

WILD ROSE



RECIPES

21st NATIONAL
SQUARE DANCE
CONVENTION

JUNE 22, 23, 24, 1972

VETERANS AUDITORIUM
DES MOINES, IOWA

WILD ROSE RECIPES

BILL AND BEVERLY ROMBEK
CO EDITORS

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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

TABLE OF CONTENTS

| | | | | |
|---------------------|-----------|-----|---|-----|
| BEVERAGES AND SOUPS | - - - - - | 9 | - | 18 |
| SNACKS | - - - - - | 19 | - | 22 |
| BREADS | - - - - - | 23 | - | 36 |
| CAKES | - - - - - | 37 | - | 58 |
| CANDY | - - - - - | 59 | - | 68 |
| VEGETABLES | - - - - - | 69 | - | 84 |
| COOKIES | - - - - - | 85 | - | 100 |
| PIES | - - - - - | 101 | - | 118 |
| MEATS | - - - - - | 119 | - | 142 |
| SALADS | - - - - - | 143 | - | 156 |
| INDEX | - - - - - | 157 | - | 170 |

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.

Lyonnaise: 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.

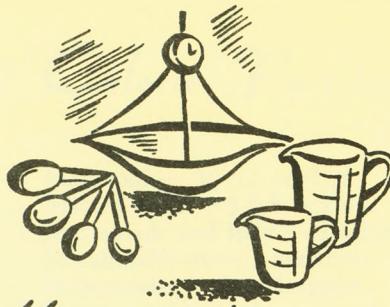
Toss: To lightly mix ingredients without mashing them.

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 = 1/2 pint
2 cups = 1 pint
2 pints = 1 quart
1 tablespoonful = 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 2/3 cups brown sugar = 1 pound
2 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 = 1/4 cupful
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 = 1/2 pound
1 lemon = 3 tablespoons juice



Weights and Measures

Standard Abbreviations

| | |
|-------------------|----------------------|
| t. — teaspoon | d.b. — double boiler |
| T. — tablespoon | B.P. — baking powder |
| c. — cup | oz. — ounce |
| f.g. — few grains | lb. — pound |
| pt. — pint | pk. — peck |
| qt. — quart | 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

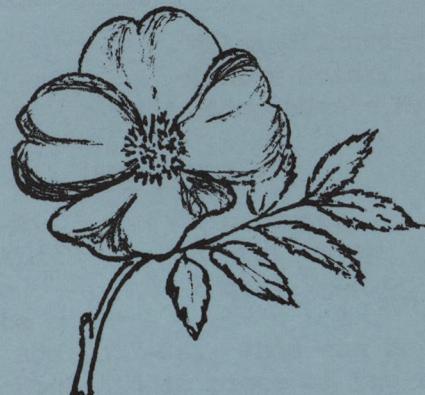
| |
|---|
| 2 tablespoons of fat = 1 ounce |
| 1 cup of fat = $\frac{1}{2}$ pound |
| 1 pound of butter = 2 cups |
| 1 cup of hydrogenated fat plus $\frac{1}{2}$ t. salt = 1 cup butter |
| 2 cups sugar = 1 pound |
| $2\frac{1}{2}$ cups packed brown sugar = 1 pound |
| $1\frac{1}{3}$ cups packed brown 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 — $\frac{1}{2}$ 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- |
| Crackers — graham — $2\frac{1}{2}$ crackers | spoons seeded |
| Cream — thick — 1 tablespoon | Rhubarb — stewed and sweetened |
| Cream — thin — 4 tablespoons | — $\frac{1}{2}$ cup |
| Cream sauce — 4 tablespoons | Rice — cooked $\frac{3}{4}$ cup |
| Dates — 3 to 4 | Rolls — 1 medium |
| Doughnuts — $\frac{1}{2}$ doughnut | Rutabagas — $1\frac{2}{3}$ cups |
| Eggs — $1\frac{1}{2}$ eggs | Sausage — 2 small |
| Fish — fat — size of 1 chop | Sauerkraut — $2\frac{1}{2}$ cups |
| Fish — lean — size of 2 chops | Sherbet — 4 tablespoons |
| Flour — 4 tablespoons | Spinach — $2\frac{1}{2}$ cups |
| Frankfurter — 1 small | Squash — 1 cup |
| French dressing — $1\frac{1}{2}$ tablespoons | Strawberries — $1\frac{1}{3}$ cups |
| Grapefruit — $\frac{1}{2}$ large | Sugar — brown — 3 tablespoons |
| Grape juice — $\frac{1}{2}$ cup | Sugar — white — 2 tablespoons |
| Grapes — 20 grapes | Tomatoes — canned — 2 cups |
| Gravy — 2 tablespoons | Tomatoes — fresh — 2 to 3 medium |
| Ice cream — $\frac{1}{4}$ cup | Turnips — 2 cups |
| Lard — 1 tablespoon | Walnuts — 8 to 16 meats |
| Lemons — 3 large | Watermelon — $\frac{3}{4}$ slice 6 inches |
| Lettuce — 2 large heads | diameter |

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 / SOUP



the most important to maintain with a
wide variety of soups to suit all occasions
and all appetites. Many of these soups
are very simple to prepare.

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 or 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
2 T. whole allspice up)

Place in bottom of pot:

| | |
|--|---------------------------|
| 2 qts. water | 4 bottles cranberry juice |
| 1/2 c. brown sugar | cocktail |
| 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
Chick-a 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 pkgs. cherry Kool-Aid
1 can orange concentrate
2 qts. ginger-ale or 7-Up

2 c. sugar
1 can lemon concentrate
8 qts. water

Mrs. Frieda Schatz
De Witt, Iowa
Tower Twirlers

RHUBARB JAM

4 c. rhubarb (finely cut)
4 c. sugar
1 small can crushed pineap-

1 small pkg. raspberry or
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 (unpeeled) (1/8 in. thick) | 6 c. sugar |
| 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

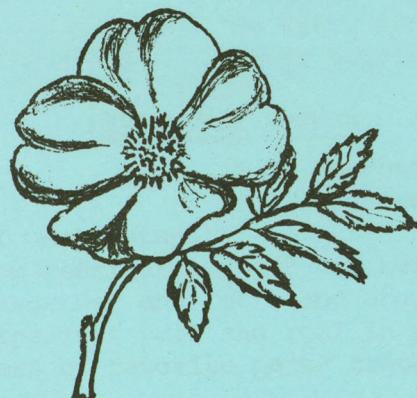
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|-----------------------|-------------------------|
| 1 gal. tomatoes | 2 c. green sweet pepper |
| 2 c. sweet red pepper | 1 c. sugar |
| 1 c. hot pepper | 1 tsp. mustard seed |
| 3 tsp. salt | 3 tsp. mixed spices |
| 1 tsp. celery seed | 2 1/2 c. 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> braunschweiger | 1 T. Worcestershire sauce |
| | 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

1 tsp. garlic salt

(do not substitute)

1/4 tsp. garlic powder

1 tsp. horseradish

1 tsp. tarragon vinegar (do not

1 tsp. onion (minced)

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 (or any other) | 1 tsp. paprika |
| | 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

CHEESE - 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.

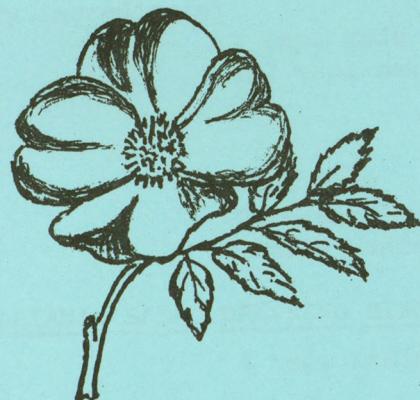
Lois Swalley
Cedar Rapids, Iowa
Circle Eights

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.

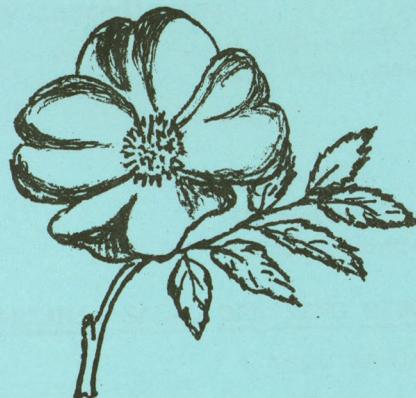
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BREADS



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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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.

