

Takk for maten



PARTY FARE

READS

NOTES

# Petroleum Wives Club

Stavanger, Norway

To: London's "Greatest Souv Guide"  
Many thanks for such  
a lovely trip.  
Sincerely,  
Betty

## COMPILED BY:

Gail Bronson  
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Mary Langnes  
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PARTY FARE

SPREADS

CANDIES

## HOW TO COOK A HUSBAND

A good many husbands are utterly spoiled by mismanagement in cooking and so are not tender and good. Some women keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some keep them in a stew with irritating ways and words. Some wives keep them pickled while others waste them shamefully. It cannot be supposed that any husband will be tender and good when so managed, but they are really delicious when prepared properly.

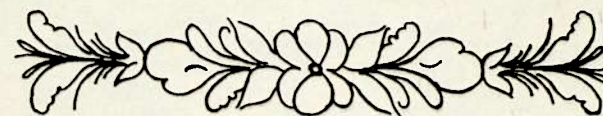
In selecting a husband, you should not be guided by the silvery appearance as in buying a mackerel, nor by the golden tint as if you wanted salmon. Do not go to the market for him as the best ones are always brought to the door. Be sure to select him yourself as tastes differ. It is far better to have none unless you patiently learn how to cook him.

Of course, a preserving kettle of the finest porcelain is best, but if you have nothing better than an earthenware pipkin, it will do - with care. Like crabs and lobsters, husbands are cooked alive. They sometimes fly out of the kettle and so become burned and crusty on the edges, so it is wise to secure him in the kettle with a strong silken cord called Comfort, as the one called Duty is apt to be weak. Make a clear, steady flame of love, warmth and cheerfulness. Set him as near this as seems to agree with him.

If he sputters, do not be anxious, for some husbands do this until they are quite done. Add a little sugar in the form of what confectioners call kisses, but use no pepper or vinegar on any account. Season to taste with spices, good humor and gaiety preferably, but seasoning must always be used with

great discretion and caution. Avoid sharpness in testing him for tenderness. Stir him gently, lest he lie too flat and close to the kettle and so become useless. You cannot fail to know when he is done. If so treated, you will find him very digestible, agreeing with you perfectly, and he will keep as long as you choose unless you become careless and allow the home fires to grow cold. Thus prepared, he will serve a lifetime of Happiness.

Lenore Jacka



We have taken a foreword from a cook book of the 1800's and dedicate it to the long-suffering men in our lives who with infinite patience have tasted, tested and helped make it possible to compile this cook book.

PARTY FARE

READS

CANDIES

### SAUSAGE BALLS

1 lb. hot sausage  
(Idsøe's has good sausage)  
2 cups bisquick

1/2 lb. grated mild  
cheddar cheese

Mix. Be sure you mix "real good." Form into small balls. Can be frozen and baked when needed. Bake at 450 degree for 14 minutes or until lightly browned. Recipe is originally for an appetizer but can be enjoyed for breakfast.

Julie White

### HAMMY RELISH SPREAD

2 3 oz. pkgs. cream cheese (softened)  
1 4 1/2 oz. can deviled ham  
2 T. sweet pickle relish  
1 t. finely chopped onion  
1/2 t. Worcestershire sauce  
1/8 t. dry mustard

Combine cream cheese, deviled ham, mixing well. Thoroughly mix in remaining ingredients. Chill. Serve on crackers.

Sherry Wally

### CUCUMBER SANDWICH FILLING

2 medium size cucumbers  
(or one Norwegian)  
1 8 oz. pkg. cream cheese

several drops Tobasco  
1/4 t. salt  
1/2 t. garlic powder

Chop cucumbers finely (do not put in blender). Cream into cheese with remainder of ingredients. Spread on open-faced buttered rye bread.

Marge Boyd

### HAM SALAD FILLING FOR PARTY SANDWICHES

1 cup ground cooked ham (can be chopped in blender)  
4 T. finely minced bell pepper  
2 t. prepared mustard  
4 T. mayonnaise  
2 T. finely minced green onions (dried ones can be used)  
2 T. worcestershire sauce  
salt and pepper to taste  
several drops of tobasco sauce

Mix all ingredients and chill. Bring to room temperature before spreading on buttered bread.

Marge Boyd

### SNAPPY SANDWICHES

6 crisp cooked bacon slices	dash of pepper
1/2 lb. cheddar cheese,grated	1/8 t. garlic powder
1 small onion	1/4 cup catsup
1/2 cup pitted ripe olives	1 T. prepared mustard
2 hard cooked eggs	

Chop onion, olives and eggs and mix with cheese, pepper, garlic powder, catsup and mustard. Mix well. Spoon mixture on bottom half of hamburger buns. Broil until cheese melts, about 2 minutes. Serve hot. Makes 10 sandwiches.

Marilyn Curtis

### APPETIZER

small cocktail pølser	3 T. brown sugar
1 cup orange juice	1 t. dry mustard

Heat orange juice, brown sugar and mustard. Add cocktail pølser to cook. Must be heated through. Serve on toothpicks.

Or instead use half a mixture of orange juice and apricot marmalade. Heat mixture and add pølser. When hot, serve on toothpicks.

Virginia Tuck and Dot Thompson

### ELAINE'S PIZZA APPETIZERS

2 5-1/4 oz. cans Tomato Paste  
1/4-1/2 lb. grate cheddar cheese.  
2 T. oregano  
1 cup soft margarine  
2 5 ins. sticks green onions (chopped fine)  
salt and pepper.

Mix together until well blended. (Can be frozen at this point). Take a small round loaf, slice, and toast in oven lightly. Spread mixture on slices. Bake in oven 10-12 mins. at 400° F.

### CHILI CHEESE LOG

1 3 oz. pkg cream cheese	dash red pepper
2 cups shredded sharp cheddar cheese	1/4 cup finely chopped pecans
1 T. lemon juice	1 t. chili powder
1/4 t garlic powder	1 t. paprika



### CHEESE APPETIZERS

Grate equal amounts of Swiss and cheddar cheese. Add grated or chopped fine onion and moisten with mayonnaise to hold together. Trim crust from white or light rye bread, cut to desired shapes. Spread mixture on top and bake in 350 degree oven until cheese has melted together.

Nancy Soule

### CHEESE & OLIVE BALLS

2 sticks pie crust mix	1/4 t. dry mustard
4 oz. sharp cheddar cheese, grated	scant t. paprika
	60 small stuffed olives

Prepare pie crust as directed on mix (or make your own.) Add to it 2 more T. cold water. Thoroughly mix in other ingredients. Wrap 1 t. dough around each olive. Place on ungreased baking sheet. Bake at 425 degree F. for 10-12 minutes until golden brown. Best served hot.

Virginia Tuck

### CHEESE COOKIE SNACK

1/2 cup margarine (softened)	1/2 t. salt
1/2 lb. cheddar cheese, grated	1 cup flour
1/2 pkg. dry onion soup mix	

Combine margarine and cheese. Add flour and salt. Add dry soup. Make into a roll and chill. Slice 1/4 inch thick and bake on ungreased cookie sheet 10-15 minutes at 375 degree. These freeze well in rolls. Thaw just enough to slice and bake as directed.

Marilyn Curtis

### HAM & CHEESE PUFFS

1/2 cup butter  
1 1/2 cup shredded cheddar cheese  
1/4 cup finely chopped baked ham  
1/4 t. Worcestershire Sauce  
Dash of cayenne  
1 cup sifted flour

Combine first 5 ingredients. Blend in flour. Shape dough into a smooth ball. Roll the dough into balls the size of large marbles and place on baking sheets. Bake at 350° F. for 15-18 minutes. Serve hot. These can be frozen unbaked and then baked for a few minutes longer. Makes around 40 puffs.

Joy Renollett

### TOASTED GRAPEFRUIT

What you need: half a grapefruit per person  
brown sugar  
sherry

What you do:

1. Carefully cut round and between the segments of the fruit.
2. Pour sherry evenly over the halves and liberally sprinkle with sugar.
3. Toast under the grill until nicely caramelized on top.

Judith Weeks

### SEAFOOD COCKTAIL

2 T. ketchup  
6 drops Tabasco  
2 t. Worcestershire sauce

juice of 1 lemon  
1 T. finely chopped celery  
1/2 t. horseradish  
1 T. bourbon whiskey

Makes 6 glasses using 2 cups shrimp. Pour 2 1/2 T. over each glass.

Joan Graham

### PICKLED SHRIMP

1 lb. cooked and cleaned shrimp  
2 T. olive oil  
1 cup vinegar  
2 T. sugar  
1/4 cup paper thin onion slices

8 whole cloves  
1 bay leaf  
2 t. salt  
dash cayenne pepper

Dribble oil over shrimp. Bring to boil the rest of the ingredients. Pour over the shrimps and olive oil while hot. Cool and refrigerate about 24 hours.

Winnie Brown

### HOT CRAB COCKTAIL

Cream together: 8 oz. room temp. cream cheese  
1 T. milk  
2 t. Worcestershire sauce

Add to above: 1 can flaked and drained crabmeat  
2 T. chopped onion

Place in a small baking dish. Top with 2 T. slivered almonds. Bake at 350 degree for 15 minutes. Serve hot with crackers.

### SMOKED MACKEREL PATE

1 lg. smoked mackerel  
pinch of mace  
3 oz. butter (creamed)  
1 to 2 drops Tabasco or lemon juice  
1/2 lb. Cottage or Cream cheese  
freshly ground pepper  
melted butter

Remove the skin and bones from the mackerel and pound well with the mace to a smooth paste. Work in the well-creamed butter and cheese and season with pepper and tabasco or lemon juice. Fill into a container and cover with melted butter. This paté can be frozen. Thaw for 24 hours in refrigerator before serving with crackers.

Jean Lunn

### POTTED SHRIMP

2 cups small shrimp  
1 t. mace  
pinch cayenne

6 oz. butter  
pinch nutmeg  
freshly ground pepper

Heat two-thirds of the butter in a saucepan with the seasonings and when hot, add the shrimps, stirring well. Heat and stir them so that the shrimps get impregnated with the spicy butter, but do not let them boil. Put into small pots, then heat the remaining butter and when it stops foaming but is not brown, pour over the top of the pots and leave to set. Serve with hot dry toast or crackers.

Jean Lunn



## PORK LIVER PATÉ

A good everyday paté de maison. This can be made up in larger quantities and freezes quite well once cooked.

Ingredients:  $\frac{1}{2}$  kg. pig's liver (1 lb.)  
200-300 gms. pork: preferably fairly fat belly pork (1/4 lb.)  
 $\frac{1}{2}$  cup fresh breadcrumbs (or the stale crust of a loaf)  
1 stock cube  
seasonings: garlic, salt, pepper, cooking brandy and/or wine  
1 egg

Method: Mince (grind) liver and pork (with crust of bread if not already crumbed) until fine (once with electric mincer, twice with hand mincer) together with 2 cloves garlic or garlic powder to taste. Add crumbed stock cube (this can be soaked in a little water with the breadcrumbs, if desired, before adding to the meat mixture), 1 egg to bind paté and remaining seasonings. Test proportions of seasonings after thorough mixing of raw pate by frying a small teaspoon size amount. Adjust if necessary.

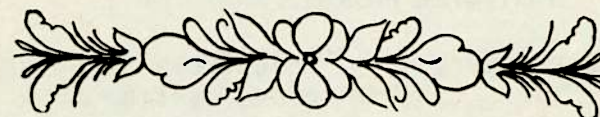
Place in ovenproof dish (this can be lined with thinly sliced bacon if desired: if so allow for salt from bacon) and cover with foil. Bake standing in a water bath for approximately 2 hours (longer if in a deep dish, less if in a shallow dish) at 340°F. (170°C. or gas mark 4).

Remove from oven, remove foil, stand on tray to catch spills. Place weight on top to

compress (wrap weight in foil if you are using a large can). A layer of greaseproof between weight and paté helps to keep grease separate.

Keep in fridge for about a day before serving. Will last a week or more but for long term cover top with melted lard and freeze.

Gina Parmenter



## CRANBERRY RELISH

2 lb. cranberries, washed & cleaned  
2 apples  
2 oranges  
1 lemon (seeds removed)

Grind and mix with about 4 cups sugar.

This can be put in waxed container & frozen for summer.

### CHOW CHOW WITH RIPE TOMATOES

14 medium ripe tomatoes or  
5 lbs.  
4 medium onions  
4 medium green peppers  
1 small apple  
3 cups sugar  
2 cups vinegar  
2 T. salt

1 1/2 t. cinnamon  
1 t. cloves  
1 t. allspice  
1 t. nutmeg  
1/4 t. cayenne (red  
pepper)

Peel tomatoes and cut up. Cut up all other ingredients and cook until thick, stirring often. Put in jars and seal.

### HOT DILL PICKELS

To each quart jar add:

- 1 head fresh dill
- 1 clove garlic
- 1 Jalapeno pepper (optional)
- 2 T. ice cream salt

Pack jar with firm fresh cucumbers. Cover to rim with 1/2 vinegar and 1/2 water, boiling. Seal - let stand one month before eating. Good with cauliflower, carrots or okra.

Lorene Garwood

### HOT MEXICAN BEAN DIP

1 lb. 12 oz. can (3 1/4 cup) pork and bean in tomato sauce, seived  
1/2 cup shredded sharp process American cheese  
1 t. garlic salt  
1 t. chili powder  
1/2 t. salt  
dash cayenne pepper

2 t. Worcestershire sauce  
1/2 t. liquid smoke  
4 slices bacon, crisp -  
cooked, drained, crumbed

Combine all ingredients except bacon, heat through. Top with bacon. Serve with corn chips or potato chips. Makes 3 cups.

Kathy Haley

### HACIENDA DIP

1 4 oz. can diced green chile peppers  
2 8 oz. pkgs. cream cheese  
dash of onion salt

Mix well, adding milk to form correct consistency - garnish with crushed peanuts - serve with potato or corn chips.

Carol Brzozowy

### CHILI DIP

1 (15 oz.) can chili without beans  
1 cup shredded cheddar cheese  
hot sauce to taste  
1/2 t. cayenne pepper

Combine all ingredients. Heat until cheese melts. Serve hot (I use a fondue pot) with tortilla or corn chips. Yield: 2 cups.

Julie White

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### VEGETABLE DIP I

1 cup mayonnaise	1 T. chives
1/2 T. lemon juice	1/8 t. curry
1/4 t. salt	1/2 t. Worcestershire
1/4 t. pepper	dash garlic salt
1/4 t. parsley	2 t. celery seed
1 T. onion-finely chopped	1/2 cup sour cream

Mix all ingredients. Don't use blender.

Gaye Evans

### VEGETABLE DIP II

1 cup mayonnaise or cooked salad dressing	1/2 t. curry powder
2 t. tarragon vinegar	2 t. chili sauce (bottle type)
dash pepper	2 t. snipped chives
1/2 t. salt	2 T. grated onion
1/8 t. thyme	

Anytime up to 30 minutes before serving. In small bowl mix mayonnaise, vinegar, pepper, salt, thyme, curry powder, chili sauce, chives and grated onion. (All) Refrigerate.

Serve with cauliflowerettes, celery sticks, carrot sticks and cucumber sticks - makes 1 cup dip.

Julie White

### BEAU MONDE DIP

Raw vegetable dip. Blend together and seal in a container the night before:

2/3 cup mayonnaise	1 t. parsley flakes
2/3 cup sour cream	1 t. "Beau Monde"
1 T. onion flakes (dry)	1 t. dillweed

### RAW VEGETABLE PARTY DIP

2 cups sour cream	1 t. minced dill
4 t. prepared horseradish	1/4 t. garlic (crushed or powder)
1 T. paprika	1/4 t. monosodium glutamate
1 T. minced chives	1/8 t. ground pepper
1 t. salt	

### CURRY DIP

For raw vegetables including cauliflower.

Mix together: 1 cup mayonnaise  
1 t. horseradish  
1 t. vinegar  
1/2 t. curry powder  
1 t. grated onion

### DIVINE SHRIMP DIP

8 oz. cream cheese	dash black pepper
8 oz. sour cream	dash garlic salt
drop of tabasco	2 cup broken shrimp
2 T. grated onion	

Mix well and garnish with whole shrimp.

Carol Brzozowy

### M.J.'s DIP

Where one can't get Lipton Onion Soup it is possible to make a similar dip. Add to your sour cream dried beef boullion and dried onions until it is similar to what you have always been used to having.

Jeannette Schneider

### GINA's DIP

1 lb. Velveeta Cheese, melted in double boiler

Then add 1 can Rotel tomatoes (actually canned tomatoes with green chilies.) Mix well. Keep refrigerated.

Jeannette Schneider

### HAPPY HOME RECIPE

4 cups of love	5 spoons of hope
2 cups of loyalty	2 spoons of tenderness
3 cups of forgiveness	4 quarts of faith
1 cup of friendship	1 barrel of laughter

Take love and loyalty, mix it thoroughly with faith. Blend it with Tenderness, kindness and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

### ALMOND TEA

1 quart (4 cups) water	1 quart strong tea, cooled
3 cup sugar - or less	2-3 t. almond extract
3/4 cup lemon juice (about 6 fresh or bottle may be used)	gingerale (or citron brus) - 1 quart/ liter bottle
bit grated lemon peel	

Bring water to a boil. In bowl or pitcher, pour water over sugar and peel, stirring to make syrup. Cool. Add lemon juice, tea and extract. Chill. Fill tall glasses with ice. Pour in tea mixture until glasses are 2/3 to 3/4 full. Fill with gingerale. Stir. Serve immediately. Serves 8-12.

Janet Jones

### SPICED TEA

5 cups water	1 tea bag - leave until dark as weak coffee
1 stick cinnamon	
8 whole cloves	

Bring first three ingredients to boil. Add tea and:

1/2 cup sugar	1 fresh orange squeezed or 1/2 cup orange juice or 2 t. tang.
1/2 fresh lemon squeezed or 1 1/2 T. real lemon	

Serves 6.

Nancy Soule

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### APRICOT LIQUEUR

8 oz. dried apricots (1 2/3 cups)  
2/3 cup sugar  
1 pint vodka

Place apricots and sugar into a screw-top jar. Add vodka, screw the lid on tightly and shake to dissolve sugar. Leave for 5-7 days, inverting the jar twice a day. After 5 days, taste. If you prefer it stronger, leave 2 more days. Strain the liqueur into a decanter and store in refrigerator. Save apricots, chop them, and use as ice cream topping. Makes 1 pint liqueur.

Joy Renollet

### EGG NOG

6 eggs, separated      4 cups milk  
3/4 cup sugar          4 cups cream

Beat egg yolks. Add sugar and beat until lemon colored. Beat egg whites and fold into egg yolk mixture. Stir in cream and milk. Serve with a sprinkle of nutmeg.

Beulah Vick  
Joy Renollet

### CRANBERRY EGGNOG

6 eggs beaten                      3/4 cup sugar  
1 pt. heavy cream, whipped    2 pt. cranberry juice

Combine eggs and whipped cream, fold in sugar. Stir in cranberry juice. Serve. Yield 12 servings.

Beverly Short

### PUNCH

4 pkg Kool-aid (strawberry)    2 12 oz. cans lemonade  
2 1/2 cup sugar                      (frozen)  
2 large can pineapple juice    2 1/2 gallons water  
2 12 oz. cans orange juice    1 quart gingerale  
(frozen)

Substitute 1 bottle (0.72 liter) Rose's Lemon Squash for lemonade. Substitute 7-up for gingerale.

Nadyne Hefner

### HENNINGS HAPPY PUNCH

Boil 2 1/2 cup sugar and 4 cup water. Cool.  
Add: 1 48 oz. tin pineapple juice  
1 48 oz. tin grapefruit juice  
1 pkg. orange freshie  
1 pkg lemon freshie  
2 quarts of water (or less)  
gingerale (after your wishes)

Marina Laland

### BANANA PUNCH

4 cup sugar            6 cups water - boil 3 minutes

Cool water. To the juice of 5 oranges and 2 lemons add 5 crushed (mashed) bananas. Add one 46 oz. can of unsweetened pineapple juice, and the syrup (sugar water mixture). Freeze this mixture in containers suitable for punch bowl. Take out of freezer 2 hours before using. Add 2 liters of citron brus to the mixture. Serves 50 1 cup servings.

Jerry Underwood's: submitted  
by Joanne Lane and Mary Orr

### CRANBERRY MIST CUP

Makes 15 to 20 punch cup servings.

Combine 1 pint cranberry juice cocktail and 1 6 oz. can frozen pineapple juice in pitcher. Half fill punch cups with crushed ice. Pour juice over. Stick a canned pineapple spear in each.

Martha Cooper

### CHAMPAGNE PUNCH FOR 50

1 quart pineapple juice	6 fifths champagne or
2 quart lemon juice	sparkling white wine
3 quart orange juice	4 quarts sparkling water
5 lb. sugar	(soda)

Mix juices and sugar. Add champagne and soda water just before serving.

Marilyn Curtis

### SELF-RAISING FLOUR

1/2 lb. all-purpose flour (2 cups)      1 t. baking powder

### SHAKE AND BAKE

Make your own shake and bake and save money. It's good too.

1/2 cup pancake flour      1/4 cup corn meal  
1/2 cup bread crumbs      1 T. seasoning salt

Mix well.

### CARROT-PINEAPPLE MUFFINS

1 1/2 cup flour      2/3 cup salad oil  
1 cup sugar      2 eggs  
1 t. baking powder      1 cup finely-grated raw  
1 t. soda      carrot  
1 t. cinnamon      1/2 cup crushed pineapple with  
1/2 t. salt      juice  
1 t. vanilla

Heat oven to 325<sup>0</sup>F. Sift flour, baking powder, soda, sugar, cinnamon and salt together. Add oil, eggs, carrot, pineapple and vanilla. Blend until all ingredients are moist then beat 2 minutes at medium speed. Bake 25 minutes or until top springs back when lightly touched.

### BUBBLE RING

3/4 cup milk  
1/2 cup sugar  
1 t. salt  
1/2 cup margarine, soft  
2 pkg. dry yeast

1/2 cup lukewarm water  
2 eggs, slightly beaten  
1 T. lemon peel (optional)  
4 1/2-5 cups flour

Scald milk, stir sugar, margarine and salt in. Cool to lukewarm. Sprinkle yeast over warm water in large bowl. Let stand 5 minutes, stir until blended. Stir in milk mixture, eggs, peel and 2 cups flour. Beat until smooth. Stir in rest of flour to make soft dough. (This dough can be chilled overnight and then knead slightly and form into balls as wanted). Shape dough into balls, dip in melted margarine and coat with sugar-cinnamon mixture (1 cup brown or white sugar and 2 t. cinnamon).

Place layers (or half of balls) in well greased tube pan. Scatter with raisins and nuts. Repeat until all balls are used. Let rise until double, about 1 hour. Bake at 375° about 1 hour. Cool in pan 10 minutes. Invert pan on serving dish. Let stand several minutes before removing pan as it comes out better.

Dolly Miller

### SAVORY MUFFINS

1 egg  
1 cup milk  
1 cup flour  
1 t. baking powder

1 cup grated cheese  
1 grated onion  
1 cup bacon, crisped and crumbled

Beat egg and milk. Add flour and baking powder, mixing til just blended. Do not overbeat. Stir in onion, cheese and bacon. Bake 20 minutes at

400° F. in miniature muffin tins. When heating the oven, place tins in so they are nice and hot before adding the nixture.

Margaret Stickle

### APPLE MUFFINS

1/4 cup white or brown sugar  
1/2 t. cinnamon  
1/4 cup chopped nuts  
1 3/4 cup flour  
1/4 cup sugar  
2 1/2 t. baking powder

3/4 cup diced apples (don't peel)  
1 well beaten egg  
3/4 cup milk  
1/3 cup salad oil or melted shortening

Preheat oven to 400°F. Combine the first three ingredients and set aside. Stir remaining dry ingredients together with a fork in a mixing bowl, then stir in the chopped apple. Make a well in the center. Combine the wet ingredients and add all at one time to the dry ingredients. Stir together quickly just until dry ingredients are moistened. The batter will be lumpy. Fill greased muffin pans 2/3 full. Sprinkle tops with cinnamon-sugar-nut mixture. Bake about 25 minutes. This makes 12 muffins and they freeze very well.

Joy Renollet

### 5 O'CLOCK BUNS

1 pkg yeast  
1 cup lukewarm water  
1 t. sugar

let rise 10 minutes then add:

3 cups lukewarm water  
1 cup soft lard  
1 cup sugar  
2 t. salt  
8 or more cups flour

mix and let stand 2 hours then:

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Knead down. Let stand 2 hours. Put into pans and let stand over night and bake in the morning at 375°F. for 20-25 minutes.

Laura Abel

### BATTER BUNS

2/3 cup warm water (not hot 110-115°)	1/2 t. salt
1 pkg active dry yeast	1/4 cup soft shortening
2 T. sugar	1 egg
	1 2/3 cup flour

Measure water into mixer bowl. Add yeast, stirring to dissolve. Measure flour by dipping method or by sifting. Add sugar, salt, shortening, egg, and 1 cup flour. Combine with mixer on low speed, guiding batter into beaters with rubber scraper. Add the remaining flour. Beat with scraper until smooth. Spoon into greased muffin cups, filling each a scant 1/2 full. Let rise in warm place (85°) until batter reaches top of muffin cups; 30-40 minutes. Bake 18-20 minutes until golden brown at 375°F. Serve warm. Makes about 12 buns.

To reheat buns and rolls, wrap in aluminum foil or place in paper bag and sprinkle bag with water. Heat in 400°F. oven for 10 minutes.

Kathy Haley

### NEVER FAIL BUNS

2 T. shortening	1/4 cup lukewarm water
1 t. salt	1 rounded T. dry yeast
2 T. sugar	1 egg
1 cup milk	3½-4 cups flour

Put shortening, salt, and sugar in a large bowl. Scald milk and pour over mixture; cool to lukewarm. Meanwhile, combine warm water and yeast and let stand 5 minutes, then add to warm milk mixture. Stir in egg. Add flour and combine thoroughly. Cover bowl with greased wax paper and clean tea towel then place in warm spot until double in bulk (about 1 hour). Punch down; dust hands with flour and shape in buns, or (easier-since mixture is fairly sticky) put in muffin tin (greased). Let rise until almost double, 30-40 minutes. Bake at 375° for 15 minutes. Makes 12 very light buns.

"A GOOD RECIPE FOR INEXPERIENCED BAKERS, AND NOT AS DIFFICULT AS IT MAY SOUND"

Jean Slone

### CRESCENT ROLLS

1 cup milk	1 cake (or pkg.) yeast
1/2 cup shortening	3 eggs, beaten
1/2 cup sugar	4 1/2 cup flour
	1/2 t. salt

Heat milk, add shortening, sugar and salt. Cool to lukewarm. Add yeast, eggs and flour. Mix until soft, then knead. Place in greased bowl. Cover with towel, let rise until doubled. Divide into thirds and roll like pie crust. Brush with melted butter and cut into triangles (12-15 per third). Roll triangle from wide end to small, place on baking sheet point side down (can be frozen at this point) let rise, bake at 400°F. for 15 minutes or til brown.

Bonnie Craig

## HOT CROSS BUNS

1.3/4 lb. flour	1/4t grated nutmeg
1 oz. yeast	4 - 6 oz. currants
4 oz. castor sugar	1 oz. candied peel, chopped
3/4 pt. (16 fl.oz.) milk	4 oz. butter
or milk and water	2 eggs
1/8t salt	milk and sugar to glaze
1/4t ground cinnamon	

Sieve 1/2 lb. flour into a basin. Cream the yeast with 1t sugar and stir in the tepid liquid. Strain into the sieved flour and mix well. Cover with a cloth and put in a warm place for about 20 minutes to set the sponge. Meanwhile, sieve the remaining flour with the sugar, salt, cinnamon and nutmeg, and stir in the currants and chopped peel. Melt the fat and beat the eggs. When the first mixture has well sponged, stir in all the dry ingredients, pour in the melted fat and beaten eggs and mix thoroughly, beating with the hand. When it is well mixed, cover the basin with a cloth and put aside in a warm place to rise for about 1 hour, or until the dough has almost doubled its bulk. Flour the hands, take small portions of dough and shape into round buns. Place them on a well-greased and floured baking sheet, allowing room for them to spread, cut a cross on top and again put in a warm place to prove for about 20-30 minutes. If necessary, re-mark the cross before putting the buns into a very hot oven (450°F) for about 15 minutes. When the buns are golden-brown and almost cooked, glaze them by brushing them with a little milk and sugar. Cool on a rack. Hot Cross Buns are a traditional Easter bread.

Margaret Stickle

## BUTTERBUNS

1 pkg. yeast	1/2 cup sugar
1/4 cup lukewarm water	2 t. salt
3/4 cup milk, scalded	4 1/2 - 4 3/4 cup flour
1/2 cup shortening	3 eggs

Soften yeast with 1/4 cup warm water. Combine milk, shortening, sugar and salt. Cool to lukewarm. Add 1 cup of the flour, blend well. Add yeast mixture and eggs, blend well. Stir in remaining flour. Turn out on floured board and knead 5 minutes. Let rise until double in greased bowl. Divide dough into 3 parts. Roll each to 9 inch circle. Brush with melted butter. Cut each circle in 12 wedge shaped pieces. Roll each wedge starting with wide end and rolling to point.

Arrange rolls, point down on greased sheet. Brush with butter. Let rise about 45 minutes. Bake in 400° oven 10-12 minutes.

Mary Orr

## DOUBLE QUICK ROLLS

1 pkg. active dry yeast	1 t. salt
1 cup very warm water	1 egg
2 T. sugar	2 T. soft shortening
2 1/4 cups flour	

In mixing bowl, dissolve yeast in very warm water. Stir in sugar, half of flour, salt. Beat until smooth. Add egg, shortening. Beat in rest of flour until smooth. Scrape down sides; cover. Let rise in warm place about 30 minutes. Stir down batter. Spoon into 12 greased large muffin cups, filling 1/2 full. Let rise in warm place until dough reaches tops, 20-30 minutes. Heat oven to 400° F. Bake 15-20 minutes. Remove from oven and brush tops with

butter. Makes 12. I use pot pie pans instead of muffin cups.

Delores Cramer

### REFRIGERATOR ROLLS

1 pkg. yeast	1/3 cup melted shortening
1/2 cup lukewarm water	1/3 cup sugar
1 cup milk scalded	2 t. salt
1/2 T. sugar	1 beaten egg
5 - 5 1/2 cups flour	

Heat water to boiling. Cool to lukewarm and add yeast and 1/2 t. sugar. Scald milk and add shortening, sugar and salt, cool to lukewarm. Add water and yeast to milk, add egg and beat well. Add flour to make soft, let stand 10 minutes. Knead on lightly floured surface until smooth and elastic. Place in greased bowl, grease top and cover. Store in refrigerator. About 2 hours before serving, shape rolls and place in warm place to rise. After double in bulk, cook in 425° oven for 12-15 minutes.

Mary Orr  
Jerry Underwood

### BOLLI ( BUNS)

500 gram flour	1 t. baking powder
100 gram sugar	1 1/2 deciliter water
100 gram melted butter	1 1/2 deciliter milk
1 t. cardamon (optional)	50 gram yeast (1 cake)

Combine yeast and sugar and set aside. Mix together remaining ingredients and then add yeast mixture. Let rise 10 minutes in hot water. Make buns and bake 8 minutes at 225°C. on greased cookie sheet. Makes good Sicilian pizza crust, too.

### PRIZE REFRIGERATOR ROLLS

1/2 cup shortening	1/4 cup sugar
1t salt	2 beaten eggs
1 package dry yeast	1 cup warm water
4 cups flour	

(May also be used for pizza crust which can be baked without letting rise.)

Combine shortening, sugar and salt. Add beaten eggs and blend. Dissolve yeast in 1/4 cup warm water. Add 1 cup warm water, 2 cups flour and mix well. Add remaining flour and mix. Knead dough till smooth. Put dough into a clean bowl and cover. Let rise 2 hrs. Put dough in refrigerator. When ready to use, make dinner rolls and let rise 3 hours. Bake at 400°F for 10 mins. Dough can be kept in refrigerator for 3-4 days.

Joy Renollet

### WELSH CAKES

8 oz. selfraising flour	4 oz. margarine
4 oz. sugar	4 oz. currants
1 egg	

Rub margarine and flour together until crumbly. Add sugar and fruit. Add egg and mix well then knead together. DO NOT ADD ANY LIQUID. Roll out evenly and use cutter. Fry dry - no fat. Heavy iron frypan is ideal. Serve buttered.

Lydia Spinks

### NO KNEAD STREAMLINED WHITE BREAD

1 pkg. active dry yeast      2 T. soft shortening  
1 1/4 cups warm water      2 t. salt  
(not hot 110-115°)      2 T. sugar  
3 cups flour

In mixing bowl, dissolve yeast in warm water. Measure flour by dipping method or by sifting. Add shortening, salt, sugar, and 2 cups flour. Beat 2 minutes at medium speed of mixer or 300 vigorous strokes by hand. Scrape sides and bottom of bowl frequently. Add remaining flour and blend in with spoon until smooth. Scrape batter from sides of bowl. Cover with cloth and let rise in warm place (85°) until double, about 30 minutes.

Stir down batter by beating about 25 strokes. Spread batter evenly in greased loaf pan, 8½ x 4½ x 2 3/4" or 9 x 5 x 3". Batter will be sticky. Smooth out top of loaf by flouring hands and patting. Let rise in warm place (85°) until batter is 1/4" from top of 8½" pan or 1" from top of 9" pan, about 40 minutes.

Heat oven to 375° (quick moderate). Bake 45-50 minutes, or until done. To test loaf, tap the top crust; it should sound hollow. Immediately remove from pan. Place on cooling rack or across bread pans. Brush top with melted butter or shortening. Do not place in direct draft. Cool before cutting, use saw-tooth knife.

Kathy Haley

### CHEESE BREAD

1 cup milk      2 packages active dry or  
1/2 cup warm water      compressed yeast  
1 T salt      1/4 cup sugar  
2 cups grated sharp cheese  
5 cups sifted all-purpose flour

Heat milk until a skin forms over the surface. In a little bowl sprinkle yeast over warm water to soften. Stir until dissolved.

Stir sugar and salt into hot milk until dissolved. Cool to lukewarm. Mix this milk mixture and yeast together thoroughly. Beat 2½ cups of flour into the yeast mixture until dough is smooth. Stir in grated cheese and enough remaining flour to make a stiff dough. Dump dough on a floured board. Knead 8-10 minutes. Put in greased bowl, cover with towel and let rise in warm spot until double.

Transfer to floured board. Shape two loaves and put into greased bread pans. Let rise till double. Bake in a 375° F or moderate oven 35 minutes.

Pat Cullen

### HAMBURGER BUNS

2 cakes yeast (2 T.)      1/2 cup shortening  
2 cups warm water      2 eggs  
1/2 cup sugar      1 t. salt  
5 to 7 cups flour

Mix - let rise until light. Mix down, let rise again. Roll out and cut with cookie cutter. Put on greased pans. Pat melted butter on top. Let rise until light and bake.

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### BANANA BREAD

1/2 cup shortening	2 cup flour
1 cup sugar	1 t. soda
2 eggs	1/2 t. salt
2 or 3 ripe bananas	1 cup nuts, chopped

Mix shortening and sugar until creamy. Add beaten eggs. Mash bananas and add them to mixture, also the nuts. Sift the flour several times with salt and soda, add to mixture. Bake in a well greased loaf pan in moderate oven (350°) until done (about 1 hour).

Kathy Mitchell

### GRANDMOTHER'S FAMOUS CRANBERRY BREAD

2 cups sifted flour	1 egg, beaten
1 cup sugar	1 t. grated orange peel
1 1/2 t. baking powder	3/4 cup orange juice
1 t. salt	1 1/2 cup light raisins
1/2 t. baking soda	1 1/2 cup fresh or frozen cranberries, chopped
1/4 cup butter or margarine	

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Cut in butter until mixture is crumbly. Add egg, orange peel, and orange juice all at once; stir just until mixture is evenly moist. Fold in raisins and cranberries.

Spoon into a greased 9 x 5 x 3" loaf pan. Bake at 350° for 1 hour and 10 minutes, or until a toothpick inserted in the center comes out clean. Remove from pan; cool on wire rack.

If you choose, you may substitute cranberries for the raisins to have an all cranberry bread.

Stephanye Slone

### APRICOT BREAD

1/2 cup dried apricots	1/4 t. soda
1 egg	2/3 t. salt
1 cup sugar	1/2 cup strained orange juice
2 T. melted butter	1/4 cup water
2 cups flour	1 t. grated orange peel
2 t. baking powder	1 cup chopped nuts

Soak apricots 1/2 hour and grind. Beat eggs, stir in sugar and mix well. Add butter, alternate liquid with dry ingredients. Add nuts and apricots last. Bake 1 hour.

### JOYCE'S ORANGE NUT BREAD

1 medium sized orange	2 cups flour
1 cup raisins or dates	1/4 t. salt
2 T. melted shortening	1 t. baking powder
1 t. vanilla extract	1/2 t. soda
1 well-beaten egg	1 cup sugar
	1/2 cup chopped nuts

Pour juice from orange in standard 8 oz. measuring cup. Add boiling water to fill cup. Remove most of white membrane from orange peel. Put peel thru food chopper with raisins, using coarse blade; add diluted orange juice. Stir in shortening, vanilla and egg. Add flour sifted with salt, baking powder, soda and sugar; mix well. Stir in nut meats. Bake in waxed-paper lined 9 x 5" loaf pan in moderate oven(350°) about 1 hour.

Joyce Goering

### DATE BREAD

1 cup dates, cut	1 1/2 cup flour
1 cup hot water	1 t. baking powder
1 egg, beaten	1 t. soda
1/2 cup white or brown sugar	1 t. salt
	1/2 cup pecans, chopped

Pour hot water over dates. Let stand til cool. Beat egg, add sugar, then date mixture. Sift dry ingredients, stir well with date mixture. Add nuts last, stirring well. Place in buttered bread pan and bake at 350° F. 1 hour.

### WELSH BARA BRITH (Currant Bread) (A very old recipe)

3 lbs. flour	3/4 lbs. brown sugar
3/4 lb. lard or butter (or mixed)	2 or 3 eggs
1 lb. sultanas	1 lb. raisins
1/4 lb. candied peel	1 lb. currants
1 t. salt	1 oz. yeast
	Milk to mix

Mix yeast with warm milk. Rub the fat into the flour and add the dry ingredients. Make a well in the center and add the yeast. Mix into a soft dough then cover and leave in a warm place for 1 1/2 hours to rise till twice its original size. Turn on to a floured board, place in greased loaf tins, let stand again in a warm place for about 20 minutes and then bake for 1-2 hours. When cold, cut and butter as ordinary loaf. Thin slices with plenty of butter.

Lydia Spinks

### APPLE BREAD

2 cups sugar	1 cup chopped nuts (optional)
2 eggs	3 cups flour
1 cup oil	1 t. salt
2 t. vanilla	2 t. soda
3 cups peeled, grated apples	

Mix in given order. Bake 45 minutes at 350°. Makes 3 small loaves.

Betty Cox

### CARROT BREAD

2 cup flour	1/2 cup flaked coconut
2 t. soda	1/2 cup vegetable oil
2 t. cinnamon	2 t. vanilla
1 1/2 cup sugar	1/2 cup chopped pecans
1/2 cup dried currants	2 cup grated raw carrots
3 eggs	

Mix dry ingredients together. Add currants, coconut and nuts. Add remaining ingredients and mix well. Pour into 3 greased 1 lb. vegetable or fruit cans or 3 small loaf pans. Let stand 20 minutes. Bake in moderate oven (350°) for 45-60 minutes. Cool and remove from cans/pans. Refrigerate. Will keep 2-3 week in fridge or can be frozen.

