

# Webster's Favorite Recipes

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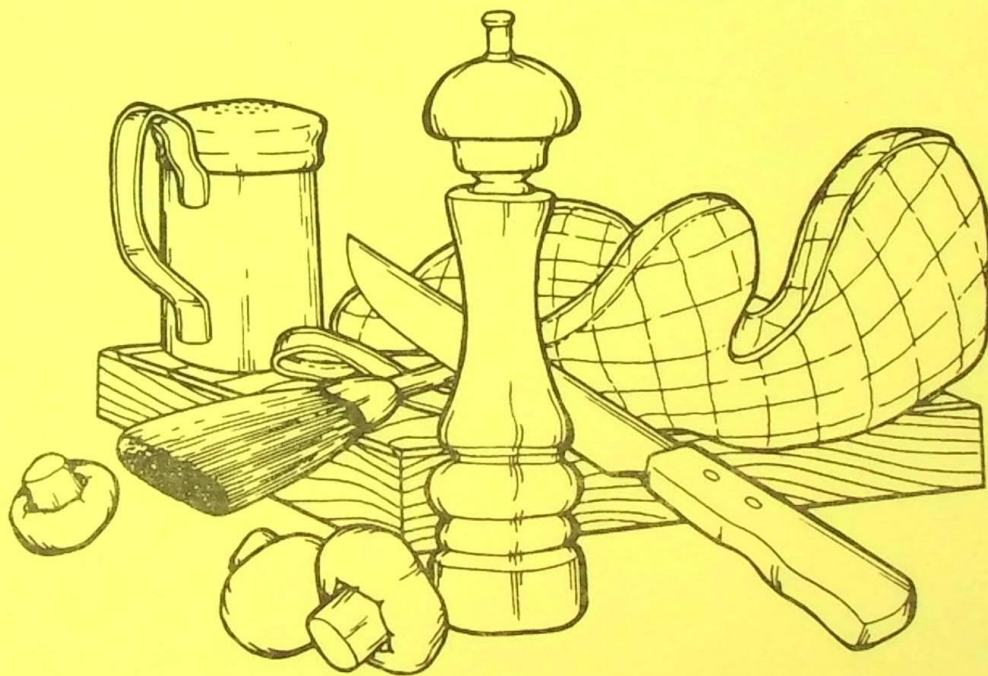




# Recipes

*Compiled by*

Webster Kindergarten, Inc.  
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## "A SPECIAL THANKS"

A special thanks to the parents, family and friends of the Webster Kindergarten "Class of 89" who made this cookbook possible.

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## "GOOD NEIGHBOR RECIPE"

Ingredients

- 1 tongue that does not slander
- 1 mind full of tolerance
- 2 ears closed to gossip
- 2 eyes overlooking other's faults

- 1 heart extended to help others
- 1 dash each of wit, smiles, sunny disposition and cheerfulness

Blend together these ingredients. Form into one being and serve generous portions daily to everyone you meet. Being a good neighbor is very much like a recipe because the more you follow it, the more you like it.

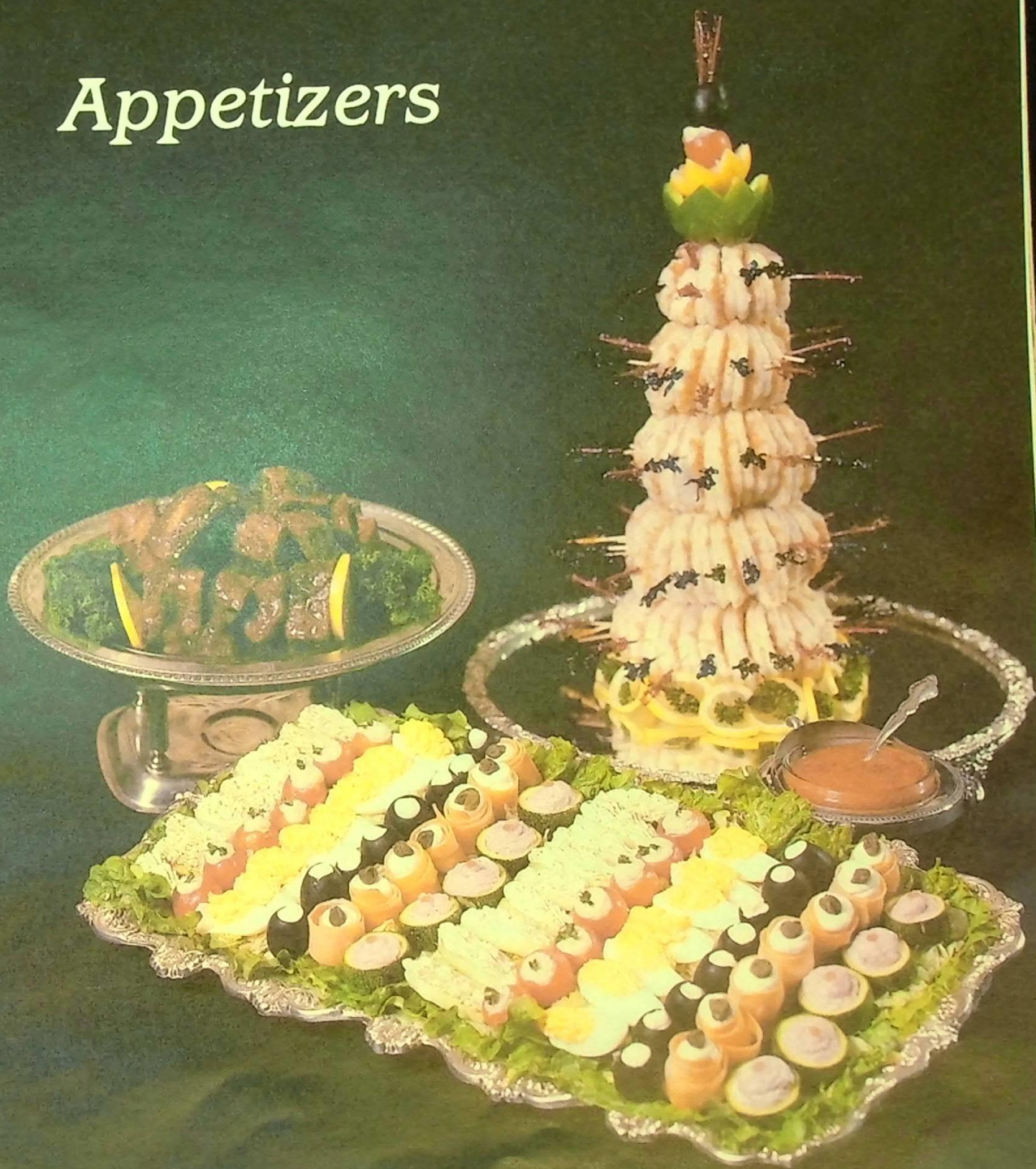
*Submitted by:  
Betty Pearson  
Author Unknown*

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# Appetizers





## PERFECT PARTY PLEASERS

Cheese and fruit tasting is an easy, conversation-making way to entertain friends before dinner. Seasonal varieties of fruit include peaches, nectarines, sweet cherries, figs, grapes, apricots, pineapple, strawberries, plums and melons. Or try fruits such as papaya and mangoes. Dried fruits such as prunes and raisins also team nicely with cheese and fresh fruits.

Some cheese and fruit combinations: Cheddar, Provolone and Camembert with pineapple, grapes, pears and walnuts. Brie, Monterey Jack and Feta with tangerines, strawberries and dried prunes. Colby, Gjetost, Emmenthaler and Roquefort with apricots, pineapple and plums.

Remember, if cooking the cheese for your appetizers, that excessive heat and prolonged cooking turns it stringy and leathery. When making a sauce, stir in the cheese toward the end of cooking time just until totally melted.

To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

The pointed end of a beer can opener is an excellent tool for deveining shrimp. Out of ginger ale? Mix equal parts of Coke and 7-Up.

Use styrofoam egg cartons as trays when you need extra ice cubes for parties. If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but it's raw sugar will start the bubbling up again.

Christmas Starter, dinner or breakfast: Serve Cranberry Juice topped with lime sherbet.

You can use frozen dough to make flaky crusts for appetizers. Thaw, cut into desired shapes, put in filling, brush with butter, bake 10-15 minutes at 375 degrees. Fillings can be chopped up chicken, roast beef or any cooked seafood; or any cooked vegetables as mushrooms, broccoli, cauliflower.

Place bay leaves (which are never to be eaten) in a tea ball for easy removal from sauces (or stews).

For instant white sauce: blend together 1 c. soft butter and 1 c. flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce: drop 1 cube into 1 c. of milk and heat slowly, stirring as it thickens.

Store carton of cottage cheese upside down. It will keep twice as long.

Try a new spice for your appetizers in place of salt. Blend together 2½ tsp. each of paprika, dry mustard, garlic powder, 5 tsp. onion powder, ½ tsp. ground black pepper and ¼ tsp. celery seed. Put all in a shaker and pass up the salt.



## PIEROGIES

### FILLING:

3 to 4 potatoes  
1 sm. onion, chopped fine  
1/4 lb. cheese\*

1 tbsp. butter  
Salt and pepper

\*Cheeses you can use: Farmers, Cheddar or Blue. Do not try any stretchy pizza cheeses.

Peel, cut in half and boil potatoes until done. Drain. Grate cheese. Mash as you would potatoes: potatoes, onion, cheese, butter, salt and pepper.

### DOUGH:

1 egg  
1/2 c. milk

2 c. flour

Beat egg into milk. Add flour to mixture. Beat together until flour leaves bowl sides. Dough should be springy. Roll out on floured board. Cut out circles with a drinking glass, cutter or plastic cup. Put approximately 1 tablespoon filling into center of circle. Fold carefully. Pinch edges together. Drop into boiling water making sure they don't stick to bottom. When they float, they are done. Salt pork, bacon grease or butter can be used for heating and browning in fry pan before serving.

Joan Leathers

## SPANOKOPETA

(Greek Spinach Pie)

3 (10 oz.) pkgs. frozen  
chopped spinach  
7 eggs  
1 lb. fyllo (thawed)

1/2 lb. butter  
3/4 lb. cottage cheese  
1 1/2 lbs. Greek cheese  
(Feta cheese)



Preheat oven at 350 degrees. Grease 14 x 20 inch pan. Melt butter. Mix spinach, eggs, Greek cheese and cottage cheese together. Place 4 fyllo sheets into pan brushing each sheet with melted butter. On fifth sheet, spread spinach mixture lightly. Continue this until spinach mixture is gone. Top layer should be 4 fyllo sheets with butter.

Bake at 350 degrees for one hour. Cover with brown paper last 15 minutes. Just a note...fyllo or phyllo is in freezer section and when opened after thawing must be kept moist with a slightly wet hand towel. Do not open until ready to use.

*Linda Caldwell*

### TUSCON BEEF DIP

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 1/2 tbsp. instant minced onion |
| 1/2 c. sour cream           | 2 tbsp. chopped chives           |
| 1 jar dried chipped beef    | Chopped pecans                   |
| 1 can chopped green chilies |                                  |

Preheat oven to 350 degrees. In small bowl, mix at low speed, beat cream cheese and sour cream until well blended. Rinse dried beef and pat dry. Chop beef gently, stir beef, chilies and onion into cheese mixture. Pour into a shallow 2 cup baking dish. Sprinkle top with chives and pecans.

Bake at 350 degrees for 20 minutes until bubbly. Serve with tortilla chips. Makes 2 1/2 cups.

*Jeanne Chwasciak*

### TACO DIP

- |                           |                        |
|---------------------------|------------------------|
| 1 pt. sour cream          | 1 onion                |
| 1 pkg. taco seasoning mix | Lettuce                |
| 1 pepper                  | 1 pkg. shredded cheese |
| 1 tomato                  | 1 bag taco chips       |

Mix sour cream with taco mix. Pour into pie plate. Cut up tomato, lettuce, onion, pepper. Sprinkle on top of mix and top with cheese. Chill about 1 hour. Use taco chips to dip with. Makes a great spicy dip.

*Jonathan Lorden*

### SHRIMP DIP

- |   |                    |
|---|--------------------|
| 2/3 c. (4 1/2 oz. can) shrimp, rinsed & drained | 1/8 tsp. pepper    |
| 1/4 c. chili sauce                              | 1 tsp. horseradish |
| 2 tsp. lemon juice                              | Dash Tabasco       |
| 1/2 tsp. salt                                   | 1 c. sour cream    |

Break shrimp into small pieces; set aside. In a bowl blend chili sauce, lemon juice, salt, pepper, horseradish and Tabasco sauce. Fold in sour cream. Add shrimp. Cover and chill.

*Sally Becker*

### JEZABELLE SAUCE

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 jar (4 oz.) apricot preserve   | 1 sm. jar horseradish           |
| 1 jar (4 oz.) pineapple preserve | 1 (2 oz.) jar Coleman's mustard |
| 1/2 sm. jar apple jelly          | 8 oz. pkg. cream cheese         |

Combine all ingredients except cream cheese. Pour over cream cheese. Serve as spread on Triscuits.

*Jane Fletcher*

### BAKED CHERRY TOMATOES

- |                    |                       |
|--------------------|-----------------------|
| 20 cherry tomatoes | Oregano               |
| Salt               | Parsley flakes        |
| Pepper             | Grated Italian cheese |
| Basil              |                       |

Cut cherry tomatoes in half and place on cookie sheet. Season tomatoes with salt, pepper, basil, oregano, and parsley flakes. Then top with grated cheese. Bake in a preheated oven at 350 degrees for about 1 hour. Serve from oven or let cool.

*Tom Sacchetti*  
*Louise Capracotta*

### SNACK FOR T.V.

- |                         |                           |
|-------------------------|---------------------------|
| 6 strips bacon, diced   | 1 sm. box American cheese |
| 1 onion, chopped        | 1/2 c. drained tomatoes   |
| 1 green pepper, chopped |                           |



Split one package of English muffins. Layer each muffin with cheese, bacon, onion, peppers, and tomatoes. Bake in 350 degree oven until cheese is melted, about 15 minutes.

*Maggie Silver*

## MEATBALLS IN BEER

- |                       |                             |
|-----------------------|-----------------------------|
| 1 1/2 lb. ground beef | 1 1/2 c. beer               |
| 2 tsp. salt           | 1 1/2 c. chili sauce        |
| 1/4 tsp. pepper       | 2 tbsp. sugar               |
| 3 tbsp. water         | 1 tsp. Worcestershire sauce |
| 1 tbsp. butter        | 1/8 tsp. Tabasco sauce      |

Lightly mix together beef, 1 teaspoon salt, pepper and water. Shape beef mixture into small balls. Heat the butter in a skillet and brown meatballs. Mix together the beer, remaining salt, chili sauce, Worcestershire sauce, sugar and Tabasco sauce. Pour over beef. Cook over high heat for 5 minutes, then simmer 1/2 hour or until sauce is thickened.

Serve with cocktail picks. Especially nice when accompanied by "Party Rye slices".

*Georgette Bachelder*

## GREEN CHILI BITES

- |                            |                             |
|----------------------------|-----------------------------|
| 3 eggs, whisked            | 2 oz. chopped green chilies |
| 2 c. grated cheddar cheese |                             |

Oil an 8 x 8 inch or loaf pan. Layer chilies, then cheese, then pour eggs over. Bake at 350 degrees for 30 minutes or until firm.

*Nancy Rideout*

## CHEESE BALL

- |                      |                        |
|----------------------|------------------------|
| 1 pkg. blue cheese   | Red and green peppers, |
| 1 pkg. coon cheese   | fresh, chopped fine    |
| 2 pkgs. cream cheese | Optional: Nuts         |
| 1/4 tsp. garlic salt |                        |

Soften all the cheese. Beat until blended with garlic salt. Add red and green peppers. Roll into ball and roll in nuts, if desired. Serve with crackers.

*Judy Jones*

## MARINATED MUSHROOMS

- |                      |                          |
|----------------------|--------------------------|
| 1/4 c. vinegar       | Freshly ground pepper    |
| 1 clove garlic split | 3 tbsp. olive oil        |
| 2 tbsp. lemon juice  | 1 tbsp. catsup           |
| 1 sm. bay leaf       | 1 (4 oz.) can mushrooms, |
| 1/4 tsp. salt        | drained                  |

Combine vinegar, garlic, lemon juice, bay leaf, salt and pepper. Boil for 15 minutes. Cool add olive oil and catsup. Pour over mushrooms. Cover, refrigerate for at least 12 hours.

*Darlene Cummings*

## CHEESE BALL

- |                             |                         |
|-----------------------------|-------------------------|
| 1 (8 oz.) pkg. cream cheese | Options: 2 to 3 dashes  |
| 1 jar "Old English" cheese  | Worcestershire sauce, 1 |
| 1 jar "Roka" cheese         | tbsp. minced onion,     |
|                             | chopped walnuts         |

Combine cheeses and blend thoroughly with an electric mixer. Add any optional items. Can shape mixture into a ball and roll in chopped walnuts or put into a dish and top with walnuts.

*Nancy Pearson*

## FRENCH FROMAGE SANDWICHES

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 loaf French bread           | 1/2 c. chopped dill pickles |
| 1 (8 oz.) pkg. Farmer cheese  | 2 tbsp. capers              |
| 2 c. diced shrimp             | 1/2 c. mayonnaise           |
| 1/4 c. chopped stuffed olives |                             |

Cut ends from bread, cut into thirds. Remove the soft insides. Crumble most of the insides and mix with the other ingredients. Stuff bread with this mixture and slice before serving. Wrap and chill one hour. Serves 6 to 8. May also be frozen and used later.

\*Using this recipe under this category I won first prize in the Cape Cod annual baking contest one year.

*Shirley E. Goershel*



## MEDITERRANEAN CHEESE SPREAD

8 oz. feta cheese  
2 tbsp. olive oil  
2 tbsp. low fat yogurt  
1 sm. clove garlic, crushed

1/2 tsp. crumbled dried  
rosemary  
1/2 tsp. dried thyme

Blend cheese, oil and yogurt until smooth. Mix in garlic, rosemary, and thyme until well blended. Serve with crackers or melba toast. This can be frozen.

*Lorna S. Austin*

## DILL CHEESE SPREAD WITH CUCUMBER

1/4 onion, chopped  
1 lg. shallot, chopped,  
optional  
1 (8 oz.) pkg. cream cheese,  
softened  
2 tbsp. fresh parsley,  
chopped  
2 tsp. lemon juice

1 tsp. dried dill weed  
1/4 tsp. salt  
4 drops Tabasco sauce  
Freshly ground white  
pepper to taste

Place above in crock, refrigerate. Slice one European cucumber, serve with spread.

*Leslie Manning*

## DILL DIP

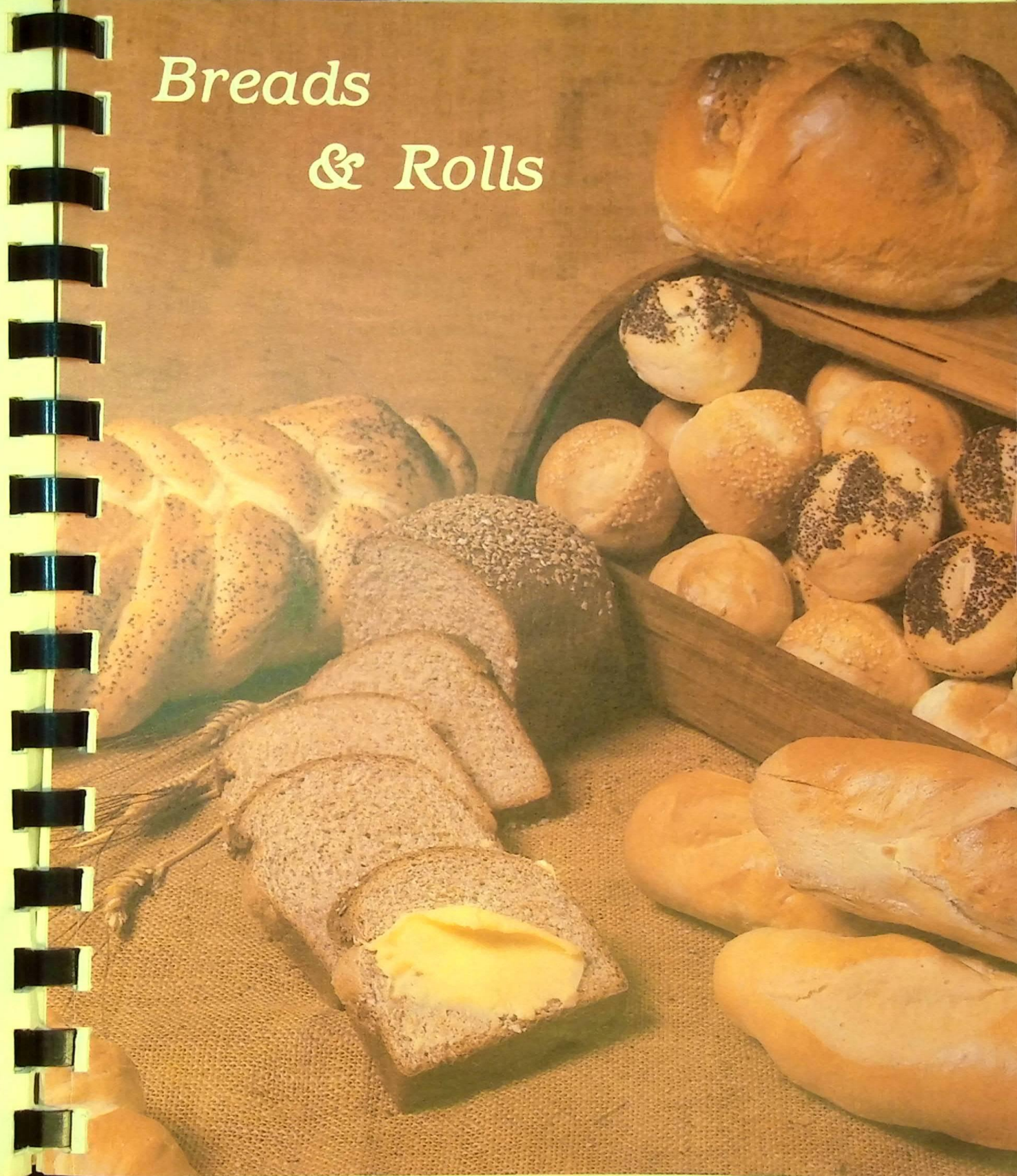
1 1/3 c. sour cream  
1 1/3 c. mayonnaise (2  
tbsp. if Hellmans  
mayonnaise)  
2 tsp. lemon pepper

2 tsp. minced onion  
2 tsp. dill seed  
2 tsp. parsley flakes  
1 tsp. Accent

Mix thoroughly and let sit overnight.

*Pauline Colby*

# Breads & Rolls





## FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed 1/2 inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness — tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.



## MONKEY BREAD

Great for Christmas morning - and the kid's love to make it.

4 cans buttermilk biscuits  
1 1/3 c. sugar  
2 tbsp. cinnamon

10 tbsp. butter (or oleo)  
2 tbsp. vanilla

Mix sugar and cinnamon in plastic bag. Cut each biscuit in 4 pieces. Coat pieces, a few at a time, in sugar mixture. Place pieces in a greased bundt pan. In a small saucepan, melt butter and remaining cinnamon sugar mix. Bring to a boil. Remove from heat. Add vanilla. Pour over biscuits. Bake at 350 degrees for 40 minutes or until done. Cool slightly. Can be served from pan, everyone picks off a clump.

*Lee Bezanson*

## CRANBERRY ORANGE BREAD

2 c. coarsely chopped raw  
cranberries  
Grated rind from 1 orange  
1/2 orange, cut up  
3 tbsp. sugar  
3 c. flour  
2 tsp. baking powder  
1/2 tsp. baking soda

1/2 tsp. salt  
1 tsp. ground mace  
1 1/2 c. sugar  
2 lg. eggs, beaten  
1 c. orange juice  
1/2 c. water  
1/2 c. shortening, melted

Combine first 4 ingredients and set aside. Combine the next 6 ingredients. Mix eggs with orange juice and water and add to flour mixture along with cranberry mixture and shortening. Stir only until ingredients are blended. Turn into a well greased, lightly floured 9 x 5 x 3 inch loaf pan. Bake at 350 degrees for 1 1/2 hours or until a cake tester inserted in the center comes out clean. Cool in pan 20 minutes. Turn out onto a wire rack to finish cooling. Store airtight. This bread slices better if made a day before serving. This recipe can also be used to make muffins. Bake at 350 degrees for 30 minutes or tested done. Yield: 2 1/2 dozen muffins or 1 loaf and 4 muffins.

*Laura Benedict*



## APPLE BREAD

- |                    |                      |
|--------------------|----------------------|
| 3 eggs             | 1 tsp. baking soda   |
| 2 c. sugar         | 1 tsp. cinnamon      |
| 1 c. vegetable oil | 4 c. chopped apple   |
| 1 tbsp. vanilla    | 1 c. chopped pecans, |
| 3 c. flour         | optional             |

Bake at 325 degrees for 1 hour and 10 minutes. Preheat oven. Prepare two 8 1/2 x 5 1/2 inch bread pans, grease and flour. Stir together eggs, sugar, oil and vanilla. Combine flour, soda, cinnamon and stir into liquid ingredients just until mixed. Stir in apples and pecans (if desired). Divide into 2 loaf pans. Prepare topping and sprinkle on top of each loaf. Bake one hour and 10 minutes or until toothpick inserted in center comes out clean. Let cool in pan 10 minutes. Moist and delicious.

*Paula Fanjoy*

## SWEDISH ROLLS

- |                       |                      |
|-----------------------|----------------------|
| 1 1/4 c. scalded milk | 1/3 c. sugar         |
| 2 yeast               | 1 well beaten egg    |
| 3 1/2 to 4 c. flour   | 1/2 tsp. salt        |
| 1/4 c. butter         | 1 tsp. lemon extract |

Put sugar, salt, and butter in bowl. Add scalded milk. Let stand until cool. Add beaten egg and extract and yeast which has been dissolved in 1/4 cup warm water. Add 2 cups of the flour and beat with electric mixer. Add rest of flour and stir in by hand. Knead and shape into rolls. Bake at 375 degrees for 15 to 20 minutes. This may be made into a braided loaf and then glazed and decorated.

*Mable Anderson*

## BROWN BREAD (CROCK POT)

- |                         |                             |
|-------------------------|-----------------------------|
| 1/2 c. flour            | 1/2 c. whole wheat flour    |
| 1/2 tsp. baking powder  | 1 c. chopped nuts, optional |
| 1/2 tsp. soda           | 6 tbsp. molasses            |
| 1/2 tsp. salt           | 1 c. buttermilk             |
| 1/2 c. yellow corn meal | 1/2 to 1 c. raisins         |

Sift flour with baking powder, soda and salt. Stir in oatmeal and whole wheat flour. Add remaining ingredients, beat well. Pour batter into greased and floured coffee can. Pour 2 cups water into crock pot. Set can inside. Place aluminum foil over top and fold down around edge of cooker. Cover and bake on "High" for 4 to 5 hours. Remove and let cool for 1 hour before unmolding.

*Sue Pearson*

## BAKED BROWN BREAD

- |                                  |                       |
|----------------------------------|-----------------------|
| 2 c. graham or whole wheat flour | 1/2 c. molasses       |
| 1/2 c. all purpose flour         | 2 tsp. baking soda    |
| 1 tsp. salt                      | 2 c. buttermilk       |
|                                  | 1 c. seedless raisins |

Combine all ingredients. Mix well. Spoon into 3 well greased 1 pound tin cans. Let stand 1/2 hour. Bake at 350 degrees for 45 to 50 minutes or until cake tester comes out clean.

*Ruth Stebbins*

## BROWN BREAD

- |                      |                        |
|----------------------|------------------------|
| 1 c. flour           | 1 c. whole wheat flour |
| 2 tsp. baking soda   | 1 c. molasses          |
| 1 tsp. salt          | 2 c. buttermilk*       |
| 1 c. yellow cornmeal | 1 c. seedless raisins  |

\*(2 tablespoons of vinegar in sweet milk will make buttermilk.) Grease two empty one pound coffee cans and dust with flour. Sift all purpose flour, soda and salt into a large bowl. Stir in cornmeal and whole wheat flour. Add molasses, buttermilk and raisins and mix well. Pour into cans. Cover tops with wax paper and then with foil, leaving room for expansion, tie securely with string. Place cans on a rack in a large kettle and add boiling water to half way up cans. Cover kettle and steam 2 1/2 hours. Replenish boiling water as necessary.

*Betty Pearson*



## LEMON TEA BREAD

- |                              |                                    |
|------------------------------|------------------------------------|
| 1/2 c. milk                  | 1 1/4 c. flour                     |
| 2 eggs                       | 1 tsp. double acting baking powder |
| 1 c. sugar                   | 1 tsp. salt                        |
| 1/3 c. melted butter         | 1/2 c. chopped pecans              |
| 1 1/2 tsp. grated lemon peel |                                    |

Preheat oven to 350 degrees. Grease 8 1/2 x 4 1/2 inch loaf pan. In large bowl combine milk, eggs, sugar, butter and lemon peel. Beat at medium speed until well blended. Add dry ingredients; beat at low speed just until they are moistened and mixture is smooth. Fold in pecans. Pour into loaf pan. Bake 45 to 50 minutes until done.

### GLAZE:

- |              |                     |
|--------------|---------------------|
| 1/4 c. sugar | 3 tbsp. lemon juice |
|--------------|---------------------|

Combine sugar and lemon juice for glaze. Place bread still in pan on rack to cool. Slowly pour on glaze while bread is still hot. Let stand 10 minutes in pan. Remove bread and cool completely on rack. Makes 16 1/2 inch slices. 165 calories each slice.

*Marcia Condon*

## LEMON BREAD

- |                        |                      |
|------------------------|----------------------|
| 1/2 c. shortening      | 1 tsp. baking powder |
| 1 c. sugar             | 1/2 tsp. salt        |
| 2 eggs                 | 1 1/2 c. flour       |
| Grated rind of 1 lemon | 1/2 c. milk          |

Combine shortening, sugar, eggs, beat together. Add lemon rind, baking powder and salt. Stir in flour alternately with milk. Pour batter into greased, was paper lined 9 x 5 inch loaf pan. Bake at 350 degrees for 40 to 50 minutes (test center by shaking gently, if it wiggles, not done). Combine juice from the lemon and 1/4 cup sugar. Pierce top of bread with fork then pour mixture over the hot bread. Cool, lift from pan and carefully remove paper. Recipe can easily be doubled. Freezes well.

*Madeleine Roberts*

## IRISH SODA BREAD

- |                       |               |
|-----------------------|---------------|
| 8 c. Bisquick         | 1/4 c. sugar  |
| 2 c. raisins          | 4 eggs        |
| 2 tbsp. caraway seeds | 1 1/3 c. milk |

Mix Bisquick, raisins, caraway seeds and sugar. Beat eggs and milk. Add liquids to dry mixture all at once. Stir to form a sticky dough. Knead on a lightly floured board a few times to form a smooth ball. Cut dough into 2 pieces. Shape pieces of dough into 2 smooth balls. Place each ball on a greased cookie sheet. With a sharp knife, cut a cross 1/2 inch deep in the center of each ball.

Bake in a hot oven (400 degrees) 25 to 30 minutes or until browned and center feels firm. Cool thoroughly before cutting.

*Nancy Pearson Walker*

## NANA'S IRISH SODA BREAD

- |                          |                       |
|--------------------------|-----------------------|
| 3 c. flour               | 1 c. sugar            |
| 3 1/2 tsp. baking powder | 1 c. sour milk        |
| 1 tsp. baking soda       | 1 c. raisins          |
| 2 eggs (well beaten)     | 3 tbsp. caraway seeds |
| 3 tbsp. melted butter    |                       |

Sift together flour, baking powder, and baking soda. Set aside. Mix together beaten eggs, melted butter, sugar and sour milk. Add to dry ingredients and stir well. Blend in raisins and caraway seeds. Beat until smooth. Pour into a 9 inch greased black fry pan or 9 inch cake pan. Bake at 350 degrees for 1 hour.

*Lynn Rowlenson*

## SIX WEEK BRAN MUFFINS

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 (15 oz.) pkg. Raisin Bran | 1 qt. buttermilk or sour milk    |
| 5 c. flour                  | 5 tbsp. soda                     |
| 3 c. sugar                  | 1 tsp. cinnamon                  |
| 2 tsp. salt                 | Fruit optional - add when baking |
| 4 eggs, beaten              |                                  |
| 1 c. vegetable oil          |                                  |



In very large bowl, put cereal, flour, sugar and salt. Mix well. Add beaten eggs, oil, milk, soda and cinnamon. Mix very well, but DO NOT BEAT. Store batter in glass or plastic container, covered in refrigerator. Bake as needed. DO NOT STIR when you use it. Bake at 350 degrees for 18 to 20 minutes.

*Eleanore Britton*

## POPPY SEED BREAD

1/2 c. poppy seeds  
3/4 c. milk  
3/4 c. butter  
3 eggs  
1 1/4 c. sugar

1 tsp. vanilla  
2 tsp. baking powder  
2 c. flour  
Confectioners' sugar

Combine poppy seeds and milk in large bowl. Let stand at room temperature for 3 to 4 hours or overnight. Let butter and eggs warm to room temperature. Add the butter, eggs, sugar, vanilla, baking powder, and flour to the poppy seeds and milk. Beat at medium speed with electric mixer for 1 minute. Pour into greased and floured loaf pan. Bake at 350 degrees for one hour and 15 minutes. Cool in the pan on rack. When cool, turn out and sprinkle with confectioners' sugar.

*Marica Condon*

## OATMEAL BREAD

1 c. oatmeal  
1 tbsp. vegetable oil  
(shortening)  
1 tbsp. salt  
2 c. boiling water

1 yeast cake or pkg.  
1/2 c. lukewarm water  
1/2 c. molasses  
6 to 7 c. flour

Pour boiling water over oatmeal, shortening, and salt. Mix well, add molasses and let cool (warm). Dissolve yeast in the lukewarm water and 1 teaspoon sugar (until it bubbles). Add to oatmeal mixture, stirring well. Add flour. Knead until smooth. Let raise until double in bulk. Knead lightly. Makes 2 loaves (large) or 3 (small). Let raise in warm place. Bake at 350 degrees nearly an hour (3/4 brown usually).

