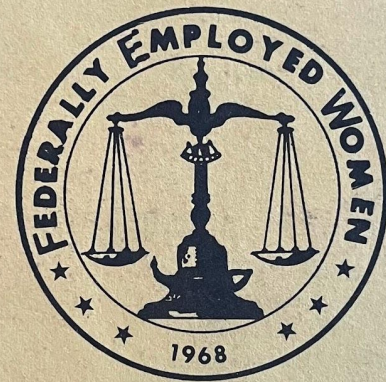


# COOKBOOK



*Del Rio  
Chapter # 105*



DEL RIO CHAPTER #105 OF FEDERALLY EMPLOYED WOMEN, INC.

Purpose

The purpose of this chapter is to take action to end sex discrimination in employment in the gov't service; to increase job opportunities for women in the gov't service and to further the use of the potential of women in the gov't; to improve the merit system in gov't employment; to assist gov't employees and applicants for gov't employment who are discriminated against because of sex; and to cooperate with and assist other organizations and individuals concerned with equal employment opportunity in the gov't without discrimination because of sex, race, color, age, marital status, national origin, political affiliation, religion, or physical handicap.

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Dora Alcalá	Carol Leach
Anna Arrendondo	Theresa Maldonado
Arline Baker	Mauddie Martin
Patricia Box	Yolanda Menchaca
Janet Branch	Thelma Merat
Bettie Broadway	Helen Miller
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Ernestina Jankowski	Sybil Wolfe
Charles Kelley	Esther Teresa Patino



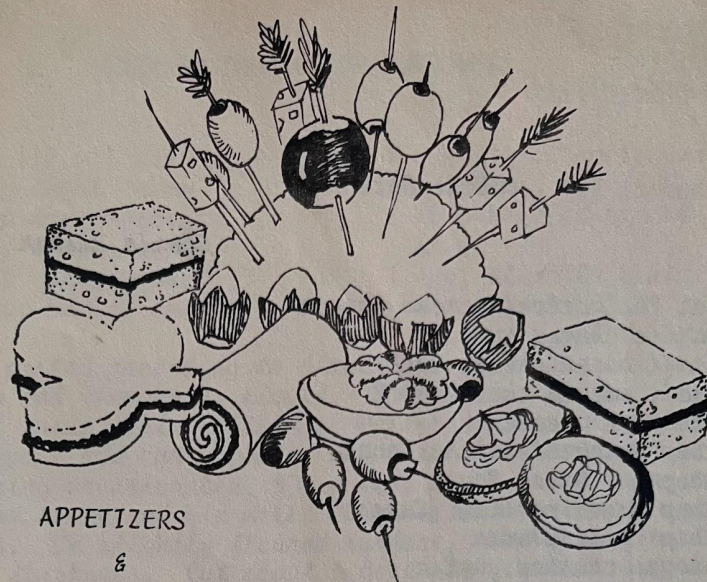
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APPETIZERS  
&  
MISCELLANEOUS

BROILED BACON & DATES

Joy Baker

1 pound bacon  
1 pound dates

Cut bacon in small lengths. Wrap each date and secure with toothpick. Broil until bacon is crisp. Serve hot. Delicious!

SAUSAGE CHEESE BALLS

Alice Voss

1 # uncooked hot pork sausage    3 C. Bisquick  
1 10 oz pk sharp cheddar cheese

Shred cheese and combine with sausage and Bisquick. Use hands and shape into small balls (walnut size) and place on cookie sheet. Bake at 350° for 12 - 15 minutes. A nice canape. Serves 100 balls.



## CHEESE BALL

Gloria Risher

- 1-8oz Philadelphia cream cheese
- 1 Garlic cheese roll
- 1 Kraft bacon cheese roll
- 1 Kraft smoked cheese roll
- 2 ozs Blue cheese
- 1 tbsp Worcestershire Sauce
- 1 tbsp A-1 Steak Sauce
- 1 tbsp dried parsley flakes
- 1 tbsp chili powder
- 3 cloves crushed garlic
- 3 dashes Tobasco sauce
- 3/4 medium onion, grated
- 1/2 tsp black pepper
- 6 ozs pecans, chopped fine

Soften cheeses at room temperature and mix with all other ingredients except pecans and beat until smooth. Refrigerate about 2 hours and then shape into ball or log. Roll the ball in the chopped pecans mixed with one tbsp parsley and one tbsp chili powder.

## RADIANT TIPSY BALLS

Charles Kelley

- 2 cups finely rolled vanilla wafer crumbs
- 1/2 cup coarsely chopped nuts
- 2 tbsp ground sweet chocolate
- 1/2 cup chopped fruit mix
- 1 cup sifted powdered sugar
- 1/3 cup bourbon, rum or brandy
- 3 tbsp light Karo syrup

Combine crumbs, nuts, fruit mix. Sift powdered sugar, add chocolate to crumbs. Combine liquor and syrup and add to mixture. Mix thoroughly, form into balls, roll in powdered sugar. Makes 1 1/2 dozen balls.

## CURRIED-TUNA-ONION TURNOVERS

Ruby Deaton

- |                             |   |
|-----------------------------|---|
| 1 pkg (10 oz) pie crust mix | 1 can (3 1/2 oz can) tuna, undrained but flaked |
| 5 Tbsp light cream          | 2 Tbsp bottled tartar sauce                     |
| 1 Tbsp white vinegar        | 1 egg, slightly beaten                          |
| 2 Tbsp margarine            |   |
| 1 1/2 tsp curry powder      |   |
| 1/3 cup minced onion        |   |

Make pastry according to directions on package, using cream and vinegar as liquid. Shape in a ball and chill while making filling. Melt butter in a small saucepan, add curry powder and onion and simmer, stirring occasionally, 5 minutes. Cool. Add tuna and tartar sauce and mix well. Divide dough into two equal parts. On slightly floured surface, roll pastry to 1/8" thickness. Cut about 3 dozen 2 1/2" circles (regular biscuit cutter). Put rounded 1/2 tsp filling on one side of each circle. Brush edges with egg, fold over and seal edges with tines of fork dipped in flour. Cut a slit in top of each turnover. Bake in preheated 400 degree oven 15 to 18 minutes, or until golden brown. NOTE: These can be made several days in advance and refrigerated or frozen before baking. Wrap in single layer of plastic, then foil. Before baking, thaw and brush with egg.

## CREAM CHEESE SURPRISES

Ruby Deaton

- 1 pkg (8 oz) cream cheese
- 32 small pimiento-stuffed olives
- 1/2 cup finely chopped pecans

Cut cold cream cheese in 32 equal pieces. Grease hands and flatten cream-cheese cubes with thumb, then wrap each around an olive. Roll in hands to make a smooth ball, then roll in nuts. Chill before serving.



## GALA PECAN SPREAD

June Hansen

8 oz. cream cheese  
5 oz. chipped beef  
(chopped up)  
2 Tbsp onion flakes  
or fresh onion  
½ tsp garlic salt

¼ cup chopped bell pepper  
2 Tbsp milk  
½ cup sour cream

Mix all ingredients thoroughly and spread in baking dish. Melt 2 Tbsp butter and add chopped pecans (as much as desired). Spread on top of mixture. Bake at 350 degrees for 20 minutes. Serve with UNSALTED crackers. May be served hot or cold.

## ALMOND CHEESE LOGS

Ruby Deaton

Makes 2 logs.

2 cups shredded sharp cheddar cheese (about 8 oz)  
2 pkg (3 ounces each) cream cheese, softened  
½ cup margarine, softened  
1 Tbsp grated onion  
1 tsp worcestershire sauce  
2 tsp dry mustard  
¾ cup chopped almonds, toasted

Mix all ingredients except almonds. Shape into two 8 inch logs, 1½ inches in diameter; pat almonds evenly over log. Wrap in plastic wrap or aluminum foil. Refrigerate at least one hour and no longer than three weeks. Slice to serve with Melba toast or crackers.

## BAKED APRICOTS

Charles Kelley

2 large cans peeled apricots  
2 boxes light brown sugar  
1 large box Ritz crackers

In a greased baking dish, place a layer of the apricot halves. Cover with sugar, then a layer of crackers and dot with butter. Repeat layers. Bake in 300 degree oven for one hour. It should be thick and crusty on top. It's best to drain apricots to avoid being too juicy. Serves 10-12.

## CHEESE LOG (CURRIED)

Charles Kelley

2 packages 3 oz cream cheese  
1 cup grated sharp cheddar cheese  
2 tbsp dry sherry  
1/2 tsp curry powder  
1/4 tsp salt  
1 6 oz jar chutney  
1/3 cup chopped green onions with tops

Mix thoroughly. Serve with crisp wafers.  
May be frozen.

## CHEESE BALLS

Bettie Broadway

3 8oz pkgs cream cheese	1 tsp worcestershire sauce
2 jars old English cheese	1 can parsley flakes
Touch of onion (grated)	1 cup chopped pecans
1 pkg Bleu Cheese dip	½ tsp salt

Soften cheese at room temperature. Blend all ingredients, reserving ½ of parsley and pecans to roll balls in. Form into balls and roll in parsley and pecan mixture. Wrap in saran wrap.



## SHRIMP DIP

Lois Orr's recipe  
submitted by  
Ruby Deaton

Dissolve 1 chicken bouillon cube in 1/3 cup hot water. Add 2 tsp of instant onion. Stir bouillon a little at a time into an 8 oz pkg of cream cheese. Add 1/2 tsp of worcestershire sauce, 1/4 tsp hot pepper sauce and 2 Tbsp of lemon juice. (Hot pepper can be left out). Blend until smooth. Add 2 4 1/2 oz cans of shrimp, drained and finely chopped. Refrigerate until serving time. Makes 2 1/2 cups.

## PINEAPPLE MINT DIP

Ruby Deaton

1 pound cream cheese at room temperature  
1/2 cup mayonnaise  
1 can (8 3/4 oz) crushed pineapple, drained & syrup reserved  
3 Tbsp finely chopped fresh mint

Combine softened cream cheese, mayonnaise and 1/4 cup of reserved pineapple syrup and beat with electric mixer until smooth. Stir in pineapple and mint and chill to blend flavors. Serve as a dip with sesame crackers and celery sticks. Makes about 3 cups.

## SPAM BALLS

Bettie Broadway

2 cans grated spam  
2 8oz softened cream cheese

1 tsp worcestershire sauce  
2 tsp dry onion soup mix

Combine and form into balls. Roll in pecans, paprika or chili powder.

## MARINATED SHRIMP --- COCKTAIL STYLE

Charles Kelley

2 large garlic cloves, finely chopped  
1 tbsp salt  
2 tbsp sugar  
1 tbsp coarse black pepper  
1 cup vinegar (cider)  
1/2 cup salad oil  
1 1/2 cups thinly sliced white onions  
1 1/2 pounds cooked shrimp  
1 can ripe black olives  
3 cans whole button mushrooms

Marinate: Mix chopped garlic, salt and mash together. Add sugar, pepper; stir in vinegar, slowly add oil to mixture. Add other ingredients, let marinate overnight. Serve with toothpicks.

## DELUXE CHEESEBALL

Jim Hughes

2 - 8 oz pkg cream cheese  
1 lb. sharp cheddar cheese  
1/2 cup butter  
1/4 cup dry sherry  
2 Tbsp dry Vermouth  
1/2 tsp dry mustard  
1/2 tsp Worcestershire sauce  
2 or 3 drops Tobasco  
1/2 tsp seasoned salt  
1/2 tsp celery salt  
1/2 tsp oregano or rosemary

Beat cheese with butter until thoroughly blended. Add all remaining ingredients and beat until well mixed. Shape into a ball and roll in chopped nuts, parsley, or paprika. This may also be packed into a jar and used as a spread. Makes 4 cups.



## CHOCOLATE ICE CREAM SAUCE

Joy Baker

3 sq unsweetened chocolate or 9 T. cocoa and  
3 T. butter, melted  
1/4 C water (add water slowly then other ingredients)  
1 C sugar 3 T white corn syrup

Boil to soft ball stage. Remove from fire and cool slightly. Add 1 C Pet milk and 1 T. vanilla.

## CARAMEL ICE CREAM SAUCE

Joy Baker

4 T. butter - melt in sauce pan. Add  
1 1/4 C. brown sugar 3/4 C. white corn syrup

Boil to soft ball. Remove from fire. Add 3/4 C. evaporated milk. Serve warm or cold over ice cream or plain cake.

## RECIPE FOR COLORED FLAMES Ruby Deaton

The following chemicals can be used to produce an attractive colored flame in a fireplace by soaking wood or pine cones in the solution for 2 minutes, then spread out on thick layers of paper to dry:

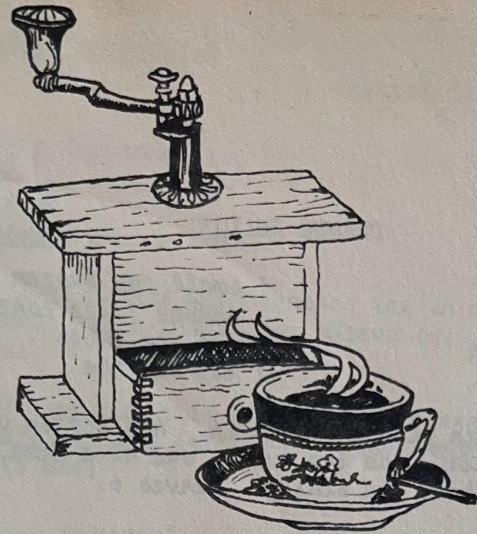
Green flames	Copper sulfate
Blue flames	Barium nitrate
Red flames	Strontium nitrate

Mix 1 lb of the chemical to 1 gallon of water.

## EGG-YOLK PAINT Ruby Deaton

Design your own Christmas cookies with "Egg Yolk Paint":

Blend well in small bowl: 1 egg yolk with 1/4 tsp. water. Divide mixture among several small custard cups. Add a different food coloring to each cup to make bright colors. A few drops of water may be added if mixture is too thick.



WEDDING PUNCH

B  
E  
V  
E  
R  
A  
G  
E  
S

Ruby Deaton

1 pint strong tea	3 cans of orange juice or
2 packages lime jello	3 cans frozen orange juice
2 cups sugar	3 cans frozen lemonade
2 cups hot water	3 bottles ginger ale
3 (32 to 48 oz) cans pineapple juice	pinch of salt

Mix lime jello and sugar. Dissolve well in hot water. Add the other ingredients except ginger ale. Use half the amount of water for frozen juices. Chill. Add ginger ale just before serving. Pour over ice. Ice melting allows for the water not used in frozen juices. Serves 100.

## GALA CHAMPAGNE PUNCH

Sybil Wolfe

3 cups sugar	2 small cans lemon juice
2 1/2 cups water	1 quart ginger ale
2 large cans pineapple juice	2 pints frozen crushed strawberries
5 large cans orange juice	ice

Combine sugar and water to make syrup, pour in juices. About one hour before serving, pour over ginger ale, crushed strawberries and ice cubes. Mix well. Yield: 50 serving.



## ORANGE JULIUS

Linda Sugg

1 cup milk  
1 cup water  
1/2 cup sugar

1 small can frozen  
orange juice concentrate  
12-14 ice cubes  
1 tsp vanilla

Mix liquids in blender and stir. Add frozen orange juice and stir. Add ice cubes, one at a time, until mixture is thick and slushy. Serves 6.

## HOT SPICE TEA

Earline Hill

3 cups sugar  
3/4 cups water  
3 oranges, squeezed  
3 lemons, squeezed

2 lemon peels  
3 tsp whole cloves  
3 tsp stick or cracked  
cinnamon

Put spices in a cloth. Bring all the above ingredients to a boil. Then add 3 Tblsp tea. (I find it less messy to use 6 tea bags. Remove from fire and cover. Let stand for an hour and then strain and add to hot water, making it as strong or as weak as you like. Should make about 20 cups. This can be stored in the refrigerator and reheated. Makes the house smell fresh and spicy, too.

## CITRIC ACID PUNCH

Alice Voss

4 oz citric acid - soak overnight in a tightly closed jar.  
1 small can frozen lemon or lime juice

5 lbs sugar  
2 small cans frozen orange juice  
1 large can pineapple juice

Mix citric acid with sugar then add juices and water to taste. Makes a large amount of punch and can be stretched in an emergency. Serves 50 - 100.

## BORDER BUTTERMILK

Charles Kelley

1 6oz can frozen lemonade  
6ozs tequila  
Juice of 1 lime  
1 tbsp or to taste simple syrup

Combine above ingredients with crushed ice in a blender or shaker and mix briefly. Serve in stemmed glasses.

(Simple Syrup: one cup granulated sugar to one cup boiling water or any fractional measurement you may care to use)

## KAHLUA

Charles Kelley

4 cups water  
4 cups sugar  
Vodka (1 fifth)

2 vanilla beans  
1 jar (2oz) instant coffee

Combine sugar and water; boil 5 minutes. Cool. Dissolve coffee in 1/2 cup water. Stir until smooth and add to cooled sugar. Half vanilla beans and place in 1 gallon jar. Add coffee mixture and then whole bottle of vodka. Let stand for 4 weeks. Strain into empty bottle.

## HOT SPICED APPLE JUICE

Charles Kelley

1 quart apple juice  
1 2" stick cinnamon  
4 whole cloves  
1/2 cup sugar

Combine all ingredients in saucepan; bring to a boil. Simmer for 10 minutes. Serve hot with cinnamon sticks as stirrers.



## RASPBERRY CHRISTMAS CORDIAL

Ruby Deaton

- 1 fifth of whiskey
- 1/4 lb rock candy
- 2 packages of frozen raspberries (red)

Empty all at once into container and let set for 2 1/2 to 3 months. (I use a glass canning jar and seal it tight).

