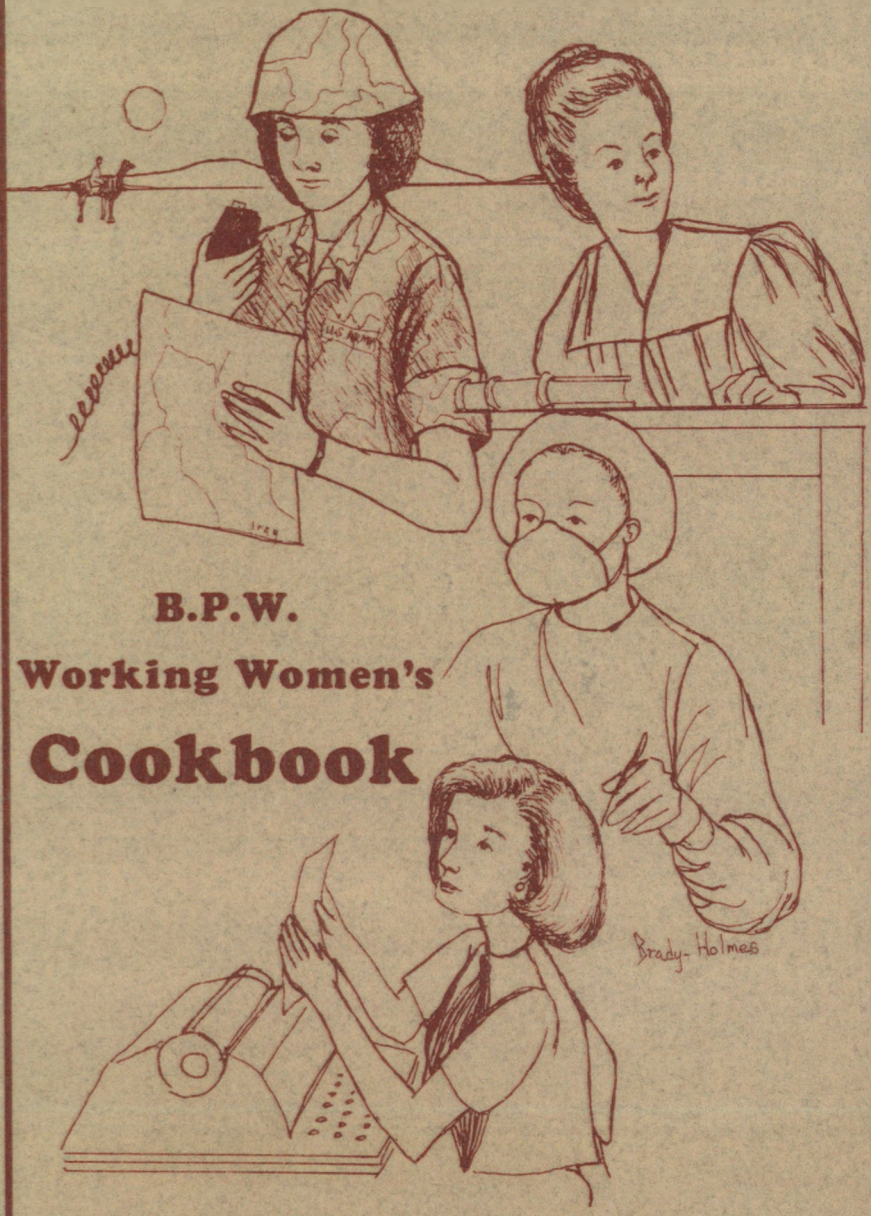


B.P.W.
Working Women's
Cookbook



The Iowa Federation of Business and Professional Women's Club, Inc.

Donated by Arlene Kimberley

The Iowa Business and Professional Women's Club, Inc.

Presents

The

Working Women's

Cookbook

"The Working Women's Cookbook"

The Iowa Business and Professional Women's Club, Inc. would like to thank all members who shared their time and recipes in the "Working Women's Cookbook".

Proceeds from this book shall be used to aid local organizations in attaining their goals of assisting women to strive towards achieving high standards in business or education through membership and programs offered by the Iowa Federation and local chapters.

We wish to thank Helen Brasfield, editor of the cookbook, for her inspirational idea and the Fort Madison organization for their time spent in compiling this volume. Special gratitude is also extended to Mavis Whitmire, for her research on Iowa Women, and Marie Brady Holmes for her artistic talent as expressed throughout this book.

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A Message From The President

Business and Professional Women, Inc., began in 1919 as an organization of Women helping Women. B.P.W. membership provides an opportunity to make valuable and varied contacts with people in all fields of employment. It offers a chance for leadership experience and promotes a sense of pride and prestige in being associated with the leading National Organization for Business and Professional Women. This Cookbook continues the tradition of helping working women through the spirit of cooperation among Business and Professional Women in Iowa.

Joy Lillie
State President
BPW/Iowa

QUANTITIES TO SERVE 100 PEOPLE

Coffee	—3 lbs.
Loaf Sugar	—3 lbs.
Cream	—3 qts.
Whipping Cream	—4 pts.
Milk	—6 gallons
Fruit	—2½ gallons
Fruit Juice	—4 (No. 10 ea.) cans (26 lbs.)
Tomato Juice	—4 (No. 10 ea.) cans (26 lbs.)
Soup	—5 gallons
Oysters	—18 qts.
Weiners	—25 lbs.
Meatloaf	—24 lbs.
Ham	—40 lbs.
Beef	—40 lbs.
Roast Pork	—40 lbs.
Hamburger	—30-36 lbs.
Chicken For Chicken Pie	—40 lbs.
Potatoes	—35 lbs.
Scalloped Potatoes	—5 gallon
Vegetables	—4 (No. 10 ea.) cans (26 lbs.)
Baked Beans	—5 gallon
Beets	—30 lbs.
Cauliflower	—18 lbs.
Cabbage For Slaw	—20 lbs.
Carrots	—33 lbs.
Bread	—10 loaves
Rolls	—200
Butter	—3 lbs.
Potato Salad	—12 qts.
Fruit Salad	—20 qts.
Vegetable Salad	—20 qts.
Lettuce	—20 heads
Salad Dressing	—3 qts.
Pies	—18
Cakes	—8
Ice Cream	—4 gallons
Cheese	—3 lbs.
Olives	—1¾ lbs.
Pickles	—2 qts.
Nuts	—3 lbs. sorted

To Serve 50 People, Divide by 2
To Serve 25 People, Divide by 4

COOKING MEASUREMENTS

60 Drops	=	1 teaspoon
Dash	=	less than 1/8 teaspoon
3 teaspoons	=	1 tablespoon
4 tablespoons	=	¼ cup
5⅓ tablespoons	=	⅓ cup
16 tablespoons	=	1 cup
1 cup	=	½ pint
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts (liquid)	=	1 gallon
16 ounces	=	1 pound
2 tablespoons butter	=	1 ounce
½ cup butter	=	¼ pound or 1 stick
2 cups butter	=	1 pound
2⅔ cups brown sugar	=	1 pound
2 cups white sugar	=	1 pound
3½ cups powdered sugar	=	1 pound

1 cup flour equals:

- ¾ C. whole wheat flour
- 7/8 C. rice flour
- 1¼ C. rye flour
- 1 C. rye meal
- 5/8 C. potato flour
- ¾ C. buckwheat flour
- 7/8 C. corn meal
- 1½ C. oatmeal
- ¼ C. bean flour

CONTENTS OF CANS

SIZE	APPROX. WEIGHT	AVG. CONTENTS
8 oz.	8 oz.	1 cup
#300	14-16 oz.	1¾ cups
#1-tall	1 lb.	2 cups
#303	16-17 oz.	2 cups
#2	1 lb. 4 oz.	2½ cups
#2½	1 lb. 13 oz.	3½ cups
#3	3 lb. 3 oz.	5¾ cups
#10	6½ lb-7 lb. 5 oz.	12-13 cups

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MY FAVORITE RECIPES

Recipe	Page

Breakfast and Brunch



ELAINE BAXTER

Born in 1933, in Chicago, Illinois.

Elaine, the daughter of Clarence and Margaret Clark Bland, has resided in Burlington, Iowa since 1956. She received her B.A. degree in 1954 in International affairs at the University of Illinois and her M.A. degree in Urban and Regional planning from Iowa Wesleyan College. She served on the National Board of Directors for Women's Equity Action League and was appointed by President Jimmy Carter to serve on the Nomination Panel, United States Court of Appeals, 8th Circuit.

Elaine was elected in 1986 as Iowa's Secretary of State.

SUNDANCE EGGS

Helen J. Brasfield, Fort Madison B.P.W.

4 flour tortillas
8 eggs
2 tsp. water
¼ tsp. salt
1 T. butter
½ C. chopped green onions
Sour cream for garnish
2 medium tomatoes (peeled and chopped)
4 oz. can chopped green chilies (drained)
1 C. shredded Monterey Jack cheese
4 T. taco sauce

Heat oven to 350°. Wrap tortillas in foil; bake about 5 minutes until warm. While tortillas are baking, combine eggs, water and salt in medium bowl; beat well. In large skillet melt butter. Add eggs and scramble until set. Remove from heat. Place warm tortillas on large ungreased cookie sheet. Top each tortilla with ¼ of the eggs, onions, tomatoes, green chilies and cheese. Bake at 350° for 5-10 minutes until cheese is melted. Top each with 1 T. taco sauce and sour cream. Serves 4.

BAKED EGGS

Dubuque B.P.W.

Muffin cups
1½ strips thin bacon per serving
1 egg per serving
Shredded cheese (optional)

Partially cook bacon to remove some grease. Place ½ strip in bottom of muffin cup. Curl 1 full strip around muffin cup. Carefully break 1 egg into cup. Bake at 350° about 20 minutes or until set. Usually plan 2 per person. Can top with shredded cheese last 5 minutes.

ABBY'S MICROWAVE EGGS

Abby Etter, Keokuk B.P.W.

2 C. milk
6 eggs (slightly beaten)
6 slices bread (cubed)
1 C. cheddar cheese (shredded)
1 tsp. salt
1 tsp. dry mustard

Mix all together. Refrigerate 4-6 hours or overnight. Cook on Medium High in Microwave for 12-14 minutes or 350° for 40 minutes.

EGG CASSEROLE

Barbara Jean Williams Fort Madison, B.P.W.

4 slices bread
4 eggs (beaten)
1 tsp. salt
2 C. milk
¼ tsp. pepper
⅓ lb. (1⅓ C.) Velveeta cheese (cubed)
Optional: Ham bits or sausage pieces

FOR MICROWAVE SETTINGS:
1. Use 8 cookmatic level
2. Cook 11 minutes
3. Start
Turn bowl around, repeat 1,2,3.

For Microwave: Cover with Saran Wrap - or Bake in conventional oven at 350° for 1 hour. Cube and toss in a well buttered large casserole the 4 slices of bread. Mix in separate bowl all other ingredients. Place on top of bread and refrigerate overnight. Add ½ C. milk (just pour over top of casserole) - don't stir or mix. Bake 1 hour at 350° or use microwave settings above. Ham or sausage are good; bacon gets soggy. This can be made ahead and frozen. Serves 3-4.

EGG CASSEROLE

Dorothy Hensen Fort Madison, B.P.W.

1½ dozen eggs
1 lb. ham pieces (bite-size)
1 large can mushrooms
1-2 cans cream of mushroom soup
1 large sack shredded cheddar cheese

Scramble the eggs. Layer in bottom of 9x13-inch pan the eggs and rest of ingredients in order given. Refrigerate overnight. Bake at 325° until bubbly and heated through (usually an hour).

"The woman's cause is man's; they rise or sink together."
— Alfred, Lord Tennyson, 1809-1892

OVERNIGHT OMELET

Bev Loewenstein, Keokuk B.P.W.

8 eggs
1½ C. cooked sausage
Ham or bacon (chopped)
½ lb. Velveeta cheese (diced)
2 C. milk
1 whole green pepper
2 C. mushrooms (chopped)
24 saltines (crushed)

Beat eggs and milk together with beater or mixer. Add remaining ingredients and put in greased 9x13-inch pan. Cover and refrigerate overnight. Bake in preheated oven at 350°. Cut in squares. This is "delicious". (I serve salsa with it.)

CHEESE AND EGG BRUNCH

Pauline Lieg, Fort Madison B.P.W.

6 slices bread (cubed)
½ C. sliced stuffed olives
¾ C. sharp cheddar cheese (grated)
¾ C. Swiss (grated)
1 large can mushrooms
4 eggs (beaten)
2 C. milk
¼ tsp. salt
½ tsp. dry mustard

Place half of bread cubes in buttered 3-qt. casserole. Layer with mushrooms, olives and cheeses. Top with remaining bread cubes. Combine eggs, milk, mustard, and salt. Pour over bread mixture. Refrigerate overnight. Bake uncovered at 350° for 1 hour. Set stand 10 minutes before serving. Serves 8.

EGG/POTATO BREAKFAST CASSEROLE

Mary Jo Swallow
Keokuk B.P.W.

1 pkg. frozen O'Brien hash browns
5-6 eggs
Salt and pepper to taste
4-6 slices bacon (fried crisp and drained)
½ C. grated cheddar cheese

In large skillet, prepare hash browns according to package directions. With spoon, make 5-6 indentations on top of fried hash browns. Break eggs into each indentation. Cover and cook until eggs are done, as desired. Top with grated cheese and crumbled bacon.

BRUNCH CASSEROLE

Regina Harleman, Spencer B.P.W.

(Microwave)

4 eggs (beaten)
4 slices buttered bread (cut in cubes)
2 C. milk
1 tsp. dry mustard
Dash Worcestershire sauce
½ tsp. salt
10 oz. grated cheddar cheese
1½ C. cooked meat such as ham, chicken or shrimp
¼ C. green onions (chopped)
Parsley flakes (pinch to sprinkle on top)

Combine and lightly stir together all ingredients except parsley. Pour into 9-inch round glass baking dish. Microwave uncovered at 50% power 20-25 minutes until just set. Cover and let stand 5 minutes. Serves 6-8.

EXCELLENT BREAKFAST CASSEROLE

Dorothy Summerson
Past State Treasurer, Perry B.P.W.

6 slices bread (cubes)
½ C. sliced, stuffed olives
1 C. cooked ham (cubes)
2 C. milk
¼ tsp. salt (opt.)
1 can mushrooms (stems and pieces)
1 C. grated cheddar cheese
4 eggs (beaten)
¼ tsp. dry mustard

Place half of bread cubes in bottom of casserole dish (9x13-inch). Place a layer of mushrooms, olives, cheese and ham. Top with last ½ of cubed bread. Beat eggs, milk, dry mustard, and salt and pour over layered mixture. Refrigerate overnight. Bake 45 minuts to 1 hour, uncovered, at 350°. Leave out 5-10 minutes before serving. (I bake mine in glass pan in microwave oven for about 20 minutes, full power, turning every 5-7 minutes.)

OVEN BREAKFAST

Sibyl Yackshaw, Clinton B.P.W.

6 slices bread (cubed)
4 eggs
1½ C. milk
Green onion tops (optional)
Sharp cheddar cheese
Mushrooms (optional)
Croutons

Prepare night before. Stir eggs, milk; add to bread in greased baking pan. Sprinkle onion, cheese, mushrooms on top. Optional items to add are bacon (crisp pieces), sausage, ham. Top with croutons. Refrigerate overnight. Bake at 300° for 45 minutes.

EGG CASSEROLE

Diane Reid, Indianola B.P.W.

6 eggs
1 tsp. dry mustard
6 slices shredded bread
1 C. shredded cheddar cheese
Mushrooms (optional)
1 lb. sausage (browned)
or 2 C. cubed ham

SAUCE:
1 can cheddar cheese soup
Little milk
1 can golden mushroom soup

Beat eggs, mustard, and milk. Put in 9x13-inch pan. Add other ingredients. Chill overnight and bake at 350° for 30-35 minutes. Sauce: Add a little milk to soup. Blend and heat.

BREAKFAST HAM AND CHEESE

Glatha Winchip, Maquoketa B.P.W.

Bread
Ham
1 can drained mushrooms
1 small chopped onion
American cheese slices
6 eggs
1 qt. milk
1 tsp. salt
Dash of pepper

Butter bread and lay in 9x13-inch pan buttered side down. Cube ham and put on top. Add mushrooms and chopped onion. Put layer of American cheese slices over entire bread slices. Use bread to cover with butter side up. Beat eggs, milk, salt, and pepper. Pour over bread. Let set overnight in refrigerator. Bake at 350° for 1½ hours. Makes 12 servings.

MAGIC QUICHE

Ernestine Delaney, Fort Madison B.P.W.

2 C. shredded Swiss cheese
2 T. flour
1½ C. Half and Half
4 eggs (slightly beaten)
¾ C. chopped ham or chicken
Dash of pepper

Toss cheese with flour. Add Half and Half, eggs, and chopped ham or chicken. Mix well. Pour into pie shell (uncooked). Bake in preheated oven at 350° for 55 minutes.

ELEGANT HAM AND EGG SOUFFLE

Lucille McMillin
Grundy Center B.P.W.

8 slices white bread (crusts trimmed, butter on both sides)
3 eggs
2 C. milk
2 C. finely chopped ham (can use Canadian bacon)
1 C. cheddar cheese (grated)

Put 8 slices of buttered bread in 9x13-inch pan without overlapping. Sprinkle ham and grated cheese over bread. Beat eggs and milk together and pour over the bread and ham. Cover and refrigerate overnight. Uncover and bake at 325° for 1 hour. Excellent to make and serve to guests who are at your home at breakfast time. After baking let stand 10 minutes and cut into squares. Can add mushrooms and green pepper.

HAM AND CHEESE SOUFFLE

Verna R.T. Peterson, Spencer B.P.W.

7 slices white sandwich bread or 6 slices regular loaf
¾ lb. thinly sliced ham or crumbled crisply fried bacon
¼ lb. shredded cheddar cheese
¼ lb. Velveeta cheese (shredded)
½ tsp. dry mustard
½ tsp. salt (opt.)
¼ tsp. pepper
3 large eggs (slightly beaten)
2 C. milk
2 T. margarine
¾ C. corn flakes (crushed)

Remove crusts from bread and cube. Toss bread, ham or bacon, cheese and seasonings together. Put in buttered 9x9-inch glass dish. Pour on egg and milk mixture and the melted margarine. Sprinkle on corn flakes, cover and refrigerate overnight. Let stand 30 minutes at room temperature before baking. Bake at 325° for 1 hour (or a little longer). Let stand 5 minutes before serving. Makes 6 generous servings.

SWISS BACON QUICHE

Davenport B.P.W.

1 (9-inch) unbaked pie shell
½ lb. fried and crumbled bacon
½ lb. shredded Swiss cheese
4 eggs
½ tsp. salt
¾ C. light cream

Bake pastry shell at 450° for 7 minutes or until browned. Sprinkle bacon and cheese on bottom of pie shell. Slightly beat eggs, cream and salt. Pour over bacon and cheese. Bake 30 minutes at 350°. Let stand 10 minutes. Can add mushrooms or olives, if desired. Makes 6 servings.

BACON QUICHE

Darleen Allison, Keokuk B.P.W.

12 slices bacon (fried and crumbled)
1½ C. grated cheese (may use Colby or Swiss, shredded)
4 eggs (scrambled to mix)
1¾ C. milk
½ C. Bisquick
½ tsp. Mrs. Dash (season to taste)
½ tsp. pepper

Stir together. Pour into lightly greased quiche pan or large pie plate. Bake in 350° oven for 40 minutes or microwave for 14 minutes. (Rotate after 7 minutes.) (I like this because it doesn't have a pie crust. The Bisquick makes the crust.)

QUICHE

Evelyn Glanzman, Mt. Pleasant B.P.W.

12 oz. link sausage (or can use hamburger)
½ C. chopped onion
¾ tsp. seasoned salt
¼ tsp. pepper
1 T. parsley flakes
1 C. shredded cheddar cheese
¾ C. milk
¾ C. Bisquick
3 eggs

Lightly grease 10x1½-inch pie plate. Cook and stir sausage and onion until it is browned. Drain. Stir in salt, pepper, and parsley. Spread in pie plate and sprinkle with cheese. Beat remaining ingredients until smooth (1 minute) with hand mixer. Pour over sausage/cheese in pie plate. Bake at 375° for 30-45 minutes until golden brown and knife inserted comes out clean. Let stand 5 minutes before cutting. Serves 6.

LINDA RYAN'S QUICHE

Kathryn Curry, Des Moines B.P.W.

½ pint whipping cream
3 eggs
½ tsp. salt
½ tsp. dry mustard
1 (9-inch) pie crust)

OPTIONAL:
1 C. shredded mozzarella cheese, or 1 C. ham (cut into small pieces), or 1 C. broccoli

Preheat oven to 375°. Mix all ingredients together. Pour into pie crust. Bake for 45 minutes. (To avoid spillover mess, place pie crust on cookie sheet.) If you desire, place any of the optional ingredients (or combination) into pie crust first, then add liquid.

QUICHE LORRAINE

Pat Sallman, Indianola, B.P.W.

8 slices crisp-cooked bacon (or ½ lb. cooked sausage)
1 (9-inch) baked pastry shell
1 C. shredded cheese
¼ C. finely minced onion
3-4 eggs
1 (13 oz.) can evaporated milk
½ tsp. salt
¼ tsp. sugar
¼ tsp. pepper

Layer crumbled bacon (or sausage) in bottom of baked pastry shell. Sprinkle with cheese and onion. Blend eggs, milk, salt, sugar and pepper. Pour over meat mixture. Garnish. Microwave on 70% power for 13-15 minutes, rotating dish ¼ turn once or twice. (Quiche should be cooked except center will "jiggle like Jello".) Rest 10 minutes before serving. NOTE: Milk may be heated before combining ingredients for more even cooking. Less total cooking time will be needed.

SPINACH QUICHE

Sharon Cox, Clinton B.P.W.

1 (9-inch) baked pie shell
¾ C. shredded cheddar cheese
4 eggs (beaten)
1 T. flour
1 (10 oz.) pkg. frozen spinach (cooked and drained)
1 C. evaporated milk
1 (4 oz.) can mushrooms (drained)
½ tsp. salt
Dash pepper
¼ C. shredded cheddar cheese

Sprinkle ¾ C. shredded cheese in bottom of pie shell. Combine eggs, flour, milk, mushrooms, salt, pepper, and spinach. Pour into pie shell. Top with ¼ C. shredded cheese. Cook on level 4 (medium) microwave for 23-28 minutes until knife comes out clean. Turn dish ¼ turn halfway through cooking.

IMPOSSIBLE QUICHE

Amy Johnson, Clinton B.P.W.

12 slices bacon (fried, crumbled)
1 C. shredded Swiss cheese
½ C. finely chopped onion
2 C. milk
½ C. Bisquick
4 eggs
¼ tsp. salt
1/8 tsp. pepper

Heat oven to 350°. Grease 8-inch or 10-inch pie plate. Sprinkle bacon, cheese, onion, on bottom of pan. Blend remaining ingredients on high speed for 1 minute. Pour into pie plate. Bake until golden brown (knife inserted comes out clean) for 50-55 minutes. Let stand 5 minutes before cutting.

MICROWAVE QUICHE

Pat Muller, Spencer B.P.W.

1 deep dish frozen pie crust
Worcestershire sauce
1 C. diced ham
1 C. shredded cheddar cheese
1 small can mushroom pieces
3 eggs
½ C. coffee cream
1 (2.8 oz.) can French fried fried onions

Remove pie crust from foil to glass 8-inch pie plate. Microwave at high 1 minute to soften. Press into pie plate with fingers. Brush inside with Worcestershire and prick with fork. Microwave at high 4 minutes (rotate plate ½ turn after 2 minutes). Sprinkle ham, cheese and mushrooms over top of crust. Beat together eggs and coffee cream. Pour over filling in crust. Press French fried onions on top. Microwave at half power for 11-13 minutes (rotate ½ turn every 6 minutes). May take a little longer depending on microwave. Cook until firm.

—MUFFINS, ROLLS, AND PANCAKES—

SIX-WEEK MUFFINS

Ernestine Delaney, Fort Madison B.P.W.

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

Mix bran, sugar, flour, soda, and salt. Add beaten eggs, shortening, buttermilk. Store in refrigerator. Fill muffin tins ⅔ full. Bake in preheated oven at 375° for 20-25 minutes.

BIG BATCH BRAN MUFFINS

Catherine Petty, Fort Madison B.P.W.

1 (15 oz.) box All Bran flakes
1 (15 oz.) box 40% Bran Flakes
3 C. sugar
1 qt. buttermilk
1 C. Crisco Oil
5 tsp. soda
4 beaten eggs
5 C. flour
2 tsp. salt

Mix dry ingredients, mix liquids, then beat together. Bake at 400° for 15-20 minutes. Recipe will keep up to 6 weeks in a large container (bake as needed). Be sure to keep container sealed. VARIATION: 2 C. Bran Buds or 15 oz. box Post Raisin Bran instead of one cereal in original recipe.

APPLESAUCE MUFFINS

Virginia Privia, Fort Madison B.P.W.

1 C. all-purpose flour
1¼ tsp. baking powder
½ tsp. salt
4 T. butter or margarine (melted)
¼ C. sugar
1 egg
1 C. applesauce
1 tsp. vanilla
1 T. sugar mixed with ½ tsp. cinnamon
½ C. raisins

Preheat oven to 400°. In small bowl mix flour, baking powder, and salt until blended. In a medium bowl, cream butter and sugar and beat in egg, applesauce and vanilla until well blended. Stir in flour mixture. Add raisins. Spoon batter into greased muffin pan. Sprinkle with sugar and cinnamon mixture. Bake until tops are golden brown, about 20 minutes. When completely cooled, muffins can be wrapped in plastic wrap and foil individually and frozen. When needed, thaw at room temperature until thawed. Makes 1 dozen.

CHEESE FILLED BACON MUFFINS

Carolyn Hofer
Fort Madison B.P.W.

1½ C. Hungry Jack pancake mix
½ C. milk
1 lb. bacon (crisply cooked, crumbled; reserve ⅓ C. drippings)
1 egg
⅓ C. chopped green pepper
⅓ C. chopped onion
2 oz. American cheese (cubed)

Preheat oven to 425°. Line a 12-cup muffin pan with paper baking cups. Lightly spoon pancake mix into measuring cup; level off. In large bowl, combine pancake mix, milk, reserved bacon drippings, and egg. Stir until blended. Add bacon, green pepper, and onion; mix well. Fill prepared muffin cups ⅔ full. Press a cheese cube in center of batter. Bake at 425° for 15-20 minutes or until golden brown. Remove from pan immediately. Serve warm. Makes 12 muffins.

BRAN MUFFINS

Marie Brady Holmes, Fort Madison B.P.W.

1½ C. granulated sugar
½ C. Crisco
2½ tsp. soda
½ tsp. salt
2 beaten eggs
2½ C. flour
2 C. buttermilk
2 C. Kelloggs All-Bran
1 C. Nabisco 100% Bran
½ C. raisins

Pour 1 C. boiling water over 100% Nabisco and let stand awhile. Cream Crisco and sugar. Add buttermilk, soaked bran and eggs. Sift flour, soda, salt together and add to mixture. Also add Kelloggs All-Bran and raisins. Fold until moist. Keep in tight container in refrigerator. (Can be kept for 2 months.) To Bake: Dip off top. Do Not Stir. Cook 15-18 minutes at 400°. To Microwave: Fill paper cups ½ full. Cook about 4 minutes on High.

RAISIN BRAN MUFFINS

Jane Burdette, Fort Madison B.P.W.

MIX:
1 C. oil
4 eggs
3 C. sugar

1 qt. buttermilk
5 tsp. baking soda
1 (15 oz.) box Bran Flakes with raisins
5½ C. flour
1 C. raisins
1 C. nuts (chopped)
1 (15 oz.) can crushed pineapple

Add remaining ingredients and mix well. Fill muffin tins and bake 20-30 minutes at 350°. Makes 4 dozen.

"A charming woman can true converts make, we love the precepts for the teacher's sake." — George Farquhar, 1678-1707

BLUEBERRY MUFFINS

Sue Tackett, Fort Madison B.P.W.

1½ C. brown sugar
⅔ C. butter
1 egg
1 C. milk
2 tsp. vinegar
1 tsp. baking soda
1 tsp. salt
1½ tsp. vanilla
2½ C. flour
1½ C. blueberries
½ C. nuts (chopped)

In a large bowl mix together brown sugar, butter, egg, milk with 2 tsp. vinegar added, soda, salt, and vanilla. Add flour, blueberries, and nuts and mix together thoroughly. Grease muffin tins or bread pans. Fill ¾ full of muffin mixture and top with the following:

MIX TOGETHER:
½ C. brown sugar
½ tsp. cinnamon
1 T. butter

Sprinkle over top of muffins or bread. Bake bread at 325° for 40 minutes. Bake muffins at 325° for 20 minutes.

HONEY OATMEAL MUFFINS

Cecilia Johnson, Fort Madison B.P.W.

⅔ C. milk
⅓ C. vegetable oil
1 egg (beaten)
¼ C. honey
1½ C. oatmeal
1 C. flour
1 T. baking powder
½ C. raisins
½ C. chopped nuts
⅓ C. packed brown sugar
¾ tsp. salt

Blend milk, oil, egg, honey. Add remaining ingredients and mix until moistened. Fill greased or lined muffin tins ⅔ full. Bake in preheated 400° oven for 15-18 minutes or until golden brown. Can be frozen and reheated. For variation add 1-2 ripe beaten bananas or 1 chopped apple. Bake 2-3 minutes longer.

NO-KNEAD CINNAMON ROLLS

Roberta Cate, Spencer B.P.W.

1 cake yeast
1 tsp. sugar
½ C. warm water
3 eggs (beaten)
½ C. melted shortening
½ C. more sugar
1 C. milk
4½ C. flour
1 tsp. salt

Dissolve yeast and 1 tsp. sugar in warm water. Add remaining ingredients, mix well and let stand covered in refrigerator at least 6 hours. This dough can be kept in refrigerator for days. Because this dough is soft don't try to knead at any time. About 2 hours before baking, roll dough to ¾-inch thickness. Spread with soft butter and sprinkle with cinnamon and sugar. Roll and cut in 1-inch slices. Put into two 9-inch layer pans. Let rise to double in bulk. Bake 10-12 minutes in hot oven. Frost before serving.

SWEET ROLLS

Vicki Leonard, Burlington B.P.W.

1 pkg. dry Jello custard mix
1½ tsp. salt
2 pkgs. yeast dissolved in ¼ C. warm water
½ stick oleo (room temp.)
1 C. warm water
3½ C. flour
½ C. brown sugar
1 tsp. cinnamon
½ C. chopped pecans

Mix the custard mix, salt, yeast, oleo, water, and flour well. Turn out on floured board, kneading until smooth, adding more flour if needed. Divide dough in half. Roll out on board. Spread with softened oleo. Sprinkle with the brown sugar, cinnamon, and pecans. Roll up. Cut into 1-inch slices and place on greased cookie sheet. Let raise for 1 hour or longer (will not quite double in size). Bake for 15 minutes in a 375° oven. Ice when cool if desired. Each roll makes approximately 1 dozen.

"I expect that woman will be the last thing civilized by man."
— George Meredith, 1828-1909.

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BASIC SWEET YEAST DOUGH FOR COFFEECAKES, CINNAMON ROLLS, AND CARAMEL PECAN ROLLS

Dubuque B.P.W.

(Makes 3-4 dozen rolls, depending on size)

2 pkgs. dry yeast
2 C. warm water
2 tsp. salt
½ C. sugar
⅔ C. dry milk
3 eggs (beaten)
⅔ C. salad oil
7⅔ C. flour

Sprinkle yeast over water, dissolve yeast. Add salt, sugar, 3 C. flour and dry milk. Beat well. Add eggs, then oil and beat well. Add 4 C. flour, (keep ⅔ C. for kneading) and mix well. Turn out onto board dusted with part of the remaining flour. Knead smooth (5-7 minutes), adding flour to board as needed. Put in lightly greased bowl and cover. Let rise double size, punch down, shape into rolls, etc., and let double again. (Can be stored in refrigerator overnight before kneading if necessary, then let rise. It takes about 2 hours to rise the first time and 1 hour the second.

FOR CINNAMON ROLLS: Roll out dough (about ⅓ at a time). Brush with melted oleo, sprinkle on mix of cinnamon and sugar. Roll up dough jelly roll fashion, cut into 2-inch slices and place in greased baking pan. When doubled bake at 400° for 12-20 minutes, depending on size. Makes about 9 rolls to an 8-inch or 9-inch pan. Makes 3-4 pans.

FOR CARAMEL NUT ROLLS: Proceed as for cinnamon rolls, except just use a little bit of cinnamon. Put in pan in which you have mixed ⅔ C. brown sugar, ¼-⅓ C. melted oleo, and ⅓-½ C. light corn syrup. Sprinkle pecans over sugar-oleo mix then lay rolls on top.* When they are baked invert immediately and leave pan on top a few minutes for syrup to drip over rolls. Makes three or four 8-inch or 9-inch pans. *Let rise double then bake.

FRENCH PANCAKES

Janice Thomas, Fort Madison, B.P.W.

1 C. flour
1½ C. milk
¼ tsp. salt
1 tsp. sugar
1 tsp. melted lard
1 egg

Mix sugar, lard, salt, and milk together and then add well beaten egg. Cook on a well greased griddle. Put 4 T. batter on griddle and tilt to cover griddle. Turn to brown other side. Serve with syrup.

COTTAGE CHEESE PANCAKES

Betty J. Halberstadt
Fort Madison B.P.W.

WET INGREDIENTS:
1 C. low-fat cottage cheese
1 egg white
1 whole egg
2 tsp. honey
1 C. buttermilk or ½ C. buttermilk and ½ C. skim or low-fat milk

DRY INGREDIENTS:
½ C. whole wheat flour
½ C. all-purpose flour
2 T. wheat germ
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt (if desired)

In a blender or in a bowl with an electric mixer, blend together all the wet ingredients. In a medium bowl, combine all dry ingredients. Pour in the liquid mixture, and stir the ingredients just enough to blend them. For each pancake, spread ¼ C. of batter on a hot, greased griddle. Cook the pancakes over moderate heat until they are golden brown on the bottom and the tops begin to bubble. Then flip them over, and cook them until the undersides are golden brown. A good way to use up cottage cheese that's begun to turn and no longer is desirable as a separate food.

WHOLE WHEAT PANCAKES

Dixie Lair, Fort Madison B.P.W.

¾ C. whole-wheat flour
¾ C. white flour
2½ tsp. baking powder
½ tsp. salt
½ C. non-fat dry milk
1¼ C. water
1 egg
1 T. oil
Apple butter (optional)

Put dry ingredients into large bowl and mix well. Beat egg and add water and oil. Then beat until mixed. Mix liquid ingredients into dry ingredients. Stir only until mixed. The batter will be lumpy. Cook on lightly greased hot griddle or pan. Turn over when bubbles appear and continue cooking until golden brown. Top with 1 T. apple butter, if desired. Freeze extra pancakes. For a quick breakfast, heat frozen pancakes in toaster just before serving. Makes 16 pancakes, 3½-inches each. Two pancakes per serving.

MISSISSIPPI HEAVENLY HOTS

Susan Reed, Fort Madison B.P.W.

2 eggs
2 T. flour
1½ T. sugar
½ tsp. soda
Pinch of salt
1 (8 oz.) carton sour cream

Beat eggs. Add mixture of flour, sugar, soda, salt. Fold in sour cream. Fry as small cakes and serve as any pancake.

BELGIAN WAFFLE MIX

Geraldine Conrad, Fort Madison B.P.W.

1 pkg. dry yeast
2 C lukewarm milk
4 eggs (separated)
1 tsp. vanilla
2½ C. sifted flour
½ tsp. salt
1 T. sugar
½ C. melted butter

Sprinkle yeast over warm milk; stir to dissolve. Beat egg yolks and add to yeast mixture with vanilla. Sift together flour, salt, and sugar; add to liquid ingredients. Stir in melted butter and combine thoroughly. Beat the egg whites until stiff; carefully fold into batter. Let mixture stand in a warm place about 45 minutes or until it doubles in bulk. Use ½ C. mix per waffle. Sprinkle with powdered sugar.

NEVER FAIL SYRUP

Joan McPherson, Fort Madison B.P.W.

1 C. white syrup
1 C. brown sugar
1 C white sugar
1 C. water
Pinch of salt
Maple flavoring

Stir together syrup, sugars, water and salt in a saucepan and slowly bring to a boil, stirring occasionally. Let boil 5 minutes. Add maple flavoring to taste. Makes a little over a pint. Keeps indefinitely and does not turn to sugar.

EASY BASIC CREPES

Mavis Whitmire, Fort Madison B.P.W.

1 C. complete pancake or waffle mix
1 C. water
2 eggs

Heat 8-inch skillet; grease lightly with oil. In small bowl, combine all ingredients. Beat with rotary beater until batter is smooth. Pour scant ¼ C. batter into hot skillet, immediately tilting pan until batter covers bottom. Cook until edges start to dry and center is set. If desired, turn to brown on other side. To serve, fill with desired filling and roll up. Makes 9-12 crepes.

—COFFEE CAKES—

OVERNIGHT COFFEECAKE

Dubuque B.P.W.

2 C. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
⅔ C. butter
½ C. brown sugar
1 C. sugar
2 eggs
1 C. buttermilk

TOPPING:
½ C. brown sugar
¼ tsp. nutmeg
½ C. chopped walnuts

Sift together dry ingredients. Put to one side. Cream butter and sugar and ½ C. brown sugar until light and fluffy. Add eggs, one at a time and beat after each. Add dry ingredients alternately with milk and beat well. Spread into greased and floured 9x13-inch pan. Sprinkle on topping. Refrigerate 8 hours. Bake at 350° for 25 minutes.

COFFEE CAKE

Jean Church, Mt. Pleasant B.P.W.

1 box yellow cake mix
1 pkg. vanilla instant pudding
1 tsp. butter flavoring
4 eggs
¾ C. cooking oil
¾ C. water
Sugar and cinnamon

Mix and beat all ingredients, except sugar and cinnamon, for 8 minutes, using mixer. Pour into tube pan alternating layers of batter and sugar/cinnamon mixture (sprinkled on). Bake at 350° for 45-50 minutes. Top with powdered sugar frosting, if desired.

APPLE CINNAMON COFFEE CAKE

Connie Kramer
Fort Madison B.P.W.

1 pkg. apple-cinnamon cake mix
2 medium apples (sliced)
1½ C. water
2 T. white corn syrup
2 T. lemon juice
½ C. oleo (melted)
1 C. nuts (chopped)

COFFEE GLAZE:
1 C. powdered sugar
1 T. coffee (hot)
1 T. oleo (softened)

Heat oven to 350°. Arrange apples in ungreased 9x13-inch pan. Mix water, syrup and lemon juice. Pour over apples. Spread cake mix (dry) over apples. Drizzle with oleo, then sprinkle with nuts. Bake 45-50 minutes. Cool 15 minutes. While cooling make coffee glaze.

For Coffee Glaze: Mix powdered sugar, oleo, and hot coffee until smooth. Stir in more coffee if need to be thinner. Place on coffee cake.

APPLE-PECAN COFFEE CAKE

Margaret Walljasper
Fort Madison B.P.W.

½ C. melted oleo
1 C. sugar
2 eggs
2 C. finely chopped apples
1 C. sour cream (Pet Imitation)
1 C. flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
½ tsp. pecan chips

TOPPING:
½ C. brown sugar
2 T. oleo
1 tsp. cinnamon
½ pkg. nuts (chopped)

Cream oleo, sugar, then add eggs and vanilla. Mix well. Add flour, soda, baking powder, and salt. Add sour cream, apples, and pecans. Pour batter into greased three 9-inch pie pans. Sprinkle mixed topping over the coffee cakes. Bake at 350° for 35-40 minutes.

APPLE STREUSEL COFFEE BREAD

Cecilia Johnson
Fort Madison B.P.W.

1 (16 oz.) loaf frozen white bread dough
2 T. butter or margarine (softened)
1½ C. finely chopped, peeled apples
½ C. packed brown sugar
1 tsp. ground cinnamon
1 T. melted butter or margarine
2 T. all-purpose flour
2 T. granulated sugar
1 T. butter or margarine
⅓ C. slivered almonds (opt.)

Thaw dough according to directions. Divide in half. Let rest 10 minutes. On floured surface roll each half into 8-inch square. Spread each with 1 T. softened butter. Arrange half of apples down center of each dough square. Combine brown sugar and cinnamon; sprinkle over apples. Cutting toward filling, make 2-inch long cuts at 1-inch intervals on both sides of apples. Fold strips alternately over apples; fold under ends of loaf. Place loaves in 15x10x1-inch baking pan. Brush with the melted butter. Stir together flour and granulated sugar. Cut in 1 T. butter until resembles coarse crumbs. Sprinkle half of crumb mixture on each loaf. Top with almonds if desired. Cover; let rise until nearly double (45-60 minutes). Bake at 350° for 30 minutes or until brown. Serve warm. Makes 2. (Best apples to use are Jonathans, Granny Smith, or Winesap.)

CARAMEL NUT RING

Alice Spears
Spencer B.P.W.

2 T. melted butter or margarine
2 T. water
½ C. brown sugar
¼ C. sliced filberts
10-12 brown 'n' serve dinner rolls

Combine butter, water, brown sugar, and nuts. Spread the mixture over bottom and sides of a 5-cup ring mold. Press rolls, tops down, close together over sugar mixture. Bake in a 400° (hot) oven for 15 minutes. Remove from oven and let stand several minutes, then invert mold onto serving plate. Serve hot. Serves 6-8 people.

CHERRY COFFEE CAKE

Carolyn Hofer, Fort Madison B.P.W.

1 C. oleo
1¾ C. sugar
1 tsp. baking powder
1 C. flour
4 eggs
1 tsp. vanilla
1 can cherry pie filling

Cream oleo and sugar. Add eggs and beat. Add baking powder, vanilla, and flour. Pour ⅔ of batter into 9x13-inch greased pan. Spread pie filling over batter. Drop remaining batter by tablespoon and bake at 350° for 35-45 minutes. Glaze with powdered sugar icing.

CINNAMON RAISIN COFFEE CAKE

Elsie Galbraith, Spencer B.P.W.

1½ C. flour
3 tsp. baking powder
¾ C. granulated sugar
½ tsp. salt
¼ C. soft shortening
½ C. milk
1 egg
1 tsp. vanilla

FILLING:
2 T. margarine (melted)
½ C. light brown sugar
2 T. flour
2 tsp. cinnamon
½ C. raisins or chopped walnuts or some of each

Combine flour, baking powder, sugar, and salt in a large bowl; then cut in shortening. Beat milk, egg, and vanilla together and combine thoroughly with dry ingredients. Combine filling ingredients. Place about ⅔ of cake mixture in a 9-inch round greased and floured cake pan. Top with filling and add remaining cake mixture. Bake at 375° for 30 minutes. Serves 10-12.

CINNAMON APPLE COFFEE CAKE

Ramona Weins
Fort Dodge B.P.W.

1 pkg. yellow cake mix
No. 2 can applesauce
3 eggs
½ C. sugar
3 tsp. cinnamon

Mix cake mix, applesauce and eggs on medium speed of mixer, 3-5 minutes. Grease a bundt cake pan heavily and sprinkle with sugar and cinnamon over inside of pan. Pour half of batter in pan and top with half of cinnamon and sugar mixture. Swirl through batter. Repeat. Bake at 350° for 50 minutes.

CINNAMON COFFEE CAKE

Dubuque B.P.W.

¼ C. soft shortening
¾ C. sugar
1 egg
½ tsp. salt
½ C. milk
1½ C. flour
2 tsp. baking powder
9x9-inch pan

TOPPING:
½ C. softened oleo
1½ tsp. cinnamon
⅔ C. brown sugar

Cream ¼ C. soft shortening and ¾ C. sugar. (Add a couple drops of yellow food coloring if desired.) Mix 1 egg and ½ C. milk together; mix well. Sift and add 1½ C. flour, 2 tsp. baking powder and ½ tsp. salt. Pour batter into greased 9x9-inch pan.

For Topping: Mix ½ C. softened oleo, ⅔ C. brown sugar, and 1½ tsp. cinnamon until crumbly. Drop onto top of batter by teaspoon sized chunks. Bake at 375° for about 30 minutes. Sugar-oleo mix will make little wells of gooey mix in coffee cake. Serve hot, with extra butter if desired.

FERGIE'S COFFEE CAKE

Helen J. Brasfield, Fort Madison B.P.W.

¾ C. butter or margarine
1½ C. granulated sugar
3 eggs
1½ tsp. vanilla
1½ C. sour cream
3 C. flour
1½ tsp. baking powder
1½ tsp. baking soda
¼ tsp. salt

FILLING:
½ C. brown sugar
½ C. chopped nuts
1½ tsp. cinnamon

Cream butter and sugar together; add beaten eggs and vanilla. Alternately add dry ingredients and sour cream into cream mixture. Prepare loaf pan by greasing all sides and bottom. Sprinkle sides and bottom with a mixture of cinnamon and sugar. Place ⅓ batter in pan and sprinkle with ⅓ filling mixture. Repeat twice. Bake in preheated 350° oven for 50-60 minutes.

CHERRY COFFEE CAKE

Luanne Huffman, Fort Madison, B.P.W.

1 C. butter (soft)
1¾ C. sugar
4 eggs
1 tsp. vanilla
¼-½ tsp. almond extract
3 C. flour
1½ tsp. baking powder
½ tsp. salt
1 can cherry pie filling

Cream butter and sugar, then add eggs one at a time, beating well after each. Add vanilla and almond extract and mix. Add all the dry ingredients and beat well. Take 1 C. of batter out and hold back for topping, spread remainder of batter on a greased and floured cookie sheet. Spread the pie filling over the batter. Take the 1 C. reserved batter and dab over pie filling. Bake at 350° for 30-35 minutes. Cool completely and drizzle a powdered sugar icing on. This can be frozen.

COCOANUT COFFEE CAKE

Karen Hurst, New Hampton B.P.W.

1 white cake mix
1 (3 oz.) pkg. instant cocoanut cream pudding mix
1 C. water
½ C. oil
1 egg
1 tsp. vanilla
1 tsp. butter flavoring

TOPPING:
⅓ C. sugar
¼ tsp. cinnamon
Nuts

Combine first 7 ingredients. Beat 8 minutes. Put half the batter in a 9x13-inch pan. Sprinkle with half of the topping mixture. Top with remaining batter, sprinkle with remaining topping mixture. Bake at 350° for 30 minutes. Cool 10 minutes. Drizzle with icing.

ICING:
1 C. powdered sugar
½ tsp. butter flavoring
½ tsp. vanilla
2 T. milk

NOTE: Use regular cake mix - not with pudding in the mix.

CRANBERRY-NUT COFFEE CAKE *Gladys Bridges, Red Oak B.P.W.*

¼ C. brown sugar
½ C. chopped nuts
¼ tsp. cinnamon
2 C. Bisquick baking mix
2 T. sugar
⅔ C. milk or water
⅔ C. whole cranberry sauce

ICING:
1 C. confectioner's sugar
1 T. water
1 tsp. vanilla

Heat oven to 400°. Grease square pan, 9x9x2-inches. Mix brown sugar, walnuts and cinnamon. Set aside. Combine baking mix, granulated sugar, egg and water. Beat vigorously ½ minute. Spread in pan and sprinkle with nut mixture. Spoon cranberry sauce over top. Bake 20-25 minutes. While warm spread with icing.

AUNT BETTY'S CRANBERRY COFFEE CAKE *Dorothy Hensen Fort Madison B.P.W.*

1 stick margarine
1 C. sugar
1 tsp soda
2 C. flour
2 eggs (unbeaten)
1 tsp. baking powder
½ tsp. salt
½ pint sour cream
1 tsp. vanilla or almond flavoring
¾ can whole cranberry sauce
½ C. chopped walnuts

Cream margarine and add sugar gradually. Add eggs one at a time. Add dry ingredients alternately with sour cream, ending with dry ingredients. Grease and flour a tube pan. Put ½ of batter in pan and ½ of cranberry sauce; then remaining batter. Put remaining cranberry sauce on top. Sprinkle nuts over top. Bake at 350° for 45-55 minutes. Remove from pan after cooling 10 minutes.

ICING:
¾ C. confectioner's sugar
½ tsp. vanilla
1-2 T. warm water

Blend together, let drip over sides while cake is still warm.

LEMON COFFEE CAKE

Naomi McKoon, Fort Madison B.P.W.

1 small box yellow Jiffy cake mix
1 (3 oz.) pkg. lemon instant pudding
2 eggs
¼ C. oil
½ C. water
⅓ C. sugar
1 tsp. cinnamon
1 tsp. cocoa
½ C. ground nut meats

Combine cake mix, pudding, eggs, oil, and water. Beat 2 minutes, medium speed, in electric mixer. Remove batter from mixer and swirl in the following: combine sugar, cinnamon, cocoa, and nut meats. Pour into greased and floured 9x9-inch cake pan. Bake 30 minutes at 350°.

ORANGE COFFEE CAKE

Dubuque B.P.W.

½ C. margarine
1 C. sugar
2 eggs
1 tsp. soda
2 C. flour
1 tsp. baking powder
½ tsp. salt
1 C. commercial sour cream
1 tsp. vanilla

Cream oleo and sugar, add eggs one at a time, beating well. Sift dry ingredients and add alternately with sour cream. Add vanilla. Pour ½ of batter in greased 9-inch pan or ring mold type baking pan (best in bundt pan). Mix 1 tsp. cinnamon with 2 T. sugar. Sprinkle ½ of this over batter. Add remaining batter and top with remaining sugar and cinnamon mix. Cut through batter several times with table knife to swirl lightly. Bake for 50 minutes at 350°. Cool 10 minutes and remove from pan.

Combine ¼ C. orange juice and 2 T. brown sugar in saucepan and heat until sugar is dissolved. Brush this mix on top and sides of hot cake. It will sink in, so use all the mix. Serve warm. This coffee cake freezes very well so can be made ahead and frozen or freeze extra leftover and heat later - it will be just like fresh.

RASPBERRY COFFEE CAKE

Pauline Phillips-Lieg
Fort Madison B.P.W.

1 C. packed brown sugar
½ C. butter or margarine
1 egg
1 tsp. vanilla
2 C. all-purpose flour
1 tsp. baking soda
½ tsp. baking powder
1 (8 oz.) carton raspberry yogurt

Preheat oven to 350°. Cream sugar and butter; add egg and vanilla. Stir flour, soda, baking powder, and ¼ tsp. salt together. Add alternately with yogurt to creamed mixture. Mix well. Pour into greased 9-inch tube pan. Bake for 50 minutes. Remove from pan; sprinkle with powdered sugar, if desired. Serve warm or cool.

CRULLERS

Delores Pollpeter, Fort Madison B.P.W.

¾ C. sugar
⅓ C. lard
2 eggs
1 tsp. salt
¼ tsp. nutmeg
½ tsp. cinnamon
4 tsp. baking powder
1 C. milk
4 C. flour

Cream sugar, lard, and eggs. Add salt, nutmeg, cinnamon, and baking powder. Add milk alternately with flour. Mix well. Roll out dough ½-inch thick and cut in pieces 3½-inches long, 1½-inch to 1¾-inch wide. Cut 2 gashes almost the length of the piece and fry in deep fat. Brown on one side, turn over and brown on other side. Drain on towel. Sprinkle with powdered sugar or roll in sugar and cinnamon.

"If the heart of a man is depressed with cares, the mist is dispell'd when a woman appears." — John Gay, 1865-1732

BUTTERMILK DOUGHNUTS

Jennifer Hayes, Fort Madison B.P.W.

3⅓ C. flour*
1 C. sugar
2 tsp. baking powder
1 tsp. soda
½ tsp. salt
½ tsp. cinnamon
¼ tsp. nutmeg
2 T. shortening
2 eggs
¾ C. buttermilk

Heat oil (3-inches to 4-inches) to 375° in deep fryer. Measure 1½ C. flour and the remaining ingredients into large mixer bowl. Blend on low speed, scraping bowl occasionally. Stir in remaining flour. Turn dough onto well floured board; roll around to coat with flour. Gently roll dough 3/8-inch thick. Cut with floured doughnut cutter. With wide spatula, slide doughnuts into hot fat. Turn doughnuts as they rise to surface. Fry 2-3 minutes or until golden brown on both sides. Remove from oil; drain. Serve plain, sugared or frosted. Makes 2 dozen. (*Do not use self-rising flour.)

ORANGE DROP-DONUTS

Dubuque B.P.W.

2 eggs
½ C. sugar
2 T. soft shortening
¼ tsp. salt
2 C. flour
2 tsp. baking powder
1/8 C. grated orange rind
½ C. orange juice

MIX: ½ C. sugar
1 tsp. cinnamon

Beat 2 eggs. Beat in ½ C. sugar and 2 T. soft shortening. Sift together 2 C. flour, 2 tsp. baking powder, and ¼ tsp. salt. Stir in alternately with ½ C. orange juice and a little grated orange rind if you have it. Drop by small teaspoonfuls into hot fat (375°). Fry until golden brown and remove with slotted spoon. Roll in mix of ½ C. sugar and 1 tsp. cinnamon. HINT: Use 2 tsp., dip in hot fat, scoop batter with one and push it off the other, and repeat for each donut drop. Makes about 3 dozen.

RAISED DOUGHNUTS

Sherry Hamilton, Fort Madison B.P.W.

2 pkgs. yeast
¼ C. warm water
1½ C. scalded milk
¼ C. shortening
½ C. sugar
2 tsp. salt
2 eggs (beaten)
5-6 C. sifted flour

Soften yeast in warm water. Heat milk to scalding and add shortening, sugar, and salt. Stir thoroughly until mixed and cool to lukewarm. Add yeast and beaten eggs to cooled milk. Add 2½ C. flour and beat until smooth. Stir in remaining flour to make a soft dough. Cover and let rise 10 minutes. Put on floured board and knead until smooth and satiny. Use about ½ C. flour for kneading. Place dough in greased bowl, brush with melted shortening and cover. Let rise 1 hour. Punch down and let rise 45 minutes. Roll out on lightly floured board, cut doughnuts and let stand 20-30 minutes. Fry in oil heated to 365°. Dip in glazing or sugar, then place on racks to drain.

OVEN FRENCH TOAST

Mary Jo Swallow, Keokuk B.P.W.

1 C. Half and Half or milk
4 large eggs
⅓ C. sugar
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
1 lb. loaf French bread
2 T. butter
Maple or berry syrup (warmed)

Preheat oven to 400°. Butter a 9x13-inch baking dish or ovenproof casserole of a similar size. In a bowl, beat together Half and Half, eggs, sugar, and spices. Cut off ends of bread, then cut loaf into 12 one-inch slices. Dip both sides of each slice into egg mixture for 10-15 minutes to let bread absorb mixture. Overlap slices in prepared pan. Pour leftover egg mixture over bread. Dot with butter. Bake 20-30 minutes or until edges of bread are lightly browned. Serve with warm syrup. SLEEP LATE TIP: Recipe can be prepared ahead up to baking. Cover and refrigerate up to 24 hours. Bake in preheated 400° oven for 30 minutes.

"For what's a play without a woman in it?" — Thomas Kyd, 1558-1594

CARAMEL TOAST

Dubuque B.P.W.

6 slices bread

TOPPING:
½ stick margarine
¼-⅓ C. brown sugar
Chopped pecans

Toast white bread on side under broiler. Turn over and top with about ½ stick (¼-⅓ C.) melted margarine, mixed with equal amount of brown sugar, and chopped pecans. Spread around on toast. Return to broiler and broil until bubbly and hot. Watch closely or it will burn.

BREAKFAST PIZZA

Loretta Bendlin, Spencer B.P.W.

1 pkg. crescent rolls
1 lb. sausage
½ lb. bacon
1 pkg. hash browns
½ lb. cheddar cheese
Green peppers (opt.)
Mushrooms (opt.)
5 eggs
¼ C. milk
Salt and pepper to taste

On a pizza pan roll out the crescent rolls, points to the center and press to form a crust. Brown sausage and bacon, drain well, and sprinkle over crust. Cover sausage, bacon with hash browns. Beat eggs and milk, pour over hash browns. Cover with cheddar cheese. Green peppers and mushrooms are optional. Bake at 400° for 20 minutes.

BREAKFAST FRUIT CUP

Jeanine Schroder, Cherokee B.P.W.

3 bananas (mashed)
3 lemons (juiced; real lemons)
3 oranges (peeled and diced)
1 small jar maraschino cherries
1 (No. 2) can pineapple tidbits
1 grapefruit (peeled and diced)
2 C. sugar
3 C. water

Heat water and add sugar until dissolved. Remove from heat and cool. Pour over fresh fruit and freeze. When ready to use, thaw until slushy, add a slice of banana and top with a strawberry.

FRUIT SOUP

Verna M. Ball, Jefferson B.P.W.

6 T. small tapioca
⅔ C. sugar
2½ C. water
Dash salt
2 (6 oz. ea.) cans frozen orange juice
2½ C. water
4 bananas
1 can mandarin oranges and juice
1 can pineapple tidbits and juice
1 can sliced peaches and juice
1 can fruit cocktail and juice
2 C. strawberries (quartered)

Boil first 4 ingredients together. Cool. Add fruit juice diluted with water. Add oranges, pineapple, peaches, fruit cocktail, and strawberries. Add bananas just before serving. Keeps well in refrigerator. Makes approximately 20 six ounce servings.

"JUST FOR NOTES"

Appetizers and Beverages



JANET GUTHRIE

Born in 1938, Iowa City, Iowa.

Janet began her racing career at Marlboro, Maryland in 1963. In 1976 she became the first woman driver to qualify for the Indianapolis 500. She was unable to make the "Indy" starting line-up because her sponsor took back his car. Lack of money and equipment has plagued her throughout her driving career, but she has earned the respect of many of her male competitors. In 1977 she went 27 laps but quit because of mechanical problems. In 1978 she finished the race, placing ninth in 190 laps.

BACON CHEESE SQUARES

Jodie Sevier, Fort Madison B.P.W.

1 lb. bacon
1 bunch green onions (finely chopped)
1 C. grated Parmesan cheese
1 loaf sandwich bread
2 C. mayonnaise (not salad dressing)

Fry, drain and crumble bacon. Mix all ingredients except the bread. Remove crusts from bread; cut slices into 1-inch squares. Toast sandwich bread on one side under broiler. Turn over and top each square with one heaping teaspoon of bacon mixture. Broil until bubbly. Makes 100 squares.

BROCCOLI PUFF

Sally Carter, Ottumwa B.P.W.

2 eggs (beaten)
¼ C. milk
1 (10 oz.) pkg. frozen broccoli
2 T. crumbled bacon

Mix together and bake in a greased casserole. Bake 45 minutes at 350°.

SAVORY CHEESE WAFERS

Doris Cottam, Waverly B.P.W.

1 lb. grated cheddar cheese
3 C. all-purpose flour
1 C. (2 sticks) butter (room temp.)
1 tsp. salt
¼ tsp. cayenne pepper
1 C. chopped pecans

Beat first 5 ingredients with electric mixer until well combined. Mix in pecans. Divide dough into thirds. Form each into smooth 1½-inch diameter log on sheet of waxed paper. Wrap tightly. Refrigerate at least 1 hour to firm. (Can be prepared ahead and refrigerated 3 days, or frozen several months. Thaw in refrigerator before continuing.) Preheat oven to 325°. Remove paper from dough. Cut dough into ¼-inch thick slices. Arrange 1½-inches apart on baking sheets. Bake until golden brown, 15-18 minutes. Transfer to paper towels and cool completely. Store in airtight container.

BREAD ROLL-UP LOGS

Marlene Havel, Grundy Center B.P.W.

1 lb. loaf white sandwich bread

MIX TOGETHER:
1 egg yolk
¼ C. sugar
1 (8 oz.) pkg. cream cheese

Trim crusts off bread. Roll flat with rolling pin. Spread each slice with 1 tsp. of the egg, sugar, cream cheese mixture and roll up tightly. Dip in melted margarine, then in cinnamon and sugar. (Cream 1 C. sugar, 3 tsp. cinnamon, ¾ C. melted margarine.) Can be frozen and baked later. Bake in 350° oven for 5 minutes (10 if frozen). Watch closely.

MARINATED CHICKEN WINGS

Wendy Hixon, Clinton B.P.W.

2 dozen chicken wings
(cut off tips)
Garlic salt
1 C. soy sauce
1 C. sugar

Marinate chicken wings in soy sauce, sugar mixture for 2 hours. Drain. Sprinkle with garlic salt. Bake at 375° for 1-1½ hours, turning once.

BARBECUED CHICKEN WINGS

Pat Muller, Spencer B.P.W.

5 lbs. chicken wings
1 C. brown sugar
1 C. (short) soy sauce
1 tsp. garlic powder
1 (6 oz.) jar baby food apricot with tapioca

Purchase wings which have tips removed and remaining portion cut in half. Mix sugar, soy sauce, garlic powder, and apricot. Blend well. May be baked covered at 325°-350° for about 2 hours, or in crock pot for approximately 4 hours, medium-high temperature. (This recipe could be adapted for the microwave also. Using a large utility dish, cook on full power for about 12-14 minutes. Turn pieces over and cook another 12-14 minutes, or until done.)

MEXICALI CORNBREAD SQUARES *Mildred Lavin, Iowa City B.P.W.*

¾ C. Quaker enriched cornmeal
¾ C. unbleached flour
1 T. baking soda
½ tsp. baking powder
¾ C. shredded cheddar cheese
4 oz. diced green chilies (drained)
3 eggs or egg substitute
¾ C. milk
2 T. butter or oil
2 T. chopped red pimento or black olives
½ tsp. ground cumin
¼ tsp. garlic salt
¼ tsp. pepper

Combine dry ingredients. In separate bowl, mix milk, eggs, oil, and cheese; add chilies, olives/pimentos and spices. Add this mixture to the dry ingredients. Do not overmix; batter will be lumpy. Pour into well greased 8x8-inch square baking pan. Bake at 350° for 35-40 minutes, or until top is golden brown. Cut into 9 squares. Serve warm with optional topping of salsa.

CRAB 'N BACON PUFFS *Cindy Sparrow, Fort Madison B.P.W.*

2 (6 oz. ea.) cans crab meat
⅓ C. dry bread crumbs
2 T. dry sherry or lemon juice
2 tsp. chopped onion
1 tsp. dry mustard
1 tsp. chopped parsley
¼ tsp. salt
10 slices bacon (cut into thirds)

Drain and rinse crab meat. Remove shell or cartilage; squeeze out excess water. In medium bowl, combine bread crumbs, sherry, chives, mustard, parsley, and salt; mix well. Chill 30 minutes. Using tablespoonful of crab mixture, shape into balls. Wrap bacon around crab balls; secure with toothpick. Broil 4-inches from heat for 4-5 minutes. Turn carefully; broil an additional 4-5 minutes or until bacon is crisp. Makes 30 appetizers.

PINK PICKLED EGGS *Sherry Hamilton, Fort Madison B.P.W.*

Juice from 16 oz. can of beets
½ C. sugar
1 C. cider vinegar
6 whole cloves
1 stick cinnamon
8-10 hard boiled eggs

Boil for 5 minutes the first 5 ingredients. Pour over shelled eggs and spoon liquid over eggs until well coated and pink. (Best if it is in deep enough container that the eggs can be covered with liquid.) Refrigerate for 2-3 days for eggs to absorb the color and spicy flavor.

SHRIMP EGG ROLLS

Dubuque B.P.W.

1 pkg. small cooked shrimp (thawed and chopped)
1½ C. finely chopped celery
½ tsp. onion powder or 1 T. grated onion
1 can finely chopped water chestnuts
1 can well drained bean sprouts
1 T. soy sauce
1 tsp. sugar
1 tsp. salt
1 egg (beaten)
¼ C. salad oil

Mix all, put about 1 T. mixture per egg roll skin. Fold in ends, roll up, deep fat fry until brown. (Makes up 1 pkg. egg roll skins.)

IMPERIAL EGG ROLLS

Marie Brady Holmes, Fort Madison B.P.W.

3 T. oil
3 C. thinly sliced cabbage
1 C. chopped green onions with tops
1 clove garlic (finely chopped)
1 T. soy sauce
¼ tsp. ground ginger
1 (8 oz.) pkg. Louis Kemp Crab Delights legs
8 egg roll wrappers

Heat 1 T. oil in skillet on medium-high. Add cabbage, onion, garlic, soy sauce and ginger. Stir-fry 3 minutes or until tender; refrigerate. Unwrap each Crab Delights leg. Place one whole leg diagonally on each egg roll wrapper with 2 T. cooled cabbage mixture. Moisten edges of wrapper with water. Fold in both short corners of wrapper. Fold bottom of wrapper over mixture and roll up tightly. Brush surface of 4 egg rolls with 1 T. oil. Place in non-stick skillet, seam side down. Heat on medium 10-12 minutes, turning frequently to evenly brown all sides. Place on baking sheet in warm (200°) oven to hold. Repeat with remaining egg rolls and oil. Serve with Easy Sweet and Sour Sauce. Makes 8 servings.

EASY SWEET AND SOUR SAUCE: Combine ¼ C. orange marmalade and ¼ C. catsup in saucepan. Bring to a boil, stirring frequently. Serve warm or cold. TIP: Prepare egg rolls a day or two in advance; wrap well and freeze. When your guests arrive, simply unwrap and place frozen egg rolls on baking sheet. Heat in 400° oven for 20 minutes.

MUSHROOM ROLL-UPS

Barbara J. Williams, Fort Madison B.P.W.

16-20 slices sandwich bread
1 (10¾ oz.) can cream of mushroom soup
8-10 slices bacon (cut in half)

Trim crusts from bread and cut in half. Spread each half lightly with mushroom soup. Roll up like a jelly roll and wrap a piece of bacon around each. Secure with a round toothpick. Place on ungreased baking sheet and bake 2 hours at 250° or 1 hour at 350°. Makes 32-40 roll-ups.

STUFFED MUSHROOMS

Jeanne Westberg, Fort Madison B.P.W.

24 medium to large mushrooms
½ C. grated cheddar cheese
2 green onions (finely chopped)
⅓ C. fine bread crumbs
¼ C. butter (melted)
½ tsp. salt
½ tsp. freshly ground pepper
½ tsp. dried Italian herbs
½ tsp. Worcestershire sauce
¼ tsp. garlic powder
Dash of hot pepper sauce
Paprika (garnish)

Remove stems from mushrooms; chop finely. Transfer to medium bowl. Stir in cheese and onions. Add all remaining ingredients except paprika and blend well. Fill caps with mixture, mounding slightly in center. Sprinkle with paprika. Arrange in shallow baking dish or on plate. Microwave on high until heated through, about 4-5 minutes. Mushroom can be filled ahead and refrigerated. Let stand at room temperature about 30 minutes before cooking.

OLIVE NUT SANDWICH

Betty Jo Calloway, Jefferson B.P.W.

6 oz. cream cheese
½ C. mayonnaise
½ C. chopped pecans
1 C. chopped salad olives
2 T. olive juice
Dash of pepper

Mix together and store in refrigerator for 24 hours before using. Will keep a long time.

OLIVE TARTS

Jeanene Bang, Algona B.P.W.

2 C. grated sharp cheese
1 C. sifted flour
½ tsp. paprika
½ C. soft butter
¼ tsp. Tabasco sauce
36 or more stuffed olives

Blend cheese, butter and flour. Add Tabasco sauce and paprika and wrap around drained olives (completely covering). Place on cookie sheet to freeze. Place in a plastic bag and use as needed. Bake at 400° for 15 minutes. Serve hot.

FANCY OYSTER CRACKERS

Dubuque B.P.W.

¾ C. oil
1 pkg. Hidden Valley dressing
1 tsp. dill weed
1 tsp. garlic salt
1 large pkg. oyster crackers

Combine all in a bowl. Mix well. Put all in zip-lock bag and close. Let sit for at least 1 hour, then serve.

PEPPERONI BREAD

Jean Klunder, Waverly B.P.W.

1 loaf frozen bread dough (thawed)
1 egg
1 tsp. oregano
¼ tsp. garlic powder
4 oz. shredded cheddar cheese
Sliced pepperoni

Thaw one loaf frozen bread dough until soft, not puffy, about 2 hours. Roll out to cookie sheet size. Mix 1 egg with 1 tsp. oregano and ¼ tsp. garlic powder. Brush ½ egg mixture on surface of dough. Place about 4 oz. shredded cheddar cheese on top of egg mixture. Pat it down so it sticks. Arrange sliced pepperoni over mixture. Cut it in half and roll it up to form 2 loaves. Seal edges and place on greased cookie sheet. Brush remaining egg mixture on top of each loaf. Cut slits in top of loaves as with French bread. Bake at 350° for 25-30 minutes.

MINIATURE MUFFIN PIZZA

Robin Lair, Burlington B.P.W.

1 pkg. English muffins
Tomato sauce
1 large pkg. mozzarella cheese (shredded)
Oregano
Grated Parmesan cheese
Pepperoni slices or mushroom slices

Split and toast the English muffins in the toaster. Spread a heaping teaspoon of tomato sauce on each piece of muffin. Place pepperoni or mushroom slices on top. Top with cheese and a dash of oregano. Heat the halves for 2 minutes in 350° oven or until the cheese begins to melt. Serve with the grated Parmesan cheese.

VEGETABLE PIZZA

Dorothy Wood, Keokuk B.P.W.

2 cans crescent rolls
⅔ C. mayonnaise
½ tsp. seasoned salt
½ tsp. garlic powder
Broccoli, radishes, tomatoes, carrots, etc.
2 (8 oz. ea.) pkgs. cream cheese
1 tsp. minced dry onion
½ tsp. dill weed
1 pkg. chipped thin ham
Cauliflower, cheese, olives, etc.

Grease cookie sheet. Flatten and bake 2 cans of refrigerated crescent rolls for 8 minutes at 375°. Cool. Top with the cream cheese, mayonnaise, dry onion, salt, dill weed, and garlic powder after this has been mixed together thoroughly. Spread evenly over the crescent rolls. Chop as much of the fresh vegetables as you wish to make a thin layer to cover the cream cheese mixture. You may use any or all of the fresh vegetables that your family likes. Add the chipped thin ham to the very top layer. Cut into squares and serve.

POTATO SKINS

Jeanine Schroder, Cherokee B.P.W.

Baking potatoes
Grated cheese
Crumbled bacon
Sour cream

Bake potatoes until done. Quarter potatoes into strips and remove almost all of the potato, leaving about ¼ of the potato on the skins. Deep fat and fry potato skins until brown. Place the individual pieces on a cookie sheet. Add grated cheese on top and sprinkle with bacon crumbles, then broil until cheese is hot and bubbly. Serve with sour cream.

SAN DIEGO SPUDS

Dubuque B.P.W.

9 small red potatoes
3 T. melted butter
¾ tsp. chili powder
¼ tsp. salt
½ C. tomatilla salsa (green salsa)
½ C. chopped ripe olives
1 C. grated Jack cheese
Sour cream garnish

Preheat oven to 425°. Clean and prick potatoes. Bake 40 minutes or until tender. When cool enough to handle, cut in half. Scoop out centers with spoon or melon baller, leaving ¼-inch shell. Place skin side up on cookie sheet. Brush with butter and sprinkle with chili powder and salt. Bake 5 minutes. Remove from oven and turn over. Fill centers with tomatilla salsa, olives, onions, and cheese. Broil 2-3 minutes until cheese is melted. Top with dollop of sour cream. Makes 18 appetizers.

BARBEQUE RIBS POLYNESIAN

Cindy Bates, Fort Madison B.P.W.

SAUCE:
½ C. catsup
⅓ C. soy sauce
3 T. brown sugar
2-3 tsp. grated ginger root or 1 T. ground ginger

2-2½ lbs. ribs (cut into 2-inch to 2½-inch lengths)
¼ C. sugar
1 tsp. smoked salt

Mix sauce ingredients. Let stand overnight to blend flavors. Rub ribs with sugar and salt. Let stand 2 hours. Brush with sauce. Let stand 1 hour. Place ribs, meat side down, on rack. Bake at 450° for 15 minutes. Spoon off fat. Turn oven to 350° and bake 1 hour. Turn and brush now and then. makes 8 servings.

SAUSAGE AND RUM APPETIZERS

Dubuque B.P.W.

1 (1 lb.) pkg. brown and serve sausages (no skin-on type)
½ C. brown sugar
½ C. soy sauce
½ C. rum

Mix sugar, soy sauce and rum. Brown sausages on one side, cut in thirds. Cover with mix, simmer turning occasionally to absorb sauce about 10 minutes. Can do ahead and reheat. Serve in chafing dish with toothpicks.

RUMAKI

Roxanne Crail, Fort Madison B.P.W.

1 lb. bacon
1 (5 oz.) can water chestnuts (drained and halved)
1 lb. chicken livers (cut in pieces)
½ C. soy sauce
¼ tsp. ginger
¼ tsp. curry powder
1 small bunch green onions (chopped fine)

Cut bacon slices in half and cook until partly done. Wrap 1 piece of chestnut and 1 liver piece together with a strip of bacon, securing with a round toothpick. Continue until all pieces are wrapped. Combine soy sauce, ginger, curry, and onions. Marinate wrapped pieces in the sauce for at least 1 hour (could be frozen in sauce at this point). Remove from sauce, place pieces on broiling pan and broil about 15 minutes, 6-inches from heat source, turning once. Serve hot.

SAUSAGE BALLS

Sally Carter, Ottumwa B.P.W.

1 lb. hot sausage
8 oz. grated cheese
3 C. Bisquick

Mix ingredients (do not cook sausage and use dry Bisquick). Make walnut size balls. Bake at 350° for 30-40 minutes on rack in pan. Drain on paper towels. Keep warm and serve. These freeze well also.

SAUSAGE APPETIZERS

Wendy Hixon, Clinton B.P.W.

2 C. Bisquick
1 lb. hot sausage
1 C. grated sharp cheese
3-4 T. milk

Mix together. Form into small balls. Bake 15-20 minutes at 350°.

"But what is woman? - Only one of nature's ageeable blunders."
—Mrs. Hannah Crowley, 1743-1809

SAUSAGE-PARTY RYE

Mary Jo Swallow, Keokuk B.P.W.

1 lb. hamburger
1 lb. bulk sausage
1 lb. Velveeta cheese (cubed)
Dash of garlic powder
Dash of Worcestershire sauce
Dash of oregano
2 T. catsup
1-2 loaves party rye bread

Brown hamburger and sausage and drain well. Add remaining ingredients and stir well. Spread on party rye bread. Bake at 350° for 10-15 minutes. Can be frozen before baking.

SPINACH BALLS WITH MUSTARD SAUCE

Mary Jo Hughes
Fort Madison B.P.W.

½ C. dry mustard
½ C. white vinegar
¼ C. sugar
1 egg yolk

SPINACH BALLS:
2 (10 oz. ea.) pkgs. frozen chopped spinach
2 C. seasoned stuffing crumbs
1 C. grated Parmesan cheese
6 eggs (beaten)
¾ C. butter or margarine (softened)
Salt and pepper

To make sauce, combine mustard and vinegar and let stand at room temperature for 4 hours. Combine sugar, egg yolk, and mustard mixture; cook and stir until thickened (cover and chill, if desired). For spinach balls, cook and drain spinach; combine spinach, stuffing, cheese, eggs, butter, salt and pepper; chill. Roll mixture into one-inch balls. Place on baking sheet and bake at 350° for 20 minutes. Serve with hot mustard sauce for dipping. (Spinach balls can be frozen and baked just before using.)

SPINACH ROLL-UPS

Tina Krieger, Fort Madison B.P.W.

2 pkgs. frozen chopped spinach
½ C. bacon bits
1 C. mayonnaise
1 pkg. Hidden Valley Ranch dressing mix
2-3 green onions (chopped)
¼ C. water chestnuts (chopped)
7 (10-inch ea.) flour tortillas

Thaw spinach and squeeze out water. Place in bowl and add bacon bits, mayonnaise, dry dressing mix, onions, and water chestnuts. Mix together well. On 7 flour tortillas place filling and spread. Roll up into logs. Refrigerate and cut into pieces, using toothpicks to keep together.

TACO PINWHEEL APPETIZERS

Lynda Mumm, Fort Dodge B.P.W.

1 (8 oz.) pkg. cream cheese (softened)
Pace picante sauce
1-1½ C. shredded cheddar cheese
3 scallions (green onions; (only use green top, chopped)
5-6 large soft flour tortilla shells

Mix cream cheese, cheddar cheese (I use gourmet shredded cheese) and scallions very thoroughly. Spread thin layer of mixture on tortilla shells, tightly roll them up and then slice into half-inch slices. Insert toothpicks (red and green for Christmas) and serve with picante sauce. Makes 50-60.

TORTILLA APPETIZERS

Sibylle Wolfe, Clinton B.P.W.

1 large pkg. tortillas (flour)

MIX TOGETHER:
2 C. sour cream
1 pkg. cream cheese
1½ bunches or onions (chopped greens and all)
1½ C. green pepper
1 can black or green olives
2 pkgs. chopped dried beef
1 C. shredded cheddar cheese

Spread mixture on tortillas. Roll and fasten with toothpick. Refrigerate 1 hour. Cut into slices. Serve with picante sauce.

—CHEESE BALLS—

TRIO CHEESE BALL

Phyllis Casperson, Clinton B.P.W.

1 (8 oz.) pkg. cream cheese (softened)
¼ lb. blue cheese (crumbled)
1 C. sharp cheddar cheese (shredded)
1 small onion (minced)
1 T. Worcestershire sauce
½ C. chopped pecans
Finely snipped parsley

Beat cheeses in mixer bowl on medium speed until fluffy. Beat in onion and Worcestershire sauce. Roll in parsley and pecans. Shape in ball. Cover and chill 3-4 hours until firm. Serve with crackers.

SALMON PARTY BALL

Reva Bennett, Indianola B.P.W.

1 lb. can (2 C.) salmon
8 oz. pkg. cream cheese (softened)
1 T. lemon juice
1 tsp. prepared horseradish
2 tsp. grated onion (or use onion salt)
¼ tsp. salt
¼ tsp. liquid smoke
3 T. snipped parsley (dry flakes can be used)
½ C. ground nut meats

Drain and flake salmon (remove skin and bones). Combine salmon, cream cheese, lemon juice, onion, horseradish, salt and liquid smoke, mix thoroughly. Chill several hours. Shape salmon mixture into a ball; roll in nuts and parsley mixture and chill again. Serve with assorted crackers.

COCKTAIL MEAT ROLL

Donna Oltmann, Anamosa B.P.W.

1 (8 oz.) pkg. Philadelphia cream cheese
1 tsp. horseradish
1 tsp. mustard
1 pkg. dried beef
Oleo

Put cream cheese, horseradish, and mustard in blender until well mixed. Put in waxed paper and make a log roll. Cut up dried beef in small pieces. Saute in oleo until it curls. Roll in log roll. Can refrigerate and later slice and put on cocktail bread.

CHEESE BALL

Dubuque B.P.W.

2 (8 oz. ea.) pkgs. cream cheese
1 wedge blue cheese
1 jar Old English cheese
1 T. Worcestershire sauce
1 T. grated onion
Pinch of salt
Chopped nuts and parsley

Set cheese out to soften and mix cheeses together. Make into one large ball. Roll in chopped nuts and parsley.

DEVILED HAM CHEESE

Dianne Mueller, Fort Madison B.P.W.

1 (8 oz.) carton cottage cheese
1 (8 oz.) pkg. cream cheese
1 large can deviled ham
½ pkg. dry Good Seasons Italian salad dressing

Mix cheeses and dressing. Spread on cooking sheet. Refrigerate until firm, then spread on deviled ham and roll. Can be rolled in parsley and shaped into Christmas wreath. Serves 8.

JANIE'S CHEESE BALL

Dubuque B.P.W.

1 stick oleo
11 oz. pkg. cream cheese
1 T. onion (minced)
1 (2½ oz.) pkg. chipped beef
Chopped peanuts

Mix and cream. Form into a ball and roll in chopped nuts.

CHEESE BALL

Linda Coyne, Marshalltown B.P.W.

2 (8 oz. ea.) pkgs. cream cheese
¼ C. Miracle Whip
1 C. shredded mild cheddar cheese
¼ C. finely diced onions
½ C. chopped pecans

Mix together cream cheese, Miracle Whip, shredded cheese and onions (food processor works well). After well blended, shape into a ball and roll in chopped pecans. Refrigerate until ready to serve. Serve with assorted crackers.

RED PEPPER CHEESE BALL

Dubuque B.P.W.

1 seeded red bell pepper
1 lb. sharp cheese at room temp.
8 oz. softened cream cheese
1 finely minced garlic clove
¼ tsp. salt
Chili powder
Melba crackers

Combine pepper, cheeses, garlic, and salt in food processor until blended smooth. Form into ball and chill several hours until firm. Before serving, roll in chili powder. Serve with crackers.

CHEESE ROLL

Martha Rice, Burlington B.P.W.

1 (8 oz.) pkg. Philadelphia cream cheese
1 small onion (minced)
1 T. mayonnaise
1 tsp. lemon juice
¼ tsp. salt
1 pkg. dried beef (cut fine)

Soften the cream cheese; add the mayonnaise, onion, lemon juice and salt. Mix together. Place the dried beef on a large square of waxed paper. Spoon the cheese mixture over the beef and roll up. Very good on Ritz crackers. You can also mix the first 5 ingredients and shape into a ball. Let sit in refrigerator overnight and then roll in pecan chips.

HOLIDAY HAM AND CHEESE BALL

Lorraine Treimer Spencer B.P.W.

1 C. shredded cheddar cheese
1 (3 oz.) pkg. cream cheese
1 (4½ oz.) can Underwood deviled ham
2 T. finely chopped scallions
3 T. Old El Paso chopped green chilies
½ C. chopped walnuts
Crackers

In a small bowl, combine cheddar cheese, cream cheese, deviled ham, scallions and chilies; mix well. Shape mixture into a ball. Roll in chopped nuts. Wrap in plastic wrap; chill. Remove from refrigerator to soften slightly before serving. Makes 1 (2-cup) cheese ball. Serve with crackers.

—DIPS—

APPLE DIP

Grace Whitten, Clinton B.P.W.

MIX:
1 C. peanut butter
8 oz. pkg. cream cheese (softened)

FRESH APPLE DIP

Brenda Hart, Clinton B.P.W.

8 oz. cream cheese
½ C. brown sugar
½ C. powdered sugar
1 tsp. vanilla
Apples

Blend first 4 ingredients. To serve, quarter apples and serve with dip and nuts if desired.

CARAMEL FOR APPLE DIP

Sheri L. Taylor, Iowa Great Lakes B.P.W.

8 oz. cream cheese (softened)
¾ C. brown sugar
¼ C. white sugar
1 T. vanilla

Beat with mixer. Great for "Granny Smith" apples. Doesn't harden as it sits out - and easy!

APPLE DIP

Grace Whitten, Clinton B.P.W.

Pour caramel sundae syrup into bowl. Serve with apple slices. Toss apple slices in lemon juice to keep them from turning brown.

ARTICHOKE DIP

Evelyn Orozco, Fort Madison B.P.W.

1 C. Hellmann's mayonnaise
1-1¼ C. Parmesan cheese
2 cans plain water pack artichoke hearts

Drain and squeeze dry artichoke hearts (save 4-5 pretty ones for top). Bake 25 minutes at 350°. Serve with sturdy crackers.

CHIP BEEF DIP

Peggy Behren, Clinton B.P.W.

1 pint sour cream
¼ C. sliced olives
2 T. dry onion soup mix
1 pkg. or glass chipped beef (shredded)

Mix all together. Serve with potato chips or spread on crackers.

CREAMY BEEF DIP

Susan Frey, Clarinda B.P.W.

8 oz. cream cheese (softened)
½ C. sour cream
2 T. milk
1 tsp. Beau Monde seasoning
1 tsp. dry onion flakes
¼ tsp. garlic powder
¾ C. dried beef (cut)

Whip cream cheese until fluffy. Add next 5 ingredients to cream cheese and whip until mixed. Fold in dried beef. Put in a 1-qt. microwave casserole. Microwave at full power 4 minutes. Stir once. Serve with crackers.

CHILI DIP

Beth Hodges, Davenport B.P.W.

2 lbs. ground chuck
3 medium onions (chopped)
¼ C. green pepper (chopped)
2 T. chili powder
1 lb. Velveeta cheese
1 (6 oz.) can tomato paste
1 tsp. salt
½ tsp. ground cumin
1 (8 oz.) can tomato soup

Brown meat, add onions and pepper, saute until done. Drain well. Add other ingredients. Simmer for about 1 hour. Serve hot with tortilla chips. This is best when made the night before and refrigerated. It helps the flavors mix, especially when made in a crock pot.

CUCUMBER DIP

Amy Johnson, Clinton B.P.W.

1¼ C. sour cream
1/8 tsp. garlic salt
2 T. oil
2 T. sugar
1 tsp. salt
1 tsp. vinegar
¼ tsp. dill weed
4 thinly sliced cucumbers

Mix ingredients together, add cucumbers. Refrigerate 1 hour.

BOSTON DILL SAUCE DIP

Edna Montis, Clinton B.P.W.

½ C. mayonnaise
½ C. sour cream
⅓ C. drained, shredded cucumber
½ tsp. dill weed

Mix ingredients. Chill. Serve with raw vegetables.

CURRY DIP FOR VEGGIES

Wendy Hixson, Clinton B.P.W.

1 pint mayonnaise
3 T. catsup
3 T. honey
3 T. onion flakes
Salt to taste
1 T. curry powder
1 T. lemon juice
8 drops Tabasco sauce

Mix in blender until fluffy. Serve cold with veggies.

DILL DIP

Lou Ann Daley, Clinton B.P.W.

1 pint sour cream
1 pint mayonnaise
3 T. parsley flakes
3 T. dill weed
3 T. onion flakes

Mix well, chill, serve with vegetables.

FRUIT DIP

Grace Whitten, Clinton B.P.W.

1 jar marshmallow creme
2 T. lemon juice
1 (8 oz.) pkg. cream cheese

Mix until smooth. Good with any fresh fruit, especially strawberries.

FRUIT DIP

Nancy Baugher, Keokuk B.P.W.

2 eggs
⅓ C. sugar
6 oz. frozen lemonade
2 C. Cool Whip

Beat eggs in double boiler. Stir in sugar and lemonade. Cook over simmering water until thick. Cool. Fold in Cool Whip. Serve with chunks of fresh fruit to dip.

FRUIT DIP

Marjorie Roberts, Burlington B.P.W.

1 jar marshmallow creme
1 (8 oz.) pkg. Philadelphia cream cheese

Mix well together and serve with fresh fruit.

FRUIT DIP

Marilyn Schroeder, State 2nd Vice President, Perry B.P.W.

1 pkg. strawberry Philadelphia cream cheese
1 jar (any size) marshmallow cream

Combine the two ingredients, blending well. (Works best if cream cheese is at room temperature.) This is an excellent dip for any fruit.

GUACAMOLE

Marsha Russell, Fort Madison, B.P.W.

3 ripe avocadoes
Salt and pepper to taste
1½ tsp. lemon juice
¼ tsp. garlic powder
2 T. finely minced onion
Tabasco sauce to taste
1 tomato (chopped)
Tomato wedges for garnish (opt.)

Peel and mash avocadoes. Add salt, pepper, lemon juice, garlic powder, onion and Tabasco; mix well. Stir in chopped tomato. Garnish with tomato wedges and put one avocado seed in middle to keep from browning. Chill before serving. Serve with tostados.

KING HAWAIIAN BREAD DIP

Wanda Tindall, Corning B.P.W.

2 tsp. Beau Monde seasoning
2 T. parsley
2 tsp. dillweed
2 T. onion flakes
1⅓ C. sour cream
1⅓ C. mayonnaise

Scoop out center of dill bread or round loaf bread. Put above mixture in center. Dip scooped out portions of bread into dip to eat.

JALAPENO DIP

Judi Bartlett, Fort Madison B.P.W.

1 (8 oz.) pkg. whipped jalapeno dip
Chopped lettuce
Chopped tomatoes
Chpped onions
1 (8 oz.) pkg. cream cheese
Sliced black olives
Shredded cheddar and Monterey Jack cheese
Tostado or taco chips

Combine together jalapeno dip and cream cheese and spread on platter. Top with chopped lettuce, tomatoes, onions, sliced ripe black olives, shredded cheddar, and Monterey Jack cheese. Serve with tostado or taco chips.

HOT MUSHROOM DIP

Doris Cottam, Waverly B.P.W.

4 slices bacon
½ lb. fresh mushrooms (sliced)
1 medium onion (finely chopped)
1 garlic clove (minced)
¼ tsp. salt
1/8 tsp. freshly ground pepper
8 oz. cream cheese (cut in small pieces)
2 tsp. Worcestershire sauce
2 tsp. soy sauce
½ C. sour cream
Crackers and breadsticks
2 T. all-purpose flour

Fry bacon in large skillet over medium heat until crisp. Drain, reserving 2 T. drippings in skillet. Crumble bacon and set aside. Add mushrooms, onion and garlic to reserved drippings and cook over medium heat until tender and most of mushroom liquid has evaporated, about 6-8 minutes. Mix in flour, salt and pepper. Add cream cheese, Worcestershire sauce and soy sauce. Reduce heat to low and stir until cheese is melted. Remove from heat. Stir in sour cream and bacon. Serve warm with assorted crackers and breadsticks.

POTTED MEAT DIP

Phyllis Miller, Keokuk B.P.W.

2 large pkgs. cream cheese
2 T. catsup
Horseradish to taste
1 large can potted meat
2 T. Worcestershire sauce

Mix all ingredients well. Serve with potato chips, crackers or veggies.

SHRIMP DIP

Dubuque B.P.W.

1 can shrimp (drained)
2 (3 oz. ea.) pkgs. cream cheese
¼ C. mayonnaise
¼ C. ketchup
1 T. onion
2 drops Tabasco sauce
1 T. Worcestershire sauce

Blend all above well.

