## Stacunton Mennonite Church Cookbook Vol 1



No one can know Chnist unless he follow Him in his liffe" - Hans Denck

Complied by<br>Women of Staunton Mennonite Church<br>Staunton, Virginia 24401

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> Appetizers


## Appetizers

## CREAM CHEESE DIP

8 oz . cream cheese, softened and mashed
2 tbsp. fresh minced onion)
Milk to thin to desired consistency

## SAUSAGE BALLS

1 lb . sausage
2 c. sharp cheddar cheese

3 c. Bisquick grated
Mix all ingredients. Roll into 1 " balls and bake on un-greased cookie sheets for 15 min . at 375

## BLUE CHEESE BALL

Peggy Blosser
1 tsp. fresh parsley, chopped
$1 / 8$ tsp. celery salt (or to taste $\}$
$\qquad$
Judy Brenneman

| 4 oz. blue cheese | 4 oz. cheddar cheese |
| :--- | :--- |
| 3 oz. cream cheese | $1 / 2$ tsp. grated onion |

Cream together and shape in ball. Roll in parsley or chopped peanuts. Keep refrigerated or may be frozen for short time.

## CHEESE SPREAD

1 (8 oz.) pkg. cream cheese
1/2 c. mayonnaise
$1 / 2 \mathrm{c}$. finely chopped nuts (rolled with Food coloring (opt.) rolling pin)

1 sm. can crushed pineapple, drained

Ruth Ann Martin

Allow cream cheese to soften to room temperature. Mix all ingredients. Beautiful-yummy!

## COCKTAIL SAUCE (FOR SEAFOOD)

2 tbsp. lemon juice
1 tbsp. vinegar 2 tbsp. finely minced celery

Mix all ingredients; refrigerate. Makes 1 c . at 17 calories per tbsp.

Appetizers

## I-2-3-COCK'TAIL SAUSAGES

1 (6 oz.) jar prepared mustard
2 (9 oz.) cans Vienna sausages or I 1 (10 oz.) can currant jelly lb. hot dogs

In a ""crock pot set on high at first, mix all ingredients. Heat until hot and then cut heat down to low setting. Heat at least 2 hours or more.

## HOT SAUSAGE APPETIZERS

Frances Weaver

1 lb . hot sausage
3 c. Biscuit mix

1 sm. jar processed cheese
1/2 c. milk

Thoroughly combine all ingredients in large mixing bowl. Shape into 1" balls and place in ungreased cookie sheet. Bake in a preheated oven at 400 for $15-20 \mathrm{~min}$. These can be prepared ahead and frozen. Allow to reach room temperature and then bake in oven. Enough for about 50.

## HAWAIIAN HAM BALLS

Virginia Martin
1 egg
1 c. pineapple juice
2 tbsp. milk
1/4 c. vinegar
1/4 c. fine dry bread crumbs 2 tbsp. sugar 1/8 tsp. pepper

Combine egg, milk, crumbs and pepper. Add ham; mix well and shape into 1" balls (about 60). Brown meatballs, a few at a time in oil; remove from fry pan. Stir cornstarch into drippings; add pineapple juice, vinegar, sugar, soy sauce, butter and bouillon cube. Cook over med. heat, stirring constantly until mixture is thick and bubbly. Add meatballs. Simmer 5-7 min., or until heated thoroughly. Serve in chafing dish over warmer with toothpicks.

## Appetizers

## BROILED CHICKEN WINGS

1 lb . chicken wings
1 tbsp. honey
3 tbsp. soy sauce

1 tbsp. catsup
3 tbsp. lemon juice
Salt and pepper 1/8 tsp. onion powder

Using kitchen shears, cut off outer wing tip. Divide each wing in 2 parts at the ,joint and put in howl. Mix soy sauce, lemon juice and onion powder and pour over wings. Cover loosely and marinate in refrigerator overnight. When ready to cook, arrange on foil-lined broiler pan. Mix honey and catsup with 1 tsp. marinade and brush half on wings. Sprinkle with salt and pepper and broil in gas broiler about 8 min . Turn and brush with remaining baste and broil about 5 min. Serve as an appetizer.

## HOT CHOCOLATE MIX

Anna Nolt

5 c. Nestle's Quick
3/4 to 1 1/2 c. powdered sugar

6 oz. jar Coffee-Mate $102 / 3$ c. powdered milk (8 qt. size)

Mix together and store in tight container. Add 1/3 c. of mix to a cup of hot water (more if using a mug). Is very tasty to add some miniature marshmallows before pouring the hot water

## COCOA MIX

Ruth Ann Martin

Mix
1 c. dry milk
1/3 c. sugar
1/3 c. cocoa
Dash of salt
Mix $1 / 3$ c. mix with $1 / 4$ c. water, then fill with boiling

Or Mix
3 c. dry milk
3/4 c. Nestle's Quick
1/2 c. sugar
Mix $1 / 3 \mathrm{c}$. mix with $1 / 4 \mathrm{c}$. water, then fill with boiling

## Appetizers

INSTANT RUSSIAN TEA
2 c. Tang
1/4 c. sugar
1/2 c. instant tea

Ruth Ann Martin/Anna Nolt
1 tsp. cinnamon
$1 / 2$ tsp. cloves
2 pkg . Twist Lemonade mix

Mix all ingredients (dry). Use $21 / 2$ tsp. of dry mix to 1 c . hot water. A soothing drink for a sore throat.

## MINT-PINEAPPLE PUNCH

Lois Blosser

3 qt. boiling water Steep 15 min . Remove tea, chill. 1 lb .12 oz . sugar 2 qt. pineapple juice Add sugar, juices and food coloring $11 / 2$ qt. ginger ale

Add ginger ale and sherbet just before serving. Serves 50 ( 5 oz .).

## MINT TEA WITH LEMON

Boil for 10 min Add 2 big cups mint tea leaves and let stand until cold.
Squeeze tea out and add juice of 3 lemons, more if desired.
Makes 1 qt. of tea concentrate. To dilute, use $1 / 3$ glass of tea to $2 / 3$ glass of water.

## MAGIC FRUIT DRINK

Ruth Duncan

1 c. pineapple pink grapefruit, juice drink, chilled $1 / 2$ tsp. vanilla

Combine ingredients in blender. Cover and run on high until smooth and well blended. Pour into chilled glasses. Yields 2 servings.

## Appetizers

## PLANTATION ALMOND TEA

Ruth Duncan

2 tea bags or 2 tsp. tea leaves
2 c. water
$3 / 4$ c. sugar
$1 / 2$ tsp. almond extract
$1 / 4 \mathrm{c}$. lemon juice
$1 / 2$ tsp. vanilla
2 c . boiling water

Place tea bags, sugar, lemon juice in teapot. Pour boiling water over tea mixture. Cover; let steep about 10 min . Remove tea bags. Add remaining ingredients to tea; stir. Pour tea mixture over ice. If desired, garnish with lemon slices. - 4 (1 c.) servings.

## EGGNOG

6 eggs, beaten
$1 / 8 \mathrm{tsp}$. nutmeg
2/3 c. sugar
5 c. milk

Virginia Martin
1 1/2 tsp. vanilla
$1 / 4$ tsp. salt
1 pt. ice cream

Mix all ingredients except ice cream. When ready to serve add ice cream and mix. (12-15 servings)

## STRAWBERRY PUNCH

$31 / 2$ qt. fruit punch
$3 / 4 \mathrm{c}$. lemon juice

Virginia Martin
$11 / 2$ qt. pineapple juice
Sugar as needed
$11 / 2$ pt. strawberries, crushed

Combine punch, juice and strawberries. In add 2 c. ginger ale and 1 qt. pineapple sherbet (serves 50 ).

## PUNCH

Mix 3 small pkg. Cool Aid with 1 gallon water. Add 2 large cans orange juice and 2 large cans pineapple juice. Add sugar to taste ( 2 c . doesn't make it too sweet). You can add 2 more qt. of water if you need more. Just makes a little weaker. Before serving add 2 qt. ginger ale and 2 qt. sherbet.
When using cherry Cool Aid use pineapple sherbet and when using orange Cool Aid use orange sherbet. This helps to preserve your color.

## Appetizers

ICED TEA SYRUP
Mary M. Trissel
3/4 c. loose tea
2 1/2 c. sugar
Pour boiling water over loose tea and let steep for 5-7 min. Strain and add sugar while warm. Proportion: 1 c . syrup to 4 c . water

ORANGE JUBILLEE
$1 / 3$ c. frozen orange juice concentrate
5-6 ice cubes

Mary Trissel
1/2 c. milk
$1 / 2$ tsp. vanilla
$1 / 2 \mathrm{c}$. water

1/4 c. sugar
Combine all ingredients in blender. Cover and blend about 30 seconds. Serve immediately. Yields 3 c . Good for hot summer days

## BANANA PUNCH

6 ripe bananas 1 ( 46 oz. ) can pineapple 1 ( 6 oz .) can frozen lemon juice concentrate, thawed and undiluted
3 c. water

Ruth Duncan
1 (12 oz.) can frozen orange juice concentrate, thawed and undiluted 2 c. sugar 2 (64 oz.) lemon-lime carbonated beverage (7up)

Combine bananas and fruit juice concentrate in container of electric blender, blend until smooth. Dissolve sugar in boiling water and cool. Combine banana mixture, pineapple juice, water and sugar in a large mixing bowl. Mix well. Pour into plastic freezer container or molds. Freeze. (Can be made days before.) To serve, thaw until mushy. Add carbonated beverage. Garnish with orange slices and cherries. Yields 6 qt. Approx. 30 punch cups. This makes an excellent wedding punch!

# Breadls \& Rolls 



## LOAF BREAD AND ROLLS

Soften 2 pkg. yeast in $1 / 2 \mathrm{c}$. warm water, slice 1 stick of margarine into mixing bowl. Add $1 / 3 \mathrm{c}$. sugar and 1 tsp . salt. Pour over this, $11 / 2 \mathrm{c}$. boiling water and stir in 2 c . flour and $1 / 2 \mathrm{c}$. nonfat dry milk. Beat in 2 eggs. Add 1 c . flour. Stir in yeast. Stir in 3 c . flour. Cover dough with towel. Put in warm place. Let rise until doubled, about 30 min . Put $1 / 2 \mathrm{c}$. flour on board and knead dough. Form loaves or rolls. Put in greased pans. Let rise until doubled in size. Bake at 375 . Milk may be substituted for water and dry milk.

## ANGEL FLAKE BISCUITS

Virginia Martin

| $51 / 2 \mathrm{c}$. flour | $11 / 3$ sticks margarine |
| :--- | :--- |
| $1 / 2 \mathrm{tsp}$. soda | $1(1 / 4 \mathrm{oz}$.$) pkg. dry yeast$ |
| $3 / 4 \mathrm{tsp}$. baking powder | $1 / 4 \mathrm{c}$. warm water |
| $1 / 3 \mathrm{c}$. sugar | 2 c . buttermilk or sour milk |
| $11 / 2$ tsp. salt |  |

Combine all dry ingredients and add margarine; cut in as you would for pastry. Dissolve yeast in warm water and add to milk. Add liquid to dry ingredients and mix well. Refrigerate overnight or for several days. Roll and cut. Let rise until light and bake at 350 for about 25 min . Yields about 2 1/2 doz.

OLD FASHIONED CINNAMON ROLLS
Ruth Ann Martin

|  |  |
| :---: | :---: |
|  |  |
|  |  |
| 4 c . all purpose flour |  |
|  | tsp. cinnamo |
| Butter or margarine |  |
| In a bowl, combine sugar, salt, yeast and 1 c . flour. In saucepan, heat milk and $1 / 4 \mathrm{c}$. butter until warm (120-130). Butter or margarine does not need to melt completely. With mixer at low speed, beat liquid into dry ingredients. At med. speed, beat 2 min . Beat in egg and 1 c . flour; beat 2 min . Stir in $11 / 2 \mathrm{c}$. flour. On floured surface, knead dough until smooth, about 10 min., adding more flour (about $1 / 4 \mathrm{c}$.) while kneading. Shape dough into ball, place in greased large bowl, turning dough over so top is greased. Cover and let rise in warm place, until doubled. Punch down dough; turn on floured surface; cover and let rise 15 min . Meanwhile combine brown sugar, walnuts, raisins and cinnamon. Melt $1 / 4 \mathrm{c}$. butter. On floured surface, roll dough into $18 \times 12$ " rectangle. Brush with melted butter, sprinkle on sugar mixture. Start with 18" side, roll dough jelly roll fashion. Grease $9 \times 13$ " pan. Cut roll in 1 " slices. Place in pan. Cover and let rise until doubled, about 40 min . Bake 20 min . at 400. Cool slightly. Brush with sugar glaze. Sugar Glaze: In small bowl, stir 1 c. confectioners sugar and 4 tsp . water until smooth. |  |

1/4 c. margarine
1/3 c. brown sugar

1 tsp. light corn syrup
$1 / 3$ c. nuts

Melt margarine, stir in sugar and syrup, bring to a rolling boil. Spread in pan, sprinkle with nuts. (Use a cookie sheet)
1 pkg. yeast 2 tbsp. melted margarine
2 1/2 c. Bisquick
3/4 c. warm water
Dissolve yeast in warm water, mix in Bisquick and beat vigorously. Turn dough onto board with flour, knead until smooth. Roll out into 12" square. Brush with margarine, sprinkle center $1 / 3$ with brown sugar and cinnamon. Fold $1 / 3$ over center third, sprinkle with sugar and cinnamon and fold other $1 / 3$ over. Cut crosswise into strips I" wide. Twist each strip, seal ends. Place in pan 1 1/2" apart Let rise in warm place until doubled, 1 hour. Bake at 400 for about 20 min .

## SOUR CREAM TWISTS

1/4 c. water (110-115 deg) 2 tbsp. soft shortening
1 pkg. yeast
1 egg

Marlene Wenger
3/4 c. sour cream
1/8 tsp. soda
1 tsp. salt
3 c. flour
2 tbsp. sugar

Dissolve yeast in water. Sift flour and measure. Stir ingredients together. Turn down on floured board and knead several times. Roll out in an oblong $24 \times 6$ ".Spread $1 / 2$ of dough with butter, brown sugar and cinnamon. Fold other 1/2 over. Cut into 24 ( 1 ") strips. Hold strips at both ends and twist in opposite directions. Place on greased cookie sheet. Cover. Let rise in warm place (85deg) for 1 hour. Heat oven to 375. Bake 12-15 min. or until golden brown. Frost while warm. Makes 24.

## SPOON ROLLS

1 pkg. dry yeast
2 c. warm water
1/2 stick butter, melted

Joyce Strickland

Mix yeast and water; cream butter and sugar in large bowl; add beaten egg, yeast and water. Add flour and stir until mixed. Drop in muffin tin. Bake at 350 for 20 min . Refrigerate unused dough for later use.

## PIZZA CRUST

Kathy Zendt
1 c. lukewarm water
1 egg. beaten
2 tbsp. shortening
3 3/4 c. flour

1/4 c. sugar
3/4 tsp. salt
1 tbsp. yeast. dissolved in 1/4 c. warm water

## QUICK OVERNIGHT SOURDOUGH STARTER Peggy Blosser

1 tbsp. dry yeast 1 c. sugar (or less)
2 c. lukewarm water (or 1 water and $1 \quad 2$ c. flour milk

Dissolve yeast in small amount of lukewarm water. Stir flour into remaining water and add yeast mixture. mix well and cover. Let mixture stand in draftfree area that is near 85 degs. for at least 6 hours or overnight. Starter is now ready to be mixed with other ingredients for your favorite sourdough recipe

## SOURDOUGH BISCUITS

Peggy Blosser

| 1 c. sourdough | 1 c. flour |
| :--- | :--- |
| $1 / 4$ tsp. salt | $1 / 3 \mathrm{c}$. oil |
|  | $3 / 4 \mathrm{tsp}$. soda |

Mix well with a spoon. Drop on greased cookie sheet or into greased muffin tins. Bake at 350 for 10-12 min. Makes 10-12 biscuits.

## SOURDOUGH PANCAKES <br> Peggy Blosser

1 c. sourdough $3 / 4 \mathrm{tsp}$. soda
$1 / 3 \mathrm{c}$. oil
1 c . flour
2/3 c. milk
$1 / 2$ tsp. salt

1 egg
Mix and fry on griddle at 350-375

## ICEBOX POTATO ROLLS Lois Blosser

1 cake compressed yeast 2 eggs, beaten
1 c. lukewarm water
1 c . lukewarm potato water
1 c . mashed potatoes

1/2 c. fat
$2 / 3$ c. sugar
1 tbsp. salt
10 c . flour (approx.)

Mix yeast and lukewarm water and let set 5 min . Cook potatoes in plenty of water to allow for evaporation. (You need 1 c . of this water.) Mix mashed potatoes, water, fat, sugar, salt and beaten egg. Mix well and add yeast. Add flour, a cup at a time and beat after each addition. When dough gets too stiff to beat, start kneading and adding flour. Leave dough very sticky (enough flour to handle lightly). Place in greased bowl and store covered in refrigerator until ready to use. Or you may let rise until double and work into rolls and let rise again and then bake at 400 until golden brown.

## ROLLS <br> Lois Blosser

| 3 c. warm water | $1 / 2 \mathrm{c}$. sugar |
| :--- | :--- |
| 1 Lg. cake yeast | $1 / 2 \mathrm{c}$. shortening |
| 1 tbsp. salt | 2 eggs |

Add shortening and yeast to warm water, salt and beaten eggs. Add enough flour to make stiff dough to handle. Knead lightly. Let rise until double in bulk. Work out into rolls. Let rise until double in size. Bake at 350 for 15-20 min.

## RICH DINNER ROLLS

1 c. milk
1/4 c. sugar
1 tsp. salt
1/4 c. (1/2 stick) margarine

Ruth Duncan
1/2 c. warm water (105-115)
2 pkg. yeast
2 eggs, beaten
$51 / 4 \mathrm{c}$. unsifted flour (approx.)

Scald milk; stir in sugar, salt and margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast, stir until dissolved. Add lukewarm milk mixture, eggs and 2 c . flour. Beat until smooth. Stir in enough remaining flour to make soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8-10 min. Place in greased bowl, turning to grease top. Cover; let rise in warm place free from draft, until doubled in bulk, about 30 min . Punch down. Turn out onto lightly floured board. Divide dough into 3 equal pieces. Form each piece into a roll 9 " long; cut into 9 equal pieces; form into smooth balls. Place in 3 greased $8 "$ round cake pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 30 min . Brush lightly with melted margarine. Bake in moderate oven at 375 about 15-20 min. Makes 27 pan rolls.

## WHOLE WHEAT ROLLS

1 c. milk
3 tbsp. molasses
2 tbsp. sugar
2 1/2 tsp. salt

1/2 c. warm water (105-115)
2 pkg. yeast
$21 / 4 \mathrm{c}$. unsifted whole wheat flour
$21 / 4 \mathrm{c}$. unsifted white flour

1/4 c. (1/2 stick) margarine
Scald milk; stir in molasses, sugar, salt and margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle in yeast; stir until dissolved. Stir in lukewarm milk mixture. Add 1 c. of whole wheat flour and 1 c. of white flour. Beat until smooth. Add enough of each kind of remaining flour to make soft dough. Turn out on lightly floured board and knead until smooth and elastic, about 8-10 min. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 min. Punch down and shape into desired rolls. For pan rolls, divide each of 2 pieces into 12 equal pieces; place in 2 greased 9" cake pans. Brush lightly with melted margarine. Cover; let rise in warm place, free from draft, until double in bulk, about 30 min . Bake at 400 about 15 min . Serve warm.

## HONEY WHOLE WHEAT BREAD

Ruth Duncan
Combine in mixer bowl:
3 c . whole wheat flour
1 tbsp. salt
$1 / 2$ c. nonfat dry milk
Heat in saucepan until warm:
3c. water
2 pkg. dry yeast

2 tbsp. oil
Pour warm (not hot) liquid over flour mixture. Beat with electric mixer 3 min. -
Stir in:
1 additional c. whole wheat flour 4 to $41 / 2 \mathrm{c}$. white flour.
Knead 5 min., using additional white flour if necessary. Place in greased bowl, turn, let rise until double in bulk. Punch down, divide dough and shape into 2 loaves. Place in greased $9 \times 5$ bread pans. Cover and let rise 40 min . Bake at 375 for $40-45 \mathrm{~min}$.

## OATMEAL BREAD

Combine in large bowl:
1 c. quick oats
$1 / 2 \mathrm{c}$. whole wheat flour
1/2 c. brown sugar

Marlene Wenger
Pour over and stir in to combine 2 c . boiling water 1 tbsp. salt 2 tbsp. margarine

Dissolve 1 pkg. yeast in $1 / 2 \mathrm{c}$. warm water. When batter is lukewarm; add yeast. Stir in 5 c . white flour. When dough is stiff enough to handle, turn onto floured board and knead 5-10 min. Place in greased bowl, cover and let rise until doubled. Punch down, shape into 2 loaves and place in greased $9 \times 5 \times 3$ " pans. Let rise again. Bake at 350 for $30-40 \mathrm{~min}$. Cool on rack, brushing loaves with margarine for a soft crust. Oatmeal Bread makes delicious toast.

Judy Brenneman

For 29 c.:
5 lb . flour
1/2 c. sugar
1/2 c. double acting baking powder 3 tbsp. salt

2 tbsp. cream of tartar
2 lb . shortening, which does not require refrigeration
(Opt.) $21 / 4$ to 5 c. dry milk (use water as liquid in recipes)

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together 3 times into a large mixing bowl. Cut in the shortening until mix is consistency of cornmeal. Store in covered containers at room temperature. To measure, pile lightly into cup and level off with a spatula.
(Recipes for using the mix:)
Biscuits: Use 3 c. of mix, add $3 / 4$ to 1 c. of milk or water. Mix until blended and knead 15 strokes. Bake at 450 for 10 min. Yields 15-20.
Griddle cakes or waffles: Use 3 c . of the mix and add 1 1/2 c. of milk or water and 1 egg. Mix until blended. Yields 18 griddle cakes or 6 waffles
Muffins: Use 3 c . of the mix, 2 tbsp. sugar, 1 c . water or milk and 1 egg. Mix until dry ingredients just moisten. Bake at 425 for 20 min . Yields 12. Gingerbread: Use 2 c . of mix, $1 / 4 \mathrm{c}$. sugar, $1 / 2$ water, $1 \mathrm{egg}, 1 / 2 \mathrm{c}$. molasses, $1 / 2 \mathrm{tsp}$. cinnamon, $1 / 2 \mathrm{tsp}$. cloves. Add $1 / 2$ liquid and beat 2 min . Other liquid, beat 1 min . Bake in 350 oven for 40 min .
Oatmeal Cookies: Use 3 c. mix, 1 c. sugar, $1 / 3$ c. milk or water, 1 egg, 1 tsp. cinnamon, 1 c. quick rolled oats. Mix until blended. Bake at 375 for 10-12 min. Yields 4 dozen.
Drop Cookies: Use 3 c. mix, 1 c. sugar, $1 / 3$ c. milk or water, 1 egg, I tsp vanilla, 1/2 c. nuts or chocolate bits. Mix until blended. Bake at 375 for 10-12 min. Yields 4 dozen.
Coffee Cake: Use 3 c. mix 1/2 c. sugar, $2 / 3$ c. milk or water, 1 egg. Mix until blended. Topping: 1/2 c. brown sugar, 3 tbsp. butter, $1 / 2$ tsp. cinnamon. Bake at 400 for 25 min .
Yellow Cake: Use 3 c. mix, $11 / 4$ c. sugar, 1 c. milk or water, 2 eggs, tsp. vanilla. Mix 2 min. after $2 / 3$ liquid and 2 min. after $1 / 3$ liquid. Bake at 375 for 25 min.
Chocolate Cake: Use 3 c. mix, 1 1/2 c. sugar, 1 c. milk or water, 2 eggs, 1 tsp. vanilla, $1 / 2 \mathrm{c}$. cocoa. Mix 2 min . after $2 / 3$ liquid and 2 min . after $1 / 3$ liquid. Bake at 375 for 25 min.