B R E A D S

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 or 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. Kellogg's 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 tsp. caraway seed in liquid (optional) |
| 1/2 c. warm water | 1/2 rye and 1/2 white flour (about 12 c.) |
| 1 tsp. molasses | |
| 3 tsp. lard | |

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. shortening
 1 pkg. dry yeast

1/2 c. sugar
 8 c. flour

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
 2 c. lukewarm water
 6 1/2 c. flour
 1/2 c. shortening

1/2 c. sugar
 2 tsp. salt
 3 eggs

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)

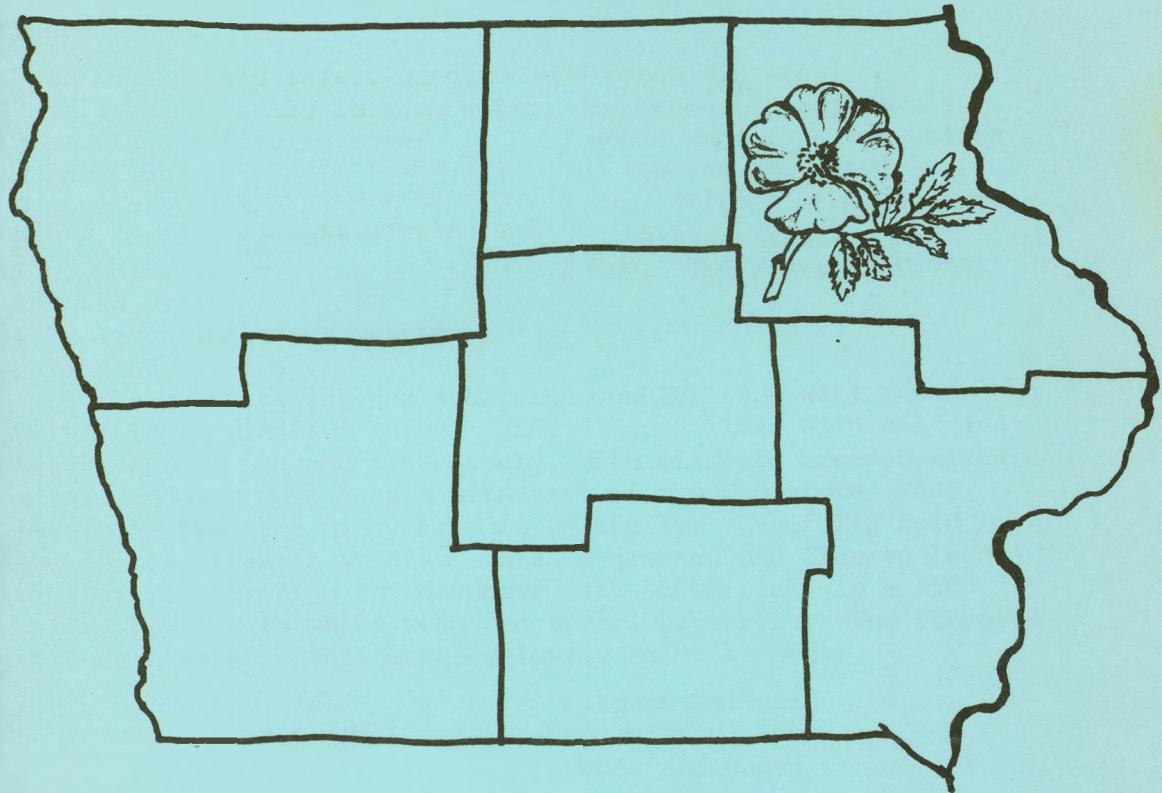
16-18 c. flour

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 or 4 egg whites
 (beaten separately)
 1 c. whole milk 2 tsp. Calumet baking powder
 5/8 c. Crisco or butter (s.a.s. type)
 1 c. white sugar 2 tsp. rose water (optional)
 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 loses money loses much;
 He who loses a friend loses more,
 but he who loses faith loses 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 or 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) |
| 1 egg | 2 c. flour |
| 1 c. sour milk | 1 1/2 c. rhubarb (cut up fine) |

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 |
| 1 c. sugar | 2 T. flour (heaping) |
| 3 egg yolks | 1/2 c. nuts |
| 1 c. milk (scalding) | 1 tsp. vanilla |
| | 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

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
 1 tsp. baking powder
 1/4 tsp. soda
 1/2 tsp. salt
 1/3 c. butter
 1 c. sugar

2 eggs (separated)
 2 sq. Bakers chocolate unsweetened (melted and cooled)
 3/4 c. "Millers High Life" beer

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
 2 1/2 tsp. baking powder

Pinch salt
 1 1/3 c. sugar

Add:

1/2 c. shortening
 1 egg

1 tsp. vanilla
 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 2 eggs

1/2 c. shortening

Sift and add:

2 c. flour 1 tsp. cinnamon

1 tsp. soda 1 tsp. salt

1/2 tsp. nutmeg

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

1/2 c. nuts

2 T. flour

1/4 c. butter (melted)

2 T. water

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) | 1 c. English walnuts |
| 2 tsp. soda | 2 eggs |
| 1 c. sugar | 2 c. flour |
| 1 1/2 c. mincemeat | 1/4 c. orange juice (full strength) |
| 3/4 c. raisins | 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 or 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 or 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 powder |
| 4 eggs | |
| 3 c. fine graham cracker crumbs | 1 c. sugar |
| 1 c. nuts (finely chopped) | 2 tsp. vanilla |
| | 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 egg
1 c. nuts
1/2 tsp. vanilla

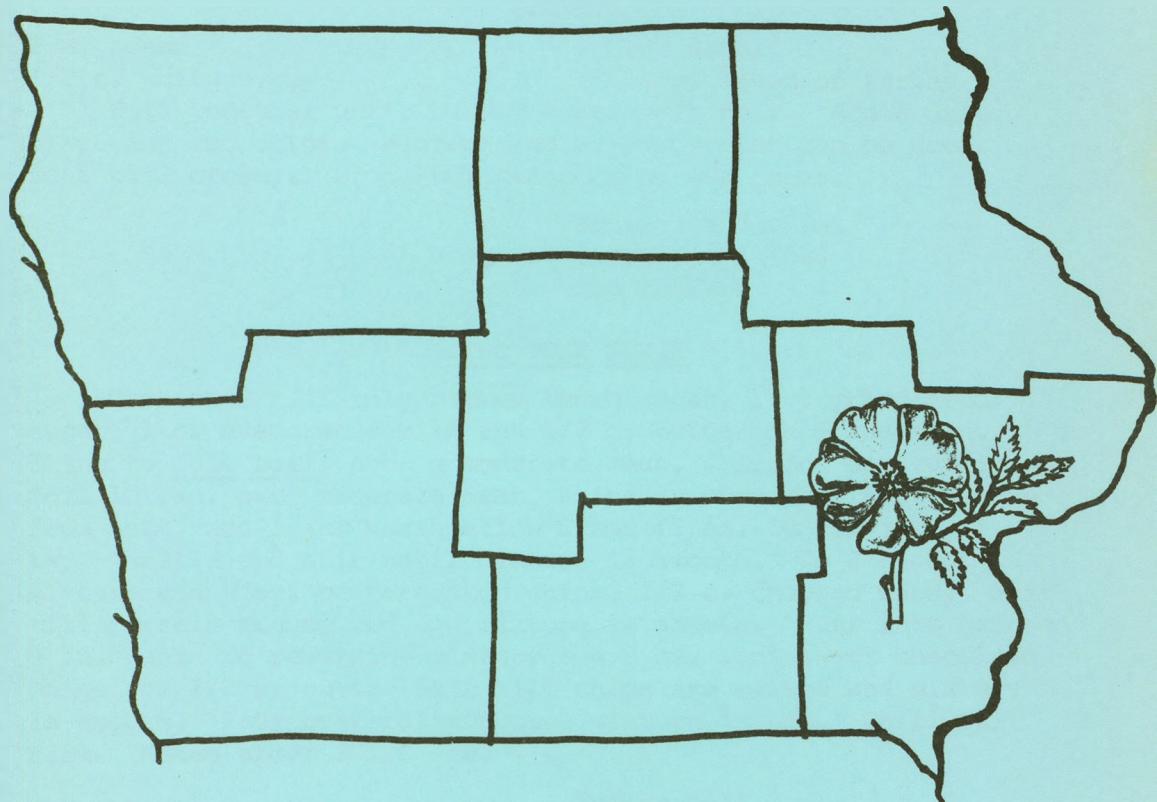
1 T. cornstarch (heaping)
1 c. sour cream or 1 c. evap-
orated milk with 1 T.
vinegar to sour (canned
sour cream will not work)

