Homemakers' Creed

I believe my home is sacred; a place where love, faith, hope and devotion have their beginning; where each has his rights respected by others; where joys and blessings, sorrows and disappointments are shared in common; where God is revered and honored, fellowmen respected and love is law.

I believe it is my duty to live up to the best that is in me to attain this, to fear things unworthy to conquer difficulties by daring to attempt them, to be a companion as well as counselor to my family, and to teach and live, love of home, country, fellowmen and God.

By Mrs. J. D. Brudewold
Walden Homemakers' Club
**Our Standard Abbreviations**

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STUTSMAN COUNTY HOMEMAKERS CLUBS
2007

Bloom
Buzzin Dozen
Not Just Homemakers
Pingree-Buchanan
Wildrose

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Mirt Brown
Ivy Klose
Marjorie Lange
Mary Trautman
Hazel Weatherly
Dorene Zinke

COOKBOOK COMMITTEE

Deb Lee - Chairperson
Ivy Klose - Alternate
Jackie Readel - Committee Member
Gayle Frey - Committee Member
Eunice Sahr - Extension Agent

Cover design by Judy Johnson
Jamestown, North Dakota is celebrating its 125th anniversary in 2008. Many activities and events are being planned. In addition, Stutsman County Homemaker clubs are observing their 85th anniversary.

Stutsman County Homemakers' contribution to the celebrations is the reprinting of our very popular "yellow" Homemaker cookbook, originally produced for the centennial in 1983. To keep up with the times, we eliminated the food preservation section and added three new categories – Quick and Easy, Healthy, and Cooking for 1 or 2.

We dedicate this cookbook to all Stutsman County Homemakers, both past and present, with a special thank you to the 1983 members. Without their enthusiasm and contribution of recipes, this reprint would not be possible.

May the next 125 years be a period of continued growth, progress, peace and prosperity for all Stutsman County residents.

The Cookbook Committee
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# FAVORITE RECIPES
FROM MY COOKBOOK

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Appetizers & Beverages

Irene Hoggarth
Appetizer & Beverage Hints

- Try 1/2 cup plain yogurt, 2 packages low-cal sweetener, and 2 tablespoons of vanilla mixed together for a cereal topping, a decorative dessert topping or an appetite appeaser. It is also a good source of calcium.
- For a quick, low calorie dip, blend one 12-ounce carton of cottage cheese, 2 tablespoons of lemon juice, and a desired amount of Good Season’s Italian dry dressing. Mix in blender until smooth and refrigerate until ready to use.
- Use pretzel sticks instead of toothpicks when serving cubes of cheese. Stick one pretzel into your favorite cheese cube for added flavor and ease of handling.
- For a crispy, novel sandwich, prepare sandwich with a filling that's not too moist. Lightly butter the outside of both sides of the sandwich and bake in your waffle iron.
- Nuts will come out of the shell in halves if soaked overnight in salt water before cracking. After cracking black walnuts, let stand overnight and they can be removed from the shell more easily.
- Keep unpopped popcorn in the freezer to help eliminate unpopped kernels.
- Sprinkle popcorn lightly with warm water and let stand a few hours before popping. The added moisture makes it pop better.
- Slip plastic bags onto your hands when shaping popcorn balls. They won’t stick to your hands or burn them.
- Rub a little butter over cheese that isn’t to be used right away and it won’t harden.
- Spread a cored apple ring with cream cheese or peanut butter. Top with a second cored apple ring.
- Dip ends of carrot, celery or cucumber sticks into softened cream cheese. Sprinkle with minced parsley.
- Combine 3 ounces cream cheese, softened, and 2 1/2 ounces deviled ham. Blend well. Use to stuff bite-sized pieces of celery.
- Tomato tempter: Combine 3/4 cup cold milk, 1/2 cup tomato-vegetable cocktail juice, 1/2 teaspoon Worcestershire sauce, and salt to taste. Blend well. Makes 1 serving.
- Flavored milk drink: Shake together 1/2 cup cold milk and 1/2 cup orange, prune or apple juice. Pour into chilled glass. Makes 1 serving. Flavored milk also can be made with 1/2 cup unsweetened pineapple or grape juice and 1/2 cup cold milk.
- For easy reference, tape the measurements and directions to the lids of containers of coffee, tea or rice.
- For hot beverages, use freshly drawn cold water and boil as little as possible.
- Make your own Swiss Mocha drink by using 1 teaspoon instant coffee and 1 teaspoon hot cocoa mix. It’s delicious.
Appetizers & Beverages

Beverages

California Cooler

<table>
<thead>
<tr>
<th>46 oz. pineapple juice</th>
<th>6 oz. lemonade</th>
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<tr>
<td>46 oz. apricot juice</td>
<td>1 1/2 c. vodka</td>
</tr>
<tr>
<td>6 oz. frozen orange juice</td>
<td>1 1/2 c. apricot brandy</td>
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Mix all ingredients and freeze in an ice pail. Mix 1/4 cup with 3/4 cup 7-Up, or as you like.
This may be kept frozen and used as you like.

*Doris Dockter,
Merry Mixers*

Candy in Your Cup of Tea

| 1 orange Life Saver | 1 lemon Life Saver |

Put in your cup of tea.
This gives it a good flavor and is a sweetener.

*Kay McKeen,
Happy Homes*

Homemade Kahlua

<table>
<thead>
<tr>
<th>2 c. sugar</th>
<th>2 T. instant coffee</th>
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<tbody>
<tr>
<td>4 c. water</td>
<td>1 qt. or fifth of vodka</td>
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<tr>
<td>1 vanilla bean</td>
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Boil sugar and water for 5 minutes; let cool. Add remaining ingredients. Pour in a large jug and shake 2 or 3 times a week. Let work for 5 to 6 weeks.
This is great in coffee, hot chocolate or milk.

*Deb Lee,
Diapers to Daisies*
Hot Chocolate

9 c. powdered milk  
1 c. powdered sugar  
3 3/4 c. Nestlé Quik  
1 1/4 c. Coffee-mate

Mix together. Use 1/4 cup of mixture to a cup of hot water.

Pat Smith, Buchanan

Hot Percolator Punch

5 qt. cranberry juice  
5 tsp. sweetener or sugar  
8 sticks cinnamon, broken up

Put spices in basket of percolator. Run through full cycle.

Mary Klose, Klose

Hot-Spiced Cider

2 qt. apple cider  
1/3 c. lightly-packed brown sugar  
2 sticks cinnamon  
1 tsp. whole cloves  
1 tsp. whole allspice

Put ingredients into an electric cooker or a 4-quart saucepan. Stir to mix thoroughly. Cover and cook on low for cooker or simmer for saucepan for 2 hours, or until as hot as desired. Serve hot in mugs. Yield: 2 quarts.

Margaret Hofmann, Sunshine

July Slush

4 lg. cans pineapple juice  
4 cans frozen lemonade  
2 cans lemon juice  
6 pkg. powdered raspberry punch  
8 c. sugar, or to taste  
2 pkg. frozen raspberries

Put in a giant canister. Add water to make 4 gallons. Freeze. 

Note: This recipe can be divided.

Esther Holm, Kensal
**Limelight Banana Crush**

4 c. sugar 1 (12 oz.) can lemonade
6 c. water concentrate, thawed
1 (46 oz.) can pineapple juice 5 bananas
2 (12 oz.) cans orange juice Lemon-lime beverage concentrate, thawed

Dissolve sugar in water; add juice. Mash peeled bananas and add to juice mixture, or combine all ingredients in blender. Ladle into freezer containers or a 5-quart pail. Cover tightly and freeze. This keeps up to 6 weeks.

To serve, scrape slush into glass and add lemon-lime beverages.

_Brenda Bischoff,
Hidden Talents_

---

**Lime Frosted Punch**

2 c. sugar 1/3 c. lemon juice
3 env. unsweetened lemon-lime Kool-Aid 1 qt. lime sherbet
6 c. water 1 (32 oz.) btl. lemon-lime carbonated beverage, chilled
3 c. pineapple-grapefruit drink, chilled

In punch bowl, combine sugar and Kool-Aid. Add cold water, pineapple-grapefruit drink and lemon juice; stir until sugar dissolves. Stir half of sherbet to soften. Blend into punch mixture. Top with scoops of remaining sherbet. Resting bottle on rim of bowl, carefully pour in chilled lemon-lime beverage. Stir gently. Yield: 36 servings.

_Diane Hoggarth,
Kensal Korners_

---

**Orange Frizz**

Grated rind of 2 lemons 4 c. water
Grated rind of 2 oranges 1/2 c. lemon juice
12 whole cloves 1 c. orange juice
1/2 c. sugar 1/4 c. molasses

Combine lemon rind, orange rind, cloves, sugar and 2 cups water; simmer 5 minutes. Strain and cool. Add remaining water, lemon and orange juices, and molasses. Pour over ice in tall glasses. Yield: 6 servings

_Marge Nething,
Holly_
Orange Julius

1 (6 oz.) can frozen orange juice
1/2 c. milk
1 T. sugar
1/2 tsp. vanilla

Mix juice according to directions on can. Place in ice cube trays and freeze. Blend remaining ingredients in blender. Add orange juice cubes, one at a time. Blend until smooth and frothy. Children love it.

Jo Ann Schwartz,
Innkeepers

Percolator Punch

1 qt. apple cider
1 pt. cranberry juice
1 c. ReaLemon juice
1 c. sugar
1 tsp. whole cloves
3 sticks cinnamon
1 tsp. allspice

Place in large coffeemaker. Place sugar, cloves, cinnamon and allspice in the basket and perk.

Sandy Wanzek,
Diapers to Daisies

Punch

8 cans limeade
8 qt. Tom Collins mix
8 qt. lemon sour
8 qt. sweet soda

Mix. Add an ice ring and serve. Yield: 6 gallons or 240 servings. This is nice for social affairs.

Mary L. Klose,
Klose

Red Punch

(Christmas)

2 pkg. cherry or strawberry Kool-Aid
10 c. water
2 c. sugar (I use 1 1/2 c.)
1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade
1 qt. 7-Up

Mix and chill all above ingredients, except 7-Up. Before serving, add the 7-Up. This makes a large punch bowl.

Darlene Michel,
Klose
### Rhubarb Punch

<table>
<thead>
<tr>
<th>1 (6 oz.) can frozen orange juice</th>
<th>1 (25 oz.) btl. white soda</th>
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<tbody>
<tr>
<td>2 qt. rhubarb juice</td>
<td>1 (46 oz.) can pineapple juice</td>
</tr>
<tr>
<td>1 (25 oz.) btl. ginger ale</td>
<td>2 (46 oz.) cans cherry juice*</td>
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</tbody>
</table>

You may want to sweeten this a little. Use sugar-syrup. It dissolves much faster in punch mixture than using sugar in granulated form.

*Cherry drink mix may be substituted, but cut down the amount of water you add in the recipe.

**Rhubarb Punch and Beverages:** To extract juice, add 1 cup water to 2 quarts cut-up rhubarb. Simmer 5 minutes, or until it is soft. Strain through cheesecloth. Juice may be canned, unsweetened, in pint jars for use in jelly, punch or liquid for gelatin salads later in the season.

To bottled strained juice, add 1 cup sugar to 1 quart juice. Heat to simmering in an open kettle. Pour into sterilized bottles, filling to overflowing and cap at once with sterilized caps.

**Breakfast Drink:** Combine equal amounts of sweetened rhubarb juice and pineapple juice.

*Marion Klose, Klose*

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### Rita's Easy Homemade Apple Juice

<table>
<thead>
<tr>
<th>2 to 3 c. sugar</th>
<th>3 qt. washed, juice or jelly apples</th>
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<tr>
<td>8 tsp. cream of tartar</td>
<td>Water</td>
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Bring 5 quarts water to a boil; add the cream of tartar and the apples. Bring to boiling point. Remove from heat. Cover and let stand 24 hours. Drain off juice and to it, add the sugar. Bring to a boil; put in jars and seal.

*Yvonne Szarkowski, Innkeepers*

---

### Russian Tea

<table>
<thead>
<tr>
<th>1 c. Tang</th>
<th>1/2 c. sugar</th>
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<tr>
<td>1/4 c. instant tea</td>
<td>1/4 tsp. cloves</td>
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Mix ingredients and store in a jar. Add 1 1/2 to 2 teaspoons to a cup of boiling water.

*Esther Williams, Happy Homes*
**Russian Tea**

1 1/4 c. instant tea*  
2 c. Tang  
3/4 c. sugar  
1/4 tsp. cloves  
1/2 tsp. cinnamon

*Don't use tea with sugar or lemon already added.  
To serve, use 2 teaspoons mixture in 1 cup hot water.

*Dawn Ketterling,  
*Streeter Seniors*

---

**Russian Tea Mix**

3/4 c. instant tea  
2 c. Tang  
1 (3 oz.) pkg. lemonade mix  
1 1/2 c. sugar  
2 tsp. cinnamon  
1 tsp. cloves  
1/4 tsp. salt

Combine all ingredients and store in an airtight container. Yield: 4 1/3 cups dry mix.  
To serve, stir 2 heaping teaspoonfuls of dry mix into each cup of boiling water.

*Brenda Bischoff,  
*Hidden Talents*

---

**Sherbet Punch**

1 qt. sherbet  
1 qt. fruit juice  
2 qt. ginger ale  
1 qt. Kool-Aid

*Example:* Orange everything, or mixables: cranberry sherbet, cranberry juice and apple Kool-Aid.  
Put in a big bowl, add sherbet just before guests come. Use an electric mixer and foam will settle on top.

*Deb Lee,  
*Diapers to Daisies*
Sloe Gin Slush

4 green tea bags
2 c. sugar
1 (12 oz.) can frozen lemonade
1 (12 oz.) can frozen orange juice
2 c. sloe gin

Pour 2 cups boiling water over tea bags. Bring to a boil 7 cups water and the sugar. Mix with tea and cool. Add the frozen orange juice and lemonade, and 1 cup sloe gin. Stir. Put in freezer; stir again in 4 to 5 hours.
The next day, add the other cup of sloe gin and store in freezer.
To serve, fill glass half-full with slush and fill with 7-Up.

Ruth Tillotson,
Innkeepers

Slush

2 c. sugar
3 c. water
1 T. lemon juice
2 cut-up bananas
1/2 lg. can pineapple juice
1 (12 oz.) can frozen orange juice

Mix. Pour into 9x13-inch pan. Stir while freezing. It takes about 4 to 5 hours. Put in glasses and pour 7-Up over it.

Darlene Michel,
Klose

Sparkling Pink Punch

3 T. red hot cinnamon candies
1/4 c. sugar
1 (46 oz.) can pineapple juice, chilled
1/2 c. warm water
1 qt. ginger ale, chilled

Cook candies, sugar and water together over low heat, stirring constantly, until candies are dissolved. Strain and cool. Combine with other chilled ingredients. Yield: 2 1/2 quarts.

Lona Hall,
Holly
Spiced Mocha Mix

1 c. sugar
1 c. nonfat dry milk powder
1/2 c. nondairy creamer
1/2 c. unsweetened cocoa powder
3 T. instant coffee crystals
1 tsp. ground allspice
1/2 tsp. salt

In a small bowl, combine sugar, dry milk, nondairy creamer, cocoa, coffee crystals, allspice and salt; mix well. Store mix in an airtight container. Yield: 2 1/2 cups mix.

For each serving, combine 3 tablespoons of the cocoa mix with 3/4 cup boiling water in a heat-proof cup or mug. Stir.

Mrs. Alvin Schlecht,
Sunshine

Strawberry Punch

3 (3 oz.) pkg. strawberry Jello
6 (10 oz.) pkg. frozen strawberries
2 (46 oz.) cans unsweetened pineapple juice
16 oz. lemon juice
4 c. sugar
4 c. water

Blend strawberries in blender. In 9 cups boiling water, dissolve Jello. Add strawberries and mix well. Bring water and sugar to a boil. Combine with Jello mixture. Pour into 2 (5-quart) pails and freeze. Stir during freezing process to make slushy. Add 7-Up to serve.

Mary Paczkowski,
Kensal Korners

Tomato Cocktail

3 1/2 c. fresh tomatoes
1 c. chopped celery
1/4 c. green pepper
1/2 bay leaf
1/2 tsp. salt
1/2 tsp. horseradish
1 tsp. Worcestershire sauce

Cook the first 4 ingredients for 20 minutes. Put in blender and add remaining ingredients. Blend and strain. Can or store in the refrigerator.

Bethyl Lueck,
Holly
Dips

**Aunt Helen's Shrimp Dip**

8 oz. Philadelphia cream cheese  
2 1/4 tsp. Lea & Perrins  
Worcestershire sauce  
2 T. chili sauce  
2 tsp. lemon juice  
1/2 tsp. grated onion  
1/3 c. salad dressing  
2 cans tiny shrimp

Mix all ingredients, except shrimp, in a blender or mixer until smooth. Add shrimp and chill.

*Mary Game, Holly*

**Bean Dip**

8 oz. sour cream  
8 oz. cream cheese  
1 lg. can refried beans  
1 pkg. taco dip mix  
20 drops Tabasco sauce

Mix ingredients together. Grate Cheddar and Monterey Jack cheese and sprinkle generously on top. Bake at 325° for about 15 minutes, or until cheese is melted and Bean Dip is bubbly. Use a thin casserole dish.

*Jackie Readel, Buchanan*

**Hot Bean Dip**

1 (16 oz.) can refried beans  
3/4 to 1 c. canned tomatoes, partially drained & chopped  
1 T. instant minced onion  
1 tsp. Worcestershire sauce  
1 clove garlic, minced  
1 tsp. chili powder  
3/4 c. grated Cheddar, American or Longhorn cheese  
Jalapeño or green chili peppers, chopped, to taste  
Corn chips

Mix together all ingredients, except corn chips. Heat until cheese melts, stirring occasionally. Serve warm. This can be put in a fondue kettle and kept warm. If it is too thick, add more tomato liquid.

*Ivy Klose, Klose*
Cauliflower Dip

1 c. sour cream
1 c. mayonnaise
1 tsp. onion powder
2 tsp. dill weed

Stir all together. This keeps well.

Alberta Schroeder, Kensal

Clam Dip

1 (8 oz.) pkg. Philadelphia cream cheese
1 can clams, chopped
1/2 tsp. minced garlic
1/2 tsp. onion salt
1 tsp. minced parsley (for color)
1/2 tsp. garlic salt

Combine the softened cheese with the clam juice; mix until well blended. Add the remaining ingredients and mix well. After adding clams, if it is too thick, add 1 teaspoon salad dressing. Let stand 1 hour before using.

Edith Miller, Kensal

Fondue

1 lb. salted hamburger
1/2 c. chopped green onions
1 (4 oz.) can diced chilies
1 tsp. Worcestershire sauce
1 lb. American cheese
"Wampum" corn chips

Cook salted hamburger completely. Melt cheese. Combine all ingredients while hot. Place in a fondue dish to serve and keep warm. Dip with corn chips.

Elsie Goldsmith, Merry Mixers

Fruit Dip

1 (8 oz.) pkg. cream cheese
3/4 c. brown sugar
1/4 c. powdered sugar
3 T. milk
1 tsp. vanilla

Beat until creamy. Dip pieces of apple, bananas, etc. into the dip.

Judy Williams, Merry Mixers
Jezzabelle

1 (12 oz.) jar pineapple preserves  6 T. horseradish
1 (12 oz.) jar apple jelly  1 (8 oz.) pkg. cream cheese
1 1/2 oz. dry mustard

Mix the first 4 ingredients together and refrigerate overnight. To serve, pour some of the mixture over the block of cream cheese and serve with your choice of crackers. This makes sufficient sauce for several blocks of cream cheese. It keeps well in the refrigerator.

Jeri Bernabucci,
Sweet Sixteen

Mexican Village Hot Sauce

1 lg. can whole tomatoes, chopped  1 tsp. cumin
1 tsp. garlic salt  1/2 tsp. cayenne (red pepper)

Blend. Refrigerate.

Deb Lee,
Diapers to Daisies

Shrimp Chip Dip

1 (8 oz.) pkg. cream cheese  1/4 c. ketchup
1/4 c. shrimp cocktail sauce  1/2 c. Miracle Whip
1 very finely-chopped onion  1 can shrimp

Blend cream cheese, softened first, and then other ingredients, except shrimp. After everything is well blended, add drained shrimp. Blend a few minutes more. Refrigerate.

Debbie Ova,
Diapers to Daisies

Spinach Dip

1 c. chopped frozen spinach  3/4 tsp. pepper
1 c. chopped green onions  2 c. mayonnaise
1/2 tsp. salt

Mix and chill.

Lida Fischer,
Streeter Seniors
Spinach Dip

1 pkg. frozen spinach 1/2 c. sunflower seeds
1 c. sour cream 1 pkg. dry Knorr Swiss vegetable
1 c. mayonnaise soup mix

Chop the spinach while frozen. Combine all ingredients and refrigerate several hours. This can be made a day or two ahead. Use with fresh, raw vegetables and crackers.

*Carol Andres, Buchanan*

Spinach Dip

1 c. Miracle Whip 1 pkg. Knorr vegetable soup mix
1 c. sour cream 1 pkg. frozen chopped spinach
1 can water chestnuts, diced 1 sm. onion, diced fine

Thaw spinach; squeeze the spinach dry. Mix with other ingredients. Slice the top off a loaf of pumpernickel bread. Hollow the loaf out to form a bowl. Fill bread bowl with spinach dip. Cut up remaining bread to dip with.

*Elaine Burkett, Sweet Sixteen*

Vegetable Dip

1 c. mayonnaise 1 tsp. French mustard
2 tsp. dried onion 4 tsp. soy sauce
1/2 tsp. Beau Monde 2 tsp. milk
1 tsp. ginger 2 tsp. vinegar
1 tsp. curry powder

Mix together. This is good with all vegetables, including cauliflower and peppers.

*Donna M. Gieseke, Buzzin Dozen*
Cheez Whiz

1 lb. process or Cheddar cheese  1 tall can evaporated milk  1 1/2 tsp. salt
2 eggs, beaten  1 1/4 tsp. dry mustard


This keeps well in the refrigerator. Yield: nearly 1 quart.

Alberta Schroeder, Kensal

Spreads

Braunschweiger Cheese Ball

12 oz. braunschweiger  1 (8 oz.) pkg. cream cheese  3 T. minced green onions  1 T. lemon juice
1 1/2 tsp. Worcestershire sauce  6 drops Tabasco sauce  1/2 tsp. garlic salt  Pepper, to taste

Mix in mixer and mold. Chill and cover with cream cheese softened with half & half.
Garnish with sliced olives and nuts.

Betty R. Leehan, Four Corners

Cheese Ball

1 (8 oz.) pkg. shredded Cheddar cheese  2 (8 oz.) pkg. Philadelphia cream cheese  1/4 c. chopped green peppers
1/4 c. chopped onion  1/4 c. Miracle Whip  1 sm. jar Armour dried beef, shredded  1 pkg. pecans

Mix everything together with your hands, except the pecans. Form two balls out of the mixture and cover the outside with the pecans.

Karen Godsey, Spiritwood
Cheese Filling

1 lb. Velveeta cheese 1 T. vinegar
2/3 c. evaporated milk 1/2 jar stuffed olives, sliced
1/4 tsp. dry mustard

Melt cheese with milk in a double boiler or microwave. Mix all ingredients well. Pour into jars or a mold.
This will keep in the refrigerator for a long period of time.

Shirley Scrivens,
Winfield

Chile Cheese Log

8 oz. Cheddar cheese, shredded 1/4 tsp. garlic salt
3 oz. cream cheese 1/4 c. chopped pecans
1 T. lemon juice

Warm ingredients to room temperature. Beat the first 4 ingredients. Add nuts. Form in a roll.
Mix together the following:
1 T. chili powder 1 T. paprika

Roll log in mixture. Wrap in waxed paper and store in the refrigerator.

Mrs. Arthur G. Opp,
Sunshine

Crunchy Cheese Ball

1 (8 oz.) pkg. cream cheese,
softened
1/4 c. mayonnaise
1 can ground cooked ham (chunky
ham)

2 T. chopped parsley
1 tsp. minced onion
1/4 tsp. dry mustard
1/4 tsp. Tabasco sauce
1/2 c. chopped nuts

Beat softened cream cheese and mayonnaise until smooth. Mix in the next 5 ingredients. Cover; chill several hours. Form into a ball. Roll in chopped nuts to coat. Chill. Serve with crackers.

Brenda Bischoff,
Hidden Talents
Meat Ball Appetizer

1 lb. hamburger 1/4 c. molasses
Salt & pepper, to taste 1/4 c. sugar
1 (8 oz.) can tomato sauce 2 tsp. Worcestershire sauce
3 T. Parmesan cheese 1/2 tsp. onion powder
2 T. cider vinegar

Mix hamburger, salt, pepper and onion powder together. Shape into small meat balls; brown in hot fat, or broil. Combine remaining ingredients and place in chafing dish. Add meat balls and simmer 30 minutes. Serve with cheese and crackers.

Deb Greshik,
Innkeepers

Liver Paté

1 1/2 lb. braunschweiger 2 tsp. Worcestershire sauce
6 oz. cream cheese 1 c. catsup
1 tsp. seasoned salt 1 tsp. chili powder
1 tsp. dill weed

Blend until smooth the braunschweiger, catsup, chili powder and Worcestershire sauce. Put in a mold and chill for several hours. When set, unmold and frost with cream cheese and seasoned salt. At last, sprinkle dill weed on and chill 1 hour. Serve with crackers.

Deb Greshik,
Innkeepers
Breads, Doughnuts & Pancakes

Bread Miracles

Irene Hoggarth
Hints for Breads

- To avoid lumps in bread batter, add a pinch of salt to the flour before it is wet.
- When cool-rise dough “rests”, the resting takes the place of the first rising in other methods.
- Overkneading may cause large air holes in the crust.
- A small dish of water in the oven while baking bread will keep it from getting a hard crust.
- When making rolls, add only enough flour to keep dough from sticking to your hands or the board. Keep the dough as soft as possible.
- After rolls have baked, remove from pan immediately to prevent steam from forming and making them heavy.
- Brush rolls with one beaten egg and 1/4 cup water before baking. Sprinkle with sesame seed, poppy seed, etc., for that professional look.
- Let nut breads and other quick breads stand for 10 minutes before removing from the pan to allow them to become firmer. Do not cool completely in the pan or they will become soggy.
- For tender muffins, mix liquid and dry ingredients until just moistened. Overmixing causes muffins to be tough, coarse-textured, and full of tunnels.
- Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking, biscuits will separate at dividing lines.
- Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.
- Use cooking or salad oil in waffles and hotcakes instead of shortening. No extra pan or bowl to melt the shortening and no waiting.
- A rib of celery in your bread bag will keep the bread fresh for a longer time.
- Freshen dry bread by wrapping in a damp towel and placing it in the refrigerator for 24 hours. Remove towel and heat in oven for a few minutes.
- Put frozen bread loaves in a clean brown paper bag and place in 325° oven for 5 minutes to thaw completely.
- Substitutes that can be used for bread crumbs are dry cereal and potato flakes.
- Cut “figure eight” yeast rolls with a doughnut cutter. Pick up the ring, stretch it, then twist. No ends to tuck under and a pretty roll for the pastry or bread platter.
- To raise bread dough in your oven, preheat the oven at lowest possible setting for 10 minutes. Turn the oven off and then put in mixing bowl of dough, covered.
Breads, Doughnuts & Pancakes

Biscuits & Muffins

Baking Powder Biscuits

2 c. sifted flour 4 tsp. baking powder
1 tsp. salt 4 T. shortening
3/4 c. milk (or a little less)

Sift flour with baking powder and salt. Cut in shortening until mixture is the consistency of coarse cornmeal. Add milk and mix quickly to a soft dough. Knead until smooth. Pat or roll to 1/2-inch thickness. Cut with biscuit cutter and place on a greased pan. Bake at 450° for 12 to 15 minutes.

Mrs. C.E. Brady,
Pingree Happy

Biscuit Mix
(Dry Milk)

8 c. sifted flour 3 tsp. salt
1 c. whole or nonfat dry milk 1 1/2 c. shortening (the kind that keeps on the shelf)
1/4 c. baking powder

Thoroughly mix the dry ingredients; cut or rub in the shortening until completely mixed. Lightly put in a glass container. Cover tightly and store on a shelf.

For 6 biscuits:
1 c. milk 1/3 c. water

Mix, knead and shape. Bake at 450° for 12 to 15 minutes.

Frances Oleson,
Wild Rose
Bran Muffins

2 c. Bran Buds
4 c. All-Bran
2 c. boiling water
2 1/2 c. sugar
5 c. flour

1 1/2 tsp. salt
1 c. butter
1 qt. buttermilk
4 eggs
5 tsp. baking soda

Mix Bran Buds and All-Bran with the boiling water; let stand until cool. Sift together the flour, salt and baking soda. Put this aside. Cream butter, sugar and eggs. In this mixture, add the flour, salt and baking soda. Also add the Bran Buds and All-Bran. Put mixture into an airtight container. It keeps for 2 months. Bake at 400° for 20 to 25 minutes.

Pat Smith, Buchanan

Buns or Roll Dough

2 c. milk
1 c. sugar
1 T. salt
1/2 c. cooking oil

2 pkg. dry yeast
1/4 c. lukewarm water
2 eggs, beaten
5 to 6 c. flour

Cook the milk, sugar and salt for 5 minutes; cool to lukewarm. Dissolve yeast in lukewarm water. Add beaten eggs and 3 cups flour. Let set 15 minutes. Add about 2 to 3 cups more flour to make soft dough. Let rise until double. Knead down. Let rise again. Make into rolls or use for kuchen.

Lydia Schumacker, Streeter Seniors

From far and wide they answered our call for recipes to be used by one and by all.
Buns or Rolls

3 c. warm water
1/2 c. sugar or honey
2 pkg. yeast
2 tsp. salt
4 beaten eggs
1/2 c. oil
10 to 12 c. flour

Mix the first 4 ingredients and let rise. Add the eggs, oil and flour; mix well and knead. Let rise for 1 1/2 hours. Punch down and let rest 10 minutes. Make into buns and let rise 1 hour. Bake at 350° for about 12 minutes. Brush tops with butter while still hot.

Gayl Lange,
Happy Homes

Easy-Do Sweet Dough

1 pkg. dry yeast
1 c. warm water
1/4 c. instant nonfat dry milk
1/4 c. sugar
1/4 c. cooking oil
1 1/2 tsp. salt
1 egg
3 1/2 to 4 c. all-purpose flour

Measure water into large mixer bowl; sprinkle yeast over the water. Add dry milk, sugar, oil, egg, salt and about 1 1/2 cups flour; blend well. Beat 3 minutes at medium speed of mixer. By hand, gradually add remaining flour to form stiff dough, mixing well after each addition. Cover and let rest for 15 minutes. Knead dough on lightly-floured surface until no longer sticky. Knead 1 minute; shape.

To bake the same day: After shaping, cover and let rise in warm place until double in size, about 1 hour, or more.

To refrigerate: Place shaped dough in plastic bags, allowing enough room for bread to rise. Refrigerate several hours, or overnight. Remove from refrigerator and bake immediately.

To freeze: Shape dough as desired. Let rise about 1 hour. Cover pans tightly. Store in freezer until ready to use. Place frozen dough in a cold oven. Turn on the oven and bake as directed.


Preparation time: 10 minutes. Rising time: 1 1/2 to 2 hours. Baking time: 20 to 30 minutes.

Ivy Klose,
Klose
### Never-Fail Buns

2 pkg. yeast | 3/4 c. sugar  
1/2 c. lukewarm water | 2 eggs, beaten  
1/2 tsp. sugar | 2 c. milk  
2 1/2 c. warm water | 2 tsp. salt  
3/4 c. oil | 8 to 8 1/2 c. flour

Dissolve the yeast and sugar in 1/2 cup warm water. Using a large bowl, combine all the other items. Add yeast mixture. Knead well. Cover and let rise until double. Punch down and let rise again. Make buns and let rise. Bake 15 to 20 minutes at 350°. Yield: about 70 buns.

*Dawn Ketterling,  
Streeter Seniors*

### Never-Fail Buns

2 pkg. dry yeast | 2 T. butter or oil  
1/2 c. sugar | 2 c. milk  
1 tsp. salt | 8 c. flour  
2 eggs |

Use 1/4 cup water for yeast with a little sugar added. Let stand 10 minutes. With the rest of the sugar, mix the eggs, salt and shortening. Add yeast and cooled milk, then add flour and mix well. Let rise until double in size. Put in pans. Let rise. Bake at 375°.

*Note:* Use less flour for lighter dough.

*Mrs. Mary L. Klose,  
Klose*

### Never-Fail Rolls

2 pkg. yeast | 1 tsp. salt  
1/4 c. warm water | 3 eggs, well beaten  
2 c. milk, scalded | 1/2 c. shortening  
1/2 c. sugar | 7 c. flour

Soften yeast in warm water. Scald milk and stir in sugar and salt. Cool to lukewarm. Stir beaten eggs and yeast mixture into milk mixture. Add 3 cups flour; mix well. Add shortening. Knead in remaining flour to make a soft dough which is easy to handle. Let rise in a covered bowl until doubled. Punch down and let rise. Shape into rolls and place on a greased baking sheet. Bake in a 375° oven for 15 minutes.

*Bernice Anderson, Happy Homes;  
Nellie Jaff, Wild Rose*
Overnight Buns

4 c. water
1 1/2 c. sugar
1 c. lard or Crisco
1 pkg. yeast, or 1 yeast cake
1 tsp. sugar

Boil the first 2 ingredients for 5 minutes; add lard or Crisco. Remove from heat and cool to lukewarm. Dissolve yeast with 1 teaspoon sugar in 1/2 cup water. Add eggs and salt. Add enough flour to make a soft dough. Mix dough at about 3 or 4 in the afternoon. Knead down twice. About 10 p.m., make buns and let rise until morning. Bake at 350° for 20 to 25 minutes.

Vada Weber,
Wild Rose

Quick Buns

2 pkg. yeast & 1 tsp. sugar,
dissolved in 1 c. warm water
1 c. warm water
1/2 c. butter or oleo

Knead well and let rise for about 1 hour. Shape into buns and let rise about 1 hour, until ready to bake. Bake 25 to 30 minutes.