## Breads \& Rolls

## SPOON BREAD

Kathy Zendt

| 1 c. cornmeal | 2 c. boiling water |
| :--- | :--- |
| $2-3$ tbsp. salt | 2 c. milk |
| 3 eggs, beaten | 2 tbsp. butter, melted |

Pour boiling water over cornmeal, mix well. Cool. Add rest of ingredients; pour into baking dish. Bake 50 min . in a slow oven. Serve with spoon.

## SOUR CREAM CORNBREAD

Joyce Strickland
1 (8 1/2 oz.) can cream-style corn
1 c. sour cream
$1 / 2$ c. vegetable oil
1 c. self-rising cornmeal
2 eggs
2 tsp. baking powder

Combine corn, sour cream, eggs and oil; beat well. Combine cornmeal and baking powder; stir into corn mixture. Pour into a greased 10 " iron skillet. Bake at 400 for 30 min . Yields 8 servings.

## RAISIN BRAN MUFFINS

1 (15 oz.) box raisin bran cereal
1 c. melted oleo
3 c. sugar
4 beaten eggs

1 qt. buttermilk
5 c . flour
5 tsp. soda
2 tbsp. salt

Mix sugar, oleo and eggs; add other ingredients. Able to store mix inrefrigerator for up to 6 weeks. Bake at 400 for 15-20 min.

## BREAKFAST CAKE

Bonnie Harlow
4 c. flour
1 c. shortening
2 c. sugar
2 tsp. cinnamon
2 tsp. cloves
2 tsp. soda
2 c. buttermilk
1 tsp. salt
Make crumbs out of first 2 ingredients. Mix last 6; then add crumbs lightly.
Pour in $9 \times 13$ pan, add topping. Bake at 350 for $40-45 \mathrm{~min}$.

## BANANA NUT BREAD

1/3 c. shortening
1/2 c. sugar
2 eggs
$13 / 4 \mathrm{c}$. sifted all purpose flour

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour in greased $9 \times 5 \times 3$ loaf pan. Bake in 350 oven $45-50 \mathrm{~min}$.

## ZUCCHINI BREAD

Virginia Martin
4 c. coarsely shredded zucchini
3 c. flour
2 1/2 c. sugar
1 1/2 c. oil
4 tsp. vanilla 1 tbsp. cinnamon

1 tsp. baking powder
Ruth Ann Martin

1/2 tsp. soda
$1 / 2$ tsp. salt
1 c. mashed ripe banana
1/2 c. chopped walnuts

Beat eggs, then add all other ingredients and blend 1 min. on low speed. Beat 1 min. on med. speed. Keep stirring from sides of bowl. Pour into 3 greased and floured loaf pans and bake 50-60 min. at 325 . Cool 10 min., and remove from pans.

## Breads \& Rolls

PUMPKIN BREAD Kathy Zendt
1 c. pumpkin $\quad 1 / 2$ tsp. nutmeg
1 1/2 c. sugar
1/2 tsp. cinnamon
1 tsp. soda
3/4 tsp. salt
$1 / 4$ tsp. baking powder
$11 / 2 \mathrm{c}$. flour
$1 / 2$ tsp. cloves
$1 / 2 \mathrm{c}$. oil
2 eggs
$1 / 2 \mathrm{c}$. nuts
Mix by hand. Bake at 325 for 1 hour.
GOLDEN PUFFS -(Small round
Peggy Blosser
doughnut)
2 c . flour
1 tsp. nutmeg
1/4 c. sugar
1/4 c. oil
3 tsp. baking powder
3/4 c. milk
1 tsp. salt
1 egg
Stir with fork until thoroughly mixed. Drop by small tsp. into deep hot fat (375 degs). Fry until golden brown, about 3 min. Drain on absorbent paper. Roll in cinnamon-sugar or glaze. Bakes about $21 / 2$ dozen.

## FAVORITE PANCAKES

Ruth Duncan

| $21 / 2 \mathrm{c}$. flour | $1 / 2$ tsp. salt |
| :--- | :--- |
| 4 tbsp. wheat germ | 2 eggs |
| 2 tbsp. baking powder | 2 c. milk |
| 2 tbsp. sugar | 4 tbsp. oil |
| Beat eggs and milk, add oil. Stir dry ingredients and make a well.. Pour milk |  |
| mixture into well. Stir until blended, but please do not over beat!! |  |

## Breads \& Rolls

CORNMEAL PANCAKES
1 c. cornmeal
1 c . flour
1 tsp. salt
4 tsp. baking powder

Joyce Strickland
$1 / 4 \mathrm{c}$. melted shortening or oil
1 egg, beaten
$11 / 2$ to 2 c. milk

Mix dry ingredients. Add combined last 3 ingredients to dry ingredients. Fry as you normally fry pancakes. You can substitute1 c. self rising cornmeal and 1 c . pancake mix for cornmeal and flour. You won't need salt or baking powder with this substitution.


$$
\begin{aligned}
& \text { Cookies \& } \\
& \text { Cokkes }
\end{aligned}
$$



## Cakes \& Cookies

## LAZY-DAISY OATMEAL CAKE

Judy Brenneman
$11 / 4$ c. boiling water $\quad 1$ tsp. vanilla
1 1/4 c. quick Quaker oats uncooked
1/2 c. margarine, softened
1 c. white sugar
1 c. firmly packed brown sugar

2 eggs
1 1/2 c. sifted flour
1 tsp. soda
1 tsp. vinegar
1/2 tsp. salt

Mix first 2 items and let stand 20 min. Mix sugars and shortening; add eggs and then flour, soda and salt. Then add vinegar, last of all oatmeal. Bake at 350 for 35-40 min. After baking but while still warm, top with frosting and place under broiler until bubbly.

## Frosting:

1 c. brown sugar
$1 / 4$ c. milk 1 c. coconut
$1 / 2$ c. nuts
6 tbsp. margarine
1 tsp. vanilla

## FLUFFY YELLOW CAKE

## Lois Blosser

1 box yellow cake mix
1 box Jello instant pudding
4 eggs, separated
Beat all the above except the egg whites. Fold in the beaten egg whites.
Bake at 350 for $35-40$ min.

## SWEET POTATO CAKE

2 c . Gold Medal all purpose flour
2 c. sugar
2 tsp. baking soda
1 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. pumpkin pie spice 1/2 tsp. salt

Lois Blosser
1 tsp. vanilla
4 eggs
1 c . vegetable oil
1 (18 oz.) can vacuum pack sweet potatoes drained and mashed, or 2 c. mashed cooked sweet potatoes, 1 c. chopped nuts

Creamy Glaze (recipe follows)
Heat oven to 350 . Grease and flour 12 c . bundt cake pan or tube pan, $10 \times 4$ ". Beat all ingredients except Creamy Glaze in large bowl on low speed, scraping bowl constantly, 30 seconds. Beat on med. speed, scraping bowl occasionally, 3 min . Pour into pan. Bake until wooden pick inserted in center comes out clean, 60-70 min. Cool 10 min ., remove from pan. Cool completely. Spread top and side of cake with Creamy Glaze. Let stand until glaze is set, about 30 min

## Creamy Glaze

$1 / 2$ pkg. Betty Crocker creamy white 1 tbsp. light corn syrup frosting mix (about $13 / 4$ ) 2-3 tbsp. hot water cup
Mix all ingredients until smooth. Stir in 1-2 tsp. water, if necessary, until glaze is of desired consistency.

## Cakes \& Cookies

## STREUSEL-FILLED COFFEE CAKE

## Cake Mixture:

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

## Streusel Mixture:

Mix together
1/2 c. brown sugar, packed
2 tbsp. flour
2 tsp. cinnamon
2 tbsp. butter, melted
1/2 c. chopped nuts

Mix thoroughly sugar, shortening and egg. Stir in milk. Sift together and stir in flour, baking powder and salt. Spread half of batter in greased and floured 9" square pan. Sprinkle with half the streusel mixture. Add the remaining batter and sprinkle remaining streusel over top. Bake at 375 for $25-35$ min., or until toothpick stuck in center comes out clean. Serve warm, fresh from the oven. Makes 9 (3") squares.

## EGGLESS CHOCOLATE CAKE

Grace Weaver
1 c. sour milk
4 tbsp. melted butter
1 tsp. vanilla

1 1/2 c. flour
1 c. sugar
1/2 c. cocoa, scant
1 tsp. baking soda

Mix flour, sugar and cocoa in a bowl. Stir soda into sour milk and add to dry ingredients. Add melted butter and vanilla, stirring well. Pour into a greased 9 " square pan and bake at 350 for 30-35 min.

## Cakes \& Cookies

## RED VELVET CAKE

Ruth Ann Martin
1/2 c. shortening
1 1/2 c. sugar
2 eggs
2 oz. red food coloring
2 tbsp. cocoa
2 1/4 c. plain flour
1 scant tsp. salt
1 tsp. vanilla
1 tsp. soda
1 c. buttermilk
1 tbsp. vinegar
1 tsp. butter flavoring

Cream shortening, sugar and eggs. Make a paste with coloring and cocoa and add to mixture. Add salt and flour with buttermilk and vanilla. Alternately add soda and vinegar and don't beat hard, just blend. Bake at 350 for 30 min. Bake in 2 (8") pans greased and floured.

## Frosting for Red Velvet Cake

3 tbsp. flour
1 c. butter
1 tsp. vanilla
Cook flour and milk on low heat until thick. Cool. Cream sugar and butter and vanilla until fluffy. Add to flour-milk mixture. Beat until mixture is like whipped cream. Spread on layers. Sprinkle with coconut or nuts, if desired.

| APPLE HARVEST CAKE | Ruth Duncan |
| :---: | :---: |
| $11 / 4 \mathrm{c}$. flour | 1/2 tsp. soda |
| 1 c . whole wheat flour | 1 tsp. salt |
| 1 c . sugar | 3/4 c. oil |
| 3/4 c. firmly packed brown sugar | 1 tsp. vanilla |
| 1 tbsp. cinnamon | 3 eggs |
| 2 tsp . baking powder | 1 c. chopped nuts <br> 2 c. peeled, finely chopped apples |
| Harvest Cake Glaze | 2-3 tbsp. milk |
| $1 / 2$ c. powdered sugar | 1/4 tsp. vanilla |

Heat oven to 325 . Generously grease and flour 12 c . fluted tube pan. Lightly spoon flour into measuring cup; level off. In large bowl, combine all purpose flour, whole wheat flour, sugar, brown sugar, cinnamon, baking powder, salt, soda, oil, vanilla and egg with 1 c . apples; beat 3 min . at med. speed. Stir in remaining apples and nuts. Pour into prepared pan. Bake at 325 for 55-65 min. Cool upright in pan 15 min ., turn onto serving plate and cool. In small bowl, blend glaze ingredients until smooth; spoon over cake. Yields 16 servings.

## SOUR CREAM COFFEE CAKE

Joyce Strickland

1 stick butter
1 c . sugar
2 eggs
$1 / 4$ tsp. salt
1 c. sour cream

1 tsp. vanilla
2 c . flour
1 tsp. baking soda
1 tsp. baking powder

Cream butter and sugar together. Add eggs, salt and vanilla; mix well. Sift flour, add baking powder and soda; sift again. Alternately add flour mixture and sour cream to creamed butter and sugar. Pour $1 / 2$ of batter into greased tube pan, add $1 / 2$ of topping mixture, add remaining batter and top with remaining topping. Bake $35-40 \mathrm{~min}$. at 350 .

## Topping:

1/4 c. flour
$1 / 4$ tsp. cinnamon
1/4 c. brown sugar
$1 / 2 \mathrm{c}$. chopped nuts
Mix together until crumbly

## Cakes \& Cookies

## PIXY POUND CAKE

Joyce Strickland

1 c. Crisco
1/2 c. butter or margarine
3 c. sugar
6 eggs
3 1/4 c. sifted flour

1/2 tsp. baking powder
1/2 tsp. salt
1 c. milk
1 tsp. vanilla
$1 / 2$ tsp. lemon flavoring

Cream shortening and sugar until fluffy, add eggs, one at a time, beating after each addition until smooth. Add flour, baking powder and salt alternately with milk. Blend well after each addition. Turn into well greased 10" tube pan and bake $11 / 2$ hours at 350 . Immediately after removing cake from oven slowly pour over the cake the following syrup. Do not remove cake from the pan.:

## Lemon Syrup

6 tbsp. butter or margarine 1 c. sugar Juice of 1 lemon with enough water to make 1/2 c

3 tsp. lemon rind, grated

Melt butter in small saucepan. Add remaining ingredients and cook until sugar is dissolved, about 3 min . Prepare syrup while cake is baking and pour slowly over cake as soon as it is removed from the oven.

## FRANKFURTER KRANZE

1 yellow cake mix

## Filling:

$11 / 2 \mathrm{c}$. crushed almonds or $1 / 2 \mathrm{lb}$. 1 (16 oz.) can vanilla frosting peanut brittle

## Topping:

Crushed peanut brittle
1/2 c. apricot preserves, sieved or blended
Bake cake in bundt pan following pkg. directions. With handle of wooden spoon tap sides of pan to loosen cake. Let cool 10 min . on wire rack. Crush almonds or peanut brittle, (I use the brittle.) with rolling pin and measure out $11 / 2$ c. Beat can frosting until smooth and add 1 c. peanut brittle. Cut cake into 3 even layers. Spread frosting between each layer, reassembling cake on platter. Heat apricot preserves, brush over cake. Use the entire amount. Then sprinkle remaining brittle on top. This cake is very rich tasting.

## Cakes \& Cookies

## APPLESAUCE CAKE

1 c. lard
2 tsp. cinnamon
2 tsp. allspice
2 tsp. cloves
2 tsp. soda
2 tsp. nutmeg
1 c. walnuts (or more)

Mix all ingredients together. Bake in loaf or tube pan at 275 for 1 1/2 to 2 hours

## ONE PAN WACKY CAKE

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

Mary M. Trissel/Frances Weaver
6 tbsp. oil
1 tsp. vanilla
1 tbsp. vinegar
1 c. cold water

Sift dry ingredients into a square 8" ungreased pan and pour in liquids and mix with a fork. Bake at 350 for 30-40 min. Sprinkle with confectioners sugar or frost with your favorite icing.

## ELIZABETH'S FRUIT CAKE

2 sticks butter
5 eggs
1 c. sugar
1 tbsp. vanilla
1 tbsp. lemon flavoring

Frances Weaver
1 lb glazed cherries (mixed green and red)
1 lb glazed pineapple
2/3 lb. light raisins
4-5 c. nuts (pecans mostly)
2 c. sifted flour

Cream together butter, eggs and sugar. Add flavorings. Mix in plastic bag the fruits and nuts with the flour. Mix all ingredients together. Place in tube pan and bake at 275 .

## Cakes \& Cookies

## ANGEL FOOD CAKE

2 c. egg whites
$11 / 2 \mathrm{c}$. cake flour
2 1/4 c. sugar
1 1/4 tsp. vanilla

Mary M. Trissel
$1 / 2$ tsp. almond extract
2 tsp. cream of tartar
Scant $1 / 2$ tsp. salt

Sift flour once before measuring, then add $3 / 4 \mathrm{c}$. sugar to flour and sift 3 times. Sift rest of sugar 3 times. Beat whites until foamy, then add salt and cream of tartar. Continue beating until stiff, but not dry. Then fold in remaining sugar and flavorings. Sift flour over whites very gradually, folding in carefully. Bake at 275 for 1 hour. Invert pan while cake is cooling. Do not remove cake from pan until cold. This makes a large cake. A large tube pan will be full.

## APPLESAUCE CAKE

2 c. applesauce, sweetened or unsweetened
2 c. nuts
2c. raisins
2 c. white sugar
$3 / 4 \mathrm{c}$. shortening (oleo)
1 tsp. cinnamon

Mary M. Trissel
1 tsp. allspice
1 c. crushed pineapple
$1 / 2$ c. coconut
3 eggs
3 c . flour
1 heaping tsp. soda
1 tsp. cloves

Cream sugar and butter. Add eggs. Add 1 c. cold applesauce with soda. Mix. Add remaining applesauce alternating with flour in small amounts. Mix well. Pour batter into a tube or bundt pan. Grease and flour pan. Bake at 350 for 1 hour.

## Cakes \& Cookies

## CARROT CAKE

1 1/2 c. flour
1 1/4 c. sugar
2 tbsp. wheat germ
1 1/2 tsp. baking soda
$11 / 2$ tsp. cinnamon
$1 / 4$ tsp. salt
2 c. or 2 (4 1/2 oz.) strained carrots, (baby food jars) or grated carrots
In 9" square pan with fork, mix well flour, sugar, baking soda, cinnamon and salt. Add carrots, oil, eggs and vanilla. Mix briskly with fork until thoroughly blended. Stir in pineapple, coconut and walnuts. Bake in preheated 350 oven for 40-45 min., or until pick inserted in center comes out clean and cake pulls away from sides of pan. Place the pan on a rack to cool. - Spread with frosting. Makes 9 servings.

## Cream Cheese Frosting

| $1(3 \mathrm{oz}$.$) pkg. cream cheese softened$ | $1 / 2 \mathrm{tsp}$. vanilla |
| :--- | :--- |
| $1 / 4 \mathrm{c}$. butter or margarine, softened | 2 c. confectioners sugar |

With wooden spoon, cream cheese, butter and vanilla until well blended. Add sugar; beat until smooth.

## HEATH BAR CAKE

## Bonnie Harlow

| 2 c . flour | $1 / 2 \mathrm{c}$. white sugar |
| :--- | :--- |
| 1 c . brown sugar | $1 / 2 \mathrm{c}$. margarine |

Mix and set aside $1 / 2 \mathrm{c}$. Into remaining mix, blend 1 egg, 1 tsp. baking soda, 1 tsp. vanilla, 1 c . buttermilk. Pour into $9 \times 13$ pan. Top with topping. Bake at 350 for 30 min .

Topping:
1/2 c. flour mixture

1/4 c. nuts
$3 / 4$ c. 'Heath bits ( 6 sm . Heath bars, crushed)

| 4 egg yolks | $1 / 2 \mathrm{c}$. sugar |
| :--- | :--- |
| $1 / 4 \mathrm{c}$. sugar | $2 / 3$ c. cake flour |
| $1 / 2 \mathrm{tsp}$. vanilla | 1 tsp. baking powder |
| 4 egg whites | $1 / 4$ tsp. salt |

Beat egg yolks until thick and lemon colored; gradually add $1 / 4 \mathrm{c}$. sugar; add vanilla. Beat egg whites until soft peaks form; gradually add $1 / 2 \mathrm{c}$. sugar and beat until peaks form. Fold yolk into whites using a rubber spatula. Sift together flour, baking powder and salt; fold into egg mixture. Bake in a $151 / 2$ $\times 101 / 2 \times 1$ pan. Grease the pan and line with wax paper, grease the paper too May sprinkle coconut over batter before baking. Bake at 375 for 10-12 min. Immediately loosen sides and turn out on a towel sprinkled with confectioners sugar. Unroll cake and towel together. Cool. Unroll, spread with favorite filling and roll up again. Filling variations: Use 1 c. cool whip and spread on jelly roll, or spread with jelly or make a Cream Filling.

## Cream Filling:

2 tbsp. flour $\quad 1 / 4 \mathrm{c}$. shortening
1/2 c. milk
Pinch of salt
$1 / 4$ c. butter
1/2 c. granulated sugar
$1 / 2$ tsp. vanilla
Mix flour and milk until smooth. Cook until thick, stir constantly. Remove and cool completely. Add butter, shortening and blend; add salt; beat until fluffy at high speed. Blend sugar and vanilla. Beat and spread on cooled roll. Chill before serving.

## SURPRISE CUPCAKE

Use any chocolate cake recipe or cake mix 8 oz. cream cheese 1/3 c. sugar (granulated or IOX) Dash of salt

Kathy Zendt
1 egg
1 c. chocolate chips (preferably mini chips)

Cream sugar and cheese. Add salt and egg. Beat and stir in chocolate chips. Fill cups $2 / 3$ full and drop rounded tsp. or mixture on top of each.

## Cakes \& Cookies

## ZUCCHINI CAKE

Kathy Zendt

## Crumb:

1/2 c. soft margarine
1/2 c. vegetable oil
1 3/4 c. sugar
Mix in and beat well
2 1/2 c. unsifted flour 4 tbsp. cocoa
2 c. shredded zucchini
1 tsp. soda

## Add and beat

2 eggs
1 tsp. vanilla
1/2 c. sour milk
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. baking powder
1/4 c. chocolate chips

Bake in a $9 \times 13$ pan. Bake at 325 for $40-45 \mathrm{~min}$.

## HUMMINGBIRD CAKE

Peggy Blosser
2 c. sugar
3 c. flour
1 c. oil
8 oz. can crushed pineapple
3 eggs
2 c. mashed bananas
1 tsp. salt
1 tsp. cinnamon
1 1/2 tsp. vanilla
1 tsp. soda
Nuts (opt.)

This is like a pound cake, so I bake it in a tube pan at 350 about 1 hour and 15 min. in 3 ( 9 ") cake pans at 350 for 25-30 min. Frost with Cream Cheese Frosting::

## Cream Cheese Frosting

1 lb . powdered sugar
1 stick butter
Double for 3 layers

8 oz. cream cheese

## Cakes \& Cookies

## NEVER FAIL CARAMEL ICING

Mary Trissel
1 c. brown sugar
1/2 c. butter
2 c. IOX sugar

1/4 c. milk
1 tsp. vanilla

Mix butter and brown sugar and boil 2 min., stirring constantly. Add milk and bring to a boil. Remove from heat and cool. Gradually stir in IOX sugar to consistency to spread. Add vanilla.

## MAPLE TOPPING

Judy Brenneman

1 c. brown sugar
1 c. milk
1/4 c. margarine

Mix and cook until thickened. Pour over uniced chocolate cake. Especially good to fix in a hurry for unexpected company. etc.

## EASY CARAMEL FROSTING

Grace Weaver
Melt $1 / 2 \mathrm{c}$. butter and add 1 c . brown sugar. Cook over low heat for 2 min . Add $1 / 4 \mathrm{c}$. milk and cook, stirring until mixture comes to a boil. Remove from heat and cool. Add $11 / 2$ to 2 c . powdered sugar and beat. This covers a 9" layer cake.