SPINACH DIP

Louise Treanor, Indianola B.P.W.

1 pkg. frozen spinach
1 pt. sour cream
1 C. mayonnaise
1 pkg. Knorr dried vegetable soup mix
1 small can water chestnuts (diced)
2 T. diced onion
3 T. diced celery

Thaw spinach and pat dry. Combine all ingredients in food processor and mix well. Refrigerate 1 hour. Serve with snack crackers.

SPINACH DIP IN BREAD

Dubuque B.P.W.

1 (6 oz.) pkg. spinach tops (chopped and well drained)
1 C. mayonnaise (not Miracle Whip)
1 C. sour cream
1 pkg. Knorr Swiss vegetable soup mix
1 can water chestnuts (chopped fine)
1 round loaf Hawaiian bread or dark rye

Mix ingredients together. Cut out center of bread and fill with dip.

EASY TACO DIP

Sherry Zinn, Spencer B.P.W.

1 lb. hamburger
1 lb. Velveeta cheese
1 (8 oz.) jar taco sauce (mild)
1 T. Worcestershire sauce

Brown and drain hamburger; melt cheese. Mix hamburger and cheese together thoroughly. Add taco sauce and Worcestershire sauce and place in crock pot. Heat on low. Serve with nacho type chips.

TACO DIP

Marilyn Huff, Clinton B.P.W.

Layer in glass pie plate the following in order listed:
8 oz. pkg. cream cheese
1 can chili (without beans)
1 can chopped green chilies
2 C. cheddar cheese

Microwave 4 minutes or until cheese melts. Serve hot with choice of crackers or tortilla chips.

TACO DIP

Susan Halbach, Grundy Center B.P.W.

8 oz. cream cheese
8 oz. sour cream
1 can refried beans
½ jar taco sauce
⅓ pkg. taco seasoning

Combine above ingredients in a 9x13-inch pan. Bake at 350° for 15 minutes. Remove from oven and top with Monterey Jack and cheddar cheese. Return to oven and bake until cheese melts.

TACO DIP

Irene Arbogast, Centerville B.P.W.

1 (8 oz.) pkg. cream cheese (softened)
1 can chili with beans (drained)
1 (8 oz.) jar salsa (picante)
2 C. Mexican shredded cheese
1 T. milk (approximately)
Lettuce (shredded)
Tomatoes (chopped)
Onions (chopped)
Black olives (opt., chopped)

Cream softened cheese with approximately 1 T. milk until spreadable. Place on 8-inch or 9-inch area (not melted). Add drained chili with beans, spread to edge, pour salsa over chili, then pile shredded lettuce, chopped onions and tomatoes in layers. Cover with shredded cheese, scatter olives for color. Serve with tostado chips. Enjoy!!! Ole!!!

NANCY'S TOSTADO DIP

Dubuque B.P.W.

8 oz. cream cheese
1 C. sour cream
1 (8 oz.) jar El Paso taco sauce
2 C. shredded cheddar cheese
1 C. sliced olives
½ C. chopped onion
½ C. chopped green pepper
½ C. chopped celery
½ C. chopped green chilies
1 C. shredded mozzarella cheese

Mix together thoroughly cream cheese and commercial sour cream. Spread over bottom of pizza pan. Gently spread over top taco sauce. Then layer on top chopped onion, chopped green pepper, chopped celery, chopped green chilies (opt.). Then sprinkle with 2 C. shredded cheddar cheese and 1 C. shredded mozzarella cheese. Top with some sliced ripe olives or sliced green olives or both or half and half. Cover and chill until serving. Will keep 2-3 days as leftover.

VEGETABLE DIP

Anne Smith, Burlington B.P.W.

1 small container sour cream
Equal amount of mayonnaise
1 T. Beau Monde
1 T. parsley flakes
1 T. dill weed
1 T. onion flakes

Mix all ingredients together and let set in refrigerator for at least 4 hours. Serve with raw vegetables.

VEGETABLE DIP

Edna Montis, Clinton B.P.W.

1 C. mayonnaise
½ tsp. garlic powder
½ tsp. curry powder
½ tsp. horseradish
½ tsp. dried onion
½ tsp. vinegar

Mix ingredients. Chill. Serve with fresh vegetables.

—SPREADS—

SATURDAY NIGHT CHEESE SPREAD-PLUS

Pam Pierce
Cherokee B.P.W.

2 (8 oz. ea.) pkgs. Kraft Cracker Barrel sharp cheddar cheese spread
3 (8 oz. ea.) pkgs. cream cheese (low-calorie)
1 T. dried minced onion
1 T. parsley flakes
½ tsp. minced garlic (opt.)
1 T. bacon bits (opt.)
1/8 C. Worcestershire sauce

FOR SPECIAL OCCASIONS:
Finely chopped hot peppers
Flaked smoked salmon

Allow cheeses to reach room temperature. (Quick tip: On Low, slightly soften in microwave.) Place in a large bowl. With mixer, blend cheeses and Worcestershire sauce. Mixture should be the consistency of very thick whipped cream. Add additional Worcestershire sauce if necessary. Fold in onion, parsley, and any optional dried ingredients. Place in a sealable container. Garnish with parsley and/or paprika if desired. Refrigerate. NOTE: This spread will remain spreadable when chilled and keeps very well. During the holidays this makes a perfect hostess gift.

CHEESE SPREAD

Dubuque B.P.W.

1 jar Old English cheese spread
1 jar pimento cheese spread
1 (8 oz.) pkg. cream cheese

Mix all ingredients together and beat until fluffy.

CHICKEN LIVER PATE

Peggy Behrens, Clinton B.P.W.

1 medium onion
½ lb. chicken liver (sauteed in butter)
1 tsp. salt
½ tsp. pepper
1 T. red wine
2 hard boiled eggs

Grind finely or blend all ingredients. Mold and chill for 30 minutes. Makes 1½ C.

CRAB DELIGHT

Dubuque B.P.W.

1 (8 oz.) pkg. cream cheese
2 T. mayonnaise
1 T. Worcestershire sauce
1 tsp. lemon juice (add more if needed)
1 small onion (chopped fine)
Salt to taste
½ bottle Heinz chili sauce
1 (6 oz.) can crab meat
Chopped parsley

Mix first 6 ingredients. Spread in large circle on serving plate about ¾-inch thick. Chill. Spread ½ bottle of chili sauce over above. Then add crab meat, and then cover with fresh parsley. Serve with crackers of choice.

DRIED BEEF SPREAD

Jennifer Baldwin, Clinton B.P.W.

1 stick margarine
8 oz. cream cheese
1 pkg. dried beef
Olives
Garlic salt
Pepper

Mix above and serve with crackers.

CREAM CHEESE/OLIVE SPREAD *Merilyn Boekelman, Algona B.P.W.*

1 (8 oz.) pkg. cream cheese
2 sticks butter or margarine
1/8 tsp. garlic powder
½ jar salad olives (with pimientoes)
½ tsp. Worcestershire sauce
1 small can chopped black olives

Mix all ingredients with a blender. Store and serve with crackers from a bowl or form into a ball, roll in chopped pecans or parsley. Chill well before serving.

RUMAKI SPREAD *Mardie Smith, Fort Madison B.P.W.*

1 T. soy sauce
½ lb. chicken livers
½ C. soft butter
½ tsp. dry mustard
¼ tsp. nutmeg
Dash cayenne pepper (opt.)
1 can water chestnuts (well drained)
6 slices bacon (crisp, cooked)
Thin sliced green onion

Cook and drain livers, chop chestnuts, crumbled bacon. Place soy sauce and cooked livers, butter, salt, and pepper (if desired) into blender. Add dry mustard, nutmeg, cayenne and blend until smooth. It is best if livers are added a few at a time into the blender. Remove from blender and add chestnuts, onion and bacon. Serve with thin crackers. Makes 1½ C. Rich, different and delicious!

SHRIMP BUTTER *Merilyn Boekelman, Algona B.P.W.*

3 sticks softened butter or margarine
8 oz. cream cheese
Juice of 1 lemon
1 lb. (16 oz.) tiny fresh shrimp (cooked)
2 T. minced onion
Salt to taste

Whip butter (margarine) and cream cheese until fluffy. Add shelled shrimp, onion and seasonings. Try not to refrigerate, but if chilled allow about 2 hours before serving. Canned shrimp may be used in place of fresh shrimp. Rinse well before using. Serve with crackers.

TOMATO ASPIC SPREAD

Helen Lehman, Jefferson B.P.W.

1 can tomato soup
1 (3 oz.) pkg. lemon Jello
½-¾ C. green peppers and onions (chopped)
1 (8 oz.) pkg. cream cheese (room temp.)

Bring soup to boil and dissolve Jello in it. Cut up cream cheese into chunks and blend into mixture with mixer. Add the chopped green peppers and onions. Pour in 4-cup mold and set. Can be made a day or two ahead. (Makes about 2½-3 cups.)

BOURBON OR APRICOT BRANDY SLUSH

Jae Powell, Keokuk B.P.W.

7 C. water
4 tea bags
1 large can frozen lemonade
2 C. sugar
1 C. bourbon or apricot brandy slush
2 C. boiling water
1 small can frozen orange juice

Put tea bags in boiling water for a few minutes; add to other ingredients and freeze.

HOLIDAY CIDER

Mardis Smith, Fort Madison B.P.W.

1 orange
Whole cloves
1 gal. apple cider
12 sticks cinnamon
2 C. brandy (opt.)

Slice orange and stud slices with cloves. Combine cider, orange slices, and cinnamon sticks in a kettle. Heat gently to simmer but do not boil. Add brandy just before serving. Makes 16 one-cup servings. Try preparing this in a 20-cup electric percolator. Use coffee basket to hold orange and spices.

CHAMPAGNE PUNCH

Marsha Russell, Fort Madison B.P.W.

1 bottle champagne (cheap)
2 liters ginger ale
¾ C. Triple Sec
¾ C. brandy

CRANANA SLUSH

Cindy Bates, Fort Madison B.P.W.

1 (6 oz.) can frozen cranberry juice cocktail concentrate
¾ C. light rum
1 medium banana (in chunks)
2 T. lemon juice
4 C. crushed ice cubes
1 banana (sliced)

In blender, combine first 4 ingredients until smooth. Add half the ice. Blend until smooth. Add remaining ice. Blend until slushy. Pour into glasses and garnish with sliced banana. Makes 5 six-ounce servings.

CHAMPAGNE PUNCH

Evelyn "Lolly" Orozco, Fort Madison B.P.W.

40 fresh or frozen whole strawberries
1 (46 oz.) can or 5¾ C. unsweetened pineapple juice
1 (6 oz.) can frozen limeade concentrate
¼ C. lemon juice
3 (25 oz. ea.) bottles champagne
¼ tsp. salt
1 lime (sliced)
1 (16 oz.) bottle lemon-lime soda (like 7-Up)

Place a strawberry in each section of an ice cube tray. Fill with pineapple juice and freeze. Combine rest of pineapple juice with remaining ingredients and serve with the pineapple-strawberry cubes. Makes 4½ quarts punch.

DAQUARI SLUSH

Tina Krieger, Fort Madison B.P.W.

1 qt. white rum
1 qt. 7-Up
1 C. sugar
7 (6 oz. ea.) cans water
3 (6 oz. ea.) cans frozen lemonade
3 (6 oz. ea.) cans frozen limeade or pink lemonade

Mix all ingredients in a 5-qt. ice cream bucket. Freeze for 24 hours before serving. You may pour 7-Up over it when serving.

DEEP FREEZE DAIQUIRI

Dianne Mueller, Fort Madison B.P.W.

2 (6 oz. ea.) frozen pink lemonade concentrate
6 lemonade cans water
1 (6 oz.) can frozen limeade concentrate
One fifth (25 oz.) light rum

Combine ingredients and freeze for 8-12 hours. Serve slushy. Makes 2¼ quarts punch.

"A man is as old as he's feeling, a woman as old as she looks"
—Mortimer Collins, 1848-1908

IRISH COFFEE AND CREAM *Jeanne Westberg, Fort Madison B.P.W.*

4 eggs
1 (14 oz.) can Borden's condensed milk
1½ C. blended whiskey
½ tsp. instant coffee
½ tsp. coconut extract
1 T. chocolate syrup
1 tsp. vanilla
½ tsp. almond extract

Put eggs, milk, whiskey, coffee, coconut extract, syrup, vanilla and almond in blender and mix. Pour in bottles and store in refrigerator. This makes 1 quart.

ITALIAN COFFEE *Sherry Hamilton, Fort Madison B.P.W.*

2 C. strong-brewed coffee
2 C. milk
1 T. sugar
2 T. cocoa
1 tsp. cinnamon or 4 cinnamon sticks
2 T. dark creme de cacao
½ C. whipping cream (whipped)

Mix coffee, milk, sugar and cocoa. Add 1 tsp. cinnamon if not using the sticks. Heat and stir until mixture barely boils. Add brandy and creme de cacao. Serve in mugs with a dab of whipped cream on top and a cinnamon stick, if you wish. Makes 4 cups.

HOLIDAY PUNCH *Jodie Sevier, Fort Madison B.P.W.*

2 parts cranberry juice cocktail
1 part vodka
1 part Club Soda

Mix together in whatever quantity you need (quarts for example) and pour over ice mold. This is a very attractive color, appropriate for Christmas. Popular, because it is not sweet.

HUNGARIAN CHRISTMAS HOT WINE

Jennifer Hayes
Fort Madison B.P.W.

4 eggs
4 T. powdered sugar
1 qt. blackberry wine
4 dashes each - nutmeg and cinnamon

Place eggs in bowl, beat until thick and foamy. Add sugar 1 T. at a time. Keep beating between each addition. In another pan heat wine until it barely starts to boil. Add spices. Put bowl of beaten eggs in pan of hot water (like double boiler). Pour hot wine slowly into beaten eggs, beating all the time. Serve in glass cups or glasses. You may use sweet wine.

KAHLUA

Carol Hess, Davenport B.P.W.

1 qt. water
3 C. sugar
1-1½ pints 100 proof vodka
10 tsp. instant coffee
3 tsp. vanilla

In one quart boiling water dissolve sugar and coffee. Simmer 1 hour, stirring occasionally. After mixture cools below 180° stir in vanilla and vodka - NO AGING NECESSARY.

LIQUOR SLUSH

Renna Hawkinson, Burlington B.P.W.

12 oz. frozen orange juice
12 oz. frozen lemonade
2 C. cold water
1 C. cold tea
1 C. sugar
1½ C. vodka, gin or bourbon

Mix all ingredients together and freeze, stirring frequently. You need to thaw the mixture so it is slushy when ready to serve. Mix with 7-Up to desired taste.

RUM PUNCH

Kay Shaw, Anamosa B.P.W.

1 large can Hawaiian Punch
1 (6 oz.) can lemonade concentrate
1 (6 oz.) can orange juice concentrate
1 pint rum

Mix together and serve over ice filled glasses.

LONG ISLAND ICED TEA

Connie Kramer, Fort Madison B.P.W.

1½-2 oz. each:
- Gin
- Vodka
- Tequilla
- Rum

- Sour mix
- Coke
- Lime juice
- Orange juice
- Sliced lemon for garnish

Mix in pitcher: gin, vodka, tequilla, and rum. Add sour and Coke for color until it looks like ice tea. Add about 1 oz. each of lime and orange juice. Garnish with sliced lemon. You should end up with about 12 oz. or so when finished. This makes about 2-3 drinks. Don't Drive!

PARTY PUNCH

Margaret Walljasper, Fort Madison B.P.W.

- 1 navel orange (large, thinly sliced) and halved cranberries and kumquat leaves
- 1½ qts. cranberry juice
- 1 (6 oz.) can frozen orange juice
- ¼ C. fresh lemon juice
- ½ C. grenadine syrup
- 2 C. vodka (optional)
- 1 qt. ginger ale (chilled)
- 2 C. Club Soda (chilled)

Fill a 1-qt. ring mold about half-full with water; freeze. Overlap halved orange slices on top of ice. Arrange cranberries and leaves on oranges in three different spots (like a holly leaf with berries). Add just enough water to partially cover the cranberries and freeze. Do this the day before. Combine juices, grenadine and vodka; chill until serving time. Unmold ice ring and float decorative side up in the bowl. Gently stir in ginger ale and club soda. Makes 27 servings (4 oz. ea.).

PEACH FUZZ

Janice Thomas, Fort Madison B.P.W.

- 1 (6 oz.) can frozen lemonade concentrate
- 1 lemonade can of vodka
- 2-3 fresh peaches (peeled and sliced)
- 8-12 ice cubes (crushed)

Combine in blender and serve immediately. VARIATION: Leave skin on peaches. Use pink lemonade and substitute light rum for vodka. Makes four 6-ounce servings.

PEACH YOGURT SLIP

Susan Reed, Fort Madison B.P.W.

1 (10 oz.) pkg. frozen peach slices
1 C. plain yogurt
¼ C. peach (or other) brandy
¼ C. light rum
1 T. honey
Ground nutmeg

Let peaches stand at room temperature 10 minutes. Do not drain. Combine yogurt, brandy, rum and honey in blender. Add peaches and blend until smooth. Pour into glasses; top with a dash of nutmeg. Makes five 4-oz. servings.

RASPBERRY SLUSH

Sue Tackett, Fort Madison B.P.W.

1 large can pineapple juice
12 oz. can frozen lemonade
12 oz. frozen orange juice
2 pkgs. regular raspberry Kool-Aid
1 pkg. whole frozen raspberries
4 C. sugar
1 qt. rum
2 C. water

Mix all ingredients together. Pour into 5-qt. pail and freeze. To Serve: Fill glass ¾ full with slush and then with 7-Up.

HOT RUM PUNCH

Joan McPherson, Fort Madison B.P.W.

6 C. cider
2 C. cranberry juice
¼ C. sugar
1 stick cinnamon
16 whole cloves studded in 1 orange
1 tsp. allspice
1 C. light rum

Combine all ingredients except rum; heat. Add rum just before serving. Makes 2¼ quarts.

VODKA SLUSH

Lynn Greimann, Iowa Great Lakes B.P.W.

1 (12 oz.) can frozen lemonade
1 (12 oz.) can frozen limeade
1 fifth vodka
2 quarts (64 oz.) 7-Up or 2 quarts Squirt

Mix all ingredients together and freeze. To Serve: Put 2-3 T. frozen mixture in glass, then fill glass with 7-Up or Squirt.

HOT BUTTERED RUM MIX

Virginia Privia, Fort Madison B.P.W.

1 (2 lb.) pkg. brown sugar
1 lb. butter (melted)
½ tsp. allspice
½ tsp. cinnamon
½ tsp. nutmeg
3 eggs

Combine all ingredients. Beat with electric mixer. Store in tightly covered container in the refrigerator.

To Make Hot Buttered Rum: Place 1 T. (heaping) mix, 1 oz. rum, boiling water to fill cup. Stir. Makes 6 cups mix.

RED SANGRIA

Delores Pollpeter, Fort Madison B.P.W.

1 gal. good red burgundy
Juice of 1 lemon and its rind after juicing
Juice of 1 lime and its rind in slices, after juicing
Slices of 1 peach or apple
4 oz. brandy
4 oz. light rum

Combine all ingredients and steep in refrigerator all day before serving. If desired, you may strain off all fruit rinds and slices before serving.

TOM AND JERRY

Dubuque B.P.W.

6 eggs
1½ lbs. powdered sugar
¼ tsp. baking powder
Rum, brandy or bourbon

Separate eggs. Beat yolks until thick and lemon colored at least 5 minutes. Beat whites very still but not dry. Fold yolks and whites together. Slowly add powdered sugar and baking powder. Spoon a scoop of batter on top of a mix of rum or your choice of liquor. Fill with hot water or milk. Sprinkle with nutmeg.

WHISKEY SLUSH

Carol Hess, Davenport B.P.W.

2 C. strong tea
2 (6 oz. ea.) cans frozen orange juice concentrate
1½ C. Southern Comfort
7 C. water
2 C. sugar
4 (6 oz. ea.) cans frozen lemonade concentrate

Mix hot tea and sugar together and dissolve sugar. Cool. Mix all ingredients in a gallon container. Place in freezer. Serve partially frozen. - Wonderful!!

WINE SLUSH

Catherine Petty, Fort Madison B.P.W.

1 (6 oz.) can frozen limeade concentrate
2 limeade cans dry white wine
1 (10 oz.) pkg. frozen strawberries
7-12 ice cubes (crushed)

Put all ingredients in blender and mix until slushy. Makes six 6-oz. servings.

—NON-ALCOHOLIC BEVERAGES—

ORANGE JULIUS

Naomi McKoon, Fort Madison B.P.W.

½ of a 3¾ oz. pkg. vanilla instant pudding
1 egg
1 T. lemon juice
3 C. orange juice

Whirl in blender and serve over ice.

RASPBERRY PUNCH

Pauline Lieg, Fort Madison B.P.W.

1 envelope unsweetened Kool-Aid
1 C. sugar
4 C. cold water
1 (28 oz.) bottle lemon-lime carbondated beverage
1 (6 oz.) can thawed frozen lemonade concentrate
1 (10 oz.) pkg. frozen raspberries

Combine Kool-Aid and sugar. Add water, stir until Kool-Aid and sugar are dissolved. Stir in lemonade concentrate and berries. Chill. Just before serving, gently stir in carbonated beverage. Serve over ice cubes. Makes 10-12 servings.

SPICED ICED TEA

Judy Wood, Anamosa B.P.W.

Grated rind and juice of one lemon
Grated rind and juice of one orange
1 cinnamon stick
3 whole cloves
½ C. water
4 C. hot double strength tea
Sweeten to taste
Lemon slices (to garnish)

Combine lemon rind and juice, orange rind and juice, cinnamon and cloves with ½ C. water in a saucepan and let simmer for about 5 minutes. Strain and add to tea. Sweeten and chill. Serve in ice filled glasses with lemon slices.

LIQUORLESS EGG NOG

Carolyn Hofer, Fort Madison B.P.W.

4 eggs (separated)
½ C. sugar
2 C. cold milk (2%)
1 C. light cream (Half and Half)
1½ tsp. vanilla
1/8 tsp. salt
¼ tsp. nutmeg

Beat egg yolks and ¼ C. sugar until thick and cream colored. Gradually add milk, cream, vanilla, salt and 1/8 tsp. nutmeg. Beat until frothy. Beat egg whites with remaining sugar until soft peaks form and fold into mixture. Cover and chill until serving time. Mix well. Pour into punch bowl. Sprinkle with nutmeg. Serves 6.

SIMPLE SPARKLING NON-ALCOHOLIC PUNCH

Betty Halberstadt Fort Madison B.P.W.

12 oz. frozen lemonade
1½ qts. ginger ale
Ice mold

Mix lemonade and ginger ale. Pour over ice mold.

HOT COCOA MIX

Delores Frank, Burlington B.P.W.

1 (14 qt.) box instant milk
1 (11 oz.) jar Coffee-Mate
1 (2 lb.) can instant chocolate
2 C. powdered sugar

Mix all ingredients together in a large container. Store so it is airtight. Mix ⅓ C. mixture with 8 oz. boiling water.

COLD DRINK

Gerry Runkle, Spencer B.P.W.

2 C. sugar
4 C. water
2 large cans frozen orange juice
2 large cans pineapple juice
2 small cans frozen lemonade
5 mashed bananas (use blender)

Dissolve 2 C. sugar in the 4 C. water. Add rest of ingredients. Freeze. When ready to serve, thaw to a slush and add 7 quart size bottles of 7-Up.

BEST EVER ORANGE ADE

Elizabeth Petersen, Clinton B.P.W.

Orange juice
Orange sherbet

In tall glass pour in fresh orange juice half full. Add orange sherbet to make full glass. Break up sherbet, mix well, and then drink slowly. It is best ever!

WATERMELON SPARKLER

Wendy Hixson, Clinton B.P.W.

2 C. cubed seeded watermelon
1½ T. grenadine syrup
1½ tsp. fresh lemon juice
10 ice cubes
1 C. plain seltzer

Puree watermelon in blender. Strain; discard pulp. Combine melon juice, grenadine, lemon juice. Pour into 2 tall glasses. Add ½ of ice crushed and seltzer to each. Serve.

ORANGE JULIUS

Marie Brady Holmes, Fort Madison B.P.W.

1 (6 oz.) can frozen orange juice concentrate
1 C. milk
1 C. water
¼-½ C. sugar
1 tsp. vanilla
10-12 ice cubes (crushed)

Place in blender. Blend well and serve. Makes four 6-oz. servings.

RUBY PUNCH

Debbie Shuster, Indianola B.P.W.

1 (28 oz.) bottle ginger ale (chilled)
1 T. lemon juice
1 (32 oz.) bottle cranapple juice
Orange slices

Mix liquid ingredients, then add orange slices for flavoring. Frozen ice ring works well if using a punch bowl.

JELLO PUNCH

Janice Orr, Spencer B.P.W.

4 C. water
2½ C. sugar
1 (6 oz.) box Jello (any flavor)
1 large can frozen lemonade
1 large can pineapple juice
5 C. water

Boil 4 C. water, sugar, and Jello. Mix well with other ingredients and freeze. Add 2-qt. bottles of 7-Up or ginger ale at serving time. Take out 2 hours before use. Makes 5 quarts.

GOLDEN PUNCH

Meg Doermann, Anamosa B.P.W.

1 (46 oz.) can pineapple juice
1 (29 oz.) can apricot juice
2 C. sparkling water
12 oz. frozen orange juice concentrate
2 C. water
Orange sherbet (optional)

Combine pineapple, apricot, and orange juice and water; chill. Add chilled sparkling water just before serving. Scoops of orange sherbet are a nice addition. Makes 25 five-ounce servings.

LEMONADE SYRUP

Arlene Carlson, Fort Madison B.P.W.

2 C. pure lemon juice
4 T. rind
1½ C. sugar

Mix together and heat through to dissolve sugar and do not boil. Chill. Add to a glass of ice cubes, about 1/8 C. of syrup and fill with water.

FRUIT SLUSH

Judith Bartlett, Fort Madison B.P.W.

6 C. water
2 (20 oz. ea.) cans chunk pineapple (pureed in blender)
3 (6 oz. ea.) cans frozen orange juice
5 ripe bananas
1 (6 oz.) can frozen grapefruit juice
2 (5.5 oz. ea.) pkgs. presweetened lemonade Kool-Aid
Sugar to taste (½-1 C.)

Mix together and freeze. Thaw slightly to serve. Add vodka if desired.

FRUIT SLUSH

Donna Eberhard, Burlington B.P.W.

1⅓ C. water
1⅔ C. sugar
2 small cans frozen orange juice
5 cans water
1 can crushed pineapple (undrained)
2 T. real lemon juice
4 bananas (diced)
1 small jar maraschino cherries (drained and diced)

Boil the water and sugar together for 5-6 minutes. After this mixture has cooled, mix with all other ingredients in a large bowl. Place in a freezer container and freeze stirring at least once during the process. Thaw about 1 hour before serving so the mixture remains slushy but not solid or syrupy.

DAIRY FRUIT PUNCH

Goldie Thompson , Clinton B.P.W.

1 (12 oz.) can frozen lemonade (thawed)
1 (6 oz.) can frozen limeade (thawed)
½ gal. lime sherbert
½ gal. milk
2 qts. ginger ale
½ gallon vanilla ice cream

Combine fruit concentrate and 1 quart water in pitcher; mix well. Scoop ice cream and sherbert into large punch bowl. Stir in milk. Add the juice mixture and ginger ale, mixing gently. Makes 50 servings.

WASSAIL BOWL

Ernestine Delaney, Fort Madison B.P.W.

2 qts. apple cider
2 sticks cinnamon
½ tsp. nutmeg
⅓ C. honey
⅓ C. lemon juice
2 tsp. grated lemon rind
20 oz. pineapple juice

Heat cider and cinnamon sticks. Bring to a boil. Simmer, covered 5 minutes. Add remaining ingredients. Simmer 5 minutes more. Serve warm. Add rum to individual servings if desired.

ICE CREAM DRINKS

Jeanine Schroder, Cherokee B.P.W.

Blend liquors with crushed ice first (1 C.), then add two scoops of ice cream.

GRASSHOPPER:
¾ oz. creme de menthe
½ oz. white creme de cocoa

BRANDY ALEXANDER:
¾ oz. brandy
½ oz. dark creme de cocoa
Top with sprinkle of nutmeg

PINK SQUIRREL:
¾ oz. creme de almond
½ oz. white creme de cocoa

HOT APPLE DRINK

Helen J. Brasfield, Fort Madison B.P.W.

1 gal. fresh apple juice (can be frozen)
1 pt. orange juice
1 pt. pineapple juice (from concentrate)
4-5 cinnamon sticks
2 tsp. whole cloves
½ ts. salt
¼ C. brown sugar (more or less)

Put juice in bottom of coffeepot. Put sugar, salt, and spices in basket of coffeemaker. Perk until coffee pot shuts off. Remove basket. Makes 1¼ gallons.

MULLED CIDER

Margaret Cantwell, Mt. Pleasant B.P.W.

½ C. brown sugar
1 tsp. whole allspice
1 tsp. whole cloves
¼ tsp. salt
1 (3-inch) cinnamon stick
¼ tsp. ground nutmeg
6 C. apple cider or apple juice

Heat over low heat for 20 minutes. Strain into large bowl. Serve with dollops of whipped cream, if desired. Makes 12 one-half cup servings.

CRANBERRY TEA

Diane Harris, Fort Madison B.P.W.

1 pkg. cranberries
2 C. sugar
10 whole cloves
1 pkg. red hots
1 small can frozen lemonade
1 small can frozen orange juice

Barely cover with water the cranberries, sugar, cloves and red hots; cook until the cranberries pop and are well done. Stir often as the red hots will stick to the bottom of the pan. When done run through a colander and add the frozen lemonade and orange juice. To serve add 2 C. boiling water to 1 C. cranberry mixture. This is really good at Christmas time.

CRANBERRY TEA

Lorraine Treimer, Spencer B.P.W.

1 qt. cranberry juice (unsweetened)
2 C. Hi-C orange juice
2 C. sugar
2 qts. water
3 T. lemon juice
3 cinnamon sticks

Cook sugar, water and cinnamon sticks to rolling boil for 5 minutes. Simmer for about ½ hour. While simmering, add cranberry juice, orange juice, and lemon juice.

MICROWAVE HOT COCOA

Jeanette Falleson, Clinton B.P.W.

5 T. sugar
3 T. Hershey's cocoa
Dash salt
3 T. hot water
2 C. milk
¼ tsp. vanilla

Combine sugar, cocoa, salt, and hot water in 1-qt. micro-proof measuring cup. Microwave at High (100%) for 1-1½ minutes or until boiling. Add milk; stir and microwave an additional 1½-2 minutes or until hot. Stir in vanilla; blend well. Makes 4 servings.

For One Serving: Place 2 heaping teaspoons sugar, 1 heaping teaspoon Hershey's cocoa and dash salt in micro-proof cup. Add 2 teaspoons cold milk; stir until smooth. Fill cup with milk; microwave at High (100%) for 1-1½ minutes or until hot. Stir to blend.

TERRI'S MULLED CIDER

Terri Davis, Mt. Pleasant B.P.W.

1 tsp. whole allspice
1 tsp. whole cloves
1 stick (6-inch) cinnamon
½ C. brown sugar
Orange wedges (opt.)
2 qts. fresh apple juice

Combine first 4 ingredients and apple juice in a large saucepan. Bring to a slow boil. Cover and simmer for 5 minutes. During last minutes, add 4-5 orange wedges. Remove spices and serve.

RUSSIAN TEA

Julie Dolhancyk, Burlington B.P.W.

1½ C. sugar
2 C. Tang
1 large pkg. (gal. size) Wyler's lemonade mix
1 C. instant tea
1 tsp. cinnamon
½ tsp. ground cloves

Mix all ingredients together. Store in airtight container. Mix 2 tsp. instant mix to 1 C. boiling water.

SPICED TEA

Shirley Thompson, Keokuk B.P.W.

2 (3 or 4 oz. ea.) jars Nestea
1 C. sugar (or Sugar Twin)
1 C. Tang
1 C. Country Time Lemonade mix
1 tsp. cloves
1 tsp. lemon peel (Spice Island)
1 tsp. orange peel (Spice Island)
1 tsp. cinnamon
Sprinkling of black tea - or any other special teas.

Mix all ingredients in large, dry container. (I use a 3-lb. coffee tin.) Shake to mix. (I allow it to sit overnight.) Place into dry, tightly-capped jars. Makes a big batch. Is great for gifts. Put in pretty jars and put a bow on top.

To Use: Use 1-2 teaspoons per cup of boiling water, according to taste. Perfect to help you relax after one of "THOSE" days. May also use to make iced tea - use one measure of it to 3 measures of regular tea.

"JUST FOR NOTES"

Soups and Sauces



CLORIS LEACHMAN

Born 1925 in Des Moines, Iowa.

At fifteen Cloris received a Summer Scholarship to study broadcast drama at Northwestern University. She attended Northwestern on an Edgar Bergen scholarship to major in theatre, but dropped out after a year.

She acted as an understudy in New York theaters. In 1950 she played "Celia" in "As You Like It" with Kathryn Hepburn.

In the middle 1950's she moved to T.V., playing the Mother in "Lassie".

In 1971 she won an Oscar for Best Supporting Actress for her role in "The Last Picture Show". She has also been the recipient of four Emmies for comedy and drama.

ALBONDIGAS SOUP

Judith Bartlett, Fort Madison B.P.W.

2 lbs. ground beef
2 cans beef consomme
4 carrots (sliced thin)
1 large can tomatoes (chopped)
1 tsp. (scant) cilantro seasoning
2 cans beef broth
1½ C. water
1 large onion (sliced thin)
1½ tsp. chile powder

Form ground beef into ½-inch balls. Place on a cookie sheet. Bake in oven at 350° for 30 minutes. Drain meat, place in crock pot with other ingredients. Cook on low for 8 hours.

PINTO BEANS AND HAM SOUP

Davenport B.P.W.

2 lbs. dry pinto beans
1 very meaty ham bone
1 medium onion (chopped fine)
2 T. salt
2 tsp. crushed oregano
2 tsp. black pepper
1-2 T. chili powder
1-2 tsp. garlic powder
½ C. sugar

Wash and sort pinto beans. Do not soak. Place in large kettle, cover with water twice as deep as beans. Cover and bring to a boil, reduce to medium heat to keep beans gently boiling about an hour, until almost soft. Add ham bone and onions. Boil gently until meat falls off bone and beans are very tender, adding water as necessary to keep beans covered. Remove bone, scrape off meat, discard bone. Return meat to kettle, mash the beans and ham a little. Add seasonings to mixture, simmer 30 minutes to blend flavors. (This can be put in a crock pot and cooked on low several hours instead of simmering.) These are better the second and third day reheated. Keeps in refrigerator several days. (I usually serve as a soup in bowls the first day, and a side dish when reheated.)

"I must have women. There is nothing unbends the mind like them."
—John Gay, 1685-1732

DRIED BEAN SOUP

Helen J. Brasfield, Fort Madison B.P.W.

1½ C. yellow split peas
¼ C. dried lima beans
⅓ C. barley
3 celery stalks (chopped)
2 T. salt
1 large onion
½ lb. ham with bone
1 potato (peeled and diced)
½ small turnip (peeled and diced)
½ tsp. pepper
2 qts. cold water

Combine all ingredients in a large saucepan or Dutch oven. Mix well. Bring to a boil. Cover. Lower heat and simmer 2-2½ hours or until done. Makes 6-8 servings.

PINTO BEANS AND HAM

Dubuque B.P.W.

2 lbs. washed pinto beans
1 meaty ham bone
½ C. chopped onion
1-2 tsp. garlic powder
½-¾ C. sugar
1-2 T. salt
2 tsp. oregano
2-3 tsp. pepper
1-2 T. chili powder

In a large kettle, more than cover 2 lbs. washed pinto beans with water. Cover and cook about 1 hour, then add 1 meaty ham bone, and ½ a chopped onion. Cook until beans are tender and ham falls off bone. Remove bone, scrape off meat, return to pot. Discard bone. Keep adding water as needed and cook until beans are very tender. Mash beans a little bit and add salt, oregano, pepper, chili powder, garlic powder, and sugar (do not add sugar until beans are well cooked). Do not overseason as flavors will blend in. Simmer 15-20 minutes and serve. These beans are better as reheated the next day. Will keep and reheat for 3-4 days if kept in refrigerator.

"To cheat a man is nothing; but the woman must have fine parts indeed who cheats a women!" — John Gay, 1685-1732

HAM AND BEAN SOUP

Dubuque B.P.W.

1 lb. dry navy beans
8 C. water
Ham hocks or ham bone
2 chopped carrots
1 chopped onion
2 stalks diced celery
½ tsp. salt and pepper

Soak 1 lb. dry navy beans in 8 C. water overnight. Bring beans and liquid to boil. Add some ham hocks or a ham bone, cover and simmer about 1 hour until beans are tender. Remove bone, cut off meat and return to pot; discard bones. Add chopped carrots, chopped onion, celery. Mash beans a little bit, add ½ tsp. salt, ¼-½ tsp. pepper, and simmer ½-1 hour until veggies are tender. (You can also use a large jar of canned Northern beans, add a little water and the ham bone - no soaking.)

For Split Pea Soup: Make it the same substituting green split peas for beans and do not soak.

BEEFY BEAN SOUP

Maxine Wedge, Clinton B.P.W.

3 C. coarsely chopped cabbage
2 C. water
½ C. chopped onion
1 (12 oz.) can corned beef (chilled)
1 (17 oz.) can green lima beans
1 can condensed bean and bacon soup

In 3-qt. saucepan, combine cabbage, water, and onion; bring to boiling. Cover; reduce heat and simmer 8-10 minutes or until vegetables are tender. Stir in undrained lima beans and undiluted soup. Cut corned beef into cubes. Carefully stir into soup. Heat through. Makes 6-7 servings. Can be easily adapted to microwave.

BROCCOLI SOUP

Evelyn Otto, Clinton B.P.W.

2 bunches broccoli (chopped fine)
Water to cover
½ medium onion (chopped fine)
2 T. oleo
3 T. (heaping) flour

Cover and cook broccoli, covered with water. Brown onion in 2 T. oleo. Add flour, then milk. Then add to broccoli and water. Stir briskly and serve. Good!!

BOUILLABAISSE

Ernestine Delaney, Fort Madison B.P.W.

1½ lbs. fish
1 C. cooked crab or shrimp meat
1 large onion (sliced)
1 leek (sliced)
2 cloves garlic (crushed)
½ C. olive oil
2 tomatoes (chopped)
1 bay leaf
1 pinch saffron
2 tsp. salt
¼ tsp. black pepper
1 small strip orange peel
1 qt. boiling water
1 C. white wine
6 slices French or plain white bread (fried)
1 T. chopped parsley

Use several kinds of fish such as haddock, whiting, bass, flounder or eel; clean and cut in 2-inch lengths. Cook onion, leek, and garlic in olive oil until onion is soft, not brown; add fish, tomatoes, bay leaf, pinch of saffron, salt, pepper, orange peel and water and simmer 10 minutes; then add crab or shrimp and wine and cook 5 minutes longer. Soak bread in a little of the hot soup and sprinkle with a pinch of saffron. Float on top of bouillabaisse just before serving. Or use fried bread crisp, if desired. Garnish with parsley. Approximate yield: 6 portions.

CREAM OF BROCCOLI, CAULIFLOWER, ASPARAGUS SOUP

Dubuque B.P.W.

2 C. vegetables (broccoli, cauliflower, etc.)
1½ C. water
1 chicken bouillon cube
2 T. margarine
Chopped medium onion
2 T. flour
Salt and pepper
1 C. milk

Cook 2 C. desired veggies in 1-1½ C. water with a chicken bouillon cube. Mash or put through blender. Add a litte chopped onion or dry onion if desired. Shake together in tight container (as for gravy), 2 T. flour, 1 C. milk, little salt and pepper. Add to veggie mix, with 2 T. margarine and cook over low to medium heat until thickened. Do not boil. Serve immediately.

EASY CREAMED BROCCOLI SOUP

Sibylle Wolfe, Clinton B.P.W.

2-3 stalks broccoli (cooked in water)
Retain water

IN BLENDER MIX:
8 oz. cream cheese
1 T. onion or onion flakes
2 tsp. chicken bouillon
Cooked broccoli with water

Serve with dash of nutmeg. Cauliflower or asparagus may be substituted.

CAULIFLOWER SOUP

Arlene Carlson, Fort Madison B.P.W.

1 large cauliflower (sliced)
2 medium onions (sliced)
¼ clove garlic (minced)
3 T. fat
¾ C. water
1 tsp. salt
3 T. flour
3½ C. milk
1 bay leaf
½ C. light cream
Chopped chives
Croutons

Combine cauliflower, onion, garlic, and fat and simmer 3 minutes. Add water and salt and cook until mushy. Mix flour and ¼ C. milk to a paste. Gradually add to remaining milk and vegetables. Cook over low heat, stirring constantly, until mixture comes to a boil. Add bay leaf and simmer 2 minutes. Rub through strainer. Add cream and reheat. Garnish with chives and croutons. Approximate yield: 6 portions.

CHEESE-BROCCOLI SOUP

Diane Harris, Fort Madison B.P.W.

1 (8 oz.) jar cheddar cheese
1 lb. fresh broccoli (cut up)
1 C. hot milk
1½ qts. chicken broth
⅔ C. flour
½ C. butter
1 small onion (diced)
5 strips bacon (diced and cooked)

Cook broccoli in chicken broth until soft. Saute onion in butter in large saucepan. Add flour, cook 5 minutes, stirring constantly. Add broccoli and soup broth. Bring to boil and simmer 10 minutes. Add cheese spread and allow to melt. Add hot milk and bacon bits.

BROCCOLI CHEESE SOUP

Virginia Privia, Fort Madison B.P.W.

3 C. milk
3 T. butter (melted)
2 T. onions (finely chopped)
3 T. flour
½ tsp. salt
1/8 tsp. pepper
1/8 tsp. red pepper flakes
2 C. cheddar cheese (shredded)
1 T. thyme
1 T. garlic salt
2 chicken bouillon cubes
1½ C. water
1 C. broccoli (cooked and chopped)

In deep pot cook onions in butter until tender. Blend in flour and seasoning except pepper flakes. Add milk, stirring constantly. Cook slowly until thick. Add cheese and cook until melted. Remove from heat. In a cup dissolve bouillon cubes in 1½ C. boiling water. Stir into cheese mixture. Blend in broccoli and cook until heated. Garnish with red pepper flakes.

CABBAGE SOUP

Grace Faaborg, Burlington B.P.W.

1 (46 oz.) can tomato juice
2 beef bouillon cubes
7 T. lemon juice
1 tsp. sweetener
2 T. dry onion
1 C. water
½ head shredded cabbage

Mix all ingredients in a large saucepan and bring to a boil. Reduce heat and cook until the cabbage is tender.

To love and honor are okay
And one might promise to obey.
But what makes wives turn slowly gray—
Is what to cook each blessed day!

CABBAGE BEET SOUP

Virginia Privia, Fort Madison B.P.W.

1½ qts. bouillon
1 medium onion (minced)
1 qt. cabbage
1 qt. raw beets
1 T. vinegar
1 tsp. salt
1/8 tsp. pepper
2 T. paprika

Finely shred cabbage and raw beets. In a pot, bring bouillon to a full boil; add onions and cabbage. Cook 20 minutes until cabbage is tender. Add beets and vinegar. Cook slowly for 10 minutes longer. Sprinkle with salt and pepper and garnish with paprika.

CHEESE CHOWDER

Ernestine Delaney, Fort Madison B.P.W.

¼ C. finely chopped onion
2 T. margarine
¼ C. all-purpose flour
2 C. milk
1 (13¾ oz.) can chicken broth
¼ C. finely diced carrots
¼ C. finely diced celery
Dash each salt and paprika
1 C. shredded American cheese

Cook onion in margarine until tender. Blend in flour; add remaining ingredients except cheese. Cook and stir until thick and bubbly. Reduce heat; add cheese; stir to melt. Simmer 15 minutes. Serves 4.

CHEESE BROCCOLI SOUP

Candie Schipper, Clinton B.P.W.

4 T. chopped onion
6 T. flour
4 C. milk
4 chicken seasoning cubes
2 (10 oz. ea.) pkgs. frozen chopped broccoli
4 T. melted oleo
1 tsp. salt
½ tsp. pepper
2 C. grated American cheese
3 C. boiling water

Cook onion and oleo in pan; blend in flour, salt, pepper. Add milk and stir constantly until thickens. Add cheese and stir until melted. Remove from heat. In another pan, put seasoning cubes and boiling water. Add frozen broccoli and cook until tender. Add cheese sauce to broccoli mixture, heat together and serve. Very Good!!

BROCCOLI/CHEESE SOUP

Nancy Corrick, Burlington B.P.W.

2 T. butter
2 T. minced onion
3 T. flour
2 C. milk
1 C. cheese (grated)
1 pkg. frozen broccoli
1½ C. water
3 envelopes chicken bouillon

Put butter and onion in skillet. Stir over heat until onion is transparent. Add the flour and milk. Stir well with wire whip until thickened. Add cheese and stir until cheese is melted. Remove from fire. Make chicken broth with water and bouillon. Heat well. Cook the frozen broccoli in the broth. When done, drain and add to cheese mixture. Heat over low fire until ready to serve. NOTE: You can also use cauliflower. If you do, break up in small pieces or mash.

CHILI

Virginia Privia, Fort Madison B.P.W.

(Serves 50)

1 qt. tomato puree
8 oz. onions (chopped)
5 oz. flour
2 lbs. and 12 oz. kidney beans (cooked)
9 lbs. ground beef
2½ oz. chili powder
2 oz. salt
Water enough to make 12 qts., total volume

Cook kidney beans and add tomato puree, onions, salt, chili powder and browned ground beef to beans. Add enough water to make total 12 qts. volume.

CAULIFLOWER SOUP

Alice Spears, Spencer B.P.W.

1 medium head cauliflower
¼ C. chopped onions
4 T. butter
¼ C. flour
3 C. chicken broth
2 C. milk
1 tsp. Worcestershire sauce
4 oz. Velveeta cheese

Break cauliflower into buds and cook 10-15 minutes. Drain and chop coarsely. In large saucepan, cook onion in butter until tender. Blend in flour. Add broth, milk, and Worcestershire sauce until thickened slightly. Add cauliflower and bring to boil. Stir in cheese. Broccoli could be used in place of cauliflower. Serves 4-6.

CHEESE CHOWDER

Betty J. Halberstadt, Fort Madison B.P.W.

¼ C. finely chopped onion
2 T. butter
¼ C. flour
2 C. milk
1 (13¾ oz.) can chicken broth
1 C. finely chopped carrot
¼ C. finely chopped celery
Salt to taste
½ C. cubed sharp American cheese (2 oz.)
Paprika (sprinkle on top)

Simmer carrots, onions, and celery in chicken broth until done (about 15 minutes). Melt butter in heavy 2-qt. saucepan. Add flour, salt; let bubble for 1 minute. Whisk in milk and stir constantly until thickened. Pour vegetables into thickened roux and add cheese; stir until just melted and serve immediately. Sprinkle paprika on top.

CANADIAN CHEESE SOUP

Marilyn J. Land, Keokuk B.P.W.

2 medium carrots (cut in pieces)
2 stalks celery (cut in pieces)
1 small onion (quartered)
2 C. water
2 chicken bouillon cubes
2 C. milk
¼ C. flour
2 C. cheddar cheese cubes

Put carrots, celery, onion, water, and bouillon cubes into blender or food processor until finely chopped. Cook until vegetables are tender. Put milk, flour and cheese into blender or food processor until mixture is smooth. Stir into vegetable mixture. Cook until thickened. Makes 6 servings.

CHEDDAR CHEESE SOUP

Lois Swasick, Centerville B.P.W.

1 T. butter or margarine
1 C. grated carrots
1 C. diced celery
1 C. minced onion
1 lb. cheddar cheese (shredded)
3 C. chicken broth
4¼ C. milk
⅔ C. flour or 3 T. cornstarch
Salt and pepper to taste

Saute vegetables in butter. Add flour or cornstarch to this and stir in until smooth. Add chicken broth and milk. Cook, stirring constantly, until thickens slightly. Add cheese, stirring to melt. Taste and add seasonings. NOTE: Potatoes, broccoli, cauliflower and/or ham can be added.

WISCONSIN CHEESE SOUP

Jan Bell, Burlington B.P.W.

4 chicken bouillon cubes
1 qt. water
1 C. chopped celery
1 C. chopped onion
2½ C. finely diced potatoes
1 (20 oz.) bag frozen mixed vegetables
2 cans cream of chicken soup
1 lb. Velveeta cheese (cubed)

In a large pan put the water, celery and onion. Cook for 20 minutes. Add potatoes, bouillon cubes and mixed vegetables. Cook for 30 minutes more. Add chicken soup. Stir well. Add the cheese and stir well. Cook on low heat until the cheese is melted. Serve warm.

HOMESTYLE CHICKEN AND RICE SOUP

Davenport B.P.W.

1 pkg. chicken flavored rice and sauce
3 C. water
2 C. chicken broth
½ C. sliced carrots
½ C. sliced celery
¼ C. sliced green onions
1 T. margarine
1½ C. cooked and cut up chicken or turkey

Heat electric skillet to 300°. In skillet, combine all ingredients except chicken; cover and bring to a boil. Decrease heat to 250°, then cook uncovered, stirring occasionally, 10 minutes. Stir in chicken and heat through.

CHINESE CHICKEN VEGETABLE SOUP

Dubuque B.P.W.

10½ oz. can chicken broth
10½ oz. can water
1 bay leaf
2 T. fine noodles (broken into small pieces)
1 stalk celery (sliced thin)
1 large stalk bok choy or napa cabbage
¼ C. frozen peas
¼ C. sliced mushrooms
2 green onions (chopped small)
¼ tsp. monosodium glutamate
1/8 tsp. sweet basil
1/8 tsp. white pepper
8 oz. boned, cooked chicken

Combine broth and water; add bay leaf and noodles. Cover and simmer for 5 minutes. Add sliced celery and bok choy; cover and cook another 3 minutes. For milder flavor, remove bay leaf now. Add remaining ingredients including sliced chicken (cook until peas are tender). Serve immediately. Makes 4 servings.

CHICKEN NOODLE SOUP

Helen J. Brasfield, Fort Madison B.P.W.

3 lb. chicken (cut up)
10 C. water
2 tsp. instant chicken bouillon granules
½ C. chopped onion
1½ tsp. salt
½ tsp. pepper
1 bay leaf
1 C. sliced celery
1 C. thinly sliced carrots
¼ C. chopped onion
2 C. wide egg noodles

In a large Dutch oven, combine chicken and water. Bring to boil. Reduce heat; cover and simmer 15 minutes. Skim off any scum that rises to the surface. Add bouillon granules, ½ C. onion, salt, pepper, and bay leaf. Simmer, covered, an additional 35 minutes or until chicken is tender. Remove chicken from broth. Remove chicken from bones; discard bones and skin; cut into bite-size pieces. Skim fat from broth and discard. Return chicken to broth. Stir in celery, carrots and ¼ onion. Bring to boil. Reduce heat; cover and simmer until vegetables are tender. Remove bay leaf. Bring to boil and add noodles. Cook uncovered 5-10 minutes until noodles are done. Makes 6-8 servings.

CHEESY CHICKEN AND SHRIMP SOUP

Marie Brady Holmes, Fort Madison B.P.W.

1 T. butter or margarine
1 (5 oz.) can boneless chicken
1 soup can milk
½ C. diced celery
1 (10¾ oz.) can cream of shrimp soup
1 can diced American cheese

In a medium saucepan melt butter or margarine. Add celery and cook until crisp-tender. Add chicken and soup and milk. Cook, stirring constantly, until heated through. Add cheese. Cook, stirring constantly, until cheese is melted. Makes 4 servings.

EGG DROP SOUP

Luanne Huffman, Fort Madison B.P.W.

1 (14½ oz.) can chicken broth
1 T. cornstarch
2 green onions (chopped)
1 egg (well beaten)

Heat broth, chopped onion, and cornstarch to boil. Then simmer for 5 minutes. Add well beaten egg slowly stirring with fork. Remove from heat immediately and serve. Serves 2.

MEXICAN CHICKEN SOUP *Helen J. Brasfield, Fort Madison B.P.W.*

- 4½-5 lb. stewing chicken (cut up)
- 6 C. water
- 3-4 onion slices
- 3 stalks celery (cut up)
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 C. frozen peas
- 1 (16 oz.) can tomatoes (cut up)
- 1½ C. thinly sliced carrots
- ½ C. chopped onion
- 4 tsp. instant chicken bouillon granules
- 1 small zucchini (thinly sliced)

In Dutch oven combine chicken, water, onion slices, celery, salt, and pepper. Simmer covered for 2 hours or until chicken is tender. Remove chicken from broth. Strain broth, discarding vegetables; return broth to Dutch oven. Add undrained tomatoes, sliced carrots, chopped onion, and chicken bouillon granules. Simmer, covered, for 30 minutes or until carrots are tender. Meanwhile when chicken is cool enough to handle, remove skin and bones from chicken; discard skin and bones. Cube chicken; add to broth along with zucchini and peas. Cover and simmer until vegetables are tender, approximately 15 minutes.

COUNTRY CHICKEN CHOWDER *Virginia Privia, Fort Madison B.P.W.*

- ½ C. onions (chopped)
- 1 T. oleo
- 2 cans condensed chicken noodle soup
- 1 soup can water
- 1 (16 oz.) can cream style corn
- ¾ C. evaporated milk
- ¼ tsp. pepper
- 2 T. parsley (chopped)

Saute onions in butter until soft in medium saucepan. Stir in remaining ingredients except parsley. Heat just to boiling. Pour into heated soup bowls or mugs. Sprinkle with parsley.

EASY CLAM CHOWDER *Jane Burdette, Fort Madison B.P.W.*

- 1 can cream of celery soup
- 1 can cream of onion soup
- 1 can cream of potato soup
- 1 can New England clam chowder
- 1 can milk
- 1 (8 oz.) can clams

Mix together and simmer for 30 minutes. Do not allow to boil.

CLAM CHOWDER

Joan McPherson, Fort Madison B.P.W.

2 strips bacon
1 medium onion (chopped)
1 can cream of celery soup
1 can New England clam chowder
1 can cream of potato soup
1 can minced clams with juice
1 pint Half and Half
1 C. water

Fry bacon until crisp, add onion and saute. Crumble bacon. Combine with other ingredients and simmer 1 hour.

CLAM CHOWDER

Judy Lyon, DeWitt B.P.W.

¼ C. finely diced onion
½ C. diced celery
¼ C. butter
1 pt. Half and Half
1 can New England clam chowder
1 can cream of potato soup
1 can baby (or minced) clams

Heat onions, celery, and butter in saucepan until tender. Add remaining ingredients and simmer until hot.

QUICK CLAM CHOWDER

Sally Carter, Ottumwa B.P.W.

1 can frozen soup (thawed)
1 can milk
1 can minced clams

Place soup in double boiler, add milk and clams. Heat thoroughly. Serve with sprinkling of parsley on top. Makes 2 servings.

NEW ENGLAND CLAM CHOWDER

Carolyn Hofer
Fort Madison B.P.W.

¼ C. diced bacon
¼ C. minced onion
1 T. lemon juice
1/8 tsp. pepper
1 (10½ oz.) can cream of potato soup
¾ C. milk
2 (7 or 8 oz. ea.) cans minced clams

In large saucepan cook and stir bacon and onion until bacon is crisp and onion is tender. Stir in soup and milk. Heat thoroughly, stirring occasionally. Stir in clams, lemon juice, and pepper. Heat through. Makes 4 servings, 1 C. each.

NEW ENGLAND CLAM CHOWDER

Betty Halberstadt
Fort Madison B.P.W.

½ lb. salt pork (diced)
3 small onions (minced)
3 C. boiling water
3 C. diced potatoes
3 C. milk (scalded)
1/8 tsp. pepper
1 qt. fresh clams (minced) or 2 (No. 1 ea.) cans minced clams
6 hard crackers

Fry salt pork and onions until lightly browned; add water, potatoes and pepper and boil about 15 minutes or until potatoes are tender. Heat fresh clams and clam liquor to boiling, add with milk to soup mixture and again bring to a boil. Pour chowder over plain or crumbled crackers in serving bowls. Approximate yield: 6 portions.

MODIFICATIONS OF NEW ENGLAND CLAM CHOWDER

New England Fish Chowder - Substitute 2¼ lbs. cod, haddock, pickerel, or whitefish for clams. Cover with salted cold water, or fish stock, bring slowly to a boil and simmer, covered, 10 minutes; drain, reserving stock; remove meat from skin and bones and flake.

Crab Chowder - Substitute 3 T. fat for salt pork and 3 C. flaked crab meat for clams. Thicken, if desired, with 1½ T. flour mixed with 1½ T. butter; gradually add stock, stirring constantly; cook 5 minutes; season.

Oyster Chowder - Substitute 1 qt. oysters for clams and use 4 C. diced potatoes; add oyster to boiling hot soup mixture and cook 2 minutes, or until plump and edges begin to curl.

CHEESE-CORN CHOWDER

Naomi McKoon, Fort Madison B.P.W.

10 oz. cheddar cheese
¼ C. butter
¼ C. flour
2 C. milk
2 cans cream style corn
1 can cheddar cheese soup
2 C. diced potatoes
½ C. chopped celery
¼ C. chopped onion
1 tsp. salt
2 C. water

Shred cheese and add to a cream sauce made with butter, flour, and milk. Stir until cheese melts. Combine potatoes, carrots, celery, onions, salt, and 2 C. water. Cook 10 minutes; do not drain. Add to sauce, along with corn and cheese soup. Heat through, but don't boil. Add more salt, pepper, and milk to suit your individual taste.

MANHATTAN CLAM CHOWDER *Pauline Leig, Fort Madison B.P.W.*

2 white onions (minced)
½ clove garlic (minced)
¼ C. chopped celery
2 T. minced green pepper
2 T. butter
2 large potatoes (diced)
2½ C. boiling water
¼ tsp. dried thyme
2 tsp. salt
1 pint fresh clams (minced) or 1 (No. 1) can minced clams
1½ C. tomato juice
Dash of cayenne
Dash of sage
4 pilot or hard crackers

Saute onions, garlic, celery, and green pepper in butter in large saucepan about 4 minutes; add potatoes, boiling water, and salt, and boil until potatoes are tender. Heat fresh clams and clam liquor to boiling point, add with tomato juice, cayenne, sage, and thyme to soup mixture and again bring to a boil. Pour chowder over plain or crumbled crackers in serving bowls. Approximate yield: 4 portions.

MIDWEST CHOWDER SOUP *Evelyn Glazman, Mt. Pleasant B.P.W.*

10 oz. stick sharp cheddar cheese
1 can creamed corn
2¾ C. potatoes (diced)
½ C. diced carrots
⅓ C. chopped celery
¼ C. chopped onion
2 cubes chicken bouillon

Make a white sauce by adding 2 T. flour to 2 T. melted butter, gradually adding 1 C. milk. Melt the cheese and add to the white sauce. Add the creamed corn and heat together. Cook together the potatoes, carrots, celery, and onion, in 2 C. water. When boiling, add chicken bouillon cubes. Cook 10 minutes, do not drain. Add to the white sauce/cheese/corn mixture. Heat through, but do not boil. Serves 4.

"A woman dictates before marriage in order that she may have an appetite for submission afterwards." - George Elliot, 1819-1955

TEXAS CHILI

Darlene Swanson, President, Red Oak B.P.W.

1 T. vegetable oil
1 lb. lean ground beef
¼ C. sliced onion
1/8 tsp. garlic powder
½ tsp. salt
½ tsp. cumin
16 oz. can tomatoes
16 oz. can pinto or kidney beans

Heat oil; add beef and onion. Cook until done. Stir in chili powder and garlic powder, salt, cumin, and tomatoes. Break up tomatoes and add beans. Bring to boil, simmer uncovered for about ½ hour. Makes 1-qt. or 4 servings.

QUICK CHILI

N. Franklin, Fairfield B.P.W.

2 T. vegetable oil
1 onion (chopped)
1 lb. ground beef
1 can tomato soup
1 (15 oz.) can tomato sauce
1 tsp. chili powder
1 C. tomato juice

Place oil and onion in large skillet. Cook over medium heat until onion is tender. Add beef. Cook until brown; drain. Stir in soup, sauce, chili powder and juice. Turn heat to low and simmer. Stir occasionally. If you have time, simmer for 1½ hours. If not 30 minutes will do.

IRMA'S CORN AND CHEESE SOUP

Irma Burgeson, Spencer B.P.W.

1 T. butter
½ of a No. 2 can whole kernel corn with juice
1 T. flour
1 C. milk
1¼-inch thick square cut off 2-lb. size Velveeta cheese

In a saucepan over medium heat, stir the corn, butter, and flour together. Add a little milk at a time and keep stirring. Cut the cheese into smaller pieces to help melting faster. Heat until cheese is melted.

GOLDEN CREAM SOUP

Deb Ollinger, Centerville B.P.W.

3 C. chopped potatoes
1 C. water
½ C. celery slices
½ C. carrot slices
¼ C. chopped onion
1 tsp. parsley flakes
½ tsp. salt
Dash of pepper
1 bouillon cube
1½ C. milk
2 T. flour
½ lb. Velveeta cheese

Combine potatoes, water, celery, carrot, onion, parsley flakes, salt, pepper, and bouillon cube. Cover and simmer 15-20 minutes. Gradually add milk to flour mixture and blend. Add milk mixture to vegetables and cook until thick. Add cheese and stir until melted. Serves 4-6.

COMPANY SOUP

Dubuque B.P.W.

3 (10¾ oz. ea.) cans cream of mushroom soup (undiluted)
2 (10¾ oz. ea.) cans chicken broth (undiluted)
3 soup cans milk
Chopped parsley
Horseradish cream

In large saucepan, blend soup; stir in milk. Heat to boiling point, stir occasionally. Just before serving, beat soup with wire whisk. Pour soup into bowls, sprinkle with parsley. Float about 1 T. horseradish whipped cream on each serving.

HORSERADISH CREAM:
1½ T. prepared white horseradish
1 C. heavy cream (whipped)

Refrigerate until ready to use.

LENTILS AND RICE

Ernestine Delaney, Fort Madison B.P.W.

1 C. lentils
3 C. water
1 C. rice
Salt and pepper to taste
2 large onions (chopped)
4 T. olive oil

Sort lentils and rinse with cold water. Cook lentils in 8 C. water over medium fire or 20 minutes. Add rice, salt, and pepper, and cook another 15 minutes. Fry onions in olive oil. Remove onions, pour oil over rice-lentil mixture and mix. Set until cool. Garnish with onions.

FISH CHOWDER

Zella Nichols, Fort Madison B.P.W.

2 lbs. haddock or cod
1½-inch cube fat salt pork (diced)
1 medium onion (chopped)
4 C. diced potatoes
2 C. boiling water
1 qt. milk (scalded)
1 C. light cream (scalded)
1/8 tsp. pepper
6 crackers (split)
2 T. butter
1 T. salt

Wash fish, cover with salted cold water, bring slowly to a boil and simmer, covered, 5 minutes; drain, reserving stock, and remove skin and bones from fish. Fry salt pork in large kettle until golden brown; remove and drain on absorbent paper. Saute onion in pork drippings, add potatoes and boiling water and boil about 5 minutes; then add fish and stock, bring to a boil and simmer about 15 minutes. Add milk, cream, and seasonings and heat thoroughly; then add crackers and butter, sprinkle cracklings over chowder and serve at once. Approximate yield: 6 portions.

KRAUT CHOWDER

Delores Pollpeter, Fort Madison B.P.W.

3 medium potatoes (diced)
13 oz. chicken broth
4 C. kraut (undrained)
2 C. green beans
1/8 tsp. pepper
1½ C. whole kernel corn (drained)
1 lb. Polish sausage
1½ C. milk
2 C. shredded sharp cheese

Cook diced potatoes in chicken broth. Add kraut and its juice, drained green beans, drained corn, Polish sausage (cut into bite-size pieces), milk, cheese, and pepper. Stir, cover and bring to boil. Uncover and simmer 15 minutes.

OKLAHOMA SOUP

Delores Pollpeter, Fort Madison B.P.W.

½ C. rice
2 C. shredded cabbage
1 (46 oz.) can tomato juice
1 chicken bouillon cube
¼ cube margarine
½ tsp. cinnamon
½ tsp. salt
½ tsp. pepper
1 lb. diced round steak
4 T. onions (diced)

Cut round steak into ¼-inch cubes. Fry with onions in small amount of oil until brown. Add all other ingredients. Soup is done when rice is tender.

MINESTRONE SOUP

Naomi McKoon, Fort Madison B.P.W.

½ C. cooking oil
1 clove garlic (minced)
1 C. onion (chopped)
½ C. celery (chopped)
4 T. parsley (chopped)
1 (6 oz.) can tomato paste
1 (10½ oz.) can beef broth
9 C. water
Grated Parmesan cheese
½ C. cabbage (coarsely chopped)
1 C. carrots (thinly sliced)
2 tsp. salt
¼ tsp. pepper
1 (16 oz.) can kidney beans
1 C. zucchini (sliced)
½ C. elbow macaroni

Heat oil in large Dutch oven. Add garlic, onions, celery, and parsley. Cook until soft. Stir in tomato paste and next 7 ingredients. Mix well. Bring to a boil, reduce heat and simmer 1 hour. Add rest of ingredients. Cook 10-15 minutes until macaroni is tender. Serve in bowls and sprinkle with cheese. Yield: 12-14 servings.

MINESTRONE SOUP

Helen J. Brasfield, Fort Madison B.P.W.

3 slices bacon (finely chopped)
1 C. chopped onion
½ C. chpped celery
2 large cloves garlic (minced)
1 tsp. basil leaves (crushed)
1 can Campbells beef broth
1 can Campbells beans and bacon soup
1½ soup cans water
1 (16 oz.) can tomatoes (undrained)
½ C. uncooked small tube macaroni
½ tsp. salt
¼ tsp. pepper
1 C. shredded cabbage
1 C. cubed zucchini squash

In a large saucepan, brown bacon and cook onion, celery with garlic salt and basil until tender; stir in soups, water, tomatoes, salt and pepper. Bring to boil and cover. Reduce heat, simmer 15 minutes. Add cabbage, zucchini and macaroni. Cook approximately 10 minutes longer or until done. Stir occasionally. Makes about 8 C. (The macaroni has a tendency to stick on the bottom so stir often.)

MINESTRONE SOUP

Catherine Petty, Fort Madison B.P.W.

1 lb. boneless chuck roast
1 medium onion (chopped)
2½ C. water
2 (10½ oz. ea.) cans beef broth
1 (16 oz.) can tomatoes with juice
1 bay leaf
½ tsp. each celery salt and onion powder
¼ tsp. each thyme and basil
1/8 tsp. oregano
1 C. uncooked macaroni shells
1 (16 oz.) can mixed vegetables (drained)
1 (15 oz.) can red kidney beans (drained)
½ pkg. frozen chopped spinach
¼ C. grated Parmesan cheese

Cut beef into ½-inch cubes; brown, along with onion in 2 T. vegetable oil in a 5-qt. Dutch oven. Add water, broth, tomatoes and their liquid, bay leaf, and seasonings. Bring to a boil; reduce heat and skim surface. Cover and simmer 1 hour. Add macaroni and continue simmering 5 minutes. Add mixed vegetables, kidney beans and spinach. Continue simmering 5 minutes. Just before serving, stir in Parmesan cheese. Makes 10 one-cup servings.

FRENCH ONION SOUP

Ernestine Delaney, Fort Madison B.P.W.

2 T. butter
4 medium sliced onions
1 tsp. flour
3 cans beef broth
1 tsp. Worcestershire sauce (opt.)
Dash Tabasco sauce, garlic powder, and pepper (to taste)
½-¾ C. Swiss cheese
½-¾ C. mild cheddar cheese
4 slices French bread toast

Brown onions in butter. Add flour and stir. Add 3 cans beef broth, bring to a boil and let simmer for 15 minutes. Add Tabasco, garlic, and pepper to taste. Shred cheeses. Put soup in bowls with toast slices on top. Cover toast with mixed cheese. Put under broiler until cheese melts and bubbles.

FRENCH ONION SOUP

Dubuque B.P.W.

2 T. butter
3 medium onions (sliced)
⅓ C. celery
3-qt. glass casserole dish
4 C. beef broth
4-6 French bread slices (toasted)
Grated Parmesan cheese

Melt butter in casserole dish in microwave. Add onions and celery in microwave. Cover. Cook 6-7 minutes; stir often. Add broth and salt to taste to onions. Top with French toast slices and cheese.

FRENCH ONION SOUP

Velma Suehl, Clinton B.P.W.

1½ lb. ground beef
1 (46 oz.) can tomato juice
1 T. sugar
1 small head cabbage (chopped)
2 C. celery (chopped)
1 pkg. dry onion soup mix

Brown ground beef and drain off grease. Mix together in a crock pot the tomato juice, onion soup mix and sugar. Add chopped cabbage and celery. Add ground beef and stir. Cook 8 hours on low. Cook 1 hour if you cook it on the stove.

FRENCH ONION SOUP

Sibyl Yackshaw, Clinton B.P.W.

3 T. butter
3 C. sliced onion
2 cans condensed beef broth
1½ C. water
1 tsp. Worcestershire sauce
Salt and pepper to taste
Croutons
Grated Parmesan cheese

Put butter and onions in 3-qt. casserole. Cover with lid. Cook on High 7-10 minutes until onions are tender. Stir twice. Stir in water, broth, Worcestershire sauce, salt and pepper. Cover. Cook at High 9-10 minutes. Serve with croutons and cheese.

OYSTER STEW

Joan McPherson, Fort Madison B.P.W.

1 pint oysters
3 T. butter
½ tsp. salt
Dash of pepper
¼ tsp. Worcestershire sauce
1 qt. milk (scalded)
Paprika
Crackers or oysterettes

Pick over oysters, remove bits of shell, drain and reserve liquid; add oysters to melted butter, season with salt, pepper and Worcestershire sauce and cook 2 minutes, or until oysters are plump and edges begin to curl. Add hot milk and oyster liquid and heat to boiling but do not boil. Sprinkle with paprika and serve at once with crackers. Approximate yield: 4 portions.

OYSTER SOUP

Sue Tackett, Fort Madison B.P.W.

1 dozen oysters
1 C. milk
1 tsp. butter
½ tsp. cornstarch
Salt to taste

Drain oysters and chop fine. Put drained liquid back in and let boil up three times, skimming each time. When done, strain and to the liquid add the milk in which the cornstarch has been soaked. Just before serving add the butter. Clam soup may be made in the same way.

SPLIT PEA SOUP

Geraldine Conrad, Fort Madison B.P.W.

1 lb. dried split peas
3 qts. cold water
1 large onion
Salt and pepper
1 carrot (sliced)
1 stalk celery (chopped)
1 ham bone

Wash peas, add cold water, vegetables, and ham bone and simmer about 3 hours, or until mixture is thick. Force through a coarse sieve and season to taste with salt and pepper. Dilute as desired with milk or cream. Serve with toast. Approximate yield: 6 portions.

PEA SOUP ST. GERMAINE

Cecilia Johnson, Fort Madison B.P.W.

1 ham bone or ¼ lb. ham
3 C. water
4 C. shelled peas
3 small carrots (sliced)
2 small onions (chopped)
½ tsp. salt
1/8 tsp. pepper
1 tsp. sugar
1 qt. milk
2 T. butter

Heat ham bone and water to boiling point and simmer 1 hour; add vegetables and seasonings, bring to a boil and simmer ½ hour longer. Remove bone and force vegetables through sieve; add milk and butter, bring to a boil and serve. Approximate yield: 8 portions.

CHEESY POTATO SOUP

Dixie Lair, Fort Madison B.P.W.

3 C. diced raw potato
2 C. water
1 C. diced celery
1 C. diced carrots
1 small onion
1 T. parsley
Salt and pepper to taste
1 envelope cream of chicken soup
2 C. Velveeta cheese
2 C. milk

Combine first 7 ingredients. Cook until tender. Stir in soup, milk, cheese. Heat until cheese melts.

POTATO SOUP FOR TWO

Joyce Woods, Cherokee B.P.W.

1 large potato (quartered)
1 carrot (sliced)
1 stalk celery (diced)
1 slice onion (diced)
1 chicken bouillon cube
Parsley flakes
1 T. oleo
1 slice Velveeta cheese

Boil vegetables in just enough water to cover. When cooked, add 1 T. oleo and 1 slice Velveeta cheese. Add homogenized milk to make desired amount of soup for 2 bowls. Enjoy!

CREAM OF POTATO SOUP

Bernetta Judd, Clinton B.P.W.

2 T. butter
Onion (minced)
3 C. water
4 potatoes (cubed)
1 qt. milk
1 egg

Saute onion in butter. Add water and potatoes. Cover and cook until potatoes are done. Using electric beater, beat until potatoes are fine. Add to the hot milk and continue beating. Add 1 egg, continue beating until smooth. Season to taste. Parsley optional.

POTATO SOUP

Dubuque B.P.W.

3-4 C. diced white potatoes
1-2 T. finely chopped onions
1-2 T. margarine
2 C. milk or more
1 tsp. salt
1 tsp. pepper
Sprinkle dry parsley flakes

Cover potatoes and onions with water and cook until mushy; add milk, margarine, salt, pepper, and dry parsley flakes. Heat until hot but do not boil.

OLD FASHION POTATO SOUP

Susan Reed, Fort Madison B.P.W.

6 medium potatoes (diced)
1 small onion (diced)
1/8 C. celery (finely diced)
2-3 C. milk
1 T. butter

In medium size kettle, cook potatoes, onions, celery in usual amount of water, until done. Add milk and butter and heat until butter is melted. Serve immediately.

LITTLE SMOKIE AND CHEESE, POTATO SOUP

Joan McPherson
Fort Madison B.P.W.

½ lb. smokie links (diced)
½ C. celery (diced)
½ C. onion (diced)
4 C. potatoes (diced)
1 large jar Cheese Whiz
2 cans cream of celery soup
3 C. milk

Brown and drain smokie links, celery and onions. Add potatoes. Cover with water and simmer until potatoes are tender, but not mushy. Drain water. Mix Cheese Whiz, celery soup and milk in large kettle and add potato mixture. Simmer 10-15 minutes. If too thick add a little milk.

"She who has never lov'd, has never liv'd."
—John Gay, 1685-1732

AMERICAN POTTAGE

Sally Carter, Ottumwa B.P.W.

4 lbs. ground beef
¼ C. fat
Boiling water
4 C. finely cut onions
4 C. finely cut celery
4 C. carrots
4 C. potatoes
1-2 T. salt
1 tsp. pepper

Brown beef with fat in heavy skillet. Add 1 gallon water. Simmer about 30 minutes. Add vegetables, 2-4 C. water, salt and pepper. Cover and simmer 30 minutes or longer. Makes 25 servings.

POTAGE PARMENTIER

Dubuque B.P.W.

(Onion and Potato Soup)

4 C. peeled and chopped potatoes
2 qts. (8 C.) chicken stock
3 C. thinly sliced leeks (or white part and 2-inches of green onion)
1 tsp. pepper to taste
2 T. fresh chives or parsley (chopped, for garnish)
½ C. heavy cream

In large saucepan simmer potatoes, leeks, stock, and cook partially covered 40-50 minutes until vegetables are tender. Force through a food mill or sieve into mixing bowl then pour back into pan. Season soup, stir in cream. Before serving return to low heat to simmer. Serve with garnish.

TACO BEEF SOUP

Margaret Walljasper, Fort Madison B.P.W.

½ lb. hamburger
¼ C. chopped onion
1½ C. water
1 (16 oz.) can tomatoes (cut up)
1 (16 oz.) can kidney beans
1 (8 oz.) can tomato sauce
½ envelope taco seasoning mix

In large pan cook meat and onion; drain excess grease. Add water, undrained kidney beans, undrained tomatoes, tomato sauce and taco seasoning. Simmer covered 15 minutes. Serve with grated cheese and corn chips.

PUMPKIN SOUP

Dubuque B.P.W.

7 T. margarine
6 chopped onions
1 sliced onion
½ tsp. salt
3 T. flour
2½ lbs. diced pumpkin or 3 C. canned pumpkin puree
6 C. chicken stock
1 C. cream or milk
Croutons or lightly salted whipped cream for garnish

Melt 4 T. margarine in saucepan. Saute onions until soft and golden. Add pumpkin, stock, and salt. Bring to boil, stirring, then lower to simmer for 10 minutes (if using puree) if using pumpkin until tender. Strain soup if using pumpkin. Combine flour with 2 T. margarine and gradually add to soup stirring with a whisk. Bring to a boil whisking until it thickens. Taste for seasoning. Add cream and remaining tablespoon of margarine. Service and garnish.

MINNESOTA WILD RICE SOUP

Doris Cottam, Waverly B.P.W.

½ C. wild rice
2 cans cream of mushroom soup
2 large cans evaporated milk
1 can chicken broth
½ lb. bacon (slice across in strips of ½-inch and brown)
1 pkg. sliced almonds (opt.)
½ C. onions (finely chopped, 1 medium)
1½ C. celery (chopped)
¼ C. carrots (finely chopped)
1 can sliced mushrooms
Beau monde seasoning (½ tsp. I shake it in soup 4-5 times)

Cook wild rice. Add all ingredients and simmer 1 hour. NOTE: Cooking wild rice - wash rice thoroughly. Cover rice with boiling water. Let stand 5 minutes and drain. Repeat this process twice more, only do not drain last time. Place undrained rice over heat and simmer 15 minutes, uncovered.

"A woman's friendship ever ends in love."
—John Gay, 1685-1732

SALMON PATTY SOUP

Janice Thomas, Fort Madison B.P.W.

1 (15 oz.) can salmon
1 T. pepper
1 tsp. garlic
2 eggs
4 potatoes (diced)
1 (12 oz.) can evaporated milk
1 T. parsley
1 tsp. cumin
⅓ C. flour
2-3 celery sticks (diced)
½ stick butter or margarine

Boil potatoes and celery in medium saucepan. Do not drain. Add evaporated milk, garlic, pepper, parsley, cumin, and cooked brown salmon patties. Simmer 25-30 minutes. Then add butter or margarine. For Salmon Patties: Add eggs and flour to salmon mix and form into small patties.

SEAFOOD BISQUE

Dorothy Batschelet, Spencer B.P.W.

1 (10¾ oz.) can condensed cream of celery soup
1 (10¾ oz.) can condensed cream of mushroom soup
3 C. milk
1 (7½ oz.) can crab meat
1 (4½ oz.) can shrimp
1 tsp. onion salt
¼ tsp. seasoned pepper
1 C. sliced fresh mushrooms

Drain and flake crab meat; drain shrimp. Combine all ingredients; simmer, covered, 30 minutes. Stir occasionally. Makes 6 servings. Serve with crisp spinach salad and crusty bread for an easy company luncheon.

SHRIMP AND TARRAGON SOUP

Marie Brady Holmes
Fort Madison B.P.W.

1 C. sliced fresh mushrooms
1 C. julienne zucchini (1½x¼-inch strips)
2 T. sliced green onion
1 T. snipped fresh parsley
2½ C. chicken broth
⅓ C. white wine
¼ tsp. salt
½ tsp. dried tarragon leaves
1/8 tsp. pepper
½ lb. small shrimp (shelled and deveined)

In 1½-qt. casserole, combine butter, mushrooms, zucchini, onion, and parsley. Microwave at High for 3-5 minutes, or until zucchini is tender-crisp, stirring once. Stir in remaining ingredients, except shrimp. Microwave at High for 7-9 minutes or until mixture boils. Stir in shrimp. Reduce power to 50% (Medium). Microwave for 3-4 minutes, or until shrimp are opaque, stirring once.

CHUNKY TOMATO GAZPACHO

Mavis Whitmire
Fort Madison B.P.W.

1 (10¾ oz.) can condensed tomato soup
⅔ C. milk
¼ C. finely chopped onion
1 (7½ oz.) can tomatoes (undrained)
1 tsp. oregano leaves
4 slices bacon (crisply cooked, crumbled)

In medium saucepan, combine all ingredients. Heat thoroughly. Serve hot. Makes six ½-cup servings.

TOMATO SOUP

Virginia Privia, Fort Madison B.P.W.

1 T. onion (chopped)
1 T. butter
3 T. flour
2 tsp. sugar
1 tsp. salt
1/8 tsp. pepper
2 C. tomato juice or tomatoes
2 C. cold milk

Saute onions in butter; add flour, sugar, salt, and pepper. Cook until bubbly, but stir constantly to make smooth. Add tomato juice and bring to a boil, stirring constantly. Boil 1 minute; stir into cold milk and heat until hot.

TOMATO SOUP

Lorraine Winger, Perry B.P.W.

1½ C. tomato juice
⅓ C. casserole sauce mix

Heat in microwave for 3-4 minutes, stirring after 2 minutes.

CASSEROLE SAUCE MIX:
2 C. nonfat dry milk
¾ C. cornstarch
¼ C. chicken bouillon crystals
1 tsp. dried thyme (crushed)
1 tsp. dried basil (crushed)
2 T. dried onion flakes
½ tsp. pepper

Combine ingredients and store in airtight container. NOTE: Can use sauce mix instead of canned soup. Mix ⅓ C. dry mix with 1¼ C. water.

TURKEY FRAME SOUP

Dubuque B.P.W.

1 turkey carcass (plus neck)
1 chopped onion
1 C. celery
Few chopped carrots
Dry parsley, salt and pepper to taste
Add any leftover vegetables
½ C. rice or 2-3 C. noodles

Cook turkey carcass and all bones, plus neck in just enough water to cover for ½ hour or so until meat falls off bones. You can put a little leftover stuffing in it too. Cool, remove meat from bones and return to broth. Add 1 chopped onion, about 1 C. chopped celery, a few chopped carrots, a little dry parsley, salt and pepper. Add leftover veggies as corn, peas, onions, green beans (not strong veggies like broccoli or cauliflower). Add about ½ C. rice and 2-3 C. noodles. Boil until veggies and noodles are tender; or cook in crock pot all day, adding noodles last hour. Soup will keep 2-3 days in refrigerator, or freeze and heat later.

MICROWAVE VEGETABLE SOUP

Connie Kramer
Fort Madison B.P.W.

1½ lbs. hamburger
3 medium carrots (sliced thin)
6-7 C. water
½ C. quick cooking barley
1 T. beef bouillon (instant)
1 tsp. salt
1 medium onion (diced)
3 medium celery stalks (diced)
1 qt. tomatoes
¼ C. cooking rice
1 tsp. monosodium glutamate

Crumble beef in 1½-qt. dish. Cook on full power 6 minutes or until no longer pink. Stir halfway through. Drain and set aside. Use large bowl (4 quart). Put in onions, carrots, celery, and ¼ C. water. Microwave covered on high power for 14 minutes or until vegetables are tender. Stir halfway through. Mix in hamburger, tomatoes, barley, bouillon, salt, rice, water, and monosodium glutamate. Cook covered on high power 30-35 minutes. Can also add some cooked noodles.

SAUSAGE VEGETABLE SOUP

Merilyn Boekelman, Algona B.P.W.

2 T. butter/margarine
6 oz. smoked sausage (cut into slices - ½ ring)
3 medum potatoes (diced)
1 envelope onion soup mix
2 medium carrots (diced)
3 C. water
1 C. fresh, chopped spinach or 1 small pkg. frozen spinach (thawed and drained)

Melt butter/margarine in 3-qt. saucepan. Brown sausage in butter, add the potatoes and cook for 10 minutes, stirring often. Stir in the soup mix, carrots and water and heat to boiling. Reduce heat. Cover and simmer 10 minutes or until vegetables are tender, stirring occasionally. Add the spinach. Cover. Simmer 5 minutes more. Makes 6 cups.

DIET VEGETABLE SOUP

Mildred Lavin, Iowa City B.P.W.

1 green pepper (chopped)
4-6 onions (chopped)
1 bunch celery (chopped)
1 head cabbage (chopped)
1 can whole tomatoes (chopped)
1 pkg. Lipton's onion soup mix
1 large can tomato juice
6 C. water

Bring water to boil; add soup mix, then other ingredients. Simmer until vegetables are tender. If necessary, add more water. You may sprinkle Parmesan cheese on each serving.

WEIGHT LOSS SOUP: If you keep it up over time! On record: 100 lbs. lost in 1 year, maintained for 3 years.

On Day 1 and 2: Juice only. Start every day with a lemon squeezed into a glass of water. You may have 6-8 glasses of fruit juice on Day 1 and Day 2.

On Day 3 through Day 7: **Breakfast** - ½ grapefruit or glass of grapefruit juice; 1 egg; 1 slice toast. **Lunch** - 3 oz. beef, chicken or fish; ½ C. cottage cheese; strawberries, apricots, prunes or melon. **Dinner** - 1 C. brown rice; 3 oz. beef, chicken or fish; asparagus, broccoli, green beans or other green vegetable; ½ C. unsweetened applesauce or one apple. **Between meals** - EAT SOUP, one to three bowls. Bon Appetit - and happy losing weight! (To be followed on a weekly basis.)

VEGETABLE SOUP

Dixie Lair, Fort Madison B.P.W.

2 T. bacon fat or butter (oleo)
¼ C. diced carrots
½ C. diced onions
½ C. diced celery
3 C. hot beef stock
1 C. canned tomatoes
½ C. diced potatoes
1 T. chopped parsley
½ tsp. salt
1/8 tsp. pepper
½ C. chopped cabbage

Saute carrots, onions, and celery in fat for a short time. Add all other ingredients except cabbage. Cook, covered, for about 30 minutes. Add cabbage and cook 5 minutes more. Season to taste. You may add other vegetables as desired. If meat is desired, cook 2 lbs. soup bones or chuck roast until meat is done. Remove meat, dice and add to above. The broth from this can be used but you'll need to add beef bouillon or granules for flavor.

QUICK VEGETABLE-BEEF SOUP

Maxine Wedge, Clinton B.P.W.

1 lb. hamburger
1 (16 oz.) pkg. frozen mixed vegetables
1 pkg. dry onion soup
1 (16 oz.) can tomatoes
1 (8 oz.) can tomato sauce
3 C. water

In large saucepan, brown hamburger. Drain. Add remaining ingredients. Bring to boil. Reduce heat. Simmer 20 minutes.

VEGETABLE SOUP (Quick)

N. Franklin, Fairfield B.P.W.

2 T. salad oil
1 small onion (diced)
½ small bunch broccoli (cut in 2-inch pieces)
1/8 tsp. pepper
1 can condensed cream of potato soup
1 can condensed cream of celery soup
1½ C. milk
4 oz. cheddar cheese (shredded)

Cook onion, broccoli in hot salad oil in 4-qt. saucepan over medium heat. Add undiluted soups, milk, peas, and 2 C. water. Heat to boiling. Add cheese. Cook, stirring frequently, until cheese is melted.

HOMEMADE BEEF SOUP

Dubuque B.P.W.

2-3 lbs. soup bones or short ribs or beef bones
8 C. water
Salt and pepper to taste
1 bay leaf
1 C. chopped carrots
1 C. onion
1 C. celery and leaves
1 tsp. parsley flakes

Simmer soup bones, short ribs or other bones. Simmer in about 8 C. water for about 2 hours (or low heat crock pot all day). When cool enough to handle, remove meat from bones, discard bones and return meat to pot. Skim off excess fat. (Sometimes I put in refrigerator overnight, then skim). Add chopped carrots, chopped onion, chopped celery and leaves, parsley flakes, salt, pepper, bay leaf (if desired; remove before serving). (If I have leftover corn, lima beans, peas, or green beans, I add them.) Simmer 1-2 hours, or crock pot on low all day. Last ½ hour (or hour in crock pot), add ½ C. or so minute rice, or regular rice, and about ½ pkg. noodles, and simmer until tender. For making beef barley soup, instead of rice and noodles, add about ⅔ C. quick cooking barley, a dash of Worcestershire sauce, and a little tomato or tomato juice.

OLD WORLD CHOWDER

Susan Reed, Fort Madison B.P.W.

½ lbs. chopped bacon
½ C. chopped onion
¾ C. chopped celery
1½ C. cubed raw potatoes
1 C. sliced carrots
1 lb. chopped broccoli
1¼ tsp. salt
¼ tsp. pepper
1 qt. milk
1 C. shredded sharp cheese
¼ C. flour
1 C. water

Fry bacon until crisp. Remove from pan and brown onion in drippings. Add celery, potatoes, carrots, broccoli, water, salt, and pepper and simmer 15 minutes. Mix ¼ C. flour with a little milk, stir into vegetables; add 1 qt. milk. Cook until slightly thickened, stirring constantly. Add bacon and cheese.

BASIC WHITE SAUCE

Ernestine Delaney, Fort Madison B.P.W.

2 T. butter
2 T. flour
1/8 tsp. pepper
1 C. milk
½ tsp. salt

Melt butter and stir in flour off the heat; gradually stir in milk and stir constantly until mixture boils and thickens; cook about 3 minutes longer, stirring occasionally; add seasonings. Place over hot water to keep hot and cover tightly to prevent crust from forming. Use for sauces, creamed or scalloped vegetables, fish or meat. Yield: 1 C. sauce.

MODIFICATIONS OF WHITE SAUCE

Parsley Sauce - Add 2-4 T. chopped parsley.

Egg Sauce - Add 2 diced, hard-cooked eggs; add more salt if desired. Serve with cooked fish. Approximate yield: 1½ C. sauce.

Green Pea Sauce - Add 1 T. chopped pimiento and ½ C. cooked or canned peas. Serve with salmon loaf or omelet. Approximate yield: 1½ C. sauce.

Pimiento-Parsley Sauce - Add ½ C. diced pimiento and 2-4 T. chopped parsley. Serve with cooked fish or egg dishes. Approximate yield: 1½ C. sauce.

