

LIFELINE

FOR HEALTHY LIVING

Auxiliary of NHSC



Lifeline... For Healthy Living

A Collection of Recipes by

Auxiliary of Northern Hospital of Surry County

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The Cookbook Committee members who gave so much of their time and enthusiasm to this new fundraising effort included:

Marion Nichols
Martha Cassell
Patti Childress
Bessie M. McMillion
Peggy Chilton
Alice Lockhart

Dedication

This book is dedicated to all the people who are receiving the Lifeline Service. All proceeds from this cookbook will be used to support the Lifeline Services.

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

ORIGINAL CHEX PARTY MIX

6 T. margarine
2 T. Worcestershire sauce
1½ tsp. seasoning salt
¾ tsp. garlic powder
½ tsp. onion powder
3 C. Corn Chex cereal
3 C. Rice Chex cereal
3 C. Wheat Chex cereal
1 C. mixed nuts
1 C. garlic flavor bite size bagel chips (or break larger size bagel chips into small bite size)

Preheat oven to 250°. In large roasting pan melt butter in oven. Stir seasoning salt, garlic and onion powder into butter. Stir in cereals, bagel chips and nuts. Stir until all is well coated. Bake for about 15 minutes, stirring occasionally. Spread on paper towel to cool. Store in airtight containers. Makes about 12 cups.

Hazel Godwin

FRUIT DIP

1 (8-oz.) jar marshmallow cream
1 (8-oz.) sour cream
2 T. orange juice
- dash of ginger

Mix and chill. Serve with fruit.

Mary C. Chandler

FRUIT DIP

2 (8-oz.) pkg. fruit flavored cream cheese
2 (7-oz.) jars Marshmallow Cream
1 sm. carton Cool Whip

Cream cheese. Add Marshmallow Cream. When well blended, add Cool Whip.

Pauletta Crotts

VEGETABLE DIP

1 pt. sour cream
1 env. Lipton dry vegetable soup mix
2 T. salad seasoning
(4-oz.) medium Cheddar cheese, finely grated

Mix together and chill overnight.

Pauletta Crotts

ANT'S IN A STUMP

1 Cored apple
1 T. peanut butter
⅛ C. dark raisins

Put peanut butter in cored apple. Push raisins in each end of cored apple. Enjoy!

Stella Bowman

SUPER SEAFOOD DIP

1 (7-oz.) can medium size shrimp, drained
1 (4-oz.) can sliced olives, drained
1 hard-boiled egg, finely chopped
1½ C. sour cream
¼ C. picante sauce
1 T. lemon juice
1 (0.6-oz.) pkg. Italian Salad dressing mix

Combine all ingredients. Serve with Pita or Bagel chips.

Bessie Marshall

RAW VEGGIE DIP

2 C. mayonnaise
¼ C. sour cream
¼ C. Horseradish, drained
¼ C. onion, finely minced

Mix all ingredients together until well blended. Chill. Makes about 2½ cups.

Pauletta Crotts

STRAWBERRY DIP

½ (8-oz.) box confectionary sugar
1 pt. sour cream
½ bag small size marshmallows, melted

Mix all ingredients together. Refrigerate over night. Serve with strawberries.

PEANUT BUTTER APPLE DIP

1 (8-oz.) pkg. cream cheese, softened
1 C. peanut butter
1 C. brown sugar, packed
¼ C. milk
3 to 4 apples, cut in wedges

Combine all ingredients except apples. Mix well. Serve with the apples. Store in refrigerator. Yield 2½ cup.

Mary C. Chandler

PIMENTO CHEESE

1 small can milk
½ lb. Cheddar cheese, mild
1 small jar pimento (mashed)
½ tsp. salt
1 tsp. sugar
1 T. mayonnaise (heaping T.)

Place milk in top of double boiler. Just as water begins to boil, add cheese to milk. When it begins to thicken, remove from heat. Continue to stir. Add sugar, salt and mayonnaise and mashed pimento. Can add a dash of red or black pepper if desired. Store in refrigerator. I use American cheese. If you use Velveeta. do not add salt.

Ruth Dollyhigh

SALEM TEA

Fill a gallon jug half full of water and add the following:

9 tsp. plain instant tea
1 (6-oz.) can frozen orange juice - concentrate
1 (6-oz.) can frozen lemonade - concentrate
1 C. sugar

Stir to dissolve and fill jar with water. (Can add a small can of pineapple juice if you like)

Stella Bowman

INSTANT RUSSIAN TEA

1 (3-oz.) pkg. orange Jello
1 (3-oz.) pkg. lemon Jello
5 C. water
1 small tea bag
5 whole cloves

Bring water and tea bag to a boil. Add Jello and cloves and let simmer.

Erlene Frye

FRAGRANCE OF CHRISTMAS

½ small can whole Allspice
½ small can whole Cloves
½ can stick cinnamon
- Rind of small orange
1 C. water

Simmer in open pan on stove during the holidays. Makes a wonderful holiday aroma.

Pauletta Crotts

SPICE OF CHRISTMAS

3 C. Cranberry Juice
3 C. Pineapple juice, unsweetened
3-4 C. water
¼ C. brown sugar
⅓ C. red cinnamon candies
1 - 2 cinnamon sticks
6 - 8 whole cloves

Put brown sugar, cinnamon candies, cinnamon sticks and cloves in a coffee pot Basket. Pour cranberry juice, pineapple juice and water into the coffee pot. Percolate the mixture. Serve.

Pauletta Crotts

PUNCH

1 large can pineapple juice
4 C. water
2 box Strawberry Jello
2 C. boiling water
1 C. sugar
¾ C. lemon juice
1 C. frozen orange juice
- Ginger Ale

Freeze Pineapple juice and 4 cups water. Mix together Jello, boiling water and sugar. Add lemon juice and frozen orange juice. Pour over frozen pineapple juice in a large serving bowl. Pour Ginger Ale over this mixture as desired (to fill bowl).

Ethel Russell

People who know little are usually great talkers, while people who know much say little.

— Jean Jacques Rousseau

PUNCH

6 C. water
4 C. sugar
(6-oz.) lemon juice
(48-oz.) pineapple juice
5 med. bananas, mashed
(12-oz.) frozen orange juice
3 (32-oz.) bottles of Ginger Ale

Boil water and sugar 5 minutes. Let cool. Combine other ingredients, except Ginger Ale, and add to cooled sugar mixture. Put into 3 freezer bags or containers. Freeze. Thaw 2 hours before serving. Add one bottle of Ginger Ale to each bag of juice mixture. Serve.

Mary C. Chandler

PARTY PUNCH

2 bottles White grape juice (28 oz. or larger)
2 bottles Ginger Ale (2 liters)
1 (12-oz.) can frozen lemonade
- Lemon juice of two fresh lemons
- green grapes

About 24 to 36 hours before needed, make a frozen ring mold using some of the white grape juice and adding green grapes that have stems removed.

Chill grape juice and Ginger Ale until almost slushy in freezer, being careful not to completely freeze or it will explode in your freezer or when you try to open the bottles. In punch bowl combine all liquids. Float ice ring and serve.

Makes about 1.2 gallons of punch. Serves 15 to 20 (6 oz.) cups. If serving a large crowd you will want to prepare more than one ring of juice and grapes to have on hand. Also pre-mix another batch to replace the first batch as punch runs low. Replenish ice ring when needed to keep punch cold.

Faye Kirkman

PUNCH

1 (6-oz.) pkg. Wild Strawberry Jello
2 C. boiling water
1 C. sugar
1 large can Pineapple juice
1 C. Real Lemon Juice
1 T. Almond flavoring
3- 2 litter bottles of Sprite

Mix all together and chill. Serves 40 people.

Pauletta Crotts

DELICIOUS PUNCH

4 pkg. unsweetened Lemon Lime Kool-Aid
2 large cans unsweetened Pineapple juice
4 C. sugar
4 qt. water
(32-oz.) Ginger Ale

Mix all ingredients except Ginger Ale. Store in refrigerator. Just before serving add Ginger Ale. Pour over crushed ice. Serves 100 people.

Pauletta Crotts

CREAMY STRAWBERRY PUNCH

4 C. cold milk
1 pt. Strawberry Ice Cream, softened
1 (6-oz.) can frozen Lemonade concentrate, thawed
4 C. Ginger Ale, chilled

In large pitcher or punch bowl, combine milk, ice cream and lemonade concentrate. Mix until smooth. Stir in Ginger Ale. Serve immediately. Yields 12 to 14 servings.

Pauletta Crotts

CHRISTMAS PUNCH

1 pkg. Cherry or Strawberry Koöl-Aid
1 C. sugar
3 qt. water
1 (6-oz.) can frozen Lemonade
1 (6-oz.) can frozen Orangeade
1 (18-oz.) can Pineapple juice
1 qt. Ginger Ale

Mix all ingredients except Ginger Ale. Add Ginger Ale just before serving. Serves about 50 people.

Pauletta Crotts

STRAWBERRY PUNCH

2 C. sugar
6 C. boiling water
4 C. unsweetened pineapple juice
2½ C. orange juice
½ C. lemon juice
2 (10-oz.) pkg. frozen strawberries with juice, thawed
1 (64-oz.) bottle lemon-lime beverage or ginger ale

Dissolve sugar in water. Stir in pineapple juice and next three ingredients. Pour in large plastic container and freeze until firm. Take out of freezer one hour before serving. Add lemon-line beverage or ginger ale.

REAL EASY PUNCH

2 pkg. lime Kool-Aid
2 C. sugar
2 qt. water
1 (46-oz.) can pineapple juice
1 lg. can frozen orange juice
1 qt. ginger ale

Mix all ingredients and chill. Add ginger ale just before serving.

NANCY'S PINEAPPLE/HAM CHEESE BALL

2 (8-oz.) pkg. cream cheese, softened
1 can chunky ham, drained
1 sm. can crushed pineapple. drained
1 pkg. dry ranch dressing mix (original)
- chopped nuts

Mix cream cheese and dressing mix, blending well. Mix in ham and pineapple. Form into ball. Roll in chopped nuts. Store in refrigerator. May make ahead and freeze. Thaw in refrigerator.

Martha Cassell

RANCH CHEESE LOG

1 jar Chipped Beef
2 (8-oz.) pkg. cream cheese, softened
1 env. Ranch Dressing mix
- chopped nuts

Soak beef in water to lessen salt. Drain on paper towels. Cut into small pieces. Mix cream cheese and ranch dressing. Add the beef. Roll into a log or ball and then roll in nuts. Chill and serve with crackers.

Martha Cassell

SWEET AND SPICY COCKTAIL SMOKIES

1 lb. Cocktail Smokies
1 C. Red Plum jam
2 T. prepared mustard

In a 3 quart crockpot warm plum jam and mustard over low heat. Add cocktail smokies and mix well. Cook over low heat until smokies are hot. Stir frequently. Serve.

Martha Cassell

EASY PUNCH

2- 2 liter bottles Sprite chilled
1 lg. bottle white grape juice chilled

Chill Sprite and grape juice. Mix in punch bowl. Serve.

Martha Cassell

CINNAMON CIDER

1 (12-oz.) can frozen apple juice, thawed
1 (12-oz.) can frozen cranberry-apple juice, thawed
1 (6-oz.) can frozen lemonade, thawed
8 C. water
3 - 3" sticks cinnamon
12 whole cloves

Combine all ingredients in a Dutch oven or large pot and bring to a boil. Cover and reduce heat. Simmer 20 minutes. Serve warm. (Discard spices before serving.)

Bessie Marshall



69145-05

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

SOUPS & SALADS

PICNIC SALAD

1 C. shredded cabbage
4 Frankfurters - sliced thin
1½ C. baked beans
1 T. chopped onions
1 T. pickle relish
1 T. vinegar
- shredded lettuce

Blend all ingredients except lettuce together. Chill and serve on lettuce

Stella Bowman

CORN BREAD SALAD

1 9" cake of cornbread - cut in cubes
9 pieces bacon - fried crisp and broken up
2 tomatoes - chopped
1 green pepper - chopped
1 med. onion - chopped
½ C. sweet pickles - chopped
1 C. mayonnaise
¼ C. sweet pickle juice

Mix cornbread and all vegetables together with 1 cup mayonnaise and ¼ cup sweet pickle juice. Refrigerate until ready to serve.

Mary Chandler

GREEK SALAD

1 head of lettuce
1 red onion
1 pkg. Feta cheese
1 can black olives - drained
1 (8-oz.) bottle Greek or Italian dressing
1 large tomato
1 C. cucumbers
1 green pepper

Chop up vegetables and put in large bowl. Drain olives. Place them in the salad. Crumble Feta cheese into salad. Toss. Use dressing as desired.

Margaret Matthews

CHELSEA'S CHICKEN SALAD

6 boneless chicken breast
1 Red Delicious apple - chopped
1 C. dried apricots - diced
1 C. pineapple chunks
1 C. seedless grapes
1 C. cashews

Cook chicken in boiling water until tender. Chop chicken into ½" cubes and mix with other ingredients. Pour the following dressing over chicken and mix well.

Dressing:

¼ cup mayonnaise
¼ C. sour cream
- juice of ½ lemon
¼ C. plain yogurt or
¼ C. lemon yogurt

This recipe is served at the Village Tea Room in Asheville, N. C. Will serve several people.

Ethel Russell

BLUEBERRY CONGEALED SALAD

2 (3-oz.) pkg. grape Jello
2 C. boiling water
1 (20-oz.) can crushed pineapple (drained)
1 can blueberry pie filling
½ C. pecans - chopped

Combine Jello, water, nuts, pie filling and pineapple. Let gel.

Topping:

1 (8-oz.) pkg. cream cheese - softened
1 C. sour cream
½ C. sugar
1 tsp. vanilla
½ C. pecans - chopped

Combine ingredients and spread over top of congealed mixture. Chill in refrigerator and serve.

Ethel Russell

WATERGATE SALAD

1 box Pistachio instant pudding
1 (9-oz.) carton Cool Whip
1 can crushed Pineapple with juice
1 can fruit cocktail - drained
2 C. miniature marshmallows
1 C. coconut
- nuts - optional

Stir all ingredients together. Cover with plastic wrap and chill until gelled.

Pauletta Crotts

The important thing is not to stop questioning.

— Albert Einstein

STRAWBERRY AND ONION SALAD

1 red onion - chopped
10 C. lettuce & spinach - torn
1½ C. strawberries - sliced
½ C. almonds or walnuts - sliced & toasted
- Feta cheese or Blue cheese

Toss lettuce, onion and strawberries with dressing Sprinkle with cheese, add nuts and toss. Sprinkle with paprika.

Dressing:

¼ C. sugar
¼ C. white vinegar
¼ tsp. salt
¼ tsp. instant minced onion
1 egg - slightly beaten
¼ tsp. dry mustard
1 C. oil
- dash paprika

Bring all except oil and paprika to a boil and boil for 1 minute. Stir constantly (this may curdle but OK if does; stirring will help prevent this). Slowly add 1 cup oil and chill. Use on above salad ingredients.

Peggy Chilton

GRAPE SALAD

1 C. celery - chopped
½ C. spring onions - sliced
1 bunch broccoli - cut in small florets
¾ C. almonds - sliced
6 to 7 slices bacon - cooked crisp
1 bunch Red seedless grapes - cut into halves

Mix first 4 ingredients together. Add almonds and bacon broken into small pieces.

Dressing:

1 C. mayonnaise
½ C. sugar
1 tsp. vinegar
¾ C. raisins

Mix all ingredients together and toss over salad just before serving.

Ruth Dollyhigh

MIXED VEGGIES WITH RANCH DRESSING

Mix cauliflower florets, broccoli, red onions and cucumbers. Mix one package of Buttermilk Ranch Dressing with one cup mayonnaise and one cup buttermilk. Pour over vegetables and let set overnight.

Pat Busick

GARDEN SALAD

6 or 8 radishes - sliced
2 med. tomatoes - cut into wedges
½ head lettuce - torn
1 cucumber - sliced
1 carrot - sliced
- French dressing

Combine all ingredients, toss lightly and serve with dressing.

Evelyn Ayers

APRICOT SALAD

1 (3-oz.) pkg. apricot Jello
1 (15½-oz.) can crushed pineapple
1 (16-oz.) carton frozen whipped topping
2 C. buttermilk

Heat undrained pineapple to a boiling point. Use to dissolve gelatin. Cool until slightly thickened. Blend in buttermilk. Chill slightly. Fold in topping and pour in a serving dish. Chill until firm. You may substitute apricot Jello with peach or orange Jello.

Margaret Matthews

ORANGE SALAD

2 boxes orange Jello
1 can pineapple - drained (save juice)
2 or more C. miniature marshmallows
2 or 3 bananas -diced

Mix Jello by directions on box. Cool. Mix in pineapple and bananas and put marshmallows on top.

Topping:

- pineapple juice
¾ C. sugar
1 egg - beaten
2 T. flour
1 (8-oz.) pkg. cream cheese.
1 (8-oz.) carton Cool Whip
- coconut - for top

Mix sugar and flour, add pineapple juice and egg. Cook until thick. Stir in cream cheese. Fold in Cool Whip. Spread on chilled Jello. Spread coconut on top.

Margaret Matthews

LIME PINEAPPLE SALAD

1 (3-oz.) pkg. lime Jello
1 (3-oz.) pkg. cream cheese - softened
1 C. boiling water
¼ C. nuts - chopped
1 C. whipping cream - whipped
1 (8-oz.) can crushed pineapple

Dissolve Jello in boiling water. Stir in cream cheese until melted. Chill until partially set. Add undrained pineapple and nuts. Fold in whipped cream. Chill until set.

Sue Stone

CHERRY SALAD

2 boxes cherry Jello
1 can Cherry Pie Filling
1 can crushed pineapple - undrained
1 (8-oz.) pkg. cream cheese - softened
1 (8-oz.) carton sour cream
1 C. hot water
½ C. sugar
1 tsp. vanilla
1 C. nuts - chopped

Dissolve Jello in hot water. Add Cherry Pie Filling and undrained pineapple. Mix together and chill. Mix together cream cheese, sour cream, sugar, nuts and vanilla. Put on top of Jello mixture after it is gelled.

Shelby Midkiff Wood

BROCCOLI - CAULIFLOWER SALAD

1 head Broccoli
1 head Cauliflower
1 C. mayonnaise
¼ tsp. mustard
½ tsp. poppy seed
1 T. sugar
1 tsp. parsley
½ pkg. Hidden Valley Ranch dressing mix
- onion to taste

Separate Broccoli and Cauliflower into small florets or pieces. Mix with other ingredients and mix well. Store in refrigerator until ready to serve.

Vivian Manuel

Change your thoughts and you change your world.
— Norman Vincent Peale

CONGEALED ASPARAGUS SALAD

1¾ env. plain gelatin
1 C. cold water

Mix and set aside.

1 C. sugar
½ C. vinegar
1 tsp. salt
1½ tsp. lemon juice

Mix and boil until sugar is dissolved then add to above gelatin mix.

1 C. celery - chopped
1 (2-oz.) jar pimento - chopped
1 C. green asparagus - cooked and chopped
¼ C. pecans - chopped

Fold into above mixture, place in casserole dish, or mold, and refrigerate overnight.

Rachel Hill

POTATO SALAD

6 med. potatoes
3 boiled eggs
1 (2-oz.) jar pimento - chopped and drained
¼ C. (each) celery, onions, green peppers and canned pickles - finely chopped
1 C. mayonnaise (more if desired)
- small amount of mustard if desired
- salt and pepper to taste

Wash, dice (in large size dices) and boil until potatoes are just slightly tender (approximately 10 minutes). Drain and cool (rinse in cool water several times if in a hurry). Add vegetables and mayonnaise and mix well. Add peeled boiled eggs (if you like save one egg to slice for a garnish on top). (Also sometimes I slice stuffed olives and place on top for a garnish.) Mix all ingredients well and garnish. Sprinkle with paprika. Keep in refrigerator until ready to serve. Plan ½ cup salad for each person being served when planning how much to fix. As you get used to making potato salad you can adjust vegetable amounts to suit your own taste and add others if you like.

Marian Nichols

MASHED POTATO SALAD

5 lg. potatoes
4 hard-cooked eggs, chopped
½ C. salad cubes
¾ C. mayonnaise
2 T. mustard
- salt & pepper to taste
- paprika

Cook potatoes and mash real good. Add chopped eggs and other ingredients. Sprinkle with paprika.

GERMAN POTATO SALAD

6 to 8 med. potatoes
6 to 8 slices bacon, fried crisp
¾ C. onion, chopped
2 T. flour
2 T. sugar
1½ tsp. salt
½ tsp. celery seed
- dash pepper
¾ C. water
½ C. vinegar

Cook potatoes, fry bacon to crisp. Sauté onion in bacon fat until white (clear). Add flour, sugar, salt, celery seed, water, vinegar and pepper to onion and simmer until desired thickness (makes a type of gravy). Pour over diced potatoes. Serve warm.

Pat Gallagher

MACARONI SALAD

2 qts. boiling water
1 (8-oz.) box elbow macaroni
1 to 2 C. mayonnaise

Cook macaroni in boiling water until tender. Add same amount of vegetables as for Marian's potato salad. Add mayonnaise and salt and pepper to taste. Mix well. Some people like to add fresh chopped tomatoes to this salad.

Marian T. Nichols

MACARONI SALAD

(8-oz.) macaroni (can use swirly assorted kind)
1 tomato
1 green pepper
1 cucumber
1 onion (optional)
- Tomato Herb Italian Dressing

Cook macaroni and drain. Chop all vegetable and add to cooled macaroni. Then add enough of the tomato herb dressing to cover.

Verla Phillips

TACO SALAD

1 bag Tortilla chips
1½ lb. hamburger meat
1 jar Salsa
1 pkg. Taco Seasoning mix
- Lettuce, tomato, onion, shredded cheese, refried beans and sour cream.

Brown hamburger meat with salsa and seasoning mix. Lightly brown the chips in oven. Then crumble chips in a plate. Begin layering chips, refried beans, hamburger, cheese, onions, lettuce and tomatoes (chop vegetables slightly before adding). Add sour cream on top as desired.

Pauletta Crotts

The difference between genius and stupidity is that genius has its limits.
— Albert Einstein

ICE BOX SLAW

2 lb. cabbage. grated
2 med. green peppers, chopped
1 (2-oz.) jar chopped pimentos
2 med. onions, chopped
1 T. salt
2 T. mustard seed

Mix all together and set aside.

Heat:

2 C. vinegar
2 C. water
2 C. sugar

Stir until mixture comes to a boil and until sugar is dissolved. Cool and pour over the other mixture. Let stand 24 hours in refrigerator. Will keep several days.

Vivian Manuel

POTATO SALAD

6 C. potatoes, cubed and cooked

Pour off water and cool. (I usually cook mine about 15 minutes or until tender the day before I make the salad).

¾ C. celery, cut into small pieces
¼ C. green peppers, chopped
¼ C. Mt. Olive Sweet Cubes (sweet pickles)
3 boiled eggs
1 (2-oz.) jar pimentos, chopped
½ C. onions, chopped
1 T. mustard, or more for taste or color
½ tsp. black pepper
- salt to taste
¾ C. Duke's mayonnaise (I never have the same results if I use any other brand of mayonnaise)

Cut celery, eggs, onion and green pepper into small pieces. Add pimento and pickles. Stir in potatoes, mayonnaise, mustard salt and black pepper. Mix well. Refrigerate. I make mine the day before I serve it so the flavors will blend.

Ruth Dollyhigh

KRAUT SALAD

1 qt. kraut, drained
1 C. sweet pepper, chopped
1 C. onions, chopped
1 C. celery, chopped
¼ C. oil
¼ C. vinegar
½ C. sugar

Mix all ingredients together and place in refrigerator until time to serve.

This recipe can be halved using same amount of sugar and vinegar. Can also add a large jar of chopped pimento if desired.

Mary C. Chandler

ORIENTAL SALAD

2 pkg. Ramen Noodles, crushed
(2-oz.) slivered almonds
(4-oz.) sunflower seeds
¼ C. butter melted
1 cabbage, chopped
2 green onions, chopped

Chop cabbage and onion and set aside. Combine noodles, almonds, sunflower seeds and melted butter on cookie sheet and lightly brown in oven. Watch carefully. Mix with cabbage and onions and use the following dressing when served.

Dressing:

1 C. sugar
½ C. white vinegar
1 C. salad oil
4 tsp. soy sauce
1 packet Chicken seasoning (from Ramen Noodle pkg.)

Place all ingredients in jar and shake well. Place in refrigerator for one hour. Shake again before pouring over salad.

Donna Warner

KRAUT SALAD

2 (14-oz.) can sauerkraut (Bush kraut)
½ C. green sweet pepper, chopped
½ C. red sweet pepper, chopped
½ C. celery, chopped
½ C. onions, chopped
⅔ C. sugar

Mix all ingredients together.

Elsie Goins

GRAPE SALAD

(8-oz.) Sour cream
½ C. sugar
(8-oz.) cream cheese
8 C. seedless grapes
½ C. brown sugar
½ C. pecans, chopped

Mix first three ingredients and fold in the grapes. Sprinkle with brown sugar and nuts.

Verla Phillips

BEST PASTA SALAD

1 lb. Vermicelli Noodles
¾ C. Olive oil
4 T. Cavender's All purpose Greek Seasoning
1 can Sliced Black olives, drained
1 jar chopped Pimentos, drained
¾ C. mayonnaise
4 T. lemon juice
½ C. green pepper, chopped
½ C. green scallions, chopped
1 large can sliced mushrooms, drained

Boil noodles and drain and rinse in cold water. Mix olive oil, mayonnaise, Greek seasoning and lemon juice together to make the dressing. Add all vegetables to pasta, then mix in dressing. Refrigerate. Pasta salad becomes spicier with time. Makes a large amount and is very good.

Verla Phillips

DRESSING FOR PASTA SALAD

½ C. canned milk, chilled and whipped
½ C. sugar
¼ C. White vinegar
1 C. mayonnaise
1 T. mustard

This is for use with 8 ounces of pasta. (I use boiled eggs, cucumber, onion and American cheese with the pasta and the above dressing)

Verla Phillips

FRESH TOMATOES WITH PASTA

1 lb. favorite pasta
8 Roma tomatoes, chopped
¼ C. fresh basil leaves
2 T. onions, chopped
½ C. Reduced fat Italian dressing
¼ C. Parmesan cheese

Cook pasta as directed on packages. Drain and add rest of ingredients and toss.

Geraldine L. Inman

SWEET POTATO SLAW

½ C. mayonnaise
½ C. sour cream
2 T. honey
2 T. lemon juice
1 tsp. grated lemon rind (optional)
½ tsp. salt
¼ tsp. pepper
3 C. Sweet potatoes (uncooked, peeled and shredded)
1 med. apple (peeled and chopped)
1 (8-oz.) can pineapple tidbits
½ C. pecans, chopped

In a bowl combine the first seven ingredients, blend until smooth. Combine potatoes, apple, pineapple and pecans. Add dressing and toss to coat. Cover and refrigerate for one hour. Yields 6 to 8 servings. Delicious.

Geraldine L. Inman

RICE SALAD

2 C. cooked rice
1 large pkg. miniature marshmallows
1 large can crushed pineapple
(8-oz.) cream cheese, softened
2 T. sugar
2 T. mayonnaise
1 (12-oz.) jar Maraschino cherries
(8-oz.) Cool Whip
½ C. pecans, chopped

Mix marshmallows, pineapple and cream cheese. Add sugar and mayonnaise and stir until smooth. Add rice and cherries. Fold in Cool Whip and nuts. Chill.

Mary C. Chandler

CHICKEN SALAD

½ C. sour cream
½ C. mayonnaise
¾ tsp. salt
2 T. lemon juice
4 C. White chicken, cooked and cubed
2 C. celery, diced
¼ C. toasted pecan halves
¼ C. seedless grapes

Mix sour cream, mayonnaise, salt, lemon juice. Mix chicken and celery and combine with other ingredients and toss. Chill. Just before serving mix in pecans and grapes.

Hazel Godwin

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

— Marie Curie

HAM TORTILLA STACK

10 large Tortilla shells
3 (8-oz.) pkg. cream cheese, softened
⅔ C. mayonnaise
1 med. bell pepper
1 med. onion
2¼ jar ripe black olives
1 small jar green olives with pimentos
¼ C. Italian dressing, more if desired
2¼ lb. boiled ham

Mix mayonnaise, cream cheese and Italian dressing. Chop onion, bell pepper and olives together. Chop ham. Layer a tortilla shell, mayonnaise mix, pepper mix and chopped ham. Repeat until all is used up Make and wrap with saran wrap tightly. Put in refrigerator overnight and it will slice much better.

Elsie Goins

BORZEN

(11-oz.) cream cheese, softened
⅓ C. sour cream
1 tsp. seasoned salt
1 tsp. garlic powder
- Parsley, dried

Mix cheese and sour cream with powders until well blended. Add enough parsley to give color and serve with crackers such as Triscuits. GREAT FOR PARTIES OR SNACKS.

Faye Kirkman

A mind is like a parachute. It doesn't work unless it's open.
— Unknown

APPETIZERS & BEVERAGES

CAROLYN'S ROLLS

2 (8-oz.) pkg. cream cheese
1 pkg. Hidden Valley Ranch dressing mix (dry)
½ C. celery-chopped
¼ C. green onions -chopped
½ C. red bell pepper - chopped
- soft Tortilla shells

Chop vegetables fine. Mix cream cheese and dressing mix. Add vegetables and mix well. Spread on tortilla shells and roll tight. Refrigerate until cold. Slice into thin bites.

Good for parties or entertainment as well as entree.

Carolyn Nichols

We know what we are, but not what we may be.
— William Shakespeare

PARMESAN PESTO AND SUNDRIED TOMATO TOASTS
(APPETIZERS)

1 to 2 baguettes (equaling about 24 " total)
1 (6-oz. to 8-oz.) jar pesto sauce
1 C. (approximately) real grated Parmesan cheese (not powdered)
1 (6-oz. to 8-oz.) jar sundried tomatoes

Preheat oven to 400°. Slice the baguettes into ½" to 1" thick pieces. Spread a thin coating of pesto sauce on each slice. Sprinkle Parmesan cheese on top of the pesto. Top with a few pieces of sundried tomatoes on each slice. Bake 12 minutes or until cheese is thoroughly melted.

Makes 12 to 24 depending on how thickly the bread is sliced.

Nancy Russell

STUFFED MUSHROOMS

20 med. mushrooms
2 T. onions, finely chopped
2 T. red or green pepper, finely chopped
3 T. margarine
½ tsp. dried Basil
- bread crumbs

Wash and remove stems from mushrooms. Cook onion and pepper in margarine in skillet until tender. Remove from heat and add bread crumbs and basil. Spoon mixture into top of mushrooms. Place on baking sheet and bake in preheated oven at 400° until golden brown (about 12 to 15 minutes). Makes 20 appetizers.

Hazel Godwin

CREAM CHEESE FINGER SANDWICHES

1 (8-oz.) cream cheese, softened
1 (8-oz.) crushed pineapple, drained
½ C. pecans, finely chopped

Mix all ingredients together. Add a little juice to moisten. Spread on bread. Cut each sandwich in half and then in half again. (Trim edges of bread before making sandwiches for daintier look).

COTTAGE RELISH SLAW

1 med. cabbage, chopped
2 carrots, grated
1 bell pepper, chopped
1 tsp. salt

Mix the above together and let set 1 hour and drain.

Dressing:

1 C. vinegar
¼ C. water
1½ C. sugar

Bring to boil, let cool and pour over vegetables. Refrigerate.

Mary C. Chandler

CRUNCHY ROMAINE TOSS

1 (3-oz.) pkg. Ramen noodle soup mix
¼ C. unsalted butter
1 C. walnuts, chopped
½ C. extra virgin olive oil
¼ C. honey
⅓ C. white wine vinegar
¼ tsp. salt
¼ tsp. pepper
1 lb. fresh broccoli, coarsely chopped
1 head Romaine lettuce, torn in pieces
4 green onions, chopped

Preheat oven to 350°. Remove flavor packet from soup mix and reserve for another use. Break noodles into ½ " pieces. Melt butter in a pan in oven. Add noodles and walnuts: bake, stirring occasionally, 10 minutes or until lightly browned. Whisk together olive oil and next 4 ingredients in a large bowl. Add walnut mixture, broccoli, lettuce and green onions, tossing to coat. Yield 6 servings.

Judy Millegan

COPPER PENNIES

2 cans carrots
1 med. onion - chopped
1 bell pepper, chopped
1 can tomato soup
¾ C. sugar
¼ C. oil
½ C. vinegar
1 T. Worcestershire sauce

Drain carrots, add onion and pepper. Stir together soup, sugar, vinegar, oil and Worcestershire sauce and bring to a boil. Pour hot mixture over vegetables. Cover and marinate over night in refrigerator. Serve cold.

Hester Frye

SALAD DRESSING

In a quart jar mix the following:

1 large onion, chopped
¾ C. sugar
½ C. Wesson oil
¼ C. vinegar
- dash of Worcestershire sauce

Mix together and finish filling jar with Heinz Catsup. Refrigerate and use as desired.

Shelby Midkiff Wood

BEET PICKLES

1 lg. can beets, sliced
½ C. vinegar
½ C. water
½ C. sugar
½ tsp. pickling spices (optional)

Drain beets, Heat vinegar, water and sugar to boiling. Add spices. Simmer for 2 minutes and add beets. Make sure liquid covers beets, if not add a little more of each (water, vinegar & sugar). Pour into covered bowl and let stand overnight before serving.

Marian Nichols

EASY BEET PICKLES

1 Can Sliced beets (Libby" or something similar)
1 C. sugar
1 C. vinegar

Drain beets and discard liquid. Bring vinegar and sugar to a boil. Let cool. Place beets in a quart glass jar. Pour sugar mixture over beets. Let set on counter for a day to pickle, then refrigerate.

Evelyn Ayers

PICNIC SALAD

1 C. shredded cabbage
4 Frankfurters - sliced thin
1 T. vinegar
1½ C. baked beans
1 T. onions, chopped
1 T. pickle relish
- shredded lettuce or garnish

Blend together all ingredients except lettuce. Chill and serve on lettuce.

Stella Bowman

THREE BEAN WACKY SWEET SALAD

1 pkg. Wacky Mac noodles
1 (14.5-oz.) can green beans, drained
1 (14.5-oz.) can wax beans, drained
1 (14.5-oz.) can Kidney beans, drained
1 C. sweet onion, chopped
¾ C. vinegar
½ C. salad oil
⅔ C. sugar
1½ C. cherry tomatoes, halved
- salt & pepper to taste

Prepare Wacky Mac according to package directions. Rinse with cool water. Meanwhile, combine beans and onion in large bowl. In small bowl combine vinegar and oil, slowly add sugar to dissolve. Add drained Wacky Mac and vinegar mixture to beans. Add tomatoes and salt and pepper (optional); gently toss to combine. Refrigerate until served.

Martha Cassell

COLESLAW - SALAD

1 head cabbage, shredded
1 carrot, shredded
½ pod green pepper, shredded
1 onion, shredded
1 C. sugar
1 C. white vinegar
½ C. water
½ C. oil
1 T. salt
- dash black pepper

Mix cabbage, carrots, green pepper and onions. Combine last six ingredients together and pour over the vegetables. Cover and let stand overnight in refrigerator. Drain when serving. Will keep 1 to 2 week in refrigerator.

Norma Hunter

SWEET & SOUR COLD SLAW

⅓ head cabbage, copped fine
½ C. mayonnaise
1 or 2 tsp. sugar, more if desired (or a pkg. of Sweet & Low)
1 or 2 tsp. vinegar
- dash salt

Chop cabbage and add other ingredients and mix well. If not sweet enough add a little more sugar.

Marian Nichols

CREAMY COLESLAW

1 C. mayonnaise
1 C. sour cream
2 T. sugar
2 T. cider vinegar
2 T. lemon juice
½ tsp. celery seed
½ tsp. pepper
½ tsp. salt
2 (16-oz.) pkg. shredded coleslaw mix

Stir together first 8 ingredients in a large bowl. Add coleslaw mix - tossing well. Cover and chill.

Bessie Marshall

PEA SALAD

2 to 3 cans sweet peas
1 C. celery, chopped (or to taste)
1 C. onions, chopped (or to taste)
1 C. mayonnaise
1 (16-oz.) bag Shredded Cheddar Cheese

Drain peas. Add celery, onion and cheese and mayonnaise. Mix and chill. Serve when chilled. Better if chilled overnight.

Martha Cassell

PEA SALAD

1 (10-oz.) pkg. frozen green peas, thawed
(4-oz.) American cheese, cubed
½ C. celery, chopped
½ C. Miracle Whip

Combine all ingredients. Sprinkle with salt and pepper. Mix well. Chill. Serve on a bed of lettuce.

Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same.
— Unknown

MARINATED VEGETABLES

3 stalks celery - cut in bite size pieces
4 large carrots - cut in bite size pieces
3 green peppers - seed and slice in rings
3 small onions - sliced thin
3 tomatoes -cut in wedges
2 cucumbers - sliced

Layer in glass bowl.

BASIL FRENCH DRESSING:

1 clove garlic
¼ C. tomato sauce
⅓ C. red wine vinegar
1 T. sugar
1 tsp. salt
1 tsp. Basil
1 tsp. Worcestershire
¼ tsp. dry mustard
¼ tsp. ground black pepper
⅛ tsp. hot pepper sauce
1 C. salad oil

Mince garlic, add other ingredients. Pour over vegetables, cover and refrigerate several hours.

Peggy Chilton

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

— Ralph Waldo Emerson

MARINATED VEGETABLES

1 can green peas
1 can French cut green beans
1 can kidney beans
1 can corn
½ C. onions, diced
½ C. green pepper, diced
1 C. celery, diced
½ C. sugar
1 T. flour
1 T. mustard
½ C. vinegar

Drain all the canned vegetables and mix in a large bowl. Mix sugar, mustard and vinegar in saucepan. Heat until thick and clear. Pour over vegetables, cool and refrigerate.