## GLAZED OATMEAL BROWNIES

Kathy Zendt

| $1 / 2$ c. Crisco | 1 egg |
| :--- | :--- |
| 1 c. flour | $2 / 3 \mathrm{c}$. brown sugar |
| $1 / 2$ tsp. salt | $1 / 2 \mathrm{c}$. milk |
| $1(6 \mathrm{oz}$.$) pkg. semi-sweet Toll House$ | $1 / 4 \mathrm{tsp}$. soda |
| morsels | $11 / 4 \mathrm{c}$. raw oatmeal |

2 tbsp. flour
1 tsp. maple flavoring

## Cakes \& Cookies

## RAISIN ENERGY SQUARES

1/2 c. butter or margarine, softened
$11 / 4 \mathrm{c}$. seedless raisins
1 c . chopped walnuts
$1 / 2$ c. carob or semisweet chocolate pieces
1 c. rolled oats
Preheat the oven at 350 . Grease an $8 \times 8 \times 2$ " baking pan. In a large mixing bowl, combine the butter, brown sugar, egg and vanilla. Beat until well blended. Add the oats and flour, stirring until well mixed. Stir in the raisins, nuts and chocolate pieces. Spread the batter evenly in the prepared pan and sprinkle with wheat germ. Bake for 25 min . Cool in the pan on a wire rack, before cutting into 2" squares.

## CARMELITAS <br> Lois Blosser

Melt in heavy saucepan. Set aside to cool slightly: 1 (14 oz.) bag caramels and1/2 c. evaporated milk.
Mix together with spoon
2 c. flour $\quad 1 / 2$ tsp. salt
2 c. quick cooking oatmeal
$11 / 2$ c. brown sugar, firmly packed
1 tsp. soda
Pat half of crumb mixture in bottom of greased $9 \times 13$ pan. Bake in 350 oven for 10 min . Remove from oven and spread caramel mixture over. Sprinkle with 1 c . chocolate chips and 1 c . chopped nuts. Add remaining crumb mixture and bake 20 min . more. Cool and then refrigerate. Cut in small squares before completely cool. You can use regular milk instead of canned milk

WHOLE WHEAT BROWNIES
Kathy Zendt
Beat well ( 5 min .):
1 c. margarine
Add and beat after each egg:
4 eggs
2 c. brown sugar

3 tbsp. cocoa mixed with1 tbsp.
1 c. whole wheat flour
melted margarine
3 tsp. vanilla
1 c. pecans
Bake at 350 until toothpick comes out clean. Bake in a $9 \times 13$ pan.

## DOUBLE CHOCOLATE CRUMB BARS

1/2 c. butter
3/4 c. sugar
2 eggs
1 tsp. vanilla
3/4 c. all purpose flour
1 c. peanut butter

1/2 c. chopped pecans
2 tbsp. unsweetened cocoa
1/4 tsp. baking powder
2 c. small marshmallows
1 (6 oz.) pkg. chocolate bits
1 1/2 c. rice cereal

Cream butter and sugar; beat in eggs and vanilla. Stir together flour, chopped nuts, cocoa, baking powder and $1 / 4 \mathrm{tsp}$. salt. Stir into egg mixture. Spread in bottom of greased $9 \times 13$ pan. Bake at 350 for 15-20 min. Sprinkle marshmallows evenly on top. Bake 3 min . and cool. In small saucepan, combine chocolate bits, peanut butter and stir over low heat until chocolate is melted. Stir in cereal. Spread on top of cooled bars. Chill and cut into bars. Refrigerate.

## HOLIDAY SQUARES AND TARTS

Cream together
1 1/2 c. sugar
1 c. margarine, softened

Add: 4 eggs
Add: 2 c. sifted flour
1 tbsp. lemon extract or lemon juice

Mix well. Place in $151 / 2 \times 10$ 1/2" well greased pan. Measure off with a toothpick or a knife into 20 squares. Make a tiny indentation in each square and add a scant tsp. of pie filling. (Cherry and blueberry are delicious!) May also be baked in muffin pans, the cupcake size or the small tart size. Spray with Pam for easy removal of the baked tarts. Fill muffin cups $1 / 2$ full and add the appropriate amount of pie filling

## CONGO SQUARES

3/4 c. shortening or oleo
2 1/4 c. brown sugar
3 eggs
$23 / 4$ c. flour

Grace Weaver
2 1/2 tsp. baking powder
1/2 tsp. salt
1 c. chopped nuts
1 (6 oz.) pkg. semi-sweet chocolate pieces

Melt shortening in large saucepan; add brown sugar and mix well. Cool slightly; add eggs, one at a time, beating well after each addition. Sift together flour, baking powder and salt; add flour mixture to mixture in saucepan. Mix well; add chopped nuts and chocolate pieces. Pour into 2 greased $71 / 2 \times 11 \times 1$ 1/2" pans. Bake at 325-350 for 25-30 min. When almost cool cut into squares. Yields 48 servings.

## MARSHMALLOW FUDGE BARS

Virginia Martin

3/4 c. flour
2 tbsp. cocoa
1/4 tsp. baking powder
1/4 tsp. salt
1/2 c. shortening
$3 / 4$ c. sugar
2 eggs
1 tsp. vanilla
$1 / 2$ c. chopped nuts

Cream shortening and sugar. Add eggs and beat well. Add dry ingredients. Add vanilla and nuts. Spread in well greased $8 \times 12^{\prime \prime}$ pan. Bake at 325 for 1520 min., or until done. Remove from oven and cover top with 12 large marshmallows, cut in halves. Return to oven for a few min., or until marshmallows are soft. Spread with the following frosting:

1/2 c. brown sugar
1/4 c. water
2 tbsp. cocoa

3 tbsp. butter
1 tsp. vanilla
1 1/2 c. powdered sugar

Combine brown sugar, water and cocoa and boil for 3 min. Add butter and vanilla. Cool. Blend in powdered sugar and spread over marshmallows. Cut into bars.

## CHOCOLATE PEANUT BARS

Virginia Martin
1/2 c. corn syrup,
1 c. corn flakes slightly crushed
1/4 c. brown sugar
1 c. peanut butter
Dash of salt
1 c. chocolate chips
1 tsp. vanilla 2 c . rice krispies
Combine syrup, sugar and salt. Bring to boil. Stir in vanilla and peanut butter; remove from heat. Add cereal and spread into pan and pat on wax paper about $1 / 2$ " thick. Melt chocolate chips and spread on top. When cool, cut into bars.

## GRAHAM CRACKER CHOCOIATE CHIP COOKIES Bonnie Harlow

Mix together:
2 pkg. graham crackers

1 pkg. chocolate chips
1 can Eagle Brand condensed milk

Spread in cookie sheet with edge and bake at 350 for 10 min .

## CHURCH WINDOWS

1 (6 oz.) pkg. chocolate bits

Bonnie Harlow
1 stick margarine

Heat until melted over hot water. Let cool. Pour over 1 lb . marshmallows (colored, miniature). Sprinkle coconut on waxed paper, then pour out candy into 2 rolls. Bring paper around rolls and use to shape into smooth rolls. Refrigerate and slice. Looks like cathedral windows. Nice for Christmas

## NO-BAKE DATE COOKIES

Lois Blosser

| 1 egg, beaten | 1 lb . dates, chopped |
| :--- | :--- |
| 1 c . sugar | $1 / 2 \mathrm{c}$. nuts |
| 1 stick margarine | 1 tsp. vanilla |
| Mix all of the above 2 columns and cook over slow heat until it boils. Remove |  |
| from heat and add 4 c . rice krispies. Cool and roll into balls then roll in fine |  |
| coconut. |  |

## Cakes \& Cookies

## MOLASSES CRINKLES

Cream together:
$3 / 4 \mathrm{c}$. shortening
1 c. brown sugar
1 egg
1/4 c. dark molasses

Marlene Wenger
Sift together and add:
2 c. flour
$1 / 2$ tsp. salt
2 tsp. soda
1 tsp. cinnamon
tsp. ginger
$1 / 2$ tsp. ground cloves

Mix thoroughly. Chill dough. Make into balls $1^{\prime \prime}$ in diameter. Roll in granulated sugar and place 2" apart on greased baking sheet. Bake at 350 for 12-15 min. Makes 4 dozen.

## CHOCOLATE CHIPPERS

Cream until light and fluffy:
$1 / 2 \mathrm{c}$. shortening
1 egg
1/2 c. sugar
1 tsp. vanilla
1/4 c. brown sugar

Ruth Ann Martin
Stir together and stir into creamed mixture:
1 c . sifted flour
$1 / 2$ tsp. soda
3/4 tsp. salt
Add to cookie mixture:
1 (6 oz.) pkg. semi-sweet chocolate pieces $1 / 2 \mathrm{c}$. broken nuts

Drop from tsp. on greased cookie sheet. Bake at 375 for 10-12 min. Makes 3 dozen cookies

## Cakes \& Cookies

## OLD FASHIONED OATMEAL COOKIES

1 c. raisins
1 c. water
3/4 c. shortening
1 1/2 c. sugar
2 eggs
1 tsp. vanilla
2 1/2 c. Gold f.ieda1 flour

1/2 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
2 c. rolled oats
$1 / 2$ c. chopped nuts

Simmer raisins and water in saucepan over low heat until raisins are plump, 20-30 min. Drain raisin liquid into measuring cup. Add enough water to make $1 / 2$ c. Heat oven to 400 . Mix shortening, sugar, eggs and vanilla. Stir in raisin liquid. Sift together flour, baking powder, soda, salt and spices; blend in. Add rolled oats, nuts and raisins. Drop rounded tsp. of dough about 2'1 apart on ungreased baking sheet. Bake 8-10 min., or until lightly browned. Makes about 7 dozen.

## HOLIDAY FRUIT DROPS

Grace Weaver

1 c. shortening
2 c. brown sugar, packed
2 eggs
1/2 c. soured milk, buttermilk or water
3 1/2 c. Gold Medal flour

1 tsp. soda
1 tsp. salt
1 1/2 c. broken pecans
2 c. candied cherries,
2 c. cut-up dates

Mix shortening, sugar and eggs well. Stir in soured milk. Measure flour and sift together dry ingredients; stir in. Stir in pecans, cherries and dates. Chill at least 1 hour. Heat oven to 400. Drop rounded tsp. of dough about 2" apart on lightly greased baking sheet. Place a pecan half on each cookie, if desired. Bake 8-10 min., or until almost no imprint remains when touched lightly. Makes about 8 dozen cookies.

## DROP SUGAR COOKIES

1/2 c. butter
1 c. sugar
1 tbsp. milk
2 c. flour

2 eggs
2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla

Cream butter, add sugar and eggs and beat. Sift flour, baking powder and salt. Add milk and flour to butter-sugar mixture and mix well. Mixture should not be too thick. If not thick enough add more flour to make right consistency to drop from spoon Drop from spoon on pan, sprinkle with sugar and bake in 350 oven until done, about 10 min . This is a very good cookie to frost or decorate.

## PEANUT BUTTER COOKIES

Alice Faye Cornelius
1 c. light brown sugar
$1 / 2$ c. crisco
1 egg
$3 / 4$ c. peanut butter
$11 / 2 \mathrm{c}$. sifted flour
$1 / 2$ tsp. salt
Preheat oven to 375 . Blend sugar, crisco, peanut butter, salt and egg. Add combined ingredients and mix well. Shape into 1" balls and place 2" apart on ungreased cookie sheet. Flatten cookies by pressing a criss-cross on each ball with prongs of a fork that has been dipped in water or flour. Bake at 375 for 10-12 min., or until lightly brown on edges. Cool on cookie sheet for 2-3 min . Then remove cookies to racks. Store in tightly closed container. Makes 4 dozen 2" cookies.

## EASY FILLED DATE COOKIES

Ruth Duncan

1 c. soft shortening
2 c. brown sugar, packed 2 eggs
1/2 c. buttermilk or water 1 tsp. vanilla

Mix thoroughly shortening, brown sugar and eggs. Stir in water or milk and vanilla. Sift together and stir dry ingredients. Drop by tsp. on greased baking sheet. Place $1 / 2 \mathrm{tsp}$. date filling on dough, cover with another $1 / 2 \mathrm{tsp}$. dough. Bake at 400 until lightly browned, about 10 min .

Date Filling
2 c. dates, finely cut 3/4 c. water 3/4 c. sugar
Cook all together until thick. Remove from heat. Add 1/2 c. nuts. Cool
PEANUT BUTTER OATMEAL CRUNCH Ruth Duncan

| $1 / 2$ c. creamy peanut butter | 2 tsp . vanilla |
| :--- | :--- |
| 1 c. shortening | 3 eggs |
| 2 c. sugar | $11 / 2 \mathrm{c}$. sifted all purpose flour |
| $1 / 4$ c. milk | $31 / 2 \mathrm{c}$. uncooked, quick-cooking |
| 1 tsp. salt | oatmeal |
| 2 tsp. cinnamon | 2 c. raisins |
|  | $3 / 4$ tsp. baking soda |

Preheat oven to 375 . Blend peanut butter, shortening and sugar. Add milk, vanilla and eggs; mix well. Stir in combined dry ingredients; then add rolled oats and raisins and mix thoroughly. Drop by tsp. onto greased baking sheets. Bake at 375 for 12-15 min., or until cookies are lightly browned around edges. Cool on cookie sheets 2-3 min. remove to racks to finish cooling.

## Cakes \& Cookies

WHOOPIE PIES

2 eggs, separated
1 c. vegetable oil
2 c. brown sugar
1 c. milk
$11 / 2$ tsp. vanilla

Marlene Wenger
3 c . flour
1 tsp. soda
$1 / 4$ tsp. salt
6 tbsp. cocoa

Beat the egg whites till stiff; add yolks and mix. Add oil and brown sugar. Sift dry ingredients and add alternately with milk. Add vanilla. Let set $1 / 2$ hour.
Bake at 350 .
Filling for Whoopie Pies: Cook together 1 c . milk, 5 tbsp. flour and 1 c . sugar. Cool and add 1 c . crisco, $1 / 2 \mathrm{tsp}$. salt and 1 tsp . vanilla. Put 2 cookies together with this filling

## WHOOPIE PIES

Ruth Duncan
4 c . sifted flour
1 c . shortening
1 c. cocoa
2 eggs, separated
2 tsp. salt
1 c . sour milk
2 c. sugar
2 tsp. soda
1 c . hot water
Sift the first 3 ingredients and set aside. Cream together the sugar, shortening and egg yolks. Add flour mixture and sour milk alternately to creamed mixture. Add 2 tsp . soda to 1 c . hot water. Bake 8 min . at 400 . Filling:
2 egg whites, beaten 4 tbsp. flour 4 tbsp. milk 1 1/2 c. crisco 4 c. confectioners sugar 1 tbsp. vanilla Beat egg whites. Add vanilla and milk. Add flour and beat. Add 2 c . confectioners sugar. Add crisco and the 2 additional cups of confectioners sugar. Put between 2 cookies

## CHOCOLATE CRINKLES

Grace Weaver

1/2 c. vegetable oil
4 sq. unsweetened chocolate (4 oz.) melted
2 c. granulated sugar
4 eggs 1
c. confectioner's sugar

Mix oil, chocolate and granulated sugar. Blend in 1 egg at a time until well mixed. Add vanilla. Measure flour and sift. Stir flour, baking powder and salt into oil mixture. Chill several hours or overnight. Heat oven to 350. Drop tsp. of dough into confectioners sugar. Roll in sugar; shape into balls. Place about 2" apart on greased baking sheet. Bake 10-12 min. Do not over bake! Makes about 6 dozen.

## GINGER-SUGAR COOKIES

1 c. granulated sugar
3/4 c. shortening
1 egg
1/4 c. molasses
$11 / 2$ tsp. soda

Judy Brenneman
2 c. unsifted flour
1 tsp. cloves
1 tsp. ginger
1 tsp. cinnamon

Cream sugar and shortening. Sift dry ingredients; add to creamed mixture. Roll into balls size of walnuts; roll in granulated sugar. Press down on cookie sheet. Bake at 320 for 15 min . Yields about 2 1/2 dozen

## CHOCOLATE MARSHMALLOW COOKIE

| $13 / 4 \mathrm{c}$. flour | 1 c . sugar |
| :--- | :--- |
| $1 / 2 \mathrm{tsp}$. salt | 1 egg |
| $1 / 2 \mathrm{tsp}$. soda | 1 tsp. vanilla |
| $1 / 2 \mathrm{c}$. cocoa | $1 / 4 \mathrm{c}$. milk |
| $1 / 2 \mathrm{c}$. shortening (1 stick margarine) | 18 marshmallows, cut in half |

Stir together the flour, salt, soda and cocoa. Cream shortening and sugar.
Add egg, vanilla and milk. Mix well and ~ add dry ingredients and mix to blend. Drop by spoonfuls onto a greased sheet. Bake at 350 for 8 min . Remove from oven and press $1 / 2$ marshmallow onto each cookie, cut side down. Bake 2 min . longer. Ice cookies with Betty Crocker ready mix or with your own favorite frosting. Yields 36 cookies.

## JAM THUMBPRINTS

Ruth Ann Martin
Cream together $2 / 3 \mathrm{c}$. butter and $1 / 3 \mathrm{c}$. granulated sugar until fluffy. Add 2 egg yolks, 1 tsp . vanilla and $1 / 2 \mathrm{tsp}$. salt. Beat well. Gradually add $11 / 2 \mathrm{c}$. sifted all purpose flour, mixing well. Shape into $3 / 4$ " balls, dip in 2 slightly beaten egg whites, then roll in $3 / 4 \mathrm{c}$. finely chopped walnuts. Place 1 II apart on greased cookie sheet. Press down center of each with thumb. Bake 15-17 min. Cool slightly; remove from pan. Just before serving, fill with jelly or jam.

## SPICY HERMITS

1/2 c. shortening
1 c. brown sugar
1 egg
2 tbsp. water
$11 / 2$ c. sifted all purpose flour
1 tbsp. instant coffee powder
$1 / 2$ tsp. soda

Ruth Ann Martin
$1 / 2$ tsp. ground cinnamon
$1 / 4$ tsp. salt
$1 / 4 \mathrm{tsp}$. ground nutmeg
$1 / 4 \mathrm{tsp}$. ground cloves
3/4 c. raisins
$1 / 2 \mathrm{c}$. broken walnuts

Thoroughly cream shortening and sugar. Add egg and beat well. Stir in water. Sift together dry ingredients; add to creamed mixture. Stir in raisins and nuts. Drop from tsp. on greased sheet. Bake 10 min .

## ANGEL FLAKE DATEBALLS

Aldena Fleming

| 1 c. sugar | 1 egg |
| :--- | :--- |
| 1 stick margarine | 1 pkg. dates, cut up |

Cook slowly, stirring constantly. Bring to a boil. Cool. Add 1 c. pecans, 2 c. rice krispies. Roll into balls. Roll in coconut.

MONSTER COOKIES
3 eggs
1 c. plus 2 tbsp. brown sugar 1
1 c . white sugar
1 tsp. vanilla
1 tsp. syrup

Aldena Fleming
2 tsp. soda
$1 / 4 \mathrm{lb}$. butter
$11 / 4 \mathrm{c}$. peanut butter
$41 / 2 \mathrm{c}$. oats
$1 / 4 \mathrm{lb}$. chocolate chips
$1 / 4 \mathrm{lb} . \mathrm{m}$ \& m's (Nuts, if desired)

Mix in order given. Drop by tbsp. on ungreased cookie sheet. Flatten with fork or fingers. Bake at 350 for 12 min., or until lightly brown. Let stand on cookie sheet for 2 min . before removing. Cool. Store in a tightly covered container.

## PUMPKIN COOKIES

Kathy Zendt
1/2 c. margarine
1 tsp. baking soda
1 1/2 c. sugar
1 egg
1 c. pumpkin
1 tsp. baking powder
$1 / 2$ tsp. salt
1 tsp. nutmeg
1 tsp. vanilla
1 tsp. cinnamon
2 1/2 c. flour
1/2 c. nuts
1 c. chocolate chips
Cream butter and sugar together until light and fluffy. Beat egg, pumpkin and vanilla. Mix in dry ingredients. Bake at 350 for 15 min.

WHOLE WHEAT OATMEAL COOKIES
Kathy Zendt

1 c. raisins
1 c. shortening
3/4 c. white sugar
3/4 c. brown sugar
2 eggs
$11 / 2 \mathrm{c}$. whole wheat flour

1 tsp. baking soda
1 tsp. salt
1/2 tsp. nutmeg
$1 / 2$ tsp. cinnamon
2 c. rolled oats
1/2 c. chopped walnuts

In small saucepan, cover raisins with water. Bring to boiling, remove from heat. Cover and let stand 5 min . Put through fine blade of food grinder and set aside. In mixing bowl, cream shortening and sugars until light and fluffy. Beat in eggs and all ingredients. Bake at 375 for 10 min .

## DOUBLE CHOCOLATE REBELS

Peggy Blosser

1 c. flour -
1/2 tsp. baking soda
1/2 tsp. salt
6 tbsp. cocoa
1 1/4 c. butter
1 tsp. vanilla
$11 / 2$ c. sugar or (1 c. granulated and $1 / 2 \mathrm{c}$. brown)
1 egg, beaten
$1 / 4 \mathrm{c}$. water
3 c. rolled oats
6 oz. semi-sweet chocolate pieces

Bake on ungreased baking sheet at 350, 12-18 min. (approx. 5 dozen)

## MINT MERINGUE COOKIES

2 egg whites, at room temperature 1/2 tsp. peppermint extract.
$1 / 2$ c. sugar (or more if needed to peak)

Combine egg whites and mint extract; beat until frothy. Gradually add sugar, 1 tsp. at a time, beating until glossy and stiff peaks form. Beat in food coloring. Do not under beat. Fold in chocolate bits. Drop by rounded tsp. onto buttered cookie sheets. Bake at 200 for 1 hour or until dry and set. Cookies should not brown. Yields about 2 1/2 dozen. *Option- red food coloring and wintergreen extract.

## Cakes \& Cookies

## DELUXE CHOCOLATE CHIP COOKIES

1 lb margarine, softened
$3 / 4$ c. light brown sugar
3/4 c. white sugar
2 tsp. vanilla
2 eggs

4 c. flour, sifted
1 tsp. baking soda
1 tsp. salt
1 (12 oz.) pkg. semi-sweet chocolate chips
1 c. pecans, chopped

Beat margarine, sugars, vanilla and eggs in large bowl until creamy. Blend well. Sift dry ingredients together and gradually stir into creamed mixture. Mix well. Add chocolate bits and nuts. Drop by tsp. onto ungreased cookie sheets. Leave 1 1/2" between cookies. Bake at 375 for 11-12 min., or until brown. These cookies are very thick and soft. Makes about 5 dozen.


## Dessentis



## Desserts

## PLAIN PASTRY

Ruth Ann Martin

For 1 single crust pie or 4-6 tart shells:
1 1/2 c. sifted all purpose flour
$1 / 2$ tsp. salt

For 1 double crust or lattice top pie or 2 single crust pies:
2 c . sifted all purpose flour 1 tsp. salt

1/2 c. shortening
4-5 tbsp. cold water

Sift flour and salt together; cut in shortening with, pastry blender until pieces are the size of small peas. Sprinkle water over mixture and toss with the fork until all is moistened. Form into a ball and flatten on lightly floured surface. Roll from center to edge until $1 / 8^{\prime \prime}$ thick. To bake single pie crust- prick the shell with fork. Bake at 450 for 10-12 min., or until golden brown.