## HOLIDAY PUNCH

Ruby Deaton

- |                        |                        |
|------------------------|------------------------|
| 2 cups water           | 1 1/2 cups lemon juice |
| 1 cup granulated sugar | 2 cups orange juice    |
| 4 cups cranberry juice | 2 cups pineapple juice |
| 4 cinnamon sticks      | 1 qt ginger ale        |
| 12 whole cloves        |                        |

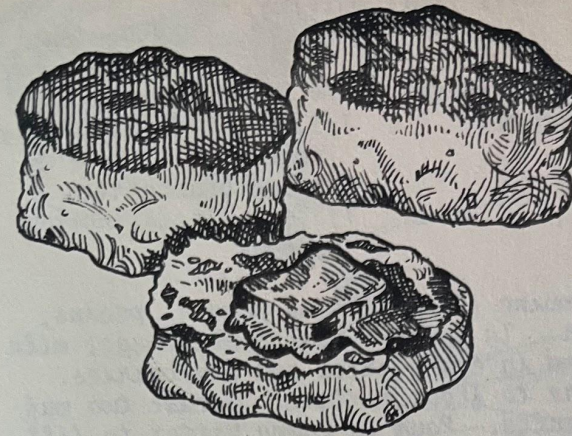
In saucepan, boil water with sugar until sugar dissolves. Add cranberry juice, cinnamon, cloves, cook over low heat 5 minutes. Remove from heat. Strain. Cool. Add lemon juice, orange juice, pineapple juice, and ginger ale. Chill. Makes 25 punch cup servings.

ELEGANT, EXCELLENT & EASY FRUIT PUNCH

Rusty Thompson

- 1 Bottle good white wine (white burgandy is best)
- 1 Small bottle of seltzer water
- Juice of 6 oranges and 6 lemons
- 1 Can pineapple chunks (do not use juice)
- Cherries

Make simple syrup of 1 C. sugar and 1 C. water (do not cook) add orange and lemon juice. Just before serving pour over a chunk of ice. Add pineapple and a few cherries for color. Add wine and seltzer.



Breads  
Muffins  
Cobblers

## MEXICAN CORNBREAD

Bettie Broadway

- |                       |                         |
|-----------------------|-------------------------|
| 1 cup yellow cornmeal | 2 eggs (well beaten)    |
| 1 cup sweet milk      | 1 can #303 cream corn   |
| 1/2 tsp soda          | 1/4 cup bacon drippings |
| 3/4 tsp salt          |                         |

Mix above and set aside (use soda in milk). Brown 1/2 lb ground beef and place on paper towel to drain. Prepare the following and place in mounds: 1 large onion finely chopped, 4 canned jalapeno peppers (no seeds) - chopped, and 1/2 lb rat cheese grated. Pour half of batter in greased baking dish. Sprinkle with cheese, meat, onions, and peppers. Pour remaining batter on top. Bake 45 to 50 minutes at 350 degrees. Serve hot!

## WURST BISCUITS

Bettie Broadway

- |                     |                             |
|---------------------|-----------------------------|
| 1 link German Wurst | Cheese                      |
| 2 cans biscuits     | Jalapeno peppers (optional) |

Place biscuits in 13x8" pan and mash flat. Slice wurst and fry. Drain well. Place one slice of wurst on each biscuit. Top with pepper and cheese. Place in oven (450 degrees) for 10 minutes or until biscuits are done.



## NUTTY FRUIT MUFFINS

Ruby Deaton

1 3/4 cups sifted flour	1/4 cup oil
2 tsp baking powder	1/3 cup whole cranberry sauce
1/2 tsp salt	1/3 cup blueberries
1/4 cup sugar	1/3 cup finely chopped pecans
1 beaten egg	
1 cup milk	

In a bowl, combine flour, baking powder, pecans, salt and sugar. In another bowl combine egg, milk and oil. Blend in cranberries and blueberries. Add egg mixture to flour mixture. Grease two muffin tins liberally. Pour in lumpy batter to fill 2/3 of each cup. Bake at 375° for 25 or 30 minutes. Use a toothpick to test for doneness. Remove tins to a rack. Let stand for 5 minutes. With a greased knife, cut around each cup. Invert and tap to remove muffins. Serve immediately. Serves 6.

## CORNBREAD

Sybil Wolfe

1 cup flour	1 cup white cornmeal
1 tsp salt	2 tsp baking powder
1/2 tsp soda	3 Tbsp sugar
1 1/2 cups buttermilk (apprx)	3 Tbsp oil
2 eggs	

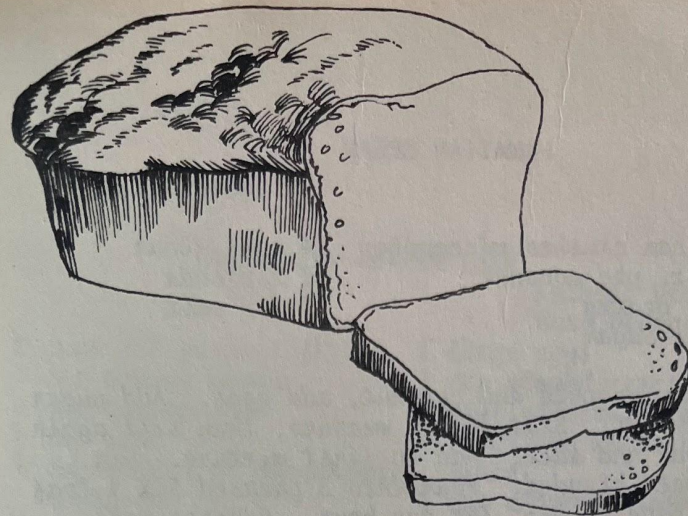
Mix and beat well. Add oil only after all other ingredients are well beaten. Bake in hot greased iron skillet at 400-425° about 20-25 minutes. Serves 8.

## MOTHER'S CORNBREAD

Earline Hill

2 eggs	1 Tbsp baking powder
1/4 cup sugar	1/4 tsp soda
1 cup buttermilk	1 1/2 cup white cornmeal
1/4 cup melted shortening	1/2 cup flour
1 tsp salt	

Mix ingredients together, pour into greased iron skillet (if you have one). Bake in hot 500° oven 15 minutes.



## JOY'S MAGIC DOUGH

Joy Baker

2 pkgs dry yeast dissolved in 1/2 cup water	
1/2 C. shortening	2 C. hot water
1 1/2 teaspoon salt	2 eggs
4 T. sugar	8 C. flour (approximately)

Put shortening, sugar and salt in large bowl. Add hot water to dissolve shortening (or use oil and lukewarm water). Add eggs and yeast to lukewarm mixture and beat. Add flour 1/3 cup at a time and beat well. Make dough a little soft as you beat it and don't knead it. Chill in covered bowl, and use as desired. It is easier to handle after a day or two.

The dough is good for rolls, cinnamon buns, coffee cake, doughnuts - anything you want to make.

## LINDA'S QUICK COBBLER

Joy Baker

1 C. sugar	1 C. flour
1 1/2 t. baking powder	pinch salt
3/4 C. milk	1 t. vanilla

Mix together all ingredients and pour over 1 stick melted butter (or margarine) in 8" X 8" baking pan. Pour over this one can of peaches (any fruit can be substituted). Bake at 350° for 45 - 50 minutes. Serves 6.



## HAWAIIAN BREAD

Ruby Deaton

1 #2½ can crushed pineapple  
1 10 oz. pkg coconut  
4 eggs, beaten  
1 ½ cups sugar

4 cups flour  
2 tsp soda  
2 tsp salt

Combine pineapple and coconut, add eggs. Add sugar and mix well. Sift flour, measure, then sift again with soda and salt. Add to first mixture. Mix until well blended. Pour into 3 greased 5 X 9 loaf pans. Bake at 325° for one hour. Freezes well.

## MOTHER'S BISCUITS

Earline Hill

2 cups flour  
1 Tbsp baking powder  
½ tsp salt

1 cup milk  
1 Tbsp oil in bread  
1 Tbsp oil in pan

Roll out on floured board, cut in shape desired, and bake 15 minutes at 500°.

## MOTHER'S HOT ROLLS

Earline Hill

½ cup shortening  
1 cup milk

Bring to boiling point. Cool to lukewarm and add 1 yeast cake melted in ½ cup warm water. Add 2/3 cup sugar, 1/4 tsp salt, 2 beaten eggs and 1 cup flour. Set in warm place until the mixture bubbles. Add 3 cups of flour and knead. More flour can be added if needed. Let rise until it doubles in size. Knead and shape into rolls and let rise again. Bake in greased pan at 450° until brown. About 15 min.

## CRANBERRY COFFEE CAKE

Redbook Dec 75

Ruby Deaton

2 cups all purpose flour  
1 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
½ cup butter or margarine, softened  
1 cup sugar

2 large eggs  
1 tsp almond extract  
½ pint commercial sour cream  
1 8 oz can whole cranberry sauce  
½ cup chopped almonds

Heat oven to 350°. Grease a 9 inch tube pan. Sift flour with baking powder, soda and salt. In a large mixing bowl, beat butter until creamy. Add sugar ¼ cup at a time, beating well after each addition. Add eggs one at a time. Mix in almond extract. Stir in sifted dry ingredients, about ¼ at a time, alternating with sour cream, and scraping sides of bowl with a rubber spatula. Spoon half the batter into prepared pan. Add half the cranberry sauce and swirl it through the batter. Add remaining batter evenly over the top and then remaining cranberry sauce. Sprinkle with almonds. Bake 55 minutes until cake is brown on top and shrinks slightly from sides of pan or a cake tester comes out clean. Place pan on a wire rack to cool for 15 minutes before turning out cake. Sprinkle with confectioners sugar and serve warm. Note: Cake freezes well. Let cool completely before wrapping in aluminum foil and freezing. To use defrost overnight in refrigerator. Warm cake (still wrapped) in 250° oven for 20 minutes.

## BEER BISCUITS

Ruby Deaton

2 cups Bisquick  
2 tsp sugar

½ tsp salt  
½ can beer

Mix all ingredients thoroughly. Drop by spoonfuls in greased muffin tin. Cook 10 minutes at 450° or until brown. Makes 12.



## BATTER BREAD (BAKED IN 1# COFFEE CANS)

Joy Baker

1 pkg dry yeast  
1/2 C. warm water  
1/8 t. ginger  
3 T. sugar

1 can evaporated milk  
1 t. salt  
2 T. oil  
4 C. unsifted flour (approx)

Dissolve yeast in warm water with 1 T. sugar. Let stand in warm place about 15 minutes or until bubbly. Stir in remaining 2 T. sugar, milk, salt and oil. With mixer on low, beat in flour a little at a time. Beat well after each addition. Beat in last cup of flour with heavy spoon. Dough should be stiff but too sticky to knead. Place dough in 2 well greased coffee cans, cover with well greased plastic lids. Freeze if you wish. To bake let covered cans stand in warm place until dough rises and pops off lids (45 - 60 min) (4 or 5 hrs if frozen). Bake at 350° for 45 minutes.

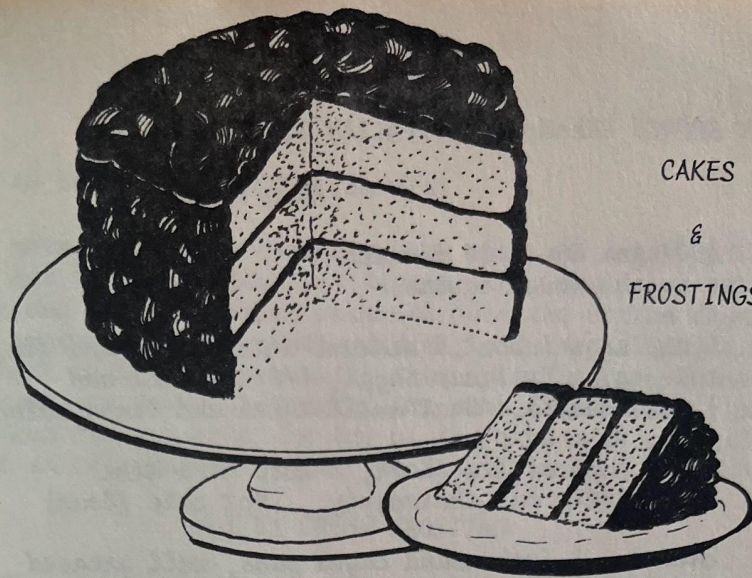
## EASY SPOON BREAD

Joy Baker

1/2 C. cornmeal (white)  
1/2 t. salt  
1 egg, beaten

1 C. cold water  
1/2 C. milk  
1 T. melted fat

Mix cornmeal with water, add salt. Boil 5 minutes, stirring constantly. Stir the milk into the hot cornmeal mixture. Then stir in the egg. Add the fat last. Pour the batter into a hot greased baking dish. Bake 40 minutes or until firm and well browned on top. Serve from baking dish with spoon.



CAKES  
&  
FROSTINGS

## HUMMINGBIRD CAKE

June Hansen

Sift together: 3 cups flour  
2 cups sugar  
1 tsp salt  
1 tsp soda  
1 tsp cinnamon

Add 1 cup nuts

In a separate bowl: 3 large eggs  
1 1/8 cups cooking oil  
1 1/2 tsp vanilla  
1 cup crushed pineapple  
3 bananas mashed

Stir together - DO NOT BEAT

Pour over flour mixture - mix well  
BUT DO NOT BEAT.

Bake at 325 degrees about an hour or until done

GLAZE: 1 1/2 cups powdered sugar  
a little margarine  
some pineapple or orange juice

or serve plain or sprinkle with  
powdered sugar.



## ITALIAN SPONGE CREAM CAKE (ITALIAN WEDDING CAKE)

Ruby Deaton

Bake at 350F for 25 to 30 minutes  
Makes two 8 inch round layers

Beat... 1 cup eggs (about 5 medium) until light and fluffy, add gradually 1 cup sugar, 1/2 tsp salt and 1 tsp vanilla. Beat until thick and lemon colored.

Fold in... 1-1/2 cups sifted flour, 2 tbsp at a time  
Fold gently but thoroughly. (Not cake flour)

Pour... into two 8 inch round layer pans, well greased and lined with wax paper on the bottom.

Bake... in moderate oven (350F), 25 to 30 minutes. Cool in pan. Remove layers from pans and split to form four layers when ready to spread cool cream between layers.

### CREAM

Combine 3/4 cup sugar and 2 tbsp cornstarch in saucepan.  
Mix well

Add... 2 eggs. Beat until light and fluffy. Stir in 1-1/2 cups milk. Cook over medium heat until thick, stirring constantly. Remove from heat, add 1 tsp vanilla. Blend in 1/2 cup soft creamed butter.

Then divide into three portions. To 1/3 add about 1/2 package of chocolate chips and 1/4 cup or so of chopped nuts.

To another third of cream add about 1 tbsp or so of anisette and to the other third add some cut-up maraschino cherries.

Cont'd next page

## ITALIAN SPONGE CREAM CAKE (cont'd)

Then when thoroughly cooled - both cake and cream and the cake has been cut into four layers - lay one layer on the plate and sprinkle sweet vermouth over the bottom layer. Then spread with chocolate mixture, put another layer on and sprinkle with sweet vermouth, then spread cream mixture, and continue doing this until the cake is completely put together and sprinkle the top of the cake with vermouth. Chill in refrigerator until frosting is made.

### BUTTER CREAM FROSTING

1/2 lb stick of butter  
1 lb box of confectioners sugar  
1 egg  
3 tbsp milk (more or less)

Cream butter, add part of sugar gradually, blend well. Add remaining sugar, alternately with milk until of right consistency to spread, beating after each addition.

### DUMP CAKE

Dorothy Haga

9x13x2 pan

1 can cherry pie filling, 1 can crushed pineapple or tidbits spread over cherries, 1 box yellow cake mix sprinkled on top of pineapple. Melt 2 sticks of oleo and drizzle over cake mix. Sprinkle 1 cup angel flake coconut and 1/2 cup chopped nuts over top of all this and bake 1 hour at 350 degrees.



## CHOCOLATE PAN CAKE

Barbara Ellis

1 1/2 C. flour  
1/2 tsp salt  
3 T. cocoa

1 C. sugar  
1 tsp soda

Sift together dry ingredients. Make 3 holes. In one put 1 T. vinegar, one 6 T. melted butter, one 1 tsp vanilla. Over all pour 1 C. cold water. Blend well. Bake 25 - 30 minutes at 350°. Leave in pan. Cut large marshmallows in thirds, put over top (about 15 - 18). (Have marshmallows ready as soon as cake comes out of the oven.)

### TOPPING

Place in saucepan: 3 T. brown sugar, 3 T. canned milk, 3 T. butter, 1 Sq. semi-sweet chocolate and 1/4 tsp salt. Bring to rolling boil and boil 2 minutes. Take off and add 1 C. powdered sugar. Mix with electric mixer until desired thickness. Pour over marshmallows.

### ICING

Rusty Thompson

This icing resembles and tastes much like whipped cream - Beating the full 15 minutes is the secret.

1 C. Crisco  
1 Egg  
1 1/2 T. vanilla

1 Stick butter or oleo  
Pinch of salt  
Box of powdered sugar

Mix together and beat 15 minutes.

## PISTACHIO PUDDING CAKE

Sybil Wolfe

1 box white cake mix  
1 box instant pistachio pudding  
1/2 cup cooking oil  
3 eggs  
1/2 cup chopped nuts  
1 cup club soda

Mix and bake at 350 degrees for 30-35 minutes in greased and floured pan.

### FROSTING

1 envelope Dream Whip  
1 1/4 cups cold milk  
1 box instant pistachio pudding

Whip all three ingredients until thick. Spread on cake.