MARINATED VEGETABLES #2

2 C. canned green beans
1 (8.5-oz.) C. peas
1 (2-oz.) jar diced pimento
1 (8-oz.) can sliced water chestnuts
1 (15-oz.) can bean sprouts
1½ C. celery, chopped
1 med. onion, chopped
1 C. sugar
¾ C. vinegar
¾ to 1½ tsp. salt
⅛ tsp. black pepper

Drain canned vegetables. May also chop bean sprouts a little. Mix all the vegetables together. Mix sugar, vinegar and salt and pepper together until sugar is dissolved. Pour over the vegetables. Chill for at least 2 hours or overnight. Keeps for several days in refrigerator.

Norma Hunter

Teach thy tongue to say 'I do not know' and thou shalt progress.

— Maimonides

DEVILED EGGS
("EGG SALAD")

8 lg. eggs, boiled
¾ C. mayonnaise, or more if desired
¼ C. mustard, less or more if desired
- cucumber pickles, chopped (optional)
- salt & pepper to taste
- Paprika, for garnish

Boil eggs until well done. Prepare a deviled egg dish. Cool and peel eggs. Slice in half, long ways. Separate yolks from whites. Place an egg white in each slot around the side of dish and four in the middle. Mash egg yolks well with fork and add mayonnaise and mustard, salt and pepper. Add chopped pickles. Mix well. Fill each egg white with yolk mixture. Sprinkle Paprika on top for appearance. Can save pickles and put a piece in center of each egg if desired.

To make egg salad, mash whole boiled eggs and then add the other ingredients. Mix well and place on lettuce leaves or spread on sandwich bread. Good either way.

Marian Nichols

DEVILED EGGS

6 Hard boiled eggs
1 T. mayonnaise
1 tsp. vinegar
1 tsp. butter
1 T. canned milk
- salt & pepper to taste
2 T. minced sweet pickles

Peel and cut eggs in half and remove yolks. Add butter to yolks and mash. Add rest of ingredients and cream well. Fill egg whites with yolk mixture and sprinkle with Paprika.

Evelyn Ayers

ORANGE DELIGHT

1 lb. cottage cheese
1 sm. can crushed pineapple
1 reg. carton Cool-Whip
2 sm. cans Mandarin oranges
1 pkg. Orange Jello

Mix all ingredients together and keep in refrigerator.

Pauletta Crotts

FRUIT SALAD WITH CITRUS DRESSING

1 Papaya; peeled, seeded and cut into ½" pieces
1 mango: peeled, pitted and cut into ½" pieces
½ pineapple; peeled, cored and cut into ½" pieces
2 bananas; peeled, and cut into ½" pieces
1 pt. strawberries; hulled and cut in half
1 pt. blueberries
3 T. fresh lemon juice
3 T. fresh lime juice
2 T. sugar
1 bunch mint leaves, chopped

Combine fruit in a large bowl. In a small bowl, mix juices with sugar. Pour over fruit and add mint. Toss gently.

Martha Cassell

BETTY'S CHAMPAGNE SALAD

1 (8-oz.) pkg. cream cheese, softened
2 med. bananas
½ can crushed pineapple, drained
¾ C. sugar
1 (8-oz.) carton Cool Whip, thawed
½ C. pecans, chopped (optional)
1 (10-oz.) pkg. frozen strawberries

Mix cream cheese, sugar and bananas until smooth. Stir in strawberries and drained pineapple. Add Cool Whip and pecans. Freeze in 9' x 13" dish. Take out a few minutes before serving.

Martha Cassell

BEAN SALAD

1 can (#2½) kidney beans
1 can (#303) yellow wax beans
1 can (#303) French cut green beans
½ C. green pepper, chopped
½ C. onions, sliced (I prefer purple onions)

Drain beans and add other vegetables.

Dressing:

½ C. salad oil
½ C. vinegar
½ tsp. salt
½ tsp. pepper
¾ C. sugar

Mix well and pour over vegetables. Let stand overnight. Mix lightly several times before serving.

Pauletta Crotts

CRACKER SALAD

1 sm. box Ritz crackers (crushed)
6 boiled eggs (diced)
1 C. sweet pickles, chopped
1 C. salad dressing
1 (2-oz.) jar pimento, chopped

Mix all ingredients together and chill overnight.

The noblest search is the search for excellence.

— Lyndon B. Johnson

LAYERED SALAD

3 C. shredded lettuce
1 sm. onion, thinly sliced
1 can green peas, drained
3 hard-boiled eggs, sliced
1 C. ham, thinly sliced
1 C. shredded Cheddar cheese
1 C. mayonnaise
½ C. sour cream
1 T. sugar
- bacon bits

Layer first six ingredients in order given, in a large bowl. Combine mayonnaise, sour cream and sugar and spread over layered items. Top with bacon bits. Cover and chill.

Bessie Marshall

TACO SOUP

1 lb. lean ground beef
1 med. onion, chopped
1 (15¼-oz.) can whole kernel corn, undrained
1 (10-oz.) can diced tomatoes with chiles
1 (15-oz.) can pinto beans in chili sauce
1 (1¼-oz.) env. taco seasoning
1 (10¾-oz.) can tomato soup, undiluted
1 cup water
- Monterey Jack cheese, grated
- Baked tortilla chips

Brown beef and drain. Combine all ingredients except tortilla chips and cheese. Simmer in Dutch oven on low. To serve: crumble chips in a serving bowl, cover with generous helping of soup, sprinkle with cheese.

Sue Stone

TACO BEAN SOUP

1 large onion - diced
3 (15-oz.) cans Great Northern White Beans
2 cans tomatoes - diced
2 cups water
1 pkg. Taco Seasoning mix (dry)
1 pkg. Hidden Valley dressing mix (dry)

Mix all ingredients together and simmer 20 minutes.

Pauletta Crotts

OLD FASHION POTATO SOUP

5 cups left over cream potatoes
3 cups whole milk
- Ham or bacon pieces
3 potatoes, diced
1 carrot or celery stalk, diced
¼ cup onion, diced
- salt and pepper to taste

Heat the cream potatoes and milk in a big kettle. Add meat. Set aside. In a smaller pan place all other ingredients with enough water to barely cover them. When vegetables are tender, pour into the big kettle (including water). Serve.

Marian T. Nichols

It is funny about life: if you refuse to accept anything but the very best you will very often get it.

— W. Somerset Maugham

POTATO CHEESE SOUP

6 to 8 potatoes, peeled and diced
2 to 3 carrots, diced
1 to 2 celery stalks, diced
1 onion, diced
1 pkg. cream cheese, softened
¼ cup margarine
1 can cream of chicken soup, undiluted
2 cups milk
- salt and pepper to taste
4 strips bacon, fried and crumbled

Place potatoes, carrots, celery and onion in large pot. Cover with water and cook until tender. (Do not drain). Meanwhile, in mixing bowl, combine cream cheese, margarine and soup. Stir well. Add milk, salt, pepper and bacon. Add this mixture to vegetables. Heat thoroughly.

Emily Clement

POTATO SOUP

6 large potatoes peeled and cubed
1 large onion, chopped
½ cup milk
½ stick margarine
1 can cream of celery soup
1 can cream of chicken soup
1 (8-oz.) pkg. cream cheese
½ tsp. black pepper

Cook potatoes and onion in water until tender. Add other ingredients and simmer for a while, stirring occasionally to keep from sticking. Ready to serve.

Mary C. Chandler

3 (15-oz.) cans Great Northern White Beans
2 cans tomatoes - diced
2 cups water
1 pkg. Taco Seasoning mix (dry)
1 pkg. Hidden Valley dressing mix (dry)

Mix all ingredients together and simmer 20 minutes.

Pauletta Crotts

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3 cups whole milk
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- salt and pepper to taste

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Marian T. Nichols

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— W. Somerset Maugham

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2 to 3 carrots, diced
1 to 2 celery stalks, diced
1 onion, diced
1 pkg. cream cheese, softened
¼ cup margarine
1 can cream of chicken soup, undiluted
2 cups milk
- salt and pepper to taste
4 strips bacon, fried and crumbled

Place potatoes, carrots, celery and onion in large pot. Cover with water and cook until tender. (Do not drain). Meanwhile, in mixing bowl, combine cream cheese, margarine and soup. Stir well. Add milk, salt, pepper and bacon. Add this mixture to vegetables. Heat thoroughly.

Emily Clement

POTATO SOUP

6 large potatoes peeled and cubed
1 large onion, chopped
½ cup milk
½ stick margarine
1 can cream of celery soup
1 can cream of chicken soup
1 (8-oz.) pkg. cream cheese
½ tsp. black pepper

Cook potatoes and onion in water until tender. Add other ingredients and simmer for a while, stirring occasionally to keep from sticking. Ready to serve.

Mary C. Chandler

TACO SOUP

2 lb. ground beef
1 med. onion, chopped
2 C. water
2 (15-oz.) cans pinto beans
2 (15-oz.) cans shoe peg corn
1 can Rotel tomatoes with green chilies
1 (29-oz.) can diced tomatoes
1 pkg. Ranch dressing mix
1 pkg. Taco dressing mix

Brown beef and onion and drain. Mix remaining ingredients and do not drain. Add to beef and onion mixture. Cook in crockpot 4 to 6 hours on low. When serving, sprinkle grated cheese on top.

Amy Whitaker

FAT FREE VEGETABLES SOUP

1 med. cabbage shredded
2 stalks celery, chopped
2 C. tomato juice
1 onion, chopped
1 can green beans
2 beef bouillon cubes
2 C. water
- salt & pepper to taste

Place all ingredients in a large stewing pot and bring to boil. Cook until vegetables are tender.

CREAM OF BROCCOLI SOUP

1 sm. onion, chopped
- oil
1 (20-oz.) pkg. frozen broccoli
2 (10¾-oz.) cans cream of celery soup
1 (10¾-oz.) can cream of mushroom soup
1 C. American cheese, grated
2 soup cans of milk

Sauté onion in oil in skillet until soft. Combine all ingredients in slow cooker. Cover. Cook on low 3 to 4 hours.

Martha Cassell

69145-05



Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.



VEGETABLES & SIDE DISHES

GREEN BEAN CASSEROLE

¾ C. milk
⅛ tsp. pepper
1 (10¾-oz.) can mushroom soup
2 cans green beans- cut and drained
1⅓ C. French Fried onions

In large baking dish mix all ingredients except ⅔ cup of onions. Heat oven to 350 °. Bake 30 minutes then top with remaining onions and bake 5 more minutes.

Evelyn Ayers

GREEN BEANS

2 qt. canned green beans
½ C. sugar
½ C. Puritan oil
- salt to taste

Cook beans about 1 hour until most of the liquid is cooked out. Add sugar, salt and oil. Cook a little longer, chopping beans with a knife.

GREEN BEAN CASSEROLE

1 can French cut green beans - drained
1 can shoe peg corn - drained
1 (5-oz.) jar pimento
1 can cream of celery soup
1 C. Cheddar cheese
1 med. onion - sautéed in butter
1 pkg. Ritz crackers
1 stick butter

Mix all ingredients except crackers and butter and spread in casserole dish. Melt butter, crumble crackers and spread over top and bake at 350° until brown and bubbly.

Elizabeth Cooke

SQUASH CASSEROLE

2 C. yellow squash -cooked
½ stick butter - melted
1 small onion - chopped
1 C. Ritz or Town House crackers - crushed
1 egg - beaten
1 C. grated cheese

Mix all ingredients. Pour into greased casserole dish. Bake in preheated 350° oven for 40 minutes.

Pauletta Crotts

SQUASH CASSEROLE

2 C. cooked squash
1 C. stewed onions
½ C. melted margarine
1 can chicken soup
1 C. sour cream
½ tsp. salt
1 sm. box chicken stuffing

Combine squash, onions, chicken soup, sour cream and salt. Pour into baking dish. Top with stuffing, enough to cover top of squash mixture. Spread margarine over top of stuffing. Cook in preheated 350° oven until brown.

SQUASH CASSEROLE

2 C. squash - cooked
¼ C. butter or margarine
½ C. onion - finely chopped
¼ tsp. salt
¼ tsp. pepper
1 egg - beaten
½ C. milk
1 C. crackers crumbs
1 C. Packaged herb-seasoned stuffing mix
1 C. cheese - grated

Mash squash finely. Blend all ingredients, except cheese. Put into a greased casserole and top with grated cheese. Bake in 350° oven for 30 minutes. Makes 6 servings.

Shelby Midkiff Wood

CHEESE STUFFED ZUCCHINI

2 med. Zucchini squash
¼ C. onions - minced
⅛ C. bread crumbs - toasted
1 T. Fresh Parmesan cheese - grated
- salt & pepper to taste
- fresh parsley - chopped

Wash zucchini squash and cut off ends. Drop into boiling water for 8 to 10 minutes. Drain and slice zucchini lengthwise. Scoop out pulp to make boats. Set boats aside and finely chop the pulp. Sauté the onion in small amount of butter until lightly brown. Add zucchini pulp, bread crumbs, salt and pepper and cheese. Cook until soft and some of the moisture has evaporated. Fill boats with mixture, dot with butter and sprinkle top with additional Parmesan cheese. Bake in preheated 450° oven until hot and tops golden. Takes 10 to 15 minutes. Sprinkle with fresh chopped parsley and serve.

Frieda Hardy Hughes Chauncey

POTATO AND SQUASH CASSEROLE

4 or 5 med. potatoes, sliced thin
4 or 5 med. squash, sliced thin
1 med. onion, sliced thin
- salt and pepper to taste
- butter
2 T. water (approximately)

Put one layer of each in baking dish, salt and pepper, then repeat layers. Dot with butter, add water and cover with foil. Bake at 375° until done, about 40 to 45 minutes.

Evelyn Ayers

SWEET POTATO CASSEROLE

3 C. sweet potatoes, cooked and mashed
⅓ C. margarine
1 C. sugar
½ tsp. salt
2 eggs
½ C. canned milk
1 tsp. vanilla or butter flavoring

Mix all ingredients together and pour into casserole dish. Mix topping ingredients and sprinkle on top. Bake at 350° for 1 hour.

Topping

½ C. crushed pecans
2 tsp. margarine
½ C. brown sugar
½ C. coconut
2 tsp. flour

Erlene Frye

Action may not always bring happiness; but there is no happiness without action.

— Benjamin Disraeli

FRIED SWEET POTATOES

1 lb. sweet potatoes, uncooked
½ C. sugar
4 T. butter
- dash of salt
½ C. water
- dash of nutmeg

Peel and slice lengthwise the raw sweet potatoes. Place into frying pan. Mix other ingredients together and pour over potatoes. Cook over high heat until liquid comes to a boil. Reduce heat to medium and cook for 10 to 12 minutes.

Evelyn Ayers

CARAMEL SWEET POTATOES

6 med. sweet potatoes
1 C. brown sugar - packed
2 T. flour
1 tsp. salt
2 T. margarine
1 C. Pet milk
-TOPPING
½ C. Pecan
1 C. miniature marshmallows

Peel and cook potatoes in water. Drain. Slice each potato into three pieces. Place in 9" x 13" casserole dish. Mix brown sugar, flour and salt. Spread over potatoes. Dot with margarine. Pour milk over potatoes. Bake in preheated 300° oven for 40 minutes. Take from oven and sprinkle with topping. Return to oven and brown.

Mary C. Chandler

SWEET POTATO CASSEROLE

3 C. sweet potatoes
1 tsp. vanilla
1 C. white sugar
⅓ C. milk
2 eggs
½ C. butter- melted

Cook and mash sweet potatoes. Combine all ingredients in a mixing bowl and mix well. Pour into 2 quart casserole dish.

TOPPING:

½ C. brown sugar
2½ T. melted butter
½ C. chopped pecans

Mix together and spread on top of potato mixture. Bake in 350 degree oven, preheated, for 30 to 40 minutes.

Pauletta Crotts

SWEET POTATOES FRITTERS

2 med. sweet potatoes
⅓ C. honey
1 tsp. lemon juice
1 tsp. grated lemon rind

Cook potatoes in salted water until just tender. Peel and slice thinly. Combine honey and lemon juice and rind. Place potatoes in honey mixture and allow to stand in refrigerator for at least 1 hour.

½ C. sifted flour
¼ tsp. baking powder
¼ tsp. salt
½ C. milk
1 egg, beaten
1½ C. flaked coconut

Combine flour, baking powder and salt. Mix milk and egg and slowly add to flour mixture. Mix to make a fairly smooth batter. Dip potato slices in batter and then in coconut. Fry in deep fat at 365° until brown. Serve hot. Makes 4 servings.

Pauletta Crotts

CANDIED SWEET POTATOES

6 med. sweet potatoes, cooked
⅓ C. brown sugar
2 T. margarine
½ C. dark corn syrup

Bring last three ingredients to a boil, reduce heat, simmer for 5 minutes. Pour ½ in baking dish. Add sliced potatoes. Then pour remaining syrup over potatoes. Bake in preheated oven for 20 minutes.

Evelyn Ayers

LINDA'S SWEET POTATO & APPLE CASSEROLE

2 to 4 sweet potatoes, cooked and sliced
2 C. raw apples, sliced
2 C. mini marshmallows
¾ C. sugar
1 tsp. salt, or less to taste
1 tsp. cinnamon
1½ T. cornstarch
2 T. margarine

Preheat oven to 350°. Layer sliced sweet potatoes and apples in greased 1½ quart baking dish. Combine dry ingredients and sprinkle over top and dot with margarine and add marshmallows. Cover with aluminum foil. Bake one hour.

Linda Brown

CANDIED SWEET POTATOES

1 C. Karo dark corn syrup
½ C. firmly packed dark brown sugar, packed
2 T. Mazola margarine
12 med. sweet potatoes, cooked, peeled, halved lengthwise

Bring first 3 ingredients to boil. Reduce heat and simmer 5 minutes. Poor half into large shallow baking dish. Add potatoes. Top with remaining syrup. Bake in preheated 350° oven for 20 minutes. Makes 12 servings.

Evelyn Ayers

COUNTRY PINEAPPLE CASSEROLE

½ C. margarine
2 C. sugar
8 eggs
2 (20-oz.) cans crushed pineapple
3 C. lemon juice
10 slices day old bread

Preheat oven to 325°. Cream margarine and sugar. Add eggs, one at a time. Stir in pineapple and lemon juice. Fold in bread and pour into a 9" x 13" baking dish. Bake uncovered for 35 to 40 minutes. Yield 12 to 16 servings. (Good for a gathering).

Mary C. Chandler

PINEAPPLE CASSEROLE

1 (20-oz.) can chunk pineapple, drained (save juice)
½ C. sugar
⅓ C. margarine, melted
1 C. shredded sharp cheese
3 T. flour or cornstarch
3 T. pineapple juice
- crushed Ritz crackers

Place pineapple in dish, mix flour, sugar juice and cheese, pour over fruit. Mix melted butter with cracker crumbs and sprinkle on top. Bake in preheated 350° oven for 20 minutes.

Erlene Frye

BAKED CORN

1 can whole kernel corn
1 can cream style corn
1 box Jiffy Corn Muffin mix
½ C. melted margarine
1 (8-oz.) carton sour cream
1 egg

Preheat oven to 350°. Mix and pour into 2½ quart baking dish. Bake at 350° for 1 hour.

Geraldine Inman

CORN BREAD CASSEROLE

1 (15¼-oz.) can whole kernel corn, drained
1 (15¾-oz.) can cream style corn
1 box Jiffy Corn Bread mix
1 egg
2 T. margarine
¼ tsp. garlic powder
¼ tsp. paprika

In large bowl combine all ingredients. Pour into a 11" x 7" pan. Bake in a preheated 400° oven, uncovered, for 25 to 30 minutes or until brown. Yield 4 to 6 servings.

CHEESY CAULIFLOWER

4 C. cauliflower florets
¼ tsp. ground nutmeg
(3-oz.) Velveeta cheese. cut up
¾ C. shredded cheddar cheese
1 C. corn flakes
¼ C. sliced almonds

Preheat oven to 375°. Place cauliflower in 8 or 9 inch square glass baking dish. Microwave on high 3 or 4 minutes until crisp tender. Sprinkle with nutmeg. Top with cheeses. Sprinkle with corn flakes and almonds. Bake 12 to 14 minutes or until topping is golden brown. Makes 6 servings of ½ cup each.

Geraldine L. Inman

CHEESY MIXED VEGETABLE BAKE

1 (16-oz.) pkg. frozen mix of broccoli, carrots and cauliflower
1 (4-oz.) can chopped pimento, drained
1 (10-oz.) can golden mushroom soup
⅓ C. sour cream
1 (3-oz.) can French fried onions, divided
1 C. shredded Swiss cheese, divided
¼ tsp. pepper

Preheat oven to 350°. Grease large casserole dish. Combine vegetable, half of pimento, half of cheese, the soup and sour cream, pepper and half of onions. Pour into dish and bake 20 minutes. Sprinkle rest of pimento, onions and cheese on top and bake 5 minutes more.

Mary C. Chandler

VEGETABLE CASSEROLE

1 can shoe peg corn
1 can French cut green beans
1 sm. jar pimento - drained
1 can cream of celery soup
1 med. onion - sautéed
1 C. shredded mild Cheddar cheese
1 stick margarine - melted
1 pkg. Ritz crackers - crumbled

Mix all vegetables together with celery soup. Add cheese and mix. Crumble Ritz crackers and mix with melted margarine and spread over top of vegetable/cheese mixture. Bake in preheated oven at 350° for 30 minutes.

Pauletta Crotts
Elizabeth Cooke

VEGETABLE BAKE CASSEROLE

1 med. onion, chopped
2 T. vegetable oil
2 (10-oz.) cans Cream of Mushroom soup
1 C. cheese sauce
1 (16-oz.) pkg. frozen corn, thawed
1 (16-oz.) pkg. frozen cauliflower, thawed
1 (16-oz.) pkg. frozen broccoli florets, thawed
1 (16-oz.) pkg. frozen Brussels sprouts, thawed
1 (6-oz.) pkg. cornbread stuffing mix

Preheat oven to 350°. In a large skillet, sauté onion in oil until tender. Stir in soup and cheese until blended. In a large bowl combine the vegetables and one cup of stuffing mix. Add soup mixture and mix well. Transfer to two greased shallow 2 quart baking dishes. Sprinkle with remaining stuffing mix. Bake uncovered for 30 minutes or until vegetables are tender.

Bessie Marshall

VEGETABLE CASSEROLE

2 (16-oz.) cans mixed vegetables
1 (16-oz.) can corn
1 can cream of celery soup
1 C. onions, diced
1 C. grated cheese
(8-oz.) carton sour cream

Mix all ingredients together and place into baking dish. Top with topping listed below.

TOPPING:

1 C. grated cheddar cheese
1 C. crushed Ritz crackers
1 stick margarine, melted

Mix and place on top of vegetable mixture. Bake in preheated 350° oven for 40 minutes.

Bessie Marshall

HOT VEGETABLE CASSEROLE

1 pkg. frozen French style beans
1 pkg. frozen large size lima beans
1 pkg. frozen green peas
1 small onion, chopped
1 egg, hard-boiled and grated
1 tsp. Worcestershire sauce
1 T. prepared mustard
1 C. salad dressing
- dash of bottled hot sauce.
- salt and pepper to taste.
- Parmesan cheese
- bread crumbs or crushed corn flakes

Cook each type of bean or peas in salted water separately. Drain and mix together. Combine all the other ingredients together. Place layer of vegetables and then a layer of sauce in casserole dish. Repeat layers and sprinkle with grated Parmesan cheese and dry bread crumbs or crushed corn flakes. Heat in preheated 350° oven until very hot.

Pauletta Crotts

BROCCOLI BAKE

2 (10-oz.) pkg. frozen broccoli
1 C. shredded Cheddar cheese
2 lg. eggs, beaten
1 (10-oz.) can cream of mushroom soup
½ C. mayonnaise
½ C. finely chopped onion
1 C. seasoned stuffing mix
½ stick butter, melted

Preheat oven to 350°. Cook broccoli according to package directions. Drain and layer in a lightly greased 11" x 7" 1½" baking dish. Sprinkle with cheese. Combine eggs cream of mushroom soup, mayonnaise and onion. Spread over cheese. Combine stuffing mix and butter and sprinkle on top. Bake for 30 minutes.

Bessie Marshall

TOMATO PIE

1 C. Bisquick
¼ C. milk
5 to 6 tomatoes
1 C. mayonnaise
1 C. grated Cheddar cheese
- Basil, Chives, Lemon Pepper

Mix Bisquick with milk. Pat out into greased pan. Bake at 450° for 10 minutes. Peel and cut tomatoes into chunks and place in pie shell. Sprinkle generously with seasonings. Mix mayonnaise with cheese. Spread on top of tomatoes. Bake at 350° for 30 minutes.

Peggy Chilton

Experience is not what happens to a man, it is what a man does with what happens to him.

— Aldous Huxley

BECKY'S TOMATO PIE

1 9" deep dish pie shell
4 tomatoes, peeled and sliced
½ onion, thinly sliced
1 C. mayonnaise
1 C. grated cheese
3 T. margarine, melted
3 packets Splenda

Layer, alternately, tomatoes and onions in pie crust. Add Splenda and margarine and sprinkle with black pepper. Top with mayonnaise and cheese. Bake in preheated 350° oven for 40 minutes or until golden brown.

Bessie Marshall

TOMATO CUPS

1 lg. can biscuits
½ C. mayonnaise
1 C. mild Cheddar cheese
1 (10-oz.) can Rotel tomatoes (mild or hot) drained
1 tsp. dried Basil
½ onion, chopped
10 bacon, fried and crumbled (can use pork sausage or hamburger cooked & browned)

Preheat oven to 350°. Separate biscuits into two or three layers. Lightly grease the cups of a 12 muffin tin. Place and press a biscuit layer into each cup. Mix remaining ingredients in a medium size bowl. Spoon filling on top of the biscuit layer. Bake 20 to 25 minutes until golden.

Ruth Dollyhigh

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.

— M. Scott Peck, M.D.

PARMESAN TOMATO CASSEROLE

4 C. Duke Mayonnaise
½ C. Grated Parmesan Cheese
1 T. Dried Basil leaves
6 Sleeves Ritz crackers, crushed
6 to 8 tomatoes sliced in ¼" thick slices

Mix mayonnaise, cheese and basil leaves together. Set aside. Crush crackers. Using a 9" X 12" baking dish, place a layer of cracker crumbs to cover bottom of dish. Top with a layer of tomatoes and spread a layer of the mayonnaise mix over tomatoes. Repeat layers finishing with cracker crumbs. Bake in preheated oven at 325° for 15 to 20 minutes.

TOMATO CORN CHOWDER

4 slices bacon, fried and crumbled
1 lg. onion, chopped
2 cans whole corn
2 cans tomatoes
4 med. potatoes, diced

Sauté onion in bacon grease, add all other ingredients except bacon and cook 25 minutes or until tender. Put in dish and top with bacon.

Mary C. Chandler

POTATO CASSEROLE

8 lg. potatoes
½ C. onions - chopped
1 lb. Velveeta cheese
1 C. mayonnaise
½ lb. bacon - fried and crumbled
- salt & pepper to taste

Cook potatoes. Dice. Cut cheese in squares. Mix all ingredients. Bake in preheated 325° oven for 1 hour.

Pat Gallagher

SCALLOPED POTATOES

4 C. potatoes, sliced
1 onion, sliced thin
1 can Cheddar Cheese Soup
½ C. milk
- salt and pepper as desired
- butter

Preheat oven to 375°. Place potatoes and onions in baking dish. Mix other ingredients together and pour over the potatoes and onions. Dot with butter. Bake for 1 hour.

Mary C. Chandler

OVEN ROASTED POTATOES

3 lb. potatoes, unpeeled and quartered
⅓ C. oil
1 env. dry onion soup mix
1 tsp. parsley
1 tsp. seasoning mix

Mix dry ingredients together. Roll potatoes in dry mixture. Pour and spread oil in baking dish. Place potatoes and bake in preheated 300° oven for 1 hour or until brown and tender.

POTATO CAKES

2 C. mashed potatoes
1 lg. egg, beaten
1 tsp. flour or enough to make firm
- salt & pepper to taste
¼ C. onions, chopped fine

Mix well and shape into patties. Coat with flour (lightly). Fry in oil until brown on both sides, about 5 minutes.

Evelyn Ayers

GARDEN PEA CASSEROLE

½ stick margarine
2 pkgs. frozen peas - cooked and drained
1 (4-oz.) can mushroom soup
¼ C. onions - chopped
¼ C. Almonds - toasted

Sauté onions in margarine. Add other ingredients. Top with potato chips or stuffing mix. Bake in preheated 350° oven for 30 minutes.

Rachel Hill

FIELD PEA PATTIES

2 C. cooked peas, drained
½ yellow bell pepper, chopped
¼ C. flour
½ tsp. salt
¼ C. Ketchup
½ tsp. black pepper
6 green onions, chopped
1 large egg, beaten
3 T. vegetable oil

Coarsely mash peas, stir in bell peppers and next 6 ingredients. Shape into 8 patties. Cook patties in hot oil for 3 minutes on each side or until brown.

Evelyn Ayers

SWEET PEA DUMPLINGS

1 lg. can sweet peas, undrained (use frozen peas if desired and cook in enough water to keep covered)
1 or 2 T. margarine
1 to 2 C. milk (2% or canned)
1 to 2 C. self rising flour
- salt & pepper to taste

Put peas, milk and margarine in a medium size pot and bring to a boil. stirring to keep from sticking. Put flour into a small mixing bowl and add enough of the hot liquid to make a thick batter (thick enough to hold a ball when dropped into liquid and peas). Drop by small spoonful until flour is gone. Salt & pepper to taste. Cook slowly until dumplings are light and fluffy.

Marian Nichols

FRIED BEAN PATTIES

2 C. cooked beans, drained
1 egg, beaten
2 T. tomato catsup
1 C. bread crumbs
1 T. onions, chopped
- salt & pepper to taste

Mix ingredients. Shape into patties and coat in bread crumbs. Fry until brown.

Evelyn Ayers

RICE CASSEROLE

1 stick margarine
1 can beef broth
1 C. rice - regular not instant
1 can onion soup
1 can mushrooms, drained
- soy sauce

Melt margarine in casserole dish. Stir in onion soup, beef broth, rice and mushrooms. Sprinkle in soy sauce. Stir and cover with tin foil. Preheat oven to 350° and cook for 1 hour. Take out and fluff.

Margaret Matthews

REFRIGERATOR PICKLES

- Cucumbers
4 C. sugar
4 C. vinegar
¼ C. pickling salt
1 tsp. celery seed
1½ tsp. Turmeric
1½ tsp. mustard seed
1 or 2 lg. onions, sliced

Slice onions and cucumbers and layer in a gallon glass jar. Boil other ingredients and pour over cucumbers. Cool before putting in refrigerator.

Irene Simmons

BAKED RICE

1 can beef consomme
1 can beef broth
1 C. fresh mushrooms, sliced (canned can be used)
2 C. uncooked rice
½ C. onion, chopped

Heat consomme, broth, onion and mushroom. Add uncooked rice. Place in baking dish and stir. Bake in 350° oven, preheated, for 1 hour or until rice has absorbed all liquid.

If rice has too much liquid - place in microwave for a few minutes. When finished flake with fork and serve.

Helen May

ORANGE GLAZE CARROTS

1 lg. pkg. carrots, peeled and sliced
1 C. orange juice
¼ C. butter or margarine, melted
1 T. sugar

Combine all ingredients in a saucepan. Cover and simmer for 15 minutes. Uncover and cook until liquid is absorbed. Makes 6 servings.

Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number 1.

— Arthur Ashe

69145-05



Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.



BREADS & ROLLS

AMISH FRIENDSHIP STARTER

1 pkg. dry active yeast
¼ C. warm water
1 C. sugar
1 C. milk
1 C. flour

Day 1: Make the starter dough by dissolving the dry yeast in the warm water and adding the sugar, flour and milk. In a glass or plastic bowl, stir the mixture with a wooden or plastic spoon or spatula. DO NOT USE METAL SPOONS OR BOWLS. Cover the bowl loosely with a paper towel, cloth, waxed paper or plastic wrap. Keep at room temperature. Day 2, 3, 4: Stir the mixture down once each day with a wooden or plastic spoon. Day 5: Add 1 cup each of sugar, flour and milk. Stir. Day 6, 7, 8, 9: Stir once each day. Day 10: Add 1 cup each of sugar, flour and milk. Stir. Remove 3 cups of mixture and use. Keep 3 cups for making more starter and give the rest to a friend for their use.

Mary Chandler

BROCCOLI CORNBREAD

2 pkg. corn muffing mix
4 eggs
1 (12-oz.) box frozen broccoli
1 (12-oz.) carton cottage cheese
1 onion - chopped (or ¼ cup onion flakes)
1 stick margarine - melted

Heat broccoli in small amount water until tender. Drain, chop and cool. Mix all ingredients together and add broccoli. Pour into greased 9 x 13" Pyrex dish. Bake at 400° for 30 minutes.

Bessie Marshall

CORN BREAD

1 egg, beaten
1 C. buttermilk
¼ C. cooking oil
2 C. self rising corn meal
2 T. flour

Preheat oven to 400°. Mix all ingredients together (add more corn meal if needed). Place mixture in well greased black iron skillet. Bake for 20 minutes or until brown.

Edith McPeak

HUSH PUPPIES

1 C. self rising corn meal
1 C. self rising flour
1 egg, lightly beaten
1 small can cream corn
1 large onion, chopped
- buttermilk, as needed

Use enough buttermilk to make batter a little thinner. Drop in hot fat or in fish pan by spoonful. Fry until golden brown.

Stella Bowman

PERFECT CORNBREAD

1 C. plain flour
1 C. yellow corn meal
½ tsp. salt
¼ C. vegetable oil
¼ C. milk
¼ C. sugar
2 eggs
4 tsp. baking powder

Pour all ingredients into mixing bowl. Mix well. Pour into greased (with shortening) heavy skillet. Preheat over to 425° and bake 15 to 20 minutes.

Helen May

SOUR CREAM CORN BREAD

1 8-½ can cream style corn
1 C. sour cream
2 eggs
½ C. salad oil
1 C. self rising corn meal
2 tsp. baking powder

Preheat oven to 400°. Combine corn, sour cream, eggs and oil. Beat well. Combine corn meal and baking powder together and stir in corn mixture. Pour into a 10" skillet and bake at 400° for 30 minutes or until done.

LEMON BREAD

1 pkg. Lemon cake mix
1 pkg. Instant pudding mix (dry)
4 eggs
⅓ to ½ C. oil
1 C. water
¼ C. poppy seeds

Mix all ingredients. Pour into 2 loaf pans. Bake at 350° 35 to 45 minutes.

Lillie Edwards

YEAST ROLLS

1 pkg. Dry yeast
1¼ C. water
¼ C. sugar
¼ C. oil
¼ C. powdered milk
1 egg
1 tsp. salt
3 to 4 C. bread flour.

Mix yeast, water and sugar until foaming. Add oil, powdered milk, egg and salt and beat well. Add 3 to 4 cups of bread flour and knead. Put in greased bowl and let rise until double in size. Punch down and knead. Make 50 cent size balls and place in greased pan. Let rise until double in size. Bake in preheated oven at 350° for 15 to 20 minutes. Brush tops with margarine.

Mary Chandler

SIX WEEK BRAN MUFFINS

1 (15-oz.) box Raisin Bran
2½ C. sugar
5 C. plain flour
2 tsp. salt
5 tsp. baking powder
1 tsp. cinnamon
1 C. cooking oil
1 qt. buttermilk
4 eggs, beaten

Mix together Raisin Bran, sugar, flour, salt, baking powder and cinnamon. Mix well. Then add the oil, butter, milk and eggs. Mix well, refrigerate and use as wanted (will keep up to 6 weeks). DO NOT FREEZE! When baking fill greased muffin cups ⅔ full and bake at 400° for 20 minutes

Cherie Ackers

69145-05

POTATO BISCUITS

1 C. mashed potatoes
2 tsp. butter
½ tsp. soda
1 C. buttermilk
1 tsp. honey
2 C. plain flour
2 tsp. baking powder
1 tsp. brown sugar

Beat the potatoes and mix in butter. Dissolve the soda in the buttermilk and add honey. Mix baking powder, sugar and flour together. Add flour and milk alternately to the potato mixture. Roll out on floured board and cut into ½ " biscuits. Bake in preheated oven, 400°, until done.

Rachel Hill

FLOSSIE JOHNSON BISCUITS

2 C. self rising flour
⅓ C. shortening
¾ C. milk - (can use buttermilk)

Cut shortening into flour. Stir in just enough milk so dough leaves sides of bowl. Knead dough lightly on floured surface and roll ½" thick. Cut with biscuit cutters. Bake 10 to 12 minutes in preheated 450° oven.

Bessie Marshall

ANGEL BISCUITS

1 pkg. yeast
⅛ C. warm water
¼ C. sugar
⅔ C. shortening
2 C. buttermilk
5 C. self-rising flour

Dissolve yeast in warm water. Sift flour and sugar together and cut in shortening. Stir in yeast and buttermilk. Roll out on floured board and cut biscuits. Place on greased pan and brush with oil or butter. Bake at 425° to 450°. Dough will keep in refrigerator up to a week. Do not let dough rise before baking.

Bessie Marshall

69145-05

BISCUITS FOR FREEZING

3 C. plain flour
3 tsp. baking powder
1 tsp. salt - heaping
1 T. sugar
¼ C. warm water
1 pkg. yeast
¾ C. Crisco
¾ C. buttermilk (or canned milk with 1 tbsp. vinegar.

Sift flour, baking powder and salt. Dissolve sugar and yeast in water. Set aside. Mix Crisco into dry ingredients with pastry blender. Add yeast mixture and enough milk to give dough a good consistency. Let stand 30 minutes. Will not necessarily rise. Cut with small cutter and bake at 375° for 7 minutes. Cool and then you may freeze or you may continue baking for 14 minutes and serve. When frozen, take out and leave at room temperature until thawed then you may cook additional 7 minutes. Makes about 4 doz. small biscuits.

Hazel Godwin

Happiness is inward, and not outward; and so, it does not depend on what we have, but on what we are.

