



**Favorite Recipes**  
**St. Wenceslaus Altar Society**  
**Gill's Pier**

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# **Favorite Recipes**

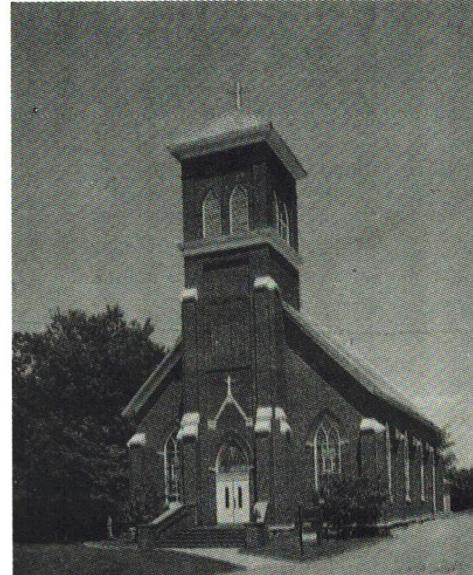
**St. Wenceslaus Altar Society  
Gill's Pier**

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## Expression of Appreciation

*Our organization wishes to express our appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.*

*St. Wenceslaus Altar Society*



**St. Wenceslaus Church  
Gill's Pier**

# FAVORITE RECIPES

## FROM MY COOKBOOK

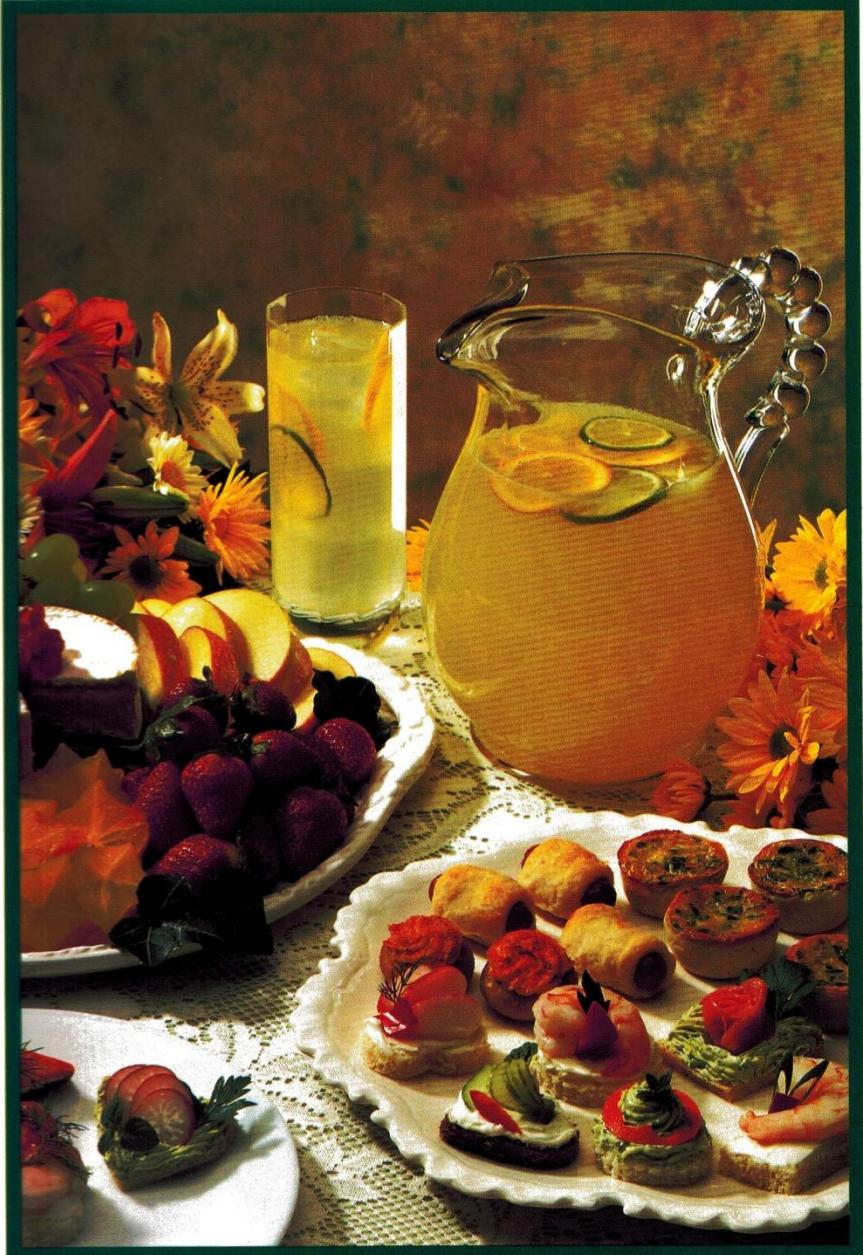
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Published and Printed By  
Cookbook Publishers, Inc.  
P.O. Box 15920  
Lenexa, Kansas 66285-5920

# Appetizers, Beverages



## FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 lb.	3/4 to 1 lb.	1 1/2 lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1 1/2 qt.	2 1/2 to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1 3/4 to 2 qt.	2 1/2 to 4 qt.
Jams & preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2 1/2 pt.	1/2 gal.
<b>Meat, Poultry, or Fish:</b>			
Wieners (beef)	6 1/2 lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7 1/2 lb.	15 lb.	30 lb.
<b>Salads, Casseroles, Vegetables:</b>			
Potato salad	4 1/4 qt.	2 1/4 gal.	4 1/2 gal.
Scalloped potatoes	4 1/2 qt. or 1 12x20" pan	8 1/2 qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gal.	2 1/2 gal.	5 gal.
Baked beans	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Jello salad	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Canned vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
<b>Fresh Vegetables:</b>			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
<b>Desserts:</b>			
Watermelon	37 1/2 lb.	75 lb.	150 lb.
Fruit cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1 1/2 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping cream	3/4 pt.	1 1/2 to 2 pt.	3 pt.
<b>Ice Cream:</b>			
Brick	3 1/4 qt.	6 1/2 qt.	12 1/2 qt.
Bulk	2 1/4 qt.	4 1/2 qt. or 1 1/4 gal.	9 qt. or 2 1/2 gal.
<b>Beverages:</b>			
Coffee	1/2 lb. and 1 1/2 gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1 1/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

## APPETIZERS, BEVERAGES

### MEXICAN DIP

1 pkg. cream cheese, softened	1 pkg. taco cheese, shredded
1 can turkey no bean chili	

On serving platter, spread cream cheese. Spread no bean turkey chili. Sprinkle cheese to cover. Heat in microwave or conventional oven just until cheese melts. Serve with chips.

*Donna Jo Schaub*

### FIESTA TORTILLA ROLL-UPS

1 (8 oz.) pkg. light cream cheese, softened	6 (8 inch) flour tortillas
1/2 c. picante sauce	1 c. shredded romaine lettuce
2 Tbsp. chopped green onion	3 thin slices cooked turkey
	1/4 c. roasted sweet peppers

Stir cream cheese until smooth. Add picante sauce and onion. Top tortilla with about 1/4 cup cheese mixture. Spread to edge. Top each with lettuce, 1/2 slice turkey, and 2 teaspoons sweet pepper. Roll like a jelly roll, placing seam side down in large shallow dish. Cover and refrigerate at least 30 minutes. Cut each roll into 6 slices. Secure with toothpicks if necessary. Serve with additional picante sauce. Makes 36 appetizers.

*Mary Dietrich*

### HOT BEAN DIP

1 (8 oz.) pkg. cream cheese, softened	1/2 c. sliced green onions
1 (10 oz.) can bean dip	1/2 pkg. taco seasoning mix
20 drops Tabasco sauce	1/4 lb. shredded Cheddar cheese
Salt to taste	1/4 lb. shredded Monterey Jack cheese
1 c. sour cream	

Mix cream cheese, bean dip, Tabasco sauce, salt, sour cream, green onions, and taco mix with electric mixer, adding 1 ingredient at a time.

Layer 1/2 of this mixture in 1 1/2 quart dish. Sprinkle layer of Cheddar, then Monterey Jack. Add remaining bean mixture, then 2 cheeses. Bake at 350° for 20 minutes. Serve warm with corn chips or tortilla chips. Makes 3 1/2 cups.

*Linda Avis*

### VEGETABLE PIZZA

2 pkg. crescent roll dough	1 c. cauliflower
1 (8 oz.) cream cheese	1 c. broccoli
1 c. mayonnaise	1 c. tomatoes
1 env. Hidden Valley Ranch dressing mix	1 c. purple onions

Lay out crescent dough on ungreased cookie sheet. Press out. Bake at 350° for 7 to 10 minutes. Combine cream cheese, mayonnaise, and Ranch dressing. Spread over cooled bread dough and press chopped veggies into mix.

*Geraldine Houdek*

### QUICK APPETIZER

Softened cream cheese	1 garlic clove, chopped fine
Chopped green olives	

Mix together. Chill. Serve with baguette rounds, sliced thin.

*Carol Kolarik*

### SUN-DRIED TOMATO AND GARLIC APPETIZER

2 oz. sun-dried tomatoes	5 basil leaves
3/4 c. olive oil	1/4 tsp. cayenne
2 large cloves garlic	1/2 tsp. salt
2 sprigs parsley	1 scallion, minced

Combine all ingredients in food processor. Chop coarsely. Let stand at room temperature for flavors to blend (up to 2 hours). Spread/pour over 2 (4 ounce) rounds of goat cheese or cream cheese. Serve with toasted baguette rounds or crackers.

*Holly Suttmann*

### SALSA

1 gal. cut tomatoes	1/2 c. vinegar
6 green peppers, chopped	2 jalapeno peppers
6 onions, chopped	1/2 c. sugar
4 to 6 garlic cloves	2 large cans tomato paste
1/3 c. salt	

In large pot, put first 8 ingredients. Cook on simmer until there is half of what you started with. Now add the tomato paste. Store in fruit jars.

*Kathryn Schaub*

### VENISON SUMMER SAUSAGE

4 lb. venison burger	2 1/2 tsp. garlic salt
1 lb. pork sausage	2 1/2 tsp. pepper
5 rounded tsp. Morton's Tender-Quick salt	2 1/2 tsp. mustard seed
	2 1/2 tsp. liquid smoke

First day: Mix and knead 5 minutes. Refrigerate.

Second day: Knead 5 minutes. Return to fridge.

Third day: Knead 5 minutes. Return to fridge.

Fourth day: Knead 5 minutes. Return to fridge.

Fifth day: Shape into 5 logs. Bake at 200° for 5 hours on top of a broiler pan. Turn occasionally for even browning.

*Leona Kalchik*

### CHERRY BOUNCE

1 fifth whiskey (do not use scotch or bourbon)	1 1/4 lb. rock candy
1 qt. sour pie cherries with pits left in (use fresh cherries only)	

Pour into 1/2 gallon jug and screw top tight. Let stand until the holidays, then strain and bottle. Let cherries drain and use them in jello salad. Pull out string after rock candy dissolves. Shake jug once in a while. (Southern recipe.)

*Carol Kolarik*

### HOLIDAY PUNCH

2 (12 fl. oz.) cans Sprite	1 orange, sliced
2 (64 fl. oz.) cans Hawaiian Punch	
1 medium size can frozen concentrate orange juice	

Mix first 3 ingredients until orange juice has melted. Cut orange into slices and float on top for decorations. Serve immediately.

*Sherry (Kolarik) Carlson*

### CIDER TO SIT AROUND WITH

Apple cider	1/2 doz. cinnamon sticks
1/4 that amount cranberry juice	2 Tbsp. whole cloves

Stir desired amount of cider together in saucepan with 1/4 that amount of cranberry juice. Heat together with cinnamon sticks and cloves. Serve in a "coffee keeper" that will keep it hot for a long time.

*Mrs. Susann Lederle*

### RUSSIAN COFFEE

Place 2 1/2 teaspoons Sanka brand freeze-dried caffeine free coffee and 1 tablespoon chocolate syrup in large cup. Stir in 3/4 cup scalded milk. Stir until dissolved and top with Cool Whip brand non-dairy whipped topping. Garnish with chocolate curls. Makes 1 serving.

*Helen Korson*

### PEG'S WHISKEY SOURS

In punch bowl, combine:

2 large cans frozen lemonade	4 large bottles sparkling water
2 large cans frozen limeade	2 fifths Seven Crown whiskey

Ring mold:

3 fresh limes	Cherries
3 lemons	1 large bottle sparkling water
1 orange	

Combine first 4 ingredients in a punch bowl. Freeze the fruit in the sparkling water and place in bowl when ready to serve. One bag of ice cubes will take care of this recipe in glasses.

*Gertrude McLaughlin*

### CHERRY BOUNCE

2 qt. sweet cherries (whole)	3 qt. sour cherries (whole)
5 c. sugar	Fifth (4/5 qt.) vodka

Combine in gallon container; stir daily for 3 weeks, then store in cool, dark place until you are ready to pour off into clean containers. After pouring off cordial, let cherries set a day or so, then pour off the rest. The pickled sweet cherries are good to nibble.

*Phyllis Korson*

### SOUTHERN COMFORT PUNCH

1 fifth Southern Comfort liquor	6 oz. lemon juice
1 small can frozen orange juice	3 qt. 7-Up
1 small can frozen lemonade	

Mix together; add ice, orange slices, and lime slices.

*Linda Avis*

### FRUIT CORDIAL

3 qt. fruit (strawberries, raspberries, or blackberries)	3 c. sugar
	Fifth of vodka

Combine in large covered container. Stir every day for 3 weeks. Let set a month or so in cool, dark place, then pour off into sterile containers. Let remaining fruit set a day or 2; pour off additional cordial. Discard fruit.

*Phyllis Korson*

### FLOATING ISLAND PUNCH

1 (6 oz.) can frozen orange juice concentrate, thawed	1 (6 oz.) can frozen lemonade concentrate, thawed
1 qt. apple juice, chilled	Raspberry, orange, lime, and lemon
2 qt. ginger ale, chilled	sherbet

In large punch bowl, stir together concentrates and apple juice. Stir in ginger ale; scoop sherbet into balls and spoon into punch. Or, if you wish, float ice cubes in bowl. Makes 14 servings (about 1 cup each).

*Sarah Korson*

## WHISKEY SLUSH

Serves a crowd; mix in a gallon jug.

Boil 2 cups water and add 3 tea bags (let steep) or use instant tea.

Mix together:

7 c. water	1 (12 oz.) can frozen lemonade
1 (12 oz.) can frozen orange juice	2 1/2 c. whiskey or blackberry brandy
2 c. sugar	

Add to tea mixture and freeze 24 hours. Serve with 7-Up, Squirt, or club soda. Use 1/2 slush and 1/2 beverage. Keeps in freezer.

*Joan Korson*

## COCKTAIL DIP

1 (8 oz.) pkg. cream cheese	2 Tbsp. chopped onion
2 Tbsp. milk	2 Tbsp. chopped green pepper
1 (2 1/2 oz.) pkg. dry chipped beef, cut up	1/8 tsp. pepper
	1/2 c. sour cream

Mix by hand; place in small casserole. (May be frozen at this point.) Bake 1/2 hour at 350°.

*Geraldine Houdek*

## CRABMEAT DIP

Combine:

8 oz. softened cream cheese	3 tsp. horseradish
6 oz. canned crabmeat, drained	1 Tbsp. honey
1/3 c. chili sauce	1 Tbsp. parsley

Cover. Chill. Serve with crackers.

*Theresa Hitchens*

## SPINACH DIP

Use 1 box chopped frozen spinach (thaw and squeeze out water) or use approximate amount of fresh spinach.

Add:

1/2 c. chopped parsley	1 pt. real mayonnaise
1/2 tsp. pepper	1 tsp. salt
1/2 c. chopped onions	

Combine all together and refrigerate. Has few calories. Good with celery, carrots, green peppers. Can make a day ahead.

*Mary A. Jelinek*

## SALLY'S CURRY DIP

1 c. mayonnaise	1/4 tsp. thyme
1/4 tsp. salt	1/2 tsp. curry powder
1 tsp. vinegar	Dash of pepper
2 Tbsp. chili sauce	1 small onion, grated

Mix. Chill. Serve with raw vegetables.

*D. Forton, given by Sally Schwarz*

## MEXICAN DIP

1 (10 oz.) can jalapeno bean dip	4 oz. shredded Monterey Jack cheese
2 ripe avocados	2 ripe tomatoes, seeds removed
1/2 pkg. taco seasoning	1 c. chopped black olives
3 Tbsp. mayonnaise	1 bunch onions, sliced (optional)
2 Tbsp. sour cream	

Place in layers on large plate: (1) Bean dip mixed with taco seasoning, mayonnaise, and sour cream, (2) chopped avocados, (3) tomatoes, (4) olives, (5) cheese to cover top. Surround plate with Doritos for dipping.

*Mrs. Mary L. Jelinek*

## FRUIT 'N CHEESE DIP

2 c. dry cottage cheese (large curd)	Strawberries
2/3 c. skim milk	Pineapple cubes
2 tsp. snipped chives	Peach slices
2 tsp. lemon juice or vinegar	Seedless green and Tokay grapes
1 tsp. salt	
Unsweetened mandarin orange segments	

Mix all ingredients, except fruits, in blender until smooth (1 minute). Cover; chill 3 to 4 hours. To serve, mound cheese dip in small bowl and place on tray with fruits for dipping. Makes 2 2/3 cups dip (50 calories per 1/3 cup, fruits not included).

Also use as topping for baked potatoes.

*Sarah Korson*

## HOT BROCCOLI DIP (Makes 4 quarts)

6 pkg. frozen chopped broccoli	3 pkg. Monterey Jack cheese, grated
1 stick margarine	1 large can mushrooms, chopped
2 large onions	1 c. blanched almonds, chopped
3 cans mushroom soup	1 c. bread crumbs
2 tsp. Accent	

Thaw broccoli and drain. Sauté onions in margarine. Add broccoli, soup, cheese, Accent, almonds, and half of bread crumbs. Bake at 300° until heated enough

to melt cheese and cheese starts to bubble. Add rest of crumbs on top. Serve with tortilla chips.

*Jan Schmidt*

### RELISH FOR HAMBURGERS OR HOT DOGS

2½ c. ground celery	2 c. sugar
5½ c. ground cucumbers	3 c. vinegar
¾ lb. sweet green peppers	1 tsp. mustard seed
2 hot peppers	1 qt. water
2 lb. ground onions	½ c. salt (not iodized)
1½ tsp. celery seed	

Put ground vegetables in an earthen bowl. Add the salt into the water and stir until dissolved. Pour the salty water over the vegetables. Let stand 1½ hours. Drain the vegetables well. Place them in an enamel kettle. Stir in sugar, celery seed, and mustard seed. Simmer for about 3 minutes. Place in sterilized jars. Use enamel-lined covers to seal.

*Cecilia A. Jelinek*

### BEET RELISH

4 lb. beets, cooked and peeled	1½ c. sugar
4 large onions	1½ c. vinegar
3 large green peppers	½ c. water
1 Tbsp. whole cloves	1 Tbsp. salt

Grind beets, onions, and peppers; tie cloves in bag. In large saucepan, combine sugar, vinegar, water, salt, and bag of cloves. Bring to boil and reduce heat. Cover and simmer 20 minutes, stirring several times. Remove cloves. Pour into hot, clean jars, leaving ½ inch head space. Adjust lids. Process in boiling water bath for 5 minutes. Start timing when water returns to boiling. Makes 13 half pints.

*Joan Korson*

### PICKLED BEANS

Use 2 tablespoons dill in each quart jar and ½ garlic.

Heat syrup and pour over beans:

2 c. water	¼ tsp. sugar
2 c. vinegar	½ tsp. red pepper
4 Tbsp. salt	

Wash and snip nice long straight beans and boil just 5 minutes; drain and cool. Pack in jars. Set in hot water bath.

*Dolores Houdek*

### STEPHANIE'S DILLED CAULIFLOWER

8 c. water	8 c. vinegar
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Heat to boil. Pack flowerets into quart jars packed with 2 dill heads and 2 garlic cloves at bottom.

To each jar, add:

2 Tbsp. salt	¼ tsp. alum
1 Tbsp. sugar	¼ tsp. turmeric
¼ tsp. oregano	Pinch of basil

Top with 1 dried red hot pepper. Pour hot mixture over each quart. Be sure jar tops are free from spices. Seal with lids and process for approximately 20 minutes in canner.

*Stephanie Strehl*

# Soups, Salads



## A HANDY SPICE AND HERB GUIDE

**ALLSPICE**-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

**BASIL**-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

**BAY LEAVES**-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**CARAWAY**-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**CURRY POWDER**-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**DILL**-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

**MACE**-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

**MARJORAM**-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (MONOSODIUM GLUTAMATE)**-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

**OREGANO**-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

**PAPRIKA**-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**POPPY**-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

**ROSEMARY**-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

**SAGE**-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

**THYME**-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

**TURMERIC**-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

## SOUPS, SALADS

### HEARTY POTATO SOUP

6 to 8 potatoes, peeled and sliced	6 Tbsp. flour
2 carrots, chopped	1 tsp. salt
6 celery stalks, chopped	1/2 tsp. pepper
1 onion, chopped	1 1/2 c. milk
6 Tbsp. butter	

In large kettle, cook potatoes, carrots, and celery in enough water to cover until tender, about 20 minutes. Drain; save liquid. Set vegetables aside. In same kettle, saute onions in butter until soft. Stir in flour, salt, and pepper; gradually add milk, stirring constantly until thickened. Gently stir in cooked vegetables. Add 1 cup or more of reserved cooking liquid until soup is desired consistency. Makes 8 to 10 servings, 2 1/2 quarts.

*Helen Korson*

### CANADIAN CHEESE SOUP

5 Tbsp. butter	2 Tbsp. cornstarch
2 medium chopped carrots	1 qt. milk
2 ribs chopped celery	1 qt. chicken broth
1 medium chopped onion	1/2 tsp. paprika
1/2 chopped green pepper	1/4 to 1/2 tsp. cayenne (optional)
4 to 5 chopped mushrooms	1/2 tsp. dry mustard
1/2 c. chopped cooked ham	1 lb. sharp Cheddar cheese
1/2 c. flour	Salt and pepper to taste

Melt butter; add carrots, celery, onion, green pepper, mushrooms, and ham. Cook until crisp. Add flour and cornstarch and cook 3 minutes. Add broth and cook. Add milk, paprika, and mustard. Add cheese gradually till it melts. Do not boil. Add salt and pepper.

*Linda Avis*

### RICE-A-RONI SALAD

1 pkg. chicken Rice-A-Roni	8 oz. jar marinated artichokes, chopped
1/2 c. green peppers, chopped	1/3 c. mayonnaise
4 green onions, chopped	1/2 tsp. curry powder
12 sliced green olives	

Cook rice; cool. Drain artichokes and add mayonnaise and curry to liquid of artichokes. Toss all the ingredients together. Chill. It's much better if it stands a couple of hours or overnight.

*Dorothy A. Forton*

### RAMEN NOODLE SALAD

1 head Napa cabbage	5 to 6 green onions (bunching kind)
Chop cabbage and onions into a bowl and refrigerate.	

In another bowl, mix:

2 pkg. Ramen noodles	1 stick or less margarine
1 pkg. slivered almonds	

Melt the margarine and mix with the noodles just before time to serve.

In another bowl, mix:

1/2 c. vegetable oil	1/4 c. vinegar
1 c. sugar (or less)	2 tsp. soy sauce

Mix all 3 bowls together just before serving or the noodles will get soft.

*Mary Ann Kolarik*

### FLYING FARMER CHICKEN SALAD

5 c. cooked diced chicken	1 1/2 c. sliced celery
2 Tbsp. salad oil	1 (13 1/2 oz.) can pineapple tidbits, drained
2 Tbsp. orange juice	1 (11 oz.) can mandarin oranges, drained
2 Tbsp. vinegar	1 1/2 c. mayonnaise
1 Tbsp. salt	1 c. toasted, slivered almonds
3 c. cooked Minute rice	
1 1/2 c. green grapes, halved	

Combine chicken, salad oil, orange juice, vinegar, and salt. Let stand while preparing remaining ingredients or refrigerate mixture overnight. Gently toss together all ingredients and chill. Serves 12.

*Dorothy Forton, from Jan Esch*

### FESTIVE CRANBERRY SALAD

1 (14 oz.) sweetened condensed milk	2 c. mini marshmallows
1/2 c. lemon juice	1/2 c. chopped pecans
1 (20 oz.) crushed pineapple, drained	Red food coloring (optional)
1 (16 oz.) whole berry cranberry sauce	1 (8 oz.) frozen whipped topping, thawed

In a bowl, combine milk and lemon juice; mix well. Stir in pineapple, cranberry sauce, marshmallows, pecans, and, if desired, food coloring. Fold in whipped topping. Spoon into 13x9x2 inch baking dish. Freeze until firm, 4 hours or overnight. Cut into squares. Makes 12 to 16 servings.

Variation - Tart Cherry Salad: Substitute 16 ounces tart cherry pie filling for cranberries and 1/2 cup chopped walnuts for pecans. Prepare same way.

*Kathy Kalchik*

## COLE SLAW

3 Tbsp. mayonnaise  
3 Tbsp. sugar  
2 Tbsp. vinegar  
1 medium head cabbage

Mix first 3 ingredients in a cup and set aside. Grate next 4 ingredients and stir together in large bowl. Stir mayonnaise mixture again and pour over cabbage stuff. Blend well and refrigerate at least 1 hour. Stir again before serving.

*Sherry (Kolarik) Carlson*

## COLE SLAW DRESSING

1 c. white vinegar  
2 c. oil  
2 Tbsp. celery seeds  
12 Tbsp. grated onion

Mix slowly on low speed in a blender. Keeps in refrigerator for weeks. Makes 1 quart.

*Dolores Houdek*

## 7-UP SALAD

1 large pkg. lemon Jell-O  
2 c. boiling water  
2 c. 7-Up  
3 large bananas  
1 large can crushed pineapple  
2 c. colored marshmallows

Dissolve Jell-O in water; add 7-Up. Let stand till thick. Add pineapple, bananas, and marshmallows. Pour into 9x13 inch pan. Let set. Heat beaten egg; add sugar, flour, and juice. Take off heat; add butter. Cool. Pour over first ingredients. Add Cool Whip over top.

*Linda Avis*

## TAFFY APPLE SALAD

1 Tbsp. all-purpose flour  
1/2 c. sugar  
1 egg  
2 Tbsp. apple cider vinegar  
1 (8 oz.) can crushed pineapple,  
drained (save juice)

4 c. chopped Red Delicious apples  
(unpeeled, 1 lb.)  
1 c. shelled salted peanuts  
1 (8 oz.) ctn. Cool Whip  
Extra peanuts (for garnish)

Combine flour and sugar. Mix well. Beat egg. Add to flour and sugar. Add vinegar and pineapple juice. Cook in small pan over low heat. Stir and cook until thick. Cool. Pour cooled dressing over pineapple, apples, and peanuts. Mix in Cool Whip. Sprinkle with extra peanuts. Makes 10 servings.

*Dorothy A. Forton*

## ORIENTAL SALAD

Dressing (night before):

5 Tbsp. white vinegar  
3/4 c. vegetable oil  
3 Tbsp. sugar  
1/2 tsp. salt

Salad:

1 lb. cabbage, shredded  
6 green onions, chopped  
2 pkg. oriental noodles

1/2 tsp. pepper  
2 pkg. Ramen oriental soup mix  
(oriental flavor)

5 Tbsp. sesame seeds  
3/4 c. slivered almonds

Roast sesame seeds and almonds. Just before serving, combine everything and add dressing.

*Mary Ann Kovarik*

## FRENCH DRESSING

3/4 c. sugar  
1 c. Mazola or Wesson oil (not  
Spartan)

1 small onion, grated  
1/3 c. catsup  
1 tsp. salt

Beat with mixer 5 minutes, then add 1/3 cup vinegar and continue beating till combined. Stir 1 teaspoon celery seed.

*Celia Kalchik*

## HAMBURGER SOUP

Use 1 pound browned ground beef.

Add the following:

1 c. onion  
1 c. diced carrots

1 c. cubed potatoes  
1/2 c. celery

Add 2 1/2 cups canned tomatoes and bring to a boil.

Add:

3 tsp. salt  
1/4 c. raw rice  
1 small bay leaf, crushed  
1/4 tsp. basil  
1/2 tsp. dried thyme

1 tsp. parsley  
Dash of pepper  
1 1/2 qt. water  
1 c. shredded cabbage

Cover and simmer 1 hour. If you wish to freeze soup, cook only 1/2 hour. Finish cooking when it is thawed. Delicious!

*Rosie Houdek*

## VEGETABLE SOUP

Saute 1 1/2 pounds hamburger, large onion, and 2 large stalks of celery, diced, until onions and celery are done. Add 1 large can of V-8 juice and 1 large frozen pack of mixed vegetables. Simmer until juice is slightly thickened. Add a little sugar if too sour to your taste.

*D. Forton, from Rita Carlson*

## HAM AND CORN CHOWDER

1/2 c. onion slices  
1/2 c. melted butter or margarine  
1 (No. 2) can cream style corn  
1/2 c. light cream

Saute onion slices in melted butter until tender. Add corn, light cream, cooked ham, salt, and pepper. Heat to serving temperature. Serve with celery croutons. Serves 4 to 5.

1 c. chopped cooked ham  
1/4 tsp. salt  
1/8 tsp. pepper

*Carol Korson*

## HEARTY TOMATO BEEF SOUP

1 lb. ground beef  
1 c. chopped onion  
1/2 c. chopped celery  
1 Tbsp. butter  
1 can tomatoes  
2 beef bouillon cubes

Saute ground beef, onion, and celery in melted butter until meat is well browned. Stir in remaining ingredients. Bring to a boil; reduce heat. Cover and simmer 20 minutes. Remove bay leaf. Makes 2 quarts.

*Mary Ann Kolarik*

1/3 c. regular uncooked rice  
1 tsp. salt  
1/2 tsp. chili powder  
1 bay leaf  
2 1/2 c. water

## HAMBURGER VEGETABLE SOUP

4 medium potatoes, pared and cubed  
1/4 c. uncooked rice  
1 lb. ground beef or leftover meat  
2 c. diced carrots

Combine in large kettle and simmer until done.

1 c. diced celery  
1 medium onion, chopped  
2 Tbsp. salt  
1/2 tsp. pepper  
1 1/2 qt. boiling water

*Geraldine Houdek*

## CREAM OF CAULIFLOWER SOUP

1/4 lb. butter  
2 sliced onions  
1 carrot, diced  
1 Tbsp. salt  
1 Tbsp. sugar  
5 c. water  
1/8 tsp. pepper

3 medium potatoes, sliced  
4 Tbsp. whipping cream  
2 egg yolks  
Chopped parsley or chives  
3 c. cauliflower, broken into flowerets

Melt butter in large saucepan. Add sliced carrots, onions, and salt. Cover and simmer 30 minutes. Add sugar, pepper, potatoes, cauliflower, and water. Cook about 1 hour. (Save 6 cauliflower pieces for garnish before pressing through food mill.)

Press through food mill, then pour back into pan to keep hot. Ladle some soup into bowl; add egg yolks and whipping cream. Stir; add to remaining soup. Heat; do not boil.

*Jan Schmidt*

## COLE SLAW

2 qt. shredded cabbage  
2 green peppers, chopped  
4 medium onions, chopped

1 red pepper or 1 pimento, chopped

Put in crock and pour the following over.

In stew pan, add:

1 pt. vinegar  
3 c. white sugar  
1 tsp. salt

1/2 tsp. turmeric  
1 1/2 tsp. mustard seed  
1 tsp. celery seed

Bring to boil; pour over cabbage mixture. Let stand at least 12 hours before using. May be kept in refrigerator indefinitely.

*Barbara Kalchik*

## HOT GERMAN POTATO SALAD

9 medium potatoes  
6 slices bacon  
3/4 c. chopped onion  
2 Tbsp. flour  
2 Tbsp. sugar  
2 Tbsp. salt

1/2 tsp. celery seed  
Dash of pepper  
3/4 c. water  
1/3 c. vinegar  
2 (12 oz.) pkg. Bratwurst  
2 Tbsp. shortening

Cook potatoes until tender. Drain; set aside. In large skillet, fry bacon until crisp; remove and drain. Cook and stir onion in bacon drippings until golden brown. Blend in flour, sugar, salt, celery seed, and pepper. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Crumble bacon. Thinly slice potatoes. Carefully stir bacon and potatoes into hot mixture. Heat through, stirring lightly to coat potato slices. In skillet, brown

Bratwurst in shortening, turning with tongs; do not pierce with fork. Serve with potato salad. Serves 5 to 6.