## PINEAPPLE COCONUT POUND CAKE

Ruby Deaton

1 stick plus 1 tbsp margarine  
5/8 cup Crisco  
6 eggs  
2 1/2 cups sugar  
1 tsp each orange, lemon and vanilla extract  
2 1/2 cups all purpose flour plus 2 tbsp flour  
1 13 1/2 oz can pineapple, drained  
2 cups angel flake coconut  
1/2 cup chopped pecans

Grease and flour bundt pan. Set oven at 350 degrees. Cream margarine and Crisco. Add sugar. Beat. Add eggs one at a time, beating after each. Add flavoring and beat. Gradually add flour and blend well. Fold in pineapple, coconut and pecans. Bake 1 hour and 15 minutes or until done. Freezes well.



## FRUIT COCKTAIL CAKE

Sybil Wolfe

Beat 1 egg, add 1 cup sugar, 1 teaspoon soda, 1/2 teaspoon salt. Stir in one No. 2 can fruit cocktail, 1 1/2 cups flour. Mix well and put in greased 9x2x3 inch baking dish.

Before baking, sprinkle over top:

Topping: 1 cup brown sugar  
1 cup walnuts or pecans

Bake 35 minutes at 350 degrees.

## CREAMY HONEY FROSTING

Rusty Thompson

Beat 8 cream together

2 T. Crisco (or any white shortening)  
1/2 C. sifted powdered sugar  
1/4 t. salt  
1/2 t. vanilla  
2 T. honey

Add 1 cup powdered sugar and 1 T. cream. Add either sugar or cream (half and half will do) to change consistency. This frosting stays soft and does not stick - it's very good, fast and easy.

## CREAM CHEESE FROSTING

Rusty Thompson

4 tbsp butter  
1 1/2 packages (3oz size) cream cheese  
1/2 tsp salt  
1 tbsp milk  
1/2 tsp vanilla

3 cups confectioner's sugar  
Cream butter, add cheese and salt, and blend. Add sugar, a small amount at a time alternately with milk, beating well after each addition. Add vanilla and blend. Makes enough frosting to cover tops of two 9 inch layers, tops and sides of 2 8 inch layers or top and sides of 9x9x2 inch cake.

## POPULAR DEVILS FOOD CAKE

Ruby Deaton

Grease and flour two 9" layer pans or 13x9" oblong pan.  
Sift together: 2-3/8 cups sifted cake flour

1-7/8 cups sugar

1 tsp soda

1 tsp salt

Add: 2/3 cup soft shortening

Pour in a little over half of 1-3/4 cups buttermilk, beat 2 minutes. Add remaining milk and 3 eggs, 2 1/2 squares chocolate (melted). Beat 2 minutes. Bake 30 to 35 minutes in 350 degree oven.

## FROSTING

4 egg yolks  
2 cups sugar  
2/3 cup milk

Boil slowly, stirring constantly for 8 minutes.  
Add 3 squares melted chocolate, 1/2 stick of margarine, 1 tsp each vanilla and almond flavoring. Beat for a few minutes.

## MOTHER'S "JUST PLAIN CAKE"

Earline Hill

Mix together:

1/2 cup shortening  
1 1/2 cups sugar  
2 eggs  
1 cup milk  
1 tsp vanilla

Sift together:

2 cups flour  
1/4 tsp salt  
2 tsp baking powder

Mix all ingredients well. (Recipe can be doubled).  
Bake in greased pan, 350 degrees for 1 hour.

Does not need frosting.



## GERMAN CHOCOLATE CAKE

Charles Kelley

- 1 pkg sweet cooking chocolate
- ½ cup boiling water
- 1 cup butter, margarine, or shortening
- 2 cups sugar
- 4 egg yolks, unbeaten
- 1 tsp vanilla
- 2½ cups sifted cake flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup buttermilk
- 4 egg whites, stiffly beaten

Melt chocolate in ½ cup of boiling water. Cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each. Add vanilla and melted chocolate and mix until blended. Sift flour with soda and salt. Add sifted dry ingredients alternately with buttermilk, beating after each addition until batter is smooth. Fold in stiffly-beaten egg whites. Pour batter into three 8 or 9 inch layer pans, lined on bottoms with paper. Bake in moderate oven (350 degrees) for 35 to 40 minutes. Cool. Frost top and between layers with coconut-pecan frosting.

### COCONUT-PECAN FROSTING

Combine 1 cup evaporated or half-and-half milk, 1 cup sugar, 3 egg yolks, ½ lb margarine, and 1 tsp vanilla in a saucepan. Cook over medium heat 12 minutes, stirring constantly, until mixture thickens. Add about 1 can tender-thin flaked coconut and 1 cup chopped pecans. Beat until cool and of spreading consistency. Makes enough to cover tops of three 9-inch layers.

NOTE: Do not frost sides of cake.

## RED VELVET CAKE

Earline Hill

- ½ cup shortening
- 1½ cups sugar
- 2 eggs
- 1 tsp vanilla
- 1 tsp butter flavor
- 1½ oz bottle red food color
- 3 tbsp (level) cocoa
- 2½ cups sifted cake flour
- 1 cup buttermilk
- 1 tsp salt
- 1 tbsp vinegar
- 1 tsp soda

Cream shortening, sugar, eggs, flavors. Make a paste of cocoa and food coloring. Add to first mixture. Alternately add flour and buttermilk. Mix soda and vinegar in small bowl, add to batter. Blend. Bake in three 9 or 10 inch pans for 20-25 minutes at 350 degrees. Let cool completely. Cover with frosting.

### FROSTING

- 2 lbs (2 boxes or 1 plastic bag) powdered sugar
- ½ cup cold milk
- 1½ cups solid Crisco shortening
- 1 tsp vanilla
- 1 tsp almond flavoring

Mix together in heavy duty mixer. Is now ready to spread on cooled cake. This frosting is also the same that professional cake decorators use to frost cakes and make decorative flowers, swirls, etc. If tinting of frosting is desired, use PASTE cake colors as liquid colors tend to thin the icing too much. This icing can also be stored in a sealed plastic container in the refrigerator for several days, if desired.



## ONE EGG PRALINE CAKE

Ruby Deaton

2 cups sifted flour  
2 tsp baking powder  
3/4 tsp salt  
1/3 cup shortening  
1 cup sugar

1 egg unbeaten  
7/8 cup milk  
1 tsp vanilla

Cream shortening, sugar and egg. Mix flour, baking powder and salt sifted together alternately with milk. Add vanilla. Bake in a greased and floured loaf pan 40 minutes at 350 degrees.

### PRALINE FROSTING

1/3 cup brown sugar  
1 tsp flour  
3 tbs melted margarine  
1 tbs water  
1/3 cup pecans

Mix together. Pour over cake while still in pan. Put back in oven about 5 minutes.

## CARROT BARS/CAKE

Charles Kelley

2 cups flour  
2 cups sugar  
1 tsp salt

2 tsp soda  
2 tsp cinnamon

Mix above, then add and mix with mixer: 1 1/2 cups vegetable oil and 4 eggs. Stir in 3 cups grated raw carrots. Bake 350 degrees for 35 minutes.

Frosting: 8oz package cream cheese, 1 stick butter, 3 1/2 cups powdered sugar, 2 tsp vanilla and nuts sprinkled on top optional. Makes 2 - 9x13" pans of bars or one of cake thickness (for this use 1/2 frosting)

## APRICOT BRANDY CAKE

June Hansen

2-1-2 cups sugar  
1 cup butter or margarine  
Cream butter. Add sugar gradually. Beat until light and fluffy

Add 6 eggs, one at a time  
Add: 1 tbs vanilla extract  
1 tbs orange extract  
1 tbs rum extract  
1/2 tsp lemon extract

Then sift together: 3 cups flour (may use cake flour)  
1/2 tsp salt  
1/4 soda

Add dry ingredients alternately with: 1 cup sour cream  
1/2 cup Apricot Brandy  
cake pan.

Bake at 325 degrees for about 1 hour. Check often after 50 minutes as it will get too brown. It is done when the top springs back when you touch it.

## MOTHER'S APPLE SAUCE CAKE

Earline Hill

1/2 cup shortening  
1-1/2 cups sugar  
2 eggs  
1/2 tsp soda in 1 cup hot applesauce  
1 tsp vanilla  
Sift together:  
1-3/4 cups flour  
1/2 tsp cinnamon  
1/2 tsp cloves  
1 tsp baking powder

(Recipe can be doubled, if you wish)  
Mix well, pour into greased cake pan. Bake at 350 degrees for 1 hour. Does not need frosting. Fruits and nuts can be added to make a good fruit cake.



### CAN'T FAIL CAKE

Dorothy Haga

3 cups flour  
1 tsp soda  
3 cups diced apples  
or what have you

2 cups sugar  
3 tsp pie spice  
2 eggs  
1/2 tsp salt

1-1/4 cups oil

Then use 1 cup of either nuts, dates, raisens, mixed fruits

Mix all together and bake in an ungreased pan for 45 min. to 1 hour. Really good. Serve plain or use a creamy white frosting, whipped cream or a glaze.

### SOUR CREAM COFFEE CAKE

Dorothy Haga

2 sticks oleo  
1 tsp vanilla  
1 full tsp baking powder

1 cup sugar  
2 cups flour  
1/4 tsp salt

2 eggs  
1 scant tsp baking soda  
1/2 pint sour cream

Cream butter and sugar, add eggs, sour cream, then flour (with baking powder, soda and salt added) then vanilla.

Mix together 1/3 cup nuts, 1 tsp cinnamon and 1/3 cup brown sugar.

In tube pan put 1/2 of dough and 1/2 of topping, repeat with other halves. Bake at 350 degrees for 1 hour.

### MARASCHINO CHERRY CAKE

Grease and flour.....2 9" layer pans or 1 13x9"

Cream together until fluffy....2/3 cup soft shortening  
1-1/2 cups sugar

Mix together.....3 cups sifted CAKE FLOUR  
(or 2-3/4 cups all purpose)  
2-1/2 tsp baking powder  
1 tsp salt

Add alternately with.....1/4 cup cherry juice  
3/4 cup milk

Stir in.....1/2 chopped nuts  
16 Maraschino cherries, cut  
in eighths

Fold in.....5 egg whites (2/3 cup),  
stiffly beaten

Pour into prepared pans. Bake. Temperature: 350 degrees  
Time: Bake layers 30 to 35  
min., square or oblong 30 to  
35 min.

### WHITE ICING

Mix together.....1/3 cup soft shortening  
(2/3 cup shortening for richer  
flavor)  
3 cups sifted Confectioner's  
sugar

Stir in until smooth.....3 tbs. cream or milk  
2 tsp. vanilla

Mrs. Roger A. Hatfield

Submitted by Ruby Deaton and  
Earline Hill



## JEWISH CHEESECAKE

Earline Hill

- 1 cup of fine packaged dry sweetened toast crumbs
- 2 tbsp soft butter
- 2 tbsp sugar
- 2 eight oz packages cream cheese
- 1 cup sugar
- 5 egg yolks
- 5 egg whites
- 1 pint sour cream
- 1 tsp vanilla
- 1 tsp lemon juice
- 1 tsp grated lemon rind
- 1/2 cup currant jelly
- 1/2 cup fresh strawberries or raspberries

Blend crumbs, soft butter, and 2 tbsp sugar. Line bottom of 9 inch pan with crumb mixture. Stir to soften the cream cheese. Add to cheese, 1 cup sugar. Cream well. Add 5 unbeaten egg yolks. Stir only enough to blend. Stir in sour cream, vanilla, lemon juice, and rind. Fold in stiffly beaten egg whites. Pour into crumb-lined pan. Bake at 300 degrees for one hour. Do not open door while baking or cake will fall. After one hour, turn off heat, let it stand one hour more in unopened oven. Now open oven door and let it stand in the oven 1/2 hour longer. Refrigerate before serving.

To decorate: Melt 1/2 cup currant jelly. Place fruit on top of cake, pour liquid jelly over this. Refrigerate or serve immediately.

## CHOCOLATE CHIFFON CAKE

Kathy Tokarski

- 1-3/4 cup sifted cake flour
- 1 cup sugar
- 3/4 tsp baking soda
- 1 tsp salt

Sift into bowl

- Add - 1/3 cup Crisco oil
  - 1/2 cup buttermilk
- beat 1 minute

- Add - 1/2 cup buttermilk
  - 2 egg yolks
  - 2 sq melted unsweetened chocolate
- Beat 1 minute

- 2 egg whites
- 1/2 cup sugar

Beat egg whites - add sugar gradually. Beat until stiff, fold into cake mixture. Pour into greased and floured cake pans. Bake at 350 degrees for 20-30 minutes.



## LEMONADE CAKE

June Hansen

- 1 6-oz can frozen lemonade concentrate
- 2 cups flour
- 2 tsps baking powder
- $\frac{1}{2}$  tsp salt
- 1 cup milk
- 4 eggs
- 2 cups sugar
- 2 tbsp butter
- $\frac{1}{2}$  tsp lemon extract

Thaw lemonade concentrate. Grease and flour bottom of 13x9" pan. Combine flour with baking powder and salt. Scald milk. Beat eggs in large mixer bowl at high speed until light and fluffy. Beat in sugar, 1 tbsp lemonade concentrate, milk, butter and lemon extract. Blend in dry ingredients. Pour batter into pan; bake at 350 degrees for 30 to 35 minutes or until golden brown. Cool; cut into squares. Serve with warm Lemonade Sauce. 12 servings

## LEMONADE SAUCE

- 1 cup sugar
- 3 tbsp cornstarch
- $\frac{1}{4}$  tsp salt
- 2 tbsp butter
- Remainder of lemonade concentrate

Combine sugar, cornstarch and salt. Add butter and lemonade gradually; mix well. Cook over low heat, stirring constantly, until mixture thickens. Makes  $1\frac{1}{2}$  cups sauce.

## TEXAS STYLE GERMAN CHOCOLATE CAKE

June Hansen

- $\frac{1}{2}$  cup buttermilk
- 1 tsp soda
- (set aside)
- 2 cups flour
- 2 cups sugar

- In Saucepan Mix:
- $\frac{1}{2}$  package German Sweet Chocolate
  - 3 tbsp cocoa
  - 2 sticks butter or margarine
  - 1 cup water

### Bring to a Boil

Add two eggs and flour and sugar; add buttermilk last. Beat for 4 minutes. Let it stand for 5 minutes while you grease and flour a  $15\frac{1}{2}$  by  $10\frac{1}{2}$  by 1 inch pan. Bake at 400 degrees for 20min.

### While Baking

- In same saucepan Mix:
- 1 stick butter
  - 3 tbsp milk
  - $\frac{1}{2}$  package German Sweet Chocolate
  - 2 tbsp cocoa

Bring to a boil; remove from heat and add 1 package powdered sugar and more milk to make proper consistency. Add either walnuts or pecans last. Spread on hot cake.

NOTE: Sift powdered sugar before adding as above to remove any lumps.



## 7 UP CAKE

Ruby Deaton

1½ cups margarine  
3 cups sugar  
5 eggs

3 cups flour  
2 tbsp lemon extract  
¾ cup 7-up

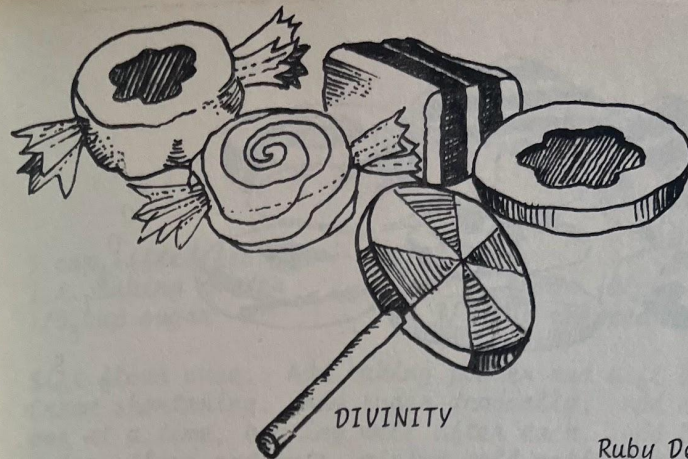
Cream sugar and margarine together and beat until light and fluffy. Add eggs, one at a time, and beat well. Add flour. Beat in lemon extract and 7-up. Pour batter into well greased and floured bundt pan. Bake at 325 degrees for 1½ hours.

## FROSTING

¾ box confectioners sugar  
1 stick oleo  
1 3 oz package cream cheese  
grated rind and juice of one lemon

Cream margarine and cheese, add sugar, then lemon rind and juice. Beat until smooth. Refrigerate cake after frosting.

(I seldom use the frosting. This is a very good plain pound cake)



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Ruby Deaton

3 cups sugar  
½ cup white karo  
½ cup water  
3 egg whites-stiff

pinch salt  
1 tsp vanilla  
nuts

Boil syrup without stirring (low to medium heat) until it threads. Pour slowly, beating all the time, into beaten egg whites and salt. Add vanilla. Continue beating until it loses its gloss. Add nuts and pour into buttered dish.

## MARTHA WASHINGTON CHOCOLATE CANDY

Ruby Deaton

1½ boxes powdered sugar  
1 stick oleo  
1 can Eagle Brand milk  
1 can coconut  
2 to 4 cups chopped nuts

Mix and chill about 1 hour. Form into balls and chill overnight.

Melt in double boiler:

12 oz chocolate chips  
¼ lb. paraffin

Dip chilled balls into chocolate mixture and cool on wax paper.





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### SAUCE PAN COOKIES

Earline Hill

- |                         |                       |
|-------------------------|-----------------------|
| 2 3/4 cups flour        | 3 eggs                |
| 2 1/2 tsp baking powder | 1 cup nuts            |
| 2 cups brown sugar      | 1 pkg chocolate chips |
| 3/4 cup shortening      | 1 tsp vanilla         |

Melt shortening, add sugar. Let it cool, add eggs, one at a time and beat after each addition. Add the other ingredients. Cook in two 9-inch square pans in a 400° oven 30-35 minutes.