Nadyne Hefner

### YORKSHIRE PUDDING

4 oz. plain flour  
1/4t salt  
2 eggs  
10 fl.oz. milk

Preheat oven to 425<sup>o</sup>F. Sift the flour and salt into a mixing bowl. Make a well in center and add eggs (unbeaten). Start adding the milk to eggs, stirring and gradually drawing in the flour. When about half the liquid has been added, beat thoroughly until air bubbles break on surface, then whisk in the remaining milk. (This batter can either be used straight away or covered and allowed to stand for two hours. If allowed to stand, beat up again before use.) Add 1T hot water to batter and beat again. Put 1 oz. Crisco in 7" x 11" tin and place in oven till it is smoking. Pour in batter and bake in oven for 35 - 45 minutes, until well risen and crisp. Cut into squares for serving. Can either be served with gravy as a first course or with roast beef and vegetables as the main course.

Margaret Stickle

### PRESERVING CHILDREN .....

Take 1 large field            A pinch of brook  
Half a dozen children        Flowers and pebbles  
2 or 3 small dogs

Mix children and dogs well together: put them in a field. Sprinkle the field with flowers and pour the brook over the pebbles. Spread over all a deep blue sky and bake in the sun. When brown, set away to cool in a bathtub.

### RICH CAKE DOUGHNUTS

4 egg yolks or 2	2 t. baking powder
whole eggs	1 t. salt
1 cup sugar	1/4 t. nutmeg
2 T. soft shortening	1/4 t. cinnamon
3/4 cup buttermilk	
3 1/2 cups flour	

Fry in 2-3 lbs. of shortening. Drain. While still warm shake then in a bag of powdered sugar.

Martha Cooper

### QUICK N' EASY BREAKFAST PASTRY

4 cups sifted flour	3/4 pound butter or
1 yeast cake	margarine
1 cup milk, scaled and	3 eggs beaten
cooled	1 t. vanilla
2 T. sugar	jam or jelly or any desired
powdered sugar	fruit
frosting	

Work butter into flour as for pie crust, crumble yeast and mix. Add milk, eggs, sugar, and vanilla, mix well. This will NOT be stiff enough to knead. Put into refrigerator overnight to chill. Roll or pat out into 3 oblongs, put jam in center. Fold sides to center. Bake at 180<sup>o</sup> C. about 20 minutes. Frost with powdered sugar icing. 20 servings. This does not need to rise before baking. You can let it set a few minutes if you wish.

## PASTRY PUFFS

1 cup water  
1/2 cup butter  
1 cup all purpose flour  
4 eggs

Bring water and butter to a rolling boil in thick sauce pan. Add flour, stirring vigorously until mixture leaves sides of pan and forms ball (about 1 minute). Cool slightly, then beat in eggs, one at a time until batter is smooth and glossy. Drop by small teaspoon on ungreased baking sheet to make about 3 dozen. Bake 400 degree for 25-30 minutes - cut top with scissors and return to oven for a few minutes to dry insides.

Can be filled with ice cream and frozen until ready to use.

Can be filled with pudding for cream puff - use as sandwich by filling with tuna or chicken salad.

The pudding or meat filling should be added as close to serving time as possible for puff to remain crisp.

A chocolate glaze or sauce is good over the ice cream or pudding filled puff.

Puffs can be frozen empty to be used later.

Lynda Walp

## ENGLISH PASTRY

Wonderful for meat or chicken pies.

Sift together: 2 cups sifted flour  
2 t. baking powder  
1 t. salt (more if desired)  
Mix well and stir into flour mixture:  
2/3 cup margarine  
1/2 cup hot water  
1 T. lemon juice  
1 egg yolk, unbeaten

Chill. Pat out 3/4 of the pastry as lining in a 2 quart casserole (8"). Fill. Cover with rest of the pastry. Slash to allow steam to escape. Bake in hot oven, 400 degree F., for 25 minutes.

Jeannette Schneider

## DANISH PASTRY

2 cups flour  
3 eggs  
1 cup butter  
1/2 t almond extract

Sift 1 cup of flour into a bowl. Cut in 1/2 cup of butter. Add 1T cold water. Pat or roll into two strips, each 3" x 12" on ungreased cookie sheet. Boil together 1 cup water and 1/2 cup butter. Remove from heat and add 1 cup flour. Beat until smooth. Add 3 eggs, one at a time, beat well. Add the almond extract. Spread on crust. Bake 50-60 mins. at 350°F. Frost while warm.

(Cont'd.)



Frosting:

2 cups powdered sugar  
2T butter  
1t almond extract

Combine ingredients and enough milk to mix.

Jerry Newberry

SCONES ( or Biscuits ), PLAIN

8 oz. self raising flour  
pinch salt  
almost 2 oz. butter  
3 flat T. sugar  
Milk to mix.

Sift together the flour and salt. Rub in the fat. Add the sugar. Dot the milk over the surface and stir together with a flexible knife. If the mixture seems a little dry, add more milk. Gather together in the finger tips and turn on to a board. Knead just enough to bring together properly. Form into a round and roll out to 3/4 - 1-inch thick. Stamp into rounds and place on a greased baking sheet. Brush with milk and bake for 12 minutes at 475° F. on 4th shelf "up" position.

Madeleine Harding

PERFECT CORNBREAD

1 cup sifted enriched flour    1/4 cup sugar  
4t baking powder                3/4 t salt  
1 cup yellow corn meal        2 eggs  
1 cup milk                         1/4 cup shortening

Sift together flour, sugar, baking powder and salt. Stir in corn meal. Add eggs, milk and shortening. Beat till just smooth, about 1 minute. DO NOT OVER BEAT. Pour batter into 9" x 9" x 2" pan. Bake in hot oven (425° F) for 20-25 minutes. For a tasty variation, top batter with crumbled bacon before baking. I use melted margarine and do not sift flour.

Mary Justice

PANCAKE A LA TEXAS

Make one cornbread recipe. In 2 T. oil in skillet, 1 clove garlic, 1 large onion coarsely chopped, 1 lb. ground meat cook til tender. Stir in 3/4 t. oregano, 3/4 t. chili powder, 2 t. seasoned salt, 1/3 cup tomato paste, 1/2 green pepper chopped, 1 1/2 cups water and 1 can tomatoes. Simmer 5 minutes. In skillet make pancakes or in waffle iron waffles out of cornbread mix. Now spread tomato mixture on pancakes alternately and serve.

Martha Cooper

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### JALAPENO CORN BREAD

2 cup yellow cornmeal	1/4 cup chopped pimento
1 t. salt	4 minced jalapena peppers
2 T. sugar	1 cup whole kernel corn
1/2 t. soda	4 slices bacon, fried crisp and crumbled
1 cup milk	2 T. bacon fat
2 eggs	1/2 lb. grated cheddar cheese
2 T. garlic salt	
1 cup chopped onion	

Mix cornmeal, salt, sugar and soda. Add milk and egg, mix well. Add garlic salt, onion, pimento, peppers, corn and bacon. Beat well for 1 minute. Grease a 10" iron skillet with bacon fat. Pour half the mixture into the pan; top with half the cheese. Spoon on remaining mixture and top with remaining cheese. Bake 35 minutes at 350°. Yields 8 servings.

Linda Barton

### MEXICAN CORN BREAD

1 cup cornmeal	1 small can cream style corn
1 cup milk	1 large onion, chopped
1/2 cup oil	1/2 lb. cheddar cheese, grated
2 eggs	1 jalapena pepper, chopped
1/2 t. baking soda	
1/2 t. salt	

Grease a skillet and heat. Mix everything except cheese and pepper. Sprinkle skillet with cornmeal. Pour 1/2 mixture in skillet, sprinkle 1/2 cheese and all pepper. Pour in rest of mixture and top with rest of cheese. Bake at 350° (180° C.) for 45 minutes. Let cool and cut.

Carolyn Couch

### JALAPENO CORN BREAD

1 1/2 cup yellow cornmeal	3 eggs
1/2 t. salt	1 cup grated cheese
1 cup sour cream	1/2 cup chopped Jalapeno peppers
1 small can cream style corn	1/2 cup shortening
3 t. baking powder	

Sift dry ingredients. Mix well. Bake 15-20 minutes at 450 degrees.

Beulah Vick

### TEXAS ONION BREAD

1/2 cup onions, finely chopped	1 T. butter, melted
1 1/2 cup biscuit mix	1/2 cup milk
1 egg, slightly beaten	1 cup grated cheese

Pre-heat oven to 425 degree. Saute onions in 1 T. butter. Mix together biscuit mix, milk, egg and 1/2 cup of the cheese. Pour mixture into a greased 8 inch baking pan. Top with remaining cheese (1/2 cup), sprinkle with poppy seed and 1 T. melted butter. Bake for 20 minutes. (I also put some poppy seed in the mixture.) Serves 6 to 8.

Semulegryn (found in the cooked cereal sections) can be used as a substitute for cream of wheat cereal. Make your breakfast cereal as you would the instant cream of wheat. Much cheaper too.

## CEREAL

Butter a large oven pan - into it dump the following:

1 pkg. oats	1 t. salt
2 T. cinnamon	1 cup rasins
1 cup chopped nuts	1 pkg. brown sugar
2 t. vanilla	1 T. sesame seed
½ cup cooking oil	½ to ¾ cup honey

Stir everyting together and bake at 450°F for 20 minutes. Stir often! After cereal has cooled, place in plastic bags and secure top. Will keep indefinitely.

Marge Boyd

## RANCH STYLE BISCUITS

4½ cup flour	¼ t. soda
4 t. baking powder	½ cup shortening
½ cup sugar	1 pkg. yeast
2 cup buttermilk	

Mix dry ingredients - work in shortening. Store in refrigerator - pinch off as needed - place in greased pan and bake at 350 degree.

Paula Berg

## HOME-MADE BISQUICK

8 cups all-purpose flour	¼ cup baking powder
2/3 cup dry milk	4t salt
1½ cups shortening	

Mix together until like coarse meal. Store in a sealed container.

## MASTER MIX ( Homemade Bisquick )

9 cups sifted flour	1/3 cup baking powder
1 T. salt	2 t. cream of tartar
4 T. sugar	1 cup nonfat dry milk
2 cups shortening (requiring no refrigeration)	

Sift together dry ingredients 3 times. Cut in shortening. Store in covered container at room temperature.

## Biscuits (makes 15-20)

3 cups Master Mix	2/3 to 1 cup water
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Mix until blended. Knead 10 times. Rool out and cut or drop from spoon. Bake 10 minutes at 400°.

## Pancakes, Waffles

3 cups Master Mix	1½ cup water
1 egg	

## Muffins (makes 12)

3 cups Master Mix	2 T. sugar
1 cup sugar	1 egg

Drop Cookies (4 dozen) 350° 10-12 min.

3 cups Master Mix	1 cup sugar
1/3 cup water	1 egg
1 t. vanilla	½ cup chocolate chips or nuts (optional)

Oatmeal Cookies (4 dozen) 350° 10-12 min.

3 cups Master Mix	1 cup sugar
1/3 cup water	1 egg
1 t. cinnamon	1 cup quick rolled oats

Gingerbread (8"x8") 350° 40 minutes

2 cups Master Mix	4 T. sugar
1/2 cup water	1/2 cup molasses
1/2 t. each: cloves, cinnamon, ginger	
1 egg	

Add half of liquid, beat 2 min. Add rest of liquid. beat 1 min.

Hot Rolls

2 cups Master Mix	1 egg
1/2 cup flour	water as needed
1 pkg. yeast dissolved in 1/4 cup lukewarm water	

Melt butter in baking pan. Mix dough, roll out or shape as desired. Let rise in baking pan 30-45 minutes. Bake at 425 degree 10-15 minutes.

Coffee Cake (8" x 8")

3 cup Master Mix	2/3 cup water
1/2 cup sugar	1 egg

Mix same as gingerbread.

Topping: 1/2 cup brown sugar, 3 T. butter, 1/2 t. cinnamon. Bake 400 degree 25 minutes.

Yellow Cake (2 8" x 8" layers)

3 cup Master Mix	2 eggs
1 1/4 cup sugar	1 t. vanilla
1 cup water	

Add 2/3 of the liquid, beat 2 minutes. Add rest of liquid, beat 2 minutes more. Bake 350 degree for 25 minutes.

Chocolate Cake (2 8" x 8" layers)

3 cup Master Mix	2 eggs
1 1/2 cup sugar	1 t. vanilla
1 cup water	1/2 cup cocoa

Mix same as yellow cake. Bake 350 degree for 25 minutes.

Janet Jones

### LIFE'S RECIPE

1 cup of good thoughts  
1 cup of consideration for others  
3 cups of forgiveness  
1 cup of kind deeds  
2 cups of sacrifice for others  
2 cups of well-beaten faults

Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Fold in 4 cups of prayer and faith to lighten the other ingredients and raise texture to great height of meaningful living. After pouring all this into your daily life, bake well with heat of human kindness. Serve with a smile.

Jeannette Schneider

Long ago Louisiana Acadians (Cajuns) found their own pot of gold at the end of the rainbow - the black iron pot.

### ROUX

(Base for Stews, Gumbos, Sauce Piquants)

A heavy pot is a must to make a pretty roux. The heavier the pot, the easier your job will be. Before you start your roux, start heating water in a kettle, the amount depending on whether you are making a gumbo or a stew. You must always add hot water to a roux. It is very important not to change the temperature of the roux by adding cold water to it. It could curdle the roux, or separate the flour and water from the oil. The measurements given below make a roux large enough for a stew with 1 hen, or a gumbo with two pounds of shrimp. If you wish to make a larger recipe, enlarge the recipe in the same proportions given. We feel it to be important to use more oil than flour.

2/3 cup flour

3/4 cup salad oil

Mix the flour and the oil in a heavy iron pot until it is thoroughly mixed before you turn on the fire under the pot. After it is mixed, turn the fire on medium to low, stirring constantly. Stir all over the bottom of the pot to be sure that no particles stick to the bottom. As you stir, the roux browns slowly. Don't cook your roux fast, because as it reaches the done point, it will be too hot and burn. When your roux is a rich dark brown, cut off your fire immediately, while continuing to stir. Add water to lower the temperature slightly so the roux will stop browning. Some people prefer to add a cup of chopped onions to lower the temperature. Either way, you continue to stir until the temperature is lowered sufficiently. Then you may turn your fire

on again under the pot and add the rest of the ingredients for your stew or gumbo slowly.

### CHICKEN GUMBO FILE´

1 large chicken, cut up  
1 cup cooking oil  
2t chopped parsley  
1 cup chopped celery  
2 cups chopped onions  
1 cup flour  
2t chopped onion tops  
salt and pepper to taste  
garlic to taste (optional)

Fry chicken in oil until brown - remove and add flour slowly making a brown roux. Add onions and celery and cook until soft. Put chicken back into pot. Add 1 gallon of water, let cook slowly until chicken is done. Season to taste. Add parsley and onion tops. Serve in soup plates over rice. Add ½ teaspoon file to each plate served.

Variations: Might add 50 oysters and liquid after the chicken is done.

Laura Cormier

### CHUCK WAGON SOUP

2 lbs. beef chuck, cut in 1 1/2 inch cubes	1/2 t. pepper 1 t. salt 1 t. sugar
2 T. fat	6 carrots, quartered
4 cup boiling water	1/2 lb. small white onions
1 t. Worcestershire sauce	3 medium potatoes, quartered
1 clove garlic	1 large can tomatoes
1 medium onion, sliced	

Thoroughly brown meat on all sides in hot fat. Add water, worcestershire sauce, garlic, onion, and seasonings. Simmer 2 hours; stir occasionally to keep from sticking. Add carrots, onions and potato. Continue cooking, adding large can of tomatoes. Cook until vegetables are done and longer if time permits. Makes 6 to 8 servings.

Kathy Haley

### CHICKEN BROCCOLI SOUP

2 10 oz. pkgs. chopped broccoli	2 10 oz. cans cream of chicken soup
2 chicken bouillon cubes	1/2 t. oregano
1 1/2 cup milk	2 cup whipping cream salt and pepper

Cook chopped broccoli as directed on package, but add chicken bouillon cubes instead of salt; drain well, reserve liquid. Add about 1 1/2 cups milk to reserved liquid to make two cups. In electric blender container, place broccoli, undiluted condensed cream of chicken soup, oregano, 1/2 cup of liquid; cover and blend until smooth, about 30 seconds. Pour mixture into saucepan with remaining liquid and two cups whipping cream; heat; do not

boil. Add salt and pepper to taste. Makes eight servings.

### FUNKY CORN CHOWDER

1/2 or more lb. lean salt pork - diced	1 can creamed corn (1 lb.)
2 medium potatoes - diced	1 small can milk + fresh milk
1 medium onion - chopped	
salt and pepper	

Render salt pork very well. Drain, add onions and potatoes; saute til soft. Season; add milk to taste. Heat. ENJOY!

Betsy Funk

### TOMATO BOUILLON

2 very large V8 juice	2 onions medium, chopped
1 very large tomato juice	6 peppercorns
4 stalks celery chopped	4 whole cloves
2 large carrots peeled	2 t. salt
1 large green pepper	1 t. basil
or 2 small, chopped	1 t. sugar

Bring to boil and simmer 1 hour. Strain or blend. Return bouillon to same pan. Add 3/4 cup of port and 3 T. lemon juice. Test for taste. Bring to boil and serve with croutons.

Nancy Soule

### LIGURIAN FISH SOUP

Adapted to Norway

Ingredients: about 1/2 dozen assorted small bony fish: some wrasse (the very bright colored ones) are an essential ingredient, potatoes, leeks, carrots, parsley and onions for soup base together with seasonings; salt, pepper and garlic, also wine or wine-vinegar if available, also oil.

Method: Clean fish very thoroughly. Poach in water with added parsley, garlic, dash of wine or wine-vinegar and a splash of olive oil (both optional but help to cut down fishy cooking smell) until cooked (approx. 30 minutes). Leave to

cooked (approx. 30 minutes). Leave to cool in stock.

Meanwhile chop finely potatoes, carrots, leeks and onions and simmer gently in water to give a thick vegetable soup base. Season lightly as fish stock will be added.

When fish sufficiently cool, remove from stock and carefully separate flesh from bones and skin. Add sieved stock to vegetable soup base plus separated fish meat. Bring to boil and adjust seasonings by adding salt, pepper, wine (or wine-vinegar) and oil/butter. Resulting soup should be quite thick and dominated by vegetables rather than fish. Pepper helps to counteract fishiness.

Gina Parmenter



### FRENCH VICHYSOISE

4 leeks (white part) 4 cups chicken broth  
thinly sliced 1 T. salt  
1 medium onion, 2 cups milk  
thinly sliced 2 cups light cream  
1/4 cup butter 1 cup whipping cream  
5 medium potatoes, thinly sliced (4 cups)

Cook leeks and onion in butter til tender but not brown; add potatoes, broth, and salt. Cook 35 minutes. Rub through fine sieve, return to heat; add milk and light cream. Season to taste. Bring to a boil. Cool; rub through very fine sieve. When cool, add whipping cream. Chill before serving. Garnish with chopped chives. Serves 8

Nadyne Hefner

### SPANISH GAZPACHO

1 cup finely chopped peeled tomato  
1/2 cup finely chopped green pepper  
1/2 cup finely chopped celery  
1/2 cup finely chopped cucumber  
1/4 cup finely chopped onion  
2 t. snipped parsley 1 t. salt  
1 t. chives 1/4 t. Worcestershire  
1 small clove garlic, sauce  
minced 2 cups tomato juice  
2-3 T. wine vinegar 1/4 t. pepper,  
2 T. olive oil freshly ground

Combine all ingredients in stainless steel or glass bowl. Cover and chill at least 4 hours. Serve in chilled cups. Top with croutons. Serves 6

Nadyne Hefner

### CHICKEN GUMBO

1 chicken, boiled and boned 1/2 onion  
smoked Polish sausage 1/2 green pepper  
1 1/2 T. (heaping) grease 1 t. file gumbo  
2 T. flour

Stir flour constantly in melted grease until dark brown. Put in chicken and sausage. Mix well onion and green pepper - fry- covered at medium heat for half an hour. Stir once in awhile. Add enough water to cover and more until soupy. Sprinkle file gumbo into mixture after turning off heat. Mix well before serving over rice.

Virginia Tuck

### GAZPACHO

4 cups diced tomato 1/4 cup olive oil  
1 1/2 cups chopped green pepper 1 T. paprika  
3/4 cup chopped onion 1 T. salt  
1 garlic clove minced freshly ground  
2 cups beef bouillon pepper  
1/2 cup lemon juice  
1/2 cup sliced cucumber

Combine all ingredients except cucumber. Let stand at room temperature for 1 hour stirring frequently. Chill at least 2 hours. Add cucumber just before serving. Serves 6

Nancy Soule

## HEARTY MEATBALL SOUP

About 25 meatballs  
1 cup uncooked elbow macaroni  
2 cans condensed beef broth (may use beef bouillon cubes and water instead)  
2 broth cans water  
1/4 t. dried basil leaves  
1/4 t. dried marjoram leaves  
1/4 t. dried thyme leaves  
2 carrots peeled and finely sliced (about 1 cup)  
1 60 oz. pkg. frozen peas or 8 oz. can peas, drained  
2 large stalks celery, thinly sliced (about 1 cup)  
1 cup flour  
1/4 cup red wine (if desired; otherwise use water)

Cook macaroni, drain and set aside. In large saucepan heat beef broth and water until it starts to boil. Add basil, marjoram, thyme, carrots, peas and celery, cook covered 5 minutes. Drop meatballs a few at a time into the boiling broth, making sure the broth keeps boiling. Cook covered 10 minutes. Combine the flour and wine or water and stir until smooth. Stir some of the hot broth into the flour mixture, gradually add it to the rest of the hot broth, stirring constantly so no lumps form. Add the cooked macaroni and cook 2 minutes longer. Makes about 2 quarts soup or five 1 1/2 cup main dish servings.

Linda Barton

## SPAGHETTI SAUCE

Heat 1/2 cup butter (or less.) Add:

6 cloves garlic (chipped)    3 lb. ground meat  
2 cups sliced onions

Saute until meat is lightly browned.

Add: 2 6 oz. cans tomato paste  
2 8 oz. cans tomato sauce  
1 can tomato soup  
1 cup cream of mushroom soup

Cook over low heat one hour, stirring occasionally.

Season with: 1 t. allspice    1 t. black pepper  
1 T. salt    2 t. thyme

Mix thoroughly and keep hot. Serve over spaghetti noodles. Serves 12. Freezes well.

Lou Tibbets

## HAM SAUCE

1/2 cup white sugar    3 t. dry mustard  
1/2 cup brown sugar    1/2 cup vinegar  
2 eggs    2/3 cup water

Beat eggs and add remaining ingredients. Cook over medium heat until thick. Store in refrigerator. Serve with hot or cold ham.

Margaret Stickle

### CHATEAUBRIAND SAUCE

1 10 3/4 oz. can brown gravy, or 1 cup brown gravy made with a packet or block-type mix (such as Minit-sauce).

1 cup white wine  
1/4 lb. butter or margarine  
3 T. lemon juice - bottled is fine  
1 T. minced parsley - fresh or dried  
salt and pepper

Cook gravy and wine 30 minutes, until thick. (If necessary, thicken with 1 or 2 T. cornstarch dissolved in 1/4 to 1/2 cup cold water). Add butter, lemon juice and parsley, season. Serve as soon as butter is melted. Makes 2 cups.

Very good with sliced left-over roast beef (meat can be heated in the sauce) served over hot buttered noodles.

Janet Jones

### SWEET & SOUR SAUCE

Mix the following in a bowl:

4 T. tomato ketchup      1 1/2 T. cornstarch  
3 T. vinegar              1 cup water  
3 T. sugar

Heat 3 T. corn oil (sesame oil, if available) in a medium sized skillet to about 375 degree F. Add the mixture at once stirring constantly. Lower the heat to 300 degree F. Continue stirring til the sauce thickens and is smooth. Sauce will have a transparent look. Serve over any fried pieces of meat.

Mimori Robertson

### MINT SAUCE

Mint leaves              2 T. vinegar  
2 t. sugar                1 T. boiling water

Place washed sprigs of mint in blender with the sugar, vinegar and boiling water. Switch on for 20-30 seconds. Leave to stand for 1 hour before serving.

Tone Williams

### BUTTERSCOTCH SAUCE

For ice cream or the likes.

3 T. butter                      1 T. water  
1 cup brown sugar            1 can (5 1/2 oz.) evaporated milk

Melt the butter in saucepan, add sugar and water. Mix well. Bring to a boil. Cook over low heat 1 minute stirring constantly. Cool 10 minutes. (mixture will harden.) Gradually add milk stirring until blended. Approximately 1 1/3 cups.

Nita White

### CHOCOLATE SAUCE

1 3 oz. unsweetened      3/4 cup cream  
chocolate                1 t. vanilla  
1 cup sugar

Melt chocolate. Take it off the fire and stir in sugar and then cream. Cool slowly for 5 minutes. Add the vanilla. Serve hot.

Jeannette Schneider

PIE &  
COOKIES &  
CANDIES

### BUTTERSCOTCH SAUCE

2 oz. butter	50 oz. golden syrup
3 oz. brown sugar	4 fl. oz. double cream
2 oz. sugar	few drops vanilla essence

Combine butter, brown sugar and sugar in a heavy saucepan with syrup. Heat slowly. When ingredients have melted and formed a liquid, continue to heat for another 5 minutes. Turn off heat. Gradually stir cream into the sauce, followed by drops of vanilla. Stir for 2 or 3 minutes or until sauce is absolutely smooth. Serve hot or cold. Good over ice cream, bananas or pancakes.

It will store well in a sealed container in refrigerator.

Delia Smith

### HOME MADE COTTAGE CHEESE

Store on counter top or other room temperature area, 1 quart "skummet melk" until it forms a firm white churd. Remove from carton and put in large glass, earthenware, enameled or stainless container. Little stirring (just cutting through curd with a long knife) at this stage makes for bigger curds in the finished product. Add about a quart of warm (not hot) water to melk, allow to sit for a moment or so, pour off liquid (do not strain) and add slightly hotter water, continue to do this, increasing the heat of the water slightly each time until you can get a cooked curd. Do not ever get the water so hot that you cannot put your finger in it. By this time the whey will be about rinsed out, but you should cool it down about the same way you heated it up using slightly cooler water until you end with cold. Allow to drain through bag, sieve or collander, until quite dry. The bag will mean less loss of tiny pieces down the drain, and if you are in a hurry allow you to squeeze it, but this way your cheese will be very fine curds. Add to dry cheese a little salt, milk or cream, chill and eat.

Grace Harmond

### COTTAGE CHEESE

Use 2 liters of buttermilk (skim or regular). Use pan with tight fitting lid. Put on burner that best fits bottom of pan. Set on lowest setting and cook covered for 1 hour. Begin checking after one hour and when the whey has separated from the solid remove and strain thru a cheese cloth, only until it stops dripping. Do not press on cloth to remove excess moisture. Salt to taste and small amount of cream can be added for creamier cheese.

### ALMOST LIKE MIRACLE WHIP

#### Step 1

2 egg yolks	3 T. vinegar
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ t. sugar
1 T. dry mustard	$\frac{1}{2}$ cup salad oil

With mixer, blend egg yolks, salt, mustard, sugar and 1 T. vinegar. Very slowly add 1 cup oil a few drops at a time. Mixing well after each addition. Add remaining oil a little faster, but be careful to blend each addition before adding more. When all the oil has been added, add the remaining 2 T. vinegar. This is the mayonaise.

#### Step 2

$1\frac{1}{2}$ T. flour (or cornstarch)	$\frac{1}{2}$ cup boiling water
1 T. sugar	2 T. vinegar
	$\frac{1}{2}$ t. salt

Combine above ingredients in saucepan and cook until smooth paste. Add this hot mixture to mayonaise and blend well. Pour into container and cool in refrigerator. Makes slightly over 1 pint. Can add about 1 T. Worchestershire sauce.

#### Variation:

Using 2-165 gram boxes of Mills Ekte mayonaise and the ingredients in step two, good results are obtained.

Wanda Krebill

### ANGEL SALAD

1 cup pecans or walnuts, chopped  
1 cup celery, chopped  
6 oz. pkg. cream cheese  
2 pkgs. lime jello  
2 cups hot water  
1 small can crushed pineapple (drained)  
 $\frac{1}{2}$  pint whipping cream (whipped)

Mix gelatin and hot water. Cool. Mash cheese. Add pineapple, celery and nuts. Fold into cooled gelatin. Chill until thick. Whip cream and fold into mixture. Chill until ready to serve.  
Serves 12.

Julie White

### CRANBERRY CREAM SALAD

1 box cherry gelatin  
1 cup hot water  
1 can (1 pound) whole-berry cranberry sauce  
 $\frac{1}{2}$  cup diced celery  
 $\frac{1}{4}$  cup chopped nuts (optional)  
1 cup sour cream

Dissolve gelatin in hot water. Chill until thickened, but not firm. Break up sauce with fork. Stir sauce, celery and nuts into first mixture. Fold in cream. Pour into 1-quart mold and chill until firm. Unmold on greens. Makes 4-6 servings.

Betty Cox

### FRUIT COCKTAIL SALAD

Whip 1 pint of whipping cream. Add 8 ozs. of cream cheese and whip. Fold in 1 large can of fruit cocktail, drained, 3/4 package of small marshmallows, 1 cup chopped nuts, and 2 T. lemon juice. Freeze in one large salad mold or 2 small ones.

June Hogan

### LIME SALAD

1 pkg. lime jello	1/2 cup nuts
1 cup hot water	1 3 oz. pkg. cream cheese
1/2 cup half and half	1 16 oz. can fruit cocktail, drained
1/2 cup cottage cheese	
1/2 cup mayonnaise	

Serves 8

Jeannette Schneider

### PURPLE PASSION

1 package grape jello (small)  
1 package blackrasberry or black cherry jello (small)

Mix the above 2 jellos together and let partially set. Add:

1 1/2 cups thick sour cream  
1 T. lemon juice.

Let set further.

Fold in 1 can blueberry pie mix.  
Make day before. It is better if it stands overnight.

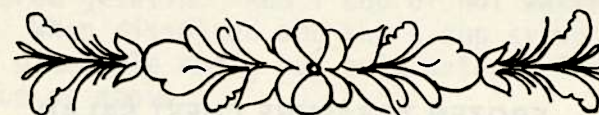
Sherry Wally

### TOMATO ASPIC

1 pkg lemon jello	2 T. vinegar
1 8 oz can tomato juice	Salt and freshly ground pepper

METHOD: Dissolve lemon jello in 1 1/4 cups of hot water. Add tomato juice, vinegar, salt and pepper to taste. Pour into moulds or dishes to serve at the table and chill until firm. Garnish with lemon, shrimp, parsley, etc.

Dee Lipscomb



### LIME JELLO SALAD

1 pkg. lime jello  
4 or 8 Oz. cream cheese softened  
1/2 pint whipping cream whipped  
1 medium size fruit cocktail

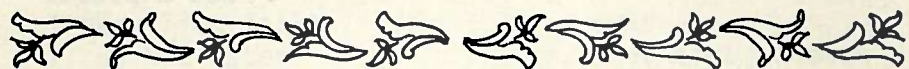
Dissolve jello into juice of fruit cocktail-add enough water to make 1 1/2 cup. Partially set jello. Beat cream cheese and pour jello in, beat again, add fruit cocktail. Fold into whipping cream.

Barbara Stevens

### CUCUMBER SAUCE

1 unpared cucumber      1 T. minced parsley  
(1 cup shredded -      2 t. grated onion  
do not drain)          2 t. vinegar  
1/2 cup dairy sour cream  
1/4 cup mayonnaise or    1/4 t. salt  
salad dressing          Dash pepper

Dee Lipscomb



### FROZEN TREASURE CHEST SALAD

8 oz. cream cheese softened  
2/3 cup mayonnaise  
1 pkg. (4½ oz.) egg custard mix.  
1 can froxen daiquiri mix (thawed) 6 oz.  
1/2 cup chopped pecans or walnuts  
1 envelope whipped topping mix  
1 can crushed pineapple

Combine the cream cheese, mayonnaise, egg custard mix and daiquiri mix and put in blender. Cover and blend at high speed for 2 minutes or until smooth. Fold in pineapple and nuts. Prepare whipped topping as directed on envelope. Fold into fruit mixture and pour in 8" square pan and freeze.

Madeleine Harding

### CHEESE & PINEAPPLE SALAD

3/4 cup sugar                      ½ cup syrup from canned  
1 T. (one envelope)            pineapple  
unflavored gelatin            1/4 cup cold water  
1 cup crushed pineapple       1 cup grated American  
(drained)                        cheese  
1 cup heavy cream (whipped)

Dissolve sugar in pineapple syrup over low heat. Add gelatin softened in cold water. Chill until partially set. Add pineapple and cheese. Fold in whipped cream. Chill until firm. Serve with salad dressing. Serves 6-8.

Note: Lemon jellow may be substituted for the unflavored gelatin. Add 1 cup of hot water to the jello. When dissolved add the ½ cup syrup from canned pineapple and ½ cup cold water. Then continue as above.

Joyce Goering

### DELUXE TOSSED SALAD

Cover bottom of pyrex cake pan with shredded lettuce. Sprinkle lightly with salt and very little sugar. Add a layer of cut-up celery and a layer of hard boiled eggs. Sprinkle with salt. Add a layer of Swiss longhorn or cheddar cheese. Add a final layer of lettuce. Spread Miracle Whip over all, sealing edges. Sprinkle with bacon bits on top.

Virginia Tuck



### RAW CAULIFLOWER SALAD

Mix:

1 large head cauliflower (diced)  
1/4 cup green onions (chopped)  
2 cups radishes (sliced)

Mix:

1 small sour cream  
1/2 cup miracle whip salad dressing  
1 pkg. Good Seasons Garlic Cheese Dressing mix  
1 to 3 t. caraway seeds (to taste)

Mix first three ingredients. Then mix next four.  
Then mix together. Chill and serve.

Wanda Earles

### SALAD DRESSING

1 can tomato soup	1 t. paprika
1 cup salad oil	1/3 cup sugar
3/4 cup wine vinegar	1/4 t. prepared mustard
1 t. salt	1 garlic bud
1 t. Worcestershire sauce	

Put all ingredients in a quart jar and shake well.  
Will keep indefinitely in refrigerator.

### CRANBERRY SALAD

Mix together:

1 pound ground cranberries  
1 cup sugar

Let set for one hour. Add:

1 cup drained crushed pineapple  
1 pound small marshmallows

Let set over night. Fold in:

1 pint of whipped cream  
1 cup chopped nuts

Freeze until firm. Excellent for Thanksgiving and Christmas.

June Hogan

### PEAR SALAD

12 pear halves (drained)  
8 oz. cream cheese  
1/4 cup finely chopped pecans  
1 1/2 cup vanilla cookie crumbs

Mix cream with liquid from pears to soften. Add pecans. Fill the cavities in pears with cheese. Put two halves together and roll in crumbs and let chill for at least 4 hours before serving. Serve on lettuce leaf with a maraschino cherry at top of pear. Serves 6.

### CHERRY SALAD

1 can cherry pie filling  
1 can (small) crushed pineapple (drained)  
1/4 cup sugar

Mix and let set overnight in refrigerator.

Add:

1 cup chopped pecans  
1 cup miniature marshmallows  
1 or 2 cups chopped bananas

Mix with other ingredients and serve chilled.  
Very nice for the Holiday Season.

Jean Slone

### LOTSPIECH SALAD

1 qt. cranberries ground and sweetened  
1 pt. grapes cut and seeded  
1 cup walnuts (chopped)  
1 cup cream whipped, sweetened  
1/2 t. vanilla

Mix well and chill 1 hour.

Beverly Short

### COLESLAW PARFAIT SALAD

Dissolve: 2 pkg. lemon Jello  
2 cups boiling water

Blend in: 1 cup mayonnaise  
1 cup cold water  
1/2 t. salt  
4 T. vinegar

Chill until almost set, then beat until fluffy.

Add: 1/2 cup celery 1/2 cup green pepper  
1 cup radish slices 2 T. chopped onion  
3 1/2 cup cabbage (finely shredded) or  
4 cups cabbage and no celery.

Pour into 2 quart mold. Garnish with radishes and mint sprigs.

### LEMON COLE SLAW

1-3 oz. pkg. lemon gelatin	1/2 t. salt
1 cup hot water	1/2 cup cold water
1/2 cup mayonnaise	1/2 cup sour cream
1 T. chopped onion	1 T. vinegar
1 T. sugar	2 cups shredded cabbage

Dissolve gelatin in hot water. Add cold water and salt. Chill until syrupy. Whip until fluffy. Combine mayonnaise, sour cream, onion, vinegar and sugar. Add these to whipped gelatin. Blend together then stir in cabbage. Pour into mold, bowl or pan. Refrigerate. Serves 6-8

Janet Jones

### REFRIGERATOR SLAW

1 medium head cabbage	1 large onion
3/4 cup sugar	1 t. salt
1 t. sugar	1 t. prepared mustard
1/2 t. celery seed	3/4 cup vinegar
3/4 cup salad oil	

Grate cabbage and onion. Put in bowl in alternate layers and pour 3/4 cup sugar on top.

In sauce pan, mix salt, sugar, mustard, celery seed and vinegar. Bring to boil and simmer 3-4 minutes. Add oil. Bring to boil and pour over cabbage. Do not stir. Cover tightly and put in refrigerator over night. Stir to serve. Keep this in your refrigerator and you will have salad for many days. Good.

Madelyn Meigs

### COLESLAW DRESSING

Heat until boiling, stirring all the time

2 cups sugar	1 cup vinegar
1/4 t. salt	1/4 cup butter

Beat 4 eggs. Gradually add above. Put back on fire and let boil, stirring. Cool - add 1 cup sour cream.

Beulah Vick

### MARGIE's SALAD

4 apples (diced)	1/2 cup nuts
1 cup marshmallows	1 cup cubed cheddar cheese
1 cup crushed or cut up pineapple	

#### Dressing

1 cup pineapple juice	1/4 cup sugar
2 T. cornstarch	

Cook until thick then add 2 well-beaten eggs. Cook again until thick. Pour over salad. Chill and serve.

Eileen Gerber

### TAOS SALAD

2 cup shredded lettuce	2 T. Italian salad dressing
1 1 lb. can (2 cups) kidney beans or chili beans (drained)	1 t. minced onion
2 medium tomatoes chopped	3/4 t. chili powder
1 T. chopped green chilies	1/4 t. salt
1/2 cup ripe olives, sliced	dash pepper
1 large avocado (mashed)	1/2 cup shredded sharp cheddar cheese
1/2 cup sour cream	

In bowl combine lettuce, beans, tomatoes, chilies and olives. Chill. Combine avocado, sour cream, salad dressing, onion and seasonings. Mix well and chill. Season salad with additional salt and pepper. Toss lightly with avocado dressing. Top with cheese and coarsely crushed corn chips (optional.) Garnish with whole pitted olives.

Nita White

### TACO SALAD

Brown 1 lb. hamburger with  $\frac{1}{2}$  chopped green pepper and  $\frac{1}{2}$  chopped onion. Drain well.

Add:

1 head lettuce	$\frac{1}{2}$ chopped onion
$\frac{1}{2}$ chopped green pepper	avocado
grated cheese	small can Ranch-Style beans
Fritos (crushed)	(rinsed and drained)

Pour over top:

Creamy Italian Dressing

Gloria Jones

### TUNA SALAD (Congealed)

2 flat cans tuna	2 hard boiled eggs
$\frac{1}{2}$ cup stuffed olives (chopped)	2 T. capers (or more)
1 T. minced onion	2 T. minced celery
2 cups mayonnaise	1 pkg. gelatin and 1/4 cup cold water (melt)
juice from $\frac{1}{2}$ lemon	

Mix and place in long pyrex dish. Chill. When ready to serve, cut in squares.

Kathy Haley

### 24 HOUR BEAN SALAD

1 (15 oz.) can cut yellow beans	
1 (16 oz.) can French cut green beans	1/2 cup salad oil
1 (17 oz.) can kidney beans	1/2 cup vinegar
	3/4 cup sugar
	1/2 t. salt
1 cup thinly sliced red onions	1/4 t. pepper

The day before serving, drain all beans and combine them with onions in bowl. In jar combine other ingredients and shake until well blended. Pour dressing over beans, cover bowl and refrigerate for 24 hours, tossing occasionally. To serve, drain dressing off beans, place on lettuce lined platter or in bowl.