*Sarah Korson*

### BAKED GERMAN POTATO SALAD

1 c. diced bacon	1 c. chopped onion
3 tsp. salt	1/2 tsp. pepper
3 Tbsp. flour	2/3 c. sugar
1 c. diced celery (optional)	2/3 c. vinegar
1 1/3 c. water	8 c. cooked potatoes, sliced

Fry bacon; drain. Return 4 tablespoons fat to skillet; add celery, onions, salt, and flour. Cook gently; add sugar, vinegar, pepper, and water. Bring to a boil. Pour over potatoes and bacon in a 3 quart baking dish. Cover and bake 30 minutes at 350°. Serves 12.

*Mary Kolarik*

### KIDNEY BEAN SALAD

5 hard-boiled eggs	1 c. mayonnaise
2 cans kidney beans, drained	1 Tbsp. prepared mustard
3/4 c. diced celery	2 or 3 Tbsp. light cream
1 onion, sliced	Salt
1 c. chopped sweet pickles	

Chop 4 of the hard cooked eggs and combine with kidney beans, celery, onion, and pickles. Mix mayonnaise with mustard and cream; pour over salad. Mix well. Add salt to taste. Garnish with remaining egg, cut in wedges. Chill. Yield: 4 servings.

*Phyllis Korson*

### SPINACH SALAD

2 bags spinach, washed and torn into pieces	1/3 c. grated sharp cheese
2 cans water chestnuts, drained and sliced	6 slices bacon, fried crisp and crumbled
4 hard-boiled eggs, sliced	10 to 12 sliced fresh mushrooms
1 can bean sprouts, drained	1 Bermuda onion, finely chopped

Mix preceding.

Blend following dressing and pour over preceding:

1 c. oil	1/2 tsp. dry mustard
1/4 c. cider vinegar	1 tsp. salt
1/3 c. catsup	1/2 c. sugar

*Mary A. Jelinek*

### HONEY COLE SLAW

Beat 1 cup cold sour cream until thick. Add 1/4 cup honey, 1 teaspoon salt, and 2 teaspoons celery salt. Pour over 4 cups finely shredded cabbage.

*Carol Korson*

### SPINACH SALAD

1 pkg. spinach	6 slices bacon, chopped (or can use Frank's bacon bits)
1 can bean sprouts, drained	
2 hard-boiled eggs, chopped	

1 can water chestnuts, drained and chopped

Mix all together.

Salad Oil:

1 c. salad oil	1/4 tsp. salt
1/4 c. vinegar	1 medium onion, grated
1/2 c. sugar	2 tsp. Worcestershire
1/2 c. catsup	

Shake well in jar, then pour over spinach when ready to serve.

*Dot Sterling*

### CABBAGE SALAD

3 1/4 lb. shredded cabbage
1 1/2 green peppers
1 red pepper (optional)

Carrots for color, grated  
5 chopped onions

Bring the following ingredients to boil:

1 1/2 pt. vinegar	1/2 c. salt
3/4 tsp. turmeric	1/8 c. celery seed
3 1/4 c. sugar	1/8 c. mustard seed

Pour over vegetables hot. Keeps up to 1 month in refrigerator. Let set overnight before using.

*Mary Ann Kolarik*

### MARINATED CARROT SALAD

6 c. carrots, sliced, cooked, and cooled	1 onion, sliced
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Mix together:

1 c. salad oil	3/4 c. vinegar
1 c. sugar	1 tsp. dry mustard
1 can tomato soup	1 tsp. salt

Pour over carrots and chill for 4 hours. Serve. Keeps 2 weeks in covered jar in refrigerator.

*Mary Ann Kolarik*

### WILTED LEAF LETTUCE

6 slices bacon	4 tsp. sugar
1/2 c. sliced green onion	8 c. leaf lettuce, torn
1/4 c. vinegar	1 hard cooked egg, chopped

Cook bacon until crisp. Drain and crumble, reserving drippings. Add onion to drippings; cook until tender. Add vinegar, 1/4 cup water, sugar, 1/2 teaspoon salt, and bacon. Cook and stir until boiling. Place lettuce in bowl; pour hot dressing over. Toss to coat. Garnish with egg. Serves 6.

*Sarah Korson*

### POTATO SALAD

5 lb. potatoes, cooked in skins until just tender, peeled, and sliced	2 1/2 c. mayonnaise
8 hard cooked eggs	3 Tbsp. prepared mustard
8 oz. radishes, sliced	1/2 c. cider vinegar
2 large celery ribs, diced	3 tsp. salt
2 large onions, diced	1 tsp. pepper
	Sugar to taste (if desired)

Put sliced potatoes and eggs in large bowl; add radishes, celery, and onions. Mix together the mayonnaise, mustard, salt, and pepper; blend well.

Pour mixture over the potatoes, eggs, and vegetable mixture. Mix well and chill.

*Helen Korson*

### DRESSING FOR BIBB AND LEAF LETTUCE

1/4 c. vinegar	1/2 c. half & half
About 1/8 c. water	Just a little salt
Scant 3/4 c. sugar	

Mix well and chill.

*Dorothy Forton*

### COLE SLAW

1 head cabbage	7/8 c. sugar
1 onion	

Slice cabbage and onions. Place onions in layers on cabbage and pour sugar on top. Set aside while preparing the following dressing.

Bring to a boil:

2 tsp. sugar	3/4 c. vegetable oil
1 tsp. celery seed	1 c. (scant) vinegar
1 Tbsp. salt	

Heat and stir to a rolling boil. Pour over the cabbage mixture and cover. Do not stir. Place in refrigerator. Cool 4 hours or overnight. Stir before serving.

*Cecilia A. Jelinek*

### RUBY RED SALAD MOLD (Great for the holidays)

2 pkg. strawberry Jell-O	1 (1 lb.) can whole cranberry sauce
1 pkg. lemon Jell-O	1 (16 oz.) pkg. frozen strawberries
2 c. hot water	1 c. chopped nuts
1 big can crushed pineapple, drained	

Dissolve Jell-O in hot water. Add remaining ingredients and stir until strawberries have dissolved. Mold. Serve with whipped topping or mayonnaise.

*Dorothy Forton (given by Rita Carlson)*

### OVERNIGHT SALAD

Use 1 large can crushed pineapple. Drain some juice and save it; add enough water to make 1 cup.

2 Tbsp. flour	2 eggs
1/2 c. sugar	Pinch of salt

Beat together and boil until thick, stirring constantly. Cool. Add 1 can drained fruit cocktail and 20 large marshmallows, cut up, or almost a full 10 ounce bag miniature marshmallows.

Whip 1 pint whipping cream or 1 (8 ounce) carton Cool Whip. Fold in egg mixture. Chill for 24 hours.

Grapes may be added.

*Mary Kolarik*

### TACO SALAD

1 medium head lettuce, chopped	1 small can kidney beans, drained
1 lb. hamburger	4 medium tomatoes, diced
8 oz. Cheddar cheese, grated	1 pkg. taco chips
1 large onion, sliced	1 pkg. taco seasoning

Dressing:

8 oz. Thousand Island dressing	1 Tbsp. taco seasoning
1/3 c. sugar	1 Tbsp. taco sauce

Brown meat; add taco seasoning, reserving 1 tablespoon for dressing. Use large salad bowl, allowing room to toss salad at serving time. Layer salad ingredients

in bowl, starting with lettuce and ending with cheese. Cool and refrigerate. At serving time, toss salad with dressing and taco chips.

This is a complete meal.

*Mary Ann Kolarik*

### CELERY SEED DRESSING

1/3 c. sugar	1/4 c. vinegar
1 tsp. salt	1 c. salad oil
1 tsp. dry mustard	1 tsp. celery seed
1 tsp. grated onion	

Mix sugar, salt, and mustard; add onion and vinegar. Add oil, 1 tablespoon at a time, beating constantly with rotary beater or electric. Stir in celery seed. Makes 1 1/2 cups of dressing.

*Gertrude McLaughlin*

### THREEFOLD SALAD DRESSING

1 c. cider vinegar	1 c. sugar
1 c. salad oil	

Mix all ingredients in pan and allow to come to rolling boil. Remove from heat and cool at room temperature.

Can be used for fruits, vegetables, and slaw.

*Mary Kolarik*

### RASPBERRY SALAD

Dissolve 1 package raspberry Jell-O in 1 cup hot water. Add 1 (10 ounce) package of frozen raspberries. Put into an 8x8 inch dish and let set. Melt 6 marshmallows and blend in 1 (3 ounce) package cream cheese. Fold in 1/2 cup whipped cream. Spread on Jell-O mixture and chill.

*Mary Kolarik*

### STRAWBERRY SALAD

1 can strawberry pie filling	1 can crushed pineapple, drained
1 can Borden's condensed sweetened milk	1 small pkg. walnuts, chopped
	1 large container whipped topping

Stir pie filling and Borden's sweet cream together. Add other ingredients. Refrigerate.

*Linda Avis*

### FROZEN FRUIT SALAD

2 cans pineapple tidbits	1 c. pecans, chopped small
1 can Royal Anne light sweet cherries, pitted	2 small or 1 large pkg. cream cheese
1 can dark sweet cherries	2 pkg. Dream Whip
6 large navel oranges	

Cut up fruit in large bowl (cherries in halves). Add 1/4 cup lemon juice and pecans. Beat cream cheese and mayonnaise (1 cup) until creamy with 1/2 cup sugar. Fold in fruit, drained. Freeze in large mold. Remove from freezer according to how hard you want to eat it. Makes a large mold and may be used either as a dessert or salad.

*Sarah Korson*

### COTTAGE CHEESE SALAD

1 lb. small curd cottage cheese	1 can drained pineapple tidbits
1 (3 oz.) pkg. Jell-O (any flavor)	1 small ctn. Cool Whip or Dream Whip
1 can drained fruit cocktail	

Sprinkle dry Jell-O over cottage cheese. Mix well. Add remaining ingredients. Chill.

*Geraldine Houdek*

### CHERRY SALAD SUPREME

3 oz. raspberry gelatin	1/3 c. mayonnaise
1 c. boiling water	8 oz. can pineapple, crushed, with juice
1 (21 oz.) can tart cherry piefill	1/2 c. heavy cream, whipped
3 oz. lemon gelatin	1 c. small marshmallows
1 c. boiling water	2 Tbsp. nuts, chopped
4 oz. cream cheese, softened	

Dissolve raspberry gelatin in 1 cup boiling water. Stir in tart cherry piefill. Pour into 9x13 inch pan. Let set. Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in pineapple and juice. Add whipped cream and marshmallows to gelatin mixture. Spread on top of cherry layer. When set, sprinkle chopped nuts on top. Makes 12 servings.

*Sarah Korson*

### CHERRY-CRANBERRY MOLD

1 (6 oz.) pkg. Jell-O (cherry or raspberry)	2/3 c. boiling water
1 can crushed pineapple	1/2 c. celery, chopped
	1/4 c. nuts

Place in blender 2 seconds:

1 can mandarin oranges, drained	1 can whole cranberries
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Dissolve Jell-O in boiling water. Combine all ingredients. Put in mold. Refrigerate.

*Dot Sterling*

### HOT BEAN SALAD

1 lb. can kidney beans, drained	1/2 tsp. salt
1 c. sliced celery	1/2 c. mayonnaise
1 c. sliced onion	
1/4 lb. (3/4 c.) shredded American cheese	

Combine all ingredients and bake for 10 minutes or until bubbly.

*Phyllis Korson*

### PATRIOTIC SALAD

First layer:

1 (6 oz.) pkg. raspberry Jell-O	2 c. hot water
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Add 1 package frozen raspberries. Put in 13x9 inch dish for first layer and refrigerate.

Second layer:

1 pt. coffee cream	1 c. sugar
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Heat above until hot and add 2 packages' Knox gelatine, dissolved in 1/4 cup cold water. Add to cream mixture 1 pint sour cream and 2 tablespoons vanilla. Mix well; cool and put on top of first layer.

Third layer:

1 large pkg. raspberry Jell-O	1 can blueberry filling
2 c. boiling water	

Put third layer on top of second layer when it is firm.

*Millie Kalchik*

### FROSTY FRUIT SALAD

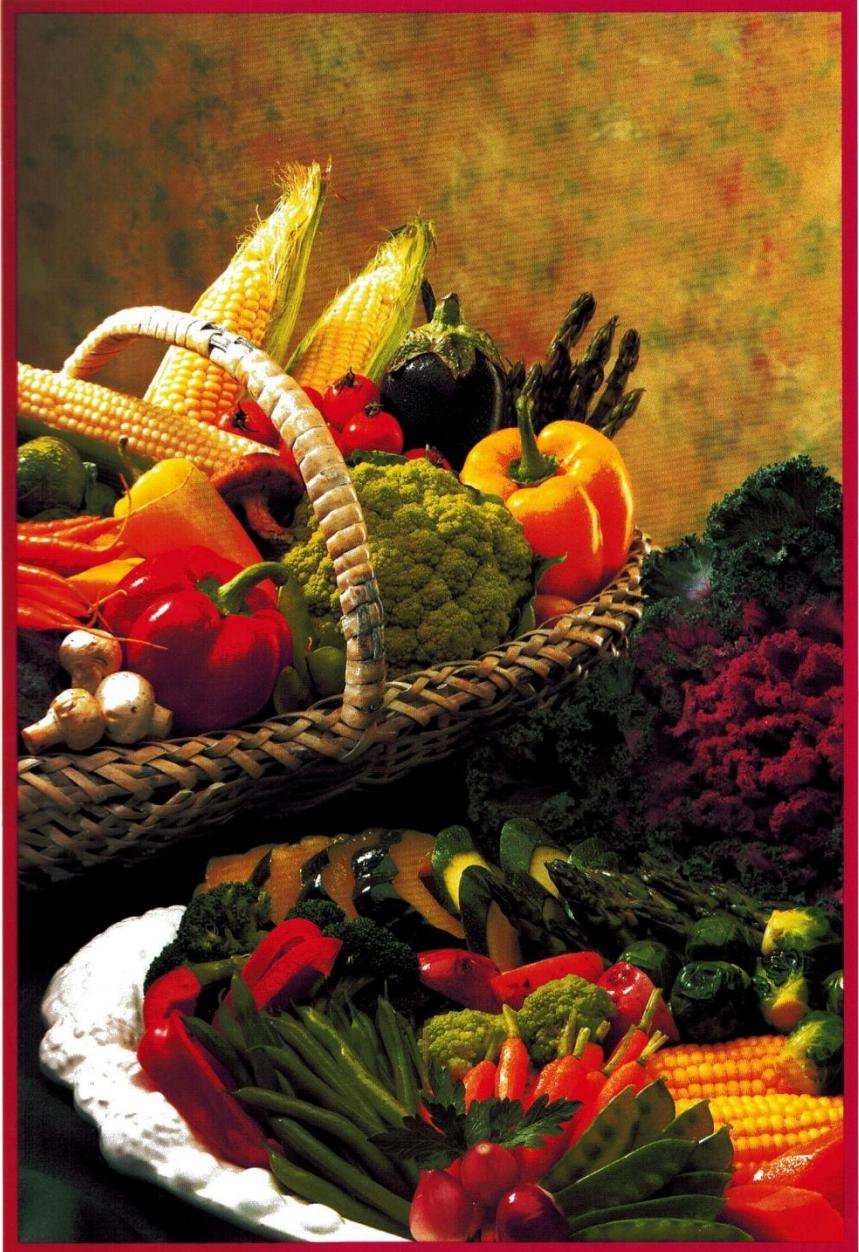
1 (8 oz.) pkg. Neufchatel cheese, softened	1 (8 3/4 oz.) can crushed pineapple, drained
1 c. dairy sour cream	1 (16 oz.) can pitted dark sweet cherries, drained
1/4 c. sugar	1 c. miniature marshmallows
1/4 tsp. salt	Crisp greens or watercress
1 (17 oz.) can apricot halves, drained	

In large mixer bowl, beat cheese until smooth. Blend in sour cream, sugar, salt on low speed. Stir in fruit and marshmallows. Pour into 6 to 8 individual molds or into a 4 1/2 cup mold. Freeze at least 8 hours. Ten minutes before serving, unmold on crisp greens. Makes 6 to 8 servings.

*Sarah Korson*

## Notes

# Vegetables



## EQUIVALENT CHART

3 tsp.	1 Tbsp.	1/4 lb. crumbled Bleu cheese	1 c.
2 Tbsp.	1/2 c.	1 lemon	3 Tbsp. juice
4 Tbsp.	1/4 c.	1 orange	1/3 c. juice
8 Tbsp.	1/2 c.	1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled
16 Tbsp.	1 c.	2 c. fat	1 lb.
5 Tbsp. + 1 tsp.	1/3 c.	1 lb. butter	2 c. or 4 sticks
12 Tbsp.	4/3 c.	2 c. granulated sugar	1 lb.
4 oz.	1/2 c.	3 1/2-4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	2 Tbsp. fat or liquid	4 1/2 c. cake flour	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked
1 qt.	4 c.	7 oz. spaghetti	4 c. cooked
5/8 c.	1/2 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
7/8 c.	3/4 c. + 2 Tbsp.	28 saltine crackers	1 c. crumbs
1 jigger	1 1/2 fl. oz. (3 Tbsp.)	4 slices bread	1 c. crumbs
8 to 10 egg whites	1 c.	14 square graham crackers	1 c. crumbs
12 to 14 egg yolks	1 c.	22 vanilla wafers	1 c. crumbs
1 c. unwhipped cream	2 c. whipped		
1 lb. shredded American cheese	4 c.		

## SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup sweet milk = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
3/4 cup cracker crumbs = 1 cup bread crumbs
1 cup cream, sour, heavy = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
1 teaspoon dried herbs = 1 tablespoon fresh herbs
1 cup whole milk = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces compressed yeast = 3 (1/4 ounce) packets of dry yeast
1 tablespoon instant minced onion, rehydrated = 1 small fresh onion
1 tablespoon prepared mustard = 1 teaspoon dry mustard
1/8 teaspoon garlic powder = 1 small pressed clove of garlic
1 lb. whole dates = 1 1/2 cups, pitted and cut
3 medium bananas = 1 cup mashed
3 cups dry corn flakes = 1 cup crushed
10 miniature marshmallows = 1 large marshmallow

## GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

## CONTENTS OF CANS

*Of the different sizes of cans used by commercial canners, the most common are:*

Size:	Average Contents
8 oz.	1 cup
Picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

## VEGETABLES

### SWEET POTATOES AND APPLES

4 medium sweet potatoes	1/2 c. water
3 large apples	Cinnamon
1/4 c. brown sugar	1/4 c. chopped nuts (optional)
1/4 c. butter	

Boil sweet potatoes until tender but firm; cool. Peel and slice the potatoes and the apples. In a greased shallow baking dish alternate layers of sweet potatoes and apples. Sprinkle the layers with the brown sugar and cinnamon (nuts if desired). Dot the layers with butter. Pour the water over the layers. Bake at 350° for 45 minutes.

*Sally Jelinek*

### ANNA MAE'S POTATOES

1 c. flour	1 tsp. salt
1 tsp. baking powder	Potatoes, cut in rings
1/2 tsp. soda	1 inch oil in frying pan

Add water to make paste. Dip potato rings in paste and fry until brown. Watch closely. They cook very fast.

*Phyllis Korson*

### CHEESY POTATOES

1 (2 lb.) pkg. frozen hash browns	2 c. sour cream
2 (10 3/4 oz.) cans cream of chicken soup	Salt and pepper to taste
1/4 c. chopped onions	1 1/2 c. corn flake crumbs
2 c. grated Cheddar cheese	1/2 c. melted oleo

Mix first 6 ingredients in a large bowl. Spread in a greased 10x13 inch baking dish. Sprinkle corn flakes over top. Drizzle melted oleo over top. Bake at 350° for 45 to 50 minutes. Serves 12.

Note: Can be made with fat-free soup, sour cream, and cheese.

*Leona Kalchik*

### JULIENNE POTATO CAKE

1 lb. potatoes, peeled	6 to 7 inch skillet or heavy frying pan
2 Tbsp. butter	
Salt and pepper	

Cut peeled potatoes into julienne strips and dry in cloth or paper towel. Rub butter on bottom and sides of pan and press in potatoes, seasoning only when thick layer covers base (salt makes potatoes stick).

Cover with close fitting lid or buttered tinfoil. When cooking potatoes on top of stove, use low heat; allow 30 to 40 minutes. Or cook potatoes 10 to 15 minutes

on top of stove. Transfer to oven at 400° for 30 minutes. To serve, turn out cake in a dish.

*Helen Korson*

### COPPER PENNIES

3 lb. carrots	3/4 c. white vinegar
1 large onion	1/2 c. oil (not Spartan)
1/2 green pepper	1 tsp. salt
1 (10 oz.) can tomato soup	1 tsp. pepper
1 c. sugar	

Cook carrots so they aren't quite done; slice when cool. Dice onion and peppers. Bring to a boil, tomato soup, 1 cup sugar, 3/4 cup vinegar, 1/2 cup oil, salt, and pepper. Pour over carrots, etc. Mix well. Refrigerate 24 hours. Keeps quite a while.

*Celia Kalchik*

### GLAZED CARROTS

1 lb. (6 to 8) carrots	2 Tbsp. cold water
2 Tbsp. butter	1/2 tsp. cornstarch
1/4 c. packed brown sugar	1/4 c. chopped pecans (if desired)

Cut carrots into 1/2 inch diagonal slices. Place in 1 quart microwave-safe casserole with butter and brown sugar. Cover. Microwave on HIGH 9 to 11 minutes, stirring after 5 minutes. In small bowl, combine water and cornstarch until smooth. Stir in carrot mixture. Microwave on HIGH about 2 minutes. Serves 3 to 4.

Raisins or pineapple may be added.

*Minnie Schroeder*

### SWEET AND SOUR BAKED BEANS

8 bacon slices, fried crisp, drained and crumbled	1 (1 lb.) can green lima beans, drained
4 large onions, peeled and cut in rings	1 (1 lb.) can dark red kidney beans, drained
3/4 c. brown sugar	1 (1 lb.) jar canned navy beans for soup
1 tsp. dry mustard	1 can chickpeas, drained
1 tsp. salt	1/2 tsp. garlic powder
2 (15 oz.) cans dried lima beans, drained	1/2 c. cider vinegar

Place onions in skillet with bacon fat from fried bacon. Add sugar, mustard, garlic powder, salt, and vinegar. Cook 20 minutes, covered. Add onion mixture to beans in a large casserole dish (3 quart). Add crumbled bacon. Bake at 350° for 1 hour.

*Grace Kolarik*

### POTATO CHIP-ONION CASSEROLE

3 to 4 onions, sliced into  $\frac{1}{8}$  inch slices (enough to layer twice in a 9x13 inch dish)  
10 oz. grated medium Cheddar cheese

Heat milk and soup. Layer onions, crushed potato chips, and cheese. Repeat layers of onions, chips, and cheese. Pour heated milk-soup mixture over all. Bake at 350° for 1½ hours.

Great for "bring a dish to pass dinners."

*Mary L. Jelinek*

### CALICO BEANS

$\frac{1}{4}$  lb. bacon  
1 lb. ground beef or turkey  
 $\frac{1}{2}$  c. chopped onion  
 $\frac{1}{2}$  c. brown sugar  
 $\frac{1}{2}$  c. catsup  
2 Tbsp. vinegar  
1 (16 oz.) can drained lima beans or butter beans

Brown first 3 ingredients in oil or oleo. Drain well. Add together next 7 ingredients to calico bean mixture. Bake at 350° for 1 hour.

If using turkey (ground), keep in large chunks when browning (quarter size). May add, celery, green pepper, and minced garlic.

*Celia Kalchik*

### FRIED BUTTERED BEETS, CREAMED

4 Tbsp. butter or margarine  
1 Tbsp. cornstarch  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper

1 Tbsp. sugar  
 $\frac{1}{2}$  c. mild vinegar  
2 c. cubed, canned, or cooked beets

Melt butter; add beets and brown. Add pepper, salt, and sugar and blend. Add vinegar; cook until thick. Serve hot. Makes 4 to 6 servings.

*Betty Houdek*

### ESCALLOPED CORN

1 can corn (I use cream style)  
1 c. milk  
2 eggs, slightly beaten  
 $\frac{1}{2}$  tsp. salt  
1 c. cracker crumbs (I use corn flake crumbs)

2 Tbsp. butter  
2 Tbsp. flour  
Some pepper

Mix together and pour in casserole; bake in moderate oven for 45 minutes or until center is firm, brown on top. You can put crumbs on the top if you wish.

If you want it real light, beat your egg whites.

*Helen Korson*

### FRIED FRESH CABBAGE

1 medium head cabbage  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  stick butter or margarine  
 $\frac{1}{8}$  tsp. black pepper

Melt butter in frypan. Slice in cabbage; fry or brown until tender, stirring often. Serve hot. Fry at medium heat. Serves 4 to 6.

*Betty Houdek*

### ZUCCHINI, CHINESE-STYLE

2 tsp. salad oil  
2 c. onion, sliced  
2 c. zucchini, sliced  
1 clove garlic

2 Tbsp. brown sugar  
2 Tbsp. warm water  
2 Tbsp. soy sauce  
 $\frac{1}{4}$  tsp. salt

Combine first 5 ingredients in casserole or frypan. Cook 3 minutes. Stir. Cover for 3 more minutes. Add remaining ingredients; stir. Cover; cook 3 more minutes or until tender.

*Dorothy Forton*

### POTATO BAKE

In a greased 1½ quart casserole, layer sliced potatoes and 2 sliced onions. Add a little salt and pepper. A few small strips of pimento may be added for color. Dot with butter. Cover and bake until potatoes are done. If you wish, cover with about ½ cup of slivered Cheddar cheese the last 10 minutes of baking.

This is a very versatile potato casserole. It is excellent for brunch, luncheon, dinner, picnic, and is well received at buffet suppers.

*Cecilia A. Jelinek*

### CHEESY ESCALLOPED POTATOES

4 c. potatoes, sliced very thin  
1 medium onion, sliced very thin  
2 Tbsp. butter  
 $\frac{1}{2}$  c. milk

1 can cream of mushroom soup  
1 c. grated Cheddar cheese or 1 can Cheddar cheese soup

Combine potatoes and onions in a shallow pan. Combine soup, cheese, butter, and milk in saucepan. Stir until smooth. Mix with potatoes and onions. Cover. Bake at 375° for 1 hour. Uncover. Bake 15 minutes more or until done. Makes about 4 cups.

*Phyllis Korson*

## SCALLOPED CHEESE AND POTATOES

6 medium potatoes, peeled	1/4 tsp. salt
2 c. milk	1/8 tsp. pepper
1/2 lb. American cheese, grated	1 Tbsp. cornstarch

Peel and slice potatoes in baking dish. Mix all other ingredients with potatoes. Cover and bake in 375° oven 1 hour then uncover; bake for 1/2 hour longer. Serves 4 to 6.

Betty Houdek

## EGGPLANT MOUSSAKA

Peel and cut 1 large or 2 small eggplant into 1/2 inch slices. Brown slices on both sides; drain on paper towels.

1 1/2 c. chopped onion	1 lb. ground beef, slightly browned
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Melt 3 tablespoons butter in small saucepan; add 1/2 cup chopped onion. Sauté until tender. Stir in 1/4 cup flour. Blend thoroughly. Add 2 cups milk. Place alternate layers in casserole. Heat in oven approximately 30 minutes.

Jeanetta Gibson

## BOOTLEGGER BEANS

Dice up 3 strips of bacon and fry. When half done, add a small onion, chopped.

When onion is slightly browned, pour off most of the grease and add:

1 can pork and beans (packed in tomato sauce)	2 Tbsp. vinegar
1 Tbsp. brown sugar	2 Tbsp. catsup

Stir well and cover. Let this simmer for at least 20 minutes. The longer you let it simmer, the better it is - or else bake slowly at 300° for a couple hours.

Mrs. Albert J. Korson

## RED CABBAGE, SAUTEED

1 qt. shredded red cabbage	1 c. water
2 tart apples, peeled, cored, and thinly sliced	1/2 c. cider vinegar
5 Tbsp. bacon drippings	1 tsp. salt
1/4 c. brown sugar	Freshly ground black pepper
	2 tsp. caraway seed

Place ingredients in a large heavy skillet (not iron). Bring to boil; cover. Reduce the heat and cook gently for about 20 minutes or until cabbage is crisp and tender. Thicken juices with a teaspoon of cornstarch blended with a tablespoon of water if desired.

Gertrude McLaughlin

## MARINATED CARROTS

2 lb. sliced cooked carrots	1 green pepper, chopped
1 c. sliced onion	

Combine preceding.

Sauce:

1 can tomato soup	1/2 c. sugar
1/2 c. oil	1/2 c. vinegar

Combine these and heat to boiling point and cool. Pour sauce over vegetables and mix well. Can be served either hot or cold.

Gertrude McLaughlin

## SKILLET SQUASH

4 or 5 zucchini squash	1 (3 oz.) can sliced, drained mushrooms
2 medium onions, sliced	3/4 tsp. salt
2 Tbsp. butter or margarine	Coarsely ground pepper
2 medium tomatoes, diced	

Scrub squash in cold water; cut off ends. Cut into thin crosswise slices. Peel and slice onions thin; separate into rings. Melt butter in a 12 inch skillet. Cook onions in butter until slightly tender, but not brown. Add squash, tomatoes, mushrooms, and seasonings. Cover and cook just until squash is tender-crisp, about 10 minutes. Serves 6.

Helen Korson

## SCALLOPED STRING BEANS

3 c. cooked string beans and liquid	1/2 c. grated American cheese
2 Tbsp. fine chopped onions	Salt and pepper
2 Tbsp. cornstarch	1/2 c. bread crumbs
1/2 c. milk	4 Tbsp. butter

Mix all ingredients except bread crumbs and butter; put in baking dish. Cover with bread crumbs and cubed butter. Bake at 350° about 30 minutes. Serves 5 people.

Betty Houdek

## JANET'S HOT BEAN DISH

1 lb. can pork and beans	1 c. catsup
1 lb. can lima beans, drained	3/4 c. brown sugar
1 lb. can kidney beans, drained	1 tsp. salt
1 lb. ground beef	1 tsp. dry mustard
1/4 lb. bacon	2 tsp. vinegar
2 large onions, chopped	

Brown ground beef. Mix all ingredients together. Pour into baking dish (9x13 inches). Bake at 350° for 2 hours. Serve hot or cold.

May also be made in a crock pot. May bake under 350°.

*Phyllis Korson*

### BEANS WITH MUSTARD SAUCE

**3 c. hot green beans**  
**1/2 tsp. flour**  
**1/4 tsp. salt**  
**2 beaten egg yolks**

Mix mustard, flour, and salt in double boiler; add egg yolks. Beat well. Slowly add hot milk. Cook until thick; add lemon juice. Pour mustard sauce over hot green beans. Makes 6 servings.

*Betty Houdek*

### SAUTEED VEGETABLE MEDLEY

**1 pt. corn**  
**1 pt. green beans**  
**1 pt. diced carrots**

**1 c. barley, cooked according to directions on pkg.**  
**1/4 c. diced onion**

Cook vegetables until tender; saute in margarine. Cook barley; add to vegetables. Season to taste with salt and pepper. Simmer for 10 minutes.

*Phyllis Korson*

### GREEN BEAN BAKE

**1 can cream of mushroom soup**  
**1/2 c. milk**  
**1 tsp. soy sauce**

**Pepper**  
**1 can green beans (1 pt.)**  
**1 can French fried onions**

In 1 1/2 quart casserole, combine soup, milk, soy sauce, and pepper; stir in green beans and 1/2 can onions. Bake at 350° for 30 minutes or until hot. Stir. Top with remaining onions. Bake 5 minutes more.

*Phyllis Korson*

### CHEESY VEGETABLES

Cauliflower:

**1 head cauliflower**  
**1/2 c. milk**  
**1 can condensed Cheddar cheese soup (or 1 c. shredded Cheddar cheese)**

Cook cauliflower until tender; pour off water. Put flowerets into 1 1/2 quart casserole. Mix soup and milk until smooth in saucepan. Pour over cauliflower. Bake at 350° for 30 minutes.

Broccoli: Cook broccoli; chop. Mix with soup-cheese mixture. Put fried noodles on top. Bake at 350° for 30 minutes.