### SOUTHERN CREAM COOKIES

Rusty Thompson

- |                       |                           |
|-----------------------|---------------------------|
| 1 cup shortening      | 1 teaspoon salt           |
| 2 cups sugar          | 3 teaspoons baking powder |
| 3 beaten eggs         | 1/2 teaspoon soda         |
| 1 teaspoon vanilla    | 1 1/2 cups broken walnuts |
| 1 cup sour cream      | 3 tablespoons sugar       |
| 5 cups enriched flour | 1 teaspoon cinnamon       |

Cream shortening and 2 cups sugar, add eggs, vanilla, and sour cream. Add sifted dry ingredients. Add nuts. Drop from teaspoon onto greased cookie sheet. Grease bottom of small glass; dip into mixed sugar and cinnamon; press cookie flat. Bake in moderate oven (350°) 15 minutes. Makes 6 dozen.

### TEA COOKIES

Ruby Deaton

- |                    |                      |
|--------------------|----------------------|
| 1 cup sifted flour | 2 eggs               |
| 1 t. baking powder | 1 t. lemon juice     |
| 1/3 cup sugar      | 3/4 cup chopped nuts |

Sift flour once. Add baking powder and sift again. Cream shortening. Add sugar gradually. Add eggs one at a time, beating well after each. Add lemon juice, flour and nuts, mixing well until blended. Drop from teaspoon on ungreased baking sheet, placing cookies about 2 inches apart. Bake in hot oven (425°) 10 minutes or until done. Makes 2 dozen cookies.

### PUMPKIN COOKIES

Ruby Deaton

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1 cup butter or shortening        | 1 t. baking powder               |
| 1 cup sugar                       | 1 t. baking soda                 |
| 1 cup cooked, mashed pumpkin      | 1 t. cinnamon                    |
| 1 egg                             | 1/2 t. salt                      |
| 1 t. vanilla                      | 1/2 cup chopped dates or raisins |
| 2 cups sifted (all-purpose flour) | 1/2 cup chopped nuts             |

Cream shortening and sugar. Add pumpkin and mix. Add egg and vanilla. Sift baking powder, soda, cinnamon and salt with flour. Add raisins (dates) and nuts. Drop by teaspoons on greased baking sheet. Cook 12 to 15 minutes at 375° or until brown. Cool. Cinnamon and sugar can be sprinkled on top. Makes 4 dozen cookies.



## GRANDMOTHER SANKEY'S OLD FASHIONED

### SUGAR COOKIES

Earline Hill

2/3 cup shortning	1 teasp vanilla
1 1/4 cup white sugar	3 cups sifted flour
2 eggs	1 tsp salt
1 Tbls milk	2 tsp baking powder

Blend shortning, sugar, eggs, milk, and vanilla. Combine dry ingredients, add them to the moist ones, mix thoroughly.

Roll dough out 1/8 inch thick on lightly floured board. Cut with cookie cutters, place on ungreased cookie sheet.

Cook at 375° for 8-10 or until lightly brown. Remove from cookie sheet at once.

### NORA'S ICE BOX COOKIES

Earline Hill

1 1/4 cups brown sugar	1 cup nuts
1 cup shortening	1 Tablesp Baking Powder
2 eggs	1 tsp vanilla
2 cups flour	1/4 tsp salt

Mix, roll into long "logs" and chill. (Can be wrapped in wax paper to help hold shape). Slice thinly, cook on ungreased cookie sheet 8 minutes in 400° oven.

### POLKA DOT SQUARES

Kathy Tokarski

1 1/2 sticks oleo - melted  
1 cup granulated sugar ) Stir into butter -  
1 cup brown sugar (packed) ) Cool

3 eggs - add and mix thoroughly  
1/2 cup finely chopped walnuts - Stir in above

2 2/3 cup sifted flour)  
2 1/2 t. baking powder) Add and mix  
1 t. salt )

1 large pkg semi-sweet chocolate chips - Add

Spread in greased cookie sheet (one having sides).  
Bake at 375° for 15-18 minutes. Cool before cutting.

### CHERRY WINKS

Kathy Tokarski

3/4 cup Crisco) Cream	2 eggs )
1 cup sugar )	2 T. milk ) Add to above-
	1 t. vanilla) cream

2 1/4 cup flour )  
1 t. baking powder)  
1/2 t. baking soda) Sift into above - mix well.  
1/2 tsp salt )

Drop by rounded teaspoons into 2 1/2 cup Kellogg Corn Flake crumbs. Toss lightly to cover. Place on greased cookie sheet. Top with 1/2 maraschino cherry.



## PINEAPPLE COOKIES

Sybil Wolfe

1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup white sugar  
1/2 cup drained crushed pineapple  
1/2 cup nuts, chopped  
1 egg, well beaten  
1/4 tsp salt  
1/4 tsp soda  
1 tsp baking powder  
1 tsp vanilla

Cream shortening with sugars. Add egg and pineapple. Mix and add vanilla. Sift flour, measure and sift with salt, soda and baking powder. Add to first mixture. Add nuts - mix. Drop by teaspoons onto an oiled cookie sheet. Bake 425 F. 10 minutes.

## LOW CALORIE MERINGUE KISSES

Ellen Fairbault

2 egg whites  
1/2 tsp vanilla  
2/3 cup white or brown sugar  
1/2 tsp Angostura aromatic bitters (optional)  
Nuts chopped, as desired  
1/2 tsp cream of tartar  
1/4 tsp salt

Beat egg whites until frothy. Add salt and cream of tartar and beat egg whites into stiff peaks. Gradually beat in sugar - 1 Tbsp at a time until mixture is stiff and glossy. Beat in vanilla and bitters. Cover a cookie sheet with foil - do not grease. Spoon on 1 Tbsp at a time shaping 24 mounds. Bake in preheated oven at 200 degrees for 40 minutes or until kisses are pale golden and dry to touch. Cool and remove from foil. Store in an air tight container in a cool place until ready to serve. Makes about 2 dozen. 24 calories per meringue.

## STARLIGHT MINT SURPRISE COOKIES

Ruby Deaton

Sift: 3 1/4 cups flour  
1 t. soda  
1/2 t. salt

Cream: 1/2 cup butter  
1/2 cup shortening

Add: 1 cup sugar  
1/2 cup brown sugar. Mix thoroughly  
2 eggs, unbeaten  
2 T water  
1 t. vanilla

Beat, blend in dry ingredients. Dough may be chilled. Open 1 pkg. chocolate mint wafers. Shape cookies by enclosing each wafer in about 1 T. of dough. Place on greased baking sheet about 2" apart. Top each cookie with walnut half. Bake in oven.

Bake at 475 for 10-12 minutes. Yield - 4 1/2 dozen

## APPLESAUCE COOKIES

Ruby Deaton

3/4 cup soft shortening  
1 cup brown sugar  
1 egg  
1/2 cup applesauce  
2 1/4 cups sifted flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
3/4 tsp cinnamon  
1/4 tsp cloves  
1 cup seedless raisins  
1/2 cup chopped nuts

Heat oven to 375°. Mix thoroughly shortening, brown sugar and egg. Stir in applesauce. Sift together dry ingredients and stir in. Mix in raisins and nuts. Drop by teaspoons onto greased cookie sheet. Bake 10 to 12 minutes. Makes 4 dozen.



## BROWNIES (Iced)

Rusty Thompson

2 C. sugar  
1 C. Crisco  
1 C. flour  
4 eggs  
1 C. nuts

1/2 C. cocoa  
Pinch of salt  
1/2 t. vanilla  
1/2 C. evaporated milk

Cream first four ingredients together. Add remaining ingredients. Mix well. Bake in a greased and floured pan at 350° for 20 to 30 minutes.

ICING: 1 pkg powdered sugar  
Pinch of salt  
3 T. cocoa  
3/4 stick of oleo, melted  
Add enough evaporated milk to mixture to bring to spreading consistency.  
Spread over the hot brownies. Cut in squares

## BUTTER CRUNCH

Barbara Ellis

1/2 C. butter or margarine  
1/4 C. brown sugar (packed)  
1 C. flour  
1/2 C. chopped pecans, walnuts or coconut

Heat oven to 400°. Mix all ingredients with hands. Spread in ungreased baking pan, 13x9x2 inches. Bake 15 minutes, stir with spoon. Store in covered container in refrigerator.

## PEANUT BUTTER COOKIES

Ruby Deaton

1/2 cup shortening  
1/2 cup peanut butter  
1/2 cup granulated sugar  
1/2 brown sugar  
1 egg  
1 1/4 cup sifted flour  
3/4 t. soda  
3/4 t. baking powder  
1/4 t. salt

Cream shortening and peanut butter together. Add sugar gradually. Add egg and beat. Add dry ingredients. Bake 10 to 12 minutes at 375 degrees.

## ICE BOX COOKIES

Ruby Deaton

1 lb. shortening  
1 cup white sugar  
1 cup brown sugar  
2 t. soda  
1/2 t. salt  
1 t. cinnamon  
3 eggs  
1 t. vanilla  
6 cups flour  
1 cup nuts

Cream shortening, add sugar. Add well-beaten eggs and vanilla. Sift together and add flour, soda, salt and cinnamon. Knead well. Add nuts. Knead and shape into rolls about 2" in diameter. Put in ice box to become solid (at least 4 hours). Slice thin and bake in oven 400° for 7 minutes or until golden brown. Makes 200 cookies.

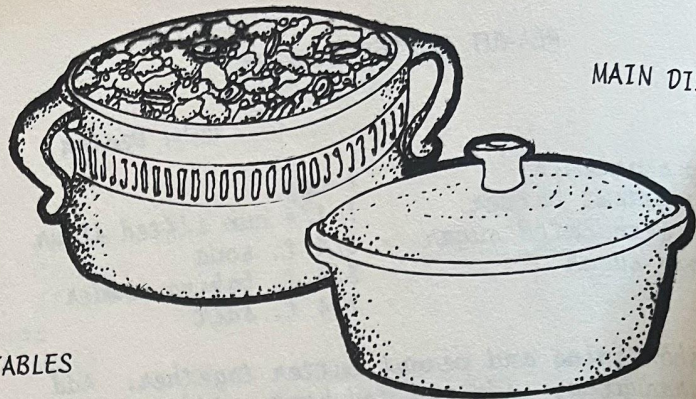
OJARRASCAS  
(Mexican Wedding Cookies)

Tina Jankowski

1 lb lard  
1 cup granulated sugar  
1 egg  
6-7 cups of flour  
1 Tbsp cinnamon  
1/2 cup pet or carnation milk  
1/4 tsp salt

Cream lard, sugar & egg. Gradually add flour and milk. Add salt and put in cookie press or form into small balls on cookie sheet. Bake until brown at 350 degrees.





MAIN DISHES

VEGETABLES

CORN DUMPLINGS

Wilma Graff

Ham hock or small ham to make  
 2 C. chipped ham  
 2 C. cornmeal  
 1 t. baking powder

1 finely chopped onion  
 1/2 C. flour  
 ham broth

Boil ham hock or small ham until done. Take meat and chip real fine. Add chopped onion. Add cornmeal, flour, and baking powder and mix. Add enough broth to make the mixture stick together so you can make it into balls. Roll in balls 1 1/2 to 2 inches in diameter. Bring the balance of the broth to boiling. Drop balls into hot broth. Cover. Cook about 30 minutes or until done.

TOP-STOVE BEANS & MEAT BALLS

Helen Miller

Mix well 1 lb. ground lean beef, 1/2 cup evaporated milk, 2/3 cup soft bread crumbs, 1 teaspoon salt and 1/8 teaspoon pepper. With wet hands, shape into 16 balls.

Brown in skillet 1 tablespoon hot shortening with 1 cup sliced onion, cook over hot heat 10 minutes. Add mixture of 1 lb. can baked beans (2 cups), 1/8 teaspoon salt, 2 tablespoons catsup and 1/4 teaspoon dry mustard. Cover and heat. Makes 4 servings. Serve w/tossed salad and garlic bread.

LLOYD'S MEAT & CHEESE LOAF

Bobbie Huisenga

2 lbs. ground beef  
 1 1/2 C. diced cheese  
 2 Eggs, beaten  
 1 Large onion, chopped  
 1 Large green pepper, chopped  
 2 tsp. salt  
 1 tsp. celery salt  
 1 C. milk  
 2 C. crushed cracker crumbs

Combine ingredients in order given; mix well. Press into greased pan and bake at 350° about 1 1/2 hours. Do not overcook.

CHICKEN AND BROCCOLI CASSEROLE

Barbara Ellis

2 (10 oz) pkg frozen broccoli 1 tsp. lemon juice  
 2 C. cooked sliced chicken 1/2 tsp. curry powder  
 2 Cans cream of chicken soup 1 T. butter  
 1 1/2 C. bread crumbs 3/4 C. mayonnaise  
 1 1/2 C. shredded Cheddar cheese

Place partly cooked broccoli on the bottom of a greased casserole dish. Then layer of chicken. Combine soup, lemon juice, curry powder and mayonnaise and pour over chicken. Then sprinkle cheese, bread crumbs and butter on top. Bake at 350° for 25 to 30 minutes. Trim with pimiento. Use a dish, 11 1/2 x 7 1/2 x 2 1/2.



## SENATE BEAN SOUP

Tommy Thompson

Wash and soak overnight in large kettle 1 lb dried beans (navy, pea or great northern) in water to cover. Next morning, add water to make 5 qts. Add ham bone with some meat on it (ham hocks may be used). Simmer about 2 hours, or until beans begin to mush. Add 3 medium potatoes which have been cooked and mashed, 1 cup each chopped onion and celery, and garlic salt to taste. Simmer 1 hour. Remove bone; cut up meat and return to soup. Then season to taste with salt and pepper. Makes about 4½ quarts.

## CHILI CON CARNE

Rusty Thompson

This is especially good on a raw day--or when you are chilled to the bone. It freezes well.

1 lb beef - chopped fine - not ground  
1 lb pork - chopped fine - not ground  
1 tsp chili powder (more or less to suit your taste)  
Salt to taste  
1 can red kidney beans  
½ tsp cayenne  
1 can tomatoes  
1 lb onions (chopped)

Put beef & pork in kettle - cover well with cold water and cook slowly for 1 hour or more. Add chopped onions and cook until well done. Add chili, salt and cayenne, beans and tomatoes. Cook more. Add more seasoning if needed. Can't be cooked too long!

## SWISS STEAK

Liz Colvin

2 lbs. round or swiss steak  
cut ¾ inch thick  
salt and pepper to taste

1 large onion, thinly sliced  
1 can tomatoes (1 lb)

Cut round steak into serving pieces; season with salt and pepper and place in crock pot with sliced onion. Pour tomatoes over all. Cover and set to low for 8 to 10 hours.

Creamy Swiss Steak: Follow recipe for swiss steak substituting 1 can mushroom soup (10 ounces) for tomatoes. Spread soup evenly over top.

This recipe may be doubled for the 5 qt. crock pot.

## LAZY DAY LASAGNA

Yvonne Ford

6 ounces lasagna noodles  
1 cup cream style cottage cheese  
1 6 ounce pkg sliced mozzarella cheese

¼ t. dried oregano, crushed  
1 15 ½ ounce can spaghetti sauce with meat

Cook noodles in boiling salted water following package directions; drain. Add oregano to spaghetti sauce. In greased 10" X 6" X 1 ½" baking dish, make layers in order half each noodles, cottage cheese, mozzarella cheese slices, and spaghetti sauce. Repeat. Bake in moderate oven (375°) about 30 minutes. Let stand 10 minutes before serving. Serves 4.



## LEMON BARBEQUE SAUCE

Earline Hill

1 C. butter or margarine  
4 t. flour  
1 T. sugar  
1/4 t. pepper (black)  
1/4 t. tabasco sauce

1 minced clove garlic  
2/3 C. water  
4 t. salt  
6 T. fresh lemon juice  
1/4 t. dried thyme

In hot butter in saucepan, saute garlic a few minutes, stir in flour then add the rest of the ingredients. Cook, stirring, until slightly thickened. Cool. Spread over meats ... beef, chicken, etc., or even vegetables, and barbeque.

## HOMINY-TURKEY CASSEROLE

Ruby Deaton

1 can hominy (2 1/2 size)      1 T. Worcestershire sauce  
2 1/2 C. turkey (cut in small pieces)      1 t. cayenne pepper  
1 can cream of mushroom soup      1 t. salt  
1/2 C. sour cream      1 C. grated cheese (any kind)

Heat mushroom soup, sour cream, Worcestershire sauce, salt and pepper in saucepan; butter 1 quart casserole dish. Drain hominy and pour into casserole. Spread turkey bits over hominy. Pour soup mixture over both. Sprinkle with grated cheese. Bake 30 minutes in 350° oven. Serves 6. A good way to use leftover turkey.

## HOT SANDWICHES

Barbara Sheehan

1/2 lb boiled ham (chipped)      1/2 lb. shredded cheese  
1/2 C. chopped onions      1/2 C. pickle relish  
2 hard boiled eggs chopped      3 T. mayonnaise

Combine all ingredients. Fill hot dog buns, roll them in Reynolds wrap. Heat in oven at 350° for 10 minutes.

## LAMB STEW

Liz Colvin

2 lbs stewing lamb      1 C. carrots  
1 onion      1 green pepper, chopped  
3 T. fat      1 T. salt  
2 C. potatoes      1/8 t. pepper  
2 C. turnips      1 C. boiling water

Shoulder of lamb will make a good stew. Have it cut in 1 1/2 inch cubes. Sear with the chopped onion in the heated fat over a surface burner. Then add the vegetables, which have been cubed, and the seasonings. Pour the boiling water over it, and bake at 275° for 3 hours.

