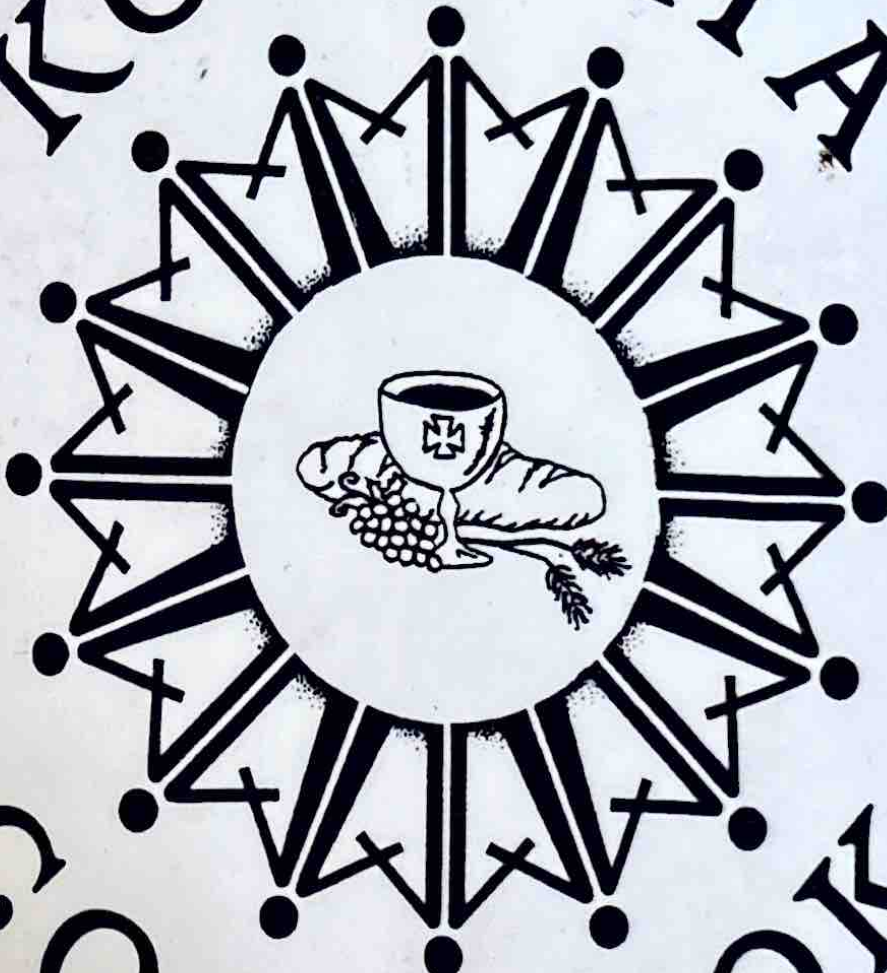




ΚΟΙΝΩΝΙΑ  
COOKBOOK

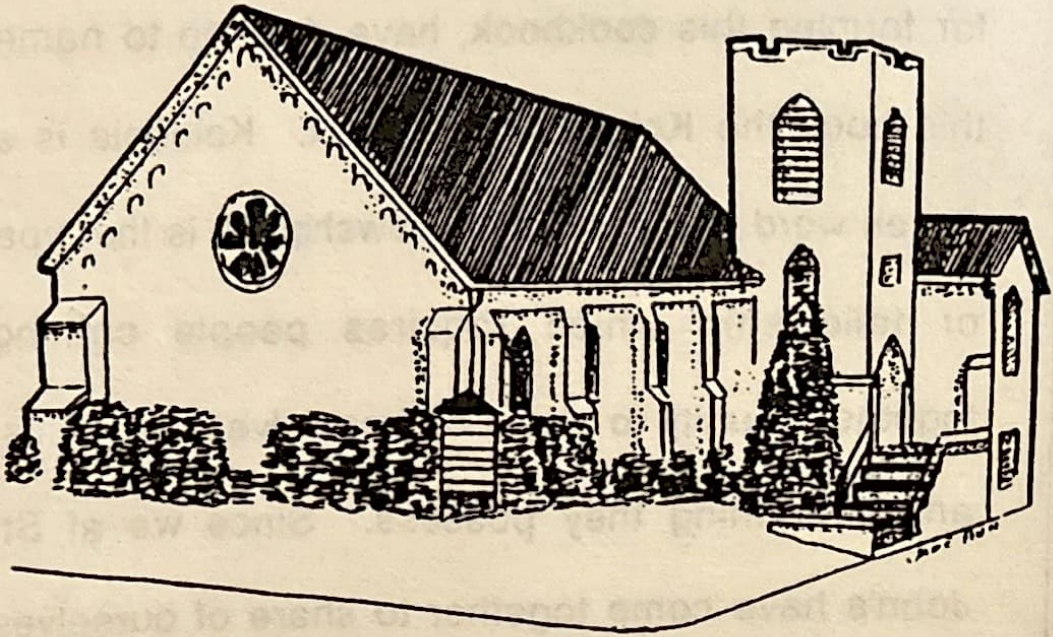
The logo is a circular emblem. At the center is a white circle containing a chalice with a cross on its front, a loaf of bread, and a bunch of grapes. This central circle is surrounded by a ring of stylized human figures, each with a dot for a head and arms raised to hold hands with the neighbors. The figures are arranged in a circle, creating a sunburst or star-like pattern. The Greek word 'ΚΟΙΝΩΝΙΑ' (Koinonia) is written in a bold, serif font along the top arc of the emblem, and the English word 'COOKBOOK' is written along the bottom arc.

St. John's Lutheran Church

Linda Gephart

We, the members of the committee responsible for forming this cookbook, have decided to name this book the Koinōnia Cookbook. Koinōnia is a Greek word which means fellowship. It is the type of fellowship which requires people coming together in unity to share of themselves, their gifts, and everything they possess. Since we at St. John's have come together to share of ourselves and of our favorite recipes, we thought that Koinōnia would be a wonderful name for our cookbook.

May this cookbook be a blessing and a reminder of the love, care, and culinary arts that have been gathered in the fellowship of St. John's Lutheran Church.



**ST. JOHN'S LUTHERAN CHURCH**

*Covington, Ohio*

In Christian fellowship, we gather for several reasons. One of those reasons is to break bread together. At past potlucks and gatherings, we have seen and tasted many delicious foods. In putting together a cookbook, we are given yet another opportunity to share with one another. It is with this thought in mind that we, the cookbook committee, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

## **RECIPE SYMBOLS**

**+ designates - Low in Calories & Sugar**

**\* designates - A Kid's Recipe**

**# designates - Low Cholesterol**



# *Your Favorite Recipes*

*Recipe*

*Page Number*

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*Specialty Cookbook Recipes*

**FUNDCRAFT PUBLISHING, INC.**  
**Specializing In Fund-raising Cookbooks**  
**410 Highway 72W., P.O. Box 340**  
**Collierville, TN 38017**

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# *Appetizers, Relishes & Pickles*

*Sauces & Dances*

*Main Dishes*

*Vegetables*



# Appetizers

*Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:*

1. *Caviar flavored with onion juice.*
2. *Cream cheese with chopped chutney and dash of curry powder.*
3. *Lobster tail moistened with lemon juice.*
4. *Almonds or pecans roasted and chopped, then mixed with anchovy paste.*
5. *Cream cheese with chopped pickle.*
6. *Chicken livers minced and moistened with mayonnaise.*
7. *Cheese squares with olive attached by toothpick.*
8. *Liverwurst with pistachio nuts.*
9. *Sardines with caviar paste.*
10. *Minced eggs with anchovies.*
11. *Cream cheese and horseradish.*
12. *Cream cheese and anchovy paste with grated onion.*
13. *Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.*
14. *Peanut butter and bacon toasted on dark bread.*
15. *Deviled ham with chopped onions and Spanish olives.*
16. *Stilton cheese moistened with Port wine.*
17. *Shrimp flavored with French dressing.*
18. *Caviar mixed with cream cheese with dash of Worcestershire sauce.*
19. *Peanuts roasted, crushed and mixed with anchovy paste.*
20. *Sardine slices topped with chopped olives.*
21. *Pimento cheese mixed with a dash of horseradish.*
22. *Minced shrimp with onion juice.*
23. *Cream cheese with dash of Worcestershire sauce and chives.*

## APPETIZERS, RELISHES & PICKLES

### BACON SQUARES

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1 c. salad dressing          | 8 slices bacon, cooked and crumbled |
| 2 tsp. Worcestershire sauce  | 1/4 c. sliced green onions          |
| 1/4 tsp. paprika             | 14 slices bread                     |
| 2 c. shredded Cheddar cheese |                                     |

Mix salad dressing, Worcestershire sauce and paprika. Stir in cheese, bacon and onions. Spread 3 tablespoons mixture over each slice bread. Bake on ungreased cookie sheet for 10 minutes. Cut each slice in 4 pieces. Serve hot. Makes 56 appetizers.

Linda Morrow

### HOT SAUSAGE BALLS

- |                             |               |
|-----------------------------|---------------|
| 1 lb. hot sausage           | 3 c. Bisquick |
| 1 lb. sharp shredded cheese |               |

Fry sausage (do not drain). Add hot sausage to Bisquick and cheese. Mold into bite size balls. Bake for 15 to 20 minutes in a 350° oven.

Note: Can be made ahead and frozen.

Linda Helman

### BEAN DIP

- |                            |                             |
|----------------------------|-----------------------------|
| 8 oz. cream cheese         | 1 pkg. shredded taco cheese |
| 1 small can refried beans  | Doritos or taco chips       |
| 1 can chopped green chiles |                             |

Layer the cream cheese (soft), refried beans and chiles in a 9-inch pie plate. Top with taco cheese. Bake at 250° for 15 to 30 minutes until cheese is melted on the top. Serve on Doritos or taco chips. You can also sprinkle taco sauce on the refried beans if you care to.

Brooks King

### CHEESE BALL

- |                              |                                  |
|------------------------------|----------------------------------|
| 2 Tbsp. Accent               | 16 oz. Philadelphia cream cheese |
| 10 oz. dried beef            |                                  |
| 2 Tbsp. finely chopped onion |                                  |

Warm cheese to room temperature. Mix cheese, onion and Accent well. Dried beef can be put in food processor to chop fine. Mix well with cheese and form ball. Save some of the beef to roll ball in. Chill.

Edna Houck

### QUICK PICKLED BEETS

1/2 c. vinegar  
1/2 c. liquid from a No. 2  
can of baby or sliced  
beets  
1/4 c. sugar

1/2 tsp. salt  
1 peppercorn  
1/4 bay leaf  
2 whole cloves

Bing to a boil; pour over beets and refrigerate.

Esther Davis

### CRAB/SHRIMP TRAY

2 Tbsp. mayonnaise  
1 small chopped onion  
dash of garlic salt  
12 oz. cream cheese  
2 Tbsp. Worcestershire sauce

1 Tbsp. lemon juice  
1/2 jar chili sauce  
1 (6 1/2 oz.) can shredded  
crab or shrimp  
parsley

Layer #1: Combine mayonnaise, onion, garlic salt, cream cheese, Worcestershire sauce and lemon juice. Spread in a 13-inch pizza pan.

Layer #2: Chili sauce.

Layer #3: Crab or shrimp.

Layer #4: Sprinkle chopped fresh parsley.

Cover with Saran Wrap and refrigerate overnight. Serve on crackers.

Kristin King

### DILLY DIP

1 c. sour cream  
1 c. mayonnaise  
3 tsp. dill weed

1 Tbsp. parsley flakes  
3 Tbsp. chopped onion  
1 1/2 tsp. seasoned salt

Whisk sour cream and mayonnaise together. Stir in other ingredients. Refrigerate overnight.

Nancy Gearhardt

## EGG ROLL

1 or 1 1/2 lb. bulk sausage  
2 or 3 hard-boiled eggs,  
cooled and peeled

1 egg, beaten  
2 or 3 handfuls crackers,  
rolled

Form some of the sausage around the cooked egg; roll in beaten egg, then the cracker crumbs. Bake 40 or 45 minutes in slow oven at 350°. To make smaller egg rolls, cut eggs in halves, quarters or eighths and use the same directions.

Joe Meyer

## FANTASTIC CHEESE BALL

1 large (8 oz.) Philadelphia  
cream cheese  
1 small pkg. dried beef  
8 green onions (tops only),  
chopped finely

1 tsp. Accent  
1 tsp. parsley flakes  
1 tsp. Worcestershire sauce  
1 Tbsp. water

Mix all ingredients together well. Form into ball. Refrigerate 24 hours before serving.

Norma Colby

## LAYERED TACO DIP

1 lb. ground chuck  
1 (4 oz.) can green chilies,  
chopped  
2 tsp. instant beef bouillon  
1 (16 oz.) sour cream  
1 (8 oz.) pkg. shredded cheese

2 tomatoes, chopped  
2 c. shredded lettuce  
sliced green and ripe olives  
1 small chopped onion  
tortilla chips

Brown ground chuck; drain. Add green chopped chilies and 2 teaspoons instant beef bouillon. In a casserole, layer ground chuck mixture with cheese, tomatoes, lettuce, olives and onion. Sprinkle with taco sauce if desired. Use as a dip for tortilla chips.

Marian Fenner

## NACHO DIP

1 lb. ground beef  
1 lb. Bob Evans hot or mild  
sausage  
2 lb. Velveeta cheese

1 chopped onion  
1 large jar hot taco sauce  
1 can cream of mushroom soup  
1 tsp. garlic salt

Cook in crock-pot for 1 1/2 hours. Serve with nacho chips.

Ruth Ann Stollmer

### **REFRIGERATOR PICKLES**

6 c. sliced cucumbers	2 c. sugar
1 c. sliced green pepper	1/2 tsp. celery seed
1 c. onions, chopped	1 tsp. salt
1 c. vinegar	

Put the sliced, unpeeled cucumbers in ice water for 2 hours. Drain well. Add peppers and onions. Mix the vinegar, sugar, celery seed and salt. Stir until sugar is dissolved. Pour over vegetables. Put in covered containers and keep in refrigerator.

Wanda Stacy

### **SAUSAGE-STUFFED MUSHROOMS**

1 lb. fresh mushrooms	1 Tbsp. dill weed
3 oz. summer sausage	1 tsp. salt
6 oz. cream cheese	1 tsp. Tabasco sauce
1 Tbsp. Worcestershire sauce	

Grind sausage. Add remaining ingredients, except mushrooms, and beat until smooth. Remove mushroom stems and wipe caps clean with a damp paper towel. Lay out stem side up on a jelly roll pan. Pipe filling into mushrooms. Bake for 10 to 15 minutes at 350°.

Deb Weikert

### **SHARON'S TACO DIP**

1 (16 oz.) can refried beans	1 (16 oz.) sour cream
1 pkg. taco seasoning	1 (8 oz.) Monterey Jack cheese, shredded
1 (4 oz.) jar green chiles	1 bag taco chips
1 small sweet onion, chopped	
2 tomatoes, chopped	

Mix refried beans with taco seasoning, then spread mixture on dinner plate. Add other ingredients in layers as listed, except for the chips. These are used to dip with. Refrigerate overnight. This recipe is really enjoyed by

teenagers and is great for anytime you need a good snack for entertaining.

Dana Schilling-Adams

### SPINACH DIP

- |  |   |
|--|---|
| 1 c. salad dressing<br>(mayonnaise)    | 1 (10 oz.) pkg. chopped<br>spinach        |
| 1 c. sour cream                        | 1 (8 oz.) can water<br>chestnuts, chopped |
| 1 pkg. Hidden Valley Ranch<br>dressing | 1 loaf monk bread                         |

Mix all together. Cut off a lid from the bread and hollow it out by pulling chunks out. Fill the hollowed loaf with the dip and use the cubes with the dip.

Sandy Longenecker

### SWEET CHUNK PICKLES

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 2 gal. chunked small<br>cucumbers | 2 c. salt<br>1 tsp. powdered alum |
|-----------------------------------|-----------------------------------|

#### Syrup:

- |                   |                     |
|-------------------|---------------------|
| 5 c. sugar        | 1 oz. cinnamon bark |
| 6 c. vinegar      | 3 c. sugar          |
| 1 oz. celery seed |                     |

Place cucumbers in a crock. Heat 4 quarts water and salt to boiling. Cool and pour over cucumbers. Place plate and rock over cucumbers to weight down. Let stand one week. Drain. Cover with boiling water. Let stand 24 hours. Drain. Cover with boiling water to which 1 teaspoon powdered alum is added. Let stand 24 hours. Drain. Cover with hot syrup. For 3 days, drain off syrup. Add 1 cup sugar; boil and pour over pickles. On 3rd day seal in sterilized jars.

Betty McKibben

### TACO MEAT DIP

- |                           |                              |
|---------------------------|------------------------------|
| 1 lb. hamburger           | 1 bottle taco sauce          |
| 1 can refried beans       | 2 c. shredded Cheddar cheese |
| 1 small can green chilies | sour cream                   |

Brown 1 pound hamburger with onion. Drain. Add 1 can refried beans, 1 small can chopped green chilies or jalapeno peppers if you want it extra spicy, 1 bottle taco sauce and 2

cups shredded Cheddar cheese. Mix all ingredients together. Top with sour cream if desired. Serve with taco chips. May be reheated in microwave.

Becky Ayers

## TOASTED ZUCCHINI SNACKS

2 c. shredded zucchini  
1 tsp. salt  
1/2 c. reduced calorie  
mayonnaise or salad  
dressing  
1/2 c. plain low-fat yogurt  
1/4 c. grated Romano or  
Parmesan cheese

4 green onions, thinly sliced  
1 tsp. Worcestershire sauce  
1 tsp. garlic salt  
1/4 tsp. bottled hot pepper  
sauce  
sliced rye bread or French  
bread slices

In a medium mixing bowl, stir together zucchini and salt. Let stand 1 hour. Drain; rinse. Drain well, pressing out excess liquid. In the same bowl, stir together zucchini, mayonnaise/salad dressing, yogurt, cheese, green onions, Worcestershire sauce, garlic and hot pepper sauce. Spread a rounded teaspoon of zucchini mixture on each rye bread slice. Place on a baking sheet. Bake in a 375° oven for 12 minutes. Serve immediately. Makes a great and different appetizer!

Kathie Molesky

## TUNA FISH CHIP DIP

1 can tuna fish, drained  
1 c. mayonnaise  
1 c. sour cream

1 pkg. Hidden Valley Ranch  
dressing

Mix well; refrigerate several hours before serving.

Marjorie Simmons

## VEGGIE BARS

2 cans crescent dinner rolls  
2 (8 oz.) pkg. cream cheese  
1 envelope Hidden Valley  
Ranch dressing  
1 c. mayonnaise (I like  
Hellmann's)

3/4 c. grated carrots  
3/4 c. fresh broccoli  
1/2 c. chopped green pepper  
3/4 c. chopped tomato  
3/4 c. grated Cheddar cheese  
sliced green olives

Spread the rolls on an ungreased cookie sheet, pressing edges together to form a sheet. Bake at 375° for 8 to 10 minutes and cool. Mix together the cream cheese and dressing;

spread on crust. Then you spread over the cooled crust the veggies. The veggies must be chopped very fine or in a food processor.

Betty Carney

### VEGETABLE DIP

1 pt. Hellmann's mayonnaise  
1 pt. sour cream  
3 tsp. Beau Monde spice

3 Tbsp. dry onion flakes  
3 Tbsp. dry parsley flakes  
1 1/2 tsp. dill weed

Mix all ingredients well and let stand a few hours.  
Good dip for vegetables or chips.

Judy Brinkman

<<< Extra Recipes >>>

<<< Extra Recipes >>>



*Soups,  
Salads &  
Sauces*

*Salads & Sauces*

*Main Dishes*



# Salads

## Additions and Garnishes

Slice hard-cooked eggs  
Radishes  
Chopped green or ripe olives  
Nut meats  
Pimento  
Green pepper  
Sardines  
Anchovies  
Slivered cheeses  
Julienned ham  
Chicken  
Grated carrots  
Cubed celery  
Onions - pickled, grated or  
pearl onions  
Tomatoes, sliced and dipped in  
finely chopped parsley or chives  
Capers  
\*Dwarf tomatoes stuffed with  
cottage cheese  
Fresh herbs - sprigs or chopped  
Mint leaves  
Cooked beets, cut into shapes  
or sticks  
Lemon slices with pinked edges  
and dipped in chopped parsley  
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens  
with care.

Wash well, drain and dry greens  
before storing; chill well  
before using.

To core lettuce, smack head stem  
end down on counter top. Then  
twist the core out.

It is better to tear greens into bite-  
sized pieces to avoid bruising  
with knife.

Don't cut up tomatoes for a tossed  
salad since their juices thin the  
dressing and wilt the greens.  
Use them only for garnishing  
the salad bowl.

Select only firm, hard, green  
cucumbers. The skin should have  
a slight sheen, but if it is highly  
polished, it is probably waxed  
and the skin should be removed.

Use wild greens such as dandelion,  
sorrel or winter cress for a  
different flavor and texture in  
tossed salads.

## About Potato Salad

Potato salad is best made from  
potatoes cooked in their jackets  
and peeled and marinated while  
still warm. Small red waxy  
potatoes hold their shape when  
sliced or diced and do not absorb  
an excessive amount of dressing or  
become mushy.

## Soup Accompaniments

Clear Soups — crisp crackers,  
cheese pastry, cheese-spread toast  
strips.

Cream Soups — cheese popcorn,  
seeded crackers, pretzels, pickles  
and olives.

Chowders and Meat Soups —  
Melba toast, sour pickles, oyster  
crackers, bread sticks, relishes,  
toasted garlic bread.

## SOUPS, SALADS & SAUCES

### **BLACK BEAN SOUP (#)**

1 (16 oz.) pkg. black beans  
1 large onion  
1 large green pepper  
1 large minced garlic

1 (15 oz.) can tomato sauce  
2 tsp. salt  
1/2 tsp. pepper

Cook in 8 cups of water, adding all of the ingredients. Cook until the beans are done. You can use other kinds of beans too. This recipe does not have any cholesterol or fat. One cup equals 190 calories.

Betty Carney

### **CHEESE SOUP**

2 cans chicken broth  
1 large onion  
3 carrots, diced  
3 celery stalks, diced  
6 potatoes, diced

diced ham (amount desired)  
1 large jar Cheez Whiz  
milk (to desired consistency)  
salt and pepper

Cook potatoes alone and drain well. Cook ham, broth and other vegetables until crisp-tender. Combine with potatoes and add milk, Cheez Whiz and salt and pepper to taste.

Sue Clark

### **CHEESE SOUP**

6 to 8 medium size potatoes,  
diced  
6 stalks celery, diced  
3 medium size onions, diced  
1 carrot, grated  
2 soup cans filled with milk  
1 (8 oz.) carton sour cream

2 (6 3/4 oz.) cans Hormel  
chunk ham or about 1 lb.  
finely diced smoked ham  
3 cans Campbell's Cheddar  
cheese soup  
chunk of margarine and salt  
and pepper to taste

Cook potatoes, celery, onions and carrot until tender. Pour off most of liquid, but save for thinning soup later. Mash half the potatoes right in the kettle. Add the ham. Put all the cheese soup into a separate bowl and gradually stir in the milk. Add sour cream and pour into vegetables. Add butter, salt and pepper and simmer. Do not boil. Serve with slightly crushed Combos on top.

Linda Catterlin

**BROCCOLI CHEESE SOUP**

1 stick margarine	2 c. milk
1 raw carrot, shredded	2 c. Cheddar cheese
1 Tbsp. onion flakes	1 pkg. frozen broccoli,
2 Tbsp. water	cooked
2 cans potato soup	

In a 4 quart pan melt 1 stick of margarine. Add carrots and onion flakes. Cook on medium for about 5 minutes, carefully. When golden, add water, 2 cans potato soup and milk. Cook for about 10 minutes on medium. Add Cheddar cheese and once melted, add cooked broccoli. (Note: If using fresh broccoli, cut off heads and put in water and microwave for 7 to 10 minutes.) Cook for another 5 minutes.

Gail Kimm

**CREAM OF BROCCOLI SOUP**

3 1/2 c. milk	1 envelope Lipton chicken
1 (10 oz.) pkg. frozen	noodle soup mix (with
broccoli, partially thawed	diced white chicken meat)
1/2 c. chopped onions	1 Tbsp. all-purpose flour

In a medium saucepan bring 3 cups milk and broccoli to the boiling point, then simmer, stirring occasionally, 5 minutes. Stir in Lipton chicken noodle soup mix and flour blended with remaining milk. Bring to the boiling point, then simmer, stirring occasionally, 10 minutes or until soup is slightly thickened and broccoli is tender. Makes about 4 servings.

Linda Catterlin

**POTATO-CHEESE SOUP**

3 to 5 medium potatoes,	2 cans chicken broth
peeled and cut	2 c. shredded Cheddar cheese
2 carrots, cut up	1 pt. half and half
1 small onion, chopped	

Put chicken broth and onion in a 4 quart cooking pot and bring to a boil. Add carrots and potatoes and cook until tender. After it has cooled somewhat, add cheese and half and half and serve. Great for those chilly days!

Kathie Molesky

**BACON AND EGG SALAD**

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 head lettuce, broken          | 6 strips bacon or more, |
| 2 Tbsp. finely chopped onion    | cooked and broken       |
| 4 eggs, hard-cooked and chopped |                         |

**Salad Dressing:**

- |                         |                   |
|-------------------------|-------------------|
| 1 tsp. prepared mustard | 1/4 c. sour cream |
| 1 c. Miracle Whip       |                   |

Layer the lettuce, onion, eggs and bacon in bowl. Make salad dressing and spread over salad. Chill. Toss when ready to serve.

Linda Gephart

**BEAN SALAD**

- |                      |                    |
|----------------------|--------------------|
| 2 cans green beans   | 1 tsp. celery seed |
| 1 can wax beans      | 1 1/2 c. vinegar   |
| 1 can lima beans     | 2 c. sugar         |
| 1 can red beans      | 1/4 c. salad oil   |
| 1 c. chopped celery  | 1 tsp. salt        |
| 1/2 c. chopped onion |                    |

Drain all cans of beans. Heat vinegar, sugar, salad oil and salt. Pour over beans. When cool, add onion and celery. Refrigerate.

