A TASTE OF HEAVEN

LADIES OF
GOSPEL MISSION BAPTIST CHURCH

A Taste of Heaven

A Collection of Recipes by
Ladies of Gospel Mission
Baptist Church
Pastor: Bro. Ken Young
Mount Airy, North Carolina 27030

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Gospel Mission Baptist Church
Mount Airy, North Carolina

Sunday School . . . . . .9:45 a.m.
Sunday Morning Worship . . . . . .11:00 a.m.
Sunday Evening Service . . . . . .7:00 p.m.
Wednesday Night Prayer Meeting . . . . . .7:00 p.m.

Our Church History

Brother Ray Hemmings, then a member of White Plains Baptist Church, after doing home visitation and holding cottage prayer meetings, saw the need for a larger work in our community. Being led by the spirit of the Lord, in the spring of 1958, our church began as a mission, Community Gospel Mission. As we had no building, Sunday Services were held, with the permission of the Flat Rock Ruritan Club, in the Scout Hut located in the far end of the park. We had 53 folks in attendance at our first meeting.

In the fall of 1958, the North Carolina Granite Corporation granted land on which to build a church. Through donations of money and volunteered labor of friends, neighbors, and other churches, work was begun.

We began to hold services in the basement while continuing to work in the auditorium, which was completed in 1962. Our church was still known as a mission until this time. After moving into the new auditorium on July 7, 1962, we were organized as a non-denominational church, keeping our mission name. Charter members consist of the following: Mr. and Mrs. Hugh Tilley, Mrs. Maude Lawson, Mrs. Vada Inman, Mr. and Mrs Moses Jenkins, Mr. David Banks, Mrs. Beatrice Morris, Mr. and Mrs. Mack Jenkins, Mrs. Jack Dawson, Mrs. Maggie Shaw, Mrs. Henery McMillian, and Mr. and Mrs. Ray Hemmings.

Not only was Brother Ray Hemmings the founder and organizer of the church, he was also duly elected as the first pastor. Brother Andrew Chaney and the Rev. Dexter Culler were elected as deacons, along with the Rev. Manuel Culler, acting deacon.

After several years of faithful and fruitful service, Brother Ray elected to step down as pastor to fill the position as Adult Sunday School Teacher and Sunday School Superintendent.

In 1982, the church, already established in the Baptist faith, in one accord, elected to be known as Gospel Mission Baptist Church, an Independent Missionary Baptist work. We chose to abide by the original church covenant, drawn up by Brother Ray Hemmings and the early

church organizers, along with the Standard Baptist Covenant.

We have enjoyed a fruitful Ministry under several great pastors: Rev. Tom Cook, Rev. Winfred Davis, Rev. Roscoe Creed, Rev. Ray Beck, Rev. Ed Moss, and our present pastor, Rev. Kenneth Young.

The Lord has blessed us to grow both spiritually and in number throughout the years. Our church has a rest home ministry, a radio broadcast, and active Visitation program, along with Junior Church.

The past year, we were able to have some remodeling done. Thanks to generous donations, we were blessed to be able to install new stained glass windows, new pews, pulpit,and a communion table. In the near future, we plan to install a baptistery, a new steeple and a new driveway.

None of this would be possible without the generosity, hard work, and prayers of God's people.

Dedication

This book is dedicated in loving memory of Sister Vannie Hemmings. She, along with her husband, Rev. Ray Hemmings, were founders of our church. She was first and above all a faithful Christian, loving wife, mother, grandmother, sister, as well as a friend to all that knew her.

We would also like to dedicate it to all our cooks in the church. In most of our homes today, life is centered around the kitchen. Some of the recipes are treasured family keepsakes, and some are new; however, they all reflect the love of good cooking.

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

Monies from the sale of this cookbook will go to the missions. Thank you for your purchase. May it be a blessing to you and your family.

Things You Should Know

God Loves You:
"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16). "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us" (Rom. 5:8).

All Have Sinned
"For all have sinned, and come short of the glory of God" (Rom. 3:23).

The Wages of Sin:
"For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord" (Rom. 6:23).

Salvation is Available:
"The Son of man is come to seek and to save that which is lost" (Luke 19:10)

When:
"...now is the accepted time; behold, now is the day of salvation" (II Cor. 6:2).

Why:
"Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away" (James 4:14)

How:
"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" (Rom. 10:9,10).

Pray:
Dear God, the best I know how, I now confess with my mouth that I am a sinner deserving hell. I believe Jesus Christ died for my sins and was buried and arose the third day. I repent of my sins and now ask the Lord Jesus Christ to forgive me of all my sins and save my soul. I now take You at Your Word and thank You for giving me eternal life, and with Your help I now turn from my sinful ways and will follow Christ. In Jesus' name, Amen.

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Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of 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.

Appetizers & Beverages

CHEESE STICKS

1 c. sifted all-purpose flour
1½ tsp. baking powder
½ tsp. salt
2 T. butter
½ c. shredded cheddar cheese
⅓ c. cold water

Sift flour, baking powder and salt in a bowl. Cut in butter until mixture is crumbly. Add cheese. Toss until well blended. Sprinkle water over mixture and mix lightly until pastry holds together and leaves sides of bowl clean. Roll on a floured surface into a 12 x 10 inch rectangle. Cut in half lengthwise; then cut each half crosswise into half inch strips. Lift strips one at a time, twist and place one inch apart on a greased cookie sheet. Bake at 425° for 10 minutes or until lightly golden. Cool and serve. Makes 4 dozen.

Peggy Peyton

BACON CHEESE STRIPS

⅓ c. mayonnaise
1 egg, beaten
½ tsp. Worcestershire sauce
⅛ tsp. ground mustard
Dash pepper
4 oz. shredded cheddar cheese
8 bacon strips, cooked and crumbled
8 bread slices, toasted and crust removed

Combine mayonnaise, egg, Worcestershire sauce, mustard, pepper, and cheese. Mix well and stir in bacon. Spread over toast. Cut each slice into 3 strips. Bake at 350° for 12 to 14 minutes or until cheese is melted.

Grace Voncannon

PAN ROLLS

ham
Swiss cheese
pan rolls
1 stick margarine
3 T. mustard
3 T. poppy seed
1 sm. onion, chopped
2 T. Worcestershire sauce

Soften margarine; add mustard, poppy seed, onion, and Worcestershire sauce. Cut rolls is half. Place ham and cheese on rolls. Spread mixture on top of rolls. Warm at 350° for 10 minutes or until cheese is melted.

Sylvia Hemmings

SAUSAGE BALLS

2 c. Bisquick
½ c. cold water
1 lb. sausage, cooked, browned, and drained
½ c. shredded cheddar cheese

Mix well and roll into small balls. Bake on cookie sheet at 400° for 15 to 20 minutes.

Kim Cagle

SAUSAGE CRESCENT ROLLS

1 lb. Neese's sausage
1 pkg. cream cheese, 8 oz.
2 cans crescent rolls

Fry sausage, drain and crumble. Add cream cheese and mix well. Roll out crescent rolls and put 1 T. mixture in each roll. Roll up and bake at 350° for 13 to 15 minutes.

Martha Wiggington

RANCH SNACK MIX

12 oz. mini pretzels
12 oz. Bugles
10 oz. salted cashews
16 oz. Goldfish
1 env. ranch salad dressing mix
¾ c. vegetable oil

In large bowl, combine pretzels, Bugles, cashews, and Goldfish. Sprinkle with dressing mix, toss to combine. Drizzle with oil, toss until coated. Yields 6 qts.

Linda Reeves

ONION RINGS

¾ c. all-purpose flour
⅔ c. milk
1 egg
1 T. vegetable oil
¼ tsp. salt
Cooking oil for deep fat frying
4 med. onions, sliced ¼ inch thick, separated into rings

Combine flour, milk, egg, 1 T. oil, and salt. Beat until smooth. In large skillet, heat 1 inch oil to 365°. Using a fork, dip onion rings into batter; drain excess batter. Fry 2-3 minutes, or until golden. Drain on paper towels

Amy Faw

DEVILED EGGS

6 to 8 hard-boiled eggs
1 tsp. salt
2 tsp. mustard
mayonnaise

Peel eggs and cut into halves. Take out yolks and mash with fork until fine. Add salt and mustard. Mix well. Add enough mayonnaise to make a smooth mixture. Place the mixture back into egg white.

Kim Cagle

SALSA

6 qt. tomatoes, quartered
1¼ c. vinegar
1 c. sugar
2 green bell peppers, chopped
2 red bell peppers, chopped
3 med. onions, chopped
4 jalapeño peppers, chopped
½ c. salt

Mix all ingredients together. Simmer for 1½ hours. Pack in jars and seal or freeze. Makes 6 to 7 quarts.

Nancy Faw

QUICK CINNAMON BITES

1 sm. can refrigerator biscuits
2 tsp. cinnamon
4-5 T. sugar
1 stick butter

Mix cinnamon with sugar. Divide each biscuit into 4 parts. Roll each part in mixture and line in bottom of greased pan. Put dabs of butter on top and any left over mixture. Bake 10-12 minutes at 350°.

Cindy Radford

CHOCOLATE CHIP CHEESE BALL

1 (8 oz.) pkg. cream cheese, softened
½ c. butter, softened
¼ tsp. vanilla extract
¾ c. confectioners' sugar
2 T. brown sugar
¾ c. min. semi-sweet chocolate chips
¾ c. finely chopped pecans
Graham crackers

In a mixing bowl, beat the cream cheese, butter and vanilla until fluffy. Gradually add sugars; beat just until combined. Stir in chocolate chips. Cover and refrigerate for 2 hours. Place mixture on a large piece of plastic wrap; shape into a ball. Refrigerate for at least 1 hour. Just before serving, roll cheese ball in pecans. Serve with graham crackers.

Nancy Faw

BOLOGNA BUNDLES

½ lb. bologna, chopped
½ lb. cheese, grated
¼ c. salad dressing
2 T. chopped onion
2 T. chopped sweet pickles
2 T. mustard
8 buns, buttered
Salt and Pepper

Combine all ingredients, mix well and spread on buns. Wrap individually in aluminum foil and broil in oven or grill outdoors about 5 minutes on each side. Yield: 8 servings.

Sue Young

PEANUT BUTTER APPLE DIP

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

Combine cream cheese, peanut butter, sugar, and milk. Serve with apples.

Sue Gilley

FRUIT DIP

2 (8 oz.) pkgs. fruit flavored cream cheese
2 (7 oz.) jars marshmallow cream
1 small container Cool Whip

(continued)

Cream the cream cheese; add marshmallow cream. When well blended, add cool whip.

Peggy Peyton

PICNIC FRUIT PUNCH

2 qt. cranberry juice
3 c. pineapple juice
3 c. orange juice
¼ c. lemon juice
1 liter ginger ale, chilled
1 med. naval orange, sliced

Combine juices in a large container, refrigerate. Just before serving, stir in ginger ale and orange slices. Yield 5 quarts.

Chanda Cagle

PINEAPPLE ORANGE DRINK

6 c. water
3 c. orange juice
½ c. pineapple juice
3 T. lemon juice
¾ c. sugar
1 cinnamon stick
1 med. naval orange, sliced

In saucepan, combine water, juices, and sugar until dissolved. Add cinnamon stick. Heat through, chill until serving.

Sylvia Hemmings

ESTHER'S TEA

1 c. Instant Tea mix with lemon and sugar
½ c. Tang
1½ c. sugar

Put all ingredients in a gallon jug, fill with water. Stir and put in refrigerator until cold.

Esther Gates

RUSSIAN TEA

1 c. Tang
1 tsp. cloves
1 tsp. cinnamon
⅓ c. instant tea

Mix all ingredients together. Use 2 tsp. in 6 oz. hot water. Makes 12 servings.

Barbara Hall

PUNCH FOR A CROWD

4 pkgs. lemon lime Kool-Aid
4 qt. water
4 c. sugar
2 lg. cans pineapple juice
2 qt. ginger ale

Mix Kool-Aid, water, sugar, and juice together. Refrigerate until ready to use. Add ginger ale at serving time. Serve over ice. Makes 100 cups.

Martha Wiggington

SUMMER SLUSH PUNCH

1 pkg. strawberry Jello
1 pkg. cherry Jello
1½ c. sugar
1 lg. can pineapple juice
1 can frozen limeade
1 can frozen lemonade
1 qt. ginger ale

Dissolve gelatin as directed. Add frozen limeade diluted to make one quart, also lemonade the same way. Put in freezer and freeze, stirring occasionally. Add ginger ale and ice just before serving. Serves about 50.

Faye Barker

YOO-HOO

½ c. chocolate drink powder
1½ c. nonfat dry milk
3 c. water

Mix all ingredients together. Makes 2 servings.

Angela Mullis

HOT COCOA MIX

3½ c. nonfat dry milk powder
2 c. sifted powdered sugar
1 c. powdered nondairy creamer
½ c. sifted unsweetened cocoa powder

Combine all ingredients. Store in an airtight container. Use ⅓ c. Mix in ¾ c. boiling water.

Amy Faw

WASSAIL

6 c. apple cider or juice
1 cinnamon stick
¼ tsp. nutmeg
¼ c. honey
3 T. lemon juice
1 tsp. grated lemon peel
1 (18 oz.) can unsweetened pineapple juice
Cinnamon sticks
Orange Stars (below)

In a large saucepan, heat cider and one cinnamon stick to boiling; reduce heat. Simmer 5 minutes. Stir in nutmeg, honey, lemon juice, lemon peel, and pineapple juice. Simmer 5 minutes longer. Use cinnamon sticks as individual stirrers.