Celery Sauce - Substitute ½ C. celery water and 1 chicken bouillon cube for ½ C. milk. Add 1 C. diced, cooked celery and 2 T. chopped parsley. 3 T. whipped cream may be added to sauce if desired. Approximate yield: 2 C. sauce.

Horseradish Sauce - Add ¼ C. grated horseradish, drained, and 1/8 to ¼ tsp. dry mustard, if desired. Serve with cooked beef, corned beef or ham. Approximate yield: 1¼ C. sauce.

ALFREDO SAUCE

Phyllis Casperson, Clinton B.P.W.

¼ C. margarine
¼ C. flour
1½ C. water
2 chicken flavor bouillon cube
½ C. grated Parmesan cheese
1½ C. Half and Half

Melt margarine in 2-qt. saucepan over medium heat and stir in flour until well blended. Gradually stir in Half and Half, water, and bouillon cubes. Cook, stirring constantly, until thickened. Stir in grated Parmesan cheese and heat until just melted. Serve over linguine or other pasta.

WHITE SAUCE

Ernestine Delaney, Fort Madison B.P.W.

LIGHT WHITE SAUCE:
6 oz. butter or margarine
6 oz. bread flour
1 gal. milk
1 T. salt

MEDIUM WHITE SAUCE:
8 oz. butter or margarine
8 oz. bread flour
1 gal. milk
1 T. salt

HEAVY WHITE SAUCE:
12 oz. butter or margarine
12 oz. bread flour
1 gal. milk
1 T. salt

Melt butter in heavy sauce pot. Stir in flour and cook over low heat, stirring constantly, for 8-10 minutes. Do not allow to brown. Heat milk to boiling, stir butter and flour mixture in gradually, beating until sauce is thick and smooth. Simmer for 5 minutes, stirring occasionally. Bring to a boil. Strain through china cap if lumpy. You can use cream or cream and milk mixture for the liquid if desired. Yield: 1 gallon.

ALMOND BUTTER

Ernestine Delaney, Fort Madison B.P.W.

¼ C. shredded blanched almonds
¼ C. butter

In small pan saute shredded almonds in butter until golden, stirring constantly. Serve with your favorite broiled fish. Yield: ⅓ C.

BBQ SAUCE

Jennifer Hayes, Fort Madison B.P.W.

1 medium onion (chopped)
2 T. vinegar
2 T. Worcestershire sauce
½ tsp. pepper
1 T. chili pepper
¾ C. ketchup
1½ C. water

Combine ingredients and set aside. Let set 10-15 minutes. Cook on stove top on medium heat for 20-30 minutes. Cut cooked meat into small chunks. Then pour sauce over meat.

KANSAS CITY BARBECUE SAUCE

Delores Pollpeter
Fort Madison B.P.W.

1 medium onion (chopped)
½ C. chopped green pepper
1 clove garlic (crushed)
3 T. butter or margarine
1 (16 oz.) bottle ketchup
½ C. molasses
Drop hot pepper sauce
¼ C. mustard
2 T. cider vinegar
½ C. brown sugar
¼ C. Worcestershire sauce
1 tsp. liquid smoke flavoring
¼ C. lemon juice

Saute onion, green pepper, and garlic in butter 2-3 minutes or until tender. Stir in ketchup and molasses until smooth. Add remaining ingredients. Bring to a boil. Reduce heat, cover and simmer, stirring frequently, for 20 minutes. Cover and keep refrigerated. Makes 4 C.

BARBECUE SAUCE

Marilyn Perkins, Centerville B.P.W.

¾ C. catsup
3 T. vinegar
¼ C. Worcestershire sauce
1 T. paprika
¼ tsp. pepper
¼ C. sugar
1 T. prepared mustard
½ tsp. Tabasco sauce

Mix dry ingredients together, add mustard and mix in. Add rest of ingredients, stir and heat a few minutes, just until sugar dissolves. NOTE: Make a very small amount. (I usually make 4 times the amount.) Keeps well in refrigerator. ½ tsp. Tabasco sauce makes it very, very hot even for 4 times the recipe!!

SCUNDRA'S BARBECUE SAUCE

Jodie Sevier, Fort Madison B.P.W.

1 C. strong coffee
1 C. Worcestershire sauce
1 C. catsup
½ C. vinegar
½ C. brown sugar
3 T. chili powder
2 T. salt
2 C. chopped onions
¼ C. minced hot chili peppers

Combine all ingredients in saucepan and simmer 25 minutes. Strain or puree in blender. Refrigerate between use.

EASY-WAY-OUT BARBECUE SAUCE

Jennifer Hayes
Fort Madison, B.P.W.

1 C. chili sauce
½ C. currant jelly
2 T. snipped chives
2 tsp. prepared mustard

In a small bowl stir together chili sauce, currant jelly, chives and mustard. Makes about 1½ C.

CRUMB SAUCE

Delores Pollpeter, Fort Madison B.P.W.

½ C. melted butter
5 T. dry bread crumbs
1 tsp. minced chives
Salt and pepper

Mix butter, bread crumbs, and chives; season to taste with salt and pepper. Saute until golden and serve hot over cauliflower, broccoli or asparagus. Yields: ¾ C.

CUCUMBER SAUCE

Zella Nichols, Fort Madison B.P.W.

1 tsp. salt
¼ tsp. dry mustard
3 T. vinegar
1 tsp. minced onion
1 C. evaporated milk
2 tsp. minced parsley
½ C. finely diced cucumber

Combine salt, mustard, vinegar, and onion and stir slowly into milk. Just before serving, add parsley and cucumber. Serve with fish, hot or cold, or corned beef. Approximate yield: 1½ C. sauce.

CHILI SAUCE FOR ENCHILADAS

Cindy Sparrow
Fort Madison B.P.W.

1 C. chili pulp or 4-6 T. chili powder
1 T. flour (mixed)
2 T. fat
1 small onion (chopped)
1 clove garlic (chopped)
½ tsp. salt
1 pinch oregano

Fry onion and garlic in fat. Add salt, oregano, and chili pulp (or chili powder and flour). Add enough water to make thin gravy and boil 20 minutes. If a milder sauce is wanted, add a beaten egg just before removing from the fire or use more flour and less chili powder.

DILL SAUCE

Sherry Hamilton, Fort Madison B.P.W.

2 eggs
¼ C. oil
1/8 tsp. salt
1/8 tsp. pepper
1 T. dill
½ C. cream
½ tsp. lemon juice

Beat eggs and add remaining ingredients, beating until well blended. Serve over fish. Yield: 1 C.

LAMB MARINATE

Carol DeWulf, Maquoketa B.P.W.

1 (7 oz.) can 7-Up or Teem
1½ tsp. garlic salt
½ C. oil
1½ tsp. paprika
1 tsp. Worcestershire sauce
½ tsp. pepper

Pour over leg of lamb and marinate for 6 hours or overnight. For Chops - marinate 2-3 hours. Allow 35 minutes per pound for baking. Approximately 3 hours when cooking over coals.

BUTTER AND LEMON SAUCE

Helen J. Brasfield
Fort Madison B.P.W.

¼ C. butter
1½ T. lemon juice

In saucepan or microwave melt butter, add lemon juice and serve over broiled fish or vegetables.

GINGERSNAP SAUCE

Jeanne Westberg, Fort Madison B.P.W.

4 gingersnaps (crushed)
¼ C. seedless raisins
½ C. brown sugar
1 C. hot water
¼ C. vinegar
1 lemon (thinly sliced)

Mix ingredients, bring to a boil and simmer about 15 minutes, or until lemon slices are transparent, stirring frequently. Serve hot as a meat sauce. Approximate yield: 1¼ C. sauce.

GARDEN PASTA SAUCE

Vivian Meyer, Keokuk B.P.W.

1 C. chopped onions
2 T. olive oil
2 (8 oz. ea.) cans Hunt's tomato sauce
2 C. chopped prosciutto ham
1 tsp. oregano
1 tsp. basil
1 tsp. rosemary
1 tsp. salt
1 tsp. light brown sugar (firmly packed)
2 cloves garlic (minced)
1 (28 oz.) can Hunt's whole tomatoes (undrained and crushed)
1 lb. fresh or frozen mixed vegetables (broccoli, carrots, cauliflower, bamboo shoots)
1 C. grated fresh Romano cheese
Hot cooked mostaccioli pasta

In large saucepan saute onions and garlic in hot oil for 5 minutes. Add remaining ingredients except pasta; and bring to boil. Simmer uncovered 20 minutes. Serve over pasta. Makes 8 servings.

HOLLANDAISE SAUCE

Dorothy Hensen, Fort Madison B.P.W.

¾ C. butter
1½ T. lemon juice
3 egg yolks (well beaten)
1/8 tsp. salt
1/8 tsp. cayenne pepper

In top of small double boiler place ¼ C. butter, add lemon juice and egg yolks. Place over hot water (not boiling) and cook slowly, beating with a wire whisk constantly. When butter is melted add ¼ C. more butter. As mixture thickens add remaining ¼ C. butter and seasonings. When mixture thickens remove from heat and serve immediately. Yields: ¾ C. sauce. If sauce has a tendency to curdle, place on crushed ice, stirring vigorously.

YOGURT HOLLANDAISE

Luanne Huffman, Fort Madison B.P.W.

¾ C. plain yogurt
½ tsp. sugar
1 egg
1/8 tsp. salt

Combine yogurt, egg, sugar, and salt. Cook in double boiler, stirring often until thickened, about 6 minutes. Makes about ¾ C. sauce. Very light version of traditional Hollandaise sauce. Use on vegetables, poultry, eggs Benedict or crepes.

PARSLEY BUTTER

Carol Hess, Davenport B.P.W.

½ C. butter or margarine (softened)
2 T. finely snipped parsley
1 tsp. snipped chives
½ tsp. lemon juice

Whip together butter (margarine) and other ingredients. Serve on cooked veggies. Makes ½ C. Good on beans, carrots, peas, corn.

RAISIN SAUCE FOR HAM

Betty Halberstadt, Fort Madison B.P.W.

¾ C. raisins
1 C. water
4-5 cloves
¾ C. brown sugar
2 tsp. cornstarch
¼ tsp. salt
Few grains of pepper
1 T. butter
1 T. vinegar or lemon juice

Wash raisins, cover with water, add the cloves and simmer 10 minutes. Add mixture of sugar, cornstarch, salt, and pepper. Cook and stir until slightly thickened and add the remaining ingredients. Simmer until ready to serve. Approximate yield: 2 C. sauce.

SEAFOOD COCKTAIL SAUCE

Ernestine Delaney, Fort Madison B.P.W.

¾ C. catsup
¼ C. horseradish
1 lemon (juice)
1 dash hot pepper sauce

Mix all ingredients and serve with your favorite seafood.

SOUR CREAM SAUCE

Joan McPherson, Fort Madison B.P.W.

1 C. thick sour cream
2 T. vinegar
1 T. sugar
1 tsp. salt
¼ tsp. paprika
1 tsp. dry mustard

Mix together cream, vinegar, sugar, and seasonings; add gradually to cream, heating lightly. Serve with cold tongue or tenderloin. Approximate yield: 1½ C. sauce.

SPAGHETTI SAUCE

Dubuque B.P.W.

2 C. tomato sauce
1 C. Del Monte catsup
½ C. chopped onion (or 2 T. dry onion)
½ tsp. salt
½ tsp. pepper
1 C. V-8 juice
1 tsp. oregano
½ tsp. garlic powder
1 bay leaf (be sure to remove before serving)
1-2 tsp. Worcestershire sauce
¼-½ tsp. celery seed

Mix and simmer 2-3 hours. Add 1 C. V-8 juice or tomato juice if needed for consistency. Add either 1 lb. hamburgr, cooked and drained, or meat balls which have been browned and drained. Cook 30 minutes or so and add to cooked spaghetti. You can pour it over or mix with as you choose. Measurements are approximate, judge to taste.

SPAGHETTI SAUCE

Kathy Miller, Burlington B.P.W.

2 lbs. hamburger
1 medium onion (chopped)
1 (15½ oz.) jar Ragu spaghetti sauce (with or without mushrooms)
1 (15 oz.) can tomato sauce
1 (6 oz.) can tomato paste
1 pkg. spaghetti sauce seasoning mix
Use a dash of each spice (to taste): salt, pepper, chili powder, oregano, celery salt, and garlic salt

Brown the hamburgr and onions. Season with salt and pepper to taste. Drain the grease and add the remaining ingredients plus one 6 oz. can water. Simmer for no less than 1 hour. The longer it cooks the better the sauce is. You may add extra water if it gets too thick.

SNAPPY HOT MUSTARD SAUCE

Carolyn Hofer
Fort Madison B.P.W.

⅔ C. chicken broth
¼ C. hot-style mustard
2 tsp. cornstach
1 tsp. soy sauce

In a 2-cup glass measure combine broth, mustard, cornstarch, and soy sauce. Micro-cook, uncovered, on 100% power (high) for 2-3 minutes or until mixture is thickened and bubbly, stirring after every minute. Cook on high for 30 seconds more. Makes about ¾ C.

SWEET AND SOUR DIPPING SAUCE

Ernestine Delaney
Fort Madison B.P.W.

⅓ C. packed brown sugar
⅓ C. unsweetened pineapple juice
⅓ C. red wine vinegar
1 T. cornstarch
1 T. soy sauce
1/8 tsp. ground ginger

In a 2-cup glass measure combine brown sugar, pineapple juice, vinegar, cornstarch, soy sauce, and ginger. Micro-cook, uncovered, on 100% power (high) for 2-3 minutes (low-wattage oven: 3-4 minutes) or until mixture is thickened and bubbly, stirring after every minute. Makes about 1 C.

SECRET MUSTARD SAUCE

Dolores Pollpeter, Fort Madison B.P.W.

1 C. milk
2 egg yolks
1 T. flour
1 T. dry mustard
¾ C. sugar
½ C. vinegar

Beat the egg yolks with the milk. Add mixture of flour, mustard, and sugar and cook over hot water until thickened. Gradually stir in the vinegar and heat thoroughly. Yield: 1½ C. sauce.

STEAK BUTTER SAUCE

Helen J. Brasfield, Fort Madison B.P.W.

¼ C. butter
2 tsp. minced parsley
1½ T. lemon juice
½ tsp. salt or Morton's Season-All
1/8 tsp. lemon pepper

Cream butter until soft; add remaining ingredients, beating until well mixed. Spread on steak after broiling. Yields: ⅓ C.

SWEET MUSTARD SAUCE

Mary Jo Dobson, Clinton B.P.W.

1 jar cherry jelly
¼ C. bourbon
⅓ C. mustad

Empty one jar cherry jelly into small mixing bowl. Microwave on High 2-3 minutes. Add ⅓ C. mustard and ¼ C. bourbon. Stir. Compliments ham, pork and is a great dip for egg rolls.

ORANGE JUICE SAUCE

Diane Harris, Fort Madison B.P.W.

2 T. flour
2 T. butter or drippings
¼ C. water
1 C. orange juice
1/8 tsp. salt
½ tsp. grated orange rind
1 T. brown sugar

Stir flour into melted butter; gradually add water and orange juice and cook 5 minutes, stirring until thickened. Season with salt, orange rind and sugar. Serve with game or fowl. Yield: 1½ C. sauce.

PEACH GLAZE

Roxanne Crail, Fort Madison B.P.W.

4 T. butter
¼ tsp. mace
¼ tsp. sweet basil
¼ tsp. ground nutmeg
1 tsp. salt
1 C. peach puree (about 3 peaches pureed in blender)
2 T. frozen orange juice concentrate
2 T. lemon juice

Melt butter and add the spices, salt, and sugar. Heat only until well blended. Mix puree, orange juice and lemon juice and add to spice mixture. Heat again only enough to blend the mixture to a smooth sauce. Use as any barbecue sauce over chicken, pork chops, or ham on the grill or in the oven.

VINAIGRETTE SAUCE

Dianne Mueller, Fort Madison B.P.W.

½ C. French dressing
1 T. chopped green peppers
1 tsp. chopped chives
1 tsp. chopped parsley
1 tsp. chopped capers
1 T. chopped pickles

Combine ingredients in order given; stir vigorously before serving. Serve with beef or lamb. Approximate yield: ⅔ C. sauce.

There is only one beautiful child in the world, and every mother has it.

PESTO

Betty J. Halberstadt, Fort Madison B.P.W.

3 C. (packed) fresh basil leaves (no stems)
3-4 healthy cloves of garlic
¼-½ tsp. salt
¾ C. freshly grated Parmesan cheese
¼ C. pulverized nuts
½ C. olive oil

OPTIONAL:
½ C. packed fresh parsley
Freshly ground black pepper
¼ C. melted butter

Puree everything together in a blender or a food processor or blender fitted with steel blades until it becomes a uniform paste. This recipe makes about 2½-3 C. Plenty for 6-8 servings of pasta. It stores well in the refrigerator or freezer. Store in a tightly-lidded jar.

For Pasta: Toss at room temperature pesto with hot, drained pasta (about ¼ C. pesto per serving - more or less to taste).

BAKED RHUBARB SAUCE

Louise Grimmius, Grundy Center B.P.W.

2 C. chopped rhubarb
2 T. water
Dash of salt
½ C. sugar

Combine rhubarb and water in 2-qt. glass casserole. Stir in salt. Cook in microwave oven, covered, on Full Power for about 3-4 minutes or until rhubarb is tender. Stir halfway through cooking time. Mix in sugar. Cook on Full Power for 1 minute, or until sugar is dissolved. Cool, covered. TIP: May be served warm or cold. Can add few drops red food coloring to sauce before cooking if desired.

TARTAR SAUCE

Margaret Walljasper, Fort Madison B.P.W.

2 T. chopped onions
1 T. chopped pickles
1 T. chopped parsley
1 C. mayonnaise

Combine ingredients just before serving. Serve with fish, hot or cold, or as dressing for fish salads. Yield: 1¼ C. sauce.

TACO SAUCE

Tina Krieger, Fort Madison B.P.W.

2 small cans tomato sauce
1 large can whole tomatoes
½ medium onion (chunked)
½ green pepper (chunked)
1 T. Worcestershire sauce
1 tsp. cayenne pepper
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. salt
1 T. sugar
2 tsp. Tabasco sauce

Place tomatoes, onions, and green pepper in a blender and chop until fine. Add remaining ingredients, blend until thoroughly mixed. Place in a covered bowl, refrigerate overnight. Stir and adjust seasoning to taste before serving.

—DESSERT SAUCES—

HARD SAUCE

Evelyn "Lolly" Orozco, Fort Madison B.P.W.

1 C. sifted powdered sugar
2-5 T. butter or oleo
1/8 tsp. salt
1 tsp. vanilla or 1 T. rum, brandy, whiskey, lemon juice

Beat butter until soft. Add sugar gradually and whip until fluffy. Add salt and vanilla or other flavors. You can add 1 egg or ¼ C. cream.

LEMON SAUCE

Ernestine Delaney, Fort Madison B.P.W.

⅓ C. sugar
1 T. cornstarch
1 C. water
2-3 T. butter
½ tsp. grated lemon rind
1½ T. lemon juice
1/8 tsp. salt

Put sugar, cornstarch, and water in top of double boiler. Place over (not in) bottom of double boiler that has boiling water. Stir good until thickened. Remove from heat and stir in butter, salt, lemon rind, and juice. Lime or orange juice may be substituted. You may use more or less sugar as desired.

HOT FUDGE SAUCE

Marsha Russell, Fort Madison B.P.W.

¾ C. sugar
¼ C. cocoa
¼ C. water
⅔ C. evaporated milk
2 tsp. oleo
1 tsp. vanilla

Combine sugar and cocoa; add water. Bring to a boil. Add milk and boil for 5 minutes. Remove from heat. Add vanilla and oleo. Stir until smooth.

CLASSIC CHOCOLATE SAUCE

Jeanette Falleson, Clinton B.P.W.

2 blocks (2 oz.) Hershey's unsweetened baking chocolate
2 T. butter or margarine
1 C. sugar
¼ tsp. salt
¾ C. evaporated milk
½ tsp. vanilla

Place baking chocolate and butter in small micro-proof bowl. Microwave at High (100%) for 1 minute or until chocolate is softened and mixture is melted and smooth when stirred. Add sugar, salt, and evaporated milk; blend well. Microwave an additional 2-3 minutes, stirring with wire whisk after each minute, or until mixture is smooth and hot. Stir in vanilla. Serve warm. Makes about 1½ C. sauce.

SPECIAL HOT FUDGE SAUCE

Dubuque B.P.W.

½ C. butter
3 C. sugar
½ tsp. vanilla
4 oz. (4 squares) baking chocolate
1⅔ C. evaporated milk
¼ tsp. salt

Melt butter and chocolate in top of double boiler over hot water, simmering not boiling. Add sugar, 2 T. at a time and dissolve in well each time, stirring constantly (very important to add sugar correctly). Add salt and milk slowly and mix in thoroughly. Heat a few more minutes. Spoon over ice cream. Makes 2 C. sauce. Store in refrigerator in a glass jar and reheat in jar placed in pan of hot water on low heat until it thins down again and gets warm. This takes some time to make but is a super good special hot fudge sauce.

HEAVENLY HOT FUDGE SAUCE

Gayle Swanson, Red Oak B.P.W.

½ C. butter
4 oz. unsweetened chocolate
3 C. sugar
½ tsp. salt
1 C. evaporated milk

Over boiling water, in top of double boiler, melt butter and chocolate. Slowly add sugar and salt. Stir well. Add milk. Be sure to cook long enough to dissolve all the sugar. Serve hot over ice cream. Store in quart jar in refrigerator.

EASY HOT FUDGE SAUCE

Jeanette Falleson, Clinton B.P.W.

½ C. Hershey's cocoa
1⅓ C. (14 oz. can) sweetened condensed milk*
3 T. milk
1 T. butter or margarine
1 tsp. vanilla

Combine cocoa, sweetened condensed milk, and milk in medium micro-proof bowl. Microwave at High (100%) for 1 minute; stir. Microwave an additional 1-1½ minutes, stirring occasionally with wire whisk, until mixture is smooth and hot. Stir in butter and vanilla. Serve warm. Makes about 1½ C. sauce.
*Do not use evaporated milk.

MINT CHOCOLATE FUDGE SAUCE

Mardie Smith
Fort Madison B.P.W.

1 (12 oz.) jar fudge ice cream topping
1 T. milk
10 layered chocolate-mint candies (finely chopped, about ⅓ C.)

In a small storage container mix ice cream topping, chocolate-mint candies and enough of the milk to make a sauce of dipping consistency. If toting along on a picnic, store in a cooler packed with ice. Makes about 1 C.

CREAMY ORANGE PRALINE SAUCE

Mary Jo Hughes
Fort Madison B.P.W.

2 (3 oz. ea.) pkgs. cream cheese (softened)
½ C. packed brown sugar
1 tsp. finely shredded orange peel
1 tsp. vanilla
⅓ C. chopped pecans

In a small storage container stir together cream cheese, brown sugar, orange peel, and vanilla until smooth. Stir in pecans. Serve immediately, or for a picnic, store in a cooler packed with ice. Makes about 1⅔ C.

"JUST FOR NOTES"

Salads and Dressings



ROXANNE BARTON CONLIN

Roxanne Conlin was elected in 1977 as the first female United States Attorney for the Southern District of Iowa.

She was a National Committee Woman For The Iowa Young Democrats, Director of the National Organization of Women and active in the Women's Equity Action League. She also was the Assistant Attorney General from 1969-1976 and founder of Iowa's Political Caucus.

In 1982 Roxanne resigned her post to enter as the first woman in the race for governorship of Iowa. She won the Primary election, but went on to lose to Republican candidate, Terry Brandstad.

ANTIPASTO SALAD

Cindy Bates, Fort Madison B.P.W.

2 cans tuna in oil (if not in oil, drain and add ¼ C. olive or vegetable oil)
1 large onion (chopped)
1 green pepper (chopped)
¼ C. vegetable oil
¼ C. catsup
½ C. chopped green olives
½ C. black olives (chopped)
1/8 tsp. garlic powder
Few drops Tabasco sauce
1-2 T. salsa
1 small jar pimento
1 small can tomato sauce

Make a sauce from the ingredients except the tuna and olives. Cook on low heat until peppers and onions are soft. Stir often for 20 minutes. Add the tuna and cook 15 minutes longer. Remove from heat and add the olives. Makes 2 pints.

APPLE SALAD

Pat Bean, Burlington B.P.W.

3 apples (cut in small chunks)
2 bananas (sliced)
1 (17 oz.) can fruit cocktail (drained)
1 small can pineapple chunks (drained)
½ C. grape halves
¼ C. chopped nuts
1 C. miniature marshmallows
1 small container Cool Whip

Combine first 7 ingredients in a large bowl. Mix thoroughly. Fold in Cool Whip. Chill until ready to serve.

APPLE SALAD

Virginia Privia, Fort Madison B.P.W.

2 apples (diced)
1 banana (diced)
½ C. crushed pineapple
1 C. mini-marshmallows
2 T. Miracle Whip dressing
1 tsp. sugar
1 C. Cool Whip

Mix Miracle Whip dressing with sugar and fold in Cool Whip until blended. Pour over fruit and mix and serve.

APPLE SALAD

Dubuque B.P.W.

2 apples
½ C. chopped celery
¼-½ C. chopped pecans
½ C. salad dressing
1 C. tiny marshmallows
1 banana
½ C. shredded coconut
A few dashes nutmeg

Core but do not peel 2 apples. Chop. Add celery, pecans (if desired), a few tiny marshmallows (if desired), a chopped banana (if desired), a little shredded coconut (if desired). Add a few dashes of nutmeg too. Mix all together with about ½ C. salad dressing (mayonnaise type). Refrigerate about 1 hour and serve.

APPLE CHEDDAR SALAD

N. Franklin, Fairfield B.P.W.

2 red apples (sliced)
2 tsp. lemon juice
2 C. sliced celery
Salt and pepper
6 oz. mild cheddar cheese (cubed)
¼ C. mayonnaise
Lettuce

Place apples in small bowl. Toss with lemon juice. Add celery and next 4 ingredients. Toss to coat. Serve on lettuce.

ARTICHOKE VEGETABLE SALAD

LaDonna Peterson
Red Oak B.P.W.

1 jar marinated artichoke hearts
1 can green beans (drained)
1 can green peas (drained)
1 jar cocktail onions (drained)
Italian dressing

Mix all vegetables together, pour dressing over. Refrigerate at least 6 hours before serving. Very good and very easy!

A woman's guess is more accurate than a man's certainty.

MARINATED ASPARAGUS MANICOTTI SALAD *Dubuque B.P.W.*

4 large Creamette manicotti shells (cooked to package directions, drained, cooled)
12-16 fresh asparagus spears (cooked tender-crisp and cooled)
¼ C. diced onion
¼ C. diced green pepper (opt.)
2-3 T. Kraft grated Parmesan cheese
1 C. bottled Wish-Bone Italian dressing
½ tsp. basil leaves
½ tsp. parsley flakes
2 tomatoes (sliced thin)
4 large crisp romaine leaves or other salad greens

Slice 2-3 asparagus spears into each manicotti shell, lay in a flat non-metal dish. Mix onion, green pepper, dressing, basil, and parsley. Pour over top. Cover; let marinate several hours in refrigerator, turning once or twice. When ready to serve, place romaine or other greens on 4 individual salad plates, overlap tomato slices down center of each leaf, gently lay on a stuffed manicotti shell. Drizzle marinade over tops. Sprinkle lightly with cheese. Serves 4.

ASPARAGUS SALAD *Dubuque B.P.W.*

1 can cream of asparagus soup (undiluted)
1 pkg. lime gelatin
1 (8 oz.) pkg. cream cheese
½ C. cold water
¾ C. chopped celery
½ C. chopped green pepper
½ C. chopped pecans
1 T. minced onion
½ C. mayonnaise

Heat soup to boiling point, remove and add gelatin and dissolve, add cream cheese and mix until melted. Add water and mayonnaise and beat until blended. Add rest of ingredients and turn into mold and chill.

ASPARAGUS SALAD *Judy Warrington, Anamosa B.P.W.*

1 can cream of asparagus soup
½ C. water
8 oz. cream cheese
2 (3 oz. ea.) pkgs. lime Jello
½ C. mayonnaise
1 C. chopped celery
¼ C. chopped green pepper
1 T. onion (chopped)

Combine soup and water; bring to a boil, stirring constantly. Add Jello, cream cheese and mayonnaise. Beat with mixer until smooth. Fold in remaining ingredients. Pour into 8-inch pan. Chill.

ASPARAGUS MOLD

Felva Farnsworth, Centerville B.P.W.

1 can cream of asparagus soup
1 (3 oz.) box lemon Jello
1 (8 oz.) pkg. cream cheese
½ C. cold water
½ C. mayonnaise
¾ C. minced celery
½ C. chopped pecans
1 T. grated onion

Heat soup to boiling. Remove from heat and add Jello, stirring until dissolved. Add cheese, stirring until mixed and melted using mixer if desired. Stir in water and mayonnaise and mix with celery, onion, and nuts. Turn into mold or 8-inch square pan and chill.

COLD ASPARAGUS OR GREEN BEANS WITH MUSTARD VINEGARETTE

Dubuque B.P.W.

2½-3 lbs. fresh asparagus or beans
½ C. rice wine vinegar
½ C. Dijon mustard
¾ C. olive oil
¾ C. vegetable oil
2-3 T. honey
Salt and pepper to taste
2 minced shallots

Cook vegetables until tender-crisp. Cool and pat dry. Chill. Whisk dressing (can make this ahead and refrigerate). Lay asparagus spears on serving plates and drizzle dressing over top. Serve rest of dressing on the side.

BANANA SPLIT SALAD

Pat Muller, Spencer B.P.W.

1 (12 oz.) carton Cool Whip
1 (14 oz.) can Borden sweetened condensed milk
1 (21 oz.) can cherry pie mix
1 (16 oz.) can crushed pineapple (drained)
½ C. chopped nutmeats
3 bananas (sliced; sprinkle with lemon to prevent browning)

Mix together the Cool Whip and sweetened condensed milk until well blended. To this mixture add pie mix, pineapple, nuts, and sliced bananas. Chill until serving time.

BEETS AND GREENS SALAD

Dubuque B.P.W.

4-6 C. washed, torn spinach (tough stems removed)
4-6 C. washed torn lettuce
1 C. sliced, pitted ripe olives
½ C. grated Parmesan cheese
1 C. beet dressing*
1 C. sliced pickled beets (cut in julienne strips)
1 C. sliced fresh or canned mushrooms
Croutons if desired

Chill greens until crisp. Top with beets, mushrooms, olives, and cheese. Toss with dressing. Sprinkle on croutons if desired. Serve immediately.

DRESSING:

½ C. Old Dutch sweet and sour no oil dressing
½ tsp. parsley flakes
½ C. pickled beet juice
1/8 tsp. celery seed

Combine in jar and shake well before using.

BREAD SALAD

Regina Harleman, Spencer B.P.W.

1 (20 oz.) loaf white bread
1 medium onion (chopped)
6 hard boiled eggs (diced)
1 (4½ oz.) can crab meat
2 (4½ oz. ea.) cans shrimp
1 green pepper (chopped)
2½ C. mayonnaise
Salt and pepper to taste

Cut crusts from bread. Butter on one side and cube. Mix bread with chopped onion and diced hard boiled eggs. Cover tightly and let stand overnight in refrigerator. Three hours before serving, add crab meat, shrimp, chopped green pepper and mayonnaise. Add salt and pepper to taste. Let chill well and serve. Serves 20.

BROCCOLI AND CAULIFLOWER SALAD

Virginia Privia
Fort Madison B.P.W.

Same amount of broccoli and cauliflower
½ C. stuffed olives
Handful of sliced almonds
Dash of salt
Small amount of Miracle Whip to moisten the salad

Mix broccoli and cauliflower. Add stuffed olives and sliced almonds. Mix with Miracle Whip. Serve.

BROCCOLI SALAD

Phyllis Davison, Indianola B.P.W.

1 bunch broccoli
3 green onions (chopped)
¾ lb. bacon (cooked and crumbled)
⅔ C. raisins
3¾ oz. pkg. sunflower seeds
6 hard cooked eggs (coarsely chopped)

Combine salad ingredients. May reserve one egg for garnish.

DRESSING:
1 C. mayonnaise
2 T. sugar
1 T. white vinegar

Mix dressing and pour over salad shortly before serving. Garnish as desired.

BROCCOLI SALAD

Mable Larson, Spencer B.P.W.

1 large head broccoli
½ lb. bacon
½ C. salted sunflower seeds
½ C. raisins
½ medium red onion

DRESSING:
1 C. real mayonnaise
2 T. vinegar
½ C. sugar

Cut broccoli into bite-size pieces. Brown bacon, dice, and drain. Mince onion. Mix dressing ingredients and pour over above. Can be made the day before serving.

BROCCOLI SALAD

DeAnna Blair, Corning B.P.W.
Donna Carlson, Spencer B.P.W.
Marilyn Pohorsky, Keokuk B.P.W.

1 C. mayonnaise
½ C. sugar
2 T. vinegar
1 head chopped broccoli
½ lb. crisp-fried bacon
8 oz. pkg. mild cheddar cheese
1 small onion

Combine mayonnaise, sugar, and vinegar. Add broccoli, bacon, cheese, and onion. Chill. Ready to serve in 2-3 hours. Serves 10.

BROCCOLI SALAD

Pat Brown, Waverly B.P.W.

4 C. cut-up broccoli (raw)
1 C. red grapes
1 C. chopped onion
½ C. chopped celery
1 T. vinegar
½ lb. bacon (crisply fried and broken into small pieces)
1 C. sunflower seeds
1 C. salad dressing
2½ T. sugar

Mix broccoli, grapes, onion, celery, bacon, sunflower seeds all together. Add salad dressing, vinegar and sugar. Salt and pepper to taste. Optional: Add pineapple chunks, raisins in place of grapes, slivered almonds in place of sunflower seeds.

BROCCOLI DELIGHT SALAD

Norma J. Mosman, Corning B.P.W.
Kimberly Hilgendorf, New Hampton B.P.W.
Marlene Glanzman, Mt. Pleasnt B.P.W.

1 large bunch broccoli (cut in pieces)
1 C. raisins
¼ C. diced red onion
10 strips bacon (fried and crumbled)
1 C. sunflower seeds

DRESSING:
3-4 T. sugar
1 T. vinegar
½ C. lite mayonnaise

Mix the vegetables together. Mix the dressing ingredients together and then combine the two. Toss thoroughly and refrigerate. Add the sunflower seeds just before serving.

BROCCOLI SALAD

Helen Nonken, Cherokee B.P.W.

1 head broccoli (cut up)
12 slices bacon (fried crisp and broken up)
½ C. golden raisins
½ C. celery (cut up)

DRESSING:
½ C. lemon yoplait yogurt
¼ C. sugar
2 T. vinegar

Mix dressing and add to broccoli; add bacon, raisins, and celery.

BROCCOLI SALAD

Helen Nonken, Cherokee B.P.W.

1 egg plus one egg yolk (beaten)
½ C. sugar
1 tsp. dry mustard
¼ C. water
4 C. broccoli (cut up)
¼ C. golden raisins
6 slices bacon (fried crisp)
1½ tsp. cornstarch
¼ C. vinegar
3 T. soft butter
½ C. mayonnaise
1 C. mandarin oranges
½ medium onion (finely chopped)
½ C. toasted almonds

Mix egg and yolk, cornstarch, mustard. Combine vinegar and water slowly. Cook until thick. Add 4 C. broccoli (cut up), ½ C. golden raisins, 6 slices bacon (fried crisp and broken up), ½ C. almonds (toasted), 1 C. mandarin oranges, ½ medium onion (cut up fine). Mix gently and serve.

BROCCOLI AND CAULIFLOWER SALAD

Kari Kuesel
Des Moines B.P.W.

1 bunch broccoli
1 head cauliflower
½ lb. fresh mushrooms
1 can water chestnuts (drained)
1 (8 oz.) bottle Italian dressing
1 can pitted ripe olives (drained)
1 can pitted ripe olives (drained)
1 pkg. Hidden Valley herb dressing

Cut vegetables in bite-size pieces. Mix. Mix bottled dressing with dry dressing mix. Pour over vegetables. Refrigerate overnight.

SWEET AND SOUR SALAD

Gladys Wulf, Washington B.P.W.

1 bunch broccoli
1 C. celery
¼ green onion
¼ lb. bacon
1 C. slivered almonds
1 C. red grapes
1 C. green grapes

DRESSING:
¼ C. mayonnaise
1 tsp. vinegar

BULGARIAN SALAD

Betty Halberstadt, Ft. Madison B.P.W.

4 medium tomatoes (good and ripe)
½ C. thin sliced Spanish or red onions
1 small bell pepper (in thin strips)
1 small (6-inch) cucumber (sliced)
1½-2 tsp. freshly minced marjoram or oregano leaves (if using dried herbs, reduce amount to ½-1 tsp.)
1½-2 tsp. freshly minced mint leaves (same as above if using dried)
1 C. Greek olives (whole)
⅓ C. olive oil
¼ C. Balsamic or wine vinegar
Freshly grated black pepper
½ lb. (drained weight) feta cheese (crumbled)
1 large clove crushed garlic (opt.)

Makes 4-6 servings. Preparation time is brief, but the salad is best when given an hour or so to marinade before it is served. Cut the tomatoes into 1-inch chunks. Combine everything in a big salad bowl, and toss gently until well mingled. You can adjust seasonings to taste.

BUTTERMILK SALAD

Zella Nichols, Fort Madison B.P.W.

1 (6 oz.) pkg. apricot Jello
1 (No. 202) can undrained apricots
2 C. buttermilk
1 (8 oz.) Cool Whip

Bring pineapple to a boil, stir in the dry Jello and mix until dissolved. Chill until partially set. Stir in buttermilk. Chill until partially set. Fold in Cool Whip and pour into a 9x14-inch pan. Serves 15.

COPPER COIN CARROTS

Sally Merical, Centerville B.P.W.

2 lbs. carrots
1 raw onion
¾ C. sugar
½ C. vinegar
⅓ C. oil
1 can tomato sup

Slice, cook, and chill carrots. Slice onion and mix with carrots after cooling. Bring to a boil - sugar, vinegar, oil and tomato soup until sugar is dissolved. Cool and pour over carrots. Chill 8 hours before serving.

GOLDEN COIN SALAD

Dubuque B.P.W.

2 lbs. carrots (peeled and sliced)
1 onion (diced)
1 bell pepper (diced)
1 can tomato soup
1 tsp. dry mustard
½ C. oil
½ C. vinegar
½ C. sugar or less
1 tsp. salt
1 tsp. pepper

Cook carrots until tender; drain, add onions and peppers. Boil the remaining ingredients together. Mix well and pour over vegetables. Refrigerate overnight before serving. Keeps well!

CREAM CARROT SALAD

Zelma Cushman, Centerville B.P.W.

3 oz. pkg. orange Jello
1 C. boiling water
12 miniature marshmallows
½ C. mayonnaise
1 C. shredded carrots
½ C. chopped nuts
3 oz. cream cheese
1 small can crushed pineapple

Dissolve Jello in boiling water. Drain pineapple and reserve juice, add enough water to make the second cup of liquid for the Jello. Add marshmallows and cheese, stir until thick. Fold in remaining ingredients and mold. Keep refrigerated. Serves 8-12.

CABBAGE SALAD

Helen Gerst, Anamosa B.P.W.

1 C. sugar
1 tsp. celery seed
½ pt. mayonnaise
1 large head shredded cabbage
A little salt and pepper
3 T. vinegar
½ pt. sour cream
1 medium onion
Green pepper

Mix sugar, vinegar, sour cream, celery seed, and mayonnaise. Pour over shredded cabbage, diced pepper, and onion. Add salt and pepper. Stir until well mixed. This is better if made the day before it is to be served.

CABBAGE JELLO SALAD

Dubuque B.P.W.

1 pkg. lime Jello
¼ tsp. lemon juice
½-¾ C. diced celery
1 small flat can crushed pineapple (opt.)
½ head shredded cabbage
½ C. sliced, stuffed green olives

Dissolve lime or lemon Jello (lime best) in scant 2 C. boiling water. Add few drops lemon juice. Cool slightly. Add about ½ head shredded cabbage and about ½ C. sliced, stuffed green olives and ½-¾ C. diced celery. Chill until set. This is also very good if you take a small flat can of crushed pineapple, drain it, and use the juice for part of the water, then add the pineapple when you add the cabbage.

GRANDMA COOPER'S COLE SLAW

Dubuque B.P.W.

1 medium head cabbage
1-1¼ C. sugar
1 tsp. salt
1 tsp. pepper
¼-⅓ C. cider vinegar
1 C. heavy cream

Put shredded cabbage in large bowl. Add sugar, salt, pepper. Thoroughly mix the sugar and cabbage. Then sprinkle over top cider or brown vinegar. Mix this in thoroughly. Let stand for a minute or two. Then add heavy cream (whipping cream - do not use milk). Mix together and put in bowl you can cover. Cover and chill at least 2 hours before serving.

GREAT GRANDMA'S CREAMY SLAW

Dubuque B.P.W.

1 medium head green cabbage (shredded)
1 tsp. salt
1 tsp. black pepper
⅓ C. brown cider vinegar
1 C. whipping cream

Grandma always said the procedure was most important to blending the flavors, so follow procedure accurately for best success. Put shredded cabbage in large bowl. Add sugar, salt, and pepper. Mix well. Let stand 5 minutes. Sprinkle the vinegar over top. Mix well. Let stand 5 minutes more. Add cream; blend together well. Put in serving bowl, cover and chill at least 4 hours, stirring once. Serve with slotted spoon into individual bowls as this is very creamy.

COLE SLAW

Etta June Schmerse, Spencer B.P.W.

1 large head cabbage
1 large green pepper
2 carrots
2 C. sugar
Dash salt
1 C. Wesson Oil
1 C. vinegar
1 T. sugar
2 tsp. celery seed

Chop cabbage, pepper, and carrots. Add sugar and salt. Set aside. Mix oil, vinegar, sugar, and celery seed. Bring to boil. Mix with first mixture and refrigerate in covered container. Keeps up to 6 weeks.

COLE SLAW

Mindy Payne, Centerville B.P.W.

1 large head cabbage (shredded)

DRESSING:
1 C. Miracle Whip
¼ C. oil
¼ C. vinegar
½ C. sugar

Mix thoroughly and pour over shredded cabbage.

TEXAS COLESLAW

Dianne LeRud, Burlington B.P.W.

1 medium head cabbage (shredded)
1 medium green pepper (chopped)
1 large onion (chopped)
1 carrot (grated)
½ C. salad oil
½ C. vinegar
1 C. sugar
1 tsp. salt
¼ tsp. pepper
½ tsp. dry mustad
2 T. chopped parsley

Place cabbage, green pepper, onion, and carrot in mixing bowl. In another bowl or blender, combine the remaining ingredients. Beat with rotary egg beater or blend until smooth. Pour dressing over vegetables, toss lightly and cover. Refrigerate overnight. Keeps well.

COLESLAW

Rita Long, Algona B.P.W.

2 C. sugar
1 C. vinegar
½ C. water
1 tsp. salt
1½ tsp. celery seed
1 head cabbage
Celery, carrots, green pepper (can be added to suit own taste)
1½ tsp. mustard seed (opt.)

Combine vinegar, sugar, and water and boil for 5 minutes. Let cool. Sprinkle salt on shredded cabbage. Let stand 1 hour. Add celery, carrots, green pepper (if used). Add celery seed and mustard seed. Mix well. Chill and serve. (This recipe makes 3 quarts coleslaw and keeps indefinitely.)

CALIFORNIA SUMMER SALAD

Dubuque B.P.W.

1 small head cabbage (shredded fine)
1 green pepper (chopped)
1 small onion (chopped)
1 pkg. Creamettes (cooked and cooled)
1 medium cucumber (chopped)
Salt and pepper to taste

Mix and add dressing below:

DRESSING:
1 egg (beaten)
½ C. sugar
Pinch of salt
½ C. vinegar
1 tsp. prepared mustard

Mix dressing ingredients and boil until thick. Cool dressing and put on salad. (Sweet cream may be added to dressing to thin.) This can be made the day before. Keeps very well.

CAULIFLOWER SALAD

Phylis R. Miller, Keokuk B.P.W.

1 small head cauliflower (sliced)
3 red apples (diced)
1 C. celery (diced)
4 scallions (sliced)
Pepper to taste
¾ C. fresh parsley (choped)
½ C. wine vinegar
½ C. oil
1 tsp. salt

Mix all ingredients well and chill at least 2 hours before serving. Serves 8.

CAULIFLOWER SALAD

Jill Nielsen, Waverly B.P.W.

1 head cauliflower
3 stalks celery (chopped)
1 box frozen, uncooked peas
Dash minced onion
1 C. Hellmann's mayonnaise
1½ tsp. Lawry's seasoning salt
1 tsp. dill weed

Mix all together and chill overnight.

CHERRY COKE SALAD

Dubuque B.P.W.

2 pkgs. cherry Jello
1 (16 oz.) can sour cherries (do not drain)
1 C. Coke, Pepsi, or ginger ale

Dissolve Jello in 2 C. boiling water. Add sour pie cherries and 1 C. juice. Add Coke, Pepsi or ginger ale. Set 4-5 hours or overnight in refrigerator. (You can change and use 1½ C. boiling water and one 12 oz. can Coke.)

COTTAGE CHEESE-PINEAPPLE SALAD

Margery R. Meyer
Humboldt B.P.W.

1 (3 oz.) pkg. lime gelatin
1 (3 oz.) pkg. lemon gelatin
2 C. boiling water
2 C. undrained crushed pineapple
1 lb. cottage cheese
1 C. chopped walnut meats
2 tsp. prepared horseradish
1 C. salad dressing
1 C. sweetened condensed milk

Dissolve gelatin in boiling water. Stir in crushed pineapple. Mix remaining ingredients well and stir into gelatin. Pour into large glass pan. Chill and cut into serving squares.

HAYSTACK SALAD

Peggy Behrens, Clinton B.P.W.

2 C. diced chicken or turkey
2 C. shredded carrots
1 C. chopped celery
½ C. chopped onion

Add Miracle Whip to moisten. Just before serving, add 1 (No. 2) can shoestring potatoes.

CHICKEN SALAD

DeLoris Albright, Grundy Center B.P.W.

2 C. cooked, chopped cold chicken
¼ C. diced celery
Salt and pepper to taste
½ C. mayonnaise
2 T. sweet pickles (chopped)
2 hard cooked eggs (chopped)
1 T. lemon juice

Mix together and arrange on lettuce leaves.

CHICKEN SALAD

Faye Wiley, Jefferson B.P.W.

3 C. cooked chicken (cubed)
1 C. seedless grapes
¾ C. celery (chopped)
¾ C. pineapple tidbits
½ C. chopped pecans
1 C. salad dressing

Combine ingredients and refrigerate overnight. Just before serving add 1 can French fried onions. Serve on lettuce leaf and garnish with whole pecans. Serves 8-10.

WALDORF CHICKEN SALAD

Viola Lauth, Burlington B.P.W.

2 C. diced apples
2 T. lemon juice
2 C. diced cooked chicken
1½ C. finely chopped celery
1 C. chopped walnuts
½ C. white raisins or grapes
Salad dressing to taste

Toss apple with lemon juice. Combine chicken, celery, walnuts and fruit, adding just enough dressing to hold salad together. Refrigerate before serving. If desired, can be served in hollowed-out tomatoes.

CRAB SALAD

JoAnn Young, Des Moines B.P.W.

2 cans crab meat
1 can white tuna
¼ C. chopped onion
½ C. chopped celery
4 hard boiled eggs (grated)
1 C. mayonnaise
Salt to taste

Rinse crab meat with cold water and drain. Add remaining ingredients. Serve on a bed of lettuce.

CRANBERRY, APPLE, ALMOND RELISH

Elizabeth Petersen
Clinton B.P.W.

6-8 large Jonathan apples
1½ oz. pkg. almonds
1 lb. cranberries (washed)
1½ C. sugar
Lettuce
Whipped cream

In meat grinder, grind nuts, then cranberries and apples last. Mix in large bowl with the sugar. Taste it - if too tart, add more sugar. Refrigerate 24 hours before serving. Before serving, shred lettuce. Put 1 T. cranberry mixture in center and top with thimble sized whipping cream if desired. Keeps well refrigerated in fruit jar - good for a month.

CRANBERRY SALAD

Dubuque B.P.W.

1 lb. can whole cranberry sauce
1 C. boiling water
1 (3 oz.) pkg. strawberry Jello
1 T. lemon juice
¼ tsp. salt
½ C. mayonnaise
1 apple (diced)
¼ C. chopped walnuts

Heat cranberry sauce, strain. Mix liquid, water, and gelatin until dissolved. Add lemon juice and salt. Chill until slightly thickened. Add mayonnaise and beat until fluffy. Fold in cranberries, apple and nuts. Chill.

FROZEN CRANBERRY SALAD

Gayle Swanson, Red Oak B.P.W.
Florence Starr, Iowa Great Lakes B.P.W.

14 oz. can sweetened condensed milk (Eagle Brand)
¼ C. lemon juice
16 oz. can whole berry cranberry sauce
20 oz. can crushed pineapple (drained)
½ C. chopped walnuts
9 oz. container frozen non-dairy topping (if frozen, thaw)

In large bowl, combine sweetened condensed milk and lemon juice. Stir in cranberry sauce, pineapple, and nuts. Fold in whipped topping. Spread in 9x13-inch baking dish. Freeze until firm. Remove from freezer 10 minutes, before cutting to serve. Return leftover to freezer. Will keep well in a covered dish a long time.

CRANBERRY-STRAWBERRY SALAD

Dubuque B.P.W.

1 (6 oz.) pkg. strawberry Jello
2 C. boiling water
1 can whole cranberry sauce
1 T. lemon juice
1 (16 oz.) can crushed (pineapple
2 (10 oz. ea.) pkgs. frozen strawberries

Dissolve Jello in boiling water and chill until it starts to jell. Add cranberry sauce, crushed pineapple, strawberries and lemon juice. Mix well and chill until firm.

DUMP SALAD

Darlene Swanson, President, Red Oak B.P.W.

1 qt. Cool Whip
1 (24 oz.) carton cottage cheese
1 can mandarin oranges (drained)
1 can fruit cocktail (drained)
2 C. miniature marshmallows
1 (3 oz.) pkg. apricot Jello

Mix Cool Whip and cottage cheese. Add drained fruits and marshmallows; stir in Jello. Chill and serve. Best if served after 1-2 hours. Optional: Diced pineapple for fruit cocktail. Can use different Jello flavor.

GOLDEN FRUIT SALAD

Peggy Iles, Mt. Pleasant B.P.W.

BOTTOM LAYER:
2 (3 oz. ea.) pkgs. lemon Jello
2 C. boiling water
½ C. cold water
2 C. miniature marshmallows
1 (20 oz.) can crushed pineapple (reserve 1 C. of juice for topping)
3 large bananas (cut into small cubes)

Dissolve Jello in boiling water, add cold water. Add pineapple, marshmallows, bananas. Refrigerate until firm.

TOPPING:
2 T. butter
2 T. flour
1 egg (beaten)
½ C. sugar
1 C. reserved pineapple juice
2 C. Cool Whip

Cook, stirring constantly, until thickened. Add Cool Whip. Spread on Jello.

FRUIT COCKTAIL SALAD

Carol Parks, Spencer B.P.W.

1 C. fruit cocktail (drained)
1 C. pineapple Wilderness pie mix
1 pkg. Dream Whip

Chill pie filling and fruit cocktail. Mix together with Dream Whip. Chill and serve.

FROZEN CUCUMBERS

Donna Hartman, Burlington B.P.W.

2 qts. cucumbers (sliced fairly thin)
1-2 large onions (sliced thin)
2 T. salt
1½ C. sugar
½ C. vinegar

Sprinkle the salt over the cucumbers and onions and cover. Let set for 2 hours, stirring every ½ hour. Drain well. Combine the sugar and vinegar, stirring until sugar is dissolved. Pour over the cucumbers and onions and place in freezer containers. Freeze. These may be thawed and refrozen as many times as you desire. Cabbage may also be fixed the same.

FROZEN SALAD

Sara Lee Yoder, Grundy Center B.P.W.

3 egg yolks
2 T. sugar
2 T. vinegar
2 T. pineapple juice
1 T. butter
Salt

Cook together in top of double boiler until thick, stirring constantly. Cool.

THEN ADD:
1 C. whipping cream (whipped)
2 C. (heaping) miniature marshmallows
2 C. drained pineapple tidbits
2 C. drained apricots
2 C drained white cherries

Place in 9x13-inch pan. Freeze. This can be made ahead and used when needed. The egg whites can be used to make meringues which are always handy to have on hand for a quick dessert. Meringue topped with ice cream and topping of your choice. Or the egg whites can be frozen and used later.

FROZEN SALAD

Centerville B.P.W.

1 (8 oz.) pkg. cream cheese
¾ C. sugar
1 large can crushed pineapple (drained)
1 (10 oz.) pkg. frozen strawberries with juice
2 sliced bananas
1 (9 oz.) carton Cool Whip

Soften cream cheese with sugar. Mix together fruits, nuts, and Cool Whip. Combine with cheese mixture. Pour in pan. Freeze, slice and serve.

FRUIT SALAD

JoAnn Young, Des Moines B.P.W.

1 can mandarin oranges
1 can chunk pineapple
1 C. juice (from fruit)
1 pkg. vanilla pudding
Bananas (optional)
Coconut (drained)
Maraschino cherries (drained)
Pecans (optional)

Cook fruit juice and pudding for 3-4 minutes in microwave. Add fruit and refrigerate 1 hour.

DILLED GREEN BEAN AND MUSHROOM SALAD

Hilda Zweifel Spencer B.P.W.

¼ C. mayonnaise
¼ C. sour cream
1 T. fresh dill
½ tsp. salt
1 lb. whole green beans (cooked to tenderness and well drained)
1 C. mushrooms

Blend mayonnaise, sour cream, dill and salt. Pour over beans and mushrooms. Refrigerate at least 1 hour. Makes 4 C.

LIGHT APRICOT SALAD

Dubuque B.P.W.

2 pkg. orange Jello
2 C. boiling apricot syrup
Water
1 (No. 2½) can apricots
2 C. ginger ale

Dissolve Jello in 2 C. boiling apricot syrup (add water to make 2 C.). Put canned apricots through a sieve or blender to puree (drain and use syrup for syrup-water mix above). Stir into Jello mix. Add ginger ale, stir until bubbles and foam are gone. Pour into mold and chill until firm.

GUACAMOLE SALAD

Dubuque B.P.W.

1 head lettuce (chopped fine)
½ green pepper (diced)
6 green onions (sliced, and tops)
1-2 tomatoes (chopped)
½ C. sliced ripe olives

Toss just before serving and gently pour dressing over top.

DRESSING:
1 large or 2 medium avocadoes (peeled, seeded, and mashed)
¾ C. dairy sour cream
¼ C. (or more) milk
Juice of 1 lime
1 T. bottled hot sauce
¼ tsp. garlic powder

Mix all in blender and pour over above salad. Sprinkle on a little paprika if desired.

JOY'S SALAD

Dubuque B.P.W.

1 (3 oz.) pkg. lime Jello
1 (3 oz.) pkg. lemon Jello
2 C. hot water

After Jello is dissolved add:

½ C. mayonnaise
1 C. cottage cheese
1 large can evaporated milk
1 can crushed pineapple (drained)
½ C. nutmeats (optional)

Mix ingredients together. Place in mold and refrigerate until firm.

LIME CUCUMBER SALAD

Mavis J. Whitmire, Fort Madison B.P.W.

2 boxes lemon gelatin
2 C. boiling water
2 tsp. vinegar
1 small onion (grated)
1 cucumber (with skin, grated)
1 T. grated horseradish
1 C. mayonnaise type dressing
1/8 tsp. salt

Combine gelatin, boiling water, and vinegar. Chill until partly set. Beat until light. Add onion, cucumber, horseradish, mayonnaise, and salt. Mix well. Chill until firm. Very good with pork!

LAYER SALAD

Cecilia Johnson, Fort Madison B.P.W.

½-1 large head lettuce
1 large onion (chopped)
1 large green pepper (chopped)
2 stalks celery (chopped)
1 pkg. frozen peas
1 (1 lb.) bacon (fried crisp)
Mayonnaise
½-1 C. shredded cheese

Tear the lettuce into small pieces and place in 9x13-inch glass pan or large salad bowl. Add onion, pepper, celery, and peas (making a layer over the lettuce). Spread mayonnaise over the vegetables. Crumble the bacon over the mayonnaise. Sprinkle the cheese over all. (I use this as the main dish on hot summer nights.) ½ a large head of lettuce serves 5 nicely. Best if made the morning before. In the winter or cooler weather add a bowl of soup to make more hearty of a meal.

DOUBLE LEMON SALAD

Reva Evans, Centerville B.P.W.

2 (3 oz. ea.) pkgs. lemon Jello
2 C. boiling water
½ C. cold water
22 oz. can lemon pie filling
1½ C. cold milk
20 oz. can crushed pineapple (undrained)
1 envelope Dream Whip (1½ oz.)
3¾ oz. lemon instant pudding

Dissolve gelatin in boiling water and stir in cold water, lemon pie filling and crushed pineapple with juice. Pour into 9x13-inch pan and chill until firm.

For Topping: Combine Dream Whip, lemon instant pudding and milk in deep bowl. Blend, then beat at high speed until soft peaks form, 4-6 minutes. Spread on Jello and return to refrigerator until serving time. Serves 12-15.

LIME JELLO SALAD

Roberta Boitscha, Mt. Pleasant B.P.W.

1 pkg. lime Jello
1 C. boiling water
9 oz. can crushed pineapple
¼ C. nuts
1 C. cottage cheese
1 tsp. horseradish
½ C. salad dressing or whipped cream

Let Jello set until slightly thickened, add remaining ingredients. (This salad is especially good with ham.)

MANDARIN ORANGE SALAD

Dubuque B.P.W.

2 pkgs. orange Jello
2 C. boiling water or juice
1 pint orange sherbet
1 (11 oz.) can mandarin oranges

Dissolve Jello in boiling water or fruit juice (not orange). Stir sherbet in until all dissolved. Add mandarin oranges. Chill until set. (If I make this in a ring mold I fill the ring center after unmolding with Ambrosia Salad, below.)

AMBROSIA SALAD

Dubuque B.P.W.

1 (11 oz.) can drained mandarin oranges
1 (13 oz.) can pineapple chunks (drained)
1 C. shredded coconut
1 C. tiny marshmallows
1 C. commercial sour cream or 1 C. Cool Whip

Mix all 5 ingredients. Chill overnight.

MARINATED SALAD

Jo Beeding, Burlington B.P.W.

¾ C. sugar
¾ C. vinegar
½ C. oil
1 T. water
1 can whole kernel corn
1 can French cut green beans
1 can peas
1 C. chopped onions
1 C. chopped green pepper
Celery may be added if desired

Combine first 4 ingredients in a saucepan and bring to a boil. Remove from heat and cool. Drain liquid off of canned vegetables. Mix together in bowl and pour the marinade mixture over the vegetables. Chill at least 4 hours or overnight. This keeps well.

MOONLIGHT SALAD

Genevieve Carlson, Humboldt B.P.W.

Let us alone (lettuce alone)

MARINATED TOMATO SALAD *Mary Schmidt, Grundy Center B.P.W.*

1 C. fresh tomatoes
1 C. green pepper
1 C. onion
1 C. cucumbers

DRESSING:
⅓ C. sugar
⅓ C. oil
⅓ C. water
⅓ C. vinegar

Dice the vegetables. Mix dressing and pour over vegetables. Marinate before serving.

MATADOR SALAD *Darlene Swanson, President, Red Oak B.P.W.*

1 (10 oz.) can stewed tomatoes
1 head lettuce (shredded)
1 lb. ground beef
1 (6 oz.) pkg. corn chips
½ C. cheddar cheese (grated)
1 medium onion (chopped)
¼ C. taco sauce

Drain tomatoes, saving juice. Place tomatoes, lettuce, cheese, and onion in bowl. Brown meat, stirring into small pieces; drain well. Add juice of tomatoes and taco sauce and simmer 5 minutes. Add to salad with chips. Toss lightly. Serve at once.

MELODY SALAD *Marjorie Burden, Mt. Pleasant B.P.W.*

1 (3 oz.) pkg. apricot Jello (dry)
1 small can crushed pineapple
¾ C. sugar
1 (8 oz.) pkg. cream cheese
1 large jar apricot/tapioca baby food
1 (8 oz.) carton Cool Whip

Mix Jello, pineapple, and sugar. Bring to a boil and cool. Mix cream cheese and baby food. Mix with pineapple/Jello mixture. Fold in Cool Whip.

MOM'S CHEESE AND PINEAPPLE SALAD

Jeanne Cox
Anamosa B.P.W.

1 (3 oz.) pkg. lemon gelatin
2 C. boiling water
1 C. heavy cream (whipped)
1½ C. cottage cheese
1 pkg. lime gelatin
1 C. pineapple juice
1 C. crushed pineapple

Dissolve lemon gelatin in 1 C. boiling water. Chill until slightly thickened. Beat until light and fluffy. Fold in whipped cream and cottage cheese. Pour into 9x12-inch shallow dish. Chill until firm. Dissolve lime gelatin in 1 C. boiling water. Add pineapple juice. Chill until slightly thickened. Add pineapple; pour over congealed layer. Chill. Makes 8-10 servings.

NO-NAME SALAD

Louese McCully, Centerville B.P.W.

3 C. mayonnaise or salad dressing
3 C. cooked chicken (diced)
2 hard boiled eggs (diced)
1 C. chopped celery
1 C. cooked elbow macaroni
½ C. diced onion
½ C. green pepper (chopped)
1 T. diced pimento
1 T. cooked crumbled bacon
1 T. chopped pickle

Mix all ingredients together in a large bowl. Chill. Serve cold. Makes about ten 1 cup servings.

ORANGE JELLO SALAD

Dubuque B.P.W.

2 (3 oz. ea.) pkgs. orange Jello
1½ C. hot water
1 C. orange juice
1 C. whipping cream or 2 C. whipped cream
2 C. orange sherbet or ice cream
1 C. mandarin oranges (drained)

Dissolve Jello in hot water. Add juice and sherbet. Cool. When partially set, add oranges and whipped cream. Chill. May be garnished with maraschino cherries and orange slices.

ORANGE SALAD

Hope McCown, Iowa Great Lakes B.P.W.

1 (3 oz.) pkg. orange Jello
1 C. boiling water
1 (6 oz.) can frozen orange juice
1 (11 oz.) can mandarin oranges (drained)
1 small can crushed pineapple

Dissolve Jello in water. Add frozen orange juice, stirring until dissolved. Add pineapple and juice, and oranges. Refrigerate until firm. Serves 8.

ORANGE SALAD

Dubuque B.P.W.

1 box vanilla pudding
1 box orange or red Jello
2 C. water
1 pkg. Dream Whip or Cool Whip
1 can drained, crushed pineapple
2 bananas

Cook first 3 ingredients for 5 minutes. After boiling; cool. Add drained crushed pineapple, bananas or whatever you like. Add 1 pkg. prepared Dream Whip or Cool Whip. Mix together and let set 3-4 hours.

ORANGE TAPIOCA SALAD

Esther Snyder, Indianola B.P.W.

1 box orange Jello
1 box vanilla pudding
1 box vanilla tapioca pudding
3 C. boiling water
1 C. crushed pineapple
1 can mandarin oranges
1 large Cool Whip

Dissolve first 3 ingredients in the boiling water. Cook until thick and clear. Cool completely. Add Cool Whip and fruit.

OVERNIGHT LETTUCE SALAD

Katherine Eagle, Washington B.P.W.

½ head lettuce (cut up)
½ head cauliflower (cut up)
½ medium onion (sliced thin)
1 C. mayonnaise
½ lb. bacon (crumbled)
¼ C. Parmesan cheese
¼ C. sugar

Layer in order given; cover tightly. Store in refrigerator. Toss before serving.

ORIENTAL SALAD

Sharon Leraaen, Waverly B.P.W.

1 lb. shredded cabbage and carrots (use packaged for rush jobs)
1 pkg. Ramen Oriental noodle dinner
Chopped scallions to taste
2 oz. pkg. slivered almonds (toasted)
5 T. sunflower seeds
½ C. oil
2 T. sugar

Break up uncooked Ramen noodles into cabbage. Add scallions, sunflower seeds, and toasted almonds.

For Dressing: Mix oil, sugar, and seasoning packet from the Ramen dinner together and pour over cabbage mixture. Toss to coat evenly and refrigerate at least 2 hours before serving. NOTE: Be sure to use oriental flavor Ramen dinner - others won't taste right.

PARMESAN PASTA

Shirley Howlette, Red Oak B.P.W.

1 (12 oz.) pkg. trio Italiano pasta
1 pkg. Good Seasons garlic and herb dressing
1 can sliced ripe olives
½ C. Parmesan cheese (in can)

Cook and cool pasta. Prepare dressing according to directions on package. Mix everything together and refrigerate at least 4 hours. Stir before serving.

PASTA SALAD

Jan Inman, Ottumwa B.P.W.

1 pkg. pasta noodles
2 T. oil
1½ C. sugar
1½ C. red wine
1 tsp. pepper
2 T. prepared mustard
1 medium onion (diced)
1 cucumber (sliced)
1 green pepper (sliced)
1 small jar pimentos
½ tsp. parsley flakes

Cook pasta noodles according to directions on package with oil. In a blender mix together sugar, wine, pepper, and mustard. Mix cooled pasta noodles and blender mixture together. Toss with rest of the ingredients. Make at least one day ahead.

PASTA SALAD

Merilyn Boekelman, Algona B.P.W.

16 oz. large shape pasta
1 cucumber (peeled, seeded and and chopped)
1 medium onion (diced)
1 small jar pimento
1 tsp. garlic powder
2 tsp. parsley (dried)
2 T. prepared mustard
1 tsp. salt
1 tsp. coarse grind pepper
1½ C. cider vinegar
1½ C. sugar
¼ C. salad oil

Cook pasta to "al dente" stage. Do not overcook. Drain pasta. Place all ingredients in a bowl. Mix well and refrigerate 12 hours or more. This keeps well several days. Makes 10-12 servings.

PEACHY CREAM SALAD

Maria Davitt, Indianola B.P.W.

1⅓ C. large curd cottage cheese
¼ C. chopped walnuts
1 C. peach yogurt
1 small can peaches

Chop peaches and mix together ingredients. Add a dash of cinnamon. Add chopped walnuts on top to garnish. Serve over lettuce leaf with whole peaches around edges.

FLAMING PEAR-TREE IN PARTRIDGE

Lisa Nelson, Spencer B.P.W.

1 (No. 2½) can pears (28 oz.)
1 medium size container Cool Whip
1 C. chopped nuts (I prefer pecans)
1 C. chopped lettuce
1 small container candied cherries
½ oz. brandy

Drain pears and arrange in the form of a Christmas tree. Fill centers with Cool Whip. Add nuts, chopped lettuce and cherries. Just before serving put a very small amount of brandy on top edge of pears and light with a match. It will burn briefly and the alcohol content will be gone. Makes a beautiful salad and a fun way to start dinner. Makes about 8 servings.

PEAR SALAD

Lois Kelleher, Perry B.P.W.

1 large can pears
1 pkg. lime gelatin
2 (3 oz. ea.) pkgs. cream cheese
½ C. cream (whipped)
¼ tsp. lemon flavoring

Drain and reserve liquid from pears. Dissolve gelatin in hot pear juice, add flavoring and softened cream cheese and blend in well. When Jello is syrupy stir in chopped pears and whipping cream.

PICKLED BEETS

Reva Evans, Centerville B.P.W.

1 (16 oz.) can sliced beets
½ C. beet juice
½ C. sugar
¼ C. vinegar

Drain beets, reserving ½ C. beet juice. Mix beet juice, sugar and vinegar in a saucepan, bring to a boil. (Watch carefully as it may boil over.) Pour over beets. Marinate several hours or overnight in refrigerator. Serves 4-6.

PICKLED NOODLES

Wendy Hixon, Clinton B.P.W.

1 pkg. vegetable noodles
1 red onion (chopped)
1 cucumber (chopped)
1 green pepper (chopped)
2 C. vinegar
2 C. sugar

Mix all ingredients together and marinate in refrigerator overnight.

PISTACHIO SALAD

Dubuque B.P.W.

1 pkg. instant pistachio pudding
1 (No. 2) can crushed pineapple and juice
1 C. tiny marshmallows
9 oz. Cool Whip

Mix all together and chill.

SPECIAL PHILADELPHIA CREAM CHEESE SALAD

Elizabeth Swenson
Davenport B.P.W.

2 (3 oz. ea.) pkgs. lemon Jello
2 (3 oz. ea.) pkgs. Philadelphia cream cheese
1 small jar pimento
½ pt. whipped cream (whipped topping may be used)
1 large can crushed pineapple
½ green pepper
(½ recipe makes 8 large individual molds)

Drain juice from pineapple and add enough water to make one quart. Heat, and add cheese, stirring until the cheese has melted. Add to the Jello. Beat until well mixed; and cool. When slightly thickened add the whipped cream, pimento, green pepper, and pineapple. Pour into a 9x13-inch dish and let set. Serves a large group. (Instead of the green pepper I often add stuffed olives to get the color.) (This recipe was a "special" for my mother - who died more than 50 years ago. For years I tried to find the recipe - looked in every cookbook available, without success. Then, very casually, a cousin told me she was going to make the salad - and I finally got the recipe. It is a favorite with my friends. It can be changed with different Jellos, and many variations make it especially good.)

PINEAPPLE CREAM SALAD

Felicia Eby, Centerville B.P.W.

1 pkg. lemon Jello
2 C. water
1 (No. 2) can crushed pineapple (drained)
1 C. whipping cream
Small amount of grated cheese
½ C. sugar
12 marshmallows or miniature to equal
3 small bananas
Pineapple juice and water to make 1 C.
1 egg
1 T. flour

Dissolve Jello with 2 C. water. Add drained crushed pineapple, 12 marshmallows or several miniature ones, and about 3 sliced bananas. Pour into 8x8-inch pan to set. Make topping - pineapple juice and water to equal 1 C. Add 1 egg, ½ C. sugar and 1 T. flour. Cook until thick. Cool. Add 1 C. whipping cream, whipped, to above mixture. Put on top of salad after it has set. Then grate cheese on top. Serves 9.

DILLY POTATO SALAD

Dubuque B.P.W.

6-8 medium red potatoes (cooked, cooled, peeled, and cubed)
½ C. chopped onion
½ C. chopped celery
½ cucumber (diced)
1½ C. salad dressing
½ C. dill pickle relish or chopped dill pickles
1 tsp. dill weed
1 T. yellow mustard
Salt and pepper to taste
½ cucumber (unpeeled, scored, and sliced thin)
Sprinkling of dill weed

Mix all ingredients except sliced cucumber and sprinkling of dill weed until coated. (Add a little milk if dressing is too thick.) Cover and chill thoroughly. At serving time, garnish with cucumber slices and a sprinkling of dill weed. (Option: Substitute ½-¾ C. sour cream for some of the salad dressing.)

GERMAN POTATO SALAD

Amy LeMatty, Keokuk B.P.W.

5 lbs. potatoes
1 lb. bacon
2 C. sugar
2 medium onions (chopped)
1 C. vinegar
½ C. cornstarch

Cook, peel, and dice potatoes. Add onion, chopped. Cook bacon and dice. Pour bacon grease over potatoes. Cook vinegar and sugar. Mix cornstarch and water. Use to thicken. Cook all together.

GREAT GRANDMA'S POTATO SALAD

Dubuque B.P.W.

4-5 lbs. red potatoes (cooked just tender in their jackets)
1 dozen hard cooked eggs (peeled (peeled and chopped)
1 medium white onion (diced fine)
1-1½ tsp. pepper
2 C. salad dressing (like Miracle Whip, not mayonnaise)
½ C. milk (approximately)
1 T. yellow prepared mustard
Salt to taste

Gently toss cooled, peeled and chopped potatoes with eggs and onion. Mix salad dressing, milk, mustard, salt and pepper in small bowl. Pour over potato mix and gently toss together. If not creamy enough add a little more salad dressing and milk. Cover and chill 3-4 hours to blend flavors. Garnish with a sprinkling of paprika and some sliced hard cooked egg if desired.

GRANDMA COOPER'S POTATO SALAD

Dubuque B.P.W.

4-5 lbs. red potatoes
1 onion
1 dozen eggs

DRESSING:
2 C. Miracle Whip
½ C. milk
1 T. prepared mustard
Salt and pepper to taste

Cook potatoes in their jackets until just tender (if quite large cut in half first). Cool, peel and cut into small chunks. Boil eggs until hard cooked; peel and cut up. Dice onion fine (can leave out - I usually make a small bowl without if I have people who don't like onion). Toss together lightly. Combine dressing ingredients. Mix potato mix and dressing together until creamy. Add more Miracle Whip and milk if needed to make it creamy. Chill. Serve cold, and if you take it to a picnic be sure to keep it cold all the time.

POTATO SALAD WITH HERBS

Dubuque B.P.W.

6-8 medium red potatoes (halved)
1 bay leaf
4-5 fresh basil leaves
½ C. sliced green onions and tops
½ cucumber (diced)
½ green pepper (diced, opt.)
½ C. celery (thinly sliced or chopped)
2 tsp. snipped fresh chives
2 tsp. snipped fresh parsley
1 C. dairy sour cream
1 T. tarragon vinegar
½ tsp. salt
½ tsp. pepper (preferably white)
1 C. salad dressing

Cook potatoes, bay leaf and basil in water to cover until tender. Drain, discard bay leaf. Cool, peel, and chop into large bowl. Add onions, celery, cucumber, green pepper. In small bowl, mix chives, parsley, salad dressing, sour cream, vinegar, salt and pepper. Pour over top of potato mix, toss to coat. Cover and chill several hours. Garnish with a little snipped parsley and chives.

QUICK COTTAGE CHEESE

Margaret Gideonsen, Clinton B.P.W.

1 large size large curd cottage cheese
Add 1 can drained mandarin oranges
1 box orange Jello (sprinkle dry over cheese)

Fold above ingredients into 1 C. Cool Whip. Refrigerate several hours.

POTATO SALAD LOUIS

Dubuque B.P.W.

6-8 medium red potatoes (cooked, peeled, and finely diced)
5 hard cooked eggs (chop 4, reserve one for garnish)
¼ C. sliced green onion (include some tops too)
1 C. cooked crab or crab stix (diced)
1½ C. salad dressing
½ C. chili sauce
2 tsp. lemon juice
½ tsp. each salt and pepper
½ C. shredded crab or crab stix
Paprika

In serving bowl, gently combine potatoes, eggs, green pepper, onion and diced crab. In small bowl, mix salad dressing, chili sauce, lemon juice, salt and pepper. Pour over potato mix and gently toss. Sprinkle shredded crab over top, garnish with thin slices of the remaining egg. Cover and chill to blend flavors. Just before serving, sprinkle on a little paprika. (This makes an excellent mix for stuffing tomatoes for a tasty, attractive luncheon dish.)

QUICK FRUIT SALAD OR DESSERT

Alice Schar, Spencer B.P.W.

1 (14 oz.) can Eagle Brand sweetened condensed milk
1 (20 oz.) can crushed pineapple
1 (8 oz.) tub Cool Whip
1 can apricot pie mix (or cherry)

Mix and let stand for a couple of hours before serving. It may be frozen. It is good as a salad or dessert.

QUICK ORANGE SALAD

Vi Burkholder, Keokuk B.P.W.

2 pkgs. vanilla tapioca pudding mix
1 pkg. orange Jello
1 small can mandarin oranges
2 C. water

Drain mandarin oranges and reserve the juice. Add 2 C. water to juice to make 3 C. liquid. Put pudding and Jello in pan with liquid. Cook and stir until clear. Put into dish. When cool, add mandarin oranges. Fold in Cool Whip, if you wish.

QUICK TOMATO ASPIC MOLD

Vivian Autenreith, Jefferson B.P.W.

1 pkg. lemon Jello
1½ C. boiling water
8 oz. can tomato sauce
1½ tsp. vinegar
½ tsp. salt
Pepper

Dissolve lemon Jello in boiling water. Add tomato sauce, vinegar, salt, and pepper. Pour into a ring mold. Chill until firm. Unmold on greens. Serve plain or with cooked shrimp. Makes 4 servings. (For large mold, double recipe and chill 6 hours. Serves 8.

RASPBERRY SALAD

Laura Hicks, Indianola B.P.W.

3 oz. pkg. raspberry Jello
1¼ C. boiling water
1 banana (sliced)
1 pkg. frozen raspberries (thawed)
3 oz. pkg. raspberry Jello
1¼ C. boiling water
1 pkg. frozen raspberries (thawed)
1 carton sour cream

Dissolve a package of raspberry Jello in the boiling water. Cool. Add a sliced banana and a package of thawed raspberries, including juice. Refrigerate until set. Frost with a carton of sour cream. Make another salad like above. Cool. Pour over the first salad that is frosted. Refrigerate. Other fruits may be used instead of raspberries - strawberries with strawberry Jello, or peaches with peach Jello, etc.

RICE-A-RONI SALAD

Sandra Hopson, Mt. Pleasant B.P.W.

1 box chicken-flavor Rice-A-Roni
½ C. green pepper (chopped)
½ C. celery (chopped)
2-3 T. onion (chopped)
½ C. mayonnaise
½ tsp. curry powder
1 T. lemon juice
1 C. water chestnuts (sliced)
Pimento, slivered almonds (optional)

Cook Rice-A-Roni according to package directions. Cool. Add remaining ingredients. Chill.

RED, WHITE, AND BLUE SALAD

Dubuque B.P.W.

¾ C. minute rice
¾ C. water
2 (3 oz. ea.) pkgs. strawberry gelatin
2 C. water
2 C. vanilla or strawberry ice cream
2 (10 oz. ea.) pkgs. frozen strawberries
½ tsp. almond extract
1 (4 oz.) container whipped topping
½ C. fresh or well drained blueberries

Bring ¾ C. water to boil, add rice, cover and set aside. Drain strawberries, reserving juice in measuring cup. Add water to juice to make 2 C. Bring to boil. Dissolve gelatin boiling liquid. Add ice cream and stir until dissolved. Add strawberries, almond extract, and rice. Pour into 9-inch square pan. Chill until set. Cut into squares. Top each square with a dollop of whipped topping, then make well in center of each dollop. Divide blueberries among center wells and serve. Serves 8-9.

RIBBON SALAD

Dubuque B.P.W.

6 oz. fresh spinach (torn into bite-sized pieces)
2 medium tomatoes (sliced thin)
Salt and pepper
1 small Bermuda onion (thinly sliced and separated into rings)
1½ C. (6 oz.) shredded cheddar cheese
4 hard cooked eggs (sliced)
Pepper
1 (10 oz.) pkg. frozen peas (thawed)
1½ C. sour cream
⅓ C. grated Parmesan cheese
¼ tsp. pepper
4 slices bacon (cooked and crumbled)
½ C. chopped celery

Place spinach in bottom of clear tall bowl. Top with tomatoes. Sprinkle lightly with salt and pepper. Layer onions, Cheddar cheese, and eggs. Combine peas and celery. Sprinkle over eggs. Combine sour cream, Parmesan cheese, and ¼ tsp. pepper. Spread over peas. Cover with plastic wrap and refrigerate several hours or overnight. Just before serving, sprinkle with bacon. Serve, making sure each layer contains some of every layer.

RICE SALAD

Dubuque B.P.W.

1 C. cooked rice
1 (16 oz.) can fruit cocktail or pineapple (drained)
Few maraschino cherries
2 C. whipped cream

Cook rice, then chill. Add fruit cocktail or pineapple and a few chopped maraschino cherries if desired. Fold in 2 C. whipped cream or Cool Whip. (You can add a few tiny marshmallows if desired.) Mix all and chill.

RICE-FRUIT SALAD

Dubuque B.P.W.

2 C. cooked rice
6¼ oz. marshmallows
11 oz. can mandarin oranges (drained)
1 can fruit cocktail (drained)
1 (4 oz.) can pineapple chunks or tidbits (drained)
½ C. sour cream
½ C. prepared Dream Whip
3½ oz. coconut

Mix all ingredients together. Refrigerate. If salad is too dry, add a little pineapple juice.

SEA BREEZE SALAD

Laveeda Fosnaugh, Indianola B.P.W.
Thelma Leusink, Corning B.P.W.

13½ or 15 oz. crushed pineapple (drained)
2 (3 oz. ea.) pkgs. lemon Jello
1 (3 oz.) pkg. lime Jello
2 C. boiling water
1 C. pineapple juice and 1 C. 7-Up
1 can lemon pie filling
1 envelope Dream Whip or 1 (8 oz.) Cool Whip

Dissolve Jello in boiling water; add cold pineapple juice and 7-Up and refrigerate until syrupy. Add 1 can lemon pie filling. Whip with mixer. Reserve 1 C. mixture; add pineapple to the remaining mixture. Stir well and pour in 9x13-inch pan and refrigerate until set. Fold the cup of reserved mixture into either 1 envelope of Dream Whip or one 8 oz. Cool Whip. Spread over top of Jello mixture.

SEAFOOLED SALAD

Merilyn Boekelman, Algona B.P.W.

1 (16 oz.) loaf sliced white bread
Butter
1 medium onion (finely chopped)
4 hard cooked boiled eggs (diced)
Salt and pepper as desired
1 (10-15 oz.) pkg. imitation crab meat (chopped)
2 cans small shrimp
1 C chopped celery
2½ C. mayonnaise

Trim crusts from bread and butter slices. Cut into 1-inch cubes. Place in a bowl with the chopped onion and mix well. Cover and refrigerate overnight. Next day add other ingredients. Mix well. Cover and refrigerate several hours. Serve as a salad on lettuce or avocado half or serve in a bowl as a spread for crackers. If used as a spread omit salt in the recipe or use non-salted crackers.

SEVEN LAYER JELLO

Margaret Kaprich, Centerville B.P.W.

Jello (1 pkg. each listed below):
Black cherry
Lime
Orange
Strawberry
Red cherry
Lemon
Orange pineapple

2 C. Pet milk
10 C. water

CAUTION!!! THIS HAS TO BE MADE ONE LAYER AT A TIME.
Layer 1: Dissolve black cherry Jello in 1½ C. water. Pour into pan and let set.
Layer 2: Dissolve red cherry Jello in 1 C. water and add ½ C. Pet milk. Pour on layer 1 and let set.
Layer 3: Dissolve lime Jello in 1½ C. water. Pour onto layer 2 and let set.
Layer 4: Dissolve lemon Jello in 1 C. water and ½ C. Pet milk. Pour on layer 3 and let set.
Layer 5: Dissolve orange Jello in 1½ C. water and pour onto layer 4 and let set.
Layer 6: Dissolve orange pineapple Jello in 1 C. water and add ½ C. Pet milk. Pour on layer 5 and let set.
Layer 7: Dissolve strawberry Jello in 1½ C. water. Pour onto layer 6 and let set. When set, cut in squares and serve as you wish. This is a good and a very pretty salad! It is advisable to let each step cool before pouring it onto the already set layers. Serves about 12-15.

SEVEN LAYER SALAD

Cindy Walker, Keokuk B.P.W.

Shredded lettuce
1 C. diced onions
2 C. frozen peas (thawed and drained)
1½ C. mayonnaise
1 C. shredded cheese
3 boiled eggs (chopped)

Layer all ingredients in a 9x13-inch dish. Add fried bacon bits to garnish.

SHOE PEG SALAD

Jody Rich, Washington B.P.W.

2 cans shoe peg corn (drained)
1 can small English peas (drained)
1 can French style green beans (drained)
1 jar pimentos
2 onions (sliced)
1 bell pepper
2 stalks celery

DRESSING:
1 C. sugar
½ C. oil
¾ C. vinegar

Heat dressing to boiling, then cool and pour over vegetables.

SHOEPEG SALAD

LaDonna Peterson, Red Oak B.P.W.

1 can shoe peg corn
1 can deli corn (drained)
1 can French style green beans
1 (10 oz.) bag small frozen peas
1 can sliced water chestnuts
1 C. celery (chopped)
½ C. green pepper
½ C. chopped green onion

DRESSING:
½ tsp. Beau Monde seasoning
½ tsp. dry mustard
1 T. sugar
1 T. water
¼ C. water
⅓ C. honey
⅓ C. olive oil

Cook peas until tender-crisp. Mix all salad ingredients together.

For Dressing: Blend sugar and spices together. Add 1 T. water. Combine ¼ C. water, ⅓ C. honey, ⅓ C. olive oil. Put in small heavy saucepan, heat. Not necessary to boil. Add sugar, spices, etc. Remove from heat. Cover vegetables with dressing, refrigerate at least 12 hours. You can drain dressing off and save for another salad if you like.

SHRIMP SALAD

Jan Myott, Spencer B.P.W.

3 (7 oz. ea.) boxes macaroni
1 green pepper (chopped)
1 large onion (chopped)
2 T. grated carrot
2 cans shrimp (drained)

LIQUID INGREDIENTS:
1½ C. sugar
¾ C. vinegar
1 (14 oz.) can sweetened condensed milk
2 C. real mayonnaise (not Miracle Whip)
1 pinch salt

Mix first 5 ingredients, then add liquid mixture. Make day before serving. This salad keeps for 3-4 days under refrigeration.

HOT SPINACH BEET SALAD

Dubuque B.P.W.

1 lb. fresh spinach (washed and tough stems removed (or substitute one 10 oz. pkg. frozen spinach, thawed and drained)
½ C. frozen chopped onions
½ of a 16 oz. jar sliced pickled beets (cut into Julienne strips)
½ C. juice from pickled beets
¼ tsp. celery seed
1 (4 oz.) can sliced mushrooms (drained)
½ C. grated Parmesan cheese
½ C. herb flavored croutons

Cook spinach and onions in covered micro-proof casserole on high 4 minutes. Add beet strips and mushrooms. Sprinkle celery seed over. Drizzle beet juice over top and toss lightly. Cover and microwave on high 3-4 minutes until hot through. Divide into 4 salad bowls, sprinkle on cheese and croutons. Serve immediately. Serves 4.

Women like silent men; they think they are listening.

SPINACH SALAD

Phyllis Miller, Keokuk B.P.W.

½ lb. fresh spinach (washed and dried)
6 hard boiled eggs (chopped)
½ lb. crumbled bacon

DRESSING:
1 C. cider vinegar
1 C. oil
¼ C. sugar
6 chopped scallions
Dash of salt and pepper

Heat first 4 ingredients in dressing recipe until sugar dissolves. Then add scallions. Put spinach in bowls, sprinkle with hard boiled eggs and bacon. Top with dressing. Excellent salad!

SPINACH SALAD

Deisy Harrington, President, Keokuk B.P.W.

2 bunches spinach
6 grated hard boiled eggs
8 slices crisp, crumbled bacon
Fresh mushrooms
1 bunch chopped green onions

DRESSING:
⅔ C. sugar
1 tsp. black pepper
⅓ C. oil
1 T. mustard (regular)
⅓ C. vinegar
¼ tsp. salt

Blend dressing in blender. Add to salad when ready to eat. (Somtimes I use part of the bacon grease as part of the oil.)

SPINACH SALAD

Vivian Cook, Spencer B.P.W.

1 bunch fresh spinach (washed, patted dry; tear up with stems)
4 slices bacon
1 can mandarin or tangerine orange chunks
2 T. minced onion
¼ C. vinegar
2 T. brown sugar
Dash salt
Toasted almond slices

Toss together spinach and oranges. Fry bacon until crisp, and reserve 2½ T. drippings. Crumble bacon over spinach and oranges. Saute onions in drippings. Add vinegar and brown sugar. Pour over salad. Toss. Add almond slices. Serves 4.

ELEANOR'S SALAD

Eleanor Geeting, Spencer B.P.W.

1 (6 oz.) pkg. strawberry-banana Jello
1 C. hot water
1 (8 oz.) carton soft cream cheese
1 small can crushed pineapple (including juice)

Dissolve Jello in hot water. Place in blender and add other ingredients. Blend for a minute or two until smooth. Pour into 6x12-inch pan. Refrigerate overnight. Cut into squares for serving. This may be used as a salad with lettuce and a bit of mayonnaise or as a dessert using a whipped topping.

STRAWBERRY FROZEN SALAD

Elvira McCauley Davenport B.P.W.

1 (8 oz.) pkg. cream cheese
¾ C. sugar
1 (20 oz.) can crushed pineapple
1 (10 oz.) pkg. frozen strawberries
1 (12 oz.) carton Cool Whip
3 bananas

Cream together the cream cheese and sugar. Add pineapple which has been drained. Slice bananas in the pineapple juice. Add strawberries which had been thawed, and the bananas. Blend all with Cool Whip and put in a 9x13-inch container or individual paper cups. Freeze. Take out one hour before serving. May refreeze.

SUPER SALAD

Willa Dean Lang, Humboldt B.P.W.

½ head lettuce (torn up)
12 radishes (thinly sliced)
2 stalks celery (diced)
½ green pepper (thinly sliced)
½ carrot (thinly sliced)
½ lb. cucumber (thinly sliced)
2 small tomatoes (cubed)
2 green onions (chopped)
½ C. cheese (cubed)
1 C. cooked chick peas

Place lettuce in a bowl. Add vegetables and cheese; toss. Serve with salad dressing. Variations: Prepare a "Suddenly Classic Pasta Salad" mix and add lettuce, vegetables and peas. This keeps good!

TACO SALAD

Juanita Dorman, Perry B.P.W.

1 lb. ground beef (browned and drained)
⅓ C. chopped onion
4 oz. cheddar cheese (grated)
1 large pkg. corn chips
Taco sauce to taste
1 (15 oz.) can kidney beans
1 chopped tomato
1 head lettuce (chopped)
18 oz. bottle Catalina dressing

Combine meat and beans, simmer 10 minutes. (Add little water if needed.) Cool. Toss onion, tomato, lettuce, cheese, then add meat mixture and dressing and toss. Just before serving add chips and toss. NOTE: Meat and beans can be prepared in advance and the remaining ingredients added when you want to serve. This salad serves 10-12. Part of the meat and beans can be frozen to be used later for another quick meal.