Esther Davis  
Wanda Stacy

**BROCCOLI SALAD**

- |   |                            |
|---|----------------------------|
| 4 c. chopped raw broccoli                 | 1/2 c. sunflower seeds     |
| 4 to 8 slices bacon, fried<br>and drained | (optional)                 |
| 1/4 to 1/2 c. raisins                     | 1 c. Hellmann's mayonnaise |
| 1/2 c. chopped celery<br>(optional)       | 1/4 c. sugar               |
|   | 3 Tbsp. vinegar            |
|   | 1 small chopped onion      |

Whip mayonnaise, sugar and vinegar. Add raisins, bacon and onion. Toss over broccoli.

Edna Lenox  
Luella Roeth

## BROCCOLI-PEPPERONI SALAD

- |  |  |
|--|--|
| 1 pkg. Italian dressing mix,<br>prepared as directed | 1 (3 1/2 oz.) pkg. sliced<br>pepperoni |
| 1 bunch broccoli, cut into<br>flowerets              | 1 green pepper, chopped                |
| 1 c. Swiss cheese, cubed                             | 1/2 lb. mushrooms, sliced              |

Combine all ingredients, except mushrooms. Refrigerate overnight. Add mushrooms a couple hours before serving. Mix well.

Barbara Besecker

## CHERRY-PINEAPPLE SALAD

- |                             |                           |
|-----------------------------|---------------------------|
| 1 can cherry pie filling    | 1 can Eagle Brand         |
| 1 can crushed pineapple     | 1 c. crushed walnuts      |
| 1 large container Cool Whip | 1 pkg. small marshmallows |

Mix altogether in a large bowl, juice and all.

Connie Holfinger

## CHRISTMAS CRANBERRY SALAD

- |   |  |
|---|--|
| 1 large pkg. strawberry jello<br>(6 oz.)                      | 1 large pkg. frozen<br>strawberries (10 oz.) |
| 1 c. hot water  | 1 can whole cranberries                      |
| 2 pkg. Indian Trail<br>cranberries/orange<br>(frozen, 10 oz.) | 1 can crushed pineapple (not<br>drained)     |
|   | 1 can cranberry sauce<br>nuts (optional)     |

Dissolve strawberry jello with 1 cup water. Add remaining ingredients and chill.

Helen Marchal

## CRANBERRY SALAD

- |                            |                        |
|----------------------------|------------------------|
| 2 small pkg. cherry Jell-O | 4 apples               |
| 1 pkg. cranberries         | 1 c. crushed pineapple |
| 1/3 c. Tang                | 2 c. sugar             |

Grind cranberries and apples with coarse blade. Add Tang, sugar and pineapple. Use only 2 cups hot water for Jell-O. When partially set add all other ingredients.

Evelyn Holfinger

**CRANBERRY SALAD**

1/2 lb. cranberries  
 1/8 tsp. soda  
 1 pt. water  
 1/8 tsp. salt  
 1 c. sugar\*

1 c. diced apples  
 1 box strawberry Jell-O\*  
 15 marshmallows, cut  
 1 c. diced celery  
 1/2 c. chopped nuts

Put cranberries, water and salt in 2 quart saucepan on stove. When boiling, add soda and cook 10 minutes. Add sugar and Jell-O and stir until dissolved. Stir in marshmallows while hot so they dissolve (will be foamy). Take from stove and let cool. Add celery, apples and nuts. Pour in Pyrex dish and chill.

\*Can use 1 envelope diet Jell-O and 1/2 cup sugar.

Edna Houck

**CRANBERRY-PINEAPPLE SALAD**

1 can Eagle Brand condensed  
 milk  
 1/4 c. lemon juice  
 1 (16 oz.) can whole  
 cranberry sauce

1 (20 oz.) can crushed  
 pineapple, drained  
 1/4 c. walnuts  
 1 (9 oz.) Cool Whip

Combine condensed Eagle Brand (sweetened) milk and lemon juice. Add cranberry sauce, pineapple and nuts. Fold in Cool Whip. Spread in a 9 x 13-inch pan. Freeze. Remove 10 minutes before serving.

Nola Hines

**CRANBERRY FLUFF**

2 c. raw cranberries  
 1/2 c. seedless grapes  
 3 c. miniature marshmallows  
 1 c. whipped cream

3/4 c. sugar  
 1/2 c. broken walnuts  
 2 c. apples

Combine chopped cranberries, sugar and marshmallows. Cover and chill overnight. Add chopped apples, halved grapes and nuts. Fold in whipped cream. Chill again.

Thelma Smith

**DRESSING FOR SALADS**

(Potato, Macaroni or Apple)

2 eggs	1/4 c. vinegar
1 c. sugar	1/4 c. water
1 Tbsp. flour	1/8 tsp. salt

Beat together eggs, sugar and flour. Add vinegar, water and salt. Cook until thick. If cooked in double boiler doesn't need as much watching. Just stir several times. Will keep in refrigerator for a week. Use one half this dressing and one half mayonnaise or store bought salad dressing.

Evelyn Holfinger

**FIVE LAYER SALAD**

1 head lettuce	1/2 c. mayonnaise
4 to 5 stalks celery	1 to 2 Tbsp. vinegar
1 sweet onion	1 can bacon bits
1 c. sour cream	Parmesan cheese
1/2 c. sugar	

Layer lettuce, celery and onion. Mix mayonnaise with 1 to 2 tablespoons of vinegar and then add sugar and sour cream. Pour over lettuce, celery and onion. Then put bacon bits, then add Parmesan cheese. Refrigerate 3 hours. Stir well before serving.

Linda Iddings

**FRUIT SALAD**

1 pkg. tapioca pudding mix	2 large cans mandarin oranges
1 pkg. vanilla pudding mix	1 jar maraschino cherries
2 large cans pineapple tidbits	2 large bananas

Drain pineapple and oranges and save the juice. Add enough water to make 2 3/4 cups of liquid. Add both packages of pudding mix and cook until thick. Cool and add oranges and pineapple. Refrigerate until serving time. Add drained cherries and bananas before serving. (There is plenty of sauce, so I add more fruit.)

Linda Catterlin

**GRAPE SALAD**

2 small pkg. grape gelatin  
 1 Tbsp. sugar  
 1 1/2 c. boiling water

1 can crushed pineapple  
 1 can blueberry pie filling

**Topping Ingredients:**

1 (8 oz.) pkg. cream cheese  
 1/2 pt. sour cream

1/2 c. sugar  
 1/2 tsp. vanilla

Dissolve gelatin and sugar in boiling water. Let cool. Add undrained pineapple and blueberry filling. Place in large Pyrex dish and chill until firm. Blend topping and spread on gelatin mixture. Chill several hours.

Kate O'Roark

**ITALIAN SALAD DRESSING**

1 1/2 c. sugar  
 3/4 c. vinegar  
 1/2 c. onion, chopped fine  
 3 tsp. salt  
 3 Tbsp. paprika

3 Tbsp. celery seed  
 1 1/2 c. oil  
 1 c. catsup  
 Miracle Whip (optional)

Mix the sugar, vinegar, onion, salt, paprika and celery seed together with mixer. Add the oil and catsup and mix well. Can be used as is or it is good to blend in Miracle Whip salad dressing until desired consistency.

Deb Shively

**KRAUT SALAD**

1 can sauerkraut (undrained)  
 2/3 c. sugar  
 1 small onion, chopped

1 small can pimento, chopped  
 1 stalk celery, chopped  
 1 green pepper, chopped

Mix all ingredients together and allow to set for several hours for flavors to mix.

Lydia Brinkman

**OVERNIGHT LAYERED FRUIT SALAD**

2 c. shredded iceberg lettuce  
 2 Golden Delicious apples,  
 sliced  
 2 navel oranges, sectioned

2 c. seedless green grapes  
 1/3 c. mayonnaise  
 1/3 c. sour cream  
 1 c. shredded mild cheese

Spread lettuce on bottom of a 2 quart serving dish.

Slice apples thin and layer over lettuce; section oranges. Squeeze teaspoon of orange juice on apples and layer oranges on apples. Layer grapes. Combine mayonnaise and sour cream; spread over grapes. Sprinkle shredded cheese over all. Cover dish with plastic wrap. Refrigerate overnight.

Linda Morrow

### PRETZEL SALAD

- |                                     |  |
|-------------------------------------|--|
| 2 2/3 c. crushed pretzels           | 1 c. sugar                                   |
| 1 1/2 sticks oleo, melted           | 2 (3 oz.) or 1 (6 oz.)<br>strawberry gelatin |
| 3 Tbsp. sugar                       | 16 oz. frozen strawberries                   |
| 1 (8 oz.) cream cheese,<br>softened | 3 c. boiling water                           |
| 1 envelope Dream Whip, prepared     |  |

Save a small amount of crushed pretzels for top. Mix pretzels, oleo and 3 tablespoons sugar together and put in a 13 x 9-inch pan. Bake for 10 minutes at 350°. Cool.

Mix cream cheese, 1 cup sugar and prepared Dream Whip or Cool Whip together and spread on top of cooled pretzel base. Dissolve gelatin in hot water. Stir in frozen strawberries and cool until slightly thickened. Pour over cream cheese layer. Sprinkle crushed pretzels on top.

Linda Kelch

### PRETZEL JELLO SALAD

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 2 c. crushed pretzels       | 2 (3 oz.) pkg. strawberry<br>Jell-O   |
| 2 Tbsp. sugar               | 2 c. boiling water                    |
| 3/4 c. softened oleo        | 2 pkg. frozen strawberries,<br>thawed |
| 1 (8 oz.) pkg. cream cheese |                                       |
| 1 c. sugar                  |                                       |
| 2 c. Cool Whip              |                                       |

Mix and press the pretzels, 2 tablespoons sugar and oleo into a 9 x 13-inch pan and bake at 400° for 10 minutes. Let cool. Mix cream cheese, 1 cup sugar and Cool Whip together. Spread over cooled pretzel mix. Dissolve Jell-O in boiling water. Add berries and let cool. Pour slowly over crust. Refrigerate until firm.

Tammie, Nathan and Rhea Elliott

## PINEAPPLE SALAD

2 cans pineapple (20 oz.)  
2 eggs  
3 Tbsp. flour

6 Tbsp. sugar  
1 c. miniature marshmallows  
1/4 c. walnuts or pecans

Drain pineapple. Mix flour and sugar together. Add eggs. Stir in pineapple juice. Cook until thick. Cool. Combine pineapple, marshmallows and nuts. Add dressing; mix together. Garnish with marshmallow halves and crushed nuts.

Thelma Smith

## COOKED POTATO SALAD DRESSING

1 Tbsp. butter  
1 Tbsp. Crisco  
2 Tbsp. (heaping) flour  
1 egg  
3 Tbsp. vinegar

1/2 c. sugar  
1 c. water  
1 Tbsp. mayonnaise  
2 tsp. mustard  
dash of salt

Melt butter and Crisco in pan; add flour. Makes a very thick mixture. In another bowl, mix egg, vinegar, sugar and water. Add this to thick mixture and cook until thick. Let cool and add mayonnaise and mustard; mix well. Can be made several days before finishing potato salad.

Edna Houck

## SCRUMPTIOUS STRAWBERRY SALAD

1 1/2 c. boiling water  
2 small pkg. strawberry  
gelatin  
1 (20 oz.) can crushed  
pineapple

16 oz. frozen sliced  
strawberries  
4 oz. cream cheese  
3/4 c. sour cream

Dissolve gelatin in boiling water. Add pineapple and strawberries. Pour half gelatin mixture in large glass bowl. Refrigerate until firm. Mix sour cream and cream cheese and spread over gelatin. Add other half of gelatin and refrigerate until firm.

Carole Clark  
(Gail Kimm's Mother)

## TACO SALAD

1 head lettuce, shredded  
2 tomatoes, diced  
1/2 c. chopped onion  
1 can red kidney beans,  
drained

1 can garbanzo beans  
2 c. shredded Cheddar cheese  
1 medium bag taco chips  
1 bottle dressing of your  
choice

Toss all ingredients, except chips and dressing, together. Store in refrigerator overnight. Before serving, crumble chips and add to salad. Mix thoroughly and serve with dressing of your choice. Serves 8.

Becky Ayers

## TASTY SALAD DRESSING

1/2 c. catsup  
3/4 c. sugar or 12 packets  
Sweet 'N Low

1/4 c. white vinegar  
1 tsp. Worcestershire sauce  
(optional)

Mix together. Let stand at least 2 hours before use.

Luella Roeth

## WALDORF SALAD DRESSING

1 c. brown sugar  
1/4 tsp. salt  
1/3 c. water  
8 large marshmallows

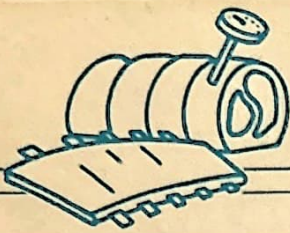
1 Tbsp. butter  
2 Tbsp. flour  
1 egg  
3 Tbsp. vinegar

Mix all ingredients, except butter and marshmallows, slightly and cook until thickened. Then add 1 tablespoon butter and 8 marshmallows (large). Cool and store until needed.

Lucille Schilling



*Meats &  
Main Dishes*



# Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
<b>FRESH PORK</b>				
Rib and loin	3 - 7 lbs.	30-40	325	175 F
Leg	5 lbs.	25-30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 - 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
<b>BEEF</b>				
Standing ribs - rare	3 - 7 lbs.	25	325	135 F
- medium	3 - 7 lbs.	30	325	165 F
- well done	3 - 7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
<b>LAMB</b>				
Shoulder - well done	4 - 10 lbs.	40	325	190 F
- boned and rolled	3 - 6 lbs.	40	325	182 F
Leg - medium	5 - 10 lbs.	40	325	175 F
- well done	3 - 6 lbs.	40 - 50	325	182 F
Crown - well done	3 - 6 lbs.	40 - 50	325	182 F
<b>SMOKED PORK</b>				
Shoulder and picnic hams	5 lbs.	30 - 40	325	170 F
	8 lbs.	30 - 40	325	175 F
Boneless butt	2 lbs.	40	325	180 F
	4 lbs.	25	325 F	170 F
Ham	12 - 20 lbs.	16 - 18	325 F	170 F
	Under 10 lbs.	20	325	175 F
	Half hams	25	325	170 F
<b>VEAL</b>				
Loin	4 - 6 lbs.	35	325 F	175 F
Leg	5 - 10 lbs.	35	325	175 F
Boneless shoulder	4 - 10 lbs.	45	325 F	175 F
<b>POULTRY</b>				
Chicken	3 - 5 lbs.	40	325 F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 - 10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 - 10 lbs.	30	325	175 F

## MEATS & MAIN DISHES

### BREAKFAST CASSEROLE

14 slices Pepperidge Farm bread, crusts removed	6 eggs
1 bar mild Cracker Barrel cheese, grated	3 c. milk
3/4 c. chopped ham, bacon or sausage	1/2 tsp. dry mustard
	1/2 tsp. salt

Grease a 13 x 9-inch pan well. Layer bread, grated cheese and meat 2 times in pan. Mix eggs, milk, salt and mustard and pour over the 2 layers. Cover and refrigerate overnight. Top with crushed cereal and melted oleo and bake at 350° for 1 hour. This is great for a weekend brunch.

Carole Clark  
(Gail Kimm's Mother)

### CHINESE STYLE SCRAMBLED EGGS

1/2 lb. bulk sausage	1/2 can bean sprouts
1/2 c. chopped celery	4 eggs
1/3 c. chopped onions	small amount milk

Brown sausage. Next add celery and onions. Cook for 2 to 3 minutes. Add bean sprouts. Combine eggs, milk, salt and pepper. Pour over sausage mixture. Cook over low heat. Stir occasionally until eggs are set and vegetables are still somewhat crisp.

Lydia Brinkman

### QUICHE LORRAINE

1 1/2 c. grated Swiss cheese	1/2 c. milk
8 slices bacon, cooked and crumbled	1/2 tsp. salt
3 eggs, slightly beaten	1/4 tsp. pepper
1 c. heavy cream (whipping cream)	1/2 tsp. dry mustard
	chilled 9-inch pie crust

Sprinkle cheese and bacon in pie crust. Blend remaining ingredients; pour into the crust. Bake for 45 minutes at 375° or until knife inserted in the center comes out clean. Cut into wedges; serve hot. Makes 6 servings.

Klarinda King

## SAUSAGE AND EGGS

10 slices bread  
1 lb. fried sausage  
3/4 c. Cheddar cheese  
8 eggs  
2 c. milk  
1 can mushroom soup

Place in order in a 9 x 13-inch baking dish. Refrigerate 24 hours, then bake at 350° for 1 hour.

Dorothy E. Warner

## SAUSAGE-EGG CASSEROLE

2 c. milk  
6 eggs  
2 sliced diced white bread  
1 tsp. dry mustard  
1 tsp. salt  
1 lb. ground sausage  
1 c. grated Cheddar cheese

Grease an 8 x 12-inch glass dish. Brown sausage and drain grease. Mix together milk, eggs, dry mustard and salt. Place cubed bread in dish. Layer with sausage and cheese. Pour milk-egg mixture over top. Cover and chill overnight. To bake, heat oven to 325°; remove cover and bake for approximately 40 minutes.

Sandy Fisher

## BAKED SOLE FILLETS

1 pkg. frozen sole  
1 Tbsp. margarine  
1 Tbsp. lemon juice  
1/2 tsp. paprika  
1/2 c. Parmesan cheese,  
grated  
dash of salt  
dash of pepper

Preheat oven to 350°. In an 8 1/2 x 11-inch baking dish, place margarine and melt so it covers bottom of dish. Place fillets single layer in dish. Sprinkle lemon juice over fish. Sprinkle paprika, salt and pepper over fish. Sprinkle Parmesan cheese over fish and place in oven for 25 minutes. If you're not a fish eater, you'll like this mild sole. Goes great with rice, noodles or potatoes. Tasty, low cholesterol dish.

Kathie Molesky

**SHRIMP CANTONESE**

12 to 16 oz. shrimp, shelled  
and deveined  
2 Tbsp. butter, oleo or oil  
1 c. diagonally cut celery  
1 c. diced onions

2 c. bean sprouts  
1 c. sliced fresh mushrooms  
1/8 c. soy sauce  
1 to 1 1/4 c. chicken broth  
4 Tbsp. cornstarch

Saute shrimp in butter until pink, 1 to 2 minutes. Add celery and onion; stir and cook 2 minutes. Add sprouts and mushrooms. Cover and cook 2 minutes. Blend soy sauce, broth and cornstarch and add to shrimp and vegetables. Stir until thickened. Serve over rice.

Deb Weikert

**BAKED CHICKEN BREASTS**

4 boneless, skinless chicken  
breasts  
2 or 3 eggs  
salt  
pepper

cracker crumbs  
fresh mushrooms  
Monterey Jack cheese,  
shredded

Marinate chicken breasts in 2 or 3 beaten eggs, salt and pepper overnight. Roll in cracker crumbs and place in greased casserole dish. Cover completely with sliced (thin) fresh mushrooms. Cover completely with shredded Monterey Jack cheese. Bake at 350° for 30 to 40 minutes.

Nancy Gearhardt

**CHICKEN CASSEROLE**

2 c. cooked chicken  
1 c. cooked rice  
1 c. chopped celery  
1 c. cream of chicken soup

2 Tbsp. chopped onion  
1 tsp. salt  
1 can water chestnuts, sliced  
3/4 c. mayonnaise

**Topping:**

1/2 stick margarine

1 c. crushed crackers

Mix all ingredients. Put into a greased 2 1/2 quart casserole. Melt margarine and mix with crackers. Sprinkle on top of casserole and bake for 45 minutes at 350°.

Jackie Kiehl

## CHICKEN CASSEROLE

8 slices bread, cubed  
2 c. diced chicken  
1/2 c. chopped onion  
1/2 c. chopped celery  
3/4 tsp. salt

1/2 c. mayonnaise  
2 eggs, beaten  
1 1/2 c. chicken broth  
1 can cream of mushroom soup

Mix all ingredients and put in greased casserole. Cover and chill overnight or can be frozen. Bake at 325° for 1 hour.

Linda Morrow

## CHICKEN CASSEROLE

2 chicken breasts, cooked and cut up  
1 can cream of mushroom soup (do not dilute)  
1 can cream of chicken soup (do not dilute)

1 can drained and sliced mushrooms  
1 small can condensed milk or 1 c. chicken broth  
1 can chow mein noodles

Mix ingredients. Put in casserole dish and bake for 1 hour at 325°.

Carol Forsythe

## CHICKEN CASSEROLE SUPREME

4 c. cooked chicken  
4 c. cooked rice  
2 c. chopped celery  
1/4 c. chopped onion

2 cans cream of chicken soup  
1 1/2 c. Miracle Whip  
3/4 tsp. salt

Mix and bake at 350° for approximately 45 minutes or until golden brown on top. (Note: A 2 pound bag of uncooked rice makes 20 cups cooked.) Use a 13 x 9-inch pan that has been sprayed with Pam.

Gail Kimm

## CHICKEN EASY

1 whole chicken, cooked and deboned  
1 can cream of chicken soup  
1 can cream of celery soup  
1 stick butter or margarine

1 3/4 c. chicken broth  
1 pkg. Pepperidge Farm stuffing mix  
2 soup cans milk

Place cleaned and deboned chicken into a 13 x 9-inch pan. Mix celery and chicken soups with 2 cans milk and pour

over chicken in pan. Melt butter and add to 1 3/4 cups of chicken broth, then pour stuffing mix into broth. Stir together until stuffing is saturated, then pour on top of soup in pan. Bake at 350° for 45 minutes. Turkey leftovers can be substituted for chicken.

Gail Kimm

## CHICKEN IN A CROCK-POT

1 cut up chicken, skin removed	2 c. fresh or canned tomatoes
1 c. chicken broth	1 c. onion
1 bay leaf	pinch of oregano
1 clove garlic	3 c. or 1 head broccoli

In the morning, put all, except broccoli, in the crock-pot. Cook on 3 or 4 all day. In the evening, about 1/2 hour before dinner, remove bay leaf; add 3 cups broccoli pieces. This is a busy day dinner.

Wanda Stacy

## CHICKEN POUCHES

3 oz. cream cheese, softened	1 Tbsp. chives or onion
2 Tbsp. margarine	1 pkg. crescent rolls
2 c. cooked cubed chicken	1/2 to 3/4 c. crushed croutons
1/4 tsp. salt	1 Tbsp. melted margarine
1/8 tsp. pepper	
2 Tbsp. milk	

Blend cheese and 2 tablespoons margarine. Mix with chicken, salt, pepper, milk and chives. Make 4 rectangles out of crescent rolls, pinching seams as necessary. Spoon 1/2 cup of chicken mixture onto center of dough. Pull 4 corners of dough to top center of chicken mixture; twist slightly and seal edges, forming a pouch. Brush tops with reserved 1 tablespoon margarine. Sprinkle with crushed croutons. Bake on an ungreased cookie sheet at 350° for 20 to 25 minutes.

Gail Kimm

## CHICKEN AND RICE CASSEROLE

2 c. uncooked rice	1 pkg. dry onion soup
1 large can chicken broth	1 can mushrooms
1 can cream of chicken soup	skinned chicken breasts

Mix all ingredients, except chicken breasts. Place in casserole dish, 9 x 13-inches. Place chicken breasts on top of mixture. Cover with foil. Bake at 325° for 1 1/2 hours.

Marjorie Mutzner

### CHICKEN TETRAZZINI

- |  |                            |
|--|----------------------------|
| 4 oz. thin spaghetti, broken<br>in 2 inch pieces | 1/2 c. milk                |
| 1 can cream of mushroom soup                     | 1 c. diced, cooked chicken |
|  | 1 c. shredded cheese       |

Cook spaghetti in lightly salted water until tender; drain. Combine with remaining ingredients, reserving half of the cheese. Pour into a 1 1/2 quart casserole. Sprinkle remaining cheese on top. Bake at 400° about 30 minutes.

Linda Gephart

### CHICKEN OR TURKEY TETRAZZINI

- |  |                                     |
|--|-------------------------------------|
| 1 large chicken, cooked,<br>cooled and cut up            | 2 cans mushroom soup                |
| 1 lb. spaghetti, cooked in<br>chicken broth until tender | 2 tsp. Greek seasoning              |
| 3 Tbsp. butter   | 1 1/2 lb. Velveeta cheese,<br>cubed |
| 1 1/2 c. chopped celery                                  | 1 small can pimentos, chopped       |
| 2 large green peppers                                    | 1 1/2 c. cream                      |
| 1 can sliced mushrooms                                   | salt and pepper to taste            |

Saute the celery and green peppers in the butter. Mix chicken, spaghetti, celery and peppers to sliced mushrooms and mushroom soup. Add Greek seasoning, Velveeta cheese, pimento, cream and salt and pepper. Pour into a baking pan; sprinkle top with Parmesan cheese and paprika. Bake, uncovered, in a 13 x 9 x 2-inch baking dish for 45 to 50 minutes at 350°.

Mrs. Jane Althoff

### DEEP DISH CHEDDAR CHICKEN

- |                            |   |
|----------------------------|---|
| 1/2 c. chopped onion       | 4 c. cooked chopped chicken                               |
| 1/2 c. butter or margarine | 2 c. shredded Cheddar cheese                              |
| 1/4 c. flour               | 1 (10 oz.) pkg. frozen<br>broccoli, cooked and<br>drained |
| 3/4 tsp. sage              | 8 oz. crescent dinner rolls                               |
| 1/2 tsp. salt              |   |
| dash of pepper             |   |
| 1 1/2 c. milk              |   |

Saute onion in butter. Blend in flour and seasonings. Gradually add milk; cook stirring constantly until thickened.