## MACARONI-BEEF CHEESE CASSEROLE

Kathy Tokarski

1 pkg French's Sloppy Joe mix      1 lb lean ground chuck  
2 C. macaroni (measured uncooked)  
1 lb Velveta cheese

Make Sloppy Joe mix according to directions on package. Cook macaroni - drain. Layer in deep dish alternating macaroni, Sloppy Joe mix and cubed cheese. Top lightly with bread crumbs. Bake at 350° for 15 minutes.



## DELMONICO POTATOES

Kathy Tokarski

3 large potatoes - cut and cooked. Place potatoes in buttered square casserole. Cover with white sauce.

### White Sauce

4 T. corn starch      mix      1/2 t. salt  
2 C. milk                      3 T. butter      Add and cook until  
dash pepper              thickened

### Topping

1/2 C. seasoned bread crumbs  
1/2 C. grated Parmesan cheese  
Dash salt and pepper and 1/4 t. Accent  
1 T. dried parsley flakes

Spread on top of potatoes and cream sauce - dot with butter. Bake at 325° - 20 minutes if covered; 10 minutes if uncovered.

## NEW ENGLAND STYLE CLAM CHOWDER

Kathy Tokarski

1 slice bacon                      Brown lightly  
1 T. minced onion  
2 C. water  
2 cans minced clams, plus 2 cans water  
1/2 t. salt; pepper  
5 large potatoes, sliced

Cook for 45 minutes.

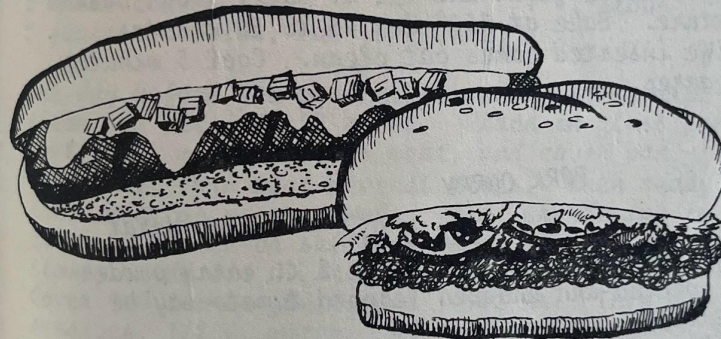
## STEAK/CHICKEN TACOS

Marie Smith

1 cup steak - any type, pan fried & cut up in small pieces  
1 cup chicken - cooked, deboned & cut up in small pieces  
Add salt, pepper, garlic to above meats according to taste.  
1 cup lettuce, tomatoes, onions - cut up in small pieces.  
Avocado, if desired.  
12 tortillas

Combine chopped, cooked steak and chicken, cover with broth, and cook in pan over low heat until broth is absorbed.

Place 1 tablespoon meat on hot tortilla.  
Add chopped lettuce, tomatoes, onions, and a slice of avocado. Fold tortilla over and serve hot.



## ARTICHOKE CASSEROLE

Kathy Gaudet

1 14 oz can artichoke hearts      2 green onions (shallots)  
drain and save juice              1/2 bell pepper  
1/2 stick oleomargarine              1/4 cup romano cheese  
1 Tbsp garlic (2 toes)              salt & pepper to taste  
2 ribs celery                          1/2 cup bread crumbs  
1/2 medium onion

Fry garlic, celery, onion and pepper in margarine. Add cut up artichokes and fry. Next add juice of artichoke, bread crumbs and romano cheese and a little parsley. Put casserole in 350 oven for 20 minutes before serving. Serves 4.



## CHILIES RELLENO BAKE

Sybil Wolfe

1 lb. ground beef  
 1 t. salt  
 1 1/2 C. milk  
 2 - 4 oz cans green chilies  
 1 1/2 C. shredded cheddar cheese

1/2 C. chopped onion  
 1/4 t. pepper  
 4 eggs beaten  
 1/4 C. flour

Brown beef & onion, drain fat. Sprinkle meat with 1/2 t. salt and the pepper. Place one can of green chilies cut in half and seeded into a 10" X 6" X 1 1/2" baking dish. Sprinkle with cheese and top with meat. Arrange the other can of chilies over meat. Combine beaten eggs, milk, flour and 1/2 t. salt. Pour over chili mixture. Bake at 350° for 45 to 50 minutes until knife inserted comes out clean. Cool 5 minutes, cut in squares.

## PORK CURRY

Thelma Merat

1/2 C. chopped onion  
 1 tomato, peeled and chopped (canned tomato may be substituted)  
 1/4 t. salt  
 1 can condensed mushroom soup  
 1 1/2 to 2 C. cubed cooked pork  
 Hot cooked rice

1 to 2 t. curry powder  
 1 T. butter or margarine  
 1/2 C. milk

Cook onion, tomato, curry powder and salt in the butter or margarine until onion is tender but not brown. Stir in soup and milk until smooth. Add pork and simmer about 10 minutes. Stir in sour cream and heat, but do not boil. Serve over rice. Makes 4 servings.

Chicken may be substituted for pork, and cream of chicken soup instead of mushroom. This is a good way to use up leftovers.

## AUNT BESS'S VENISON STEW

Earline Hill

To make marinade, combine:

2 C. red wine  
 1/4 C. cider vinegar  
 1 t. salt  
 1/4 t. whole black pepper  
 1 med bay leaf  
 1/2 med onion, sliced  
 1/4 small carrot, sliced  
 1 T. sugar  
 2 whole cloves  
 2 juniper berries, cut (optional)

Stew:

2 1/2 lbs shoulder venison  
 3 T. shortening  
 1/8 t. pepper  
 1 1/8 t. salt  
 1 med onion, sliced  
 1/2 C. pureed tomatoes  
 3/4 C. water  
 1 T. flour

The day before you want to serve the stew, wipe the meat clean and cut into 2" cubes. Place in glass pan or bowl, pour marinade over meat, and cover pan -- refrigerate, turn meat several times. When ready to cook, drain meat on paper towels. Heat shortening in an aluminum kettle or skillet, brown meat on all sides slowly. Add 3/4 C. strained marinade, pepper, and salt. Cover and simmer gently for 1 1/2 hr. Then add onion, tomatoes, 1/2 C. water, and continue to simmer for 1 hr. Thicken the sauce with flour blended in the remaining 1/4 C. water. Boil 2 minutes longer. Serve very hot. Is excellent with rice, tossed green salad, and garlic bread. Serves six.

## HAMBURGER HOT DISH

Ruby Deaton

1 lb. hamburger  
 3 or 4 sticks celery, diced

1 onion

Brown in frying pan. Add 4 C. spaghetti or macaroni, 2 cans tomato soup, salt, and pepper. Bake in 350° oven for 45 minutes to 1 hr. (Sometimes I use 1 can tomato soup and 1 can tomatoes.)



## SWEET POTATO CASSEROLE

Barbara Ellis

3 C. cooked sweet potatoes  
(about 3 or 4 large)  
1/2 C. margarine  
1 T. vanilla

1 C. sugar  
2 Eggs beaten  
1/2 C. milk

Mix and put in baking dish, top with topping:

1 C. light brown sugar  
1/3 C. butter

1/2 C. flour  
1 C. chopped nuts

Mix well and sprinkle on top and bake 25 minutes at 350°.

## SHRIMP THERMIDOR

Ruby Deaton

In skillet, saute in 4 T. butter:

1/4 C. chopped bell pepper  
2 T. onions

1 C. chopped celery

Add: 4 T. flour  
2 1/2 C. milk  
Salt

Pepper  
Garlic salt or powder  
Few drops tabasco (to taste)

Cook until thick.

Add: 1 Can mushrooms (chopped or whole)  
1 Small jar pimentoes  
1 1/2 lbs boiled shrimp

Pour into buttered casserole. Top with parmesan cheese and grated Velveeta or cheddar cheese. Bake 20 or 30 minutes at 375°.

## PORK WITH WILD RICE

Gloria Risher

1 6 oz box long grain & wild rice mix  
1 10 1/2 oz can cream of mushroom soup  
1 1/4 C. water  
6 lean pork chops

4 oz can mushrooms  
salt & paprika

Mix contents of box, soup and water in 10 inch skillet. Add mushrooms. Arrange pork chops on top. Sprinkle with salt and paprika. Bake covered, 1 hour and 20 minutes at 350°. Serves 5 to 6.

## MEAT BALL CASSEROLE

Dorothy Haga

1 lb ground beef  
1/2 C. fresh bread crumbs  
1 egg  
1 t. salt  
2 C. water  
small amount oil

2 large carrots (cut in qtrs)  
1/2 C. chopped green pepper  
1/4 C. chopped onion  
1/2 lb Velveeta (cubed)  
1 C. uncooked rice

Combine meat, bread crumbs, egg and salt; mix lightly. Shape into 18 meatballs; brown in small amount of oil on all sides in large skillet. Drain. Add water, rice, carrots, green pepper and onion. Cover and simmer 25 minutes. Add Velveeta and heat until Velveeta melts. 4 to 6 servings.

## STRING BEANS

Wilma Graff

2 cans green beans  
1 chopped onion

1 can tomatoes  
meat seasoning (bacon, ham, etc)

Mix all together in pan. Cook about 30 minutes. Salt and pepper and taste. 1/2 teaspoon sugar may be added for flavor.



## MUSHROOM - SALMON LOAF

Alice Voss

- 2 C. salmon flaked (15 1/2 oz can)
- 1 1/2 C. bread crumbs
- 1 tsp dried minced onion (opt.)
- 1/2 C. minced green pepper (opt.)
- 2 Eggs slightly beaten
- 1 Can cream of mushroom soup

Combine ingredients and mix lightly. Pack firmly into small greased loaf pan. Bake 350° for 1 hour.

### Mushroom Sauce (Opt.)

- 1 Can cream of mushroom soup
- 1/4 C. milk

Combine soup and milk, heat, stirring constantly. Pour over salmon loaf or serve in a side dish.

## BAKED CHICKEN

Tina Jankowski

- |                       |                            |
|-----------------------|----------------------------|
| 1 Cut up fryer        | Crisco oil - 1/3 C.        |
| 2 T. flour            | 1 C. soup stock            |
| 1 1/2 tsp dry mustard | 2 tsp Worcestershire sauce |
| 2 tsp tomato catsup   | Salt & pepper              |
| Paprika to taste      |                            |

Brown fryer in oil. Remove fryer and make gravy with oil, flour, chicken stock, salt & pepper, dry mustard, catsup sauce and paprika. Place fryer in gravy and cook on top of stove or bake in oven (350°) for one hour or until chicken is tender.

## OKRA GUMBO

Kathy Gaudet

- |                                  |                     |
|----------------------------------|---------------------|
| 3 lb okra                        | 2 large onions      |
| 2 lb shrimp                      | 1 stalk celery      |
| 1 lb ham seasoning               | 1/2 bell pepper     |
| 1 1/2 lb gumbo crabs             | Salt, pepper, thyme |
| 1 lg can (12 oz) peeled tomatoes | & bay leaf to taste |

Fry okra until all slime is removed (about 1/2 hour). Fry shrimp and ham. Melt onions, celery, bell pepper; add tomatoes and cook until they go to pieces. Add remaining ingredients plus about 5 qts water. Cook on a low fire for 3 hours.

## BREAST OF CHICKEN ON RICE

Kathy Gaudet

- 1 can cream of mushroom soup
- 1 soup can of milk
- 3/4 cup uncooked rice
- 1 envelope dehydrated onion soup mix
- 2 or 3 chicken breasts split in half

Preheat oven to 350 degrees. Mix mushroom soup with milk. Reserve 1/2 cup of mixture. Mix remaining soup mixture with rice and 1/2 onion soup mix. Pour into ob-long baking dish. Place chicken on top. Pour reserved soup mixture over chicken. Sprinkle with remaining onion soup mix. Cover and bake 1 hour. Uncover and bake 15 minutes.

## QUICK MEAT PIE

Bettie Broadway

- |                              |                        |
|------------------------------|------------------------|
| 2 cans biscuits              | 1 cup instant potatoes |
| 1 lb ground meat             | 1 can mixed vegetables |
| 1 small onion (chopped fine) | Cheese to decorate     |

Line pie pan with biscuits. Cook meat and add vegetables and onions. Add 1/2 can of water. Heat and add instant potatoes. Pour into pie. Decorate with cheese. Cook for 25 to 30 minutes in 350 degree oven. Serve hot. Can double recipe and freeze one pie.



## AUTUMN SOUP

Barbara Ellis

1 lb ground beef	2 t. salt
1 C. chopped onion	1 t. bottled brown Bouquet sauce
4 C. water	1/4 t. pepper
1 C. cut-up carrots	1 bay leaf
1 C. diced celery	1/8 t. basil
1 C. cubed pared potatoes	
6 tomatoes*	

In large saucepan, cook and stir meat until brown. Drain off fat. Cook and stir onions with meat until onions are tender, about 5 minutes. Stir in remaining ingredients except tomatoes, heat to boiling. Reduce heat; cover and simmer 20 minutes. Add tomatoes; cover and simmer 10 minutes longer or until vegetables are tender. Serves 6.

\* 1 can (28 oz) tomatoes (with liquid) can be substituted for the fresh tomatoes. Reduce water to 3 cups. Stir in tomatoes with remaining ingredients; heat to boiling. Reduce heat; cover and simmer 20 minutes.

## ENCHILIDA CASSEROLE

Ruby Deaton

1 large onion, chopped	1 lb ground beef
1 can tomato paste	1 can enchilada sauce plus
9 tortillas	1/2 can water
3 - 5 slices cheese, or grated cheddar cheese	
1 can chile beans	1 small can ripe olives, cut up (can be omitted)

Brown onion and meat. Add paste, enchilada sauce and water. Place a layer of this mixture in greased loaf pan. Cover with 3 tortillas, another layer of mixture, sprinkle with cheese. Alternate layers, top with chile beans and cheese. Bake 1 hour at 325°.

## SCALLOPED OYSTERS

June Rose

Quart casserole  
1 pint oysters  
Half and half cream  
Salt

Little cayenne pepper  
Soda crackers  
Butter  
Pepper

Roll and crumble 3 - 4 packs of crackers. Grease casserole. Add layer of crackers, layer of oysters - use all crackers and oysters. Melt butter. Pour half and half over filled casserole. May take a little more to make moist - if so, add a little milk. Add salt and pepper. Pour melted butter all thru casserole of oysters. Bake at 350° for 35 - 40 minutes. Don't overcook.

You can't make them too rich - that's what makes them good!

## BEEF & POTATO LOAF

Helen Miller

Arrange evenly in greased 2-qt baking dish, 4 cups thinly sliced, peeled raw potatoes and 1 tablespoon cut up onion sprinkled with 1 teaspoon salt, 1/8 teaspoon pepper and 1 teaspoon parsley flakes (parsley flakes can be omitted).  
Mix 1 lb ground lean beef, 3/4 cup evaporated milk, 1/2 cup soda cracker crumbs or uncooked rolled oats, 1/4 cup catsup or chili sauce, 1/4 cup cut up onion, 1 teaspoon salt and 1/8 teaspoon pepper. Spread evenly over potatoes.  
Decorate top with more catsup if desired. Bake in 350° (moderate) oven for 1 hour or until potatoes are tender. Makes 4 servings.



## HAMBURGER STROGANOFF

Jim Hughes

1 lb ground chuck  
 1/2 cup grated onion  
 1 - 4oz can mushrooms  
 drained  
 1 can cream of mushroom  
 soup  
 1/4 cup shredded cheese  
 1/4 cup chopped pimento

2 Tbsp flour  
 1 tsp salt  
 1/4 tsp pepper  
 1 sprig parsley  
 1 garlic bulb, pressed  
 1 cup sour cream  
 1 tsp worcestershire sauce

Brown meat and onion, pour off excess grease. Add all ingredients except sour cream and worcestershire sauce. Cover, cook on low heat 25 min. Stir in sour cream and worcestershire sauce. Serve over noodles or rice.

## GOULASH

Kathy Gaudet

1 lb. ground meat  
 1 medium onion  
 Macaroni (not too much;  
 #3 or 4 spaghetti)

Ragu Italian sauce (or  
 tomatoes)  
 Italian cheese  
 cubed American cheese

Brown ground meat on low fire; while browning, add finely chopped onion; then cook macaroni separately. Add macaroni to meat after meat is cooked; add cubed American cheese and cubed tomatoes (or Ragu), sprinkle Italian cheese, squish around. Cook on low fire 20-30 minutes.

## CHICK N' CHOKES

Kathy Gaudet

12 large chicken legs or  
 breasts  
 1 lg. can artichoke hearts  
 2 chicken bouillion cubes  
 1/2 cup sherry wine

1 sm jar sliced mushrooms  
 1 sm onion (chopped fine)  
 2 cloves garlic (chopped  
 fine)

Arrange chicken pieces in long pan or casserole dish. Place other ingredients over chicken. Salt & pepper to taste. Bake 1 1/2 hours at 375. Cover dish for first hour.

## OKRA ETOUFFEE

Ruby Deaton

3 C. sliced okra  
 1/4 C. cooking oil (I leave  
 this out)  
 1 medium green pepper,  
 chopped

1 C. canned tomatoes  
 1 medium onion, chopped  
 salt & pepper to taste  
 1/4 C. potato chip crumbs

Spread okra in greased casserole. Cover with oil, tomatoes, onion, green pepper and seasonings. Cover loosely with foil. Bake at 400° for 1 hour or until tender, stirring occasionally. Uncover. Top with crumbs. Cook about 15 minutes longer or until crumbs are brown.

## HOT TURKEY SALAD

Sybil Wolfe

2 C. cut up turkey or chicken  
 1 1/2 C. cut up celery  
 1 small jar chopped pimentos  
 1 C. chopped toasted almonds  
 1/2 C. grated cheese

2 T. chicken stock  
 base (Spice Islands)  
 1 C. mayonnaise  
 salt & pepper to taste  
 1 C. potato chips

Mix together (except cheese & potato chips), put in baking dish, sprinkle with cheese and potato chips. Bake 20 to 30 minutes at 350°.