— Henry Van Dyke

WHOLE WHEAT BREAD

PREPARATION: Put hot water in large bowl to heat the container. This will keep the container from cooling your bread ingredients. Allow to sit while you bring the 3 cups of water to 115°. (Boil the 1 cup of water at the same time.) Empty the water from bowl just before you add bread ingredients.

Ingredients:

3 C. water-heated to 115°
2 T. yeast
4 tsp. salt
¾ C. brown sugar
2 C. all-purpose flour
1 C. water-boiling
1 stick butter
2 C. whole-wheat flour
1½ C. oatmeal
- More all-purpose flour as needed

Measure flour into the warmed bowl. Then pour the 3 cups water over the flour and mix. Sprinkle the yeast, salt and sugar over the water and mix lightly. Set aside with plastic cover for about 20 to 30 minutes (time depends on following step).

In the 1 cup boiling water melt butter completely and then cool mixture to 115°. Measure the whole-wheat flour and oatmeal into a large bowl. Pour the 1 cup water and butter mixture in and stir until moistened. Add this mixture to the yeast mixture and mix well. You will need to add more all-purpose flour to the mix until you get a stiff dough. Turn out onto a floured surface and knead for about 5 minutes adding more all-purpose flour as necessary. Place in a greased bowl and cover with plastic wrap. Allow to rise until double in size (about 1 hour). Punch down then shape into 3 loaves. Cover and let rise again until doubled. Bake at 375° for ½ hour or until done.

Faye Kirkman

BLUEBERRY & CRANBERRY NUT MUFFINS

1½ C. flour
¾ C. sugar
2 tsp. baking powder
½ tsp. salt
½ C. milk
2 eggs (beaten)
1 tsp. grated orange peel (optional)
½ C. Light Karo Corn Syrup
1 C. blueberries or cranberries
½ C. coarsely chopped walnuts
¼ C. vegetable oil

Spray 12 (2½") muffin pan cups with cooking spray. (You can use paper cups but spray them as well). In medium bowl combine flour, sugar, baking powder and salt. In large bowl blend eggs, corn syrup, milk, oil and orange peel. Stir in flour mixture just until moistened. Stir in berries and nuts. Spoon into prepared muffin cups (abut ⅔ full). Bake in 400° oven, preheated, 18 to 22 minutes or until lightly browned and firm to touch. Cool in pan on wire rack 5 minutes. Remove. Serve warm or cool.

Faye Kirkman

PERFECT PANCAKES

2 eggs - beaten
3 T. vegetable oil
1½ C. self-rising flour
1 C. milk
2 or 3 T. sugar

In medium bowl, beat eggs. Add milk and oil and mix well. Add all other remaining ingredients. Stir until all the large lumps disappear. For each pancake pour ¼ cup batter onto hot griddle or pan. Cook one or two minutes or until bubbles begin to break. Turn and cook one or two minutes. Makes about 12 pancakes.

Frances Utt

YEAST ROLLS

¼ C. sugar
2½ tsp. yeast (1 pkg)
1 C. Plus 2 T. warm water

Mix and let stand until foam covers most of water (10 minutes)

Add

3½ C. Pillsbury bread flour
1 tsp. salt
1 large egg
⅓ C. oil

Add together and mix well. Add additional flour if needed to make soft dough. Cover bowl with cloth. Let rise until double in bulk in a warm place (about 1½ hours). After rising, turn dough out and knead two or three times. It manages better if you cover and let it rest for 10 to 15 minutes. Roll out, cut with biscuit cutter. Crease each one. Brush with butter and fold. Let rise until double. Bake in preheated oven at 400° for about 12 minutes.

Ernestine Chappell

HOT ROLLS

¾ C. Crisco
2 eggs
¾ C. sugar
2 pkgs. dry yeast
1 C. cold water
½ C. lukewarm water
7 C. flour
1 C. boiling water
2 tsp. salt

Combine Crisco and boiling water. Mix until dissolved. Add eggs, sugar and salt. Beat in cold water. Soften yeast in lukewarm water and add to mixture. Add flour in small amounts until all is mixed well. Turn into large greased container and cover and put into refrigerator. (Doubles in size in 1 hour). Keeps in refrigerator three to four days. Best results if you keep in a Tupperware bowl. Butter hands, pinch off dough the size of a small walnut. Roll the dough into balls. Place 3 balls into each muffin cup. Butter the tops and allow to rise in pan until they are doubled in size. Bake at 450° for 15 to 20 minutes. Makes about 2½ dozen large rolls.

Faye Kirkman

SPONGE WHEAT BREAD

6 C. warm water
2 T. yeast
1 C. honey
3 C. oatmeal
6 C. whole-wheat flour
1 C. applesauce (optional for added moisture)

Mix well, beat 50 strokes and let set 1 hour. Then beat down.

Add

1 C. oil
1 tsp. salt
6 C. white flour

Knead 10 minutes and put into bowl. Let rise once and punch down. Let rise again and punch down. Form into rolls, loaves, etc. Let rise. Bake in preheated oven at 350° for 30 to 40 minutes (less for buns).

Nancy Warner

BANANA BREAD

4 C. plain flour
3 C. sugar
1 C. corn oil
4 eggs (lightly beaten)
1 C. buttermilk
1 tsp. salt
2 tsp. soda
2 C. mashed bananas
1 C. chopped nuts

Sift flour with salt and soda. Creme sugar, oil and beat in eggs. Add flour alternately with milk. Pour into 2 loaf pans, well greased. Bake in preheated oven at 350° for 1 hour or until toothpick comes out clean.

Bessie Marshall

EASY BANANA BREAD

2 small pkg. Bisquick
⅓ C. shortening
1 C. sugar
2 eggs
3 ripe bananas

Grease 2 loaf pans well. Cream shortening and sugar. Add eggs and beat well. Stir in freshly mashed bananas. Add Bisquick, one package at a time. Beat until smooth. Turn into prepared pans and bake in a preheated oven at 350° for 30 to 40 minutes or until test done.

Margaret Matthews

BEST EVER BANANA BREAD

1¾ C. flour
1½ C. sugar
1 tsp. baking soda
½ tsp. salt
2 eggs
2 ripe bananas, mashed (1 cup)
½ C. vegetable oil
1 tsp. vanilla
¼ C. plus 1 T. buttermilk
1 C. chopped walnuts

In a large bowl stir flour, sugar, baking soda and salt. In another mixing bowl, combine eggs, bananas, oil, buttermilk and vanilla. Add to flour mixture, stirring just until combined. Fold in nuts. Pour into a greased 9 x 5" baking pan. Bake in preheated oven at 325° for 1 hour and 20 minutes or until bread tests done. Cool on wire rack. Yields 1 loaf. (Recipe does not double well).

Mary Lou Ehrenreich

BANANA NUT BREAD

½ C. shortening
1 C. sugar
1 C. mashed bananas
½ C. salt
2 eggs
2 C. flour
1 tsp. baking soda
⅓ C. milk or light cream
¼ C. chopped nuts

Cream shortening and sugar. Add eggs and mix well. Add milk and soda, dissolved in 1 tbsp. hot water. Add bananas and dry ingredients. Makes 1 large loaf or two smaller loaves. Bake in preheated oven at 350° for 50 minutes or until done.

Donna Warner

BANANA MUFFINS

3 C. flour
1½ C. pecans, coarsely chopped
1 C. oats, uncooked
1 C. corn flakes
1 T. baking powder
2 tsp. baking soda
½ tsp. salt
4 lg. ripe bananas
1 C. milk
1 C. honey
4 T. butter, melted
1 egg

In large bowl, combine flour, pecans, oats, corn flakes, baking powder, soda and salt. In medium bowl, beat bananas, milk, honey, butter and egg. Add to dry ingredients: stir until moistened. Spoon into paper-lined muffin pans. Bake in a convection oven at 375° for 13 to 16 minutes until golden brown. (Or bake about 20 minutes at 400° in a regular oven.)

PINEAPPLE CARROT BREAD

2 C. plain flour, sifted
1 tsp. soda
1 tsp. salt
1½ tsp. cinnamon
3 eggs, beaten
2 cups sugar
1 cup vegetable oil
1 cup grated carrots
1 (8-oz.) can crushed pineapple, undrained
1 tsp. vanilla
1 C. pecans, chopped

Preheat oven to 325°. Combine sugar, eggs and oil in a medium size bowl and mix well. Stir in carrots, pineapple, flour, salt and soda and mix well. Stir in pecans. Pour into a loaf pan, 9" x 5". Cook for 1 hour and 10 minutes.

Marian T. Nichols

GRANDMA'S GINGERBREAD

½ C. sugar
1 C. molasses
1 C. buttermilk
2 C. flour
¼ C. melted shortening
1 egg
1¼ tsp. soda
1 tsp. cinnamon
1 tsp. ginger
½ tsp. salt

Mix all dry ingredients and add to all liquids. Bake in preheated oven at 325° for 30 minutes or until test done.

Margaret Matthews

ROBERT'S EASY COUNTRY BISCUITS

2 C. self rising flour
1 C. buttermilk
1 Walnut size lump of shortening or lard (room temp)
1 small pinch of salt

Place dry ingredients into mixing bowl and spread around side, add buttermilk in center and combine. Flatten out on floured table top (do not over work dough as biscuits will be tough). Cut and place on insulated cookie sheet. Cook in preheated oven at 350° till light and fluffy (10 to 12 minutes). Coat with melted butter. Makes 10 to 12 wonderful biscuits.

Note: Do not use margarine or spreads as they contain too much water.

Robert M. Piotrowski

SPOON BREAD

2 C. self rising white corn meal
2 C. buttermilk
2 eggs
- pinch salt
1 T. Crisco (heaping -like an egg)
2 C. water

Preheat oven to 400°. Melt Crisco in oven in pan and pour in batter. Cook for 20 to 30 minutes or until golden brown on top.

Stella Bowman

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

— Sir Winston Churchill

ZUCCHINI - PINEAPPLE BREAD

3 C. all-purpose flour
2 tsp. soda
½ tsp. baking powder
1½ tsp. cinnamon
1 tsp. apple pie spice
¾ C. pecans, chopped
4 eggs
2 C. sugar
1 C. oil
2 tsp. vanilla extract
2 C. coarsely shredded zucchini
1 (8-oz.) can crushed pineapple, well drained
- raisins or coconut (optional)
1 tsp. salt

Combine flour, soda, salt, baking powder, cinnamon, apple pie spice and nuts. Set aside. Beat eggs lightly in large mixing bowl. Add sugar, oil and vanilla and beat until creamy. Stir in zucchini and pineapple. Add dry ingredients, beating only until dry ingredients are moistened. Spoon batter into 2 well greased 9" x 5" x 3" loaf pans (Pam or Bakers Joy). Bake in preheated oven at 300° for 1 hour or until done.

Irene Simmons

ZUCCHINI BREAD

3 eggs
1 C. oil
2 C. raw shredded zucchini
1¾ C. sugar (Splenda may be substituted)
¼ tsp. baking powder
2 tsp. baking soda
1 tsp. cinnamon
1 tsp. salt
2 tsp. vanilla
1 C. nuts, chopped (pecans work best)
2 C. plain flour

Put zucchini in a cheesecloth or t-shirt and squeeze out excess juice. Beat eggs, sugar and oil together. Add flour, baking powder, soda, cinnamon, salt, vanilla and nuts. Mix together by hand. Add zucchini (minus juice). Beat mixture. Pour into 2 greased and floured loaf pans. Bake in preheated 350° oven for 1 hour. Recipe may be doubled.

Martha Cassell

ZUCCHINI BREAD

3 eggs
2 C. sugar
1 C. oil
2 C. peeled grated zucchini
3 C. flour
1 tsp. soda
3 tsp. cinnamon
3 tsp. vanilla
½ tsp. baking powder
½ C. chopped nuts or raisins

Mix eggs, sugar and oil. Add zucchini. Sift flour, soda, cinnamon, salt and baking powder together. Mix with other ingredients, add vanilla and nuts. Stir well. Pour into 2 well greased loaf bread pans. Bake in preheated oven at 325° for 1 hour.

Ernestine Chappell

Well done is better than well said.

— Benjamin Franklin

69145-05

COFFEE CAKE SUPREME

2 C. all-purpose flour
¼ tsp. salt
1 tsp. baking powder
1 tsp. soda
¼ lb. butter
2 eggs
1 tsp. vanilla
1 C. sugar (set an additional 2 T. sugar aside for later)
1 C. sour cream
1 tsp. cinnamon
¼ C. walnuts, chopped
(4-oz.) semi-sweet chocolate chips or butterscotch chips (my favorite)

Sift flour with baking powder, baking soda an salt. Separately cream butter and gradually add 1 cup sugar. Beat until mixture is blended, 2 to 3 minutes. Add eggs, one at a time. Alternately beat in flour mixture and sour cream, beginning and ending with flour. Add vanilla.

Combine 2 tbsp. sugar, cinnamon, nuts and chips. Sprinkle about ⅓ of mixture over greased 1½ quart mold or tube pan. Pour in half the batter mixture, Repeat sugar/chip mixture, repeat batter, etc. saving some sugar/chip mixture for the top. Bake at 350° for 45 minutes.

Anita Hoisington
Joann Mittelstadt

I'm a great believer in luck, and I find the harder I work the more I have of it.

— Thomas Jefferson

69145-05

CREAM PUFFS

½ C. shortening, (Crisco)
⅛ tsp. salt
1 C. boiling water
1 C. sifted flour
4 eggs, unbeaten

Preheat oven to 425°. Add shortening and salt to boiling water and bring to boiling again. Reduce heat, add flour all at once and stir rigorously until mixed. Mixture should form a ball around spoon. Remove from heat, add one egg at a time, beating real good after each. Continue beating until shiny. Shape with spoon on ungreased cookie sheet. Bake for 20 minutes at 425° then reduce heat to 325° and cook another 15 minutes. Cool. Make slit for filling.

Real good filled with chicken salad or cream pie filling.

BUTTERY BREAD

1 stick margarine
2 C. self rising flour
1 C. buttermilk

Preheat oven to 400°. Place margarine in iron skillet and place in oven to melt . Mix flour and buttermilk. Pour over melted margarine. Using a small glass cut mixture like biscuits in pan. Bake 15 to 20 minutes.

Not everything that is faced can be changed, but nothing can be changed until it is faced.

— James Baldwin

PECAN APPLE PANCAKES

1 lg. golden delicious apple
1 tsp. water
1 T. brown sugar
2½ C. all-purpose flour
4 tsp. baking powder
1 T. granulated sugar
½ tsp. salt
1¾ C. milk
2 eggs
2 T. cooking oil
½ tsp. vanilla
½ C. pecans, chopped

Core and slice apples (slice into ½" pieces). Cook apples with water in a 6" cast-iron skillet or on one end of a griddle for 5 to 8 minutes or until barely crisp, stirring constantly. Sprinkle with brown sugar, stirring till apple pieces are glazed. Remove from skillet. Combine flour, baking powder, granulated sugar and salt. Combine milk, eggs, oil and vanilla. Add liquid ingredients to flour mixture, stirring just until moistened (batter should be lumpy). Stir in apples and nuts.

For each pancake, pour ¼ cup batter onto a hot, lightly greased skillet or griddle. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to cook second side when pancakes have bubbly surfaces and edges are slightly dry. Serve with butter and syrup. Makes about 16.

CHEESE CRACKERS

2 C. grated cheese (you can use Velveeta mixed with some strong Cheddar cheese)
2 C. plain flour
1 tsp. salt
2 sticks margarine
2 C. Rice Krispies

Mix all ingredients thoroughly. (Works best when mixing with your hands). Make into small balls about the size of a big marble. Place on well greased pan and flatten each ball with a fork. Place a pecan half and a few Rice Krispies on top of each cracker. Bake in preheated 375° oven for 20 minutes or until brown.

Marian Nichols

FUNNEL CAKE

2 eggs
1 C. milk
2 C. flour
¼ C. sugar
- dash salt
½ tsp. baking powder

Beat eggs, add milk and sugar. Add flour, salt and baking powder. Heat oil until hot. Pour batter thru funnel. Criss-cross in hot oil. Cook until golden brown on both sides.

Mary Chandler

69145-05



Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

DESSERTS

PIE CRUST

2 C. flour
1 C. shortening
- dash salt
1 egg
1 T. vinegar
⅓ C. tap water

Mix together flour, shortening and salt. Mix in separate bowl the other ingredients and add to first mixture. Chill 5 to 10 minutes. Roll in floured bowl. Roll out on floured board. Makes enough for two double crust pies. Bake in preheated 350° oven for 10 minutes or until light brown.

Mary Lou Ehrenreich

QUICK AND EASY PIE CRUST

1½ C. flour
2 T. sugar
2 T. milk
½ C. oil

Mix all ingredients in a 8" or 9" pie dish and press on bottom and sides. Bake in preheated oven at 350° for 20 minutes. Fill with your favorite pie filling.

BASIC CREAM PIE

½ C. sugar
3 T. flour, level
1 T. cornstarch
3 egg yolks
1½ C. milk
1 T. butter or oleo
1 Pie crust, cooked

Mix in top of double boiler and cook over boiling water until it becomes thick. Cool and then add ingredients as desired for the pie you want. Pour into pie shell and let cool before cutting. Store in refrigerator until used.

Add a small can of drained pineapple for Pineapple Pie; bananas for Banana Cream pie; 1 cup of coconut for Coconut pie.

Helen May

PERFECT MERINGUE

3 egg whites
¼ tsp. cream of tartar
6 T. sugar
½ tsp. vanilla

In a deep bowl, beat egg whites with vanilla and cream of tartar until soft peaks form; don't overbeat the egg whites before adding the sugar or the meringue will leak making the top of the pie filling moist and slippery. Gradually add sugar, beating until stiff, glassy peaks form and sugar dissolves. (Rub some meringue between fingers, should not feel any sugar.) Spread over hot filling. Bake at 350° 10 to 12 minutes or until meringue is golden. Will cover a 9" pie.

Verla Phillips

K & W EGG CUSTARD

1 C. sugar
1 T. plain flour
4 eggs
1⅔ C. milk
1 tsp. vanilla
1 tsp. lemon juice
1 unbaked pie shell
- nutmeg

Mix first six ingredients with a mixer. Pour into pie shell. Sprinkle with nutmeg. Bake in preheated 350° oven for 40 to 45 minutes.

Martha Cassell

EGG CUSTARD PIE

3 eggs, beaten
¾ C. sugar
⅛ tsp. salt
2 C. milk
½ tsp. nutmeg
1 tsp. vanilla

Preheat oven to 450°. Beat eggs. Add sugar, salt, milk and vanilla. Pour into pie shell. Sprinkle nutmeg on top. Bake for 10 minutes at 450°. Reduce heat to 325° and bake for about 25 minutes or until done.

Evelyn Ayers

PECAN PIE

2 T. flour
2 T. corn meal
1 box brown sugar
1 stick margarine, softened
¾ C. milk
1 tsp. vanilla
3 eggs, well beaten
1 C. chopped pecans

Mix all together and pour into 2 unbaked pie shells. Cook in preheated 350° oven for 45 minutes.

Vivian Manuel

PECAN PIE

1 Pie shell
¼ C. margarine
1 C. brown sugar, firmly packed
¾ C. egg substitute (or 6 egg whites)
½ C. light corn syrup or molasses
1-1½ C. pecan, unsalted and broken
1 tsp. vanilla
¼ tsp. salt

Preheat oven to 450°. Bake pie shell 5 to 7 minutes. It will be only partially done. Cool. Reduce oven to 375°

Cream margarine and brown sugar until light in color. Gradually beat in egg substitute. Stir in corn syrup, vanilla, pecans and salt. Fill pie shell and bake 40 minutes or until knife inserted in the filling comes out clean. Serve warm or cold. Yields 8 servings. 430 calories per serving.

Mary Berrier

LINDA' PECAN CHESS PIE

1 unbaked pie crust
1 stick butter
1½ C. sugar
1 T. corn meal
3 eggs
- pinch salt
½ tsp. vanilla
1½ T. vinegar
1 C. pecan pieces

Preheat oven to 350°. Mix all ingredients together. Pour into unbaked pie crust. Bake for 45 minutes.

Linda Brown

APPLESAUCE PIE

1 C. sugar
2 T. flour
- pinch salt
2 eggs, slightly beaten
1 C. applesauce
1 C. milk
1 tsp. vanilla
2 tsp. butter
1 pie shell, unbaked
- Nutmeg

Combine sugar, flour and salt. Mix other ingredients and mix with dry ingredients. Pour into pie shell and bake in preheated oven at 375° for 25 to 30 minutes. After cooking sprinkle with Nutmeg.

Mary C. Chandler

FRESH STRAWBERRY PIE

1 Deep dish Graham Cracker crust
1 (8-oz.) pkg. cream cheese
1 (8-oz.) carton Cool Whip
1 C. powdered sugar
2 C. strawberries
1 bag Strawberry glaze

Slice strawberries and place into crust. Mix Cool Whip, cream cheese and powdered sugar and pour over berries. Top with glaze. Refrigerate.

Mary C. Chandler

OATMEAL PIE

⅔ C. sugar
⅔ C. oatmeal
⅔ C. nuts, chopped
⅔ C. pancake syrup
2 eggs, beaten
1 stick margarine, melted

Mix all ingredients and pour into pie shell. Bake in preheated oven to 350° for 40 minutes.

Mary C. Chandler

PINTO BEAN PIE

3 unbaked pie shells
3 C. home cooked pinto beans, mashed
4 eggs
3 C. sugar
2 sticks butter, melted
1½ C. coconut
1 C. pecans, chopped
1 T. vanilla

Combine beans, eggs, sugar, margarine, coconut, pecans and vanilla. Pour into pie shells. Bake in preheated 300° oven for 1 hour.

Marian Nichols

BEN'S FAVORITE PIE

2½ C. apples, chopped
¾ C. white sugar
¾ stick butter or margarine, melted
1 T. flour (heaping T.)
1 egg, well beaten
1 tsp. cinnamon
⅛ tsp. salt
1 Deep dish pie shell

Preheat oven to 350°. Put apples in deep dish pie shell, unbaked. Mix remaining ingredients and pour over apples. Bake for 30 to 40 minutes or until apples are done. Pie can be frozen.

Stella Bowman

SUGAR FREE CHOCOLATE PIE

1 pkg. Sugar Free Vanilla pudding mix (cook and serve kind)
1 pkg. Sugar Free Chocolate pudding mix (cook and serve kind)
4 C. milk
1 Pie shell, baked

Mix vanilla and chocolate pudding mix together. Add milk and cook, stirring constantly until it thickens. Pour into cooled baked pie shell.

Pat Busick

CHOCOLATE PEANUT BUTTER PIE

1 9" pie crust, baked
1 C. powdered sugar
3 T. Crunchy Peanut Butter (heaping T.)
1 (3-oz.) pkg. Chocolate pudding (instant)
1 (8-oz.) carton Cool Whip

Bake crust. Mix peanut butter and powdered sugar well. Spread on pie crust. Mix chocolate pudding per box instructions and pour over peanut butter mix. Cool and spread with Cool Whip. Sprinkle with nuts if you wish. Keep in refrigerator till set.

Helen May

CHOCOLATE PIE

2 C. milk
1 C. sugar
2 eggs yolks, beaten
½ C. butter
1 tsp. vanilla
2 T. cornstarch
⅛ tsp. salt
(3-oz.) chocolate
2 pie shells, baked

Mix all ingredients except vanilla and cook in double boiler until thick. Stir in vanilla and pour into pie shells. Cover with meringue and brown in oven.

Evelyn Ayers

EASY CHOCOLATE PIE

2 C. milk
1 C. sugar
3 T. cocoa
3 T. flour
1 tsp. vanilla
3 egg yolks, (save whites for meringue)

Mix all ingredients together except for vanilla and put in blender, then cook filling in microwave 5 minutes and 8 seconds. (Microwaves vary) Cook until thickens. Add vanilla and pour into baked pie crust. Cover with meringue and bake 10 minutes at 400°

Erlene Frye

BUTTERNUT SQUASH PIE

3 C. Butternut squash, cooked
1 T. flour
1 small can milk
2 eggs
1 stick butter
2 C. sugar
1 tsp. vanilla
2 unbaked pie shells

Mix mashed squash, flour, milk, eggs and flavoring and cream well. Pour into 2 pie shells. Bake in preheated 350° oven for 40 to 50 minutes or until firm in the middle.

Evelyn Ayers

PEANUT BUTTER PIE

1 (8-oz.) pkg. cream cheese
2 C. powdered sugar
⅔ C. peanut butter
1 C. milk
1 (8-oz.) carton Cool Whip
2 Graham Cracker crust

Mix all ingredients together and pour into pie crust.

Pauletta Crotts

JELLO PIE

1 Graham Cracker crust
1 box Jello
2 sm. Yogurts
1 carton Cool Whip

Mix Jello and ¼ cup warm water and mix well. Set aside. Mix Yogurt and Cool Whip and blend with Jello and mix well. Pour into crust and chill 2 or 3 hours. Use same flavor of both Jello and Yogurt.

Pauletta Crotts

BROWN SUGAR PIE

2 eggs, beaten
1½ C. light brown sugar
2 T. butter, melted
2 T. milk
- Pinch of salt
1 tsp. vanilla
1 pie shell

Preheat oven to 350°. Mix and pour into uncooked pie shell. Bake until firm.

Marianne Pruitt

KOOL ADE PIE

1 pkg. Kool Ade, any flavor
1 can carnation milk
1½ C. sugar
1 Graham Cracker crust

Chill milk and beat until starts getting thick. Add sugar and beat until dissolved. Add Kool Ade and beat with mixer. Pour into pie shell and put in freezer until ready to serve.

Mary C. Chandler

DEERPARK'S KEY LIME PIE

2 cans Sweetened condensed milk
¾ to 1 C. lime juice
2 egg yolks
- Whipped cream
1 (9") deep dish Graham Cracker piecrust

Preheat oven to 400°. Thoroughly mix milk with ½ cup of the lime juice. Add more lime juice to taste. Add egg yolks, blending to incorporate. Pour into pie shell. Turn oven off and place pie in oven immediately. Bake 5 to 6 minutes until set. Remove from oven and cool. Cover and refrigerate. (Pie freezes well for a day or so.) Before serving, garnish with whipped cream if desired.

Nancy Russell

KEY LIME PIE

1 (6-oz.) Graham cracker crust, reduced fat
1 sm. pkg. lime Jello
¼ C. boiling water
2 (6-oz.) carton key lime yogurt, light -low fat
1 (8-oz.) carton Kool Whip, fat free

In a large heat-resistance bowl, dissolve Jello in boiling water. Stir in yogurt with wire whisk. Fold in Kool Whip with a wooden spoon. Spread in crust. Refrigerate overnight or at least 2 hours. Garnish. Refrigerate leftovers.

Martha Cassell

OREO COOKIE PIE

1 lb. Oreo cookies, chopped
1 stick butter, melted
1 (8-oz.) pkg. cream cheese
1 (8-oz.) Cool Whip
¾ C. sugar
2 sm. boxes Chocolate pudding

Mix chopped cookies with melted butter for bottom layer. Mix sugar and cream cheese together for second layer. Mix pudding according to directions on box for third layer. Spread Cool Whip for top layer. Refrigerate until chilled.

Margaret Matthews

Courage is the price that life exacts for granting peace.
— Amelia Earhart

BUTTERSCOTCH PIES

3 C. milk
4 egg yolks, beaten
2 C. brown sugar
3 T. cornstarch
2 tsp. vanilla
⅔ stick butter
4 egg whites
½ C. sugar
2 pie shells, baked

Combine first six ingredients, except for vanilla, and cook until thick. Add vanilla and pour into 2 baked pie shells. Beat egg whites until stiff while adding ½ cup sugar, 1 tablespoon at a time. Spoon meringue over pies. Preheat oven to 350°. Place pies in oven and cook until meringue is brown, about 10 minutes.

Evelyn Ayers

JAPANESE FRUIT PIE

¾ stick butter, softened
1 C. sugar
1 T. vinegar
1 tsp. vanilla
½ C. raisins
½ C. coconut
½ C. pecans, chopped
2 eggs
1 pie crust, unbaked

Preheat oven to 325°. Combine all ingredients, except pie shell and mix well. Pour into pie shell and bake for 40 minutes.

Elizabeth Cooke

We make a living by what we get, we make a life by what we give.
— Sir Winston Churchill

JAPANESE PIE

½ C. butter, melted
2 eggs
1 C. sugar
1 T. vinegar
½ C. coconut
½ C. raisins
½ C. pecans, chopped
½ C. Crushed pineapple
1 (9") pie shell, unbaked

Combine butter and eggs in bowl and mix well. Add sugar, vinegar, coconut, pineapple, raisins and pecans. Mix well. Spoon into pie shell. Bake in preheated oven at 325° for 40 to 50 minutes or until set.

Ethel Russell

LAZY WIFE PIE

½ stick butter
½ C. sugar
1 tsp. vanilla
1 C. milk
1 qt. apples, sliced
¾ stick butter
1 C. sugar
1 C. self rising flour

Preheat oven to 300°. Put ½ stick butter into 13" x 9" pan and dice butter up. Add apples, ½ cup sugar, milk and vanilla. Mix and set aside. Combine ¾ stick butter, 1 cup sugar and 1 cup flour and work together with hands. Sprinkle over apples and bake for 45 minutes.

Frances Utt

A good listener is not only popular everywhere, but after a while he gets to know something.

— Wilson Mizner

COCONUT CREAM PIE

2 C. milk
3 egg, separated
3 T. flour (or 1 T. cornstarch)
- pinch of salt
½ C. sugar
2 T. margarine
1 C. coconut
1 T. vanilla

Mix milk, beaten egg yolks, flour and salt. Cook in microwave or double boiler until thick. Add margarine, coconut and vanilla. Pour into baked pie crust. Beat egg whites, with a heaping T. of sugar, until stiff. Spoon on top of pie and heat in oven until golden brown.

Mary C. Chandler
Evelyn Ayers

NO CRUST COCONUT PIE

4 eggs, well beaten
½ C. self-rising flour
1¾ C. sugar
2 C. milk
½ stick butter
1 tsp. vanilla
1 can coconut (1 cup)

Preheat oven to 350°. Grease pie plate. Mix sugar and flour with eggs. Add other ingredients and pour into pie plate. Bake for 45 minutes or until done. This is an easy and refreshing treat.

Madeline Gardner

It is amazing what you can accomplish if you do not care who gets the credit.

— Harry S. Truman

COCONUT PIE

5 eggs, beaten
1 stick butter, melted
¾ C. buttermilk
¾ C. sugar
2 tsp. vanilla
1 C. coconut
1 tsp. salt
2 pie shells

Preheat oven to 325°. Blend all ingredients and pour into unbaked pie shells. Bake for 50 minutes.

Evelyn Ayers

FRESH COCONUT PIE

5 eggs, slightly beaten
1 stick margarine, melted
¾ C. buttermilk
1 small can coconut
2 C. sugar
1 tsp. vanilla
2 pie shells, unbaked

Preheat oven to 325°. Mix all ingredients together and pour into pie shells. Bake for 25 minutes or until done.

Pauletta Crotts

COCONUT-PINEAPPLE PIE

1 stick margarine or butter
1 sm. can crushed pineapple
1 can flaked coconut
2 C. sugar
4 eggs, beaten well
2 pie shells, unbaked

Cut up margarine or butter. Add pineapple, coconut and sugar and mix well. Pour beaten eggs over mixture and stir until well blended. Pour into 2 frozen, unbaked pie shells. Bake in preheated 350° oven for 30 to 35 minutes or until golden brown and set.

Marian Nichols

LEMON PINEAPPLE PIE

1 (8-oz.) box Sugar Free Vanilla pudding mix (cook and serve kind)
1 (3-oz.) box Sugar Free Lemon Jello
1 C. crushed pineapple (in it's own juice)
1 Graham Cracker Crust (reduced fat)
1½ C. water
1 tsp. butter
1 (8-oz.) Cool Whip

Mix pudding mix with 1½ cup water and cook until it thickens. In another pan boil ½ cup water, add sugar free Jello and stir well. Add 1 tsp. butter to the Jello mixture. Add 1 cup crushed pineapple. Then add all together. Let cool and then add Cool Whip. Mix and put into pie crust. Place in refrigerator until serving.

Pat Busick

PINEAPPLE PIE

1 can crushed pineapple
1 box Vanilla instant pudding, dry
2 C. sour cream
1 carton Cool Whip
1 Graham Cracker crust

Pour pudding mix over pineapple and using a whisk, whip until smooth. Mix sour cream and Cool Whip with the pineapple mixture and pour into a Graham Cracker Crust. Chill for 3 hours.

Pauletta Crotts

RHUBARB PIE

3 C. Rhubarb, cut up.
1 C. sugar
3 T. flour
⅛ tsp. salt
2 T. butter

Mix rhubarb with sugar, flour and salt and stir well. Fill a pastry lined pie plate with the mixture. Dot with butter. Add top crust and crimp edges. Bake in preheated oven at 400° for 30 to 45 minutes or until done.

Evelyn Ayers

K & W FRESH PUMPKIN PIE

2 C. fresh pumpkin, cooked, drained and kept warm
2 T. flour
(2-oz.) evaporated milk
1½ C. whole milk
1½ tsp. vanilla
½ tsp. cinnamon
- pinch of salt
1 C. plus 1 oz. sugar
2 lg. eggs
1 pie shell

Mix sugar, salt, flour, cinnamon. Add pumpkin and mix well. Add eggs and vanilla and mix with both milks and stir well. Pour into pie shell and bake in preheated oven at 400° for 10 minutes. Turn temperature down to 350° and bake another 50 to 60 minutes or until pie is set.

Mary C. Chandler

PAWLEYS ISLAND PIE

1 9" pie shell
2 eggs
1 C. sugar
½ C. flour
1 stick butter, melted
1 tsp. vanilla
1 C. chocolate chips
1 C. chopped pecans

Blend and pour in unbaked pie shell. Bake in preheated oven at 350° for 30 minutes.

It is better to deserve honors and not have them than to have them and not deserve them.

— Mark Twain

SLICED SWEET POTATO PIE

2 lg. sweet potatoes
2 C. sugar
½ C. flour
1 T. cinnamon or to taste
½ C. milk
- butter

Preheat oven to 400°. Peel and slice potatoes. Mix sugar, flour and cinnamon. Using a 9" or 10" pie pan place a layer of potatoes and a layer of sugar mixture. Repeat layers until pan is full. Pour milk over top and dab top well with butter. Bake until potatoes are done, about 1 hour.

Marian Nichols

SWEET POTATO PIE

4 med. sweet potatoes
1 C. sugar
2 C. water
1 box Yellow cake mix
1 stick margarine

Peel potatoes and put into baking pan. Add sugar and water. Put cake mix on potatoes, dry. Cut margarine on top of cake mix. Bake in preheated 350° oven until done. (Cake will be brown and crunchy on top.

Emily Clement

The greatest test of courage on earth is to bear defeat without losing heart.

— Robert G. Ingersoll

SWEET POTATO PIE

1½ C. Sweet potatoes, cooked and mashed
½ C. white sugar
⅓ C. Brown sugar
4 T. butter
1 can milk
1 lg. egg
1 sm. box vanilla instant pudding
1 T. vanilla flavoring
1 pie crust

Bake pie crust 10 minutes. Beat potatoes until fluffy. Add other ingredients and beat again. Bake in preheated oven at 350° for 30 minutes.

Pauletta Crotts
Evelyn Ayers

SWEET POTATO ROLL UP
(OR APPLE ROLL UP)

4 med. raw sweet potatoes
1 can Hungry Jack Biscuits (green can-10 count)
2 C. sugar
2 C. water
2 sticks margarine
- nutmeg

Preheat oven to 350°. Put sugar, water and margarine in large baking dish and melt together. Stir. Divide biscuits and roll out flat. (should have 20 when divided). Peel potatoes and cut in strips about ¾" to 1½" long. Roll potato strips in biscuits and place into melted solution. Sprinkle with nutmeg. Bake for 30 minutes then turn oven back to 325°. Cover with foil and bake 20 minutes longer. Use apples instead of sweet potatoes if desired.

Shelby Midkiff Wood

SWEET POTATO PIE

4 med. sweet potatoes, cooked
1 C. sugar, white
½ C. brown sugar
3 C. water
1 tsp. cinnamon
2 sticks margarine
1 box yellow cake mix

Preheat oven to 350°. Peel and slice potatoes and place in 9" x 13" baking dish. Add water, sugar and sprinkle with cinnamon. Use 1 stick of margarine and cut thin slices, placing on potatoes. Sprinkle cake mix on top. Slice 1 stick margarine and put on top of cake mix. Bake until brown, about 35 to 40 minutes.

Evelyn Ayers

SWEET POTATO PIE

2 C. sweet potatoes, cooked and mashed
2 T. butter or margarine, softened
2 eggs
1 C. sugar
1 T. all-purpose flour
½ tsp. salt
½ C. buttermilk
¼ tsp. baking soda
1 tsp. vanilla
1 9" pastry shell, unbaked

Preheat oven to 350°. Combine sweet potatoes, butter and eggs mixing well. Combine sugar, flour and salt; stir into potato mixture. Mix buttermilk and soda and add to potato mixture. Mix well and stir in vanilla. Pour filling into pastry shell. Bake for 1 hour and 10 minutes or until set. Serve warm or cool. Yield one 9" pie.

Evelyn Ayers

PEACH DUMPLINGS

1 C. water and juice (use juice from canned peaches and finish with water to make 1 cup)
1 C. sugar
1 stick butter
½ T. sugar
½ T. cinnamon
1 can Crescent rolls
- Fresh peaches or canned peaches

Roll pieces of peach (about ¼ peach if using fresh peaches) in Crescent roll (makes 8). Place in pan. Bring water, juice, sugar and butter to a boil. Mix cinnamon and ½ T. sugar and sprinkle on top. Pour juice over peaches and cook in preheated over at 300° oven for 30 minutes.

Ernestine Chappell

OFFICIAL PEACH COBBLER
("Of the Virginia Peach Festival")

6 T. margarine
2 C. flour
2 C. sugar
1½ C. milk
8 peaches, peeled and halved

Melt margarine in 9" x 13" x 2" pan. Mix flour, sugar and milk and pour over margarine. Pour peaches over batter. Bake in preheated oven to 375° until crust is brown and done.