Add chicken, cheese and broccoli. Mix well. Spoon into an 11 3/4 x 7 1/2-inch casserole dish. Separate dough into 1 large and 2 small rectangles; firmly press perforations to seal. Cut large rectangle lengthwise into 4 (12 inch) strips. Cut small rectangles lengthwise into 6 (8 inch) strips. Place strips over casserole in lattice design. Brush lightly with melted margarine. Bake at 350° for 35 minutes. Casserole freezes well.

Peggy Roeth

### EASY TURKEY QUICHE

2 1/2 to 3 c. leftover stuffing or 1 (6 oz.) pkg. chicken flavored stuffing mix	1 c. shredded Swiss cheese
1 c. chopped cooked turkey	4 beaten eggs
	1 (5 1/3 oz.) can evaporated milk

If using stuffing mix, prepare as on package. Press stuffing into a 9-inch pie pan, forming a crust. Bake in a 400° oven for 10 minutes. Meanwhile, combine meat and cheese. In another bowl, beat together eggs, milk and pepper. Sprinkle meat mix into hot crust. Pour egg mix over. Lower oven temperature to 350°. Bake 30 to 35 minutes or until center is done.

Sandy Longenecker

### PORK CHOP NOODLE CASSEROLE

3 c. noodles	6 pork chops
--------------	--------------

#### Sauce:

3 Tbsp. butter	1/4 tsp. pepper
3 Tbsp. flour	1 c. milk
3/4 tsp. salt	3/4 c. cheese

Brown pork chops. Cook noodles. Melt butter. Add flour, salt and pepper. Add milk and cheese. Bring to a boil. Mix sauce and noodles together. Put in casserole dish. Arrange pork chops on top and bake 30 minutes in oven at 350°.

Betty McKibben

## PORK-SPINACH PIE

- |  |  |
|--|--|
| 1 (9-inch) deep dish pie shell, frozen | 3 beaten eggs  |
| 1 1/2 c. shredded Swiss cheese         | 1/2 of 10 oz. pkg. frozen chopped spinach, thawed and well drained |
| 1/2 lb. bulk pork sausage              | 1 1/2 c. half and half or milk                                     |
| 1/2 herb stuffing mix                  |  |

Place pie crust on cookie sheet; do not prick. Bake at 400° for 5 minutes. Remove from oven; reduce oven to 325°. Sprinkle cheese in bottom of pie shell; set aside. Meanwhile, cook sausage until brown; drain off fat. Stir in stuffing mix and spinach; spoon over cheese. Combine eggs and milk; pour over sausage mixture. Bake at 325° for 50 to 55 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving. Serves 6.

## BARBECUED FRANKS OR SMOKED SAUSAGE

- |                            |                              |
|----------------------------|------------------------------|
| 12 franks or equal sausage | 1 tsp. mustard               |
| 1 medium onion, chopped    | 1/4 c. vinegar               |
| 3 Tbsp. salad oil          | 1/2 c. catsup                |
| 1 Tbsp. sugar              | 1 Tbsp. Worcestershire sauce |
| 1 tsp. paprika             |                              |

Brown onion lightly in salad oil, then add remaining ingredients, except franks. Simmer 15 minutes. Cut franks or sausage in 1 inch slices and place in shallow pan. Pour sauce over and bake at 350° for 30 minutes.

Edna Houck

## BARBECUED SPARERIBS

(Oven Style)

- |                             |                                  |
|-----------------------------|----------------------------------|
| 4 lb. pork spareribs        | 1 Tbsp. prepared mustard         |
| 1 Tbsp. butter or margarine | 1 Tbsp. Worcestershire           |
| 1 clove garlic, minced      | 1 tsp. celery seed               |
| 1/2 c. catsup               | 1/4 tsp. salt                    |
| 1/3 c. chili sauce          | dash of bottled hot pepper sauce |
| 2 Tbsp. brown sugar         | 3 thin slices lemon              |
| 2 Tbsp. onion               |                                  |

Cut ribs in serving size pieces. In a large saucepan cover ribs with salted water. Cover and simmer until nearly tender, about 1 hour. Meanwhile in saucepan, melt butter; add garlic and cook 4 to 5 minutes. Add remaining ingredients; bring to boil. Drain ribs; place in shallow baking pan. Pour

boiling sauce over ribs. Bake at 350° for 20 minutes, basting often with sauce. Makes 4 servings.

Glen K. Carney

## BARBECUED MEAT BALLS

1 1/2 lb. hamburger  
3/4 c. quick oats  
1 c. canned milk

1 1/2 tsp. salt  
1/2 tsp. pepper

### Sauce:

2 Tbsp. Worcestershire sauce  
3 Tbsp. vinegar  
2 Tbsp. sugar

1 c. catsup  
1 1/2 c. water  
6 Tbsp. onion

Roll meat mixture in balls and brown. Cover meat with sauce and bake slowly, covered, for 1 hour or more.

Marjorie Simmons

## MEATBALLS IN TOMATO SAUCE

1 lb. ground beef  
3/4 c. Minute rice (uncooked)  
1 beaten egg  
1/2 tsp. salt  
1/4 tsp. pepper

2 (15 oz.) cans tomato sauce  
1 c. water  
1/2 c. chopped onion or to taste

Mix ground beef (lean), onion, rice, salt, pepper and beaten egg together. Form meatballs and brown in skillet. When browned, add tomato sauce and water. Add salt, pepper and sugar to taste. Cover and cook on low for 1 hour. Sauce will be slightly thickened when ready.

Gail Kimm

## SWEDISH MEATBALLS

1/3 c. onions, minced  
4 Tbsp. margarine or butter  
1 egg  
1/2 c. milk  
1/2 c. fresh bread crumbs  
1 1/4 tsp. salt

2 tsp. sugar  
1/2 tsp. allspice  
1/4 tsp. nutmeg  
1 lb. ground beef or 3/4 lb. ground beef and 1/4 lb. ground pork

### Gravy Mixture:

3 Tbsp. flour  
1 tsp. sugar  
1 1/4 tsp. salt

1/8 tsp. pepper  
1 c. water  
3/4 c. milk

In a large skillet saute onions in 2 tablespoons butter until golden. Meanwhile, in large mixing bowl, beat egg; add milk and bread crumbs. Let stand for 5 minutes; add salt, sugar, allspice, nutmeg, meat and onions. Blend with fork. In same skillet, heat 2 tablespoons butter. Using 2 teaspoons, shape meat mixture into small balls 1/2 to 3/4 inch in diameter. Drop balls into skillet and brown on all sides. Remove to warm casserole, then into fat left in skillet; stir flour, sugar, salt and pepper. Add water and milk slowly; stir until thickened. Serve meatballs on fluffy rice and pass gravy.

Edna Kimm  
(Pastor Steve's Mom)

### **SAUSAGE BALLS**

1 lb. pork sausage  
2 c. Bisquick

1 (8 oz.) pkg. cream cheese  
2 Tbsp. chopped onion

Add Bisquick, cream cheese and onion to sausage. Form into balls the size of a walnut. Place in baking dish in a 350° oven for about 15 minutes. Turn and bake another 15 minutes or until crunchy on the outside. Makes about 30 balls.

Kim Heintz

### **BAKED SPAGHETTI**

1 lb. ground beef  
8 oz. spaghetti  
1 (28 oz.) can Chinese vegetables

1 (28 oz.) can tomato sauce  
onion to taste

Brown ground beef and cook spaghetti as directed. Combine the Chinese vegetables (that have been drained). Add sauce and mix well. Bake at 325° for 1 to 1 1/2 hours. This makes a big casserole, but can be adjusted up or down.

Betty H. Carney

### **BEEF AND POTATO LOAF**

1 lb. ground beef  
3/4 c. evaporated milk  
1/2 c. soda cracker crumbs  
1/4 c. catsup

1/2 c. cut up onion  
1 tsp. salt  
4 c. sliced potatoes

Arrange in greased 2 quart dish the 4 cups sliced potatoes, cut up onion and salt. Mix ingredients. Spread

evenly over potatoes. Decorate top with more catsup if desired. Bake at 350° for 1 hour until potatoes are tender.

Linda Morrow

### E-Z CASSEROLE

1 lb. hamburger	6 to 7 slices American cheese
1 can cream of celery soup	1 bag Tater Tots
1 can peas (undrained)	salt and pepper to taste

Layer in an ungreased casserole dish just as listed. Bake at 350° for 1 to 1 1/2 hours, uncovered.

Linda Iddings

### GROUND BEEF, CHEESE AND NOODLE CASSEROLE

2 lb. ground beef	1 can cream of chicken soup
1 c. chopped celery	12 oz. noodles
1 chopped onion	2 lb. Velveeta cheese, grated
2 cans cream of mushroom soup	1 tsp. salt

Brown ground beef, celery and onion. Drain; add soups, undiluted. Cook noodles and drain. Add to meat mixture also, 1 1/2 pounds of cheese. Blend and place in baking dish, covering with balance of 1/2 pound cheese. Bake at 350° for 1/2 hour.

Esther Davis

### GROUND BEEF NOODLE-GREEN BEAN CASSEROLE

1 lb. ground beef, browned	1 can cream of mushroom soup (no water added)
1/2 c. chopped onion	8 oz. Velveeta cheese, cubed
8 oz. pkg. noodles (Inn Maid), cooked	1 1/2 tsp. salt
3/4 c. milk	dash of pepper
1 (16 oz.) can green beans, drained	

Blend together; put in casserole. Bake in 350° oven for 30 minutes.

Mrs. Ralph Van Kirk (Dorothy)

### HAMBURGER HOT DISH

1 lb. hamburger	1 can cream of mushroom soup
1 medium onion	2 cans vegetable soup
6 medium potatoes	

Brown 1 diced onion and 1 pound hamburger. Drain off

fat. Add soups to hamburger and onion. Slice 6 raw potatoes into casserole dish. Cover with meat mixture and bake at 350° for about 1 1/2 hours. Top with bread crumbs if desired. Quick, easy, delicious! Serve with rolls and salad!

Marie Sunderman

## **HAMBURGER AND POTATO CASSEROLE**

1 lb. ground beef  
1 can corn, drained  
1 can mushroom soup

salt  
pepper

Mix in a large bowl; Mix in potatoes, sliced thin. After the potatoes are mixed through the hamburger mixture, put into a greased casserole and bake at 350° for 1 hour.

Mary Ann Henzler

## **BASIC MEAT LOAF**

(Microwave)

1 1/2 lb. ground chuck beef  
2 Tbsp. instant minced onion  
1/2 c. fine dry bread crumbs  
1 egg  
4 Tbsp. catsup, divided

1/2 c. milk  
1 tsp. salt\*  
1/8 tsp. each: pepper, thyme,  
dry mustard, paprika

\*Use sweet basil and powdered marjoram instead of salt if you wish.

Mix all ingredients, except catsup (2 tablespoons of catsup) thoroughly and mold into a rounded flat loaf in a 9-inch pie plate. Spread evenly the remaining catsup over the top of loaf. Microwave on High for 14 to 16 minutes, giving dish 1/4 turn every 4 minutes. Let stand, covered, for 5 minutes before slicing. Makes 6 servings. This is good also baked in an oven at 400° for 1 hour.

Kathryn Tyler

## **MEAT LOAF**

1 lb. ground round steak  
1/4 lb. sausage  
2 Tbsp. melted butter  
2 slices bacon  
1 egg, slightly beaten

2 Tbsp. chopped onion  
1/4 tsp. pepper  
1 c. coarsely broken crackers  
1 c. milk  
1 tsp. salt

Combine all ingredients, except bacon. Form in loaf.

Lay slices of bacon across top. Bake in moderate oven at 375° for 2 hours. Makes 4 servings.

Dorothy Van Kirk

### MEAT LOAF SUPERB

1 lb. bulk sausage (I use Bob  
Evans)  
1 lb. ground beef

2 eggs  
1 1/2 c. bread crumbs

#### Topping:

1/2 c. ketchup  
3 Tbsp. brown sugar

1 1/2 Tbsp. vinegar

Mix meat loaf; spread in baking dish or pan and bake 60 minutes at 350°. Remove from oven; spread topping on and bake another 10 minutes.

Judy Brinkman

### MEXICAN HOTS

1 1/2 lb. hamburger  
1 chopped green pepper  
chopped onion to taste

1/2 c. catsup  
1 tsp. salt

Mix together the ingredients. Form patties and fry in frying pan. Let them cook way through before turning over.

Edna Kimm  
(Pastor Steve's Mom)

### BROWN FAST ROAST

2 to 3 lb. roast

Cut roast in bite size pieces. Roll each chunk in Brown Fast Mix and put in a single layer, close together in the bottom of a roasting pan. Cover with a lid. Bake 1 hour at 350°. Reduce heat to 225° and bake 3 more hours.

#### Brown Fast Mix:

4 c. flour  
1 c. powdered milk  
1/4 c. salt

4 tsp. paprika  
4 tsp. pepper

This mixture can be kept in Tupperware for a long time for further use.

Betty McKibben

### **CHUCK ROAST WITH GOOD GRAVY**

- |                              |                    |
|------------------------------|--------------------|
| 1 envelope onion soup or dip | 1 Tbsp. A.1. sauce |
| 1 can mushroom soup          | 1/2 can water      |

Put roast in pan; add all ingredients and bake for 3 hours at 350° or until tender. Thicken juice for good gravy.

Evelyn Holfinger

### **DUTCH OVEN STEW**

- |                 |                                 |
|-----------------|---------------------------------|
| 2 lb. stew meat | 1 tsp. salt, pepper and sugar   |
| 5 potatoes      | 4 tsp. Minute tapioca           |
| 6 carrots       | 2 (10 3/4 oz.) cans tomato soup |
| 2 onions        | 1 to 2 soup cans water          |
| 3 celery stalks |                                 |

Place all ingredients in a covered casserole or Dutch oven. Bake at 275° for 5 hours.

Mrs. Jane Althoff

### **PASTOR STEVE'S BEEF STEW**

- |                             |                         |
|-----------------------------|-------------------------|
| 4 carrots, cut up           | 1 bay leaf              |
| 6 potatoes, cut up          | salt to taste           |
| 1 lb. or so stew meat       | 1/2 tsp. pepper         |
| 2 beef bouillon cubes       | 1 tsp. paprika          |
| 2 c. water                  | 3 onions, quartered     |
| 1 tsp. Worcestershire sauce | 2 stalks celery, cut up |
| 1 clove garlic (optional)   |                         |

Flour stew meat and then brown. After meat is all browned, add it and the drippings in the pan to the crock-pot. Add carrots and potatoes and dissolve beef bouillon in hot water; add to crock-pot. Next add Worcestershire sauce, garlic, bay leaf, salt, pepper, paprika, onions and celery. Cook on high 4 to 5 hours. Once it is done cooking, remove about 1/4 to 1/2 cup of the broth. Cool broth and then add a couple tablespoons cornstarch. Add mixture to broth in crock-pot. Let cook until thickened.

Pastor Steve Kimm

**POOR MAN'S STEW**

1 lb. hamburger  
 2 onions  
 2 stalks celery  
 1 can mushroom soup

1 1/2 cans water  
 1/2 c. rice (raw)  
 1/3 c. soy sauce

Brown hamburger and drain off grease. Chop onions and celery. Add all ingredients together. Bring to a boil and simmer for 30 minutes.

Dawn McKibben

**STAY-IN-BED STEW**

1 1/2 lb. stew  
 4 to 5 carrots, cut in chunks  
 2 medium onions, chopped  
 2 to 3 potatoes, cut in chunks

1 can tomato soup\*  
 1/2 can water  
 salt and pepper to taste

Bake 5 hours with lid on at 275°.

\*Can substitute cream of celery or cream of mushroom soup for different flavor.

Linda Helman

**SOUR CREAM SWISS STEAK**

1 1/2 to 2 lb. round steak,  
 cut in cubes  
 3 Tbsp. flour  
 1/2 tsp. paprika  
 1/2 tsp. salt

3 Tbsp. fat  
 3 small onions, chopped  
 1/2 c. water  
 1/2 c. sour cream

Roll steak cubes in flour mixture of 3 tablespoons flour, 1/2 teaspoon paprika and 1/2 teaspoon salt. Brown in 3 tablespoons fat. Add chopped onions. Add water and mix well. Gradually add sour cream. Cover and simmer for 1 hour or until steak is tender. Serve with rice or noodles.

Norma Colby

**SO EASY BEEF STROGANOFF**

2 lb. small cubed beef  
 1 can onion soup

1 can cream of mushroom soup  
 1 can cream of chicken soup

Put all ingredients in casserole. Cover. Bake at 300°

for 5 hours. May need to remove cover the last hour or so. Do not brown. No water, no seasoning. Serve over noodles.

Linda Gephart

## SAUSAGE FONDUE

8 slices bread	2 1/2 c. milk
2 (8 oz.) pkg. sharp Cheddar cheese, shredded	3/4 tsp. dry mustard
2 lb. fresh bulk sausage	1 can cream of mushroom soup
4 eggs	1/2 c. milk

Grease a 9 x 13-inch pan. Cut crusts from bread and cut into 1/2 inch cubes. Spread bread cubes evenly into bottom of pan. Top with browned and drained sausage, crumbled to bite size pieces. Spread shredded cheese over the sausage. Beat the eggs, milk and mustard together and then pour over entire mixture. Refrigerate overnight. Mix soup and milk. Pour this over all. Bake, uncovered, at 325° for 1 1/2 to 2 hours. (If using glass baking dish, bake at 300°.)

Miriam Ingle

## SAUSAGE STROGANOFF

2 pkg. Bob Evans skinless sausage links	2 cans cream of mushroom soup
2 (4 oz.) cans mushrooms	1 c. sour cream
	cooked rice or noodles

Brown links; snip into bite size. Drain excess grease from skillet, then return sausage bits to skillet. Add mushrooms and soup. Simmer until heated thoroughly. Remove from heat and stir in the sour cream. Serve over rice or noodles. Quick and "yummy".

Note: Sliced fresh mushrooms may be used, also lo-cal sour cream.

Judy Brinkman

## SAUSAGE STUFFING

1/2 lb. sausage (links) or sausage meat	1 medium sized onion, grated
1 1/2 tsp. salt	1/2 tsp. thyme
1/4 tsp. pepper	1 egg
	8 slices stale bread

Cover bread with cold water; soak until soft, then squeeze dry (use your hands). Remove skin from sausage (if

links) and add to bread, grated onion, salt, pepper and thyme. Mix well. Put enough Crisco in skillet to keep mixture from sticking. Spread mixture out evenly in skillet and fry over low heat so sausage cooks thoroughly, about 10 minutes each side. Remove and allow to cool, then add raw egg and mix thoroughly. Pack chicken loosely. Need recipe doubled for turkey.

Ruth Ann Stollmer

## HOMEMADE BEEF SALAMI

5 lb. ground beef (good)	2 1/2 tsp. coarse ground pepper or peppercorns
5 round tsp. Morton Quick Tender salt	2 1/2 tsp. garlic salt
2 1/2 tsp. mustard seed	1 tsp. liquid smoke

1st Day: Mix in large bowl; cover and refrigerate.

2nd Day: Mix by hand; cover and refrigerate.

3rd Day: Mix by hand; cover and refrigerate.

4th Day: Form into 5 rolls. Place on greased rack on broiler pan. Put in 140° oven for 8 hours or 160° oven for 6 to 6 1/2 hours, turning every 2 hours.

Edna Lenox

## LASAGNE

2 lb. ground beef	4 c. (15 or 16 oz.) Ricotta cheese
1 medium onion	2 c. (8 oz.) shredded Mozzarella cheese
1 (32 oz.) jar Ragu chunky garden style mushroom and onion	1/4 c. grated Parmesan cheese
1 (15 1/2 oz.) jar Ragu old world style with mushrooms	4 eggs
1 (16 oz.) box uncooked lasagne	1 1/2 Tbsp. chopped parsley
	1 tsp. salt
	1/4 tsp. pepper

Brown meat and onion; drain. Add sauce and simmer 10 to 15 minutes. Cook lasagne according to package directions; drain (separate lasagne and lay out on waxed paper or aluminum foil to keep pieces from sticking together as they cool). Combine cheeses, eggs, parsley, salt and pepper for filling. Pour 1/5 of meat sauce on bottom of a 13 x 9-inch baking pan. Arrange 4 pieces of lasagne lengthwise over sauce, overlapping edges. Spread 1/3 of cheese filling over lasagne and cover with 1/5 meat sauce. Repeat layers of lasagne, cheese and

meat sauce twice more. Top with layer of lasagne and remaining meat sauce. Sprinkle with additional Parmesan cheese. Cover with aluminum foil; bake at 350° about 30 minutes or until hot and bubbly. Remove foil; bake about 10 minutes longer. Allow to stand 10 minutes before cutting for easier handling. Makes 10 to 12 servings. Great for carry-ins. I usually come home with an empty pan.

Dana Schilling-Adams

### LASAGNA ROLL-UPS

1 lb. ground beef  
1/2 c. finely chopped onion  
1 (15 1/2 oz.) jar spaghetti sauce

1/2 c. grated Parmesan cheese  
8 lasagna noodles, cooked and drained  
1 1/2 c. Mozzarella cheese

Brown meat; drain. Stir in onions; cook until tender. Stir in spaghetti sauce and Parmesan cheese. Cover each noodle with approximately 1/3 cup meat mixture; roll up. Place, seam side down, in a 12 x 8-inch greased baking dish. Spoon the remaining sauce over the noodles. Top with the Mozzarella cheese. Bake at 350° for 30 minutes.

Connie Haines

### ZUCCHINI LASAGNA

6 c. sliced zucchini  
1/4 c. water  
1 lb. ground beef  
16 oz. tomato sauce  
1/4 lb. mushrooms, chopped  
1 small onion, minced  
1 clove garlic, minced  
1/2 tsp. oregano

1/2 tsp. salt  
1/4 tsp. pepper  
1/4 c. dry bread crumbs  
12 oz. cottage cheese  
4 oz. shredded Mozzarella cheese  
1/3 c. Parmesan cheese

Place zucchini and water in a 1 1/2 quart microwave casserole. Cover and cook for 7 minutes on High; drain and set aside. In another dish, microwave beef 4 minutes. Drain. Stir in tomato sauce, mushrooms, onion, garlic and seasonings. Cook on High 8 minutes. In an 11 x 7-inch baking dish layer 1/3 of the zucchini; sprinkle with 1 tablespoon bread crumbs. Top with 1/3 beef mixture and 1/2 of each of the cheeses. Repeat layers once. Top with remaining zucchini, beef mixture and bread crumbs. Sprinkle with the Parmesan cheese. Cover

with waxed paper. Cook for 12 minutes on High. Let stand 5 minutes.

Klarinda King

## ZUCCHINI CASSEROLE

1/2 lb. hamburger  
1 medium onion, chopped  
1 large tomato, chunked  
1 1/2 to 2 c. zucchini, cubed  
and unpeeled

1 Tbsp. margarine  
1/2 tsp. Lawry's salt  
1/2 tsp. salt  
1/8 tsp. pepper

Add At End:

6 to 8 Old English cheese  
slices

1/2 c. buttered bread crumbs

Fry 1 tablespoon margarine, onion and hamburger until soft, not brown. Mix all ingredients lightly together; pour in casserole dish. Cover with Old English cheese slices. Top with 1/2 cup buttered bread crumbs. Bake at 350° approximately 30 minutes or until bubbly.

Note: Can be made ahead and baked prior to serving.

Linda Helman

## REUBEN CASSEROLE

1 (2 1/2 size) can sauerkraut  
8 oz. dry noodles (not  
cooked)  
8 oz. corned beef, sliced very thin

2 cans cream of chicken soup  
1 can water (soup can)  
8 oz. Swiss cheese

Layer the sauerkraut, dry noodles and corned beef in casserole dish. Mix the 2 cans of chicken soup and the water together. Pour on top the sauerkraut mixture. Top with the Swiss cheese. Bake at 325° for 1 hour or more.

Klarinda King

## GERMAN SKILLET DINNER

1 (27 oz.) can sauerkraut,  
water rinsed  
1/2 c. celery, diced  
1/4 c. green pepper, diced

1 1/2 c. tomato juice  
1 small onion, diced  
1/2 tsp. salt  
14 oz. ground beef

Brown meat; drain and turn out on paper towel or brown paper to drain fat well. Rinse sauerkraut and drain. Add all

ingredients together in skillet and mix well. Cover and simmer 30 minutes over low heat or put in casserole; cover and bake at 350° for 1 hour and 15 minutes. Serves 4 for dinner.

I recommend baking in the oven method.

Joe Meyer

### HAM LOAF

2 lb. ham loaf mix (1/2  
ground ham and 1/2 ground  
pork)  
2/3 c. milk

1/2 c. tomato juice or V-8  
juice  
1 c. cracker crumbs

Mix all together and form into loaf. Combine:

1/4 c. vinegar  
1/2 c. water

1 c. light brown sugar

Pour over loaf and bake at 350° for 2 hours, basting often.

Sue Clark

### HAM LOAF

1 lb. ground ham  
1 lb. ground fresh pork  
2/3 c. medium cracker crumbs  
1/2 c. milk

1/4 c. chopped onion  
1 slightly beaten egg  
Tangy Mustard Glaze  
dash of pepper

Mix all ingredients, except Tangy Mustard Glaze; place in shallow baking dish. Bake in 350° oven for 1 1/2 hours. During the last 30 minutes spoon on Tangy Mustard Glaze.

Tangy Mustard Glaze:

1/2 c. brown sugar  
1/2 tsp. dry mustard

2 Tbsp. fruit juice

Combine ingredients.

Betty Carney

**EASY SUPPER SCALLOP**

- |  |                             |
|--|-----------------------------|
| 2 1/2 c. sliced cooked potatoes                            | 1/4 c. flour                |
| 1 (7 oz.) can tuna or 1 1/2 c. diced cooked ham or chicken | 1 tsp. salt                 |
| 2 Tbsp. chopped onion                                      | 1/8 tsp. pepper             |
| 3 Tbsp. butter or margarine                                | 1/2 tsp. dry mustard        |
|  | 2 c. milk                   |
|  | 1/4 c. chopped parsley      |
|  | 1 c. grated American cheese |

Preheat oven to 375°. Arrange in layers in a 1 1/2 quart casserole the potatoes, fish or meat and onion. Make a white sauce of the remaining ingredients. Pour over potatoes; top with buttered bread crumbs or crushed potato chips. Bake for 30 minutes or until set. Serves 6.

