (chopped      1 1/4 c. sugar  
   fine)  
 1/2 c. celery (chopped fine)  
 Mix all together. Let stand covered 24 hrs. - 2 days or  
 better.

Mary De Lap  
 Davenport, Iowa  
 Rhythm Rounders

BING-ZING SALAD

1 pkg. black cherry Jello            1 small apple  
 1 can spiced white grapes          Nuts  
 1 can Bing cherries  
 Drain fruit and add enough water to juices to make 2 c.  
 liquid. Heat and dissolve Jello in hot liquid. Cool and add  
 fruits and nuts. Put in molds.

Virginia Templeton  
 De Witt, Iowa  
 Tower Twirlers

CRANBERRY SALAD

- |                                     |                |
|-------------------------------------|----------------|
| 1 lb. cranberries                   | 1 1/2 c. sugar |
| 1 (No. 2) can crushed pineapple     | Dash salt      |
| 1 lb. marshmallows                  |                |
| 1 c. whipped cream <u>or</u> 1 pkg. |                |

Dream Whip

Grind cranberries, cover with sugar and mix well. Stir occasionally during next half hour. Then add drained pineapple. After mixture has set an hour, add miniature marshmallows and salt. Stir well and put in refrigerator. You can dish by spoon or cut in squares for serving.

Judy Just  
Atlantic, Iowa  
Whirl - A - Ways

SPICED WHITE GRAPE SALAD

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1 (No. 2 ) can spiced seedless grapes | 1 T. lemon juice        |
| 1 (8 oz.) can crushed pineapple       | 1/4 c. nuts (chopped)   |
| 1 pkg. lime gelatin                   | 1 3/4 c. liquid         |
|                                       | 1/2 c. celery (chopped) |

Drain syrup from grapes and pineapple and add water to make up the 1 3/4 c. liquid. Heat. Add lemon juice and gelatin. Chill until partially set and then add the grapes, pineapple, celery and nuts. Chill until firm. Serve with salad dressing combined with whipped cream.

Melva Kaufman  
Des Moines, Iowa  
Scoot and Scat

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

FRUIT BASKET UPSET

Place in large bowl:

- |   |  |
|---|--|
| 1 (8 oz.) can fruit cocktail<br>(drained) | 1/2 c. halved seedless green<br>grapes |
| 2 bananas (peeled and diced)              | 1/2 c. sliced strawberries             |
| 1 small apple (cut into<br>small pieces)  | 5 maraschino cherries (cut up)         |
|   | 1 c. miniature marshmallows            |

Whip 1/2 c. whipping cream, until stiff and tint with 2 tsp. maraschino cherry juice. Fold whipped cream into fruit. Garnish with fresh strawberries and green grapes. Refrigerate until ready to serve. Any type of fruit may be added to suit individual needs.

Mrs. Dale Meyer  
Sumner, Iowa  
Belles 'n Beaus

CONFETTI

Combine 2 (11 oz.) cans mandarin oranges and 2 c. miniature marshmallows. Refrigerate 2 hrs. Add 2 c. cold cooked rice and 1 chopped walnut (cup). Fold in 1 pkg. whipped topping that has been mixed according to directions. Refrigerate for at least 1 hr. and serve.

Betty Minneck  
Cedar Rapids, Iowa  
Twirlin' Travelers

Gossips have been catalogued in three different types:

- The vest-button type - always popping off;
- The vacuum cleaner type - always picking up the dirt;
- The liniment type - always rubbing it in.

CABBAGE SALAD

8 c. shredded cabbage                      1 onion (cut fine)  
 2 green or red peppers (diced)        2 c. carrots (grated)

Prepare vegetables in large bowl.

1 1/2 c. sugar

1 c. vinegar

Heat sugar and vinegar and add 1 envelope Knox gelatin dissolved in 1/4 c. cold water.

1 tsp. salt

1/4 tsp. pepper

1 T. celery seed

Cool this mixture and add 1 c. salad oil. Beat with spoon until well blended. Chill and mix in vegetables. Store in refrigerator 24 hrs. before using. Keeps well.