TACO SALAD

Connie Fry
Indianola B.P.W.

1 lb. hamburger
1 can chili beans (drained)
4 oz. cheddar cheese (shredded)
4 tomatoes (sliced)
1 head lettuce (chopped)
1 onion (diced)
1 pkg. taco chips (crushed)
1 reg. bottle Mrs. Lynch Home Style dressing

Cook and drain hamburger. Mix ingredients together. Then add dressing. Add crushed chips just before serving.

TANGY MEXITATO SALAD

Dubuque B.P.W.

8-10 red potatoes (cooked, cooled, and peeled)
1 medium onion (diced)
½ green pepper (diced)
1 (8 oz.) jar Old El Paso hot taco sauce
1½ C. salad dressing (mayonnaise type)
1 T. chopped green chilies
1 C. shredded cheddar cheese
½ C. sliced ripe olives
1 T. fresh parsley (snipped)

Chop potatoes into large bowl. Add onion and green pepper. In small bowl, combine taco sauce, salad dressing, green chilies. Pour over potato mix and toss to coat. Put in serving bowl. Sprinkle cheese over top, then the olives and parsley. Cover and chill several hours to blend flavors.

TAPIOCA SALAD

Marguerite Thomas, Mt. Pleasant B.P.W.

2 pkgs. vanilla tapioca pudding
1 pkg. orange Jello
3 C. water
1 small Cool Whip
1 can mandarin oranges (drained)
1 can pineapple tidbits (drained)

Boil pudding, Jello, and water until thick. Cool. Add oranges, pineapple. Fold in Cool Whip.

TOFU SALAD (Like Potato Salad)

Etta Schulz, Perry B.P.W.

8 oz. tofu (silken)
1 C. diced celery
6 boiled eggs
2 tsp. mustard
2 C. cauliflower (raw)
4 green onions
½ C. mayonnaise

Cut cauliflower, celery, onion, and eggs. Mix together with mayonnaise and mustard. Salt and pepper to taste. Last, add tofu, cut in small chunks, and fold in. Stir and refrigerate.

TROPICAL FRUIT SALAD

Dorothy Batschelet, Spencer B.P.W.

Use this as the basis for fruit salads of your own devising. The secret with any fruit salad is not to go so overboard in the number of ingredients that the flavors and textures all blend together; you want each bite to be distinctive.

2 medium oranges (peeled, seeded, segments skinned, and cut in half)
2 bananas (peeled and cut into ¼-inch slices)
1 mango (peeled, flesh sliced from seed and cut into ½-inch cubes)
1 small lime (juiced)
1 tsp. sugar
2 kiwis (peeled, halved lengthwise, each half cut into ¼-inch slices)
1 pineapple (peeled, cored, cut crosswise into ½-inch slices; each slice cut into 10-12 small pieces)
¼ C. shredded coconut

In a large mixing bowl, gently toss together all the ingredients, taking care not to break the more delicate fruits. Chill well before serving. Makes 6-8 servings.

MANDARIN TUNA SALAD

Dubuque B.P.W.

2 C. broken tuna fish
½ C. diced celery
3 T. tart French dressing
1 tsp. grated onion
1 tsp. chopped parsley
½-1 tsp. curry powder
⅓ C. mayonnaise
¼ C. chopped walnuts (opt.)
1 (11 oz.) can mandarin oranges
Crisp salad greens

Combine tuna, celery, and French dressing and chill. Add onion, parsley, and curry powder to mayonnaise. Toss lightly with chilled tuna adding nuts and drained oranges. Serve on greens. Makes 4 servings.

HEARTY TUNA SALAD

Nancy Baugher, Keokuk B.P.W.

1 (10 oz.) pkg. frozen Italian green beans
1 (7 oz.) can tuna (drained)
1 C. chopped celery
½ C. mayonnaise
1 T. lemon juice
1½ tsp. soy sauce
Dash of garlic salt
1 C. chow mein noodles

Cook beans according to directions, drain and cool. Combine beans, tuna, celery, mayonnaise, juice, soy sauce, and garlic. Chill. Before serving, add noodles and toss lightly. Serve on lettuce. NOTE: I usually mix early so seasonings will blend well. Add noodles just before serving. Serves 4-5.

TUNA JELLO SALAD

Bess E. Sherman, Anamosa B.P.W.

1 C. chicken-rice soup
½ C. water
1 pkg. lemon juice
2 tsp. finely chopped onion
1 (6 oz.) can tuna (drained and rinsed)
1 can water chestnuts (chopped)
½ C. mayonnaise
1 small carton Cool Whip
1 T. chopped pimento

Add water to soup and bring to boil. Add Jello; stir to dissolve and cool. Add remaining ingredients; mix well. Pour into 9x9-inch pan and chill for several hours.

MARINATED VEGETABLES

Cindy Bates, Fort Madison B.P.W.

Chop raw vegetables of your choice:

Carrots
Celery
Green peppers
Broccoli
Cauliflower
Cucumbers
Radishes
Tomatoes

1 bottle Italian dressing

Marinate with a bottle of Italian dressing. Chill before serving.

VEGETABLE SALAD

Janice Orr, Spencer B.P.W.

1 head cauliflower
1 head broccoli
1 cucumber (sliced)
1 red onion (sliced)
1 C. fresh mushrooms (sliced)
1 C. black olives (sliced)
Cherry tomatoes (halved)

Break cauliflower and broccoli heads into small pieces. Add cucumbers, onion, mushrooms, olives and tomatoes. Drench with one 8 oz. bottle Italian dressing (can use low-cal). Turn container upside-down to marinate all vegetables. Refrigerate overnight in a 9x12-inch airtight plastic container.

VEGETABLE SALAD

Dubuque B.P.W.

1 large can peas (drained)
1 regular can green beans (drained)
½ C. sliced stuffed olives
¾ C. green onions (sliced)
4 carrots (shredded)
4 C. sliced celery
4 oz. slivered almonds

DRESSING:

¾ C. salad oil
¼ C. vinegar
¼ C. lemon juice
⅓ C. orange juice
½ tsp. dried mustard
⅓ C. powdered sugar
½ tsp. Worcestershire sauce
½ tsp. paprika
Salt to taste

Mix together. Cover and refrigerate overnight.

VEGETABLE SALAD

Marie Hudson, Burlington B.P.W.

½ C. small pieces cauliflower
3-4 slices Bermuda onion (ringed)
½ green pepper (cut in pieces or thin slices)
3 tomatoes (chopped in small pieces)
¼ tsp. black pepper
2 T. (heaping) Miracle Whip

Mix all ingredients with the Miracle Whip and let stand 3-4 hours before serving.

VEGETABLE SALAD

Ellen Owen, Indianola B.P.W.

1 lb. bag frozen mixed veggies - carrots, cauliflower, green and butter beans, and zucchini
1 C. celery (diced)
1 can kidney beans (drain and rinse)
1 C. green peppers (chopped)
1 onion (diced)

Cook frozen vegetables until tender; drain. Combine dressing ingredients. Cook; it will not be thick. Cool dressing. Mix all vegetables together. Toss with dressing. Will keep 3 weeks in refrigerator.

DRESSING:
¾ C. sugar
½ C. vinegar
1 T. flour
1 T. prepared mustard (may use a little more)
Dash of salt

VEGETABLE SALAD

Peg Bailey, Fort Dodge B.P.W.

5 stalks celery
1 can peas (drained)
1 jar pimientoes (drained)
1 small green pepper
1 small onion
1 C. vinegar
1 C. sugar
½ C. oil

Dice vegetables. Mix sugar and vinegar and oil. Add to vegetables. Keeps well.

VEGETABLE SALAD

Helen Lehman, Jefferson B.P.W.

1 head cauliflower
1 head broccoli
2 bunches green onions
1 pkg. frozen peas
Swiss cheese
1½ C. mayonnaise
¼ C. Italian creamy dressing
2 T. lemon juice
1 T. sugar
Salt and pepper to taste

Break heads of cauliflower and broccoli into bite-size pieces. Cut green onions into small pieces. Thaw frozen peas and add to other vegetables. Cube Swiss cheese (use as much or little of the cheese as you want) and add to vegetables. Mix mayonnaise, Italian dressing, lemon juice, sugar, salt and pepper, together and add to other ingredients. Refrigerate. This salad is better if you prepare a day or two ahead!

VEGETABLE SALAD

Carol Parks, Spencer B.P.W.

1 can French cut green beans
1 can shoepeg corn (white)
1 can baby peas
1 C. chopped celery
½ C. finely chopped onion
½ jar pimento (chopped)

DRESSING:
½ C. salad oil
1 C. sugar
¾ C. white vinegar

Heat and dissolve salad oil, sugar and vinegar. Pour over vegetables. This salad will keep well for weeks and you can add to. A great summer salad!

VEGETABLE SALAD

Thelma Heitsman, Corning B.P.W.

1 can shoe peg corn (white)
1 can Tender Sweet peas
1 can French style green beans
1 C. chopped celery
1 C. chopped green pepper
½ C. chopped onion
1 (2 oz.) jar pimento (chopped)

Drain and mix all together. Cover with the following dressing: ¼ C. sugar, ½ C. safflower oil, ½ C. vinegar and 1 tsp. salt. Marinate and refrigerate. Will keep well for several days. It is really better after having set for awhile so the flavors have a chance to mix.

FRESH VEGETABLE MARINADE

Phyllis Miller, Keokuk B.P.W.

4 stalks fresh broccoli flowers
8 large fresh mushrooms (sliced)
1 medium green pepper (diced)
3 stalks celery (chopped)
1 small head cauliflower (sliced)

DRESSING:
1 C. sugar
2 tsp. dry mustard
1 tsp. salt
½ C. vinegar
1½ C. oil
1 small onion (chopped or
2 T. poppy seeds

Combine vegetables and toss to mix. In another bowl, combine other ingredients and mix well. Pour over veggies. Chill 3 hours. Serves 8-10.

WARM WEATHER TOSSED SALAD

Loraine Werts, Ottumwa B.P.W.

½ C. walnuts (cut into pieces)
1 tsp. salt
1 tsp. granulated sugar
¼ tsp. dill weed
6 oz. cooked shrimp
¼ C. radishes (sliced)
2 T. green onion (chopped)
⅓ C. salad oil
3 T. lemon juice
¼ tsp. marjoram
1½ qt. torn mixed salad greens
1 large tomato (cut in wedges)
¼ C. ripe olives (sliced)
¼ C. cheese (cubed)

Toast walnuts lightly in small skillet over low heat with 1 tsp. oil about 5 minutes, stirring frequently. Remove from heat and sprinkle with ¼ tsp. salt. Cool. Beat together remaining oil, salt, lemon juice, sugar, marjoram and dill weed. In large bowl, combine greens, shrimp, tomato, radishes, olives, and green onion. Stir dressing and pour over salad. Toss until evenly coated. Add walnuts; toss again. Sprinkle with cheese. Serve immediately. Makes 2 quarts or four large servings.

The need of our children today includes preparing them for the world of tomorrow.

WILTED GREENS

Sibyl Yackshaw, Clinton B.P.W.

3 slices bacon
1 small onion (chopped)
¼ C. white vinegar
1 T. prepared mustard
½ tsp. horseradish
Salt and pepper to taste
1 lb. greens (leaf lettuce, spinach; 6 C. firmly packed)

Place bacon and onion in 3-qt. casserole. Cover with lid. Cook at high 6-6½ minutes. Add vinegar and sugar, mustard, horseradish, salt and pepper. Stir. Add greens. Toss well. Cover. Cook at High 2-3 minutes, or until greens are wilted. Serves 4.

WHASHAI (Korean Fruit Salad)

Malinda Engelbart Anamosa B.P.W.

2 large oranges (peeled and sectioned)
2 large peaches (peeled and sliced (or cling canned peaches)
¼ C. lime juice
2 large pears (thinly sliced and pared or canned pears)
1 (1 lb.) can pitted cherries
½ tsp. cinnamon

Combine fruit juices if you use canned fruits. If you use fresh fruit, make a syrup of ¾ C. water and ⅓ C. sugar, lime juice and cinnamon. Otherwise, add cinnamon to canned juices and lime juice. Cover and refrigerate until well chilled. Sprinkle with nuts. Serves 6.

WHIZ SALAD

Dorothy O'Neal, Spencer B.P.W.

1 (6 oz.) pkg. strawberry-banana Jello
1 C. boiling water
1 (8 oz.) pkg. cream cheese
1 small can crushed pineapple

Dissolve Jello in 1 C. boiling water. Put in blender. Add cream cheese and small can of crushed pineapple. Blend for a minute or two. Congeal in molded pan or 6x12-inch pan. Refrigerate until well set.

WILD RICE SALAD

Patti Hill, Indianola B.P.W.

1 box Uncle Ben's wild rice (original; cook, cool as directed)

ADD:

2 C. water chestnuts
2 C. green pepper
¾ C. mayonnaise or Miracle Whip
2 C. celery
2 C. onions
1 T. lemon juice

Chill and add chopped cashews before serving. May double the recipe.

WILTED LETTUCE

Dubuque B.P.W.

½ lb. bacon
½ C. sugar
1 head lettuce or leaf lettuce
⅓ C. cider vinegar

Cut up and fry ½ lb. bacon until crisp. Drain all but 1-2 T. grease off. Add about ½ C. sugar, little salt and pepper, about ⅓ C. cider or brown vinegar, and simmer a bit. Pour over washed and crisped and torn garden lettuce, and toss until wilted. (Adjust sugar vinegar to your taste.) A large bowl of lettuce will wilt down a lot.)

YORKSHIRE SALAD

Lucille White, Burlington B.P.W.

3 T. molasses
6 T. vinegar
½ tsp. black pepper
2 heads lettuce (shredded)
3 green onions (sliced fine)

Combine the molasses, vinegar, and pepper in bowl. Mix well. Combine the lettuce and onions and mix well together. Pour the dressing over and toss until the lettuce is well coated with the dressing. Serve cool but not ice cold. Serves 4-6 people.

ZESTY VEGETABLE SALAD

Merilyn Boekelman, Algona B.P.W.

1 head cauliflower
1 green pepper
1 bunch green onions
8 oz. fresh mushrooms
1 small can pitted ripe olives
1 cucumber (peeled, seeds removed)
Black pepper
1 tomato (cut into pieces)
½ C. white vinegar
½ C. salad oil
2 T. dried parsley or fresh parsley to taste
3 T. dill weed
1 T. garlic salt

Cut up or break apart vegetables. Layer in a 9x13-inch marinade pan. Mix other ingredients and pour over vegetables. Refrigerate overnight or longer as desired. Turn or mix lightly as desired.

—SALAD DRESSINGS—

CREAMY LIME DRESSING

Carol Hess, Davenport B.P.W.

1 (8 oz.) plain yogurt
1 T. syrup from canned fruit (or substitute 1 T. milk)
2 T. honey
1 tsp. grated lime peel

Combine all ingredients - dash salt. Chill quickly in freezer. Goes well with either canned or fresh fruit. Makes 1 C.

COLE SLAW DRESSING

DeAnna Blair, Corning B.P.W.

1 C. oil
⅔ C. vinegar
1 C. sugar
1 tsp. salt
Grated onion or instant onion

Blend all ingredients together in a blender. Refrigerate until ready to use. Shake before using. Will keep in the refrigerator.

EASY COLESLAW DRESSING

Shirley Howlette, Red Oak B.P.W.

Plain yogurt
Mayonnaise
Sugar

Combine equal parts of each. Can use artificial sweetener if desired.

COLE SLAW DRESSING

Linda Denning, Burlington B.P.W.

1 T. Knox gelatin (1 pkg.)
¼ C. cold water
1½ C. sugar
1 C. oil
1 C. vinegar
1 tsp. celery seed
1 tsp. salt
¼ tsp. pepper

Dissolve the gelatin in cold water. In small pan, heat the sugar and vinegar until dissolved. Mix gelatin and sugar mixture together. Add seasonings. Mix together well. Place oil in blender and add other ingredients when they have reached room temperature. Blend well. Keep in refrigerator and add to slaw ingredients as needed. Keeps for a long period of time.

CUCUMBER DRESSING

Evelyn Otto, Clinton B.P.W.

½ C. cucumber (chopped)
¼ C. vinegar
1 C. Miracle Whip
2 T. milk
2 T. sugar
1 T. dill seed

Mix all together. Good on lettuce or tossed salad.

DRESSING FOR CUCUMBERS AND ONIONS

LaVonne Siemers
Iowa Great Lakes B.P.W.

1 C. Miracle Whip
½ C. Half and Half
½ C. sugar
1 tsp. mustard (prepared)
½ tsp. pepper
Salt to taste
⅓ C.vinegar

Mix first 6 ingredients together by mixer, blender, or shaking in a jar. Add the vinegar, shake or blend until smooth. Pour over sliced cucumbers and onion rings.

FRENCH DRESSING

Etta June Schmerse, Spencer B.P.W.

1⅓ C. sugar
1 C. oil
⅔ C. vinegar
2 tsp. paprika
2 tsp. dry mustard
2 tsp. salt
1 C. catsup
2 tsp. celery salt
Onion

Mix well and beat in blender. Refrigerate.

FRENCH DRESSING

Abby Etter, Keokuk B.P.W.

2 C. sugar
2 C. oil
1 small onion (grated)
⅔ C. ketchup
2 tsp. garlic salt
⅔ C. vinegar (dark)
2 tsp. celery seed

Mix sugar, oil, onion, ketchup, and garlic salt together with mixer for 20 minutes on medium speed. Add vinegar and celery seed and beat for 5 minutes.

LETTUCE AND CREAM DRESSING

Dubuque B.P.W.

1 head lettuce

DRESSING:
1 C. whipping cream
½-¾ C. sugar
¼-⅓ C. brown vinegar
Salt and pepper to taste

Wash and tear garden lettuce into a large bowl. Chill to crisp (I usually put a couple of paper towels in bottom of bowl to catch extra water.) When ready to mix and serve, remove towels and pour dressing over top.

For Dressing: Shake together all ingredients and toss with lettuce.

MAYONNAISE

Janet Fife, Keokuk B.P.W.

½ C. vinegar
½ C. water
2 eggs (beaten)
¾ C. sugar
½ tsp. dry mustard
2 T. flour

Heat vinegar and water. Add all other ingredients that you have mixed with the eggs. Cook and stir well. Cool. Especially good for potato salad.

COOKED SALAD DRESSING

Arlene Paule, Burlington B.P.W.

1 C. sugar
1 T. (heaping) flour
1 C. cream or milk
1 C. vinegar
2 eggs

Beat the eggs and add the sugar and flour, mixing until smooth. Add the vinegar and mix good. Cook over low to medium heat until thick. Add the cream and cool. Serve.

SALAD DRESSING

Margaret Joles, Maquoketa B.P.W.

1 C. mayonnaise
½ C. Half and Half or milk
¼ C. sugar
2 T. vinegar

Mix well and pour over cucumbers, cabbage, zucchini, or lettuce. This is especially good on sliced zucchini if you let the zucchini marinate in the dressing about 4 hours or overnight.

SALAD DRESSING

B. Wyllie, Corning B.P.W.

1 C. sour cream (commercial)
¼ C. vinegar
¼ C. water
2 pkgs. Equal (sugar substitute)
Salt if desired

Mix all together and use on cabbage. If want to use it on the Waldorf Salad, add ½ tsp. salad mustard.

FROZEN CABBAGE SALAD

Marilyn Huff, Clinton B.P.W.

1 medium head cabbage (shredded)
1 tsp. celery salt
1 tsp. salt
1 tsp. mustard seed
1 C. vinegar
2 C. sugar
1 large grated carrot
1 grated pepper

Add salt to shredded cabbage and let sit 1 hour. While cabbage stands, make syrup of vinegar, ½ C. water and sugar. Add mustard seed and celery salt and bring to boil and boil 1 minute. Let stand until lukewarm. Squeeze water out of cabbage, add carrots and pepper. Pour syrup over cabbage mixture and stir. Place in containers and freeze. Can be refrozen.

Main Dishes, Casseroles and Sandwiches



HARRIET HILLIARD NELSON (Mrs. Ozzie)

Born 1912 in Des Moines, Iowa.

Daughter of Roy and Hazel Hilliard, who worked with a theatrical stage crew which traveled in the Midwest.

Harriet made her stage debut at six weeks when she was carried on stage by her actress mother. She had her first speaking part at age three. At fifteen her background in dance and ballet training helped her become a member of the ballet line at the Capital Theatre in New York. Harriet was billed as a singer-dancer in Ken Murray's Variety Act. She went to Hollywood where she had a singing part in "Follow The Fleet" with Ginger Rogers and Fred Astaire. She met Ozzie Nelson whom she later married and became a singer with his band. In 1944 she and Ozzie along with their children started the T.V. series "The Adventures of Ozzie and Harriet". She starred on T.V. from 1952-1965.

BEEF BAKE

Kathy Koelker, Anamosa B.P.W.

2 lbs. beef cubes
2 large sliced onions
2 large potatoes
1 can mushroom soup
1 C. sour cream
1 C. milk
1 C. shredded cheddar cheese
1½ C. bread crumbs

Brown beef cubes and onions in 2 T. oil. Simmer 50 minutes. Place in 9x13-inch baking dish. Slice potatoes on top. Mix soup, sour cream and milk. Pour over potatoes. Sprinkle with cheese and bread crumbs. Bake 1½ hours at 350°.

BEEF CABBAGE ROLLS

Gerry Runkle, Spencer B.P.W.

1 lb. ground chuck
1 small head cabbage
1/8 tsp. garlic salt
1 C. grated cheddar cheese
Salt and pepper to taste
¼ C. water
1 (8 oz.) pkg. crescent dinner rolls

In large skillet on top of stove, brown ground chuck; drain fat. Add finely chopped cabbage, garlic salt, salt and pepper and water. Stir thoroughly. Cover. Cook for about 15 minutes over medium heat. Place crescent rolls, two together, so they form a rectangle on a lightly greased baking sheet. Spoon meat mixture onto rolls; fold two opposite corners to center and crimp edges with a fork. Pierce tops. Bake at 350° for 10 minutes, or until brown. Remove from oven (optional/rub tops with butter and top with grated cheese). Serve immediately. Serves 4.

MICROWAVE BEEF-N-TATERS

Theresa Clark, Keokuk B.P.W.

1 lb. ground beef
1 lb. Tater Tots
2 tsp. instant minced onion
1 can cream of chicken soup
1 can cream of celery soup

Crumble ground beef in 2-qt. utility dish. Cook in microwave 5 minutes, stirring and turning dish twice. Top with instant onion and Tater Tots. Mix soups together and spoon over casserole. Bake 15 minutes turning dish every 5 minutes.

HOME STYLE BOLOGNA

Bonnie Hofstetter, Keokuk B.P.W.

3 lbs. lean ground beef
1 C. water
3 T. Morton Tender Quick
1 T. pepper
1 T. mustard seed
1 T. liquid smoke
¼ tsp. garlic powder
¼ tsp. onion salt

Using a pastry blender, mix all ingredients together, working well, until mixture is brownish. Divide in thirds, packing real good, make firm logs. Wrap in heavy duty foil, and refrigerate for 24 hours. Place on a cookie sheet, and bake at 350° for 1½ hours. Remove foil, drain, cool, rewrap and refrigerate until ready to serve.

CABBAGE ROLLS

Linda Hinds, Leon B.P.W.

1 lb. ground beef
¼ lb. ground pork
¾ C. cooked rice
2 tsp. salt
½ tsp. pepper
1 small onion (minced)
2 (8 oz. ea.) cans tomato sauce
12 large cabbage leaves
¼ C. brown sugar
¼ C. lemon juice or vinegar

Combine meat, salt, pepper, rice and 1 can tomato sauce. Cover cabbage leaves with boiling water for 4 minutes. Drain. Place portions of meat mixture in center of cabbage leaves. Roll up folding ends over. Place seam down in skillet. Mix remaining tomato sauce with brown sugar and lemon juice. Pour over rolls. Simmer covered 1-1½ hours. Baste often.

BEEF INTERNATIONAL

Phyllis Zalaznik, Spencer B.P.W.

2 lbs. round steak (cut in thin strips)
2 T. margarine
2 medium onions (sliced thin)
2 green peppers (cut in strips)
½ C. water
1 can cream of celery soup
½ C. mayonnaise
1 (3 oz.) can sliced mushrooms
Salt and pepper

Brown meat in margarine. Add onions, green peppers, and water. Cover and simmer for 30 minutes. Add more water if needed. Add soup mixed with mayonnaise and mushrooms which have been drained; season to taste. Heat, stirring occasionally. Serve over noodles or rice. Makes 6-8 servings.

BEEF/CARROT CASSEROLE

Elsie Galbraith, Spencer B.P.W.

1 T. butter or regular margarine
1 lb. ground beef
¼ C. minced onion
1 clove garlic (minced)
2 (8 oz. ea.) cans tomato sauce
1 tsp. salt
¼ tsp. pepper
1 C. dairy sour cream
1 C. cream-style cottage cheese
¼ C. chopped fresh parsley (can use dried parsley)
1 C. sliced, cooked carrots
8 oz. medium noodles (cooked and drained)
1 C. shredded cheddar cheese

Brown beef in melted butter in skillet. When meat begins to turn color, add onion and garlic. Saute until meat is well browned. Stir in tomato sauce, salt and pepper. Simmer, uncovered, for 5 minutes. Combine sour cream, cottage cheese, parsley, and carrots. Add to cooked noodles; mix well. Alternate layers of the meat mixture and cottage cheese mixture in greased 3-qt. casserole, beginning and ending with noodles. Top with cheddar cheese. Bake in 350° oven for 30 minutes or until hot. Fix and freeze this rib-sticking make-ahead casserole. If frozen, heat covered, at 400° for 1 hour, or until bubbly. Makes 6-8 large servings. Serve with marinated tomato wedges and baked apples for dessert.

ACCOMMODATING BEEF STEW

Vivian Autenreith, Jefferson B.P.W.

1 lb. cubed beef stew meat or round steak
8 oz. can tomato sauce or 1 can tomato soup
1 T. instant chopped onion or ¼ C. chopped onion
¾ tsp. salt or substitute
Pepper
2 medium carrots (cut in ½-inch pieces)
1 potato (cut in eighths)
½ C. bouillon or water or consomme
½ slice of bread and crust (cubed)
⅓ C. chopped celery

Combine all ingredients in 1½-qt. baking dish with cover. Mix well. Bake at 250° for 50-60 minutes, stirring occasionally.

BEEF STEW

Luanne Huffman, Fort Madison B.P.W.

1-1½ lbs. stew meat
1 beef bouillon cube
1 onion bouillon cube
1 medium size can V-8 juice
Chopped onion
Season to taste
Chopped celery
Chopped potatoes
Chopped carrots
1 can whole green beans
Cornstarch

Pressure cook meat until tender; add juice bouillon cubes and vegetables. Pressure cook 20 minutes. Thicken with cornstarch and water.

NEW ENGLAND BUDGET STEW

Sally Carter, Ottumwa B.P.W.

5 lbs. neck bones
1 qt. hot water
1 T. salt
¼ tsp. pepper
2 small onions
5 medium potatoes
3 diced carrots
¼ tsp. oregano
¼ tsp. parsley flakes

Place neck bones in large pan. Cover with hot water. Cook over high heat, keep meat covered with water. Open boil for 30 minutes. Add seasoning, onions, oregano, and parsley. Simmer 2-3 hours, remove bones. Add potatoes and carrots the last 30 minutes of cooking. Makes 8 servings.

CHILI CASSEROLE

Dianna Briear, Burlington B.P.W.

1 (19 oz.) can Chunky chili beef soup
2 C. crushed tortilla chips
1 (4 oz.) can chopped green chilies
1 C. shredded cheddar cheese

To Bake: In a 1-qt. casserole, layer half of the soup, ¾ C. of the chips, ½ of the chilies and ½ of the cheese. Repeat layers. Top with remaining ½ C. chips. Bake at 400° for 20 minutes or until hot and bubbling. Makes 3 servings.

To Microwave: Set aside ½ C. of the cheese. In a 1-qt. microwave-safe casserole, layer half of the soup, ¾ C. of the chips, ½ of the chilies and ½ of the remaining cheese. Repeat layers. Cover with lid; microwave on high 5 minutes or until hot and bubbling, rotating dish once during heating. Top with reserved cheese and remaining chips. Let stand, uncovered, 5 minutes or until cheese melts.

CORNED BEEF AND CABBAGE

Sally Carter, Ottumwa B.P.W.

1 small head cabbage
1 can corned beef (flaked)
½ C. catsup
1 tsp. prepared mustard
3 T. melted butter
2 tsp. sugar
1 C. soft bread crumbs

Cut cabbage into quarters, divide each quarter into fourths. Cook cabbage in water until tender, and drain. In bottom of casserole dish place the flaked corned beef, cover the beef with the cooked cabbage. Mix together the catsup, mustard, butter and sugar. Pour the mixture over the cabbage and top with bread crumbs. Bake at 400° for 20 minutes. Serves 8.

COUNTRY CLUB HOT DISH

Loretta Bendlin, Spencer B.P.W.

1½ lb. hamburger
1 pkg. dry onion soup mix
1 (8 oz.) pkg. noodles
1 can mixed vegetables
1 can cream of chicken soup
1 can mushoom soup
1 C. sour cream
Salt and pepper to taste

Brown hamburger and onion soup mix together. Cook noodles and drain; add to hamburger mixture. Mix with other ingredients and put into a casserole dish. Bake at 350° for 1 hour.

CABIN STEW

Loretta Bendlin, Spencer B.P.W.

2 lbs. stew meat (cubed)
1 (16-20 oz.) can tomatoes
1 box frozen peas
6 carrots (sliced)
3 small onions
1 C. sliced celery
3 medium potatoes (diced)
2 T. sugar
1 T. salt
¼ C. quick cooking tapioca
1 can water chestnuts (drained and sliced)
¼ C. dry red wine

Place cubed stew meat in Dutch oven or slow cooker (no need to brown). Add all ingredients and stir to blend. Cook approximately 2 hours or longer if necessary.

CROCK POT HAMBURGER STEW

Dubuque B.P.W.

1-1½ lbs. hamburger
1 (1 lb.) can tomatoes and juice
1 T. dry minced onions
1 (1 lb.) can kidney beans or lima beans (drained)
Salt and pepper to taste

Brown hamburger, drain and put in crock pot. Add tomatoes and juice, either kidney beans or lima beans (drained), dry minced onion, salt and pepper to taste. Cook on low all day, medium 4-5 hours.

DRUNKARDS STEW

Dubuque B.P.W.

3 lbs. stew meat (browned)
2 cans cream of mushroom soup
1 can mushrooms (undrained)
1 pkg. dry onion soup mix
1 C. water
1 C. red wine

Place all ingredients in crock pot. Cook at least 5-7 hours. Add 1 C. red wine last hour. Serve over cooked noodles or rice.

FIVE HOUR OVEN BEEF STEW

Floy Akin, Spencer B.P.W.

2-3 lbs. cubed beef
2 large potatoes (cubed)
2 medium onions (cubed)
1 C. sliced celery
1 C. carrot chunks
1 large can tomatoes (with juice)
1 (No. 2) can peas (with liquid)
1 can lima beans
1 can cream of mushroom soup
½ tsp. salt
2 T. tapioca

Combine all ingredients in covered Dutch oven or roaster. Bake at 275° for 5 hours. Yield: 2½-3 qts.

Write on your hearts that everyday is the best day of the year.

GOURMET OVEN STEW

Dubuque B.P.W.

2½ lbs. round steak (cubed or beef stew)
8 carrots (sliced)
1½ C. diced celery
1 pkg. onion-mushroom soup mix
Dash of pepper
Dash of thyme
Dash of rosemary
3 T. tapioca
4 oz. burgundy wine
1 T. sugar
1 T. salt
1 (10 oz.) pkg. frozen peas and onions
1 (4 oz.) can mushrooms

Combine all ingredients except peas and mushrooms. Place in roaster. Bake covered at 300° for 4 hours. After 3 hours stir. Last 20 minutes add peas and mushrooms. Bake uncovered 20 minutes. Serve with noodles or rice.

STEAK SOUPER-STEW

Dubuque B.P.W.

1-1½ lbs. sirloin or round steak (fat trimmed off and cubed) (other cuts of beef may be used if very lean)
1 (48 oz.) can V-8 juice or other vegetable juice
1 (28 oz.) can tomatoes and juice
1 C. coarsely chopped onion
1 C. sliced celery (include some leaves)
1 C. sliced fresh or frozen carrots
1 T. parsley flakes
½ tsp. basil (opt.)
½ tsp. pepper
1 (15½ oz.) can kidney beans (drained)
1 (8½ oz.) can lima beans (drained) or 1 C. frozen
1 (8½ oz.) can corn or 1 C. frozen
1-1½ C. broken linguine or other pasta

In slow cooker or crock pot, put steak cubes, onion, celery, V-8 juice, tomatoes, carrots, and seasonings. Cook on low 6-8 hours, or until meat is tender. Add remaining vegetables and pasta. Cook about 1 hour more until pasta is tender and souper-stew is piping hot. Serves 6-8. Leftovers refrigerate or freeze very well for another day. This is a very low fat soup/stew for those who need to watch fats in their diets.)

BEEF STROGANOFF

Roberta Cate, Spencer B.P.W.

2 lbs. cubed round steak
Shortening as needed
1½ pts. beef stock
1 C. tomato juice
1 T. vinegar
1 C. ground onion
1 C. mushrooms
½ pt. sour cream
2 T. (heaping) flour
1 tsp. salt

Brown cubed beef in shortening. Add flour to this and mix around well. Mix tomato juice, vinegar, and sour cream to the stock and heat. Cook the onions in butter. Brown well, then put in the mushrooms and brown together 2 minutes longer. Pour the liquids over the cubed, browned, floured beef. Add onions and mushrooms. Simmer covered for 1½ hours. Serve over rice, noodles, or mashed potatoes.

CHEESY BEEF STROGANOFF

Candi Schipper, Clinton B.P.W.

3 C. cooked noodles
1 medium onion (grated)
2 T. oil
1 lb. ground beef
1 tsp. salt
¼ tsp. pepper
7½ oz. can tomato sauce
½ C. sour cream
½ C. grated cheddar cheese

Crumble ground beef and place in microwave-safe bowl with onions (2-qt. bowl). Saute for 5 minutes. Drain fat from mixture. Stir tomato sauce, sour cream, and noodles into beef and onion mixture and microwave for 8 minutes. Stir, sprinkle cheese on top and microwave another 2-3 minutes, until cheese melts. Let stand a few minutes. Yield: 4 servings.

EASY BEEF STROGANOFF

Leila Ingebritson, Algona B.P.W.

2 pkgs. beef stroganoff mix (Schilling)
1 lb. or more round steak (cut in strips) or 1 lb. ground beef
2 C. water
½ lb. fresh mushrooms or 1 can mushrooms
1 C. sour cream (opt.)

Brown meat and mushrooms; sprinkle package mix over meat and add 2 C. water. Simmer 15-20 minutes. If you use ground beef, it doesn't have to simmer long. Remove from heat and add 1 C. sour cream (optional). Serve over rice, noodles, or buttermilk biscuits. If you start the rice/noodles or buttermilk biscuits before the meat, everything is ready at the same time.

HAMBURGER STROGANOFF

Marlene Hultsteen, Spencer B.P.W.

1 lb. hamburger
1 can cream of mushroom soup
4 oz. drained mushrooms
½ C. chopped onions
¼ C. catsup
½ tsp. dry mustard
Salt and pepper to taste
1 C. sour cream
Noodles or rice

Brown hamburger on High for 5 minutes. Then stir in the rest of the ingredients. Cover 4-6 minutes on High. Stir once. Blend in 1 C. sour cream. Serve over noodles or rice.

QUICK BEEF STROGANOFF

Marge Ray, Waverly B.P.W.

½ minced onion
¼ C. butter
1 lb. ground beef
2 T. flour
8 oz. sour cream
2 tsp. salt
¼ tsp. pepper
1 can mushroom soup
1 can cream of chicken soup
Noodles (prepared according to package directions)

Brown onion in butter over medium heat. Add meat and brown. Add flour, salt, and pepper to meat and stir. Add soups. Cook 5 minutes on medium heat. Simmer uncovered for 10 minutes. Stir in sour cream and heat thoroughly. Serve over noodles.

BURRITO BAKE

Rosanna Foreman, Indianola B.P.W.

1 C. Bisquick
¼ C. water
1 (16 oz.) can refried beans (with or without green peppers and chili in it)
1 lb. ground beef (cooked and drained)
1 C. thick taco sauce
1½ C. shredded cheddar cheese

Grease a 9x9-inch baking dish or pan. Mix Bisquick, water and beans together. Spread in pan and layer remaining ingredients on mixture. Bake 30 minutes at 350°. Add sour cream on top if desired.

CAREER GIRL STEW

Wanda Hardin, Indianola B.P.W.

2 lbs. beef stew meat
1 C. sliced carrots
1 large onion
1 or 2 big raw potatoes
1 tsp. salt
Dash of pepper
1 can soup (either mushroom, tomato, or celery)
(Can also use other vegetables if you so desire)

Cube meat and brown, then mix the vegetables with the meat and place in casserole and thin soup with ½ can of water and pour over meat and vegetables. Cover tightly with aluminum foil. Bake at 275° for at least 5 hours. About ½ hour before serving, turn oven temperature to 425° to make a crispy brown top on stew. Serve with garlic bread and crisp green salad. This stew can be cooked in crock pot.

CHEESEBURGER PIE

Dorothy Rizzo, Clinton B.P.W.

1 C. tomato sauce
4 oz. chopped onion
1 beef bouillon cube
½ package Equal
½ tsp. chili powder
¼ tsp. garlic powder
8 oz. ground turkey or beef
3 oz. grated or shredded cheese
2 C. cooked rice

Simmer first 6 ingredients 8-10 minutes. Brown the turkey or beef, add cheese, rice. Mix well and pour into large pie plate or casserole. Top with additional grated cheese and bake 30 minutes at 375°. Makes 4 servings.

CHINESE DISH

Vickie Slick, New Hampton B.P.W.

2 lbs. ground beef (browned and drained)
¾ C. Minute Rice
1 C diced celery
2 C. warm water
2 T. Worcestershire sauce
2 T. soy sauce
1 can cream of chicken soup
1 can cream of mushroom soup
Chow mein noodles

Combine all ingredients. Bake at 350° for 1 hour uncovered. When ready to serve, cover with chow mein noodles.

CIRCUS DAY BEANS

Gloria Von Bank, Fort Dodge B.P.W.

1 lb. ground beef
Chopped onion (as much as you like)
1 (No. 2) can pork and beans
1 can tomato soup

Crumble ground beef and brown in large skillet. Add beans and tomato soup. Heat and serve. Good - kids love it! Quick and easy!

CORNED BEEF CASSEROLE

Dubuque B.P.W.

3 C. cooked macaroni
1 can corned beef
1 can celery soup
1 can mushroom soup
1 box frozen mixed vegetables

Mix together gently, put in buttered casserole and bake at 350° for 30 minutes.

DO AHEAD HAMBURGER CASSEROLE

Sandy Denning
Indianola B.P.W.

1 lb. ground beef
1 C. uncooked macaroni
1 can condensed tomato soup
1 can cheddar cheese soup
½ C. chopped green pepper
½ C. chopped celery
1 T. dry onion
¼ tsp. basil
1 tsp. salt
Dash pepper

Mix ingredients together. Place in a large casserole dish. Cover and refrigerate overnight. Bake covered at 350° for 1 hour. Serves 6.

DRIED BEEF CASSEROLE

Carol Kenney, Indianola B.P.W.

2 C. macaroni
¼ lb. dried beef (cut)
½ lb. mild cheddar cheese (cubed)
1 small onion (chopped)
2 cans mushroom soup
1 pt. milk
4 hard cooked eggs (opt.)

Mix soup and milk until blended. Add other ingredients. Put in baking dish and set in refrigerator overnight or longer. Bake for 1 hour at 350°. (I get two dishes out of this - one large dish and one small.) Butter corn flakes or crushed potato chips or use onion rings on top the last 5 minutes.

DO AHEAD SHELLS

Arlene Carlson, Fort Madison B.P.W.

15 large macaroni shells (cooked drained)
1 lb. hamburger (browned and drained)
1 (12 oz.) can picante sauce
½ C. water
8 oz. can tomato sauce
4 oz. Monterey Jack cheese (shredded)
1 small can Durkee French fried onions

Mix tomato sauce, picante sauce, and water together. Take one-half above mixture and add one-half of the shredded cheese and one-half of the can of onions to the beef. Stuff the above mixture into the shells and place in a pan. Pour remaining sauce over the shells. Refrigerate or freeze until ready to use. Bake in a 350° oven for ½ hour. Sprinkle remaining cheese and onions on top and bake for 5 minutes more or until cheese is melted.

ENCHILADAS

Dubuque B.P.W.

1 lb. hamburger
Salt and pepper to taste
Dash of chili powder
Dash of garlic powder
1½ C. shredded Velveeta cheese
1¼ C. onions (diced)
¼ green pepper (diced)
2 tsp. chili powder
3 C. tomato sauce
1 pkg. flour tortillas

Serves about 4. Use soft flour tortillas and plan 3 per person. Brown and drain 1 lb. hamburger, stir in a little salt, pepper, dash of chili powder, dash of garlic powder if desired, and dash of oregano if desired. Keep warm in skillet or saucepan. In skillet with 1 T. salad oil, saute until tender, not brown, over medium heat, ½ onion (finely chopped), ¼ C. finely chopped green pepper; then add 2 tsp. chili powder and 3 C. tomato sauce and cook 10 minutes. (I sometimes add 1 can hot enchilada sauce also.) Keep warm in skillet. Have ready about 1-1½ C. shredded Velveeta cheese and/or a mix of Velveeta and cheddar, or all cheddar. Have ready 1 finely chopped onion.

To Assemble: With tongs dip a flour tortilla into the hot tomato sauce for 10-15 seconds, place on plate. Put on a little hamburger mix, chopped onion, and cheese. Repeat process until 3 layers. Spoon a little more sauce over top and serve. Then make up next one and serve immediately. (If you must make ahead, make stacks on a cookie sheet and keep warm in oven about 225° until you can serve, but not more than 5-10 minutes.)

ENCHILADAS ACALPULCO

Jeanene Bang, Algona B.P.W.

1 lb. ground beef
1 (8 oz.) can tomato sauce
¾ C. chopped green pepper
1 (8¾ oz.) can chili beans
½ lb. Velveeta Mexican cheese (cubed)
6 (6-inch ea.) tortillas
Oil
½ C. chopped tomatoes

Brown meat; drain. Add tomato sauce and ½ C. peppers. Cook over low heat for 5 minutes, stirring occasionally. Add beans and ¼ lb. cheese. Continue cooking until cheese melts. Dip tortillas in hot oil; drain. Fill each tortilla with ¼ C. meat mixture. Roll up. Place seam side down in 7½x11-inch baking dish. Top with remaining meat sauce. Cover. Bake at 350° for 20 minutes. Top with remaining cubed cheese. Bake 5-8 minutes uncovered or until cheese is melted. Top with remaining peppers and tomatoes. Serves 3.

ENCHILADA CASSEROLE

Jolene Coates, Centerville B.P.W.

1½ lbs. ground beef
½ C. chopped onion
1 (16 oz.) can refried beans
½ tsp. salt
¼ tsp. pepper
3 T. cooking oil
12 tortillas
2 tomatoes (peeled and chopped)
¾ C. sliced ripe olives
¼ C. butter or margarine
¼ C. flour
½ tsp. salt
¼ tsp. paprika
2 C. milk
1 (10 oz.) can mild enchilada sauce
1½ C. (6 oz.) cheddar cheese (shredded)

Cook beef and onion until meat is brown and onion is tender; drain. Stir in beans and first ½ tsp. salt and pepper. In another skillet, heat oil. Dip tortilla in oil until softened. Place ⅓ C. meat mixture on each tortilla. Top each with chopped tomato; roll tightly. Place seam side down in 9x13x2-inch baking dish. Melt butter or margarine; stir in flour, and second ½ tsp. salt and paprika. Add milk and enchilada sauce. Cook and stir until boiling; boil 1 minute. Stir in cheese and olives, pour over tortillas. Bake in 350° oven for 30 minutes. Serves 6.

FLANK STEAK TERIYAKI

Dorothy Hensen, Fort Madison B.P.W.

2½-3 lbs. flank steak
½ C. oil
½ C. brown sugar
½ tsp. ginger
1 clove garlic (minced) or
1 tsp. garlic salt
½ C. soy sauce
¼ tsp. pepper

Combine marinade ingredients, mixing well. Pour over flank steak in a baking dish. Marinate overnight or at least 4 hours - the longer the better. Broil about 10 minutes on each side. If desired, green pepper halves, pineapple slices, and tomato halves may be marinated briefly and broiled after the steak has been turned.

GREEN BEAN, HAMBURGER CASSEROLE

Colleen Bickford
Corning B.P.W.

2 lbs. ground beef
1 chopped onion
Salt to taste
2 tsp. chili powder
1 large can green beans

Brown the beef and onion together; add the salt and chili powder. Put in alternate layers in prepared casserole with the green beans. Cover and bake in moderate (350°) oven for 45 minutes. Could add a can of cream of mushroom soup if desired.

GOULASH

Dubuque B.P.W.

2 C. cooked macaroni
1 (16 oz.) can tomatoes and juice
Salt and pepper to taste
1 lb. hamburger
1 medium onion
2 T. flour

Brown 1 lb. hamburger and 1 chopped onion, drain. Sprinkle 2 T. flour over top and little salt and pepper. Mix and cook a few minutes. Add 1 can tomatoes with the juice and cook until thickened. Add about 2 C. cooked macaroni and mix and either heat in skillet, then serve, or you can put in casserole and bake about 15 minutes.

GROUND BEEF AND CABBAGE CASSEROLE

Jean Church
Mt. Pleasant B.P.W.

1 lb. ground beef
1 T. salad oil
1 tsp. salt
½ tsp. pepper
1 C. chopped onions
3 T. raw rice
1 (10 oz.) can condensed tomato soup
1 soup can water
3 C. chopped cabbage

Cook beef in oil until browned. Add other ingredients; except soup, water, and cabbage. Cook 3 minutes. Add soup and water, mix. Remove from heat. Place cabbage in 2-qt. casserole. Pour meat mixture over cabbage. (Do not mix.) Cover and bake 1-1½ hours at 325°.

GROUND BEEF CASSEROLE

Sue Reed, Fort Madison B.P.W.

1 lb. ground beef
½ C. chopped celery
1 tsp. onion salt
1 tsp. salt
½ C. water
1 (No. 2) can tomatoes
½ lb. American cheese (sliced)
½ pkg. (about 4-6 oz.) thin noodles

Cook meat until all pink is gone. Do not brown. Add celery, onion salt, salt, and tomatoes and mix. On top, add noodles; cover with slices of cheese, approximately 6 slices. Pour water over top; cook at medium heat for several minutes; turn down to simmer; cook for about 30 minutes.

HAMBURGER BISCUITS (Quick Meal)

Darleen Allison
Keokuk B.P.W.

1 lb. hamburger (browned and drained)
½ C. diced onion
½ C. barbecue sauce
2 T. brown sugar
1 can biscuits
Shredded cheese (any kind)

Mix together hamburger, onions, barbecue sauce and brown sugar. Put can of biscuits in muffin pans. Indent biscuits and fill with hamburger mixture. Bake at 350° for 10-12 minutes until brown. Add shredded cheese when you take out of oven, if desired. Cheese will melt.

HAMBURGER CASSEROLE

Marcia Traer, Davenport B.P.W.

1 lb. hamburger
4 oz. noodles
1 can cream of mushroom soup
1 can French fried onion rings

Cook hamburger until done; cook noodles in salt water and drain. Put hamburger and noodles in greased casserole. Add soup and stir until mixed. Put onion rings on top. Bake at 400° for about 15 minutes. Serves 6.

HAMBURGER-CREAM CHEESE CASSEROLE

Bev Quinn Kolthoff New Hampton B.P.W.

1 lb. hamburger
1 onion (chopped)
1 T. butter
1 tsp. salt
½ tsp. pepper
2 (8 oz. ea.) cans tomato sauce (2 C.)
1 (8 oz.) pkg. noodles
1 C. creamed cottage cheese
1 (8 oz.) pkg. cream cheese
¼ C. dairy sour cream
⅓ C. sliced green onion
¼ C. chopped green pepper

Brown hamburger and onion in butter in skillet. Stir in salt, pepper, and tomato sauce. Remove from heat. Cook noodles according to package directions; drain. Combine cottage cheese, cream cheese, sour cream, green onion, and green pepper. In 3-qt. casserole spread half the noodles; cover with cheese mixture, top with remaining noodles. Pour hamburger mixture over top. Bake at 350° for 30 minutes. Makes 8-10 servings. May be frozen.

HAMBURGER PIE

Sheri L. Taylor, Iowa Great Lakes B.P.W.

1½ lbs. hamburger
1 can tomato soup
1 can whole kernel corn
1 onion
8 C. prepared mashed potatoes
Velveeta slices

Brown hamburger and onion; drain fat. Add corn and soup; mix up. Prepare mashed potatoes as directed on box. While simmering hamburger mix, cover hamburger mix with slices of Velveeta. Cover hamburger mixture with mashed potatoes. Heat until bubbling for 20 minutes at 350°.

HAMBURGER DELIGHT

Lorna Liggett, Perry B.P.W.

1 lb. hamburger
½ C. chopped onion
2 C. tomato juice
1 T. sugar
¾ tsp. salt
¼ tsp. garlic salt
¼ tsp. pepper
4 C. uncooked noodles
1 C. cottage cheese
8 oz. cream cheese
¼ C. sour cream
⅓ C. chopped green onions
¼ C. chopped green peppers
¼ C. Parmesan cheese

Cook hamburger and onion together. Add next 5 ingredients. Cook noodles at rolling boil 2 minutes. Remove from heat, let steam 7 minutes. Drain and add cottage cheese, sour cream, cream cheese, green onions, and green peppers. Spread ½ of the noodles in 9x13-inch baking dish; ½ of meat; rest of noodles, and then rest of meat. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes. Can be made the night before and refrigerated. Bake a little longer if cold.

HAMBURGER DISH

Eleanor Geeting, Spencer B.P.W.

1 lb. ground beef
Hash brown potatoes as desired
1 (10¾ oz.) can cream of celery soup

Brown beef in skillet; season to taste. Add soup and potatoes. Cook until potatoes are done. Serves 6-8.

HAMBURGER SAUSAGE

Roberta Cate, Spencer B.P.W.

4 lbs. hamburger
1 T. brown sugar
1 T. liquid smoke
4 T. Morton Tender Quick salt
2 C. water
¼ tsp. mustard seed
¼ tsp. pepper
¼ tsp. onion powder
¼ tsp. garlic powder

Mix all ingredients except hamburger. Add hamburger and mix well. Wrap in foil and refrigerate 24 hours. Boil (slow boil) for 1 hour. Take out. Remove foil. Cool and rewrap. Make like a roll of sausage.

HUNTERS STEW

Lila Rohde, Perry B.P.W.

1 lb. hamburger
1 small onion
Salt and pepper to taste
1 (No. 2) can mixed vegetables
2 tall cans Franco-American spaghetti

Brown hamburger and onion. Add rest of ingredients and heat.

ITALIAN ROAST BEEF

Virginia Hollinger, Centerville B.P.W.

1 tsp. basil
1 tsp. oregano
1 tsp. cayenne (red) pepper
1 pkg. dried onion soup mix
2 tsp. Italian seasoning
5-6 lb. rolled rump roast

Mix dry ingredients and rub into roast, put in oven with 3 C. water. Cover and cook 2-3 hours at 300°-350°. Cool, slice thinly, put in pan with all the juice. Simmer 3-4 hours and serve. (I return mine to the oven.) May be served on French rolls or take a loaf of French bread and slice it lengthwise. Fill with meat, pour some juice over the meat, and then cut into serving portions.

MICROWAVE LASAGNA

Carol Parks, Spencer B.P.W.

1-2 lbs. ground beef
1 (32 oz.) jar spaghetti sauce
1 (12 oz.) carton cottage cheese
¼ C. water
½-1 C. grated Parmesan cheese
1 egg
½ lb. uncooked lasagna noodles
8 oz. shredded mozzarella cheese

Brown hamburger and drain. Stir spaghetti sauce and water into meat. In a separate bowl, combine egg and cottage cheese. In 12x8-inch pan spoon 1 C. sauce on bottom; then layer with noodles, a layer of egg, cottage cheese mixture and cheeses. Repeat layers ending with meat sauce. Sprinkle any remaining Parmesan cheese on top. Cover loosely with plastic wrap. Microwave on 75% power for 25-30 minutes, or until noodles are tender. Let stand 10-15 minutes before serving.

LASAGNA

Bonnie Arnold, Leon B.P.W.

1 large jar spaghetti sauce
1 lb. hamburger (cooked, drained)
2 eggs
1 carton cottage cheese
2 small cans mushrooms
1 can tomato sauce
2 pkgs. mozzarella cheese
1 large pkg. lasagna noodles

Cook noodles, mix spaghetti sauce, cooked hamburger, mushrooms, tomato sauce together. In separate bowl, mix cottage cheese and eggs together. In 9x13-inch pan, layer noodles, sauce mix, cottage cheese mixture and layer mozzarella cheese. Relayer noodles, sauces and cheese until full. Bake at 400° for 1 hour. Let set 5 minutes. Serve.

SKILLET LASAGNA

Arlene Richardson, New Hampton B.P.W.

1 lb. ground beef
1 chopped onion
1 pkg. spaghetti sauce mix
2 C. medium noodles
1 tsp. salt
1 lb. creamed cottage cheese
1½ tsp. parsley flakes
½ C. water
1 (28 oz.) can tomatoes
2 C. shredded mozzarella cheese

Lightly brown meat and onion in 10-inch skillet. Sprinke half of the spaghetti sauce mix over meat. Layer the following over meat: cottage cheese, uncooked noodles, remaining spaghetti sauce mix, parsley flakes, salt and 1 C. mozzarella cheese. Add tomatoes and water. Cover tightly, set temperature at 225° and cook 1 hour or until noodles are done. Sprinkle remaining cup of mozzarella cheese over the top. Cover and let stand 10 minutes.

LIVER SMOTHERED IN ONIONS

Sally Carter, Ottumwa B.P.W.

1 lb. sliced pork liver
1½ tsp. salt
½ tsp. pepper
½ C. flour
¼ C. cooking oil
1 medium onion
1½ C. water

Cover liver with salt, pepper, and flour. Heat oil in skillet over medium heat. Brown liver on both sides. Add onion and water. Simmer for 1 hour. Makes 4 servings.

LOUISIANA OXTAILS

Sally Carter, Ottumwa B.P.W.

2 pans oxtails
1½ tsp. salt
2 T. flour
2 T. butter
2 beef cubes
½ C. water
½ tsp. Tabasco sauce
1 C. red wine
1 can tomatoes
4 small carrots (finely chopped)
1 onion (finely chopped)
1 C. celery (finely chopped)
1 bay leaf

Dredge oxtails in salt and flour, brown in butter. Add remaining ingredients. Cook slowly for about 1 hour. Makes 4 servings.

MACARONI CASSEROLE

Barb L. Farrell, Des Moines B.P.W.

1 lb. ground beef
2 C. elbow macaroni
1 onion (chopped)
1 (16 oz.) spaghetti sauce
2 C. boiling water
1 C. shredded mozzarella cheese
Salt and pepper to taste

Brown ground beef in skillet with onion; drain. Place in 2-qt. microwaveable casserole dish. Add spaghetti sauce, macaroni and boiling water. Stir, and microwave on High for 7 minutes. Stir and microwave on High for 6 minutes. Sprinkle mozzarella cheese on top. Cover and let sit for 1 minute before serving.

PIZZA BEEF CASSEROLE

Marge DuBois, Des Moines B.P.W.

1 lb. ground beef
⅓ C. chopped green pepper
1 small onion (chopped)
½ tsp. garlic salt
1 (16 oz.) can pizza sauce
1 (4 oz.) can mushrooms (drained)
1 (3½ oz.) pkg. sliced pepperoni or ½ C. cubed ham or Canadian bacon
1 C. water
2 C. uncooked macaroni
1 C. shredded mozzarella cheese

Combine ground beef, green pepper, and onion in 2-qt. casserole dish. Cover and cook on High (full power) in microwave oven for 5 minutes, stirring once or until beef loses its pink color, drain. Add remaining ingredients except cheese and mix well. Cover and cook 15-17 minutes on high, stirring at 5 minute intervals. Top with mozzarella cheese, recover and let stand 5-10 minutes. Makes 6 servings.

PORCUPINE BALLS (Microwave) *Regina Harleman, Spencer B.P.W.*

1 lb. hamburger
1 C. cooked rice
1 can tomato soup
1 egg
1 tsp. onion salt

TOPPING:
½ can tomato soup
1 tsp. mustard
2 T. ketchup

Mix hamburger, rice, and ½ can tomato soup, egg, and salt. Shape into balls. Put in glass casserole dish and cover with wax paper. Microwave on high 7-9 minutes, turning ½ turn after 4 minutes. Spoon on topping over meatballs. Microwave 2-4 minutes longer.

BARBECUED MEAT BALLS *Doris LaPaglia, Centerville B.P.W.*

1 lb. ground beef
1 C. cracker crumbs
½ C cream (to moisten)
¼ C. chopped onion
1 tsp. salt
1 tsp. pepper
3 T. brown sugar
1 T. vinegar
1 tsp. salt
1 tsp. pepper
3 T. brown sugar
1 T. vinegar
1 tsp. Worcestershire sauce
½ C. water
¼ C. chili sauce
¼ C. catsup
¼ C. barbecue sauce

Combine ground beef, cracker crumbs, cream, chopped onion, salt and pepper. Form into meat balls and place into 9x13-inch pan. Combine brown sugar, vinegar, Worcestershire sauce, water, chili sauce, catsup and barbecue sauce, and pour over meatballs. Bake at 350°, covered, for 20 minutes. Uncover and bake another 20-25 minutes depending on size of meatballs.

Behind an able man there is an able woman.

MINI MAGIC MEATBALLS

O'Kemm Dixon, Burlington B.P.W.

1 lb. ground beef
½ C. bread crumbs
⅓ minced onion
¼ C. milk
1 egg
1 tsp. salt
1/8 tsp. pepper
½ tsp. Worcestershire sauce
½ C. shortening
12 oz. bottle chili sauce
10 oz. jar grape jelly

Combine beef, crumbs, onion, milk, egg, salt, pepper, and Worcestershire sauce. Shape into 1-inch balls. Melt shortening in large skillet and brown meatballs. Remove from pan and pour off fat. In skillet, mix chili sauce and jelly, heating gently and stirring until jelly melts. Add meatballs and simmer uncovered, 30 minutes. Serve in a chafing dish to keep warm.

QUICK MEAT BALLS

Ruby Wuebker, Perry B.P.W.

1 lb. hamburger
1 egg
1 C. Rice Krispies (crushed slightly)
Salt and pepper to taste
1 T. minced onion
1 tsp. dry mustard
½ C. brown sugar
½ C. ketchup
3 T. vinegar

Mix first 5 ingredients good and shape into small meatballs. Place in 8x8-inch greased pan and bake 30 minutes at 350°. In the meantime, mix the rest of the ingredients and brush over the meatballs after they have baked. Continue baking the meatballs for 15 minutes or until the juice is rather thick and gooey.

SWEDISH MEATBALLS

Florence Williams, Anamosa B.P.W.

1 lb. ground beef
1 egg (beaten)
½ tsp. salt
½ tsp. pepper
1 pkg. beef Rice-A-Roni
1 pkg. onion soup mix
2½ C. water
½ tsp. garlic powder

Mix all together except onion soup mix and water. Shape into small balls (about 20). Brown on all sides in skillet. Add onion soup mix and water. Pour over meatballs. Cover and simmer 30 minutes. Thicken gravy, if desired. Makes 5 servings, 4 meat balls each.

SWEDISH MEATBALLS

Luanne Huffman, Fort Madison B.P.W.

SAUCE:
1 C. catsup
2 T. brown sugar
½ tsp. mustard
½ C. chopped celery
1 chopped onion
2 T. vinegar
3 T. Worcestershire sauce
1 C. water

MEAT BALLS:
1 lb. hamburger
1 small onion
1 egg
Salt to taste

Mix sauce ingredients in blender. Put into pan and heat slowly. Mix meatball ingredients; shape into 1-inch balls. Simmer in sauce 1 hour or until ready to serve.

BUSY DAY MEATLOAF

N. Franklin, Fairfield B.P.W.

1 C. stuffing mix
½ C. milk
1 egg
2 tsp. Worcestershire sauce
¼ C. finely chopped onion
½ tsp. salt
1 lb. ground beef
Catsup or chili sauce

Stir together stuffing mix and milk in large mixing bowl. Let stand 5 minutes until mix is softened. Add egg, Worcestershire sauce, onion and salt. Beat well. Add ground beef. Mix well. Shape into loaf. Place in foil-lined pan. Bake at 350° about 45 minutes or until well browned.

PARTY MEATLOAF

Alice Spears, Spencer B.P.W.

3½ lbs. ground beef
2 C. soft fine bread crumbs
1 egg (beaten)
2 C. milk
6 T. minced onion
4 tsp. salt
½ tsp. pepper
4 T. peanut butter
1½ T. horseradish
1¼ T. catsup

Combine ingredients in order given. Pack firmly into greased bundt pan. Bake at 350° for about 2 hours. Let stand 10 minutes before unmolding. Garnish with cinnamon apple rings, broiled peaches or onion rings.

PIZZA MEATLOAF

Beverly Dickerson, Indianola B.P.W.

2 lbs. lean ground beef
½ C. crumbled saltines
½ C. finely chopped onions
½ tsp. garlic salt
½ C. milk
2 eggs (slightly beaten)
½ tsp. salt
½ tsp. oregano
½ tsp. basil

TOPPING:
10½ oz. can pizza sauce
Shredded mozzarella cheese

Combine all ingredients, pat into 9x13-inch pan. Bake at 400° for 20 minutes. Remove from oven and drain off excess fat, top with pizza sauce and cheese. Bake in oven for about 10 minutes until cheese is bubbly.

MEATLOAF WELLINGTON

Carol DeWulf, Maquoketa B.P.W.

1 can or 1 (10½ oz.) jar beef gravy
1½ lbs. ground beef
1 C. small bread cubes
1 egg (slightly beaten)
¼ C. minced onion
1 tsp. salt
Generous dash of pepper
5 refrigerated crescent dinner rolls

Combine ¼ C. gravy with beef, bread cubes, egg, onion, salt, and pepper; mix thoroughly. Shape firmly into loaf, place in 7x3-inch shallow baking pan. Bake at 350°-375° oven for 45 minutes. Separate rolls, place crosswise over top and down sides of meat loaf, overlapping slightly. Bake 15 minutes more. Meanwhile, heat remaining gravy. Serve with loaf. Garnish with parsley. Makes 4-6 servings.

MOCK FILETS

Linda Paulson, Perry B.P.W.

1 lb. ground beef
1 tsp. minced onion
¼ C. catsup
1 tsp. garlic juice or salt
1 T. Worcestershire sauce
Salt and pepper

Mix and form into patties. Wrap bacon strip around each and broil 15 minutes. Turn once.

MEXICAN NOODLE BAKE

Deborah Warneke-Herzberg
Clarinda B.P.W.

2 C. macaroni noodles
2 lbs. ground beef
1 (1¼ oz.) pkg. taco seasoning mix
1 (8 oz.) can stewed tomatoes
1 C. small curd cottage cheese
1 C. sour cream
1 (4 oz.) can chopped green chilies
4-6 oz. shredded cheddar cheese
Taco sauce (warmed)

Cook noodles according to package directions. Rinse and drain. Brown ground beef, breaking up any clumps. Drain well. Add taco seasoning, according to package directions. Stir in tomatoes and simmer 10 minutes. Mix noodles, cottage cheese, sour cream and chilles. Layer with meat mixture in a greased 2-qt. casserole. Top with 2 oz. shredded cheese and bake at 350° for 20 minutes or until cheese melts. Makes 8 servings.

MUSHROOM STEAK

Marlene Ghanzman, Mt. Pleasant B.P.W.

2 lbs. tenderized steak
Flour
Salt and pepper to taste
Diced onion
½ C. sour cream
1 can cream of mushroom soup
1 can water

Dip 2 lbs. tenderized steak in flour and brown. Add salt, pepper, and diced onion to meat while it is browning. Drain off fat. Stir together: ½ C. sour cream, 1 can mushroom soup, and 1 can water. Pour into skillet, add meat. Simmer 45 minutes, turning meat once.

POOR MAN'S STEAK

Wilma Savage, Burlington B.P.W.

2½-3 lbs. hamburger
1 C. milk
1 large onion (chopped)
1 C. cracker crumbs
2 tsp. salt
Dash pepper
1 can cream of mushroom or cream of chicken soup

Mix together all ingredients and pack tightly on a large cookie sheet (with sides). Cover with wrap and refrigerate overnight or all day. Cut into serving pieces. Coat with flour and brown in skillet. In bottom of roaster or large cake pan, mix the soup with 2 cans of water (doesn't have to be mixed until smooth). Put browned meat on top of soup. Cover with foil or pan lid. Bake 1 hour at 350°. The excess gravy sauce is good over mashed potatoes.

PEPPER STEAK WITH RICE

Carol DeWulf, Maquoketa B.P.W.

3 C. hot cooked rice
1 lb. lean beef round steak (tenderized, cut ½-inch thick)
1 T. paprika
2 T. butter or margarine
2 cloves garlic (crushed) or minced equivalent
1 C. sliced green onions with tops
1½ C. beef broth
2 green peppers (cut in strips)
2 T. cornstarch
¼ C. each water and soy sauce
2 large fresh tomatoes (cut in eighths)

While rice is cooking, pound steak to ¼-inch thickness (if not tenderized at meat counter). Cut into ¼-inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Using a large skillet, brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water, and soy sauce. Stir into meat mixture. Cook, stirring until clear and thickened, about 2 minutes. Add tomatoes and stir gently. Serve over beds of fluffy rice. Makes 6 servings.

POT ROAST

Dubuque B.P.W.

3 lbs. pot roast
2 T. A-1 Sauce
Dutch oven or crock pot
1 pkg. onion soup mix
1 can mushroom soup or celery soup

Spread A-1 Sauce over top of roast in Dutch oven. Sprinkle onion soup mix on top. Gently pour can of mushroom or celery soup on top. Bake covered in oven at 225° for 4 hours. Or, put in crock pot and cook all day on low.

POT ROAST

Grace Whitten, Clinton B.P.W.

3-4 lb. beef roast
6-8 whole potatoes (peeled)
10 carrots (whole, scraped)
2 large onions (whole)
1 can mushroom soup
1 pkg. dry onion soup mix
½ C. wine
⅓ C. water
6-8 large fresh mushrooms (optional)

Place roast in large pot, surround with potatoes, onions and carrots. Mix soups, water and wine. Pour over roast. Cover tightly with foil and bake 4 hours without opening at 325°. If desired, open after 3 hours and place mushrooms on top. Reseal and complete cooking.

PIZZA CASSEROLE

Sue Young, Iowa City B.P.W.

1 lb. ground beef
1 onion (chopped)
1 green pepper (chopped)
16 oz. can pizza sauce
1 C. water
2 C. raw noodles
2-4 oz. pepperoni (sliced)
1 C. mozzarella cheese

Crumble ground beef, onion, and green pepper into square dish. Cover with plastic and poke holes. Cook for 5 minutes on full power. Add pizza sauce, water, raw noodles, and pepperoni. Cook 15 minutes; stir if necessary. Top with mozzarella cheese. Cook until melted.

PIZZA MEATLOAF

Maureen Merrill, Fort Dodge B.P.W.

2 lbs. hamburger
1 C. crushed crackers
1 onion (chopped)
1 egg (beaten)
1 C. tomato sauce
2 tsp. salt
½ tsp. sage
½ tsp. oregano
¼ tsp. garlic powder
¾ C. shredded mozzarella cheese
4 stuffed olives (sliced)

Combine meat, crumbs, onion, and egg. Mix tomato sauce, salt, sage, oregano, garlic, and pepper together. Reserve 3 T. sauce mixture for topping. Mix remainder into meat mixture. Bake at 350° for 1½ hours. Sprinkle with cheese, remaining sauce and olives. Bake 5 minutes more.

DANISH MEAT BALLS

Beth Lane, Burlington B.P.W.

1 lb. ground beef
1 lb. ground pork
½ tsp. white pepper
1 T. salt
¼ C. flour
4 eggs
1 medium onion (grated)
1 C. milk

Mix above ingredients. Drop by rounded spoonfuls into lightly greased skillet. Brown on all sides and simmer until done. Serves 8.

MANHATTAN MEATBALLS

LaVonne Siemers
Iowa Great Lakes B.P.W.

1 lb. ground pork
1 lb. ground beef
2 C. soft bread crumbs
2 eggs
½ C. chopped onion
2 T. chopped parsley
1 tsp. salt
1 (10 oz.) jar apricot preserves
½ C. barbecue sauce
½ tsp. horseradish (if desired)

Combine meat, bread crumbs, eggs, onion, and seasonings; mix lightly. Form meatballs with small ice cream scoop. Brown in broiler, turning once. Place in casserole. Combine preserves, barbecue sauce, and horseradish; pour over meat. Microwave 15-20 minutes on medium-low.

POOR BOY SUPPER

Denise R. Green, Jefferson B.P.W.

1½ lbs. ground beef
1 potato (small, peeled, and grated
1 small onion (peeled, grated)
½ carrot (grated)
½ C. bread crumbs
1 egg
1½ tsp. salt
1/8 tsp. pepper
2 T. shortening
10½ oz. can cream of mushroom soup
1 soup can milk
½ C. precooked rice

Combine meat, grated vegetables and bread crumbs; add egg, salt and pepper. Mix until well blended. Shape into meat balls. Brown in shortening over medium heat. Combine soup, milk, and rice in casserole. Add meat balls. Cover. Bake 30 minutes at 350°. Makes 6-8 servings.

MILWAUKEE METHOD ROAST BEEF

Jeanne Behling
Des Moines B.P.W.

1 (4-5 lb.) standing rib rolled or rump roast

Before leaving for work, roast meat for 1 hour at 375°. Turn off oven. Leave oven door CLOSED (all day okay). JUST BEFORE SERVING: Turn oven on to 375° and reheat for 30-45 minutes. This is great for people who like rare roast beef. If company is coming, you don't risk an overdone roast if dinner is delayed. This is not for you if you don't like rare meat.

PUMPKIN BAKE

Florence Williams, Anamosa B.P.W.

1 pumpkin
1 lb. ground beef
½ C. onion
½ C. green pepper
½ C. celery
½ C. tomatoes
2 eggs (beaten)
Salt and pepper

Clean out pumpkin, saving top. Parboil 15 minutes. Mix remaining items well. Put in pumpkin. Put top on. Rub oil on outside. Set in a pan. Bake 1 hour at 350°. Cut wedge out; pile meat on wedge. Super!

QUICKIE CHEESY MAC-CASSEROLE

Iris Hackbarth, Algona B.P.W.

1 pkg. macaroni and cheese
2 (10 oz. ea.) cans chunky burger soup or 1 (19 oz.) can

Cook macaroni in boiling water; drain. Add cheese mix and soup. Stir well and heat through. Serve.

REUBEN CASSEROLE

Verna Peterson, Spencer B.P.W.

LAYER:
1 large can kraut (drained)
1 can corned beef (chunked)
1 (8 oz.) pkg. shredded Swiss cheese

Bake at 325° for 20 minutes, or until heated thoroughly. Serve with Thousand Island dressing and dark rye bread.

SALISBURY STEAK BAKE

Marilyn Land, Keokuk B.P.W.

1 can Golden Mushroom soup
1½-2 lbs. ground beef
Generous dash pepper
½ C. finely chopped onion
1 egg (slightly beaten)

Mix thoroughly ¼ C. soup with remaining ingredients. Shape into 6 patties; place in shallow baking pan (9x13-inch). Bake at 350° for 30 minutes. Spoon off fat. Mix rest of soup with ⅓ C. water; pour over meat. Bake 10 minutes more. Makes 6 servings.

RABBIT IN SOUR CREAM WINE SAUCE

Sharon Engeldinger
Des Moines B.P.W.

1 rabbit (skinned and cut in serving pieces)
1 T. lemon juice
½ tsp. salt-free Season-All
1 medium vadalia onion (sliced thin)
Pinch of marjoram
Pinch ground pepper
6 oz. dry white wine
Dash salt
2 T. margarine or butter
2 T. flour
1 C. milk
½ C. sour cream or low-fat yogurt
1/8 tsp. (scant) cayenne pepper

Dredge meat in flour, brown in hot oil in skillet. Add next 7 ingredients. Reduce heat to low simmer, cover for 30 minutes. In separate saucepan, melt margarine over medium heat, add flour, then with a wire whisk stir until smooth paste. Add milk, bring to low boil, stirring constantly over medium heat. After thickens, cover; let simmer several minutes, then add sour cream and cayenne. Stir with whisk until smooth. Serve immediately over meat.

SKILLET SUPPER

Delores Petersen, Grundy Center B.P.W.

8 oz. ground beef, pork or turkey
½ C. chopped onion
1½ C. sliced raw potatoes
1½ C. shredded cabbage

Brown meat lightly, drain off grease. Season with salt and pepper as desired (garlic salt is good too). Layer in fry pan - browned meat on bottom, then onions, potatoes, and cabbage on top. Add ½ C. water, cover fry pan and simmer on medium heat for 30 minutes. This recipe is a complete meal for 2 people. (Can easily increase amount of ingredients to serve more.)

SIRLOIN TIPS ON RICE

Donna Kissell, Clinton B.P.W.

1 lb. sirloin
⅓ C. cranberry juice
1 can beef consomme
1 can mushrooms (drained)
2 T. soy sauce
Dash garlic powder

Cube, brown meat. Add other ingredients, simmer 1 hour. Thicken with cornstarch. Serve on bed of rice.

SIRLOIN TIPS IN WINE SAUCE

Sandy Jacobs, Keokuk B.P.W.

2 lbs. beef sirloin (cut into thin strips)
½ C. red wine
1 clove garlic (minced)
1 small can mushrooms
¼ C. water
1 (10½ oz.) can beef consomme'
2 T. soy sauce
¼ tsp. onion powder
2 T. cornstarch

Brown meat. Add consomme', wine, soy sauce, garlic, and onion powder. Heat to boiling. Reduce heat, cover, simmer 1 hour or until meat is tender. Blend cornstarch and water. Stir gradually into stew. Cook and stir for 1 minute. Add mushrooms. Serve over rice. Makes 6 servings.

SNOWCAPPED FRANKS

Darlene Swanson, President, Red Oak B.P.W.

8 beef frankfurters
1 C. sour cream
¼ tsp. salt
2 C. seasoned mashed potatoes
¼ C. chopped green onion
Paprika

Cut franks lengthwise, being careful not to cut clear through. Spread each with mashed potatoes, making an indent to fill with sour cream. Sprinkle with green onion, salt and paprika. Cook in 9x12-inch cake pan at 450° for 12-15 minutes.

SPICY ORIENTAL CARAMELIZED BEEF

Marie Brady Holmes
Fort Madison B.P.W.

¼ C. light brown sugar
2 T. soy sauce
1 T. cornstarch
1 tsp. garlic powder
¼ tsp. ground red pepper
1 lb. boneless sirloin steak (cut into thin strips)
Oil

In large shallow glass baking dish, blend sugar, soy sauce, cornstarch, garlic powder, and pepper; add beef and turn to coat. In large skillet, heat ½-inch oil to 350°. Fry beef in three batches until brown and crisp. Remove with slotted spoon; drain on paper towels. Garnish, if desired, with sliced green onions and crushed red pepper. Makes 4 main-dish or 8 appetizer servings.

SPAGHETTI PIE

Shirley Dennis, Clinton B.P.W.

6 oz. spaghetti
2 T. butter
⅓ C. Parmesan cheese
1 lb. ground beef or pork sausage
½ C. onion (chopped)
¼ C. green pepper (chopped)
2 eggs (slightly beaten)
1 (8 oz.) can tomatoes
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. oregano
½ tsp. salt
½ pkg. mozzarella cheese (2 oz.)
1 C. cottage cheese

Cook spaghetti (3 C.). Stir butter into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a crust in a 10-inch pie plate. Spread cottage cheese over spaghetti crust. In skillet brown beef; drain well. Saute onion, green pepper, add to ground beef. Stir in tomatoes, tomato paste, sugar, oregano, and garlic salt. Heat through. Turn meat mixture into spaghetti crust. Bake at 350° for 20 minutes. Sprinkle mozzarella cheese on top. Bake 10 minutes more.

SQUAW CORN

Jean Bliss, Anamosa B.P.W.

1 lb. hamburger
1 can tomato soup
1 can corn
Cheese slices

Brown hamburger in a large skillet. Add tomato soup and corn. Simmer until heated through. Lay cheese slices on top and cover until cheese melts.

TACOS

Dubuque B.P.W.

1-1½ lbs. hamburger
¼ C. onion
¼-½ tsp. garlic powder
1 tsp or so chili powder
½ tsp. salt
¼ tsp. or so oregano

Brown ground beef with onion and seasonings over medium heat a few minutes; drain. Then keep warm until served. Spoon into shells and top with chopped onion, shredded lettuce, chopped tomato, shredded cheddar cheese as you desire, and top with hot taco sauce.

STUFFED PEPPERS

Dubuque B.P.W.

6 peppers
1 lb. hamburger
½ C. onion
½-¾ C. minute rice (cooked)
1 tsp. salt
½ C. catsup
1 C. chunked Velveeta or cheddar cheese

Slice peppers in half lengthwise, clean out insides, wash. Drop into large kettle of salted boiling water for 5 minutes; drain. Set in baking pan with ½-inch water in bottom. Brown hamburger with onion and drain. Mix rest of ingredients together lightly. Fill peppers and then bake at 350° for 30 minutes. (I cover them about ½ the baking time and then uncover last half.)

STUFFED HAMBURGERS

Grace Edmiston, Keokuk B.P.W.

2 lbs. lean ground beef
2 cans tomato soup
Salt and pepper to taste
Sage seasoning

STUFFING:
4-6 slices of bread
1 medium onion
2 stalks celery
Sage seasoning
Salt and pepper

Make 2 thin patties of hamburger. In center of one, put a tablespoon of stuffing, and place remaining patty on top. Press together to seal edges. Do this with remaining meat and stuffing. Then fry or grill until browned on both sides. Mix tomato soup with appropriate amount of water and pour over hamburgers, cover and simmer in pan about 45 minutes. Remove hamburgers to serving dish and serve. Great with potatoes.

TACO CASSEROLE

Verna Peterson, Spencer B.P.W.

1 lb. hamburger
1 medium onion
Salt and pepper to taste
1 medium can tomato sauce
Taco chips
1 C. shredded cheddar cheese

Brown hamburger and onion, add salt and pepper to taste. Add tomato sauce and cook 5 minutes. Layer: 1 C. taco chips, the hamburger mix, 1 C. cheese. Top with 1 C. taco chips. Bake at 350° for 15 minutes.

TACO BUBBLE PIZZA

Dorothy Mills, Keokuk B.P.W.

2 tubes biscuits
15 oz. can tomato sauce
Lettuce (cut up)
Onions (chopped)
Doritos (crunched up)
1½ lbs. hamburger
1 pkg. taco seasoning mix
Tomatoes (chopped)
Green peppers (chopped)
2 C. grated cheese (whatever kind you want)

Bake hamburger in microwave 5 minutes. Cut biscuits in fourths. Grease medium roasting pan. Set oven at 400°. Put biscuits in bottom of pan. Add tomato sauce and taco seasoning mix to hamburger and pour over the biscuits. Cover with cheese and put in oven for 15 minutes. Put the other ingredients on top when done, plus taco sauce if desired.

TACO PIE

Diane Harris, Fort Madison B.P.W.

1 lb. ground beef
½ C. chopped onion
1 envelope taco seasoning
1¼ C. milk
¾ C. Bisquick
3 eggs
Tomatoes
Shredded lettuce
2 C. shredded cheese
1 C. sour cream

Brown hamburger and onions. In a bowl, mix Bisquick and eggs. Drain hamburger, add taco seasoning. Put hamburger in a greased deep dish pie pan. Add other ingredients. Bake at 400° for 25 minutes. Add half the cheese and sliced tomato. Bake an additional 8-10 minutes. Cool 5 minutes. Add sour cream and cheese. Sprinkle with lettuce. Cut like a pie and serve hot.

TACO PIE

Jae Powell, Keokuk B.P.W.

1¼ lbs. hamburger
1 pkg. taco seasoning
½ C. water
⅓ C. sliced green olives
1 pkg. crescent rolls
2 C. crushed corn chips
1 C. sour cream
1 C. shredded cheese

Brown hamburger, drain. Stir in mix, olives, water and simmer for 5 minutes. Line pan with roll dough. Sprinkle 1 C. corn chips over bottom crust. Spoon hamburger over chips. Spread sour cream over meat, cover with cheese. Sprinkle on remaining chips. Bake at 375° for 20-25 minutes. Serve with shredded lettuce and tomatoes for extra topping.

TACO PIE

Nancy M. Keen, Humboldt B.P.W.

1¼ lbs. lean ground beef
1 pkg. taco seasoning mix
½ C. water
½ C. chunky salsa
1 (8 oz.) can crescent dinner rolls
1½ C. crushed corn chips
1 (8 oz.) carton dairy sour cream
Shredded American cheese
Shredded lettuce
Sliced olives
Diced tomatoes

Brown meat; drain. Add seasoning mix, water, and salsa. Simmer 5 minutes. Spread crescent roll dough in 10-inch pie pan. Sprinkle chips on bottom. Reserve ½ C. Spoon meat mixture onto dough. Spread sour cream over meat. Cover with cheese and chips. Bake at 375° for 20 minutes. Serve topped with lettuce, olives, tomatoes, and a little shredded cheese for garnish.

TAMALE PIE

Alice Johnson, 2nd Vice President, Red Oak B.P.W.

1½ lbs. hamburger
¾ tsp. chili powder
1 (16.5 oz.) can tomatoes
1 medium sized can ripe olives with pits (drained)
1 small onion (choppped)
1 can whole kernel corn (reg. size)
1 C. yellow cornmeal
Salt to taste

Saute hamburger with onion until brown. Add corn, tomatoes, chili powder, corn meal and ripe olives. Pour in casserole. Bake 45 minutes in 350° oven. (This is a family favorite, requested on each member's birthday. We like it served with mashed potatoes, hot rolls, and green onions and radishes.)

TEXAS SPAGHETTI

Edie Naeve, Clinton B.P.W.

1 lb. ground beef
1 can spaghetti sauce
1 (7 oz.) can mushrooms
1 (12 oz.) pkg. spaghetti (cooked)
1 medium onion
1 lb. longhorn cheese

Brown meat and onion, add sauce and simmer for 30 minutes. In a deep casserole add one layer of cooked spaghetti, meat sauce, sliced mushrooms and top each layer with sliced cheese. Continue until all ingredients are used. Bake until hot at 350°. This recipe will keep in the refrigerator for a week and will freeze well.

TERRIFIC BARBECUE BEEF

Coleen Van Antwerp, Anamosa B.P.W.

4 lbs. beef roast (cooked until tender and shredded)
1 (14 oz.) bottle catsup
½ C. chopped celery
1 C. water
2 T. brown sugar
1 medium onion (chopped)
2 T. Worcestershire sauce
2 T. lemon juice
1 C. tomato soup
½ T. dry mustard
4 bay leaves
Salt and pepper to taste

Mix all ingredients except roast. Simmer 15 minutes. Add beef that has been shredded. Simmer all together about 1 hour. (Also works well to put in crock pot.)

TOSTADA CASSEROLE

Lou Ann Daley, Clinton B.P.W.

1 pkg. taco seasoning mix
1 lb. ground beef
1 (15½ oz.) can refried beans
1 (15 oz.) can tomato sauce
1 pkg. shredded cheddar cheese
Taco chips (tostada chips)

Brown ground beef, drain well. Add taco seasoning mix and ½ C. tomato sauce. Mix remaining tomato sauce with the refried beans. Put a layer of chips on bottom of 9x13-inch pan. Cover with hamburger mixture. Add beans and top with chips. Bake at 375° for 25 minutes. Sprinkle with cheese. Bake 5 minutes more.

WESTERN CASSEROLE

Barb Tuttle, Indianola B.P.W.

1 lb. ground beef
1 small onion (chopped)
1 can chili with beans
Shredded cheese

Brown ground beef, drain grease. Add onion and chili. Pour into casserole dish and cover with cheese. Bake at 350° until cheese melts. Serve hot.

VEAL PARMESAN CASSEROLE

Dubuque B.P.W.

8 oz. noodles or linguine
16 oz. jar Ragu spaghetti sauce
6 oz. pkg. mozzarella cheese
Garlic powder (optional)
4 small servings of veal
Salt and pepper and parsley flakes (to taste)

Cook and drain noodles or broken up linguine. Place in buttered casserole. Pour over top ½ jar Ragu spaghetti sauce. Brown pieces of veal in small amount of butter or margarine. Lay over top of noodles. Sprinkle some salt, pepper, parsley flakes over top (and a little garlic powder if desired). Pour rest of sauce over top. Bake at 350° about 45 minutes. Top with sliced or shredded mozzarella cheese to cover, return to oven until melted, bubbly and just beginning to brown 5-10 minutes.

WILD RICE HAMBURGER

Hilda Alliman, Mt. Pleasant B.P.W.

1½ lbs. hamburger
1 C. wild rice
2 C. cream of chicken soup
1 C. water
2 tsp. minced onion
1 tsp. salt
Dash of Worcestershire sauce
2 T. pimento (red)

Brown hamburger, drain grease. Mix all other ingredients in bowl. Mix in hamburger. Bake in 8x12-inch pan at 350° for 45 minutes.

WONDERFUL ROAST BEEF

Margaret Walljasper, Fort Madison B.P.W.

4-5 lb. beef roast
⅓ C. tomato juice
1 sliced onion
Salt and pepper to taste
3-4 whole cloves
6 whole allspice
Small amount of water
Gravy made of meat drippings

Brown the beef roast on both sides. Lay it in a roaster and pour over it ⅓ C. tomato juice. Add the onion, cloves, allspice, salt, and pepper. Add a small amount of water to the fat in the pan that the meat was browned in. Cook a few minutes and add this to the meat. Roast in a 375° oven until done. Let roast get cold, then slice thin and heat in the gravy that you made from the juice in the roaster. Serve hot.

APPLE AND HAM CASSEROLE

Corrine Coffman, Indianola B.P.W.

1½ C. precooked rice
1 can cheese soup
1½ C. water
2 C. cubed ham
½ C. chopped celery
2 tsp. chopped onion
1 can peas or 10 oz. pkg. frozen peas
Apple slices

Combine rice in a saucepan with cheese soup, water, ham, celery, onion and peas. Heat to boiling. Pour mixture into 1½-qt. casserole and arrange apple slices on top. Bake in a preheated 400° oven for 20 minutes.

ARKANSAS CASSEROLE

Sue Thayer, Indianola B.P.W.

1 lb. bulk sausage
1 clove garlic (crushed)
1 C. onions
1 (28 oz.) can tomatoes (do not drain)
1 C. frozen whole kernel corn
1 (4 oz.) can green chilies
1 T. chili powder
1 box prepared cornbread mix

Brown sausage, garlic and onions in a heavy skillet. Add tomatoes, corn, green chilies and chili powder. Simmer 20 minutes. Pour into 8-inch square pan and spoon one box of prepared cornbread mix over. Bake at 350° until bread is thoroughly done.

BAKED PORK TENDERLOINS

Karen Dickinson, Davenport B.P.W.

3 whole pork tenderloins*
½ C. bourbon
½ C. soy sauce
4 T. brown sugar

Mix bourbon, soy sauce, and brown sugar. Marinate tenderloins overnight. Bake at 325° for approximately 1½ hours. *Usually whole tenderloins are found in the fresh meat department. They are wrapped and sealed.

BBQ SAUCE AND RIBS

Dubuque B.P.W.

SAUCE FOR 4 LBS. RIBS:

1 C. tomato sauce
½ C. chopped onion
¼ C. salad oil
¼ C. pickle relish
1 tsp. or so lemon juice or vinegar
¼ C. brown sugar
2 T. Worcestershire sauce
2 T. mustard
1 tsp. celery seed

Mix all ingredients together and simmer 15 minutes. Add salt and pepper to taste.

Ribs For Oven: Bake ribs in shallow pan, meaty side up at 400° for about 30 minutes until grease is baked off, drain and discard grease. Turn oven to 325°-350°. Turn ribs meaty side down, brush with sauce, bake for 30-45 minutes, covered. Turn ribs meaty side up, brush with sauce, bake uncovered for about 30-45 minutes until tender, basting several times. Add more sauce if needed until you use all the sauce and ribs are tender and well basted.

Ribs For Grill: Bake ribs meaty side up at 400° for about 30 minutes until grease is baked off, drain and discard grease. Turn oven to 325°, turn ribs meaty side down, brush with sauce, bake covered 30 minutes, turn ribs, brush with sauce, bake covered 30 minutes more, basting a few times, or until ribs are tender. On hot coals, place ribs meaty side down, brush with sauce and grill 5-7 minutes until brown, turn, brush with sauce, 3-4 minutes, turn again and brush with sauce. You can do this 2 or 3 times, until ribs are well marinated and browned with sauce. Watch them as they tend to flame up with the sauce. They should be cooked in 10-12 minutes. You can bake the ribs early and grill later with no problem, refrigerate if they are to be kept over 2 hours from oven to grill. They are really best if precooked early and allowed to marinate in refrigerator for a few hours.

The happiness of your life depends upon the quality of your thoughts.