Wanda Stacy

**LAZY DAY CASSEROLE**

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 c. uncooked macaroni              | 1 c. grated Cheddar cheese |
| 1 can mushroom soup (can be golden) | 1 Tbsp. onion flakes       |
| 1 large pkg. dried beef             | 1 1/2 c. milk              |
|                                     | salt to taste              |

Mix in baking dish and let stand 4 hours or overnight. Bake at 375° for 1 hour.

Edna Houck

**STUFFED GREEN PEPPERS**

- |                           |                             |
|---------------------------|-----------------------------|
| 6 large green peppers     | 1 tsp. salt                 |
| 5 c. boiling salted water | 1/8 tsp. garlic salt        |
| 1 lb. ground beef         | 1 c. cooked rice            |
| 2 Tbsp. chopped onion     | 1 (15 oz.) can tomato sauce |

Heat oven to 350°. Cut thin slice from stem end of each pepper. Remove all seeds and membranes. Wash inside and outside. Cook peppers in the boiling salted water for 5 minutes; drain. Cook and stir ground beef and onion in medium skillet until onion is tender. Drain off fat. Stir in salt, garlic salt, rice and 1 cup of the tomato sauce; heat through. Lightly stuff each pepper with 1/2 cup meat mixture. Stand peppers upright in ungreased baking dish, 8 x 8 x 2-inches. Pour remaining tomato sauce over peppers. Cover; bake 45 minutes. Uncover; bake 15 minutes longer.

Marian Fenner

## BAKED TUNA WITH CHEESE BISCUITS

1 onion  
1 green pepper  
3 Tbsp. butter  
6 Tbsp. flour  
3 c. milk  
2 cans tuna (6 oz.)

1/3 c. milk  
1/2 c. grated cheese  
2 c. peas  
salt and pepper  
1 c. biscuit mix

Chop onion and pepper and cook in butter until limp. Stir in flour and add 3 cups milk. Cook until sauce bubbles. Mix in tuna and peas. Put in shallow greased dish. Combine biscuit mix and milk; put dough on board. Pat 1/2 inch thick in rectangle shape. Sprinkle surface with cheese and roll up. Cut and arrange slices on top of tuna and bake for 30 minutes at 375°. Serves 4.

Evelyn Holfinger

## GOALPOST TUNA CASSEROLE

3 cans (8 oz.) tomato sauce  
1 bay leaf  
1/2 tsp. oregano  
1/2 tsp. salt  
1/4 tsp. pepper sauce  
(optional)

3 cans tuna (7 oz.)  
6 oz. cheese  
1 pkg. noodles  
2 pkg. (10 oz.) frozen  
chopped spinach

Mix; add ingredients together in a long cake pan or casserole dish. Bake at 350° for about 1 hour.

Jane Ann Longenecker

## LO-CAL TUNA CASSEROLE (+)

8 oz. tuna  
2 slices bread  
1 1/2 c. chicken bouillon

2 Tbsp. onion flakes  
2 stalks celery  
1 tsp. sage

Crumble bread; chop celery. Mix all ingredients well. Bake for 30 to 40 minutes in a 350° oven.

Glen Carney



*Vegetables*

# How To Can Vegetables



## POINTS ON PACKING

**Raw pack.** Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the

special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

**Directions.** Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

• When processing time is up, remove canner from heat immediately.

**With glass jars,** let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## VEGETABLES

### ASPARAGUS-CHEESE CASSEROLE

- |  |                              |
|--|------------------------------|
| 1 stack pack Ritz crackers               | 1 small can pimento, chopped |
| 1 large can asparagus spears,<br>drained | 1 can mushroom soup          |
| 3 hard-boiled eggs, chopped              | 1/2 can evaporated milk      |
|  | 8 oz. grated cheese          |

Spread cracker crumbs in an 8-inch square baking dish, reserving a few crumbs. Place asparagus in a layer over crumbs. Add eggs and pimento; sprinkle with reserved crumbs. Combine soup, milk, butter and cheese, reserving a small amount of cheese for topping. Heat until cheese is melted. Pour over ingredients in baking dish; sprinkle with remainder of cheese. Bake at 400° for 20 minutes.

Hazel Griffin

### LO-CAL BAKED BEANS (+)

- |                          |                             |
|--------------------------|-----------------------------|
| 2 cans green beans       | 1 tsp. dry mustard          |
| 1 Tbsp. dry onion flakes | 2 tsp. Worcestershire sauce |
| 1 c. tomato sauce        | 4 tsp. brown Sugar Twin     |

Mix in casserole and bake at 350° for 1 hour.

Glen Carney

### BROCCOLI CASSEROLE

- |                                     |                              |
|-------------------------------------|------------------------------|
| 2 boxes chopped broccoli,<br>cooked | 2 eggs                       |
| 1 can mushroom soup                 | 1 c. shredded Cheddar cheese |
| 1/2 c. mayonnaise                   | 1/2 chopped onion            |
|                                     | 1/2 stick margarine          |

Mix altogether; put in a 2 quart casserole. Sprinkle top with bread crumbs. Bake for 45 minutes at 350°.

Georgianna Minnich

### HELEN'S BROCCOLI CASSEROLE

- |  |  |
|--|--|
| 2 (10 oz.) pkg. frozen<br>chopped broccoli | 1 small can sliced water<br>chestnuts (optional) |
| 2 cans cream of mushroom soup              | 1 stick butter or margarine                      |
| 2 c. instant rice                          | 2 c. grated Colby cheese                         |
| 1 pkg. Lipton onion soup mix               | 2 small cans sliced mushrooms                    |

Mix all ingredients together in either a crock-pot or 2

quart casserole dish. Stir several times while cooking. Cook 3 hours in a crock-pot or 30 minutes at 350° in an oven. Ten minutes if cooked in a microwave on High.

Helen Marchal

### BROCCOLI PARMESAN

2 (10 oz.) pkg. frozen  
broccoli spears  
2 Tbsp. margarine  
1/4 c. chopped onion

1 can cream of chicken soup  
2/3 c. milk  
1/3 c. grated Parmesan cheese

Cook broccoli in unsalted water according to package directions. Melt margarine in saucepan on low heat. Add onions and cook until tender but not brown. Blend soup, milk and cheese with onions. Heat on low. Serve sauce over drained, cooked broccoli.

Carole Wise

### BROCCOLI AND RICE CASSEROLE

1/2 c. celery, chopped  
1/2 c. onion, chopped  
4 Tbsp. butter  
1 1/2 c. cooked rice

1 pkg. frozen chopped  
broccoli  
1 can mushroom or celery soup  
1 can cream of chicken soup  
1 c. shredded cheese

Brown together celery, onion and butter. Alternate rice and broccoli in buttered baking dish. Pour soup and cheese over mixture. Bake at 350° for 1/2 hour to 45 minutes. If using fresh broccoli and Minute rice, add soup and cheese after each layer of rice and broccoli.

Geneiveve Kiehl

### BROCCOLI-RICE CASSEROLE

1 c. Minute rice  
1 c. water  
1/2 c. chopped celery  
1/4 c. chopped onion

1 can mushroom soup  
(undiluted)  
1 box frozen chopped broccoli  
1 (8 oz.) jar Cheez Whiz  
2/3 stick butter or margarine

Pour water over broccoli. Heat until thawed. Stir in rice, celery, onion, soup and butter or margarine over low heat until butter is melted and all blended. Stir in Cheez

Whiz. Cover and bake at 350° for 1 hour in a casserole dish. Uncover the last 5 to 10 minutes to thicken.

Peggy Roeth

### MARINATED CARROTS

1 can bisque tomato soup  
1/2 c. cider vinegar  
1 c. sugar  
1/2 c. salad oil  
1 Tbsp. dry mustard

2 Tbsp. Worcestershire sauce  
2 lb. carrots  
1 onion  
2 green peppers

Bring the soup, vinegar, sugar, oil, mustard and Worcestershire sauce to a simmer for 15 minutes. Peel and slice carrots into slices or chunks and add to simmered mixture. Let cool and add the onion which has been separated into slices and the green pepper, sliced.

Naomi Kelch

### BAKED CORN CASSEROLE

1 can cream-style corn  
1 can whole kernel corn  
2 Tbsp. cornstarch  
1/4 c. evaporated milk

2 Tbsp. sugar  
2 eggs  
4 Tbsp. butter  
salt and pepper

Beat eggs. Combine all ingredients and mix well. Add evaporated milk; judge by the consistency. Pour into a greased baking dish and bake at 350° for 45 minutes.

Carole Wise

### BAKED CORN

1 stick margarine, melt  
8 oz. sour cream  
2 eggs, slightly beaten  
1 can whole kernel corn

1 can cream-style corn  
(including liquid)  
1 box Jiffy cornbread mix  
1 tsp. vanilla (optional)

Mix together the margarine, sour cream and eggs. Add the 2 cans (undrained) corn and the cornbread mix. Pour into a large greased baking dish. Bake at 350° for 35 minutes. Serves 10 to 12.

Marian Fenner  
Miriam Ingle  
Michelle Gearhardt

## CORN CUSTARD

2 cans cream-style corn  
4 eggs, beaten  
2 c. milk

3 Tbsp. melted butter  
4 heaping Tbsp. cornstarch  
1/2 c. sugar

Blend all together. Bake at 350° for 1 1/2 hours in an ungreased casserole.

Mabel I. Owen

## SCALLOPED CORN

1 can creamed corn  
1 1/2 to 2 c. cracker crumbs  
4 eggs, beaten  
1 c. milk  
1 c. sugar

1/4 tsp. baking powder  
1 Tbsp. flour  
1/2 tsp. salt  
dash of pepper

In a large bowl put corn and cracker crumbs. In a medium bowl beat eggs and add milk to eggs. In a small bowl, mix flour, sugar, salt and pepper together. Gradually add egg and milk mixture to sugar mixture. Mix into the creamed corn and cracker crumbs. Put into baking dish; dot with butter and bake at 375° to 400° for 35 minutes or until brown.

Viola Beaver

## CHEESY SCALLOPED POTATOES

6 peeled and sliced Irish potatoes

Velveeta cheese  
1 1/2 c. milk

Layer potatoes, then cheese in a 3 quart casserole dish. Keep layering until potatoes are used. Be sure to have cheese on top. Pour milk over cheese and potatoes; cover and bake 30 minutes in microwave, turning once or 1 hour in conventional oven.

Connie Holfinger

## POTATO BAKE

6 baking potatoes  
6 Tbsp. butter or margarine  
1/2 c. milk  
1/2 c. shredded Cheddar cheese, lightly packed  
2 Tbsp. minced green onions

2 Tbsp. minced stuffed green olives (optional)  
1 tsp. parsley flakes  
1/2 tsp. salt  
1/8 tsp. black pepper

Scrub potatoes; dry. Rub with butter or margarine to

keep skin soft. Bake in a 450° oven for 45 minutes or until done. When done, remove from oven and immediately cut a slice from top of each potato. Scoop out potatoes (being careful not to break skins). Mash well. Combine mashed potatoes, butter or margarine, milk, cheese, onion, olives, parsley flakes, salt and pepper. Fill potato shells until slightly rounded; return to 350° oven for 10 to 15 minutes. Serve at once.

Joe Meyer

## POTATO CASSEROLE

2 lb. frozen hash brown potatoes (do not thaw)  
1 stick oleo or butter, melted  
1 tsp. salt  
1/4 tsp. pepper  
1/2 c. chopped onion

1 pt. sour cream  
1 can cream of celery soup or  
1 can cream of chicken soup  
2 c. shredded Cheddar cheese (6 oz.)  
1 c. corn flakes, crushed

Combine all ingredients thoroughly, except corn flakes. Pack into a 3 quart greased casserole or a 9 x 13-inch pan. Can make this far in advance and store in refrigerator. Top with corn flake crumbs and drizzle 2 tablespoons melted butter. Bake, uncovered, 1 hour at 350°.

Betty Hollopeter  
Sandy Fisher

## SCALLOPED POTATOES

3 lb. potatoes, sliced  
4 medium onions, thinly sliced

2 tsp. salt

### Sauce:

3 Tbsp. margarine  
2 Tbsp. flour  
1/2 tsp. pepper

1/2 tsp. paprika  
2 1/4 c. milk  
1 tsp. salt

Place potatoes, onions and 2 teaspoons salt in saucepan. Bring to a boil and boil for 5 minutes. Drain. In medium saucepan melt butter; remove from heat and add flour, salt, pepper and paprika. Stir until smooth. Gradually stir in milk; bring to a boil and boil 3 minutes. Mix with potato

mixture and bake 25 minutes at 325°. I like to add 2 cups grated cheese on top during the last 15 minutes of baking.

Judy Brinkman

### INFALLIBLE RICE

1 medium onion, minced  
2 Tbsp. butter

1 c. long grain rice  
2 c. chicken broth (hot)

Saute onions in butter until transparent. Combine onions, rice and hot broth. Bring to a boil on top of stove. Cover and place in a 325° oven for 20 minutes. Serves 4 to 6 persons.

Barbara Besecker

### PILAF

1/4 c. butter or margarine  
3/4 c. chopped onion  
1 c. chopped celery  
1 c. Uncle Ben's converted  
raw rice  
1/4 tsp. pepper

1/2 tsp. sage  
1 tsp. salt  
2 to 2 1/2 c. water  
1 envelope Lipton chicken  
noodle soup

Saute butter, onion, celery and rice until brown. Stir in remaining ingredients; cover and simmer for 15 minutes or so. Remove from heat and let stand for 10 minutes.

Mrs. Jane Althoff

### SPINACH CASSEROLE

2 pkg. frozen chopped  
spinach, cooked and  
drained  
1 large onion, chopped  
2 Tbsp. butter  
1 Tbsp. chicken bouillon  
(granules)

8 oz. sour cream  
2 eggs, well beaten  
1/2 c. Parmesan cheese  
Mozzarella cheese (1/2 to 1  
c. to taste)  
salt and pepper to taste

Saute onion in butter. Mix chicken bouillon with onion while cooking. Mix everything together and put into a 2 quart greased casserole. Add a layer of grated Mozzarella cheese to cover top. Bake at 350° until brown and bubbly, 20 to 30 minutes.

Karen Ingle

**TURNIP AND POTATOES**

1 large rutabaga (turnip)  
salt  
1 Tbsp. sugar

potatoes (equal amount as  
turnip)  
pepper

Cook rutabaga, salt and sugar 35 minutes. Add potatoes and pepper. Cook until soft. Mash with sauce.

Sauce:

1 Tbsp. butter

flour (enough to make a  
bubbly sauce)

Add flour to butter. Let sauce get a dark brown but not burnt.

Ruth Ann Stollmer

**ZUCCHINI CASSEROLE**

6 c. zucchini  
1/4 c. chopped onion  
1 can cream of chicken soup  
1 c. sour cream  
1 c. shredded carrots

1 pkg. stuffing mix (just use  
stuffing mix, not herb  
pkg.)  
1/2 c. melted butter

Mix together and bake for 45 minutes at 350°.

Mabel Galley

**ZUCCHINI CASSEROLE**

2 Tbsp. butter or margarine  
3 zucchini, sliced  
1 onion, sliced  
1 pt. sour cream  
1 tsp. salt

1 to 2 cans water chestnuts,  
sliced  
croutons  
Parmesan cheese

Cook zucchini and onion in butter until well done. Let cool. Combine in casserole with other ingredients. Top with croutons and Parmesan cheese. Bake at 350° for 1 hour.

Sandy Longenecker

<<< Extra Recipes >>>

Cook potatoes and cauliflower 25 minutes. Add potatoes and pepper. Cook until soft. Mash with sugar and butter.

1 1/2 cups cauliflower  
1 1/2 cups potatoes  
2 Tbsp butter  
1 Tbsp sugar

ZUCCHINI CASSEROLE

2 cups zucchini  
1 cup shredded cheddar cheese  
1/2 cup shredded parmesan cheese  
1/2 cup milk  
1/2 cup cream  
1 Tbsp salt

Preheat oven to 350°F. Wash and slice zucchini. In a large bowl, combine zucchini, cheese, milk, cream, and salt. Pour into a greased 9x13 inch casserole dish. Bake for 45 minutes.

ZUCCHINI CASSEROLE

2 cups zucchini  
1 cup shredded cheddar cheese  
1/2 cup shredded parmesan cheese  
1/2 cup milk  
1/2 cup cream  
1 Tbsp salt

Preheat oven to 350°F. Wash and slice zucchini. In a large bowl, combine zucchini, cheese, milk, cream, and salt. Pour into a greased 9x13 inch casserole dish. Bake for 45 minutes.

A vibrant collage of various breads, rolls, and pastries. In the top left, a loaf of bread sits in a wicker basket. Next to it is a bowl of rice with a wooden spoon. In the center, a metal cup is visible. To the right, a bowl contains several golden-brown rolls. Below that, a white cloth-lined basket holds more rolls, some with sesame seeds and others with poppy seeds. In the foreground, there's a large pie with a lattice crust, a croissant, a small tart with strawberries, and a muffin. The entire scene is set on a red and white checkered tablecloth.

*Breads,  
Rolls &  
Pastries*

# Baking Tips



## COMMON PROBLEMS (Common Failures)

## CAUSES OF PROBLEMS (Causes of Failures)

### Biscuits

Rough biscuits.....	Insufficient mixing
Dry biscuits.....	Baking in too slow an oven and handling too much
Uneven browning.....	Cooking in dark surface pan, too high a temperature and rolling the dough too thin

### Breads (yeast)

Porous bread.....	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust.....	Under-rising
Bread does not rise.....	Over-kneading or using old yeast
Bread is streaked.....	Under-kneading and not kneading evenly
Bread bakes unevenly.....	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

### Cakes

Cracks and uneven surface.....	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes.....	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes.....	Too much sugar or baking too short a period
Sticky crust.....	Too much sugar
Coarse grained cake.....	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes.....	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color.....	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning.....	Not mixing well

### Cookies

Uneven browning.....	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies.....	Cooling cookies in pans instead of racks
Excessive spreading of cookies.....	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

### Muffins

Coarse texture.....	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture.....	Over-mixing

### Pies

Pastry crumbles.....	Over-mixing flour and shortening
Pastry tough.....	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard).....	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

## BREADS, ROLLS & PASTRIES

### BUTTER ROLLS

1 Tbsp. sugar  
1 pkg. yeast  
1/4 c. warm water  
3 eggs  
1/2 c. sugar  
1 tsp. salt

1/2 c. butter, melted and cooled  
1 c. lukewarm water  
5 c. flour (bleached or whole wheat flour)

Dissolve the 1 tablespoon sugar and yeast in 1/4 cup water. Beat eggs and mix all remaining ingredients. Let rise until double or let rise in refrigerator overnight. Divide in 2 parts and roll out like pie crust. Cut in fourths and then in thirds like pie. Roll up, starting at big end. Let rise and bake at 350° to 400° for 10 to 15 minutes.

Mrs. E. Jane Althoff

### CORN FRITTERS

(From W. Milton Inn)

2 c. whole kernel corn,  
drained  
2 tsp. baking powder  
1 1/2 c. flour  
1/2 tsp. salt

1/4 c. milk  
1/2 c. water  
1 Tbsp. melted lard  
1 Tbsp. sugar  
2 eggs

Sift all dry ingredients together. Add beaten yolks and liquids. Blend well. Add beaten egg whites. Drop by tablespoonful into hot lard and fry until light brown. Drain. Serve with hot maple syrup.

Linda Helman

### FRIED CORN MEAL MUSH

2 3/4 c. cold water  
1 c. corn meal  
1 c. cold water

1 tsp. salt  
1 tsp. sugar (optional)

Heat 2 3/4 cups water to boiling. Mix together the corn meal, 1 cup cold water, salt and sugar. Pour mixture into boiling water and bring to boil. Stir constantly. Cook until mixture thickens. Cover and continue cooking over low heat 10 to 15 minutes. Pour into a loaf pan until cold. When cold enough to slice, fry. Mush will brown nicely if you dip

both sides in flour. I always double this recipe. It is best to cool overnight.

Dora Hollopeter

### DUMPLINGS

1 1/2 c. flour  
2 tsp. baking powder  
3/4 tsp. salt

3 Tbsp. shortening  
3/4 c. milk

Sift dry ingredients; cut in shortening until mixture is crumbly. Stir in milk and blend lightly. Drop by spoonfuls into chicken or beef broth. Cook for 10 minutes with kettle uncovered, then 10 minutes tightly covered.

Gertrude Roeth

### FRENCH BREAKFAST PUFFS

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

1/4 tsp. nutmeg  
1/2 c. milk  
6 Tbsp. melted butter  
1/2 c. sugar  
1 tsp. cinnamon

Mix together the shortening, sugar and egg. Sift together the flour, baking powder, salt and nutmeg. Stir the flour mixture and milk into the shortening mixture alternating. Fill greased and floured muffin tins 2/3 full. Bake at 350° for 20 to 25 minutes. Remove immediately from tins after taking from oven. Very quickly dip into the melted butter, covering tops and sides. Roll each into mixture of sugar and cinnamon. Serve hot. Makes 12 muffins.

Miriam Ingle

### BUTTERSCOTCH BREAKFAST ROLLS

1/2 pkg. butterscotch pudding  
(not instant kind)  
1 c. pecans

1 loaf frozen white bread  
1/2 c. melted butter  
1 c. brown sugar

Grease a 9 x 13-inch pan. Sprinkle 1/2 package pudding in the bottom of pan. Sprinkle pecans over bottom. Slightly thaw the bread and cut into 12 slices; lay in pan. Melt the butter and brown sugar; pour over the bread. Cover with waxed paper; let set overnight at room temperature. Bake at 375°

for 20 minutes. Invert immediately upon removal from oven. These are great for special occasions, like Christmas.

Betty Carney

## BRAN MUFFINS

1 box Raisin Bran (15 oz.)	1 c. oil
3 c. granulated sugar	4 beaten eggs
5 c. all-purpose flour	1 qt. buttermilk
5 tsp. baking soda	3 Tbsp. wheat germ
2 tsp. salt	

Into a large bowl mix Bran, sugar, flour, baking soda and salt. Add the eggs, buttermilk, wheat germ and oil. Mix well. May add more raisins if desired. Fill greased muffin pans 2/3 full. Bake for 15 minutes at 400°. Makes 5 dozen.

Note: May store unbaked portion of mix in refrigerator for as long as 6 weeks and bake as needed. Makes 5 dozen.

Miriam Ingle

## OAT BRAN MUFFINS (#)

2 c. oat bran	1 c. skim milk
1/4 c. brown sugar, packed	2 egg whites, slightly beaten
2 tsp. baking powder	1/2 c. honey or molasses
1/2 tsp. salt (optional)	2 Tbsp. vegetable oil

Combine dry ingredients. Add milk, beaten egg whites, honey and oil, mixing just until blended. Fill 12 muffin cups almost full. Bake for 12 to 15 minutes or until golden brown at 425°.

Variations: Add 1/2 cup fresh or frozen blueberries or 1 medium mashed banana.

Nola Hines

## PANCAKES (+) (Diabetic Recipe)

1 1/4 c. flour	2 Tbsp. diet margarine, melted
2 1/2 tsp. baking powder	nonnutritive sweetener to equal 2 Tbsp. sugar
3/4 tsp. salt	
1 medium egg	
1 1/4 c. skim milk	

Mix and sift flour, baking powder, sweetener and salt in medium bowl. In another bowl, beat egg; stir in skim milk

and margarine. Stir into flour mixture until dry ingredients are wet. Heat pan until water dropped on it jumps up and down. For each pancake put about 3 tablespoons of mixture on pan and cook over low heat until bubbles appear on and under-side is nicely browned. Turn with spatula and brown other side. I use Pam on my griddle.

Exchanges per serving: 1 pancake equals 1 bread and 70 calories per serving. Yields 10 (4 inch) pancakes.

Mildred Bodkin

### **BRAN PRETZELS**

1 pkg. active dry yeast  
1 1/2 c. warm water  
1 1/2 c. Nabisco 100% bran  
cereal  
2 1/2 to 3 c. flour

1 Tbsp. granulated sugar  
1 tsp. salt  
1 egg, beaten  
2 tsp. coarse salt

Preheat oven to 425°. Grease cookie sheet. In a large bowl, combine yeast and warm water; stir until dissolved. Add bran; let stand 5 minutes to soften. In a medium bowl, combine flour, sugar and salt. Stir into bran mixture until well combined. If dough is sticky add more flour. Place on floured board and knead until smooth, 1 to 2 minutes. Cover with towel and let stand 10 minutes. Divide dough into 12 pieces; roll each into a 13 inch rope. Form pretzel shape; place on cookie sheet. Brush with beaten egg; sprinkle with salt. Bake for 12 minutes.

Marjorie Mutzner

### **PRETZELS**

1 pkg. dry yeast  
1/2 c. warm water  
1 egg  
1/4 c. honey or sugar  
1 tsp. salt

1/4 c. margarine  
1 c. milk  
5 c. flour  
coarse salt

Mix water with yeast until dissolved. Separate egg yolk and white; save white. Mix yolk, honey or sugar, margarine and milk into yeast. Add salt and flour making dough stiff. Knead dough on floured surface for 5 minutes. Let rise for 1 hour. Cut into strips and fold in half, then roll into a rope. Make into shapes. Place on cookie sheet. Beat

1 tablespoon water into egg white and brush over dough. Sprinkle with coarse salt. Bake at 425° for 10 to 12 minutes.