## FRESH STRAWBERRY PIE

Kathy Zendt
1 c. sugar
2 tbsp. cornstarch
1 c. water
Bring to a boil, then remove from heat and add 2 tbsp. strawberry jello. Cool and add 2 c . sliced strawberries. Pour into baked pie shell and refrigerate for a while. Top with whipped cream

## VANILLA CRUMB PIE

Kathy Zendt
1/2 c. brown sugar
1 egg
1/2 c. molasses
1 c. water
1 tbsp. flour
1 tsp. vanilla
Bring to a boil. Pour into unbaked pie shell
Crumbs:
1/2 tsp. soda
1 c. flour
1/2 tsp. baking powder
1/2 c. brown sugar
1/2 c. shortening, melted

Bake at 375 for 40-50 min.

Desserts
PAPER BAG APPLE PIE
Kathy Zendt
1 (9") unbaked shell $1 / 2$ tsp. nutmeg
5-6 Ig. baking apples
1/2 c. sugar
2 tbsp. lemon juice
2 tbsp. flour
Peel and quarter apples. Place in large bowl. Combine sugar, flour, nutmeg in cup. Sprinkle over apples. Toss well. Spoon into shell. Drizzle with lemon juice.
Topping:
1/2 stick margarine
1/2 c. sugar
1/2 c. flour
Combine until crumbly; sprinkle over apples. Slice pie into brown paper bag. Fold end twice and staple. Place on cookie sheet. Bake at 425 for 1 hour. Split bag and remove pie. Place in wire rack. Serve warm or cool with cheese or ice cream

## APPLE-RAISIN PIE

Kathy Zendt
1 c. raisins
1/2 c. sugar
1/4 tsp. salt

1 tbsp. lemon juice
Apples
2 tbsp. flour

Cook raisins in 1 c . water for 5 min . (do not drain). Mix sugar, flour, salt and stir into raisins and cook, stirring until thickened. Add lemon juice. Dice apples and add to mixture. Put into pastry. Top with crust or crumbs. Bake at 425 for 10 min., then 350 for 40 min .

## CHOCOLATE CREAM PIE

Mary Trissel

3 c. milk
3/4 c. sugar
2 heaping tbsp. cocoa
3 tbsp. flour
3 tbsp. cornstarch

While heating $21 / 2 \mathrm{c}$. milk, mix all the remaining ingredients except the egg whites, vanilla and butter with $1 / 2 \mathrm{c}$. milk. Just as milk reaches boiling point, add above mixture. Stir constantly and cook only until thick. Remove from heat and add butter and vanilla. Cool and pour into baked pie shell. Cover with meringue from egg whites. If you prefer to serve with whipped cream, use only 1 whole egg in recipe.

## BAKED CHOCOLATE PIE

Kathy Zendt

Blend:
1 c. sugar
2 tbsp. flour
Add:
3 eggs, beaten

2 eggs
1 tsp. vanilla
1 tbsp. butter
Pinch of salt

Melt:
1/2 c. margarine
2 sq. chocolate
Add:
1 tbsp. vanilla or almond flavor
1 c. milk
Mix all ingredients and pour into unbaked pie crust. Bake at 350 for 45 min

## PEACH PIE

Ruth Ann
Prepare pastry for 9" lattice-top pie. Combine $3 / 4$ to 1 c. sugar, 3 tbsp. all purpose flour, $1 / 4$ tsp. ground nutmeg or cinnamon and dash salt. Add to 5 c . sliced fresh peaches. Mix. Line 9" pie plate with pastry; fill. Dot with 2 tbsp. butter. Adjust lattice top. Bake at 350 for 45-50 min.

## PUMPKIN PIE

Mary Trissel
(This filling needs no baking.) Mix together: 1 box instant vanilla pudding, 1/2 tsp. salt, $1 / 4$ tsp. cloves, $1 / 4$ tsp. nutmeg, 1 tsp. cinnamon, $2 / 3$ c. milk. Add 1 c. pumpkin, 1 envelope. Dream Whip (prepared according to directions). Reduce or increase amount of spices as desired. Pour into baked pastry shell and refrigerate. This may be topped with chopped nuts, coconut, whipped cream (or ready prepared whip) or ice cream. (I prefer Cool Whip sprinkled generously with chopped nuts.)

## PUMPKIN PIE

1 1/2 c. cooked pumpkin
1 c. milk
1 c. sugar
1/4 tsp. salt
Mix in blender, pour into unbaked pie shell. Bake in 425 oven about 15 min., then reduce heat to 375 for 15 min., or until finished.

## WET BOTTOM SHOO FLY PIE

1 c. flour
2/3 c. brown sugar
1 tbsp. shortening
1 c. molasses

Marlene Wenger
1/4 tsp. nutmeg
1/4 tsp. cinnamon
2 eggs, beaten

Mix flour, sugar and shortening. Set aside $1 / 2 \mathrm{c}$. of the crumbs. Pour hot water over soda and add molasses, well beaten egg, vanilla and crumbs. Pour into unbaked pie shell and sprinkle the $1 / 2 \mathrm{c}$. of crumbs on top of pie. Bake at 425 for 10 min. reduce heat to 350 until brown. Makes 1 (9") pie.

## OLD FASHIONED CREAM PIE

Bonnie Harlow

## 1/2 c. white sugar

7 tbsp. flour
1/2 c. brown sugar
Mix and put in pie crust. Add 1 cup cream, 1 cup milk (the 2 mixed), and a little vanilla. Dot with butter. Bake at 425 for 15 min., or until crusts forms. Lightly stir. Bake at 350 for 40-45 min. Sprinkle cinnamon on top.

OATMEAL PIE
Bonnie Harlow
$3 / 4$ c. white sugar
1/2 c. margarine
3/4 c. "dark karo
2 eggs
$3 / 4$ c. oatmeal
1/2 c. coconut
$1 / 2 \mathrm{c}$. nuts

Cream sugar and margarine. Add karo and eggs. Add oatmeal, coconut and nuts. Bake at 350 for 45 min.

## LEMON CREAM PIE <br> Judy Brennenm

1 c. sugar
2 tbsp. margarine
2 tbsp. flour
2 eggs
1 c. milk
Cream sugar and margarine together. Add flour, stirring until; mix mixed. Separate eggs and add the yolks, beat the mixture until smooth and add the milk, lemon juice and rind. Fold in egg whites beaten stiff. Bake at 425 for 10 min., then lower temperature to 325 . Bake until the filling is firm to the touch. Makes a small pie. 9" pie pan takes about $11 / 2$ recipes. This recipe came from my great aunt and is delicious. Some like it who don't normally like lemon. -

## BUTTERSCOTCH CREAM PIE

Marlene Wenger
1 c . brown sugar
$1 / 4$ c. cornstarch
$12 / 3 \mathrm{c}$. milk
3 egg yolks, slightly beaten

Juice of 1 lemon Grated rind of lemon or tsp dried
2 egg whites, beaten stiff

Mix brown sugar, cornstarch and salt in saucepan. Gradually stir in water and milk. Add butter. Cook over med. heat stirring constantly until mixture thickens and boils. Boil 1 min . Remove from heat. Gradually stir at least $1 / 2$ of mixture into egg yolks. Then blend into hot mixture in saucepan. Boil 1 min. more, stirring constantly. Remove from heat; add vanilla. Pour into baked pie shell. Finish pie with meringue. (Can use all milk instead of milk and water.)

## PEANUT BUTTER PIE Virginia Martin/Joyce Strickland/Mary Trissel

1/2 c. sugar
1 tbsp. flour
2 tbsp. cornstarch
1/4 tsp. salt
2 c. milk

1 tbsp. butter
1 tsp. vanilla
3/4 c. powdered sugar
1/2 c. peanut butter
2 egg yolks

Mix sugar, flour, cornstarch and salt. Stir in a little of the milk to moisten. Add the egg yolks and stir into milk that has been heated in a saucepan. Boil pudding for 1 min., Stirring constantly. Remove from heat and add butter and vanilla. Cool slightly. Mix powdered sugar and peanut butter until crumbly. Put in bottom of pie shell, saving a few crumbs for top of pie. Pour slightly cooled pudding over crumbs in pie shell. Cool. Spread cool whip, whipped cream of meringue on top. Sprinkle with remaining crumbs. If using meringue, brown in 350 oven. Serve chilled. Variation: Make pie using instant vanilla pudding in place of cooked pudding and top with cool whip. Quick and delicious.

## CHEESE TARTS

Grace Weaver

1 lb cream cheese, softened 2 eggs
1/2 c. sugar
1 tsp. vanilla

1 1/2 c. graham cracker crumbs
1/4 lb. butter, melted
1 can prepared pie filling

Cream softened cream cheese until smooth; beat in eggs, sugar and vanilla. In paper-lined cupcake tins, press 1 tbsp. of graham cracker-melted butter mixture; top with 3 tbsp. cream cheese mixture. Bake in 350 oven for 12 min., or until set; cool. Top with prepared pie filling; chill thoroughly before serving. Yields 18 servings.

## BANANA SPLIT CAKE

2 c. graham crackers 6 tbsp. melted margarine 1 box confectioners sugar
1 stick soft margarine
2 eggs
1 tsp. vanilla

4 bananas
1 (\#2) can crushed pineapple
9 oz. cool whip
1 c. nuts, crushed
Maraschino cherries

Mix graham crackers and margarine and pat in $9 \times 13$ pan. Set aside. Mix sugar, margarine, eggs, vanilla. Beat until fluffy and spread over graham crackers. Place sliced bananas over fluffy stuff. Add pineapple and nuts. Put cool whip on top. Put cherry on each serving.

## LEMON FLUFF DESSERT

Judy Brenneman/Mary Trissel
1 stick margarine, melted
1/2 c. nuts (opt.)
1 c. flour
2 c. graham cracker crumbs
Mix and put into $9 \times 13$ pan and bake
15 min . at 375 . Cool.
Mix and put on top:
8 oz . cream cheese
1 c. cool whip
1 c. confectioners sugar
On top of that, put 2 small pkg. instant lemon pudding mixed with 3 c . milk. Spread rest of 9 oz . cool whip on top and sprinkle with chopped nuts. Refrigerate. For variations use other flavor of instant puddings

## RICE PUDDING

Marlene Wenger
Preheat oven to 275.
Combine in buttered baking dish: $\quad 1 / 4$ tsp. salt
4 c. milk, scalded
1/2 c. rice
Dash of nutmeg, cinnamon or 1/2 c. sugar dried orange peel
Bake for 2 to $21 / 2$ hours until rice is tender and milk is creamy. Stir occasionally during first half of baking time. Pudding thickens as it cools. Serve warm or cold. Can add 1/3 c. raisins, $1 / 2$ hour before removing from oven.

Desserts

## CHERRY SURPRISE

Aldena Fleming
1 stick margarine
2 c. graham cracker crumbs
3 tbsp. granulated sugar 1 (8 oz.)
pkg. cream cheese

1 c. IOX.sugar
1 pkg. dream whip
1 can cherry pie filling

For crust, melt margarine and add to graham cracker crumbs and sugar (the granulated). Press firmly into $9 \times 13$ pan. Beat together cheese and IOX sugar, refrigerate until needed. Prepare dream whip and fold into cream cheese mixture. Pour over graham cracker crust and top with cherry pie filling. Keep refrigerated.

## PINEAPPLE FILLING

8 eggs, well beaten
2 c. sugar apple, drained

Lois Blosser
2 (17 oz.) cans crushed pine-
1 c . melted margarine or butter'

Mix well, pour in a greased casserole dish and bake at 350 for 1 hour. Sprinkle top with cinnamon

## APPLE DELIGHT

Ruth Ann Martin
1 qt. sliced apples
1 tbsp. flour
3/4 c. sugar
Mix and place in greased casserole
dish.
Topping:
1 c. oatmeal
$3 / 4$ c. brown sugar
Combine ingredients above and add $1 / 4 \mathrm{c}$. melted butter to make crumbs. Sprinkle crumbs on top of apple mixture. Bake at 375 for 35-40 min.
Delicious served with vanilla ice cream

## APPLE CRISP PUDDING

Peel and slice apples to make 4 c . Mix the following together Place apples and $1 / 2 \mathrm{c}$. water in greased baking dish. Sprinkle with $1 \quad 3 / 4 \mathrm{c}$. graham cracker crumbs tsp. cinnamon over the apples. 1 c . brown sugar.
Sprinkle over apple mixture. Bake, uncovered for 1 hour at 350

## RHUBARB CRUNCH

Grace Weaver
Mix until crumbly:
Combine the following
1 c. flour, sifted
3/4 c. oatmeal, uncooked
1 c. sugar
1 c. brown sugar, packed
2 tbsp. cornstarch

1/2 c. melted butter.
1 c. water
1 tsp. vanilla 1 tsp
1 tsp. cinnamon
Press half of crumbs in a greased 9" baking pan. Cover with 4 c . diced rhubarb. Combine second mixture and cook until thick and clear. Pour over rhubarb. Top with remaining crumbs. Bake at 350 for 1 hour.

## FRUIT COBBLER

Joyce Strickland

1/4 c. margarine
1 c. flour
2/3 c. sugar.

2 tsp. baking powder
$1 / 2$ tsp. salt
3/4 c milk

Melt margarine in 9" square pan. Combine remaining ingredients and pour over melted margarine, but do not stir. Over top of batter, pour 2 c. fresh canned (drained) or frozen (thawed) fruit such as peaches, cherries, raspberries, apples, mixed with $1 / 2$ c. or less sugar. Do not use sugar if using sweetened fruit. Bake at 350 for 50-60 min. Serve warm or cold with milk, whipped cream or ice cream.

## MINIATURE CHEESE CAKES

Whole vanilla wafers $2 / 3 \mathrm{c}$. sugar 2 (8 oz.) pkg. cream cheese, 3 eggs

1 can cherry pie filling softened 1 tsp. vanilla

Place 1 vanilla wafer in bottom of each paper baking cup, rounded side up. (Makes 18 full size cups.) Combine in mixing bowl, cream cheese at room temperature, eggs, sugar and vanilla. Beat $5-\mathrm{min}$. Fill baking cups $2 / 3$ full. Bake in preheated oven at 350 for 15 min . Remove while warm, top with fruit.

## CHEESE CAKE

Barbara Stark
24 oz. cream cheese, softened 5 eggs, one at a time
$1 / 4$ tsp. salt
$1 / 2$ tsp. almond extract
1 c . sugar
Beat cheese, eggs and sugar together. Bake at 325 for $45-50$ min
Topping: $\quad 1 / 2 \mathrm{tsp}$. vanilla
2 tbsp. sugar
1 1/2 c. sour cream
Spread over cake while still hot. Bake another 10 min . at 325.

## STRAWBERRY SHORT CAKE Mary Trissel

1/3 c. sugar
1 egg, beaten
$1 / 4 \mathrm{c}$. butter or $1 / 8 \mathrm{lb}$.

1 c. flour
1 tsp. baking powder
1/2 c. sweet milk
(This is my mother's recipe. I know of no better one.) Sift flour. Sift flour and baking powder together. Cream butter and sugar. Add beaten egg. Add flour alternately with milk. Bake in $5 \times 9 \times 23 / 4$ " (loaf bread pan) at 350 for 10-15 min., or until done. Makes enough for 2-3. Use sweetened strawberries (whole or mashed) over cake.

## BLUEBERRY BUCKLE

Ruth Ann Martin
3/4 c. sugar:
$1 / 4 \mathrm{c}$. softened shortening
1 egg
1/2 c. milk
2 c . flour
2 tsp. baking powder
$1 / 2$ tsp. salt
2 c. fresh blueberries (canned but drained)

Mix sugar, shortening and egg. Stir in milk. Measure flour, baking powder and salt. Add to mixture. Stir in blueberries. Put in 9 " greased square pan and sprinkle with crumb topping. Bake at 375 for $40-50$ min.

## CHERRY DELIGHT

Mary Trissel
Make a crust from 16 graham crackers and 1 stick of butter. Press in dish. Mix 1 ( 8 oz .) pkg. cream cheese, 1 c . IOX sugar and $1 / 3 \mathrm{c}$. milk together. Spread over graham cracker crust and sprinkle with nuts. Add 1 can cherry pie filling on top of cheese layer. (You can use frozen or canned sour cherries sweetened and thickened with cornstarch.) Opt. Can use blue- berry pie filling instead of cherry.

## FROSTY STRAWBERRY SQUARES

Kathy Zendt

| flour | 1 c . sugar |
| :---: | :---: |
| 1/4 c. brown sugar | 2 c . strawberries, fresh of frozen |
| 1/2 c. nuts, chopped | 2 tbsp . lemon juice |
| 1/2 c. oleo, melted | 1 c. cream, whipped or dream whip |
| 2 egg whites |  |
| Stir together first 4 ingredients; spread in shallow pan. Bake at 350 for 20 min., stirring often. Sprinkle $2 / 3$ of crumbs in a $9 x 13$ pan. Combine egg whites, sugar, berries and lemon juice in large bowl; beat at high speed until stiff peaks for, about 10 min . Fold in whipped cream. Spoon over crumbs; top with remaining crumbs. Freeze 6 hours or overnight. |  |

Desserts

## TAPIOCA CREAM

Ruth Ann Martin

1 egg yolk, slightly beaten
1 c. milk
1 tbsp. sugar
1 tbsp. quick cooking tapioca

1/8 tsp. salt
$1 / 2$ tsp. vanilla
1 egg white
2 tbsp. sugar

Mix egg yolk, milk, 1 tbsp. sugar, tapioca and salt in saucepan. Cook over low heat, stirring constantly, until mixture boils. remove from heat; cool. Stir in vanilla. Beat egg white until frothy. Gradually beat in 2 tbsp . sugar. Continue beating until stiff and glossy. Fold into mixture in saucepan. Spoon into dishes. May add 1/4 c. semi-sweet chocolate pieces at the last.

## GLORIFIED RICE

Ruth Ann Martin
2 c. cooked rice 24 marshmallows, quartered
1 c. pineapple
1/2 c. sugar
1 c. whipped cream
1 c. chopped apples
Combine cooked rice, pineapple chunks, marshmallows, sugar and chopped apples. Let stand for 1 hour. Whip cream and fold into mixture just before serving. Fresh peaches may be added in place of pineapple.

## GRAHAM CRACKER FLUFF

Kathy Zendt

2 egg yolks
1/2 c. sugar
2/3 c. milk

1 pkg. gelatin (1 tbsp.)
1/2 c. water
2 egg whites

Beat egg yolks, add sugar and milk. Cook in top of double boiler until slightly thickened. Soak gelatin in the cold water. Pour hot mixture over softened gelatin and stir until smooth. Chill until slightly thickened. Add stiffly beaten egg whites, vanilla and cool whip to chilled mix. Combine melted butter, cracker crumbs and sugar to make crumbs. Sprinkle half of crumbs in bottom of serving dish. Add mixture and top with remaining crumbs. Let chill in refrigerator until set.

Mary Trissel

2 (3 oz.) pkg. cream cheese
1 c. mayonnaise or salad dressing
1 c . heavy cream or 1 envelope. of whipped cream whip

1 Lg . can fruit cocktail
$21 / 2$ c. marshmallows (small)

Drain cocktail. Soften cream cheese. Whip dream whip and mix with cream cheese and salad dressing. Add marshmallows and fruit. Pour into a square dish and cut into servings. Put in freezer overnight

CHOCOLATE ICE CREAM (2 gallon freezer) Mary Trissel

| $11 / 2 \mathrm{qt}$. cream, | 6 eggs beaten |
| :--- | :--- |
| $13 / 4 \mathrm{qt}$ whole milk | 3 c . sugar |
| $1 \mathrm{qt}$. pudding (2 boxes instant vanilla | 3 tbsp. vanilla |
| pudding, made according to | 1 (16 oz.) can Hershey's chocolate |
| directions on pkg.) | syrup |

Pinch of salt
6 junket tablets (dissolved in 1/2 c.
warm water)
Heat ingredients to lukewarm and add junket. Pour immediately into freezer and let set until thick. Freeze. NOTE: To make vanilla, replace chocolate with milk.)

## VANILLA ICE CREAM SPECTACULAR

5 c. milk
2 1/4 c. sugar 6 tbsp. flour $1 / 2$ tsp. salt

5 eggs, beaten
1 qt. whipping cream
1 tbsp. plus $11 / 2 \mathrm{tsp}$ vanilla.

Heat milk in a saucepan over heat until scalded. Combine sugar, flour and salt in a 3 qt. saucepan; gradually stir in milk. Cook over med. heat for 15 min., or until thickened, stirring constantly. Stir some of hot mixture into beaten eggs; add to remaining hot mixture, stirring constantly. Cook 1 min., remove from heat and cool. Chill for $11 / 2$ to 2 hours. Combine cream and vanilla in a large bowl; add chilled custard, stirring with a whisk to combine. Pour mixture into freezer can of 1 gallon hand-turned or electric freezer.
Freeze according to manufacturer's instructions. Let ripen $11 / 2$ to 2 hours.

## FROZEN FRUIT CUPS

Ruth Duncan
1 (17 oz.) can apricot halves, drained 1 (16 oz.) box frozen strawberries and cubed
1 (16 oz.) can sliced peaches, drained and cubed 3 bananas, cubed

1/2 c. sugar
1 c. pineapple juice or 1 ( 6 oz ) can
1 (6 oz.) can frozen orange ,juice
1 tbsp. lemon juice

Mix juices with sugar and let set while preparing fruits. Mix together and freezer. Remove from freezer 20 min. before serving. Looks pretty served with a small mandarin orange slice and/or sprig of mint on top of a strawberry. Delicious made without sugar. Can be frozen in individual serving dishes.


## Main Díshes



## CHICKEN-DRESSING CASSEROLE

Joyce Strickland

2 1/2 c. cooked, diced chicken 1 can cream of mushroom soup
1/2 c. sour cream, melted
$11 / 3 \mathrm{c}$. hot water or chicken stock
1/2 c. margarine
4 c. Pepperidge farm herb stuffing

Combine chicken, soup and sour cream. (Substitute yogurt or mayonnaise for sour cream, if desired.) Add boiling water or broth and melted margarine to dressing mix. Put $1 / 2$ of stuffing in greased casserole dish; layer chicken mixture on top of dressing. Top with remaining dressing. Bake at 350 for 30 min., or until thoroughly heated.

## BAKED HERB CHICKEN

Marlene Wenger
Preheat oven to 325 . Arrange in $9 \times 13 \quad 1 / 4$ tsp. basil
baking pan: 1 ( 3 lb. ) fryer.
1/4 tsp. oregano
2 tbsp. lemon juice
1 tsp. grated lemon rind
1 can mushroom soup
Bake, uncovered, 1 hour and 15 min . Serve with hot cooked rice. (Can also bake at 250 for $21 / 2$ to 3 hours for a good Sunday chicken dinner.)