*Georgia Jeffrey*

## OLD FASHIONED OATMEAL BREAD

2 c. milk  
2 c. quick rolled oats  
1/4 c. brown sugar, firmly  
packed  
1 tbsp. salt  
2 tbsp. shortening  
1 pkg. active dry yeast

1/2 c. lukewarm water  
5 c. sifted flour  
1 tbsp. water  
1 egg white  
Rolled oats

Scald milk in saucepan. Stir into 2 cups rolled oats, brown sugar, salt and shortening in large bowl. Cool to lukewarm. Sprinkle yeast on lukewarm water, stir to dissolve. Add yeast and 2 cups flour to milk mixture. Beat with electric mixer at medium speed 2 minutes, scraping the bowl occasionally. Or beat with spoon until batter is smooth.

Add enough remaining flour, a little at a time, to make a soft dough that leaves the side of the bowl. Turn onto floured surface. Knead until dough is smooth and elastic, 8 to 10 minutes. Place dough in lightly greased bowl; turn dough over to grease top. cover and let rise in warm place until doubled, 1 to 1 1/4 hours. Punch down and let rise again until nearly doubled, about 30 minutes. Turn onto board and divide in half. Round up to make 2 balls. Cover and let rise 10 minutes.

Shape into 2 loaves and place in 2 greased 9 x 5 x 3 inch loaf pans. Let rise until almost doubled, about 1 hour and 15 minutes. Beat together egg white and 1 tablespoon water. Brush tops of loaves with egg white mixture. Sprinkle with rolled oats. Bake in 375 degree oven 40 minutes or until bread tests done. (If bread starts to brown too much, cover loosely with sheet of aluminum foil after baking 15 minutes). Remove from pans, cool on racks. Makes 2 loaves.

*Pat Inman*

## PUMPKIN BREAD

2 c. flour  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. cloves  
1/4 tsp. baking soda

1 c. brown sugar  
1/2 c. oil  
2 eggs  
1 c. canned pumpkin  
1/4 c. milk  
1/2 c. chopped walnuts



Preheat oven to 350 degrees. Grease loaf pan. In a medium bowl use a wooden spoon to stir flour, baking powder, salt, cinnamon, nutmeg, cloves, and baking soda. In large bowl use a wooden spoon to beat brown sugar and oil until mixed. Add 1 egg to the oil and brown sugar mixture and beat well. Add other egg and beat well.

Stir pumpkin and milk to the large bowl. Stir the flour mixture into large bowl and mix just until smooth. Do Not Stir Too Much. Stir in walnuts. Spread evenly in greased pan. Bake one hour. Remove bread from oven and place on rack. Cool for 10 minutes. Remove from pans.

*Matthew Lampron*

## PUMPKIN BREAD

2/3 c. margarine or butter	1/2 tsp. baking powder
2 2/3 c. sugar	2 tsp. baking soda
4 eggs	1 1/2 tsp. salt
1 can (1 lb.) pumpkin	1 tsp. each cinnamon,
2/3 c. water	ground cloves
3 1/3 c. flour	2/3 c. nuts, broken
	2/3 c. raisins or dates

Cream butter and sugar until fluffy; add eggs, pumpkin and water. Sift flour, baking powder, soda, salt and spice; add to pumpkin mixture. Stir in nuts, raisins or dates; pour into greased loaf pans. Bake at 350 degrees for 1 hour. This uses 2 large and 1 small loaf pans.

*Shirley E. Goershel*

## FRENCH BREAD

Dissolve one tablespoon yeast in 1/4 cup warm water. Meanwhile boil 1 cup water and add 1 1/2 tablespoons butter and 1 tablespoon sugar. Put 1/2 cup scalded milk in bowl. When just warm, add to yeast mixture. In another bowl put 4 cups flour, 2 teaspoons salt and 2 teaspoon sugar. Make well in middle and add wet mixture. Stir, let rise, shape and let rise again. Place on cookie sheet sprinkled with cornmeal. To make crusty, sprinkle with water several times while baking. Bake at 400 degrees for 15 minutes, reduce to 350 degrees until done (15 to 20 minutes). Makes two round loaves.

*Sally Becker*

## ZUCCHINI BREAD

3 c. flour	1 tsp. cinnamon
2 c. sugar	1 tsp. baking soda
3 eggs	1/4 tsp. baking powder
1 c. vegetable oil	1 tsp. salt
2 c. grated zucchini	1 c. nuts, optional
2 tsp. vanilla	

Mix all together, divide into 2 loaf pans that have been floured and greased. Bake at 325 degrees for approximately 1 hour.

*Brenda Silver*

## ZUCCHINI BREAD

3 eggs	1 c. raisins
1 c. vegetable oil	2 tsp. vanilla
1 1/2 c. sugar	2 c. sifted flour
2 c. zucchini (3 med.)	1/4 tsp. baking powder
grated and drained	1 tsp. salt
2 tsp. baking soda	1 c. chopped walnuts,
3 tsp. cinnamon	optional

Beat eggs lightly in large bowl. Stir in oil, sugar, zucchini and vanilla. Sift dry ingredients into egg mixture. Add nuts and raisins. Spread into well greased 8 x 5 x 3 inch loaf pans. Makes 2 loaves. Bake at 350 degrees for 1 hour. Cool in pans on rack for 10 minutes.

*Helen Brannigan*

## FRUIT NUT BREAD

1 3/4 c. all purpose flour	1 egg, well beaten
1 c. sugar	1 tbsp. grated lemon rind
1/2 tsp. salt	(1 lemon)
4 tsp. baking powder	3/4 c. evaporated milk
1 c. coarsely chopped	2 tbsp. butter or
walnuts	margarine, melted
1/2 c. mixed candied fruits	



Mix first four ingredients in medium bowl. Stir in nuts and fruit. Mix remaining ingredients and 1/2 cup water. Add to first mixture and stir just until all dry ingredients are moistened. Put in well greased 9 x 5 x 3 inch loaf pan and bake in preheated oven for 60 to 65 minutes at 350 degrees. Remove from oven, let stand for 10 minutes, then turn out on rack to cool. Wrap in foil and store in refrigerator. Will keep about one week. Can also be frozen.

*Ruth Benedict*

## BASIC DOUGH RECIPE/SWEET BREAD

1 c. milk	2 eggs
1 stick margarine	2 pkg. yeast
1/2 c. sugar	2/3 c. warm water
1 1/2 tsp. salt	6 c. flour

Scald milk and margarine on stove. In large bowl combine sugar, salt and milk mixture. Add 2 beaten eggs. Dissolve yeast in warm water and blend thoroughly with other ingredients. Add 3 cups flour. Beat at medium speed with electric mixer for 2 minutes. Add remaining flour and stir by hand. Knead to proper consistency. Let rise about 1 hour. Form 2 loaves and knead briefly. Let rise again approximately 1/2 hour. Bake at 400 degrees for 30 minutes. Also used for sweet rolls. Bake 20 to 25 minutes.

*Karen King*

## BASIC SWEET DOUGH

1/2 c. warm water	2 c. flour
1 tsp. sugar	1/2 c. shortening
1/2 tsp. ginger	1/2 c. milk
2 pkg. yeast (dry)	1 tsp. salt
1 c. warm water	3 eggs, beaten
1/2 c. sugar	3 c. flour

Combine first four ingredients. Let stand in warm place until it is bubbling nicely. In large bowl, stir together warm water, sugar, flour and milk. Add dry mixture and beat well. Add shortening, salt, eggs, and 2 cups flour. Stir until dough clears the bowl. Spread the remaining cups of flour on a pastry board. Turn out dough and knead well, only using enough flour to make a smooth dough of medium stiffness. Return dough to bowl and brush top with butter. Cover and let rise until double in size. Turn out on pastry board and knead lightly. Make it into any kind of roll. Bake at 375 degrees for 15 to 20 minutes.

*Jennie Reale*

## NO-KNEAD HOLIDAY BREAD

2 c. flour	1 c. raisins
1/2 c. sugar	1 c. chopped dates or
1 tbsp. salt	candied fruit
2 pkgs. yeast (dry)	1 to 2 tbsp. grated orange
1 c. orange juice	or lemon peel
1 c. milk	2 to 2 1/2 c. flour
1/4 c. cooking oil	
1 egg	

Combine dry ingredients in large mixer bowl. Heat all liquid in saucepan until very warm (120 to 130 degrees.) Add egg and warm liquid mixture to flour mixture. Blend at low speed until moist. Beat 3 minutes at medium speed.

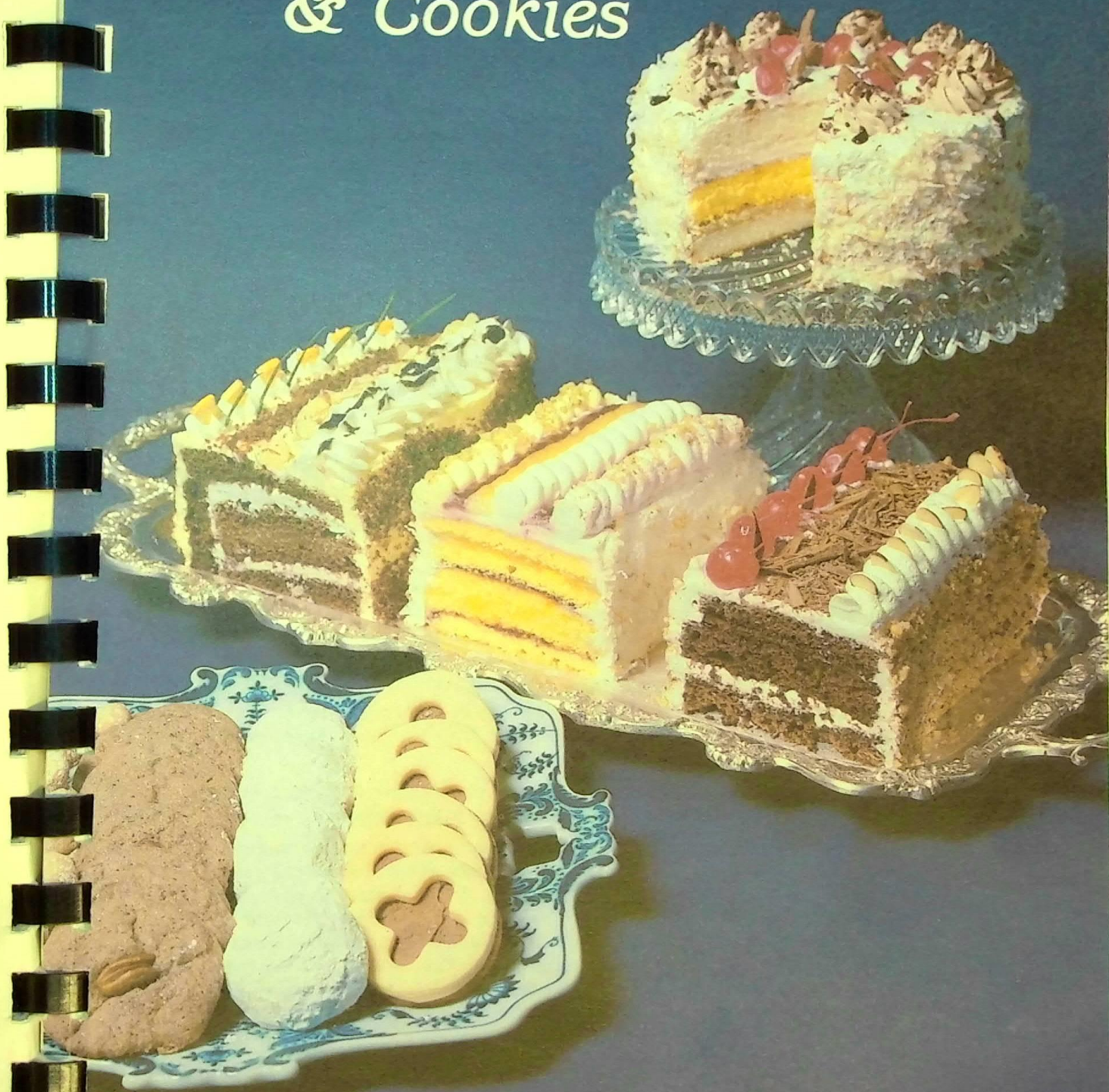
By hand, stir in fruits and flour to form a stiff batter. Cover batter, let rise until light and double in bulk (about 50 minutes). Stir down batter, spoon into greased 10 inch bundt pan. (Do not rise again before baking). Bake at 350 degrees for 45 to 50 minutes. Immediately remove from pan. Drizzle with powdered sugar glaze.

*Mary R. Wescott*



\*\*\*EXTRA RECIPES\*\*\*

# Cakes & Cookies





## EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil — it blends easily, adds moistness and contributes toward a tender texture.

Throwaway Cake Plate — Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc. — it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn't waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam. . . the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil — any trace of oil will prevent the egg whites to fluff up.

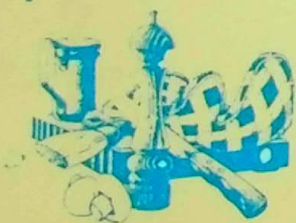
Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, "and add one egg," can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

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.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature 25 degrees F. If baking more than 1 at a time, arrange the pans in the oven so that you get the best air flow — stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)



## APPLESAUCE WALNUT CAKE

2 c. sifted flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/4 tsp. cloves  
1 tsp. allspice  
1 1/2 tsp. cinnamon  
1 tsp. nutmeg

1/2 c. shortening  
1/4 c. sugar  
3/4 c. corn syrup  
1 egg, slightly beaten  
1 c. applesauce  
1 c. walnuts

Mix and sift flour, baking soda, salt and spices. Cream shortening and sugar. Add corn syrup gradually, beating after each addition. Add egg, beat until light and fluffy. Add sifted dry ingredients, alternating with applesauce. Stir in walnuts. Bake in greased and floured pans at 350 degrees for 50 to 60 minutes.

*Sylvia Sink, Kindergarten teacher*  
*Cindy Malinski, Kindergarten aide*

## SOUR CREAM COFFEE CAKE

3 c. flour  
2 1/4 tsp. baking powder  
3/4 tsp. baking soda  
1/8 tsp. salt  
1 1/2 c. sugar  
3/4 c. shortening  
3 eggs  
1 1/2 tsp. vanilla

1 pt. sour cream or  
combine 1 c. plain  
yogurt and 1 c. cottage  
cheese  
2 or 3 apples, peeled and  
sliced  
1 1/2 tsp. cinnamon  
1/3 c. sugar

Sift flour, baking soda, baking powder and salt. Cream sugar and shortening. Add eggs, vanilla and sour cream. Mix in dry ingredients. Put 1/2 batter into tube pan. Arrange apple slices on top. Sprinkle with cinnamon and sugar. Put remaining batter on top of apples. Sprinkle with cinnamon and sugar. Bake at 350 degrees for 1 hour.

*Anna Lawless*



## MRS. PINKHAM'S APPLE CAKE

1 1/4 c. white flour  
1 c. wheat flour  
2 tsp. baking powder  
1 tsp. baking soda  
2 c. sugar

1 c. oil  
3 eggs  
1 can apple pie filling  
1 tsp. cinnamon  
1 dash clove  
1 c. chopped walnuts

Mix first 5 ingredients. Add oil and eggs, mix well. Add pie filling, cinnamon, clove, and nuts. Mix well. Pour into a well greased tube or bundt pan. Bake at 350 degrees for 45 to 50 minutes or until done. Drizzle with Cream Cheese Glaze. Sprinkle with ground nuts.

*Mrs. Suzanne Pinkham  
Fifth Grade Teacher*

## DUTCH APPLE CAKE

2 c. flour  
3 tsp. baking powder  
1/2 tsp. salt  
1/4 c. sugar  
1/3 c. shortening  
1 egg, well beaten

3/4 c. milk  
1/4 c. margarine, melted  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
2 c. thinly sliced apples or more as needed

Sift flour, baking powder, salt and sugar. Cut in shortening. Mix egg with milk and add to flour mixture stirring quickly to make a soft dough. Spread on a full size cookie sheet or use a greased 8 or 9 inch square pan. Arrange parallel rows of apples over top of dough. Mix melted butter with sugar and spice and sprinkle over apples. Bake in a 350 degree oven for about 1 hour. For a thinner bottom use the cookie sheet.

*Shirley E. Goershel*

## BANANA CAKE

3/4 c. sugar  
1 egg  
4 sm. bananas  
1 c. flour

1 level tsp. soda  
Pinch of salt  
1 tbsp. butter

## FROSTING:

1/2 banana

1/2 pkg. confectioners' sugar

Put sugar, butter in bowl and cream. Put bananas in a dish and cream with soda. Then add flour and pinch of salt. Add egg and bake at 375 degrees until done. Combine frosting ingredients and frost.

*Helen Bowers*

## FRESH APPLE CAKE

1 c. sugar  
1/4 c. shortening  
1 egg  
1 c. flour  
1 tsp. soda

1/2 tsp. salt  
3/4 tsp. cinnamon  
2 c. chopped apples  
1 c. nuts

Beat sugar and margarine until fluffy. Add egg. Sift dry ingredients together and mix with egg mixture. Fold in apples and nuts. Bake in greased 8 x 8 inch pan at 350 degrees for 45 minutes. Serve with whipped cream or ice cream if desired.

*Mary Wescott*

## COCA COLA CAKE

### CAKE:

2 c. sugar  
2 c. flour  
2 sticks oleo  
2 tbsp. cocoa  
1 c. Coca Cola

1/2 c. buttermilk  
2 eggs  
1 tsp. soda  
1 tsp. vanilla  
1/2 c. sm. marshmallows

### TOPPING:

1 stick oleo  
3 tbsp. cocoa  
6 tbsp. Coca Cola  
1 tsp. vanilla

3/4 of 1 lb. box of powdered sugar  
1 c. pecans



Blend together the sugar and flour. Mix together and bring to boil the oleo, cocoa and 1 cup cola. Then add flour and sugar to mixture. Mix buttermilk, eggs, soda, vanilla and small marshmallows. Add to mixture. Mix in by hand. Bake in greased 13 x 11 inch pan for 45 minutes at 350 degrees. During last 5 minutes of baking mix the first 3 frosting ingredients. Bring to a boil and remove from heat. Add vanilla and powdered sugar. Frost cake when cool. Top with pecans.

*Carol Creighton*

## CRAZY CHOCOLATE CAKE

2 c. sugar	2 tsp. vinegar
3 c. flour	2 tsp. vanilla
2 tsp. baking soda	1 c. oil
1 tsp. salt	2 c. cold water
6 rounded tbsp. cocoa	

Sift together right in large oblong cake pan the sugar, flour, baking soda, salt and cocoa. Make a hole in the middle. Pour in vinegar, vanilla, oil, and cold water. Gradually stir in until all is blended. Put in 350 degree oven for 35 to 45 minutes. Delicious with Cream Cheese Frosting.

### CREAM CHEESE FROSTING:

8 oz. cream cheese, softened	2 c. confectioners' sugar (about 2 or more, depending on how much frosting you want)
1 lb. butter, softened	
1 tsp. vanilla	

Combine cheese, butter and vanilla, beat at low speed, gradually add sugar, beating until fluffy.

*Carole A. Reddish*

## MOIST DEVILS FOOD CAKE

2 c. flour	Pinch of salt
1 c. sugar	2/3 c. Miracle Whip
4 tbsp. cocoa	1 c. cold water
2 tsp. soda	1 tsp. vanilla

Sift together dry ingredients. Add Miracle Whip, water and vanilla. Beat well. Bake at 350 degrees, start watching after 35 to 40 minutes. Use an 8 x 8 inch pan.

*Mary Pearson*

## BEST DEVILS FOOD CAKE MICROWAVE

2 c. all purpose flour	1/2 c. cocoa
1 1/4 tsp. baking soda	1 tsp. vanilla
1/4 tsp. salt	1 c. water
1/2 c. shortening	1/2 c. buttermilk
2 c. sugar	2 eggs, beaten
	2 c. boiling water

Grease bottoms of two 8 inch pans. Line bottom of pans with wax paper, cut to size. In large bowl, sift together flour, baking soda, and salt. Set aside. In separate large bowl cream shortening, sugar, cocoa, and vanilla until light and fluffy. Stir water, buttermilk, eggs, into creamed mixture. Beat well. Add all dry ingredients. Beat until smooth. Pour batter evenly into pans. Cook one pan at a time on 50 (simmer) for 8 minutes. Rotate pan once. Cook on High (maximum) 1 to 2 minutes, or until toothpick inserted comes out clean. Remove from oven. Let stand 5 minutes, then remove from pan onto cooling rack. Let cool thoroughly before frosting.

*Anne Ferrante*

## MEXICAN FRUIT CAKE

2 lg. eggs	2 c. sugar
1 (20 oz.) can crushed pineapple with juice	2 c. chopped nuts (I use less)
2 c. flour	2 tsp. baking soda
	1 tbsp. vanilla extract

Bake in oiled 9 x 13 inch pan for 40 to 45 minutes in 375 degree oven. Mix all together in large bowl with a wooden spoon.

### FROSTING:

1 1/2 c. confectioners' sugar	1/2 c. soft butter or margarine
1 (8 oz.) pkg. soft cream cheese	1 tsp. vanilla extract



Sprinkle with chopped walnuts if desired.

*Mim Lorden*

## DUMP CAKE

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1 can crushed pineapple<br>with juice | 1 white cake mix (dry)              |
| 1 can pie filling (any kind)          | 1 1/2 sticks margarine or<br>butter |

Pour crushed pineapple and the juice in 9 x 12 inch pan. Pour pie filling on and spread. Sprinkle dry cake mix on top. Top with pats of margarine or butter all over the top. Bake for 1 hour at 350 degrees.

*Helen Brannigan*

## FLUFFY CAKE

- |                   |                      |
|-------------------|----------------------|
| 2/3 c. cold water | 1 tsp. baking powder |
| 3 eggs            | 1/2 tsp. salt        |
| 1 1/2 c. flour    | 1 1/4 c. sugar       |

Put water in bowl and drop in the yolks of the eggs and beat until light. Add sugar and beat 7 minutes. Fold in dry ingredients that have been sifted together. Fold in beaten egg whites. Place in small tube pan, ungreased. Bake for 45 minutes in 350 degree oven.

*Mable Anderson*

## PEACH UPSIDE-DOWN CAKE

- |                              |                   |
|------------------------------|-------------------|
| 2 tbsp. margarine            | 3/4 c. sugar      |
| 1/4 c. light brown sugar     | 3/4 c. milk       |
| 1 can (1 lb.) sliced peaches | 3 tbsp. margarine |
| 9 maraschino cherry halves   | 1 egg             |
| 1 1/3 c. Bisquick or Jiffy   | 1 tsp. vanilla    |

Melt 2 tablespoons margarine over low heat in 9 inch round layer pan. Sprinkle with brown sugar, arrange drained peach slices and cherry halves in pan. In mixer bowl, mix Bisquick or Jiffy mix, sugar, 1/4 cup of the milk, margarine, egg and vanilla. Beat at medium speed 1 minute. Add remaining 1/2 cup milk continue beating for 1/2 minute. Pour batter over fruit.

Bake in 350 oven for 40 minutes. Invert at once on serving plate. (Allow pan to remain over cake a few minutes so sugar mixture will run down over cake). (Can use sliced or crushed pineapple in place of peaches).

*Madeleine Roberts*

## SOUR CREAM KUCHEN

### CAKE:

- |                 |                      |
|-----------------|----------------------|
| 1 c. sugar      | 2 c. flour           |
| 1/2 c. butter   | 1 tsp. baking powder |
| 2 eggs          | 1 tsp. baking soda   |
| 1 c. sour cream | 1 tsp. vanilla       |

Cream butter and sugar. Add eggs, then sour cream alternately with flour, baking powder and baking soda. Add vanilla. Place half of batter in greased bundt pan. Sprinkle half of topping mixture on top. Then cover with the rest of the batter. Top with remaining topping mixture. Bake at 350 degrees for 45 minutes. Serves 8 to 10.

### TOPPING:

- |                 |                     |
|-----------------|---------------------|
| 1/4 c. sugar    | 1/2 c. chopped nuts |
| 1 tsp. cinnamon | 1/3 c. brown sugar  |

*Jack Chwasciak*

## HOT MILK SPONGE CAKE

- |                |                        |
|----------------|------------------------|
| 2 eggs         | 1 tbsp. butter, melted |
| 1 c. sugar     | 1 c. flour             |
| Pinch salt     | 3 tsp. baking powder   |
| 1 tsp. vanilla |                        |
| 1/2 c. milk    |                        |

Mix eggs and sugar together and add milk, vanilla, beat. Add flour, baking powder, salt and beat. Bake at 375 degrees.

*Helen Bowers*



## WALDORF RED CAKE

### CAKE:

- |   |                     |
|---|---------------------|
| 1/2 c. shortening                             | 1 c. buttermilk     |
| 1 1/2 c. sugar                                | 2 1/2 c. cake flour |
| 2 eggs  | 1 tsp. soda         |
| 1 tsp. cocoa                                  | 1 tsp. vanilla      |
| 4 bottles red food coloring<br>(1/2 oz. each) | 1 tsp. vinegar      |

Cream together shortening sugar and eggs. Make a paste of cocoa and food coloring and add to first mixture. Mix and add buttermilk, cake flour, soda, vanilla and vinegar. Grease, flour, 2 round cake pans. Bake at 350 degrees approximately 35 minutes or until tested done. Tip out and cool on racks.

### FROSTING:

- |                       |                |
|-----------------------|----------------|
| 1 c. milk             | 1 c. butter    |
| 2 tbsp. flour         | 1 tsp. vanilla |
| 1 c. granulated sugar |                |

Cook milk and flour until thick, stirring all the time to keep smooth. Cream together sugar, butter and vanilla. Pour into milk and flour mixture. Beat with electric mixture until fluffy (takes at least 10 minutes). Mixture will be like whipped cream. Spread thick between and all over cakes.

*Joan Leathers*

## FRENCH DOUGHNUTS

- |                   |                          |
|-------------------|--------------------------|
| 1/2 c. sugar      | 1 1/2 tsp. baking powder |
| 1/3 c. shortening | 1/2 tsp. salt            |
| 1 egg, beaten     | 1/4 tsp. nutmeg          |
| 1 1/2 c. flour    |                          |

Mix together first 3 ingredients. Sift together next 4 ingredients. Stir in alternately with flour mixture 1/2 cup milk. Grease muffin tins and fill 2/3 full. Bake at 375 degrees for 20 to 25 minutes or until golden brown. After baking immediately roll in melted butter and dip in mixture of sugar and cinnamon.

*Beverly Drown Clark*

## CHIPS AND CHERRY COOKIES

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1/2 c. shortening         | 1/2 tsp. salt                     |
| 3/4 c. sugar              | 1 (6 oz.) pkg. chocolate<br>chips |
| 1 egg                     | 3/4 c. coconuts                   |
| 1/2 tsp. almond flavoring | 3/4 c. cherries, cut up           |
| 1 c. flour                |                                   |
| 1/2 tsp. baking powder    |                                   |

Cream shortening and sugar, add egg and flavoring. Add dry ingredients to mixture. Add chips, coconuts and cherries. Roll in balls and press with fork to flatten. Bake at 350 degrees. Makes 3 1/2 dozen.

*Aaron Creighton*

## CHOCOLATE CRACKLES

- |                                     |                        |
|-------------------------------------|------------------------|
| 1 c. semi sweet chocolate<br>pieces | 1 tsp. baking powder   |
| 1 c. brown sugar                    | 1/4 tsp. salt          |
| 1/3 c. salad oil                    | 1/2 c. chopped walnuts |
| 2 eggs                              | 1/2 c. powdered sugar  |
| 1 tsp. vanilla                      |                        |
| 1 c. flour                          |                        |

Melt chocolate. Combine with sugar and oil. Add eggs one at a time. Beat well. Add vanilla. Combine flour, baking powder and salt. Add to chocolate mixture. Stir in nuts. Chill dough. Drop teaspoonful of dough in powdered sugar. Roll to coat. Place on greased cookie sheet. Bake at 350 degrees for 10 to 12 minutes. Cool on rack.

*Melody Allen*

## CHRISTMAS COOKIES

- |                          |   |
|--------------------------|---|
| 2/3 c. butter            | 1/2 c. finely chopped<br>unblanched almonds |
| 1 tsp. almond extract    | 1/2 tsp. cinnamon                           |
| 1 c. brown sugar         | 2 tsp. red sugar                            |
| 2 eggs                   | 2 tsp. green sugar                          |
| 1 2/3 c. flour           |   |
| 1 1/2 tsp. baking powder |   |
| 1/2 tsp. salt            |   |



Cream butter with extract. Add brown sugar gradually. Add eggs and beat thoroughly. Add flour, baking powder, and salt to creamed mixture. Mix until blended. Turn into a greased 15 x 10 x 1 inch jelly roll pan and spread evenly to edges. Sprinkle a mixture of almonds, cinnamon and red and green sugars over the batter. Bake at 375 degrees 10 to 12 minutes. Cut into bars while still warm.

*Laura Benedict*

## NO BAKE CHOCOLATE COOKIES

- |               |                         |
|---------------|-------------------------|
| 2 c. sugar    | 1 stick butter          |
| 2 tbsp. cocoa | 1/2 c. peanut butter    |
| Dash salt     | 1 tsp. vanilla          |
| 1/2 c. milk   | 2 c. quick cook oatmeal |

Combine the first five ingredients in a saucepan, mix well and boil for one minute. Remove from heat and stir in peanut butter, vanilla and oatmeal. Drop batter by spoonfuls onto wax paper. Allow to harden at room temperature.

*June Logan*

## NUTRITIOUS POPPIN FRESH COOKIES

- |                                    |  |
|------------------------------------|--|
| 2 1/4 c. flour                     | 2 eggs                                 |
| 2 c. firmly packed brown sugar     | 2 c. quick cooking oats                |
| 1 tsp. soda                        | 6 oz. semi sweet chocolate chips       |
| 1 tsp. salt                        | 1/2 c. chopped nuts or sunflower seeds |
| 1 c. margarine or butter, softened |  |
| 2 tsp. vanilla                     |  |

### OPTIONAL:

- One of the following:
- 1 c. peanut butter
  - 1 c. wheat germ

- 1 c. flaked coconut
- 1 c. nonfat dry milk

Heat oven to 350 degrees. Combine all but 1 cup flour, oats, chocolate chips and nuts. Beat at medium speed until well blended about 1 or 2 minutes. By hand, stir in remaining ingredients. Add one optional by hand. Drop by teaspoon and bake 10 minutes or until golden or spread in 9 x 13 inch greased pan for about 30 to 35 minutes.

*Judy Jones*

## PEANUT BUTTER COOKIES

- |                    |                      |
|--------------------|----------------------|
| 1/2 c. Crisco      | 1 egg                |
| 1/2 c. sugar       | 1/2 c. peanut butter |
| 1/2 c. brown sugar | 1 1/4 c. flour       |
| 1/2 tsp. salt      | 1/2 tsp. soda        |

Cream Crisco, sugar, brown sugar, salt, egg, and peanut butter. Sift flour and soda. Combine ingredients. Place by spoonfuls on cookie sheet. Flatten with fork, making an X with tines of the fork. Bake at 350 degrees for 6 to 10 minutes.

*Mary Pearson*

## SPIDER COOKIES

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 12 oz. semisweet chocolate morsels | 16 oz. salted cocktail peanuts     |
| 12 oz. butterscotch morsels        | 5 oz. can LaChoy chow mein noodles |

Melt all morsels in double boiler. Stir together peanuts and noodles. Pour melted mixture over peanuts and noodles. Mix in gently. Put in small clumps and freeze.

*Mike and Laurie Wiltshire*

## APPLE SQUARES

- |                    |                               |
|--------------------|-------------------------------|
| 1 1/2 c. sugar     | 1 tsp. baking powder          |
| 2 c. flour         | 1/2 tsp. salt                 |
| 3/4 c. oil         | 1 tsp. vanilla                |
| 2 c. sliced apples | 1/2 c. chopped nuts, optional |
| 3 eggs             |                               |
| 1 tsp. cinnamon    |                               |



Beat sugar and eggs. Add flour, spices, and salt. Add oil and vanilla and mix well. Fold in nuts and apples. Bake in 9 x 13 inch pan, greased and floured. Bake at 350 degrees for 40 to 45 minutes.

*Sandra Creighton*

## QUICK MICROWAVE BROWNIES

1/2 c. butter or margarine	3/4 c. flour
2 sq. unsweetened chocolate	1 tsp. vanilla extract
1 c. sugar	3/4 c. chopped nuts

Microwave butter and chocolate in bowl for 2 minutes or until melted. Stir in remaining ingredients in order listed. Spread in greased 9 inch square baking dish. Microwave on High for 4 minutes or until brownies test done.

*Mim Lorden*

## BROWNIES

1 (4 1/2 oz.) pkg. pudding mix	1/3 c. butter, melted
3/4 c. flour	2 eggs
1/2 c. sugar	1 tsp. vanilla
1/2 tsp. baking powder	1/2 c. chopped nuts
1/4 tsp. salt	1/2 c. chocolate chips

In a large mixing bowl combine pudding, flour, sugar, baking powder, salt, butter, eggs and vanilla with electric mixer. Beat at medium speed for 2 minutes, scraping sides of bowl, when necessary. Stir in walnuts and chips. Spread into a greased pan 8 x 8 x 2 inches. Bake at 350 degrees for 25 to 30 minutes. Cool in pan. Cut into squares and serve.

*Sandra Creighton*

## FUDGEY BROWNIES

3/4 c. cocoa	2 c. sugar
1/2 tsp. soda	2 eggs
2/3 c. oil	1 1/3 c. flour
1/2 c. boiling water (be sure to measure accurately)	1 tsp. vanilla
	1/4 tsp. salt
	1/2 c. nuts, optional

Stir cocoa and soda in bowl. Blend in 1/3 cup oil. Add boiling water, stir until mixture thickens. Stir in sugar, egg and remaining 1/3 cup oil. Stir until smooth. Add flour, vanilla and salt. Blend and pour into a lightly greased 9 x 13 inch pan. Bake at 350 degrees for 35 to 40 minutes. Cool before cutting.