Lori Meyer

## PIZZA BUBBLE

1 can pizza sauce  
1 tube refrigerator biscuits  
pepperoni  
3/4 c. shredded Mozzarella  
cheese

mushrooms, onions, green  
peppers, etc. or any other  
desired ingredients for  
pizza

Cut biscuits in eights. Mix biscuits with sauce in baking dish. Add any other ingredients desired (mushrooms). Top with slices of pepperoni. Sprinkle with shredded cheese. Bake at 425° for 20 minutes or until done.

Marjorie Mutzner

## ONION CARAWAY RYE CRACKERS

1 1/2 c. all-purpose flour  
1/2 c. medium rye flour  
2 Tbsp. instant minced onion  
2 tsp. baking powder  
1 tsp. salt  
caraway seed

1/4 c. shortening (room  
temperature)  
1 egg white  
coarse salt  
3/4 c. water

In medium bowl, mix well flours, onion, baking powder, salt and 1 teaspoon caraway seed. Stir in shortening until well blended. Stir in water until smooth dough forms (if necessary, add 1 to 2 tablespoons more so dough holds together). Divide dough in half. Cover and let stand at least 10 minutes. Place 1/2 dough on lightly greased baking sheet (one without sides). Roll out to edges, dusting dough with flour if necessary to keep from sticking to rolling pin. Trim edges (you can leave edges in place). Brush with egg white, then cut in rectangles. Sprinkle with coarse salt and caraway seed. Bake in a preheated 400° oven for 12 to 15 minutes or until dry and crisp but not overbrowned. Remove to racks to cool. Repeat with other half of dough.

Sandy Longenecker

## PARTY RYES

1 lb. ground beef  
 1 lb. hot sausage  
 1 lb. Velveeta cheese  
 1 lb. Cheddar cheese

1 tsp. oregano  
 1/2 tsp. garlic salt  
 small party rye bread (at  
 least 2 loaves)

Brown and drain sausage and beef. Cut up cheese and stir into meat until melted. Add oregano and garlic salt. Spread onto little party ryes and freeze on cookie sheets. Makes several and can be stacked and frozen in plastic bags until ready to use. When ready to use, place under broiler until bubbly.

Linda Iddings

## FRENCH BREAD

(2 1/2 Hours From Start To Finish)

1 pkg. yeast  
 1 1/2 c. very warm water  
 1 Tbsp. sugar

1 1/2 tsp. salt  
 1 Tbsp. oil  
 4 c. flour

Soak yeast in 1/2 cup water (warm and sprinkle a little sugar on to help the rising action). While this is proofing, in a large bowl, combine the rest of the ingredients. Stir with wooden spoon until all is mixed. You will also have added the yeast mix. Now comes the fun. Every 10 minutes, for 5 times, you must poke, punch, poke, punch with the spoon. Set aside; put on a timer. After another 10 minutes repeat the same process until the 5 times have expired. Roll into 2 balls and let rest another 10 minutes. Roll into 2 rectangles about 12 x 9 inches and roll like a jelly roll. Place on a large baking sheet; cover and let rise about 1 hour or double in size. Bake at 400° for 30 to 35 minutes. Brush with butter.

Sandy Longenecker

## GARLIC LOAF

1 loaf frozen white baking  
 dough, thawed  
 1/4 c. melted butter or  
 margarine

1 Tbsp. finely chopped fresh  
 or dried parsley flakes  
 1/4 tsp. garlic powder  
 1 Tbsp. beaten egg

Thaw bread just until it can be sliced, about 20 to 30

minutes. Cut into 16 pieces. Melt butter; remove from heat. Stir in egg, parsley and garlic powder. Roll bread pieces into balls. Dip each into butter mixture, coating completely. Arrange in a single layer in buttered 9 x 5-inch loaf pan. Pour any remaining butter over bread. Let rise until dough just reaches top of pan, about 2 1/2 hours. Bake at 375° until top is golden brown, about 25 minutes. Let cool in pan slightly before serving.

Carol Forsythe

### ITALIAN BREADSTICKS

1 pkg. dry yeast  
 1/4 c. warm water (105° to  
 115°)  
 1/2 c. warm milk  
 1 Tbsp. margarine, softened  
 1 3/4 c. all-purpose flour  
 1 Tbsp. sugar

1/2 tsp. salt  
 1 Tbsp. instant minced onion  
 1 tsp. Italian seasonings  
 1 egg white, beaten  
 1 Tbsp. water  
 Parmesan cheese  
 coarse salt

Dissolve yeast in water. Add rest of ingredients minus 1/2 cup flour, egg white, water, cheese and salt. Stir until smooth. Add remaining flour. Stir vigorously 30 strokes. Batter will be stiff and sticky. Cover and let rise until double, 10 to 15 minutes. Stir down batter; stir vigorously 30 strokes. Spoon 2 tablespoons batter for each stick onto lightly floured board. Roll into 12 inch ropes (I made them shorter). Place on greased baking sheets. Brush with egg white and water. Sprinkle with cheese and salt. Cover with towel. Let rise at least 10 minutes. Bake at 375° for 15 to 17 minutes at least.

Sandy Longenecker

### BUBBLE BREAD

2 pkg. yeast  
 1/2 c. warm water  
 1/2 c. scalded milk  
 1/2 c. shortening

1/2 c. sugar  
 1 tsp. salt  
 4 1/2 c. flour  
 2 beaten eggs

#### Mixture for Coating:

1/2 c. margarine or butter  
 1 1/2 c. white sugar

6 tsp. cinnamon

Soften yeast in warm water. Set aside. Cream shortening, sugar and salt. Pour milk over shortening ingredients. Let cool. Add 1 cup flour to milk. Beat good. Add beaten eggs to yeast. Mix well. Add yeast to mixture and mix well. Add flour, leaving out 1/2 to 3/4 cup. Mix well into soft dough. Knead lightly with the remaining flour. Put dough into a greased bowl and let rise in a warm place until double in size. Punch down; let rest 10 minutes. Shape into balls. Roll balls in butter, then in sugar-cinnamon mixture. Grease angel food cake pan. Put balls in pan, staggering them. Let rise in warm place. Bake 40 to 50 minutes at 350°.

Mrs. E. Jane Althoff

### **100% WHOLE WHEAT BREAD**

4 1/2 c. warm water (105° to 115°)  
1 Tbsp. salt  
3 Tbsp. dry granulated yeast

6 Tbsp. sugar  
2 Tbsp. cooking oil  
10 to 12 c. whole wheat flour

Mix together the water, salt, yeast and sugar and let foam 10 minutes, then add oil. Start adding flour, 4 cups at a time. After 8 cups, add 1 cup at a time. When dough falls away from bowl, put it on a floured counter and knead, adding flour until it won't take any more. Cover and let rise until double in size, 1 to 1 1/2 hours. Punch down and let it rise again until double. Punch down cut into 3 sections and place in greased loaf pans. Let rise 1 to 1 1/2 hours or until dough is just over the edge of the pans. Bake at 375° for 40 to 45 minutes or until it sounds hollow when tapped on the top.

Jane Ann Longenecker

### **RAY'S FASTNACHT WHITE BREAD**

1 pkg. active dry yeast or 1 cake compressed yeast  
1/4 c. water  
2 c. milk, scalded

2 Tbsp. sugar  
2 tsp. salt  
1 Tbsp. shortening  
6 to 6 1/4 c. sifted flour

Soften dry yeast in warm water (110°) or compressed yeast in lukewarm water (85°). Combine hot milk, sugar, salt and shortening. Cool to lukewarm. Stir in 2 cups flour; beat well. Add the yeast; mix. Add enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured

surface; knead until smooth and satiny, 8 to 10 minutes. Shape in a ball and place in lightly greased bowl, turning once to grease surface. Cover. Let rise in warm place until double in volume, about 1 1/2 hours. Punch down. Let rise again until double, about 45 minutes. Cut dough into 2 portions. Shape each in smooth ball; cover and let rest 10 minutes. Shape into loaves and place in 2 greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover and let rise until double, about 1 hour. Bake in hot 400° oven for 35 minutes or until done. If tops brown too fast, cover loaves with aluminum foil for the last 20 minutes. Makes 2 loaves.

Naomi Kelch

### RAY'S WHOLE-WHEAT FASNACHT BREAD

1 pkg. active dry yeast or 1  
cake compressed yeast  
1/4 c. water  
2 1/2 c. hot water  
1/2 c. brown sugar

3 tsp. salt  
3 c. stirred whole wheat  
flour  
5 c. sifted all-purpose white  
flour

Soften dry yeast in 1/4 cup warm (110°) water or compressed yeast in 1/4 cup lukewarm (85°) water. Combine hot water, sugar, salt and shortening and cool to lukewarm. Stir in whole wheat flour and 1 cup of the white flour. Beat well. Stir in softened yeast. Add enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured surface and knead until smooth and satiny (10 to 12 minutes). Shape dough into a ball and place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place until double, about 1 1/2 hours. Punch down. Cut into 2 portions and shape each in smooth ball. Cover and let rest 10 minutes. Shape into loaves; place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Let rise until double, about 1 1/4 hours. Bake in moderate 375° oven about 45 minutes. Cover with foil the last 20 minutes if necessary. Makes 2 loaves.

Naomi Kelch

**BANANA BREAD**

1 1/2 c. sugar  
 1/2 c. shortening  
 2 eggs  
 pinch of salt  
 1/2 c. sour cream

1 1/2 tsp. baking soda  
 1 tsp. vanilla  
 2 tsp. baking powder  
 1 c. mashed bananas  
 3 c. flour

Cream together the sugar, shortening, eggs and salt. Add soda to the sour cream. Add baking powder to flour. Alternately add the sour cream mixture, the flour mixture, the mashed banana and vanilla to the creamed mixture. Mix well and bake in 2 loaf pans, greased and floured, at 350° for 45 minutes to 1 hour.

Karen Ingle

**CORN BREAD**

1 1/2 c. cornmeal  
 1/2 c. flour  
 4 tsp. baking powder  
 1/2 tsp. salt

1 c. milk  
 1 egg, beaten  
 1/4 c. oil  
 1/4 c. sugar (if desired)

Mix cornmeal, flour, baking powder and salt. Mix together milk, egg and fat. Add milk mixture to cornmeal mixture. Stir only enough to mix. Bake in an 8 x 8-inch greased pan. Bake at 400° about 25 minutes or until lightly browned. I like it better with sugar.

Edna Houck

**GIFT OF MAGI BREAD**

1/2 c. butter or margarine  
 1 c. sugar  
 2 eggs  
 1 tsp. vanilla  
 2 c. all-purpose flour  
 1 tsp. baking soda  
 1/4 tsp. salt  
 1 c. mashed bananas

1 (11 oz.) can mandarin oranges  
 1 (6 oz.) pkg. chocolate chips  
 1 c. shredded coconut  
 2/3 c. sliced almonds  
 1/2 c. dried figs, chopped powdered sugar

Preheat oven to 350°. Cream shortening and sugar; add eggs and vanilla. Beat until light and fluffy. Sift flour, soda and salt; add to egg mixture alternately with bananas. Stir in oranges, chocolate chips, coconut, 1/2 cup almonds and figs. Bake in 2 (7 x 3-inch) greased pans. Sprinkle almonds

on top and bake 1 to 1 1/2 hours. Sprinkle with powdered sugar when cool. This bread freezes very well.

Darlene Bodenmiller

### LEMON BREAD

1 c. sugar  
6 Tbsp. shortening  
grated rind of 1 lemon  
2 eggs

1 1/2 c. flour  
1/2 tsp. salt  
1 tsp. baking powder  
1/2 c. milk

Cream sugar and shortening; add rind. Beat in eggs. Add the already mixed dry ingredients into the wet, alternately with the milk, beginning and ending with flour. Pour into greased loaf pan. Bake at 325° for 1 hour. When done and still hot in pan, pour over the glaze mixture.

Glaze:

1/4 c. sugar

juice of 1 lemon

Heat until sugar is dissolved.

Sandy Longenecker

### PUMPKIN BREAD

2 c. sugar  
1 c. cooking oil  
3 eggs  
2 c. pumpkin  
3 c. flour  
1/2 tsp. salt

1/2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. cloves  
1 tsp. cinnamon  
1 tsp. nutmeg

Grease and flour 4 small pans. Beat sugar and oil. Add eggs until fluffy. Add pumpkin and stir well. Add baking powder, soda and salt to flour and sift. Stir well. Add spices. Mix well but don't beat. Fill pans 2/3 full. Bake at 325° for 50 minutes.

Cortney King

### STRAWBERRY BREAD

3 c. flour  
1 tsp. salt  
2 c. sugar  
4 eggs, well beaten  
1 1/4 c. chopped pecans

1 tsp. soda  
3 tsp. cinnamon  
2 (10 oz.) undrained frozen strawberries  
1 1/4 c. cooking oil

Sift dry ingredients together. Mix remaining ingredients and add to dry. Stir carefully, just enough to mix all ingredients. Pour into 2 greased loaf pans. Bake at 350° for 1 hour. Cool in pans for 10 minutes. You can use disposable foil pans and get 3 or 4 loaves, depending on size.

Edna Lenox

### ZUCCHINI BREAD

3 eggs	2 tsp. cinnamon
1 c. cooking oil	1 tsp. salt
2 1/2 c. sugar	1 tsp. soda
2 c. grated zucchini	1 1/2 tsp. baking powder
1 tsp. vanilla	1 c. nuts (optional)
3 c. flour	

Beat together eggs, oil, sugar, zucchini and vanilla. In separate bowl mix flour, cinnamon, salt, soda and baking powder. Add dry mixture to wet mixture. Add nuts; bake for 1 hour at 350°. Makes 2 large or 4 small loaves.

Cleo Hahn

### PIE CRUST (#)

1 1/3 c. flour	1/3 c. Puritan oil (the best)*
1/2 tsp. salt	3 Tbsp. skim milk

\*Use any good vegetable oil, but those with canola or safflower oil are lowest in saturated fat.

Combine flour and salt in a bowl. Blend Puritan oil and milk in a small bowl. Add to flour mixture. Stir with a fork until it forms large clumps and forms a ball. Roll out on floured surface. Makes 1 (9-inch) pie crust, single. Double for 2 crust pie.

Carole Clark  
(Gail Kimm's Mom)

### HARVEST APPLE PIE

1/2 c. sugar	1/4 c. butter
1/2 c. brown sugar	6 c. sliced apples
1/4 c. flour	2 tsp. lemon juice
1/2 tsp. nutmeg	1 unbaked 9-inch pie shell
1/2 tsp. cinnamon	1/4 c. heavy cream
pinch of salt	

Mix together sugar, flour, spice and salt in a small bowl. Cut in butter; sprinkle apples with lemon juice in a large bowl. Add 1 1/2 cups of sugar mixture. Coat apples evenly; arrange apples in pastry shell sprinkled with remaining 1/2 cup mixture. Bake in hot 450° oven for 10 minutes; reduce heat to 350° for 25 minutes or until apples are tender. Pour cream over apples and bake 10 minutes longer.

Marie Sunderman

## ZAPPLE PIE

(The Apple-Less Pie)

1 double pie crust for 9-inch pie	1/3 c. lemon juice
1 1/2 qt. peeled, sliced zucchini	3 Tbsp. cornstarch
1 1/4 c. sugar	2 Tbsp. cinnamon
	1/4 tsp. salt

Mix ingredients; put in pie shell. Dot with butter; cover with top crust. Bake at 400° for 15 minutes, then lower to 350° for about 45 minutes. This recipe tastes like apple pie.

Linda Morrow

## 1930 BUTTER PIE

1/2 c. sugar	1 c. milk
1 egg	1 unbaked pastry for a 9-inch pie
1 heaping Tbsp. butter	
1 heaping Tbsp. flour	

Cream the sugar, egg, butter and flour together until light; add milk and mix well. Pour filling into a deep pie tin lined with unbaked pastry. Bake at 350° for about 30 minutes or until done.

This was a prize winning recipe from a now defunct magazine of Depression Days.

Kate O'Roark

## CHOCOLATE CHIP PIE

1 c. butter, melted and cooled to room temperature	3/4 c. brown sugar
2 eggs	1 (12 oz.) pkg. chocolate chips or 1 c. chocolate chips
3/4 c. sugar	
3/4 c. flour	deep dish frozen pie shell

Beat 2 eggs; add sugar, flour and brown sugar and mix. Add butter and mix. Add chocolate chips. Put batter in frozen pie shell. Bake at 325° for 1 hour.

Michelle Gearhardt

### **IMPOSSIBLE COCONUT PIE**

(Easy enough for a youngster to make.)

4 eggs, slightly beaten	2 c. milk
3/4 c. sugar (scant)	1/2 stick margarine, melted
1/2 c. Bisquick	1 c. coconut
1 Tbsp. vanilla	

Mix and pour into slightly buttered 9-inch pie pan. Bake at 350° for 45 minutes.

Sandy Longenecker

### **PEANUT-BUTTER PIE**

1 c. powdered sugar	1 (8 oz.) pkg. cream cheese
1 c. peanut butter	1 (8 oz.) Cool Whip
1/2 c. milk	1 graham cracker crust

Whip powdered sugar, peanut butter, milk and cream cheese. Fold in Cool Whip. Put in prepared graham cracker crust and chill.

Linda Helman

### **EASY PEANUT BUTTER PIE**

1 c. crunchy peanut butter	1 (16 oz.) container Cool Whip
1 (8 oz.) pkg. cream cheese	1 baked pie shell or graham cracker crust
2 c. powdered sugar	

Mix peanut butter, cream cheese and powdered sugar. Add 2/3 of the Cool Whip. Pour into baked pie shell. Cover with remaining Cool Whip. Refrigerate.

Marjorie Mutzner

### **PECAN PIE**

1/2 c. sugar	1/4 tsp. salt
1/4 c. melted oleo	3 beaten eggs
1 c. light corn syrup	1 c. pecans

Mix and pour into a 9-inch unbaked pie shell. Bake 1 hour and 10 minutes at 350°.

Cleo Hahn

### PEACH PIE SUPREME

1 (9-inch) unbaked pie shell	1 c. heavy cream
1 large can peaches	1 tsp. vanilla
1 c. sugar	dash of salt
2 Tbsp. cornstarch	

Arrange peaches in unbaked pie shell. Combine sugar and cornstarch. Add cream and vanilla and stir well. Pour over the peaches. Bake in hot 450° oven for 15 minutes. Reduce heat to 325° and bake for 30 minutes. Serve cold; top with whipped cream.

Hazel Griffin

### "BEST" PUMPKIN PIE

6 eggs	1/2 tsp. nutmeg
2 1/2 c. sugar	1/2 tsp. allspice
1 large can pumpkin	1 tsp. salt
4 Tbsp. flour	1 qt. milk
3 tsp. cinnamon	

Beat eggs in a large bowl; add sugar. Blend well; add the pumpkin and the dry ingredients. Mix well again with beater. Slowly add milk, mixing all the while. This makes 3 (9-inch) pies. Bake at 400° for 15 minutes, then lower to 375° for another 45 minutes. The mix will keep refrigerated about a week.

Judy Brinkman

### SUGAR CREAM PIE

1 box yellow cake mix	1 egg
1 stick butter or oleo	

Put in a 9 x 13-inch pan and mix (like pizza).

1 (8 oz.) Philadelphia cream cheese	2 eggs, beaten
	1 (1 lb.) box 4x sugar

Mix cream cheese with eggs and sugar. Pour in pan and

dot with cinnamon and 1/2 cup nuts. Bake for 40 minutes at 350°.

Hazel Griffin

<<< Extra Recipes >>>



*Cakes,  
Cookies  
& Desserts*

# Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

## Substitutions

### 1 c. whole milk

½ c. evaporated milk and ½ c. water  
 ½ c. condensed milk and ½ c. water  
 (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

### 1 c. sour milk

1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1¾ t. cream of tartar

### 1 c. sweet milk

1 c. sour milk or buttermilk plus ½ t. baking soda

### 1 c. sour, heavy cream (for sour milk recipe)

⅓ c. butter and ⅔ c. milk

### 1 c. sour, thin cream (for sour milk recipe)

3 T. butter and ¾ c. milk

### 1 c. butter or margarine (for shortening)

⅔ c. bacon fat (clarified), increase liquid in recipe ¼ c. • ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c. • ⅞ c. cottonseed, corn, nut oil (solid or liquid) • ⅞ c. lard and salt • ½ c. suet and salt (increase liquid in recipe ¼ c.)

### 1 1-oz. square unsweetened chocolate

3 T. cocoa plus ½ T. shortening

### 1 T. cornstarch (for thickening)

2 T. flour (approx.)

### 1 T. flour (for thickening)

½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

### 1 c. sifted cake flour

1 c. minus 2 T. sifted all-purpose flour

### 1 c. sifted all-purpose flour

1 c. plus 2 T. sifted cake flour

### 1 whole egg

2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)

### 1 c. molasses • 1 c. honey

### 1 c. honey

¾ c. sugar plus ¼ c. liquid

### 1 c. granulated sugar

1⅓ c. brown sugar or 1 ½ c. powdered sugar

### 1 t. baking powder

¼ t. baking soda plus ½ t. cream of tartar

### 1 lb. cornmeal • 3 cups

### 1 lb. cornstarch • 3 cups

### 1 lemon rind • 1 Tbsp. grated

### 3-4 med. oranges • 1 cup

### 1 orange rind • 2 Tbsp. grated

### 23 soda crackers • 1 cup crumbs

### 15 graham crackers • 1 cup crumbs

## CAKES, COOKIES & DESSERTS

### ANGEL FOOD CAKE DESSERT

1/2 angel food cake  
1 can Thank You vanilla  
pudding  
Cool Whip

1 can drained fruit or use  
fresh fruit (peaches  
especially good)

Break up angel food cake into bite size pieces. Layer in bottom of dish. Add vanilla pudding next. Put fruit on top of pudding. Cover with Cool Whip. Chill a couple of hours.

Naomi Kelch

### APPLE-WALNUT CAKE

4 c. coarsely chopped apples  
2 c. sugar  
2 eggs  
1/2 c. vegetable oil  
2 tsp. vanilla

2 c. sifted all-purpose flour  
2 tsp. baking soda  
2 tsp. cinnamon  
1 tsp. salt  
1 c. chopped walnuts

#### Lemon-Butter Frosting:

4 Tbsp. butter or margarine  
3 c. confectioners sugar  
2 Tbsp. lemon juice

1 or 2 Tbsp. cold water  
few grains salt

Combine apples and sugar; let stand. Beat eggs slightly. Beat in oil and vanilla. Mix and sift flour, baking soda, cinnamon and salt. Stir in alternately with apple-sugar mixture. Stir in walnuts. Pour into a greased and floured oblong pan, 13 x 9 x 2-inches. Bake at 350° about 1 hour or until cake tests done. Let stand in pan until quite cool; turn on rack to complete cooling. Frost with Lemon-Butter Frosting; decorate with whole walnut meats.

Lemon-Butter Frosting: Cream butter or margarine; add sugar gradually, creaming thoroughly. Beat in lemon juice and enough cold water to make spreading consistency. Beat in salt. Spread on cake. Makes about 3 1/2 cups.

Connie Holfinger

**APPLESAUCE CAKE**

(Doesn't take eggs!)

2/3 c. margarine	1/8 tsp. cloves
1 1/2 c. sugar	2 tsp. cinnamon
1 1/2 c. unsweetened applesauce	1 1/2 tsp. nutmeg
3 c. flour	1/2 tsp. salt
1 1/2 tsp. baking soda	1 1/2 c. raisins
	1 c. nuts (optional)

Cream shortening. Gradually add sugar and beat until light. Add applesauce. In separate bowl, sift flour, soda, spices and salt and slowly add to wet mixture. When well blended, fold in raisins. Bake at 350° in 2 (8-inch) cake pans or 1 (9 x 13-inch) loaf pan. Bake 25 to 30 minutes for cake pans and 35 to 40 minutes for loaf pan.

Sandy Longenecker

**BANANA CAKE**

1/2 c. shortening	1 tsp. baking powder
1 1/2 c. sugar	1 tsp. soda
1 c. mashed bananas	1/2 tsp. salt
3 eggs, separated	1/4 c. sour milk
2 c. cake flour	2 tsp. vanilla

Sift together flour, baking powder, soda and salt. Beat egg whites until stiff; add 3 tablespoons sugar taken from 1 1/2 cups. Beat until blended; set aside. Cream shortening at high speed while adding the rest of the sugar, gradually add bananas; beat 1 minute. Add egg yolks, one at a time, beating 30 seconds after each. Add vanilla. Add flour mixture alternately with milk. Do not overbeat. Fold in egg whites with a spatula. Bake for 30 minutes in 3 (8-inch) cake pans at 350°.

Elsie Smith

**BLUEBERRY CAKE**

2 c. fresh or frozen blueberries, well drained	1/2 tsp. allspice
3 c. flour	1 Tbsp. baking powder
2 c. sugar	1 tsp. salt
1 c. margarine	3 egg yolks
grated peel of 1 lemon	1 1/2 c. milk
	3 egg whites

In mixing bowl, combine flour and sugar. Cut in

margarine until particles are the size of small peas. Remove 1 cup of this dry mixture and set aside. Add lemon peel, allspice, baking powder and salt to dry mixture in bowl. In separate bowl, beat the egg yolks lightly with milk and add to the flour mixture. Beat until smooth and well blended. Set aside. Beat egg whites until stiff but not dry. Fold egg whites carefully and completely into batter. Pour into greased and floured 9 x 13-inch baking pan. Sprinkle blueberries on top; cover evenly with dry topping crumbs that have been set aside. Bake at 350° for 40 to 50 minutes. Great for breakfast cake.

Gail Kimm

### BURNT SUGAR CAKE

1/2 c. sugar, burnt black  
 1 c. boiling water  
 1 c. butter and shortening  
 1 1/2 c. sugar  
 2 c. flour

3 eggs, beaten separately  
 1 c. cold water  
 1 tsp. soda  
 pinch of salt  
 1 tsp. baking powder

First burn your 1/2 cup sugar; add boiling water and boil down until thick. Let cool. Next put 1 1/2 cups sugar in a bowl; cream butter and shortening. Add eggs and flour and rest of ingredients. Finally add your burnt sugar (which is 1/2 cup sugar burnt black and boiled down until thick).