## SWEET AND SOUR CHICKEN

1 (8 oz.) can pineapple chunks
2 lb . chicken breast 2 tbsp. butter or margarine
1/2 c. chicken bouillon
2 Lg. carrots, sliced
1/4 c. brown sugar
2 tbsp. cornstarch

Joyce Strickland
1/4 c. vinegar
2 tbsp. soy sauce
1 med. onion, sliced into rings
$1 / 2$ green pepper, cut into strips
1-(8 oz.) can sliced water chestnuts Hot cooked rice

Drain pineapple, reserving juice. Bone chicken breast and cut into slivers; sauté in butter until no longer pink. Add bouillon and carrots; cover and cook until carrots are tender. Combine reserved juice, brown sugar, cornstarch, vinegar and soy sauce; add to chicken and carrots and cook until mixture thickens. Just before serving, add pineapple, onion, green pepper and water chestnuts. Serve over rice.

## FRIED CHICKEN

1 chicken (or equivalent), cut into serving size pieces 1/4 c. flour

1 tsp. salt
1/4 tsp. black pepper

Roll meat in seasoned flour and shake off excess. Melt 1 tbsp. shortening in heavy skillet with tight lid, using med. high heat. Place meat in skillet, cut side down. Put on lid and turn heat to low. Add more shortening as needed. When under side is brown, turn and brown other side. It is important to use low heat so the meat gets done through. This takes about an hour, depending on size of pieces. To use above recipe for Oven Fried Chicken, follow recipe above until ready for the skillet. Instead of placing in skillet, place on aluminum foil on cookie sheet, cover with foil and place in 350 oven for $1 / 2$ hour. Uncover and turn pieces and return to oven for $1 / 2$ hour or until done.

## CURRIED CHICKEN

Judy Brenneman
Fry 1 chicken rolled in flour and/or cornmeal. Put chicken in baking dish. Add heated $1 / 2$ can cream chicken soup with $1 / 3$ (I use $1 / 2$ ) tsp. curry and $1 / 2$ can mushrooms. Bake in oven at 350 for 1 hour or until done.

## CHICKEN BARBEQUE

| Cook 6 chicken breasts or equal | $1 / 2 \mathrm{c}$. ketchup |
| :--- | :--- |
| amount of chicken. Mix the following | 1 tsp . salt |
| ingredients and simmer 15 min.: | 2 tsp . worcestershire sauce |
| $1 / 2$ c. sugar | 2 tsp . prepared mustard |
| $1 / 2$ c. vinegar | $1 / 2$ c. water |

Pour sauce over cooked chicken and bake $1 / 2$ hour at 400 . Baste every 5 min.

## CROCKPOT CHICKEN

Peggy Blosser
6-8 legs, thighs or breasts of chicken $11 / 2$ tsp. salt
3 tbsp. butter
2-3 carrots, sliced
1/2 tsp. garlic salt
2-3 celery stalks, cut in 1" pieces
1 onion, chopped or cut in rings,
1/2 tsp. chili powder.
Dash of oregano
2 tsp. paprika
4 oz. can sliced mushrooms, opt.
1 c. stewed tomatoes or tomato juice
Melt butter and brown chicken. Put carrots, celery, and onions in bottom of crockpot. Add chicken. Top with the rest of ingredients. Cook on low for 6-8 hours or high for 3-4 hours. Can be served over spaghetti or dished out of broth with a slotted spoon

## EASY BBQ CHICKEN

1 cut-up chicken
112 oz can coke
1 c. catsup
Joyce Strickland

Place chicken in skillet. Mix coke and catsup; pour over chicken. Bring to boil, then simmer until chicken is tender ( $45-60 \mathrm{~min}$.). Can be used in crockpot

## SWEET 'N SOUR CHICKEN

8 oz . bottle Thousand Island or Russian dressing

Judy Brenneman
1 pkg. onion soup mix
12 oz . jar apricot or peach preserves

Mix together and pour over chicken in baking dish. Bake at 350 for $11 / 2$ hours. Do not cover.

## ORANGE CHICKEN

2 fryers, cut up
1 slightly beaten egg
$1 / 3$ c. orange juice
1 c. fine bread crumbs

1 tsp. paprika
1 tsp. shredded orange peel
6 tbsp. butter

Dip pieces into egg and orange juice, then into mixture of crumbs, paprika, peel and 1 tsp. salt. Melt butter in pan and coat. Bake at 250 for 2 hours or 400 for 30 min . Turn and bake 30 min . more.

CHICKEN PIE
Barbara Stark
1 whole chicken
1 can cream of chicken soup
Cook chicken in salt water until done. Take meat off chicken and put back into broth. Add 1 can cream of chicken soup. Add pepper to chicken.

## 2 Crust Pie Dough

2 c. sifted enriched flour 1 tsp. salt

2/3 c. shortening
6-7 tbsp. cold water

Cut in the shortening with a pastry blender or blending until pieces are the size of small peas. Sprinkle water, a tbsp. at a time. Mix lightly; gather up with fingers, form into ball. Let stand several min. Rollout on floured board. Put pie dough on sides of oblong pan. Leave bottom of pan opened. Put chicken in pan, cover with rest of pie dough. Bake at 350 until crust is brown

## CHICKEN CHOW MEIN

3 chicken breasts, skinned and boned, 1 " pieces
1/2 tsp. garlic powder, 3 tbsp. peanut oil, divided 2 tbsp. soy sauce, divided, 3 tbsp. cornstarch, divided 1/2 tsp. salt
1/4 tsp. pepper

Barbara Stark
1/4 tsp. sugar
1/8 tsp. ginger
3/4 c. chicken bouillon cooled 1 sm . can water chestnuts drained and sliced
1 can bean sprouts, drained
1 can bamboo shoots, drained
Shrimp (opt.)
1 c. diagonal sliced celery
8 onions or 4 19. onions, diced

Cut chicken breast into 1" pieces; set aside. Combine garlic, 1 tbsp. of the oil, 1 tbsp. soy sauce, 1 tsp. cornstarch, salt and pepper and chicken. Mix well; let stand 20 min., or more. Pour remaining oil around the top of a preheated pan. Allow to heat at med. heat for 2 min. Add celery and onions. Stir fry for 2 min . Remove vegetables from pan and set aside. If vegetables are not tender, put lid on them and steam for a little while. Combine remaining soy sauce and cornstarch. Stir in sugar, ginger and chicken bouillon. Set aside. Add chicken to pan and stir fry for 3 min. Add fried vegetables and bouillon mixture. Add bean sprouts, chestnuts, bamboo, shoots. Stir fry over how heat for 3 min., or until thickened. Serve over rice or chow mein noodles. Makes 6 servings.

## CHICKEN AND RICE CASSEROLE

Lois Blosser

| Mix together: | $11 / 3 \mathrm{c}$. water |
| :--- | :--- |
| 1 can cream of mushroom soup | Dash of garlic salt |
| 2 cans cream of chicken soup | 1 c. uncooked rice |

Pour into baking dish. Make mixture of flour, salt and pepper. Roll chicken pieces in flour mixture until well coated. Lay chicken pieces on top of mixture in baking dish. Cover and bake at 350 for 1 1/2 hours.
1 c. uncooked rice
1 c. corn
1 can tomato sauce and $1 / 2$ can
water
or $1 / 2$ c. tomato juice.

1/2 c. chopped onion
$3 / 4 \mathrm{lb}$. uncooked hamburger
Salt and pepper to taste
or 1 1/2 c. tomato juice.
Place in casserole in order listed. Pour second can tomato sauce and 1/2 can water over contents. Place 3-4 strips of bacon and bake at 350 for 1 hour. Uncover and bake 30 min . longer.

## HAMBURGER CASSEROLE

Ruth Ann Martin
1 lb . ground beef
1 sliced onion
6 potatoes, sliced thin
1 c. tomato soup
1 c. red kidney beans
Salt and pepper to taste
4 stalks celery, cut
Place diced potatoes' in bottom of casserole, then add hamburger, celery, onion, beans and pour tomato soup on top. Bake at 350 for 2 to $21 / 2$ hours.

## HAMBURGER RICE CASSEROLE

Mary Trissel
Fry slightly in 1 tbsp. Wesson oil
$11 / 2 \mathrm{lb}$. hamburger and 1 small onion.

1 can cream of chicken soup
1 can cream of mushroom soup
Salt and 8epper

1/2 c. rice, cooked
Mix together and bake for 45 min . at 350.2 tsp. soya may be added, if desired

## HAMBURGER STROGANOFF

$1 / 2 \mathrm{c}$. minced onion
1 clove garlic, minced
$1 / 4 \mathrm{c}$. butter
1 lb . ground beef
1 tsp. salt
2 tbsp. flour

1 lb . fresh mushrooms, sliced or 1 (8 oz.) can sliced mushrooms, drained 1 (10 $1 / 2 \mathrm{oz}$.) can cream of chicken soup, undiluted
1 c. commercial sour cream $1 / 4 \mathrm{tsp}$. pepper

Sauté onion and garlic in butter over med. heat. Stir in meat and brown. Stir in flour, salt, pepper and mushrooms. Cook 5 min . Stir in soup. Simmer uncovered 10 min . Stir in sour cream. Heat through. Serve over noodles.

## CO-ED CASSEROLE

Ruth Duncan

1 tbsp. cooking fat
$11 / 2 \mathrm{lb}$. ground beef chuck
2 tsp. salt
2 1/2 c. canned tomatoes
$1 / 2 \mathrm{c}$. all purpose seasoning

Barbecue sauce
1 (9 oz.) box frozen, cut green bean cooked and drained
1 (6 oz.) pkg. noodles, cooked 2 tbsp. butter or margarine

Heat fat in skillet. Add meat, break into pieces and sauté until lightly browned. Add salt, tomatoes and barbeque sauce and simmer 10 min . Add green beans. Drain noodles and mix with butter. Arrange around sides and bottom of greased 2 qt . casserole. Fill center with meat mixture and bake in a moderate 350 oven for 30 min . Makes 6 servings.

## PIZZA HAMBURGERS

Fry 2 lb . hamburger with chopped onion, take off heat. Break 3 eggs over 3 slices bread.
1 (15 oz.) can tomato sauce
1 tsp. oregano
Mix egg bread with hamburger; spread $1 / 2$ of mixture in pan. Put on $1 / 2$ of tomato sauce, $1 / 2 \mathrm{tsp}$. oregano, $11 / 2 \mathrm{oz}$. American cheese; then another layer of hamburger, rest of tomato sauce, $1 / 2$ tsp. oregano and mozzarella cheese. Bake at 425 for 15 min .

## BEEF MACARONI SKILLET

1 lb . ground beef
1 med. onion, chopped
3 c. tomato juice
1 tbsp. worcestershire sauce
1 tbsp. vinegar

Judy Brenneman
1 1/2 oz. cheese (American, grated)
8 oz . mozzarella cheese

Brown beef and onion in skillet. Add remaining ingredients and cook with lid on until macaroni is done, about 20 min . Stir occasionally while cooking. Makes 6 servings

## RICE MEATBALL

Ruth Ann Martin
1 c. minute rice (directly from box)
1 lb . ground beef
Dash pepper
2 1/2 c. tomato juice
1 egg, slightly beaten
1/2 tsp. sugar
Combine rice, beef, onion, egg, salt, pepper and $1 / 2$ c. tomato juice. Shape into about 18 balls and place in skillet. Add $1 / 2$ tsp. sugar to remaining 2 c . tomato juice. Pour over meatballs in skillet. Bring to a good boil. Simmer covered about 15 min., basting occasionally.

## MEAT LOAF

1 beef bouillon cube
$1 / 2$ c. boiling water
1 beaten egg
$11 / 2$ c. soft bread crumbs, about 2
slices
1 lb . ground beef
Dissolve bouillon cube in boiling water. Combine bouillon with egg, bread crumbs, dry milk powder, onion, salt and basil. Add beef and mix 'well. Pat mixture into loaf pan or shape into loaf in shallow baking dish. Bake at 350 for 50-60 min. Serve with the following:

## Mushroom Sauce:

Drain 1 (6 oz.) can sliced mushrooms. In saucepan, melt 3 tbsp. butter or margarine. Stir in 1 tbsp . all purpose flour, dash of salt and dash pepper. Add $3 / 4 \mathrm{c}$. milk all at once. Cook and stir until mixture thickens and bubbles. Add mushrooms. Heat through.

## BEEF LOAF

2 lb . ground beef
1 1/2 tsp. salt
1/4 tsp. pepper
1 sm . onion, chopped

## Ruth Ann Martin

2/3 c. nonfat dry milk powder
1/4 c. chopped onion
1/2 tsp. salt
1/4 tsp. crushed dried basil leaves

Combine all ingredients and form into a loaf. Bake 1 hour at 350.

## Zesty Topping

1/4 c. catsup 2 tbsp. prepared mustard
3 tbsp. brown sugar
Add before baking meatloaf.

1 lb . ground beef
$1 / 2$ c. cold water

1 c. cracker crumbs Salt and pepper to taste

Mix well and pat into shallow pan at least 1 " thick. Cover and set overnight in refrigerator. Cut into squares and roll in flour. Brown on both sides. Place in heavy baking dish or pan. Pour 1 can cream of mushroom soup over steaks. Cover and bake at 350 for 1 to $11 / 2$ hours

## SWISS STEAK WITH MUSHROOMS

2 lb chuck or round steak, $1^{1 "}$ thick $\quad \begin{aligned} & 1 \text { envelope beef flavor mushroom } \\ & \text { mix }\end{aligned}$
Place meat on heavy duty foil; coat all sides with the mix. Make an airtight drugstore wrap. Bake in a shallow pan about 1 hour at 375

## GREEN PEPPER STEAK

1 1/2 lb. round steak, 1/2" thick 2 tbsp. soy sauce 1/2 c. flour

Frances Weaver
3 tbsp. cooking oil
1 c. diced green pepper
1 c. water

Cut steaks into strips about 2" long and 1" wide. Brush soy sauce on each side of meat strips, then sprinkle with flour. Brown in cooking oil over med. heat. Add green pepper and sauté a few min., then add the water. Cover and simmer until meat is tender

## SWEDISH MEATBALLS

Sauce:
1 tbsp. butter
1 green pepper, chopped
1 onion, minced
1 (10 1/2 oz.) can condensed chicken with rice soup 1 (10 1/2 oz.) can condensed tomato

Meatballs:
2 slices soft white bread
1/4 c. evaporated milk
1 egg
1 tsp. salt
1 lb . ground beef
1 c. water or beef stock soup
Melt butter in frying pan. Add pepper and onion and cook; until tender. Stir in both cans of soup and water. Heat to boiling, then turn down heat. While sauce cooks, make meatballs. Mix ingredients listed above and shape into balls about the size of a ping pong ball. Drop balls into simmering sauce and cook slowly about 1 hour or until sauce has cooked down enough to be thick

## JAMAICA BEEF PATTIES

Aldena Fleming
Pastry: Sieve together, 4 c. flour, 1 tbsp. curry, 1 tsp. salt. Work in $1 / 2 \mathrm{lb}$. shortening and enough ice water to hold dough together. Refrigerate in foil for 12 hours. Remove 15 min . before use, pull off enough to make 1 patty at a time. Rollout and cut into 6 " circles. Flour each and stack. Cover, with a damp cloth.
Filling: Mince 2 onions, 2 oz . scallions, 2 hot peppers. Add this to 2 lb . mince (hamburger). Heat 2 oz. oil in frying pan, add mince and stir for 10 min . Add $1 / 2 \mathrm{lb}$. bread crumbs, 3 sprigs thyme, 2 tbsp. curry powder, 2 tsp. salt. Mix well; then add 1 c. water. Simmer for $1 / 2$ hour. Cool.

Fill the prepared pastry circles with filling. Fold over and seal by crimping edges with fork. Bake on ungreased baking sheets in preheated oven at 400 for 30-35 min., or until brown. Makes approx. 3 dozen

JAMICACURRY (Goat, mutton or lamb)
Aldena Fleming
Cut into small cubes, 2 lb . goat, mutton or lamb. Place in a large bowl. Add 1 crushed clove of garlic, 2 tomatoes, 2 onions, 1 stalk scallion, 1 hot pepper, chopped; then 3 tbsp. curry, salt and pepper to taste. Mix all together. Allow to rest for $1 / 2$ hour. Separate meat from seasoning. Fry meat in 2 tbsp . butter, 2 oz . oil until brown. Add seasonings and 2-3 c. water. Cover and simmer until tender. Serve with rice

## MEATZZA

$11 / 2$ ground beef
1 tsp. salt
1/2 tsp. pepper
1 tsp. oregano
$11 / 2$ tsp. dry mustard
2 tsp. minced onion

Kathy Zendt
$1 / 2$ minced garlic (opt.)
1 egg
1/4 c. bread crumbs, dry
1 c. pizza sauce
4 oz. grated mozzarella cheese
(save for topping)
Mushrooms (opt.)

Mix $1 / 2$ of pizza sauce and rest of ingredients. Pat mixture in skillet or shallow pan to bake. Pour remaining sauce Cook over low heat 20 min., covered until meat shrinks. Cook uncovered on med. heat 20 min., or until meat is browned. Cheese and mushrooms on top and cover to melt.

## AMERICAN CHOP SUEY <br> $11 / 2$ ground beef <br> $3 / 4 \mathrm{c}$. uncooked rice <br> $11 / 2$ c. celery, chopped fine <br> $1 / 4 \mathrm{c}$. soy sauce

Virginia Martin

Put uncooked rice in the bottom of a 9xl2" baking dish. Brown meat. Add onions, celery, soup, water, salt and soy meat. Pour over rice, but do not stir. Bake at 350 for 1 hour. Cover the first 40 min .

Enough peeled and sliced potatoes to make 2 qt
Make ground beef into 6 patties, coat with flour on both sides. Brown in hot skillet. Place browned patties in a casserole dish which has been greased. Cook sliced potatoes until not quite done. Place over top of beef evenly. Pour 1 can of cream of chicken soup mixed with $1 / 2$ can milk over the meat and potatoes. Top with 1 c . grated cheese. Bake at 350 for until bubbly and cheese is golden brown, about 45 min .

## 7 LAYER CASSEROLE <br> Bonnie Harlow

Put in casserole:
Thinly sliced or shredded potatoes
Sliced onions
Thinly sliced or shredded carrots
Cooked hamburger
Cooked Macaroni
Sliced cheese
Top with tomato juice. Bake at 350 for $11 / 2$ hours

## QUICK CRESCENT TACO PIE

Bonnie Harlow
1 lb . ground beef
$11 / 2$ to 2 c. crushed Fritos
1 pkg . taco or chili seasoning
8 oz. sour cream
$1 / 2 \mathrm{c}$. water,
$1 / 3$ c. green olives
8 oz. can crescent rolls or biscuits
1 c. Cracker Barrel cheddar shredded
Kidney beans (opt.)
Preheat oven to 375 . Brown meat and beans. Add seasoning mix, water and olives; simmer 5 min . Put rolls in ungreased pie pan, sprinkle 1 c . chips over bottom. Put in meat mix. Spread sour cream over meat. Cover with cheese, sprinkle rest of corn chips on top. Bake for 20-25 min.

STUFFED PEPPERS
8 med. peppers
1 1/2 lb. hamburger
1 Lg . onion.
1 can tomato sauce

Alice Faye Cornelius
Salt to taste
5 slices bread, crumbled
2 eggs

Preheat oven to 450. Mix hamburger, onion, eggs, salt and tomato sauce together. Add bread and mix well. Clean peppers out inside and put stuffing in them. Bake on a cookie sheet for $11 / 2$ hours or until done.

HAMBURGER DRESSING
Judy Brenneman
Soak 3-4 slices bread under faucet. Pull apart and put in bottom of casserole. Add 1 lb . fried hamburger (onions cooked in hamburger if you like.) Add 1 can cream of mushroom soup. Bake at 350 for 30-40 min.

## LASAGNA

Frances Weaver
Brown:
$11 / 4 \mathrm{lb}$. ground beef 1 med. onion and green pepper
Add:
Garlic salt and pepper $\quad 1 / 4 \mathrm{c}$. water (rinse can and jar)
1 (15 1/2 oz.) jar Ragu sauce
1/8 c. sugar
(with or without mushroom)
1 (15 1/2 oz.) can tomato sauce
Simmer about 20 min . Cook about 9 strips of lasagna about 15 min . in boiling water. In lasagna pan, place small amount of sauce, layer of lasagna, cheeses and sauce. Alternate 3 layers of each. Bake at 350 for 30-40 min. This recipe takes about $11 / 2 \mathrm{pkg}$. or mozzarella cheese and $3-4$ slices of American cheese. I sprinkle some parmesan cheese in also.

1 lb . ground beef
$1 / 4 \mathrm{c}$. chopped onion
3 tbsp. brown sugar
2 tbsp. worcestershire sauce

Salt and pepper to taste
1 can tomato paste
1 can pork and beans

Brown ground beef and onion in skillet. Put in sauce and other ingredients. Cook over low heat for 30-40 min. Add pork and beans and simmer for 15-20 min . more

## ITALIAN SPAGHETTI

Sauce:
1/2 c. chopped onion
2 green peppers, opt.
1 qt. strained tomatoes
1/4 c. sugar
1/2 c. catsup

Marlene Wenger
1/4 c. grated cheese
1 tbsp. paprika
1/4 c. chopped celery
1 tsp. salt
1/2 tsp. mustard
Little oregano and basil

Mix together all ingredients and simmer $11 / 2$ hours. Add browned hamburger and simmer 1 hour longer. Cook spaghetti and add sauce just before serving. Serves 8 .

## BEEF STEW

1 lb . boneless beef chuck, cut in $\mathrm{I} "$ cubes
2 c. water
$1 / 2$ tsp. lemon juice
$1 / 2 \mathrm{tsp}$. worcestershire sauce
$1 / 2$ clove garlic, minced
1/2 med. onion, sliced
1 sm . bay leaf, crumbled
Brown meat thoroughly on all sides in heavy saucepan. Add all ingredients except carrots, whole onions and potatoes. Cover tightly. Cook 1 hour and 45 min . Add vegetables; cook 10 min . NOTE: If you wish to thicken broth, remove stew to dish. Slowly stir in $1 / 2 \mathrm{c}$. water and $1 / 4 \mathrm{c}$. flour which has been shaken together in a jar. Bring to a boil. Taste and season

## HAM AND NOODLES

1 can creamed chicken soup
$11 / 2$ c. cubed ham or Spam
2 tbsp. margarine

Peggy Blosser
2/3c. milk
2 c. cooked noodle
Minced onion and parsley to taste

In saucepan, brown ham in margarine. Stir in the rest of ingredients. Heat, stirring now and then. Garnish with a sprig of fresh parsley. Substituted browned ground beef or any left-over meat.

## ORANGE-GLAZED PORK CHOPS

4 pork chops
Salt and pepper to taste
1 tbsp. vegetable oil
$1 / 2$ c. orange juice

All-purpose flour
2 tbsp. brown sugar
1 tbsp. vinegar.
2 tbsp orange marmalade

Dredge pork chops in seasoned -flour. Heat oil in heavy skillet; brown chops on both sides. Combine remaining ingredients and mix well. Pour over chops. Reduce heat; cover and simmer 40-45 min.

