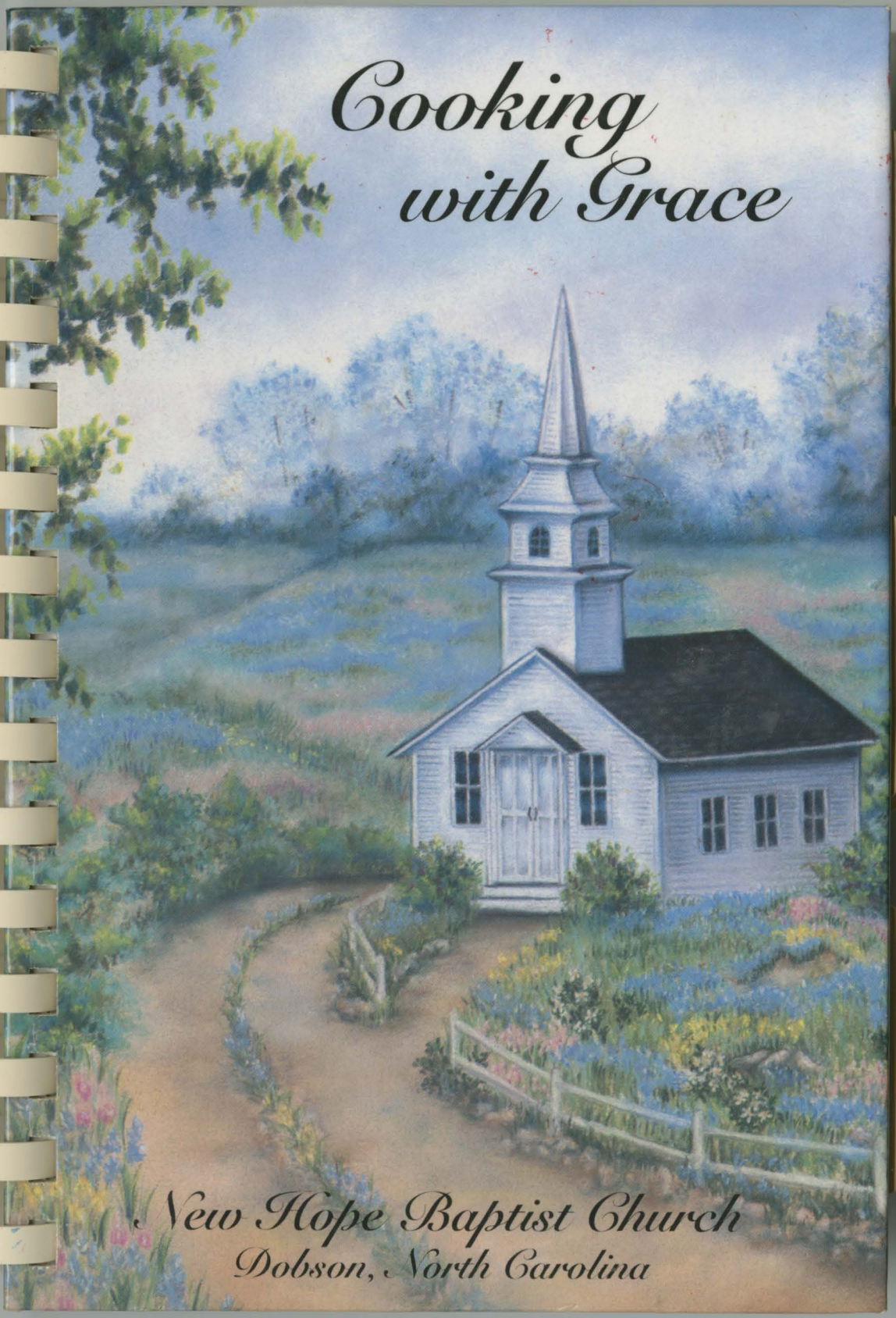
Cooking with Grace



New Hope Baptist Church

Dobson, North Carolina

Tammy Branch
336-320-2810

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Appetizers & Beverages

Soups, Salads & Vegetables

Main Dishes & Casseroles

New Hope Baptist Church

Route #1, Prison Camp Road

Dobson, NC 27017

Sunday School ..... 10:00 a.m.
Morning Worship ..... 11:00 a.m.
Wednesday Night Service ..... 7:15 p.m.

Church History

New Hope Baptist Church was organized in 1878. Some of the original members were J. H. Llewellyn, S. C. Boyles, J. T. Cox, S. E. Gentry, A. J. Williams, C. H. Stone, J. T. Marion, and W. E. Wright. A small church was built to serve the congregation.

In 1905, a building committee, made up of C. C. Park, I. A. Park, W. H. Stone, and R. B. Callaway, was appointed to head the construction of a larger church. The members worked and saved and on September 14, 1915, a contact was signed for the second church building. On September 22, 1934, the church voted to build Sunday School rooms and paint the exterior of the building. Labor was 25 cents per hour, the total cost of labor, paint, and other materials was $229.44.

Our present church building was built in 1953. A copper Bell Tower was added in 1958. $265.00 was spent on solid walnut chairs, tables and pulpit in 1960 and is still being used today. Memorial windows were placed in the sanctuary in September of 1963. Adjacent land was purchased in 1967 from Wayne Stone and Donna Stone Eldridge for $2,000.00 In 1970, a picnic shelter was built for the sum of $1,178.63 and four years later enclosed to become the Fellowship Hall. Family pews were purchased in 1971 at the cost of $150 each. On February 25, 1973, the church voted to accept the contract of the New Hope Cemetery Fund from the I. A. Park heirs. A house and four acres of land was purchased from Mr. & Mrs. Troy Wright in May of 1973 for $19,000.00 to be used as the church parsonage. In August, 1975, Mr. & Mrs. Davis Lawrence donated the church organ. Air conditioning was installed in April, 1978. In May, 1981, a baptistry was constructed in the sanctuary. The vestibule was enclosed in 1982. A $400,000.00 addition will be completed in 1993.

New Hope Baptist Church, with a membership of 209, is an active force in the community.

Pastor: Trent Lyons, age 31, wife Carlene, children Josh and Ashley.

Deacon Board: Chairman James Key, Charlie Hiatt, Odell Jenkins, Graham Lawrence, Mitchell Mayes, Warren Mitchell, Joey Tucker, Billy Wright, and J. D. Wright.

Prior Pastors

1878-1891	J. H. Llewellyn
1891-1902	A. J. Williams
1903-1905	S. E. Gentry
1906-1908	A. J. Williams
1909-1910	C. H. Stone
1910-1911	T. J. Marion
1912-1914	A. J. Williams
1915-1916	M. B. Phillips
1917-1923	T. J. Marion
1924-1930	John W. Callaway
1931-1932	E. B. Draughn
1933-1939	Clete Simmons
1940-1943	David Day
1944-1946	Fred Journey
1947-1948	Clifford Vestal
1948-1951	Elmer Eldridge
1952-1954	Curtis Leftwich
1955-1957	Jess Woodruff
1958-1962	Roy Johnson
1963-1965	Orville Bledsoe
1965-1967	Hobart Johnson
1967-1968	Clay Macemore
1968-1971	John D. Bowman
1971-1974	Dale Jennings
1974-1987	Orville Bledsoe
1988-present	Trent Lyons

Heaven's Grocery Store

I was walking down life's highway a long time ago,
One day I saw a sign that read "Heaven's Grocery Store."
As I got a little closer, the door came open wide.
And when I came to myself, I was standing there inside.

I saw a host of angels, they were standing everywhere
One handed me a basket and said, "My child shop with care."
Everything a Christian needed was in that grocery store,
And all you couldn't carry, you could come back for more.

First, I got some patience, love was in the same row,
Further down was understanding, you need that wherever you go.
I got a box or two of wisdom and a bag or two of faith,
I just couldn't miss the Holy Ghost, for it was all over the place.

I stopped to get some strength and courage, to help me run the race.
By then my basket was getting full, but I remembered I needed some grace.
I didn't forget salvation, for salvation, that was free,
So I tried to get enough of that to save both you and me.
Then I started up to the counter to pay my grocery bill,
For I thought I had everything to do my Master's will.

As I went up the aisle, I saw prayer and I just had to put that in,
For I knew when I stepped outside, I would run right into sin.
Peace and joy were all plentiful, they were on the last shelf,
Song and praises were hanging near, so I just helped myself.

Then I said to the angel, "Now how much do I owe?"
He just smiled and said, "Just take them everywhere you go."
Again, I smiled at him and said, "How much do I owe?"
He smiled again and said, "My child, Jesus paid your bill a long time ago."

Where To Look In The Bible

When

Anxious for dear ones - Ps. 121; Luke 17.
Business is poor - Ps. 37, 92; Eccl. 5.
Discouraged - Ps. 23, 42, 43.
Everything seems going from bad to worse - II Tim. 3; Heb. 13.
Friends seem to go back on you - Matt. 5; I Cor. 13.
Sorrow overtakes you - Ps. 46; Matt 28.
Tempted to do wrong - Ps. 15, 19, 139; Matt. 4; James 1.
Things look "blue" - Ps. 34, 71; Isa. 40.
You seem too busy - Eccl. 3:1-15.
You can't go to sleep - Ps. 4, 56, 130.
You have quarreled - Matt. 18; Eph. 4; James 4.
You are weary - Ps. 95:1-7; Matt 11.
Worries oppress you - Ps. 46; Matt 6.

If you

Are challenged by opposing forces - Eph 6; Phil. 4.
Are facing a crisis - Job 28:12-28; Prov. 8; Isa. 55.
Are jealous - Ps. 49; James 3.
Are impatient - Ps. 40, 90; Heb. 12.
Are bereaved - I Cor. 15; I Thess. 4:13 & 5:28; Rev. 21, 22.
Are bored - II Kings 5; Job 38; Ps. 103, 104; Eph. 3.

When

Desiring inward peace - John 14; Rom 8.
Everything is going well - Ps. 33:12-22, 100; I Tim. 6; James 2:1-17.
Satisfied with yourself - Prov. 11; Luke 16.
Seeking the best investment - Matt 7.
Starting a new job - Ps. 1; Prov. 16; Phil. 3:7-21.
You have been placed in a position of responsibility - Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.
Making a new home - Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.
You are out for a good time - Matt. 15:1-20; II Cor. 3; Gal. 5.
Wanting to live successfully with your fellowmen - Rom. 12.

To find

The Ten Commandments - Ex. 20; Deut. 5.
The Shepherd Psalms - Ps. 23.
The Birth of Jesus - Matt. 1, 2; Luke 2.
The Beatitudes - Matt. 5:1-12.
The Lord's Prayer - Matt. 6:5-15; Luke 11:1-13.
The Sermon on the Mount - Matt. 5, 6, 7.
The Great Commandments - Matt. 22:34-40.
The Great Commission - Matt. 28:16-20.
The Parable of the Good Samaritan - Luke 10.
The Parable of the Prodigal Son - Luke 15.
The Parable of the Sower - Matt: 13; Mark 4, Luke 8.
The Last Judgment - Matt 25.
The Crucifixion, Death and Resurrection of Jesus - Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.
The Outpouring of the Holy Spirit - Acts 2.

If you

Bear a grudge - Luke 6; II Cor. 4; Eph 4.
Have experienced severe losses - Col. 1; I Peter 1.
Have been disobedient - Isa. 6; Mark 12; Luke 5.
Need forgiveness - Matt. 23; Luke 15; Philemon.
Are sick or in pain - Ps. 6, 39, 41, 67; Isa. 26.

When you

Feel your faith is weak - Ps. 126, 146; Heb. 11.
Think God seems far away - Ps. 25, 125, 138; Luke 10.
Are leaving home - Ps. 119; Prov. 3, 4.
Are planning your budget - Mark 4; Luke 19.
Are becoming lax and indifferent - Matt. 25; Rev. 3.
Are lonely or fearful - Ps. 27, 91; Luke 8; I Peter 4.
Fear death - John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.
Have sinned - Ps. 51; Isa. 53; John 3; I John 1.
Want to know the way of prayer - I Kings 8:12-61; Luke 11, 18.
Want a worshipful mood - Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.
Are concerned with God in national life - Deut. 8; Ps. 85, 118, 124; Isa. 41; 8-20; Micah 4, 6:6-16.

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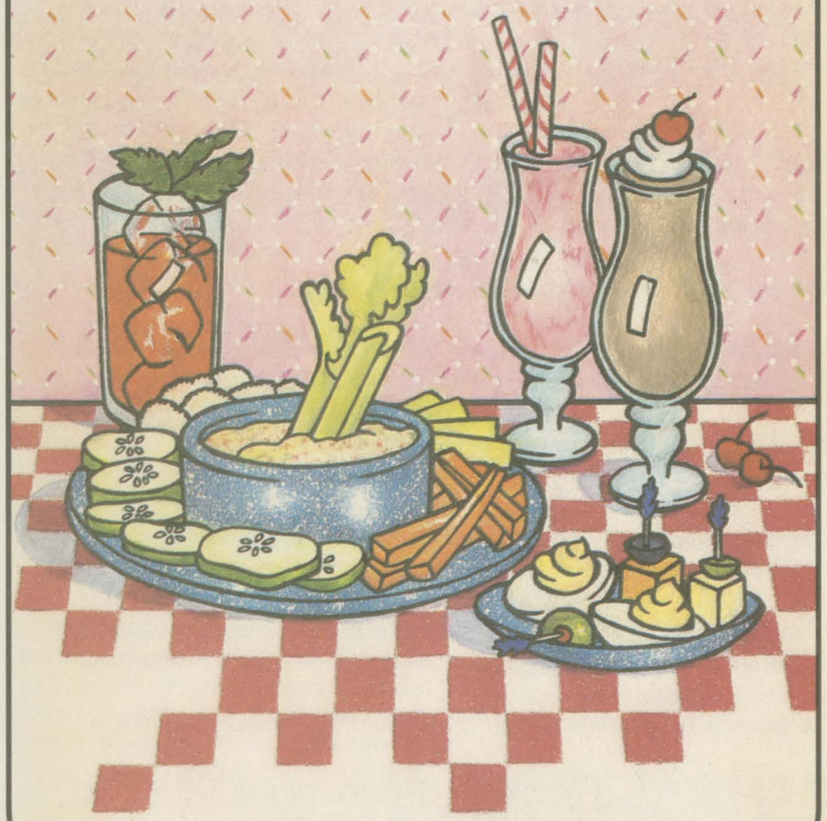

Party Pleasers

- You won't need sugar with your tea if you drink Jasmine tea or 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.

- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Always chill juices or sodas before adding to recipe.

- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!

- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.

- Cheeses should be served at room temperature (approximately 70 degrees).

- When serving hors... d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

- One quart of soup yields about six servings, unless it is the main course.

APPETIZERS & BEVERAGES

GRAPE JUICE

Peggy Haynes

1 c. grapes
1/2 to 1 c. sugar

Put in quart can. Finish filling with boiling water. Put lid on tightly. Water bath for 15 minutes.

GRAPE WINE

Allen Jarvis

Use a crock. Fill crock 2/3 full of grapes. Use 1 pound of sugar to 1 gallon of grapes. Cover with towel to keep out fruit flies, etc. Let set for 2-3 weeks, until it stops working. Strain mixture into another crock and sweeten to taste. Let set from 10 days to 2 weeks longer, then put into cans.

HOT CHOCOLATE MIX

Sue Elmore

1 (16-oz.) ctn. dry chocolate milk mix
1 (16-oz.) jar powdered coffee creamer
1 (8-qt.) box nonfat dry milk
1 c. confectioners' sugar
Marshmallow or vanilla ice cream

In a large bowl, combine chocolate milk mix, coffee creamer, dry milk and confectioners' sugar. To use: Add 1/4 to 1/3 cup drink mix to 1 cup hot water. Serve with marshmallows or a small dip ice cream. Makes about 9 quarts dry mix. For gift giving, be sure to include the recipe and serving suggestions.

INSTANT HOT CHOCOLATE

DeAnne Haynes

6-oz. jar powdered coffee creamer
1/2 c. powdered sugar
8-qt. pkg. dry powdered milk
2-lb. box Nestle's Quik

Mix well and store in dry tight container. Use 1/3 cup for 1 cup hot chocolate. Add boiling water to serve. Stir.

RUSSIAN TEA

Karen Guynn

2 c. Tang
1/2 c. tea
1 1/2 c. sugar
1 tsp. cinnamon
1 tsp. cloves

Mix all together.

CHEESE BALL

Sue Elmore

2 (4 1/4-oz.) cans Underwood deviled ham
1 (8-oz.) pkg. cream cheese, softened
1 (0.4-oz.) pkg. dry Ranch-style dressing mix
1/2 c. diced tomato
1/2 c. diced green pepper
2 c. (8 oz.) shredded cheddar cheese
1/2 c. roasted, unsalted sunflower seeds

In a medium bowl, combine all ingredients, except sunflower seeds. Refrigerate until firm enough to

(continued)

handle. Form into a ball and roll in sunflower seeds. Refrigerate until ready to serve. Makes 1 cheese ball.

CHEESE BALL

DeAnne Haynes

2 (8-oz.) pkgs. cream cheese
1 sm. can dried beef
1/4 to 1/2 c. creamy Italian dressing

Shape into a ball. Roll in crushed pecans.

COCKTAIL MEATBALLS

Karen Guynn

1 lb. hamburger (deer meat is wonderful)
1 lb. sausage
1 c. oatmeal
1 T. onion flakes

Mix and form small meatballs. Fry until done.

1 c. water
2 c. ketchup
1/2 c. sugar
4 T. Worcestershire sauce
4 T. vinegar
1 T. onion flakes

Simmer and add meatballs. Can simmer in crockpot. May be cooked a day ahead and reheated.

PINEAPPLE CHEESE BALL

Sandra Snow

1 (8-oz.) pkg. cream cheese
1/4 c. chopped green peppers
2 T. chopped onions
1 sm. can crushed pineapple, well drained
1 T. seasoned salt
Chopped nuts, if desired

SAUSAGE BALLS

DeAnne Haynes
Sue Elmore

1 lb. sausage (hot or mild)
3 c. Bisquick
1 T. water
1 c. sharp cheese, grated

Mix sausage and Bisquick by hand well; add water and cheese. Roll into small balls. Place on cookie sheet and bake at 350° until brown. Makes 3 dozen.

DIP FOR FRESH FRUITS

Frances Lawrence

2 (8-oz.) pkgs. cream cheese, softened
1 (7-oz.) jar marshmallow creme
1 box confectioners' sugar

Mix all ingredients in blender and serve chilled with fruit.

HOLIDAY PARTY DIP

Sue Elmore

1 c. mayonnaise or salad dressing
1 (8-oz.) ctn. Borden's sour cream
1 (8-oz.) can water chestnuts, drained and finely chopped
2 T. chopped pimiento
1 T. sliced green onion
2 tsp. Wyler's beef flavor instant bouillon
1/2 tsp. Worcestershire sauce
1/4 tsp. garlic powder
Fresh vegetables or potato chips

In medium bowl, combine all ingredients, except fresh vegetables; mix well. Cover; chill. Stir before serving. Garnish with additional green onion if desired. Serve with vegetables. Refrigerate leftovers. Makes about 2 1/2 cups.

MEXICAN CHEESE DIP

Peggy McCormick

1 lb. Velveeta Mexican cheese
1 lb. Velveeta cheese
1 lg. bottle Pace mild picante sauce
1 lg. bottle Pace hot picante sauce

Place above in crockpot on low heat.

2 lbs. hamburger
1 lb. hot sausage
1 lb. mild sausage

Brown meats and drain. Pour into crockpot with cheese and sauce. Cook all day. Serve with tortilla chips.

RAW VEGETABLE DIP

Frances Lawrence

1 ctn. Breakstone creamed cottage cheese
1 c. mayonnaise
1 tsp. lemon juice
2 T. seasoning salt
1 tsp. dill
Dash curry powder

Mix all ingredients and refrigerate. Serve with raw vegetables. Makes 2 cups.

SPINACH DIP

Sue Elmore

1 env. vegetable soup mix
1 pt. (16 oz.) sour cream
1/2 c. mayonnaise
1/2 tsp. lemon juice
1 (10-oz.) pkg. frozen chopped spinach
1 (8-oz.) can water chestnuts, drained and chopped

In medium bowl, blend soup mix, sour cream, mayonnaise and lemon juice. Stir in spinach, thawed and squeezed dry. Add water chestnuts. Chill. Makes 3 cups.

HAM AND CHEESE ROLLS

JoNell Branch

24 sm. rolls or 12 lg. rolls
8 oz. ham
8 oz. Swiss cheese

Slice rolls. Place a layer of ham and cheese on bottom of rolls. Put top back on each roll. Place rolls in aluminum pan.

Make a mixture of:

1 stick margarine
1 1/2 T. mustard
1 T. poppy seed
3 T. minced onion
1 tsp. Worcestershire sauce

Heat and pour over rolls. Refrigerate a short time. Cover with foil and bake 15 minutes at 350°.

MINIATURE HAM & CHEESE ROLLS

Carol E. Snow

2 pkgs. Tatum's dinner rolls
8 oz. sliced ham
6 oz. sliced Swiss cheese
1 stick margarine, melted
1 1/2 T. poppy seed
1/2 tsp. Worcestershire sauce
1 1/2 T. prepared mustard
1 T. minced onion

Slice bread in half lengthwise. Alternate layers of ham and cheese on one section of rolls, put remaining rolls on top. Mix remaining ingredients and pour over rolls. Leave at room temperature until margarine sets up. Cover with foil. Bake 15

(continued)

minutes at 350°. Can refrigerate for 24 hours before baking.

PARTY SNACK

Geneva Key

2/3 c. oil
1 dry pkg. Ranch house dressing
1 T. dill weed
1 lb. oyster crackers

Mix ingredients together and pour over 1 pound oyster crackers. Stir and serve.

HAM TWIRLS

Frances Lawrence

2 (8-oz.) pkgs. cream cheese
1/2 tsp. Worcestershire sauce
1/2 tsp. onion juice
1/2 tsp. dry mustard
1/4 c. shredded med. sharp cheddar cheese
1 pkg. Hidden Valley Ranch dressing mix
1 pkg. thinly sliced ham or 1 jar dried beef

Mix all ingredients. Marinate overnight. Spread over ham slices or dried beef slices. Roll up. Place in refrigerator. When chilled or partially frozen, slice into 1/2-inch slices and serve on Sociable crackers.

SWEET AND SOUR WIENERS

Sue Elmore

3 T. cornstarch
1/3 c. sugar
1 c. pineapple juice
1 (8-oz.) can tomato sauce
1/3 c. vinegar
4 (5-oz.) pkgs. cocktail wieners

Combine cornstarch and sugar. Blend in pineapple juice. Put in tomato sauce and vinegar. Cook and stir over direct heat until thick and bubbly. Cover and simmer five minutes. Add wieners and heat thoroughly. Keep warm over hot water or in crockpot.

CHERRY-PINEAPPLE PUNCH

Frances Lawrence

1 qt. pineapple sherbet
1 (46-oz.) can pineapple juice
2 liters cherry 7-Up

Whip sherbet and juice. Place in punch bowl and pour 7-Up on top. Swirl gently. Serve.

CHRISTMAS PUNCH

Dorothy Mitchell

2 (3-oz.) pkgs. red Jello
1 lg. can frozen orange juice
1 (46-oz.) can pineapple juice
1 qt. ginger ale
2 c. boiling water
6 c. cold water

Dissolve Jello in boiling water and add cold water. Add orange juice and pineapple juice, stirring well. Chill. Add ginger ale just before serving. Serves a crowd.

CHRISTMAS PUNCH FOR 50

Frances Lawrence

4 pkgs. Kool-Aid (lime, lemon, cherry or any flavor or color)
2 lg. pineapple juice
4 c. sugar
4 qts. water

Mix all ingredients together. Chill. Just before serving, add 2 (67-ounce) bottles ginger ale. Makes 2 gallons plus ginger ale.

ORANGE PUNCH

Vel Gordon

2 c. sugar
2 pkgs. orange Jello
3 c. boiling water

Mix above ingredients together. Add:

(continued)

1 (12-oz.) can frozen orange juice diluted as per directions on can
1 (46-oz.) can unsweetened pineapple juice
Juice from 3 lemons
1 qt. ginger ale

PINK LADY PUNCH

Sandra Snow

4 c. cranberry juice cocktail
1 1/2 c. sugar
1 qt. pineapple juice, chilled
2 qts. ginger ale, chilled

Slowly add cranberry juice to sugar. Stir until sugar is dissolved. Add pineapple juice. Slowly add ginger ale just before serving. Yield: 32 servings.

PUNCH

Dorothy Mitchell

4 lg. pkgs. pre-sweetened lemonade mix
2 lg. cans pineapple juice
2 lg. bottles Sprite
3 c. sugar
4 qts. water

Mix all ingredients, except Sprite. Add the Sprite just before serving. You may add just a little Kool-Aid for the color that is desired.

PUNCH

Fern S. Wright

2 qts. ginger ale
2 c. sugar
1 lg. can pineapple juice
1 qt. lime sherbet
2 pkgs. lemon-lime Kool-Aid
10 c. water
2 cans frozen lemonade

Mix Kool-Aid, sugar, water and pineapple juice. Have cold. When ready to serve, add lemonade, lime sherbet and ginger ale.

SPARKLING CITRUS PUNCH

Sue Elmore

1 (46-oz.) can Hawaiian Punch Fruit Juicy Red, chilled
1 (6-oz.) can frozen lemonade or limeade concentrate, thawed
1 (6-oz.) can frozen orange juice concentrate, thawed
1 (32-oz.) bottle club soda, chilled
1 (32-oz.) bottle ginger ale
Ice cubes
Orange slices

In large punch bowl, combine punch, lemonade and orange juice concentrates; mix well. Just before serving, add club soda, ginger ale and ice. Float orange slices on top. Yield: Approximately 20 (6-ounce) servings. **Variation:** Substitute 1 cup Hawaiian Punch shelf concentrate and 4 cups cold water for 46 fluid ounces Hawaiian Punch or 1 (16-ounce) can Hawaiian Punch frozen.

Soups, Salads & Vegetables

Veggie Variables

- Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.

CREAM OF BROCCOLI SOUP

Karen Hylton

1 lb. fresh broccoli
2 sticks margarine
2 qts. milk
Salt and pepper to taste
1 qt. chicken broth
2 c. flour
1 qt. half-and-half
Dash of cayenne pepper (opt.)

Roughly chop broccoli (stalk included) and simmer in chicken stock until well cooked. Drain and reserve stock. Chop broccoli very fine. In a small saucepan, melt butter. Add flour and stir until flour is absorbed. This is your roux. In another large pot (5-quart), heat until simmering the chicken, stock, milk and half-and-half. When simmering quickly, add roux, stirring vigorously so lumps don't develop. Add the finely chopped broccoli; simmer until thickened. I use broth from a stewed chicken although you can buy it in the can.

GRANNY'S SOUP

Brad Easter

1 can vegetable soup
1 lb. hamburger
1 can water

Brown hamburger. Add vegetable soup and water. Add salt and pepper to taste. Cook until hot.

QUICK OLD-FASHIONED SOUP

Sue Elmore

1/2 lb. ground beef
1 (10 1/2-oz.) can beef bouillon
1 (10 1/2-oz.) can onion soup
2 (8-oz.) cans tomato sauce
1 (8-oz.) can lima or butter beans
1 (8-oz.) can string beans
1 (1-lb.) can peas and carrots
1/2 of (1-lb.) bag frozen potatoes or 1 (10 1/2-oz.) can potato soup
Seasoned salt
Pepper
Garlic salt
Celery salt

(1) Cook meat in a skillet, stirring, until red color is gone. If needed to prevent sticking, add a small amount of oil. (Diced, cooked leftover beef roast can be substituted for ground beef.) (2) Add remaining ingredients, except seasonings; simmer 30 minutes. Season to taste.

TOMATO SOUP

JoNell Branch

1 peck tomatoes
2 stalks celery
6 med. onions

Chop these and cook. Put through juicer. Mix:

1 c. sugar
1/2 c. mayonnaise
1/2 c. flour
Salt to taste
A little water

Add to tomato juice. Bring to a boil. Put in jars. Cook 15 minutes under 10-pound pressure.

VEGETABLE BEEF SOUP

Peggy McCormick

1 lb. stew beef, cooked
5 lbs. potatoes, cooked
1 qt. tomatoes or tomato juice
1 lg. can whole kernel corn
1 lg. can peas and carrots
1 pkg. frozen mixed vegetables
1 lg. onion, chopped
1 lg. can pinto beans
1/2 c. sugar
1 T. salt
Pepper to taste

Mix in 8-quart pot and simmer for at least 2 hours.

AMBROSIA

Frances Lawrence

1 fresh coconut, grated
4 oranges, peeled, sectioned and seeded
1/2 fresh pineapple, cut into bite-size or 1 (15-oz.) can pineapple tidbits
Milk from coconut
1/2 c. orange juice
Confectioners' sugar to taste (1/2 c.)
3/4 c. pecan pieces
1 c. miniature marshmallows

Place a layer of coconut, layer of oranges, pineapple, pecans and marshmallows. Make two layers in a glass bowl. Sprinkle with sugar and pour orange juice and coconut milk over fruit. Chill. Garnish with maraschino cherries.

AMBROSIA

Sue Elmore

1 (20-oz.) can chunk pineapple
1 (11-oz.) can mandarin oranges
1 1/2 c. seedless grapes
1 c. miniature marshmallows
1 c. flaked coconut
1/2 c. nuts
3/4 c. dairy sour cream
1 T. sugar

Drain pineapple. Drain oranges. Combine pineapple, oranges, grapes, marshmallows, coconut and nuts. Mix sour cream and sugar. Stir into fruit mixture. Chill. Yield: 4-6 servings.

APRICOT GELATIN SALAD

Vel Gordon

1 lg. or 2 sm. boxes apricot gelatin
2 c. boiling water
2 c. cold water

Mix Jello. Add:

1 (No. 2) can crushed pineapple, drained
2 lg. bananas, cut up
1 to 2 c. miniature marshmallows

Prepare and let set.

Topping:

1/2 c. pineapple juice
1 T. margarine
1/2 c. sugar
1 egg, slightly beaten
2 T. flour
1 sm. pkg. cream cheese
1 box Dream Whip
Coconut

Cook together juice, margarine, sugar, egg and flour. When thickened, remove from heat and stir in creamed cheese. When cool, whip in Dream Whip. Blend in topping mixture. Spread over set Jello. Spread coconut over top.

BLUEBERRY SALAD

Diane Elmore

2 pkgs. grape Jello
2 c. boiling water
1 (20-oz.) can crushed pineapple with juice
1 (20-oz.) can blueberry pie filling
1 (8-oz.) pkg. cream cheese
1/2 pt. sour cream or Dream Whip
1/2 c. sugar
1/2 c. chopped nuts
1 tsp. vanilla

Mix Jello in boiling water. Add pineapple and blueberry pie filling. Pour into 9 x 13-inch dish and let congeal. Mix cream cheese, Dream Whip and sugar. Add nuts and vanilla. Spread over Jello and top with Dream Whip topping. Chill and serve.

BLUEBERRY SURPRISE

Myrtle Moore

2 pkgs. blackberry Jello
2 c. hot water
1 can crushed pineapple, juice included
1 can blueberries, juice included

Dissolve Jello in water. Add fruit and chill until firm.

Topping:

2 (3-oz.) pkgs. cream cheese, softened
1/2 c. sour cream
1/2 c. sugar

Mix topping ingredients and spread over Jello mixture. Spread chopped nuts over top.

CONGEALED CRANBERRY SALAD

Sue Elmore

2 (16-oz.) cans whole berry cranberry sauce
2 c. water
1 (6-oz.) pkg. cherry gelatin
1 (20-oz.) can crushed pineapple, undrained
1 c. chopped pecans
Topping (recipe follows)

(1) In a saucepan, combine cranberry sauce and water; bring to a boil, stirring until sauce is dissolved. Remove from heat; add gelatin and stir until dissolved. Add undrained pineapple and nuts. (2) Pour into a 9 x 13-inch pan; chill until firm. Add topping. (3) When you put the congealed portion in to chill, prepare the topping and put into the refrigerator at the same time.

Topping:

1 (8-oz.) pkg. cream cheese, crumbled
1 (6 1/4-oz.) pkg. miniature marshmallows
1 pt. (2 c.) whipping cream

(1) Crumble cream cheese in a large mixing bowl. Add marshmallows and whipping cream. Cover and chill overnight. (2) When ready to serve, whip the topping mixture and spread on top of salad. Makes 16 servings.

CRANBERRY DELIGHT

Sue Elmore

1 (20-oz.) can crushed pineapple, juice drained and reserved
1 c. water
1 (6-oz.) pkg. strawberry-flavored gelatin
1 (16-oz.) can whole berry cranberry sauce
3 T. lemon juice
1 tsp. grated lemon peel
1/2 tsp. ground nutmeg
2 c. (16 oz.) sour cream
1/2 c. chopped pecans
Fresh strawberries (opt.)

Combine pineapple juice and water in a 2-quart saucepan; heat to boiling. Remove from heat; add gelatin and stir until it dissolves. Stir in cranberry sauce, lemon juice, peel and nutmeg. Chill until mixture thickens slightly. Add sour cream; stir until thoroughly combined. Fold in pineapple and pecans. Pour into 8-cup mold; chill until firm. Unmold onto a serving plate. Garnish with fresh strawberries if desired. Makes 12 servings.

CRANBERRY SALAD

Cynthia Haynes

1 lg. box cherry Jello
1 (15 1/2-oz.) can crushed pineapple
1/2 c. nuts, chopped
2 c. boiling water
1 (16-oz.) can whole berry cranberry sauce

Dissolve Jello in water. Cool and add remaining ingredients. Stir well and let gel.

FRUIT PIZZA

Gloria Carter

1 box yellow cake mix
1 stick margarine
1 egg
1 c. nuts (opt.)
1 (8-oz.) pkg. cream cheese
1 sm. ctn. Cool Whip
1 c. powdered sugar
Desired fruits

Grease pizza pan. Mix together the cake mix, butter, egg and nuts. Pat mixture on pan and bake 20 minutes at 350°. Cool cake completely. Beat together cheese, Cool Whip and powdered sugar. Spread mixture over cake. Top with fruits (pineapple, kiwi, strawberry, banana or any fruits available).

FRUIT SALAD

Carol P. Snow

2 pkgs. strawberry Jello (sugar-free)
1 c. mashed bananas
1 c. chopped pecans
1/2 ctn. sour cream
1/2 pt. sliced strawberries
1 (No. 2) can crushed pineapple, drained

Add 1 1/2 cups boiling water to Jello and stir well to dissolve. Add 1/2 cup pineapple juice. Let it start to set up in refrigerator. Then add strawberries, pineapple, bananas and nuts to mixture. Pour half in glass dish and put back in refrigerator to set. When set, spread the sour cream on top. Then pour the rest of the Jello mixture on top of the sour cream. Refrigerate until ready to serve.

HARVEST FRUIT SALAD

Sue Elmore

8-oz. bottle Kraft French dressing
1/4 c. honey
1/4 tsp. ground cloves
1 c. pear slices
1 c. orange slices
1 c. apple slices
1 1/2 qts. torn assorted greens
Granola cereal

Combine dressing, honey and cloves; mix well. Arrange fruit on lettuce-covered plates. Serve with dressing mixture; sprinkle with cereal. Serves 4 to 6.