Norma Springer  
 Fayette, Iowa  
 Swinging Squares

CRANBERRY RELISH

1 lb. cranberries washed and spread in a baking dish. Sprinkle 2 1/2 c. sugar over cranberries. Cover and let stand for 30 min. Cover with foil and bake in oven 350° for 1 hr. just before the hour is up put in nutmeats. When hour is up stir in 1 c. your favorite marmalade, juice of 1 lemon. Cool and serve.

Mrs. Opal Murray  
 Kingsley, Iowa  
 Kingsley Swingers

POTATO SALAD

This makes 2 large bowls.

20 lbs. potatoes (cooked and  
 diced when cool)

2 doz. cooked eggs (chopped)

1 c. onion (chopped)

1 c. celery (chopped)

DRESSING:

1 qt. salad dressing

4 tsp. salt

2 c. sugar

1/2 jar mustard

1 pt. sandwich spread

Jane Schultz  
 Le Mars, Iowa  
 Country Cousins

BEAN SALAD

- |                    |                                  |
|--------------------|----------------------------------|
| 1 can green beans  | 1 can yellow beans               |
| 1 can kidney beans | 1/2 green pepper (cut in strips) |

Drain beans well, combine with other vegetables. Cover with following dressing:

- |                  |               |
|------------------|---------------|
| 3/4 c. sugar     | 1 tsp. salt   |
| 1/3 c. salad oil | 1 tsp. pepper |
| 2/3 c. vinegar   |               |

Refrigerate overnight.

Mrs. Flora Bell Kuhn  
Independence, Iowa  
Independence Merry Mixers

CRANBERRY RING MOLD

- |  |                                     |
|--|-------------------------------------|
| 1 (9 oz.) can (1 c.) crushed<br>pineapple  | 1 c. celery (chopped)               |
| 1 (10 oz.) pkg. frozen cranberry<br>relish | 1/2 c. English walnuts<br>(chopped) |

- 1 pkg. cherry flavored gelatin

Drain pineapple, reserving syrup. Add water to syrup to make 1 c.; heat. Dissolve gelatin in hot water mixture. Add frozen relish; stir until thawed. Add remaining ingredients. Pour into 5 c. mold; chill until firm. 8-10 servings.

Marion Benzing  
Calmar, Iowa  
Swinging Squares

BLENDER RUSSIAN DRESSING

- |                             |   |
|-----------------------------|---|
| 3/4 c. sugar                | 1/2 tsp. salt                           |
| 1/4 c. salad vinegar        | 1/3 c. catsup                           |
| 1 tsp. Worcestershire sauce | 1 small onion <u>or</u> clove of garlic |
- Blend all these together. Slowly add and blend in 1 c. salad oil. When blended add 1/2 tsp. celery seed.

Ellen Krezek  
Clutier, Iowa  
Twirling Eagles



DO AHEAD DESSERT SALAD

1 (14 oz.) can fruit cocktail	1 c. pecans
(drain and save liquid)	1/2 c. maraschino cherries
1 (3 oz.) pkg. strawberry Jello	2 c. miniature marshmallows
1 (8 oz.) pkg. cream cheese	1 pt. whipping cream
1/3 c. mayonnaise	

Bring 1 c. liquid from fruit to a boil. Add Jello and stir until dissolved. Chill until thick and syrupy. Beat softened cream cheese, add mayonnaise and gelatin. Beat until free of lumps. Fold in nuts, fruit, marshmallows and whipped cream. Spoon into 9x13 pan. Freeze.

Opal McDanel  
Des Moines, Iowa  
Levis "N" Lace

RHUBARB SALAD

2 c. rhubarb (diced, fresh or frozen)  
1/2 c. sugar

Simmer until rhubarb is soft (about 12 min.). Add 1 (3 oz.) pkg. strawberry Jello and 1 (3 oz.) pkg. cream cheese which has been cubed. Stir until dissolved. I put it in the blender. After the mixture has cooled to room temperature fold in the following:

2/3 c. celery (finely chopped)	1 pkg. whipped topping (prepared
2/3 c. pecans (chopped)	according to directions)

Refrigerate until firm in a 11x7 pan.