## HAM-BROCCOLI ROLLS IN MUSTARD SAUCE Frances Weaver

6 Lg. broccoli spears, cooked 1 (6 oz.) pkg. sliced ham 1 tbsp. margarine

2 tsp. dry mustard
1 1/2 c. skim milk
2 tbsp. flour - Paprika

Put a broccoli spear in center of each ham slice. Roll up tightly and arrange, seam side down in shallow baking dish. Melt margarine and blend in flour and mustard. Cook, stirring 1-2 min. Slowly add milk and bring to boil, stirring until smooth and thickened. Season with salt and pepper to taste. Pour on ham and rol1s, sprinkle with paprika. Bake ham rolls in hot oven at 450 for 10 min. Serves 6, 196 calories each.

## FRENCH FRIED CHICKEN

Brush chicken legs and thighs with creamy French dressing and foil in bread crumbs. Place in a greased shallow pan with skin side down. Pour over 2 tbsp. melted butter and sprinkle with poultry seasoning, salt and pepper. Bake at 375 for 30 min ., turn and bake 15 min . more or until chicken is tender and brown

## TUNA SURPRISE

6 med. potatoes, sliced, chopped
1 sm . can mushrooms
1/2 c. grated cheese
1 c. milk
1 1/2 c. flaked tuna

Ruth Duncan
1/2 c. pimento
$1 / 2$ c. buttered bread crumbs
1 tsp. salt
1/4 tsp. pepper

To keep potatoes from darkening, toss them in a solution of 1 c . water and $1 / 2 \mathrm{tsp}$. cream of tartar before baking. Arrange ingredients in alternate layers in buttered casserole. Pour milk over the contents and sprinkle with crumbs. Bread crumbs in a blender. Bake at 375 for 1 hour. Serves 6.

## TUNA CASSEROLE

Ruth Duncan

1 can cream of mushroom soup
1/2 c. milk
1 (7 oz.) can drained flaked tuna
1 1/2 c. cooked macaroni

1 (8 oz.) can " drained peas or frozen cooked peas
1 c. crushed potato chips

Combine soup and milk in $11 / 2$ qt. casserole dish. Fold in tuna, macaroni and peas. Sprinkle crushed potato chips on top. Bake at 350 for 25 min. Yields 4 servings. NOTE: 1 c. fine bread crumbs can be used instead of chips and 1 c . grated cheese can be added the last 10 min . of baking to make a nice topping.

SAUSAGE NOODLE CASSEROLE Judy Brenneman
Fry 1 lb . sausage; cook noodles. Mix in casserole with preferred cheese. Add 1 can cream of celery soup and bake at 350 for 1 hour.

## PEPPERONI ZUCCHINI CRESCENT SQUARES Ruth Duncan

8 oz . can Pillsbury refrigerated quick crescent rolls
2 c. (3 med.) thinly sliced zucchini 1 tsp. oregano
4 oz. (1 c.) thinly sliced pepperoni

2 tbsp. butter or margarine, softened $1 / 4 \mathrm{c}$. chopped onion or 1 tbsp . instant minced onion 2 med. tomatoes, cut into 12 (1/4") slices 3 slices (3 oz.) American or cheddar cheese, cut into 1" strips

Heat oven to 375 . Separate crescent dough into' 2 long rectangles. Place in ungreased $9 \times 13$ pan; press over bottom and $1 / 2^{\prime \prime}$ up the side to form crust, sealing perforations. Spread dough with 1 tbsp. margarine. In large skillet, combine remaining 2 tbsp . margarine, zucchini, onion and oregano; cook and stir until zucchini is crisp-tender. Spoon hot zucchini mixture evenly over crescent crust. Top with tomato and pepperoni slices. Bake at 375 for 25-30 min., or until crust is deep golden brown. Top with cheese strips. Return to oven and bake 1-2 min., or until cheese is melted. Cut into squares to serve. $6-8$ servings. A great pizza-like luncheon dish. It is a colorful and delicious favorite of ours.

RODEO SPECIAL (serves 4-6) Aldena Fleming
1 pkg. macaroni and cheese dinner 2 cans tomato sauce

1 tsp. butter or margarine
1 lb . ground beef
$1 / 2 \mathrm{c}$. chopped green pepper
$1 / 2 \mathrm{c}$. onion
$1 / 2 \mathrm{c}$. water
1 tsp. chili powder
$1 / 2 \mathrm{tsp}$. salt
1/4 tsp. pepper
1/8 tsp. garlic powder

Cook macaroni according to pkg. directions. Drain. Stir in margarine. Brown ground beef. Add green pepper and onions. Cook until tender. Drain off grease. Add tomato sauce, water, seasonings. Blend thoroughly, simmer until slightly thickened. Remove from heat with fork. Gently stir in contents of cheese packet and stir in macaroni. Heat slowly until thoroughly heated. Serve hot.

## BAKED EGG DISH

2 c. milk
5 eggs, slightly beaten
1 tsp. salt

Judy Brenneman
1 tsp. dry mustard
4 slices white bread, buttered and cubed
$1 / 2 \mathrm{lb}$ cheddar cheese, grated

Soak all ingredients overnight in covered container. Pour into $9 \times 13$ baking dish. Bake at 350 for $45-50 \mathrm{~min}$.

QUICHE (Makes 1 (9") pie
Virginia Martin

| 3 eggs | Dash pepper |
| :--- | :--- |
| 1 c . evaporated milk $3 / 4 \mathrm{c}$. milk | 1 c grated Swiss cheese |
| $1 / 2$ tsp. salt | 2 slices fried bacon, crisp and |
|  | crumbled |
|  | $1 / 2$ onion, sautéed |

Beat eggs slightly and add other ingredients except bacon and onion. Place bacon and onion in bottom of unbaked 9'1 pie shell. Pour in mix and bake at 350 until set, about 50 min . Cool 5 min . before serving.

## NO CRUST QUICHE

Kathy Zendt
12 slices crisp fried bacon, crumbled
4 oz . shredded cheese
$1 / 3$ c. finely chopped onion
(Put into greased 9'1 pie pan in layers.)
Blend:
$1 / 2 \mathrm{c}$. bisquick $\quad 1 / 4$ tsp. salt
2 c. milk
4 eggs, beaten
1/8 tsp. pepper
Pour over top and bake at 350 for $50-55 \mathrm{~min}$.

## Notes



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## POTATO SOUP

8 med. diced potatoes
1 Lg. diced onion

Marlene Wenger
4 stalks celery, chopped

Add enough water to cover vegetables and cook until soft. Melt $1 / 2 \mathrm{c}$. butter and add $3 / 4 \mathrm{c}$. whole wheat flour and 1 tsp . salt, pepper, stirring until smooth and thick. Add 6 c. milk, stir until thick and hot. Mix with vegetables and bring to boil. Add several tsp. celery salt.

## HARDY HAMBURGER SOUP

Kathy Zendt
1 c. diced potatoes
1 1/2 tsp. salt
1/8 tsp. pepper
4 c. milk
1/3 c. flour

Melt butter in saucepan; add onions and carrots. Cook until onions are tender, not brown. Add ground beef and cook until meat is crumbly. Stir in tomato juice, potatoes and seasonings. Cover and cook over low heat until vegetables are tender, about 20-25 min. Combine flour with 1 c . milk and beat until free of lumps. Stir in soup mixture and add remaining milk. Heat over low heat, stirring often to prevent sticking. Do not allow to boil.

## CHILI BEANS WITH GROUND BEEF <br> Frances Weaver

| 1 lb . ground beef | $1 / 2 \mathrm{c}$. onions, chopped |
| :--- | :--- |
| 1 tbsp. oil | $1 / 2 \mathrm{c}$. peppers, chopped |

Mix above ingredients and fry until hamburger is brown and onions and peppers, tender Place in larger Dutch oven and add the following:

| 1 qt. kidney beans | 4 tbsp . chili powder |
| :--- | :--- |
| 1 pt. tomato sauce | 1 c. water |
| Salt and pepper to taste | $1 / 2 \mathrm{c}$. catsup |

Mix all ingredients and simmer for at least 1 hour

## CHILI SOUP

1 (\#2) can pinto or kidney beans, 1 lb . hamburger
2 tsp. salt
1 qt. tomatoes or tomato juice

Joyce Strickland/Kathy Zendt
2 med. onions chopped
$1 / 4$ tsp. pepper
1 tsp. chili powder

Put 2 tbsp. fat in pan and fry hamburger and onions until brown. Add tomatoes to beans and cook several min. Then add all ingredients and simmer at least 15 min . Serves 6 . Variations: Add 1 can whole kernel corn to soup last few min. it's simmering. Put chunks of cheddar cheese or American cheese in soup bowls before adding hot chili. Sprinkle slightly crushed corn chips on soup and a dab of sour cream.

## CHICKEN SOUP

3-4 lb. chicken
$21 / 2$ qt. water 2 c .

Kathy Zendt
$21 / 2$ tsp. salt cooked rice or noodles

Cut chicken into serving pieces and bring to a boil. Skim off top. Allow to simmer 3 hours, adding more water if necessary. 5 min . before serving skim off fat and add 1 tsp . pepper kernels, I sm. onion, 1 bay leaf, 2 tbsp . chopped parsley. Just before serving, add 2 tbsp . of butter. Place cooked rice or noodles in soup bowl and pour soup over it. Serves 6.

## VEGETABLE CHEESE SOUP

4 chicken bouillon cubes .
1 qt. water
1 c. onion, chopped
1 c. celery vegetables

Cook first 4 ingredients for 20 min . Add rest of ingredients and cook until tender, about 30 min., covered. Add 2 cans cream -of chicken soup and 2 cans water. Add 1 lb . Velveeta cheese. Stir until cheese is melted. Good!!!!

Soups \& Salads

## TOMATO SOUP

2 (\#3 1/2) cans tomatoes (28 oz.)
1 sm. onion, coarsely chopped
Put in blender in 2 batches.
10 tbsp. mayonnaise
2 tbsp. parsley
1 tbsp. curry
Mix well; add a spoonful of parsley to soup just before

## SPLIT PEA SOUP

## Ruth Ann Martin

1 lb . (2 $1 / 4 \mathrm{c}$.) green split peas, $\quad 1 / 4 \mathrm{tsp}$. dried marjoram crushed 1 meaty ham bone ( $11 / 2 \mathrm{lb}$.)
1 c. diced celery
$11 / 2$ c. sliced onion
1 c . diced carrots
Cover peas with 2 qt. cold water and simmer gently 2 min., remove from heat; cover and let stand 1 hour. Add bone, onion, 1 tsp . salt, $1 / 2 \mathrm{tsp}$. pepper and marjoram. Bring to boil; cover, reduce heat and simmer (don't boil) for $11 / 2$ hours. Stir occasionally. Remove bone; cut off meat and dice. Return meat to soup; add vegetables. Cook slowly, uncovered for 30-40 min. Serves 6-8.

## POTATO SOUP WITH RIVELS

Peggy Blosser
1 qt. water
2 tsp. salt (part celery salt)
3 tbsp. butter (or bacon grease),
3 med. potatoes, diced

Aldena Fleming
Salt and pepper Accent

Cook all together until the potatoes are nearly done. Add rivels. Simmer 3 min . Add the rest of the egg and 1 pt . milk. Top with celery salt before serving.

## Rivels:

$1 / 2 \mathrm{Lg}$. beaten egg rubbed into $1 / 2 \mathrm{c}$. flour. Drop by small pieces, not large chunks.

## CORN CHOWDER

2 strips bacon, crisp
$1 / 2$ c. diced onion
2 c. diced potatoes
2 c . fresh or frozen corn

Joyce Strickland
Salt and pepper to taste
4 c. milk
2 tbsp. flour

Cook bacon until crisp. Cook potatoes and onions until tender in water. Add corn, cover and cook over low heat. Add water as needed. Add milk and flour mixed with small amount water. Bring just to boil, add crumbled bacon and serve.

## PINEAPPLE SALAD

## Frances Weaver

2 sm . boxes lemon jello

## Topping:

Dissolve in 4 c . boiling water. Stir in 12 slightly beaten eggs c. small marsh- mallows. Cool until 1 c . unsweetened pineapple partly set. 1/2 c. sugar juice
Stir in 1 c. crushed pineapple, and 2- 2 tbsp. flour
3 sliced bananas. Let jell completely. 1 tbsp. butter
Cook until thick, stirring all the time. Takes only-a few min. Remove from heat and cool. Stir in 1 pkg. dream whip (prepared) just before serving. Spread on top of jello and sprinkle with nuts.

## APRICOT SALAD

2 (3 oz.) pkg. orange jello
2 c . boiling water
$1 / 3 \mathrm{c}$. miniature marshmallows
1 (30 oz.) can apricots
1 (8 oz.) can crushed pineapple

2 tbsp. margarine
2 tbsp. flour
$1 / 2 \mathrm{c}$. sugar
1 egg, beaten
1 c. frozen topping (cool whip), thawed

Dissolve gelatin in boiling water. Add marshmallows and stir until dissolved. Drain apricots and pineapple, saving juice. Set aside $1 / 2 \mathrm{c}$. apricot and 1/2 c. pineapple juice for topping. Combine remaining juices and add water to measure 2 c . stir into jello. Chill until consistency of unbeaten egg white. Chop apricots; fold apricots and pineapple into jello. Pour into $9 \times 13$ dish. Chill until firm.
Topping: Melt margarine; add flour, stirring well. Add sugar, reserved juice and egg. Cook over med. heat until thickened. Chill. Fold in whipped topping (Cool Whip). Spread over jello. Sprinkle with chopped pecans if desired

## QUICK CRANBERRY SALAD

Joyce Strickland
1 (16 oz.) can whole berry cranberry sauce
1 (3 oz.) pkg. cherry or raspberry jello
1 orange, remove all membrane and
cut into small pieces
Add 1 c . boiling water to jello to dissolve. Add cranberry sauce and mix well. Refrigerate until starts to thicken, and then add fruit. $1 / 4 \mathrm{c}$. chopped nuts is optional. Chill.

1 (15 oz.) can sliced pineapple
1 c. pineapple juice
4 tbsp. sugar
2 tbsp. flour
1 egg
$1 / 2$ tsp. salt
Cheese (American, Velveeta or colby)
c. walnuts or peanuts (opt.) Whipped cream or Cool Whip (opt.) Miniature marshmallows (opt.)

Drain pineapple and cut into bite size pieces. In a saucepan, mix the sugar, flour and salt. Add the juice and stir well. Then add the egg and mix thoroughly. (I like to use my portable mixer to assure that there are no lumps and the egg is completely mixed.) Cook over med. heat, stirring constantly, until it reaches the boiling point and thickens. Set aside to cool. Cut cheese in tiny pieces. (The amount is dependent on your sauce and cool whip and how thick you want the salad to be.) Combine the cheese, pineapple, thicken juice, nuts and whipped cream. Stir, chill and serve.

## PRETZEL SALAD

2 c. pretzels, cut neat size Place in 400 oven for 8 min . Cool. Mix together:
3/4 c. sugar (or less)
8 oz. cream cheese
Make jello and add fruit until thick:
1 Lg. strawberry jello 1 (16 oz.) box frozen strawberries
2 c . boiling water
Place pretzels in $9 \times 13$ dish, then cool whip mixture and top with jello and strawberries.

## PINEAPPLE LACHEESE SALAD Judy Brenneman

Dissolve 1 Lg. pkg. lemon jello in 2 c. hot water. Add 14 large marshmallows. Set aside to cool. (I have better luck adding tbsp. Knox also.) Add 1 (8 oz.) pkg. cream cheese and beat until smooth. Add 1 (\#2) can crushed pineapple, juice and all, and 1 c . chopped nuts. Pour into mold.

| 2 eggs | 1 tbsp. cornstarch |
| :--- | :--- |
| 1 c. sugar | Pinch of salt |
| 1 tbsp. flour |  |

Beat and mix together. Add 1 1/4 c. pineapple juice. Cook over heat and stir.
QUICK JELLO SALAD THAT'S DIFFERENT Marlene Wenger
Joyce Strickland
1 lb cottage cheese (can use 2 lb. ) 1 can drained fruit
1 (3 oz.) pkg. jello (any flavor) 1 sm . bowl cool whip
Put cottage cheese in a bowl, sprinkle jello over it and mix thoroughly. Add drained fruit and cool whip. Mix well. Serve at once or chill for several hours. 8 servings. Flavors of jello and fruit that go well together are: Lime jello with crushed pineapple or pears Peach or orange jello with mandarin oranges or peaches. Any red jello with fruit cocktail

## GLORIFIED FRUIT SALAD <br> Lois Blosser

1 Lg . can chunk pineapple, drained 1 lb . cottage cheese
1 Lg. can mandarin oranges, drained 1 Lg . box jello, any flavor (dry)
1 (17 oz.) can fruit cocktail, drained
Mix cottage cheese and jello in a very large bowl. Add the drained fruit. Mix well. Add Lg. container whipped topping, nuts if desired and miniature marshmallows as desired. Mix well and store, covered, in refrigerator until well chilled.

## ICE CREAM SALAD

Mary Trissel
Mix until smooth: 2 c. vanilla ice cream
1 Lg . box orange jello
1 c . boiling water "
Refrigerate for10 min. Mix 1 c. cool whip and drained fruit (pineapple). Return to refrigerator for 10 min . more.

2 sm . boxes orange jello
1 c . boiling water
1 pt. orange sherbet drained
1 (8 1/2 oz.) can crushed pineapple

1 c. miniature marshmallows
1 can mandarin orange slices
$1 / 2$ pt. whipping cream or 1
envelope. ready whip

Dissolve jello in 1 c . boiling water and add sherbet immediately. Let set (doesn't take long). Add pineapple, orange and marshmallows and fold in whipped cream.

## STRAWBERRY SALAD

1 pkg. raspberry gelatin 1 pt. frozen strawberries
1 c. hot water
1 c. crushed pineapple, drained
Dissolve gelatin in hot water. Add fruit. Pour half of mixture into a small square dish and chill until firm. Spread sour cream over firm gelatin. Pour remaining mixture over sour cream. Chill again until firm. Cut into squares and serve on lettuce. Serves 8.

## BLUEBERRY SALAD

1/2 pt. sour cream

Mix and let congeal:
2 c. hot water
2 pkg. grape jello

Kathy Zendt
1 c. crushed pineapple
1 c. blueberry pie filling

Blend 1 ( 8 oz .) pkg. cream cheese and $1 / 2$ pt. sour cream Add 1/2 c. sugar and $1 / 2 \mathrm{c}$. nuts and 1 tsp . vanilla. Spread on top of blueberry jello salad.

## APPLE BERRY SALAD

Kathy Zendt

| 1 (3 oz.) gelatin (red) | 1 c. applesauce |
| :--- | :--- |
| 1 c. boiling water | $1 / 2$ c. sour cream |
| 1 pkg. frozen strawberries |  |

Dissolve gelatin in boiling water. Add frozen berries. Stir until fruit is thawed. Add applesauce and mix well. Chill and serve with sour cream. 7 servings.

1 ( 15 oz .) can crushed pineapple 1 (3 3/4 oz.) box pistachio instant pudding mix

9 oz. cool whip
1 c. miniature marshmallows
$1 / 2 \mathrm{c}$. nuts, chopped

Mix above 2 items in bowl. Add 9 oz . cool whip and 1 c . miniature marshmallows and $.1 / 2$ c. nuts. (The Watergate Salad and the Molded Lime Salad are good when the 2 salads are mixed together. Makes 2 dishes when mixed.)

## MOLDED LIME SALAD

2 sm . boxes lime jello or 1 Lg . box 2 c . boiling water and 1 c . cold water 1 (8 oz.) pkg. cream cheese

Mary Trissel
1 sm . (5 1/2 oz.) can crushed pineapple
1 c. nuts
2 pkg. dream whip

Use 2 c . boiling water and 1 c . cold water in lime jello. Let stand until thick as white of an egg. Beat cream cheese and add to jello mixture slowly. Note: See above salad recipe.

## CREAMY ORANGE SALAD

Ruth Duncan
1 qt. creamed cottage cheese
2 c. cool whip oranges,

Fold cool whip into cottage cheese, blending well. Sprinkle the dry gelatin into mixture and stir gently to combine. Stir in mandarin oranges. Refrigerate until firm.

## MOLDED FRUIT SALAD

Ruth Duncan

1 (3 oz.) pkg. lemon gelatin
1 c . hot water,
$1 / 2$ c. creamy cottage cheese
1 c . heavy cream, whipped

Dissolve gelatin in hot water. Chill until partly set. Fold in cottage cheese and whipped cream. Stir in walnuts, cherries and pineapple. Pour into 1 qt . refrigerator tray. Chill until firm; cut into squares to serve.

## LAYERED SALAD

1 head lettuce, pinch off pieces and lay on bottom of pan.
1 c. green pepper
1 c. chopped onion
1 c. chopped cauliflower

Mix all together and spread on top of lettuce
1 box frozen peas, cooked, spread
on chopped vegetables
Pinch of Accent
2 c. mayonnaise

1 pkg. Good Seasons mild Italian
2 tsp. sugar dressing

Mix together and spread on top of vegetables dressing. Sprinkle 8 strips of bacon or bacos on Sprinkle 4 oz . shredded cheese on top of top of cheese

## BROCCOLI SALAD

2 bunches broccoli, chopped 1 sm. onion

Prepare following dressing 2 hours before serving: 1 c . mayonnaise 1 tbsp . vinegar $1 / 3 \mathrm{c}$. sugar (or less) Mix together and serve.

Soups \& Salads

## GARDEN MACARONI SALAD

Peggy Blosser
1 c. diced cucumber
1 c. sliced celery
1/4 c. diced green pepper
1/4 c. sliced radishes
2 tomatoes, diced

3/4 c. mayonnaise
1/2 tsp. salt
1/2 tsp. celery salt
1/4 tsp. parsley
1 tbsp. vinegar
8 oz. macaroni, cooked and drained

Stir together first 5 ingredients. Add remaining ingredients and chill. Makes about 8 c .

## COPPER PENNY SALAD

Peggy Blosser

| 2 lb. carrots, thinly sliced | 1 onion, chopped |
| :--- | :--- |
| 1 green pepper, chopped | $1 / 2$ c. celery (opt.) |

Cook carrots until almost tender; drain. Layer vegetables in a bowl. Mix together all dressing ingredients. Pour dressing over vegetables and marinate in refrigerator for 24 hours or longer.

| Dressing: | 1 tsp . worcestershire sauce |
| :--- | :--- |
| 1 can tomato soup, undiluted | 1 tsp. prepared mustard |
| $1 / 4$ c. salad oil | Salt and pepper to taste |
| $1 / 2$ c. sugar 1 | $1 / 4 \mathrm{c}$. vinegar |

PEA-BEAN SALAD
2 cans French green beans, drained 1 can peas, drained
1 med. onion chopped
Dressing:
1 c. sugar,
1/2 c. vinegar

Virginia Martin
1 green pepper, chopped
1 red pepper, chopped,
4 sticks celery, chopped
1 1/2 tsp. salt
1 tbsp. salad oil

Mix dressing and pour over vegetables and marinate overnight

MINESTRONE SALAD
1 c. macaroni, dry
1 c. Navy beans, cooked
$11 / 4$ c. celery, chopped

Virginia Martin
1 sm. onion, chopped
2 tbsp. green pepper, chopped
1 1/2 c. grated carrots

Cook macaroni, rinse and chill. Mix all ingredients :together and toss with the following dressing:
1 c. salad dressing
2 tbsp. sugar

1 tbsp. salad oil
Dash of pepper
1 tsp. seasoned salt

## CABBAGE SLAW

Ruth Ann Martin
Mix together and pour over cabbage just before serving
$1 / 3$ c. sugar Dash garlic powder
$1 / 8 \mathrm{tsp}$. pepper $\quad 1 / 2 \mathrm{tsp}$. leaf oregano
$1 / 2$ tsp. salt
$4-6$ tbsp. vinegar
1 tsp. grated onion
$1 / 2$ to $3 / 4 \mathrm{c}$. mayonnaise
$1 / 2$ tsp. celery salt

## VEGETABLE SALAD

3 pkg . lemon jello mixed with 3 c . boiling water. Let set until it begins to jell.
Then add:
1 c . grated carrot. $\quad 1 \mathrm{sm}$. chopped onion
$1 / 2$ c. chopped celery
$11 / 4 \mathrm{c}$. mayonnaise
$1 / 2 \mathrm{c}$. chopped green pepper
1 lb . cottage cheese
Mix and put in mold.