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 large can milk |
| 1/4 lb. butter | |

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. butterscotch chips |
| 6 oz. pkg. chocolate 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 | 1/2 c. light corn syrup |
| 1/4 c. hot water | |

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 tsp. vanilla |
| 1 T. butter | |

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 | 4 T. cocoa |
| 1 1/2 c. milk | 2 T. butter |
| 2 tsp. vanilla | 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. white corn syrup |
| 1/2 c. water | |

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 c. white corn syrup |
| 1/2 c. cold water | 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

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.

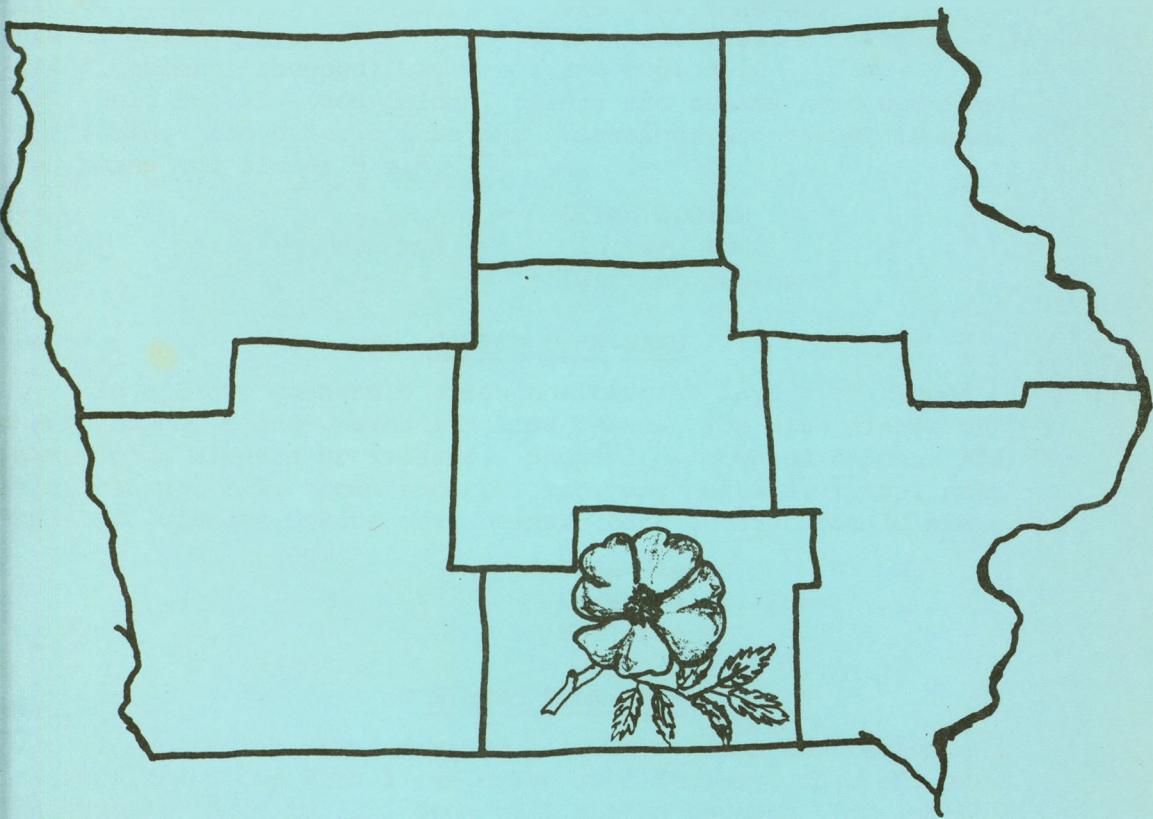
Karen Roeder
Des Moines, Iowa
Levis "N" Lace

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 pork and beans |
| 1 large can kidney beans | 1 large can green lima beans |
| 8 slices bacon (cut in small pieces and brown) | Scant 1/2 c. vinegar |
| 2 medium onions (browned in bacon fat) | 1 T. dry mustard |
| 1 c. brown sugar | 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. salt |
| 1/2 tsp. baking powder | 3 eggs (well beaten) |
| 1 c. milk | 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 (drained, 30 chunks) | 3 shakes ground cloves |
| 6 T. brown sugar | 3 or 4 strips bacon <u>or</u> cubed 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
 1 (6 oz.) can mushrooms
 3 T. soy sauce (I don't put
 this much in - can be
 added when you eat it)

8 slices bacon (cooked and
 crumbled)
 2 eggs (beaten)
 2 T. salad oil
 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 or margarine
 1/4 tsp. pepper
 1 can asparagus
 4 hard boiled eggs
 Milk

1 tsp. salt
 1/4 c. flour
 1 pimiento
 1/2 c. cheese (grated)
 (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, pimiento 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 large head cabbage
 (coarse shred)
 2 large onions (chopped)
 1 clove garlic (minced)

1 (14 oz.) pkg. large shell
 macaroni (cooked in salted
 water)

Accent

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
 potatoes

1 c. flour
 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
1/2 c. sweet cream

1 tsp. salt
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)
2 c. potatoes (sliced)
1/2 can milk

1 can cream of mushroom soup
1 onion (diced)
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 |
| 1/2 c. wine vinegar | 1 tsp. salt |
| | 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 |
| 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. | 5 hard cooked eggs (sliced) |

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

1/4 c. sour cream

1 lb. ground beef

1/3 c. minced onion

2 (8 oz.) cans tomato sauce

1 T. minced green pepper

1 c. cottage cheese

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) | |
| 1 c. cream style corn | 24-30 soda crackers (crushed, reserve an adequate amount for topping) |
| 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 potatoes | 1 c. flour |
| 1 tsp. salt | 3 T. cream |

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 |
| Pinch onion | smoke) |
| 4 slices bacon or 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 drained) |
| 3 eggs (well beaten) | |
| 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 Willemsen

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.