*Livia Austin*

## BROWNIES

4 (1 oz.) sq. unsweetened chocolate	1 1/2 c. sifted flour
2/3 c. oil	1 tsp. baking powder
2 c. sugar	1 tsp. salt
4 eggs	1 c. broken nuts

Melt chocolate and oil over hot water, beat in sugar and eggs. Mix flour, baking powder and salt; stir in. Add nuts and mix. Spread in well greased oblong pan 13 x 9 1/2 x 2 inches. Bake at 350 degrees for 30 to 35 minutes. A slight imprint will be left when top is touched lightly with finger. Cool slightly. Cut into 32 squares.

*Cherie Barter*

## PEPPERMINT BROWNIES

3 eggs	1 1/2 c. flour
1/2 c. margarine	10 tbsp. cocoa
1/2 c. shortening	1 tsp. salt
2 c. sugar	1/2 c. nuts (if desired)
1 tsp. vanilla	

Blend dry ingredients together and add to eggs, sugar and shortening which you have beaten together already. Pour into a greased (bottom only) 13 x 9 inch pan. Bake 15 minutes at 350 degrees. Do not bake over 15 minutes. Refrigerate after baking.

2 c. confectioners' sugar	2 tbsp. milk
4 tbsp. butter	2 tsp. peppermint extract

Blend sugar, butter, milk and peppermint extract together until creamy. Spread over cold brownies.

2 sq. unsweetened chocolate	2 tbsp. butter
-----------------------------	----------------



Melt chocolate and butter together. Drizzle over peppermint layer. Return to refrigerator for 1 hour. Cut into squares. Store in refrigerator.

*Georgette Bachelder*

## PILLSBURY PLUS CHERRY DREAM SQUARES

- |  |                                  |
|--|----------------------------------|
| 1 pkg. white or yellow Pillsbury Plus cake mix | 21 oz. can cherry pie filling    |
| 1 1/4 c. rolled oats                           | 1/2 c. chopped nuts              |
| 1/2 c. butter or margarine, softened           | 1/4 c. firmly packed brown sugar |
| 1 egg  |                                  |

In large bowl, combine cake mix, 6 tablespoons margarine, and 1 cup rolled oats. Mix until crumbly. Reserve 1 cup of this mixture for the topping. Now add egg to the cake mix and mix until well blended. Press this into greased 9 x 13 inch pan. Spread pie filling over this mixture.

Using the one cup of mixture you reserved, add 1/4 cup oats, 2 tablespoons margarine, nuts and brown sugar. Spread this crumb topping on top and bake at 350 degrees until squares are brown (20 to 30 minutes).

*Jennifer Mock*

## SPICY HERMITS

- |                  |                 |
|------------------|-----------------|
| 1 c. sugar       | 1 tsp. clove    |
| 1/2 c. butter    | 1 tsp. cinnamon |
| 1/2 c. molasses  | 1/2 tsp. nutmeg |
| 1/2 c. sour milk | 1/2 tsp. salt   |
| 1 tsp. soda      | 3 c. flour      |

Mix in order, add beaten egg, 1 cup raisins. Spread on a greased sheet 1/2 inch thick. Bake 10 to 15 minutes at 350 degrees.

*Cherie Barter*

## PECAN BARS

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 c. flour                           | 1/4 c. pecans, finely chopped |
| 1/4 tsp. double acting baking powder | 1/3 c. brown sugar            |
| 1/4 c. butter                        |                               |

Sift together and set aside flour and baking powder. In a separate bowl, cream together butter and brown sugar. Add the sifted ingredients and mix well. Stir in the pecans. Pat mixture into the bottom of a well greased 12 x 8 x 2 inch pan. Bake at 350 degrees for 10 minutes.

### TOPPING:

- |                                  |                       |
|----------------------------------|-----------------------|
| 2 eggs                           | 1/2 tsp. salt         |
| 3/4 c. dark corn syrup           | 1 tsp. vanilla        |
| 1/4 c. firmly packed brown sugar | 3/4 c. chopped pecans |
| 2 tbsp. flour                    |                       |

Beat eggs until foamy. Add corn syrup, brown sugar, flour, salt and vanilla. Mix well and pour over partially baked crust. Sprinkle with chopped pecans. Bake in 350 degree oven for 25 to 30 minutes. Let cool in pan then cut into bars.

*Claudia Logan*

## PINEAPPLE COCONUT SQUARES

- |                       |                        |
|-----------------------|------------------------|
| 1/2 c. butter or oleo | 1/2 c. sugar           |
| 1/4 c. sugar          | 1 tbsp. butter, melted |
| 1 1/4 c. flour        | 1 1/2 c. coconut       |
| 1 egg                 |                        |

Mix first 3 ingredients well until soft dough forms. Press evenly in 9 inch square pan with 1/2 inch extending up sides. Prick bottom with fork and bake at 350 degrees 15 minutes or until brown. Spread with well drained Number 2 can crushed pineapple.

Beat eggs and sugar, fold in butter and coconut. Spread over pineapple. Return to oven and bake until brown.

*Kay Drown*

## PINEAPPLE SQUARES

- |                            |                    |
|----------------------------|--------------------|
| Sift together:             |                    |
| 2 c. all purpose flour     | 1 tsp. baking soda |
| 1 tsp. baking powder       |                    |
| Cream together:            |                    |
| 1/2 c. brown sugar, packed | 1/2 c. soft butter |
| 1/2 c. white sugar         | 1/2 tsp. vanilla   |



Beat into cream mixture one egg. Stir into creamed mixture in order, 1 cup crushed drained pineapple, the flour mixture, 1/2 cup chopped walnuts or pecans. Bake in preheated oven in a greased 9 x 13 inch pan at 350 degrees for 25 minutes. Cut into bars. Dust with confectioners' sugar or ice with thin frosting.

*Wendy Weeks Blackey*

## ROCKY ROAD SQUARES

1 pkg. (12 oz.) semisweet chocolate morsels  
1 can (14 oz.) condensed milk  
1 tbsp. butter or margarine

2 c. dry roasted peanuts or nuts  
1 pkg. (10 1/2 oz.) of miniature white marshmallows

In top of double boiler, over boiling water melt morsels with sweetened condensed milk and butter, remove from heat. In large bowl, combine nuts and marshmallows. Fold in chocolate mixture. Spread in was paper lined 13 x 9 inch pan. Chill 2 hours or until firm. Remove from pan, peel off paper, cut in squares. Cover and store at room temperature.

*Frances Hunt*

## CRISCO FROSTING

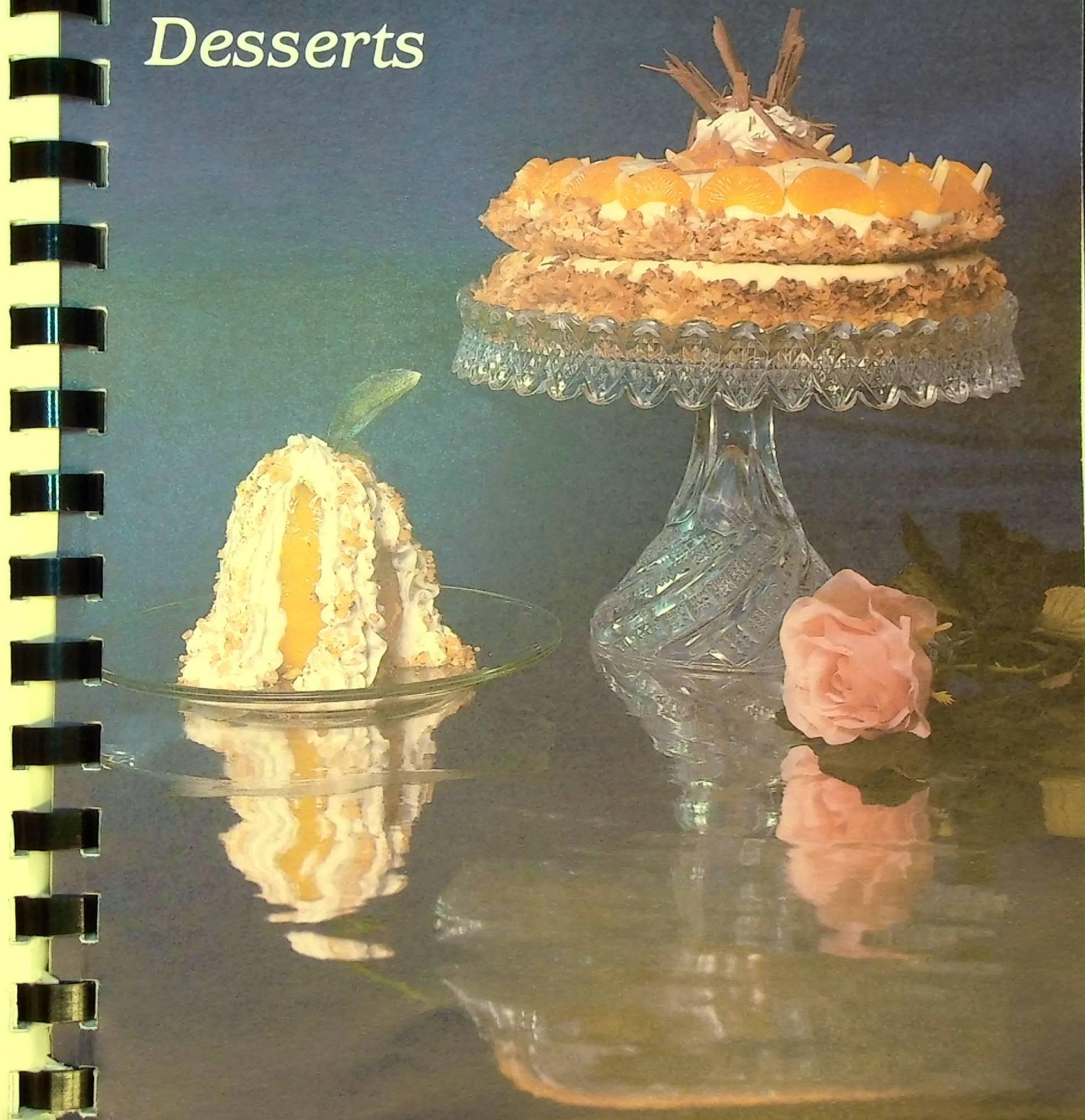
1 c. milk  
4 tbsp. flour  
1 c. Crisco

1 c. sugar  
1 to 2 c. confectioners' sugar

Cream Crisco and sugar until smooth. Cook milk and flour until soft. Combine all 4 ingredients and beat until smooth. Add confectioners' sugar until desired consistency. Add 2 teaspoons vanilla, pinch of salt. Beat until smooth. Frosts a 2 layer cake.

*Normandie Benson Blake*

# Desserts





## DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or  $\frac{1}{2}$  an apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more egg yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

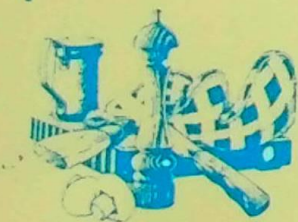
Sweetened condensed milk and evaporated milk are entirely different products and **cannot** be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.



## OZARK PIE

2 c. cut up apples  
1 egg, beaten  
3 heaping tbsp. flour  
 $\frac{2}{3}$  c. sugar

1  $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. cloves  
 $\frac{1}{2}$  c. chopped nuts

Combine all ingredients in a large bowl and turn into an oiled 8 inch pie plate. Baked in a 350 degree oven 30 to 35 minutes. For a gourmet touch, top with whipped cream or ice cream.

*Frances Hunt*

## APPLE CHEDDAR PIE

6 med. apples  
1 c. grated cheddar cheese  
 $\frac{1}{2}$  c. honey  
1 tsp. cinnamon  
 $\frac{1}{2}$  c. chopped walnuts

Rind and juice of one lemon  
 $\frac{1}{2}$  c. fine bread crumbs  
Handful raisins  
Wheat germ

Preheat oven to 375 degrees. Line pie pan with pie crust (my favorite, easy, always perfect, crust: 2 cups flour,  $\frac{1}{2}$  cup oil,  $\frac{1}{3}$  c. milk. Stir together with fork, then stir into flour. Roll out between 2 sheets of waxed paper. Remove one piece of wax paper, plop crust and remaining wax paper over pie pan, then carefully peel off paper. Mix all pie ingredients together. Pile into pie crust. Top with crust. Optional: can sprinkle crust with wheat germ. Bake 50 minutes or so.

*Nancy Rideout*

## LEMON PIE

1 c. sugar  
 $\frac{1}{3}$  tsp. salt

2 rounded tbsp. cornstarch

Mix and add:  
Grated rind of 1 lemon  
 $\frac{1}{4}$  c. lemon juice

1  $\frac{1}{4}$  c. cold water  
Beaten yolks of 3 eggs

Cook until thickened, stirring constantly. Remove from heat and pour into baked pie shell. Top with meringue made by beating the 3 egg whites until stiff but not dry. Add 1 tablespoon sugar gradually while beating. Brown in 400 degree oven.

*Marion Jones*



## BLUEBERRY PIE

1 c. berries  
1 c. sugar  
1 c. water  
1/2 tsp. lemon juice

1/4 tsp. cinnamon  
3 c. fresh berries (use 2 c.  
for 8 inch pie)

Mix berries, sugar, water and boil 15 minutes. Thicken with 2 tablespoons cornstarch (if juicy you may need to add a little more). Add lemon juice and cinnamon. Stir in berries. Pour into cooled cooked pie shell. Serve plain or topped with cream cheese or ice cream. You can use this recipe for other kinds of berries and adjust cornstarch amounts.

*Kay Drown*

## PINEAPPLE CREAM PIE

1 pt. sour cream  
1 or 2 boxes instant  
pudding mix

1 can 16 oz. drained well  
sm. pieces pineapple  
chunks  
1 graham cracker crust

Mix all together. Pour into crust. Let stand at least 1 hour. The pudding mix must be instant but can be lemon, pineapple, coconut, vanilla etc. Use your imagination.

*Robin Lampron*

## MRS. MURRAY'S CHERRY CREAM PIE

8 oz. whipping cream,  
whipped  
8 oz. cream cheese (not  
imitation)

5 tbsp. confectioners' sugar  
1 tsp. vanilla

Cream together sugar, cream cheese, vanilla. Add whipped cream and beat slightly for a smooth filling. Pour into baked pie shell. Top with one can of cherry pie filling or any type of canned pie filling. Chill.

*Normandie Benson Blake*

## MAPLE PUMPKIN PIE

Mix and beat well:

2 c. cooked or canned  
pumpkin  
2/3 c. soft maple sugar  
1 c. light cream or milk  
3 lg. eggs  
1 tsp. cinnamon

1/2 tsp. ground ginger  
1/2 tsp. nutmeg  
1/2 tsp. allspice  
1/2 tsp. salt

Bake in a preheated oven at 375 degrees for 10 minutes, then at 325 degrees for 45 minutes or until filling is set.

*Wendy Weeks Blackey*

## RHUBARB PIE

3 c. rhubarb, cut up  
2 beaten eggs, foamy  
1 1/2 c. sugar

3 tbsp. flour  
1/2 tsp. nutmeg  
1 tbsp. butter

Cut rhubarb and set aside. Combine remaining ingredients in a small bowl and beat well. Pour over rhubarb. Pour mixture into double crusted pie pan. Bake at 350 degrees.

*Betty Pearson*

## SURPRISE ANGEL PECAN PIE

3 egg whites, room temp.  
1/8 tsp. salt  
1 c. sugar  
1 tsp. vanilla  
1 c. chopped pecans (ch.  
fine)

3/4 c. finely crushed soda  
crackers  
1 tsp. baking powder  
1 c. heavy cream

Four hours or day before preheat oven to 350 degrees. Grease 9 inch pie pan and line with foil. Grease also. In small bowl (mix high speed) egg whites and salt until peaks form. Gradually sprinkle in sugar. Beat well after each addition. Beat in vanilla. Fold pecans, crackers and baking powder into egg whites. Bake 35 minutes or until light golden brown. (If you want to do individual small meringues, then bake only until light brown, less time). Cool on rack 2 hours. Using foil, lift shell from pan. To serve: Pile whipped cream into shell. Light and delicious.

*Justin Fanjoy*



## EASY CHERRY CHEESE TARTS

2 (8 oz.) cream cheese  
2 eggs  
3/4 c. sugar  
1 tsp. vanilla

Nilla Wafers  
1 can cherry pie filling  
Cupcake liners

Preheat oven to 350 degrees. Allow cream cheese to stand at room temperature until softened. Mix first four ingredients with beater until fairly smooth. Place a wafer in each cupcake liner (using muffin pan). Fill each one half to three quarters full of cheese mixture. Bake approximately 15 minutes. Cool and top with cherries. MMM...good.

*Holly Caldwell*

## ALMOND PUFF

1/2 c. butter, softened  
1 c. flour  
2 tbsp. water  
1/2 c. butter

1 c. water  
1 tsp. almond extract  
1 c. flour  
3 eggs

Heat oven to 350 degrees. Cut 1/2 cup butter into 1 cup flour. Sprinkle 2 tablespoons water over mixture. Mix with fork. Round into ball, divide in half. On ungreased baking sheet, pat each half into strip 12 x 3 (about 3 inches apart).

Heat 1/2 cup butter and 1 cup water to rolling boil. Remove from heat and quickly stir in almond extract and 1 cup flour. Stir over low heat until mixture forms ball. Remove from heat. Beat in eggs, all at one time until smooth. Divide in half. Spread each half evenly over strips, covering completely. Bake about 60 minutes, cool, then frost with Sugar Glaze.

### GLAZE:

Chopped almonds  
1 1/2 c. confectioners' sugar

2 tbsp. butter  
1 tsp. almond extract  
1 to 2 tbsp. water

*Melody Allen*

## HOMEMADE APPLESAUCE

20 apples  
2 c. water

Sugar to taste

Scrub the apples with water. Cut apples in quarters. Put the apples in water in a heavy pot. Boil water. Turn the burner to low. Cover the pot and simmer for 20 minutes. Stir the apples every few minutes with a wooden spoon. You may need to add more water. Remove apples from the stove and let cool 20 minutes. Place a strainer over a large bowl and pour the apples and cooking water into the strainer. Use a spoon to press the apples through the colander. Add sugar. Eat.

*Sylvia Sink/Kindergarten Teacher  
Cindy Malinski/Kindergarten Aide*

## WHOOPIE PIES

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

1 c. sugar  
1/2 c. Crisco  
2 egg yolks  
1 c. milk  
1 tsp. vanilla

Cream shortening, sugar, egg yolks, and vanilla together. In another bowl sift the dry ingredients, strain the cocoa into these and mix lightly. Add dry ingredients to creamed mixture, alternately with the milk. Drop by spoonfuls on an ungreased cookie sheet. Bake at 350 degrees for about 15 minutes. Cool and fill.

### FILLING:

Beat together:

1/2 c. Crisco  
2 c. confectioners' sugar  
2 egg whites

1 tsp. vanilla  
Speck of salt

*Timothy Young*

## KAY'S PEANUT BUTTER FUDGE

2 sticks melted margarine  
1 c. peanut butter, melted

1 pkg. confectioners' sugar  
(1 lb.)  
8 oz. Hershey bar

Combine margarine, peanut butter and confectioners' sugar. Spread in 9 x 13 inch pan. Melt Hershey bar and spread over peanut butter mixture. Let cool. Cut into squares.

*Shirley Hale*



## SIX MINUTE FUDGE

- 2 c. sugar
- 1/2 c. evaporated milk
- 1 c. peanut butter\*
- 1 c. marshmallows
- Vanilla to taste
- Salt

\*I use crunchy peanut butter for the nuts.

Combine sugar and milk and bring slowly to a boil, stirring constantly. When mixture starts to boil, boil for 6 minutes. Remove from heat. Add remaining ingredients. Pour into a buttered square pan. Cool thoroughly before cutting.

*Nancy Pearson Walker*

## BIBLE PUDDING

- 4 to 5 slices, cubed John 6:35
- 2 c. I Corinthians 3:2
- 2 Isaiah 10:14
- 1/2 c. Psalms 19:10
- Dash II Chronicles 9:9
- Pinch Genesis 19:26

Beat together 2, 3, 4 and 6th ingredients. Stir in first ingredients. Pour into buttered baking dish. Sprinkle fifth ingredient on top. Bake at 350 degrees for 1 hour or until firm.

*Cleo White*

## CHEESE CAKE CUPLETS

- 2 (8 oz.) pkgs. cream cheese, room temp.
- 3/4 c. sugar
- 2 eggs
- 1 tsp. vanilla
- 24 Vanilla Wafers
- 1 can cherry pie filling

Whip cream cheese, sugar, eggs and vanilla until smooth. Line cake tin with paper liners. Put wafers in each one. Fill 3/4 full with cheese mixture. Bake at 375 degrees for 10 minutes. Cool. Cover with pie filling-cheese.

*Beverly (Drown) Clark*

## PEANUT BUTTER BALLS

- 1 1/4 c. sifted powdered sugar
- 1 c. peanut butter
- 3 tbsp. butter or margarine, softened
- 1/2 tsp. vanilla

In a medium bowl stir together powdered sugar, peanut butter, butter or margarine, and vanilla until well combined. Shape mixture into 1 inch balls.

- 1 c. semi-sweet chocolate pieces
- 2 tsp. shortening

In a medium saucepan melt chocolate pieces and shortening over low heat. Remove pan from heat. Dip peanut butter balls into melted chocolate, leaving about 1/3 of peanut butter showing on top. Let excess chocolate drip off. Place lined dipped balls on baking sheet with waxed paper. Chill until firm. Store in refrigerator. Makes about 36.

*Matthew Lampron*

## CRANBERRY BOGGLE

(an upside-down cake)

- 1 c. cranberries
- 1/4 c. sugar
- 1/4 c. chopped nuts
- 1 egg
- 1/2 c. flour
- 1/2 c. sugar
- 1/4 c. melted butter
- 2 tbsp. melted shortening

Spread cranberries over bottom of greased 8 inch pie plate. Sprinkle with sugar and nuts. Beat eggs well. Add flour, shortening and melted butter and 1/2 cup sugar. Beat well. Pour batter over cranberries. Bake in 325 degree oven for 45 minutes. Serve with ice cream. Can be frozen.

*June Austin*

## CREAMY RICE PUDDING

- 1 qt. milk
- 4 tbsp. regular rice
- 4 tbsp. sugar
- 1/3 c. seedless raisins
- 1/8 tsp. each (approximately) of cinnamon and nutmeg

Grease casserole dish with butter or margarine. Combine ingredients and stir. Then stir occasionally\* until the mixture is thickened. \*A brief stirring is sufficient. Bake at 350 degrees for 2 hours.

*Ruth Stebbins*



## LESS MESS RICE PUDDING

- |   |                                       |
|---|---------------------------------------|
| 1 c. uncooked rice (or 1<br>1/2 c. Minute Rice) | 3/4 c. raisins (optional)             |
| 1 (13 oz.) can evaporated<br>milk               | 2 tbsp. margarine or<br>butter        |
| 2 c. water                                      | 1/4 tsp. nutmeg (or more<br>to taste) |
| 4 c. milk                                       | 1/2 tsp. salt                         |
| 1 1/2 c. sugar                                  | 2 eggs, well beaten                   |

Mix all ingredients (except eggs) in a large pot. Bring mixture to boil over medium heat. Reduce heat and simmer 20 minutes. Remove from heat. Add small amount of milk to beaten eggs. Slowly add egg mixture to cooled pudding, stirring rapidly to prevent curdling. Thickens as it cools. Let cool and enjoy. May be topped with brown sugar, whipped cream or ice cream. Makes about 16 one-half cup servings.

*Normandie Benson Blake*

## AUNTY KARIN'S GRAPENUT CUSTARD

- |                  |           |
|------------------|-----------|
| 1/4 c. Grapenuts | 2 c. milk |
| 1/2 c. sugar     |           |

Combine and let stand 1/2 hour in dish you will bake in, stirring occasionally. Add:

- |               |                                   |
|---------------|-----------------------------------|
| 3 beaten eggs | 1 tsp. vanilla                    |
| Pinch salt    | Optional: sprinkle with<br>nutmeg |

Bake in 350 degree oven for 30 to 45 minutes.

*Susan Emerson*

## PINEAPPLE DELIGHT

- |                                     |  |
|-------------------------------------|--|
| 1 pkg. Jiffy yellow cake<br>mix     | 1 pkg. instant vanilla<br>pudding (3 1/2 oz. size) |
| 1 pkg. cream cheese                 | 1 lg. Cool Whip                                    |
| 1 can crushed pineapple (20<br>oz.) |  |

Mix cake mix as directed (I substitute some of the pineapple juice for water). Bake in greased 13 x 9 inch pan for 10 to 15 minutes. Cool. Mix pudding with 1 3/4 cup milk and the softened cream cheese. The mixture will be thick and a bit lumpy. Next add the can of well drained pineapple. Spread on top of cooled cake. Cover with Cool Whip and a few chopped nuts. Refrigerate or wrap and freeze.

*Ethel Keniston*

## ITALIAN CHEESE CAKE

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 4 lbs. Ricotta cheese         | Chocolate bits (1/2 pkg.)           |
| 1 doz. eggs                   | 1/4 c. lemon rind (chopped<br>fine) |
| 3/4 lb. box powdered<br>sugar | Pie crust mix (for 2<br>crusts)     |

In a 10 x 14 inch pan, fit pie crust on bottom and sides. Beat together eggs and sugar. Then add ricotta, lemon rind and small chocolate bits. Pour into pie crust and cook one hour to 1 hour and 15 minutes at 350 degrees. Serves 18 to 20.

*Jeanne Howe*

## NOODLE PUDDING

- |                         |                 |
|-------------------------|-----------------|
| 1/2 lb. noodles, cooked | 4 eggs          |
| 1/2 pt. sour cream      | 1/3 c. sugar    |
| 1 lb. cottage cheese    | 1 tsp. vanilla  |
| 1/4 lb. melted butter   | Sm. box raisins |

Mix ingredients together and put in a buttered casserole dish. Option: sprinkle top with cinnamon and sugar. Bake at 350 degrees for 60 minutes.

*Linda Amos*

## RASPBERRY CRUNCH

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 med. pkg. Nabisco<br>cookies | 1 1/2 c. boiling water           |
| 1 sm. pkg. raspberry Jello     | 1 can chilled evaporated<br>milk |
| 2/3 c. sugar                   |                                  |



Pour boiling water over Jello. Chill until syrupy. Add sugar. Beat evaporated milk until stiff. Fold into Jello. Line two squarer pans with crushed Nabisco's. Pour Jello mixture over cookies. Chill until firm. If desired, remainder of crushed Nabisco's can be spread on top. Cut into squares to serve.

*Marie Scribner*

### RASPBERRY SWIRL

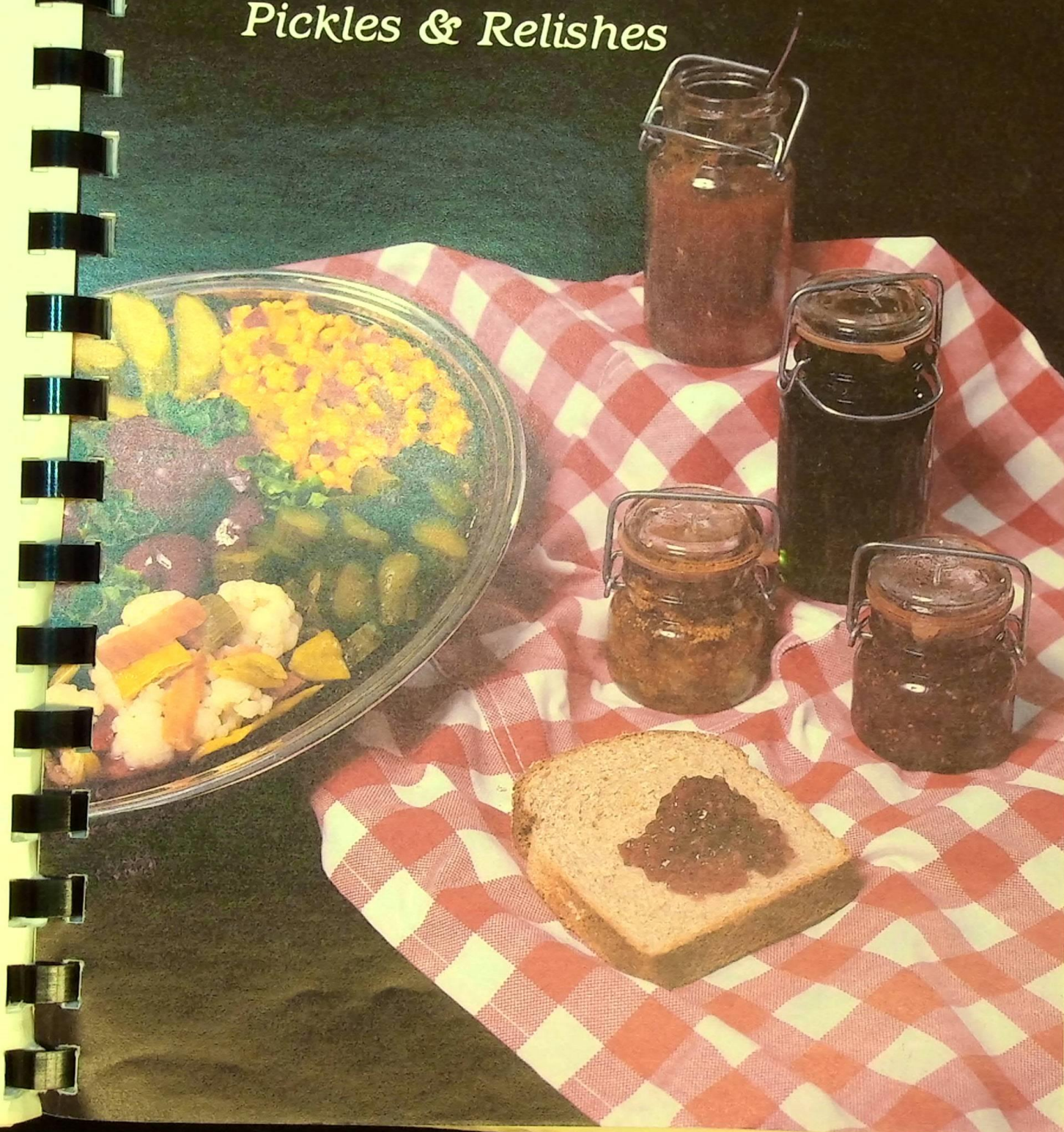
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|--|--|
| 3/4 c. graham cracker crumbs               | 1 c. sugar   |
| 3 tbsp. melted butter or regular margarine | 1/8 tsp. salt  |
| 2 tbsp. sugar                              | 1 c. heavy cream, whipped                            |
| 3 eggs, separated                          | 1 (10 oz.) pkg. frozen raspberries, partially thawed |
| 1 (8 oz.) pkg. cream cheese                |  |

Thoroughly combine crumbs, butter and 2 tablespoons sugar. Press mixture into well greased 11 x 7 x 1 1/2 inch baking dish. Bake in 375 degree oven about 8 minutes. Cool completely. beat egg yolks in bowl with electric mixer at high speed until thick. Add cream cheese, 1 cup sugar and salt; beat until smooth and light. Beat egg whites until stiff peaks form. Fold egg whites and whipped cream into cheese mixture. Puree raspberries in a mixer or blender. Gently swirl half of puree through cheese filling; spread mixture in crust. Spoon remaining puree over top; swirl with a knife. Freeze, then cover and return to freezer. Makes 6 to 8 servings.

*Pat Inman*

## Jams & Jellies

### Pickles & Relishes





## PANTRY PLEASERS

**EQUIPMENT FOR JELLY MAKING:** You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

**Before Storing:** Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

**Preventing skin on sauces and jellies:** Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

If neither fresh nor dried dill is available, dill seed may be used in making pickles. 2 or 3 tablespoons dill seed are needed for each quart pickles.

Pickles are likely to spoil unless heated until almost boiling hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling-water bath. The processing time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.



## BREAD AND BUTTER CRISPS

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 4 qts. sliced unpeeled cucumbers | 2 green peppers, sliced (1 2/3 c.) |
| 6 med. onions, sliced (6 c.)     | 3 cloves garlic, sliced            |
|                                  | 1/3 c. pickling salt               |

Slice unpeeled cucumbers in wide 1/4 to 1/2 inch slices. Slice onions in circles. Chunk peppers in small pieces. I slice my garlic but you can leave whole if you don't want the flavor. Combine above ingredients in large kettle and mix the salt and ice into the vegetables with a heavy amount of ice on top. Cover and let stand 3 hours. Stir and drain thoroughly.

### BRINE:

- |                     |                        |
|---------------------|------------------------|
| 5 c. sugar          | 1 1/2 tsp. turmeric    |
| 3 c. vinegar        | 1 1/2 tsp. celery seed |
| 2 tbs. mustard seed |                        |

Prepare brine mixture in large kettle and heat. Pour vegetables into this and bring to a boil. Pack in pint jars and process 5 to 10 minutes in boiling water.

*Robin Lampron*

## DAD'S FAVORITE SWEET PICKLES

- |                                |                           |
|--------------------------------|---------------------------|
| 12 med. onions                 | 2 1/2 pts. vinegar        |
| 4 green pepper, sweet          | 7 c. sugar                |
| 4 red peppers, sweet           | 2 tsp. tumeric            |
| 2 red hot peppers              | 1/4 c. whole mustard seed |
| 6 qts. cubed, seeded cucumbers | 30 whole cloves           |
| 1/2 c. salt                    |                           |

Grind onions and peppers. Add cucumbers. Pour salt over mixture and let stand 3 hours. Rinse and drain well. Bring mixture to boil, add vinegar, sugar, tumeric, mustard seed, cloves. Add cucumber mixture to brine and bring to a boil. Cook until cucumbers are transparent. Can in jars immediately.

*Betty Pearson*



## MIXED ZUCCHINI PICKLES

8 qts. cubed zucchini	1 green pepper, cubed
1 qt. sliced onion	2 cloves garlic
1 head cauliflower (cut up)	1/2 c. salt

Peel garlic cloves and cut in half. Mix first six ingredients. Cover with ice cubes and let stand 3 hours. Remove garlic. Drain pickles.

5 c. sugar	1 1/2 tsp. tumeric
2 tbsp. mustard seed	3 c. vinegar
1 1/2 tsp. celery seed	

Combine the above. Pour over vegetables and boil until soft. Seal in hot jars. Makes approximately 10 pints.