Note: If you like dark buns, use 4 1/2 cups white flour and 2 cups whole wheat flour.

Frances Pendray,
Klose

Quick Buns

2 c. warm water
Scant c. sugar (3/4)
2 pkg. yeast
1/2 c. oil

6 c. flour
2 well-beaten eggs
1/2 tsp. salt

Combine the first 4 ingredients; let set a while, about 5 minutes. In the meantime, measure the flour. Add 2 1/2 cups flour to above. Add well-beaten eggs; beat well. Add salt and the rest of the flour; knead well. Let rise, shape into buns and let rise a little before baking at 350° until golden.

Imogene Greer,
Wild Rose
Snowman Buns

3/4 c. warm water
1 pkg. dry yeast
3 1/2 c. sifted flour
1/3 c. sugar

1 tsp. salt
1 tsp. nutmeg
2 eggs
1/4 c. soft shortening

In a mixing bowl, dissolve yeast in warm water. Add half of the flour, the sugar, salt, nutmeg, eggs and shortening. Beat 2 minutes. Add remaining flour and blend in with a spoon until smooth. Cover and let rise until double. Punch down with wooden spoon or by hand for a couple of minutes. Make into buns. (It is quite a soft dough.) Bake at 350° for 25 minutes, depending on size of buns.

This recipe can easily be doubled or tripled.

Ivy Klose, Klose

Three-Day Buns

1 pkg. yeast
1 c. lard
1 1/2 c. sugar
4 eggs

4 c. boiling water
4 tsp. salt
17 c. flour (about)

Mix lard, sugar, salt and boiling water; let cool. Add enough flour to make a sponge. Add yeast, which has been dissolved in 1/2 cup lukewarm water; mix well.

In the morning, add enough flour to make a soft dough. Knead down several times during the day. Shape and put in pans in the evening. Bake the next morning at 350° for 15 to 20 minutes.

Note: Keep this dough at ordinary room temperature.

Marjorie Lange, Happy Homes

Promptness is the ability never to be as late as the person you’re going to meet.
Helter-Skelter Caramel Rolls

2 loaves frozen bread or sweet roll dough
1/2 c. margarine, melted
1 c. brown sugar
1 lg. pkg. regular vanilla pudding (not instant)
2 tsp. cinnamon
3 T. milk
1/2 c. crushed walnuts (opt.)

Thaw the frozen dough. Tear it up in small pieces and spread them evenly over the bottom of a greased 9x13-inch loaf pan. If nuts are used, they should be spread over the bottom of the pan first.

Mix all the ingredients in order and drizzle this mixture immediately back and forth over torn dough. Let rise until about double in bulk. Bake in about a 325° oven for about 30 minutes.

Mrs. B.J. McDonald, Happy Homes

Quickie Bismarcks

1 can refrigerated oven-ready biscuits
Jelly

Fry biscuits for 3 minutes at 400° in hot shortening. Cool. Slit sides. Put 1 teaspoon jelly in each and squeeze shut. Roll in powdered sugar.

Donuts can also be made this way by cutting a hole in the center of the biscuit.

Vernette Neva, Kensal Kozy K's

I still find each day too short
For all the thoughts I want to think,
All the walks I want to take,
All the books I want to read,
And all the friends I want to see.
Coffeecakes

Apple-Nut Coffeecake

1/2 c. shortening (margarine)  1 tsp. baking powder
1 c. white sugar              1 tsp. baking soda
2 eggs                       1/4 tsp. salt
1 tsp. vanilla               1 c. dairy sour cream
2 c. sifted all-purpose flour 2 c. finely-chopped apples

Cream the shortening (margarine) and sugar together. Add eggs and vanilla; beat well. Sift together the flour, baking powder, baking soda and salt. Add to creamed mixture alternately with sour cream. Fold in apples. Spread batter in a greased 9x13x2-inch pan.

Combine the following:

1/2 c. chopped nuts
1/2 c. brown sugar
1 tsp. ground cinnamon
2 T. melted butter or margarine

Sprinkle over batter. Bake at 350° for 35 to 40 minutes.

Bethyl Lueck, Holly

Sour Cream Coffeecake

1/2 c. butter
1 c. white sugar
2 eggs
1 tsp. vanilla

1 c. sour cream
2 c. flour
1/2 tsp. baking powder
1 tsp. baking soda

Cream sugar and butter; add eggs and beat well. Alternate sour cream with sifted flour, to which the baking powder and baking soda have been added. Add vanilla. Place half the batter in a greased tube pan or 2 loaf pans. Spread half of the filling over this, then the rest of the batter, then the rest of the filling. Bake at 350° for 45 minutes. Glaze with a thin confectioners' sugar icing while still warm.

This freezes well.

FILLING:

3/4 c. brown sugar
1 T. butter
2 T. flour

1 tsp. cinnamon
1/2 c. chopped nuts

Crumble together.

Georgia Olson, Hidden Bee
Whole Wheat-Orange Coffeecake

2 c. whole wheat flour  2 eggs
1/2 c. granulated sugar  1/2 c. water
1 T. baking powder  1/4 c. margarine, cut up
1 tsp. ground cinnamon  1/2 c. raisins
1 med. unpeeled orange, seeded &  1 recipe Orange Icing*
cut in chunks

In a large bowl, combine flour, sugar, baking powder, cinnamon and 1/4 teaspoon salt. In blender container or food processor bowl, combine orange chunks, eggs, water and butter or margarine. Cover and blend until orange is finely chopped.

Make a well in dry ingredients; add orange mixture, stirring just until moistened. Add raisins. Turn into a greased 9-inch round cake pan. Bake in a 350° oven for 40 minutes. Cool. Drizzle with Orange Icing.

*ORANGE ICING:
3/4 c. sifted powdered sugar  Orange juice
1/8 tsp. ground cinnamon

Stir together the powdered sugar, cinnamon and enough orange juice to make an icing of drizzling consistency.
This is good for breakfast brunch.

Mrs. Alvin Schlecht, Sunshine

Doughnuts

Aunt Hattie's Doughnuts

2 c. sugar  1/2 c. real cream
1/2 tsp. salt  1 1/2 c. buttermilk
Sprinkle of nutmeg  1 tsp. baking soda
1 tsp. lemon extract  1 tsp. baking powder
3 eggs, beaten  4 1/2 c. flour

Mix in order given. Put cream in a measuring cup and fill with 1/2 cup buttermilk. To the other cup of buttermilk, add the baking soda. Stir and add. Add baking powder and 2 cups flour; mix well. Add 2 more cups flour; mix well. Add 1/2 cup flour and mix well. Dough will be thin. Roll out to about 1/4-inch. Cut with doughnut cutter. Fry in deep fat or oil until golden brown.

Donna Schwartz, Innkeepers
Banana Doughnuts

1/4 c. shortening
2 eggs
1 1/2 tsp. vanilla
4 tsp. baking powder
1 1/2 tsp. salt
1 tsp. baking soda

1 c. sugar
1 c. mashed bananas
1/2 c. buttermilk
5 c. sifted flour
1 tsp. nutmeg

Cream shortening and sugar together; add eggs and beat well. Combine bananas, vanilla and buttermilk; add to creamed mixture alternately with sifted dry ingredients. Roll 1/3-inch thick on a lightly-floured surface. Cut with floured cutter. Let stand for 15 minutes. Fry in hot deep fat (375°) for about 3 minutes. Turn once. Yield: about 3 dozen.

_Esther Holm,
Kensal_

Plain Doughnuts

3/4 c. sugar
2 eggs, beaten
1/2 c. cream (sour or sweet)
1/2 c. milk (if one is sweet, the other should be sour)

1 heaping tsp. baking powder
1 tsp. mace
1 tsp. vanilla
2 1/2 c. flour
1 tsp. salt

Whip the sugar, cream and milk; add beaten eggs, salt and flavoring. Stir in flour. Fry in hot oil or lard. When baked, roll in sugar. A double batch makes about 5 dozen.

_Alice M. Wolsky,
Kensal Kozy K's_

_You cannot change yesterday, that is clear,_
_Or begin tomorrow until it is here._
_So the only thing for you and for me_ _Is to make today as sweet as can be._
Puffy Potato Doughnuts
(Unglazed Doughnuts Can be Frozen)

2 c. milk
1/2 c. butter
1 c. sugar
1 T. salt
1 pkg. active dry yeast
1 tsp. sugar
1/4 c. lukewarm water
1 tsp. baking powder
1/2 tsp. baking soda
1 c. unseasoned mashed potatoes
3 egg yolks
8 c. sifted flour

Scald milk; stir in butter, 1 cup sugar and salt. Cool to lukewarm. Sprinkle yeast and 1 teaspoon sugar on lukewarm water. Add yeast, baking powder, baking soda, mashed potatoes, egg yolks and 2 cups flour to milk mixture. Beat with electric mixer at medium speed until smooth, about 2 minutes, scraping the bowl occasionally. Gradually add remaining flour, blending well. (Dough will be soft.) Place in a lightly-greased bowl; turn dough over to grease top. Cover and let rise in a warm place until doubled, about 2 hours. Roll out dough on floured surface. Cut with floured doughnut cutter. Place on floured waxed paper. Cover and let rise about 1 hour. Fry a few doughnuts at a time in hot grease (350°) until golden brown, turning once. Drain on paper towels. Coat warm doughnuts with vanilla glaze or sugar. Yield: 3 1/2 dozen.

VANILLA GLAZE:
1 lb. powdered sugar
1/2 c. butter or margarine
7 T. milk or cream
2 1/2 tsp. vanilla

Combine; beat until smooth.
Doughnuts can be frozen.

Charlotte Anderson,
Klose

Raised Doughnuts
(Glazed)

1 1/2 pkg. yeast
1 1/2 c. scalded milk, cooled
2 c. flour
1 egg
1/2 c. sugar
1/2 c. shortening
1/2 tsp. salt

Put the yeast in a little warm water. Add to scalded milk with the flour. Let rise. Add remaining ingredients. Add enough more flour to make a soft dough. Roll out right away. Cut and let rise for 40 to 45 minutes. Fry in hot fat (350° to 375°). Dip doughnuts while hot into glaze.

Glaze: Combine powdered sugar, milk and vanilla.

Nellie Klose,
Klose
Raised Doughnuts

1 pkg. dry yeast 1 tsp. salt
1 c. water 2 eggs, beaten
1 c. scalded milk 1 c. mashed potatoes
2/3 c. shortening 5 to 6 c. flour
1/2 c. sugar

Dissolve yeast in warm water. Put lard in scalded milk; cool before mixing the rest of the ingredients together. Let dough rise twice. After punching down the second time, roll out on a floured board and cut.

Mrs. Marvin Dockter, Buzzin Dozen

Spicy Apple Doughnuts

2 eggs 1 tsp. salt
1 c. sugar 4 1/2 tsp. baking powder
2 T. oil 1 tsp. baking soda
1 c. applesauce 1 tsp. nutmeg*
1 c. buttermilk or sour cream 1/2 tsp. cinnamon*
About 5 c. flour

Mix all together. Chill 1 hour or longer. Roll out 1/2-inch thick for doughnuts. Fry in deep fat. Drain. Roll in powdered sugar.

*You may use vanilla in place of spices.

Mrs. Lawrence A. Johnson, Wild Rose

Dumplings

Fluffy Dumplings

1 egg 3 tsp. baking powder
3/4 c. milk 1/2 tsp. salt
2 c. sifted all-purpose flour 1 T. butter, melted

Beat egg well; add milk and sifted dry ingredients. Beat thoroughly. Add melted butter. Drop from a tablespoon on top of stew. Cover and cook 10 minutes over low heat.

Mrs. Maurine Schoeler, Royal Corinne
Old-Time Dumplings

2 eggs 1 1/4 c. flour
1/2 c. milk 3 tsp. baking powder
2 tsp. melted butter 1/2 tsp. salt

Beat eggs; add milk and butter, then flour sifted with baking powder and salt. Stir only until mixed and smooth, but not too thick. Drop by small spoonfuls into about 1 quart of boiling broth. Cover and steam for 12 to 15 minutes. Do not remove lid during cooking time.

Imogene Greer,
Wild Rose

Homemade Noodles

1 egg 1/2 tsp. salt
1 T. water 1 c. flour, or less

Beat egg; add water and salt. Add enough of the flour to make a stiff dough. Roll very thin on floured surface; let stand for 20 minutes. Roll up loosely. Slice with a sharp knife the desired width (1/8-inch for fine noodles). Shake out strips and allow to dry before using or storing. Yield: about 3 cups.

This recipe can be doubled.

Marian Klose,
Klose

Johnny Cake

1 c. Dakota Maid flour 1/2 c. sour cream
1 c. Dakota Maid cornmeal 1 tsp. baking powder
1/2 c. sugar 1/2 tsp. salt
1 egg 1/2 tsp. baking soda

Dissolve baking soda in sour cream. Sift the other dry ingredients together. Combine sour cream with dry ingredients; add just enough water to make a stiff batter. Bake at 350° until well browned, about 30 minutes.

Esther Holm,
Kensal
Pancakes

Buttermilk Pancakes

3 egg yolks
1 2/3 c. buttermilk
1 1/2 c. flour
1 T. sugar

1 tsp. baking soda
1 tsp. salt
3 T. soft butter
3 egg whites

Beat egg yolks well with rotary beater; beat in the buttermilk. Sift together the flour, sugar, baking soda and salt; beat in. Beat in the soft butter. Gently fold in the stiffly-beaten egg whites.

Annette Redmann,
Diapers to Daisies

Good Potato Pancakes

2 eggs
2 c. raw potatoes, grated or ground & drained

1 tsp. salt
2 T. flour
1/4 tsp. baking powder

Beat eggs; mix in the rest of the ingredients. Drop on a hot, well-greased pan by spoonfuls. Bake about 3 minutes on each side, or until brown.

Ruth Guenther,
Kensal

Potato Pancakes

1 qt. blended, raw or grated potatoes
2 eggs, beaten
2 tsp. salt
3/4 c. flour

1 tsp. baking powder
2 tsp. sugar
1 1/2 tsp. cinnamon
1 T. cream (opt.)

Blend raw potatoes in blender with a little added water. Drain off juice and put in a bowl. Add rest of ingredients. Mix. Fry pancakes until lightly browned.

Lillian Wolsky,
Kensal Kozy K's
Quick Breads

Banana Bread

1 c. sugar
1 1/4 c. thinly-sliced ripe bananas
(2 bananas)
1/2 c. shortening, margarine or
butter, softened
2 eggs

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

Heat oven to 350°. Grease and flour the bottom only of a 5x9- or 4x8-inch pan. In large bowl, blend sugar, bananas, shortening and eggs; beat 2 minutes at medium speed. Lightly spoon flour into a measuring cup; level off. Add flour, baking powder, baking soda and salt; beat 2 minutes at medium speed. Stir in nuts. Pour into pan. Bake at 350° for 50 to 60 minutes, or until toothpick inserted near center comes out clean. Cool 10 minutes. Remove from pan.

Laura Snow

Banana Bread

1 1/2 c. granulated sugar
1/2 c. shortening
2 eggs
1/2 c. sour milk
1 tsp. baking soda

1 c. mashed bananas
2 c. flour
1 tsp. vanilla
1/2 c. nutmeats

Cream the shortening; add the sugar and eggs. Blend well. Add the other ingredients and mix. Pour into 2 well-greased loaf pans and bake in a moderate 350° oven for 30 to 40 minutes, or until toothpick comes out clean when tested. Yield: 2 loaves.

Mrs. Lorene Thompson,
Happy Homes

Ella's Banana Bread

1 1/3 c. flour
3/4 tsp. baking soda
1 1/4 tsp. cream of tartar
1/2 tsp. salt

1/3 c. shortening
2/3 c. sugar
2 eggs, beaten
1 c. mashed banana

Cream shortening and sugar; add eggs. Add dry ingredients, which have been sifted together and bananas, alternately. Bake in loaf pan for 1 hour at 350°.

Lillian Wehler,
Sweet Sixteen
Banana-Oatmeal Bread

1/4 c. butter  3 med. bananas
1 egg  1 1/2 c. flour
1/2 c. sugar  2 1/2 tsp. baking powder
1/2 tsp. baking soda  1/2 tsp. salt
1 c. quick-cooking rolled oats  1/2 c. walnuts

Beat butter, egg, sugar and bananas. Add the dry ingredients and walnuts. When thoroughly mixed, pour into a greased 5x9x3-inch loaf pan. Bake at 350° for 45 minutes.

Carol Job,
Buchanan

Banana Bread
(Sour Cream)

1 c. butter  3 1/2 c. flour
2 c. sugar  1 tsp. salt
2 tsp. vanilla  2 tsp. baking soda
2 tsp. lemon juice  2 tsp. baking powder
4 eggs  1 c. sour cream
2 c. mashed bananas  1 c. chopped nuts

Cream butter and sugar; add vanilla and lemon juice. Add eggs, one at a time, beating well after each addition. Add bananas. Sift flour, salt, baking soda and baking powder. Add alternately with sour cream to banana mixture. Fold in nuts. Pour into 2 greased and floured loaf pans. Bake at 305° for 50 to 60 minutes.

Rose Skroch,
Innkeepers

Cheddar Quick Bread

3 c. flour  1 c. (8 oz.) shredded sharp Cheddar cheese
1 T. baking powder  1 1/4 c. milk
1/4 tsp. salt  2 eggs, slightly beaten
1/4 c. margarine

Combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Stir in cheese. Combine milk and eggs; add to cheese. Mix until well moistened. Divide into 4 sections. Bake in 5x9-inch loaf pans at 375° for 1 hour.

Shirley Scrivens,
Winfield
Lemon Bread

1/2 c. shortening
1 c. sugar
2 eggs
Rind of 1 lemon

1 1/2 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 T. lemon juice

Cream shortening and sugar. Add eggs, lemon juice and lemon rind; mix well. Sift flour, salt and baking powder. Stir into mixture until well blended. Bake in a greased loaf pan for 1 hour at 350°. Pour glaze over bread when done baking.

GLAZE:
1/4 c. sugar

Juice of 1 lemon

Kay Eagleson,
Buchanan

Light Date Nut Bread

1 1/2 c. boiling water
1 c. chopped dates
3/4 c. sugar
1 egg, beaten
1/2 tsp. salt
1 tsp. vanilla extract

2 1/4 c. flour
1/4 tsp. baking powder
2 tsp. baking soda
1 c. chopped nuts
1 T. melted butter

Pour boiling water over the dates and let stand 10 minutes. Add sugar to egg; beat well. Sift together the flour, baking powder, salt and baking soda; stir walnuts into them. Add date mixture alternately with the sifted dry ingredients to sugar-egg mixture. Stir in butter and vanilla. Pour into a greased loaf pan. Bake in 350° oven for 1 hour and 15 minutes.

Marian Klose,
Klose

Zucchini Bread

3 eggs
1 c. oil
3 c. sugar
1 tsp. vanilla
2 c. peeled, grated zucchini
1 tsp. baking soda

1 tsp. salt
1/4 tsp. baking powder
3 tsp. cinnamon
3 c. flour
1/2 c. raisins
1/2 c. chopped nuts

Beat eggs and fold in the next 4 ingredients. Add dry ingredients. Mix all ingredients. Bake in greased and floured pans, either 5x9x2- or 3x8x2-inch. Bake 1 hour at 325°.

Lorine Schlecht,
Sunshine
Zucchini Bread

3 eggs
1 c. salad oil
2 c. sugar
2 tsp. vanilla
3 c. flour
2 tsp. baking soda
1 tsp. salt
1/2 tsp. baking powder
3/4 tsp. nutmeg
1 1/2 tsp. cinnamon
1 (8 1/4 oz.) can crushed pineapple, well drained
2 c. raw zucchini, grated
1 c. raisins (opt.)
1 c. walnuts

Cream oil, sugar, eggs and vanilla. Add dry ingredients, then add pineapple, zucchini, raisins and walnuts; mix well. Bake in 2 (5x9-inch) pans at 350° for 1 hour and 10 minutes.

Beverly Dawson, Innkeepers

Zucchini Bread and Frosting

3 c. flour
1 tsp. salt
1 tsp. baking soda
3 tsp. cinnamon
1/4 tsp. baking powder
1 c. chopped walnuts
3 beaten eggs
2 c. sugar
1 tsp. vanilla
1 c. salad oil
2 c. grated zucchini

Mix the last 5 ingredients, then add the first 6 ingredients; stir until blended. Pour into 2 greased loaf pans. Bake at 325° for 1 hour.

FROSTING:
1 lg. (8 oz.) pkg. cream cheese
2 tsp. melted butter
1 tsp. vanilla
About 2 c. powdered sugar

Mix and spread on zucchini bread or put between 2 slices.

Emily Johnson, Happy Homes
Yeast Breads

Anadama Bread

4 1/2 to 4 3/4 c. all-purpose flour
2 pkg. dry yeast
2 c. cold water
1 c. cornmeal
1/2 c. molasses

1/3 c. lard
1 T. salt
2 eggs
2 T. butter or melted margarine

Mix 1 cup flour and yeast. In a saucepan, mix water and cornmeal. Cook and stir until thick and bubbly. Remove from heat; stir in molasses, lard and salt. Cool until warm. Add to flour mixture; add eggs. Beat for 1/2 minute. By hand, stir in as much flour as to make a moderately-stiff dough. Knead for 10 minutes. Cover and let rise until double. Punch dough down and let rest for 10 minutes. Shape into loaves. Bake in oven at 375° for 30 minutes.

Mrs. Lawrence Johnson,
Wild Rose

District 8 Cowbelle Ranch Beef Bread

1 c. water
1/2 c. sugar
1 c. cooked ground roast beef
1 c. raisins
2 pkg. dry yeast
1/2 c. warm water
1 1/2 c. potato water
3 T. shortening

1 c. All-Bran cereal
1 T. molasses
2 c. whole wheat flour
2 c. white flour
3 tsp. salt
4 c. white flour
1/2 c. chopped walnuts

Boil water, sugar, cooked ground beef and raisins; cool. Soak yeast in warm water; add to cooled beef mixture. Add potato water, shortening, All-Bran, molasses and 2 cups each wheat and white flour. Mix with a spoon. Let rise for 10 minutes. Add salt, 4 cups white flour and nuts. Knead until satiny. Let rise in warm place until doubled. Punch down; let rise again for 20 minutes. Shape into 3 loaves and let rise until dough nearly reaches top of pans. Bake at 350° for 40 minutes.

Deb Lee,
Diapers to Daisies
Dark Bread

4 c. warm water
2 pkg. dry yeast
1/2 c. molasses
1/2 c. brown sugar
1 T. salt

4 1/2 c. dark flour (whole wheat, graham or rye)
2 eggs
1/4 c. shortening
White flour

In warm water, dissolve yeast. Add molasses, brown sugar, eggs, dark flour and salt; mix well. Set in warm place for 1/2 hour. Finish with white flour to make a stiff dough. Work in shortening. Knead well. Let rise once, work down. On the next rise, put in pans and let rise to double in bulk. Bake at 350° for about 55 minutes.

Julia Schulz,
Bloom

Early Colonial Bread

1/2 c. cornmeal
1/3 c. brown sugar
1 tsp. salt
2 c. boiling water
1/4 c. oil

2 pkg. dry yeast
1/2 c. warm water
3/4 c. whole wheat flour
1/2 c. rye flour
4 1/2 to 5 c. all-purpose flour

Combine cornmeal, brown sugar, salt, boiling water and oil; cool to warm. Soften yeast in 1/2 cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours; mix well. Stir in enough all-purpose flour to moderately-stiff dough. Knead 6 to 8 minutes. Let rise in warm place until doubled, punch down. Let rest 10 minutes. Shape into loaves and let rise. Bake in a 375° oven for 30 minutes. Brush with butter.

Mrs. Lawrence Johnson,
Wild Rose

Happiness is like jam. You can’t spread even a little without getting it on yourself.
Golden Bread

2 pkg. dry yeast
1 c. warm water
2 T. sugar
2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. allspice

1 egg, beaten
3 T. soft butter
2/3 c. lukewarm orange juice
Grated rind
6 to 6 1/2 c. flour
1 c. raisins
1 1/2 c. grated carrots

Dissolve yeast in warm water; add sugar, egg, butter, spices, juice and rind. Mix in 3 cups flour. Add raisins and carrots, then remaining flour. Knead until smooth. Let rise 1 hour. Put into 2 loaf pans and let rise about 1 hour. Bake 40 minutes at 400°.

This is good toasted, plain, or for sandwiches.

Edith Prentice,
Sweet Sixteen

Graham Bread

1 pkg. yeast
1/2 c. warm water
2 T. shortening
1/2 c. brown sugar
1 T. salt

2 c. whole wheat flour
1/4 c. molasses
2 c. scalded milk
1 egg, beaten
4 1/2 c. white flour

Dissolve yeast in warm water. In a large bowl, combine shortening, sugar, salt, molasses, milk and whole wheat flour; mix well. Let cool. Stir in egg and yeast. Add white flour to make stiff dough. Cover and set in a warm place to rise until doubled. Punch down and let rise again. Put in pans and let rise for about 1 hour. Bake at 350° for 1 hour. Yield: 2 loaves.

Mrs. Frank Weiss,
Spiritwood

Home is the place where we grumble the most and are treated the best.
Grandma's Oatmeal Bread

2 pkg. yeast  1/2 c. molasses
1/2 c. warm water  1/3 c. shortening
1 1/2 c. boiling water  1 T. salt
1 c. quick-cooking rolled oats  5 1/2 to 6 c. flour
2 beaten eggs

Soften yeast in 1/2 cup warm water. In a large bowl, combine boiling water, rolled oats, molasses, shortening and salt; cool to lukewarm. Stir in 2 cups flour. Add yeast and eggs; beat well. Add remaining flour to make a soft dough. (Dough will be a bit sticky.) Cover lightly and let rise until doubled, or cover tightly and refrigerate several hours, or overnight. Turn out on well-floured surface and shape into 2 loaves. Place in greased loaf pans. Cover and let rise in warm place until doubled. Bake at 350° to 375° for 40 to 50 minutes.

Ivy Klose, Klose

Homemade White Bread

2 1/2 c. lukewarm water  2 T. shortening
2 pkg. dry yeast  1 T. salt
3 T. sugar  4 c. flour


Kay McKeen, Happy Homes

White Bread

3 pkg. yeast  1/2 c. oil
1/2 c. warm water  4 tsp. salt
5 c. warm water  15 c. flour
1/2 c. sugar

Dissolve yeast in 1/2 cup warm water; set aside for 5 to 10 minutes. Add remaining warm water, then add sugar, oil and salt. Add 8 cups flour; beat well. Add remaining flour. Knead and let rise about 1 hour. Make into loaves and let rise until double in size. Bake at 375° for 50 minutes.

Frances Pendray, Klose
Raisin Bread

4 1/2 c. scalded milk 3 eggs, beaten
1/2 c. shortening (part or all butter) 12 to 14 c. flour
1 c. sugar 1 1/2 tsp. lemon extract
1 T. salt 1 1/2 tsp. nutmeg
3 pkg. granulated yeast 2 c. raisins
3/4 c. lukewarm water

Soak yeast in lukewarm water. Let stand for at least 5 minutes. Scald milk. Add sugar and salt. Stir until sugar is dissolved. Cool to lukewarm. Stir yeast until dissolved; add to cooled milk. Beat eggs; add to liquids. Add 6 cups flour; beat until smooth. Add the remaining flour to make soft dough. Turn out on a floured surface and let rest for 15 minutes. Knead until smooth and satiny. Place dough in warm, greased bowl, turning until all surface is lightly greased. Cover and let rise until double in bulk. Punch down and let rise again. Shape into 4 loaves or 4 large braids. Bake at 350°. Bake loaves for 35 to 40 minutes and braids for 20 to 25 minutes.

Before baking, brush bread with water and egg white wash.

Add topping made of the following:

1 c. flour 1/2 c. sugar
1/2 c. butter

Mix well.

Powdered sugar icing may be drizzle over bread immediately after removing it from the oven.

Cathy Scott,
Spiritwood
Cakes & Frostings

N.C. Machart
Hints for Cakes & Frostings

• Have all ingredients at room temperature.
• Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in center.
• The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
• After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out onto rack to finish cooling.
• Cakes should not be frosted until thoroughly cooled.
• Roll fruits and raisins in flour before adding them to the cake batter so they will stay distributed throughout the cake.
• When adding dry and wet ingredients, such as flour and milk, begin and end with the dry ingredients, beating well after each addition for a smoother batter.
• If eggs are not beaten well or ingredients not thoroughly mixed, a coarse-grained cake will result.
• For an interesting flavor, add a melted chocolate mint to chocolate cake batter.
• To keep chocolate cakes brown on the outside, dust the greased pan with cocoa instead of flour.
• If baking in glass dishes, decrease the oven temperature 25° to prevent overbrowning.
• Use the circular cardboards from the bottom of frozen pizzas when transporting a cake. Cover with foil first.
• If a layer cake comes out lopsided, insert marshmallows between the bottom layer and the cake plate, or wherever they are needed.
• Stir 3 ounces of chocolate chips into 7-minute frosting while it is still hot to make it creamy and delicious.
• When frosting a cake, place strips of waxed paper beneath the edges of the cake. They can easily be removed after frosting.
• For a different frosting, mix 2 tablespoons of pineapple and 2 tablespoons of orange juice. Add enough powdered sugar to stiffen.
• Sprinkle applesauce cake or banana cake generously with granulated sugar, coconut and chopped nuts before baking. It makes a crunchy topping.
• When melting chocolate, grease pan in which it is to be melted.
• When you are creaming butter and sugar together, it’s a good idea to rinse the bowl with boiling water first. They’ll cream faster.
• When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold water tap for a moment before you unwrap it. The cellophane will then come off clean.
• A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.
• Try using a thread instead of a knife when a cake is to be cut while it is hot.
Cakes & Frostings

Cakes

Apple Cake

1 3/4 c. sugar 1/4 tsp. salt
1 c. oil 1/2 c. nuts
3 eggs 5 apples, chopped well
1/2 tsp. nutmeg 3 c. flour
1 tsp. cinnamon 1 tsp. baking soda
1/4 tsp. cloves

Beat eggs; add sugar and oil. Stir in all dry ingredients. Add chopped apples and nuts. Bake 1 hour at 350° in a 13-inch pan.

Cool Whip or whipped cream with a red cherry may be used for topping.

Edith Miller,
Kensal

Apple Pie Cake

1/4 c. shortening 1 tsp. baking soda
1 c. sugar 2/3 tsp. cinnamon
1 egg 2 T. boiling water
1 c. flour 2 1/2 c. diced apples
1 tsp. salt 1/4 c. walnuts

Cream together the sugar and shortening. Add beaten egg. Blend in the dry ingredients; add to the creamed mixture with boiling water. Add raw apples and walnuts. Put in a greased 9x9-inch pan. Bake at 350° for 40 minutes.

Mary Kupferschmidt,
Diapers to Daisies
**Applesauce Cake**

1/2 c. shortening
1 c. sugar
1 egg
1 tsp. cinnamon
1/2 tsp. cloves
1 tsp. baking soda
1 c. applesauce
1 c. raisins
2 c. flour

Bake at 350° for 1 hour.

**TOPPING:**
1/2 c. brown sugar
1/2 c. coconut
1/2 c. butter

Mix.

When the cake is baked, put the topping on it and return it to the oven for a few minutes.

*Ethel Herzog, Kensal*

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**Beer Cake**

2/3 c. shortening
1 3/4 c. white sugar
2 eggs
2 sq. bitter chocolate, melted
3 c. all-purpose flour, sifted
2 tsp. baking soda
1/2 tsp. salt
1 c. beer without foam
3/4 c. buttermilk
1/4 c. maraschino cherry juice
1 (8 oz.) btl. red maraschino cherries, chopped
3/4 to 1 c. chopped nutmeats (opt.)

Mix in order given. Bake in a 9x13-inch pan, greased but not floured. Bake at 350° for 45 to 60 minutes, or until done. Frost with your favorite frosting.

**Note:** You can buy miniature beer, 8 ounces, just 1 cup.

*Ivy Klose, Klose*
Boiled Cake

2 c. sugar
2 c. cooked coffee
2 c. raisins
2 to 3 T. shortening
1 tsp. cloves
2 tsp. cinnamon

2 tsp. nutmeg
2 tsp. ginger
2 tsp. allspice
2 1/2 c. flour
2 tsp. baking soda

Boil all ingredients, except flour and baking soda, for 5 minutes. The longer you boil it, the darker the cake. Take off heat and cool until shortening starts to harden on top. Add flour and baking soda; mix. Bake at 350° for 30 to 45 minutes, or until a toothpick comes out clean.

Lori Carlson,
Winfield

Boiled Raisin Cake

1 1/2 c. seeded raisins
1/4 c. butter
1/2 c. raisin water
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. baking soda

3/4 c. sugar
1 egg
1 1/2 c. flour
1/2 tsp. cloves
1/2 tsp. ginger
1 tsp. nutmeg

Cover raisins with boiling water; simmer for 25 minutes. Cream butter and sugar; add well-beaten egg. Add raisin water. Sift flour, baking powder and spices; mix all together. Add the baking soda, dissolved in a little raisin water; beat well. Bake in a well-greased cake pan in a moderate oven (350°) for 30 minutes.

Elizabeth Siebert,
Kensal

Boiled Raisin Cake

3/4 c. shortening
1 1/2 c. sugar
2 eggs
3 c. flour

1/4 tsp. salt
1 tsp. cinnamon
1 1/2 c. raisins
1 tsp. baking soda

Cook raisins with enough water to drain 1 cup liquid. Add baking soda to raisin liquid.
Mix cake in order given. Add raisin liquid and raisins. Bake in a 9x13-inch pan at 350° until it tests done.

Gladys Thornton,
Wild Rose
Bread Sponge Spice Cake

1 c. light bread sponge (yeast starter) 1 c. flour
1 c. sugar 2 eggs
1/2 c. butter 1 tsp. baking soda
1 c. raisins 1 tsp. cinnamon
1 tsp. cloves

Beat for 2 minutes and put in well-greased pan. Allow to rise in warm place for 1/2 hour. Put in the oven and bake for about 30 minutes at 350°.