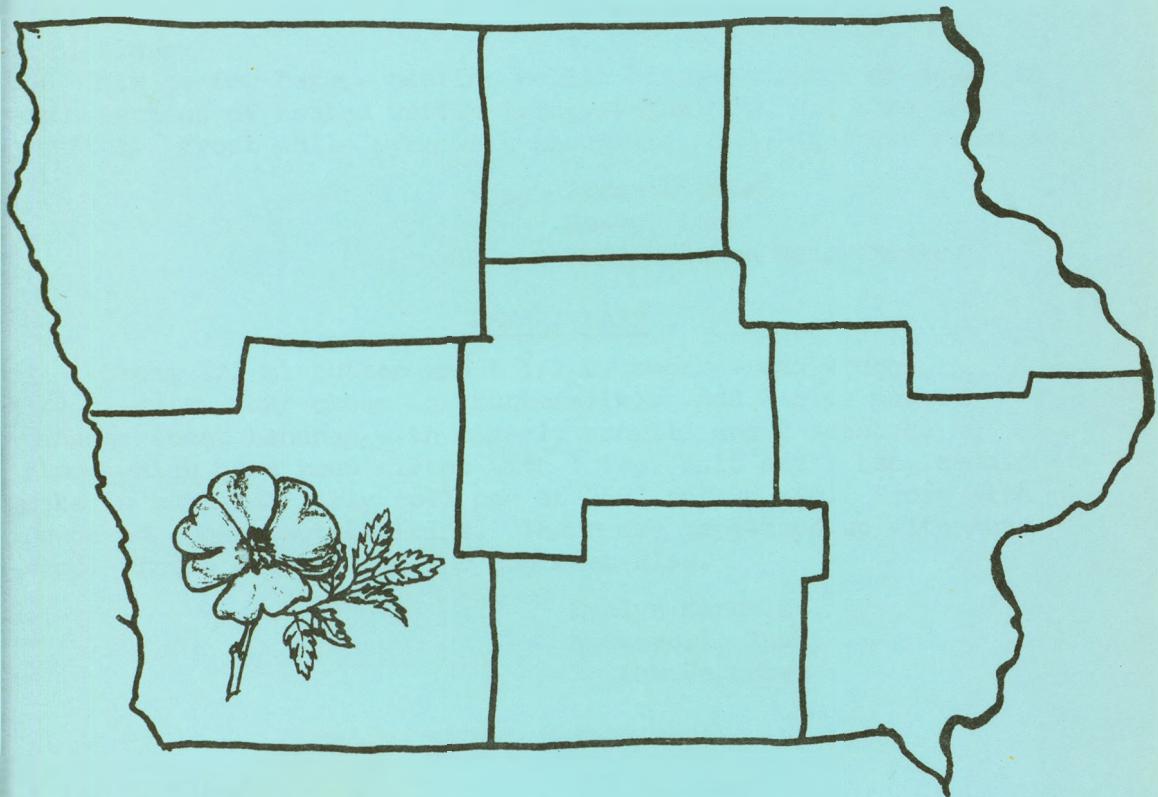
May the meals that I prepare
Be seasoned from above
With thy blessing and thy grace,
But most of all...thy love.

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 c. shortening
 4 eggs
 2 c. flour

1/2 c. cocoa
 1/4 tsp. salt
 2 tsp. vanilla

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
 3/4 c. brown sugar

1/2 c. oleo

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 | 1 1/2 tsp. soda |
| cocktail (undrained) | 1 tsp. vanilla |
| 2 1/4 c. flour (sifted) | 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> | 1/2 c. butter |
| cream | |

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 c. brown sugar | 1 tsp. salt |

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 McDaniel
Des Moines, Iowa
Levis "N" Lace

GUMDROP COOKIES

| | |
|----------------------|------------------------|
| 1 c. oil | 1 c. brown sugar |
| 1 c. white sugar | 2 eggs |
| 1 c. coconut | 2 c. flour |
| 1/4 tsp. salt | 1 tsp. soda |
| 1 tsp. baking powder | 1 tsp. vanilla |
| 2 c. oatmeal | 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. soda |
| 1/2 tsp. salt | |

Add:

| | |
|-------------------|----------------------------------|
| 2/3 c. shortening | 1/2 c. sweet <u>or</u> sour milk |
| 1 c. brown sugar | 1 tsp. vanilla |
| 1 egg | |

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
2 eggs (beaten)
1 tsp. vanilla

1 c. sugar
8 oz. dates

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
1/2 c. shortening
3 c. flour
1 c. nuts
1 c. raisins (cooked and drained)
2 eggs

1 c. raisin juice (cooled)
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
Salt

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

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 lemonade concentrate (thawed) |
| 1 c. sugar | |
| 2 eggs | |
| 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 FourSTRAWBERRY 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.

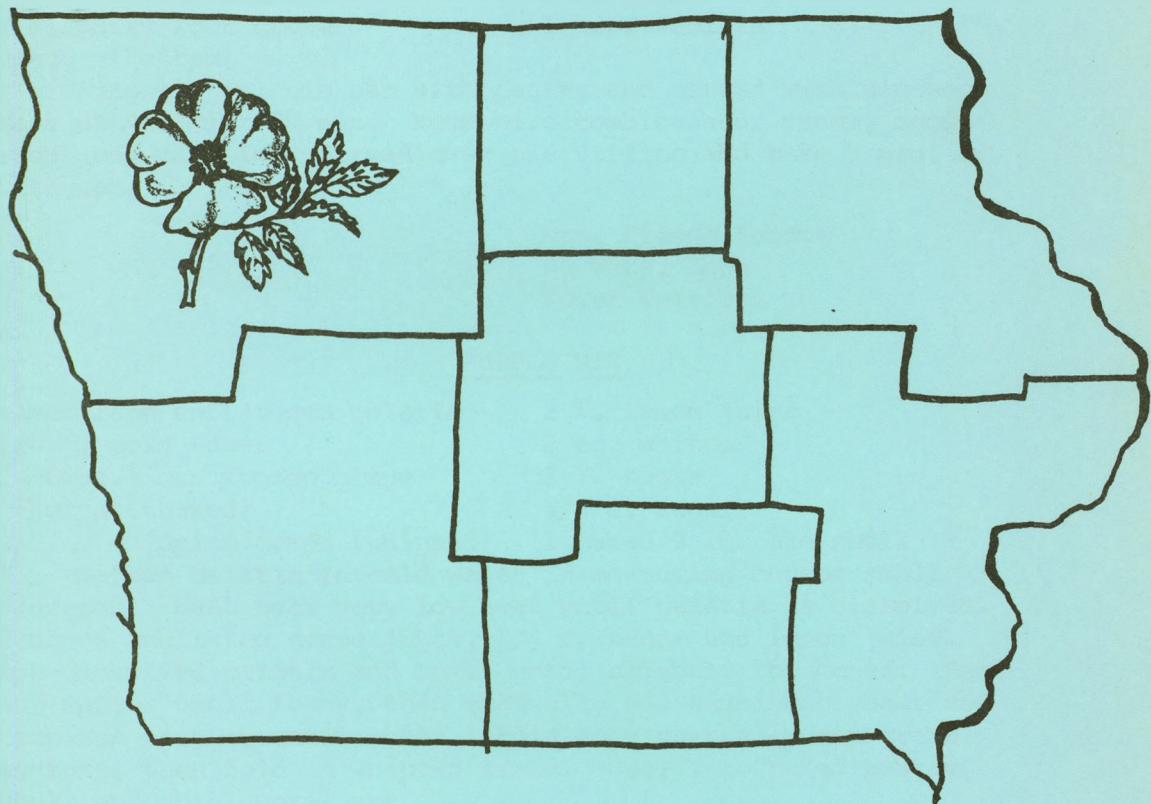
Mabel Vauthren
Des Moines, Iowa
Happy Whirlers

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.



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 |
| 1/2 c. whipping cream (whipped) | 1/4 c. sugar |
| | 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. butter (melted) |
| 1/3 c. white sugar | |

Filling:

| | |
|--------------------------|-----------------------|
| 1 envelope plain gelatin | 3 egg yolks (beaten) |
| 1 c. milk | 3 egg whites (beaten) |
| 1/2 c. sugar | 1 c. whipped cream |
| 1/4 c. cold water | 1 tsp. vanilla |
| Pinch salt | |

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, sliced) | 1 tsp. cinnamon |
| 4 tsp. lemon juice | 1/4 tsp. salt |
| 3/4 c. white sugar | 1/2 tsp. nutmeg |
| | 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) | Cinnamon (if preferred) |
| 1 1/2 c. sugar | Little salt |
| 3 T. flour | 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 | 1/2 c. flour (sifted) |
| 1/4 c. sugar | 1 egg (lightly beaten) |
| 1/4 tsp. cinnamon | 1 tsp. vanilla |
| 1 T. butter | 1/2 tsp. baking powder |
| 1/2 c. sugar | |

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 or 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
 3/4 c. butter (oleo)
 3/4 c. sugar

4 eggs
 1 tsp. vanilla

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
 1 c. milk

2 T. sugar

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

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 c. granulated sugar
 1/2 tsp. vanilla

1/2 c. peanut butter
 3 eggs (well beaten)

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
 Dash salt
 1/3 c. confectioners' sugar
 (sifted)

1 tsp. vanilla
 1 c. cream (whipped)

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 1/2 c. brown sugar
Pinch salt

1 tsp. vanilla
1 T. butter (melted)
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
2 eggs
1 c. powdered sugar