*Karen King*

## DILL PICKLES

Fresh dill	Clove of garlic
4 qts. cucumbers	

Let cucumbers stand overnight in cold water. Prepare canning jars. Put sprig of dill in bottom of jar. Pack cucumbers. Add another sprig of dill and a clove of garlic to top of jar.

### BRINE:

4 c. vinegar	3 qts. water
1/2 c. salt	

Bring brine to a boil and fill each jar with the boiling brine. Seal jars. Pickles will be ready to eat in approximately 1 1/2 weeks.

*Betty Pearson*

## GRANDMA'S PICKLED PEPPER

Cider vinegar	1/2 tsp. oregano
Water	2 cloves garlic, crushed
1/2 tsp. salt	1/4 tsp. alum
1/2 tsp. sugar	Peppers

Core peppers. Remove seeds and white inside. Slice peppers lengthwise and place in a pint jar. Place salt, sugar, oregano, garlic and alum in jar. Bring water and vinegar to a boil and pour into jar. Cover completely. Place covers on and shake well. Set aside for 2 weeks before using.

*Toni Sacchetti*  
*Louise Capracotta*

## SWEET PEPPER RELISH

12 green peppers	1 qt. vinegar
12 red peppers (sweet)	2 c. sugar
12 onions	1 tsp. salt
1 tbsp. salt	

Coarsely grind peppers and onions. Add salt and cover with boiling water for 10 minutes. Drain well. Add remaining ingredients and boil for 20 minutes. Fill and seal jars.

*Betty Pearson*

## MANE'S TOMATO AND CELERY RELISH

4 lbs. ripe tomatoes	2 tbsp. salt (may use canning salt)
1 bunch celery, chopped	1 tsp. cinnamon
1/2 lb. onions, chopped	3 tbsp. dry mustard
1 green pepper, chopped	2 c. sugar
1 tsp. pepper	1 c. vinegar

Scald, peel and cut up tomatoes. Boil until soft, drain well. Add celery, onions, green pepper, pepper, salt, cinnamon, dry mustard, sugar, and vinegar. Boil all together slowly until onions and celery are cooked. Put into sterile jars and seal. Process 5 to 10 minutes in water bath.

*Denise Lawless*  
*(as given by Marie Theinert)*

## GRAMMA AYER'S RELISH

3 qts. green tomatoes	5 sweet red peppers
3 lg. ripe tomatoes	4 sweet green peppers
4 lg. onions	



Grind and cover with 1/2 cup salt overnight. Drain. Add 3 pints vinegar, 5 cups sugar, 1 teaspoon cinnamon. Cook 1 hour and put up boiling hot.

*Sue Pearson*

## CUCUMBER RELISH

4 lg. cucumbers	3/4 tsp. turmeric
4 lg. onions	1/2 tsp. ginger
1/2 c. salt	1/2 c. water
1 1/2 c. sugar	1 1/2 c. vinegar
1/4 c. flour	

Put cucumbers and onions through food chopper, sprinkle with salt and let stand overnight. For the sauce, mix the sugar, flour, and spices well. Then add liquids and stir thoroughly. Bring to a boil and boil for 2 minutes. Add drained vegetables. Boil at least another 10 minutes. Put into sterilized jars and seal.

*Marcia Emerson*

## GREEN TOMATO MINCEMEAT

8 qts. green tomatoes (grind)	2 lbs. white sugar
1 c. vinegar	2 lbs. brown sugar
4 c. water	2 tbsp. each: nutmeg, cloves, cinnamon, salt
2 tbsp. lemon juice	
6 c. apples (grind)	
2 lb. raisins	

Grind tomatoes, rinse in hot water. Add vinegar and water. Cook slow for 2 hours. Add remaining ingredients and cook slowly 2 hours more. Pack in jars and seal in hot water bath for 20 minutes. Makes 8 quarts. 1 quart makes 1 pie.

*Normandie Benson Blake*

## RHUBARB JAM

5 c. rhubarb, 1 in. pieces	4 c. sugar
1 c. crushed pineapple, drained	1 lg. pkg. strawberry Jello

Combine and let rhubarb, pineapple and sugar stand 30 minutes. Bring slowly to a boil and once boiling, cook for 12 minutes. Stir constantly. Remove from heat and stir in Jello. Fills 8 glasses. Seal with paraffin or lid type jelly jars. Great on toast, muffins, cracker or ice cream.

*Betty Pearson*

## GREEN PEPPER JELLY

3 med. size green peppers, seeded and chopped	5 c. sugar
2 jalapeno peppers	1 tsp. cayenne (red) pepper
1 1/2 c. white vinegar	6 oz. Certo liquid pectin

Combine all peppers in blender and puree. Add 1 cup of vinegar and blend. Transfer to large saucepan. Add sugar, and rest of vinegar and cayenne pepper. Stir well. Bring to full boil. Stir in pectin. Boil one minute longer, stirring constantly. Remove from heat. Skim off foam. Pour into small jars and seal. Serve with cream cheese and crackers.

*Judy Kenefick*

## PICKLED EGGS

12 to 16 shelled hard boiled eggs (peeled)	1 tsp. salt
2 c. vinegar	1 med. onion, sliced
2 tbsp. sugar	1 or 2 tsp. pickling spice

Place eggs in jars. Combine remainder of ingredients and simmer about 5 minutes. Pour over eggs, cover jars. Keep in refrigerator. They are good after 24 hours and get better and better.

*Robin Lampron*



## PICKLED EGGS

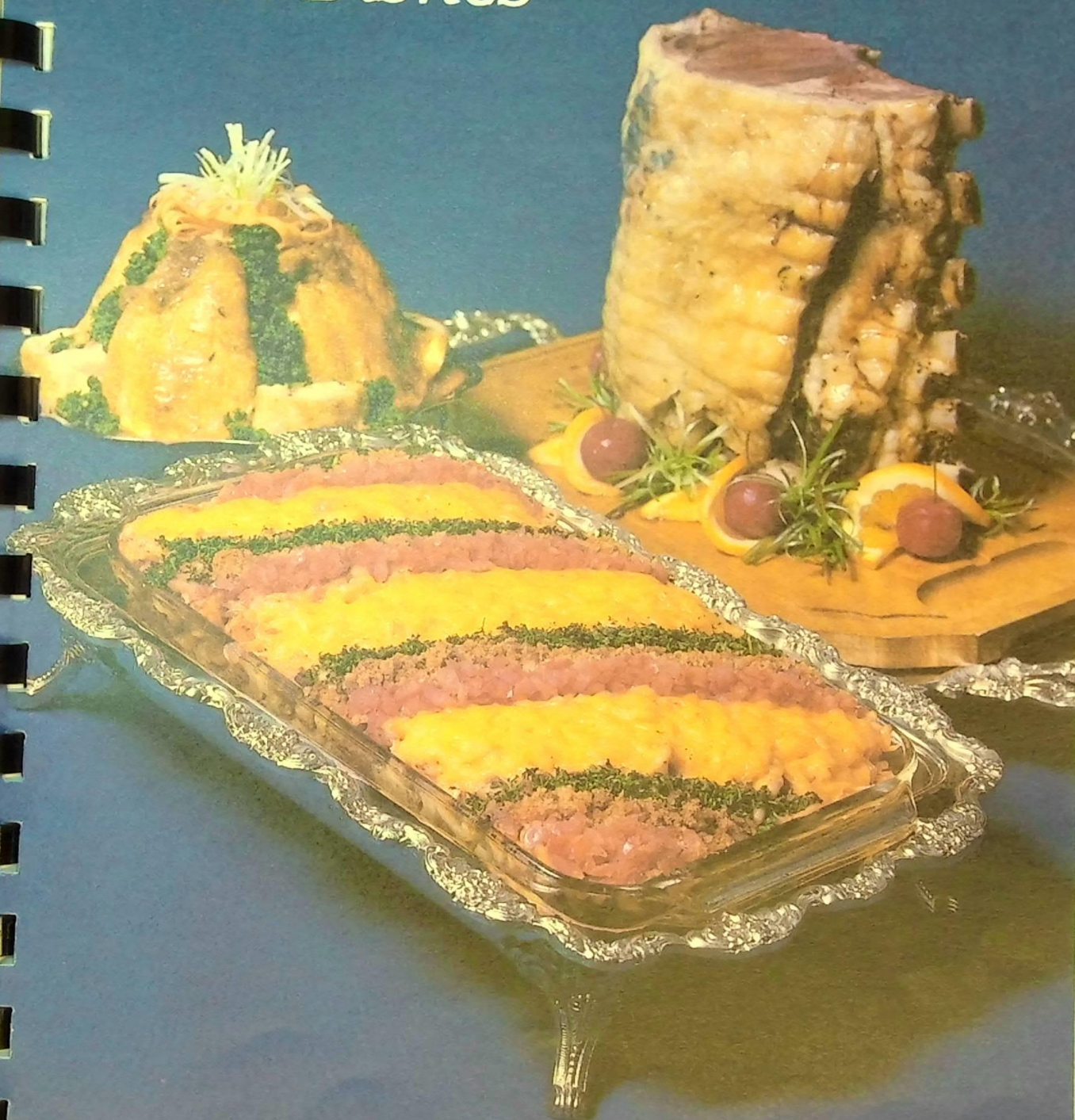
12 hard boiled eggs (peel  
and prick each end with  
fork)  
1 med. onion, sliced

1 c. water  
1 c. vinegar  
1 tsp. salt  
1 tsp. mixed pickling spice

Pack eggs in jar, alternating with onion slices. Heat water, vinegar, salt and spices to boiling. Pour hot solution over eggs. Store in refrigerator for 36 hours. One dozen.

*Sally Becker*

## Main Dishes





## TEMPTING MAIN DISH IDEAS

When broiling meats or bacon on a rack, place a piece or two of dry bread in the broiler pan to soak up the dripped fat. This not only helps to eliminate smoking of the fat but reduces the chances of the fat catching fire.

**Tenderizing Meat** — Mechanical methods: Grinding, cubing and pounding meat breaks down the connective tissue and makes meat tender. Marinating: Soaking meat in acid mixtures such as lemon juice or vinegar tenderizes meat and adds flavor. Often herbs and spices are included in commercial marinades. Meat tenderizers: These are derivatives of natural food-tenderizing agents found in some tropical fruits (such as papaya) which soften meat tissue only while meat is cooking.

For juicier burgers, add a stiffly beaten egg white to each pound of hamburger, or make patties with one tablespoon of cottage cheese in the center.

Marbled beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

Pork chops which are light in color are corn fed.

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

A half teaspoon of dry mustard added to a flour mix for frying chicken adds great flavor.

The darker the flesh of a fish, the higher it is in calories.

Rule of thumb for cooking fish: Cook 10 minutes for each inch of thickness.

To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

For fluffier omelets, add a pinch of cornstarch before beating.

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Tenderize tough meat by rubbing both sides with vinegar and olive oil. Let it stand two hours before cooking.

To shape meatballs, use an ice cream scoop to make uniform balls.



## SPOON TACOS

1 (6 oz.) pkg. Fritos

1 lb. ground beef

1 chopped onion

1 can chili with beans

1 c. finely chopped onion

1 c. shredded lettuce

2 or 3 chopped tomatoes

3/4 c. grated sharp cheese

Heat in a baking dish the package of Fritos (sprinkle to cover bottom). Fry ground beef and chopped onion. Add chili to meat and heat. Pour mixture over Fritos. Add in layers the onion, lettuce and tomatoes, and top with the cheese. Put under broiler long enough to melt cheese. Good served with corn muffins and avocado and grapefruit salad.

*June Austin*

## HAMBURGER PIE

1 lb. hamburger

1 med. onion

1/2 c. diced celery

1/2 c. diced peppers

2 cans cream of mushroom soup, undiluted

Cream of celery soup can be used or 1 can of each

Fry first four ingredients until well done. Add the 2 cans of soup and let simmer 10 minutes. Put between 2 pie crust and bake until crust is done. 9 inch pie plate.

*Maggie Silver*

## SHEPHERD'S PIE FOR ONE

3/4 lb. hamburger

2 or 3 carrots

1 lg. potato

1 slice Old English cheddar cheese

Peel and slice potato and carrots. Cook separately until done. Mash potatoes with milk. Make hamburger patties. Reserve drippings. Sear in frying pan lightly. Place pattie in small oval foil baking pan. Put potato around pattie. Pour drippings over. Place cheese slice on top. Broil until cheese melts. Reduce heat to 350 degrees and cook until hamburger is done to taste. Remove and add carrots or vegetable of choice.

*Poor Bob Daggett*



## HAMBURGER PIE

1 lb. ground beef  
1 can tomato soup  
1/2 c. chopped onion  
1/2 tsp. salt  
Dash pepper

1 can cut up green beans,  
drained

5 med. potatoes, cooked  
1/2 c. warm milk  
1 beaten egg  
1/2 c. shredded American  
cheese

Cook ground beef and onions. Add salt and pepper. Add drained beans and soup. Pour into greased casserole dish (1 1/2 quart). Mash potatoes while hot; add milk and eggs. Spoon in mashed potatoes over casserole. Sprinkle potatoes with cheese. Bake at 350 degrees for 25 to 30 minutes. 4 to 6 servings.

*Helen Brannigan*

## AMARILLO DELIGHT

1 lb. ground meat  
2 to 3 med. onions  
1 green pepper  
1 can cream of mushroom  
soup and 1/2 can water

1 can chopped green chilies  
1/2 tsp. salt  
1 (3 oz.) pkg. cream cheese

Brown meat and onion. Drain. Add all ingredients, but cheese. Simmer uncovered 20 minutes. Stir frequently. break cheese into small chunks and add. Stir until cheese melts. Serve hot over rice. Serves 6.

*Jeanne Chwasciak*

## MEAT LOAF

1 1/2 lb. ground beef  
3/4 c. Quaker or Mother's  
Oats (quick or old  
fashioned uncooked)  
1 1/2 tsp. salt

1/4 tsp. pepper  
1/4 c. chopped onion  
1 egg, beaten  
3/4 c. milk

### TOPPING:

1/3 c. catsup  
1 tbsp. brown sugar  
firmly packed

1 tbsp. prepared mustard

Combine all meat loaf ingredients. Pack into 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Spread with Topping. Bake in moderate oven (350 degrees) about 1 hour.

*Phyllis Hoar*

## HEARTY MEATLOAF

1 1/2 lb. hamburger  
1/3 c. seasoned bread  
crumbs  
Small onion  
1 egg  
3 tbsp. ketchup  
2 tbsp. mustard

Sm. can mushrooms, sliced  
1 pkg. frozen broccoli  
spears  
3 to 4 slices American  
cheese  
3 to 4 slices boiled ham

Combine first 7 ingredients in bowl and mix to make meat loaf. Place meatloaf mixture on 12 inch piece waxed paper or tin foil and press into a 8 x 15 inch rectangle. (Should be about 3/4 inch thickness). Next layer broccoli spears, leaving 1 inch border around edges, then layer slices of cheese and end with the layer of ham.

Take the right end and lifting it by the paper fold it over to the middle of the rectangle. Then take the left end and fold it over on top of the right and to form a loaf. Seal middle edge and ends of loaf. Place in loaf pan and bake at 325 degrees about 40 minutes or until done.

*Marny Letson*

## CHERI'S MEAT LOAF AND GRAVY

2 lbs. hamburger  
1 egg  
3/4 c. bread crumbs  
1/4 to 1/2 c. parsley flakes  
1/2 tsp. salt

1/2 tsp. pepper  
1 med. onion, chopped  
2 tbsp. A-1 sauce (Steak)  
1/2 c. water

FOR TOP:  
Ketchup

GRAVY:  
1/4 c. flour  
Water (tap or vegetable)  
1 tsp. instant coffee

Onion salt  
Pepper



Mix meat loaf ingredients (First 9) in a large bowl. Divide in half. Shape into 2 loaves. Put in lightly greased 9 x 13 inch baking pan. Spread ketchup on top (if desired). Bake at 350 degrees for 1 hour. Remove from oven. Put meat loaves on platter, and cover to keep warm. Pour off excess fat from pan, leaving 2 tablespoons for gravy. Scrape and stir drippings over medium high heat on stove. Add 2 cups cold water, or water from cooked vegetables plus tap water to make 2 cups.

As this heats, put flour and 1/2 cup water (or a little more) in a shaker. Shake to blend. Add coffee, onion, salt and pepper to taste to hot pan juices. Stir in flour mixture. Blend and boil until thickened. Strain and serve in a bowl.

*Cheri Pitrone*

### LAYERED MEAT LOAF

1 med. onion, chopped

3/4 c. diced celery

Mix with:

3 c. soft bread cubes

1 tbsp. salt

1/2 c. water

1/2 tsp. flavor extender,  
optional

2 eggs, beaten

1/3 c. diced green peppers

Add half of dressing to one pound pork butt and one pound beef ground together twice. To make dressing, brown 1/4 cup fat. Pat out half of meat mixture in loaf pan 10 x 5 x 3 inch. Cover with rest of dressing. Top with rest of meat mixture. Baste with:

1/2 c. tomato juice

2 tbsp. butter, melted

Bake at 350 degrees for 1 1/4 hours. Makes 10 to 12 servings.

*Mrs. Janet I. Howe*

### SPICY MEXICAN SKILLET

1 lb. ground beef

1 (8 oz.) pkg. elbow  
macaroni

1 c. chopped onion (fresh  
or frozen)

2 tbsp. sugar

1 c. chopped green pepper  
(fresh or frozen)

2 to 3 tbsp. chili powder

1 (16 oz.) can tomatoes

1 tsp. salt

1 (8 oz.) can tomato sauce

1 (16 oz.) container sour  
cream

About 45 minutes before serving: In 12 inch skillet over medium heat, cook ground beef, onion and green pepper until meat is browned, about 10 minutes, stirring occasionally. Add tomatoes, macaroni, sugar, chili powder, salt and 1 cup water; heat to boiling. Reduce heat and simmer 25 to 30 minutes until macaroni is tender, stirring occasionally. Add tomato sauce (1 or 2 cans as needed). Heat, stir in sour cream, cook until heated through. Makes 7 servings.

*Phyllis B. Hoar*

### SWEDISH MEATBALLS

Mix thoroughly:

1 lb. ground beef, chuck  
or round

1 tbsp. minced parsley

1/2 lb. ground pork

1 1/2 tsp. salt

1/2 c. minced onion

1/8 tsp. pepper

3/4 c. fine dry bread  
crumbs

1 tsp. Worcestershire

1 egg

1/2 c. milk

Shape into balls. Brown in 1/4 cup hot fat (Crisco). Remove after browning and stir 1/4 cup flour in 2 cups boiling water and 3/4 cups light cream. Add 1/2 teaspoon sugar, 1/2 teaspoon allspice, 1/2 teaspoon nutmeg. Return meat to gravy and cook for 20 minutes. Can make small meatballs or 24 large.

*Sally Becker*

### SWEDISH MEATBALLS

1 lb. hamburger

1/4 c. bread crumbs

1 sm. onion, diced

1 egg

1 tsp. lemon juice

Combine first 5 ingredients. Roll into small balls and bake at 350 degrees for 10 to 15 minutes on a cookie sheet. In meantime cook sauce over low heat. Add meatballs and let simmer

SAUCE:

Dash garlic

1 sm. jar grape jelly

1/2 c. chili sauce

1 sm. bottle ketchup

1 tsp. lemon juice

*Karen Carbone*



## HAMBURGER DISH

- |                           |                           |
|---------------------------|---------------------------|
| 1 lb. hamburger           | 1 can Cheddar cheese soup |
| 1 can cream mushroom soup | 1 can sliced potatoes     |

Cook hamburger. Drain off fat. Add all rest of ingredients, mix well, serve when hot. Canned potatoes must be used. Serves 6. To make larger amounts for every 1 pound hamburger add 1 can of the two soups and potatoes.

*Edna Frost*

## ONE PAN DANDY

- |                        |                                |
|------------------------|--------------------------------|
| 1 lb. hamburger        | Salt and pepper to taste       |
| 1 lg. onion, sliced    | 1 can corn (2 c.)              |
| 1 green pepper, sliced | 1 sm. can tomato sauce (8 oz.) |
| 2 tbsp. water          | 4 oz. of cubed cheddar cheese  |

Saute first five ingredients in frying pan on low heat until hamburger is brown and onions look translucent. Do not burn. Add corn and half of juice and tomato sauce. Simmer about 10 minutes to cook away liquid. Just before serving mix in cubed cheese. Serve with salad and beverage. Very good if string beans are substituted for corn.

*Dorothy Barter*

## BEEF STROGANOFF

Fancy, but easy and quick

- |   |  |
|---|--|
| 1 1/2 lb. fillet of beef or sirloin, cut in thin strips | 3 dashes Tabasco sauce                   |
| 3 tbsp. oil   | 1 or 2 shallots or scallions, finely cut |
| 3 tbsp. butter (not margarine)                          | 1/2 tsp. tarragon                        |
| Salt and pepper, fresh ground                           | 1 1/2 c. sour cream                      |
| 1/3 c. brandy or bourbon                                | Chopped parsley                          |

Heat butter and oil and saute beef very quickly, merely browning lightly on both sides. Season with salt and pepper and tabasco. Add brandy or bourbon to pan and "ignite". When flame subsides, add a pat of butter along with shallots or scallions and cook for just a moment. Add tarragon and sour cream and stir until heated through, but do not let boil. Garnish with parsley. Serve with toast and sauteed mushrooms or rice or noodles. Excellent company dish.

*Sally Becker*

## BEEF STROGANOFF

- |                         |                                |
|-------------------------|--------------------------------|
| 1 lb. round steak       | 1 can tomato soup (10 1/2 oz.) |
| 2 tbsp. butter          | 1 tbsp. Worcestershire sauce   |
| 1/2 c. chopped onions   | 6 to 8 drops Tabasco sauce     |
| 1 can mushrooms (6 oz.) | 1/2 tsp. salt                  |
| 1 c. sour cream         | 1/8 tsp. pepper                |
| Garlic to taste         |                                |

Cut meat into 3/4 inch wide, inch long quarter inch thick strips. Saute in butter. Add onions and garlic, cook until soft; then add mushrooms. Combine remaining ingredients (except sour cream) and pour over meat. Simmer 1 hour or until tender. Add sour cream just before serving. Do not boil or sour cream will turn.

*June Logan*

## STUFFED GIANT SHELLS

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 lb. ground chuck          | 1 egg                         |
| 1 lg. onion, chopped        | Salt                          |
| 1 clove garlic, chopped     | Pepper                        |
| 8 oz. Mozzarella, shredded  | 18 giant shells               |
| 1/2 c. Italian bread crumbs | Spaghetti sauce               |
| 1/4 c. chopped parsley      | 1/2 c. grated Parmesan cheese |
|                             | 1/2 c. red wine               |

Brown chuck, onion and garlic until crumbly. Drain excess fat and cool. Stir in cheese, crumbs, parsley and eggs. Season to taste with salt and pepper. Cook shells in boiling water until ALMOST tender. Drain. Stuff shells with meat mixture.



Cover bottom of 9 x 13 inch baking pan with spaghetti sauce. Place stuffed shells on top of sauce, side by side in single layer. Add wine to remaining sauce and pour over shells. Sprinkle top with parmesan cheese. Bake at 400 degrees for 20 to 25 minutes.

*Betty Pearson*

## POTATO PUFF CASSEROLE

1 or 2 lbs. of hamburger  
Bag of potato puffs  
1 med. size onion  
1 can cream of mushroom soup

Brown hamburger (salt and pepper to taste) and place in greased casserole. Slice onion thinly and place on top of hamburger. Cover with cream of mushroom soup. Stand potato puffs up, touching to cover casserole. Bake at 350 degrees for one hour. (Kids love it!)

*Dale Barrett  
Second Grade Teacher*

## RIBS IN THE OVEN

2 to 3 lbs. ribs  
1 tbsp. butter  
1 clove garlic  
1/2 c. ketchup  
1/3 c. chili sauce  
2 tbsp. brown sugar  
2 tbsp. chopped onion  
1 tbsp. Worcestershire sauce  
1 tbsp. prepared mustard  
1 tsp. celery seed  
1/4 tsp. salt  
Dash hot pepper sauce  
3 thin lemon slices

Cover and cook ribs in salt water one hour. Drain. Pour boiling sauce over ribs. Bake at 350 degrees for 20 minutes.

*Darlene Cummings*

## BEEF AND CABBAGE QUICHE

2 (15 oz.) corn beef hash  
1/4 c. flour  
2 eggs  
4 eggs, beaten  
2 c. light cream  
1 c. shredded Swiss cheese  
1 c. shredded cabbage (1/4 head)  
2 green onions with tops, finely chopped  
1 tsp. salt  
5 drops red pepper sauce (optional)  
Paprika

Heat oven to 375 degrees. Mix hash, flour, 2 eggs thoroughly. Press mixture firmly and evenly against bottom and sides to within 1 inch of top of ungreased baking dish (13 x 9 x 1 3/4 inch). Bake meat crust 25 minutes. Mix 4 beaten eggs, cream, cheese, cabbage, onions, salt and pepper sauce. Pour into meat crust. Sprinkle with paprika (can be refrigerated 24 hours at this point). Bake quiche until knife inserted 1 inch from edge comes out clean (50 minutes to 1 hour).

*Charlotte Bowie*

## MEXICAN DIP

1/2 lb. ground beef  
1/2 tsp. dry mustard  
1/4 to 1/2 tsp. chili powder  
1 sm. onion, finely chopped  
1/2 med. green pepper, finely chopped  
1 can (16 oz.) refried beans  
1 can (8 oz.) tomato sauce  
1 pkg. (1 1/4 oz.) taco seasoning mix  
Sour Cream topping (below)  
Shredded Cheddar cheese (1/2 c. or more)

Cook and stir beef until brown; drain. Stir in rest of ingredients, except topping and cheese. Heat to boiling, stirring constantly. Spread in ungreased 9 inch pie plate. Spread with sour cream topping and sprinkle with cheese. Serve with tortilla chips

## SOUR CREAM TOPPING:

Mix together:  
1 c. sour cream  
2 tbsp. shredded cheddar  
1/4 tsp. chili powder

This dip isn't too spicy for NH tastes. To make it fiery hot add chopped hot peppers to the beef mixture.

*Donna Frost*

## STUFFED CABBAGE LEAVES

3 lbs. ground chuck  
3 med. onions  
3 sm. heads cabbage  
1 1/4 c. washed rice  
Chopped parsley  
Pinch of oregano  
Salt and pepper  
1 lb. can plum tomatoes, strained, but retain juice.



Add pulp to meat mixture. Mix very well with hands. Remove cores from cabbage and put leaves in boiling water. Turn to simmer. Remove when pliable enough to roll. Cut in half if large leaves. Fill and roll up. Place in Dutch oven (use a rack). Pour juice from tomatoes over all. Bring to boil slowly. Simmer 1 1/2 to 2 hours. Done when rice is soft. Squeeze lemon juice over leaves when serving as brings out flavor.

#### CLAM PUFFS:

1 (8 oz.) cream cheese	Onion flakes
1 can drained minced clams	2 pkgs. Crescent rolls
Parley	

Softened cream cheese, add clams, parsley and onion flakes to taste. Mix. Separate crescent rolls. Cut each triangle in half. Place a small amount of mixture in each. Fold up and pinch shut. Bake on greased cookie sheet 15 to 20 minutes at 350 degrees. May be frozen and reheated.

*Sally Becker*

#### SPAGHETTI SAUCE

1 (12 oz.) can Italian tomato paste	2 1/2 tsp. salt
1 (18 oz.) can tomato paste	1/2 tsp. pepper
2 lbs. hamburger	1/2 tsp. garlic salt
1 lb. Italian sweet sausage	1/4 tsp. cloves (ground)
1 lg. onion	9 1/2 c. water

Remove sausage from casing. Brown meats (crumbled) and onion in olive oil. Add remaining ingredients. Simmer covered for 2 hours. Stir often.

*Karen King*

#### BEEF TERIYAKI

1/3 c. dry sherry	1 clove garlic, minced
1/3 c. soy sauce (preferably Kikkoman)	1/4 lemon, thinly sliced
1/4 c. sugar	1 lb. lean beef, round steak is good
1 tsp. grated fresh ginger or 1/2 tsp. ground	

Slice steak across the grain into thin 1/4 inch strips. (It helps to have steak partially frozen). Marinate 15 minutes or longer; Drain and then cook briefly in a hot skillet or thread beef on bamboo skewers and cook on grill. (Presoak skewers in water so they don't catch on fire).

*Donna Frost*

#### MEXICAN FIESTA CASSEROLE

1/2 c. chopped onion	1 envelope chili season mix or your own chili, herbs, & spices
1 lb. ground beef	3 tbsp. chopped green chilies
16 oz. can whole tomatoes	1 c. pitted ripe olives
8 oz. can tomato sauce	1 c. grated cheddar cheese
15 oz. can red kidney beans, drained	1 pkg. tortilla chips
12 oz. can whole corn, drained	

Brown beef with onions. Stir in tomatoes, sauce and mix. Simmer uncovered 5 minutes. Stir in beans, corn, chilies and olives. In a 2 quart casserole, layer chips and mixture, making several layers. Sprinkle top with cheese and arrange chips around edge. Bake at 400 degrees for 15 minutes until cheese melts.

*Sally Becker*

#### LASAGNA

1 lg. jar (2 lbs.) Ragu sauce	1 lb. cream cottage cheese, small curd
1/2 c. finely chopped onions	2 eggs
1 lb. ground chuck	1 lb. Mozzarella cheese, thinly sliced grated
Oregano (2 tsp)	1 jar (3 oz.) Parmesan cheese
1/2 box lasagna noodles	

Brown meat and onions, drain excess fat, add oregano and spaghetti sauce. Simmer while preparing noodles. In large kettle bring 3 quarts water and 1 tablespoon oil and 1 tablespoon salt to boil. add 1/2 package wide noodles. Boil 15 or 20 minutes or until tender. Stir occasionally. Rinse under hot water.



Mix eggs with cottage cheese. Spoon a little sauce into greased dish. Layer noodles, cottage cheese, Mozzarella, sauce and parmesan cheese. Repeat until all ingredients are used ending with sauce, and parmesan. Makes 2 casseroles 7 x 11 inches or one very large long casserole. Bake uncovered for 45 to 60 minutes or until cheese is melted and sauce is bubbly. Serve 8 to 9.

*Mildred Lampron*

## SWEET AND SOUR PORK

- |                                 |                    |
|---------------------------------|--------------------|
| 2 lbs. spareribs or pork pieces | 1/3 c. molasses    |
| Salt to taste                   | 1/2 c. brown sugar |
| 2 tbsp. soy sauce               | 1/4 c. vinegar     |
| 2 tbsp. Worcestershire          | 2 tsp. cornstarch  |

Season pork with salt. Cook in large fry pan until brown, drain. Add soy sauce, Worcestershire, molasses, 1/2 cup water, brown sugar, vinegar. Simmer 2 hours, adding water if needed. Mix cornstarch with 1/2 cup water. Stir into mixture. Cook 5 minutes longer, then serve. Excellent with rice.

*Goldie Jenovese*

## SOUR CREAM CHICKEN

- |   |                           |
|---|---------------------------|
| 6 c. chicken breasts (split, boned and skinned) | 1 tsp. salt               |
| 2 c. sour cream                                 | 3 to 4 tsp. onion salt    |
| 1/4 c. lemon juice                              | 1 stick butter            |
| 4 tsp. Worcestershire sauce                     | 1 stick margarine         |
| 1/2 tsp. paprika                                | Waverly crackers, crushed |
| 1/4 tsp. pepper                                 |                           |

Wash chicken and pat dry. In bowl, combine sour cream, lemon juice and seasonings. Roll chicken in sour cream mixture. Place in bowl and pour rest of sour cream mixture over. Cover and refrigerate overnight. Remove chicken and roll in cracker crumbs, trying to keep as much sour cream on chicken as possible. Place in baking dish and pour 1/2 of melted butter and margarine over. Bake in 350 degree oven for 45 minutes. Then pour remaining butter mixture over and bake another 15 minutes.

*Florence Grof*

## CHICKEN CRESCENT SQUARES

- |                                   |   |
|-----------------------------------|---|
| 1 (8 oz.) pkg. cream cheese, soft | 1/4 c. milk                             |
| 6 tbsp. butter, melted            | 1 sm. onion, chopped fine               |
| 2 c. cubed cooked chicken         | 2 (8 oz.) cans Pillsbury Crescent rolls |
| 1/4 tsp. salt                     | 1 1/2 c. seasoned bread crumbs, dry     |
| Dash pepper                       |   |

Blend cream cheese and 4 tablespoons butter. Add chicken, salt, pepper, milk, and onion; mix well. Separate crescent rolls into 4 rectangles from each package. Place about 1/2 cup chicken mixture onto each square. Pull up corners of dough to center and seal. Brush tops with remaining butter. Dip squares into bread crumbs. Place on ungreased cookie sheet. Bake at 350 degrees for 20 to 25 minutes.

Serving suggestion: This goes especially well with a fruit salad.

*Susan Emerson*

## CHICKEN CURRY

- |  |                        |
|--|------------------------|
| 2 1/2 lb. chicken, cut up & skin removed | 1 tbsp. peanut butter  |
| 3 c. chicken stock                       | 1 tsp. curry powder    |
| 1/4 tsp. ginger (or 1 slice fresh)       | 1 c. milk              |
| 1 tsp. salt                              | 2 tbsp. flour          |
| 2 tbsp. olive oil                        | 2 tbsp. lemon juice    |
| 1 1/2 c. chopped onions                  | 1/4 tsp. cardamon      |
| 2 cloves garlic                          | 1/4 tsp. ground cloves |
|  | 1/2 tsp. cinnamon      |

Put chicken pieces into skillet with stock, ginger and salt. Cover and simmer 30 minutes. Heat olive oil in skillet and saute onion. Add garlic, peanut butter, curry and milk. Cook on low about 4 to 5 minutes. Mix flour with a small amount of water until smooth. Remove chicken pieces from stock and add flour mixture to stock. Cook until thickened. Blend the onion mixture into this sauce. Stir in lemon juice and remaining spices. Add chicken pieces and heat thoroughly. Eat and enjoy.