BRATS AND BEER

Dubuque B.P.W.

Fresh brats
Onion
Beer
Sauerkraut

Put fresh brats in saucepan with an onion cut up into 4 or 6 pieces. Cover with beer. Bring to a boil and cook 10-15 minutes. Let marinate 1-4 hours in refrigerator. Grill 10-15 minutes over hot coals until brown. Serve on buns with mustard and horseradish and/or catsup. Can also put on some hot sauerkraut. In the winter, put marinated brats in crock pot, add some sauerkraut and cook on low for 1 hour.

CAVITTELLI

Jane Ohnemus, Indianola B.P.W.

1½ lbs. Italian sausage
1 medium onion (chopped)
1 clove garlic (minced)
2 (6 oz. ea.) cans pizza sauce
2 (6 oz. ea.) cans tomato paste
¼ C. basil
1 pkg. large shell macaroni
8-16 oz. mozzarella cheese

Brown sausage; drain. Add all but macaroni and cheese. Simmer for 30 minutes. Cook macaroni. In 9x13-inch baking dish alternate macaroni, meat, sauce, and cheese. Put last layer of cheese on 10 minutes before end of cooking time. Bake at 350° for 30-45 minutes.

CHEESY HAM CASSEROLE

Velma Johnson, Humboldt B.P.W.

½ C. Miracle Whip salad dressing
2 C. fresh or frozen broccoli flowerets (thawed)
1½ C. (6 oz.) 100% natural Kraft shredded sharp cheddar cheese
1½ C. chopped Oscar Mayer ham
1½ C. corkscrew noodles (cooked, drained)
½ C. chopped red or green pepper
¼ C. milk
¾ C. seasoned croutons (opt.)

Mix all ingredients except ½ C. cheese and croutons. Spoon into 1½-qt. casserole. Sprinkle with remaining cheese and croutons. Bake at 350° for 30 minutes or microwave on High for 8-10 minutes or until heated through. (Makes 4-6 servings.)

CHEESY HAM AND POTATO CASSEROLE

Joyce Kral
Iowa City B.P.W.

4 C. frozen hash browns
1 C. cottage cheese
4 oz. cream cheese
½ tsp. dried basil (crushed)
½ tsp paprika
Diced ham
1 C. shredded mozzarella cheese

In 9-inch square baking dish, place 2 C. hash browns. In mixing bowl combine cottage cheese, cream cheese, basil and paprika until well blended. Spread over hash browns. Cover with layer of diced ham and then top with remaining 2 C. hash browns. Bake, uncovered, at 400° for 30-35 minutes or until thoroughly heated. Top with mozzarella cheese and return to oven until cheese is melted.

FRANK-KRAUT DINNER

Pauline Phillips-Lieg
Fort Madison B.P.W.

1 (11 oz.) can condensed cheddar cheese soup
¼ C. milk
½ tsp. caraway seed
½ tsp. prepared mustard
1 (27 oz.) can sauerkraut (drained)
1 lb. frankfurters (8-10)

Preheat oven to 375°. Gradually stir milk into soup until blended; stir in caraway and mustard. Snip sauerkraut; fold into soup mixture. Heat through, stirring often. Turn into a 10x6x1½-inch baking dish. Slash frankfurters diagonally at 1-inch intervals; arrange on top of casserole. Bake 15-20 minutes. Makes 4 servings.

IMPOSSIBLE HAM 'N SWISS PIE *Joan Shafer, Mt. Pleasant B.P.W.*

2 C. slivered ham
1 C. Swiss or sharp cheddar cheese (shredded)
⅓ C. chopped onion (I leave out for breakfast)
2 C. milk
1 C. Bisquick
¼ tsp. salt
1/8 tsp pepper
4 eggs

Heat oven to 400°. Grease 10x1½-inch pie plate. Sprinkle ham, cheese, and onions in pie plate. Beat remaining ingredients until smooth. Pour into plate. Bake until golden brown or until a knife inserted in the center comes out clean, about 35-40 minutes. Cool 5 minutes. Makes 6 servings.

HALF-HOUR CASSEROLE

Joy Lillie, Spencer B.P.W.

1 lb. pkg. frozen broccoli
¼ C. water
½ C. chopped celery
¼ C. chopped onion
2 C. instant rice
½ C. Cheese Whiz
1 (10¾ oz.) can mushroom soup
1 (10¾ oz.) can celery soup
½ stick margarine
2 C. chopped, cooked ham, turkey or chicken

All microwave temperatures are High and after each addition, cover with plastic wrap, or lid. In a 2-qt. casserole bowl, microwave broccoli and water 5 minutes. Stir in onion, celery, and rice and microwave 5 minutes. Stir in margarine and soups and microwave 5 minutes. Add meat and cheese and microwave 5 minutes. Garnish with croutons and serve with tossed salad and garlic bread sticks.

HAM BALLS

Marilyn Daniels, Centerville B.P.W.

1½ lbs. ground ham
1 lb. ground pork
1 lb. ground beef
2 C. graham cracker crumbs
2 eggs
2 C. brown sugar
2 cans tomato soup
2 tsp. dry mustard
½ C. vinegar

Mix together ground ham, pork and beef with graham cracker crumbs and eggs. Make into walnut-size balls or large if desired. Place into two pans, 11x13-inch. Mix vinegar, brown sugar, tomato soup, and dry mustard and pour over ham balls. Bake 1 hour at 350°. Baste or turn ham balls over about halfway through cooking time. These are easy to make and can be made ahead of time and frozen. If frozen, thaw before baking or start them frozen at 325° for 30 minutes and then 1 hour at 350°. Serves about 12-15.

There are many good reasons to pause and enjoy the beautiful things in life.

HAM BALLS

Roberta Steele, Corning B.P.W.

3 lbs. ground cured ham
1 lb. hamburger
1 lb. lean ground pork
3 C. graham cracker crumbs
3 eggs
2 C. milk
1 tsp. onion salt
1 tsp. salt
1 tsp. pepper
1 tsp. liquid smoke

Mix all together and make into balls. ¼ C. measure or an ice cream scoop makes a nice size ball. May be put on a wax papered cookie sheet and freeze at this time. Cover with the following sauce and bake for 1 hour (1½ hours if frozen) in 350° oven.

SAUCE: (May be stored up to 2 months in refrigerator.)
1 can condensed tomato soup
½ can water
¼ C. vinegar
1 C. brown sugar
1 T. dry mustard

Beat together until well blended. Most grocery store meat departments will grind and mix the meats together for you. This makes about 60 nice size balls.

HAM BALLS

Marilyn Daniels, Centerville B.P.W.

1½ lbs. ground ham
1 lb. ground pork
1 lb. ground beef
2 C. graham cracker crumbs
2 eggs
2 C. brown sugar
2 cans tomato soup
2 tsp. dry mustard
½ C. vinegar

Mix together ground ham, pork and beef along with graham cracker crumbs and eggs. Make into walnut size balls or larger if desired. Place into 2 pans, 11x13-inch. Mix vinegar, brown sugar, tomato soup and dry mustard and pour over ham balls. Bake 1 hour at 350°. Baste or turn ham balls over about halfway through cooking time. These are easy to make and can be made ahead of time and frozen. If frozen, thaw before baking or start them frozen at 325° for 30 minutes and then 1 hour at 350°. Serves about 12-15.

HAM BALLS

Dubuque B.P.W.

Makes two 9x13-inch pans. They freeze nicely.

2½ lbs. ham
2 lbs. lean pork
1 lb. ground beef
2 C. brown sugar
¾ C. cider or brown vinegar
3 C. graham cracker crumbs
2 C. milk
3 eggs
2 cans tomato soup
1 tsp. mustard

Have butcher grind ham, pork and beef all together. Add graham cracker crumbs, milk, eggs, and mix well. Shape into balls or individual size loaves and place in baking pans.

COVER WITH:
2 cans tomato soup
1 tsp. mustard
2 C. brown sugar
¾ C. cider vinegar or brown vinegar

Bake at 350° for 1 hour.

HAM BALLS SUPREME

Roberta Boitscha, Mt. Pleasant B.P.W.

2½ lbs. ground ham
1 lb. ground beef
3 beaten eggs
3 C. graham cracker crumbs
2 C. milk

SAUCE:
1 C. catsup
2 C. brown sugar
1 C. water
2 tsp. dry mustard
¾ C. vinegar

Combine all ingredients and mix well. Use a ½ C. measure to make 25 balls. (I use an ice cream dipper.) Cover with sauce and bake covered for 1 hour in a 350° oven. Remove cover and bake another 15 minutes. Baste frequently.

HAM AND BROCCOLI CASSEROLE

Linda Mullen, Keokuk B.P.W.

2 (10 oz. ea.) pkgs. frozen chopped broccoli
1 (3 oz.) can French fried onion rings (divided)
1 (10¾ oz.) can cream of mushroom or cheddar cheese soup
1/8 tsp. each: pepper and dry mustard
2 C. cooked ham (½-inch cubes)
1 C. shredded cheddar cheese
1 C. milk
1 T. small parsley flakes

Place broccoli into casserole dish, cover and microwave at High for 5 minutes. Drain broccoli well. Top with ham, half the onion rings and cheese. Blend soup, milk, pepper and dry mustard. Pour over casserole. Cover with waxed paper and microwave on High for 8-10 minutes, until broccoli is tender and crisp. Stir. Sprinkle with remaining onion rings and parsley. Microwave, uncovered, for 5-6 minutes or until heated through. Total cooking time: 20 minutes. Serves 4-6.

HAM AND SCALLOPED POTATOES

Gerry Putney, Indianola B.P.W.

6-8 slices ham
2 onions (peeled and thinly sliced)
1 C. cheddar or American cheese (grated)
Paprika
8-10 medium potatoes (peeled and thinly sliced)
Salt and pepper to taste
1 (10 oz.) can cream of celery or mushroom soup

Put half of ham, potatoes and onions in crock pot. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8-10 hours. Ingredients may be increased by half for 4½-qt. model.

JAMBOYLIA

Mildred Medley, Keokuk B.P.W.

1 ring Italian sausage (sliced)
Celery
Green onions
Sweet basil
Oregano
Salt
Pepper
Parsley flakes
2 C. water
1 C. rice

Brown sausage in skillet, add celery, onions, and spices. Add 2 C. water and 1 C. rice. Bring to a boil, then let simmer until rice is done.

HAM-WILD RICE CASSEROLE

Janet Olenius, Clarinda B.P.W.

1 (6 oz.) pkg. long grain/wild rice
1 (10 oz.) pkg. frozen chopped broccoli
2 C. cubed ham (chicken or turkey
1 (4 oz.) can sliced mushrooms (drained)
1 can cream of celery soup
1 C. mayonnaise
2 tsp. prepared mustard
1 tsp. curry powder
¼ C. grated Parmesan cheese
1 C. shredded cheddar cheese

Cook rice and broccoli according to package directions. Layer in a greased 9x13-inch pan the rice, broccoli, and then mixture of ham or poultry, mushrooms and cheddar cheese. Blend soup, mayonnaise, mustard and curry powder and pour over first mixture. Sprinkle with Parmesan cheese. Bake at 325° for 45 minutes.

PEPPERONI CHEESE PIE

Robin Vorwald, Clinton B.P.W.

2 C. shredded mozzarella cheese
½ C. diced pepperoni
¾ C. milk
5 eggs
¼ tsp. basil

Mix mozzarella cheese and pepperoni and place in pie pan. In a medium bowl mix thoroughly 5 eggs, ¼ tsp. basil, and milk. Pour egg mixture over cheese and pepperoni. Bake at 400° for 25 minutes.

POLISH SAUSAGE

Delores Pollpeter, Fort Madison B.P.W.

(Fix-Quick Dinner)

1 lb. Polish sausage
1 (8-pack) frozen hash brown potatoes
1 medium to large onion
1 tsp. oil
1 can mushroom soup (undiluted)
1 (No. 602) can French style green beans (drained)
Salt and pepper to taste

Cut Polish sausage into ½-inch pieces. Place in glass dish with oil and onion. Micrwave on high until it looks brown. Add on top of meat 8 thawed hash brown potatoes. Pour one can of mushroom soup over all, and add green beans over soup. Cook on high, covered, until hot and bubbly.

PORK BURGERS

Dubuque B.P.W.

1 lb. lean ground pork
2 T. green onion
¼ tsp. ground sage
¼ tsp. pepper
Add salt after cooked

Make 4 patties and grill 6-7 minutes per side over hot coals. To broil; place on broiler pan 3-inches to 4-inches from heat and broil 7-8 minutes per side. Serve on warm buns with choice of condiments. (The best is mustard and horseradish.)

PORK CHOP WITH APPLE AND RAISINS

Dubuque B.P.W.

4 pork chops
¾ C. regular rice (uncooked)
½ tsp. salt
1 peeled and chopped apple
¼ tsp. pepper
1 can beef bouillon
½ C. raisins

Brown pork chops in electric skillet or cast iron skillet. Sprinkle over top the uncooked rice, salt, pepper, bouillon, raisins, and apple. Simmer in electric skillet, covered about 30 minutes or bake in oven covered at 350° about 45 minutes.

PORK SAUSAGE CASSEROLE

Maxine Wedge, Clinton B.P.W.

1 lb. bulk pork sausage
1 C. sliced onion
¼ C. flour
2½ C. canned tomatoes
¼ tsp. pepper
2 C. whole kernel corn (drained) or No. 2 can green beans
½ tsp. salt (opt.)
½ tsp. sage

1 recipe baking powder biscuits with a little sage or 1 can refrigerator biscuits. Heat oven to 425°. Brown sausage, onion over low heat. Drain off excess fat. Stir in flour. Stir in tomatoes, corn, or green beans, spices. Bring to a boil. Top with biscuits. Bake at 425° for 20-25 minutes. Serves 6-8.

PORK SUBGUM

Sibylle Wolfe, Clinton B.P.W.

1-2 lbs. pork steak (sliced)
1 C pea pods or pepper (cut up)
1 C. mushrooms (sliced)
1 C. carrots (sliced)
¼ C. oil

SEASONING A:
2 tsp. cornstarch
½ tsp. garlic powder
1 T. wine
1 T. soy sauce
1 egg white (slightly beaten)

SEASONING B SAUCE:
2 T. soy sauce
1 T. sugar
1 T. cornstarch
½ tsp. sesame oil
½ tsp. salt
¼ C. water

Marinate sliced pork with seasoning A for 15 minutes. Add oil in wok using high heat. Stir-fry pork until cooked. Dish pork out into container. In the same wok add carrots, pea pods, mushrooms. Stir-fry for 2-3 minutes. Occasionally sprinkle with water. Return pork to wok. Add seasoning B. Stir-fry until thicken.

RICE CASSEROLE

Jean Peterson, Keokuk B.P.W.

2 lbs. bulk pork sausage
3 C. cooked rice
2 pkgs. Lipton chicken noodle soup (dry)
2 C. water
1 bunch celery (cut fine)
1 onion (diced or minced)
1 green pepper (cut fine)
1 pkg. sliced almonds (with skin or brown rim)

Cook 2 lbs. bulk pork sausage. Drain on paper towels (not too dry). Mix all together using ¼ pkg. almonds. Put into large, deep casserole. Sprinkle ¼ or more of almonds on top. Bake 1 hour at 350°, covered. Remove cover 15-20 minutes before serving. Good warmed over.

SAUCY PORK CHOPS

Claudia Bangs, Shenandoah B.P.W.

4-6 pork chops
1 medium onion
1 can cream of mushroom soup
¼-½ C. catsup
3 T. Worcestershire sauce

Place the pork chops in a casserole (9x13-inch). Place a slice of onion on each chop. Mix the mushroom soup, catsup and Worcestershire sauce; pour over meat. Bake at 350° for 1 hour covered with lid or foil.

SILVER DOLLAR STEAKS

Vanessa Potter, Spirit Lake B.P.W.

1 lb. ground pork
1 tsp. salt
1 egg
¼ tsp. pepper
¼ C. bread crumbs
1 can cream of celery soup

Beat egg and remaining ingredients except for the soup. Shape into flattened steaks. Pour soup over meat. Bake at 350° for 1 hour.

STIR-FRY PORK

Helen Berry, Burlington B.P.W.

1 lb. pork (beef or veal; cut in ½-inch cubes)
½ tsp. salt (if desired)
½ C. water
1 (1 5/8 oz.) pkg. chop suey sauce mix
1 (1 lb.) can chop suey or Chinese vegetables with liquid

Preheat wok, uncovered at medium/high for 3 minutes. Add ¼ of the meat and stir-fry 2 minutes. Push up the side. Repeat until remaining meat is cooked. Push all the meat to the bottom, sprinkle with salt and add water. Cover and reduce heat to medium-low and simmer for 30 minutes or until meat is tender. Increase heat to medium and stir in chop suey sauce mix and the vegetables with liquid. Bring to a full boil. Reduce heat to medium-low and simmer 5 minutes, uncovered. Serve with rice or chow mein noodles. Serves 5-6 people.

VEGETABLE PIZZA

Pat Brown, Waverly B.P.W.

1 pkg. crescent rolls
2 C. ham (or minced ham) luncheon meat
3 oz. pkg. cream cheese
1 C. salad dressing
Shredded cheddar cheese
1 pkg. Hidden Valley salad dressing (dry)
Chopped raw vegetables such as: broccoli, cauliflower, radishes, peppers, onions, carrots, celery

Heat oven to 350°. Press crescent rolls into cookie sheet and bake 6-8 minutes. Cool. Mix luncheon meat, cream cheese, salad dressing and Hidden Valley dry in food processor. Spread on cooled crust. Place raw vegetables on top of meat mixture. Sprinkle top with shredded cheese.

WESTERN PORK CHOPS

Dixie Lair, Fort Madison B.P.W.

Pork chops
Salt and pepper to taste
½ C. water
Several fresh tomatoes (sliced)
Cream style corn

Brown pork chops. Place in shallow baking dish. Season with salt and pepper. Place 1-2 slices of fresh tomatoes on each chop. Mound 3 T. cream style corn on top of tomatoes. Cover bottom of pan with ½ C. water. Bake in moderate oven (350°) for 45-50 minutes. Garnish with sprig of parsley before serving.

—POULTRY—

BAKED CHICKEN

Charlene Hinrich, Mt. Pleasant B.P.W.

1 C. rice
1 envelope dry onion soup mix
Whole chicken (cut up)
1 can cream of chicken soup
1 can cream of mushroom soup
1 can water

Grease 9x13-inch pan. Sprinkle 1 C. rice and 1 envelope dry onion soup mix over bottom of pan. Place 1 cut up chicken, skin side up, on top of rice and onion soup mix. Pour over chicken: 1 can cream of chicken soup, 1 can cream of mushroom soup, and 1 can water. Bake at 350° for 1 hour or until done.

BAKED CHICKEN BREASTS

Evelyn McClurg, Anamosa B.P.W.

4 chicken breasts or 1 cut-up chicken
1 can cream of chicken or celery soup
½ C. milk
1 envelope onion soup
1 (4 oz.) can drained mushrooms

Place chicken pieces in 9x13-inch baking pan. Mix remaining ingredients and pour over chicken. Bake at 375° for 1 hour or until done.

BAKED CHICKEN SUPREME

Ida Krumm, Spencer B.P.W.

4-5 lbs. chicken
6-8 C. bread crumbs
4 stalks celery
1 medium onion
1 can cream of mushroom soup
2 eggs
½ tsp. baking powder
1 T. poultry seasoning
Salt and pepper to taste

Place chicken pieces on bottom of casserole dish. Mix balance of ingredients and cover chicken. Bake at 350° for 2 hours.

BAKED CHICKEN IN MUSHROOM SAUCE

Amy LeMatty
Keokuk B.P.W.

4 joined chicken thighs and drumsticks
Pepper
1 (10½ oz.) can cream of mushroom soup
1 C. shredded mild cheddar cheese
1 tsp. whole sage (crushed)
1 bunch green onions

Line a shallow baking dish, 9x13-inch, with foil. Arrange chicken pieces in dish with skin side up. Sprinkle lightly with pepper. Combine soup with cheese and sage. Finely chop green onions (save tops) and add chopped onions to soup mixture stirring until blended. Spoon over the chicken to coat all pieces. Bake uncovered in a 400° oven for about 55 minutes or until tender, basting several times with sauce in the pan. To garnish - thinly slice some of the reserved onion tops and sprinkle over the chicken. Makes 4 servings.

BAKED CHICKEN SUPREME

Karen Katz, New Hampton B.P.W.

2-3 lb. stewing chicken
½ C. diced onion
⅓ C. green pepper
½ C. celery
1 small can mushrooms
1 (10 oz.) pkg. noodles (cooked in chicken broth)
1 pkg. frozen peas
⅔ C. ripe olive juice
Grated cheese

Pick chicken from bones. Saute the onion, green pepper, and celery in butter. Add peas, olive juice, mushrooms, chicken and sauteed vegetables to the cooked noodles. Sprinkle with grated cheese. Bake 1 hour at 350° in a 3-qt. baking dish.

CAJUN CHICKEN POCKETS

Deisy Harrington, Keokuk B.P.W.

2 cloves minced garlic
2 T. margarine
1 tsp. salt
2 pkgs. Rapid Rise yeast
¼ C. milk
1 egg (beaten)
1½ lbs. cubed, cooked chicken
4 C. flour
1 T. sugar
1 can stewed tomatoes
1½ tsp. liquid hot pepper sauce
½ tsp. celery salt

Saute garlic in 1 T. margarine until tender. Stir in tomatoes, 2 T. flour, hot pepper sauce, and celery salt. Simmer 5-7 minutes. Stir in chicken; remove from heat. Set aside 1 C. flour. In large bowl, mix remaining flour, sugar, salt, and yeast. In saucepan, over low heat, heat water, milk, and remaining margarine until hot to touch; stir into flour mixture. Mix in enough reserved flour to make soft dough. On floured surface, knead 4 minutes. Roll dough to 13x12-inch rectangle; cut into 6x6-inch squares. Divide meat mixture evenly and place on center of each square. Bring points together over filling; pinch and twist to seal points, then pinch corners. Place on greased baking sheet; cover. Place large shallow pan on counter; half-fill with boiling water. Place baking sheet over pan; let dough rise 15 minutes. Brush pockets with egg. Bake at 375° for 25 minutes or until done. Cool slightly. Serve warm. Refrigerate leftovers; reheat to serve.

CHEESY CHICKEN (Microwave)

Regina Harleman, Spencer B.P.W.

¼ C. margarine
¾ C. cornflake crumbs
⅓ C. grated Parmesan cheese
2 T. chopped chives or minced onion
2 T. parsley flakes
1 cut up chicken

Melt margarine in 9x13-inch glass dish. Combine cornflake crumbs, cheese, onion, and parsley. Dip chicken in melted oleo and roll in crumb mixture. Place chicken in dish with skin side up and thickest pieces on outside. Cover with wax paper. Cook on high 15-17 minutes or until tender. Let stand covered for 5 minutes.

CHICKEN

Bernadette Godden, Algona B.P.W.

Cut up chicken or chicken breasts (remove skin)
Brown chicken with Pam
Cut onion in rings and put over chicken

ADD:
1 small can mushrooms or pieces
¾ C. white wine
¾ C. water

Cover and cook on top of stove for 30-40 minutes.

CHICKEN-BROCCOLI CASSEROLE

Karen Grazier, Fort Dodge B.P.W.

1 can chicken
1 can cream of chicken soup
1 pkg. frozen broccoli
¼ C. milk
1 can mushrooms
½ C. raw rice (cooked in 1½ C. water)

Cook broccoli as directed on package. Add all the ingredients above and put in casserole dish. Stir in 1 pkg. cheddar cheese. Top with potato chip crumbs or onion rings. Bake at 350° for ½ hour.

CHICKEN A L'ORANGE

Anna L. Brickley, Anamosa B.P.W.

Frying chicken (cut up)
Salt and pepper
1 C. fresh orange juice
¼ C. chopped green pepper
1 tsp. prepared mustard
1 peeled and sliced orange (opt.)
¼ C. flour
¼ C. shortening or oil
½-1 tsp. garlic salt
2 T. soy sauce
1 T. molasses

Wash and dry chicken pieces and season with salt and pepper. Dredge in flour. Heat shortening in skillet; add chicken and brown lightly on all sides. Remove chicken to 3-qt. casserole. Drain fat from pan. To skillet, add remaining ingredients, except orange slices, and simmer for 2-3 minutes. Pour sauce over chicken in casserole. Cover and bake in preheated oven (350°) for 50-60 minutes or until tender. Can garnish with orange slices just before serving.

CHICKEN CASSEROLE

Betty Eberhard, Burlington B.P.W.

1 cooked chicken
1 C. chicken broth
5 pieces toast
Sage to taste

Take meat off bones and spread in an 8x8-inch baking dish. Add 1 C. chicken broth with sage to taste. Crumble and sprinkle the 5 pieces of toast evenly over chicken and broth. Bake at 350° for 35 minutes. Serves 6.

CHICKEN CASSEROLE

Neita Huerter, Anamosa B.P.W.

2 C. cooked chicken (diced)
2 C. Creamettes (uncooked)
2 cans cream of mushroom soup or 1 can mushroom and 1 can chicken
2 C. milk (or 1 C. milk and 1 C. chicken broth)
2 diced onions
¼ lb. Velveeta cheese (cubed)

Mix well; refrigerate overnight. Bake at 350° for 1 hour.

CHICKEN CASSEROLE

Colleen Bickford, Corning B.P.W.

2 C. cooked chicken
2 C. uncooked macaroni
1 can mushroom soup
1 can cream of chicken soup
½ C. milk
1¾ C. chicken broth
1 small onion (minced)
½ green pepper (chopped)
½ tsp. salt
½ lb. grated cheese
1 pkg. frozen peas and carrots

In a large bowl mix all together. Pour into a prepared 9x13-inch pan and bake for 1 hour at 350°.

CHICKEN CASSEROLE

Betty Morlan, Burlington B.P.W.

2 C. uncooked macaroni
½ lb. Velveeta cheese (cut to cubes)
3 hard cooked eggs (diced or sliced)
2 C. milk
2 cans cream of mushroom soup
2-3 C. cooked chicken (cut up)
1 onion (minced)

Mix all ingredients and let stand overnight. Bake in a 9x13-inch casserole dish for 1 hour at 350°. Garnish with parsley flakes if desired.

CHICKEN LO MEIN

Sue Young, Iowa City B.P.W.

1 lb. boned chicken breasts (cut into strips)
2 T. oil
2 garlic cloves (minced)
2 tsp. grated fresh ginger
8 oz. linguine (cooked)
1 T. cornstarch
1 (16 oz.) pkg. Birds Eye Farm Fresh broccoli, red peppers, bamboo shoots, and straw mushrooms)
1 can chicken broth
¼ C. soy sauce
2 tsp. dry mustard

Cook and stir chicken in hot oil until lightly browned. Add garlic and ginger; cook and stir 30 seconds. Stir in vegetables and chicken broth. Mix soy sauce with cornstarch and mustard. Add to chicken mixture. Cook and stir over medium heat until mixture comes to a boil. Reduce heat, cover and simmer 3 minutes until vegetables are tender. Stir in cooked pasta. Makes 4 servings.

CHICKEN NOODLE BAKE

Luane Frank, New Hampton B.P.W.

1 C. cream of chicken soup (undiluted)
½ C. milk
1 C. diced, cooked chicken or 1 (5 oz.) can boned chicken
2 T. chopped pimiento
1 T. dried parsley
2 T. buttered bread crumbs
2 C. cooked noodles

In 1½-qt. casserole, blend soup and milk. Stir in chicken, noodles, pimiento, and parsley. Top with crumbs. Bake at 350° for 30 minutes.

CHICKEN PARMIGIANA

Betty J. Halberstadt, Ft. Madison B.P.W.

1 T. cornstarch
1 (14½ oz.) can Italian-stewed tomatoes
⅓ C. Italian seasoned bread crumbs
4 half chicken breasts (boned and skinned)
3 T. olive oil
4 slices mozzarella cheese
⅓ C. grated Parmesan cheese

In small saucepan, dissolve cornstarch in tomatoes. Cook, stirring constantly, until thickened; keep hot. Combine bread crumbs and Parmesan cheese. Pound chicken to ¼-inch thick; dip into crumbs; coating well. Fry in oil 3-4 minutes on each side. Place one slice cheese on each piece of chicken. Cover and cook until melted. Place on serving plate, top with sauce.

CHICKEN WITH RICE

Eleanor C. Donnelly, Anamosa B.P.W.

3 C. diced or sliced cooked chicken
1 C. cooked regular rice
1½ T. chopped parsley (or instant flakes)
1½ T. chopped green pepper
1/8 tsp. pepper
1 tsp. salt
3 eggs (slightly beaten)
1½ C. Rice Krispies
1 T. melted butter

Combine chicken, rice, parsley, pimiento, salt, pepper, and eggs; mix carefully. Stir in hot chicken stock. Pour into greased 8x8-inch pan. Combine Rice Krispies and melted butter; sprinkle over chicken mixture. Bake in moderate (350°) oven about 40 minutes, or until set. Cut into nine 2½-inch squares.

CHICKEN ROSEMARY

Betty J. Halberstadt, Ft. Madison B.P.W.

1 broiler (3-4 lbs.)
3 T. olive oil
1 T. butter
Salt and pepper to taste
1 tsp. rosemary
2 cloves garlic
¼ C. water

Have chicken cleaned and cut into serving pieces. Wash and dry thoroughly. Sprinkle lightly with salt and pepper to taste. Melt butter in skillet. Add oil and garlic; heat. Brown chicken on both sides about 10 minutes. Sprinkle with rosemary. Gradually add a little water; cover. Simmer over low flame about 25 minutes or until tender. Gradually add more water, if necessary, to prevent burning. Serve very hot. Serves 4.

CHICKEN AND RICE CASSEROLE

Monica Henderson
Iowa Great Lakes B.P.W.

1½ C. uncooked rice
1 chicken (cut up) or chicken breast (3 lbs.)
1 can cream of celery soup
1 can cream of chicken soup
1 (1 3/8 oz.) envelope dry onion soup mix
3 C. water

Place uncooked rice in bottom of 9x13x2-inch baking pan. Arrange uncooked chicken pieces on top of rice. Combine soups and water. Pour over chicken and rice. Bake uncovered at 350° for 1½ hours. Makes 4-6 servings.

CRISP CRUSTED BAKED CHICKEN

Marilyn Daniels
Centerville B.P.W.

1 frying chicken (cut up) or your favorite pieces
1 egg
2 T. milk
1 C. instant potato flakes
1 tsp. garlic salt
¼ C. grated Parmesan cheese
½ stick butter or margarine

Wash chicken pieces and pat dry. Beat egg and milk in a bowl. In another bowl mix potato flakes, garlic salt, and Parmesan cheese. Roll chicken first in egg mixture, then in potato flakes mixture. Melt butter in a shallow baking pan. Roll chicken pieces in butter and place them skin side up in the pan. Bake at 400° for 45-50 minutes. Garnish with celery leaves and serve.

CHICKEN ROLL-UPS

Vivian Cook, Spencer B.P.W.

FOR ROLL-UPS:

2 (3 oz. ea.) pkgs. Philadelphia cream cheese (add chives)
¾ C. margarine
2½ C. cooked, cubed chicken
½ C. finely chopped walnuts
1 (4 oz.) can sliced mushrooms
2 cans Pillsbury crescent rolls
⅔ C. crushed Pepperidge Farm Herb Seasoned stuffing mix

FOR SAUCE:

3 T. margarine
3 T. flour
2 C. chicken broth
1 (4 oz.) can sliced mushrooms
1 can cream of mushroom soup
2 T. pimento

For Roll-Ups: Blend ¼ C. margarine, cream cheese, mushrooms, salt and chicken. Roll out rolls between wax paper. Fill each roll with ¼ C. mixture and roll up. Melt remaining ½ C. margarine, dip each roll in the margarine, finely chopped walnuts and crumbs. Bake on ungreased cookie sheet until brown. Bake at 375° for 20 minutes.

For Sauce: Make roux of margarine, flour and chicken broth. Add remaining ingredients and pour sauce over roll-ups. (Or your own chicken gravy.)

EASY CHICKEN-BROCCOLI BAKE

Edyth Bresch, Burlington B.P.W.

1 (10 oz.) pkg. frozen broccoli
½ tsp. salt
8 slices cooked chicken breast
1 (10½ oz.) can cream of celery soup (undiluted)
1 C. shredded cheddar cheese

Preheat oven to 400°. Place uncooked broccoli on bottom of shallow 1-qt. baking dish; sprinkle with salt. Arrange chicken meat over top of broccoli. Pour soup over chicken. Sprinkle with cheese (if you like). Bake, uncovered, 30 minutes or until broccoli is done. Makes 4 servings.

Men have sight; women Insight.

GRILLED LEMON CHICKEN

Dorothy Hensen, Fort Madison B.P.W.

Chicken pieces (a fryer or just the pieces you like)

MARINADE:

½ C. salad oil
1 tsp. garlic salt
¼ tsp. pepper
½ C. lemon juice
½ tsp. ginger

Marinate chicken in marinade for 1-3 hours. Grill over coals until done. This dones not burn like a tomato base barbecue sauce.

HOT CHICKEN OR TURKEY SALAD

Dubuque B.P.W.

2-2½ C. diced chicken or turkey (cooked)
2 C. chopped celery
1 C. salad dressing (mayonnaise type)
½ C. slivered almonds
2 T. lemon juice
2 tsp. grated onion
½ C. shredded cheese

Mix all ingredients. Cover with crushed potato chips and bake at 400° for 30 minutes. Serves 6.

HOT CHICKEN CASSEROLE

Edith Coe, Mt. Pleasant B.P.W.

2 C. cooked, diced chicken
1 can cream of chicken soup
1 C. cooked rice
¾ C. diced celery
3 T. chopped onion
1 tsp. salt
2 T. lemon juice
3 hard boiled eggs
¼ C. melted butter
1½ C. crushed corn flakes

Mix all ingredients together in 9x13-inch pan or dish except butter and corn flakes. Top with the butter and corn flakes. Bake at 375° for 35 minutes.

HOT CHICKEN SALAD

Darleen Allison, Keokuk B.P.W.

2 C. chicken (cooked and diced)
2 C. celery (slivered)
½ C. toasted almonds
½ tsp. salt
2 T. onion (chopped)
1 C. mayonnaise
2 T. lemon juice
½ C. grated cheddar cheese
1 C. crushed potato chips

Mix chicken, celery, almonds, salt, onion, mayonnaise, and lemon juice. Put mixture in casserole and sprinkle with cheese and potato chips. Bake at 450° for 10-15 minutes.

HOT CHICKEN SALAD

JoAnn Young, Des Moines B.P.W.

2 C. diced chicken
1 C. slivered almonds
3 T. lemon juice
3 C. celery (chopped)
2 tsp. onion
1 C. mayonnaise
½ tsp. salt
1 small can water chestnuts

Combine ingredients and put in casserole dish. Cover with crushed potato chips and ½ C. grated cheddar cheese. Bake at 400° for 15 minutes.

COMPANY CHICKEN

Ruth Ketcham, Spencer B.P.W.

8 boned, skinned, halved chicken breasts
¼ lb. dried beef
1 can cream of chicken, mushroom or celery soup
1 C. sour cream

Roll half breasts in slices of dried beef and arrange in baking dish which has been sprayed with Pam. Mix soup and sour cream and spoon over chicken. Bake at 325° for 2½ hours - may take longer if you assembled it the night before and refrigerated. Serve with rice or noodles.

ESCALLOPED CHICKEN

Bernice Shuppy, Ottumwa B.P.W.

2 C. diced chicken
1½ C. diced celery
1 C. mayonnaise
(can use salad dressing)
1 can mushroom soup
¾ C. slivered almonds (if desired)
2 T. lemon juice
1 can thickened chicken broth
or use cooked chicken broth
(thickened)
1 T. onion flakes
2 C. cooked rice
4 hard boiled eggs (chopped)

Mix all together in large bowl. Pour into greased 9x12-inch pan. Bake uncovered at 350° for 45 minutes. Cover with buttered bread crumbs or crushed potato chips the last 15 minutes of cooking. You can make this the night before. This recipe will feed several people.

HOT CHICKEN SALAD

Deanne Warneke, Past State President '87-'88
Clarinda B.P.W.

2 C. diced, cooked chicken
2 C. chopped celery
½ C. chopped, salted, blanched
almonds
⅓ C. chopped green pepper
2 T. chopped pimentoes
2 T. minced onion
½ tsp. salt
1 C. mayonnaise
2 T. lemon juice
2 C. crushed potato chips
⅓ C. grated Swiss cheese
*¼ C. grated Swiss cheese

Mix all ingredients together like a salad. Put into a buttered 1½-qt. casserole. Top with *¼ C. grated cheese. Bake in a 350° oven for 20-25 minutes or until cheese is melted. Excellent with hot roll and fresh fruit for a summertime quick meal.

OVERNIGHT CASSEROLE

Vernie Petersen, Indianola B.P.W.

2 C. uncooked shell macaroni
3 C. diced, cooked chicken or
turkey
2 cans cream of chicken soup
1 small onion (chopped)
1 C. diced milk flavored cheese
½ C. diced green pepper
½ C. diced celery
1 small jar sliced pimentoes

Mix together and let set in refrigerator overnight. Cover with crushed potato chips and bake 2 hours at 350°. A good way to use leftover turkey.

MAIN DISHES AND CASSEROLES *Elizabeth Peterson, Clinton B.P.W.*

2½ cans skim milk
2 cans cream of chicken soup
½ can mushroom soup
1 pint canned chicken
1 C. carrots
1 C. green beans
1 C. potatoes (diced)
⅓ C. celery

Add 2 cans skim milk to 2 cans cream of chicken soup and ½ can cream of mushroom soup with ½ can skim milk. Blend together on stove and then add 1 pint home canned chicken (or equivalent store canned chicken). When thoroughly heated and mixed well add the following cooked vegetables:

1 C. cut up carrots
1 C. green beans (cut small)
1 C. potatoes (diced)
⅓ C. celery (sliced small)

When thoroughly heated and mixed, put into large soup dishes. Serves 6.

MEG'S "MISTAKE" CHICKEN *Meg Adams, Iowa Great Lakes B.P.W.*

1 (12 oz.) jar Pace picante sauce
6-8 pieces chicken
1 (8 oz.) can Kraft Parmesan cheese
Assorted vegetables

First take chicken and wash thoroughly in cold water. Arrange in a 9x13-inch baking pan. Oven should be set at 350°. Next, you can arrange vegetables of your choice (or you can cook separately), around the chicken. Take the Pace picante sauce and smother the chicken pieces. Shake Parmesan cheese on top of sauce. Cover pieces well. Do not cover vegetables with sauce. Cover pan with tin foil and place into oven. Cook for 1 hour.

QUICK CHICKEN POT PIE *Jae Powell, Keokuk B.P.W.*

1 large can Campbell's chunky chicken soup
1 tube refrigerator biscuits
1 C. cubed, cooked chicken

Combine soup and chicken in saucepan and heat until bubbly. Pour in greased baking dish. Place biscuits on top and bake according to biscuit directions. Serve with salad and fruit.

MOO GAI GAI PAN (Chicken Stir-Fry)

Jan Montgomery Bruene
Des Moines B.P.W.

4 chicken breasts (boned and skinned, cut in ½-inch pieces)
¼ C. dry white wine
¼ tsp. salt
2 scallions (cut in ½-inch pieces)
½ C. celery (cut in ½-inch pieces)
12 snow peas (whole with ends cut)
¼ lb. sliced fresh mushrooms
6 water chestnuts (sliced)
½ C. chicken broth
1 T. cornstarch in 2 T. cold water
¼ tsp. salt
Slivered almonds (blanched)

Combine the chicken, wine, and salt and set aside. Using a Silverstone skillet or wok, stir-fry in oil for 1 minute the scallions, celery, and snow peas. Push aside. Stir-fry mushrooms and water chestnuts 1-2 minutes and push these vegetables to the side of the pan. Add the chicken mixture. Stir-fry 3-4 minutes. Mix together the broth, cornstarch mixture and salt. Stir-fry until it is clear. Serve over hot rice and sprinkle with almonds. HELPFUL HINT: If you begin cooking the rice and then proceed to fix the recipe the total time is 25 minutes for the meat. (If you have prepared the rice ahead; the total time is about 10 minutes.) Fresh pineapple goes well with this recipe.

PEACHY QUICK CHICKEN

Dubuque B.P.W.

1 (2½-3 lb.) chicken
2 T. soy sauce
1 T. lemon juice
3 T. flour
1 (1 lb.) can sliced peaches (drained, reserve juice)
1 tsp. pumpkin pie spice

Use 9x13-inch micro-baking dish. Cut up chicken in serving pieces. Arrange chicken in 9x13-inch micro-baking dish, meaty sides out. Combine soy sauce and lemon juice. Brush over chicken. Cover with wax paper, micro on high power 5 minutes, turn chicken over, micro 5 minutes more. Drain chicken, reserving ½ C. juice in 4-cup measure. Arrange chicken, skin side up, cover with peaches. In 4-cup measure with juice, add enough peach juice to equal 1½ C. liquid. Add pumpkin pie spice. Whisk in flour until smooth. Pour over chicken and peaches. Cover and cook on 50% power for 7-10 minutes until chicken is tender and sauce thickened, stirring once. Let stand covered 5 minutes before serving. Nice to serve on a bed of hot rice. Serves 4.

QUICK TURKEY-NOODLE CASSEROLE

Sadie McFarland
New Hampton B.P.W.

½ lb. cooked turkey
2 T. butter
1 leek (chopped)
¼ lb. mushrooms
2 T. flour
½ C. milk
½ tsp. dried tarragon
Salt and pepper
½ lb. noodles (cooked)
½ C. sour cream

Use leftover turkey, cut into bite-sized pieces. Melt the butter in a large skillet and add the leek and mushrooms. Saute, stirring, for 5 minutes. Stir in the flour. Add the milk and bring slowly to a boil, stirring constantly. Stir in the turkey, tarragon, salt, and pepper. Heat through. Mix the cooked noodles and the turkey mixture in a 2-qt. casserole. Add the sour cream and mix well. Place in a preheated 350° oven for 15 minutes. Serves 3-4.

ORANGE BLOSSOM CHICKEN

(From Christine Lee's Restaurant)

Nancy Baugher, Keokuk B.P.W.
From Miami, FL paper

2 whole chicken breasts
Peanut oil for frying
2 T. cornstarch

SAUCE:
¼ C. oil
1 (2-inch) ginger root
Shredded peel of ¼ orange
1 T. double soy sauce
1 tsp. vinegar
1 T. sugar
½ C. chicken broth
½ tsp. minced garlic

Cut breasts into 3x½-inch strips. Mix with cornstarch and set aside. Dice scallions. Slice ginger root. Mix with orange peel and set aside. Deep fry chicken. (Fry-saute.) Saute scallions, ginger root, orange peel and garlic for 1 minute. Mix remaining sauce ingredients and add to saute. Heat until thickened. Add to chicken and heat through. Serves 2.

Man has his will, but woman has her way.

QUICK TURKEY CURRY

Mary Holcomb, Davenport B.P.W.

¼ C. chopped onion
½ tsp. curry powder
1 T. butter
1 (10½ oz.) can cream of mushroom soup
¼ C. milk
1 C. sour cream
1 C. cubed, cooked turkey

Cook onion and curry powder in butter. Add soup and milk; heat and stir until smooth. Stir in sour cream. Add turkey and heat. Serve over rice. Makes 4 servings. Good as is - but add ¼ C. chopped green pepper, ¼ C. chopped celery and ½ of a 4 oz. can chopped mushrooms, and it's even better!

TERIYAKI CHICKEN WINGS

Candie Schipper, Clinton B.P.W.

1 C. light soy sauce
½ C. sherry
½ C. sugar
1 lb. chicken wings
2 cloves garlic (minced)
1 tsp. grated ginger root
1 onion (finely chopped)

Mix all ingredients together except wings. Wash wings and cut into 3 pieces, cutting at joints. Save tips for soup. Marinate pieces in sauce 3 hours. Place in circular pattern on a serving platter and cover with waxed paper, microwave 6 minutes. Let stand covered 5-10 minutes. Marinade can be reused if brought to the boil and allowed to cook for 1 minute. Cool and store in a tightly sealed jar in the refrigerator. It will keep for a long time.

TURKEY BROCCOLI CASSEROLE

Marge Calton
Grundy Center B.P.W.

2½-3 C. cooked turkey or chicken
2 (10 oz. ea.) pkgs. broccoli (thawed)
1 can cream of celery soup
½ C. mayonnaise
½ C. Velveeta cheese (cubed)
1 C. water chestnuts (sliced)
1 C. French fried onions
1 C. rice (cooked)

Line bottom of 9x13-inch pan with cooked rice. Layer broccoli over the rice, then turkey and cheese. Mix soup and mayonnaise. Spread over cheese. Place sliced water chestnuts on top. Bake 30-40 minutes in a 350° oven. Cover with onions and bake an additional 15 minutes. Can be prepared the day before and refrigerated.

STUFFED TURKEY COOKED IN FOIL

Dubuque B.P.W.

Take 2 long pieces of heavy duty foil and lay on top of each other. Fold one long edge over double or triple to make a drugstore-fold. Flatten out so you have double width of foil. Lay a single piece of foil across center. With margarine, butter the foil leaving 2-inches to 3-inches plain on the sides and 2-inches to 3-inches plain on one end. Be sure to butter the other end right to the edge. Lay turkey sideways on the foil. Bring up completely buttered edge over top of turkey (breast side up). Then bring up other edge and overlap foil. Take sides of foil (on each end of turkey) and roll up tightly. Place turkey on a shallow pan, bake on bottom shelf of 450° oven:

POUNDS/TIME PER POUND	TOTAL TIME
8-10 lb., 15-16 minutes per lb.	2¼-2½ hours
10-12 lbs., 13-14 minutes per lb.	2¾-3 hours
14-16 lbs., 12-13 minutes per lb.	3-3¼ hours
18-20 lbs., 9-10 minutes per lb.	3¼-3½ hours
22-24 lbs., 8-9 minutes per lb.	3¼-3¾ hours

Then add about 15 extra minutes if turkey is stuffed to whatever time is above. Check about 20 minutes before to see if browning and if not, open foil on top for last 20 minutes to brown. Remove from oven, drain off juices if making gravy, then cover and let set for 20 minutes before carving to set juices.

—FISH—

BAKED FISH

Dubuque B.P.W.

Milk
Mild fish (turbot, halibut, or haddock)
Lemon or tartar sauce
Butter
Salt and pepper to taste
Parsley flakes

Put fillets of mild fish as turbot, halibut, or haddock in buttered shallow pan. Dot with butter, little salt, and pepper. Sprinkle parsley flakes over if desired. Sprinkle lightly with paprika. Add milk to about ½ depth of fish. Bake in 350° oven for 15-25 minutes until fish is flakey and tender. Serve with lemon and/or tartar sauce.

BEER BATTER FOR FISH

Dubuque B.P.W.

2 C. pancake mix
1 egg
Flour
Beer
Oil
Corn flakes

Mix together as for pancakes. Have fairly hot oil for frying ready. Dip fish in batter and then in a mix of ½ cornflake crumbs and ½ flour. Fry in hot oil until cooked through and flakes nicely. Do not overcook.

FISH AND CHIPS

Helen J. Brasfield, Fort Madison B.P.W.

BEER BATTER:
12 oz. beer
2 C. sifted flour
1 tsp. Lawry's seasoned salt
½ C. Mazola Oil
1 egg
1/8 tsp. yellow food coloring

Pour the beer into a large mixing bowl. Mix together the flour and seasoned salt. Add the Mazola Oil, food coloring, and egg to the beer; beat until thoroughly blended. Slowly add the seasoned flour, beating continuously until well blended. For fish, use halibut, sole, turbot, or whiting. Cut the fish into serving size pieces. Dip fish pieces into the batter and deep fry until golden brown. Serve with tartar sauce, if desired.

MICROWAVE FISH SUPREME

Candi Schipper, Clinton B.P.W.

Any white fish (1 lb.)
6-8 oz. mushrooms (chopped)
Lemon juice
1 small onion (chopped)
Green pepper (opt.)
½-¾ C. cheddar cheese

Put fish in microwave-safe dish and cook on full power for 2-3 minutes. Sprinkle with lemon juice, layer with above vegetables, cover with cheese and microwave another 3-5 minutes, until fish is tender. Good and low-calorie!

5 CAN CASSEROLE

Elaine Braun, Burlington B.P.W.

1 can tuna
1 can chicken noodle soup
1 can cream of mushroom soup
1 chow mein noodles
1 small can evaporated milk

Mix ingredients of all 5 cans and bake in an 8x8-inch baking dish for 30 minutes at 350°. Serves 6.

FIVE CAN CASSEROLE

Pat Muller, Spencer B.P.W.

1 small can Chinese noodles
1 (6 oz.) can tuna or chicken
1 can celery soup
1 can chicken-rice soup
1 (5 oz.) can evaporated milk
Buttered cracker or bread crumbs

Open cans and put ingredients into baking dish in order given in layers. Top with buttered crumbs. Bake at 350° for 30 minutes.

LOW CHOLESTEROL TUNA PATTIES

Evelyn Otto, Clinton B.P.W.

2 cans tuna
1 egg
⅓ C. tapioca
¼ C. celery (chopped)
2 green onions and tops (chopped)
½ T. dill or celery seed

Spray muffin tins with Pam. Use ice cream dipper to drop mixture into tins. Bake at 350° for 25-30 minutes. Serve with steak or tartar sauce. You may substitute salmon, mackerel.

TUNA SQUARES

Cossette Smith, Burlington B.P.W.

3 (6½ oz. ea.) cans tuna (drained)
18 crushed crackers
3 eggs (beaten)
1 small onion (chopped)
1 C. celery (diced)
1 C. milk
¾ tsp. salt
1/8 tsp. pepper

Combine all ingredients with a pastry blender or fork. Mix well. Put in greased small cake pan. Bake for 40 minutes at 350° or until a knife stuck in the center comes out clean.

STIR-FRIED SHRIMP AND PEA PODS

Dr. Elizabeth Kressen
Spencer B.P.W.

3 T. safflower or corn oil
½ tsp. ground ginger or ½ tsp. finely chopped fresh ginger root
1 clove garlic (minced)
¾ lb. uncooked, cleaned shrimp
1 T. dry sherry (opt.)
1 (6 oz.) pkg. frozen or ½ lb. fresh pea pods
¼-½ C. sliced bamboo shoots
¼ C. instant chicken bouillon
1 T. soy sauce
1 tsp. sugar

This main dish can be made in less than 30 minutes. Heat oil in wok or frying pan with ginger and garlic. Add shrimp and stir-fry 1½ minutes. Add pea pods and bamboo shoots; stir-fry 2 minutes. Add chicken bouillon, soy sauce, sugar, and sherry and stir-fry 2 minutes. Serve on hot cooked rice. VARIATIONS: Beef strips with pea pods and/or water chestnuts. Pork strips with baby carrots and/or water chestnuts.

TOMATO-CROWNED COD

Betty J. Halberstadt, Fort Madison B.P.W.

1½ lbs. cod fillet
2 T. lemon juice
1/8 tsp. freshly ground black pepper
2 large tomatoes (sliced ¼-inch thick)
2 T. chopped onion
¼ C. dry bread crumbs
½ tsp. dried basil (crumbled) or 1 T. chopped fresh basil
1 T. oil
½ medium green pepper (finely chopped)

Place the fish in an oiled baking dish. Season it with lemon juice and pepper. Place the tomato slices on the fish, and sprinkle the fillets with the green pepper and onion. In a small bowl, combine the bread crumbs, basil, and oil. Spread the crumb mixture evenly over the tomatoes. Bake the fish, uncovered, in a preheated 350° oven for 25 minutes. Preparation Tip: The dish can be prepared in advance through combining bread crumbs and refrigerated. Under 200 calories per serving.

TUNA-NOODLE BAKE

N. Franklin, Fairfield B.P.W.

2 C. wide noodles (broken up)
1 (7 oz.) can tuna (flaked)
Pepper
1 C. crushed potato chips
1 can condensed cream of mushroom soup
1 C. milk

Cook noodles as label directs. Pour into greased 8x12x2-inch baking dish. Arrange tuna on top. Sprinkle lightly with pepper. Mix soup and milk. Pour over all. Cover with chips. Bake in 375° oven for 25-30 minutes. Chicken or turkey may be used also.

—SANDWICHES—

BBQ BEEF SANDWICHES

Dubuque B.P.W.

3 lbs. beef roast
3 T. catsup
1 tsp. ground cloves
2 T. chili powder
1 T. cinnamon
1 tsp. nutmeg
1 T. Worcestershire sauce

Simmer 3 lbs. beef roast (or cook in crock pot until tender). Have 1 quart stock or add enough water to make 1 quart. Slice cooked beef and put in stock. (If using leftover roast, add 1-2 bouillon cubes to water for stock.) Add:

3 T. catsup
2 T. chili powder
1 tsp. ground cloves
1 tsp. ground cinnamon
1 tsp. ground nutmeg
1 T. Worcestershire sauce

Simmer together 15-20 minutes or let cook on low in a crock pot for an hour or longer. Serve on hamburger buns.

CHEESY RAGU SANDWICHES

Nancy Gitch, New Hampton B.P.W.

1¼ lbs. ground beef
½ of a 15½ oz. jar Ragu spaghetti sauce (Old World Style flavored with meat)
1 C. (4 oz.) shredded mozzarella cheese

Brown ground beef. Drain off liquid. Stir in Ragu sauce. Stir in cheese. Heat thoroughly until cheese is melted. Serve in a bun. Adjust Ragu and cheese types and amounts to your family's preference.

BROILED TUNA CHEESE OPEN SANDWICHES

Dubuue B.P.W.

4 slices bread
1 can tuna (drained)
4 slices American cheese
½ C. chopped celery
¼ C. pickle relish
¼ C. mayonnaise

Toast 4 slices of bread, put on broiler pan. Mix tuna salad (1 can tuna drained, finely chopped celery, pickle relish, and mayonnaise). Spread on toast slices. Top with a slice of American cheese, put under broiler until cheese melts and bubbles. Serve immediately.

CHICKEN SALAD FOR SANDWICHES FOR A CROWD

Dubuque B.P.W.

6-8 lb. chicken
1 sliced onion
8-10 chopped hard boiled eggs
2-2½ C. chopped celery
3-4 T. horseradish
1 small jar sweet pickle relish
1-2 T. yellow mustard
Salt and pepper to taste
2 C. salad dressing
Add 1 C. shredded cheese (opt.)

Put chicken pieces on top of 1 sliced onion in crock pot. Add ¼ C. water and cook until tender, several hours. Cool enough to handle. Skin, debone chicken and chop fine. In a very large bowl with the chicken add eggs, celery, horseradish, pickle relish, dried parsley flakes, yellow mustard, salt and pepper, and Miracle Whip salad dressing. Mix all lightly and chill several hours. Spread on hamburger buns, bread or cream puffs. This will make about 40-50 sandwiches.

CREAMED CHIPPED BEEF, TUNA OR EGGS

Dubuque B.P.W.

3-4 hard boiled eggs
¼ C. margarine
¼ C. flour
2 C. milk
1 pkg. chipped beef
1 can tuna
1 pkg. English muffins

Melt ¼ C. margarine in saucepan. Shake together ¼ C. flour and 2 C. milk, then add to melted margarine. Stir over medium heat until thickened like gravy. Add 1 pkg. chipped beef, cut up or shredded; or 1 can drained tuna, or 3-4 sliced hard cooked eggs. Stir very lightly, especially eggs, just until hot and pour over toast or toasted slices of English mufifn loaf.

HAM-BLUE CHEESE SANDWICHES *Alice Spears, Spencer B.P.W.*

1 C. ground cooked ham
½ C. crumbled blue cheese
2 T. mayonnaise
2 T. pickle relish
1 T. lemon juice
2 tsp.. prepared mustard

Combine all ingredients and mix well. Serve as a sandwich spread or if desired use as a filling for hollowed out French rolls and heat under broiler until cheese is melted. Top sandwiches with additional crumbled blue cheese if desired. Makes 1½ C.

HAMBURGER FOR SANDWICHES *Marlene Hulstein, Spencer B.P.W.*

1 lb. ground beef
1 medium onion
1 can chicken gumbo soup
½ C. catsup
¼ C. brown sugar
1 T. vinegar
2 tsp. mustard
½ tsp. salt

In 2-qt. casserole, place ground beef and onion for 4-6 minutes on High. Stir and drain. Mix in the rest of the ingredients. Heat 5-7 minutes more on High.

OPEN FACE HOT HAMBURGERS *Pat Muller, Spencer B.P.W.*

½ lb. raw beef (ground)
1 can tomato soup
⅓ C. chopped onion
1 tsp. mustard
1 tsp. Worcestershire sauce
1 tsp. salt
Dash garlic salt
Hamburger or cocktail buns

Toast bun halves in oven. Spread mixture on, being sure to spread to edges of the bun. Top with slice of Swiss cheese. (For cocktail buns, cut cheese in smaller squares.) Broil 4-inches from burner, for approximately 15 minutes.

PIZZAWICHES

Donna Mae Smith, Red Oak B.P.W.

1½ lbs. hamburger
1 onion
1 can tomato soup
1 lb. cheddar cheese
1 tsp. garlic salt
½ tsp. oregano
1 can ripe olives

Brown hamburger and onion; cool. Grate cheese and mix with hamburger. Add soup, salt, and oregano; mix and add olives, cut up. Put on French bread or cut in slices. Broil until hot. May be made ahead. Freezes very well.

SLOPPY JOES (Crock Pot Style)

Jean Jinkens, Keokuk B.P.W.

1½ lbs. lean ground beef
1 small onion (minced)
2 stalks celery (minced)
1 (12 oz.) bottle chili sauce
2 T. brown sugar
1 T. Worcestershire sauce
1 tsp. salt
2 T. sweet pickle relish
1/8 tsp. pepper

In large skillet, cook beef with onion and celery until meat loses its red color. Pour off excess fat. In slow cooking pot, combine meat, onion and celery with remaining ingredients. Cover and cook on low for 3-4 hours.

SLOPPY JOES

Dubuque B.P.W.

3 lbs. ground beef (browned and drained well)
1 C. catsup
½ C. brown sugar
½ C. pickle relish
2 T. mustard
½ C. finely chopped onion
Little salt and pepper
1 T. Worcestershire sauce
1 tsp. celery seed
1 T. parsley flakes

Simmer for ½-1 hour and serve on hamburger buns. (Or cook a few hours on low in crock pot.)

STORE-AND-SPOON BURGERS

Maxine Wedge, Clinton B.P.W.

1 lb. hamburger
¼ C. chopped onion
¼ C. catsup
4 tsp. prepared mustard
½ tsp. salt
1/8 tsp. pepper
½ C. shredded process cheese
8 split hamburger buns

Crumble hamburger into 1-qt. casserole; add onion. Microwave on High 4 minutes. Stir to break up meat. Microwave uncovered until meat is firm, 1-2 minutes; drain. Stir in catsup, mustard, salt, pepper, and cheese. Cover and refrigerate until ready to serve. (Can be stored up to 3 days.) To serve, spoon about ¼ meat mixture between bun halves. Microwave on High uncovered on paper plates or napkins until filling is hot. 1 bun - 15-30 seconds; 2 buns - 30-45 seconds; 4 buns - 1-1½ minutes. Makes 8 sandwiches.

STROGANOFF SANDWICHES

Peggy Iles, Mt. Pleasant B.P.W.

1½ lbs. hamburger
3 slices bacon (diced)
*½ C. chopped onion
*1 C. sour cream
1½ T. flour
1 tsp. salt
¼ tsp. paprika
Dash pepper
1 C. mushroom soup

Brown bacon and set aside. Brown hamburger, add remaining ingredients, and stir. Cook 4-5 minutes. Spread on buns and broil about 4-5 minutes.
*Onion dip may be used in place of the sour cream and onion.

Vegetables and Side Dishes



JEAN SEBERG

Born in 1938, Marshalltown, Iowa.

At age fifteen she became a protege of Otto Preminger when he saw her in a beauty contest. He was determined she should be the star of "Saint Joan". During the filming Jean suffered severe burns to her legs. Preminger next starred her in "Bonjour Tristesse", which was not well received in the United States.

Determined to continue her career, Jean went to France in 1958. She conquered the French language and went on to successful stardom in several French films.

In 1963 she married Romain Gary, a French diplomat and writer. In 1969 she returned to the United States and starred in "Paint Your Wagon", which was a success.

Jean died in Paris in 1979.

BOOTLEG BEANS

Dorothy Konkle, Clinton B.P.W.

1 can pork and beans
1 T. brown sugar
2 T. vinegar
2 T. catsup

Stir well and cover. Let simmer for 30-45 minutes or bake slowly at 300° for several hours.

CALICO BEANS

Janet Fife, Keokuk B.P.W.

1 large can pork and beans
1 avg. can kidney beans
1 avg. can butter beans
1 avg. can Northern beans
1 avg. can tomato sauce (use personal taste as to this amount)
¼ C. molasses
¼ C. white sugar
1½ C. brown sugar
¼ C. minced onion (at least)
1 tsp. dry mustard
½ tsp. chili powder
½ C. catsup (can substitute barbeque sauce

NOTE: Drain all beans except pork and beans. Combine all ingredients. Bake approximately 50-60 minutes at 350°.

GREAT GRANDMA'S SWEET BAKED BEANS

Dubuque B.P.W.

2 lbs. dry navy pea beans
1 tsp. baking soda
½-¾ lb. meaty salt pork (rind trimmed off, and finely cubed)
2 C. granulated sugar
1 T. yellow prepared mustard
½ tsp. each salt and pepper

Wash beans, soak in 3-inches to 4-inches cold water overnight. In same water, add soda and bring to boil. Drain and rinse well in colander. Add water to cover, bring to boil again, drain and rinse real well again. Cover with water twice the depth of beans, bring to boil, reduce heat a little, add salt pork and gently boil 45 minutes to 1 hour until beans are tender, adding water if necessary to keep well covered. When beans are very tender, add sugar, mustard, salt and pepper. Mix well. Turn into a large and small casserole, covering with bean liquid. Reserve extra bean liquid. Bake uncovered at 325° for 4 hours. Stir once after 2 hours. Add reserve liquid and some water if needed to keep beans moist, yet allow to thicken and lightly brown as they bake. Keeps several days in refrigerator or freeze. To reheat, just add a little water and heat in saucepan or microwave. Serves 10-12.

MEANY REANY'S BAKED BEANIES

Dorothy Hensen
Fort Madison B.P.W.

1 medium can baked beans (undrained)
1 can French cut green beans (well drained)
1 can red kidney beans (half-drained)
1 can butter beans (drained)
3-4 slices snipped bacon
1 medium onion (chopped)
1 medium green pepper (chopped)
¾ C. brown sugar
½ bottle chili sauce

Combine 4 kinds of beans. Fry bacon, onion, and green pepper until limp. Add fried mixture, sugar, and chili sauce to beans. Bake for 45 minutes or longer until some liquids are absorbed and beans are all bubbly. This is good fixed in a slow cooker and cooked all day.

STOVE-TOP BAKED BEANS

N. Franklin, Fairfield B.P.W.

2 T. salad oil
1 large onion (chopped)
¼ C. bottled Russian salad dressing
3 T. dark brown sugar
3 T. prepared mustard
1 (15-19 oz.) can each red kidney beans, baked beans, black-eyed beans, lima beans or any combination you like
½ tsp. salt

Cook onion in hot salad oil in Dutch oven or saucepan over medium heat until tender and lightly browned, stirring occasionally. Stir in Russian dressing, brown sugar, mustard, and salt until blended. Add beans; cook until blended and heated through, stirring occasionally.

SWEET AND SOUR BEANS

Connie Fry, Indianola B.P.W.

8 strips bacon
4 large onions
1 can Boston baked beans
1 can lima beans
1 can butter beans
1 can red kidney beans
¾ C. brown sugar
½ C. vinegar

Fry bacon. Slice onions and fry in bacon grease. Drain lima, butter and red kidney beans. Mix all beans and onions together. Add brown sugar and vinegar. Bake 1 hour at 350°.

COMPANY GREEN BEANS

Sibyl Yackshaw, Clinton B.P.W.

2 (9½ oz. ea.) pkgs. frozen French style green beans
1 (3 oz.) can French fried onions
1 can condensed cream of mushroom soup

For Microwave: Place beans in 2-qt. casserole. Cover with lid. Cook at High 9-11 minutes. Stir twice. Stir in soup and ½ onion pieces. Top with remaining pieces. Cook at High 6-8 minutes. Let stand 3 minutes before serving.

GREEN BEAN CASSEROLE

Cindy Bates, Fort Madison B.P.W.

1 (15½ oz.) can French style green beans
1 (3½ oz.) can French fried onions
1 can condensed cream of chicken soup
¼ tsp. basil
½ C. grated sharp cheddar cheese
3 slices partially cooked bacon
½ C. milk

Cut up bacon. Mix all ingredients in casserole dish and bake in 350° oven for 30-40 minutes.

FRIED GREEN BEANS

Delores Pollpeter, Fort Madison B.P.W.

2 lbs. fresh green beans (clean and snap)
1 medium to large onion
Eggs (if you wish)
3 T. oil
Salt and pepper to taste

Cook cut-up onion and green beans in large skillet in 3 T. oil until soft and brown (not too brown). Salt and pepper to taste. OPTIONAL: Add about 3-4 eggs at end of frying and scramble with beans.

Praise is the best way to start the day.

SWEET AND SOUR GREEN BEANS

Helen J. Brasfield
Fort Madison B.P.W.

2 (10 oz. ea.) pkgs. frozen green beans
5 slices bacon (cut up fine)
½ C. diced onion
⅓ C. granulated sugar
⅓ C. cider vinegar
1½ tsp. dry mustard

Cook green beans according to recipe on box, drain and set aside. In medium skillet fry cut up bacon, adding onion until bacon is done; stir in sugar, vinegar, and dry mustard. Simmer a few minutes and pour green beans into sauce. Heat thoroughly and serve. Makes 8 servings.

GINGERED BUTTERED BEETS

Roxanne Crail, Fort Madison B.P.W.

¾ tsp. ground ginger
½ C. sugar
1½ T. cornstarch
½ C. cider vinegar
1½ C. sliced cooked beets
2 T. butter
1 T. parsley

Blend ginger, sugar, and cornstarch in heavy saucepan. Gradually add vinegar, stir until smooth. Place saucepan over medium flame. Cook 5 minutes, stirring constantly. Add beets and butter. Lower flame. Simmer gently 10 minutes, stirring occasionally. Serve piping hot, garnished with chopped parsley. Serves 4.

CORN AND BROCCOLI CASSEROLE

Veva Ellett, Perry B.P.W.

1 bag chopped broccoli
1 egg (beaten)*
2 T. melted butter
1 can creamed corn
1 T. grated onion

Mix all but broccoli together. Spread partially thawed broccoli in casserole dish. Pour corn mixture over. Spread ½ C. cracker crumbs over top. Bake at 350° for 45 minutes. *Egg may be omitted.

BROCCOLI-CORN CASSEROLE

Rowena Goodman, Anamosa B.P.W.

1 can cream style corn
1 pkg. frozen broccoli (chopped)
1 egg
Salt and pepper to taste
1 C. crackers
Butter
Bread crumbs

Cook broccoli until just tender; drain and add other ingredients. Put in buttered casserole. Spread some bread crumbs over top and dot with butter. Bake at 375° for 30 minutes.

BROCCOLI SURPRISE CASSEROLE

Mary Jo Hughes
Fort Madison B.P.W.

1 stick oleo
2 small onions
1 small jar Cheese Whiz
1 large pkg. frozen chopped broccoli
2 cans undiluted mushroom soup
2 C. minute rice

Put 1 stick oleo, melted, in bottom of baking dish. Add 2 small onions, minced, and saute. Add 1 small jar Cheese Whiz and 2 cans mushroom soup, undiluted. Sprinkle 2 C. minute rice over top (I stir a little). Add 1 large pkg. frozen chopped broccoli over top of this. Sprinkle with buttered crumbs. Bake about 45 minutes in medium oven.

BAKED BROCCOLI

Tina Krieger, Fort Madison B.P.W.

3 pkgs. frozen broccoli spears
2 T. flour
1 can mushroom soup
1 pkg. croutons
1 bunch green onions (chopped)
½ C. butter
2 stalks celery (diced)
1 can mushrooms (drained)
1 roll garlic cheese

Cook broccoli according to directions on box; drain well and put into a buttered casserole dish. Make a sauce in pan of melted butter. Stir in flour and mushroom soup. Simmer over low heat, add celery, onion and mushrooms. Simmer until tender, about 30 minutes. Add garlic cheese roll and stir until melted. Pour sauce over cooked broccoli. Top with croutons and bake at 350° for 20 minutes.

EASY VEGETABLE CASSEROLE

Dianne Mueller
Fort Madison B.P.W.

2 pkgs. broccoli spears
1 pkg. cauliflower
1 can cream of mushroom soup
1 can cream of chicken soup
1 small jar Cheese Whiz

Cook vegetables separately and place in baking dish. Combine mushroom and chicken soups and cheese. Bake at 350° for 25 minutes. Last few minutes add 1 can French fried onion rings over top.

CHEESY BROCCOLI CASSEROLE

Wilma Walton, Anamosa B.P.W.

8 tsp. margarine
1 C. celery (finely chopped)
1 C. onion (finely chopped)
1 (20 oz.) pkg. frozen broccoli
⅔ C. dry milk
1 tsp. seasoned salt
4 tsp. onion bouillon
½ C. mushrooms
8 oz. Velveeta cheese
4 oz. uncooked rice
½ tsp. garlic salt
1 C. water

Saute celery and onion in margarine; set aside. Cook and drain broccoli. In an 8x10-inch greased baking dish, combine all the above ingredients. Stir well until mixed. Bake at 350° for 30-40 minutes.

SPECIAL BROCCOLI CASSEROLE

Goldie Thompson, Clinton B.P.W.

½ can cream of mushroom soup
½ C. mayonnaise
2 T. chopped onion
½ C. shredded sharp cheese
Salt and pepper to taste
1 egg (well beaten)
1 (10 oz.) pkg. frozen chopped broccoli (thawed)
Buttered crumbs

Combine first 7 ingredients in bowl; mix well. Fold in broccoli. Spoon into greased baking dish. Top with crumbs. Bake at 350° for ½ hour.

BROCCOLI CASSEROLE

Dubuque B.P.W.

2 (10 oz. ea.) boxes broccoli (cooked and drained)
1 small onion (diced)
1 C. celery (diced)
1 stick (½ C.) margarine
1 C. Minute Rice (uncooked)
1 (10¾ oz.) can cream of chicken soup
1 (10¾ oz.) can cream of celery soup
1 (8 oz.) jar Cheez-Whiz
1 (4 oz.) can mushroom pieces
1 (8 oz.) can water chestnuts (sliced)

Saute onion and celery in margarine. Combine all ingredients and bake for ½ hour in a 350° oven.

BROCCOLI CASSEROLE

Beth Hodges, Davenport B.P.W.

20 oz. broccoli (frozen is best)
1 (8 oz.) jar Cheez Whiz
1 can cream of mushroom soup or cream of chicken soup
¼ C. chopped onion
1 C. minute rice
½ C. milk

Mix ingredients in order. Bake at 350° for 60 minutes. If using crock pot, bake on low 4-5 hours, last hour on high.

BROCCOLI-CARROT STIR-FRY

Bev Hinshaw, Indianola B.P.W.

⅓ C. orange juice
1 T. dry sherry
1 tsp. cornstarch
1 T. cooking oil
1 tsp. grated ginger root
1½ C. thinly bias-sliced carrots
1 C. broccoli flowerets
1 T. chopped walnuts

For Sauce: In a bowl, stir together orange juice, dry sherry and cornstarch. Set aside.

Preheat a wok or large skillet over high heat. Add cooking oil (add more cooking oil as necessary during cooking). Stir-fry ginger root in hot oil for 15 seconds. Add carrots and stir-fry for 1 minute. Add broccoli and stir-fry for 3-4 minutes or until crisp-tender. Push vegetables from the center of the wok or skillet. Stir sauce; add to center of wok. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Stir in vegetables and walnuts to coat. Serve immediately. Makes 4 servings.

ITALIAN BROCCOLI CASSEROLE

Maxine Wedge, Clinton B.P.W.

2 (10 oz. ea.) pkgs. frozen cut broccoli
2 beaten eggs
1 can condensed cheddar cheese soup
½ tsp. dried, crushed oregano
1 (8 oz.) can stewed tomatoes
3 T. grated Parmesan cheese

Cook frozen broccoli in unsalted water 5-7 minutes or until tender; drain well. Combine eggs, cheese soup and oregano. Stir in stewed tomatoes and cooked broccoli. Turn mixture into a 10x6x2-inch baking dish. Sprinkle with Parmesan cheese. Bake uncovered in 350° oven for 30 minutes or until completely heated through. Serves 6-8. Can be easily adapted to microwave.

BROCCOLI AND CORN BAKE

Irma Burgeson, Spencer B.P.W.

1 (16 oz.) can cream style corn
1 (10 oz.) pkg. frozen chopped broccoli
½ C. saltine crackers (12 crackers)
2 T. butter (melted)
½ tsp. salt
Dash of pepper
1 T. instant minced onion
1 egg

TOPPING:
6 crackers (crushed)
1 T. melted butter

In a bowl mix the corn, crackers, beaten egg, onion, 2 T. melted butter, salt and pepper. Add the chopped broccoli that has been cooked and drained. Pour into buttered 1-qt. baking dish and top with the 6 crushed crackers which have been mixed with the 1 T. melted butter. Bake at 350° for 35-40 minutes. Serves 6.

BROCCOLI AND RICE CASSEROLE

Laura Silver, Clarinda B.P.W.

2 pkgs. broccoli (chopped)
8 oz. jar Cheese Whiz
¼ lb. oleo
1 C. mushroom soup
¾ C. uncooked minute rice

Cook rice, combine other ingredients. Put in greased pan. Bake at 350° for 30-40 minutes.

BROCCOLI-RICE CASSEROLE

Dubuque B.P.W.

2 C. cooked rice (not instant)
3 T. butter/oleo
10 oz. box chopped broccoli
1 can cream of chicken soup
1 soup can milk
1 (8 oz.) jar Cheez-Whiz
1 C. chopped onion
1 C. chopped celery

Thaw broccoli in 1 C. boiling water. Saute onions and celery in butter, add Cheez-Whiz, milk, cooked rice, soup, and thawed broccoli (drained). Bake 30-40 minutes in greased casserole dish. Bake at 350° unless using a glass dish, then 325°. Makes 10 generous servings. Can be made ahead and then baked next day. Leftovers freeze well.

HAWAIIAN BROCCOLI CASSEROLE

Felva Farnsworth
Centerville B.P.W.

2 boxes or 1 large bag frozen broccoli
½ C. chopped celery
1 can cream of mushroom soup
¾ C. sour cream
1-2 oz. pimento (opt.)
¼ C. shredded sharp cheese
1 tsp. salt
½ tsp. pepper

Cook broccoli and celery until almost done, drain. Combine all ingredients and put into a greased 1½-qt. casserole dish. Bake at 350° for 20-30 minutes. Serves 6-8 people.

CAULIFLOWER AND BROCCOLI WITH RICE

Dixie Lair
Ft. Madison B.P.W.

2 C. cooked rice
1 pkg. chopped frozen broccoli (thawed and drained)
1 pkg. frozen cauliflower (thawed and drained)
3 T. oleo
¼ C. onion (chopped)
½ C. milk
1 can cream of mushroom soup
1 (8 oz.) jar Cheese Whiz

Saute onions in oleo. Add soup, milk, and Cheese Whiz. Add broccoli, cauliflower, and rice. Mix together and put in a casserole dish. Cover and bake 50-60 minutes at 350°.

BROCCOLI POULETTE

Dubuque B.P.W.

(Broccoli With Poulette Sauce)

1 bunch broccoli
Salt and pepper
4 T. margarine
1 T. flour
1 egg yolk
Juice of half lemon
2 T. heavy cream or milk

Trim tough stalks and leaves off broccoli. Put in large pan of boiling salt water and cover and simmer over low heat 15 minutes or until tender. Lift broccoli carefully into colander to drain. Set liquid aside and keep warm. Melt margarine in small pan and take off heat. Stir in flour to make a roux. Gradually blend in 1¼ C. broccoli liquid. Bring to boil over low heat and simmer 10 minutes. Beat egg yolk with 1 T. lemon juice and 1 T. hot sauce. Remove sauce from heat and blend in egg mixture. Stir in cream. Keep sauce warm but do not boil or it will curdle. Season with salt and pepper and lemon juice. Put broccoli in warm dish and pour over sauce.

VEGETABLE HOT DISH

Hope McCown, Iowa Great Lakes B.P.W.

1 (16 oz.) frozen pkg. mixed vegetables (broccoli, cauliflower, carrots; thaw and drain)
1 can cream of mushroom soup
1 C. shredded Swiss cheese
⅓ C. sour cream
1 small jar red pimentoes (chopped)
Pepper to taste
½ C. French fried onions

Mix all ingredients together. Place in 1-qt. casserole. Bake at 350° for 30 minutes, uncovered. Add (on top) remaining can of French fried onions and an additional ½ C. shredded Swiss cheese. Bake an additional 5 minutes. Serves 6.

For Microwave: Follow directions but cook covered on High for 8 minutes. Turn halfway through cooking. Top with same ingredients. Cook an additional 1 minute without covering.

CALIFORNIA BLEND VEGETABLES

Delores Sisul, Centerville B.P.W.

20 oz. pkg. California Blend vegetables
Cheese slices (American or your choice)
24 crushed Ritz crackers
1 stick melted margarine

Cook vegetables 2 minutes, drain and put into a buttered glass pan. Cover with cheese slices. Sprinkle with crushed crackers. Pour melted margarine over crackers. Bake at 350° for 30 minutes.

VEGETABLE CASSEROLE

Elsie Albertson, Centerville B.P.W.

3 boxes frozen mixed vegetables
1 can mushroom soup
1 stick oleo (cutup)
½ lb. Velveeta cheese (diced)
3 slices bread (broken in pieces)

Mix all together. Place in greased casserole dish. Bake 2 hours at 300°.

CHEESE-VEGETABLE CASSEROLE

Joan McPherson
Fort Madison B.P.W.

1 (8 oz.) pkg. broccoli
1 (8 oz.) pkg. cauliflower
1 (8 oz.) pkg. brussel sprouts
1 small jar Cheez Whiz
1 can mushroom soup
Cracker crumbs

Cook three vegetables, drain, and add together. Add 1 jar (small) Cheez Whiz and 1 can mushroom soup, mixed. Place cracker crumbs on top. Bake at 350° for 25 minutes.

VEGETABLE CASSEROLE

Teresa Schwarz, Davenport B.P.W.

1 pkg. frozen vegetables (broccoli, carrots, cauliflower)
1 can cream of mushroom soup
1 C. milk
1 C. Minute Rice
2 T. margarine
Dash salt and pepper
½ small jar Cheez Whiz or to taste

Cook vegetables according to package directions; drain. Mix all ingredients in large bowl. Pour into greased quart casserole baking dish. Bake, uncovered, at 350° for 30-45 minutes. Stir and serve hot.

SERBIAN CABBAGE

Delores Sisul, Centerville B.P.W.

1 medium head cabbage (shredded)
1 (13 oz.) can evaporated milk
½ C. margarine
1 C. bread or cracker crumbs

Place shredded cabbage in a shallow 4-qt. casserole. Pour milk over cabbage, sprinkle with crumbs and dot with margarine. Cover, bake in preheated 350° oven for 30 minutes. Uncover and bake 30 minutes more or until crumbs are lightly browned and cabbage is tender. Serves 6.

CABBAGE CASSEROLE

Mavis J. Whitmire, Fort Madison B.P.W.

4 C. shredded cabbage
1 can cream of potato soup
½ C. water
1 C. (about) grated cheese
Croutons or bread crumbs

Put in greased casserole. Bake at 350° until cabbage is done. Put croutons or bread crumbs on top and brown.

CARROT CASSEROLE

Terri Davis, Mt. Pleasant B.P.W.

4 C. carrots (slice into ¼-inch pieces)
1 C. Velveeta (cut up)
1 medium onion (diced)
¼ C. butter
Potato chips

Cook carrots for 5 minutes (they don't have to be done). Drain. Lay carrots in bottom of 8x9-inch casserole dish. Add onions. Dot with butter. Sprinkle on cheese, then add crushed potato chips. Bake for 30 minutes at 350° or until carrots are tender.

CANDIED CARROTS

Dubuque B.P.W.

4 or 5 carrots
¼ C. white sugar
1 tsp. parsley or dill
¼ C. margarine
Salt and pepper to taste

Cook sliced carrots in water until tender; drain. To every 4-5 carrots you cook, add about ¼ C. white sugar, ¼ C. margarine, little salt and pepper. Shake and keep over low heat a few minutes until sugar dissolves and butter melts. Add a little parsley or dill also (1 tsp. or so.)

CELEBRITY CARROT CASSEROLE *Maxine Boettger, Clinton B.P.W.*

1 (24 oz.) pkg. sliced carrots
1 (20 oz.) pkg. small onions
½ C. golden seedless raisins
½ C. butter (1 stick)
½ C. orange juice

Preheat oven to 300°. Butter large baking dish. Cook carrots and onions separately following directions on package. Add raisins to carrots last 5 minutes of cooking; drain. Combine vegetables, mix lightly. Melt butter in small skillet. Stir in orange juice. Spoon vegetables into casserole. Pour butter over vegetables. Bake at 300° until heated through.

CARROT RING *Margaret Gideonsen, Clinton B.P.W.*

2 C. diced, cooked carrots
½ tsp. minced onion
1 tsp. salt
1/8 tsp. pepper
3 eggs (well beaten)
1 C. milk

Combine ingredients. Pour into buttered ring mold. Bake at 350° for 40 minutes. Unmold and fill with seasoned cooked peas. Serves 6.

CARROTS JULIENNE *Ruth Ketcham, Spencer B.P.W.*

2 lbs. carrots

Cook until barely tender. Cut carrot lengths into narrow strips and arrange in a 9-inch casserole.

SAUCE:
½ C. mayonnaise
1 T. minced onion
1 T. horseradish

Combine and pour sauce over carrots.

TOPPING:
½ C. crushed crackers or Pepperidge seasoned stuffing
2 T. melted oleo
2 T. parsley
Paprika

Sprinkle topping on casserole. Bake 20 minutes at 375°.

COPPER COIN CARROTS

Sally Merical, Centerville B.P.W.

2 lbs. carrots
1 raw onion
¾ C. sugar
½ C. vinegar
⅓ C. oil
1 can tomato soup

Slice, cook and chill carrots. Slice onion and mix with carrots after cooling. Bring to a boil sugar, vinegar, oil and tomato soup until sugar is dissolved. Cool and pour over carrots. Chill 8 hours before serving.

CAULIFLOWER ORIENTAL

Carol Bottin, New Hampton B.P.W.

1 medium head cauliflower (broken into pieces)
2 T. water
½ onion (chopped)
1 T. butter or margarine
1 tsp. instant chicken bouillon
1 C. boiling water
1 T. cornstarch
1 T. soy sauce
Dash pepper

Place cauliflower and water in 2-qt. casserole. Cook in microwave oven, covered, on full power for 8-10 minutes, or until tender. Let stand, covered. Combine onion and butter in 1-qt. casserole. Cook in microwave oven on full power for 3-4 minutes, or until vegetables are tender. Stir halfway through cooking time. Dissolve bouillon in water. Blend in cornstarch, soy sauce and pepper. Pour into onion mixture. Cook in microwave oven on full power for 2 minutes, or until thickened. Stir halfway through cooking time. Drain cauliflower. Place in serving dish if other than casserole. Spoon sauce over. OPTIONAL: Two 10 oz. ea. pkgs. frozen cauliflower may be used instead of fresh. ½ C. diced celery and 1 T. chopped parsley may be added to onion.

ITALIAN CAULIFLOWER

Mary Hickman, Indianola B.P.W.

1 medium sized head cauliflower
⅓ C. butter
¼ C. fine bread crumbs
¼ C. Parmesan cheese
1 tsp. Italian seasoning
1 tsp. paprika
½ tsp. salt
Dash of pepper

Cut up cauliflower and cook to tender-crisp. Drain well. Melt butter and pour over cauliflower and coat well. Mix bread crumbs, Parmesan cheese, Italian seasoning, paprika, salt and pepper together in a paper sack and shake and mix well. Pour cauliflower into bag and mix well. Put in a 9-inch square baking dish and heat 20 minutes at 350°.

CAULIFLOWER AND BROCCOLI CASSEROLE

Fern Lawson
Fairfield B.P.W.

1 pkg. frozen cauliflower
1 stick margarine

1 pkg. frozen broccoli

TOPPING:
1 C. Velveeta cheese (cubed)

1 can cream of chicken or cream of mushroom soup

Cook cauliflower and broccoli and put into 9x9-inch baking pan. Combine Velveeta and soup (do not dilute). Pour over vegetables. Melt margarine and soak 3-4 slices cubed bread. Layer bread pieces over top. Bake at 375° for 30 minutes or lightly brown. Add French fried onions on top if desired.

CELERY CASSEROLE

Sandra Hopson, Mt. Pleasant B.P.W.

4 C. celery
1 can cream of chicken soup
¼ C. diced pimento
1 can sliced water chestnuts
1 C. soft bread crumbs
¼ C. slivered almonds
2 T. butter

Cut celery in 1-inch slices and cook in salted water until crisp (about 8 minutes), drain. Mix celery, soup, pimento, and water chestnuts together. Pour into 1-qt. casserole dish. Melt butter and toss with bread crumbs and almonds. Sprinkle over casserole. Bake at 350° for about 35 minutes or until bubbly.

CELERY CASSEROLE

Margaret Gideonsen, Clinton B.P.W.

4 C. celery (cut in 1-inch pieces = 1 whole stalk)

Cook for 5 minutes; drain. Place in buttered casserole.

FOLD IN:
1 C. drained water chestnuts (sliced)

1 small jar pimento with juice
½ C. slivered almonds

Bake uncovered 30 minutes at 350°. Serves 6. Excellent!

CORN CASSEROLE

Betty Jo Calloway, Jefferson B.P.W.
Elsie Albertson, Centerville B.P.W.
Thelma Heitsman, Corning B.P.W.
Margaret Gideonsen, Clinton B.P.W.

1 can creamed corn
1 can whole kernel corn (drained)
2 eggs (beaten)
1 stick butter (cut up)
1 C. sour cream
4 T. chopped onion
1 box Jiffy cornbread mix
Salt and pepper
*Add cheddar cheese (opt.)

Mix all together. Bake in a greased 8x8-inch casserole at 350° for 45 minutes to 1 hour.

ELEGANT SCALLOPED CORN

Phyllis Baum, Fairfield B.P.W.

1 (16 oz.) can cream style corn
1 C. cracker crumbs
⅓ C. celery (diced)
¼ C. onion (diced)
¾ C. American or Velveeta cheese (diced)
1 tsp. salt
2 T. green pepper (chopped)
2 eggs (well beaten)
2 T. butter
¼ tsp. paprika
1 C. milk

Combine all ingredients and pour into a greased casserole. Bake in a 350° oven for 50 minutes.

DIFFERENT SCALLOPED CORN

Kathy Anderson, Spencer B.P.W.

1 (4 oz.) stick butter
1 (17 oz.) can creamed corn
1 (17 oz.) can whole kernel corn
1 box Jiffy corn muffin mix
1 (8 oz.) carton sour cream
1 (8 oz.) pkg. shredded Swiss cheese
Salt and pepper to taste

Spray a 3-qt. glass baking dish with Pam or coat with oil. Melt stick of butter in glass dish in microwave. In same dish add remaining ingredients to melted butter, mixing well. Bake at 350° for 30-45 minutes until brown. (Muffin mix will raise up.) Serves 8-10. Leftovers are very good too!

CORN PUDDING

LaVonne Siemers, Iowa Great Lakes B.P.W.

1 can creamed corn
2 eggs (well beaten)
2 T. flour
2 T. sugar
1 tsp. salt
2 tsp. melted butter
Grated cheese (optional)

Melt butter in glass casserole. Stir all ingredients together in same casserole. (May wish to sprinkle cheese on top just before serving.) Microwave on high, stirring often, until heated all the way through. Cover. Microwave on medium until set. Sprinkle with cheese. Let set several minutes before serving.

SCALLOPED CORN

Barbara Carmean, Burlington B.P.W.

2 eggs
8 oz. sour cream
1 can creamed corn
1 can whole kernel corn (drained)
1 box Jiffy corn muffin mix
1 stick butter

Mix eggs, sour cream and both cans of corn together. Add the corn muffin mix and beat. Pour into greased 9x13-inch pan and slice butter across top. Bake in a 350° oven for 45-60 minutes. (Should be golden brown on top.)

INDIAN CORN

Jean Jinkens, Keokuk B.P.W.

1 can creamed corn
1 stick melted butter
2 eggs
1 can whole kernel corn
¼ C. sour cream
1 pkg. Jiffy cornbread mix

Mix all the above. Pour into 8x8x2-inch pan and bake at 350° for 45-50 minutes or until set in middle and brown on top.

CORN CASSEROLE

Darlene Swanson, President, Red Oak B.P.W.

1 can cream style corn
2 C. Ritz crackers (broken up)
8 slices bacon (cut in half)
Salt and pepper

Pour corn into 10-inch round baking dish. Sprinkle crackers over top. Salt and pepper to taste. Top with ½ slices of bacon in spoke pattern. Bake at 350° for 15-20 minutes (until bacon is done).

CORN MUFFIN CASSEROLE

Carol Ehlers, Davenport B.P.W.