Judith Bear,
Buchanan

Buttermilk Cake

2 c. sugar 3 c. flour
1/2 c. butter 2 tsp. baking soda
2 eggs 1 tsp. cloves
2 c. buttermilk 1 tsp. cinnamon
1 c. nuts (opt.) 1 tsp. allspice
1 c. raisins, boiled, cooled & floured 1/2 tsp. salt

Cream sugar and butter; add remaining ingredients and mix well. Bake in an 11x17-inch pan for 30 to 35 minutes at 375°.

Note: This may also be made in 2 smaller pans, having one to freeze later.

FROSTING:

2 c. brown sugar 1 T. butter
3/4 c. cream Vanilla

Boil brown sugar and cream to soft ball stage. Take off heat and add butter. Cool; add vanilla. Beat until it loses its gloss.

Mrs. Mary L. Klose,
Klose

Wouldn’t it be nice if we could find other things as easily as we find fault.
Buttermilk Spice Cake

2 c. sugar
1 c. butter
2 c. buttermilk
1 c. nuts
2 c. raisins
4 c. flour

2 tsp. baking soda, dissolved in buttermilk
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. cloves

Combine sugar, butter and buttermilk. Sift spices with flour; add to sugar and butter mixture. Add raisins and nuts. Bake 1 hour at 350° in a 9x12-inch pan.

This can be used unfrosted or with a Caramel Frosting.

Mrs. Theodore Daede, Willing Workers

Carrot Cake

1 1/2 c. Crisco oil
2 c. sugar
4 eggs
1 tsp. salt
2 tsp. baking soda
2 c. flour
2 tsp. cinnamon
3 c. finely-grated carrots
1 c. nuts
Maraschino cherries

Mix all ingredients, except carrots, nuts and cherries; beat well. Add carrots. Add nuts and cherries, if desired. (These are optional.) Bake at 350° for 50 minutes.

Paulina Dewald, Streeter Seniors; Mrs. Alvin Schlecht, Sunshine

Carrot Cake

2 c. sugar
1 tsp. black walnut flavoring
2 c. grated carrots
1 1/2 c. salad oil
1 tsp. vanilla
2 c. self-rising flour
1 c. black walnuts
4 eggs

Combine sugar, salad oil and eggs; mix well. Add remaining ingredients. Bake at 350° for 1 hour.

GLAZE:
1 c. granulated sugar
1/2 c. buttermilk
1 tsp. baking soda
1 T. syrup

Combine all ingredients and boil 2 minutes. Pour over cake.

Karen Godsey, Spiritwood
Chocolate Cherry Cake or Bars

1 pkg. chocolate cake mix
2 eggs, beaten
1 (21 oz.) can cherry pie filling
1 tsp. almond extract

Preheat oven to 350°. Grease a 9x13-inch or 10x15-inch jellyroll pan. In a large bowl, beat eggs; add almond extract, pie filling and cake mix. Mix with rubber spatula until well mixed. Pour into the pan. Bake the 9x13-inch pan for 30 minutes and the jellyroll pan for 20 to 25 minutes, or until toothpick inserted in the center comes out clean.

FROSTING:

1/3 c. milk
3/4 c. sugar
1/3 c. butter
1 c. semi-sweet chocolate pieces

In a small saucepan, combine butter, milk and sugar. Bring to a boil, stirring constantly, for 30 seconds. Remove from heat. Stir in chocolate pieces until smooth. Cool 1/2 hour and frost warm cake.

Ivy Klose, Klose

Crazy Cake

3 c. flour
2 c. sugar
2 tsp. baking soda
1/2 tsp. salt
4 T. cocoa
3/4 c. oil
2 T. vinegar
2 c. cold water
2 tsp. vanilla

Mix flour, sugar, baking soda, salt and cocoa together right in the pan. Add oil, vinegar, water and vanilla; mix well. Bake at 350° for 40 to 45 minutes in a 9x13-inch pan.

Laurie Snow, Hidden Talents; Frances Hoersch, Medina

Cream Cake for Shortcake

2 eggs
1 c. sugar
1 c. cream
1 tsp. vanilla
2 c. sifted flour
1 1/2 tsp. baking powder
1/4 tsp. salt

Beat eggs; gradually add sugar. Add cream and vanilla; beat. Sift dry ingredients together and add to egg mixture. Bake in a greased 8-inch square or 9-inch round pan in a moderate 350° oven for about 35 minutes.

Frieda Craft, Spiritwood
Cream-Filled Chocolate Cupcakes

2 1/2 c. unsifted flour
2 c. sugar
1/2 tsp. salt
1 tsp. baking powder
1/3 c. cocoa
2 eggs

1 c. salad oil
2 tsp. baking soda, dissolved in 1 c. hot water
1 c. buttermilk
1 tsp. vanilla

Combine the first 5 ingredients; add remaining ingredients and mix well. Fill muffin cups 2/3-full. Bake at 350° for 20 minutes. Cool completely before filling.

Note: The batter will be thin.

FILLING:

1/2 c. sugar
1/3 c. milk
2/3 c. shortening
1 T. water

1/2 tsp. salt
1/2 tsp. vanilla
1/2 c. powdered sugar

Put the first 6 ingredients in a bowl and beat with mixer, slowly at first, then at high speed. Beat until creamy, at least 5 minutes. Add powdered sugar and beat 3 to 5 minutes more, until fluffy. Insert filling in indentation on top of cupcake with a pastry tube. Frost with Chocolate Frosting.

Marion Klose, Klose

Feather Cake

1 c. sugar
1 c. flour
2 tsp. baking powder
3 eggs
7 T. hot water
1 tsp. vanilla

Cream sugar and egg yolks until creamy. Add hot water, flour, baking powder, flavoring and a pinch of salt. Beat in beaten egg whites. Bake in an 8x8-inch pan for 20 minutes in a moderate oven.

Frances Hoersch, Medina
Fruit Cake

2 c. coffee or water (or a mixture of the two)  
2 c. white sugar  
1 c. shortening  
3 c. chopped apples, cut dates & raisins  
1 tsp. cinnamon  
1 tsp. nutmeg  
1 tsp. salt  
3 c. flour  
2 tsp. baking soda  
1 tsp. vanilla  
2 eggs  
Candied fruit of your choice (about 8 oz.)

Boil the liquid, shortening, sugar, raw fruit and spices for 5 minutes; cool. Add the remaining ingredients; beat well. Pour into oiled and floured pans and bake 1 hour at 350°. Yield: 4 small or 3 medium-sized cakes.

Margaret Weatherly,  
Happy Homes

Hidden Treasure Cake

1 c. butter (oleo)  
1 c. sugar  
2 eggs  
2 tsp. vanilla  
2 c. sifted cake flour  
1 tsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt  
1 c. sour cream

Cream butter, sugar, vanilla and salt; add eggs and beat mixture. Sift together the flour, baking powder and baking soda. Add half of flour mixture and half the sour cream to the butter mixture. Add rest of the flour and sour cream.

Grease and flour a 9x12x2-inch pan. Spread half of cake batter in pan.

ICING:

1/2 c. brown sugar  
1/4 c. white sugar  
1 tsp. cinnamon  
1 c. chopped nuts

Mix icing. Spread half on batter. Pour and spread remaining cake batter on top of this. Sprinkle the rest of the icing on top. Bake 35 to 40 minutes at 350°.

Mrs. Theodore Daede,  
Willing Workers
Hollywood Angel Cake

FILLING:
1 c. milk
1 c. sugar
3 egg yolks
1/2 tsp. vanilla
2 T. cornstarch

Cook until thick (I use double boiler). You may add nuts or coconut.
Bake an angel food cake as directed; cool. Cut 3 inches off the top of the cake. Scoop out some of the cake and fill with half the filling. Frost with Cool Whip, spreading up to 1/2-inch above cake. Frost 1/2-inch around the center hole. Put remaining filling on top. Refrigerate.

Lois Turner,
Town and Country

Hot Milk Sponge Cake

4 eggs
1/2 tsp. salt
2 c. sugar
1 c. milk
2 tsp. vanilla
2 T. shortening
2 c. flour
2 tsp. baking powder

Beat eggs and vanilla until light. Add salt and sugar; beat well. Add milk and shortening, which has been heated to a boil. Beat in sifted flour and baking powder. Pour quickly into a 9x13-inch pan, which has been greased and floured on the bottom only. Bake at 350° for 30 minutes.

Lori Carlson,
Winfield

Jellyroll

5 eggs
1 c. sugar
1 c. flour
2 tsp. baking powder

Beat eggs very slightly; add sugar, flour and baking powder. Mix. Pour into well-greased 13x15-inch pan. Bake in a 350° oven. Turn out on waxed paper and spread with jam. Roll quickly before it cools too much. Dust with powdered sugar.

Mrs. Fred Leno,
Sunshine
Jellyroll

5 eggs, beaten lightly  1 c. white sugar
4 T. cold water  1 c. flour
2 tsp. baking powder

Beat. Bake in large pan.

Irene Hoggarth,
Kensal Kozy K’s

Jellyroll

3 eggs (2/3 c.)  1 tsp. baking powder
1 c. sugar  1/4 tsp. salt
1/3 c. water  2/3 c. jelly, or 1/2 can lemon pie
1 tsp. vanilla  filling
1 c. cake flour

Heat oven to 375°. Line 10 1/2 x 15 1/2 x 1-inch jellyroll pan with aluminum foil or waxed paper; grease. Beat eggs for 5 minutes. Gradually add sugar. Blend in water and vanilla. Gradually add flour, baking powder and salt. Pour into pan, spreading batter to corners. Bake 12 to 15 minutes. Loosen edges of cake and invert on towel sprinkled with powdered sugar. Carefully remove paper. Roll cake on towel from narrow end. Cool on wire rack. Unroll cake; spread with jelly or lemon pie filling. Roll up. Sprinkle with powdered sugar, if desired.

Note: One can of lemon pie filling will make 2 jellyrolls.

Charlotte Suko,
Wild Rose

Home Happiness Cake

Take 1 cup of common sense, 1 cup of justice, 1 1/2 cups love, stirred with 1 1/2 teaspoons of mutual confidence. Add 2 large portions of sense of humor. Beat separately. Spice to taste with wit and nonsense. Bake in a moderate oven of warm approval. Ice with generous appreciation.
Lazy-Daisy Oatmeal Cake

1 1/4 c. boiling water
1 c. oatmeal
1/2 c. soft butter
1 c. white sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
1 1/2 c. flour
1 tsp. baking soda
1/2 tsp. salt
3/4 tsp. cinnamon
1/4 tsp. nutmeg

Sift flour, baking soda, salt and spices together. Pour boiling water over oatmeal. Let stand for 20 minutes. Beat butter until creamy; add sugar and beat until fluffy. Blend in vanilla and eggs. Add oatmeal; mix well. Add flour mixture. Pour into a greased 9x13-inch pan. Bake 50 to 55 minutes at 350°.

FROSTING:
1/4 c. butter
1/2 c. brown sugar
3 T. half & half or milk
1/3 c. chopped nuts (opt.)
3/4 c. coconut

Boil until frosting becomes bubbly.

Catherine Meikle,
Spiritwood

Lemon Poppy Seed Cake

1 box lemon cake mix
1 pkg. instant lemon pudding
1 c. water
2 c. oil
4 eggs
1/4 c. poppy seed mix

Bake at 350° for 45 minutes in a bundt pan or a loaf pan. Frost with glaze.

Judy Baenen,
Diapers to Daisies

When you feel dog-tired at night,
it may be because you growled all day.
Mississippi Cake

1 c. margarine 1 tsp. vanilla
2 c. sugar 1 1/2 c. coconut
1 1/2 c. flour 1 1/2 c. chopped nuts
4 eggs 1 (7 oz.) jar marshmallow creme
2 T. cocoa

Cream margarine, sugar and cocoa; add eggs and mix well. Add flour, vanilla, coconut and nuts; mix well. Bake in a greased pan at 350° for 30 minutes. (Note: The thinner the cake, the better; use a cookie sheet pan.) When cake is done, spread the marshmallow creme over cake. Let cool.

FROSTING:
1/3 c. cocoa 1/2 c. oleo
1 tsp. vanilla 1/4 c. milk

Add enough powdered sugar to make a thick, spreadable frosting.

Ruth Tillotson, Innkeepers

Nut Cake

2 c. sugar 1 tsp. baking soda
1 c. butter 2 tsp. cream of tartar
1 c. cold water Vanilla
4 eggs Nuts
3 c. flour


JoAnn Vining, Kensal Korners

Those who think it is permissible to tell “white lies” soon go color blind.
**Poppy Seed Coffeecake**

- 1 c. butter or margarine
- 1 1/2 c. sugar
- 4 egg yolks
- 2 1/2 c. all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 c. buttermilk
- 2 oz. poppy seeds
- 1 tsp. almond extract
- 4 egg whites

Soak poppy seeds in buttermilk and almond extract; set aside. Cream butter and sugar until light and fluffy; add egg yolks and beat. Using mixer, add dry ingredients to creamed mixture alternately with buttermilk mixture. Beat egg whites until stiff; fold into batter. Grease an angel food tin. Pour 3/4 of the batter in the tin.

Mix the following:

- 1/2 c. sugar
- 1 T. cinnamon

Sprinkle half to 3/4 over the batter. Add remaining batter and sprinkle with remaining sugar and cinnamon. Bake for 1 hour, or until done. Cool in pan.

*Mrs. Sheila Duebbert,*
*Four Corners*

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**Potato Cake**

- 2 c. sugar
- 3/4 c. shortening
- 4 eggs
- 1 c. cold mashed potatoes
- 1 c. sour milk
- 1/2 tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 c. cocoa
- 2 c. flour

Mix together the sugar, shortening, eggs, mashed potatoes, milk, cloves, cinnamon and vanilla. Add baking soda, salt and cocoa to flour. Lastly, add 1 cup chopped nuts, if desired. Bake at 350° for 45 minutes.

**MOCHA FROSTING:**

- 1 1/2 c. powdered sugar
- 3 tsp. dry cocoa
- 1 tsp. vanilla
- 1 T. butter
- 3 T. hot coffee

*Monica Backer,*
*Royal Corinne*
Prune Cake

1/2 c. butter & oleo  1 c. prune juice
1 c. sugar  1 tsp. baking soda
3 eggs  2 c. flour
1/2 tsp. salt  1 1/2 tsp. baking powder
1 tsp. cinnamon  1 c. cooked prunes
1/6 tsp. cloves  1/2 tsp. nutmeg

Cook prunes with water. Cream butter; add sugar and eggs. Add spices, baking soda and baking powder to flour; add alternately with prune juice to creamed mixture. Last, add cut-up cooked prunes and fold in. Pour into a 9x13-inch greased pan. Bake at 350° for 40 minutes.

FILLING:
1 c. sugar  Butter, the size of a walnut
1 c. cut-up prunes  1/2 c. sour cream
2 egg yolks  1/2 tsp. vanilla

Combine all and cook over low heat until thick. Pour filling over cool cake.

Lila Fisher,
Streeter Seniors

Prune Cake

1 c. sugar
1/2 c. butter
1 tsp. cinnamon
1 tsp. baking soda
1 c. walnuts
3 egg yolks, or 2 eggs
1 c. finely-chopped prunes
1 1/2 c. flour
3/4 c. sour milk

Stew prunes and remove pits. Chop and mix with other ingredients. Bake at 350° for 35 to 45 minutes.

Sandy Wanzek,
Diapers to Daisies

The future is but speculation.
Now is the time to live tomorrow’s memories.
Pumpkin Bundt Cake

1 box yellow cake mix  1 pkg. instant butterscotch pudding
4 eggs  1/4 c. water
1 pkg. instant butterscotch pudding  1/4 c. oil
1/4 c. water  1/4 c. oil
1/4 c. oil

Combine the first 7 ingredients and beat 4 minutes at medium speed. Bake in a bundt pan at 350° for 55 minutes. Combine half & half with vanilla pudding; beat 2 minutes. Put a tablespoonful on each piece.

Frieda Bitterman, Medina

Pumpkin Cake Roll

3 eggs  1 c. granulated sugar  1 tsp. badking powder
2/3 c. pumpkin  1 tsp. lemon juice
1 tsp. lemon juice  3/4 c. flour
1 tsp. baking powder  1 c. walnuts, finely chopped

Beat eggs on high speed of mixer for 5 minutes. Gradually beat in sugar; stir in pumpkin and lemon juice. Stir together the flour, baking powder, salt and spices. Fold into pumpkin mixture. Spread in a greased and floured 10x15x1-inch pan. Top with walnuts. Bake at 375° for 15 minutes. Turn out on a towel sprinkled with powdered sugar. Start at narrow end, roll towel and cake together. Cool and unroll.

FILLING:
1 c. powdered sugar  4 T. butter
2 (3 oz.) pkg. cream cheese  1/2 tsp. vanilla

Combine all ingredients and beat until smooth. Spread over cake roll. Chill. Yield: 8 servings.

This freezes well.

Mrs. Ann Marks, Winfield
Raisin Cake
(War Cake)
1 c. raisins  1 1/2 c. flour
1 c. water   1 tsp. baking soda
1/3 c. lard   Pinch of salt
1 T. cinnamon

Boil raisins, water, lard and cinnamon; cool thoroughly. Sift together the flour, baking soda and salt; add to raisin mixture and mix well. Pour into a greased pan and bake at 350° until done.

Judith Bear,
Buchanan

Raw Apple Cake
4 c. raw apples  1 tsp. salt
2 eggs           2 tsp. baking soda
2 c. sugar       1 tsp. cinnamon
1/2 c. oil       1 tsp. vanilla
2 c. flour       1/2 c. nuts

Mix together the first 4 ingredients. Add flour, salt, baking soda, cinnamon and vanilla. Sprinkle top with sugar, cinnamon and nuts. Bake at 350° for 45 minutes.

Loverna Hofmann,
Sunshine

Raw Apple Cake
1 1/2 c. sugar  1 tsp. nutmeg
1/2 c. shortening 1/2 tsp. salt
2 eggs           1/2 c. buttermilk
2 1/2 c. flour  3 c. unpeeled, diced apples
1 1/2 tsp. baking soda 1 tsp. vanilla
1 1/2 tsp. cinnamon

Cream shortening and sugar; add eggs and beat well. Add sifted dry ingredients alternately with buttermilk. Fold in diced apples and vanilla. Bake 45 minutes in 350° oven. Cut in squares and serve with sauce.

SAUCE:
1 c. sugar       1/2 c. cream
1/2 c. butter    1 tsp. vanilla

Bring to a boil and let simmer for 5 minutes.

Marian Klose,
Klose
Red Cake
(Favorite Birthday Cake)

1 1/2 c. sugar 1 c. buttermilk
1/2 c. shortening 1 tsp. baking soda
2 eggs 1 T. vinegar
2 1/2 c. cake flour

Cream sugar and shortening; add eggs and beat well. Add cake flour and buttermilk alternately.

Make the following into a paste:
2 oz. red food coloring (4 T.) 1 tsp. vanilla
2 T. cocoa 1/4 tsp. salt

Add to batter and beat well. Add last, the baking soda dissolved in the vinegar. Bake in layer pans. Cut each layer in half to have a four-layer cake.

FILLING:
1 c. milk 1 c. sugar
5 T. flour 1 tsp. vanilla
1 c. butter

Cook milk and flour until thick like paste; cool. Add butter, sugar and vanilla; beat until fluffy, about 10 minutes.

This is enough for a four-layer Red Cake. Frost cake with 7-Minute Icing.

Jackie Readel,
Buchanan

Rhubarb Cake

6 c. cut-up rhubarb 1 pkg. mini marshmallows
1 c. sugar 1 pkg. yellow cake mix
1 pkg. dry cherry Jello

Mix cake as directed on package. Oil and flour a big cake pan. Sprinkle rhubarb on the bottom. Sprinkle with Jello, sugar and marshmallows. Pour mixed cake over top; cover all. Bake at 340° or less, it could burn easily.

Irene Hamilton,
Durham
Rum Cake

CAKE:
1 box yellow cake mix 1/4 c. rum
1 c. whipping cream 3 eggs
1/4 c. oil 1/2 tsp. nutmeg

Mix together. Pour into a greased bundt cake pan. Bake at 350° for 35 to 40 minutes.

SAUCE:
1/4 c. sugar 2 T. water
1/8 tsp. nutmeg 2 T. rum
1/3 c. butter

Mix ingredients in small saucepan and bring to a boil; boil for 2 to 3 minutes on low. Pour over cake.

Gail Kollman,
Hidden Talents

Spice Cake

1 c. chopped prunes 1/2 c. butter & lard, mixed
1 c. chopped apples 1 tsp. cinnamon
1 c. water 1 tsp. nutmeg
1 c. white sugar 1/8 tsp. cloves

Boil until soft. Cool.

1 egg, beaten 1 heaping tsp. baking soda
1 1/2 c. flour 1/8 tsp. salt

Add beaten egg and flour, sifted with baking soda and salt. Turn into a greased pan. Bake at 305° for 35 to 40 minutes. Frost with vanilla icing.

Erna Nannega,
Spiritwood

Surprise Cupcakes

1 pkg. chocolate cake mix 1/3 c. sugar
1 (8 oz.) pkg. cream cheese, 1 (6 oz.) pkg. chocolate chips
softened

Mix cake according to package directions. Fill paper muffin cups 2/3-full. Mix cream cheese with sugar; beat in egg until smooth. Drop 1 rounded teaspoonful of the cheese mixture into each cupcake. Bake at 350° for 30 minutes. Yield: 30 to 36 cupcakes.

Edna Buck,
Merry Mixers
### Texas Banana Cake

<table>
<thead>
<tr>
<th>Ingridient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>3/4 c. shortening (use Spry)</td>
<td>2 c. flour</td>
</tr>
<tr>
<td>1 1/4 c. sugar (I use 1 c.)</td>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>1 c. mashed bananas</td>
<td>1/2 c. chopped nuts</td>
</tr>
<tr>
<td>1/2 c. buttermilk</td>
<td>1/2 tsp. baking soda</td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
<td>2 tsp. baking powder</td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
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</tbody>
</table>

Preheat oven to 350°. Cream shortening and sugar; add eggs and beat 2 minutes, until creamy. Add bananas. Sift dry ingredients into creamed mixture alternately with buttermilk and vanilla. Stir in nuts. Bake 25 to 30 minutes. Cool and frost.

*Mrs. Elaine Martel, Medina*

### Texas Sheetcake

*(Good for a Large Group)*

<table>
<thead>
<tr>
<th>Ingridient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c. margarine</td>
<td>2 c. flour</td>
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<tr>
<td>1 c. water</td>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>4 T. cocoa</td>
<td>2 eggs</td>
</tr>
<tr>
<td>2 c. sugar</td>
<td>1 c. buttermilk</td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
<td>1 tsp. baking soda</td>
</tr>
</tbody>
</table>

Combine margarine, water and cocoa; bring to a boil. Add the rest of the ingredients; beat well. Bake in jellyroll pan for about 25 to 30 minutes at 350°.

**FROSTING:**

<table>
<thead>
<tr>
<th>Ingridient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1/2 c. butter</td>
<td>6 T. water</td>
</tr>
<tr>
<td>4 T. cocoa</td>
<td>1/2 c. walnuts</td>
</tr>
<tr>
<td>1 lb. powdered sugar</td>
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</tbody>
</table>

Frost while warm.

*Edith Miller, Kensal*
**Watergate Cake**

1 pkg. white cake mix  
1 pkg. instant pistachio pudding mix  
3/4 c. vegetable oil  
3 eggs  
1/2 c. nuts  
1/2 c. coconut  
1 c. water, 7-Up or dry soda

Mix in order given. Bake at 350° for 45 minutes.

**FROSTING:**

2 env. Dream Whip  
1 1/2 c. cold milk  
1 pkg. pistachio pudding mix

Beat Dream Whip and make very stiff; add pudding mix. Spread on cool cake.
This may be sprinkled with nuts and coconut.  

*Mrs. Marvin Dockter, Buzzin Dozen*

**White Cake**

1 1/2 c. sugar  
2 1/2 c. cake flour  
3 1/2 tsp. baking powder  
3/4 c. Crisco  
1/4 tsp. salt  
A little almond flavoring  
1/2 tsp. vanilla  
1/2 c. water  
1/2 c. milk  
4 egg whites

Beat all ingredients, except the egg whites, for 2 minutes. Add the egg whites and beat 2 minutes. Put in pan and bake for 35 minutes at 350°.  

*Vada Weber, Wild Rose*

**White Cake with Toasted Icing**

CAKE BATTER:

4 eggs, well beaten  
2 c. sugar  
2 c. cake flour  
2 tsp. baking powder  
2 tsp. vanilla  
1 c. milk  
1 T. butter

Heat milk and butter to boiling. Mix cake batter ingredients, then add milk and butter last. Bake 30 to 40 minutes at 350°. As soon as you take cake from the oven, top with the icing.

ICING:

5 T. butter  
8 T. brown sugar  
3 T. cream  
1 c. coconut

Toast under the broiler for 2 to 3 minutes, until golden brown.  

*Paulina Dewald, Streeter Seniors*
Frostings

Butter Frosting

1 lb. powdered sugar   3 T. milk
1/2 lb. butter         1 tsp. vanilla
2 egg yolks

Cream butter with 1/2 pound sugar; blend well. Add egg yolks and blend. Add the rest of the sugar with the milk. Beat on low speed until creamy. Add vanilla.

Tillie Mack, Kensal

Caramel Frosting

1 1/2 c. brown sugar, packed 1 tsp. butter
3/4 c. sweet cream 1 tsp. vanilla

Cook brown sugar and cream to soft ball stage. Add butter and cool slightly. Add vanilla and beat until creamy. Spread on cooled cake.

Lois Nenow, Woodworth

Chocolate Frosting

1 c. white sugar 1/4 c. milk
1/4 c. shortening 1/2 c. chocolate chips

Mix the first 3 ingredients; bring to a bubbly boil. Add the chocolate chips. Remove from heat and beat.

Olga Sund, Wild Rose

Hard Sauce

1 c. sugar 1 1/2 c. water
3 1/2 T. flour 2 T. butter
1 tsp. nutmeg 2 T. vinegar
1/8 tsp. salt

Mix the first 4 ingredients together; add water and boil until thick. Remove from stove. Add butter and vinegar. Put on plum pudding, cake, etc.

Kay McKeen, Happy Homes
Minute Fudge Frosting

1 c. sugar          1 tsp. vanilla
1 oz. chocolate, finely cut 1/3 c. milk
1/4 c. Crisco       1/4 tsp. salt

Bring slowly to full rolling boil, stirring constantly, and boil 1 minute. Add vanilla and beat until thick enough to spread. If frosting becomes too thick, add about 1 tablespoon cream.

Marie Eriksen,
Kensal
Cookies & Bars

N.C. Machart
Cookie Hints

• When using brown sugar in a recipe, always press the brown sugar firmly into the measuring cup.
• Grease the cookie sheet once — before you begin to bake — no need to grease for the rest of the batch of dough.
• Baked cookies freeze well and can be stored for several months. Pack as airtight as possible. When ready to use, thaw in refrigerator and warm in oven for a few minutes. They will taste fresh-baked.
• After melting chocolate over hot water or in microwave — cool, before adding to batter.
• Heavy, shiny cookie sheets are best for baking. When using lightweight sheets, reduce oven temperature slightly.
• When sprinkling sugar on cookies, put sugar in shaker first. Dry Jello may be added to sugar for variation.
• Before rolling, chill cookie dough in refrigerator for 30 to 60 minutes. Less dusting flour or powdered sugar will be needed. Too much flour rolled into cookies can cause them to be tough.
• To cream butter or margarine, allow it to reach room temperature. While this requires planning ahead, melting the shortening would make the batter too liquid.
• When baking cookies, use center shelf of oven only. Sheets on 2 levels will cause uneven distribution of heat.
• Place a piece of fresh baked bread in the cookie jar to keep the cookies soft and chewy.
• Many cookie recipes call for too much sugar. You can cut down on the sugar as much as half, particularly if you are using raisins, dates, chocolate chips, etc.
• When making filled cookies, use a melon ball cutter. Scoop out dough and you have a round ball.
• Cut bar cookies or rolled cookies with a pizza cutter.
• Use the doughnut cutter for rolled cookies for the children. Hole in the center is great for little ones to hold.
• When rolling out sugar cookies, use powdered sugar instead of flour.
• If you put marshmallows in the refrigerator the night before you use them, they won't stick to the shears.
• To powder sugar: When you run out of powdered sugar, blend 1 cup granulated sugar and 1 tablespoon cornstarch in blender at medium speed for 2 minutes.
• Add 2 eggs and 1/2 cup cooking oil to any flavor cake mix and you have a quick batch of cookies. Raisins, nuts or coconut can be added, if desired. Drop by teaspoonfuls onto slightly-greased cookie sheets. Bake at 350° for 8 to 10 minutes.
• Cookies that are too crisp may have too much sugar in the dough.
• Cookies that are too soft usually have too much liquid in proportion to the flour.
Cookies & Bars

Cookies

Ammonia Cookies

1 1/2 c. white sugar
1 1/2 c. sweet cream
4 eggs, beaten
3 1/2 c. sugar
2 T. ammonia powder, mixed with flour
1 tsp. vanilla

This makes a nice dough. Bake it right away. You can test it, so you can roll and cut out a design on a floured board. Do not roll too thin. Bake in a 350° oven. Remove when baked very lightly.

Mrs. Emil Wieland,
Streeter Seniors

Applesauce Drop Cookies

1/2 c. shortening
1 egg, beaten
1 tsp. baking soda
1/4 tsp. cloves
1 1/4 c. applesauce
1/2 c. chopped nuts
1 c. sugar
2 1/2 c. flour
1 tsp. cinnamon
1 tsp. salt
1 c. raisins

Cream shortening and sugar; stir in egg. Sift dry ingredients together; add to creamed mixture alternately with applesauce. Stir in raisins and nuts. Drop from a teaspoon onto a greased cookie sheet. Bake at 400° for 15 minutes. Yield: 4 1/2 dozen cookies.

Nellie Jaff,
Wild Rose
Best-Ever Cookies

1 c. sugar 1 tsp. salt
1 c. butter or oleo 2 c. flour
1 egg yolk 1 c. nuts, added to dough or
1 tsp. vanilla sprinkled on top

Mix well. Shape in balls, flatten and bake for 10 to 12 minutes at 350°.

Note: I double the recipe and it makes an excellent Christmas or party cookie. They freeze well.

Alice M. Wolsky, Kensal Kozy K's

Butter Cookies

1 c. butter 1 tsp. baking powder
2 c. white sugar 1 tsp. baking soda, mixed in cream
1 c. sour cream 1 tsp. vanilla
2 eggs 4 1/2 c. flour

Beat butter and sugar; add eggs, cream and vanilla. Add other ingredients. Roll out rather thick. Cut with fancy cutters or use plain, as desired. Bake 10 minutes at 375°.

Frost or sprinkle with colored sugar.

Rachel Moser, Medina

Buttermilk Chocolate Chip Cookies

1 c. shortening 3 c. sifted flour
1 c. sugar 1 tsp. baking soda
1 c. brown sugar, firmly packed 1/2 c. buttermilk
2 eggs 1 (6 oz.) pkg. chocolate chips
1 1/2 tsp. vanilla 1 c. chopped nuts

Cream shortening and sugars until light and fluffy. Beat in eggs, one at a time. Blend in vanilla. Sift flour and baking soda. Add dry ingredients alternately with buttermilk to creamed mixture; mix well. Stir in chocolate chips and nuts. Drop by teaspoon, about 2 inches apart, on greased baking sheets. Bake at 350° for 12 to 15 minutes, or until done. Remove from baking sheets. Cool on racks. Yield: 7 dozen.

Rose Skroch, Innkeepers
Chocolate Chip Cookies

3/4 c. sugar  1 tsp. salt
3/4 c. brown sugar  1 tsp. baking soda, dissolved in
1 c. shortening  1 tsp. water
2 eggs  2 1/2 c. flour
1 tsp. vanilla

Mix ingredients in order given. Add chocolate chips. Add nuts (optional). Bake 10 minutes in a 350° oven.

Lucille Cysewski,
Innkeepers

Chocolate-Covered Cherry Cookies

1 c. butter (2 sticks)  1 tsp. vanilla
1 1/2 c. powdered sugar  2 1/4 c. flour
1 egg  3 to 4 (10 oz.) jars red maraschino
2 sq. (2 oz.) chocolate, melted & cherries
cooled


Charlotte Suko,
Wild Rose

Sad Recipe

I didn’t have potatoes,
So I substituted rice.
I didn’t have paprika,
So I used another spice.
I didn’t have tomato sauce,
I used tomato paste;
A whole can, not a half can...
I don’t believe in waste.
A friend gave me the recipe,
She said you couldn’t beat it.
There must be something wrong with her -
I couldn’t even eat it!
Chocolate Marshmallow Cookies

1 3/4 c. sifted cake flour 1 egg
1/2 tsp. salt 1 tsp. vanilla
1/2 tsp. baking soda 1/4 c. milk
1/2 c. cocoa 18 marshmallows, cut in halves
1/2 c. shortening 1/2 c. pecans
1 c. sugar

Sift together the flour, salt, baking soda and cocoa. Cream shortening and sugar; add eggs, vanilla and milk, beating well. Add dry ingredients; mix. Drop by teaspoon onto greased baking sheet. Bake in a moderate 350° oven for 8 minutes. Don't overbake. Remove from oven and press half a marshmallow on top of each cookie with cut-side down. Bake 2 minutes longer. Cool. Top with Cocoa Frosting, then with a pecan half. Yield: 3 dozen.

COCOA FROSTING:
2 c. confectioners' sugar 3 T. soft butter or margarine
5 T. cocoa 4 to 5 T. light cream
1/8 tsp. salt

Combine sugar, cocoa and salt; add butter or margarine and cream. 

Christine Wagner, Bloom

Coconut Balls

1 c. sugar 1 c. walnuts
1 T. butter 2 eggs, well beaten
1 1/2 c. dates 3 1/2 c. Rice Krispies
Coconut

Cook sugar, butter, cut-up dates and eggs in a pan until thick. Cool and add Rice Krispies and nuts. Form into balls and roll in coconut.