*Marcia Condon*



## COUNTRY STYLE CHICKEN KIEV

- |                                   |  |
|-----------------------------------|--|
| 2/3 c. butter                     | 2 chicken breasts, split<br>(about 1 1/2 lbs.) |
| 1/2 c. fine dry bread<br>crumbs   | 1/4 c. dry white wine or<br>apple juice        |
| 2 tbsp. grated parmesan<br>cheese | 1/4 c. chopped green onion                     |
| 1 tsp. basil leaves               | 1/4 c. chopped parsley                         |
| 1 tsp. oregano leaves             |  |
| 1/2 tsp. garlic powder            |  |
| 1/4 tsp. salt, optional           |  |

Preheat oven to 375 degrees. In heavy 2 quart saucepan, melt butter. Meanwhile on a piece of wax paper combine breadcrumbs, parmesan cheese, basil, oregano, garlic powder (and salt). Dip chicken breasts in melted butter, then roll in crumbs to coat. Place skin side up in ungreased 9 inch square baking dish. Bake near center of 375 degree oven for 50 to 60 minutes or until golden brown and chicken is tender. Meanwhile add wine, green onion and parsley to remaining melted butter (about 1/2 cup). When chicken is golden brown pour butter sauce mixture around and over. Return to oven for 3 to 5 minutes more or just until sauce is hot. Serve with sauce spooned over.

*Jane Borek*

## CHICKEN DIVAN CASSEROLE

- |                                   |   |
|-----------------------------------|---|
| 2 cans cream of chicken<br>soup   | 2 (10 oz.) pkgs. frozen<br>chopped broccoli<br>(cooked) |
| 1 c. mayonnaise                   | 4 to 6 chicken breast or 1<br>whole chicken             |
| 1 tsp. lemon juice                | 5 c. cooked rice  |
| 1/4 tsp. curry powder             | 4 pieces bread, crumbled<br>and browned in butter       |
| 3/4 c. shredded cheddar<br>cheese |   |

Make day ahead. Great for company. In bowl, combine first 5 ingredients and mix. Add cooked and cooled broccoli to mixture. Set aside. Butter a 9 x 13 inch or larger pan and line with cooked rice. Add mixture on top. Put on browned bread crumbs. Cover and put in refrigerator overnight for flavors to blend. Bake 350 degrees for 45 minutes or until bubbly.

*Deborah A. Spencer*

## CHICKEN IN THE GARDEN

- |                                   |                    |
|-----------------------------------|--------------------|
| 2 c. cooked diced chicken         | 2 tbsp. oil        |
| 1 c. sliced celery and leaves     | 1 tbsp. cornstarch |
| 1 pkg. frozen peas and<br>carrots | 1 tbsp. soy sauce  |
| 3/4 c. chicken broth              | Salt and pepper    |

Cook celery in oil for three minutes. Add chicken and brown lightly. Add carrots and peas and half of the broth. Cover and cook over low heat for ten minutes. Combine remaining broth with cornstarch soy sauce, salt and pepper. Stir into pan and cook until thickened. Serve with noodles which have been cooked in boiling salted water until tender. Serves 6.

*Frances Hunt*

## BONELESS CHICKEN WITH MAPLE SYRUP

- |  |                                |
|--|--------------------------------|
| 4 boneless pieces of<br>chicken pound flat | Mushrooms, if you have<br>them |
| 2 to 3 onions, sliced                      | 1/3 c. maple syrup             |

Heat oven to 350 degrees. Saute onions in butter for several minutes. (Add sauteed mushrooms). Add chicken and saute 2 to 3 minutes per side. Remove chicken, onions, mushrooms to baking dish. Pour maple syrup over. Bake 20 to 25 minutes.

*Nancy Rideout*

## CHICKEN RICE CASSEROLE

- |                  |                      |
|------------------|----------------------|
| 1/4 c. margarine | 1 c. chicken broth   |
| 1/3 c. flour     | 1 1/2 c. milk        |
| 1 1/2 tsp. salt  | 1 1/2 c. cooked rice |
| 1/8 tsp. pepper  | 2 c. cooked chicken  |

Heat margarine in 2 quart saucepan until melted. Blend in flour, salt, pepper. Cook over low heat, stirring constantly until bubbly. Remove; add broth and milk. Heat to boiling, stirring (1 minute).

Add remaining ingredients. Pour into ungreased 2 quart casserole, cook uncovered in 350 degree oven 40 to 45 minutes. Garnish with parsley.

*Goldie Jenovese*



## STEPHEN'S CHICKEN MARSALA

- |  |                                     |
|--|-------------------------------------|
| 4 chicken breasts, dredged<br>in flour | 3/4 c. good quality marsala<br>wine |
| 6 tbsp. oil                            | 2 tbsp. butter                      |
| 1/2 lb. mushrooms, sliced              |                                     |

Saute mushrooms in 3 tablespoon of oil. Remove from pan. Wipe out pan then add 3 tablespoon of oil and saute chicken breasts (approximately 4 minutes). Remove chicken. Pour marsala in pan drippings and heat over high heat for 2 minutes. Add 3 tablespoons of butter. Turn heat down. Add chicken and mushrooms. Finish cooking chicken.

*Shirley Hale*

## ASPARAGUS CHICKEN CASSEROLE

- |                              |   |
|------------------------------|---|
| 2 c. diced cooked chicken    | 1 (8 oz.) pkg. egg noodles,<br>cooked   |
| 1 can cream mushroom<br>soup | 1 pkg. slivered almonds                 |
| 1 can mushrooms              | 1 c. crushed potato chips<br>(optional) |
| 1 c. mayonnaise              | 1 c. grated cheese                      |
| 1 can asparagus and juice    |   |

Mix all ingredients except noodles, cheese, nuts and chips. Place cooked noodles on bottom of 13 x 9 inch pan. Add layer of chicken mixture, layer of cheese and almonds. Top with crushed potato chips. Bake at 350 degrees for 1 hour. Yield 10 to 12 servings.

*Edna Frost*

## FINGER LICKEN CHICKEN

- |                             |                                |
|-----------------------------|--------------------------------|
| Chicken thighs, wings, etc. | 3/4 c. water                   |
| 1 c. brown sugar            | 1/3 c. lemon juice             |
| 3 tbsp. cornstarch          | 1/4 tsp. garlic powder         |
| 1 tsp. salt                 | 1/2 c. soy sauce<br>(Kikkoman) |
| 1/2 tsp. ginger             |                                |
| 1/4 tsp. pepper             |                                |

Mix dry with wet ingredients. Cook until it bubbles and thickens. Stir constantly. Put chicken on a cookie sheet lined with foil (grease foil). Bake skin side down at 400 degrees for 30 minutes. Drain off liquid. Turn chicken over and spread with sauce. Cook 20 minutes more. You may want to broil a bit at the end for added crispness. Tastes great cold too. Leftover sauce may be frozen.

*Laura Benedict*

## CHICKEN CASSEROLE FOR COMPANY

- |   |                         |
|---|-------------------------|
| 2 c. cooked chicken (cut in<br>bite sized pieces) | 1 pkg. stuffing mix     |
| 1 can cream of mushroom<br>soup - undiluted       | 1 can mushroom crowns   |
| 1 can cream of celery soup,<br>undiluted          | Optional: 1 jar pimento |

Line bottom of 2 quart casserole with chicken. Add soup and stir lightly. Prepare stuffing according to mix and cover chicken. Garnish with mushrooms and pimento. Bake in 350 degrees oven until bubbly, about 45 minutes. Serve with green salad and rolls. NOTE: Can be made ahead and baked when company has arrived.

*Lee Bezanson*

## CHICKEN DIVAN

- |                                 |   |
|---------------------------------|---|
| 3 to 4 chicken breasts          | Garlic powder   |
| 1 onion                         | Salt and pepper   |
| 1 carrot                        | 1 c. mixed shredded<br>cheeses (cheddar, Swiss,<br>Monterey Jack) |
| 2 to 3 celery sticks            | Parmesan cheese   |
| 2 boxes of broccoli (20<br>oz.) |   |
| 1 can cream of chicken<br>soup  |   |



Boil chicken in 2 cups water, sliced onion, chopped carrot and celery and a dash or two of garlic powder. Cook until tender. Cool and de-bone when you can handle. While chicken is cooking and cooling, cook broccoli. Drain. Butter casserole. Put broccoli in the bottom, then chicken breasts, then spread chicken soup over this. I usually pour 1/4 cup of reserved juices from cooking chicken over this. Salt, pepper, and spice then sprinkle with cheeses. Top with Parmesan cheese. Bake until bubbly and golden. Spices of basil or Italian season can be used also.

*Robin Lampron*

## CHICKEN DIVAN

- |                             |                                |
|-----------------------------|--------------------------------|
| 20 oz. cut up broccoli      | 2 tbsp. lemon juice            |
| Boneless chicken, cut up    | 3/4 c. bread crumbs            |
| 2 can cream of chicken soup | 1/4 c. butter                  |
| 1 c. mayonnaise             | 1/2 c. shredded cheddar cheese |

Cook broccoli just until tender. Place in bottom of 9 x 12 inch pan. Add cup up chicken. Mix soup, mayonnaise and lemon juice and spread over chicken. Heat bread crumbs with butter. Add cheese to bread crumbs. Place on top of soup mixture. Bake at 350 degrees for 45 minutes. Very good with rice.

*Karen King*

## SALMON LOAF

- |                     |                          |
|---------------------|--------------------------|
| 1 can cooked salmon | 1 c. hot milk            |
| 1 tbsp. butter      | 2 eggs, well beaten      |
| 1 c. bread crumbs   | Salt and pepper to taste |

Combine ingredients in order given. Press into buttered bread pan. Bake at 350 degrees for 30 minutes.

*Eleanor Ellsworth*

## BAKED FISH FILLETS EN CASSEROLE

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 1/2 to 2 lbs. fish fillets        | 1 (6 1/2 oz.) can small shrimp |
| 1 stack of Ritz crackers (crumbled) | 1/2 c. melted margarine        |

Combine the last three items and spread over fillets in alternate layers. Melt 8 ounce Velveeta cheese in 1 can cream of mushroom soup and 1/2 cup milk. Pour over fish and bake at 350 degrees for 1 hour.

*Marion Jones*

## SEA FOOD DELIGHT

This recipe comes from the Downers Grove Jr. Woman's Club Cookbook, Downers Grove, Illinois

- |   |  |
|---|--|
| 3 c. cooked noodles                             | 1/2 c. chopped green pepper            |
| 12 1/2 oz. can tuna, rinsed, drained and flaked | 4 tsp. butter                          |
| 19 oz. can asparagus spears, cut into thirds    | 2 tbsp. flour                          |
| 4 oz. can mushroom stems & pieces, drained      | 3/4 tsp. salt                          |
|   | 1/8 tsp. pepper                        |
|   | 1 c. milk                              |
|   | 1 c. grated, processed American cheese |

Place half the noodles in a greased 2 quart casserole. Add next 3 ingredients in layers. Top with remaining noodles. Saute green pepper in butter until tender. Blend in flour, salt, pepper and milk; cook, stirring constantly until thickened. Remove from heat. Add cheese and stir until the cheese is melted. Pour cheese sauce over casserole. Cover and bake in 350 degree oven for about 45 minutes. Serves 6.

*Carol Creighton*

## LOBSTER PIE

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 6 slices bread              | 1/4 tsp. dry mustard              |
| 1 can frozen lobster        | Dash nutmeg                       |
| 1 sm. can mushrooms         | Dash paprika                      |
| 3 tbsp. butter or margarine | 1 tbsp. sherry                    |
| 4 tbsp. flour               | 1/2 c. melted butter or margarine |
| 1 c. milk                   |                                   |
| 1/2 c. light cream          |                                   |



Day before cut 6 slices bread in cubes. Melt 3 tablespoons butter in double boiler. Add 4 tablespoons flour, milk and cream. Make white sauce. Add mustard, nutmeg, paprika and sherry. Let cool. Cut lobster into pieces and mix with mushrooms. Put into 9 inch pie plate that has been greased. Pour cream sauce over and top with cubes that have been tossed with 1/2 cup melted butter. Bake in 350 degree oven for 1/2 hour or until bubbly. This dish may be made with shrimp or crabmeat.

*Florence Grof*

## CRABMEAT QUICHE

1/2 c. mayonnaise	1 (8 oz.) pkg. Swiss cheese
2 tbsp. flour	1/3 c. chopped onion
1/2 c. milk	Sprinkle Parmesan cheese
2 eggs, beaten	on top
1 2/3 c. crabmeat	

Mix together first four ingredients. Mix in crabmeat, cheese and onions. Pour into 8 or 9 inch pie shell. Bake at 350 degrees for 40 to 45 minutes. Cool 5 minutes before cutting. This recipe is good using ham and broccoli instead of crabmeat.

*Janet I. Howe*

## CLAM CASSEROLE

2 cans minced clams	1 can cream of mushroom
2 eggs, beaten	soup
1 c. milk	32 Ritz crackers, crushed

Mix all ingredients. Put into casserole dish. Dot with butter. Bake at 350 degrees for 35 minutes.

*Betty Pearson*

## MOCK STUFFED LOBSTER

1 lb. haddock	Salt - pepper 1/4 tsp.
40 Ritz crackers	Paprika
1 tbsp. grated Parmesan	1 tbsp. plus 1/4 lb. oleo,
cheese	melted

Place melted butter in 8 x 8 inch pan. Cut haddock in 1 inch squares and place in pan. In bowl crush crackers, add salt, paprika, pepper and cheese and 1 tablespoon oleo. Toss to mix and cover fish chunks. Bake 30 minutes at 350 degrees.

*Ethel Keniston*

## BAKED HADDOCK WITH SHRIMP SAUCE

2 lbs. haddock fillets	1/2 tsp. Worcestershire
1 can cream of shrimp	sauce
soup	1/4 tsp. garlic salt
1/4 c. butter	1 1/4 c. cracker crumbs
1/2 tsp. grated onion	

If frozen fish is used, thaw slightly. Place fish in buttered 13 x 9 inch baking pan. Spread soup over top. Bake in 350 degree oven 20 minutes. Melt butter and add seasonings and cracker crumbs. Mix well and sprinkle over fish. Return to oven and bake 15 minutes longer or until fish flakes easily but is not dry.

*Janet St. Cyr*

## COUNTRY STYLE VENISON SAUSAGE

All venison is lean, and sausage requires a good proportion of fat to yield a moist, succulent product. The fat, usually in form of pork, is combined with the venison in the ratio of one part pork fat to two parts venison; or equal parts pork shoulder and venison. The meat must be kept cold. If you work slowly, keep a plastic bag of ice cubes on the meat while working.

5 lbs. venison, trimmings	1 tsp. sage or savory
3 lbs. fat pork, chilled	1 tbsp. onion salt
hard	2 tsp. freshly ground black
1 clove garlic, minced	pepper
1/2 tsp. cayenne pepper	1 tbsp. salt
1 tsp. powdered bay leaf	1/3 c. water or red wine
1 tsp. thyme	Pork casings (optional)



Cut the meat in chunks or thick strips, trimming away sinew. Using the coarse disc, put the meat through the grinder. Mix in the garlic and seasonings and blend thoroughly. Mixing by hand gives the best blend. For a finer texture, put the seasoned meat through the grinder again. Taste test as described; (Do not taste test the raw meat mixture, instead, make a thin patty, fry it in a little oil and taste it. Adjust the seasonings and repeat this process until you've got just what you want. Then mix in the wine or water and refrigerate until well chilled. After the seasoned meat has chilled, finish preparing the sausage by one of the following methods:

#### One:

Stuff the mixture into pork casings loosely but evenly, gently pulling the casing as it fills to avoid too tight a pack. Twist into links about every 5 inches. Prick any air bubbles with a pin.

#### Two:

Stuff mixture as above, but continue filling casing into a kielbasa size sausage. Cook sausage in boiling water for 20 minutes, cut into 3/4 inch pieces. Serve with hot mustard and crackers. Good snack at half time on Sunday afternoons.

#### Three:

Grind the seasoned sausage meat a second time, using the medium fine disc. This fine grind may be hand rolled into finger sausages or made into patties. Freeze separately and store in freezer Zip-loc baggie, this allows you to take out 1 or 2 patties of sausages or as many as you like to cook for breakfast.

*Paul Lambert*

## VENISON STROGANOFF

- 1 1/2 lbs. round steak, cubed
- 1 can condensed beef broth
- 1 can cream of mushroom soup
- 1 can sm. mushrooms

- 1 med. onion, diced
- Garlic salt to taste
- Salt and pepper
- 1 (8 oz.) carton sour cream
- Noodles

Brown meat in skillet with onions. Remove from skillet and put in crockpot with both soups, mushrooms, garlic salt and pepper. (May add beef bouillon cube if desired). Cook about 9 hours on low. Add sour cream 15 minutes before serving. Serve over noodles.

*Paul Lambert*

## CHEESE SOUFFLE

- 8 slices Pepperidge Farm bread, buttered, cubed
- 3/4 lb. sharp cheese, shredded
- 8 eggs, slightly beaten
- 2 c. milk

- 1 tsp. dry mustard
- Salt

- Pepper
- Paprika

OPTIONS: Mushrooms, Ham, Bacon

Put buttered bread cubes in baking dish. Combine remaining ingredients and pour over bread crumbs. Refrigerate overnight. Bake at 350 degrees for 1 hour.

*Betty Pearson*

## QUICK PIZZA

- 1 pkg. yeast
- 2 c. flour
- 2 tbsp. melted butter

- 1/2 tsp. salt
- 3/4 c. water

Dissolve yeast in water (warmed) and after proofing add butter, stirring until dissolved. Stir in flour and salt. Knead 2 to 3 minutes in bowl. Cover, set aside 5 minutes. Roll or work into 2 pizza pans. Cover with favorite sauce and topping. Bake 20 minutes at 425 degrees.

*Sally Becker*

## PIZZA

- 1 loaf bread dough (thawed)
- 1 (15 oz.) can pizza sauce
- 1 (8 oz.) pkg. shredded Mozzarella

- 1 green pepper, sliced
- 1/2 stick pepperoni, sliced
- Basil



Grease a 9 x 13 inch jelly roll or pizza pan. With greased fingers, stretch and spread dough to fit pan. Spread sauce over dough. Sprinkle cheese evenly over sauce. Arrange peppers and pepperoni on top of cheese. Sprinkle on basil. Bake at 400 degree for 20 minutes.  
*Lindsey Benedict*

## OVEN RICE

- |                                 |  |
|---------------------------------|--|
| 1 c. long grain white rice      | 1 (4 oz.) can mushrooms                            |
| 2 (10 oz.) cans beef<br>consume | 1 stick butter or<br>margarine, cut into<br>pieces |
| 1 sm. onion, chopped            |  |

Combine above in casserole dish. Bake at 350 degrees for 45 minutes, covered, then for 15 minutes, uncovered. Serves 4 to 6.  
*Leslie Manning*

## SPINACH PITA

- |   |                     |
|---|---------------------|
| 2 pkgs. fresh spinach,<br>washed and shredded | 1 sm. chopped onion |
| 1 lb. feta cheese                             | 6 eggs              |
| 1 lb. cottage cheese                          | Fillo dough         |

Combine all ingredients except fillo dough. In bottom of large casserole dish, put 4 layers fillo dough (brush with melted margarine between all layers). Layer spinach mixture, then 2 layers of fillo, etc. ending with 4 layers of fillo on top. Bake at 300 degrees for 1 1/4 hours or 350 degrees for 3/4 hour.

*Mike and Laurie Wiltshire*

## REAL SAUCY BAKED MACARONI AND CHEESE

- |  |  |
|--|--|
| 1 lb. macaroni, (elbow, ziti,<br>twists) | Salt and pepper to taste   |
| 6 tbsp. butter or<br>margarine           | 3/4 lb. cheese, shredded<br>(American, cheddar, or<br>half and half) |
| 4 tbsp. flour                            | Saltine crackers for<br>topping                                      |
| 3 c. milk                                |  |

Cook macaroni in large pot.\* Melt butter or margarine in 2 quart saucepan, stir in flour and slowly stir in milk. Stir constantly over medium to medium high heat until bubbly. Turn down heat to low or warm. Add cheese, reserving a few slices for top. stir until cheese is melted. Add salt and pepper to taste. (I do not use any). Drain macaroni, put into buttered casserole. Pour sauce over and mix slightly. Crush crackers over top. Add slices (or grated) cheese on top. Bake at 400 degrees for 10 to 15 minutes or until top is browned.  
 \*Cook macaroni a few minutes less than you normally would.

*Cheri Pitrone*

## HOT DOG CASSEROLE

- |                   |                                      |
|-------------------|--------------------------------------|
| 1 lb. hot dogs    | 1 sm. onion, cut into ring<br>slices |
| 1 can tomato soup |                                      |

Cut hot dogs into bite size pieces. Put into casserole dish. add 1 small onion, cut into rings. Add 1 can tomato soup, mix with spoon, cover. Bake at 350 degrees for 40 to 45 minutes.

*Marcia Emerson*

## TURKEY QUICHE

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2 1/2 to 3 c. turkey<br>stuffing | 4 beaten eggs<br>1 1/2 c. milk |
| 1 c. chopped turkey              |                                |
| 1 c. shredded Swiss cheese       |                                |

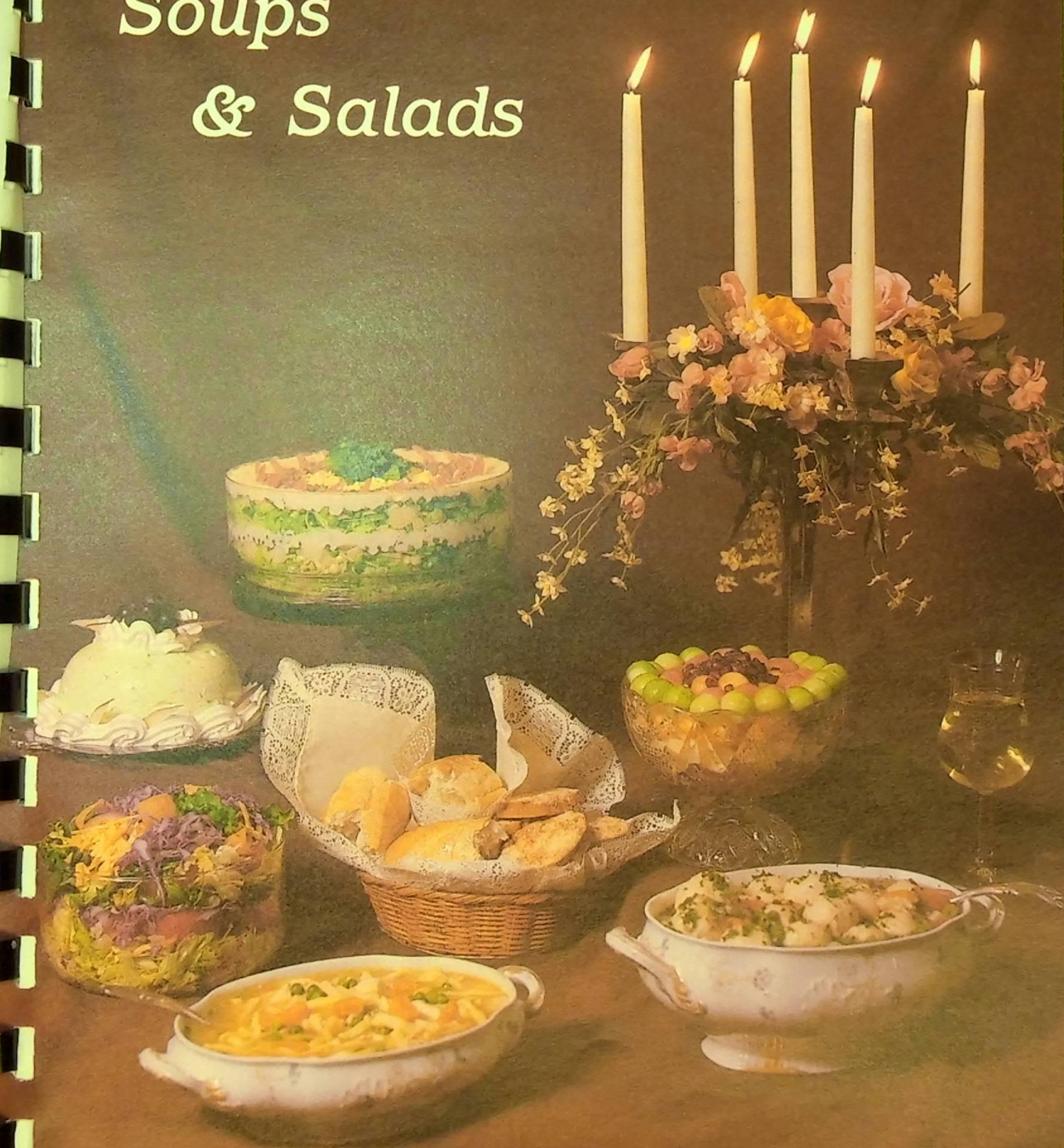
Press stuffing in 9 inch pie plate. Bake 10 minutes at 400 degrees. Combine turkey and cheese evenly in bottom of pie crust. Set aside. In bowl mix milk and eggs together. Pour milk mixture over turkey and cheese. Bake at 350 degree for 30 to 35 minutes.

*Carissa Kenefick*



\*\*\*EXTRA RECIPES\*\*\*

## Soups & Salads





## SUPER SOUPS & SCRUMPTIOUS SALADS

For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.

Did you know? Cooking in cast iron definitely boosts iron intake. Soup simmered for a few hours in an iron pot has almost thirty times more iron than soup cooked in another pan.

Thickeners for soups can be either flour or cornstarch. It is a good idea to add the thickener with the pan off the heat to avoid the danger of lumping. Flour is good for soups to be served hot. Cornstarch is better for cold soups.

Most important of all, remember that hot soups should be served HOT and cold soups COLD — none benefit from being served lukewarm.

If delayed in tossing salads, greens will stay fresh under a drape of paper towels wrung out of ice water.

Always shake on oil and vinegar dressing just before using.

When unmolding a salad, always sprinkle a few drops of water on the serving plate. It will be easy to move the salad around to position it correctly.

For a stay put garnish in a molded salad, arrange design, pour over thin layer of partially set gelatin. Chill.

To test freshness of dried herbs, rub them between your hands. Oil of your hand extracts the essence of the herb. If there is no smell, they are no good.

### Season with seeds to add flavors:

Caraway: Tangy and slightly sweet

Cardamon: Spicy

Celery: Strong, use sparingly

Cumin: Slightly bitter

Dill: Pungent and strong in flavor

Fennel: Licorice flavor

Mustard: Dry mustard is a mixture of ground seeds of several mustard varieties.

Sesame: Sweet, nutty flavor

For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.

Add a small amount of beet vinegar to mayonnaise to give it a pretty color for salads.



## POTATO LEEK SOUP

- |                                     |                       |
|-------------------------------------|-----------------------|
| 4 lg. leeks (2 to 2 1/2 lbs. total) | 2 tbsp. butter        |
| 1 tbsp. dill                        | 1/8 tsp. white pepper |
| 4 lg. potatoes, peeled & sliced     | 1/2 tsp. salt         |
| 3 c. chicken stock                  | 2 c. milk             |
|                                     | Sour cream            |
|                                     | Dill springs          |

Trim and discard root ends and tough green tops of leeks. Cut leeks in half lengthwise and rinse under cold running water until all the sand is washed out. Cut leeks into thin slices. Melt butter in a 5 quart kettle over medium heat. Add leeks and dill. Cook until leeks are soft. Add potatoes, salt, pepper and stock. Bring to boil, cover reduce heat and simmer until potatoes are tender (30 to 40 minutes). In blender puree soup until smooth. Return soup to kettle and stir in milk. Heat until soup is steaming. Serve with spoonful of sour cream and dill sprigs.

*Claudia Logan*

## FRENCH POTATO SOUP

- |                |                       |
|----------------|-----------------------|
| 3 leeks        | 1/4 tsp. dill         |
| 4 tbsp. butter | 1 tsp. caraway seeds  |
| 5 potatoes     | 8 c. water            |
| 2 carrots      | 6 slices French bread |
| 1/2 tsp. salt  |                       |
| 1 bay leaf     |                       |

Chop leeks. Melt 2 teaspoons butter in pan and saute leeks until golden. Peel and cube potatoes and carrots. Place sauteed leeks in a large pot. Add potatoes, salt, bay leaf, carrots, dill and caraway seeds. Pour 8 cups water into pot and cook until potatoes are tender. Toast French bread in oven and use remaining butter on toast. Place on piece of French bread in each bowl before serving (steaming hot). Bon Appetite!

*Linda Amos*



## CORN CHOWDER

1 chopped onion  
3 med. (cubed) potatoes  
1 can cream style corn

3 to 4 c. milk  
1 chunk of butter  
Salt and pepper

Cook onion until transparent in a little water. Cook potato until soft. Mix above 2 ingredients. Add little water. Add cream style corn. Add milk, bring to almost a full boil. Add chunk of butter and seasoning.

*Karen Carbone*

## EASY N. E. CLAM CHOWDER

3 to 4 slices of bacon  
1/4 c. chopped onion  
2 cans Campbell's cream of potato soup  
2 cans milk

1 can whole baby clams  
1 can minced clams  
1 1/2 tbsp. lemon juice  
1/4 tsp. pepper

Chop bacon and saute with onion until onion is golden. Add potato soup. Stir well. Add milk (substitute 1 can of milk with half & half for special flavor). Add clams with liquid. Simmer until hot. Season with lemon juice and pepper. Increase recipe and serve in cups for your next pot luck supper. Yum Yum. This is a favorite for Sunday night suppers. Serves 6 to 8.

*Mrs. Suzanne Pinkham  
Fifth Grade Teacher*

## MANHATTAN CLAM CHOWDER

1 pt. shucked clams or 2 (6 oz.) clams, minced and  
2 cans whole baby clams  
3 slices bacon sliced  
1 c. finely chopped celery  
1 c. chopped onions

1 (16 oz.) can tomatoes, cut up  
2 med. potatoes, diced  
1/2 c. diced carrots  
1 tsp. salt  
1/2 tsp. thyme, crushed  
1/8 tsp. pepper

Drain clams reserving liquid (if using shucked clams chop them). Add enough water to liquid to measure 3 cups in a large saucepan, partially cook bacon. Add celery and onion stirring until tender. Stir in clam juice mixture, undrained tomatoes, potatoes, carrots, salt, thyme and pepper. Cover and simmer for 30 to 35 minutes. Add clams, heat through. Serves 6 to 8.

*Jeanne Chwasciak*

## GAIL'S FISH CHOWDER

1 to 1 1/4 lb. cod (or other firm white fish)  
1/2 lb. bacon  
12 oz. evaporated milk  
2 lg. potatoes, peeled & diced

1 lg. pinch of oregano  
1 lg. onion, diced  
Garlic salt (optional) 1/4 to 1/2 tsp.

In saucepan cover fish with water and bring to a boil. Then shut off heat, cover and let stand. Meanwhile, fry bacon. Remove bacon, crumble, set aside. In remaining 3 to 4 tablespoons of bacon fat, fry onion. Remove fish from the water, boil potatoes in this until tender. Then add fish, bacon, onion, oregano and milk and garlic salt. Gently warm. Do not Boil. It's even better gently reheated the next day.

*Leslie Manning*

## CHOWDER FOR ONE

1 lb. fresh haddock, skinned  
1 lg. onion  
1 lg. potato  
1 1/2 c. water

1 c. evaporated milk  
3 slices bacon  
Salt and pepper

In skillet cook bacon until well browned. Remove bacon. Peel and dice onion and potato. Saute onion in large saucepan. Add water, potatoes, onions and bacon drippings. Clean fish, check for bones, add to saucepan. Cover, bring to boil. Remove cover, simmer 10 minutes or until fish flakes. Add condensed milk. Heat slowly; do not allow to boil. When done turn off heat and let stand 1 hour. When reheating add 3/4 cup regular milk and season to taste and boy is that some good.

*Poor Bob Daggett*



## CREAM OF BROCCOLI SOUP

- |  |                       |
|--|-----------------------|
| 1 bunch broccoli, trimmed,<br>pared, and chopped | 1/2 tsp. curry powder |
| 1 med. potato, pared and<br>chopped              | 2 tbsp. butter        |
| 1 med. onion, chopped                            | 1 can chicken broth   |
| 1 clove garlic, chopped                          | 1 can water           |
|  | 1/2 tsp. salt         |
|  | 1 c. half & half      |

Saute onion and garlic until tender in the butter. Add broccoli and stir until it turns a bright green. Add the rest of the ingredients except half and half. When everything is tender, puree in blender half at a time. Return to pot and add half and half. Heat until hot, but do not boil.

*Deborah Spencer*

## CRAB BISQUE

- |                      |                         |
|----------------------|-------------------------|
| 1 can crabmeat       | 1 c. light cream        |
| 1 can asparagus soup | 1/4 c. light white wine |
| 1 can mushroom soup  | 1 tbsp. butter          |
| 1 or 1 1/2 cans milk |                         |

Add all ingredients together. Heat in saucepan and serve.

*Janet I. Howe*

## ESCAROLE SOUP

- |                                   |                            |
|-----------------------------------|----------------------------|
| Chicken broth (lg. can 46<br>oz.) | Little meatballs (1/2 lb.) |
| Escarole (fresh 1 lb.)            | 1 to 2 beaten eggs         |

Wash, clean and boil escarole in lightly salted water. Cook about 1/2 hour or until tender. Drain escarole and add to soup, add meatballs and bring to a boil. Then add eggs slowly stirring with a fork.

*Jeanne Howe*

## SWEET AND SOUR BEEF STEW

- |                    |                                 |
|--------------------|---------------------------------|
| 2 lbs. stew beef   | 1 tbsp. Worcestershire<br>sauce |
| 1 c. water         | 1 tsp. salt                     |
| 1/2 c. ketchup     | 3 or 4 cut up carrots           |
| 1/4 c. brown sugar |                                 |
| 1/2 c. vinegar     |                                 |
| 1 lg. onion        |                                 |

Brown stew beef. Add all other ingredients. Combine in a casserole with cover and cook at 350 degrees for 1 1/2 hours. serves 6. Serve over rice.