4 eggs
1 (12 oz.) can creamed corn
1 (12 oz.) can whole kernel corn (drained)
1 C. sour cream
½ C. melted margarine
1 (8½ oz.) pkg. Jiffy cornbread mix
1 C. shredded cheddar cheese
Salt to taste
Pepper to taste

Beat eggs slightly. Stir in both cans of corn, sour cream, melted margarine, and seasonings to taste. Fold in corn muffin mix and shredded cheese. Place in a 3-qt. buttered baking dish. Bake at 350° for 60 minutes. Casserole is done when golden brown on top. Test for doneness by putting a knife in casserole. Should come out clean!

SKILLET CORN

Fern Lawson, Fairfield B.P.W.

2½ oz. (1 C.) dried beef (chopped)
2 T. chopped onion
2 T. butter or margarine
1 T. flour
1 large can cream style corn
½ C. shredded cheddar cheese or Cheese Whiz
2 T. minced green pepper
¾ C. milk

Lightly fry beef and onion in melted butter until beef begins to curl. Stir in flour. Add milk; cook, stirring until thickened. Add corn. Heat, add cheese and green pepper. Stir over low heat just until cheese melts. Serve at once over buttered toast. Serves 4-5.

CHEESE EGGPLANT

Centerville B.P.W.

1 eggplant (seeded, peeled, diced and cooked in a small amount of water)
1 large onion (chopped)
¼ lb. grated cheddar cheese
18 soda crackers (rolled)
1 can mushroom soup
2 eggs (beaten)
Sage and salt to taste

Bake in a greased loaf pan at 350° for 45 minutes.

EGGPLANT-STUFFED PEPPERS

Delores Pollpeter
Fort Madison B.P.W.

1 large eggplant (peeled and cut into bite-size pieces)
2 T. oil
3 garlic cloves (minced)
1 C. flavored bread crumbs
½ C. fresh basil (chopped fine)
½ C. grated cheese
½ lb. sliced mozzarella
Pepper to taste
½ C. fresh parsley
4 bell peppers (cut in half lengthwise seeded, pith removed and parboiled)

Saute pieces of eggplant in the oil, with the minced garlic, until eggplant is very soft (about 30 minutes). Stir in the bread crumbs until all are moistened. Sprinkle in half of fresh basil. Add the grated cheese, pepper and parsley. Place parboiled peppers in baking pan with ½ C. water. Fill each pepper halfway with eggplant mixture, place slice of mozzarella in center of each and cover with more of eggplant mixture. Bake at 350° for approximately 1 hour. Sprinkle tops with a little more basil and grated cheese. Top with marinara sauce.

ONION CASSEROLE

Virginia Poffenberger, Perry B.P.W.

2½ lbs. medium bermuda onions or 3 (8 oz. ea.) cans onions
2 T. sherry wine
1 C. mushrooms (chopped) or 2 cans
Pinch thyme
½ C. chopped celery
½ tsp. marjoram
1 T. Almo Zestful seasoning

CREAM SAUCE:
5½ T. butter
1½ C. milk
2 T. (heaping) flour

LAYER:
½ lb. grated cheddar cheese
⅓ box Club Crackers (crushed; one of the individual pkgs.)

Place onions, sherry wine, celery, mushrooms, and seasonings in bowl and mix well. Prepare the cream sauce by blending the flour into the melted butter and adding the milk. Cook slowly until thick. Pour over onion mixture and fold to mix. Butter the casserole dish. Place layer of onions, layer of cracker crumbs, cheddar cheese. Continue until all the mixture is used ending with cracker crumbs and cheese and paprika. Bake at 325° for 30-45 minutes.

PATIO ONIONS

Ruth Ketcham, Spencer B.P.W.

4 large sweet onions
2 tsp. brown sugar
2 T. oleo
Salt
Paprika
Aluminum foil

Peel onions and place each in a square of foil. Put a dot of oleo, ½ tsp. brown sugar, dash salt, and paprika on each onion and twist foil closed. Cook on grill until sides are soft when pressed. May be baked in the oven, about 1 hour. Serves 4.

CREAMED ONIONS

Florence Johnson, Spencer B.P.W.

24 small raw onions (about 4 C., if desired)
1 C. diced celery
4 T. butter or oleo
2 T. (or less) flour
1 tsp. salt
Dash pepper
½ C. light cream
1 C. milk
½ C. slivered almonds
Paprika
Parmesan cheese (if desired)

Use 1½-qt casserole. Serves 8. Cook onions in slightly salted water until barely tender (no more). Cook celery until barely tender (no more). Melt butter, stir in flour, salt and pepper. Add milk, stir, and heat until slightly thickened (will thicken in oven). Stir well. Make two layers: onions, celery, almonds and sauce. (Add paprika and cheese.) (I like to melt longhorn cheese in the white sauce.) Cook ½ hour in 325° oven until slightly brown and bubbly.

SCALLOPED PARSNIPS

DeLoris Albright, Grundy Center B.P.W.

1 bag parsnips
Buttered cracker crumbs
Medium white sauce

Peel and slice the parsnips crosswise. Cook in salted water until crisp-tender. Drain and add to white sauce. Place in buttered casserole. Cover with buttered crumbs. Bake at 350° for ½ hour.

TASTY PEAS

Sibyl Yackshaw, Clinton B.P.W.

2 (10 oz. ea.) pkgs. frozen peas
½ C. sliced green onions
1 (19 oz.) pkg. instant chicken broth
2 tsp. chopped fresh mint
Dash pepper
¼ head lettuce (finely shredded)

In 3-qt. casserole, combine peas, onion, chicken broth, mint and pepper. Cover with lid. Cook at High 8-9 minutes. Stir twice. Add lettuce. Cover. Cook at High 3-4 minutes. Stir once. Let stand covered 3 minutes before serving. Serves 6.

HASH BROWN CASSEROLE

Diane Kopsa, Grundy Center B.P.W.
Shirley Dennis, Clinton B.P.W.

1 (No. 2) pkg. Mr. Dell's hash browns
1 can cream of chicken soup
1 soup can milk
1 C. shredded cheddar cheese
8 oz. container sour cream
1 stick margarine (melted)

TOPPING:
1 C. corn flakes
½ C. margarine

Put hash browns in 9x13-inch pan. Combine other ingredients and pour over hash browns. Sprinkle on top with 1 C. crushed corn flakes mixed with ¼ C. melted butter or margarine. Bake at 350° for 30-40 minutes. Serves 12.

EASY POTATOES

Nancy Exline, Centerville B.P.W.

4 potatoes (washed and quartered)
Parmesan cheese
1 stick oleo

Melt butter in 9x14-inch pan, spread potatoes in bottom of pan and sprinkle with cheese. Bake 35-40 minutes in hot oven. Goes good with fish fries!!!

MAKE AHEAD MASHED POTATOES

Margaret Gideonsen
Clinton B.P.W.

5 lbs. potatoes
6 oz. cream cheese
1 C. sour cream
2 T. butter
2 tsp. onion salt
1 tsp. salt
¼ tsp. pepper

Cook and mash potatoes. In mixer blend in rest of ingredients. Can be stored up to 2 weeks in refrigerator or freezer. When ready to use, simply heat in oven.

MASHED POTATO PATTIES

Dubuque B.P.W.

Cold mashed potatoes
¼ C. milk
1 egg

Make patties from cold mashed potatoes. For about 4 patties, mix 1 egg with ¼ C. milk with a fork. Dip pattie in egg mix, put into medium hot skillet with 2 T. melted butter. If you have extra egg mix, poke holes in top of patties and pour egg mix over. Fry until brown, turn over and brown on other side.

POTATO CASSEROLE

Joan McPherson, Fort Madison B.P.W.

1 (32 oz.) pkg. frozen hash browns
½ C. onion (chopped fine)
2 C. grated cheddar cheese
1 C. cream of chicken soup
½ C. melted margarine
1 pint sour cream
5 C. corn flakes (crushed)

Mix first 6 ingredients using ½ of the margarine. Put mixture in 9x13-inch baking pan. Mix remaining margarine with corn flake crumbs and top potato mixture. Bake 1 hour at 350°.

CROCK POT BAKED POTATOES

Rose Hess, Waverly B.P.W.

4 baking potatoes
1 small jar Cheez Whiz

Wash potatoes and coat with cooking oil. Place prepared potatoes in crock pot in morning. For evening meal, open small jar of Cheez Whiz and heat in microwave. Serve baked potatoes with cheese sauce. Makes 4 servings.

ESCALLOPED POTATOES

Felicia Eby, Centerville B.P.W.

2 lbs. frozen hash browns (thawed)
1 can cream of potato soup
1 can cream of celery soup
1 can milk
1 C. sour cream
4 oz. Velveeta cheese
Salt and pepper

Mix together and bake 1 hour or until done at 350°.

SCALLOPED POTATOES

Dubuque B.P.W.

1 can cream of mushroom soup
1 can milk
Raw sliced potatoes
Sliced onions
Butter
Cheese (opt.)

Mix 1 can cream of mushroom soup with 1 can milk and heat. Layer raw sliced potatoes and onions in casserole dish. Add salt and pepper to taste. Pour milk and mushroom soup mixture over potatoes and onions. Place several pats of butter on top and add shredded cheese. Bake in 350° oven until potatoes are tender.

MICROWAVE POTATOES

Wanda Eickemeyer, Clarinda B.P.W.

Potatoes
Garlic powder
Parsley
Margarine
Pepper

Slice peeled or unpeeled potatoes into glass baking dish, 1-2 layers deep. Sprinkle with garlic powder. Shake on parsley. Dot with margarine. Sprinkle with pepper and salt if not on salt-free diet. Size of baking dish depends on how many eating. Everything else added to taste. Cover with plastic wrap. Leave corner open. Microwave on High until done, turning dish after 3 minutes and stirring potatoes.

SOUR CREAM POTATO CASSEROLE *Ann Shackelford, Perry B.P.W.*

2 lbs. frozen hash browns
½ C. melted butter
1 pint sour cream
2 C. grated American or cheddar cheese
1 can cream of chicken or cream of mushroom soup
1 tsp. salt
½ tsp. pepper
2 T. onion

Thaw potatoes; mix all ingredients together. Put into greased 9x13-inch casserole dish. Bake 45 minutes at 350°.

EASY HASH BROWN POTATO BAKE *Carol Parks, Spencer B.P.W.*

1 lb. pkg. hash browns
1 can cream of potato soup
½ C. sour cream or cream cheese or Cheese Whiz
2 small chopped onions
½ tsp. salt
¼ tsp. pepper
Paprika (sprinkle)

Place potatoes in 2-qt. casserole. Cover and microwave on high for 5 minutes. Stir in remaining ingredients. Sprinkle with paprika. Cook on roast in microwave 14 minutes. Let stand covered 12 minutes. (Cook longer if necessary, depending on strength of microwave.)

PARSLEY MASHED POTATOES *Lorraine Treimer, Spencer B.P.W.*

8-10 potatoes
½ pint sour cream
8 oz. pkg. cream cheese
½ tsp. parsley flakes
1 tsp. salt
½ tsp. pepper
1/8 C. milk

Cook and mash potatoes. Mix and put in buttered baking dish. Dot with butter and sprinkle with paprika. Bake uncovered at 350° for 45 minutes, or covered at 400° for 15 minutes and uncovered for 15 minutes. Can be prepared in advance, refrigerated and baked later. Leftovers warm nicely in the microwave.

GOURMET POTATOES

Lorena M. Bolin, Indianola B.P.W.

6 medium potatoes
2 C. cheddar cheese (shredded)
½ C. butter or margarine
1¼ C. sour cream
⅓ C. chopped onion
1 tsp. salt
Paprika

Cook potatoes in skins. Peel and shred coarsely. In saucepan, over low heat, combine cheese and butter. Stir until melted. Remove from fire and blend in sour cream, onion, salt and pepper. Fold in potatoes and turn into greased casserole. Dot with butter and sprinkle with paprika. Bake at 350° oven for 30 minutes.

CHEESY POTATOES

Shirley Thompson, Keokuk B.P.W.

1 (2 lb.) bag frozen hash browns (let thaw 2 hours before using)
1 (8 oz.) bag shredded cheddar cheese
1 (8 oz.) carton sour cream
Dash of Beau Monde seasoning
¼-½ C. chopped onions
1 can cream of mushroom or cream of chicken soup
1 stick melted butter (or oleo; save ½ for topping)
Sprinkle of chives and/or dill weed

TOPPING:
1½ C. crushed cereal (corn flakes or Wheaties; can use bread crumbs)
½ stick butter or oleo

Mix all ingredients together. Bake in large glass Pyrex dish, well greased, at 350° for 40 minutes. Or microwave 20 minutes on high. Sprinkle topping on casserole. Bake another 10 minutes in oven, or 5 minutes in microwave.

SUGAR BROWNED POTATOES

Bonnie Modrell, Burlington B.P.W.

3 lbs. potatoes
½ C. sugar
1 T. butter or oleo

Peel and boil the potatoes until done but firm. In a skillet brown the sugar and butter. Cut the potatoes in small chunks or slices and stir to coat. Serve hot.

CHEESEY POTATOES

Judith Bartlett, Fort Madison B.P.W.

7-8 medium potatoes
1 carton Half and Half
1 large pkg. shredded cheddar cheese
1 stick diced butter or oleo
Salt and pepper to taste

Bake potatoes in foil. Let cool completely. Peel. Shred as for hash browns. Combine potatoes, Half and Half, cheddar cheese, butter, and salt and pepper. Mix well. Place in baking dish. Bake uncovered for 1 hour at 350°. May bake potatoes in microwave also.

CHEESY POTATO NUGGETS

Helen J. Brasfield, Fort Madison B.P.W.

½ pkg. frozen hash browns (32 oz.)
1 tsp. salt
¼ tsp. pepper
1 C. sour cream
1 C. grated cheddar cheese
1 C. crushed Shredded Wheat cereal

Preheat oven to 350°. Combine potatoes and sour cream in a bowl. Toss lightly to mix. Spoon mixture into lightly greased 1½-qt. casserole. Sprinkle with salt and pepper. Combine cheese and cereal. Sprinkle over potato mixture. Bake for 30 minutes or until done. Makes 4-6 servings.

FAMOUS POTATOES

Arlene Carlson, Fort Madison B.P.W.

2 lbs. Tater Tots
16 oz. sour cream
2 cans cream of potato soup
2 green onions (cut up)
8 oz. sharp cheddar cheese (shredded)
*4 oz. Cracker Barrel sharp cheese (cubed)

Mix all ingredients except potatoes and Cracker Barrel cheese in large bowl. Add thawed potatoes. Turn into greased 9x13x2-inch pan (uncovered). Bake at 300° for 1½ hours. *Dot cooked mixture with cubed Cracker Barrel sharp cheese and push into top. Put back in oven for 5 minutes or until cheese melts.

HERB-BUTTERED POTATOES AND PEAS

Ernestine Delaney
Fort Madison B.P.W.

1 lb. potatoes (not peeled, chopped)
½ C. butter
¾ tsp. salt
¼ tsp. each marjoram leaves, thyme leaves and pepper
½ bay leaf
1 (10 oz.) pkg. frozen peas

Cover peas and potatoes with water in saucepan. Bring to boil, cover and cook for 10 minutes. Drain water, add butter and seasonings. Cover and cook for 10 minutes more.

ONION-CHEESE POTATOES

Marsha Russell, Fort Madison B.P.W.

5 lbs. peeled and cubed red potatoes
1 (8 oz.) pkg. cream cheese
1 large onion (diced fine)
1 cube of margarine
1 tsp. salt
½ tsp. pepper

In large pan cook peeled and cubed potatoes until tender. Remove and mash with a little less milk than normal. Add salt and pepper, oleo, cream cheese, and diced onion. Heat in microwave on high until heated through, or heat oven at 350° and bake approximately ¾ hour. Can make the day before and refrigerate for use later.

PARTY POTATOES

Ernestine Delaney, Fort Madison B.P.W.

10 medium potatoes
1 (8 oz.) pkg. cream cheese
1 (8 oz.) pkg. sour cream
4 green onions (chopped fine)

Cook peeled potatoes until tender. Beat softened cream cheese and sour cream until fluffy. Add onions and chives. Spoon into greased casserole and brush with melted butter. Bake at 350° for 30 minutes, uncovered.

POTATO PANCAKES

Mavis J. Whitmire, Fort Madison B.P.W.

2 C. raw grated potatoes
¼ C. rich milk
1 egg (lighty beaten)
1 tsp. salt
1-2 T. finely chopped onion (opt.)
2 T. flour
Pepper (opt.)

Drain potatoes and squeeze out moisture. Combine ingredients in order. Drop by spoonfuls in a skillet with hot fat. Pat out thin. Brown on one side, then on other. Serve crisp and hot with butter and syrup.

POTATO PANCAKES

Diane Harris, Fort Madison B.P.W.

4 large potatoes (pared and grated and raw)
2 eggs (beaten slightly)
2 T. flour
¾ tsp. salt
Dash of pepper
¼ C. grated onion

Pat dry the grated potatoes. Measure out 3 C. grated potatoes in a bowl. Combine with eggs, onion, flour, salt and pepper. Fry with oil or butter in heavy skillet. Use 2 T. batter for each pancake, flatten with spatula. Fry 2-3 minutes on each side.

PARTY POTATO CASSEROLE

Pauline Lieg, Fort Madison B.P.W.

2 lbs. hash browns
¼ C. oleo (melted)
1 tsp. salt
¼ tsp. pepper
½ C. chopped onion
1 can cream of chicken soup
10 oz. or 2 C. grated cheese
2 C. crushed corn flakes
¼ C. oleo (melted)
1 pint sour cream

Pull hash browns apart, mix remaining ingredients saving 1 C. crushed corn flakes and ¼ C. oleo for topping. Mix corn flakes and melted oleo and sprinkle on top. This can be mixed the night before and stored in the refrigerator until ready to bake. Bake in large rectangle baking dish at 350° for 45 minutes.

COMPANY POTATOES

Zella Nichols, Fort Madison B.P.W.

6 potatoes (unpeeled)
2 C. cheddar cheese
2 T. butter (melted)
½ tsp. pepper
2 C. sour cream
½ C. green onions
1 tsp. salt

Serves 10-12. Boil potatoes in jackets. Peel, cool and grate. Shred cheese and mix with potatoes. Add sour cream and green onion, salt and pepper. Pour over top 2 T. melted butter and paprika. Bake at 350° until well blended.

SWEET POTATOES AND APPLES

Virginia Privia
Fort Madison B.P.W.

1 qt. sliced, cooked, sweet potatoes
1⅔ C. sliced, pared, tart apples
⅔ C. brown sugar
⅔ tsp. salt
2 T. butter or margarine
1-2 T. water

In casserole put a layer of sweet potatoes, then a layer of apples. Sprinkle each layer with brown sugar, salt, and margarine. Repeat layers. Add water. Bake at 350° for 1 hour.

GOLDEN HARVEST CASSEROLE

Dubuque B.P.W.

2 C. pulp from baked sweet potatoes or yams
2 C. pulp from baked butternut or acorn squash
1 (5½ oz.) can apricot nectar
½ C. brown sugar
2 T. margarine
½ C. chopped pecans
½ C. miniature marshmallows

Mash or mix potatoes and squash together. Mix nectar, sugar and margarine together in separate bowl. Pour half juice mix into potato-squash mix, blend and spread in buttered casserole. With handle of wooden spoon, poke holes about 1-inch apart into casserole, being sure to pour some into each hole.* Bake at 375° for 20-25 minutes, until hot through. Press 2 mini-marshmallows into each hole, return to oven 5-10 minutes, until melted and browned. Serves 4-6. *At this point casserole may be frozen and baked later.

CARAMELED SWEET POTATOES

Evelyn "Lolly" Orozco
Fort Madison B.P.W.

5 medium sweet potatoes
1 C. brown sugar
3 T. flour
1 C. Half and Half
1 tsp. salt
2 T. butter
8 marshmallows
½ C. chopped nuts

Cook sweet potatoes. Drain, cool, peel, and cut in halves. Arrange in greased shallow baking dish. Mix salt, sugar, and flour together. Sprinkle over potatoes. Dot with butter. Add marshmallows and nuts and pour Half and Half over. Bake at 350° for 45-50 minutes.

GLAZED SWEET POTATOES

Mary Jo Dopson, Clinton B.P.W.

1 C. brown sugar
¼ C. water
4 boiled sweet potatoes
3 T. butter

Combine sugar and water and bring to boiling point. Cut potatoes and dip in syrup. Place in baking dish. Pour remaining syrup over potatoes. Dot with butter. Baste while baking at 400° for 15 minutes. Serves 6.

CANDIED SWEET POTATOES

Dubuque B.P.W.

1 large can or 6 fresh cooked and peeled yams or sweet potatoes (yams are best)
⅓-½ C. brown sugar
¼-⅓ C. margarine
¼ C. orange juice

Put all in buttered baking dish and bake uncovered for 20-25 minutes about 350°. Sprinkle marshmallows over top and return to oven until melted and brown, about 5-10 minutes.

Taking joy in living is a woman's best cosmetic.

SWEET POTATO CASSEROLE *Mavis Whitmire, Fort Madison B.P.W.*

2¼ lbs. sweet potatoes (cooked, pared)
6 T. butter or margarine
3 slightly beaten eggs
½ C. sugar
½ C. chopped pecans
½ C. flaked coconut
½ C. orange juice
½ tsp. salt
½ tsp. vanilla
10 marshmallows

Mash potatoes. Stir in butter. Beat in eggs and sugar. Stir in pecans, coconut, orange juice, salt and vanilla. Turn into 1½-qt. casserole. Bake uncovered at 350° for 30 minutes. Top with marshmallows. Return to oven until marshmallows are golden brown, about 10 minutes. Makes 8-10 servings.

SWEET POTATO CASSEROLE *Connie Kramer, Fort Madison B.P.W.*

POTATO MIX:
4½ C. mashed sweet potatoes
¾ C. sugar
3 eggs (beaten)
¾ tsp. salt
¾ stick margarine
¾ C. milk
2½ tsp. vanilla

TOPPING:
½ C. brown sugar
⅓ C. flour
⅓ C. melted margarine
1 C. chopped nuts (pecans preferred)

Mix potato mix ingredients until smooth. Place in 8½x11-inch dish. Mix topping until crumbly and sprinkle over potato mix. Bake at 350° for 35 minutes.

ORANGE GLAZED YAMS *Helen J. Brasfield, Fort Madison B.P.W.*

6 large yams
2 C. orange juice
½ C. granulated sugar
½ C. brown sugar
2 T. cornstarch
4 T. butter

Boil yams in their jackets until tender. Cool and remove jackets. Slice and place in oblong baking dish. Prepare sauce by combining juice, sugar, cornstarch, and butter. Cook gently until thick. Pour sauce over sliced yams. Bake uncovered at 350° for 20-30 minutes.

SAUERKRAUT CASSEROLE

Susan Reed, Fort Madison B.P.W.

½ lb. bacon (cut in 1-inch pieces)
1 large can or bag sauerkraut
1 medium-large onion
¾ C. brown sugar
1 (No. 303) can chopped tomatoes or 1 pint home-canned

Brown bacon; remove. Brown onion until limp. Drain off excess drippings. Return bacon and onion to large skillet. Add sauerkraut; heat. Add ¾ C. brown sugar or to taste. Heat until all mixed. Turn into a 2-qt. casserole and pour chopped tomatoes over mixture. Bake at 300° for 1-2 hours, the longer and slower it bakes, the better it gets. Stir often. Bake until juice is cooked down.

SWEET AND SOUR KRAUT

Dixie Lair, Fort Madison B.P.W.

½ lb. bacon
1 C. brown sugar
1 large can sauerkraut
1 large onion
1 large can tomatoes
Salt and pepper to taste

Chop bacon and onion and saute until bacon is just done. Mix this with other ingredients, place in buttered casserole, and bake 2 hours at 325°.

STUFFED BAKED SQUASH

Mavis J. Whitmire, Fort Madison B.P.W.

Acorn squash as desired (halved and cleaned)
1 sausage patty for each squash half
1 tsp. water
1/8 tsp. salt
1 tsp. brown sugar
Bread dressing of your choice

Into each squash half put water, salt and brown sugar as above. Stuff each with bread dressing. Bake ½ hour in 370° oven. Place sausage patty on top of each. Continue baking another ½ hour or until squash is done.

BAKED STUFFED BUTTERNUT SQUASH

Nancy Baugher
Keokuk B.P.W.

2 small squash
½ C. grated carrots
¼ C. seedless white raisins
¼ C. frozen apple juice concentrate
¼ tsp. ground ginger
¼ tsp. nutmeg

Prepare squash. Mix other ingredients. Fill squash cavities. Place in baking pan. Bake uncovered at 350° for 40 minutes.

SQUASH CASSEROLE

Etta June Schmerse, Spencer B.P.W.

1 pkg. frozen squash (thawed)
1 (No. 303) can applesauce (1¾ C.)
2 T. brown sugar (or to taste)
¼ C. melted margarine
½ C. evaporated milk
¼ tsp. nutmeg
½ tsp. salt
2 beaten eggs
2 T. slivered almonds
2 slices soft bread cubes

Fry bread cubes in the margarine. Mix all together and bake in a 1½-qt. casserole at 375° about 45 minutes.

PEACH SQUASH CASSEROLE

Dubuque B.P.W.

1 C. brown sugar
1 tsp. ground cinnamon
4 T. margarine
6 fresh peaches (peeled and sliced)
2 acorn or 1 butternut squash (baked, pulp removed)

Mix sugar, cinnamon, margarine in small saucepan. Heat until margarine melted. Pour half of mix in bottom of 2-qt. casserole. Layer half peaches on top. Gently spread squash pulp over top. Arrange remaining peaches on top. Drizzle remaining sugar mix over top. Bake at 350° for 25-30 minutes, until peaches are tender and casserole hot. Serves 4-6.

ZUCCHINI LASAGNA

Cecilia Johnson, Fort Madison B.P.W.

2 T. oil
3 cloves garlic
1 medium onion
½ lb. mushrooms
2 (1 lb. ea.) cans tomatoes
2 (6 oz. ea.) cans tomato paste
½ C. wheat germ (opt.)
1 tsp. oregano
1 tsp. salt
Pepper
2 lbs. zucchini squash
1 (12 oz.) carton cottage cheese
1 lb. mozzarella cheese

Preheat oven to 350°. Saute garlic, onion, and mushrooms in oil for 5 minutes. Cut up tomatoes and add them along with tomato paste to sauteed mixture. Add oregano, salt, and pepper and simmer uncovered for 30 minutes. While sauce is cooking cut zucchini lengthwise, ¼-inch thick and 4-inches to 6-inches long. Steam or cook zucchini about 5 minutes or until tender. Drain. Layer lasagne casserole with ingredients, starting with ½ zucchini as first layer, then cover with ½ sauce. Dot with ½ of cottage cheese, sprinkle with ¼ C. wheat germ (optional), then ½ of the mozzarella cheese. Repeat. Bake 25-30 minutes at 350°. Serves 8.

ZUCCHINI SQUASH CASSEROLE

Helen J. Brasfield
Fort Madison B.P.W.

2 lbs. zucchini squash (cubed)
4 eggs
½ C. milk
1 lb. jack cheese (cubed)
1 tsp. salt
2 tsp. baking powder
3 T. flour
½ C. chopped parsley
1 small can Ortega diced chilies
Bread crumbs
½ cube butter

Cook squash in salt water until tender. Drain well. Mix eggs, milk, cheese, salt, baking powder, flour, parsley, and chilies together. Fold into cooked squash. Butter a casserole dish and put mixture in. Dot with butter and bread crumbs. Bake at 325° for 30 minutes or until set.

SAUTEED ZUCCHINI

Alice Spears, Spencer B.P.W.

1-2 T. butter or margarine
4-5 zucchini squash (thinly sliced)
1 T. chopped chives
Parmesan cheese

Melt butter in Gourmet Chef saute skillet. Add zucchini and chives and saute 4-5 minutes until tender-crisp. Sprinkle with Parmesan cheese.

ZUCCHINI BAKE

Dubuque B.P.W.

2 lbs. zucchini (sliced, 6 C.)
¼ C. chopped onions
1 can condensed cream of chicken soup
1 C. dairy sour cream
1 C. shredded carrots
1 (8 oz.) pkg. herb seasoned stuffing mix
½ C. melted margarine

Cook squash and onions until tender. Combine soup and sour cream, stir in carrots. Fold in drained squash and onions. Combine stuffing mix and margarine. Spread ½ of this mixture in 12x7½x2-inch baking dish. Cover with remaining stuffing mix. Bake uncovered at 350° for 60 minutes.

MICROWAVE ZUCCHINI BOATS

Sibyl Yackshaw, Clinton B.P.W.

2 medium zucchini (about 1¼ lbs.)
1 clove garlic (chopped)
1 medium onion (chopped)
1 stalk celery (chopped)
¼ tsp. basil
¼ tsp. oregano
¼ tsp. salt
1 (8 oz.) can whole tomatoes (drained, chopped)
¼ C. dry bread crumbs
4 T. grated Parmesan cheese

Cut zucchini in half lengthwise and scoop out centers. Chop centers. In medium bowl combine zucchini, garlic, onion, celery, basil, oregano, salt and pepper. Cook at High for 3½-4 minutes. Drain. Add tomatoes, bread crumbs, and 3 T. cheese. Spoon into zucchini shells. Place in 8-inch square dish. Cover with wax paper. Cook at High 7½-8½ minutes. Sprinkle with remaining cheese. Let stand covered 3 minutes before serving. Serves 4.

ZUCCHINI

Joy Lillie, Spencer B.P.W.

6 C. peeled, sliced zucchini or summer squash
1 C. sour cream
1 C. cream of chicken soup
1 C. shredded carrots
1 C. melted butter or margarine
1 pkg. seasoned stuffing mix

Drop squash into salted boiling water for 5 minutes, then drain well. Mix together the sour cream, undiluted soup and carrots, then add zucchini to the mixture. Toss together the melted butter and seasoned stuffing mix until well blended. Put ½ of the stuffing mixture in the bottom of a baking dish; add the vegetable mixture and top with the other ½ of the stuffing mix. Bake ½ hour at 350°.

—SIDE DISHES—

EASY BAKED BEANS

Geraldine Conrad, Fort Madison B.P.W.

2 (16-18 oz. ea.) cans pork and beans
¾ C. brown sugar
1 tsp. dry mustard
6 slices bacon (cut in pieces)
½ C. catsup

Empty one can pork and beans into bottom of greased casserole. Combine sugar and mustard, sprinkle half of mixture over beans. Top with remaining beans. Sprinkle rest of remaining sugar-mustard mixture, chopped bacon and catsup over beans. Bake uncovered in slow oven, 325°, for 2½ hours. Makes 8 servings.

BAKED BEANS

Sue Tackett, Fort Madison B.P.W.

1 gallon pork and beans (114 oz.)
10½ oz. brown sugar
4 oz. Grandma molasses
10½ oz. catsup
1 lb. bacon
1¾ oz. mustard
3 oz. barbecue sauce (hickory flavor)
1⅓ onions (diced)

Brown bacon first, drain. Mix rest of ingredients with bacon. Simmer for 3 hours. Serves 45-50 people.

SAVORY BAKED BEANS

Susan Reed, Fort Madison B.P.W.

4 slices bacon
½ C. chopped onion
2 (16 oz. ea.) cans pork and beans in tomato sauce
2 T. brown sugar
1 T. Worcestershire sauce
1 tsp. prepared mustard

Cook bacon until crisp; drain, reserving 2 T. drippings in skillet. Crumble bacon. Cook onion in reserved drippings until tender; add with bacon to remaining ingredients; mix well. Top with additional bacon, if desired. Bake uncovered in 1½-qt. casserole in 325° oven for 1½-1¾ hours.

CHILE RELLANO

Elaine Forsythe, Centerville B.P.W.

1 large can green chile strips
1 lb. Monterey cheese
5 eggs
¼ C. flour
½ tsp. salt
Dash of pepper
4 C. mild cheddar cheese (grated)

Slit chilies lengthwise on one side, remove seeds and drain. Slice Monterey cheese in ¼-inch slices and place inside chilies. Place, stuffed, in ungreased 9x13-inch cake pan. Spread grated cheese over peppers. Mix 5 eggs, ¼ C. flour, salt and pepper and beat until foamy. Spread over chile/cheese. Bake approximately 30 minutes at 350°.

GREEN CHILI FRITTERS

Joan McPherson, Fort Madison B.P.W.

1 egg
1¼ C. buttermilk
1 C. cornmeal
3 tsp. baking powder
1 tsp. salt
½ tsp. soda
¼ C. Mazola Oil
1 C. green diced chilies
¾ C. grated cheese
¼ C. grated onion

Beat egg. Add remaining of above items. Stir well. Fry in oil and drain on paper towels.

FRESH CORN FRITTERS

Floy Akin, Spencer B.P.W.

Fresh corn on the cob
Egg
Salt
Butter

Score the kernels by running a sharp knife down the center of each row. Press out the pulp with a dull knife. For each cup of pulp, add 1 egg and salt to taste. Beat together and drop by tablespoons onto a hot skillet. When browned on one side, turn over and brown the other side. Eat warm, with plenty of butter.

EASY MACARONI AND CHEESE

Maureen Merrill, Fort Dodge B.P.W.

1 can cream style corn
1 can whole kernel corn
1 C. cubed Velveeta cheese
1 C. uncooked elbow macaroni
1 stick cubed margarine
Salt and pepper

Combine all ingredients. Bake in greased casserole dish 45-60 minutes at 325°. Stir once after about 30 minutes. Very good!

HOME-MADE NOODLES

Wilma Savage, Mt. Pleasant B.P.W.

1 tsp. salt
1 C. (approx.) flour
2 eggs
½ egg shell full of water

Beat eggs; add water, salt, and flour. Roll out thin and cut in strips. Use your own beef or chicken broth to cook them in.

NEVER FAIL NOODLES

Dubuque B.P.W.

2 egg yolks (beaten)
2 T. cream
¼ tsp. baking powder
1 tsp. lard (softened)
¼ tsp. salt
Flour (sifted)

Combine ingredients except flour. Mix well. Add enough flour to make a soft dough that will roll out thin without being sticky. These noodles may be cut and cooked immediately or allowed to dry and store for later use. Sift flour over cut noodles before adding to broth.

HOMEMADE NOODLES

Jennifer Hayes, Fort Madison B.P.W.

⅔ C. all-purpose flour
1 egg
1 T. water
½ tsp. salt
1 tsp. oil

Put flour on large pastry board or large surface of counter top. Make a well in middle of flour. Barely mix egg, water, salt and oil and drop into well. Work the mixture with your hands, folding flour over egg until dough forms a ball and comes off hands. Knead dough like bread about 10 minutes. Roll dough out, add flour to keep from sticking. Repeat about 10 times so it's paper thin. Let this dry about ½ hour. Roll like jelly roll and cut width desired. Cook in rapidly boiling salted water for about 10 minutes.

SPAGHETTI RING CASSEROLE

Dorethea McDole, Washington B.P.W.

2 (10 oz. ea.) pkgs. spaghetti rings (cooked and drained)
1 pt. mayonnaise
¾ C. vinegar
1 onion (chopped)
½ C. sugar
6 grated carrots
1 can Eagle Brand milk
2 green peppers (cut fine)

Mix mayonnaise, vinegar, and sugar well. Add milk and mix. Pour over the spaghetti, pepper, onion, and carrots; chill and serve. Makes large dish. Additional ingredients - peas, celery, cut fine, and grated cheese.

PINEAPPLE CASSEROLE

Esther Wonderlich, Mt. Pleasant B.P.W.

2 (16 oz. ea.) cans crushed pineapple (do not drain)
¾ C. sugar
4 T. flour
6 eggs
10 slices bread (fresh or stale)
Margarine

Remove crusts, spread bread with margarine on both sides; cut into cubes. Mix sugar and flour together. Beat eggs and add dry mixture. Add pineapple and juice. Put pineapple mixture in 9x13-inch baking pan. Sprinkle bread cubes on top. Bake at 350° for 45 minutes.

BAKED PINEAPPLE

Gladys Gamble, Leon B.P.W.

1 (No. 2½) can crushed pineapple
1 C. sugar (scant)
2 T. flour (rounded)
½ tsp. salt
½ lb. grated longhorn cheese

Mix sugar, salt and flour. Add to pineapple and grated cheese. Pour in a buttered baking dish. Cover with buttered crumbs. Bake 40 minutes in 350° oven. Serve warm. Excellent served with ham!

BAKED PINEAPPLE

Margaret Gideonsen, Clinton B.P.W.

2½ C. crushed pineapple
½ C. white sugar
¼ lb. oleo
4 beaten eggs
5 slices bread

Break bread into pieces and add to other ingredients. Bake in casserole dish 45 minutes at 350°. Really good with ham!

OUR SUNDAY RICE

Barbara Williams, Fort Madison B.P.W.

(Browned Rice)

¾ stick oleo
Dash of garlic powder
2 full cups instant rice (raw)
1½ cans consomme soup
½ can water

In an aluminum pan add oleo, rice, and garlic powder. Brown until golden in color. Stir often. When brown add consomme soup and water, will be a hard boil, cook on highest temperature on stove top. When ¾ of the liquid has evaporated, take off stove, put on a lid and set aside for 10 minutes. Serve.

QUICK SPANISH RICE

Sherry Hamilton, Fort Madison B.P.W.

1 (14½ oz.) can Del Monte original style stewed tomatoes
1 can chicken broth
1¼ C. uncooked long grain white rice
1 T. butter or margarine
2 tsp. chili powder
¾ tsp. oregano
½ tsp. garlic salt

In medium saucepan, combine all ingredients. Bring to boil; reduce heat. Cover and simmer 25 minutes.

BROWN RICE

Carol Parks, Spencer B.P.W.

1 C. regular rice (uncooked)
1 C. beef broth or bouillon
1 C. French onion soup
1 stick margarine

Put all ingredients in a casserole dish. Cover with foil. Put in oven and bake for 1 hour. Do not stir.

GREEN CHILE RICE

LaDonna Peterson, Red Oak B.P.W.

2 C. cooked rice
1 lb. hamburger (browned)
2 C. sour cream
3 cans green chilies (chopped)
½ lb. Monterey Jack cheese (sliced)
½ lb. cheddar cheese (sliced)

Mix all together, bake at 350° for 45 minutes. Top with crushed Doritos and grated cheddar cheese.

JAMBALAYA

Jeanne Westberg, Fort Madison B.P.W.

2 T. oil
½ C. onions (chopped)
½ C. celery (chopped)
2 T. Cajun spice
2 (8 oz. ea.) cans peeled tomatoes
1 C. diced raw chicken or 1 can canned shrimp
1 C. long grain rice

Heat oil in skillet. Add onions, celery, chicken and Cajun spice. Cook until vegetables are mushy. Add tomatoes and rice. Bring to a boil. Shut off burner. Cover skillet with lid and let sit for 5 minutes.

INFALLIBLE RICE

Verna Peterson, Spencer B.P.W.

1 medium onion (chopped)
2 T. butter
1 C. long grain raw, white rice
2 C. chicken broth (hot)

Saute onions in butter until transparent. Combine onions, rice and hot broth. Bring to a boil on top of stove. Cover and place in 325° oven for 20 minutes.

ITALIAN RICE WITH MUSHROOMS

Elizabeth Schmid
District 7 Director, Red Oak B.P.W.

1 C. rice
1 C. chopped tomato
1 lb. mushrooms (sliced)
½ C. chopped onion
½ C. butter or margarine
3 C. chicken broth
½ C. red wine
½ tsp. salt
1½ tsp. pepper

1 C. cooked green peas
¼ C. grated Parmesan cheese

In a large skillet cook in butter or margarine the first 4 ingredients for 10 minutes. Stir occasionally. Add to the above the next 4 ingredients. Cover and simmer 45 minutes or until rice is tender and liquid absorbed. Add the cooked peas. Add cheese. Serves 4.

OREGANO RICE

Dubuque B.P.W.

¼ lb. margarine
1 T. chopped green onions
1 tsp. oregano
1 can beef consomme
½ can water
1 C. raw rice (white or brown; 1 C. Uncle Ben's fast cooking long grain and wild rice is very good)
1 (3 oz.) can mushrooms (undrained)

Melt margarine, add onions, oregano, and rice. Let stand for 15 minutes. Add beef consomme, water, and mushrooms. Place all above in deep casserole (1½-qt. size). Cover. Bake at 350° for 1 hour. Stir several times.

WILD RICE CASSEROLE

Marlene Crawford, Indianola B.P.W.

1 box wild rice (long grain)
1 can cream of mushroom soup
1 can mushrooms
8 oz. sour cream

Prepare rice according to directions on box. Mix remaining ingredients with rice. Pour in casserole dish and bake 45 minutes at 375°.

WILD RICE DRESSING

Dubuque B.P.W.

1 lb. wild rice
½ lb. bacon (diced)
1 large jar pimientoes (diced)
2 green peppers (diced)
1 large can mushroom pieces
1 tsp. (heaping) curry powder
2 qts. chicken broth (salted)
2 onions (diced)
2 stalks celery (diced)
1 can water chestnuts (sliced)
½ tsp. pepper
2 cans mushroom soup

Soak the wild rice in cold water for at least 48 hours. Then drain and keep rinsing until it comes real clean. Then cook slowly for 45 minutes in 2-qts. chicken broth. Stir occasionally to make sure it is not sticking. In large fry pan, brown bacon, add onions, green peppers, celery, pimientoes, water chestnuts, mushroom soup, mushroom pieces, pepper, and curry powder. When all is done, add to rice and bake at 300° for 30 minutes.

WILD RICE STUFFING

Jae Powell, Keokuk B.P.W.

1 (6 oz.) pkg. long grain and wild rice mix
1 (3 oz.) can mushrooms stems and pieces (drained)
1 (5 oz.) can water chestnuts (drained and sliced thin)
⅓ C. butter or margarine
1 T. soy sauce

Cook rice according to package directions. Cool slightly. Saute water chestnuts and mushrooms in butter and soy sauce. Pour over cooked rice mixture, stir gently. Yields about 6 C. stuffing for casserole baking or an 8-10 lb. turkey. (I prepare and put in crock pot at low setting and serve as a side dish.)

WILD RICE CASSEROLE

Pat Sackville, Indianola B.P.W.

1 box Uncle Ben's wild and long grain rice
1 can beef consomme
1 can French onion soup
1 can sliced water chestnuts
1 (8 oz.) can mushrooms
1 stick margarine

Combine margarine, beef consomme and French onion soup. Heat until melted. Add rice, seasoning packet, chestnuts and mushrooms. Mix together and bake at 350° for 1 hour. Mixture will be soupy to begin with.

WILD RICE DRESSING

Betty J. Halberstadt, Fort Madison B.P.W.

1 box Uncle Ben's wild rice
¼ C. finely chopped onion
6 slices buttered toast
½ C. diced meat or poultry
Chicken broth or meat juices to moisten (½-1 C.)

Cook rice according to package directions. Add remaining ingredients. Bake in buttered loaf pan (medium) for 30 minutes at 350°.

SAGE STUFFING

Dubuque B.P.W.

10-12 C. dry bread cubes
1-1½ tsp. salt
1-1½ tsp. pepper
¾-1 T. leaf sage
½ C. water
½ C. or 1 stick oleo
½ C. chopped parsley
½-¾ C. chopped onion
1 T. dry parsley flakes

This will stuff about 10-12 lb. turkey. Plan 1 lb. turkey per person and then plan about 1 C. bread cubes for stuffing per pound of turkey. If you have extra stuffing it may be baked in a buttered and covered casserole about 30-45 minutes. Put about 10-12 C. dry bread cubes in large bowl. (About 1 large sandwich size loaf of bread.) Sprinkle over top salt, pepper, and leaf sage (crumbled; if using rubbed sage, use little less). In skillet melt ½ C. or 1 stick oleo over medium heat. Add chopped celery and some leaves, chopped onion, dry parsley flakes. Saute until tender, not brown, then pour over top of bread cubes and toss until bread cubes are coated. Drizzle about ½ C. water over top, toss lightly. Drizzle about ¼-½ C. water over top and toss, until mixed and moist. Water may vary but you want enough to make it moist but not heavy and pastey. Pack lightly into turkey, do not pack too tight as it expands. Bake right away. If you must make ahead, refrigerate stuffing separate from turkey, then stuff turkey just before baking. Never stuff ahead. (I make smaller amounts for pork chops, chicken or Cornish hens. Just plan 1 C. bread per serving and adjust the rest from there.)

STUFFING FOR TURKEY

Karon Terrell, Indianola B.P.W.

8 C. French bread (cubed)
1 C. coarse cracker crumbs
1 tsp. sage
1 C. chopped onion
½ C. finely chopped celery
½ C. butter
1 can cream of chicken soup (condensed)
2 eggs
¼ C. snipped parsley

Combine bread, crackers, and sage. Cook onion and celery in butter until tender. Pour over bread mixture. Add soup, eggs, and parsley, toss lightly to mix. Makes 6 C. for 6-8 lb. bird.

Breads and Rolls



ANNIE WITTENMYER

Annie Wittenmyer, a resident of Keokuk, Iowa, was a Humanitarian unmatched during her lifespan.

When the Civil War broke out, she was a widow in her mid-30's with one child, and as a volunteer, with neighbors and friends, she rolled bandages, sewed clothing and packaged food items for the troops. In order to have more organization in this charity, she established the Soldier's Aid Society of Keokuk. She traveled to the battlefields to get a first-hand look at the conditions and needs of the soldiers. Upon observing the lack of proper nutrition, she campaigned for established "Diet Kitchens" (similar to today's mess hall). She also founded two homes for the orphans of soldiers. One of these homes bears her name and is in Davenport, Iowa.

ALOHA BREAD

Mary Jo Dopson, Clinton B.P.W.

1 C. sugar
½ C. shortening
2 eggs
2 C. flour
2 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 C. mashed bananas
1 C. crushed pineapple
1 C. nuts
1 tsp. vanilla
1 tsp. orange peel

Mix all ingredients together and pour in 2 bread pans (greased). Bake at 350° for 60-70 minutes.

APPLE BREAD

Dubuque B.P.W.

½ C. vegetable shortening
½ C. sugar
2 eggs
1 C. peeled and diced apples
2 C. flour
¼ C. chopped pecans or walnuts
½ tsp. salt
1 tsp. baking powder
1 tsp. baking soda
2 T. warm water
1 tsp. vanilla

Cream shortening and sugar. Add eggs and vanilla. Put soda in warm water. Add rest of dry ingredients, then soda-water mixture. Mix well. Fold in apples and nuts. Bake in 2 small well greased loaf pans at 350° for 40-45 minutes. Cool well before slicing.

ONE-PAN BANANA BREAD

Sue Young, Iowa City B.P.W.

1½ C. mashed bananas (ripe)
½ tsp. vanilla
3 eggs
2⅓ C. Bisquick
1 C. sugar
½ C. chopped nuts

Heat oven to 350°. Grease 9x5x3-inch pan. Mix all ingredients in bowl for 1 minute. Pour into loaf pan. Bake 55-65 minutes. Cool 5 minutes. Remove from pan.

APRICOT BREAD

Dubuque B.P.W.

1 C. apricots (dried)
1 C. sugar
2 T. butter
1 egg
¼ C. water
½ C. orange juice
2 C. flour
2 tsp. baking powder
¼ tsp. baking soda
1 tsp. salt
½ C. walnuts (chopped)

Soak apricots for 30 minutes in warm water. Drain and cut into ½-inch pieces. Mix sugar, melted butter and egg. Stir in water and orange juice. Sift and add flour, baking powder, baking soda and salt. Add nuts. Let stand for 20 minutes. Pour into 2 small lightly greased loaf pans. Bake at 350° for 55-65 minutes until toothpick tests clean. Let cool 10 minutes before removing from pans. Cool completely before slicing.

BANANA BREAD

Myra Farrington, Red Oak B.P.W.
Henrietta Mutch, Grundy Center B.P.W.

1 C. sugar
2 C. flour
1 tsp. soda
¼ tsp. salt
½ C. shortening
2 eggs
3 mashed bananas
½ C. nutmeats

Mix all ingredients and bake in loaf pan at 350° for 1-1½ hours. Butter bottom of pan.

BEER BREAD

Catherine Petty, Fort Madison B.P.W.
Lucille Southern, Clinton B.P.W.

3 C. self-rising flour
3 T. sugar
1 (12 oz.) can beer (warm)

Mix all ingredients well and pour into a greased loaf pan. Bake at 350° for 1 hour. Butter the top of the loaf as soon as you take it out of the oven. Cool and wrap in waxed paper.

BERRY MUFFINS

Ruth Andersen, Spencer B.P.W.

1 C. any kind of berry
3 C. flour
½ C. sugar
1 T. baking powder
1 tsp. salt
½ C. milk
½ C. butter (melted)
3 eggs (slightly beaten)

Wash and dry berries. Sift into bowl the flour, sugar, baking powder and salt. Add milk, melted butter, and the slightly beaten eggs. Fill muffin pans ⅔ full. Bake for 20 minutes at 400° or until nicely browned. Serve fresh and hot for breakfast or for light evening meal accompaniment.

BREAD

Nancy Exline, Centerville B.P.W.

1 pkg. dry Ranch style dressing mix
1 stick oleo
1 loaf French bread

Spread butter, sprinkle with seasoning and heat on grill. Yummy!!!

BUTTERHORN ROLLS

Florence D. Johnson, Spencer B.P.W.

½ C. sugar
½ C. shortening
1 tsp. salt
1 C. milk (scalded)
1 cake compressed yeast or
1 (¼ oz.) pkg. dry yeast
3 eggs
4 C. flour

Pour scalded milk over sugar, salt and shortening. Cool to lukewarm. Add yeast, beaten eggs, and flour. The dough is soft and slightly sticky. Let rise overnight. Divide dough and roll each half in a circle approximately 14-inches in diameter. Cut each circle into 12 equal sections like pie. Roll each from other edge to point and place on greased baking sheet. Let rise 4 hours until light and fluffy. Bake at 350° until golden brown. Rub tops with soft butter while hot. Makes 24 rolls.

BUTTERY PAN ROLLS

Ruth Owen, Perry B.P.W.

2 pkgs. dry yeast
½ C. warm water

Soften and set aside until bubbly. Melt 6 T. butter; cool. Scald 1 C. milk; cool.

COMBINE:
2 C. flour
¼ C. sugar
1 tsp. salt

Combine dry ingredients, milk, butter, yeast mixture and 1 beaten egg. Beat 2 minutes with electric mixer. Slowly add 2½ C. flour. Cover in bowl until double in bulk (approximately 45 minutes). Melt ¼ C. butter in 9x13-inch pan to coat pan bottom. Stir down roll dough. Drop by spoonfuls into pan (15 for large rolls or more for smaller rolls). Drizzle another ¼ C. butter on top. Let raise approximately 30 minutes (double in bulk). Bake at 425° for 12-17 minutes.

CALIFORNIA WALNUT BREAD

Greta Willis, Leon B.P.W.

3 C. flour
4 tsp. baking powder
1 C. sugar
1 tsp. salt

Sift the above ingredients and cut in ¾ C. shortening. Stir in 1¼ C. nuts. Add 1 egg (beaten).

1½ C. milk
1 tsp. vanilla

Mix just enough until ingredients are blended. Grease and flour 9x5-inch loaf pan. Pour in batter and sprinkle ¼ C. nuts on top. Bake at 350° for 60 minutes or until loaf tests done. Let stand in pan 10 minutes, then turn out on wire rack to cool. Two smaller pans can be used. Is good as shortcake. Very good when warm with butter.

Nothing so stirs a man's conscience as a woman's dead silence.

CARROT-ZUCCHINI MUFFINS

Vivian Cook, Spencer B.P.W.

1⅓ C. flour
1 C. oat bran
½ C. brown sugar
½ tsp. baking soda
½ tsp. salt
2 tsp. cinnamon
½ tsp. nutmeg
⅓ C. safflower oil
¼ C. skim milk
3 egg whites
1½ C. shredded carrots
1 C. shredded zucchini
1 C. walnuts
1 C. raisins

Combine together dry ingredients. Stir together in large bowl, the oil, milk, and egg whites. Add dry ingredients and stir until blended. Stir in carrots, zucchini, nuts, and raisins. Spoon into Pam-sprayed cupcake cups. Fill about ⅔ full and bake at 425° for 20 minutes. Makes 12-18 muffins. May freeze.

CHOCOLATE CHIP BRAN MUFFINS

Jeanette Falleson
Clinton B.P.W.

1½ C. bran flakes cereal
½ C. boiling water
1 C. buttermilk or sour milk*
¼ C. vegetable oil
1 egg (slightly beaten)
1¼ C. unsifted all-purpose flour
½ C. sugar
1 tsp. baking soda
¼ tsp. salt
½ C. Hershey's mini chips semi-sweet chocolate
¼ C. finely chopped dried apricots
¾ C. bran flakes cereal

Combine 1½ C. bran flakes cereal and boiling water in medium bowl; blend well. Cool. Add buttermilk, oil, and egg; blend well. Combine flour, sugar, baking soda, and salt in medium bowl; stir in cereal mixture, mini chips chocolates and apricots just until dry ingredients are moistened. Place 6 paper muffin cups (2½-inches in diameter) in microwave cupcake or muffin maker or in 6-oz. micro-proof custard cups. Fill each cup half full with batter. Sprinkle 2 tsp. bran flakes cereal on top of each muffin. Microwave at High (100%) for 2½-3½ minutes, turning ¼ turn at end of each minute, or until cake tester comes out clean. (Tops may still appear moist.) Let stand several minutes. (Moist spots will disappear upon standing.) Repeat cooking procedure with remaining batter. Serve warm. Makes about 1½ dozen muffins. (To sour milk: Use 1 T. vinegar plus milk to equal 1 C.)

COCOA APPLESAUCE MUFFINS

Jeanette Falleson, Clinton B.P.W.

¼ C. Hershey's cocoa
¼ C. vegetable oil
¾ C. applesauce
1 egg (beaten)
1¼ C. unsifted all-purpose flour
Crunch Topping
¾ C. sugar
¾ tsp. baking soda
¼ tsp. salt
¼ tsp. cinnamon
½ C. chopped nuts

Prepare Crunch Topping; set aside. Combine cocoa and oil in small bowl; stir until smooth. Add applesauce and egg; blend well. Combine flour, sugar, baking soda, salt, and cinnamon in medium bowl; stir in applesauce mixture and nuts just until dry ingredients are moistened. Place 6 paper muffin cups (2½-inches in diameter) in microwave cupcake or muffin maker or in 6-oz. micro-proof custard cups. Fill each cup half full with batter. Sprinkle about 2 tsp. Crunch Topping on top of each muffin. Microwave at High (100%) for 2½-3½ minutes, turning ¼ turn at end of each minute, or until cake tester comes out clean. (Tops may still appear moist.) Let stand several minutes. (Moist spots will disappear upon standing.) Repeat cooking procedure with remaining batter. Serve warm. Makes 12-14 muffins.

CRUNCH TOPPING:
1 T. butter or margarine
2 T. Hershey's cocoa
¼ C. packed light brown sugar
¼ C. chopped nuts
2 T. flour
¼ tsp. cinnamon

Microwave butter in small micro-proof bowl at High (100%) for 15 seconds or until melted; add cocoa and blend until smooth. Stir in brown sugar, nuts, flour and cinnamon.

DOUBLE CORNBREAD

Dubuque B.P.W.

¾ C. yellow cornmeal
1 C. unsifted flour
¼ C. sugar
2 tsp. baking powder
½ tsp. baking soda
¾ tsp. salt
1 C. sour cream
½ C. milk
1 egg
2 T. melted shortening
1 C. whole kernel corn

Combine dry ingredients. Mix all together with the rest of the ingredients, using a whisk. Bake in greased 9-inch square pan at 375° for 25 minutes.

CORNMEAL BREAD

Deisy Harrington, Keokuk B.P.W.

1½ C. milk
2 T. sugar or ¼ C. molasses
2½ tsp. salt
1 cake compressed yeast
½ C. yellow cornmeal
2 T. shortening
3½-4 C. sifted flour

Boil milk. Combine 1 C. hot milk in bowl with cornmeal, sugar or molasses, salt and shortening. Let remaining milk cool to lukewarm and add yeast cake. Let stand 10 minutes to dissolve. Add to cornmeal mixture and stir in enough flour to make a dough that will knead well. Knead 10 minutes. Place dough in greased bowl. Cover, and set in warm place until almost doubled, about 1 hour. Punch down and shape in greased pan. Let rise until almost doubled. Bake in 375° oven about 40 minutes. Yield: 1 loaf.

IOWA CORNMEAL ROLLS

Marguerite Thomas, Mt. Pleasant B.P.W.

1 C. cornmeal
½ C. butter or shortening
1½ T. salt
2 C. milk
2 pkgs. dry yeast
½ C. warm water
½ C. sugar
2 eggs
5½ C. flour

Cook cornmeal, butter, milk, and salt until thick, stirring constantly. Cool to lukewarm. Add water to yeast. Add sugar, eggs, and yeast mixture to cornmeal mixture. Mix well. Add 4 C. flour. Stir well. Add 1½ C. flour slowly and knead. Let rise until double. Punch down and shape into about 24 rolls. Let rise until almost double. Bake at 400° for 15-20 minutes.

DILLY BREAD

Carol Hess, Davenport B.P.W.

¼ C. butter (or margarine) (softened)
8 slices French bread
½ tsp. prepared mustard
¼ tsp. dried dill weed

Preheat broiler. In small mixing bowl combine butter or margarine, mustard and dill weed. Spread butter mixture on one side of bread. Place bread slices buttered side down on baking sheet. Broil until golden, 1-2 minutes. Turn and broil 1-2 minutes longer. Perfect served with soups.

CRANBERRY NUT BREAD

Dubuque B.P.W.

2 C. flour
1 C. + 2 T. sugar
1¾ tsp. baking powder
½ tsp. baking soda
1 tsp. salt
¾ C. chopped pecans
1 slightly beaten egg
¼ C. water
⅓ C. orange juice
1 T. melted margarine or oil
2 C. fresh cranberries (cut in half)

Mix first 5 ingredients well, and make a well in center. Add rest of ingredients and mix only to moisten. Pour into 9x5x3-inch loaf pan, lightly greased, or 2 small ones. Bake at 350° for about 70 minutes until toothpick comes out clean. Cool 10 minutes, remove from pan and cool on rack. This recipe freezes very well. Also you can double and bake in 3 disposable loaf pans, for nice appearing slices. Freeze right in disposable pans and have nice gifts on hand for holidays.

CUSTARD CORN BREAD

Wanda Tindall, Corning B.P.W.

2 eggs
½ C. sugar
1 C. milk
1 C. sour milk or buttermilk
1 tsp. baking soda
1½ C. cornmeal
½ C. flour
1 tsp. salt
2 T. butter
1 C. milk

Beat eggs. Add sugar and mix thoroughly. Add the first cup of sweet milk. Dissolve soda in sour milk and add to egg mixture, beating until smooth. Melt 2 T. butter in shallow 8x13-inch pan and pour in batter. Pour 1 C. milk over top, but do not stir. Place at once in 400° oven and bake for 30 minutes. A delicious custard will form over top of the cornbread. Serve hot with butter.

The only way to have a friend is to be one.

GRANDMA COOPER DUMPLINGS

Dubuque B.P.W.

½ C. milk
Little salt
1 egg
1½ T. baking powder

Mix and add enough flour to make a thick gooey batter (about 2 C.). Drop by teaspoonfuls into hot broth (chicken broth best). Cover tight and cook 10-12 minutes. No peek for 10 minutes. (Method for dropping in broth - the teaspoonful means to take 2 teaspoons, fill one with batter which will amount to nearly a tablespoon of batter, then push it into boiling broth with the other teaspoon.) (We always boiled the cut up chicken in salted water to cover until done, then put in a baking dish in low oven to keep warm while making the dumplings.)

SPECIAL DUMPLINGS

Dubuque B.P.W.

½ C. milk
½ tsp. salt
1 egg (slightly beaten)
2½ T. baking powder
1½-2 C. flour
2 qts. (at least) chicken broth

Mix egg, milk, salt and baking powder together. Add enough flour to make a sticky batter. Drop by tablespoonfuls into boiling broth. Cover tightly, reduce heat very slightly, boil for 12-15 minutes. Do not peek. Remove with slotted spoon to serving bowl, and serve immediately. Sounds like a lot of baking powder, but when made by directions it makes elegant light fluffy dumplings every time.

GRAPE-NUT BREAD

Betty Eberhard, Burlington B.P.W.

2 C. sour milk
1 C. Grape-Nuts
4 C. flour
2 C sugar
2 eggs
2 tsp. baking powder
1 tsp. soda

Combine sour milk and Grape-Nuts, soak while mixing rest of ingredients. Mix together flour, sugar, eggs, baking powder, and soda. Add milk/Grape-Nuts mixture. Bake at 350° for 50 minutes. Makes 2 loaves.

ENGLISH MUFFIN LOAVES

Dubuque B.P.W.

5½-6 C. flour
2 pkgs. dry yeast
1 T. sugar
2 tsp. salt
¼ tsp. soda
2 C. milk
½ C. water
Little cornmeal

Combine 3 C. flour, yeast, sugar, salt and soda. Heat liquids very warm. Add to dry ingredients and beat well. Stir enough more flour in to make a stiff batter. Place in two 8½x4½-inch bread pans that have been greased and sprinkled with cornmeal. Sprinkle some cornmeal on top. Cover with a towel and let rise 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool. Slice thin and toast in toaster. These toasted slices are also very good served for lunch with creamed eggs, tuna or chipped beef on top of them.

FRENCH BREAD

Dubuque B.P.W.

1 pkg. dry yeast
1¼ C. warm water
1½ tsp. salt
1 T. salad oil
3½-4 C. flour
1 T. cornmeal

Dissolve yeast in the warm water. Stir in salt, shortening, 1½ C. flour. Beat smooth. Add enough more of the flour until soft dough ready to knead. Knead 5-6 minutes. Put dough in greased bowl. Cover, let rise in warm place double, 1½-2 hours. Punch down, let rise again double, about 45 minutes. Punch down, let rest 15 minutes. Then sprinkle cornmeal on a greased cookie sheet. Shape dough into loaf and lay on cornmeal. Cover and let rise 1½ hours. Bake 20 minutes at 375°. Do not use self-rising flour!

HERBED BISCUIT RING

Carol Hess, Davenport B.P.W.

1 (10-ct. pkg.) refrigerated biscuits
3 T. butter (softened)
½ tsp. celery seed
1/8 tsp. ground sage
1 T. lemon
¼ tsp. crushed thyme
Dash paprika

Blend above ingredients. Preheat oven to 400°. Separate 1 pkg. biscuits, spread tops with butter mixture. In 8x1½-inch round baking pan, arrange biscuits, buttered side up, to form ring; overlap slightly. Bake at 400° for 15-18 minutes.

FRENCH BREAD

Janice Orr, Spencer B.P.W.

2½ C. warm water
1 tsp. salt
7 C. flour (about)
2 pkgs. yeast
1 T. soft butter
Oil

Pour water into mixer bowl. Sprinkle the yeast over water, stirring until dissolved. Add salt and soft butter; gradually beat in flour (dough is sticky). Knead on a lightly floured board until smooth and elastic, or use heavy duty mixer. Place dough in greased bowl. Brush top of dough with oil. Cover and let rise in warm place until doubled in bulk (1 hour). Punch dough down. Let rise again for 15 minutes. Divide dough in half. Roll each piece of dough on floured board into an oblong shape (15x20-inches). Roll up. Place loaf, seam side down, on baking sheet sprinkled with corn meal. Brush each loaf with water and sprinkle with corn meal. Let rise until double in bulk, about 30 minutes. With scissors, make 4 diagonal gashes on top of each loaf. Bake in a very hot oven for about 30 minutes until crisp and brown. Makes 2 loaves. (I take 6 times this amount. I cut in 6 pieces. This is the length of large cookie sheet. Put two loaves in each pan.)

HAM AND CHEESE ROLLS

Deisy Harrington, Keokuk B.P.W.

2 pkgs. party rolls (tiny Pepperidge Farm rolls
1 (8 oz.) pkg. boiled ham

Ham - 4 slices per pan

1 (6 oz.) pkg. Swiss cheese slices

Cheese - 2 slices per pan

1 stick butter
½ tsp. Worcestershire sauce
1½ tsp. poppy seeds
1½ T. mustard
1 T. onion flakes

Remove party rolls from package. Split in half. Remove top half. Place cheese and ham on bottom layer. Replace top layer. Put back in pan. Cut through for easier removal later. Melt butter; add mustard, Worcestershire sauce, onion flakes, and poppy seed. Poke holes all the way through rolls with fork. The more holes, the better. Pour mix over rolls. Cover with foil. Can be frozen at this point. Thaw before baking. Bake at 350°, covered, for 30 minutes.

HERB BREAD

Carolee Chapman, Anamosa B.P.W.

2½ C. warm water
½ tsp. cardamom
½ tsp oregano
¼ tsp. garlic salt
2 eggs (beaten)
2 tsp. sage
2 tsp. caraway seed
2 T. molasses
6½-7 C. white flour
4 T. sugar
1 T. salt
2 pkgs. yeast
¼ tsp. onion salt
1 tsp. nutmeg
4 T. shortening
½ tsp. anise seed
1 C. whole wheat flour

Put yeast and 1 tsp. sugar in ½ C. of the warm water. Beat eggs; add sugar, shortening, spices, and rest of warm water. Add yeast mixture. Beat and add whole wheat flour and molasses. Beat, adding enough white flour to make a stiff dough. Let rise. Knead down. Let rise and then make into loaves. Bake at 350° for 30-40 minutes.

HONEY PINEAPPLE BREAD

Dubuque B.P.W.

3 C. flour
3 tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
3 eggs
½ C. water
½ C. oil
½ C. honey
1 (8 oz.) can pineapple (crushed)
¾ C. walnuts (chopped)

Sift dry ingredients together. Beat eggs until thick. Combine oil, honey, water, undrained pineapple, and mix with eggs. Add to dry ingredients. Mix only until blended. Fold in nuts. Spread into 9x5x3-inch loaf pan. Bake for about 1 hour in 350° oven. Cool before slicing.

MONKEY BREAD

Bonnie Zimmerman, Indianola B.P.W.

4 cans biscuits
½ C. sugar
1 tsp. cinnamon
1 stick oleo
1 C. brown sugar

Cut biscuits in fourths, and roll in mixture of cinnamon and sugar. Place in greased angel food cake pan or bundt pan. Melt margarine and brown sugar. Pour over biscuits and bake at 375° for 15-20 minutes. Serves 8 people.

HONEY WHEAT LOAVES

Ruth Goldsmith, Mt. Pleasant B.P.W.

2½ C. all-purpose flour
2 C. whole wheat flour
1 tsp. salt
1 tsp. ground coriander
2 pkgs. rapid-rising yeast
3 T. unsalted margarine (cut into 3 pats)
½ C. hot water (125°-130°)
½ C. cold water
¼ C. honey mixed with ½ C. cold milk
All-purpose flour for dusting

With dough-kneading blade of food processor, process first 6 ingredients for 20 seconds. (For some processors, the recipe may need to be halved to make 1 loaf at a time; check manufacturer's recommendations for yeast doughs.) With motor running, pour hot water, then cold water and honey/milk mixture through small feed tube in a steady stream. After dough cleans side of bowl, process 45 seconds longer. The dough should be soft, pliable and slightly sticky. If dough feels dry and stiff, add warm water, a teaspoon at a time, while processing. If dough is too soft and sticky, add flour, a tablespoon at a time. Turn dough out onto floured surface; divide in half. Shape each half into an 8x3-inch loaf. Place on a large oiled baking sheet. Cover with oiled plastic wrap. Let rise in warm draft-free place for 30 minutes. Dust tops of loaves with flour. With a sharp knife, make three diagonal slashes on each loaf, about ¼-inch deep. Bake at 400° for 20 minutes or until done. Cool on wire racks. Makes 2 loaves.

LEMON ALMOND BREAD

Dubuque B.P.W.

1 C. sugar
½ C. vegetable shortening
Grated rind of 1 lemon
2 eggs (slightly beaten)
1½ C. flour
1 tsp. baking powder
¼ C. milk
¼ C. lemon juice
¼ tsp. almond extract
½ C. ground or fine chopped almonds

Cream sugar and shortening well. Add lemon rind and eggs, beat until well blended. Sift dry ingredients, add about ⅓ to creamed mix and beat. Add milk, stir well, add ⅓ more dry ingredients, then lemon juice and the almond extract. Mix well, then blend in nuts. Pour into 9x5x3-inch loaf pan or 2 small ones, lightly oiled. Bake at 350° for 60 minutes. While still very warm glaze with mixture of ¼ C. sugar and juice of 1 lemon. Double recipe and bake in 3 disposable loaf pans if desired. This size makes the nicest slices.

LEMON BREAD

Vera Golston, Ottumwa B.P.W.

1 pkg. lemon cake mix
1 pkg. instant lemon pudding
½ C. oil
1 C. water
4 eggs

Combine all ingredients. Beat 4 minutes at medium speed. Bake in greased and floured loaf pans at 350° for 40 minutes. May add a topping. Make a mixture of ¼ C. sugar and juice of 1 lemon, pour over loaves while still hot.

OAT BRAN OATMEAL BREAD

Dubuque B.P.W.

(For Microwave)

1 pkg. dry yeast
1 T. molasses
1 C. warm water
3 T. light olive oil

Put into large bowl and let stand until yeast is bubbly (about 10 minutes) and then add:

1 C. Oat Bran
1 C. whole wheat flour
1 C. all-purpose flour (more or less)
1 T. sesame seeds
¼ tsp. salt
1 C. regular oats
1 T. brown sugar substitute
½ C. raisins
1 T. sunflower seeds

Mix together and then turn on floured board and knead about 10 minutes. Place in well greased bowl and let raise until double in size (about 1 hour). Punch down and shape into long strip, about 16 inches. Shape into round ring on microwave-safe pan. Brush with milk and sprinkle with oats. Let raise until double. Microwave at 50% power for 6 minutes turning every 2 minutes. Then change power to 100% and cook 5-6 minutes more or until top springs back when touched. Let stand 10 minutes. Remove to rack to cool.

You have to make your own sunshine.

OATS-BLUEBERRY MUFFIN

Dubuque B.P.W.

1 C. oats (uncooked)
¾ C. whole wheat flour
1 tsp. baking powder
1 C. skim milk
2 T. light olive oil
1 C. fresh or frozen blueberries
½ C. Oat Bran
4 T. brown sugar substitute
½ tsp. salt
2 egg whites
2 tsp. vanilla

Mix dry ingredients together and add milk, eggs, oil, and vanilla. Mix and then add the blueberries. Spoon into muffin cups that have been lined with 2 cupcake holders in each. Fill about ¾ full. Microwave at 100% power for 4 minutes or until done.

OAT/BRAN PUMPKIN ROLLS

Dubuque B.P.W.

½ C. skim milk
1 tsp. sugar
1 pkg. dry yeast
2 T. brown sugar substitute
1/8 tsp. ginger
1 T. light olive oil
¾ C. oat bran
1 C. flour
¼ tsp. salt
½ tsp. cinnamon
½ C. pumpkin
½ C. whole wheat flour

Mix milk (warmed), sugar, yeast and let stand until bubbly (about 10 minutes). Add all other ingredients and mix together. Turn out on floured board. Knead 10 minutes and place dough in well greased bowl. Cover and let raise until double in size (about 1 hour). Punch down and divide dough into 12 pieces and form into round balls. Place on greased cookie sheet, cover and let raise until double. Bake in 375° oven about 25 minutes or until done. Cool on wire rack.

PEANUT BUTTER BREAD

Cheryl Syferd, Indianola B.P.W.

2 C. flour
4 tsp. baking powder
1 tsp. salt
⅓ C. sugar
½ C. peanut butter
1½ C. milk

Mix peanut butter with milk. When creamy mix with other ingredients. Bake in greased loaf pan, 1 hour, at 325°.

ORANGE KNOTS

Ruth Ketcham, Spencer B.P.W.

1 C. hot water
½ C. dried milk
½ C. shortening
⅓ C. sugar
1 tsp. salt
2 pkgs. yeast
2 eggs
½ C. orange juice
2 T. grated orange peel
5 C. flour (approximately)

Combine first 5 ingredients in mixer bowl and cool to lukewarm. Add yeast and the rest of the ingredients, using 3 C. flour. Beat until smooth and elastic, add rest of flour. Let rest 10 minutes and knead, using more flour if necessary, to make a soft dough. Let rise until double, punch down, roll out and shape into knots on greased pans. Let rise and bake at 375°. Ice while warm with 2 T. orange juice, 1 T. peel, 1 C. powdered sugar, beaten together.

ORANGE BOWKNOTS

Dubuque B.P.W.

1 pkg. yeast
1 C. milk (scalded)
⅓ C. sugar
2 T. grated orange peel
2 C. flour
¼ C. orange juice
½ C. shortening
1 tsp. salt
2 beaten eggs

1 pkg. yeast softened in ¼ C. lukewarm water

Combine milk, shortening, sugar, and salt in large bowl. Cool lukewarm. Stir in 2 C. flour, beat. Add eggs, mix well. Add yeast, orange peel, and juice. Mix. Add flour to soft dough stage. Cover and let rest 10 minutes. Knead 8-10 minutes. Put in greased bowl, cover and let rise double (2 hours). Punch down, cover, let rest 10 minutes. Roll 15x10-inch rectangle, ½-inch thick. Cut strips 10x¾-inch. Roll lightly, tie in knot. Arrange on greased cookie sheets, cover, let rise double (¾-1 hour). Bake at 400° for 12 minutes. Makes 24 rolls. Glaze with orange icing:

For Icing: Blend 1 tsp. grated orange rind, 2 T. orange juice and 1 C. sifted powdered sugar. Brush on hot rolls to glaze, or glaze after cool and then heat a little just before serving.

MACY'S NON-DAIRY PEACH MUFFINS

LaDonna Peterson
Red Oak B.P.W.

1 C. whole wheat flour
1 C. toasted wheat bran
1 C. oats
1 tsp. ground cinnamon
1 tsp. ground ginger
1 tsp. ground nutmeg
2½ tsp. baking powder
½ C. apple juice
¾ C. chopped nuts or seeds (walnuts, pecans, sunflower seeds)
3 T. safflower oil
⅔ C. honey
1 egg
1½ C. diced peaches (fresh, frozen or canned, drained)

Combine flour, bran, oats, cinnamon, ginger, nutmeg, baking powder, and nuts in mixing bowl. Combine oil, honey, egg, peaches, and apple juice in another bowl. Using rubber spatula or wooden spoon, fold egg mixture into dry ingredients. Do not overmix. Batter should be wet and sticky, but should hold its form. When mounded in muffin tin. Spoon into greased muffin cups, using ice cream scoop as measure, so batter is mounded to about ½-inch above top of muffin tin. Bake at 325° for 25-35 minutes or until golden brown. Cool slightly before serving. Makes about 14 muffins.

PECAN RAISIN MUFFINS

Dubuque B.P.W.

1¾ C. flour
¼ C. sugar
1 tsp. baking powder
¾ tsp. salt
⅓ C. oleo
½ C. pecans
⅓ C. raisins
1 egg
¾ C. milk

Mix flour, sugar, baking powder, and salt. Cut in oleo until mixture resmebles coarse-meal. Mix in pecans and raisins. Beat together egg and milk. Add all at once to dry mixture. Stir lightly to dampen. Fill 12 greased muffin cups, about ¾ full. Bake at 400° for 15-20 minutes.

EASY PIE MIX ROLLS

Gerry Runkle, Spencer B.P.W.

1 C. oleo (blend with 1¾ C. sugar)

ADD:

4 eggs (beat after each one)
1 tsp. vanilla
3 C. flour
1½ tsp. baking powder

In large bowl, make a batter out of oleo, sugar, eggs, vanilla, flour, and baking powder. Put ⅔ batter in 10x15-inch pan. Spread on 1 can of any flavor pie mix (cherry, blueberry). Drop remaining batter on top and spread as much as possible. Bake at 350° for 30-35 minutes. Drizzle with recipe below.

DRIZZLE:

1 C. powdered sugar
Hot water or milk to make thin icing
½ tsp. vanilla

PINEAPPLE BREAD

Dubuque B.P.W.

1¾ C. flour
1 tsp. baking powder
½ tsp. salt
¼ tsp. baking soda
½ C. raisins
¾ C. chopped nuts
¾ C. sugar
3 T. butter or margarine
2 eggs
1 (8 oz.) can crushed pineapple (undrained)
2 T. sugar mixed with ½ tsp. cinnamon

Measure first 4 ingredients and set aside. Rinse raisins with very hot water to plump, drain and set aside. Beat sugar and butter. Add eggs, beat. Add raisins and nuts. Stir in half of flour mixture, add pineapple and rest of flour mixture. Stir quickly and pour in greased 9x5x3-inch loaf pan. Sprinkle with cinnamon-sugar mix. Bake at 350° for 60-70 minutes. Cool.

POPPY SEED BREAD

Nancy Baugher, Keokuk B.P.W.

3 C. flour
2¼ C. sugar
1½ tsp. salt
1½ tsp. baking powder
1½ tsp. vanilla
1½ tsp. butter flavoring
3 eggs
1½ C. milk
1½ C. oil
1½ tsp. poppy seed
1½ tsp. almond extract

Mix all ingredients well. Pour into 2 greased bread pans. Bake 1 hour at 350°. Top will crack. Cool bread 5 minutes. Punch holes in top with toothpick and glaze with following:

¼ C. orange juice
½ tsp. butter flavoring
½ tsp. vanilla
¾ C. powdered sugar
½ tsp. almond flavor

PUMPKIN BREAD

Dubuque B.P.W.

3⅓ C. flour
2 tsp. baking soda
1½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
3 C. sugar
1 C. salad oil
4 eggs (slightly beaten)
⅔ C. water
1 (1 lb.) can pumpkin

Mix dry ingredients. Make well in center. Add remaining ingredients, mix well. Bake in 2 greased 9x5x3-inch loaf pans or 3 disposable ones which have been lightly greased. Bake at 350° about 70 minutes, until toothpick comes out clean. Cool 10 minutes before removing from pans to finish cooling.

IOWA PUMPKIN BREAD

Shirley Thompson, Keokuk B.P.W.

3 C. sugar
1 C. salad oil
4 eggs
2 C. pumpkin (1 can)
1½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
⅔ C. water
3⅓ C. flour
2 tsp. soda

Mix as cake, adding pumpkin last. May add ⅔ C. nuts, if desired. Recipe can be easily cut in half. Bake at 350° for 1 hour or 75 minutes in well greased loaf pans. Makes 3-4 loaves. NOTE: May also bake in well greased cans such as the pumpkin can. Can be frozen and make nice gifts.

REFRIGERATOR ROLLS

Marjorie Burden, Mt. Pleasant B.P.W.

2½ C. lukewarm water
2 pkgs. yeast
½ C. melted shortening
½ C. sugar
1 egg
1 T. salt
½ tsp. soda
½ tsp. baking powder
7½ C. flour

In a large mixing bowl, mix 4 C. flour, the sugar, soda, salt, yeast, and baking powder. Add shortening and water. Mix well. Add 1 C. more of flour. Beat in the egg and add remaining flour. Cover and chill overnight or at least 4 hours. You may shape the rolls however you wish. Let dough raise until doubled and bake at 400° for 12-15 minutes, depending on how you shape them. (I also use this dough for 3 tea rings. Divide the dough into 3 parts. Roll into a rectangle. Butter the dough and sprinkle with a mixture of brown sugar and cinnamon. Roll as for cinnamon rolls, shape in a ring on a cookie sheet or pizza pan. Using scissors, snip every 1½-inch and shape in a ring. Let raise until doubled. Bake at 375° for 20 minutes. Glaze with a mixture of powdered sugar and milk.)

RHUBARB BREAD

Dubuque B.P.W.

1½ C. brown sugar
⅔ C. oil
1 egg
1 tsp. baking soda
1 C. buttermilk
2½ C. flour
1 tsp. salt
2 C. rhubarb (cut in small pieces)
½ C. walnuts (opt.)

TOPPING:
½ C. sugar
1 T. butter or margarine

Combine brown sugar, oil, and egg. Mix thoroughly. Dissolve soda in buttermilk and add to sugar mixture. Combine flour and salt; gradually add to batter. Fold in rhubarb and nuts. Pour into 2 greased loaf pans.

For Topping: Mix sugar and firm butter until crumbly and sprinkle over loaves. Bake at 350° for about 1 hour or until toothpick inserted in center comes out clean.

RHUBARB NUT BREAD

Etta June Schmerse, Spencer B.P.W.

ADD IN ORDER GIVEN:
3 C. packed brown sugar
1½ C. liquid shortening
2 eggs
2 C. milk + 4 tsp. vinegar

SIFT IN TOGETHER:
5 C. flour
2 tsp. soda
2 tsp. salt

ADD:
3 C. rhubarb (cut up)
1 C. chopped nuts

Pour into 3 well greased and floured bread pans. Mix and sprinkle over the loaves: 1 C. sugar, 2 T. butter. Bake at 350° for 1¼ hours. Makes 3 loaves. This is very easy to put together, is moist and keeps well.

"2" HOUR ROLLS

B. Wyllie, Corning B.P.W.

3 pkgs. yeast
½ C. sugar
3 T. shortening
2 C. warm water
2 tsp. salt
2 eggs (beaten)
Flour enough to make the dough knead smoothly

Dissolve the yeast in the warm water; add the remaining ingredients and mix well. Add flour and knead. Let rise once. Make into rolls and let raise. Bake in preheated 350° oven for 20 minutes. These can also be made into cinnamon rolls; by rolling the dough out after letting them raise once. Cover the dough with melted butter or margarine, generously, and sprinkle with cinnamon. Roll into a roll and cut. Place in a well buttered pan and let raise. Bake as with the dinner rolls.

In love, as in nature, there is quiet beauty.

FLY OFF THE PLATE ROLLS

Jeanie Taylor, Indianola B.P.W.

2 pkgs. dry yeast
½ C. warm water
2 C. hot water
3 tsp. salt
½ C. sugar
3 T. butter
6-6½ C. flour (approx.)

Dissolve yeast in warm water. Heat 2 C. water and pour over the sugar and butter. Add 2 C. flour beating as hard as possible after each addition, and when mixture is warm not hot, add to dissolved yeast. Then add balance of flour to which you have added salt. Knead well and place in greased bowl and let rise until double in bowl. Shape into rolls and let rise again until double. Bake at 375° for about 18-20 minutes, or shape into a loaf of bread and rolls. Bake bread at 375° for 50 minutes.

SCONES

Jean Coutts, Burlington B.P.W.

2 C. Bisquick
⅔ C. milk
2 oz. chopped dates

Mix Bisquick, milk, and dates together; beat vigorously 30 seconds. Gradually mix in enough baking mix to make dough easy to handle. Turn onto cloth covered board well dusted with baking mix. Gently roll in baking mix to coat, shape into ball. Knead 10 times. Roll ½-inch thick. Cut with 2-inch cookie cutter dipped in baking mix. Bake on ungreased cookie sheet until golden brown, 8-10 minutes at 450°. Yields: 10-12 scones.

BUTTERMILK SOPAIPILLAS

Dubuque B.P.W.

2 C. flour
2 tsp. lard or vegetable shortening
2 tsp. baking powder
1 tsp. salt
½ C. buttermilk
½ C. water

Mix all together as for a biscuit dough. Roll out on lightly floured surface to about 1/8-inch thickness. Cut into 2-inch squares or triangles. Drop 3 or 4 at a time into hot fat, about 375°, for 2-3 minutes, turning once, until golden brown. Remove with slotted spoon to paper towels to drain. Dust with powdered sugar. Serve warm or at room temperature. Also very good served warm with butter and/or honey.

SOUTHERN CORNBREAD

Kathy Nelson, Davenport B.P.W.

2 eggs
½ C. sugar
1 C. sweet milk
1 C. flour
1 C. white cornmeal
4 tsp. baking powder
½ tsp. salt
3 T. melted shortening or vegetable oil

Beat eggs thoroughly. Add sugar, then milk. Add dry ingredients and melted shortening or vegetable oil. Bake in square greased pan in moderate oven, 350°, for 30 minutes.

SPANISH CORN BREAD

Cindy Dierks Gunther, Anamosa B.P.W.

1 C. cornmeal
¼ C. sugar
1 tsp. salt
1 C. sifted flour
3 tsp. baking powder
1 egg
1 C. milk
¼ C. shortening
1 (No. 303) can cream style corn
1 C. cottage cheese

FILLING:
1 small can green chilies
½ lb. diced longhorn cheese

Combine dry ingredients. Add egg, milk, shortening, corn and cottage cheese. Stir lightly. Pour ½ of batter in greased 9x13-inch cake pan. Add layers of filling (cheese and chilies). Add remaining batter. Bake 45 minutes at 425°.

TEA MUFFIN MIX

Jeanette Falleson, Clinton B.P.W.

1 C. shortening
1¼ C. sugar
2 eggs (beaten)
2 C. milk
1¼ C. raisins (opt.)
4 C. sifted flour
2 tsp. cinnamon
4 tsp. baking powder
1 tsp. salt

Cream shortening and sugar. Add rest of ingredients and mix lightly. Makes ¼ gal. This may be stored in refrigerator up to 7 weeks. As needed bake in muffin pans.

YEAST AND EGG BREAD

Deisy Harrington, Keokuk B.P.W.

2 eggs
4 tsp. salt
1 tsp. sugar
6 C. + ½ C. warm water
5 lbs. all-purpose flour (sifted)
½ C. sugar
⅓ C. melted shortening
6 tsp. dry yeast
1 egg white

Beat eggs until light. Gradually add ½ C. sugar, salt, and shortening. Put in small bowl 1 tsp. sugar, yeast, and ½ C. warm water. Cover, put in warm place until yeast rises slightly. While waiting, add 6 C. warm water to egg mixture. Mix thoroughly. Stir in yeast mixture. Gradually add ½ the flour, beating constantly. Beat vigorously 5 minutes. Add more flour gradually until dough holds together. Turn out onto well-floured surface. Knead until dough loses stickiness and is smooth and elastic. Place in well greased bowl; grease top slightly. Cover with tea towel and set in warm place. When almost double (1½ hours), pull it away from sides of bowl until it is slightly deflated (1 minute). Grease bowl and cover. Let rise until double (about 1 hour). Use sharp, greased knife to divide into 6 portions. Knead each slightly and place in well greased 9x5-inch pans; cover with cloth and let rise until doubled. Brush lightly with beaten egg white and bake in 400° oven for 40 minutes. Yield: 6 loaves.

ZUCCHINI BREAD

Helen Nonken, Cherokee B.P.W.

3 beaten eggs
2 C. vegetable oil
3 tsp. vanilla
2 C. peeled and grated zucchini

Mix together above ingredients.

SIFT AND ADD:
3 C. flour
1 tsp. salt
1 tsp. soda
1 C. nuts
3 tsp. cinnamon
½ tsp. baking powder

Bake at 350° until done to the touch. Makes 2 loaves. Standard size bread pan.

ZUCCHINI BREAD

Irma Burgeson, Spencer B.P.W.

3 C. flour
1 tsp. salt
2 tsp. cinnamon
1 tsp. baking soda
¼ tsp. baking powder
½ C. chopped English walnuts
3 eggs
1 C. vegetable oil
2 C. sugar
1 tsp. vanilla
2 C. peeled and grated raw zucchini

Beat eggs, add oil, sugar, and vanilla; and mix well. Add squash and dry ingredients. Stir in nutmeats. Pour into two 9x5x3-inch greased loaf pans. Bake at 325° for 60-75 minutes. Start testing to see if done at 60 minutes then every 5 minutes after that. Bread will be moist with the texture of cake.

ZUCCHINI CARROT BREAD

Dubuque B.P.W.

3 eggs
1 C. salad oil
1½ C. packed brown sugar
1 C. grated zucchini
1 C. grated carrots
2 tsp. vanilla
2½ C. whole wheat flour
½ C. All-Bran
½ tsp. salt
1 tsp. baking soda
1 T. cinnamon
1 C. chopped almonds

In large bowl, beat eggs and oil. Stir in sugar, zucchini, carrots, and vanilla. Mix together flour, All-Bran, salt, baking soda, and cinnamon. Stir into zucchini mixture. Add almonds and mix well. Bake in 9x5x3-inch loaf pan, lightly greased, or 2 small loaf pans. Bake at 350° for 65-75 minutes until toothpick tests clean. Cool 10 minutes before removing from pans. Cool completely before slicing.

True friendship is like sound health -
the value of it is seldom known until it is lost.

ZUCCHINI NUT MUFFINS

Val Giannettino, Burlington B.P.W.

3 C. all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
2 C. sugar
4 eggs (room temp.)
1 C. oil
2 C. grated, unpeeled zucchini (about 12 ozs.)
½ tsp. vanilla
1 C. chopped walnuts
½ C. golden raisins

Preheat oven to 350°. Generously grease standard-size muffin pans. Sift flour, baking powder, baking soda, salt and cinnamon; set aside. Combine sugar and eggs in a large bowl and beat at medium speed 2 minutes. Gradually add oil in slow, steady stream, beating constantly 2-3 minutes. Add zucchini and vanilla and blend well. Stir in walnuts and raisins. Fold in sifted dry ingredients just until batter is evenly moistened; do not overmix. Spoon batter into prepared pans, fill ⅔ full. Bake until lightly browned, about 25 minutes. Let stand 10 minutes, then turn muffins out onto racks to cool. Makes about 28.

ZUCCHINI PINEAPPLE BREAD

Elsie Galbraith, Spencer B.P.W.

3 eggs
1 C. oil
2 C. granulated sugar
2 tsp. vanilla
2 C. coarsely shredded zucchini
1 (8½ oz.) can crushed pineapple (well, well drained)
3 C. flour
2 tsp. baking soda
1 tsp. salt
½ tsp. baking powder
1½ tsp. cinnamon
¾ tsp. nutmeg
1 C. chopped nuts or currants

(I prefer using finely chopped raw apple in place of pineapple and use raisins in place of currants along with nuts; choose own amount.) Cream together the eggs, oil, sugar, and vanilla. Stir in the zucchini and pineapple. In a separate bowl combine the remaining ingredients. Stir the dry ingredients gently into the zucchini mixture until just blended. Divide the batter into 2 greased and sugared 5x9-inch loaf pans. Bake at 350° for 1 hour. Cool in pans for 10 minutes and then turn onto a rack. Yield: 2 loaves.