### HAM SALAD

Cook 1 1/3 cups of rice in 1 1/3 cups of boiling water with 1 1/2 t. of salt. Chill.

Combine and chill:

1 1/2 cups mayonnaise	1/4 t. pepper
2 T. lemon juice	2 T. grated onion
2 T. mustard	

Mix the following together and chill:

3 cups diced ham	2 cups pineapple tidbits
2 cups diced celery	

Mix all together just before serving.

Joan Graham

### SOUTH OF THE BORDER SALAD

1 can Mexican style pinto beans  
1/2 head lettuce - chopped  
2 medium tomatoes - chopped  
1 avacado (if available) - chopped  
1 cup grated cheese  
1 cup "Catalina" bottle dressing  
3 cups crushed Fritos (corn chips)

Mix and serve. Serves 6

Paula Berg

### ORANGE AND ONION SALAD

1/2 cup salad oil	3 large oranges, sliced and drained
1/2 cup orange and lemon juice	1 onion thinly sliced
grated rind of 1 orange	1/4 cup sliced dark olives or toasted walnuts (can be omitted)
1/4 t. garlic powder	ground pepper and salt to taste
1/2 t. dry mustard	
salt and pepper	
lettuce	

Great with Mexican food!

Nancy Soule

### SWEET POTATO SALAD

1 cup sweet potatoes, boiled and cooled  
1/2 cup walnuts, chopped  
1/2 cup fresh grapes, seeded and cut  
1/2 cup drained pineapple  
1/2 cup celery, chopped

Cut sweet potatoes into cubes and mix in other ingredients. Moisten with mayonnaise and add half marshmallows. Half cup chopped apple or shredded

cheese can be added if desired.

Beverly Short

### TURKISH RICE SALAD

2 cups water	1 t. salt
1/2 t. grated lemon peel	1 cup long grain rice
1 cup chopped celery	2 T. finely chopped onion
3/4 cup coarsely chopped walnuts	1/4 cup sliced stuffed green olives

Heat water to boiling with salt, peel. Add rice. Cover, cook 20 minutes (until water is absorbed). Cool. When rice is room temperature, add remaining ingredients. Toss with dressing, serve immediately.

### Lemon Dressing

2 T. to 1/4 cup lemon juice	1/2 t. oregano
dash or two of pepper	1/2 t. salt

Whirl in blender. Immediately pour over rice salad. Toss well. Top with a spoonful of plain yoghurt, if desired.

This is a very interesting and rather unusual salad. It goes best with a rather plain meat - baked chicken, steak, pork roast.

Janet Jones

### CORN DOGS

2/3 cup corn meal	3/4 cup milk
1 cup flour	2 t. oil
1 1/2 t. baking powder	1 egg, slightly beaten
1 t. salt	1 lb. weiners
2 t. sugar	Sticks

Mix corn meal, flour, baking powder, salt and sugar. Add milk, oil and egg. Mix well. Dry Weiners, insert stick and dip in mixture. Cook in hot oil (365°) until golden brown.

Carolyn Couch

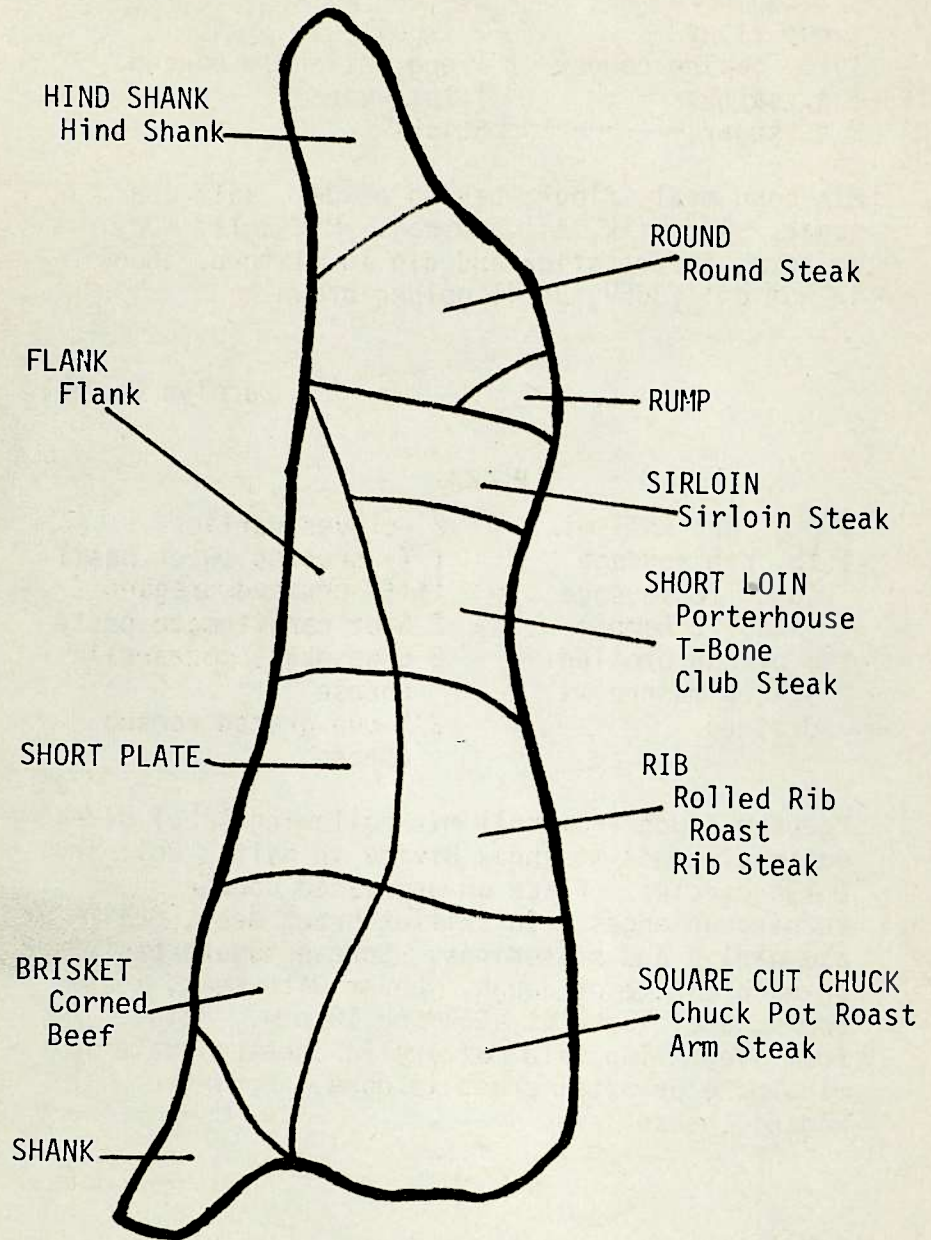
### PIZZA

1 pkg. hot roll mix	2 cloves garlic
1 lb. pan sausage (use 1/2 sausage and 1/2 hamb.)	1 T. crushed sweet basil
1 6 oz can broiled sliced mushrooms drained	1 1/2 T. crushed oregano
	2 6 oz cans tomato paste
	2 6 oz pkgs. mozzarella cheese
	2/3 cup grated romano cheese

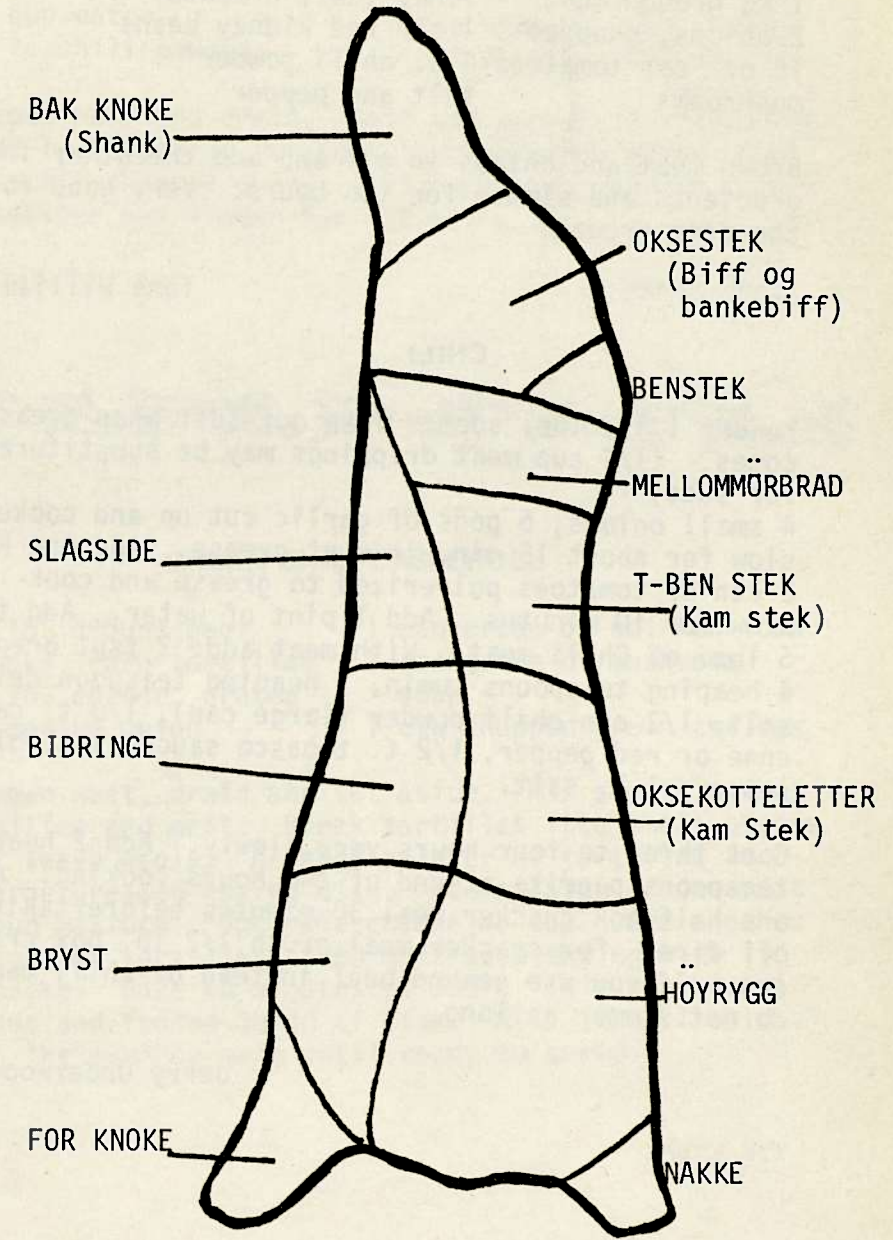
Prepare dough from roll mix following label directions - omit rising. Divide in half. Roll in 2 13" circles. Place on ungreased cookie sheet turning up edges. In skillet brown meat, drain add garlic and seasonings. Spread tomato paste on each circle of dough. Cover with meat, mushrooms, etc. Bake at 425° for 10 min. Remove from oven. Top with mozzarella cheese. Bake 10 min. more or until crust is done. Sprinkle with romano cheese

Gloria Jones

BEEF AMERICAN CUTS



BEEF NORSKE CUTS



PIE &  
COOKIES &  
CANDIES

### CHILI CON CARNE

1 kg ground meat      1 bay leaf, crushed  
2 onions, chopped    1 can red kidney beans  
15 oz. can tomatoes 4 T. chili powder  
mushrooms            salt and pepper

Brown meat and onions in oil and add the other ingredients and simmer for two hours. Very good for the deep freeze.

Tone Williams

### CHILI

Render 1 1/2 lbs. suet. Take out suet when grease comes. (1/4 cup meat drippings may be substituted for suet)  
4 small onions, 6 pods of garlic cut up and cooked slow for about 15 min. in suet grease. Add one No. 2 can of tomatoes pulverized to grease and cook slow for 10 minutes. Add 1 pint of water. Add the 5 lbs. of Chili meat. With meat add: 2 tsp. oregano 4 heaping teaspoons cumin, 1 heaping teaspoon celery salt, 1/2 can chili powder (large can), 1/8 t. cayenne or red pepper, 1/2 t. tabasco sauce, 1 t. black pepper, 1 T. salt.

Cook three to four hours very slowly. Add 2 heaping teaspoons paprika at end of two hours cooking. Add one half box cracker meal 30 minutes before taking off fire. For cracker meal crush 1/2 lb. box crackers. If you use ground beef instead of chili meat do not simmer as long.

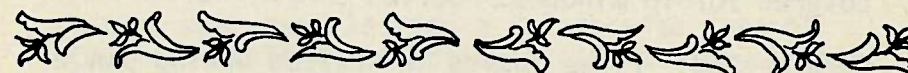
Jerry Underwood

### PAULA'S FAMOUS CHILI

1 lb. ground beef      1 cup chopped celery  
1 cup water            1 cup chopped ripe olives  
1 t. chili powder      1 cup chopped mushrooms

Brown beef and drain. Salt and pepper to taste. Add 1 can peeled tomatoes, 2 cans pinto beans and 1 small chopped onion. Mix remaining ingredients together and simmer for 1/2 hr.

Paula Berg



### GREEN CHILI CASSEROLE

1 lb. ground beef      1 can cream of chicken soup  
1 pkg. corn tortillas   1 can cream of mushroom  
1 lb. cheese, grated    soup  
1 medium onion        1 can chopped green chilies

Brown meat, drain and set aside. Mix soups, onions chilies and meat. Break tortillas into small pieces or leave whole. Arrange a layer of tortillas in a large greased baking dish. Add a layer of the meat soup mixture. Sprinkle cheese on top. Add another layer of tortillas, then meat/soup ending with cheese. Bake 40 minutes at 350°. This can be made and frozen ahead of time. Also it will hold in the oven on warm until ready to serve.

Mary Orr



### TOP-STOVE MEAT LOAF

1 can tomato soup	1 t. salt
1½ lbs. ground beef	Generous dash pepper
1/2 cup fine dry bread crumbs	1 t. shortening
1 egg	1/4 cup water
1/3 cup chopped onion	1/2 to 1 t. horseradish

Mix thoroughly 1/2 can soup with next 6 ingredients. Shape firmly into two loaves. In skillet brown on both sides in shortening. Cover and cook over low heat for 25 minutes. Spoon off fat. Top with remaining soup, water and horseradish. Cook uncovered for 10 minutes. Serves 6

Oven Method: Place loaves in shallow baking pan. Bake at 350° for 40 minutes. Top with remaining soup (omit water) and horseradish. Bake 5 min. more or until done.

Laura Abel

### MINI MEAT LOAVES

1 lb. ground beef	1 egg
1/2 cup chopped onion	2 T. parsley
1/2 cup bread crumbs	1/4 t. pepper
1 t. salt	

Mix all ingredients well. Shape into 6 small meat loaves and place in greased baking pan. Combine 1 cup ketchup and 1/2 cup water. Pour over meat loaves. Bake 20-25 min in 350° oven.

Betty Haston

### BLUE CHEESE STUFFED MEAT LOAF

1/4 cup milk, scalded	4 slices bread, crumbled
8 slices bread, diced	1/2 cup minced onion
1 cup crumbled blue cheese	1 T. salt
1 egg, slightly beaten	1/8 t. pepper
1 lb. ground chuck	2 T. chopped parsley
1/2 lb. ground pork	1/4 cup catsup
	2 eggs

Pour milk over diced bread. Mix well. Stir in cheese and egg. Combine remaining ingredients in another bowl. Pat mixture evenly into a 12 x 15 inch rectangle on freezer paper. Spread cheese mixture over meat leaving a 1 inch edge free of stuffing. Roll up, starting at short side, pressing firmly at each turn. Place seam side down in shallow baking pan. Bake 375° for 1 hour. Serves 8.

### HAMBURGER PIE

1 medium onion chopped	1 10 1/2 oz. tomato soup
2 T. fat	5 medium potatoes, cooked
1 lb. ground beef salt and pepper	1/2 cup warm milk
1/2 lb. green beans or	1 egg, beaten
1 No. 2 can green beans	1/2 t. salt
	1/4 t. pepper

Brown onions and meat with seasoning. Add beans and soup. Pour in greased casserole. Mash potatoes, add milk, spoon to form mounds over meat mixture. Bake 30 minutes. Serves 6

### BEEF & PEPPER RICE SKILLET

1 lb. ground beef      1 cup rice  
2 green peppers or 1      1 cup sliced onion  
  green and 1 red -      1 beef bullion cube  
  chopped                2½ cups water  
1 T. soy sauce

Brown beef and stir in seasonings, rice, water bullion and soy sauce. Bring to boil. Reduce heat, cover and cook over low heat until liquid is absorbed (about 25 minutes). Makes 4 to 6 servings. Nice to add tomato wedges at end of cooking.

Lynda Walp

### TEXAS HASH

1 lb. hamburger meat      1 cup precooked rice  
1/2 medium chopped onion  
1 pod garlic, chopped      1 small can tomato sauce  
  fine                        Velveeta cheese (or what-  
1/4 to 1/2 bell pepper      ever is available -- as  
  chopped                    much as you desire --  
                                  half pound or so)

Brown hamburger meat, onion and garlic in just enough grease to cover bottom of skillet. After it is brown, stir in rice, pepper and mix well. Put about half of mixture in casserole dish, pour in half can tomato sauce and half of grated cheese. Put in rest of mixture and pour rest of sauce on top and spread remaining cheese on top. Add half can of water and cook at 350° - 375° for 30-40 min.

Dee Lipscomb

### BEEF RISOTTO

1 T. butter                    2 t. salt  
1½ lbs. ground beef      1½ cups water  
1 cup sliced onion      1 can tomatoes  
1 clove garlic, minced  
1 cup uncooked rice      1 can tomato sauce  
2 t. basil                    1/2 cup stuffed olives  
                                  1/3 cup grated or shredded  
                                  parmesan cheese

Melt butter in heavy skillet. Add beef (leaving it in chunks), onion and garlic and cook until meat is slightly browned and onion tender, stirring carefully. Fold in rice, salt and basil. Add water, tomatoes and tomato sauce, mix carefully. Heat until bubbly hot. Cover, cook slowly until rice is tender (25 to 30 minutes). Fold in olives and half the parmesan cheese. Sprinkle with remaining cheese. Yield - 6 servings.

Barbara Stevens

### PARTY CASSEROLE

2 lbs. ground beef            1/4 cup pimento  
1 cup chopped onions      1/8 - 1/4 t. red pepper  
1 can whole corn, drained      1/4 seems quite hot  
1 can cream of chicken soup      1 pkg. cooked egg  
1 can cream of mushroom soup      noodles  
1 cup sour cream            1 cup grated cheese

Brown meat and onions. Combine other ingredients in bowl, except noodles and cheese. Mix meat, sauce and noodles in casserole and sprinkle cheese on top. Bake 350° for approximately 20 minutes.

"REALLY TASTY AND A NICE CHANGE"

Jean Slone

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### SPANISH DELIGHT

Fry 1 lb. hamburger meat and 3 T. shortening until brown, stirring as you fry. When well done, add 2 medium onions chopped fine, 1 green pepper, 1/2 cup chopped celery, 1 t. chili powder, salt and pepper to taste. Fry seasoning with meat and then add 1 No. 2 can tomatoes and 1 No. 2 can corn. Cook slowly for 2-4 hours. About 20 minutes before serving add 1 package noodles. Add a little water if necessary. When noodles are done, put in baking dish and sprinkle with cheese. Heat in oven and serve.

June Hogan

### HAMBURGER-RICE ONE-PAN MEAL

1/2 lb. ground beef  
1 cup uncooked rice  
1 medium onion, sliced  
2T oil  
2 cups water  
1 can (8 oz.) tomato sauce  
1/2 t salt  
dash pepper  
cheese slices

Brown beef, rice and onion in oil: drain fat. Add water, tomato sauce, salt and pepper, mix well and bring mixture to boil. Cover and simmer 15 minutes. Stir and top with cheese. Broil until cheese melts and browns slightly. Serves 4.

Pat Poundstone

### SPICY MEATBALLS

1 lb. ground beef      1/2 t. salt  
1 egg                      1/4 t. pepper

Mix with some crushed crackers and form in small balls. Saute in oleo until brown.

#### Sauce:

1/2 cup oleo                      1/8 cup white vinegar  
1 1/2 cloves garlic              1/8 cup sugar  
1/2 med. minced onion      1/4 cup worcestershire  
1/2 cup catsup                      sauce  
1 can tomato sauce              1/4 cup water

Mix and simmer 10 minutes and then add meatballs. Let stand 1 hr. Heat again and serve.

Eileen Gerber

### BASIC MEATBALLS

5 lbs. ground meat              2/3 cup fine bread crumbs  
2 1/2 t. salt                      1/2 t. pepper  
3 T. instant minced              3 eggs slightly beaten  
onion

Place beef in large mixing bowl. Combine remaining ingredients; add to beef and mix thoroughly. Shape into 1" balls and place on cookie sheet, cover with plastic wrap and freeze until firm. Place in plastic bags in freezer. May be kept 4-6 months. Makes 125-30 meatballs.

Linda Barton

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### EGGPLANT DRESSING

1½ lb. ground beef	celery
3 eggplants	bread crumbs
2 onions	seasoning to taste
1 bell pepper	

Peel and cut eggplants and boil in about two cups water. Drain and save juice since you may need it later. Cook ground beef with chopped onion, bell pepper and celery for about a half hour. Combine eggplant and meat mixture. Add bread crumbs. If too dry, moisten with some of the stock from boiling the eggplant. Season to taste. Transfer to baking dish. Top with bread crumbs. Bake at 350° F for a half hour, or until golden brown. Garnish if you desire.

Laura Cormier

### MEXICAN CASSEROLE

2 lb. ground beef	1 303 can tomato juice
10 oz. shredded cheddar cheese	1 large can ranch style beans
1 large onion	1 pkg. Doritos
2 cans chopped green chilies	

Brown meat, season, salt and pepper. In casserole put layer of Doritos or tortillas. Add layer of meat, beans and onions, green chilies and cheese. Pour tomato juice over and bake about 30 min. or until cheese is melted and bubbly. (350°)

Virginia Tuck

### MEATBALLS & CABBAGE

Using approximately 1½ lbs. ground beef - make your favorite meatballs. Chop small head of cabbage coarsely and cook in boiling water for five minutes. Grease casserole and place a chopped raw tomato on bottom. Drain cabbage and place half on top of tomato. Place meatballs and rest of cabbage. Dot with butter, cover and bake for one hour at 350°. Make 1 to 1½ cups white sauce to serve over cabbage-meatballs.

Betty Cox

### SWEET & SOUR MEATBALLS

1 lb. ground beef	1/2 cup grape jelly
1/2 medium onion minced	1 t. lemon juice
1 bottle chili sauce	

Combine chili sauce and jelly, simmer over low heat. Mix meat with onion and roll in small balls. Add to sauce, cook over low fire for one hour. Remove - skim off fat and add lemon juice. Serve warm in chafing dish.

Nadyne Hefner

### SAN FRANCISCO STEW

1 can baked beans	2 cups tomatoes (1 can)
1 lb. hamburger	3 onions, sliced
1/4 cup brown sugar	sliced bacon
1t salt	½t soda

Brown meat. Put all ingredients into a casserole dish and bake slowly until well done and brown. Place bacon strips across top before baking.

Dot Holt

### BEEF STROGANOFF

1 medium onion  
1 lb. ground beef  
2T flour  
1 can diced mushrooms  
1 can Cream of Chicken soup  
1 8 oz. carton sour cream

Brown onion in butter. When soft, add ground beef: brown. Add salt and pepper to taste. Add flour and mushrooms. Mix well, then add undiluted soup. Simmer 5 minutes and stir in sour cream. Serve over cooked rice or noodles.

Pat Poundstone

### 20 MINUTE ITALIAN SPAGHETTI

2T salad oil  
1 lb. ground beef  
4-5 medium onions, sliced  
3 or 4 cloves garlic, chopped  
1 8 oz. can tomato sauce  
2 6 oz. cans tomato paste  
 $\frac{1}{2}$ t red pepper  
1T chili powder  
1t salt  
 $\frac{1}{8}$ t pepper  
2 cups water  
sliced mushrooms, optional

Combine all ingredients in pressure sauce pan. Adjust cover. Exhaust air from cooker. Cook at 15 lb. pressure for 20 minutes. Reduce pressure quickly. Serve over cook spaghetti. Top with parmesan cheese. (If you do not have pressure cooker, sauce can be cooked on top of stove for 1 hr. or longer.)

Pat Poundstone

### BARBEQUE SAUCE & MEAT

Brown:

5T bacon drippings  
2 cloves garlic

1 kilo any meat, cut in chunks

Add:

4 onions, sliced  
 $1\frac{1}{2}$  cups catsup  
 $\frac{3}{4}$  cup vinegar  
1t curry powder  
4t paprika  
 $\frac{1}{4}$ t chili powder  
1.3/4 cups beef stock  
 $1\frac{1}{2}$ t dry mustard  
1T sugar

$1\frac{1}{2}$ t Worcestershire sauce  
 $\frac{1}{2}$ t Tabasco or horseradish  
4T each:  
chopped parsley  
green pepper  
chives  
salt and pepper to taste

Let the mixture simmer all day or until the meat disintegrates. Add more hot water or beef stock as the liquid cooks away. To double the recipe, double the first three ingredients only.

Dianne Berk

### BEEF BRISKET ROAST

This is so easy and your beef does not dry out.

Pour one cup strong coffee over your roast that's resting on enough heavy duty foil to wrap completely. Bake at 200° F. ( $93\frac{1}{2}$ ° C.) 24 hours. Put one cup barbecue sauce on it and bake for 30 minutes at 350° F. ( $176\frac{1}{2}$ ° C.)

Serve. Tender and mouth watering.

Winnie Brown

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## BEEF BOURGUIGNONNE

(Beef in Burgundy)

3 lb. round steak	1/2 lb. button mushrooms
1 oz butter or substitute	1 clove garlic
2 T. oil	1 t. sugar
12 small onions (about 1 1/2" dia.)	2 T. flour
2 oz. bacon or lean bacon pieces	1 cup red wine
1 bay leaf	2-3 cups water (see step 5 below)
	2 beef stock cubes
	salt and pepper

Trim any surplus fat from meat, cut meat into large cubes. Trim rind and surplus fat from bacon, cut into large pieces. Peel onions and leave them whole.

Heat butter and oil in large shallow pan. Add about 1/2 lb. of steak at a time to pan. Brown well on all sides and remove from pan. Repeat with another 1/2 lb until all meat has been browned (if all meat is added at once, it will not brown correctly).

When all meat is well browned, remove from pan. Add whole onions and cook until lightly browned. Add sugar, crushed garlic, bacon and mushrooms. Cook slowly, stirring occasionally until bacon is crisp. Remove from pan.

Remove pan from heat, stir in flour and return pan to heat. Stir until flour is lightly browned. Do not allow flour to burn. Gradually add wine and stir until sauce boils and thickens.

COOKING CAN NOW BE completed in saucepan on top of the range, or in a casserole in the oven.

## BEUF BOURGUIGNONNE (continued)

If using a casserole, put in meat and wine sauce, add 2 cups water and crumble stock cubes into water. Add bayleaf. If cooking in saucepan, add an extra cup to allow for evaporation.

Cover, cook gently on top of range or in moderately slow oven (2 hours). Add mushroom mixture. (below) Stir slightly to combine - continue to cook for 30 min. Taste then season with salt and pepper. Remove bay leaf before serving.

If cooking in advance, add mushrooms, onion and bacon when reheating.

Dee Lipscomb

## ORIENTAL BEEF

1 lb. round steak squares or strips	1/4 cup soy sauce
1 small head cauliflower	1 clove minced garlic
2 T. butter	2 T. cornstarch
1 green pepper - pieces	1/2 t. sugar
1 cup sliced green onion with tops	1 1/2 cups beef broth or water
	6 cups hot cooked rice

Separate cauliflower. Brown meat in butter for 5 min. Add cauliflower, green pepper, soy sauce and garlic. Cover vegetables with sauce and cook until barely tender (about 10 minutes) Blend the cornstarch, sugar and beef broth and add to meat mixture. Add green onions and cook until sauce has thickened. Serve over rice. Serves 6.

Jean Slone

### BRAISED SHORT RIBS

3½ to 4 lbs. short ribs	1 clove garlic, finely chopped
1 ¼ cups beef stock or 1 can condensed beef broth	¼ cup sherry
1/3 cup flour	¼ t. msg
3 T. soft butter	Salt to taste
	Pepper to taste

Brown the short ribs in shallow baking pan in an extremely hot oven (500°) for about 15 minutes. Pour off fat. Lower oven setting to 350°. Add the beef stock to the browned ribs and cover the pan with aluminum foil. Cook for 1½-2 hours or until the meat is tender. Skim off excess fat. reserve the broth to use in gravy. Keep ribs hot in oven while making gravy. To make the gravy brown the flour very slowly in a skillet, then mix with the soft butter to form a paste. Stir this paste into the reserved broth (should be about 1½ cups). Cook over medium heat stirring constantly until gravy thickens. Stir in the chopped garlic sherry, and monosodium glutamate. Season gravy to taste with salt and pepper.

Combine gravy and ribs, cook gently about 15 mins. longer. To serve, garnish short ribs with hot buttered baby carrots, peas, green beans and tiny parsleyed potatoes, braised onions and broiled tomato halves. Serves 6.

Mary Ann Gralka

### WESTERN STYLE STEAKS

6 Minute Steaks	1/2 cup chop. black olives
1/2 cup diced green pepper	1/4 cup grated sharp cheddar cheese
1/2 cup chop. onions	1/4 cup fine dry bread crumbs
1 pimiento, chopped	1½ t. salt
2 T. fat or oil	2 t. chili powder
6 oz. can tomato paste	3/4 cup water
1/4 t. black pepper	

Cook green pepper, onion and pimiento in fat or oil until onion is tender, but not brown. Add tomato paste, olives, cheese, bread crumbs, salt chili powder and black pepper. Mix well. Spread steaks with half the tomato mixture and roll as for jelly roll. Fasten with wooden picks. Place folded side down in shallow baking pan. Mix remaining sauce with 3/4 cup water. Pour over steaks. Bake in moderate oven (375°) for 45 minutes or until steaks are tender.

Martha Cooper

### STEAK MARINADE

Also good for roasts

1/2 cup red wine	1/2 - 3/4 cup catsup
1 1/2 T. butter	Lots - salt, pepper, parsley and oregano

Simmer until butter is melted. Shake meat and marinade together in baggie. Marinate for several hrs.

Joyce Goering

### PEPPER STEAK

1 lb. lean sirloin steak	2 large or 3-4 medium green peppers
4 T. soy sauce	4 T. corn oil
2 T. sherry	1 t. ground pepper (use some red pepper if you have any)
1 t. sugar	1 T. water
1/4 t. ground gin- ger (or 1/2 t. grated fresh gin- ger preferable)	1/2 t. cornstarch

Slice meat into thin strips. Mix soy sauce, sherry sugar and ginger in a large bowl. Add meat and stir until well coated with soy mixture. Cut green peppers in half, remove stems and seeds and cut into 1/2 inch wide strips. Heat oil in a skillet over moderately high heat (375°) add green peppers and stir-fry (stir rapidly and constantly) for 1 min. Remove green pepper and set aside. Remove meat from soy mixture, reserving soy mixture and add to the skillet. Stir-fry meat for 1 minute or until meat loses its red color. Return green pepper to skillet and add seasoning pepper. Add soy mixture and lower the heat to about 250°. Mix cornstarch and water and add to skillet and simmer until sauce is slightly thickened, stirring constantly. Do not over cook. Serve on cooked hot rice or noodles.

Mimori Robertson

### EASY STEW

3 lb. cubed meat	1/3 cup sherry
1 pkg. onion soup	1/4 t. thyme
1 can mushroom soup	1/4 t. pepper

Mix all together and bake 325° for 3 hours.

Trudy Rothbauer

### GONE ALL AFTERNOON STEW

2 lbs. stew beef	1 t. salt
3 carrots	1 bay leaf
2 onions, chopped	Pepper
3 potatoes, peeled and quartered	1/4 cup sweet or sour pickle juice or red wine
Cooked or frozen peas or left over vege- tables	1 can cream of tomato soup
1/2 soup can of water	

Preheat oven to 275°. Mix all ingredients and put in large casserole with lid to fit. No need to brown meat first. Bake 5 hours. Serves 6.

Lou Tibbets

### LAZY JANE'S WEEKEND BEEF CASSEROLE

1 lb. beef cut into 2" chunks	3/4 t. salt
1/2 cup red wine	1/8 t. pepper
1 can undiluted condensed consomme (or 1 cup fairly concentrated bouillon)	1 medium sliced onion
	1/4 cup fine bread crumbs (dry)
	1/4 cup sifted all purpose flour

Combine the beef, wine, consomme, salt and pepper and onion in casserole. Mix flour with crumbs, stir into casserole mixture. Cover. Bake in slow oven (300°) for about 3 hrs. or until beef is tender. Serve over noodles or rice.

Joyce Goering



### BEEF CURRY

1 green pepper, chopped	1 t. apricot jam
1 large onion, chopped	1 T. curry powder
1 T. oil	1 T. flour
2 lbs. stew meat, 1" square	1 T. sugar
1 large tomato, chopped	1 t. salt
1 large apple, chopped	1 T. worcestershire sauce
2 bananas, chopped	

Fry green pepper and onion in oil until tender. Add cut-up tomato, apple, bananas, and jam. Brown meat and add to above ingredients. Mix curry, flour, sugar and worcestershire with a little water to make a paste. Add sufficient water to completely cover meat and fruit mixture. Stir to mix and simmer slowly for 1 hour stirring occasionally. Serve over rice. Cold sliced bananas, tomatoes, pineapple chunks, chopped green pepper, chopped nuts chopped hard boiled eggs and chutney can be served to go over the curry.

Note: Adjust the quantity of curry powder according to strength of brand used or individual taste.

Marilyn Curtis

### ONION POT ROAST

3 lb. pot roast	Pinch of sugar
1 envelope dry onion soup mix	3 carrots, peeled and grated
1/2 tsp. thyme	6 small potatoes, peeled
1/8 t. garlic	

Place roast on foil. Rub with soup mix. Place vegetables around. Add seasonings. Seal foil. Bake at 350° for 2½ hrs. Serve with peas.

Laura Abel

### BERIOX

1½ lbs. ground beef	1 large onion
1 t. salt	1/2 t. allspice
1 hot roll recipe or 1 box hot roll mix	2 cups chopped cabbage
1 T. shortening	2 T. flour

Brown meat in large dutch oven. Chop onion and brown. Add salt, pepper and spice. Then add cabbage and flour, stir about 2 minutes. Roll already prepared bread dough into very thin 6" squares. Put large spoon of meat mixture into dough and pinch up corners. Bake at 450° for 20 min. or until brown. Brush with butter and serve with mustard.

Jerry Underwood

### SHEPARDS PIE

1 cup cooked meat, minced
½ cup stock or gravy
1 t. salt
2 cups mashed potatoes
2 T. shortening
½ cup left-over peas or carrots

Mix meat, gravy, salt and left-over vegetables. Line a greased baking dish with 1½ cup mashed potatoes, pour in the meat mixture and spread the rest of the potato over the mixture. Dot the top with fat to aid in browning. Bake in a preheated 325° F. oven until the potatoes are a delicate brown.

Note: Chopped onion, pepper, tomato, green beans, may be added for variety.

### BEEF STROGANOFF

Cut 1½ lbs. round steak into thin strips. Dust with ¼ cup flour, dash of pepper. In large skillet brown meat in ¼ cup of butter or margarine. Add 1 can (4 oz) sliced mushrooms, drained, ½ cup chopped onion, 1 small clove garlic, minced. Brown slightly. Stir in 1 can beef broth. Cover and cook until meat is tender (approximately 1 hr.) Stir now and then. Gradually stir in 1 cup sour cream. Cook over low heat for 5 minutes. Serve over cooked noodles or rice.

Dolly Miller

### OX TONGUE BOILED

Put a smoked tongue into cold water, a salted one in tepid water or a fresh one into boiling salted water. The pan should be sufficiently large for the tongue to be completely covered with water. Add a few peppercorns, a couple of bay leaves and cloves. Bring slowly to the boil and simmer very gently till tender - about 3 hours for a large salt one and about 4 hours for a large smoked one. Test with a fork at the root end. If it goes in easily it is sufficiently cooked. Remove the skin and trim the root.

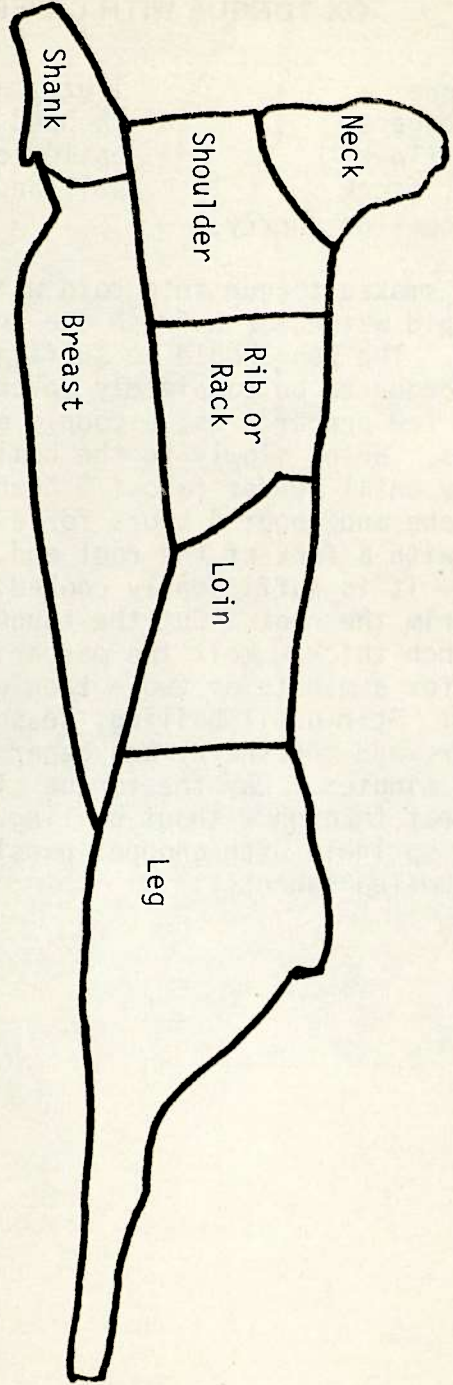
### OX TONGUE WITH CAPER SAUCE

1 tongue	1 oz. margarine
2 t. capers	chopped parsley
1 oz. flour	boiled carrots
10 oz. stock	salt and pepper
2 T. cooking sherry	

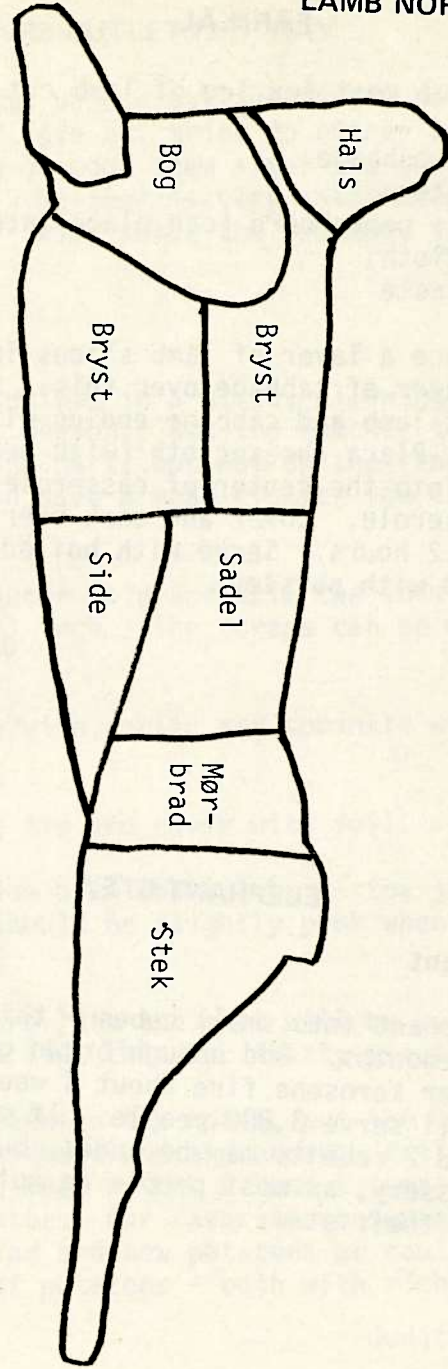
Put a smoked tongue into cold water, a salted one in tepid water, or a fresh one into boiling salted water. The pan should be sufficiently large for the tongue to be completely covered with water. Add a few peppercorns, a couple of bay leaves and cloves. Bring slowly to the boil and simmer very gently until tender (about 3 hours for a large salt one and about 4 hours for a large smoked one). Test with a fork at the root end. If it goes in easily it is sufficiently cooked. Remove the skin and trim the root. Cut the tongue into slices about ¼ inch thick. Melt the margarine, stir in the flour, cook for a minute or two - then gradually add the stock. Stir until boiling, season with salt and pepper, add the sherry and capers and simmer for three minutes. Lay the tongue slices in the sauce and heat through without boiling. Turn into a hot dish, sprinkle with chopped parsley and garnish with boiled carrots.