Brussels Sprouts: Cook; mix with mixture. Bake at 350° for 30 minutes.

*Phyllis Korson*

### FRIED ONIONS AND CARROTS (Use medium heat)

**1 qt. cooked and chopped carrots**  
**2 medium sweet onions, sliced**  
**1/4 tsp. salt**

**1/8 tsp. black pepper**  
**4 Tbsp. butter or margarine**  
**2 slices bacon, cut up fine**

Melt butter in frypan; add onions and brown, then add bacon and brown a little. Add carrots, then let fry for 3 hours, turning or stirring often, adding pepper and salt.

*Betty Houdek*

### SWEET POTATO VOLCANOES

**2 c. cooked or canned mashed sweet potatoes**  
**7 gingersnaps, finely rolled (1/2 c. crumbs)**

**4 marshmallows**

Divide mashed sweet potatoes into 4 balls; roll in gingersnap crumbs. Place on greased baking sheet; set a marshmallow into each ball. Bake in moderate oven (350°F.) for 20 minutes. Serves 4.

*Carol Korson*

### SAUSAGE-BAKED BEANS

**2 c. Great Northern white beans**  
**1/2 lb. Polish sausage, sliced or cubed**  
**1 1/2 tsp. salt**

**1/4 c. brown sugar**  
**1 tsp. dry mustard**  
**3 Tbsp. molasses**  
**1 medium sweet onion, quartered**

Wash beans. Cover with water and soak overnight. Cook slowly until skins burst or until tender. Drain, reserving liquid. Place beans in 2 quart casserole. Mix sausage in beans. Add other ingredients. If dry, add reserved liquid. Cover; bake in slow oven (250° to 300°) for 6 to 8 hours. If necessary, add more liquid. Makes 6 to 8 servings.

*Betty Houdek*

### POTATOES IN CREAM

**8 medium potatoes**  
**2 c. coffee cream**  
**2 tsp. salt**  
**Fresh ground pepper**

**1 Tbsp. butter**  
**1 Tbsp. minced parsley**  
**Nutmeg (optional)**

Cut potatoes into matchstick slivers and store in cold water until ready to cook. (Do not use new or baking potatoes.) Into a 10 inch skillet, pour cream and well drained potatoes with a salt, liberal sprinkling of pepper, and butter. Bring to a boil and immediately reduce heat to a simmer until done, 20 to 30 minutes. Stir

occasionally, adding more cream and butter if needed. Correct seasonings. Sprinkle with parsley and serve. Dish holds well for a buffet.

Note: Men like it.

*Dot Sterling*

### CABBAGE 'N NOODLES

<b>½ lb. butter</b>	<b>6 oz. wide noodles</b>
<b>1 head cabbage</b>	<b>Seasoning salt</b>
<b>2 large onions</b>	<b>Accent</b>
<b>1 pkg. onion soup mix</b>	<b>Salt and pepper</b>

Chop cabbage with sharp knife. Saute cabbage, onions, and soup mix in butter until cabbage is soft. Set aside. (This can be done the night before.) Cook noodles in boiling water until just limp (about 5 to 8 minutes). Drain noodles and mix with cabbage. Season to taste with seasoning salt, Accent, salt, and pepper. Simmer together for ½ hour. If desired, add sausage.

*Linda Avis*

### RANCH BEANS (Micro or oven)

Cook ½ pound bacon; break into bits. Set aside.

Drain:

<b>1 can lima beans</b>	<b>1 can kidney beans</b>
<b>1 can green beans</b>	<b>1 can pork and beans</b>

Mix together with:

<b>½ c. minced onions (¼ c. dried)</b>	<b>1 c. chili sauce</b>
<b>1 c. brown sugar</b>	

Add bacon bits. Cook 8 to 10 minutes on FULL power.

*Julie Werner*

### GREEN BEANS AU GRATIN

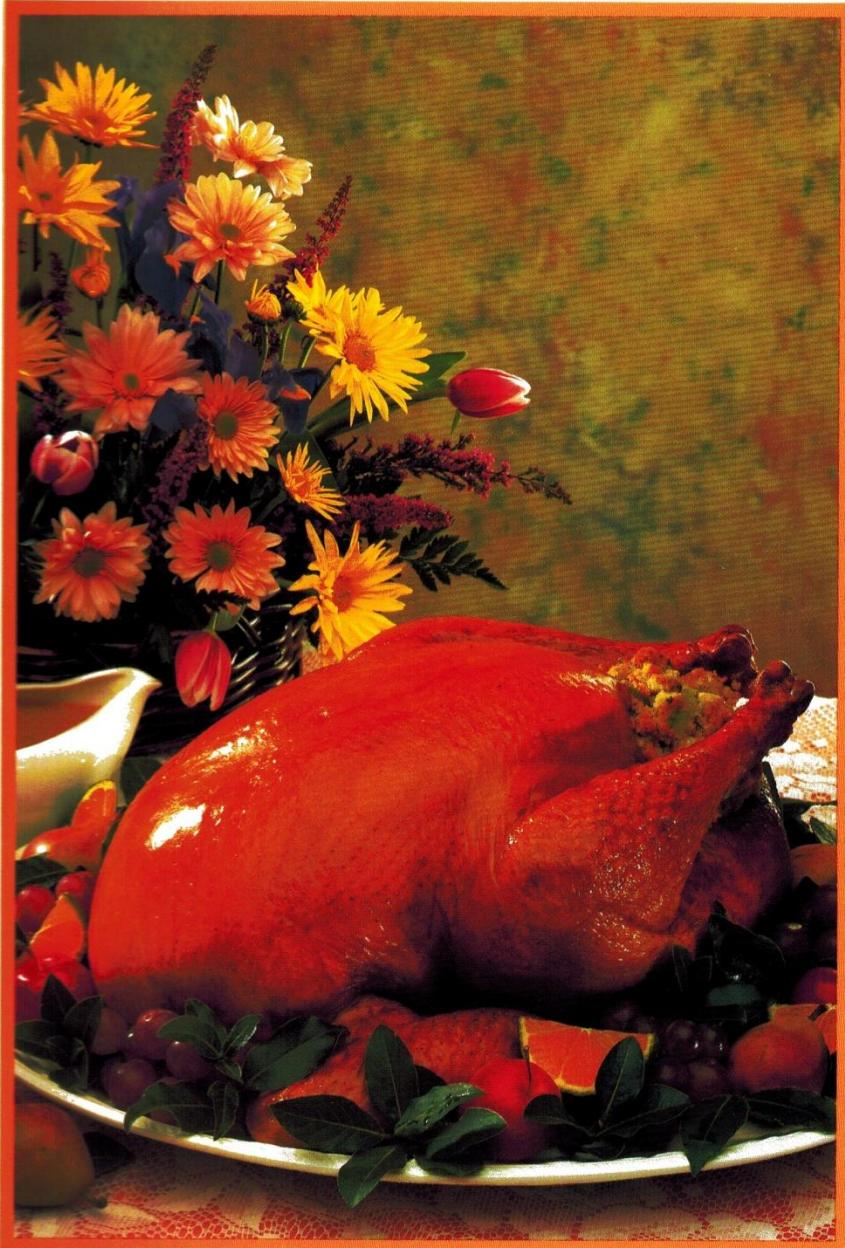
<b>2½ c. green beans (cooked or canned)</b>	<b>½ tsp. pepper</b>
<b>3 Tbsp. butter</b>	<b>1½ c. milk</b>
<b>4 Tbsp. flour</b>	<b>½ c. liquid from green beans</b>
<b>½ tsp. salt</b>	<b>½ c. grated cheese</b>

Melt butter; blend in flour and seasonings. Add liquids gradually, stirring constantly. Bring to a boil and cook approximately 3 minutes. Remove from heat and stir in cheese. Place beans in a greased casserole and pour cream sauce over all. Sprinkle with paprika. Bake, uncovered, at 350° for 35 to 45 minutes.

*Gertrude McLaughlin*

## Notes

# Main Dishes



## MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
<b>BEEF</b>			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4 2 2 1/2 8	1 3/4 2 2 1/2 3 4 1/2	140° (rare) 160° (medium) 170° (well done) 140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2 1/2 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3 1/4 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5 3	2 1/4 160° (medium) 3 1/4	140° (rare) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1 1/2 2 2 1/4	140° (rare) 160° (medium) 170° (well done)
<b>LAMB</b>			
Leg	6 8	3 3 1/2 4 4 1/2	175° (medium) 180° (well done) 175° (medium) 180° (well done)
<b>VEAL</b>			
Leg (piece) Shoulder Rolled shoulder	5 6 3 to 5	2 1/2 to 3 3 1/2 3 to 3 1/2	170° (well done) 170° (well done) 170° (well done)

## POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
<b>TURKEY</b>	6 to 8 lb. 8 to 12 lb. 12 to 16 lb. 16 to 20 lb. 20 to 24 lb.	325° 325° 325° 325° 300°	2 1/2 to 3 hr. 3 to 3 1/2 hr. 3 1/2 to 4 hr. 4 to 4 1/2 hr. 5 to 6 hr.
<b>CHICKEN</b> (Unstuffed)	2 to 2 1/2 lb. 2 1/2 to 4 lb. 4 to 8 lb.	400° 400° 325°	1 to 1 1/2 hr. 1 1/2 to 2 1/2 hr. 3 to 5 hr.
<b>DUCK</b> (Unstuffed)	3 to 5 lb.	325°	2 1/2 to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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## MAIN DISHES

### HAMBURGER PIE

1 lb. ground beef  
 1/2 c. chopped onion  
 1/2 tsp. salt  
 Dash of pepper  
 2 small cans (8 oz.) tomato sauce or soup

In large skillet cook onion until golden. Add meat and seasoning; brown. Add drained beans and tomatoes. Pour into greased 1 1/2 quart casserole. Mash potatoes; add the milk, egg, and seasoning. Spoon in mounds over meat. Sprinkle shredded cheese over top. Bake at 350° for 30 minutes.

Maxine Korson

### SAUCY MEATBALLS

1 lb. ground beef  
 2 Tbsp. ground bread crumbs  
 1 egg, slightly beaten  
 1/2 tsp. salt  
 1/3 c. green pepper, chopped finely  
 1/3 c. onion, chopped finely

2 Tbsp. butter  
 1 can tomato soup  
 2 Tbsp. brown sugar  
 4 tsp. Worcestershire sauce  
 1 Tbsp. dry mustard and vinegar

Mix beef, crumbs, egg, and salt. Shape into meatballs. Brown the meatballs by baking in oven, turning once. Meanwhile, cook pepper and onion in butter till tender. Stir in remaining ingredients. Pour over meatballs. Cover and bake at 350° for 20 minutes.

Mary Ann Kolarik

### TANGY BARBECUE SANDWICHES

3 c. chopped celery  
 1 c. chopped onion  
 1 c. ketchup  
 1 c. water  
 2 Tbsp. vinegar  
 2 Tbsp. Worcestershire sauce  
 2 Tbsp. brown sugar  
 1 tsp. chili powder

1 c. barbecue sauce  
 1 tsp. salt  
 1/2 tsp. pepper  
 1/2 tsp. garlic powder  
 1 (3 to 4 lb.) boneless chuck roast, trimmed  
 14 to 18 hamburger buns, split

In a slow cooker, combine the first 12 ingredients; mix well. Add roast. Cover and cook on HIGH for 6 to 7 hours or until tender. Remove roast; cool. Shred meat and return to sauce; heat through. Use a slotted spoon to serve on buns. Yield: 14 to 18 servings.

Betty Popp

### ITALIAN FLANK STEAK

2 (.7 oz.) env. fat-free Italian salad dressing mix  
 2 Tbsp. vegetable oil  
 1 Tbsp. lemon juice  
 1 flank steak (1 lb.)

Combine salad dressing mix, milk, and lemon juice. Brush onto both sides of steak; place in a shallow dish. Cover and refrigerate several hours or overnight.

Grill over hot coals for 4 minutes per side for medium, 5 minutes per side for medium-well or until desired doneness is reached. Yield: 4 servings.

Betty Popp

### HERB-CRUSTED FLANK STEAK

2 Tbsp. Dijon mustard  
 1/2 tsp. minced garlic  
 1/4 tsp. fresh pepper  
 1/8 tsp. tarragon  
 1 lb. flank steak  
 1/3 c. fresh bread crumbs  
 1 Tbsp. fresh parsley

Preheat broiler and pan. Combine mustard, garlic, pepper, and tarragon in a bowl. Spread half the mix on one side of the steak. Broil mustard side up 4 inches from the heat for 4 minutes. Turn meat; spread remaining mix and broil 3 minutes more. Combine bread crumbs and parsley; pat evenly on meat. Broil 1 minute more. Let stand 5 minutes. Slice steak thin across the grain.

Peggy Kolarik

### PEPPER STEAK

2 lb. thickly sliced filet steak  
 1/4 c. flour  
 1 c. butter  
 2 green peppers, sliced  
 2 onions, sliced  
 2 cloves garlic, minced  
 1/2 lb. mushrooms, sliced  
 3 small tomatoes, quartered  
 1 1/2 c. beef bouillon  
 2 Tbsp. cornstarch  
 3/4 c. Holland House red wine  
 2 Tbsp. soy sauce  
 Salt and pepper to taste

Dip steak in flour. In large skillet, saute in half the butter for 2 minutes. Remove meat. Add remaining butter and saute peppers, onions, garlic, and mushrooms 5 minutes. Add tomatoes and bouillon. Bring to a boil, reduce heat, and simmer 10 minutes. Mix cornstarch, wine, and soy sauce. Add to skillet. Cook, stirring until thickened. Add meat and simmer 5 minutes. Serve with rice. Serves 4 to 6.

Mary Ann Kovarik

### CHICKEN AND ACORN SQUASH

2 small acorn squash  
 4 cloves garlic (unpeeled)  
 2 Tbsp. salad oil  
 4 medium chicken legs (2 1/2 lb.)  
 1/4 c. brown sugar  
 1 tsp. salt  
 1 tsp. dried rosemary leaves  
 1 (16 oz.) can sliced peaches  
 Fresh rosemary for garnish

Cut squash in half; seed and cut into 2 inch chunks. Place in a 3 quart casserole, 13x9 inches. Toss squash, garlic, and salad oil; cut chicken legs at the joint and sprinkle with brown sugar, salt, and rosemary. Place chicken with squash and bake, uncovered, at 400° for 1 hour; baste chicken and squash. Skim fat; add peaches and juice. Bake 15 minutes more. Garnish with fresh rosemary.

*Peggy Kolarik*

### CHICKEN AND STUFFING BAKE

1 (6 oz.) pack chicken Stove Top stuffing mix	1/3 c. milk
6 chicken breasts (skinned and boneless, 1 1/2 lb.)	1 tsp. dried parsley
1 (10 3/4 oz.) can cream of chicken soup or mushroom soup	Pam spray

Preheat oven to 400°F. Prepare stuffing to package directions, but do not let stand as directed on package. Take a 12x8 inch baking pan; spoon stuffing in center of pan. Arrange chicken on both sides of stuffing. (Spray pan first with Pam.) Combine soup and milk in a small bowl. Pour over chicken. Sprinkle parsley over soup mixture. Cover with foil. Bake 20 minutes. Uncover and bake 15 more minutes.

*Dorothy A. Forton*

### COUNTRY CAPTAIN

1 fryer, coated with seasoned flour	2 to 3 tsp. curry powder
1 Tbsp. oil + 1 Tbsp. butter	1/2 tsp. thyme
1/2 to 1 c. diced onions	2 c. diced canned tomatoes
1 c. diced green pepper	1/2 c. raisins
2 minced garlic cloves	Slivered almonds

Brown chicken in oil and butter. Remove from pan and place in casserole. Add to drippings and simmer briefly remaining ingredients except raisins and almonds. Pour over chicken and bake, uncovered, at 350° for 40 minutes. Add raisins and bake 10 minutes more. Garnish with almonds and serve with rice. Chutney is a nice accompaniment.

*Margaret Wilke*

### CHINESE RIBS

2 lb. baby back ribs	1/4 c. soy sauce
1 Tbsp. peanut oil or any oil	
1 1/2 tsp. garlic salt	
4 Tbsp. brown sugar (white sugar can be used but cut down to 2 Tbsp.)	

Brown ribs in oil with garlic salt to taste. Mix sugar and soy sauce. Pour over ribs with enough water to just cover ribs. Let simmer until water is almost gone, then stir until the glaze has thickened and water is gone. It takes about 1/2 hour to simmer

the ribs before the water evaporates and the glaze thickens. Don't hurry the ribs. Just simmer or they will be tough.

Have a butcher cut the ribs down the middle. They are better if they are small. Ribs may be frozen for future use.

*Jeannette Reid*

### SLOPPY JOES FOR 50

10 lb. hamburger	1 bottle barbecue sauce with onions
3 cans cream of chicken soup	2 c. onions, chopped
1 large (16 oz.) bottle catsup	

Brown hamburger and blend the rest of the ingredients. Simmer until cooked.

*Phyllis Korson*

### HOT HAM SANDWICHES

1 lb. boiled ham, shaved	3 Tbsp. yellow mustard
1/2 lb. Swiss cheese, grated	3 Tbsp. poppy seeds (not ground)
1 stick butter (room temperature)	1 tsp. Worcestershire sauce
1 medium onion, chopped fine	

Ham, cheese, and onion may be done in food processor (separately). Mix all ingredients together; spread on small rolls that have been cut in halves. Wrap in aluminum foil. Bake at 350° for approximately 20 minutes.

*Holly Suttmann*

### AMISH GOULASH

1 pkg. macaroni and cheese (any kind)	1 small chopped onion
1/2 lb. ground beef or turkey	Salsa (as little or much as you like)

Cook macaroni and cheese as directed on the box. Saute ground beef and onion until done. Mix macaroni and ground beef mixture together. Add salsa to macaroni and beef mixture. Reheat to serve. A fast and tasty dish.

*Dorothy Forton*

### JOHNNY'S MARGETTI

1 (12 oz.) pkg. noodles (medium size), cooked until tender	4 oz. canned mushrooms (bits and stems)
1 1/2 lb. ground beef	2 1/2 c. tomato soup (2 cans)
2 medium size onions, chopped	1 tsp. salt (can omit)
1 tsp. garlic powder	1 tsp. garlic salt
1/2 lb. sharp cheese (Cracker Barrel or other sharp cheese), grated (save some for the top, 10 oz. pkg.)	1/4 tsp. pepper

Brown onions, then meat. Mix with preceding ingredients, then boil noodles until tender. Drain well. Mix with other ingredients in pan or casserole dish. Bake at 350° for 30 minutes. Good reheated if any left. Serves 10 to 12.

*Elizabeth Houdek*

### DUBLIN POTATO SALAD

2 Tbsp. vinegar	1 (12 oz.) can corned beef, chilled and cubed
1 tsp. celery seed	1/2 c. finely chopped dill pickle
1 tsp. mustard seed	1/2 c. sliced green onion
4 medium/large potatoes	1 c. mayonnaise
2 tsp. sugar	1/4 c. milk
1/2 tsp. salt	1/2 tsp. salt
2 to 3 c. finely shredded cabbage	

Combine vinegar, celery seed, and mustard seed; set aside. Meanwhile, pare and cook potatoes in enough boiling water (salted) to cover for 30 to 40 minutes till done. Drain and cube. While potato cubes are still warm, drizzle with vinegar mixture. Sprinkle with sugar and the first 1/2 teaspoon salt; chill thoroughly. Before serving, add cabbage, corned beef, pickle, and onion. Combine mayonnaise, milk, and the second 1/2 teaspoon salt. Pour over corned beef mixture; toss lightly. Makes 6 to 8 servings.

*Holly Suttmann*

### THREE BEAN BAKE WITH CHILI BISCUITS

1 lb. ground beef, cooked and drained	1 (16 oz.) can lima beans, drained
1 medium onion, chopped	1 (15 1/2 oz.) can kidney beans (undrained)
1/2 c. packed brown sugar	2 c. Bisquick baking mix
1/2 c. catsup	2/3 c. milk
1 tsp. prepared mustard	1 tsp. chili powder
1 (21 oz.) can pork and beans	

Mix beef, onion, brown sugar, catsup, mustard, and beans in ungreased 3 quart casserole. Cover and bake in 375° oven until bubbly, about 45 minutes.

Mix baking mix, milk, and chili powder until soft dough forms; beat vigorously 30 seconds. (Add up to 1/4 cup baking mix if dough is too sticky.) Turn onto surface, well floured with baking mix; gently roll to coat. Knead 10 times. Pat or roll dough 1/2 inch thick. Cut into 12 (2 inch) circles with round cutter dipped in baking mix. Arrange circles of dough on hot bean mixture. Bake, uncovered, until biscuits are golden brown, about 15 minutes. Makes 6 to 8 servings.

*Kathy Kalchik*

### SPAGHETTI AND MEAT BALLS

Sauce:

1 onion, chopped	1 (8 oz.) can tomato sauce
1 Tbsp. oil	1 Tbsp. sugar
1 can tomatoes (2 1/2 c.)	1 tsp. salt
2 (6 oz.) cans tomato paste	1/2 tsp. pepper
2 c. water	1 bay leaf

Meat Balls:

3/4 lb. ground beef	1 clove garlic, minced
1/4 lb. ground pork	1/2 c. milk
1 c. dry bread crumbs	2 well beaten eggs
1/2 c. Parmesan cheese	Salt and pepper
1 sprig parsley, chopped	

Cook onion in hot fat till golden. Add remaining ingredients in sauce and cook slowly 1 hour. While sauce is cooking, mix meat ball ingredients and form into 1 1/2 inch balls. Brown in hot fat. Add to sauce and cook at least 1/2 hour. Serve over hot spaghetti.

*Margy Wilke*

### LASAGNE

Saute in 2 tablespoons salad oil:

1 medium onion	1 can drained mushrooms
1 lb. ground beef	

Stir in 1 can tomato sauce, 1 can tomato paste, 1/4 teaspoon garlic salt, and oregano to taste (1/2 teaspoon). Cook and drain 1 (10 ounce) package chopped spinach or mixed veggies.

Mix spinach or veggies with 1 cup creamed cottage cheese, 2 beaten eggs, dash of salt, and 1/3 cup Parmesan cheese. Cook 1 (8 ounce) package wide lasagne noodles.

Place 1/2 of meat mixture in baking dish. Cover with 1/2 of noodles and all of spinach or veggie mixture. Top with meat sauce. Cover with foil. Bake at 350° for 45 minutes. Uncover; place slices of American cheese or Mozzarella over top. Bake 10 minutes to melt cheese.

*Gen Patterson*

### JEANNE'S VEGETARIAN LASAGNA

9 lasagna noodles	2 c. shredded Mozzarella cheese
1 large jar spaghetti sauce	2 pkg. chopped spinach, thawed and drained
3 eggs	
1 (24 oz.) cottage cheese	

Cook noodles. Beat eggs and mix with the cheeses. Add spinach and 3/4 sauce. Lay 3 noodles in 9x13 inch pan. Put in 1/2 mixture. Repeat on top noodles; put remaining sauce. Bake for 45 minutes.

*Phyllis Korson*

### CABBAGE LASAGNA

1 medium head cabbage	8 oz. Ricotta cheese
1 Tbsp. vegetable oil	4 oz. Mozzarella cheese
1/2 c. chopped onion	2 Tbsp. Parmesan cheese
1 jar spaghetti sauce	

Cook cabbage until done. In skillet with oil, add chopped onion. Cook about 5 minutes. In large cake pan, starting with leaves of cabbage, layer ingredients alternately, ending with cabbage. Pour sauce over. Add a little Parmesan cheese. Bake at 350°, covered, for about 45 minutes until heated through. Ground meat may be added. Makes 8 servings. Very good.

*Donna Jo Schaub*

### CHICKEN-RICE CASSEROLE

Chicken (about 20 pieces)	1 c. grated carrots
2 c. rice (raw)	1/2 c. celery, cut fine
1 (14 1/2 oz.) can chicken broth	1/4 c. green pepper, cut fine
1 can chicken gravy	Salt and pepper to taste
1 can mushroom soup	

Put in roast pan (can use oven bag). Place chicken in first. Put rest of ingredients over. Bake 1 1/2 hours at 350°.

*Frances Sedlacek*

### SPINACH CHEESE BAKE

1 (6 or 8 oz.) pkg. corn muffin mix	1 (10 oz.) pkg. frozen spinach, thawed and drained
2 beaten eggs	1/2 c. butter or margarine
1 (8 oz.) ctn. sour cream	1/2 c. shredded pasteurized process cheese
1 (10 oz.) can onion soup (undiluted)	

Combine corn muffin mix, eggs, sour cream, onion soup, spinach, and butter. Stir until blended. Spoon into a greased 12x8x2 inch baking dish. Bake at 350° for 25 minutes. Top with shredded cheese and bake for an additional 5 minutes.

*Geraldine Houdek*

### CAPTAIN'S CASSEROLE

1 can mushroom soup	1/2 c. milk
2/3 c. grated cheese (Cheddar)	1 1/2 c. Minute rice
Dash of curry powder	1/2 c. sliced stuffed olives
1 lb. can tomatoes	1 c. water
1/2 c. chopped onions	1 large can tuna and 1 small can tuna (white chunk solid tuna)
1/2 c. diced green pepper	

Heat soup, milk, and cheese until cheese melts. Combine rice, spice, green peppers, and olives. Add 1/2 cup tomato juice. Stir juice and water into rice. Add tomatoes, onions, and tuna. Pour cheese sauce over all. Top with more grated cheese and 1/2 cup crushed potato chips. Bake at 375° for 45 minutes.

*Geraldine Houdek*

### HAMBURGER AND POTATO CASSEROLE

1 lb. hamburger	1 can onion rings
10 medium potatoes	1 can mushroom soup

Crumble raw hamburger in the bottom of a baking pan. Slice potatoes over hamburger. Place onion rings over the potatoes; pour mushroom soup over and bake at 350° for about 40 minutes or till finished.

*Mary Ann Kolarik*

### BARLEY AND CHICKEN GIZZARD CASSEROLE

1 1/2 to 2 lb. chicken gizzards	4 to 8 oz. sliced fresh mushrooms
1/4 c. oleo or butter	1 1/2 c. pearl barley
1/2 c. minced onion	Extra chicken broth

Cook gizzards in salted water until done. Cut into strips and reserve the broth. Melt 1/4 cup oleo. Add minced onion and saute until tender. Add the barley and mushrooms and saute until golden brown. Spray a 3 quart casserole with Pam, then add barley gizzard mixture and the 1 1/2 cups broth. If not enough broth, add extra chicken broth to make up the difference. Cover and bake for 1/2 hour or so. Stir, then add another 1 1/2 cups broth, some salt and pepper if needed. Resume baking until barley is tender and moist, but not soupy. Sprinkle with minced parsley.

*Dorothy A. Forton*

### CAVATINI

3 c. macaroni, cooked	1 pkg. Mozzarella cheese (8 oz. grated)
1 1/2 lb. ground beef, cooked	1 pkg. Cheddar cheese (8 oz. grated)
1 pkg. pepperoni, sliced thin	
1 (32 oz.) jar Ragu with onions and pepper	

In a 9x13 inch pan, add the macaroni and ground beef together for first layer. Layer pepperoni over macaroni and beef mixture. Mix both cheeses. Layer half the cheese, then the sauce and the rest of the cheese. Bake at 375° for 35 to 40 minutes.

From my sister Rosemary.

Dorothy Forton

### MEXICAN CASSEROLE

**2 c. Bisquick mix**  
**1/2 c. cold water**  
**1 lb. ground beef**  
**2 to 3 medium tomatoes, thinly sliced**  
**3/4 c. chopped green pepper**

Heat oven to 375°. Grease 13x9x2 inch pan. Mix baking mix with cold water till soft dough forms; beat 20 strokes. Pat dough in pan with floured hands, pressing 1/2 inch up the sides. Cook and stir ground beef with onion to taste until brown. Drain. Layer beef, tomatoes, and green pepper on dough. Mix remaining ingredients; spoon over the top. Sprinkle with paprika. Bake until edges are brown, 25 to 30 minutes.

Grace Kolarik

### TURKEY CHEESE CASSEROLE

**1/3 c. elbow macaroni**  
**2 Tbsp. butter**  
**2 Tbsp. chopped onion**  
**2 Tbsp. flour**  
**Salt and pepper**  
**1 c. milk**

**3/4 c. cut up turkey**  
**2 slices Cheddar cheese**  
**1/4 c. bread crumbs**  
**1 Tbsp. melted butter**  
**1/2 tsp. minced parsley**

Cook macaroni as directed on package. Drain. Meanwhile, melt butter; add onion and cook over low heat 3 to 5 minutes. Stir in flour, salt, and pepper. Gradually add milk and cook; stir constantly until thickened. Arrange half of the macaroni in bottom of buttered 1 quart casserole. Put half of turkey over macaroni. Arrange cheese slices over turkey. Repeat layers. Pour sauce over all. Mix crumbs, melted butter, and parsley. Sprinkle over top. Bake at 350° for 25 minutes.

Kathy Kalchik

### TOMATO CORN CASSEROLE (Microwave)

**1 can whole kernel corn**  
**1 can tomatoes (stewed or whole)**  
**1/2 onion, sliced**

**1/4 green pepper, cut in strips**  
**1/2 tsp. thyme**  
**Sausages, cut up**

Combine ingredients. Cover dish and microwave 5 to 7 minutes.  
Julie Werner

### BROCCOLI CHEESE CASSEROLE (Microwave)

**10 oz. frozen chopped broccoli**  
**1 small onion, chopped**  
**1/2 c. instant rice, cooked ahead**  
**10 1/2 oz. can cream of chicken or mushroom soup**

Microwave broccoli (1 quart covered casserole dish) 3 minutes on HIGH. Drain. Add onion; cook 3 minutes on HIGH. Add soup; stir. Cover and cook 3 minutes on HIGH. Add cheese and rice. Blend. Cook 1 to 2 minutes on HIGH.

Julie Werner

### SOUPER MEAT LOAF (3 pound)

Mix well:

**1 1/2 cans tomato soup**  
**3/4 c. corn flake crumbs**  
**3 lb. ground beef**  
**3/4 c. chopped onion**  
**1 tsp. salt**

**3 Tbsp. chopped parsley**  
**1 1/2 Tbsp. Worcestershire**  
**2 eggs, slightly beaten**  
**Pepper**

Shape firmly into a loaf; place in shallow baking pan. Bake at 350°F. about 1 1/4 hours. Combine 1/8 cup drippings with 1/2 can tomato soup; heat and serve over loaf.

Gertrude McLaughlin

### PRIZE WINNING MEAT LOAF

**1 1/2 lb. ground beef**  
**3/4 c. Quaker Oats**  
**1/4 c. chopped onion**  
**1 1/2 tsp. salt**

**1/4 tsp. pepper**  
**1 c. tomato juice**  
**1 egg, beaten**

Combine all ingredients. Pack firmly into an ungreased 8 1/2 x 4 1/3 x 2 1/2 inch loaf pan. Bake in preheated oven (350°F.) about 1 hour and 15 minutes. Let stand 5 minutes before slicing. Makes 8 servings.

Sarah Korson

### MEAT LOAF

**2 lb. ground beef**  
**1 pkg. onion soup (Lipton)**

**2 eggs**  
**3 slices bread**

Combine ground beef, onion soup, and eggs. Soak bread (best when home-made bread is used) in water and squeeze water out. Mix with other ingredients. Bake at 350° for 1 hour.

Mary Ann Kovarik

## MEAT BALLS

Mix together:

<b>2 lb. ground round steak</b>	1 c. dry bread crumbs
<b>1 pkg. onion soup mix</b>	1 Tbsp. chopped parsley
<b>2 eggs</b>	Salt and pepper

Mold into medium size balls and brown in 1 tablespoon cooking oil. Add sauce made of 1 can cream of mushroom soup and  $\frac{1}{2}$  cup water. Cover and simmer 1 hour.

*Geraldine Houdek*

## PORK CHOP SUPREME

<b>8 pork chops (3/4 inch thick)</b>	8 thin orange slices
<b>1 Tbsp. cooking oil</b>	8 thin lemon slices
<b>2 Tbsp. brown sugar, packed</b>	2 Tbsp. lemon juice
<b>1/2 tsp. ground cinnamon</b>	2 tsp. cornstarch
<b>1/4 tsp. ground cloves</b>	1 Tbsp. water
<b>2 (8 oz.) cans sliced pineapple</b>	

Brown pork chops in hot oil; remove as they brown to shallow roasting pan. Combine brown sugar, cinnamon, and cloves; sprinkle over chops.