## EASY STEW (Crock Pot Style)

June Rose

2 lbs of stew meat  
 1 can cream of mushroom soup  
 salt/pepper

1 can cream of celery soup  
 1 can cream of onion soup

Throw it all in the pot - stir (meat raw). Cook 'til meat falls apart or however you like it. Serve over rice or noodles.

P. S. Sometimes a little cooking wine - maybe.



### CHICKEN CHOW MEIN

Kathy Tokarski

- 1 chicken breast
- 2 chicken boullion cubes

- 4 large onions, sliced
- Butter

- 1 can (drained bean sprouts)
- chicken stock
- 1 t. salt
- 4 t. soy sauce

Cook for 1 hr in 4 C. water

Brown onions in butter in dutch oven

Combine with onions - cook slowly for 30 minutes

Thicken with corn starch mixed with water to form a paste. Add cut up chicken. Serve over rice.

### IDAHO STUFFED SQUASH

Earline Hill

- 2 med acorn squash
- 1/2 C. chopped green onions
- 1/2 t. nutmeg
- Bread crumbs

- 8 servings instant mashed Idaho potatoes
- 1/4 C. butter or margarine
- 4 servings of sausage, cooked

Preheat oven to 400°. Pierce squash in a few places with a fork. Bake in preheated oven for 50 minutes or until tender. Prepare instant mashed potatoes as package directs. When squash are done, let cool until easy to handle. Cut in half and scoop out seeds. Remove flesh carefully to keep shells intact. Mix together potatoes, squash, green onions, butter, and nutmeg. Heap mixutre into squash shells and place cooked sliced sausage on top of each with a few bread crumbs. Return to oven to heat and to brown bread crumbs. Serve at once, passing brown sugar and extra butter to add if desired. Serves 4.

### 12 STUFFED EGGPLANT HALVES

Kathy Gaudet

- 6 medium eggplants
- 3 pods garlic
- salt & pepper to taste
- bread crumbs
- 1/2 cup parsley

- 1 lb small shrimp
- 1 lb white lumb crabmeat
- 1/2 cup celery
- 2 medium onions

Boil eggplants till soft; then dig out meat. While you are doing this, fry onion, celery and garlic together till limp, then add eggplant meat. Let smother on medium fire till most water is cooked out, then add shrimp. Cook for another 20 minutes, then put all of this in another bowl and fold in crabmeat and parsley. Let cool a little, then add enough bread crumbs on top and paprika. Then sprinkle a little oil or oleo on top. Bake till done (or brown) in 350 oven.

### CAROL'S CHINESE NOODLES

Kathy Gaudet

- #2 can Chinese noodles
- 1 can tuna
- 1 can water chestnuts (same size as tuna)
- 1 can undiluted mushroom soup

- 1 cup celery, chopped
- 1 can cashews (or almonds)
- 2 or 3 green onions, chopped
- Bake at 325 for 1/2 hour till heated through

To prepare ahead of time, mix nuts and noodles together in baking pan. Mix tuna and mushroom soup in bowl. Mix chestnuts, celery and onions in bowl - "until last minute" then mix all together and bake.



## CRABMEAT QUICHE

Charles Kelley

- 1 8" unbaked pie shell
- 2 eggs
- 1 cup light cream
- 1 tsp Accent
- 3/4 tsp salt
- 1/16 tsp cayenne pepper
- 3 oz Swiss cheese grated
- 3 oz Gruyere cheese, grated
- 1 tbsp flour
- 1 can (6½ oz) crabmeat, flaked

Heat oven to 450 degrees. Prick bottom and sides of pie shell. Bake 9 minutes. Beat together eggs, cream, Accent, salt and cayenne. Combine cheese, flour and crabmeat. Sprinkle evenly over bottom of pie shell. Pour cream mixture over top. Lower oven heat to 325 degrees. Bake quiche 45 min to 1 hr or until tip of knife comes out clean.

## ASPARAGUS QUICHE

Charles Kelley

- 1 8" unbaked pie shell
- ¼ pound Swiss cheese, grated
- ¼ pound Canadian bacon. 8 cooked asparagus spears
- 1¼ cups table cream
- ½ tsp salt, dash nutmeg, dash pepper
- 3 eggs

Sprinkle cheese over bottom of pie shell. Brown bacon in small amount of shortening until very crisp. Chop and sprinkle over cheese. Cut asparagus in ½" pieces and put on bacon. In bowl, beat together cream, salt, nutmeg, pepper and eggs. Pour over cheese and asparagus. Bake on cookie sheet in preheated 450 degree oven for 10 minutes, lower temperature to 350 degrees and bake 30 minutes or until knife inserted in center comes out clean.

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## QUICHE LORRAINE

Charles Kelley

Bacon and Egg Pie - 6 servings

### Pastry:

- 1½ cups sifted all purpose flour
- ½ tsp salt
- 3 tbsp butter or margarine, cut into small pieces
- 3 tbsp solid shortening
- 3 tbsp ice water

### Filling:

- ½ pound bacon
- ¼ pound (1 cup) Swiss cheese, grated
- 4 eggs
- 1 tbsp flour
- 1½ cups milk or half and half or heavy cream
- ½ tsp salt
- freshly ground black pepper
- 1 tbsp butter, melted

Measure flour and salt into a bowl. Add butter or margarine and shortening. Combine with a pastry blender or fingertips. Add water a little at a time. Stir with a fork and form pastry in a ball. Wrap in wax paper and chill for 20 min. Roll on a lightly floured board and fit pastry into a nine inch pie plate.

### Filling:

Fry bacon until crisp. Drain and crumble the bacon. Place in the uncooked pastry shell with grated cheese. In a small bowl combine eggs, flour, milk or cream, salt and pepper. Pour over the bacon and cheese. Add melted butter. Bake in a preheated 375 degree oven for 30 min. until custard is firm and golden. Serve hot or cold.

## EGGPLANT, ZUCCHINI, AND TOMATO CASSEROLE

Charles Kelley

- 1-3/4 pound eggplant
- 4/5 pound zucchini
- 1 tbsp salt
- 3 cups canned, stewed tomatoes
- 1 to 2 tsp sugar (optional)
- 6 small white onions, sliced
- 2 green peppers, minced
- 11 tbsp sweet butter or 7 tbsp olive oil
- 3 gloves garlic, minced
- 1 cup chopped fresh parsley
- 1 tsp salt
- ½ tsp freshly ground black pepper

1. Peel the eggplant. Slice it 3/8 inch thick and cut the slices into strips 1½ inches wide.
2. Wash the zucchini. Slice off both ends and slice the zucchini into 3/8 inch pieces.
3. Put the zucchini and eggplant in a bowl. Sprinkle with the salt and mix together. Let them stand until you are ready with the other ingredients.
4. Simmer the stewed tomatoes in a saucepan until most of the liquid has cooked away and it becomes a puree. If the taste is too acidic, add a little sugar.
5. Saute the onions and green peppers in 3 tablespoons of the butter or 2 tablespoons oil until tender, but not browned.
6. In a large skillet, saute the eggplant and zucchini in 8 tablespoons of the butter or 5 tablespoons oil and brown lightly. Take the vegetables out of the skillet and set aside.
7. In the same skillet put the tomatoes, onions, peppers, garlic, and parsley and cook together for 2 minutes. Season with the salt and pepper.
8. In a casserole, place a layer of the tomato mixture, then ½ of the eggplant and zucchini, another layer of tomatoes, the rest of the vegetables, and the rest of the tomatoes. Simmer the casserole in a preheated 300 degree oven for 45 minutes or until tender.



## MEAT LOAF MONBLASON

Charles Kelley

- 8 small white onions, chopped finely
- 1 green pepper, chopped finely
- 4 tbsp sweet butter
- 1½ pounds ground lean chuck
- ¾ pound ground lean pork
- ¾ pound ground lean veal
- 3 eggs, beaten
- 1 cup Brown Stock or canned beef consomme
- 1½ cups bread crumbs or toasted wheat germ
- 1½ cups finely chopped fresh parsley
- ¼ tsp thyme or basil
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 2 or 3 strips of bacon
- 3 to 4 cups Tomato Sauce or Mushroom Sauce
- 2 tbsp chopped fresh parsley

1. Saute chopped onions and green pepper together in the butter until soft and transparent.
2. Combine the ground beef, pork, veal, the eggs, Brown Stock or consomme, and bread crumbs. Add the onion-pepper mixture; season with the parsley, thyme or basil, salt and pepper, and blend well.
3. To shape the loaf, you can place the mixture in a buttered rectangular Pyrex baking dish and unmold the uncooked loaf into a larger roasting pan.
4. Place the strips of bacon on top.
5. Place the meat loaf in a preheated 325 degree oven and bake for 1½ hours. Remove bacon and degrease the pan.
6. Pour either the Tomato Sauce or the Brown Mushroom Sauce over the meat loaf. Bake for another ½ hour, basting often with the sauce. Sprinkle with chopped parsley and serve hot.

## BEEF STROGANOFF

Charles Kelley

- 2 lbs front end of 7-8 lb fillet of beef
- Salt and freshly ground black pepper
- 5 tbsp sweet butter
- 2 tbsp flour
- 1½ cups Brown Stock or canned beef consomme
- 1½ tsp Dijon mustard
- 4 to 5 tbsp sour cream
- 2 small white onions, chopped

1. Cut the meat across the grain, not more than ½ inch thick, and make the strips approximately 2 inches long by ¾ inch wide. Sprinkle them lightly with some salt and pepper and refrigerate for 3 hours.
2. In a saucepan, melt 2½ tbsp of the butter with the flour. Cook over medium heat, stirring constantly. Do not scorch the flour. Slowly add the Brown Stock, stirring with a wire whisk until the sauce is thickened and smooth.
3. Add the mustard and blend well.
4. Add the sour cream and stir well. Set aside.
5. In a heavy skillet, melt the remaining 2½ tbsp of the butter. Cover the bottom of the skillet with the meat and onions. Brown quickly on all sides. Do not put more than 1 layer of meat and onions in at a time. If you have more meat and onions, repeat the operation. The meat should be well browned, but do not overcook.
6. Discard the onions and add the meat to the sour-cream sauce. Taste to see if more seasoning is needed before serving. Serve with rice, noodles or mashed potatoes.

## MARGIE'S SPINACH

Kathy Gaudet

- 1 pkg frozen spinach
- 1 sm Philadelphia cream cheese
- 1 can artichoke hearts
- 1 can water chestnuts (slice)

Cook spinach, melt cheese with ½ stick margarine. Oblong pan, place chestnuts in bottom, put artichoke (cut up) put spinach in with cheese. Pour over artichoke hearts, sprinkle bread crumbs. Bake 350 degrees for 20 minutes.



## HAIGAYAN KABOB

Gloria Risher

4 large squares of heavy-duty foil  
2 lbs lamb shoulder, cut in 4 pieces  
2 green peppers, halved  
2 tomatoes, halved  
1 onion, quartered  
1 medium eggplant, quartered  
1 potato, quartered  
Salt and pepper to taste

Place in center of each square of foil: 1 piece of lamb,  $\frac{1}{2}$  tomato,  $\frac{1}{2}$  pepper,  $\frac{1}{4}$  onion,  $\frac{1}{4}$  eggplant,  $\frac{1}{4}$  potato, salt and pepper. Fold each unit into a compact package and place side by side in roasting pan. Bake in 350 degree oven for  $2\frac{1}{2}$  to 3 hours. Do not turn packages, do not use water. To serve, leave in individual packages. Serves 4

## MARINATED VEGETABLES

Charles Kelley

1 can small peas  
1 can French green beans  
1 can pimentos  
2 stalks celery, chopped  
1 green pepper, chopped  
1 small onion, chopped  
Drain vegetables well. Add onion, pepper, celery, pimento.

Add:

$\frac{1}{2}$  to 1 cup vinegar  
1 cup sugar  
1 tsp celery seed  
 $\frac{1}{2}$  cup salad oil  
1 tsp salt  
2 tsp pepper

Let stand 24 hours. Drain and serve. Add canned carrots six hours before serving.

## ITALIAN MEATBALLS & SAUCE

Sybil Wolfe

Serves 6

$1\frac{1}{2}$  pounds lean ground beef  
3 Tbsp Spice Islands Spaghetti spices  
4 or 5 slices bread (soaked in water & squeezed dry)  
1 egg  
1 tsp salt

Mix well and shape into balls. Brown in small amount of oil. (Olive oil is best)  
For Sauce: Blend 12 oz can tomato paste with several cans water and 3 Tbsp Spice Islands Spaghetti Spices. Add 1 tsp salt and 1 tsp sugar. Simmer with browned meatballs 1 to 2 hours. Serve over cooked spaghetti noodles. Sprinkle with grated Parmesan cheese. Can be frozen until ready to use.

## HOT TURKEY SOUFFLE

Barbara Ellis

6 slices white bread  
 $\frac{1}{2}$  cup chopped onion, celery,  
green pepper  
 $\frac{1}{2}$  cup grated sharp cheese  
2 eggs, slightly beaten  
 $\frac{3}{4}$  tsp salt  
2 cup diced cooked turkey  
(or chicken)  
 $\frac{1}{2}$  cup mayonnaise  
 $1\frac{1}{2}$  cup milk  
Dash of pepper  
1 can cream mushroom soup

Saute onion, pepper, and celery. Cube 2 slices of bread. Place these 2 slices cubed bread in the bottom of an 8x8x2" dish. Combine turkey, sauteed vegetables, mayonnaise and seasonings. Spoon over bread cubes. Trim crusts from remaining bread and arrange on top of turkey mixture. Combine eggs and milk and put over all. Cover and chill overnight or at least 1 hour. When ready to bake, spoon soup over the top. Bake at 325 about 1 hour. Sprinkle cheese over the top last few minutes of baking. Serves 8.



## DUCK GUMBO

Ruby Deaton

- |                                       |   |
|---------------------------------------|---|
| 1 C. cooking oil                      | 3 Qts cold water                          |
| 1 C. flour                            | 1 T. worcestershire sauce                 |
| 1/2 lb smoked sausage,<br>1/2" pieces | Salt                                      |
| 1 Large onion, chopped                | Crushed red pepper                        |
| 1 Large bell pepper,<br>chopped       | 2 Ducks (or chicken,<br>squirrel, rabbit) |
| 3 Ribs celery, chopped                | 1 C. chopped green onion tops             |
| 3 Cloves garlic, chopped              | 2 T. parsley                              |
|                                       | 2 Boiled eggs, sliced                     |

Make roux with cooking oil and flour, stirring constantly until chocolate colored. Add onion, celery, bell pepper and garlic. Stir well; turn off heat and stir until it stops simmering. Add worcestershire sauce and cold water. Let come to boil. Add salt and red pepper to taste. Add sausage and ducks. Simmer until duck is tender, 3 to 4 hours. Just before serving add green onion tops, parsley and boiled eggs. Serve over rice with French bread, salad and fillet to dust on top of gumbo.

## EGGPLANT PARMESAN

Barbara Ellis

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1 Lg eggplant               | 3/4 c. olive or salad oil           |
| 1 C. pkg dried bread crumbs | 3 Eggs, beaten                      |
| 2 Tsp dried oregano         | 1/2 C. grated parmesan cheese       |
| 3 8-oz cans tomato sauce    | 1/2 Lb Mozzarella cheese,<br>sliced |

Start heating oven to 350°. Pare eggplant if desired; cut into 1/2" thick slices. Dip each slice first into eggs, then into crumbs. Saute in hot olive oil until golden brown on both sides. Place layer of eggplant in 2 qt casserole; sprinkle with some of parmesan, oregano, and Mozzarella; then cover with some of the tomato sauce. Repeat until all eggplant is used, topping last layer of sauce with several slices of Mozzarella. Bake uncovered 1/2 hr or until sauce is bubbly and cheese is melted. Makes 4 to 6 servings.

## BARBECUE SAUCE

Tina Jankowski

- 4 large onions (diced) saute in 1/4 lb oleo
- 2 Cans tomato sauce (8 oz)
- 2 Cans water
- 1 Tsp. pepper
- 1 Tsp. mustard (dry)

Saute onions in oleo. Add tomato sauce and water, add remaining ingredients. Cook over low heat for 3 hours. Stir sparingly. This can be stored in refrigerator in glass container.

## PANAMANIAN TYPE EMPENADAS

June Hansen

Filling:

- 1 lb ground beef. Simmer to extract excess grease and pour off. The following four ingredients should be grated or ground finely.
- 2 medium onions
- 1 clove garlic
- 2 or 3 green peppers (bell pepper)
- 4 or 5 stalks celery
- Add juice 1/2 fresh lime
- 1/2 Tsp salt to taste
- 1 Tsp sesame seeds (toast first if desired)
- 1/2 Tsp Accent
- Hot sauce to taste (chile picoso may be used) (No more than 1 level teaspoon)

Mix all above ingredients and simmer for about 1/2 hour or until most all moisture is gone. Will make about 80 using one teaspoon filling and dough cut about 4 inches diameter. Roll out dough about 1/8 to 1/4" thick and cut rounds desired size. Spoon mixture into round, fold over and pinch edges together, then prick crust several times with a fork. Place individual pies on a cookie sheet and bake at 400° only long enough to cook the dough and brown slightly - about 15 to 20 min.

DOUGH: Mix no more than necessary to roll out about 1/8 to 1/4" thick:

- |                   |              |
|-------------------|--------------|
| 1 C. flour        | 1/6 C. milk  |
| 1/3 C. shortening | 1/2 tsp salt |

Add small amount of water if too thick to roll. For enough dough to use above filling, you will need 4 to 4 1/2 times the above dough mixture. The amount of dough above will make approximately 20 emperddas.