LIME SALAD

Geneva Key

1 pkg. lime gelatin
1 pkg. lemon gelatin
1-pt. ctn. cottage cheese (sm. curd)
1/2 c. mayonnaise
1 sm. can condensed milk
1 (No. 2) can crushed pineapple
1/2 c. chopped pecans (opt.)
2 c. boiling water

Dissolve gelatin in boiling water; cool for about 5 minutes. Add cheese, mayonnaise, milk, pineapple and nuts. Mix well; pour into large Pyrex dish. Chill until set.

MARSHMALLOW SALAD

Viola Brown

1 lg. can crushed pineapple, drained
1 lb. lg. marshmallows, cut in fourths
1 c. pecans
1 lg. can Pet milk, frozen and whipped

Dressing:

3 egg yolks
3 T. water
3 T. vinegar
Pinch salt

Cook over boiling water until thick. Cool. Fold into whipped cream or milk. Add drained pineapple. Add marshmallows. If salad is made a day before it is to be served, nuts will be more crisp if added shortly before serving.

ORANGE CONGEALED SALAD

Dorothy Mitchell

2 c. buttermilk
1 lg. can crushed pineapple (heavy syrup)
2 (3-oz.) pkgs. orange Jello
1 (8-oz.) ctn. Cool Whip

Bring crushed pineapple and syrup to a boil. Stir in Jello. Let cool slightly. Stir in buttermilk and then add Cool Whip. **Note:** You may put everything in the mixer and mix. Then add the Cool Whip. Put in the refrigerator and let it chill.

ORANGE SALAD

Nora Nations

1 sm. ctn. cottage cheese
1 sm. ctn. Cool Whip
1 lg. box orange Jello (dry)
1 lg. can crushed pineapple, drained
1 can mandarin oranges, drained

Mix all ingredients together. Refrigerate.

PINEAPPLE CASSEROLE

Carol P. Snow

2 cans pineapple tidbits, well drained
3/4 c. sugar
6 T. self-rising flour
1 1/2 c. cheddar cheese, crumbled
1 1/2 sticks butter, melted
30 Ritz crackers, crumbled

Grease 13 x 9-inch dish with butter. Line bottom with drained pineapple. Mix together sugar, flour and cheese, then sprinkle over pineapple. Sprinkle crackers on top and dribble melted butter over crackers. Bake at 350° for 30 to 35 minutes. DO NOT OVERCOOK. (The top will get very hard.)

7 IN 1 FRUIT SALAD

Sue Elmore

1 lg. can crushed pineapple
1 lg. can fruit cocktail, drained
1 c. sour cream
1 c. cottage cheese
1 c. pecan pieces
1 c. Angel Flake coconut
1 c. miniature marshmallows

Mix above and chill. Serves 12.

STRAWBERRY CONGEALED SALAD

Lucy Sydnor

2 pkgs. strawberry Jello
1 can strawberry pie filling
1 can crushed pineapple, drained
1 ctn. sour cream
1 (8-oz.) pkg. cream cheese
1/2 c. sugar
1 tsp. vanilla
Nuts (opt.)

Mix Jello according to directions on box. Add pie filling and pineapple to Jello. Chill until firm. **Topping:** Mix together sour cream, cream cheese, sugar and vanilla. Spread over congealed Jello mix. Sprinkle with nuts. Chill.

STRAWBERRY SALAD

Vel Gordon

Mix 3 boxes strawberry Jello with 1 cup boiling water.

Mix:

(continued)

1 c. crushed pineapple
1-lb. box strawberries
3 bananas
1 c. chopped nuts

Mix this mixture with Jello. Divide in half. Pour into 9 x 13-inch dish and chill. Spread sour cream on chilled half and add remaining half. Chill and serve.

STRAWBERRY SALAD

Fern S. Wright

1 (6-oz.) pkg. cherry Jello
1 pt. frozen strawberries
1 lg. can crushed pineapple with juice
1 c. diced bananas
1 pt. sour cream
2 c. boiling water
1 c. chopped pecans

Dissolve Jello in boiling water. Stir in pineapple, pecans and strawberries. Pour 1/2 mixture into an 8-inch dish. Chill until firm. Spread with sour cream. Add remaining Jello mixture and let set.

SUNSHINE SALAD

Carol E. Snow

1 box lemon Jello
1 box orange Jello
2 c. boiling water
1 1/2 c. cold water
1 (No. 2) can crushed pineapple
1 c. miniature marshmallows
2 bananas
1 c. orange juice
1 egg
1/2 c. sugar
2 T. flour
1 sm. box Dream Whip
1 c. grated sharp cheese

Mix Jello and water and when slightly thickened, add pineapple, marshmallows and sliced bananas. Let set until congealed. Boil together until thick orange juice, egg, sugar and flour. When this is cool, fold in stiffly whipped Dream Whip. Spread this mixture over the Jello and sprinkle with grated cheese and let cheese chill. (I use a flat loaf pan about 10 x 12-inch.)

WATERGATE SALAD

Kathy Collins

1 (3 3/4-oz.) pkg. pistachio pudding mix
1 (20-oz.) can crushed pineapple, undrained
1 (9-oz.) pkg. frozen whipped topping
1 c. miniature marshmallows
3/4 c. chopped nuts
Lettuce

Use pudding mix in the dry form as it comes from the box. Combine dry pudding mix, pineapple,

(continued)

whipped topping, marshmallows and nuts. Chill for several hours. Serve on lettuce. Serves 6.

CHICKEN SALAD

Cynthia Haynes

1 qt. chopped chicken breast, cooked
1 c. chopped celery
1 c. toasted slivered almonds
1 can chopped water chestnuts
1 c. mayonnaise, mixed with:

1/2 tsp. curry powder
1 1/2 tsp. soy sauce
1 T. lemon juice

Mix well; chill. Serve with fresh fruit.

HAM AND CHEESE PASTA SALAD

Sue Elmore

1 (16-oz.) pkg. of your favorite pasta
1 (16-oz.) pkg. Birds Eye farm fresh broccoli, green beans, pearl onions and red peppers
2 env. Good Seasons Italian salad dressing mix
1 c. scallions, cut into 1 1/2-inch diagonal strips
8 oz. cooked ham, cut into 1 1/2-inch diagonal strips*
8 oz. cheddar or provolone cheese, cut into 1 1/2-inch diagonal strips

*Or use 1/2 pound cooked chicken breast, cut into 1 1/2-inch diagonal strips. Cook pasta as directed on package; drain. Rinse with cold

(continued)

water and drain well. Run cold tap water over vegetables in strainer to thaw completely; drain. Prepare salad dressing as directed on envelope. Combine pasta, vegetables, scallions, ham and cheese in a large bowl. Add prepared salad dressing as needed, about 1 1/2 cups. Toss well. Chill 2 hours. Store any leftover salad in refrigerator. Makes 8 servings. **Note:** Two envelopes salad dressing mix may be prepared in 1-quart container with tight fitting lid.

JAPANESE CHICKEN SALAD

Payge Hardy

4 skinned chicken breast, cooked and chopped
1 head lettuce, chopped
3 green onions, sliced (Vidalia if available)
2 T. poppy seed
1 (4 to 6-oz.) pkg. slivered or sliced almonds
2 T. sugar
1/4 c. vinegar
1/4 c. salad oil
1 can chow mein noodles

Mix chicken, lettuce, poppy seed, onions and almonds. Set aside. Heat vinegar and sugar, stirring until sugar is dissolved. Cool to lukewarm. Add oil and dash of pepper if desired. Toss with chicken mixture. Refrigerate covered. AT SERVING TIME, ADD NOODLES. Will keep three days. Makes enough for 8 servings.

TUNA GARDEN SALAD

Karen Guynn

2 (7-oz.) cans tuna, packed in water
3 hard-cooked eggs, chopped
1 (2-oz.) jar sliced pimentos, drained
1/2 c. mayonnaise
1/2 c. thinly sliced celery
2 T. chopped parsley
Dash black pepper
1 T. minced onion
6 lg. lettuce leaves
1 med. green pepper, cut in strips
1 med. cucumber, sliced
Crackers

Drain and flake tuna. Blend in next 6 ingredients. Chill until time to serve. Just before serving, stir in onion. Arrange lettuce on serving platter. Mount tuna mixture in center. Garnish with green pepper and cucumber. Serve with crackers.

AUTUMN VEGETABLE TOSS

Sue Elmore

1 qt. torn cabbage
2 c. broccoli flowerets
1 c. chopped green pepper
1 c. radish slices
1 c. red grape halves, seeded
2/3 c. Kraft Thousand Island dressing

Combine ingredients; mix lightly. Chill. Serve in cabbage-lined bowl, if desired. Yield: 8 servings.

CAULIFLOWER-BROCCOLI SALAD

Payge Hardy

1 head cauliflower
1 bunch broccoli
1/2 green pepper
2 green onions (maybe 3, depending on amount desired)

Chop these ingredients into bite size and shape desired.

Dressing:

1 c. sour cream
1 c. Miracle Whip salad dressing
1/3 c. sugar
2 T. vinegar
Dash of Worcestershire sauce (about 1 tsp.)

Mix dressing together and pour over chopped ingredients. (Better if marinated overnight or 2 or 3 hours in refrigerator.)

GEE GEE'S VEGETABLE SALAD

Geneva Key

3 qts. chopped cabbage
1 1/2 c. chopped cucumbers
1 1/2 c. chopped carrots
1 c. chopped radish
1 c. green pepper

Mix all the above together.

1 pkg. Good Seasons Italian dressing
3/4 c. sugar

Mix by package directions and add sugar. Put over salad just before serving. Slice onions. Pull rings apart and put over top.

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ICEBOX VEGETABLE SALAD

Myrtle Moore

1 (16-oz.) can cut green beans, drained
1 (16-oz.) can whole kernel corn, drained
1 (4-oz.) jar pimiento, chopped and drained
1 (17-oz.) can tiny peas, drained
1 med. onion, chopped
1 med. green pepper, finely chopped
1 c. celery, finely chopped
1 c. sugar
1/2 c. vinegar
1/2 c. vegetable oil
1 tsp. salt
1/2 tsp. pepper

Combine all vegetables in a large glass bowl. Set aside. In a saucepan, combine sugar, vinegar, oil, salt and pepper. Bring to a boil. Cool slightly and pour over vegetables. Cover and refrigerate overnight. Salad may be stored in a covered container for a week.

ITALIAN PASTA SALAD

Sue Elmore

1 (16-oz.) pkg. of your favorite pasta
1 (16-oz.) pkg. Birds Eye Farm Fresh broccoli, cauliflower and carrots
8 oz. sliced pepperoni, cut into strips
1 c. red pepper strips
1 c. sliced red onions
1 c. prepared Good Seasons Italian salad dressing

Cook pasta as directed on package; drain. Rinse with cold water and drain well. Run cold tap water over vegetables in strainer to thaw completely; drain. Combine pasta, vegetables, pepperoni, red pepper, onions and dressing in a large bowl; toss. Chill 2 hours. Store any leftover salad in the refrigerator. Makes 8 servings.

ORIENTAL SALAD

Frances Lawrence

1 (17-oz.) can sm. green peas
1 (12-oz.) can white shoe peg corn
1 (8-oz.) can sliced water chestnuts
1 (4 1/2-oz.) can sliced mushrooms
1 (4-oz.) jar chopped pimentos
1 green pepper, chopped
1 onion, chopped
1 c. celery, chopped

Dressing:

1 c. sugar
1/4 c. oil
1/2 c. vinegar
1/2 c. water
2 T. red wine vinegar
1 tsp. soy sauce
1 tsp. dry mustard
1/2 tsp. paprika
1/4 tsp. pepper
1/4 tsp. garlic powder

Drain all canned vegetables and combine with chopped vegetables in a large bowl. Combine all dressing ingredients and pour over vegetables. Marinate overnight in refrigerator. Will keep 2-3 weeks. Yield: 10-12 servings.

PASTA GARDEN SALAD

Sue Elmore

1 (16-oz.) pkg. of your favorite pasta
1 (16-oz.) pkg. Birds Eye Farm Fresh broccoli, cauliflower and carrots
2 env. Good Seasons Italian salad dressing mix
1 c. sliced pitted ripe olives
1/2 c. grated Parmesan cheese

Cook pasta as directed on package; drain. Rinse with cold water and drain. Run cold tap water over vegetables in strainer to thaw completely; drain. Prepare salad dressing mix as directed on envelope. Combine pasta, vegetables, olives and cheese in a large bowl. Add prepared salad dressing as needed, about 1 1/2 cups. Toss. Chill 2 hours. Store any leftover salad in refrigerator. Makes 8 servings. **Note:** Two envelopes salad dressing may be prepared in 1-quart container with tight fitting lid.

PEA SALAD

Sandra Snow

1/2 head lettuce, shredded
1 (17-oz.) can green peas, drained
2 T. chopped onions
1/2 c. mayonnaise
8 oz. grated cheddar cheese
Bacon bits

Line bowl with lettuce. Layer peas and onion; spread with mayonnaise. Top with grated cheese and garnish with bacon bits.

SEACOAST SALAD

Sue Elmore

1 pkg. macaroni and cheese dinner
1 (8 1/2-oz.) can peas, drained
1 (6 1/2-oz.) can tuna, drained and flaked
1 c. salad dressing
1 c. chopped celery
1/4 c. sweet pickle relish, drained
2 T. finely chopped onion
Dash of salt

Prepare dinner as directed. Add remaining ingredients. Mix lightly. Chill. Add additional salad dressing before serving, if desired. Yield: 6-8 servings.

VEGETABLE SALAD

DeAnne Haynes

Boil:

1 c. sugar
3/4 c. vinegar
1/2 c. Mazola oil
Sprinkle of celery seed

Cool and pour over:

1 chopped cabbage head
1 chopped green pepper
1 chopped onion
1 chopped cucumber
1 diced tomato

Refrigerate and let stand overnight.

CRANBERRY SAUCE

Minnie Hodges

4 c. or 1 lb. fresh cranberries
2 c. sugar
1 1/2 c. water
2 T. grated orange rind

Combine water, berries and sugar in saucepan. Heat to boiling point, stirring until sugar dissolves. Boil rapidly until berries pop open, about 5 minutes. Add grated orange rind after removing from heat, stirring well. Store in refrigerator. Will keep several days.

BAKED BEANS

Peggy McCormick

1 lb. ground beef
1/2 c. onions, chopped
1/2 tsp. salt
1/4 tsp. pepper
2 T. vinegar
2 T. sugar
1 (16-oz.) can pork and beans
1/2 c. ketchup

Cook ground beef and onions until meat turns white. Add remaining ingredients and mix well. Bake in oven dish for 30 minutes at 350°.

BAKED BEANS

Shirley Simpson

1 lb. hamburger
1 onion, cut up in meat
1 can tomato sauce
1/2 c. ketchup
3 T. brown sugar
1 T. Worcestershire sauce
Salt and pepper to taste
Lg. can pork and beans

Brown hamburger and onions. Mix with rest of ingredients. Pour in casserole and bake about 1 hour at 350°.

BREADED TOMATOES

Myrtle Moore

8 to 10 med. firm, fresh tomatoes
1/2 c. butter, melted
1 c. crushed saltine crackers
1 T. grated Parmesan cheese

Cheese Sauce:

2 T. butter
2 tsp. salt
Dash white pepper
1 1/2 c. milk
3 T. grated Parmesan cheese

Peel and core tomatoes, but leave whole. Dip each whole tomato in melted butter. In a small bowl, combine saltine crumbs and Parmesan cheese. Roll tomatoes in crumb mixture, gently pressing crumbs into tomatoes. Place tomatoes in a single layer in a greased shallow baking dish. If there are any crumbs or butter left, combine them and sprinkle over the tomatoes. Bake at 475° for 15 minutes or until tomatoes begin to brown,

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and are heated through. (Watch closely, they burn easily.) Meanwhile, make cheese sauce. Melt butter in a medium saucepan. Stir in flour, salt and pepper. Add milk all at once; cook and stir over medium heat until thickened and bubbly. Remove from the heat. Stir in Parmesan cheese. Serve over tomatoes. Makes 8 to 10 servings.

COWBOY BEANS

Ann Wood

2 (15-oz.) cans pinto beans, rinsed and drained
3/4 c. water
1/2 c. molasses
1/2 c. finely chopped onions
1/2 c. coarsely chopped ham or 1/2 lb. crumbled, crisply cooked bacon, undrained
1 (4-oz.) can diced green chili pepper
1/4 c. ketchup
1 tsp. chili powder

In a 1 1/2-quart bean pot, combine all ingredients and simmer 30 to 35 minutes.

GREEN BEANS

Carol P. Snow

3 lbs. green beans
2 T. oil
Salt to taste

Wash, string and break green beans. Wash again. Put into kettle and cover with water. Add oil and salt. Cook until tender and water is gone.

LEATHER BRITCHES

Myrtle Moore

1/2 bushel of full grown beans (yet tender)

Any good bean with strings may be used. Corn field beans are good, or Kentucky Wonders, Pole beans, or Mountain White Half-runners. Wash and string beans. (DO NOT BREAK.) Thread a big needle with twine thread doubled, about 2 yards long when doubled. Put the needle in the middle of the bean pod to balance when strung. String as you would beads. Tie end. Hang up to dry. When bone dry, store. **To Cook:** Soak beans overnight and rinse. Cook with salt pork meat. Cook 6 to 8 hours slowly. The amount you cook depends on how hungry you are.

BROWN RICE

Carol E. Snow

1 c. rice (uncooked)
1 stick melted butter
1 c. water
1 can beef consomme
1 can mushrooms, drained

Bake at 350° for about 45 minutes, covered.

BROWN RICE

Cynthia Haynes

1/2 stick margarine, melted
1 c. long cooking rice
1 c. water
1/3 c. chopped onion or 2 T. onion flakes
1 can beef bouillon soup, undiluted
1 can beef consomme, undiluted

Mix all ingredients together and pour into casserole. Cover and bake at 350° for one hour.

CANDIED YAMS

Frances Lawrence

4 med.-sized sweet potatoes
1 c. white sugar
1 c. brown sugar
2 T. flour
1 c. cold water
1 stick margarine
1 tsp. vanilla
1/2 tsp. nutmeg or mace

Cook, peel and slice yams to 3/4 inch thick. Arrange in a large baking dish. Mix other ingredients. Bring these ingredients to a boil and pour over potatoes. Bake 30 minutes in a 400° oven.

DOUBLE BAKED SWEET POTATOES

Sue Elmore

6 lg. baked sweet potatoes
6 T. apple juice
1/2 c. squeeze margarine
2 T. packed brown sugar
1/2 tsp. ginger
Cocomallow Topping

Slice potatoes in half lengthwise. Scoop out center, leaving 1/8-inch shell. Mash potatoes. Add apple juice, margarine, brown sugar and ginger; beat until fluffy. Top with Cocomallow Topping. Bake at 350° for 20 to 25 minutes.

Cocomallow Topping:

1 c. Kraft miniature marshmallows
1/3 c. shredded coconut
1 T. squeeze margarine

Combine ingredients; mix well. **Variations:** Substitute one of the following for Cocomallow Topping. **Cran-Orange Topping:** Combine 1 (11-ounce) can mandarin orange segments, drained, and 1/3 cup whole berry cranberry relish. Substitute mandarin orange syrup for apple juice, if desired. **Pineapple-Nut Topping:** Combine 1 (8 1/4-ounce) can crushed pineapple, drained, and 1/3 cup chopped pecans. Substitute pineapple syrup for apple juice, if desired. **Granola-Raisin Topping:** Combine 1 cup granola, 1/4 cup raisins and 1 tablespoon squeeze margarine.

SWEET POTATO CASSEROLE

Cynthia Haynes

3 c. cooked, mashed sweet potatoes
1 stick butter, melted
3 eggs, beaten
1 c. sugar
1 tsp. vanilla

Beat together and pour into a casserole dish.

Topping:

1 c. brown sugar
1/2 c. plain flour
1 c. chopped pecans
1/2 c. butter

Mix together and sprinkle on top of casserole. Bake at 375° for 30 minutes.

CAULIFLOWER WITH CREAM SAUCE

Myrtle Moore

1 lg. cauliflower
2 T. butter
2 T. flour
1/2 tsp. salt
1/2 tsp. pepper
1 c. milk
1 c. grated sharp cheese
1 tsp. Worcestershire sauce

Remove leaves and stalk from cauliflower. Add 1 teaspoon of salt to 1 quart cold water and soak head down for 1/2 hour. Drain. Cook, covered, in 1 inch salted boiling water 15 to 20 minutes or until tender. Drain. Melt butter, blend in flour, salt and pepper. Add milk gradu-

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ally and cook, stirring constantly until thickened. Add remaining ingredients and cook over low heat until cheese is melted. Pour over cauliflower.

CORN ON THE COB

Ann Wood

6 to 8 fresh ears of corn

Remove the husk and silks from corn. Scrub with a stiff brush and rinse. In a covered Dutch oven, put corn and lightly salted water. Cook until tender, about 7 to 10 minutes. Transfer to platter and brush with butter. Serve hot. Makes 6 to 8 servings.

CORN VEGETABLE MEDLEY

Karen Hylton

1 (10 3/4-oz.) can Campbell's new golden corn soup
1/2 c. milk
2 c. broccoli
1 c. sliced carrots
1 c. cauliflower
1/2 c. shredded cheddar cheese

In saucepan, heat soup and milk to boiling. Stirring often, stir in vegetables. Return to boiling. Cover and cook over low heat 20 minutes or until vegetables are tender, stirring often. Stir in cheese. Heat through. If desired, substitute 16-ounce bag frozen vegetables for fresh vegetables and reduce cooking time to 15 minutes.

GRANDMA'S CREAMED CORN

Scarlett McCormick

Water
Frozen corn, cut off cob
2 T. sugar
1 to 2 tsp. salt
2 T. butter
Canned milk (sm. amount)
1 to 2 T. flour (either kind)

Place frozen corn in pan of water. Cook on medium high heat until thawed. While corn is cooking, pour about 1/3 cup canned milk into a cup. Mix in flour. Stir until all lumps are out. Set aside. Put sugar, salt and butter in hot corn. Then slowly add flour and milk mixture. Stir and mix all until thickened.

CREAM CORN

Pat Branch

Cut corn from ear. Put in saucepan and add small amount of water. Cook about 12 minutes. After corn comes to a boil, add butter (about 1/3 stick) according to the amount of corn you have. Add 1 teaspoon salt and 1/2 to 1 tablespoon of sugar and enough milk to make juice. Stir 3 to 4 tablespoons of cornstarch into small amount of water. Add to boiling corn. Stir constantly until desired thickness.

COPPER PENNIES

Olivia Fleming

5 c. sliced carrots, cooked until tender and drained
1 lg. onion, chopped
1 c. sugar
1 can tomato soup
1/2 c. salad oil
3/4 c. vinegar
1 T. dry mustard
1 T. Worcestershire sauce
1 tsp. salt
1 tsp. pepper

Pour liquid over carrots and refrigerate until serving time.

GLAZED BABY CARROTS

Viola Brown

1-lb. bag carrots, cleaned
2 T. butter
3 T. brown sugar
2-3 T. pineapple juice
1/2 tsp. ginger
Parsley to garnish

Cook carrots in a small amount of water until crisp. Melt butter in a small saucepan. Add sugar, juice and pour over carrots. Garnish.

GLAZED CARROTS

Barbara Jarrin

1 pkg. carrots, sliced

Sauce:

1 c. orange juice
1/2 c. sugar
1 T. cornstarch

Boil carrots in salt water until tender. Drain. While carrots are cooking, mix sauce. Add carrots to sauce and cook until clear.

ONION SUPREME

Louise Hill

4 c. onion, sliced
1/2 c. butter or margarine
1 can onion soup
1/2 c. mushrooms
1/3 c. almonds
Pepperidge Farm stuffing mix

Saute onions in 1/2 cup butter or margarine. Combine onions, soup, mushrooms and almonds in 1 1/2-quart dish. Top with Pepperidge Farm mixture and spoon melted butter all around on top. Bake at 350° for 30 minutes.

SCALLOPED CELERY

Louise Hill

4 c. coarsely chopped celery
1/4 c. slivered, blanched almonds
1 (6-oz.) can water chestnuts, sliced
1/2 c. canned mushroom pieces
5 T. butter
3 T. flour
1/2 c. half-and-half cream
1 c. chicken broth
1/2 c. dry bread crumbs
1/2 c. Parmesan cheese

Boil celery for 5 minutes. Drain. Mix with almonds, chestnuts and mushrooms. Melt butter in saucepan; add flour and cook roux until it bubbles. Add the cream and chicken broth. Cook until thick. Blend celery mixture into the sauce. Pour in casserole dish. Top with bread crumbs and cheese. Heat in 375° oven until hot and bubbly. Serves 6 or 8.

SQUASH PIE

Vera Ashburn

2 1/2 c. cooked squash
2 1/2 c. sugar
1 stick butter
2 tsp. vanilla
1 lg. can milk
1/2 c. coconut

Cook 20 minutes. Put coconut on top and cook 20 minutes at 350°.

CROCKPOT CHILI BEANS

Sandy Nester

2 lbs. ground beef
2 T. oil
2 c. chopped onions
1 clove garlic, minced
2 T. chili powder
1 T. chili seasoning
2 tsp. ground cumin
1 bay leaf
1 beef bouillon cube in 1/2 c. water
1 (28-oz.) can tomatoes
3 (16-oz.) cans red kidney beans
1 tsp. salt

Brown beef in hot oil in skillet. Discard excess fat. Put all ingredients in crockpot; stir once. Cover and cook on low 8-10 hours (or high 5 hours). Discard bay leaf and serve hot. Makes 8-10 servings.

CHILI

Kathy G. Collins

1 lb. ground beef
1 tsp. salt
2 or 3 T. chili powder
1/2 c. water
1 (18-oz.) can tomato sauce
1 sm. onion, chopped

Brown hamburger and onions. Add remaining ingredients and simmer 1 hour.

CHILI

Sandra Snow

Onions
Oil
3 T. flour
1 1/2 lbs. hamburger
1 qt. tomato juice
1 lb. kidney beans
1 pt. water
Salt
2 T. sugar
1 T. chili powder

Brown onions in a little oil in a skillet. Add flour to browned onions. Add hamburger and tomato juice. Stir and add kidney beans and water. Cook about 1 hour on low heat. Add salt to taste. Add sugar and chili powder to taste.

HOMEMADE CHILI FOR HOT DOGS

Payge Hardy

1 med. onion, finely chopped
1 lb. ground beef
1/2 lb. lean pork sausage
1 (6-oz.) can tomato paste
1 (8-oz.) can tomato sauce
1 T. Worcestershire sauce
1 T. chili powder, or to taste
Hot pepper sauce to taste

Cook onion, beef and sausage together, stirring until lightly browned. Drain. Add remaining ingredients and simmer about 15 minutes, adding a little water as needed.

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BAKED POTATOES

Kandy Easter

What you do: (1) Preheat the oven to 375°. (2) Use 1 baking potato for each person you want to serve. Scrub them under running cold water with a vegetable brush to get off all the dirt. Pat them dry with paper towels. Stick each potato in a couple of places with a fork (so that they won't explode when you bake them!). (3) You can bake the potatoes right on the oven rack, or you can put them in a baking pan if you'd rather. Bake them for 1 hour, then test to see if they're done: If you can stick a fork into them easily, they're ready to eat. If they're still a little hard, put them back in the oven and try them again in 15 minutes. (4) Cut 2 slits in each potato, one going the long way, the other crossing it the short way. With a pot holder, gently press the ends of the potato toward the center until some of the insides pop up through the opening. Top your potatoes with butter or sour cream. Or what about trying something new? Cream cheese? Deviled ham spread? Crumbled bacon? Tuna fish and mayonnaise? Almost anything!

FRIED POTATO CAKES

Carol P. Snow

1 dish leftover mashed potatoes
2 T. flour
2 sm. onions, chopped finely
Pepper to taste

Pat out potato cakes and fry in hot oil or bacon fat until golden brown on both sides.

GOLDEN PARMESAN POTATOES

Carol E. Snow

6 lg. potatoes
1/4 c. sifted flour
1/4 c. Parmesan cheese
3/4 tsp. salt
1/8 tsp. pepper
1/3 c. butter

Peel potatoes and cut into quarters. Combine flour, cheese, salt and pepper in bag. Moisten potatoes and place a few at a time in bag. Coat well. Melt butter in a 13 x 9-inch pan. Place potatoes in pan and bake at 375° for 1 hour. Turn one time. When brown, sprinkle with parsley and serve.

HOLLY TATERS

Scarlett McCormick

6 med. potatoes
1/4 c. Parmesan cheese
1/4 c. flour
1/4 tsp. salt
1/8 tsp. pepper

Wash potatoes well and slice in wedges. Mix remaining ingredients in plastic bag. Add potatoes and shake well. Bake at 350° in greased pan until done, about 20 minutes.

MASHED POTATOES

Karen Guynn

4 med. potatoes
2 T. mayonnaise
Dash salt
Dash pepper
2 T. butter

Peel potatoes and slice. Put in just enough water to cover potatoes. Cook until tender. Drain water and add mayonnaise, salt, pepper and butter. Beat with mixer until creamy.

OVEN-ROASTED POTATOES

Sue Elmore

2 lbs. sm. unpeeled red potatoes, cut into wedges
2 to 3 T. vegetable or olive oil
2 garlic cloves, minced
1 T. chopped fresh rosemary or 1 tsp. dried rosemary
1/2 tsp. salt
1/4 tsp. pepper

Place potatoes in a 13 x 9 x 2-inch baking pan. Drizzle oil over. Sprinkle with garlic, rosemary, salt and pepper; toss gently to coat. Bake at 450° for 20 to 30 minutes or until potatoes are golden brown and tender when pierced with a fork. Makes 6 to 8 servings.

PARMESAN POTATOES

Susie Branch

6 lg. potatoes
1/4 c. sifted flour
1/2 c. Parmesan cheese
3/4 tsp. salt
1/8 tsp. pepper
1/2 c. margarine

Peel potatoes and cut into quarters. Combine flour, cheese, salt and pepper in plastic bag. Moisten potatoes with water. Shake a few potatoes at a time in bag. Melt butter in 9 x 13-inch baking dish. Place potatoes in dish. Bake at 375° for 1 hour. Turn potatoes once after 30 minutes.

POTATO CHIPS

Donna M. Tucker

4 lg. potatoes
2 1/2 c. cooking oil
Cold salted water

Peel and slice very thin. Soak in salt water about 10 minutes. Drain and dry well. Heat oil. Fry only a few at a time until golden brown. Sprinkle with salt. Serve hot or cold.

POTATO SALAD

Peggy McCormick

6 med. potatoes, cubed
3 eggs, boiled and diced
3 T. pickles, diced
1 tomato, diced, seeds removed
2 T. onion, chopped
1 T. salt
Pepper to taste
2 T. mayonnaise

Cook potatoes with salt until done. Drain and cool. Mix potatoes, diced eggs, pickles, tomatoes, onion, pepper and mayonnaise. Place on platter and sprinkle with paprika.

POTATO WEDGES

Karen Hylton

6 to 8 potatoes
2 1/2 to 3 c. cornflakes, crushed
1/2 c. Parmesan cheese
Salt and pepper

Cut potatoes lengthwise. Dip in Wesson oil. Add cornflakes, Parmesan cheese, salt and pepper. Place in Ziploc bag. Shake potatoes to

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coat. Place in baking pan and bake at 350° for 1 hour or check for doneness.

TWICE BAKED POTATOES

Frances Lawrence

6 lg. baking potatoes
1/2 c. hot milk
4 T. butter
1/2 c. sour cream
1/4 tsp. onion powder
1 T. chopped parsley or chives
1 tsp. salt
1/2 tsp. pepper
1 c. shredded cheddar cheese
6 slices bacon, cooked and crumbled

Bake well-scrubbed potatoes in 400° oven until done. Do not wrap in foil but grease skins. Remove from oven when done and split through middle. Scoop out pulp but leave about 1/8 to 1/4 inch in potato shells. Reserve shells. Place pulp in blender or mixer. Add hot milk, butter and sour cream. Add all other ingredients. Mix well. Refill shells. Sprinkle with paprika on top. Place in hot oven until thoroughly heated. Serve at once. Can be made ahead of time and refrigerated or wrapped in foil and frozen. Serves 12.

STUFFED GREEN PEPPERS

Karen Guynn

8 green bell peppers
1 lb. ground hamburger
1 c. rice
2 eggs
2 sm. onions, chopped
1 c. tomato juice
1 tsp. salt
1/4 tsp. pepper

Clean seeds from pepper and wash. Mix other ingredients thoroughly and stuff into peppers. Bake at 325° for 45 minutes or until pepper is done.

STUFFED GREEN PEPPERS

Myrtle Moore

5 to 6 med. green peppers
3/4 c. uncooked brown rice
1 lb. lean ground beef
1 med. onion, chopped
1 (8-oz.) can tomato sauce
1/4 tsp. dried basil
1/4 tsp. oregano
1/4 tsp. dried thyme
1/2 tsp. salt
Pepper to taste
1/2 tsp. instant bouillon

Remove tops and seeds from peppers. In a large kettle, bring water to a boil. Cook peppers for 5 minutes. Remove and drain. Cook rice according to package directions. In a skillet, brown beef and onions. Drain. Add tomato sauce, herbs, salt and pepper. Cook 5 minutes. Stir in rice. Stuff peppers with the rice mixture. Place upright in a

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shallow baking dish on casserole. Bake at 375° for 15 to 20 minutes. Leftover peppers will freeze well.

CAROLINA REFRIGERATOR COLESLAW

Frances Lawrence

1 lg. cabbage
1 med. green pepper
1 med. onion

Chop in blender. Mix well. Combine:

1 c. sugar
1 tsp. salt
1 tsp. dry mustard
1 tsp. celery seed
1 c. vinegar
2/3 c. vegetable oil

Bring to a boil, then cool. Pour over cabbage mixture. Refrigerate.