Sandy Wanzek, Diapers to Daisies
Coconut-Chocolate Chip Cookies

1 c. butter
1 c. brown sugar
1 c. white sugar
2 eggs
2 T. water
1 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
2 c. flour
2 c. oatmeal
1 c. coconut
1 (6 oz.) pkg. chocolate chips

Combine the ingredients in the order given. Bake at 350° for 12 minutes.

Carol Andres,
Buchanan

Date-Filled Cookies

1 tsp. vanilla
1/2 tsp. salt
2 c. sugar
2 eggs
1 c. shortening (Crisco)
1 c. milk
2 tsp. baking soda
About 5 c. flour

Bake for 10 to 12 minutes at 375°.

FILLING:
1/2 c. sugar
2 c. raisins or dates
1/2 tsp. vanilla
1/2 c. water

Cook above until thick. Drop dough with rounded teaspoonful. Top with some filling and then top with more dough.

Lena Kirschenmann,
Streeter Seniors

Date Pinwheel Cookies

1 c. butter
1 c. brown sugar
4 c. flour
1 tsp. cinnamon
1 c. sugar
3 eggs
1 tsp. baking soda
1/2 tsp. salt

Cream butter and sugar until fluffy; add eggs, then dry ingredients. Chill dough. Roll on floured board until 1/2-inch thick. Spread on the cooled Date Filling. Roll like jellyroll. Refrigerate until firm. Slice. Bake in a 350° oven for 10 to 15 minutes.

DATE FILLING:
1 (8 oz.) pkg. dates
1 c. sugar
1 c. cold water

Cook until thick. Cool.

Beverly Helgeson,
Four Corners
### Frosted Creams

| 1 c. sugar   | 1 tsp. ginger |
| 3/4 c. molasses | 1 tsp. cinnamon |
| 1 c. lard or butter | 1/2 tsp. nutmeg |
| 2 eggs, beaten | 1/2 tsp. salt |
| 1 1/2 tsp. baking soda | About 6 c. flour |
| 1 c. boiling water |

Dissolve baking soda in a little hot water. Mix ingredients in order. Add flour until dough can be rolled out. Roll out in sheets to fit cookie sheets. Bake 10 minutes at 375°. Cut in squares. Put powdered sugar or boiled sugar frosting between 2 squares.

*Kathy Johnson,*
*Kensal Korners*

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### Frozen Cookies

| 1 1/2 c. shortening | 1 tsp. cinnamon |
| 1 c. white sugar | 3 1/2 c. flour |
| 1 c. brown sugar | 1 tsp. baking soda |
| 3 beaten eggs | 1 tsp. baking powder |
| 2/3 c. peanuts |

Work well and add peanuts before the flour. Work into a roll on a board and leave overnight. Slice and bake.

*Irene Hoggarth,*
*Kensal Kozy K's*

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### Ginger Molasses Cookies

| 1 1/2 c. sugar | 2 tsp. ginger |
| 1 c. molasses | 2 tsp. cinnamon |
| 1 c. shortening | 4 tsp. baking soda |
| 2 c. sour cream | 7 c. flour |
| 4 beaten eggs |

Beat sugar, molasses, shortening and sour cream well. Add eggs. Sift flour. Add ginger and cinnamon to 3 cups flour. Add baking soda to cream. Add to creamed mixture; beat well. Add rest of flour and refrigerate overnight. Roll out and bake. Frost with powdered sugar frosting.

*Emma Bitterman,*
*Buchanan*
Gingersnaps

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
2 c. flour
2 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 to 1 tsp. cloves
1/2 to 1 tsp. ginger

Cream shortening and sugar; add egg and molasses, then the dry ingredients and spices to taste; mix well. Form into 1-inch balls. Dip in sugar and place 2 inches apart on a cookie sheet. Bake in a moderate oven (350° to 375°) for 12 to 15 minutes.

Note: Ingredients may be doubled.

Sharon Cherney, Innkeepers;
Betty Thornton, Wild Rose

Gingersnaps

1 c. sugar
1/2 c. molasses
1 c. shortening
2 beaten eggs
1/2 c. hot water
1 tsp. baking soda
1 tsp. ginger
3 T. vinegar
Flour

Beat sugar, molasses, shortening, water and eggs together really well. Add dry ingredients and mix enough flour to make soft dough. Roll and cut or make into balls and dip in sugar. Place upside-down in pan. Bake at 350° until light brown.

These are very good and they stay soft.

Esther Wieland,
Streeter Seniors

Hermit Cookies

1 1/2 c. sugar
1 c. shortening
1/2 c. molasses
1 c. sour cream
1 tsp. allspice
1/2 tsp. cloves
3/4 tsp. nutmeg
1 c. raisins
1 c. walnuts
2 c. flour
3 tsp. baking soda
Salt
1 tsp. cinnamon
2 eggs

Mix. Bake at 350°.

Sandy Wanzek,
Diapers to Daisies
Honey Cookies

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1 c. honey</td>
<td>2 tsp. ginger</td>
</tr>
<tr>
<td>1 c. sugar</td>
<td>2 tsp. baking soda</td>
</tr>
<tr>
<td>3 beaten eggs</td>
<td>1 tsp. vanilla</td>
</tr>
<tr>
<td>1 c. flour</td>
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</table>

Melt honey with sugar; add beaten eggs, flour, ginger and baking soda. Mix all together and let stand overnight. In the morning, add vanilla and enough flour to make a stiff dough. Roll dough and cut into round cookie shapes. Make a doughnut hole in the center of each. Watch closely, they burn easily.

**Note:** I usually bake them in double pans.

_Ruth B. Schaeffer, Medina_

Honey Cookies

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>3/4 c. white sugar</td>
<td>1 tsp. vanilla</td>
</tr>
<tr>
<td>1/2 c. shortening</td>
<td>1/2 c. warm coffee</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td>1 tsp. anise flavor</td>
</tr>
<tr>
<td>1/2 c. honey</td>
<td>2 tsp. baking soda</td>
</tr>
<tr>
<td>2 beaten eggs</td>
<td>2 3/4 c. flour</td>
</tr>
</tbody>
</table>

Make soft dough. Set in the refrigerator overnight, covered. Roll pieces to walnut-size and flatten in pan. Bake at 350° until light brown, 8 to 12 minutes. Don't overbake. Frost with powdered sugar frosting.

_Esther Wieland, Streeter Seniors_

_Smiles are like the sunshine._
_They freshen up our day._
_They tip the pearls of life with light_
_And drive our cares away._
Lemon Bon-Bon Cookies

**COOKIES:**
- 1 c. butter
- 3/4 c. cornstarch
- 1/2 c. chopped pecans
- 1/3 c. powdered sugar
- 1 1/4 c. sifted flour

Mix butter with sugar until light and fluffy. Add cornstarch and flour, mixing well. Refrigerate 1 hour. Shape into 1-inch balls. Roll balls in chopped nuts that are scattered on waxed paper. Flatten with the bottom of a glass dipped in flour. With a spatula, place the cookies on ungreased cookie sheet. Bake 15 minutes at 350°. Frost.

**FROSTING:**
- 1 c. powdered sugar
- 1 tsp. butter
- 2 T. lemon juice
- 3 colors food coloring

Blend and mix all ingredients. Divide in thirds. Color each third a different color and swirl frosting on each cookie.

*Kay Eagleson,*
*Buchanan

M&M Cookies

- 1 tsp. baking soda
- 1/4 c. hot water
- 3/4 c. shortening
- 2 1/2 c. flour
- 3/4 c. white sugar
- 3/4 c. brown sugar
- 1/4 tsp. salt
- 1 pkg. M&M's candies
- 2 eggs
- Vanilla

Preheat oven to 350°. Add baking soda to hot water and let cool. Blend shortening with flour; add sugars, salt, eggs, vanilla and M&M's. Bake 10 to 12 minutes.

*Jean Schmuhl,*
*Diapers to Daisies

Let not the mind be like concrete -
all mixed up and permanently set.
M&M's Super Cookies

1 (15 oz.) pkg. plain or peanut M&M's
1 c. margarine
3/4 c. granulated sugar
3/4 c. brown sugar
2 eggs
1 tsp. vanilla
2 1/2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt
1 c. chopped nuts* (opt.)

Coarsely chop 1 1/2 cups candies. Reserve remaining for decorations. Beat together the margarine and sugars until light and fluffy; blend in eggs and vanilla. Add combined flour, salt and baking soda; mix well. Stir in chopped nuts and candies. Drop rounded tablespoonfuls onto greased cookie sheet. Bake at 350° for 9 to 11 minutes. Remove from oven and decorate with candies.

*I use sunflower seeds.

Mrs. Bruce Tweten, Kensal

Macadamia Nut Cookies

1 1/2 c. flour
1/2 c. sugar
1/2 c. butter
1 egg
1 T. vanilla
1/4 tsp. salt
1 (5 oz.) can macadamia nuts
1/4 (6 oz.) pkg. chocolate chips
1 tsp. shortening

Beat the first 6 ingredients well. Shape 1 teaspoon of dough around a nut. Place 1 inch apart on ungreased cookie sheet. Bake about 10 minutes in a 350° oven. Melt chocolate chips and shortening; drizzle over cookies.

Jeane Mason, Holly

Mexican Wedding Cakes

1 c. butter
1/2 c. powdered sugar
1 tsp. vanilla
1 c. chopped nuts
2 c. cake flour, or 1 3/4 c. all-purpose flour

Combine all ingredients. Roll into small balls and press down. Bake about 6 minutes. While still warm, shake in a bag with powdered sugar.

Agnes Reardon, Medina
Moist Oatmeal Cookies

1 c. raisins
3/4 c. water
1 c. sugar
1 c. shortening
2 eggs
1 tsp. baking soda
2 c. flour
1 tsp. cinnamon
1/2 tsp. salt
2 c. oatmeal

Boil raisins in water. While the raisins are cooking, cream together the sugar and shortening; add eggs and beat well. Measure out 9 tablespoons hot raisin liquid. Dissolve baking soda in the liquid. Add to the first mixture. Sift together the flour, cinnamon and salt; add to the creamed mixture. Stir in oatmeal and the cooked raisins. Let dough cool an hour or two. Drop by teaspoon on greased cookie sheets. Bake in 350° oven for 10 to 12 minutes, or until done.

Mrs. Elaine Martel, Medina

Molasses Cookies

3/4 c. shortening
1 c. sugar
1 egg
4 T. molasses
2 c. flour
2 tsp. baking soda
1 rounded tsp. ginger
1/2 tsp. salt
1/2 tsp. cloves
1 tsp. cinnamon

Mix together and form into balls the size of walnuts. Roll in sugar and bake at 350°.

Ethel Herzog, Kensal

Soft Molasses Cookies

1 c. shortening
1 c. sugar
2 eggs
1 c. molasses
1 tsp. salt
1 tsp. vinegar
4 1/2 c. flour
1 c. coffee
1 tsp. cinnamon
2 tsp. baking soda
1/2 tsp. ginger

Cream shortening and sugar together. Add other ingredients. Drop by spoonfuls and bake in a medium oven.

Gladys Thornton, Wild Rose
Tillie's Molasses Cookies

1 c. brown sugar
1 c. shortening
1 c. molasses
1 c. sour cream
2 tsp. baking soda
2 eggs
1 tsp. cinnamon
1 tsp. ginger
5 c. flour, or less

Mix. Drop with a spoon on a cookie sheet. When cool, frost them with powdered sugar icing.

Ethel Herzog, Kensal

No-Bake Peanut Butter Cookies

1/2 c. strained honey
1 c. peanut butter
Corn flake crumbs
1 c. powdered milk

Mix honey and peanut butter; stir in powdered milk. Knead until well mixed. Shape in small balls and roll in corn flake crumbs.

Esther Holm, Kensal

Nutmeg Butter Balls

1 1/2 c. blanched almonds
1 c. soft butter
1/2 c. sugar
1 tsp. vanilla
2 c. sifted flour
1/2 c. powdered sugar
2 tsp. nutmeg

Put almonds through food grinder with coarse blade or blender. Cream butter and sugar thoroughly. Blend in almonds and vanilla. Work in flour. Shape into small balls about the size of quarters. Chill in refrigerator until very cold (overnight is best). Place on greased cookie sheets. Bake in slow oven (300°) for 15 to 20 minutes, or until light, golden brown. On a sheet of waxed paper, combine powdered sugar and nutmeg. Roll baked cookies in this combination while they are hot. Yield: about 6 dozen.

Vi Carlson, Homer
Oatmeal-Chocolate Chip Cookies

2 c. shortening  1 tsp. baking soda
1 1/4 c. brown sugar  1 c. nuts (opt.)
1 1/2 c. white sugar  1 (12 oz.) or 2 (6 oz.) pkg. chocolate chips
4 eggs, well beaten  4 c. oatmeal
2 tsp. salt  2 tsp. vanilla
2 T. hot water
3 c. flour

Cream shortening and sugars; add eggs, salt and water, and mix well. Add remaining ingredients. Drop by teaspoons on lightly-greased cookie sheets. Bake at 350° for 15 minutes.

JoAnn Schwartz,
Innkeepers

Overnight Cookies

1 c. brown sugar  1 tsp. baking soda
1 c. granulated sugar  1 tsp. baking powder
3 eggs, beaten  1 c. nutmeats
1 c. butter or margarine  1/2 c. dates, cut fine
1 c. Crisco
1 tsp. cinnamon
4 1/2 c. flour

Cream the sugars and shortenings; add the beaten eggs. Fold in the remaining ingredients and mix well. Mold the dough into rolls and wrap in waxed paper or other wrap. Refrigerate overnight.

The next day, slice rolls in 1/4-inch slices and bake in a moderate oven until golden brown.

Mrs. Lorene Thompson,
Happy Homes

Peanut Butter Cookies

3 eggs  1/2 c. chopped peanuts
1 c. white sugar  1 1/2 tsp. baking soda
1 c. brown sugar  1 tsp. vanilla
1 c. Crisco or margarine  3 c. flour (or slightly more, if needed)
1/2 tsp. cinnamon
1 c. peanut butter

Place all ingredients in mixer in order given and beat well. Press down with a fork dipped in sugar.

Mrs. Rueben Schlaht,
Wildrose
Peanut Butter Oatmeal Cookies

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 c. corn flakes
1 c. oatmeal
2 c. flour
1 tsp. baking soda
1 c. peanut butter

Make into small balls. Press down with a fork. Bake at 350°.

Edna Trautman, Medina

Potato Chip Cookies

1 1/2 c. sugar
3 sticks oleo, softened
3 c. flour
1 tsp. baking soda
2 egg yolks
2 tsp. vanilla
1 c. chopped nuts
1 1/2 c. crushed chips, not too fine

Mix. Drop by teaspoon on greased cookie sheet. Bake at 350° for 12 to 15 minutes. Yield: 5 to 6 dozen.

Irene Hoggarth, Kensal Kozy K’s; Agnes Lipetzky, Town & Country

Powdered Sugar Cookies

1 c. shortening
1 c. powdered sugar
1 beaten egg, or 2 beaten egg yolks
1 tsp. vanilla
2 c. flour
1/2 tsp. baking soda
1/2 tsp. cream of tartar
1/2 tsp. salt

Beat shortening until fluffy; add sugar gradually. Stir in egg, then add vanilla. Sift together the dry ingredients; add to first mixture. Roll in balls and place on greased cookie tin. Bake 10 to 12 minutes in 350° oven, or until done. Do not brown them.

Marie Eriksen, Kensal
Prune Cookies

2 c. brown sugar
2/3 c. butter
2 eggs, well beaten
1 tsp. vanilla
1/2 c. sweet milk
1 tsp. baking soda

1 1/2 c. chopped cooked prunes
3 1/2 c. flour
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1 c. nuts (opt.)

Cream sugar and butter well; add eggs, vanilla and milk. Stir baking soda into prunes and add to creamed mixture. Add remaining ingredients. Drop by spoonfuls on greased cookie sheet. Bake at 400° for about 10 minutes. This makes a large batch.

Mrs. Earl Weatherly,
Happy Homes

Snickerdoodle Cookies

1 c. shortening or butter
1 1/2 c. sugar
2 eggs
2 3/4 c. flour
2 tsp. cream of tartar

1 tsp. baking soda
1/4 tsp. salt
2 T. sugar
2 tsp. cinnamon

Mix shortening, 1 1/2 cups sugar and eggs; blend flour, cream of tartar, baking soda and salt. Mix. Shape dough in 1-inch balls and roll in mixture of 2 tablespoons sugar and cinnamon. Bake at 400° for 8 to 10 minutes.

Marilyn Trautman, Wildrose;
Brenda Bischoff, Hidden Talents

White Sugar Cookies

2 1/2 c. flour
1/2 tsp. baking soda
1/4 tsp. salt
1 egg, beaten
1 T. white vinegar

1 tsp. lemon juice
1/2 tsp. vanilla
1/2 c. butter
1/2 c. shortening
1 c. sugar

Cream the shortening and sugar; add egg, vinegar, lemon juice and vanilla. Add dry ingredients. Make balls the size of small walnuts and roll or flatten with the bottom of a glass that has been dipped in water and then in dry sugar. Bake on ungreased cookie sheet at 375° for 10 to 12 minutes.

Mrs. Frank Weiss,
Spiritwood
Sugar Cookies

1 c. sugar 1 c. oil or Crisco
1 c. powdered sugar 2 tsp. vanilla
2 eggs 1 c. (2 sticks) margarine
1 tsp. cream of tartar 4 1/2 c. flour
1 tsp. baking soda

Put all ingredients, except flour, into large bowl and mix. Use an electric mixer. Beat well. Add flour gradually; keep beating. Refrigerate 1 hour, or more. Form into balls the size of walnuts. Dip in sugar and flatten with a glass. Bake 12 minutes at 375°.

Lucille Cysewski, Innkeepers;
Mrs. Joe McGuire, Kensal Kozy K's

Sugar Cookies

1/2 c. butter 1 tsp. vanilla
1/2 c. Crisco 2 c. flour
1 c. sugar, or 1/2 c. brown & 1/2 c. 1/2 tsp. cream of tartar
white 1/2 tsp. baking soda
1 egg 1/2 tsp. salt

Roll in balls and flatten with a sugared glass. Bake at 350° for 15 minutes. Yield: 3 dozen.

Margie Kulla,
Town & Country

Sour Cream Cookies

1 c. butter 1 tsp. almond flavoring
2 c. sugar 6 c. flour
3 eggs 1 tsp. baking powder
1 c. sour cream (not cultured) 1 tsp. baking soda

Cream butter and sugar; add eggs separately, beating after each addition. Add sour cream, flavoring and dry ingredients; chill. Roll out on slightly-floured board and cut in desired shapes. Decorate. Bake in moderately-hot oven (375°) until edges are golden brown.
The dough is so easy to handle that children can easily work with it.

Patricia Machart,
Extension Home Economist
Southern Cream Cookies

1 c. shortening
2 c. sugar
3 eggs, well beaten
1 c. thick sour cream, with 1/2 tsp. baking soda dissolved in it
4 c. flour
3 tsp. baking powder
1 1/2 c. chopped nuts
1 tsp. vanilla

Cream shortening and sugar together; add eggs and sour cream. Add flour, baking powder and vanilla. Fold in nuts. Drop by spoonfuls onto cookie sheet and flatten with the bottom of a glass that has been dipped in sugar. Bake at 350° until light brown.

Imogene Greer,
Wildrose

Sweet Cookies

3 c. faith
2 c. patience
1 c. sympathy
2 tsp. kindness
1 T. forgiveness

Mix in a bowl and blend together. Top with a spread of understanding, sweetened with respect. Bake in the oven of harmony and serve with a smile.

Vada Weber,
Wildrose

Unbaked Cookies

2 c. powdered sugar
1 1/2 c. chunky peanut butter
1 c. chopped walnuts
2 c. dates, cut fine
6 T. melted butter

Mix. Roll in fingers about 2 inches long. Chill in the freezer. Melt the following over low heat:
1 lg. pkg. chocolate chips
1/3 sq. wax

Dip fingers in chocolate. Drop on waxed paper.

Mrs. Philip Hofmann,
Medina
Vanilla Nut Icebox Cookies

4 c. flour 2 c. granulated sugar
3 tsp. baking powder 2 eggs, well beaten
1/4 tsp. salt 1 c. nuts
1 c. butter or shortening 1 c. nuts
1/2 c. brown sugar 1 T. vanilla

Sift dry ingredients. Cream sugars and shortening; add beaten eggs and remaining ingredients. Mix well. Shape in rolls. Put in freezer and freeze. When ready to bake, slice in 1/4-inch-thick slices. Bake at 425° for 10 minutes.
These brown quickly.

Mrs. Earl Weatherly,
Happy Homes

Waffle Cookies - Yellow

(Gooftlets)

3/4 c. butter or margarine (do not use shortening) 3 eggs
1/4 tsp. almond flavoring 2 c. flour
1 c. sugar 1/2 tsp. salt

Drop one teaspoon on each section of hot waffle iron, or as many as you can handle. Bake 1 minute. Remove with a fork.

FROSTING:

4 T. butter  Powdered sugar
1 sm. egg  Lemon flavoring

Beat butter and egg well; add powdered sugar and flavoring. A few drops yellow food coloring may be added (optional). Sprinkle with chopped nuts.

Ivy Klose,
Klose
Waffle Cookies - Chocolate Turtles

3 sq. chocolate 2 c. flour
1 c. margarine 1 tsp. vanilla
4 eggs 3/4 tsp. salt
1 1/2 c. sugar

Melt chocolate and margarine. Beat eggs and sugar; add chocolate mixture and mix. Add flour, vanilla and salt. Drop one teaspoon on each section, or depends on size of waffle iron, on hot waffle iron and bake 1 minute. Place on waxed paper.

1 sq. chocolate 1/4 c. milk
5 T. butter 1/2 c. sugar

Melt chocolate and butter with milk; add sugar. Heat and blend. Cool. Add enough powdered sugar until thick enough to spread. Sprinkle top with chopped nuts.
These are a good summer cookie.

Ivy Klose, Klose

Bars

Almond Bark Krispies

1 lb. almond bark
1 c. crunchy peanut butter

About 6 c. Rice Krispies

Melt almond bark in a double boiler or microwave. Add peanut butter and mix. Add Rice Krispies and stir until well coated. Put in a 9x13-inch pan.
These freeze well.

Lillian Wolsky, Kensal Kozy K's
**District 8 Cowbelles Beef Brownies**

*(Beefed-Up Brownies)*

1/2 c. ground beef  
3 eggs  
1 c. sugar  
1/2 tsp. salt  
1 tsp. vanilla  
1/2 c. butter  
2 sq. unsweetened chocolate  
3/4 c. flour  
1/2 tsp. baking powder  
1/2 c. nutmeats

Cook ground beef until it loses its color; drain. Or grind leftover cooked roast beef. Beat eggs, sugar, salt and vanilla until fluffy. Add beef. Melt butter and chocolate; cool. Stir into egg mixture. Add remaining ingredients; beat until smooth. Pour into a greased 8x12-inch baking dish. Bake at 350° for 20 minutes.

**FROSTING:**

1 sq. unsweetened chocolate  
1/4 c. butter  
2 c. confectioners' sugar

Melt chocolate and butter; cool slightly. Add confectioner's sugar and 1 tablespoon of milk at a time, beating until frosting is spreadable.

*Deb Lee,*  
*Diapers to Daisies*

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**Brownies**

1/2 c. margarine or Crisco  
1 c. white sugar  
4 eggs  
1 lg. (12 oz.) can Hershey’s chocolate syrup  
1 c. + 1 T. flour  
1 tsp. vanilla  
2/3 c. walnuts (opt.)

Mix all ingredients and spread on a greased and floured 11x15x1-inch cookie sheet. Bake about 20 to 25 minutes in a 350° oven (less if oven runs hot).

**FROSTING:**

1 c. sugar  
1/4 c. margarine  
1/4 c. milk  
1/2 c. real chocolate chips

Boil sugar, milk and margarine for about 1/2 minute. Remove from heat and beat in chocolate chips. Beat until it thickens and is partially cooled, then spread immediately on warm brownies.

This is easy and very good.

*Mrs. B.J. McDonald,*  
*Happy Homes*
Brownies

2 sq. chocolate
2 c. sugar
4 beaten eggs
1 c. shortening
1/2 c. milk
1 tsp. vanilla
1 tsp. salt
2 c. flour
1 c. nuts (opt.)

Mix all ingredients in order given and put in a 9x13-inch pan. Bake 30 minutes at 350°. Frost with your favorite icing.

Alice M. Wolsky,
Kensal Kozy K's

Brownie (Beet) Bars

1 1/2 c. sugar
1 1/4 c. vegetable oil
3 eggs
2 c. flour
3/4 tsp. baking soda
1/4 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
3 T. cocoa
1/2 tsp. vanilla
2 sm. jars beets (baby food), or 1 c. mashed beets

Beat eggs; add sugar, then oil, and beat until fluffy. Add dry ingredients; mix well. Pour in a greased 11x17-inch cookie sheet. Bake at 350° for 25 minutes. Frost.

FROSTING:
1/3 c. milk
1/3 c. butter
3/4 c. sugar
1 c. real semi-sweet chocolate pieces

In small saucepan, combine milk, butter and sugar. Bring to a boil, stirring constantly, for 1 minute. Remove from heat. Stir in chocolate pieces until smooth. Cool to warm and pour over slightly-warm bars.

Ivy Klose,
Klose

Brownies

1 c. boiling water
1 c. dates
1 tsp. baking soda
2 eggs, beaten
1 c. sugar
1 c. shortening
2 T. cocoa
1/2 tsp. salt
1 3/4 c. flour

Combine boiling water, dates and baking soda; cool. Combine all ingredients and put in a pan. Top with chocolate chips and nuts. Bake at 350° for 35 to 45 minutes.

Edna Hofmann,
Medina
Buttermilk Brownies

1/2 c. margarine  
1/4 c. cocoa  
1 c. water  
1/2 c. salad oil  
2 c. sugar  
1/2 tsp. salt  
2 c. flour  
1/2 c. buttermilk  
1 tsp. baking soda  
1 tsp. vanilla  
2 beaten eggs

Combine margarine, cocoa, water and oil; bring to a boil. Stir into sugar, salt and flour. Blend in baking soda, buttermilk, egg and vanilla. Bake at 350° for 25 to 30 minutes.

FROSTING:

1/2 c. margarine  
1/3 c. buttermilk  
1/4 c. cocoa  
1 lb. powdered sugar  
1 tsp. vanilla

Boil the margarine, buttermilk and cocoa for 3 minutes. Remove from heat; add powdered sugar and vanilla. Beat until mixed and smooth.

Mrs. Mary L. Klose, Klose

Butterscotch Carry-Along Bars

1 c. brown sugar  
1/2 c. butter  
1 egg  
1 tsp. vanilla  
1 1/2 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 c. natural cereal, crushed  
(Example: 100% natural cereal by Quaker)  
1/2 c. flaked coconut  
1 (6 oz.) pkg. butterscotch-flavor morsels


Mrs. Elaine Martel, Medina
Caramel Bars

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3/4 c. butter</td>
<td>1/4 tsp. salt</td>
</tr>
<tr>
<td>1 c. + 2 T. flour</td>
<td>40 Kraft caramels</td>
</tr>
<tr>
<td>3/4 c. brown sugar</td>
<td>5 T. milk</td>
</tr>
<tr>
<td>1 c. + 2 T. quick oatmeal</td>
<td>1 c. chocolate chips</td>
</tr>
<tr>
<td>1/2 tsp. baking soda</td>
<td>1 c. chopped nuts</td>
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Mix and crumble the butter, flour, brown sugar, oatmeal, baking soda and salt. Reserve 3/4 cup of this mixture for topping. Press remainder in 9x13-inch pan and bake for 10 minutes at 350°.

Melt 40 caramels with the milk and spread on baked crust. Sprinkle chocolate chips and nuts on top of caramels; top with the reserved topping. Bake 10 more minutes.

*Dorie O'Connor, Sweet Sixteen*

Cheese Squares

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 box yellow cake mix (with pudding)</td>
<td>3 eggs</td>
</tr>
<tr>
<td>1 stick margarine</td>
<td>2 c. powdered sugar</td>
</tr>
<tr>
<td></td>
<td>8 oz. cream cheese</td>
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</tbody>
</table>

Melt butter and pour over cake mix; add 1 egg. Stir with a fork. This is a thick, sticky batter. Press into 9x13-inch pan. With a mixer, mix the sugar, cream cheese and 2 eggs until smooth. Spread on top of cake batter. Bake at 325° for 50 minutes.

*Judy Williams, Merry Mixers*

*Houses are made of wood and stone. But only LOVE can make a home.*
Cherry Triangles

1 can cherry pie filling
1 T. butter
2 tsp. lemon juice
A few drops red food coloring

Cook cherries, butter, lemon juice and food coloring.

2/3 c. scalded milk
1 pkg. yeast
1 c. butter

Cool milk to lukewarm and add yeast. Cut butter into flour; add liquid ingredients to dry ingredients. Mix thoroughly. Turn out on floured board and knead 10 times. Roll half of the dough to fit in a 9x13x2-inch pan. Spread cooled cherry sauce over dough. Roll second half of dough and fit over cherry sauce. Pinch edges of dough together. Let rise for 15 minutes. Bake at 350° for 35 to 45 minutes. Cool.

1/4 c. butter
1/2 tsp. vanilla
2 T. cream
1 1/2 c. powdered sugar

Mix frosting and spread over partially-cooled cookies. Sprinkle with nuts. Cut in triangles and add a maraschino cherry to each triangle.

Andrea Huus,
Hidden Talents

Chewy-O's

1 (about 4 oz.) pkg. chocolate, vanilla or butterscotch pudding & pie filling (cooked type)
1/2 c. light corn syrup
1/3 c. peanut butter
4 c. O-shaped puffed oat cereal

Butter a square 9x9x2-inch pan. Blend dry pudding mix and corn syrup in large saucepan. Heat to a boil over medium heat, stirring constantly. Boil and stir for 1 minute. Remove from heat; blend in peanut butter. Add cereal; stir until thoroughly coated. Turn into pan; press until even. Cool about 30 minutes, or until firm. Cut in bars.

Charlotte Anderson,
Klose
Chocolate Bars

1 stick margarine  1/2 tsp. salt
1/4 c. cocoa       1 tsp. baking soda
1 c. hot water     1 tsp. vanilla
1/2 c. Crisco oil  2 eggs, beaten
2 c. flour         1/2 c. buttermilk
2 c. sugar         Nuts

Bring the first 4 ingredients to a boil. Add sifted flour, sugar, salt and baking soda, then add vanilla, eggs, buttermilk and nuts. Bake at 350° for 20 to 25 minutes. Use a large pan.

FROSTING:
1 stick margarine  1/3 c. buttermilk
1/4 c. cocoa       3 1/2 c. powdered sugar

Bring margarine, cocoa and buttermilk to a boil; add powdered sugar and beat well. While warm, frost bars.

Ruby Herman, Homer;
Mrs. Gordon Lampert, Kensal Kozy K's

Chocolate Cherry Bars

1 box one-step chocolate angel 1 can cherry pie filling
food cake mix

Mix cake mix and pie filling together until moistened. Bake 20 minutes at 350° in an 11x14-inch pan. Glaze with your favorite chocolate glaze or leave plain.

Vernette Neva,
Kensal Kozy K's

Life is like a ladder -
every step we take is either up or down.
Chocolate Coconut Bars

1/2 c. butter  
3 eggs, beaten  
1 c. walnuts  
1 1/4 c. sugar  
1 c. flour  
1 T. (heaping) cocoa  
7 oz. flaked coconut  
1 can Eagle Brand condensed milk

Mix the first 6 ingredients. Bake 25 minutes at 350° in a 9x13-inch pan. Mix coconut and Eagle Brand milk; spread over bottom layer. Return to oven and bake 15 minutes more.

Frost with the following:

1 c. sugar  
1/4 c. butter  
1/4 c. water  
6 marshmallows  
1/2 c. chocolate chips  
1/2 tsp. vanilla

Boil the sugar, butter, water and marshmallows hard for 1 to 2 minutes. Add chocolate chips and vanilla. Beat until thick.

Doris Dockter,  
Merry Mixers

Chocolate-Filled Oatmeal Bars

3/4 c. butter  
1 c. brown sugar, packed  
1/2 tsp. salt  
1 1/2 c. flour  
1 1/4 c. quick oatmeal  
1 (14 oz.) can sweetened condensed milk  
1 c. chocolate chips  
1/2 c. nuts or coconut

Cream butter with brown sugar and salt. Blend in flour and oats until particles are fine. Press 2/3 of this mixture into a 9x13-inch pan. Heat milk; stir in chips and nuts. Pour over mixture. Sprinkle on the remaining crumbs. Bake at 350° for 30 to 35 minutes, until light brown.

Mrs. Gordon Lampert,  
Kensal Kozy K's

Chocolate Layer Bars

1 (18.5 oz.) pkg. German chocolate cake mix  
1 (6 oz.) can evaporated milk  
3/4 c. butter  
1 (14 oz.) pkg. caramels  
1 (6 oz.) pkg. chocolate chips  
1 c. chopped nuts

Melt butter and add to cake mix along with half of the can of condensed milk. Melt caramels in microwave or double boiler with the rest of the milk. Place half of the cake batter in a 9x13-inch pan and bake 6 minutes at 375°. Layer melted caramels, nuts and chocolate chips. Cover with remaining cake batter by dropping small amount on top of chips and spreading as much as possible. Bake for an additional 20 minutes.

Kay Eagleson,  
Buchanan
Cream Cheese Brownies

1 (4 oz.) pkg. sweet baking chocolate
2 T. butter
3 eggs
1 1/2 tsp. vanilla
1 c. sugar
1/2 tsp. baking powder
1/2 c. flour
1/2 c. chopped nuts
1 (3 oz.) pkg. cream cheese, softened


Cream together the cream cheese and 1/4 cup sugar until fluffy; blend in 1 egg and 1/2 teaspoon vanilla.