Margaret Stickle

LAMB AMERICAN CUTS



LAMB NORSKE CUTS



## FÄRIKÅL

1 kilo lamb meat (or leg of lamb cut into one inch slices)  
1 head of cabbage  
1 pint water  
1-1 1/2 T. peppercorn (can place into pan in cheesecloth)  
salt to taste

First place a layer of lamb slices into casserole, then a layer of cabbage over this. Alternate layers of lamb and cabbage ending with a layer of lamb. Place cheesecloth (with peppercorns inside) into the center of casserole. Pour water into casserole. Cover and cook over low heat for 1 1/2 to 2 hours. Serve with boiled potatoes sprinkled with parsley.

Borghild Meling

## ELEPHANT STEW

1 elephant

Cut elephant into small cubes - this should take about 2 months. Add enough brown gravy to cover. Cook over kerosene fire about 4 weeks at 465° F. This will serve 3,800 people. If more are expected 2 rabbits may be added, but do this only if necessary, as most people do not like to find hare in their stew.

Joan Dickens

## LAMB CUTLETS MY WAY

I am sure that my unpunctual guests are no exception and you have all tried to either keep lamb chops warm or cook them after the guests find the house. Neither is very satisfactory. Perhaps "My Way" will solve the problem, it has for me.

### WHAT TO DO

Buy your lamb cutlets in a piece, allowing about three bones per person. Ask the butcher to chop through the spine part, but not up the length of the rib. If you have a meat cleaver you can do it yourself.

Trim away the outer skin and trim the ends of the bones down for 1 inch. The scraps can be used for stock.

Rub the outside with garlic and sprinkle with rosemary.

Put in roasting tin and cover with foil.

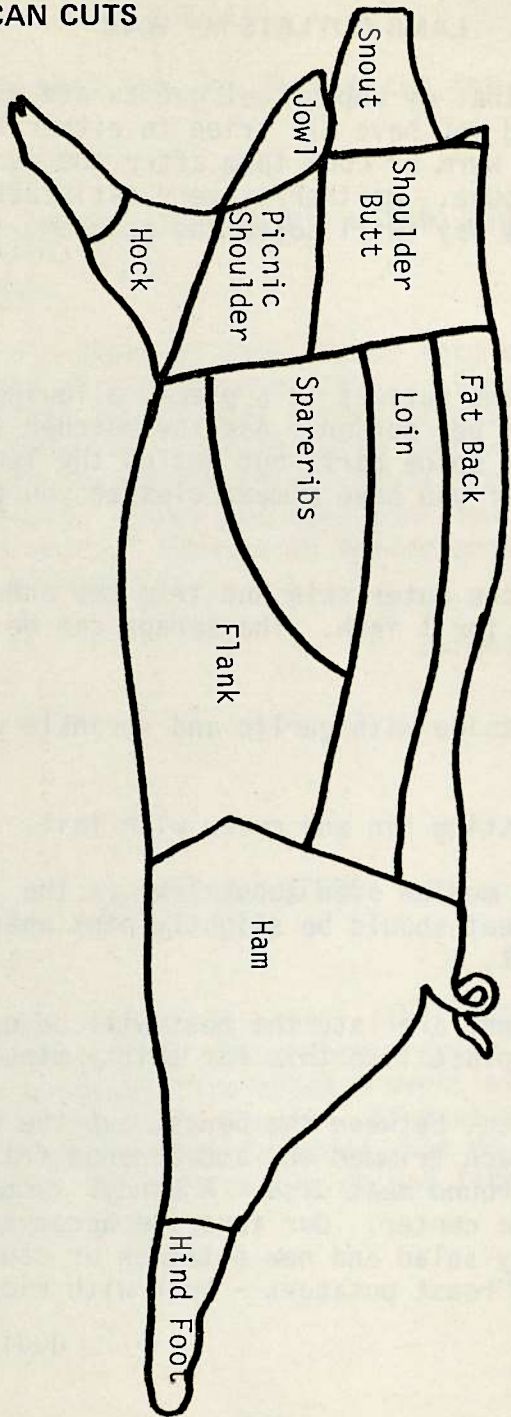
Roast in a medium oven about 1 hr. - the juice from the meat should be slightly pink when pierced with a fork.

If your guest are late the meat will be quite safe in a warm place like this for thirty minutes or so.

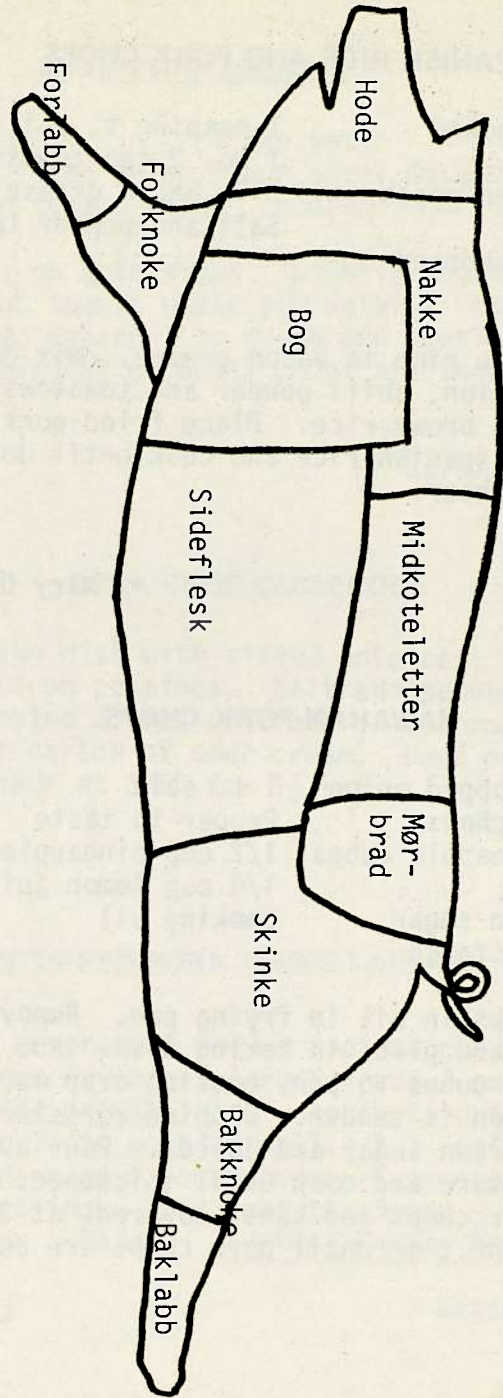
To serve, cut between the bones, put the cutlet frill on each trimmed end and arrange frills outermost on a round meat dish. A Vandyk tomato looks good in the center. Our favorite accompaniments are: celery salad and new potatoes or cauliflower cheese and roast potatoes - both with rich gravy.

Judith Weeks

PORK AMERICAN CUTS



PORK NORSKE CUTS



### SPANISH RICE AND PORK CHOPS

1/2 cup uncooked rice  
1/2 chopped green pepper  
1 medium chopped onion  
1 heaping t. chili powder  
1 No. 2 can tomatoes  
3 t. bacon grease  
Salt and pepper to taste

Brown 1/2 cup rice in bacon grease. Mix green pepper, onion, chili powder and tomatoes. Add mixture to brown rice. Place fried pork chops on top of spanish rice and cook until done - about one hour.

Mary Orr

### HAWAIIAN PORK CHOPS

11 med. chopped onion  
4-6 pork chops  
1 can pineapple cubes, drained  
22 T. brown sugar  
22 t. cornstarch  
1 t. salt  
Pepper to taste  
1/2 cup pineapple juice  
1/4 cup lemon juice  
cooking oil

Brown chops in oil in frying pan. Remove chops from pan and place in baking dish. Add onion and pineapple cubes to pan, cooking over medium heat until onion is tender. Combine cornstarch, salt, pepper, brown sugar and juices. Pour over pineapple mixture and cook until thickened. Pour sauce over chops and bake, covered, at 350° for 1/2 to 1 hr., or until pork chops are cooked.

Laura Abel

### PORK CHOP GABRIEL

4 pork chops  
1 medium, sliced onion  
1 6 oz. can tomato paste  
1 can water  
1 cup shell macaroni,  
cooked

Brown chops on both sides. Lightly brown onion in fat. Add tomato paste and water. Heat until bubbly. Add macaroni to sauce and pour over chops. Simmer 30 minutes or until chops are tender.

Barbara Stevens

### PORK CHOP CASSEROLE

Line a baking dish with sliced potatoes. Place 8 pork chops on potatoes. Salt and pepper to taste. Combine 2 cans of cream of mushroom soup and 1 small carton of sour cream. Pour over pork chops and bake at 375° for 1 1/2 hrs.

Joan Graham

### STUFFED PORK CHOPS TAIWAN

Dice, chop or grate 3 medium apples: combine with 2 slices dry bread (crumbs) and 1 cup raisins. Add enough juice - apricot, orange peach or apple to moisten well. 1 t. salt. Brown on one side 4 pork chops. Turn over and pile on dressing. Turn heat to simmer - ignore for one hour. Enjoy. Old Funk Family Recipe

Betsy Funk

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## SWEET & SOUR PORK

1½ lb. pork shoulder 2 tomatoes, wedged  
cut in 1½" strips 1 sliced green pepper  
6 carrots cut diagonally 1 sliced onion  
1 can pineapple chunks  
Drain and keep juice

### Prepared Batter for Pork

1 cup flour 1/2 cup water, plus re-  
1/2 cup cornstarch served pineapple juice  
1 egg slightly beaten 1/2 t. salt  
1 T. oil 1/2 t. baking soda

Beat until smooth like thin pancake batter. Can store in refrigerator up to three days.

### Sweet and Sour Sauce

In hot sauce pan pour 2 T. oil and fry two cloves garlic (mashed). Add 2 t. salt, 3 cups water, 3 T. soy sauce, 1½ cups vinegar, 2 T. molasses, 2 cups sugar, 1/4 sliced lemon. Bring to boil - mix 4 T. cornstarch with 1/4 cups cold water and pour gently into sauce and cook until thickens.

### Directions

Dip pork strips into "Prepared Batter" and coat. In frying pan with 2" of oil brown the pork for 10 minutes. Turn constantly. (Deep fry half the meat at a time). Heat same skillet with 2 T. oil - stir fry all vegetables for 3 min. Season with salt and pepper. Pour in "Sweet and Sour Sauce" - bring to boil. Add the fried pork - simmer 5 min. or until pork is done. Garnish with pineapple chunks and serve with steamed rice.

Wishna Rose

## PORK TENDERLOIN WITH CREAM SAUCE

2 1 lb. pork tenderloins 1/2 t. grated lemon  
1/2 cup chopped onion peel  
1/2 cup sliced carrots 1/4 t. salt  
1/3 cup butter Dash pepper  
1 cup beef stock or 1/4 t. thyme  
broth 1 small bay leaf  
2 T. lemon juice

Brown meat, onion and carrots in butter. Add remaining ingredients, cover and simmer until tender (about 40 minutes). Remove meat, slice and keep warm. Stir 2/3 cup of cream into 2 T. flour, add to juices in skillet. Heat and stir until mixture thickens and boils. Pour sauce over meat, sprinkle with parsley and serve over noodles. Serves 6.

Mary Ann Gralka

## PORK - BARBECUED

2½ lb. pork loin roast 3 T. Worcestershire sauce  
1 medium chopped onion 1 t. garlic salt  
1/2 T. vinegar 1 T. prepared mustard  
1½ T. brown sugar 1/2 t. chili powder  
1 cup catsup 1 cup pork broth

Season roast with salt, cover with water and simmer until done, approximately 3 hrs. Combine remaining ingredients and simmer until onion is tender. Add chopped pork to sauce. Heat and serve on hamburger buns.

Cathy Cashion

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### HAM DELICACY

1 pkg. (5 oz) noodles cooked and drained	1 can whole grain corn, drained
1 lb. cheddar cheese grated	1 green pepper, diced
1 can cream of chicken soup, undiluted	1 can pimiento, diced
	1 lb. cooked ham, diced (local canned hams are fine)

Combine all ingredients. Bake uncovered at 350° for 30 minutes. Serves 12. Use 9 x 12 casserole.

Wanda Adams

### HAM LOAF

1 lb. Ham (ground smoked)	1/4 t. pepper
1/2 lb. ground beef	1 egg, beaten
1/2 cup bread crumbs	1/2 cup milk
Salt for ground beef	

Mix together and place in loaf pan.

#### Sauce for Ham Loaf:

1 cup sour cream	1 1/2 to 2 T. prepared mustard
3 T. Onion soup mix	

Combine ingredients and heat to boiling point. Serve with ham loaf

Joanne Lane

### HAM PIE

4 T. chopped onions	6 T. flour
4 t. chopped green pepper	1 can cream of chicken soup (undiluted)
4 T. butter or mar- gerine	1 1/2-2 cups diced ham
1 T. lemon juice	1 1/3 cup milk

Cook onion and green pepper in butter until soft. Add flour and stir until bubbly. Add soup and milk. Cool until thick and smooth. Add ham and lemon juice. Pour all of mixture into large buttered baking dish. Top with grated cheddar cheese. Bake for 20 or 30 minutes (until bubbly). Serve over biscuits.

Gail Bronson

### EASY PORK CHOP BAKE

8 thick pork chops	1/2 t. thyme
4 tomatoes, sliced	1/2 t. sage
2 lg. onions, sliced	Salt and pepper
2 green peppers, chopped	
2 cups chicken broth	1 1/3 cups raw rice
1 cup white wine	

Heat oven to 350°. Brown chops on both sides in a skillet and place in a buttered casserole. Arrange sliced tomatoes, onions and green pepper on top of chops and season with salt and pepper, thyme and sage. Heat broth and wine together in a pan. Sprinkle raw rice into casserole and pour hot broth and wine mixture over it. Bake covered for 45 minutes or until all liquid is gone and rice is tender. Baste several times while cooking. Serves 4.

Dolly Miller



### HOT HAM BUNS

1/4 cup marg. or butter  
2 T. horseradish mustard  
2 T. poppy seed  
2 T. finely chopped onion.

Mix and spread on four hamburger buns. Put a slice of ham and slice of cheese on bun. Bake wrapped in foil at 350° for 10-20 min.

Joan Graham

### PORK n' POTATO POT

#### What you need

a piece of pork fillet, chop or spare rib chop per person. Two onions. Chicken stock cube in 3/4 pint water (4 people). Precooked whole potatoes (firm).

#### What to do:

Slice onions and brown in a little butter and then put in the bottom of the casserole. Lightly brown the pork and put in the casserole. Add chicken stock cube and water and put lid on. Cook in a slow oven for two to three hours depending on the size of the meat, but it can't be too slowly. When the meat is cooked strain off the juices and thicken to a pouring consistency. Cover the pork and onions with the sliced potato. Pour the gravy over the contents of the casserole so that all the potatoes have been coated. Return to a hot oven until the potatoes are brown and crunchy.

Judith Weeks

### PORK & BEAN HOTPOT

Heat 1 tablespoon cooking oil and fry 1 chopped onion and three sticks celery for 3 min. Trim 1½ lb. pork spareribs and cut into 1½ inch cubes, add to onions and fry to brown meat. Add 15½ oz. can baked beans in tomato sauce. 1 T. tomato ketchup, 1 T. worcestershire sauce, salt, pepper. Bring to the boil, cover and simmer for 45 minutes until meat is tender. Serves 4.

Tone Williams

### CAULIFLOWER SAUSAGE

#### What you need

1 cauliflower	4 sausages (big ones)
4 rashers bacon	2 or 3 tomatoes
4 oz grated cheese	Milk
Cornflour	Salt and Pepper

#### What you do

Cook cauliflower and sausages. While these are doing, make a coating cheese sauce, slice the tomatoes and cut the bacon into strips 1/2 inch wide. Put sausages into bottom of fire proof baking dish and cover with pieces of cauliflower. Pour cheese sauce over contents of the dish. Decorate with strips of bacon and slices of tomato and sprinkle with grated cheese. Brown under the grill until the bacon is crisp.

Judith Weeks

### SUNDAY MORNING SAUSAGE RING

2 lbs. bulk pork sausage	2 eggs, beaten
1½ cups fine dry toast or bread crumbs	2 T. grated onion
	1/4 cup chopped parsley (if desired)

Heat oven to 350°. Lightly butter a 9" ring mold. Mix ingredients well and pack into mold. Bake 20 minutes. Take from oven and pour off excess fat. Bake 20 minutes more. Turn onto heated platter and fill with scrambled eggs.

Supper Sausage Ring - Fill with buttered mashed potatoes or squash

Martha Cooper

### SPARERIBS WITH SAUCE

3 lb. spareribs	1/2 cup orange juice
1/4 cup brown sugar	1/2 cup red wine vinegar
1/3 cup soy sauce	1 t. paprika
1/3 cup ketchup	1 t. dry mustard

Parboil ribs 10 minutes. Drain. Put ribs in shallow pan. Salt and pepper them. Combine rest of ingredients in sauce pan. Heat until brown sugar is dissolved. Pour some of the sauce over the ribs. Bake covered for 1 hour and uncovered for 1/2 hour at 350°. Continue basting with the sauce.

Gaye Evans

### PORK BACKBONE AND TURNIPS

6-8 pieces of pork backbone, cut about 1" thick  
1 large cooking spoon of oil  
1 coffee cup of water  
4-5 medium-size quartered turnips  
salt, red pepper, black pepper  
1 heaping teaspoon flour dissolved in 1/4 cup water

Put oil into large iron pot. When hot add backbone and let it fry just a little. Add the coffee cup of water and keep turning pieces gently until well browned. Add seasoning and quartered turnips. Cover and cook over medium heat for a half hour, or until turnips are tender. Add a little water if necessary to keep from sticking. When ready to serve, place pieces of backbone in the center of a deep platter and arrange the pieces of turnips all around. Add the flour-water mixture to the drippings in the pot and stir constantly until gravy is of desired thickness. Pour over meat and turnips. Serve with a side dish of rice.

Laura Cormier

### FESTIVE FRANKS

1/3 cup chop. onions	2 T. brown sugar
1/3 cup chop. celery	2 T. worcestershire sauce
1/2 clove chop. garlic	2 T. lemon juice
3 T. shortening	2 T. mustard
1 can tomato soup	4 drops tabasco sauce
1 lb. frankfurters	

Brown onions, celery and garlic in shortening. Stir in remaining sauce ingredients. Simmer a few minutes. Add franks. Cover and simmer for 20 minutes.

Martha Cooper

### VEAL BIRDS

- 8 veal cutlets thinly sliced and tenderized
- 8 thin slices Cheddar cheese
- 8 thin slices cooked ham
- 2 cans Cream of Mushroom soup

Salt and pepper veal. Coat both sides with flour. Place 1 slice of ham and cheese on each piece of veal. Brown veal in small amount of cooking oil. Place in casserole. Cover with soup. Cook at 375 - 400° F for 1½ hours.

Veal birds and gravy are very good served with rice.

Betty Kirby

### VEAL PARMESAN

- |                          |                                    |
|--------------------------|------------------------------------|
| 1/2 cup dry bread crumbs | 1 lb. veal (Italian style cutlets) |
| 1/4 cup parmesan cheese  | 2 T. olive oil                     |
| 1 t. salt                | 4 slices mozzarella cheese         |
| 1/2 t. garlic powder     | 1 8 oz. can seasoned tomato sauce  |
|                          | 1 t. ground oregano                |

Dash of pepper  
Mix the above ingred.  
2 eggs slightly beat.

Dip meat in egg, then in bread crumb mixture. Brown in the olive oil in a skillet, being careful so as not to lose coating on meat. Place in baking dish. Put mozzarella cheese on top and sprinkle with oregano. Pour the tomato sauce over all. Bake for 1 hour at 350°.

Joyce Goering

### VEAL IN MUSHROOM SAUCE

- 2 lb. veal cutlets or veal steak cut 1/4 " thick
- 1/4 cup flour
- 1/2 t. garlic salt
- 1/4 t. pepper
- 1/4 cup butter
- 1 medium onion, thinly sliced
- 1 4 oz can mushrooms, drained
- 1 t. parsley flakes
- 1/4 t. oregano
- 1/2 t. salt
- 1 t. monosodium glutamate
- 1 7 oz. bottle 7-up or similar beverage

Cut meat into serving pieces. Combine flour, garlic salt and pepper. Pound into veal with meat hammer or edge of saucer until well floured. Pre-heat skillet over medium high burner. Add butter, when butter melts - add meat and brown well on both sides. Remove meat, add onions and mushrooms and cook until lightly browned. Stir in remaining ingredients. Add meat and cover tightly. Place in preheated (350°) oven and bake 35-45 min. Serves 6.

Laura Abel

### LIVER & APPLE CASSEROLE

1 lb. calf's liver      2-3 medium onions  
1/2 cup flour          6 strips bacon  
Salt and pepper      1/2 - 1/4 oil  
2 t. dry mustard      2 cups water  
2-3 med. apples

Coat thinly sliced liver in mixture of flour, salt, pepper and mustard. Brown in oil. Alternate layers of liver, sliced onions and apples in a casserole dish (adding a bit of flour between layers) top with bacon. Bake at 350° for 1 hr. SOUNDS UNUSUAL, BUT REALLY GOOD WITH MASHED POTATOES AND A CRISP SALAD.

Jean Slone

### FRENCH OMLET

Beat egg whites until stiff adding 1/4 t. of cream of tartar for 4 whites. Beat egg yolks until lemon colored. Add 1 T. of cream per yolk. Salt and pepper as desired. Pour into sizzling butter (1/2 T. per egg) in a heavy skillet. Cook slowly until light brown underneath (about 10 minutes) over a low heat. Place skillet in 350 degree oven and bake until light brown (10 to 15 minutes.) This may be served with a sauce, meat added before cooking or just plain.

Jeannette Schneider

### CHEESE SOUFFLE

Preheat oven to 350°F (180°C., gas mark 4). Souffle dish required.

Ingredients: 5 eggs separated, use 4 yolks, 5 whites  
2 oz. grated cheese (50 grams)  
Emmental or Gruyere preferable but  
Sveitser or cheddar will do  
2 oz. grated parmesan cheese or strö  
ost (50 grams)  
2 oz. butter (50 grams)  
1 oz. flour (T.)  
6 fluid oz. (150 grams) milk  
salt and pepper to taste

Method: Make a white roux by melting butter in a saucepan, add milk, stir thoroughly and return to low heat. Stir until it boils and thickens. Remove from heat and add egg yolks, stirring each one in thoroughly before adding next. Add cheese, season to taste, and stir, reserving a little parmesan to top souffle. Reheat a little if necessary to amalgamate cheese. Leave to one side.

Whip egg whites until stiff. Mix in a little of the egg white into sauce to soften, then add sauce to egg whites. Mix gently and turn into prepared souffle dish (or any straight sided oven-proof dish). Level top and sprinkle with cheese. Place in oven and cook for 20-30 minutes by which time mixture will have risen. Serve immediately.

Gina Parmenter

### STUFFED CAMEL

1 whole camel, medium size	2 kilos almonds
1 whole lamb, large size	1 kilo pistachio nuts
20 whole chickens, medium size	110 gallons water
60 eggs	5 lbs. black pepper
12 kilos rice (26 lb.)	salt to taste
2 kilos pine nuts	

Preparation: Skin, trim and clean camel, lamb and chickens. Boil until tender - cook rice until fluffy, fry nuts until brown and mix with rice. Hard boil the eggs and peel them. Then stuff chickens with some rice; stuff the lamb with the 5 chickens and more rice; stuff the camel with the lamb and more rice. Broil in large oven or near gas flare until brown. Spread the remaining rice on large tray and place the camel on top. Place remaining stuffed chickens around the camel. Decorate the rice with boiled eggs and nuts. Will serve a friendly crowd of 80-100.

Lorene Garwood

**ACADIAN MAQUECHOU**  
(Smothered Corn and Chicken)

6 ears fresh corn  
1 cup chopped onions  
1 bud garlic, chopped  
 $\frac{1}{2}$  medium-size bell pepper, chopped  
bacon drippings  
1 frying chicken, cut in pieces  
flour  
salt, black pepper, red pepper  
cooking oil  
1 303 size can whole tomatoes (or 3 fresh ripe  
tomatoes, peeled and chopped)  
water

Season chicken pieces with salt, black pepper and red pepper, dredge in flour. Heat oil in thick pot or deep fat fryer and fry chicken until brown. Remove from oil and set aside.

Cut corn away from cob twice in order to get some of the juice from the cob. Put enough bacon drippings in the bottom of a thick cast iron pot to cover the bottom. When hot, add corn, onion, bell pepper and garlic. Stir mixture over medium fire constantly until brown. Remove from fire. Add tomatoes and a little more seasoning and stir well. Put chicken in with corn and enough water to cover contents. Cover with tight lid and place over burner and simmer until chicken is tender. Will take about thirty minutes. Serve over rice. Serves 4

Laura Cormier

### CHICKEN CASHEW

2 cups cooked, diced chicken    1/2 can chow mein noodles  
1/2 cup diced celery  
1 can cream of chicken soup    1 small diced onion  
1/2 cup chopped cashews

Mix above ingredients and put in greased casserole. Sprinkle 1/2 cup chow mein noodles over top. Bake at 350° for 30 minutes.

Wanda Adams

### CHICKEN & RICE

1 can cream of chicken soup    1 pkg. dry onion soup  
1 can cream of celery            mix  
1 can cream of mushroom       1 1/4 cup water  
1 cup rice                            1 chicken (cut up)

Mix all ingredients and place in casserole dish. Place salted chicken pieces on top of mixture. Bake uncovered at 325 degree for 2 1/2 hours.

Marilyn Curtis

### CHICKEN SPAGHETTI SOUTHERN STYLE

Cook three or four pound hen (or several broilers) in lots of water. Cook two packages spaghetti in the stock. Saute one onion, one green pepper, one clove garlic in three tablespoons cooking oil. Add with 1 cup tomatoes to the spaghetti. Add chipped up chicken and mushrooms if desired. Put into greased casserole, cover with grated cheese and heat for thirty minutes. Serves 8

Joyce Goering

### CHICKEN SPAGHETTI

2 broilers cooked and diced    1 lb. grated cheddar cheese  
2 packages long spaghetti  
1 large can mushrooms chopped    2 cans undiluted tomato soup  
2 large onions, chopped    3 T. Worcestershire  
3 green peppers, chopped  
4 or 5 stalks celery, chopped    1 small can pimiento  
1/2 t. black pepper  
2 t. salt                            1 can chopped ripe olives  
1 T chili powder

Cook spaghetti in chicken broth. Saute onions, celery and green pepper in a little butter. Mix all ingredients and put into 2 casserole dishes and top with grated cheese. Bake at 350° until heated thoroughly. Be sure to skin chicken. This can be made the day before, refrigerated, then heated when ready to use. One casserole can be frozen to be used later, or the recipe may be halved for one casserole only. Serves 20.

Gwen Greenlee

Chicke

### CHICKEN SPAGHETTI

Melt 3 T. butter in skillet at low temperature. Chop large onion and large green pepper, add. Stir until it begins to brown. Add 1 T. of flour, can of cream of mushroom soup, as much water or chicken stock to make a thin gravy. Add 1 cup chopped celery. Add one chicken, cooked, deboned, and cut up. Cook slow. Add 1 small can chopped pinemto and 1/2 cup chopped ripe olives, 1 can English peas, simmer slowly for 30-45 minutes. Cook spaghetti til tender and add to chicken mixture.

Martha Cooper

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## CHICKEN ENCHILADAS

1 medium onion	1 sm. can chopped green chilies
1 can condensed cream of chicken soup	3 lbs. cooked, boned chicken
1 can mushroom soup	1 pkg. corn tortillas
1 can chicken broth	
1 lb. grated cheddar or longhorn cheese	

Cook onion briefly in broth and add soups and green chilies. Add chicken and mix well. In large buttered baking dish place alternate layers of corn tortillas, chicken sauce and cheese. Repeat layers with last layer of cheese. Bake 350° for 30 minutes.

Virginia Tuck

## NELL'S CHICKEN & TORTILLAS CASSEROLE

1 stewed chicken, boned and chopped	1 cup chicken broth
1 can cream of chicken soup	1 green pepper, chopped
1 can cream of mushroom soup	1 large onion, chopped
12 tortillas, quartered	1/4 t. garlic powder
	1 t. chili powder
	1/2 lb. grated cheese
	1 can Rotel tomatoes

In a sauce pan mix together the soups and chicken broth and spices. Heat. In casserole make a layer of chicken, cheese, tortillas and chopped vegetables. Pour half the soup mixture over casserole. Make another layer in the same way and pour the remaining soup mixture over top. Top with can of Rotel tomatoes (a can of Ashley's jalapeno taco sauce can be substituted). Bake at 350° covered for 1/2 hr. and uncovered for last 1/2 hour.

Gwen Greenlee

## CHICKEN ENCHILADAS

1 onion chopped	chilies
1 minced clove garlic	2 cups chopped cooked chicken
olive oil	Tortillas
2 cups tomato puree	3 cups cream
mild cheese (Monterey Jack for example.)	

Saute:

1 chopped onion, 1 clove minced garlic in 2 T. olive oil until golden.

Add: 2 cups tomato puree, 2 chopped chilies (can use 1 can of green chilies.) 2 cups chopped cooked chicken. Season with salt and simmer for 10 min.

In another pan (preferably frying pan) warm 3 cups cream in which you have dissolved 6 chicken bouillon cubes.

Fry tortillas in oil. Do not let them become crisp. Drain. Dip them in the warm cream. Place tortilla in casserole dish. Put some chicken mixture in each tortilla and roll up. Pour any left over cream over the tortillas. Top with a pound of mild cheese. Bake 30 min. to warm. Garnish with chopped lettuce, chopped hard boiled egg, sliced radishes, green and black olives. Can make day before and refrigerate.

Suzanne Schoenthaler

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### MEXICAN CHICKEN

1 chicken, boiled and boned	1 pkg. tortillas
1 onion, chopped and browned in stick of butter or oleo	1 can each, cream of chicken and mushroom soups
Grated Cheese	1 can chopped green chilies

Place chicken in greased baking dish, then layer of raw tortillas broken into bite-size pieces. Mix 2 cans of soup, sauteed onions and green chilies. Pour over above and sprinkle with grated cheese. Cook in slow oven for about 30 minutes. Sprinkle with paprika and serve. Large square flat pan is best to cook this in.

Gloria Jones

### CHICKEN CURRY

4 chicken breasts cooked in about four cups water. Debone and cool.

1 egg	3 medium cloves garlic, chopped fine
3 t. salt	3 1/2 pints plain yoghurt
2 T. flour	4 T. shortening
3 onions, chopped	
2 T. curry powder	

Mix yoghurt, egg, salt and flour in bowl with blender. Blend in 1 1/2 cups chicken broth. In large pot melt 4 T. shortening. Add chopped onion and cook until tender. Add chopped garlic, 2 T. curry powder, chicken and mix well. Add yoghurt mixture and cook for 15 minutes. Serve hot over rice. Serves 6.

Mary Orr

### CHICKEN TETRAZZINI

1 hen (4-5 lbs.)	1/4 cup chopped green pepper
1 can mushrooms (350 grams)	1 can mushroom soup or 1 pint white sauce
1/4 cup chipped pimiento	salt
8 oz. uncooked spaghetti	butter

Salt and cook chicken in about 3 pints of water so as to have good broth. Cook mushrooms, green pepper and pimiento in a little butter in a frying pan and add soup or white sauce and cook for a few minutes longer. Remove chicken from broth and cut into small pieces. Cook spaghetti in chicken broth until done, remove from broth. Mix everything together, adding enough stock to be sure it isn't dry. Place in shallow casserole, sprinkle with cheese if desired and heat before serving. Serves 6.

Mary Lou Riff

### MARGO'S CHICKEN PAPRIKASH

In a small amount of butter and oil start cooking slowly 3/4 cup of chopped onions. Lay chicken pieces over onions to saute til golden. Dust chicken with 2 T. flour and little salt. Over low heat cook covered for approximately 25 min. turning occasionally. Add 1 cup of chicken boullion and cook til tender (25 min.) Remove from fire and add lots (1 to 2 T.) paprika and 1 cup sour cream. Return to fire and heat through. For variations, tomatoes and green peppers can be added while sauteing and serve with green pepper rings as garnish.

Dee Lipscomb

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### CHICKEN PARMESAN

1 1/2 cups coarse bread crumbs	1 cup grated parmesan
3 t. salt	1 cup minced garlic
1/4 t. pepper	or 1/2 t. garlic powder
1/3 cup parsley	2 fryers, cut up
	2/3 cup butter

Combine crumbs with salt, pepper, cheese, parsley and garlic. Dip chicken pieces into melted butter and then into crumb mixture. Place pieces of chicken so they do not touch on a shallow, greased pan. Sprinkle with remaining butter and crumbs. Bake 1 hour at 350° - no turning is necessary. Extra delicious made with boned chicken breasts.

Mary Ann Gralka

### BAKED CHICKEN

8 pieces chicken	2 cups bisquick
1/2 t. onion salt	1/2 t. paprika
1/2 t. sage	Salt and pepper to taste

Have chicken pieces washed and dried. Mix remaining ingredients in plastic or brown paper bag. Heat pan in oven to 425° with 1/4 lb. butter and 2 T. shortening, until pan is coated and sizzling hot. (An iron skillet works best) Shake chicken pieces one at a time until well coated and place skin side down in pan or skillet. Bake for 45 minutes, turn and bake 15 minutes more or until golden brown.

Ann McKenney

### CHICKEN A LA KING

1/4 lb. fresh mushrooms	1/2 cup light cream
1/4 cup melted butter	1 jigger (1 oz) sherry
1/2 cup chopped green pepper	Dash pepper
2 chopped pimientos	1/4 t. tumeric
3 T. flour	1 t. sugar
1/2 t. salt	1/2 cup heavy cream
1 cup broth	2 egg yolks (beaten)
	2 cups chopped, cooked chicken

Wash and slice mushrooms. In hot butter saute mushrooms, green pepper and pimientos until tender. Remove from heat and stir in flour and salt, stirring until smooth. Blend in broth, cream and sherry. Cook over low heat stirring constantly until mixture thickens. Stir in pepper, tumeric and sugar. Blend in heavy cream-egg yolk mixture. Add chicken and reheat slowly. Serve on hot canned chinese noodles.

Mary Ann Gralka

### CHICKEN a la KING

Cook and dice up whole chicken and then add:

1 can chicken soup	1/4 cup brandy
1 carton sour cream	1 onion (diced)
1 t. paprika	1 t. salt
2/3 t. pepper	

Simmer 30 min. Pour over cooked noodles and vegetables or rice. Top with slivered almonds and parsley. Bake 30 minutes at 350°.

Eileen Gerber

## »CHINESE COOKING»

The chicken is essential in the Chinese home. A white one is boiled immediately when someone dies. This signifies that person will never be hungry in the next life. One is also boiled when a baby is one month old.....so the baby will be prosperous throughout life.

The elderly Chinese prefer to eat the HEAD first, then the wings, back and neck.....leaving the servants the less desired WHITE meat.

The long egg noodles mean "wishes for long life" and are in the last course of a birthday dinner. You also bring them boxed, as a gift. In days past, if a wife wished to leave her husband's house she would serve broken noodles to her Mother-in-law (meaning short life). The Mother-in-law would then banish her from the home.

Jean Slone

### CHINESE CHICKEN & ALMONDS

1 boiled chicken (skin meat and shred)	1½ cups chopped celery
1½ cups chicken stock	1 t. sugar
1 cup blanched almonds	1 T. cornstarch
1/2 cup oil (peanut or other)	1/4 cup soy sauce
1/2 t. salt	2 T. Chinese cooking wine or sherry
2 chopped onions	1 jar mushrooms
	1 cup ea. carrots and green beans (sliced and cooked in boiling water slightly)

Chicken may be prepared ahead of time. Heat oil and brown almonds slightly. Take out and add onions and celery. Saute. Mix cornstarch, soy sauce, wine and stock. Add to celery and onions in pan. Add salt, sugar, mushrooms, carrots, beans and chicken and simmer until well heated. Serve at once with hot rice. Serves 6-8.

Jean Slone

### CHICKEN & RICE DRESSING

1 stick margarine (1/2 cup	1 can onion soup
2 cups rice	2½ cans water
2 chickens cut up and seasoned	1 can cream of chicken or mushroom soup

Mix all ingredients in dutch oven, except the chicken. Lay chicken on top. Bake at 350° (180 C) for 1½ hrs.

Carolyn Couch

### HOT CHICKEN SALAD

2 cups chicken	1/2 cup mayonaise
1 cup celery	1 cup cream of mushroom soup
1/2 cup toasted almonds (300° oven until brown)	1/2 t. salt
2 T. lemon juice	2 T. grated onion
1 cup crushed potato chips	1½ cups grated cheese

Combine all ingredients except potato chips. Put chips on top and bake 30 minutes at 275-300°.

Lynda Walp

### CHICKEN FRIED RICE

1 cup diced, cooked chicken	1/3 cup salad oil
1/2 t. salt	2 1/2 cups chicken broth
1 T. soy sauce	1/2 cup coarsely chopped onion
1 cup uncooked, long grain rice	1/4 cup minced green pepper
2 slightly beaten eggs	1/4 cup thinly sliced celery

1 cup finely shredded lettuce or chinese cabbage

Combine chicken, salt, and soy sauce. Let stand 15 min. Cook rice in hot oil in skillet over medium heat until golden brown - stir frequently. Reduce heat; add chicken with soy sauce and broth. Simmer, covered, 20-25 min. or until rice is tender. Remove cover last few minutes. Mix onion, pepper and celery into rice. Cook, uncovered, over medium heat a few minutes longer, or until liquid is absorbed. Push rice mixture to sides of skillet. Add eggs; cook until almost set; blend into rice mixture. Stir in lettuce and serve immediately with soy sauce. Serves 6.

Joy Renollet

### CHICKEN WIGGLE

Cook a chicken until the meat falls from bone. Remove the meat in fairly large pieces and set it aside. Into the broth put:

2-4 cups diced celery	8 oz. bow tie macaroni
1/2 t. black pepper	1/2 cup butter

Cook until tender. Add one can of mushroom soup and one can of chopped pimientos. Heat, add chicken and serve.

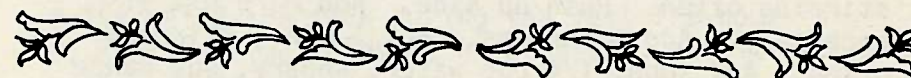
Marge Boyd

### CHICKEN ON RICE

1 cup regular rice	1 can onion soup
1 fryer, chicken	1 can water

Pour rice into long shallow dish. Salt and pepper chicken and place on top of rice. Pour soup and water over chicken. Cover with foil and place in preheated oven at 350°. Bake until chicken is tender. Remove foil and brown as desired.