## DANISH POTATO SALAD

1/4 c. vinegar
1/4 c. water
1/4 c. sugar
1/4 tsp. salt
Dash of pepper
1 tsp. prepared mustard
2 eggs, well beaten

## Marlene Wenger

1 c. salad dressing
4 c. cubed, cooked potatoes
2 hard cooked eggs, chopped
$1 / 2 \mathrm{c}$. chopped cucumber
1 tbsp. minced onion
1 tbsp. chopped green pepper (opt.)

Combine first 6 ingredients and bring to a boil. Reduce heat gradually, beat in well beaten eggs. Cook, stirring constantly, until slightly thickened, about 5 min. Beat in salad dressing. Toss together remaining ingredients. Four on dressing, toss gently. Serves 6.

## COLE SLAW

1 sm. head cabbage, grated
2 stalks celery, chopped
2 carrots, grated

Lois Blosser
2 apples, finely chopped or grated
1 tbsp. sugar
1 tbsp. vinegar

Thin mayonnaise with cream. Add to above ingredients and mix

## MACARONI SALAD

3 c. cooked macaroni
$1 / 4 \mathrm{c}$. chopped green pepper $1 / 4$ c. chopped celery

Alice Faye Cornelius
1/4 c. chopped pickles
2 hard boiled eggs, chopped $1 / 4 \mathrm{c}$. salad dressing or mayonnaise

Mix all ingredients with salad dressing to moisten. Serve in or on salad greens. Garnish with tomato wedges, sliced hard boiled eggs or pickles. Makes 6 servings.

## GREEN SALAD

$1 / 2$ head lettuce,
$1 / 4$ bunch endive
2 tomatoes
2 stalks chopped celery

Alice Faye Cornelius
6 radishes sliced
3 onions, chopped
$1 / 2$ green pepper, sliced
$1 / 4 \mathrm{c}$. salad dressing

Break lettuce into bowl, tear endive into small pieces and arrange remaining ingredients on top. Toss lightly.

## TACO SALAD

Aldena Fleming
1 lb .hamburger
1 pkg. taco seasoning mix 1 med. onion, chopped
Cook hamburger with onion until brown (in skillet). Season with taco seasoning mix. Put broken dorito chips on bottom of salad plate. Add chopped tomatoes, then grated cheddar cheese. Put hamburger mixture on top of lettuce, etc. then taco sauce. 2 tomatoes 1 c . shredded sharp cheddar cheese

## SPANISH TUNA SALAD

2 (3 oz.) pkg. jello lime gelatin 1 tbsp. salt
2 c . boiling water
$11 / 4 \mathrm{c}$. cold water
3 tbsp. vinegar
$1 / 8$ tsp. pepper
Ruth Duncan
$1 / 4 \mathrm{c}$. small thin strips unpeeled cucumber
$1 / 4 \mathrm{c}$. coarsely chopped celery 2 tbsp. chopped onion
1 (7 oz.) can tuna, well drained and broken into pieces
$1 / 2$ c. diced tomato
Dissolve gelatin and salt in boiling water. Add cold water, vinegar and pepper. Chill until thickened. Add remaining ingredients. Pour into a 5 or 6 c . milk or individual 1 c . molds. Chill until firm, at least 4 hours or overnight. Unmo1d. Serve with mayonnaise, if desired. Makes 5 c. or 5 servings.

Soups \& Salads

## DEVILED EGG MOLD

1 envelope. unflavored gelatin
1 c . water
2-3 tbsp. lemon juice
$1 / 2$ tsp. salt

Grace Weaver
1 c. finely diced celery
$11 / 2$ tsp. grated onion
6 pimento olives, chopped
4 hard boiled eggs, chopped

Dissolve gelatin in $1 / 2 \mathrm{c}$. water on low heat. Add salt, lemon juice and remaining $1 / 2 \mathrm{c}$. water; cool. Fold in remaining ingredients. Pour into a shallow Pyrex pan and cut into squares when firm. Serve on lettuce. Serves 6

## APPLE SALAD DRESSING

1 egg
1/2 c. sugar
2 tbsp. flour

Salt
1 tsp. mustard
1/4 c. vinegar

Mix together, add 1 c . water and cook until thickened. Cool. Mix with 1 pkg. dream whip (prepared)

## DRESSING FOR LETTUCE

1/4 c. vinegar
$1 / 4 \mathrm{c}$. salad oil
1/2 c. sugar
Mix well.

## CELERY SEED DRESSING

1 c. sugar
1 c . salad oil
$1 / 4 \mathrm{c}$. vinegar
1 med. onion, chopped
5 tbsp. salad dressing
Blend or use mixer. Use on tossed salad, macaroni or potato salad.

## ACME DRESSING FOR TOSSED SALAD

1/2 c. sugar
$1 / 3$ c. ketsup
$1 / 2 \mathrm{tsp}$. salt
$1 / 2 \mathrm{c}$. oil
$1 / 2$ tsp. pepper
6 tsp. lemon juice
1 onion, diced
Mix well or blend in blender

## THOUSAND ISLAND DRESSING

Kathy Zendt

1 c . salad dressing
1/2 c. sugar
1/4 c. ketsup
2 hard cooked eggs, grated

1 tsp. celery seed
$1 / 4 \mathrm{c}$. pickle relish
$1 / 2 \mathrm{tsp}$. worcestershire sauce
Salt and pepper


## Vegretarbles



## Vegetables

## SCALLOPED CORN

2 c. canned or frozen corn
2/3 c. cracker crumbs
3 tbsp. melted butter 1/2 tsp. salt
1/8 tsp. pepper

Marlene Wenger
1 tbsp. sugar
2 eggs
1 tsp. minced onion
1 c. milk

Beat eggs and add milk and crumbs. Add corn, seasonings and melted butter. Mix together thoroughly and pour into greased casserole. Bake at 350 for 40 min., or until done in center.

## SPINACH BALLS

Aldena Fleming
2 pkg. frozen chopped spinach, cooked and drained $21 / 2$ c. stuffing mix

6 eggs, beaten 3/4 c. melted margarine or butter Salt and pepper

Make small balls, they will not spread. Bake 10-15 min., or until firm and a little brown at 350. The balls can be fairly close together. (Freeze on the cookie sheet and then pkg. as desired.) Heat when ready to serve, all or a few.

## BAKED CORN

2 c. cooked or canned corn 2 tbsp. fat or margarine $11 / 2 \mathrm{tbsp}$. flour 1 c. milk 1 tbsp. sugar

Grace Weaver
1 tsp. salt
$1 / 8 \mathrm{tsp}$. pepper
2 eggs
$1 / 2 \mathrm{c}$. buttered crumbs

Melt the fat and add the flour. Add milk gradually and bring to the boiling point, stirring constantly. Add corn, sugar, salt and pepper and heat thoroughly. Remove from heat and add beaten eggs. Pour in a greased baking dish and sprinkle with buttered crumbs. Bake at 350 for 25 min ., or until corn is firm. Serves 4.

Vegetables
SWEET POTATO PUDDING

2 c. mashed sweet potatoes 2 eggs
1 c. milk

1 tsp. salt
2 tbsp. butter
6 tbsp. sugar

Cook sweet potatoes with skins on until soft. Peel and mash and add sugar, salt, melted butter and milk. Beat eggs well and add to mixture. Pour in a buttered baking dish and top with marshmallows or buttered crumbs. Bake at 350 for 45 min. Serves 6.

## SQUASH-CHEEESE SOUFFLE

1 c. milk
1 c. bread crumbs
3 eggs, beaten,
3/4 tsp. pepper

1 tbsp. grated onion
1 c. shredded cheese
4-5 med. yellow squash, sliced \&
cooked
3 tbsp. melted butter or margarine

Heat milk and pour over bread crumbs; add eggs, pepper, butter and onion, mixing well. Stir in squash and cheese. Pour into a greased 2 qt. casserole or soufflé dish. Bake at 350 for 25-30 min., or until firm. Yields 6-8 servings.

## Vegetables

## SQUASH CASSEROLE

## Basic ingredients:

4 c. squash, sliced
1 can cream of mushroom
1/4 c. onion, chopped chicken soup
1 1/2 c. carrots, shredded
1/2 c. margarine
1/2 c. sour cream
2 c. Pepperidge Farm Herb Stuffing (1 box Pepperidge Farm Croutons instead of stuffing)

Virginia Martin/Joyce Strickland

## Optional ingredients:

1/4 c. chopped green pepper
1 l/2 c. cooked, diced chicken (If cheese or chicken makes mixture to thick, add milk.) 1 c. shredded American cheddar cheese

Use half of buttered croutons in squash mixture and other half on top of casserole. Cook squash until tender; drain well. Sauté onions and peppers in 2 tbsp. margarine. Add carrots, sour cream, soup, squash and optional ingredients you might have chosen to use. Bring to boil. Mix melted margarine with stuffing mix. Put of stuffing in bottom of casserole dish. Add squash mixture top with remaining stuffing. Bake until bubbly at 350 for It 25 min.

## CHEESE SCALLOPED CABBAGE

Joyce Strickland

1 med cabbage, cut into small wedges
1/2 c. butter or margarine
$1 / 4$ c. flour
2 c. milk
1/2 tsp. salt

1/4 tsp. pepper
Dash of nutmeg (opt.)
2 c. shredded cheddar or American cheese 1 c. soft bread crumbs tsp.

Cook cabbage in small amount of water until tender; drain Melt butter in saucepan; add flour and cook 1 min., stirring constantly. Gradually add milk; cook over med. heat, stirring until thickened. Stir in the seasonings and cheese, stirring until cheese melts. Place half of cabbage in $21 / 2 \mathrm{qt}$. casserole; top with half of sauce. Repeat layers; top with bread crumbs. Bake at 350 for $30-35 \mathrm{~min}$. Yields 8 servings

## Vegetables

## GREEN BEAN SPECIAL

$1 / 4 \mathrm{lb}$. bacon, fried and crumbled 1 sm. onion, chopped
1 (16 oz.) can stewed tomatoes
Set aside the fried and crumbled bacon. Sauté the chopped onion in bacon drippings until tender. Drain off drippings. Add tomatoes and heat. Add drained green beans. Place in casserole with bacon. Top with cheese and bake at 350 for 30 min .

## MASHED POTATO BAKE

Judy Brenneman

| 4 lb . mashed potatoes (thin) | 6 shakes onion salt |
| :--- | :--- |
| 1 (8 oz.) pkg. cream cheese | 4 shakes garlic salt |
| 1 c. sour cream |  |

Joyce Strickland
2 (16 oz.) cans green beans, drained $3 / 4 \mathrm{c}$. shredded cheddar cheese

4 lb . mashed potatoes (thin) 4 shakes garlic salt

Pour into casserole. Top with butter and grated cheese Freeze. Bake, covered for 1 hour at 350 , uncovered for 15 min .

## GREEN BEAN CASSEROLE

| 2 cans green beans | $1 / 2 \mathrm{lb}$. grated cheese |
| :--- | :--- |
| 1 can mushroom soup | $1 / 2$ stick margarine |

Melt margarine in saucepan; add soup and cheese. Put drained beans in greased baking dish. Pour cheese mixture o' beans. Top with buttered bread crumb. Bake at 350 until thoroughly heated and crumbs are crunchy and sauce is bubbly

## Vegetables

## POTATO CASSEROLE

Potatoes, enough for $11 / 2$ to 2 qt. casserole

Processed cheese, velveeta or American

1 can cream of chicken soup
Peel potatoes; cut into 3/4" cubes. Cook until tender; drain. In 2 qt. casserole dish put a layer of potatoes, the: a layer of cheese. Repeat until potatoes and cheese are all Pour undiluted chicken soup over top layer of potatoes and garnish with cheese. A little of the potato water helps to thin the soup and makes a nice gravy consistency. (About $1 / 4$ soup can of the potato water.) Bake at 350 for 25 min., or until mixture is bubbly.

## BROCCOLI CASSEROLE

Lois Blosser

2 pkg. chopped broccoli
1/3 c. mayonnaise
Salt and pepper to taste

1 c. grated cheese
Buttered bread crumbs
1 can cream of mushroom or chicken soup

Cook broccoli until tender. Place in greased casserole dish and sprinkle with seasonings. Combine soup, mayonnaise part of cheese; pour over broccoli. Top with remaining cheese; then sprinkle with bread crumbs. Bake at 350 for about 30 min . This casserole makes a delicious main dish with the addition of 2 eggs to the soup mixture and 1 can drained tuna.

## CREOLE BEANS

3-4 bacon slices, fried 2 tbsp. drippings
2 c. stewed tomatoes or juice
2 c. cooked green beans
1 Lg. stalk celery, diced

Peggy Blosser
1/3 c. chopped green pepper
1 tsp. dehydrated onion (1/3 fresh onion)
1 1/2 tsp. salt
1/8 tsp. pepper

Sauté celery and pepper in bacon drippings. Mix in remaining ingredients. Heat through.

## Vegetables

## GRILLED BACON-GHEESE POTATOES Peggy Blosser

| $4-6$ potatoes. sliced | 6 tbsp. butter or margarine (approx.) |
| :--- | :--- |
| 1 Lg. onion, sliced | Salt and pepper to taste |
| 1 (8 oz.) pkg. American cheese slices | 6 slices bacon, cooked and |
|  | crumbled. |

Place potato slices on a large piece of heavy-duty aluminum foil; cover with onion slices. Season with salt and pepper; dot with butter. Sprinkle bacon over vegetables and cover with cheese slices. Seal foil tightly. Cook about 1 hour on the grill or until potatoes are done; turn several times. Yields 6-8 servings. Substitute a small can of diced spam

## BROCCOLI CASSEROLE

2 pkg. broccoli, thawed, chopped
1 c. minute rice, uncooked
1 c. cold water
1/2 c. chopped onion

Barbara Stark
1/2 stick butter, melted
1 can cream of mushroom soup
1 (9 oz.) jar cheese whiz
Salt and pepper to taste

Mix broccoli and water together. Cook until tender. Add all other ingredients and bake until bubbly and browned.

## BAKED BROCCOLI

2 (10 oz.) pkg. frozen broccoli
1/2 c. mayonnaise or salad dressing 2 eggs, beaten 1 can mushroom soup

Mary M. Trissel
1 onion, chopped
1 c. grated cheddar cheese
1/2 bag Pepperidge stuffing mix
1 stick oleo

Cook and drain broccoli and place in bottom of greased baking dish. Place grated cheese over broccoli; beat eggs and add mayonnaise and mushroom soup and onion. Pour over cheese and broccoli. Top with stuffing mix and pour melted oleo over top. Bake at 350 for 30 min . (Can be made and frozen for later)

## Vegetables

## EGGPLANT PATTIES

1 med. eggplant, pared and cubed
1 1/4 c. Ritz cracker crumbs
1 1/4 c. (5 oz.) shredded sharp
American cheese
1 tsp. pepper
Dash of garlic salt

Virginia Martin
2 tbsp. snipped parsley
2 tbsp. sliced green onions
1/2 tsp. salt
2 slightly beaten eggs
2 tbsp. cooking oil

In covered saucepan, cook eggplant in boiling water for 5 min., or until tender. Drain well and mash; stir in crumbs, cheese, eggs, parsley, onions and seasoning. Shape into patties and fry in oil about 3 min., or until brown.

## ONION-SPINACH QUICHE

Aldena Fleming
1 Lg. sweet Spanish onion (2 c. chopped)
4 slices bacon
1 (10 oz.) pkg. frozen chopped spinach
1 unbaked 9 " pie shell
Bake pie shell until partially done at 375 for 7 min . Peel and chop onion. Cook bacon in skillet until crisp. Remove and drain on paper towel. Add onions to bacon drippings skillet and sauté until soft but not brown. Cook spinach according to pkg., omitting salt. Drain thoroughly, squeezing out excess moisture. Crumble bacon. Layer onion, bacon, spinach and cheese in partially baked pie shell. Combine eggs 6 milk and seasonings. Pour over onion mixture. Bake at 375 for 40 min., or until knife in center comes clean. Let stand 5 min . Cut into wedges for entrees or 15 small pieces for appetizers.

## Vegetables

## PINEAPPLE CASSEROLE

Kathy Zendt
Cream:
1/4 lb. margarine $\quad 3 / 4 \mathrm{c}$. sugar
Add:
4eggs, beaten 5 slices bread, de-crusted and
1 (\#2) can crushed pineapple with buttered, cut in 1" cubes
juice
Mix all together and put in casserole. Bake at 350 for min

## CARROT SURPRISE

Kathy Zendt

1 1/3 c. chopped onion
1/4 c. butter
2 c. soft bread crumbs
1/2 tsp. salt

Brown onion. Mix with bread crumbs, salt, shredded cheese and water. Place I c. carrots in casserole. Cover with bread crumb mixture. Arrange remaining carrots overlapping circles- around edge of casserole. Dot with butter and bake at 350 for 20 min .6 servings.

## Vegetables

## SCALLOPED POTATOES

6 med. potatoes
3 c. thin white sauce
1 tsp. salt
$1 / 4 \mathrm{tsp}$. pepper
2 tbsp. chopped onion, opt.

Pare potatoes; slice thin. Put half of potatoes in greased casserole; cover with half of sauce and seasonings. Add remaining potatoes and seasonings, then remaining sauce. Cover and bake in 350 oven about I hour. Uncover to brown. Serves 6.

## White Sauce:

3 tbsp. butter
3 tbsp. flour
1/2 tsp. pepper
3/4 tsp. salt
3 c . milk

Melt butter over low heat in a heavy saucepan. Blend in flour, seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Bring to boil, stirring constantly. Boil 1 min . Add grated cheese.


## Notes

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## FROZEN PICKLES

Bonnie Harlow

7 c. sliced cucumbers
1 c. sliced onions
1 c. sliced peppers
1/4 tsp. salt

2 c. sugar
1 c. vinegar
1 tsp. celery seed
Mix. Let stand in refrigerator 4-5 days, stirring daily. Freeze. Can be refrozen.

## SWEET PICKLES

Lois Blosser
(Enough syrup for 6 qt. of beets.) Cook beets until tender. Drain off hot water. Run cold water over beets until cold enough to peel. Slip off skins and let stand until syrup is ready

| Syrup: | 4 tbsp. spices--cloves, allspice and |
| :--- | :--- |
| 4 c. sugar | cinnamon tied in bag |
| 2 c. vinegar | 4 c. water |

Combine all of the above and boil for 10 min . Put in beets. Bring to boil but do not boil beets. Pack into hot sterilized jars and seal. These will seal better if 'turned upside down until cold

## CORN MEAL MUSH

## Mix:

1 c. cold water
1 c. yellow corn meal:

Marlene Wenger

## Stir in

3 c. boiling water
1 tsp. salt

Cook, stirring often until mixture thickens and boils. Cover and continue cooking over low heat for 20 min . Pour into dish and cool. When cool and stiff, slice and fry in small amount of hot oil. Serve with eggs.

2 eggs 4 tsp. baking powder
1/2 c. sweet milk
1/2 tsp. salt
$13 / 4$ c. sifted flour

Beat eggs and add milk. Sift together dry ingredients and add milk and egg mixture ( $1 / 2$ recipe makes 4 dumplings). Drop batter onto boiling sauerkraut, October beans, chicken broth, etc. Cover and cook on med. heat for 20 min . (Do not remove lid while dumplings are cooking. This may cause them to fall.)

## CHILI FOR HOT DOGS

Frances Weaver

## Brown together

1 lb . ground beef, 1/2 c. chopped onions.

## Add:

1/4 c. water,
3-4 tbsp. chili powder
1/2 c. catsup

Simmer until it has a glossy appearance, about 5 min

## EGG SALAD

8 hard cooked eggs
1 tsp. dry mustard
1 tsp. salt 1/2 tsp. pepper

Alice Faye Cornelius
1 tsp. paprika
3 tbsp. mayonnaise

Mash eggs. Add remaining ingredients; mix well. Serve on lettuce leaf or use as sandwich filling. Makes 6 servings

## TUNABURGERS

Anna Nolt
1 (7 oz.) can tuna fish
1 c. chopped celery
1/2 c. diced American cheese
Mix all together for filling. Salt and pepper to taste. Split buns and fill with mixture. (I like to use them as open-face sandwiches, but are very good with the top bun, too.) Place in a baking dish and cover tightly with foil. Bake at 350 for 20-25 min., or until they are heated thoroughly.

## Miscellaneous

## SLOPPY JOES

2 lb . hamburger
1 onion 1 tsp. worcestershire sauce
2 tbsp. brown sugar

2 tsp. prepared mustard
1/2 c. catsup
1 tsp. salt
2 tbsp. vinegar

Fry onion and hamburger in 4 tbsp. oil until it is lost its red color. Add other ingredients and simmer about 20 min. Serve on hamburger buns. Can sprinkle grated cheese over mix on buns

## BARBEQUED BEEF BURGERS

Kathy Zendt
Combine and shape into patties; fry or cook on grill:
1 lb ground beef 2 tbsp. milk
1 egg
1/4 c. crushed saltine crackers
Top each with onion slice and cheese.
Cook 1/2 c. onion in butter

## Add:

1/4 c. catsup 1/2 tsp. salt
2 tbsp. brown sugar

2 tbsp. catsup
1/2 tsp. salt

1/2 tsp. horseradish

Simmer, then spoon over burgers

## BROILED TURKEY SANDWICH

2 c. chopped cooked turkey
1/2 c. chopped celery
1/3 c. mayonnaise or salad dressing
1/4 c. chopped green pepper
1 tbsp. chopped onion

2 tsp. lemon juice
Salt and pepper
6 slices bread
Soft butter or margarine
1 c. shredded sharp process
American cheese

Combine first 6 ingredients; add salt and pepper to taste. Toast bread on 1 side; butter non-toasted side. Spread turkey mixture on buttered side of bread, covering all edges. Broil 4" from heat about 3 min. Sprinkle with cheese; broil about 1 min ., or until cheese is bubbly.

OPEN FACE-BACON SANDWICHES
Kathy Zendt
Combine: $\quad 1 / 2$ tap. salt
2 eggs, well beaten 1 tsp. worcestershire sauce
2 c. shredded sharp cheese ( $1 / 2 \mathrm{lb}$. ) 1/4 tsp. paprika
Spread on non-toasted side of 6 slices of bread (toasted on 1 side). Top each with 2 strips of bacon. Place under broiler until cheese melts and bacon is crisp. Serve hot.