Orange Stars:

Whole cloves
3 oranges
water

Insert whole cloves into oranges. Place in baking pan with just enough water to cover bottom of pan. Bake uncovered for 30 minutes.

Linda Davis

SPICED CIDER

1 gal. cider
1 c. brown sugar
4 cinnamon sticks
8 whole allspice
12 whole cloves

Mix all ingredients together, bring to a boil. Remove spices.

Linda Reeves

Recipe Favorites

Soups & Salads

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

CHUNKY POTATO SOUP

3 med. red potatoes, peeled and cut in 1" cubes
2 c. water
1 sm. onion, finely chopped
3 T. butter
3 T. flour
3 c. milk
½ tsp. sugar
1 c. shredded cheddar cheese
1 c. cubed cooked ham
Pepper to taste

Bring water to a boil, add potatoes. Cook until tender. Drain, reserving liquid. Measure 1 cup liquid, (adding water if necessary). Set aside. Melt butter in saucepan, add onion, cook until tender, but not brown. Add flour and pepper cook 3 to 4 minutes. Gradually add potatoes, reserved liquid, milk and sugar to mixture, stir well. Add cheese and ham. Simmer over low 30 minutes, stirring frequently.

Amy Faw

BEEF STEW

1½ lbs. stew meat
4 med. potatoes, cut up
3 med. carrots, cut up
1 (28 oz.) can diced tomatoes
1 (8 oz.) bag mixed vegetables
1 pkg. beef stew seasoning
Salt and Pepper to taste

Cut stew meat up into small cubes and cover with water in a soup pot. Boil rapidly for 45 minutes. Add potatoes and carrots and boil for additional 30 minutes. Add tomatoes, vegetables, seasoning and salt and pepper and boil over medium heat for approximately 45 more minutes, until vegetables are tender.

Amy Faw

DEER STEW

1 lb. deer
1 (15 oz.) can carrots
1 (15 oz.) can peas
1 med. onion
¼ c. thickening
Salt and Pepper to taste

Cook deer until tender then add carrots, onions, peas, and thickening. After cooking deer until tender, cook for 30 additional minutes.

Thickening

6 T. milk
3 T. flour
Pepper

Mix all ingredients together until real thin.

Rita Harris

CHICKEN VEGETABLE SOUP

4 boneless chicken breasts
1 (16 oz.) bag mixed vegetables
1 (15 oz.) can kidney beans, drained
1 sm. cabbage head
2 c. egg noodles
4 T. butter
1 (28 oz.) can diced tomatoes, undrained
Salt and Pepper to taste

Boil chicken, remove from broth and set aside. Bring broth to a boil, add vegetables, beans, cut up cabbage, tomatoes, and butter. Cut chicken into small pieces and add to soup, let boil over med-high heat for about 1 hour. Add egg noodles; serve when noodles are tender.

Amy Faw

WHITE BEAN AND HAM SOUP

2 (15½ oz.) cans great northern beans, rinsed and drained
2 med. carrots, diced
1 sm. onion, chopped
2 T. butter
2¼ c. water
1½ c. cubed fully cooked ham
½ tsp. salt
¼ tsp. pepper
1 bay leaf

Mash one can of beans; set aside. In a large saucepan, sauté carrots and onion in butter. Stir in water, ham, seasonings, bay leaf, and whole and mashed beans. Cook over medium heat until heated through. Discard bay leaf before serving. Yield: 6 servings.

Nancy Faw

BRUNSWICK STEW

1 (3 lb.) fryer
4 med. onions
1½ qt. butter beans
3 or 4 med. potatoes
okra (optional)
1 qt. corn
1 qt. or more tomato juice
2 cans alphabet soup, undiluted
Salt, Pepper, and Red Pepper to taste

Boil chicken and onions until tender meat can be removed from bones. While chicken cools, add beans, potatoes, and okra to broth and cook for 45 minutes. Remove chicken from bones; remove skin and chop chicken into small pieces. Add to beans along with corn and tomato juice. Season and simmer for at least another hour, adding the soup during the last 15 minutes of cooking time.

Sue Gilley

SPICY CHEESEBURGER SOUP

1½ c. water
2 c. cubed peeled potatoes
2 sm. carrots, grated
1 sm. onion, chopped
¼ c. chopped green pepper
1 jalapeño pepper, seeded and chopped
1 garlic clove, minced
1 T. beef bouillon granules
½ tsp. salt
1 lb. ground beef, cooked and drained
2½ c. milk, divided
3 T. all-purpose flour
8 oz. process American cheese, cubed
¼ to 1 tsp. cayenne pepper, optional
½ lb. sliced bacon, cooked and crumbled

In a large saucepan, combine water, potatoes, carrots, onion, peppers, garlic, beef bouillon granules, and salt; bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender. Stir in beef and 2 cups of milk; heat through. Combine flour and remaining milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Reduce heat; stir in cheese until melted. Add cayenne, if desired. Top with bacon just before serving. Yield: 6-8 servings.

Chanda Cagle

HAMBURGER VEGETABLE SOUP

1 lb. ground beef
1 med. onion
½ c. chopped green pepper
4 c. beef broth
1 c. frozen corn
1 (7½ oz.) can tomatoes, cut up
4½ oz. frozen lima beans
½ c. chopped and peeled potato
1 med. carrot, cut up
1 tsp. dried basil, crushed
1 tsp. Worcestershire sauce
1 bay leaf

In a large pot cook ground beef, onion, and pepper until meat is brown and onion is tender. Drain fat. Stir in broth, corn, undrained tomatoes, lima beans, potato, carrot, basil, Worcestershire sauce, bay leaf, and ⅛ tsp. pepper. Bring to a boil, reduce heat. Cover and simmer for 15 to 20 minutes or until vegetables are tender. Discard bay leaf. Makes 8 cups.

Linda Reeves

HOMEMADE VEGETABLE SOUP

2 lbs. hamburger, cooked and drained
1 onion, chopped
½ sm. head cabbage
1 lg. can diced tomatoes
½ c. ketchup
24 oz. mixed vegetables
1 can lima beans, drained
2 c. water
4 potatoes, peeled and cubed
pasta

Mix all ingredients together and cook for one to two hours.

Amy Faw

WENDY'S CHILI

2 lb. ground beef, cooked and drained
1 (12 oz.) can tomato paste
2 (9 oz.) cans tomato sauce
1 (29 oz.) can kidney beans, undrained
1 (29 oz.) can pinto beans, undrained
1 med. onion, diced
½ c. diced green chilis
¼ c. diced celery
3 med. tomatoes, chopped
2 tsp. cumin powder
3 T. chili powder
1½ tsp. black pepper
2 T. salt
2 c. water

Mix all ingredients in a large pot. Simmer over low heat, stirring every 15 minutes, for 2 to 3 hours. Makes 12 servings.

Angela Mullis

SWEET PEA SALAD

1 (15 oz.) can green peas
1 head lettuce, shredded
1 med. onion, diced
1 c. bacon bits
¾ c. mayonnaise
1 c. shredded cheese

Cook peas until tender and drain. Combine lettuce, onion, peas, and mayonnaise. Top with bacon bits and cheese. Keep refrigerated until ready to serve.

Linda Davis

NOODLE SALAD

1 lg. green pepper, chopped
1 bunch broccoli, chopped
2 med. tomatoes, chopped
1 bag radish, chopped
1 (16 oz.) bottle Italian dressing
1 (16 oz.) box spiral noodles, cooked and drained

Mix all ingredients together and serve.

Rita Harris

TUNA SALAD

1 can tuna, drained
2 boiled eggs, peeled and chopped
1 pickle, chopped
2 T. mayonnaise

Mix all ingredients together.

Amy Faw

CHICKEN SALAD

1½ c. finely chopped chicken
½ c. celery, diced
1 T. lemon juice
2 hard-boiled eggs, chopped
⅓ c. mayonnaise
2 T. sweet pickle relish
2 T. mustard

(continued)

Mix all ingredients together. Refrigerate until ready to serve.

Amy Faw

CRANBERRY JELLO SALAD

1 box cherry Jello
1 box lemon Jello
2 c. boiling water
1 sm. can crushed pineapple, undrained
1 can whole cranberries
1 c. chopped pecans

Add water to Jello, mix thoroughly. Add crushed pineapple, cranberries, pecans, and chill.

Faye Barker

CRANBERRY SALAD

1 lb. cranberries
1½ c. sugar
1 c. water
2 c. boiling water
1 lg. can crushed pineapple
1½ c. raisins
1 c. nut meats
2 (3 oz.) pkgs. cherry Jello

Cook cranberries, sugar, and water 10 to 15 minutes. Mix Jello with 2 cups boiling water. Let cool slightly. Combine drained pineapple with raisins and nuts. Combine all together and chill.

Sue Young

APPLE CASHEW SALAD

½ c. confectioners' sugar
¼ c. mayonnaise or salad dressing
4 celery ribs, sliced
2 sm. apples, chopped
1 (10 oz.) can salted cashews

Combine sugar and mayonnaise until smooth. Stir in celery, apples, and cashews. Serve immediately.

Nancy Faw

WALDORF SALAD

2 c. diced apple
1 c. diced celery
⅓ c. coarsely chopped nuts
½ c. mayonnaise
Crisp greens

Combine apple, celery, nuts, and mayonnaise. Place on top of crisp greens and serve.

Linda Davis

FROZEN STRAWBERRY SALAD

1 can Eagle Brand Milk
1 can crushed pineapple
1 sm. carton Cool Whip
2 pkgs. frozen or fresh strawberries, chopped

Combine all ingredients together and freeze.

Lib Goins

QUICK JELLO SALAD

1 (3 oz.) pkg. lime Jello
1 (12 oz.) carton cottage cheese
½ c. mini. marshmallows
1 (4½ oz.) carton Cool Whip
1 c. crushed pineapple, drained
Crisp lettuce

Sprinkle dry Jello over cottage cheese in mixing bowl. Add Cool Whip, pineapple, and marshmallows. Mix well. Chill and serve on lettuce.

Sue Young

PINK SALAD

1 c. crushed pineapple
24 lg. marshmallows
1 (8 oz.) carton cottage cheese
½ c. chopped pecans
1 (3 oz.) pkg. strawberry-banana Jello
1 (10 oz.) carton Cool Whip

Drain pineapple thoroughly. Add enough water to the juice to make 1½ c. liquid. Heat to almost boiling. Add marshmallows and Jello. Cook for 4 minutes, stirring constantly. Pour into flat pan or bowl and cool until stringy. Mix in pineapple, cottage cheese, pecans, and Cool Whip. Refrigerate.

Sue Young

CREAMY FRUIT SALAD

1 (20 oz.) can unsweetened pineapple chunks, drained
1 (15 oz.) can sliced peaches, drained
1 (11 oz.) can mandarin oranges, drained
4 med. apples, peeled and sliced
1½ c. fat free milk
⅓ c. orange juice concentrate
1 pkg. vanilla instant pudding, sugar free
¾ c. fat free sour cream

In a large bowl, combine pineapple, peaches, oranges, and apples; set aside. In another bowl, whisk milk, orange juice concentrate, and pudding mix for 2 minutes or until smooth. Add sour cream; mix well. Fold into fruit. Cover and refrigerate until serving.

Peggy Peyton

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CARROT AND LETTUCE SLAW

1 head lettuce, shredded
3 carrots, grated
3 T. vinegar
1½ tsp. salt
⅓ c. sugar
¼ tsp. pepper
1 c. mayonnaise

Mix all ingredients together. Serve immediately or refrigerate.

Sylvia Hemmings

Recipe Favorites

Vegetables & Side Dishes

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

CABBAGE CASSEROLE

1 can cream of Mushroom soup, undiluted
1 sm. head cabbage, chopped
1 sm. onion, chopped
2 T. butter
1 c. shredded cheddar cheese
1 c. Pepperidge Farm dressing crumbs

Parboil cabbage, drain well. Melt butter in pan and sauté onion until tender. Add soup and cheese and stir until melted. Mix cabbage and cheese mixture and pour into baking dish. Add bread crumbs on top. Bake at 375° for 30 minutes.

Grace Voncannon

CORN CASSEROLE

1 can cream corn
1 can whole corn, drained
1 c. sour cream
1 box Jiffy Corn Muffin Mix
1 c. crushed cornflakes
1 stick melted butter

Mix corn, sour cream, and muffin mix. Pour into baking dish. Top with crushed cornflakes. Drizzle with butter. Bake at 350° for 45 minutes.

Sheila Harris

SQUASH CASSEROLE

½ lb. sliced squash
1 med. onion, diced
2 c. Pepperidge Farm Corn Bread Crumbs
1 carrot, thinly sliced
½ stick butter
½ c. sour cream
1 can cream of chicken soup, undiluted

Cook squash, carrots, and onions just until tender and drain. Mix stuffing crumbs and butter and place 1 cup of mixture in bottom of large casserole dish. Place all of the squash mixture on top of this layer. Combine the soup and sour cream and spread over squash mixture. Do not stir. Top with rest of the stuffing mixture. Bake at 350° for 40 minutes.