BARBECUE SLAW

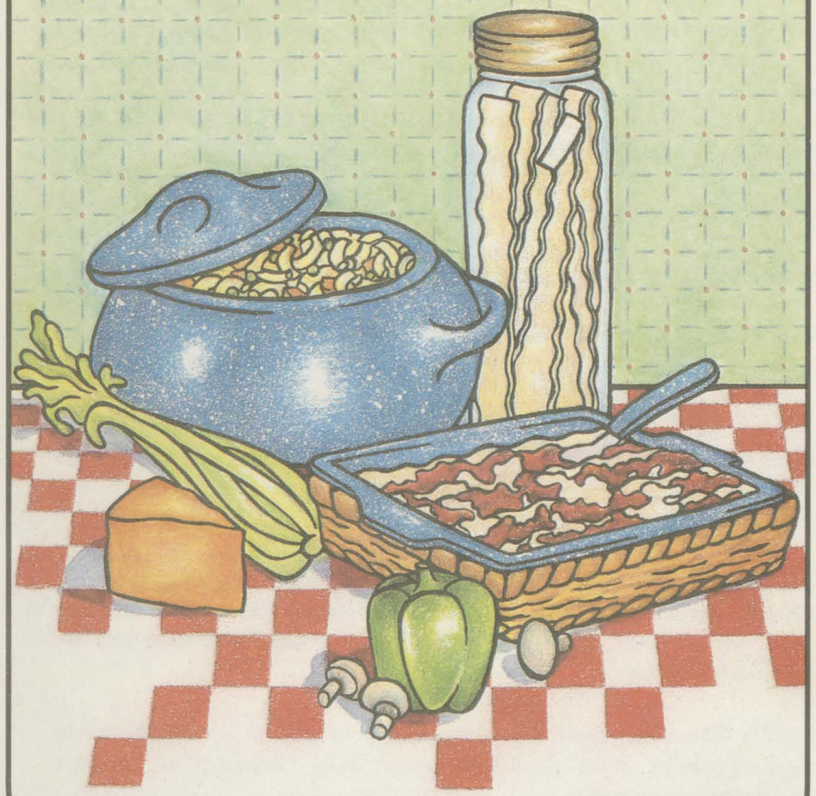
Carol P. Snow

16 c. chopped cabbage (2 lg. heads)
2 c. brown sugar
2 c. vinegar
8 tsp. salt
2 tsp. pepper
12 T. catsup

Mix the above until sugar is dissolved and pour over cabbage. Mix well. Refrigerate.

Recipe Favorites

Main Dishes & Casseroles



Main Dish Mentionables

• When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop 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 while being heated.

• Don't refreeze cooked thawed foods.

• Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.

• Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.

• Don't freeze cooked egg white. It becomes tough.

• Spray your grill with vegetable oil to prevent sticking.

• Instant potatoes are a good thickener for stews.

• When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.

• Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.

• The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.

• Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

AMERICAN CHOP SUEY

Teresa Pratt

1 lb. ground round
2 T. shortening
1 lg. onion, chopped
1 green pepper, chopped
3/4 c. rice
1 c. chopped celery
2 c. chopped tomatoes
1 tsp. salt

Brown ground round in shortening in saucepan. Add remaining ingredients; mix well. Cook, covered, over high heat until steaming; remove from heat. Let stand for 1 hour. Yield: 8 servings. (Approximately per serving: Calories: 215; protein: 13.8 grams; total fat: 9.4 grams; cholesterol: 38.0 milligrams; carbohydrate: 18.3 grams; sodium: 331.0 milligrams; potassium: 382.0 milligrams.

BROCCOLI CASSEROLE

Glenda Key

2 pkgs. chopped broccoli, cooked for 10 minutes
1 onion, chopped
3 c. rice, cooked
1 sm. jar Cheez Whiz
1/4 c. milk
1 can cream of mushroom soup

Mix together and bake at 350° for 30 minutes.

EASY BROCCOLI CASSEROLE

Fern Wright

2 pkgs. frozen, chopped broccoli
1 c. grated cheddar cheese
1/2 c. mayonnaise
1 can cream of mushroom soup
1/2 stick butter
2 eggs, beaten
1 sm. bag Pepperidge Farm dressing mix

Cook broccoli in the microwave until tender. Add cheese, mayonnaise, soup and eggs. Mix well. Sprinkle dressing mix over top and dot with butter. Bake in 9 x 13-inch Pyrex dish at 350° for 40 minutes.

BROCCOLI CASSEROLE

Scarlett McCormick

Broccoli
1 can cream of chicken soup
1 (8-oz.) jar Cheez Whiz
2 tsp. melted butter

Boil broccoli. Mix together ingredients. Pour over broccoli in baking dish. Bake at 350° for 20 minutes.

BRUNCH CASSEROLE

Glenda Key

1 pkg. Betty Crocker hash brown potatoes
1 1/2 c. cheddar cheese, shredded
1 c. Swiss cheese, shredded
1/2 c. Parmesan cheese
1 tsp. salt
1 c. ham or bacon, cooked and finely chopped
1 tsp. dry mustard
Dash pepper
1/2 c. chopped onions
6 eggs, well beaten
1 1/2 c. water
1 c. milk
Paprika

Mix all ingredients together, except paprika, until potatoes begin to get a little soft. Pour into a greased 12 x 7 x 2-inch baking pan. Sprinkle paprika on top. Bake at 350° for 40 to 45 minutes. Let set 3 to 4 minutes before serving. Serves 8.

CHEESEBURGER CASSEROLE

Shirley Simpson

1 lb. ground beef
1 can Manwich
6 slices cheese
1 can refrigerator biscuits
1 c. diced onion, if desired

Brown beef and drain excess fat. Add Manwich and simmer 5 minutes. Pour into casserole dish and place cheese slices on top. Cut biscuits in half and place across top of cheese. Bake at 350° until biscuits are brown. Serves 4 to 6.

CHEESEBURGER PIE

Scarlett McCormick

1 can crescent rolls
1 lb. hamburger
1/2 lb. cheddar cheese
2 (6-oz.) cans tomato paste
1/4 c. onion, chopped
Dash of oregano, salt and pepper

Saute onions. Brown hamburger. Drain fat. Add tomato paste and 6 ounces of water. Add seasonings. Spread crescent rolls in round pie plate. Pour meat mixture in. Slice cheese and pour on top. Bake at 375° for 25 minutes.

CHICKEN CASSEROLE

Ann Guynn

3 c. cooked chicken
1 c. celery
1/2 tsp. finely chopped onion
3/4 c. mayonnaise
2 T. lemon juice
1 can cream of chicken soup

Mix and let stand overnight.

Topping:

1 c. potato chips
1 c. grated cheese
1/2 c. slivered almonds

Spread on other mixture. Bake 30 minutes at 400°.

CHICKEN CASSEROLE

Scarlett McCormick
Carol P. Snow

1 pkg. cornbread dressing
1 stick margarine
1 can cream of mushroom soup
2 cans cream of chicken soup
4 lg. chicken breasts

Stew chicken; do not salt. Pick off bones and discard. Save broth. Melt margarine and stir into dressing. In a greased 13 x 9-inch pan or 2 small casserole dishes, put a layer of dressing crumbs, layer of chicken, layer of mushroom soup diluted with 1 can broth. Again layer crumbs, chicken and 2 cans chicken soup diluted with 1 soup can filled with broth. Top with a few crumbs and bake at 350° until brown for 45 to 60 minutes. Use no salt at all.

CHICKEN AND BROCCOLI CASSEROLE

Olivia Fleming

2 c. cooked, cubed chicken
2 c. sliced celery
3/4 c. mayonnaise
1/3 c. toasted, slivered almonds
2 T. lemon juice
2 tsp. grated onion
1/2 tsp. salt
1 1/2 c. chopped fresh broccoli
1 c. shredded American cheese

Blend all ingredients together and pile mixture lightly in 8 x 8-inch square baking pan. Spread cheese over top and bake at 350° for 45 to 50 minutes.

CHICKEN POT PIE

Carol E. Snow

4 chicken breasts
1 lg. can mixed vegetables
1 can cream of celery soup
1 can cream of chicken soup

Boil chicken breasts until tender. Keep broth. Drain can of mixed vegetables and mix with cream of celery, cream of chicken soup and 1 1/2 cans of broth. Mix together in bowl. Chop chicken and line casserole dish. Pour vegetables over chicken.

Crust:

1 1/2 c. self-rising flour
1 c. milk
1 stick melted margarine
1/4 tsp. black pepper

Mix flour, pepper, margarine and milk. Pour over vegetables evenly. Bake at 325° for 45 minutes or until golden brown. **Note:** For plain chicken DELETE mixed vegetables and cream of celery soup and use 2 cups of broth instead 1 1/2. Bake at 425° for 30-45 minutes.

COMPANY BEEF CASSEROLE

Karen Hylton

1 lb. hamburger
1 onion
1 can tomatoes
1 can cream of mushroom soup
2 T. ketchup
2 T. parsley flakes
1 c. grated cheese
1 c. cooked macaroni noodles
3 T. A-1 sauce

Brown hamburger and onion. Drain off grease. Add tomatoes, ketchup, parsley and A-1 sauce. Simmer 20 minutes. Add macaroni and soup. Put in a greased baking dish and top with cheese. Bake at 350° for 20 to 25 minutes or until cheese melts.

CLASSIC GREEN BEAN CASSEROLE

Teresa Pratt

2 (9-oz.) pkgs. frozen cut green beans
1 can Campbell's cream of mushroom soup
1/2 c. milk
1 tsp. soy sauce
Dash pepper
1 (2.8-oz.) can Durkee French-fried onions

Microwave: (1) Place beans in medium microwave-safe bowl. Cover; microwave on high 9 minutes or until tender, stirring twice during cooking. Drain. (2) In 1 1/2-quart microwave-safe casserole, stir soup, milk, soy sauce and pepper until smooth. Stir in beans and 1/2 can

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onions. Cover; microwave on high 7 minutes or until hot and bubbling, stirring once during cooking. (3) Sprinkle with remaining onions. Microwave, uncovered, on high 1 minute. Makes 6 servings. **Conventional:** (1) Cook and drain beans. In 1 1/2-quart casserole, stir soup, milk, soy sauce and pepper until smooth. Stir in beans and 1/2 can onions. (2) Bake at 350° for 30 minutes or until hot; stir. Top with remaining onions. Bake 5 minutes.

GROUND BEEF CASSEROLE

Scarlett McCormick

1 lb. ground beef
1/2 c. chopped green pepper
1/2 c. chopped onion
1 (6-oz.) can tomato paste
1/2 c. water
1 (1-lb.) can tomato soup
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano
Velveeta cheese
1 lb. lg. macaroni

Saute beef with pepper and onions. Add tomato ingredients and seasoning. Alternate layer of cooked macaroni, meat, sauce and cheese, ending with cheese. Bake at 350° for 30 minutes.

HAM AND CHEESE QUICHE

Sandy Nester

4 eggs
1 1/4 c. milk
1/4 tsp. black pepper
1/4 tsp. baking powder
1 c. shredded Swiss or cheddar cheese
1/4 c. chopped green pepper
1/4 c. chopped onions
1 c. diced ham
1 (9-inch) deep dish pie shell

Mix together first 4 ingredients. Add the remaining ingredients and mix together. Spoon into pie shell and bake at 400° for 30-60 minutes, until firm in middle and brown on top.

HAM AND POTATOES AU GRATIN

Sue Elmore

2 c. sliced, peeled potatoes, cooked
1 c. diced, cooked ham
1 T. minced onion
1/3 c. butter or margarine
3 T. all-purpose flour
1 1/2 c. milk
1 c. (4 oz.) shredded cheddar cheese
3/4 tsp. salt
Dash white pepper
Chopped fresh parsley

Combine potatoes, ham and onion in a greased 1-quart casserole; set aside. In a saucepan, melt butter over medium heat; stir in flour smooth. Gradually add milk, stirring constantly until mixture

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thickens and bubbles. Add cheese, salt and pepper; stir until the cheese melts. Pour over potato mixture and stir gently to mix. Bake at 350° for 35 to 40 minutes or until bubbly. Garnish with parsley. Makes 2 servings.

HASH

Brad Easter

2 lg. potatoes
1 lb. hamburger
1 med. onion
Dash garlic salt
Dash pepper
Dash salt

Brown hamburger over medium heat in large skillet. Dice potatoes (can leave skin on or off). Dice onions and add with potatoes to hamburger. Cut temperature to low. Add garlic salt, pepper and salt. Cover and cook until potatoes and onions are tender.

HEAVENLY ONION CASSEROLE

Myrtle Moore

2 T. butter
3 med. sweet onions, sliced
8 oz. fresh mushrooms, sliced
1 c. (4 oz.) shredded Swiss cheese
1 (10 3/4-oz.) can condensed cream of mushroom soup, undiluted
1 (5-oz.) can evaporated milk
2 tsp. soy sauce
6 to 8 slices French bread, 1/2 inch thick
6 to 8 thin slices Swiss cheese (about 4 oz.)

In a large skillet, melt butter over medium-high heat. Saute onions and mushrooms until tender. Place in a 12 x 7 1/2 x 2-inch baking dish or 2-quart casserole. Sprinkle shredded cheese on top. Combine soup, milk and soy sauce. Pour over cheese. Top with bread and cheese slices. Cover and refrigerate 4 hours or overnight. Bake, loosely covered, at 375° for 30 minutes. Uncover and bake 15-20 minutes longer or until heated through. Let stand 5 minutes before serving. Yield: 6-8 servings.

IMPOSSIBLE CHEESEBURGER PIE

Sue Elmore

1 lb. ground beef
1 1/2 c. chopped onion
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 c. milk
3/4 c. Bisquick
3 eggs
2 tomatoes, sliced
1 c. shredded cheddar cheese
Oregano
Garlic
Celery salt

Heat oven to 400°. Grease pie plate. Brown beef and onion. Drain. Stir in salt and pepper. Spread in plate. Beat milk, Bisquick and eggs until smooth. Pour into plate. Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted comes out clean, 5-8 minutes. Cool 5 minutes. Serves 6-8.

JOHN BER GETTING CASSEROLE

Sue Elmore

1 1/2 lbs. ground beef
2 med. onions, chopped
1 bell pepper
3 pimentos
1 can green peas
1 can tomato soup
1 can cream of mushroom soup
1 sm. pkg. noodles

Brown meat, onions and pepper. Drain. Cook noodles and drain. Mix all ingredients well. Turn into buttered cake pan and bake one hour at

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350°. Remove from oven and sprinkle with grated cheddar cheese.

LIMA BEAN CASSEROLE

Gertrude C. Wall

1 pkg. frozen lima beans
3/4 c. grated cheese
1 can pimentos
1 can cream of mushroom soup
Pinch of salt
Pepper to taste
Seasoning salt to taste
1 T. butter
Cracker crumbs

Cook beans until barely done. Mix with grated cheese, pimentos and mushroom soup. Season and pour in casserole. Crumble crackers on top. Dot with butter. Brown at 300°. DELICIOUS!

MACARONI AND CHEESE

Frances Lawrence

1 1/2 c. macaroni
1 tsp. salt
1 1/2 c. grated American cheese
1 c. evaporated milk
1 egg, beaten
1/2 c. milk
3/4 stick margarine

Cook macaroni with salt. Drain. Add other ingredients. Pour into a large baking dish. Bake at 350° for 30 minutes.

MACARONI AND CHEESE CASSEROLE

Lena Beck

1 box Kraft macaroni and cheese dinner
1/2 c. chopped onions
1/4 c. chopped pepper
1/2 c. chopped celery
1 can cream of mushroom soup
1 c. chopped ham

Cook macaroni and cheese as directed on box. Add onions, pepper, celery, mushroom soup (undiluted) and chopped ham. Bake in 1 1/2-quart dish at 350° for 30 minutes.

NOODLES

Karen Guynn

3 c. unsifted all-purpose flour
1/2 tsp. salt
4 egg yolks
2 T. lukewarm water
1 T. salad oil

Sift flour and salt into medium bowl. Make well in center. Add eggs and water; beat with fork until well combined. Dough will be stiff. Turn out on wooden board. Knead dough until it is smooth and elastic, about 15 minutes. Cover with bowl, let rest at least 30 minutes. Divide into four parts. Keep covered with bowl until ready to roll out. On lightly floured pastry cloth or board, roll each part into a rectangle about 16 x 14 inches. The dough should be about 1/16 inch thick. Work quickly because dough dries out. From long side, roll up loosely as for jellyroll.

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With thin sharp knife, cut roll crosswise 1/8 inch wide for fine noodles, 1/3 inch wide for broad. Unwind noodles, stretching slightly and wind loosely around fingers. Arrange on ungreased cookie sheets. Let dry overnight. Makes 1 pound. Next day, about 1/2 hour before serving, make chicken broth and drop noodles in very easily. Store dried noodles in a covered jar in a cool place.

HOMEMADE NOODLES

Myrtle Pratt

3 egg yolks
1 egg white
Pinch of salt
2 c. flour

Beat yolks and white until thick and lemon colored. Add salt and flour. Knead with hands and divide dough into 3 parts and roll each paper thin. Let partly dry; cut into desired size.

NORTH CAROLINA YAM CASSEROLE

Geneva Key

3 c. cooked mashed yams
1 c. sugar (too sweet for me, I use 1/2 c.)
2 eggs
1/2 c. milk
1 tsp. vanilla
1/2 tsp. salt
1 stick margarine or butter (I use margarine)

Blend together slowly by hand. Add 1/2 stick oleo, melted. Put in buttered 10 x 10-inch casserole dish.

Topping:

1/2 stick margarine
1/2 c. self-rising flour, sifted
1 c. brown sugar
1/2 c. chopped pecans

Mix to crumbly texture. Sprinkle over top of casserole. Preheat oven to 350°. Cook about 30 minutes. SERVE HOT AS A VEGETABLE OR COLD AS DESSERT!

ONE POT DINNER

Pat Branch

1/2 to 1 lb. ground beef
1 c. chopped onion
2 (1 lb. 15-oz.) cans pork and beans
1 can kidney beans, drained
1 can lima beans, drained
1 c. ketchup
1/4 c. brown sugar
3 T. white vinegar
1 tsp. salt
Dash pepper

Brown beef in skillet. Drain and put in baking dish. Brown onion. Add all other ingredients. Stir well. Cover and bake at 350° for 1 hour or put in crockpot and cook on low 4 hours. A good Sunday Dinner with salad and rolls. Ready when you get home from church.

PINEAPPLE CASSEROLE

Mary Wright

2 (15 1/2-oz.) cans pineapple tidbits, undrained
1 c. sugar
3 T. flour

Mix well and put in baking dish.

Topping:

1 c. grated cheddar cheese
1 stack Ritz crackers, crushed
1 stick butter, melted

Pour over top. Bake at 350° for 30 minutes.

BAKED PORK CHOP CASSEROLE

Frances Lawrence

6 thick pork chops
1 tsp. salt
1/4 tsp. pepper
2 T. oil
1 c. quick-cooking rice
1 can cream of chicken soup
1 soup can water
1 T. onion flakes
1 tsp. parsley
1 c. milk

Season chops with salt and pepper. Brown in oil in a heavy skillet. Place in baking dish. Cover with rice, sprinkle onion flakes and parsley. Mix soup, water and milk. Pour over rice and chops. Make sure all rice is covered with liquid. Bake at 350° for 1 1/4 hours or until all liquid is absorbed by chops and rice. Serves 6. You can use a baking bag with this same procedure. Reduce cooking time to one hour.

PORK CHOPS AND VEGGIES

Linda Wright

4 pork chops
4 med. potatoes, quartered
2 carrots, cut in 2-inch strips
2 med. onions, cut in lg. pieces

Put in cooking bag. Sprinkle with salt. Bake at 350° for 2 to 2 1/2 hours or until done.

POTATO-BURGER PIE

Ann Wood

1 (9-inch) deep dish pie shell
1 lb. hamburger
1/2 c. chopped onion
1/2 tsp. salt
1/2 tsp. pepper
2 T. flour
1 T. Worcestershire sauce
1/2 tsp. garlic salt
2 eggs, beaten
1 med. potato, grated
1 (8-oz.) can tomato sauce
1 c. shredded cheddar cheese

Heat oven to 375°. Cook and stir ground beef and onion until beef is brown. Drain. Mix eggs, potatoes, Worcestershire sauce, garlic with cheddar cheese. Bake until set, about 45 minutes.

POTATO CASSEROLE

Carol E. Snow

1 lg. bag hash browns, thawed
1 pt. sour cream (2 c.)
1 c. onions, chopped
8 oz. grated cheese
1 1/4 c. melted butter
1 can cream of chicken soup
1/2 c. bread crumbs

Combine all ingredients with 3/4 cup butter. Top with bread crumbs and other 1/2 cup butter. Bake 1 1/2 hours at 325°.

POTATO CASSEROLE

Myrtle Moore

2 sticks butter, melted
2-lb. bag frozen hash browns
1/2 pt. sour cream
1 can cream of chicken soup
1/2 c. onion, chopped
2 c. grated cheddar cheese
1 tsp. salt
1/2 tsp. pepper
3 c. crushed cornflakes

Thaw hash browns in the bag. Combine 1 stick butter with everything (except cornflakes). Put in a 9 x 13-inch pan. Cover with cornflakes mixed with 1 stick melted butter. Bake 40 to 45 minutes at 350°. It can be frozen, thawed and then baked.

POTATO CHIP TUNA CASSEROLE

Sue Elmore

1 (10 1/2-oz.) can condensed cream of mushroom soup
3/4 c. milk
2 tsp. finely minced onion
Salt & pepper to taste
3 c. coarsely crushed potato chips
1 (6-oz.) can tuna
Potato chips for garnishing

Blend the mushroom soup and milk. Add minced onion and bring slowly to the boiling point, stirring constantly. Season to taste with salt and pepper. Arrange half of the crushed potato chips in the bottom of a casserole dish. Top with half of the flaked or grated tuna. Repeat layers. Pour mushroom soup mixture over all and garnish

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top with whole potato chips. Bake in a moderate oven (350°) for about 25 minutes, or until thoroughly heated and lightly browned. Makes 5-6 servings.

RICE CASSEROLE

Carol P. Snow

1 c. uncooked rice
1 c. water
1 can beef bouillon soup
1 can drained mushrooms
1 stick butter, melted

Cook in covered casserole dish for 45 minutes at 350°.

SALLY'S ITALIAN PIE

Payge Hardy

1 lb. ground beef, browned and drained
1/2 c. chopped onion
1/2 tsp. salt
1/2 tsp. pepper
1 (8-oz.) can tomato sauce
1 (10 3/4-oz.) can onion soup
1 (4-oz.) pkg. cheddar cheese, grated
1 can Pillsbury crescent dinner rolls
1/2 c. sour cream

Brown beef and onions and then drain. Add salt, pepper, tomato sauce and onion soup. Pour ingredients into a greased 9 x 13-inch baking dish. Top with sour cream and grated cheese. Unroll crescent rolls and place on top to make a crust. Bake at 375° for 25 to 30 minutes or until brown on top. Makes 10 servings.

SAUSAGE AND EGG DELIGHT

Frances Lawrence

1 lb. sausage, browned and drained
6 eggs
2 c. milk
1 tsp. dry mustard
1/2 tsp. salt
1 c. grated sharp cheddar cheese
5 slices bread, cubed and crust removed

Beat eggs and milk together. Grease a 9 x 13-inch baking dish and layer with bread. Make a layer of bread, sausage and cheese. Pour egg mixture over all ingredients. Refrigerate overnight. Bake at 350° for 1 hour with foil over pan. Serves 6 to 8.

BAKED ITALIAN SPAGHETTI

Carol P. Snow

1 med. onion, chopped
1 lb. ground beef
2 to 3 T. oil
3 (8-oz.) cans tomato sauce
3/4 c. tomato juice
1/4 tsp. oregano
1/4 tsp. basil
1/4 tsp. rosemary
1/4 tsp. marjoram
Dash garlic salt
1 tsp. sugar
Salt & pepper to taste
1/2 lb. spaghetti in 2-inch lengths
1/4 lb. grated cheddar cheese

Cook onion and beef in oil, stirring, until lightly browned. Add tomato sauce, tomato juice and spices.

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Simmer a few minutes until thickened. Meanwhile, cook spaghetti by package directions. Drain. Mix spaghetti with the meat mixture and half the cheese. Spread into a baking dish. Top with remaining cheese. Bake in a 350° oven for 20 to 25 minutes or until bubbly. Makes 6 servings. **Note:** To serve, cut into squares.

SQUASH CASSEROLE

Kathy G. Collins

3 c. sliced squash
1/2 stick melted margarine
1 egg, beaten
Salt and pepper to taste
1 sm. onion, chopped
1/2 c. milk
1 c. Ritz crackers, crushed

Mix together and sprinkle grated cheese on top. Bake at 350° until bubbly.

SQUASH CASSEROLE

Sandy Nester

Mix:

4 eggs
1/2 c. oil
1 c. Bisquick

Add:

3 c. grated squash
1/2 c. onion
1 c. grated cheese
Salt and pepper to taste

Bake for 40 minutes at 325° or until brown in 2 small greased baking dishes. (One large dish may require a little longer to bake.)

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SQUASH CASSEROLE

Dorothy Mitchell

2 lbs. cooked squash, drained
1 lg. onion, chopped
2/3 pkg. Pepperidge Farm dressing mix
1 can cream of chicken soup
1 stick butter, melted
Salt and pepper to taste

Combine all ingredients. Bake in casserole at 350° for 30 minutes or until done.

SWEET POTATOES

Sandy Nester

3 c. sweet potatoes, mashed and drained
1 c. sugar
1/2 tsp. salt
1/3 stick margarine, melted
1/2 c. milk
1 tsp. vanilla
2 eggs

Combine and put in greased dish. Sprinkle on top:

1 c. brown sugar
1/2 c. flour
1/3 stick butter, melted
Chopped nuts

Bake at 350° for 35 minutes.

SWEET POTATO CASSEROLE

Cynthia Haynes
Carol P. Snow

Mix the following:

3 c. cooked mashed sweet potatoes
1 stick melted butter
2 eggs, beaten
1 c. sugar
1 tsp. vanilla

Beat together and pour into casserole dish.

Top with:

1 c. brown sugar
1/2 c. butter
1/3 c. flour
1 c. chopped pecans

Blend together and sprinkle on sweet potatoes. Bake at 375° for 30 minutes.

SWISS OMELET

Sue Elmore

4 slices thick sliced bacon, chopped
1 c. cubed, cooked potatoes
1/3 c. onion, chopped
1/3 c. green pepper, chopped
6 eggs
6 T. milk
1/2 tsp. savory
1/2 tsp. thyme
1/4 tsp. salt
1/4 tsp. pepper
1 tomato, sliced
1 c. Swiss cheese, shredded

Saute bacon in 10-inch skillet for 5 minutes. Drain off all but 2 tablespoons drippings. Add potatoes, onions and peppers. Saute 5 minutes. Beat eggs, milk, and seasonings together. Reduce heat to medium. Pour eggs over mixture in skillet. Draw cooked portions toward center so uncooked portions flow to bottom. Slide pan rapidly over heat to prevent sticking. While top is still slightly moist, top with tomato slices and cheese. Cover and cook, just until cheese is melted. Serve immediately.

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TACO CASSEROLE

Glenda Key

1 lb. ground beef
1 pkg. taco seasoning mix
1 box taco shells
1 can kidney beans
1 lg. onion
1 pkg. each: shredded cheddar and mozzarella cheese
Salt and pepper to taste

Brown onion with 1 tablespoon oil or shortening and 1 tablespoon catsup. Reserve. Brown hamburger and add onions. Drain kidney beans and add to this. Heat at medium temperature. In casserole dish, break taco shells to line bottom of dish. Layer with casserole mixture, cheese, shells, etc. until used up. Top layer should be covered well with cheeses. Bake at 350° for 10-15 minutes or until cheese melts.

TACO SALAD

Gloria Carter

1 lb. ground beef
1 bag crushed taco chips
1/2 c. Thousand Island salad dressing
1 pkg. taco mix seasoning
Lettuce, shredded
Tomatoes, cut into sm. pieces

Brown ground beef and drain off excess fat. Add taco mix seasoning packet and simmer according to package directions. Remove beef mixture from stove. Mix all remaining ingredients (except taco chips) into beef mixture. Add crushed taco chips before serving.

VEGETABLE CASSEROLE

Mondell Lawrence
Cynthia Haynes

2 (15-oz.) cans vegetables, drained
1 med. onion, chopped
1 1/2 c. grated cheese
1 c. mayonnaise

Topping:

2 pkgs. Ritz crackers, crushed
1 stick butter, melted

Mix the first 4 ingredients. Crush Ritz crackers and sprinkle over the top. Melt butter and pour over crackers. Bake at 350° for 30 minutes.

VEGETABLE CASSEROLE

Gloria Carter

1 (16-oz.) bag frozen mixed vegetables, cooked as directed

Remove cooked vegetables from stove. Add:

1 c. chopped onions
1 c. celery
1 c. mayonnaise

Add topping:

1 c. Ritz crackers, crushed
1/4 stick butter

Bake at 350° for 40 minutes.

Recipe Favorites

The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. 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.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

MEAT, POULTRY & SEAFOOD

CROCKPOT TURKEY

Carol P. Snow

Sprinkle salt on young turkey breast. Put one stick of margarine in cavity and 1/2 cup water in crockpot. Cook on low heat for several hours or overnight.

ONE PAN TURKEY 'N STUFFING

Sue Elmore

One pan means it's easy and delicious. Just mix and bake in one pan.

1 c. baking mix
1 1/4 c. milk
3 eggs
1 tsp. parsley flakes
1 tsp. dried sage leaves or 3/4 tsp. ground sage
3/4 tsp. dried thyme leaves
1/2 tsp. salt
1/2 tsp. poultry seasoning
1/8 tsp. pepper
2 c. cut-up cooked turkey
1 c. chopped celery
1/2 c. finely chopped onion

Heat oven to 400°. Grease rectangular baking dish, 10 x 6 x 1 1/2-inch or 11 x 7 x 1 1/2-inch. Mix baking mix, milk, eggs, parsley, sage, thyme, salt, poultry seasoning and pepper in dish with fork until batter is of uniform color (batter will be lumpy). Stir in remaining ingredients. Bake until golden brown and knife inserted in center comes out clean. For 10-inch dish, bake 35 to 40 minutes; 11-inch dish for 30 to 35 minutes.

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Yield: 6 servings. **High Altitude:** Decrease baking mix to 3/4 cup. Add 2 tablespoons flour. Cook and stir celery and onion in 2 tablespoons margarine until tender.

CROCKPOT BARBECUE

Frances Lawrence

1 (3 to 4-lb.) pork loin or Boston butt roast
2 T. sugar
1 T. salt
1 c. vinegar
1/3 c. catsup
8 T. meat broth
1 T. Worcestershire sauce
Texas Pete hot sauce to taste

Sear meat on all sides in roasting pan before putting into crockpot. Put meat, sugar, salt and vinegar in crockpot. Cook 10-12 hours or until done. Remove meat, cut into small pieces. Mix remaining ingredients and toss with meat. Serves 6.

CROCKPOT BARBECUE

Wilma McCraw
Myrtle Moore

1 pork roast
1/2 c. margarine
3/4 c. vinegar
1/3 c. ketchup
3 T. brown sugar
1/2 tsp. dry mustard
2 T. Worcestershire sauce
1/2 tsp. red pepper

Cook pork roast in crockpot until tender. Cool and chop. Return to crockpot. Combine remaining ingredients and bring to a boil. Sim-

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mer 20 to 30 minutes. Pour over meat and serve.

CROCKPOT BARBECUE RIBS

Donna M. Tucker

3 or 4-lb. boneless ribs
Salt and pepper to taste
2 onions, sliced
1 (16-oz.) bottle barbecue sauce or 2 c. homemade sauce

Sprinkle ribs with salt and pepper. Place ribs in broiler pan and broil for 30 minutes to brown. Put sliced onion in crockpot. Slice ribs into serving sizes. Place in crockpot and pour in barbecue sauce. Cover and cook on low 6 to 8 hours (high 3 to 4 hours).

CROCKPOT HAM

DeAnne Haynes

Wrap precooked packaged ham in three layers of foil. Place in crockpot and pour water until ham is half covered. Cook on low heat overnight or at least 5 hours.

GARDEN FRESH PORK CHOPS

Sue Elmore

1 T. butter or margarine
2 pork or veal chops, 1 inch thick
1 carrot, cut into 1/2-inch pieces
1/2 c. sliced fresh green beans*
1 sm. potato, cut into chunks
1/4 tsp. basil
2 env. cream of mushroom Cup 'O Soup
2/3 c. water

In skillet, melt butter and brown chops. Add vegetables, basil and Cup O' Soup blended with water. Simmer, covered, 45 minutes or until chops and vegetables are tender. Makes about 2 servings. **Substitution:** Use canned or frozen green beans; add during last 10 minutes or cooking. **Note:** Recipe can be doubled.

SANDRA'S BARBECUED RIBS

Frances Lawrence

4 lbs. meaty ribs
1 c. chopped onions
1/4 c. salad oil
1 (8-oz.) can seasoned tomato sauce
1/2 c. water
1/4 c. brown sugar
1/4 c. lemon juice
3 T. Worcestershire sauce
2 T. prepared mustard
1/4 tsp. pepper
1 tsp. salt

Cook onions in oil until tender. Add remaining ingredients. Baste ribs with sauce and grill to desired doneness.

SAUSAGE TOASTIES

Geneva Key

1 lb. sausage
1 (8-oz.) jar Cheez Whiz
12 English muffins (1 pack)

Brown sausage in skillet and drain off excess fat. Mix hot sausage with jar of Cheez Whiz. Spoon mixture onto 12 English muffin halves. These freeze well and heat great in microwave for breakfast or snacks.

FRIED CATFISH FILETS

Carol P. Snow

1 pkg. fresh catfish filets
Cornmeal
Salt and pepper to taste
2 or 3 T. oil

Roll catfish filets in cornmeal. Fry in oil over medium heat until golden brown. Turn and fry on the other side until done. Serve with cream potatoes, slaw and hush puppies. Delicious.

HOLIDAY TUNA TREE RECIPE

Sue Elmore

1 (12 1/2-oz.) AND 1 (6 1/2-oz.) can Chicken of the Sea Brand chunk light or solid white tuna, drained and flaked
2 (8-oz.) pkgs. cream cheese, softened
1 T. lemon juice
1/4 c. finely chopped ripe olives
1/2 c. finely chopped walnuts
1/4 tsp. salt
1 1/2 tsp. dry mustard
1/8 tsp. pepper
1/2 tsp. thyme

Makes 4 cups. Combine cream cheese and tuna in a large bowl. Add remaining ingredients and stir well. Place in mold and refrigerate. Serve in the mold or transfer to a serving plate. Decorate with parsley garlands, sliced cherry tomatoes, a lemon slice and pimento star.

HOT ALASKA SALMON MELTS

Sue Elmore

1 (15 1/2-oz.) can Alaska salmon
1/3 c. mayonnaise
2 T. minced parsley
2 T. minced onion
2 T. drained, chopped pimiento
2 tsp. lemon juice
Dash pepper
3/4 c. shredded cheddar cheese, divided
8 slices French bread

Drain salmon; break into large chunks. Add mayonnaise, parsley, onion, pimiento, lemon juice and

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pepper; toss gently to mix. Fold in 1/2 cup cheese. Spread about 1/4 cup mixture on each slice of bread. Sprinkle remaining cheese over salmon mixture. Broil about 6 inches from heat 3 to 4 minutes or until cheese melts and tops are golden.

SALMON BALLS

Geneva Key

1 (15 1/2-oz.) can pink salmon
1 egg (opt.)
1/2 c. no-salt crackers

Blend crackers in blender to make 1/2 cup crumbs. Mix all ingredients together. Form in balls and drop into hot corn oil and deep fry until golden brown.

SALMON CAKES

Peggy McCormick

1 lg. can pink salmon
2 eggs, beaten
8 saltine crackers, crumbled
2 T. flour
2 T. buttermilk

Heat in skillet 3 or more tablespoons oil. Mix all ingredients. Patty salmon into cakes. Fry slowly until brown. Turn and brown the other side.

TUNA SUPPER SOUP

Sue Elmore

In large saucepan, combine potatoes and seasoning mix from package with 4 cups water, 1 cup chopped celery and 1 chicken bouillon cube. Cover; simmer 15 minutes. Stir in 1 can tuna, drained, and 2/3 cup milk. Simmer 5 to 10 minutes longer, until potatoes are tender. Stir in 2 tablespoons chopped pimiento. Yield: 5 to 6 servings.