Evelyn Ayers

Well-timed silence hath more eloquence than speech.
— Martin Tupper

SOUR CREAM PEACH PIE

2½ C. fresh peaches, sliced
1 egg, beaten
½ tsp. salt
½ tsp. vanilla
1 C. sour cream
¾ C. sugar
2 T. all-purpose flour

Preheat oven to 375°. Peel and slice peaches. Mix peaches with other ingredients and pour into an unbaked pie shell. Bake about 30 minutes or until pie is slightly brown. Prepare topping while pie is baking.

TOPPING:

½ C. butter
⅓ C. sugar
⅓ C. all-purpose flour
1 tsp. cinnamon

Blend all ingredients with a pastry cutter until crumbs are the size of small peas. Sprinkle evenly over pie and bake an additional 15 minutes. Cool completely before serving. Serves 8.

Kaye Pucket
Rachel Hill

QUICK PEACH PIE

1 (29-oz.) can peaches
1 box Jiffy cake Mix
1½ stick margarine

pour peaches into a greased 8" x 8" baking dish. Sprinkle cake mix on top. Melt margarine and pour over top of cake mix. Preheat oven to 350°. Bake 35 minutes or until brown.

Vivian Manuel

PEACHES AND CREAM PIE

¾ C. self rising flour
1 (3½-oz.) pkg. instant Vanilla pudding
3 T. margarine
1 egg
½ C. milk or peach juice
1 large can peaches, drained (save juice)
1 pkg. cream cheese
½ C. sugar
3 T. peach juice
1 T. sugar
1 tsp. cinnamon

Combine first five ingredient and mix at medium speed for 2 minutes. Pour into baking dish. Pour drained peaches over this mixture.

Mix cream cheese, ½ cup sugar and 3 tablespoons peach juice and pour over the peaches.

Mix together 1 tablespoon sugar and 1 teaspoon cinnamon. Sprinkle over the cream cheese mixture. Preheat oven to 350° and bake for 35 minutes.

Vivian Manuel

FRESH PEACH PIE WITH TOPPING

3 C. fresh peaches, sliced
1 C. sugar or to taste
3 T. cornstarch
⅛ tsp. salt
1 egg, beaten

Blend sugar, cornstarch and salt together. Add beaten egg and mix well. Place peaches In a deep 9" pie shell. Pour sugar and egg mixture over peaches. Sprinkle topping over peach mixture and bake in a preheated 375° oven for 45 minutes or until brown.

TOPPING:

½ C. flour
½ C. brown sugar, packed
¼ C. butter

Blend dry ingredients. Cut in butter until finely crumbled. Sprinkle evenly over peaches.

Ruth Dollyhigh

FRED'S PEACH COBBLER

14 to 16 fresh peaches
1¾ C. sugar
1 stick margarine
1 C. flour, self-rising
1 C. milk

Peel and slice peaches. Place in saucepan and cover with ¾ cup sugar. Set aside until sugar melts and stir. Place margarine in baking dish or 9" x 13" pan. Place in oven and turn heat on to 425°. While margarine is melting, place saucepan with peaches on stove on medium hot burner. In bowl mix one cup sugar, flour and milk. Pour hot peaches into hot butter, stir. Pour flour mixture over top of peaches (do not stir) and bake for approximately 35 minutes or until brown. Serve with vanilla ice cream or Cool Whip.

Martha Cassell

APPLE COBBLER

5 C. apples, peeled and sliced
¾ C. sugar
2 T. all-purpose flour
½ tsp. cinnamon
¼ tsp. salt
¼ C. water
1 tsp. vanilla
1 T. margarine
½ C. flour, all-purpose
½ C. sugar
2 T. margarine
1 egg, beaten

Preheat oven to 375°. Combine first 7 ingredients. Mix gently. Put into 9" baking pan. Dot with one T. butter. Mix the rest of ingredients well. Spoon over apple mixture. Bake for 35 to 40 minutes.

Evelyn Ayers

BLACKBERRY COBBLER

2½ C. blackberries
½ stick margarine
1 C. sugar
1 C. flour
1½ tsp. baking powder
½ C. milk
- cinnamon as desired

Preheat oven to 350°. In bowl mix flour, sugar, milk and baking powder. Add to melted margarine in baking dish. Add berries (do not stir). Bake for 45 minutes.

Evelyn Ayers

DEEP DISH BLACKBERRY PIE

3 C. blackberries, fresh or frozen
1 C. sugar
2 T. cornstarch
1 tsp. lemon juice
¼ tsp. ground cinnamon

Combine sugar and cornstarch. Sprinkle over berries. Add juice and cinnamon. Toss to coat. Spoon into a 8½" x 11" baking dish. Cover with topping and bake in preheated oven to 375° for 40 to 45 minutes.

TOPPING:

¾ C. all-purpose flour
3 T. sugar - divided
¼ tsp. salt
3 T. cold margarine or butter
1 T. shortening
3 T. cold water
1 egg white, beaten

Combine flour, 1 tsp. sugar and salt. Cut in butter and shortening until mixture resembles coarse crumbs. Add water. Roll out pastry. Make a lattice crust. Brush with egg white and sprinkle with the other 2 tsp. sugar.

Geraldine Inman

BLACKBERRY DUMPLINGS

1 pt. fresh blackberries
½ C. sugar
½ stick butter or margarine
- water
1 C. self rising flour
½ C. milk (or enough to make a slightly stiff dough)

Cook berries, sugar and margarine in enough water to slightly cover berries. Cook until berries are done, about 10 minutes. Mix flour and milk until right consistency to drop from spoon without separating when in the liquid. Drop by teaspoonful until all dough is used up. Allow to simmer until dumplings are done through, stirring occasionally. Simple, fast and delicious. (Can also use other types of berries such as strawberries.)

Marian Nichols

FRUIT PIE

1 qt. fruit (blackberry, strawberry, dewberry or chopped peaches)
½ stick margarine
- sugar to taste
¾ C. self rising flour
¼ C. sugar
3 T. oil
¾ C. buttermilk

Cook fruit, margarine and sugar until margarine melts. Mix flour, ¼ cup sugar, oil and buttermilk (do not get batter too thin). Place fruit in baking dish (use Pyrex dish deep enough so pie will not boil over) and spoon batter over top evenly. Preheat oven to 375° and bake pie for 45 minutes or until brown.

Ruth Dollyhigh

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there.
— Indira Gandhi

QUICK COBBLER

1 stick oleo - melt in microwave
1 C. sugar
1 C. milk
1 C. flour, self rising
1 can apple, blueberry or cherry fresh pie mix

Preheat oven to 350°. Mix sugar, milk and flour and pour into melted oleo (do not stir). Spoon the pie mix onto batter (do not stir). Bake for about an hour. Crust will be brown and bubbly.

Helen May

FRUIT COBBLER

1 stick butter
1 C. flour, self rising
1 C. sugar
1 C. milk
1 tsp. vanilla
3 C. fruit (most any kind)

Melt butter in baking dish. Mix flour, sugar, milk and vanilla. Pour into dish with melted butter. Pour in fruit. Do not stir. Bake in preheated oven at 350° for about 45 minutes or until brown.

Francis Utt

APPLE CASSEROLE

4 lg. apples (yellow Delicious)
1 T. cornstarch
½ C. sugar
½ C. water
2 T. butter, melted
½ tsp. vanilla
1 tsp. cinnamon (approximately)

Preheat oven to 375°. Slice apples and place in baking dish. Sprinkle cinnamon over apples. Bring to boil other ingredients and pour over apples. Bake, uncovered, for 30 minute.

Evelyn Ayers

APPLE PUDDING

1 stick margarine
1 egg
1 C. sugar
1 tsp. soda
½ tsp. salt
½ tsp. nutmeg
½ C. nuts, chopped
½ C. raisins
2 C. apples, sliced

Preheat oven to 375°. Peel and slice apples and mix with other ingredients. Pour into baking dish and bake for 25 minutes.

Evelyn Ayers

BANANA PUDDING

¾ C. granulated sugar
⅓ C. plain flour
2 eggs, well beaten
2 C. milk (Use large can of carnation milk and finish with water)
- Vanilla Wafers
- Bananas

Beat eggs, add sugar and flour. Mix. Add milk. Cook over boiling water until thick enough to soak into vanilla wafers and bananas. Put vanilla wafers into bottom of bowl. Cover with sliced bananas. Cover with pudding mix. Repeat with another layer. Sprinkle with crushed vanilla wafers. Ready to eat.

Ruth Dollyhigh

You probably wouldn't worry about what people think of you if you could know how seldom they do.

— Olin Miller

ORIGINAL NILLA' BANANA PUDDING

¾ C. sugar - divided
⅓ C. flour
- Dash of salt
3 eggs, separated
2 C. milk
½ tsp. vanilla
45 Nilla" wafers - divided
5 ripe bananas, sliced (about 3½ cups divided)

Preheat oven to 350°. Mix ½ sugar, flour and salt in top of double boiler. Blend in egg yolks and milk. Cook uncovered, over boiling water, stirring constantly for 10 to 12 minutes or until thickened. Remove from heat and stir in vanilla. Spread small amount of custard on bottom of 1½ qt. casserole. Cover with a layer of wafers and a layer of bananas. Pour about ⅓ of custard over bananas. Continue to layer wafers and bananas and custard to make a total of 3 layers, ending with custard.

Beat egg whites until soft peaks form. Gradually add remaining ¼ cup sugar, beating until stiff but not dry. Spoon on top of custard, spreading to cover entire surface and sealing well to edges. Bake for 15 to 20 minutes or until top is browned. Cool slightly or refrigerate several hours until chilled. Top with reserved wafers (crushed).

Pat Busick

A diamond cannot be polished without friction, nor the man perfected without trials.

— Chinese Proverb

BREAD PUDDING

3 C. milk
2 eggs
⅓ C. sugar
1 tsp. vanilla extract
½ tsp. salt
¼ tsp. nutmeg
3 C. white bread crumbs, lightly packed

ABOUT 2 HOURS BEFORE SERVING: Preheat oven to 325°. In medium saucepan over medium heat, heat milk until tiny bubbles form around the edge. Meanwhile, in 1½ qt. casserole, with wire whisk or fork, beat eggs, sugar, vanilla, salt and nutmeg until well mixed. Gradually beat hot milk into egg mixture and stir in bread crumbs. Set casserole in baking pan and place on oven rack. Fill pan halfway up side of casserole with boiling water. Bake 1 hour or until knife inserted in center comes out clean.

SERVING SUGGESTIONS: (1) Prepare as above but stir in 1 cup golden raisins with bread cubes. (2) Serve pudding warm with half-and-half. (3) Serve with the following Lemon Sauce.

LEMON SAUCE

¼ C. sugar
¼ C. lemon juice
4 tsp. cornstarch
1 T. grated lemon peel
½ tsp. salt
⅛ tsp. ginger
1 drop Yellow food color

About 10 minutes before serving: in small saucepan, mix well all ingredients: stir in 1 cup water. Cook over medium heat, stirring constantly, until mixture is slightly thickened. Serve hot. Makes about 1 cup.

Pauline P. Badgett

BREAD PUDDING

2 C. milk
¼ C. butter
2 eggs, slightly beaten
½ C. sugar
1 tsp. ground cinnamon or nutmeg
¼ tsp. salt
6 C. dry bread crumbs or 8 slices bread (cubed)
½ C. raisins

Heat milk and margarine until melted. Mix eggs, sugar, cinnamon and salt in 4 qt. bowl. Stir in bread and raisins. Pour into ungreased 1 - ½ quart casserole dish. Place casserole in a pan with 1 inch of very hot water. Bake uncovered in preheated 350° oven until inserted knife comes out clean (40 to 45 minutes). 355 calories per serving.

Lemon Sauce for Bread Pudding

½ C. sugar
2 T. cornstarch
1 C. water
2 T. margarine or butter
1 T. grated lemon rind
1 T. lemon juice (or to taste)

Mix sugar and cornstarch in saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Remove from heat and stir in remaining ingredients. Serve warm or cold. About 1 cup of sauce. 40 calories per tablespoon.

Cecil Hill

CHERRY YUM YUM

1 (8-oz.) pkg. cream cheese
1 env. Dream Whip
¾ C. sugar
1 Graham Cracker crust
1 can Cherry Pie Filling

Cream together cream cheese and sugar. Prepare Dream Whip as directed on box. Add to cream cheese mixture. Pour into pie shell. Spoon pie filling on top.

Pauletta Crotts

PINEAPPLE CUSTARD

1 C. sugar
2 egg yolks, beaten
1 C. water
2 T. butter
1 small can crushed pineapple
2 T. cornstarch
1 pie shell, baked

Mix all ingredients together and cook in double boiler until thick, stirring constantly. Pour into pie shells and cover with meringue. Brown in preheated 350° oven until brown.

MERINGUE:

2 egg whites
- sugar
- dash of salt

Beat egg whites and salt until stiff. Add sugar, 1 tablespoon at a time, and continue to beat until peaks form. Spread on top of pie and to sides, making sure crust is touched to seal meringue and keep from drawing up.

Evelyn Ayers

OLD FASHION RICE PUDDING

1 C. cooked rice
2 C. milk
2 eggs, separated
½ C. sugar
¼ tsp. salt
½ tsp. vanilla
- raisins if desired

Beat egg yolks with sugar. In top of double boiler add rice to milk, salt and vanilla. Cook until thick, stirring occasionally. Fold in raisins. Put in baking dish. Beat egg whites with a little sugar until stiff and spoon over pudding mix. Place In preheated 325°oven until brown.

Evelyn Ayers

RICE PUDDING

2 C. skim milk
3 T. raw long-grain rice
3 T. sugar
½ tsp. vanilla
⅛ tsp. nutmeg
⅛ tsp. cinnamon
¼ C. seedless raisins, light or dark

Preheat oven to 325°. Mix all ingredients together and place in a 1 qt. ovenproof casserole. Bake uncovered for 2 to 2¼ hours or until rice is tender, occasionally stirring the surface skin into the pudding as it forms. Serve warm or cold. If served cold, stir in enough skim milk to thin the pudding to desired consistency.

Mary Berrier

CORN FLAKE PUDDING

1 C. sugar
3 T. flour
1 C. Corn Flakes (do not crush)
3 eggs
2 C. milk
2 T. margarine
1 tsp. vanilla

Mix sugar and flour together. Add cornflakes, eggs, milk, margarine and vanilla. Cook in double boiler until pudding is thick as you want it. You may add more corn flakes if not thick enough. (Do not use too many.)

Mary Chandler

I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.

— John Stuart Mill

GOAT CHEESE PASTRY ROUNDS

Goat cheese comes in many shapes. If the goat cheese you find is in a log, use damp hands to shape into rounds; ½ of 17.3 pkg.

1 sheet Frozen puff pastry, thawed
3 (2½") rounds of goat cheese
3 T. Favorite fruit preserves
1 egg, beaten

Preheat oven to 400°. Line baking sheet with foil and set aside. Unfold pastry on lightly floured surface. Roll into 12" square. Cut 12" square into 4 (6") squares. Place 1 T. preserves in center of 3 pastry squares. Place goat cheese on top of preserves. Bring edges of pastry over cheese, pleat and pinch edges. Invert and place down on baking sheet. Brush with beaten egg. Cut small slits to allow steam to escape. Decorate with remaining pastry square. Bake for 20 to 22 minutes or until golden brown.

Jan Middleton

CREAMY CHOCOLATE PUDDING

6 T. sugar
¼ C. Baking cocoa
¼ C. cornstarch
⅛ tsp. salt
1 (12-oz.) can Carnation evaporated fat free milk
½ C. water
1 T. butter or margarine
½ tsp. vanilla

Combine sugar, cocoa, cornstarch and salt in medium saucepan. Add milk and water; whisk to blend. Cook over medium heat, stirring constantly, for about 7 minutes or until pudding thickens (do not boil). Remove from heat; stir in butter and vanilla. Serve warm or cold.

Martha Cassell

WHIPPED CARNATION EVAPORATED MILK TOPPING

1 C. Carnation milk
¼ to ½ C. powdered sugar
1 tsp. vanilla

Pour milk into small mixer bowl; place beaters into milk. Freeze for about 30 minutes or until ice crystals form around edge of bowl. Beat on high for 1 minute or until very frothy. Gradually add sugar and vanilla. Continue beating for 2 minutes or until mixture is stiff. Serve immediately spooned over fresh fruit or your favorite dessert.

Martha Cassell

JEAN'S PRUNE WHIP

1 (12-oz.) pkg. pitted prunes
2 tsp. lemon juice
2 egg whites
- dash salt
¼ C. sugar
¼ C. heavy cream, whipped; whipped creme or custard sauce

Cook prunes, drain and save liquid. Save ½ cup for later. Purée prunes with ½ cup liquid. Add lemon juice and let cool. Beat egg whites on high with salt until frothy. Gradually beat in sugar until stiff peaks form. Add purée of prunes, ¼ cup at a time, beating well. Beat at high speed 2 minutes. Chop remaining prunes and fold in with ¼ cup whipped cream. Turn into sherbet dishes. Refrigerate and garnish with whip cream when served.

Marian Nichols

What you do speaks so loudly that I cannot hear what you say.
— Ralph Waldo Emerson

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Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

COOKIES & CANDY

PUMPKIN BROWNIES

2 C. flour
2 tsp. soda
1½ tsp. cinnamon
½ tsp. salt
2 C. sugar
4 eggs
1 C. vegetable oil
1 (15-oz.) can pumpkin

Combine flour, soda, cinnamon and salt. Set aside. Beat sugar and eggs together in a large bowl. Add oil. Add the pumpkin and mix well. Add the flour mixture. Put in 9" x 13" pan. Bake in 350° preheated oven 35 to 40 minutes or until done.

Frosting:

1 stick margarine
1 (8-oz.) pkg. cream cheese
½ C. pecans - chopped and toasted
1 box powdered sugar
1½ tsp. vanilla flavoring

Cream margarine, cream cheese and powdered sugar until soft and spreadable. Add vanilla. Add pecans to frosting or spread on top.

Stella Bowman

HUNTER'S BROWNIES

3 eggs
1 lb. brown sugar
2 tsp. vanilla
⅔ C. oil
2¾ C. flour
(12-oz.) pkg. chocolate chips

Beat eggs with oil. Add brown sugar. Mix flour to this mixture. Stir in vanilla and chocolate chips. You can add raisins and nuts if desired. Pour into a 9" x 13" pan. Bake in preheated 325° oven for 30 minutes or until done. Cool before cutting.

Evelyn Ayers

PHILADELPHIA MARBLE BROWNIES

1 (21.5-oz.) pkg. brownie mix
1 (8-oz.) pkg. Philadelphia cream cheese, softened
⅓ C. sugar
½ tsp. vanilla
1 egg
1 C. Bakers Semi Sweet Real Chocolate Chips

Prepare brownie mix as directed on package. Spread in greased 13" x 9" baking pan. Mix cream cheese, sugar and vanilla until well blended. Add egg. Mix well. Pour over brownie mixture; swirl with knife. Sprinkle with chips. Bake at 350° for 35 to 40 minutes or until cream cheese mixture is lightly browned. Cool in pan on wire rack. Cut into squares.

Ehel Russell

Kites rise highest against the wind - not with it.

— Sir Winston Churchill

OATMEAL BROWNIE MIX

2½ C. quick cooking oats, uncooked
1 C. all-purpose flour
1 C. brown sugar, packed
1 C. walnuts. chopped
1 tsp. baking soda
1 C. butter, melted
1¾ C. M & M's semi sweet chocolate bits
1 (21-oz.) pkg. fudge brownie mix, prepared according to directions on package

In large bowl combine oats, flour, sugar, nuts and baking soda. Add butter and mix until mixture forms coarse crumbs. Toss in M & M's until evenly distributed. Reserve 3 cups of mixture. Pat remaining onto bottom of 15" x 10" x 1" pan to form crust. Pour prepared mixture over crust, spreading into thin layer. Sprinkle reserved crumb mixture over top of brownie mixture. Pat down lightly. Bake 25 to 30 minutes. Cool completely. Cut into bars. Makes 48 bars.

Ethel Russell

CRANBERRY BARS

2 eggs
1 C. sugar
½ C. butter
1 tsp. vanilla
1½ C. flour
1 tsp. baking powder
½ tsp. salt
2 C. whole cranberries
½ C. chopped nuts

Preheat oven to 350°. Cream together eggs, sugar, butter and vanilla. Stir in flour, baking powder, salt, cranberries and nuts. Pour into greased and floured 9" x 13" pan. Bake for 40 to 45 minutes. Cool and frost with Cream Cheese Frosting.

Donna Warner

CHOCOLATE BLISS COOKIES

2 (8-oz.) pkg. squares of Baker's semi-sweet chocolate, divided
¾ C. brown sugar, firmly packed
¼ C. butter, softened
2 eggs
1 tsp. vanilla
½ C. flour
¼ tsp. baking powder
1 C. nuts

Chop 8 of the chocolate squares; set aside. Microwave remaining 8 squares in large bowl on high for 2 min, stirring after 1 minute. Stir till chocolate is completely melted. Add sugar, butter, eggs and vanilla; stir with wooden spoon till blended. Add flour and baking powder. Mix well. Stir in reserved chocolate and nuts. If omitting nuts, increase flour to ¾ cup to prevent spreading. Preheat oven to 350°. Drop rounded tablespoons of dough onto ungreased sheets. Bake 12 to 13 minutes until cookies are puffed and shiny.

Jan Middleton

PUMPKIN BARS

2 C. flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. baking soda
1 tsp. salt
4 eggs, beaten
1 (6-oz.) can pumpkin (Libby's with spices)
1½ C. sugar
1 C. oil
2 tsp. vanilla

Stir together flour, baking powder, soda, cinnamon and salt. Combine eggs, pumpkin, sugar, oil and vanilla. Beat well. Spread batter into a greased and floured 15" x 10" baking pan. Bake in a 350° oven for 30 minutes. Cool and frost with cream cheese frosting.

FROSTING:

1 (8-oz.) pkg. cream cheese
1 stick margarine
3 C. powdered sugar
1 tsp. vanilla

Cream together and spread over cool pumpkin bars.

Donna Warner

COLORFUL COOKIES

2 lb. white chocolate
Size 1 jar dry roasted peanuts
2 C. Rice Krispies
3 C. Captain Crunch with berries
3 C. miniature marshmallows

Divide all in half in big bowls. Melt chocolate in microwave. Stir and drop by big spoon onto wax paper.

Lillie Edwards

ORANGE SLICE COOKIES

2 C. shortening
2 C. brown sugar, firmly packed
1 C. white sugar
3 eggs
3 C. all-purpose flour
1½ tsp. baking soda
1¼ tsp. baking powder
3 T. water
3 C. quick cooking oats, uncooked
1 (3½-oz.) can coconut
20 Orange Candy slices, finely chopped

Cream shortening in a large mixing bowl, gradually adding sugars, beating at medium speed with electric mixer. Add eggs, beating well. Combine flour, soda, baking powder and add to creamed mixture. Mix well. Stir in water, oats, coconut and candy. Chill at least one hour. Drop by teaspoonful onto greased cookie sheet and bake in preheated oven at 325° for 12 minutes or until browned. Yields 16 dozen cookies. (Halve recipe for less cookies).

Ruth Dollyhigh

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

— William James

JINGLE BELL BARS

¼ C. butter or margarine, melted
1 C. Graham cracker crumbs
1 C. coconut
1 C. semi-sweet chocolate chips
1 C. butterscotch chips
1 (14-oz.) can sweetened condensed milk
1 C. pecans, chopped

Pour melted butter into 9" x 13" baking pan. Sprinkle Graham cracker crumbs evenly on top. Sprinkle coconut, chocolate chips and butterscotch chips evenly over cracker crumbs. Pour sweetened condensed milk evenly over coconut and chips. Sprinkle pecans evenly on top. Bake in preheated 350° oven for 30 minutes. Cut into squares when cool. Makes 24.

Mary C. Chandler

LEMON CRUMBLE SQUARES

⅔ C. Butter or margarine, softened
1 C. brown sugar, firmly packed
1 C. Old fashion oats
1 tsp. baking powder
½ tsp. salt
1½ C. all-purpose flour
1 (15-oz.) can sweetened condensed milk
½ C. lemon juice
2 egg yolks
1 tsp. grated lemon rind

Cream butter, sugar. Stir in oats and dry ingredients. Mix until crumbly. Spread half of mixture in greased 9" x 13" pan, packing firmly. Combine milk, juice, egg yolks and lemon rind. Let stand 1 minute to thicken. Spread over crumb crust; sprinkle with remaining crumb mixture. Bake in preheated 350° oven for 25 minutes. Cool 15 minutes in pan. Chill in refrigerator until firm. Cut into 1¾" squares. Yields 2 dozen.

Rachel Hill

BUTTERSCOTCH CHIPPY BARS

1 C. Graham cracker crumbs
1 stick margarine. melted
1 pkg. butterscotch chips
1 can pecan pieces
1 C. coconut
1 C. sweetened condensed milk

Mix cracker crumbs and melted margarine and spread in 10" x 13" pan. Spread butterscotch chips and pecans over cracker crumbs. Spread coconut over this and then pour milk over coconut. Bake in preheated 325° oven for 25 minutes. Cut in squares when cool.

Marianna Pruitt

OATMEAL RAISIN COOKIES

1 C. Butter or margarine, softened
1 C. brown sugar, firmly packed
½ C. granulated sugar
2 eggs
1 tsp. vanilla
1½ C. all-purpose flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt (optional)
3 C. oatmeal (Quick or Old Fashioned) uncooked
1 C. raisins

Preheat oven to 350°. Beat together butter and sugars until creamy. Add eggs and vanilla and beat well. Add combined flour, baking soda, cinnamon and salt and mix well. Stir in oats and raisins and mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 10 to 12 minutes or until golden brown. Cool one minute on cookie sheet then remove to wire rack. Makes 4 dozen cookies.

For bar cookies bake 30 to 35 minutes in ungreased 13" x 9" metal baking pan. For high altitude increase flour to 1¾ cups.

Faye Kirkman

OATMEAL COOKIES

½ C. Crisco
1 stick margarine
¾ C. brown sugar
¾ C. sugar
2 eggs
1½ C. flour, self-rising
2 C. oatmeal
1½ tsp. vanilla
1 tsp. cinnamon

Preheat oven to 350°. Cream sugars and shortening well. Add eggs and cream well. Add flour, oatmeal, and vanilla and stir well. Place by tablespoonfuls on an ungreased cookie sheet about 2" apart. Bake for 7 to 10 minutes. Cool on wax paper. Fill with the following filling.

FILLING:

¾ C. Crisco
1 box powdered sugar
1 T. flour
1 T. dream whip
½ C. milk (approximately)
1 tsp. vanilla

Beat all together until fluffy. Spread between two cookies.

Everything that irritates us about others can lead us to an understanding of ourselves.

— Carl Gustav Jung

CREAM CHEESE COOKIES
("Holly Wreaths")

½ C. Butter (do not substitute margarine a it does not work well)
¼ C. sugar
(1½-oz.) cream cheese
½ tsp. vanilla
1 C. all-purpose flour

Preheat oven to 400°. Cream butter and cheese well and then add sugar and vanilla and cream until well mixed. Add four and mix well. Drop from cookie press or spoon onto ungreased pan. Sprinkle with colored sugars. Bake for 8 to 10 minutes. Ovens vary - check to see that the edges are brown and they will be done.

This recipe makes only 2 dozen small cookies. Multiply ingredients times 4 and you will have a good amount and it is ease to measure.

Faye Kirkman

SUGAR COOKIES

2 stick margarine (room temp.)
1 C. corn oil
1 C. plain sugar
1 C. powder sugar
2 eggs
1 tsp. vanilla
1 tsp. Cream of Tartar
1 tsp. soda
- dash salt
4⅓ C. sifted cake flour

Preheat oven to 350°. Mix all ingredients together as shown in recipe. Drop by teaspoon onto greased cookie sheet. Bake 8 to 10 minutes. Let rest a few minutes before removing from pan.

Vivian Manuel

CAKE MIX COOKIES

1 box cake mix, any flavor
2 eggs
½ C. vegetable oil
1 C. chocolate or vanilla chips
1 C. coconut. optional
1 C. raisins, optional
1 C. pecans, optional

Mix all together and drop by teaspoonfuls onto cookie sheets. Bake in preheated 350° oven for 8 to 10 minutes.

PEANUT BUTTER COOKIES

¾ C. Crunchy Peanut Butter
½ C. Crisco
1½ C. Splenda
3 T. milk
1 tsp. vanilla
1 egg
1¾ C. all-purpose flour
¾ tsp. salt
¾ tsp. baking soda

Preheat oven to 375°. Combine peanut butter, Crisco, sugar, vanilla and milk. Beat at medium speed until well blended. Beat egg just until well blended and add to creamed mixture. Mix well. Drop by heaping teaspoonfuls 2" apart on ungreased cookie sheet. Flatten slightly with fork in crisscross pattern. Bake for 7 to 8 minutes. Cool.

Pat Busick

BUTTERSCOTCH RICE KRISPIES BARS

1 (12-oz.) bag butterscotch morsels
1 C. [peanut butter
6 C. Rice Krispies

Melt butterscotch morsels and peanut butter. Add Rice Krispies. Mix and press in greased 9" x 13" pan. Cut into bars when cool.

APPLESAUCE RAISIN COOKIES

1 C. Applesauce
1 C. raisins
1 C. sugar
1 egg, unbeaten
1 tsp. salt
1 tsp. cinnamon
½ tsp. soda
1 C. chopped nuts
½ C. shortening
2 C. flour
1 tsp. baking powder
½ tsp. nutmeg
½ tsp. cloves

Mix applesauce and raisins together and set aside. Combine sugar, shortening and egg in large bowl and beat until fluffy. Add applesauce and raisin mixture and stir well. Sift flour with salt, baking powder, soda and spices. Add to the batter and blend well. Stir in nuts. Drop soft dough by teaspoon 2" apart on greased baking sheet. Bake in preheated oven at 375° for 12 to 15 minutes. Edges will be dark golden brown but tops will be springy to the touch. Yields 4 to 5 dozen. They freeze well and keep their spicy taste after defrosting.

Faye Kirkman

SHORTBREAD COOKIES

¾ C. butter, more if needed
¼ C. sugar
2 C. flour

Cream butter and sugar. Mix in flour. If dough is crumbly, use more softened butter. Roll out on floured board to about ½" thickness. Cut and place on cookie sheet about 2" apart. Bake in preheated 350° oven for about 20 minutes.

Evelyn Ayers

PREACHER COOKIES

½ C. butter
2 C. sugar
½ C. milk
½ C. cocoa
2 C. regular oatmeal, uncooked
1 tsp. vanilla
1 C. coconut or nuts

Mix butter, sugar and milk in sauce pan. Boil 3 minutes. Stir in oatmeal, cocoa, vanilla and nuts or coconut. Beat well. Quickly drop by spoonful on waxed paper. Cool Makes about 3 dozen cookies.

Evelyn Ayers

CHOCOLATE SNACK BARS

1⅓ C. flour
1¼ C. sugar
½ C. unsweetened cocoa
1 tsp. baking powder
½ tsp. salt
4 lg. eggs
¾ C. butter or margarine, melted
1 C. semi sweet chocolate morsels
½ C. milk chocolate morsels
3 (2.07 oz.) Snickers bars cut into ¼" pieces

Combine first 5 ingredients in a large bowl. Add eggs and butter, stirring well. Stir in morsels. Spoon mixture into lightly greased 13" x 9" pan. Bake 350° for 30 minutes. Sprinkle with candy pieces. Cool completely before cutting into bars.

Sue Stone

Love has nothing to do with what you are expecting to get, only with what you are expecting to give, which is everything.

— Katherine Hepburn

OLD FASHION TEA CAKES

1 C. butter
2 C. sugar
3 eggs
½ C. buttermilk
1 tsp. soda
- vanilla to taste

Mix butter, sugar and eggs. Stir in buttermilk, soda and vanilla. Mix into a soft dough. For best results chill, roll and cut with a sharp knife. Bake in preheated oven at 425° until lightly browned/

Martha Cassell

CARMEL CORN

- Popcorn, no salt (Pop and let cool)
1 C. butter
2 C. brown sugar
½ C. white syrup
1 tsp. soda

Set corn aside. Boil all other ingredients except soda for 5 minutes. Take from heat and stir in soda. Pour over corn. Bake until crunchy.

Pauletta Crotts

POTATO CANDY

1 or 2 lb. powdered sugar
1 T. Crisco
- Milk as needed
- Peanut butter

Mix with spoon until mixture is stiff enough to roll out like a pie crust (add milk a little at a time). Roll out and spread with peanut butter. Roll up and chill and then cut into pieces. Be sure to knead mixture in powdered sugar.

Pauletta Crotts

SUGAR COATED PEANUTS

1 C. sugar
½ C. water
- Sprinkle of cinnamon
3 or 4 C. raw peanuts

Preheat oven to 300°. Cook all together over medium heat till peanuts are coated and syrup is gone. Pour on ungreased cookie pan and bake for about 30 minutes, stirring every 10 minutes. Let cool and store.

Ernestine Chappell

APPLE DIP

1 C. peanut butter
1 C. brown sugar
1 (8-oz.) pkg. cream cheese
¼ C. milk

Mix ingredients thoroughly.

Emily Clement

BUTTERSCOTCH NOODLES

1 (6-oz.) pkg. Butterscotch Morsels
½ C. chunky peanut butter
1 C. miniature marshmallows
1 (3-oz.) can Chow Mein noodles

In top of double boiler over hot water, melt together morsels and peanut butter. Add marshmallows, stirring constantly until mixture is smooth. Gently fold in noodles. Blend well. Drop by teaspoonful on waxed paper.

Ethel Russell

WHITE CHOCOLATE CRANBERRY DELIGHT

1 lb. White chocolate
1 (4-oz.) bag dried cranberries
½ C. pecans, chopped
1 T. Crisco shortening

Melt white chocolate and Crisco in double boiler. Stir in cranberries and pecans. Pour out thin on wax paper and cool. Break in pieces and store in tins. Enjoy!

Stella Bowman

HONEY GLAZED PECANS

1 C. pecan halves
¼ C. honey
- dash cayenne pepper

Cook honey, pecans and pepper over medium heat for 4 minutes or until mixture simmers and is foamy. Spread on baking sheet, separating slightly with a fork. Cool completely. Serve in bowl for snacking or add to your favorite salad. Yields 4 servings of ¼ cup each.

Geraldine L. Inman

PEANUT CLUSTERS

(6-oz.) semi sweet chocolate morsels or carob
(6-oz.) butterscotch morsels
2 T. peanut butter
2 C. salted Spanish peanuts

Combine morsels and peanut butter in a heavy sauce pan. Melt over low heat and stir often. When melted, stir in peanuts. Using a teaspoon, spoon mixture on wax paper or cookie sheet. Put in refrigerator to solidify and store in covered container.

Stella Bowman

COCONUT BONBONS

1 box confectioners sugar
1 C. Eagle Brand sweetened condensed milk
1 (14-oz.) bag Bakers Angel flake coconut
2½ C. nuts, chopped
½ block paraffin (⅛ lb. Gulf household wax)
1 (12-oz.) bag semi sweet Bakers chocolate chips

In large bowl sift confectioners sugar, add coconut, milk, and nuts. Mix thoroughly. Roll into small balls, a melon ball tool is ideal to make uniform size balls. Melt wax and chocolate chips in a double boiler over hot water. Dip coconut balls in chocolate and place on wax paper to cool,. Makes approximately 85 balls.

Sylvia Mayer

NO COOK PEANUT BUTTER FUDGE

1 C. peanut butter
1 C. powdered sugar
½ C. soft butter
¼ C. brown sugar, packed

Mix all ingredients together with hand. Add more powdered sugar if needed. Ready when mixture doesn't stick to hand. Put into buttered dish and let stand for awhile. Cut in squares and eat.

Pauletta Crotts

PEANUT BUTTER FUDGE

1 lb. powdered sugar
½ C. cold water
½ C. peanut butter
½ sm. jar Marshmallow cream
1 tsp. vanilla

Mix powdered sugar and cold water. Boil for 5 minutes (no longer). Take from heat, then add marshmallow cream and peanut butter. Add vanilla and pour into buttered dish.

Pauletta Crotts

PEANUT BUTTER FUDGE

1 C. brown sugar
1 C. white sugar
1 C. miniature marshmallows
½ C. evaporated milk
2 T. butter
¾ C. peanut butter
1 tsp. vanilla

In heavy saucepan combine sugar, milk and butter. Cook until it forms a soft ball in cold water. Just before removing from heat add remaining ingredients. Stir until marshmallows are almost melted. Remove from heat, beat mixture with spoon until it begins to thicken. Pour in buttered 8" pan. When cool, cut into pieces.

Patty Childress

WHITE CHOCOLATE SALTIES

8 (2-oz.) sqs. vanilla flavored candy coating
2 (3-oz.) pkg. salted Spanish peanuts
3 C. thin pretzel sticks

Place candy coating in top of a double boiler. Bring water to a boil. Reduce heat to low and cook until coating melts. Remove from heat and cool 2 minutes. Add peanuts and pretzel sticks. Stir until coated. Drop by teaspoons onto wax paper. Chill 20 minutes or until firm.

Sue Stone

NEVER FAIL FUDGE

5 C. sugar
2 sticks margarine
(14-oz.) can evaporated milk
1 lg. pkg. semi sweet chocolate chips
1 lg. pkg. marshmallows
4 T. cocoa
2 C. nuts, chopped

Melt butter in large saucepan. Add sugar and milk and bring to boil. Boil for 6 minutes and remove from stove. Add remaining ingredients and stir until all is melted. Beat rapidly for 1 minute. Pour in buttered cake pan.