Faye Barker

SQUASH CASSEROLE

2 lbs. squash
1 med. onion, chopped
½ green pepper pod, chopped
1 can cream of mushroom soup, undiluted
⅓ pkg. Pepperidge Farm Dressing
½ c. water
⅓ c. milk
½ c. Pepperidge Farm Dressing

Cut up squash, add onion, green pepper and water, and cook until tender. Add soup, milk, and dressing. Mix thoroughly and put in baking dish. Sprinkle ½ cup dressing on top, do not cover. Cook in preheated 350° oven for 30 minutes.

Grace Voncannon

SQUASH CAKES

3 c. cooked, drained squash
2 eggs, beaten
1 onion, chopped
¾ c. corn meal
Salt and Pepper to taste

Mix squash and eggs together. Add onion and corn meal. Form into patties. Gently brown in oil or butter.

Sheila Harris

FRIED SQUASH

3 med. squash, sliced thin
oil
flour
Salt and Pepper to taste

Put enough oil in frying pan to cover bottom and heat on medium until hot. Dip sliced squash in flour on both sides until covered. Cook on each side for 5 to 10 minutes until golden brown and crispy. Salt and pepper to taste while cooking. Drain on paper towel.

Amy Faw

POTATO CASSEROLE

6 potatoes, peeled and diced
1 c. milk
2 T. butter
1 c. sour cream
2 tsp. chives
6 slices cooked bacon, crumbled
1 c. cheddar cheese

Boil potatoes; drain and mash. Heat milk and butter over low heat. Add sour cream and chives. Mix this with mashed potatoes. Put cheese and bacon on top. Bake in moderate oven until bubbly.

Sheila Harris

SAUCY POTATOES

1 can cream of chicken soup, undiluted
¼ c. chicken broth
5 med. potatoes, peeled, cooked, and cubed

In a saucepan, combine soup and broth; stir in potatoes. Cook over medium heat until mixture begins to simmer and potatoes are heated through.

Peggy Peyton

PARMESAN POTATO ROUNDS

4 med. red potatoes, thinly sliced
1 sm. onion, thinly sliced and separated into rings
3 T. butter, melted
¼ c. Parmesan cheese
¼ tsp. salt
⅛ tsp. pepper
⅛ tsp. garlic powder

Place half of the potatoes in a greased 2 quart or 11" x 7" x 2" baking dish. Top with onion and remaining potatoes. Drizzle with butter. Sprinkle with Parmesan

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cheese, salt, pepper, and garlic powder. Bake uncovered at 450° for 25 to 30 minutes or until potatoes are golden brown and tender. Yield: 4 servings.

Chanda Cagle

POTATO CAKES

3 med. baking potatoes, peeled and cut into sm. pieces
5 T. butter, divided
4 T. milk
⅓ c. onion, diced
1 egg, slightly beaten

Cook potatoes in boiling water until tender, drain. Mix potatoes, 2 T. butter, and milk until resembles mashed potatoes. Chill potatoes in refrigerator. In a large skillet, cook onion and 1 T. butter. Using a slotted spoon, remove onion and reserve drippings. Combine mashed potatoes, onion, and egg. Shape into patties and cook in reserved drippings, adding 2 T. butter to drippings, over medium heat for 10 minutes or until golden brown, turning once.

Amy Faw

SWEET POTATO YAMS

8 sweet potatoes
¾ stick butter, melted
¼ c. brown sugar

Cook, peel, and slice potatoes. Place in a baking dish. Pour butter and sugar over top and cover with foil. Bake at 300° for 30 minutes.

Linda Reeves

SWEET POTATO PUDDING CAKE

1 c. cooked, mashed sweet potatoes
1 c. milk
2 T. sugar
2 ripe bananas, mashed
½ tsp. salt
3 egg yolks, beaten
3 T. finely chopped raisins

Put sweet potatoes and bananas in a bowl and blend together. Add milk, sugar, salt, yolks, and raisins and mix well. Pour into a greased 9 inch cake pan. Bake for 45 minutes or until set.

Marie Hawks

EASY BAKED BEANS

1 (28 oz.) can Bush's baked beans
½ lb. ground beef
½ c. brown sugar
¼ c. catsup
¼ c. BBQ sauce

Cook ground beef, drain well. Mix together ground beef, beans, sugar, catsup, and BBQ sauce. Pour in baking dish and cook at 350° for 15 minutes. Stir and cook 5 more minutes.

Sheila Harris

HAWAIIAN BAKED BEANS

2 (1 lb.) cans pork and beans
¼ lb. cooked ham, chopped
¼ tsp. dry mustard
¼ c. brown sugar
2 T. onion, finely chopped
1 c. crushed pineapple and juice

Grease a 1½ qt. baking dish. Spoon 1 can of beans in bottom of dish. Combine ham, mustard, sugar, onion, pineapple and juice and pour over top of beans. Top with other can of beans. Cover and bake at 350° for one hour.

Esther Gates

GREEN PEA DUMPLINGS

1 lg. can green peas, drained
1 stick butter
½ c. milk
1 can cream of chicken soup
1 can flaky biscuits
Salt and Pepper to taste

Pour peas in a 3 qt. pot, add butter, milk, salt, pepper, and soup. Bring to a boil. Add layers of biscuits one at a time. When they roll up, they're done.

Cindy Radford

HOMEMADE MACARONI AND CHEESE

4 T. margarine
5 T. flour
2 c. milk
8 oz. macaroni, cooked, rinsed and drained
8 oz. mild cheddar cheese
cheese slices
salt and pepper to taste

Melt margarine over medium heat. Add flour and stir for 2 minutes. Slowly add milk and bring to a simmer. Add salt and pepper. Simmer 20 minutes. Add grated cheese and stir until melted. Add macaroni. Mix well and pour into a baking dish. Top with cheese slices and bake at 350° for 20 minutes.

Sylvia Hemmings

MACARONI AND CHEESE WITH VEGETABLES

3 T. oil
1½ c. green beans
½ red pepper pod, chopped
4 T. flour
2½ c. milk
2 T. Dijon mustard
½ tsp. celery salt
2 c. shredded cheddar cheese
1 lb. cooked macaroni
Salt and Pepper to taste

Heat oil in skillet. Add all ingredients to oil and simmer over medium heat for 15 to 20 minutes, stirring occasionally.

Amy Faw

MIXED VEGETABLE BAKE

1 (15 oz.) can mix. vegetables, drained
1 (8 oz.) can sliced water chestnuts, drained and halved
1 celery rib, chopped
¼ c. onion, chopped
½ c. mayonnaise
1 c. shredded cheddar cheese
½ tsp. salt
½ c. crushed cheese flavored crackers
1 T. butter, melted

Combine vegetables, chestnuts, celery, onion, mayonnaise, cheese, and salt. Pour into a 1 qt. baking dish. Toss cracker crumbs and butter and sprinkle over top of vegetable mixture. Do no cover. Bake at 350° for 30 to 35 minutes or until golden brown.

Nancy Faw

VEGETABLE PIZZA

ready made pizza crust
small container sour cream
1 pkg. dry ranch dressing
cucumbers, sliced
broccoli, sliced
carrots, sliced
green peppers, sliced
any other veg. of your choice

Bake pizza crust as directed. Let cool. Mix sour cream and ranch dressing. Spread mixture thickly and evenly over crust. Arrange sliced vegetables on top. Cut into pizza slices and serve.

Kim Cagle

OVERNIGHT SLAW

1 head cabbage, shredded
1 med. onion, sliced
1 c. sugar
1 green pepper, chopped
¾ c. corn oil
1 carrot, grated
1 c. vinegar
1 tsp. celery seed
1 tsp. salt
1 tsp. dry mustard

Combine cabbage, onion, pepper, and carrot. Pour sugar over top. Do not stir. Heat oil, vinegar, celery seed, salt, and mustard to a boil. Pour over mixture. Do not stir. Cover and refrigerate overnight. Toss lightly just before serving.

Sue Young

GARDEN SUPREME DELIGHT

1 (8 oz.) pkg. spaghetti
1 (10 oz.) pkg. frozen chopped broccoli, cooked and drained
1 (10 oz.) pkg. frozen mixed vegetables, cooked and drained
1 (16 oz.) jar spaghetti sauce with beef
1 c. sour cream
½ c. chopped onion
2 T. butter, melted
1 tsp. garlic salt
½ c. shredded cheddar cheese

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Break spaghetti into small pieces, cook and drain. Combine spaghetti, broccoli, vegetables, sauce, sour cream, onion, butter, and garlic salt. Pour mixture into a 2 qt. casserole dish. Sprinkle cheese on top. Bake at 350° for 30 minutes.

Martha Wiggington

PINEAPPLE RICE

1½ c. cooked rice
1 tsp. vanilla
1 stick margarine, melted
2 eggs, beaten
1 can crushed pineapple

Combine all ingredients and bake at 450° for 20 to 30 minutes.

Marie Hawks

BAKED SPICY RICE

1 c. long grain rice, uncooked
2 cans diced tomatoes and green chilis, undrained
1 c. water
1 tsp. salt
¼ c. vegetable oil
⅔ c. pimento stuffed olives, sliced
½ c. chopped onions
1 c. Monterey Jack Cheese

Combine all ingredients in a shallow 2 quart baking dish. Bake uncovered at 350° for 45 minutes. Stir well and bake uncovered for 15 more minutes or until liquid is absorbed and rice is tender.

Marie Hawks

VEGETABLE AND RICE CASSEROLE

½ c. uncooked rice
2 T. margarine
1 c. carrots, diced
¾ c. celery, coarsely cut
1 can green beans
1 med. onion, thinly sliced
1½ tsp. salt
¼ tsp. pepper
2 c. water

Brown rice lightly in heated margarine stirring frequently to brown evenly. Arrange carrots and celery in bottom of 2 quart casserole dish. Cover with rice, beans, then onions. Sprinkle with salt and pepper. Pour water over rice and vegetables to cover. Bake for 1 hour or until rice and vegetables are tender.

Sindy Wilson

CREAMED CARROTS

1 lb. carrots, sliced
1 T. butter
1 T. all-purpose flour
2 T. onion, finely chopped
2 T. chopped fresh basil
½ tsp. seasoned salt
⅛ tsp. pepper
1 c. evaporated milk

In a large saucepan, bring 1 inch of water and carrots to a boil. Cook until crisp and tender. In another saucepan, melt butter. Stir in flour, onion, basil, seasoned salt, and pepper until blended. Gradually stir in milk. Bring to a boil, cook and stir

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for 2 minutes or until thickened. Drain carrots; place in serving bowl. Add sauce and stir to coat.

Linda Reeves

BAKED CORN

3 T. butter
3 T. flour
2 c. milk
1 lb. corn
1 tsp. salt
1/8 tsp. pepper
2 T. sugar
3 eggs

Melt butter in a 2 quart saucepan. Sprinkle in flour; gradually add milk and bring to a boil. Add corn, salt, pepper, and sugar. Heat thoroughly; remove from heat and add beaten eggs. Pour into 2½ qt. buttered baking dish. Bake at 375° for 35 minutes.

Peggy Peyton

Recipe Favorites

Main Dishes

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

CHICKEN CASSEROLE

1 frying chicken (stewed and boned)
1 bag corn bread stuffing mix
1 stick margarine
1 can cream of mushroom soup
1 can cream of chicken soup

Melt margarine, mix with stuffing mix. Put layer of stuffing, layer of chicken and layer of mushroom soup mixed with one can of chicken broth. Repeat using chicken soup. Cover with stuffing mix. Bake 45 minutes at 350°.

Faye Barker

CHICKEN BROCCOLI CASSEROLE

4 c. diced, cooked chicken
2 (16 oz.) bags frozen broccoli, carrot, cauliflower mix
2 cans cream of chicken soup
½ c. water
1 box stuffing mix, prepared

Combine chicken, water, soup, and frozen vegetables. Place in large baking dish. Top with stuffing mix. Bake at 350° for 45 minutes.

Sindy Wilson

CHICKEN AND DUMPLINGS

5 to 6 lbs. chicken
6 cans of biscuits
1 sm. can green beans
1 stick margarine
Salt and pepper to taste
Flour

Cook chicken until done. Remove from broth and cool. Add margarine to broth. Keep broth for dumplings. Cut chicken into small pieces. Cut each individual biscuit into six pieces. Dip biscuit pieces into flour and add to boiling broth. Stirring occasionally. After biscuits are done, add chicken and peas.

Sheila Harris

MUSHROOM CHICKEN BAKE

4 boneless chicken breast
4 med. potatoes
4 carrots
1 lg. can cream of mushroom

Place chicken in large baking dish. Cut up potatoes and carrots and place around chicken. Mix soup with half to three-fourths can of water and pour over chicken. Add salt and pepper to taste. Cover with aluminum foil and bake for one hour in preheated 375° oven.

Amy Faw

CHICKEN SPAGHETTI BAKE

3 boneless chicken breast
1 (16 oz.) box rotini
2 (26 oz.) jars spaghetti sauce
Parmesan cheese

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Boil chicken breast for 20 minutes. Remove from water and cool. Cut into 1 inch squares. Place cooked pasta in 9 x 13 baking dish. Mix chicken and pasta sauce and pour over pasta. Cook for 30 minutes. Sprinkle with Parmesan cheese.