1/2 lb. cream-filled chocolate
cookies (rolled or ground
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 c. grainy bulk lard |
| 1 1/2 tsp. salt | |

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 small tsp. vinegar

1 1/4 c. lard

5 T. cold water

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

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ADDITIONAL RECIPESCHOCOLATE CHIP COOKIES

1/2 c. shortening
1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 c. flour
1/2 t. baking powder
1/2 t. salt
1/2 c. chocolate chips
1/2 c. nuts

CHOCOLATE HONEYCHOCOLATE CHIP COOKIES

1/2 c. shortening
1/2 c. sugar

1/2 c. flour
1/2 t. baking powder
1/2 t. salt
1/2 c. chocolate chips
1/2 c. nuts
1/2 c. honey

CHOCOLATE CHIP COOKIES

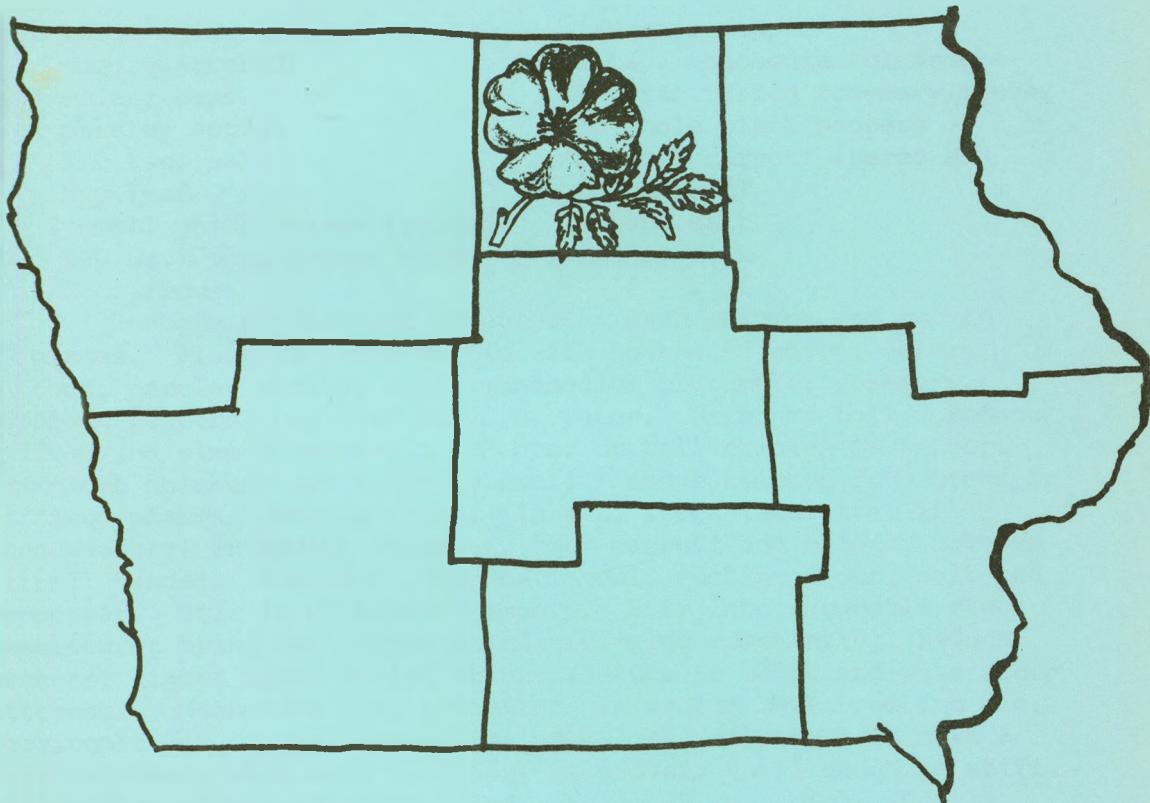
1/2 c. shortening
1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 c. flour
1/2 t. baking powder
1/2 t. salt
1/2 c. chocolate chips
1/2 c. nuts

CHOCOLATE CHIP COOKIES

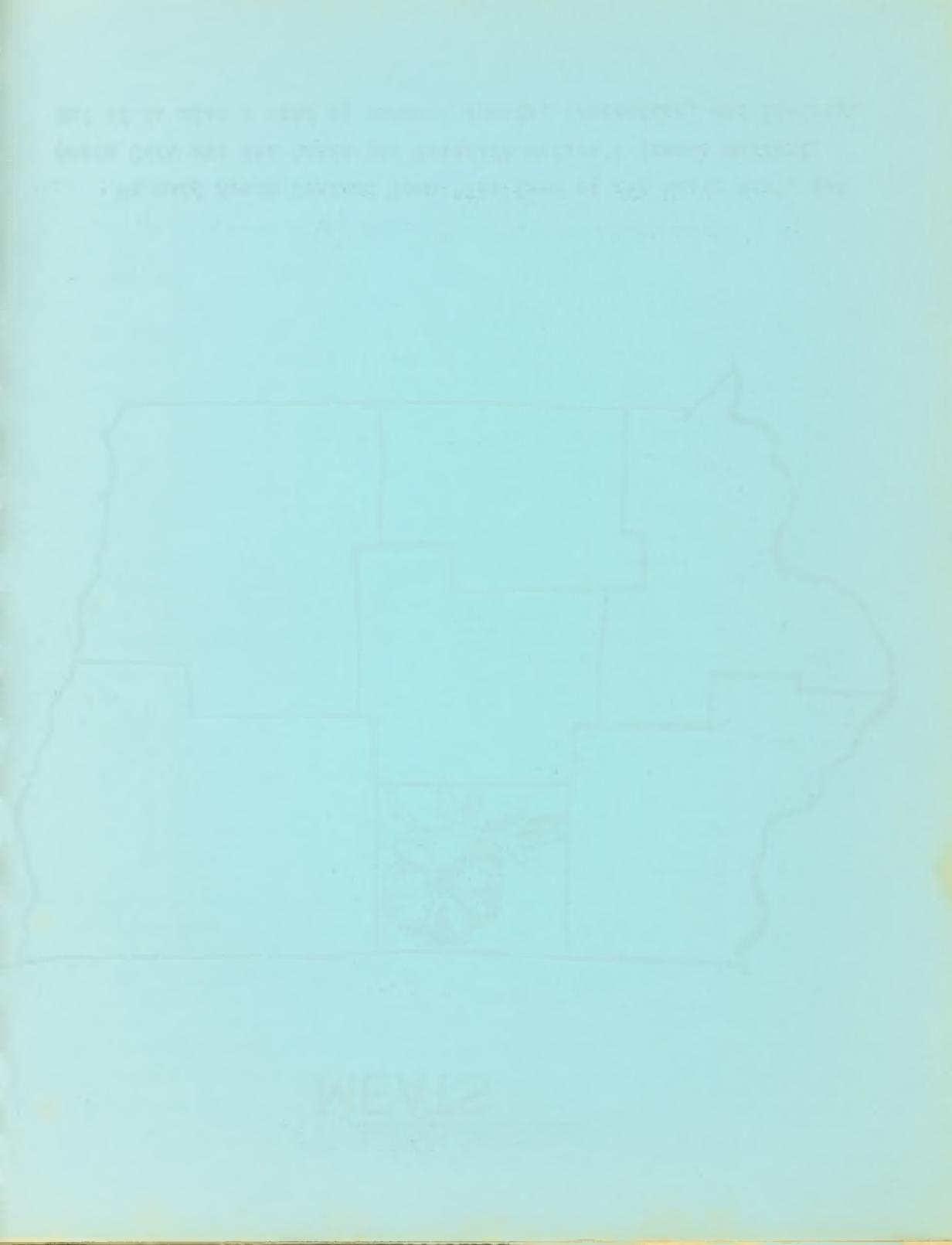
1/2 c. shortening

1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 c. flour
1/2 t. baking powder
1/2 t. salt
1/2 c. chocolate chips
1/2 c. nuts

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.



STREAM

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
steak liquid
1 pkg. brown gravy mix
2 T. white wine vinegar
2 T. brown sugar
Simmer 1 1/2-2 hrs.