Willie Mae Wiggins



### CHICKEN DISH

2 3-4 lb. fryers (cut up)	1-1 1/2 cups diced celery
2 medium onions, diced	season to taste with salt, pepper, garlic salt
3 cans mushroom soup	

Lightly brown chicken in skillet. While the chicken is browning, prepare sauce. Heat mushroom soup, celery, onions and spices in sauce pan. Place browned chicken in oblong pan. Pour sauce over chicken, cover with foil. Cook in 350° oven for 45 min. - 1 hr., or until tender. Serve the sauce over rice or mashed potatoes.

Doris Hutson

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## ORIENTAL CHICKEN

2 whole chicken breasts (1 lb. boneless)  
2 T. oil  
1½ cups fresh green beans thinly sliced (try french style)  
1/4 t. ground ginger  
1½ cups carrots, thinly sliced diagonally

1½ cups sliced, fresh mushrooms  
1 can cream of chicken soup  
2 T. sherry  
1 T. soy sauce

Cut chicken in strips. Pur oil into skillet and preheat at medium heat about 2 minutes. Add beans and ginger, cook 3 minutes, stirring constantly. Add chicken and carrots and cook 10 min. stirring often. Push up side. Add more oil if necessary. Add mushrooms, cook 1 min., stirring often. Add soup, 1/4 cup water, sherry, soy sauce and heat, stirring often. Makes about 4½ cups.

Barbara Stevens

## TURKEY TACOS

1 10½ oz can mushroom soup  
1 10½ oz can cream of chicken soup  
1 14 oz can evaporated milk  
1 4 oz. can chopped green chili peppers

1 medium chopped onion  
Salt to taste  
1 cup chopped turkey  
1 cup grated cheddar cheese  
8 corn tortillas torn into small pieces

Mix all ingredients except tortillas and cheese and heat. Put layer of tortilla pieces in lightly oiled casserole, add layer of soup mixture and cheese. Repeat twice, ending with cheese layer. Bake in a preheated oven at 350° for 20 - 30 min.

## TURKEY

This sounds crazy, but it works.

Prepare completely thawed turkey, precisely as you would for any other method, complete with stuffing. Slide it into a large brown paper sack. (Did anyone inadvertently stick some in their shipment for the States?) Twist the end shut and tie with string. Set the bagged bird on the rack of your broiler pan. Place in 325° oven (162 C) which has been preheated. A 12 lb. or under bird is roasted at 20 min. per lb. Larger turkeys at 25 min. per lb. DO NOT PEEK, POKE, OR BASTE.

If you simply cannot stand the suspense, carefully untie the sack during the last 1/2 hour of cooking time to check on progress, but it is better if you DON'T.

When cooking time is up, carefully tear the sack away, allowing the juices to run into the drip pan below. Slide the turkey onto a heated platter. Remove the rack and make the gravy right in the pan. Your turkey will be beautifully browned. Mine was, but being unsure of the oven here, I cheated and "plugged" (actually inserted) my meat thermometer AFTER I had brought the bird out of the sack. He looked done, but doubter that I was, I needed absolute assurance. The thermometer was right on. The meat was juicy, the skin crisp, but not dried tough. I've tried many ways of roasting turkey in the past 26 years, but this was the easiest.

Winnie Brown

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### TUNA SALAD BAKE

1 can cream of chicken soup	1/2 t. salt
2 cans of tuna (drained)	1/4 t. pepper
1 cup diced celery	3 hard cooked eggs, sliced
1/4 cup finely chopped onion	1 cup potato chips, crushed
1/2 cup salad dressing or mayonnaise	

Combine first seven ingredients; fold in egg slices. Pile lightly into a 1½ quart casserole. Sprinkle with the potato chips. Bake in hot oven, 400 degree for 25 minutes. Serves 6.

Jeannette Schneider

### TUNA STICKS

1 can tuna	2 oz cheddar cheese, grated
2 slightly beaten eggs	dash of pepper
12 saltine crackers, crushed	extra cracker crumbs

Mix, roll into sticks or patties. Roll in cracker crumbs. Fry in hot oil.

Delicious, lots of protein and children love them.

Mary Ann Finley

### TUNA SALAD

1 can tuna, chunk	3 T. sweet pickle relish
1 can small peas, drained	1/2 t. lemon juice
1 cup celery, cut small pieces	1/2 cup mayonnaise (dilute with cream if desired)

Combine all the ingredients (using butter to blend the spices, etc.) and bake in moderate (350°) oven for several hours stirring occasionally.

Jeannette Schneider

### TUNA CHEESE BUNS

1/4 lb. cubed cheddar cheese	1 cup canned tuna
3 chopped hard cooked eggs	1 T. minced green pepper
2 T. pickle relish	2 T. minced onions
6 hamburger buns	3 T. stuffed olives
	1/2 cup mayonnaise

Combine all ingredients except buns. Spoon between buttered split buns. Wrap each in foil and bake at 350° for 15 min.

Mary Fuhrman

### CRUNCHY TUNA

1 can Tuna	1/3 cup minced onion
1/3 cup sliced celery	3/4-1 cup mayonnaise
1 can (4 oz) shoestring potatoes folded in last	

Virginia Tuck

### CURRIED TUNA ( Cold )

1 8 oz. can tuna, drained	1 T. mayonnaise or sour cream or both
1 T. lemon juice	1 t. vermouth (if want)
1/2 t. lemon rind	3 coarsely grated water chestnuts
1 T. finely chopped or grated fresh onion	1 t. fresh or dried parsley
1/4 t. curry powder (if fresh and full strength; more otherwise)	
salt and milled pepper	

Mix and let stand in refrigerator, overnight if possible. Serve with crackers or celery.

This recipe has won 3 prizes in local (USA) competitions. It was adapted from a Middle-East fish dish.

Alice Ish

### CHIPPER TROUT

2 lbs. trout fillets or other fresh fillets	1 cup crushed potato chips
1/2 cup Caesar salad dressing	1/2 cup shredded sharp cheddar cheese

Dip fillets in salad dressing and place in single layer, skin side down, in baking dish. Combine crushed chips and cheese and sprinkle over fillets. Bake at 500 degrees for 10-15 minutes or until fish flakes easily when tested with a fork. Makes 4-6 servings.

### SAVORY STUFFED FISH

4 fish fillets or 4 steaks, fresh or frozen plaice, cod saithe, whiting or haddock	2 T. Worcestershire sauce
1 egg	2 oz. butter
	2 oz. flour
	1/2 pint milk
	2 oz. strong cheddar cheese grated pepper

Skin and trim fish. Mix stuffing with egg and Worcestershire sauce. Divide between fish. Place on skin side and roll up, finishing with the tail end, or stuff center of steaks. Place in greased oven proof dish. Dot with 1 oz. butter. Cover and bake at 350° (mark 4) for 20 min. Melt remaining butter in saucepan. Stir in flour gradually adding milk and cook, stirring to make smooth sauce. Add cheese and pepper. Pour over fish and cook at 400° (Mark 6) for 5 minutes. Serve with lemon wedges carrots and croquette potatoes.

Dee Lipscomb

### SARDINE DISH ( HEARTY ENTREE )

To regular cream sauce add one fourth bread crumbs and two chopped hard cooked eggs.

On buttered slices of whole wheat toast arrange contents of Norwegian sardines (1 can drained). Cover with cream sauce and serve piping hot.

Dee Lipscomb

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## POACHED HALIBUT St. JUDE's

### What you need:

1 halibut steak per person, the ones towards the tail are neater  
6 tomatoes, sliced and skinned  
1/2 lb. mushrooms sliced longways  
2 large onions thinly sliced  
White wine or water with a good squeeze of lemon  
Butter  
Fresh parsley  
Cornflour  
Salt and pepper  
A large frying pan with a lid

### What you do:

Melt some butter in the pan and saute the onions, mushrooms and tomatoes, but do not brown. Remove from pan and put aside. Lightly brown the fish on both sides in the butter. Pour enough wine (or water) to come half way up the fish into the pan. Return the vegetables to the pan and add the parsley, salt and pepper. Put on the lid and simmer until the fish is cooked (15 mins.). Remove fish and keep warm. Thicken juices with cornflour and serve as sauce.

### Suggested vegetables:

Potato croquettes with brocolli and/or courgettes (zucchini)

Judith Weeks

## HEARTY HALIBUT

### Seafood slimmer

2 lbs. halibut steaks	3 T. chopped pimiento
2/3 cup thinly sliced onion	1/2 cup dry white wine
1 1/2 cups chopped fresh mushrooms	2 T. lemon juice
1/3 cup chopped tomato	1 t. salt
1/4 cup chopped green pepper	1/4 t. dill weed
1/4 cup chopped parsley	1/8 t. pepper
	Lemon wedges

Thaw frozen halibut steaks. Cut into serving size portions. Arrange onion in bottom of greased dish on top of onion. Combine remaining vegetables and spread on top of fish. Combine wine, lemon juice and seasonings. Pour over vegetables. Bake in moderate oven for 25-30 min. (350°), or until fish flakes easily when tested with a fork. Serve with lemon wedges. Approximately 230 calories in each serving.

Irene Dockter

## MACKEREL FILLETS WITH ONIONS

2 large or 4 small Mackerel	2 T. butter
2 onions	Salt, pepper and dried bread crumbs
2 T. white wine vinegar	2-3 T. cider, white wine, or water.

Peel and slice onions thinly. Melt butter in pan over low heat and add onions, cover and stew gently until soft, stirring from time to time. Moisten onion with 2 T. vinegar. Spread half the onions on bottom of flat ovenproof dish. Season mackerel with

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salt and pepper and lay on top of onions. Cover with remaining onions. Pour the cider, white wine or plain water over the top. Sprinkle with breadcrumbs and dot with butter. Bake in fairly hot oven for 20/30 minutes or until the fillets are cooked. They will be firm and flaky when prodded with a fork. Serve with baked potatoes and spinach or kale.

Nan Gutman

### FLOUNDER IN WINE SAUCE

#### Seafood Slimmer

2 lbs. flounder fillets	1/2 cup skim milk
Dash pepper	1/3 cup dry white wine
3 tomatoes	1/2 t. crushed basil
2 T. flour	Chopped parsley
2 T. butter	

Thaw frozen fillets. Skin fillets. Sprinkle fillets with salt and pepper on both sides. Place fillets in a single layer in a greased baking dish. Arrange tomatoes over top of fillets. Sprinkle with salt and pepper. Blend flour into butter. Add milk gradually and cook until thick and smooth, stirring constantly. Remove from heat and stir in wine and basil. Pour sauce over top of tomatoes. Bake in moderate (350°) oven for 25-30 min. or until fish flakes easily when tested with a fork. Approximately 180 calories in each serving.

Irene Dockter

### STUFFED FLOUNDER

1/4 cup chopped onion	3 T. parsley
1/4 cup margarine	1/2 t. salt
1 3 oz can mushrooms, drained (reserve liquid)	2 lb. flounder fillets milk
1/2 cup cracker crumbs	1/3 cup dry white wine
3 T. flour	3 T. margarine
4 oz shredded swiss cheese	1/4 t. salt
1 7 1/2 oz can crab meat (drained)	1/2 t. paprika
	1/3 cup white wine (dry)

Cook onion in 1/4 cup margarine, but not brown. Stir drained mushrooms in skillet with crab, crackers, parsley, 1/2 t. salt and pepper to taste. Spread over fillets. Roll and place seam side down in 12 X 7 1/2 x 2 baking dish.

In saucepan melt 3 T. butter, blend in flour, 1/4 t. salt. Add enough milk to mushroom liquid to make 1 1/2 cups. Add with wine to pan. Cook and stir until thickens. Pour over fillets. Bake 400° for 25 minutes. Sprinkle with cheese and paprika. Return to oven for 10 minutes.

Wisha Rose

### LITTLE FISH FILLETS

Ingredients: small sardines, anchovy, brisling or mackerel ( about 1/2 kilo for 2 or as appetizers for 4 or 1 kilo as main course for 4)  
flour, salt, pepper, parmesan cheese (optional), oil

Method: clean and fillet fish by removing head and gut, run thumb towards tail to open out and lift out backbone, running thumb back again towards tail, pull to remove bone and tail. Wash thoroughly under running cold water.

Mix flour with seasonings of salt and pepper (with a small amount of grated parmesan cheese or "ströost is available) also garlic powder if liked.

Flour both sides of fish fillets. Fry in shallow hot fat (preferably oil) for 3 min. or more on each side (according to size) until browned and cooked.

Serve immediately with lemon wedges or lemon juice with chopped parsley.

Gina Parmenter

#### CRAB QUICHE PIE

1 cup shredded natural swiss cheese - 4 oz.	2 green onions, sliced with tops, or chives
1 unbaked 9" pastry pie shell in 9" pie pan or 9½" Quiche flan pan.	3 beaten eggs
	1 cup light cream
	1/2 t. salt
	1/2 t. grated lemon peel
1 7½ oz can crab meat, crained and flaked	1/4 t. dry mustard
	Dash mace
	1/4 cup sliced almonds

Sprinkle cheese evenly over bottom of shell. Top with crab meat, sprinkle with green onion. Combine eggs, cream, salt, lemon peel, dry mustard and mace. Pour over crab meat. Top with sliced almonds. Bake in a slow (325°) oven for about 45 minutes until set. Remove from oven and let stand for 10 minutes before serving. Makes 6 servings.

Margaret Dickenson

#### STUFFED CRAB

1 lb. white crabmeat	Salt and pepper to taste
1/4 lb. oleo or 1/2 cup oil	Cayenne pepper to taste
2 cloves garlic, minced	1/2 cup chopped green onion tops and parsley
1/2 cup chopped celery	3 eggs
1 cup chopped onions	1 cup evaporated milk
1/2 cup chopped green pepper	4 stale hamburger buns or 6 slices stale bread
1/2 t. Worcestershire	Bread crumbs

Slightly beat eggs, add milk. Break up bread and soak in egg/milk. In heavy pot, saute celery, garlic, onions, and green pepper in oil or oleo, until wilted. Add Worcestershire sauce, crabmeat, and season to taste with salt, pepper and cayenne. Cook over medium heat for about 15 minutes, stirring constantly. Add onion tops and parsley. Add to buns which have been soaking. Stuff artificial crab shells with this mixture. (greased individual casseroles or small aluminum pot-pie pans may be used. Sprinkle bread crumbs over top and bake in 375° oven for 10 minutes or until well browned. Stuff 12 crab shells or 6-8 casseroles. Freezes well.

To get one pound of crabmeat, boil a large quantity of water seasoned with either lots of salt (Norwegian style) or crab/shrimp boil packaged seasoning mix. Drop in live crabs to the capacity of your pot and boil 15-30 min., depending on the size. A dozen crabs will yield about a pound of meat. When done, rinse under cold water, clean, pick out meat from body and claws. (Find somebody to show you how if you don't know.)

Or buy canned crabmeat - - - now you know why it is expensive.

Janet Jones

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### CRAB QUICHE LORRAINE

1 9" pie crust	1 7½ oz can crabmeat
4 eggs	drained and cartilage removed
2 cups light cream	
2 T. instant minced onion	1 cup shredded swiss or mozzarella or Jarlsberg cheese
1 t. salt	
Snipped parsley or flakes	1/8 t. cayenne pepper

Prepare pastry for 9", one crust pie. Cover pastry lined pie pan with plastic wrap and refrigerate. Beat eggs until blended. Stir in cream, onion, salt and cayenne. Cover and refrigerate. About 1 hour before serving - heat oven to 425°. Pat crabmeat dry with paper towels. Sprinkle crabmeat and cheese into pastry lined pan. Pour egg mixture over crabmeat and cheese. Sprinkle with parsley and bake 15 min. Reduce oven to 300° and bake 30 min. longer or until knife inserted 1 inch from edge comes out clean. Let quiche stand 10 min. before cutting in wedges. Serves 8.

Jan Smid

### SHRIMP ETOUFFEE

3 lbs. shrimp	Cooking spoon of oil and water
1 can tomato sauce	
1 medium chopped onion	Clove of garlic, minced
parsley and onion tops chopped	Salt, black and red pepper
flour	

Heat the cooking oil in iron pot, add shrimp and cook until pink. Add tomato sauce and can of water, onion, garlic. Salt and pepper to taste.

Cayenne pepper to taste. Add onion tops and parsley. Cook slowly, covered for 45 min. Add 1 T. flour diluted in water to gravy before serving. Serve over rice.

Laura Cormier

### QUICK CURRIED SHRIMP

1/4 cup melted butter or margarine	1½ cups milk
1/4 cup enriched flour	3 T. catsup
1/2 t. salt	1/4 cup cooking sherry
Dash paprika	1½ cups cleaned shrimp
1/2 t. curry powder	2 cups cooked rice (about 1 cup uncooked)

Blend butter, flour and seasonings. Gradually stir in milk. Cook until thick and smooth, stirring constantly. Add catsup, sherry and shrimp to the first mixture and heat through. Serve over mounds of fluffy hot rice. Have side dish of peanuts, coconut and raisins. Serves 6.

Nan Warren

### SHRIMP VICTORIA

1 lb. shrimp (raw)	1/4 cup butter
1 cup sour cream	1 can (6 oz) mushrooms
1 small onion chopped	1 T. Flour
1/4 t. salt	1½ cups cooked rice.

Saute shrimp and onion in butter for 10 min. or until shrimp are tender. Add mushrooms and cook for 5 min more. Sprinkle in flour, salt and pepper. Stir in sour cream and cook gently for 10 mins. not allowing mixture to boil. Serve over rice.

Anne Wells

### SHRIMP CASSEROLE

1/4 cup margarine	1/2 small bay leaf
1 cup coarsely chopped onions	1 t. paprika
1 cup diced celery	4 drops tabasco sauce
1 small clove garlic	1/2 cup diced green pepper
2 T. flour	1 lb. 3 oz can tomatoes
1 t. salt	2 cups cooked cleaned shrimp
1 t. sugar	Dash of cayenne pepper

Melt margarine in frying pan - add onions, celery, and garlic. Cook slowly until tender, but not brown. Blend in flour, salt, sugar, cayenne, paprika, bay leaf and tabasco - stir in green pepper and tomatoes (I put my tomatoes in the blender for just one second). Cook for 10 min. over low heat, stirring occasionally and add shrimp. Heat thoroughly. Put in casserole dish so that it can be heated ahead of time.

Nita White

### SEAFOOD CONTINENTAL

2 lb. fish fillets	16 oz. celery soup
Salt and pepper	1/3 cup grated cheese
Paprika	2 T. sherry
2 T. flour	1 T. finely chopped parsley
1 lb. fresh mushrooms	1 can peeled prawns
2 T. butter	1 T. melted butter

Combine the flour, salt, pepper and paprika. Dip fish in this mixture. Reserve about 8 mushrooms for garnishing. Chop the remainder and saute them in butter until tender. Spoon over fish which has been placed in a casserole. Combine the next 5 ingredients and pour over fish. Top with reserved mushrooms which have been brushed with butter. Bake in moderate oven for 30 mins. or until fish flakes easily with fork.

Lydia Spinks

### HOWARD'S SHRIMP JAMBALAYA

4 T. cooking oil	2 cups water
3 T. flour	2 cups cleaned shrimp
2 medium chopped onions	Salt and pepper to taste
1 clove garlic, chopped	2 cups cooked rice
1 can tomato sauce (8 oz)	
1 medium size green pepper and green onion rings	

for garnishing

Cook flour and cooking oil until very light brown. Add chopped onions, green pepper and garlic. Cook until onions are soft. Add tomato sauce, water, shrimp, salt and pepper. Simmer 30 minutes. Add cooked rice and simmer five minutes longer. Serve hot. Garnish with parsley and green onion rings.

Laura Cormier

### SHRIMP STROGANOFF

1 1/2 lbs. shrimp (shelled and de- veined)	3 T. flour
6 T. melted butter	1 cup chicken consomme
1 1/2 cups sliced mush- rooms	1 T. catsup
2 T. minced onion	1 T. Worcestershire sauce
	1 cup sour cream
	garlic
	1 t. dill seed

Boil shrimp in water until done. Remove and keep warm. Add onion and garlic to melted butter. Saute until tender. Saute mushrooms in butter. Add more butter if needed. Stir in flour and consomme. Stir and cook until thickened. Add ketchup and Worcestershire sauce. Remove from heat and add sour cream and dill. Add shrimp, season to taste and serve over rice.

Suzanne Schoenthaler

**RICE PILAF WITH EGGPLANTS (TURKISH)**

Total calories 3500!!

500 gr. rice  
750 gr. beef boullion  
160 gr. margarine  
salt  
300 gr. (2 medium size) eggplant

Rinse the rice with lukewarm water. Put 8 spoonfuls margarine in a deep pot, heat it, add the rice, and fry for 10 minutes. Stir the rice continuously during frying, preferable with a wooden spoon. Add 3 cups boullion and a spoonful salt and eggplants (see below). Cover and cook first on high, then on medium, when the water evaporates. Be careful not to burn the rice. If you feel it would burn, turn the heat down. After all the water has evaporated, set the heat extremely low. Cover the rice with a cloth and put the lid over it. Let simmer for about  $\frac{1}{2}$  hour.

To prepare eggplants: Peel and cut into inch-size cubes. Salt these cubes and leave them  $\frac{1}{2}$  hour. After that squeeze them to get the dark-colored juice out. Then fry these in hot vegetable oil till they turn slightly brown. Add these eggplants to the rice. Serves 3 approx.

**BEER RICE**

2 T. oil, preferably olive      1 can onion soup  
1 cup rice                              1 soup can beer

Heat oil in saucepan, add rice and brown, carefully stirring constantly. Add onion soup and beer. Cover pan and cook over medium heat 20-25 minutes.

Barbara Stevens

### BOILED RICE ( Chinese Method )

1 cup long-grained rice  
1.1/4 - 1 1/2 cups water (larger amount will result in softer rice)

Wash rice thoroughly and drain. Put into pan with the cold water and a pinch of salt. Bring to the boil quickly and boil rapidly until water level is down to surface of rice and there are bubbles on surface. Cover pan tightly. Turn heat to low and cook for a further 15 minutes. Remove pan from heat and leave to stand for 10 minutes. Do not uncover during this last 25 minutes.

### FRIED RICE ( Chinese Method )

8 cups cold, cooked rice  
3 eggs, slightly beaten  
1t monosodiumglutamate (MSG)  
1/2 lb. minced pork  
1t minced garlic  
3/4 lb. small shrimp, cleaned and shelled  
1/4 lb. green peas, cooked  
lettuce leaves  
spring onions  
salt and pepper to taste  
oil for frying

Salt eggs slightly and scramble in 1 T. oil. Heat 1 T. oil and saute garlic and shrimp. When shrimp are half-cooked, add the pork and cook through. Heat 4 T. oil. Put in the rice and saute it thoroughly with a pinch of salt and the MSG, then add the pork, egg and shrimp. Finally add the peas and pepper. Mix well and serve on a shallow platter, garnished with chopped spring onions and shredded lettuce leaves.

Margaret Stickle

### OVEN RICE

Good with pork, beef or chicken.

1 cup rice  
2 cups water (perhaps a bit more)

1/4 lb. (1 stick) butter  
1/2 t. salt

Melt butter in skillet. Add rice and brown well, stirring frequently. Add salt. Place browned rice in casserole and add water. Cover with lid or aluminum foil. Bake at 350° for about 1 to 1 1/2 hours. Caraway seeds, poppy seeds or other seasonings may be added along with the salt. Cubed meat or ground beef (browned) may also be added. If doubling recipe, use more butter, but is not necessary to double the amount given.

Dee Lipscomb

### GREEN RICE

1 cup uncooked rice  
1/2 cup chopped green pepper  
1/4 cup salad oil  
1/2 lb. Cheddar cheese, grated  
1/2 cup chopped parsley  
1/2 cup chopped onions (green)  
5 cups milk  
salt and pepper to taste

Mix all ingredients and pour into buttered 9 x 13" pyrex dish. Cover with foil and bake in 350° F oven for 1 hour. Serves 10 - 12.

Mary Orr

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### VIRGINIA TUCK'S RICE RECIPE

1 cup mushroom soup    1 cup diced spam or cooked  
1½ cups boiling water    ham  
1 cup cooked green    1 1/3 cup minute rice  
beans

Cook good for about 5 minutes. Pour into covered casserole and bake for 10 minutes at 375°. Add canned onion rings on top of casserole, then cover.

Virginia Tuck

### CHEESE RICE

3 cups water                    2 cups shredded cheese  
1T margarine                2T finely chopped onion  
1T salt                        1t prepared mustard  
1½ cups uncooked rice

Bring water to a boil: add margarine, salt and rice. Bring to a second boil, reduce heat. Cover and cook over low heat for 20 - 25 minutes or until tender. Stir cheese, onion and mustard into hot rice.

Nita White

### GOLDEN CHEESE BAKE

2 cups cooked rice            2 beaten eggs  
3 cups shredded carrots    2 T. minced onion  
2 cups grated American    1½ t. salt  
cheese                        1/4 t. pepper  
½ cup milk

Combine rice, carrots, 1½ cups cheese, milk, eggs, onion and seasonings. Pour into greased 1½ qt. baking dish. Sprinkle with remaining 1/2 cup cheese. Bake in moderate (350°) oven for 1 hour. Serves 6.

Nan Warren

### RICE PLUS

Prepare 4 servings of hot, fluffy rice as label directs; toss with one of these flavorful additions until well mixed:

ALMOND:                    1/4 cup chopped or slivered  
                                  toasted almonds.  
CARROT-PARSLEY:        1 raw carrot, shredded, and 2 T.  
                                  chopped parsley.  
CELERY:                    1 small stalk celery, chopped.  
CHEESE:                    ½ cup shredded mild or sharp  
                                  Cheddar.  
CHUTNEY:                    1/4 cup drained diced chutney  
                                  and 1/4 cup seedless raisins.  
MUSHROOM:                1/4 to ½ cup drained, canned or  
                                  cooked mushroom slices, caps  
                                  or stems and pieces.  
OLIVE:                      1/4 cup sliced pimento-stuffed  
                                  or ripe olives.

### COOK - IN FLAVORS FOR RICE

Prepare 4 servings of your favorite kind of rice, but vary the liquid as directed:

CHICKEN:                    Substitute chicken broth for  
                                  water.  
BEEF:                        Substitute beef broth for water.  
ORANGE:                    Substitute ½ cup orange juice  
                                  for ½ cup of the water.  
VEGETABLE:                Substitute 1 cup tomato juice  
                                  for 1 cup of the water.

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### BROCCOLI & RICE CASSEROLE

1/4 stick margarine  
1/2 cup chopped onion  
1/2 cup chopped celery  
2 pkg. frozen broccoli  
1 can Cream of Mushroom soup  
1 can Cream of Chicken soup  
1 small jar (8 oz.) Cheese Whiz  
1 cup Minute rice  
breadcrumbs

Cook broccoli according to directions, drain well and chop in small pieces. Set aside. Saute onion and celery in margarine. Add soup and Cheese Whiz to onions and celery and bring to a boil. Add rice, mix well. Remove from heat. Cover and let stand for 5 minutes. Add chopped broccoli and mix well. Place in casserole dish. Sprinkle with breadcrumbs. Bake 15 - 20 minutes at 350° F.

Betty Kirby

### BROCCOLI & RICE

1 pkg chopped broccoli	1 small jar Cheez Whiz
2 cups cooked rice	1 can cream of chicken soup
1 onion chopped	1 soup can milk
1/2 cup celery chopped	1/2 cup butter

Saute onion and celery in 1/4 cup butter. Cook broccoli as directed and add 1/4 cup butter. Mix chicken soup, milk, and cheese. Heat. Add rice. Mix with other ingredients. Bake 30-45 minutes at 350 degree F. in a covered casserole.

Barbara Stevens

### BROCCOLI & RICE CASSEROLE

1/2 cup chopped onion } saute in butter  
1/2 cup chopped celery }  
1 pkg. broccoli, cooked and chopped  
7 oz. rice, cooked  
1 can Cream of Mushroom soup, undiluted  
1 can Cream of Chicken soup, undiluted  
1 8-oz. jar Cheez Whiz or substitute

Mix all together in casserole. Heat in oven till bubbles. Good to freeze or fix day before needed. Serves 8.

Gaye Evans

### BAKE BROCCOLI

2 10-oz. pkg. broccoli (frozen)  
4T margarine  
2T flour  
2T chopped onion  
1/2 cup evaporated milk  
1/2 vegetable liquid  
1/2t pepper  
3/4t celery salt  
3/4t garlic salt  
1 6-oz. roll Jalapeno or garlic cheese

Cook broccoli without salt: drain and reserve liquid. Melt margarine over low heat. Add flour and stir until well-blended: add onions and stir until soft. Stir in liquid and milk slowly, adding seasoning and mashed cheese last: let melt over low heat. Put in casserole with layer of vegetable, cheese sauce, vegetable, etc., topping with breadcrumbs, croutons or nuts. Bake at 350° F for 30 minutes.

I make my Jalapeno cheese by adding  $1\frac{1}{2}$  Jalapeno or chili peppers, chopped fine, to one box of melted Taffel Cheddar cheese. Serves 6 - 8.

Nita White

### SPECIAL BROCCOLI

2 pkg. chopped broccoli (frozen)  
1 cup sour cream  
1 can Cream of Celery soup  
1 small can water chestnuts, chopped

Cook broccoli as directed. Mix with other ingredients and place in baking dish. Bake at  $325^{\circ}\text{F}$  for 45 minutes.

Lou Tibbets

### BROCCOLI

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  pkg. dried onion soup  
2 pkg. chopped broccoli  
1 pkg. peanuts, ground  
1 small can water chestnuts, chopped

Boil broccoli 4 minutes and drain. Put butter and soup in a pan and heat. Add broccoli, chestnuts and peanuts and put in a greased baking dish. If mixture seems dry add a little cream to it. Sprinkle top with a few breadcrumbs and bake for 25 minutes at  $350^{\circ}\text{F}$ . Serves 6 - 8.

Mary Orr

### AUNT VANNIE'S BROCCOLI

1 cup Cheddar cheese, grated  
1 pkg. chopped broccoli (frozen)  
1 pkg. onion soup mix  
1 cup mayonnaise  
 $\frac{1}{2}$  cup fine breadcrumbs  
 $\frac{1}{4}$  cup melted margarine

Cook broccoli as package directs. Combine in a shallow (11 x 13") casserole dish with cheese, onion soup mix and mayonnaise. Stir until well mixed and then pat to fit pan. Cover with breadcrumbs sauteed in butter until golden. Cook at  $350^{\circ}\text{F}$  for 30 minutes (uncovered).

Mary Bucher

### BROCCOLI CASSEROLE

3 pkg. broccoli (frozen)  
1 cup mayonnaise  
1 cup Cheddar cheese, grated  
1 pkg. dried onion soup mix  
 $\frac{1}{2}$  cup breadcrumbs  
 $\frac{1}{4}$  cup butter

Brown breadcrumbs in butter. Cook broccoli until tender, but still crisp. Mix mayonnaise, cheese and soup mix in casserole: add cooked broccoli and mix well. Pat down, cover with breadcrumbs and more cheese. Bake in covered casserole at  $350^{\circ}\text{F}$  for 20-25 minutes, then uncovered for 5-10 minutes.

Carolyn Couch

### ALMOND GREEN BEANS

2 No.2 cans whole green beans  
1 cup chopped almonds  
2 cloves garlic

Cook this 20 minutes and drain.

$\frac{1}{2}$  cup Velveeta cheese, grated

Make a cream sauce with the following:

4T butter	$1\frac{1}{2}$ t chili powder
4T flour	2 cups milk
1t salt	2 small cans chopped mushrooms

Butter a long pyrex baking dish. Put a layer of beans and sprinkle with mushrooms and almonds, then cheese. Repeat until all is used. Pour sauce over all. Have  $\frac{1}{2}$  cup cracker crumbs ready and sprinkle over all, then sprinkle with additional grated cheese and bake at 350° F for 45 minutes.

Mary Orr

### SNAPPY GREEN BEANS

2 slices bacon, diced	2 cups green beans, cooked
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ t salt
$\frac{1}{4}$ chopped green pepper	dash pepper
$\frac{1}{2}$ cup cream	dash nutmeg

Fry bacon lightly: add onion and green pepper. Cook until soft. Add remaining ingredients. Heat thru and serve at once. Serves 4 to 6.

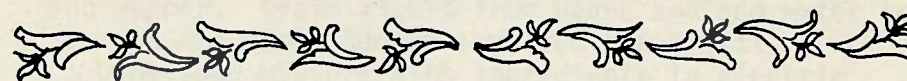
Joyce Goering

### GREEN BEAN CASSEROLE

1 No.2 can drained green beans  
1 No.2 can asparagus (green tips)  
1 small can pimentos, chopped  
 $\frac{1}{2}$  lb. Velveeta cheese, cubed  
1 slice bread, toasted, buttered and cubed  
1 can Cream of Mushroom soup  
pepper to taste, but no salt

Alternate layers with all ingredients except soup. Pour undiluted soup over mixture and spread. Sprinkle with paprika. Bake covered at 350° F for 1 hour.

Linda Barton



### DEVILED GREEN BEANS

1 pkg Sloppy Joe mix  
1 cup water  
1 can (6 Oz.) tomato paste  
2 pkgs green beans (frozen)  
1 cup shredded cheddar cheese

Combine mix and water in saucepan. Bring to boiling until thickened. Stir in tomato paste. Cook beans and drain. Combine with sauce and turn into casserole and sprinkle with cheese. Bake 350 degree oven for 20 minutes.

Nancy Soule

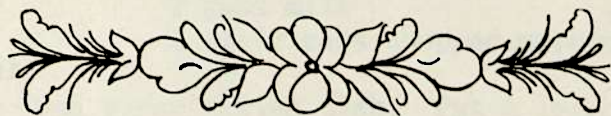
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### CREOLE BEANS

1 can green beans(draind)  $\frac{1}{2}$  can tomato soup  
1 small onion  $\frac{1}{2}$  t. chili powder  
1 small green pepper 4 strips bacon - brown  
and place on top

Bake in 350 degree oven for 45 minutes.

Nancy Soule



### SCALLOPED CORN

2T flour  $\frac{1}{4}$ t mustard  
1t salt  $\frac{1}{2}$  green pepper  
1/4t paprika  $\frac{1}{2}$  chopped onion  
3T butter 1 cup milk  
 $\frac{1}{2}$  cup breadcrumbs 2 cups whole kernel corn  
1 egg, beaten

Mix flour, salt, paprika and mustard. Cook pepper and onions in 2T butter for 5 minutes. Blend in flour mixture. Add milk, cook until sauce is thickened. Brown breadcrumbs in remaining butter. Stir bread, corn and eggs into sauce. Pour into greased baking dish. Cover and bake at 400°F for 20 minutes. Serves 6.

Gloria Jones

### VEGETABLE MEDLEY

1/4 lb. bacon  
1 cup chopped celery  
1 cup sliced onion  
1t MSG  
 $\frac{1}{2}$ t salt  
1/8t pepper  
2 16-oz. cans green beans  
1 10 $\frac{1}{2}$ -oz. can Cream of Mushroom soup  
1 4-oz. can sliced mushrooms  
1 4-oz. can pimiento, coarsely chopped

Set controls on electric skillet at 250 - 275°F.  
Cut bacon into 1 inch pieces. Brown in skillet until crisp: remove bacon. Pour off half of the drippings. Add celery and onions to the electric skillet, cooking until tender but not brown. Add MSG, salt and pepper. Drain liquid from beans and add water to measure one cup. Add to soup and blend well. Combine soup mixture with ingredients in electric skillet. Add mushrooms with their liquid. Heat, stirring occasionally, until mixture comes to a boil. Add beans and pimiento, heat to serving temperature. Sprinkle with bacon to serve. Serves 8 - 10.

### ZIPPY GLAZED CARROTS

2T butter or margarine  
1/4 cup brown sugar  
2T prepared mustard  
1/4t salt  
3 cups sliced carrots, cooked and drained,  
use fresh or canned  
1T snipped parsley

Melt butter in skillet. Stir in brown sugar, mustard and salt. Add cooked carrots and heat, stirring constantly till carrots are nicely glazed, (about 5 minutes). Sprinkle with parsley.

Extra good - mustard adds the special tang. A perfect accompaniment for pork chops. Serves 4.

Joyce Goering

### COPPER PENNIES

2 lb. carrots, sliced

Cook carrots for 10 minutes and drain. Marinate overnight in the following:

1 can Tomato soup (undiluted)  
1/2 cup oil  
3/4 cup vinegar  
1 cup sugar  
1 green pepper, chopped  
1 cup celery, chopped  
1 medium onion, chopped  
1t prepared mustard  
1t Worcestershire sauce

Nadyne Hefner

### CARROT DELIGHT

3 cups carrots, sliced thinly lengthwise, about  
2 inches long  
1 stalk leek, sliced thin

Boil together in salted water till tender, and drain. Make white sauce and flavor with a few drops of Tabasco sauce (according to taste). Mix altogether and serve. Serves 4.

Germaine Trent

### FRIED CUCUMBERS

1 1/2 lb. cucumbers      1t prepared horseradish  
2 eggs                    1/2 cup packaged dry breadcrumbs  
2t salt                    1/2 cup butter  
1/4t pepper

Pare cucumbers and slice 1/4 inch thick. Beat eggs with salt, pepper and horseradish in a small bowl. Dip cucumber slices in egg mixture and then in the breadcrumbs, coating well. Meanwhile, heat butter in large skillet. Fry slices, a few at a time until golden brown - about 2 minutes on each side. Drain on paper towels and keep warm while rest are being fried.

Nadyne Hefner

### FRIED CUCUMBERS

Cut cucumbers in thin, lengthwise slices. Soak in cold, salted water: drain. Dip in salted, beaten egg. Roll in cracker crumbs and fry in butter or margarine.

Laura Cormier

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### ASPARAGUS WITH CHEESE

2 No.2 cans asparagus  
1 small can water chestnuts, sliced  
1 can Cream of Mushroom soup  
2 cups grated cheddar cheese on top

Bake at 375<sup>0</sup>F until bubbly and cheese melts.

Mary Orr

### ASPARAGUS CASSEROLE

1 No. 2 can asparagus	2 T butter
4 eggs boiled	2 T. flour
potato chips	1 cup milk
grated cheese (about ½ cup)	salt and pepper to taste

Put layer of asparagus in greased baking dish. Then add layer of cheese, a layer of chopped eggs. Pour creamed sauce over and cover with crumbled potato chips. Bake 350 degree for about 30 minutes.

Nancy Soule

### JASON'S TEMPTATION

slice potatoes as for french frying  
2 large onions sliced  
10 anchovy fillets (in salty oil)  
butter  
salt and pepper  
1 cup heavy cream

Butter baking dish. Put a layer of potatoes, anchovies and onions and potatoes. Butter dotted on top and salt and pepper. Add 1 cup heavy cream. Bake 1 hour and if becomes too brown cover for remaining time.

### ONIONS

24 sm white onions	1 c light cream
1/4 c butter	3 Tbsp grated parmesan
1/4 c flour	1/4 c chopped parsley
½ tsp salt & pepper	Pimento strips
1 c canned chicken broth	

Melt butter and add flour, salt and pepper. Stir in broth and cream stirring until thick. Add cheese and parsley. Add onions. Bake 350 degree for 10 to 15 minutes. Stirring once or twice. Arrange strips of pimento on top and bake 10 minutes longer.

Nancy Soule

### SIESTA ONIONS

3 large onions	2T salt
1/4 cup sugar	½t celery seed
1/4 cup vinegar	1/4 cup Miracle Whip

Peel and slice 3 large Spanish onions. Add the sugar, vinegar and salt. Let stand for 4 hours, then drain well. Add the celery seed and Miracle Whip. Mix and chill. Very good for a barbecue.

Jane Stady

### PEPPER SWEET POTATOES

Sliced sweet potatoes	1/4 cup chopped pecans
½ cup brown sugar	1t black pepper
1/4 cup butter	1/4 cup milk

Put sliced potatoes in casserole. Mix other ingredients and sprinkle over potatoes. Cook until hot and bubbly in oven at 350<sup>0</sup>F.