Amy Faw

SOLO TERIYAKI CHICKEN

2 T. plus ¾ c. chicken broth, divided
1 T. soy sauce
1 garlic clove, minced
1 tsp. sugar
¼ tsp. ground ginger
¼ lb. boneless, skinless chicken breast, cubed
1 tsp. vegetable oil
⅓ c. uncooked long grain rice
1 (4½ oz.) jar sliced mushrooms, drained

In a resealable plastic bag, combine 2 tablespoons broth, soy sauce, garlic, sugar, and ginger; add chicken. Seal bag and turn to coat. Refrigerate for 30 minutes. Drain and discard marinade. In a skillet, brown chicken in oil. Stir in the rice, mushrooms, and remaining broth. Bring to a boil. Reduce heat; cover and simmer for 12 to 17 minutes or until rice is tender. Yield: 1 serving.

Chanda Cagle

SALSA CHICKEN WITH PEPPERS

1 sm. (10 x 16") Reynolds Oven bag
1 T. flour
1 c. mild chunky style salsa
2 bone-in chicken breast halves, skin removed
½ med. green pepper. cut into rings

Preheat oven to 350°. Shake flour into bag, place in baking pan. Add salsa to bag, blend together with flour. Add chicken, turn to coat chicken. Place pepper rings over chicken. Close bag, cut ½ inch slits in top. Bake until chicken is tender 35 to 40 minutes.

Linda Davis

CHICKEN AND CHEESE ENCHILADAS

1 med. onion, chopped
1 T. margarine
1½ c. shredded, cooked chicken
1 (12 oz.) jar salsa, divided
1 (3 oz.) pkg. cream cheese, cubed
1 tsp. ground cumin
8 flour tortillas (6 inch)
2 c. shredded cheddar cheese, divided

Preheat oven to 350°. Cook and stir onion in margarine in large skillet until tender. Stir in chicken, ¼ cup salsa, cream cheese, and cumin. Cook until thoroughly heated. Stir in half of cheese. Spoon ⅓ cup of chicken mixture in center of each tortilla, roll up. Place seam side down in 12 x 7 baking dish. Top with remaining salsa and cheese. Bake at 350° for 15 minutes.

Amy Faw

HOME MADE PIZZA

3 c. flour
water
spaghetti sauce
2 green peppers, diced
2 cans mushrooms, drained
1 onion, diced
1 can black olives, drained
1 c. hamburger, cooked and drained
1 c. sausage, cooked and drained
1 c. ham
2 sticks pepperoni, sliced
8 oz. hot pepper cheese
8 oz. mozzarella cheese

Mix flour and water like making biscuits. Place in pan and spread evenly. Top with remaining toppings. Bake at 350° until crust is done.

Rita Harris

SPIRAL STROMBOLI

1 tube (11 oz.) refrigerated crusty French loaf
¾ to 1 c. shredded mozzarella cheese
¾ to 1 c. shredded cheddar cheese
¼ lb. each thinly sliced deli salami and ham
¼ c. chopped roasted red peppers or 1 jar (2 oz.) pimentos, drained
1 T. butter, melted
2 to 3 T. shredded Parmesan cheese

Unroll dough and pat into a 14 x 12 inch rectangle. Sprinkle with mozzarella and cheddar cheeses to within ½ inch of edges. Top with meat and peppers. Roll up jelly style, starting with a short side; seal seam and tuck ends under. Place seam side down on an ungreased baking sheet. Brush with butter; sprinkle with Parmesan cheese. Bake at 375° for 25 to 30 minutes or until golden brown.

Chanda Cagle

TACO PIE

1 lb. ground beef
2 to 3 garlic cloves, minced
1 can (11½ oz.) condensed bean and bacon soup, undiluted
1 (16 oz.) jar thick and chunky picante sauce, divided
¼ c. cornstarch
1 T. chopped fresh parsley
1 tsp. paprika
1 tsp. salt
¼ tsp. pepper
1 (16 oz.) can kidney beans, rinsed and drained
1 (15 oz.) can black beans, rinsed and drained
2 c. (8 oz.) shredded cheddar cheese, divided
¾ c. sliced green onions, divided
2 pastries for double crust pies (10 inches)
8 oz. sour cream
1 (2¼ oz.) can sliced ripe olives, drained

In a skillet, cook beef and garlic until browned; drain. In a large bowl, combine soup, one cup picante sauce, cornstarch, parsley, paprika, salt, and pepper; mix well. Fold in beans, 1¼ cups cheese, ½ cup onions, and the beef mixture. Line pie plates with bottom pastries; fill each with half of bean mixture. Top with remaining pastries. Seal and flute edges. Cut slits in the top crusts. Bake at 425° for 30 to 35 minutes, for each pie, or until lightly browned. Let stand for 5 minutes before

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cutting. Garnish each with sour cream, olives, remaining picante sauce, cheese, and onion.

Nancy Faw

SPAGHETTI CASSEROLE

1 lb. hamburger
1 sm. onion, diced
½ green pepper, diced
2 sm. cans tomato sauce
1 tsp. chili powder
2 cans cream of mushroom soup
cheese (cheddar or mozzarella)
Worcestershire sauce
1 box spaghetti noodles, cooked

Combine tomato sauce, onion, chili powder, half of green pepper, and Worcestershire sauce, in frying pan. Simmer and add hamburger. Combine cooked noodles and hamburger mixture in large rectangle baking dish. Sprinkle cheese on top. Bake at 350° till cheese begins to brown.

Angela Mullis

BAKED SPAGHETTI

1 pkg. pepperoni
2 lb. ground chuck, cooked and drained
16 oz. can Ragu sauce
16 oz. can chopped tomatoes
½ c. ketchup
1 T. chili powder
1 (16 oz.) box spaghetti noodles, cooked and drained
1 bag mozzarella and cheddar cheese

Combine hamburger, sauce, tomatoes, ketchup, and chili powder; simmer together. Place noodles in a 13 x 9 inch baking dish; top with hamburger mixture. Layer with cheeses, cover with pepperoni. Bake at 400° for 30 minutes.

Esther Gates

UN-STUFFED GREEN PEPPERS

2 lg. green peppers, diced
½ lb. hamburger
⅓ c. rice
1 can tomato soup
1 soup can of water

Brown hamburger, drain. Add green peppers, rice, soup, and one soup can of water. Simmer over medium heat until rice is tender.

Grace Voncannon

ASIAN BEEF AND NOODLES

1¼ lbs. ground beef
2 pkgs. oriental flavor instant ramen noodles
2 c. frozen vegetable mixture
¼ tsp. ground ginger
2 T. thinly sliced green onion

Brown ground beef over medium heat until no longer pink. Remove with slotted spoon; pour off drippings. Season beef with one of the seasoning packets from noodles; set aside. In same skillet, combine 2 cups water, vegetables, noodles

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(broken up), ginger and remaining seasoning packet. Bring to a boil; reduce heat. Cover; simmer 3 minutes or until noodles are tender, stirring occasionally. Return beef to skillet; stir in green onion.

Nancy Faw

HAMBURGER CASSEROLE

4 potatoes, quartered
2 stalks celery, thinly sliced
2 carrots, sliced
1 med. onion, coarsely chopped
1 lb. ground beef
1 (10¾ oz.) can condensed tomato soup

Preheat oven to 350°. Grease 2 quart dish. Combine potatoes, celery, carrots, and onion. Crumble beef over vegetables. Pour soup over all. Bake uncovered for 2 hours or until meat is brown.

Linda Davis

SKILLET OLE'

1 lb. ground beef
1 sm. onion, chopped
¼ c. chopped green pepper
1 (8 oz.) can tomato sauce
1 c. cooked rice
1 to 1½ tsp. chili powder
¾ c. shredded cheddar cheese

In a large skillet, cook beef, onion, and green pepper over medium heat until meat is no longer pink; drain. Stir in tomato sauce, rice, and chili powder. Cook for 10 minutes; sprinkle with the cheese. Cover and cook for 2 minutes or until cheese is melted.

Chanda Cagle

SHEPHERDS PIE

1½ lb. hamburger
1 sm. onion, chopped
2½ c. cream potatoes
1 pkg. brown gravy mix
1 c. hot water
Salt and pepper to taste

Brown hamburger and onion; drain. Add salt and pepper. Mix gravy and water, pour over beef mix. Stir well and simmer for 10 minutes. Place in casserole dish, cover with cream potatoes. Cook in oven until potatoes are brown.

Amy Faw

GROUND HOG

1 pk. of 12 hamburger buns
1 lb. ground beef
1 med. green pepper, diced
1 can hot dog chili
1 med. onion, diced
1 pkg. shredded cheddar cheese

Brown hamburger, drain. Mix in green pepper, onion, chili, and cheese. Put mix on half of hamburger bun; bake until cheese melts. Makes 24.

Rita Harris

MEAT LOAF

1½ lb. ground beef
1 c. tomato sauce
¾ c. uncooked oats
1 egg, beaten
¼ c. chopped onion
1 tsp. salt
¼ tsp. pepper

Preheat oven to 350°. Combine all ingredients; mix well. Press firmly into a loaf pan. Bake for one hour.

Esther Gates

CORN BEEF CASSEROLE

1 (8 oz.) pkg. egg noodles, cooked
1 c. corned beef, cubed
1½ c. chopped onion
1 can cream of mushroom soup or cream of chicken
¾ c. water
¼ c. Velveeta cheese, cubed

Combine all ingredients in a greased casserole dish. Top with buttered bread crumbs. Bake in 400° oven for 45 minutes or until light brown.

Sue Young

PORK AND BEAN SURPRISE

3 (16 oz.) cans pork and beans
2 lbs. ground beef
1 lb. little smokies, cut up
1 (10 oz.) can mushrooms
1 med. onion, diced
1 med. green pepper, diced
1 (28 oz.) can BBQ sauce

Mix together pork and beans, little smokies, and bbq sauce in a large pot. Let simmer over low heat. Brown ground beef; drain. Add to bean mixture. Sauté onion and peppers. Add to beef and bean mixture. Add mushrooms, mix well. Cook for 30 minutes on medium heat.

Barbara Hall

SALISBURY STEAK

1 can mushroom soup
1 T. mustard
2 T. Worcestershire sauce
1 lb. hamburger
1 egg
⅓ c. oatmeal
¼ c. onion
½ tsp. salt
pepper
½ c. water

Combine soup, mustard, and sauce and blend well. Set aside. Combine beef, egg, oatmeal, onion, salt, pepper, and half of soup mix. Shape into 6 patties. Brown; drain off grease. Combine remaining soup mix with water. Pour over patties and cook on low for 30 minutes.

Adrienne Faw

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GROUND STEAK

1 lb. hamburger
1 tsp. salt
1 tsp. pepper
1 c. water
4 to 6 T. flour

Cook in crock pot for 3 to 4 hours. Add flour.

Amy Faw

SIRLOIN TIPS

2 lbs. sirloin steak
2 T. oil
¼ c. water
2 onion, chopped
1 green pepper, chopped
Salt and pepper to taste
Soy sauce
Worcestershire sauce

Slice sirloin steak into thin strips. Brown lightly in oil on medium heat. Add salt and pepper, soy sauce, and Worcestershire sauce to suit taste. Cover and cook for 10 minutes, until tender. Add green pepper and onion with water. Cover and simmer for 5 minutes.

Sheila Harris

BAKED BEEF STEW

1 (14½ oz.) can diced tomatoes, undrained
1 c. water
3 T. quick cooking tapioca
2 tsp. sugar
1½ tsp. salt
½ tsp. pepper
2 lbs. beef stew meat, cut into 1-inch cubes
3 med. potatoes, peeled and quartered
2 celery ribs, cut into chunks
1 med. onion, cut into chunks
1 slice bread, cubed

In a large bowl, combine tomatoes, water, tapioca, sugar, salt, and pepper. Add meat, potatoes, celery, onion, and bread; mix well. Pour into a greased 13 x 9 x 2 inch baking dish. Cover and bake at 375° for 2 hours or until meat and vegetables are tender.

Linda Reeves

CROCK POT STEW BEEF

2 lbs. stew beef, cut into sm. pieces
1 pkg. dry onion soup mix
½ c. water
1 can cream of mushroom soup
1 tsp. Worcestershire sauce

Combine all ingredients in crock pot, stir well. Cook on low for 8 to 10 hours, or high 4 to 5 hours.

Amy Faw

HURRY UP HAM AND NOODLES

5 to 6 c. uncooked wide egg noodles
¼ c. butter
1 c. whipping cream
1½ c. julienned fully cooked ham
½ c. Parmesan cheese
¼ c. thinly sliced green onions
¼ tsp. salt
⅛ tsp. pepper

Cook noodles according to package directions. Melt butter in a skillet over medium heat. Stir in cream; bring to a boil. Cook and stir for 2 minutes. Add ham, cheese, onion, salt and pepper; heat through. Drain noodles; add to ham mixture and heat through.

Chanda Cagle

STIR FRY TURKEY

¼ c. butter
1 c. turkey, cooked and diced
½ c. green pepper, diced
1 c. onion, diced
1 c. mixed vegetables

Cook onion in butter until tender. Add turkey, pepper, and vegetables. Cook just until heated.

Martha Wiggington

SALMON LOAF

1 can pink salmon
¼ onion, diced
6 crackers or 1 piece loaf bread
1 sm. can tomato sauce
¼ c. mushrooms

Combine salmon, onion, crackers, half of sauce, and mushrooms in a large bowl. Pour mixture into a pan. Top with remaining sauce. Bake at 350° for 20 minutes.