Myrtle Wood  
Hawarden, Iowa  
Redi Mixers

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

PICNIC SLAW

- |                              |                        |
|------------------------------|------------------------|
| 1 big head cabbage (grated)  | 1 1/2 c. sugar         |
| 1 big green pepper (chopped) | 2 tsp. mustard seeds   |
| 1 big rib celery (sliced)    | 2 tsp. turmeric powder |
| 2 c. apple vinegar           | 3/4 tsp. salt          |

Combine vegetables. Combine remaining ingredients and bring to boiling point. Cool slightly and pour over vegetables. Put into gallon jar, cover and refrigerate a day or two. Keeps for weeks in refrigerator.

Leah Caudron  
Dallas Center, Iowa  
Cee Do Cee

COTTAGE CHEESE SALAD

- |                              |                          |
|------------------------------|--------------------------|
| 2 pkg. lemon Jello           | Graham cracker crumbs    |
| 1 c. whipped cream (whipped) | 1 c. hot water           |
| (Dream Whip can be used)     | 16 marshmallows (cut up) |
| 1 c. cottage cheese          |                          |

Dissolve Jello in hot water. Chill until slightly thickened. Add whipped cream, cottage cheese and marshmallows. Line pan with graham cracker crumbs, reserving some crumbs for the top. Put Jello mixture over crumbs and top with remaining crumbs. Chill until ready to serve. Serves 8.

Pat Buffington  
Buffalo, Iowa  
Wagon Wheelers

I've come to this conclusion,  
That it's possible for me  
To respect a lot of people  
With whom I disagree.

HOT CHICKEN SALAD

2 c. cooked chicken (cubed)	2 T. lemon juice
2 c. celery (thin sliced)	2 tsp. onion (grated)
1 c. toasted bread crumbs	1/2 tsp. salt
1 c. mayonnaise	1/2 c. cheese (grated)
1/2 c. toasted slivered almonds	

Either 1 c. croutons or potato chips for top. Heat oven to 400°. Combine all ingredients except croutons and cheese. Pile lightly in baking dish, sprinkle with cheese and croutons or potato chips. Bake 10-15 min. or until bubbly. Serves 6. This may also be made with tuna or crab meat.

Lorraine Brazzell  
Sioux City, Iowa  
Soo Puffers

CHERRY SALAD

1 pkg. cherry Jello	1 (No. 303) can crushed pineapple
1 can cherry pie filling	1 c. boiling water

Dissolve Jello in water and add pie filling and drained pineapple. Top with whipped cream to whirl a small amount of salad dressing is added.

Marie Landis  
Manchester, Iowa  
Country Cousins

WALDORF SALAD

3 c. apples (diced)	1/2 c. heavy cream
1 c. miniature marshmallows	1 c. seedless grapes
1/2 c. Miracle Whip salad dressing	1/2 c. walnut halves

Whip cream and dressing and mix in all other ingredients. Serve on lettuce leaf.

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Bells and Beaus

BAKED GERMAN POTATO SALAD

1 c. bacon (diced)	2/3 c. sugar
1 c. celery (diced)	2/3 c. vinegar
1 c. onions (chopped)	1 1/3 c. water
3 tsp. salt	8 c. cooked potatoes (sliced)
1/2 tsp. pepper	
3 T. flour	

Fry bacon, drain. Return 4 T. fat to skillet, add celery, onions, salt and flour. Cook gently, add sugar, pepper and water. Bring to a boil. Pour over potatoes and bacon in a 3 qt. baking dish. Cover, bake 30 min., at 350°. Serves 12.

Judy Conrad  
Maurice, Iowa  
Soo Mor Swingers

CUCUMBER SALAD

6 slicing cucumbers (peel and slice)	1 c. vinegar
1 c. onions (chopped)	1 1/2 c. sugar
Mix and let set in refrigerator overnight.	Scant 1/4 c. salt

Mrs. Harvey Kuhlmann  
Sumner, Iowa  
Bells and Beaus

FROSTED ORANGE SALAD

1 small carton cottage cheese	1 can mandarin oranges
1 box orange Jello (dry)	(drained)
1 small carton Cool Whip	

Mix well. Let set a few hours before serving.

Mrs. Eleanor Courtright  
Ida Grove, Iowa  
Ree and Rhythm Club

COMPANY QUICK SALAD

1 pkg. pineapple orange Jello	1/2 c. nutmeats
1 pt. vanilla ice cream	1 c. Longhorn cheese (grated)
1 small can crushed pineapple	

Drain pineapple and grate cheese. Dissolve Jello in 1 c. hot water, add ice cream. Stir until dissolved. Add cheese, pineapple and nutmeats. Place in refrigerator. Ready in approximately 30 min.