Geneiveve Kiehl

### CARAMEL ICING

5 Tbsp. butter  
 1 c. brown sugar

1/4 c. milk  
 1 1/2 c. powdered sugar

Boil slowly for 3 minutes the butter, brown sugar and milk. Cool and add 1 1/2 cups powdered sugar and spread. May be thinned with a little milk if too thick.

Lucille Schilling

### CARROT CAKE

2 c. sugar  
 2 c. flour  
 3 c. grated carrots  
 1/2 c. chopped nuts  
 1 1/2 c. Wesson oil

4 eggs  
 2 tsp. soda  
 2 tsp. cinnamon  
 1/4 tsp. salt  
 1/4 c. cocoa

Mix dry ingredients; add oil and 1 egg at a time. Add carrots last. Bake in 3 layers at 350° for 30 to 35 minutes.

**Icing:**

1 large pkg. Philadelphia  
cream cheese  
1 stick butter or oleo

1 box powdered sugar (1 lb.)  
1 Tbsp. vanilla

Let stand at room temperature, then whip with mixer and spread on cake.

Juanita Edelman

**CHEESE CAKE**

Keebler butter crust  
8 oz. cream cheese  
1 c. powdered sugar

1 c. Cool Whip  
1 can cherry pie filling

Mix cream cheese and powdered sugar until well blended. Add to Cool Whip. Pour into pie crust, then top with pie filling. Chill and then serve.

Mabel I. Owen

**EASY PIE-FILLING CAKE**

1 1/2 to 2 cans cherry, peach  
or strawberry pie filling  
1 box yellow cake mix

1/2 c. butter, melted  
1/2 c. chopped nuts

Spread pie filling in bottom of ungreased oblong pan. Sprinkle cake mix evenly over filling. Pour butter over mix. Sprinkle nuts on top. Bake at 350° for 40 minutes. Good with ice cream!

Judy Brinkman

**FEATHERY WHITE CAKE**

1/3 c. shortening  
1/3 c. margarine  
2 c. sugar  
1 tsp. vanilla  
2 tsp. baking powder

2 1/2 c. flour  
1/4 tsp. salt  
1 c. water  
4 egg whites  
1 tsp. baking powder

Cream shortening, sugar and vanilla. Sift together baking powder, flour and salt. Alternate flour mixture and water. Beat egg whites and baking powder to hold stiff peaks.

Fold into cake batter. Bake at 350° for 30 minutes. Grease and flour 2 (9-inch) cake pans.

Thelma Smith

### FRESH APPLE CAKE

3 eggs  
1 1/2 c. oil  
2 c. sugar  
1/2 c. milk  
2 1/2 c. flour  
1 tsp. salt

1 tsp. soda  
1/2 tsp. nutmeg  
1 1/2 tsp. cinnamon  
1 c. chopped pecans  
3 c. chopped apples

Beat eggs, then add oil, milk and sugar. Mix thoroughly. Sift dry ingredients; add a little at a time and mix well. Stir in apples and pecans. Bake in a 9 x 13-inch pan at 350° for 1 hour.

#### Topping:

1 c. brown sugar  
1 stick oleo

1/4 c. cream

Cook for 2 minutes over medium heat. Poke fork holes along side of hot cake. Pour hot topping over cake and cool.

Opal Jones

### HEATH BAR CAKE

2 c. brown sugar  
2 c. flour  
1 stick melted oleo  
1 tsp. soda  
1/2 tsp. salt

1 c. milk  
1 tsp. vanilla  
1 egg  
6 frozen Heath bars

Blend the brown sugar, flour and oleo together. Set aside 1 cup of the mixture. With remaining mixture add the soda, salt, milk, vanilla and egg and mix well. Grease and flour a 9 x 13-inch pan. Pour mixture into pan and sprinkle powdered mixture over the top. Take 6 Heath bars and break into small chunks and sprinkle over mixture. Bake at 350° for 35 minutes.

Deb Shively

## INDIVIDUAL CHEESECAKES

2 (8 oz.) pkg. cream cheese  
 3/4 c. sugar  
 2 eggs

1 tsp. vanilla  
 vanilla wafer cookies

Cream together cream cheese, sugar, eggs and vanilla. Put on cookie in bottom of cupcake paper and fill 3/4 with cheesecake mixture. Bake at 375° for 15 minutes. Top with your favorite fruit pie filling.

Nola Hines

## LOW-FAT LEMONY ANGEL CAKE

1 angel food cake

### Lemon Filling:

1 (4 serving size) box  
 sugar-free instant lemon  
 pudding  
 2 c. cold skim milk

8 oz. lemon low-fat yogurt  
 2 envelopes (1 box, 2.8 oz.)  
 whipped topping mix

Prepare cake mix; bake and cool.

Filling: At least 1 hour before using, beat pudding mix and milk according to package directions. Fold in yogurt until well blended. Cover and refrigerate at least 1 hour until mixture is of spreading consistency. Meanwhile beat topping mix as directed on label, using cold skim milk. Slice cake horizontally in 3 layers. Put 1 layer of cake on plate, spread with some of filling. Repeat with second layer and more filling. (Note: I do not use all of filling or the cake tends to slide.) Top with last layer of cake. Frost top and sides with whipped topping. Serve immediately or re-refrigerate.

Sandy Longenecker

## LEMON CAKE

1 pkg. lemon cake mix  
 (pudding kind)  
 1 pkg. lemon jello

1 c. water  
 3/4 c. oil  
 4 eggs

Beat together the cake ingredients and bake in a greased 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes.

**Topping:**

2 c. powdered sugar

1/2 c. fresh lemon juice

Prepare topping by beating together the ingredients. When cake is done, remove from the oven and prick the top with a fork. Pour topping mixture over cake while very hot.

Lydia Brinkman

**LEMON CAKE**

1 box (2 layer) yellow cake mix

4 eggs

3/4 c. water

1 (3 1/3 oz.) pkg. instant lemon pudding mix

1/2 c. salad oil

Beat eggs until thick and lemon colored. Add cake mix, pudding mix, water and oil. Beat at medium speed for 10 minutes. Bake in a 10-inch ungreased tube pan with removable bottom. Bake for 50 minutes at 350°. Remove sides of cake pan from hot cake. Prick holes in top and sides with 2 tined fork; drizzle with glaze. Cool completely before removing from pan bottom.

**Glaze:**

2 c. powdered sugar

1/3 c. lemon juice

Combine and heat just to boiling.

Carol Forsythe

**MAYONNAISE CAKE**

1 c. mayonnaise or salad dressing

1 tsp. baking powder

1 c. sugar

1 tsp. vanilla

1 c. water

5 Tbsp. cocoa

2 tsp. baking soda

2 c. flour

**Frosting:**

1 c. sugar

1/2 c. cocoa

1/4 c. milk

1/4 c. margarine

Frosting: Boil 1 minute and pour over cooled cake. Sift together dry ingredients and add to the rest of

the ingredients already mixed. Bake in a 9-inch square greased pan at 350° for 40 minutes.

Jane Ann Longenecker

### PINEAPPLE CAKE

2 c. flour  
2 c. white sugar  
2 tsp. baking soda  
1 tsp. vanilla

2 eggs, beaten  
1 (20 oz.) can crushed  
pineapple

#### Icing:

1 2/3 c. powdered sugar  
1 (8 oz.) pkg. cream cheese

1 stick margarine  
1/2 c. chopped nuts

Mix by hand all ingredients. Pour in greased and floured 9 x 13-inch pan and bake for 30 to 40 minutes. Prepare icing over low heat on stove while cake is baking. Spread icing as soon as cake comes out of the oven. Refrigerate and remove 1 hour before serving.

Linda Sommer

### PUMPKIN CAKE ROLL

1 tsp. baking powder  
3/4 c. flour  
1 tsp. cinnamon  
1 tsp. ginger  
sprinkle of salt

3 whole eggs  
1 c. sugar  
2/3 c. pumpkin  
1 tsp. lemon juice  
1 c. finely chopped walnuts

#### Filling:

1 c. powdered sugar  
2 (3 oz.) pkg. cream cheese

4 Tbsp. butter or margarine  
1/2 tsp. vanilla

Sift together the baking powder, flour, cinnamon, ginger and salt and set aside. Beat eggs 5 minutes or until very thick. Gradually add sugar. Stir in pumpkin and lemon juice. Fold in dry ingredients. Spread on a greased and floured 10 x 15-inch pan. Sprinkle top with walnuts. Bake for 15 minutes in a 375° oven. Loosen edges with spatula and turn out on towel or waxed paper sprinkled with powdered sugar. Roll cake and towel together. Cool and unroll.

Combine filling ingredients and spread over cake. Reroll. Chill at least 12 hours.

Wanda Stacy

### RICH CHOCOLATE CAKE

2 c. white sugar	1 tsp. salt
1 c. margarine	1/2 c. cocoa
2 eggs	1 tsp. vanilla
3 c. flour	1 c. boiling water
2 tsp. soda	1 c. sour milk

Cream sugar, shortening, salt and vanilla. Sift dry ingredients and add alternately with sour milk, adding boiling water last. Bake in 3 layer pans or 1 (9 x 13-inch) pan for 45 minutes at 350°.

Esther Davis

### ROSIE'S CHEESE CAKE

1 pkg. graham cracker crumbs	3 eggs
1/4 c. butter	1 tsp. vanilla
2 Tbsp. sugar	1 pt. sour cream
1 c. sugar	3 Tbsp. sugar
1 1/2 lb. cream cheese (three 8 oz. pkg.)	1/2 tsp. vanilla

Mix graham cracker crumbs, butter and 2 tablespoons sugar. Pat in a spring-form pan. Stir 1 cup sugar, cream cheese, eggs and 1 teaspoon vanilla together until smooth. Pour over graham crackers. Bake at 350° for 20 minutes or until set. Turn oven to 500°. Combine sour cream, sugar and vanilla. Top cream cheese. Return to oven for 5 minutes.

Thelma Smith

### RUSSIAN TEA CAKES

(Sometimes called Mexican Wedding Cakes.)

1 c. butter or margarine	2 1/4 c. flour
1/2 c. sifted confectioners sugar	1/4 tsp. salt
1 tsp. vanilla	3/4 c. finely chopped nuts

Mix butter, sugar and vanilla thoroughly. Measure flour by dipping method or by sifting. Stir flour and salt together; blend in. Mix in nuts. Chill dough. Heat oven to 400°. Roll dough in 1 inch balls. Place on ungreased baking

sheet. Cookies do not spread. Bake for 10 to 12 minutes or until set but not brown. While still warm, roll in confectioners sugar. Cool. Roll in sugar again. Makes about 4 dozen 1 inch cookies.

Marian Fenner

### SAUSAGE CAKE

1 c. raisins	2 tsp. baking powder
1 c. water	1/4 tsp. salt
1 tsp. baking soda	1 tsp. cinnamon
2 c. white sugar	1/2 tsp. cloves
1 lb. sausage	1/2 tsp. allspice
2 1/2 c. flour	1 c. walnut pieces (optional)

Cook the raisins in water. Save juice and add water to make 1 cup. Add soda to this. Cream white sugar and 1 pound fresh ground pork or 1 pound fresh sausage. Add 1 cup reserved raisin juice to sausage mix (will make it easier to mix). Combine flour, baking powder, salt, cinnamon, cloves and allspice. Add all at once to sausage mixture. Stir well. Add raisins and walnut pieces (optional). Pour into greased pan (tube). Bake at 350° for 50 to 60 minutes or 325° for 1 hour. Let cool.

Jane Ann Longenecker

### SMORGASBORD SPICE CAKE

2 1/4 c. sifted flour	1/2 c. butter
2 tsp. baking powder	1 c. sugar
1/2 tsp. soda	1/2 c. firmly packed brown sugar
1 tsp. salt	2 eggs
1 tsp. cinnamon	1 c. milk
1/2 tsp. cloves	1 tsp. vanilla
1/2 tsp. ginger	

Cream butter; add sugars, mixing well. Add eggs, one at a time. Add vanilla; add dry ingredients alternately with milk. Grease and flour pan. If tube pan is used, bake about 50 minutes. Bake 30 to 35 minutes for 2 layers at 350°.

Helen Kellar

**TOMATO SOUP CAKE**

2 Tbsp. shortening	1 1/2 c. flour
1 c. sugar	1 c. raisins
1 egg	1 c. nuts
1 tsp. baking soda	1 tsp. cinnamon (optional)
1 can tomato soup	1/2 tsp. cloves (optional)

Cream 2 tablespoons shortening with 1 cup sugar; add 1 egg and beat well. Dissolve baking soda in tomato soup. Add alternately with flour, raisins and nuts. May also add candied cherries or pineapple, cinnamon or cloves. Bake 3/4 of an hour. Bake at 350° in an 8-inch pan.

Edna Kimm  
(Pastor Steve's Mom)

**BUTTERSCOTCH CRUNCH (\*)**

4 c. cornflakes	1 (12 oz.) bag butterscotch chips
1 c. salted peanuts	

Line 1 cookie sheet with waxed paper. Melt chips over double boiler and in a large bowl, mix the ingredients together until well coated. Pour mixture on top of waxed paper and press it down. Put into refrigerator until hardened, then break it up into pieces.

Deb Shively

**CARAMEL BROWNIES**

1/4 c. margarine (1/2 stick)	1/2 tsp. salt
1 c. brown sugar	1/2 tsp. vanilla
3/4 c. flour	1/2 c. chopped nuts (optional)
1 egg	
1 tsp. baking powder	

Melt margarine and mix with brown sugar. Let cool. Next add 1 egg and mix. Take flour and add baking powder and salt. Mix flour mixture with brown sugar mixture; add vanilla and nuts. Press into a greased 8-inch pan and bake at 350° for 20 to 25 minutes.

Gail Kimm

## CHOCOLATE CHIP COOKIES

1 1/2 c. Crisco	1 Tbsp. soda
2 1/4 c. brown sugar	2 tsp. salt
2 1/4 c. white sugar	6 c. flour
5 medium eggs	12 oz. chocolate chips
1 Tbsp. vanilla	

Cream Crisco and sugars together. Add eggs and mix. Add vanilla, soda and salt and mix. Add flour and beat well. Add chocolate chips and mix by hand. Put on cookie sheets by teaspoon and bake 8 to 10 minutes at 350°.

Betty McKibben

## CHOCOLATE CHIP-OATMEAL COOKIES

1 c. oleo	2 eggs
2/3 c. sugar	1 Tbsp. hot water
1 1/2 c. flour	1 tsp. soda
2 c. oatmeal (3 minute)	1 tsp. salt
1/2 c. pecans	1 pkg. chocolate chips
2/3 c. brown sugar	

Mix sugar and eggs until creamy. Add other ingredients. Bake at 325° for 12 minutes. Makes 2 dozen.

Marie Sunderman

## CHOCOLATE SURPRISES

1/2 c. shortening	1/2 tsp. soda
1 c. sugar	1/2 c. cocoa
1 egg	large marshmallows
1 tsp. vanilla	(approximately 1 1/2 to 2
1 1/4 c. flour	doz.)
1/2 tsp. salt	

### Frosting:

2 1/2 c. confectioners sugar	5 Tbsp. cocoa
1/8 tsp. salt	5 Tbsp. cream or milk
3 Tbsp. butter	

Cream shortening and sugar; add egg and vanilla. Beat well. Add all remaining ingredients, except marshmallows. Drop from teaspoons on lightly greased cookie sheet. Bake for 8 minutes at 350°. Remove from oven; press half of marshmallow, cut side down, into center of each cookie. Return to oven

for 2 minutes. I just use canned icing to ice them. Yields 3 dozen.

Kate O'Roark

### COCOA PEANUT LOGS (\*)

1 (12 oz.) bag semi-sweet  
chocolate chips

2/3 c. peanut butter  
1 box Cocoa Krispies cereal

Melt chocolate chips and peanut butter over a double boiler until well blended; remove from heat. In a large bowl, pour mixture over Cocoa Krispies; stir until well coated. Press mixture firmly into a lightly buttered 9 x 12-inch pan. Let stand in cool place or refrigerator until hardened. Cut into squares.

Deb Shively

### COOKIES IN A HURRY

1 box cake mix (any flavor)  
2 eggs

2 Tbsp. water  
2 Tbsp. oil

Blend all of the ingredients with a wooden spoon. Any other ingredients like chocolate chips, peanut butter, raisins, etc. can be added. Add about 1/2 to 1 cup of this extra ingredient. Mix until all is well blended. Drop by teaspoonful on ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Remove from oven and let set 1 minute before removing from cookie sheet. Makes about 3 dozen cookies.

Marjorie Mutzner

### DATE BARS

1 c. sugar  
1 c. flour  
1 c. nuts  
1 bar dates

2 tsp. baking powder  
pinch of salt  
3 or 4 beaten eggs

Seed and chop dates and do not chop nuts fine. Mix sugar, flour, nuts, dates, baking powder and salt together. Finally add eggs. Bake in an 8 x 8-inch square pan at 350° until done.

Mildred Gurklies

## EASY FUDGE BROWNIES

1/2 c. butter or margarine  
 2 (2 oz.) sq. unsweetened  
 chocolate  
 1 c. sugar  
 2 eggs

1 tsp. vanilla  
 3/4 c. all-purpose flour  
 1/2 c. chopped walnuts  
 (optional)

Grease an 8 x 8 x 2-inch baking pan. Melt butter and chocolate. Remove from heat; stir in sugar. Add eggs and vanilla; beat lightly just until combined. Don't overbeat. Stir in flour and nuts. Spread batter in pan. Bake in a 350° oven for 30 minutes. Cool. Cut into bars. Makes 16.

Lori Meyer

## EASY MIX COOKIE BARS (\*)

2 eggs  
 2 c. packed brown sugar  
 1 c. shortening  
 3 c. flour

1 tsp. cinnamon  
 1 tsp. soda  
 1 tsp. baking powder  
 1 c. boiling water

Bake at 375° for 20 minutes. For bars use a 9 x 13-inch pan. For cake like use a 9 x 9-inch or an 8 x 8-inch pan.

Tammie, Nathan and Rhea Elliott

## FRENCH LEMON BARS

### Crust:

1/2 c. powdered sugar  
 2 c. flour

1/2 c. soft oleo

### Filling:

4 eggs  
 2 c. sugar

4 Tbsp. flour  
 6 Tbsp. lemon juice

Mix the powdered sugar, flour and oleo together until crumbly. Pat into cookie sheet. Bake for 15 minutes at 325° until edges are golden brown.

Beat together eggs, flour, white sugar and lemon juice. Pour over crust and bake for 15 minutes at 325° until top is crusty. Cool. Dust with powdered sugar. Cut in squares.

Nola Hines

**FRESH APPLE BARS**

3 eggs  
1 3/4 c. granulated sugar

1 c. Puritan oil

Beat ingredients well. Sift together:

2 c. flour  
1/2 tsp. salt

1 tsp. soda  
1 tsp. cinnamon

Add to the eggs, sugar and oil mixture and beat well. Fold in 2 cups sliced, diced apples and 1 cup chopped nuts. Pour into a greased 15 x 10-inch pan. Bake at 350° for 40 to 45 minutes. Remove from oven and cover with powdered sugar.

Mabel Galley

**FORGOTTEN COOKIES**

2 egg whites  
3/4 c. sugar

1 c. chopped nuts\*  
1 c. small chocolate bits\*

\*No nuts and 2 cups small chocolate bits.

Beat egg whites until stiff; add 3/4 cup sugar. Beat until stiff. (For Christmas you may add a few drops of red or green food coloring.) Fold in nuts and chocolate chips. Drop by teaspoon onto cookie sheet covered with foil. Preheat oven to 350°. Place cookies in oven and turn off immediately. Leave cookies in oven overnight or 3 to 4 hours. Do not open oven.

Marjorie Simmons

**GOOEY BUTTER BARS**

Mixture #1:

1 box yellow cake mix  
1 egg

1 stick melted butter  
(margarine)

Mixture #2:

1 (1 lb.) box powdered sugar  
1 pkg. cream cheese (8 oz.)

2 eggs

Beat number 1 mixture well and press into bottom of a 9 x 13-inch pan. Beat number 2 mixture well and pour over top

of cake mixture number 1. Bake for 40 to 45 minutes at 350°. Cut in squares.

Kate O'Roark

### IOWA PRIDE COOKIES

1 c. margarine  
1 c. oil  
1 c. brown sugar  
1 c. white sugar  
1 egg  
2 tsp. vanilla  
3 1/2 c. flour

1 c. oatmeal  
1 c. coconut  
1 c. Rice Krispies  
12 oz. chocolate chips  
1/2 tsp. salt  
1 tsp. soda  
1 tsp. cream of tartar

Beat margarine, oil, sugars, egg, vanilla, salt, soda and cream of tartar real well. Add rest of ingredients. Place on cookie sheets by teaspoonful and bake at 350° for 8 to 10 minutes.

Betty McKibben

### MONSTER COOKIES

3 eggs  
1 c. brown sugar  
1 c. white sugar  
2 tsp. soda  
1 tsp. Karo

1 1/3 c. peanut butter  
1/4 lb. margarine  
4 1/2 c. oatmeal  
1/3 c. chocolate chips  
1/2 c. plain M&M's

This recipe uses no flour. Mix all ingredients together. Bake at 350° for 10 to 15 minutes on a greased cookie sheet.

Becky Ayers

### KIDS PEANUT BUTTER BARS (\*)

1 c. butter  
1 c. brown sugar  
1 c. white sugar  
2 eggs  
2/3 c. peanut butter

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

Icing:

3 1/2 c. powdered sugar  
1/2 c. peanut butter

6 to 7 tsp. milk  
1 tsp. vanilla

Cream butter, brown sugar, white sugar, eggs and peanut butter together, then add flour, salt, soda and oats. Pour

into a 9 x 13-inch pan. Bake until light brown at 375°. Ice when cooled.

Deb Shively

## PUMPKIN CHEESECAKE BARS

1 c. all-purpose flour	3/4 c. sugar
1/3 c. packed brown sugar	1/2 c. Libby's solid pack pumpkin
5 Tbsp. butter, softened	2 eggs, lightly beaten
1/2 c. chopped pecans or walnuts	1 1/2 tsp. ground cinnamon
1 (8 oz.) pkg. softened cream cheese	1 tsp. ground allspice
	1 tsp. vanilla extract

Combine flour and sugar in medium bowl. Cut in butter to make a crumb mixture. Stir in nuts. Set aside 3/4 cup mixture for topping. Press remaining mixture into bottom of an 8 x 8 x 1 1/2-inch baking pan. Bake in preheated 350° oven for 15 minutes. Cool slightly. Combine cream cheese, sugar, pumpkin, eggs, cinnamon, allspice and vanilla in a large mixing bowl. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake an additional 30 to 35 minutes. Cool before cutting into bars. Makes 32 (1 x 2 inch) bar cookies.

Kathie Molesky

## SCOTCHY PEANUT BARS

2/3 c. butter	1 c. light Karo syrup
1/2 c. firmly packed brown sugar	1 (6 oz.) pkg. butterscotch morsels
1 1/3 c. flour	1 1/4 c. peanut butter
1 c. sugar	3 c. corn flakes

### Chocolate Frosting:

2 Tbsp. melted butter	1 tsp. vanilla
1 c. powdered sugar	1 to 2 Tbsp. milk
1/4 c. cocoa	

Cream butter; add brown sugar and cream well. Blend in flour. Press into bottom of greased 13 x 9-inch pan. Bake at 350° for 15 to 20 minutes. Combine sugar and Karo syrup in saucepan. Bring to a boil; remove from heat and add butterscotch morsels and peanut butter. Stir until melted. Stir in corn flakes. Spread over base. Cool, frost and cut into bars.

Frosting: Combine melted butter, powdered sugar, cocoa and vanilla. Stir in 1 to 2 tablespoons milk until of spreading consistency.

Georgianna Minnich

## SUGAR COOKIES

(Great to use with children.)

2 c. sugar	1 tsp. soda, dissolved in
1 c. shortening	sour milk
1 c. sour milk (milk with 1	1 tsp. vanilla
Tbsp. vinegar)	2 tsp. baking powder
2 eggs	1 tsp. salt
	4 to 5 1/4 c. flour

Cream shortening and sugar. Add vanilla and eggs and beat well. Add baking powder and salt to flour. Add flour mixture and sour milk to creamed mixture, alternating. Beat well. Pat out on floured board. (Do not roll.) Cut with cookie cutter. Place on greased cookie sheet. Sprinkle with sugar before baking. (I usually put icing on mine after they are baked.) Bake at 400° for 10 to 12 minutes. Yields 100 medium sized cookies.

Connie Haines  
Kim Heintz

## SUGAR COOKIES

1/2 c. butter or margarine	1 c. (8 oz.) sour cream
1 1/2 c. sugar	2 eggs
1 tsp. vanilla	1 tsp. salt
1/2 tsp. baking soda	1/2 tsp. baking powder
3 c. sifted flour	cinnamon and sugar mixture

Cream butter and add sugar gradually. Add eggs, one at a time, beating well after each one. Add vanilla; beat until light and fluffy. Add baking powder, soda and salt to flour and sift together. Add alternately with sour cream to creamed mixture, beginning and ending with dry ingredients. For 3 inch cookies, drop on well greased cookie sheet with teaspoon. Sprinkle with cinnamon and sugar mixture. Bake in hot oven at 400° for 8 to 10 minutes.

Betty Hollopeter

**SUGARLESS RAISIN COOKIES (+)**

- |                              |                               |
|------------------------------|-------------------------------|
| 1 c. raisins                 | 2 Tbsp. sweetener (powdered)  |
| 1 c. water                   | 1 tsp. nutmeg                 |
| 1/2 c. corn oil or margarine | 1 tsp. cinnamon               |
| 1 1/3 c. flour               | 1 c. nuts (pecans or walnuts) |
| 1 tsp. soda                  |                               |

Cook raisins in water until 1/2 cup water remains. Add margarine; cool. Add flour, soda, sweetener, spices and nuts. Spread in a 9 x 13-inch pan. Bake at 350° for 18 minutes. When cool, cut in squares. Low cholesterol, low sodium, no sugar.