Anita Chandler Puckett

COLORFUL KIELBASA

1 can cream of celery soup, undiluted
1½ c. water
1 T. butter
1 lb. smoked kielbasa, cut into ½ inch pieces
¾ c. uncooked long grain rice
1 (10 oz.) pkg. frozen peas
1 (4½ oz.) jar sliced mushrooms, drained
1 c. shredded cheddar cheese

In a skillet, combine soup, water, and butter; bring to a boil. Add kielbasa and rice. Reduce heat; cover and simmer about 18 minutes or until rice is almost tender. Stir in peas and mushrooms. Cover and simmer 15 minutes or until rice is tender and peas are heated through. Sprinkle with cheese; cover and let stand until melted.

Amy Faw

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MACARONI TUNA CASSEROLE

1 (7¼ oz.) pkg. macaroni and cheese
1 can cream of celery soup, undiluted
1 (6 oz.) can tuna, drained and flaked
½ c. milk
1 c. shredded cheddar cheese
Minced fresh parsley, optional

Prepare macaroni and cheese according to package directions. Stir in soup, tuna, and milk. Pour into a greased 2-quart baking dish. Sprinkle with cheese and parsley if desired. Bake, uncovered, at 350° for 20 minutes or until cheese is melted.

Marie Hawks

CHEESY NACHO BEEF DINNER

1 (6.8 oz.) pkg. Rice-A-Roni Spanish Rice
½ lb. hamburger
2 c. water
1 c. salsa
1 c. corn
1 c. canned black beans, drained and rinsed
1 med. tomato, chopped
1 c. shredded cheddar cheese
½ c. sour cream
Tortilla chips

Sauté rice with hamburger in large skillet over medium heat until beef is brown. Stir in water, salsa, corn, beans, and special seasonings; bring to a boil. Reduce heat to low. Cover; simmer 15 to 20 minutes or until rice is tender. Stir in chopped tomato. Sprinkle with cheese and top with sour cream. Serve with tortilla chips.

Nancy Faw

PEPPER STEAK

1 lb. round steak, cut into thin strips
¼ c. soy sauce
¼ c. oil
1 onion, sliced into strips
1 red pepper, sliced into strips
1 green pepper, sliced into strips
2 T. cornstarch
2 c. water

Marinate beef in soy sauce while cutting up vegetables. Heat oil and fry beef until brown, tossing lightly. Turn heat up and add vegetables. Cook until tender and crisp. Mix cornstarch and water. Add to the pan; stir and cook until thickened.

Amy Faw

BEEF TACO SKILLET

1 lb. ground beef, cooked and drained
1 can tomato soup
1 c. salsa
½ c. water
8 (6-inch) tortillas, cut into 1 inch pieces
1 c. shredded cheddar cheese

Mix hamburger, soup, salsa, water, tortillas, and half the cheese. Heat to a boil. Cover and cook over low heat 5 minutes or until hot. Top with remaining cheese.

Sylvia Hemmings

COUNTRY STYLE STEAK

5 to 6 pieces cubed steak
flour
salt and pepper
oil

Roll steak in flour. Salt and pepper steak. Brown in oil in frying pan, then put in crockpot. Rinse out pan with a little water, making a thin gravy, pour over steak and let cook for 4 to 5 hours.

Kim Cagle

IMPOSSIBLE CHEESEBURGER PIE

1 lb. ground chuck
1 sm. onion, chopped
½ tsp. salt
1 c. shredded cheddar cheese
1 c. milk
½ c. biscuit mix
2 eggs

Heat oven to 400°. Cook hamburger and onions and drain. Add salt. Spread in greased 9 x 13 inch pan. Sprinkle with cheese. Stir milk, biscuit mix, and eggs, and pour into pan. Bake for 25 minutes or until knife comes out clean.

Kim Cagle

TATER TOT CASSEROLE

1 lb. hamburger, cooked and drained
1 can cream of chicken
4 oz. shredded cheddar cheese
Tater Tots

Place hamburger in 9 x 9 inch pan. Add soup, cheese, and Tater Tots. Bake in 400° oven for 25 minutes.

Peggy Peyton

Breads & Rolls

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

MAYONNAISE BISCUITS

2 c. self-rising flour
1 c. milk
2 T. mayonnaise

Mix all ingredients together. Drop into greased muffin tin, or roll out and cut into biscuits and place on a baking sheet. Bake at 375° for 15 to 20 minutes. Makes 16 biscuits.

Amy Faw

HOMEMADE BISCUITS

2 c. self-rising flour
1/3 c. Crisco
1 1/2 tsp. baking powder
2 tsp. powdered sugar
1 c. buttermilk

Sift dry ingredients together; cut in shortening until it resembles small particles. Add buttermilk and mix together. Knead a few times and roll out dough on a floured surface. Cut out biscuits, dip in melted butter and place on baking sheet. Bake in a preheated oven at 450° until golden brown.

Cindy Radford

KFC BISCUITS

1/2 c. butter
2 1/2 T. granulated sugar
1 egg, beaten
3/4 c. buttermilk
1/4 c. club soda
1 tsp. salt
5 c. Bisquick mix

Mix all ingredients together. Knead by hand until smooth. Roll out on a floured surface and cut out biscuits 3/4" thick. Place biscuits on a greased baking sheet. Bake in preheated 450° oven for 12 minutes.

Angela Mullis

SWEET CINNAMON BISCUITS

2 c. sifted all-purpose flour
1 T. baking powder
1 tsp. salt
1/4 tsp. baking soda
1/4 c. vegetable oil
3/4 c. buttermilk
1 stick butter
3/4 c. granulated sugar
1 tsp. cinnamon
1 c. milk, optional

Combine flour, baking powder, salt, and baking soda and mix well. Add vegetable oil and buttermilk and stir just until blended. Knead dough on floured surface until smooth. Roll out into a 15 x 8 inch rectangle. Spread butter over the dough. Combine granulated sugar and cinnamon in a small bowl and mix well. Sprinkle over butter. Roll up rectangle, jelly roll fashion, starting from one long side. Pinch seam to seal. Cut the roll into 1 1/2" slices. Arrange the slices, cut side up, in greased

(continued)

9-inch round baking pan. Bake in preheated 400° oven for 15 to 20 minutes. Remove and pour milk over the top if desired. Serve hot.

Amy Faw

MONKEY BREAD

3 can biscuit
½ c. sugar
1 stick butter
1 c. brown sugar
2 tsp. water
½ c. chopped nuts
cinnamon and sugar, mixed together

Place nuts in bottom of bundt pan. Quarter biscuits, roll in cinnamon and sugar. Put in pan. Melt together margarine, brown sugar, and water; boil for 2 minutes and pour over biscuits. Bake at 350° for 25 minutes.

Kim Cagle

MINUTE HOT BREAD

⅓ c. brown sugar, packed
¼ c. granulated sugar
3 T. butter, softened
1 T. orange juice
1 tsp. grated orange peel
½ tsp. cinnamon
6 slices bread, buttered or 4 hamb. buns, split and buttered

Preheat oven to 350°. Mix sugars, butter, orange juice, orange peel, and cinnamon. Spread mixture on bread. Place bread on baking sheet and bake 20 minutes or until golden brown.

Linda Davis

CORN BREAD

2 c. corn meal
½ c. flour
1 can cream corn
2 T. sugar
2 eggs
1 T. shortening
½ c. milk
½ c. water

Mix all ingredients together. Grease pan and bake at 400° until done.

Rita Harris

BROCCOLI BREAD

1 box Jiffy corn bread mix
1 (10 oz.) pkg. chopped broccoli, thawed and drained
1 lg. onion, chopped
6 oz. cottage cheese
½ c. margarine, melted
1 tsp. salt
4 eggs, beaten

Mix broccoli, onion, cottage cheese, margarine, salt, and eggs. Pour into 9 x 13 inch pan. Pour cornbread mix over top. Bake in 400° oven for 25 minutes.

Kim Cagle

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MEXICAN CORNBREAD

1 can cream style corn
1 c. onion, chopped
1 c. bell pepper, chopped
1 c. grated cheese
1 c. cottage cheese
1 c. Crisco oil
4 eggs
2 c. corn meal

Mix all ingredients together, using corn meal last. Bake at 400° for 45 minutes.

Cindy Radford

BROCCOLI CHEESE CORN BREAD

1 c. cooked broccoli, drained
1 c. cheddar cheese
1 sm. box Jiffy cornbread mix
3 eggs
1 med. onion, chopped
1 stick butter, melted
Salt to taste

Mix all ingredients together. Pour into a greased casserole dish. Bake at 350° for 25 minutes or until brown.

Faye Barker

BLUEBERRY MUFFINS

4 c. all-purpose flour
4 tsp. baking powder
½ tsp. salt
1 c. butter, softened
2 c. sugar
4 eggs
1 c. milk
2 tsp. vanilla
2 c. blueberries
2 T. sugar
½ tsp. ground nutmeg

Combine flour, baking powder, and salt. In a separate bowl, cream butter and sugar. Add eggs, milk, and vanilla; mix well. Stir in the dry ingredients just until moistened. Fold in blueberries. Fill paper muffin cups two-thirds full. Combine sugar and nutmeg; sprinkle over muffins. Bake at 375° for 20 to 25 minutes or until done.

Linda Reeves

SMOKY CORN MUFFINS

1 egg, beaten
½ c. chunky salsa
⅓ c. milk
1 drop liquid smoke
1 (8½ oz.) pkg. corn bread/muffin mix
1 (8¾ oz.) whole kernel corn, drained
½ c. shredded cheddar cheese

Combine egg, salsa, milk, and liquid smoke. Mix well. Stir in cornbread mix just until moistened. Fold in corn and cheese. Fill greased muffin cups ¾ full. Bake at 400° for 20 to 23 minutes or until golden brown. Cool for 5 minutes. Yields: 1 dozen.

Chanda Cagle

HUSH PUPPIES

1 c. cornmeal
1/4 c. all-purpose flour
2 tsp. sugar
3/4 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1 egg, beaten
1/2 c. buttermilk
Cooking oil for deep fat frying

Combine cornmeal, flour, sugar, baking powder, baking soda, and salt; make a well in the center of the dry mixture; set aside. In another bowl, combine egg and buttermilk. Add to dry mixture. Stir mixture just until moistened. Drop batter by tablespoons into deep hot fat. Fry 3 minutes or until golden, turning once. Drain on paper towel. Makes 14 to 18 hush puppies.

Amy Faw

POUND CAKE

2 sticks margarine
3 c. sugar
1/2 c. oil
1 T. lemon flavoring
1 T. vanilla flavoring
8 oz. milk
5 lg. eggs
3 c. white lily flour
1/2 tsp. baking powder
1/4 tsp. salt

Mix butter, sugar, and oil. Add milk and blend one egg at a time. Sift flour, baking powder, and salt together and add to mix. Add both flavorings. Pour into greased and floured tube pan. Bake at 350° for 1 hour and 15 minutes or until done.

Esther Gates

BERMUDA BANANA BREAD

1 3/4 c. sifted flour
2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt
1/3 c. shortening
2/3 c. sugar
2 eggs, well beaten
1 c. mashed ripe bananas (2 to 3 bananas)

Sift together flour, baking powder, soda, and salt. Beat shortening until creamy in mixing bowl. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased pan (8 1/2 x 4 1/2 x 3 inches) and bake in a moderate oven (350 degrees) about 1 hour 10 minutes or until bread is done. Makes 1 loaf.

Esther Gates

BANANA COFFEE BREAD

1/2 c. shortening
1 c. sugar
2 eggs
3/4 c. ripe banana (mashed)
1 1/4 c. sifted all-purpose flour
3/4 tsp. soda
1/2 tsp. salt

(continued)

Cream shortening and sugar until fluffy. Add eggs one at a time, beating well after each egg. Stir in bananas. Sift together dry ingredients. Add to banana mixture; mix well. Pour into greased 9 x 9 x 2 inch pan. Bake at 350° for 30 to 35 minutes.

Cindy Radford

BROWN SUGAR MUFFINS

½ c. shortening
1 c. packed brown sugar
1 egg
1 c. milk
2 tsp. vanilla extract
2 c. all-purpose flour
1 tsp. baking soda
½ tsp. salt

In a mixing bowl, cream shortening and brown sugar. Add egg, milk, and vanilla. Combine the dry ingredients; add to creamed mixture just until combined. Fill greased or paper-lined muffin cups three-fourths full. Bake at 400° for 16 to 20 minutes or until toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

Chanda Cagle

FRENCH BREAKFAST PUFFS

⅓ c. shortening
1 c. sugar, divided
1 egg
1½ c. all-purpose flour
1½ tsp. baking powder
½ tsp. salt
¼ tsp. ground nutmeg
½ c. milk
1 tsp. ground cinnamon
6 T. butter or margarine, melted

In a mixing bowl, beat shortening, ½ c. sugar, and egg until smooth. Combine flour, baking powder, salt, and nutmeg; add to the sugar mixture alternately with milk. Fill greased muffin cups two-thirds full. Bake at 350° for 20 minutes or until toothpick comes out clean. Meanwhile, combine cinnamon and remaining sugar in a shallow bowl. Roll the warm puffs in butter, then in cinnamon mixture. Serve immediately. Yield: 1 dozen.