*Barbara D. Mock  
Terry Ohlson*

## FLEMISH BEER STEW

- |                                       |                            |
|---------------------------------------|----------------------------|
| 3 lbs. boneless chuck                 | 2 cloves garlic, chopped   |
| 1 c. flour                            | 1 can condensed beef broth |
| 2 tsp. salt                           | 2 c. beer                  |
| 1 tsp. pepper                         | 1/4 c. chopped parsley     |
| 1 tsp. Lawry's garlic salt            | 1 bay leaf                 |
| 1/3 c. vegetable shortening           | 1/2 tsp. crumbled thyme    |
| 6 lg. onions, peeled and<br>quartered | Boiled potatoes (whole)    |

Cut chuck into 1 inch cubes. Mix flour, salt, pepper and garlic salt. Roll meat in flour mixture. Heat shortening in Dutch oven or other heavy large saucepan. Brown meat on all sides. Add remaining ingredients. Cover tightly and simmer 1 to 1 1/2 hours or until meat is tender. Stir occasionally during cooking. Add water if necessary to keep stew from sticking. Remove cover, keep simmering. Cook potatoes in a separate pan. When cooked add to stew. (Do not cube the potatoes). Stew should be thick and it's great reheated. Serve with Irish soda bread.

*Nancy Pearson Walker*



## VEGETABLE BEEF AND BARLEY

1 lb. ground beef  
6 c. water  
4 carrots, cut up  
4 stalks celery, cut up  
1 med. onion  
1 bay leaf

2 c. canned tomatoes  
1/2 c. barley  
1 lg. potato, cut up  
4 to 6 beef bouillon cubes  
Salt, pepper and parsley to taste

Brown meat and onion in deep saucepan. Add water, bouillon and bay leaf. Cover and heat until water boils. Turn to low and simmer for 30 minutes. Add remaining ingredients bring to boil. Then simmer for 20 minutes or until vegetables are tender. Can be stored 3 to 4 days.

*Susan Lantman*

## HIT OR MISS GAME SOUP

1 lb. wings, legs, or  
carcass of game animals  
or birds  
Slice of onion  
Carrot

Celery leaves  
Noodles  
Salt and pepper to taste  
Leftover vegetables  
(optional)

Place game, onion, carrot and celery leaves in pot. Add enough water to cover. Simmer, covered until the meat is ready to fall off the bones. Remove the meat and cut in bite size pieces. Strain broth. Cook broth down until you have the right amount for the meat. (Approximately 1 cup meat - 1 1/2 quarts broth). Add noodles; cook until done. Add vegetables if you wish (broccoli, peas, etc). Add cooked meat.

*Paul Lambert*

## ELAINE'S CRANBERRY JELLO MOLD

2 to 3 oz. red Jello  
1 (16 oz.) cranberry jelly  
1 c. sour cream

1 c. boiling water  
1 c. ice water

Dissolve Jello and add ice water to thicken slightly (syrup). Add sour cream and cranberry jelly. Blend in blender until thoroughly mixed. Pour in mold and freeze.

*Pauline Colby*

## ROTINI SALAD

1 pkg. rotini (1 lb.)  
1 pt. mayonnaise  
1 c. water  
1/2 c. cider vinegar  
1 c. sugar  
1/2 tsp. turmeric

1 med. onion, diced  
Celery salt, celery seed, salt  
and pepper to taste

Cook rotini and drain. Mix all ingredients and let stand in refrigerator overnight. Stir 2 to 3 times.

*Laura Benedict*

## STRAWBERRY JELLO SALAD

2 sm. pkgs. strawberry  
Jello  
2 (10 oz.) pkg. frozen  
sliced strawberries  
1 (13 oz.) can crushed  
pineapple, drained

2 lg. bananas, diced  
1 c. chopped nuts  
1 c. sour cream

Dissolve Jello with 2 cups boiling water. Add strawberries, pineapple, bananas and nuts. Pour 1/2 of mixture into 8 x8 inch pan. Chill until firm. Hold other half of mixture at room temperature. Pour sour cream over chilled portion. Pour remaining mixture over sour cream. Chill until firm. Cut into squares.

*Marie W. Scribner*

## GREEN PINEAPPLE SALAD

1 pkg. Pistachio pudding  
(instant)  
1 sm. can of crushed  
pineapple with juice

8 oz. Cool Whip

Mix three ingredients together and refrigerate.

*Beth-Ann Creighton*



## STRAWBERRY BANANA SALAD

1 pkg. strawberry Jello  
1 c. hot water  
1 mashed banana  
1 c. sour cream

1 sm. can crushed  
pineapple  
1 (10 oz.) pkg. frozen  
strawberries

Dissolve Jello in hot water, add frozen strawberries, mashed banana, and crushed pineapple. Put 1/2 Jello in a mold. Spread 1 cup sour cream over Jello, then spoon on the rest of Jello. Chill.

*Dale Barrett  
Second Grade Teacher*

## DELUXE WALDORF SALAD

1/2 c. mayonnaise  
1/2 c. sour cream  
2 tbsp. lemon juice  
2 tbsp. sugar  
1/4 tsp. nutmeg  
3 med. red apples, cored  
and sliced

1 c. sliced celery  
1 c. seedless grapes, halved  
1/2 c. coarsely chopped  
walnuts

In a large bowl, stir together first five ingredients until well blended. Add remaining ingredients; toss well to coat. Cover; chill.

*Jane Borek*

## SEVEN LAYER SALAD

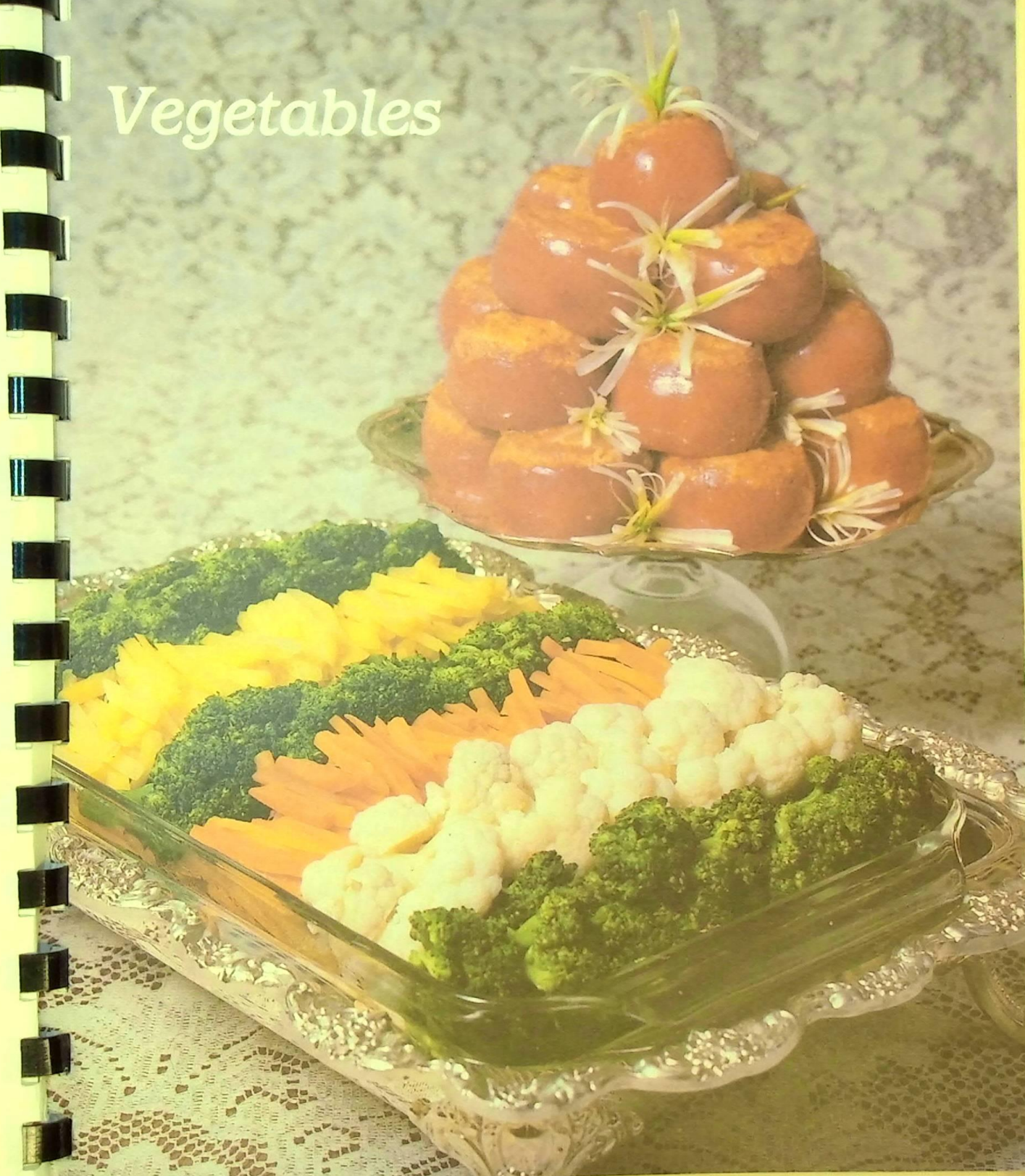
1 head of lettuce  
4 hard boiled eggs, sliced  
1 (10 oz.) frozen, uncooked  
peas  
1/2 c. green peppers

1 sweet onion, sliced  
8 slices bacon, fried,  
drained, diced  
2 c. mayonnaise  
2 tsp. sugar  
4 oz. grated cheddar cheese

Tear lettuce into bits and place in 9 x 12 inch dish. Layer remaining ingredients in order given. (add the mayonnaise to the sugar). Spread over top of salad, top with grated cheese. Cover and refrigerate for 8 to 12 hours. This will stay fresh 7 days in the refrigerator.

*Carole A. Reddish*

## Vegetables





## VARIOUS VEGGIE TIPS

Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them into a very hot oven.

Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Exposure to direct sunlight softens tomatoes instead of ripening them. Leave the tomatoes, stem-up, in any spot where they will be out of direct sunlight.

Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot — there will be NO odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

You'll shed less tears if you cut the root end of the onion off last; or, freeze or refrigerate before chopping.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Lettuce leaves absorb fat. Place a few into the pot and watch the fat cling to them.

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

Cook carrots with potatoes and then mash them all together. This makes the potatoes a slight orange color and produces an entirely new flavor.

Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.



## FRAN HUNT'S SWEET POTATOES

8 sweet potatoes  
1/4 c. butter  
1 c. brown sugar

2 tbsp. honey  
1 tsp. grated orange peel  
1/2 c. orange juice

Preheat oven to 375 degrees. Pare potatoes into thick slices. Brown in butter. Put into baking dish and sprinkle with brown sugar. Combine honey, peel and juice and pour over potatoes. Cover and bake 30 minutes. Uncover and bake 30 minutes more or until tender.

*Lori Caldwell*

## SWEET POTATO SOUFFLE

3 c. mashed sweet potatoes  
1/2 tsp. salt  
1/3 stick margarine

1/2 c. milk  
2 eggs  
1 tsp. vanilla

Mix all ingredients together and pour into greased baking dish approximately 8 x 8 inch and cover with the following:

1 c. chopped pecans (fine)  
1/3 c. flour

3/4 c. brown sugar

Thoroughly mix above three together and sprinkle over sweet potato mixture and add 1/3 stick margarine cut into little pieces and sprinkle over top. Bake at 350 degrees for 35 minutes. NOTE: Warms up well.

*Claribel Kidder*

## YAM YUMS

1 c. sliced apples  
1/2 c. chopped pecans or walnuts  
1/2 c. brown sugar  
1/2 tsp. cinnamon

2 (17 oz.) Royal yams  
1/4 c. margarine  
2 c. mini marshmallows

Toss apples with sugar and nuts and cinnamon. Layer apples and yams. Dot with margarine. Cover and bake at 350 degrees for 40 minutes. Sprinkle with mini marshmallows and broil until brown.

*Faith Anderson*



## GLAZED SPICY CARROTS

Wash, peel, and cut 6 carrots in half, then cut lengthwise into quarters. Cook until tender. Drain. Add:

1/4 c. butter  
1/2 c. brown sugar  
1/4 tsp. ground ginger  
Dash Tabasco  
1/2 tsp. salt  
1/8 tsp. powdered mustard, optional

Heat carrots, butter, sugar and spices together and serve piping hot. Helpful hint: when you buy carrots, buy them with the tops off. They lose moisture through those pretty green leaves.

*Laura Benedict*

## COMPANY BROCCOLI

2 pkgs. (10 oz.) frozen broccoli  
4 oz. shredded process cheese  
1 can cream mushroom soup  
1 sm. can (2/3 c.) evaporated milk  
1 can (3 1/4 oz.) onion rings

Cook broccoli only four minutes. Drain. Put in baking dish, spread cheese over broccoli and then soup and milk. Bake at 350 degrees for 25 minutes. Add onions last 8 minutes.

*Faith Anderson*

## VEGETABLE STRATA SUPREME

16 oz. pkg. Green Giant Valley Combination frozen broccoli and cauliflower  
7 slices white bread, cut into 1/2 inch cubes  
1 c. cooked chopped ham  
8 eggs  
1 1/2 c. milk  
1 tsp. dry mustard  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
6 oz. (1 1/2 c.) shredded cheddar cheese

Grease 13 x 9 inch baking dish. Arrange frozen vegetables in bottom of prepared dish. Sprinkle with bread cubes and ham. In medium bowl combine eggs, milk, mustard, garlic powder and onion powder; mix well.

Pour egg mixture over vegetables; sprinkle with cheese. Cover with plastic wrap. Refrigerate 6 hours or overnight. Heat oven to 350 degrees. Uncover; bake for 40 to 50 minutes until knife inserted comes out clean. Makes 8 to 10 servings.

*Ruth Benedict*

## CAULIFLOWER (OR BROCCOLI) MAYONNAISE CASSEROLE

1 can condensed cream of chicken soup  
1/2 c. mayonnaise  
Juice of 1/2 lemon

Mix together.  
Parmesan cheese  
Sliced almonds

Cauliflower

Put little of sauce in bottom of buttered casserole, then layer of cauliflower. Shake generously with Parmesan cheese and almonds. Repeat until casserole is full. Bake 1/2 hour or until thoroughly heated.

*Marion Jones*

## BROCCOLI AU GRATIN

1/2 lb. fresh broccoli  
1 c. cottage cheese  
2 eggs, slightly beaten  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. steak sauce  
1 tsp. minced onion  
4 tbsp. butter  
1/4 c. bread crumbs

Steam broccoli and cut into pieces. Mix with all other ingredients except butter and bread crumbs. Stir in 2 tablespoons butter in a small shallow baking pan. Mix remaining butter and bread crumbs. Sprinkle on top. Bake 30 minutes at 350 degrees. This can be doubled. Serves 4.

*Judy Riggs*



## BROCCOLI CASSEROLE

- 1 can cream mushroom soup
- 1 can mushrooms
- 1 med. jar Cheese Whiz
- 2 to 3 c. cooked rice
- 1 (16 oz.) bag broccoli cuts

- Garlic powder, salt & pepper
- 8 oz. Mozzarella cheese
- Parmesan cheese
- \*Sometimes I use basil or Italian seasoning

Cook rice and broccoli according to directions. Combine remaining ingredients in cooking pot and heat. When rice and broccoli are ready pour into pan with other ingredients. Stir all together. Pour into greased casserole. Top with Parmesan and bake or microwave until warm and browned.

*Robin Lampron*

## SWEET AND SOUR BRUSSELS SPROUTS

- 1/4 lb. sliced bacon, diced
- 3 (10 oz.) containers brussels sprouts or 3 (10 oz.) frozen sprouts, thawed

- Sm. onion, minced
- 2 tbsp. cider vinegar
- 1 tbsp. sugar
- 3/4 tsp. salt
- 1/4 tsp. dry mustard
- 1/8 tsp. pepper

In large saucepan, cook diced bacon until browned. Remove bacon pieces to drain on paper towels. In same pan with drippings, cook brussels sprouts with onion, vinegar, sugar, salt, mustard and pepper until tender-crisp (about 10 minutes) stirring occasionally. Stir bacon into brussels sprouts.

*Linda Caldwell*

## ZUCCHINI PIE

- 3 c. cut up zucchini
- 1 med. onion, chopped
- 1 c. grated Romano cheese

- 1/2 c. oil
- 1 c. Bisquick mix
- 4 well beaten eggs

Cut zucchini into bite size pieces. Add onion, eggs, cheese, Bisquick, and oil. Mix well. Mixture will be very thick. Pour into greased pan and bake at 350 degrees for 3/4 hour.

*Lianna Ferrante*

## ZUCCHINI ROUNDS

- 1/3 c. biscuit mix
- 1/4 c. grated cheese
- 1/8 tsp. pepper

- 2 eggs, slightly beaten
- 2 c. zucchini shredded, unpeeled

Mix biscuit mix, cheese, pepper and eggs until slightly moistened. Fold in zucchini. Pour from spoon into butter in frying pan and fry as patties.

*Karen King*

## ASPARAGUS AND SHRIMP CASSEROLE

- 16 lg. asparagus spears
- 2 boiled eggs, sliced
- 1 sm. can water chestnuts
- 1 sm. can mushrooms
- 1 sm. can ripe olives
- 1 lg. can shrimp

- 1 c. grated cheese
- 1 can mushroom soup
- 1/2 c. water
- 10 to 12 crushed crackers
- 1 can onion rings

Butter 1 1/2 quart pyrex casserole. Place layer of asparagus, eggs, chestnuts, mushrooms, olives, shrimp, and cheese in this order. Dilute soup and 1/2 can water. Pour half of this on first layer. Repeat the layers. Top with cracker crumbs. Cook for 30 minutes at 350 degrees. Place onion rings on top and brown for 2 to 3 minutes.

*Judy Riggs*

## STUFFED CABBAGE ROLLS

- 12 lg. cabbage leaves
- 1 c. cooked rice
- 1 sm. onion, chopped
- 1 egg
- 1 1/4 lb. ground beef

- 2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. poultry seasoning
- 1/4 tsp. garlic powder
- 1/4 tsp. basil



Cover cabbage leaves with boiling water and let stand for 5 minutes or until limp. Drain. Combine other ingredients. Place equal portions of meat mixture in center of each leaf; fold sides of each leaf over meat; roll up and fasten with toothpicks. Brown in a very large skillet in hot oil, 2 tablespoons. Pour two 8 ounce cans tomato sauce. Combine 1 tablespoon brown sugar, 1/4 cup water and 1 tablespoon lemon juice or vinegar. Stir in tomato sauce. Simmer covered 1 hour, basting occasionally. Add a little butter to rice. This is also good topped with tomato sauce and baked with cheese.

*Robin Lampron*

## PENNSYLVANIA DUTCH GREEN BEANS

- |                                       |                      |
|---------------------------------------|----------------------|
| 1 pt. green beans, cooked and drained | 1/4 tsp. salt        |
| 3 strips bacon, cooked and drained    | 1/4 tsp. dry mustard |
| 1 sm. onion, sliced                   | 1 tbsp. brown sugar  |
| 2 tbsp. cornstarch                    | 1 tbsp. vinegar      |
|                                       | 1 hard boiled egg    |

Cook bacon, drain off all but 1 tablespoon fat. Add onion and brown. Stir in cornstarch, salt, dry mustard. Stir in 1/2 cup liquid from cooked beans. Cook to boil. Blend in brown sugar and vinegar. Add green beans and heat through. Crumble bacon and egg over top.

*Sally Becker*

## GREEN BEAN CASSEROLE

- |  |                               |
|--|-------------------------------|
| 1 can French style green beans or reg. beans | 1 can cream of mushroom soup  |
| 1 can fried onion rings (Durkee)             | 1/2 c. milk                   |
|  | Salt and pepper and margarine |

Mix soup, milk, salt and pepper together then mix into beans along with 1/2 can of the fried onion rings. Put into a casserole dish; cut up a few pats of margarine and put them over that. Spread the rest of the onions over that and bake in a 350 degree oven for approximately 1/2 hour (uncovered).

*Brenda Silver*

## STUFFED BAKED TOMATOES

Summers Best

6 tomatoes 3 in. diameter

Cut in half crosswise (press out juice and seeds).

Blend:

- |  |                           |
|--|---------------------------|
| 1 to 2 cloves garlic, mashed           | 1/8 tsp. thyme            |
| 3 tbsp. minced shallot or scallion     | 1/4 tsp. salt             |
| 4 tbsp. minced fresh basil and parsley | Pinch pepper              |
|  | 1/4 c. olive oil          |
|  | 1/2 c. bread crumbs, fine |

Fill each tomato half with mixture. Sprinkle with few drops of olive oil. Arrange in shallow oiled pan. Bake at 400 degrees 10 to 15 minutes. Can be frozen, after cooking, on cookie sheets, then bagged for use some cold winter night.

*Sally Becker*

## GARDEN SPECIAL

- |                       |               |
|-----------------------|---------------|
| 4 qts. tomatoes       | 1 qt. water   |
| 1 qt. chopped celery  | 3 tbsp. salt  |
| 1 qt. onion, chopped  | 2 tbsp. sugar |
| 6 sweet green peppers |               |

Dice coarsely onions, celery, and peppers. Add 1 quart water. Cook for 20 minutes. Add peeled, cut up tomatoes. After vegetables have simmered. Add spices and cook until it comes to a boil. Put in pints or quarts and process as for tomatoes. 15 to 20 minutes in a boiling water bath. Garden special can be used as stewed tomatoes, as a soup or in a spaghetti sauce or in a casserole.

*Robin Lampron*



## STUFFED MUSHROOMS

2 to 3 lbs. mushrooms,  
med. lg.  
3 carrots  
3 onions  
6 to 8 garlic cloves  
4 celery stalks with leaves

Tablespoon or to taste:  
Parsley, Italian  
Seasoning, Basil, Pepper,  
Season Salt, Marjoram,  
Oregano  
6 pkg. chicken bouillon  
2 sticks butter

Chop mushroom stems and other vegetables, add spices, bouillon and butter. Place in pan; cover with water. Simmer until tender and reduce water to half. Let cool to touch. Add one to one and half of a 16 ounce box crushed Town House crackers, plus one pound grated extra sharp cheese and 1/2 cup grated Italian cheese. Mix to stuffing consistency. Fill mushroom caps full, place on cookie sheet. Sprinkle with grated sharp cheese. Bake at 350 degrees until caps are tender.

*Trisha Anderson*

## MUSHROOMS

10 oz. fresh mushrooms  
Water

Paprika  
Pepper

Wash mushrooms briefly in cool water, then blot with a damp paper towel. Slice, then put in a frying pan with enough water to cover them half-way. Sprinkle on a dash of paprika and pepper and simmer briefly until mushrooms are soft. Helpful Hint: use an egg slicer to slice mushroom uniformly and easily.

*Laura Benedict*

## ESCALLOPED CORN

3 eggs, slightly beaten  
2 c. corn, drained  
2 c. scalded milk  
1/3 c. finely chopped  
onion

1 tbsp. butter  
1 tsp. sugar  
1 tsp. salt

Combine ingredients. Pour into greased 1 1/2 quart casserole. Set in shallow pan 1 inch deep in hot water. Bake at 350 degrees for 40 to 45 minutes or until firm.

*Charlotte Bowie*

## HELPFUL HINT

When cooking frozen corn, use milk in saucepan instead of water, use no salt, tastes like fresh corn.

*Normandie Benson Blake*

## BAKED SLICED POTATOES

4 lg. baking potatoes  
1/4 c. butter, melted  
1/4 c. vegetable oil

2 cloves garlic, minced  
1/2 tsp. salt  
2 tsp. dill weed

Cut unpared but washed potatoes in to 1/4 inch slices. Place overlapping slices in greased oven-to-table 9 x 13 inch baking dish. Mix oil and butter and brush potatoes and pour remaining over potatoes. Sprinkle with garlic, salt and dill weed. Bake at 400 degrees for 30 minutes. Potatoes should be browned on edges. Serve immediately.

*Cleo White*

## POTATO AND ONION BAKE

1 1/2 lb. potatoes  
3/4 lb. onions

6 tbsp. butter  
Salt and pepper

Preheat oven to 400 degrees. Peel potatoes and slice very thinly. Put into a bowl of cold water to prevent from turning brown. Peel and thinly slice onions. Drain and dry potatoes with paper towel. Butter oven proof dish and cover the bottom with a layer of potatoes. Dot with butter, season with salt and pepper. Cover with a layer of onion. Dot with butter, season and repeat the layers until all ingredients have been used, finishing with potato. Dot the top with remaining butter. Bake for about 40 minutes until the potatoes are tender and golden. Serve immediately.

*Terry Ohlson*

## SCALLOPED POTATOES

6 to 8 potatoes  
2 to 3 small onions  
Salt and pepper  
1/4 tsp. basil, crushed

1/4 tsp. garlic powder  
2 c. milk  
2 tbsp. flour



Slice potatoes medium to thin. Mix flour, milk and spices in shaker. Slice onions. Put potatoes and onions in casserole and pour milk mixture over them. Bake at 350 degrees. Cover with foil until about half done, then uncover until done.

*Robin Lampron*

## SCALLOPED POTATOES

- |                       |                                    |
|-----------------------|------------------------------------|
| 2 tbsp. flour         | 2 tsp. salt                        |
| 3 tsp. butter, melted | 1/8 tsp. pepper                    |
| 1 1/3 c. milk         | 6 med. potatoes, peeled and sliced |

Stir flour into butter in double boiler or heavy pan. Add milk gradually. Add seasoning; cook until thick, stirring constantly. Do not let sauce get too thick. Place 1/2 potatoes in buttered dish; pour over 1/2 the sauce. Add remaining potatoes and remaining sauce. Bake one hour at 350 degrees. 6 servings.

*Terry Ohlson*

## BAKED BEANS

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 lb. navy or other small white beans | 1 tsp. ground mustard |
| 1/3 c. brown sugar                    | 1 tsp. salt           |
| 1/3 c. molasses                       | 1 sm. onion           |
| 1/3 c. real maple syrup               | 1/4 lb. bacon         |

Rinse beans and soak overnight in water twice as high as beans. In the morning parboil beans until skins roll back when you blow on them (10 to 15 minutes). Drain beans and put in a baking dish or crock pot. Add remaining ingredients and water until the beans are covered by 1/2 to 1 inch of water. Cover pot and bake at 350 degrees for 5 to 7 hours. Check frequently to be sure beans are always covered with water.

*Laura Benedict*

## NEW ENGLAND BAKED BEANS

- |                        |                  |
|------------------------|------------------|
| 2 c. favorite beans    | 2 tsp. salt      |
| 1/2 lb. lean salt pork | 1/8 tsp. pepper  |
| 1 onion, sliced        | 1/4 tsp. mustard |
| 3 tbsp. molasses       |                  |

## Miscellaneous

Soak beans overnight in cold water. Simmer in same water until tender (1/2 to 3/4 hour, when skin lifts off when blowing on beans). Drain beans and save liquid. Place all ingredients in 2 quart bean pot. Pour reserved bean liquid just to cover beans. Cover and bake at 300 degrees 6 to 8 hours, removing cover last 1/2 hour of baking. Add boiling water as needed to keep beans from becoming dry. Serve hot with hot steamed brown bread. 6 servings.

*Janet I. Howe*

## BOSTON BAKED BEANS

- |                         |                            |
|-------------------------|----------------------------|
| 1 1/2 lb. pea beans     | 2 tbsp. cider vinegar      |
| 1 tsp. dry mustard      | 1/4 tsp. ground cinnamon   |
| 1/4 tsp. pepper         | 1/4 tsp. ground allspice   |
| 2 tsp. salt             | 1 tsp. hickory smoked salt |
| 3 med. onions, chopped  | 1/4 tsp. paprika           |
| 1/4 c. dark brown sugar | 1/2 lb. salt pork, diced   |
| 3/4 c. dark molasses    |                            |

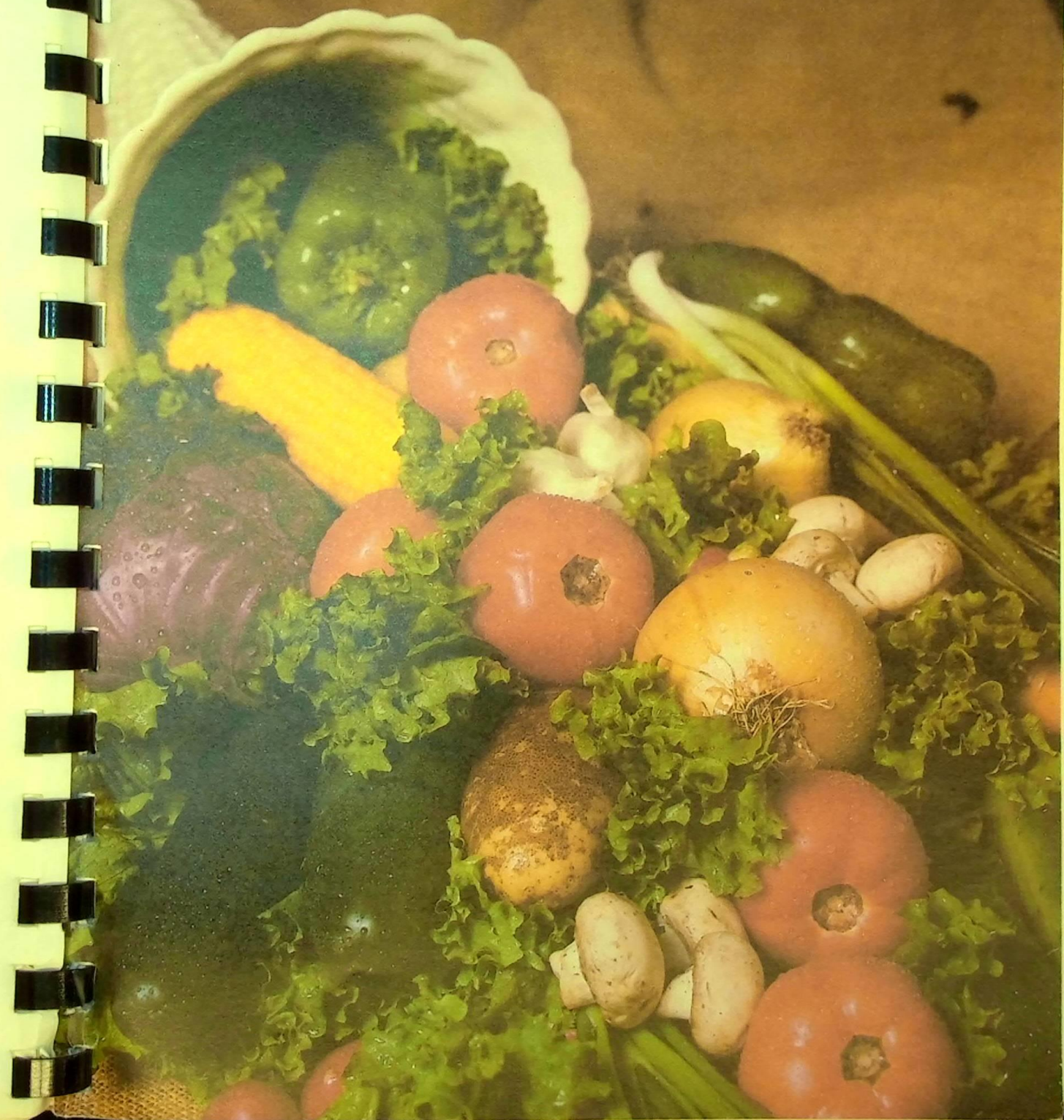
Soak beans overnight in cold water. Bring to a boil; cook for 20 minutes. Drain; place in earthen crock or bean pot. Add remaining ingredients; cover with hot water. Bake covered at 250 degrees for 6 to 8 hours. Adding boiling water as needed. 8 to 10 servings.

*Janet St. Cyr*



\*\*\*EXTRA RECIPES\*\*\*

## Miscellaneous





## POTPOURRI

To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away.

Vinegar brought to a boil in a new frying pan will prevent food from sticking.

When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.

Club soda cleans and polishes kitchen appliances at the same time.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaner.

Once an onion has been cut in half, rub the left-over side with butter and it will keep fresh longer.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old maids." "Old Maids" can also be eliminated by running ice cold water over the kernels before throwing into the popper.

Pinch of rosemary to water cooking rice will add an interesting flavor.

Cook wild meats with onions, cuts down wild flavor.

Do you substitute ingredients? This is always risky — don't do it! For example, sifted flour is not interchangeable with unsifted.

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in double thickness of aluminum foil.

Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

Don't let spilled wine spoil your prettiest tablecloth. While the stain is still wet, cover it with a mound of ordinary table salt; when dry just brush away. The salt will absorb the wine so completely you won't even have to wash the cloth.

Shaving cream is one of the most useful upholstery cleaners.

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand 10 minutes. Rinse thoroughly.

To clean and shine copper pots, rub with Worcestershire sauce or catsup. The tarnish will disappear.

To get cotton white socks white again, boil in water to which a slice of lemon has been added.



## HOMEMADE NOODLES

3 c. flour  
1 egg

water

Put flour in bowl. Make a well in the middle. Add egg to middle and enough water to mix to a dough consistency. Let dough stand covered for 1/2 hour. Cut in 4 pieces. Roll out to 1/8 inch. Let dough dry on towel about 2 hours. Roll up each dough (like a jelly roll) and cut into 1/4 inch slices. Open up slices and let dry 1 hour. Boil water and cook pasta until it rises to top of water. Drain and put sauce over.

*Jennie Reale*

## GERMAN PANCAKES

Preheat oven to 400 degrees. Melt 3 tablespoons butter in roasting pan. Make batter.

**BATTER:**  
6 eggs  
1 c. milk

1 c. flour

Pour batter in pan. Cook 20 minutes. Serve with syrup.

*Louise Chase*

## WHEAT PANCAKES

1 c. sour milk (add 1 tbsp.  
vinegar to 1 c. whole  
milk to make sour milk)  
or use buttermilk  
1 egg  
1 tbsp. brown sugar

1 c. whole wheat flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 tbsp. oil

In bowl mix together all of above. Fry pancakes on hot oiled griddle. Serve with honey or maple syrup. Yield - about 1 dozen pancakes.