Shelby Midkiff Wood

ALMOND TOFFEE CRUNCH

40 Saltine crackers
1 C. butter (no margarine)
1 C. brown sugar
1 (12-oz.) bag chocolate chips
1 C. Almonds or walnuts, chopped

Preheat oven to 400°. Line jelly roll pan or cookie sheet with aluminum foil. Spread saltine crackers over pan (do not over lap). In a saucepan melt butter, add brown sugar and stir. Bring to boil and cook for 3 minutes, stirring constantly. Pour on top of crackers. Put pan in oven for 5 minutes. Remove from oven and immediately pour chocolate chips on top. Let chips stand for a few minutes until they get shinny and soft. With a spatula, spread chocolate to cover entire pan. Top with nuts and let cool in refrigerator for 2 hours. Break into pieces and enjoy.

Peggy Chilton

BUTTER MINTS

¼ lb. butter
3 drops yellow food coloring
10 drops oil of peppermint
1 lb. box 10 X powdered sugar
2 T. warm water

Combine all ingredients and kneed until smooth. Form into small ball the size of walnuts. Press into mold, pop out, chill and let dry.

Pauletta Crotts

RICE CRISPY CEREAL TREATS

6 C. Rice Crispy cereal
1 (10-oz.) pkg. marshmallows
3 T. butter
¼ tsp. vanilla
¾ tsp. water

In loosely covered pan, melt marshmallows over low heat, stirring until smooth. Add butter, water and vanilla. Mix well. Add cereal and quickly stir until well coated. Spray a 9" x 13" pan with no-stick cooking spray. Press cereal mixture into pan. Cool. Cut into squares.

Evelyn Ayers

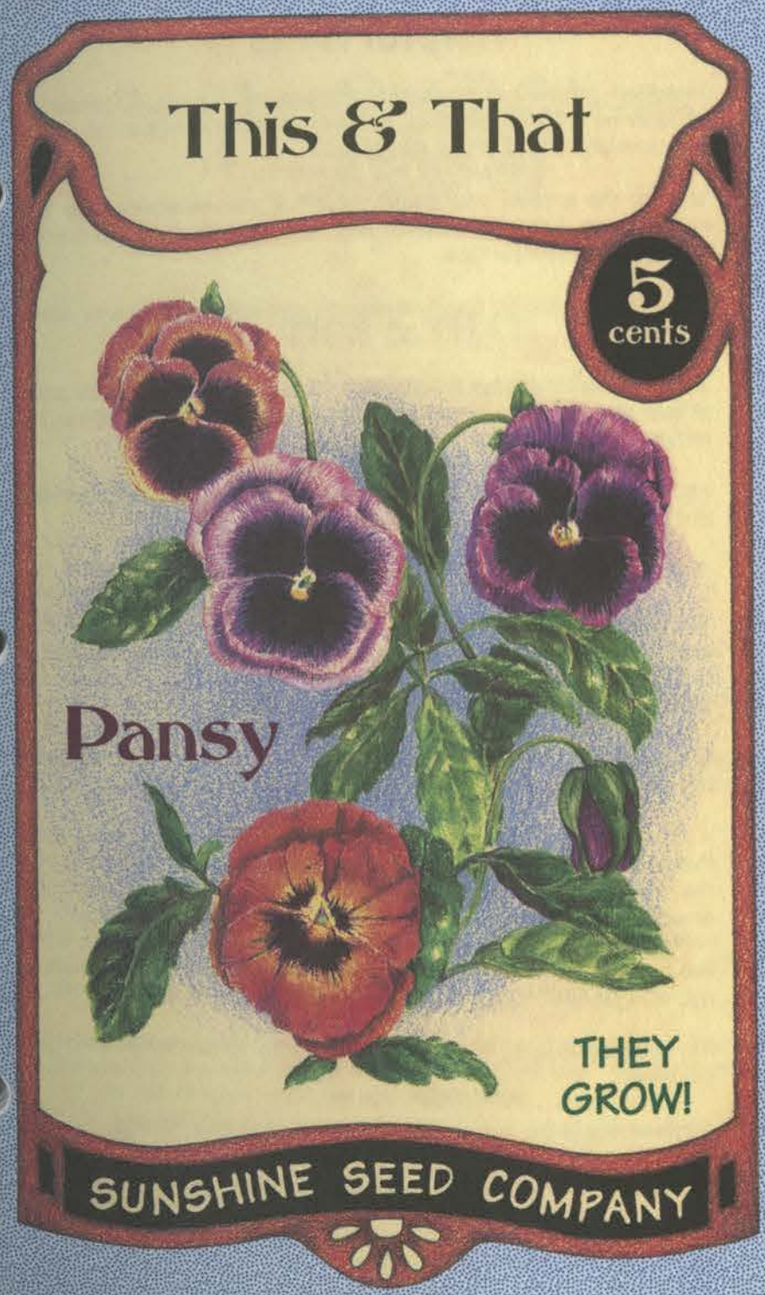
PUMPKIN FUDGE

3 C. sugar
¾ C. butter
⅔ C. evaporated milk
½ C. canned pumpkin
½ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
1 (12-oz.) pkg. butterscotch chips
1 (7-oz.) jar marshmallow creme
1 C. chopped pecans
1 tsp. vanilla

Grease a 9" x 13" baking pan. In a large saucepan, combine the sugar, butter, milk, pumpkin, cinnamon, ginger and nutmeg. Bring to boil and reduce heat to medium. Boil until mixture registers 234° on a candy thermometer (about 25 minutes) stirring constantly. Remove from heat and stir in butterscotch chips until completely melted. Add the marshmallow creme, pecans and vanilla. Mix until combined. Pour the mixture into the prepared pan. Spread evenly. Allow to cool at room temperature. Cut into squares and wrap tightly in plastic wrap. Store in refrigerator.

The greatest mistake you can make in life is to be continually fearing that you will make one.

— Ellen Hubbard


This & That
5 cents
Pansy
THEY GROW!
SUNSHINE SEED COMPANY

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.



THIS & THAT

A GOOD RECIPE FOR LIFE

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

Mix thoroughly. Add tears of joy, sorrow, and sympathy. Flavor with love and kindly service. Add 4 cups of prayer and faith. Blend well. Fold into daily life. Bake well with the warmth of human kindness and serve with a smile any time.

Verla Phillips

FOR THE BRIDE

To each and every little bride---Who has a "John" to please, and says she's tried and tried to cook with skill and ease and can't. We offer here as guide "Queen of the Kitchen recipes"!

To her whose "John" is prone to wear a sad and hungry look. Because the maid he thought so fair is - well - she just can't cook! To her we say, do not despair; just try our value book.

Stella Bowman

ELEPHANT STEW

1 two thousand lb. elephant
2 barrels salt
1 lg. pot (old water tower will do)
4 barrels carrots
1 bushel chopped onions
100 lb. celery
20 lb. pepper
200 lb. tomatoes
5,000 gal. water
50 lb. oregano
4 oars for stirring

Chop thoroughly and let simmer for about 4 days.

Evelyn Ayers

MAPLE SYRUP

1 box brown sugar
1½ C. water
1½ tsp. maple flavoring

Boil sugar and water for 3 minutes. Add flavoring and mix. Put into refrigerator and use as desired.

RECIPE FOR A PERFECT HUG

2 people
4 arms
2 hearts
- A touch of love
- A pinch of humor
- A sprinkle of glee

Put it all together and you have a perfect hug.

Pauletta Crotts

A HAPPY HOME RECIPE

4 C. love
3 C. forgiveness
5 tsp. hope
4 qt. faith
2 C. loyalty
1 C. friendship
2 tsp. tenderness
1 barrel of laughter

Take love and loyalty and mix thoroughly with faith, tenderness, kindness and understanding. Add friendship and hope. Sprinkle with laughter. Bake with sunshine and serve daily with generous helpings.

Evelyn Ayers

BIBLE CAKE

1½ C. Judges 5:25 (Butter)
2 C. Jeremiah 5:20 (sugar)
4½ C. 1st. Kings 5:22 (flour
2 C. 1st. Samuel 30:11 (raisins)
2 C. Nahum 3:12 (figs)
1 C. Numbers 17:8 (almonds)
½ C. Judges 4:19 (milk)
2 tsp. 1st. Samuel 14:25 (Honey)
2 tsp. Amos 4:5 (baking powder)
6 - Jeremiah 17:11 (whole eggs)
1 pinch Leviticus 2:13 (salt)
- 2 nd. Chronicles 9:9 (lemon flavoring to taste)

Mix together well and bake in preheated 325° oven for 1 hour.

Evelyn Ayers

SWEETEN YOUR TOMATOES PLANTS

1 tsp. Domino sugar
1 gal. can water (regular watering can)

Add sugar to water and use to water tomatoes plants. When the tomatoes begin to show color, minimize the amount of water you give to the plants.

FOR HOUSE PLANTS

To keep a potted plant moist while you're away, cut a doughnut shape from a section of news paper and dampen the news paper ring with water and place on the soil, surrounding the plant.

Pauletta Crotts

WINDOW CLEANER

½ C. Ammonia
1 pt. 7% isopropyl alcohol
1 tsp. dishwashing liquid
¾ gal. water (or enough to make a gallon when added to other ingredients)

Mix together in a gallon container. Use to clean windows (really does the job).

Pauletta Crotts

PATIO FURNITURE POLISH

Make wooden patio furniture shine with Kiwi Shoe Polish. Stains to a high gloss. Much less expensive than commercial stains and easier to apply.

Pauletta Crotts

FOOT SOOTHER & SMOOTHER

1 T. olive oil
1 T. almond oil
1 tsp. wheat germ

Combine the ingredients and store in a bottle with a tight cap. Shake well before using. Rub generously into your feet and heels, especially the dry areas. Your tootsies will love ya' for it. Say goodbye to rough, cracked skin on your feet with soothing solution.

Pauletta Crotts

Recipe Favorites

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Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage, and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.

MAIN DISHES

PINTO BEAN CASSEROLE

1 lb. ground beef
1 large can tomatoes
1 green pepper - chopped
2 C. pinto beans - cooked
1 med. onion - chopped
1 tsp. chili powder
- salt & pepper to taste

Brown beef, onions, green pepper. Drain. Add chili powder. Then add other ingredients. Mix small amount of cornbread mixture and spoon over top. Bake at 400° until bread is done.

Pauletta Crotts

PINTO BEAN CASSEROLE

1 lb. hot sausage
1 can diced tomatoes
2 cans Luck's Pinto Beans
1 pkg. Jiffy Cornbread mix

Fry sausage and drain. Mix with Luck's Pinto Beans and diced tomatoes. Mix well and put into casserole dish. Heat in microwave for 10 minutes until hot. Preheat oven to 350°. Make Jiffy Cornbread mix according to directions and put on top. Bake until brown.

Evelyn Ayers

PIZZA CASSEROLE

1 lb. ground beef
(8-oz.) Pepperoni
2 (8-oz.) cans mushrooms
1 med. onion, chopped
½ green pepper, chopped
1 large can spaghetti sauce
1 (16-oz.) pkg. mozzarella cheese
1 (10-oz.) pkg. egg noodles or spaghetti noodles

Brown beef, onions and green peppers. Drain. Cook noodles. Add everything except cheese to beef mixture. Put in casserole dish and top with cheese. Bake, uncovered at 375° for 25 minutes.

Frances Utt

CORNBREAD RAILROAD PIE

1 lb. ground beef
2 C. water
1 can tomato soup
½ C. green pepper, chopped
2 C. whole kernel corn
1 large onion, chopped
1 T. chili powder
½ tsp. black pepper
¾ C. self rising cornmeal
1 T. sugar
1 T. flour
1 egg
½ C. milk
1 T. oil

Brown beef and onions, drain. Add water, soup, green pepper, corn, chile powder and black pepper. Place in large baking dish.

Mix corn meal, sugar, flour, egg, milk and oil and drop by spoonfuls over hamburger mixture and bake at 350° for 30 minutes or until brown.

Pauletta Crotts

ZUCCHINI AND PEPPERONI CASSEROLE

2 med. zucchini squash, diced
2 T. olive oil
½ lb. crisp bacon, crumbled
1 tsp. salt
½ tsp. pepper
1 tsp. dried basil
1 tsp. oregano
½ lb. spaghetti, cooked
1 C. onions, sliced in rings
(4-oz.) pepperoni slices
1 (26-oz.) jar marinara sauce
(8-oz.) mozzarella cheese
½ C. Parmesan cheese, grated
½ lb. hamburger meat

Brown hamburger and drain. Preheat oven to 350°. Layer zucchini on the bottom of a 9" x 13" baking pan that has been greased with olive oil. Sprinkle bacon salt, pepper, basil and oregano evenly over the top. Follow with a layer of spaghetti, onion and meats (pepperoni and hamburger mixed). Pour marinara sauce over meat and sprinkle cheeses evenly over the top. Bake for 30 to 40 minutes.

Tips: Try adding a layer of red or green peppers, or sliced olives. Serve with garlic toast.

Thomas Evans

HASH BROWN REUBEN

2 frozen hash brown patties
1 T. butter or margarine, softened
2 thick slices corned beef
½ C. sauerkraut, rinsed and drained
1 T. brown sugar
¼ C. Thousand Island dressing
2 T. applesauce
½ C. Swiss cheese, finely shredded

Place hash brown patties in a greased 11" x 7" baking pan. Spread each with butter; top with corn beef. In a bowl combine sauerkraut, brown sugar, applesauce and spoon over the corned beef. Next top with the salad dressing and then the cheese. Bake in preheated 400° oven for 15 to 20 minutes or until heated through. Makes 2 large servings.

Hazel Godwin

SAUSAGE CASSEROLE

1 lb. Sausage
6 eggs
1 C. shredded cheese
2 cans crescent rolls
1 stick margarine

Crumble sausage and cook until done. Beat eggs and add sausage and cheese. Spread one can of rolls on bottom of pan. Pour sausage mixture over rolls. Top with other can of rolls. Melt butter and brush on rolls. Bake in preheated 350° oven for 35 minutes.

Pat Busick

SAUSAGE GRAVY

1 lb. bulk pork sausage (not links)
¼ C. flour
2 C. milk
- salt & pepper to taste

Cook pork sausage, stirring to break up, in a skillet until browned. Pour off and discard all but ¼ cup drippings. Blend in flour. Gradually stir in milk. Cook, stirring constantly, until mixture thickens. Makes 6 servings.

Stella P. Bowman

BREAKFAST CASSEROLE

12 strips bacon, fried and crumbled
⅓ C. onion, chopped
1 C. shredded Cheddar cheese
2 C. milk
1 C. Bisquick
4 eggs
¼ tsp. salt
¼ tsp. pepper

preheat oven to 400°. Layer first 3 ingredients in a greased deep dish pie pan. Mix remaining ingredients in the blender and pour over bacon and cheese. Bake for 36 to 40 minutes. Check for doneness by inserting knife. Yields about 4 servings.

Hazel Godwin

BREAKFAST SOUFFLÉ

1 lb. sausage
9 eggs
3 C. milk
1 tsp. salt
3 slices white bread, cubed
1½ C. grated cheese

Brown sausage, stirring to crumble. Drain. Mix rest of ingredients and add to sausage. Pour into greased 9" x 13" pan. Refrigerate overnight. Bake uncovered in preheated oven at 350° for 1 hour.

Mary C. Chandler

BACON CHOP SUEY

1 lb. bacon, fried crisp and crumbled
1 C. onions, chopped
1 C. celery, sliced
1 (8-oz.) can mushrooms, drained (keep liquid)
2 T. cornstarch
½ tsp. salt
⅛ tsp. pepper
½ tsp. monosodium glutamate
2 tsp. Soy Sauce
1 can bean sprouts, drained (keep liquid)
1 C. green pepper, chopped

Fry bacon and drain and discard fat except for two tablespoonful. Cook onion, celery and mushrooms in the reserved fat for a few minutes. Combine cornstarch, salt, pepper, glutamate and Soy sauce. Combine reserved mushroom liquid and drained liquid from bean sprouts and enough water to make 1¾ cups. Add cornstarch to liquid and mix thoroughly. Add onion mixture. Heat to boiling and boil 1 minute, stirring constantly. Add bean sprouts, green peppers and the crumbled bacon. Simmer 10 minutes and serve on hot rice.

Geri Pruett

SCALLOPED POTATOES & HAM

5 lb. red potatoes cut in ¼" slices
(16-oz.) sour cream (fat free)
¾ lb. Velveeta cheese (reduced fat) cut in cubes
½ lb. Ham, chopped
½ C. green onions, sliced
¼ C. Parmesan cheese

Preheat oven to 350°. Spray 9" x 13" baking dish with Pam. Cook potatoes until tender. Drain potatoes. Put ¼ of potatoes in bowl. Add sour cream and mash. Add Velveeta, ham and onions. Mix lightly. Add mashed potato mixture to potatoes in sauce pan. Stir gently. Spoon into baking dish. Sprinkle with Parmesan cheese. Bake 30 minutes. Yields 16 servings, 1 cup each.

Geraldine L. Inman

APPLE & HAM CASSEROLE

3 C. Ham, cooked and diced
2 T. mustard
2 apples, peeled, cored and sliced
2 T. lemon juice
½ C. brown sugar
2 tsp. grated orange rind
2 T. flour

Preheat oven to 350°. Place ham in greased dish. Spread mustard over ham. Arrange apples on top, sprinkle with lemon juice. Mix sugar, orange rind, and flour. Pour over top of apples. Bake 35 minutes.

Peggy Chilton

PORK ROAST

3 to 4 lb. Pork roast
- Soy Sauce
- Garlic powder
- salt & pepper

Preheat oven to 325°. Sprinkle Soy sauce over pork and rub into meat. Sprinkle generously with garlic powder, salt and pepper. Bake 20 minutes per pound.

Peggy Chilton

PORK CHOPS AND RICE

4 pork chops
¼ tsp. salt
1 can any kind of soup
1 soup can of water
1 med. onion, sliced
½ C. rice

Brown chops and place in baking dish. Place sliced onions on top and add salt and rice. Mix soup and water and pour on top. Cover and bake in preheated 350° oven for 1½ hours.

Pauletta Crotts

PORK CHOPS & SPANISH RICE

4 to 5 pork chops, ½" thick
2 T. shortening
1 tsp. salt
- dash of black pepper
½ tsp. chili powder
¾ C. long grain rice, uncooked
½ C. onions, chopped
¼ C. green pepper, chopped
1 (28-oz.) can tomatoes (whole or diced)
5 green pepper rings

Trim fat from pork chops. Slowly brown in shortening; about 15 to 20 minutes. Drain fat. Combine salt, chili powder and pepper. Sprinkle over meat. Add rice, onions and chopped peppers. Pour tomatoes over all. Cover and cook over low heat 35 minutes. Stir occasionally. Add green pepper rings and cook 5 minutes longer or until rice and meat are done.

Mary Lou Ehrenreich

Try not to become a man of success but rather try to become a man of value.
— Albert Einstein

PORK CHOP CASSEROLE

1½ C. Rice, uncooked
1 can beef consomme
1 can cream of onion soup
4 pork chops
¼ C. water

Preheat oven to 325°. Mix rice and consomme. Put into greased square casserole dish. Place pork chops on top. Mix water with soup. Pour over all. Cover and bake for 1 to 1-½ hours.

Pauletta Crotts

CHICKEN AND RICE CASSEROLE

1 Chicken (2½ lb.) or 4 chicken breasts
1 env. dry onion soup mix
1 C. converted rice
1 can cream of mushroom soup
1 can chicken broth- add water to make 2½ cups liquid
- butter

Sprinkle dry soup mix over bottom of buttered or greased baking dish. Add rice on top. Arrange de-boned chicken in single layer. Dilute the soup with the liquid, mix and spoon over the chicken. Dot with butter. DO NOT COVER. Bake in preheated 350° oven for 1¼ to ⅟ ½ hours. (Add more water if necessary.)

Stella Bowman

CHICKEN CASSEROLE

1 whole Frying size chicken
1 (8-oz.) pkg. noodles
1½ cups chicken broth
1 can cream of chicken soup
1 can cream of mushroom soup
½ pint sour cream
1 stick butter or margarine
- Herb stuffing mix

Stew chicken, remove meat from bones. Cook noodles in chicken broth. Keep 1½ cups broth and mix with cooked noodles and chicken. Add other ingredients and pour into 9" x 13" casserole dish. Mix butter and stuffing mix and sprinkle on top. Bake at 350° for 30 minutes.

Stella Bowman

CRESCENT CHICKEN

2 cans Crescent rolls
2 cans cream of chicken soup
1 lb. chicken tenders
1 can Veg-All

Roll up rolls and put in a greased baking pan. Dice chicken. Mix with soup and 1 can of water. Add can of Veg-All. Bake in preheated oven at 350° until rolls are brown. This makes a large baking pan full.

Evelyn Ayers

To climb steep hills requires slow pace at first.

— William Shakespeare

MAMA'S CHICKEN & DUMPLINGS

3 to 4 lb. whole chicken or 4 lg. breast
2 to 3 C. milk
¼ C. margarine or butter
2 to 3 C. self rising flour
- salt & pepper to taste

Place whole chicken in large stewing pot. Cover chicken with water and ½ tsp. salt. Cook until tender. (Cook night before making dumplings to let chicken cool before deboning). Remove bones from chicken and discard bones. Place broth into refrigerator overnight to allow fat to settle on top. Place chicken in separate plate in refrigerator also until needed.

Broth stew:

When ready to make dumplings: Spoon fat from off top of broth and set aside. Put broth on stove and heat to boiling. Reduce heat slightly and add milk. (Use either canned milk or whole milk). Add butter and enough of the chicken fat to make a rich tasting broth. Add salt & pepper to taste. Keep simmering.

Dumplings:

In medium bowl sift flour. Make a hole in center and add enough of the hot broth to make a stiff dough (stiff enough to roll out on floured surface). Flour a piece of wax paper and roll out a large pinch of dough at a time. Roll thin and, using knife, make 1" wide strips. Pull these strips as you drop into hot broth. Each strip should make 3 to 4 pieces. Drop a good layer of dumplings and then put a layer of chicken, broken into small pieces. Continue dropping dumplings and chicken until flour is all used up. If there is still a lot of broth left after a few minutes of simmering, make a few more dumplings. Save excess chicken for sandwiches or chicken salad. (Do not over layer with chicken as dumplings will not be as good).

Marian Nichols

Not the senses I have but what I do with them is my kingdom.
— Helen Keller

CHICKEN PIE

4 chicken breast
2 C. chicken broth
1 can cream of chicken soup
1 C. self rising flour
1 C. buttermilk
1 stick butter, melted
½ tsp. sale
1.2 tsp. pepper

Preheat oven to 400°. Cook chicken until tender. Remove chicken from bones and cut into small pieces. Place in 9" x 13" Pyrex dish. Mix can of soup and chicken broth and pour over chicken. Combine flour, butter, buttermilk, salt and pepper and spoon over chicken. Bake 30 minutes.

Bessie Marshall

CHICKEN PIE

2 ready made pie shells, softened
2 cans chicken
1 can cream of chicken soup
1 C. sour cream

Preheat oven to 400°. Mix chicken, soup and sour cream. Place 1 crust in pie plate. Pour chicken mixture in crust, top with 2nd. crust for double crust. Punch small hole in top. Bake until brown.

Mary C. Chandler

CHICKEN PIE

1 large chicken
1 can cream of chicken soup
1 can cream of celery soup
2 C. chicken broth
1 C. self rising flour
1 stick butter, melted
1 C. milk

Boil chicken and remove from bones. Mix together chicken, soups and broth. Pour into casserole dish. Mix flour, butter and milk and pour over top of chicken mixture. Bake in preheated oven at 375° until brown on top.

Martha Cassell

CHICKEN PARMIGIANA

4 boneless, skinless chicken breast halves
2 eggs, beaten
1 C. Italian style bread crumbs
¼ C. Olive oil
1 (15½-oz.) jar Meat flavor spaghetti sauce
½ C. grated Parmesan cheese
1 C. shredded Mozzarella cheese

Preheat oven to 400°. Dip chicken into egg and then into bread crumbs, coating well. Cook chicken in oil until done and well browned on both sides. Pour spaghetti sauce into 11" x 7" baking dish. Place chicken on sauce and top with cheeses. Bake 15 minutes or until cheese is melted and lightly browned.

Sue Stone

CELEBRATION CHICKEN

1 boiled chicken or chicken pieces
1 box rice
1 can tomatoes (size, your choice)
1 pkg. Alfredo sauce
1 sm. onion, chopped

Fry chicken, onion and tomatoes together. Prepare Alfredo sauce. Prepare rice and put into serving dish. Put chicken mixture over rice. Put Alfredo sauce over all.

Pauletta Crotts

Even on the most exalted throne in the world we are only sitting on our own bottom.

— Michel de Montaigne

CHICKEN CASSEROLE

1 fryer or 3 to 4 breast
1 (8-oz.) pkg. noodles
1 can cream of chicken soup
1 can cream of mushroom soup
½ pt. sour cream
1 stick butter or margarine
- Bread crumbs or Herb stuffing mix

Stew chicken in water until tender. Remove from broth and take meat off bones. Cook noodles in broth until tender. There should be about 1½ cups broth left after noodles are cooked. Add soups and sour cream to broth. Add chicken to soup mixture and pour into 9" x 13" casserole dish. Cut butter and put on top of chicken. Sprinkle bread crumbs or Herb stuffing mix on top (or mix 1 stick butter and Herb stuffing mix together). Bake in preheated oven at 350° for 30 minutes.

Stella P. Bowman

OVEN BAKED CHICKEN

4 boneless, skinless chicken breast
¼ C. Mayonnaise
½ C. Herb dressing crumbs, dry

Preheat oven to 350°. Brush chicken evenly with a thin coating of mayonnaise on both sides. Coat chicken with dry crumbs. Place in a shallow roasting pan. Bake for 30 to 40 minutes until fork test tender. Yields 4 servings.

Verla Phillips

I don't know the key to success, but the key to failure is trying to please everybody.

— Bill Cosby

MY FAVORITE CHICKEN CASSEROLE

2 chicken breast, stewed (save broth)
- salt & pepper to taste
½ stick butter, melted
1 can cream of chicken soup
1 C. saved broth
1 sm. pkg. Bisquick
1½ C. milk

Preheat oven to 350°. Cool chicken slightly. Cut into bit size pieces. Layer bottom of baking dish with chicken. Salt and pepper to taste. Pour melted butter over chicken. Mix soup and broth and pour over butter mixture. Mix Bisquick with milk and pour on top. Bake for 1 hour.

Matha Cassell

HUNTINGTON CHICKEN

1 whole chicken cooked and deboned (or 4 to 5 breast)
2 bouillon cubes
2 C. macaroni shells (or any kind), cooked
½ lb. Velveeta cheese, cubed
1 (8-oz.) jar mushrooms
1 C. half & half
½ C. margarine, melted
- bread crumbs

Preheat oven to 350°. Melt bouillon cubes in broth. Mix chicken, broth, macaroni, cheese, mushrooms and half and half. Put in baking dish. Mix margarine with bread crumbs and put on top of chicken. Bake for 30 minutes.

Elsie Goins

If you don't like something, change it. If you can't change it, change your attitude. Don't complain.

— Maya Angelou

CHICKEN & BROCCOLI ROLL

2 (8-oz.) cans Crescent rolls
1 (10-oz.) pkg. frozen chopped broccoli
3 Lg. chicken breasts
(8-oz.) Mozzarella cheese, sliced

Preheat oven to 350°. Cook broccoli according to instructions and drain well. Cook chicken and chop into small pieces. Unroll dough on baking sheet and press to seal perforations. Layer broccoli, chicken and cheese on dough. Roll as for jelly roll. Place in baking dish. Bake for 18 to 20 minutes or until brown. Yield 6 servings; 479 calories each, 820 mg. sodium and 78 mg. cholesterol.

Peggy Chilton

CHICKEN HOT DISH
(TURKEY HOT DISH)

1 chicken or (4 breast) cooked and deboned
1 lg. bag frozen chopped broccoli
1 can cream of chicken soup
1 sm. can evaporated milk
1½ C. grated cheese (Cheddar or other)

Preheat oven to 350°. Place chicken on bottom of 9" x 13" baking dish. Spread broccoli over chicken. Mix cheese, soup and milk in sauce pan and melt together. Pour cheese mixture over broccoli and chicken. Cover with browned bread crumbs. Bake 1 hour.

Donna Warner

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

— Booker T. Washington

TASTY CHICKEN BAKE

4 boneless, skinless chicken breast halves
1 (10¾-oz.) can cream of mushroom soup

Place chicken in 2 quart shallow baking dish. Spread soup evenly over chicken. Cover. Bake in preheated 400° oven for 25 minutes. Serves 4.

Martha Cassell

CHICKEN OR TURKEY CURRY

1 lg. onion, chopped
1 stick butter
2 cans cream of mushroom soup
1 C. water
3 C. chicken or turkey, chopped
- salt & pepper to taste
1 to 2 T. Curry powder - to taste
- Rice and small pineapple.

Fry onion in butter. Add soup and water. Then add chicken or turkey, salt and pepper. Add curry powder to taste. Mixture will be yellow. Serve over rice. Top with finely cut pieces of pineapple. Sprinkle with (oven browned) coconut.

Pauletta Crotts

CHICKEN CURRY CASSEROLE

1 C. mayonnaise
2 cans cream of chicken soup
½ tsp. curry powder
- salt & pepper to taste
4 C. cooked chicken, chopped
2 (10-oz.) pkg. frozen broccoli, cooked and chopped, drained

Mix first 4 ingredients together and set aside. Cook chicken and broccoli. Grease pan. Put in a layer of chicken and a layer of broccoli. Then pour in a layer of soup mixture. Repeat each layer. Top with buttered bread crumbs. Bake in preheated oven to 350° for 50 minutes. Remove from oven and sprinkle with paprika.

Verla Phillips

CUTLETS OF CHICKEN WITH WINE SAUCE

1 lb. chicken cutlets, pounded thin
- salt & pepper as desired
1 T. vegetable oil
1 T. margarine

Prepare chicken cutlets. Pound until thin and sprinkle lightly with salt and pepper. Melt oil and margarine in a large skillet; sauté the cutlets over medium heat until browned and tender, approximately 5 to 8 minutes on each side. Remove cutlets from pan and keep warm.

SAUCE:

1½ T. flour
¼ C. chicken stock
½ C. white wine
1 tsp. dried tarragon
½ C. sliced mushrooms, sautéed, or
¼ C. sliced almonds or chopped walnuts

Blend flour with pan drippings and cook for 2 minutes, but do not brown further. (One T. flour makes a thin sauce, 1-1½ T. flour gives a medium thick sauce. Add milk, stock and wine, cook over medium heat until mixture thickens. stirring constantly. Reduce heat to low. Add tarragon and either mushrooms or nuts. Return cutlets to pan and simmer for 1 minute. Serve immediately. This dish freezes well (do not separate chicken from sauce) and reheats well.

Mary Berrier

...All serious daring starts from within.

— Eudora Welty

OLD FASHION DRESSING/STUFFING
("Chicken or Turkey")

1 Roasting chicken or turkey
- Pone of corn bread
- Day old wheat bread (biscuits, loaf or rolls)
1 stick margarine
1 sm. onion, chopped
½ C. celery, chopped
1 egg
- poultry seasoning to taste
2 C. water
- Poultry drippings from baked chicken or turkey

Cook poultry until almost done. Cook a large pone of corn bread, unsweetened, a day or two before stuffing is needed. Collect wheat bread for a day or two and let dry. When ready to make stuffing, using a large mixing bowl, crumble corn bread and wheat bread until bowl is almost full. Heat margarine in the water and bring to boil. Stir to mix margarine and pour over bread crumbs. Stir to moisten. Dip poultry drippings from roasting pan and add to bread crumbs, stirring to blend well. Use as much drippings as needed to give a good poultry taste. (Do not overuse drippings as they have a lot of fat.) If still too dry add more hot water. Add onions and celery. Add egg and stir well. Add poultry seasoning a tsp. at a time, and stir, tasting after each to get the taste you desire. If you desire you can chop up the liver, gizzard and neck bone meat and put them in the stuffing. Blend mixture well and you are ready to stuff poultry.

To stuff poultry insert stuffing into back opening lightly. Do not mash tight. Fill completely. (Before stuffing drain all drippings from roasting pan.) Place additional stuffing around poultry in roasting pan in a ¼" layer. Any left over stuffing should be baked in a separate pan. Cover entire pan with foil and bake in preheated oven at 400° about 45 minutes. Remove foil and continue to bake until brown and onions and celery are done. Allow to set awhile before cutting meat as it will slice better. (Do not let it get completely cold)

Marian T. Nichols

SOUTHEAST CORN CHOWDER

4 to 5 chicken Breast, cooked & chopped
½ to 1 stick butter
¼ C. flour
1 onion, chopped
1 green and red pepper, chopped
1 can green chilies, chopped
1 lb. Velveeta cheese, cubed
3 sm. cans evaporated milk
3 cans cream of chicken soup
1 T. Cayenne pepper
1 T. chili powder
3 cans Mexicorn, drained
- Chicken broth for thinning

In large pot sauté onions and peppers in butter. Add flour and stir in milk. Add chilies. Add soup (you need to stir quite frequently as it tends to stick). Add chicken broth to desired thickness. Add corn and spices. It will be quite thick. Add chopped chicken and cheese last. As you reheat, use left over chicken broth to thin.

Peggy Chilton

BRUNSWICK STEW

1 whole chicken, cooked, boned & chopped
1 pt. butter beans
1 qt. tomatoes
3 potatoes, cut up
1 qt. whole kernel corn
1 T. butter
- salt & pepper to taste

Prepare chicken and place in large pot. Add vegetables. Bring to boil for 20 minutes and add butter, salt & pepper. Cook until all vegetables are tender.

Mary C. Chandler

BRUNSWICK STEW

1 whole chicken (2½ lb.)
1 onion, chopped
2 celery ribs, sliced
2 carrots, sliced
- salt & pepper
1 qt. tomatoes
2 potatoes, diced
- frozen corn
- small butter beans, frozen

Boil chicken in water with onion, celery, carrots, salt and pepper until chicken is done. Remove chicken from broth and remove bones. Return to broth. Add tomatoes and potatoes. Cook down. Add frozen corn and butter beans. Cook until tender.

Stella Bowman

BEEF STEW

2 lb. lean beef chuck, cut into cubes
¼ C. flour
2 T. oil
1 C. onion, chopped
2 clove garlic, minced
⅔ C. celery, diced
¼ C. parsley, chopped
½ tsp. Rosemary
½ tsp. freshly ground black pepper
¼ tsp. Thyme
½ tsp. Oregano
½ C. dry red wine
1 C. water
2 C. tomatoes, chopped (if canned, use no salt added variety)
4 med. potatoes, quartered
4 C. carrots, diced.

Coat beef with flour and brown in oil in a large Dutch oven. Add onion and garlic and cook until vegetables are softened. Pour off fat. Add remaining ingredients (except tomatoes, potatoes and carrots). Bring to a boil, cover and simmer for 1 hour. Add tomatoes, potatoes and carrots and simmer 45 minutes or until potatoes are tender. Yields 8 servings.

Mary Berrier

TURKEY LOAF

1 lb. ground turkey
2 slices whole-wheat bread (28 gm.)
1 lg. egg
1 med. onion (½ C.)
⅓ C. catsup
½ tsp. pepper
1 tsp. salt

Preheat oven to 350°. Mix all together and put into baking dish. Bake until brown and meat and onion are tender (approximately 1 hour).

Ernestine Chappell

TURKEY DRESSING (AKA STUFFING)

1 lb. box saltine crackers, low salt
1 lg. bag Pepperidge Farm Herb Stuffing Mix
4 to 6 C. turkey or chicken broth
2 tsp. sage
2 tsp. pepper
½ C. fresh parsley, chopped (or 2 T. dry Parsley)
3 C. onion, chopped
2 C. celery, chopped
½ C. butter (3 T. for pan and 5 T. for sautéing onions, etc.)

Preheat oven to 400°. Sauté onions and celery in 5 T. butter until tender. Break crackers into small bits and stir in herb seasoning and remaining seasonings. Mix well and stir in onions and celery. Add enough broth to make the mixture mushy but not runny. (It will dry in the oven.) Butter a large casserole pan (approximately 10" x 15" x 3") with the remaining butter. Pour stuffing into pan and cover with foil. Bake until set and drying out. If desired a pint of raw oysters may be added just before putting into casserole pan.

Faye Kirkman

TURKEY POT PIES

1½ sticks margarine or butter
2¼ C. unsifted all-purpose flour
5 T. cold water, more if needed
6 (5") aluminum foil pans
1 egg, slightly beaten

PASTRY: in medium bowl, with pastry blender, cut butter into flour until coarse crumbs form. Sprinkle water over flour mixture, one tablespoon at a time, mixing lightly with a fork after each addition. Stir until mixture forms a ball and leaves the side of the bowl. Cover with plastic wrap and set aside.

TURKEY FILLING:

1 stick butter or margarine
1½ C. celery, sliced
1 C. onions, chopped
1 chicken flavored bouillon cubes
¼ C. all-purpose flour
1 tsp. dried parsley flakes
½ tsp. salt
½ tsp. dried thyme leaves
⅛ tsp. black pepper
3 C. milk
2 C. cooked turkey, cubed
1 10 oz. pkg. frozen mixed vegetables

Preheat oven to 425°. In a 3 qt. saucepan, sauté celery, onions and bouillon cubes in butter over medium heat until tender. Stir in flour, parsley, thyme, salt and pepper. Gradually stir in milk. Cook over medium heat, stirring constantly, until sauce bubbles and thickens. Stir in turkey and vegetables. Remove from heat and set aside.

On a lightly floured surface, with a floured rolling pin, roll half the dough mixture into a 14" circle. Using a 5" pie pan as a guide, cut circles ½ inch larger than the pan. Cut small slits into each circle to allow steam to escape. Fill the pan with 1 scant cup of turkey mixture. Center a pastry circle over each pan. Dip fork tines in water and press edges of pastry down. Fold the edge of pastry under the edge of rim of pie pan. Repeat with remaining pastry and turkey mixture. Make decorative cut outs with rerolled pastry scraps. Place one on each pie. Brush pastry with egg. Place pies on a large pastry sheet and bake 20 to 25 minutes or until golden brown. Makes 6 pies. To freeze - make pies, wrap in foil. Label and freeze. Bake one when you need an on-the-run meal.