## SKILLET BARBECUED PORK CHOPS

Liz Colvin

- |                                 |                    |
|---------------------------------|--------------------|
| 4 - 6 pork chops (2 lbs)        | 2 T. brown sugar   |
| 1 T. Wesson Oil                 | 1/2 t. dry mustard |
| 1/3 C. chopped celery           | 1/8 t. pepper      |
| 2 T. lemon juice                | 1/2 t. salt        |
| 2 8 oz cans Hunt's Tomato Sauce |                    |

In a large skillet with a tight fitting lid, brown chops in Wesson over medium heat, approximately 5 minutes on each side. Drain off excess fat. Sprinkle celery, brown sugar, lemon juice and seasonings evenly over chops. Pour Hunt's tomato sauce over all. Cover; simmer over low heat 1 hour, or until chops are tender.

## OLD FASHIONED MACARONI AND CHEESE

Yvonne Ford

- |                                  |               |
|----------------------------------|---------------|
| Hot boiled macaroni (7 or 8 oz)  | 1 t. salt     |
| 2 C. cut up sharp Cheddar cheese | 1/4 t. pepper |
| 2 C. milk                        | paprika       |

Heat oven to 350°. Place cooked macaroni, cheese, salt and pepper in alternate layers in buttered oblong baking dish, ending with a layer of cheese on top. Pour milk over all. Sprinkle with paprika. Bake 35 to 45 minutes. Makes 6 - 8 servings.

## BARBEQUED HAMBURGER

Ellen Fairbault

- |                  |                          |
|------------------|--------------------------|
| 1 lb ground beef | 1/2 cup chopped onion    |
| 2 Tbsp fat       | 1 can chicken gumbo soup |
| 2 Tbsp catsup    | 2 Tbsp prepared mustard  |

Brown meat and onions in fat. Add other ingredients and simmer over low heat for 30 minutes. Serve on buns. Makes about 12.

## PORK CHOPS ON RICE

Yvonne Ford

- |   |                   |
|---|-------------------|
| 6 pork chops 3/4 inch thick                         | 1 C. orange juice |
| 1 1/3 C. uncooked packaged precooked rice           |                   |
| 1 10 1/2 ounce can condensed chicken with rice soup |                   |

In skillet brown pork chops on both sides, season with salt and pepper. Place rice in 12" X 7 1/2" X 2" baking dish; pour orange juice over rice. Arrange pork chops on rice. Pour chicken soup over all. Cover and bake at 350° for 45 minutes. Uncover, bake 10 minutes, serves 6.

## BEEF STEW

Liz Colvin

- |   |                                  |
|---|----------------------------------|
| 3 carrots, cut up                                       | 1 bay leaf                       |
| 3 potatoes, cut up                                      | salt to taste                    |
| 2 lbs. beef chuck or stew meat, cut in 1 1/2 inch cubes |                                  |
| 1 C water or beef stock                                 | 1/2 t. pepper                    |
| 1 t. worcestershire sauce                               | 1 t. paprika                     |
| 1 clove garlic  | 3 onions, quartered              |
|   | 1 stalk celery with tops, cut up |

Put all ingredients in Crock Pot in order listed. Stir just enough to mix spices. Cover and set to low for 10 to 12 hours. (High: 4 to 5 hrs.)

## CHILLEQUILLAS

Ruby Deaton

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 pkg enchilada sauce mix   | 2 - 8oz can tomato sauce      |
| 2 lbs ground meat           | 1 large onion                 |
| salt                        | pepper                        |
| garlic salt                 | 2 doz tortillas (red is best) |
| 1 lb grated Longhorn cheese |                               |

Make enchilada sauce as directed on package. Saute onion in two Tbsp oil. Add meat, salt, pepper and garlic salt. Cook slowly until done. Cut tortillas in strips and deep fry. When ready to serve, add meat to sauce, then add tortillas and grated cheese. Serves 8.



## NIGHT BEFORE, SUPPER

Tommy Thompson

8 white bread slices  
1½ cups milk  
½ lb sliced pasteurized  
cheese (cut into strips)  
salt & pepper to taste

4 eggs, beaten  
2 small chopped onions  
1 cup chopped ham (or any  
cooked meat can be sub-  
stituted)

Place 4 slices of bread on bottom of 8-inch square baking dish. Cover with half of the cheese & ham. Combine eggs, milk, onion & seasoning. Pour half of this mixture in. Now, place remaining bread, pour remaining ingredients in. Cover. Refrigerate 1 hour or overnight. Bake at 325 for 1 hour. Let stand 10 minutes before serving.

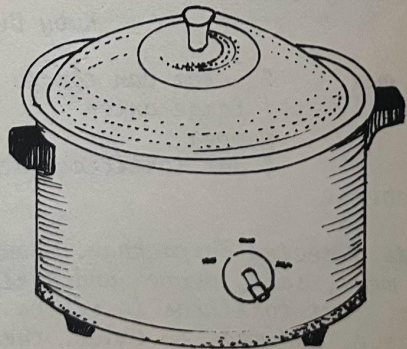
## MUSHROOM CHICKEN

Bobbie Huisenga

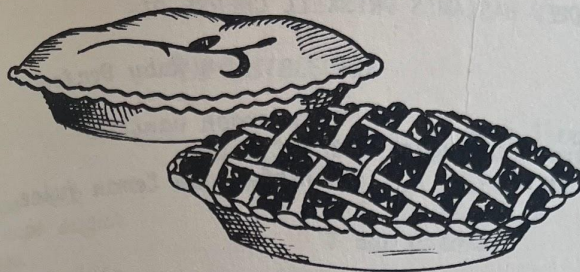
1 med fryer (cut into sm pieces)  
1 can mushroom soup  
3 Tbsp shortening  
dash of pepper

1 can mushrooms  
2 Tbsp flour  
½ tsp salt

Melt shortening in frying pan, flour chicken in bag with salt & pepper. Brown chicken quickly in shortening. Remove from pan. Add flour, stir until medium brown, add mushroom soup and water, stirring constantly until it begins to thicken. Turn burner down, add chicken and mushrooms. Cover pan, and cook for about 30 minutes.



## PIES AND PUDDINGS



## CHEESECAKE PIE

Bettie Broadway

### Crust:

1½ cups graham cracker crumbs  
¼ cup butter or margarine (melted)  
Press into buttered 8-inch pie pan, building up sides.

### Filling:

Soften one 8 oz package cream cheese, beat until fluffy. Gradually blend in ½ cup sugar, 1 tbsp lemon juice, ½ tsp vanilla, and a dash of salt. Add 2 eggs, one at a time, beat after each. Pour filling into crust. Bake in slow oven (325 degrees) until set, 25 to 30 minutes. Combine 1 cup dairy sour cream, 2 tbsp sugar, and ½ tsp vanilla. Spoon over top of pie. Bake 10 minutes longer. Cool. Chill several hours. Serve with strawberries.



## MILDRED HASLAM'S DRISKELL CHEESE PIE

Ruby Deaton

3 eggs  
2/3 cup granulated sugar  
1 lb cream cheese

1 teaspoon vanilla  
2/3 t milk  
1 Tablespoon lemon juice

### Topping:

1/4 cup sugar  
1/2 teaspoon vanilla

1 1/3 cup sour cream  
chopped pecans

Prepare graham cracker crust ahead and shape into buttered pan. Break eggs one at a time into a mixer bowl and beat together at high speed until thick and lemon colored. Still at high speed, add sugar and blend thoroughly. Turn mixer to low speed and add the cheese, a small portion at a time, beating thoroughly with each addition.

When well mixed, add vanilla, lemon juice and milk and beat at low speed. Pour filling into graham cracker crust and place in preheated oven, 375°. Bake 15 minutes. Remove pie from oven and cool away from drafts for 10 minutes.

Topping: While pies are cooling, prepare topping by using spatula to blend sugar and vanilla, then gradually adding sour cream and continue to blend with spatula. Put topping in refrigerator until pie is cool. Spread on pies and sprinkle with chopped pecans. Return to 375° oven for 5 minutes. Remove from oven and place in refrigerator. It is better to cool 24 hours before serving.

## IMPOSSIBLE PIE

Barb Sheehan

2 cups milk  
3/4 cups sugar  
4 eggs  
1 tsp. vanilla

1/8 tsp. salt  
1/2 cup Bisquick  
1 cup coconut

Combine all ingredients in blender and beat for 2 minutes. Pour into a well greased and floured 10" pie pan. Bake at 350° for 40-45 minutes or until knife comes out clean. Could also use bananas or nuts.

## PINEAPPLE CREAM PIE

Yvonne Ford

1 large Cool Whip  
1 can Eagle Brand condensed milk  
1 large can crushed pineapple (drained)  
1 cup chopped pecans  
3 tbsp. lemon juice

Mix all ingredients. Fill pie shells. Let set 8 hours. Makes 2 large pies.

## CHOCOLATE PIE

Ruby Deaton

6 Almond Hershey Bars  
20 marshmallows  
1/2 cup milk

Melt and cool. Whip 1/2 pint whipping cream thick. Fold in above. Serve in graham cracker crust.



## PECAN PIE

Ruby Deaton

4 eggs  
2 cups white karo  
3/4 cup sugar

1 T. butter  
2 cups pecans  
1 t. vanilla

Beat eggs, add karo, sugar, butter and vanilla. Add broken pecans. Pour into two unbaked pie shells and cook in slow oven until done. (300° about 1 hour).

## PIE CRUST

Lois Orr

Submitted by: Ruby Deaton

1 1/2 cups sifted flour  
1 1/2 t. sugar  
1 t. salt in pie pan

Combine 1/2 cup Mazola oil and 2 tablespoons milk in measuring cup and whip with fork. Mix with flour. Press evenly with fingers to line bottom and sides. Prick entire crust. Bake in hot oven 425° 12-15 minutes.

## IMPOSSIBLE PIE

Jim Hughes

1/2 cup Bisquick  
1/2 cup sugar  
4 eggs  
2 cups milk

1 can (3 1/2 oz) coconut  
1 tsp vanilla  
3 Tbsp butter

Put all ingredients in a blender, blend. Pour into 9" pie plate (buttered). Bake until custard sets (400 degrees 25 to 30 min). Serve cold.

## GOODY DESSERT

Barb Sheehan

60 Ritz crackers

1 stick oleo

Roll and mix crackers and oleo, line a large cake pan, but save 1/2 cup for top.

1 1/2 cups cold milk  
1 box instant vanilla pudding  
1 box instant coconut pudding  
1/2 gal. vanilla ice cream (soft or melted)

Mix all ingredients together for 3 min. Pour into cracker-lined pan. Spread 1 small size (4 oz.) Cool Whip on top and sprinkle the 1/2 cup of cracker crumbs on top. Chill at least 8 hours.

## BREAD PUDDING

Earline Hill

12 slices bread toasted

Melt 1 stick oleo in 9 x 12 pan. In mixing bowl mix:

6 eggs  
2 cups sugar  
1 large can evaporated milk

1 large can water  
2 T. vanilla

Crumble toast and add to mixture. Pour in pan and bake 30 minutes at 375°.



## IMPOSSIBLE PIE

Gloria Risher

- |                  |                  |
|------------------|------------------|
| 1/2 cup Bisquick | 1 can (3-1/2 oz) |
| 1/2 cup sugar    | coconut          |
| 4 eggs           | 1 tsp vanilla    |
| 2 cups milk      | 2 Tbs butter     |

Put everything in blender. Pour into 9" (or 11") buttered pie plate. Bake until custard sets (400 degrees about 25 to 30 minutes.) Serve cold.

## QUICK COBBLER

Earline Hill

- |   |                               |
|---|-------------------------------|
| 2 1/2 cups any kind of canned or cooked fruit |                               |
| 1 cup flour                                   | 1 cup milk                    |
| 1 cup sugar                                   | 1/2 tsp vanilla               |
| 2 tsp baking powder                           | 1 stick margarine (1/4 pound) |

Melt margarine in rectangular pan. Mix dry ingredients and milk. Makes batter like pancake mix. Pour batter into margarine. Don't stir. Pour fruit into middle of pan. Do not stir. Pour cup of sugar on top. Bake at 450° for 30 minutes.

## PECAN PIE

Kathy Gaudet

- |                  |                   |
|------------------|-------------------|
| 3 eggs           | 1 tsp lemon juice |
| 3/4 cup sugar    | 1 Tbsp butter     |
| 3/4 cup red karo | 1 cup pecans      |
| 1/2 tsp salt     |                   |

Mix ingredients as given, mix well, pour into unbaked pie shell and bake about 1 hour at 350 degrees.

## PUMPKIN PIE

Earline Hill

- |                             |                       |
|-----------------------------|-----------------------|
| 6 eggs                      | 1 teaspoon vanilla    |
| 2 1/2 cups sugar            | 1/2 teaspoon cinnamon |
| #3 can pumpkin              | 1/2 teaspoon nutmeg   |
| 1 large can evaporated milk | a pinch of ginger     |
| 1/4 teaspoon salt           | 1/4 teaspoon salt     |

Break eggs and beat lightly. Add sugar, stir a little, and add pumpkin. Add milk, spices, and salt; pour into two unbaked pie shells. Cook 15 minutes at 450° and then 30 minutes at 350° or until done. A knife inserted in the center should come out dry.

## NORA'S CHERRY CHESS PIE

Earline Hill

- |              |   |
|--------------|---|
| 1/4 tsp salt | 1/4 tsp almond extract                            |
| 6 large eggs | 1 tsp red food coloring                           |
| 1/4 c flour  | 1 number 2 can sour, pitted cherries (with juice) |
| 3 c sugar    | 1 cup butter                                      |

Beat eggs and stir in sugar until thick. Add salt and flour; mix well and add melted butter. Then add cherries, which have been cut in fourths. Lastly, add cherry juice, coloring, and extract. Pour into two 9 inch unbaked pie shells. Cook at 450° for 10 minutes and at 325° for 25 minutes.

Can make and store in freezer; they will be delicious stored for many weeks.



## DREAM PIE

Ruby Deaton

1 1/2 cup sugar  
1/2 cup flour  
Mix with juice of a can of cherries.

Add: 1 can cherries (large), 1 can crushed pineapple (large), 2 tbsp. red food coloring. Cook until mixture begins to thicken (about 10 min. - low heat).

Remove from heat. Add 1 tbsp. vanilla, 1 small pkg. orange jello. Put mixture in freezer until it cools. Add 8 to 10 bananas, 1 cup pecans. Pour into cooked and cooled pie crusts. Top with whipped cream.  
Makes 3 pies.

## TEXAS PIE

Ruby Deaton

1 1/2 cups sugar	1 t. vanilla
1 stick melted margarine	1 small can crushed pineapple
4 eggs	1 small can angel-flake coconut
1 T. corn meal	

Mix all ingredients together. Pour into two 8-inch pie crusts. Bake 45 minutes at 350°.

## CAN'T FAIL PIE CRUST

Earline Hill

1 cup shortening in mixing bowl, add 1/2 cup ice water, whip until fluffy. Then add 2 cups flour and pinch of salt. Roll out on floured board.

## CHOCOLATE MOUSSE

Earline Hill

2 envelopes unflavored gelatine  
1/2 cup cold milk  
3/4 cup milk, heated to boiling  
1 egg  
1/2 cup sugar  
1/8 tsp salt  
1 tsp vanilla  
1 6oz package semi-sweet chocolate pieces  
1 cup heavy cream  
1 1/2 cups ice cubes or crushed ice

Sprinkle gelatine over cold milk in blender that will hold 5 cups. Allow to stand while assembling remaining ingredients. Add boiling milk; cover and process at low speed until gelatine dissolves. Add egg, sugar, salt, vanilla and chocolate pieces. Cover and process at high speed until smooth. Add cream and ice cubes one at a time. Process at high speed until ice is melted. Pour at once into 5 cups mold or individual serving dishes. Chill 1 hour. Makes 8 servings.

## APPLE CRISP

Barbara Ellis

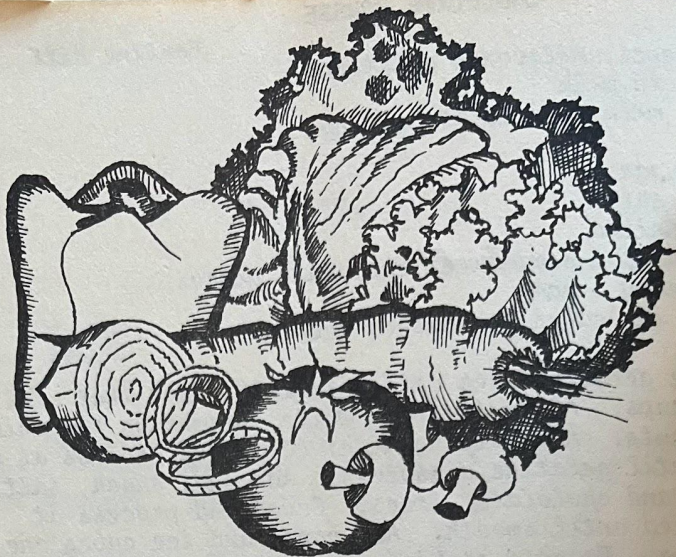
Butter Crunch	
1/2 C. butter or margarine	1/4 C. brown sugar (packed)
1 C. flour	1/2 C. chopped pecans, walnuts or coconut

Heat oven to 400°. Mix all ingredients with hands. Spread in ungreased baking pan, 13x9x2". Bake 15 minutes, stir with spoon. Store in covered container in refrigerator. Makes 2 cups.

Butter Crunch	
1 Can (21 oz) apple pie filling	
1 tsp lemon juice	
1/2 tsp cinnamon	
1 or 2 drops aromatic bitters, if desired.	
Vanilla ice cream.	