## EASY GRANOLA

Joyce Strickland
8 c. oats, uncooked
$11 / 2$ tsp. salt
1 c . flaked coconut
$3 / 4$ c. firmly packed brown sugar
1 c . wheat germ
1 c. chopped pecans
$1 / 2$ to 1 c . dates
3/4 c. vegetable oil
1/3 c. water
$11 / 2 \mathrm{tsp}$. vanilla
$1 / 2 \mathrm{c}$. sesame seeds
$1 / 2$ to 1 c. raisins
$1 / 2$ c. salted sunflower kernels
Combine first 8 ingredients in a large mixing bowl; set aside. Combine oil, water and vanilla; stir well and pour over oat mixture. Toss gently to coat; place mixture in 2 (15xIO) pans. Bake at 250 for $35-40$ min., cool. Stir in raisins and dates. Store granola in airtight containers. Serve as a cereal with milk.

## PARTY MIX

Ruth Ann Martin
$1 / 2 \mathrm{lb}$. butter or margarine 1 tbsp. worcestershire sauce $1 / 2$ pkg. cheerios

Melt butter in roasting pan stir in sauce. Mix dry ingredients. Put in oven at 200 for 2 hour. Stir every 20 min .

## Combine:

4 tbsp. oil
2/3 c. crunchy peanut butter
Pour above mixture over the following and mix well:
4 c. oats
1/2 c. wheat germ
1/2 c. shredded coconut

1 c. brown sugar 1 tbsp. honey

Bake at 200 for 1 hour, stirring every 15 min .

## ENGLISH TOFFEE

Grace Weaver
2 c. Sugar
2 c. margarine or butter, 6 tbsp. water
2 tsp. vanilla
Boil sugar, butter and water to 300 . Add vanilla and pour into a buttered $9 \times 13$ pan. Spread chocolate on top to melt and sprinkle on chopped nuts.

## REESE CUP (CANDY)

1 lb. margarine
2 c. peanut butter 2 (3 lb.) box IOX sugar 1/4 tbsp. vanilla
Cream margarine and peanut butter. Add sugar until consistency to form into balls the size of marbles. Add vanilla. Mix thoroughly. This is done best with hands. Melt chocolate and paraffin in small double boiler. Dip balls in chocolate using toothpick to dip with. Place on wax paper to cool. This candy will freeze well. Yields 125 pieces

| 1 c. light Karo | 1 lb. unroasted peanuts |
| :--- | :--- |
| 2 c. white sugar | 1 tsp. vanilla |
| $1 / 2$ c. water | 1 tsp. soda |

Combine sugar, syrup and water in heavy skillet. Stir until sugar is dissolved. Heat slowly to boiling, stirring constantly. Cook to hard crack stage and add peanuts. Continue cooking until peanuts are light tan, about 10 min. Remove from heat, add vanilla and stir in soda. Pour into greased cookie sheet and stretch. When cool, break into pieces.

CHOW MEIN CANDY
1/2 c. peanut butter
Stir until blended. Pour over 3 oz. chow mein noodles and 2 c. miniature marshmallows.

## MRS. CLAUS' FUDGE

4 c. white sugar 1 (14 1/2 oz.) can evaporated milk 1 c. margarine 2 (6 oz.) pkg. semi-sweet chocolate bits

Bonnie Harlow
1 pt. marshmallow creme
1 c. nuts
1 tsp. vanilla

Cook sugar, milk and margarine to soft boil, stirring frequently. Remove from heat. Add chocolate pieces, marshmallow creme, vanilla and nuts. Beat until chocolate is melted and blended. Pour into buttered oblong pan. When cool, cut into squares.

CARAMELS
Bonnie Harlow
1 lb . brown sugar
1/2 c. margarine
1 c. white syrup *
1 can *Eagle brand

Mix and cook over slow fire to 240 . Add 1 c. nuts, pour into buttered pan. When cool enough, cut into bite-size pieces and wrap in waxed paper. *Eag1e Brand sweetened condensed milk.

## CHOCOLATE CLUSTERS - Makes 1 lb

Peggy Blosser

8 oz. (2 bars-4 oz. size) sweet cooking chocolate
2/3 c. sweetened condensed milk

1 c. raisins, chopped dates, ready to eat cereal or nuts

Break up chocolate and place it in the top of a double boiler over hot water on moderate heat. Stir occasionally until melted and smooth. Remove the top with the chocolate. Add the condensed milk and stir until smooth and then stir in the raisins or replacement. Use a rounded tsp. of the on aluminum foil. Let stand at room temperature for 3 hours or until firm. Release each cluster and turn over to let the bottom dry. Store in airtight container. May be frozen.

## POPSICLES

Kathy Zendt
1 pkg. jello (3 oz.)
2 c. boiling water
1/2 c. sugar
2 c. cold water

Pour into popsicle molds

## OVEN CARAMEL POPCORN

2 c. brown sugar
1/2 lb. oleo
1/2 c. corn syrup
6 qt. popped corn

Ruth Ann Martin
1 tsp. salt
1 tsp. baking soda
1 tsp. butter flavoring
Peanuts (opt.)

Boil brown sugar, butter, syrup and salt for 5 min., stirring. Remove from heat and add soda and flavoring. Stir well over the popcorn. Spread on cookie sheet. Bake at 200 for 1 hour. Stir every 15 min . Cool, store in air tight container.

## PEANUT BUTTER BALLS

Grace Weaver
1/2 lb. margarine
$11 / 4 \mathrm{lb}$. confectioners sugar
1/2 lb. peanut butter
1/2 lb. marshmallow creme
Mix half the sugar with margarine. Add peanut butter and marshmallow creme at once; mix well. Add remaining sugar. Shape into balls; if desired roll balls in sugar or dip in chocolate. Refrigerate. Yields $21 / 2 \mathrm{lb}$.

## Notes

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BUSY COOKS INGREDIENT EQUIVALENTS TABLE

| INGREDIENT | EQUIVALENT MEASUREMENT |
| :--- | :--- |
| $\mathbf{1}$ large egg yolk | 1 tablespoon plus 1 teaspoon |
| 1 large egg white | 2 tablespoons plus 2 teaspoons |
| 1 large egg | 4 tablespoons |
| $\mathbf{1}$ pound cheese | $4-1 / 2$ cups grated |
| $\mathbf{3}$ pounds cooked chicken | $4-1 / 2$ cups chopped |
| 8-10 large egg whites | 1 cup |
| $\mathbf{1 2 - 1 4}$ large egg yolks | 1 cup |
| $\mathbf{3}$ medium bananas | 1 cup mashed |
| $\mathbf{1}$ egg | $1 / 4$ cup egg substitute |
| $\mathbf{2 8}$ saltine crackers | 1 cup crumbs |
| $\mathbf{3}$ slices bread | 1 cup crumbs |
| $\mathbf{1}$ lemon | 2 to 4 tablespoons juice |
| $\mathbf{1}$ 12 oz. pkg. chocolate chips | 2 cups |
| $\mathbf{1}$ pound tomatoes | $1-1 / 2$ cups chopped |
| $\mathbf{1}$ pound fresh spinach | 12 cups fresh |
| $\mathbf{1}$ pound onions | 3 cups chopped |
| $\mathbf{1 9}$ chocolate wafers | 1 cup crumbs |
| $\mathbf{1}$ pound cherries | $2-1 / 2$ cups, pitted |
| $\mathbf{1}-1 / 2$ pounds chicken breasts | 3 cups cooked, chopped |
| $\mathbf{1}$ large onion | 1 cup chopped |

BUSY COOKS INGREDIENT EQUIVALENTS TABLE (Cont)

| $\mathbf{1}$ medium orange | 6 to 8 tablespoons juice <br> 2 to 3 tablespoons grated rind |
| :--- | :--- |
| $\mathbf{2 2}$ vanilla wafers | 1 cup crumbs |
| $\mathbf{1 4}$ graham crackers | 1 cup crumbs |
| $\mathbf{1}$ cup uncooked white rice | 3 cups cooked white rice |
| $\mathbf{1}$ cup uncooked pasta | $2-2 / 3$ cups cooked pasta |
| $\mathbf{1}$ pound brown sugar | $2-1 / 4$ cups |
| $\mathbf{1}$ packet active dry yeast | $2-1 / 4$ teaspoons |
| $\mathbf{1}$ medium apple | 1 cup of slices |
| $\mathbf{1}$ stick butter | $1 / 2$ cup, 4 ounces, $1 / 4$ pound |
| $\mathbf{1}$ tablespoon fresh herbs | 1 teaspoon dried herbs |
| $\mathbf{1}$ pound pitted dates | $2-2 / 3$ cups chopped |

Substitutions \& Equivalents

| If you Need ... | You Can Use |
| :--- | :--- |
| 1 tablespoon tapioca | 1 tablespoon all-purpose flour and 1 teaspoon corn <br> starch |
| 1 teaspoon cornstarch or <br> arrowroot | 2 tablespoons all-purpose flour |
| 1 teaspoon baking powder | $1 / 2$ teaspoon cream of tartar plus $1 / 4$ teaspoon <br> baking soda |
| 1 cup self-rising flour | 1 cup all-purpose flour plus 1 teaspoon baking <br> powder and $1 / 2$ teaspoon salt |
| 1 cup cake flour | 1 cup sifted all-purpose flour minus 2 tablespoons |
| 1 cup all-purpose flour | 1 cup cake flour plus 2 tablespoons |
| 1 -ounce square <br> unsweetened chocolate | 3 tablespoons cocoa plus 1 tablespoon butter or <br> margarine |
| 1 cup honey | $1-1 / 4$ cups sugar plus $1 / 4$ cup water |
| 1 teaspoon allspice | $1 / 2$ teaspoon cinnamon, $1 / 2$ teaspoon ground <br> cloves |
| 1 teaspoon pumpkin pie |  |
| spice | $1 / 2$ teaspoon cinnamon, $1 / 4$ teaspoon ginger, $1 / 8$ <br> teaspoon allspice, $1 / 8$ teaspoon nutmeg |
| 1 teaspoon apple pie | $1 / 2$ teaspoon cinnamon, $1 / 4$ teaspoon nutmeg, $1 / 8$ <br> teaspoon cardamom |
| spice | 1 tablespoon chopped |
| fresh herbs | 1 teaspoon dried herbs or $1 / 4$ teaspoon powdered <br> herbs |
| 1 teaspoon dry mustard | 1 tablespoon prepared mustard |
| 1 cup fresh milk | 3 to 5 tablespoons nonfat dry milk powder in 1 cup <br> water |
| 1 cup fresh milk | $1 / 2$ cup evaporated milk plus $1 / 2$ cup water |
| 1 cup buttermilk or sour <br> milk | 1 tablespoon lemon juice or white vinegar plus <br> sweet milk to equal 1 cup |
| 1 cup yogurt | 1 cup buttermilk or sour milk |
| 1 cup sour cream | 1 tablespoon lemon juice plus evaporated milk to <br> equal 1 cup |
| 2 large eggs | 3 small eggs |
| 1 egg | 2 egg yolks plus 1 tablespoon water (for cookies) |
| 1 cup uncooked macaroni | 2 cups cooked macaroni |
| 1 cup uncooked rice | 3 cups cooked rice |
| Staunton Mennonite Church |  |

Substitutions \& Equivalents (Cont.)

| 1 tablespoon tapioca | 1 tablespoon all-purpose flour and 1 teaspoon corn starch |
| :---: | :---: |
| 1 teaspoon cornstarch or arrowroot | 2 tablespoons all-purpose flour |
| 1 teaspoon baking powder | $1 / 2$ teaspoon cream of tartar plus $1 / 4$ teaspoon baking soda |
| 1 cup self-rising flour | 1 cup all-purpose flour plus 1 teaspoon baking powder and $1 / 2$ teaspoon salt |
| 1 cup cake flour | 1 cup sifted all-purpose flour minus 2 tablespoons |
| 1 cup all-purpose flour | 1 cup cake flour plus 2 tablespoons |
| 1-ounce square unsweetened chocolate | 3 tablespoons cocoa plus 1 tablespoon butter or margarine |
| 1 cup honey | 1-1/4 cups sugar plus 1/4 cup water |
| 1 teaspoon allspice | 1/2 teaspoon cinnamon, $1 / 2$ teaspoon ground cloves |
| 1 teaspoon pumpkin pie spice | 1/2 teaspoon cinnamon, $1 / 4$ teaspoon ginger, 1/8 teaspoon allspice, $1 / 8$ teaspoon nutmeg |
| 1 teaspoon apple pie spice | 1/2 teaspoon cinnamon, $1 / 4$ teaspoon nutmeg, $1 / 8$ teaspoon cardamom |
| 1 tablespoon chopped fresh herbs | 1 teaspoon dried herbs or $1 / 4$ teaspoon powdered herbs |
| 1 teaspoon dry mustard | 1 tablespoon prepared mustard |
| 1 cup fresh milk | 3 to 5 tablespoons nonfat dry milk powder in 1 cup water |
| 1 cup fresh milk | 1/2 cup evaporated milk plus 1/2 cup water |
| 1 cup buttermilk or sour milk | 1 tablespoon lemon juice or white vinegar plus sweet milk to equal 1 cup |
| 1 cup yogurt | 1 cup buttermilk or sour milk |
| 1 cup sour cream | 1 tablespoon lemon juice plus evaporated milk to equal 1 cup |
| 2 large eggs | 3 small eggs |
| 1 egg | 2 egg yolks plus 1 tablespoon water (for cookies) |
| 1 cup uncooked macaroni | 2 cups cooked macaroni |
| 1 cup uncooked rice | 3 cups cooked rice |

## SUBSTITUTING EGG WHITES FOR WHOLE EGGS

In most egg-based recipes, you can substitute 1 or 2 egg whites for a whole egg. If a recipe calls for 2 eggs, you can replace the 2 whole eggs by 1 whole egg and 2 egg whites, for example in meat loaf, hamburgers, pancakes, quick breads, muffins or salad dressing. Where a recipe calls for 2 egg yolks, use 1 whole egg instead, if you wish. For scrambled eggs, you can use 1 whole egg and any number of whites.

## EGG SUBSTITUTE RECIPE

This natural egg substitute can be used to replace 2 or 3 eggs in most recipes.
3 egg whites
1/4 cup skim milk
1 tbsp. skim milk powder
1 tsp. vegetable oil
A pinch turmeric
Beat egg whites lightly with a fork. Stir in milk, milk powder, oil and turmeric, beating until well blended.
Makes about 6 tbsp. 190 mL .
Equivalent Measurements

| This $\ldots$ | Equals This |
| :--- | :--- |
| 3 teaspoons | 1 tablespoon |
| 4 tablespoons | $1 / 4$ cup |
| 5 and 1 teaspoon | $1 / 3$ cup |
| 2 tablespoons | $1 / 8$ cup |
| 8 tablespoons | $1 / 2$ cup |
| 12 tablespoons | $3 / 4$ cup |
| 16 tablespoons | 1 cup |
| 2 tablespoons (liquid) | 1 ounce |
| 1 cup (liquid) | 8 fluid ounces |
| 2 cups | 1 pint |
| 4 cups | 1 quart |
| 4 quarts | 1 gallon |
| 1 pound butter or margarine | 2 cups butter or margarine |
|  |  |

## Notes

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## Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheese- cloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes. To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $1 / 4$ cup juice; one orange yields about $1 / 3$ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately $70^{\circ}$.
- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables sprinkle them with toasted sesame seeds, toasted chopped nuts, and canned french-fried onions or slightly crushed seasoned croutons.
- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.
- Don't freeze cooked egg whites; they become tough. Spray your grill with vegetable oil to prevent sticking. Instant potatoes are a good stew thickener.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at $0^{\circ}$. Always use frozen cooked foods within one to two months.
- $\quad$ Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used with- in five months.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heat-proof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.
- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them.

Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown. Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're micro-waving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and. bake. Top with icing and decorating confections.
- Marshmallows can be used for candle holders on cakes.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and you can squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get I that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface. The slight melting of the frosting will give it that lustrous appearance.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper.. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or I chocolate. Use the rounded end of a honey dipper to make the indent.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean TefionTM, combine 1 cup water, 2 tablespoons baking soda and $Y 2$ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of Y 2 cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Tin coffee cans make excellent freezer containers for cookies. Add raw rice to the salt shaker to keep the salt free-flowing. Ice cubes will help sharpen garbage disposal blades.


## Notes

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## Beef Fact Sheet

## Marinating Tips

- Less tender cuts of beef should be marinated to enhance tenderness. The cuts include: top round steak, eye round steak, chuck shoulder steak, skirt steak and flank steak. Tender cuts of beef can be marinated for flavor.
- Marinate in the refrigerator, NEVER at room temperature.
- Marinate in a food-safe plastic bag or glass utility dish.
- Turn meat occasionally during marinating so that all sides are equally exposed to marinade.
- Allow $1 / 4$ to $1 / 2$ cup marinade for each 1 to 2 lbs . of beef.
- If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding the beef.
- Marinade that has been in contact with uncooked meat must be brought to a full rolling boil before it can be used as a sauce.
- For Flavor Only, Marinate for 15 minutes to 2 hours. For Tenderizing, Marinate for at least 6 hours. Marinating longer than 24 hours can result in a mushy surface texture.


## Preparation Tips

- Leave a thin layer of fat on steaks and roasts during cooking to preserve juiciness. Trim fat after cooking.
- Pat beef steaks, cubes and pot roasts dry with paper toweling for better browning.
- To make cutting strips for stir-frying easier, partially freeze beef to firm.
- Use a gentle touch with ground beef. Over mixing or compacting will result in firm dense burgers, meatballs or meatloaves when cooked.
- Salt beef after cooking or browning. Salt draws out moisture and inhibits browning.
- For tender cuts, dry heat methods such as broiling, roasting, panbroiling, sautéing/pan-frying, and grilling are best. Moist heat methods, such as braising and cooking in liquid, are better choices for less tender cuts.
- High heat can overcook or char the outside of beef cuts while the inside remains underdone. For tender beef, cooked to the desired doneness, use medium heat with dry cookery methods and low heat for moist cookery methods.
- Turn steaks and roasts with tongs. Do not use a fork, which pierces the beef and allows flavorful juices to escape.
- Turn ground beef patties with a spatula. Do not flatten them, causing flavorful juices to escape and resulting in a dry burger.



## Preparation Methods

## Pan-Broiling Beef

- Heat heavy nonstick skillet 5 minutes over medium heat.
- $\quad$ Season beef (straight from refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water. Do not cover.
- Pan broil according to chart, turning once. (For cuts 4 inch thick, turn occasionally) Remove excess drippings from skillet as they accumulate. After cooking, season beef with salt, if desired.


## Pan-Frying Beef

This cooking method is best for thin, tender beef cuts. Lean cuts, such as cubed steaks or floured and breaded cuts, may require additional oil to prevent sticking.

- Heat small amount of oil in heavy nonstick skillet over medium heat until hot.
- Season beef (straight from refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.
- Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.


## Broiling Beef

- Set oven regulator for broiling; preheat for 40 minutes. During broiling, the oven door for electric ranges should be left ajar; the oven door for gas ranges should remain closed. (However, consult your owner's manual for specific broiling guidelines.)
- Place beef (straight from refrigerator) on rack of broiler pan. Season beef, as desired. Position broiler pan so that surface of beef is within specified distance from the heat as indicated in chart.
- Broil according to chart, turning once. After cooking, season beef with salt, if desired.


## Stir-Frying Beef

Cook beef and vegetables separately, then combine and heat through. The cooking liquid may be thickened with cornstarch dissolved in water, if desired.

- Partially freeze beef for easier slicing. Cut into thin, uniform strips or pieces. Marinate to add flavor or tenderize while preparing other ingredients, if desired.
- Heat small amount of oil in wok or large heavy nonstick skillet over medium-high heat until hot.
- Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary.


## Roasting Beef

- Heat oven to temperature specified in chart.
- Place roast (straight from refrigerator), fat side up, on rack in shallow roasting pan. Season roast, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
- Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 15 minutes. (Temperature will continue to rise 5 to $10^{\circ} \mathrm{F}$ to reach desired doneness and roast will be easier to carve.)


## Grilling Beef

- Prepare charcoal for grilling. When coals are medium, ash - colored (approximately 30 minutes), spread in single later and check cooking temperature. Position cooking grid. (To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.)
- Season beef (straight from refrigerator), as desired. Place on cooking grid directly over coals.
- Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired. (Because gas grill brands vary greatly, consult your owner's manual for grilling guidelines.)


## Cooking Beef In Liquid

The cooking liquid may be reduced or thickened for a sauce, as desired.

- Coat beef lightly with seasoned flour, if desired. Slowly brown on all sides in small amount of oil in heating pan. Pour off drippings. Omit browning step for corned beef brisket.
- Cover beef with liquid (e.g. broth, water, juice, beer or wine). Add seasoning, as desired. Bring liquid to boil; reduce heat to low.
- Cover tightly and simmer gently over low heat on top of the range according to chart or until beef is fork-tender.


## Braising Beef

The cooking liquid may be reduced or thickened for a sauce, as desired.

- Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off drippings. Season beef, as desired.
- Add small amount (1/2 to 2 cups) of liquid (e.g. broth, water, juice, beer or wine).
- Cover tightly and simmer gently over low heat on top of the range or in a $325^{\circ} \mathrm{F}$ oven according to chart or until beef is fork-tender.


## Storage Tips

- When shopping, select beef just before checking out. If it will take longer than 30 minutes to get home, keep it cold in a cooler until you can refrigerate it.
- Immediately freeze any beef you don't plan to use within a few days and store it at $0^{\circ} \mathrm{F}$ or colder. Label each package with the date, name of beef cut and weight or number of servings.
- Beef can be frozen in its original transparent packaging for up to two weeks. For longer storage, prevent freezer burn by rewrapping the beef in moisture-proof airtight material such as freezer paper, foodsafe plastic freezer bags or heavy-duty aluminum foil. Squeeze out as much air as possible before sealing.
- Refrigerate leftovers promptly after serving (within two hours after cooking). Divide large quantities of food into smaller portions or spread out in a shallow container to chill more quickly.


## Safety Tips

- For food safety reasons, USDA/FSIS recommends cooking beef steaks to a minimum internal temperature of $145^{\circ} \mathrm{F}$ (medium rare) and ground beef patties to $160^{\circ} \mathrm{F}$ (medium).
- The most accurate way to determine doneness is to use an instantread thermometer. Horizontally insert the thermometer into the steak or burger near the end of cooking time and check the temperature. An instant-read thermometer is not heatproof so it cannot be left in while cooking, but once inserted, the temperature registers in seconds.
- Wash hands thoroughly in hot soapy water before and after handling meat and other fresh foods. Wash all utensils, cutting surfaces and counters with hot soapy water after contact with raw meat.
- Keep raw meat and meat juices from coming into contact with other foods during preparation. Keep carving boards separate from other cutting boards.
- Keep in mind that ground meats are more perishable than roasts or steaks. During grinding, any bacteria that are on the surface are mixed throughout the meat, resulting in shorter shelf life.

Source: National Cattlemen's Beef Association.

And also thate every man should eat and drink, and enjoy the good of all his labourr, itt is the gift of God.

## Ecclesiustes 3:13 K.DV