Spread half of the chocolate mixture in a greased 8x8x2-inch pan. Pour cheese mixture over it and top with remaining chocolate mixture. Swirl layers to marbleize. Bake at 350° for 40 to 45 minutes. Cool. Cut in squares. Yield: 16.

Charlotte Suko,
Wildrose

Crispy Bars

1 pkg. corn flakes
1 pkg. Rice Krispies
1 lb. mixed nuts
1 c. coconut
2 c. white sugar
2 c. white syrup
2 c. whipping cream

Place in large pan the corn flakes, Rice Krispies, nuts and coconut; mix well. In a pan, mix the sugar, syrup and cream; bring to a boil, forming a soft ball. Pour over other ingredients. Mix. Press into 2 cake pans.

Kids love it.

Sandy Wanzek,
Diapers to Daisies

When you know all the answers you haven't asked all the questions.
Danish Apple Bars

2 1/2 c. flour 1 c. lard or Crisco
1 tsp. salt 1 egg yolk, beaten with enough milk
to make 2/3 c.
1 c. corn flakes

Roll out half of the dough to fit a 10x15-inch pan. Sprinkle corn flakes on
dough.

8 to 10 peeled, sliced apples 1 tsp. cinnamon
3/4 c. sugar 1 egg white

Put the sliced apples on the corn flakes and sprinkle with sugar and
cinnamon. Roll out the rest of the dough and put on top. Cut slits in dough.
Whip the egg white; brush on top crust. Bake for 50 minutes at 375°.

GLAZE:
1 c. powdered sugar 3 T. milk

Mix.

Date Bars

1 c. chopped dates 2 eggs
1 c. boiling water 1 2/3 c. flour
1/2 c. margarine or Crisco 1 tsp. baking soda
3/4 c. sugar 3/4 tsp. salt
1 tsp. vanilla 1/2 c. nuts

Add dates to boiling water; cool to lukewarm. Cream shortening and
sugar; add eggs and beat well after each egg. Sift together the flour,
baking soda and salt; add to creamed mixture alternately with the cooled
dates. Add vanilla and nuts; mix well. Pour into a cookie sheet. Bake at
375° for about 15 to 20 minutes. Frost with Caramel Icing.

Mrs. Ernest R. Williams,
Wildrose

Ruth Guenther,
Kensal
Double Chocolate Crumble Bars

1/2 c. margarine  
3/4 c. sugar  
2 eggs  
1 tsp. vanilla  
3/4 c. flour  
1/2 c. pecans (opt.)  
2 T. cocoa  
1/4 tsp. baking powder

Mix in order. Bake in a 9x13-inch pan at 350° for 15 to 20 minutes. Take out of the oven and sprinkle 2 cups miniature marshmallows over the top. Bake 3 minutes more.

FROSTING:
1 c. chocolate chips  
1 c. peanut butter  
1 1/2 c. Rice Krispies


Linda Szarkowski, Innkeepers;  
Hertha Timm, Town & Country;  
Gayle Lange, Happy Homes

Fresh Cranberry Bars

3 c. flour  
1 1/2 c. brown sugar  
1 1/2 tsp. baking soda  
3 c. oatmeal  
1 1/3 c. butter  
2 c. fresh cranberries  
1/2 c. raisins  
1/2 c. honey  
1 c. water  
1 c. sugar  
Flour, to thicken

Mix the first 5 ingredients like pie dough. Cook the remaining ingredients until thickened. Cool.

Put half of the dry ingredients in the bottom of a pan. Next, add the cooked filling and put the other half of dry ingredients on top. Bake at 350° until light brown on top. Bake in regular cake pan.

Edna Hofmann,  
Medina
Heath Bars

1 c. butter 1 c. brown sugar
24 graham crackers 1 c. chopped nuts
6 to 7 Hershey bars

Line a jellyroll pan with tin foil. Place graham crackers in pan. Boil butter and brown sugar for 2 minutes; pour over crackers. Sprinkle nuts over top. Bake in a 350° oven for 6 minutes. Lay Hershey bars on top and smooth over when melted. Refrigerate and cut in bars.

Betty Kittelson, Homer

Lemon Bars

1/2 c. butter 1 c. flour
1/4 c. powdered sugar 2 eggs, beaten
2 T. lemon juice 2 T. flour
1 c. granulated sugar Grated rind of 1 lemon
1/2 tsp. baking powder

Mix butter, 1 cup flour and powdered sugar; pat in the bottom of an 8-inch pan. Bake at 350° for 15 minutes. Sift granulated sugar, 2 tablespoons flour and baking powder. Add eggs, juice and rind. Place on baked crust. Bake 25 minutes at 350°. Frost with powdered sugar and lemon juice.

Deb Lee, Diapers to Daisies

To be successful, You have to keep moving. After all, no one stumbles on something sitting down.
**Lemon Bars Deluxe**

2 c. sifted all-purpose flour  
1/2 c. sifted powdered sugar  
1 c. butter or margarine  
4 beaten eggs

2 c. granulated sugar  
1/3 c. lemon juice  
1/4 c. all-purpose flour  
1/2 tsp. baking powder

Sift together 2 cups flour and powdered sugar; cut in butter until mixture clings together. Press into 9x13x2-inch pan. Bake at 350° for 20 to 25 minutes, until lightly browned.

Beat together the eggs, granulated sugar and lemon juice. Sift together the 1/4 cup flour and baking powder. Stir into egg mixture. Pour over baked crust. Bake at 350° for 25 minutes.

Sprinkle with powdered sugar or make a frosting of the following:

4 T. lemon juice  
1 1/2 c. powdered sugar

2 T. softened butter

These bars freeze well.

*Mrs. John (Mary) Craft, Spiritwood; Emma Fandrey, Bloom*

**Magic Cookie Bars**

1/2 c. margarine  
1 1/2 c. graham cracker crumbs  
1 (14 oz.) can Eagle Brand sweetened milk  
1 (6 oz.) pkg. semi-sweet chocolate chips  
1 (3 1/2 oz.) can flaked coconut  
1 c. nuts

Preheat oven to 350° (325° for glass dish). In a baking pan, melt the margarine. Sprinkle crumbs over melted margarine and mix together. Press in pan. Pour sweetened condensed milk evenly over crumbs and top with remaining ingredients. Press down firmly. Bake 25 to 30 minutes.

*Esther Ross, Medina*

**Marble Bars**

1 c. oleo or Crisco  
2 c. white sugar  
4 eggs  
2 c. flour

1/2 tsp. salt  
1 1/2 tsp. vanilla  
2 c. nuts  
2 sq. melted chocolate

Mix in order given. Add chocolate to half the mixture. Drop by tablespoon in a 12x16-inch pan. Swirl with a knife. Bake at 350° for 20 minutes.

*Margie Kulla, Town & Country*
Mixed Nut Bars

1 1/2 c. flour  
1/4 tsp. salt  
3/4 c. brown sugar  
1/2 c. butter  
1 (12 oz.) can mixed nuts  
1/2 c. white syrup  
1 (6 oz.) pkg. butterscotch chips  
2 T. butter  

Mix the first 4 ingredients and press into a 9x13-inch pan. Bake 10 minutes at 325°. Spread nuts over top while cooling. Melt syrup, chips and butter; pour over base. Bake 10 minutes.

Alice Allen,  
Homer

Nut Goody Bars

1 (6 oz.) pkg. chocolate chips  
1/2 (6 oz.) pkg. butterscotch chips  
1/4 c. butter  
1/2 c. peanut butter  
1/2 c. nuts  
1/2 pkg. mini marshmallows  

Melt the first 4 ingredients in a double boiler. Remove from heat. Add nuts and marshmallows. Pour in an 8x8-inch pan. Chill and cut.

Keep in the refrigerator.

Alma Dammel,  
Medina

Oh Henry Bars

2/3 c. margarine  
1/2 c. light corn syrup  
4 c. cook-cooking oatmeal  
2/3 c. peanut butter  
1 c. brown sugar  
3 tsp. vanilla  
1 (6 oz.) pkg. chocolate chips  


Betty Kittelson,  
Homer
Peanut Butter Bars

1/2 c. white sugar  3 c. peanut butter
1/2 c. white syrup  3 c. Special K cereal

Boil sugar and syrup together for half a minute, or less. Add peanut butter and Special K cereal. Pack in 6x9-inch pan.

Melt the following together:
1/2 c. chocolate chips  3/4 c. caramel chips

Frost above when cool.

Mrs. Fred Leno,
Sunshine, Medina, ND

Peanut Butter Bars

1 c. margarine  1 c. chunky peanut butter
1 c. sugar  1 c. brown sugar
2 eggs  2 1/2 c. flour
2 tsp. baking soda  1/2 tsp. salt
1 tsp. vanilla


Betty Kittelson,
Homer

Peanut Butter Swirl Bars

1/2 c. crunchy-style peanut butter  1/4 tsp. salt
1/3 c. margarine, softened  1 tsp. baking powder
3/4 c. white sugar  1 c. unsifted flour
2 eggs  1 (12 oz.) pkg. chocolate chips
2 tsp. vanilla

Mix sugar, baking powder and margarine. Add beaten eggs and vanilla. Blend in flour and salt. Spread in a 9x13x2-inch pan. Sprinkle chocolate chips on top and place in the oven for 3 minutes. Remove and swirl chocolate chips with a knife. Bake at 350° for 30 minutes, or less. Cool and cut in bars.

Mable Koehn,
Happy Homes
Pudding Bars and Frosting

1 (3 5/8 oz.) pkg. chocolate pudding (not instant)
1 pkg. white cake mix
1 c. flaked coconut
1 c. chocolate chips
1/2 c. nuts

Prepare pudding as directed on package. While hot, sprinkle in the cake mix and beat until completely blended. Pour into greased jellyroll pan. Sprinkle coconut, chips and nuts on top. Bake 15 to 20 minutes at 350°.

FROSTING:

1 1/2 c. powdered sugar
1/2 tsp. vanilla
2 to 3 T. cream or milk

Make a thin frosting. Mix, then drizzle over hot bars.

Raisin Bars

(Needs No Eggs)

1 c. raisins
2 c. water
1/2 c. butter
1 c. sugar
1 3/4 c. flour
1 tsp. baking soda
1/2 tsp. cloves
1/2 tsp. nutmeg
1 tsp. cinnamon

Combine raisins and water in a saucepan. Simmer for 5 minutes. Add butter; set aside to cool. Mix together the dry ingredients and add to raisin mixture; blend well. Pour into greased brownie pan. Bake at 350° for 30 minutes. Frost with Brown Sugar Frosting.

BROWN SUGAR FROSTING:

1 c. brown sugar
1/2 c. white sugar
1 T. white syrup
2 T. butter
2 T. shortening
1/3 c. milk
1/4 tsp. salt

Boil 1 minute; add vanilla and beat until it thickens.

Bertha Remmich, Streeter Seniors

Debbie Paasch, Innkeepers
Rhubarb Bars

3 c. rhubarb 2 T. cornstarch
1 1/2 c. sugar A little red coloring
1/4 c. water

Boil above until thick, then cool.

CRUMB MIXTURE:
1 1/2 c. flour 1 c. shortening
1 1/2 c. oatmeal Nuts
1 c. brown sugar

Place 2/3 of the crumb mixture in the bottom of a 9x13-inch pan. Pour in cooled rhubarb. Sprinkle 1 (3-ounce) package apricot or strawberry Jello over rhubarb and then add the rest of the crumbs mixture. Bake 30 to 35 minutes at 350°.

Lillian Wolsky,
Kensal Kozy K's

Seven-Layer Bars

1 stick margarine 1 (6 oz.) pkg. butterscotch chips
1 c. graham cracker crumbs 1 c. walnuts
1 c. coconut 1 can Eagle Brand sweetened milk
1 (6 oz.) pkg. semi-sweet chocolate chips

Melt margarine in a 9x13-inch pan; sprinkle the rest of the ingredients in order. Pour milk evenly over the top. No stirring. Bake at 350° for 25 minutes.

Mary A. Trautman,
Four Corners

Every minute you are angry,
you lose 60 seconds of happiness.
Snackin' Granola Bars

3 1/2 c. Quaker oats (quick or old-fashioned), uncooked
1 1/4 c. raisins
1/2 c. sunflower seeds
1/2 c. coconut
2/3 c. butter or margarine, melted

1/3 c. honey
1 c. chopped nuts or peanuts (I use about 2/3 c. of each)
1 egg, beaten
1/2 tsp. vanilla
1/2 tsp. salt

Pour boiling water over raisins or heat in microwave and let set while baking oats. Toast oats in a large ungreased shallow baking pan in a 350° oven for 15 to 20 minutes. In 10 minutes, stir oats. Combine toasted oats with remaining ingredients; mix well. Press firmly into well-greased 10x15-inch jellyroll pan or cookie sheet. Bake in a preheated oven at 350° for 25 to 30 minutes. Cut in bars before completely cooled.

Ivy Klose, Klose

Sour Cream Bars

CRUST:
1 1/2 c. oatmeal
1 1/3 c. flour
1 c. brown sugar

1 tsp. baking soda
1 c. butter

Mix ingredients and pat half of the mixture into a 9x13-inch pan. Bake at 325° for about 10 minutes, or until brown.

FILLING:
4 egg yolks
1 c. sugar
3 T. cornstarch

2 c. cooked raisins
2 c. sour cream

Cook ingredients over low heat, stirring constantly, until thick. Pour over baked crust and top with remaining half of crust mixture. Bake for 20 minutes at 325°.

Lida Fischer, Streeter Seniors
Tea-Time Tassies

CRUST:
1 c. soft butter
2 c. flour
6 oz. cream cheese

Mix like pie crust. Shape in small balls and press into tassie pan.

FILLING:
2 eggs, beaten
1/2 tsp. vanilla
1 1/2 c. brown sugar
2 T. melted butter
Walnuts
Coconut

Mix the first 4 ingredients. Sprinkle nuts in the bottom of crust. Fill 3/4-full with filling. Sprinkle top with coconut. Bake at 350° for 15 minutes and bake 10 more minutes at 250°.

Marjorie Lange,
Happy Homes, Eldridge

Teen-Time Chocolate Nut Bars

1 c. brown sugar, packed
1/2 c. butter or margarine
1/2 c. milk
1 1/4 c. flour
1 tsp. salt
1 tsp. baking powder
1/4 tsp. baking soda
2 eggs
1 c. (6 oz.) chocolate chips
1 c. chopped nuts


Charlotte Suko,
Wild Rose

Zucchini Bars

3/4 c. butter
1/2 c. brown sugar
1/2 c. granulated sugar
2 eggs
1 tsp. vanilla
1 3/4 c. flour
1/2 tsp. salt
1 1/2 tsp. baking powder
3/4 c. coconut
3/4 c. dates, chopped
1 (7 oz.) pkg. orange slice candy, cut up
2 c. grated zucchini

Mix in the usual manner until well blended. Add coconut, candies and zucchini. Spread in a greased 10x15-inch pan. Bake at 350° for 35 to 40 minutes.

Ruth B. Schaeffer,
Medina
Zucchini Bars

3 eggs
1 c. oil
2 tsp. vanilla
1/4 tsp. salt
1 c. nuts
2 c. sugar
2 c. grated zucchini
2 c. flour
3/4 c. oatmeal
3/4 to 1 c. raisins

Mix above. Bake in large cookie sheet at 350° for 45 minutes. Cool and frost.

FROSTING:
2 1/2 c. powdered sugar
1/2 c. margarine
1 (3 oz.) pkg. cream cheese
1 tsp. vanilla
1/4 tsp. almond or maple flavoring

Mix together and frost the cooled bars.

Carol J. Arnold,
Merry Mixers

Diabetic Recipes

Diabetic Applesauce Cake

1 3/4 c. flour
2 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
1 egg, beaten
1/2 c. milk
1 c. unsweetened applesauce
1/2 c. salad oil
1/2 c. raisins
1 T. Sweet-10

Bake in loaf pan at 375° for 55 to 60 minutes.

Edna Hofmann,
Medina
**Diabetic Banana-Oatmeal Cookies**

1 egg, beaten  
2 T. Sweet-10  
1/2 c. oil  
2 med.-sized bananas  
1 c. oatmeal  
1/2 c. nuts  
1/2 tsp. vanilla  
1/2 tsp. salt  
1 1/2 tsp. cinnamon  
1 c. flour  
1/2 tsp. baking soda  
1 tsp. baking powder

Drop with a spoon. Bake at 350°.

*Edna Hofmann, Medina*

**Diabetic Chocolate Chip Cookies**

2/3 c. shortening  
1/3 c. brown sugar  
1 T. Sweet-10  
1 egg  
1 c. chocolate chips  
1 tsp. vanilla  
1 1/2 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt

Cream sugar and shortening; add Sweet-10. Add egg and vanilla; mix well. Sift in dry ingredients. Stir in chocolate chips. Drop by teaspoons on cookie sheet. Bake 8 to 10 minutes in a 350° oven.

*Beatrice Simmers, Homer*

**Diabetic Fruit Cookies**

2 eggs, beaten  
8 tsp. Sweet-10  
1 c. shortening  
1/4 c. milk  
1 1/2 c. raisins, cooked  
2 tsp. cinnamon  
1 tsp. nutmeg  
1/2 tsp. allspice  
3 1/2 c. flour  
1 tsp. baking powder  
1/2 tsp. baking soda

Bake at 350°.

*Edna Hofmann, Medina*
Diabetic Peanut Butter Cookies

1 c. flour  1/3 c. brown sugar
1/2 tsp. salt  1 T. Sweet-10
1 1/4 tsp. cinnamon  1/2 c. peanut butter
1/2 tsp. baking soda  1 egg
1/2 c. margarine

Cream sugar and margarine; add Sweet-10. Add peanut butter and egg; mix well. Sift in dry ingredients. Drop by teaspoons, 2 inches apart, on greased cookie sheet. Flatten with a fork. Bake 10 to 12 minutes at 350°. Yield: 3 dozen.

Beatrice Simmers, Homer

Sugarless Bars for Diabetic

1 c. dates  1 c. water
1/2 c. raisins  1/2 c. or 1 stick margarine
1/2 c. prunes

Boil the first 4 ingredients for 5 minutes. Add margarine and set aside to cool.

BATTER:
2 eggs, beaten  1 c. flour
1/4 tsp. salt  1 tsp. baking soda
1 tsp. vanilla

Make a batter of the above and add to cooled fruit mixture. Bake in 7x11-inch pan at 350° for about 40 minutes.

Edna Hofmann, Medina; Mrs. Philip Hofmann, Medina
Desserts & Pies

Mary Kupferschmidt
Dessert Hints

• Add confectioners’ sugar to whipping cream before beating. The whipped cream stands up well even if it is not used immediately.

• To make powdered sugar, blend 1 cup granulated sugar and 1 tablespoon cornstarch in the blender at medium speed for 2 minutes.

• To add a delightful flavor to whipped cream, add a teaspoon of strained honey or maple syrup instead of sugar. It will remain firm all day.

• Whipping cream retains its shape if when whipping you add 1/2 to 1 teaspoon of light corn syrup per half pint of cream.

• Add a tablespoon of powdered orange-flavored drink mix, such as Tang, to a cup of whipped topping for a flavorful, different taste. Good over gingerbread or pumpkin pie.

• Soak peeled apples in cold water to which 1 teaspoon of salt has been added. They will not discolor.

• A tasty sauce for baked apples can be made by mixing honey and whipped cream.

• Substitute 3/4 cup honey for 1 cup of sugar up to 1 cup total.

• When using honey, reduce the total amount of other liquids by 1/4 cup per cup of honey in the conventional recipe.

• Reduce baking temperature 25° to prevent over-browning when cooking with honey.

• To melt chocolate, grease the pan in which it is to be melted.

• A pinch of salt added to very sour fruits while cooking will greatly reduce the amount of sugar needed.

• Keep apples, bananas, pears and other fruits from discoloring when cut-up by coating them with orange juice or diluted lemon juice.
Desserts & Pies

Pies

Apple Impromptu Pie

4 c. apples 1/2 c. sugar
1/4 tsp. cinnamon

Prepare apples and place in a well-greased pie tin. Combine sugar and cinnamon; sprinkle over apples. Cover tightly with foil. Bake at 400° for 25 minutes.

1 T. butter 1 slightly-beaten egg
1/2 c. sugar 1/2 c. flour
1 tsp. vanilla 1/2 tsp. baking powder

Cream butter; add sugar and cream well. Add vanilla and egg; beat well. Blend flour and baking powder into creamed mixture. Spread evenly over apples. (Dough may seem scant, but it's plenty when baked.) Bake 25 minutes.

Note: This can also be put in a square pan.

Frances Pendray, Klose

Apple Pizza Pie

1 recipe pastry for double pie crust 1/4 tsp. nutmeg
7 c. unpared apples, sliced 3/8" thick 3/4 c. flour
1 1/2 T. lemon juice 1/2 c. sugar
1/2 c. sugar 1/2 c. butter
1 tsp. cinnamon 1 1/2 c. shredded sharp cheese

Roll pastry on floured surface into 16-inch circle. Cut around outside edge with pastry wheel. Place on a 16-inch circle of heavy foil on a cookie sheet. Overlap apple sliced in circles to within 3/4-inch of outside edge. Sprinkle with lemon juice. Mix 1/2 cup sugar, cinnamon and nutmeg; sprinkle over apples. Combine flour and 1/2 cup sugar; cut in butter and sprinkle over apple slices. Turn up edge of pastry and flute edges. (This can be put in a large pizza pan.) Bake in a very hot 450° oven for 23 minutes. Remove from oven and sprinkle with cheese.

Vistoria Anderson, Klose
**Basic Cream Pie and Variations**

2/3 c. sugar  
3 T. cornstarch  
2 c. milk  
3 beaten egg yolks  
1 tsp. vanilla  
1 T. butter  
Dash of salt  
1 (9") baked pie shell  
3 stiffly-beaten egg whites  
6 T. sugar

Combine 2/3 cup sugar and cornstarch; add milk gradually. Stir until smooth, stirring until thickened. Add a small amount of hot mixture to egg yolks; blend well. Return to hot mixture. Cook until thickened, stirring, over medium heat. Blend in vanilla, butter and salt. Cool. Pour into baked pie shell. Top with meringue made by beating the egg whites with 6 tablespoons sugar. Brown in a 375° oven for 15 to 20 minutes.

**Variations:**
- **Pineapple Cream Pie:** Fold one 9-ounce can drained and crushed pineapple into filling just before pouring into pie shell.
- **Coconut Pie:** Follow basic recipe. Add 1/2 cup coconut just before adding filling to shell.
- **Cocoa Cream Pie:** Mix 3 tablespoons cocoa with dry ingredients in basic recipe. Proceed as basic recipe indicates.
- **Banana Cream Pie:** Follow basic recipe. Slice 2 large bananas into baked shell; add filling. Proceed with basic recipe.
- **Butterscotch Pie:** Follow basic recipe, except substitute 1 cup brown sugar for white. Increase butter to 1/4 cup.

*Mrs. John J. Corell, Klose*

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**Cherry Pie**

1 (No. 2) can sour pitted cherries  
1/2 c. water  
3/4 to 1 c. sugar, depending on your taste  
1 T. lemon juice  
1 T. butter  
3 T. cornstarch

Mix in saucepan the sugar, cornstarch and lemon juice. Add water, a little at a time, and stir until cornstarch is mixed thoroughly. Add juice from drained cherries. Place over heat and cook until mixture thickens and boils. Add butter and cherries to juice mixture and stir lightly. Pour into a 9-inch unbaked crust. Top with a second crust and bake at 400° for about 45 minutes.

Be sure to cut slits in the top crust to let steam escape.

*Bernice Anderson, Happy Homes*
Cherry Cream Pie

1 can sweetened condensed milk
1/3 c. lemon juice
1 tsp. vanilla
1/2 tsp. almond extract

1/2 c. whipping cream, whipped
1 graham cracker pie shell or a cookie crumb shell

Combine milk, lemon juice, vanilla and almond extract. Stir until mixture thickens. Fold in whipped cream and spoon into shell. Top with cherry pie filling or any other canned pie filling of your choice. Chill 2 to 3 hours before serving.

Mrs. Victor Van Erem, Spiritwood

Chocolate Washington Pie

1/2 c. milk
30 marshmallows
1 sq. chocolate, grated

1 c. cream, whipped
12 graham crackers, crushed
1 T. melted butter

Melt marshmallows in milk over hot water; add grated chocolate. Cool. After mixture is very cool, mix it with whipped cream. (Two cups Cool Whip can be used.)
Crush with graham crackers and mix in the melted butter. Line pan with above crust and save a little to be used on top after mixture has been poured in.
Serve with whipped cream.

Lena Kirschenmann, Streeter Seniors

Cottage Cheese Pie

1 sm. ctn. cottage cheese, mashed
4 eggs, beaten
1/2 c. cream

1/2 tsp. salt
1 c. sugar
1 tsp. vanilla

Mix above ingredients. Pour into an unbaked pie shell. Sprinkle cinnamon on top. Bake 1 hour at 375°.

Alice M. Wolsky, Kensal Kozy K's
Date-Nut Pie

1 stick margarine 1 c. chopped nuts
1 c. sugar 1 c. chopped dates
2 well-beaten eggs 1 tsp. vanilla

Cream margarine and sugar; add eggs, nuts, dates and vanilla. Pour into a prepared 9-inch pie shell and bake 10 minutes at 450°, then 20 minutes at 350°. Cool and serve with whipped cream.

Monica Backer,
Royal Corinne

Famous Lemon Pie

3 T. cornstarch 3 eggs, separated
1 1/4 c. sugar 1 1/2 c. boiling water
1/4 c. lemon juice 1 (9") baked pie shell
1 T. grated lemon peel 6 T. sugar

Combine cornstarch with 1 1/4 cups sugar and lemon juice. Add egg yolks. Put lemon rind in water and bring to a boil. Gradually add cornstarch mixture to boiling water. Boil gently for 4 minutes. Beat egg whites until stiff; add 6 tablespoons sugar and beat well. Be sure meringue touches edges of crust. Bake in hot (425°) oven for 4 to 5 minutes.

Mrs. Walter McIlonie,
Pingree Happy

Fresh Cranberry-Apple Pie

(Very Good For Thanksgiving)

1 3/4 to 2 c. sugar 1/3 c. flour
3 c. sliced, pared tart apples 1 c. fresh or frozen cranberries
2 T. butter or margarine

Heat oven to 425°. Prepare a double-crust pastry. Stir together the sugar and flour. In pastry-lined pie pan, alternate layers of apples, cranberries and sugar mixture, beginning and ending with apples. Dot with butter. Cover with top crust. Bake 40 to 50 minutes. Cool.

Vera Heupel,
Sunshine
Fresh Strawberry Pie

CRUST:
1 1/2 c. flour 2 T. sugar
1/2 c. salad oil 2 T. milk

Mix and press crust into a 9-inch pie tin. Bake at 375° for 15 to 20 minutes, or until light brown.

FILLING:
1 c. sugar 2 T. white syrup
3 T. cornstarch 1 c. water

Boil until clear. Add 1 tablespoon strawberry Jello. Cool. Add 1 quart strawberries. Pour into crust. Chill until firm.

Verna Peplinski, Pingree Happy

Honey Pumpkin Pie

1 1/2 c. pumpkin or squash 1/4 tsp. salt
1/2 c. honey, or more, to taste 3 eggs
1 tsp. cinnamon 1 c. milk
1/2 tsp. ginger 1/2 c. cream (opt., or use less)

Mix all together. (The amount and kind of spice may be varied to your taste.) Pour into a 9- or 10-inch unbaked pie shell and bake at 350° for 45 minutes, or until a knife inserted comes out clean.

This pie filling may be mixed in the electric blender.

Mary Heupel, Buzzin Dozen, Medina

Tarazan Pie
(Recipe from Canada)

1 env. unflavored gelatin 1/4 tsp. salt
1/4 c. cold water 1 T. lemon juice
1 c. strong hot coffee 1 c. chopped dates
1/3 c. sugar 1/4 c. chopped walnuts
1 T. cocoa

Mix gelatin with cold water; add the strong hot coffee. Add sugar, cocoa, chopped dates and walnuts. Let cool until slightly set and fold in 3 stiffly-beaten egg whites. Pour into a cooled, baked pie shell. Let it set. Top with whipped cream.

Mrs. Pearl Olson, Streeter Seniors
Lemon Pie

1 c. sugar
1/3 c. cornstarch (scant)
1/4 tsp. salt
4 sm. or 3 lg. egg yolks
1 (6 oz.) can frozen lemonade, thawed
1 1/2 c. boiling water
2 T. butter
1 (9") baked pie shell

Combine sugar, cornstarch and salt in a medium saucepan. Separate the eggs; add egg yolks to the sugar mixture. Stir the yolks with the sugar until about half of the sugar is mixed with yolks, then slowly add lemonade. Keep stirring and add water. Bring to a boil and cook 1 minute, stirring so it does not stick to pan. Remove from heat and add butter; stir. Cool 5 to 10 minutes. Pour into baked pie shell. Top with Never-Fail Meringue.

Ivy Klose, Klose

Lemon Cheesecake Pie

8 oz. cream cheese
2 c. milk
Instant lemon pudding
Graham cracker crust

Stir cream cheese until soft; blend in 1/2 cup milk until smooth. Add 1 1/2 cups milk and lemon instant pudding. Beat slowly for 1 minute. Pour at once in the graham cracker crust. Chill. Keep in the refrigerator.

Vernette Neva, Kensal Kozy K's

Old-Fashioned Butterscotch Pie

2 1/2 c. milk
2 T. flour
3 T. cornstarch
1/2 tsp. salt
1/2 c. brown sugar
3 egg yolks, whipped*
1 to 2 tsp. vanilla

Mix cold milk, flour, cornstarch, salt and brown sugar. Cook, stirring constantly, until thick. Add 1/4 cup hot pie mix to whipped egg yolks; mix well. Pour back into pie mix with butter and vanilla. Cook another minute or two. Pour into baked pastry shell or graham cracker crust. This is also good as filling for cream puffs or to eat as pudding.

*Use egg whites for meringue on pie.

Mrs. Mike (Jackie) Tarpinian, Willing Workers
Peanut Butter Pie

2 c. sugar
1 (8 oz.) pkg. cream cheese
1 c. peanut butter
1 c. milk
1 lg. ctn. Cool Whip
2 graham cracker pie shells

Blend the sugar, cream cheese and peanut butter together at low speed. Add milk gradually. Blend in Cool Whip. Pour into pie shells and freeze. Thaw slightly before serving.

_Eunice Milne,
Holly_

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Pear Pie

(9-inch Crust)

About 6 c. peeled sliced pears
1 tsp. cinnamon
3/4 c. sugar

If pears are very juicy, mix 1 1/2 tablespoons flour or tapioca with the sugar and cinnamon.

Two-crust pies brown nicely if brushed with milk or cream before baking.

Line 9-inch pie pan with crust. Fill crust with sliced pears. Sprinkle sugar, flour and cinnamon over pears. Dot with butter and cover with top crust which has slits cut in it. Bake at 350° for about 50 minutes.

This freezes well.

_Margaret Weatherly,
Happy Homes_

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Pecan Pie

2 c. brown sugar
1 c. white sugar
1/2 lb. butter
6 eggs
2 c. pecans
Whipped cream
2 unbaked pie shells

Boil sugars and butter together. Beat eggs; slowly blend with hot syrup, beating as blending. Divide mixture evenly between pie shells. Sprinkle with pecans. Bake at 350° for 20 minutes, then at 400° for 15 minutes.

Serve with collar of whipped cream.

_Loverna Hofmann,
Sunshine_
**Poppy Seed Pie**

1/2 c. poppy seeds  
1/2 c. sweet cream  
1 1/2 c. milk  
2 T. cornstarch  
1/2 c. sugar  
1 tsp. vanilla  
2 egg yolks

Boil milk and poppy seeds for 10 minutes in a double boiler. Mix cornstarch, cream, egg, sugar and vanilla. Add slowly to poppy seeds; cook until thick. Pour into baked shell. Beat egg whites for meringue, or you can use Cool Whip.

*Freida Bitterman, Medina*

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**Praline Delight Pie**

1/3 c. margarine  
1/3 c. brown sugar  
1/2 c. chopped pecans  
1 (9") baked pie shell  
2 (3 1/4 oz.) pkg. Jello vanilla pie filling  
3 1/2 c. milk  
1 env. Dream Whip, whipped


*Vera Buchli, Sweet Sixteen*

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**Pumpkin Pecan Pie**

3 eggs  
1 c. sugar  
1/2 c. dark Karo syrup  
1 tsp. vanilla  
1/2 tsp. cinnamon  
1/4 tsp. salt  
1 c. pecans  
1 c. pumpkin

Mix all ingredients together. Pour into pie shell. Bake at 350° for 40 minutes.

*Minnie Albin, Spiritwood*
Rhubarb Pie

(9-inch)

3 1/2 c. cut rhubarb 1/2 tsp. cinnamon
3 eggs, beaten 1 c. sugar
3 T. flour 2 T. cream
1/4 tsp. nutmeg

Mix ingredients and pour into an unbaked crust. Top with crust in which vents have been cut to allow steam to escape. Top crust may be brushed with cream or milk and sprinkled with sugar. Bake at 425° for 15 minutes, then lower temperature to 350° for 30 minutes.

Margaret Weatherly, Happy Homes

Rhubarb Cream Pie

1 baked pie shell
3 c. diced rhubarb
1 1/2 c. sugar
6 T. cream
2 egg yolks
1 1/2 T. cornstarch
Pinch of salt
1 tsp. lemon flavoring

Cut up rhubarb and cook with a little water until tender. Add rest and cook until thick. Add flavoring last. Put in baked pie shell. Cover with meringue (2 egg whites and 4 tablespoons sugar). Brown at 425° for 4 to 5 minutes.

Mrs. Walter McIlonie, Pingree Happy

Rhubarb Custard Pie

3 c. rhubarb, cut in short pieces
1 c. sugar
3 eggs

This is for one pie with 2 crusts. Beat eggs with sugar. You may add any spices you like with the eggs and sugar. Put rhubarb in crust and pour mixture over the rhubarb. Bake with a top crust. Bake in a hot oven (425°) for 10 minutes, then reduce heat to 350°, so custard doesn't bake too fast and bake 30 more minutes, or until done.