Heat oven to 450°. In ungreased 9" pie pan or baking dish, 8x8x2", mix pie filling, lemon juice, cinnamon and bitters. Sprinkle 1 C. of the Butter Crunch evenly over top. Bake 10 minutes or until top is light golden and bubbly. Serve warm with ice cream. 4 servings.





## ITALIAN PICKLED GARDEN RELISH

Rusty Thompson

- |   |  |
|---|--|
| 1/2 small head cauliflower,<br>cut in flowerlets & sliced | 3/4 C. wine vinegar                          |
| 2 Carrots, pared, cut in 2"<br>strips                     | 1/2 C. olive or salad oil                    |
| 2 Stalks celery, cut in 1"<br>pieces (1 cup)              | 2 T. sugar                                   |
| 1 green pepper, cut in<br>2" strips                       | 1 t. salt                                    |
| 1 jar (4 oz) pimento, drained,<br>cut in strips           | 1/2 t. dried oregano                         |
|   | 1/4 t. pepper                                |
|   | 1 jar (3 oz) pitted green<br>olives, drained |

1. In large skillet, combine ingredients with 1/4 C water. Bring to a boil; stir occasionally. Reduce heat, simmer, covered 5 minutes.
2. Cool - then refrigerate at least 24 hours.
3. Drain well - makes 6 antipasto servings or use as a relish tray - excellent flavor. Keeps well and gets better the longer it's kept if that's possible.

## CRANBERRY SALAD

Ruby Deaton

- 1 1/2 cups crushed pineapple
- Hot water
- 1 3 oz pkg raspberry gelatin
- 1 can whole berry cranberry  
sauce
- 1 11 oz can mandarin oranges, drained
- 1/2 cup chopped nuts
- 2 Tbsp frozen orange concentrate
- 1 cup heavy cream, whipped

Drain pineapple. Measure juice and add enough hot water to make 1 1/2 cups. Bring to a boil. Add gelatin and stir until it is dissolved. Chill until mixture begins to set. Stir in drained pineapple, cranberry sauce, drained mandarin oranges, chopped nuts and orange concentrate. Fold in whipped cream. Put in an 8 cup mold and let set in refrigerator overnight.

## STRAWBERRY NUT SALAD

Ruby Deaton

- |  |                                    |
|--|------------------------------------|
| 2 10 oz pkg sliced,<br>frozen strawberries | 2 small bananas, sliced            |
| 1 large can crushed pine-<br>apples        | 1 cup walnuts, chopped (opt)       |
| 2 pkg strawberry Jello                     | 1/2 to 3/4 container sour<br>cream |
| 1 cup boiling water                        |                                    |

Thaw strawberries and drain, reserving juice. Drain pineapple, reserving juice. Dissolve Jello in boiling water and add the reserved juice. Fold in fruit and nuts. Pour half the Jello mixture into a mold. Chill until set. Keep remainder at room temperature. When mixture in mold is set, spread sour cream over top, then pour remaining mixture over all. Refrigerate until set. Serves 12.



## BRAISED BOSTON LETTUCE

Charles Kelley

4 heads fresh Boston lettuce  
Boiling water to cover, slightly salted  
5 tbsp sweet butter  
4 baby carrots  
4 tiny white onions  
1 cup Brown Stock or canned beef consomme  
 $\frac{1}{4}$  cup dry vermouth  
4 slices bacon  
6 sprigs fresh parsley, tied together  
Salt and freshly ground black pepper  
Garnish: chopped fresh parsley

1. Wash the heads of lettuce thoroughly after removing the outside leaves. Plunge them into the boiling salted water. When they are wilted, take them out and drain all the water. Slice the heads in two and set aside.
2. Melt 3 tbsp of the butter in a saucepan and add the carrots and onions. Cover and saute the vegetables until tender, but do not brown. Add the Brown Stock or consomme and the vermouth and cook for 2 more minutes uncovered.
3. Drop the bacon slices into boiling water for a few minutes. Drain and cut them into small pieces.
4. In a casserole, place the lettuce and the vegetables with the liquid, bacon, and parsley sprigs and simmer in a preheated 300 degree oven for  $1\frac{1}{2}$  hours. Place the lettuce and vegetables in a serving dish and keep warm.
5. Quickly boil down the liquid to about  $\frac{1}{3}$  cup. Swirl in the remaining butter. Taste for seasoning and pour the liquid over the lettuce. Sprinkle with chopped parsley

## SUPER SALAD - QUICK

Joy Baker

1 large pkg lime gelatine  
1 large carton cottage cheese  
1 large carton whipped topping  
1 small can crushed pineapple (drained)

Mix dry gelatine with whipped topping. Add cottage cheese and pineapple. Mix well. Can be served at once or stored in refrigerator. Can be made with any flavor of gelatines and any choice of fruit.

## TOMATO AND TUNA FISH SALAD

Charles Kelley

3 cups sliced cold boiled potatoes  
3 cups cold cooked fresh string beans, sliced and cooked without butter  
 $\frac{1}{4}$  cup French Dressing  
Salt and pepper to taste  
Romaine or Boston lettuce leaves  
4 fresh tomatoes, quartered  
4 hard-boiled eggs, quartered  
16 pitted ripe black olives  
1 7-ounce can white tuna fish, broken into chunks  
12 anchovy fillets

1. Mix the potatoes, string beans, and the French Dressing, adding salt and pepper if necessary.
2. Line a salad bowl with leaves of Boston or Romaine lettuce. Place the potatoes and string beans on the leaves and decorate the salad with the tomatoes, eggs, olives, tuna, and anchovies.

## MOSAIC SALAD

Charles Kelley

1 carton (9oz) Cool Whip  
1 jar (14oz) cranberry-orange relish  
1 can (8oz) pineapple tidbits (drained)  
1 can (11oz) mandarin oranges (drained)  
1 cup seedless grapes  
1 large banana sliced  
 $\frac{1}{2}$  cup pecan pieces

Line a 9x5x3" loaf pan with tin foil allowing for a 3" collar around edges. Combine all ingredients in large bowl and spoon into pan - fold tin foil over top. Freeze until solid. Remove from pan and invert. Remove foil, cut slices  $\frac{3}{4}$ " thick serve on lettuce leaves.  
Serves 10-12



## LIME JELLO SALAD

Ruby Deaton

- Dissolve: 1 small pkg lime Jello  
 $\frac{1}{2}$  cup very hot water
- Add:  $\frac{1}{2}$  cup pineapple juice
- Beat in:  $\frac{1}{4}$  cup mayonnaise
- Add: 1 small can crushed pineapple, drained  
 $1\frac{1}{2}$  tsp sugar  
dash salt  
 $\frac{1}{2}$  cup chopped pecans  
 $\frac{1}{2}$  cup cottage cheese (Optional)

Pour into mold and chill until firm. Serves 8.

## FOUR BEAN SALAD

Ruby Deaton

- |  |   |
|--|---|
| 1 can green beans, drained               | 1 onion, thinly sliced<br>& separated in rings      |
| 1 can cut yellow wax beans,<br>drained   | $\frac{1}{4}$ cup sugar                             |
| 1 can red kidney beans,<br>drained       | $\frac{1}{4}$ cup wine vinegar                      |
| 1 can black-eyed peas,<br>drained        | $\frac{1}{4}$ cup salad oil                         |
| 1 bell pepper, thinly<br>sliced in rings | $\frac{1}{2}$ tsp salt                              |
| 1 Tbsp chopped fresh parsley             | $\frac{1}{4}$ tsp dry mustard                       |
|  | $\frac{1}{4}$ tsp crumbled dried<br>tarragon leaves |

Place first six ingredients in a large bowl. Thoroughly combine remaining ingredients: drizzle over entire surface of vegetables. Cover. Refrigerate and marinate several hours, stirring once or twice. Drain before serving. Serves 12.

## JELLO SALAD OR DESSERT

Rusty Thompson

- |  |                             |
|--|-----------------------------|
| 2 small pkgs strawberry jello          | 2 C. hot water              |
| 2 small boxes frozen straw-<br>berries | $\frac{3}{4}$ C. cold water |
| 1 C. chopped nuts                      | 12 oz carton sour cream     |

Dissolve jello in the hot water, then add strawberries, (still frozen), cold water and the nuts. Place in 13 X 9" pan and chill until set. After jello has set, place spoonful of sour cream on top so that it centers each serving. Refrigerate again until ready to serve. Serves 12.

## FRESH FRUIT DIP

Alice Voss

- |  |                |
|--|----------------|
| 1 C. plain yogurt                                | 3 T. honey     |
| 1 T. frozen orange juice<br>concentrated, thawed | Dash of nutmeg |

Combine above ingredients and place in dip dish. Arrange following fruits on tray around dip with toothpicks. Use 2 cups of ea fruit. Cantaloupe balls, apple chunks, strawberry halves, peach chunk, pear slices, banana rounds, cherries and grapes. Arrange in a beautiful and delicious and easy tray.

## GUACAMOLE

Dora Alcalá

- |                                     |   |
|-------------------------------------|---|
| 3 ripe avocados                     | Salt/Pepper   |
| $\frac{1}{2}$ chopped onion (small) | Salsa Picante (hot sauce)<br>if desired; add to suit<br>taste |
| 1 tomato (ripe)                     |   |

Peel and cut up avocados. Add all other ingredients; mix and mash well.

HINTS: Put the avocado seeds back in to keep guacamole from turning black. Remove them before serving.



### SUE ANN'S HOT CUCUMBERS

Sue Ann Sankey  
submitted by  
Earline Hill

- 1 medium cucumber
- 4 chile petin peppers
- ½ cup kikkoman soy sauce

Crush peppers, place in soy sauce. Peel cucumber, slice very thin, marinate in pepper and soy sauce mixture. If needed, add extra soy sauce to cover cucumbers. Refrigerate until ready to serve. Is very good with beef dishes. Serves 6 easily.

NOTE: Other vegetables, such as carrots, small onions, celery, or other "crisp" items could be substituted for the cucumber.

### SUE ANN'S CUCUMBER/CAULIFLOWER SALAD

- 1 medium cucumber
- 1 small head fresh cauliflower
- 2 cups icy cold water
- 1 tsp salt
- 2-3 Tbsp mayonnaise
- MSG (monosodiumglutamate)

Make brine water by putting salt in cold water. Peel cucumber, slice very thin, marinate in cold brine water. Wash cauliflower, break into bite size chunks. Place in rapidly boiling water for 3 minutes. (Cauliflower should still be firm and crisp). Drain cauliflower and drain cucumber. Mix together in salad bowl, sprinkle with MSG (if available), add mayonnaise to taste and mix well. Store in refrigerator until ready to serve. Is especially good with beef dishes. Serves 6 easily.

### CHINESE PICKLED BEETS

Gloria Risher

- 3 cans of beets (No. 303)
- 1 cup sugar
- 2 level tbsp cornstarch
- 1 cup of vinegar
- 24 whole cloves
- 3 tbsp ketchup
- 3 tbsp cooking oil
- dash of salt
- 1 tsp vanilla
- 1½ cups of the beet juice

Using a large shallow pan, pour in the sugar and cornstarch and stir, mixing well. Add vinegar, cloves, ketchup, oil, salt and vanilla. Stir well. Open beets and add 1½ cups of the juice. Discard the rest. Cut all the beets into bite size and pour into the pan. Cook over medium heat 3 minutes, stirring constantly until thickened. May be served as a hot vegetable or cold in a salad.

### PICKLED BLACK EYED PEAS

Joy Baker

- 4 C. peas, drained
- 1/4 C. wine vinegar
- 1 t. salt
- fresh ground pepper
- 1 C. salad oil
- 1 clove garlic
- 1/4 C. thinly sliced onion

Place peas in bowl, add remaining ingredients and mix thoroughly. Store in tightly covered crock in refrigerator. Remove garlic after 3 days. Let peas marinate for several days before eating. Serve at room temperature.



### CHERRY COKE SALAD

Ruby Deaton

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 small bottle cherries         | 1 cup finely chopped celery |
| 2 boxes cherry Jello            | 1 ½ cups chopped pecans     |
| 1 No. 2 can crushed pine-apples | ½ tsp salt                  |
| 2 pkg cream cheese (3 oz)       | 3 small bottles coke        |

Drain juice off cherries and pineapple. Heat juice, add Jello and while still warm, add cream cheese. This may look curdled, but is ok. Add celery, pecans, cherries, pineapple and salt. Add cokes and chill. Serves 8.

### GINGER-ALE SALAD

Ruby Deaton

Dissolve 2 pkg Lime Jell-o in 2 cups hot water. Add 2 cups ginger ale. Chill until slight thickened. Then fold in ½ cup chopped celery, ½ cup chopped nuts and 2 cups sweetened peaches, drained and diced. (Use canned peaches or 2 boxes, 10 oz each, frozen sliced peaches, thawed). Mold in large ring mold. Chill until very firm. Unmold on crisp salad greens. Serve with mayonnaise. Serves 12.

### AMBROSIA

Liz Colvin

- |  |                   |
|--|-------------------|
| ½ dozen oranges                        | ½ bottle cherries |
| 1 can pineapple (crushed)              | ½ cup sugar       |
| Small portion of coconut (grated fine) |                   |

You may substitute canned, but not as good--scoop orange sections out. Mix the other ingredients. Keep in covered bowl. This is for a small serving. Double amount for a large number of servings.

### PICKLED OKRA

June Rose

1 qt of water

2 qts of vinegar  
1/2 C. salt

Heat to melt salt - almost to boiling temperature.

In bottom of jar (pint) put 7 whole black peppers, 1/2 t. dill seed, 2 whole cloves, 1 red pepper pod and 1 clove of garlic.

Place okra in jar and pour vinegar mixture over okra - let cool - seal.

### BREAD & BUTTER PICKLES

June Rose

- |                               |                        |
|-------------------------------|------------------------|
| 4 qts unpared cucumber slices | 6 T. salt              |
| 1 1/2 qts vinegar             | 4 C. sugar             |
| 1 t. celery seed              | 2 t. mustard seed      |
| 1/2 t. curry powder           | 1/2 t. turmeric powder |

In preparing the cucumber slices, use medium size cucumbers, slice thin - sprinkle with salt, cover with cold water and let stand overnight.

Drain off brine and rinse in several waters. Bring to boiling point other ingredients (don't use the salt again - I did once and it doesn't work!). Add cucumber slices. Heat for 4 minutes, stirring constantly - careful not to boil - pour into jar - seal.

### LIME-CUCUMBER SALAD

June Hansen

- |                     |                                    |
|---------------------|------------------------------------|
| 1 pkg lime jello    | 1 tsp grated onion                 |
| 1 cup boiling water | 1 cup sour cream                   |
| ½ cups vinegar      | 1 medium cucumber, coarsely grated |
| 1 tsp salt          |                                    |
| lettuce             |                                    |

Dissolve jello in the water, add vinegar, salt and onion. Chill until the jello begins to thicken, stir in the sour cream and cucumber. Pour into molds, chill until firm. Unmold on lettuce. Makes 6 servings.





### FROZEN FRUIT SALAD (OR DESSERT)

Ruby Deaton

1 cup canned pears	1 tsp sugar
1 cup fruit salad (or 1 can of each)	2 Tbsp vinegar
1 cup whipping cream	½ dozen marshmallows
	2 egg yolks

Cook egg yolks, sugar and vinegar in double boiler until smooth. Add marshmallows. Cook until well blended stirring constantly. Cool. Add fruits and fold in whipped cream. Pour into large ice tray or a baking pan. Freeze. When frozen, cut into 8 servings. If for salad, serve on lettuce leaf. The individual servings can be wrapped in foil or saran wrap and kept several weeks.

### KITCHEN HINTS

Ruby Deaton

Meringue will always stand up high and perfect if a pinch of baking soda is added.

Butter pie pan before putting in crust for a flaky bottom crust and brush crust with water for a flaky top crust.

Potato salad tips - Potatoes have better flavor if cooked in the skins or baked. Cut up potatoes while warm, not hot.

To remove burned food from oven, place small cloth saturated with ammonia over area.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.

For quick and handy seasoning while cooking, keep on hand a large shaker containing 6 parts salt and 1 part pepper.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

Heat 2 cups applesauce with a tablespoon butter and a dash of nutmeg and use as a side dish for pork.

Bake stuffed peppers or tomatoes in muffin tins to keep them from losing their shape.



CONVERSION OF AMERICAN STANDARD MEASUREMENTS  
TO THE METRIC SYSTEM

Charles Kelley

<u>American Spoons/Cups</u>	<u>Liquid Grams</u>
1 tsp (teaspoon)	5
1 Tbsp (tablespoon)	15
1 cup (16 Tbsp)	227
2 cups (1 pint)	454
4 cups (1 quart)	907
6 2/3 Tbsp	100
1 cup plus 1 Tbsp	250
4 1/3 cups	1000 (1 kilogram)

CONVERSION FORMULAS

<u>To Convert</u>	<u>Multiply</u>	<u>By</u>
Ounces to grams	ounces	28.35
Grams to ounces	grams	0.035
Liters to U.S. quarts	liters	0.95
Liters to British quarts	liters	0.88
U.S. quarts to liters	quarts	1.057
British quarts to liters	quarts	1.14
Inches to centimeters	inches	2.54
Centimeters to inches	centimeters	0.39

BAKING HINTS

Kathy Tokarski

3 tsp = 1 Tbsp	4 tsp salt = 1 oz.
16 Tbsp = 1 cup	2 cups butter = 1 lb.
2 cups = 1 pint	2 Tbsp sugar = 1 oz.
2 pints = 1 qt.	2 cups sugar = 1 lb.
1 pint milk = 1 lb.	2½ cups XXX sugar = lb.
2 Tbsp baking powder = 1 oz.	4 Tbsp flour = 1 oz.
2 Tbsp butter = 1 oz.	4 cups flour = 1 lb.