Drain pineapple (reserving juice). Place 1 pineapple slice, 1 orange slice, 1 lemon slice, and 1 onion slice on each chop. Combine pineapple and lemon juice and pour into pan around chops. Cover pan with foil and bake at 350° for 30 minutes. Remove foil and bake 45 minutes, basting twice. Arrange chops on a platter; keep warm. Pour pan juices into saucepan and bring to a boil. Combine cornstarch and water; blend well. Stir into pan juices, stirring constantly, until mixture boils. Pour sauce over chops. Serves 8.

*Anne Kalchik*

## CURRIED BEEF CUBES

<b>2 lb. beef chuck, cut into 3/4 inch cubes</b>	1/4 tsp. pepper
<b>1/3 c. flour</b>	2 (8 oz.) cans tomato paste
<b>1/3 c. salad oil</b>	1 1/2 c. water
<b>1 large onion, sliced (1 c.)</b>	2 to 3 tsp. curry powder
<b>1 clove garlic, minced</b>	1 (10 oz.) pkg. frozen French style green beans (2 c.)
<b>1 tsp. salt</b>	

Roll beef cubes in flour and brown in hot oil. Combine onion, garlic, salt, pepper, tomato sauce, and water; pour over meat. Cover and cook slowly over low heat until meat is fork tender (about 1 1/2 hours). Stir in curry powder. Add green beans and cook until tender (about 15 minutes), separating with fork as they heat. Serve over hot rice or noodles.

*Susan Jelinek*

## MEAT LOAF

<b>2 lb. ground beef (chuck)</b>	6 tsp. horseradish
<b>2 c. day old bread</b>	1 Tbsp. salt
<b>3/4 c. minced onion</b>	1 tsp. dry mustard
<b>1/4 c. seeded green pepper</b>	1/4 c. milk
<b>2 eggs</b>	1/4 c. catsup

Grease a 9x5x3 inch loaf pan or oven platter. Crumble bread; mince onion and green pepper.

Into a large bowl, break eggs and beat lightly. Add ground beef and toss lightly (overmixing tends to toughen loaf). Add bread crumbs, minced onion, and green pepper; toss with meat. Add horseradish, salt, dry mustard, milk, and catsup; again toss lightly, but well. With hands, shape in loaf pan. Bake (if you prefer a soft, moist exterior, spread with  $\frac{1}{2}$  cup catsup) at 400° for 40 minutes.

Serve from platter or transfer loaf to a heated china plate with 2 spatulas. Serve with baked potatoes; put in 20 minutes before meat loaf.

*Helen Korson*

## MEAT LOAF

<b>1 c. crackers, crumbled</b>	1 1/2 c. small curd cottage cheese
<b>1 1/2 to 2 lb. ground beef</b>	1 (3 oz.) can mushrooms, chopped
<b>1 (6 oz.) can tomato paste</b>	2 eggs
<b>1 medium onion, chopped</b>	3/4 tsp. salt
<b>1/4 c. green pepper, chopped</b>	Dash of pepper
<b>1 tsp. parsley</b>	1/8 tsp. oregano

Mix  $\frac{1}{2}$  cup crackers with meat, eggs, onion, salt, pepper, green pepper, and tomato paste. Put  $\frac{1}{2}$  of this mixture in bottom of loaf pan. Mix cottage cheese and remaining crackers; add mushrooms, parsley, and oregano together. Spread this over meat mixture. Cover rest of meat mixture and bake for 1 hour at 350°. Let stand 10 minutes. Serve.

*Grace Kolarik*

## DOWN TO EARTH MEAT LOAF

<b>3 medium peeled potatoes</b>	1/4 c. finely crushed crackers
<b>2 medium onions</b>	1/4 c. undiluted evaporated milk
<b>1 large green pepper</b>	2 tsp. salt
<b>1 apple, peeled and cored</b>	1/4 tsp. pepper
<b>1 3/4 lb. ground beef</b>	2 slightly beaten eggs
<b>1/4 lb. pork sausage</b>	1 can tomato sauce

Add first 4 ingredients through a food chopper using coarse blade. Mix lightly but thoroughly the remaining ingredients except tomato sauce. Pack into a 9x5x3 inch loaf pan. Cover with tomato sauce and bake 1 1/2 hours at 350°. Let stand 5 to 10 minutes before removing from pan. (Drain off liquid during the baking process.)

*Mary A. Jelinek*

**2 lb. ground ham**  
**1 lb. ground pork**  
**2 eggs, beaten**

Glaze:

**1 1/2 c. brown sugar**  
**1/2 c. vinegar**

Boil glaze for 5 minutes. Pour over meat loaf when firm. Bake 2 hours at 350°. Baste every 15 minutes after first half hour of baking. Delicious!!

*Jane Miller, submitted by Gert McLaughlin*

### MEAT BALLS

Beat 1 egg. Add 1/2 cup milk and 1 1/2 cups croutons. Mix together and let soak.

In second bowl, add:

**1 1/2 lb. hamburg**  
**2/3 c. applesauce**  
**1 1/2 tsp. salt**

**3 Tbsp. finely chopped onion**  
**1/4 tsp. sage**

Add to first bowl and shape into balls. Put in baking dish. Sprinkle with garlic salt. Cover with 1 can cream of celery or 1 can cream of tomato soup that has been diluted with 1/2 cup water. Bake for 45 minutes at 350°.

*Millie Kalchik*

### FISH BARBEQUE

**1/2 c. minced onion**  
**1/2 c. butter or margarine**  
**4 tsp. catsup**

**4 tsp. Worcestershire sauce**  
**2 tsp. vinegar**  
**2 lb. fish**

Saute onion in butter in skillet until tender. Add next 3 ingredients; stir to blend. Cut fillets into 6 equal pieces and place in sauce in skillet. Cover and simmer 10 minutes. Turn pieces and simmer for 10 to 15 minutes or until fish can be flaked easily with a fork. Makes 6 servings.

*Phyllis Korson*

### LARRY WILLIAMS' QUICK DINNER

**2 c. water**  
**2 chicken bouillon cubes**  
**1 lb. cooked chicken meat, cut into chunks**  
**3 medium potatoes, pared and cut into chunks**  
**3 medium carrots, peeled, cut lengthwise and then into thirds**

**1/2 c. sliced celery**  
**1 small onion, chopped, or 1 Tbsp. dried onion**  
**1 tsp. seasoning salt**  
**1/8 tsp. pepper**  
**1/8 tsp. sage**  
**1/3 c. raw rice**

### HAM LOAF

**1 c. sweet milk**  
**1 c. bread crumbs**  
**Salt and pepper**

**1 Tbsp. mustard**  
**Dash of cinnamon and cloves**

Combine water and bouillon cubes in pressure cooker; heat until cubes dissolve. Add seasonings. Add potatoes, carrots, celery, and onion. Add chicken. Sprinkle rice over top. Cover pressure cooker and bring up the pressure. Cook 6 minutes. Serves 4.

I use heavy cast iron skillet or electric frypan; cook until tender.

*Helen Korson*

### LEG OF LAMB WITH VEGETABLES

Sprinkle 1 teaspoon salt, 1/8 teaspoon pepper, and 1/2 teaspoon dried rosemary leaves over a 5 pound leg of lamb. Put in 325° oven for 30 minutes. Place 4 peeled potatoes, 4 carrots, and 4 peeled onions (rubbed with butter) around lamb in pan. Return to oven for 2 hours. Insert meat thermometer into lamb. Remove carrots and onions if tender. Return meat and potatoes to oven until thermometer registers either 150° for rare or 175° for medium.

*Theresa Hitchens*

### SEVEN IN ONE

**3 or 4 sliced potatoes**  
**2 or 3 sliced carrots**  
**2 or 3 sliced onions**  
**1 lb. ground beef**  
**1 can peas**  
**1 c. cooked rice**

**Approx. 2 qt. tomatoes**  
**Salt and pepper to taste**  
**Dash of leaf oregano**  
**6 to 8 strips bacon, placed on top of casserole**

Arrange in same manner as mentioned. Bake 2 hours in a slow oven.

*Mary A Jelinek*

### CURRY CHICKEN

**3 or 4 boned chicken breasts**  
**2 cans cream of chicken soup**  
**1 pkg. frozen chopped broccoli**  
**1/2 tsp. curry powder**

**1 tsp. lemon juice**  
**8 oz. Cheddar cheese, grated**  
**1/2 c. mayonnaise**  
**Soft bread crumbs**

Put chicken breasts in bottom of baking dish. Mix soup, curry powder, mayonnaise, lemon juice, and cooked broccoli. Pour over chicken and spread cheese and then bread crumbs on top. Bake 1 hour at 350°.

*Geraldine Houdek*

### EASY CHICKEN

**1/4 c. oleo, melted**  
**1 1/2 tsp. salt**

**1 tsp. paprika**  
**1 1/2 tsp. dry mustard**

Mix and brush on both sides of chicken. Put, skin side down, in baking dish for 20 minutes. Turn so skin is on top and complete baking for 40 minutes. Do not cover. Use 400° oven.

*Celia Kalchik*

## BARBEQUED SPARERIBS

3 lb. spareribs	1 tsp. celery seed
2 Tbsp. butter or margarine	2 Tbsp. brown sugar
2 Tbsp. chopped onion	2 Tbsp. lemon juice
1 Tbsp. chopped green pepper	2 tsp. dry mustard
1 c. catsup	1 c. water
1 tsp. salt	

Cut ribs into serving pieces. Add butter or margarine and brown ribs on both sides. Add remaining ingredients; cover and cook for about 45 minutes or until ribs are tender.

*Mary Ann Kolarik*

## SAUSAGE ROLLS

5 lb. ground beef or venison burger	2 1/2 tsp. hickory smoke salt
4 tsp. curing salt	2 1/2 tsp. garlic salt
2 1/2 tsp. coarse pepper	2 1/2 tsp. mustard seed

Mix all together. Refrigerate 24 hours. Mix again. Refrigerate 24 hours, then shape into 3 narrow rolls about 12 inches long. Bake on a broiler pan at 200° for 2 hours. Lower temperature to 150° and bake 6 hours longer. Cool and refrigerate. May be frozen. Before serving, warm at 200° for 1 to 1 1/2 hours.

*Grace Kolarik*

## ONE-POT PORK CHOP SUPPER

4 pork chops	6 to 8 small whole potatoes or 3 medium, quartered
1 can tomato soup	4 carrots, split lengthwise in 2 inch pieces
1/2 c. water	1/2 tsp. salt
1 tsp. Worcestershire sauce	
1/2 tsp. caraway seed	

In a skillet, brown chops. Pour off fat. Add rest of ingredients. Cover; simmer 45 minutes or until tender. Makes 4 servings.

*Phyllis Korson*

## MEXICAN POT ROAST

3 to 4 lb. chuck roast	1/4 tsp. oregano
2 Tbsp. fat	1/2 tsp. paprika
1 Tbsp. salt	2 large onions, sliced thin
1 1/2 tsp. chili powder	1 (1 lb.) can kidney beans
1 clove garlic, minced	1/4 c. flour
1 (8 oz.) can tomato sauce	2 to 4 Tbsp. water
1 Tbsp. vinegar	

Melt shortening in large skillet. Add meat and brown on all sides. Add remaining ingredients except flour and water. Cover tightly and reduce heat. Simmer 2 1/2 hours or until meat is tender. Remove meat to warm platter. Blend together flour

and water to form a smooth paste. Stir into vegetables and cook until thickened. Serve with meat. Makes 6 to 8 servings.

*Gertrude McLaughlin*

## GROUND BEEF AND CORN (A delicious quickie)

1 1/2 lb. ground beef	1 Tbsp. catsup
1 can Niblets corn	Salt and pepper
1 small chopped onion	

Brown meat and onion in 1 tablespoon shortening. Keep turning with fork. Lower heat. Drain can of corn. Add corn, salt, and pepper to meat. Heat slowly. Add catsup and serve.

*Cecilia A. Jelinek*

## OVEN STEW

4 lb. beef round steak, cut into 1 inch cubes	1/4 c. plus 2 Tbsp. flour
4 c. sliced carrots	2 Tbsp. sugar
2 c. sliced celery	2 Tbsp. salt
4 medium onions, sliced	32 oz. tomatoes
2 (5 oz.) cans water chestnuts, drained and sliced	2 c. burgundy or 2 c. water plus 2 tsp. instant beef bouillon
2 (6 oz.) cans sliced mushrooms, drained	

Heat oven to 325°. In roasting pan or 2 Dutch ovens, mix meat, carrots, celery, onions, water chestnuts, and mushrooms. Mix flour, sugar, and salt; stir into meat mixture(s). Stir in tomatoes and burgundy. Cover; bake 4 hours or until meat is tender. Makes 12 servings.

*Sarah Korson*

## CURRIED MEAT BALLS WITH PASTA

Salad oil	1 medium bunch broccoli, cut into 2 x 1/2 inch pieces
1 medium onion, minced	2 Tbsp. butter or margarine
1 medium celery stalk, minced	2 Tbsp. flour
3/4 lb. ground beef	1 tsp. curry powder
1/2 c. fresh bread crumbs (1 slice white bread)	2 1/2 c. milk
2 Tbsp. water	1/2 (16 oz.) pkg. bow tie or shell macaroni
1 egg	
Salt	

In 2 quart saucepan over medium heat, cook onion and celery in 1 tablespoon hot salad oil until tender. Remove pan from heat; stir in ground meat, bread crumbs, water, egg, and 1/2 teaspoon salt. Shape into 1 inch balls. Brown meat balls in 2 tablespoons hot oil. Remove as they brown. In drippings remaining in skillet, over medium high heat, cook broccoli and 1/2 teaspoon salt until broccoli is tender-crisp.

Remove broccoli to meat balls. In 2 quart pan over medium heat, melt butter or margarine; stir in flour, curry powder, and 1/2 teaspoon salt. Cook 1 minute. Gradually stir in milk; cook until thickened. Add meat balls and broccoli; heat through. Prepare macaroni as label directs; drain. To serve, toss macaroni with meat ball mixture. Makes 6 servings.

*Anne Kalchik*

## STEW

Cooking time: Long and slow. Heat 2 tablespoons of fat in Dutch oven and add 2 pounds of cubed beef and brown.

Add:

1 large sliced onion	1 tsp. Worcestershire sauce
Clove of garlic	1/2 tsp. pepper
4 c. water	1/2 tsp. paprika
1 Tbsp. salt	Bay leaf or 2
1 Tbsp. lemon juice	Dash of allspice or cloves
1 tsp. sugar	

Cover and simmer until meat is tender. May have to add more water, then add the vegetables, carrots, potatoes, celery, and small white onions. Simmer until vegetables are soft.

Gravy: Drain juice from stew and thicken with flour. When thick, pour over stew and serve.

*Joan Korson*

## PIZZA CASSEROLE

2 lb. ground beef	2 cans tomato soup
1/2 green pepper	2 cans cream of mushroom soup
Onion to taste	1 can water
1/2 tsp. oregano	1 can mushrooms
1/2 tsp. garlic powder	Mozzarella cheese
1 (12 oz.) pkg. noodles	

Brown ground beef with pepper and onion. Sprinkle in seasonings. Add soups, water, and mushrooms. Cook noodles and drain. Layer meat and noodle mixture in 10x13 inch pan. Top with cheese. Bake at 350° for 1 hour.

*Mary Ann Kovarik*

## CHICKEN OR SPAM SALAD

7 oz. pkg. macaroni	1 c. diced Cheddar cheese
2 Tbsp. salad oil	1 (12 oz.) can Spam lunch meat or
2 Tbsp. vinegar	2 c. cut up cooked chicken
1 Tbsp. minced onion	1/3 c. salad dressing
1/2 tsp. seasoned salt	10 oz. pkg. frozen peas
1/4 tsp. pepper	1 c. celery, diced

Cook macaroni according to package directions. Drain; do not chill. While still hot, drizzle with oil and vinegar. Add onion, seasonings, and cheese. Toss well. Cook peas according to package directions. Gently mix peas and Spam or chicken with other ingredients. Chill thoroughly.

*Barbara Kalchik*

## JIFFY CHOW MEIN

1 1/2 lb. ground beef	1 (16 oz.) can chop suey vegetables, drained
1 medium onion, sliced	1/2 tsp. sugar
1 1/2 c. chopped celery	2 Tbsp. water
1 c. water	2 Tbsp. cornstarch
1/4 c. soy sauce	

Brown ground beef in large frying pan. Pour off drippings. Add onion, celery, and 1 cup water. Cover tightly and simmer 15 minutes. Add chop suey vegetables. Combine soy sauce, sugar, 2 tablespoons water, and cornstarch and add to meat mixture. Continue cooking for 5 minutes or until sauce is slightly thickened. Serve with rice. Makes 6 servings.

*Mary Ann Kovarik*

## SHIPWRECK

Grease a 2 quart casserole.

Add:

1 layer sliced raw potatoes	1/4 c. rice (Minute rice)
1 layer sliced onions	1 layer drained kidney beans or 1 can drained green beans
1 layer (1 to 1 1/2 lb.) ground beef	

Season lightly with salt and pepper. Cover with a can of tomato soup (do not dilute). Bake at 300°, uncovered, for 1 1/2 hours.

*Mary Ann Kolarik*

## POOR MAN'S SOUFFLE

8 slices bread, buttered and cubed	2 1/2 c. milk
1/2 lb. grated sharp cheese	3/4 c. melted butter
5 eggs	

Grease a 9x13 inch pan. Alternate layers of bread and cheese in pan. Pour beaten eggs, butter, and milk over cheese and bread. Refrigerate overnight. Bake 1 hour at 350°. Let stand 10 minutes before serving. Serves 10 to 12.

*Mary A. Jelinek*

**JOHNY'S MARGETTI**  
(Recipe from a friend)

1 (12 oz.) pkg. medium size noodles, cooked until tender (do last)	1/4 tsp. pepper
1 1/2 lb. ground beef	1/4 lb. sharp Cracker Barrel cheese, grated (use the whole 10 oz. pkg. - save some for top)
1 tsp. salt	4 oz. canned mushrooms and bits and stems
2 medium size onions, chopped	2 1/2 c. tomato soup
1 tsp. garlic salt	
1 tsp. garlic powder	

Brown onions, then meat. Mix well preceding ingredients, then boil noodles until tender. Drain well. Mix with other ingredients in pan or casserole dish. Bake at 350° for 30 minutes. So good reheated. Serves 12.

*Betty Houdek*

**ZUCCHINI CASSEROLE**

2 c. diced zucchini	1/4 c. diced onions
1/2 box seasoned croutons	12 sq. saltine crackers
1 c. cream of chicken soup	1 stick butter or oleo, melted
1 c. sour cream	

Cook zucchini and onions just until tender. Do not overcook. Drain. Toss with croutons, sour cream, and soup. Turn into baking dish. Crush crackers; toss with melted butter. Top casserole with buttered cracker crumbs and bake 30 minutes at 350°. Serves 4.

*Mrs. Mary L. Jelinek*

**TATER TOT HOT DISH**

2 lb. hamburger	2 cans cream of chicken soup
1 onion	1 soup can milk or broth

Brown hamburger and onion together. Add other ingredients. Put in 9x13 inch pan. Put rows of tater tots on top of mixture. Bake 1 hour at 350°.

Note: You might want to drain hamburger and use only part liquid.

*Millie Kalchik*

**HAMBURG-TATER TOT CASSEROLE**

Press 2 pounds of ground beef into Pam-sprayed 9x13 inch pan. Season with salt and pepper. Shake a good amount of dried, minced onion on top. Spread 2 cans of any creamed soup (mushroom, chicken, etc.) over the top. Layer 1 bag of tater tots over the soup. Bake at 350° for 1 1/4 hours.

*Dorothy Forton*

**HASH BROWN POTATO CASSEROLE**

2 lb. pkg. frozen hash brown potatoes, broken into pieces	1 onion, diced
1 can cream of mushroom soup	1 stick oleo (may use 1/4 lb. butter)
1 c. sour cream	1 c. grated cheese (mild or sharp)
	1 c. potato chips, crumbled

Grease 9x13 inch pan. Place potatoes in pan. Sauté onions in half the oleo until soft. Mix sour cream and soup until well blended. Pour over onion and potato mixture. (It will work down as it heats in the oven.) Put grated cheese on top of this mixture. Melt rest of oleo and use to coat potato chip crumbs. Put on top of casserole. Bake 45 to 60 minutes at 350°. Makes 12 servings.

*Millie Kalchik*

**TURKEY CASSEROLE**

8 oz. medium noodles, cooked and drained	2 cans cream of chicken soup
2 c. diced (cooked) turkey	1 can water
1 pkg. frozen chopped broccoli, cooked and drained	1 large can mushrooms
1/2 c. chopped onions	Salt and pepper to taste
8 oz. process American cheese, shredded	1 can chow mein noodles

Mix soup and water. Pour 1/4 in bottom of 9x13 inch buttered dish. Add noodles, turkey, broccoli, 1/2 of the cheese, soup, and remaining cheese. Bake at 350° for 25 minutes. Remove from oven. Sprinkle chow mein noodles over top. Return to oven for 5 minutes. Serve.

*Anne Kalchik*

**TATER TOT POTATO CASSEROLE**

2 lb. pkg. frozen tater tots, thawed	1 1/2 sticks oleo
1 pt. sour cream	1 tsp. salt
1 can cream of chicken soup	1/4 c. chopped onion
8 oz. shredded Cheddar cheese	1 c. crushed corn flakes

Melt half the oleo in 9x13 inch pan. Put tater tots and onions in pan. Mix sour cream and soup until blended. Pour over potato mixture. Sprinkle with salt. Spread cheese evenly over top. Melt other half of oleo and mix with corn flake crumbs. Put over top of cheese. Bake 1 hour or until done at 350°.

*Millie Kalchik*

**HOT CHICKEN SALAD**

Grease 13x9 inch pan (Pyrex dish). Cube 12 slices of bread (crust removed). Spread half the cubes in bottom of pan.

Over bread, place:

**½ c. chopped onions (I use less)**  
**½ c. green peppers**  
**¾ c. chopped celery**  
**3 c. cooked, cubed chicken breast**  
(large pieces and add more if you like)

Salt and pepper

Spread ½ cup Miracle Whip, more if wanted. Cover with remaining bread cubes. Pour over all 2 eggs and 1½ cups milk, mixed together. Spread over 1 can cream of mushroom soup (undiluted). Cover with sliced cheese (Old English sharp). Refrigerate overnight. Bake at 350° for ½ hour, uncovered. Serves 10.

*Dot Sterling*

#### LIN BRUS' BEEF-VEGETABLE CASSEROLE

**1 lb. or more ground beef, browned**  
**Salt and pepper to taste**  
**1 medium onion, sliced**  
**2 Tbsp. margarine**

**2 cans cream of mushroom soup**  
**1 (10 oz.) pkg. frozen green beans**  
**6 to 8 medium potatoes, sliced**

In deep 2½ to 3 quart casserole cover bottom with browned ground beef. Season with salt and pepper. Cover with sliced onion. Spread soup in, then layer over onion. Put on a layer of green beans. Dot green beans with margarine and add another layer of soup. Add potatoes and season with salt and pepper. Add another layer of soup. Cover and bake at 350° for 1½ hours. Serves 6 to 8.

*Helen Korson*

#### 6-LAYER DINNER

Put into a deep baking pan or 2 quart casserole or small roaster the following ingredients. Grease pan well.

Add in layers:

**6 or 8 potatoes, sliced**  
**½ c. rice**  
**1½ lb. ground beef**

**3 or 4 onions, sliced**  
**5 or 6 carrots, grated or sliced thin**

Add 1 teaspoon salt and 1 tablespoon sugar to 3 or 4 cups tomatoes or tomato juice; pour on top of all. Season each layer to taste. Cover; bake at 350° for 2½ hours. Good one-dish meal.

*Anne Kalchik*

#### MEAL-IN-A-FRYPAN

**1 lb. ground beef**  
**2 Tbsp. shortening**  
**2 Tbsp. chopped onion**  
**1 (1 lb.) can whole tomatoes**

**2 (1 lb.) cans pork and beans**  
**1 tsp. salt**  
**¼ tsp. pepper**  
**1 tsp. prepared mustard**

Brown beef in hot shortening in electric skillet set at 380°. Stir in onion, tomatoes, beans, and seasonings. Cover; reduce heat to 300°. Simmer 30 minutes. Stir occasionally to prevent scorching. Makes 6 servings.

This cooks while you make the salad and set the table; filling hot dish for men.

*Anne Kalchik*

#### CHINESE TUNA CASSEROLE

**7 oz. can chunk-style tuna, drained, flaked**  
**3 oz. can chow mein noodles**  
**1 c. chopped celery**  
**¼ c. chopped onion**  
**¼ c. chopped green pepper**

**½ c. broken cashew nuts**  
**10 oz. can cream of mushroom soup**  
**⅔ c. water**  
**⅔ c. crushed potato chips**

Combine tuna with noodles, celery, onion, green pepper, and nuts. Stir together soup and water. Pour over tuna mixture. Stir lightly. Place in 1½ quart casserole. Sprinkle with crushed potato chips. Bake in 350° oven for 35 to 40 minutes. Makes 4 servings.

*Anne Kalchik*

#### SCRAMBLED EGG CASSEROLE

Mix 1 dozen eggs with ¾ cup half & half. Scramble until moist. Fry 1 pound bacon; crumble.

Sauce - Heat until cheese melts:

**1 can cream of chicken soup**  
**½ c. milk**

**8 oz. can mushrooms, drained**  
**½ lb. Velveeta cheese**

Layer eggs, bacon, and sauce. Repeat. Refrigerate overnight. Bake 3 hours at 200° to 250°.

*Jeanetta Gibson*

#### QUICK RICE CASSEROLE

**1 lb. ground beef**  
**1 c. chopped celery**  
**1 medium onion, chopped**

**Salt and pepper to taste**  
**Garlic salt to taste**

Brown together in a skillet.

In a buttered casserole (3 or 4 quart), combine:

**½ c. uncooked rice**  
**1 can cream of mushroom soup**  
**1 can water**

**1 can cream of chicken soup plus 1 can of water**

Stir in hamburger mixture and place in oven. After 1/2 hour, sprinkle top with 1 medium can of chow mein noodles. Finish baking. Bake 1 hour total at 350°, uncovered.

Grace Kolarik

### ASPARAGUS HAM CASSEROLE

2 c. cubed cooked ham	1 can mushroom soup
2 c. cooked rice	3 Tbsp. chopped onion
1 (6 oz.) can Pet milk, with water added to make 3/4 c.	1 pkg. frozen or fresh cooked asparagus
1/2 c. sharp shredded cheese	

Combine all ingredients except asparagus. Bring to boil. Add cooked asparagus. Toss and put in casserole. Toss 1/2 cup corn flake crumbs in melted butter. Sprinkle on top of casserole. Bake 1/2 hour at 350°.

Mrs. Mary L. Jelinek

### CHICKEN BROCCOLI CASSEROLE

4 large chicken breasts	3 Tbsp. lemon juice
2 pkg. frozen broccoli	1 1/2 c. grated sharp Cheddar cheese
2 cans cream of chicken soup	1 1/2 c. buttered bread crumbs
1 c. mayonnaise	

Cook chicken until done, 20 to 25 minutes. Cook broccoli for 5 minutes. Break chicken in pieces and put over broccoli in 9x13x2 inch baking dish. Mix soup, mayonnaise, and lemon juice and pour over chicken. Sprinkle cheese on top and then bread crumbs over cheese. Temperature: 350°. Bake 30 minutes.

Sarah Korson

### RICE PILAF (Very good)

1 c. fine egg noodles, broken in pieces	4 c. chicken stock
1/4 lb. butter	1 c. raw rice

In large saucepan, brown noodles in butter. Stir frequently to prevent burning. Add remaining ingredients. Bring to a boil and cook, covered, over low heat about 20 to 25 minutes or until rice is tender and liquid is absorbed. Makes 4 cups.

Geraldine Houdek

### HASH BROWN PIE

1 box or 6 oz. hash browns with onions	1 lb. (2 c.) cottage cheese
4 eggs	2 Tbsp. parsley 1/4 tsp. pepper

Rehydrate potatoes as directed. Drain. Slightly beat eggs; add potatoes and remaining ingredients. Turn into well greased 9 inch pie pan. Bake at 350° for 35 to 40 minutes. Cool some before cutting.

Tina Thomas

### SLOPPY JOES

1 1/2 lb. ground beef	6 Tbsp. wine vinegar
1 onion, chopped	3/4 c. ketchup
3 Tbsp. brown sugar	1 tsp. chili powder
3 Tbsp. white sugar	1 Tbsp. mustard, salt, pepper, and garlic salt
1 1/2 tsp. Worcestershire	

Brown meat; add onion. Mix ingredients and add to meat and onion mixture. Continue cooking over low heat.

Gertrude McLaughlin

### QUICHE

8 oz. pkg. bacon, fried and crumbled	1/4 lb. Swiss cheese, grated
Beat:	
3 eggs	1 1/2 c. half & half
Salt (very little)	

Put bacon and cheese in bottom of pie shell. Pour egg mixture over. Bake at 425° for 15 minutes, then at 325° for 20 minutes.

Mushrooms and green onions may be added.

Geraldine Houdek

### SKILLET HASH (Use leftover roast beef)

2 Tbsp. butter	2 c. raw potatoes, cut in 1/2 inch cubes
2 c. cooked beef roast, cut in 1/2 inch cubes	1/3 c. finely diced onion
1/2 c. beef broth	1/2 tsp. salt

Melt butter in skillet. Add remaining ingredients. Mix well. Cover. Cook over low heat, stirring often, until potatoes are tender, about 15 minutes. Uncover and cook 5 minutes more. Makes about 4 servings.

Millie Kalchik

### PORK CHOP CASSEROLE

4 pork chops (1 inch thick)	2/3 c. chopped onion
Seasoned flour (1 tsp. salt, 1/4 tsp. pepper, 2 Tbsp. flour)	1 small garlic, minced
3 Tbsp. drippings	2 large tomatoes

Dredge chops in seasoned flour. Brown on both sides in hot drippings. Remove from pan. Sauté onions for 5 minutes; add garlic and mix. Place chops in a casserole.

Sprinkle about half of onions on chops. Top each with half a tomato and remaining onion. Add water to drippings in pan and pour in casserole. Cover tightly and bake at 350° for 1 hour. Makes 4 servings.

*Mary Kolarik*

## TEXAS HASH

**1 lb. ground round**  
**1 small can tomato sauce**  
**1 can cream style corn**  
**Garlic salt**

Brown meat; add garlic salt. Drain off fat. Cook noodles or macaroni. Mix all ingredients and pour into large casserole. Bake at 350° for 45 minutes (covered). Serve with tossed salad and French bread or garlic toast.

*Phyllis Korson*

## IMPOSSIBLE HAM 'N SWISS PIE

**2 c. cut-up fully cooked smoked ham**  
**1 c. shredded natural Swiss cheese (4 oz.)**  
**1/3 c. chopped onion**  
  
**4 eggs**  
**2 c. milk**  
**1 c. Bisquick baking mix**  
**1/4 tsp. salt**  
**1/8 tsp. pepper**

Heat oven to 400°. Grease pie plate. Sprinkle ham, cheese, and onions in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until golden brown and knife inserted in center comes out clean, 35 to 40 minutes. Cool 5 minutes.

*Betty Popp*

## TENDER CHUNK HAM AND SPINACH QUICHE

**1 (9 inch) unbaked pie shell**  
**2 slices Swiss cheese (7x4 inches)**  
**1/2 c. chopped spinach**  
**1/2 c. sliced mushrooms**  
**3 eggs, beaten**  
**1 c. half & half cream**  
  
**1/2 tsp. salt**  
**2 Tbsp. flour**  
**1 can Tender Chunk Hormel ham, flaked**  
**1/4 c. shredded Cheddar cheese**

Grease an 8 inch or 10x6 inch Pyrex cake pan. I don't use pie crust at all. Place Swiss cheese slices in bottom of pan. Sprinkle with spinach and mushrooms. Mix next 4 ingredients; pour in pan or pie shell. Sprinkle evenly with ham and Cheddar cheese. Bake at 350° for 45 minutes. Makes 4 to 6 servings.