Elizabeth Siebert, Kensal
**Soda Cracker Pie**

1 c. sugar
1 1/2 tsp. vanilla
3 egg whites, stiffly beaten
14 soda crackers, crushed
1/2 c. chopped walnuts
1/2 tsp. baking powder

Add sugar and vanilla to beaten egg whites. Fold in cracker crumbs, nuts and baking powder. Pour into pie pan and bake at 350° for 30 minutes. Serve topped with 1 package of frozen strawberries, thawed, and whipped cream.

*Jackie Readel, Buchanan*

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**Sour Cream Rhubarb Pie**

1 1/2 c. sour cream
1 1/2 c. sugar
3 T. flour
4 to 5 c. rhubarb
Pie shell & pie shell top

Mix sour cream, sugar and flour together. Put rhubarb in pie shell; pour sour cream mixture over rhubarb and put on pie crust top. Bake at 350° for 45 minutes, or until done.

*Gail Kollman, Hidden Talents*

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**Spiced Fresh Prune Plum Pie**

5 c. fresh prune plums, pitted & sliced
2/3 c. sugar
1/4 c. orange juice
1 T. lemon juice
1 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. cloves
4 T. tapioca
2 T. butter
Pastry for 2-crust 9" pie

Preheat oven to 350°. Line pie pan with half of pastry. Combine sliced prune plums, sugar, fruit juices, spices and tapioca. Pour into pastry-lined pan. Dot with butter. Cover with top crust, sealing edges well. Cut slits in crust and flute edges. Let stand 15 minutes before placing in the oven. Bake 1 hour.

*Ivy Klose, Klose*
**Velvet Pie**

3 egg whites 1/4 c. sugar
1 1/2 c. milk 1/2 tsp. salt
1 env. gelatin 1/4 c. sugar
1/4 c. water 1 tsp. vanilla
3 egg yolks, beaten 1/2 c. cream

Sprinkle gelatin in cold water. Stir scalded milk slowly into yolks with 1/4 cup sugar and salt. Cook over hot water, not boiling, stirring until custard coats a spoon. Remove. Add gelatin. Cool until it mounds slightly.

Beat egg whites stiffly; add 1/4 cup sugar. Fold into custard and add vanilla. Pour into baked pie shell. Sprinkle with nutmeg, grated chocolate and whipped cream.

_Esther Turner,
Kensal_

**Zucchini Pie**

(Tastes Like Apple Pie)

6 c. zucchini, peeled, seeded & cut like for apple pie 1 tsp. cinnamon
1/2 c. sugar 1/4 c. lemon juice
3/4 c. water Pie crust

Cook above ingredients, except crust, for 15 minutes. Combine the following:

2 rounded T. flour 1/2 tsp. nutmeg
1/2 c. sugar

Pour half over the bottom of the crust, then add zucchini and rest of flour mixture. Dot with butter. Put on top crust and bake at 425° for 15 minutes, then at 350° for 45 minutes. Top with ice cream.

_Mrs. Gordon Lampert,
Kensal Kozy K's_

_Swallowing your pride occasionally will never give you indigestion._
Never-Fail Meringue

1 T. cornstarch  3 to 4 egg whites
1 1/2 T. cold water  6 to 7 T. sugar
1/2 c. boiling water  1 tsp. vanilla

Take the one tablespoon cornstarch and place in glass bowl. Add 1/2 cup boiling water. Cook until thick and clear. Cool. Beat egg whites until soft peaks form. Gradually add sugar and a pinch of salt, beating until peaks form. Add cornstarch and vanilla, beating until firm and sugar is dissolved. (Take a small amount between your thumb and finger, if it still feels grainy, beat a little more.) Spread meringue over filling, seal to the edge of pastry. Bake in 350° oven 12 to 15 minutes, or until meringue is golden.

Also good over a side dish or dessert of baked rice.

Ivy Klose,
Klose

Topping for Apple or Fruit Pie

1/2 c. flour  1/4 c. brown sugar
1/2 c. oatmeal  1/4 c. butter
1/4 c. walnuts

Combine the first 4 ingredients. Melt butter and add; mix until crumbly. Use in place of top pie crust.

This is especially good on apple or pear pie, but can be used over any fruit pie. Bake as a regular dough crust.

Ivy Klose,
Klose

Pie Crust

Can't-Fail Pie Crust

1/2 c. shortening  1 c. flour
1/4 tsp. salt  1/4 c. milk

Cut shortening into flour and slat; add milk and mix. This is so named because mixing doesn't toughen it.

Jean Schmuhl,
Diapers to Daisies
Easy Pie Crust

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

Put flour, salt and sugar in sifter. Sift this in pie tin. Beat oil with milk and pour over flour mixture. Mix with a fork. Press with fingers in the form of a crust. Poke holes in bottom of crust with a fork. Bake at 400° for 10 to 12 minutes.

Kay McKeen,
Happy Homes

Good Pie Crust
(Never Fail)

1 1/4 c. Crisco
3 c. flour
1 tsp. vinegar
1 tsp. salt
1 egg, beaten lightly
5 to 6 T. water

Mix with pastry cutter. Yield: 4 crusts.

Mrs. R.C. (Zella) Hanson,
Streeter Seniors

Pie Crust

1 1/2 c. lard
1 egg
1/2 tsp. baking powder
4 tsp. brown sugar
5 c. flour
3 tsp. vinegar
1 tsp. salt

Sift dry ingredients; work in lard. Beat egg; add vinegar in measuring cup, then fill to 3/4-full with cold water. Mix into flour and lard mixture. Keep in the refrigerator. Yield: 3 double-crust pies (large).

Lorine Schlecht,
Sunshine
Desserts

Angel Food Dessert

1 lg. angel food cake, broken in bits
1 (No. 2) can crushed pineapple
2 sm. pkg. lemon Jello
Juice & rind of 1 lemon

 Juice & rind of 2 oranges
1 pt. whipping cream
3/4 c. sugar

Drain pineapple. Add water to the juice to make 3 cups liquid. Add sugar and bring to a boil to dissolve the Jello. To the Jello mixture, add rinds and juices of the oranges and lemon. Let stand until jelly-like. Whip cream and fold into the lemon Jello mix; add crushed pineapple. Pour this mixture over the cake, which has been broken in pieces. Let set. Yield: 24 servings.

Use a 9x13-inch pan.

Mrs. Lorene Thompson,
Happy Homes

Banana Split Cake

CRUST:
2 c. graham cracker crumbs
1 stick butter or oleo

Mix ingredients and put into a 7 1/2 x 12 x 2-inch pan.

FILLING:
2 sticks oleo or butter
2 c. powdered sugar
2 eggs
Vanilla

Mix ingredients and spread over crust mixture.

TOPPING:
4 to 7 bananas (depends on the size)
2 (20 oz.) cans drained crushed pineapple
1 (9 oz.) ctn. Cool Whip
Chopped nuts
Maraschino cherries, split in halves


Lillian Wolsky,
Kensal Kozy K's
Blueberry Delight

2 c. crushed graham crackers 1/2 c. sugar
1/2 c. sugar 1 (8 oz.) pkg. Philadelphia cream
1/2 c. butter cheese, room temp.
2 beaten eggs 1 can blueberry pie filling
1/2 tsp. vanilla

Blend the crackers, sugar and melted butter. Press into a 9x13-inch pan. Beat eggs; add vanilla, sugar and cheese. Beat very well. Pour over crust. Bake at 350° for 15 minutes. When thoroughly cooled, spread with blueberry pie filling. Refrigerate until well chilled.

Lori Carlson, Winfield; Beverly Dawson, Innkeepers

Butterscotch Dessert

1 c. flour 1 c. Cool Whip
1/2 c. butter 1 pkg. butterscotch pudding
1/2 c. nuts 1 pkg. coconut cream pudding
8 oz. cream cheese 3 c. milk
1 c. powdered sugar

Cook pudding with milk and cool thoroughly. Spread over cheese mixture. Top with more Cool Whip and sprinkle with toasted coconut and chopped nuts. Refrigerate.

Debbie Paasch, Innkeepers

Happiness adds and multiplies as we divide it with others.
Caramel Dumplings
(An Old Dessert)

1 1/2 c. sugar
2 1/2 c. hot water
2 T. butter
Pinch of salt

Put 1/2 cup sugar in a heavy Dutch oven kettle and brown the sugar (caramelize). Watch closely so it doesn't scorch. Add remaining ingredients and simmer while mixing Dumplings.

DUMPLINGS:
2 T. butter
1/2 c. sugar
1 1/2 c. flour
3 tsp. baking powder
1/2 tsp. salt
2/3 c. milk
1/2 tsp. vanilla

Cream butter and sugar; add dry ingredients, which have been sifted together. Stir in milk and vanilla. Drop by teaspoons into boiling sauce. Cook, covered, on very low heat for 25 minutes.
Serve warm with whipped cream or ice cream.

Ivy Klose,
Klose

Caramel Peach Pudding

1 c. flour
1/2 c. milk
1/2 c. sugar
1/4 tsp. almond extract
2 tsp. baking powder
2 c. diced, fresh or frozen peaches
1/2 tsp. salt

Mix flour, sugar, baking powder and salt; stir in milk and extract. Mix well. Stir in peaches. Spread in a greased 9x9-inch pan. Prepare Caramel Topping.

CARAMEL TOPPING:
1/2 c. white sugar
1 T. butter
1/2 c. brown sugar
1 T. butter
1 1/4 c. water
1/4 tsp. nutmeg

Mix all ingredients in saucepan. Place over low heat until sugar is dissolved. Pour over batter and bake 30 minutes in a 400° oven.

Muriel Gasal,
Bloom
Cherry Delight

2 c. crushed graham crackers 1/4 c. margarine
1/4 c. sugar

Make a graham cracker crust using the above ingredients. Save some of this for the topping. Press into 9x13-inch cake pan and chill overnight.

1 can Eagle Brand milk 1 sm. can pineapple
1 can cherry pie mix Nuts
9 oz. Cool Whip

Also chill the Eagle Brand milk and the cherry pie mix. In the morning, beat the milk; add Cool Whip, pie mix, and pineapple and nuts. Spread on top of crust. Top with the saved graham cracker crust mixture. Chill in the refrigerator. Cut in squares and top with Cool Whip.

Andrea Huus,
Hidden Talents

Cherry Dessert

GRAHAM CRACKER CRUST:
20 whole graham crackers 1/4 lb. melted butter

Crush the crackers and blend with butter. Spread 3/4 of this mixture into a 9x13-inch pan.

1 can cherry pie filling 1/2 c. milk
1/2 lb. mini marshmallows 1 c. heavy cream, whipped


Paulina Dewald,
Streeter Seniors

Cherry Kuchen

1 c. flour 1/4 c. shortening
1 1/2 tsp. baking powder 1 egg
2 T. sugar Milk

Sift together the flour, baking powder and sugar; cut in shortening. Blend the egg in a cup (whipped). Add milk to make 1/2 cup. Stir together. Spread around ungreased muffin tins, covering bottoms and sides. Fill with pie filling of your choice. Bake at 400° for 20 minutes. Serve with whipped topping.

Wanda Mogck,
Willing Workers
**Cheesecake**

32 graham crackers, crushed  
1/2 c. melted butter  
1/2 c. sugar  

Mix and press into 9x13-inch pan. Save 1 cup for topping.

1 pkg. any flavor Jello  
1 c. boiling water  
1 T. lemon juice  
1 (8 oz.) pkg. cream cheese  
1 tsp. vanilla  
3/4 c. sugar  
1 sm. ctn. Cool Whip  

Dissolve Jello in boiling water; add lemon juice. Let cool, but not set. Mix cream cheese, vanilla and sugar; beat well. Add the Jello and Cool Whip. Put over crumb crust. Sprinkle remaining crumbs on top.

*Lois Turner,*  
*Town & Country*

**Chocolate-Banana Torte**

3 c. vanilla wafers, crushed  
1/2 c. melted butter  

Mix together. Save 3 tablespoons for top. Spread in the bottom of a 9x13-inch pan and chill.

3/4 c. butter  
1 1/2 c. sifted powdered sugar  
3 eggs  

Cream butter and sugar together. Add eggs, one at a time. Mix together. Spread over first layer and chill.

3/8 c. sugar  
1 1/2 c. cream, whipped  
1 1/2 c. diced bananas  
3 T. cocoa  
1 1/2 c. chopped nuts  

Mix sugar and cocoa together; add to cream. Fold in nuts and bananas; pour over other mixtures. Add the last 3 tablespoons of the crumbs on top and refrigerate.

*Annette Redmann,*  
*Diapers to Daisies*
Cinnamon Apple Dumpling Dessert

2 T. melted butter 2 tsp. baking powder
1/4 c. flour 1/4 tsp. salt
2 c. apple juice 1/4 c. sugar
1/2 c. sugar 1/3 tsp. nutmeg
1 T. red cinnamon candies 2 T. shortening
3 med. apples, unpeeled & sliced 2/3 c. milk
1 1/2 c. flour

Blend 2 tablespoons butter and 1/4 cup flour in a 10-inch skillet or a shallow pan. Add apple juice and blend until smooth. Add 1/2 cup sugar and cook until it thickens. Add cinnamon candies and apples; heat to boiling. Sift together the flour, baking powder, salt, sugar and nutmeg; cut in shortening to resemble meal. Add milk and mix only until all flour is dampened. Drop dough from a spoon onto hot apples and syrup. Simmer, uncovered, for 10 minutes, then covered, for 10 minutes. Serve warm with cream.

*Ruth Tillotson,*
*Innkeepers*

Cocktail Dessert

1 c. white sugar 1 tsp. baking soda
1 egg 1/4 tsp. salt
1 1/4 c. flour 2 c. drained fruit cocktail

Mix above ingredients and place in pan.

**TOPPING:**
1/3 c. brown sugar 1/3 c. nuts

Sprinkle topping over the batter and bake at 350°.

*Olga Sund,*
*Wildrose*

Cream Puffs

1/4 c. butter or margarine 2 eggs
1/2 c. flour, sifted 1/2 c. boiling water
1/4 tsp. salt

Cook water and butter over high heat; turn heat on low and add flour and salt. Beat with electric mixer until it comes together. Remove from heat. Quickly add eggs while still mixing, beat until well mixed again. Drop by tablespoon on cookie sheet 3 inches apart. Bake 10 minutes in a 450° oven. Reduce heat to 400° and bake 25 minutes longer. No peeking.

Fill with pudding, ice cream or fresh fruit, and top with whipped cream.

*Debbie Ova,*
*Diarers to Daisies*
Crêpes Suzette

1 1/8 c. flour 1 1/2 c. milk
4 1/2 T. granulated sugar 1 T. melted butter
Pinch of salt 1 1/2 T. brandy
3 eggs

In a deep bowl, sift flour, sugar and salt. Combine beaten eggs and milk; stir into flour and sugar mixture until smooth. Add melted butter and brandy. Let stand for 2 hours.

In a frying pan, 5 to 5 1/2 inches across, heat 1 tablespoon butter. When butter is hot, pour in 1 full tablespoon of batter. Spread around. Cook for 1 minute on one side, flip over and cook for 1 minute on the other side. Pile crêpes flat, one on top of the other.

Leona Klose, Klose

Curried Fruit Casserole
(Must Be Made a Day Ahead)

1 (24 oz.) can peach halves 10 maraschino cherries
1 (10 oz.) can apricots 1/3 c. melted butter
1 (24 oz.) can pears 3/4 c. brown sugar
1 (24 oz.) can pineapple pieces 4 tsp. curry powder

Drain fruit well. Mix butter, brown sugar and curry powder. Put fruit in a 9x13-inch shallow baking dish with hollow sides up. Dot all over with the curry-sugar mixture. Bake at 325° for 1 hour, basting frequently. Cool and refrigerate for at least 1 day. Warm over at 350° for 1/2 hour before serving.

Jeri Bernabucci, Sweet Sixteen

Deep Freeze Dessert
(Use a 9x13-inch Pan)

18 coconut macaroons, crumbled 1 tsp. vanilla
1 c. chopped nuts 1 pt. orange sherbet
1 pt. whipping cream, whipped 1 pt. lime sherbet
3 T. sugar 1 pt. raspberry sherbet

Mix nuts, cookies and whipped cream. Spread half of mixture in bottom of pan. Add the sherbets by scoopfuls in a hit and miss fashion, making a rainbow effect. Press down and level off. Top with remaining cookie-cream-nut mixture. Let freeze for several hours. Cut in squares to serve.

Mrs. Lorene Thompson, Happy Homes
Easy Dessert

1 (32 oz.) can sliced peaches 1/4 lb. butter or margarine
1 box butterbrickle cake mix 1/4 c. chopped nuts

Put peaches and juice in 9x12-inch pan. Add dry cake mix over peaches. Do not stir. Melt butter and drizzle on top. Sprinkle on the chopped nuts. Bake at 350° for 30 minutes.

Frances Hoersch,
Medina

Frosty Strawberry Squares

1 c. flour 1 c. whipped cream, or
1/4 c. packed brown sugar 1 (4 1/2 oz.) pkg. Dream Whip
1/2 c. chopped nuts 3/4 c. sugar
1/2 c. margarine, melted 2 T. lemon juice
2 egg whites 1 (10 oz.) pkg. frozen strawberries

In a bowl, stir together flour, brown sugar, nuts and margarine. Spread evenly in a 9x13-inch pan. Bake at 350° for 20 minutes, stirring occasionally. Remove from oven and cool. Sprinkle 2/3 of the baked mixture in the bottom of the same pan. Reserve remaining mixture.

In a large mixing bowl, combine egg whites, sugar, berries and lemon juice; beat until mixture forms stiff peaks, about 20 minutes. Fold in whipped cream. Spoon over mixture in pan. Top with reserved crumbs. Freeze 6 hours, or overnight. Cut in squares and top with fresh berries, if desired. Yield: 12 to 15 servings.

Ruby Burleson,
Kensal Kozy K's

Frozen Dessert

1 c. graham crackers, crushed 2 c. milk
1 c. soda crackers, crushed 1/2 c. melted butter
2 pkg. instant vanilla pudding 1 qt. ice cream

Combine crackers and butter. Press into a 9x13-inch cake pan. Mix pudding like package says, except use only 2 cups milk. Add the ice cream. Place this over the crackers and top with Dream Whip.

Note: You may use any pudding or any flavor of ice cream.

Pat Smith,
Buchanan
Custard Ice Cream
(One-Gallon Freezer)

5 eggs, slightly beaten
1 1/4 c. sugar
1/2 tsp. salt

6 c. milk, scalded
4 c. heavy cream
2 T. vanilla

Combine eggs, sugar and salt in saucepan. Pour hot milk over egg mixture carefully, stirring constantly. Cook over low heat until mixture coats a spoon. Chill in refrigerator or outdoors. Strain into a 1-gallon freezer container. Stir in cream and vanilla. Freeze in your crank-type or electric ice cream freezer. Yield: 12 to 16 servings.

Note: The cooking may be done in the microwave oven.

Mary Heupel,
Buzzin Dozen, Medina

Ice Cream

3 c. milk
1 1/2 c. sugar
3 T. cornstarch
2 eggs

1 qt. cream
Milk
1 to 2 tsp. vanilla
Dash of salt

Boil the milk. Mix the sugar and cornstarch. Combine the eggs with a little milk until smooth; add to sugar and cornstarch. Add this mixture to the boiling milk. Add cream and enough milk to fill a 1-gallon freezer. Add vanilla and salt. Churn and eat!

Lois Nenow,
Woodworth Juniors

Chocolate Ice Cream

3 sq. chocolate
3 c. sugar
4 c. milk
3 T. cornstarch

1/4 tsp. salt
5 beaten eggs
2 tsp. vanilla
About 3 pt. fresh sweet cream

Cook the first 5 ingredients until thick; let cool. Stir beaten eggs and vanilla into the cooled chocolate mixture. Put into 1-gallon ice cream freezer. Add cream until freezer is filled, about 2 inches from top. Freeze and serve.

Carol J. Arnold,
Merry Mixers
Vanilla Ice Cream

1 1/2 c. sugar 6 eggs
1 tsp. salt 1 c. milk
1 1/2 T. cornstarch 5 c. cream
2 c. milk 1 1/2 T. vanilla

Cook the first 4 ingredients as for pudding and cool well. Beat the eggs well and add 1 cup milk to the eggs. Add egg mixture to the pudding. Whip the cream slightly; add vanilla. Mix the cream and pudding well and freeze. Yield: 1 gallon.

Note: Milk should be whole milk. If heavy cream is used, try using a little less cream and more milk.

Margaret Weatherly, Happy Homes

Marshmallow Dessert

1/2 lb. marshmallows 1 can fruit cocktail, drained
1/2 c. milk 16 graham crackers, crushed
1 c. cream, whipped

Heat milk and marshmallows until they melt; cool. Put half of the cracker crumbs in a 9x13-inch cake pan. Cover with mixture of all the rest of the ingredients and top with remaining crumbs. Refrigerate overnight to set.

Mrs. Alice Martel, Sunshine

Mildred's Chocolate Sauce

1 sq. chocolate 2 T. corn syrup
1 T. butter 1 tsp. vanilla
1 c. sugar

Melt chocolate; add butter and 1/3 cup boiling water. Bring mixture to a boil and add sugar and white corn syrup. Boil for 3 to 5 minutes, very slowly. Add the vanilla and serve on ice cream.

LaVonne Anderson, Royal Corinne
Old-Style English Plum Pudding

1 c. sugar  4 c. sour milk or buttermilk
1 tsp. salt  1 pkg. currants (2 c.), washed
1 tsp. cinnamon  4 lb. raisins, washed
1 tsp. ginger  1/3 lg. btl. molasses (1 c.)
1/4 tsp. nutmeg  2 level tsp. baking soda, dissolved
1/4 tsp. cloves  in a little water
5 eggs  Flour
3 c. suet, cut in sm. pieces  3 rounded tsp. baking powder

Mix spices and salt with the sugar. Beat the eggs and add to sugar mixture. Mix all together, except flour and baking powder. Add the flour and baking powder. (Enough flour should be used to make a stiff dough, about as thick as bread dough.) With floured hands, mold the dough into the desired shape and size to fit into whatever kind of a covered mold you plan to steam it in. Leave about 3 or 4 inches at the top for expansion. Coffee cans or large baking powder cans with tight lids or covers can be used, or you can purchase molds for this purpose. Immerse the cans in a kettle of boiling water sufficient to cover the cans and let boil for 4 to 5 hours, depending on the size of pudding molds used.

The hot pudding should be sliced and served hot with a warm lemon butter sauce. Hot lemon Jello pudding sauce thinned down and with extra butter and lemon added works nicely.

This recipe makes 4, 5 or 6 puddings, depending on the size of the molds used. However, it can be wrapped in aluminum foil and frozen, then simply resteamed or reheated in the oven in an aluminum foil wrap when desired.

Mrs. B.J. McDonald,
Happy Homes

Ozark Pudding

1 egg  1 1/4 tsp. baking powder
3/4 c. brown sugar  1/4 tsp. salt
1 tsp. vanilla  1 c. coarsely-chopped apples
1/4 c. sifted flour  1/2 c. chopped nuts

Beat egg, sugar and vanilla until light and fluffy with electric mixer on high speed. Sift flour, baking powder and salt together; hand-blend into the sugar and egg mixture. Fold in chopped apples and nuts. Pour into well-buttered 8-inch pan. Bake about 25 minutes at 350°.

Serve with whipped cream or ice cream.
This recipe can be doubled.

Christine Wagner,
Bloom
Parisian Apple Crisp

2 lb. (4 lg.) tart cooking apples 1/2 c. butter, melted
1 1/3 c. sugar 3/4 tsp. vanilla
1 c. flour 1 c. unsweetened heavy cream,
1/4 tsp. ground cinnamon stiffly whipped
2/3 c. chopped pecans

Peel, core and cut apples in 1/2-inch lengthwise slices. Spread apples in a buttered, shallow 9-inch round baking dish (about 2 quart capacity). Combine sugar, flour and cinnamon; stir in pecans. Mix butter and vanilla; add to nut mixture, tossing with a fork to make a crumbly mixture. Sprinkle evenly over apples. Bake in a 400° oven for 30 to 40 minutes, or until richly browned and apples are tender. Serve with cream.

Elaine Burkett,
Sweet Sixteen

Peach Crisp

1 (30 oz.) can sliced peaches, drained 1/4 c. butter
1/2 c. sifted flour 1/2 tsp. cinnamon
1/2 c. brown sugar

Arrange peaches in the bottom of an 8x8x2-inch buttered pan. Blend sugar, flour and cinnamon; cut in butter until mixture resembles coarse crumbs. Sprinkle over peaches and bake in a 375° oven for 25 minutes, or until done. Yield: 6 servings.

Sue Schielke,
Happy Homes

Pineapple Crumb Dessert

1/2 lb. sugar wafers 2 eggs
1/2 c. sugar 2 1/2 c. crushed pineapple
1 c. sifted powdered sugar 1 c. whipping cream


Charlotte H. Hansen,
Holly
**Pineapple Fluff**

1 lb. vanilla wafers  
1/2 c. butter  
2 eggs  
2 c. powdered sugar  
1 c. crushed pineapple, drained  
1 pt. whipped cream

Crush wafers. Place half or more in pan. Cream powdered sugar and butter until smooth; add eggs. Spread over crushed wafers. Add the crushed pineapple to whipped cream. Place on top of sugar mixture. Spread rest of wafers on top. Chill.

*Marilyn Trautman, Wild Rose*

**Pistachio Chiffon**

2 lg. pkg. pistachio instant pudding  
2 pkg. ladyfingers  
1 lg. ctn. Cool Whip  
3 Heath bars, frozen  
3 c. milk

Whip pudding (dry mix) and milk for 2 minutes. Add 3/4 container Cool Whip; mix. Pour over one layer of ladyfingers in a 9x13-inch pan. Add another layer of ladyfingers. Top with remaining Cool Whip. Crush frozen Heath bars and sprinkle on top.

*Loverna Hofmann, Sunshine*

**Pumpkin Dessert**

32 marshmallows  
2 c. pumpkin  
1/2 c. milk  
1/2 c. sugar  
2 egg yolks  
1/4 tsp. cinnamon  
1/2 tsp. allspice  
2 egg whites  
2 c. Cool Whip

Melt marshmallows in pumpkin; cool. Mix milk, sugar and egg yolks; boil until it starts to thicken, and cool. After above is cooled, add cinnamon and allspice; beat. Add beaten egg whites and then fold in Cool Whip. Pour pumpkin mixture over the following crumbs:

2 1/2 c. graham crackers, crushed  
1/4 lb. melted butter

Mix together. Top pumpkin mixture with a few graham crackers.

*Lena Kirschenmann, Streeter Seniors*
Pumpkin Dessert

2 eggs
2 c. pumpkin
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. ginger
2/3 c. evaporated milk
3/4 c. sugar
1/2 tsp. vanilla

Beat eggs; add milk. Add rest of ingredients.

1 box yellow cake mix
1/2 c. butter
1 egg

Empty the cake mix in a bowl and take out 1 cup for topping. Add the butter and egg. Mix. Press in a 9x13-inch greased pan. Pour above mixture over crust.

TOPPING:
1 c. cake mix
1/4 c. brown sugar
1/4 c. cake mix
1/4 c. margarine
1 tsp. cinnamon

Mix. Sprinkle over filling. Bake at 350° for 40 to 50 minutes.

Mary Englund,
Homer

Refrigerator Cheesecake

16 double graham crackers
1/4 c. butter, melted
2 c. boiling water
1/4 tsp. vanilla
1 c. + 2 T. sugar
2 (3 oz.) pkg. lemon gelatin
1 (8 oz.) pkg. cream cheese
1 (14 1/2 oz.) can Carnation milk

Mix cracker crumbs, melted butter and 2 tablespoons sugar. Press 3/4 of this crumb mixture into a 10x14-inch pan. Dissolve gelatin in hot water; chill until thickened. In large bowl, cream cheese and 1 cup sugar. Add vanilla and blend. Add gelatin to cheese mixture and beat well. Whip milk, which has been chilled really well. Add to gelatin.

Pearl Olson,
Streeter Seniors
Rhubarb Crunch

2 c. quick oatmeal  4 c. diced rhubarb
1 c. margarine  2 c. water
1 1/2 c. flour  1 1/2 c. sugar
1 1/2 c. brown sugar  2 T. cornstarch
2 tsp. cinnamon

Mix oatmeal, margarine, brown sugar, cinnamon and flour together. Press half of mixture into a greased 8x13-inch glass cake pan. Save the rest of the mixture for the top. Now put the rhubarb in the cake pan on the mixture.

Bring water, sugar and cornstarch to a boil; boil for 2 minutes. Pour over rhubarb. Sprinkle remaining oatmeal mixture over filling. Bake at 350° for 30 to 35 minutes.

Annetta Schlecht, Streeter Merry Mixers; Vada Weber, Wild Rose

Rhubarb Crunch

1 c. flour  3 c. rhubarb
3/4 c. oatmeal  1 c. water
1 c. brown sugar  1 c. white sugar
1/2 tsp. cinnamon  2 T. cornstarch
1/4 c. butter  Red coloring (opt.)

Make the first 5 ingredients into crumbs. Press 3/4 of this mixture into a pan and cover with rhubarb. Boil the water and add white sugar mixed with cornstarch. Add red coloring (optional). Spread over rhubarb and sprinkle with a few of the crumbs (1/4 cup). Bake at 350° until brown and rhubarb is soft.

Mable Koehn, Happy Homes

Rhubarb Dumplings

2 T. butter  1/2 c. white sugar
2 c. diced rhubarb  1/2 tsp. cinnamon
Dash of salt  1 1/2 c. boiling water

Simmer above for 5 minutes. Make Bisquick dumplings. Drop by teaspoon and cook, uncovered, for 5 minutes, or until done.

Nellie Jaff, Wild Rose
Rhubarb Shortcake

1 c. sugar 1 c. flour
Pinch of salt 1/2 c. milk
1 egg 1 1/2 tsp. baking powder

Mix in order given and place in pan.

2 c. rhubarb, cut in pieces  Butter
3/4 c. sugar

Mix rhubarb pieces with sugar. Place on top of batter. Dot with butter. Bake in a 350° oven for 35 to 40 minutes.

Mrs. Alice Martel,
Sunshine

Sherbet Dessert

1 can mandarin oranges 1 c. hot water
1 can pineapple chunks 1 pt. orange sherbet
1 angel food cake, broken up 1 pkg. Dream Whip
1 pkg. orange Jello

Dissolve Jello in hot water. When dissolved, add sherbet and let dissolve. Add oranges and pineapple. Refrigerate (don't let it get too thick) while you whip the Dream Whip. Fold Dream Whip into first mixture. Alternate with angel food cake in a 9x13-inch pan. Chill. This freezes well too.

Ruby Herman,
Homer

Strawberry Dessert

1 pkg. Danish dessert (strawberry) 1 ctn. Cool Whip
1 sm. pkg. vanilla pudding, cooked 2 sm. pkg. frozen strawberries

Chop 1 package strawberries in the blender; add this to the vanilla pudding and cook. Cool. Cook Danish dessert as pudding directs. Cool. Mix both together; add strawberries and Cool Whip. Refrigerate.

Debbie Ova,
Diapers to Daisies
Strawberry Pie or Dessert

CRUST:
1/4 c. sugar
1/4 c. soft margarine
1 1/4 c. graham cracker crumbs

Mix and put into a 10-inch pie pan or a 9x13-inch pan. Bake 8 minutes. Cool.

FILLING:
1 c. powdered sugar
1 can strawberry pie filling
1 (8 oz.) pkg. cream cheese
2 (1 1/2 oz.) pkg. whipped topping mix

Blend softened cream cheese and powdered sugar together. Whip topping mix according to directions. Blend cream cheese mixture and whipped cream together. Gently fold in strawberry pie filling, only until marbleized. Refrigerate 8 to 10 hours.

Note: Do not use Cool Whip.

Annetta Schlecht,
Merry Mixers
Ethnic Foods

Irene Hoggart
General Food Hints

• An apple cut in half and placed in the cake box will keep cake fresh several days longer.
• To keep hard cheese fresh, cover with cloth moistened in vinegar; or grate the cheese and store in a tightly covered jar in the refrigerator.
• To keep sour cream fresh longer, store upside down in the refrigerator so that air cannot enter the container.
• Fresh tomatoes keep longer if stored in the refrigerator with stems down.
• Parsley will keep a long time in the refrigerator if, after washing it, you place it in a covered jar while still slightly damp.
• If soup is too salty, place a piece of raw potato in cooking pot to absorb the salty taste. If soup is too greasy, drop a lettuce leaf in pot. When grease has been absorbed, remove lettuce.
• Citrus fruit yields nearly twice the amount of juice if it is dropped into hot water a few minutes or rolled beneath your hand before squeezing.
• To peel a tomato easily, spear it with a kitchen fork and plunge it into boiling water 30 seconds. The skin will slide right off.
• Tomatoes cut vertically “bleed” less.
• Before measuring syrup, jelly, molasses, honey or other sticky substances, grease the measuring cup.
• To ignite alcohol, brandy, rum, etc., you must first heat it gently to allow the alcohol vapors to rise. If you boil the liquid, the alcohol will evaporate and never ignite.
• Before using the pulp of citrus fruits, grate the peel, being careful not to include the bitter-tasting inner white rind. Place in a tightly covered container and freeze until needed.
• For a ready supply of bread crumbs, save the heels from all your bread plus any stale bread. Place in a plastic bag and freeze until needed. Make crumbs by putting the frozen slices in a blender or food processor. You can also make crumbs first, then freeze for use in any recipe calling for fresh crumbs.
• Fried or baked chicken is especially delicious when it has first been marinated in the refrigerator overnight in buttermilk, sour milk, or sour cream.
• To keep honey from clinging to inside of measuring cup, first coat inside of cup with oil.
• You can get more juice from a dried-up lemon if you heat it for five minutes in boiling water before you squeeze it.
• When making cracker crumbs, put the crackers in a clear bag and use the rolling pin to crush them. This doesn’t make a mess on the counter or the rolling pin and the crumbs can be easily poured from the bag into a measuring cup. Then shake the bag out and save it to be used again.
Ethnic Foods

Bavarian

Wiener Supper

| 1 lb. wieners, cut up | 2 c. sauerkraut |
| 1 can mushroom soup | 4 c. cooked diced potatoes |
| 1/2 c. mayonnaise | |

Cook the sauerkraut a little and drain. Put all in a casserole and top with the following mixture:

| 1/2 c. buttered bread crumbs | 1/4 tsp. paprika |

Bake at 350° for 30 minutes.