Cookies and Bars



SADA CAROLYN THOMPSON

Born 1929, in Des Moines, Iowa.

As a young child her parents took her to see "Red, Hot and Blue" by Cole Porter. Thereafter, she was determined to be an actress.

While in high school she played in professional productions in Pittsburgh. In 1949 she graduated from Carnegie Institute with a B.A. in Fine Arts. That year in New York City, Dylan Thomas asked her to read in his radio play, "Under the Milk Wood", which was successful. After working in summer stock in Pennsylvania and Connecticut, she joined the American Shakespeare Festival in Stratford, Connecticut.

In 1971, Sada won a Tony Award for her roles in the Broadway hit, "Twigs".

From 1976-1979 she played the role of Kate Lawrence in "Family".

ANGEL FOOD BARS

Gayle Swanson, Red Oak B.P.W.

1 box angel food cake (1 step type)
1 can lemon pie filling

Combine dry cake mix and pie filling. Beat for about 5 minutes. Pour into jelly roll pan or 9x13-inch pan which has been greased and floured. Bake at 350° for 20-25 minutes. Do not overbake. You may glaze with 2 C. powdered sugar, juice from small lemon and milk. Mix powdered sugar and lemon juice. Add enough milk to make a thin glaze. (This glaze is optional.)

APPLE DANISH BARS

Fran Morey, Leon B.P.W.

2 C. flour
½ C. shortening

Mix flour and shortening to resemble cornmeal.

ADD:
1 egg yolk (save the white to use later)
⅔ C. milk

Apple slices
Corn flakes
Sugar
Cinnamon

Roll out half of dough and place on cookie sheet. Sprinkle with crushed corn flakes and top with apple slices. Sprinkle with sugar and cinnamon. Roll out remaining dough and place on top. Brush with water and whipped egg white. Bake 1 hour at 350°. Drizzle powdered sugar frosting on top.

Whatever is worth doing at all is worth doing well.

BANANA BARS

Florence Houseman, Burlington B.P.W.

½ C. butter or oleo
1½ C. sugar
2 ripe bananas
2 eggs
1 C. sour cream
1 tsp. vanilla
2 C. flour
1 tsp. soda
½ tsp. salt

FROSTING:
⅓ C. butter
3 oz. cream cheese
1 tsp. vanilla
Up to 1 box powdered sugar

Cream the butter and sugar, add the eggs and sour cream. Mix well. Add the bananas and vanilla. Mix well. Add the flour, salt and soda. Mix until smooth. Grease and flour a sheet pan. Pour the mix onto the pan and bake for 15-20 minutes in a 350° oven.

For Frosting: Blend in the mixer the butter, cream cheese, and vanilla. Add the powdered sugar until it is spreading consistency. Spread on cooled bars. Cut and serve.

BEEFY BROWNIES

Grace Zimmerman, Anamosa B.P.W.

½ C. butter
1 C. sugar
4 eggs
1 tsp. vanilla
¾ C. raw hamburger
1 (1 lb.) can chocolate syrup
1 C. flour
½ tsp. salt
1 C. nuts
½ tsp. baking powder

Beat butter and sugar; add eggs and vanilla. Beat. Add raw hamburger; pour chocolate syrup over all. Stir in remaining ingredients. Bake in a 10x15-inch pan in 350° oven for 25-30 minutes.

FROSTING:
6 T. butter
6 T. milk
1½ C. sugar
½ C. chocolate chips

Bring to boil butter, milk and sugar. Boil ½ minute. Remove from heat and stir in chocolate chips. Spread on slightly cooled brownies quickly. These will stay moist.

BEST CHOCOLATE SYRUP BROWNIES

Theo Davitt
Indianola B.P.W.

½ C. butter
1 C. sugar
3 eggs
Dash of salt
1 C. flour
¾ C. chocolate flavored canned syrup
2 tsp. vanilla
¾ C. walnuts or pecans

Cream butter, sugar, and eggs until creamy. Add salt. Stir in flour. Blend well. Add chocolate syrup, vanilla, and nuts. Turn mixture into well greased 9x9-inch pan. Bake at 350° for 35 minutes. Cool in pan.

BLARNEY STONES

Edith Coe, Mt. Pleasant B.P.W.

4 egg yolks (save whites)
2 C. sugar
1 C. boiling water
2 C. flour
3 tsp. baking powder
Vanilla

Stir egg yolks and sugar together. Add hot water, flour, baking powder, and vanilla. Then fold in egg whites. Bake in pans so that they can be cut into 1½-inch to 2-inch squares. Frost all sides of squares with powdered sugar frosting and roll in ground peanuts. Makes 30-40.

BROWNIES

Dubuque B.P.W.

4 squares baking chocolate
1 C. margarine
1 C. flour
4 eggs (beaten)
2 C. sugar
1 tsp. vanilla
1 C. chopped nuts

Use large jelly roll pan. Melt baking chocolate and margarine together over low heat and cool. Stir in eggs, sugar, vanilla. Add flour, chopped nuts (opt.). Pour into greased jelly roll pan. Bake 30 minutes at 350°.

BROWNIES

Dubuque B.P.W.

½ C. margarine
2 squares baking chocolate
1 C. sugar
½ C. chopped nuts
2 eggs
1 tsp. vanilla
¾ C. flour
Powdered sugar

Melt margarine and baking chocolate over low heat. Remove from heat and add sugar, eggs, and vanilla. Beat lightly just until blended with spoon. Stir in ¾ C. flour and ½ C. chopped nuts just until blended. Bake in greased 8x8-inch pan at 350° for 30 minutes. Cool and cut in bars. Can top with frosting or dust with powdered sugar.

BROWNIES

Dorothy Dewey, Burlington B.P.W.

½ C. butter or oleo
1 C. sugar
4 eggs (beat in 1 at a time)
1 tsp. vanilla
1 can Hershey's syrup
1 C. + 1 T. flour
½ tsp. baking powder

Combine the butter and sugar. Add eggs and vanilla. Beat until smooth. Add the chocolate syrup. Sift the flour and baking powder and add to other ingredients. Pour into a greased and floured jelly roll pan. Bake at 350° for 30 minutes.

BROWNIES

Pat Richenberger, Mt. Pleasant B.P.W.

1 C. flour
1 C. sugar
1 stick oleo (½ C.)
4 eggs
1 large can Hershey syrup
½ C. nuts (opt.)

Mix together. Bake at 350° for 30 minutes.

FROSTING:
1⅓ C. sugar
6 T. milk
6 T. oleo
½ C. semi-sweet chocolate chips

Bring sugar, milk, and oleo to a boil. Boil 1 minute. Then add chocolate chips.

BUTTERMILK BROWNIES

Reva Evans, Centerville B.P.W.

½ C. margarine (1 stick)
½ C. oil
1 C. water
2 C. sugar
2 C. flour
¼ C. cocoa
2 beaten eggs
1½ tsp. soda dissolved in ½ C. buttermilk
1 tsp. vanilla

ICING:
½ C. margarine
⅓ C. buttermilk
1 box powdered sugar
½ C. cocoa

For Brownies: Bring to a boil the margarine, oil, and water. Pour over mixed sugar, flour, and cocoa. Mix. Add beaten eggs, dissolved soda and buttermilk. Mix. Add vanilla. Bake in greased sheet cake pan for 20 minutes at 350°. (Test.)

For Icing: Melt margarine and remove from heat, add buttermilk, sugar, and cocoa. Mix and beat well and frost brownies.

CALIFORNIA BARS

Gladys Hancock, Perry B.P.W.

1 stick butter
1 C. coconut flakes
1 C. chopped pecans
1 C. graham cracker crumbs
1 C. chocolate chips
1 can sweetened condensed milk

Line bottom of 9x13-inch pan with melted butter. Pat graham cracker crumbs over butter. Sprinkle coconut, chocolate chips and nuts over crackers. Pour can of sweetened condensed milk over mixture. Bake at 350° for 25-30 minutes.

HERSHEY BROWNIES

Ann Harshbarger, Keokuk B.P.W.

4 eggs (slightly beaten)
½ C. Parkay (squeeze) margarine
1 can Hershey chocolate syrup
1 C. sugar
1 C. + 1 T. flour

Mix eggs, margarine, sugar, and syrup together. Add flour. Put in greased and floured 9x13-inch cake pan. Bake at 350° for 30 minutes. You may add nuts and frost, if desired.

CARAMEL PECAN BARS

Virginia Jennings, Ottumwa B.P.W.

1 pkg. yellow cake mix
⅓ C. soft margarine
2 eggs
1 can Eagle Brand milk
1 C. chopped pecans
1 pkg. Bits-O-Brickle caramel chips

Grease a 9x13-inch pan. Mix until crumbly the cake mix, margarine, and 1 egg. Place mixture in pan and pat down. Mix together the Eagle Brand milk, pecans, caramel chips and 1 egg. Pour mixture over the cake mix crust. Bake at 350° for 30-35 minutes. Do not overbake. Cool and cut into squares.

CHERRY CHIP BARS

Rhea Levz, Iowa Great Lakes B.P.W.

2 C. all-purpose flour
½ C. sugar
½ C. brown sugar
1½ tsp baking powder
½ tsp. salt
¾ C. milk
½ C. butter or margarine (softened)
1 tsp. vanilla
2 eggs
1 C. maraschino cherries
6 oz. pkg. chocolate chips or pieces
1 C. chopped nuts (opt.)

Heat oven to 325°. (Lightly spoon flour into measuring cup - level off.) Combine the first 9 ingredients. Blend until moistened at low speed. Beat 2 minutes at medium speed. Stir in cherries, chocolate chips and nuts. Spread into ungreased 15x10-inch pan. Bake 25-30 minutes. This recipe may be cut in half and baked in smaller pan.

FROSTING:
6 T. butter
1½ C. sugar
6 T. milk

Bring to a boil for a few seconds, then add 1 C. chocolate chips. Cut in half for ½ recipe of the bars.

CHEWY PUMPKIN BARS

Wanda Tindall, Corning B.P.W.

1 pkg. spice cake mix
1 beaten egg
½ C. butter or margarine (softened)
1 C. pumpkin
½ C. sugar
2 eggs (beaten)
½ C. chopped nuts

Measure out ⅔ of cake and set aside. Combine remaining cake mix with beaten egg and melted butter until crumbly. Spread in greased 9x13-inch pan. Bake in preheated 350° oven for 15 minutes. Just before cake is ready to come from the oven, combine reserved cake mix with the pumpkin, sugar, eggs, and nuts. Beat at medium speed 1-2 minutes. Pour over crust layer as it comes from the oven. Sprinkle with nuts. Continue baking 15-20 minutes. Cool and cut into bars. Keep refrigerated.

CHOCOLATE BARS TOPPED WITH RICE KRISPIES

Mary Kopsicker
Mt. Pleasant B.P.W.

½ C. oleo
¾ C. sugar
3 eggs
½ tsp burnt sugar or vanilla
¾ C. flour
2 T. cocoa
¼ tsp. baking powder
½ C. chopped nuts

Mix and spread in greased 9x13-inch pan. Bake at 350° for 15-18 minutes. Take out and cover with 2½ C. marshmallows. Return to oven 1 minute or more to soften.

TOPPING:
1 (6 oz.) pkg. semi-sweet chocolate chips
1½-2 C. Rice Krispies
1 C. chunky peanut butter
Vanilla

Melt chips, peanut butter, and vanilla. Add cereal and spread over baked bars.

PRALINE BARS

Iris Constantine, Jefferson B.P.W.

¾ C. butter
1 C. brown sugar
1 C. chopped nuts
Graham crackers

Bring butter, brown sugar, and nuts to a boil. Boil for 2 minutes. On a cookie sheet, place whole graham crackers. Pour mixture over crackers. Bake at 350° for 10 minutes. Cool and cut into bars.

CHOCOLATE CHIP SQUARES

Maquoketa B.P.W.

2 C. brown sugar
2 C. flour
½ C. oleo
1 egg
Nuts (optional)
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
1 C. milk
Chocolate chips

Blend brown sugar, flour, and oleo like pie crust. Reserve 1 C. mixture. To rest of mixture add egg, soda, salt, vanilla, and milk. Blend well and pour into greased and floured jelly roll pan. Sprinkle the cup of dry mixture on top, then sprinkle with chocolate chips and nuts if desired. Bake at 350° about 20 minutes.

CREAM CHEESE BROWNIES

Judi Bartlett, Fort Madison B.P.W.

1 pkg. Betty Crocker Super Moist German chocolate cake mix
1 (8 oz.) pkg. cream cheese (softened)
1 egg
½ C. sugar
½ C. milk chocolate chips
Chopped nuts (opt.)

Heat oven to 350°. Grease and flour jelly roll pan, 15½x10½x1-inch. Prepare cake mix as directed on package. Pour batter into pan. Mix remaining ingredients. Drop by tablespoons onto batter. Cut through batter with knife several times for marbled effect. Sprinkle with additional chocolate chips and chopped nuts if desired. Bake until cake springs back when touched lightly in center, 25-30 minutes.

DIABETIC FRUIT BARS

Maxine Campbell, Maquoketa B.P.W.

½ C. prunes (chopped)
1 C. dates (chopped)
½ C. raisins
1 C. water
2 eggs (beaten)
1 stick oleo
1 tsp. vanilla
1 C. flour
1 tsp. cinnamon
1 tsp soda
½ C. nuts
¼ tsp. salt

Boil prunes, dates, raisins, and water for 10 minutes or so. Add 1 stick oleo. Cool to room temperature. Then add eggs, vanilla, flour, cinnamon, soda, nuts, and salt. Mix and pour into 9x13-inch pan. Bake at 350° for 18-20 minutes. Cut into bars. Store in refrigerator or freezer.

DREAM BARS

Margaret Lindsey, Leon B.P.W.

½ C. butter
½ C. brown sugar
1 C. flour

Mix the above ingredients to resemble pie dough and pat in pan. Bake 20 minutes, remove from oven and spread with the following:

¼ tsp. salt
2 T. flour
1 tsp. vanilla
½ tsp baking powder
1½ C. coconut
1 C. nut meats

Put back in oven and bake 20 minutes more. When cool, sprinkle with powdered sugar and cut in bars. For variety, substitute 1 C. ground raisins for coconut, ½ C. peanut butter for nuts, and lemon for vanilla. Use a jelly roll pan or cookie sheet with an edge. Bake at 350°.

EASY LEMON BARS

DeLoris Albright, Grundy Center B.P.W.

1 box 1 step angel food cake mix (dry)
1 can lemon pie filling

Mix together. Pour into greased jelly roll pan. Bake 30 minutes at 350°. Cool and frost with cream cheese frosting.

FROSTING:
3 oz. cream cheese
3 T. butter (creamed)
½ C. powdered sugar
½ tsp. vanilla

Beat until fluffy.

GOODIE BARS

Jean Price, Keokuk B.P.W.

½ C. brown sugar
½ C. white sugar
1 C. Karo syrup
1 C. peanut butter
6 C. corn flakes
1 C. salted nuts
1 (12 oz.) pkg. chocolate chips

In 3-qt. pan, mix well the brown sugar, white sugar, and Karo syrup. Boil for 1 minute. Remove from heat and add peanut butter. Stir. Pour over corn flakes and nuts. Mix well. Spread in 9x13-inch dish and pat in place. Melt chocolate chips and pour over top of bars.

FUDGE BARS

Sandra Hopson, Mt. Pleasant B.P.W.

½ C. shortening
1 C. brown sugar
1 egg
½ tsp. vanilla
¾ C. flour
½ tsp. salt
½ tsp. soda
2 C. quick oatmeal
1 (6 oz.) pkg. chocolate chips
1 T. butter
1 can sweetened condensed milk
Dash salt
1 tsp. vanilla
½ C. chopped nuts

Mix first 8 ingredients together and pour into 9x13-inch greased pan. Reserve 1 C. mixture for topping. Melt chips and butter, add remaining ingredients and pour over oatmeal mixture. Sprinkle reserved cup of oatmeal mixture over top. Bake at 350° for 25 minutes.

MILK CHOCOLATE WALNUT BARS

Linda Burgart
New Hampton B.P.W.

½ C. brown sugar
1 egg
½ C. margarine (room temp.)

1½ C. flour
½ tsp. baking powder
½ tsp. vanilla
1 (12 oz.) pkg. milk chocolate chips
1 C. chopped walnuts

Preheat oven to 350°. Combine brown sugar, margarine and egg. Add flour, baking powder, and vanilla. Press dough into 9x13-inch pan. Bake for 10 minutes. Remove from oven and immediately sprinkle with chocolate chips. Return to oven one minute. As soon as chips melt, spread evenly. Then sprinkle nuts on top. Cool and slice. Makes about 4 dozen bars.

QUICK RAISIN BARS

Gayle Swanson, Red Oak B.P.W.

1 pkg. spice cake mix
1 can Wilderness raisin pie filling
2 eggs

Mix all ingredients and pour into greased 10x15-inch pan. Bake at 350° until tests done with light touch of the finger.

HOLIDAY CHEESE CHERRY BARS

Karma Bierle, Clinton B.P.W.

1 C. walnut pieces
1¼ C. all-purpose flour
½ C. firmly packed brown sugar
½ C. butter flavor Crisco
½ C. flake coconut

FILLING:
2 (8 oz. ea.) pkgs. cream cheese (softened)
⅔ C. granulated sugar
2 eggs
2 tsp. vanilla
1 (21 oz.) can cherry pie filling

Heat oven to 350°. Grease 9x13x2-inch pan with butter flavor Crisco. Set aside. Chop ½ C. nuts coarsely for topping. Set aside. Chop remaining ½ C. finely.

For Crust: Combine flour and brown sugar. Cut in butter flavor Crisco until fine crumbs. Add ½ C. finely chopped nuts and coconut. Mix well. Remove ½ C. Set aside. Press remaining crumbs in bottom of pan. Bake at 350° for 12-15 minutes until edges are lightly browned.

For Filling: Beat cream cheese, granulated sugar, eggs, and vanilla in small bowl at medium speed of electric mixer until smooth. Spread over hot baked crust. Return to oven. Bake 15 minutes longer. Spread cherry pie filling over cheese layer.

Combine reserved coarsely chopped nuts and reserved crumbs. Sprinkle over cherries. Return to oven. Bake 15 minutes longer. Cool. Refrigerate several hours. Cut into bars about 2x1½-inch. Makes 36 bars.

MOUNDS COOKIE BARS

Joyce Kral, Iowa City B.P.W.

1 pkg. graham crackers
⅓ C. sugar
¼ lb. margarine (melted)
1 (12 oz.) pkg. chocolate chips
1 (12 oz.) pkg. shredded coconut
1 can sweetened condensed milk

Roll 1 pkg. graham crackers until fine. Mix with sugar and margarine. Press into bottom of 9x13-inch pan. Spread coconut over crust. Pour milk over coconut. Bake 15 minutes at 350°. Take from oven and spread chocolate chips over the top for frosting. Put back into oven until chocolate chips have melted. Remove from oven. Spread chocolate evenly. Place in refrigerator until chocolate hardens. Cut into small squares and serve.

NO-BAKE CHOCOLATE BARS

N. Franklin, Fairfield B.P.W.

½ C. light or dark corn syrup
4 T. butter or margarine
1 (6 oz.) pkg. oven-toasted rice cereal
1 (3½ oz.) can flaked coconut
1 C. confectioner's sugar
¾ C. hot cocoa mix
1/8 tsp. salt

Can make 2 weeks ahead. Grease 9x13-inch baking pan. Heat in 1-qt. saucepan over low heat corn syrup and margarine until melted, stirring occasionally. Combine in large bowl rice cereal and remaining ingredients. Pour syrup mixture over cereal. Toss to coat well. Firmly press mixture into pan. Cover and refrigerate overnight to harden. Cut into pieces or bars.

PEANUT BUTTER BARS

Marlene Thompson, Humboldt B.P.W.

1 C. oleo
1 C. white sugar
1 C. brown sugar
⅔ C. peanut butter
2 eggs
1 tsp. soda
½ tsp. salt
1 tsp. vanilla
2 C. flour
2 C. oatmeal

Cream sugars and butter. Add eggs and vanilla. Combine dry ingredients. Bake at 350° for 15-20 minutes. Don't overbake. Use peanut butter in frosting.

BRING TO HARD BOIL:
6 T. butter
1½ C. sugar
6 T. milk

ADD:
½ C. chocolate chips
Powdered sugar
Peanut butter
Oleo
Milk

Stir until creamy and frost cooled bars.

"PHILLY" SWIRL BROWNIES

Peg Vermillion, Keokuk B.P.W.

1 (20-23 oz.) pkg. brownie mix (plus ingredients listed on box)
1 egg
1 (8 oz.) pkg. "Philly" cream cheese (softened)
⅓ C. sugar
½ tsp. vanilla

Prepare brownie mix as directed on box. Combine softened cream cheese and sugar, mixing until well blended. Blend in egg and vanilla. Spread brownie batter onto the bottom of a greased 9x13-inch pan, reserving ½ C. batter. Cover with cream cheese mixture; spoon on remaining batter. Cut through batter with knife several times for marble effect. Bake at 350° for 35-40 minutes or until toothpick inserted in center, comes out clean. Cool. Cut into squares.

RHUBARB BARS

Luane Frank, New Hampton B.P.W.

CRUST:
1 C. flour
⅓ C. granulated sugar
½ C. butter

Combine and mix well. Press in 9x13-inch pan. Bake 12-15 minutes at 350°.

FILLING:
3 eggs
1½ C. granulated sugar
½ C. flour
3 C. rhubarb (diced fine)
7 oz. coconut

Mix together. Spread over baked crust. Sprinkle with 7 oz. coconut or less. Bake 30 minutes at 350°.

SALTED PEANUT BAR

Jeanine Schroder, Cherokee B.P.W.

2 tsp. butter
12 oz. pkg. peanut butter chips
1 can Eagle brand milk
10 oz. miniature marshmallows

Melt butter and chips, add milk and marshmallows. Stir until half melted. Pour into 9x13-inch pan. Add 10 oz. jar dry roasted peanuts on top. Press peanuts into mixture. Cool.

SALTED NUT ROLL BARS

Alice Ellis, Indianola B.P.W.

1 pkg. yellow cake mix (dry)
⅔ C. margarine (softened)
1 egg
Miniature marshmallows
⅔ C. white syrup
12 oz. pkg. peanut butter chips
¼ C. margarine
2 tsp. vanilla
2 C. dry roasted peanuts

Mix yellow cake mix, margarine, and egg and pat into 10x15-inch cookie sheet and bake at 325° for 10-15 minutes. Remove from oven and sprinkle with marshmallows. Bake until marshmallows melt. Remove from oven and cool. Mix syrup, peanut butter chips, margarine, and vanilla. Stir over low heat or in microwave until melted. Blend well and pour over baked crust. Sprinkle with peanuts. Cool and cut.

SWEDISH BROWNIES

Beverly Powell, Indianola B.P.W.

1 C. sugar
2 T. cocoa
½ C. melted butter
2 eggs
¾ C. flour
1 tsp. vanilla extract
1 C. chopped nuts

Blend sugar, cocoa, and butter in bowl. Add eggs, flour and vanilla; mix well. Stir in nuts. Pour into greased and floured 8x8-inch baking pan. Bake at 350° for 25 minutes. Cool in pan and frost with the following:

½ stick margarine
½ C. sugar
1/8 C. milk
¼ C. chocolate chips

Combine margarine, sugar, and milk in saucepan. Boil for 1 minute; remove from heat. Add chocolate chips. Beat until smooth. Spread over cooled brownies.

QUICK RICH BARS

Dorothy O'Neal, Spencer B.P.W.

8 T. butter (1 stick)
2 C. graham cracker crumbs
1 C. grated coconut
1 C. butterscotch chips
1 C. chocolate chips
1 (14 oz.) can Eagle Brand sweetened condensed milk

Melt butter in a 9x13-inch pan. Add graham cracker crumbs. Sprinkle with grated coconut, butterscotch chips and chocolate chips. Pour sweetened condensed milk over top. Bake at 350° for 20 minutes.

2 X 2 BARS

Carol Abels, Grundy Center B.P.W.

2 C. flour
2 eggs
2 C. sugar
2 tsp. soda
1 C. chopped nuts
1 (15 oz.) can crushed pineapple
½ tsp. salt
1 tsp. vanilla

FROSTING:
1 stick oleo
2 C. powdered sugar
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese

Mix together above ingredients. Bake at 350° for 20-30 minutes in jelly roll pan. When cool, frost.

—COOKIES—

BROWN SUGAR COOKIES

Vi Burkholder, Keokuk B.P.W.

1 C. butter or margarine
¾ C. brown sugar (packed solid)
¼ C. white sugar
1 egg (well beaten)
1 tsp. vanilla
2¼ C. flour
1 tsp. (scant) baking soda
1 tsp. (scant) cream of tartar
½ C pecan nut meats

Cream together butter and sugar. Mix in egg. Sift dry ingredients and add to creamed mixture. Add nuts, if desired. Mix and drop from spoon. Press with fork. Bake in slow oven at 300° for 15 minutes. Makes 4 dozen.

CHERRY CHIP DELIGHTS

Dixie Lair, Fort Madison B.P.W.

½ C. granulated sugar
2 egg whites
½ tsp. cider vinegar
1/8 tsp. salt
½ tsp. vanilla
½ pkg. or 6 oz. cherry chips

Separate egg whites from yolks and let them warm to room temperature for greater volume when they are beaten. Cover a cookie sheet with unglazed white or brown paper. Sift sugar and measure, beat egg whites until foamy with electric beater on medium speed. Add sugar, vinegar, and salt; beat. Stir in cherry chips. Set oven at 275°. Bake 40 minutes.

CALIFORNIA WHEATIES COOKIES

Shirley Thompson
Keokuk B.P.W.

1 C. shortening (½ butter or oleo)
½ C. brown sugar
2 eggs
2 C. moist coconut
2 C. Wheaties
May add ½ C. nuts and/or raisins
2 C. cake flour
1 tsp. soda dissolved in water
½ tsp. baking powder
½ tsp. salt
½ tsp. vanilla

Cream sugar and shortening together. Add beaten eggs and coconut. Fold in cake flour, soda, baking powder, and salt. Add soda and vanilla. Stir in Wheaties only enough to mix. Bake in 400° oven for 10 minutes. Real good and makes approximately 10 dozen.

CANDY COOKIES

Jennifer Baldwin, Clinton B.P.W.

½ tsp. salt
1 tsp. vanilla
¾ C. white sugar
¾ C. brown sugar
½ C. shortening
2 eggs
2½ C. flour
1 tsp. soda in 1 T. hot water
1 pkg. M&M's

Cream shortening and sugars, add eggs one at a time and beat. Add water, soda, flour, salt, vanilla and chips. Put by teaspoon on baking sheet. Bake for 10-12 minutes at 350°. Do not bake too brown.

CHERRY SUGAR COOKIES

Catherine Petty, Fort Madison B.P.W.

3 C. flour
2 sticks oleo
1 tsp. cream of tartar
2 eggs
1 C. powdered sugar
1 C. oil
1 tsp. soda
5 C. flour

Cream all ingredients except flour and eggs. Then add eggs and flour. Roll into balls and flatten with glass dipped in sugar. Sprinkle with colored sugar. Bake at 350° for 12-15 minutes.

CHOCOLATE CRACKLES

Jeanette Falleson, Clinton B.P.W.

10 T. butter or margarine
6 T. Hershey's cocoa
1 C. sugar
2 tsp. baking powder
½ tsp. salt
2 eggs
1 tsp. vanilla
2 C. unsifted all-purpose flour
½ C. chopped nuts
Confectioner's sugar

Microwave butter in medium micro-proof bowl at High (100%) for 45-60 seconds or until melted. Add cocoa; blend well. Beat in sugar, baking powder, salt, eggs, and vanilla. Stir in flour and nuts. Refrigerate at least 8 hours or until firm. Shape dough into 1-inch balls; roll in confectioner's sugar. Cover micro-proof plate with wax paper. Place 8 balls 2-inches apart in circular shape on wax paper. Microwave at Medium (50%) for 1½-2 minutes or until surface is dry but cookies are soft when touched. Cool on wax paper on countertop. Repeat cooking procedure with remaining dough. Before serving, sprinkle with additional confectioner's sugar. Makes about 4 dozen cookies.

CHOCOLATE STAR COOKIES

Grace Whitten, Clinton B.P.W.

1 C. sugar
1 egg
1 C. peanut butter
1 pkg. chocolate star candy

Mix sugar, egg, and peanut butter together. Drop by teaspoon on cookie sheet. Press a chocolate star in center. Bake at 350° for 10 minutes.

COCOONS

Denise Warneke-Rasing, Clarinda B.P.W.

½ lb. butter
5 T. powdered sugar
2½ C. flour
¼ tsp. salt
1 tsp. vanilla
1½ C. crushed pecans
*Extra powdered sugar for dusting baked cookie

Cream butter and sugar. Add other ingredients. Shape in small balls or logs. Bake at 350° until lightly browned. Roll in powdered sugar while still slightly warm. Store in a covered container only after thoroughly cooled.

PEANUTTY CHOCOLATE SNACK SQUARES

Jeanette Falleson
Clinton B.P.W.

5 graham crackers (broken into squares)
½ C. sugar
1 C. light corn syrup
1 C. Hershey's semi-sweet chocolate chips
1 C. peanut butter
1 C. dry roasted peanuts

Line bottom of 8-inch square pan with graham cracker squares, cutting to fit as necessary. Combine sugar and corn syrup in 2-qt. micro-proof bowl. Microwave at High (100%), stirring every 2 minutes, until mixture boils; boil 3 minutes. Stir in chocolate chips, peanut butter, and peanuts. Pour over crackers; spread carefully. Cover; refrigerate until firm. Cut into 2-inch squares. Makes 16 squares.

COOKIE PIZZA

Marilyn Bender, Indianola B.P.W.

½ C. white sugar
½ C. brown sugar
½ C. margarine
½ C. peanut butter
½ tsp. vanilla
1 egg

Add 1½ C. flour and mix well. Press dough in 12-inch round pizza pan, forming rim on edge. Bake at 350° for 10 minutes. Remove from oven and sprinkle on top starting with 2 C. marshmallows, 1 C. chocolate chips (mint, optional), 1 C. M&M's. Return to oven for 5-8 minutes more until marshmallows puff up and turn light brown. Cool completely and cut like pizza.

DELICIOUS COOKIES

Helen Peterson, Jefferson B.P.W.

1 C. shortening
½ C. sugar
½ C. brown sugar
1 tsp. vanilla
1 egg
2 C. flour
½ tsp. salt
½ tsp. soda
1½ tsp. cream of tartar
Chopped nuts

Cream shortening and add sugars. Add vanilla and egg, beating well. Sift dry ingredients together and add chopped nuts. Mix with the rest and make into balls the size of walnuts. Put on cookie sheet and press flat with fork. Sprinkle sugar on top. Bake at 350° for 10 minutes.

FUDGE KRISPIES

Delores Sisul, Centerville B.P.W.

1 (11½ oz.) pkg. or 2 C. Nestles milk chocolate chips
½ C. margarine or butter
½ C. light corn syrup
2 tsp. vanilla
1 C. sifted powdered sugar
4 C. Rice Krispies

Combine chips, margarine and corn syrup in medium saucepan. Stir over low heat until melted and smooth. Remove from heat and add Rice Krispies, mixing lightly until well coated. Spread in 9x13-inch pan. Chill until firm. Cut into 1½-inch squares. Store in refrigerator. Yields: 48 squares.

JANIE'S SUGAR COOKIES

Dubuque B.P.W.

1 C. sugar
1 C. margarine
2 eggs
½ tsp. soda
½ tsp. baking powder
1 tsp. vanilla
2½ C. flour

Mix all together. Drop on greased cookie sheet. Flatten with a glass you have dipped in water and then in sugar. Bake at 350° for 10 minutes until set, not brown. (For Christmas after they are flattened, sprinkle red or green sugar on top before baking.)

MERINGUE CHOCOLATE CHIP COOKIES

Tami Heidelberg
Burlington B.P.W.

2 egg whites
Pinch of salt
½ tsp. cream of tartar
¾ C. sugar
6 oz. pkg. mint or plain chocolate chips
Green food coloring

Beat egg whites with salt and cream of tartar. Slowly add sugar, beating continuously, until stiff peaks form. Fold in chips and a few drops food coloring. Heat oven to 375° for 15 minutes. Drop cookies by teaspoon onto greased cookie sheet. Turn oven off, place cookies in oven and leave overnight without opening door. Makes 4 dozen.

MEXICAN CRINKLES

Lillian Gross, Spencer B.P.W.

¾ C. margarine
1 C. sugar
¼ C. light corn syrup
1 egg
2 (1 oz. ea.) squares unsweetened chocolate (melted)
1 tsp. cinnamon
1¾ C. flour
2 tsp. baking soda
¼ tsp. salt
¼ C. granulated sugar

Cream together margarine, sugar and egg. Stir in syrup and melted chocolate. Sift flour, soda, salt, and cinnamon into creamed mixture. Blend well to make a stiff dough. Chill. Shape dough into balls the size of a walnut and roll in sugar. Place balls on ungreased baking sheet 3-inches apart. Bake at 350° for 15 minutes. Let stand a few minutes before removing to rack. Makes 3 dozen 3-inch cookies.

MONSTER COOKIES *(Nancy's Speciality)*

Dubuque B.P.W.

12 eggs
1 T. vanilla
1 T. dark Karo syrup
8 tsp. baking soda (2½ T.)
1 lb. softened margarine
2 lbs. brown sugar
4 C. granulated sugar
3 lbs. peanut butter
1 lb. chocolate chips
1 lb. M&M's
16-18 C. oatmeal (1 large box oatmeal is 15 C.)

Beat eggs. Add other ingredients. Mix well. Scoop with ice cream scoop and drop on cookie sheet (6 per sheet). Slightly flatten center and bake at 350° for 12-15 minutes. Makes 100 cookies.

NUMMIES

Dorothy Smith, Burlington B.P.W.

1 C. peanut butter
1 C. chocolate chips
½ C. butter
8 C. Rice Chex
2½ C. powdered sugar

Melt the peanut butter, chocolate chips and butter. Pour over the Rice Chex. Stir until coated and put in paper bag. Shake with the powdered sugar. Serve.

ORANGE BALLS

Dorothy Farris, Centerville B.P.W.

1 stick margarine
1 lb. powdered sugar
1 lb. vanilla wafers (crushed)
1 can orange concentrate
1 C. nuts
1 tsp. vanilla

Mix ingredients, add coconut or make into balls and roll in coconut. Put into tight container. Improves with time!!

PEANUT BUTTER COOKIES

Margaret Cantwell, Mt. Pleasant B.P.W.

½ C. butter
½ C. peanut butter
½ C. granulated sugar
½ C. brown sugar
1 egg
½ tsp. vanilla
1¼ C. sifted all-purpose flour
¾ tsp. soda
¼ tsp. salt

Cream butter, peanut butter, sugars, egg, and vanilla. Sift together dry ingredients, blend into creamed mixture. Shape in 1-inch balls, roll in granulated sugar. Press crisscross with fork tines. Bake at 375° for 10-12 minutes. Makes 4 dozen.

PEANUT BUTTER PUFFS

Cindy Hoewing, Keokuk B.P.W.

1 C. peanut butter
½ C. butter
½ C. sugar
½ C. brown sugar (packed)
½ tsp. vanilla
1 egg
1½ C. flour
¾ tsp. soda
½ tsp. baking powder
¼ tsp. salt

Cream together peanut butter and butter. Add the sugars and cream until fluffy. Add vanilla and egg, beat well. Stir in flour, soda, baking powder, and salt. Mix and chill dough. Shape in balls. Bake at 375° for 10 minutes. Yields: 5 dozen.

POOR MAN'S COOKIES

Dubuque B.P.W.

1 C. raisins
2 C. water
½ C. shortening
1 C. sugar
1 egg
2 C. flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. ground cloves
½ tsp. salt

FROSTING:
1 C. powdered sugar
Milk

Boil raisins in 2 C. water until 1 C. liquid remains. Stir in shortening, sugar, flour, soda, cinnamon, ground cloves, salt, unbeaten egg, until mixed well. Pour into lightly greased jelly roll pan and bake at 375° for 15 minutes. Make a mix of about 1 C. powdered sugar and some milk until thin icing and drizzle over the top.

PRALINE COOKIES

Dorothy Batschelet, Spencer B.P.W.

Honey graham crackers
1 C. margarine
1½ C. chopped pecans or slivered almonds
1 C. light brown sugar (packed)

Cover a cookie sheet with whole graham crackers, placing them as close together as possible. Bring margarine and brown sugar to a boil; let boil for 2 minutes, stirring constantly. Add pecans and spread mixture evenly over graham crackers. Bake at 350° for 20 minutes. Cut and separate immediately. Let cool. Yield: 3 dozen.

SALTED PEANUT COOKIES

Terri Davis, Mt. Pleasant B.P.W.

3 C. flour
1 tsp. soda
1 tsp. salt
1 C. melted shorteniing or 2 sticks melted butter
3 eggs
1½ C. brown sugar
¾ C. white sugar
1 tsp. vanilla
1 C. salted peanuts

Mix together and then drop from spoon on a greased cookie sheet. Bake at 375° for 15 minutes.

RUM BALLS

Dubuque B.P.W.

6 oz. pkg. chocolate chips
3 T. white corn syrup
½ C. rum
2½ C. finely crushed vanilla wafer crumbs
½ C. powdered sugar
1 C. finely chopped pecans

Melt chocolate chips in double boiler over hot water; add corn syrup and rum. Combine crushed vanilla wafer crumbs, powdered sugar and chopped pecans. Add to the chocolate mix and mix well. Cover and let stand for 30 minutes. Make 1-inch ball, roll in granulated sugar. Place in a tight container to "ripen" for 3-4 days. Be sure to keep tightly covered with no air or they will dry and get hard within ½ hour.

SOFT MOLASSES COOKIES

Margaret Hemann, Keokuk B.P.W.

1 C. shortening
1½ C. brown sugar
3 eggs (beaten)
1 T. ginger
½ C. dark molasses
1½ C. boiling water
1½ tsp. baking soda
5 C. sifted flour
2 tsp. baking powder
1½ tsp. salt
1 T. cinnamon

Cream shortening. Add brown sugar and mix well. Add eggs and blend together. Mix ginger with molasses and add to sugar mixture. Add boiling water while stirring. Sift remaining ingredients together. Add to above mixture. Mix together. Drop by spoon on greased baking sheet. Bake at 425° for 10-12 minutes. These can be frosted with powdered sugar icing or eaten plain. (I have put coffee flavored icing on them too which is good. Top with nuts.)

SPECIAL K COOKIES

Hilda Alliman, Mt. Pleasant B.P.W.

½ C. sugar
½ C. white or dark syrup
1 tsp. vanilla
¾ C. peanut butter
3 C. Special K cereal

Bring sugar and syrup to a boil and boil 1 minute. Add vanilla and peanut butter. Mix well. Add Special K. Drop or make into balls and let stand.

SUGAR COOKIES

Della Seals, Centerville B.P.W.

2 sticks margarine
2 C. sugar
2 eggs
1 C. salad oil
1 tsp. vanilla
5 C. flour
2 tsp. soda
2 tsp. cream of tartar
Pinch of salt

Cream together softened margarine and sugar. Add eggs, salad oil, salt, and vanilla. Mix. Sift together flour, soda, and cream of tartar. Add to above mixture. Stir well, roll into balls and in sugar. Press on greased cookie sheet with a fork. Bake at 350° about 10 minutes. Yields about 5 dozen.

QUAKER'S BEST OATMEAL COOKIES

Lou Gillham, Leon B.P.W.

1¼ C. margarine
¾ C. firmly packed brown sugar
½ C. granulated sugar
1 egg
1 tsp. vanilla
1½ C. all-purpose flour
1 tsp. baking soda
1 tsp. salt (opt.)
1 tsp. cinnamon
¼ tsp. nutmeg
3 C. Quaker Oats (uncooked, quick or old fashioned)

Heat oven to 375°. Beat together margarine and sugars until light and fluffy. Beat in egg and vanilla. Combine flour, baking soda, salt and spices. Add to margarine mixture, mixing well. Stir in oats (raisins and nuts are optional). Drop by rounded tablespoon onto ungreased cookie sheet. Bake 8-9 minutes for a chewy cookie, 10-11 minutes for a crisp cookie. Cool 1 minute on cookie sheet before removing to wire cooling rack. Store in tightly covered container.

STRAWBERRY COOKIES (No Bake)

Elaine Person
Humboldt B.P.W.

14 oz. angel flake coconut
1 can Borden's sweetened condensed milk
1 large pkg. strawberry gelatin (reserve 2 T.)
4 oz. chopped almonds

Grease hands. Mix above all together and shape into small strawberry shapes. Mix 2 T. gelatin with ½ C. sugar. Tint with red food coloring (cream in). Roll berries in sugar mixture. Trim with green frosting like leaves. To save time, just dab some green powdered sugar frosting on end.

RAISIN DROP COOKIES

Fern Reed, Leon B.P.W.

1 C. raisins
1 C. shortening
3 eggs (beaten)
6 T. raisin water
1 tsp. soda
1 tsp cinnamon
Water to cover
1 C. white sugar
1 tsp. vanilla
2 C. flour (sifted)
¾ tsp. salt
1 C. dates (chopped)

Cook raisins in water to cover. Simmer about 5 minutes and set aside to cool. Cream shortening, sugar, eggs, and vanilla. Mix in 6 T. raisin water. Sift dry ingredients and add to mixture. Stir in raisins and dates. Drop with teaspoon on greased cookie sheet and bake at 350° until brown.

SOUR CREAM TEA CAKES

Lois Walker, Perry B.P.W.

2 C. sugar
1 C. oleo or butter
2 eggs
1 tsp. vanilla
1 tsp. butter flavoring
4½ C. flour
1 tsp. baking soda
1 tsp. baking powder
1 C. sour cream

Cream sugar, oleo, and eggs together. Add butter flavoring and vanilla. Add sour cream, flour, soda, and baking powder. Mix well. Pat out on floured bread board and cut with a cookie cutter. Press into each cake a half walnut, or cake can be frosted. Bake in 350° oven about 10 minutes, if ¼-inch thick or until done. NOTE: I make this the day before and refrigerate overnight. It takes less flour and handles better. This is my mother's recipe and it's been in our family over 50 years. She used it for bridge club and teas.

SUGAR COOKIES

Clem Davis, Ottumwa B.P.W.

1 C. sugar
1 C. shortening
2 eggs (well beaten)
1 tsp. vanilla
2½ C. flour
2 tsp. cream of tartar
1 tsp. baking soda
½ tsp. salt

Cream shortening and sugar. Add eggs and vanilla. Sift dry ingredients together. Add to creamed mixture. Chill dough. Make into balls. Flatten with bottom of glass dipped in sugar or crisscross with a fork. Bake on greased cookie sheet for 10-12 minutes at 350°.

UNBELIEVABLE COOKIE

Elsie Albertson, Centerville B.P.W.

1 C. peanut butter
1 egg
1 C. sugar

Blend and cream sugar and peanut butter. Add egg and mix well. When smooth shape into balls 1-inch to 1½-inch diameter and place on ungreased cookie sheet, flatten with fork (criss-cross) to ⅓-inch thickness. Bake at 325° for 10-12 minutes or until light brown. Makes 2-2½ dozen.

VANILLA SUGAR COOKIES

Linda Tickel, Burlington B.P.W.

½ C. butter or oleo
½ C. sugar
2 eggs
1 tsp. vanilla
2 tsp. baking powder
2¾ C. flour

Preheat oven to 400°. In a large bowl, cream butter and sugar with an electric mixer. Beat in the eggs and vanilla. Add the baking powder and flour, 1 C. at a time, mixing well after each addition. The dough will be very stiff. It may be necessary to blend the last flour in by hand. Do Not Chill Dough. Drop by spoonfuls onto greased cookie sheet. Press with a fork to flatten. Bake until brown (5-8 minutes, no more).

WAFFLE COOKIES

Betty Eberhard, Burlington B.P.W.

1½ C. sugar
1 C. margarine
4 eggs
2 C. flour
3 T. cocoa

Cream sugar and margarine. Add eggs. Sift together flour and cocoa. Add to sugar-margarine-egg mixture, mix well. Drop by teaspoon. Bake for 1 minute on heated waffle iron. Frost when cool.

WHAM BAM SUGAR COOKIES

Judi Bartlett, Fort Madison B.P.W.

(From Mary Kay)

2 C. flour
½ tsp. soda
1 C. sugar
1 C. butter or oleo
1 egg
½ tsp. vanilla

Cream butter, egg and sugar. Add vanilla. Sift flour and soda; add to mixture. Make into balls. Roll in sugar. Flatten with a glass dipped in sugar. Bake at 400° for 4-6 minutes.

ZUCCHINI COOKIES

Lorene Warden, Leon B.P.W.

1 C. shortening
2 C. sugar
2 eggs
2 C. zucchini (chopped)
⅔ tsp. salt
2 tsp. vanilla
4 C. flour
2 tsp. cinnamon
2 tsp. baking powder
1 tsp soda
1 C. nuts

Bake at 375° for 8-10 minutes. Cream shortening and sugar. Add eggs, salt, and vanilla. Sift flour, soda, cinnamon, and baking powder; add zucchini and nuts. Bake at 375° for 8-10 minutes.

"JUST FOR NOTES"

Cakes and Frostings



VIVIEN KELLEMS

Born in 1896, Des Moines, Iowa.

This Business and Professional Women member was important to the world of business and women's rights due to her conflicts with the government over taxes.

Vivien received her B.A. and M.A. degrees in 1918 and 1920 in the field of economics and eventually became president of the family business.

In 1940 she was voted Leading Woman in Industry by 200 women executives. She was one of only three women who belonged to the American Institute of Business.

In 1944 she refused to pay the last 1943 installment of taxes on the grounds that she wanted the reserve for Post War expansion of business.

In 1947, with the help of a demonstration by her plant employees, she caused the repeal of a Connecticut law forbidding employment of women in industry from 10 P.M.-6 A.M.

In 1948 she refused to withhold taxes from employees unless the government made her an employee of the Internal Revenue Department.

Vivian died 1975 at Santa Monica, California.

APPLE CAKE

Eileen Ferrel, Mt. Pleasant B.P.W.

½ C. white sugar
½ C. brown sugar
½ C. oleo
1 egg
2 C. chopped apples
¾ tsp. cinnamon
1½ C. flour
1 tsp. soda
¼ tsp. salt

Cream well the sugars and oleo; add egg, apples, and cinnamon. Sift flour, soda, and salt; add to creamed mixture. Pour into 9x13-inch pan. Mix topping and spread over top of cake. Bake 30-35 minutes at 330°.

TOPPING:
1 T. butter
½ C. brown sugar
¼ C. chopped nuts

FRESH APPLE CAKE

Mary Boles, Ottumwa B.P.W.

1 C. oil
2 C. sugar
2 eggs
3 C. chopped apples
1 C. nuts
3 C. flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
2 tsp. vanilla

Cream together oil, sugar, and eggs. Add the rest of the ingredients and mix well. Pour into well greased and floured 9x13-inch pan. Bake at 350° for 45 minutes. Delicious served warm with whipped cream!

FRESH APPLE CAKE

Edra Lee, Keokuk B.P.W.

1 yellow cake mix (any kind)
⅓ C. cooking oil
1 C. chopped nuts
1 C. sugar
3 eggs
3 C. freshly chopped apples

Place all ingredients in mixing bowl, mix thoroughly. Bake in 9x13-inch greased and floured pan for 45 minutes at 350°.

FRESH APPLE CAKE AND TOPPING *Lillian Schmidt, Spencer B.P.W.*

1 C. brown sugar
1 C. white sugar
½ C. shortening
2 eggs
2½ C. flour
1 tsp. soda
½ tsp. salt
1 T. cinnamon

TOPPING:
⅓ C. butter or oleo
⅔ C. brown sugar
1 C. coconut
½ C. nuts

Cream sugars and shortening. Add eggs. Sift together flour, soda, salt, and cinnamon. Add flour mixture to creamed mixture alternating with 1 C. milk. Add 2 C. chopped apples and 1 tsp. vanilla.

For Topping: Melt ⅓ C. butter or oleo and mix in ⅔ C. brown sugar, 1 C. coconut, ½ C. nuts. Sprinkle over top of cake and bake at 375° for 45-55 minutes.

GI APPLECAKE *Phyllis Miller, Keokuk B.P.W.*

2 C. sugar
1 C. oil
2 eggs
¼ tsp. salt
3 C. flour
1½ tsp. baking soda
3 C. apples (cut small)
1 C. nuts

Mix together sugar, oil, eggs, and salt. Sift together flour and baking soda. Then add to first mixture. Add apples and nuts. Do not grease pan. Do Not open oven while baking. Bake 1 hour at 350° in 9x13-inch pan. (Will be very thick. Do not add anything.)

BANANA CAKE *Dorothy Manikowski, Clinton B.P.W.*

3 eggs
1 stick margarine
1½ C. sugar
1 C. bananas (mashed)
2 C. flour (sifted)
¾ tsp. baking powder
¾ tsp. baking soda
1 tsp. vanilla

Beat first 4 ingredients together with mixer. Then add the remaining ingredients. Bake in two layer pans or 9x13-inch pan at 350° until knife comes out clean, 30-35 minutes.

BANANA SPLIT CAKE

Mindy Payne, Centerville B.P.W.

2 C. graham cracker crumbs
5 T. melted butter/margarine
2 C. powdered sugar
¼ lb. margarine
2 eggs
Maraschino cherries or strawberries
4-5 bananas
2 regular or 1 large can crushed pineapple
1 container whipped topping
Nuts

Mix graham cracker crumbs and butter; press into 9x13-inch pan. Bake at 350° for 8 minutes. Cool. Blend until fluffy: 2 C. powdered sugar, ¼ lb. margarine, 1 tsp. vanilla, 2 eggs. Spread carefully over cooled crust. Refrigerate 1 hour. Slice 4-5 bananas over this. Meantime drain 2 regular or 1 large can crushed pineapple. Spread over bananas. Spread one container whipped topping over all. Sprinkle with nuts and decorate with maraschino cherries or strawberries.

BARBARA MANDRELL PIG PICKING CAKE

Fran Miller
Washington B.P.W.

1 box yellow butter cake with pudding mix
½ C. oil
4 eggs
1 can mandarin oranges with juice
½ C. chopped nuts

Mix cake mix, oil, and eggs together. Add 1 can mandarin oranges with juice and ½ C. chopped nuts. Bake in 2 round cake pans at 325° for 25 minutes. When cool, put together with vanilla pudding and Cool Whip. Also frost sides. (I like to bake in bundt pan and sprinkle with powdered sugar. Needs to bake at 325° for 1 hour.)

CHAMPAGNE CAKE

Lynn Greimann, Iowa Great Lakes B.P.W.

1 yellow cake mix
1 pkg. instant vanilla pudding
8 oz. cream cheese
1½ C. milk
20 oz. can crushed pineapple (drained)
8 oz. Cool Whip
Almonds (sliced)

Prepare cake mix according to directions. Pour into 9x13-inch pan. Bake for 35 minutes; allow to cool. Beat instant pudding (dry), cream cheese and milk together. Spread over cooled cake. Put pineapple on top of pudding mixture. Top with Cool Whip and sprinkle with almonds.

BETTER THAN SEX CAKE

Elaine Nurse, Spencer B.P.W.
Kathy Cunningham, Leon B.P.W.

1 box Swiss or German chocolate cake mix (not pudding type)
1 (14 oz.) can Borden's sweetened condensed milk
1 (12¼ oz.) jar Smuckers caramel

TOPPING:
1 (8 oz.) carton Cool Whip
2 Heath candy bars

Mix batter and bake cake in 9x13-inch greased pan according to directions on box. Let cool and poke holes in cake with wooden spoon handle. Mix sweetened condensed milk and caramel topping together and pour over cake. Let set a few minutes. Spread Cool Whip over cake and sprinkle with crushed candy bars. Refrigerate. Keeps well under refrigeration and can be prepared ahead of serving time.

BLACK MIDNIGHT DEVILS FOOD CAKE

Dubuque B.P.W.

⅔ C. soft shortening
1⅔ C. sugar
1 tsp. vanilla
1 tsp. red food coloring
3 large eggs
⅔ C. cocoa
1⅓ C. cold water
2 C. sifted flour
⅓ tsp. baking powder
1¼ tsp. baking soda
1 tsp. salt

(Use 9x13-inch cake pan. Follow measurements precisely or it doesn't work. Also follow procedure exactly.) Cream together soft shortening (Crisco type), sugar, vanilla, red food coloring until fluffy and light and sugar is dissolved. Beat in thoroughly 3 large eggs (½-⅔ C.). Blend together cocoa and 1⅓ C. cold water in a different bowl. Sift together 2 times: 2 C. sifted flour, ⅓ tsp. baking powder, 1¼ tsp. baking soda, 1 tsp. salt. Now, add ⅓ flour mix to the sugar-egg mix and mix well on medium speed. Add ½ cocoa-water mix and mix well. Add ⅓ flour mix and mix well. Add rest of cocoa-water mix and mix well. Add rest of flour mix and mix well. Pour into a 9x13-inch greased cake pan which has been dusted with cocoa. Bake at 350° for 35-40 minutes.

BLENDER CHEESECAKE

Julie Dhority, Centerville B.P.W.

16 graham cracker squares
½ C. butter or margarine
½ C. boiling water
1 (3 oz.) pkg. lemon gelatin
2 T. lemon juice
2 C. cottage cheese (divided)
1 (8 oz.) frozen whipped topping (defrosted)
1 (21 oz.) can fruit pie filling (opt.)

Combine graham cracker crumbs and butter; press into bottom of 7x11-inch pan. Pour boiling water into blender; add gelatin, process at low speed until dissolved. Add lemon juice and 1 C. cottage cheese, process at high speed until smooth. Add remaining cottage cheese and process until smooth. Pour into large mixing bowl. Add frozen-defrosted topping and mix at low speed until smooth. Pour over graham cracker crust. Chill until set. Top with pie filling if desired. Serves 12-15 persons.

BRAZIL NUT CAKE

Dubuque B.P.W.

4 C. whole Brazil nuts
2-3 C. whole pitted dates
4 C. drained maraschino cherries
4 eggs
1 C sugar
1 C. flour
1 tsp. baking powder
½ tsp. salt

Mix nuts, dates, and cherries. Sift over top and mix: 1 C. sugar, 1 C. flour, 1 tsp. baking powder, ½ tsp. salt. Beat 4 eggs well and blend with above mix. Pour into 4 small (or 3 disposable) loaf pans which have been well greased. Bake at 300° about 60 minutes. Cool 10 minutes and remove from pans. (If using the disposable pans you can leave them in pans, otherwise remove in 10 minutes.)

DUMP CAKE

N. Franklin, Fairfield B.P.W.

1 can apple or cherry pie filling
Melted margarine
1 white cake mix
Nuts

Grease a 9x13-inch cake pan. Dump in pie filling. Put (shake) cake mix on top. Drizzle melted shortening (margarine). Sprinkle with nuts. Bake at 350° for 1 hour.

QUICK AND EASY CARROT CAKE *Kathi Labertew, Indianola B.P.W.*

¾ C. oil
1 C. sugar
2 well beaten eggs
1¼ C. flour
1 tsp. cinnamon
½ tsp. soda
½ tsp. baking powder
1 (7½ oz.) jar stained baby carrots

Combine sugar, flour, cinnamon, soda, and baking powder. Add well beaten eggs, oil, and strained carrots. Bake 20 minutes at 350°.

FROSTING:
3 oz. cream cheese (softened)
½ C. butter (softened)
1 tsp. vanilla
2 C. powdered sugar

Combine all ingredients. Spread on cooled cake. Crushed pecans optional.

CARROT CAKE *Betty J. Halberstadt, Ft. Madison B.P.W.*

2 C. sugar
4 eggs
1½ C. salad oil
3 C. coarse grated carrots
2 C. flour
2 tsp. soda
3 tsp. cinnamon
1 tsp. salt

FROSTING:
8 oz. cream cheese
¼ lb. butter
1 lb. powdered sugar
1 tsp. vanilla

Mix together sugar, eggs, oil, carrots. Combine dry ingredients and add to first 4 until reach batter consistency. Bake in two greased and floured round layer pans or a 9x13-inch rectangular pan in a preheated 350° oven for 35-40 minutes.

Laughter is the spice of life, but remember we are the shakers.

CARROT CAKE

Reva Evans, Centerville B.P.W.

4 eggs
2 C. sugar
2 tsp. soda
2 tsp. cinnamon
½ C. nuts (opt.)
1 tsp. salt
1½ C. oil
2½ C. flour
3 (4½ oz. ea.) jars Gerbers strained carrots (baby food)

FROSTING:
3½ C. powdered sugar
½ tsp. vanilla
8 oz. cream cheese (softened)

Combine cake ingredients in order given. Bake at 350° for 25 minutes (test) in greased sheet cake pan. When cool, frost.

For Frosting: Combine frosting ingredients and whip with mixer until creamy. Frost cake and eat!!

CHOCOLATE CHERRY CAKE

Ann Jeffrey, Spencer B.P.W.

1 box Duncan Hines chocolate mix
3 eggs
½-1 C. sugar
1 can Wilderness cherry pie mix

FROSTING:
5 T. margarine
⅓ C. milk
½ C. sugar
1-1½ C. chocolate chips

For Cake: Preheat oven to 350°. Generously grease and coat with sifted cocoa, the bottom of a 9x13-inch pan (or larger), or 3 layer pans. Mix ingredients well and bake 35-40 minutes. (May take longer). Test with toothpick.

For Frosting: Bring margarine, milk, and sugar to boil. Add chips, stirring constantly. Frost cake when cool.

COCOA CAKE

Hazel Werner, Perry B.P.W.

2½ C. flour
2 C. sugar
1 tsp. salt
2 tsp. soda
½ C. cocoa
2 C. cold water
¾ C. vegetable oil
2 tsp. vinegar
1 tsp. vanilla

Blend dry ingredients in medium-sized mixing bowl. Add water, oil, vinegar, and vanilla. Using an electric mixer set on medium, blend all ingredients until well mixed. Pour into greased and floured 9x13-inch pan and bake 35-40 minutes at 350°.

FROSTING:
2 C. sugar
1 stick oleo
⅓ C. cocoa
½ C. milk

Boil 1 minute. Put pan in cold water and beat until it loses its glossy shine. Spread over cake.

COCONUT CREAM FILLED CAKE

Hope Sallach, Red Oak B.P.W.

1 pound cake (homebaked or purchased)
1 C. sour cream
1 C. sugar
1 C. coconut

Slice pound cake lengthwise 3 times to make 4 pieces. Mix filling together. Divide in 3 equal parts. Take foil-lined with wax paper to come well over top of pan. Place 1 piece cake in pan, add ⅓ of filling. Spread evenly over cake. Continue with cake and filling. Sprinkle top with powdered sugar. Wrap foil closely over top. Let stand in refrigerator at least 24 hours before serving. Slice in 1-inch slices. May top with little Cool Whip and cherry before serving if desired. Also freezes well. Up to three weeks in freezer. Even people who don't like coconut like this cake!

COLORADO GRAHAM CRACKER CAKE

Dubuque B.P.W.

½ lb. graham crackers (broken)
1 C. + 2 T. milk
½ C. margarine
1 C. less 1 T. sugar
1 1/8 tsp. baking powder
1 C. chopped nuts
½ C. shredded coconut
3 egg yolks
½ tsp. vanilla
3 stiffly beaten egg whites

Place broken graham crackers in milk; until milk is absorbed. Cream margarine and sugar add to cracker mixture. Beat smooth. Add baking powder, nuts, and coconut. Stir in egg yolks and vanilla. Fold in stiffly beaten egg whites. Pour into greased 9x13-inch cake pan. Bake at 350° for 30-35 minutes. Sprinkle powdered sugar or top with a butter sauce (below).

BUTTER SAUCE:
1 C. sugar
½ C. Half and Half cream
½ C. butter or margarine

Cook over low to medium heat until mixture coats a spoon (until it will stick to spoon a little but still run off). Excellent on heavy cakes and cake-type desserts.

CREAM DE MENTHE CAKE

Deisy Harrington, Keokuk B.P.W.

White cake mix
Substitute ⅓ C. of the required water with creme de menthe

TOPPING:
1 (16 oz.) jar hot fudge topping
1 (8 oz.) carton Cool Whip
⅓ C. creme de menthe

Finish mixing and bake as directed. Cool. Top with large jar hot fudge topping. Add creme de menthe to carton of Cool Whip. Spread over fudge topping. Refrigerate. This can be frozen.

DATE PUDDING CAKE

Floy Akin, Spencer B.P.W.

1 C. sugar
1 C. flour
2 tsp. baking powder
¼ tsp. salt
½ C. milk
1 C. chopped dates
½ C. chopped nuts

Blend these 7 ingredients together and spread in an 8x12-inch pan.

1 C. brown sugar
2 tsp. butter
2 C. boiling water

Mix these 3 ingredients together and pour over the batter. Bake at 350° for about 1 hour, or until cake pulls away from side of pan. Cut in squares and serve with whipped cream.

DELUXE CHEESECAKE

Shirley Howlette, Red Oak B.P.W.

¾ C. graham cracker crumbs or Zwieback crumbs
1 T. sugar
2 T. melted butter
1 (3¼ oz.) pkg. Jello vanilla pudding-pie filling (reg.)
½ C. sugar
1 C. milk
3 (8 oz. ea.) pkgs. creamed cheese (softened)
3 eggs (separated)
1 T. lemon juice
1 tsp. vanilla
¼ tsp. salt
1 C. sour cream
¼ C. confectioner's sugar

Mix crumbs, sugar, and butter and put into a greased spring-form pan. Make a pudding mixture, combining vanilla pudding mix, sugar and milk. Cover with wax paper until cool. Beat cream cheese on low speed until fluffy. Add egg yolks, beat well. Add lemon juice, vanilla, salt, pudding; blend well. Beat egg whites to soft peaks. Fold into cream cheese mixture. Pour into pan. Bake 25-30 minutes at 425°. Add sour cream mixture: combine 1 C. sour cream with ¼ C. confectioner's sugar. Spread on hot cheesecake. Bake 1 minute at 425°. Cool and store in refrigerator at least 12 hours before serving. Can serve plain or topped with cherry pie mixture or any other fruit.

DUMP CAKE

Mac Jones, Indianola B.P.W.
Floy Akin, Spencer B.P.W.

1 can cherry pie filling
20 oz. crushed pineapple
1 cake mix (white or yellow)
2 sticks oleo
7 oz. coconut
½ C. nuts (finely chopped)

Mix pie filling with pineapple, spread over bottom of greased 9x13-inch pan. Sprinkle cake mix over this. Melt oleo and pour over cake mix. Put coconut over the top. Sprinkle with nuts. Bake in 325° oven for 1 hour.

FRUIT CAKE

Melva Dustman, Burlington B.P.W.

1¾ C. sugar
½ C. oleo
½ C. Crisco
4 eggs (add 1 at a time)
3 C. flour
1½ tsp. baking powder
1 tsp. butter flavoring
1 can pie filling

Cream together the sugar, oleo, and Crisco. Add the eggs and beat well. Add the flour, baking powder, and butter flavoring. Spread ⅓ of the dough on a greased jelly roll pan. Top with the pie filling. Place remaining dough on the top evenly. Bake at 350° for 30 minutes. When done, sprinkle with powdered sugar.

FRUIT COCKTAIL CAKE

Cathy E. Roberts, Keokuk B.P.W.

1½ C. sugar
2 eggs
½ tsp. salt
1½ tsp. baking powder
1½ tsp. vanilla
1½ C. flour
1 (16 oz.) can fruit cocktail and juice

Mix together all ingredients, pour in greased and floured pan. Sprinkle with ¾ C. brown sugar and ¾ C. chopped nuts. Bake at 350° for 35-45 minutes. Serve with Cool Whip or ice cream.

FRUIT STREUSEL PUDDING CAKE

Maxine Wedge, Clinton B.P.W.

1 (21 oz.) can cherry pie filling
1 (8¾ oz.) can sliced peaches
½ of 18.5 oz. pkg. yellow cake mix with pudding (2 C.)
½ C. chopped nuts
½ tsp. cinnamon
⅓ C. margarine

Mix pie filling and peaches (with syrup) in ungreased 2-qt. oblong or square casserole. Sprinkle cake mix (dry), nuts and cinnamon onto fruit mixture. Microwave margarine uncovered until melted, 30 seconds to 1 minute; drizzle over topping. Microwave uncovered until bubbly and topping is almost firm, 11-13 minutes on High, rotating casserole every 4 minutes. Makes 6-8 servings.

GOPHER HILL CAKE

Elsie Albertson, Centerville B.P.W.

1 C. chopped dates
1 tsp. soda
1½ C. boiling water
1½ C. flour
1½ C. sugar (divided)
¾ C. shortening
2 eggs
½ tsp. soda
2 T. cocoa
Dash salt
½ tsp. vanilla
½ C. nuts
1 large pkg. chocolate chips
½ C. nuts (if desired)

Mix dates, soda, and boiling water and let stand until "batter" is ready. Then add 1½ C. flour. "Batter Mix" = Mix 1 C. sugar and ¾ C. shortening. Add eggs, soda, cocoa, salt, and vanilla. Mix and then add to the date mixture. Stir well and pour into 9x13-inch ungreased pan. Sprinkle over top ½ C. sugar, 1 large pkg. chocolate chips, and ½ C. nuts (opt.). Bake 30-35 minutes at 350°. Serves 15-18.

LEMON POUND CAKE

Ronda Onken, Perry B.P.W.

1 pkg. lemon cake mix
1 C. water
1 pkg. lemon instant pudding
⅓ C. Crisco oil
4 eggs

Mix all ingredients and pour in greased and floured bundt or tube pan. Bake at 350° for 50-60 minutes. Cool in pan 25 minutes. Invert on plate. Drizzle with powdered sugar frosting.

MEXICAN FRUIT CAKE

Ardith Boyken, Algona B.P.W.

1 (20 oz.) can crushed pineapple
2 C. sugar
2 C. flour
2 eggs
1 tsp. soda
1 C. nuts

Mix thoroughly in big bowl. Bake in 9x13-inch pan for 45 minutes at 350°.

NO-MIX CHERRY-PINEAPPLE NUT CAKE

Connie Francois
Maquoketa B.P.W.

1 (20 oz.) can crushed pineapple in heavy syrup
1 (21 oz.) can cherry pie filling
½ C. margarine or butter (1 stick)
1 pkg. yellow cake mix for 2 layer cake
1 (3 oz.) can pecans (1 C., chopped)

Preheat oven to 350°. Grease 9x13-inch baking dish. Spread pineapple with its syrup evenly in baking dish. Spoon cherry pie filling over pineapple. Sprinkle dry cake mix, then chopped pecans over fruit. Cut margarine or butter into thin slices; place slices over ingredients in pan. Bake cake 50 minutes or until golden. Serve warm. Makes 12 servings.

PEANUT BUTTER CUP CAKES

Nadine Franklin, Fairfield B.P.W.

1 (9 oz.) pkg. mini milk chocolate covered peanut butter cups
1 (21.5 to 23.7 oz.) pkg. fudge brownie mix

Preheat oven to 350°. Grease and flour eighteen 2½x1¼-inch muffin cups. Remove paper cups from 18 peanut butter candies. Prepare brownie mix as label directs. Spoon into muffin cups. Place a candy on top of each cupcake. Bake 20-25 minutes until toothpick inserted next to candy in cupcake comes out clean. Cool on rack for 10 minutes. Remove from cups, loosening sides with a knife. Cool completely.

MOCHA REVEL CAKE

DeAnna Blair, Corning B.P.W.

1 C. packed brown sugar
½ C. all-purpose flour
⅓ C. cocoa
¼ C. butter or margarine (softened)
1 (18.5 oz.) pkg. yellow cake mix
1¼ C. water
¼ C. vegetable oil
1 T. instant coffee (flakes or powdered
3 eggs

Heat oven to 350°. Generously grease and flour 12-cup bundt pan. Mix brown sugar, flour, cocoa, and butter until crumbly and reserve. Blend dry cake mix, water, oil, coffee, and eggs on low speed until moistened; beat 4 minutes on medium speed. Pour half of the batter (about 2 C.) into pan; sprinkle with half of the reserved cocoa mixture (about 1⅓ C.). Repeat using the remaining batter, the cocoa mixture and remaining batter. Bake until cake springs back when touched lightly in center, about 45-50 minutes. Cool cake 10 minutes and remove from pan. Cool completely. Spread cake with following Cocoa Glaze:

1 T. butter or margarine
2 T. cocoa
1 T. water
1 C. powdered sugar
2-4 tsp. water

Heat butter until melted. Stir in cocoa and 1 T. water until smooth, remove from heat. Stir in sugar and enough water to reach desired consistency. Should be thin enough to drizzle down side of cake.

PEACH CAKE

Dubuque B.P.W.

½ C. melted margarine
1 C. sugar
1 beaten egg
1 tsp soda in a little warm water (2-3 T.)
1½ C. canned sliced peaches and juice
1½ C. flour

Mix all together in bowl. Pour into greased and floured 9x13-inch cake pan. Bake at 350° for 35 minutes. Serve warm or cold with caramel frosting or special butter sauce or confectioner's sugar.

NANCY'S CHIFFON CAKE

Dubuque B.P.W.

10-inch tube pan, 4-inches deep
2½ C. sifted cake flour
1½ C. sugar
1 T. baking powder
1 tsp. salt
½ C. salad oil
5 egg yolks
¾ C. cold water
2 tsp. vanilla
2 tsp. grated lemon rind
½ tsp. cream of tartar

Set out but do not grease 10-inch tube pan, at least 4-inches deep. Sift together in mixing bowl: sifted cake flour or 2 C. sifted regular flour, sugar, baking powder, and salt. Make a well, and add in order: salad oil, egg yolks (if you use cake flour, or 7 if you use regular flour), cold water, vanilla, grated lemon rind. Beat with spoon until smooth. In large mixing bowl put 1 C. egg whites (7 or 8; be sure there is not yolk bits in them), and cream of tartar. Beat to very stiff but not dry peaks. Gently and slowly pour egg yolk-flour mix over whites, gently folding with rubber scraper until just blended. Pour into ungreased pan and bake at 325° for 55 minutes, then at 350° for 10-15 minutes until cake springs back when touched with finger, and is golden brown. Invert immediately on pop bottle and let hang until cooled thoroughly. Remove gently and frost or sprinkle powdered sugar on.

PECAN SHEET CAKE

Ann Carter, Keokuk B.P.W.

1 stick oleo
3 T. cocoa
½ C. shortening
1 C. water
2 C. sugar
2 C. flour
2 eggs
½ C. buttermilk
1 tsp. soda
1 tsp. vanilla
½ tsp. salt
1 C. pecans

For Cake: Bring oleo, cocoa, shortening, and water to a boil. Pour into combined sugar, flour, eggs, and buttermilk. Add soda, vanilla, and salt. Mix well. Bake in 12x18-inch sheet pan at 400° for about 45 minutes.

For Frosting: Bring oleo, cocoa, and buttermilk to a boil. Add powdered sugar, vanilla, and pecans. Pour hot frosting onto hot cake and spread. Serve hot or cold.

PINA COLADA CAKE

Phyllis Miller, Keokuk

1 yellow cake mix (pudding in the mix type)
1 box instant vanilla pudding
1 medium size Cool Whip
1 large can crushed pineapple
1½ C. milk
Flaked coconut

Bake a yellow cake as directed on the box in a 9x13-inch pan. As soon as you take the cake out of the oven, poke holes in it with a chop stick or wooden spoon handle. Pour the large can of pineapple over it. Chill. Do Not drain the pineapple. In separate bowl, mix 1 large box instant pudding (cut milk though to 1½ C.). After the pudding is mixed, fold in Cool Whip. Spread mixture over the cake and then sprinkle with coconut, if desired. Keep in refrigerator. Excellent cake for persons that do not like sweet desserts.

PINEAPPLE-CHERRY DUMP CAKE

Ida Krumm, Spencer B.P.W.

1 tall can crushed pineapple (undrained)
1 (20 oz.) can cherry pie filling
1 box cake mix (yellow or butter pecan)
1 C. chopped pecans or walnuts
1 C. flaked coconut
2 sticks margarine

Pour undrained pineapple into buttered 9x13-inch cake pan. Pour cherry pie filling over this and sprinkle cake mix over top. Sprinkle nuts and coconut on top. Cut margarine into thin patties and arrange on top. Bake in 350° oven for 45 minutes, or until done. Check cake at 35 minutes. If not done, continue to 45 minutes.

POPCORN CAKE

N. Franklin, Fairfield B.P.W.

12 C. popped corn
1 lb. marshmallows
1 stick butter
½ C. cooking oil
1 pkg. M&M's
½ lb. dry roasted peanuts

Melt together in microwave until smooth and bubbly - marshmallows, butter, ½ C. cooking oil. Pour over popped popcorn. Add M&M's and peanuts. Mix. Press into greased bundt pan. Let stand 10 minutes, then put out on plate.

PINEAPPLE UPSIDE DOWN CAKE

Merna E. Beaty, Keokuk B.P.W.
(Her Originial Recipe)

2 eggs (separated)
⅓ C. water or pineapple juice
1 C. sugar
1 tsp. vanilla
1 C. flour
1 tsp. baking powder
Dash of salt

TOPPING:
1 C. brown sugar
1 T. butter
1 can sliced pineapple

Beat egg yolks and water or pineapple juice until lemon colored. Add dry ingredients and vanilla. Beat egg whites until stiff and fold into batter. Melt brown sugar and butter in 9-inch cake pan. Place sliced pineapple into pan and pour batter over. Bake at 350° for 25-30 minutes.

PINEAPPLE ZUCCHINI CAKE

Marilyn J. Land, Keokuk B.P.W.

3 eggs
2 C. sugar
2 tsp vanilla
1 C. oil
2 C. peeled zucchini (grated)
3 C. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. soda
½ C. raisins
1 C. crushed pineapple (drained)

Beat eggs, sugar, vanilla, and oil until fluffy. Add zucchini, flour, soda, baking powder, and salt. Stir in remaining ingredients. Mix well. Put in greased and floured 9x13-inch pan. Bake at 350° for 50-55 minutes. Makes 12 servings.

POPPY SEED CAKE

Millie McCall, Keokuk B.P.W.

1 box yellow cake mix
1 small pkg. vanilla instant pudding
½ C. oil
1 C. water
4 eggs
¼ C. poppy seeds

Beat all ingredients, except poppy seeds, for 3-4 minutes. Stir in poppy seeds. Put in oiled bundt pan. Bake at 350° for 45 minutes.

PUMPKIN CAKE ROLL

Jean Jinkens, Keokuk B.P.W.

3 eggs
1 C. granulated sugar
⅔ C. canned pumpkin
1 tsp. lemon juice
¾ C. all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. ground ginger
½ tsp. salt
½ tsp. ground nutmeg
1 C. finely chopped walnuts
1 C. sifted powdered sugar
2 (3 oz. ea.) pkgs. cream cheese
¼ C. margarine or butter
½ tsp. vanilla

In a large mixer bowl beat eggs with an electric mixer on high speed for 5 minutes, gradually beat in granulated sugar. Stir in pumpkin and lemon juice. In a small bowl stir together flour, cinnamon, baking powder, ginger, salt, and nutmeg. Fold into pumpkin mixture. Spread batter in a greased and floured 15x10x1-inch jelly roll pan. Sprinkle with walnuts. Bake in a 375° oven for 15 minutes. Immediately invert cake onto a towel sprinkled with powdered sugar. Roll up cake and towel, jelly-roll style, starting from one of the short sides. Cool completely. Unroll cake.

For Filling: In a small mixer bowl beat the 1 C. powdered sugar, cream cheese, margarine or butter, and vanilla with electric mixer on medium speed until smooth. Spread over cake, reroll cake. Cover and chill. To serve, cut cake crosswise into 1-inch slices. Makes 10-12 servings.

RHUBARB CAKE

Minnette Cushatt, Perry B.P.W. Charter Member

1½ C. sugar
1 egg
1 tsp. vanilla
1 tsp. soda
2 C. rhubarb (cut in ½-inch or ¾-inch pieces)
½ C. margarine
1 C. buttermilk
2 C. flour
½ tsp. salt

Cream sugar and margarine together. Add egg and beat well until smooth. Add buttermilk and vanilla. Combine flour, soda, salt. Add to creamed mixture. Beat well. Fold in rhubarb. Pour into greased pan, 9x13x2-inch. Sprinkle topping over cake batter. Bake 35-45 minutes in 350° oven.

TOPPING:
½ C. sugar
1 tsp. vanilla
¼ C. margarine

RHUBARB SHORTCAKE

Loretta Bendlin, Spencer B.P.W.

4 C. rhubarb (diced)
¾ C. sugar
3 T. butter or margarine
1 C. flour
1 tsp. baking powder
¼ tsp. salt
½ C. milk
1 C. sugar
1 T. cornstarch
¼ tsp. salt
1 C. boiling water
May add few drops red food coloring

Place diced rhubarb in 8x8-inch pan. Cream the ¾ C. sugar and butter or margarine. Mix flour, baking powder, and ¼ tsp. salt. Add the dry ingredients and milk to creamed mixture. Spread or drop onto the rhubarb. Then combine 1 C. sugar, cornstarch, and ¼ tsp. salt. Sprinkle over top. Pour 1 C. boiling water over all. Bake at 350° for 1 hour. Serves 6-8.

QUICK AND EASY RHUBARB SHORTCAKE

Darla Miller
Algona B.P.W.

1 C. sugar
1 tsp. soda
Pinch of salt
2 C. fresh rhubarb (cut up)
1 C. sour cream
2 C. flour
Dash of nutmeg

Mix sugar and cream together. Add soda and stir. Stir in flour and rhubarb. Spread in a greased pan. Sprinkle with nutmeg. Bake at 350° for 30 minutes. Serve warm with cream.

RHUBARB SHORTCAKE

Louese McCully, Centerville B.P.W.

4 C. rhubarb
1¾ C. sugar
3 T. margarine or butter
1 C. flour
1 tsp. baking powder
½ C. milk
1 T. cornstarch
½ tsp. salt
1 C. boiling water
Few drops red food coloring

Place cubed rhubarb in a 9x13-inch pan. Cream ¾ C. sugar and margarine. Mix flour, baking powder, and ¼ tsp. salt. Add milk and flour mixture to creamed mixture. Spread over rhubarb. Combine 1 C. sugar, cornstarch, and ¼ tsp. salt. Sprinkle over top. Mix few drops of red food coloring with the 1 C. boiling water and pour over it. Bake at 350° for 1 hour. Serves 6-8 persons.

SAUSAGE CAKE

Elsie Albertson, Centerville B.P.W.

½ lb. mild bulk sausage (crumbled)
1¾ C. sugar
3 eggs
1½ C. flour
1½ tsp. nutmeg
½ tsp. allspice
1 C. milk
1 C. chopped pecans
2 tsp. baking powder
½ tsp. salt
¼ tsp. baking soda
1 tsp. ground cinnamon
¼ tsp. ground cloves
1 C. apples (grated)

In a large mixing bowl cream together the uncooked sausage and sugar until light and fluffy. Add eggs one at a time beating between each addition. Thoroughly stir together flour, baking powder, salt, soda, and spices. Add to sausage mixture alternately with milk, beating between each addition. Fold in the chopped apples and pecans. Pour into a greased 10-inch tube pan. Bake at 350° for 50-55 minutes. Serve when cool with whipped dessert topping.

SHORTCAKE

Dubuque B.P.W.

2 C. flour
1 T. baking powder
½ C. margarine
8-inch or 9-inch square or round pan
Cream or ice cream
2 T. sugar
½ tsp. salt
1 egg
⅔ C. milk
Fresh sliced peaches or strawberries

Mix flour, baking powder, sugar, and salt. Then cut margarine in until crumbly texture. Add all at once beaten egg, milk. Mix like biscuits. Press into buttered 8-inch or 9-inch square or round pan. Bake at 450° for 15-18 minutes. Split and fill and top with fresh sliced strawberries or peaches. Serve while warm with cream or ice cream.

The best helping hand you can find is at the end of your arm.

SELF-FILLED CUPCAKES

Lois Swasick, Centerville B.P.W.

1 (2 layer size) pkg. chocolate cake mix
1 (8 oz.) pkg. cream cheese (softened)
⅓ C. sugar
1 egg
Dash of salt
1 (6 oz.) pkg. (1 c.) chocolate chips

Mix according to directions, fill paper baking cups in muffin pans ⅔ full. Cream the cheese with the sugar, beat in egg and salt. Stir in chocolate chips. Drop one rounded teaspoon of the cheese mixture into each cupcake. Bake as package directs (25-30 minutes). Very good frosted with chocolate icing. Enjoy!! Kids will love 'em, too!

SHORTCAKE

Robin Vorwald, Clinton B.P.W.

2 C. flour
3 tsp. baking powder
½ tsp. salt
6 T. butter
1 C. milk

Mix dry ingredients together. Cut in butter, like for pie crust. Add milk. Bake at 350° for 30 minutes.

SPICE RAISIN CAKE

Versal Vanordstrand, Indianola B.P.W.

1 C. raisins
1 C. water
2½ C. flour
1 tsp. cinnamon
1 tsp. soda
¼ tsp. cloves
1½ C. sugar
1 C. Crisco
2 eggs

Cook 1 C. raisins in 1 C. water. Bring to boil, drain and cool. Save raisin juice in separate cup. Sift together flour, cinnamon, soda, cloves. Cream sugar, Crisco, and eggs. Add flour mixture to creamed mixture alternately with raisin juice, ending with flour. Fold in raisins last. Bake at 350° for ½ hour in prepared jelly roll pan or 9x13-inch pan. Dust with powdered sugar or frost if desired.

STRAWBERRY CAKE

Doris White, Indianola B.P.W.

1 pkg. white cake mix
1 pkg. strawberry Jello
2 T. flour
¾ C. salad oil
4 eggs
½ C. water
½ pkg. frozen strawberries

Mix and beat for 5 minutes. Bake at 350° for 40 minutes in 9x13-inch pan or 25 minutes in 11x15-inch pan.

ICING:
½ C. soft butter
½ box frozen strawberries
1 box powdered sugar

Cream butter, add sugar and berries and frost cake when cool. Very rich but yummy! This is good to serve for luncheons and special guests as it's so delicious!

STRAWBERRY PUNCH BOWL CAKE

Norma Baughman
Indianola B.P.W.

1 large sour cream
1 large Cool Whip
1 small evaporated milk
1 box powdered sugar
1 angel food cake
2 pts. strawberries
1 pkg. glaze

Break the angel food cake into bite-size pieces. Mix sugar, milk, sour cream, and Cool Whip together. Add ½ of mixture with cake, put rest on top of cake. Mix ½ glaze with strawberries and put on next layer. Add other half of glaze. Let sit overnight in refrigerator.

SWEDISH PINEAPPLE CAKE

Gerda Neill, Clinton B.P.W.

2 eggs
2 C. sugar
2 C. flour
2 tsp. baking soda
1 tsp. vanilla
1 can crushed pineapple
½ C. chopped nuts

Beat thoroughly. Pour into oiled 9x13-inch pan. Bake at 350° for 50 minutes. Serve with whipped cream topping.

TRULY DIFFERENT CUPCAKES *Ruth Goldsmith, Mt. Pleasant B.P.W.*

¾ C. semi-sweet chocolate chips
2 sticks oleo
1½ C. broken pecans
1¾ C. sugar
1 C. flour
4 eggs
1 tsp. vanilla

Melt chocolate and oleo; add nuts. Combine flour, sugar, eggs, and vanilla in a bowl. Mix well, but do not beat. Add chocolate/nut mixture and stir carefully. Turn into paper baking cups that are set into muffin pans. (Must be baked in paper baking cups.) Bake at 325° for 35 minutes. Makes 18 cupcakes. Cool completely before serving.

TWINKIE CAKE *Esther Wonderlich, Mt. Pleasant B.P.W.*

1 prepared yellow cake mix
1 C. milk
4 T. flour
½ C. Crisco
½ C. butter
1 C. sugar
1 tsp. vanilla
¼ tsp. salt

Bake your favorite yellow cake in 2 layers. Cut each layer in two horizontally. Cook 1 C. milk and 4 T. flour until thick. Cool. Add ½ C. Crisco, ½ C. butter. Beat 3 minutes. Add 1 C. sugar and beat 3 minutes more. Add 1 tsp. vanilla, ¼ tsp. salt. Spread filling between the layers.

"WACKY" CAKE *Dorothy Mills, Keokuk B.P.W.*

1¼ C. flour
1 C. sugar
3 T. cocoa
1 tsp. soda
½ tsp. salt
1 square chocolate
1 C. sugar
⅓ C. milk
¼ C. Crisco

Sift all ingredients (flour, sugar, cocoa, soda, and salt) together. Sift in pan you are baking in. Then make 3 wells. In one - put 1 T. vinegar; in another - put 1 tsp. vanilla; and in last - 5 T. salad oil. Pour 1 C. water over all and mix well. Bake in 8x8-inch square pan. Bake at 350°. Check at 30 minutes.

For Frosting: Stir constantly the chocolate, sugar, milk, and Crisco until it reaches a rolling boil. Then stir 1 minute more. Set in cool water, beat until thick as you want. Spread on cake and eat!

WACKY CAKE

Marlene Wall, Indianola B.P.W.

1½ C. flour
1 C. sugar
3 T. cocoa
½ tsp. salt
1 tsp. soda
1 T. vinegar
6 T. melted butter
1 tsp. vanilla
1 C. cold water

Sift flour, sugar, cocoa, salt and soda together. Make 3 depressions in bowl. Add vinegar, butter, and vanilla in depressions. Pour cold water over mixture. Stir well and bake at 350° for 40 minutes.

WACKY CHOCOLATE CAKE - Sugar Free

Deanna Warneke
Clarinda B.P.W., Past State President '87-'88

1½ C. cake flour
¼ C. cocoa
2 T. Equal or Sugar-Twin
1 tsp. baking soda
1 C. water
1 T. white vinegar
¼ C. vetetable oil
1 tsp. vanilla
1 egg

Combine first 4 ingredients in flour sifter and sift into bowl. Add rest of ingredients, beat well. Pour into greased and floured 9-inch square pan. Bake at 350° for 35-40 minutes. Cuts nine pieces with 89 calories each. Approximately 1 bread exchange. *NOTE: If not using cake flour, deduct 2 T. regular flour and add 2 T. cornstarch.

BROILED TOPPING

Floy Akin, Spencer B.P.W.

To be used on yellow or white cake, baked according to directions on box.

1 (12 oz.) jar apricot preserves
1 small can flaked coconut
1½ C. miniature marshmallows
2 T. butter
1 T. lemon juice

Combine all ingredients and spread over hot cake. Broil until marshmallows are golden brown.

FUDGE FROSTING

Dubuque B.P.W.

2 squares baking chocolate
½ C. margarine
2 C. sugar
½ C. milk
9x13-inch cake pan

Melt baking chocolate and margarine or butter over low heat. Add sugar and milk (not skim milk). Bring to boil and boil exactly 1 minute. Beat smooth and pour over top of 9x13-inch cake. Try to pour it over and not do too much spreading or it tends to get sugary when it sets up. May take a little practice.

CHOCOLATE FROSTING

Lucille Southern, Clinton B.P.W.

2 T. cocoa
1 C. sugar
⅓ C. milk
¼ C. Crisco
¼ tsp. salt

Combine and boil one minute.

EASY PENUCHE ICING

Velma Suehl, Clinton B.P.W.

¼ C. butter
½ C. brown sugar (packed)
2 T. milk
1 C. confectioner's sugar

Melt butter in saucepan. Add brown sugar. Boil 2 minutes over low heat stirring constantly. Cool to lukewarm. Gradually add confectioner's sugar and milk. Beat until thick enough to spread. If gets too stiff, add a little hot water.

Desserts



LOU HENRY HOOVER

Born 1874 in Waterloo, Iowa.

Wife of President Herbert Hoover. Lou was a brilliant woman who wrote articles for many scholarly publications. She graduated from Stanford University with a B.A. degree in geology. Lou was the first President's wife to give a radio speech.

APPLE CRISP

Jennifer Baldwin, Clinton B.P.W.

1 qt. sliced apples (peeled and sweetened to taste)
⅔ C. brown sugar
½ C. flour
½ C. oats
¾ tsp. cinnamon
¾ tsp. nutmeg
⅓ stick butter

Pour the sweetened apples into a pan which measures about 8-inches square. Mix the other ingredients together and pour over apples. Bake about 30-35 minutes at 375°.

ANGEL DELIGHT

Marilyn J. Land, Keokuk B.P.W.

1 envelope Knox gelatine
½ C. cold water
½ C. boiling water
½ C. sugar
1 can crushed pineapple (well drained)
2 envelopes Dream Whip
½ large angel food cake
Pecans and maraschino cherries

Dissolve gelatine in cold water, let stand 5 minutes. Stir in boiling water, sugar, and crushed pineapple. Let it gel. Whip Dream Whip and fold into gelled mixture. Break cake in small chunks, lay them in 9x12-inch dish, just touching. Cover with gelatine mixture, another layer of cake pieces, then top layer of gelatine mixture. Top with chopped pecans and cut up cherries. Can be made ahead. Serve cold. This is especially good and colorful for holidays.

APPLE NUT PUDDING

Helen Dee, New Hampton B.P.W.

¾ C. sugar
1 egg (well beaten)
½ C. flour
½ tsp. salt
1 tsp. baking powder
1 C. tart apples
½ C. walnuts
1 tsp. almond flavoring (scant)

Add sugar to egg, add dry ingredients. Stir in apples and nuts. Bake 35-40 minutes at 350°. Bake in a pie tin.

APRICOT DESSERT

Roberta Steele, Corning B.P.W.