Wanda Stacy

**CHOCOLATE DELIGHT PUDDING**

- |  |                |
|--|----------------|
| 1 small pkg. semi-sweet<br>chocolate chips | 3 Tbsp. milk   |
| 2 Tbsp. sugar                              | 4 eggs         |
|  | 1 tsp. vanilla |

Melt chocolate chips, sugar and milk together in top of double boiler. When melted, remove from heat and cool. Add egg yolks, 1 at a time, beating well after each egg. Beat egg whites until stiff. Fold into the chocolate mixture and pour into serving dish or individual serving dishes. Refrigerate at least 3 hours. Makes 4 to 6 servings.

Elsie Smith

**DATE PUDDING**

(This is a Karnehm family recipe.)

- |                     |                              |
|---------------------|------------------------------|
| 1 lb. dates, pitted | 1 egg                        |
| 1 c. hot water      | 1 c. nuts, chopped           |
| 1 tsp. soda         | 1 tsp. baking powder         |
| 1 c. sugar          | 1 1/2 c. flour (all-purpose) |
| 2 tsp. butter       |                              |

Mix well together 1/2 pound dates, 1 cup hot water and soda. Let stand to cool. Mix together the other 1/2 pound of dates with 2/3 cup water. Let simmer on top of stove. Spread this mixture on top of cake after baked. Mix together 1 cup sugar, 2 teaspoons butter, 1 egg, 1 cup chopped nuts, 1

teaspoon baking powder and 1 1/2 cups all-purpose flour. Add the first date mixture to this and bake at 350° for 30 minutes. Remove from oven; cool and spread second date mixture on top. Add Cool Whip if desired when serving.

Norma Colby  
Viola Beaver

### LEMON PUDDING TREAT

1 1/2 c. flour  
1 1/2 sticks oleo  
2/3 c. chopped nuts  
1 c. powdered sugar  
8 oz. cream cheese, soft

1 container Cool Whip  
2 small pkg. instant lemon  
pudding  
3 c. cold milk

Mix flour, oleo (cut in small pieces) and nuts. Press into a 9 x 13-inch pan. Bake for 30 minutes or a little less at 350°. Let cool. Cream sugar and cream cheese together. Stir in 1/2 container Cool Whip. Spread this on the cooled crust. Beat the instant pudding and milk until thick, adding 1 teaspoon lemon juice. Spread on cheese layer. Spread the rest of the Cool Whip on top. Sprinkle a few extra nuts on top if desired. Keep cool. Serves 12.

Stephen King

### TAPIOCA CREAM (+) (Diabetic Recipe)

1 egg  
1 c. milk  
1 Tbsp. tapioca

1/8 tsp. salt  
1/2 tsp. vanilla

Blend the egg yolk with 1/4 cup of the milk in a saucepan, using a wooden spoon. Stir in remaining amount of milk, salt and tapioca. Place over a moderate flame and cook about 5 to 8 minutes until mixture reaches a bubbling boil. Stir constantly. Remove from heat. Beat the egg white stiff. Fold in hot tapioca mixture. Add the vanilla and 2 packages Equal. Cool for 15 minutes and then stir again. Chill in refrigerator and serve cold.

Exchanges: 1 milk exchange, 1 meat exchange, 1/2 bread exchange.

Note: Since this recipe makes 2 servings, it is important that the entire amount is taken if the exchange is

made. If only 1 serving is taken, then use 1/2 of each exchange.

Mildred Bodkin

## ALMOND PUFFS

1 c. oleo or butter  
2 c. flour  
2 c. water

3 eggs  
1 tsp. almond flavoring

### Frosting:

1 1/2 c. powdered sugar  
2 Tbsp. oleo  
1 1/2 tsp. vanilla

1/2 tsp. almond flavoring  
1 to 2 tsp. water

Blend 1/2 cup oleo and 1 cup flour; add 2 tablespoons water. Form into a ball and divide in half. On cookie sheet, spread each half to form 12 x 3 inch doughs. Melt 1/2 cup oleo with 1 cup water. Bring to boil. Remove; stir in flour and almond flavor. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove; beat in 3 eggs until smooth and glossy. Spread 1/2 mixture over each strip of dough. Bake for 60 minutes at 350° or until golden and crisp. Topping shrinks and forms a custardy topping. Mix frosting and top the baked crust.

Carole Clark  
(Gail Kimm's Mother)

## APPLE DUMPLINGS

### Dough:

2 c. flour  
2 Tbsp. sugar  
1 tsp. baking powder

1/2 tsp. salt  
2/3 c. shortening  
2/3 c. milk

Mix dough and divide into 6 portions. Roll each into a round pastry large enough to completely cover apple well. Place 1 peeled and quartered apple into the center of each with a dash of cinnamon and 1 teaspoon sugar and close tightly. Bake for 10 minutes at 400°, then at 325° until done, about 1 hour.

Sauce:

3/4 c. brown sugar  
3/4 c. sugar

1/2 tsp. salt  
2 Tbsp. flour

Mix well and add 1 1/2 cups hot water. Bring to a boil and pour over apple dumplings.

Nancy Gearhardt

APPLE GOODIE

6 large apples, sliced  
2 Tbsp. flour  
1 c. sugar

1/4 tsp. salt  
1/4 tsp. cinnamon

Topping:

1 stick butter or margarine  
1 c. flour  
1 c. oatmeal

1 c. brown sugar  
1/4 tsp. baking powder

Put ingredients in bottom of a 9 x 9-inch pan. Make topping by crumbling together. Sprinkle on top of apples. Bake at 350° for 30 to 40 minutes.

Linda Gephart

AMISH DESSERT

1 c. flour  
1/2 c. walnuts or pecans  
1/2 c. oleo  
1 c. powdered sugar  
1 (8 oz.) cream cheese

1 (9 oz.) whipping cream  
3 c. milk  
3 (3 1/2 oz.) pkg. instant pudding mix\*

\*Use 2 vanilla and 1 butterscotch or any 3 of your favorite.

First layer: Melt oleo; pour over flour and mix thoroughly. Stir in nuts. Pat into bottom of 12 x 9-inch baking dish. Bake at 350° until lightly browned, approximately 20 minutes. Set aside to cool.

Second layer: Cream together powdered sugar and cream cheese until blended. Add 1 cup whipped topping. Blend and spread over first layer.

Third layer: In mixing bowl, combine milk and instant pudding mix. Beat until smooth. Spread over second layer.

Fourth layer: Spread remainder of whipped topping over third layer and add nuts, if desired.

Gertrude Roeth

## BUTTER PECAN DESSERT

1 1/2 c. flour  
3/4 c. oleo  
1/4 c. chopped nuts  
3/4 c. powdered sugar  
12 oz. cream cheese  
1 1/2 c. Cool Whip

2 small pkg. instant butter  
pecan pudding (3 oz. each)  
3 c. milk  
1/4 c. chopped nuts (for on top)

Mix flour, oleo and 1/4 cup chopped nuts with fork. Spread in 13 x 9-inch pan and bake for 15 to 20 minutes at 350°. Cool.

Mix powdered sugar, Cool Whip and cream cheese and blend well. Spread over cool crust.

Blend instant pudding with 3 cups milk. When slightly thickened, pour over cream cheese mixture. Chill. Top with more Cool Whip and sprinkle with 1/4 cup chopped nuts. Yummy!

Carole Clark  
(Gail Kimm's Mother)

## CARAMELS

1 c. butter or margarine  
1 lb. (2 1/4 c.) brown sugar  
dash of salt  
1 c. light corn syrup

1 (15 oz.) can Eagle Brand  
sweetened condensed milk  
1 tsp. vanilla

Melt butter in heavy 3-quart saucepan. Add brown sugar and salt, stirring until thoroughly combined. Blend in corn syrup. Gradually add sweetened condensed milk, stirring constantly. Cook and stir over medium heat until candy reaches firm ball stage (245°), 12 to 15 minutes. Remove from heat; stir in vanilla. Pour into 9 x 13-inch pan or dish. Cool. Cut and wrap.

You can make turtles with these caramels by pressing pecan nuts into caramels and dipping into melted milk chocolate and paraffin.

Dana Schilling-Adams

## CHEERY CHERRY CHRISTMAS CONFECTION

1 large container frozen Cool Whip (12 oz.)  
 1 large can Eagle Brand condensed milk (14 oz.)  
 1 large can cherry pie filling

1 small jar green maraschino cherries  
 1 large can crushed pineapple, drained well  
 1/2 c. chopped nuts

Let whipped topping set at room temperature until softened. Then blend topping and Eagle Brand milk together. Then add remaining ingredients one at a time in order given, blending well. Refrigerate until ready to serve.

Winnie Roeth

## CHERRY SQUARES

1 3/4 c. quick oats  
 1 c. brown sugar  
 1 1/2 c. flour

1 tsp. baking soda  
 1 c. melted butter  
 1 can cherry pie filling

Combine oats, brown sugar, flour, baking soda and butter together into crumbs. Reserve 1 1/2 cups crumbs and press the remaining crumbs into an 11 x 7 x 2-inch pan. Pour cherry filling over top. Put rest of crumbs on top and bake 35 minutes at 350°.

Mildred Gurklies

## CHOCOLATE ECLAIR

2 (3 1/2 oz.) pkg. instant French vanilla pudding  
 3 3/4 c. milk  
 1 (8 oz.) Cool Whip

1 (16 oz.) box graham crackers (whole)  
 1 (16 oz.) can chocolate icing

Mix together pudding, milk and Cool Whip. Layer 9 x 13-inch pan with whole graham crackers; top with half of pudding mix. Add another layer of graham crackers and rest of pudding. Top again with graham cracker. Refrigerate 1 hour. Frost with icing mix and chill 8 to 10 hours. (This is important.)

Sue Clark

## CREAMY CHOCOLATE CRESCENTS

2 (8 oz.) bars milk chocolate  
 1 (8 oz.) Cool Whip, thawed

2/3 c. crushed vanilla wafers

In a 2-quart saucepan, melt bars over low heat. Cool to room temperature. Fold in Cool Whip. Chill 1 hour and then form into 1-inch balls or crescent shapes. Roll in crumbs. Chill thoroughly.

Linda Morrow

## DATE PUDDING DESSERT

2 c. chopped dates  
2 c. chopped nuts  
2 c. bread crumbs  
2 eggs, beaten

2 c. milk  
4 Tbsp. butter, melted  
1 tsp. vanilla  
8 oz. pkg. Cool Whip

Mix all ingredients together and put in baking dish. Set the dish in a pan of water and place in oven to bake for 1 hour at 350°. Remove from oven; let cool and break into pieces with a fork. Add Cool Whip; mix and serve. Excellent holiday dessert!

Judy Brinkman

## FASTNACHT CRULLERS

1/2 c. warm water  
2 pkg. yeast  
1 1/2 c. warm milk  
1/2 c. sugar

2 tsp. salt  
2 egg yolks  
1/2 c. Crisco  
6 c. flour

### Glaze:

1 lb. powdered sugar  
2 egg whites  
2 Tbsp. melted oleo

1 tsp. vanilla  
1/2 c. boiling water

Glaze: Moisten powdered sugar with egg whites; add remaining ingredients and mix well.

Dissolve yeast in warm water. Add warm milk, sugar, salt, egg yolks, Crisco and 1/2 of flour. Mix well. Add remaining flour and beat with mixer well or knead by hand. Place in large, greased bowl; cover with damp cloth and let rise in warm place until double (around 1 1/2 hours). Roll out on floured surface to approximately 2-inches thick. Cut with doughnut cutter. Shape; cut doughnut in a figure eight and lay on floured surface. Let rise 30 to 45 minutes. Fry

in hot oil (375°). Drain and glaze while still hot. Cool on flat surface.

Betty McKibben

### FRUIT COBBLER

2 c. fresh fruit (cherries, blueberries, raspberries, peaches, etc.)	3/4 c. sugar
1 c. sugar (or less to taste)	1 1/4 c. flour
1 stick butter	2 tsp. baking powder
	3/4 c. milk
	pinch of salt

Add 1 cup sugar to fresh fruit. Melt butter in baking dish and prepare batter. (I put it in the oven while it is heating.)

Stir batter (sugar, flour, baking powder, milk and salt) and pour over melted butter. Do NOT stir. Sprinkle fruit on top. Do NOT stir. Bake at 350° for 1 hour or until brown and crisp.

Linda Sommer

### ICE CREAM DESSERT

2 c. crushed Rice Chex	1/4 c. fine coconut
1 c. brown sugar	1/2 gal. ice cream (any flavor)
1 stick margarine	
1/4 c. slivered almonds	

Combine sugar and margarine; cook 1 minute. Cool a little; add rest of ingredients. Press 1/2 of mixture in a 9 x 13-inch cake pan. Add softened ice cream. Press on rest of the mixture. Freeze. Remove from freezer 10 minutes before cutting.

Evelyn Holfinger

### OLD-FASHIONED APPLE DUMPLINGS

2 c. sifted flour	6 Tbsp. shortening
1 tsp. salt	1/2 to 2/3 c. milk (or enough to moisten dough)
2 tsp. baking powder	
2 Tbsp. sugar	

Sift together flour, salt, baking powder and sugar. Cut in shortening. Stir in milk. Divide dough into 6 parts and roll into circles. Sprinkle each circle with a mixture of brown sugar and 1/4 teaspoon cinnamon. Make 5 slashes in each

circle, dividing it equally and leave a 2-inch circle in center.

Core 6 nice-sized apples. I cut mine in half. Peel, if desired. Place 1 whole apple in center of each circle. Wrap dough around apple, overlapping each section.

3/4 c. water  
1/4 c. butter

1 c. brown sugar, packed

In a large baking dish, combine water, butter and brown sugar. Heat and mix well. Set dumplings in syrup and bake in a moderate 375° oven 35 to 40 minutes or until apples are done. Baste occasionally with syrup. Very good!

Serve warm with cream, if desired, for a delicious dessert.

Dora Hollopeter

### OREO COOKIE DESSERT

2/3 large bag Oreos  
1/2 stick butter  
1 c. powdered sugar  
1 (8 oz.) cream cheese

1 (8 oz.) Cool Whip  
2 boxes instant vanilla  
pudding (3 1/2 oz.)  
3 1/2 c. milk

Crush Oreos and press in 9 x 13-inch pan. Save 1 cup for topping.

Mix butter, Cool Whip, cream cheese and powdered sugar. Mix 2 boxes pudding with milk. Fold into first mixture.

Pour over cookie crumbs. Sprinkle reserved crumbs on top and refrigerate.

Linda Sommer

### PEACHES AND CREAM

3/4 c. flour  
1 tsp. baking powder  
1/2 tsp. salt  
3 1/2 oz. pkg. vanilla  
pudding (instant)  
3 Tbsp. margarine  
1 egg  
1/2 c. milk

15 to 20 oz. can peaches,  
sliced  
8 oz. pkg. cream cheese  
1/2 c. sugar  
3 Tbsp. peach juice  
1 Tbsp. sugar  
1/2 tsp. cinnamon

Grease 9 x 12-inch deep dish. Beat pudding, margarine,

egg and milk for 2 minutes. Add flour, baking powder and salt and beat 1 more minute. Pour this into the dish.

Drain peaches and arrange slices over the batter.

Beat cream cheese, 1/2 cup sugar and 3 tablespoons peach juice for 2 minutes. Put this on top of the peaches. Sprinkle with 1 tablespoon of sugar and cinnamon. Bake at 350° for 30 to 35 minutes.

Jackie Kiehl

## PEANUT BUTTER - APPLE CRUMBLE

2 lb. cooking apples  
1 tsp. cinnamon

1/2 c. water  
juice of 1 lemon

### Crumble Crust:

3/4 c. flour  
1/4 c. butter or oleo  
1/3 c. peanut butter

1 c. firmly packed brown  
sugar

Peel, core and thinly slice apples into a 2-quart baking dish. Sprinkle with cinnamon, water and lemon juice. Sift and measure flour. Work with sugar, butter and peanut butter until crumbly. Sprinkle over apples. Bake at 375° for 20 minutes. Reduce heat to 350° and cook for 20 minutes longer. Makes 6 generous servings.

Gertrude Roeth

## RASPBERRY SWIRL

### Crust:

3/4 c. graham cracker crumbs  
3 Tbsp. butter, melted

2 Tbsp. sugar

### Filling:

3 eggs, separated  
8 oz. pkg. cream cheese  
1 c. sugar  
1/8 tsp. salt

1 c. heavy cream  
1 (10 oz.) pkg. frozen  
raspberries (partially  
frozen)

Crust: Combine ingredients. Press into well-greased 7 x 11 x 1 1/2-inch pan. Bake at 375° for 8 minutes. Cool.

Filling: Beat egg yolks until thick. Add cream cheese, sugar and salt; beat until smooth and light. Beat

egg whites until stiff peaks form. Whip cream until stiff and thoroughly fold with egg whites into cheese mixture.

In a blender or mixer, crush partially frozen raspberries to a pulp. Gently swirl half of fruit pulp through cheese mixture and spread on crust. Spoon remaining puree over top; swirl with a knife. Freeze, then cover and return to freezer.

Linda Gephart

## SUMMERTIME DESSERT

1 pkg. yellow cake mix  
1 (8 oz.) pkg. cream cheese,  
softened  
1 pkg. (3.5 oz.) instant  
vanilla pudding mix  
1 c. milk

1 can (20 oz.) crushed  
pineapple, drained  
1 (9 oz.) container whipped  
topping, thawed  
nuts, coconut and maraschino  
cherries

Make cake as mixing directions. Pour batter into greased and floured sheet cake pan. Bake at 350° for 25 to 30 minutes. Cool on rack.

Combine softened cream cheese, instant pudding mix and milk until thoroughly mixed.

Spread mixture over cooled cake. Next, spread well drained pineapple over cheese layer, then cover with whipped topping.

Sprinkle with chopped nuts, coconut and sliced cherries.

Kay Tyler

## PEACH COBBLER

16 oz. sliced peaches  
1/2 c. butter or margarine  
1 c. flour  
1/4 tsp. salt

1/2 c. milk  
2 tsp. baking powder  
1/2 c. sugar  
dash of vanilla

Preheat oven to 350°. Make batter of butter or margarine, flour, sugar, milk, salt, baking powder and vanilla. Spread batter over peaches in an 8 x 8-inch casserole dish. Mix 1 cup sugar and 1/2 cup water. Pour over batter and peaches. Bake 1 hour.

Peggy Roeth

## RHUBARB CRUNCH

1 c. flour	1/2 c. oleo
3/4 c. uncooked oats	1/2 tsp. nutmeg (optional)
1 c. sugar	

Mix until crumbly. Cook until clear:

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

Put half crumb mix in 9 x 9-inch cake pan. Put 4 cups rhubarb on crumb layer. Pour sauce over rhubarb. Cover with rest of crumbs. Bake 1 hour at 350° or microwave 15 minutes (High setting). Serve hot or cold.

Luella Roeth

## COUNTRY ICE CREAM

10 to 12 eggs, thoroughly beaten	pinch of salt
2 tsp. vanilla	1 pt. thick cream
1 tsp. lemon	whole milk
	2 envelopes Knox gelatine

Add the gelatine to 1 cup of cold water to dissolve. Add 1 cup boiling water to cold mixture until it is completely dissolved. (This needs to be prepared on the stove until it boils.) Add 1 pint thick cream and fill a 3 gallon freezer with the whole milk, leaving enough room at the top for freezing.

Kay Tyler

## STRAWBERRY ICE CREAM

(Makes 4 Quarts)

1/2 c. boiling water	2 1/2 c. sugar
1 (3 oz.) pkg. strawberry jello	1 tsp. vanilla
3 eggs	1/2 gal. milk
1 can Carnation evaporated milk	1 pkg. strawberries (frozen or canned)

Dissolve jello in 1/2 cup boiling water. Add and mix other ingredients. Add enough milk to fill to the 4 quart line on ice cream freezer.

Pastor Steve Kimm

*Beverages,  
Microwave  
& Misc*



# Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add  $\frac{1}{4}$  cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

## BEVERAGES, MICROWAVE & MISCELLANEOUS

### CRANBERRY JUICE

1 can jellied cranberry sauce  
1 Tbsp. lemon juice

1 Tbsp. sugar (or more to  
taste)  
1 qt. water

Mix all ingredients in blender.

Naomi Kelch

### CRANBERRY-WINE PUNCH

1 1/2 qt. cranberry juice  
1 (6 oz.) can frozen orange  
juice  
1/3 c. lemon juice

1 large bottle California  
Burgundy, chilled  
1 large bottle sparkling  
water, chilled

Combine fruit juices and wine. Pour over block of ice in punch bowl. Add sparkling water before serving.

Wanda Stacy

### HOLIDAY PUNCH

1 1/2 c. sugar  
2 c. water  
64 oz. cranberry juice  
2 c. orange juice

3 Tbsp. lemon juice  
4 c. water  
3 small cinnamon sticks

Boil the 1 1/2 cups sugar and 2 cups water until sugar is dissolved. Add the other ingredients. I put it in a crock-pot and simmer it.

Jackie Kiehl

### HOT COCOA MIX

8 qt. pkg. instant dry milk  
2 lb. box Nestle Quik  
16 oz. jar Coffee-mate

1 box (1 lb.) powdered sugar,  
sifted

Mix all ingredients together in a large container. When ready to use, add 1/3 cup of chocolate mix to 1 cup hot water. Makes 100 cups.

Ryan King

## HOT TOMATO JUICE

1 (46 oz.) can tomato juice  
 3 (8 oz.) c. beef broth  
 1 1/2 tsp. Worcestershire  
 sauce  
 1/2 tsp. salt  
 1 1/2 tsp. sugar  
 1/2 tsp. celery salt

dash of pepper  
 1/4 tsp. oregano  
 2 drops Tabasco sauce  
 1/4 c. butter  
 3 whole cloves (optional,  
 remove later)  
 1/2 c. sherry (optional)

Combine ingredients (except sherry) in large kettle or glass coffeepot. Bring to a boil; reduce heat and simmer about 10 or 15 minutes. Serve in small mugs. Serves 10 to 12.

Karen Ingle

## ORANGE SLUSH

1 can (12 oz.) frozen orange  
 juice  
 1 can (12 oz.) crushed  
 pineapple

1 jar (6 oz.) maraschino  
 cherries  
 2 or 3 bananas, cut into bits  
 2/3 c. sugar (may be omitted)  
 4 c. water

Mix 3 cups water with sugar; bring to boil. Cool and add orange juice. Add 1 more cup of water. Add pineapple, cherries and bananas. Pour into individual paper cups or into ice cube trays and freeze. Remove from freezer ahead of serving time so the portions will be slushy.

Nuts or other fruits may be added.

Barbara Besecker

## PUNCH

2 cans frozen lemonade (add  
 water according to  
 directions on can)  
 1 box (3 oz.) strawberry  
 Jell-O  
 1 c. boiling water

1 large can pineapple juice  
 3 cans frozen orange juice  
 (add water according to  
 directions on can)  
 2 large bottles ginger ale

Add strawberries if in season. Mix 2 days ahead.

Helen Kellar

## RUSSIAN TEA

1 (7 oz.) jar Tang  
 1 tsp. ground cloves  
 1 tsp. cinnamon

1/2 c. instant tea  
 2 c. sugar

Mix all together and store in airtight container. Add a couple spoonfuls to a mug of hot water.

Sandy Longenecker

### RUSSIAN TEA MIX

3 c. sugar  
1 1/2 c. instant tea  
1 (18 oz.) jar Tang

1 (3 oz.) pkg. lemonade mix  
3 tsp. cinnamon  
1 1/2 tsp. cloves

Mix and store all ingredients. Add 2 teaspoons of mix to 1 cup boiling water. Add extra to suit your taste.

Tammie, Nathan and Rhea Elliott

### STRAWBERRY MILK SHAKE (+)

(Diabetic Recipe)

1 c. frozen strawberries  
(unsweetened)  
1/2 c. milk

3 to 4 drops vanilla  
artificial sweetener to taste

Mix 1/2 cup strawberries with milk in blender. Add remaining strawberries, vanilla and sweetener. Blend until all strawberries are crushed and mixture is the consistency of milk shake. Yield: 1 serving.

Substitutions: 1 fruit substitute, 1 milk substitute.

Mildred Bodkin

### BAKED CHICKEN SANDWICHES

1 large stewing hen or 1  
large can chicken  
3 to 4 c. broth

6 slices bread  
4 eggs  
salt and pepper to taste

Cook hen; pick from bone and chop in fine pieces. Skim excess fat from broth. Soak bread in 3 cups of hot broth. Beat eggs and mix with bread. Season to taste, then add chicken and mix well. This should be pretty thin to start with. Pour in greased pan and bake in a 350° oven for 1 hour and 45 minutes to 2 hours. While baking, stir 4 times and add more broth or water as needed to keep very moist. Spoon onto buns.

Judy Brinkman

## CHICKEN SALAD CROISSANTS

2 c. cooked chicken  
1/2 c. Miracle Whip  
1/2 c. chopped, pitted ripe olives  
1/4 c. chopped green peppers  
1/4 c. chopped onion

1/2 c. (4 oz.) shredded Kraft sharp natural Cheddar cheese  
croissants, split  
lettuce

Combine chicken, Miracle Whip, olives, cheese, green peppers and onion. Chill. Fill croissants with chicken salad and lettuce.

Deb Weikert

## MAIDRITES

1 lb. hamburger, browned in double boiler  
2 tsp. sugar

1 tsp. pepper  
2 tsp. yellow mustard  
1/2 c. dill pickle juice

Brown hamburger in double boiler. Add remaining ingredients. Cook in double boiler on simmer for several hours. Serve on steamed buns with chopped sweet onions with dill pickles and mustard. If you want to keep until ready to serve, wrap in sandwich paper.