Wanda Mogck, Willing Workers

Bohemian

Hoska

(Bohemian Braid)

| 1/2 c. warm water | 1/2 c. shortening |
| 2 pkg. yeast | About 7 to 7 1/2 c. flour |
| 1 1/2 c. lukewarm milk | 1 c. blanched almonds |
| 1/2 c. sugar | 2 c. raisins |
| 2 tsp. salt | 2 T. lemon rind |
| 2 eggs | |

Mix water and yeast, then add the rest of the ingredients and half the flour. Mix the almonds, raisins and lemon rind in. Now add the rest of the flour, as needed. Knead until smooth. Let rise until double. Divide in 2 portions and make 2 braids. Let rise until double. Bake at 350° until done.

Judith Bear, Buchanan
Plum Dumplings

2 c. sifted flour  
2 oz. butter  
1 egg yolk  
1 egg

Add milk or cream to make a stiff dough. Roll out to about 1/4-inch thick and cut in squares. Put a purple, pitted plum on the dough, then pinch shut. Put in boiling water for 10 to 15 minutes, covered. Take out of the water and put in a bowl. Pour melted butter over them.

Judith Bear, Buchanan

Chinese

Wok Chicken and Vegetables

1 whole chicken breast, skinned, boned & cut in cubes  
1/2 tsp. salt  
1/8 tsp. white pepper  
2 tsp. cornstarch  
2 T. oil  
1 thin slice ginger root, minced

1 c. button mushrooms  
1/2 c. green onions, chopped  
1 can sliced water chestnuts  
1/2 c. celery, chopped  
1/2 green pepper, cut in 1 1/2" strips  
2 tsp. cornstarch  
2 T. chicken broth

Mix salt, pepper and cornstarch; add chicken cubes and toss to coat. Heat oil in wok until very hot. Add ginger root and stir-fry for 1/2 minute. Add chicken and stir-fry until all traces of pink have disappeared. Remove chicken from pan. Add vegetables and stir-fry for 1 1/2 minutes. Return chicken to pan. Add cornstarch mixture and stir until thickened. Serve immediately.

Marge Nething, Holly

Take time to LAUGH.  
It is music of the soul.
Czechoslovakian

Kolache
(Ko-latch-ee)

1 1/2 lb. prunes 1 tsp. cinnamon
1/2 lb. apricots A sprinkle of cloves, to taste
1/2 c. sugar 1 tsp. lemon juice

Use sweet roll dough for the outside. Cook and grind the prunes and apricots; stir in the rest of the ingredients. Now roll the dough 1/8-inch thick. Cut in 3-inch squares. Place a spoonful of filling on each. Fold corners to center, pinch together tightly. Put on a greased pan and let rise until nearly double. Bake at 375° for 20 minutes.

Judith Bear, Buchanan

Denmark

Danish Cookies

1 c. flour 1/2 c. shortening
1/3 c. sugar 1/2 c. nuts
1 egg

Cream sugar and shortening; add egg yolk and beat well. Work in the flour. Shape in 24 balls. Dip each ball into beaten egg whites and then roll in nutmeats. Place on an oiled cookie sheet and flatten slightly with the bottom of a glass.

Remove from oven and with a glass smaller than the cookie, press the center in. Return to the oven and bake about 10 minutes longer. When baked and partially cooled, fill center with red jam or marmalade.

Baking time is 15 minutes at 325°.

Agnes Reardon, Medina
Danish Dumplings

1 c. water
1/2 c. butter
1 c. flour
3 eggs

Bring to a boil the water and butter; add flour. Cool some, then add 1 egg at a time. Drop by teaspoon into boiling soup. Cover and cook for 3 to 5 minutes.

Darlene Michel, Klose

Danish Pastry Apple Bars

2 1/2 c. sifted flour
1 tsp. salt
1 c. shortening
1 egg yolk
1 c. corn flakes
8 to 10 apples, peeled & sliced (about 8 c.)
3/4 to 1 c. sugar
1 tsp. cinnamon
1 egg white

Combine flour and salt; cut in shortening. Beat yolk in measuring cup and add enough milk to make 2/3 cup liquid. Mix and stir into flour mixture.

On floured surface, roll half of the dough to 12x17 inches. Fit in a 10 1/2 x 15 1/2-inch baking pan and up the sides. Sprinkle with corn flakes. Top with apples. Combine sugar and cinnamon; sprinkle on. Now roll remaining dough to 10 1/2 x 15 1/2-inch. Place over apples. Seal edges. Cut slits on top. Beat egg white until frothy; brush on crust. Bake in a 375° oven for 50 minutes, until light golden.

Combine the following:
1 c. powdered sugar
3 to 4 tsp. milk

Drizzle on warm bars. Yield: 3 dozen.

Marjorie Lange, Happy Homes, Eldridge

Try to fix the mistakes - never the blame.
Finland

Potica Cake

1 c. margarine 2 1/2 c. flour
1/2 c. milk 1/4 tsp. salt
2 pkg. dry yeast 2 T. sugar
1/4 c. warm water 3 egg yolks

Melt and cool the margarine and milk. Mix yeast in the water. Sift flour, salt and sugar. Stir egg yolks into milk mixture and add to dry ingredients, a little at a time. Add yeast mixture and refrigerate overnight.

FILLING:
1 c. ground nuts
1/2 c. chopped dates
1/4 c. milk
3 T. sugar
3 egg whites, stiffly beaten
1 tsp. cinnamon
1 c. sugar

Mix dates, milk and sugar to a paste over heat; cool. Beat egg whites until stiff, gradually adding sugar. Fold in date mixture.

Roll half of the dough into 20-inch square. Spread half of the filling over dough and roll as for jellyroll. Put in well-greased angel food pan. Repeat with remainder. Place on top of first roll in pan. Bake at 350° for 1 hour.

LaVerne Horsted, Buchanan

Pannuakka
(Finish Pancake)

4 eggs 1 c. milk
1/4 c. honey 3/4 tsp. salt
1 c. flour 1/3 c. butter

Put butter in a 9x13-inch pan in 425° oven. With mixer, beat eggs, honey and salt; add milk, then flour. Mix until blended. Pour batter slowly into pan with melted butter. Bake 20 to 25 minutes, until brown.

Marian Klose, Klose
**French**

**Potage Chamonix**

1 c. leftover chicken  
2 T. blanched almonds  
3 egg yolks, hard-boiled  
2 c. chicken broth  
2 c. water  
1/4 c. heavy cream  
1/2 tsp. salt  
1/4 tsp. pepper  
4 slices French bread, fried in butter


*Leona Klose, Klose*

**German**

**Cornmeal Fried Mush**

2 c. yellow cornmeal  
3 c. boiling water  
1 tsp. salt  
2 T. shortening or oil

Bring water and salt to a boil; stir in cornmeal, stirring vigorously so that cornmeal will not lump. Cook 10 minutes. While hot, pour into a pan or mold which has been rinsed in cold water. Cool until firm. Remove from mold and cut in 1/4-inch slices. Heat the shortening in frying pan; add sliced cornmeal and fry slowly, browning both sides. Serve with honey or syrup.

I also use other cereals made as directed on the package, such as Malt-O-Meal and Ralston, and serve with Homemade Syrup.

**HOMEMADE SYRUP:**

2 c. brown sugar  
2 c. water  
1/2 tsp. maple flavoring

Boil brown sugar and water for 10 minutes; add maple flavoring.

*Marian Klose, Klose*
German Pancakes

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


TOPPING (PAN-GLAZED CINNAMON-APPLE SLICES):
2 T. butter  2 T. sugar
2 apples, peeled & sliced  1/2 tsp. cinnamon

Melt butter in frypan. Add apples. Sprinkle with cinnamon and sugar. Cook slowly over low heat, stirring occasionally, until glazed and tender. Bethyl Lueck, Holly

Old-Fashioned Potato Pancakes

3 good-sized potatoes, coarsely grated  1/2 tsp. salt
1 egg, slightly beaten  1 T. sugar
1/2 c. flour

Stir together the grated potatoes and the other ingredients. Heat iron frying pan to 375°. Cover bottom of pan with shortening and ladle potato mixture (1/2 to 2/3 cup) into pan, spreading thinly. Fry until golden brown on both sides. Put on warm platter and sprinkle with sugar. Serve warm. Frieda Craft, Spiritwood

The trouble with being a mother is that by the time you’re experienced, you’re unemployed.
German Cakes, Cookies & Doughnuts

Fet Kucha
(Lard Doughnuts)

3 eggs
1 1/2 c. sugar
1 c. rich milk
1 tsp. baking soda
1 T. cream of tartar
2 T. lard
Flour, to roll

Mix ingredients. Roll dough and cut with doughnut cutter. Drop in hot lard for a few minutes, until brown. Roll in powdered sugar after they are drained.

Mrs. Lawrence Johnson,
Wild Rose

Grandma Dammel's Crackling Cookies

1 1/2 c. cracklings, ground
1 c. peanuts, crushed
3 eggs, beaten
1 1/2 c. brown sugar
1 c. raisins
1 tsp. cinnamon
1 tsp. baking soda

Mix in enough flour to make a soft dough. Bake in 350° oven until done. Note: Cracklings are the crisp remains of rendered pork lard.

Mrs. Elaine Martel,
Medina

German Kisses

1 c. sugar
1 c. shortening
1 rounded tsp. baking ammonia
(buy at drug counter)
1/4 c. milk or cream
2 c. flour
1/2 tsp. salt
1 tsp. vanilla
1/2 c. chopped nuts

Cream shortening and sugar; add baking ammonia, dissolved in about 1/4 cup milk or cream. Add flour, salt, vanilla and nuts; mix well. It will be stiff. Form into balls and bake in a 300° to 320° oven for about 20 minutes.

Mrs. Magda Albin,
Spiritwood
Icicles

2 pkg. dry yeast
1 tsp. salt
4 eggs
1 c. sour cream
1 c. shortening
1 tsp. vanilla
1 c. warm water
Flour

Soak yeast and salt in warm water; add eggs, sour cream, shortening, vanilla and enough flour to make a stiff dough. Put a rag in cold water for 1/2 hour. Roll out in sugar. Cut in squares and bake until golden brown.

Laverna Hofmann,
Sunshine

Lebkuchen

1/2 c. honey
1/2 c. dark molasses
3 rounded T. lard
1 egg
3/4 c. brown sugar
3 c. flour
1 1/4 tsp. nutmeg
1 1/4 tsp. cinnamon
1 1/4 tsp. allspice
1/2 tsp. cloves
1/2 tsp. baking soda
1/2 c. slivered almonds
1/2 c. chopped mixed candied fruits & peels

Heat almost to a boil the honey, molasses and lard; cool to warm. Beat egg; add brown sugar and beat until fluffy. Stir in honey and molasses mixture. Sift together the dry ingredients; add to first mixture and mix well. Stir in nuts and fruits. Chill several hours, or overnight.

On a floured surface, roll half portion of dough to about 1/4-inch thick. Cut in 3 1/2 x 2-inch rectangles or diamond shapes. Bake on a greased cookie sheet at 350° for about 12 minutes. While still warm, top with glaze.

GLAZE:
1 slightly-beaten egg white
1 T. lemon juice
1/2 tsp. grated lemon peel
Dash of salt
1 1/2 c. sifted powdered sugar

Combine.

Ivy Klose,
Klose
Molasses Cookies

1 c. molasses
1 c. lard
3/4 c. sugar
2 eggs
3/4 c. sour milk
2 tsp. baking soda

1/2 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. cloves
Pinch of salt
Flour, to roll

Cream together the fat and sugar; add eggs. Beat. Add molasses. Sift together the flour, baking soda, spices and salt; add to creamed mixture alternately with sour milk. Roll to 1/4-inch and cut in rounds. Bake at 350° for about 15 minutes. Frost if you like.

Erna Nannega,
Spiritwood

Pfefferneusse
(Almond Nuts)

2 c. sugar
1 1/2 c. honey
1 1/2 c. black coffee
1 c. lard
2 eggs, beaten
2 tsp. anise oil

10 c. flour
1 tsp. black pepper
2 tsp. cinnamon
2 tsp. nutmeg
2 tsp. baking powder
3 tsp. baking soda

Bring honey and sugar to a boil, then cool. In mixer, cream the lard. Add eggs; beat well. Add cooled honey and black coffee. Sift together the dry ingredients and add to first mixture along with anise oil or 3 to 4 teaspoons anise extract. Chill dough thoroughly. Shape into balls the size of a small walnut. Bake approximately 10 minutes at 350°. Roll in powdered sugar while warm.

These are much better if they're made about 3 weeks before Christmas.

This is my mother's old recipe. It calls for lard and that is what I still use for this recipe. I make a half batch, the ingredients are easy to use half portions.

Ivy Klose,
Klose
Pfefferneusse Cookies

3 c. brown Karo syrup  2 tsp. baking powder
1 1/2 c. strong coffee  2 tsp. baking soda
3 c. sugar  2 tsp. pepper
1 c. shortening  1 tsp. cloves
6 eggs  2 tsp. star of anise
1 tsp. nutmeg  Flour
1 tsp. cinnamon

Mix syrup, coffee, sugar and shortening; bring to a boil, then cool. Add all other ingredients with enough flour to make stiff dough. Cool overnight. Roll into walnut-sized pieces and bake. Roll in powdered sugar.

Rosella Dewald, Streeter Seniors

Peppernuts

1/2 c. shortening  1 tsp. baking powder
1 1/2 c. sugar  1/2 tsp. nutmeg
1 1/2 c. honey  1/2 tsp. cinnamon
3 eggs  1 1/2 tsp. baking soda
1/2 tsp. anise flavoring  1/2 tsp. pepper
1/2 tsp. allspice  1/2 tsp. salt
About 8 c. flour  1 c. coffee


Mrs. Erma Dockter (Lawrence), Merry Mixers

Pumpkin Blahchindy

3 c. flour  4 c. pumpkin
3 tsp. baking powder  3/4 c. sugar
3 tsp. sugar  1/2 tsp. salt
1 tsp. salt  1 tsp. cinnamon
1/2 c. shortening  1/2 tsp. allspice
1 egg  1/4 tsp. cloves
1 c. milk

Sift together the first 4 ingredients; cut in shortening. Add egg and milk. Roll out half of the dough for a 10x15-inch pan. Pour in pumpkin mix. Roll out other half of dough and cut slits in it. Place on top and seal.

Onion Blahchindy: Sauté 1 medium onion, sliced, thin, in cooking oil until clear. Add to 4 cups pumpkin with salt and white pepper. Do not add sugar or spice.

Ruth Guenther, Kensal
Sauerkraut Cake
(106 Years Old)

2/3 c. butter
3 eggs, beaten
1 tsp. vanilla
1 c. water
2/3 c. sauerkraut
1 1/2 c. sugar
2 1/4 c. flour
1/2 c. cocoa
1 tsp. baking soda
1 tsp. baking powder
1/4 tsp. salt

Cream butter and sugar; add eggs and vanilla. Beat until light. Sift flour, baking powder, baking soda, salt and cocoa together; add alternately with water, beating well after each addition. Add kraut, mixing well. Pour batter into 2 greased and floured round, or 9x13-inch tins. Bake in preheated 350° oven until center springs back when pressed lightly. Serve warm with whipped cream or ice cream, or frost with powdered sugar icing.

Mrs. Leroy Diesem,
Spiritwood

Kuchen

Coffeecake

1 c. warm water
2 T. yeast
1 tsp. sugar
1 1/2 c. milk, scalded
2/3 c. shortening
3 beaten eggs
2 tsp. salt
2/3 c. sugar
4 to 5 c. flour, approx.

Combine the first 3 ingredients; let stand 10 minutes. Scald milk; add shortening and cool to lukewarm. Add beaten eggs, salt, sugar and yeast to milk mixture, beating well. Add flour to make soft dough. Let rise until double. Punch down and divide into approximately 10 portions. Roll each portion to fit a pie tin.

TOPPING:
1/4 c. sugar
2 level T. flour
3 eggs
2 c. sour cream

Mix in a saucepan and bring to a boil, stirring frequently. Put a few pieces of fruit on the dough in the pie pans; add some custard, then put more fruit on top. Sprinkle with sugar and cinnamon. Bake at 350° for 25 to 30 minutes, or until nicely browned and custard is set.

Katie Bietz,
Bloom
German Kucka

DOUGH:
4 c. hot water
4 tsp. salt
1 c. sugar
1 1/2 c. lard
4 pkg. yeast
4 eggs, beaten

Mix water, salt, sugar and lard; stir. Let cool. Add yeast, which has been dissolved in 1/2 cup warm water. Add beaten eggs and 14 to 16 cups flour. Knead to soft dough. Let rise. Punch down once or twice.

TOPPING PUDDING:
10 eggs, beaten
8 c. cream
4 c. sugar
1 c. flour
Any kind of fruit or dry cheese curds
1 c. sugar
1 T. cinnamon


Let dough rise for about 1 hour; punch down. Shape into 20 even portions and let rest on counter. Roll each portion to fit an 8-inch pie tin. Line tin with dough and prick with a fork.

Put on a layer of fruit or cheese, about 1/2 cup. Spread on topping-pudding evenly over fruit, about 1/2 cup. Sprinkle with sugar and cinnamon mixture. Let rise in pan until double. Bake at 375° for 20 to 25 minutes, until golden brown and pudding is set. Serve warm or cold.

They may be frozen.

Lillian M. Schlecht, Sunshine

German Kuchen Dough

2 c. sugar
1 c. oil
5 eggs, well beaten
5 pkg. yeast
6 c. milk
2 T. salt
1 c. Carnation evaporated milk
About 20 c. flour

Bring milk to a boil; cool. Add yeast and sugar; mix well. Leave until yeast bubbles on top. Add oil, salt, evaporated milk and enough flour to stir into a cake-like batter. Beat hard or with an electric mixer for about 2 minutes. Add remaining flour, a small amount at a time, beating well after each addition. (Use enough flour to make a very soft dough.) Let rise for 1/2 hour. Knead down. Let rise to double in bulk. Roll small amounts to fit into pie tins and top with your favorite topping. Yield: about 25 to 28 kuchen.

Vera Heupel, Sunshine
**Kuchen**

**CRUST:**
- 1 pkg. yeast
- 1/2 c. sugar
- 1 tsp. salt
- 2 c. warm milk
- 2 eggs, well beaten
- 1/2 c. shortening

Dissolve yeast in warm milk; add rest of ingredients and enough flour for a soft dough. Let rise until double its size. Knead down. Let rise again. Roll 1/4-inch thick and put in pie pans.

**FILLING:**
- 2 c. sweet cream
- 2 eggs, beaten
- 1/2 c. sugar
- 2 T. flour

Cook until thick. Put fruit (apples, prunes, raisins or rhubarb) or cottage cheese on Kuchen. Spread with filling and sprinkle with cinnamon. Bake in a moderate oven for 15 to 20 minutes.

Leftover dough can be used for buns.

*Ruby Herman, Homer*

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**Kuchen**

- 1 c. mashed potatoes
- 2 pkg. dry yeast
- 1 c. water
- 1 c. milk
- 3/4 c. sugar
- 1 tsp. salt
- 1/2 c. shortening
- 2 eggs
- 1 tsp. vanilla
- 7 c. flour

Scald milk; add shortening, salt, sugar and water. When warm, add other ingredients. Grease, cover and let rise once. Knead again. When it rises the second time, roll dough to fit pie pans. Fill with custard. Bake about 20 minutes in a 350° oven.

**CUSTARD:**
- 1 qt. cream or half & half
- 1 c. sugar
- 6 eggs
- 1/3 c. flour
- Dash of salt

Mix thoroughly, then simmer slowly to thicken. Add any cooked or dried fruit to rolled-out dough. Add custard and bake.

*Rachel Moser, Medina*
**Kuchen and Topping**

2 pkg. yeast  
1/2 c. warm water  
1 tsp. sugar  
2 eggs, beaten  
2 c. water  
1 c. sugar  
3/4 c. mashed potatoes  
3/4 c. shortening  
1 1/2 tsp. salt  
8 to 10 c. flour

Dissolve yeast in warm water with 1 teaspoon sugar. Boil potato (save water); mash potato and add shortening and sugar. Add water, eggs and salt. Add yeast mixture and flour, 2 cups at a time.

**Topping:**

2 c. cream  
2 eggs  
1 c. sugar  
3 T. cornstarch  
1 c. milk

Mix eggs and sugar; add cornstarch, milk and cream. Bring to a boil.

*Doris Dockter,  
Merry Mixers*

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**No-Cream Kuchen Filling**

1 c. water  
1/2 c. oil  
1/2 c. sugar  
3 eggs  
1 c. Carnation milk  
1/4 c. flour  
1/2 c. sugar  
1 tsp. salt


**Crumb Topping for Kuchen:**

1 c. flour  
1/2 c. butter  
1 c. sugar

Mix by hand. Put over fruit and filling. Sprinkle cinnamon on top and bake.

*Emma Bitterman,  
Buchanan*
Main Dishes & Vegetables
(German)

Deutschmansk
(Cabbage Rolls)

1 head cabbage
1 lb. hamburger
3/4 c. rice
Salt & pepper, to taste
Onion, chopped fine
Catsup

Carefully remove cabbage leaves from head. Steam leaves until tender; set aside. Cook rice. Mix with hamburger, salt, pepper and onion. Place a serving of hamburger mixture in the center of a cabbage leaf. Fold the leaf around hamburger mixture. Place in a heavy skillet with a little water. Top the cabbage rolls with catsup. Simmer for 2 hours.

Linda Szarkowski,
Innkeepers

Cheese Dumplings or Kase Nepfia

DOUGH:
2 c. flour
1/2 c. water
2 eggs
Dash of salt

Mix ingredients, preferably 1 hour ahead. Roll out dough and cut in squares, approximately 4 inches square.

FILLING:
1 lb. cottage cheese
1 onion, cut up fine
1 egg
Salt & pepper
Parsley (opt.)

Place a spoon of filling on each square; fold and seal tightly. Place in boiling water (3 quarts seasoned with salt) and cook slowly until they float. Either fry in butter with onion or fry onion in butter and pour over the dumplings.

Mrs. Victor Van Erem,
Spiritwood
Dumplings

2 pkg. dry yeast  10 to 12 c. flour
1/2 c. warm water  1 tsp. sugar
1/3 c. sugar  1/3 c. shortening
2 tsp. salt  2 c. hot scalded milk

Soften yeast in warm water with 1 teaspoon sugar. Combine to yeast the sugar, melted shortening, salt and 1 1/2 cups warm water; mix well. Gradually add flour to form a stiff dough. Knead until smooth and satiny. Let rise until double in size, about 2 hours.

Punch down and turn upside-down in a bowl. Let rise about 30 minutes. Cut in small portion-sized balls and let rise for 30 minutes.

Heat about 1 quart water in large kettle; add 1/2 cup shortening, onions, salt and pepper to taste. Add potatoes, cut in small squares. Bring to a boil. Add dumplings on top of potatoes. Turn on medium heat. Cover kettle and do not uncover until done, about 40 minutes.

This makes a large batch. Serve with chicken and gravy.

Madelyn Hoffer,
Merry Mixers

Fleisch Kueckle

DOUGH:
3 c. flour  Equal amounts of milk, cream & water
1 tsp. salt
2 eggs

FILLING:
3 c. pork, ground  1 c. beef, ground
1 onion, chopped  Salt & pepper, to taste

Mix dough ingredients well to make soft dough. Divide into small balls the size of eggs. Roll each individually and spread half with meat mixture. Fold dough over, then seal edges and fry in deep fat. To keep warm, put in roaster in warm oven.

Note: I use all beef in the filling.

Mrs. Arthur G. Opp,
Sunshine
**Fried Tomatoes**

Use real young, green-skinned tomatoes, usually smaller ones, sliced 1/4-inch thick. Also use one large onion, sliced. In a heavy frypan, heat a mixture of butter and oil (not deep); add tomatoes and onion. Sprinkle with salt and pepper. Cook on medium heat and stir occasionally to prevent scorching. When nearly soft, sprinkle with sugar and 1/2 cup toasted bread cubes. Taste. Add more salt, pepper and sugar, if needed. When tomatoes are soft, put in serving dish and sprinkle with toasted bread cubes and a parsley sprig or two.

*Leona Klose, Klose*

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**German-Fried Pepper and Onion**

1 lg. onion, peeled
1/4 c. butter or margarine
1 pepper, seeded & stemmed

Melt butter; add sliced onion and pepper. Cook slowly until tender. Use slotted spoon to remove vegetables. Yield: 2 servings.

*Dorene Zinke, Homer*

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**Hot German Potato Salad**

10 potatoes, cooked with jackets
1/2 sm. head cabbage
1 onion
1/2 c. sugar
1 c. water
1/2 c. cooking oil
1/2 c. vinegar
Salt & pepper, to taste

Slice cabbage, scald with hot water. Put oil in kettle; add onion and cook until transparent. Add sugar, vinegar, water, drained cabbage, salt and pepper. Cook until cabbage is done. Add cooked, sliced potatoes and heat through.

*Lydia Schumacher, Streeter Seniors*
Kas Knepfla or Cheese Buttons

3 c. flour 2 eggs
1 tsp. salt 1/2 c. water

FILLING:
2 lb. cottage cheese 3 eggs
1 tsp. salt 1/4 tsp. pepper

Mix the flour, 1 teaspoon salt, 2 eggs and water into a firm dough. Divide dough in 4 equal parts. Roll like pie crust. Cut each in 16 to 20 squares. Put a heaping teaspoonful of the Cheese Filling into each square. Press edges together and seal. Boil, a few at a time, for about 5 minutes in 2 quarts water. Drain. Fry in butter after boiling in water.

Edna Buck,
Merry Mixers

Knepfla

2 to 3 potatoes 1 3/4 c. water
1 tsp. salt 1 tsp. salt
3 1/2 c. flour 1 egg (may be added)

Peel and cut potatoes in cubes. Put in pan with 1 teaspoon salt and water to cover. Boil until tender. While potatoes are cooking, make dough of water, salt, egg and flour. Mix by hand and form into small rolls. Snip small pieces with scissors and drop into potatoes. Steam until done.

Doris Dockter,
Merry Mixers

Potato Dumplings

3 lb. potatoes (9 med.) 1 1/2 tsp. salt
3 egg yolks, beaten 1/4 tsp. grated nutmeg
3 T. cornstarch 1 c. toasted or fried bread cubes
3 T. raw farina or cream of wheat Flour, to make med. dough
1/2 tsp. pepper

Mash boiled potatoes; add egg yolks, cornstarch, cereal, pepper, salt and nutmeg. Beat well. Shape in dumplings. Place a few bread cubes in the center of each. Roll each dumpling in flour. Cook in boiling, salted water for 15 to 20 minutes. Yield: 12 dumplings.

Note: Try one first; if too soft, add more flour.

Erna Nannega,
Spiritwood
Sauerbraten
(Roast)

3 lb. beef roast
2 sliced onions
1 carrot, sliced
1 stalk celery, diced
4 cloves
4 peppercorns
1/2 pt. red wine vinegar
2 bay leaves
6 T. butter
3 T. flour
1 T. sugar
5 gingersnaps, crushed

Place meat in glass pan. Combine onions, carrot, celery, cloves, peppercorns, vinegar, bay leaves and water to cover meat. Cover and put in refrigerator overnight. Drain meat and reserve liquid. Brown in fat and 1 tablespoon butter on all sides. Add marinade liquid and bring to a boil. Lower heat and let simmer 3 hours.

Melt remaining 5 tablespoons butter; stir in flour and add sugar. Blend and brown. Add to meat. Continue to cook until meat is tender, 1 hour. Remove meat. Stir crushed gingersnaps into juices and cook until thickened. Pour over meat. Serve with Potato Dumplings and Pommard Burgundy.

Erna Nannega,
Spiritwood

Strudel (German)

Strudel

1/2 pkg. yeast
1/2 c. warm water
1/2 tsp. salt
1 egg
Flour

Mix ingredients and add enough flour to make a stiff dough. Let rise about 1 hour. Divide in 4 portions. Roll out about 1/4-inch thick. Spread shortening on one side of dough. Stretch as thin as possible. Then roll up like a jellyroll. Cut in 2 1/2-inch strips. Place in a kettle with potatoes and cook about 30 minutes. Do not remove during cooking.

For variety, I sometimes add sauerkraut before I roll up the dough.

Madelyn Hoffer,
Merry Mixers
Strudels

1/2 pkg. yeast 1 egg
1/2 tsp. salt 1/2 c. warm water
1 tsp. sugar 2 to 3 c. flour

Combine yeast, water, salt, sugar and egg; mix flour into yeast mixture to make a soft, workable dough. Let dough rise for about 1 hour. Divide dough in 4 portions. Roll out. Spread shortening on one side and carefully stretch dough. Roll up like jellyroll.

Cut in 2-inch pieces and place into the following:

2 c. boiling water 1 tsp. salt
1/2 c. lard or oil Dash of pepper
1 c. chopped onion

Cook until done, about 20 minutes. Do not remove cover.

Darlene Michel, Klose

Strudla

4 c. flour 1 tsp. salt
1 tsp. baking powder 1 1/2 c. warm milk
Cinnamon

Mix until stiff. Take amount of dough and roll out. Spread with melted fat or oil. Sprinkle with cinnamon. Roll up jellyroll-fashion and put in boiling water for 20 minutes.

Mrs. Lawrence (Erma) Dockter, Merry Mixers

Head Cheese & Pigs Feet (German)

Head Cheese
(From Mother's Kitchen)

1 hog's head Salt & pepper
1 hog's tongue Sage

Clean and scrape the hog's head and wash thoroughly. Cover head and tongue with slightly-salted water and simmer until meat falls from bones. Drain meat; shred and season. Pack tightly in a bowl (three 5-pound stone butter crocks). Cover and weight it down. Let stand 3 days in a cold place. Slice. Yield: 6 to 8 pounds.

Frieda Craft, Spiritwood
Head Cheese Spread

Cut meat off hog's head, leaving some fat on meat. Cut into chunks that will fit into a grinder. Cover with water, slightly salted, and boil. When almost tender, add liver, cut in chunks. (Use as much liver as you prefer.) When tender, remove meat with slotted spoon. Cool; reserve liquid. Grind through a meat grinder. Put meat in a heavy kettle or roaster. Add some of the liquid and start to cook.

German Version: Peel several onions and garlic. Put a cup of liquid in the blender and add the cut-up garlic; blend. Add onions and blend. (Onions can also be ground with the meat.) Add to meat with salt and pepper to taste. When meat is bubbling, add oatmeal to thicken. (The oatmeal will absorb fat.) Slowly cook for 15 to 20 minutes. Be careful not to scorch it.

My husband's mother is French. She omits the garlic and adds cinnamon and cloves, which is very good too. I put this in cottage cheese containers and freeze it. It can be put in a frying pan and warmed up, or spread on toast or crackers cold. Keep refrigerated.

Ivy Klose, Klose

Pickled Pigs Feet or Ham Hocks

Pig's feet or ham hocks  Vinegar
Water  Spices (opt.)
Salt

Boil the pig's feet or ham hocks in a kettle or pressure cooker until done. Make a brine of water, vinegar and salt, to your taste. Bring to a boil. Pour over the pig's feet or ham hocks. Let set several hours, or overnight, before eating.

Mrs. Walter (Dagny) Trautman, Wild Rose

Any housewife, no matter how large her family, can always get some time alone by doing the dishes.
### Garden Borsch

2 T. salad oil  
2 med. celery stalks, thinly sliced  
2 med. carrots, thinly sliced  
1 med. onion, diced  
1 1/2 lb. beets, peeled & coarsely shredded  
2 med. tomatoes, diced  
1 (6 oz.) can tomato paste  
2 beef-flavor bouillon cubes  
8 c. water  
1/4 c. cider vinegar  
3 T. sugar  
1 T. salt  
1 (8 oz.) ctn. sour cream (1 c.)

Prepare about 2 hours before serving or early in the day.

In an 8-quart Dutch oven or saucepot over medium heat in hot salad oil, cook celery, carrots and onion until tender, stirring frequently. Add beets and remaining ingredients, except sour cream. Over high heat, heat to boiling. Reduce heat to low; cover and simmer about 50 minutes, or until vegetables are very tender, stirring occasionally. Skim off fat from liquid in the Dutch oven.

Serve Borsch hot or refrigerate to serve cold later. Top each serving with some sour cream. Yield: 10 cups or 10 first-course servings.

*Frances Pendray, Klose*

### Old-Fashioned Borsch Soup

(My Grandmother’s Favorite)

3 qt. water  
2 T. salt  
1 c. pearl barley  
2 c. potatoes, diced  
6 hard-boiled eggs  
2 c. cottage cheese  
2 c. dill leaves, chopped  
1 c. onion tops  
5 to 6 c. beet leaves & stems, chopped  
2 c. sour cream

Bring to a boil the water, salt and barley; boil until almost done. Add potatoes, dill, onion tops and beet leaves. Cook until done, then add eggs, cottage cheese and sour cream. Boil for 5 minutes.

*Elizabeth Siebert, Kensal*
Kneipfla Soup

2 qt. water
1 1/2 c. potatoes, diced
3 tsp. salt
Pepper
Accent
Sm. amount of parsley
2 stalks celery, diced
2 c. flour
1 egg
1 tsp. salt
Water, to make a med.-stiff dough
4 slices bacon
1 can cream of chicken soup

Boil water with potatoes, salt, pepper, Accent, parsley, celery and 1/4 onion for about 10 minutes. Meantime, make dough, using the flour, egg, salt and water. Cut dough into potato mixture. At this point, I add the chicken soup. Fry the bacon and break into small pieces. Use the bacon grease and brown the rest of the onion (1/4). Add all to simmering mixture. Last of all, add milk or half & half, about 2 to 3 cups or more, depending on how thick you want the soup.