*Celia Kalchik*

## BROCCOLI QUICHE

**2 c. chopped fresh broccoli, blanched**  
**1/2 c. grated Parmesan cheese**  
**1 c. shredded Swiss cheese**  
**1/4 c. chopped onions**  
**3 eggs**  
  
**2/3 c. chicken broth**  
**1/2 c. milk or cream**  
**1/2 tsp. salt**  
**1/4 tsp. Tabasco sauce**  
**Pastry for 9 inch single crust**

Line 9 inch pie plate with pastry. Prick bottom and sides with fork and bake in 450° oven for 5 minutes. Remove and sprinkle half the Parmesan cheese onto pastry, then layer half the broccoli, half the Swiss cheese, and half the onion. Repeat with remaining broccoli, Swiss cheese, and onions. Beat eggs; add chicken broth, milk, salt, and Tabasco sauce. Mix well. Pour over broccoli. Sprinkle with remaining Parmesan cheese. Bake 10 minutes at 450°. Reduce heat to 325° and bake 20 to 25 minutes longer or until knife inserted comes out clean. Let stand 5 to 10 minutes before cutting. Makes 6 servings.

*Betty Popp*

## QUICHE LORRAINE

Use your favorite pastry in a deep pie dish.

Base:

**12 slices (about 1 1/2 lb.) bacon, crisply fried and crumbled**  
**1 c. (4 oz.) shredded natural Swiss cheese**

Egg mixture:

**4 eggs, beaten slightly**  
**3/4 tsp. salt**  
**2 c. light cream**  
  
**1/4 tsp. sugar**  
**1/8 tsp. cayenne red pepper**

Sprinkle bacon, cheese, and onion in pastry lined pan. Beat egg mixture and pour into pie pan to cover ingredients. Bake at 425° for 15 minutes; reduce to 300°. Bake around 45 minutes until knife in middle comes out clean. Let stand 10 minutes. Cut and serve.

*Phyllis Korson*

# Breads, Rolls



## MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

## BREADS, ROLLS

### ZUCCHINI BREAD

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

Combine flour, baking soda, salt, baking powder, and cinnamon. In large bowl, beat eggs slightly. Add sugar, oil, and vanilla, beating until creamy. Stir in zucchini and pineapple. Pour into 2 well greased and floured loaf pans. Bake 1 hour at 350°.

*Grace Kolarik*

### LEELANAU CHERRY SCONES

<b>1 tsp. ground cinnamon</b>	<b>1 1/2 tsp. baking powder</b>
<b>1/4 c. + 1 tsp. sugar</b>	<b>1/2 c. dried cherries</b>
<b>1 1/2 c. flour</b>	<b>1/4 c. sour cream</b>
<b>1/2 tsp. salt</b>	<b>1/4 c. orange juice</b>
<b>1/2 c. butter</b>	<b>2 tsp. grated orange peel</b>

Mix flour, baking powder, salt, and 1/4 cup sugar. Cut in butter. Stir in remaining ingredients. On floured board, roll 1/2 inch thick. Cut with biscuit cutter. Place 2 inches apart on cookie sheet. Sprinkle with cinnamon and 1 teaspoon sugar. Bake at 400° for 10 to 12 minutes. Serve warm.

*Mary L. Jelinek*

### BUTTERMILK FRIED DONUTS

<b>2 eggs, well beaten</b>	<b>4 c. sifted flour</b>
<b>1 1/2 c. sugar</b>	<b>1 tsp. baking powder</b>
<b>2 1/2 Tbsp. shortening</b>	<b>1/2 tsp. salt</b>
<b>1 1/2 c. buttermilk</b>	<b>1/2 tsp. nutmeg</b>
<b>1 tsp. soda (in buttermilk)</b>	

Beat eggs; gradually add sugar, shortening, and soda mixed in buttermilk. Sift remaining dry ingredients and add to mixture. Let mixture stand overnight in refrigerator. Roll out and cut. Drop in hot fat, 375°, and turn over as soon as they raise to the top nicely browned. Drain. Makes 3 1/2 dozen.

*Celia Kalchik*

### BANANA BREAD

<b>1 c. sugar</b>	<b>1 tsp. soda</b>
<b>1/2 c. shortening</b>	<b>2 c. flour</b>
<b>2 eggs</b>	<b>3 finely mashed bananas</b>
<b>4 tsp. sour milk</b>	<b>1/2 c. nuts, dates (may be added)</b>

Cream shortening and sugar. Add beaten eggs, sour milk, salt, and flour. Add bananas last. Pour in oiled loaf pan and bake 1 hour at 350°.

*Martha Kovarik Brown*

### PUMPKIN BREAD

<b>1/3 c. vegetable oil</b>	<b>1 tsp. cinnamon</b>
<b>2 eggs</b>	<b>1/2 tsp. ground cloves</b>
<b>1 1/3 c. sugar</b>	<b>3/4 tsp. baking soda</b>
<b>1 c. pumpkin</b>	<b>1/4 tsp. baking powder</b>
<b>1 1/3 c. flour</b>	<b>1/3 c. water</b>

Mix in order given with a spoon until blended, then beat on medium speed with an electric mixer for 2 minutes. Spray a bread pan with Baker's Joy or butter and flour a pan. Bake at 325° for 1 hour and 10 minutes.

*Sherry (Kolarik) Carlson*

### SUPER CINNAMON ROLLS

Rolls:

<b>1 (1/4 oz.) pkg. dry yeast</b>	<b>1 tsp. salt</b>
<b>1 c. warm milk</b>	<b>2 eggs</b>
<b>1/2 c. sugar</b>	<b>4 c. flour</b>
<b>1/2 c. margarine</b>	

Filling:

<b>1 c. packed brown sugar</b>	<b>1/3 c. softened margarine</b>
<b>2 1/2 Tbsp. cinnamon</b>	

Icing:

<b>8 Tbsp. softened margarine</b>	<b>1/2 tsp. vanilla</b>
<b>1 1/2 c. powdered sugar</b>	<b>1/8 tsp. salt</b>
<b>1/4 c. (2 oz.) cream cheese</b>	

Dissolve yeast in warm milk in large bowl. Add sugar, margarine, salt, eggs, and flour; mix well. Knead dough into a large ball with hands lightly floured. Put in bowl, cover, and let rise in warm place until doubled in size, about 1 hour. Roll dough out on lightly floured surface until 21 inches long by 16 inches wide. Preheat oven to 400°.

For the filling, combine brown sugar and cinnamon. Spread softened margarine over surface of dough, then sprinkle cinnamon and sugar evenly. Working carefully from the top (21 inch side), roll the dough down to the bottom edge. Cut the rolled dough into 1 3/4 inch slices and place 6 at a time, evenly spaced, on a

lightly greased baking pan. Bake for 10 minutes. While the rolls bake, combine icing until fluffy. Ice while hot.

*Linda Avis*

### WHITE BREAD OR ROLLS

2 c. warm water	1/4 c. sugar
2 pkg. dry yeast or 1 1/2 Tbsp. dry yeast	1/4 c. oleo, melted
2 tsp. salt	1 egg

Mix yeast in warm water until dissolved. Add rest of ingredients except flour. Add 3 cups of flour; mix well until smooth. Add enough of the rest of the flour to make a soft dough. Knead about 5 minutes. Cover; let rise 1 1/2 hours. Punch down and make into loaves or rolls. Let rise 30 minutes. Makes 2 dozen rolls or 2 loaves bread. Bake at 350°. Bake bread 30 minutes, rolls 20 minutes.

*Kathryn Schaub*

### CHEDDAR CHEESE CORN BREAD

1 c. yellow corn meal	2 large eggs, lightly beaten
1/2 c. unbleached flour	3 Tbsp. butter, melted
1 tsp. baking powder	1 1/2 c. corn kernels
1/2 tsp. baking soda	1 c. grated sharp Cheddar cheese
1 1/4 tsp. salt	1/4 c. finely shredded basil leaves

Preheat oven to 400°. Butter an 8 inch square baking pan. In large bowl, stir together corn meal, flour, baking powder, baking soda, and salt. Mix in buttermilk, eggs, and melted butter. Stir in corn kernels, cheese, and basil and pour batter into prepared pan. Bake 35 to 40 minutes or until cake tester comes out clean. Cool slightly in pan; cut in squares and serve.

*Margy Wilke*

### POTATO DONUTS

1 1/2 c. sugar	1/2 c. milk
1 c. potatoes (hot), mashed	1 tsp. salt
2 eggs	1 tsp. nutmeg
4 Tbsp. shortening, melted	1 tsp. vanilla

Mix together. Roll out and cut with donut cutter. Put in hot grease. Keep turning donuts until done, about 3 minutes.

*Phyllis Korson*

### OATMEAL WAFFLES

1 1/2 c. flour	1 1/2 c. milk
1 c. quick cooking rolled oats	6 Tbsp. margarine or butter, melted
1 Tbsp. baking powder	1/2 tsp. cinnamon
1/2 tsp. vanilla	2 Tbsp. brown sugar
2 eggs, slightly beaten	

In a large bowl, mix together flour, oats, baking powder, and cinnamon. In another bowl, mix together eggs, milk, vanilla, butter, and brown sugar. Add to the flour mixture; stir until blended. Pour batter onto preheated, lightly greased waffle iron.

*Sally Jelinek*

### STUFFED FRENCH TOAST

12 slices English muffin bread, sliced diagonally	12 beaten eggs
1/4 c. dried cherries	Cinnamon
8 oz. cream cheese	Confectioners sugar
1/2 c. chopped walnuts	Butter
	Maple syrup

Spread 6 slices of bread with cream cheese, cherries, and nut mixture. Top with 6 bread slices; dip sandwiches into beaten eggs, soaking well. Place on cookie sheets sprayed with Pam. Sprinkle with cinnamon. Bake at 375° for 25 to 30 minutes. Dust with confectioners sugar. Serve with butter and syrup.

*Linda Avis*

### KOLACHY

1 c. milk	1 cake yeast, crumbled
1/4 c. sugar	1/2 c. warm water (not hot)
1 tsp. salt (level)	1 egg, beaten
1/4 c. softened shortening	4 c. sifted flour

Scald milk. Add and stir in sugar, salt, and shortening. Cool to lukewarm. Crumble yeast into warm water with 1 teaspoon sugar in a cup. Mix. Let rise (get foamy). Add to lukewarm milk mixture. Stir in beaten egg and 2 cups flour. Beat until smooth but sticky. Sift 1/4 cup flour on breadboard. (Sift a small quantity at a time as required for kneading over center of breadboard.) Gradually add remaining flour to dough mixture, blending first with spoon, then by hand on breadboard. Keep dough as soft as can be handled.

Put back in bowl. Brush top of dough with melted shortening. Grease bowl a little before putting dough in. Let rise in warm place until double. Punch down in bowl; let rise again to same size. Roll out on floured board to 1/2 inch or thinner in thickness.

Cut with a 3 inch biscuit cutter. Place in a greased muffin pan; grease top of each bun. Let rise in warm place free from draft until double in bulk. Press indentation in each bun, leaving a rim about 1/4 inch wide. Fill with poppy seed mixture first, then with fruit mixture on top of poppy seed. Bake at 400° until lightly browned.

Take out and grease rim to keep soft. Let cool and store in a covered container.  
Makes 2 dozen or more.

Poppy Seed Filling:

**1 1/4 c. ground poppy seed**  
**3/4 c. sugar**  
**1/8 tsp. cinnamon**  
**2 dashes of nutmeg**

**1 tsp. vanilla**  
**1 tsp. good lard or margarine**  
**1/3 c. milk**  
**1/4 c. water**

Mix all together and cook in a pan for 10 minutes on medium heat. Keep mixing so it doesn't burn to bottom. Add more water if too thick. Cool a little. Heat a pint of canned raspberries or blackcaps with 1/2 cup sugar to a pint. Let it come to boiling point and thicken as would for a pie.

If you use canned poppy seed, skip the milk and water and 1/2 cup sugar and season with spices preceding to taste. Heat up and cool and use for canned poppy seed. If too thick, add water.

*Phyllis Korson  
from Mrs. Martin (Helen) Korson*

### ASPARAGUS NUT BREAD

**3 eggs**  
**1 c. cooking oil**  
**2 tsp. vanilla**  
**2 c. sugar**  
**2 c. chopped asparagus (fresh or frozen)**

**3 c. flour**  
**1 tsp. soda**  
**1 tsp. salt**  
**1 tsp. cinnamon**  
**1/4 tsp. baking powder**  
**1 c. chopped nuts**

In medium bowl, beat eggs with oil, vanilla, sugar, and chopped asparagus. Add flour, soda, salt, cinnamon, and baking powder. Mix well; stir in nuts. Pour into 2 greased 9x5x3 inch loaf pans. Bake at 350° for 1 hour or until center tests done. Makes 2 loaves.

*Mary A. Jelinek*

### BROWN BREAD

**1 c. large seeded raisins**

**2 c. water**

Boil 10 minutes and let cool.

Add:

**2 tsp. soda**  
**1/2 tsp. salt**  
**1 tsp. vanilla**  
**3 Tbsp. molasses**

**1 Tbsp. lard**  
**1 c. sugar**  
**2 3/4 c. flour**

Bake in 4 medium cans 1/2 full at 350° for 1 hour.

*Geraldine Houdek*

### BANANA BREAD

Mix together 3 ripe bananas (well mashed) and 2 eggs, slightly beaten.

Sift together:

**2 c. flour**  
**3/4 c. sugar**

**1 tsp. salt**  
**1 tsp. baking soda**

Add 2 tablespoons melted butter. Stir. Put in buttered loaf pan. Bake 1 hour at 350°.

*Theresa Hitchens*

### BANANA NUT BREAD

**3/4 c. sugar**  
**1 egg**  
**1/2 c. milk**

**3 c. Bisquick**  
**3/4 c. chopped nuts**  
**1 c. mashed bananas (2 or 3)**

Heat oven to 350° (moderate). Blend first 4 ingredients. Beat hard 30 seconds. Stir in bananas and nuts. Pour into greased 9 x 5 x 2 1/2 inch loaf pan. Bake 45 to 50 minutes until toothpick stuck into center comes out clean. Crack in top is typical. Cool before slicing.

*Millie Kalchik*

### HONEY FRENCH TOAST

**2 eggs**  
**1/4 tsp. salt**  
**2/3 c. milk**

**2 Tbsp. honey**  
**10 slices day-old bread**

Beat eggs with salt. Add milk and honey and mix well. Dip bread quickly into egg mixture. Fry on both sides in small amount of fat until golden brown. Serve with butter.

*Barbara Kalchik*

### PUMPKIN BREAD

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

**1 c. vegetable oil**  
**4 eggs**  
**2/3 c. water**  
**2 c. pumpkin**  
**3 c. sugar**

Sift dry ingredients together. Mix pumpkin, water, oil, and eggs together. Pour into dry mixture and mix well. Pour into 2 greased medium loaf pans. Bake in 350° oven (preheated) 1 hour and 15 minutes. Cool before removing from pans.

*Gert McLaughlin*

## BANANA-NUT BREAD

**1½ c. sugar**  
**¾ c. shortening**  
**2 eggs**  
**1 c. mashed ripe bananas**  
**3 c. flour**  
**1 tsp. soda**

**1 tsp. baking powder**  
**¼ tsp. salt**  
**¾ c. buttermilk**  
**1 tsp. vanilla**  
**½ c. chopped nuts**

Beat sugar, shortening, and eggs until fluffy. Add bananas, dry ingredients, buttermilk, and vanilla and beat 2 minutes. Stir in nuts. Pour batter into 2 greased and floured bread pans. Bake at 350° for 50 to 60 minutes.

*Celia Kalchik*

## DATE NUT BREAD

**1 lb. pkg. dates, cut up**  
**1 lb. pkg. raisins**  
**2 tsp. baking soda**  
**2 c. boiling water**  
**1 Tbsp. water**  
**1 Tbsp. butter**

**1 c. white sugar**  
**2 eggs**  
**4 c. flour**  
**1 tsp. vanilla**  
**1 c. nutmeats**

Put dates, raisins, and soda in large bowl and pour water on. Let stand until cool.

In separate bowl, combine butter, sugars, and eggs. Beat. Add flour, vanilla, and nuts. Add to date combination. Fill 7 (No. 303) tin cans half full. Bake at 350° for approximately 50 minutes.

*Linda Avis*

## PINEAPPLE ZUCCHINI BREAD

**3 eggs**  
**1 c. oil**  
**2 c. sugar**  
**2 tsp. vanilla**  
**2 c. shredded zucchini**  
**1 (8½ oz.) can crushed pineapple, well drained**  
**3 c. flour**

**2 tsp. baking soda**  
**1 tsp. salt**  
**¼ tsp. baking powder**  
**½ tsp. cinnamon**  
**¾ tsp. nutmeg**  
**1 c. currants or raisins**  
**1 c. chopped walnuts**

In mixing bowl, beat eggs, oil, sugar, and vanilla until thick. Stir in zucchini, pineapple, flour, soda, salt, baking powder, cinnamon, nutmeg, currants, and walnuts. Blend well. Pour into 2 greased 5x9 inch loaf pans. Bake at 350° for 1 hour until cake tester inserted in center comes out clean. Makes 2 loaves.

*Dot Sterling*

## PUMPKIN BREAD

Mix:

**1½ c. sugar (white or brown)**  
**1½ c. pumpkin**

**3 eggs**  
**1 c. cooking oil**

Sift and add:

**2½ c. flour**  
**1½ tsp. soda**  
**1½ tsp. baking powder**

**1½ tsp. salt**  
**1½ tsp. cinnamon**  
**1½ tsp. vanilla**

May use pumpkin pie spice in place of cinnamon. Sprinkle on top some white sugar before baking. Bake 1½ hours at 350°. Makes 1 large loaf or 2 small ones.

*Millie Kalchik*

## PUMPKIN NUT BREAD

**2 c. flour**  
**2 tsp. baking powder**  
**½ tsp. soda**  
**1 tsp. salt**  
**1 tsp. cinnamon**  
**½ tsp. nutmeg**

**1 c. pumpkin**  
**1 c. sugar**  
**2 eggs**  
**¼ c. softened butter**  
**1 c. chopped pecans**  
**½ c. milk**

Sift flour, baking powder, soda, salt, and spices. Combine pumpkin, sugar, milk, and eggs in bowl. Add dry ingredients and softened butter; mix until well blended. Stir in nuts. Spread in a well greased standard 9x5x3 inch loaf pan. Bake in 350° oven for 45 to 55 minutes or until toothpick inserted in center comes out clean. Makes 1 loaf. Bread may be frozen.

*Sarah Korson*

## PUMPKIN BREAD

Mix:

**2 c. sugar**  
**1½ c. oil**

**2 c. pumpkin**  
**4 eggs**

Add:

**3 c. flour (scant)**  
**1 tsp. soda**

**1 tsp. salt**  
**3 tsp. cinnamon**

Sift together and mix well. Bake in greased pans at 350° at least 1 hour. Makes 3 loaves.

I make it with only 1½ cups sugar, 1 cup of oil, and 3 eggs and it comes out just as nice. Add as many nuts and raisins as you like.

*Helen Korson*

## HEALTH BREAD

**¾ c. sugar**  
**1 Tbsp. shortening**  
**1 egg**  
**1 c. All-Bran**  
**1 c. graham flour**

**1 c. oatmeal (quick cooking)**  
**1 c. buttermilk**  
**½ tsp. salt**  
**1 tsp. soda**  
**1 c. large seeded raisins**

Cream sugar and shortening. Add beaten eggs. Blend in dry ingredients. Add buttermilk and soda, mixing just enough to moisten all ingredients. Bake in greased loaf pans for 1 hour at 350°.

*Celia Kalchik*

## QUICK WHEAT BREAD OR MUFFINS

**2 c. flour**  
**¼ c. sugar**  
**2½ tsp. baking powder**  
**¾ tsp. salt**  
**½ tsp. cinnamon**

**2 c. Wheatus cereal**  
**1 c. milk**  
**¼ c. salad oil**  
**1 egg, slightly beaten**

Heat oven to 350°. Grease loaf pan (9x5x3 inches) or muffin tins (12). Stir together flour, sugar, baking powder, salt, and cinnamon. Mix in remaining ingredients. Spread in pan. Bake 55 to 60 minutes or until done. Remove from pan; cool thoroughly before slicing. Bake muffins about 20 minutes.

*Helen Korson*

## GINGER CHEESE MUFFINS

**2 c. flour**  
**1 Tbsp. baking powder**  
**¼ tsp. soda**  
**½ tsp. ginger**  
**½ tsp. salt**  
**½ c. molasses**

**⅔ c. grated cheese**  
**1 egg**  
**½ c. milk**  
**¼ c. salad oil**  
**Ginger and sugar**

Combine all ingredients except ginger and sugar. Fill greased muffin tins 2/3 full; sprinkle tops with ginger and sugar. Bake for 20 minutes at 350°.

*Gloria Plamondon*

## SUE COOLEYS BRAN MUFFINS

**1 c. boiling water**  
**1 c. Kellogg's Bran Buds cereal**  
**½ c. soft margarine**  
**1¼ c. sugar**  
**2 eggs, beaten**

**2 c. buttermilk**  
**2½ c. flour**  
**2½ tsp. baking soda**  
**2 c. Kellogg's All-Bran cereal**  
**1 c. raisins (optional)**

Pour boiling water over the Bran Buds and set aside to cool. Cream margarine and sugar; add beaten eggs, buttermilk, and cooled Bran Buds. Stir in flour, baking soda, and All-Bran cereal. Add raisins if desired. Stir until well blended. Bake in muffin tins for 15 minutes at 350°. Makes 4 dozen.

Note: This recipe can be stirred up ahead and stored in a covered container in refrigerator 4 to 6 weeks, ready to bake. Or, muffins can be baked and frozen, to be thawed and served as needed.

*Helen Korson*

## SIX WEEK MUFFINS

Pour 2 cups boiling water over 4 Shredded Wheat biscuits and ½ pound raisins. Cool.

Cream:

**¾ c. shortening** **2½ c. sugar**

Add 4 eggs; beat well.

Add:

**1 qt. buttermilk** **5 c. flour**  
**5 tsp. soda** **4 c. All-Bran**  
**2 tsp. salt**

Stir all ingredients together until well blended. Store in refrigerator up to 6 weeks. Spoon into muffin tins without stirring. Bake at 400° to 425° for 15 minutes.

*Grace Kolarik*

## ZUCCHINI MUFFINS

**3 eggs**  
**1 c. oil**  
**2 c. sugar**  
**3 c. flour**  
**1 tsp. salt**  
**3 tsp. vanilla**  
**2 tsp. soda**  
**¼ tsp. baking powder**

**2 c. raw grated zucchini**  
**1 c. crushed pineapple**  
**½ c. coconut**  
**1 c. chopped nuts**  
**2 tsp. cinnamon**  
**½ tsp. nutmeg**  
**¼ tsp. cloves**

Beat eggs; add sugar, oil, zucchini, and crushed pineapple. Sift together flour, salt, soda, baking powder, cinnamon, nutmeg, and cloves.

Add to eggs, vanilla, coconut, and nuts. Pour into greased or paper cups in muffin tins. Bake at 350° until browned.

*Mrs. Albert J. Korson*

## BRAN MUFFINS

**2 c. boiling water**

**2 c. All-Bran buds**

Combine and set aside.

Cream:

**2½ c. sugar** **½ lb. butter or margarine**

Add:

**4 eggs**

Blend in:

**5 c. flour**

**4 c. Bran Buds**

Add:

**1 c. dates, chopped**

**1 qt. buttermilk**

**5 tsp. soda**

**1 tsp. salt**

**1 c. raisins**

After all ingredients are blended well, add the first mixture of water and Bran Buds and mix well. Add raisins and dates. Put  $\frac{3}{4}$  full in greased muffin tins and bake at  $350^{\circ}$  for 12 to 15 minutes. Makes a large batch so can be stored in refrigerator in tightly covered bowl. When baking at future time, do not stir contents; just dip into greased muffin tins and bake.

*Rosie Houdek*

### ZUCCHINI FRITTERS

**5 Tbsp. Bisquick**  
**1/2 c. Parmesan cheese**  
**1/4 tsp. salt**  
**1/8 tsp. pepper**

**2 eggs**  
**2 Tbsp. butter**  
**2 c. zucchini**

Mix first 4 ingredients; add eggs. Grate the zucchini and add to mixture to make a batter. Melt butter and fry for 3 minutes on each side. Serve while warm. Makes 8 to 10 fritters.

*Dorothy Forton*

### DINNER ROLLS

**1 pt. warm water**  
**1/2 c. sugar**  
**1/2 c. shortening, oleo, or lard**  
**2 pkg. yeast, soaked in 1/2 c. warm water**

**2 eggs**  
**1 tsp. salt**  
**7 c. flour**

Mix; let rise once. Make into rolls, clover, cinnamon, or plain. Let rise. Bake at  $375^{\circ}$  for 12 to 15 minutes. Makes  $2\frac{1}{2}$  dozen.

*Joan Korson*

### OATMEAL ROLLS

**1 c. oatmeal**  
**2 c. boiling water**  
**3 Tbsp. butter**  
**2/3 c. brown sugar**  
**1 Tbsp. white sugar**

**2 Tbsp. dry yeast, dissolved in 1/3 c. warm water**  
**4 c. flour**  
**1 c. whole wheat flour**  
**1 1/2 tsp. salt**

Mix oatmeal and boiling water. Let stand 20 minutes, then add remaining ingredients. Mix together and knead until smooth. Let rise until double in a warm

place. Roll dough out in rectangle to  $\frac{1}{4}$  inch thickness. Spread with melted butter, brown sugar, and cinnamon. Roll dough like jelly roll and cut 1 inch thick. Place in greased pans. Let rise until double. Bake at  $350^{\circ}$  for 20 minutes. Frost.

*Celia Kalchik*

### PIZZA DOUGH AND SAUCE (Makes 2 - 14 inch pizzas)

Dissolve 1 teaspoon dry active yeast in 1 cup warm water (not hot). Add 2 to  $2\frac{1}{2}$  cups flour and 1 teaspoon salt. Do not let rise. Spread dough in oiled pan.

Sauce:

**1 (8 oz.) can tomato sauce**  
**1 (6 oz.) can tomato paste**  
**1 tsp. garlic powder**

**1 tsp. oregano**  
**1/2 tsp. black pepper**  
**1 tsp. salt**

*Rosie Houdek*

### SOUR MILK DOUGHNUTS

**2 eggs**  
**1 c. sugar**  
**1/4 c. melted shortening**  
**1 tsp. vanilla or 1/4 tsp. nutmeg**  
**1 c. sour milk or buttermilk**

**4 c. flour**  
**4 tsp. baking powder**  
**1/4 tsp. soda**  
**3/4 tsp. salt**

Beat eggs until fluffy. Add sugar and beat until smooth. Stir in shortening; add vanilla or nutmeg. Add milk alternately with dry ingredients. Mix to a smooth dough. Turn onto a floured surface; knead lightly and roll out to  $\frac{1}{2}$  inch thick. Cut out and fry in deep, hot fat until brown.

*Rosie Houdek*

### CHERRY-UP BISCUITS

**1 1/2 c. all-purpose flour**  
**1 Tbsp. baking powder**  
**1/2 tsp. salt**  
**1/2 tsp. cream of tartar**

**1/3 c. plus 2 Tbsp. shortening**  
**1 1/2 tsp. sugar**  
**1/2 c. milk**

Filling:

**1 stick melted margarine**  
**1/3 c. plus 2 Tbsp. brown sugar**

**1 (21 oz.) can tart cherry pie filling**

Sift dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once; stir until dough forms a ball. Turn out on lightly floured surface and knead gently a few times. Roll  $\frac{1}{2}$  inch thick and cut with biscuit cutter. Using muffin tins, put in 1 teaspoon melted margarine, 1 teaspoon brown sugar, and 1 tablespoon tart cherry pie filling in each muffin tin (following the order as listed). Top with a biscuit brushed with melted margarine. Bake at  $425^{\circ}$  until biscuits are golden brown, approximately 12 to 15 minutes. Yields 12 biscuits.

*Sarah Korson*

## WAFFLES

Full recipe:

4 eggs	3½ c. flour
2½ c. milk	6 tsp. baking powder
¾ c. oil	1 tsp. salt

Beat eggs and milk; add oil. Beat well, then add dry ingredients. Beat until smooth. Pour into hot waffle iron. You may freeze them and just pop them in the toaster for future use. Delicious with your favorite jams or jellies.

*Rosie Houdek*

## POTATO DUMPLINGS (Need jelly bag)

2 qt. peeled potatoes	1½ c. flour
1 tsp. salt	

Peel and grind potatoes. Then squeeze all or most of liquid out through a jelly bag. Add flour and salt. If needed add a little more flour to able to form into 3 inch ball.

Drop into boiling water and boil for ¾ of an hour of steady boiling.

Real good with sauerkraut and pork ribs. Even better cut up and fried in butter.

Variation: Thicken more with flour and roll out and cut in squares and bake at 350° for 30 minutes. Good with syrup and melted butter.

*Betty Houdek*

## POTATO PANCAKES

2 c. grated raw potatoes	4 Tbsp. flour
1 Tbsp. grated onion	1 tsp. salt
2 eggs	

Mix ingredients and add enough cream to make a smooth batter. Fry in hot fat on a griddle and serve with applesauce, sausage, and plenty of real butter.

*Mary Kolarik*

## PRUNE SOUR CREAM COFFEE CAKE

1½ c. Sunsweet prunes	2 c. flour
1 tsp. grated lemon rind	1 tsp. baking powder
1 c. granulated sugar	1 tsp. soda
1 c. soft butter	½ tsp. salt
2 eggs	1 Tbsp. cinnamon
1 c. sour cream	½ c. chopped walnuts
1 tsp. vanilla	
½ c. light brown sugar, firmly packed	

Pour boiling water over prunes; let stand 15 minutes. Drain, pit, and dice. Add lemon rind; set aside. Grease and flour 9 inch tube pan. Sift together flour, baking powder, baking soda, and salt; remove ¼ cup and toss with prunes. Cream butter and sugar until fluffy. Beat in eggs, 1 at a time. Slowly beat in flour mixture; alternate with sour cream and vanilla, beginning and ending with flour mixture. Fold in prunes. Combine brown sugar, cinnamon, and nuts.

Pour ⅓ of batter into pan. Sprinkle with ⅓ brown sugar mixture; repeat layering twice. Bake at 350° for 55 minutes or until done. Cool in pan on rack for 10 minutes. Remove from pan.

Can also be baked in 2 square or round pans.

*Sarah Korson*

## FRENCH COFFEE CAKE

½ lb. butter (1 c.)
1½ c. sugar
4 eggs, separated
3 c. flour

3 tsp. baking powder
1 c. milk
1 tsp. vanilla

Filling:

⅓ c. brown sugar
1 tsp. cinnamon

½ c. chopped nuts
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Cream butter and sugar. Add egg yolks and beat well. Add flour, baking powder, and milk, starting and ending with dry ingredients. Add vanilla.

Beat egg whites; fold into first mixture. Place ¼ of dough into ungreased tube pan. Add 1 layer of filling. Add more dough; top with rest of filling. Place 4 pats of butter on top and bake. Bake at 350° for 1 hour.

*Rosie Houdek*

## DANISH COFFEE CAKE

½ c. shortening
¾ c. sugar
1 tsp. vanilla
3 eggs

2 c. sifted all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
½ pt. sour cream

Topping:

6 Tbsp. softened margarine or butter
2 tsp. cinnamon

1 c. light brown sugar, packed
1 c. finely chopped nuts

Cream butter, sugar, and vanilla thoroughly. Add eggs, 1 at a time, beating after each. Sift dry ingredients together and add to creamed mixture alternately with sour cream. Spread half of batter in 10 inch greased tube pan, the bottom lined with wax paper. Mix topping ingredients; sprinkle half over batter. Repeat layer of batter and topping. Bake at 350° for 50 minutes or until done.

*Dot Sterling*

## HEATH BRUNCH COFFEE CAKE

<b>1/4 lb. butter or oleo</b>	<b>1 c. buttermilk or sour milk</b>
<b>2 c. flour</b>	<b>1 tsp. soda</b>
<b>1 c. brown sugar</b>	<b>1 egg</b>
<b>1/2 c. white sugar</b>	<b>1 tsp. vanilla</b>

Blend flour, butter, and sugars together. Take out  $\frac{1}{2}$  cup of this mixture. To the rest, add buttermilk, soda, egg, and vanilla. Blend well.

Topping: Break 6 Heath candy bars (small size) in package with ice cream scoop into small pieces. Take  $\frac{1}{4}$  cup chopped nuts; add to Heath candy bar pieces. Add to the  $\frac{1}{2}$  cup of sugar, flour, etc. Mix and sprinkle on top of coffee cake, which is poured into a greased and floured 10x14x2 inch cake pan or 2 (8 inch) round cake pans. Bake at  $350^{\circ}$  for 30 minutes.