Pauline P. Badgett

SALMON PATTIES

1 lg. can salmons
2 eggs
½ C. corn meal
6 saltine crackers
- oil

In a medium size bowl mix salmon with other ingredients. Make into patties. Fry in oil until brown. Use just enough oil so they will not stick.

Verla Phillips

SALMON PATTIES

1 (15-oz.) can salmon
½ C. Cornflake crumbs
1 lg. egg
¼ C. onion, minced
- vegetable oil

Mix all together and make into patties. Brown in oil, about 8 to 10 minutes on each side.

Evelyn Ayers

ESCALLOPED OYSTERS

1 C. crackers, coarsely crumbled
1 pt. oysters
8 T. butter or margarine
1 tsp. salt
½ tsp. pepper
1½ C. milk

Preheat oven to 400°. Grease 1½ quart casserole. Place one half the crackers in bottom of casserole. Add half the oysters. Dot generously with butter or margarine. Sprinkle with salt and pepper. Add ¾ cup of the milk. Repeat. Bake until bubbly and brown. Serves 4.

Marianne Pruitt

SEAFOOD CASSEROLE

1 (7-oz.) pkg. long grain wild rice
1 C. celery, chopped
1 med. onion, chopped
1 green pepper, chopped
1 sm. can mushrooms, drained
1 (8-oz.) pkg. frozen crab meat, thawed
1½ lb. shrimp, peeled & cooked
1 (4-oz.) can chopped pimento, drained
2 cans cream of mushroom soup
¼ C. milk

Cook rice according to directions on box. Sauté celery, onion and green pepper in margarine. Add rice and other ingredients. Mix well and spoon into 9" x 13" baking dish that has been sprayed with Pam. Bake in preheated 450° oven for 45 minutes. Yield 10 servings.

Peggy Chilton

CRISPY BAKED FISH

1 lb. fish fillets (fresh or frozen, thawed)
2 T. oil
¾ C. corn flakes, crushed
- pinch of pepper

Preheat oven to 500°. Wash and dry fillets and cut into serving pieces. Season with pepper. Dip in oil and coat with corn flake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish. Bake for about 10 minutes without turning.

Marian Nichols

Guided by my heritage of a love of beauty and respect for strength - in search of my mother's garden, I found my own.

— Alice Walker

SHRIMP SCAMPI

1 lb. butter
3 lg. cloves garlic
- pinch salt
1 tsp. black or lemon pepper
2 lemons
1½ C. white dry wine or dry sherry
1 T. Worcestershire sauce
½ C. fresh parsley, finely chopped
25 to 30 lg. shrimp
¼ C. basic brown sauce

Let butter come to room temperature. Mince garlic. Put butter, salt, pepper, juice of 1 lemon, ½ cup wine, Worcestershire sauce and ¼ cup chopped parsley in a mixer at medium speed and whip until light and fluffy. Set aside. Peel and de-vein shrimp, leaving the tails on. Arrange shrimp in sauce pan with above butter mixture. In another saucepan. heat some butter, the basic brown sauce and remaining wine. Stir constantly until mixture comes to a boil. Add juice of remaining lemon to the pan with shrimp and place over heat. When shrimp pan is hot, add the second butter mixture and simmer 5 to 7 minutes or until the shrimp turns red. DO NOT OVERCOOK. Serve over rice, sprinkling with remaining chopped parsley.

Freda H. Chauncey

CHUNKY CHEESEBURGER MACARONI

1 (19-oz.) can Chunky Sirloin Burger soup
1½ C. elbow macaroni, cooked
½ C. shredded Cheddar cheese

In saucepan, combine soup, macaroni and cheese over medium heat. Heat thoroughly, stirring often. Makes about 2½ cups.

Pauletta Crotts

MACARONI CASSEROLE

1 lb. ground beef
2 tsp. cooking oil
1 sm. onion, chopped
½ C. green pepper, chopped
2 C. tomatoes
1 T. Catsup
1 T. sugar
1 T. steak sauce
2 tsp. parsley flakes
1 box macaroni, cooked
- salt & pepper to taste
1 can mushroom soup
1 C. cheese

Cook beef, onion and green pepper in cooking oil until beef changes color. Stir often to crumble beef. Add all other ingredients, except soup and cheese. Let simmer on top of stove for 30 minutes. Line casserole dish with soup. Spoon beef mixture over soup. Sprinkle cheese over top. Bake in preheated over at 350° for 30 minutes.

Ernestine Chappell

VEGGIE CHILI

1 lb. ground beef
3 cans tomatoes - garlic, basil and oregano
3 cans tomatoes - garlic
1 lg. can tomato sauce
1 can red kidney beans, juice & all
1 can little grain corn, drained
¾ tsp. chili powder

Put all ingredients into a large pot and cook, stirring often. Makes ½ gallon or more.

Stella Bowman

SIMPLY LASAGNA

(15-oz.) part skim Ricotta cheese
2½ C. shredded Mozzarella cheese
½ C. Parmesan cheese
1 egg, slightly beaten
(26-oz.) jar Spaghetti sauce
1 lb. ground beef; browned, crumbled and drained
1 C. water
12 lasagna noodles, uncooked

Preheat oven to 350°. Mix ricotta cheese, 1¼ cup mozzarella cheese, ¼ cup Parmesan cheese and egg until well blended. Set aside Pour spaghetti sauce into meat in skillet. Pour water into empty sauce jar, cover and shake well. Pour into skillet. Stir until well mixed. Place 1 cup meat sauce on bottom of 13"x 9" baking dish. Layer 3 lasagna noodles, ⅓ cup ricotta cheese mixture and 1 cup meat sauce. Repeat layers 2 more times. Top with remaining 3 noodles and sauce. Sprinkle with remaining 1¼ cup mozzarella cheese and ¼ cup Parmesan cheese. Cover tightly with greased aluminum foil. Bake 45 minutes. Remove foil and bake 15 minutes longer. Let stand 15 minutes before cutting. Makes 12 servings.

Geraldine L. Inman

It is not so much consequence what you say, as how you say it.
— Alexandra Smith

RUSTIC LASAGNA

(Low Calorie)

9 Lasagna noodles
2 (8-oz.) cans low-sodium tomato sauce
1 clove garlic, minced
1 tsp. fresh oregano or ¼ tsp. dried oregano
1 (10-oz.) pkg. frozen chopped broccoli, thawed and squeezed of excess liquid.
1 C. shredded carrot
1 (15-oz. to 16-oz.) pkg. part-skim ricotta cheese
¼ C. grated Parmesan cheese
1 C. shredded part-skim mozzarella cheese

Preheat oven to 350°. Cook lasagna according to package (do not add salt). Spray a 13" x 9" baking dish with Pam. Set aside. In a small bowl, combine tomato sauce, garlic and oregano. Mix well. In a medium bowl combine broccoli, carrot, ricotta and Parmesan. Mix well. Drain noodles in a colander. Spread ½ cup of tomato sauce in bottom of dish and place 3 noodles on top. Spread one half of broccoli mixture over noodles. Spoon ½ cup of tomato sauce over broccoli; place 3 noodles on top. Spread remaining broccoli mixture on top of noodles and then ½ cup of tomato sauce. Top with remaining noodles and tomato sauce. Sprinkle mozzarella over top. Bake until bubbling, about 45 minutes. Cool about 15 minutes before cutting into squares.

Marian Nichols

Be happy while you're living, for you're a long time dead.
— Scottish Proverb

ITALIAN SPAGHETTI

1½ lb. ground beef
½ lb. sausage
1 can Spaghetti sauce
1 lg. onion, chopped
1 lg. green pepper, chopped
¼ clove garlic, chopped fine
1 lg. can tomatoes or 2 cans tomato sauce
1 C. celery, chopped
½ C. catsup
2 tsp. salt
1 tsp. pepper
1½ tsp. chili powder
1½ C. water
1 lb. box thin spaghetti
- Parmesan cheese

Brown meat in small amount of butter. Add onions, garlic, celery and green pepper. Cook until slightly browned. Add tomatoes, catsup, water, salt, pepper and chili powder. Cover and cook slowly for 3 hours.

Boil spaghetti in salted water until well done, keeping it whole. Drain and rinse spaghetti. Put individual serving of spaghetti on a dinner plate. Pour sauce over the spaghetti. Sprinkle top generously with grated Parmesan cheese. Serve hot.

Pauline Badgett

SPAGHETTI CASSEROLE

1 lb. ground beef
(8-oz.) Pepperoni
1 jar mushrooms
1 onion, chopped
1 lg. can spaghetti sauce
1 sm. green pepper, chopped
(16-oz.) pkg. Mozzarella cheese
10 oz. spaghetti

Preheat oven to 375°. Brown beef, onion, green pepper. Drain. Cook spaghetti and drain. Add pepperoni and mushrooms to beef mixture. Mix all ingredients except cheese together with spaghetti and pour into baking dish. Cover with cheese and bake until bubbly.

Pauletta Crotts

SPAGHETTI SAUCE

¾ C. onions, chopped
1 clove garlic, minced
3 T. Olive oil
4 C. tomatoes
2 (6-oz.) cans tomato paste
1 C. water
1 T. sugar
1 tsp. salt
½ tsp. pepper
1 tsp. oregano, crushed
1 bay leaf
- Italian Meat balls

Cook onion and garlic in hot oil until tender but not brown. Stir in remaining ingredients. Simmer uncovered 30 minutes. Remove bay leaf. Add Italian Meat balls and simmer 30 minutes longer. Makes 6 servings.

Geri Pruett

CABBAGE CASSEROLE

1 lb. ground beef
1 med. head cabbage, shredded
1 med. onion, chopped
- salt & pepper to taste
1 can tomato soup

Brown and drain ground beef, add salt & pepper. In a three quart baking dish layer ⅓ of cabbage, ½ of beef and ½ onion. Repeat one time and end with last ⅓ of cabbage. Pour soup over all ingredients and cover tightly with foil. Bake in preheated oven at 350° for 1 hour.

Evelyn Ayers

GLENN'S CORNED BEEF AND CABBAGE

- Head of cabbage
- Water
1 can Corn Beef
- oil

Chop cabbage (as much as you want to cook). Place oil in frying pan and add cabbage and water. Slice beef and place on top of cabbage. Cook for 10 minutes. Leave lid on until served.

Edith Mcpeak

BOSTON BUTT PORK ROAST

5 to 6 lb. pork roast
- onion & garlic powder
1 tsp. salt
¼ tsp. lemon pepper
6 to 8 drops hot pepper sauce

Sprinkle seasonings onto roast, place in covered roasting pan and add 1½ cups water. Bake in preheated oven at 375° for one hour. Turn down heat to 250° and bake 1½ hours. Let rest an hour before slicing. Add 1 cup water to broth and thicken to make a thin gravy.

Verla Phillips

SIRLOIN TIPS

3 lb. beef stew
2 cans golden mushroom soup
⅓ C. water
1 beef bouillon cube
½ C. wine or cooking sherry

Cut beef into bite size pieces. Do not brown beef. Mix all ingredients together and pour into a 2½ qt. baking dish and cover. Bake in preheated oven at 300° for 3 to 4 hours. Add liquid if necessary. Serve over rice. Simple and delicious.

Verla Phillips

STEAK & POTATO STIR FRY

1 lb. sirloin steak cut in strips
1 T. oil
2 C. potatoes, cubed
2 C. carrots, chopped
¼ C. water
2 C. onions, sliced
- salt & pepper to taste
2 C. mushrooms (optional)

Cook meat in oil until done. Remove from skillet. Cook potatoes, carrots, water, salt and pepper in skillet for 15 minutes or until done. Stir in onions, mushrooms and meat. Cook and stir on high for 5 minutes or until heated through.

Geraldine L. Inman

MEAT BALLS

1 lb. ground beef
½ C. milk
½ C. bread crumbs
1 sm. onion
1 C. ketchup
½ C. vinegar
½ C. brown sugar, packed

Preheat oven to 350°. Soften bread crumbs in milk. Mix with onion and beef. Make into balls and place into baking dish. Mix ketchup, vinegar and brown sugar. Pour over meatballs. Cover and bake 1 hour.

Geraldine Inman

ITALIAN MEAT BALLS

4 slices dry bread
1 lb. ground beef
2 eggs
½ C. Parmesan or Romano cheese, grated
1 clove garlic, minced
1 tsp. oregano or basil, crushed
1 tsp. salt
- dash pepper
2 T. parsley, chopped
- oil
- spaghetti sauce
- spaghetti

Soak bread in water 2 or 3 minutes. Squeeze out moisture. Combine bread with all other ingredients, mixing well. Form in small balls (about 20). Brown slowly in hot oil. The balls may also be baked in oven. Add meat balls to spaghetti sauce and cook 30 minutes. Serve over hot spaghetti. Serves 6.

Geri Pruett

NO PEAK STEW

2 lb. beef stew meat
3 C. potatoes, cubed
2 C. carrots, cut up
1 C. celery, cut up
1 onion, wedged
1 (15-oz.) can tomato sauce
1 (15-oz.) can water
1 tsp. sugar
1 tsp. salt
2 T. Minute tapioca

Preheat oven to 250°. Put meat and vegetables in covered baking dish. Mix next 5 ingredients together and pour over meat and vegetables. Bake covered 4½ to 5 hours. DO NOT OPEN DURING THIS TIME.

Mary Lou Ehrenrich

GROUND STEAK

2 lb. ground beef
1 lg. can evaporated milk
- flour
- salt & pepper to taste

Brown beef with salt and pepper. Drain all fat from meat. Sprinkle flour over meat until coated. Stir in flour and sprinkle over meat again. Mix milk and one can water together. Pour into pan with beef and stir until thick.

Verla Phillips

Man's mind stretched to a new idea never goes back to its original dimensions.

— Oliver Wendell Holmes, Jr.

CHEESEBURGER PIE

1 lb. ground beef
1 C. onions, chopped
½ tsp. salt
2 eggs
½ C. Bisquick
1 C. milk
1 C. shredded cheese

Preheat oven to 400°. Grease 9" pie plate. Cook beef and onions until beef is brown. Drain, spread in pie plate. Sprinkle with salt and cheese. Stir remaining ingredients until blended. Pour over beef. Bake for 25 minutes.

Evelyn Ayers

BARBECUED BEEF

- Beef roast
½ C. brown sugar
½ C. catsup
⅓ C. vinegar
1 onion, chopped
½ tsp. Horse Radish
1 T. chili powder
3 T. mustard
- salt to taste
1 tsp. Worcestershire sauce

Cook beef 3 or 4 hours until it falls apart. Chop into fine pieces. Combine all other ingredients and simmer until onion is tender. Mix with the beef. If too dry add beef broth. Serve on buns with Cole-Slaw.

Pauletta Crotts

As simple as it sounds, we all must try to be the best person we can - by making the best choices, by making the most of the talents we've been given.

— Mary Lou Retton

HUSBAND'S DELIGHT

1 (8-oz.) pkg. medium noodles, cooked
1 (8-oz.) pkg. lowfat cream cheese, softened
2 C. sour cream or nonfat yogurt
3 green onions, chopped
1½ lb. ground round (beef)
2 T. butter
2 (8-oz.) cans tomato sauce
1 tsp. sugar
1 tsp. salt
1 tsp. Worcestershire sauce
- pepper
½ C. shredded cheese

Cook noodles. Mix cream cheese, sour cream or yogurt and onions. Brown the meat in butter. Combine tomato sauce, sugar, salt, Worcestershire sauce and pepper and add to meat. In a 3 quart casserole or 9" x 13" baking dish make a layer of noodles, then a layer of meat mixture, and then a layer of sour cream mix. Repeat once and top with grated cheese. Bake in preheated oven at 350° until brown. Serves 8 to 10.

Marian York

TACO BAKE

1 (14-oz.) box Macaroni and Cheese
'1 lb. ground beef
1 (1¼-oz.) pkg. Taco seasoning mix
¾ C. water
¾ C. sour cream
1½ C. shredded cheddar cheese (divided)
1 C. Thick and Chunky Salsa

Preheat oven to 400°. Prepare macaroni and cheese as directed on package. Brown meat and drain. Add taco seasoning mix and water to meat. Simmer 5 minutes. Stir sour cream into macaroni and cheese. Stir ½ of macaroni and cheese into 8" baking dish and top with meat mixture and 1 cup cheese. Then add remaining macaroni and cheese mixture. Cover and bake for 15 minutes. Top with salsa and remaining ½ cup cheese. Bake uncovered an additional 5 minutes or until cheese is melted. Makes 6 servings.

Geraldine L. Inman

HAMBURGER CASSEROLE

1 to 2 lb. hamburger
1 can Manwich sauce
¾ can kidney beans
3 eggs
5 to 8 slices American Cheese
- Seasoned bread crumbs

Brown hamburger. Layer each of the ingredients, in any order you prefer, in a casserole dish. Top with seasoned bread crumbs. Bake in preheated oven at 350° for about 30 minutes.

Pauletta Crotts

HAMBURGER CASSEROLE

1 lb. ground beef
1 med. onion, chopped
1 can cream of celery soup
⅔ C. milk
1 (6-oz.) pkg. egg noodles
- grated cheese
- salt & pepper as desired

Preheat oven to 350°. Brown beef and onions and drain. Add soup and milk. Cook noodles per instructions and drain. Arrange beef mixture and noodles in alternating layers in casserole dish until all is used. Cover with grated cheese and bake for 20 minutes.

Benny Moseley

Good judgement comes from experience, and experience - well, that comes from poor judgement.

— Cousin Woodman

HAMBURGER CASSEROLE

1 lb. hamburger meat
1 (6-oz.) box macaroni
2 C. tomatoes
1 small onion, chopped
1 small green pepper, chopped
2 tsp. catsup
2 tsp. steak sauce
2 tsp. parsley flakes
(2-oz.) grated cheese
- salt and black pepper to taste

Cook macaroni. At same time brown hamburger onions and green pepper in 1 tsp. oil. Drain grease. Add other ingredients to meat mixture and place in 9" x 13" baking dish. Bake in preheated 350° oven for 30 minutes. Cover with foil while baking.

Shelby Wood

CANADIAN HAMBURGER DISH

1½ C. macaroni, cooked and drained
1 lb. hamburger
- cracker crumbs
1 can tomato soup
1 tsp. salt
1 small onion, sliced
¾ C. water
1 tsp. pepper

Cook macaroni until tender. Brown Hamburger with onion, salt and pepper until done. Drain. Mix macaroni and hamburger in casserole dish. Put cracker crumbs on top. Mix tomato soup and water and pour over cracker crumbs. Bake in preheated 350° oven for 1 hour.

Pauletta Crotts

STUFFED PEPPERS

6 med. green peppers
1 lb. ground beef
1 C. soft bread crumbs
⅓ C. onions, chopped
½ C. Chili sauce
½ tsp. salt
1 egg, beaten
⅛ tsp. pepper
½ C. sharp cheddar cheese, grated

Remove end from peppers and remove seeds. Blanch in boiling water for 2 or 3 minutes. Mix all other ingredients together. Stuff peppers with the beef mixture and place peppers in a two quart baking dish. Cover with foil. Bake in preheated 350° oven for 55 minutes. Top with cheese and bake for five more minutes.

Evelyn Ayers

STEAK & POTATO SUPPER

1½ lb. round steak, cut into serving pieces
⅓ C. flour
2 T. Wesson oil
3 med. potatoes, peeled & quartered
1 sm. onion, chopped
2 T. parsley, chopped
½ tsp. salt
⅛ tsp. pepper
½ C. water
2 (8-oz.) cans tomato sauce

Flour steak well. Brown both sides in hot oil. Add remaining ingredients. Cover and simmer 1½ hours or until done.

Pauletta Crotts

MEAT LOAF

3 slices soft bread, cubed
1 C. milk
1 egg
1 lb. ground beef
¼ lb. pork sausage
½ C. onion, chopped
1¼ tsp. salt
¼ tsp. pepper
¼ tsp. dry mustard
¼ tsp. sage
¼ tsp. celery salt
¼ tsp. garlic salt
1 T. Worcestershire sauce

Preheat oven to 350°. Mix all ingredients. Form loaf and place in baking dish and bake for 1 hour. Yields 6 to 8 servings.

Lillie Edwards

ANN LANDERS WORLD FAMOUS MEAT LOAF

2 lb. ground round steak
2 eggs
1½ C. bread crumbs
¾ C. catsup
1 tsp. flavor enhancer
½ C. warm water
1 pkg. onion soup mix
2 strips bacon (optional)
1 (8-oz.) can tomato sauce.

Preheat oven to 350°. Mix all ingredients thoroughly and put into loaf pan. Cover with 2 strips bacon, if you like the flavor. Pour tomato sauce over bacon and bake 1 hour. Serves six.

Evelyn Ayers

MAZETTI

1 (10-oz.) pkg. med. size egg noodles, cooked in salted water & drained
1½ lb. ground chuck beef
1 med. onion (optional)
1 bell pepper, (optional)
2 cans tomato soup
1 C. water
1 lb. Longhorn cheddar cheese, grated
- salt & pepper to taste

Preheat oven to 350°. Brown meat, onion and bell pepper. Pour off fat. Add soup and water. Add cheese saving some to put on top. Simmer until melted. Mix noodles and meat mixture together. Place in large baking dish and sprinkle with remaining cheese. Bake in preheated 350° oven for about 25 minutes.

To serve more people use a 1 lb. package of noodles and 2 lb. of meat. This dish freezes well.

Geri Pruett

THE RAGGED GARDEN'S SALTIMBOCCA ALTA ROMANA

8 slices veal, sliced thin and pounded
- salt and pepper to taste
½ C. all-purpose flour
2 T. butter
8 thin slices proscuitto ham
8 thin slices mozzarella cheese

Preheat broiler. Sprinkle salt and pepper on each slice of veal. Dredge veal in flour; pat and remove excess flour. Melt butter in sauté pan over high heat. When butter foams, place veal in pan. Do not crowd. Sauté one minute each side. Place veal in ovenproof serving dish. Top with proscuitto and cheese. Place serving dish 4 inches under broiler just until cheese melts. Serve immediately. Serves 4.

Nancy Russell

BAKED BEANS

½ lb. Hamburger
1 onion, chopped
1 can pork and beans
1 green pepper chopped
2 T. brown sugar
- salt & pepper to taste
2 T. corn syrup
- Bacon strips

Brown hamburger and onions in a skillet. Drain Pour beans into a baking dish and add hamburger and other ingredients (except bacon). Mix well and place bacon strips over top of mixture. Bake in preheated 350° oven for 30 minutes.

Evelyn Ayers

B. J.'S BAKED BEANS

1 lb. ground beef
1 med. onion, chopped
½ C. catsup
1 (8-oz.) can tomato sauce
3 T. brown sugar
1 T. Worcestershire Sauce
1 lg. can Pork & Beans
- salt & pepper to taste

Brown beef and onion. Drain. Add all other ingredients and mix well. Bake in preheated oven at 350° for 1 hour.

Martha Cassell

SAUSAGE BALLS

1 lb. sausage
1 C. shredded cheese, sharp
2½ C. Bisquick mix
⅔ C. water, more or less as needed

Mix all ingredients together and blend well. Roll into balls. Bake in preheated oven at 350° for 15 to 20 minutes. (May bake 10 minutes and freeze. When ready to use, thaw and bake for 10 minutes).

Martha Cassell

CAROL'S CASSEROLE

½ head cabbage
2 med. onions
2 lb. hamburger
1 can Italian style tomatoes

Brown hamburger. In a large baking dish layer the cabbage, then the onions and last the hamburger. Pour the tomatoes over the top. Bake in preheated 425° oven for 45 minutes.



Canning

CANNING

SOUR KRAUT

1 qt. cabbage, chopped
1 T. (heaping) coarse salt (pickling)
2 T. vinegar
1 T. sugar

Pack cabbage in jar. Add other ingredients and then fill jar with hot water and seal. Stays white and firm. Each recipe makes 1 quart.

Pauletta Crotts

PICKLED BEANS

Cooked green beans
1 C. coarse pickling salt
½ C. vinegar
1 gal. water

Cook green beans just until tender. Drain and rinse thoroughly in cold water. Heat salt and vinegar in the gallon of water. Pack beans in sterilized jars and pour salt/vinegar solution over beans until jar is full. Seal and store in cool place.

Pauletta Crotts

HOME MADE HOMINY

4 C. shelled white corn
5 to 6 qts. cold water
4 T. soda

Wash corn and put in cold water in large cooker and let soak for several hours. Then add soda and place over medium heat. Bring to full rolling boil. Reduce heat until just boiling and cook until corn is tender and skins or husks begin to loosen from the grains. This may take all day. After corn is tender and husks are loosened, remove from heat and drain. Rinse and rub the grains through the hands gently to remove the skins. Rinse and drain several times. The hominy is now ready for use.

Pauletta Crotts

PICKLED CORN

Parboil corn enough to set the milk in the corn. Cut corn from cob. Pack into jars. Place 2 heaping tablespoons coarse pickling salt in each quart (1 heaping tablespoon to a pint) Fill jars with water. Seal tight and store in cool place.

There is a difference between coarse pickling salt and regular salt. This is important.

Pauletta Crotts

MAMA'S RELISH

1 med. cabbage
8 pods. green sweet peppers
8 carrots
3 med. onions
2 tsp. celery seed
2 tsp. mustard seed
4 C. sugar
1½ C. vinegar

Grind vegetables and drain. Mix sugar and vinegar and add to vegetables. Heat to boiling and cook 15 minutes. Put in jars and seal. Makes 6 pints.

Geraldine Inman

APPLE PIE FILLING

½ bushel apples - peel and slice
8 C. water
6 C. sugar
1 stick margarine
1 C. cornstarch
2 tsp. cinnamon
½ tsp. nutmeg
1 tsp. allspice

While peeling and slicing apples, heat all the rest of the ingredients. Pack apples in canning jars and cover with the hot liquid. Cook in a hot water bath for 20 minutes.

Mary C. Chandler

PICKLE BEETS

Peel beets raw. Quarter and place in large pot with enough water to come near top of beets. Cook until tender. Drain off some of liquid and add vinegar and sugar to suit taste. Bring back to a boil and pack in canning jars and seal.

Mary C. Chandler

SPAGHETTI SAUCE

25 C. tomatoes, chopped
3 lb. onions, chopped
4 green peppers, chopped
1 garlic bulb, chopped
1 C. sugar
¼ C. salt
½ C. vegetable oil
6 T. Italian Seasoning

Mix and bring to a boil. Cook for 20 minutes. Pack in canning jars and seal. Cook in a hot water bath for 10 minutes.

Mary C. Chandler

CHOW-CHOW

4 C. onions, chopped
1 med. cabbage, chopped
10 green peppers, chopped
6 red sweet peppers, chopped
5 hot peppers
½ C. salt

Sprinkle salt over vegetables and let sit overnight. Rinse and drain.

6 C. sugar
1 T. celery seed
1 T. mustard seed
1½ tsp. Turmeric
4 C. Apple Cider vinegar
2 C. water

Mix and pour over vegetables. Bring to a boil and simmer for 3 minutes. Pack in canning jars and seal. Makes nine pints.

Mary C. Chandler

MOTHER'S PEAR RELISH

1 gal. pears
3 green peppers
3 red sweet peppers
3 hot peppers
5 onions
1 lb. sugar
1 tsp. salt
1½ C. vinegar

Run pears and vegetables through food chopper. Add other ingredients and cook for 20 minutes. Put into canning jars and seal.

Pat Busick

CANNED FRIED APPLE PIE FILLING

3 gal. apples, chopped
1 C. cornstarch
2 T. apple pie spice
4 tsp. sugar
1 C. Tapioca pudding mix
2 T. nutmeg

Cook apples until they cook up soft. Stir in all other ingredients. Continue cooking and stirring to prevent sticking. Corn starch will start to form lumps. Remove from heat and beat with mixer until all lumps dissolved. Fill canning jars. Process in hot water bath for 50 minutes.

Geraldine Inman

ALICE'S CUCUMBER PICKLES

1 gal. cucumbers, sliced or cubed
½ C. salt
1 green pepper, sliced
1 onion, sliced

Mix all ingredients and cover with ice cubes. Let sit for three hours, covered.

3 C. sugar
3 C. vinegar
1 tsp. mustard seed
1 tsp. celery seed

Mix all ingredients and let come to a boil. Wash cucumbers and drop into hot mixture until they change color. Place cucumbers in pint canning jars. Fill jar with hot liquid and seal.

Marian Nichols
Alice Dinkins

BEV'S SPAGHETTI SAUCE

12 qt. bucket of tomatoes
2½ C. vinegar
½ C. salt
2 C. sugar
5 med. onions
8 sweet peppers
- hot peppers to taste (5 or 6)

Peel, core and quarter tomatoes. Place into large stewing pot. Add other ingredients and cook slowly until looks done, about 45 minutes. Pour into hot jars and seal. yields 14 to 15 pints.

FOR SERVING:

1 lb. hamburger, browned
½ to 1 pkg. Sauer's chili seasoning mix
1½ C. water
1 sm. can tomato paste
1½ to 2½ tsp. sugar

Add 1 pint spaghetti sauce and all above ingredients. Simmer 10 to 20 minutes.

Marian Nichols
Beverly Huff

SALT PICKLES

2 C. vinegar
6 C. cold water
1 C. salt
5 qt. cucumbers

Fill 5 quart jars with cucumbers. Mix other ingredients well. Pour over cucumbers and seal.

Evelyn Ayers

PEACH PICKLES

1 pt. vinegar
2 T. pickle spices
1 qt. sugar
- peaches

Mix vinegar and sugar. Put spices in a cloth and tie ends. Place spices into sugar mix and bring to boil. Add as many peaches as syrup will cover. Boil, covered, until peaches are just tender. Remove peaches from syrup and place in jars. Continue to boil syrup until it begins to get thick. Pour over peaches and seal jars.

Evelyn Ayers

SUMMER SQUASH RELISH

10 C. zucchini and yellow summer squash, chopped (about 10 to 12 medium size)
1 med. onion, chopped
1 med. green bell pepper, chopped
1 med. red bell pepper, chopped
2 C. Heinz Apple Cider or apple cider flavored vinegar
2½ C. sugar
2 tsp. mustard seed
2 tsp. celery seed
2 tsp. cinnamon
2 tsp. turmeric
1 tsp. pickling salt

In a 6 to 8 quart sauce pot, combine all ingredients. Bring to boil over medium to high heat, stirring occasionally. Reduce heat and simmer for 10 minutes or until thickened, stirring frequently. Immediately fill hot pint or half pint jars with mixture, leaving ½ inch head space. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and threads clean. Adjust two-piece caps. Process pints or half pints in boiling water canner for 15 minutes.

Martha Cassell

SQUASH PICKLES

3 C. sliced small yellow squash
3 C. sugar
2 C. vinegar (5% acidity)
2 T. mustard seed
2 T. celery seed
2 C. coarsely chopped green pepper
2 C. coarsely chopped red sweet pepper
2 Lg. onions, thinly sliced and separated into rings

Place squash in salted water to cover and let set 1 hour. Drain well and set aside. Combine vinegar, sugar, mustard seed and celery seed in a large pot. Bring to boil and add squash and remaining ingredients. Boil gently 5 minutes. Pack into hot sterilized jars, leaving ½ inch head space. Cover with metal lids. Screw bands tight. Process in boiling water bath 15 minutes. Yields 5 half pints.

MAMA'S HOMEMADE CATSUP

2 qt. tomatoes, peeled and quartered
4 sm. onions, chopped
2 bell peppers, chopped
1 sm. hot pepper, chopped
2 C. sugar
2 C. vinegar

In a large pot, combine all ingredients and bring to a rolling boil. Turn back to simmer, stirring to prevent sticking. When thick, pour into jars and seal.

Blessed are they who can laugh at themselves, for they shall never cease to be amused.

— Anonymous

Crockpot Cooking



CROCKPOT COOKING

MACARONI AND CHEESE

(8-oz.) macaroni
(8-oz.) Velveeta Cheese, shredded
1 lg. can Pet milk
1½ C. sweet milk
2 T. margarine
- salt & pepper to taste
(4-oz.) Cheddar cheese

Cook macaroni 7 min and drain. Place into crockpot that has been sprayed with Pam. Mix other ingredients, except for Cheddar cheese, and pour over macaroni. Put Cheddar cheese on top. Cook on low 3 to 3½ hours.

Stella Bowman

BEANS

1 (32-oz.) can Pork & Beans
1 (14½-oz.) can diced tomatoes with green peppers & onions
¼ C. mustard
¼ C. brown sugar
1 T. Worcestershire sauce
1 T. molasses

In a slow cooker, mix all ingredients together. Cook on high 1 hour, then reduce heat to low and cook for another hour.

Bessie Marshall

APPLE BUTTER

8 C. apples, peeled and sliced
5 C. sugar
½ C. vinegar mix
2 tsp. cinnamon
2 tsp. allspice
1 tsp. cloves

Cook apples, sugar and vinegar in crockpot on low overnight. Increase heat to high on crockpot next morning and cook until thick. Add the spices and mix well. Pour into canning jars and seal.

Mary C. Chandler

APPLE BUTTER

8 C. Applesauce
5 C. sugar
½ C. vinegar
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. allspice

Put applesauce, sugar and vinegar in crockpot and cook on low with lid off overnight (begin at 8:00 P.M.). Next morning turn heat to high and add spices and cook for 2 to 3 hours or until thick. Put in canning jars and seal. Best if applesauce is made from Rome or Stayman apples.

Stella Bowman

APPLE BUTTER

12 C. applesauce
7 C. sugar
1 pkg. Cinnamon candy

Cook overnight in crockpot or until thick. Put in glass canning jars and seal.

Emily Clement

CUBE STEAK

5 to 8 pieces of cube steak
1 med. onion, chopped (optional)
1 can cream of mushroom soup (may use cream of celery soup)

Coat steak with flour and brown in a small amount of oil. Place in crock pot. Sauté onion in oil until color turns slightly. Put onion in crockpot. Pour soup over meat. Rinse soup can with a small quantity of water and add to crockpot. Cook on low for 4 to 6 hours or overnight if desired.

Elizabeth Cooke
Pauletta Crotts

CUBE STEAK

- Cubed streak
3 to 4 T. flour
- water

Brown steak on each side in frying pan. Place steak in crockpot. Brown flour in dripping and add water to make gravy. Pour gravy over steak and cook on low heat for 3 hours.

Pauletta Crotts

COUNTRY STYLE STEAK

1 pkg. cube steak
- flour
- salt & pepper to taste
1 can cream of mushroom soup

Roll steak in flour, salt and pepper. Brown in oil on both sides. Place in slow cooker with the can of soup. Cook for 4 hours.

Pauletta Crotts

BEEF BALLS

1¾ lb. ground beef
3 C. bread crumbs
1 tsp. salt
¼ tsp. pepper
1 egg
4 T. butter- divided
4 tsp. steak sauce
1 tsp. ketchup
1 pkg. dry onion soup mix
2 T. flour
1 can beef consume
1 C. sour cream

Mix ground beef, bread crumbs, salt, pepper, egg, 2 T. butter and steak sauce. Roll into small balls. Fry until cooked and brown. Combine all other ingredients, except for the sour cream and cook in crockpot on low until mixture is thoroughly cooked. Add sour cream and meatballs. Stir and keep on low, stirring occasionally, until served.

Anita Hoisington

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.
— Martin Luther King, Jr.

SLOW COOKED RIBS

⅔ C. all-purpose flour
2 tsp. salt
½ tsp. pepper
4 to 4½ lb. boneless beef short ribs
¼ to ⅓ C. butter or margarine
1 lg. onion, chopped
1½ C. be ff broth
¾ C. cider vinegar
¾ C. packed brown sugar
½ C. chili sauce
⅓ C. Ketchup
⅓ C. Worcestershire sauce
5 cloves garlic, minced
1½ tsp. chili powder

In a large resealable plastic bag, combine the flour, salt and pepper. Add ribs in batches and shake to coat. In a large skillet, brown ribs in butter. Transfer ribs to a 5 quart slow cooker. In the same skillet, combine the remaining ingredients and cook and stir until mixture comes to a boil. Pour over ribs. Slow cooker will be full. Cover and cook on low for 9 to 10 hours, or until meat is tender. Yield 12 to 15 servings.

Peggy Chilton

CROCKPOT BEEF STEW

1 lb. beef, cut into chunks and fat cut away
1 can cream of mushroom soup
2 T. minced dry onions
1 can stewed tomatoes
½ C. water
1 tsp. salt
½ tsp. pepper
5 potatoes, cut into chunks
2 carrots, cut into chunks
2 stalks celery, cut into chunks
4 T. Soy Sauce

Prepare vegetables, keeping chunks about same size so they will get done at same time. Place in crockpot with beef and other ingredients. Mix and cook on high for about 5 to 6 hours or until done.

Faye Kirkman

ROAST

1 roast
3 C. water
1 can cream of mushroom soup
1 can cream of celery soup
- Potatoes, onions and carrots
1 T. sugar
- salt & pepper to taste

Brown roast. Place in crock pot with one cup of water. Mix soup with water and add to roast along with the salt and pepper and sugar. Cook. About 4 hours before roast is done add the vegetables and cook until all are tender. You have your meal all in one dish.

Elsie Goins

POT ROAST

- Med. size roast
- Potatoes as needed
1 Med. onion, diced
2 to 3 carrots, cut in chunks
1 C. cream, of mushroom soup

Cook roast in crockpot on low heat over night. Tear apart. Peel and cut potatoes, onions and carrots. Add to beef in crockpot. Cook on high for two hours or until vegetables are done. About 30 minutes before ready to serve add the cup of mushroom soup and continue to cook until liquid is thick.

Pauletta Crotts

SIMPLE POT ROAST

3 to 4 lb. rump roast
- non-stick spray

Spray crockpot with non-stick spray. Put roast into pot. Turn on high while you are getting dressed and ready for work in the morning. Right before leaving the house, turn heat down to low. Let cook until you get home. Do not add salt or any liquid to roast as red meat is salty naturally. There will be plenty of juice in pot for gravy if you desire to make it, or just drizzle some of the broth over the roast as you slice it. It will be so tender that you won't believe that simple cooking is so good!