*Leslie Manning*



## PUFFY CHEESE TUNA SANDWICH

Combine:

1 (7 oz.) can tuna  
1 1/2 tsp. prepared mustard  
1/4 tsp. Worcestershire sauce

1/4 c. mayonnaise  
1 1/2 tsp. grated onion

Combine:

1/2 c. grated American cheese  
1 egg, slightly beaten

1/4 c. mayonnaise  
6 slices bread

Toast bread on one side. Spread with tuna mix. Top with cheese mix. Broil under moderate heat until puffy and slightly brown.

*Marion Jones*

## SNOWBALLS

1/2 c. margarine  
1 c. sugar  
1 egg, beaten  
1 c. cut up dates

2 c. Rice Krispies  
1/2 c. nuts  
1 tsp. vanilla  
Coconut

Combine margarine, sugar, beaten egg and dates; cook for 10 minutes, stirring constantly. Cool and add Rice Krispies, nuts, chopped fine and vanilla. Form into balls and roll in coconut. Chill in refrigerator for awhile.

*Helen Brannigan*

## HONEY CRACKER JACKS

6 c. popped corn  
1 c. peanuts

1/2 c. honey  
1/4 c. butter or margarine

Pop corn. Mix peanuts into popped corn. Heat honey and butter in a saucepan until blended. Cool. In a large bowl, pour honey mixture over popcorn and peanuts (stirring as you pour). When well coated, spread a single layer in a jelly roll pan. Bake at 350 degrees for 5 to 10 minutes. Cool and enjoy.

*Lindsey Benedict*

## MICROWAVE CARAMEL CORN

4 qts. popped corn  
1 c. brown sugar  
1/2 c. butter

1/4 c. + 2 tbsp. med. Karo  
1/2 tsp. baking soda

Place popped corn in large paper bag. Combine brown sugar, Karo and butter in a bowl, microwave 3 to 4 minutes on high, stirring occasionally, boil for 2 minutes, stir in baking soda. Pour syrup mixture over popped corn, stir with large wooden spoon. Shake folded bag. Microwave for 1 1/2 minutes more. Shake. Pour into large roasting pan, cool and stir to separate kernels.

*David Lantman*

## FRUIT LEATHER

Wash, pit and cut up enough pears, peaches, plums or cherries and puree in a blender or food processor. (Grapes must be put through a food mill after this) to make 2 cups of puree. Add 1 tablespoon of lemon juice and 1/4 teaspoon ground cinnamon. Whirl or process again. (Add 1/4 cup of sugar or honey for Grape Leather).

*Kimberly Lampron*

## PEANUT BRITTLE

2 c. sugar  
1 c. white Karo syrup  
1/2 c. water  
2 c. unsalted peanuts (you may use pecans too)

1 tbsp. butter  
1/2 tsp. vanilla  
1 1/2 tsp. baking soda  
\*Prepare buttered cookie sheet (with sides) ahead

Mix Karo, sugar, and water in saucepan and heat to 250 degrees. Add butter and peanuts and heat to 260 degrees. Cook slowly to 300 degrees. Remove from heat and add vanilla and soda. Stir until very foamy. Pour onto buttered cookie sheet. Let cool (about 1/2 hour). Break into chunks.

*Kathleen J. Gifford*



## TERIYAKI MARINADE

- |  |                          |
|--|--------------------------|
| 1 tbsp. freshly grated<br>ginger (or 1 tsp.<br>powdered) | 2 tbsp. sugar            |
| 2 cloves garlic, minced                                  | 1 c. soy sauce or tamari |
| 1 med. onion, chopped                                    | 1/2 c. sherry (dry)      |

Combine above; Makes enough marinade for 8 pork chops, 2 pounds of sirloin or 6 chicken breasts. Let meat marinate at least 2 hours, then broil over charcoal.

*Leslie Manning*

## THICK FRENCH DRESSING

Combine all ingredients in a blender or food processor.

- |                      |                        |
|----------------------|------------------------|
| 2/3 c. catsup        | 1 garlic clove, halved |
| 1 c. vegetable oil   | 2 tsp. paprika         |
| 1/2 c. sugar         | 1/2 c. white vinegar   |
| 1 med. onion, cut up | 1 tbsp. lemon juice    |

Yield: about 2 1/2 cups. This is great with cooked and cooled green beans and onion slices for a different kind of bean salad.

*Donna Frost*

## ITALIAN DRESSING

- |                                  |                      |
|----------------------------------|----------------------|
| 5/8 c. oil                       | 1 tsp. dried oregano |
| 3/8 c. vinegar                   | 1 tsp. dill weed     |
| 1 tsp. grated parmesan<br>cheese | 1 tsp. garlic salt   |
|                                  | 1/4 tsp. pepper      |

Combine above; Chill overnight.

*Leslie Manning*

## MAYONNAISE

- |                      |                 |
|----------------------|-----------------|
| 1/2 tsp. dry mustard | 1 egg           |
| 1 tsp. salt          | 2 tbsp. vinegar |
| Dash pepper          | 1 c. oil        |
| 1/2 tsp. sugar       |                 |

In blender container blend first 6 ingredients at moderate speed with cover on. Through hole in cover slowly pour oil. Remove from blender container to glass jar. Keep in refrigerator.

*Dorothy Barter*

## ICED TEA FOR A CROWD

- |              |   |
|--------------|---|
| 3 qts. water | 8 tea bags                                  |
| 3/4 c. sugar | 1 can (12 oz.) pink<br>lemonade concentrate |

In a large saucepan over medium heat, bring water to a boil. Remove from heat. Stir in sugar until dissolved. Add tea bags. Steep for 5 minutes or until desired strength. Remove tea bags. Cool. Add lemonade concentrate and enough additional water to equal 1 gallon total liquid. Store in a gallon jar. Stir before serving over ice. Makes 1 gallon.

*Lynn Rowlenon*

## RUSSIAN TEA

- |                    |  |
|--------------------|--|
| 18 oz. jar Tang    | 1 1/2 c. sugar                             |
| 3/4 c. instant tea | 1/2 tsp. each: cinnamon,<br>nutmeg, cloves |

Mix all ingredients and store in jar. Boil hot water. Add mixture to teacup (about 2 teaspoons) and add water. Sit back and relax.

*Normandie Benson Blake*

## KAHLUA

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 5 1/4 c. sugar                    | 1/2 tsp. pure vanilla<br>extract |
| 3/4 c. instant coffee             | 1 fifth of 100 proof<br>vodka    |
| 3 c. water                        |                                  |
| 1 vanilla bean, finely<br>chopped |                                  |

Boil water for 10 minutes with sugar. Then add coffee and stir well (this will be sticky). Cool this mixture. Add vanilla bean, vanilla extract, and vodka. Let set for 3 weeks (covered lightly). Strain and bottle. Makes 1/2 gallon.

*Laura Benedict*



## KAHLUA

1 qt. vodka\*  
4 c. sugar  
2 c. water  
1/4 c. instant coffee

1 vanilla bean (whole)  
1 tsp. vanilla  
\* 80 proof vodka is smoother

Bring water, sugar, coffee and vanilla to boil. Stir frequently. Remove from heat. Add vodka and vanilla bean. Put in 1/2 gallon jug (milk jug works great). Cap and wait 30 days. Swirl jug once a week. Drink and enjoy.

*Linda Caldwell*

## ARTILLARY PUNCH

3/4 c. sugar  
6 oz. lemon juice

1 tbsp. bitters

Mix until sugar dissolves. Right before serving add:  
1 bottle rye  
1 bottle brandy  
1 bottle sherry

1 bottle red wine (burgundy)  
1 bottle club soda  
Ice

Watch Out!

*Sally Becker*

## PLAY DOUGH

Not to eat, but fun to play with.

Blend together:

1/2 c. salt  
1 tbsp. oil

2 tbsp. alum (available at drugstores)

Add above to:

1 1/2 c. boiling water  
(with a few drops of food coloring added)

2 1/2 c. flour

Store in plastic bag or airtight container. When it starts to dry out add a few drops of water and knead.

*Leah Manning  
Greg Manning*

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**\*\* EXTRA RECIPES \*\***



## \*\* EXTRA RECIPES \*\*

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# CALENDAR FOR 1990

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## THE MOST USUAL WEIGHTS AND MEASURES

A pinch	=	$\frac{1}{8}$ teaspoon or less
1 tablespoon	=	3 teaspoons
4 tablespoons	=	$\frac{1}{4}$ cup
8 tablespoons	=	$\frac{1}{2}$ cup
12 tablespoons	=	$\frac{3}{4}$ cup
1 cup of liquid	=	$\frac{1}{2}$ pint
2 cups of liquid	=	1 pint
4 cups of liquid	=	1 quart
2 pints of liquid	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck, such as apples, pears, etc.
16 ounces	=	1 pound

## TABLE OF EQUIVALENTS

FOOD	QUANTITY	YIELD
apples	1 medium	1 cup sliced
bread crumbs	3 to 4 slices bread 1 slice bread	1 cup dry crumbs $\frac{3}{4}$ cup soft crumbs
cabbage	1 pound	4 cups shredded
cheese	$\frac{1}{4}$ pound	1 cup shredded
cherries	1 quart	2 cups pitted
crackers, graham	15	1 cup fine crumbs
crackers, soda	16 22	1 cup coarse crumbs 1 cup fine crumbs
cranberries	1 pound	3 to $3\frac{1}{2}$ cups sauce
cream, whipping	1 cup	2 cups whipped
dried raisins, currants	1 pound	3 cups, seedless $2\frac{1}{2}$ cups, seeded
dates	1 pound	$2\frac{1}{2}$ cups, chopped
dry beans	1 cup	$2\frac{1}{2}$ cups cooked
eggs	5 medium 8 medium egg whites 12 to 14 medium egg yolks	1 cup 1 cup 1 cup
flour	1 pound sifted	4 cups
lemon	1	2 to 3 tablespoons juice
macaroni, spaghetti, noodles	$\frac{1}{2}$ pound	4 cups cooked
nuts, peanuts	5 ounces	1 cup
pecans, chopped	$4\frac{1}{4}$ ounces	1 cup
halves	$3\frac{3}{4}$ ounces	1 cup
walnuts, chopped	$4\frac{1}{2}$ ounces	1 cup
halves	$3\frac{1}{2}$ ounces	1 cup
onion	1 medium	$\frac{1}{2}$ cup chopped
orange	1	$\frac{1}{3}$ to $\frac{1}{2}$ cup juice
rice	1 cup	$3\frac{1}{2}$ cups cooked
rice, precooked	1 cup	2 cups cooked
sugar, brown	1 pound	$2\frac{1}{4}$ cups firmly packed
confectioners'	1 pound	$3\frac{1}{2}$ cups sifted
granulated	1 pound	$2\frac{1}{4}$ cups



## TIMETABLE FOR ROASTING TURKEYS

WEIGHT (unstuffed)	ROASTING TIME (unstuffed turkey)	ROASTING TIME (stuffed turkey)
6 lbs.	2 hrs.	2 hrs. 30 mins.
7 lbs.	2 hrs. 5 mins.	2 hrs. 40 mins.
8 lbs.	2 hrs. 10 mins.	2 hrs. 50 mins.
9 lbs.	2 hrs. 15 mins.	3 hrs.
10 lbs.	2 hrs. 30 mins.	3 hrs. 20 mins.
11 lbs.	2 hrs. 45 mins.	3 hrs. 40 mins.
12 lbs.	3 hrs.	4 hrs.
13 lbs.	3 hrs. 15 mins.	4 hrs. 20 mins.
14 lbs.	3 hrs. 30 mins.	4 hrs. 40 mins.
15 lbs.	3 hrs. 45 mins.	5 hrs.
16 lbs.	4 hrs.	5 hrs. 20 mins.
17 lbs.	4 hrs. 15 mins.	5 hrs. 40 mins.
18 lbs.	4 hrs. 30 mins.	6 hrs.
19 lbs.	4 hrs. 45 mins.	6 hrs. 20 mins.
20 lbs.	5 hrs.	6 hrs. 40 mins.
21 lbs.	5 hrs. 15 mins.	7 hrs.
22 lbs.	5 hrs. 30 mins.	7 hrs. 20 mins.

## TO DEFROST A TURKEY IN THE REFRIGERATOR

WEIGHT OF TURKEY	DEFROSTING TIME
4 to 10 pounds	1 to 2 days
10 to 20 pounds	2 to 3 days
20 to 24 pounds	3 to 4 days

## SUGGESTIONS FOR MEAT COOKERY

### I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook (minutes per side)	Appropriate Vegetables		Sauce or Relish
				Potatoes or Equivalent	Other Vegetables	
A. Beefsteak	Sirloin Porterhouse Club Tenderloin Rib	Broil Pan-broil	(1) 1 inch thick: rare—5 min. medium—6 min. well done—7-8 min. (2) 1½ inches thick: rare—7-9 min. medium—10 min. well done—12 min. (3) 2 inches thick: rare—16 min. medium—18 min. well done—20 min.	Belgian baked potatoes Baked stuffed potatoes	String beans Creamed onions Cauliflower au gratin Buttered parsnips	Mushroom sauce Pan-fried mushrooms Maitre d'hôtel butter
B. Hamburger steak and Meat balls	Bottom round	Pan-broil Broil	(1) Steak 1 inch thick: 4-5 minutes (2) meat balls 5-10 minutes	Macaroni Noodles Boiled sweet potatoes	Broiled tomato Curried cauliflower Pan-fried onions	Wilted cucumbers Dressed lettuce
C. Lamb chops and steak	Rib chops Loin chops Shoulder chops Steak (top of leg)	Broil Pan-broil	(1) 1 inch thick: 8-7 min. (2) 1½ inches thick: 9-12 min.	Creamed potatoes Baked potatoes	Diced carrots Buttered peas	Currant jelly Mint jelly



## SUGGESTIONS FOR MEAT COOKERY

### I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook	Appropriate Vegetables		Sauce or Relish
				Potatoes or Equivalent	Other Vegetables	
D. Veal chops	Rib Loin	Braise	1 inch thick: brown, then 45 min.	Baked potatoes Potatoes in cream	Boiled onions Glazed carrots Harvard beets Dandelion greens Baked tomatoes Asparagus	Tomato sauce Brown sauce Lemon slices Bread stuffing
E. Veal cutlets, steaks, and birds	Top of leg	Braise (i.e., Pan-fry, then cook covered)	Brown, then 45 min.	Mashed potatoes Potato puff		Brown sauce Piquante sauce Tomato sauce
F. Pork chops	Rib Loin Shoulder	Braise Bake	<i>Serve well done</i> ½ inch thick: brown, then 20 min. 1 inch thick: brown, then 40 min. bake 30 min. to 1 hour	Mashed potatoes Baked sweet potatoes Sweet potatoes with apples	Buttered cabbage Cauliflower Pan-fried onions	Brown sauce Apple sauce Spiced jelly Bread stuffing
G. Pork steak	Top of leg Shoulder	Braise	Brown, then 30 min. ¼ inch thick: 5 min. per side	See Pork Chops		
H. Sliced ham	Center of leg	(1) Pan-broil (2) Bake at 350° F.	1½ inches thick: 1 hour	Creamed potatoes Scalloped potatoes Glazed sweet potatoes	Buttered spinach Buttered carrots Buttered cabbage Broccoli	Sweet pickles Dressed lettuce
I. Pork tenderloin	Tenderloin	(1) Braise (2) Bake	Brown, then 20 min. 45 min.	Potatoes au gratin Scalloped potatoes	Corn oysters Mashed squash Spinach or other greens	Pan-fried apples Apple sauce Stuffed apples

## SUGGESTIONS FOR MEAT COOKERY

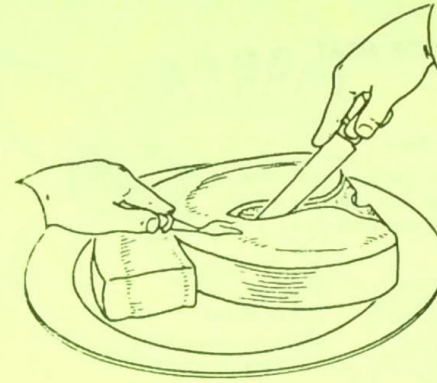
### II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook	Appropriate Vegetables		Sauce or Relish
				Potatoes or Equivalent	Other Vegetables	
J. Veal, calf, beef, lamb, or pig	Liver	(1) Pan-fry (2) Braise	5 min. per side Brown, then 15 to 30 min.	Creamed potatoes Baked potatoes Pan-fried sweet potatoes	Spinach or other greens Creamed onions Scalloped tomatoes with corn or okra Baked tomatoes Creamed cabbage	Broiled bacon
K. Calf	Heart	(1) ¼ to ½ inch slices broil (2) Stuff and bake	10-15 min.	Lyonnaise potatoes Potato puff	Creamed turnip Pan-fried parsnips French artichoke	
L. Calf	Sweetbreads	(1) Simmer then reheat (see page 217) (2) En brochette (page 221)	Pan-fry 15 min., bake in casserole 2 hours Simmer 20 min. 12-15 min.	Parsley potatoes Croustade cases Potato balls	Asparagus Baked stuffed tomatoes Green peas	
M. Calf or lamb	Tongue	(1) Stew (2) Stew, then jelly (page 220)	1½-2 hours	Parsley potatoes Potato salad	Mushrooms Spinach Lima beans	Horseradish sauce Raisin sauce

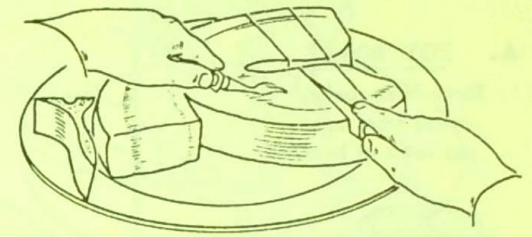


## II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

N.	Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook	Appropriate Vegetables		Sauce or Relish
					Potatoes or Equivalent	Other Vegetables	
O.	Calf or lamb	Kidneys	(1) Broil (2) En brochette (3) Pan-fry, then stew	5 min. per side 12-15 min. Pan-fry 15 min. stew 30 min.	Delmonico potatoes Hashed brown potatoes	String beans Braised celery Brussels sprouts	
		Tripe	(1) Broil (2) Pan-fry	5 min. per side 5 min. per side	Raw fried potatoes Mashed potatoes Baked potatoes	Buttered onions Tomato aspic Buttered carrots	
P.	Hash	Corned beef or left-over meat	(3) Creole (page 222) Pan-fry or bake	10 min. 30-45 min.			
Q.	Bacon	Machine-sliced Canadian-style	(1) Pan-broil (2) Bake (3) Broil	(1) 5 min. per side (2) 10-15 min. (3) 3 min. per side		Buttered beets Wilted lettuce	Dressed lettuce Piccalilli Vegetable salad
		Link sausage Sausage meat	(1) Pan-broil (2) Bake	(1) 15 min. (2) 25-30 min.	Scalloped potatoes Baked potatoes	Scalloped corn and tomato Vegetable plate (see page 407) Baked squash Creamed cabbage Corn à la Southern	Pan-fried apples Baked apples



1.



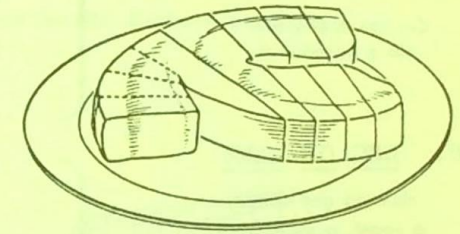
2.

### CARVING A PORTERHOUSE STEAK

Top left: Place steak on a hot platter.

Top right: Cut out the bone.

Right: Cut wedge-shaped strips from the outer edge to the place where the bone was removed. Serve each person some of the choice tenderloin (inside the bone).

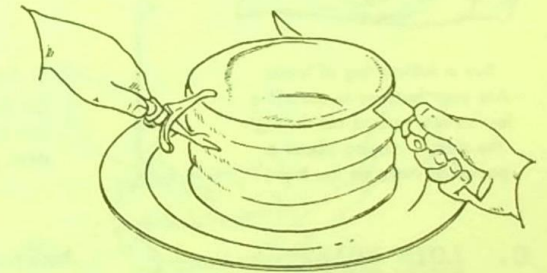


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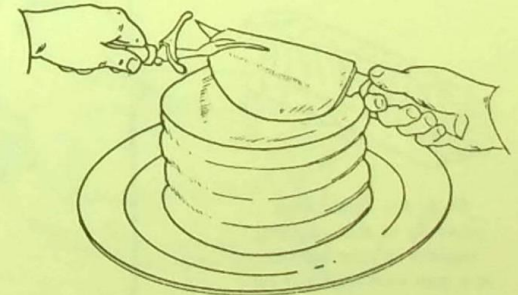
### CARVING A ROLLED RIB ROAST

1. Place the roast on a hot platter with the larger cut surface down.

Cut a thin slice across the grain, starting from the right side; cut the cords one at a time as the roast is sliced down to them.



2. Remove slices to a serving plate as they are cut.





## THREE MEALS FROM ONE CUT OF MEAT

### A. POT ROAST

Three fresh-cooked meals from one pot roast of beef



Cut into three pieces along dotted lines

#### 1. Stew

Cut the round end of the roast into cubes for a beef and vegetable stew

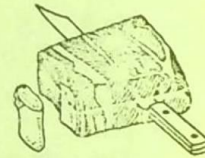


#### 2. Pot Roast

Leave the center for a pot roast

#### 3. Swiss Steak

With a sharp knife split the remaining piece to make Swiss steaks



### B. LEG OF LAMB

How to get steaks, a roast, a stew from one leg of lamb



Buy a full-cut leg of lamb. Ask your butcher to cut off a few steaks, and to cut through the shank, leaving about a pound of meat on the bone

#### 1. Steaks to Broil



#### 2. Roast

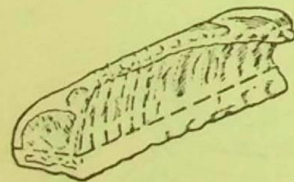
#### 3. Stew or Casserole

Cut the meat from the shank into cubes. Use for an Irish stew, a curry, or shish kebob



### C. LOIN ROAST

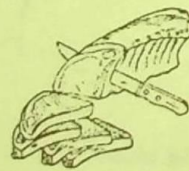
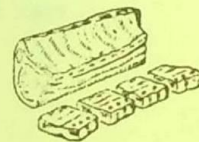
Three fresh-cooked meals from a pork loin roast (rib-cut)



Study the dotted lines carefully so that you can explain to your butcher how you wish the meat cut

#### 1. Barbecueed Backbones

Ask your butcher to saw through the ribs high enough to leave an inch thick layer of meat on the backbones. Ask him to chop these backbones into serving-sized pieces. Cook as you would spareribs

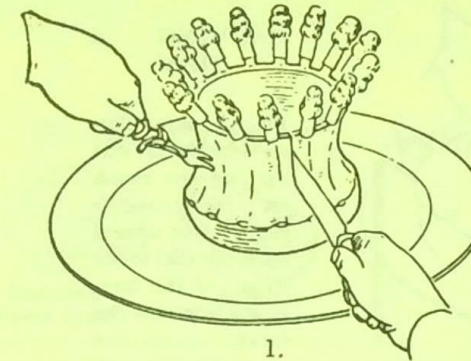


#### 2. Chops

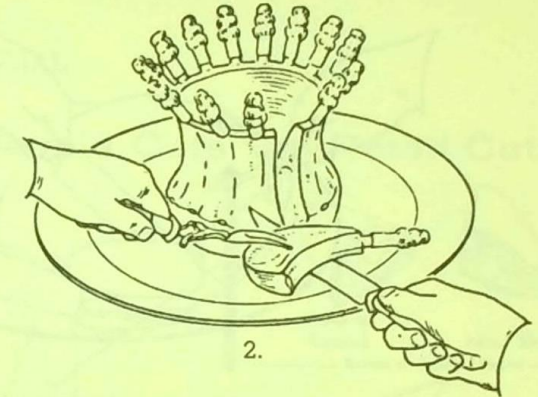
Cut a few chops from the remaining piece by slicing between the ribs

#### 3. Roast

Roast the remaining piece



1.



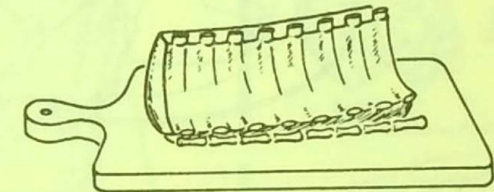
2.

### CARVING A CROWN ROAST OF LAMB

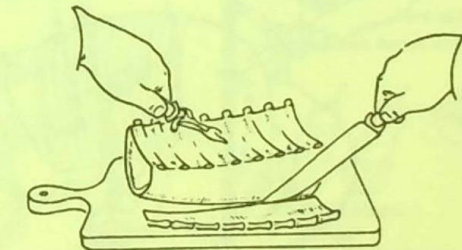
The roast is ready for the carver. Cut between the ribs. Remove individual chops to serving plates.

### CARVING A LOIN ROAST OF PORK

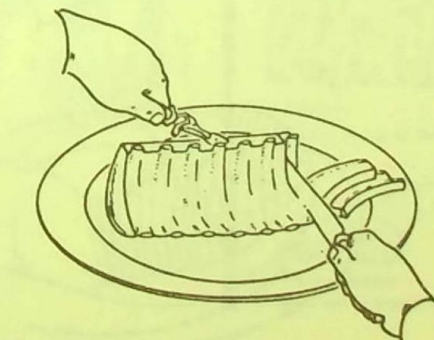
1. Ask the butcher to loosen the backbone by sawing across the ribs close to the joining with the backbone.



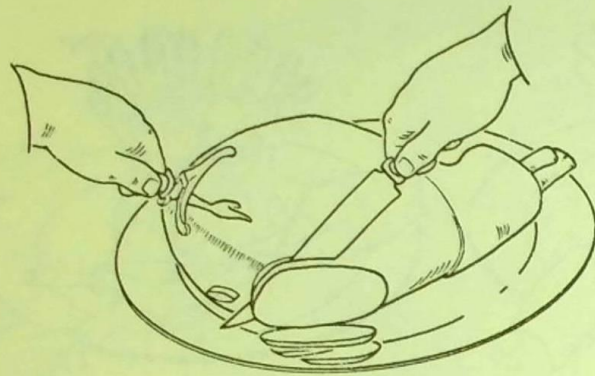
2. Cut the backbone away from the cooked roast in the kitchen ready for the carver.



3. Cut the slices close to the ribs; for each slice that has a rib bone, there should be a boneless slice from the space between the ribs.

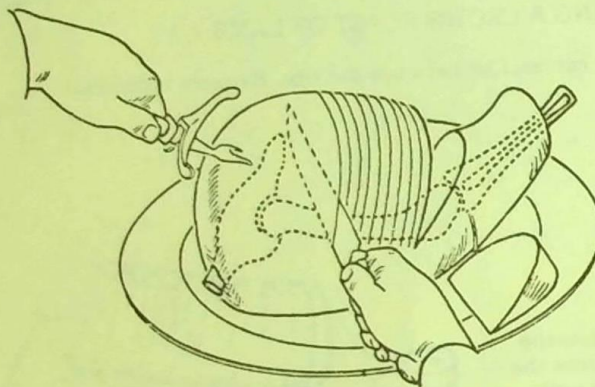




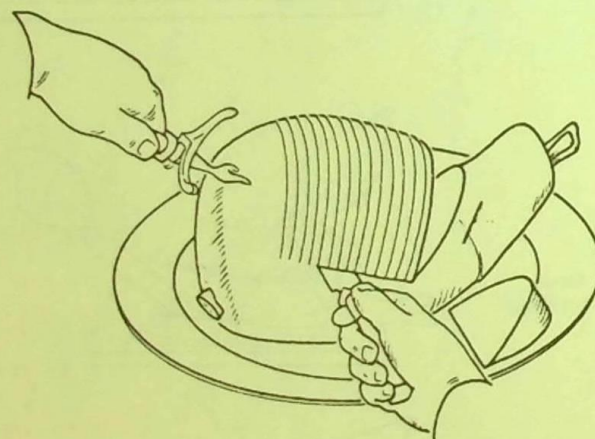


## CARVING A HAM

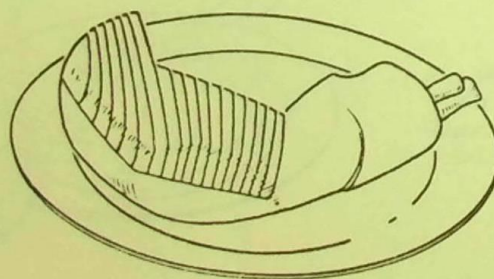
1. Place ham on platter with the fat side up and the shank on the carver's right. Cut several slices parallel to the length of the ham on the side near the carver.



2. Turn the ham so that it rests on the cut surface; cut a small wedge from the shank end. Cut thin slices down to the leg bone.



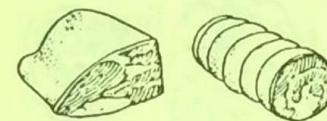
3. Cut along the bone and free the slices.



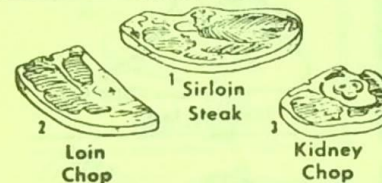
4. For more servings, turn the ham back to its original position and slice at right angles to the bone.

## VEAL

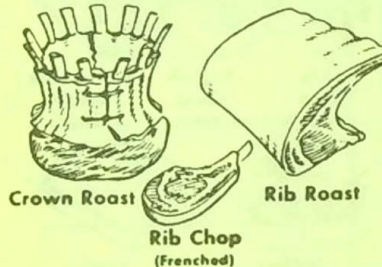
### Retail Cuts



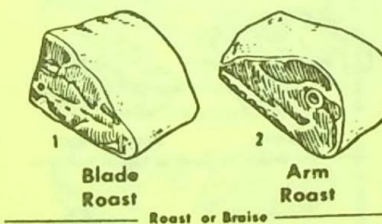
Standing Rump Roast      Rolled Rump Roast  
— Roast or Braise —



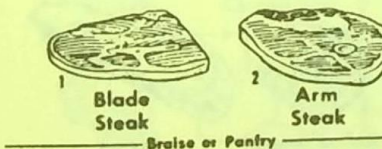
— Braise or Panfry —



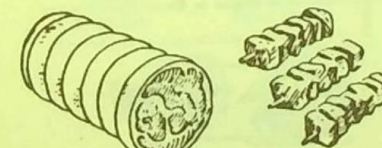
— Roast — • — Braise or Panfry — • — Roast —



— Roast or Braise —

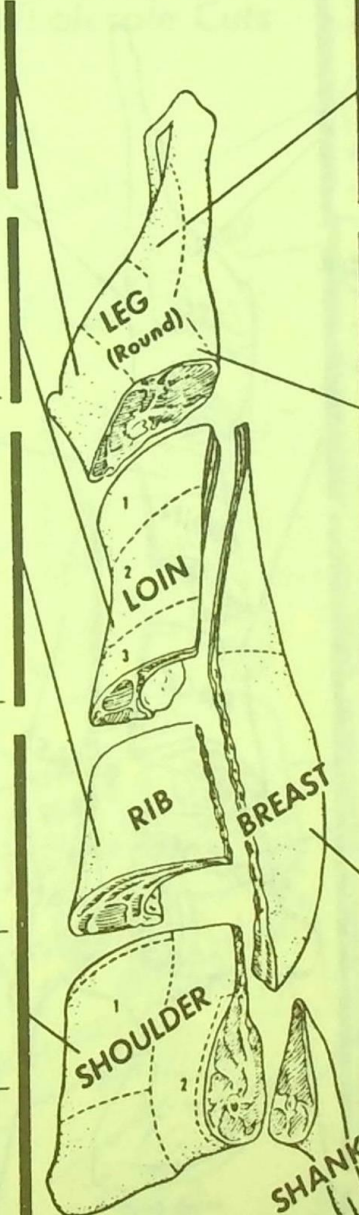


— Braise or Panfry —



— Roast or Braise — • — Braise, Panfry —

### Wholesale Cuts



### Retail Cuts



Heel of Round      Hind Shank  
— Braise or Cook in Liquid —



Round Steak (Cutlet)      Leg (Round) Center-Cut Roast  
— Braise or Panfry — • — Roast or Braise —



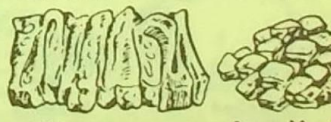
— Braise or Panfry —



Breast  
— Roast, Braise, Cook in Liquid —



Mock Chicken Legs      Loaf  
— Braise or Panfry — • — Roast (Bake) —



Riblets      Stew Meat  
— Braise or Cook in Liquid —

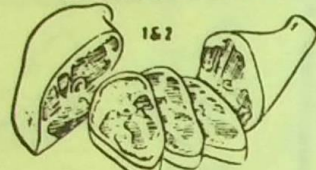


Fore Shank      Patties  
— Braise, Cook in Liquid — • — Braise or Panfry —



## LAMB

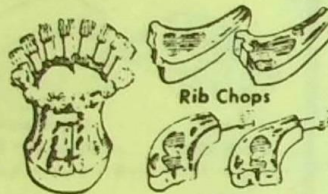
### Retail Cuts



Leg of Lamb

(Three cuts from one leg)

—Roast—•—Broil, Panbroil, Panfry—•—Braise—  
Roast



Crown Roast

Rib Chops

—Roast—•—Broil, Panbroil, Panfry—



Square Cut Shoulder

Arm Chop

Blade Chop

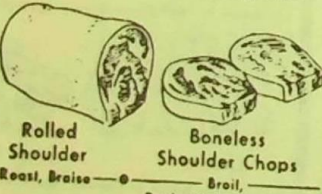
—Roast—•—Broil, Panbroil, Panfry, Braise—



Cushion Shoulder

Saratoga Chops

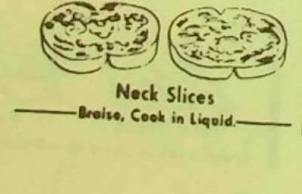
—Roast—•—Broil, Panbroil, Panfry, Braise—