EASY CHICKEN PIE

Scarlett McCormick

1 chicken
1 can cream of mushroom soup
1 can cream of celery soup
Salt and pepper
Margarine

Boil chicken until tender. Debone and skin. Cut into small pieces and spread in pan. Mix soups with chicken. Salt and pepper to taste. Dot with margarine.

Crust:

1 c. flour
1 c. milk

Mix crust batter and pour over chicken and dot top with margarine. Bake at 450° for 30 to 40 minutes until brown.

CHICKEN PIE

Dorothy Mitchell

4 chicken breasts, cooked and deboned (can use 4 leg quarters)
1 1/2 sticks margarine
1 can cream of chicken soup
1 1/2 cans broth
1 c. Bisquick
1 c. milk
2 tsp. baking powder
Pepper
Onion salt
Celery salt

Place cooked chicken in baking dish. Pour melted margarine over chicken. Mix chicken soup and broth. Pour over chicken. Sprinkle with pepper, onion salt and celery salt. Make a batter of flour, baking powder and milk. Pour over chicken. Bake for 30 minutes or until brown at 350°.

CHICKEN PIE

Shirley Simpson

1/2 stewed chicken
1 stick margarine
1 c. self-rising flour
1 c. buttermilk
1 can cream of chicken soup
1 can chicken broth

Place approximately 1/2 stewed chicken, removed from bone, in bottom of a casserole dish. (Amount of chicken depends on size of casserole dish, the chicken covers the bottom of the dish.) Melt margarine in bowl. Add flour and buttermilk together. Heat soup and broth. Pour soup and broth mixture over chicken. Pour batter

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over the soup mixture. Bake at 350° for 40 to 45 minutes or until crust is brown.

MOM'S CHICKEN PIE

Sue Elmore

4 c. bite-sized cooked chicken
1 (10 3/4-oz.) can condensed cream of chicken soup
1 (10 3/4-oz.) can condensed chicken broth
1/2 tsp. dried tarragon
1 (16-oz.) can peas and carrots, drained
1 1/2 c. all-purpose flour
2 tsp. baking powder
1 1/2 c. buttermilk
1/2 c. butter (not margarine), melted

Place chicken in lightly greased 13 x 9-inch dish. Mix chicken soup, broth and tarragon; pour over chicken. Arrange peas and carrots over top. Mix remaining ingredients; pour evenly over chicken mixture. Bake at 350°, uncovered, about one hour, until crust rises to top and browns. Makes 6 servings. **Energy Tip:** Cook two pies at once and freeze one for later.

the broth and batter will drop from spoon. Cover and cook for 15 minutes. Do not open lid until ready to use.

CHICKEN ALMONDZINI

Sue Elmore

3/4 c. Kraft real mayonnaise
1/3 c. flour
2 T. instant minced onion
1 tsp. garlic salt
2 1/4 c. milk
1 c. (4 oz.) shredded Kraft natural Swiss cheese
1/3 c. dry white wine
7 oz. spaghetti, cooked, drained
2 c. chopped, cooked chicken or turkey
10-oz. pkg. frozen chopped broccoli, thawed, drained
1 1/4 c. sliced almonds
4-oz. can mushrooms, drained
1/4 c. chopped pimiento

Combine mayonnaise, flour and seasonings. Gradually add milk; cook over low heat, stirring constantly until thickened. Add cheese and wine; stir until cheese is melted. In large bowl, combine mayonnaise mixture, spaghetti, chicken, broccoli, 3/4 cup nuts, mushrooms and pimiento; toss lightly. Pour mixture into 11 3/4 x 7 1/2-inch baking dish. Top with remaining nuts. Bake at 350° for 40 to 45 minutes or until thoroughly heated. Serve with grated Parmesan cheese, if desired. Yield: 6 to 8 servings.

CHICKEN STIR-FRY

Natalie Nester

1 pkg. boneless breast of chicken (4 pieces)
Broccoli
Mushrooms
Green peppers
Linguini pasta
White Wine Sauce (green bottle)
Butter
Parmesan cheese

Cut broccoli, mushrooms and green peppers in small pieces. Saute in white wine sauce on low heat. Leave sitting on low while preparing chicken. Cut chicken into bite-sized pieces. Saute in butter and white wine sauce. When browned, add to pan of vegetables. Cover and let simmer. Prepare pasta as per package directions. Drain. Serve the chicken/vegetable combo over linguine and top with Parmesan cheese. Serve with tossed salad and garlic bread.

OVEN-FRIED CHICKEN

Kathy Collins

1/4 c. margarine and butter
1/2 c. Bisquick baking mix
1 tsp. salt
1 tsp. paprika
1/4 tsp. pepper
2 1/2 to 3-lb. chicken, cut up

Heat margarine in oblong pan, 13 x 9 x 2-inch, until melted. Mix in baking mix, salt, paprika and pepper; coat chicken. Place chicken pieces, skin side down, in pan. Bake, uncovered, in 425° oven for 35 minutes. Turn chicken; bake,

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uncovered, until done, 15 minutes. Serves 4 to 6.

COMPANY BUTTERMILK FRIED CHICKEN

Delilah Heath

2 c. all-purpose flour
1 T. salt
1 tsp. paprika
1/2 tsp. pepper
1 c. buttermilk
1 tsp. baking powder
3 lbs. chicken breast and legs
Vegetable oil

Combine first 4 ingredients in a plastic or paper bag; shake to mix, and set aside. Combine buttermilk and baking powder in a bowl; mix well. Dip 2 pieces of chicken in buttermilk mixture; place chicken in bag, and shake to coat. Repeat procedure with remaining chicken. Place chicken in a shallow pan; cover and refrigerate at least 1 hour. Heat 1 inch of oil in a large skillet to 325°; add chicken and fry 30 to 35 minutes or until golden brown, turning once. Drain on paper towels.

CHICKEN AND DRESSING

Diane Elmore

1 (8-oz.) pkg. Pepperidge Farm dressing
1 stick margarine
1 c. water
2 1/2 c. cooked chicken, cut up (2 lg. breasts)
1/2 c. chopped onion
1/2 c. chopped celery
3/4 c. mayonnaise
2 eggs
1 can cream of mushroom soup
1/4 tsp. salt
1 1/2 c. milk
Grated cheddar cheese

Melt margarine in water and mix well with stuffing mix. Put 1/2 in large baking dish. Add onions, salt, celery and mayonnaise with cooked, chopped chicken. Mix well. Spread over stuffing. Then add remaining stuffing on top. Beat eggs and milk together and pour over top. Cover with foil and set in refrigerator overnight. Set out 1 hour before cooking. Pour mushroom soup over top. Sprinkle on grated cheese. Bake at 325° until done (about 1 hour).

ONE-POT CHICKEN AND RICE

Peggy McCormick

1 c. long-grain brown rice
4 carrots, in chunks
2 or 3 chicken breasts, skinned and cut into pieces
Mild no-salt seasoning

Rinse rice. Put rice and 2 cups water in pan with tight-fitting lid. Place carrot pieces on top of rice. Layer chicken, meat side up, on top of carrots. Sprinkle with seasoning. Bring water to a boil, cover and simmer 45 minutes (until rice is cooked). Serve carrots separately. Makes 4 servings.

CHICKEN STEW

Carol P. Snow

1 chicken, cut up
1 stick butter
1 qt. milk
Salt and pepper to taste

Stew chicken in enough water to cover. Cook until tender and will come off bone easily. Remove chicken and cool. Save broth. Discard skin and bone. Return chicken pieces to broth. Add butter, salt and pepper.

Thickening:

1/2 c. flour
1 c. water

Mix together water and flour until there are no lumps. Heat chicken and broth to boiling. Stir in thickening. Cook for about 15 minutes on low heat.

CURRIED CHICKEN

Louise Hill

4 whole chicken breasts
3 pkgs. frozen broccoli or 2 bunches fresh broccoli

Cook chicken in salted water. Cook broccoli and drain. Place in casserole dish. Bone chicken and put on broccoli.

Sauce:

1 can cream of chicken soup
2/3 c. mayonnaise
1/3 c. evaporated milk (plus water to make 1/2 c.)
1 c. grated sharp cheddar cheese
1 tsp. lemon juice
1/2 tsp. curry powder
Toasted almonds
1/2 c. Ritz cracker crumbs

Place ingredients in pan and mix. Heat over medium heat and stir until cheese melts. Pour sauce over top and sprinkle toasted almonds and Ritz crackers over sauce.

CHICKEN PARMESAN

Tammy Branch

4 chicken breasts
1 jar spaghetti sauce
1 c. mozzarella cheese, shredded

Bake chicken breasts. Put in a casserole dish. Pour on spaghetti sauce and cover with cheese. Bake at 350° until cheese is slightly brown.

SAVORY CHICKEN BITES

Frances Lawrence

1 (8-oz.) pkg. cream cheese
1/2 tsp. lemon juice
1/2 tsp. basil
1/4 tsp. onion salt
1/8 tsp. oregano
1/8 tsp. thyme
1 c. chopped chicken
1/3 c. chopped celery
1 (2-oz.) can diced pimento, drained
2 (8-oz.) pkgs. crescent rolls
1 lg. egg, beaten
1 1/2 tsp. sesame seed

Combine first 6 ingredients. Cream well. Stir in chicken, celery and pimento. Separate rolls into 8 rectangles. Press to seal. Spread 1/4 mixture on dough, leaving 1/2-inch margin on one side. Roll like jelly-roll. Pinch seam to seal. Brush with beaten egg. Sprinkle with sesame seed. Cut into 3 pieces. Bake on greased cookie sheet at 350° for 12-15 minutes.

SWEET AND SPICY CHICKEN WINGS

Sue Elmore

1 pkg. Italian salad dressing mix, mixed
1/2 c. honey
1/4 c. orange juice

Set aside 1/4 cup for dipping. Marinate 24 pieces of chicken wings (1st and 2nd joints) at least 1 hour, then broil 5 minutes on each side, until chicken is cooked and glazed. Serve with dipping sauce.

CHEESE AND CHICKEN ENCHILADAS

Frances Lawrence

1 onion, chopped
2 T. margarine
1 1/2 c. cooked, chopped turkey or chicken
1 (12-oz.) jar picante sauce, divided
1 (3-oz.) pkg. cream cheese, cubed
1 tsp. cumin
2 c. (8 oz.) shredded sharp cheddar cheese
8 tortillas

Heat oven to 350°. Cook and stir onion in margarine in large skillet until tender. Stir in chicken, 1/4 cup picante sauce, cream cheese and cumin. Cook until heated through. Stir in 1 cup shredded cheese. Spoon about 1/3 cup of mixture in center of each tortilla. Roll up. Place seam side down in a baking dish. Top with remaining picante sauce and cheese. Bake 15 minutes at 375° or until cheese melts and sauce is bubbly.

MARINATED CHICKEN KABOBS

Scarlett McCormick

1 pkg. boneless chicken
2/3 c. oil
1/2 c. white vinegar
1/4 c. soy sauce
1 T. Worcestershire sauce
1/2 c. lemon juice
1/4 tsp. garlic

Mix all ingredients. Use boneless chicken; cut into pieces. Soak chicken in sauce overnight for best results. Alternate small canned

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white potatoes, pineapple chunks, canned pearl onions and chicken. Grill.

BARBECUED MEATBALLS

Kathy G. Collins

1 1/2 lbs. ground beef
2 slices bread, crumbed
1 tsp. salt
1/4 tsp. pepper
1 c. milk
1 egg
1 c. ketchup
2 T. Worcestershire sauce
1/2 c. water
2 T. vinegar

Mix beef, bread crumbs, salt, pepper, milk and egg well and roll in 1-inch balls. Place in 9 x 13-inch casserole. For sauce, mix ketchup, Worcestershire sauce, water and vinegar. Pour over meatballs. Bake at 325° for 1 1/2 hours.

MEATBALLS

Barbara Jarrin

Cook until tender:

1 T. butter
1 onion, minced
1 green pepper, chopped

Add:

1 (10 1/2-oz.) can chicken with rice soup
1 (10 1/2-oz.) can tomato soup
1 c. water

Stir. Heat to boiling. Turn down and simmer, stirring occasionally. While this sauce cooks, make meatballs.

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1 egg, beaten slightly
1 lb. ground beef
2 slices soft bread, torn into bits
1 c. evaporated milk
1 tsp. salt

Add last 5 ingredients and mix well. Shape meatballs about size of ping-pong balls. Drop balls into simmering sauce and cook slowly about 1 hour or until sauce thickens. Makes 6 servings.

MEATBALLS

Betty Pratt
Donna Tucker

Meatballs:

1 lb. hamburger
1 med. onion
1/4 green pepper
Salt and pepper to taste
1/2 c. applesauce

Shape into balls and fry until brown.

Sauce:

3/4 c. ketchup
1 c. water

Mix ketchup and water. Pour over meatballs. Bake at 350° for 30 minutes.

BAKED HAMBURGER STEAK

Donna M. Tucker

1 lb. chopped sirloin patties
3 or 4 med. potatoes
2 med. onions
3 carrots (opt.)
Butter
Salt and pepper

Place each patty on foil. Slice potatoes, onions and carrots. Place on top of patties. Butter, salt and pepper to taste. Close foil and bake in 350° oven for 1 hour.

BEEF PORCUPINES

Donna M. Tucker

1 lb. ground beef
1/2 c. uncooked rice (not Minute Rice)
1/4 c. onion, chopped
1 tsp. salt
1 tsp. pepper
2 T. oil
1 c. water

Mix beef, rice, onions and seasonings. Make balls and fry in hot oil.

Sauce:

1 can tomato sauce
1/2 c. molasses
1 c. water

Simmer about 45 minutes.

COUNTRY-FRIED STEAK

Barbara Jarrin

2 lbs. cubed steak, cut into strips
2 eggs

Beat 2 eggs. Dip steak into eggs; season. Then flour and fry.

CUBED STEAK AND GRAVY

Peggy McCormick

1 lb. cubed steak
4 T. Crisco
Salt and pepper to taste
4 T. flour

Cut cubed steak into small pieces. Roll in flour and place in hot Crisco in frying pan. Sprinkle with salt and pepper. Cook over medium heat until brown. Turn and brown that side. Place in casserole dish and cover with gravy. **Gravy:** Add flour and pinch of salt to Crisco left in pan (if not enough to dampen flour add more oil). Brown slightly. Add 3 cups water. Cook until slightly thickened. Cover steak and place in slow oven until tender.

LAYERED BEEF AND CHEESE SUPPER

Sue Elmore

1 1/2 lbs. round steak, cut into 1-inch strips
Oil
9-oz. pkg. frozen cut green beans, thawed, drained
2 c. (8 oz.) shredded Kraft sharp natural cheddar cheese
2 c. cooked rice
1/2 c. chopped onion
1/2 c. chopped celery
Salt and pepper
3 1/2-oz. can French-fried onions

Brown meat in oil; drain. Combine green beans, 1 1/2 cups cheese, rice, onion and celery; mix lightly. Place meat in 11 3/4 x 7 1/2-inch baking dish; season with salt and pepper. Top with rice mixture. Bake, covered, at 325° for 1 hour and 15 minutes. Uncover; top with onions and remaining cheese. Continue baking uncovered until cheese is melted. Yield: 6 to 8 servings.

MEXICAN PIE

Tammy Branch

2 frozen pie crusts
1 (8-oz.) jar salsa (your choice)
1 lb. hamburger, browned
1 can pinto beans (refried)
2 c. cheddar cheese

Refry beans in 1 tablespoon oil until thick and creamy. Add hamburger and salsa. Divide mixture into pie shells; top with cheese. Bake at 350° for 20 minutes or until crust is brown. Cool 10 minutes and serve with sour cream or salsa.

PEPPER CHUCK STEAK

Sandy Nester

1 (3-lb.) chuck roast, 1 1/2 inches thick
1/4 c. cracked black pepper
1/2 tsp. garlic powder
1 tsp. paprika
1/2 tsp. dry mustard
2/3 c. vinegar
2/3 c. soy sauce

Press black pepper into each cut side of meat. Combine remaining ingredients and pour over meat in a container that can be covered. Cover with foil: place in refrigerator for 24 hours, turning occasionally. Remove from refrigerator an hour or two before time to cook. Broil 4 inches from hot coals or broiler unit for about 25 minutes. Turn and broil on the other side for about 10 minutes or until to preferred doneness. The marinade can be used over and over again, if stored in refrigerator.

POOR BOY STEAK

Scarlett McCormick

1 or 2 lbs. hamburger
Pepper to taste
1 c. mushroom or chicken soup

Patty hamburger and brown on both sides. Drain off grease. Add pepper and soup. Let simmer for 30 minutes to 2 hours.

SAVORY SWISS STEAK

Barbara Jarrin

1 1/2-lb. chuck or round steak, cut 1 inch thick
1 env. Lipton onion soup mix
Heavy-duty foil

Preheat oven to 375°. Place meat on foil and sprinkle both sides with soup mix. Wrap in foil, sealing edges airtight with double foil. Place in shallow baking pan and roast for 1 hour or until fork-tender. Use savory broth for gravy. Makes about 4 servings.

SHEPHERD'S PIE

Sue Elmore

Mix 2 cups of mashed potatoes and 1/4 cup milk. Add 1 egg and 1/4 teaspoon salt. Beat slightly and set aside. In a separate pan, combine and simmer 1 pound ground beef, 1 1/2 cups gravy, 1/4 cup diced onion and 1/2 cup thinly sliced celery. Place ground beef mixture in baking dish and spoon mashed potatoes over it. Bake at 350° for 20 minutes. Serves 4.

PEPPER STEAK IN CROCKPOT

Pat Branch

1 1/2 lbs. chuck or round steak, cut into strips
1/3 c. flour
1 tsp. salt
1/4 tsp. pepper
1 lg. onion, sliced
1 to 2 green peppers, sliced
1 qt. tomatoes or 1-lb. can
1 (4-oz.) can mushrooms, drained
3 T. soy sauce
3 T. brown sugar

Put steak strips, flour, salt and pepper in crockpot. Stir well to coat steak. Add the other ingredients. Cover and cook on high 1 hour, then turn to low and cook 8 hours, or high for 5 hours. Serve with rice or creamed potatoes.

PEPPER STEAK

Vel Hess

1 lb. steak, cut in strips
1 green pepper, sliced
1 onion, sliced
1 c. mushrooms, sliced
1 c. water
3/4 c. red wine
1 T. beef bouillon
Cornstarch

Brown steak in oil. Remove from pan and set aside. Add pepper and onion. Add mushrooms and stir-fry for 10 minutes. Remove from pan and return meat to pan. Add water and simmer for 20 minutes. Thicken sauce with cornstarch and add peppers and onions. Simmer 10 more minutes. Serve over rice.

MEAT LOAF

Delilah Heath

1 1/2 lbs. lean ground chuck
1 egg
1 lg. onion, diced
1 lg. bell pepper
1/2 c. Minute Tapioca
1 lg. can whole tomatoes, drained
1/2 tsp. sugar
1 tsp. salt
Black pepper to taste

Mix thoroughly all ingredients. Shape into a loaf. Put in lightly greased baking dish. Bake at 400° for an hour or until slightly browned.

MEAT LOAF

Peggy McCormick

1 lb. ground beef
2/3 c. tomato juice
1/3 c. rolled oats
2 1/2 T. onion
1 tsp. salt
1/8 tsp. pepper

Mix together above ingredients and shape into loaf with wet hands. Dot top with 1 tablespoon shortening. Bake at 350° in greased pan 1 hour or until brown.

SWEET AND SOUR MEAT LOAF

Myrtle Moore

1 1/2 lbs. ground beef
1 c. dry bread crumbs
1 tsp. salt
1/4 tsp. instant minced onions
1 (15-oz.) can tomato sauce, divided

Topping:

Reserved tomato sauce
2 T. vinegar
1/2 c. sugar
2 tsp. prepared mustard

Mix together beef, bread crumbs, salt, pepper and eggs. Add onions and 1/2 of tomato sauce. Form into loaf in 9 x 5 x 3-inch pan. Bake at 350° for 50 minutes. In saucepan, combine topping ingredients. Bring to a boil. Pour over meat loaf. Bake 10 minutes more.

MEAT LOAF

Sandy Nester

2 lbs. ground beef
2 T. A-1 steak sauce
2 tsp. salt
1 c. dry bread crumbs
2 eggs
3/4 c. milk
3 T. parsley flakes
1 sm. onion, minced
1/4 c. shredded carrot

Sauce:

1 (8-oz.) can tomato sauce, mixed with 2 T. A-1 steak sauce

Mix all meat loaf ingredients together with 1/2 sauce mixture. Blend well. Pat meat loaf into 9 x 5 x 3-inch loaf pan, or shape into loaf in shallow baking pan. Spread remaining sauce mixture over top of meat loaf. Bake in 400° oven for one hour.

GREAT MEAT LOAF

Fern Wright

2 lbs. ground beef
2/3 c. oats, uncooked
1 med. onion, chopped
1/2 c. ketchup
1/4 c. milk
2 lg. eggs, beaten
1 tsp. horseradish sauce
1 tsp. salt
1/4 tsp. pepper

Combine these ingredients. Bake 40 minutes at 350°. Make a topping using 1 tablespoon horseradish, 2 tablespoons brown sugar and 2 tablespoons mustard. Mix and spread over meat loaf. Bake for 5 more minutes.

ROAST

Sue Elmore

1 (14 x 20-inch) Reynold's oven cooking bag
1/2 c. flour
1 (8-oz.) can tomato sauce
1/2 c. water
1 tsp. instant beef bouillon
1 tsp. salt
1/4 tsp. pepper
4-lb. beef rump roast, boneless
3 med. carrots
2 med. onions
3 stalks celery, cut in 1-inch slices
1 med. red or green pepper, cut in 1-inch squares
8 new potatoes, whole

Preheat oven to 325°. Shake flour in 14 x 20-inch Reynold's oven cooking bag; place in 13 x 9 x 2-inch baking pan. Roll down top of bag. Add tomato sauce, water, instant bouillon, salt and pepper; squeeze bag gently to blend. Trim fat from roast; place roast in bag. Peel and quarter carrots and onions; add to bag with celery, red pepper and potatoes. Turn bag gently to coat ingredients with sauce. Close bag with nylon tie; make 6 (1/2-inch) slits in top. Bake 1 3/4 to 2 1/4 hours or until tender. To serve, spoon gravy from bag over roast and vegetables. Makes 6 to 8 servings.

ROAST

Karen Guynn

Roast
Potatoes
Carrots
Onions
Mushrooms
Celery
1 can mushroom soup
1 can water

Put roast in roasting pan. Add vegetables, mushroom soup and water. Cover with aluminum foil. Cook at 300° until meat is tender, about 1 1/2 hours.

POT ROAST

Virginia Hiatt

1/2 c. flour
1 (14 x 20-inch) Reynold's oven cooking bag
1 (8-oz.) can tomato sauce
1/2 c. water
1 tsp. instant beef bouillon
1/4 tsp. pepper
3 or 4-lb. beef rump roast (or chuck roast)
4 med. red potatoes, halved
3 med. carrots, quartered
3 stalks celery, cut in 1-inch slices
2 med. onions, quartered

Preheat oven to 325°. Shake flour in Reynold's oven cooking bag. Place in 13 x 9 x 2-inch baking pan. Add tomato sauce, water, instant bouillon and pepper. Squeeze bag to blend ingredients. Add roast to bag. Place vegetables in bag around roast. Close bag with nylon tie, make 6 (1/2-inch) slits in top. Bake 2 to 2 1/2 hours or until meat

(continued)

thermometer registers 170°. Remove roast from bag. Stir and spoon gravy from bag over roast.

CROCKPOT POT ROAST

Peggy McCormick

3-lb. sirloin tip roast
2 T. salt
Pepper
1 onion
1 sm. can whole potatoes
1 pkg. carrots

Rub roast with salt and pepper. Place in crockpot. Cut onion in 2 pieces and place on meat. Cover with water. Cook on high for 1 hour. Reduce heat and cook for at least 3 more hours. Peel carrots and sprinkle with salt and pepper. Place in small amount of water and 2 tablespoons butter. Cook on high speed in microwave approximately 15 minutes. Warm potatoes. Remove roast and slice. Place on platter with potatoes and carrots.

Gravy:

2 c. broth
2 T. flour

Mix flour with small amount of broth. Gradually add more warm broth until mixture is warm. Stir into remaining broth. Cook 5 minutes.

Breads & Rolls

wrap and let rise overnight at room temperature. This usually takes about 12 hours, depending on weather. Punch down with your fist and divide into 3 parts. Knead each on a floured surface and put into 3 greased loaf pans (or make rolls; makes approximately 3 dozen). Brush with oil. Cover lightly and let rise 6-12 hours (do not allow cover to touch dough). Bake at 350° for 30-35 minutes (15-20 minutes for rolls). Brush with butter. Remove from pans and let cool on a wire rack. **Whole-Wheat Substitute:** Substitute 2 cups whole-wheat flour for 2 cups of the bread flour. Use 3 tablespoons of sugar instead of 1/3 cup. Bread may be frozen after cooling.

BANANA BREAD

Mary Wright

2 c. plain flour
1/2 tsp. salt
1 tsp. soda
1 1/2 c. sugar
1/2 c. liquid corn oil
2 eggs
1/2 c. buttermilk
1 c. mashed bananas
1/2 c. nuts, rolled in a little flour

Measure flour, then sift with salt and soda. Cream sugar and corn oil. Add eggs, one at a time. Add alternately with buttermilk and flour. Bake in loaf pan for 1 hour and 10 minutes or until springs back when touched. Bake at 350°.

GINGERBREAD

Peggy McCormick

2 1/2 c. plain flour
1 c. molasses
1 c. buttermilk
1/2 c. brown sugar
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt
1/2 tsp. spice
1/2 tsp. cinnamon
2 eggs
1/2 c. butter

Mix and bake at 350°.

GRANDMA'S CHEW BREAD

JoNell Branch

1 (16-oz.) pkg. light brown sugar
4 eggs
2 c. all-purpose flour
1/2 tsp. salt
1 tsp. vanilla
1 c. chopped pecans

Combine sugar and eggs in a heavy saucepan, stirring well. Cook over medium heat, stirring constantly only just until sugar is dissolved. Remove from heat. Add remaining ingredients, stirring well. Spoon mixture into a greased and floured 15 x 10 x 1-inch jellyroll pan. Bake at 400° for 15 minutes or until golden brown. Cool. Cut into squares. Makes about 3 dozen.

FOCACCI
(Italian Flat Bread)

Francis Lawrence

3 c. bread flour
1 tsp. sugar
1 tsp. salt
1 pkg. dry yeast (rapid-rise)
1 c. + 1 T. warm water
Vegetable cooking spray
1 T. cornmeal
2 T. + 1 tsp. olive oil, divided

Position blades in food processor. Add first 4 ingredients. Pulse 2 times or until blended; with processor running, slowly add warm water and 2 tablespoons oil through food chute. Process until dough leaves sides of bowl and forms a ball. Process minute longer. Turn dough onto a lightly floured surface and knead 4 or 5 times. Shape into ball. Place into bowl sprayed with cooking oil. Spray top of dough with oil. Cover and place in a warm place. Let rise until doubled (about 30 minutes). Turn dough onto a lightly floured surface. Knead 4 or 5 times. Shape into ball. Coat dough with cooking spray. Cover and let rise 10 minutes. Roll or pat dough into a 14-inch circle and place on baking sheet sprinkled with cornmeal. Brush dough with remaining 1 teaspoon oil. Cover and let rise 25 minutes or until puffy. Using your fingertips, make indentations in top of dough. Sprinkle with topping. Bake at 400° for 18 minutes or until brown. Cut into wedges and serve warm. **Topping:** Sprinkle with onion and garlic powder, Parmesan cheese and sesame seed. **Sweet Topping:** After removing

(continued)

from oven, brush with 1 tablespoon melted margarine and sprinkle with 3 tablespoons sugar and 1 teaspoon cinnamon.

ORANGE-BANANA BREAD

Frances Lawrence

3/4 c. margarine
1 1/4 c. sugar
3 lg. eggs
1 c. mashed bananas
1 T. grated orange rind
2 1/2 c. all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/3 c. orange juice
1/2 c. chopped pecans
1/2 c. raisins

Beat margarine until creamy, gradually adding sugar. Add eggs, one at a time, beating well. Stir in bananas and orange rind. Combine all dry ingredients, sifting once. Add to butter mixture alternately with orange juice, beginning and ending with flour. Stir in pecans and raisins. Spoon batter into 2 greased and floured 8 1/2 x 4 1/2 x 3-inch loaf pans. Bake at 350° for 40-50 minutes or until toothpick tests clean. Cool in pans for 10 minutes. Remove from pans. Cool completely. Yield: 2 loaves.

PUMPKIN BREAD

Dorothy Mitchell

3 1/2 c. whole-wheat flour
1 1/2 tsp. salt
1 tsp. nutmeg
1 c. oil
2/3 c. water
2 tsp. soda
1 tsp. cinnamon
3 1/4 c. brown sugar
4 eggs
2 c. cooked pumpkin

Mix together all dry ingredients. Add oil and other ingredients. Grease 4 small loaf pans. Fill half full and bake at 350° for almost 1 hour. Freezes well.

DOUBLE GOOD CORNBREAD

Alma Marsh

1 (7 1/2-oz.) pkg. Martha White corn muffin mix
1 (17-oz.) cream-style corn
1/2 c. margarine, melted
2 eggs, lightly beaten

Preheat oven to 350°. Butter 8-inch square baking pan. Set aside. Combine all ingredients in bowl. Blend thoroughly. Spread in prepared pan. Bake 35 to 40 minutes or until golden brown. Cut into 2-inch squares and serve with vegetables.

OLD-FASHIONED COOKING CORNBREAD

Pat Branch

3 c. Joy brand self-rising cornmeal
3/4 c. buttermilk

Add enough warm water to above ingredients to stir easily. Put in small dark frying pan or ovenproof pan. Bake at 450° for 20 to 25 minutes or until brown.

UNION CORNBREAD

Gertrude C. Wall

1/4 c. margarine
1 1/2 c. chopped onion
1 c. (4 oz.) shredded sharp cheese
1 c. (12 oz.) corn muffin mix
1/4 tsp. salt
1 egg, beaten
1/2 c. milk
1 (8 1/2-oz.) can cream-style corn
1/2 c. milk

Preheat oven to 425°. Grease square dish or pan. In medium skillet over medium heat, melt margarine. Add onions and saute 10 minutes. Cool slightly. Add salt and 1/2 cup cheese to onions. Set aside. Combine muffin mix, eggs, milk and corn. Stir until smooth. Spread batter in pan or dish. Spoon onion mixture evenly over batter. Sprinkle on remaining cheese and bake for 30 minutes or until toothpick inserted comes out clean. Serve warm. Yield: 12 servings.

CORN FINGERS

Ollie McIntyre

1/2 c. cornmeal
1/2 c. flour
3 T. sugar
1 1/4 tsp. baking powder
1/2 tsp. salt
1 tsp. hot red pepper flakes
1/4 c. unsalted butter, melted
1/3 c. whipping cream
1/3 c. milk
1 lg. egg, separated
1 c. cooked corn kernels, cut from cob

Preheat two cast iron corn finger molds lightly greased to 425°. Stir together cornmeal, flour, sugar, baking powder, salt and pepper flakes in bowl. Lightly whisk together butter, cream, milk, egg yolk and corn kernels in separate bowl. Beat egg white in bowl until soft peaks form when beater is lifted slowly. Stir egg yolk mixture into flour mixture just until moistened. Lumps should remain. Fold in egg whites just until mixed. Spoon batter into molds until almost full. Use back of teaspoon to smooth. Bake at 425° for 15 minutes or until tops are golden brown. Invert onto rack to cool. Serve warm.

BROCCOLI CORNBREAD

Barbara Jarrin

1 (8-oz.) pkg. Jiffy corn muffin mix
1 (10-oz.) pkg. chopped frozen broccoli
1 c. cottage cheese
1 med. onion, chopped
1 tsp. salt
1 c. mayonnaise
4 eggs

Mix all ingredients together. Bake in a greased 9 x 13-inch pan at 375° for 40 minutes.

BROCCOLI CORNBREAD

Myrtle Moore

1 (10-oz.) pkg. chopped frozen broccoli
1 med. onion, chopped
3 eggs, beaten
3/4 c. sharp cheddar cheese, shredded
1 tsp. salt
1/2 c. margarine
1/2 c. cottage cheese
1 1/2 c. self-rising cornmeal

Lightly cook broccoli. Saute onions in margarine. Combine all ingredients. Pour into greased 9 x 13-ich pan. Bake at 375° for 45 to 50 minutes. Do NOT overbake.

MEXICAN CORNBREAD

Kathy G. Collins

1 1/2 c. cornmeal
2 eggs
2/3 c. oil
1 c. sour cream
1 c. cream-style corn
1 (3-oz.) can chopped nuts
1 c. grated sharp cheese

Mix all ingredients together, except the grated cheese. Pour 1/2 the batter into a greased 9 x 13-inch pan. Sprinkle the batter with 1/2 cup cheese. Pour in remaining batter and top with remainder of cheese. Bake 40 minutes at 350°.

MEXICAN CORNBREAD

Karen Hylton

1 c. bell pepper, chopped
1 can cream-style corn
1 c. onion, chopped
1 c. grated cheese
1 c. cottage cheese
3/4 c. cooking oil
4 eggs
2 c. cornmeal
1 hot pepper (opt.)

Mix all ingredients, adding cornmeal last. Grease an 18 x 13-inch pan or two large frying pans (if you want bread to be thick, use only one pan). Bake at 400° for 45 minutes or until brown.

MEXICAN CORNBREAD

Carol P. Snow

2 c. self-rising cornmeal
1 (16-oz.) can yellow cream-style corn
2 eggs
1 c. buttermilk
1/4 of green pepper
3/4 c. oil
4 jalapeno peppers
1 med. onion
1 1/2 c. sharp cheddar cheese, grated

In blender, put cream of corn, buttermilk, peppers, oil and onion. Blend well. Mix together with cornmeal and cheese. Fill greased muffin tins 3/4 full. Bake at 400° for 20 minutes or until golden brown.

ANGEL BISCUITS

Karen Guynn

1 pkg. yeast
1/8 c. warm water
5 c. self-rising flour
1/4 c. sugar
1 c. shortening
2 c. buttermilk
Melted butter

Dissolve yeast in water. Sift flour and sugar together. Cut in shortening. Stir in yeast mixture and buttermilk. Roll out on board. Cut into biscuits. Dip into melted butter and fold in half. Bake at 350° for 20 minutes or until brown.

BISCUITS FOR TWO

Dorothy Mitchell

1 c. self-rising flour
2 T. oil
1/2 c. buttermilk

Combine all ingredients in a small bowl. Stir until smooth. Spoon onto greased cookie sheet. Bake at 425° for 15 minutes.

BUTTERMILK BISCUITS

Frances Lawrence

2 c. self-rising flour
2 tsp. baking powder
2 T. confectioners' sugar
1/2 c. Crisco
1 c. buttermilk, or enough to make soft dough

Mix above ingredients. Roll dough and cut into biscuits. Place on greased baking sheet and bake at 425° for 12-15 minutes or until brown. You may brush tops of biscuits with buttermilk or melted butter before baking.