Chanda Cagle

CORNBREAD CASSEROLE

1 can corn, drained
1 can cream style corn
1 pkg. Jiffy muffin mix
1 egg
2 T. butter, melted
¼ tsp. garlic powder
¼ tsp. paprika

Combine all ingredients. Pour into a greased 11 x 7 x 2 inch baking dish. Bake, uncovered, at 400° for 25 to 30 minutes or until top edges are golden brown.

Sylvia Hemmings

CORN FRITTERS

1 can corn, drained
1 c. all-purpose flour
1 tsp. baking powder
2 eggs
¼ c. milk
½ tsp. salt
oil

(continued)

In a heavy saucepan, heat oil to 400°. In a medium bowl, stir 1 tablespoon oil, corn, flour, baking powder, eggs, milk, and salt until blended. Drop by tablespoons into hot oil. Fry 3 to 5 minutes or until brown.

Linda Reeves

Desserts

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

DUMP CAKE

1 can cherry pie filling
1 can crushed pineapple, undrained
1 box yellow cake mix
1 stick margarine
1 can coconut
½ c. chopped nuts

Layer as is listed and place in Pyrex dish. Cover with foil. Bake in 350° oven for 1 hour. Remove foil last 10 minutes. Let brown. (Slice margarine in thin patties and layer on top of dry cake mix.)

Esther Gates

GRANNY CAKE

3 c. all-purpose flour
2 c. sugar
½ tsp. salt
¾ c. butter
2 c. mashed, ripe bananas
1 (8 oz.) can crushed pineapple
1 c. finely chopped pecans
1 tsp. baking soda
1 tsp. ground nutmeg
½ tsp. ground cloves
3 eggs
2 tsp. vanilla

In a medium bowl, stir flour, sugar, baking soda, nutmeg, salt, and cloves; set aside. In a large bowl, beat butter for 30 seconds. Add eggs, bananas, undrained pineapple, and vanilla. Beat until combined. Add flour mixture and beat one minute. Fold in pecans. Spread batter in well floured tube pan. Bake in 325° oven for 1 hour and 15 minutes.

Marie Hawks

STRAWBERRY CAKE

3 c. flour
1 tsp. salt
2 c. sugar
1 tsp. soda
3 tsp. cinnamon
1¼ c. chopped pecans
2 (10 oz.) pkg. frozen strawberries, thawed
1¼ c. cooking oil
3 eggs

Sift dry ingredients together in a large mixing bowl; add pecans and mix. Make a well in the center. Mix the remaining ingredients; pour into well. Stir enough to dampen all ingredients and then pour into 2 greased loaf pans. Bake in 350° oven for one hour.

Faye Barker

FRESH COCONUT CAKE

1 pkg. regular yellow cake mix with pudding
2 T. vanilla, plus 1 tsp.
2 pkgs. (6 oz. each) frozen coconut
2 c. milk
¾ c. sugar
1 carton frozen whipped topping

Make cake according to directions, adding 2 tablespoons vanilla. Put all but ½ cup coconut in with batter. Grease and flour bottom and sides of 9 x 13 inch pan.

(continued)

Bake cake according to package directions. While baking cake, heat milk, sugar, and 1 teaspoon vanilla and allow to get hot. Watch carefully and do not boil. While cake is still hot, pierce top with toothpick. Pour liquid over baked cake and allow to cool. Spread whipped topping over surface and sprinkle with remaining coconut.

Nancy Faw

WHITE GRAPE JUICE CAKE

1 box yellow butter recipe cake mix
1 box vanilla instant pudding
1 c. chopped pecans
4 eggs
1/2 c. oil
3/4 c. white grape juice, divided
1/2 c. water
1 stick margarine
1 c. sugar

Chop nuts and place in bottom of floured tube pan. Mix cake mix, pudding, eggs, oil, 1/2 c. grape juice, and water, and pour over nuts. Bake at 350° for 1 hour. While cake is still hot, melt margarine, mix with sugar and 1/4 c. grape juice and pour over cake.

Lib Goins

LAZY DAY CAKE

1/4 c. butter, softened
2/3 c. sugar
1 egg
1 tsp. vanilla extract
1 1/2 c. all-purpose flour
2 tsp. baking powder
1/4 tsp. salt
3/4 c. milk

Topping

1 1/2 c. flaked coconut
1/2 c. packed brown sugar
5 T. whipping cream
1 1/2 tsp. vanilla extract

In a mixing bowl, cream butter and sugar. Beat in egg and vanilla. Combine the flour, baking powder, and salt and add to creamed mixture alternately with milk. Pour into a greased 8 inch square baking pan. Bake at 350° for 30 minutes or until a toothpick inserted near the center comes out clean. Meanwhile, combine topping ingredients. Spread over warm cake. Broil 3-5 inches from the heat for 3-5 minutes or until golden brown.

Chanda Cagle

RED VELVET CAKE

2 c. sifted all-purpose flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cocoa
3/4 c. salad oil
2 c. sugar, divided
2 eggs
1 bottle (1 oz.) red food coloring
1 c. buttermilk
1 tsp. baking soda
1 tsp. vinegar
1 tsp. vanilla
3/4 c. milk

Preheat oven to 350°. Sift together flour, baking powder, salt, and cocoa into bowl. Cream oil and 1 1/2 cups sugar, add eggs one at a time. Beat well after each

(continued)

addition. Add food coloring. Mix well until blended. Combine buttermilk and baking soda and mix well. Add to oil and sugar mixture. Add vinegar and vanilla and mix well. Spoon into two 9 inch round cake pans. Bake 25 to 30 minutes or until done. Combine milk and remaining sugar into sauce pan. Bring to a boil. Spoon on each layer before frosting.

Cheese Coconut Frosting:

1 (8 oz.) pkg. cream cheese
½ c. butter or margarine
1 tsp. vanilla
1 lb. confectioners sugar
1 c. flaked coconut, divided
4 to 5 drops red food coloring

Combine cream cheese, butter, and vanilla in a mixing bowl. Beat until well blended and smooth. Gradually add sugar while beating. Add ¾ cup coconut, mix well. Spread between cake and on sides. Combine remaining coconut with food coloring. Mix and sprinkle over cake.

Linda Davis

PINEAPPLE DELIGHT CAKE

1 box yellow cake mix
¼ c. pineapple juice in place of water
oil
eggs

Bake two layers from package directions. Cool 10 minutes, remove from pan.

Brown Sugar Topping

1 stick margarine
1 c. brown sugar
¼ c. pineapple juice
lg. can crushed pineapple
1½ T. cornstarch
Maraschino cherries

Mix margarine, sugar, and juice; bring to a boil, stirring often. Add cornstarch to mixture and let thicken. Stir and add half the topping to bottom layer plus half the crushed pineapple. On top layer, add topping and ½ cup or more of crushed pineapple. Frost sides with topping. Garnish with cherries. Chill.

Faye Barker

ITALIAN CREAM CHEESE CAKE

1 stick margarine
½ c. shortening
1 c. buttermilk
1 tsp. vanilla
2 c. sugar
1 can flaked coconut
5 egg yolks
1 c. chopped walnuts
2 c. plain flour
5 egg whites, stiffly beaten
1 tsp. soda

Cream margarine and shortening. Add sugar and beat until smooth. Add egg yolks and beat well. Combine flour and soda and add to creamed mixture alternately with buttermilk. Stir in vanilla, coconut, and nuts. Fold in egg whites. Pour batter into 3 greased and floured 8 inch cake pans. Bake at 350° for 25 minutes or until done. Cool and frost with cream cheese frosting.

(continued)

Cream Cheese Frosting

1 (8 oz.) pkg. cream cheese, softened
½ stick margarine
1 box powdered sugar
1 tsp. vanilla
1 c. chopped walnuts

Beat cream cheese and margarine until smooth. Add sugar and mix well. Add vanilla and beat until smooth. Spread over cake. Sprinkle top with nuts or mix into frosting before spreading.

Esther Gates

HONEY BUN CAKE

1 box yellow cake mix
¾ c. oil
4 eggs
1 c. sour cream
1 c. brown sugar
2 tsp. cinnamon
1 c. powdered sugar
2 T. milk
1 tsp. vanilla

Preheat oven to 350°. Mix together cake mix, oil, eggs, and sour cream. Pour into a well greased 11 x 14 inch pan. Mix together brown sugar and cinnamon and swirl through cake batter. Bake 40 minutes. Mix powdered sugar, milk, and vanilla into glaze and pour on cake while hot.

Cindy Radford

EASY PIE

1 pt. sour cream
16 oz. crushed pineapple, undrained
1 box vanilla instant pudding
1 graham cracker pie shell
Cool Whip

Mix sour cream and pineapple. Mix in pudding. Pour in pie shell. Refrigerate. Before serving, put Cool Whip on top.

Nancy Faw

MOCK APPLE PIE

2 tsp. cream of tartar
1¾ c. sugar
1¾ c. water
25 Ritz crackers
⅛ tsp. nutmeg
cinnamon
pie shell
butter

Bring cream of tartar, sugar, and water to a boil. Add Ritz crackers. Let simmer for 20 minutes, do not stir. Pour into pie shell. Dot with butter. Sprinkle with nutmeg and cinnamon. Bake at 400° for 25 minutes.

Linda Reeves

APPLE PIE

1 Double Pie Crust
8 med. apples
¾ c. sugar
3 T. flour
½ tsp. cinnamon
4 T. margarine

(continued)

Place sliced apples into pie crust. Mix flour, sugar, and cinnamon and pour on top. Place dots of margarine all over top of the apples. Cover with the other crust and seal edges. Cut slits in top of the crust. Bake at 375° for one hour until slightly browned.

Amy Faw

FRIED APPLE PIES

2 c. dried golden apples (8 oz.)
2 c. water
1⅓ c. sugar
½ tsp. cinnamon
1¼ tsp. allspice
¼ tsp. nutmeg
2 cans Pillsbury biscuits

Cook apples and water slowly until dry. While hot, mix in sugar, cinnamon, allspice, and nutmeg. Roll out biscuits very thin and round. Put one big heaping spoon of apple mixture on half of rolled out biscuit. Pull the other half of biscuit over apple mixture and close edges with fork prongs. Fry in pan with Crisco. Drain on paper towels.

Sue Young

PECAN PIE

3 eggs, beaten
1 c. sugar
1 stick butter
1 T. vinegar
2 c. pecans

Mix eggs and sugar until well blended; add butter, vinegar, and pecans, and mix well. Pour into unbaked deep dish pie shell. Bake 45 to 60 minutes at 300° until pie is set.

Sylvia Hemmings

PUMPKIN PIE

1 (6 oz.) graham cracker pie crust
1 (15 oz.) can pumpkin
1 (14 oz.) can sweetened condensed milk (not evaporated milk)
2 eggs
1 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. salt

Preheat oven to 425°. Beat pumpkin, milk, eggs, spices, and salt. Pour into crust. Bake 15 minutes. Reduce oven to 350°. Bake 35 to 40 minutes longer or until knife inserted 1" from crust comes out clean. Cool.

Cindy Radford

PEANUT BUTTER PIE

8 oz. cream cheese
2 c. powdered sugar
⅔ c. peanut butter
1 c. milk
8 oz. Cool Whip
2 graham cracker crust

(continued)

Mix all and cream well. Pour into crust and freeze. Thaw 2 hours before you eat.

Grace Voncannon

PEANUT BUTTER PIE

8 oz. cream cheese
2 c. powdered sugar
8 oz. Cool Whip
2 graham cracker crusts
⅔ c. peanut butter
1 c. milk

Mix all ingredients together; cream well. Pour into pie shells and freeze. Remove from freezer 2 hours before serving.

Nancy Faw

BROWN SUGAR PINEAPPLE PIE

1 box light brown sugar
1 sm. can crushed pineapple, drained
1 stick margarine, melted
3 eggs
2 T. flour
2 T. milk
salt

Mix all ingredients. Pour into two pie shells. Bake for 20 minutes at 350°.

Nancy Faw

CHOCOLATE PIE

3½ c. sugar
1 tsp. vanilla
½ c. cocoa
½ c. margarine, melted
2 T. flour
1 c. flaked coconut
6 eggs
1 c. pecans, broken
13 oz. can evaporated milk
3 frozen pie crusts

Sift sugar, cocoa, and flour. Add eggs, milk, vanilla, and butter. Mix well. Add coconut. Pour into pie shells. Spread nuts over pies. Bake at 350° for 30 minutes.

Nancy Faw

LEMONADE PIE

1 lg. container Cool Whip
1 can Eagle brand milk
1 (6 oz.) can frozen lemonade
2 drops yellow food coloring
2 (9 inch) graham cracker crusts
½ tsp. lemon juice

Blend above ingredients. Spoon gently into pie shells and chill.

Sue Young

CHOCOLATE COBBLER

1 c. self rising flour
½ c. sugar
2 T. plus ¼ c. cocoa, divided
½ c. milk
3 T. vegetable oil
1 c. packed brown sugar
1¾ c. hot water

(continued)

Combine flour, sugar, and 2 tablespoons cocoa. Stir in milk and oil until smooth. Pour into a greased 8 inch square baking pan. Combine brown sugar and remaining cocoa; sprinkle over batter. Pour hot water over top (do not stir). Bake at 350° for 40 to 45 minutes or until top of cake springs back when lightly touched.

Chanda Cagle

PEACH COBBLER

2 lg. cans sliced peaches
1½ c. sugar
¾ stick margarine, melted
1 tsp. brown sugar

Place peaches in 9 x 13 baking dish. Pour sugar, butter, and brown sugar over peaches.