Nita White

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### JANE'S SPINACH

2 pkg. chopped spinach  
1 cup sour cream  
dash Tabasco  
1 envelope onion soup  
1/4 cup chopped nuts (any kind)  
pepper, and go easy on salt

Cook spinach for minimum time, drain. Mix spinach, sour cream, soup mix, Tabasco, salt and pepper. Refrigerate a day ahead if you wish. Bake at 350°F for 20 minutes, uncovered - sprinkle nuts on top - bake 15 minutes longer. Serves 4.

Jane Polson

### HERBED SPINACH BAKE

Cook and drain 1 10-oz. package frozen chopped spinach: mix with 1 cup cooked rice, 1 cup shredded sharp American or Cheddar cheese, 2 slightly beaten eggs, 2T soft butter or margarine, 1/3 cup milk, 2T chopped onion, 1/2t Worcestershire sauce, 1t salt, 1/4t rosemary or thyme, crushed. Pour mixture into a 10 x 6 x 1/2" baking dish. Bake at 350°F for 20 to 25 minutes, or until knife inserted halfway between center and edge comes out clean. Cut in squares. Serves 6. (Can be fixed ahead and baked at the last.)

Pat Yelverton

### CABBAGE AU GRATIN

1 medium cabbage	3/4 cup evaporated milk
1t salt	salt
3T butter	1 1/2 cups grated cheese
3T flour	1/2 cup breadcrumbs
	2T butter, melted

Cut up cabbage and cook until tender: drain and save water. Melt butter, blend in flour, add milk and 3/4 cup water from cabbage. Stir until sauce boils and thickens. Add salt. Place layer of cabbage in bottom of buttered casserole. Pour part of sauce over it and sprinkle part of cheese. Repeat, ending with cheese. Blend breadcrumbs with butter and place on top. Bake at 350°F for 20 minutes, or until browned.

Lynda Walp

### FRENCH FRIED RUTABAGAS

1 medium rutabaga, peeled  
1t sugar  
1 - 1 1/2 cup cornmeal  
1 - 2t salt  
1 - 2 eggs, beaten  
salad oil

Slice rutabagas into 1/4" thick slices. Cut slices into 1/4" thick strips. Parboil in a medium amount of boiling water to which sugar has been added: drain and cool. Combine cornmeal and salt, blending well. Dip rutabaga strips in egg and then in cornmeal. Fry in salad oil heated to 400°F, until golden brown. Drain on absorbent paper.

To freeze: Place French-fried strips on baking sheet (make sure strips do not touch each other). Cover with foil and freeze. Remove frozen strips from baking sheet and store in plastic bags in freezer. To serve: place on baking sheet and heat at 350°F until hot. Serves 8 - 10.

Julie White

### CHEESE FROSTED CAULIFLOWER

Remove leaves, trim base from medium head of cauliflower. Wash. Precook whole in boiling salted water 12 to 15 minutes. Drain. Place in ungreased shallow baking pan. Sprinkle with salt. Combine  $\frac{1}{2}$  cup mayonnaise or salad dressing and 2 t. prepared mustard, spread over cauliflower. Top with  $\frac{3}{4}$  cup shredded sharp process cheese. Bake at 375 about 10 minutes or til cheese is melted and bubbly. Serves 5 or 6.

### TURNIP CASSEROLE

3 lbs: turnip	3 eggs
$\frac{1}{4}$ cup butter or marg.	1 cup soft bread crumbs
$\frac{1}{2}$ T sugar	$\frac{1}{2}$ t. lemon juice
$\frac{1}{2}$ t salt	
pepper	

Cook turnips. Mash and add butter, salt and pepper. Beat with mixer. Add eggs, one at a time. Stir in bread crumbs and lemon juice. Bake 375<sup>o</sup> for 50 minutes.

### TURNIP WHIP

2 cups mashed turnips	2 eggs, separated
3T milk	salt and pepper to taste
1T butter	

Beat egg yolks and milk together. Add salt, pepper and turnips, mixing thoroughly. Beat egg whites until stiff peaks form. Fold turnip mixture into beaten egg whites. Bake 30 minutes at 350<sup>o</sup>F.

Laura Cormier

### SAUERKRAUT & TOMATOES

1 No.2 can sauerkraut	1t salt
1 can tomatoes	$\frac{1}{4}$ t MSG
4 slices bacon, chopped	
1 medium onion, chopped	
1 medium bell pepper, chopped	

Saute bacon, onion and pepper. Add sauerkraut and simmer for 15 minutes. Add tomatoes and seasoning and simmer 30 minutes more.

Rosemarie Scott

### BAKED EGGPLANT SURPRISE

1 large eggplant
salt and pepper
8 slices mild American cheese
3 strips bacon, cut into 3" pieces
butter
flour
8 slices fresh tomato
3 fresh onion tops (green and white part), chopped

Peel and pare eggplant, cut into eight round slices. Season with salt and black pepper and dust with flour. Melt a little butter, or margarine, in a skillet and saute the eggplant in the butter over medium heat until eggplant is tender.

Select a casserole dish with bottom large enough for the eight slices to fit into. Top each eggplant slice with a slice of cheese, then a slice of tomato, then a piece of the raw bacon topped with a sprinkling of the onion tops. Repeat until all eight mounds have been so treated. Bake at 400<sup>o</sup>F for 15 minutes. Serves 4

Laura Cormier



### RATATOUILLE

1 lb. eggplant, diced      2 green peppers ( or 1 red  
4 oz. onion, chopped      and 1 green) diced  
2 garlic cloves              1 lb. tomatoes, skinned and  
1/2 cup olive oil              diced  
8 oz. zucchini, diced      salt and pepper to taste

Heat the oil in a large shallow pan, add the onion and fry until golden. Add crushed garlic and peppers. Add the eggplant and zucchini. Fry vegetables gently. Cover and simmer for 30 minutes. Add tomatoes and heat through. Dust with chopped parsley and serve. This dish is good hot or cold as an appetizer, or served with roast meat as a vegetable.

Note: If fresh zucchini are not available in desperation, add canned zucchini in tomato sauce and adjust tomatoes to taste.

Jean Lunn

### EGGPLANT & MUSHROOMS

1 medium eggplant, diced  
6 medium tomatoes, diced  
1 medium onion, finely chopped  
2 small green peppers, finely chopped  
1/2 cup mushrooms  
1/4 cup salad oil  
salt and pepper

Saute gently onion, peppers and eggplant until soft and tender. Add diced tomatoes and chopped mushrooms, season to taste.

Laura Cormier

### MUSHROOM CASSEROLE

1/2 cup chopped onion      2 6 oz. cans mushrooms, drain  
1/2 cup butter or marg.      2 T. dry sherry  
1 cup beef bouillon      2 T. parsley  
2 T. cornstarch              1/2 T. parmesan cheese  
1/2 t. dried marjoram      1 T. melted butter  
1/2 cup coarsley crumbled saltine crackers

In a saucepan, cook onion in the 1/2 cup butter til tender. Blend beef bouillon with cornstarch and marjoram, add to onion mixture. Add mushrooms, cook and stir til mixture thickens. Remove from heat, stir in wine and parsley. Pour in 1 quart casserole. Combine crackers, parmesan cheese, and the melted butter. Sprinkle over casserole. Bake in 350 degree oven for 20 minutes.

Nancy Soule

### COURGETTES ( Zucchini ) AU GRATIN

Sufficient courgettes for the number of people, if they are large half each will be enough  
Grated cheese  
Sliced tomatoes  
Small pieces of sliced bacon

Boil the courgettes until not quite done - still firm. Cut in half longways and place on individual heat-proof dishes. Cover well with grated cheese and decorate with slices of tomato and pieces of bacon. Put under a hot grill and toast until the bacon is crisp and the cheese brown.

Judith Weeks

### ZUCCHINI SQUASH

6 squash cut in slices    3 oz. shredded cheddar  
1 onion chopped            cheese  
½ cup dry seasoned        ½ can rotel tomatoes or  
bread crumbs                sm. can tomatoes +  
salt and pepper to taste    sm. can chilies

Saute onion in 3 T. bacon drippings. Add squash, rotel tomatoes and cover and steam until tender. Add bit of water if necessary. Cool about 15 min. Place in casserole. Top with grated cheese and then bread crumbs. Bake 350 degrees for about 20 minutes.

Nancy Soule

### PICKLED BEETS

24 small beets  
1 cup cooking liquid  
2 cups white vinegar  
1.1/4 cups granulated sugar  
2T salt  
6 whole cloves  
1 3-inch cinnamon stick  
3 medium onions, sliced

Remove beet tops, leaving roots and one inch stem. Wash beets: cover with boiling water, cook until tender. Drain, keeping 1 cup cooking liquid. Remove skins, slice beets. Combine cooking liquid, vinegar, sugar and salt. Tie spices in cheesecloth bag, add to vinegar mixture. Heat to boiling, covered. Add beets and onions. Simmer for 5 mins. Remove spice bag. Continue simmering while quickly packing 1 hot sterilized jar at a time. Fill to 1/8-inch from top. Be sure liquid covers beets. Seal each jar at once. Makes 4 pints.

Mary Fuhrman

### GARBANZO CHEESE LOAF

½ cup garbanzos, cooked and drained (or use 1 can of garbanzos, drained)  
1 cup wholegrain breadcrumbs  
1 cup pineapple juice  
½ cup chopped onion  
½ cup chopped celery  
3T oil  
1/4 cup chopped parsley  
1 egg, beaten  
1T soy sauce  
1t salt  
few dashes of hot sauce  
2 pinches cayenne  
1 cup grated cheddar cheese

Combine breadcrumbs and pineapple juice and let them soak while you prepare the vegetables. Chop garbanzos: add crumb mixture and all other ingredients. Turn into oiled loaf pan and bake at 350°F for 40 minutes or until edges are nicely browned.

Nadyne Hefner

### PICKLED BLACK-EYED PEAS

2 No.2 cans cooked Black-eyed peas, drained  
1 cup salad oil  
1/4 cup wine vinegar (or ½ cup regular vinegar)  
1 clove garlic, or garlic powder  
1/4 cup thinly sliced or chopped onion  
½t salt  
pepper to taste

Store in jar in refrigerator and remove garlic bud after one day. Store at least 2 days and up to 2 weeks before eating.

Mary Orr

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## WESTERN BAKED BEANS

4 cups (2 cans) pinto beans or prepare dry beans as directed on pkg.  
6 slices of bacon, chopped      1 1/2 t. salt  
2 medium onions, chopped      1 t. chili powder  
2 medium bell peppers, chopped      3/4 t. sugar  
dash of paprika  
1 lb. can and 1 small can tomatoes

Fry the bacon until crisp in a large skillet. Remove the bacon pieces from the pan and saute onions and peppers in the bacon grease until the onion pieces are clear. Return the pieces of bacon to the pan along with the tomatoes and the seasonings. Then add the beans and mix well. Pour into baking dish and bake at 250<sup>o</sup>-275<sup>o</sup> oven for 2 1/2 hours.

Madeleine Harding

## BAKED BEANS

2 lb. dry pinto beans, cooked  
1 cup catsup  
2 bell peppers, chopped  
1 onion, chopped  
1 cup corn syrup  
1/4 cup sugar  
3T prepared mustard

Place in casserole. Cover with bacon strips and bake at 350<sup>o</sup>F (180<sup>o</sup>C) for 1 hour.

Carolyn Couch

## DODO & AKARA

### Dodo

2 - 3 ripe plantains (similar to bananas)  
deep frying oil  
salt  
beaten egg (choice)

Remove the plantain peel. Slice them thinly. Add salt. Heat the oil. Deep-fry till golden brown. To make Dodo more palatable, after being fried, it is gently pressed and soaked in beaten, salted egg. Dip again in hot oil for a minute or two, to cook the egg. To make still more delicious, Dodo are heavily tossed in rich tomato and prawn sauce. Dodo dipped in beaten egg is usually fried with pear/ground-nut oil. It is a good accompaniment for cooked, mashed beans and boiled rice with stew. Children especially, are fond of this dish.

### Akara (White Beans)

Akara is made with white beans and is fried in palm-oil (or peanut oil). In a typical Nigerian home, the beans are soaked in water for about 1/2 - 1 hour so as to remove the skin easily. The beans are then ground into a smooth paste on a grinding stone, or a blender, or at the local miller's. On the other hand, the ready groundbean flour (available in super markets) could be used.

1 cup ground white beans  
1 large sweet pepper  
1/2 small onion  
salt to taste  
some warm water

The quantity of water needed depends on how soft the mixture is after grinding: the main aim is to get a mixture of a soft consistency.

Beat the ground beans (or the mixed bean flour and water) with a wooden spoon or clean fingers for a short time to make the beans lighter and to incorporate air. Add water and continue beating until the mixture is light and will drop fairly easily when shaken from a spoon. Add the ground ingredients (ingredients may be merely chopped or cut into fine pieces instead of ground). Mix properly and add salt to taste. Fry in deep, hot palm or groundnut oil in balls or flat cakes if preferred. Well-fried Akara ball is brownish in color. It is best eaten with EKO - a porridge-like meal prepared from cornflour and would serve as good breakfast or quick supper meal.

Suzanne Schoenthaler

### APPLE & SULTANA CAKE

8 oz. self-rising flour	1 t. cinnamon
4 oz. butter	2 eggs (beaten)
4 oz. soft brown sugar	2 oz. sultanas
1 T. milk	1 medium apple (peeled and grated)

Mix together the flour and cinnamon. Cream butter and sugar until light and fluffy, beat in the eggs and gradually add the flour and sultanas. Mix with enough milk to form a dropping consistency. Put half the mixture in a prepared 7" cake tin and spread level. Make a layer of the apple and spread remaining mixture on top. Bake in a fairly hot oven at 400 degree F. for 45 minutes.

### BROKEN GLASS TORTE

1 pkg. each lemon, lime, raspberry jello	2 cups whipping cream
1 1/2 cups hot water for each pkg. of jello	1/2 cup sugar
1 envelope Knox gelatin	1 t. vanilla
1/4 cup cold water	2 doz. graham crackers, crumbed
1 cup hot pineapple juice	1/2 cup soft butter
	1/2 cup sugar

Dissolve each package of jello in the hot water. Chill separately. When firm, cut in 1/2 inch cubes. Soften plain gelatin in cold water, dissolved in hot pineapple juice. Cool that mixture and fold into whipped cream into which vanilla and sugar have been beaten. Turn into spring form pan lined with 2/3 of graham cracker mixture. Top with remaining crumbs. Chill for 5 hours or better overnight.

Madeline Meigs

### BUTTERSCOTCH FROSTING

1 cup brown sugar  
3 T. butter

1/4 cup water

Boil about 5 minutes. Remove from fire and add powdered sugar to make right consistency to spread.

### BETSY'S BEST CAKE

1 box chocolate cake mix or devil's food  
3/4 cup oil  
3/4 cup sherry (the drier the better)  
chocolate chips  
2 pkg. chocolate pudding mix (either cooked or instant)  
4 - 8 eggs (the more the better)

Mix together in a bowl the cake mix and the pudding mixes. Add the sherry, oil and eggs and beat well. Grease a 12-cup Bundt or angel food pan and bake the cake for approximately 50 minutes at 350° F. Melt the chocolate chips on top of the cake while it is still hot.

#### Variations:

Lemon cake with lemon pie and pudding.  
Yellow or white cake with vanilla pudding mix.  
It is also possible to substitute a package of vanilla sauce with vanilla and white cake mix. Also try sprinkling a mixture of 2t cinnamon, 1/4 cup sugar and 1/2 cup nuts in the middle of the batter and also on the top of the cake. While the cake is still warm, spread with a simple glaze and allow to drip down the sides.

### RUM CAKE

Mix together and beat for 2 1/2 minutes:

1 cup shortening  
2 cups sugar  
4 eggs

1 t. vanilla  
1 t. lemon extract  
1 t. rum extract

Sift together:

3 cups flour  
1/2 t. soda

1/2 t. baking powder  
1 t. salt

Add sifted ingredients alternately with 1 cup of buttermilk. Bake at 350 degree for 60 minutes in greased tube pan or bundt pan.

June Hogan

### CHOCOLATE POUND CAKE

1/2 lb. butter or margarine  
1/2 cup shortening  
3 cups sugar  
5 eggs  
1 cup milk

3 cups flour  
4 T. cocoa  
1/2 t. baking powder  
1/4 t. salt  
1 t. vanilla

Cream butter and shortening. Add sugar and eggs, one at a time, mixing well each time. Sift dry ingredients and add alternately with milk. Add vanilla. Mix well. Bake in two loaf pans or one large tube pan at 325 degree for one hour and thirty minutes.

Frances Manning

### RUM POUND CAKE

1/2 cup margarine	2 1/3 cup sugar
1 1/2 cup wafer crumbs	1 cup shortening
4 eggs	2 1/2 cup plain cake flour
1/2 cup self-raising flour	1 cup canned milk
2 t. vanilla	2 T. butter flavoring
1 cup chopped pecans	2 t. rum flavoring

Melt margarine. Add 1/3 cup sugar, wafer crumbs and nuts. Line bottom and sides of tube pan with this mixture. Cream remaining sugar and shortening. Add eggs one at a time, beating well after each addition. Add flour and milk alternately. Add flavorings. Pour into crumb lined pan. Bake at 325 degree F. for 1 hour and 30 minutes. This cake is very moist and can be kept up to a year in the freezer.

Wanda Earles

### MINCEMEAT LOAF

1 cup white sugar	1 t. soda
1/2 cup butter	1 t. nutmeg
2 eggs	1/2 t. cloves
1 cup hot coffee	2 cups flour
1 cup mincemeat	1/2 cup chopped walnuts

Cream sugar and butter. Add eggs one at a time, beating well. Add sifted dry ingredients and hot coffee alternately. Fold in mincemeat and nuts. Bake at 375 degree for 1 hour. Stays moist over a long period.

### NO SHORTENING CAKE

2 eggs	1 No. 2 can crushed pineapple
1 1/2 cup sugar	2 t. soda
1/2 t. salt	
2 1/2 cups flour	

Mix together and bake in 9"x 13" pan at 375 degree F. oven for 30 minutes.

Icing:

1 1/2 cup sugar	1 cup canned milk
8 oz. margarine	1 can coconut
1/2 cup nuts	

Heat margarine, sugar and milk and let boil for 4 minutes. Add coconut and nuts. Pour over cake while hot.

Doris Hutson

### CHERRY CHOCOLATE CAKE

1 chocolate cake mix	1 can cherry pie filling
1 t. almond extract	2 eggs, beaten

Combine mix, pie filling, extract and eggs and mix well. Bake at 350 degree F. for 25-30 minutes.

Icing

1 cup sugar	5 T. butter
1/3 cup milk	6 oz. chocolate chips

Combine sugar, butter, milk and bring to boil. stirring constantly for one minute. Remove from heat and stir in chocolate chips. Ice while hot.

Joanne Lane

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### COCKEYED CAKE

1 1/2 cup flour	5 T. cooking oil
1 cup sugar	1 T. vinegar
3 T. cocoa	1 t. vanilla
1 t. soda	1 cup cold water
1/2 t. salt	1 greased 9x9x2 inch pan

Put dry ingredients into greased pan. Make three grooves or holes in this mixture. Into one pour the oil; into the next the vinegar; and into the next the vanilla. Now pour the cold water over all! Beat with a spoon until smooth and you can't see the flour. Bake at 350 degree F. for 30-35 minutes.

Barbara Stevens

### OATMEAL CAKE

Mix together and let stand for 20 minutes: 1 1/4 cup boiling water and 1 cup quick oatmeal.

Cream together: 1/2 cup oleo, 1 cup brown sugar, and 1 cup granulated sugar.

Add to creamed mixture: 2 eggs and 1 T. vanilla. Add oatmeal mix and stir. Then add 1 1/3 cup flour, 1 t. soda, and 1 t. cinnamon.

Pour into 9x13 inch greased pan. Bake at 350 degree for 40 minutes. When done, immediately spread with topping and put under broiler for 3 minutes.

Topping: 4 T. butter, 1 cup brown sugar, 1 cup coconut, 1 cup nuts, and 1/2 cup canned milk.

Barbara Stevens

### CHOCOLATE SHEET CAKE

2 cup flour	1/2 t. salt
2 cup sugar	1/2 cup butter (or margarine)
3-4 T. cocoa	1 cup water
1/2 cup shortening	2 eggs, well beaten
1/2 cup buttermilk	1 t. soda
1 t. vanilla	

Place the flour, sugar and salt in the bowl and mix together. Put the butter, cocoa, water and shortening in a saucepan and bring to a boil. Pour over flour mixture and mix well. In a small bowl place the eggs, buttermilk, soda and vanilla. Stir well and add to the above mixture. Bake in square loaf pan or deep dish cake pan, for 30 minutes at 350 degree F. Prepare the icing during the last five minutes of baking time.

Icing:

3 T. cocoa	1/2 cup butter (or margarine)
1 t. vanilla	1 lb. box powdered sugar
1 cup nutmeats	

Put the butter and cocoa in a saucepan and heat but do not boil. Remove from heat, add the sugar and vanilla and enough milk to mix. Ice cake as soon as it is removed from the oven. Top with the nutmeats.

Willie Mae Wiggins



### PEACH CAKE

2 eggs  
1 1/2 cup sugar  
3/4 cup oil  
1 1/3 cup mashed peaches

1 t. soda  
2 cups flour  
pinch of salt  
1 t. cinnamon

Preheat oven to 350 degree. Grease and flour pan. Mix all ingredients well and bake for 30 minutes. (Apricots can be substituted for the peaches.)

Martha Cooper

### HEATH BAR BRUNCH CAKE

1/4 lb. margarine  
1 cup brown sugar  
1/2 cup white sugar

2 cups flour  
1/2 cup nuts, chopped

Blend above ingredients together (mixture will be crumbly). Reserve 1/2 cup of crumbly mixture to put on top of cake later. To remaining mixture add:

1 egg  
1 t. vanilla

1 t. soda  
1 cup buttermilk

Mix well and put in greased 9"x 13" cake pan. Crumble five 1-oz. Heath Bars (Dajm Bars in Norway) and put in reserved crumbly mixture and sprinkle on top of cake. Bake at 350 degree F. for 30 minutes. HINT! Chill Heath bars before crumbling them. Just leave bars in wrapper and hit them with a large spoon. That's the easiest way to break them into small pieces. The smaller the bits of candy bar, the better they melt in the oven.

Kathy Mitchell

### CHRISTMAS WINE CAKE

6 oz. sultanas  
6 oz. raisins  
4 oz. currants  
3 oz. glace cherries  
3 oz. mixed peel  
5 oz. sherry  
6 oz. butter

4 standard eggs  
4 oz. self-raising flour  
4 oz. plain flour  
pinch salt  
1/2 t. mixed spice  
1 oz. ground almonds  
6 oz. soft brown sugar

About one week before making the cake, mix together fruit, cherries and peel and soak in the sherry. Leave to soak stirring frequently. Line an 8" round or 7" square cake tin with two thicknesses of greaseproof paper.

Cream butter with sugar, then beat in eggs. Fold in flours, salt, spice and ground almonds. Drain liquor off fruit and reserve. Mix fruit into batter and stir until well blended. Put into tin and bake for 1 hour at 325 degree F. Cover with foil and then bake for a further 1 1/2 hours at 300 degree F. or until firm to touch. Leave to stand in tin until nearly cold. Remove, prick well and pour over liquor from dried fruit. When completely cold, wrap in greaseproof paper and store in airtight tin for 2-4 weeks before eating.

Margaret Stickle

### APPLE CAKE

3 eggs  
1 t. baking powder  
6 oz. melted butter or margarine

1 1/2 cup all purpose flour  
1 cup sugar  
8-10 medium size apples

Peel, core and cut apples into slices. Whip egg and sugar together until stiff. Pour melted

butter into mixture. All flour and baking powder. Pour batter into spring form pan and set apples into batter. Sprinkle with sugar and cinnamon and cook for 50 minutes at 190 degree C. Serve with whipped cream.

Borghild Meling

### MARINA'S ALMOND CAKE

300 gram almonds (or hazelnuts)      2 1/2 cups sugar  
4 eggs  
1 1/2 t. baking powder      2 T. flour

Beat the eggs well with mixer, and add sugar a little at a time. Then slowly add the almonds which should be finely ground (but not powdered.) Lastly add baking powder mixed with flour. Best when baked in round spring pan. Bake at about 350 degree F. for 40-50 minutes.

Topping for Almond Cake:

5 egg yolks      115 gram sugar  
2/3 cup thin cream      1/2 cup butter or margarine  
1-2 t. vanilla

Mix eggs and sugar well, preferably in top of double boiler. Add cream. Stir steadily until this mixture has cooked about 1 minute. Take away from heat and beat in 1/2 cup of butter (or margarine.) Add 1 or 2 t. vanilla and spread immediately on cake.

Marina Laland

### ZUCCHINI CAKE

4 eggs      3 cups grated zucchini  
3 cups sugar      1 cup oil  
3 cups flour      1 cup chopped nuts  
1 1/2 t. cinnamon      1 t. soda  
2 t. baking powder      1/2 t. salt

Grate the squash through the large holes of grater. Mix squash, eggs, sugar and oil. Combine dry ingredients. Mix together and beat well. Bake 1 1/2 hours at 300 degree F. This makes a large cake and can be frozen. Bake in a lightly greased and floured tube or bundt pan. Frost with:

2 cups powdered sugar      3 oz. cream cheese  
1/4 lb. or 1/2 cup soft margarine      1 t. vanilla

Mix together and beat well.

Joy Renollet

### VANILLA WAFER CAKE

3/4 cup margarine      1 1/2 cups sugar  
6 eggs      3 cups vanilla wafer crumbs  
1/2 cup milk      (12 oz. pkg.)  
1 1/2 cup flaked coconut      1 cup chopped pecans

Cream margarine, gradually add sugar, beat until fluffy, add eggs one at a time, beat well after each. Fold in crumbs and milk. Stir in pecans and coconut. Spoon into a 9" tube pan which has been greased, floured. Evenly spread batter in pan. Bake at 350 degree F. for 1 hour and 10 minutes. Cool in pan 15 minutes. Remove cake to rack. Frost

letting some of the frosting run down sides of cake. If desired sprinkle pecans or toasted coconut around edge.

#### Creamy Sugar Frosting:

2/3 cup light cream      1/4 cup margarine  
2/3 cup sugar

Combine ingredients, boil 3 minutes, cool and beat 5 to 10 minutes.

Betty Haston

#### CRANBERRY CAKE

2 1/4 cups flour	grated peel of 2 oranges
1/4 t. salt	3/4 cup cooking oil
1 t. soda	1 cup nuts
1 cup sugar	1 cup cranberries
1 t. baking powder	2 eggs - well beaten
1 cup candied dates	1 cup buttermilk

Sift all dry ingredients together in bowl. Stir in nuts, dates, cranberries, orange peel. In another bowl, combine eggs, buttermilk and cooking oil. Stir this into flour mixture until well mixed. Bake in 9"x 13" pan at 250 degree F. for 1 hour.

#### Icing:

1 cup orange juice      1 cup sugar

Mix together and pour over cake while cake is warm.

Doris Hutson

#### FASCINATING WOMAN TREASURE CAKE

1 cup butter	dash of salt
1 cup sugar	2 cups cake flour
2 eggs	1 t. baking powder
2 t. vanilla	1 t. soda
1 cup sour cream	

Cream butter, sugar, vanilla, eggs and salt. Sift together flour, baking powder and soda. Add half flour mixture and half of the sour cream to butter mixture. Beat one minute. Add rest of both and beat another minute. Grease and flour 9"x12"x2" pan and spread half of cake batter in pan. Mix icing mixture and sprinkle half on batter. Then carefully pour and spread remaining cake batter on top of this. Then sprinkle remaining icing mixture on top. Bake in 350 degree F. oven for 35-38 min.

Icing: 1/2 cup brown sugar      1 cup chopped pecans  
1/4 cup white sugar      or walnuts  
1 t. cinnamon

Just mix and use.

Kathy Haley

#### LEMON CAKE PUDDING

4 eggs separated	1/4 t. salt
3 T. softened butter	1/3 cup lemon juice
1 cup sugar	2 T. grated lemon rind
3 T. all purpose flour	1 cup milk

In small mixer bowl beat egg whites until stiff peaks form. Set aside. With same beaters cream butter in large mixer bowl. Add sugar gradually. Whip until fluffy. Beat in egg yolks. Stir in flour, lemon juice, lemon rind and salt. Blend in

milk. Carefully fold in beaten egg whites. Pour into a 9"x 9" loaf pan. Set in pan of hot water, bake in 325 degree F. oven for 40 minutes. Increase heat to 350 degree F. and bake 10 minutes longer. Serve warm or chilled.

Optional Topping: Whip 1 cup cream and season with 1 T. Grand Marnier. Top the pudding with the whipped cream. Serves 6 to 8

Joyce Goering

### ENGLISH GINGERBREAD

1 cup dark corn syrup or molasses, or if possible	1/4 cup sugar
3/4 cup treacle and 1/4 cup golden syrup	1/2 t. salt
2 t. mixed spice	1 t. soda
1/2 cup butter	5/8 cup milk
2 eggs	2 cups flour
	3 t. ginger

Warm butter and syrup together in the oven in a pan until butter is just melted. Add milk and slightly beaten eggs and mix well. Add to dry ingredients mixed together in a large bowl and stir well. Turn into a buttered 8" or 9" square cake tin. Bake at 300 degree F. for one hour or until it tests done.

Ruth Loper

### COFFEE BUNDT CAKE

1 pkg. yellow cake mix	1 pkg. instant vanilla pudding
3/4 cup vegetable oil	4 eggs
3/4 cup water	1 t. butter extract
1 t. vanilla	1/4 cup chopped pecans
1/4 cup sugar	1/2 cup butter
2 t. cinnamon	
1/3 cup chopped pecans	

Heat oven to 350 degree F. Combine cake mix, pudding, vegetable oil and water. Add eggs one at a time then beat 6 minutes. Add vanilla and butter extract. Mix separately sugar, cinnamon and 1/4 cup pecans and set aside. Use bundt pan which has been buttered with 1/2 cup butter and sprinkled with 1/3 cup pecans. Pour in pan alternately batter, then cinnamon mixture, beginning and ending with batter. Bake 40 to 60 minutes. Set on rack to cool 8 minutes. Remove from pan and pour glaze mixture over hot cake.

Glaze:

1 cup powdered sugar	3T. milk
1/2 t. vanilla	1/2 t. butter extract

Dolly Miller

### CHOCOLATE BROWNIE CAKE

1 cup margarine	4 T. cocoa
1 cup water	2 cups sugar
2 cups sifted flour	1 t. soda
2 eggs	1/2 cup sour cream

Bring margarine, cocoa and water to a boil. Add sugar, flour and soda (mixed) to this. Put eggs on top of flour (not into hot mixture) and mix well.

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Add sour cream. Bake in pan approximately 10" x 12" at 350 degree F. for 30 minutes. (Careful not to burn it.) Cool and ice.

Frosting:

1/2 cup margarine	4 T. cocoa
6 T. milk	1 t. vanilla
1 lb. powdered sugar	chopped nuts

Bring margarine, cocoa and milk to boil - add vanilla, sugar and nuts. Mix well. (Really yummy for chocolate lovers.)

Jean Slone

#### COKE CAKE

1 cup coco-cola	2 eggs
1/2 cup buttermilk	2 cups flour
1 t. soda	2 cups sugar
1/2 cup shortening	1 1/2 cups miniature marshmallows
3 T. cocoa	
1/2 cup butter	

Mix sugar, flour and marshmallows. Bring coke, cocoa, shortening and butter to a boil; then add to dry ingredients. Mix and add buttermilk, soda and beaten eggs. Put in jelly roll pan or 13"x 9"x 2" pan, greased. Bake at 350 degree F. for 45 minutes. Ice while hot.

Icing:

1/2 cup butter	3 T. cocoa
6 T. coke	1 lb. box powdered sugar
1 cup nuts	

Boil the butter, cocoa and coke. Add slowly the

sugar and nuts. Beat and pour over cake.

Wanda Adams

#### BANANA SPLIT CAKE

2 cups graham cracker crumbs	6 T. soft butter
2 egg whites	2 cups + 6 T. powdered sugar
1/2 cup margarine	3-4 bananas, sliced
No. 2 can crushed pineapple	whipping cream
	nuts and maraschino cherries

Mix together the cracker crumbs, butter and 6 T. of powdered sugar and press into bottom of pan. Beat the egg whites, 2 cups of powdered sugar and margarine in a mixer for exactly 10 minutes. Spread on crumb mixture. Slice bananas and place on mixture. Cover bananas with crushed pineapple and then the whipping cream. Garnish with crushed nuts and maraschino cherries.

Lynda Walp

#### MOCHA OATMEAL CAKE

2 T. instant coffee powder	1 1/2 cup boiling water
1 cup quick oatmeal (uncooked)	3/4 cup butter
1 1/2 t. vanilla	1 cup granulated sugar
2 cups flour	2 eggs
3/4 t. salt	1 cup packed brown sugar
	1 1/4 t. soda
	3 T. cocoa

Combine coffee powder and boiling water, pour over oatmeal, stir to combine, let stand 20 minutes. Beat butter until creamy, gradually add sugars, beat until fluffy. Beat in eggs one at a time. Add vanilla. Add oatmeal mixture, mix well. Sift together all dry ingredients and add to creamed

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mixture. Blend well. Bake in bundt pan at 180 degree C. for 50-55 minutes. Cool in pan 10 minutes before removing. Frost

Frosting Mocha:

1 1/2 T. butter	1 cup powdered sugar
1/2 t. vanilla	salt
1 1/2 T. brewed coffee	

Beat butter until creamy, add remaining ingredients, beat until smooth. Drizzle over cake.

Mary Lou Riff

#### CHOCOLATE UPSIDE DOWN CAKE

1 cup flour	2 t. baking powder
3/4 cups sugar	1/4 t. salt
2 T. cocoa	

Mix thoroughly. Add:

2 T. melted butter	1/2 cup nuts
1 t. vanilla	1/2 cup milk

Pour in greased and floured pan.

Part II

1/2 cup white sugar	1/2 cup brown sugar
2 T. cocoa	

Mix thoroughly and sprinkle over batter. Pour 1 cup cold water over the top. Bake 20-35 minutes in moderate oven. Leave in pan until ready to serve.

Clara Frazier

#### SOCK-IT-TO-ME CAKE

1 pkg. cake mix, yellow or white	1/2 cup sugar
1/2 pt. sour cream	3/4 cup cooking oil
	4 eggs

Mix the above ingredients, pour half the mixture into a greased and floured bundt cake pan. Mix

1 T. cinnamon	4 T. brown sugar
1/2 cup nuts	

Sprinkle over mixture in pan, add rest of batter. Bake at 350 degree F. for one hour until cake pulls away from the side of the pan.

Paula Berg

#### COFFEE CAKE

Mix the following and pour into a 13"x 8" greased pan.

2 T. shortening	1 cup sugar
pinch salt	1 egg
1 cup milk	1 t. vanilla
2 cups flour	2 t. baking powder

Topping:

1/2 cup sugar	1 t. cinnamon
1/2 cup melted butter	

Take half cup sugar, mix with cinnamon. Pour half of this mixture on top of cake before putting in oven. When crust forms (10 to 15 minutes) pour over half cup melted butter and sprinkle with remaining sugar mixture and return to oven until done.

Pat Yelverton

### JEWISH COFFEE CAKE

3 cups sifted flour	2 eggs
1/4 t. salt	1 t. vanilla
2 t. baking powder	1 14 1/2 oz. can evaporated milk
1 cup butter or margarine	1 4 oz. bottle Marachino cherries, chopped
2 cups sugar	
1 cup chopped nuts	

Sift flour, salt and baking powder together. Cream butter and sugar. Beat in eggs one at a time. Add vanilla. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Stir in cherries and nuts. Pour into a greased 10" tube pan and bake in a preheated oven at 350 degree F. for 55 minutes.

### MOM's CANADIAN CAKE

2 cups flour	2 t. cinnamon
2 t. soda	1/2 t. salt
1 cup brown sugar	1 cup raisins
1/2 cup soft margarine	1 cup walnuts
1 20 oz. can apple pie filling or thick apple sauce	2 well beaten eggs

Mix together the flour, soda, cinnamon and salt and then add the remaining ingredients and mix well. Put in pan. Sprinkle with brown sugar and cinnamon. Bake for 50 minutes at 350-375 degree F.

Marina Laland

### FANCY CARROT CAKE

4 eggs, beaten	2 cups sugar
1 1/2 cups corn oil	2 cups flour
2t cinnamon	2t soda
1t salt	3 cups finely grated carrots

Mix the ingredients and pour into three round cake pans. Bake at 350°F for one hour. After the cake has cooled (about 1 hour) split each layer - making six layers.

#### Frosting:

8 oz. cream cheese
1 lb. box sifted powdered sugar
1/2 cup butter
1t vanilla
1 8-oz can crushed pineapple (drained)

Make up frosting ahead of time and refrigerate. Soften the cream cheese and butter for several hours and mix together. Add the sugar, vanilla and thoroughly drained pineapple. Frost between layers, leaving 1" around the edge - frosting will run. Frost the top layer to the edge. Cover with nuts and decorate with cherries.

### EQUIVALENT PAN SIZES

Square	8" x 8" x 2"
Round	9" across x 3"
Loaf	9" x 5" x 3"
Tube	9" x 3 1/2"

### CARROT CAKE

1 1/2 cups cooking oil      2 cups flour  
2 cups sugar                2 t. soda  
3 cups grated carrots      2 t. cinnamon  
4 eggs                        1 t. salt

Cream sugar and oil. Add carrots, then eggs one at a time. Beat well. Sift dry ingredients, then add to mix, beat again. Pour in floured cake pan (10 x 12 size). Bake at 300 degree F. for 1 or 1 1/2 hours.

Laura Cormier

### KRUMKAKE

100 gr. butter  
100 gr sugar  
2 eggs  
6 T. water, flour til thick batter

Beat butter and sugar, add eggs, water and flour. Put about a teaspoon full of batter in Krumkake iron; cook on both sides, about 1 1/2 minute on each side. As soon as cookie comes out of iron, roll quickly on pin, let cool. (If cookie is too lacy add more flour, if too thick add more water.) Iron should be hot before starting; use small burner at 475 degree .

(Iron and pin can be bought at most kitchen appliance stores.)

Trudy Rothbauer



### FOOLPROOF PIE CRUST

4-4½ cups flour, sifted	1 T. vinegar
1-¾ cups shortening	1 egg
1 T. sugar	½ cup water (use ¼ c.,
2 t. salt	then add other ¼ if
	needed)

Mix the flour, shortening, sugar and salt with fork. In separate bowl, mix vinegar, egg and water. Combine with flour mixture until moistened, then shape in 4 equal balls. Chill one hour. Dough may be left in fridge 3 days or frozen. Makes 4 - 9" pies.

Hope you enjoy this recipe as much as I have!

Jean Stone

### PIE CRUST

1 lb. lard (2 cups)	½ t. baking powder
from the butcher	1 t. salt
5 cups flour	3 T. brown sugar

Mix with pastry blender, then add: 1 beaten egg in measuring cup with 1 t. vinegar and filled to 1 cup level with cold water. Makes 3-4 pies.

Jane Stady

### PAVLOVA ( Meringue Pie Shell )

4 egg whites	4 t. vinegar
¼ t. salt	½ t. vanilla essence
1 cup (8 oz.) caster	½ pint double cream
sugar (superfine)	fresh or canned fruit
4 t. cornflour (cornstarch)	

Set oven at 200-250<sup>o</sup>F. Beat egg whites until stiff with salt. Add sugar a T. at a time, whisking until very stiff, then beat in cornflour, vinegar and vanilla. Butter a shallow ovenproof dish, fill with meringue mixture. Bake for 1 1/4 hour, when cool fill with sweetened cream, add fresh fruit (or canned).