MAYONNAISE BISCUITS

DeAnne Haynes

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

Mix together with a spoon. Put in muffin tin and bake at 450° until done. Makes 16 biscuits.

PRALINE BISCUITS

Sue Elmore

Heat oven to 450°.

1/2 c. butter
1/2 c. packed brown sugar
36 pecan or walnut halves
Ground cinnamon
2 c. Bisquick baking mix
1/3 c. applesauce
1/3 c. milk

Place 2 teaspoons brown sugar and 3 pecan halves in each of 12 muffin cups. Sprinkle cinnamon in each cup; heat in oven until melted. Mix baking mix, applesauce and milk until dough forms; beat 20 strokes. Spoon onto mixture in cups. Bake 10 minutes. Invert on heatproof serving plate. Yield: 12 biscuits.

HUSH PUPPIES

Barbara Jarrin

2 c. self-rising cornmeal
1 c. self-rising flour
1 egg, beaten
1 med onion, chopped
1 sm. can tomato

Combine all ingredients and drop by teaspoonfuls into hot deep fryer. Cook until golden and hush puppies float. Drain on paper towel or brown paper bag.

BAKED CORN HUSH PUPPIES

Frances Lawrence

4 ears fresh corn
1 c. plain flour
1 c. cornmeal
1 T. baking powder
1 tsp. sugar
1 tsp. salt
1/2 c. milk
1/2 c. chopped onions
2 eggs, lightly beaten
1/4 c. melted margarine

Cut corn from cobs (makes about 2 cups). Set aside. In a medium bowl, combine flour, cornmeal, baking powder, sugar and salt. Add milk, onions, eggs, butter and corn. Drop by tablespoons about 2 inches apart onto well greased baking sheets. Bake at 425° until golden brown, about 15 minutes. Serve warm with butter if desired. Makes about 3 dozen.

HUSH PUPPIES

Mondell Lawrence

1 c. cornmeal
1/2 c. self-rising flour
1 tsp. baking powder
3/4 tsp. salt
1/4 c. chopped onion
1 egg
2/3 c. milk

In a large bowl, combine cornmeal, baking powder, salt, onion and egg. Add milk. Mix thoroughly. Let batter stand 10 minutes. Dip batter by spoonfuls into hot fat. Cook 2 to 3 minutes or until brown. Makes about 18.

EASY HUSH PUPPIES

Scarlett McCormick

2 c. cornmeal
1/2 c. flour
1 tsp. baking powder
1 tsp. salt
1 c. milk
2 well beaten eggs
1 lg. onion, chopped
1 T. Crisco, melted

Mix first 4 ingredients. Add milk, eggs and onions. Stir in Crisco. Drop by spoonfuls into hot deep fat until brown.

APPLE MUFFINS

Linda Wright

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

Mix together.

1 c. oil
1 c. sugar
2 eggs

Mix with dry ingredients. Then add:

1 tsp. vanilla
4 c. chopped apples
1 c. chopped pecans

Bake in muffin cups at 350° until brown (about 45 minutes).

BRAN-FRUIT MUFFINS

Sandy Nester

1 c. bran cereal
1/3 c. dates or raisins
1 1/4 c. milk
3 T. oil
1 egg
1 c. whole-wheat flour
1 T. baking powder
5 pkgs. Sweet 'N Low
1 tsp. vanilla

Mix together. Grease muffin pan. Bake at 400° for 15 minutes.

CHRISTMAS MORNING ROLLS

Frances Lawrence

1 (24-count) bag Rich's frozen dinner rolls
1 (3 3/4-oz.)pkg. butterscotch pudding mix (not instant)
1 stick margarine
3/4 tsp. cinnamon
3/4 c. brown sugar
1 c. chopped pecans

Arrange dinner rolls that are cut into fourths in a greased bundt pan. Sprinkle dry pudding mix over rolls. Melt margarine over medium heat in a small saucepan. Add cinnamon, brown sugar and pecans. Cook over medium heat until mixture is bubbly. Pour over rolls. Cover bundt pan tightly with foil and leave on countertop overnight. Next morning, bake at 350° for 30 minutes. Let stand 5 minutes before serving. **Microwave:** Melt margarine 1 minute. Add cinnamon, sugar and pecans. Cook 5 minutes on 50% power. Pour over rolls. Proceed with above baking directions.

CINNAMON NUT LOAF

Karen Guynn

2 cans refrigerated biscuits
1/2 c. firmly packed brown sugar
1/4 c. white sugar
1 T. cinnamon
1/3 c. chopped peanuts
1/4 c. melted butter

Combine sugar, cinnamon and nuts. Dip biscuits in melted butter, then in sugar mixture. Stand biscuits on edge in greased 9-inch ring mold. Bake at 375° for 25-30 minutes or until done. Loosen edges.

OATMEAL MUFFINS

Donna M. Tucker

2 c. Quaker instant oats
2 c. buttermilk

Combine above ingredients to soften for 1/2 hour.

1 c. brown sugar
2 eggs (can use substitutes)
1/2 tsp. salt
1 1/2 tsp. cinnamon
1 c. corn oil
1 tsp. soda
2 tsp. baking powder

Mix slightly beaten eggs to oatmeal mixture. Add to dry ingredients. Mix in oil. Bake in greased muffin pans for 15 minutes at 400°. Dough will keep in refrigerator for 5 weeks. Bake a little longer if taken from refrigerator.

Recipe Favorites

Pies, Pastry & Desserts

Household Tips

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

NEVER FAIL MERINGUE

Frances Lawrence

Combine 2 tablespoons sugar and 1 tablespoon cornstarch in a small saucepan. Add 1/2 cup cold water. Cook over medium heat, stirring constantly until mixture is thick and clear. Cool. Beat 4 egg whites and 1/8 teaspoon salt and 1/2 teaspoon vanilla until soft mounds form. Add 1/2 cup sugar gradually, beating well. Add cornstarch mixture. Continue beating until meringue stands in peaks. Cover pies and sprinkle with coconut. Put in 350° oven until brown.

NEVER FAIL PIE CRUST

Frances Lawrence

3 c. flour
1 tsp. salt
1 c. shortening
1 whole egg
1/2 c. cold water
2 T. vinegar

Mix flour and salt. Cut in shortening. Add the remaining ingredients. Mix lightly. Chill. Roll into pie crust. Can be refrigerated or frozen until ready to use. Makes 6 or 6 large crusts.

BANANA SPLIT PIE

Carol P. Snow

Crust:

2 c. graham cracker crumbs
1 stick butter, melted

1 stick butter
2 eggs
2 c. confectioners' sugar

Mix until fluffy; add one teaspoon vanilla flavoring. Press crust into oblong pan. Slice 3 bananas and arrange on crust. Sprinkle with lemon juice. Pour one can crushed pineapple (drained) over bananas. Spread butter, eggs and sugar mixture over pineapple. Top with whipped cream and garnish with cherries and nuts.

BEST EVER LEMON PIE

Mary Wright

1 1/4 c. sugar
4 T. cornstarch
2 c. water
1/3 c. lemon juice
3 eggs, separated
3 T. butter
1 1/2 tsp. lemon extract
2 tsp. vinegar
1 (9-inch) baked pie shell

Mix sugar and cornstarch in top of a double boiler. Add water. Combine egg yolks with juice and beat. Add to rest of mixture. Cook over boiling water until thick (about 25 minutes). Add butter, lemon extract and vinegar. Stir well. Pour into baked pie shell and let cool. Cover with meringue and brown in oven.

BLUEBERRY REFRIGERATOR PIE

Barbara Jarrin

1 graham cracker crust
1 can blueberry pie filling
1 lg. env. Dream Whip, prepared

Pour blueberry pie filling in crust. Ice with Dream Whip. Place in refrigerator for several hours before serving.

BROWN SUGAR CHEESE PIE

Payge Hardy

1 unbaked 9-inch graham cracker crust
1 (8-oz.) pkg. cream cheese, room temp.
2 eggs, beaten
1/2 c. firmly packed brown sugar
1/4 c. buttermilk
1 tsp. vanilla
1/3 c. lightly toasted slivered almonds

Combine cream cheese, eggs, brown sugar, buttermilk and vanilla in food processor. Process about 3 minutes or until smooth and free of lumps. Pour into pie shell, top with toasted almonds and bake in preheated 350° oven about 30 minutes, until lightly browned. Cool, then cover and refrigerate at least 3 hours. Serve chilled. Makes one pie.

BUTTERMILK PIE

Sandy Nester

3 c. sugar
6 eggs
1 c. buttermilk
1/4 lb. butter
2 tsp. vanilla
1 (8-oz.) pkg. coconut
1 unbaked pie shell

Melt butter, beat eggs, mix with other. Bake at 340° for 10 minutes, then at 325° until set.

CARAMELED PECAN PIE

Sue Elmore

1 c. pecan halves
9-inch unbaked pie shell
1/4 c. Kraft caramel topping
2 (8-oz.) pkgs. cream cheese
1/2 c. sugar
1 tsp. vanilla
3 eggs

Place nuts in bottom of pie shell; cover with topping. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Add eggs, one at a time, mixing well after each addition. Pour over topping. Bake at 325° for 45 minutes. Chill. Garnish with additional nuts and drizzle with additional topping, if desired.

CHERRY BURST PIE

Sue Elmore

1 (6-oz.) graham cracker crust
1 (14-oz.) can sweetened condensed milk
1/2 c. lemon juice
1/2 tsp. vanilla
4 oz. Cool Whip, thawed
1 c. crushed pineapple, drained
1/2 c. chopped pecans
1/2 c. maraschino cherries, chopped

In medium bowl, combine condensed milk, lemon juice and vanilla. Mix until well blended. Fold in remaining ingredients, one at a time, mixing well after each addition. Mound mixture into crust. Freeze until firm, 2 to 3 hours. Let stand at room temperature for 15 to 20 minutes before serving.

COCONUT CREAM PIE

Carol P. Snow

1/4 c. flour
1/2 c. sugar
1/4 tsp. salt
1 1/2 c. scalded milk
3 eggs, separated
2 T. butter
1/2 tsp. vanilla
6 T. sugar
2 (9-inch) baked pie shells
1/2 c. moist coconut

Mix flour, 1/2 cup sugar and salt in top of double boiler; add scalded milk and stir well. Cook over direct heat until thick and smooth, stirring constantly. Beat egg yolks well and stir in a little of the hot mixture and pour into the double

(continued)

boiler; cook over boiling water 2 minutes, stirring constantly. Remove from heat. Add butter and vanilla. Beat egg whites until light and gradually add the 6 tablespoons of sugar until stiff. Fold about 1/3 of the meringue into filling. Spread the rest of top, touching the edges of the crust. Place in moderate oven (350°) for 12 to 15 minutes or until brown.

COCONUT PIES

Frances Lawrence

1 1/2 c. sugar
4 T. cornstarch
4 T. flour
1 sm. can evaporated milk
1 sm. can water
2 1/2 c. fresh milk
4 eggs, separated
2 tsp. vanilla
2 T. margarine
1 sm. can coconut

Combine sugar, cornstarch and flour. Add egg yolks, milk and water. Cook in top of double boiler until thick, stirring to make smooth. Add vanilla, margarine and coconut. (Save enough to sprinkle on top of meringue.) Pour into two baked pie shells and top with meringue.

COCONUT CREAM PIE

Mondell Lawrence

1 c. sugar
1/2 c. flour
3 eggs, separated
2 c. milk
1/4 tsp. salt
2 T. butter
1 tsp. vanilla
1 c. frozen coconut
1 (9-inch) baked pie shell

Pour milk in double boiler. Mix flour, sugar and salt together. Pour into milk. Add egg yolks and cook over medium heat until very thick, stirring constantly. Remove from heat. Add butter, vanilla and coconut. Pour into pie shell. Top with meringue. Sprinkle with coconut and bake in a 350° oven until brown. Makes 1 large pie.

CREAMY CHEESE PIE

Lynne Hardy

1 (8-oz.) pkg. cream cheese, softened
1/3 c. sugar
1/2 c. sour cream
1 tsp. vanilla
4 oz. Cool Whip
1 graham cracker crust

Beat cream cheese until smooth. Gradually beat in sugar. Blend in sour cream and vanilla. Fold in Cool Whip thoroughly. Spoon into crust. Chill until set.

CREAMY LEMON MERINGUE PIE

Sue Elmore

1 (8 or 9-inch) baked pastry shell, cooled OR 1 graham cracker crumb crust
3 eggs, separated*
1 (14-oz.) can Eagle Brand sweetened condensed milk (NOT evaporated)
1/2 c. ReaLemon reconstituted lemon juice
1/4 tsp. cream of tartar
1/3 c. sugar

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in sweetened condensed milk and ReaLemon. Turn into prepared shell. In small bowl, beat egg whites with cream of tartar until soft peaks form; gradually add sugar, beating until stiff but not dry. Spread meringue on top of pie, sealing carefully to edge of shell. Bake 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.

CRUSTLESS CUSTARD PIE

Fern S. Wright

1 (13-oz.) can evaporated milk
5 eggs
2/3 c. sugar
2 T. flour
1/8 tsp. nutmeg

Grease and flour 9-inch pie plate. Put all ingredients in blender. Cover and blend 30 seconds. Scrape down sides of container with spatula. Blend until smooth, about 1 minute.

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Pour into pie plate. Bake in preheated 350° oven for 40 to 45 minutes or until knife inserted in center comes out clean. **Topping:** Garnish with whipped cream if desired.

EASY COCONUT PIE

Mary Wright

4 eggs
1 1/2 c. sugar
1/2 c. self-rising flour
1/2 c. butter, melted
1 1/2 c. coconut

Mix all ingredients in order. Pour into greased 10-inch pie pan. Bake at 350° for 45 minutes.

EASY PUMPKIN PIE

Ivagene Cave

1 unbaked 9-inch pie shell
1 (16-oz.) can (2 c.) pumpkin
1 (14-oz.) can Eagle Brand condensed milk
2 eggs
2 1/2 tsp. pumpkin pie spice

Combine and pour into pie shell. Bake at 425° for 15 minutes. Reduce heat to 350°. Bake 35-40 minutes more.

EASY STRAWBERRY PIE

Sandra Snow

1 stick margarine
1 c. flour
1 c. sugar
1 c. milk

Add strawberries to melted butter, flour, milk and sugar. Bake at 375° for 25 minutes.

EGG CUSTARD PIE

Ivagene Cave

1 c. sugar
4 T. self-rising flour
4 egg yolks
1 tsp. vanilla flavoring
2 c. milk

Mix in bowl sugar and flour. Add egg yolks, one at a time, and mix well. Pour in 1/2 milk and mix well and add rest of milk. Add flavoring. Cook in saucepan until thick. Pour into pie crusts and top with meringue. Bake at 350° until top is brown. Yield: 2 pies.

FAVORITE LEMON PIE

Bertie H. Guynn

1 unbaked pie crust
2 lg. eggs
1 1/2 c. sugar
A piece of butter the size of an egg
Juice of 2 lemons and a bit of grated rind
2 T. milk
2 T. sifted flour

Melt butter and add sugar. Beat egg by itself and add to the mixture, one at a time. Add the other ingredients in order and pour into unbaked crust. Bake the pie at 350° until it sets, about 40 minutes in oven.

FRESH BLACKBERRY PIE

Myrtle Moore

3/4 c. sugar
4 T. flour
Pinch of salt
3 to 4 c. FRESH RIPE blackberries

Mix sugar, flour and salt. Sprinkle mixture over blackberries. Lift gently with hands or wooden spoon to allow mixture to be distributed throughout the berries. Turn into a 9-inch unbaked pastry shell. Dot with butter. Top with a lattice crust. Bake at 450° for 8 to 10 minutes or until crust begins to turn golden brown, reduce temperature to 325° and continue baking until berries are done (about 20 to 25 minutes). The pie is done when berry juice looks like it has thickened. To freeze

(continued)

pie, increase flour to 5 tablespoons. Freeze before baking.

FRESH PEACH PIE

Vel Gordon

Pie crust
6 to 7 ripe peach halves
1 c. sugar
3 T. flour
1 c. whipping cream
Butter

Prepare your favorite pie crust in a 9-inch pan. Peel peach halves and put them in unbaked pie shell, filling completely. Mix sugar and flour and sprinkle over peach halves. Pour whipping cream over the sugar and flour mixture. Dot with butter and bake at 375° until crust is brown and peaches are tender.

FRIED APPLE PIES

Carol P. Snow

1 (8-oz.) pkg. dried apples
1 c. water
1/3 c. sugar
1 T. butter
1 (10-oz.) can flaky biscuits
VEGETABLE OIL

Combine apples and water in a saucepan; bring to a boil. Cover, reduce heat and simmer 30 minutes or until tender. COOL. Mash slightly, if necessary. Stir in sugar and butter; set aside. Roll biscuit into a 5-inch circle on a lightly floured surface. Place about 2 tablespoons apple mixture on half of each circle. To seal pies, dip fin-

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gers in water and moisten edges of circle. Fold in half, making sure edges are even. Using a fork dipped in flour, press edges firmly together. Pour oil to depth of 1/2 inch into a heavy skillet. Fry pies in hot oil over medium-high heat on both sides until golden brown, turning once. Drain well on paper towels. Yield: 10 servings.

GERMAN SWEET CHOCOLATE PIE

Carol P. Snow

1 (4-oz.) pkg. Baker's German sweet chocolate
1/4 c. butter
1 1/2 c. sugar
1/8 tsp. salt
1 2/3 c. (13-oz. can) evaporated milk
3 T. cornstarch
2 eggs
1 tsp. vanilla
1 unbaked 9-inch pie shell, highly fluted
1 1/3 c. Baker's Angel Flake coconut
1/2 c. chopped pecans

Melt chocolate with butter over low heat, stirring until blended. Remove from heat; gradually blend in milk. Mix sugar, cornstarch and salt thoroughly. Beat in eggs and vanilla. Gradually blend in chocolate mixture. Pour into pie shell. Combine coconut and nuts; sprinkle over filling. Bake at 375° for 45 to 50 minutes, or until puffed and browned. (Filling will be soft, but will set while cooling.) Cool at least 4 hours before cutting. **Note:** If top browns too quickly, cover loosely with foil last 15 minutes of baking.

GERMAN CHOCOLATE PIE

Glenda Key
Sue Elmore

3 c. sugar
1 stick margarine, melted
4 eggs, beaten
1 (13-oz.) can evaporated milk
7 T. cocoa
1 (3 1/2-oz.) can coconut
1 c. pecans, chopped
3 pie shells

Combine all ingredients. Pour into pie shells. Bake at 350° for 45-50 minutes.

HOLIDAY PIE

Sue Elmore

1 (7.5-oz.) pkg. refrigerated buttermilk biscuits
1/2 c. celery slices
1/4 c. chopped red or green pepper
3 c. chopped, cooked turkey or chicken
2 T. margarine
1/2 c. slivered almonds, toasted
1 c. sour cream
1 c. (4 oz.) shredded sharp natural cheddar cheese

Press biscuits onto sides and bottom of greased 9-inch pie plate. Bake at 450° for 8 minutes (until lightly browned). Saute vegetables in margarine. Add turkey and almonds; heat thoroughly, stirring occasionally. Stir in 3/4 cup sour cream and cheese; heat until cheese is melted. Spoon mixture into shell. Top with remaining sour cream. Garnish as desired. Yield: 6 to 8 servings.

IMPOSSIBLE BUTTERMILK PIE

Vera Ashburn

1 1/2 c. sugar
1 c. buttermilk
1/2 c. Bisquick baking mix
1/3 c. margarine or butter, melted
1 tsp. vanilla
3 eggs

Heat oven to 350°. Grease 9 X 1 1/4-inch pie plate. Beat all ingredients until smooth, 30 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes. Serve with mixed fresh fruit if desired.

IMPOSSIBLE PIE

Glenda Key

4 eggs
1 3/4 c. self-rising flour
1/2 stick margarine
1 tsp. vanilla
2 c. milk
7 oz. coconut

Mix flour and sugar. Add beaten eggs and remaining ingredients. Pour into 2 (9-inch) foil pans. Bake at 350° until brown on top, about 30 to 35 minutes.

IMPOSSIBLE PIE

Sandy Nester

3 eggs
1/4 c. butter (4 T.)
1/2 c. flour
1/2 tsp. baking powder
1 c. sugar
1/4 tsp. salt
1 tsp. vanilla
1 tsp. grated lime
2 c. milk
1 c. coconut
Any kind of flavoring

Put all ingredients in blender. Butter casserole dish. Bake 1 hour at 350°.

LEMONADE PIE

Gertrude C. Wall

2 (9-inch) graham cracker pie crusts
1 (6-oz.) can lemonade concentrate, thawed
1 can Eagle Brand milk
1 (9-oz.) ctn. Cool Whip

Mix lemonade, milk and Cool Whip. Put into crush and chill. VERY GOOD!

LEMON PIE

Scarlett McCormick

1/4 c. lemon juice
1 can Eagle brand milk
1 (8-oz.) pkg. cream cheese
1 graham cracker crust

Thaw cream cheese to room temperature. Mix cream cheese, lemon juice and Eagle Brand milk. Pour

(continued)

mixture into graham cracker crust. Refrigerate until pie is set.

LICKETY-SPLIT BANANA SPLIT PIE

Sue Elmore

1 (6-oz.) graham cracker crust
2 sm. bananas
1 qt. vanilla ice cream, softened
Hot fudge sauce, unheated
Pineapple preserves
Chopped nuts
Whipped topping
Maraschino cherries

Slice bananas into bottom of crust. Spoon softened ice cream on top. Freeze 2 hours. Top with unheated hot fudge, pineapple preserves, a dollop of whipped topping, chopped nuts and a maraschino cherry.

MAGIC CRUST COCONUT PIE

Bertie H. Guynn

4 eggs, beaten
3/4 c. sugar
1/2 c. self-rising flour
1 (7-oz.) can shredded coconut
2 c. milk
1/2 tsp. almond extract
1/2 c. melted butter

Stir sugar and flour and add beaten eggs. Add remaining ingredients and pour into a 10-inch greased pie dish. Bake at 350° until done.

MILLION DOLLAR PIE

Barbara Jarrin

2 baked and cooled pie crusts
1 can condensed milk
1/3 c. lemon juice
1 lg. ctn. Cool Whip
1 can well drained fruit cocktail
1/2 c. chopped pecans

Mix milk and lemon juice. Fold in above mixture and place in pie crust and refrigerate.

MISSISSIPPI MUD PIE

Sandy Nester

2 c. sugar
1 c. shortening
4 eggs
1 1/2 c. plain flour
1/3 c. cocoa
1/4 tsp. salt
3 tsp. vanilla
1 c. chopped nuts
1 pkg. miniature marshmallows

Cream sugar and shortening. Add eggs and beat by hand. Sift flour, cocoa and salt; add to mixture. Add vanilla and nuts. Bake in greased and floured 9 x 13-inch pan at 300° for 35 minutes. Remove from oven and spread marshmallows on top. Return to oven for 10 minutes at 350°. Cool 1 hour before frosting.

Frosting:

1 box confectioners' sugar
1/3 c. cocoa
2 sticks margarine
1/4 to 1/3 c. canned milk
1 tsp. vanilla
1 c. chopped nuts

(continued)

Sift dry ingredients. Mix melted margarine. Add milk, vanilla and nuts. Spread on cooled cake. Cut into squares.

MOMMA'S EGG CUSTARD

Karen Hylton

1 unbaked pie crust
4 eggs
1/2 c. sugar
1/2 tsp. salt
3 c. scalded milk
1 tsp. vanilla
1/4 tsp. nutmeg

Beat eggs slightly. Add sugar and salt. Slowly stir hot milk into egg mixture (stir so the egg won't cook) a little at a time. Add vanilla. Pour into unbaked pie crust. Bake on lower rack of oven at 425° for 25 minutes or until firm. Put nutmeg on top if desired.

MAMA'S SUGAR PIE

Payge Hardy

1 egg
1 c. brown sugar
1 tsp. vanilla
1/2 c. butter
2 T. water

Mix altogether and pour into unbaked pie crust. Bake 30 to 35 minutes at 300°. Makes one pie.

NO CRUST EGG PIE

Olivia Fleming

1/4 c. melted butter or margarine
1/2 c. flour
1 c. sugar
3 eggs
2 c. milk

Melt butter in bottom of pie pan. Mix remaining ingredients and pour in butter or margarine. Flavor with nutmeg. Sprinkle on top. Bake at 400° until brown.

OATMEAL PIE

In Memory of Elois Hiatt

2 eggs, beaten lightly
2/3 c. quick-cooking oatmeal
2/3 c. sugar
2/3 c. white Karo
2/3 c. melted margarine
1/4 tsp. salt
1 tsp. vanilla flavoring

Mix all ingredients and pour into 9-inch pie shell. Bake at 350° for 1 hour.

PEANUT BUTTER PIE

Mamie Johnson

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

Mix well. Pour into graham cracker crust. Chill well.

PEANUT BUTTER PIE

Mary Wright

1 (8-oz.) pkg. cream cheese
2/3 c. peanut butter (smooth or crunchy)
1 c. confectioners' sugar, sifted
1/3 c. milk
Whipped topping
1 (9-inch) graham cracker crust

Bake crust until brown. Combine cream cheese, peanut butter, powdered sugar and milk until creamy. Put mixture into crust and cover top of pie with whipped topping. Chill 30 minutes and serve. Makes 6 to 8 servings.

PECAN PIE

Jenny Lawyer

1 box brown sugar (can use 3/4 box)
1 stick margarine
2 T. cornmeal
2 T. plain flour
3 eggs
3/4 c. sweet milk
2 tsp. vanilla
1 c. chopped pecans

Melt margarine and pour over brown sugar. Mix with other ingredients. Can be put in 2 shallow pie shells, 1 deep pie shell, or 10 tart shells. Bake at 350° for 45 minutes. Check in order not to overcook. Less time is required for shallow pie shells.

PIE

Diane Elmore

1 1/4 c. graham crackers
1/3 c. butter or margarine, melted
2 (8-oz.) pkgs. cream cheese, softened
1/2 c. sugar
2 eggs
1 tsp. vanilla extract
1/2 tsp. finely grated lemon peel

Topping:

1 (8-oz.) ctn. sour cream
2 tsp. sugar
1/2 tsp. vanilla extract
Additional lemon peel (opt.)
Mint leaves (opt.)

Combine crumbs and butter. Firmly press into the bottom and up the sides of a 9-inch pie plate. Chill. In a small mixing bowl, blend cream cheese, sugar, eggs and vanilla. Stir in lemon peel. Pour into prepared crust. Bake at 325° for 25 minutes. Remove from oven. Cool 5 minutes. Meanwhile, in a small bowl, combine sour cream, sugar and vanilla. Spread over pie. Bake 5 additional minutes. Cool to room temperature. Refrigerate at least 5 hours. Garnish with additional lemon peel and mint leaves if desired.

PINEAPPLE PIE

Kathy G. Collins

1 lg. ctn. Cool Whip
Juice from 2 lemons
1 can Eagle Brand milk
1 c. crushed pineapple
1/2 c. pecans or coconut, if desired

Mix above together and put in graham cracker crust. Makes 2 pies.

RAINBOW SHERBET PIE

Sue Elmore

Preparation Time: 2 hours (on and off); Freeze: At least 2 hours; Cost per serving: $.92.

Sherbet colors vary quite a bit, so don't worry if the sherbets you buy don't match ours exactly.

1 c. + 2 T. lemon sherbet
1 1/2 c. + 2 T. orange sherbet
2 1/2 c. + 2 T. raspberry sherbet
3 c. + 2 T. lime sherbet
1 (6-oz.) ready-to-fill butter-flavored crumb crust
1 (8-oz.) tub frozen nondairy whipped topping, thawed
About 3 c. mixed fruits (we used sliced strawberries, kiwifruit and oranges; blueberries, blackberries and raspberries)
Mint sprigs and confectioners' sugar for garnish

(1) Pack 2 tablespoons of each sherbet into a 1/2-cup measure. Unmold in center of pie crust. Place crust in freezer and put remaining orange, raspberry and lime sherbets back in freezer. Leave lemon sherbet at room temperature 10 minutes or until soft enough to spread. (2) Spread lemon sherbet over mound on crust. Freeze until hard, about 15 minutes (longer if more convenient). (3) Let orange sherbet soften slightly at room temperature. Spread over lemon layer. Return pie to freezer. (4) Repeat Step 3 with both the raspberry and lime sherbets. (5) Freeze pie at least 2 hours or cover and freeze up to 1 month. (6) About 10 minutes before serving: Spread topping over pie. Add fruit and mint and dust with confectioners' sugar. Serve at once. Serves 8. Per serving: 515 calories; 4 grams protein; 92 grams carbohydrate; 16 grams fat; 14 milligrams cholesterol; 228 milligrams sodium. Exchanges: 3 1/4 starch/bread; 2 fruit; 3 fat.

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SOUR CREAM PECAN PIE

Payge Hardy

3 whole eggs, separated
8 oz. sour cream
1 c. white sugar
1/4 c. plain flour
1/4 tsp. salt
1 tsp. vanilla
1 c. brown sugar
1 c. broken pecans
1 pre-baked pie shell

Mix together egg yolks, sour cream, white sugar, flour, salt and flavoring in saucepan. Cook until thick, stirring constantly. Lower heat after it begins to thicken. Beat egg whites until almost stiff, not dry, but stiff enough to hold shape. Add 1 cup cup brown sugar

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very gradually, 1/4 at a time. Fold in 1 cup of broken pecans in egg white mixture. Custard filling goes in bottom of prebaked pie shell, while still hot, top with meringue. Put back into oven and bake 15 minutes at 325°.

STRAWBERRY CUSTARD PIE

Cynthia Haynes
In Memory of Elizabeth Lawrence

1 c. sugar
3 T. plain flour
1/8 tsp. salt
3 eggs, beaten
3/4 c. milk
1 pt. strawberries

Mix sugar and flour together. Add next ingredients. Bake at 350° for 45 minutes.

STRAWBERRY PIE

Myrtle Moore

2 c. sugar
1 T. cornstarch
2 c. 7-Up
1 (8-oz.) box strawberry Jello
Sliced strawberries
1 baked pie shell
Whipped cream

Combine sugar, cornstarch, 7-Up and Jello. Cook until clear. Cool. Add sliced berries. Pour into baked pie shell. Top with whipped cream.

VELVET ALMOND FUDGE PIE

Sue Elmore

1 c. slivered almonds
1 (4-serving size) pkg. chocolate fudge or chocolate flavor pudding and pie filling
3/4 c. light corn syrup
3/4 c. evaporated milk
1 egg, slightly beaten
1/2 c. chocolate chips, melted
1 unbaked 8-inch pie shell

Chop almonds and toast at 350° for 3 to 5 minutes. Set aside. Blend together until smooth, pie filling mix, corn syrup, milk, egg and chips. Add almonds and pour into pie shell. Bake at 375° for about 45 minutes, or until top is firm and begins to crack. Cool at least 4 hours. Garnish with whipped topping, if desired.

BLUEBERRY AND PINEAPPLE COBBLER

Sue Jarvis

1 (9-inch) pie plate
1 pt. blueberries
1 c. pineapple chunks
3 slices day-old bread, cubed
1 c. sugar
1 T. flour
1 stick margarine, melted and cooled
1 egg

Put pineapple chunks and blueberries in bottom of pie plate. Cover with cubed bread. Sift together flour and sugar. Mix with margarine and add beaten egg. Pour on top of bread. Bake at 350° for 30 minutes.

PEACH COBBLER

Debbie Mitchell

1/4 c. butter
1 c. sifted all-purpose flour
1 c. sugar
1/8 tsp. salt
1/4 tsp. nutmeg
1 T. baking powder
2/3 c. milk
1 (29-oz.) can sliced peaches
1/4 tsp. cinnamon
1/2 tsp. lemon peel

Melt butter in a 7 x 11-inch dish. Sift together dry ingredients. Add milk. Stir well. Pour this into baking dish (do not stir). Top with peaches, including juice. Sprinkle nutmeg, cinnamon and lemon peel over peaches (do not stir). Bake at 350° for 40 minutes or until brown.

QUICK & EASY PEACH COBBLER

Karen Hylton

6 to 8 peaches
1 c. sugar
1 T. flour
5 slices bread, cubed
1 stick margarine, melted

Put peaches in 8 x 8-inch pan. Mix flour and sugar; add margarine. Mix with bread and drop over peaches. Bake at 350° until brown. (Can use canned or frozen fruit.)

GRANDMA'S COBBLER

Karen Guynn

Make bread dough and roll out. Cut into 1-inch strips.

(continued)

1/2 c. sugar
1/2 stick butter
Fruit (peaches, berries, apples)
Lg. kettle

Layer fruit and put 1/2 stick butter and 1/2 cup sugar, then layer bread dough strips. Repeat. Cook on top of stove until done and then put in oven to brown top of crust.

MOM'S APPLE COBBLER

Betty Pratt

1/2 c. butter or margarine
2 c. sugar
2 c. water
1 1/2 c. sifted self-rising flour
1/2 c. shortening
1/3 c. milk
2 c. finely chopped apples
1 tsp. cinnamon

Heat oven to 350°. Melt butter in a 13 x 9 x 2-inch baking dish or sheet cake pan. In a saucepan, heat sugar and water until sugar melts. Cut shortening into flour until particles are like fine crumbs. Add milk and stir with fork only until dough leaves the side of the bowl. Turn out onto lightly floured board or pastry cloth, knead just until smooth. Roll dough out into a large rectangle about 1/4 inch thick. Sprinkle cinnamon over apples; then sprinkle apples evenly over the dough. Roll up dough like a jellyroll. Dampen the edge of the dough with a little water and seal. Slice dough into 16 slices, 1-2 inches thick. Place in pan with melted butter. Pour sugar

(continued)

syrup carefully around rolls. (Looks like too much liquid, but crust will absorb it.) Bake for 55-60 minutes. Yield: 8 servings.

PEACH COBBLER

Dorothy Mitchell

2 c. fruit
3 slices loaf bread

Spread in bottom of small buttered pan. Pinch up bread and spread evenly over fruit.

1 c. sugar
1 egg, beaten
1 T. flour
1 stick margarine, melted

Mix. Spread over other mixture. Bake 25-30 minutes or until brown. (If using peaches, I sprinkle a little cinnamon over them before I pinch the bread.)

PEACH COBBLER

Susie Knowles

1 stick margarine
2 c. peaches
1/2 c. sugar
3/4 c. self-rising flour
2 tsp. baking powder
1 c. sugar
1/2 tsp. salt
3/4 c. milk

Mix 1/2 cup sugar with peaches. Set aside. Set oven at 350°. Put margarine in deep baking dish and set in oven to melt. Make a batter of other ingredients and pour over the melted butter. DO NOT stir.

(continued)

Put sugared peaches on top of batter. DO NOT stir. Bake until crust is lightly brown. Peaches will sink to bottom.