Lucille Schilling

## SANDWICH FILLING

1/2 lb. boiled ham, chipped  
3 Tbsp. mayonnaise  
1/2 lb. Cheddar cheese, grated  
1/2 c. chili sauce

1/3 c. onions, diced  
2 hard-boiled eggs, diced  
1/2 c. pimentos, chopped  
1/4 c. chopped olives

Mix the ingredients together. Put in hot dog buns. Wrap in foil and bake 10 minutes in a 350° oven.

Nola Hines

## CINNAMON CUT-OUTS

(Do Not Eat)

6 Tbsp. warm applesauce

10 Tbsp. cinnamon

Mix together to form a ball. Roll out dough to 1/4-inch thickness. Cut into shapes, using cookie cutters.

Makes 5 (2-inch) shapes. Use straw to cut hole in top of dough.

Set oven to 150°. Leave oven door ajar. Bake for 6 hours. Put ribbon through hole and use as Christmas decorations.

Naomi Kelch

## GRANOLA

5 c. rolled oats	1 c. sunflower seeds
1 c. powdered milk	raisins
1 c. wheat germ	1 c. honey
1 c. shredded coconut	1 c. cooking oil
1 c. chopped almonds	1 c. water
1 c. sesame seed	

Mix all dry ingredients together (except raisins) and pour over it the wet mix (honey, cooking oil and water). Spread onto 1 or 2 cookie sheets and bake at 250° until dry and well browned. Let cool and add raisins. Break into bite-size chunks and store in airtight containers.

Jane Ann Longenecker

## KNOX-BLOX (\*)

4 pkg. unflavored gelatin	4 c. boiling water (Mom handles this ingredient)
3 (3 oz.) pkg. flavored gelatin	

Have kids open all the packages and empty into 9 x 13-inch. An adult should measure and pour boiling water into the pan. With adult supervision, the kids can mix the gelatin until it all dissolves. Refrigerate. When set, cut into squares and serve.

Sandy Fisher

## PARTY MIX

4 c. Crispix	1 c. nuts (your choice)
1 c. pretzels, broken	1 lb. white chocolate
1 c. Cheerios	1/2 lb. M&M's

Mix all ingredients together (except chocolate and M&M's). Melt 1 pound white chocolate over double boiler. Drizzle over the mixture until well coated. Add 1/2 pound

M&M's. Stir lightly. Lay out on waxed paper to cool. Break apart.

Note: This is a great recipe for the holidays or any special occasion. Easy and soooo good.

Kim Heintz

### POPCORN BALLS

3 qt. popcorn  
1 c. light Karo syrup  
1/2 c. sugar (light brown)  
1/2 c. water  
2 Tbsp. vinegar

1 Tbsp. margarine or butter  
1/4 tsp. soda  
1 tsp. cream of tartar  
1 tsp. vanilla

Combine syrup, sugar, water and vinegar. Heat to boiling. Add cream of tartar. Boil until soft ball forms by dropping a bit in a glass of cold water. Remove from heat and add margarine or butter, baking soda and vanilla. Ready to pour on popcorn.

Mrs. Ralph Van Kirk (Dorothy)

### PUPPY CHOW (\*)

1 to 1 1/2 c. peanut butter  
1 c. chocolate chips  
1/2 c. margarine or butter

2 c. powdered sugar  
1 (23 oz.) box Crispix or  
Life cereal or Chex cereal

Melt peanut butter, chips and margarine together. Pour over 1 large box (23 ounces) Crispix or Life cereal. Shake in paper bag with the powdered sugar until well covered. Yield: approximately 50 (1/4 cup) portions.

Deb Shively  
Mabel I. Owen

### SCENTED CINNAMON ORNAMENTS

(Do Not Eat)

4 oz. can (1 c.) cinnamon  
1 Tbsp. cloves  
1 Tbsp. nutmeg

3/4 c. applesauce  
2 Tbsp. white glue

In medium bowl, combine cinnamon, cloves and nutmeg. Add applesauce and glue and stir to combine. Work mixture with hands 2 to 3 minutes, until dough is smooth and thoroughly mixed.

Divide into 4 parts and roll to 1/4-inch thickness.

Cut dough with cookie cutters of desired shapes. Use straw or toothpick to make small hole in top of ornament. Place cut-outs on wire racks and allow to dry at room temperature for several days. Thread ribbon through hole in ornament. Do not eat.

Naomi Kelch

<<< Extra Recipes >>>

<<< Extra Recipes >>>

**APPETIZERS, RELISHES &  
PICKLES**

BACON SQUARES..... 1  
 HOT SAUSAGE BALLS..... 1  
 BEAN DIP..... 1  
 CHEESE BALL..... 1  
 QUICK PICKLED BEETS..... 2  
 CRAB/SHRIMP TRAY..... 2  
 DILLY DIP..... 2  
 EGG ROLL..... 3  
 FANTASTIC CHEESE BALL..... 3  
 LAYERED TACO DIP..... 3  
 NACHO DIP..... 3  
 REFRIGERATOR PICKLES..... 4  
 SAUSAGE-STUFFED  
 MUSHROOMS..... 4  
 SHARON'S TACO DIP..... 4  
 SPINACH DIP..... 5  
 SWEET CHUNK PICKLES..... 5  
 TACO MEAT DIP..... 5  
 TOASTED ZUCCHINI SNACKS... 6  
 TUNA FISH CHIP DIP..... 6  
 VEGGIE BARS..... 6  
 VEGETABLE DIP..... 7

**SOUPS, SALADS & SAUCES**

BLACK BEAN SOUP (#)..... 9  
 CHEESE SOUP..... 9  
 CHEESE SOUP..... 9  
 BROCCOLI CHEESE SOUP..... 10  
 CREAM OF BROCCOLI SOUP.... 10  
 POTATO-CHEESE SOUP..... 10  
 BACON AND EGG SALAD..... 11  
 BEAN SALAD..... 11  
 BROCCOLI SALAD..... 11  
 BROCCOLI-PEPPERONI SALAD.. 12  
 CHERRY-PINEAPPLE SALAD.... 12  
 CHRISTMAS CRANBERRY  
 SALAD..... 12

CRANBERRY SALAD..... 12  
 CRANBERRY SALAD..... 13  
 CRANBERRY-PINEAPPLE  
 SALAD..... 13  
 CRANBERRY FLUFF..... 13  
 DRESSING FOR SALADS..... 14  
 FIVE LAYER SALAD..... 14  
 FRUIT SALAD..... 14  
 GRAPE SALAD..... 15  
 ITALIAN SALAD DRESSING.... 15  
 KRAUT SALAD..... 15  
 OVERNIGHT LAYERED FRUIT  
 SALAD..... 15  
 PRETZEL SALAD..... 16  
 PRETZEL JELLO SALAD..... 16  
 PINEAPPLE SALAD..... 17  
 COOKED POTATO SALAD  
 DRESSING..... 17  
 SCRUMPTIOUS STRAWBERRY  
 SALAD..... 17  
 TACO SALAD..... 18  
 TASTY SALAD DRESSING..... 18  
 WALDORF SALAD DRESSING.... 18

**MEATS & MAIN DISHES**

BREAKFAST CASSEROLE..... 19  
 CHINESE STYLE SCRAMBLED  
 EGGS..... 19  
 QUICHE LORRAINE..... 19  
 SAUSAGE AND EGGS..... 20  
 SAUSAGE-EGG CASSEROLE..... 20  
 BAKED SOLE FILLETS..... 20  
 SHRIMP CANTONESE..... 21  
 BAKED CHICKEN BREASTS..... 21  
 CHICKEN CASSEROLE..... 21  
 CHICKEN CASSEROLE..... 22  
 CHICKEN CASSEROLE..... 22  
 CHICKEN CASSEROLE  
 SUPREME..... 22  
 CHICKEN EASY..... 22  
 CHICKEN IN A CROCK-POT.... 23



POTATO CASSEROLE.....	45	ZUCCHINI BREAD.....	60
SCALLOPED POTATOES.....	45	PIE CRUST (#).....	60
INFALLIBLE RICE.....	46	HARVEST APPLE PIE.....	60
PILAF.....	46	ZAPPLE PIE.....	61
SPINACH CASSEROLE.....	46	1930 BUTTER PIE.....	61
TURNIP AND POTATOES.....	47	CHOCOLATE CHIP PIE.....	61
ZUCCHINI CASSEROLE.....	47	IMPOSSIBLE COCONUT PIE....	62
ZUCCHINI CASSEROLE.....	47	PEANUT-BUTTER PIE.....	62
		EASY PEANUT BUTTER PIE....	62
		PECAN PIE.....	62
		PEACH PIE SUPREME.....	63
		"BEST" PUMPKIN PIE.....	63
		SUGAR CREAM PIE.....	63
<b>BREADS, ROLLS &amp; PASTRIES</b>		<b>CAKES, COOKIES &amp; DESSERTS</b>	
BUTTER ROLLS.....	49	ANGEL FOOD CAKE DESSERT... 65	
CORN FRITTERS.....	49	APPLE-WALNUT CAKE.....	65
FRIED CORN MEAL MUSH.....	49	APPLESAUCE CAKE.....	66
DUMPLINGS.....	50	BANANA CAKE.....	66
FRENCH BREAKFAST PUFFS....	50	BLUEBERRY CAKE.....	66
BUTTERSCOTCH BREAKFAST		BURNT SUGAR CAKE.....	67
ROLLS.....	50	CARAMEL ICING.....	67
BRAN MUFFINS.....	51	CARROT CAKE.....	67
OAT BRAN MUFFINS (#).....	51	CHEESE CAKE.....	68
PANCAKES (+).....	51	EASY PIE-FILLING CAKE.....	68
BRAN PRETZELS.....	52	FEATHERY WHITE CAKE.....	68
PRETZELS.....	52	FRESH APPLE CAKE.....	69
PIZZA BUBBLE.....	53	HEATH BAR CAKE.....	69
ONION CARAWAY RYE		INDIVIDUAL CHEESECAKES....	70
CRACKERS.....	53	LOW-FAT LEMONY ANGEL	
PARTY RYES.....	54	CAKE.....	70
FRENCH BREAD.....	54	LEMON CAKE.....	70
GARLIC LOAF.....	54	LEMON CAKE.....	71
ITALIAN BREADSTICKS.....	55	MAYONNAISE CAKE.....	71
BUBBLE BREAD.....	55	PINEAPPLE CAKE.....	72
100% WHOLE WHEAT BREAD....	56	PUMPKIN CAKE ROLL.....	72
RAY'S FASTNACHT WHITE		RICH CHOCOLATE CAKE.....	73
BREAD.....	56	ROSIE'S CHEESE CAKE.....	73
RAY'S WHOLE-WHEAT FASNACHT		RUSSIAN TEA CAKES.....	73
BREAD.....	57	SAUSAGE CAKE.....	74
BANANA BREAD.....	58	SMORGASBORD SPICE CAKE....	74
CORN BREAD.....	58		
GIFT OF MAGI BREAD.....	58		
LEMON BREAD.....	59		
PUMPKIN BREAD.....	59		
STRAWBERRY BREAD.....	59		

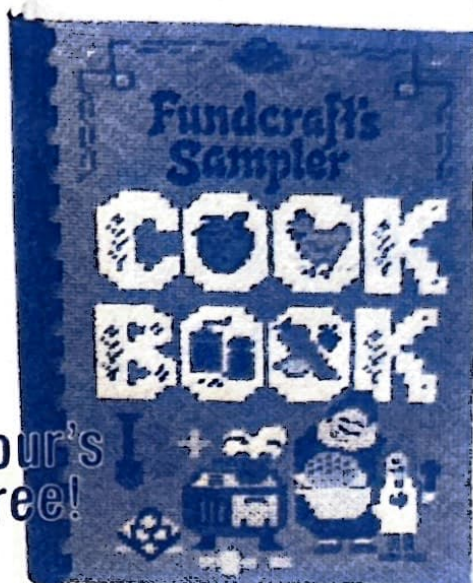
# INDEX

TOMATO SOUP CAKE.....	75	CREAMY CHOCOLATE	
BUTTERSCOTCH CRUNCH (*)...	75	CRESCENTS.....	88
CARAMEL BROWNIES.....	75	DATE PUDDING DESSERT.....	89
CHOCOLATE CHIP COOKIES....	76	FASTNACHT CRULLERS.....	89
CHOCOLATE CHIP-OATMEAL		FRUIT COBBLER.....	90
COOKIES.....	76	ICE CREAM DESSERT.....	90
CHOCOLATE SURPRISES.....	76	OLD-FASHIONED APPLE	
COCOA PEANUT LOGS (*).....	77	DUMPLINGS.....	90
COOKIES IN A HURRY.....	77	OREO COOKIE DESSERT.....	91
DATE BARS.....	77	PEACHES AND CREAM.....	91
EASY FUDGE BROWNIES.....	78	PEANUT BUTTER - APPLE	
EASY MIX COOKIE BARS (*)..	78	CRUMBLE.....	92
FRENCH LEMON BARS.....	78	RASPBERRY SWIRL.....	92
FRESH APPLE BARS.....	79	SUMMERTIME DESSERT.....	93
FORGOTTEN COOKIES.....	79	PEACH COBBLER.....	93
GOOEY BUTTER BARS.....	79	RHUBARB CRUNCH.....	94
IOWA PRIDE COOKIES.....	80	COUNTRY ICE CREAM.....	94
MONSTER COOKIES.....	80	STRAWBERRY ICE CREAM.....	94
KIDS PEANUT BUTTER BARS			
(*).....	80	<b>BEVERAGES, MICROWAVE &amp;</b>	
PUMPKIN CHEESECAKE BARS...	81	<b>MISCELLANEOUS</b>	
SCOTCHY PEANUT BARS.....	81	CRANBERRY JUICE.....	95
SUGAR COOKIES.....	82	CRANBERRY-WINE PUNCH.....	95
SUGAR COOKIES.....	82	HOLIDAY PUNCH.....	95
SUGARLESS RAISIN COOKIES		HOT COCOA MIX.....	95
(+ ).....	83	HOT TOMATO JUICE.....	96
CHOCOLATE DELIGHT		ORANGE SLUSH.....	96
PUDDING.....	83	PUNCH.....	96
DATE PUDDING.....	83	RUSSIAN TEA.....	96
LEMON PUDDING TREAT.....	84	RUSSIAN TEA MIX.....	97
TAPIOCA CREAM (+).....	84	STRAWBERRY MILK SHAKE	
ALMOND PUFFS.....	85	(+ ).....	97
APPLE DUMPLINGS.....	85	BAKED CHICKEN SANDWICHES..	97
APPLE GOODIE.....	86	CHICKEN SALAD CROISSANTS..	98
AMISH DESSERT.....	86	MAIDRITES.....	98
BUTTER PECAN DESSERT.....	87	SANDWICH FILLING.....	98
CARAMELS.....	87	CINNAMON CUT-OUTS.....	98
CHEERY CHERRY CHRISTMAS		GRANOLA.....	99
CONFECTION.....	88	KNOX-BLOX (*).....	99
CHERRY SQUARES.....	88	PARTY MIX.....	99
CHOCOLATE ECLAIR.....	88	POPCORN BALLS.....	100

PUPPY CHOW (\*)..... 100  
SCENTED CINNAMON  
ORNAMENTS..... 100



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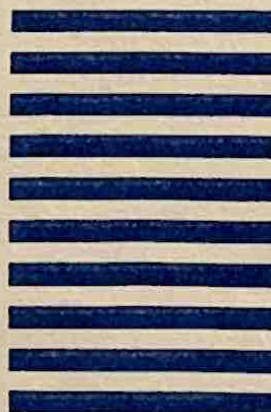
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## TERMS USED IN COOKING

**APPETIZER** — A small serving of food served before or as the first course of a meal.

**ASPIC** — A transparent jelly, usually meat, which has been boiled down to become firm when cold

**BATTER** — A mixture of flour or liquid that can be beaten or stirred.

**BISQUE** — A rich thick cream soup made from fish.

**BLANCH** — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

**BOUILLABAISE** — A chowder made from several varieties of fish and wine.

**BOUILLON** — Clear soup made from lean beef or chicken.

**BRAISE** — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

**CARAMEL** — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

**CHICORY** — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

**CIDER** — The juice from pressed apples used as a beverage or to make vinegar.

**CLARIFY** — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

**COBBLER** — A fruit pie with a rich biscuit dough made in a deep-dish.

**COCKTAIL** — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.

**CRACKLINGS** — Crisp particles left after fat has been fried out.

**CROQUETTES** — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

**DOUGH** — A mixture of flour and liquid that is stiff enough to be kneaded.

**DRIPPINGS** — Liquids resulting from meat being cooked.

**ENTREE** — A dish served between the chief courses, before the roast.

**FONDUE** — A dish made of cheese, eggs, etc.

**FRITTERS** — Vegetables or fruit covered with batter then fried in deep fat.

Helpful Cooking Hints

**FROSTING** — A sugar that has been cooked and used to cover cakes, and other foods.

**GIBLETS** — The liver, gizzard or heart of poultry.

**HORS d'OEUVRES** — Tart, salty or crisp foods served as appetizers.

**INFUSION** — Liquid taken from tea, herbs or coffee.

**JULIENNE** — Food cut into very thin strips.

**MACEDOINE** — A mixture of fruits or vegetables.

**MARINATE** — To let foods stand in an acid mixture of oil and vinegar, flavored with spices and herbs.

**MINCE** — To cut foods in very fine pieces.

### **FOOD PROCESSES**

**BAKE** — To cook by dry heat, usually in an oven.

**BARBECUE** — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

**BOIL** — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

**BOILING POINT** — The temperature reached when a mixture maintains a full bubbling motion on its surface.

**BREW** — To cook in hot liquid until flavor is extracted.

**BROIL** — To cook by exposing the food directly to the heat.

**BRAISE** — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

**CANDY** — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

**COAT SPOON** — When a mixture forms a thin even film on the spoon.

**CODDLE** — To cook slowly and gently in a liquid just below the boiling point.

**CREAM** — To work foods until soft and fluffy. Usually applied to shortening and sugar.

**CUBE** — To cut in even sliced pieces.

**CUT** — To divide foods with a knife or scissors.

**DICE** — To cut into small cubes.

**DISSOLVE** — To pass into solution.

**FOLD** — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

## YOUR DAILY NUTRIENTS







<i>Food</i>	<i>Average Adult</i>	<i>Average Child</i>
<b>MEAT OR FISH</b>	1 or more servings of wide variety. Liver once a week	Same as Adult
<b>MILK</b>	1 pint	1 quart
<b>EGGS</b>	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
<b>VEGETABLES</b>	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
<b>FRUITS</b>	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
<b>BREADS AND CEREALS</b>	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
<b>BUTTER OR VITAMIN FORTIFIED</b>	2 tablespoons	2-3 tablespoons

## A VITAMIN PRIMER







<i>Vitamin</i>	<i>Use In Body</i>	<i>Best Sources</i>
<b>A</b>	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk
<b>B1 (Thiamin)</b>	For good appetite, good digestion and steady nerves	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
<b>C (Ascorbic Acid)</b>	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
<b>G (Riboflavin)</b>	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy greens, milk.

Helpful Cooking Hints

# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meats, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meats, Stews, Sauerbraten		Curries of Meat, Veal, Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish 	Fish dishes	Chicken, Fish, Shrimp, Chicken salad	Fish dishes, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes			Oriental touch to rice	Buttered noodles
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce
Pies, Breads, Cakes				White bread dough	

# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	GINGER	MARJORAM	OREGANO	SAGE	TARRAGON
When You Fix: ↓	Aromatic pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats, Casseroles	Pot roast, Pork, Veal, Beef Casseroles	Stuffing for all meats, Ragouts, Stew, Beef, Veal, Pork Roasts, Lamb, Sausage	Pork, Veal and Lamb dishes, Meat Loaf, Stews, Chili	Stuffing for meat dishes, Veal and Pork dishes, Pork roast, Sausage Hamburgers	Beef and Veal dishes
Poultry, Seafood 		Chicken and fish dishes, Stuffed fish, Fish chowder	Roast duck, Fish chowder	Poultry	Fish and chicken dishes, Chicken cacciatore, Lobster
Vegetables, Pickles, Preserves 	Pickles, Preserves, Chutney, Vegetable combos	Scalloped potatoes and tomatoes, Dressing for broccoli, cabbage, spinach	Hash brown potatoes, Dried beans, Lentils	Vegetable loaves, Beans, Tomatoes	Potatoes, Tomatoes, Beets, Spinach, Pickles
Eggs and Cheese 		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Spaghetti, Noodles		Spaghetti sauce	Spaghetti with meat sauce, Pizza		
Soups, Salads, Sauces	Soups, Chicken broth, Gravies, Fruit salad, Whipped cream	Soups, Salad dressing, Green vegetables, salads	Vegetable and Fish dishes	Salads	Tartar sauce, Sweet-sour sauce, Fish sauces, Green salads, Aspics
Breads, Pies, Cakes	Cakes, Soft cookies and crisp snaps, Pie crust and filling				

## Things You Should Know About Meat, Poultry or Seafood

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

### How Much To Buy

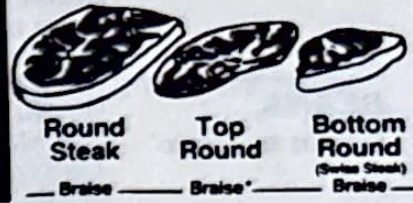
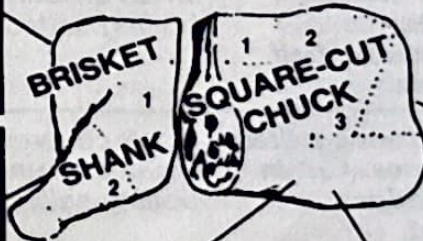
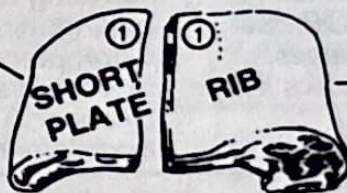
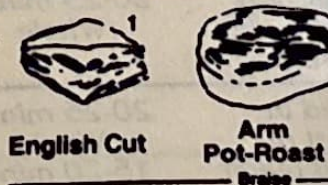
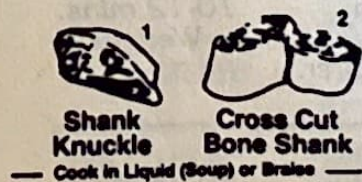
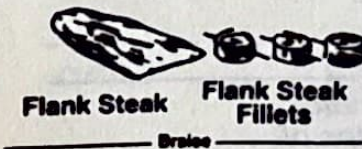
	Meat	Weight or Measure	No. of Servings
<b>BEEF</b>	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to 2
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
<b>POULTRY</b>	Chicken		
	Fryers	2½ to 3½ pounds	3 to 5
	Broilers	1 to 2½ pounds	2 to 3
	Roasters	2¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
<b>FISH</b>	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
<b>SHELLFISH</b>	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (Shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (schucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
<b>VEAL</b>	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

# RETAIL AND WHOLESALE BEEF CHART

## Retail Cuts

## Wholesale Cuts

## Retail Cuts



Arm Steak

## TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
<b>ASPARAGUS</b>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<b>BEANS, Green or Wax</b>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<b>NAVY BEANS, Dried</b>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 1/2 hours
<b>BEETS</b>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<b>BROCCOLI</b>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 mins. Total
<b>BRUSSELS SPROUTS</b>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<b>CABBAGE, Green</b>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<b>CARROTS</b>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme..	20-25 mins. Whole
<b>CAULIFLOWER</b>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

**Helpful Cooking Hints**

## TABLE FOR COOKING VEGETABLES

<b>Vegetable</b>	<b>Ways To Prepare</b>	<b>Cooking</b>	<b>Time</b>
<b>CELERY</b>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<b>CORN</b>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<b>EGGPLANT</b>	Wash; if skin is tough, pare. Cut in 1/2-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<b>MUSHROOMS</b>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<b>OKRA</b>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<b>PARSNIPS</b>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<b>PEAS, Green</b>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<b>SPINACH</b>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<b>TOMATOES</b>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
<b>ZUCCHINI</b>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

# CALORIE COUNTER

## CANDIES, SNACKS AND NUTS

**Calories**

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

## DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

## DESSERTS

### Cakes;

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

### Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

### Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

# CALORIE COUNTER

## DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

## BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Coca (milk & water)	8 ounces	140
Coffee (black/unsu.)		0

## BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

## BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

## FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Helpful Cooking Hints

# CALORIE COUNTER

## FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

## MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

## SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

# QUANTITY COOKING

Food	25 Servings	100 Servings
------	-------------	--------------

## MEAT, POULTRY OR FISH

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

## SANDWICHES

Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads

## SALADS, CASSEROLES

Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gal.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

## VEGETABLES

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

Helpful Cooking Hints

## FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½-3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2-4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾-1 pound
Grain products -		
Cereal, flour, whole grain	2-2½ pounds	3-4 pounds
Meat, fish and poultry	4-4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5-7 pounds
Potatoes	1-1½ pounds	2-3 pounds
Sugars and sweets	½-1 pound	1-1½ pounds

## SUBSTITUTIONS FOR INGREDIENTS

**1 tablespoon cornstarch (for thickening) . . . 2 tablespoons flour.**

**1 cup sifted cake flour . . . 1 cup minus 2 tablespoons sifted all-purpose flour.**

**1 cup sour milk . . . 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.**

**1 square chocolate (1 ounce) . . . 3 or 4 tablespoons cocoa plus ½ tablespoon fat.**

**1 cup sifted all-purpose flour . . . 1 cup plus 2 tablespoons sifted cake flour.**

**1 cup sweet milk . . . . . 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.**

**1 cup cream, sour, thin . . . . . 3 tablespoons butter and ¾ cup milk in sour milk recipe.**

**1 whole egg . . . . . 2 egg yolks for custards.**

**1 cup molasses . . . . . 1 cup honey.**

**1 package active dry yeast . . . . 1 cake compressed yeast.**

**1 tablespoon instant minced onion, dehydrated . 1 small fresh onion.**

**1 tablespoon prepared mustard . 1 teaspoon dry mustard.**





## *Favorite Recipes*



**Recipe Name**

**Page No.**

*Notes*

**Linda Gephart**

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