Verla Phillips

STUFFED GREEN PEPPERS

6 lg. green peppers
1 lb. ground beef, browned
2 T. minced onions
1 tsp. salt
⅛ tsp. garlic powder
2 C. cooked rice
1 (15-oz.) can tomato sauce
¾ C. shredded mozzarella cheese

Cut peppers in half and remove seeds. Combine all ingredients except peppers and cheese. Stuff peppers with beef mixture. Place in slow cooker. Cover. Cook on low 6 to 8 hours or high for 3 to 4 hours. Sprinkle with cheese during last 30 minutes.

Martha Cassell

GLENDA'S BARBECUED CHICKEN

¼ C. water
3 T. catsup
3 T. vinegar
2 T. Worcestershire sauce
1 T. lemon juice
3 T. brown sugar
2 T. butter or margarine
1 tsp. salt
1 tsp. paprika
1 tsp. dry mustard
½ tsp. Cayenne pepper
2½ to 3 lb. Ready-to-cook broiler fryer chicken, cut up

Combine water, catsup, vinegar, Worcestershire sauce, lemon juice, brown sugar, butter and seasonings in saucepan. Heat to boiling. Remove from heat and allow to cool. Place chicken in crockpot and pour sauce over it. Cook slowly overnight on low for 6 to 7 hours. This sauce can also be used with either beef or pork. Serves 2 to 4.

Marian Nichols
Glenda Powell

SLOW COOKER CRANBERRY CHICKEN

1 C. fresh or frozen cranberries
¾ C. onion, chopped
½ tsp. salt
¼ tsp. ground cinnamon
¼ tsp. ginger
3½ lb. chicken, cut up (with skin removed)
1 C. orange juice
1 tsp. grated orange rind
3 T. all-purpose flour
3 T. butter or margarine, melted
2 to 3 T. brown sugar
- Hot cooked noodles

In slow cooker combine the first five ingredients, top with chicken. Pour orange juice over chicken. Sprinkle with grated orange peel. Cover and cook on low for 5 to 6 hours or until chicken juices run clear. Remove chicken (cut up and debone). Keep warm. Combine melted butter or margarine and flour until smooth. Add to slow cooker. Cook on high until thickened (about 20 minutes). Stir in chicken and brown sugar; heat through. Serve over cooked noodles.

Cherie Acker

TURKEY BREAST

1 turkey breast
2 T. margarine
½ C. cooking sherry
1 tsp. Worcestershire sauce
¼ tsp. garlic powder

Place turkey breast into crockpot. Combine next four ingredients and beat until smooth. Pour over turkey. Cook on high 1 hour and on low 7 to 8 hours until tender.

Verla Phillips

PORK BBQ

3 to 4 lb. Pork roast
- salt
1 lg. bottle BBQ sauce (your choice)

Place roast in crock pot with water to cover and add a dash of salt. Cook on high until it boils heavily. Turn to low and cook until meat is tender. De-bone meat and chop or pull into pieces. Place back in crockpot and cover with BBQ sauce and reheat for about 3 hours.

Marian Nichols
Jean Chilton

PORK BARBECUE

3 to 4 lb. pork loin or Boston Butt roast
2 T. sugar
1 T. salt
1 C. vinegar (can use ½ cup vinegar and ½ cup water)
¼ to ½ C. Ketchup
6 to 8 T. meat broth
1 T. Worcestershire sauce
- Texas Pete sauce to taste
1 tsp. chili powder (if desired)

Put first four ingredients into crockpot. Cook 10 to 12 hours or until done. Remove meat from pot and remove from bones. Cut into small pieces. Mix remaining ingredients and toss with meat. Serve.

Peggy Chilton
Mary Chandler

SWEET & SOUR HOT DOGS

1 C. French Mustard
1 C. grape jelly
1 lb. Hot Dogs - cut in 1" slices

Mix mustard and grape jelly. Add hot dogs and simmer. Serve Hot.

Stella Bowman

Microwave

MICROWAVE

NOTES -MICROWAVE

Cooking time varies from microwave to microwave so test your recipes when first using them until you know what the cooking time will be for your individual oven.

POTATOES

2 med. potatoes
2 T. margarine or butter
- salt & pepper to taste

Peel and cut into 8 pieces - long way. Put into microwave safe dish. Dot with margarine and salt and pepper. Cover with plastic wrap. Punch 2 or 3 holes in plastic wrap. Cook on high for 7 or 8 minutes or until tender. Serves one or two people -increase quantity for more servings.

Marian Nichols

SOFT SMOKEY CHEESE BALL

1 (6-oz.) roll-shaped pkg. smokey cheese spread
2 (3-oz.) pkg. cream cheese
1 tsp. Worcestershire sauce
1 (4-oz.) pkg. sharp cheddar cheese, shredded
½ C. fresh parsley, chopped
½ C. pecans, chopped

Unwrap smokey cheese and place in 1½ qt. casserole dish. Microwave at high for 1 minute. Add cream cheese and microwave at high for 1 to 1½ minutes more, until cheese can be mixed together. Add Worcestershire sauce and blend well. Stir in shredded cheese. Mixture should remain gold-flecked. Chill in refrigerator for 1 hour or until it can be formed into a ball with the hands. Roll cheese ball in parsley, then in the pecans. Chill to set. Keep chilled until ready to serve. Makes one 14 oz. cheese ball.

Helen May

CABBAGE

- Cabbage -as much as desired
- water - about ¼ cup
- Margarine or vegetable oil
½ to 1 tsp. sugar
- salt and pepper as desired

Cut cabbage into small chunks and place in microwave safe dish with water (more water will be needed if large quantity of cabbage is cooked). Put sugar, salt and pepper in dish and stir to coat cabbage. Put margarine or oil on top and cover with plastic wrap. Punch 2 or 3 holes in plastic wrap. Cook for 5 minutes on high. Stir and check for tenderness. Cook longer if desired for more tenderness, 3 minutes at a time. Check after each time increase to find correct time to get the tenderness you want.

Marian Nichols

SIMPLE CORN

3 ears corn, fresh or frozen
½ to 1 tsp. sugar
1 T. margarine/butter or oil
- salt and pepper to taste

Clean corn. Cut kernels from ears and place in microwave safe dish and add enough water to almost cover corn. Add sugar, margarine, salt and pepper. Stir. Cover with plastic wrap and punch 2 or 3 holes in plastic wrap. Cook on high for 5 to 8 minutes. Do not over cook corn. Allow 1 large ear of corn per serving.

NOTES: If you prefer creamed corn add 1 tablespoon cornstarch and use milk instead of water. Cook same as above.

Cook corn on the cob by placing ears on a microwave safe plate and cover with plastic wrap. Cook 4 minutes on high and turn part way around and cook 3 more minutes. Do not overcook.

Marian Nichols

PINTO BEANS

1 lb. pkg. pinto beans
4 C. water
1 ham hock (or seasoning of your choice)
1 sm. onion, sliced or chopped
- salt & pepper to taste

Clean and soak beans overnight. In 3 qt. casserole dish place all ingredients. (Use enough water to make a thick liquid). Microwave at high for 30 minutes, stirring after 15 minutes. Reduce heat to low and microwave for 1 hour 45 minutes to 2 hours or until tender, stirring every 45 minutes.

OTHER DRIED BEANS

Cook other dried beans such as Great Northern white beans, navy beans, dried lima bean and dried peas the same way as Pinto beans. Omit onions if desired. Check beans more often as some dried beans cook faster than others.

Helen May
Marian Nichols

BAKED POTATOES OR BAKED SWEET POTATOES

Wash potatoes well and dry. Prick potatoes and then either wrap potato in plastic wrap or spray with Pam and place in microwave dish. Cook on high or medium for 8 to 10 minutes. Check at 7 minutes to see if tender. Turn over and cook 2 to 3 minutes longer.

Marian Nichols

CANDIED SWEET POTATOES

3 cooked and peeled sweet potatoes
½ to ¾ C. brown sugar
¾ stick margarine
1 tsp. cinnamon

Slice cooled potatoes into 4 strips and then cut these in half. Place in glass microwave dish (as large as your microwave will take). Add about 2 tablespoons of water. Sprinkle sugar over potatoes. Dab margarine over top of sugar and then sprinkle with cinnamon. Cook covered on medium or high until sugar and margarine are melted. and syrupy.

Marian Nichols

BAKED APPLES

4 to 6 apples
⅓ to ½ C. sugar
½ stick margarine (more if you like)
- cinnamon or nutmeg

Peel and quarter apples. Place in glass microwave safe dish (one to fit your microwave). Add about ¼ cup of water. Sprinkle with sugar. Dab margarine over top of apples and sprinkle cinnamon or nutmeg on top. Cook on medium until apples are tender, about 6 to 8 minutes.

Marian Nichols

SCALLOPED TOMATOES

¼ C. onions, chopped
1 Pt. stewed tomatoes
2 to 3 slices of old bread (any kind of wheat bread, rolls, etc.)
⅓ stick margarine (more if desired)
1 tsp. sugar or sugar substitute
- salt & pepper to taste

Place onions and margarine in microwave safe dish and cook on high, covered, until onions are slightly tender (2 or 3 minutes). Add other ingredients and cook 2 or 3 minutes until bubbly and onions are done. Stir and let sit for 5 minutes before serving.

Marian Nichols

MEAT LOAF

1½ lb. ground beef (7% fat)
1 egg
4 to 5 slices day old bread, rolls or biscuits
1 lg. can stewed tomatoes (approximately)
⅓ lg. green pepper - chopped
1 sm. onion, chopped
½ to 1 tsp. salt
½ tsp. pepper

Put green pepper and onions in microwave safe dish and cook on high for 5 to 6 minutes. Mix beef and other ingredients(with your hand) until well blended When adding tomatoes, add them a little at a time to add just enough to make sure bread is well moistened. Add green pepper and onions and mix well. Place in microwave safe baking dish and pat to even top. Cover top with a thin layer of ketchup. Cook for approximately 18 to 20 minutes on medium. Turn ¼ turn after 10 minutes. If not done at 20 minutes cook 5 to 10 minutes more. Let sit a few minutes before serving.

Marian Nichols

PEPPER STEAK

1 lb. boneless Sirloin steak, trimmed
2 T. vegetable oil
1 clove garlic, peeled and chopped
1 tsp. salt
1 tsp. ground ginger
½ tsp. pepper
3 lg. green pepper (or 2 green & 1 red pepper) cut in strips
2 lg. onions, thinly sliced
¼ C. Soy Sauce
½ tsp. sugar
¾ C. broth
(6-oz.) water chestnuts, sliced (optional)
1 T. cornstarch
¼ C. cold water
4 green onions, cut in ½" pieces

Freeze steak for 1 hour to make it easier to slice. Cut slices ⅛" thick across grain. Preheat microwave casserole dish on HIGH for 7 minutes. Add steak slices and oil. Heat on HIGH setting 2 to 3 minutes. Stir strips after 1 minute. Add garlic, salt, pepper, ginger, green peppers and onions. Cover with lid or plastic wrap. Heat 5 to 7 minutes on MED. setting. Add Soy Sauce, sugar, broth, water chestnuts, cornstarch (dissolved in cold water), and green onions. Blend. Heat covered on HIGH 5 to 8 minutes, or until vegetables are just tender. Let stand 5 minutes before serving. Serve over hot cooked rice.

NOTE: Soy Sauce is very high in sodium. Use reduced sodium Soy Sauce if you are on a low sodium diet, or leave out the Soy Sauce if you are on a salt free diet.

Mary Berrier

The artist is nothing without the gift, but the gift is nothing without work.
— Emile Zola

TACOS

1 lb. ground chuck beef
½ C. onions, chopped
½ C. green pepper, chopped
1 clove garlic, minced
1 (8-oz.) can tomato sauce
1 tsp. Worcestershire sauce
⅛ to ¼ tsp. cayenne pepper
½ tsp. chili powder
½ tsp. salt
- Taco shells

In a 2 qt. casserole break up beef in very small chunks. Add onion, green pepper and garlic. Cover. Microwave at high for 6 to 7 minutes, stirring every 2 minutes. Drain well. Add tomato sauce, Worcestershire sauce, pepper, chili powder and salt. Cover and microwave at high 5 to 6 minutes, stirring after 3 minutes. Use to fill taco shells, filling about half full. Finish by topping with 2 or more of the following: shredded lettuce, shredded cheese, chopped tomatoes or chopped onions. Add hot sauce if desired. Makes 12 tacos.

EASY TACOS

1 lb. ground chuck beef
1 (8-oz.) can tomato sauce
1 (1-⅛ to 1-¼ oz.) pkg. taco seasoning mix

In 2 qt. casserole dish crumble beef. Microwave at high 6 minutes, stirring after 3 minutes. Drain well. Mix in tomato sauce and taco seasoning mix. Microwave 3 to 5 minutes. Stir well and serve as above.

Helen May

The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.
— Helen Keller

APPETIZER FRANKS

3 frankfurters
¼ C. apricot preserves or apple jelly
1 T. prepared mustard

Cut frankfurters into ⅛" pieces. Arrange in circle on plastic coated paper plate. Mix together preserves and mustard and spread over pieces. Stick each piece with wooden pick. Microwave at high for 2 to 3 minutes, until hot. For Chili Franks; substitute chili sauce for preserves and mustard.

If desired 2- 4 oz. cans of Vienna sausages, drained and halved, may be substituted for frankfurters.

Helen May

WHOLE CHICKEN

1 Young, plump tender bird.
- salt & pepper to taste

Select young tender bird (important for microwave cooked chicken). Clean chicken. Place in cooking bag or in deep, covered microwave casserole dish. Add ⅓ cup water, chicken broth or wine. Tie end of bag or place cover on dish. Insert temperature probe through bag or into chicken in bowl. Microwave at medium until internal temperature measures 190°.

Helen May

We know what we are, but not what we may be.

— William Shakespeare

CHICKEN A LA KING

⅓ C. butter
½ C. unsifted all-purpose flour
2 C. dairy half & half
1 C. chicken broth
2 C. cubed, cooked chicken
1 (4-oz.) jar sliced pimento
1 (4-oz.) Can sliced mushrooms, undrained
½ C. diced green peppers
1 tsp. salt
¼ tsp. pepper

In 2 qt. casserole dish place butter. Microwave at high 1 minute, until melted. Blend in flour. Gradually stir in half and half and broth. Mix well. Microwave at high 8 to 10 minutes, stirring with whisk after 4 minutes, until thickened and smooth. Stir well again. Mix in chicken, pimento, mushrooms, green pepper, salt and pepper. Microwave at medium 7 to 10 minutes, stirring after 5 minutes until hot. Let stand 5 to 10 minutes before serving to blend flavors. Good served over spaghetti noodles or over toast.

Marian Nichols

A mind is like a parachute. It doesn't work unless it's open.

— Unknown

DEFROSTING POULTRY

To defrost a chicken, either cut up or whole, place cut up pieces in prewrapped package or in paper towels, in microwave for one half of the defrosting time; for whole chicken remove tie of plastic bag that it comes in and cook one half of defrosting time. Place the chicken, either cut up or whole into a cooking dish. Shield wing tips, tail, ends of legs and any other areas which feel warm or have begun to change color with foil. Microwave for second ½ of defrost time. Separate pieces of chicken or giblets from whole chicken and place in refrigerator until time to cook. Wash well and cook in your normal way. Defrost chicken 8 to 12 minutes on defrost, checking after 8 minutes to see if defrosted enough to separate.

TURKEY

(If you wish to start defrosting a large turkey (10 to 12 lb.) the day before you plan to roast it, defrost for ¾ the time, letting turkey stand between each ¼ period. Then place turkey in refrigerator overnight to complete defrosting.) Place unwrapped turkey in microwave, breast side down. Microwave on defrost for ¼ the defrosting time, rotate turkey ½ turn, so legs point to opposite side of the oven. Microwave for ¼ the defrosting time. Unwrap turkey and place in a cooking dish. Shield legs, wing tips and any warm or brown areas with foil. Secure foil with wooden picks. Turn breast side up and defrost for ¼ of the defrosting time. Check breast for warm spots and shield if necessary. Rotate turkey ½ turn as before. Microwave for final ¼ of defrosting time. Defrost 6 to 8 minutes per pound.

Helen May

WHITE SAUCE

2 T. butter
2 T. flour (for thicker sauce use more flour)
½ tsp. salt
1 C. milk

In a 1 qt. glass, deep dish place butter, flour and salt. Microwave on high for 2 minutes, stirring after 1 minute. Gradually stir in milk and microwave on high for 3½ to 4½ minutes until thick and bubbly. Makes 1 cup. (For more double the recipe)

FOR CHEESE SAUCE:

To make cheese sauce add to the above white sauce 1, 4 oz. package of shredded sharp cheddar cheese and a dash of cayenne pepper. Microwave on high for 1 to 2 minutes to melt cheese.

Helen May

MILK GRAVY

¼ C. chicken or beef drippings
¼ C. flour
¼ tsp. salt
1¼ C. milk

In a 1 qt. measuring cup place drippings and microwave at high for 1 to 2 minutes, until hot. Add flour and salt, stir well. Stir in milk slowly and microwave at high for 6 to 8 minutes, stirring every minute. Makes about 1½ cups.

FOR BROWN GRAVY:

For brown gravy use beef or lamb drippings and add ½ teaspoon of brown bouquet sauce. Cook as above.

Helen May

OLD FASHION PEANUT BRITTLE

1 C. granulated sugar
½ C. white corn syrup
1 C. roasted, salted peanuts
1 tsp. butter
1 tsp. vanilla
1 tsp. soda

In 1-½ qt. glass dish stir together sugar and syrup. Microwave on high for 4 minutes. Stir in peanuts. Microwave on high for 3 to 5 minutes, until light brown. Add butter and vanilla to syrup, blending well. Microwave on high for 1 to 2 minutes more. Peanuts will be lightly browned and syrup, very hot. Add baking soda and gently stir until light and foamy. Spray cookie sheet with Pam and pour mixture onto cookie sheet and let cool ½ to 1 hour. When cool, break into small pieces and store in airtight container.

Marian Nichols

CHOCOLATE FUDGE

2 C. sugar
⅛ tsp. salt
¾ C. evaporated milk
2 (2-oz.) squares unsweetened chocolate
¼ C. butter
2 tsp. vanilla
½ C. chopped nuts, optional

In a 3 qt. glass dish or microwave dish stir sugar, salt and milk together and mix well. Add chocolate and butter. Cover. Microwave on high for 6 minutes, until hot and bubbly. Stir well and microwave on medium for another 10 to 14 minutes, uncovered. Stir well every 6 minutes. When a few drops of mixture forms a soft ball in cold water or candy thermometer reads 235° it is ready to take out of oven. Let stand without stirring until lukewarm. Add vanilla and beat mixture until it thickens and loses its gloss. Pour into buttered or lined 8 x 4 x 3" dish. Cut when set. Makes about 1 pound.

PEANUT BUTTER FUDGE

For peanut butter fudge substitute ⅓ cup crunchy peanut butter for the chocolate and butter. If desired, use coarsely chopped salted peanuts for nuts in recipe, or omit nuts altogether.

Marian Nichols

HOLIDAY WASSIL

1 qt. apple cider
1 tsp. allspice
½ tsp. ground cloves
¼ tsp. nutmeg
2 cinnamon sticks
½ C. orange juice
2 T. lemon juice
½ C. sugar
2 med. tart apples, thinly sliced

Place all ingredients into a large glass bowl or large microwave dish and microwave on high for 15 to 18 minutes, until hot. Strain and serve. Makes 8 to 9, ½ cup servings.

Cakes

CAKES

BAKING SUGGESTIONS

(To keep Cakes "level" while baking)

Take old towels and cut the length of the outside (round sides) of cake pan. Fold around the outside of pan and fasten with a straight pin. Toweling will scorch, but will not burn. You will be amazed how even the cake layers cook (no more crooked layers).

Helen May

BETTER CAKE MIXES

1 box Vanilla or Chocolate cake mix
¾ C. flour
½ C. sugar
1 tsp. baking powder

Add all the above together. Then follow instruction on cake mix box to mix. Add:

1 egg, beaten
1 T. vegetable oil
¼ C. water

Mix well and pour into 3 greased and floured cake pans. Preheat oven to 350°. Bake for 30 minutes or until test done.

Helen May

PINEAPPLE FILLING FOR CAKES

½ C. sugar
3 T. cornstarch
½ tsp. salt
1 can crushed pineapple with liquid
1 tsp. butter or oleo
1 tsp. lemon juice

Bring ingredients to boil. Stirring constantly (will burn) until thick. Chill before spreading.

Helen May

FLUFFY WHITE FROSTING

1 C. sugar
⅓ C. water
⅓ tsp. Cream of Tarter
2 egg whites, beaten until stiff

Put sugar water and cream of tartar in sauce pan and boil until mixture strings a 2" string (dip spoon in sugar mixture to test). Beat egg whites in bowl until stiff and slowly add the hot syrup beating constantly (will be stiff enough to spread).

Helen May

POUND CAKE

1 box yellow Duncan Hines cake mix
1 C. plain flour
1 (8-oz.) pkg. cream cheese
1 C. sugar
3 eggs
1 stick margarine
1 C. milk
1 tsp. vanilla

Mix cream cheese, butter and sugar. Add eggs one at a time. Add flour and mix well. Add cake mix and milk alternately. Add vanilla and mix well. Pour into tube cake pan. Bake in preheated oven at 325° for 1 hour and 15 minutes. For chocolate pound cake use chocolate mix.

Mary C. Chandler

SUGAR FREE CAKE

1 Lowfat Angel Food Cake (break in small pieces)
2 boxes Sugar Free Strawberry Jello
1 lg. box Sugar free Vanilla pudding
2 (8-oz.) carton Fat free Cool Whip
1 sm. pkg. fresh strawberries

Place pieces of broken cake in 9" x 12" glass dish. Mix Jello as directed on pkg. Pour over cake and place in refrigerator till set. Put sliced strawberries on top of cake and Jello. Mix pudding as directed and combine with one carton of Cool Whip. Spread over cake-Jello-strawberry. Last add the other carton of Cool Whip. Sprinkle chopped pecans of top. Refrigerate over night.

Shelby Wood

People who know little are usually great talkers, while people who know much say little.

— Jean Jacques Rousseau

BEST COCONUT CAKE

1¾ C. sifted flour
2 tsp. baking powder
½ tsp. salt
2 eggs, separated
½ C. butter or shortening
1 C. plus 2 T. sugar
1 tsp. vanilla
¾ C. milk

Preheat oven to 350°. Measure flour and sift 3 times with baking powder and salt. Set aside. Cream butter until pliable. Add 1 cup sugar gradually to butter and cream until no longer grainy and is light and fluffy. Stir in vanilla. Beat egg yolks and add to sugar mixture and beat until no longer grainy and batter is light in color. (Do not rush the creaming process.) Add flour alternately with milk ,alternating at least 3 or 4 times. Beat egg whites until soft and foamy, then add remaining sugar, one tablespoon at a time. Beat until stiff peaks form. Add egg whites to batter and fold quickly until blended fully. Divide batter equally into two greased and floured 8" layer cake pans. Bake for 25 to 30 minutes or until cake is springy when lightly touched by fingertips.

FROSTING:

¼ C. butter, softened
2 C. sifted confectioner's sugar
¼ tsp. salt
1 tsp. vanilla
2 T. cream or whole milk, more if needed
2 C. fresh grated coconut, approximately (Bakers coconut can be used if desired)

Cream butter until very smooth gradually adding sugar. Add salt and vanilla. Add cream or milk a tablespoon at a time, using enough to produce a smooth spreading consistency. Spread on cooled cake layers. Sprinkle grated coconut on bottom and top layers and press onto the sides of the cake as well.

NOTE: Grate a fresh coconut for best results using the coconut milk to moisten the layers just before frosting. (Punch holes in layers, one at a time, as placed on cake plate to frost, and spread coconut milk, a spoonful at a time, on top of each layer and allow to be absorbed before applying frosting. This makes a very moist cake.

GOLDEN POUND CAKE

2 sticks margarine
½ C. Crisco
3 C. sugar
5 lg. eggs
3 C. cake flour (Softasilk or Swans down)
1 C. milk
1 T. lemon flavoring
1 tsp. vanilla flavoring
1 tsp. baking powder
- pinch salt (¼ tsp.)

Cream together margarine, Crisco and sugar. Add eggs, one at a time; mix after each. Add flour, baking powder and salt to mixture. Add flavoring to milk and add to mixture. BEAT WELL Grease a tube pan with BAKERS JOY. Bake in preheated oven at 300° for 1 hour and 20 minutes. Your stove may take more time.

Irene Simmons

CREAM CHEESE POUND CAKE

1 box Duncan Hines yellow cake mix
(8-oz.) pkg. cream cheese, at room temp.
1 stick margarine or butter, at room temp.
1 C. sugar
1 C. plain flour
1 C. milk
4 eggs
- vanilla or lemon flavoring, as desired

Beat cream cheese, butter and sugar till mixed. Add eggs, one at a time beating after each. Add cake mix and flour to creamed mixture along with milk. Add flavoring, stirring gently. Bake in preheated 350° oven in greased 7 floured tube pan for 1 hour or until done and brown.

NOTE: For CHOCOLATE cake add 3 tablespoons of cocoa and mix and cook as above.

Peggy Chilton

THANKSGIVING POUND CAKE

½ lb. butter
3 C. sugar
6 eggs
3 C. plain flour
1 pt. whipping cream
1 tsp. vanilla extract

Cream butter and sugar. Add eggs, one at a time to mixture and blend until smooth. Add flour and whipping cream to mixture alternately. Add vanilla and blend. Grease and flour a tube pan. Put wax paper in bottom of pan so cake will not stick. Pour batter into pan. Preheat oven to 300°. Bake for 1 hour and 20 minutes.

Martha Cassell

SOUR CREAM POUND CAKE

½ C. shortening
2 sticks margarine
6 eggs
3 C. sugar
3 C. flour
1 (8-oz.) carton sour cream
½ tsp. baking powder
¼ tsp. salt
1 tsp. vanilla
1 tsp. lemon extract

Cream shortening, margarine and sugar. Add eggs, one at a time, mix thoroughly. Mix flour, baking powder and salt together; add to creamed mixture alternating with sour cream. Add vanilla and lemon extract last. Pour into well greased and floured bundt or tube pan. Bake 1 hour 25 minutes at 325°. Cool 10 minutes then turn out on plate or serving dish.

Mary Lou Ehrenreich

JELLO POUND CAKE

1 box Lemon Jello
¾ C. hot water
1 box Lemon cake mix
¾ C. vegetable oil
4 eggs

Preheat oven to 350°. Put Jello in mixing bowl, add water and let dissolve (stir). Add rest of ingredients and beat for 2 minutes. Bake for 45 minutes. In bundt or tube pan - 1 hour and 15 minutes.

Evelyn Ayers

MAMA'S POUND CAKE

½ lb. butter
½ C. Crisco
5 eggs
3 C. sugar
3 C. cake flour, sifted
1 lg. can evaporated milk
1 T. vanilla
1 T. lemon flavoring

Preheat oven to 350°. Grease and flour tube cake pan. Cream butter, Crisco and sugar. Add eggs one at a time, beating well after each. Add flour and milk alternately ending with flour, blending well. Add flavorings and blend well. Pour into prepared pan and bake for 1 hour and 15 minutes or until tested done with a toothpick.

Martha Cassell

The important thing is not to stop questioning.

— Albert Einstein

POUND CAKE WITH SPLENDA

2 sticks butter
½ C. shortening
1½ C. Splenda
3 C. flour
1 tsp. baking powder
5 eggs
1 tsp. vanilla
1 tsp. lemon flavoring
1 C. milk

Sift flour with baking powder. Cream butter, shortening and Splenda together. Add flavoring and beat well. Add eggs and milk alternately with flour. Put in cold oven and bake at 325° for 1 hour and 15 minutes or until done.

Ethel Russell

Thinking is the hardest work there is, which is probably the reason why so few engage in it.

— Henry Ford

MAPLE POUND CAKE

2 sticks margarine
½ C. Crisco
3 C. sugar
5 eggs
3¼ C. pre-sifted plain flour
½ tsp. baking powder
1 C. milk (½ C. Pet milk, ½ C. Skim milk)
2 tsp. Maple flavoring
1 tsp. vanilla flavoring

Cream, in mixer on high, margarine, shortening and sugar. Cream for at least 20 minutes. Add eggs, one at a time, and mix well after each. Combine flour and baking powder. Reduce mixer speed to med. low and add flour and milk alternately ending with flour. Blend just enough for batter to be well blended. Add flavoring and blend. Pour into well greased and floured large tube cake pan (line bottom with wax paper if needed). Place in COLD OVEN. Set heat to 325° and cook for 1 hour and 15 minutes. Check (should be done if tooth pick comes out dry). If not done cook for 10 or 15 more minutes. Frost with Maple Carmel Frosting.

MAPLE CARMEL FROSTING:

½ c. Pet milk
- pinch soda
2 C. brown sugar
½ tsp. Maple flavoring
2 T. margarine (use up to ½ C. If desired)
½ tsp. vanilla

Cook 10 minutes on med. stirring often. Cool and beat to correct consistency and spread on cake. Hardens fast.

Marian Nichols

BUTTER CAKE MIX CAKE

1 box Butter Cake Mix
1 (8-oz.) carton sour cream
2 eggs
½ C. oil
¼ C. water
1 tsp. butter flavoring
1 tsp. vanilla flavoring

Mix all together and bake in preheated 350° oven for 35 minutes.

Rachel Hill

CHERRY POUND CAKE

1½ C. shortening
3 C. sugar
6 eggs
¾ C. milk
3¾ C. plain flour
½ tsp. baking powder
¼ C. cherry juice
¾ C. milk
½ C. chopped Maraschino Cherries
1 tsp. vanilla
½ tsp. almond flavoring

Preheat oven to 300°. Cream shortening, add sugar gradually beating well. Beat in eggs one at a time. Add flavoring and stir until well blended. Mix milk and cherry juice and add alternately with flour. Stir in chopped cherries. Bake in greased and floured tube pan for 1½ hours. Frost with cherry frosting.

CHERRY FROSTING:

1 (3-oz.) pkg. cream cheese
½ stick margarine
1 box powdered sugar
¼ C. cherry juice
½ C. chopped cherries
½ C. chopped nuts
½ C. coconut (optional)

Soften cream cheese and margarine and cream together. Stir in powdered sugar and cherries and enough cherry juice to spread easily. Stir in nuts and coconut if desired. Spread on cooled cake.

Mary C. Chandler

LAZY DAY PIE

1 qt. sweetened peaches (or other fruit)
1 stick butter
¾ C. flour
¾ C. sugar
½ C. water

Preheat oven to 425°. Melt butter in 1½ quart baking dish. Mix together flour, sugar and water and pour in baking dish. Place peaches in baking dish and bake until crust is brown and done, about 30 minutes.

Pauletta Crotts

APPLESAUCE CAKE WITH FRUIT

(My Mothers Recipe)

3½ C. plain flour, sifted
2½ C. apple sauce
1 C. butter or shortening
2 C. sugar
2½ tsp. baking powder
2 tsp. soda
2 eggs
1 C. strawberry preserves
3 C. nut, chopped (black walnut, pecans, walnuts)
1 lb. raisins
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
- If desired, add candied fruit or candied cherries

Mix butter and sugar together until butter is melted. Add eggs and beat well. Add other ingredients as listed. Mix well after each. (Mix flour, baking powder and soda together before adding to other ingredients.) Bake in tube pan in preheated over at 300° for two hours. Keep in cold place for 2 to 3 weeks and put sliced fresh apples in center and at sides to moisten. (Watch every few days to make sure it does not mold.) Place pecan halves and candied cherries on top for a festive look.

This is a very good cake for the holidays. A lot like a fruit cake without too much fruit.

Marian Nichols

Change your thoughts and you change your world.

— Norman Vincent Peale

APPLESAUCE CAKE

1 C. butter
2 C. sugar
3 eggs
2 C. applesauce
3½ C. flour
1 lb. raisins
1 C. black walnuts
1 C. pecans
1 C. candied pineapple and citron
½ C. strawberry preserves
½ C. peach preserves
½ C. pear preserves
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
1 tsp. allspice

Cream butter and sugar well. Add eggs, one at a time. Cream until light. Sift flour and spices together. Cut fruit and nuts and add ½ cup of flour and mix well. Add soda to applesauce. Mix flour and applesauce to butter and sugar. Stir in fruit, nuts and raisins. Mix. Stir in preserves last. Pour into floured tube pan and bake in a preheated oven at 325° for 2 hours or until test done.

Margaret Matthews

The difference between genius and stupidity is that genius has its limits.
— Albert Einstein

JEWISH APPLE CAKE

5 to 6 apples sliced ⅛" thick
2 tsp. cinnamon
5 T. sugar
3 C. flour, sifted
2¼ C. sugar
½ tsp. salt
1 C. Mazola oil
4 eggs, unbeaten
⅓ C. orange juice
2½ tsp. vanilla extract
3 tsp. baking powder

Preheat oven to 350° and grease tube or 9" x 13" pan. Mix together: Apples, cinnamon and 5 tbsp. sugar and set aside. Combine other ingredients. Put into tube pan as follows: 1 layer batter, 1 layer of apples mixture. Repeat until all is used ending with apples on top. Bake approximately 1¾ hours at 350°. Let cool in pan on rack before taking out of pan. This cake is even better the second day so it can be baked ahead. Keep in cool place; can also be frozen. Place 20 to 30 seconds in micro wave just before eating will enhance the flavor.

Anita Horsington
Rose Robinson

FRESH APPLE CAKE

2 C. sugar
1¼ C. oil
3 eggs
1 tsp. soda
3 C. plain flour
½ tsp. salt
1 tsp. vanilla flavoring
½ tsp. black walnut flavoring
1 C. coconut
½ C. nuts, chopped
3 C. apples, chopped

Preheat oven to 300°. Sift flour, soda and salt together. Set aside. Using spoon mix sugar, oil and eggs. Add flavorings, coconut and nuts. Blend flour and apples into mixture. Pour into greased and floured tube pan. Bake 1½ hours or until test done with a toothpick.

Evelyn Ayers

FRESH APPLE CAKE

2 C. sugar
1¼ C. oil
3 eggs
3 C. self rising flour
1 tsp. vanilla
1 C. coconut
1 C. nuts, chopped
3 C. apples, chopped

In large bowl combine sugar, oil and eggs. Mix well with spoon. Add the flour and vanilla and mix. Add coconut and nuts. Stir in apples. Mix well and pour into bundt pan and bake in preheated oven at 325° for 1 hour and 15 minutes.

Mary C. Chandler

CHOCOLATE CAKE

⅔ C. shortening
1½ C. sugar
2 eggs
½ C. milk
2 C. flour
4 T. cocoa
2 tsp. soda
1 tsp. salt
1 C. boiling water
1 tsp. vanilla

Cream shortening and sugar. Add eggs and beat. Mix flour, cocoa, soda and salt together. Add flour mixture alternately with milk. Mix thoroughly. Add boiling water and vanilla. Bake in preheated oven at 350° for 35 minutes.

CHOCOLATE FROSTING:

1½ C. sugar
2 T. cocoa
½ C. evaporated milk
3 T. shortening
1 tsp. vanilla

Mix together and cook until it doesn't taste grainy. Add vanilla. Cool and beat to spreading consistency.

Mary Lou Ehenreich

CHOCOLATE DELIGHT CAKE

2 sticks soft margarine
1 (8-oz.) pkg. cream cheese, softened
2 (1-lb) boxes confectioner's sugar
1 (4-oz.) pkg. German chocolate
1 tsp. vanilla
¼ C. warm water

In large mixing bowl combine butter, cream cheese and sugar. In saucepan combine water and chocolate and cook over medium heat, stirring until chocolate is melted and blended with water. Pour chocolate mixture into cream cheese mixture. add vanilla and mix until light and fluffy. Take out 3 cups to use as frosting. Cover frosting portion until ready to use.

Cake:

½ stick margarine
3 eggs
2¼ C. sifted flour
1 tsp. soda
1 tsp. salt
1 C. buttermilk

Add margarine to remaining cheese mixture and cream together. Add eggs one at a time, beating well after. Sift together flour, sod, salt and add to creamed mixture alternately with buttermilk. Blend well and pour into 3 greased and floured 9" cake pans. Bake in preheated oven at 350° for 25 minutes. Turn out and cool and frost with reserved portion.

Vivian Manual

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

— Marie Curie

CHOCOLATE CAKE TO THE MAX

¾ C. butter, softened
3 eggs
2 C. all-purpose flour
¾ C. unsweetened cocoa powder
1 tsp. baking soda
¾ tsp. baking powder
½ tsp. salt
2 C. sugar
2 tsp. vanilla
1½ C. milk

Allow butter and eggs to stand at room temperature for 30 minutes. Lightly grease bottoms of three 8" x 1½" round cake pans. Line bottom of pans with waxed paper. Grease and lightly flour bottoms and sides of pans. Or grease one 13" X 9" x 2" baking pan. Set pans aside. Preheat oven to 350°.

In a mixing bowl stir together the flour, cocoa powder, baking soda, baking powder and salt. Set aside. In another mixing bowl beat butter to soften and gradually add sugar, a little at a time, for 3 or 4 minutes or until well combined. Beat for 2 more minutes then add eggs, one at a time, beating after each addition. Add vanilla. Add flour alternately with the milk. using low speed on mixer just until well blended. Pour into prepared pans. Bake for 35 or 40 minutes or until wooden toothpick inserted in the center comes out clean. Cool thoroughly before frosting.

CHOCOLATE-SOUR CREAM FROSTING

2 C. semi-sweet chocolate pieces
½ C. butter
1 (8-oz.) carton sour cream
4½ C. powdered sugar, sifted

In a large saucepan melt chocolate pieces and butter over low heat, stirring frequently. Cool for 5 minutes. Stir in sour cream and gradually add powdered sugar, beating until smooth. (This frost two or three cake layers. Halve the recipe for a 13" X 9" cake.