APPLE DUMPLINGS

Cathy Johnson

10 Butter-Me-Not biscuits
2-3 apples
1 (12-oz.) can 7-Up
3/4 c. sugar
1 tsp. cinnamon
1 stick margarine

Roll out biscuits using small amount of flour (about saucer-size). Peel and chop apples. Put 1 tablespoon apples in center and pinch up sides. Put in cake pan. Melt margarine in a 2-quart saucepan. Mix sugar and cinnamon together. Add margarine. Add 7-Up and bring to a boil. Pour over apples. Bake at 350° for 30 minutes.

APPLE DUMPLINGS

JoNell Branch

1 can biscuits
3 to 4 apples, chopped
1 stick margarine
3/4 c. sugar
1 tsp. cinnamon
10 oz. 7-Up

Roll out biscuits and fill with apples. Pinch together and place in baking dish. Mix margarine, sugar, cinnamon and 7-Up and pour over dumplings. Bake at 350° for 25 minutes.

APPLE-STRAWBERRY CRISP

Frances Lawrence

4 c. chopped apples
1 (3-oz.) pkg. strawberry Jello (dry)
1 c. sugar
1 c. self-rising flour
3/4 stick margarine

Place apples in dish. Sprinkle dry Jello over apples. Mix remaining ingredients. Sprinkle on top. Bake 40 minutes at 350°, or until apples are tender.

BANANA PUDDING

Payge Hardy

2 sm. boxes instant vanilla pudding mix
3 c. cold milk
1 lg. ctn. Cool Whip
1 ctn. sour cream
1 box vanilla wafers
Bananas

Mix pudding mix with milk as directed on box. On low speed, mix in sour cream and half of the Cool Whip. Make a layer of cookies and bananas and pour pudding mixture over them. Put remaining Cool Whip on top.

BANANA PUDDING

Sybil Callahan

3/4 c. sugar
2 tsp. flour
1 tsp. salt
2 c. milk
3 eggs, separated
1 tsp. vanilla

Mix and put in double boiler. Cook until mixture coats the spoon. Put in a layer of bananas, a layer of vanilla wafers, and a layer of pudding mix until all the pudding mix is used up.

Meringue:

3 egg whites
7 T. sugar
1 tsp. vanilla
Pinch of salt

Beat. Spread on top of pudding. Put in oven at 425° for 5 minutes or until brown.

BAKED APRICOTS

Payge Hardy

2 (16-oz.) cans apricot halves, drained well
1 box light brown sugar
1 (12-oz.) box Ritz crackers, crushed
1 stick butter

In a greased 9 x 13-inch dish, layer apricots, brown sugar and Ritz crackers. Dot with butter (no substitute). Bake at 300° for 45 minutes. Serves 16. Goes well with baked ham.

BREAD PUDDING

Alma Moser

4 c. bread crumbs
2 eggs
1 1/2 c. sugar
Dash of cinnamon
1 stick margarine, melted
1 c. raisins
Enough milk to moisten

Bake at 350° for 30 minutes.

icing:

1/2 c. butter, melted
1 c. powdered sugar
3 T. milk

BROWNIES

Sharon Mitchell

3/4 c. plain flour
1 c. sugar
1/2 c. soft butter
1/4 c. cocoa
1/4 tsp. salt
1 tsp. vanilla
2 eggs
1/2 c. chopped nuts

Sift dry ingredients; add butter, eggs and vanilla. Beat 2 minutes at medium speed. Stir in nuts and pour into greased pan. Bake at 350° for 20 minutes or until barely done.

BROWNIES

Carol E. Snow

Bring to a boil in a small pan:

1 stick margarine
1 c. shortening
1 c. hot water
3 heaping T. cocoa

Afterwards in a large bowl, add the following:

2 c. flour
1 tsp. baking soda
1/2 tsp. salt
2 c. sugar
2 eggs
1/2 c. buttermilk
1 tsp. vanilla

Bake at 350° for 18 minutes.

Icing:

In a small pan, add the following:

1 tsp. vanilla
2 heaping T. cocoa
1/3 c. milk

Heat to a boil, stirring constantly. Remove from heat and add:

1 lb. XXX sugar
1 c. chopped nuts

Spread on brownies as soon as it comes from oven.

BROWN SUGAR BROWNIES

Payge Hardy

1 lb. brown sugar
2 eggs, beaten
2 c. self-rising flour
1/2 tsp. salt
2 c. chopped pecans
2 sticks butter or margarine (I use butter)
1 tsp. vanilla

Melt margarine or butter in saucepan. Stir in sugar and eggs. Add flour which has been sifted with other dry ingredients. Stir in chopped pecans and vanilla. Bake in a greased and floured 9 x 13-inch dish at 325° for 25 to 30 minutes. Let cool and cut into squares.

CHERRY CRUNCH

Carol P. Snow

1 can cherry pie filling
1 lg. can crushed pineapple with juice
3/4 c. sugar
1 box yellow Duncan Hines cake mix (dry)
2 sticks margarine, melted
1 c. chopped pecans

In an 8 x 12-inch dish, smooth the cherry pie filling, then pineapple on top of that, then sprinkle sugar. Smooth dry cake mix on top of that, then pour melted margarine, then chopped pecans. Bake in 350° oven about 45 minutes or until golden brown.

CHERRY SUPREME

Kathy G. Collins

Crust:

3 c. graham cracker crumbs
2 sticks melted margarine
6 T. confectioners' sugar

Mix and put in 9 x 13-inch pan.

Filling:

2 pkgs. Dream Whip, whipped per directions
2 (8-oz.) pkgs. cream cheese
2 c. sugar
2 tsp. vanilla

Pour into crust and top with 2 cans cherry or blueberry pie filling.

CHERRY YUM-YUM

Janet Gilley

3/4 c. sugar
2 pkgs. Dream Whip
1 c. cold milk
2 cans cherry pie filling
1 (8-oz.) pkg. cream cheese

3 c. graham cracker crumbs
1 1/2 sticks margarine

Melt butter and mix with crumbs. Cover bottom of 8 x 14-inch pan with 1/2 of mixture. Meanwhile, have milk and Dream Whip mixing. When whipped, add sugar and cream cheese. Mix well and pour 1/2 of mixture over crumbs. Then spoon both cans of cherries over cream. Top cherries with remaining half of whipped cream mixture. Then sprinkle remaining crumbs over pie.

CHOCOLATE BERRY CHILL

Sue Elmore

1 pt. softened strawberry ice cream
1 (9-oz.) graham cracker crust
1/2 c. fudge sauce
1 (8-oz.) ctn. chocolate Cool Whip, thawed

Spread ice cream onto bottom of crust. Freeze until firm. Spread fudge sauce evenly over ice cream. Cover with Cool Whip. Freeze 4 hours or until firm. Let stand approximately 30 minutes before serving. Garnish with strawberries and fudge sauce. Makes 8 servings.

CHOCOLATE DREAM DESSERT

Dorothy Mitchell

1 1/2 c. flour
1 1/2 c. pecans, chopped
1 1/2 sticks margarine, melted

Mix and press in pan and bake at 350° for 20 minutes.

Mix and put on top of baked ingredients:

1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip

Mix and put on top of cream cheese mixture:

1 sm. pkg. instant vanilla pudding
2 c. milk

Mix and put on top of vanilla pudding:

(continued)

1 sm. pkg. instant chocolate pudding
2 c. milk

Put remainder of Cool Whip on top of chocolate pudding.

CHOCOLATE ECLAIR DESSERT

DeAnne Haynes

2 boxes vanilla instant pudding
1 (8-oz.) ctn. Cool Whip
Whole graham crackers
3 1/2 c. milk
Chocolate frosting

Mix pudding and milk until thickened. Beat in Cool Whip. Line 9 x 13-inch pan with graham crackers. Spoon on pudding mixture. Top with another layer of whole graham crackers. Frost. (Can use canned chocolate frosting.) Let stand in refrigerator overnight.

CHOCOLATE SUPREME

Carol P. Snow

Bottom Crust:

1 stick margarine, melted
1/3 c. brown sugar
1 c. self-rising flour
1/2 c. chopped nuts

Mix dry ingredients and pour over margarine. Press in bottom of 9 x 13-inch baking dish. Cook at 300° for 15 minutes. Let cool.

Filling:

(continued)

1 (8-oz.) pkg. cream cheese, room temp.
1 c. powdered sugar
1 lg. ctn. Cool Whip
1 pkg. instant chocolate pudding
3 c. milk

Mix softened cheese and powdered sugar. Blend and fold in 1 cup Cool Whip. Spread on crust. Mix pudding and milk, spread on top of cheese mixture. Spread remaining Cool Whip on top. Sprinkle with nuts. Refrigerate. (Butterscotch, pistachio or lemon pudding may be substituted.)

COUNTRY APPLE BREAD PUDDING

Sue Elmore

49 Kraft caramels
2 T. water

4 c. raisin bread cubes
1/4 c. squeeze Parkay margarine
2 T. sugar
1/4 tsp. cinnamon
6 c. apple slices
1/2 c. coarsely chopped walnuts

Melt caramels with water in saucepan over low heat. Stir occasionally until sauce is smooth. Toss bread cubes with margarine. Add combined sugar and cinnamon; mix well. In 8-inch square baking dish, layer half of apples, nuts, caramel sauce and bread cubes; repeat layers. Bake at 350° for 25 to 30 minutes or until heated thoroughly. Yield: 6 servings.

CURRIED FRUIT BAKE

Carol P. Snow

1 can peach halves, drained
1 can pear halves, drained
1 can pineapple slices, drained
1 can apricot halves, drained
1/4 c. maraschino cherries, drained
3/4 c. firmly packed brown sugar
1/3 c. butter, melted
2 1/2 T. curry powder

Combine first 5 ingredients in a 12 x 8 x 2-inch baking dish. Combine brown sugar, butter and curry, stirring well; spoon over fruit. Cover and bake at 350° for 35 minutes or until thoroughly heated.

DEATH BY CHOCOLATE

Frances Lawrence

1 fudge brownie mix
4 T. black coffee
1 tsp. sugar
3 (3.5-oz.) boxes Jello chocolate mousse or instant chocolate fudge pudding mix
8 Skor or Heath bars
1 (12-oz.) ctn. Cool Whip

Bake brownies according to package directions; cool. Punch holes in brownie with a fork and spoon sweetened black coffee over the top. Set aside. Whip chocolate mousse or pudding according to directions. Break candy bars into small pieces in a food processor or by tapping with a hammer. Break up 1/3 of the brownies and place in the bottom of a large glass dish. Cover with 1/3 of the mousse or pudding. Layer 1/3 of candy and then 1/3 of Cool Whip. Repeat layers, ending with Cool Whip. Garnish with chocolate shavings or curls. Chill.

(continued)

EASY CHOCOLATE ECLAIR CAKE

Tammy Branch

1 box graham crackers
1 (12-oz.) ctn. Cool Whip
1 pkg. vanilla pudding
1 pkg. chocolate pudding
3 c. milk
1 can milk chocolate icing

In a 13 x 9-inch pan, layer graham crackers. Mix 1 1/2 cups milk with vanilla pudding. Add 1/2 of Cool Whip. Pour over second layer of crackers. Mix 1 1/2 cups milk with chocolate pudding and 1/2 Cool Whip. Pour over crackers. Add one more layer of crackers and cover with icing.

ENGLISH TRIFLE

DeAnne Haynes

1 angel food cake, sliced
1 lg. box vanilla instant pudding
1 lg. box strawberry Jello
1 can fruit cocktail
1 lg. ctn. Cool Whip

Mix pudding by directions on box. Make Jello by directions on box. Add fruit cocktail to Jello. Chill. Stir Jello and fruit cocktail before layering. In a large bowl, layer angel food cake, Jello and fruit cocktail, pudding and Cool Whip.

FOUR-LAYER CHOCOLATE ICEBOX CAKE

Kathy G. Collins

1 1/2 c. plain flour
1/2 c. melted margarine
3/4 c. chopped nuts

Combine above ingredients and press into bottom of 9 x 13-inch pan. Bake at 350° for 20 minutes. Chill.

8 oz. cream cheese
1 c. powdered sugar
1 c. Cool Whip (buy the largest size)

Cream cheese and sugar till smooth and creamy. Fold in Cool Whip. Spread over crust.

2 sm. pkgs. instant chocolate pudding
3 1/2 c. milk
1 tsp. vanilla

Mix together and spread on second layer (saving a small amount for the top). Spread remainder of Cool Whip on top. Drizzle remainder of chocolate mixture on top. Chill.

FRESH SUMMER TART

Betty Hutchins

1 roll sugar cookie dough

Mash out on 12 or 14-inch pizza pan. Cook as directed.

Mix:

11 oz. cream cheese
1 c. confectioners' sugar
4 T. orange juice

(continued)

Spread cheese mixture on cookie after it has cooled. Cut in little strips, like laying brick. Top with fresh fruit. (I use a slice of kiwi and top with half of a strawberry.)

Options:

Kiwi
Strawberries
Grapes
Peaches
Pineapple
Banana
Nectarine

FROZEN ORANGE DESSERT

Teresa Pratt

60 Ritz crackers, crushed (3 c.)
1/2 c. margarine, melted
1/4 c. sugar
1 (14-oz.) can Eagle Brand milk
1 (6-oz.) can frozen orange juice concentrate, thawed and undiluted
1 (8-oz.) ctn. Cool Whip, thawed
2 (11-oz.) cans mandarin oranges, drained

Combine first 3 ingredients; set aside 3/4 cup. Press remaining crumb mixture into an ungreased 13 x 9 x 2-inch baking dish; set aside. Combine Eagle Brand milk and orange juice; fold in whipped topping and oranges. Spoon mixture over crust, and sprinkle with reserved crumb mixture. Cover and freeze until firm.

FRUIT FESTIVAL

Dorothy Mitchell

1 can sliced pears
1 can sliced peaches
1 can fruit cocktail
1 can pineapple chunks
1 pkg. frozen strawberries
1 lg. box instant vanilla pudding

Put all this in a large glass bowl. Stir in pudding. Mix well. Put in refrigerator and chill.

FRUIT PIZZA

Cynthia Haynes

Dough:

1 pkg. yellow cake mix
1/4 c. water
2 eggs
1/4 c. brown sugar
1/2 c. pecans
1/4 c. margarine

Preheat oven to 350°. Line pizza pan with aluminum foil. Grease and flour pan. Mix dough and press into pan. Bake 15-20 minutes or until light brown. Cool crust completely.

Topping:

1 (8-oz.) pkg. cream cheese
2 c. confectioners' sugar
1 (8-oz.) ctn. Cool Whip

Mix together and spread on crust. Top with fruits of your choice (fresh strawberries, kiwi, blueberries, etc.)

GRAHAM CRACKER ICEBOX STRIPS

Dorothy Mitchell

2 sticks margarine
1 c. sugar
1/2 c. milk
1 c. coconut
1 c. graham cracker crumbs
1 egg
1 c. chopped pecans
Whole graham crackers

Melt butter. Add crumbs, sugar, milk and egg. Bring to a rolling boil. Remove from heat. Add nuts and coconut. Line 9 x 13-inch pan with whole crackers. Pour cooked mixture over crackers. Place another layer of whole crackers over top of filling. Cool.

Frost with:

3/4 stick margarine
2 c. powdered sugar
1 T. milk
1 tsp. vanilla

Cream margarine and powdered sugar. Stir in vanilla. May need a little more milk to spread well. Spread over top and sprinkle with nuts if desired. Chill 2 hours and cut into strips. I leave mine overnight before cutting.

GRAHAM CRACKER TREATS

Lucille Stanley

2 pkgs. graham crackers, broken apart
1 c. chopped pecans

Preheat oven to 325°. Line 2 (14 x 18-inch) pans with foil, then with graham crackers. Sprinkle pecans on top. Bring to a fast boil, stirring constantly the following:

1 stick margarine
1 stick butter
1/2 c. brown sugar

Boil 3 to 4 minutes (this will be creamy and thick). Pour over crackers. Bake 9 to 10 minutes. Mix must bubble for a minute or so. Let cool and break. **Hint:** This can be cut into half for fewer people.

HEAVENLY CHOCOLATE DESSERT

Sue Elmore

8 oz. Oreo cookies, crushed
2 T. margarine, melted
1 (8-oz.) pkg. cream cheese, softened
8 T. sugar
2 tsp. vanilla
24 oz. chocolate chips, melted
1 pt. (2 c.) heavy whipping cream, whipped

(1) Combine crushed cookies and melted margarine; blend and press into a 9 x 13 x 2-inch glass dish. (2) For filling, mix cream cheese, sugar and vanilla. Add melted chocolate chips. Fold in whipped

(continued)

cream. (3) Pour in crust. Chill 2 to 3 hours.

LEMON LUSH

Dorothy Mitchell

Layer #1:

1 c. flour
1 c. chopped pecans
1 stick butter

Mix together. Press into pan and bake at 350° for 15 minutes.

Layer #2:

16 oz. cream cheese
2 c. Cool Whip
2 c. powdered sugar

Mix together.

Layer #3:

2 pkgs. lemon instant pudding
3 c. milk

Mix together.

Layer #4:

Remainder of Cool Whip
Sprinkle of pecans

MOCK BLINTZES

Cathy Johnson

8 oz. softened cream cheese
1 loaf bread
1 T. cinnamon
1 c. sugar
1 egg yolk
1 1/2 sticks margarine

Mix softened cream cheese with 1/2 cup sugar and egg yolk. Cut crust off bread and spread about 1 tablespoon of cream cheese mixture onto the bread. Roll up into jelly-roll fashion. Brush with melted butter. Mix 1/2 cup sugar with cinnamon and roll bread in it. Set on ungreased cookie sheet, cover and freeze 24 hours. Bake, uncovered, at 350° for 15 minutes. Sprinkle with powdered sugar.

NO-BAKE CHERRY BALLS

Barbara Jarrin

1 1/2 c. confectioners' sugar
1/2 c. butter or margarine, softened
1 T. milk
1 tsp. vanilla
1 1/2 c. shredded coconut
30 to 40 red and green maraschino cherries with stems
Finely crushed graham cracker crumbs

In a mixing bowl, blend together sugar, butter, milk and vanilla until smooth. Stir in coconut. Chill for 1 hour. Meanwhile, drain cherries on paper towels. Shape about 1 tablespoonful of coconut mixture around each cherry, leaving stem

(continued)

and end exposed. Dip bottom 2/3 of cherry ball in graham cracker crumbs. Refrigerate or freeze until serving. Makes about 1 1/2 dozen. Very pretty.

OATMEAL CRISPIES

Payge Hardy

1 c. butter
1 c. brown sugar
1 c. white sugar
2 eggs, beaten
1 tsp. vanilla
1 1/2 c. plain flour
1 tsp. salt
1 tsp. soda
3 c. quick-cooking oatmeal
1/2 c. nuts and raisins

Form into two rolls and chill for two hours. Slice and bake on greased cookie sheet at 350° for about 12 minutes.

OREO COOKIE DESSERT

JoNell Branch

1 (15-oz.) pkg. Oreo cookies
1 stick margarine
1 (8-oz.) pkg. cream cheese
1 c. sugar
1 (8-oz.) ctn. Cool Whip
1 lg. chocolate instant pudding
2 1/2 c. milk

Chop cookies to make crumbs. Reserve 1/2 cup for topping. Melt margarine and mix with crumbs. Press into 9 x 13-inch container. Combine softened cream cheese and sugar; fold in about half the Cool Whip and spread over crusts. Chill

(continued)

20 minutes. Prepare pudding using 2 1/2 cups milk. Spread this over mixture. Make fourth layer of remaining Cool Whip. Sprinkle reserved crumbs on top. Refrigerate 8 hours. Makes 12 servings.

PEANUT BUTTER MUNCHIES

Sue Elmore

1 1/4 c. graham cracker crumbs
1 c. unsifted 10X (confectioners') sugar
1 c. cream-style peanut butter
1/4 c. (1/2 stick) butter or margarine, softened
1/2 c. chopped walnuts
1/2 c. flaked coconut

Mix graham cracker crumbs, 10X sugar, peanut butter and butter in a medium-sized bowl, using wooden spoon. Roll between palms to shape into small balls. Roll half in nuts and half in coconut. Refrigerate.

PECAN FINGERS

Scarlett McCormick

1 1/2 sticks margarine
7 T. confectioners' sugar
1 tsp. ice water
2 tsp. vanilla
1 c. chopped pecans
2 1/4 c. plain flour
Pinch salt

Mix all together. Press together and shape into small fingers. Bake at 350° for 20 minutes. Roll in confectioners' sugar.

PECAN TARTS

Geneva Key

1/2 stick butter
1 c. white Karo
1/2 c. light brown sugar
1 tsp. vanilla
1/8 tsp. salt
3 eggs
Pecans

Melt butter. Add Karo and brown sugar, mixing well. Beat eggs until lemony colored. Add Karo mixture to eggs and mix well. Add 1 teaspoon vanilla and salt. Fill tart shells about 2/3 full and sprinkle pecans on top. Bake until tart shells are as brown as you like at 300°. Use Jiffy pie crust mix for the tart shells (a box will make about 20). Grind the pecans. Then, do not overbake or they will be too crusty.

PINK DELIGHT

Olivia Fleming

1 can Eagle Brand condensed milk
3 to 5 T. lemon juice
1 (16-oz.) can crushed pineapple, drained
1 can strawberry or cherry pie mix
1 ctn. Cool Whip
Nuts (opt.)

Mix all ingredients well and refrigerate. This can be used as a salad or dessert.

PINK LEMONADE ICE CREAM LOAF

Sue Elmore

1 (8-oz.) loaf angel food cake
1 qt. vanilla ice cream, softened
1 (6-oz.) can frozen pink lemonade concentrate, thawed
1 c. whipping cream
3 T. powdered sugar
1 pt. fresh strawberries, sliced
Fresh strawberries & mint leaves for garnish

Slice cake horizontally into 3 layers; set aside. Combine ice cream and lemonade concentrate; swirl gently. Spread half of ice cream mixture on bottom layer of cake. Top with second cake layer and spread with remaining ice cream mixture. Place the third layer over ice cream and freeze loaf 30 minutes. Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Frost top and sides of cake with whipped cream. Freeze until firm. Slice cake and serve with strawberries. Garnish, if desired. Makes 10 servings. **Note:** 2 cups frozen whipped topping, thawed, may be substituted for whipped cream.

SPICY PUMPKIN SQUARES

Frances Lawrence

1 pkg. spice cake mix
1 1/4 c. quick-cooking oats
1 stick margarine
1/4 c. packed brown sugar
3 eggs
1/4 c. chopped pecans
2 c. pumpkin
1 can sweetened condensed milk
1 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. salt

Mix dry cake mix with oats, margarine, brown sugar and 1 egg until crumbly. Remove 2 cups crumb mixture and press remaining mixture into a 9 x 13 x 2-inch pan. Bake 15 minutes at 350°. Stir nuts into reserved crumbs; set aside. Beat remaining 2 eggs, pumpkin, milk and spices. Spread over baked crust. Top with remaining crumb mixture. Bake 35 minutes longer. Serve warm with whipped cream or ice cream. Serves 10 people.

STRAWBERRY-BANANA ICE CREAM DESSERT

Frances Lawrence

1 pt. vanilla ice cream, softened
I can strawberry pie filling
1 c. slivered almonds
1 chopped banana
6 T. lemon juice

Mix all ingredients and pour into a greased mold. Freeze. Unmold and serve.

STRAWBERRY DESSERT

Doris Cox

1 angel food cake
2 pkgs. strawberry-banana Jello
2 1/2 c. boiling water
1/2 pt. whipping cream, whipped
1 lg. pkg. frozen strawberries

Break angel food cake into pieces and spread evenly in a 9 x 13 x 2-inch cake pan. Dissolve Jello in boiling water and set aside to cool. Fold in whipped cream. Drain strawberries. Add 2/3 cup juice and berries. Pour this mixture over cake pieces evenly. Refrigerate. When ready to serve, cut into squares and cover with whipped cream.

SUE'S PINEAPPLE BAKE

Frances Lawrence

2 (15-oz.) cans pineapple chunks, drained
6 T. flour
1 c. brown sugar
2 c. cheddar cheese
1 stack Ritz crackers
1 stick margarine, melted

Mix flour, sugar and cheese and pour over pineapple. Top with mixture of margarine and crackers. Bake 25 minutes at 350°.

CHOCOLATE FUDGE ICE CREAM

Frances Lawrence

2 (14-oz.) cans sweetened condensed milk
2 (4-oz.) pkgs. instant chocolate pudding
2 qts. milk

Combine all ingredients, mixing well. Pour into 1 gallon ice cream freezer. Pack with salt and ice. Freeze.

HOMEMADE VANILLA ICE CREAM

Diane Elmore

1 can Eagle Brand milk
2 eggs
3 T. vanilla
1 c. sugar
Sweet milk

Mix Eagle Brand milk, eggs, sugar and vanilla in blender. Pour into ice cream canister and fill with sweet milk.

VANILLA ICE CREAM

Carol P. Snow

2 eggs
1 1/2 c. sugar
2 T. vanilla
1/4 tsp. salt
1 pt. sweet milk

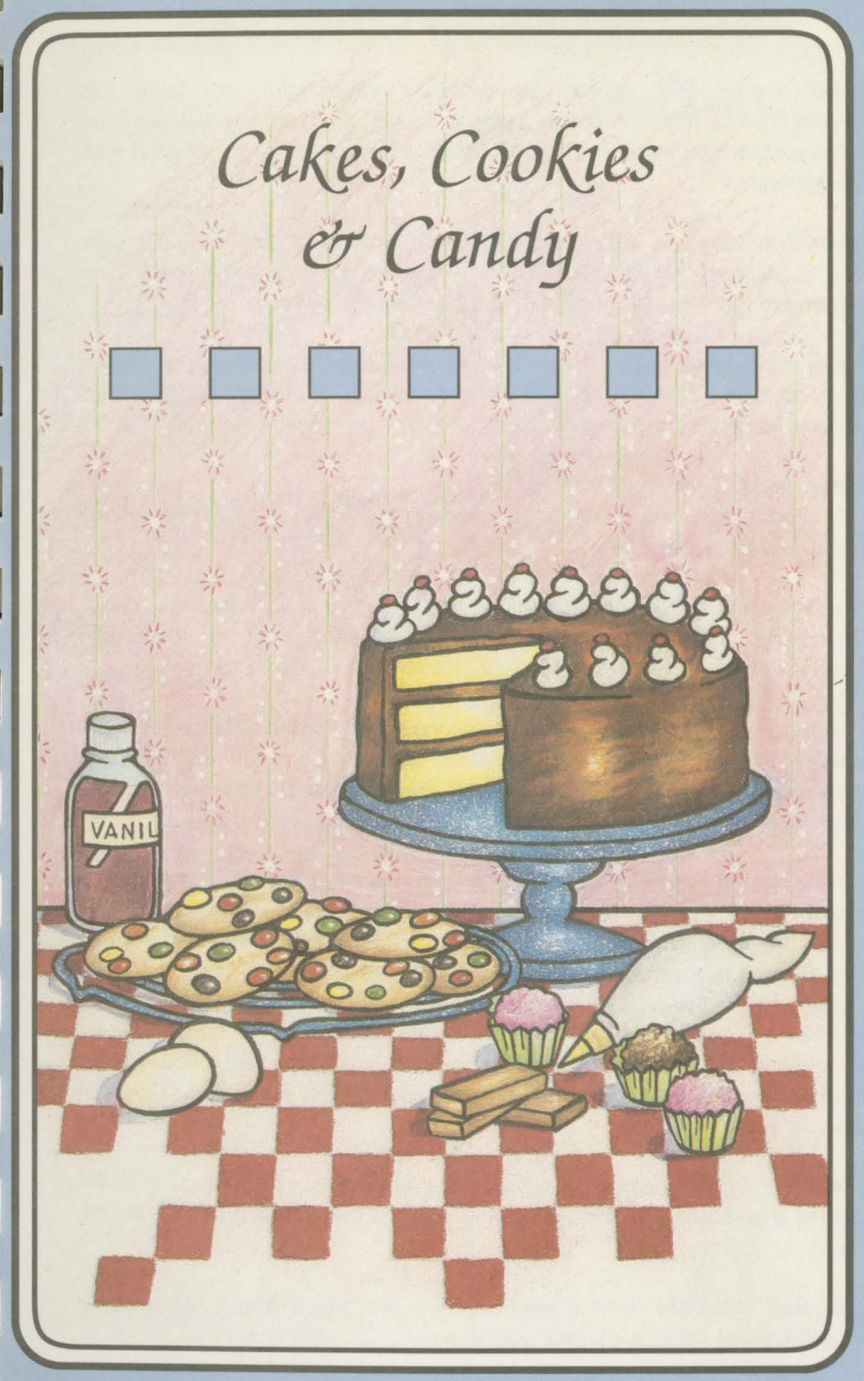
Cook in microwave oven on high for 8 minutes.

Add:

(continued)

1/2 pt. whipping cream
1 can sweetened Eagle Brand milk

Let set in refrigerator several hours. Put into ice cream freeze and finish filling to the fill line with sweet milk.



The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.

- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

CARAMEL ICING

Peggy McCormick

1 stick butter
1/2 c. packed brown sugar
1/4 c. milk
2 1/2 c. confectioners' sugar
1 tsp. vanilla

Melt butter and brown sugar. Combine with other ingredients and ice desired cake.

COOKED CHOCOLATE FROSTING

In Memory of Vel Gordon

3/4 c. sugar
1 c. flour
1/2 c. margarine
1/2 c. milk
1/4 c. Karo syrup
1/3 c. cocoa
Pinch of salt

Cook 1 minute. After it begins to boil, beat gently until lukewarm. Add 1 teaspoon vanilla. Beat until icing thickens and loses its gloss.

APPLE CAKE

Virginia Hiatt

Mix together:

3 eggs
1 1/2 c. Crisco oil
2 c. sugar

Mix together and add to the above:

3 c. flour
1 tsp. salt
1 heaping tsp. soda
2 tsp. vanilla

Fold in:

3 c. chopped apples
1 c. nuts (pecans or walnuts)
Raisins (opt.)

Bake in tube or square pan for 1 hour at 300° or until you can put a toothpick in it and it comes out clean.

Topping:

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

Boil for 2 1/2 minutes and pour on top of cake. It is good without the topping. It is also a good cake to freeze.

AUNT SUSIE'S APPLE CAKE

Karen Guynn

2 c. sugar
1 1/4 c. oil
3 eggs
3 c. flour
Pinch of salt
1 tsp. soda
2 T. vanilla
1 c. walnuts
3 apples

Cook at 350° for one hour or until done.

BANANA SPLIT CAKE

Sandra Coe

2 c. graham cracker crumbs
1 stick margarine, melted
2 T. powdered sugar

Combine and press this in bottom of baking dish.

Mix:

1 box powdered sugar
2 eggs
1 1/2 sticks margarine

Beat 20 minutes. Spread on top of graham cracker crust. Slice 5 bananas on filling. Spread on bananas 1 large can crushed pineapple, drained.

Add:

1 (12-oz.) ctn. Cool Whip
1 1/2 c. chopped nuts
1 jar cherries

Refrigerate.

CAKE FOR DIABETICS

Carol P. Snow

6 oz. uncooked oatmeal (1 1/2 c.)
2 2/3 c. powdered milk
2 1/4 c. applesauce
3/4 c. raisins
1 tsp. cinnamon
1 tsp. ground cloves
2 tsp. baking powder
2 tsp. soda
1/2 c. margarine
8 pkgs. Sweet 'N Low
1 c. chopped pecans (opt.)

Combine all ingredients; mix well with electric mixer. Pour into a bundt pan that has been sprayed with a nonstick spray or greased and floured. Bake at 350° for 45 to 50 minutes.

CHOCOLATE CAKE

Sandra Snow

4 T. cocoa
1 c. oil
1 c. water
1 stick butter
2 c. plain flour
2 c. sugar
2 eggs
1/2 c. buttermilk
1 tsp. soda
Dash of salt
1 tsp. vanilla

Icing:

1 stick butter
4 T. cocoa
8 T. milk
1 box powdered sugar
1 tsp. vanilla

Combine cocoa, oil, water and butter. Bring to a boil and boil 1 minute. Measure and sift flour and sugar. Pour cocoa mixture over this. Mix well. Add eggs, buttermilk, soda, salt and vanilla. Pour into ungreased sheet cake pan. Bake at 350° until done. **Icing:** Combine cocoa, milk and butter. Bring to a full boil. Pour over sugar and add 1 teaspoon vanilla. Mix well. Spread over warm cake. Garnish with chopped nuts.

CHOCOLATE-CINNAMON CAKE

Gloria Carter

1 1/2 c. all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 c. sugar
1/3 c. unsweetened cocoa
1 tsp. ground cinnamon
1 c. nonfat buttermilk
1/4 c. egg substitute
2 T. margarine, melted
2 tsp. vanilla extract
Vegetable cooking spray
1/4 c. chopped walnuts

Combine first 7 ingredients in a large bowl. Combine buttermilk and next 3 ingredients; add to dry ingredients, stirring until blended. Spoon batter into an 8-inch square pan coated with cooking spray; sprinkle with walnuts. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

CHRISTMAS CAKE

Francis Lawrence

1 c. black walnuts, broken
1 c. pecans, broken
1/2 lb. green candied cherries, halved
1/2 lb. red candied cherries, halved
1 (3 1/2-oz.) can flaked coconut
2 c. unsifted flour
2 sticks margarine
1 2/3 c. sugar
5 eggs
Dash of salt

Preheat oven to 275°. Combine nuts, cherries and coconut. Add flour and mix. Cream margarine until light and fluffy, add sugar gradually and continue to cream. Add eggs, one at a time, blending well after each. Add salt. Add fruit mixture to batter. Blend well. Pour into greased and floured tube pan that has the bottom lined with brown paper. Cover top tightly with lightly oiled heavy-duty foil. Place shallow pan of water on bottom rack in oven. Bake 2 1/2 hours or until tests done.

CINNAMON RAISIN COFFEECAKE

Teresa Pratt

1/2 c. chopped pecans
1/3 c. raisins
1/4 c. powdered sugar
1/4 c. margarine or butter, softened
1 tsp. ground cinnamon
1 tsp. vanilla
1 (8-count) pkg. refrigerated breadsticks
1 recipe White Glaze

Combine 1/4 cup of the nuts and next 5 ingredients. Unroll breadsticks with separating. Spread raisin mixture evenly over dough to within 1/2 inch of edges. Fold in half lengthwise. Seal long edge. Gently stretch.

CRESCENT SUGAR CAKE

Payge Hardy

2 cans crescent rolls

Mix:

1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
1 tsp. vanilla

Unroll 1 can crescent rolls and put in 9 x 13-inch pan. Mix above ingredients and put over crescent roll in pan. Put other can of crescent rolls over that mixture. Melt stick margarine and pour over that. Sprinkle with brown sugar and cinnamon. Bake at 350° for about 15 minutes.

CRUMB CAKE

Ollie McIntyre

2 c. packed brown sugar
2 1/2 c. all-purpose flour
1/2 tsp. salt
1/2 c. butter or margarine, softened
1 tsp. ground cinnamon
1/2 c. chopped pecans
1 c. milk
1 T. baking powder
Whipped topping (opt.)
Pecan halves (opt.)

In a mixing bowl, combine sugar, flour and salt. Cut in butter until mixture resembles a coarse meal. Remove 1 cup mixture and combine with cinnamon and nuts. Set aside. To remaining crumb mixture, add milk and baking powder. Spread into a greased 13 x 9-inch baking pan. Sprinkle the reserved crumb topping over batter. Bake at 350° for 30 minutes or until cake tests done. Cut into squares. Garnish with whipped topping and pecans, if desired.