2 (3 oz. ea.) pkgs. orange Jello
2 C. boiling water
1½ C. cold water
21 oz. apricot pie filling
21 oz. crushed pineapple
½ C. sugar
3 T. flour
1 beaten egg
½ C. pineapple juice
2 T. oleo
1 pkg. prepared Dream Whip

Dissolve Jello in boiling water; add cold water, then stir in the pie filling and pineapple. Pour mixture into a 9x13-inch pan and refrigerate until set. Top with following topping: Cook until thicken ½ C. sugar, 3 T. flour and 1 beaten egg, and the pineapple juice. Stir in 2 T. oleo and let cool slightly. Fold in the prepared Dream Whip completely and pour over set Jello.

BAKED APPLES

Jeannette Falleson, Clinton B.P.W.

8 apples
1 C. sugar
2 T. butter
2 T. flour
Cinnamon
1½ C. water

Core and place apples in baking dish. Mix sugar, water, butter and flour. Pour over apples. Bake at 350° until soft.

BANANA SPLIT DESSERT

Elizabeth Schmid, Red Oak B.P.W. District 7 Director

CRUST:
2 C. crushed graham cracker crumbs
1 stick soft margarine
1 T. sugar

FILLING:
2 C. powdered sugar
2 eggs
2 sticks margarine (melted)

TOPPING:
1 large can crushed pineapple (drained)
4-5 bananas (sliced)
1 large tub whipped topping
Chocolate syrup

Take first 3 ingredients and make crust for 9x13-inch pan. Mix next 3 ingredients by beating on high 15 minutes. Spread over crust. Add pineapple (drained), bananas (sliced). Cover with whipped topping. Drizzle with chocolate syrup (opt.).

BAVARIAN CREAM

Bernice Craver, Centerville B.P.W.

1½ C. vanilla wafers (crushed fine)
⅓ C. melted butter
1 envelope gelatin
¼ C. cold water
1 C. milk
3 eggs (separated)
½ C. sugar
¼ tsp. salt
1 tsp. vanilla
¾ C. whipping cream
2 large ripe bananas
1 medium can crushed pineapple (drained)

Mix vanilla wafers (rolled fine) and butter, thoroughly. Press a thin layer over bottom and sides of a lightly buttered 8x10-inch pan. (Press sides with spatula and bottom with bottom of glass.) Save a few crumbs for topping. Set in refrigerator. Soften gelatin in cold water. Scald milk in top of double boiler. Beat egg yolks slightly, add sugar and salt. Slowly pour scalded milk over mixture and return to double boiler to cook until it coats a metal spoon. Remove from heat, add gelatin. Stir until dissolved. Strain into a bowl, add vanilla and thoroughly fold in stiffly beaten egg whites. Chill until slightly congealed. While congealing, beat cream until stiff, fold into slightly congealed mixture. Fold in sliced bananas and drained crushed pineapple, pour into crumb lined pan, evenly. Sprinkle remaining crumbs over top. Chill several hours, preferably overnight. Cut in squares to serve. Serves 10-12.

BLACKBERRY COBBLER

Judi Bartlett, Fort Madison B.P.W.

¾ C. sugar
⅔ C. Bisquick
4 C. blackberries

TOPPING:
¾ C. Bisquick
⅔ C. sugar
1 egg (beaten)
¼ C. melted oleo

Mix together in 8x8-inch pan the sugar, Bisquick and berries. Mix together ¾ C. Bisquick, ⅔ C. sugar; add slowly 1 beaten egg. Spread on top of berry mixture. Add ¼ C. melted oleo on top. Bake at 350° for 30-35 minutes.

BLUEBERRY PUDDING

Dubuque B.P.W.

2 C. blueberries

BATTER:
1 C. flour
⅓ C. sugar
½ tsp. baking powder
½ C. sugar
¼ tsp. salt
½ C. margarine
Small amount milk to make batter like shortcake

Wash and drain fresh blueberries. Can also thaw and use frozen blueberries. In deep bowl put sugar and berries. (2 C. berries will serve about 2 people). Let stand a little, then put in baking dish. Then cover with batter mixture. Bake 20-25 minutes at 350°.

BLUEBERRY TORTE

Leona Brock, Maquoketa B.P.W.

1 pkg. graham crackers (11 double crackers)
½ C. sugar
1/8 lb. butter (melted)
1 (16 oz.) can fruit pie filling
1 large pkg. cream cheese (softened)
½ C. sugar
2 eggs
1 tsp. vanilla

Crush crackers, add sugar and melted butter and mix well. Press into 9-inch pan. Mix cream cheese, sugar, and vanilla to a smooth paste. Add to eggs and slowly beat until ingredients are blended. Use rotary egg beater. Pour over crackers and bake in 350° oven for 25 minutes. Do not overbake! Cool until firm and pour pie filling over crust (blueberry, cherry, etc.) and let stand for 10 hours. Top with 1 T. Cool Whip at serving time.

BREAD PUDDING

Verna Erickson, Red Oak B.P.W.

8 slices white bread (can use raisin bread)
6 eggs
2 C. skim milk
¾ C. sugar
1 tsp. vanilla
1 T. melted butter

Beat eggs and add rest of ingredients. Pour into baking dish and set in a pan of water. Bake at 325° for 1 hour.

BUSTER BAR DESSERT

Deisy Harrington, Keokuk B.P.W.

1 reg. size pkg. Oreo cookies (crushed)
½ C. melted butter

TOPPING:
2 C. powdered sugar

½ gallon vanilla ice cream (softened)
1 lb. Spanish peanuts

⅔ C. chocolate chips

Combine crushed cookies with ½ C. butter and place in bottom of 9x13-inch baking dish. Carefully spoon softened ice cream over crumb mixture. Sprinkle with peanuts and place in freezer while you prepare topping.

For Topping: Combine powdered sugar and chocolate chips in saucepan and heat until chips melt. Bring to boil and simmer 10 minutes. Let cool thoroughly. Pour over dessert and freeze until firm. Before serving, allow to soften slightly in refrigerator.

BUSTER BAR DESSERT

Kathleen Griffin, Algona B.P.W.

1½ lbs. Oreo cookies (ground)
⅓ C. oleo (melted)
½ gallon ice cream

1 can Hershey's chocolate syrup
1 C. peanuts
1 container Cool Whip

Mix together Oreo cookies and melted oleo. Place in 9x13-inch pan (reserve some crumbs for topping). Slice ice cream and layer on top of crumbs. Drizzle chocolate syrup over top. Spread Cool Whip over dessert. Top with reserved crumbs. Freeze. Remove from freezer a few minutes before serving.

CHOCOLATE ECLAIRS

Lillian Schmidt, Spencer B.P.W.

Whole graham crackers
2 boxes instant French vanilla pudding
3 C. milk

1 (8 oz.) Cool Whip
1 can chocolate sour cream frosting

Mix pudding and milk for 2 minutes. Fold in Cool Whip. In a 9x13-inch pan, layer crackers, pudding, crackers, pudding, and end with crackers. Frost top and store in refrigerator overnight.

CHAMPAGNE SALAD

Marilon Stewart, Burlington B.P.W.

1 (8 oz.) pkg. cream cheese
¾ C. sugar
1 large can crushed pineapple (undrained)
1 (10 oz.) pkg. frozen strawberries
2 large bananas (diced)
1 large carton Cool Whip
½ C. chopped pecans

Whip together sugar and cream cheese. Add pineapple and strawberries; mix. Fold in bananas and Cool Whip and pecans. Freeze in a 9x13-inch pan. Take out 30 minutes before serving. This keeps about a month frozen.

CHERRY DESSERT

Marcia Miller, Indianola B.P.W.

1¼ C. graham cracker crumbs
⅓ C. powdered sugar
4 T. butter (melted)
2 envelops Dream Whip
1½ C. powdered sugar
8 oz. pkg. cream cheese
2 cans cherry pie mix

Mix crumbs, powdered sugar and butter and pat in 9x13-inch pan. Bake at 350° until sets and cool. Mix Dream Whip as directed. Beat cream cheese with powdered sugar. Fold Dream Whip into creamed mixture. Put this mixture on crumb crust and refrigerate, about 2 hours. Before serving top with cherry pie filling.

CHERRY DESSERT PIZZA

Donna Mae Smith, Red Oak B.P.W.

Pastry for a two crust pie (9-inch)
2 (8 oz. ea.) pkgs. cream cheese
½ C. sugar
2 eggs
½ C. chopped walnuts
1 tsp. vanilla
2 (1 lb. ea.) cans cherry pie filling

Make pie crust and put on 12-inch pizza pie tin. Bake at 350° for 15 minutes. (Use fork on crust.) Blend cream cheese and sugar. Add eggs and beat well. Add nuts and vanilla. Pour on crust and bake at 350° for 10 minutes. Cool. Spread pie filling over top of cheese. Chill. Top with other cheese (whipped) or whipped cream and make dollops over the top. Keep in refrigerator.

HERSHEY BAR MOUSSE

Jeanette Falleson, Clinton B.P.W.

1 Hershey's milk chocolate bar (8 oz., broken into pieces)
¼ C. water
2 eggs (beaten)
1 C. heavy or whipping cream

Combine chocolate bar pieces and water in medium micro-proof bowl. Microwave at High (100%) for 1½-2 minutes or until chocolate is softened and mixture is melted and smooth when stirred. Stir in eggs. Microwave at Medium (50%) for 1½-2½ minutes or until mixture is hot; do not boil. Cool slightly. Whip cream until stiff; fold into cooled chocolate mixture. Pour into 8-inch square pan. Cover; freeze until firm. Cut into squares. Makes 4 servings.

DATE PUDDING

Margaret Cantwell, Mt. Pleasant B.P.W.

1½ C. boiling water
1 tsp. soda
1½ C. dates
¼ C. butter
1 egg
½ tsp. salt
1 C. sugar
1 tsp. baking powder
1½ C. flour

Pour together boiling water, soda, dates, and butter. Let stand. Mix egg and salt, beat in sugar, baking powder, and flour. (You may add nuts, vanilla.) Bake at 350° until done.

TOPPING:
1 C. chopped dates
1 T. butter
1 C. sugar
½ tsp. salt
¾ C. water

Cook together and pour on top of cooked pudding while still warm. (Delicious with whipped cream or ice cream.)

EASY PINEAPPLE DESSERT

Bernetta Judd, Clinton B.P.W.

1 (20 oz.) can crushed pineapple
1 (16 oz.) carton sour cream
1 (3½ oz.) pkg. vanilla instant pudding (dry)

Stir dry pudding into the sour cream. Add complete can of pineapple. Stir to mix and chill 1 hour. Keeps well in refrigerator.

DATE PUDDING CAKE

Linda Coyne, Marshalltown B.P.W.

1½ C. boiling water
1½ C. dates (diced)
1 tsp. baking soda
1 egg
½ tsp. salt
1 tsp. vanilla
1 tsp. baking powder
1½ C. flour

Pour boiling water over the diced dates, soda, and butter; let cool. Add sugar and beat well. Add eggs, salt and vanilla. Beat mixture well, add the flour and baking powder together. Beat all together. Bake in large oblong pan at 350° for 35-40 minutes. When cake is cool cover with date spread below:

DATE SPREAD:

1 C. dates
1 tsp. lemon juice or vinegar
¾ C. water
1 C. sugar
1 T. butter
½ tsp. salt
⅓ C. nuts

Boil all ingredients together except the nuts until thick, about 5 minutes. Add nuts after cooking. Spread on cake. Serve with whipped cream.

DOUBLE LEMON SALAD DESSERT

Reva Evans, Centerville B.P.W.

2 (3 oz. ea.) pkgs. lemon Jello
2 C. boiling water
½ C. cold water
22 oz. can lemon pie filling
3¾ oz. lemon instant pudding
20 oz. can crushed pineapple (undrained)
1 envelope Dream Whip (1½ oz.)
1½ C. cold milk

Dissolve gelatin in boiling water and stir in cold water, lemon pie filling, and crushed pineapple with juice. Pour into 9x13-inch pan and chill until firm.

For Topping: Combine Dream Whip, lemon instant pudding and milk in deep bowl. Blend, then beat at high speed until soft peaks form, 4-6 minutes. Spread on Jello and return to refrigerator until serving time. Serves 12-15.

DUTCH LETTERS

Marlene Hulstein, Spencer B.P.W.

FOR DOUGH:
1 lb. margarine or butter
1 C. water
4 C. flour

FOR FILLING:
1 lb. almond paste (or 2 tubes)
2 C. sugar
3 eggs
1 tsp. vanilla

For Dough: Mix margarine or butter and flour. Stir in water and mix well. Chill overnight or longer.

For Filling: Beat almond paste with electric mixer until smooth. Add sugar, eggs, and vanilla. Mix well and chill. When ready to bake, divide dough into 4 equal parts. Roll each section into a 14x4-inch strip. Spread ¼ of filling down center of strip. Lap one side of dough over filling and then the other side and pinch ends shut. Place on greased cookie sheet with seams down. Brush top with beaten egg white and sprinkle with sugar. Prick with fork every 2-inches. Bake at 400° for 30 minutes.

EASY APPLE NUT RING

Jennifer Baldwin, Clinton B.P.W.

2 (8 oz. ea.) pkgs. refrigerated biscuits
¾ C. sugar
1 T. cinnamon
½ stick butter or margarine (melted)
2 medium apples
⅓ C. chopped nuts
¼ C. raisins (opt.)

Separate the biscuits into 20 pieces. Combine sugar and cinnamon. Dip biscuits into melted butter, then roll in sugar mixture. Arrange biscuits around outer edge of pie pan, using a total of 15, overlap remaining 5 biscuits in center. Peel, core and slice apples into thin slices, place an apple slice between each biscuit and all around the edge. Mix nuts and raisins with remaining sugar mixture and pour over all. Bake at 400° for 25-30 minutes. Makes 20 rolls.

EASY BAKED PEACH PUDDING (Colorado)

Dubuque B.P.W.

2 C. bread cubes
2 C. sliced peaches (fresh or canned, drained)
2 T. butter
2 eggs
2 C. milk
⅔ C. sugar
¼ tsp. salt
¼ tsp. nutmeg

In lightly buttered baking dish, put 2 C. bread cubes and 2 C. sliced peaches (fresh or canned ones, drained). In blender or bowl, beat 2 eggs, 2 C. milk, ⅔ C. sugar, ¼ tsp. salt, ¼ tsp. nutmeg. Pour over top of peaches and bread and fold. Dot with 2 T. butter. Bake until like a set custard at 350° for ¾-1 hour. It is better if you set in a pan of water to bake it.

EASY PEACH DESSERT

Betty Jo Calloway, Jefferson B.P.W.

1 (No. 2½) can sliced peaches (juice and all)
1 caramel or butter brickle cake mix
1 stick oleo (melted)
½ C. nuts (opt.)

Pour peaches into a greased 9x13-inch pan. Sprinkle cake mix over peaches. Drizzle melted oleo over cake mix and top with nuts. Bake at 350° for 1 hour. May be served with whipped cream or ice cream.

EASY PUMPKIN DESSERT

Jayne Haberer, Perry B.P.W.

1 large can pumpkin*
1 T. margarine (melted)
1 pkg. spice cake mix
1 C. nut meats
Small candies
Whipped topping

Use eggs, milk and spices listed on can label. Grease 9x13-inch pan. Prepare pumpkin according to label directions. Pour mixture into pan. Sprinkle cake mix over top of pumpkin mixture, then melted margarine and nutmeats. Bake 55 minutes at 350°. May be served with whipped topping with small candy on top.

FOUR LAYER DESSERT

Fern Lawson, Fairfield B.P.W.
Judi Bartlett, Fort Madison B.P.W.

1 stick oleo
1 C. flour
½ C. nuts
3 C. Cool Whip
1 C. powdered sugar
1 (8 oz.) pkg. soft cream cheese
2 pkgs. instant pudding (any kind)
3 C. milk

Step 1: Melt 1 stick oleo. Mix in flour, ¼ C. nuts. Press in 9x13-inch pan and bake at 350° for 10 minutes and cool.
Step 2: Mix together 2 C. Cool Whip, 1 C. powdered sugar, 1 (8 oz.) pkg. cream cheese and put on top of cooled crust.
Step 3: Mix 2 pkgs. instant pudding and 3 C. milk to make a pudding. Spread on top of Cool Whip layer.
Step 4: Top with 1 C. Cool Whip and ½ C. chopped nuts.

FROZEN DESSERT

Thelma Leusink, Corning B.P.W.

1 large can cherry pie filling
1 (13 oz.) can crushed pineapple
1 can Eagle Brand milk
1 (8 oz.) carton Cool Whip

Mix first 3 ingredients together or until well blended; fold in the Cool Whip. Pour into a 9x13-inch pan, cover and freeze. Can be divided into two 9x9-inch pans to have an extra dessert made up. It may be desirable for some to take the dessert from freezer a few minutes in advance of needing it to give it a chance to soften. Can be kept frozen several days.

FROZEN FRUIT CUP

Loraine Wentz, Ottumwa B.P.W.
(Mary Kay Cookbook)

4 firm bananas
2 C. strawberries
4 peaches
2 C. seedless grapes
2 C. pineapple with juice
2 C. watermelon
2 C. cantaloupe
2 C. honeydew melon
12 oz. Diet 7-Up
6 oz. frozen orange juice
1 C. Sugar Twin or granulated diet sweetener

Combine sliced fruits in a large bowl. Mix 7-Up, orange juice, and sugar and pour over fruit. Place foil muffin cups in muffin pans; spoon in mixture and freeze.

FROST ON THE PUMPKIN DESSERT

Barbara Nelson
Shenandoah B.P.W.

CRUST:
1½ C. crushed gingersnaps
¼ C. melted oleo
½ C. powdered sugar

CREAM FILLING:
2 C. Cool Whip
1¼ C. powdered sugar
½ tsp. cinnamon
½ tsp. vanilla

PUMPKIN FILLING:
1 T. plain gelatin
¼ C. cold water
3 egg yolks
⅓ C. granulated sugar
1¼ C. pumpkin
½ C. milk
½ tsp. salt
1 tsp. cinnamon
¼ tsp. ginger
½ tsp. allspice
¼ tsp. nutmeg

MERINGUE:
3 egg whites
¼ C. powdered sugar

For Crust: Make crust by combining first 3 ingredients. Press into a 10-inch deep dish pie plate or a 9x9-inch Pyrex dish. Bake in a 325° oven for 10 minutes.

For Cream Filling: Mix 4 ingredients of cream filling and chill until ready to use.

For Pumpkin Filling: Prepare pumpkin filling. Soften plain gelatin in cold water. Beat egg yolks, add granulated sugar, pumpkin, milk, salt, and spices. Mix well. Cook over medium heat until it boils; cook 2 minutes longer, stirring constantly. Remove from heat. Add gelatin; stir until dissolved. Cool.

For Meringue: Make meringue of egg whites and powdered sugar. Fold into pumpkin mixture. Fill crust with pumpkin layer mixture, layer cream filling (using about half) and another layer pumpkin. Chill 2 hours to set. Before serving, top with remaining cream filling. Makes a most delicate and festive dessert.

FROZEN FRUIT CUP

Bev George, Jefferson B.P.W.

Bananas
1 (20 oz.) can pineapple (drained)
1 (16 oz.) can peaches (drained)
1 (10 oz.) pkg. frozen strawberries
1 (10 oz.) pkg. raspberries
1 C. water
2 C. sugar

Boil water and sugar for 3 minutes. Place fruit in 10 fruit cups. Pour water and sugar mixture, cooled, over fruit. Serve when slushy.

FROZEN PEACH WHIP

Hilda Alliman, Mt. Pleasant B.P.W.

1 C. water
1 tsp. vanilla
3 peaches
½ C. dry milk powder
2 T. yogurt

Scrub and slice peaches. Combine ingredients in blender and blend until frothy. Pour into paper cups and freeze.

FROZEN RED RASPBERRY DESSERT

Helen Lehman Jefferson B.P.W.

1 (12 oz.) pkg. vanilla wafers
1 C. butter (softened)
3 C. powdered sugar
4 eggs
1 pint whipping cream (whipped)
1 C. chopped pecans
2 pkgs. frozen red raspberries (drained)

Place one-half of the crushed wafers in the bottom of a 9x13-inch pan. Cream butter, powdered sugar and eggs. Spread this mixture on top of the wafers. Mix whipped cream, pecans and red raspberries together and spread on top of egg mixture. Top with remaining crushed wafers. Refrigerate until ready to serve. Serves 15.

FRUIT COCKTAIL OR PINEAPPLE DESSERT

Dubuque B.P.W.

1 (16 oz.) can crushed pineapple or 16 oz. can fruit cocktail (including juice)
¼ tsp. salt
1 C. sugar
1 C. flour
1 tsp. soda
1 egg

TOPPING:
½ C. brown sugar
½ C. chopped nuts

Set oven at 375°. Grease 9x9-inch pan. In a bowl empty one can crushed pineapple or fruit cocktail (2 C. size), including juice. Add sugar, flour, soda, salt, and egg. Stir to moisten all ingredients. Pour into prepared pan. Cover top with a mixture of ½ C. brown sugar and ½ C. chopped nuts. Bake 30-35 minutes. Serve warm or cold, plain or with whipped cream or butter sauce. This will keep in refrigerator for 3-4 days easily.

FRUIT CUP

Edith Coe, Mt. Pleasant B.P.W.

1 (6 oz.) can frozen lemonade
1 (6 oz.) can orange juice
1 box frozen strawberries
2 C. crushed pineapple
1 small jar maraschino cherries
2½ C. water
1 C. sugar
Bananas

Mix ingredients and pour into dixie cups. Freeze. Any other variations of fruit can be used. Serves 15-20.

FRUIT DESSERT

Velma Walters, Corning B.P.W.

20 oz. can chunk pineapple
16 oz. can sliced peaches
11 oz. can mandarin oranges
3 medium bananas
2 large Granny Smith apples
1 pkg. instant vanilla pudding
1 C. milk
⅓ C. frozen orange juice concentrate
¾ C. sour cream

Combine well drained fruit. In small bowl beat pudding, milk and orange juice for 1-2 minutes, until blended. Beat in sour cream and fold in fruit. Refrigerate. (I do not add the bananas until just before serving unless I marinate them in pineapple juice. They might turn dark.

FRUIT PIZZA

Lillian Schmidt, Spencer B.P.W.

CRUST:
2 C. Bisquick
¼ C. sugar
¼ C. margarine

SPREAD:
3 oz. pkg. cream cheese
⅓ C. sugar
1 tsp. vanilla
1 C. Cool Whip

GLAZE:
¼ C. sugar
1½ tsp. cornstarch
Dash of salt
¼ C. water
¼ C. fruit juice
1 T. lemon juice

Use pizza pan. Bake at 350° for 12 minutes.
For Crust: Mix Bisquick and sugar. Cut in margarine. Press into an ungreased pizza pan. Bake at 350° for 12 minutes (light brown). Cool.
For Spread: Beat cream cheese, sugar and vanilla on low speed until smooth. Add Cool Whip. Beat until peaks form. Spread over crust.
For Fruits: Bananas, strawberries, kiwi, raspberries, etc. Arrange in a circular manner.
For Glaze: Combine dry ingredients in pan. Add water and juice gradually. Cook over medium heat, stirring until thick. Boil 1 minute. Cool. Drizzle over fruit.

GRANDMA COOPER'S BAKED RICE PUDDING

Dubuque B.P.W.

2 eggs
1 C. sugar
½ tsp. salt
2 C. milk
2 tsp. vanilla
2 C. cooked rice
¼ C. raisins
Cinnamon or nutmeg

Use 8-inch square pan. Beat eggs, sugar, salt, vanilla, and milk with fork or beater until well mixed. Add rice and raisins. Pour into 8-inch square pan or into a casserole dish, which you set in a larger pan with about 2-inches of water. Bake at 350° about 1¼ hours. Sprinkle top with cinnamon or nutmeg before baking, or mixture of them.

FRUIT DESSERT PIZZA

Rhonda Bentley, Burlington B.P.W.

1 (20 oz.) tube refrigerated slice and bake sugar cookie dough (allow to soften)
1 (8 oz.) pkg. cream cheese (allow to soften)
¼ C. pineapple juice (heavy syrup)
1 tsp. vanilla
Assorted sliced fresh or canned fruit such as bananas, pineapple, kiwi, peaches, strawberries, grapes, etc.

Allow cookie dough to soften while greasing and flouring a round pizza pan. Flatten roll of cookie dough on pizza pan making a large cookie. Sprinkle top with sugar (opt.). Bake at 350° for 10-15 minutes or until golden brown and center feels set when touched. Leave cookie on pan and allow to cool. Meanwhile, beat pineapple juice and cream cheese together and add vanilla. Spread onto cookie with rubber spatula (you may add sugar to the cream cheese mixture to sweeten if desired.) You may chill cookie and add fruit later or you may arrange drained fruit on top in a decorative pattern and then chill. You may make this the night before and cover with Saran Wrap. Cut with pizza cutter into squares. Serves 6-10 people depending on size of squares.

FRUIT PIZZA

Bonnie Pariott, Keokuk B.P.W.

BASE:
1 pkg. Pillsbury Plus lemon cake mix
⅔ C. graham cracker crumbs
½ C. chopped nuts
½ C. margarine (softened)
1 egg

TOPPING:
3 oz. pkg. cream cheese
⅓ C. sugar
1 C. Cool Whip
¼ C. apple jelly (melted)
Assorted fresh fruit: peach slices, strawberries, mandarin oranges, melon balls, etc.

Heat oven to 350°. In large bowl, combine cake mix, cracker crumbs, nuts and margarine at low speed until crumbly. Blend in egg. Press mixture in ungreased 12-inch or 14-inch pizza pan. Bake at 350° for 15 minutes or until golden brown. Cool. In small bowl, beat cream cheese until fluffy. Gradually add sugar; blend well. Beat in whipped cream until soft peaks form. Spread cream mixture on cooled crust. Arrange fruit as desired on top. Brush fruit with melted apple jelly. Refrigerate. Cut into wedges. Makes 12 servings.

FRUIT PIZZA

Bev Loewenstein, Keokuk B.P.W.

1 (18 oz.) pkg. Pillsbury sugar cookie roll
1 (8 oz.) pkg. cream cheese
½ C. sugar
½ tsp. vanilla (or orange flavoring)
¼ C. orange marmalade
1 T. water

6 C. fresh fruit (I used a can of blueberries, drained well; bananas, strawberries, grapes, halved; mandarin oranges, etc.)

For Crust: Slice cookie dough 1/8-inch thick (no thicker) and line pizza pan. Bake 12 minutes at 375°.

For Sauce: Combine cream cheese, sugar and vanilla. Spread over crust. Combine marmalade and water and mix with fruit, coating pieces. Heap fruit on pizza crust. Cut in pizza shape slices. May serve with Cool Whip or plain. Light, fresh and looks colorful.

HOMEMADE ICE CREAM

Dubuque B.P.W.

1 qt. heavy cream
5 C. milk
4 eggs
2½ C. sugar
½ tsp. salt
4 tsp. vanilla

Mix all real well until sugar is dissolved. Put in 1 gallon ice cream freezer and freeze according to manufacturer's directions. If you can't get real whipping cream, you can use 8 C. Half and Half and 1 C. milk, however it is not quite as creamy. (I always put in 5 eggs unless I have real big ones. Sometimes I add a little yellow food coloring too.)

LAYERED AMBROSIA

Marilyn J. Land, Keokuk B.P.W.

3 C. orange sections
1 C. pink grapefruit sections
½ C. flaked coconut (divided)
1 (8 oz.) can unsweetened crushed pineapple (undrained)
3 T. honey

Arrange half of orange sections in a glass bowl; top with grapefruit sections, ¼ C. coconut, pineapple and remaining orange sections. Drizzle with honey and sprinkle remaining ¼ C. coconut. Cover and chill 8 hours. Makes 10 servings (81 calories per ½ C.)

LAYERED DESSERT

Betty Frost, Leon B.P.W.

1 stick margarine
1 C. flour
1 C. chopped pecans
8 oz. softened cream cheese
2 cartons Cool Whip
1 C. powdered sugar
2 cans lemon pie filling
½ C. nuts

Mix together, margarine, flour, and ½ C. nuts well. Pat in bottom of 9x13-inch pan and bake 15 minutes at 350°. Cool. Blend together the cream cheese, 1 carton Cool Whip and powdered sugar. Spread over crust and let set 1 hour or more. On top of mixture spread the pie filling and top it all with Cool Whip and sprinkled nuts.

LEMON DELIGHT

Zella Nichols, Fort Madison B.P.W.

1 large pkg. Cool Whip
1½ C. flour
1½ sticks oleo (softened)
⅔ C. chopped pecans
8 oz. pkg. cream cheese
⅓ C. powdered sugar
2 pkgs. lemon instant pudding
3 C. milk

Mix and pat into a 9x13-inch baking dish. Bake at 350° until light brown. Cool. Mix 8 oz. pkg. cream cheese and ⅓ C. powdered sugar, and half of the Cool Whip; spread over the crust. Mix 2 pkgs. lemon instant pudding and 3 C. milk; beat until thick. Pour over the cheese layer, then spread the other half of the Cool Whip over the pudding layer.

MAMA'S RICE PUDDING

Elsie Struck, Spencer B.P.W.

½ C. rice
1 qt. milk
2 eggs
¼ C. sugar
Dash of vanilla
Raisins (opt.)

Mix rice and milk and place in baking dish. Bake in slow oven (275°). Stir occasionally. When done add the 2 eggs, ¼ C. sugar, and dash of vanilla. Bake about 15 minutes longer. Serve with milk. Add raisins if desired.

LEMON LAYERED DESSERT

Olive Kendall, Maquoketa B.P.W.

FIRST LAYER:
1½ C. flour
¾ C. butter
Nutmeats

SECOND LAYER:
1 C. Cool Whip
1 (8 oz.) pkg. Philadelphia cream cheese
1 C. powdered sugar

THIRD LAYER:
2 pkgs. instant lemon pie filling
3 C. milk

Mix flour, butter, and as many and any kind of nutmeats as desired. Bake in a 9x13-inch greased pan for 15 minutes at 350°. Let cool. Combine Cool Whip, powdered sugar, and cream cheese. Mix well and spread over first layer. Add milk to the instant lemon pie filling. Beat until thick and spread over second layer. When ready to serve, top with a layer of Cool Whip. Keep tightly covered in refrigerator and will keep as long as a week. Can also use chocolate or butterscotch pudding instead of lemon.

LIME BISQUE

Ruth Goldsmith, Mt. Pleasant B.P.W.

13 oz. Carnation evaporated milk
⅓ C. sugar
1 pkg. lime Jello
3 T. Real Lemon
1¼ C. hot water
2½ C. chocolate cream cookies (crushed)
1/8 tsp. salt

Chill milk in freezing unit 2-3 hours. Dissolve Jello in hot water; add sugar, salt, and Real Lemon. When congealed, whip milk, and beat together. Add green food coloring. Layer crushed cookies in pan, reserving some for the top. Add whipped mixture, garnish with remaining crushed cookies.

PEACH DESSERT

Wilma Scieszinski, Des Moines B.P.W.

1 large can peaches (sliced)
1 stick margarine
1 box butter brickle cake mix
1 pkg. chopped pecans

Empty peaches into 9x13-inch cake pan, sprinkle cake mix over them. Pour melted butter over cake mix. Spread the package of pecans over this. Bake at 350° for 40 minutes. Serve with ice cream or Cool Whip over top.

NUN'S WHISPERS

Deisy Harrington, Keokuk B.P.W.

5 T. flour
2 eggs
2 T. milk
2 tsp. baking powder
2 T. sugar
1 tsp. vanilla

SYRUP:
1 C. sugar
1 tsp. vanilla
1 C. water

Mix all first ingredients. Fry in hot oil dropping by teaspoon. Pour the following syrup over them and let soak. Mix syrup as follows: Cook sugar and water until syrupy but not quite to a soft ball stage. Remove from stove and add vanilla.

OZARK PUDDING

Marilyn J. Land, Keokuk B.P.W.

2 eggs
1 C. brown sugar
½ C. flour
2 tsp. baking powder
½ tsp. salt
2 tsp. vanilla flavoring
1 C. walnuts
1½ C. finely chopped apples
Whipped cream or ice cream

Beat eggs well, add brown sugar, flour, baking powder, salt, and vanilla. Fold in nuts and apples. Pour into well greased 9-inch pan and bake at 350° for 35 minutes or until set. Serve hot or cold. Top with whipped cream or French vanilla ice cream.

PEACH COBBLER

Linda Coyne, Marshalltown B.P.W.

¼ C. margarine or butter
1 C. flour
2 tsp. baking powder
¾ C. milk
1 large can peaches and juice
¾ C. sugar
1 tsp. cinnamon
1 tsp. nutmeg

Melt ¼ C. margarine in an 8x8-inch pan. Mix together flour, baking powder, and milk. Add mixture to butter. Spread evenly on bottom of the pan. Mix peaches, juice, sugar and spices together and pour on top of flour mixture in pan. Stir slightly. Bake at 350° until golden brown.

PEACHES AND CREAM DESSERT

Sandy Parris, Centerville B.P.W.

¾ C. flour
1.4 oz. pkg. regular vanilla pudding mix
1 tsp. baking powder
1 beaten egg
½ C. milk
3 T. butter or margarine (melted)
1 (16 oz.) can peaches (reserve liquid)
1 (8 oz.) pkg. cream cheese
½ C. sugar
1 T. sugar
1 tsp. cinnamon

Stir together flour, pudding mix, and baking powder. Combine egg, milk, melted margarine; add to dry ingredients; mix well. Spread into a greased 8x8x2-inch baking dish. Drain peaches, reserving ⅓ C. liquid; chop peaches and sprinkle over batter. Beat together: cream cheese, the ½ C. sugar, and reserved peach liquid. Pour over the top of peaches. Combine the 1 T. sugar and ½ tsp. cinnamon. Sprinkle over all. Bake in 350° oven for 45 minutes. Cool. Serves 9.

PEACH PUDDING

Jae Powell, Keokuk B.P.W.

3-4 medium peaches (sliced)
1 egg
½ C. milk
Pinch of salt
1 tsp. vanilla
1 C. sugar
2 T. shortening
1 C. flour
1 tsp. baking powder

Butter a 9-inch glass pie plate. Fill with sliced peaches. Combine remaining ingredients and pour over peaches. Bake at 350° for 30-40 minutes or until toothpick inserted in center of pudding comes out clean.

POTS-DE-CREME

Dorothy O'Neal, Spencer B.P.W.

1 C. semi-sweet chocolate chips
1 egg
2 T. sugar
1½ tsp. vanilla
Pinch of salt
¾ C. scalded milk

Blend all ingredients in blender. Do not boil the milk, but must be hot enough to melt the chocolate. Process for one minute. Pour into custard cups. Refrigerate until set. Best overnight, but can be used in 4 hours. Serves 5.

PEACHY PEACH COBBLER

Loretta Bendlis, Spencer B.P.W.

FILLING:

3 C. peaches
¼ tsp. salt
1 C. sugar
2 T. butter
½ tsp. cinnamon
1 T. cornstarch

CRUST:

2 C. flour
⅔ C. shortening
1 tsp. salt

Cook until hot all filling ingredients. Cool. Mix with pastry blender - flour, salt, and shortening for crust. Add 4 T. water. Divide in half. Line 8x8-inch pan with half of pastry. Add fruit filling. Put rest of pastry on top. Bake about 1 hour at 400°.

PEARS IN RED WINE

Lee Ann Boy, Indianola B.P.W.

2 C. red or white wine (or 2 C. each red and white wine)
Grated rind of 1 lemon
2 T. lemon juice
¾ C. sugar
½ tsp. ground cinnamon
4 firm, ripe pears (such as Anjou, Bosc, or Bartlett)

Combine the wine, lemon rind, lemon juice, sugar, and cinnamon in a 2-qt. saucepan. Bring to a boil, reduce the heat and simmer, uncovered, until the sugar has melted. Meanwhile, peel halves and core the pears. When the sugar has melted, drop the pears into the syrup. Add more wine or water, if necessary, to cover the pears. Simmer for 8 minutes, turning the pears once, until they are just tender. Let cool for 20 minutes, and serve with the syrup. Serves 4.

QUICK RHUBARB DESSERT

Ruth Miller, Waverly B.P.W.

4 C. rhubarb (finely chopped; can be done day before
1 C. hot water
1 C. sugar
1 pkg. white cake mix
1 (3 oz.) pkg. strawberry Jello
⅓ C. melted butter
Whipped topping

Combine rhubarb and sugar and spread in bottom of a 9x13-inch pan. Layer each of the above ingredients in the order given over rhubarb-sugar mixture. Bake at 350° for 40-45 minutes until golden brown on edges. Serve with topping.

RAINBOW FRUIT COMPOTE

Jolleen Coates, Centerville B.P.W.

4 oranges (peeled and sliced crosswise)
1½ C. blueberries
2 C. honeydew melon
1½ C. strawberries (halved)
½ C. honey
2 T. lemon juice
1 T. ginger
1 tsp. orange peel (finely shredded)

Combine honey, lemon juice, ginger, and orange peel. Pour over orange slices and refrigerate overnight. Chill remaining fruits. Drain oranges, reserving dressing. Arrange orange slices in bottom of a clear serving bowl. Top with a layer of blueberries, melons, and strawberries. Pour dressing over fruit. Serves 10-12. (You can substitute this fruit for what is in season or canned fruit, according to your own personal tastes.)

RASPBERRY BOMBE

Verlene Looker, Shenandoah B.P.W.

1 qt. vanilla ice cream (softened)
1 qt. chocolate ice cream (softened)
1½ C. frozen unsweetened raspberries (thawed)
1 C. sugar
2 T. cornstarch
Whipped cream
¼ tsp. raspberry flavoring
¼ C. water

Line the bottom and sides of a chilled 2-qt. mold with the vanilla ice cream using a large metal spoon. Freeze for 1 hour. Fill the center of the mold with the chocolate ice cream. Press the ice cream in firmly, smooth the top and cover with a lid or foil. Freeze 4 hours. For sauce, combine raspberries and water in a small heavy saucepan. Bring to boiling; reduce heat. Combine sugar and cornstarch until smooth. Stir into fruit mixture. Boil and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; cool completely. To serve remove lid from bombe. Wrap a hot damp towel around mold for several seconds. Center the mold on serving plate. Holding tightly, invert the plate and mold. Lift off the mold. Spoon about ¼ C. of the raspberry sauce onto individual serving plates. Cut bombe into wedges. Place a wedge on each plate. Add the raspberry flavoring to the whipped cream. Place a dollop whipped cream on each serving.

RASPBERRY DESSERT

Ersa Savage, Clarinda B.P.W.

1 (6 oz.) pkg. raspberry gelatin
2 C. boiling water
1 (10 oz.) pkg. frozen raspberries
1 (15 oz.) can crushed pineapple (drained)
2 large bananas (sliced)
½ C. chopped pecans
4 C. whipped dessert topping
2 T. lemon juice
3 C. miniature marshmallows

Dissolve the raspberry gelatin in boiling water, stirring until dissolved. Add frozen raspberries and stir until berries are thawed. Add pineapple, bananas, and nuts. Refrigerate until firm. For Topping: Combine whipped topping, lemon juice, and marshmallows. Spread over gelatin mixture and chill for 6-8 hours or overnight.

RICE PUDDING

Virginia Holinger, Centerville B.P.W.

1 small pkg. regular vanilla pudding
½ C. raisins
½ tsp. cinnamon
2 1/8 C. milk
½ C. instant rice

Put all ingredients in a 4-cup measuring cup or bowl, blend and microwave on high for 3 minutes, stir and microwave an additional 3 minutes. Cool and serve. Makes 4-6 servings.

RICE KRISPIE DESSERT

Verna Peterson, Spencer B.P.W.

2½ C. Rice Krispies
1 C. brown sugar
1 C. coconut
½ C. chopped pecans (toasted at 300° for 5 minutes)
1 cube oleo (melted)
2 qts. vanilla ice cream (slightly softened)

Put Rice Krispies in oven at 300° for 15 minutes (stir every 5 minutes). Mix brown sugar, coconut, and pecans with toasted Rice Krispies. Melt the oleo and toss lightly with Rice Krispie mixture. Put half of the mixture in a buttered 9x12-inch pan. Spread 2 quarts of ice cream over the Rice Krispie mixture. Sprinkle remaining Rice Krispie mixture over the ice cream. Freeze until ready to serve.

RICH APPLE CRISP

Linda Lockwood, Shenandoah B.P.W.

1 qt. apples (sliced, peeled, and sweetened to taste)
½ C. white sugar
½ C. brown sugar
½ C. flour
½ C. oatmeal
½ C. butter or margarine
¾ tsp. cinnamon

Put the sweetened apples in a square pan (8x8-inch) and sprinkle with cinnamon. Mix other ingredients to a crumbly consistency and put on top of apples. Bake at 350° for 30-35 minutes or until apples test done.

MICROWAVE RHUBARB CRISP

Sharon South, District VI Director, Leon B.P.W.

4 C. chopped rhubarb
1 C. sugar
¼ C. flour
½ tsp. ground cinnamon
½ tsp ground nutmeg
⅓ C. water
1 C. flour
½ C. rolled oats
1/8 tsp. salt
1 C. brown sugar
½ C. butter or margarine (softened)

Combine rhubarb, sugar, flour, cinnamon, nutmeg, and water in an 8-inch square microwaveable baking dish. Mix well. Cover with plastic wrap. Microwave at High for 3-3½ minutes. Meanwhile, stir remaining dry ingredients together. Cut in butter with a fork until mixture is crumbly. Sprinkle over hot rhubarb. Microwave, uncovered, at High for 7-9 minutes or until topping is golden and rhubarb is tender, rotating dish ½ turn halfway through cooking time. Makes 9 servings. Enjoy this while it is still warm, topped with a scoop of ice cream!

STRAWBERRY DESSERT

Doris LaPaglia, Centerville B.P.W.

1 (6 oz.) pkg. strawberry Jello
1 C. boiling water
1 can strawberry pie filling
1 can crushed pineapple (undrained)

Spread into 9x13-inch cake pan and top with Dream Whip and sprinkle with chopped nuts. Quick and easy!!

RHUBARB CRUNCH

Darline Brown, Des Moines B.P.W.

1 C. flour
¾ C. rolled oats
1 C. brown sugar
½ C. melted butter
1 tsp. cinnamon
4 C. rhubarb (cut up)
1 C. sugar
2 T. cornstarch
1 C. water
1 tsp. vanilla

Combine flour, oats, brown sugar, and butter; mix until crumbly. Press half the mixture into greased 9-inch square pan. Cover with rhubarb. Combine 1 C. sugar, cornstarch, and water; cook until thick and clear. Add vanilla. Pour this mixture over rhubarb. Top with remaining crumb mixture. Bake in moderate oven (350°) about 1 hour. Serve hot or cold with ice cream.

RHUBARB OR PEACH CRUNCH

Dubuque B.P.W.

2-3 C. sliced fresh rhubarb or peaches
½ C. light corn syrup

TOPPING:
1 C. quick cooking oats
½ C. flour
¼ tsp. soda
¾ C. brown sugar
¼-⅓ C. margarine

In buttered baking pan combine 2-3 C. sliced fresh rhubarb or peaches with ½ C. light corn syrup. Sprinkle topping over and bake at 350° until brown and fruit is tender (30-40 minutes). Mix topping ingredients until crumbly and top fruit before baking.

For Cherry Crunch: Use 1 can cherry pie filling. Top with crunch mix and bake 20-25 minutes.

WORMS IN DIRT

Joyce Glasscock, Keokuk B.P.W.

Instant chocolate pudding
Gummy Worms
Oreo cookies

Make pudding according to package directions. Pour into dixie cups. Sprinkle crushed Oreo cookies on top of pudding. "Poke" gummy worms into pudding leaving just a small portion sticking out of dirt. Serve to kids, or add a flower and serve to the Garden Club!

SEVEN LAYER JELLO DESSERT

Margaret Kaprich
Centerville B.P.W.

1 pkg. black cherry Jello
1 pkg. red cherry Jello
1 pkg. lime Jello
1 pkg. lemon Jello
1 pkg. orange Jello
1 pkg. orange pineapple Jello
1 pkg. strawberry Jello
2 C. Pet milk
10 C. water
9x13-inch pan

CAUTION!! THIS HAS TO MADE ONE LAYER AT A TIME.
Layer 1: Black cherry Jello, dissolve in 1½ C. water and pour into pan; let set.
Layer 2: Red cherry Jello, dissolve in 1 C. water and add ½ C. Pet milk. Pour on layer 1 and let set.
Layer 3: Lime Jello, dissolve in 1½ C. water and pour onto layer 2 and let set.
Layer 4: Lemon Jello, dissolve in 1 C. water and add ½ C. Pet milk, pour on layer 3 and let set.
Layer 5: Orange Jello, dissolve in 1½ C. water and pour onto layer 4 and let set.
Layer 6: Orange pineapple Jello, dissolve in 1 C. water and add ½ C. Pet milk. Pour on layer 5 and let set.
Layer 7: Strawberry Jello, dissolve in 1½ C. water. Pour onto layer 6; let set. When set, cut in squares and serve as you wish. This is a good and a very pretty dessert. NOTE: It is advisable to let each step cool before pouring it onto the already set layers. Serves about 12-15.

STRAWBERRY JELLO DESSERT

Thelma Heitsman, Corning B.P.W.

3 pkgs. strawberry Jello
3 C. hot water
1 large or 2 small pkgs. frozen strawberries
1 large can crushed pineapple
3 bananas (sliced or cut up and whipped with a mixer)
1 large carton sour cream

Dissolve Jello in 3 C. hot water; add partly thawed strawberries, pineapple, cool. Then add the bananas. Put ½ of mixture in a 9x13-inch dish and refrigerate until set. Spread a carton of sour cream, which has been stirred until smooth and creamy, on the Jello mixture. Pour on the rest of the Jello and let set.

SUNDAE PIE

Gloria Cox, Indianola B.P.W.

18 Hydrox cookies
⅓ C. melted butter
1 qt. peppermint ice cream
Nuts
1 jar Smuckers chocolate sauce (not syrup)
1 C. cream (whipped) or Cool Whip

Crush cookies and mix with melted butter. Press into 9-inch pie plate or an oblong pan. Chill. Spread softened ice cream into the cookie shell. Spread chocolate sauce over ice cream, then cream or Cool Whip and sprinkle nuts over the top. Freeze in freezer. Serves 8.

TASTY LIGHT DESSERT

Alice Beckman, Burlington B.P.W.

1 envelope Knox gelatin
½ C. cold water
½ C. boiling water
1 C. orange juice
Juice of 1 lemon
½ C. sugar
1 (8 oz.) container Cool Whip
1 large angel food cake

Dissolve gelatin in cold water and let soak for 5 minutes. Add boiling water and sugar. Stir until dissolved. Add orange and lemon juice. Cool until thick and add Cool Whip. Brush off loose crumbs from angel food cake and break into small pieces. Place half of pieces in a 9x13-inch pan. Add half of mixture. Layer the rest of cake pieces and cover with remaining mixture. Place in refrigerator at least 4 hours or overnight.

TWINKIE DESSERT

Karen Dewey, Burlington B.P.W.

8 Twinkies (split lengthwise)
½ C. pineapple juice
20 oz. can crushed pineapple (drained)
6 oz. pkg. orange Jello
1 C. hot water
1 qt. vanilla ice cream
7 oz. of 7-Up

Place Twinkies, cut side up, in a 9x13-inch pan. Dissolve Jello in hot water. Add pineapple juice, 7-Up and ice cream. Stir until ice cream melts. Fold in crushed pineapple. Pour over Twinkies and refrigerate.

THREE LAYER DESSERT

Penny Bloem, Waverly B.P.W.

1 C. flour
1 stick melted oleo
½ C. chopped nuts
1 (8 oz.) pkg. cream cheese
1 C. powdered sugar
1 C. Cool Whip
2 pkgs. instant pudding
3 C. milk
1 tsp. vanilla

First Layer: Mix flour, oleo, and nuts together. Press into 9x13-inch pan. Bake at 350° for 15-20 minutes. Cool.
Second Layer: Mix 8 oz. cream cheese (softened) and 1 C. powdered sugar. Add 1 C. Cool Whip and spread on first layer.
Third Layer: Mix 2 pkgs. instant pudding, 3 C. milk and vanilla. Pour over second layer. Cover with Cool Whip and refrigerate.

Pies



MAMIE (MARIE) GENEVA DOWD EISENHOWER

Born in 1896 in Boone, Iowa.

As wife of President Dwight D. Eisenhower, she presided as First Lady from 1953-1961. She considered herself totally non-political, and became known for her vivacious and engaging personality as a world hostess.

BISHOP'S CHOCOLATE PIE

Norma J. Mosman, Corning B.P.W.

2 pkgs. instant vanilla pudding
2 pkgs. instant chocolate pudding
4 C. milk
4 C. softened vanilla ice cream
2 prepared pie shells
1 carton Cool Whip

Mix milk and instant puddings and beat well. Add the ice cream. Pour into two pie shells and cover with Cool Whip. Take a large Hershey chocolate bar and make chocolate curls to sprinkle on top. Refrigerate until ready to serve and give it time to set.

BISHOP'S CHOCOLATE PIE

Merilyn Boekelman, Algona B.P.W.

2 (4 oz. ea.) pkgs. instant vanilla pudding mix
2 (4 oz. ea.) pkgs. instant chocolate pudding mix
4 C. milk
4 C. vanilla ice cream
Hershey's sweet chocolate bar
¼ C. brown sugar
1 C. flour
½ C. butter or margarine
Nuts (as desired)
Cool Whip

Mix and beat puddings with milk; set aside. Blend together brown sugar, flour, butter or margarine. Press into 9-inch pie tins. Bake at 350° for 20-30 minutes. Cool. Add softened ice cream to pudding mix. Pour into pie crusts. Top with Cool Whip, shaved chocolate and nuts. Refrigerate until ready to serve. If desired, nuts may be added to the crust mixture and elminated from the topping.

CHOCOLATE CRUMB CRUST

Jeanette Falleson, Clinton B.P.W.

½ C. butter or margarine
1½ C. graham cracker crumbs
6 T. Hershey's cocoa
⅓ C. confectioner's sugar

Grease micro-proof 9-inch pie plate. In small micro-proof bowl, microwave butter at High (100%) for 1 minute or until melted. Stir in graham cracker crumbs, cocoa, and confectioner's sugar until well blended. Press on bottom and up side of prepared pie plate. Microwave an additional 1-1½ minutes until bubbly. (Do not overcook.) Cool completely before filling.

MICROWAVE HERSHEY BAR PIE *Jeanette Falleson, Clinton B.P.W.*

1 chocolate crumb crust or graham cracker crust
1 Hershey's milk chocolate bar (8 oz., broken into pieces)
⅓ C. milk
1½ C. miniature marshmallows
1 C. heavy or whipping cream
Sweetened whipped cream
Chilled cherry pie filling

Bake crumb crust; set aside. Combine chocolate bar pieces, milk and miniature marshmallows in medium micro-proof bowl. Microwave at High (100%) for 1½-2½ minutes or until chocolate is softened and mixture is melted and smooth when stirred. Cool completely. Whip cream until stiff; fold into chocolate mixture. Spoon into crust. Cover; chill several hours or until firm. Garnish with sweetened whipped cream; serve with chilled cherry pie filling. Makes 8 servings.

CREME DE CACAO PIE *Jeanette Falleson, Clinton B.P.W.*

9-inch pastry shell
1 envelope unflavored gelatine
½ C. cold milk
¼ C. butter or margarine
⅓ C. sugar
6 T. Heshey's cocoa
3 egg yolks (slightly beaten)
¼ C. creme de cacao
3 egg whites
⅓ C. sugar

Bake pastry shell; set aside. Sprinkle gelatine into cold milk in small bowl; let stand 5 minutes to soften. Microwave butter in micro-proof bowl at High (100%) for 30-60 seconds or until melted; stir in ⅓ C. sugar and the cocoa. Add gelatine mixture; blend well. Stir in beaten egg yolks; blend well. Microwave at Medium (50%) for 2½-3½ minutes, stirring frequently, or until mixture is hot; do not boil. Stir in creme de cacao; cool. Beat egg whites in large mixer bowl until foamy; gradually add ⅓ C. sugar, beating until stiff peaks form. Fold into chocolate mixture; pour into cooled shell. Cover; chill until firm. Garnish as desired. Makes 8 servings.

There is no right way to do the wrong thing.

COOL AND EASY PIE

Cindy S. Wright, Indianola B.P.W.

1 pkg. graham cracker crust
1 (8 oz.) pkg. cream cheese (room temperature)
1 (8 oz.) pkg. sour cream
1 (8 oz.) pkg. Cool Whip
⅓ C. sugar
1 tsp. vanilla
12 oz. chocolate chip bits
Garnish

Prepare graham cracker crust according to package directions. Press into 9-inch pie plate and refrigerate. In mixing bowl whip cream cheese until smooth, add sour cream and sugar and mix until smooth. Add vanilla and whipped topping and mix on low speed until well blended. Stir in chocolate chip bits, mix and pour into prepared crust. Add garnish and refrigerate for 4 hours or until firm. ALTERNATIVES: Garnish may consist of fresh strawberries, blueberries, sliced almonds, peppermint patties, etc. Rather than using chocolate chip bits, you may use ½ mint chips and ½ chocolate chips, ½ butterscotch and ½ chocolate chips, or peanut butter chips. This recipe is very flexible and is wonderful, cool and easy any of the above ways.

CORNSTARCH CUSTARD *(Grandma Cooper's)*

Dubuque B.P.W.

(For Coconut, Banana Pie, or as a Pudding)

¼ C. sugar
2 T. cornstarch
1 T. margarine
1½ tsp. vanilla
¼ tsp. salt
1 egg
2 C. milk

Mix sugar, cornstarch, salt, egg together. Slowly add 2 C. milk. Cook over medium heat to boil, stirring constantly. Boil 1 minute. Blend in 1 T. margarine and 1½ tsp. vanilla. Cool a little bit for pie or chill for pudding.

For Coconut Pie: Sprinkle ¼ C. coconut over either a graham cracker crust or baked pie shell, then pour on custard mix, then sprinkle coconut on top. Chill.

For Banana Pie: Slice 1 banana over crust, and mix 1 sliced banana into cooled custard. Top with whipped cream or Cool Whip.

EASY LIME PIE

Darlene Netsch, Spencer B.P.W.

1 ready-to-use purchased chocolate-flavored pie crust
1 (14 oz.) can sweetened condensed milk
¾ C. sour cream
1 (8 oz.) carton frozen whipped topping (thawed)
1 can frozen limeade
Green food coloring
¼ tsp. vanilla
¼ tsp. lemon flavoring
Grated chocolate

In mixing bowl, combine limeade (undiluted and frozen), flavorings, and sweetened condensed milk. Add sour cream and small amount of food coloring, if desired. Fold in whipped topping. Spoon into crust, mounding high above rim. Chill until set, about 6 hours. May garnish with grated chocolate. Serves 8.

EASY MILKY WAY PIE

Wanda Tindall, Corning B.P.W.

1 can cherry pie filling
2 tsp. lemon juice
4 Milky Way candy bars (1½ oz. ea.)
⅓ C. finely chopped nuts
1 unbaked 9-inch pie shell (chilled)

Add lemon juice to pie filling and put in pie shell. Thinly slice candy bars over top. Sprinkle nuts on top and bake in preheated 450° oven for 10 minutes. Reduce temperature to 375° and continue baking 10-15 minutes more. Cool. Serve with whipped cream or vanilla ice cream.

FRESH BLUEBERRY/RASPBERRY PIE

JoAnn Young
Des Moines B.P.W.

½ C. sugar
2 T. cornstarch
¾ C. berry juice
3 oz. cream cheese
1 T. lemon juice (blueberry only)
3-4 pints fresh berries
1 baked pie shell

Mix sugar, cornstarch, and berry juice. Cook until thick and clear. Spread cream cheese on crust, pile in berries with glaze. Refrigerate before serving. Make juice with cooking berries and water, strain and cook as above. Serve with whipped cream or Cool Whip. *Glaze can be doubled.

FRESH RASPBERRY PIE

Laurie Folkedahl, Grundy Center B.P.W.

30 marshmallows
¼ C. milk
1 baked pie shell
1 qt. fresh raspberries
1 carton whipping cream (whipped)

Melt the marshmallows and milk in a double boiler. Cool. When mixture starts to congeal, add 1 carton whipping cream, whipped. Fold in the fresh raspberries. Garnish with dollop of whipped cream and fresh raspberry before serving.

GLAZED PEACH PIE

Evelyn Sondag, Washington B.P.W.

1 (9-inch) baked pie shell
4 C. sliced peaches (or slightly more)
3 T. cornstarch
1 C. sugar
½ C. water

Crush enough of the peaches to make 1 C. (this makes about 2 C.). In a saucepan combine crushed peaches with the sugar, water, and cornstarch and cook over medium heat until clear, stirring occasionally. Cool. Arrange remaining sliced peaches in baked pie shell. Spread cooled cooked topping over all, and refrigerate. Serve with whipped topping.

RHUBARB CREAM PIE

Eva C. Lines, Humboldt B.P.W.

2 T. butter
2 C. diced rhubarb
1¼ C. sugar
1 (8-inch) pie shell (baked)

Melt butter and add diced rhubarb and 1 C. sugar. Cook slowly until rhubarb is tender.

2 T. cornstarch
2 well beaten egg yolks
¼ C. light cream
1/8 tsp. salt

Combine remaining ¼ C. sugar, cornstarch, egg yolks, cream, and salt. Add to the rhubarb and cook until thick. Cool and pour in baked pie shell. Top with meringue and bake at moderate oven for 12-15 minutes.

RHUBARB PIE

Karen Dague, Maquoketa B.P.W.

Cut up rhubarb
2 eggs
1 C. sugar
2 T. flour

Fill unbaked pie shell with cut up rhubarb. Beat eggs, sugar, and flour. Pour over rhubarb. Cover with striped top. Bake at 450° for 10 minutes. Lower *temperature to 350° for 30-40 minutes.*

FRESH STRAWBERRY PIE

Shirley Mohr, Clinton B.P.W.

¼ C. cornstarch
¼ C. strawberry gelatin (3 oz. pkg.)
1 C. sugar
1½ C. hot water
1 qt. strawberries
9-inch baked pie shell (cooled)

Combine cornstarch, gelatin, sugar in saucepan. Add slowly 1½ C. hot water. Cook over high until thickened. Set aside and cool. Sprinkle 1 T. sugar in pie shell. Place 1-qt. berries in pie shell. Cover with cooled syrup. Refrigerate. Serve with whipped topping. Also delicious with fresh peaches and peach gelatin.

FRENCH SILK PIE — Hotel Muscatine

Dubuque B.P.W.

½ C. soft butter (not margarine)
¾ C. sugar
1 square baking chocolate
2 eggs
1 tsp. vanilla
1 baked pie shell (chocolate or graham cracker crust)

Cream soft butter (not margarine) and sugar until sugar is dissolved. Add cooled, melted baking chocolate. Add 1 egg, beat 5 minutes on medium speed. Add 1 more egg, beat 3-5 minutes on medium speed. Fold in 1 tsp. vanilla. Pour into baked pie shell, chocolate shell or graham shell. Chill 3-4 hours.

FRESH STRAWBERRY PIE

Carol Willey, Iowa Great Lakes B.P.W.

CRUST:
1 C. flour
1 stick oleo

GLAZE:
1 C. sugar
3 T. cornstarch
2 T. white corn syrup
4 T. undiluted strawberry Jello
3-4 drops red food color
1¼ C. water

1 qt. strawberries (cleaned and stemmed)

Mix flour and oleo like graham cracker crust. Pat into 9-inch pie pan and bake 10-15 minutes at 350°. Cool. Put strawberries in cooled pie pan. For Glaze: Mix sugar, cornstarch, syrup, and water. Cook and boil until thick and clear about 5 minutes. Remove from heat. Add strawberry Jello and food coloring to hot mixture. Cool to lukewarm. Pour glaze over berries in pie shell. Refrigerate several hours. Serve with whipped cream.

IMPOSSIBLE PIE

Donna Eberhard, Burlington B.P.W.

½ C. butter
½ C. sugar
½ C. Bisquick
4 eggs
2 C. milk
1 C. coconut
1 tsp. vanilla

Place all ingredients in blender for 2 minutes. Empty into a greased pie pan. Bake at 350° for 45 minutes. Makes its own crust.

IMPOSSIBLE PIE

Dorothy Mills, Keokuk B.P.W.

4 eggs
1¾ C. sugar
½ C. self-rising flour
2 C. milk
½ stick melted butter
1½ C. coconut
1 tsp. vanilla

Combine all in order, mix well, and put in 10-inch greased pie pan. Bake at 350° for 45 minutes. (Pie that makes its own crust.)

ICE CREAM PIES

Dubuque B.P.W.

GRASSHOPPER:

1 chocolate crust
1 T. creme de menthe
1 qt. chocolate chip mint ice cream

Mix Creme De Menthe into slightly softened ice cream, pour into pie shell and freeze immediately. Top with some shaved baking chocolate or a little chocolate syrup. VARIATION: Use vanilla ice cream, few drops green food coloring, and 1½ T. creme de menthe (no more or it won't freeze).

CHOCOLATE CREME DE COCOA:

Use chocolate or graham crust. Mix 1 qt. chocolate ice cream with 1 T. creme de cocoa and ½ T. brandy.

AMARETTO ICE CREAM PIE:

Use chocolate crust. Mix 1 qt. strawberry ice cream with 1½ T. amaretto. Top with sliced or slivered almonds.

RUM PIE:

Use graham cracker crust.
1 qt. New York or vanilla ice cream
1½-2 T. rum (or can use a little rum extract)
Top with some chopped nuts

LEMON PIE FILLING

Dubuque B.P.W.

1½ C. sugar
⅓ C. cornstarch
3 egg yolks (slightly beaten)
1 baked pie shell
2 T. butter
4 T. lemon juice
1½ tsp. grated lemon rind
1½ C. water

In a saucepan, mix sugar and cornstarch. Gradually stir in water. Cook over medium heat until thick and boil 1 minute, stirring constantly. Slowly stir ½ of mix into 3 slightly beaten egg yolks, then stir that mix back into hot mix in pan, and boil 1 minute. Remove from heat and beat smooth. Blend in 2 T. butter or margarine, 4 T. lemon juice, and 1½ tsp. grated lemon rind.

MELLOW CREME PIE

Marilyn Daniels, Centerville B.P.W.

STEP I:
2 C. shredded coconut
½ C. (1 stick) margarine (melted)

STEP II:
½ C. Cool Whip
1½ C. miniature marshmallows
2 bananas
1 pkg. instant vanilla pudding
1¾ C. milk

Step I: Combine coconut and oleo in a skillet over low heat, stirring occasionally until brown. Press into a 9-inch pie pan. Chill. Save a little coconut for the top of the pie.

Step II: Line the bottom of pie crust with bananas. Combine pudding mix and milk and mix according to instructions, add marshmallows and Cool Whip. Pour over bananas. Use rest of Cool Whip on top of the pie and sprinkle toasted coconut on top and chill.

PEANUT BUTTER PIE

Dorothy Hensen, Fort Madison B.P.W.

9-inch baked pie shell
2 T. flour
2 T. cornstarch
½ tsp. salt
⅔ C. sugar
2 C. milk
3 egg yolks
1 tsp. vanilla
1 C. crunchy peanut butter
1 T. butter

Blend flour, cornstarch, salt, and sugar, in a saucepan. Stir in milk, bring to a boil over low heat. Cook until thickened, stirring constantly. Stir in the egg yolks, lightly beaten with a little of the hot sauce. Cook, stirring, over low heat for 2 minutes. Stir in vanilla, peanut butter and butter, cool slightly. Pour into baked pastry shell. Use egg whites for meringue or top with miniature marshmallows and place under broiler until marshmallows are brown. (Watch carefully; they burn quickly.)

PECAN PIE

Cleone Gilbert, Spencer B.P.W.

4 eggs
1½ C. dark Karo corn syrup
1½ C. brown sugar
3 T. margarine
1½ tsp. vanilla
½ C. pecans
1 unbaked pie shell (9x1¼-inch deep)

In large bowl beat eggs (not to the fluffy stage). Add syrup, sugar, margarine and vanilla. Blend well. Pour coarsely chopped pecans on unbaked pie shell. Be sure there are no cracks in pie shell. Bake at 350° for 50-55 minutes, or until knife inserted in middle comes out clean. Cool. Serve plain or with ice cream or Cool Whip. Makes a nice dessert. Serves 8.

PUMPKIN ICE CREAM PIE

Dubuque B.P.W.

¼ C. honey or brown sugar
¾ C. canned pumpkin
½ tsp. cinnamon
¼ tsp ginger
¼ tsp. salt
1 qt. vanilla ice cream
Dash nutmeg
Dash ground cloves
⅓ C. chopped pecans (opt.)
1 baked 9-inch pie shell or graham crust
1 carton whipped cream

Combine honey, pumpkin, spices, and salt. Bring just to a boil and cool. Beat into softened ice cream, add nuts. Spread in pie shell and freeze firm. Trim with whipped cream.

PUMPKIN PIE

Wilma Savage, Mt. Pleasant B.P.W.

1½ C. pumpkin
¾ C. sugar
½ tsp. salt
1 tsp. vanilla
1 tsp. cinnamon
2 eggs (or 3 small eggs)
1¼ C. milk
¾ C. canned evaporated milk

Beat eggs; add vanilla, sugar, salt, and cinnamon. Add pumpkin and stir well. Then add milk. Bake at 375° for 40 minutes or until sharp knife inserted in the center comes out clean.

RAISIN CREME PIE

Janet Fife, Keokuk B.P.W.

COOK TOGETHER:
1 C. raisins
½ C. sugar
½ C. water

3 T. cornstarch
½ C. sweet cream
2 egg yolks (slightly beaten)
Pinch of salt

Add remaining ingredients to cooked raisin mix. Pour into 8-inch baked pie shell. Use white of eggs for meringue.

MILE HIGH STRAWBERRY PIE

Reva Powell, Jefferson B.P.W.

1 (10 oz.) pkg. frozen strawberries
1 C. sugar
2 egg whites
1 T. lemon juice
1/8 tsp. salt
½ C. whipping cream
1 tsp. vanilla
1 (10-inch) baked pie shell

Place defrosted strawberries (drained slightly), sugar, egg whites, lemon juice, and salt in large bowl of electric mixer. Beat at medium speed for 15 minutes or until mixture is stiff and holds its shape. Whip the cream, add vanilla, and fold into the strawberry mixture. Pile lightly into baked shell. Freeze several hours or overnight. Garnish with fresh strawberries if desired.

STRAWBERRY PIE

Vivian Meyer, Keokuk B.P.W.

1 (3 oz.) pkg. strawberry Jello (or any other flavor desired)
2 C. ice cubes
1 C. fresh sliced strawberries (or peaches, bananas, raspberries or blueberries)
⅔ C. boiling water
1 (8 oz.) Cool Whip (thawed)
1 packaged graham cracker crust

Dissolve gelatin completely in boiling water, stir 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2-3 minutes. Remove any unmelted ice. Blend in Cool Whip, whip until smooth. Fold in fruit. Chill until mixture will mound. Spoon into crust. Chill 2 hours. Garnish if desired.

STRAWBERRY PIE

Janet Fife, Keokuk B.P.W.

3 egg whites
1 C. white sugar
1 tsp. vanilla
12 small square soda crackers (rolled fine)
½ C. pecans (chopped)
¼ tsp. baking powder
1 (6 oz.) box strawberry gelatin (made with ½ required water)
Fresh strawberries

Beat egg whites until stiff. Gradually add sugar and vanilla. Fold in baking powder, pecans, and cracker crumbs. Line a buttered pie pan, makes 3 crusts. Bake at 325° for 30 minutes. Let cool. Fill with gelatin and berry mix. Let set in refrigerator. Serve with whipped cream. Garnish with spearmint leaves and whole berries.

PIE CRUST

Wilma Savage, Mt. Pleasant B.P.W.

3 C. flour
1 C. lard or shortening

Mix together until crumbly.

1 tsp. salt
2 small eggs or 1 large egg

Put in a cup and beat.

1 T. vinegar
5 T. water

Add to egg mixture, beat together. Stir egg mixture slowly into lard/flour mixture until blended. Do not stir after once blended. Roll out for pies.

PIE CRUST

Roberta Steele, Corning B.P.W.

8 C. flour
1½ tsp. salt
1 T. sugar
4 C. shortening (Crisco)
2 C. water

In large bowl mix the flour, salt, and sugar. Cut in the shortening thoroughly and add the water. Mix with a large spoon until blended. Refrigerate until chilled. It seems to work better. This makes enough crust for four 2-crust pies. The recipe can also be divided very easy to make only ½ as much. It can be kept in refrigerator for several days or freezes well.

MERINGUE

Dubuque B.P.W.

3 egg whites (be sure no yolk bits in them)
¼ tsp. cream of tartar
6 T. sugar

Beat egg whites and cream of tartar on high until frothy. Very gradually begin to add sugar a tablespoon at a time, continuing to beat. Check each time that the sugar is dissolved (put a tiny bit on your tongue, if it tastes grainy the sugar is not dissolved). Keep beating and adding sugar until soft peaks form when a spatula is dipped in meringue. Do not overbeat but make sure the sugar is dissolved. Spread on pie and bake at 400° a few minutes until lightly browned. Watch it as it just takes a few minutes.

"JUST FOR NOTES"

Candy and Snacks



JO ANN ZIMMERMAN

Born in 1936, Van Buren County.

The daughter of Russell and Hazel McIntosh. She graduated from Keosauqua High School as Valedictorian and completed her Nursing degree from Broadlawns School of Nursing. In 1973 she received her B.A. from Drake Unversity, and has done graduate work at Iowa State University.

She served in the Iowa House of Representatives, District 89, Dallas County 1982-1986. Jo Ann authored and passed "Living Will". She is a leader in education and health legislation.

In 1987 Jo Ann was sworn in as Iowa's first woman Lieutenant Governor. She is currently a member of The Business and Professional Women's Club, Inc.

CARAMELS (Microwave)

Regina Harleman, Spencer B.P.W.

2¼ C. brown sugar
1 can Eagle Brand unsweetened milk
1 C. white syrup
1 C. butter
Dash salt
1 tsp. vanilla

Combine all ingredients except vanilla in glass bowl. Microwave 18½ minutes on high, stirring every 3 minutes. Add vanilla and pour into buttered 12x17-inch baking pan.

CARAMEL DROPS

Mary Jo Dopson, Clinton B.P.W.

1 (14 oz.) pkg. caramels
2 T. water
3 C. Cheerios cereal

Line cookie sheet with wax papaer. Brush with oleo. Heat caramels and water in 3-qt. pan, medium heat, stirring constantly until melted. Remove from heat. Stir in cereal until well coated. Drop by rounded teaspoons. Refrigerate until firm (30 minutes). Makes 2 dozen candies. VARIATION: Drop on colored cellophane and insert colored toothpicks into each.

COATED CRACKERS

Peggy Iles, Mt. Pleasant B.P.W.

2 pkgs. soda crackers (use hands to crush them)
1 C. brown sugar
1 (6 oz.) pkg. chocolate chips
½ C. nuts
1 C. butter

Spread crushed soda crackers in jelly roll pan. Boil brown sugar and butter for 3 minutes. Pour over crackers. Sprinkle chocolate chips on top. Heat in 400° oven for 5 minutes. Add nuts and mix to coat.

RITZ CRACKER CANDY

Terri Davis, Mt. Pleasant B.P.W.

Ritz crackers
Peanut butter
Chocolate chips or almond bark

Take 2 Ritz crackers, put peanut butter between the crackers. Then dip into melted chocolate chips or almond bark.

COCONUT LOG

Myra Burchett, Indianola B.P.W.

6 oz. chocolate chips
2 T. margarine
1 beaten egg
½ C. nuts
3 C. colored small marshmallows

Melt together chips, margarine, add egg and beat until well mixed. Cool and add nuts and marshmallows. Roll in a log shape and then in coconut.

ENGLISH TOFFEE

Alice Hillyer, Burlington B.P.W.

2 sticks butter
1 C. sugar
3 T. water
1 tsp. vanilla
1 (6 oz.) pkg. chocolate chips

Bring the first 3 ingredients to a boil over high heat for 10 minutes, stirring constantly. Remove from heat and add the vanilla. Pour onto a buttered cookie sheet to the size of a large pie. Sprinkle the chocolate chips on top. When melted, spread around the toffee. Sprinkle chopped nuts on top if desired. Cool in refrigerator. When cool, break into pieces and serve.

EASIEST EVER COCOA FUDGE

Jeanette Falleson, Clinton B.P.W.

3⅔ C. (1 lb. pkg.) confectioner's sugar (sifted)
½ C. Hershey's cocoa
½ C. butter or margarine (cut into pieces)
¼ C. milk
½ C. chopped nuts (opt.)
1 T. vanilla

Combine confectioner's sugar, cocoa, butter, and milk in medium microproof bowl. Microwave at High (100%) for 2-3 minutes or until butter is melted. Stir until mixture is smooth. Stir in nuts and vanilla; blend well. Spread evenly in buttered 8-inch square pan; cool. Cut into 1-inch squares. Makes about 5 dozen candies.

EASY CHOCOLATE PECAN FUDGE *Jeanette Falleson, Clinton B.P.W.*

½ C. butter or margarine
¾ C. Hershey's cocoa
4 C. confectioner's sugar
1 tsp. vanilla
½ C. evaporated milk
1 C. pecan pieces
Pecan halves (opt.)

Microwave butter in 2-qt. micro-proof bowl at High (100%) for 1-1½ minutes or until melted. Add cocoa; stir until smooth. Stir in confectioner's sugar and vanilla; blend well (mixture will be dry and crumbly). Stir in evaporated milk. Microwave at High (100%) for 1 minute; stir. Microwave an additional 30-60 seconds or until mixture is hot. Stir mixture until smooth; add pecan pieces. Pour into aluminum-foil-lined 8-inch or 9-inch square pan. Garnish with pecan halves. Cover; chill until firm, about 2 hours. Cut into 1-inch squares. Store, covered, in refrigerator. Makes about 4 dozen candies.

MICROWAVE FUDGE *Ruth Bell, Burlington B.P.W.*

1 (2 lb.) bag powdered sugar
¾ C. cocoa
1 C. butter or oleo (melted)
½ C. milk
1 C. chopped nuts

Mix powdered sugar and cocoa together in a large glass bowl. Pour butter and milk on top. Do Not Stir. Cook in microwave 4½ minutes on high. Stir in nuts and mix well. Pour into a 9x11-inch buttered pan. Cut when set.

MICROWAVE FUDGE *Theresa Clark, Keokuk B.P.W.*

1 lb. powdered sugar
1 T. vanilla
½ C. cocoa
½ C. chopped pecans
¼ C. + 1 T. milk
1 C. miniature marshmallows
½ C. butter

Place ingredients in 3-qt. bowl and microwave on high setting for 2-3 minutes. Stir until blended. Pour into 9x9-inch pan and cover. Chill 1 hour. Cut into squares.

JANET'S FUDGE

Janet S. Ripperger, Indianola B.P.W.

4½ C. sugar
2 C. nuts
2 (12 oz. ea.) pkgs. chocolate chips
1 can evaporated milk
2 tsp. vanilla
½ lb. butter or oleo

Bring sugar and milk to a rolling boil. Boil for 6 minutes. Remove this mixture from heat and add nuts, vanilla, chips and butter. Stir everything together with spoon until well mixed. If the butter doesn't mix in, Don't Worry, as it will later. Let set for 24 hours in the refrigerator. Makes 5 lbs. fudge. You can substitute vanilla chips and candied cherries for the chocolate chips and nuts, for a white fudge.

VELVEETA FUDGE

Margaret Gideonsen, Clinton B.P.W.

1 lb. melted butter
1 lb. Velveeta cheese
4 lbs. powdered sugar
1 C. cocoa
3 T. vanilla
Nuts (opt.)

Combine melted butter and cheese. Sift together powdered sugar and cocoa; add to cheese and butter mixture. Add vanilla and nuts if desired. Pour mixture into a flat jelly roll pan that has been buttered. Let set up. (Terrific!)

MAGGIE'S CHRISTMAS CANDY

Vivian Autenreith, Jefferson B.P.W.

1 lb. white almond bark
½ C. crunchy peanut butter
1½ C. Rice Krispies
1 C. miniature marshmallows
1 C. dry roasted peanuts

Melt almond bark in large Pyrex bowl (200° oven). Stir in peanut butter. Add rest of ingredients. Drop by spoonfuls on wax paper.

OATMEAL PEANUT BUTTER CANDY *Dorothy Mills, Keokuk B.P.W.*

1 stick oleo
2 C. sugar
½ C. milk
6 T. cocoa
3 C. oatmeal (peanut butter to taste, 1-2 heaping spoonfuls)

Combine oleo, sugar, and milk; stir and boil for 1 minute. Then add cocoa, oatmeal and peanut butter. Drop in spoonfuls on cookie sheet or spread out and cut.

ORANGE BALLS *Dorothy Farris, Centerville B.P.W.*

1 stick margarine
1 lb. powdered sugar
1 lb. vanilla wafers (crushed)
1 can orange concentrate
1 C. nuts
1 tsp. vanilla

Mix ingredients, add coconut or make into balls and roll in coconut. Put into tight container. Improves with time!!

PEANUT BRITTLE *Pat Simon, Burlington B.P.W.*

1 C. sugar
½ C. white syrup
1 C. raw peanuts
1 tsp. butter
1 tsp. vanilla
1 tsp. soda

Stir together the sugar and syrup in a 1½-qt. microwave bowl. Cook 4 minutes on high. Stir in the peanuts and cook 4 minutes on high. Add the butter and vanilla and blend well. Cook for 1½ minutes on high. Add the soda and stir gently until light and foamy. Pour onto lightly greased cookie sheet. Let cool. Break into pieces.

PEANUT BUTTER BALLS *Terri Davis, Mt. Pleasant B.P.W.*

1 stick margarine
2 C. peanut butter (smooth or chunky)
1 lb. powdered sugar
½ tsp. vanilla

Mix ingredients together. Roll into balls and then dip into melted chocolate chips or almond bark.

PEANUT BUTTER BON BONS

Sharon Unzicker, Burlington B.P.W.

2 C. peanut butter
4½ C. sifted powdered sugar
3 C. Rice Krispies
1 C. oleo or butter
2 (12 oz. ea.) pkgs. butterscotch or chocolate chips

In a saucepan, melt butter and peanut butter. In a large bowl, combine sugar and cereal. Pour melted mixture over cereal mixture. Blend with hands into ½-inch balls. Chill. Dip in melted chips (I add about 4 squares almond bark to chips. Makes it much smoother to work with.)

PEANUT CLUSTERS

Deisy Harrington, Keokuk B.P.W.

2 lbs. white chocolate (almond bark)
2 lbs. dry roasted peanuts
2 (12 oz. ea.) pkgs. chocolate chips
1½-2 squares unsweetened chocolate

Melt white and unsweetened chocolate on Low for 2 minutes. Stir. Cook 30 seconds to 1 minute more. Add chocolate chips; stir. Cook 30 seconds more. Stir until completely melted; add peanuts. Drop by teaspoonfuls onto wax paper and leave until set.

EASY ROCKY ROAD

Jeanette Falleson, Clinton B.P.W.

2 C. (12 oz. ea.) pkgs. Hershey's semi-sweet chocolate chips
¼ C. butter or margarine
2 T. shortening
6 C. (10½ oz. bag) miniature marshmallows
½ C. chopped nuts

Place chocolate chips, butter and shortening in large micro-proof bowl. Microwave at Medium (50%) for 5-7 minutes or until chips are softened and mixture is melted and smooth when stirred. Add marshmallows and nuts; blend well. Spread evenly in buttered 8-inch square pan. Cover; chill until firm. Cut into 2-inch squares. Makes 16 squares.

RUM BALLS

Linda L. Beatty, Indianola B.P.W.

½ lb. vanilla wafers
1 C. powdered sugar
2 T. cocoa
1 C. finely chopped pecans
½ C. light corn syrup
¼ C. rum

Grind wafers fine in food processor. Mix dry ingredients. Add nuts, syrup and rum. Stir until stiff. Roll into balls the size of a walnut. Coat hands with powdered sugar while shaping balls. Let stand 1 hour to dry a bit. Roll in powdered sugar. Store in tin or cookie jar. Will keep several weeks. No baking required. The longer you keep them, the better the flavor.

SPONGE CANDY

Connie Japsen, Burlington B.P.W.

1 C. sugar
1 C. dark Karo syrup
4 tsp. soda
1 (6 oz.) pkg. chocolate chips
¼ C. paraffin

Cook sugar and syrup to hard crack stage. Use a candy thermometer. Remove from heat and add soda. Have soda pre-measured. Stir quickly as it will get foamy. Pour into a buttered 8x8-inch pan. Spread out with a buttered spatula. Cool. Break into desired size pieces and cover with chocolate. (Melt the chocolate and paraffin in a double boiler.)

STRAWBERRY DIVINITY

Margaret Hemann, Keokuk B.P.W.

3 C. sugar
¾ C. light corn syrup
¾ C. water
2 egg whites
1 (3 oz.) pkg. strawberry Jello

Bring sugar, syrup, and water to boil over medium heat, stirring constantly. Reduce heat, cook without stirring until mixture reaches hard boil state (252°). Remove from heat. Place in large bowl 2 egg whites, beat until fluffy. Gradually add while beating the package of Jello. Beat until stiff peaks form when beater is pulled up and slowly pour hot syrup in thin streams into egg whites beating constantly. Beat just until candy loses its gloss and holds shape. Drop on paper or greased pan and cool.

TURTLES

Grace Whitten, Clinton B.P.W.

1 C. pecan halves
36 caramels
½ C. chocolate chips

Place 4 pecan halves in group on buttered plate. Place caramels on top. Microwave 1 minute, or until caramel just soft. Press or spread flat with knife dipped in hot water. Melt chips in microwave and spread on caramels. Cool.

—SNACKS—

CINNAMON CANDIED WALNUTS

Mary Ann Wetmore
Centerville B.P.W.

2½ C. walnut halves
1 C. sugar
½ C. water
1 tsp. ground cinnamon
½ tsp. salt
1 tsp. vanilla

Place walnuts on 15½x10½x1-inch jelly roll pan. Heat in 375° oven for 5 minutes, stirring once. Turn off oven, but do not remove walnuts. Combine sugar, water, cinnamon and salt in buttered heavy 2-qt. saucepan. Cook over medium heat, stirring constantly, until sugar dissolves and mixture boils. Cook until mixture reaches soft ball stage (236°) on candy thermometer, without stirring. Remove from heat. Beat mixture with wooden spoon 1 minute or until it begins to get creamy. Add vanilla and warm walnuts; stir until walnuts are coated. Turn out on buttered baking sheet. Separate at once into small clusters, using 2 forks. Makes about 1 lb. NOTE: Substitute pecans for walnuts for a change of pace.

GLAZED NUTS

Jean Price, Keokuk B.P.W.

3 C. nuts (not salted)
½ C. sugar
¼ C. light corn syrup
1 T. corn oil
1/8 tsp. salt
¼ C. butter or margarine

Spread nuts in single layer on a 9x13-inch pan. Bake at 250° for 5 minutes. In heavy pan stir sugar, syrup, oil, and salt over low to medium heat. Bring to a boil, stirring for 5 minutes. Remove from heat and add butter. Pour over nuts and coat each nut. Bake at 250° for 40-45 minutes. Sprinkle with sugar about ¼ C. Coat evenly, cool. Will keep for a long time in refrigerator.

MUNCHIE CRUNCHIE

Lynn Greimann, Iowa Great Lakes B.P.W.

3 C. Cheerios
3 C. Crispix
1 C. roasted peanuts
1½ C. M&M's
½ C. sugar
¼ C. oleo (melted)
2 T. corn syrup
¼ tsp. baking soda

In microwave boil sugar, syrup, and oleo on high for 2 minutes. Add soda, reduce power to 30%, boil 3 minutes, stirring twice. Mix cereal and nuts in large bowl, toss with syrup mixture. Cook on high for 1 minute. Stir, cook on high for 1½ minutes; stir. Cook 30 seconds more. Pour on cookie sheet to cool. Stir in M&M's when cool. Store in airtight container. Makes 8 C.

PECAN DELIGHT

Dr. Lydia J. Fellner, Davenport B.P.W.

1 egg white (beaten stiff)
1 T. water
1 lb. whole pecans
1 C. sugar
1½ tsp. salt
1 tsp. cinnamon

Beat egg white until stiff; add water and pecans, mix well. Blend together sugar, salt, and cinnamon. Add the nut mixture to the dry ingredients, stir well. Bake on a teflon cookie sheet for 30 minutes at 300°.

SWEET NOTHINGS

Margaret Gideonsen, Clinton B.P.W.

½ C. oleo
½ C. peanut butter
6 oz. chocolate chips
6-7 C. Rice Chex cereal
2 C. powdered sugar

Melt together and pour over 6-7 C. Rice Chex. Put into brown bag with 2 C. powdered sugar. Shake until sugar is absorbed.

PUPPY CHOW

Shirley Thompson, Keokuk B.P.W.

1 C. butter or oleo
1 C. peanut butter
1 (2 lb.) bag powdered sugar (or less if desired)
1 large bag chocolate chips
1 box Crispix

Melt butter, peanut butter and chocolate chips in large measuring cup in microwave. Mix with wooden spoon. Pour over Crispix, in a big bowl. Mix well. Put all in heavy brown paper sack. Pour powdered sugar on top, close bag, and shake well. Cool for a few minutes, then enjoy!

POPPY COCK

Naomi McKoon, Fort Madison B.P.W.

Approximately ⅔ C. popcorn (popped)
½ pkg. (or more) tiny pretzels
1 C. cashews (or more)
1½ C. white sugar
1 C. Karo syrup (white)
1 C. butter

The amount of popcorn, pretzels and cashews depends on your personal preference. Mix all together and set aside. Boil sugar, syrup and butter - after it comes to a boil, continue to boil 5 minutes or to soft ball stage. Watch it! (I cool the syrup slightly, but I don't know if it's necessary.) Pour syrup over everything and mix. Pour out on cookie sheets and let set awhile. You can either press into pan or crumble into chunks. Store in metal or glass container - free from moisture. One batch makes a lot, but if you wish to double it, boil the syrup 10 minutes.

TRISCUIT-NUT SNACKS

Kathleen Butschi, Waverly B.P.W.

2½ C. Triscuit crumbs (60 crushed)
1 C. honey
1 C. dark seedless raisins
1 C. chunky-style peanut butter
1 C. instant non-fat dry milk

Grind Triscuits in blender or crush with rolling pin. In a large bowl combine 2 C. of the crumbs with remaining ingredients. Shape into 1-inch balls and roll in remaining crumbs. Serve immediately or chill.

Canning and Freezing



BONNIE CAMPBELL

Born in 1948, New York.

Bonnie grew up on a dairy farm in upstate New York. She earned the distinction at an early age as a capable individual. Her service to the Democratic party began in 1964 and culminated in her election as the first female State Chairman of the Iowa Democratic party in 1987. She graduated with a law degree from the Drake University Law School in 1985 and joined a Des Moines law firm where her legal work has earned the respect of her peers. She later went on to become Iowa's first Attorney General.

BEET JELLY

Collen Bickford, Corning B.P.W.

6 C. beef juice
½ C. Real Lemon
2 pkg. Sure-Jell
1 (3 oz.) pkg. raspberry Jello
8 C. sugar

Bring to a boil the juice, Real Lemon, Sure-Jell. Add the raspberry Jello; dissolve. Add the sugar and bring to a boil again and boil for 5-6 minutes. Pour into jelly glasses and cover as usual.

CRANBERRY KETCHUP

Mavis J. Whitmire, Fort Madison B.P.W.

3 (12 oz. ea.) bags fresh cranberries (chopped fine in food processor)
3 C. sugar
½ C. cider vinegar
½ C. water
1½ tsp. ground cinnamon
1 tsp. ground cloves
1 tsp. ground allspice
½ tsp. salt
½ tsp. ground pepper

Combine ingredients in a large stainless steel or enamel saucepan. Bring to boiling over medium heat, stirring to dissolve sugar. Lower heat, simmer 10-15 minutes, or until thick. Spoon into hot canning jars. Seal. Cool on racks at room temperature. Refrigerate up to 3 weeks. For chunkie ketchup, coarsely chop cranberries or leave whole. If you prefer tarter, omit water and add an additional ½ C. vinegar. Recipe can be cut ½ or ⅓. Makes 6 C.

RHUBARB JAM

Lucille Southern, Clinton B.P.W.

5 C. rhubarb (cut fine)
3 C. sugar
1 box strawberry Jello

Combine sugar and rhubarb. Let stand in refrigerator overnight. Pour in large pan and bring to rolling boil. Boil 10 minutes. Remove from heat. Add Jello. Pack in jars and seal. No need to refrigerate.

CREAM STYLE SWEET CORN

Ida Krumm, Spencer B.P.W.

18-25 C. raw corn
½ C. sugar
1 pt. Half and Half
1 lb. butter or oleo

Mix together and place in a large roasting pan. Bake 1 hour at 325°. Cool mixture and put in freezer bags. Store in freezer.

FROZEN CORN

Virginia Hollinger, Centerville B.P.W.

Pick, husk and de-silk fresh corn from the field. Cut corn off the cob.

MEASURE:
4 qts. of cut off corn
1 C. sugar
1 qt. water
4 tsp. salt

Combine the above ingredients and boil 10 minutes. Cool quickly and freeze in individual bags or freezer containers.

FROZEN CORN

Robin Vorwald, Clinton B.P.W.

20 C. corn
¼ C. salt
1 C. sugar
5 C. ice water

Cut corn off cob. Place in large bowl. Mix all ingredients together thoroughly. Place in bags or bowls and place in freezer. To Cook: Place ½ C. water in pan. Bring to boil. Add frozen corn and bring to a boil. Cook for 10 minutes and drain.

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