*Celia Kalchik*

## POTECÀ

<b>3 to 4 c. unsifted flour</b>	<b>1/2 c. water</b>
<b>1/4 c. sugar</b>	<b>1/4 c. oleo</b>
<b>1 tsp. salt</b>	<b>1 egg</b>
<b>1 pkg. yeast</b>	<b>Powdered sugar frosting</b>
<b>1/2 c. milk</b>	

In bowl, mix 1 cup of flour, sugar, salt, and yeast. Combine milk, water, and oleo in saucepan. Heat on low heat until very warm. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer. Add egg and  $\frac{1}{2}$  cup flour. Beat on high 2 minutes. Stir in enough to make soft dough. Turn out on board and knead until smooth. Place in greased bowl; cover. Let rise until double. Punch down. Roll out to a 15x20 inch rectangle. Spread Pecan Filling and roll as for jelly roll. Form into snail shape on greased baking sheet. Cover; let rise until doubled. Bake at  $325^{\circ}$  for 40 to 45 minutes. Cool; frost with powdered sugar frosting. Makes 1 cake.

Pecan Filling - Mix:

<b>1/4 c. oleo</b>	<b>1 egg</b>
<b>1/2 c. packed brown sugar</b>	

Stir in 2 tablespoons milk and 1 teaspoon orange extract. Add 2 cups finely chopped pecans.

*Joan Korson*

## BUBBLE BREAKFAST RING - CARAMEL

<b>24 frozen dinner rolls</b>	<b>1/4 c. white sugar</b>
<b>3/4 c. brown sugar</b>	<b>1 tsp. cinnamon</b>
<b>1 (3<math>\frac{3}{4}</math> oz.) pkg. (not instant) butterscotch pudding</b>	<b>1/2 c. chopped nuts</b>

**1/2 c. melted oleo**

Grease and flour Bundt pan. Place rolls in pan. Mix brown sugar and pudding. Sprinkle over rolls. Mix sugar and cinnamon. Sprinkle over brown sugar mixture. Sprinkle nuts over sugar mixture. Pour melted oleo over nuts.

Place on cabinet overnight; do not cover. Early in morning, bake at  $350^{\circ}$  for 30 minutes. Let set in pan 10 to 15 minutes. Turn out on large plate.

May be baked when dough has risen  $\frac{1}{2}$  inch of top of pan.

*Mrs. Mary L. Jelinek*

# Desserts



## HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6 cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:		
<b>A</b>	4-cup baking dish: 9-inch pie plate	
<b>B</b>	8x1¼-inch layer cake pan-C 7¾x3½x2¼-inch loaf pan-A	
<b>C</b>	6-cup baking dish: 8 or 9x1½-inch layer cake pan-C 10-inch pie plate 8½x3½x2½-inch loaf pan-A	
<b>D</b>	8-cup baking dish: 8x8x2-inch square pan-D 11x7x1½-inch baking pan 9x5x3-inch loaf pan-A	
<b>E</b>	10-cup baking dish: 9x9x2-inch square pan-D 11¼x7½x1¾-inch baking pan 15x10x1-inch jelly-roll pan	
<b>F</b>	12-cup baking dish and over: 13½x8½x2-inch glass baking pan 13x9x2-inch metal baking pan 14x10½x2½-inch roasting pan	12 cups 15 cups 19 cups
TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS		
<b>Tube Pans:</b>		
7½x3-inch "Bundt" tube pan-K	6 cups	
9x3½-inch fancy tube or "Bundt" pan-J or K	9 cups	
9x3½-inch angel cake pan-I	12 cups	
10x3¾-inch "Bundt" or "Crownburst" pan-K	12 cups	
9x3½-inch fancy tube mold-J	12 cups	
10x4-inch fancy tube mold (Kugelhupf)-J	16 cups	
10x4-inch angel cake pan-I	18 cups	
<b>Melon Mold:</b>	7x5½x4-inch mold-H	
	6 cups	
<b>Springform Pans:</b>		
8x3-inch pan-B	12 cups	
9x3-inch pan-B	16 cups	
<b>Ring Molds:</b>		
8½x2½-inch mold-E	4½ cups	
9¼x2¾-inch mold-E	8 cups	
<b>Charlotte Mold:</b>		
6x4½-inch mold-G	7½ cups	
<b>Brioche Pan:</b>		
9½x3½-inch pan-F	8 cups	

## DESSERTS

### APPLE CAKE

1 c. oil	1 tsp. soda
1 c. white sugar	1/2 tsp. nutmeg
1 c. brown sugar	1 tsp. cinnamon
2 eggs	3 c. chopped apples
1 tsp. vanilla	1 c. nuts
2 c. flour	1 c. coconut (optional)

Beat the oil, sugars, eggs, and vanilla. Add flour, soda, nutmeg, and cinnamon. Mix, then add the apples, nuts, and coconut. Bake at 325° for 45 to 60 minutes in a 9x13 inch pan.

*Sally Jelinek*

### APPLE CAKE

2 c. flour	1/2 c. oil
2 c. sugar	2 tsp. vanilla
1 tsp. baking soda	4 c. peeled diced apples
1/2 tsp. salt	1/2 c. chopped nuts
2 eggs	1/2 c. brown sugar

Mix 2 eggs, 1/2 cup oil, and 2 teaspoons vanilla. Combine ingredients with the 4 cups of peeled, diced apples. Top with 1/2 cup of chopped nuts and 1/2 cup brown sugar. Bake in a 9x13 inch cake pan at 350° for 1 hour. Serve with dollop of whipped cream or ice cream.

Cherries can be substituted for apples; leave off brown sugar and nuts.

*Maxine Korson*

### OATMEAL CAKE

Pour 1 1/2 cups of boiling water over 1 cup oatmeal.

1 stick oleo	1 c. brown sugar
1 c. white sugar	

Cream together well.

Add:

2 eggs, well beaten	1 tsp. cinnamon
1 1/3 c. sifted flour	1/2 tsp. nutmeg
1 tsp. soda	

Add oatmeal. Cream together first 5 ingredients. Add eggs. Sift dry ingredients. Add to creamed mixture. Add oatmeal last.

Topping:

1/4 c. brown sugar	1/2 c. chopped nuts
3/4 stick butter, melted (or oleo)	1 c. coconut

Mix together and spread over cake before baking. Bake in greased pan at 350° for 30 to 45 minutes.

*Gen Patterson*

### CARROT CAKE

2 c. flour	2 c. sugar
2 tsp. soda	2 tsp. cinnamon
1 tsp. salt	4 eggs, beaten
1 1/4 c. cooking oil	3 c. grated carrots

Sift flour with soda and salt; add cooking oil, stirring constantly. Add sugar, cinnamon, and beaten eggs. Add grated carrots. Pour into ungreased layer or loaf pan. Bake at 350° for 30 to 45 minutes.

Frosting:

1 (8 oz.) cream cheese	1 pkg. sifted confectioners sugar
1 stick butter or margarine	2 tsp. vanilla

Beat all together and frost cake.

*Gen Patterson*

### MOLASSES CAKE

1 1/4 c. sugar	2 1/2 c. flour
1/2 c. butter or margarine	1 tsp. cinnamon
1/2 c. molasses	1/4 tsp. salt
2 level tsp. soda (in water)	2 beaten eggs
1 c. boiling water	

Cream together sugar and butter or margarine; add molasses. Stir in boiling water with soda in. Add beaten eggs. Stir in flour, cinnamon, and salt. Mix well. Bake in greased cake pan, 8x12 inches, for 30 to 35 minutes.

*Frances Sedlacek*

### ANGIE'S SMALL CAKE

1 1/2 c. flour	1/4 tsp. salt
3/4 c. sugar	1 c. buttermilk
1 tsp. soda	1 egg

Melt 1 1/2 squares Baker's chocolate or 2 tablespoons cocoa with 3 tablespoons butter and 1 teaspoon vanilla.

Sift flour, sugar, soda, salt, and if using, cocoa. Add also to dry. Melt 1 1/2 chocolate squares, butter, and vanilla together. Add to dry ingredients. Add egg and buttermilk; mix well. Take only 2 dishes to mix. Bake in 8x8 inch pan at 350°.

When cool, frost with powdered sugar (1/2 box) and 2 or 3 tablespoons cocoa. Add 3 tablespoons melted butter. Thin with hot or cold coffee. Mix well and put on cake.

*Martha Kovarik Brown*



Drop on cookie sheet and press down a little with a fork. Bake in 375° to 400° oven.

*Celia Kalchik*

### ORANGE COOKIES

**2 c. sugar**  
**1 c. shortening (1/2 butter and 1/2 lard)**

Cream together.

Add:

**1 c. milk**  
**1 orange (grated rind and juice)**  
**4 1/2 to 5 c. sifted flour**  
**A little salt**

Drop by teaspoon on baking sheet. Put a raisin in top of each cookie. Dough seems thin but gets thicker in a little while. Bake in 425° oven. No eggs.

*Celia Kalchik*

**2 tsp. baking powder (fully rounded tall)**  
**1 level tsp. soda, dissolved in hot water**

### SOUR CREAM CUTOUT COOKIES

**1 1/2 c. shortening (Crisco)**  
**2 c. sugar**  
**3 eggs**  
**1 c. sour cream**  
**3 tsp. vanilla**

Cream together shortening and sugar. Add eggs, 1 at a time. Mix well. Add vanilla and sour cream. Mix together salt, soda, baking powder, and 3 cups flour. Add to creamed mixture. Gradually add remaining 3 cups of flour to make a stiff dough. Chill dough in refrigerator 1 hour. Use a small portion of dough at a time and roll out on a floured surface. Cut into shapes with cookie cutters. Bake at 350° for 12 to 15 minutes. Makes 7 dozen cookies.

*Elizabeth Houdek*

**1 tsp. salt**  
**1 tsp. soda**  
**1 1/2 tsp. baking powder**  
**6 c. flour**

### MINCEMEAT COOKIES

**1 c. shortening (Crisco, etc.)**  
**1 1/2 c. sugar (white)**  
**3 eggs**  
**3 c. flour**

Cream together shortening and sugar. Add eggs, beating until smooth. Combine dry ingredients and add to creamed mixture. Mix well. Stir in mincemeat. Drop by rounded spoonfuls, 2 inches apart on baking sheet. Set oven to 375°. Bake 8 to 10 minutes or till brown. Makes 3 dozen cookies.

*Elizabeth Houdek*

**1 tsp. baking soda**  
**1/2 tsp. salt**  
**1 1/2 c. mincemeat (canned)**

### RAISIN SPICE COOKIES

**1 c. shortening (soft)**  
**1 c. brown sugar**  
**1/2 c. white sugar**  
**2 eggs**  
**1/4 c. milk**  
**2 c. flour**

**1 tsp. soda**  
**1 tsp. baking powder**  
**2 tsp. cinnamon**  
**1/2 tsp. nutmeg**  
**4 c. oatmeal (quick)**  
**1 c. raisins**

Mix first 5 ingredients; mix well. Sift flour and spices in first mixture. Beat well; add oatmeal and raisins. Mix well. Drop by rounded teaspoons on greased cookie sheet. Bake at 400° for 10 to 12 minutes or until golden brown.

*Frances Sedlacek*

### HONEY-NUT CHRISTMAS COOKIES

Combine 2 cups flour and pinch of salt. Cut in 1 cup cold butter, cut up into the flour. Blend in 1 (8 ounce) package cream cheese, cut up. Divide dough in half into balls. Refrigerate 1 hour.

Filling: Grind in blender 1 cup walnuts and 1/4 cup sugar. Place in a bowl and add 6 tablespoons honey, 1 teaspoon butter, melted, and 1/2 teaspoon cinnamon.

Set oven at 325°. Grease 2 cookie sheets. Flour a flat surface. Roll out dough to 1/8 inch thick. Cut into circles with floured 2 inch round cookie cutter. Place 1 teaspoon filling in 1/2 of the circles. Top with remaining circle; press edges with fork to seal. Transfer to cookie sheets. Bake 22 to 25 minutes until golden. Cool on wire rack.

*Grace Kolarik*

### ROSE CAFE OATMEAL COOKIES

**2 3/4 c. flour**  
**1 tsp. soda**  
**2 tsp. salt**  
**1 1/2 c. butter or oleo**  
**2 c. light brown sugar**  
**2 large eggs**

**2 tsp. vanilla**  
**1/2 c. water**  
**6 c. oatmeal**  
**2 c. walnuts, chopped**  
**2 c. raisins**

Sift flour, soda, and salt. Cream together with butter and sugar and add eggs. Beat until smooth. Add vanilla; together add water and flour alternately. Stir in oatmeal, nuts, and raisins. Drop by tablespoon onto greased pan. Bake at 350°. Makes about 7 dozen.

*Kathryn Schaub*

### NO-BAKE CHOCOLATE OATMEAL COOKIES

**2 c. sugar**  
**1/2 c. cocoa**  
**1/2 c. milk**

**1 stick oleo**  
**3 c. oatmeal**  
**1 tsp. vanilla**

Boil sugar, cocoa, milk, and oleo, stirring constantly 3 minutes. Remove from heat and quickly add oatmeal and vanilla. Drop by teaspoonful on a sheet of waxed paper.

*Leona Kalchik*

### FRUIT CAKE COOKIES

Cream together:

1 c. butter	3 eggs
1 1/4 c. brown sugar	1 1/2 tsp. vanilla

Add to the creamed mixture:

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

Coat the fruit with 1/2 cup flour:

2 lb. dates, chopped	1 lb. walnuts, chopped
1 lb. candied fruit	1/2 lb. almonds, chopped
4 oz. pineapple	1/2 lb. Brazil nuts
4 oz. glazed cherries	1 tsp. cinnamon

Spoon into the mixture until well blended. Bake at 375° on a greased cookie sheet.

*Mary Ann Kolarik*

### MOLASSES SUGAR COOKIES

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

Melt shortening over low heat. Remove from heat and let cool. Add sugar, molasses, and egg; beat well. Sift together flour, soda, cloves, ginger, cinnamon, and salt. Add to first mixture; mix well. Chill. Form 1 inch balls; roll in granulated sugar. Place on greased cookie sheet and bake at 375° for 8 to 10 minutes.

*Bobbie Roubal*

### OLD SOUTH CHERRY PUDDING

1 stick butter, melted	3/4 c. milk
3/4 c. sugar	2 tsp. baking powder
3/4 c. flour	1 can sour cherries

Mix dry ingredients. Add milk, butter, and flour. Pour mixture over cherries that have been sweetened to taste. Bake in greased 8x8 inch pan at 350° for 1 hour. Really good.

*Carol Kolarik*

### CINDY'S BROWNIES

1 stick butter	1 c. flour
1 stick margarine	3/4 c. Hershey's powdered chocolate
2 c. sugar	plus 1/4 c. butter or 4 oz.
3 eggs, beaten	unsweetened chocolate bars
1 tsp. vanilla	
1 tsp. salt	1 c. walnuts or pecans

Melt chocolate in double boiler with butter; stir. Add sugar; stir until smooth consistency. Cool a little; add beaten eggs, then flour and rest of ingredients. Bake at 350° for 35 minutes or until toothpick is a little gooey, not clean.

*Carol Kolarik*

### ZUCCHINI BARS

2 c. sugar	1/4 tsp. baking powder
1 c. oil	1 tsp. vanilla
3 eggs	1 tsp. cinnamon
2 c. flour	3/4 c. oatmeal
1 tsp. salt	2 c. shredded unpeeled zucchini
2 tsp. baking soda	1 c. walnuts

Beat together sugar, oil, and eggs in large bowl. Beat in flour, cinnamon, salt, baking powder, soda, and vanilla. Fold in oatmeal, zucchini, and nuts. Mix well. Pour into a 10x15 inch pan. Bake at 350° for 20 minutes.

Frost with a cream cheese frosting:

1/2 c. soft butter	2 1/2 c. powdered sugar
1/4 tsp. almond extract	1 (3 oz.) cream cheese, softened
2 tsp. vanilla	

Beat until smooth.

*Dolores Houdek*

### PUMPKIN PIE SQUARES

1 (13 oz.) can canned milk	1 c. sugar
3 eggs, beaten	1 (13 oz.) can pumpkin
2 tsp. pumpkin pie spice	1 pkg. yellow cake mix
1/2 tsp. salt	1/2 c. margarine

Combine the first 6 ingredients. Pour into an 11x13 inch pan. Sprinkle dry cake mix over the top. Slice butter over top of the cake mix. Bake at 350° for 30 to 40 minutes. Serve with whipped cream.

*Mary Ann Kolarik*

## BREAD PUDDING

2 c. day old bread  
4 c. scalded milk  
1 c. sugar  
1½ Tbsp. butter  
¼ tsp. salt

4 eggs, slightly beaten  
1 tsp. vanilla  
½ to 1 c. chopped pecans or  
raisins (optional)  
¼ tsp. nutmeg

Heat oven to 350°. In large bowl, soak bread in milk 5 minutes. Add sugar, butter, salt, eggs, and vanilla. Mix well. Stir in pecans. Pour into 1½ quart baking dish. Sprinkle with nutmeg. Place baking dish in pan of hot water in oven. Bake 1 hour.

*Minnie Schroeder*

## CRANBERRY BREAD PUDDING

For 6 cup baking dish:

3 eggs	1 c. cranberries
2 egg yolks	½ c. raisins (optional)
1 c. sugar	1 or 2 Tbsp. butter
2½ c. milk, heated	Powdered sugar for garnish
1 tsp. vanilla	

Preheat oven to 350°. Grate rind of orange (optional). Use 6 cups stale bread, cubed (about 6 ounces). Beat the eggs, egg yolks, and sugar. Add hot milk to make a custard mixture is not necessary to heat the milk. This will aid in the soaking the bread in cooking time. Add vanilla and rind if using. Pour custard mixture over bread. (Allow 10 to 5 minutes and stir again. It is important the bread is saturated with custard.) When bread is completely saturated, add cranberries and raisins. Place in pan of water to come at least an inch on baking dish. Bake about 40 minutes until nicely browned and custard is set. Serve warm.

*Martha K. Brown*

## JANIS'S DESSERT

½ c. butter  
1 c. water

Bring butter and water to a boil. Add flour all at once. Stir until mixture leaves side of pan. Remove from heat. Spread mixture out in a pan. Cool for 2 minutes. Add 4 eggs, 1 at a time; beat well with a spoon after each egg. Grease 10x15 inch cookie sheet. Spread puff out on cookie sheet. Bake for 35 to 40 minutes at 350°. Cool.

Mix 8 ounces cream cheese and 1 cup milk. Add 3 packages (3.4 ounces) instant vanilla pudding and 3½ to 4 cups milk. Blend 2 minutes till thick. Spread on puff pastry. Chill. Spread with Cool Whip. Chill. Before cutting, drizzle with chocolate syrup.

*Grace Kolarik*

## ICE CREAM SUNDAE DESSERT

12 oz. semi-sweet chocolate chips  
12 oz. evaporated milk  
½ tsp. salt

12 oz. vanilla wafers, crushed  
½ c. butter or margarine, melted  
2 qt. vanilla ice cream, softened

Melt chocolate chips, milk, and salt in saucepan over medium heat. Cook and stir until thickened, about 25 minutes. Remove from heat; set aside. Combine wafer crumbs and butter; set aside 1 cup. Press remaining crumbs into greased 13x9x2 inch pan. Chill for 10 to 15 minutes. Pour chocolate over crumbs. Cover and freeze for 20 to 25 minutes or until firm. Spread ice cream over chocolate. Sprinkle with reserved crumbs. Freeze at least 2 hours before serving. Makes 12 to 16 servings.

Note: Vanilla ice cream can be substituted to a different flavor if desired.

*Kathy Kalchik*

## CHEESECAKE

3 small pkg. cream cheese	½ c. sugar
1 pt. sour cream	½ tsp. vanilla
2 eggs	Pinch of salt
Crust:	
18 graham crackers, crumbled fine	½ c. melted butter

Form crust into pan. Have all ingredients at room temperature. Blend all ingredients. Pour into crust. Bake at 350° for 20 to 25 minutes. Chill.

*Mary Dietrich*

## CHOCOLATE LUSH DESSERT

First layer:

1 c. flour	1 c. chopped nuts
¼ c. sugar	1 stick butter

Mix and press in bottom of 13x9 inch pan and bake for 15 minutes at 350°. Cool.

Second layer:

1 c. powdered sugar	8 oz. cream cheese
2 c. Cool Whip	

Combine and spread on cooled pie crust layer.

Third layer:

1 pkg. instant chocolate fudge pudding	1½ c. milk for each
1 pkg. instant French vanilla pudding	

Mix according to package directions. Spread 1 layer of vanilla and 1 layer of chocolate.

Topping: Spread Cool Whip on pudding layer. Refrigerate. Cut into squares to serve.

*Phyllis Korson*

### LEMON LUSH

Mix:

**1 stick margarine**                            **1/2 c. chopped pecans**  
**1 c. flour**

Press mixture into 8x14 inch pan. Bake 15 minutes at 350°. Cool crust. Mix 1 cup powdered sugar, 1 (8 ounce) cream cheese, and 1 cup Cool Whip. Spread over crust. Mix until slightly thick 2 packages lemon pudding (instant) and 3 cups of milk. Spread over the preceding. Top with Cool Whip. Refrigerate.

*Mary Dietrich*

### RASPBERRY DELIGHT

<b>2 1/4 c. all-purpose flour</b>	<b>3/4 c. butter or margarine, softened</b>
<b>2 Tbsp. sugar</b>	
Filling:	
<b>1 (8 oz.) pkg. cream cheese, softened</b>	<b>1 tsp. vanilla extract</b>
<b>1 c. confectioners sugar</b>	<b>1/4 tsp. salt</b>
	<b>2 c. whipped topping</b>
Topping:	
<b>1 (6 oz.) pkg. raspberry gelatin</b>	<b>2 (10 oz.) pkg. sweetened frozen raspberries</b>

In a bowl, combine flour and sugar; blend in butter with a wooden spoon until smooth. Press into an ungreased 13x9x2 inch baking pan. Bake at 300° for 20 to 25 minutes or until set (crust will not brown). Cool.

In a mixing bowl, beat cream cheese, confectioners sugar, vanilla, and salt until smooth. Fold in whipped topping. Spread over crust.

For topping, dissolve gelatin in boiling water; stir in raspberries. Chill for 20 minutes or until mixture begins to thicken. Spoon over filling. Refrigerate until set. Cut into squares. Yield: 12 to 16 servings.

*Betty Popp, Mary L. Jelinek*

### NEVER FAIL PIE CRUST - DOUBLE CRUST

Put 2 1/4 cups sifted flour and 1 teaspoon salt into a bowl. Make a paste of 1/3 cup of this flour and 1/4 cup water. Cut 3/4 cup of shortening into dry flour until pieces are the size of small peas. Add flour-paste to flour and shortening mixture. Mix thoroughly until dough comes together and can be shaped into a ball. Divide into parts and roll out 1/8 inch thick.

Single pie crust: Use 1 1/2 cups flour, 1/2 teaspoon salt, and 1/2 cup shortening. Make a paste of 1/4 cup flour and 3 tablespoons water. Proceed as directed.

*Bobbie Roubal*

### PEANUT BUTTER CRUNCH PIE

<b>1 1/2 c. Rice Krispies</b>	<b>2 c. skim milk</b>
<b>4 Tbsp. peanut butter with nuts</b>	<b>1 medium banana</b>
<b>1 Tbsp. honey</b>	
<b>1 pkg. low-cal chocolate or butterscotch instant pudding</b>	

Mix peanut butter and honey in a double boiler. Add Rice Krispies; mix. Pat crust into pie pan. Slice banana and place over crust. Mix low-cal pudding with milk. Pour over bananas. If desired, top with fat-free whipped topping.

One-fourth pie equals 1 point (Weight Watchers).

*Phyllis Korson*

### CARAMEL APPLE PIE

<b>1 c. sugar</b>	<b>2 Tbsp. milk</b>
<b>1/4 c. all-purpose flour</b>	<b>1 c. all-purpose flour</b>
<b>1 tsp. ground cinnamon</b>	<b>1/2 c. packed brown sugar</b>
<b>6 c. Jonathan apples, peeled and chopped coarsely</b>	<b>1/2 c. butter</b>
<b>1/2 c. caramel-apple dip</b>	<b>Single pie crust (I use Pillsbury folded crust)</b>

Form pie crust in a 9 inch pie plate. Don't prick pastry. In large bowl, mix sugar, 1/4 cup flour, and cinnamon. Add the apples and toss to coat. Spread mixture into pie crust. Mix 2 tablespoons of the caramel-apple dip and 2 tablespoons milk. Drizzle over apples.

Combine 1 cup flour and brown sugar in mixing bowl. Cut in 1/2 cup butter until it makes coarse crumbs. Sprinkle over filling. Cover edge of pie with foil to prevent overbaking. Place on baking sheet. Bake 30 minutes in a 350° oven. Remove foil. Bake 25 to 30 minutes more or until golden. Cool 10 minutes. Drizzle remaining caramel dip on top. (I soften dip in microwave for a few seconds.) Serves 8 to 10.

*Dorothy A. Forton*

### FT. KNOX PIE

<b>1 env. Knox unflavored gelatine</b>	<b>2 eggs</b>
<b>1/4 c. cold water</b>	<b>1 tsp. vanilla extract</b>
<b>2 c. (1 pt.) whipping or heavy cream</b>	<b>22 caramels (about 1 c.)</b>
<b>1 (6 oz.) bag semi-sweet chocolate chips</b>	<b>2 Tbsp. butter</b>

Chocolate-Pecan Crust:

<b>2 c. chocolate wafer cookie crumbs</b>	<b>1/2 c. melted butter or margarine</b>
<b>3/4 c. finely chopped pecans</b>	

In small saucepan, sprinkle gelatine over water; let stand 1 minute. Stir over low heat till completely dissolved. Stir in 1 cup cream. Bring to boiling point; add to blender with chocolate. Process till chocolate is melted. While processing, add 1/2 cup cream, eggs, and vanilla; process till blended. Pour into bowl; chill till thickened, about 15 minutes.

In small pan, combine caramels, 1/4 cup cream, and butter. Simmer, stirring occasionally till caramels are melted. Pour onto crust. Let cool 10 minutes. With whisk or spoon, beat gelatine mixture till smooth. Pour into crust; chill till firm. Garnish with remaining cream, whipped.

Crust: Combine chocolate wafer cookie crumbs, finely chopped pecans, and melted butter or margarine. Press into 9 inch pie pan and up sides to form high rim. Bake at 350° for 10 minutes; cool.

*Mary Ann Kovarik*

### SOUR CREAM CHERRY PIE

1 single pie shell (uncooked)	3 eggs
2 Tbsp. minced almonds	1 tsp. vanilla
1 c. cherry pie filling	1/2 tsp. almond extract
1 Tbsp. lemon juice	1/3 c. sugar
1 Tbsp. grated orange rind	3/4 c. sour cream

Press almonds in bottom of pie shell. Mix filling, lemon juice, and rind. Spoon into crust. Beat eggs. Beat sugar in gradually. Stir in flavorings and sour cream. Pour over cherries and bake at 350° for 55 minutes.

*Gloria Plamondon*

### PUMPKIN PIE

2 c. pumpkin	1/2 tsp. salt
1 (14 oz.) can homemade sweetened condensed milk	1/2 tsp. ground ginger
2 eggs	1/2 tsp. ground nutmeg
1 tsp. ground cinnamon	Whipped cream and nuts

Preheat oven to 425°. In large bowl, combine filling ingredients. Mix well and pour into shell. Bake 15 minutes; reduce oven temperature to 350°. Bake 35 to 40 minutes or until knife inserted 1 inch from edge comes out clean. Cool before cutting. If desired, garnish with whipped topping and nuts. Refrigerate leftovers.

*Phyllis Korson*

### “BIG BOY” STRAWBERRY PIE

1 c. sugar	2 Tbsp. cornstarch
1 c. water	

Cook until thick; add 4 tablespoons strawberry Jell-O. Let cool and pour over 2 cups fresh strawberries in prebaked pie shell. Top with whipped cream.

*Linda Avis*

### SUGAR FREE APPLE PIE

4 c. sliced, peeled apples (sweet variety)	1 1/2 tsp. tapioca
1/2 c. frozen apple juice (concentrate, undiluted)	1/2 tsp. lemon juice (optional)
	1/2 to 1 tsp. cinnamon, nutmeg, or apple pie spice

Mix apples, juice concentrate, tapioca, and spice. Stir until apples are well coated. Pour into a pastry lined pie pan and top with second crust. Seal edges and slit top. Bake at 425° for 40 to 45 minutes until golden brown. Serve warm or cold.

Very good pie for diabetics.

*Dorothy Forton*

### PUMPKIN CHIFFON PIE

3 egg yolks	1/2 tsp. cinnamon
1/2 c. sugar	1/2 tsp. nutmeg
1 1/4 c. canned pumpkin	1 Tbsp. unflavored gelatin
1/2 c. milk	1/4 c. cold water
1/2 tsp. salt	3 stiffly beaten egg whites
1/2 tsp. ginger	1/2 c. sugar

Beat egg yolks and 1/2 cup sugar until well blended; add pumpkin, milk, salt, and spices. Cook in double boiler, stirring constantly, until thick, about 5 to 7 minutes. Soften gelatin in cold water. Stir in hot mixture until gelatin dissolves. Cool to room temperature. Beat egg whites until fluffy; gradually add 1/2 cup sugar and beat until soft peaks form. Fold into filling. Pour into graham cracker crust and chill. When firm, trim with whipped cream and candy corn.

Pumpkin Chiffon Pie Crust - Combine:

1 1/2 c. (18 crackers) fine graham cracker crumbs	1 1/4 c. sugar
	1/3 c. melted butter or margarine

Mix until crumbs are moist. Press crumb mixture firmly in a 9 inch pie plate. Chill crust about 45 minutes or until set.

*Gert McLaughlin*

### IMPOSSIBLE PIE (CUSTARD TYPE) (Microwave)

1/2 c. Bisquick	2 c. milk
1 c. sugar	1/2 stick butter
1/2 tsp. salt	1 tsp. vanilla
4 eggs	

Blend all ingredients. Sprinkle nutmeg on top. Cook 11 to 13 minutes on level 8.

*Julie Werner*

### LEMON PUDDING CAKE

1 1/2 c. sugar	1/2 c. sifted flour
4 eggs, separated	1/2 tsp. salt
1/3 c. lemon juice	1 1/2 c. milk
1 tsp. grated lemon rind	Sweetened whipped cream
1 Tbsp. melted butter	

Beat together egg yolks, lemon juice, lemon rind, and butter until thick and lemon colored. Combine sugar, flour, and salt. Add egg mixture alternately with milk, beating after each addition. Beat egg whites until stiff; blend into batter using low speed of electric mixer. Pour into 8 inch square baking dish. Set in a pan of hot water. Bake at 350° for 45 minutes or until golden brown. Serve warm, topped with cream.

*Mary Ann Kolarik*

### WILLIAMSBURG TRIFLE

1 pkg. Jiffy yellow cake mix	1 c. chilled whipping cream
1 (16 oz.) pkg. frozen strawberries	1/4 c. toasted slivered almonds
1/4 c. sugar	5 whole strawberries (optional)
1 pkg. vanilla instant (make cold) pudding	

Bake cake in square pan as directed on package. Cool. Cut cake in 8 pieces; split each piece horizontally. Arrange half the pieces in 2 quart glass serving bowl. Pour 1/2 the thawed strawberries over cake. Spread with 1/2 the pudding. Repeat. Cover; chill at least 8 hours. In chilled bowl, beat cream and sugar until stiff. Spread over trifle. Sprinkle with almonds. Garnish.

*Phyllis Korson*

### HEAVENLY HEART CHOCOLATE CAKE

3/4 c. cocoa	2 c. unsifted cake flour or 1 3/4 c. all-purpose flour
3/4 c. boiling water	1 1/4 tsp. baking soda
2/3 c. oleo, softened	1/4 tsp. salt
2 c. sugar	3/4 c. buttermilk or sour milk
1 tsp. vanilla	
2 eggs	

Stir together cocoa and boiling water in small bowl until smooth; set aside. Cream oleo, sugar, and vanilla in large mixer bowl until fluffy; beat in eggs and cocoa mixture. Combine flour, baking soda, and salt; add alternately with buttermilk or sour milk to creamed mixture. Pour batter into 2 greased and floured 9 inch layer pans. Bake at 350° for 30 to 35 minutes.