DREAM-SICKLE CAKE

Carol E. Snow

1 box orange Supreme cake mix
1 sm. box orange gelatin
1/3 c. oil
1 1/2 c. water
2 eggs, slightly beaten

Mix cake mix with gelatin; add oil, water and eggs. Beat 3 minutes at medium speed. Bake at 350° for 20-30 minutes. Makes 3 layers or 2 small sheet cakes.

Filling:

(continued)

16 oz. sour cream
12 oz. frozen coconut, separated with fork
1 1/4 c. sugar
1/2 c. orange juice, frozen and undiluted

Mix all ingredients; set aside 1 cup for frosting. Put filling between layers. Mix the cup of filling with large carton whipped topping. Frost top and sides of cake. Keep in refrigerator for 3-4 days to moisten.

EARTHQUAKE UPSIDE DOWN CAKE

Karen Guynn

1 med. bag coconut
8 oz. chopped pecans
1 pkg. German chocolate cake mix

Mix together coconuts and pecans and line bottom of 9 x 13-inch pan. Prepare cake mix as directed on box and pour into pan.

Topping:

1 (8-oz.) pkg. cream cheese
1 pkg. 10X confectioners' sugar
1 stick margarine, melted

Combine ingredients and spoon over cake in pan. Bake at 350° for 45 minutes.

GERMAN CHOCOLATE UPSIDE DOWN CAKE

Janet Gilley
Carol P. Snow

1 c. flaked coconut
1 c. chopped pecans
1 German chocolate cake mix
1 stick margarine
8 oz. cream cheese
1 lb. confectioners' sugar

Grease 9 x 13-inch cake pan. Spread coconut and pecans evenly on bottom of pan. Mix cake according to directions on package. Pour over coconut and pecan mixture. Combine butter and cream cheese in saucepan. Heat until mixture is soft enough to stir in confectioners' sugar. Spoon mixture over top of cake batter. Bake at 350° for 50 to 60 minutes. Serve in pan.

GERMAN SWEET CHOCOLATE CAKE

Betty Pratt

1 (4-oz.) pkg. Baker's German sweet chocolate
1/2 c. boiling water
2 c. sugar
2 1/2 c. sifted Swans Down cake flour
1 tsp. baking soda
1 c. buttermilk
1 c. butter or margarine
4 egg yolks
1 tsp. vanilla
1/2 tsp. salt
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, one at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into 3 (8- or 9-inch) layer pans, lined on bottoms with paper. Bake at 350° for 30 to 40 minutes. Cool. Frost tops only.

(continued)

Coconut-Pecan-Cherry Frosting:

Combine:

1 c. evaporated milk
1 c. sugar
3 slightly beaten egg yolks
1/2 c. butter or margarine
1 tsp. vanilla

Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/3 cups Baker's Angel Flake coconut, 1 cup chopped pecans and 1 cup drained, chopped cherries. Cool until thick enough to spread; beat occasionally. Makes 2 1/2 cups.

GRANNIE'S HICKORY NUT CAKE

Myrtle Moore

2 c. sugar
2/3 c. butter
3 eggs
2 1/2 c. all-purpose flour
1 tsp. vanilla
1 c. hickory nuts, chopped (reserve a few whole for garnishing)
1/8 tsp. salt
2 tsp baking powder
1 c. milk

Frosting:

1/2 c. butter
1 c. packed brown sugar
1/4 c. cream
2 c. confectioners' sugar
1 tsp. vanilla

Cream together sugar and butter for cake. Add eggs. Beat for 2 minutes on medium speed. Mix dry ingredients together lightly with fork. Add dry ingredients alternately with milk. Mix well. Stir in vanilla and nuts. Pour into greased and floured 13 x 9-inch pan, or may bake in 2 (8-inch) pans. Cool. **Frosting:** Mix frosting by melting butter in a medium saucepan. Add brown sugar; boil 2 minutes. Add milk; bring to a boil. Remove from heat. Cool to lukewarm. Beat in sugar and vanilla. May add chopped nuts (1/2 cup if desired). Frost cake.

GRANNY DAVIS' SPONGE CAKE

Dorothy Mitchell

6 or 7 lg. eggs, separated
1 1/2 c. sugar
1 1/4 c. self-rising flour
1/4 c. cold water
1 tsp. vanilla flavoring
1 tsp. lemon flavoring
1 tsp. cream of tartar

Beat egg whites and cream of tartar until stiff. Add 1/2 cup sugar and beat until creamy. Set aside. Then sift flour and sugar together. Add egg yolks, 1/4 cup of cold water and flavorings all together and beat well. Fold batter in the egg white mixture. Put into ungreased tube pan. Put into cold oven. Bake 45 minutes or until done at 350°.

GERMAN CHOCOLATE CAKE

Payge Hardy

1 box German chocolate cake mix, mixed by directions on box
1 stick margarine
8 oz. cream cheese
1 box powdered sugar
1 can coconut
1 c. chopped pecans

Mix last 5 ingredients together and drop by spoonfuls on batter. Swirl into cake with knife. Bake by directions on box, maybe a bit longer.

HONEY BUN CAKE

Glenda Key

1 box yellow cake mix
3/4 c. oil
1 c. sour cream
4 eggs

Mix all together and set aside.

1 c. brown sugar
2 tsp. cinnamon

Mix together. In a 9 x 13-inch greased and floured pan, put in 1/2 batter and sprinkle 1/2 sugar mixture over batter. Take knife and swirl through it. Repeat with mixture and sugar and swirl. Bake at 300° for 1 hour.

Glaze:

Mix:

2 c. confectioners' sugar
2 tsp. vanilla
6 T. milk

Combine all of the above and pour on cake while it is hot.

LOAF CAKE

Payge Hardy

1/2 lb. country butter
1/2 c. Crisco
3 c. sugar
5 eggs
3 c. plain flour
1/4 tsp. salt
1/2 tsp. baking powder
1 c. milk
1 T. vanilla

Cream butter, Crisco and sugar; add eggs, one at a time. Sift dry ingredients. Add alternately with milk. Add vanilla. Bake 25 minutes at 325°, then one hour at 300°. **Note:** This recipe makes a pound cake or 2 (9 x 13-inch) cakes or 50 cupcakes or 4 large layers.

MELLOW YELLOW CAKE

Carol E. Snow

Cream:

2 sticks margarine
1/2 c. Crisco
3 c. sugar

Add:

5 eggs, added one at a time
1 tsp. vanilla
1 tsp. lemon
3 c. PLAIN flour, sifted
6 oz. Mellow Yellow, Mountain Dew, or Sun Drop

Bake at 325° for 1 hour and 15 minutes.

MOUNTAIN APPLE CAKE

Betty Pratt

3 eggs
1 1/2 c. oil
2 c. sugar
3 c. plain flour
1 tsp. salt
1 tsp. soda
2 tsp. cinnamon
2 tsp. vanilla extract
3 c. apples, chopped
1 1/2 c. pecans, chopped

Preheat oven to 350°. Mix eggs, oil and sugar; blend well. Sift flour, salt, soda and cinnamon; add to egg mixture. Add vanilla, apples and nuts. Pour into greased 8-inch tube or bundt pan. Bake 1 hour. While cake is still hot, pour hot topping over it in pan; let cool. When completely cool, remove from pan.

Topping:

1 c. brown sugar
1/4 c. milk
1/2 c. butter
1 tsp. vanilla

Combine all ingredients; cook 2 1/2 minutes. Pour immediately over cake in pan.

MOUNTAIN APPLE CAKE

Frances Lawrence

3 eggs
1 1/2 c. oil
2 c. sugar
3 c. plain flour
1 tsp. salt
2 tsp. cinnamon
2 tsp. vanilla
2 c. chopped apples
1 1/2 c. chopped pecans
1 tsp. soda

Mix oil, eggs and sugar. Beat well. Sift dry ingredients and add. Fold in apples, nuts and vanilla. Pour into tube pan. Bake at 350° for one hour. Pour hot topping over hot cake in pan. Cool in pan.

Topping:

3/4 c. brown sugar
1 T. flour
3/4 c. butter
1/4 c. evaporated milk
1 tsp. vanilla

Combine all ingredients and cook 2 1/2 to 4 minutes, or until consistency of syrup. Pour over hot cake.

PIG CAKE

Mamie Johnson

1 box yellow cake mix
4 eggs
1 stick margarine
1 can mandarin oranges
1 tsp. vanilla

Topping:

1 pkg. instant vanilla pudding
1 (4-oz.) can crushed pineapple
1/2 c. powdered sugar
1 (4-oz.) ctn. Cool Whip

Beat eggs, margarine, 1/2 cup juice from oranges and cake mix. Add vanilla. Mix for 4 minutes. Add mandarin oranges and beat until pieces are small. Bake in greased and floured 9 x 13-inch pan at 350° for 25 to 30 minutes. **Topping:** Blend pudding with juice from pineapple. Add powdered sugar, Cool Whip and drained pineapple. Blend after each. Spread on cake and refrigerate.

PINEAPPLE CAKE DESSERT

Bertie H. Guynn

2 c. flour
2 c. sugar
1 tsp. baking soda
1 tsp. salt
1 (No. 2) can crushed pineapple with juice
3 eggs, beaten

Mix dry ingredients. Add pineapple and eggs. Mix well. Bake in a greased 10 x 14-inch pan for 25 minutes at 350°.

Topping:

(continued)

1 (4 1/2-oz.) can evaporated milk
1 c. sugar
1 c. margarine
1/2 c. nuts
1/2 c. coconut

Bring to a boil and cook for 5 minutes. Remove from heat. Add nuts and coconut. Pour over cake as soon as taken from oven.

PINEAPPLE UPSIDE-DOWN CAKE

Sue Elmore

It's delicious made with pancake batter. Honest!

1/2 c. packed light brown sugar
1/4 c. butter or margarine, cut in sm. pieces
2 (8-oz.) cans sliced pineapple in juice, drained (reserve 1 T. juice)
6 maraschino cherries (2 halved, 4 cut in quarters)
1 (16-oz.) ctn. frozen pancake batter, thawed
1/4 c. granulated sugar

Heat oven to 350°. Put brown sugar and butter in a 9-inch glass pie plate. Place in oven and heat 7 minutes, stirring twice, until mixture is smooth and starts to bubble. Meanwhile, cut pineapple slices in half. Remove pie plate from oven and arrange pineapple and cherries on sugar mixture in decorative pattern. Open top of pancake batter container completely. Add granulated sugar and reserved pineapple juice; stir to mix. Pour over pineapple. Bake 30 to 35 minutes until golden brown and pick inserted in center comes out clean. Cool on

(continued)

rack 5 minutes before loosening edges of cake from pan with small knife. Invert cake onto serving platter. Serve warm or at room temperature. Makes 8 servings. Per serving: 284 calories; 4 grams protein; 54 grams carbohydrate; 7 grams fat, 18 milligrams cholesterol with butter, 0 milligrams cholesterol with margarine (cholesterol data for pancake batter unavailable), 575 milligrams sodium.

PUNCH BOWL CAKE

Lena Beck

1 lg. can crushed pineapple
2 lg. cans cherry pie filling
1 sm. angel food cake
2 ctn. Cool Whip
1 lg. pkg. vanilla instant pudding
1 sm. pkg. vanilla instant pudding

Mix both packages of pudding by package directions. Put 1/2 can pineapple in bottom of punch bowl. Next, put 1 can of cherry pie filling in. Cut cake into small pieces. Put on top of cherries. Next, put a layer of pudding and cover with Cool Whip. Make another layer, starting with remaining pineapple and ending with Cool Whip. Maraschino cherries can be put on top.

QUICK AND EASY CHOCOLATE CAKE

Glenda Key

1 box chocolate cake mix, or any flavor you prefer
1 stick melted butter
1 egg

Mix together and put into 9 x 13-inch pan.

1 (8-oz.) pkg. cream cheese
2 eggs
1 box powdered sugar

Mix together and put on top of cake. Bake 30 to 35 minutes at 350°.

RAW APPLE CAKE

Geneva Key

1 1/2 c. cooking oil
2 c. sugar
3 eggs, beaten
3 c. self-rising flour
1 tsp. cinnamon
1 tsp. vanilla
3 c. chopped, peeled raw apples (red or yellow Delicious)
1 c. walnuts or pecans, chopped

Mix and stir all of the ingredients together. Bake at 325° until done.

Icing:

1 stick margarine
1 c. brown sugar
2 or 3 T. milk

Boil above ingredients until done. Spread on cake.

RED VELVET CAKE

Fern S. Wright

2 c. sugar
1/2 c. butter
3 eggs
1 T. vinegar
1 T. cocoa
2 oz. red food coloring
2 1/2 c. cake flour
1/2 tsp. salt
1 1/2 tsp. soda
1 1/2 tsp. baking powder
1 c. buttermilk
1 tsp. vanilla

Cream sugar and butter; add eggs. Make a paste of vinegar, cocoa and food coloring. Add to creamed mixture. Sift together dry ingredients. Add to mixture alternately with buttermilk. Add vanilla and blend thoroughly. Pour into 3 (10-inch) layer cake pans. Bake at 350° for 30 minutes.

Frosting:

1 c. milk
3 T. flour
1 c. sugar
1 c. butter
1 c. chopped pecans
1 lg. can flaked coconut
1 tsp. vanilla

Cook milk and flour until thickened. Set aside to cool. Cream sugar and butter. Add to cooled flour mixture. Add remaining ingredients, mixing well. Spread on cake when cool.

RUM CAKE

Geneva Key

3/4 lb. butter
2 1/2 c. sugar
4 eggs
2 1/4 c. sifted flour
2 tsp. rum extract
1/2 c. finely chopped pecans

Cream butter and sugar together until light and fluffy. Beat in eggs, one at a time, blending well after each. Blend in flour gradually; add rum extract. Coat medium-sized tube pan liberally with butter and sprinkle bottom and sides with pecans. Pour in batter. Bang pan hard on table to remove air bubbles. Bake at 350° for 10 minutes, then reduce temperature to 300° and bake one hour or until done. To moisten the surface of the cake, heat 2 tablespoons maple syrup, 1 teaspoon butter and 1 teaspoon rum and spoon hot mixture on hot cake.

SOCK IT TO ME CAKE

Sue Elmore

1 Duncan Hines yellow butter cake mix
1/2 c. sugar
3/4 c. Crisco oil with 1 tsp. butter flavoring
2 tsp. vanilla
1 c. sour cream
4 eggs
1/2 c. brown sugar
2-3 tsp. cinnamon
1/2 c. nuts

Mix well cake mix, sugar, flavored oil, vanilla and sour cream. Add eggs and blend well. Grease and

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flour bundt or tube pan. Mix brown sugar, cinnamon and nuts. Pour half the cake batter into the pan and sprinkle half the cinnamon mixture over the batter. Add remaining batter and sprinkle remaining cinnamon mixture over the top. Swirl a knife around once through batter. Bake at 325° for 60-70 minutes. Cool in pan 10 minutes before turning out. Glaze while hot.

Glaze:

4 T. margarine
2 T. milk
1 1/2 c. powdered sugar
1 tsp. vanilla

Mix and pour over hot cake.

SOUR CREAM CAKE

Diane Elmore

3 c. sugar
1/2 lb. butter
6 eggs
1 c. sour cream
3 c. plain flour
1/2 tsp. soda
1 tsp. vanilla

Cream butter, sugar and eggs, one at a time. Add flour, sour cream, soda and mix well; add vanilla. Pour into tube pan. Bake at 300° for 1 hour and 30 minutes.

STRAWBERRY CAKE

Peggy McCormick

1 box French vanilla cake mix
1 qt. strawberries
1 ctn. Cool Whip

Bake cake according to directions on box. Cool layers and split, making 4 layers. Chop strawberries. (If using frozen berries, do not thaw completely.) Mix berries and Cool Whip. Spread between layers and on top of cake.

STRAWBERRY NUT CAKE

Mary Wright

1 box yellow cake mix
1 (3-oz.) box strawberry Jello
1 c. Crisco oil
1 c. mashed strawberries
1/2 c. milk
1 c. chopped pecans
1 c. coconut
4 eggs

Mix together and bake in tube pan 45 minutes at 350°.

Icing:

1 (3-oz.) pkg. cream cheese
1 lb. powdered sugar
1/2 c. chopped nuts
1/2 c. coconut
1/2 c. strawberries

Mix together. Wait until cake is thoroughly cool before icing.

STRAWBERRY NUT CAKE

Scarlett and Jade McCormick

1 pkg. strawberry Jello
1 box yellow cake mix
2/3 c. oil
4 eggs
1/2 c. milk
1 c. strawberries
1/2 c. nuts
1/2 c. coconut

Mix and bake at 350° for 20 minutes in 3 round pans.

Topping:

1 box powdered sugar
1/2 c. strawberries, drained
1/2 stick margarine
1/2 c. nuts
1/2 c. coconut

APPLE POUND CAKE

Olivia Fleming

3 c. plain flour
2 c. sugar
1 1/2 c. vegetable oil
3 eggs
1 tsp. salt
1 tsp. soda
2 tsp. cinnamon
2 tsp. vanilla
3 c. chopped apples
1 1/2 c. pecans or walnuts

Preheat oven to 350°. Mix oil, sugar and eggs; blend well. Sift flour, salt, soda and cinnamon. Add to egg mixture. Add vanilla, apples and nuts. Pour into greased tube or bundt pan. Bake 1 hour. When cake is done, while it is hot, pour over topping in the pan.

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Topping:

1/2 c. buttermilk
1 stick margarine
1 c. brown sugar
1/2 tsp. vanilla
1 tsp. soda

In a saucepan, combine above ingredients. Bring to a rapid boil for 2 minutes. Pour over cake while in pan. Cool cake before removing from pan.

CARAMEL NUT POUND CAKE

Peggy McCormick

1 c. butter
1 box light brown sugar
5 eggs
1/2 tsp. salt
3 c. flour
1 c. black walnuts
1/2 c. Crisco
1 c. granulated sugar
1 tsp. vanilla
1/2 tsp. baking powder
1 c. sweet milk

Cream butter, shortening and brown sugar thoroughly. Gradually add granulated sugar; continue creaming. Add eggs, one at a time, beating thoroughly after each. Sift flour, baking powder and salt. Add alternately with milk, starting and ending with flour. Add vanilla. Add nuts and blend well. Turn batter into a well greased and floured 10-inch tube pan. Bake at 325° for 90 minutes. Cool 15 minutes in pan.

CHIFFON POUND CAKE

Frances Lawrence

1 lb. Chiffon margarine
3 c. sugar
4 c. flour
6 eggs
3/4 c. milk
1 tsp. vanilla
1 tsp. orange extract
1 tsp. lemon extract

Cream margarine with sugar until fluffy. Add eggs, one at a time, beating after each addition. Add flour and milk, alternately, beating after each. Add flavorings. Bake in a greased and floured tube pan for 40 minutes at 350°. Reduce heat to 325° and bake 40 more minutes. Remove from pan and glaze.

Glaze:

1 c. orange juice
2 tsp. orange rind
4 c. 10X powdered sugar

Boil for 5 minutes and brush on cake.

CHOCOLATE POUND CAKE

Bertie H. Guynn

2 sticks margarine
1/2 c. Crisco
3 c. sugar
5 eggs
1 (16-oz.) can Hershey chocolate syrup
3 c. plain flour
1/2 tsp. baking powder
1 c. milk
1 tsp. vanilla

Cream margarine, Crisco and sugar. Add eggs, one at a time. Beat well after each addition. Add chocolate syrup and beat. Sift flour and baking powder. Add alternately to creamed mixture with milk. Add vanilla and mix well. Pour into greased and floured tube pan. Bake at 325° for 1 1/2 hours. Use your favorite chocolate icing on this cake. Freezes well.

CHOCOLATE POUND CAKE

Mondell Lawrence

1/2 lb. butter
1/2 c. Crisco
3 c. sugar
5 eggs
3 c. sifted flour
1/4 tsp. salt
1/2 tsp. baking powder
1/2 c. cocoa
1 1/4 c. milk
1 tsp. vanilla

Cream butter with sugar. Add eggs, one at a time and blend well. Sift together dry ingredients and

(continued)

alternate with milk. Add vanilla. Pour batter in a greased and floured tube pan. Bake in 325° oven for 1 hour and 25 minutes.

CHOCOLATE POUND CAKE

Olivia Fleming

2 sticks margarine
1 c. Crisco
3 c. sugar
5 eggs
1/2 tsp. baking powder
1 c. milk
1 can chocolate syrup
1 tsp. vanilla
1 tsp. butter flavoring
3 c. flour

Cream margarine, Crisco and sugar. Add chocolate syrup. Add eggs, one at a time, and continue to beat until smooth. Combine sifted flour and baking powder alternately with milk. Stir in flavoring. Pour into a greased and floured 10-inch tube pan. Start in a cold oven. Bake 1 hour and 30 minutes at 325°.

Icing:

3 oz. cream cheese
1 stick margarine
1 box powdered sugar
3 T. cocoa
3 to 4 T. milk or to the proper consistency
1 tsp. vanilla

COCOA POUND CAKE

Dorothy Mitchell

1 c. butter (1/2 lb.)
1/2 c. Crisco
3 c. sugar
5 eggs
1 T. vanilla
1/4 tsp. salt
1/2 tsp. baking powder
5 T. cocoa
3 c. plain flour
1 c. sweet milk

Cream butter, Crisco and sugar. Add eggs, one at a time. Add flour, baking powder and salt alternately with milk. Add cocoa and vanilla. Bake in greased and floured tube pan. Bake at 350° for 1 1/2 hours.

CRUSTY POUND CAKE

Carol P. Snow

2 sticks margarine
1/2 c. Crisco
3 c. sugar
5 eggs
3 c. flour
1 c. milk
1 tsp. vanilla
1 tsp. lemon flavoring

Cream margarine, shortening and sugar. Add eggs, one at a time, beating well after each. Add flavorings. Then add flour alternately with milk, mixing thoroughly. Start in cold oven. Bake at 300° for 1 1/2 hours. DO NOT OPEN DOOR.

FIVE FLAVOR POUND CAKE

Scarlett McCormick

2 sticks butter or margarine
1/2 c. shortening
3 c. sugar
1 tsp. coconut extract
1 tsp. rum extract
1 tsp. butter extract
1 tsp. lemon extract
1 tsp. vanilla extract
5 eggs
3 c. unsifted flour
1/2 tsp. baking powder
1/2 tsp. salt
1 c. milk

Cream butter (or margarine), shortening and sugar until light and fluffy. Add extracts. Add eggs, one at a time. Sift together flour, baking powder and salt; add to creamed mixture alternately with milk. Mix well, then pour into a well greased and floured tube pan. Bake in 325° oven for 1 1/2 hours.

Glaze for Five Flavor Pound Cake:

1 c. sugar
1/2 c. water
1 tsp. coconut extract
1 tsp. rum extract
1 tsp. butter extract
1 tsp. lemon extract
1 tsp. almond extract

Combine ingredients in heavy small pan; bring to a boil and stir until sugar is melted. When the cake is removed from pan, pour glaze over cake and let stand until cool.

HAPPY BAKING POUND CAKE

Carlene Lyons

3 1/4 c. Swans Down cake flour
3 c. sugar
5 eggs
1 c. milk
1/2 tsp. baking powder
1 tsp. salt
1 c. butter (2 sticks)
1/2 c. Crisco
2 tsp. vanilla
2 tsp. lemon

Sift flour, salt and baking powder together. Cream butter and Crisco; add sugar gradually; cream well. Add eggs, one at a time, beating well after each. Add flour and milk alternately, beginning and ending with flour. Add flavoring last. Bake at 325° for 1 hour and 15 minutes.

MARBLE POUND CAKE

Clara Taylor

2 sticks margarine
3 c. sugar
5 eggs
1/2 c. vegetable oil
3 c. all-purpose flour
1 c. milk
1/2 tsp. vanilla
4 heaping T. cocoa

Cream margarine, adding sugar gradually. Continue to cream until light and fluffy. Beat in eggs, one at a time, mixing well. Blend in oil; add flour alternately with milk, beginning and ending with flour. Add vanilla. Separate batter into 2 bowls. Blend cocoa in one bowl. Pour plain batter into a 10-

(continued)

at a time, beating thoroughly after each. Sift flour, baking powder and salt. Add alternately with milk, starting and ending with flour. Add vanilla and blend well. Turn batter into a well greased and floured 10-inch tube pan. Bake 90 minutes at 325°. Cool 15 minutes in pan.

FRUIT CAKE

In Memory of Vel Gordon

3 eggs
1 c. plain flour
3/4 c. sugar
1/2 lb. candied cherries, cut up
1/2 lb. whole pecans
1/4 lb. whole black walnuts
1/2 lb. candied pineapple, cut up
1/2 box whole white raisins
1 can coconut
1 1/2 sticks whipped margarine
1/2 tsp. allspice
1/4 tsp. salt

Cream sugar and margarine. Add eggs. Sift 1/2 cup flour over fruits and nuts and mix well. Add 1/2 cup flour with salt and spice to the sugar, margarine and eggs. Mix well. Bake at 225° for 2 hours. Grease pan and line with waxed paper that has been greased. Cook over pan of water.

FRUIT COCKTAIL CAKE

Minnie Hodges

2 c. plain flour
2 tsp. soda
2 tsp. vanilla
2 c. sugar
2 eggs
2 1/2 c. fruit cocktail

Beat eggs and sugar. Sift dry ingredients. Add all dry ingredients. Add vanilla and fold in fruit cocktail. Bake at 350° for 35 to 40 minutes until done. Bake in a greased and floured 11 x 16-inch pan.

Icing:

1 box confectioners' sugar
2 c. Pet milk
1 stick butter
1 c. chopped nuts
1 can coconut
1 tsp. vanilla

Mix all ingredients and cook slowly, stirring constantly until bubbly and thick. Pour over hot cake in pan.

FRUIT COCKTAIL CAKE

In Memory of Vel Gordon

2 c. flour
1 1/3 c. sugar
1/2 c. salad oil
2 tsp. soda
1 can fruit cocktail
Dash salt
2 eggs

Mix and bake in oblong pan at 325° for 30 to 45 minutes.

Icing:

(continued)

1 1/2 c. sugar
1 stick margarine
1/2 c. canned milk

Dissolve sugar and butter. Stir in milk. Bring to boil 1 minute.

JAPANESE FRUIT CAKE

In Memory of Vel Gordon

Batter:

1 c. butter
1 c. sweet milk
2 c. sugar
3 c. plain flour
1 tsp. baking powder
6 eggs

Make 4 layers. Make 2 layers plain and 2 layers with:

1 tsp. cloves
1 tsp. allspice
1 tsp. cinnamon

Bake at 350° until cake springs back.

Filling:

2 c. sugar
1 c. boiling water
1 grated coconut
Juice of 2 lemons
1 tsp. cornstarch
1 box raisins, partly ground
1 lb. English walnuts, chopped

Mix and boil. When mixture reaches boiling point, add cornstarch, raisins and English walnuts. Spread filling between layers and all over cake. Use 1 plain layer and then the layer with spice. Repeat with remaining 2 layers.

MEXICAN FRUIT CAKE

Judy Armstrong

2 c. plain flour
2 c. sugar
2 eggs
1 (20-oz.) can crushed pineapple with juice
1 tsp. soda
1/2 c. chopped pecans

Mix together with a spoon. Bake in a greased and floured oblong (13 x 9-inch) pan for 30 to 40 minutes at 350°.

Icing:

1 (8-oz.) pkg. cream cheese, room temp.
1 stick margarine, melted
1 box powdered sugar
1 tsp. vanilla
1/2 c. chopped pecans

Mix first 4 ingredients with mixer. Blend well. Add pecans. Pour on hot cake.

REFRIGERATOR FRUIT CAKE

Francis Lawrence

1 box graham crackers
1 (15-oz.) box seedless raisins
1 lb. candied cherries (red and green)
1/2 c. English walnuts
1/2 c. chopped pecans
1 (10-oz.) bag marshmallows
1 (13-oz.) can evaporated milk

Crush graham crackers to make crumbs and combine with nuts, cherries and raisins. Over boiling water in the top of a double boiler,

(continued)

MOLASSES SUGAR COOKIES

Karen Hylton

3/4 c. Crisco
1 egg
2 c. plain flour
1/2 tsp. cloves
1 c. sugar
1/2 tsp. ginger
1 tsp. cinnamon
1/4 c. molasses
2 tsp. soda
1/2 tsp. salt

Melt Crisco and let cool slightly. Add sugar, egg and molasses. Beat with a spoon well. Sift together other ingredients. Add to mixture. Chill. Roll into balls. Put in a Ziploc bag with a small amount of granulated sugar. Shake to coat cookie. Place on greased cookie sheet about 2 inches apart. Bake at 375° for 8 to 10 minutes. Don't let get too brown or cookies will be hard.

NO-BAKE COOKIES

In Memory of Vel Gordon

2 c. sugar
1 stick margarine
1/2 c. milk
3 T. cocoa
1 tsp. vanilla
1/2 c. chopped nuts
2 1/2 c. quick-cooking oatmeal (not instant), UNCOOKED

Combine sugar, margarine, milk and cocoa in a saucepan. Cook over medium heat for 2 minutes, stirring constantly to prevent sticking. Remove from heat. Add vanilla, nuts and blend thoroughly. Add oat-

(continued)

meal and blend thoroughly. Drop by teaspoonfuls onto waxed paper. Do not bake. Makes 4 dozen.

OATMEAL CHIP COOKIES

DeAnne Haynes

1/2 c. shortening
1/2 c. granulated sugar
1/2 c. brown sugar
1/2 tsp. vanilla
1 egg
1 c. sifted all-purpose flour
1/2 tsp. baking soda
1/2 tsp. salt
1 c. quick-cooking rolled oats
1 (6-oz.) pkg. semi-sweet chocolate pieces
1/2 c. chopped walnuts

Thoroughly cream shortening, sugars and vanilla. Beat in egg, then 1 tablespoon water. Sift together flour, soda and salt. Add to creamed mixture, blending well. Stir in rolled oats, chocolate pieces and chopped walnuts. Drop by rounded teaspoon onto a greased cookie sheet about 2 inches apart. Bake at 375° for 10 to 12 minutes. Cool slightly before removing from pan.

OATMEAL COOKIES

Mary Wright

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
1/2 c. flour
1 tsp. salt
1 tsp. soda
3 c. oatmeal
1 1/2 c. pecans

Cream shortening and sugar. Add eggs and vanilla. Sift flour, salt and soda. Add to creamed mixture. Stir in oatmeal and chopped nuts. Form dough in rolls 1 1/2 inches in diameter. Wrap in waxed paper and chill. Slice 1/2 inch thick. Bake at 350° for 10 minutes or until brown. Makes 5 dozen.

OATMEAL COOKIES (Double Recipe)

Janet Gilley

1 1/2 c. soft shortening
1 c. firmly packed brown sugar
1 c. granulated sugar
2 eggs
1/2 c. water
2 tsp. vanilla
2 c. sifted all-purpose flour
2 tsp. salt
1 tsp. soda
6 c. quick-cooking oats (uncooked)

Mix sugars together and add shortening. Mix well. Add water and mix well. Add vanilla. Add flour, salt and soda; mix well. Add oats and mix well. Add eggs. **Optional:** Add raisins, nuts, chocolate chips,

(continued)

etc. Bake on greased cookie sheet 12-15 minutes at 350°. **Remember:** Cookies will continue to bake 2-3 minutes on the cookie sheet after they are taken out of oven.

ORANGE SLICE COOKIES

Geneva Key

4 eggs
2 c. light brown sugar
1/4 tsp. salt
1/2 c. chopped pecans or walnuts
1 T. cold water
2 c. all-purpose flour
1 tsp. cinnamon
1 c. shredded orange slice candy

Beat eggs; add water. Add brown sugar; beat all together. Sift flour, salt and cinnamon together. (Save a little flour to dredge the nuts and orange slices.) Add flour mixture to eggs and sugar mixture. Beat again, folding in nuts and orange slices last. Spread thin in a well greased and floured 17 1/2 x 11 3/4 x 1-inch pan. Bake for 30 minutes at 350°. While still warm, spread with the following icing:

3 T. butter
3 T. orange juice
1 T. grated orange rind
Enough powdered sugar to make thin icing

Cut in squares. Can be stored in airtight container.

ORIGINAL GIRL SCOUT COOKIES

Teresa Pratt

6 c. flour
2 c. sugar
3 eggs
1 1/2 c. butter
2 tsp. salt
2 tsp. vanilla
4 tsp. baking powder
1/2 c. milk

Cream butter and sugar. Add eggs, milk and vanilla. In separate bowl, mix flour, salt and baking powder. Add slowly to creamed mixture. Refrigerate for at least 2 hours. Roll out to 1/8-inch thickness. Cut with cookie cutter. Bake at 375° for 6-8 minutes. Cool cookie sheet before putting more on it.

PEANUT BUTTER BARS

Sharon Mitchell

1 stick margarine
1 1/2 c. sugar
2 eggs
1/2 c. peanut butter
1 tsp. vanilla
1 c. flour

Melt margarine and peanut butter over hot water. Add sugar, vanilla, eggs and flour. Mix and bake for 25 to 30 minutes at 350° in 13 x 9 x 2-inch pan. Cut in bars.

PEANUT BUTTER COOKIES

Peggy McCormick

1/2 c. peanut butter
1/2 c. shortening
1/2 c. brown sugar
1/2 tsp. vanilla
1 egg
1 1/2 c. self-rising flour
1/2 c. white sugar
1/2 c. black walnuts

Cream shortening and sugar. Add egg, vanilla and peanut butter. Beat well. Mix in sifted flour. Shape into small balls and flatten with fork. Bake at 375° for 10 minutes.

PEANUT BUTTER COOKIES

In Memory of Vel Gordon

1 box yellow cake mix
1/2 c. shortening
3 eggs
2/3 c. peanut butter
1/2 c. chopped nuts

Combine all ingredients and mix well. Drop by spoonful onto greased cookie sheet. Bake at 325° for 12 to 15 minutes or until golden brown.

PECAN CRISPIES

In Memory of Vel Gordon

1/2 c. shortening
1/2 c. butter
2 1/2 c. brown sugar
2 eggs, beaten
2 1/2 c. plain flour
1/4 tsp. salt
1/2 tsp. soda
1 c. pecans, chopped

Sift flour, salt and soda. Cream butter and sugar. Beat in eggs. Add pecans. Drop from teaspoon about 2 inches apart on cookie sheet. Bake at 325° for 12 to 15 minutes.

PECAN PUFFS

Geneva Key

1 stick melted butter
1 c. plain flour
1 tsp. vanilla
3 T. sugar
1 c. coarsely chopped nuts
1/2 box confectioners' sugar

Preheat oven to 300°. Blend first 4 ingredients with mixer on medium speed until thoroughly blended. Dough will be stiff. Add 1 cup nuts and blend. Roll a teaspoonful around in palm of hand to form a ball. Place on ungreased baking sheet about an inch apart and bake at 300° for about 30 minutes or until lightly browned. Cool thoroughly. Place powdered sugar in large plastic bag and drop in 8 to 10 of the cookie balls. Shake bag gently to coat balls with sugar. Makes about 48 cookie balls.