1 T. minced onion
1 tsp. Worcestershire sauce
1/2 tsp. ginger
Salt and pepper

Mrs. Ron Kreitzer
Cresco, Iowa
Cresco Squares

CHEESE BARBECUE

1 lb. Longhorn cheese
1 medium onion
1 c. stuffed olives
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 marinading 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) | 2 cloves garlic mint |
| 1/2 c. salad oil | 2 c. brown sugar |
| 1 bottle beer | 1/3 c. Worcestershire sauce |
| 1 bottle chili 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 | 1/8 tsp. dry mustard |
| 1 c. oatmeal | 1 egg |
| 3/4 c. milk | 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 | Dash pepper |
| 1 lb. ground beef | 2 1/2 c. tomato juice |
| 1 egg (beaten) | 1/2 tsp. margarine |
| 2 tsp. onion (grated) | 1/2 tsp. sugar |
| 2 tsp. salt | |

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 tsp. onion (chopped) |
| 1 c. cooked ham (chopped) | 1 1/2 c. light cream sauce |
| 2 T. green pepper (chopped) | Buttered crumbs <u>or</u> Croutons |
| 2 hard boiled eggs (chopped) | 1 can mushroom soup |
| 1/4 c. American cheese (grated) | 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
 1/4 c. butter (melted)

1 c. rice

1 can chicken broth

1 can cream of chicken soup

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 or 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 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 can green beans
 1 can mushrooms

1 (1 lb.) can boned chicken
 1 can mushroom soup

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
 1/4 c. dry bread crumbs
 1/8 tsp. pepper
 1/4 c. celery (finely chopped)

1 egg (beaten)
 1 tsp. salt
 2 T. minced onion

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 or small onion
 1 c. lima beans

1 c. celery (diced)

1 can water

1 can mushrooms

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 and oil (as needed for sautéeing) | 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 onion soup mix | frozen hash brown potatoes (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 CASSEROLE2 c. turkey or 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 can tomatoes |
| 1 onion (chopped in small pieces) | |

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)
 1 c. tomato juice
 1 1/2 tsp. salt
 1 T. Worcestershire sauce
 2 c. carrots (sliced)

2 T. tapioca (briefly soaked in tomato juice)
 2 c. potatoes (cubed)
 1 c. celery (chopped)
 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
 3/8 c. rice
 1/2 tsp. chili powder
 1/2 tsp. oregano

Salt and pepper (to taste)
 1 egg (beaten)
 1 can tomato sauce
 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
 Little onion
 Cracker crumbs

1 can cream of celery soup
 2 eggs
 Pepper

Bake 1 hr. at 350°.

Mary Pritchard
 Newton, Iowa
 Happy Whirler

MEAL IN A SKILLET

1 lb. ground beef
 2 T. shortening
 2 T. onion (chopped)
 1 can tomatoes

1 tsp. salt
 1/4 tsp. pepper
 1 tsp. prepared mustard
 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

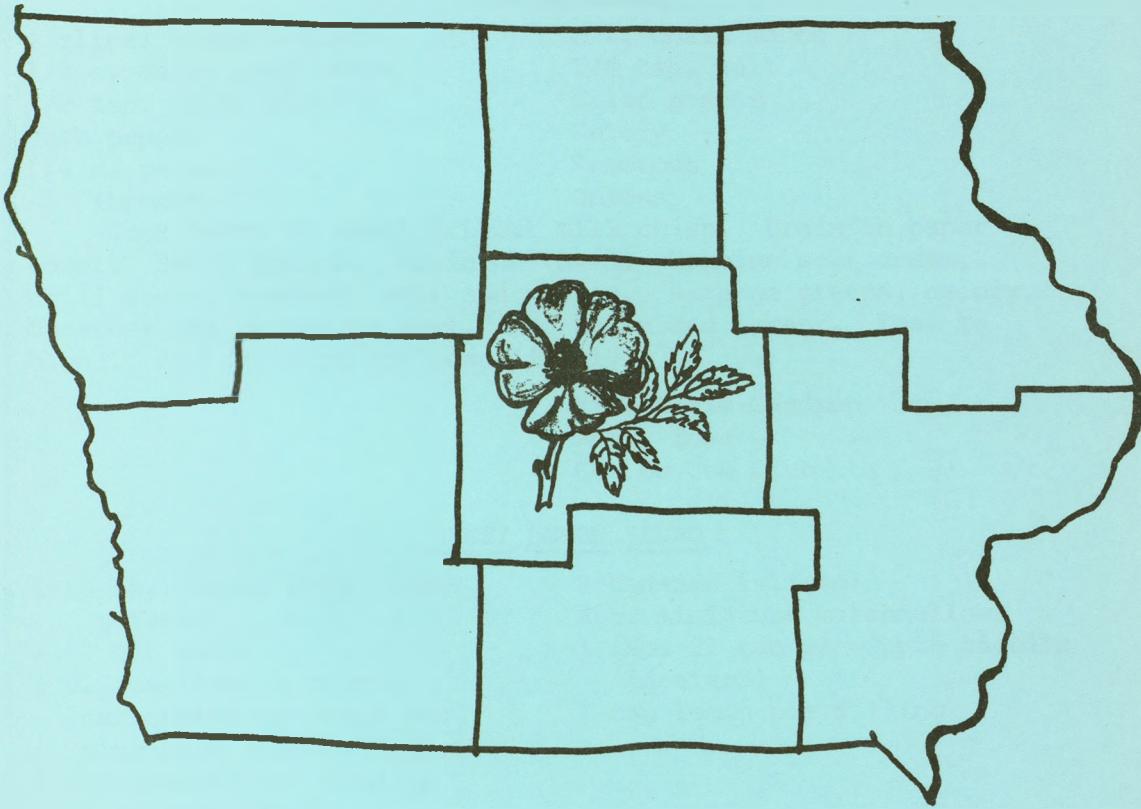
Drain juice from oysters. Wash oysters to remove all grit. Place alternate layers of crackers crumbs and oysters in a buttered dish, beginning and ending with crackers. Season each layer with salt, pepper, and lumps of butter. Strain oyster juice and pour juice over ingredients. Then add sufficient quantity 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 (broken) | Tomatoes |
| | 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,
rings)

1 c. celery (diced)

4 hard boiled eggs (sliced)

1 carton sour cream

1 pkg. Good Seasons cheese and
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
or 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

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 1/4 c. nuts (chopped) |
| 1 (8 oz.) can crushed pineapple | 1 3/4 c. liquid |
| 1 pkg. lime gelatin | 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 (drained) | 1/2 c. halved seedless green grapes |
| 2 bananas (peeled and diced) | 1/2 c. sliced strawberries |
| 1 small apple (cut into 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)
 1 c. celery (chopped)

2 doz. cooked eggs (chopped)
 1 c. onion (chopped)

1 qt. salad dressing
 2 c. sugar
 1 pt. sandwich spread

DRESSING:

4 tsp. salt
 1/2 jar mustard

Jane Schultz
 Le Mars, Iowa
 Country Cousins

BEAN SALAD

1 can green beans
1 can kidney beans

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

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

3/4 c. sugar
1/3 c. salad oil
2/3 c. vinegar

1 tsp. salt
1 tsp. pepper

Refrigerate overnight.

Mrs. Flora Bell Kuhn
Independence, Iowa
Independence Merry Mixers

CRANBERRY RING MOLD

1 (9 oz.) can (1 c.) crushed
pineapple

1 c. celery (chopped)
1/2 c. English walnuts
(chopped)

1 (10 oz.) pkg. frozen cranberry
relish
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
1/4 c. salad vinegar
1 tsp. Worcestershire sauce

1/2 tsp. salt
1/3 c. catsup

1 small onion or 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 (drain and save liquid) | 1 c. pecans |
| 1 (3 oz.) pkg. strawberry Jello | 1/2 c. maraschino cherries |
| 1 (8 oz.) pkg. cream cheese | 2 c. miniature marshmallows |
| 1/3 c. mayonnaise | 1 pt. whipping cream |

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) (Dream Whip can be used) | 1 c. hot water |
| 1 c. cottage cheese | 16 marshmallows (cut up) |

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 |
| | Scant 1/4 c. salt |

Mix and let set in refrigerator overnight.