Madeleine Harding

### GRASSHOPPER PIE

17 Oreo cookies, crushed  
3 T. melted butter, mix and line pie pan; in double boiler melt 24 regular marshmallows, 3/4 cup milk. Cool and stir occasionally.

Mix together: 2 oz. creme de menthe, green, 1 oz. creme de menthe, white, and 1/2 pint whipped cream.

Pour this in crust and freeze. Remove just prior to serving.

Pat Yelverton

### RITZ CRACKER PIE

20 Ritz crackers  
1/2 cup chopped pecans  
1 t. baking powder

3 Egg whites  
1 cup sugar

Crush Ritz crackers and mix with chopped pecans & baking powder. Beat egg whites with 1 cup sugar until stiff. Fold egg whites into cracker mixture. Pour into a greased pie plate & bake in a 350<sup>o</sup> F oven for 30 min. Do not overbake. Serves 8.

Delicious with whipped cream.

### CAJUN SWEET DOUGH PIE CRUST

3 eggs  
2 cups sugar  
1 1/2 bars butter or 1 heaping mixing spoon high grade shortening  
1 cup milk

2 t. vanilla extract  
8 t. baking powder  
7 1/2 cups flour or more if needed

Cream sugar and shortening together. Add eggs, 1 at the time and continue to beat until creamy. Add milk and vanilla and blend into batter. Sift flour and baking powder into mixture and mix well. Roll out on floured surface. Line pie pan with crust. Fill with fruit or custard. Add crust strippings to top. Bake at 350<sup>o</sup> F until brown. Makes 6 pies-8 inch.

Laura Cormier

### MYSTERY PECAN PIE

9" unbaked crust  
1 8 oz. cream cheese  
1/3 cup sugar  
1/4 t. salt

1 t. vanilla  
1 egg  
1 1/4 cup pecans, chopped

Combine all ingredients but pecans. Blend well at medium speed. Spread on unbaked crust. Sprinkle with pecans. Then blend at medium speed:

3 eggs  
1/4 cup sugar

1 cup white syrup  
1 t. vanilla

Gently pour mixed topping over pecans. Bake at 375 degree for 35-40 minutes.

Beulah Vick

### COCOA CREAM PIE

1 9 inch baked pastry shell or crumb crust	1/4 t. salt
1/2 cup cocoa	3 cups milk
1 1/4 cup sugar	3 T. butter
1/3 cup cornstarch	1 1/2 t. vanilla

Combine cocoa, sugar, salt and cornstarch in medium sauce pan. Blend well. Gradually add 1 cup milk to dry ingredients, blending well. Add the remaining milk stirring until smooth. Cook over medium heat stirring constantly until filling boils, boil for 1 minute. Remove from heat, blend in butter and vanilla. Pour into pie crust. Carefully press plastic wrap directly over pie filling. Chill 3 to 4 hours. Garnish with whipped cream.

Nita White

### MOTHER'S PECAN PIE

Have ready an unbaked 9 inch pie shell.

Mix together:

3 slightly beaten eggs	3 T. butter or margarine
1 cup sugar	1/4 t. salt
1/2 cup white corn syrup	1 t. vanilla

Add 1 cup broken pecans. Pour mixture into pie shell and bake at 450 degree for 10 minutes, then reduce heat to 350 degree and continue baking for 30 minutes.

Gwen Greenlee

### OATMEAL PIE ( Mock Pecan )

2 Eggs	1 cup sugar
1/2 cup milk	3/4 cup white corn syrup
4 oz. melted margarine	1/2 t. vanilla
1/2 cup coconut	3/4 cup oatmeal
Pinch of salt	

Mix and pour into unbaked 9" pie shell. Bake 1 hr. at 350° F.

Doris Hutson

### FRENCH SILK CHOCOLATE PIE

1/2 cup real butter	2 eggs
3/4 cup sugar	1 t. vanilla
1 sq. unsweetened chocolate, melted & cooled	1 8" or 9" baked pastry or graham cracker crust

Cream butter and sugar. Blend in chocolate. Add vanilla. Add eggs, one at a time, beating for 4 or 5 minutes after each addition. Pour into pie shell. Chill thoroughly. If desired, pie may be topped with whipped cream, sprinkle with shaved chocolate or walnuts. Also, chocolate may be increased to 1-1/2 sqs. Makes six servings. A few pecans may be grated over crust.

Francis Manning

### HAWAIIAN PIE

1 baked pie shell	
1/2 cup sugar	
2 T. flour	1/2 or 3/4 cup coconut
1 small can crushed pineapple	2 cups whipped cream
2 bananas - sliced thin	1/4 cup chopped pecans (optional)

Combine sugar, flour, and crushed pineapple in sauce pan and cook til thick. Layer bananas, coconut, pineapple and whipped cream in baked pie shell. Garnish with chopped pecans. Chill and serve.

Cathey Cashion

### STRAWBERRY GLAZE PIE

1 cup sugar	1 T. lemon juice
3 T. cornstarch	3 cups whole or sliced strawberries
1 cup crushed strawberries	
1/2 cup water	1 baked pie shell

Combine sugar and cornstarch in saucepan. Add crushed berries and water. Cook, stirring constantly until thick. Blend in lemon juice. Cover and cool to lukewarm. Put whole or sliced berries in pie shell and pour glaze over them. Chill and serve with whipped cream.

Barbara Stevens

### LEMON CHESS PIE

4 eggs beaten	1/4 cup milk
2 cups sugar	1/4 cup lemon juice
1 T. flour	2 T. grated lemon Peel
1 T. corn meal	4 T. margarine
Pinch of salt	

Beat eggs well and add flour, sugar, corn meal and salt (mixed together). Add milk, juice, peel and melted margarine. Pour into unbaked pie crust and bake 1 hour at 350° F.

Betty Haston

### CRUMBLE TOP PEAR PIE

4 large fresh pears	1 t. cinnamon
3 T. frozen orange juice concentrate	1/2 cup sugar
Pastry for 9" pie shell	1/8 t. salt
	3/4 cup flour
	1/2 cup butter

Pare, core and slice pears in thin slices; toss with undiluted orange juice. Arrange in pie shell. Mix sugar, flour, salt, butter and cinnamon until crumbly. Sprinkle over pears. Bake at 400° F for 40 minutes or until pears are tender.

Bonnie Craig

### CHERRY PIE

Makes 4 small or 3 large.

1 can pie cherries	1/4 to 1/2 t. red
1 can crushed pineapple	coloring
9 T. flour	2 t. vanilla
2 1/2 cups sugar	6 large bananas
1/4 t. salt	2 cups pecans

Drain cherries and pineapple and add enough water to make 2 cups of juice in all. Cook juice, fruit, sugar, flour, salt and coloring until thick. Cool. Add nuts, bananas and vanilla. Pour into baked pie shell and let stand 24 hours. Top with whipped cream. Freezes well untopped.

Martha Cooper

### PINEAPPLE-COCONUT PIE

1/2 cup margarine	1 cup coconut
1 1/2 cup sugar	3 T. flour
1 cup crushed pineapple	3 eggs
	1 t. vanilla

Cream sugar and margarine, add flour and eggs. Beat well. Add pineapple (drained) and coconut. Stir. Pour into uncooked crust and cook in slow oven (250 degree F.) until thick and brown. (About 1 hr.) This pie has the consistency of a pecan pie.

Marge Boyd

### APPLE PIE

4 Apples, sliced thin	1 cup sugar
1 Cup half & half or cream	2 T. flour
	Cinnamon to taste

Slice apples real thin on slicer part of grater. Sift sugar and flour over apples in bowl. Add cream and cinnamon. Put in unbaked pie shell and add topping.

Topping: 1 cup nuts	1/2 cup flour
1/2 cup sugar	1/3 cup margarine

Melt margarine and add other ingredients. Sprinkle on top and bake at 350° F for 45 minutes.

Nita White

### HEAVENLY PUMPKIN PIE

1-1/2 cups pumpkin  
3/4 cup brown sugar  
1/2 t. salt  
1/4 t. ginger  
1/2 t. cinnamon  
1/4 t. nutmeg  
3 eggs, beat slightly, mix slowly and add 1-1/4 cup Dr. Pepper, blend in 3/4 cup light cream or evaporated milk. Fills a 9" pie crust.

Be sure to have a high fluted rim. Bake 1 hour 20 minutes at 350 degree. Be sure to have a high fluted rim.

Eddie Anderson

### TEXAS MILLIONAIRE PIE

1 9 oz. can crushed pineapple	1 cup evaporated milk, chilled
1 3 oz. pkg. lemon gelatin	2 T. lemon juice
1 8 Oz. pkg. cream cheese	1/2 cup chopped pecans
3/4 cup sugar	1 9" graham cracker crust, chilled

Drain pineapple, saving syrup. Add water to syrup to make 1 cup. Heat to boiling, remove from heat and stir in lemon gelatin until dissolved. Let stand. Put into 3 qt. mixing bowl cream cheese, sugar and pineapple. Beat with mixer at medium speed until creamy. Add pecans. Chill evaporated milk until almost frozen. Can use ice tray, but I remove top of milk can and put can in freezer. Put icy milk into chilled 1 1/2 qt. bowl. Using cold beaters, whip with mixer at high speed until fluffy. Add lemon juice and whip until stiff. Add to chilled gelatin mixture and mix at low speed. Chill about 15 minutes or until mixture is firm enough to mound. Put into crust and chill until firm, 2 or 3 hours, but preferably overnight.

Gwen Greenlee

### IMPOSSIBLE PIE

Mix in blender:

4 eggs	2 t. vanilla
1 cup sugar	1 cup coconut
1/2 cup margarine	1/2 cup flour
	2 cups milk

Blend well and pour into well-greased 10" pie pan. Bake until golden brown at 350 degree (about 45 min.) This pie makes its own crust.

Gloria Jones

### FRESH STRAWBERRY PIE

Bake 9 " pie crust.

1 quart strawberries - wash and hull.

Sauce:

1 cup boiling water	3 T. cornstarch
1 cup sugar	red food coloring
3 T. strawberry jello	

Combine the above ingredients in saucepan and bring to full rolling boil. Remove from heat and cool. Fold berries in sauce, then pour in pie shell. Refrigerate before serving. Serve with whipped topping.

Lou Tibbets

### TEXAS CHERRY PIE

1 can sour cherries, drained	juice of 2 lemons (1/2 cup) 1/2 cup chopped nuts
1 15 oz. can sweetened condensed milk	butterscotch nut cookies (refrigerator roll)
1/2 pt. whipping cream unwhipped	

Slice cookies and bake in pie pan at 350 degree for 8 minutes for crust. Mix thoroughly the cherries, milk, cream, juice and nuts. Fill shell. Chill.

Wanda Earles

### TOTAL MAGIC CHOCOLATE PIE

Here's a chocolate pie that's sure to become a family favorite. Makes an 8-inch pie.

1 baked 8" pastry pie shell, cooled  
1-1/3 cup (15 oz can) sweetened condensed milk  
2 squares (2 oz) unsweetened chocolate  
1/4 t. salt  
1/2 cup hot water  
1/2 t. vanilla  
1/2 cup heavy cream, whipped

In top of double boiler put sweetened condensed milk, chocolate and salt. Heat over rapidly boiling water, stirring constantly, until mixture is very thick. Gradually stir in water, keeping mixture smooth. Continue cooking, stirring often, until mixture thickens. Remove from heat. Stir in vanilla. Pour into pie shell. Cool at room temperature about 1/2 hour. Refrigerate at least 3 hours. Just before serving garnish with whipped cream.

Kathy Haley

### MILE HIGH STRAWBERRY PIE

1 - 10 oz. pkg. frozen strawberries	2 egg whites
1 cup sugar	1 T. lemon juice
1/8 t. salt	1 cup whipping cream
	1 t. vanilla

Place defrosted strawberries, sugar, egg whites, lemon juice, cream and vanilla in large mixer bowl, beat at medium speed for 15 minutes or until mixture holds its shape. Pile lightly in shell. Freeze several hours or overnight.

Martha Cooper

### OZARK PIE

2 eggs, beaten	1 t. baking powder
1 cup sugar	1 cup chopped pecans
1/2 cup flour	1 cup chopped apples
pinch salt	1/2 t. lemon juice (optional)
1/4 T. mace or cinnamon	

Beat eggs, add sugar and beat well. Add rest of ingredients and pour into 8" buttered pan. (Sift flour and spice, salt and baking powder.) Bake 25 minutes at 350 degree. If too brown cover with foil last 5 minutes.

Bonnie Craig

### CRUNCHY NUT MINCE PIE

1 unbaked pie shell  
2 2/3 cup (28 oz.) prepared mincemeat

Topping: 1/2 cup margarine, softened  
1 cup flour  
1/3 cup shredded coconut  
1/2 cup brown sugar  
1/2 cup chopped pecans

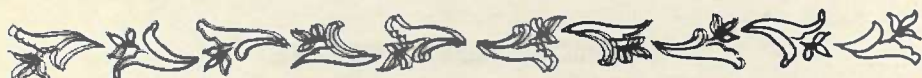
Spoon mincemeat into pie shell. For topping, cut margarine into flour with pastry blender until mixture is crumbly. Add coconut, sugar and pecans; toss together. Sprinkle evenly over top of mincemeat. Bake at 400 degree F (205 C) until crust is golden brown (about 20-25 minutes).

Carolyn Couch

### QUICK PEACH COBLER

1/2 cup milk	2t baking powder
1/2 cup flour	1T butter
1/4 salt	1 qt. sweetened fruit
1/2 cup sugar	1T flour

Put in saucepan and cook until thickened: 1T flour, 1T butter, drained peaches and half of the juice. Mix dry ingredients. Add milk and pour into greased baking dish. Add hot fruit last. Bake in moderate oven until golden brown, 30-35 minutes.



### CHERRY BREEZE

1 cup corn flake crumbs	1/2 cup lemon juice
1/3 cup melted butter	1 t. vanilla
1 8 oz. (225 gr) softened cream cheese	1 can (1 lb. 5 oz.) Chilled Cherry Pie Filling
1 Can sweetened condensed milk	

Mix corn flake crumbs and butter thoroughly in 9" pie pan. Press firmly and evenly over bottom and sides of pan. Chill. Beat cream cheese until light and fluffy. Add condensed milk. Blend thoroughly. Stir in lemon juice and vanilla. Turn into crust. Refrigerate 2 - 3 hours or until firm. DO NOT FREEZE. Top with chilled cherry pie filling.

Sherry Wally

### YUMMY CHOCOLATE ICE CREAM

1 can sweetened condensed milk	2 squares (2 oz.) unsweetened chocolate
2/3 cup water	1t vanilla extract
2 cups light cream	

Put condensed milk and chocolate in top of double boiler. Cook over rapidly boiling water, stirring often, until thick (about 10 minutes). Slowly add water, mixing well. Chill. Stir in vanilla. Whip cream and fold into mixture. Freeze.

Kathy Haley

### RASPBERRY FROST

1 lb. raspberries (frozen will do)	3t lemon juice
3 oz. caster sugar	2 egg whites
grated rind of 1 lemon	1/2 pt. double cream

Sieve fruit free of seeds and put puree into an ice tray. Add lemon juice, stir and freeze almost solid. Just before serving, whisk egg whites until stiff, gradually add the sugar, beating each addition until the mixture is thick, shiny and standing in peaks. Whip the cream lightly with the lemon rind until it holds its shape. Fold into the meringue mixture. Finely crush the frozen puree, using the point of a spoon, and fold through the cream. Divide between 8 small stemmed glasses and serve at once. Serves 8

N.B. Do not blend completely. Chips of frozen raspberry should be dispersed throughout the creamy mixture.

Lydia Spinks



### STRAWBERRY DESSERT

- 1 baked angel food cake
- 2 pints vanilla ice-cream
- 2 cups boiling water
- 2 pkg. regular-size strawberry jello
- 1 12-oz. pkg. frozen strawberries, thawed

Break angel food cake into small bite-size pieces. Dissolve jello in boiling water and while still hot add the ice-cream. Stir until completely melted. Add the strawberries, pour over cake pieces and smooth out. Refrigerate until ready to serve.

Wanda Earles

### EASY NO STIR SHERBET

- |                                      |                     |
|--------------------------------------|---------------------|
| ½ cup (3-oz.) gelatin,<br>any flavor | 1 cup boiling water |
| juice of 2 lemons                    | 1 cup sugar         |
|                                      | 3 cups milk         |

Mix sugar and gelatin with the boiling water. Add lemon juice, then add milk. Turn into refrigerator tray and freeze. Serves 6  
There is no need to turn your refrigerator to highest point. Any kind of gelatin is good, but orange and lime are best.

Kathy Haley

### RASPBERRY SHERBET

- 1 pkg. frozen raspberries, without sugar
- 1 cup sugar
- 1 cup buttermilk

Place buttermilk, sugar and frozen raspberries (about 1½ cups) in blender. Half a cup of frozen strawberries may also be added. Blend until completely mixed. Put in refrigerator tray and freeze. Take out of freezer 10 minutes before serving.

Nancy Soule

### BANANA POPS

Peel bananas and cut in half crosswise. Insert popsicle sticks into cut end. Freeze. Melt equal parts of semi-sweet chocolate or sweet chocolate or butterscotch bits with peanut butter. After bananas are hard coat with chocolate-peanut butter mixture. Return to freeze. Makes great after school treats.

Patsy Thyssen

### PINEAPPLE ICE BOX CAKE

- |                                  |  |
|----------------------------------|--|
| 1 lb. vanilla wafers<br>(rolled) | 2 cups powdered sugar                    |
| 3 eggs                           | 1/2 cup butter                           |
| 1 pt. cream                      | pinch of salt                            |
| 1 t. vanilla                     | No. 2 can crushed pineapple<br>(drained) |

Butter a 9"x 12" pan. Spread half the wafer crumbs in bottom of pan. Cream together the butter, sugar, eggs and salt and spread this mixture on top of wafers. Sprinkle with wafer crumbs. Beat the cream and add the drained pineapple and vanilla, and pour this mixture on top of wafer crumbs. Sprinkle with remainder of wafer crumbs. Chill in ice box until solid (usually overnight). This is great for a shower or a group meeting.

Suzanne Schoenthaler



### BAKED CHOCOLATE PUDDING

1 cup flour	1½T cocoa
¾ cup sugar	½t salt
2t baking powder	½ cup milk
3T butter, melted	1t vanilla
½ cup brown sugar	½ cup white sugar
3T cocoa	1 cup water

Sift together the flour, sugar, cocoa, baking powder and salt. Add the milk, butter and vanilla and mix together. Pour into a greased 8" x 8" baking dish. Combine the brown sugar, the ½ cup of white sugar, the 3T cocoa and the 1 cup of water and pour over batter. Bake in 350°F oven for 40 to 60 minutes or until done. Serve with whipping cream.

Lorene Garwood

### CHRISTMAS PUDDING

(Makes 1 large round or 2 ordinary puddings:)

¾ lb. currants  
¾ lb. sultanas  
¾ lb. seedless raisins  
3 oz. mixed chopped peel  
9 oz. shredded suet  
4½ oz. self-raising flour  
1½ level t. mixed spice  
1½ level t. grated nutmeg  
¾ lb. soft brown sugar  
¾ lb. fresh brown breadcrumbs  
grated rind and juice of 1 lemon  
3 oz. golden syrup  
4 eggs  
4 fl. oz. rum or brandy.

Little milk.

Mix together all dry ingredients in a large bowl. Stir in lemon rind and strained juice, syrup, beaten eggs, rum or brandy. Mix thoroughly, adding a little milk to make a moist mixture.

Thoroughly grease two 2-pint roundbased pudding basins. Place a circle of greased greaseproof paper in base of each. Divide mixture between the two basins and smooth the tops.

Cover each with a double layer of greased aluminum foil with a fold in centre to allow pudding to rise, and tie under rim with string. Leave to stand in a cool place for a few hours (or overnight). Steam in top of steamer for at least six hours. Cover puddings with fresh pieces of foil and store in a cool, dry place.

To re-heat: Just re-steam for 2-3 hours. Heat 2-3 tablespoons rum or brandy and pour over pudding. Ignite and serve with a special butter or sauce.

Madeleine Harding

### BRANDY BUTTER

4 oz. unsalted butter  
4 oz. caster sugar  
1 T. brandy.

Cream butter and sugar together until light and fluffy. Beat in the brandy, a teaspoonful at a time. Spoon into a serving dish and leave in refrigerator until ready to serve.

Madeleine Harding

### WHIPPED CREAM WITH VARIATIONS

To 1 cup of heavy cream, add 2 to 4 tablespoons confectioner's sugar and beat until stiff. Serve on fruit or berries, fruit gelatin, pie, tarts, fruit dumplings, chocolate cake, pudding, souffle, gingerbread or steamed pudding. Makes 2 cups.

**MOCHA** Add to unbeaten cream 1/4 cup confectioner's sugar, 3 T. unsweetened cocoa powder, 1 t. Instant-coffee granules and 1/2 t. vanilla. Beat until stiff.

**STRAWBERRY** Add to unbeaten cream a drop of red food coloring and 2 T. strawberry jam. Beat until stiff.

**PEPPERMINT** Add to unbeaten cream 2 T. confectioner's sugar, a drop of green food coloring and 1/4 t. peppermint extract. Beat until stiff.

**GRAND MARNIER** Add to unbeaten cream 1 to 2 T. confectioner's sugar and 2 T. orange liqueur. Beat until stiff.

### SUGAR COOKIES

2-1/4 cups sifted flour  
1/4 t. salt  
2 t. baking powder  
1/2 cup shortening  
1 cup sugar  
2 eggs, beaten  
1/2 t. vanilla  
1 T. milk

#### Icing:

1 egg white, frothy  
1 cup powered sugar  
1 t. soft butter

Mix flour, salt and baking powder. Cream shortening, sugar and add eggs and vanilla. Add this to sifted ingredients. Then add milk. Roll and cut; sprinkle with sugar or icing, and bake at 375° F for 12 minutes until LIGHT brown. Makes approximately 2-1/2 dozen.

Icing: Whip egg until it's frothy, add powered sugar gradually, then stir in soft butter. Cover bowl with damp cloth while icing.

"This has to be the world's best sugar cookie recipe, and kids love to help make them"

Jean Slone

### LUMBERJACKS

1½ cup granulated sugar	1 t. baking soda
1 cup shortening	1 t. baking powder
3 eggs beaten	1 t. vanilla or lemon extract
1 cup sour cream or milk	
3½ cup flour	pinch of salt if desired

Refrigerate. Roll thick. Bake in hot oven, 400°F.

Jeannette Schneider

## VANILLA & CHOCOLATE COOKIES

Makes 15

10 oz. plain flour (sieved)	3 oz. plain chocolate
2 oz. ground almonds	(melted)
Pinch salt	Milk
6 oz. butter or margarine	

Mix flour, almonds and salt. Rub in butter. Add chocolate to half, mix both to a soft dough with milk and water. Chill both doughs for 1 hour. Knead one dough at a time on a floured board. Roll out separately to an oblong 1/4" thickness. Place the oblong of chocolate dough on top of white dough and trim edges so that they are both same size. Starting at long side carefully roll both doughs to form a long sausage. Chill for 1/2 hour (this makes it easier to cut). Cut into 1/2" thick slices. Place on a greased baking sheet and bake at 375° for 20 - 25 min. until firm.

The uncooked dough can be frozen and will keep for 6 months.

### »JUST COOKIES»

1 cup brown sugar	1/2 t. salt
1 cup granulated sugar	1 t. vanilla
1 cup shortening or use	2 eggs
1/2 margarine	1 cup each coconut, quick
2 cup flour	oats, raisins (or dates)
1/2 t. baking powder	and chopped pecans
1 t. baking soda	2 cup rice krispies

Bake at 375 degree for about 12 minutes.

Jeannette Schenider

## CHOCOLATE CHIP COOKIES

2/3 cup shortening	1 t. soda
1/3 Crisco	1 t. salt
1/3 butter	2 t. vanilla
1 cup sugar	1 cup chopped nuts
1/2 cup brown sugar (packed)	
2 eggs	1 6 oz. pkg. chocolate
2 1/4 cup flour	chips

Cream shortening. Add sugars, cream. Beat eggs and add to mixture. Mix dry ingredients and sift into mixture. Stir well. Add vanilla, nuts and chocolate chips. Mix well. Refrigerate for one hour. Dough should be fairly stiff. Make into balls (about size of walnut). Bake at 350 degree for 10-12 minutes.

Gail Bronson

## FLUFFY CHOCOLATE CHIP COOKIES

2/3 cup shortening	2 t. vanilla
2/3 cup butter or soft	3-1/2 cups flour
margarine	1 t. baking powder
1 cup sugar	1 t. salt
1 cup brown sugar (packed)	2 - 6 oz. pkg. semi-
2 eggs	sweet chocolate chips

Heat oven to 375° F. Mix shortening, butter, sugars, eggs and vanilla thoroughly. Blend in remaining ingredients. Drop dough by rounded teaspoons, 2 inches apart on ungreased baking sheet. Bake 8-10 minutes or until light brown. Cool. Makes about 6 dozen.

Sherry Wally

## CAKE MIX COOKIES

### Chocolate Chip

Mix together 1 package white cake mix, 1/2 cup oil, 2 T. water, 2 eggs. Stir in 1 cup chocolate chips and 1/2 cup nuts. Drop by teaspoon on cookie sheet. Bake at 350° F for 10 min. (till pale) Makes 4 doz.

### Peanut Cookies

Use 1 cup peanut butter, yellow cake mix and 1 egg.

### Coconut Cookies

Use Swiss chocolate cake mix, 1/4 cup water, 1 egg, 1 t. almond extract and 1 cup coconut.

Paula Berg

## COOKIE DOUGH

1-1/2 cup soft shortening or margarine	3 t. vanilla
3 cups sugar	7-1/2 cups sifted flour
6 eggs	1-1/2 t. salt
6 T. cream	1 t. soda

Mix well shortening, sugar and egg. Stir in cream and vanilla. Sift together and stir indry ingredients. Dough may be tinted with food coloring if desired. Chill dough 4 to 5 hrs. or overnight. Heat oven to 400° F. Roll out dough a little at a time (keeping rest chilled) to 1/2" thickness on a well floured board. Cut out cookies. Bake 6 to 8 minutes.

Martha Cooper

## KATHY ANN'S COOKIES

1 cup butter	1 t. baking soda
1 cup white sugar	1 t. baking powder
1 cup brown sugar	2 cups oatmeal
2 eggs	2 cups rice krispies
2 t. vanilla	1 cup coconut
1-1/2 cups flour	

Mix well. Drop by teaspoonful on a greased baking sheet. Bake at 350° F for 10 - 12 minutes or until nicely browned. These are POP cookies!

Marina Laland



## RANGER COOKIES

1 cup shortening	1 t. soda
1 cup white sugar	1/2 t. baking powder
1 cup brown sugar	1/2 t. salt
2 eggs	2 cups oatmeal
1 t. vanilla	1 cup rice krispies
2 cups flour	1 cup shredded coconut

Optional: chocolate chips, raisins and/or pecans.

Cream shortening and sugars. Add eggs and vanilla. Sift together flour, soda, baking powder and salt. Add oatmeal, rice krispies and coconut. Bake at 350° F for 8 - 10 minutes.

Joan Graham

### ESTHER'S COOKIES

1 cup sugar  
1 cup white syrup

Dissolve slowly over low heat. Add 1 cup crunchy peanut butter. Mix well. Pour over 6 cups krispies and mix well. Put in 9" x 13" buttered pan. Pat down well.

Melt: 1 pkg. butterscotch chips  
1 pkg. chocolate chips

Spread over krispie mixture. Let stand at least 3 - 4 hours before cutting. Refrigerate. May be frozen.

Jeannette Schneider

### CHEWY DATE DROPS

2 cup cut dates  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup water

Cook until thickened  
cool

4 cup flour  
1 t. baking soda  
1 t. salt

Sift together

1 cup margarine  
1 cup white sugar  
1 cup brown sugar

Cream well

3 unbeaten eggs  
1 t. vanilla

Blend in and beat well

Add dry ingredients gradually and mix thoroughly. Stir in 1 cup nuts, chopped, and then add date mixture. Drop by rounded t. onto a greased cookie sheet. Bake at 375 degree for 12 - 15 minutes

Jeanette Schneider

### CHOCOLATE PIXIE COOKIES

4 - 1 oz squares unsweetened chocolate, melted  
2-1/2 cups flour, sifted  
1/2 t. salt  
2 t. baking powder  
1/2 cup vegetable oil

2 cups sugar  
4 eggs  
2 t. vanilla  
1 cup powdered sugar

Melt chocolate. Combine oil, chocolate and sugar. Add eggs one at a time. Beat well after each addition. Add vanilla, then dry ingredients to chocolate mixture; blend thoroughly. Chill well several hours. Heat oven to 350°. Lightly grease cookie sheet. Roll dough into walnut-size balls and then roll in powdered sugar, coat well. Put 2" apart on cookie sheet and bake 12 min. Cool on wire rack. Store in air-tight container. Keeps for 7 days or freeze for a month.

Ann McKenney

### APPLE COOKIES

1/2 cup shortening  
1-1/3 cups brown sugar  
1 egg  
2 cups flour  
1 t. soda

1/2 t. salt  
1/2 cup milk  
1 cup nuts, chopped  
1 cup raisins  
1 cup unpared apples,  
finely chopped

Cream shortening, sugar and egg. Add half dry ingredients. Blend in milk and remaining dry ingredients. Add nuts, raisins, apples and mix. Drop on greased cookie sheet. Bake at 400° F for 10 - 12 minutes. Spread with vanilla glaze.



Vanilla Glaze: 1-1/2 cups powdered sugar  
2-1/2 t. milk  
1/8 t. salt  
1/4 t. vanilla  
1 t. butter, melted

Mix until creamy and frost cookies.

Julie White

### RAISIN SQUARES

1-1/2 cups sugar	3-1/2 cups flour
1/2 cup margarine	2 t. soda
2 eggs	1 cup raisin water
2 t. cinnamon	2 cups cooked raisins
1 t. nutmeg	

Cover raisins with water in saucepan. Boil about 10 min. Drain water off and save to use. Cream sugar and margarine, add eggs. Sift cinnamon, nutmeg, flour and soda together. Add to cream mixture alternately with raisin water. Fold in raisins. Nuts can be added if desired. Spread in 2 greased and floured pans 13 x 9 x 2. Bake at 350 F for 10 to 15 min. While still warm pour glaze over top.

Glaze: 1 cup powdered sugar  
2 T. hot water  
1/4 t. cinnamon

Delores Cramer

### EASY CHOCOLATE DROP COOKIES

1 well beaten egg  
1 cup brown or white sugar  
2 1 oz. sq. unsweetened chocolate or  
6 T. cocoa melted with  
1 T. butter  
1/2 pkg. chopped dates  
1/2 cup chopped nuts  
1 t. vanilla  
1/2 cup shortening  
1 2/3 cup flour  
1/2 t. salt  
1/2 t. soda  
1/2 cup sour milk

Beat eggs and sugar very lightly. Add vanilla and shortening melted with chocolate. Blend and add sifted dry ingredients alternately with milk. Add dates and nuts. Beat and then drop by spoonfuls on greased baking sheet. Bake at 350° F. from 10 to 20 minutes. These cookies are good if frosted just before they are thoroughly cooled.

### SNOW BALLS

Cream 1/2 cup butter and 1 cup sugar. Add 2 egg yolks. Fold in 1 cup drained crushed pineapple and 1 cup chopped nuts. Add 2 stiffly beaten egg whites. Chill at least 2 hours. Spread 1/2" thick between layers (3) of vanilla wafers. Chill 24 hours. Cover with whipped cream and coconut. Add bananas before whipped cream if desired.

Martha Cooper

### SPICED MOLASSES COOKIES

3-1/2 cups flour	1 cup shortening
1/2 t. baking powder	1 cup sugar
2 t. soda	1 cup molasses
1-1/2 t. salt	2 eggs
1/2 t. ginger	1/2 cup buttermilk
1/2 t. cinnamon	or sour cream

Sift together flour, baking powder, soda, salt, ginger and cinnamon. Cream together shortening and sugar until light and fluffy. Add molasses and eggs. Mix well. Add flour mixture to creamed mixture alternately with buttermilk. Mix until smooth. Chill dough. Roll out 1/4 inch thick on floured board. Cut with floured cookie cutter. Bake on ungreased baking sheets in 375° oven 12 to 15 min. Dough may be dropped by teaspoonfuls if desired.

This yields a slightly chewy cookie. Makes 6 doz.

Betty Haston

### REFRIGERATOR COOKIES

1-1/2 cups margarine	3 cups flour
1-1/2 cups powdered sugar	1 cup nuts
1 egg, beaten	1 t. vanilla
1/4 t. salt	

Cream butter and sugar, add egg and other ingredients. Roll in wax paper and leave in refrigerator overnight. Slice in thin slices and bake on ungreased cookie sheet at 350° for 10 minutes.

Betty Haston

### JUBILEE JUMBLES

1/2 cup soft shortening	1 cup canned milk
1 cup brown sugar	1 t. vanilla
1/2 cup granulated sugar	2-3/4 cups flour
2 eggs	1/2 t. soda
	1 t. salt

Optional: 1 cup chopped nuts - 1 cup coconut -  
1 cup chocolate chips - dates - or raisins

Mix well shortening, sugar and eggs. Stir in milk and vanilla. Sift together dry ingredients and stir in. Add optionals if desired and chill 1 hour. Bake in 375° oven about 10 minutes. Drop rounded tablespoon 2 inches apart on greased cookie sheet.

### BURNT BUTTER GLAZE

Heat 2 tablespoons butter until golden brown. Beat in until smooth 2 cups sifted powdered sugar and 1/4 cup canned milk.

Martha Cooper

### POTATO CHIP COOKIES

1/2 cup margarine	1 t. vanilla
1/2 cup butter	1 7/8 cup flour
1 cup sugar	1 cup crushed potato chips
1 large egg yolk	

Make into balls and press slightly. Bake at 350 degree F. until slightly browned.

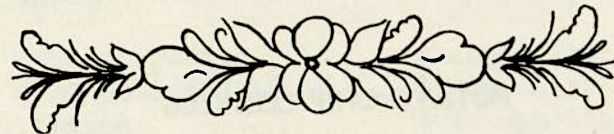
Jeannette Schneider

### TEA TIME TASSIES

Pastry -- 1 3 oz pkg. cream cheese, softened  
1 stick butter, also softened  
1 cup sifted flour

Combine all well in electric mixer. Chill at least 2 hours. Press into tea muffin tins, ungreased, using about 1 tablespoon of mixture to each tin. Should make about 2½ dozen.

Filling - 2 whole eggs  
1 cup brown sugar  
1/3 cup white karo  
2 T. butter, softened  
1 t. vanilla  
1/8 t. salt  
2/3 cup pecans, chopped



### STAIN GLASS COOKIES

Melt and cool 1/2 cup margarine and 12 oz. package chocolate chips. Fold in 1 pkg. small colored marshmallows. Shape in two rolls. Roll in coconut wrap in foil. Put in freezer. When ready to use, slice and serve.

Kathy Haley

### TEA TIME TASSIES

Pastry: 1 - 3 oz. pkg. Philadelphia Cream Cheese  
1/2 cup butter or 1 stick  
1 cup flour, sifted

Blend together cream cheese and butter. Stir in flour. Chill. Shape into 24 1" balls. Place in greased small muffin tins. Press dough in bottom and around sides (make a shell).

Filling: 3/4 cup light brown sugar (1/2 brown granulated)  
1 T. butter  
1 egg  
1 t. vanilla  
2/3 cup chopped pecans

Blend egg and sugar together. Blend in butter and vanilla. Put half of nuts in pastry shells and egg mixture. Top with remaining nuts. Bake 25 min. at 350° F.

Thelma Gilmore

### BUTTER TARTS

1/3 cup butter	1 egg, beaten (2 eggs for a large batch)
1 cup brown sugar	1 t. vanilla
2 T. milk	1/2 cup nuts
1/2 cup currants	

Mix this filling. Line pan with pie pastry and fill each well with 1 T. filling. Bake in hot oven for 10-15 minutes.

Jane Stady



### DISAPPEARING MARSHMALLOW BROWNIES

Using solid shortening, grease bottom and sides of 9" square baking pan. Melt 1/2 cup butterscotch pieces and 1/4 cup botter or margarine in a 3 qt. pan over medium heat, stirring constantly. Remove from heat, cool to lukewarm.

3/4 cup flour	1/4 t. salt
1/3 cup firmly packed brown sugar	1/2 t. vanilla
1 t. baking powder	1 egg

Lightly spoon flour into measuring cup, level off. Add ingredients to butterscotch mixture in pan. Mix well.

1 cup miniature marshmallows  
1 cup semi-sweet chocolate chips  
1/4 cup chopped nuts

Fold into butterscotch batter just until combined, about 5 strokes. Spread in greased pan. Bake 20 - 25 min. Do not over bake. Center will be jiggly but becomes firm upon cooling.  
Oven - 350° F      Yield: 12 to 18 bars.

Joanne Lane

### BROWNIES

1 cup butter or margarine (melted)	4 eggs
2 cups sugar	2 t. vanilla
4 heaping T. Cocoa	Salt to taste
1-1/2 cups flour	1/2 cup chopped pecans

Mix all ingredients. Bake at 325° F for 30 min. in 15½" x 10½" pan. Yield: 24 brownies.

Julie White

### PAT'S BROWNIES

1/2 cup butter or shortening (Crisco)  
1 cup sugar  
2 eggs  
2 1-oz. squares unsweetened chocolate, melted  
1/2 cup flour  
1t vanilla  
1/2 cup chopped walnuts

Thoroughly cream shortening and sugar. Add eggs and beat thoroughly. Blend in chocolate, vanilla and stir in flour and nuts. Pour batter into greased 8" x 8" x 2" pan. Bake in moderate oven (325° F) for 35 minutes. When the brownies are done, lightly press around the edges of the pan with the bottom of a glass to make the top level. Cool. Spread with Fudge Frosting.

#### Fudge Frosting

Combine 1 cup confectioner's sugar, 1T cocoa, 1T butter, 2T cream (evaporated milk will do). Cook until mixture boils around side of pan. Remove from heat and beat until frosting is of spreading consistency. Spread on brownies (cooled) and cut into bars at once before icing hardens. (Privilege of cook to lick icing pan!)

Pat Poundstone

### CHERRY SQUARES

1½ cups sugar  
1 cup butter or margarine  
4 eggs  
2 cups flour  
1T lemon juice  
1 can cherry pie filling  
confectioners sugar

Gradually add sugar to butter in large mixer bowl, creaming at medium speed until light and fluffy. At medium speed add eggs, one at a time, beating well after each. At low speed add flour and lemon juice. Pour batter into well-greased 15" x 10" x 1" jelly roll pan. Mark off into 20 squares (24 if you wish to serve smaller squares). Place 1 heaping table-spoon pie filling in center of each square. Bake at 350°F for 45 - 50 minutes. While warm, sift confectioners sugar over cake. Cool, cut into squares.

Pat Poundstone

### WELCOME WAFERS

¾ cup butter or margarine  
½ cup shredded cheddar cheese  
⅓ cup blue cheese  
¼ t. garlic juice  
1 t. parsley  
1 t. chives  
2 cup sifted flour

Cream butter and cheese. Mix in garlic juice, parsley, chives and flour. Shape in 1 ½ inch rolls; chill. Slice rolls; place on greased cookie sheet. Bake at 375 degrees for eight to ten minutes.

### TURKISH DELIGHT

4 cups sugar	2 T. lemon extract
¼ t. salt	½ cup chopped almonds
1-½ cups boiling water	½ cup chopped pistachios
4 T. unflavored gelatin	½ cup powdered sugar
3 T. lemon juice	

Add sugar and salt to boiling water and bring again to boiling. Boil slowly for 15 min. Pour cold water into bowl, sprinkle gelatin on top, and let soak 5 min. Add to hot syrup and stir to dissolve. Remove from heat and slowly add lemon and extract. Rinse 11" x 7" pan in cold water. Cover bottom of pan with mixed nuts. Pour in gelatin to depth of about ¾". Do not refrigerate but put in cool place about 12 hours. Dust cutting board with powdered sugar and turn contents of pan out on it. Cube the paste and roll each piece well in the powdered sugar.