To sour milk, use 2 teaspoons vinegar plus milk to equal 3/4 cup.

*Mary Ann Kovarik*

### FRENCH CAKE

2 c. sugar	1 c. butter
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Cream together.

1/2 c. sweet milk	3 c. flour
4 eggs (yolks and whites beaten separately)	2 tsp. baking powder
	1 tsp. vanilla

Beat until smooth. Bake in 3 layers at 350°.

*Barbara Kalchik*

### DATE CAKE

1 c. sugar	1 tsp. soda
1 c. sour milk	1 pkg. dates
1 c. melted shortening or vegetable oil (scant c.)	Chopped nutmeats
2 c. flour	2 eggs
	Vanilla

Bake about 1 hour at 375°.

*Jeanetta Gibson*

### CHERRY CHOCOLATE CAKE

1 pkg. chocolate cake mix	5 Tbsp. butter
3 eggs	1/3 c. milk
1 can cherry fruit filling	1 pkg. semi-sweet chocolate pieces
1 c. sugar	

Combine and mix until well blended cake mix, eggs, and cherry fruit filling. Pour into greased and floured 9x13 inch pan. Bake at 350° for 35 to 40 minutes or until done. Frost when cool with the following frosting.

Frosting: In a small saucepan, combine sugar, butter, and milk. Bring to a boil, stirring constantly, and cook 1 minute. Remove from heat; stir in chocolate pieces until melted and smooth. Spread over cake.

*Grace Kolarik*

### ORANGE-RAISIN CAKE

No creaming of shortening. All ingredients at room temperature.

Grind together:

1 large orange (pulp and rind - reserve juice for topping)	1 c. raisins
	1/3 c. walnuts

Sift together:

2 c. sifted cake flour	1 tsp. soda
1 tsp. salt	1 c. sugar

Add 1/2 cup shortening (I prefer butter, makes a finer grain) and 3/4 cup milk. Beat by hand for 300 strokes, then add 2 unbeaten eggs and 1/4 cup milk. Beat for additional 300 strokes. Fold in orange-raisin mixture. Pour into well greased and lightly floured 13x9x2 inch loaf pan or in 2 layer cake pans which you lined with wax paper. Bake in moderate oven, 350°, for 40 to 50 minutes for the loaf, 20 to

25 minutes for the layers. Drop  $\frac{1}{3}$  cup orange juice over warm cake; sprinkle with mixture of  $\frac{1}{3}$  cup sugar and 1 teaspoon cinnamon. Frost with your favorite seven-minute frosting.

*Mary A. Jelinek*

### CARROT CAKE

2 c. flour	2 c. sugar
2 tsp. soda	2 tsp. cinnamon
1 tsp. salt	4 eggs, beaten
1 $\frac{1}{4}$ c. cooking oil	3 c. grated carrots

Sift flour, soda, and salt together. Add cooking oil, stirring constantly. Add sugar, cinnamon, beaten eggs, and grated carrots. Pour into ungreased layer pans or 1 large pan. Bake at 350° for 30 to 45 minutes. (Frosting follows.)

Carrot Cake Frosting:

1 (8 oz.) pkg. cream cheese	2 Tbsp. vanilla
1 stick butter or margarine	$\frac{1}{2}$ c. chopped nuts
1 pkg. sifted confectioners sugar	

Soften cream cheese and margarine; add sugar gradually, mixing well each time. Add vanilla and mix. Stir in nuts and mix well. Spread over cooled cake.

*Phyllis Korson*

### APPLESAUCE CAKE

1 c. sugar	1 tsp. cinnamon
1 c. raisins	1 c. unsweetened warm applesauce
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ tsp. cloves
1 $\frac{3}{4}$ c. flour	$\frac{1}{4}$ c. Crisco
$\frac{1}{4}$ tsp. salt	1 tsp. soda

Mix sugar, cinnamon, flour, Crisco, nutmeg, cloves, salt, and raisins. Dissolve soda in unsweetened warm applesauce and add to other ingredients. Bake in greased and floured 8 inch pan for about 30 to 40 minutes at 350°.

*Phyllis Korson*

### CUPCAKES THAT FILL THEMSELVES

1 pkg. chocolate cake mix	Dash of salt
1 (8 oz.) pkg. cream cheese	1 egg
$\frac{1}{3}$ c. sugar	1 c. chocolate chips

Prepare cake mix as directed and fill 30 paper baking cups in muffin tins,  $\frac{2}{3}$  full. Cream together the cheese, sugar, salt, and egg. Stir in chocolate chips. Drop by 2 teaspoons into cupcakes. Bake at 350° for 15 to 25 minutes.

*Mary Kolarik*

### NO COOK FROSTING

1 unbeaten egg	$\frac{3}{4}$ c. jam or jelly
1 c. sugar	$\frac{1}{4}$ c. water

Beat all ingredients in a large bowl (a stationary mixer is best because it takes quite a while to beat).

Substitute: You may use  $\frac{3}{4}$  cup frozen fruit in place of jam; if you do, omit water.

Enough to cover a 2 layer cake.

*Rosie Houdek*

### CHOCOLATE BUTTERCREAM FROSTING

6 Tbsp. oleo, softened	$\frac{2}{3}$ c. unsifted confectioners sugar
$\frac{3}{4}$ c. cocoa	1 tsp. vanilla
$\frac{1}{3}$ c. milk	

Cream butter. Add cocoa and sugar alternately with milk. Blend in vanilla.

*Mary Ann Kovarik*

### BANANA CUPCAKES

Cream:	
$\frac{1}{2}$ c. shortening	$1\frac{1}{2}$ c. sugar
	Add 2 eggs and beat.
$2\frac{1}{4}$ c. flour	$\frac{1}{4}$ c. buttermilk
$\frac{1}{4}$ tsp. baking powder	1 c. mashed bananas
$\frac{3}{4}$ tsp. soda	1 c. chopped nuts
$\frac{1}{2}$ tsp. salt	

Bake at 350°. Ice with butter cream frosting.

*Geraldine Houdek*

### OATMEAL CHOCOLATE CHIP COOKIES

3 $\frac{1}{2}$ c. unsifted flour	4 eggs
2 tsp. baking soda	2 tsp. vanilla
1 $\frac{1}{2}$ tsp. salt	12 oz. chocolate chips
2 c. margarine, softened	2 c. chopped nuts
2 c. brown sugar, packed	3 c. oatmeal
1 c. granulated sugar	

Preheat oven to 350°. In medium bowl, mix flour, baking soda, and salt; set aside. In large bowl, beat margarine and sugars until creamy. Beat in eggs and vanilla. Add flour mixture; mix well. Stir in oats, chocolate chips, and nuts. Drop by rounded tablespoon balls onto ungreased cookie sheets. Bake about 12 minutes or until lightly browned. Makes 6 dozen large cookies.

*Jan Schmidt*

## QUICKIE - EMERGENCY PEANUT BUTTER COOKIES

1 c. peanut butter                            1 egg  
1 c. sugar

Mix all ingredients well; roll into balls and press with floured fork. Bake on ungreased cookie sheets. Bake at 350° for 10 to 12 minutes.

*Rosie Houdek*

## SWEETEST COOKIES (Refrigerator)

2 eggs, well beaten                             $\frac{3}{4}$  c. melted Crisco  
1 c. white sugar                                2 Tbsp. vanilla  
1 c. brown sugar                                2 tsp. hot water  
3/4 c. melted butter

Stir together. Sift 4 cups flour with 1/2 teaspoon baking powder and 1 teaspoon soda. Add nuts. Shape into loaves; roll in wax paper. Refrigerate overnight. Slice thin; bake 10 minutes in quick oven.

*Jeanetta Gibson*

## COCONUT OATMEAL COOKIES

1 c. brown sugar                                2 eggs  
1 c. white sugar                                1 tsp. vanilla  
1 c. shortening

Sift together:

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

Add vanilla, 2 cups oatmeal, and 1 cup coconut. Add nuts, dates or raisins, if desired.

*Jeanetta Gibson*

## OLD-FASHIONED GRANOLA

5 c. rolled oats                                1 c. 100% bran  
1 c. chopped nuts                                1 c. raisins (light and dark)  
1/2 c. hulled sunflower seeds                1/4 c. brown sugar  
2 Tbsp. cinnamon                                1/4 c. coconut

Mix preceding ingredients in a large pan.

Coat with honey coating following:

3/4 c. honey                                    3/4 c. vegetable oil  
1/4 c. prune juice                                3 tsp. vanilla

Over low heat, blend well the honey, oil, and prune juice. Stir in vanilla. Mix well. Immediately pour over other ingredients and stir until all is well coated. Bake

at 250° for 45 minutes. Stir every 15 minutes to keep well coated. Store in tightly covered containers.

*Grace Kolarik*

## CRAZY PEANUT BUTTER COOKIES

1 slightly beaten egg                            1 c. peanut butter  
1 c. white sugar

Mix egg in sugar; add peanut butter. Make balls and flatten. Bake at 350° for 8 to 10 minutes.

*Dolores Houdek, Northport, MI*

## MEXICAN FRUIT CAKE

2 c. flour                                        2 eggs  
2 c. sugar                                        1 (20 oz.) can crushed pineapple  
1 tsp. soda                                        1 c. chopped walnuts

Thoroughly mix preceding ingredients and pour into ungreased 9x13 inch cake pan. Bake at 350° for 40 minutes or until toothpick inserted in center comes out clean.

Frosting:

8 oz. pkg. cream cheese, softened            1 stick oleo, softened  
1 tsp. vanilla                                        2 c. powdered sugar

Beat preceding ingredients until smooth. Frost the cooled cake.

*Susan Jelinek*

## DUSTY MILLER COOKIES

1 c. sugar                                        2 tsp. soda  
3/4 c. shortening                                1 tsp. ginger  
1 egg, beaten                                    1 tsp. cinnamon  
1/4 c. molasses                                Powdered sugar  
2 c. flour

Cream shortening and sugar; add the beaten egg and molasses. Sift flour, soda, and spices together. Stir into creamed mixture. Chill. Form into ball the size of a walnut; roll well in powdered sugar. Place about 2 inches apart on greased cookie sheet. Bake at 400° about 8 to 10 minutes.

*Cecilia A. Jelinek*

## PEANUT BUTTER COOKIES

1 1/2 c. light corn syrup                        1 1/2 c. sugar

Bring to a boil and remove from heat.

Add:

3 c. peanut butter                                10 1/2 c. corn flakes

Stir well. Spread on buttered pan. Cut into small pieces.

*Mary Kolarik*

### PEANUT BUTTER COOKIES

**1 c. shortening**  
**1 c. white sugar**  
**1 c. brown sugar**  
**2 eggs, well beaten**  
**1 c. peanut butter**

**1 tsp. vanilla**  
**3 c. sifted flour**  
**1/2 tsp. salt**  
**2 tsp. soda**

Cream shortening thoroughly. Add the sugar gradually, then add the beaten eggs and the peanut butter. Add vanilla; sift flour, soda, and the salt several times. Add gradually; mix well. Shape into balls the size of a walnut. Place on a cookie sheet and flatten with a fork (dip in water) to  $\frac{1}{4}$  inch. Bake until brown at 400° for 8 minutes. Makes 100 cookies.

*Gertrude McLaughlin*

### FAVORITE CHOCOLATE NO-BAKE COOKIES

**1 c. white sugar**  
**1 c. brown sugar**  
**1/2 c. milk**  
**1/2 c. shortening**

**1 (6 oz.) pkg. chocolate chips**  
**2 c. quick oatmeal**  
**1/2 c. coconut**  
**1/2 c. Spanish peanuts**

Mix together sugars, milk, and shortening. Bring mixture to a boil 1 minute. Remove from heat. Add chocolate chips and stir until melted, then add oatmeal, coconut, and Spanish peanuts. Drop by teaspoon onto waxed paper. Let set for approximately 1 hour.

*Mary Kolarik*

### SURPRISE COOKIES

**3/4 c. sugar**  
**1/2 c. shortening**  
**1/2 c. molasses**  
**1/4 c. water**  
**1 beaten egg**  
**3/4 c. chopped walnuts**

**1 tsp. cinnamon**  
**3/4 c. currants or raisins**  
**1/2 tsp. cloves**  
**2 tsp. baking soda**  
**1/2 tsp. baking powder**  
**3 c. flour**

Mix ingredients well. Place in refrigerator overnight. With a teaspoon, break off pieces smaller than a walnut. Roll to size smaller than your middle finger; place on greased baking sheet. Press down with a fork. Brush top with beaten egg yolk to which a tablespoon of water has been added. Bake in a moderate oven.

*Cecilia A. Jelinek*

### ORANGE COOKIES

**2 c. sugar**  
**Pinch of salt**

Cream this together.

**1 c. shortening (1/2 butter, 1/2 lard)**

Add:

**1 c. milk**  
**1 orange (grated rind and juice)**  
**4 1/2 to 5 c. flour, sifted**

**2 tsp. baking powder (rounded)**  
**1 level tsp. soda, dissolved in hot water**

Drop from spoon on cookie sheet and put a raisin on top of each. Dough seems thin but gets thicker in a little while. Bake at 400° for 425°.

*Celia Kalchik*

### MONSTER COOKIES

**1/2 lb. butter**  
**2 c. sugar**  
**1 lb. brown sugar**  
**6 eggs**  
**3 c. peanut butter**  
**1 1/2 tsp. vanilla**  
**1 1/2 tsp. Karo syrup**

**4 tsp. baking soda**  
**9 c. oatmeal**  
**2 c. chocolate chips**  
**1 c. M&M's**  
**1/2 c. raisins**  
**1/2 c. chopped nuts**  
**1/2 c. coconut**

Cream butter, sugar, eggs, peanut butter, vanilla, and Karo syrup. Gradually add baking soda and oatmeal. Add chocolate chips, M&M's, and the other ingredients as desired. Drop by teaspoonfuls onto cookie sheet. Bake 12 minutes at 350°.

*Celia Kalchik*

### CHERRY OATMEAL COOKIES

**1 1/2 c. flour, sifted**  
**1 tsp. salt**  
**1/2 tsp. baking soda**  
**3/4 tsp. cinnamon**  
**1/2 lb. margarine**  
**1 c. brown sugar, packed**  
**1 egg**

**1/2 tsp. vanilla**  
**1/2 c. sour cream**  
**1 c. nuts, coarsely chopped**  
**1 3/4 c. quick cooking oats**  
**1 3/4 c. tart cherries, drained and coarsely chopped**

Sift flour, salt, baking soda, and cinnamon together. Cream margarine, brown sugar, eggs, vanilla, and sour cream. Blend in flour mixture. Fold in cherries and nuts. Drop by tablespoon, 3 inches apart on greased cookie sheet. Bake at 375° for 12 to 15 minutes.

*Betty Popp*

### FILLED DATE COOKIES

**1 1/2 c. flour**  
**1/2 tsp. soda**  
**1/2 tsp. salt**  
**1 c. brown sugar**

**1 1/2 c. rolled oats**  
**1 c. melted butter**  
**1 c. nutmeats**

Filling:

**1 pkg. dates (40)**  
**1 c. water**

**1 c. sugar**  
**1 1/2 tsp. vanilla**

Cook filling until thick; add vanilla. Cool. Sift together flour, soda, and salt; mix in oatmeal and sugar. Add melted butter and mix thoroughly with hands. Pat  $\frac{1}{2}$  mixture in shallow pan; put filling on top and cover with remaining mixture. Pat down. Bake in moderate oven for 45 minutes. Cool; cut in squares or strips.

*Helen Korson*

### CHERRY OATMEAL BARS

1 c. shortening	2 c. flour
2 $\frac{1}{4}$ c. brown sugar	2 (21 oz.) cans tart cherry piefill
4 $\frac{1}{2}$ c. rolled oats (uncooked)	2 $\frac{1}{2}$ c. coconut
2 tsp. baking soda	

Cream shortening and sugar for 10 minutes. Combine dry ingredients. Add to creamed mixture. Mix at low speed until crumbly. Spread  $\frac{2}{3}$  of dough in greased 9x13 inch pan. Spread tart cherry pie fill mixed with coconut evenly over entire surface. Cover with remainder of dough and pat down. Bake in 325°F. oven for 40 minutes. Cut into 2 inch bars. Makes 24 bars.

*Sarah Korson*

### DATE AND NUT SQUARES

Beat 2 eggs until foamy. Beat in  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  teaspoon vanilla.

Sift together and stir in:

1/2 c. sifted Gold Medal flour	1/2 tsp. salt
1/2 tsp. baking powder	

Mix in:

1 c. cut-up walnuts	2 c. finely cut-up dates
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Spread in well greased 8 inch square pan (8x8x2 inches). Bake until top has dull crust. Cut into squares while warm; cool, then remove from pan. If desired, dip in confectioners sugar. Temperature: 325° (slow moderate oven). Time: Bake 25 to 30 minutes. Amount: 16 (2 inch) squares.

*Helen Korson*

### SOUR CREAM APPLE SQUARES

2 c. flour	1/2 tsp. salt
1 $\frac{1}{2}$ c. brown sugar, packed	1 c. sour cream
1/2 c. margarine	1 tsp. vanilla
1 c. chopped nuts	1 egg
1 tsp. cinnamon	2 c. peeled, chopped apples
1 tsp. soda	

Preheat oven to 350°. In large bowl, combine first 3 ingredients; blend until crumbly. Stir in nuts. Press 2 $\frac{3}{4}$  cups crumb mixture into ungreased 9x13 inch pan. To remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg. Blend

well. Stir in apples. Spoon evenly over base. Bake 25 to 35 minutes or done. Cut into squares.

*Mary Kolarik*

### PENUCHE SQUARES

1/4 c. butter	1 tsp. baking powder
1 c. brown sugar	1/4 tsp. salt
1 egg	1 c. chocolate chips
1/2 tsp. vanilla	2/3 c. chopped nuts
1 c. flour	

Melt butter and while still hot, add sugar, egg, and vanilla. Beat until fluffy. Stir flour, baking powder, and salt and stir into mixture. Mix in chips and nuts. Spread out evenly in 8x8x2 inch pan, greased, and bake at 350° for  $\frac{1}{2}$  hour.

*Dolores Houdek*

### ORANGE NUT BARS

3 eggs	1/4 tsp. salt
1 (6 oz.) can frozen orange juice	1 c. chopped nuts
1 c. sugar	8 oz. pitted dates, chopped
2 c. graham cracker crumbs	1 tsp. vanilla
1 tsp. baking powder	

Grease and lightly flour a 9x9 inch pan. Beat eggs until light and fluffy. Beat in orange juice. Stir remaining ingredients. Mix well. Spread evenly into prepared pan. Bake at 350° about 40 minutes. When cool, frost with Orange Icing. (Icing recipe follows.)

Orange Icing:

1 c. confectioners sugar	Enough light cream to make icing
1 Tbsp. orange juice	spreadable

*Mary Kolarik*

### CHOCOLATE CHIP BARS

1 c. softened butter (real butter)	2 c. flour
1 c. brown sugar	Dash of salt
1 tsp. vanilla	6 oz. chocolate chips
1/4 small can sweetened condensed milk	1 c. chopped walnuts
	1/3 c. coconut (optional)

Mix first 4 ingredients; cream together, then add remaining ingredients. Will make cookie-type dough. Spread on 9 inch square deep dish, greased. Bake at 350° for 25 to 30 minutes or until golden brown.

*Tina Thomas*

## NO BAKE BROWNIES

1 c. chopped nuts	1 (6 oz.) pkg. semi-sweet chocolate pieces
2 c. miniature marshmallows	3/4 c. evaporated milk
4 c. graham cracker crumbs	
1 c. confectioners sugar (unsifted)	

Mix nuts, marshmallows, graham cracker crumbs, and confectioners sugar in large mixing bowl. Add chocolate to evaporated milk in a small saucepan. Heat and stir over low heat until chocolate is melted and sauce is smooth. Cool slightly. Pour chocolate sauce over graham cracker mixture and mix until all crumbs are moistened with sauce. Pour in greased 7x11 inch pan.

*Dolores Houdek*

## HONEY BEAR BROWNIES

1/3 c. butter	1/2 c. flour
3/4 c. sugar	1/2 tsp. salt
1/2 c. honey	1/3 c. cocoa
2 tsp. vanilla	1 c. chopped nuts (walnuts)
2 eggs	

Cream butter and sugar; blend in honey and vanilla. Add eggs; beat well. Combine flour, salt, and cocoa. Gradually add to creamed mixture. Stir in walnuts. Pour into greased 9x9x2 inch pan. Bake at 350° for 30 to 35 minutes. Remove from oven and cut around edges to loosen. Cool. Frost with Creamy Brownie Frosting. Makes 16 brownies.

*Rosie Houdek, Grace Kolarik*

## CREAMY BROWNIE FROSTING

3 Tbsp. butter	1 c. confectioners sugar
3 Tbsp. cocoa	1 Tbsp. milk (or cream)
3/4 tsp. vanilla	1 Tbsp. honey

Cream butter and cocoa; add vanilla and sugar. Blend in milk and honey. Beat until mixture reaches desired spreading consistency. Makes 1 cup of frosting.

*Grace Kolarik*

## APPLE BROWNIES

2/3 c. butter or margarine	2 c. flour
2 c. brown sugar	2 tsp. baking powder
2 eggs	1/4 tsp. salt
1 tsp. vanilla	1 c. chopped apples
1/2 c. nuts	

Cream butter and sugar. Add eggs and vanilla; mix well. Add apples and nuts. Bake in 12x9 inch greased pan at 350° for 30 to 35 minutes. Cool; cut into 2 inch squares and sprinkle with powdered sugar.

*Stephanie Strehl*

## BEST CHEWIE BROWNIES

2 eggs, well beaten	1 1/3 c. flour
2 c. sugar	1/2 tsp. salt
1/2 c. cocoa	1/4 tsp. baking powder
2 tsp. vanilla	1 c. nutmeats
1 c. shortening	

Bake in greased 9x13 inch pan for 25 minutes at 350°.

*Mrs. Mary L. Jelinek*

## CREAM CHEESE BROWNIES

4 oz. pkg. German's sweet chocolate	1/4 tsp. almond extract
5 Tbsp. butter	1/2 c. plus 1 Tbsp. flour
3 oz. cream cheese	1 1/2 tsp. vanilla
1 c. sugar	1/2 tsp. baking powder
3 eggs	1/4 tsp. salt
	1/2 c. nuts, chopped

Melt chocolate with 3 tablespoons butter over low heat, stirring constantly. Cool. Cream remaining butter with cream cheese until soft. Gradually add 1/4 cup sugar. Blend in 1 egg, 1 tablespoon flour, and 1/2 teaspoon vanilla. Set aside. Beat remaining eggs until thick. Gradually add remaining sugar. Add baking powder, salt, and remaining flour. Blend in cooled chocolate mixture, nuts, almond extract, and remaining vanilla. Measure 1 cup chocolate batter and set aside. Spread remaining batter in 9 inch greased square pan. Top with cheese mixture. Drop measured chocolate batter from tablespoon onto cheese mixture; swirl to marbleize. Bake at 350° for 35 to 40 minutes. Cool. Cut and store in refrigerator. Yield: 18 brownies.

*Gloria Plamondon*

## RHUBARB CRISP

4 c. rhubarb	2 Tbsp. flour
3/4 c. sugar	

Cut rhubarb in small pieces. Mix with the preceding. Put in 9x13 inch pan.

Mix:

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

Add 1 beaten egg to make a crumble. Sprinkle on rhubarb and dapple 1 tablespoon melted butter on top. Bake in 350° oven for 30 minutes.

*Dolores Houdek*

## CHERRY NUT CRISP

1 can cherry pie filling	1 stick oleo, melted
1 small white Jiffy cake mix	1 c. crushed nuts

Put cherry mix on bottom of casserole or cake pan. Sprinkle with cake mix. Pour melted oleo over. Sprinkle nuts on top. Bake at 350° to 375° for 50 minutes.  
*Dorothy Forton*

### BAVARIAN APPLE TORTE

For crust, cream:

1/2 c. butter	1/3 c. sugar
Add:	
1/4 tsp. vanilla	1 c. flour
Pat dough into bottom of 9 inch spring form pan and up sides 1 1/2 inches.	
Filling:	
8 oz. softened cream cheese	1 egg
1/4 c. sugar	1/2 tsp. vanilla

Beat together until smooth and pour on top of crust.

Topping:

4 c. apples, sliced very thin	1/2 tsp. cinnamon
1/3 c. sugar	1/4 c. sliced almonds
1 tsp. grated orange peel	

Toss apples with sugar, orange peel, and cinnamon; arrange over filling. Sprinkle with almonds. Bake at 450° for 10 minutes, then reduce heat to 400° for 25 minutes. Cool in pan, then remove sides. Good with ice cream or whipped cream.

*Jan Schmidt*

### ROSY RHUBARB BETTY

2 c. diced fresh rhubarb	1/4 c. melted margarine or butter
8 slices white bread, cubed 1/2 inch	1/8 tsp. salt
1 c. sugar, mixed with 1 tsp. cinnamon	1/2 c. flaked coconut

Mix ingredients by tossing lightly. Spread in greased 12x9 inch pan and press down. Cover pan with foil; bake at 375° for 20 minutes. Remove foil and bake 15 minutes longer or until top is browned. Good served warm with ice cream or whipped topping.

*Stephanie Strehl*

### APPLE DESSERT

4 c. sliced and pared tart apples	3/4 tsp. cinnamon
2/3 to 3/4 c. packed brown sugar	3/4 tsp. nutmeg
1/2 c. flour	1/3 c. butter
1/2 c. oats	

Preheat oven to 375°. Grease 8x8x2 inch pan. Place apple slices in pan. Mix remaining ingredients together and pour over apples. Bake for 30 minutes or until apples are tender. Serve warm with ice cream. Makes 6 servings.

*Theresa Hitchens*

### MYSTERY POPPY SEED DESSERT (A make ahead dessert)

1/2 c. all-purpose flour	3 Tbsp. cornstarch
1/2 c. finely crushed saltine crackers (14 crackers)	1 env. unflavored gelatin
1/2 c. finely crushed graham crackers (7 crackers)	2 c. milk
1/2 c. chopped black walnuts	4 beaten egg yolks
1/2 c. butter or margarine, melted	1 tsp. vanilla
1 c. sugar	4 egg whites
1/4 c. poppy seed	1/2 tsp. cream of tartar
	1/2 c. sugar

Combine flour, cracker crumbs, and walnuts. Stir in butter or margarine. Press mixture into 9x9x2 inch pan. Bake in 375° oven for 10 minutes. Cool. Meanwhile in medium saucepan, combine 1 cup sugar, the poppy seed, cornstarch, and gelatin. Stir in milk. Cook and stir until thickened and bubbly. Add about half the hot mixture to egg yolks, stirring constantly. Return all to saucepan. Cook and stir 2 minutes more.

Add vanilla; cover and cool until partially set. Beat egg whites and cream of tartar until soft peaks form (tips curl over). Gradually add the remaining sugar, beating until stiff peaks form (tips stand straight). Fold into cooled poppy seed mixture. Turn into cooled prepared crust. Cover and chill overnight. Serve with whipped cream or whipped topping like Cool Whip and additional chopped nuts. Makes 8 servings.

*Mrs. Albert J. Korson*

### RASPBERRY DESSERT

20 oz. fresh red raspberries or frozen in syrup	50 large marshmallows
1 c. water	1 c. milk
1/2 c. sugar	2 c. heavy cream, whipped, or 2 pkg. dessert topping mix
2 tsp. lemon juice	1 1/4 c. graham crackers
4 Tbsp. cornstarch	1/4 c. chopped nuts
1/4 c. cold water	1/4 c. butter, melted

Heat raspberries with water, sugar, and lemon juice. Dissolve cornstarch in 1/4 cup cold water; stir into raspberries and cook until thickened and clear. Cool. Melt marshmallows in milk over boiling water; cool thoroughly. Whip heavy cream or dessert topping mix and fold into marshmallow mixture.

Mix graham cracker crumbs, nuts, and butter in a 13 x 9 x 2 5/8 inch pan. Press firmly into bottom of pan. Spread marshmallow-cream mixture over crumbs. Cool until set. Spread raspberry mixture over top. Refrigerate until firm. Serves 15.

*Mrs. Albert J. Korson*

### PINEAPPLE TORTE

Prepare 1 box Jiffy cake mix (white or yellow) as directed. Bake in 9x13 inch pan.

Mix 1 box vanilla instant pudding with 2 cups milk and 8 ounce box of cream cheese. Blend until well mixed and thick. Spread over baked cake.

Drain 1 large can crushed pineapple well; spread over preceding, then spread 1 container Cool Whip over and add chopped nuts last (about  $\frac{1}{2}$  cup).

*Mary Ann Kolarik*

### CHERRY TORTE

**1  $\frac{1}{4}$  c. flour**  
**2 Tbsp. powdered sugar**  
 **$\frac{1}{2}$  c. butter or oleo**  
**2 eggs, beaten**

**$1 \frac{1}{2}$  c. sugar**  
 **$\frac{3}{4}$  c. walnuts, chopped (optional)**  
 **$1 \frac{1}{2}$  c. sour pitted cherries**  
**1 tsp. vanilla**

Blend 1 cup of the flour, powdered sugar, and oleo. Pack in pan (8 inch square) lightly. Bake at  $325^{\circ}$  for 15 minutes. Mix sugar and remaining flour together in mixing bowl. Add beaten eggs, nuts, drained cherries, and vanilla. Pour over baked crust. Bake at  $350^{\circ}$  for 30 minutes.

*Mary Ann Kolarik*

### PEACH CRUMBLE

**4 c. sliced fresh peaches**  
 **$\frac{1}{2}$  c. sugar**  
**2 Tbsp. tapioca**

**1 tsp. lemon juice**  
 **$\frac{1}{2}$  tsp. salt**

Combine preceding ingredients. Put into 10x6x2 inch pan. Blend  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  cup dark brown sugar, and  $\frac{1}{4}$  cup oleo. Pat over fruit mixture. Cover; bake in  $375^{\circ}$  oven for 15 minutes. Remove cover and bake 30 to 40 minutes more.

*Mary Ann Kolarik*

### APPLE IMPROMPTU

Cover with foil:

**4 c. apples, cut fine**  
 **$\frac{1}{2}$  c. sugar**

**$\frac{3}{4}$  tsp. cinnamon**

Bake at  $400^{\circ}$  for 30 minutes.

Cream together:

**1 Tbsp. butter**  
 **$\frac{1}{2}$  c. sugar**  
**1 tsp. vanilla**

**1 egg**  
 **$\frac{1}{2}$  c. flour**  
 **$\frac{1}{2}$  tsp. baking powder**

Spread evenly over baked apples and bake again for 20 minutes or until golden brown. Serve with whipped topping.

*Linda Avis*

### CHERRY ZWIEBACK TORTE

**1 c. drained pitted cherries**  
 **$\frac{3}{4}$  c. Zwieback crumbs**  
**4 eggs, separated**  
**2 c. sugar**

**$\frac{1}{4}$  c. hot cherry juice**  
 **$\frac{1}{4}$  c. chopped nuts**  
**1 tsp. cinnamon**

Mix cherries with  $\frac{1}{4}$  cup crumbs. Set aside. Beat egg yolks and sugar until lemon colored. Blend in cherry juice, then add  $\frac{1}{2}$  cup crumbs and beat until smooth. Add nuts and cinnamon, then fold in the stiffly beaten egg whites. Turn into a greased 9 inch spring form pan sprinkled with crumbs. Bake in moderate oven ( $350^{\circ}$ ) for 40 to 50 minutes. Serve with whipped cream.

*Carol Korson*

### HOT FRUIT

**16 oz. can apricots**  
**16 oz. can pears**  
**16 oz. can pitted Bing cherries**  
**16 oz. can pineapple chunks**

**1 c. applesauce**  
**10 oz. pkg. frozen raspberries**  
**2 Tbsp. orange juice concentrate**  
 **$\frac{1}{4}$  c. honey**

Mix orange juice and honey; pour over drained fruit in casserole. Heat in  $350^{\circ}$  oven for 20 minutes. Serves 8 to 10.

*Jeanette Gibson*

### CHERRY FLUFF

**21 oz. cherry pie filling**  
**8 oz. container whipped topping**  
**14 oz. can sweetened condensed milk**

**8 oz. can crushed pineapple**  
**1 c. nuts**

Fold all ingredients together. Pour into glass serving bowl. Chill. Serves 6 to 8.