SNICKERDOODLES

DeAnne Haynes

1 c. soft shortening (part butter)
1 1/2 c. sugar
2 3/4 c. plain flour
2 tsp. cream of tartar
1 tsp. soda
2 eggs
3/4 tsp. salt
2 T. sugar
2 tsp. cinnamon

Heat oven to 400°. Cream shortening, sugar and egg thoroughly. Sift flour, cream of tartar, soda and salt. Add to shortening mixture. Form into balls the size of small walnuts. Roll balls in mixture of 2 tablespoons sugar and cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake for 8 to 10 minutes. Makes 6 dozen.

SPICE COOKIES

Frances Lawrence

1 c. shortening
1 stick margarine
2 c. white sugar
2 eggs
1/2 c. molasses
4 1/2 c. unsifted plain flour
2 tsp. cloves
2 tsp. mace
2 tsp. cinnamon
2 tsp. ginger
2 tsp. soda

Cream shortening, margarine and sugar. Add eggs. Stir in molasses. Sift flour, soda and spices. Add to shortening mixture, mixing well. Chill. Roll into small balls. Roll balls in granulated sugar. Put on

(continued)

ungreased baking sheet and flatten slightly with a fork. Bake at 375° until light brown (12 to 15 minutes). Makes about 150 cookies.

SUGAR COOKIES

Myrtle Moore

1/2 c. butter
1/2 c. shortening
1 c. + 2 T. sugar
1 egg
1 tsp. vanilla extract
2 1/4 c. all-purpose flour
1/2 tsp. baking powder
1/2 tsp. baking soda
Additional sugar

In a mixing bowl, cream butter, shortening and sugar. Add eggs and vanilla. Mix well. Combine flour, baking soda and baking powder; gradually add to the creamed mixture. Shape into 1-inch balls. Roll in sugar. Place on a greased cookie sheet. Flatten with a glass. Bake at 350° for 10 to 12 minutes. Makes 5 dozen. You may freeze baked cookies in airtight container or freezer bags to enjoy at anytime.

SUGAR COOKIES

Peggy McCormick

2 c. flour
1 1/2 tsp. baking powder
1/3 tsp. salt
1/2 c. butter
1 c. sugar
1 egg
1 T. milk
1 1/2 tsp. vanilla

Blend flour, baking powder and salt. Cream butter; beat in sugar. Beat in egg, vanilla and milk. Stir in flour. Roll and wrap in waxed paper. Chill. Slice and bake about 8 minutes in 375° oven.

WORLD'S BEST COOKIE

Carlene Lyons

1 c. butter
1 c. brown sugar
1 c. white sugar
1 egg
1 c. salad oil
1 tsp. vanilla
1 c. uncooked oatmeal
1 c. crushed cornflakes
1 c. shredded coconut
1/2 c. nuts
3 1/2 c. flour
1 tsp. soda
1 tsp. salt

Cream butter and sugar. Add eggs. Add salad oil and vanilla. Add oats, cornflakes and coconut. Add nuts. Add flour, soda and salt. Drop by teaspoon on ungreased cookie sheet. Flatten with fork. Bake at 325° for 12 minutes. Cool on cookie sheet.

BUTTERSCOTCH CHEESECAKE BAR

Shirley Simpson

12 oz. butterscotch morsels
1/3 c. butter

Melt these together. Mix with above:

2 c. graham crackers, crushed
1 c. walnuts

Put 1/2 mixture in 9 x 13-inch pan. Mix:

1 (8-oz.) pkg. cream cheese
1 egg
1 tsp. vanilla

Pour cheese mixture on top of crumb mixture. Put the other 1/2 crumb mixture on top. Bake at 350° for 25 to 30 minutes.

CHOCOLATE CHEESECAKE

Francis Lawrence

1/3 c. melted margarine
1 1/4 c. graham crackers
1/4 c. sugar
3 (8-oz.) pkgs. cream cheese
1 can Eagle Brand milk
1 (12-oz.) pkg. semi-sweet chocolate chips
4 eggs
2 tsp. vanilla

Combine margarine, crumbs and sugar. Put in springform pan. Beat cream cheese until light and fluffy. Add milk until smooth. Add remaining ingredients. Mix well. Pour into prepared crust. Bake at 300° for 1 hour and 5 minutes. Cool. Chill. Remove sides of pan.

8-MINUTE CHEESECAKE

Bertie H. Guynn

1 (8-oz.) pkg. cream cheese
1/3 c. sugar
1 c. sour cream
1 (8-oz.) ctn. whipped topping
1 tsp. vanilla

Beat cream cheese until smooth. Gradually beat in sugar. Blend in sour cream and vanilla. Fold in topping, blending well. Pour into crust. Chill. Garnish with fruit.

RICH 'N CREAMY CHEESECAKE

Fern S. Wright

Cinnamon Graham Crust:

Combine:

1 1/4 c. graham cracker crumbs
1/4 c. sugar
1/4 c. butter, melted
1/4 tsp. cinnamon

Press in bottom and sides of 8-inch round glass pie plate.

Cheesecake:

4 (3-oz.) pkgs. cream cheese
1/2 c. sugar
2 eggs
1/2 tsp. vanilla

Topping:

1 1/2 c. dairy sour cream
2 T. sugar
1 tsp. vanilla
Fresh strawberries, sweetened

Soften cream cheese. Add sugar. Beat until smooth, using electric

(continued)

mixer at medium speed. Add eggs, one at a time, beating well after each addition. Add vanilla. Pour into crust. Cook at 350° until center is set. **Topping:** Mix sour cream, sugar and vanilla. Spread over cheesecake. Cool 6 hours. Top with strawberries before serving.

BUTTERSCOTCH OR CHOCOLATE CANDY

DeAnne Haynes

2 (12-oz.) pkgs. butterscotch or chocolate morsels
1 can chow mein noodles
1-lb. can cocktail peanuts

Melt morsels in microwave. Mix noodles and peanuts in melted morsels. Drop by teaspoonfuls on waxed paper. Let set until hardened.

CHOCOLATE COVERED BALLS

Frances Lawrence

2 sticks margarine
2 boxes confectioners' sugar
1 can Eagle Brand milk
2 c. pecans, chopped fine
1 tsp. vanilla
1/2 block paraffin wax
8 blocks semi-sweet chocolate

Sift sugar and cream with margarine. Add nuts, milk and vanilla (will be very creamy). Make into small balls and put into refrigerator for 8 hours. Melt chocolate and wax together in top of double boiler. Using toothpicks, dip each ball into chocolate. Place on waxed

(continued)

paper to cool. Store in container in refrigerator to keep fresh if not used immediately.

CHOCOLATE FUDGE-LIKE CANDY

Janet Gilley

2 1/4 c. sugar
3/4 c. evaporated milk
16 lg. marshmallows
1/4 tsp. salt
1/4 stick butter

Bring to a boil and cook 5 minutes. Remove from heat and beat in:

1 (6-oz.) bag chocolate bits
1 tsp. vanilla
Nuts (if desired)

CHOCOLATE-PEANUT BUTTER DIP

Frances Lawrence

3 oz. cream cheese, softened
1/3 c. creamy peanut butter
Dash ground cinnamon
1/4 c. chocolate syrup
2 T. milk
Assorted fruit
Cut-up pretzels or assorted cookies

In large mixer bowl, beat cream cheese, peanut butter and cinnamon until smooth. Gradually beat in chocolate syrup and milk until well blended. Serve with fruits, cookies, or pretzels. Yield: 1 cup.

COCONUT CANDY

Jill Dockery

2 c. brown sugar, firmly packed
2 c. granulated sugar
1/4 c. light corn syrup
1 1/3 c. half-and-half or whipping cream
1/4 c. melted butter
1/4 tsp. salt
1 tsp. vanilla
1 1/2 c. flaked coconut

Combine sugars, corn syrup and half-and-half in a large Dutch oven or saucepan. Cook over medium heat to soft ball stage (238°), stirring constantly. Remove from heat; add butter and salt without stirring. Cool to lukewarm (110°). Add vanilla to candy and beat with a wooden spoon until mixture is creamy and loses its gloss; fold in coconut. Pour mixture into a buttered 9 x 13-inch glass dish. When completely cool, cut into desired squares.

EASY MINTS

Sandra Snow

1/4 c. butter
2 T. water
1/4 tsp. salt
1/2 tsp. peppermint extract
3 1/2 to 3 3/4 c. powdered sugar
Food coloring (opt.)

Combine butter and water. Place over low heat until butter melts. Remove from heat and add salt and extract. Gradually add sugar, blending until desired consistency is reached. If colored candies are desired, divide candy in parts and

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tint, by working several drops of food coloring into each part. Knead until smooth. Mold into candy molds or form small rolls to slice. Yield: 1 pound.

ENGLISH TOFFEE

Jill Dockery

1 lb. butter
2 c. coarsely chopped pecans or almonds
1 lb. light brown sugar + 3/4 c. (3 c.)
1 (5-oz.) bar plain sweet Hershey chocolate

Place butter and sugar in an iron or cast aluminum 12-inch skillet. Bring to boiling point, stirring constantly with a wooden spoon. Cook rapidly for 10 minutes (start timing when first bubble appears around the edge of pan), stirring constantly. Sprinkle nuts in an 11 x 6-inch jellyroll pan. Pour candy in pan. When slightly cool, place chocolate on top. When it begins to melt, spread over entire surface with a spatula. When cold, crack candy into pieces. Main points to remember when preparing this toffee: Cook it in a large heavy pan and stir it constantly.

FABULOUS FUDGE

Carol P. Snow

(1) Mix in a heavy saucepan:

2 1/4 c. sugar
3/4 c. Pet evaporated milk
16 lg. marshmallows or 1 c. marshmallow creme
1/4 c. butter or margarine
1/4 tsp. salt

(2) Cook, stirring constantly, over medium heat to a boil (mixture will be bubbling all over top). Boil and stir 5 minutes more. Take off heat. (3) Stir in until completely melted 6-ounce package (1 cup) Hershey's semi-sweet chocolate pieces. Stir in 1 cup chopped pecans and 1 teaspoon vanilla. Spread in a buttered 8-inch square pan. Cool. Cut into 30 pieces.

MICROWAVE FUDGE

Judy Armstrong

Sift in glass bowl:

1 box powdered sugar
1/4 c. cocoa

Make a well and pour into it:

1/4 c. milk
1 stick butter, sliced

Cook on high 2 minutes; beat until smooth. Add:

1 tsp. vanilla
1/2 c. nuts

Pour in greased pan. Chill 1 hour. Keep in refrigerator.

STAINED GLASS HARD CANDY

Myrtle Moore

2 c. sugar
2/3 c. light corn syrup
1 c. hot water
1 tsp. red or green food coloring
1/4 tsp. cinnamon or peppermint candy flavoring

In a heavy saucepan, combine sugar, corn syrup and water. Cook over medium heat until the mixture reaches 300° (hard crack stage). Remove from heat; add food color and flavorings. Pour mixture into an oiled cookie sheet. When thoroughly cooled, break into pieces. Makes about 1 1/4pounds.

Recipe Favorites

Potpourri

• Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

• To freshen your dishwasher, run it on rinse with some baking soda.

• Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

• Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.

• Egg whites need to be room temperature for greater volume when whipped.

• To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

• A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

• Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.

• Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

• Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

• Organize coloring books and crayons with a dish drainer.

• For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

• Before scalding milk, rinse pan with cold water for easy clean up.

• Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.

• Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

APPLE BUTTER

JoNell Branch

10 c. applesauce
5 c. sugar
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
1 tsp. allspice

Cook about 8 hours in crockpot. Use 1 teaspoon of vanilla and 2 teaspoons of any one spice for a butter that is not so spicy. MacIntosh, Stamens or Bowman apples are best.

FRENCH DRESSING

From 1914 Cookbook

Mix 1/2 teaspoon salt, a speck of cayenne pepper and 4 tablespoons olive oil; beat thoroughly. Add 1 tablespoon vinegar and beat vigorously until thoroughly blended.

SUNNY ITALY'S DRESSING

Frances Lawrence

1 bottle creamy Italian dressing
1 c. sugar
1/4 c. hot water

Dissolve sugar in water. Add dressing. Top green salad with salad seasonings and dressing. Serve.

BEET PICKLES

Sybil Callahan

1 c. sugar
1 c. vinegar
1 c. water

Boil beets until tender. Slip the skin off and quarter. Mix sugar, vinegar and water. Bring to a boil. Drop beets into boiling liquid. Put beets into jars. Bring liquid to another boil. Fill jars and seal.

CHOW CHOW

Vel Gordon

1 doz. cucumbers
1 lb. cabbage
10 green tomatoes
12 onions
12 apples
12 peppers
White mustard seeds
Handful of salt
3 c. sugar to taste
Vinegar, enough to cover

Chop all ingredients well. Mix sugar and salt. Cover mixture with vinegar.

BREAD AND BUTTER PICKLES

In Memory of Elois Hiatt

30 cucumbers, 1 inch in diameter
10 med. onions
4 T. salt

Slice cucumbers and onions, around 1/4 inch thick. Sprinkle with salt. Let stand one hour.

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Drain in cheesecloth bag. Make a spice vinegar mixture:

2 tsp. celery seed
5 c. vinegar
2 tsp. ground ginger
4 c. sugar
1 tsp. turmeric
2 tsp. white mustard seed

Let spiced vinegar come to a boil. Add cucumbers and onions; bring to a boiling point. Simmer 10 minutes. Pack into jars. Cover with boiling vinegar syrup. Seal at once with lids that have been boiled for 10 minutes.

CUCUMBER PICKLES

Margaret Slate

Soak cucumbers in cold water for 1 hour or overnight. Make a syrup:

2 c. vinegar
1 c. water
1/2 tsp. mustard seed
1 c. sugar
1 tsp. mixed spices

Bring to a boil. Add cucumbers. Boil until color changes, about 3 minutes. Small cucumbers are better. Pack in jars. Add 1 slice onion and 1 teaspoon salt. Fill jar with boiling syrup and seal.

FROZEN CUCUMBER PICKLES

Sue Elmore

1 qt. sliced cucumbers, not peeled
1 tsp. salt
1 med. onion, sliced
1 1/2 c. sugar
1/2 c. vinegar
1 T. water

Mix cukes, onion and salt in bowl. Let stand in refrigerator two hours. Meanwhile, combine sugar, vinegar and water in saucepan. Stir over low heat until sugar dissolves, but do not boil. Set aside to cool. Drain liquid off cukes. Place cukes and onion in jars and sprinkle a few celery seeds on top, if desired. Pour syrup over cukes and onions. Cap lightly and freeze. Can be thawed in 24 hours. Recipe can be doubled. Yield: 2 pints.

ICICLE PICKLES

Karen Guynn

(1):

2 gal. cucumbers
1 gal. boiling water with 1 pt. salt

Let stand 1 week, stirring everyday.

(2) Cut lengthwise. Drain off salt water.

1 gal. hot water
2 T. powdered alum

Let stand 24 hours. (3) Drain off alum water.

(continued)

1/2 gal. hot vinegar
8 pts. sugar
1 T. mixed pickling spice

Reheat and pour over cucumbers for 4 mornings. Can on the fourth morning. Pack in cold cans. Heat vinegar mixture and pour over pickles in can. Tips will not seal.

LONG METHOD CUCUMBER PICKLES

In Memory of Mrs. Wolfe

150 (3 to 4-inch) cucumbers
2 T. powdered alum
6 c. sugar
3 1/2 c. vinegar
1/2 tsp. celery seed
1 box pickling spices, tied in cloth

Cover cucumbers with hot salt brine (1 cup salt to 9 cups water). Cool. Cover and let stand 1 week. Drain. Cover with hot water and let stand 24 hours. Drain. Dissolve alum in hot water. Pour over cucumbers. Let stand 24 hours. Drain and split cucumbers. Combine remaining ingredients. Heat to boiling and pour over cucumbers. Drain syrup from cucumbers each morning for 4 mornings. Reheat and pour over each morning. Cool. On the fourth morning, heat to boiling. Throw away tied-up spices. Put in hot sterilized jars.

RED CINNAMON PICKLES

Karen Easter

Peel and seed and cut up 2 gallons of large **mature** cucumbers. (Use those that are large and yellow). Mix 2 cups lime plus 8 1/2 quarts water. Mix thoroughly and let stand 24 hours over cucumbers. Drain and wash several times. Let set in cold water approximately 3 hours. Drain and cover with mixture of:

1 c. vinegar
1 sm. bottle red food coloring
1 T. powdered alum
Water to cover

Simmer 3 hours. Drain and make syrup of:

2 c. vinegar
2 c. water
10 c. sugar
8 sticks cinnamon
20 red hots candies

Heat until sugar dissolves and boils. Pour over cucumbers. Preheat and pour back over cukes for 3 days. On fourth day, reheat, pack in jars and seal. (You may cut out center section of the cucumber, take off peeling, leaving a circle instead of making into chunks.)

SALT PICKLES

Karen Guynn

12 c. water
3 c. vinegar
1 c. salt

Have lids hot. Heat water and pour over cucumbers when it starts to cool. Drain. Heat water again and pour over when it starts to cool drain. Heat vinegar and salt mix to boiling. Pour over cucumbers and seal. Water bath for 10 minutes.

VINEGAR CUCUMBERS

Vel Gordon

7 c. sliced cucumbers
1 c. sliced onions
1 c. sliced pepper
1 T. salt
1 c. vinegar
2 c. sugar

Put in refrigerator to keep.

VIRGINIA CHUNK SWEET PICKLES

Karen Guynn

1 c. salt
2 qts. water

Boil and pour over 1 gallon cucumbers. Let stand 1 week. In hot weather, skim daily. Drain and cut in chunks. For the next 3 mornings, make a boiling solution of 1/2 gallon water and 1/2 tablespoon powdered alum and pour over pickles. Make this fresh daily. On the fourth morning, discard alum water. Heat

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to boiling and pour over pickles a solution of 3 cups vinegar, 2 1/2 cups sugar and (tie in a bag) 1/6 cup pickling spice and 1 1/2 teaspoons celery seed. On the fifth morning, drain off liquid and add 1 cup sugar. Heat to boiling and pour over pickles. On the sixth morning, drain liquid and add 1 cup sugar and then heat. Pack in jars. Fill to within 1/2 inch of top of jar with hot liquid. Seal at once. Makes 7 pints.

14-DAY PICKLES

Karen Guynn

Pack cucumbers in stone jar. Cover with boiling brine (1 pint salt to 1 gallon water). Let stand one week. Drain and cover with boiling alum water (1 tablespoon to 1 gallon water). Let stand 24 hours. Drain and split cucumbers. Cover with alum solution. Let stand 24 hours. Drain and cover with clear cold water. Let stand 24 hours. Drain and cover with the following:

5 pts. sugar
1/2 tsp. whole cloves
5 pts. vinegar
1/2 tsp. mustard seed
3 or 4 sticks cinnamon

Heat to boiling point and pour over pickles. Let stand 24 hours. Repeat the vinegar mixture and add 1 cup of sugar. Pour over pickles again and let stand 24 hours. Next morning, pack pickles in jars. Heat vinegar mixture to boiling point, pour over pickles and seal.

GREEN TOMATO PICKLES

Ann Wood

Tomatoes
Onion
Celery
1 T. sugar
1 tsp. salt
Vinegar

Wash and drain tomatoes. Cut tomatoes into quarters. Pack in quart-size sterilized jars. Add 1 slice onion, 2-inch piece of celery, sugar and salt. Fill jar with equal parts vinegar and water. Process in hot water for 15 minutes.

SQUASH PICKLES

Karen Hylton

8 c. squash, sliced
2 c. onions, sliced
1 T. salt
1 1/2 c. green pepper, diced
1 c. cider vinegar
1/2 tsp. celery seed
1/2 tsp. mustard seed
1 1/3 c. sugar

Combine squash and onions. Sprinkle with salt and let stand 1 hour. Combine green pepper, vinegar, sugar, celery seed and mustard seed. Bring to a boil. Add squash and onions. Bring to boil again. Pack pickles into hot sterilized jars. Cover with vinegar mixture and seal. Process in simmering hot water bath for 10 minutes.

CRANBERRY ORANGE RELISH

Minnie Hodges

4 c. or 1 lb. fresh cranberries
2 oranges
2 c. sugar
2 T. cherry Jello

Put cranberries through a food chopper. Quarter and seed oranges. Put through food chopper. Add sugar and add 2 tablespoons dry cherry Jello. Mix well. Chill several hours before serving.

GREEN TOMATO RELISH

Myrtle Moore

1 peck green tomatoes
1 c. canning salt
1 med. cabbage
6 green sweet peppers
5 sweet red peppers
6 med. onions

Combine tomatoes, ground with canning salt. Let drain in cloth bag overnight. In morning, put cabbage, peppers and onions through food processor, using coarse blade. Mix vegetables. Add:

3 qts. vinegar
8 c. sugar
2 T. celery seed
2 T. mustard seed
1 T. whole cloves

Cook over low heat until vegetables are tender, about 20 minutes. Seal in hot, sterilized jars. Makes 10 to 12 pints. Mother got this recipe from: "Better Homes and Gardens" in 1930.

PEPPER RELISH

Kathy G. Collins

12 red sweet peppers
12 green sweet pepper
12 onions
2 c. sugar
2 c. vinegar
3 T. salt
2 T. celery seeds

Wash peppers and remove seeds. Grind in food chopper peppers and onions. Cover with boiling water and let stand 5 minutes. Drain. Add vinegar, salt, sugar and celery seeds. Boil 5 minutes. Yields 6 pints.

PICKLE RELISH

Sandra Snow

24 cucumbers
2 green peppers
4 onions
2 celery stalks
2 red peppers
2 T. salt
3 c. sugar
2 c. vinegar
1 T. turmeric

Chop up and add salt. Let stand overnight. Cook 20 minutes. Drain and add sugar, vinegar and turmeric. Boil and put in jars.

SWEET CUCUMBER RELISH

Karen Hylton

25 to 30 lg. cucumbers
1/2 c. salt
2 tsp. pepper
1 tsp. red pepper
3 c. sugar
3 c. vinegar
2 to 3 lg. onions

Chop cucumbers fine. Put salt over cucumbers and let set approximately 45 minutes until you have a brine. Chop onions fine. Drain off liquid from cucumber. Mix all ingredients and cook over medium heat, just until color changes. Pack jars, seal and process in hot water bath for 5 minutes. Makes 12 pints.

SAUERKRAUT

In Memory of Elois Hiatt

Chop cabbage. Pack loosely into quart jars. To each quart, add:

1 tsp. salt
1 T. sugar
1 T. vinegar

Fill jars with cold water and use old-fashioned zinc lids and rubbers (if possible). Seal tightly. Fix kraut on new moon and when the signs are not in the bowels.

GEE GEE'S SAUSAGE GRAVY

Geneva Key

Brown 1/2 pound sausage. Add 5 tablespoons flour and brown a golden brown. Add 6 cups milk and stir constantly until thick. Salt and pepper to taste.

HOMEMADE BARBECUE SAUCE

Donna M. Tucker

1/2 c. ketchup
2 T. brown sugar
2 T. Worcestershire sauce
1 T. vinegar
Dash Tabasco
1 sm. clove garlic
1/2 tsp. dry mustard
1/2 tsp. salt

Combine ingredients in saucepan over low heat for 5 minutes, stirring occasionally.

SPAGHETTI SAUCE

Dorothy Mitchell

4 qts. scalded tomatoes
1 c. onion
3/4 c. sugar
3/4 c. oil
1 med. green pepper
5 tsp. salt
2 tsp. oregano powder
1 tsp. garlic powder
2 (12-oz.) cans tomato paste
1 (6-oz.) can tomato paste

Simmer tomatoes 1 hour. Add other ingredients. Cook 1 1/2 hours or until thick. Stir constantly. Usually makes about 4 quarts. You may add 1 pound of hamburger. Simmer before adding to other mixture.

(continued)

VEGETABLE CHEESE SAUCE

Cynthia Haynes

1/4 c. butter
2 T. flour
1/4 tsp. salt
1 c. milk
1 (3-oz.) pkg. cream cheese
1/2 c. shredded American or cheddar cheese
1/4 c. diced onion

Saute onion in butter till transparent. Blend in flour, salt and milk. Cook over medium heat, stirring constantly. Blend in cheeses.

CARAMEL APPLES

Kandy Easter

1/2 c. chopped walnuts
5 sm. apples
1 (14-oz.) pkg. vanilla caramels
1 T. water

(1) Line a cookie sheet with waxed paper. Empty the nuts onto it and divide them into 5 equal heaps. Make sure to leave lots of space between the heaps. (2) Wash and dry the apples. Twist off the stems (if they still have them). Push a wooden ice cream stick about halfway into each apple in the same place the stem was. (3) Unwrap the caramels and put them and the water in the top of a double boiler. Fill

(continued)

the bottom of the double boiler with about 2 inches of water. Put the double boiler together and place it over medium heat. (4) Heat the caramels until they're melted and smooth, stirring every once in a while. Remove the double boiler from the heat. (5) Holding an apple by the stick, dip it into the caramel to coat it. Use a spatula or table knife to help cover the whole apple. Put the apple, stick side up, on a heap of nuts, turning it so all the nuts stick to it. Coat the other apples the same way. (If the caramel gets too stiff, put the double boiler back on the heat for a few minutes.) (6) Refrigerate the apples until the caramel is firm, about 1/2 hour. You don't like walnuts? Well, what about using a different kind of nut instead - or shredded coconut, granola, chocolate sprinkles or raisins? And you can use chocolate caramels instead of the vanilla ones if you want.

CARAMEL POPCORN

Karen Guynn
Donna Tucker

16 c. popcorn (3/4 c. uncooked)
1 c. brown sugar, packed
1/2 c. margarine (1 stick)
1/2 c. light corn syrup
1/2 tsp. salt
1/2 tsp. vanilla

Preheat oven to 250°. Put popped corn in roasting pan. **Coating:** In a saucepan, over medium heat, mix butter, brown sugar, corn syrup and salt. Bring to boil. Cook for 5 minutes. Stir often. Remove from heat.

(continued)

Add vanilla. Pour caramel over popped corn. Coat well. Bake 1 hour, stirring often. Spoon popcorn onto waxed paper. Stir to separate. If desired, stir in Spanish peanuts.

CONDENSED MILK
(Eagle Brand)

Vera Ashburn

1 1/4 c. powdered milk
3/4 c. sugar
4 T. margarine
1/2 c. boiling water

Mix milk crystals, sugar, margarine and water in blender. Blend slowly taking about 5 minutes; blend thoroughly. Better if stored at least 1 day in refrigerator.

HOMEMADE PIMENTO CHEESE

Shirley Simpson

1 (1-lb.) box Velveeta cheese
1 sm. jar pimentos
1/3 c. sugar
1 T. vinegar
2 to 3 lg. scoops (using T.) mayonnaise

Grate cheese. Add sugar, vinegar, mayonnaise and pimento.

SANDWICH SPREAD

Reggie Duncan

12 red sweet peppers
12 red tomatoes
12 green sweet peppers
12 green tomatoes
1 1/2 c. sugar
1 qt. mayonnaise
1 pt. mustard
1 pt. vinegar

Grind tomatoes and peppers. Drain well. Mix tomatoes, peppers, mayonnaise, mustard and sugar. Cook on low heat about 20 minutes. Stir often. Makes about 3 quarts.

Recipe Favorites

THIS & THAT

Recipe Favorites

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THIS & THAT

COOKING TIPS

- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold - let stand for a least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking - add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- Used greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE COUNTER

Beverages

Apple juice, 6 oz. 90
Coffee (black/unsw.) 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

Corn Bread, 1 small square 130
Dumplings, 1 med. 70
French Toast, 1 slice 135
Muffins
- bran, 1 muffin 106
- blueberry, 1 muffin 110
- corn, 1 muffin 125
- English, 1 muffin 280

Melba Toast, 1 slice 25
Pancakes, 1 4 in. 60
Pumpernickel, 1 slice 75
Rye, 1 slice 60
Waffles, 1 216
White, 1 slice 60-70
Whole wheat, 1 slice 55-65

Cereals

Corn Flakes, 1 cup. 105
Cream of Wheat, 1 cup 120
Oatmeal, 1 cup 148
Rice Flakes, 1 cup 105
Shredded Wheat, 1 biscuit 100
Sugar Krisps, 3/4 cup 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 Cheese, 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 large 100
Poached or boiled, 1 large 75-80
Scrambled or in omelet, 1 large..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
Tuna, in water, 3 oz. 110

continued

Fruits

Apple, 1 medium 80-100
Applesauce, sweetened, 1/2 c. 90-115
Applesauce, unsweetened, 1/2 c. 50
Banana, 1 medium 85
Blueberries, 1/2 c. 45
Cantaloupe melon, 1/2 c. 24
Cherries (pitted), raw, 1/2 c. 40
Grapefruit, 1/2 medium 55
Grapes, 1/2 c. ....35 -55
Honeydew melon, 1/2 c. 55
Mango, 1 medium 90
Orange, 1 medium 65-75
Peach, 1 medium 35
Pear, 1 medium 60-100
Pineapple, fresh, 1/2 c. 40
Pineapple canned in syrup, 1/2 c. 95
Plum, 1 medium 30
Strawberries, fresh, 1/2 c. 30
Strawberries, frozen and sweetened, 1/2 c. 120-140
Tangerine, 1 large 39
Watermelon, 1/2 c. 42

Meat and Poultry

Beef, ground (lean), 3 oz. 185
Beef, roast, 3 oz. 185
Chicken, broiled, 3 oz. 115
Lamb chop (lean), 3 oz. 175-200
Sirloin steak, 3 oz. 175
Tenderloin steak, 3 oz. 174
Top round steak, 3 oz. 162
Turkey, dark meat, 3 oz. 175
Turkey, white meat, 3 oz. 150
Veal cutlet, 3 oz. 156
Veal, roast, 3 oz. 176

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, 3/4 c. cooked 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 cup 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 cup 30
Lettuce, shredded, 1/2 c. 5
Mushrooms, canned, 1/2 c. 20
Onions, cooked, 1/2 c. 30
Peas, green, cooked, 1/2 c. 60
Potato
- baked, 1 medium 90
- chips, 8-10 100
- mashed, with milk and butter, 1 c. 200-300

Spinach, 1 cup 40
Tomato
- raw, 1 medium 25
- cooked, 1/2 c. 30

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
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

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

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at 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. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. 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.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

Caraway Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.

Curry Powder A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.

Dill Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel Both seeds and leaves are used. Has a sweet hot flavor. 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. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

continued

Herbs & Spices

Marjoram May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.

Oregano Strong aromatic odor, use whole or ground to spice 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. Can be used as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.

Saffron Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.

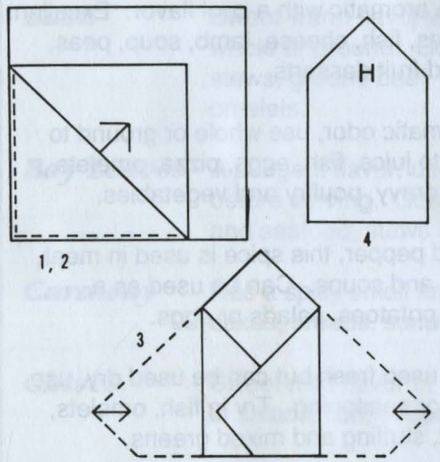
Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:
Use linen napkins if possible, well starched.
For the 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

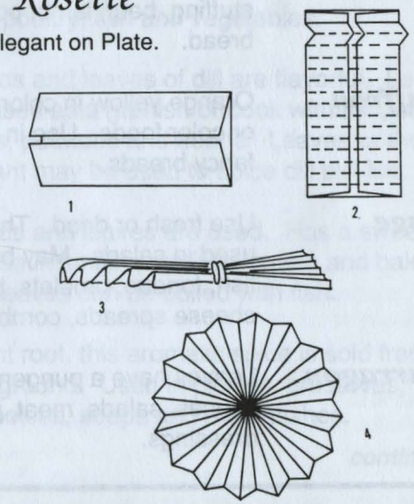
This fold is easy. Elegant with Monogram in Corner



Instructions:
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right 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.



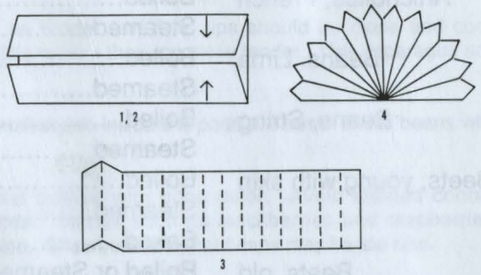
Instructions:
1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette

NAPKIN FOLDING

Fan

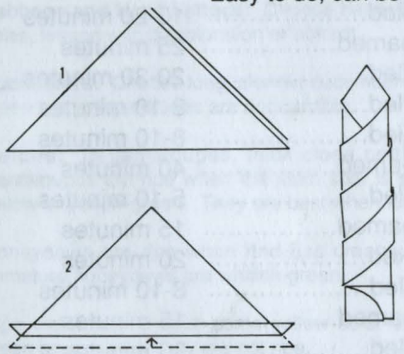
Pretty in Napkin Ring, or Top of Plate.

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



Candle

Easy to do, can be decorated.

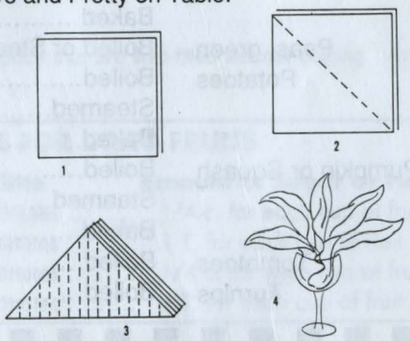


Instructions:
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

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.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled	10-15 minutes
Artichokes, French	Boiled	40 minutes
	Steamed	45-60 minutes
Beans, Lima	Boiled	20-40 minutes
	Steamed	60 minutes
Beans, String	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skin	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5-10 minutes
Broccoli, stems	Boiled	20-30 minutes
Brussel Sprouts	Boiled	20-30 minutes
Cabbage, chopped	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20-30 minutes
Cauliflower, flowerets	Boiled	8-10 minutes
Carrots, cut across	Boiled	8-10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the cob	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Pumpkin or Squash	Boiled	20-40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5-15 minutes
Turnips	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

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 - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and 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.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil	To 1 cup flour use 1 teaspoon Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups 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.

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	50-60	350 - 400
Rolls	20-30	400 - 450
Biscuits	12-15	400 - 450
Popovers	30-40	425 - 450
Cornbread	25-30	400 - 425
Nut Bread	50-75	350
Gingerbread	40-50	350 - 370

BAKING PERFECT DESSERTS

For 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. In rolling, take out 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 keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that is covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	360 - 400	40-60 min.
Butter Cake, layer	380 - 400	20-40 min.
Cake, angel	300 - 360	50-60 min.
Cake, sponge	300 - 350	40-60 min.
Cake, fruit	275 - 325	3 - 4 hours
Cookies, thin	380 - 390	10-12 min.
Cookies, molasses	350 - 375	18-20 min.
Cream Puffs	300 - 350	45-60 min.
Meringue	250 - 300	40-60 min.
Pie Crust	400 - 500	20-40 min.

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce 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, mushroooms, 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.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender of food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: 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 to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.