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 or 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 |
| | 1 T. salt |
| 2 c. lime | 1 tsp. celery seed |
| 2 gal. water | 1 tsp. whole cloves |
| 2 qts. vinegar (or less to taste) | 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) | 1 garlic bud |
| Juice of 1/2 lemon | 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

INDEX

| | |
|--|-----------|
| Glossary of Kitchen Aids | Pages 5-7 |
| Kitchen Weights and Measures | 8 |

BEVERAGES AND SOUPS

| | |
|---|----|
| Delicious Summer Drink | 9 |
| Red Punch | 9 |
| Men's Specialty - Cocktail | 9 |
| Men's Specialty - Tom and Jerry's | 10 |
| Patio Punch | 10 |
| Hot Cranberry Punch | 11 |
| Percolator Punch | 11 |
| Penny Punch | 11 |
| Open House Punch | 12 |
| Wedding Punch | 12 |
| Wedding Punch | 12 |
| Hot Apple Cider | 13 |
| Punch | 13 |
| Rhubarb Jam | 13 |
| Apple Butter | 13 |
| Rhubarb Jam | 14 |
| Rhubarb Jam | 14 |
| Grape Jelly | 14 |
| Corn Cob Jelly | 15 |
| Sweet Pickle Slices | 15 |
| Pickled Beets | 15 |
| Homemade Tomato Soup | 16 |
| Potato Soup | 16 |

Continued Next Page.

INDEX (Continued).

| | |
|-------------------------------|----|
| Split Pea Soup | 16 |
| Kosher Dills | 17 |
| Sweet Dill Pickles | 17 |
| Cinnamon Rings | 17 |
| Pronto Pups (Cocktailwieners) | 18 |
| Hot Catsup | 18 |

SNACKS

| | |
|--------------------------|----|
| Crab Meat Dip | 19 |
| Liverwurst Spread | 19 |
| Liverwurst Spread or Dip | 19 |
| Blue Cheese Whip | 20 |
| Green Pepper Dip | 20 |
| Curry Dip | 20 |
| Cheese Sandwich Loaf | 21 |
| Cheese Spread | 21 |
| Cheese Ball | 21 |
| Cheddar - Beer Cheese | 22 |

BREADS

| | |
|----------------------------------|----|
| Carrot Bread | 23 |
| Marian's Salad Dressing Biscuits | 23 |
| Aunt Fannie's Kolache | 24 |
| Crust Bread | 24 |
| Noodles | 25 |
| Apricot Pastries | 25 |
| Refrigerator Muffins | 25 |

Continued Next Page.

INDEX (Continued).

| | |
|--|----|
| Prune Stick | 26 |
| Waffles | 26 |
| Apple Bread | 27 |
| Corn Fritters | 27 |
| Easy Noodles | 27 |
| Date Bread | 28 |
| Syrian Nutmeg Coffee Cake | 28 |
| Swedish Rye Bread | 29 |
| Doughnut Muffins | 29 |
| Date Bread | 29 |
| Bran Muffins | 30 |
| Fluffy Cottage Cheese Pancakes | 30 |
| Doughnuts in Rhyme | 30 |
| Mom's Apple Roll | 31 |
| Griddle Cakes | 31 |
| Quick Coffee Cake | 32 |
| Cherry Nut Bread | 32 |
| Pumpkin Bread | 33 |
| Hop Toads | 33 |
| Bohemian Nut Slices | 34 |
| Rye Bread | 34 |
| Over - Night Cinnamon Rolls | 35 |
| Never Fail Rolls | 35 |
| Buns - A Working Girls Buns! | 36 |

CAKES

| | |
|---------------------------|----|
| Rose Petal Cake | 37 |
| Bakeless Cake | 38 |

Continued Next Page.

INDEX (Continued).

| | |
|---|----|
| Lemon Cake | 38 |
| Coke Cake | 39 |
| Iowa Chocolate Cake | 39 |
| Apple Cake Dessert | 40 |
| Whipped Cream Cake | 41 |
| Banana Cake | 41 |
| Rhubarb Cake | 42 |
| Strawberry Dream Cake | 42 |
| Raisin Cake Filling | 42 |
| Overnight Cake | 43 |
| Eggless - Milkless - Butterless Cake | 43 |
| Poor Man Cake | 44 |
| Carrot Cake | 44 |
| Heavenly White or Chocolate Angel Food Cake | 45 |
| Atomic Cake | 45 |
| Chocolate Beer Cake | 46 |
| Easy One Egg Cake | 46 |
| Pound Cake | 47 |
| Deep Dark Secret | 47 |
| Chocolate Marshmallow Cake | 48 |
| Miracle Whip Cake | 48 |
| Raw Apple Cake | 49 |
| Mincemeat Fruit Cake | 49 |
| 20 Minute Fudge Chocolate Cake | 50 |
| Prune Cake | 51 |
| I've - Got - A - Secret Cupcakes | 51 |

Continued Next Page.

INDEX (Continued).

| | |
|---|----|
| Never Fail Cupcakes | 52 |
| Chocolate Creme Filled Cupcakes | 52 |
| Filled Chocolate Cupcakes | 53 |
| Cupcake Brownies | 53 |
| Quantity Chocolate Cake | 54 |
| Best Ever Chocolate Cake | 54 |
| Beer Cake | 55 |
| Icing | 55 |
| 22 Minute Cake (Brownies) | 56 |
| Caramel Frosting | 56 |
| Frosting | 57 |
| Indiana Icing | 57 |
| Frosting | 57 |
| Bakers Frosting | 58 |

CANDY

| | |
|---------------------------------|----|
| Fondant | 59 |
| Two Tone Fudge | 59 |
| Fudgesicles | 59 |
| Snow Ice Cream | 60 |
| Bon Bon Candy | 60 |
| Candy Canes | 60 |
| Peanut Brittle | 61 |
| Walnut Divinity Fudge | 61 |
| Caramel Squares | 61 |
| Bourbon Balls | 62 |

Continued Next Page.

INDEX (Continued).

| | |
|---------------------------------------|----|
| Five Minute Fudge | 62 |
| Marshmallow Fudge Candy (Easy) | 63 |
| Mello - Chocolate Candy | 63 |
| Peanut Brittle | 63 |
| Chocolate Fudge Candy | 64 |
| Divinity | 64 |
| Anise Candy | 64 |
| Oven Caramel Corn | 65 |
| Popcorn Balls | 65 |
| Caramel Corn | 65 |
| Strawberries | 66 |
| Fudge Sauce | 66 |
| Creme De Menthe Topping For Ice Cream | 66 |
| Chocolate Fudge | 67 |
| Shaggy Dogs | 67 |
| Pudding Pops | 67 |
| Christmas or Party Mints | 68 |

VEGETABLES

| | |
|--------------------------------|----|
| Green Beans with Herbed Butter | 69 |
| Calico Bean - Bake | 69 |
| String Bean Bake | 69 |
| Bean Casserole | 70 |
| Cheese Omelet | 70 |
| Green Beans Supreme | 70 |
| Luau Beans | 71 |
| French Fried Onions | 71 |

Continued Next Page.

INDEX (Continued).

| | |
|--|----|
| Corn Fritters | 71 |
| Fried Rice | 72 |
| Escalloped Asparagus | 72 |
| Lasanka | 73 |
| Rice Casserole | 73 |
| Nordic Fest Lefse | 73 |
| Potato Casserole | 74 |
| Lefse | 74 |
| Golden Casserole | 74 |
| Panned Corn and Zucchini In Butter | 75 |
| Pickled Beets | 75 |
| Scalloped Corn | 75 |
| Scalloped Cabbage | 76 |
| Broccoli Casserole | 76 |
| Celery Casserole Oriental | 76 |
| Cauliflower Antipasto | 77 |
| Asparagus Casserole | 77 |
| Rice Casserole | 77 |
| Vegetable Casserole | 78 |
| Creamy Noodle Bake | 78 |
| Celery Casserole | 78 |
| Scalloped Corn | 79 |
| Potatoes Ala Schatz | 79 |
| Nordic Fest Lefse | 79 |
| Onion Rings | 80 |
| Pork 'N Bean Casserole | 80 |
| Vegetable Scallop | 81 |

Continued Next Page.