### COCOA BARS

¼ cup butter or margarine	1 cup flour
1 cup sugar	2T cocoa
1t vanilla	¼t salt
2 eggs	½ cup chopped nuts
	¼ cup milk

Cream butter to soften: gradually add sugar and vanilla and cream well. Beat in eggs, one at a time. Stir in milk. Sift dry ingredients: stir in. Add nuts. Spread in a greased 9" x 9" x 2" pan. Bake at 375°F for 20 minutes, or until done. AT ONCE frost cake with cocoa frosting: blend 1½T cocoa, 1T milk, ¼t vanilla, 1½t soft butter, ⅔ cup confectioners sugar. Cool: cut into bars.

Pat Poundstone

### FORGOTTEN COOKIES

For children to make

2 egg whites                      1 cup chocolate chips  
2/3 cup sugar                      Dash salt

Preheat oven to 350 degrees. Beat egg whites and salt until foamy. Fold in sugar while beating. Beat very stiff. Fold in chocolate chips. Spoon onto foil covered cookie sheet. Place cookies into oven. Turn off oven immediately. Leave cookies overnight or at least 5 hours. Makes 4-5 dozen.

S. Schoenthaler

### CHEESE COOKIES

8 oz extra sharp Cheddar      1/2 t. red pepper or  
Cheese                              dash of Tabasco  
1/2 cup butter or                  Dash garlic powder  
margarine                          1 cup rice krispies  
1-1-1/4 cups flour                  1/4 t. salt

Grate cheese and let stand until it reaches room temperature. Cream butter with cheese and add flour and seasonings. Fold in rice krispies and drop by teaspoonful onto cookie sheet. Press down with fork. Bake at 275 - 300° F for about 20 min - crisp but not brown. Store in air-tight container.

"A Man Pleaser"

Jean Slone

### PEANUT BUTTER FUDGE

2 cups sugar                      hunk of butter  
1 cup milk

Boil until it forms a soft ball, then cool and add:

2 T. peanut butter              1 T. marshmallow cream  
1 t. vanilla

Beat and let harden.

Clara Frazier

### PRALINES

2 cups sugar  
3/4 cup evaporated milk (small can)  
2 cups pecans

Stir all together. Bring to boil and cook until soft-ball stage. Beat until thick. Drop on waxed paper.

Pat Poundstone

### POP CORN BALLS

2 cup sugar                      1/2 cup white syrup  
1/2 cup molasses                  1/2 cup water

Cook until spins very long thread. Have large dish pan full of popped salted corn. Pour syrup over and form into balls. Be careful as the syrup remains hot to touch for some time.

### JOLLY - KA - RUNCH

4 quarts of popped popcorn  
1 cup pecans                      1/2 cup clear syrup  
1 cup almonds                    1/2 t. cream of tartar  
1 1/3 cup sugar                    1/2 t. soda  
1 cup margarine  
1 t. vanilla

Mix popped corn and nuts on a cookie sheet. Combine rest of ingredients, except soda and vanilla, and cook to hardball stage. Cooking time is short about 10 minutes. Syrup is ready when a small amount makes a firm ball in cold water. Remove from heat: add soda, then vanilla. Pour over popped corn and nuts. Mix and spread to dry. Break apart and store in tightly covered container. Makes 2 pounds.

Nadyne Hefner

### PEANUT BRITTLE

2 cups sugar                      Pinch salt  
1 cup white syrup                2 cups raw peanuts  
1/2 cup water                      1 t. vanilla  
1 t. butter                         1 t. soda (level)

Boil first 3 ingredients to 270° on candy thermometer, or spins heavy thread. Add second 3 ingredients and cook to 295° on thermometer, and it turns slightly brown. Stir constantly. Remove from heat. Add vanilla and soda and stir together. Pour on 3 buttered cookie sheets, dividing syrup. As it cools, use buttered forks and stretch as thin as possible. Makes 2-1/2 pounds.

Jerry Newberry

### CHOCOLATE PUFFED RICE NUTS

2 eggs                                1/2 plate + 2 squares  
250 gram sugar                    Norwegian Delfia Fett  
3 T. cocoa                         1 small box puffed rice  
3 T. made coffee

Beat eggs and sugar. Add cocoa and coffee. Melt the Delfia fett and pour it into the mixture. Add puffed rice. Spoon it onto a grease-proof paper and leave to set. Children just love them!

Tone Williams

### FOOL PROOF FUDGE

1 small jar Marshmallow        1 cup chopped nuts  
cream                                1 t. vanilla  
2 1/2 cups granulated            1 6 oz. can evaporated  
sugar                                 milk  
1/4 lb. butter or                    1/4 t. salt  
margarine  
1 1/2 package semi-  
sweet chocolate bits

In a large heavy saucepan combine sugar, butter milk and salt. Mix thoroughly. Bring to a boil over medium heat. Continue boiling for 8 minutes stirring constantly to prevent sticking. Remove from heat and stir in marshmallow cream and chocolate chips. Add vanilla. Mix until thoroughly blended. Pour into greased 8" x 12" pan. Cool thoroughly and cut into squares. Makes 2-1/2 lbs.

Nita White





Research has shown that blood cholesterol can be lowered more successfully if, along with changes in the type of fat eaten, cholesterol rich foods are also restricted. Cholesterol is found in foods of animal origin - eggs, meat, poultry, seafood and dairy products. It is not found in foods of plant origin - fruits, vegetables, grains, and cereals or nuts. Egg yolks, shellfish (lobster, shrimp, crab, clams) and organ meats (brains, kidneys, liver) are high in cholesterol.

Margarine and solid shortenings are, basically, hardened vegetable oil, the hardening process (hydrogenation) lowers the poly-unsaturated content of the oil. However, if unhydrogenated oil is mixed with the hardened fat during the manufacturing process, the result is a product that is somewhat higher in poly-unsaturates but still not as high as the liquid oils.

Foods to avoid because they contain too much fat, the wrong kind of fat, or too much cholesterol.

- Meats: Beef, lamb or pork high in fat or "marbled"  
Bacon, salt pork, spareribs  
Frankfurters, sausages, cold cuts  
Canned meats  
Organ meats - kidney, brain, sweetbread,  
liver  
Any visible fat from meat
- Poultry and Fish: Skin of chicken or turkey  
Duck and goose  
Fish roe (including caviar)  
Fish canned in olive oil  
Shellfish (shrimp, crab, lobster, clams, etc)
- Dairy Foods: Whole milk, homogenized milk, canned  
milk  
Sweet cream, powdered cream  
Ice cream unless homemade from non fat dry

milk  
 Sour cream  
 Whole buttermilk and whole milk yogurt  
 Butter  
 Cheese made from wholemilk  
 Fats and Oils: Butter  
 Ordinary margarine  
 Ordinary solid shortenings  
 Lard  
 Salt pork  
 Chicken fat  
 Coconut oil  
 Olive oil  
 Chocolate  
 Breads and Bakery Goods: Commercially made  
 Prepared mixes (except angel food cake)  
 Desserts: Puddings, custards or ice cream unless  
 homemade with skim or non fat dry milk  
 Whip cream desserts  
 Cookies unless homemade with allowed fat or  
 oil  
 Miscellaneous: Sauces and gravies unless made with  
 allowed fat or oil from skimmed  
 stock  
 Commercially fried foods - potato chips etc.  
 Cream soups and creamed dishes  
 Frozen or pkg. dinners  
 Olives, Macadamia nuts, avocado, chocolate  
 Candies made with chocolate, butter, cream  
 or coconut  
 Coconut  
 Commercial popcorn  
 Substitutes for coffee cream

### VEGETABLE MINESTRONE SOUP

1 envelope (2½ oz.) tomato-vegetable soup mix  
 (Toro Italiensk Minestrone suppe 85 gram)  
 3 cup boiling water  
 1 medium size onion, chopped      1 t. salt  
 1 can (1 lb.) red kidney beans      1/8 t. pepper  
 1 can (16 oz.) whole kernel corn  
 1 can (8 oz.) tomato sauce      1/2 cup chopped  
 grated parmesan cheese      parsley

Stir soup mix into boiling water in large saucepan;  
 add onion, beans, corn, tomato sauce, salt and  
 pepper; cover. Bring to boiling; cook 10 minutes or  
 til onion is tender; stir in parsley, serve in mugs  
 or bowls with generous sprinkling of Parmesan  
 cheese. 6 Servings.

### CREOLE SAUCE

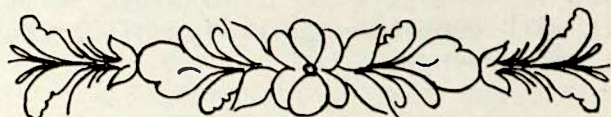
A good all-purpose sauce for meat, fish or poultry.

3T vegetable oil  
 2T chopped green pepper  
 2 cups stewed or fresh tomatoes  
 dash pepper  
 ½t basil  
 2T chopped onion  
 1/4 cup sliced mushrooms (optional)  
 ½t salt (optional)  
 few drops Tabasco sauce

Cook onion, green pepper and sliced mushrooms in oil  
 over low heat for about 5 minutes. Add tomatoes and  
 seasonings and simmer until the sauce is thick -  
 about 30 minutes.

Seafood Creole: Add cooked fish to sauce and heat thoroughly. Serve on rice or pour sauce over broiled fish or bake fish in sauce.

Spanish Chicken: Brown chicken lightly in vegetable oil. Add sauce, cover pan and cook slowly until chicken is tender, about 40 - 60 minutes. Or place raw chicken and sauce in baking dish and bake at 350°F for about 1 hour, basting occasionally. Cholesterol dieter should remove skin from chicken.



#### CHOLESTEROL-FREE EGGS

Makes equivalent of two eggs: 15 grams protein, 75 calories

3 egg whites  
2T nonfat dry milk powder (as it comes from the package)  
1t water  
few drops yellow food coloring

Blend together egg whites, nonfat dry milk powder and water with a fork. Add yellow food coloring. Scramble or use for an omelet as you would whole eggs.

#### SEI WITH OREGANO

4 portions

600 gram (18-20 oz.) fresh or frozen sei fillets	2 t. oregano powder (or to taste)
2 T. white flour	1 T. vegetable oil
2 t. salt	2/3 cup non fat milk
1/4 t. pepper	2/3 cup dry white wine

Blend flour, salt and pepper and coat fish fillets with it. Pat in oregano on both sides. Brown fish both sides in oil. Pour milk and wine over fish and simmer til fish flakes. (about 5-10 minutes.)

#### ALBACORE PILAF

2 cans albacore (or tuna in cottonseed oil)	2 t. Worcestershire
2 stalks celery in 1/4" pieces	2 scallions in 1/4" pieces
1 can (3 or 4 oz.) slices mushroom, drained	1 medium green pepper, 2" strips
3 cups cooked rice	1/4 t. each pepper and thyme
1/4 cup sliced pimientos	
1 t. salt	

Drain oil from albacore into skillet; heat. Cook scallions, celery and green pepper in hot oil til crisp tender. Add mushrooms, albacore, rice, pimientos, salt, pepper, thyme and Worcestershire sauce. Toss with fork and heat to serving temperature. Serves 4-6.

#### ALBACORE COCKTAIL

1 cup chili sauce or catsup	1/16 t. cayenne
1 T. horseradish	1/2 t. salt
2 T. lemon juice	1 can albacore or tuna in cottonseed oil

Combine chili sauce, horseradish, lemon juice, cayenne and salt. Break albacore into large pieces; divide among 4 lettuce lined cocktail dishes. Top with sauce; serve with lemon wedge.

#### EASY FISH CHOWDER

1 cup water  
1 thick lemon slice  
fresh ground pepper to taste  
1 can (16 oz) tomatoes  
1 cup leftover vegetable cooking liquid or 1 envelope of vegetable broth  
1/2 cup leftover cooked spinach, broccoli or greens chopped parsley (optional)

1 rib celery with top halved  
1 t. salt  
1/2 lb. fish fillets, 2" pieces  
tabasco sauce and Worcestershire to taste

In large saucepan bring to boil water, celery, lemon, salt and pepper; add fish, cover and simmer 5 minutes or until fish flakes. Discard celery and lemon. Add tomatoes, vegetable liquid and spinach. Cover and simmer 20 minutes. Sprinkle with parsley and adjust seasonings to taste. 6 cups.

#### TUNA CORN CHOWDER

1 T. margarine  
1/4 cup minced onion  
1 can (17 oz.) cream corn  
1 can (10 1/2 oz.) condensed cream chicken soup

1 can (7 oz.) tuna, packed in water or cottonseed oil; drained  
1 1/2 cups non fat milk  
2 T. worcestershire sauce

In large pan heat margarine. Add onion and saute 5 minutes. Add remaining ingredients. Bring to boiling point; reduce heat. cover and simmer 5 minutes. Serves 4

#### CHICKEN AMANDINE

Preheat oven to 350 degree F. Season frying chicken (2 1/2-3 lbs. cut in serving pieces) with salt, pepper and a pinch of powdered ginger. Place skin side down in baking pan and bake 45-60 minutes. Turn once during baking. Baste during cooking with pan juices or fat-free chicken stock. If necessary raise temperature to 450 degree F. last 10 minutes to brown chicken. Pour sauce over chicken before serving or serve separately. Dieter should remove skin from chicken.

Sauce: Saute 1/4 cup slivered almonds in 1/4 cup vegetable oil until lightly browned. Add 1 T. lemon juice, 1/2 t. salt and 1/2 t. minced green onion. (Sauce is also good over baked, broiled or pan fried fish.)

#### BAKED RED KIDNEY BEANS

(1/2 cup of cooked dried beans, peas etc. equals 1 oz. of meat serving giving 0 cholesterol).

1 lb. dried red kidney beans  
1/2 cup tomato juice or catsup  
1/4 cup molasses  
salt and pepper

1/2 t. dry mustard  
pinch soda  
1 T. vegetable oil

Drop or two of liquid smoke flavoring will substitute well for a bacon flavoring. Wash, sort beans and soak overnight. Rinse. Boil in salted water until tender. Add pinch of soda and boil 10 minutes. Drain and rinse. Add mustard, tomato juice, molasses, oil and pepper. Bake slowly 2 hours in moderate oven. Add juice if dry.

### GRATIN OF POTATOES & RUTABAGAS

6 T. margarine or butter	1 cup grated Parmesan
4 potatoes, peeled and thin sliced	nutmeg to taste
4 rutabagas, peeled and thin sliced	chicken stock (boullion cube and water)
salt and pepper	enough to fill dish 3/4 full

Preheat oven to 350 degree F. Butter a baking dish with 2 T. margarine or butter. Alternate layers of potatoes and rutabagas that have been washed and dried; using 2 T. of butter or margarine to dot each layer and salt and pepper. When dish is 1/2 full sprinkle with 1/2 of cheese and nutmeg. On top layer sprinkle remaining cheese and top with last 2 T. butter or margarine. Add chicken stock to dish and bake 1 hour or til vegetables are done.

### PIQUANT CARROTS

4 cup small whole carrots or large ones cut up	1 T. Tang
1 T. cornstarch	1/4 t. salt
2 T margarine	several dashes nutmeg
	chopped parsley (optional)

Cook carrots reserving liquid, add water to liquid to make 3/4 cup. In pan blend cornstarch with Tang salt and nutmeg. Stir in liquid and bring to boiling, stirring. Reduce heat and cook until mixture thickens. Add margarine and carrots and heat thru. Before serving sprinkle with parsley. Serves 6-8.

### CAULIFLOWER AND PEAS EN CASSEROLE

1 medium cauliflower separated into flowerlets	1/4 cup fine fresh bread crumbs
1 10 oz. pkg. frozen peas	3/4 cup finely chopped onion
4 T. butter	1/2 t. salt
3 T. flour	3/4 cup powdered Pream (cream substitute)
1/4 t. pepper	
1 1/2 cup boiling chicken broth	

In saucepan cook cauliflowerlets in boiling salted water til tender. Drain. Cook frozen peas. Drain. Preheat oven to 375 degree F. In large saucepan melt 3 T. of butter over low heat til frothy. Add onions; saute til golden and tender. Blend in flour, salt and pepper. Add Pream, then boiling chicken broth all at once, beating with wire whip to blend. Increase heat to moderately high; cook and stir until sauce comes to boil and thickens. Remove from heat. Add the cauliflower and peas and pour into a shallow 2 quart casserole. Melt the remaining T. of butter and toss with bread crumbs and sprinkle over vegetables. Bake 45-50 minutes til heated through and bubbly. 6 Servings.

### POTATO ONION BAKE

2 potatoes, peeled and sliced 1/8" thick(4 cups)	1/4 t. celery seed
1 large onion, sliced and separated into rings	1/4 t. garlic salt
1/4 t. seasoned salt	dash pepper
	2 T. butter or margarine

On large sheet of foil, layer 1/3 of the potato slices and onion rings. Combine seasonings; sprinkle 1/4 t. salt mixture over vegetables. Dot with some of butter or margarine. Repeat with 2 more layers. Seal foil with double fold. Bake

in 350 degree F. oven for 45 minutes til potatoes are tender, or over medium coals for 50-60 minutes. Serves 4.

### TURNIP ONION CASSEROLE

1 1/3 lb. yellow turnips(rutabaga)-5 cups  
2 cups thin sliced onion  
salt and pepper  
1 chicken boullion cube  
1/3 cup boiling water  
1 T. margarine

Heat oven to 325 degree F. Pare turnip and cut into thin slices. Measure 5 cups sliced turnips. Arrange alternate layers of turnip and onions in a 2 quart greased casserole. Sprinkle each layer with salt and pepper. Dissolve boullion cube in boiling water and pour over vegetables. Dot with margarine. Cover casserole and bake til tender (2-2 1/2 hour.) Serves 4

### ZIPPY BAKED CARROTS

1 small onion minced	5 cup crisp cooked sliced carrots
1/4 cup margarine	
3 T. flour	5-6 thin slices sharp cheddar cheese
1 t. each salt and chili powder	2 cup soft bread crumb
pepper to taste	2 slices bacon, finely diced and fried
2 cup milk	

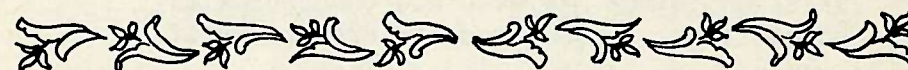
Saute onion in margarine 2-3 minutes. Blend in flour and seasonings. Gradually add milk and cook stirring until thickened. Put 1/2 carrots in shallow 2 qt. baking dish and cover with 1/2 cheese repeat layers and pour sauce over top. Mix crumbs with 1/4 cup melted margarine and sprinkle on top. Sprinkle with bacon and bake at 350 degree F. 25 minutes. 6 servings.

### FRENCH-TYPE SALAD DRESSING

1 T. equals 12 calories

1 T. cornstarch	1/2 cup tomato juice
1 T. vegetable oil	1 clove garlic finely minced
1/2 t. salt (optional)	1/4 t. paprika
1/4 cup vinegar	1/2 t. dried salad herbs
1/4 cup water	dash pepper

Mix cornstarch and water to a smooth paste. Place tomato juice, oil, garlic, herbs, salt, paprika and pepper in a small saucepan and bring to a boil at moderate heat. Stir in cornstarch mixture and boil 1/2 minute, stirring constantly, after mixture returns to a boil. Remove from heat and stir in vinegar. Cool and store in covered jar in refrigerator. Shake well before using. 1 cup.



### FRENCH DRESSING

1/2 cup lemon juice	1T sugar (or 2 tablets Suketter - Norwegian sugar substitute)
1/2 t paprika	
1/8t pepper	1/4t dry mustard
salt to taste (optional)	1 t. fine chopped onions
1/2 cup vegetable oil	

Combine all ingredients in jar and shake up. Shake before using. Makes 1 cup. Variation: substitute 1/4 cup vinegar for lemon juice and increase oil to about 3/4 cup.

### SWISS STYLE CEREAL

1 cup each whole filberts (hazelnuts) and whole  
blanched almonds  
3 cups quick cooking rolled oats  
3/4 cup wheat germ  
1 cup dried currants or raisins or sultanas  
2/3 cup finely chopped dried apricots  
3/4 cup firmly packed brown sugar

Spread filberts on rimmed baking sheet. Bake in a  
350 degree oven for 8-10 minutes or until lightly  
browned. Let nuts cool; rub in hands to loosen  
exterior skin. Toast almonds til lightly browned.  
Chop both nuts coarsely. Blend nuts with other  
ingredients. Store in a tightly closed container  
at room temperature. Serve with non fat milk, top  
with fruit if you like. Makes 8 cups or about 16  
servings of 1/2 cup size.

Variations: you may also add chopped dates,  
chopped figs, sesame seeds or Brewers yeast.

### LOW FAT EGGLESS ROLLS

Scald 2 cup milk and add 5 t. salt and 1/4 cup  
sugar. Cool mixture to lukewarm. Combine and let  
stand 3-5 minutes 1 cup water (105-115° F.) and  
2 pkg. active dry yeast. Combine all above ingre-  
dients and mix well. Add gradually 8-10 cup all  
purpose flour. Knead dough until smooth and  
elastic. Let it rise, covered, until almost  
doubled in bulk. Shape the dough as you prefer. Let  
rolls rise on greased baking sheets until almost  
again doubled. Bake about 40 minutes in 275° F.  
If storing leave in pans to cool about 20 minutes.  
To reheat - put on greased baking sheet 10 minutes  
in a 400° oven. Makes 5 dozen.

### CORN MUFFINS

1 cup sifted flour	3/4 cup yellow or white cornmeal
2 1/2 t baking powder	1/2 t salt (optional)
2 T sugar	1 egg
1 cup skim milk	1/4 cup vegetable oil

Preheat oven to 400 - 425° F (hot). Sift the flour,  
cornmeal, salt, baking powder and sugar together in  
a bowl. Add the egg, milk and oil. Stir quickly  
and lightly until mixed. Do not beat. Dip the  
batter from the bowl into oiled muffin tins, using  
a metal tablespoon dipped in water. Fill each cup  
2/3 full. Bake for 20 - 30 minutes or until  
golden brown. Makes 12 muffins.

### CORNFLAKE AND NUT MERINGUES

1 egg white	1/2 t vanilla
1/2 cup sugar	1/2 cup chopped walnuts
1/4 t salt (optional)	1 cup cornflakes

Preheat oven to 300° F (slow). Beat egg white in  
large bowl. Beat in the sugar gradually. Beat in  
the salt and vanilla. Fold in the walnuts and  
cornflakes. Take a heaping teaspoonful of the  
mixture and push with another spoon onto a well-  
oiled baking sheet. Bake for about 20 minutes or  
until surface is dry but not brown. Remove from  
pan with a spatula while still warm. Makes 24  
meringues.



### WHOLE WHEAT ROLLS

3 1/2 decilitres skim milk  
40 grams (or 50-1 pkg.) yeast(stir this in with a little warm milk)  
45 grams margarine or (3 T. oil)  
1/2 liter (250 grams) white wheat flour  
1/2 liter (250 grams) graham (sammalt) flour  
1 t. salt  
1 T. sugar

Mix and knead out. Roll dough into a long "sausage" and cut into 20 pieces. Roll each into a smooth ball and place on greased baking sheet to rise. Can brush with oil. Bake 10-15 minutes at 250 degree C. or 400 degree F.

### BISCUITS

2 cups sifted all purpose flour  
1/2 t. salt  
2/3 cup skim milk  
3 t. baking powder  
1/4 cup vegetable oil

Preheat oven to 475 degree F. Sift flour, baking powder and salt together in mixing bowl. Pour oil and milk into one measuring cup but do not stir. Add all at once to flour mixture. Stir with fork until dough clings together. Knead dough lightly 10 times. Place dough on piece of waxed paper 12" x 16". Pat dough out to 1/2" thick. Cut with cutter. Place on ungreased cookie sheet and bake 12-15 minutes. 12 biscuits.

### EGGLESS RAISIN CAKE

2 cups water	1 cup raisins
1/2 cup margarine	1.3/4 cups flour
1 cup sugar	1t baking soda
1/2t each salt, cinnamon and nutmeg (low sodium diet omit salt)	1 cup chopped nuts

In saucepan bring to boil water and raisins, then simmer 10 minutes. Add margarine and set aside to cool. Mix flour, sugar, baking soda, salt, nutmeg and cinnamon: blend well into raisin mixture. Stir in nuts. Pour into 9" square pan and bake in preheated oven (350°F) for 40 minutes, or until pick inserted in center comes out clean.

### PASTRY

	8" or 9" 2 crust	shell
sifted all-purpose flour	2 1/4 cup	1 1/3
salt	1 1/2 t.	1 t.
cold non fat milk	1/3 cup	3 T.
vegetable oil	1/2 cup + 1 T.	1/3 cup

In bowl mix flour and salt. Pour milk and oil into same measuring cup, (don't stir), add all at once to flour. With fork stir lightly til well mixed. Form into smooth ball; divide in 1/2 for a 2 crust pie. Roll out between 2 squares of waxed paper (bakepaper). Peel off top paper. With paper side up place in pie pan. Carefully peel off paper. Fit pastry to pan. Note: for 2 crust pie, you can substitute 5 T. plus 2 t. of ice water for milk. For 8 or 9" crust pie, you can substitute 1/4 cup minus 1 t. ice water. Beat water with salad oil until thickened and creamy. Then add immediately, all at once, to flour.

### ORANGE CHIFFON PIE

1 pkg. orange jello	1 cup powdered sugar
1/2 cup hot water	1 cup halved seeded grapes
1 cup orange juice	2 egg whites, stiffly beaten
1 baked pie shell	

Dissolve gelatin in hot water. Add orange juice. Chill until slightly thick; beat until light. Fold in beaten egg whites and sugar. Chill til almost firm; add grapes and pour into pie shell. Garnish with sections of oranges.

### FRESH BERRY PIE

Use raspberry, blackberry, strawberry, loganberry, boysenberry or gooseberry.

9" pie - 2 crust pastry

Mix: 1-1 $\frac{1}{2}$  cup sugar, 1/3 cup flour, 1/2 t. cinnamon. Mix this lightly through 4 cups fresh berries. Pour berries into pastry lined pan. Dot with 1 $\frac{1}{2}$  T. margarine - cover with top crust and bake at 425<sup>o</sup>F. for 35-45 minutes.

### CHERRY PIE FILLING

3 cups drained sour pie cherries	1/4 cup juice
1 cup sugar	1/4 t. salt
1/4 t. almond extract	5 T. flour
	1 t. margarine

Mix flour, sugar and salt. Add to drained cherries. Add juice and extract. Pour into unbaked 9" pie crust. Top with second crust. Bake at 400<sup>o</sup>F for 45-50 minutes.

### GRASSHOPPER CHIFFON PIE

1 baked 9" pie shell	1 cup prepared dessert topping mix - chilled
1/2 cup cold water	
1 envelope unflavored gelatin	
10 T. white creme de cacao	
3 T. creme de menthe	2 egg whites
1/4 t. salt	1/4 cup sugar

Sprinkle gelatin over the 1/2 cup cold water in a saucepan. Set over low heat stirring until gelatin is completely dissolved. Remove from heat. Pour the creme de cacao and creme de menthe into a chilled large mixing bowl. Stir the gelatin into the liqueurs. Chill in refrigerator until mixture is the consistency of thick, unbeaten egg whites. Prepare the topping mix, using package directions, but omit vanilla and set in refrigerator. Beat egg whites and salt until frothy. Add gradually the 1/4 cup sugar beating well after each addition. Continue to beat until rounded peaks are formed. Spread the topping mix and egg whites over the slightly jelled mixture and fold together until thoroughly blended. Turn filling into baked pie shell and chill until firm.

### LEMON SHERBET

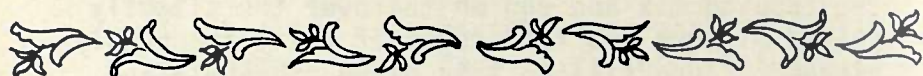
1 1/2 t. unflavored gelatin	1/2 cup lemon juice
2 cup skim milk	1 t. grated lemon rind
3/4 cup sugar	1 egg white, stiffly beaten

Soak gelatin in 2 T. water for 5 minutes. Heat milk and sugar, add gelatin and stir til dissolved. Chill well. Gradually stir in lemon juice and rind. Pour into freezing tray, freeze to a mush. Turn into chilled bowl and beat until fluffy but not melted. Fold in stiffly beaten egg white. Return to freezer and freeze til firm.

### WILD ROSE HIPS

The hips (seed pods) are collected in the fall, preferably after the first frost when they are still firm but red and ripe. An excellent native source of Vitamin C. Wash and remove the "tails", partly cover with water, bring quickly to boil and cook slowly for about 15 minutes. The juice can be extracted, bottled, pasteurized and stored in dark cool place to be used later. Mixed with other fruits, rose hip juice makes jellies or syrups of excellent flavor.

The pulp, seived to remove the seeds and skins can be used to make jam, marmalades and ketchups.



### ROSE HIPS AND APPLE JAM

Measure: 1 part applesauce 1 part rose hip puree  
1 part sugar

Boil: 1 minute

Add: 1 bottle of pectin and 1/2 cup lemon juice  
Stir and skim. Pour into jars and seal at once.

### ROSE HIP JELLY WITH LIQUID PECTIN

4 cups rose hip juice 1 bottle liquid pectin  
7 1/2 cup sugar

1. Measure juice, stir in sugar.
2. Place on high heat and stirring constantly, bring to a quick full rolling boil that cannot be stirred down.
3. Add pectin and heat again to full rolling boil. Boil hard for 1 minute.
4. Remove from heat; skim foam off quickly.
5. Pour jelly immediately into hot containers and seal.

### ROSE HIP PUREE

1 lb. rose hips 3 cups boiling water

Simmer 30 minutes. Press through a sieve to make a puree. Add enough water to make 4 cups and you have a base for many interesting products.

Breakfast drink or beverage - equal parts of puree and water, with sugar added to taste and chilled.  
Variation: 6 oz. apple juice + 2 T. rose hip puree stir and chill.

### ROSE HIP JAM

8 cup puree (rose hip) 2 lemons (rind and juice)  
6 cup sugar

Slice lemon rind very thin and cook in small amount of water for 1 minute. Combine the puree, lemon rind and juice, the sugar and cook until mixture is thick and clear. Spoon into sterilized jars, seal with paraffin.

### ROSE HIP AND RHUBARB JAM

Use slightly underripe rose hips. Cut in 1/2 and remove seeds.

Combine: 1 cup rose hips            1 cup water  
          4 cup diced rhubarb    1/4 t. salt

Boil rapidly 1 minute.

Add: 2 cup sugar and 1 T. grated lemon rind

Boil rapidly again 1 minute

Seal in sterilized jars.

### CANDIED ROSE HIPS

Candied rose hips can be used in cakes, cookies and puddings. Remove seeds from 1 1/2 cup rose hips. Boil 10 minutes in a syrup of: 1/2 cup sugar and 1/4 cup water. Lift fruit from syrup with a skimmer and drain on waxed paper. Dust with sugar and dry slowly in a very slow oven adding more sugar if the fruit seems sticky. Store between sheets of waxed paper in a closely covered container.

Uses: In favorite cookie recipe in place of or in addition to nuts or chopped fruit. In puddings with grated rind of lemons or in place of nuts or fruits.

A special thank you to Wanda Krebill for this section of low-cholesterol recipes. For those who need these we hope these will help you with your cooking problem.

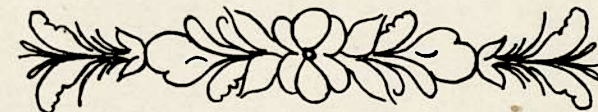
### PLAY DOUGH

1 cup flour  
2 T. cream of tarter  
Food coloring  
1 cup water

$\frac{1}{2}$  cup salt  
1 T. oil  
vanilla

Stir together and cook on low heat stirring 3 minutes. Knead

Lynda Walp

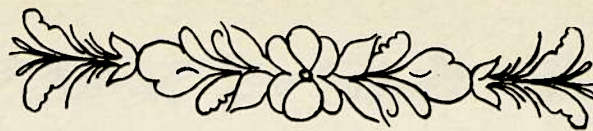


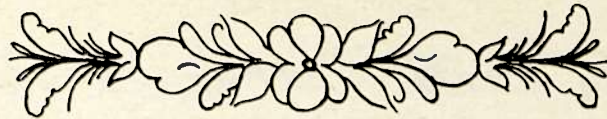
### GLUARCH ( Silly Putty )

1 cup Elmers glue  
1 cup liquid starch

Combine the two together until glue absorbs starch. Just throw away what starch doesn't absorb into glue. If you want different colors add food colorings. Keeps well in tight container or saran wrap. Will not stick on carpeting and keeps children's hands clean. A delight.

Irene Dockter





#### ABBREVIATIONS

t. - American teaspoon	oz. - ounce
T. - American tablespoon	lb. - pound
cup - 8 ounces	1" - inch
pt. - American pint, 16 oz.	°F. - degrees Fahrenheit
qt. - American quart, 32 oz.	°C. - degrees Celsius

#### TABLE OF EQUIVALENTS

speck, dash, pinch = less than 1/8 teaspoon	
3 t. = 1 T.	= 1/2 oz. (liquid)
4 T. = 1/4 c.	= 2 oz.
5 T. + 1 t. = 1/3 c.	= 2 2/3 oz.
16 T. = 1 c.	= 8 oz.
2 c. = 1 pt.	= 16 oz.
4 qt. = 1 gallon	= 128 oz.
16 oz. (dry measure)	= 1 pound

#### AMERICAN - ENGLISH LIQUID MEASUREMENT

1 American pint = 2 c.	= 16 fluid ounces
1 British pint	= 20 fluid ounces or 2 1/2 Am. c.
1 American teaspoon	= 1 British teaspoon
1 American tablespoon	= 1 British dessert spoon or 3 British teaspoons
4 American teaspoons	= 1 British tablespoon
1 British cup	= 16 British tablespoons = 10 fluid ounces
1/2 American c. + 2 T.	= 1/4 Imperial pint, or 1 gill, or 5 fluid ounces
American 5 c.	= 2 Imperial pints, or 1 Imperial quart or 40 fl. oz.

### AMERICAN - CONTINENTAL MEASUREMENTS

6 T. + 2 t. = 1 decilitre  
1 qt. + 2 T. + 2 t. = 10 decilitres or 1 litre  
1 t. = 5 grams liquid  
6  $\frac{2}{3}$  T. = 100 grams

To convert Fahrenheit to Centigrade, subtract 32,  
multiply by 5 and divide by 9.

### SUBSTITUTIONS

Chocolate: 1 oz. square equals 3 T. cocoa plus 1 t. shortening

Sour Milk or Cream: 1 cup equals 1 T. lemon juice or vinegar plus milk or cream to make 1 cup. (Do not use cream soured in this manner as a substitute for dairy sour cream.)

To Make Your Own Baking Powder: Use 1 t. cream of tartar and  $\frac{1}{2}$  t. soda for each cup of flour.

Honey: Use  $\frac{3}{4}$  cup honey for each cup sugar. Reduce liquid in recipe by  $3\frac{1}{2}$  T. for each cup used and add  $\frac{1}{4}$  t. soda for each cup.

### CONVERSION TABLES

#### CENTIGRADE to FAHRENHEIT

100 degrees = 212 degrees  
125 degrees = 257 degrees  
150 degrees = 302 degrees  
175 degrees = 347 degrees  
200 degrees = 392 degrees  
225 degrees = 437 degrees  
250 degrees = 482 degrees  
275 degrees = 527 degrees

1 cup =  $\frac{1}{2}$  pint =  $\frac{1}{4}$  litre =  $2\frac{1}{2}$  decilitres  
8 T. =  $\frac{1}{2}$  cup  
6-7 T. = 1 decilitre  
1 ounce = approx. 25 gramms = 2 T.  
16 ounces = 1 pound = approx 450 gramms  
1 pint = approx.  $\frac{1}{2}$  litre  
2 pints = 1 quart  
1 quart =  $\frac{1}{4}$  gallon = approx. 1 litre



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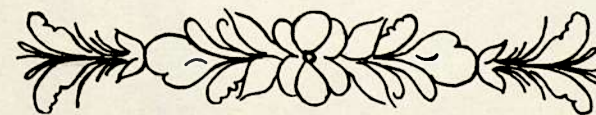
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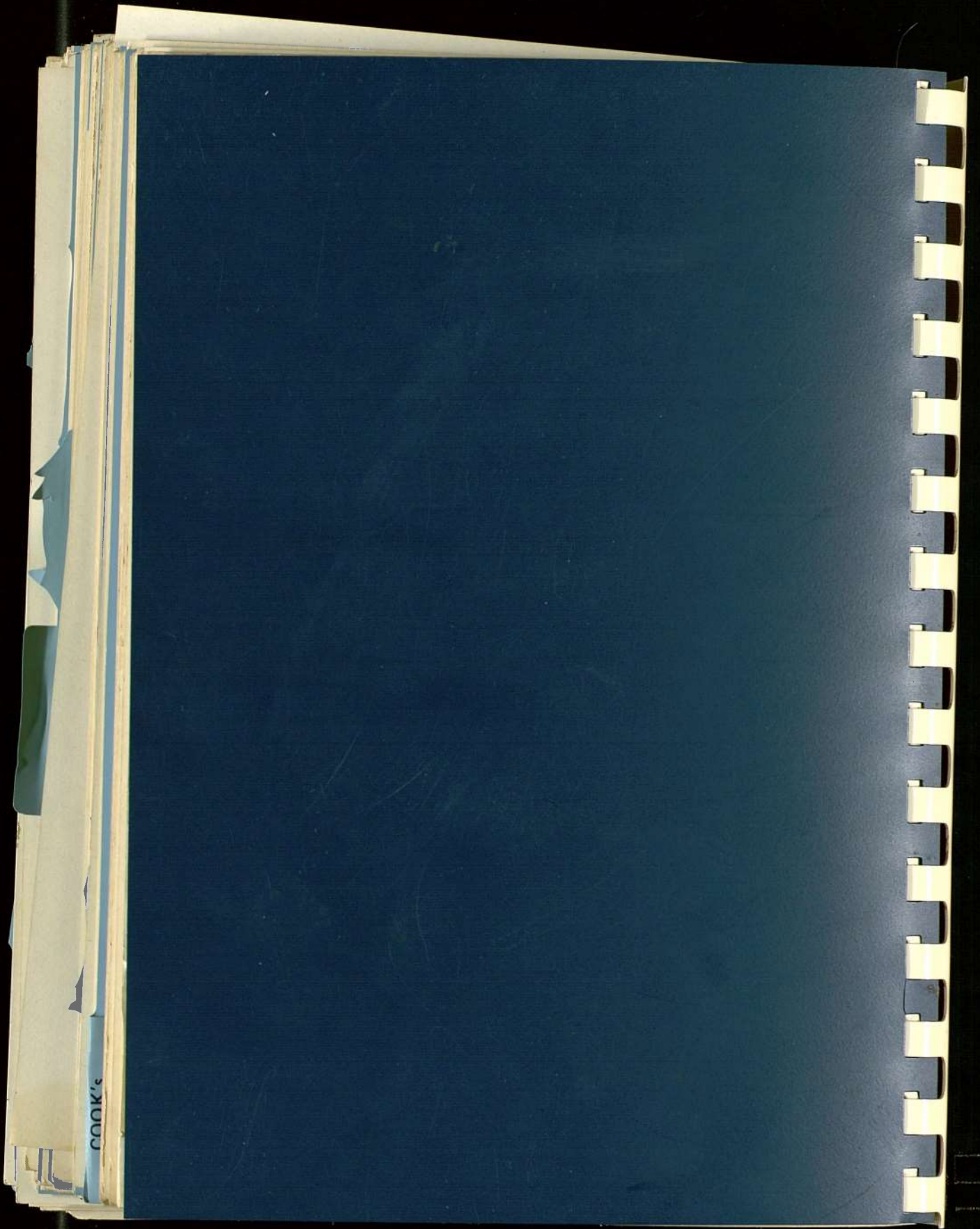
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