*Susan Jelinek*

### LEMON FLUFF

Crust:

**1 stick margarine**  
 **$\frac{3}{4}$  c. chopped nuts**  
**1 c. flour**

**1 (8 oz.) pkg. cream cheese**  
**1 c. powdered sugar**  
**1 c. Cool Whip**

Mix margarine, nuts, and flour together and press into 13x9 inch pan; bake 15 minutes at  $350^{\circ}$ . Beat cream cheese, powdered sugar, and Cool Whip and spread on cooled crust.

Combine 3 packages instant pudding (lemon or chocolate) and  $4 \frac{1}{2}$  cups milk and beat for 2 minutes. Spread over cream cheese mixture and cover with remainder of Cool Whip. Refrigerate.

*Dorothy McLaughlin, submitted by Gertrude McLaughlin*

## BREAD PUDDING

5 slices bread, toasted, buttered, cubed	1/2 tsp. salt
3 eggs	1 tsp. vanilla
6 Tbsp. sugar	2 1/2 c. scalded milk

Beat eggs slightly; add sugar, salt, and vanilla. Add milk. Butter baking dish; sprinkle bottom with brown sugar. Add toast, then custard. Let stand 1 hour. Bake in pan of water for 1 hour at 350°.

*Jeanetta Gibson*

## HOT APPLE PUDDING

1/2 c. all-purpose flour	1/4 c. butter or margarine
1/4 tsp. salt	1/2 c. firmly packed brown sugar
1/4 tsp. soda	1/2 c. sugar
1/2 tsp. cinnamon	1 egg
1/2 tsp. nutmeg	2 c. finely diced apples

Sift flour with salt, soda, cinnamon, and nutmeg. Cream butter. Add sugars and cream until light and fluffy. Add egg and blend well. Add flour mixture in 3 or 4 parts. Stir in apples. Pour into a greased 8 inch square pan and bake at 350° for 45 to 50 minutes. Serve warm. Makes 6 servings.

*Sarah Korson*

## LIME OR ORANGE ICE CREAM MOLD

1 big pkg. lime or orange Jell-O	1 small can crushed pineapple, drained
2 c. hot water	1/2 c. chopped nuts
4 c. vanilla ice cream	

Dissolve Jell-O in hot water. Add ice cream, pineapple, and nuts. Stir. Put in mold. Chill.

*Dorothy Forton*

## ICE CREAM DESSERT

Toast together:

1/2 c. almonds	1/2 c. coconut
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Add:

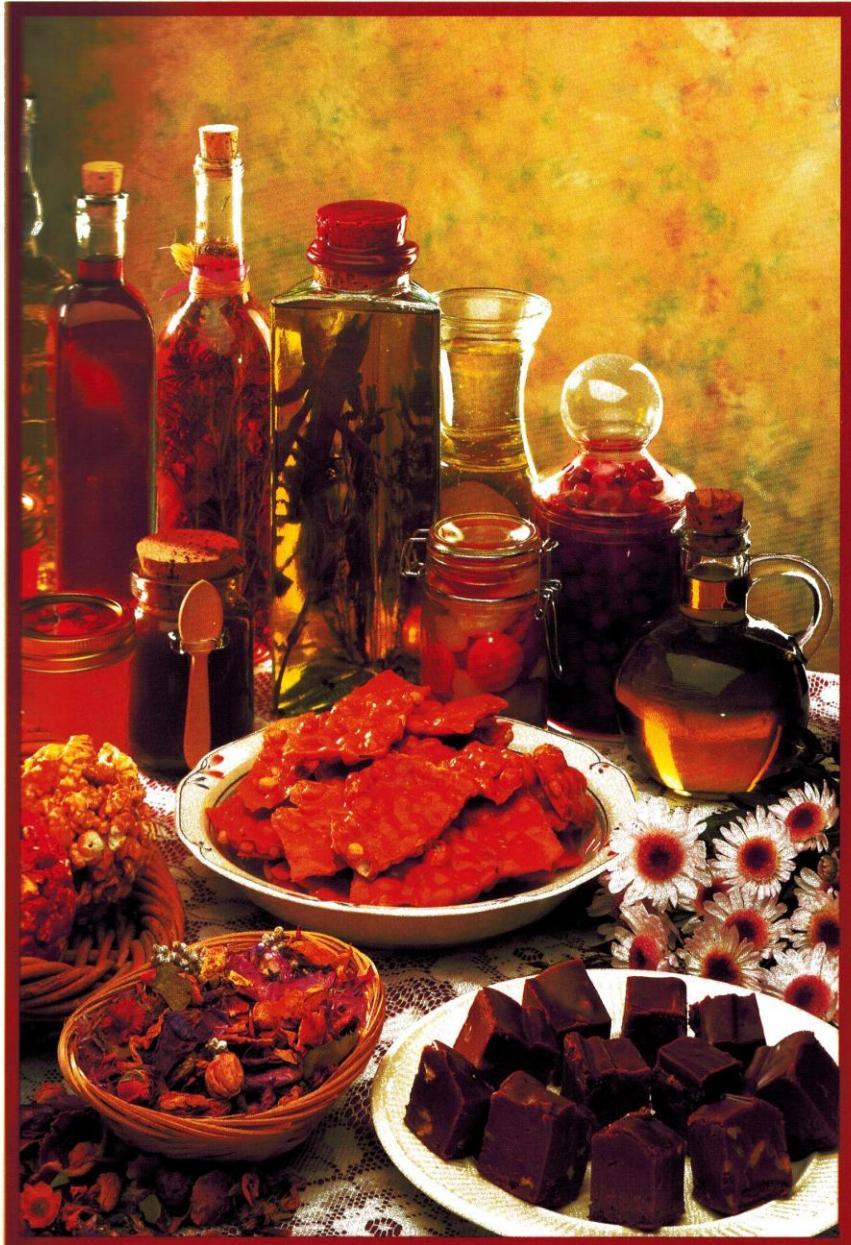
4 c. Rice Krispies, crushed	1 c. melted butter
1 c. brown sugar	

Mix together. Put into 13x9 inch pan and chill. Soften 1/2 gallon vanilla ice cream. Smooth ice cream over cereal mixture. Sprinkle with toasted nuts and coconut. Freeze.

*Helen Korson*

## Notes

# Miscellaneous



## TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about  $\frac{1}{2}$  teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

## MISCELLANEOUS

### RHUBARB JAM

**3 qt. washed and cut up rhubarb      5 lb. sugar**

Cook on low heat and keep stirring to keep from scorching. Boil until desired doneness of rhubarb. Take off stove and add 2 large boxes of strawberry or raspberry jello. Stir well and pour into sterilized jars to freeze. Makes 1 large batch.

*Dolores Houdek*

### MOCK RASPBERRY JAM

**5 c. green tomatoes      6 oz. pkg. raspberry jello (or any flavor)**

Heat tomatoes (crushed) for 5 minutes (no need to peel). Add sugar - less sugar can be used, 2 to 4 cups is okay. Bring to boil for 20 minutes. Add jello. Fill fruit jars.

*Donna Jo Schaub*

### ORANGE BUTTER

**1/4 lb. (1 stick) butter, softened      2 Tbsp. orange rind, grated  
1 (3 oz.) pkg. cream cheese, softened      1 Tbsp. frozen orange juice concentrate  
1/3 c. powdered sugar**

When butter and cream cheese are at room temperature, mix all ingredients until smooth. Serve at room temperature topped with a sprinkle of extra orange rind. Store, covered, in the refrigerator.

If this is crumbly after refrigeration, bring to room temperature and mix again.  
*Mrs. Susann Lederle*

### BARBECUE SAUCE FOR MEATBALLS

**1 medium onion, chopped fine      1 Tbsp. Worcestershire sauce  
2 c. catsup      1 tsp. liquid smoke  
3/4 c. brown sugar**

Simmer 2 hours, stirring occasionally.

*Leona Kalchik*

### CARAMEL CORN

**1 lb. brown sugar      1 tsp. salt  
1/2 c. butter      4 qt. dish  
1/2 c. light corn syrup**

Microwave at HIGH 12 minutes, stirring after 5 minutes. Add 2 teaspoons soda. Pour over 3 quarts popcorn.

*Maxine Korson*

### TEXAS TOFFEE

**1/4 lb. saltine crackers  
1 c. butter  
1 c. packed brown sugar**

**12 oz. pkg. chocolate chips  
Nuts, ground or chopped**

Line jelly roll pan with aluminum foil. Line with crackers. Boil butter and brown sugar for 3 minutes. Spread over crackers. Bake at 400° for 5 minutes. Pour chocolate chips over crackers. Put pan back in hot oven until chips soften. Spread evenly. Sprinkle and press in nuts. Cool in refrigerator. Roll foil to break into pieces.

*Minnie Schroeder*

### CEREAL CANDY

Melt in a large saucepan:

**1/2 stick oleo**

**42 large marshmallows**

Add 1 cup chocolate chips. Stir until melted, then add 1/2 cup coconut, 2 1/2 cups Corn Chex, and 2 cups Rice Krispies. Press into a buttered pan. When cool, cut into squares.

*Mary Ann Kolarik*

### SWEET-SOUR SAUCE

**1/4 c. cider vinegar  
1/2 c. pineapple juice  
1/3 c. brown sugar, solidly packed  
1 1/2 Tbsp. cornstarch, combined with 2 Tbsp. water**

**1 tsp. salt  
1/4 tsp. monosodium glutamate**

Combine all ingredients in a pan and cook to boiling point. Stir constantly. Lower heat and simmer about 5 minutes.

You may make a double recipe and add 2 cups of chicken or shrimp and serve over hot white or wild rice. I also add green pepper and pineapple to the sauce when adding the chicken or shrimp.

*Jeannette Reid*

### PICKLED WIENERS

**6 lb. wieners      10 Tbsp. sugar  
6 c. vinegar      2 Tbsp. pickling spices, mixed**

Bring to boil sugar, vinegar, and spices. Add wieners to heat; don't boil. Put in a large jar overnight. Wieners will keep indefinitely in a covered jar in a refrigerator.

*Mary Ann Kolarik*

### SPICY PUMPKIN SEEDS

Scrape and remove pumpkin seeds. Remove pulp from seeds. Dry at 250° for 1 hour on cookie sheet on parchment paper or brown paper bag. Mix seeds with 2 tablespoons sugar, 1 tablespoon ground cinnamon, 1 teaspoon ground ginger, and

1 teaspoon ground cumin. Add up to 1 teaspoon cayenne pepper - or less if not so spicy is desired. Sauté in 3 tablespoons peanut oil for approximately 3 minutes. Do not overcook. Remove from heat. Separate seeds from oil.

One tablespoon of seeds equals 1 Weight Watchers point.

*Phyllis Korson*

### HONEY BUTTER

Boil 1 cup of strained honey with 1/4 cup butter, stirring constantly. Cool and add 1/2 cup evaporated milk. Good hot or cold on ice cream or try it on waffles or pancakes or French toast.

*Grace Kolarik*

### ROSE GERANIUM JELLY

Select pound of tart apples. Wash and cut in quarters. Barely cover with water. Cook until fruit is tender. Press through jelly bag. Measure and bring to a boil 3/4 cup sugar for each cup of juice. Boil rapidly to jelly stage and when almost done, immerse in the boiling jelly 2 or 3 rose geranium leaves. Tint to rose color with red food coloring. Pour into jar and seal.

*Gloria Plumondon*

### CHERRY-STRAWBERRY JAM

1 (1 lb. 4 oz.) can pitted tart red cherries	4 1/2 c. sugar
1 (10 oz.) pkg. frozen sliced strawberries, thawed	3 Tbsp. lemon juice
	1/2 (6 oz.) bottle liquid fruit pectin

Drain cherries, reserving juice. Chop cherries; measure and add enough reserved juice to make 2 cups. Combine fruit, sugar, and lemon juice in large saucepan. Bring to full rolling boil; boil hard 1 minute, stirring constantly. Remove from heat; stir in pectin at once. Skim off foam. Stir and skim for 5 minutes. Ladle quickly into hot scalded jars. Seal. Makes 6 1/2 pint jars.

*Linda Avis*

### BRANDIED APRICOT JELLY

3 1/2 c. sugar	2 Tbsp. lemon juice
1 1/2 c. apricot nectar	3 oz. liquid pectin
1/2 c. brandy	Paraffin

In top of double boiler, over rapidly boiling water, combine sugar, nectar, brandy, and lemon juice. Stir until sugar has dissolved (approximately 2 minutes). Remove from heat. Stir in pectin at once. Mix well; skim off foam. Pour into hot sterile jars. Cover with 1/3 inch of melted paraffin. Serve with duck or chicken.

*Gloria Plumondon*

### PEAR CONSERVE

5 lb. pears (15 c. sliced)  
10 lb. sugar  
1 lb. seedless raisins

Rind of 2 oranges  
Juice of 3 oranges  
Juice of 2 lemons

Peel pears and cut into small pieces. Add sugar and let stand overnight, then add raisins, orange rind, cut in small pieces, and orange and lemon juices. Cook 30 to 35 minutes until thick. Pour into sterilized jars and seal.

*Gloria Plumondon*

### BLACK CHERRY MARMALADE

2 medium oranges	3 1/2 c. sugar
1 qt. sweet black cherries	1/3 c. lemon juice

Wash and slice oranges and cover with 3 cups water; cook until soft. Add cherries, sugar, and lemon juice. Boil until thick and clear, about 25 minutes. Pour in jars and seal.

*Gloria Plumondon*

### CARROT AND ORANGE MARMALADE

2 c. ground raw carrots	Sugar
1 orange	Water (about 3 c.)
2 lemons	

Squeeze oranges and lemons; save juice. Grind the rind and cook this until tender, about 30 minutes.

In enough water to cover, add carrots and cook until tender, about 20 minutes. Add orange and lemon juice. Measure mixture and add equal amounts of water for each cup of mixture. Add 2/3 cup sugar. Boil to jelly stage (1 hour) and pour in jars and seal.

*Gloria Plumondon*

### SWEET CONDENSED MILK

1 c. instant nonfat dry milk	1/2 c. boiling water
2/3 c. sugar	3 Tbsp. melted butter

Combine in blender until smooth. If thick, add a few more drops of water. Makes just over 1 cupful.

*Joan Korson*

### SWEETENED CONDENSED MILK

1 c. instant nonfat dry milk powder	3 tsp. melted butter
2/3 c. sugar	1/3 c. boiling water

In blender, combine dry milk powder and sugar. Pour in melted butter. With machine running, add boiling water. Blend, scraping sides until mixture is smooth

and thick. Store in covered container in refrigerator until used. Makes 14 ounces or equivalent of one can.

*Phyllis Korson*

### MARY'S FUDGE

Part 1:

**1 large can** Pet milk  
**4½ c. sugar**

**2 Tbsp. butter**

Boil 7 minutes; stir constantly.

Part 2:

**2 pkg. chocolate chips**  
**7½ oz. marshmallow fluff**  
**3 bars Baker's German's sweet chocolate**

**1 tsp. vanilla**  
**2 c. chopped nuts**

Stir until thick; pour in 1 medium cake pan.

*Mary Ann Kolarik*

### CHOCOLATE COVERED SEAFOAM

**1 c. sugar**  
**1 Tbsp. vinegar**

**1 c. dark corn syrup**

Put in a large saucepan and cook to 300° (on candy thermometer). Remove from heat and add 1 tablespoon baking soda. Soda will make candy foam a lot. Pour into a well oiled 8x8 inch pan. You must be quick putting this into pan. Have pan set on a hot pot holder or folded paper towel. When cool, drop out of pan and break, then dip each piece into melted chocolate.

You'll have candy just like from the store.

*Rosie Houdek*

### PEANUT BUTTER BONBONS

**1 c. peanut butter**  
**2 Tbsp. butter**

**1 c. sugar**

Mix preceding ingredients thoroughly.

Add:

**1½ c. raisins**  
**½ c. nuts**  
**½ c. coconut**

**1 tsp. vanilla**  
**Pinch of salt**

Roll into balls the size of walnuts. If not pliable, add 1 or 2 tablespoons of Crisco. In double boiler, melt 6 ounces of chocolate chips. With toothpicks, roll prepared candy balls in melted chocolate until well covered. Place on wax paper until dry.

*Mary Ann Kolarik*

### O'HENRY BARS

**2/3 c. margarine**  
**4 c. uncooked oatmeal**  
**1 c. brown sugar**  
**½ c. light corn syrup**

**3 tsp. vanilla**  
**1 (6 oz.) pkg. chocolate chips**  
**2/3 c. peanut butter**

Cream margarine. Stir in oats, sugar, corn syrup, and vanilla. Spread mixture in 13x9 inch pan. Bake at 350° for 15 minutes. (Don't bake any longer even though bars will not look cooked.) Cool.

In saucepan, melt chocolate chips and peanut butter. Spread over cooked bars. Refrigerate several hours before cutting into squares. Makes 2 dozen bars.

*Dolores Houdek*

### CHOCOLATE COVERED CHERRIES

**1 (1 lb.) box powdered sugar**  
**1/4 c. butter**  
**1/4 c. sweetened condensed milk**  
**1 tsp. vanilla**  
**Pinch of salt**  
**2 bottles maraschino cherries, well drained**

**1 block German's sweet chocolate or 1 block semi-sweet chocolate sq.**  
**1/4 bar paraffin**

Cream sugar and butter; stir in milk, a small amount at a time. Blend in vanilla and salt. Mixture may be slightly dry. Coat each cherry with candy mixture. Melt chocolate and paraffin in top of double boiler; dip cherries in mixture. Place on wax paper to harden. Makes 3 to 4 dozen.

*Rosie Houdek*

### PEANUT BUTTER BALLS

Cream together:

**2 c. peanut butter**  
**1 lb. powdered sugar**

**1 stick margarine**

Melt together:

**1 (12 oz.) pkg. chocolate chips**

**½ block wax**

Melt 1 inch balls of the peanut butter. Mix. Dip balls into melted chocolate.

*Betty Popp*

### QUICK AND EASY FUDGE

This makes quite a big batch of fudge so I hope you have a large gang to feed who are not on a diet!

**4½ c. sugar**  
**1 large can evaporated milk**  
**8 oz. miniature marshmallows**  
**3 (6 oz.) pkg. chocolate chips**

**1½ c. butter or margarine**  
**2 c. nuts**  
**1 Tbsp. vanilla**

In a heavy saucepan, put sugar and evaporated milk. Bring slowly to a rolling boil. Let it boil no longer than 8 minutes. Remove from heat and add marshmallows and chips. Stir until melted. Add nuts and vanilla. Spread on a large ungreased pan and when cool, cut into squares.

Betty Houdek

### BUTTER CRUNCH

1 c. butter or margarine	3/4 c. nuts (any kind), chopped fine
1 c. sugar	4 sq. or 4 oz. semi-sweet or unsweetened chocolate
2 Tbsp. water	Candy thermometer
1 Tbsp. light corn syrup	

Melt the butter or margarine in a 2 quart saucepan over low heat. Remove and add sugar. With a wooden spoon, stir mixture until it is well blended. Return to low heat; stir rapidly until it is thoroughly mixed and begins to bubble.

Add water and corn syrup. Keep heat low, stirring frequently, until brittle stage (290°), about 15 to 20 minutes. Remove from heat and add nuts, mixing quickly. Pour out on lightly greased cookie sheet approximately 1/4 inch thick. Cool to room temperature; as it cools, loosen from sheet 2 or 3 times with spatula. Partially melt 2 squares chocolate over boiling water. Remove and stir until melted. Spread over crunch. Set aside until firm, then turn over. Melt rest of chocolate and repeat. When firm, break into pieces. Store in tight container in a cool place.

Gert McLaughlin

### PEANUT BUTTER KISSES

2 c. dry milk	1/2 c. honey
1 c. peanut butter	1/4 c. coconut

In a 2 quart bowl, mix dry milk, honey, and peanut butter. Form the dough into balls. Roll in coconut. Makes 24 kisses.

Annette Houdek

### SANTA CLAUS FUDGE

4 1/2 c. sugar	1 tall can evaporated milk
1/2 tsp. salt	1/3 lb. oleo or butter

Cook 8 minutes or until soft ball forms in cold water. Remove from heat.

Stir in:

3 pkg. chocolate chips	1 tsp. vanilla
1 (8 oz.) can marshmallow cream	Nuts (if desired)

Beat well and pour into oiled pan. Let set several hours. Makes 5 pounds.

Helen Korson

### NEVER FAIL FUDGE (From Ladies Home Journal)

1/3 c. butter	2 pkg. (12 oz.) semi-sweet chocolate chips
4 1/2 c. sugar	2 tsp. vanilla
1 (14 1/2 oz.) can evaporated milk	2 c. walnuts, chopped
1 c. marshmallow cream	
1 (13 oz.) bar sweet chocolate, grated	

Combine butter, sugar, and milk; boil 5 1/2 minutes. Remove from heat and add remaining ingredients except nuts. Beat until well mixed; add nuts.

Spoon into buttered pan. Cool until firm, then cut into pieces. Makes 5 pounds.

Betty Houdek

### ROASTED PUMPKIN SEEDS

Heat oven to 250°.

In large, shallow baking pan, combine:

2 c. unwashed pumpkin seeds	1/2 tsp. Worcestershire sauce
1 1/4 tsp. salt	1 1/2 Tbsp. melted butter

Bake approximately 2 hours, stirring occasionally, or until seeds are crisp, dry, and golden brown.

Mary Ann Kolarik

### PICKLED BOLOGNA

4 c. white vinegar	12 bay leaves
2 c. water	1 tsp. black peppercorns
2 tsp. salt	1/2 tsp. Tabasco sauce
2 tsp. mixed pickling spices	6 dried red hot peppers (optional)

Combine all these ingredients and mix thoroughly. Do not cook. Pack meat into jar(s) so it is covered with brine. Let stand at least 4 days.

Rosie Houdek

### SWEET AND TANGY TOMATO SAUCE

Good for ribs, chicken, etc.

1/3 c. vinegar	1/2 tsp. Tabasco sauce
1 1/2 c. sugar	1/4 c. minced onion
2 Tbsp. Worcestershire	2 c. tomato sauce
2 Tbsp. prepared mustard	

Add all together. Bring to boil. Keeps well in refrigerator.

Dorothy Forton

## MICROWAVE CARAMEL CORN

Pop 1 cup popcorn and place in large brown paper bag.

Mix in bowl and boil on HIGH 2 minutes:

<b>1/4 c. light corn syrup</b>	<b>1/4 lb. margarine</b>
<b>1 c. brown sugar</b>	<b>1/2 tsp. salt</b>

Add 1/2 teaspoon vanilla. Pour over corn in bag. Shake. Microwave on HIGH 1 1/2 minutes. Shake; microwave 1 1/2 minutes. Shake; microwave 1/2 minute. Shake; microwave 1/2 minute.

*Jan Schmidt*

## "PRINGLES" POTATO CHIPS

<b>2 c. Potato Buds</b>	<b>1 Tbsp. butter flavored salt</b>
<b>1/2 c. flour</b>	

Sift these ingredients 6 times.

Add:

<b>6 Tbsp. corn oil</b>	<b>10 Tbsp. club soda or beer</b>
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Form into a roll about 2 inches in diameter; wrap in wax paper and refrigerate overnight. Slice paper thin and arrange on wax paper-lined cookie sheet. Bake 10 to 12 minutes at 350° or until crispy. Remove to cool. Salt to taste. Makes an amount equal to 2 cans of Pringles.

*Rosie Houdek*

## MARSHMALLOW POPCORN BALLS

<b>6 Tbsp. margarine</b>	<b>3 Tbsp. raspberry Jell-O</b>
<b>3 c. small marshmallows</b>	<b>3 qt. popcorn</b>

Melt butter; add marshmallows. Stir until melted. Blend in dry Jell-O. Pour over popcorn. Mix well. Form into balls.

*Linda Avis*

## SCRUMPTIOUS BUTTERSCOTCH SAUCE (Microwave)

<b>1 Tbsp. cornstarch</b>	<b>1/8 tsp. salt</b>
<b>1 1/4 c. brown sugar, packed</b>	<b>1/4 c. butter</b>
<b>1/2 c. evaporated milk or half &amp; half</b>	<b>1 tsp. vanilla</b>
<b>2 Tbsp. light corn syrup</b>	

In 1 1/2 quart casserole, mix cornstarch and brown sugar. Stir in corn syrup, milk, and salt. Add butter; cover. Microwave on HIGH 2 minutes. Stir until thickened and sugar is dissolved. Microwave 2 1/2 minutes. Add vanilla; stir until well blended. Serve hot or cold. Make 1 1/2 cups.

*Mrs. Mary L. Jelinek*

## QUICKIE CHOCOLATE SAUCE (Microwave recipe)

<b>1/2 c. light corn syrup</b>	<b>1 Tbsp. butter</b>
<b>6 oz. pkg. semi-sweet chocolate</b>	<b>1/4 c. evaporated milk or half &amp; half</b>
<b>pieces</b>	<b>1/4 tsp. vanilla</b>

In a pint glass measure, add syrup, chocolate, and butter. Microwave on HIGH until smooth, 1 1/2 to 2 1/2 minutes. Blend in vanilla and milk. Serve hot or cold. Makes 1 1/2 cups.

*Mrs. Mary L. Jelinek*

## HONEY SUBSTITUTE FOR SUGAR

One and one-half cups granulated sugar equals 1 cup honey minus 1/4 cup of whatever liquid is called for in the recipe.

*Gert McLaughlin*

## PLAY DOUGH

Boil 1 1/2 cups water with 3 tablespoons salad oil and several drops of food coloring.

Add:

<b>2 c. flour</b>	<b>2 Tbsp. powdered alum</b>
<b>1 c. salt</b>	

Knead several times. Store in plastic bag.

*Mary Ann Kolarik*

**Notes**

**Notes**

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## Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by 1/3 or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

## Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

**Heart Healthy** guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

## Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$$

\* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

## “Heart Healthy” Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✓ ✓	✓ ✓	✓ ✓
1 egg	• 2 egg whites • 1/4 c. low cholesterol egg substitute	✓ ✓	✓ ✓	✓ ✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✓ ✓	✓ ✓	✓ ✓
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✓ ✓	✓ ✓
1 c. shortening	• 7 oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• 1/2 part fat to 1 part starch	✓		
1 can condensed cream soup	• Mix together: 1/2 c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon 1/4 tsp. onion powder 1/8 tsp. garlic powder 1/4 tsp. basil 1/4 tsp. thyme 1/4 tsp. white pepper 9 oz. cold water Add the following if desired: 1/4 c. chopped celery or 1/2 c. sliced mushrooms Heat to a boil; stir frequently. Per “can”: 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✓	✓	✓

**KEY:**  
TF = total fat  
SF = saturated fat  
C = cholesterol

## Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

**FREE** A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, *without*, and *zero* can also be used.

Calorie-free: less than 5 calories per serving  
Sugar-free or Fat-free: less than 0.5g per serving  
Sodium-free: less than 5mg per serving

**LOW** This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, *few*, and *low source of* can also be used.

Low calorie: 40 calories or less per serving  
Lowfat: 3g or less per serving  
Low saturated fat: 1g or less per serving  
Low cholesterol: less than 20mg per serving  
Low sodium: less than 140mg per serving  
Very low sodium: less than 35mg per serving

**LEAN** Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

**EXTRA LEAN** Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

**HIGH** One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

**GOOD SOURCE** One serving must contain 10% to 19% of the *Daily Value*.

**REDUCED** A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, *a reduced* claim cannot be made.

**LESS** A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

**LIGHT** This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

- ◆ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ◆ A food's sodium content has been cut by 50% or more .

**MORE** A food using this claim must contain 10% more of the *Daily Value* of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

**UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT** The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

## Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

### WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ◆ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

## Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓								✓	✓				✓	✓		
Pork				✓					✓					✓	✓	✓	
Veal		✓			✓				✓				✓			✓	
Ground Meat	✓	✓		✓				✓	✓								
Poultry		✓			✓			✓				✓		✓	✓		
Fish						✓	✓	✓								✓	
Eggs					✓	✓						✓	✓				
Soups/Stews	✓	✓	✓	✓	✓		✓				✓					✓	
Sauces	✓											✓		✓	✓		
Pasta				✓													
Rice	✓						✓				✓						
Popcorn										✓							
Asparagus					✓												
Beets					✓												
Broccoli											✓	✓					
Cabbage						✓				✓							
Carrots		✓	✓														
Cauliflower							✓									✓	
Green Beans								✓		✓							
Lima Beans								✓	✓					✓			
Potatoes											✓			✓		✓	
Tomatoes	✓					✓		✓				✓		✓			
Salads						✓		✓				✓					

Try this low sodium spice blend in your shaker instead of salt:

- 1 Tbsp. dry mustard
- 1 tsp. garlic powder
- 1½ Tbsp. onion powder
- ½ Tbsp. ground pepper
- ½ Tbsp. thyme, crushed
- 1 tsp. sage
- ½ tsp. marjoram, crushed
- 1 Tbsp. paprika
- ½ tsp. basil, crushed
- ½ tsp. ground oregano

## Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

## Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

**Decrease the amount of total fat eaten.** Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

**Eat a variety of foods and do not restrict certain foods from the diet.** In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

**Eat breakfast.** People who eat breakfast are generally more successful at losing weight.

**Try not to eat before going to bed.** Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

**Eat single portions of food and give the body time to signal that it is full.** Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

**Eat foods high in complex carbohydrates.** This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

**Exercise.** Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

**Do not starve yourself.** Low calorie diets may slow a body's metabolism, making weight loss more difficult.

**Lose weight slowly, 1 to 2 pounds per week is desirable.** Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

**Set reasonable weight goals.** Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

## Understanding the Nutrition Facts Food Label

The **Nutrition Facts** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

**Serving Sizes** have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce  
mg: milligrams - 1,000mg = 1g  
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source*. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The **Ingredients List** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the following page for an example of the Nutritional Facts Food Label.

## The Nutrition Facts Food Label

### Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

#### Amount Per Serving

**Calories** 260 Calories from Fat 120

% Daily Value\*

**Total Fat** 13g 20%

Saturated Fat 5g 25%

**Cholesterol** 30mg 10%

**Sodium** 660mg 28%

**Total Carbohydrate** 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

**Protein** 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

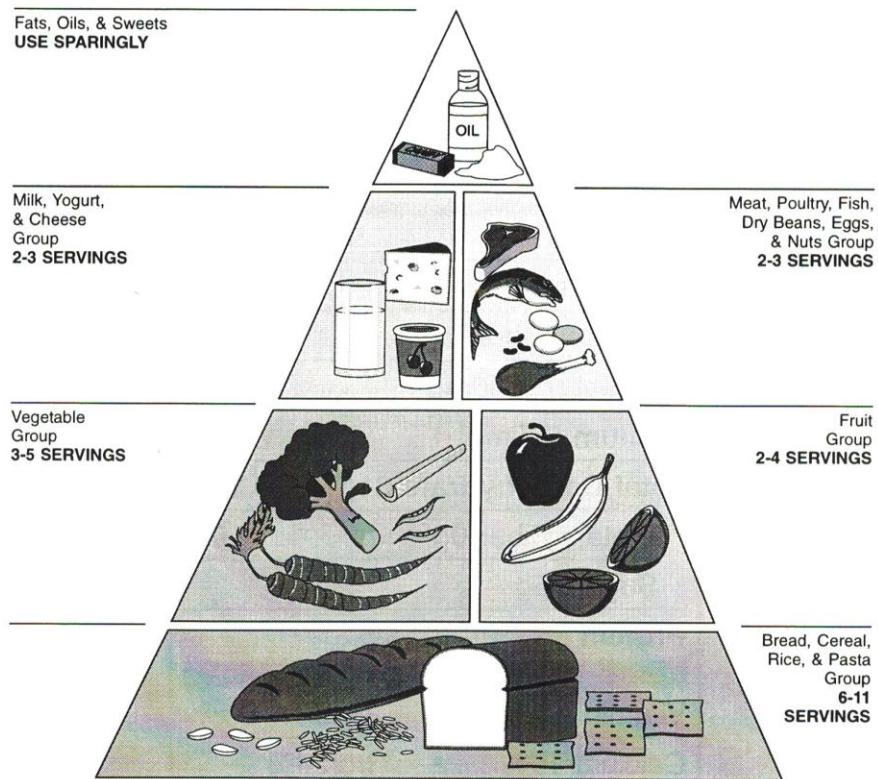
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## ***The Food Guide Pyramid***

### **A Guide to Daily Food Choices**



#### **What is the Food Guide Pyramid?**

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

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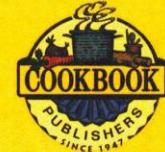
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