INDEX (Continued).

| | |
|--------------------|----|
| Broccoli Hot Dish | 81 |
| Baked Carrots | 81 |
| Saucey Green Beans | 82 |
| Sweet Potato Bake | 82 |
| Men's Specialty | 83 |

COOKIES

| | |
|-----------------------------|----|
| Waffle Iron Cookies | 85 |
| Banana Bars | 85 |
| Salted Peanut Bars | 85 |
| Chocolate Chip Bars | 86 |
| Chocolate Syrup Brownies | 86 |
| Boiled Chocolate Icing | 86 |
| Great Oatmeal Bar | 87 |
| Butterbrickle Bars | 87 |
| Cranberry Cookies | 87 |
| Fruit Punch Bars | 88 |
| Christmas Wreath Cookies | 88 |
| Butterscotch Brownies | 89 |
| Pineapple Nut Cookies | 89 |
| Apricot Bars | 89 |
| Butterscotch Yummies | 90 |
| Gumdrop Cookies | 90 |
| Easy Chocolate Drop Cookies | 90 |
| Anise Cookies | 91 |
| Oatmeal Party Squares | 91 |
| Oatmeal Applesauce Bars | 91 |

Continued Next Page.

INDEX (Continued).

| | |
|--|----|
| Coconut Balls | 92 |
| Buttermilk Brownies | 92 |
| Butter Cookies | 93 |
| Potato Chip Cookies | 93 |
| Pecan Roll | 94 |
| Potato Chip Cookies | 94 |
| Sweet Hearts | 95 |
| No Roll Sugar Cookies | 95 |
| Date Logs | 96 |
| Raisin Sheet Cookies | 96 |
| French Sugar Cookies | 96 |
| Whole Wheat Cookies | 97 |
| Lemonade Cookies | 97 |
| Soft Molasses Sugar Cookies | 97 |
| Poor Man Cookies | 98 |
| Apricot Bars | 98 |
| Old Fashioned Sour Cream Cookies | 99 |
| Strawberry Cookies | 99 |

PIES

| | |
|--------------------------------|-----|
| Special Mince Pie | 101 |
| Purple Pie | 101 |
| EggNog Pie | 102 |
| Apple Pan-Pie | 103 |
| Fresh Peach Pie | 103 |
| Pumpkin Pie | 104 |
| Coconut Macaroon Pie | 104 |

Continued Next Page.

INDEX (Continued).

| | |
|---|-----|
| Crazy Crust Apple Pie | 105 |
| Pecan Tarts | 105 |
| Rhubarb Pie | 106 |
| Cake Top Apple Pie | 106 |
| Peach Pie | 106 |
| Grasshopper Pie | 107 |
| Rhubarb Pie Delight | 107 |
| Creme De Menthe Pie | 107 |
| Pecan Pie | 108 |
| Chocolate Cream Pie | 108 |
| Gooseberry Pie | 109 |
| Delicious Pumpkin Pie | 109 |
| Paper Sack Apple Pie | 109 |
| Rockshire Chocolate Pie | 110 |
| Chocolate Chip Pie | 110 |
| "Mile High" Lemon Chiffon Pie | 111 |
| Soda Cracker Pie | 111 |
| Peanut Butter Pie | 112 |
| Layered Raspberry Pie | 112 |
| Pecan Tarts | 113 |
| Frozen French Pastry | 113 |
| Twin Apple Pies | 114 |
| Pumpkin Pie | 114 |
| Rhubarb Delight Pie | 115 |
| Banana Parfait Pie | 115 |
| Strawberry Pie | 115 |

Continued Next Page.

INDEX (Continued).

| | |
|----------------------------------|-----|
| Super Strawberry Pie | 116 |
| 7-Up Pie Crust | 116 |
| Pie Crust | 116 |
| "Never Fail" Pie Crust | 117 |
| Foolproof Pie Crust | 117 |
| Never Fail Pie Crust | 117 |

MEATS

| | |
|--|-----|
| Chicken Pot Pie | 119 |
| Escalloped Chicken | 120 |
| Escalloped Chicken | 120 |
| Barbeque Coon Sauce | 120 |
| Sauerbraten | 121 |
| Cheese Barbecue | 121 |
| Frank and Green Bean Casserole | 122 |
| Scalloped Chicken Supreme | 122 |
| Pheasant | 123 |
| Curried Broiled Shrimp | 123 |
| Chicken (Baked) and Dressing | 123 |
| Beer Sauce | 124 |
| Meat Ball Stew | 124 |
| Porcupine Meat Balls | 124 |
| Salmon Fritters | 125 |
| Swiss Onion Steak | 125 |
| Prairie Hot Dish | 125 |
| Pork Chops Supreme | 126 |
| Ham Patties Deluxe | 126 |
| 7 Can Casserole | 126 |

Continued Next Page.

INDEX (Continued).

| | |
|---|-----|
| Broccoli and Ham Casserole | 127 |
| Round Steak | 127 |
| Breaded Chicken | 127 |
| Ham Loaf With Pineapple Topping | 128 |
| Delicious Fried Fish | 128 |
| Meat Balls and Green Beans | 128 |
| Pheasant with Rice | 129 |
| Barbecued Spareribs | 129 |
| Chicken Chow Mein | 129 |
| Chicken For Company | 130 |
| Swiss Steak | 130 |
| Barbecued Shrimp | 131 |
| Hot Corn Beef Sandwiches | 131 |
| Hamburger Casserole | 131 |
| Chicken Noodle Casserole | 132 |
| Salisbury Steak | 132 |
| Casserole - 12 Servings | 132 |
| Roast With Wine Sauce | 133 |
| Meat and Potato Pie | 134 |
| Meat Loaf | 134 |
| Barbecued Spareribs | 135 |
| Corned Beef Noodle Casserole | 135 |
| Beef Lima Skillet | 135 |
| Beef Roast | 136 |
| Tuna Crunch | 136 |
| Turkey Casserole | 136 |
| Homemade Chili | 137 |

INDEX (Continued).

| | |
|---|-----|
| Different Scalloped Corn | 137 |
| Hamburger Pie - A Complete Meal in Itself | 138 |
| Sausage Stuffing | 138 |
| 5 - Hour Beef Stew | 139 |
| Round Steak Supreme | 139 |
| Dressing | 139 |
| Hush Puppies | 140 |
| Salmon Loaf | 140 |
| Meal In A Skillet | 140 |
| Scalloped Oysters | 141 |

SALADS

| | |
|------------------------------------|-----|
| Savory Salad | 143 |
| Dewey Lemon Salad | 143 |
| Pear Salad | 144 |
| Spinach Salad | 144 |
| Tastee Salad | 144 |
| Toss Salad Dressing | 145 |
| Sauerkraut Salad | 145 |
| Bing-Zing Salad | 145 |
| Cranberry Salad | 146 |
| Spiced White Grape Salad | 146 |
| Fruit Basket Upset | 147 |
| Confetti | 147 |
| Cabbage Salad | 148 |
| Cranberry Relish | 148 |

Continued Next Page.

INDEX (Continued).

| | |
|--|-----|
| Potato Salad | 148 |
| Bean Salad | 149 |
| Cranberry Ring Mold | 149 |
| Blender Russian Dressing | 149 |
| Do Ahead Dessert Salad | 150 |
| Rhubarb Salad | 150 |
| Picnic Slaw | 151 |
| Cottage Cheese Salad | 151 |
| Hot Chicken Salad | 152 |
| Cherry Salad | 152 |
| Waldorf Salad | 152 |
| Baked German Potato Salad | 153 |
| Cucumber Salad | 153 |
| Frosted Orange Salad | 153 |
| Company Quick Salad | 154 |
| Orange Jello Salad | 154 |
| French Dressing | 154 |
| Rain Water Dressing | 155 |
| Thousand Island Dressing | 155 |
| Crisp Small Cucumber Pickles | 155 |
| Zesty Cole Slaw | 156 |
| French Dressing | 156 |
| Bing Cherry Salad | 156 |

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