Crust:

1 c. flour
¾ c. milk
¾ c. sugar
¼ c. oil

Mix and pour over peaches. Bake at 375° until brown.

Amy Faw

BLACKBERRY COBBLER

¼ c. water
1 tsp. vanilla extract
4 c. fresh or frozen blackberries
3 T. cornstarch
2 T. sugar
1 tsp. orange rind, grated
3 T. water
2 T. melted butter
1 pie pastry

Preheat oven to 350°. In a medium pot, combine ¼ c. water, sugar, vanilla, and orange rind. Bring to a boil. Add blackberries and lower heat to medium high. Stir gently, allowing berries to cook and burst. In a separate bowl, combine cornstarch and 3 tablespoons water to make a paste. Pour into the pot and stir to thicken berries. Pour into 4 individual oven proof dishes. Cover each dish with pie crust and dot with butter. Bake for 35 minutes or until tops are browned.

Marie Hawks

FRUIT COBBLER

2 c. sliced fresh fruit
1 c. sugar
1 c. self rising flour
1 c. milk
1 stick butter
1 tsp. vanilla (almond for peaches and nutmeg for apples)

Melt butter in 9 x 9 inch baking dish. Pour fruit in dish. Mix sugar, flour, milk, and flavoring. Pour over fruit. Bake at 375° for 45 minutes.

Sue Young

CHERRY BURST PIE

1 (14 oz.) can sweetened condensed milk
1 can crushed pineapple, drained
¼ c. lemon juice
½ tsp. vanilla extract
½ c. maraschino cherries, chopped
4 oz. nondairy whipped topping
1 graham cracker pie crust

Combine milk, lemon juice, and vanilla. Mix until blended. Fold in pineapple, cherries, and whipped topping, one at a time, mixing well after each ingredient. Pour into crust and freeze for 2 to 3 hours. Let stand 20 minutes before serving.

Marie Hawks

BANANA PUDDING

3 c. milk
2 sm. pkg. vanilla instant pudding
8 oz. sour cream
1 box vanilla wafers
lg. tub Cool Whip
bananas

Mix milk and pudding in large bowl until it thickens. Add sour cream and mix well. Layer wafers, pudding mix, bananas, and Cool Whip. Repeat layers until ingredients are gone.

Barbara Hall

HOMEMADE CHOCOLATE PUDDING

1 c. sugar
½ c. cocoa
¼ c. cornstarch
½ tsp. salt
4 c. milk
2 T. butter
2 tsp. vanilla

In a saucepan, combine sugar, cocoa, cornstarch, and salt. Gradually add milk. Bring to a rolling boil over medium heat. Boil and stir for 2 minutes or until thickened. Remove from heat; stir in butter and vanilla. Spoon into individual serving dishes and chill.

Adrienne Faw

CARAMELITAS

1 c. plus 1 T. all-purpose flour, divided
1 c. quick cooking oats
¾ c. packed brown sugar
½ tsp. baking soda
¼ tsp. salt
¾ butter, melted
1 c. (6 oz.) semi-sweet chocolate chips
1 jar (12¼ oz.) caramel ice cream topping
½ c. chopped walnuts

In a bowl, combine 1 cup flour, oats, brown sugar, baking soda, and salt. Stir in butter; mix well. Press into a greased 13 x 9 x 2 inch baking pan. Bake at 350° for 10 minutes or until set. Sprinkle with chocolate chips. Combine caramel topping and remaining flour until blended; drizzle over chips. Sprinkle with nuts. Bake 20 to 22 minutes longer or until bubbly. Cool completely, cut into bars. Yield: 3 dozen.

Chanda Cagle

ICE CREAM TACOS

1 (5.8 oz.) pkg. taco shells
4 oz. semi-sweet chocolate, melted
1 qt. ice cream, any flavor
3/4 c. chocolate fudge sauce
1 1/2 c. Cool Whip
Ground cinnamon for garnish

Dip the edges of each taco shell in melted chocolate. Chill for 10 minutes to set. Scoop 1/3 cup ice cream in each shell. Top each shell with 1 tablespoon fudge sauce and 2 tablespoons Cool Whip. Sprinkle with cinnamon. Freeze at least one hour before serving.

Sue Young

PEANUT BUTTER BARS

1 c. butter, softened
1 1/2 c. packed brown sugar
1 c. sugar
2 1/2 c. creamy peanut butter, divided
1 egg
1 1/2 tsp. vanilla extract
2 1/2 c. quick cooking oats
2 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. salt

Cream butter and sugars. Add one cup of peanut butter, egg, and vanilla; mix well. Combine oats, flour, baking soda, and salt; add to creamed mixture. Spread into a greased 15 x 10 x 1 inch baking pan. Bake at 350° for 13 to 17 minutes or until golden brown. Cool slightly for 12 minutes. Spread with remaining peanut butter. Cool completely.

Chocolate Frosting:

6 T. butter
4 c. conf. sugar
1/2 c. cocoa
1 tsp. vanilla extract
6 to 8 T. milk

Combine butter, confectioners sugar, cocoa, vanilla, and enough milk to reach spreading consistency. Spoon over peanut butter layer, then spread. Cut into bars. Yield: 3 dozen.

Nancy Faw

CHOCOLATE COVERED CHERRY MOUSE

cherries
melted chocolate
Hershey's kisses
almond halves
pink icing

Dip cherry by the stem into melted chocolate. Place a Hershey's kiss up against cherry with the tip of the kiss on the outside. While still wet, place 2 almond halves for ears, press tight. With a toothpick, drop a small amount of icing on the Hershey's tip for a nose and some for the eyes.

Sue Young

NO BAKE BARS

4 c. Cheerios
2 c. crisp rice cereal
2 c. dry roasted peanuts
2 c. M & M's
1 c. light corn syrup
1 c. sugar
1½ c. peanut butter
1 tsp. vanilla

In a large bowl, combine Cheerios, rice cereal, peanuts, and M & M's. Bring corn syrup and sugar to a boil. Cook and stir just until sugar is dissolved. Remove from heat. Stir in peanut butter and vanilla. Pour over cereal mixture and toss to coat evenly. Spread into greased baking pan. Cool.

Peggy Peyton

Cookies & Candy

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

KEEBLER SOFT BATCH COOKIES

1 lb. softened butter, (4 sticks)
2 eggs
2 T. molasses
2 T. vanilla extract
⅓ c. water
1½ c. granulated sugar
1½ c. packed brown sugar
1 tsp. baking powder
1 tsp. salt
1½ tsp. baking soda
5 c. all-purpose flour
18 oz. semi-sweet chocolate chips

Preheat oven to 375°. Cream butter, eggs, molasses, vanilla, and water. Sift sugars, baking powder, baking soda, salt, and flour. Combine moist ingredients with dry ingredients and add chocolate chips. Form into one inch balls on ungreased cookie sheet. Bake 8 minutes. Yields: 4 dozen.

Angela Mullis

CHOCOLATE CHIP COOKIES

1 c. shortening
½ c. sugar
2¼ c. flour
12 oz. chocolate chips
2 eggs
2 tsp. vanilla
1 c. brown sugar

Mix all ingredients well. Drop on ungreased cookie sheet. Bake at 375° for 10 minutes or until brown.

Amy Faw

EASY PEANUT BUTTER COOKIES

1 c. peanut butter
1 c. granulated sugar
1 lg. egg
1 tsp. vanilla

Mix all ingredients together, beating until fluffy. Drop by tablespoons onto slightly greased baking sheet. Bake in preheated 325° oven just until set, usually 8 to 10 minutes.

Adrienne Faw

HERSHEY'S KISSES CHOCOLATE CHIP COOKIES

1 (10 oz.) bag Hershey's kisses
1 c. butter, softened
⅓ c. sugar
⅓ c. packed light brown sugar
1 tsp. vanilla
2 c. all-purpose flour
1¼ c. Hershey's Mini Chips Semi-Sweet Chocolate, divided
1 tsp. shortening

Heat oven to 375°. Remove wrappers from Hershey's kisses. Beat butter, sugars, and vanilla in a large bowl until blended. Add flour, blend until smooth. Stir in 1 cup small chocolate chips. Mold scant tablespoon dough around each chocolate kiss, covering completely. Shape into balls; place on ungreased cookie sheet.

(continued)

Bake 10 to 12 minutes or until set. Cool completely. Place 1/4 cup mini chips and shortening into a bowl and microwave for 30 seconds. Drizzle over each cookie.

Nancy Faw

PEANUT BUTTER BALLS

1 c. peanut butter
6 T. butter
2 c. sifted powdered sugar
12 oz. milk chocolate candy

Stir together peanut butter and butter. Gradually add powdered sugar, stirring until combined. Shape into one inch balls; place on waxed paper. Let stand until dry. Melt candy coating. Cool slightly. Dip balls, one at a time, into coating. Place on waxed paper; let stand until coating is firm. Makes about 50 pieces.

Amy Faw

PEANUT BUTTER DE LITE

1 stick butter
2 c. sugar
1/3 c. cocoa
1/2 c. milk
2 1/2 c. oatmeal
3/4 c. peanut butter
1 tsp. vanilla

Boil butter, sugar, cocoa, and milk for two minutes. Add oatmeal, peanut butter, and vanilla. Put in greased pan and let cool.

Grace Voncannon

PEANUT BUTTER FUDGE

2 sticks margarine
3 T. cocoa
1 c. peanut butter
1 tsp. vanilla
1 box conf. sugar

Melt margarine and peanut butter together in saucepan. Remove from heat and stir in cocoa, vanilla, and sugar. Spread in pan.

Sylvia Hemmings

CHOCOLATE FUDGE CANDY

5 c. sugar
1 tall can carnation milk
2 sticks butter
lg. bag chocolate chips
1 tall jar marshmallow cream
1 tsp. vanilla

Bring sugar, milk, and butter to a hard boil in a large kettle. Cook 7 minutes. Stir in chocolate chips, marshmallow cream, and vanilla. Pour in Pyrex dish and cool.

Esther Gates

FUDGY BUTTONS

2 T. butter
1 1/2 tsp. cocoa
1/2 c. powdered sugar
1/2 tsp. milk
2 T. peanut butter

(continued)

Melt butter, add cocoa, and mix well. Stir in sugar; add milk and stir until smooth. Add peanut butter and mix well. Drop by teaspoonfuls onto waxed paper. Flatten tops and shape into 1 inch patties. Refrigerate until serving.

Peggy Peyton

FUDGE BROWNIES

½ c. butter
2 oz. unsweetened chocolate
2 eggs
1 c. sugar
1 tsp. vanilla
¾ c. all-purpose flour
½ c. chopped nuts

Grease an 8 x 8 x 2 inch baking pan; set aside. In a medium saucepan, melt butter and chocolate over low heat. Remove from heat, stir in eggs, sugar, and vanilla. Beat lightly until combined. Stir in flour and nuts. Spread batter in baking pan. Bake in a 350° oven for 30 minutes. Cool and cut into bars. Makes 24 brownies.

Linda Reeves

REECE'S SQUARES

2 sticks butter
1½ c. peanut butter
2½ c. graham cracker crumbs
1 box powdered sugar
12 oz. chocolate chips

Mix butter, peanut butter, cracker crumbs, and sugar. Press into 13 x 9 inch pan. Melt chocolate chips and pour over top.

Grace Voncannon

REESE'S PEANUT BUTTER CUPS

2 c. peanut butter
½ c. butter, melted
1 T. butter, melted
2¾ c. confectioners sugar
1 (12 oz.) pkg. chocolate chips

Combine half cup butter and peanut butter. Add sugar a little at a time, for easier blending. Press very firmly into a 9 x 13 inch pan. Melt chocolate and one tablespoon butter, just enough to spread over top. Cool and store at room temperature.

Adrienne Faw

GRANOLA BARS

1 c. granola
1 c. quick cooking rolled oats
1 c. chopped nuts
½ c. all-purpose flour
½ c. raisins
1 egg, beaten
⅓ c. honey
⅓ c. cooking oil
¼ c. packed brown sugar
½ tsp. ground cinnamon

Line an 8 x 8 x 2 inch baking pan with foil. Grease the foil; set pan aside. In a large mixing bowl combine granola, oats, nuts, flour, and raisins. Stir in egg, honey, oil, brown sugar, and cinnamon. Press evenly into pan. Bake at 325° for 30 to 35

(continued)

minutes or until lightly browned around the edges. Cool, cut into bars. Makes 24 bars.

Amy Faw

This & That

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

CINNAMON SPICE FRENCH TOAST

1 egg
1/4 c. milk
1/2 tsp. sugar
1/4 to 1/2 tsp. ground cinnamon
1/8 tsp. ground nutmeg
2 slices bread
2 tsp. butter
Maple syrup

In a shallow bowl, beat egg, milk, sugar, cinnamon, and nutmeg. Add bread, one slice at a time, and soak both sides. Melt butter on a griddle over medium heat; cook bread until golden brown on both sides and cooked through. Top with syrup. Yield: 1 serving.

Chanda Cagle

FRENCH TOAST

1 c. milk
1 egg, beaten
oil
bread

Dip bread in milk and egg mixed together, and brown in oil.