Rolled Shoulder

Boneless Shoulder Chops

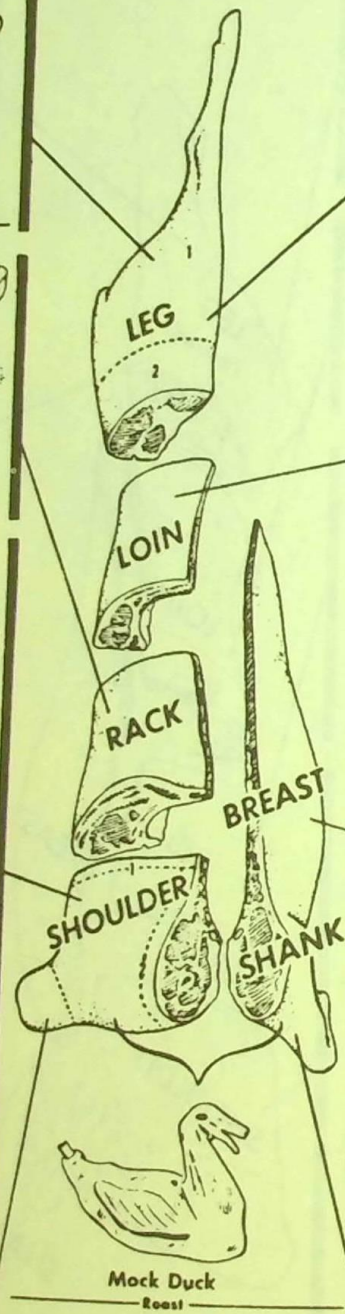
—Roast, Braise—•—Broil, Panbroil, Panfry, Braise—



Neck Slices

—Braise, Cook in Liquid—

### Wholesale Cuts



Mock Duck

—Roast—

### Retail Cuts



American Leg

Boneless Sirloin Roast



Frenched Leg

—Roast—

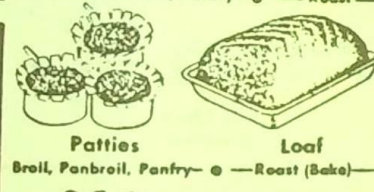


Loin Chop

English Chop

Rolled Loin Roast

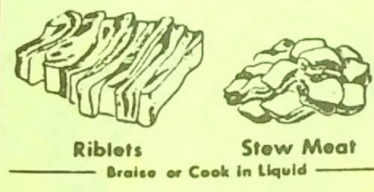
—Broil, Panbroil, Panfry—•—Roast—



Patties

Loaf

—Broil, Panbroil, Panfry—•—Roast (Bake)—



Riblets

Stew Meat

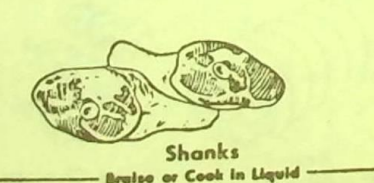
—Braise or Cook in Liquid—



Rolled Breast

Breast

—Braise or Roast—



Shanks

—Braise or Cook in Liquid—

## BEEF

### Retail Cuts



Ground Beef

Heel of Round

—Roast (Bake), Broil, •—Braise or Cook in Liquid—  
Panbroil, Panfry, Braise



Hind Shank

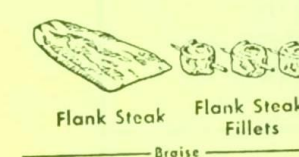
—Cook in Liquid (Soup) or Braise—



Rolled Flank

Flank Meat

—Braise or Cook in Liquid—



Flank Steak

Flank Steak Fillets

—Braise—

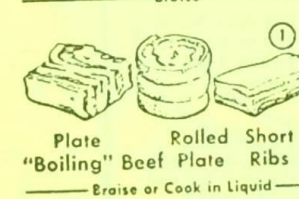
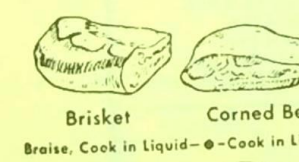


Plate "Boiling" Beef

Rolled Short Ribs

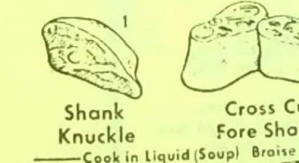
—Braise or Cook in Liquid—



Brisket

Corned Beef

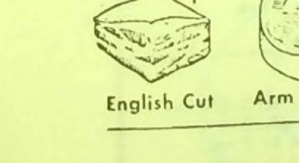
—Braise, Cook in Liquid—•—Cook in Liquid—



Shank Knuckle

Cross Cut Fore Shank

—Cook in Liquid (Soup) Braise—



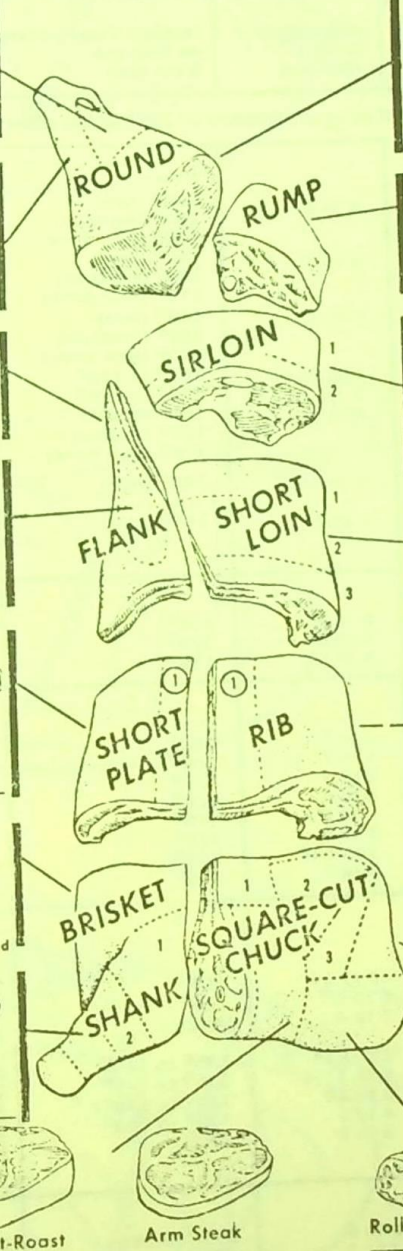
English Cut

Arm Pot-Roast

Arm Steak

—Braise—

### Wholesale Cuts



### Retail Cuts

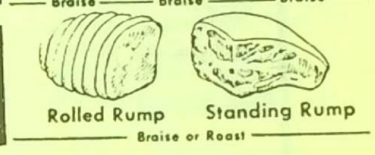


Round Steak

Top Round

Bottom Round

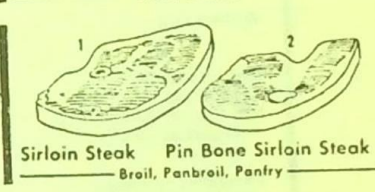
—Braise—•—Braise—•—Braise—



Rolled Rump

Standing Rump

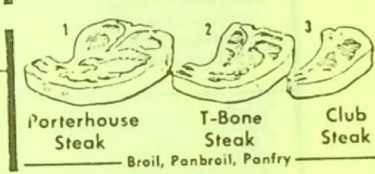
—Braise or Roast—



Sirloin Steak

Pin Bone Sirloin Steak

—Broil, Panbroil, Panfry—



Porterhouse Steak

T-Bone Steak

Club Steak

—Broil, Panbroil, Panfry—

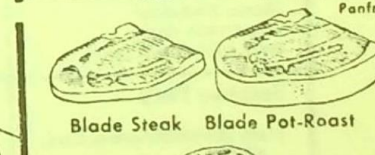


Standing Rib Roast

Rolled Rib Roast

Rib Steak

—Roast—•—Broil, Panbroil, Panfry—



Blade Steak

Blade Pot-Roast

—Braise—

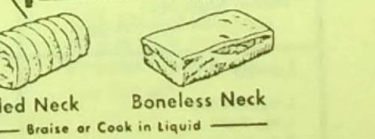


Triangle Pot-Roast

Boneless Chuck Pot-Roast

Shoulder Fillet

—Braise—



Rolled Neck

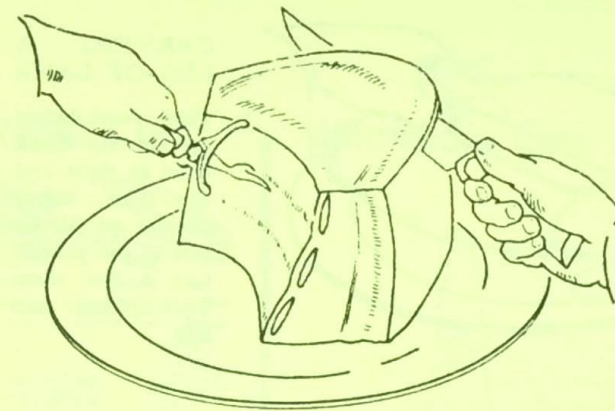
Boneless Neck

—Braise or Cook in Liquid—



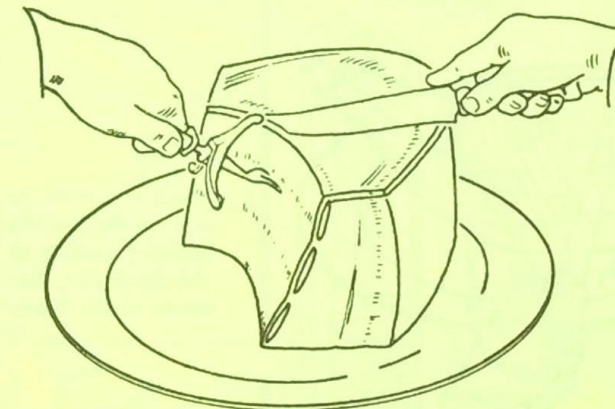
# ROASTING TIME AND TEMPERATURE CHART

Cut	Approximate Weight (Pounds)	Internal Temperature on Removal from oven	Approximate Cooking Time (Total Time)
<i>Roast meat at constant oven temperature of 325° unless otherwise indicated.</i>			
<b>Beef</b>			
Standing Rib	4 to 6	140° (rare) 160° (medium) 170° (well done)	2 1/4 to 2 3/4 hrs. 2 3/4 to 3 1/4 hrs. 3 1/4 to 3 1/2 hrs.
Standing Rib	6 to 8	140° (rare) 160° (medium) 170° (well done)	2 3/4 to 3 hrs. 3 to 3 1/2 hrs. 3 3/4 to 4 hrs.
Rolled Rib	5 to 7	140° (rare) 160° (medium) 170° (well done)	3 1/4 to 3 1/2 hrs. 3 3/4 to 4 hrs. 4 1/2 to 4 3/4 hrs.
Rolled Rump	4 to 6	150° to 170°	2 to 2 1/2 hrs.
Sirloin Tip	3 1/2 to 4	150° to 170°	2 to 2 3/4 hrs.
Rib Eye or Delmonico (Roast at 350°)	4 to 6	140° (rare) 160° (medium) 170° (well done)	1 1/2 to 1 3/4 hrs. 1 3/4 hrs. 2 hrs.
Tenderloin, whole (Roast at 425°)	4 to 6	140° (rare)	45 min. to 1 hr.
Tenderloin, half (Roast at 425°)	2 to 3	140° (rare)	45 to 50 min.
<b>Veal</b>			
Leg	5 to 8	170°	2 3/4 to 3 3/4 hrs.
Loin	4 to 6	170°	2 1/2 to 3 hrs.
Rolled Shoulder	4 to 6	170°	3 1/2 to 3 3/4 hrs.
<b>Fresh Pork</b>			
Loin, center	3 to 5	170°	2 1/2 to 3 hrs.
Loin, half	5 to 7	170°	3 1/2 to 4 1/4 hrs.
Loin, blade	3 to 4	170°	2 1/4 to 2 3/4 hrs.
Loin, center; rolled	3 to 4	170°	2 1/2 to 3 hrs.
Boston Shoulder	4 to 6	170°	3 to 4 hrs.
Picnic Shoulder	5 to 8	170°	3 to 4 hrs.
Leg (fresh ham)	10 to 16	170°	4 1/2 to 6 hrs.
Leg, half (fresh ham)	5 to 7	170°	3 1/2 to 4 1/2 hrs.
<b>Smoked Pork</b>			
Ham (cook-before-eating) whole	10 to 14	160°	3 1/2 to 4 hrs.
half	5 to 7	160°	2 1/2 to 3 hrs.
shank or butt	3 to 4	160°	2 to 2 1/4 hrs.
Ham (fully-cooked) whole	10 to 14	135° to 140°	2 1/2 to 3 hrs.
half	5 to 7	135° to 140°	1 3/4 to 2 1/4 hrs.
whole, boneless	8 to 10	135° to 140°	2 to 2 1/4 hrs.
half, boneless	4 to 5	135° to 140°	1 1/2 to 2 hrs.
Picnic Shoulder (cook-before-eating)	5 to 8	170°	3 to 4 hrs.
<b>Lamb</b>			
Leg, whole	5 to 8	175° to 180°	3 1/2 to 3 3/4 hrs.
Leg, half	3 to 4	175° to 180°	3 to 3 1/2 hrs.
Square Cut Shoulder	4 to 6	175° to 180°	2 3/4 to 3 hrs.
Rolled Shoulder	3 to 5	175° to 180°	2 1/2 to 3 hrs.

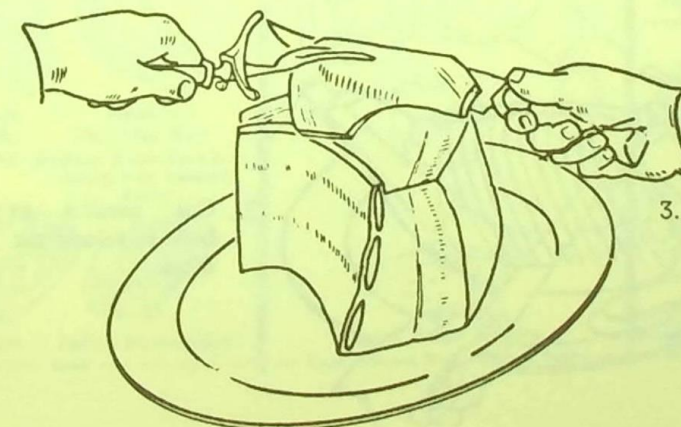


CARVING A  
STANDING RIB  
ROAST

1. Ask the butcher to saw off the short ribs and to saw between the ribs and the backbone. Place the roast on the platter with the larger cut surface down and the ribs to the carver's left. Insert the fork between the two top ribs; cut slices from 1/8 to 1/4 inch thick.

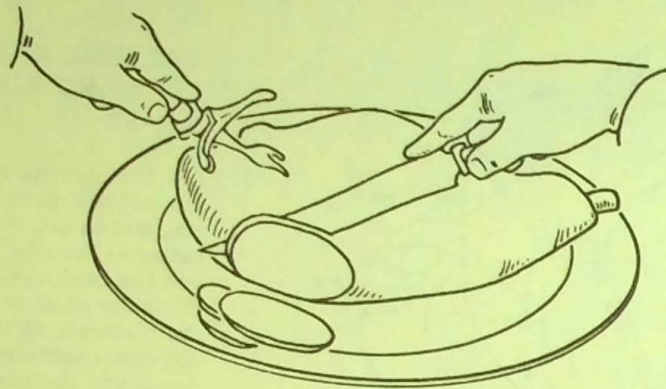


2. Cut close along the rib with the tip of the knife, thereby freeing the slice.



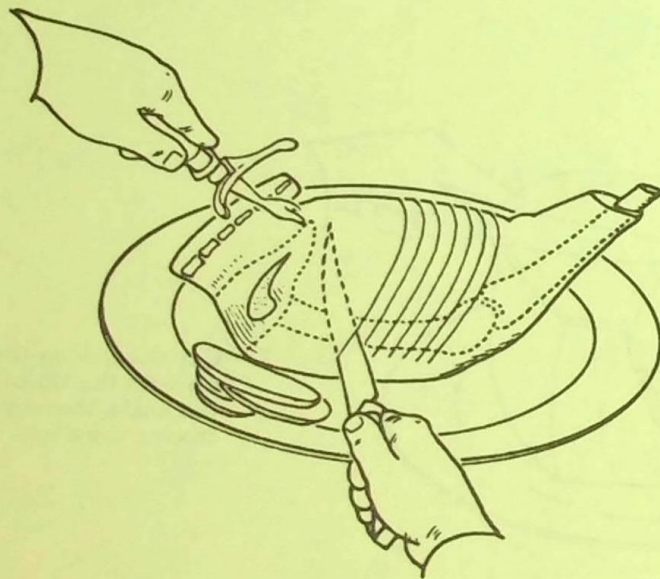
3. Lift each slice to the side until enough have been cut for all.



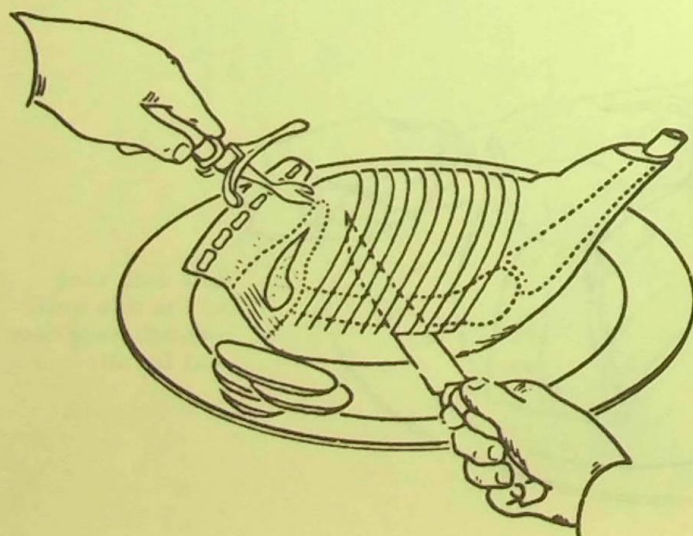


## CARVING A LEG OF LAMB

1. Place roast before carver with shank bone at right and the thick, meaty portion on the far side of the platter. Cut a few slices from the near thin side.



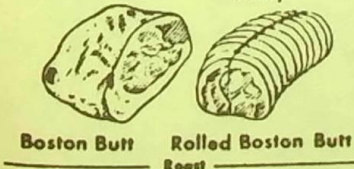
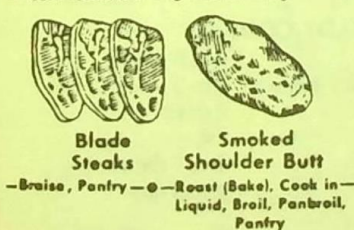
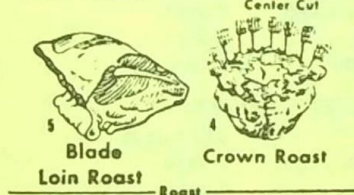
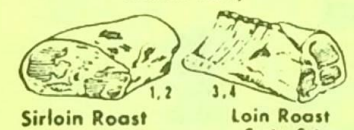
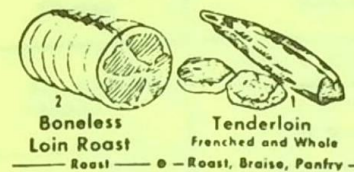
2. Turn the roast to rest on the flat cut surface; starting at the shank end, slice down to the bone.



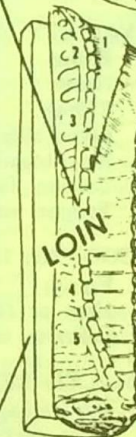
3. Cut parallel to bone to release the slices.

## PORK

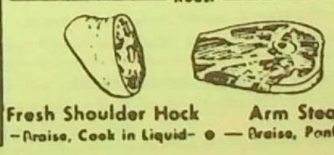
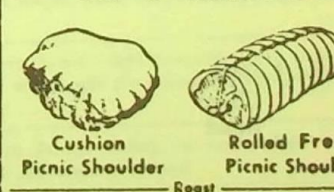
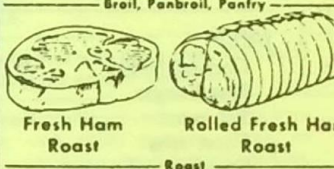
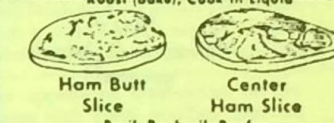
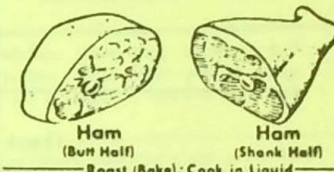
### Retail Cuts



### Wholesale Cuts



### Retail Cuts





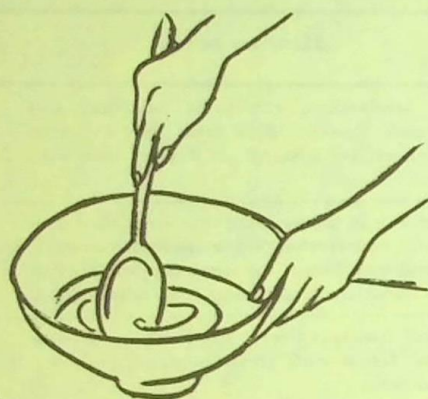
**STORAGE TIME GUIDE FOR MEAT**  
(kept in cold refrigerator at 36° F. to 40° F.)

MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY	MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY
<b>1. BEEF</b>			
Corned beef	7 days	Chops and steak	4 days
Hamburger	2 days	Roast	5 to 6 days
Pot roast	5 to 6 days	Stew meat	2 days
Short ribs	2 days		
Standing rib roast	5 to 8 days	<b>VARIETY MEATS</b>	
Standing and rolled rump and sirloin tip	5 to 6 days	Brains	1 day
Steak	3 to 5 days	Heart	2 days
Stew meat	2 days	Kidney	1 day
Tenderloin	3 to 5 days	Liver, sliced	2 days
		Sweetbreads, cooked	2 days
		Tongue, fresh	2 days
		Tongue, smoked	7 days
<b>2. PORK (fresh)</b>			
Chops	3 days	<b>COOKED, LOOSELY COVERED</b>	
Pork sausage	2 to 3 days	Franks	4 to 5 days
Roast	5 to 6 days	Ham or Picnic	7 days
Spareribs	3 days	Leftover meat	4 days
Knuckles or hocks	3 days		
<b>3. HAM, BACON (cured pork)</b>			
Bacon	6 to 7 days	<b>SLICED READY-COOKED</b>	
Half ham	7 days	Dry sausage	1 to 2 weeks
Whole ham	1 to 2 weeks	Liver sausage	2 to 3 days
Sliced ham	3 days	Luncheon meat	3 days
Picnic	1 to 2 weeks	Meat loaves	3 to 4 days
		Semidry sausage	7 to 8 days
<b>4. LAMB</b>			
Chops	3 days	<b>UNSLICED READY-COOKED</b>	
Roast	5 days	Bologna	4 to 6 days
		Dry and semidry sausage	2 to 3 weeks
		Shank	2 days
		Stew meat	2 days
		Liver sausage	4 to 6 days
		Meat loaves	4 to 6 days

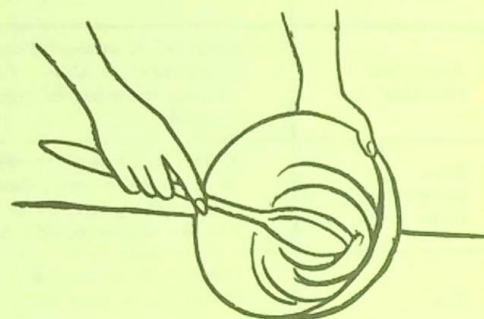
# CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers; on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor. (Stilton is similar, but like a blue-veined Cheddar.)	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie ( <i>bree</i> )	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert ( <i>kam' en bear</i> )	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese—serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruits.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster ( <i>mun' stir</i> )	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.
Parmesan, Romano	Sharp, piquant, very hard cheeses. Come in shakers grated. (Parmesan is also available shredded.) Or grate your own.	Sprinkle on pizza, main dishes, breads, salads, soups. Shake over buttered popcorn!
Port du Salut ( <i>por du sa lu'</i> )	Semisoft, smooth, and buttery. Mellow to robust flavor between Cheddar and Limburger.	Dessert cheese—delicious with fresh fruit; great with apple pie. Good for snack tray.
Provolone ( <i>pro vo lo' nee</i> )	Usually smoked; mild to sharp flavor. Hard, compact, and flaky. Pear or sausage shaped.	Use in Italian dishes, in sandwiches, on snack and appetizer trays.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too.





Stir



Beat

## TERMS USED IN RECIPES

**Bake** — To cook covered or uncovered in an oven or oven-type appliance. For meats cooked uncovered, it's called roasting.

**Baste** — To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

**Beat** — To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

**Blend** — To thoroughly mix two or more ingredients until smooth and uniform.

**Boil** — To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

**Braise** — To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.

**Broil** — To cook by direct heat, usually in broiler or over coals.

**Candied** — To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

**Chill** — To place in refrigerator to reduce temperature.

**Chop** — To cut in pieces about the size of peas with knife, chopper, or blender.

**Cool** — To remove from heat and let stand at room temperature.

**Cream** — To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.

**Cut In** — To mix shortening with dry ingredients using pastry blender or knives.

**Dice** — To cut food in small cubes of uniform size and shape.

**Dissolve** — To disperse a dry substance in a liquid to form a solution.

**Glaze** — A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

**Grate** — To rub on a grater that separates the food into very fine particles.

**Marinate** — To allow food to stand in a liquid to tenderize or to add flavor.

**Mince** — To cut or finely chop food into very small pieces.

**Mix** — To combine ingredients, usually by stirring, till evenly distributed.

**Poach** — To cook in hot liquid, being careful that food holds its shape while cooking.

**Precook** — To cook food partially or completely before final cooking or reheating.

**Roast** — To cook uncovered without water added, usually in an oven.

**Saute** — To brown or cook in a small amount of hot shortening.

**Scald** — To bring to a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

**Scallop** — To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

**Steam** — To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

**Stir** — To mix ingredients with a circular motion until well blended or of uniform consistency.

**Toss** — To mix ingredients lightly.

**Truss** — To secure fowl or other meat with skewers to hold its shape during cooking.

**Whip** — To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

## SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts,  $\frac{1}{4}$  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.

Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
<b>CRANBERRY JUICE:</b> Add cinnamon, allspice, and/or cloves. Serve hot or chilled.	<b>BISCUITS:</b> Add caraway seed, thyme, or savory to flour. Serve with meat.	<b>BAKED EGGS:</b> Sprinkle dash of thyme or paprika over the top.
<b>FRUIT COCKTAIL:</b> Try adding mint or rosemary.	<b>BREAD:</b> Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.	<b>CREAMED EGGS:</b> Add mace.
<b>STUFFED CELERY:</b> Mix caraway seed with cream cheese; fill celery. Dash with paprika.	<b>COFFEE CAKE:</b> Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.	<b>DEVILED EGGS:</b> Add celery seed, cumin, mustard, savory, chili powder, or curry powder.
<b>TOMATO COCKTAIL:</b> Add $\frac{1}{4}$ teaspoon dried basil, per cup.	<b>CORN BREAD:</b> Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add $\frac{1}{2}$ teaspoon rosemary to batter.	<b>OMELET:</b> Try with dash of marjoram or rosemary (go easy!).
<b>CHICKEN SOUP:</b> Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.	<b>CROUTONS:</b> Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.	<b>SCRAMBLED EGGS:</b> Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.
<b>CLAM CHOWDER:</b> Add a dash of caraway seed, sage, or thyme.	<b>DOUGHNUTS:</b> Add mace or nutmeg to dry ingredients. After frying roll in cinnamon sugar.	<b>SOUFFLE:</b> Add $\frac{1}{4}$ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.
<b>CONSOMME:</b> Dash in basil, marjoram, savory, or tarragon.	<b>DUMPLINGS:</b> Add thyme or parsley (fresh or flakes) to batter.	<b>CHEESE CASSEROLES:</b> Spark with dash sage or marjoram.
<b>FISH CHOWDER:</b> Add bay leaves, curry powder, or dill.	<b>MUFFINS:</b> Blueberry—add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.	<b>CHEESE FONDUE:</b> Try adding a dash of basil or nutmeg.
<b>MUSHROOM SOUP:</b> Season with curry, oregano, or marjoram.	<b>NOODLES:</b> Butter, then sprinkle with poppy seed.	<b>CHEESE RABBIT (rarebit):</b> Try with mace or mustard.
<b>ONION SOUP:</b> Add marjoram.	<b>ROLLS:</b> Add caraway seed. Or, sprinkle with sesame seed.	<b>CHEESE SAUCE:</b> Add mustard or a dash of marjoram or thyme.
<b>OYSTER STEW:</b> Lightly add cayenne, mace, or marjoram.	<b>SPLIT-PEA SOUP:</b> Add dash basil, chili powder, or rosemary.	<b>CHEESE SPREAD:</b> Blend sage, caraway seed, thyme, or celery seed into melted process cheese.
<b>POTATO SOUP:</b> Dash with mustard or basil. Top with snipped chives or parsley.	<b>SPAGHETTI:</b> Toss with butter, Parmesan, and snipped chives.	<b>COTTAGE CHEESE:</b> Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.
<b>TOMATO SOUP:</b> Dash in basil, dill, oregano, sage, or tarragon.	<b>WAFFLES:</b> Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	<b>CREAM CHEESE:</b> Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.
<b>VEGETABLE SOUP:</b> Try allspice, oregano, sage, or thyme.		



# DAILY CALORIE NEEDS FOR WOMEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 11"	1635	1725	1845
5' 0"	1665	1770	1890
5' 1"	1695	1800	1935
5' 2"	1740	1845	1995
5' 3"	1785	1875	2040
5' 4"	1845	1950	2100
5' 5"	1890	1995	2145
5' 6"	1950	2040	2220
5' 7"	2010	2130	2280
5' 8"	2055	2175	2340
5' 9"	2115	2235	2400
5' 10"	2175	2295	2460
5' 11"	2220	2340	2505
6' 0"	2265	2415	2580

# DAILY CALORIE NEEDS FOR MEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5' 2"	1845	1965	2085
5' 3"	1890	2010	2130
5' 4"	1950	2070	2205
5' 5"	2010	2130	2265
5' 6"	2045	2175	2325
5' 7"	2115	2235	2400
5' 8"	2175	2310	2460
5' 9"	2235	2370	2520
5' 10"	2295	2430	2595
5' 11"	2355	2490	2670
6' 0"	2430	2565	2745
6' 1"	2505	2640	2820
6' 2"	2595	2730	2910
6' 3"	2670	2805	3000

These charts based on the average calorie needs for individuals of specific height and frame. Your individual calorie needs may fluctuate 10% above or 10% below these averages depending on your metabolism and activity (or inactivity.)

It takes a loss of 3500 calories to lose one pound. If you eat 500 calories less a day than your body requires, you should lose a pound every seven days. The reverse also applies for gaining one pound. Adding 3500 calories over caloric needs will add one pound of weight.

# NEW DESIRABLE WEIGHTS

## DESIRABLE WEIGHTS FOR MEN AND WOMEN

### WEIGHTS FOR WOMEN

HEIGHT (with shoes on) 2-inch heels	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 10"	92-98	96-107	104-119
11"	94-101	98-110	106-122
5' 0"	96-104	101-113	109-125
1"	99-107	104-116	112-128
2"	102-110	107-119	115-131
3"	105-113	110-122	118-134
4"	108-116	113-126	121-138
5"	111-119	116-130	125-142
6"	114-123	120-135	129-146
7"	118-127	124-139	133-150
8"	122-131	128-143	137-154
9"	126-135	132-147	141-158
10"	130-140	136-151	145-163
11"	134-144	140-155	149-168
6' 0"	138-148	144-159	153-173

### WEIGHTS FOR MEN

HEIGHT (with shoes on) 1-inch heels	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5' 2"	112-120	118-129	126-141
3"	115-123	121-133	129-144
4"	118-126	124-136	132-148
5"	121-129	127-139	135-152
6"	124-133	130-143	138-156
7"	128-137	134-147	142-161
8"	132-141	138-152	147-166
9"	136-145	142-156	151-170
10"	140-150	146-160	155-174
11"	144-154	150-165	159-179
6' 0"	148-158	154-170	164-184
1"	152-162	158-175	168-189
2"	156-167	162-180	173-194
3"	160-171	167-185	178-199
4"	164-175	172-190	182-204

Weight in Pounds According to Frame (In Indoor Clothing)



# Your Spot Removal Guide

## THE STEPS

**SAVE YOUR CLOTHES.** Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

### What Causes Rings

1---The garment is soiled all over. Removing the spot leaves a conspicuous clean area.

2---Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.

3---The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

### How To Use Cleaning Fluid

1---If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. ENERGINE Fireproof Cleaning Fluid will not injure the color of any colorfast material.

2---Brush fabric to remove loose soil.

3---Place an absorbent cloth or clean white blotter under the spot.

4---Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.

5---With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.

6---If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

When more than one step is listed, use them consecutively. When you sponge with water, then ENERGINE Fireproof Cleaning Fluid--or the other way around--let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

Step 1. Sponge with ENERGINE Fireproof Cleaning Fluid.

Step 2. Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.

Step 3. Rub in petroleum jelly to soften the stain.

Step 4. Wash in warm water with a synthetic detergent or soap.

Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.

Step 6. Soak for a short while in a bowl of ENERGINE Fireproof Cleaning Fluid.

Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.

Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.

Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.

Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.

Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.

Step 12. Sponge with turpentine.

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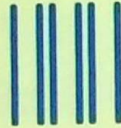


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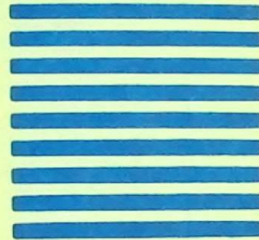
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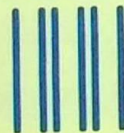
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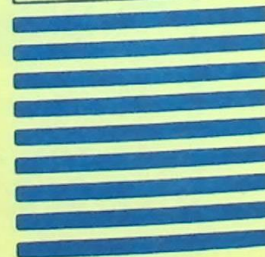
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PAGE 85 ROTINI SALAD - LAURA BENEDICT ADD: 1 CUP DICED CELERY

PAGE 101: FRUIT LEATHER - KIMBERLY LAMPRON ADD: POUR MIXTURE INTO WELL-GREASED  
COOKIE SHEET & PLACE INTO PROPPED OPEN 200 DEGREE OVEN FOR 3 HOURS. AFTER 1-1/2 HOURS,  
CHECK & SEE IF IT CAN BE SEPERATED FROM PAN. IF SO, CUT INTO STRIPS & REARRANGE SO AS NOT  
TO BURN BOTTOM OF LEATHER.

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