Marj Clinton  
Des Moines, Iowa  
Scoot and Scat

ORANGE JELLO SALAD

1 pkg. orange Jello	1 can mandarin oranges
1 pkg. Dream Whip <u>or</u> Lucky Whip	(drained)

Make Jello as directed. When Jello begins to set, add mandarin oranges and Dream Whip (whipped according to pkg. directions). Stir until thoroughly mixed. Chill until fully set.

Marilyn Lee  
DeWitt, Iowa  
Tower Twirlers

FRENCH DRESSING

Combine:

1 can tomato soup	2 T. Worcestershire sauce
3/4 c. vinegar	1 c. salad oil
1 tsp. dry mustard	1/2 c. sugar
1 tsp. onion (grated)	Salt and pepper

Mix well or shake. Makes 1 qt.

Jayne Jeys  
Davenport, Iowa  
Circle Four



RAIN WATER DRESSING

1/2 pt. vinegar	2 tsp. salt
1/4 tsp. pepper	3/4 c. water
1 1/2 c. sugar	

Bring this to a boil.

Henrietta Moore  
Bettendorf, Iowa  
Le Valley Stars

THOUSAND ISLAND DRESSING

Combine 2 T. chopped onion, 1 c. chili sauce, 2 T. relish, 6 hard boiled eggs, 2 1/2 c. mayonnaise and 1 tsp. Worcestershire sauce. Chop the eggs fine. Mix altogether. Makes 1 qt.

Jayne Jeys  
Davenport, Iowa  
Circle Four

CRISP SMALL CUCUMBER PICKLES

8 lbs. medium <u>or</u> small cucumbers	8 c. white sugar
2 c. lime	1 T. salt
2 gal. water	1 tsp. celery seed
2 qts. vinegar (or less to taste)	1 tsp. whole cloves
	1 tsp. mixed pickling spices

Slice medium cucumbers in 1/4 in. slices or split small cucumber length wise. Pour a solution of 2 c. lime and 2 gal. water over the cucumbers letting soak 24 hrs. Pour off lime water, rinse well, cover with fresh cold water. Let soak 3 hrs. and drain. Add sugar, vinegar spices and enough water to cover cucumbers. Let stand overnight. In the morning boil gently 30-40 min. Pack and seal.

Doris Beer  
Hampton, Iowa  
Dudes and Dolls

ZESTY COLE SLAW

1 solid head cabbage (shredded)	1/2 green pepper (diced)
3 stalks celery (diced)	1 1/2 tsp. salt
1 small onion (chopped)	1 tsp. celery seed
3 T. sugar	1/4 c. vinegar
Dash pepper	
1 c. mayonnaise <u>or</u> 1/2 c.	
mayonnaise and 1/2 c.	
sour cream	

Mix vegetables and seasonings, add 1/4 c. vinegar, let stand 15 min. Drain excess liquid and add mayonnaise, or cream and mayonnaise, mixed. Cover and refrigerate 1 hr. or overnight.

Dorothy Scott  
Sioux City, Iowa  
Soo Puffers

FRENCH DRESSING

1/2 c. oil	1/4 c. vinegar
2 tsp. salt	2 tsp. paprika
1/2 c. catsup	1/3 c. brown sugar
1/2 c. white sugar	

Mix.

2 T. onion (grated)  
Juice of 1/2 lemon

1 garlic bud  
Dash pepper  
  
Gisela Kalitzki  
Indianola, Iowa  
Su - Z - Q's

BING CHERRY SALAD

2 pkg. cherry Jello	1 pt. Bing cherries
1 c. celery (cut fine)	1 c. nutmeats (fine)

Mix Jello as directed and add rest of ingredients and refrigerate.

Jolene Smith  
Atlantic, Iowa  
Whirl - A - Ways

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We hope you are enjoying using this Cook Book and find it useful in your kitchen. This book was printed by GENERAL PUBLISHING AND BINDING of Iowa Falls, Iowa, which is a Company that was founded by two women who are dedicating their time to printing Cook Books for Churches and other organizations at a cost that they can afford to pay. Our aim is to help others with money making projects by printing your favorite recipes in book form.

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