Kim Cagle

BREAKFAST QUICHE

1 unbaked pastry shell (9 inches)
12 bacon strips, cooked and crumbled
1/2 c. shredded Pepper Jack or Monterey Jack cheese
1/2 c. shredded sharp cheddar cheese
1/3 c. finely chopped onion
4 eggs
2 c. whipping cream
3/4 tsp. salt
1/4 tsp. sugar
1/8 tsp. cayenne pepper

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 5 minutes; remove foil. Bake 5 minutes longer; remove from the oven and let cool. Reduce heat to 425°. Sprinkle bacon, cheeses, and onion over the crust. In a bowl, beat eggs, cream, salt, sugar, and cayenne; pour into the crust. Bake for 15 minutes. Reduce heat to 300°; bake 30 minutes longer or until a knife inserted near the center comes out clean. Yield: 6-8 servings.

Chanda Cagle

GRAHAM CRACKER CRUST

1 1/2 c. graham cracker crumbs
3 T. sugar
1/3 c. butter, melted

Bake in oven for 10 minutes at 350°. Makes one 9 inch shell.

Nancy Faw

PASTRY SHELL

1 c. flour
3/4 tsp. salt
3/4 tsp. sugar
1/4 c. oil
2 T. milk

Mix flour, salt, and sugar. Combine oil and milk. Pour all over flour. Stir with fork. Shape into a ball and put on wax paper. Place a piece of wax paper on top and roll into a shell. Makes 1 pastry shell.

Grace Voncannon

HOT FUDGE SAUCE

3/4 c. semi-sweet chocolate pieces
1/4 c. butter
2/3 c. sugar
1 (5 oz.) can evaporated milk

Melt chocolate and butter in saucepan. Add sugar; gradually stir in the milk. Bring mixture to a boil and reduce heat. Boil gently over low heat for 8 minutes, stirring frequently. Remove pan from heat and cool slightly. Makes about 1 1/2 c. sauce.

Amy Faw

CREAM CHEESE FROSTING

2 (3oz.) pkgs. cream cheese, softened
1/2 c. butter, softened
2 tsp. vanilla
4 3/4 c. sifted powdered sugar, divided

Beat together cream cheese, butter, and vanilla until light and fluffy. Gradually add 2 cups of powdered sugar, beating well. Gradually beat in 2 1/2 cups to 2 3/4 cups additional powdered sugar to reach spreading consistency. Will cover tops and sides of two 8 or 9 inch cake layers.

Amy Faw

CHOCOLATE BUTTER FROSTING

1/3 c. butter
1/2 c. unsweetened cocoa powder
4 c. sifted powdered sugar, divided
1/4 c. milk
1 1/2 tsp. vanilla
Milk

In a mixing bowl beat butter and cocoa powder until fluffy. Gradually add 2 cups of powdered sugar, beating well. Slowly beat in the milk and vanilla. Beat in remaining powdered sugar. Beat in additional milk if needed to reach spreading consistency. Will frost top and sides of two 8 or 9 inch cake layers.

Amy Faw

EASY PICKLED BEETS

1 can sliced beets, unsweetened
1 c. sugar
1 c. vinegar

(continued)

Drain beets and discard liquid. Bring sugar and vinegar to a boil. Let cool, then pour over beets in a quart glass jar. Let stand unrefrigerated for one day to pickle, then refrigerate.

Nancy Faw

PIMENTO CHEESE

1 lb. round cheese
1 (7 oz.) can pimento
1 to 1½ c. mayonnaise

Mash cheese at room temperature with a fork until crumbly. Add drained pimentos which have been mashed thoroughly. Mix with mayonnaise until well blended. Do not beat.

Sue Young

SHRIMP SAUCE

½ c. catsup
1 T. Worcestershire sauce
¼ tsp. horseradish
¼ tsp. chili sauce
1 T. Heinz 57 sauce
½ tsp. mustard
¼ tsp. hot pepper sauce
¼ tsp. salt

Blend all ingredients well and chill.

Sue Young

HOT DOG CHILI

2 lbs. ground beef
4 T. chili powder
2 c. catsup
2 tsp. salt
1 tsp. black pepper

Mix all ingredients together and cook slowly for one hour.

Sue Young

BBQ SAUCE

2 T. vinegar
4 T. catsup
1 T. lemon juice
3 T. brown sugar
1 tsp. salt
4 T. water
2 T. steak sauce
1 T. margarine
1 tsp. mustard
1 tsp. paprika
1 tsp. chili powder

Mix all ingredients together and bring to a boil. Boil for two minutes.

Sue Young

BBQ MEATBALLS

2 lbs. hamburger
1 lg. onion
A-1 sauce
2 bottles Kraft thick and spicy BBQ sauce

(continued)

Mix hamburger, onion, and steak sauce in a large bow. Form into small balls and cook in a large frying pan on medium heat. When done, drain grease and add BBQ sauce. Let simmer on low for about 10 minutes. Makes 12 to 16 meatballs.

Barbara Hall

MEATBALLS

1 lb. hamburger
½ c. milk
1 c. cracker crumbs
1 sm. onion, diced

Mix all ingredients, form into balls. Cook in frying pan, turning often, until brown and crispy.

Amy Faw

HOMEMADE PEDIALYTE

4 T. sugar
½ tsp. baking soda
½ tsp. salt
1 liter water
¼ tsp. salt substitute (do not omit this ingredient)
Tang or Jello for taste

Mix all ingredients together. Give one ounce per hour to prevent dehydration.

Rita Harris

PLAY DOUGH

½ c. salt
1 c. flour
2 tsp. cream of tartar
1 T. cooking oil
1 c. water
coloring

Mix salt, flour, and cream of tartar. Put coloring in 1 cup of water. Add that and the oil to the dry mixture. Stir until smooth. Cook over medium heat until it handles nicely. Store in an air tight container.

Rita Harris

POTPOURRI

2 orange peels, dried
½ lemon, sliced and dried
3 bay leaves
3 sticks of cinnamon
¼ c. whole cloves

Rita Harris

SEASONING SALT

1 c. salt
2 T. celery salt
2 T. garlic salt
2 T. paprika
2 tsp. dry mustard
2 tsp. onion powder
2 tsp. pepper

Mix all ingredients together. Store in a tightly covered container.

Adrienne Faw

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CHILI SEASONING

4 T. chili powder
2½ tsp. ground coriander
2½ tsp. ground cumin
1½ tsp. garlic powder
1 tsp. dried oregano
½ tsp. cayenne pepper

Mix all ingredients together and store at room temperature.

Linda Reeves

CAPPUCCINO MIX

1 c. powdered non-dairy creamer
1 c. instant chocolate drink mix
⅔ c. instant coffee
½ c. sugar
½ tsp. cinnamon
¼ tsp. nutmeg

Combine all ingredients, mix well. Store in airtight container. To make, mix 3 tablespoons mix with ¾ cups boiling water. Makes 3 cups of mix (16 servings).

Sylvia Hemmings

HOT COCOA MIX

4 c. dry powdered milk
¾ c. cocoa
1½ c. sugar
⅛ tsp. salt

Combine all ingredients, store in an airtight container. To make, place 3 tablespoons of mix in cup, stir in small amount of boiling water to dissolve, then fill cup.

Peggy Peyton

DERBY SALAD DRESSING

½ c. sugar
1¼ c. ketchup
⅓ c. vinegar
1 tsp. salt
½ onion, finely chopped
¾ c. salad oil
Worcestershire sauce for taste

Mix well, do not cook. Keep refrigerated. Makes 1 pint.

Kim Cagle

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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 (1/2 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.

Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, 1/4 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 1/2 teaspoon for each egg used.

2. To 1 teaspoon soda use 2 1/4 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 1/4 tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 1/2 tsp. baking powder
popovers	to 1 cup flour use 1 1/4 tsp. baking powder
waffles	to 1 cup flour use 1 1/4 tsp. baking powder

Proportions of Liquid to Flour

drop batter	to 1 cup liquid use 2 to 2 1/2 cups flour
pour batter	to 1 cup liquid use 1 cup flour
soft dough	to 1 cup liquid use 3 to 3 1/2 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°

Vegetables & Fruits

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	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 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.

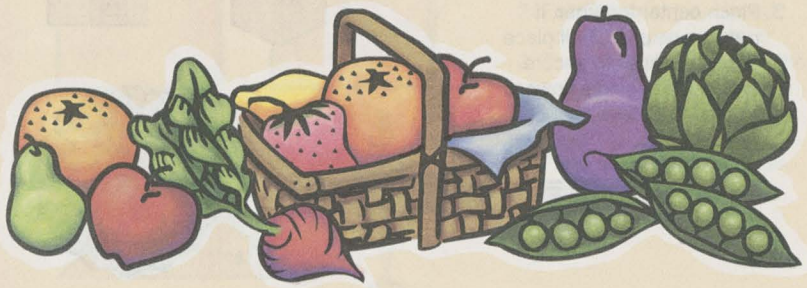
Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

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.



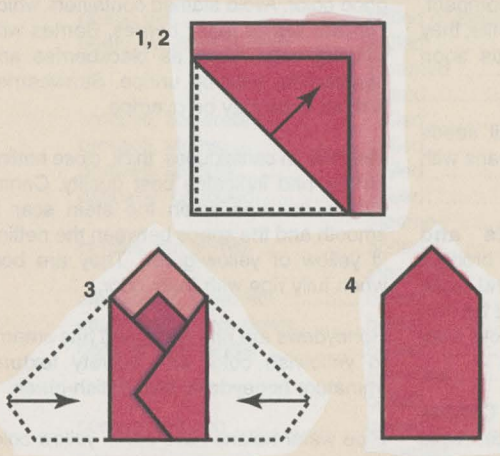
Napkin Folding

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:

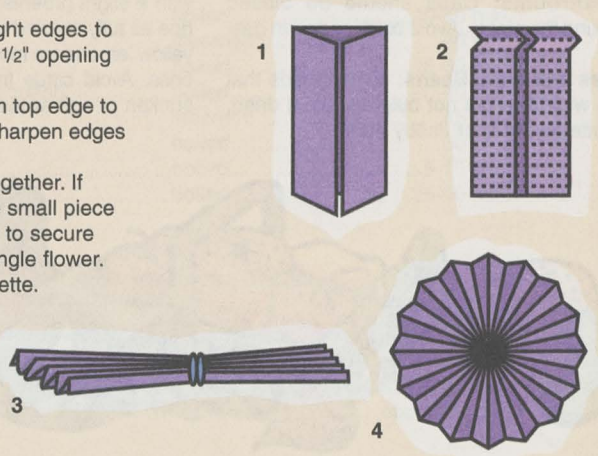
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

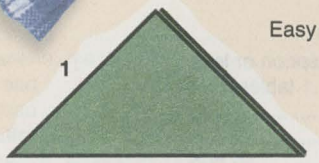
1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

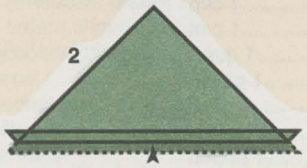


Napkin Folding

Candle

Easy to do; can be decorated.





Instructions:

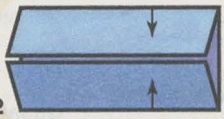
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

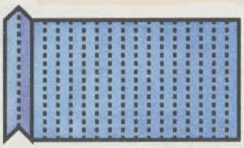
Fan

Pretty in napkin ring or on plate.

Instructions:

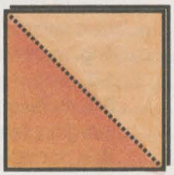
1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.





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.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.

Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 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 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 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 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 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	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 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 1/2 to 2 minutes for 1/2 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 1/2 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 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. A 4 1/2 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 1/2 minutes, stirring once each minute.

9. To make dry bread crumbs, cut 6 slices of bread into 1/2-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 1/2 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

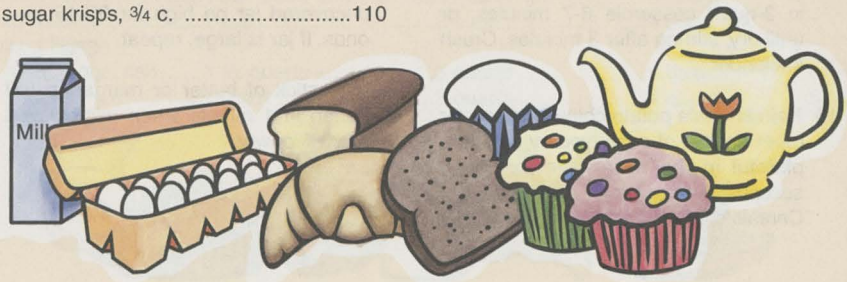
butter or margarine, 1 T. 100
cheese, American, 1 oz. 100
camembert, 1 oz. 85
cheddar, 1 oz. 115
cottage cheese, 1 oz. 30
mozzarella, 1 oz. 90
parmesan, 1 oz. 130
ricotta, 1 oz. 50
roquefort, 1 oz. 105
Swiss, 1 oz. 105
cream, light, 1 T. 30
heavy, 1 T. 55
sour, 1 T. 45
hot chocolate, with milk, 1 c. 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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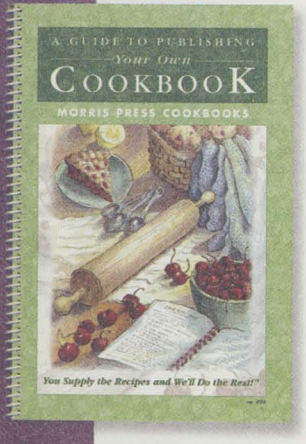

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