Judy Milligan

CHOCOLATE PASSION BOWL

3 C. cold milk
2 small pkg. Jello chocolate instant pudding & pie filling mix
1 (8-oz.) carton French Vanilla Cool Whip, thawed and divided
1 Baked 9" square of brownie mix
1 pt. (2 cups) raspberries

Mix milk and pudding mix with wire whisk 2 minutes or until well blended. Gently stir in 1 cup of Cool Whip. Cut brownie square into 1" cubes. Place one half of brownie cubes in 2 quart serving bowl; top with half of the pudding mixture, half of the raspberries and half of remaining Cool Whip. Repeat all layers. Refrigerate at least 1 hour or until ready to serve. Store leftovers in refrigerator. Makes 16 servings of about 1½ cups each.

Pauletta Crotts

LEMON SHEET CAKE

1 pkg. lemon cake mix
4 eggs
1 can lemon pie filling
1 (3-oz.) pkg. cream cheese, softened
½ C. butter or margarine, softened
2 C. confectioners' sugar
1½ tsp. vanilla extract

In a large mixing bowl, beat the cake mix and eggs until well blended. Fold in pie filling. Spread into a greased 15" x 10" x 1" baking pan. Bake at 350° for 18 to 20 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack. In a small mixing bowl, beat cream cheese, butter and confectioners' sugar until smooth. Stir in vanilla. Spread over cake. Store in refrigerator.

Mary C. Chandler

LEMON CAKE

1 pkg. yellow cake mix
1 (3-oz.) pkg. lemon gelatin
2 tsp. lemon extract
¾ C. apricot nectar
¾ C. Crisco oil
4 eggs

Mix dry ingredients first; then add rest of ingredients and mix 2 minutes at medium speed. Grease bottom of tube pan only. Bake at 350° for 1 hour.

ICING:

2 C. powdered sugar
2 lemons (juice only)

Pour ½ of icing over cake as soon as it is out of the oven -with toothpick punch some holes so that the icing soaks in. Cool 20 minutes then run sharp knife around pan and under bottom of cake in case it might stick a little. Take out of pan and put on the remainder of the icing.

Frances Utt

LEMON BLUEBERRY CAKE

1 box Lemon cake mix
1 (20-oz.) can crushed pineapple
1 (20-oz.) can Blueberry Pie filling

Mix Lemon cake mix and crushed pineapple and pour into 9" x 13" pan. Spoon the Blueberry pie filling over cake mixture. Bake at 350° preheated oven for 25 to 30 minutes.

Mary C. Chandler

Too often we enjoy the comfort of opinion without the discomfort of thought.

— John F. Kennedy

LEMON-DROP LAYER CAKE

(Lemon Filling:)

1 C. sugar
¼ C. cornstarch
1 T. grated lemon zest (peel)
5 egg yolks
⅓ C. lemon juice

In pot, whisk together all the above ingredients and ⅔ cup water. Over medium heat bring to simmer; cook, whisking, until thick, 4 to 5 minutes. Remove from heat and transfer to a bowl. Cover with plastic wrap and refrigerate until chilled, about 1-½ hours.

Cake and Frosting:

1 box white cake mix
3 egg whites
¼ C. plus 2 T. lemon juice, divided
2 T. canola oil
1 T. plus 1 tsp. grated lemon zest, divided
2 cans vanilla frosting
- Candied lemon peel, optional

Preheat oven to 350°. Spray 2, 8" round cake pans with cooking spray. In bowl, at low speed, beat cake mix, 1 cup water, egg whites, ¼ cup lemon juice, 1 T. cup lemon zest and oil for 30 seconds. Increase speed to medium and beat 2 minutes. Divide batter between pans. Bake for 25 to 30 minutes or until test done with a toothpick. Cool in pans 15 minutes. Remove from pans and cool on wire rack until cool enough to spread with frosting. Combine frosting with remaining lemon juice and zest. Cut the layers in half, horizontally. Place one layer on serving plate and spread with ⅓ of lemon filling. Repeat layering with remaining layers and filling, ending with cake. Spread vanilla frosting over top and side. Garnish with candied peel, if desired.

Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same.

— Unknown

LEMON SQUARE

1 box Pillsbury Plus Lemon Cake mix
1 egg
1 stick butter, melted
1 (8-oz.) pkg. cream cheese, softened
1 box powdered sugar
2 eggs

Blend cake mix, 1 egg and butter until doughy. Put into well greased 9" x 13" Pyrex dish. Mix together the remaining ingredients. Pour over cake mixture and bake 30 to 35 minutes at 325°.

Bessie Marshall

ORANGE PECAN COCONUT CAKE

1 box Orange Supreme Cake mix
1 can Coconut Pecan icing
3 eggs
⅓ C. oil
1 C. milk

Mix all together. Grease and flour pound cake pan. Bake in preheated oven at 350° for 55 to 60 minutes. Cool in pan 10 minutes.

Glaze

2 C. powdered sugar
3 T. margarine, melted
¼ C. orange juice

Mix and pour over hot cake.

Geraldine Inman

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

— Ralph Waldo Emerson

ORANGE CAKE

1 box Orange cake mix
1 sm. box orange Jello
2 eggs
1 C. water
⅓ C. oil

Preheat oven to 350°. Place all ingredients into mixing bowl and mix well. Bake in 3 greased and floured cake pans. Bake 30 to 35 minutes.

Frosting:

⅛ C. orange juice
(8-oz.) carton sour cream
(12-oz.) pkg. frozen coconut
2 C. powdered sugar
1 sm. carton Cool Whip

Mix all together and frost each layer with ¼ of frosting mix and spread the final ¼ around the sides.

ORANGE SLICE CAKE

3½ C. plain flour
2 C. sugar
1 C. butter
4 eggs
½ C. buttermilk
1 tsp. soda
1 box dates, cut in small pieces
1 lb. orange slice candy, cut fine
1 can Angel Flake coconut
2 C. nuts, chopped

Cream butter and sugar. Add eggs one at a time, beating after each. Dissolve soda in buttermilk and add alternately with flour. Rolls nuts, candy and dates in small amount of flour and add to cake mixture. Add coconut, preheat oven to 250°. Pour cake mixture into greased and floured tube pan and bake for 2 to 2½ hours.

Erlene Frye

MANDARIN ORANGE CAKE

1 box Duncan Hines Batter cake mix
1 (11 oz.) can Mandarin Oranges with juice
4 eggs
½ C. cooking oil

Mix the above and pour into 3 greased and floured cake pans. Bake in 350° preheated oven until done. Cool completely before icing.

Icing:

1 lg. container of Cool Whip
1 pkg. Vanilla Instant Pudding
1 lg. can crushed pineapple with juice

Mix all together and spread on cooled cake layers.

Shelby Midkiff Wood

PUMPKIN ORANGE CAKE ROLL

- powdered sugar
1 pkg. Angel Food cake mix
2½ tsp. grated orange peel, divided
1¼ C. LIBBY's 100% Pure Pumpkin
½ C. sugar
1 tsp. cinnamon
1 tsp. vanilla
¼ C. powdered sugar
2 T. Red Currant jelly, optional

Preheat oven to 350°. Line 15" x 10" jelly-roll pan with foil. (Foil should extend 1" above the edge of pan.) Sprinkle towel with powdered sugar. Prepare cake mix according to package direction, adding 1½ teaspoons orange peel at end of mixing time. Spread into prepared pan. Bake for 30 minutes or until top of cake springs back when touched. Carefully peel off foil. Roll up cake and towel together, starting with narrow end. Cool on wire rack.

Combine pumpkin, granulated sugar, cinnamon, vanilla and remaining orange peel in medium bowl. Carefully unroll cake; spread pumpkin mixture over cake. Reroll cake. Sprinkle with ¼ cup powdered sugar. Spoon jelly into small, heavy-duty plastic bag. Cut off corner of bag; squeeze to drizzle over cake. Refrigerate until ready to serve.

Martha Cassell

STRAWBERRY HEAVEN CAKE

1 Tube Angel Food cake (10")
1 pint strawberries, crushed
1 T. milk
1 pt. strawberries, sliced
1 (12-oz.) carton Cool Whip, thawed

Cut cake horizontally into 3 layers. Place 1 cake layer on cake plate. Stir crushed strawberries and milk into 1½ cups of whipped topping in large bowl. Spread ½ of strawberry mixture on cake layer. Arrange ½ of the sliced strawberries on top of strawberry mixture. Repeat layers ending with cake. Frost top and sides of cake with whipped topping. Refrigerate at least 1 hour. Decorate with strawberries.

Nancy Warner

CARROT CAKE
(Old Fashion Kind)

2 C. sugar
1 C. oil
2 C. plain flour
3 egg yolks
1 C. nuts, chopped
3 egg whites
1½ C. carrots, grated
2½ T. hot water
½ tsp. cinnamon
¼ tsp. nutmeg
½ tsp. soda
½ tsp. baking powder

Mix all ingredients, except egg whites, together and mix well. Beat egg whites until stiff and fold into other ingredients. Bake in preheated 350° oven for 55 minutes or until done. Garnish with pecans and candied cherries for festive look.

This cake is best if allowed to set for a few days before cutting.

Marian Nichols

PEACH CAKE

3 eggs, well beaten
1¾ C. sugar
1 C. cooking oil
2 C. flour
1 tsp. salt
1 tsp. cinnamon
2 C. sliced peaches
½ C. nuts, chopped
1 tsp. baking soda

Preheat oven to 350°. Mix all ingredients thoroughly by hand. Pour into greased and floured 13" x 9" pan. Bake at 375° for 50 minutes.

Mary C. Chandler

PINEAPPLE CAKE

3 Baked white cake layers
1 stick butter or margarine at room temp.
1 (3-oz.) pkg. cream cheese
1 (8-oz.) carton sour cream
1 C. sugar
1 (20-oz.) can crushed pineapple, undrained
1 (6-oz.) pkg. frozen coconut
1 (4-oz.) pkg. instant vanilla pudding
1 (8-oz.) carton frozen whipped topping

Blend together butter, cream cheese, sour cream and sugar. Add undrained pineapple and coconut. Blend. Sprinkle with dry pudding mix. Fold in whipped topping. Use mixture to frost cake.

Sue Stone

Teach thy tongue to say 'I do not know' and thou shalt progress.
— Maimonides

LINDA'S PINEAPPLE ICE BOX CAKE

1 box yellow cake mix
1 C. crushed pineapple
1 C. sugar
1 (3-¾-oz.) pkg. instant vanilla pudding
1 sm. carton frozen whipped topping
- frozen or flaked coconut

Prepare cake mix by package instructions and bake in a 9" x 13" pan. Combine undrained pineapple and sugar; boil together 2 to 3 minutes. Poke holes in cake and pour hot mixture over hot cake. Let cool. Make pudding by package instructions; spread over the top of cake. Top with whipped topping. Sprinkle with coconut. Chill and store in refrigerator.

Linda Brown

DIET CAKE

1 box raisins (cook in 2 cups water until dry)
⅔ C. cooking oil
3 eggs
½ C. Splenda
2 C. self-rising flour
1 #2 can unsweetened apple sauce
1 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
1 C. nuts (optional)

Mix all ingredients like any cake. Put raisins in last. Preheat oven to 350°. Bake in tube pan for 1 hour.

If cake becomes dry after sitting out a day or two put in microwave for 30 seconds.

Pat Busick

OUT OF THIS WORLD CAKE

2 sticks margarine
2 C. sugar
1 T. baking powder
1 T. coconut
4 eggs
1 C. sweet milk
1 lb. graham cracker crumbs
1 C. nuts, chopped

Preheat oven to 350°. Cream margarine and sugar. Add eggs, beat well. Add cracker crumbs, nuts and coconut. Add baking powder and milk. Bake in three 9" pans for 40 minutes.

Icing:

1 box powdered sugar (I use 1 cup)
1 stick margarine
1 lg. pkg. cream cheese (16 oz.)
1 T. pineapple juice
1 can crushed pineapple, drained

Cream margarine and cream cheese until smooth. Add sugar and pineapple juice. Beat until creamy. Top each layer with frosting and pineapple.

Pat Busick

The noblest search is the search for excellence.

— Lyndon B. Johnson

WHITE WINE CAKE

1 box Duncan Hines Deluxe Yellow cake mix
1 (3-oz.) box instant Vanilla Pudding
¾ C. water
¾ C. Crisco oil
¼ C. White Wine
4 eggs
¼ C. pecans, chopped
½ C. pecans, chopped
1 tsp. cinnamon
¼ C. sugar
¼ C. brown sugar

Mix all of the above ingredients, except the ½ cup of pecans, as you would any cake. Grease and flour tube or bundt cake pan. Spread the ½ cup of pecans on bottom of pan. Smooth and pour batter on top. Bake in 325° oven for 1 hour and 5 minutes. 15 minutes before cake is done make icing.

GLAZE:

¾ C. sugar
3 T. margarine
6 T. buttermilk
⅛ to ¼ tsp. soda

Put all of the above in heavy pot and simmer 15 minutes. Add ¾ tsp. vanilla and 1 tbsp. white wine and let simmer 1 minute. Take cake out of oven and turn out on cake plate with nuts on top. Spoon glaze on hot cake. When cool wrap in foil.

Francis Utt
Margaret Matthews

It is funny about life: if you refuse to accept anything but the very best you will very often get it.

— W. Somerset Maugham

BLACKBERRY WINE CAKE

1 box white cake mix
1 sm. box blackberry Jello (found at Winn Dixie)
4 eggs
¾ C. oil
1 C. blackberry wine

Preheat oven to 350°. Mix ingredients and pour into pound cake pan. Bake for 1 hour.

ICING:

2 C. powdered sugar
3 T. margarine, melted
¼ C. blackberry wine

Mix until creamy and spread on cool cake.

You can substitute peach Jello and peach wine and make a peach wine cake. Both are very good.

Geraldine Inman

Action may not always bring happiness; but there is no happiness without action.

— Benjamin Disraeli

CHAMPAGNE CAKE

1 box White cake mix
1 pkg. instant Pistachio Pudding Mix
1 C. club soda
½ C. oil
4 lg. eggs
½ C. nut, chopped
1 sm. jar red cherries drained and chopped (can use green cherries)
1 lg. can crushed pineapple, drained

Combine cake mix, pudding mix, club soda, eggs and oil. Beat with mixer. Stir in cherries, pineapple and nuts with spoon. Pour into 3 layer pans that have been greased and floured. Bake in preheated oven at 350° for 30 minutes or until cake test done.

FROSTING:

¾ stick margarine
1 (8-oz.) pkg. cream cheese
1 box powdered sugar
1 C. nuts, chopped
1 C. coconut (6 oz. frozen)
1 tsp. vanilla

Mix well and spread on cooled cake.

Mary C. Chandler

Opportunities are usually disguised as hard work, so most people don't recognize them.

— Ann Landers

RUM CAKE

1 box Duncan Hines Butter cake mix
4 eggs
½ C. water
½ C. oil
½ C. Rum (light)
chopped nuts

Beat all ingredients for 2 minutes. Grease and flour bundt pan. Put chopped nuts into bottom of pan and pour batter over nuts. Bake in preheated oven at 325° for 50 to 60 minutes. Remove from oven and pour glaze over cake.

GLAZE:

1 C. sugar
1 stick margarine
¼ C. water
¼ C. Rum

Boil 3 minutes. Pour over HOT cake. Cake will lose about half it's size. Let stay in pan 24 hours. (Pierce cake when done, with knitting needles, while hot before pouring on glaze.)

Lillie Edwards

BUTTER PECAN POUND CAKE

1 box Betty Crocker Butter Pecan cake mix
1 can Coconut Pecan frosting
¾ C. oil
1 C. water
4 eggs

Mix all ingredients until fluffy. Grease and flour tube pan. then line pan with pecans. Pour cake mixture into pan and bake in preheated oven at 350° for 1 hour.

Yes! Frosting is mixed into batter.

Hester Frye

BUTTER PECAN POUND CAKE

2 cans Betty Crocker Coconut-Pecan icing
1 box Betty Crocker Butter Pecan cake mix
4 eggs
¾ C. oil
1 C. water

Preheat oven to 350°. Mix cake mix along with other ingredients, add 1 can coconut-pecan icing. Mix well, pour into pound cake pan. Bake 1 hour. Cool, use other can of cake icing to ice cake.

Ruth Dollyhigh

MOUNTAIN DEW CAKE

1 box Orange Cake mix
1 sm. box Orange Jello
1 box Jello Coconut Pie Filling
1 C. oil
4 eggs
1 (10-oz.) can Mountain Dew drink

Mix all ingredients in large bowl as directed on cake mix box. Preheat oven to 300°. Bake in 3 layers.

ICING:

1 lg. can crushed pineapple
5 T. cornstarch
1 stick margarine
1½ C. sugar
2 C. coconut

Mix pineapple, sugar and cornstarch in pan. Cook until thick on medium heat. Remove from heat and add butter and coconut. Spread on cooled cake while icing is still hot.

Ethel Russell

SOUR CREAM COCONUT CAKE

1 pkg. Duncan Hines cake mix

Mix and bake according to package directions. (I bake mine in 3 8" cake pans.) Cool. Split layers into 6 layers.

ICING:

2 (9-oz.) pkg. frozen coconut (or 3, 6 oz. pkgs.)
2 C. sugar
1 (16-oz.) carton sour cream
1 (8-oz.) carton Cool Whip

Mix sugar and sour cream well. Stir in thawed coconut. Save 1 cup of this mixture and stir in 1 ½ cups Cool Whip. Turn cakes cut side up and spread with coconut, sour cream mixture. Use the Cool Whip mixture for sides and top of cake. Let set for three days before eating. The sour cream, sugar and coconut should set for 2 hours so the sugar will melt before icing cake. This cake is well received every where I take it.

Ruth Dollyhigh

ADMONITION COCONUT CAKE

2 C. sugar
2 C. sour cream
3 (6-oz.) pkgs. frozen coconut
1 box yellow cake mix

On that first night, combine the sugar, sour cream and coconut. Cover and refrigerate. The next day, mix cake per instructions on box and bake in 2 layers. After they cool, split each layer in half to make 4 equal layers. Fill layers and frost entire cake with mixture. Cover and refrigerate for 4 days.

You must start this cake 4 days before you plan to serve it. Start on the night before the first day.

Benny Moseley

ZUCCHINI CAKE

3 eggs
2 C. sugar
2 C. grated zucchini
3 tsp. cinnamon
1 tsp. soda
1 C. chocolate chips
1 C. oil
3 tsp. vanilla
3 C. plain flour
½ tsp. baking powder
1 tsp. salt
1 C. nuts, chopped

Mix eggs, sugar, oil, vanilla and zucchini. Add flour, cinnamon, salt, soda and baking powder and mix well. Fold in nuts and chocolate chips. Bake at 350° for 35 to 45 minutes in 9" x 13" greased and floured pan.

FROSTING:

1 (8-oz.) pkg. cream cheese
3 T. butter
2 C. powdered sugar

Beat cream cheese and butter together and add powdered sugar and beat until creamy and of spreading consistency.

Nancy Warner

Experience is not what happens to a man, it is what a man does with what happens to him.

— Aldous Huxley

PEANUT BUTTER CAKE

1½ C. Nestle's Peanut Butter Morsels
2 C. self rising flour
½ C. butter, softened
1½ C. sugar
2 eggs
1 tsp. vanilla
1½ C. milk

Preheat oven to 350°. Melt over hot water (not boiling) peanut butter morsels. Stir until smooth. Set aside. In large bowl combine butter and sugar. Beat until creamy. Blend in melted morsels. Add eggs and vanilla. Alternately blend in flour and milk. Pour into 2 greased and floured cake pans. Bake 45 minutes. Cool cake completely and frost with peanut butter cream frosting.

FROSTING:

1 C. Nestle's Peanut Butter Morsels
1 (8-oz.) pkg. cream cheese
1 tsp. vanilla
⅛ tsp. salt
3 C. powdered sugar
2 T. milk

Melt morsels over hot water. Stir until smooth. Combine melted morsels, salt, vanilla and cream cheese. Blend well. Blend in powdered sugar and milk until mixture is of spreading consistency.

Geraldine Inman

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.
— M. Scott Peck, M.D.

SPRINGTIME CAKE

1 box Yellow cake mix
4 eggs
⅔ C. Wesson oil
⅔ C. water (drain pineapple, use juice and add water to make ⅔ cup)
1 (8-oz.) pkg. orange Jello (beat 4 minutes and add 1 sm. can of crushed pineapple, drained)
1 sm. can coconut

Preheat oven to 350°. Pour into 3 greased and floured cake pans. Bake for 25 minutes.

FROSTING:

1 (8-oz.) pkg. cream cheese
1 stick margarine
1 box confectioner sugar
1 tsp. vanilla
½ C. chopped nuts, pecan or black walnuts

Beat cheese and margarine till smooth. Add sugar and mix well. Add vanilla, beat and add nuts. Spread on cool cake.

Mary C. Chandler

Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number 1.
— Arthur Ashe

BUTTERNUT CAKE

1 C. Crisco
4 eggs
½ C. self rising flour
1 T. Butternut flavoring
2 C. sugar
2½ C. cake flour
1 C. milk

Preheat oven to 350°. Cream sugar and Crisco. Beat in eggs, mixing well after each egg. Add both flours alternately with milk. Mix in flavoring. Pour into greased and floured tube cake pan. Bake for 1 hour and 15 minutes. Frost with following frosting.

FROSTING:

1 box powdered sugar
1 T. Butternut flavoring
½ stick butter
1 T. Crisco

Cream sugar, butter and Crisco until fluffy. Add flavoring. Mix well. Spread on cooled cake.

Pat Busick

FIG CAKE

3 eggs
2 C. sugar
1 C. Wesson Oil
2 C. flour
1 C. buttermilk
1 tsp. soda
1 C. chopped figs
1 tsp. cinnamon
1 tsp. cloves (or allspice)
1 tsp. salt

Preheat oven to 350°. Beat first 3 ingredients. Put soda in buttermilk. Sift flour with spices and salt. Add flour and buttermilk alternately. Add figs. Bake in tube pan 70 minutes. (I use 9" x 12" pan and cook less.)

Ernestine Chappell

QUICK AND EASY SURPRISE CAKE

1 box Yellow cake mix
1 can Cherry Pie filling
1 can crushed pineapple
1 C. pecans, chopped
2 sticks margarine

Use a long cake pan. Mix the cherry pie filling and pineapple on the bottom of pan. Sprinkle the entire box of cake mix evenly on top of fruit mixture. Spread pecans over top of cake mix. Spread pats of margarine on top of pecans. Follow the baking directions on the cake mix box.

Margaret Matthews

PLUM NUTTY CAKE

2 C. self rising flour
2 C. sugar
1 C. Crisco oil
3 eggs
1 tsp. nutmeg, cinnamon and allspice (each)
1 jar Junior baby food plums
1 C. pecans, chopped

Preheat oven to 350°. Mix all ingredients together. Spray tube pan with Pam. Sprinkle bottom with sugar. Bake for 1 hour.

Ernestine Chappell

Try not to become a man of success but rather try to become a man of value.
— Albert Einstein

SUGAR CREME CAKE

1 box Yellow cake mix
1 stick margarine or butter
1 egg

Mix well in a bowl and press into greased and floured 9" x 13" pan. Be sure that you make a rim around the edge to hold the cream mixture.

CREAM MIXTURE:

1 lg. pkg. cream cheese (8 oz.)
1 lg. box powdered sugar
3 eggs

Mix well and pour over cake layer. Bake in preheated over to 350° for 35 minutes. Will be soft. Cool completely before cutting. This allows cream mixture to jell. Very rich; go light on servings.

Cake is fashioned after a very famous Indiana pie which has a very rich filling in a plain shell.

Faye Kirkman

YELLOW COCONUT ICING

1½ C. sugar
1 egg
1 to 2 T. butter
½ C. milk
1 can coconut

Put all ingredients into a pan. Turn fire on to medium and let boil up, stirring constantly to keep from burning. Take off fire and stir until smooth enough to spread. Add one can of coconut and spread. Very good used on any boxed yellow cake mix or from scratch plain cake.

Can leave off coconut and add lemon or other flavoring to ice other cakes.

Marian Nichols

SMILEY CAKE

1 box German Chocolate cake mix
1 (12-oz.) jar Carmel topping
1 can sweetened condensed milk
1 (8-oz.) carton Cool Whip
1 Heath candy bar, broken in small pieces

Prepare cake mix as directions of box. Bake in 9 x 13" pan. While still hot poke holes in top of cake. Mix topping and milk. Pour over cake. Allow to cool. Spread Cool Whip on top and sprinkle with broken pieces of candy bar.

CHEESE CAKE

1 C. Graham cracker crust
3 T. sugar
3 T. margarine
3 (8-oz.) pkgs. cream cheese, softened
¾ C. sugar
1 T. lemon juice
3 eggs
1½ C. sour cream
3 T. sugar
1 tsp. vanilla

Mix first 3 ingredients and press into spring form pan. Bake for 10 minutes at 325°. Mix next 4 ingredients together and pour into baked graham cracker crust. Decrease heat to 300° and bake for 55 minutes. Combine last three ingredients and spread over cooked cream cheese cake. Bake for another 10 minutes.

To climb steep hills requires slow pace at first.

— William Shakespeare

GARY'S N. C. CHEESE CAKE

1 Graham Cracker crust
2 (3-oz.) pkg. Philadelphia Cream cheese
½ C. sugar
2 eggs
1 tsp. vanilla
½ pt. sour cream
8 tsp. sugar
½ tsp. vanilla

After graham cracker crust, cream the next four ingredients and pour into the graham cracker crust. Bake for 20 minutes at 350°. Cool 5 minutes. Combine last three ingredients and pour over top of cream cheese cake. Refrigerate at least 4 hours before cutting.

Marian Nichols

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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.

2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.

3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.

5. For a juicier hamburger, add cold water to the beef before grilling (½ cup to 1 pound of meat).

6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.

7. To keep cauliflower white while cooking, add a little milk to the water.

8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.

9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.

10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.

11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.

12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.

14. Use greased muffin tins as molds when baking stuffed green peppers.

15. A few drops of lemon juice in the water will whiten boiled potatoes.

16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.

17. Do not use metal bowls when mixing salads. Use wood, glass or china.

18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.

19. Do not use soda to keep vegetables green. It destroys Vitamin C.

20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



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Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, ¼ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

Marjoram May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.

Oregano Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

Saffron Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

Thyme Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
2. To 1 teaspoon soda use 2 ¼ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits .....to 1 cup flour use 1 ¼ tsp. baking powder
cake with oil .....to 1 cup flour use 1 tsp. baking powder
muffins .....to 1 cup flour use 1 ½ tsp. baking powder
popovers .....to 1 cup flour use 1 ¼ tsp. baking powder
waffles .....to 1 cup flour use 1 ¼ tsp. baking powder

Proportions of Liquid to Flour

drop batter .....to 1 cup liquid use 2 to 2 ½ cups flour
pour batter .....to 1 cup liquid use 1 cup flour
soft dough .....to 1 cup liquid use 3 to 3 ½ cups flour
stiff dough .....to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	¼ c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	¼ c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



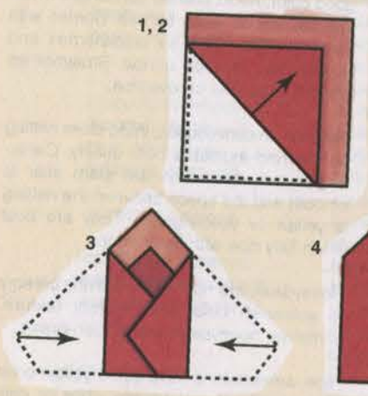
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.



Instructions:

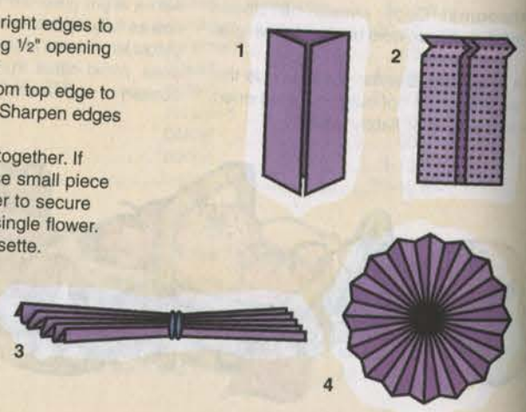
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

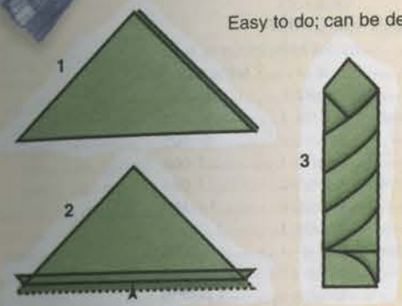
1. Fold left and right edges to center, leaving ½" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



Napkin Folding

Candle

Easy to do; can be decorated.



Instructions:

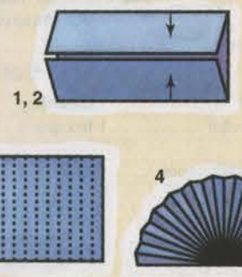
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

Pretty in napkin ring or on plate.

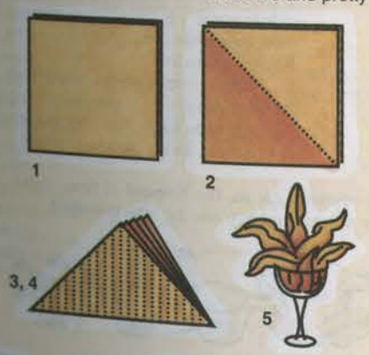
Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



Lily

Effective and pretty on table.



Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	½ pound and 1 ½ gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 ½ gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 ½ gallons water	1/6 pound and 3 gallons water	⅓ pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 ½ pounds	75 pounds	150 pounds
whipping cream	¾ pint	1 ½ to 2 pints	3-4 pints
Ice cream:			
brick	3 ¼ quarts	6 ½ quarts	13 quarts
bulk	2 ¼ quarts	4 ½ quarts or 1 ¼ gallons	9 quarts or 2 ½ gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 ½ pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 ½ pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	¾ gallon	1 ¼ gallons	2 ½ gallons
jello salad	¾ gallon	1 ¼ gallons	2 ½ gallons
potato salad	4 ¼ quarts	2 ¼ gallons	4 ½ gallons
scalloped potatoes	4 ½ quarts or 1 12" x 20" pan	9 quarts or 2 ¼ gallons	18 quarts 4 ½ gallons
spaghetti	1 ¼ gallons	2 ½ gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	½ pound	1 pound	2 pounds
lettuce	1 ½ heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 ½ quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 ½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.

3. To melt chocolate, place ½ pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 ½ minutes. One 3-ounce package of cream cheese will soften in 1 ½ to 2 minutes.

5. A 4 ½ ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!

6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

8. To scald milk, cook 1 cup for 2 to 2 ½ minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.

13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.

15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.

16. Heat left-over custard and use it as frosting for a cake.

17. Melt marshmallow creme. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

18. To toast coconut, spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.

19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.

20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz. 90
coffee (black) 0
cola type, 12 oz. 115
cranberry juice, 6 oz. 115
ginger ale, 12 oz. 115
grape juice, (prepared from frozen concentrate), 6 oz. 142
lemonade, (prepared from frozen concentrate), 6 oz. 85
milk, protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
orange juice, 6 oz. 85
pineapple juice, unsweetened, 6 oz. 95
root beer, 12 oz. 150
tonic (quinine water) 12 oz. 132

Breads

cornbread, 1 sm. square 130
dumplings, 1 med. 70
French toast, 1 slice 135
melba toast, 1 slice 25
muffins, blueberry, 1 muffin 110
bran, 1 muffin 106
corn, 1 muffin 125
English, 1 muffin 280
pancakes, 1 (4-in.) 60
pumpernickel, 1 slice 75
rye, 1 slice 60
waffle, 1 216
white, 1 slice 60-70
whole wheat, 1 slice 55-65

Cereals

cornflakes, 1 c. 105
cream of wheat, 1 c. 120
oatmeal, 1 c. 148
rice flakes, 1 c. 105
shredded wheat, 1 biscuit 100
sugar krisps, 3/4 c. 110

Crackers

graham, 1 cracker 15-30
rye crisp, 1 cracker 35
saltine, 1 cracker 17-20
wheat thins, 1 cracker 9

Dairy Products

butter or margarine, 1 T. 100
cheese, American, 1 oz. 100
camembert, 1 oz. 85
cheddar, 1 oz. 115
cottage cheese, 1 oz. 30
mozzarella, 1 oz. 90
parmesan, 1 oz. 130
ricotta, 1 oz. 50
roquefort, 1 oz. 105
Swiss, 1 oz. 105
cream, light, 1 T. 30
heavy, 1 T. 55
sour, 1 T. 45
hot chocolate, with milk, 1 c. 277
milk chocolate, 1 oz. 145-155
yogurt
made w/ whole milk, 1 c. 150-165
made w/ skimmed milk, 1 c. 125

Eggs

fried, 1 lg. 100
poached or boiled, 1 lg. 75-80
scrambled or in omelet, 1 lg. 110-130

Fish and Seafood

bass, 4 oz. 105
salmon, broiled or baked, 3 oz. 155
sardines, canned in oil, 3 oz. 170
trout, fried, 3 1/2 oz. 220
tuna, in oil, 3 oz. 170
in water, 3 oz. 110



Calorie Counter

Fruits

apple, 1 med. 80-100
applesauce, sweetened, 1/2 c. 90-115
unsweetened, 1/2 c. 50
banana, 1 med. 85
blueberries, 1/2 c. 45
cantaloupe, 1/2 c. 24
cherries (pitted), raw, 1/2 c. 40
grapefruit, 1/2 med. 55
grapes, 1/2 c. 35-55
honeydew, 1/2 c. 55
mango, 1 med. 90
orange, 1 med. 65-75
peach, 1 med. 35
pear, 1 med. 60-100
pineapple, fresh, 1/2 c. 40
canned in syrup, 1/2 c. 95
plum, 1 med. 30
strawberries, fresh, 1/2 c. 30
frozen and sweetened, 1/2 c. 120-140
tangerine, 1 lg. 39
watermelon, 1/2 c. 42

Meat and Poultry

beef, ground (lean), 3 oz. 185
roast, 3 oz. 185
chicken, broiled, 3 oz. 115
lamb chop (lean), 3 oz. 175-200
steak, sirloin, 3 oz. 175
tenderloin, 3 oz. 174
top round, 3 oz. 162
turkey, dark meat, 3 oz. 175
white meat, 3 oz. 150
veal, cutlet, 3 oz. 156
roast, 3 oz. 76

Nuts

almonds, 2 T. 105
cashews, 2 T. 100
peanuts, 2 T. 105
peanut butter, 1 T. 95
pecans, 2 T. 95
pistachios, 2 T. 92
walnuts, 2 T. 80

Pasta

macaroni or spaghetti, cooked, 3/4 c. 115

Salad Dressings

blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
mayonnaise, 1 T. 100
olive oil, 1 T. 124
Russian, 1 T. 70
salad oil, 1 T. 120

Soups

bean, 1 c. 130-180
beef noodle, 1 c. 70
bouillon and consomme, 1 c. 30
chicken noodle, 1 c. 65
chicken with rice, 1 c. 50
minestrone, 1 c. 80-150
split pea, 1 c. 145-170
tomato with milk, 1 c. 170
vegetable, 1 c. 80-100

Vegetables

asparagus, 1 c. 35
broccoli, cooked, 1/2 c. 25
cabbage, cooked, 1/2 c. 15-20
carrots, cooked, 1/2 c. 25-30
cauliflower, 1/2 c. 10-15
corn (kernels), 1/2 c. 70
green beans, 1 c. 30
lettuce, shredded, 1/2 c. 5
mushrooms, canned, 1/2 c. 20
onions, cooked, 1/2 c. 30
peas, cooked, 1/2 c. 60
potato, baked, 1 med. 90
chips, 8-10 100
mashed, w/milk & butter, 1 c. 200-300
spinach, 1 c. 40
tomato, raw, 1 med. 25
cooked, 1/2 c. 30



Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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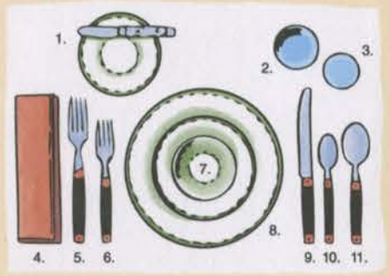
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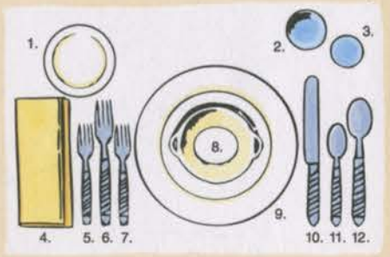
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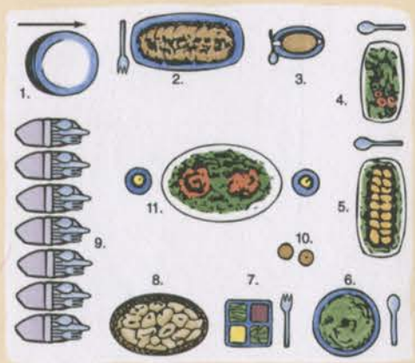
LUNCHEON TABLE SETTING

1. Bread and butter plate and knife
2. Water glass
3. Optional drink glass
4. Napkin
5. Luncheon fork
6. Dessert fork
7. First course bowl and liner plate
8. Luncheon plate
9. Knife
10. Teaspoon
11. Soup spoon



DINNER TABLE SETTING

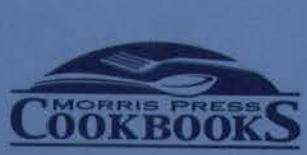
1. Salad plate
2. Water glass
3. Optional drink glass
4. Napkin
5. Salad fork
6. Dinner fork
7. Dessert fork
8. First course bowl and liner plate
9. Dinner plate
10. Dinner knife
11. Teaspoon
12. Soup spoon



BUFFET TABLE SETTING

1. Plates
2. Main dish
3. Gravy boat on liner plate
4. Vegetable dish
5. Other side dish
6. Salad bowl
7. Relish tray
8. Basket of rolls
9. Napkins with knives, fork and spoons
10. Salt and pepper
11. Centerpiece and candles

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