Marilyn Trautman,
Wild Rose

Kneipfla Soup

About 2 or 3 potatoes
Carrots
Celery
1 c. flour
1 egg
1/2 c. water
Milk, cream or half & half

Cover vegetables with water; cook until tender. Mash and leave in the water. Add milk, cream or half & half to vegetables. Bring to a boil. Mix flour, egg and water together. Spoon into top mixture. Make very small. Use just enough dough on the tip of a spoon. Simmer another 10 minutes. If Kneipfla are made larger, simmer longer.

Ruth Guenther,
Kensal

The world is full of willing people --
some willing to work and others willing to let them.
Vasser Mose

3 qt. water  1 lb. bacon
4 potatoes, cubed  1 lg. onion
Salt, to taste

Bring to a boil the water, potatoes and salt. Meanwhile, sauté the bacon and onion until well done.

DUMPLINGS:
2 c. flour  2 T. water
1 egg

Mix together and form into small dumplings. Drop into the kettle of potatoes and boil until done. Add bacon and onion; boil 5 minutes. This is also an old-fashioned soup.

Elizabeth Siebert, Kensal

Sad Recipe

I didn't have potatoes, so I substituted rice.
I didn't have paprika, so I used another spice.
I didn't have tomato sauce, I used tomato paste.
A whole can, not half a can, I don't believe in waste.

A friend gave me the recipe.
She said you couldn't beat it.
There must be something wrong with her,
I couldn't even eat it.

Florance Wiege

A mosquito is like a child. When it stops making noise you know it's getting into something.
Greece

Spinach-Feta Strudel

2 pkg. strudel leaves (filo leaves) 1/2 lb. Feta cheese, chopped
2 lb. fresh spinach 1/2 c. fresh dill, chopped, or
3 T. olive oil 1 T. dried dill
1 1/2 c. finely-chopped onion 1/2 c. finely-chopped parsley
1/2 c. salted butter 1/2 c. sweet butter, melted
5 eggs, beaten Salt & pepper, to taste
1/2 c. chopped scallions, green part & all

Remove strudel leaves from refrigerator 3 hours before using. Wash spinach in several changes of water; dry it and cut into 2-inch lengths. Cook in oil until wilted. Drain. Brown onion in salted butter. Mix onion, scallions, cheese, dill and parsley; add the spinach with salt and pepper.

Preheat oven to 350°. Butter an 8x12x2-inch pan or pie plate. Cut 2 leaves into 6 squares each by cutting into thirds lengthwise. Keep the rest covered to prevent drying out. Place one square in the prepared pan; brush with butter. Repeat with the remaining 11, placing each on top of the last. Brush each with butter. Repeat the process with the rest in the second pan. With sharp knife, cut through the top to mark it into 2-inch squares. Bake 1 hour, or until brown and fluffy. Cut in squares and serve hot as a first course. Yield: 16 servings.

Margaret Anderson,
Willing Workers

Ireland

Irish Bread

4 c. flour 1/2 c. milk
4 tsp. baking powder 1 c. light cream
1 tsp. salt 1 c. raisins or currants
2 tsp. caraway seed 1 stick butter or margarine (1/4 lb.)
2 eggs

Mix dry ingredients; cut in butter. Add seed, eggs, milk, cream and raisins or currants. Mix well. Put in an iron skillet. Bake at 350° for about 1 hour. Cool on rack before slicing.

Mrs. Arthur McKenzie,
Pingree Happy
Bread (Norway)

**Julekaga**

<table>
<thead>
<tr>
<th>2 1/2 c. milk, scalded</th>
<th>6 1/2 c. flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. butter</td>
<td>1/2 tsp. cardamom</td>
</tr>
<tr>
<td>1/2 c. sugar</td>
<td>1 c. raisins</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td>1/2 c. candied cherries</td>
</tr>
<tr>
<td>1 pkg. yeast</td>
<td>1/2 c. candied mixed fruit</td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td>1/2 c. walnut pieces</td>
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</tbody>
</table>

Melt butter, sugar and salt in scalded milk; cool to lukewarm. Add yeast. Add egg and combine with enough flour to make stiff dough. Let rise until double. Punch down and add fruit and cardamom. Shape into loaves. Bake at 350°.

*Mabel Mead, Kensal Kozy K's*

**Lefse**

<table>
<thead>
<tr>
<th>5 c. riced potatoes, cooled</th>
<th>3 T. butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. sweet cream</td>
<td>1 tsp. salt</td>
</tr>
<tr>
<td>1 T. sugar</td>
<td>2 c. flour</td>
</tr>
</tbody>
</table>

Add all above ingredients. Roll into a ball of dough, kneading until smooth. Select an amount of dough about the size of a large egg. Roll each piece round, as for pie crust, and as thin as possible on a floured board. Bake on lefse grill until light brown, turning frequently. When baked, place between clean cloths. When cool, place in plastic bags to keep from becoming dry.

Serve cold with butter and/or sugar, cinnamon, peanut butter, etc. Cut each lefse in half and roll up before serving.

Enjoy! These freeze well. Yield: 14 large lefse.

*Lois M. Knudson, Willing Workers*
Lefse

6 qt. cooked potatoes 1 c. butter

Mash potatoes; add butter. Cool. Remash and squeeze through ricer. Mix in small batches as follows:

3 c. rice potatoes 1 tsp. salt
1 c. flour 2 T. sugar

Shape into a roll and cut in 10 pieces. Refrigerate. Remove a couple of pieces at a time. Roll out very thin, using as little flour as possible. Bake on hot lefse grill until brown spots appear, turning only once or twice.

Agnes Reardon,
Medina

Cookies (Norway)

Berliner-Kranser

1 lb. butter 3 hard-cooked eggs
6 c. flour 1 c. sugar
4 egg yolks, beaten

Cut butter into flour with pastry blender; add egg mixture.


Cut off small pieces and roll into tiny, long rolls. Twist into a wreath shape. Dip in lightly-beaten egg whites and then in sugar. Bake at 400° for 10 to 12 minutes.

Lois Turner,
Town & Country

Fattigmand-Klizorer

6 egg yolks 2 to 3 c. flour (to make stiff dough)
6 T. thick cream 1 tsp. cardamom
6 T. sugar 1 1/2 tsp. baking powder
1 T. vinegar or lemon juice

Mix dry to wet ingredients. Roll thin and cut in squares with a slit in the middle. Twist through the slit. Fry in hot fat and dust with powdered sugar.

Astrid C. Erickson,
Kensal
Fattigmand

12 egg yolks 1 tsp. almond flavoring
1/2 c. sugar 3 3/4 c. flour
1 c. whipped cream Cardamom, as desired

Beat egg yolks for 20 minutes; add sugar and beat 15 minutes more. Add flour mixture and whipped cream slowly. Chill. Roll very thin and fry in deep fat.

Esther Holm, Kensal

Krumkage

3 well-beaten eggs 1/2 c. flour
1/2 c. sugar 1 tsp. vanilla
1/2 c. butter 1 tsp. cardamom

Beat eggs with sugar until fluffy. Melt butter; add to eggs and sugar mixture. Add flour and flavorings. Put 1 teaspoon of the batter on a hot iron. Turn to bake other side. Remove from iron and quickly roll. Store in a tight container. Yield: 24 or more.

Lois M. Knudson, Willing Workers

Krumkake

4 eggs, beaten 1/2 c. sweet milk
1 c. sugar 1 c. flour, or more
1 c. melted butter Cardamom, to taste


Mrs. Jim (Ione) Somsen, Free Spirit, Kensal

Sandbakelse

1 1/2 c. sugar 1 egg yolk
3/4 c. butter 2 1/2 c. flour
1/4 c. lard (scant)  

Form in tins. Bake in slow oven (325° approximately). Work dough with pastry cutter. Real butter makes them better than margarine.

Mrs. Jim (Ione) Somsen, Free Spirit, Kensal
Main Dishes (Norway)

Lutefisk

Lutefisk  Butter
1 1/2 tsp. salt  Salt & pepper
2 qt. water, or more

Place thawed fish in cheesecloth bag (or without) in boiling, salted water. Boil 5 minutes, or a little less, depending on the size of the pieces. It is done when fish separates into flaky pieces. Remove skin before serving with melted butter, salt and pepper.

If bag is not used, drain in a colander.

Mrs. Walter (Dagny) Trautman,
Wild Rose

Norwegian Meat Balls

2 lb. hamburger or ground round steak 1 c. bread crumbs
1 lb. pork sausage or ground pork steak 1 onion, chopped fine
2 eggs 1 tsp. salt
1 c. milk 1/2 tsp. pepper

Regrind the meats together. Add all ingredients and mix well. Roll into small balls and flour them. Brown in the oven or in a frying pan. Bake in the oven with water and beef gravy mix poured over the meat balls.

Mabel Mead,
Kensal Kozy K's

Norwegian Potato Dumplings

2 lb. salt pork or ham bone 1 egg
6 c. raw, grated potatoes 1 tsp. salt
3 1/2 c. flour

Boil the salt pork or ham bone in 4 quarts water until tender. Grate potatoes. Add egg and flour; mix well. Drop by spoonfuls in boiling water. Cook slowly for 25 minutes.

This is a favorite of my mother's family.

Mrs. Earl Weatherly,
Happy Homes
Soup (Norway)

Sot Suppe
(Sweet Soup)

2 qt. cold water
1/2 c. sago (pearl tapioca)
1 c. raisins
1 c. prunes
1 lemon, sliced
2 sticks cinnamon
1 c. sugar
1 c. fruit juice (grape juice or others)

Cook tapioca and water for 1 hour, until tapioca is clear. Add rest of ingredients. Boil 30 minutes. The last 15 minutes, add the grape juice. Serve either hot or cold.

Mrs. Walter (Dagny) Trautman,
Wild Rose

Puddings (Norway)

Rommegrot

1 pt. heavy cream
1 1/2 pt. milk (3 c.)
1 c. flour
2 T. sugar
1/2 tsp. salt (just a sprinkle)

Use a heavy pan and a wooden spoon. Simmer cream for about 5 minutes. Sift in 1/2 cup flour; stir until lumpy, about like soft dough. Stir around bottom of pan until butter begins to separate. (It helps to let it stand on the burner for a minute or 2 to let butter collect.) Pour batter off into a small container. Continue to stir and pour batter off until it looks like no more butter will separate. (You will get about 1/2 cup of butter.) Add a little milk; stir. Alternate adding milk and flour until all is mixed in. Cook to thicken. Add sugar and salt. Pour into bowls. Serve hot. Top with butter and sprinkle with sugar and cinnamon.

Lila Gienger,
Merry Mixers
Rommegrot

1 qt. cream Sugar
Pinch of salt Cinnamon
Flour

You may use more cream if you are serving many. Sour (slightly) cream is best but sweet can be used.
Put cream in a heavy kettle; stir when boiling and sprinkle flour to the thickness of pudding. Use an egg beater to get out any lumps. Add salt and let simmer until melted butter comes bubbling out. It is good to let a lot of butter come out. Serve hot with sugar and cinnamon, as desired.
Should it get too thick, you may use a little water to dilute it.
This recipe was used by my grandmother. Mrs. Magnus Haugen. It was a specialty by her in the community. It was passed down to my mother, Mrs. Oscar Stockeland, and now to her daughter, Mrs. Jim Somsen.

Mrs. Jim (Ione) Somsen, Free Spirits, Kensal

Polish

Noodle Bake for Easter

4 eggs 1/2 tsp. salt
1 lb. egg noodles 1/2 c. Crisco
1 c. milk

Cook noodles and put in a 9x13-inch cake pan. Add Crisco. Stir noodles until all are coated. Beat eggs; add milk and beat again. Add salt. Pour over noodles and bake. Bake until knife comes out clean, at 350° for 45 minutes.

Donna Schwartz, Innkeepers

Common sense is the knack of seeing things as they are and doing things as they ought to be done.
Polish Egg Foo Yungski

1/2 c. uncooked rice
1/2 c. uncooked barley
1/2 c. onion
2 T. butter
4 oz. process cheese
4 eggs, beaten
Crisp bacon, crumbled
Soy sauce

Cook barley and rice according to package directions; drain. Brown onion in butter, then add beaten eggs and make scrambled eggs. Add to barley and rice along with cheese, which has been torn into chunks. Serve with bacon bits and soy sauce on top.

Mary Kupferschmidt,
Diapers to Daisies

Simply Polish Potato Pancakes

3 lg. raw potatoes
1 tsp. salt
1/4 tsp. baking soda (opt.)

Grind raw potatoes into a bowl; add salt, baking soda and enough flour to make a heavy batter, approximately 1 tablespoon flour per 1 cup potatoes. Fry just like regular pancakes, until nicely browned. Serve with lots of butter.
Some people like them with fried onions.

Mary Kupferschmidt,
Diapers to Daisies

The family tree is worth bragging about if it has produced good timber and not just a lot of nuts.
Apple Cake  
(Appelkaka)

Sift flour, baking powder and salt together. Cream butter and sugar until light. Add eggs and beat well. Add flour alternately with milk, then add vanilla. Pour into 2 small round greased layer pans. Pare and cut apples into eighths and arrange in rows on the batter. Sprinkle with cinnamon and sugar. Bake at 375° for 25 minutes, or until done. Top with whipped cream and serve in wedges.

Mrs. Mathilda Dolliver,  
Spiritwood

Swedish Christmas Porridge  
(Risgrynsgrot)

Scald rice with boiling water. Melt half of the butter and add rice and water. Boil 10 to 15 minutes, or until water disappears. Add milk; cook slowly for 45 minutes, or until rice is tender. Season and add remainder of butter. Pour into deep dish and serve with cold milk, cinnamon and sugar.

Mrs. Mathilda Dolliver,  
Spiritwood

Spritz Cookies  
(Aggsprits)

Cream butter and sugar until light; add cream, egg yolks and flavoring. Work in flour to make a soft dough. Put the dough through a cookie press and form into rings or the letter "S". Bake on cookie sheet at 300° for about 10 minutes, or until the edges are lightly browned.

Mrs. Mathilda Dolliver,  
Spiritwood
Swedish Biscuits
(Bullar)

4 c. flour 1/2 c. milk
2 T. sugar 1/2 c. water
1 T. butter Currants
1/2 tsp. salt Sugar
1 yeast cake

Scald milk and water together. When cool, dissolve the yeast in it. Work sugar, butter and salt into the flour. Add yeast mixture and work to a soft dough. Set aside to rise in a warm place for about 5 hours before using.

Without kneading, take a piece of dough the size of a walnut in the palm of the hand. Enclose 1 teaspoon chilled butter, 2 teaspoons sugar and a few currants. Pinch the edges of the dough tightly together and place the Bullar in a well-buttered pan with the closed edges of the Bullar on the bottom. Bake at 325° for 30 minutes.

Pour syrup from pan over biscuits before serving.

Mrs. Mathilda Dolliver,
Spiritwood

Swedish Hardtack

2 pkg. dry yeast 1 c. scalded milk
2 tsp. sugar 1 tsp. salt
1 c. warm water 2 beaten eggs
1/2 c. sugar 6 to 6 1/2 c. flour
1/2 c. shortening

Mix together the dry yeast, 2 teaspoons sugar and warm water; let stand 10 minutes. Melt shortening and sugar in the scalded milk. Cool and add salt and 2 cups flour. Stir and add yeast mixture and eggs; mix well. Add the additional flour to make a soft dough, 1 cup at a time. Knead and let rise 1 hour. Cut in portions. Roll out thin with a rolling pin. Bake on a cookie sheet in a 400° oven for 3 to 4 minutes. Turn with a spatula and bake 3 to 4 minutes longer. Store in waxed paper-lined box.

Patricia Machart,
Extension Home Economist
Swedish Hardtack  
(Flatbread)

1/2 tsp. baking soda  
1 c. buttermilk  
3 c. white flour  
1 c. whole wheat flour

1/3 c. brown sugar  
6 T. shortening  
1 tsp. baking powder  
1 1/2 tsp. salt

Mix baking soda in milk. Mix dry ingredients, then work in brown sugar and shortening as for pie crust. Add milk and baking soda. Roll dough very thin. Use handle of knife and pound dough. Place on cookie sheets and bake at 425° until brown. Cut and serve with butter.

JoAnn Schwartz, Innkeepers

Swedish Pancakes  
(Plattar)

1 c. flour  
2 T. sugar  
3 eggs, beaten

1/4 tsp. salt  
3 c. milk

Sift flour into a bowl; add sugar and salt. Add eggs and milk gradually, stirring until well blended. Let stand 2 hours.

Heat pancake pan and butter well. Beat batter again and pour on pan. Fry on both sides until lightly browned. Place on very hot platter and serve immediately with Lingonberries.

Note: This batter is thin, so the pancakes are also thin.

Mrs. Mathilda Dolliver, Spiritwood

Swedish Potatoes

6 med. potatoes  
6 T. butter or margarine

6 T. shredded Cheddar or American cheese

Peel potatoes. Place on spoon and slice almost through the potato. Melt butter and pour 1 tablespoon over each potato after placing in a shallow pan. Bake until tender, about 40 minutes. Remove pan from oven and sprinkle 1 tablespoon cheese on each potato. Bake 5 minutes more.

Dorene Zinke, Homer
Old Family Favorites

Aunt Louise's Molasses Cake

1 c. sugar  1 tsp. cinnamon
2 eggs  1/4 tsp. cloves
1 T. Crisco  1/4 tsp. allspice
1 T. butter  1/4 tsp. allspice
1 c. buttermilk  1/4 tsp. nutmeg
1 tsp. baking soda  2 1/2 c. flour
1 c. molasses  1 c. raisins
1/8 tsp. salt

Cream the first 8 ingredients. Add remaining ingredients, adding raisins last. Bake at 350° for 35 minutes in large cake pan.

This is a very old recipe and is very good, frosted or not.

Lois M. Knudson,
Willing Workers

Baking Powder Biscuits
(This Recipe is Over 100 Years Old)

1 c. flour  1 T. lard
1 heaping tsp. baking powder  1/2 c. water or sour milk
1/2 tsp. salt  1/4 tsp. baking soda

Sift flour, baking powder and salt together; work in lard. Combine water and baking soda; stir in flour mixture. Put out dough and cut with biscuit cutter. Place on baking sheet. Bake in preheated 425° oven for about 12 minutes, or until brown.

Mrs. Leroy Diesem,
Spiritwood

Don’t fret over what you’d do with your time if you could live it over again — get busy with what you have.
Bread Pudding with Butterscotch Sauce
(Over 86 Years Old)

3 c. crumbled cold biscuits or light bread  1/2 tsp. cinnamon
1 c. sugar  1/2 tsp. nutmeg
2 eggs  1 c. cream
1 tsp. vanilla  1/2 c. raisins (opt.)

Combine all ingredients; mix well. Place in a buttered Pyrex dish. Bake in a preheated oven for 40 minutes.

BUTTERSCOTCH SAUCE:

3/4 c. sugar  1/4 c. butter
1/2 c. light syrup  1 c. cream
1/4 tsp. salt  1/2 tsp. vanilla

Combine sugar, syrup, salt, butter and 1/2 cup cream in a saucepan; mix well. Cook over low heat, stirring, to soft ball stage. Stir in the remaining cream. Cook until smooth consistency. Remove from heat and add vanilla. Cool and serve. Yield: 6 servings.

Mrs. Leroy Diesem,
Spiritwood

Buns for 50

3 cakes yeast  1/2 c. melted shortening or butter
1/4 c. sugar  1 qt. milk
1 c. warm water  3/4 c. sugar
3 tsp. salt  3 qt. flour


This recipe is from a bread cookbook which I received as a wedding gift in 1918.

Mrs. C.E. (Idane) Brady,
Pingree Happy
Grandma Rose's Butterscotch Pie Filling

2 egg yolks 1/2 stick butter
1 c. milk 3 T. flour
1 c. brown sugar 1 tsp. vanilla

Mix egg yolks and milk; add brown sugar and flour, and mix. Add butter and vanilla. Cook until very thick; stir constantly. Use egg whites for meringue for top of pie.

Karen Godsey, Spiritwood

Date Bread

1 c. sugar 2 tsp. baking soda, in flour
1 egg 1/2 tsp. salt
2 c. chopped dates, stewed in 1 tsp. vanilla
1 1/2 c. boiling water 1 c. chopped nuts
2 c. flour

When water and dates are cool, add all the other ingredients and beat well. Yield: 2 small loaves. Bake in 350° oven for 1 hour. It is better the second day. This recipe has been used by my mother and her mother.

Mrs. Theodore Daede, Willing Workers

Grandma's White Sugar Cookies

2 c. sugar 1 T. vinegar
1 c. shortening 1/2 tsp. salt
3 eggs 3 1/2 c. flour
1 tsp. baking soda 1 tsp. vanilla


Mrs. John (Mary) Craft, Spiritwood
Grandmom's Eggless Cake

1 1/2 c. white sugar 1 c. sour milk
1/2 c. lard or Crisco 1 tsp. baking soda
4 T. cocoa 1 tsp. vanilla
1/2 c. hot coffee 2 1/4 c. flour
Pinch of salt

Mix sugar, lard and cocoa together; add hot coffee and salt. Add baking soda to sour milk, then add to mixture. Add vanilla and flour. Pour into a greased and floured 9x13-inch cake pan. Bake in a moderate (350°) oven for 30 minutes. Frost with your favorite frosting.

Annetta B. Schlecht,
Streeter Merry Mixers

Grandmother Haley's Rhubarb Pie

3 1/2 c. rhubarb, cut in 1/4" to 1/2" pieces
6 T. flour
1/8 tsp. salt
1/4 tsp. nutmeg
1 1/2 c. sugar
3 egg yolks

Blend all ingredients well. Pour into an unbaked 9-inch pie shell. Bake at 400° for 40 minutes.

MERINGUE:
3 egg whites
4 T. sugar

Beat the egg whites stiff; add sugar slowly. Put on pie and bake at 300° for 15 minutes.

Mary Game,
Holly

A good listener often has the reputation for wisdom.
So if you don’t know much, listen for all you are worth.
Grandmother's Plum Pudding

4 c. bread crumbs 1 c. currants
1 c. molasses 2 eggs, beaten
2 c. buttermilk 1 c. walnuts, chopped
1 c. suet, ground or chopped fine 1 tsp. baking soda
2/3 c. sugar 1 tsp. cinnamon
2 c. raisins 1 tsp. cloves

Dry bread and roll to crumbs. Add spices to crumbs and baking soda to milk. Combine all ingredients. Pour batter into greased and floured molds or cans with tight-fitting lids (like baking powder tins). Containers should be only 3/4-full. Place molds on a trivet in a heavy kettle over 1-inch of boiling water. Cover kettle closely. Use high heat at first, then as the steam begins to escape, lower heat. Steam for 3 hours. Always before unmolding, take the lid from the mold and allow pudding to rest long enough to let excess steam escape.

SAUCE:
1/2 c. butter 1/2 tsp. vanilla
1 c. sugar 1/4 c. brandy or rum
1/2 c. heavy cream

Melt butter; add sugar, cream and remaining ingredients. Cook 10 minutes. Serve warm over Plum Pudding.

This recipe has been used in our family for over 200 years.

Audrey Buck, Holly

Johnny Cake

(Cornbread--An Old Recipe of My Mother's)

1 egg 3 T. sugar
1 c. buttermilk 1/2 tsp. salt
1/2 c. flour 1/2 c. cornmeal
1 tsp. baking soda

Beat egg and sugar together; add baking soda to buttermilk and stir into beaten egg and sugar mixture. Add dry ingredients. (I bake mine in small cast-iron skillet. Melt a little shortening in the skillet first.) Bake at 350° for about 25 minutes.

We like ours with buttermilk spread over the top.

Mrs. Bernard Steele, Pingree Happy
Mom's Old-Fashioned Scalloped Corn Pudding

1 (17 oz.) can cream-style corn  2 beaten whole eggs
1 (17 oz.) can whole kernel corn, drained  1/4 tsp. salt
1 c. whole milk  1/4 tsp. pepper
2 T. sugar  2 T. butter
1 T. vanilla  1 c. broken pieces of soda crackers

Beat eggs; add all ingredients and mix well together. Pour into a greased baking dish. Dot top with butter. Bake 30 minutes at 350°, then lower to 325° and bake for 30 to 40 minutes, or when inserting a knife, it comes out clean. Yield: 4 to 6 servings.

Mrs. Irene Hoggarth, Kensal Kozy K's

Mother's One-Dish Boiled Pork Meal

Potatoes, thinly sliced  Dried apricots or apples
Pork, thinly sliced  Onions

Use heavy kettle with tight cover. Alternate layers of thinly-sliced potatoes and pork. Scatter throughout the layers dried apricots, prunes, dried pears or apples, whatever you have, and a few onions, thinly sliced. Cover with boiling water to which has been added a little salt. Bring to a boil and cover tightly. Simmer until done, 45 minutes to 1 hour.

Note: Amounts used depend on family size.

Frieda Craft, Spiritwood

Mother's Soft Sugar Cookies

2 c. sugar  2 heaping tsp. baking powder
1/2 c. lard  1 tsp. salt
2 c. sour cream  1 tsp. vanilla
3 eggs  Flour, to make a soft dough
1 tsp. baking soda

Chill well. Roll out and cut. This dough may be used to make filled cookies. Fill with ground raisin or date mixture. Bake at 400° for 8 to 10 minutes.

Hazel Weatherly, Happy Homes
My Mom's Best Whipped Cream Cake

1 c. whipped cream 1 1/2 c. sugar
4 egg whites 2 c. + 2 T. cake flour
1/2 c. cold water 3 1 tsp. baking powder
1 tsp. vanilla or almond extract 1/2 tsp. salt

Whip the cream and beat the egg whites. Mix together. Add cold water and flavoring. Sift dry ingredients several times (3 or 4) and add to creamed mixture, 1 tablespoon at a time. Bake at 350° for 35 to 45 minutes and test with a toothpick. Frost with white frosting and let set. Drizzle bitter chocolate (2 squares) and butter (1 tablespoon) over all.

Mrs. John (Mary) Craft,
Spiritwood

Pickles - Half Sour
(My Mother Made These Pickles)

1/2 c. salt 3 T. sugar
3/4 c. vinegar 9 c. water

Bring to a boil and cool some. Yield: 5 quarts.
Put dill (1 large head or a couple of smaller ones) in the bottoms of quart jars. Wash cucumbers thoroughly and pack in jars.
Add the following to each jar:
1 level tsp. pickling spice 1 lg. clove garlic

Pour hot brine over and put more dill on top. Turn cover on but don't seal. You let these set on your cupboard for about 3 days. They should be kinda sour. (You can let them set longer and the more sour they get. We like them in about 3 days.) Then refrigerate, that stops the fermentation. They keep for a month or more.
If I only make 3 quarts, I refrigerate the remainder of the brine, heat it up and use it a week or so later.

Ivy Klose,
Klose

It takes a heap of cooking to make a house a home.
Roast Wild Goose and Dressing
(This Recipe is Over 91 Years Old)

GLAZE:
- Fresh orange juice
- Butter
- Spices
- White wine

Prepare orange glaze, using desired amount of orange juice, butter, white wine and spices.
Place goose in roasting pan. Bake in 325° oven until almost done, basting frequently with orange glaze.

DRESSING:
- 2 c. stale bread crumbs
- 2 med. onions, boiled & mashed
- 1/2 c. boiled rice
- 1 tsp. powdered sage
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 T. melted butter
- 1/2 c. milk

Combine all ingredients; mix well. Remove goose from oven and stuff cavity with bread stuffing. Return to the oven and bake for 1 hour longer, or until tender.
Serve with oranges and spiced peaches.

Mrs. Leroy Diesem,
Spiritwood
Meats
&
Hot Dishes

Debbie Mohr
**MEAT ROASTING GUIDE**

<table>
<thead>
<tr>
<th>Cut</th>
<th>Weight Pounds</th>
<th>Approx. Time (Hrs.) (325°)</th>
<th>Internal Temp.</th>
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<tbody>
<tr>
<td>BEEF</td>
<td></td>
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<tr>
<td>Standing Rib Roast (10-inch ribs)</td>
<td>4</td>
<td>1 3/4</td>
<td>140° (rare)</td>
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<td></td>
<td></td>
<td>2</td>
<td>160° (medium)</td>
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<tr>
<td></td>
<td></td>
<td>2 1/2</td>
<td>170° (well done)</td>
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<tr>
<td>Allow 30 min. longer for 8-inch cut</td>
<td>8</td>
<td>2 1/2</td>
<td>140° (rare)</td>
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<td></td>
<td></td>
<td>3</td>
<td>160° (medium)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 1/2</td>
<td>170° (well done)</td>
</tr>
<tr>
<td>Rolled Ribs</td>
<td>4</td>
<td>2</td>
<td>140° (rare)</td>
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<tr>
<td></td>
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<td>160° (medium)</td>
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<td>3 1/4</td>
<td>160° (medium)</td>
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<td></td>
<td>4</td>
<td>170° (well done)</td>
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<td>Rolled Rump</td>
<td>5</td>
<td>2 1/4</td>
<td>140° (rare)</td>
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<td></td>
<td>3</td>
<td>160° (medium)</td>
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<td></td>
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<td>3 1/4</td>
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<tr>
<td>Sirloin Tip</td>
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<td>LAMB</td>
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<tr>
<td>Leg</td>
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<td>3</td>
<td>175° (medium)</td>
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<td></td>
<td></td>
<td>3 1/2</td>
<td>180° (well done)</td>
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<td>8</td>
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<td>175° (medium)</td>
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<td>Leg (piece)</td>
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<tr>
<td>Shoulder</td>
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<td>Rolled Shoulder</td>
<td>3-5</td>
<td>3 - 3 1/2</td>
<td>170° (well done)</td>
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**POULTRY ROASTING GUIDE**

<table>
<thead>
<tr>
<th>Type of Poultry</th>
<th>Ready-To-Cook Weight</th>
<th>Oven Temp.</th>
<th>Approx. Total Roasting Time</th>
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<tbody>
<tr>
<td>TURKEY</td>
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<tr>
<td>6-8 lbs.</td>
<td>325°</td>
<td>2 1/2 - 3 hrs.</td>
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</tr>
<tr>
<td>8-12 lbs.</td>
<td>325°</td>
<td>3 - 3 1/2 hrs.</td>
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<tr>
<td>12-16 lbs.</td>
<td>325°</td>
<td>3 1/2 - 4 hrs.</td>
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</tr>
<tr>
<td>16-20 lbs.</td>
<td>325°</td>
<td>4 - 4 1/2 hrs.</td>
<td></td>
</tr>
<tr>
<td>20-24 lbs.</td>
<td>325°</td>
<td>5-6 hrs.</td>
<td></td>
</tr>
<tr>
<td>CHICKEN (Unstuffed)</td>
<td>2 - 21/2 lbs.</td>
<td>400°</td>
<td>1 - 1 1/2 hrs.</td>
</tr>
<tr>
<td></td>
<td>2 1/2 - 4 lbs.</td>
<td>400°</td>
<td>1 1/2 - 2 1/2 hrs.</td>
</tr>
<tr>
<td></td>
<td>4-8 lbs.</td>
<td>325°</td>
<td>3-5 hrs.</td>
</tr>
<tr>
<td>DUCK (Unstuffed)</td>
<td>3-5 lbs.</td>
<td>325°</td>
<td>2 1/2 - 3 hrs.</td>
</tr>
</tbody>
</table>

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.
Barbecue Sauce for Chicken

2 lb. chicken
1 can tomato soup
1/3 c. chopped celery
1/3 c. chopped onion
1 sm. clove garlic
2 T. Worcestershire sauce
2 T. brown sugar
2 T. lemon juice
2 tsp. prepared mustard
2 to 3 drops Tabasco sauce

Cut up the chicken. Brown pieces. Mix remaining ingredients and pour over chicken. Bake in a 350° oven until done. To enhance flavor, marinate chicken in sauce overnight.

Mrs. Arthur G. Opp,
Sunshine

Barbeque Sauce for Meats

1/2 c. catsup
1/2 tsp. chili powder
1 T. celery seed
1/8 c. vinegar
1 T. Worcestershire sauce
1/2 c. sugar

Bring to a boil in a pan; pour over meat. Occasionally baste and turn meat over.

Karen Godsey,
Spiritwood

Beer Batter for Frying Fish

1 can beer
1 c. flour
1 egg

You don't want the batter thick. Dip fish in batter, then in finely-crushed cracker crumbs. Then deep-fry the fish.

Agnes Lipetzky,
Town & Country
Coating for Oven Chicken

4 c. flour  2 tsp. onion powder
4 T. salt  4 c. cracker crumbs
3 T. paprika  2 T. sugar
2 tsp. garlic  1/4 c. vegetable oil

Mix all ingredients together well. Coat chicken pieces and place in a baking pan. Bake at 350° to 375°.

Vistora Andersen, Klose

Fish Batter
(Excellent)

1 c. flour  1/4 c. oil
1 c. milk  1/2 tsp. salt
1 egg  1 tsp. baking powder

Blend all ingredients well. First dip fish in flour; next dip in batter and deep-fry until golden brown. Fish should be cut fairly thin.

Edith Miller, Kensal

Homemade Shake and Bake

1 c. fine, dry bread crumbs  1/4 c. flour
1 tsp. salt  1 tsp. poultry or sausage seasoning
1 T. paprika  1/2 tsp. pepper

Mix ingredients together. Use to coat chicken, pork chops, etc. Bake or fry as desired. Keep in a covered container.

Yvonne Szarkowski, Innkeepers

A friend is a person who goes around saying nice things about you, behind your back.
Miracle Make-Ahead Marinade

Combine all ingredients and mix thoroughly; chill. This may be stored in the refrigerator for several weeks. Marinate steak or other meat for 2 to 4 hours, then broil or charcoal. The longer you marinate it, the better.

Deb Lee,
Diapers to Daisies

Pork & Ham

Barbecued Ribs

Cut ribs in individual servings; brown and season with salt. Add flour to mustard to make paste; add remaining ingredients. Pour over ribs. Cover and cook in slow oven (300°) for 1 1/2 hours, turning once. Yield: 4 to 6 servings.

Lillian Wehler,
Sweet Sixteen
Barbecued Spareribs

4 lb. spareribs  
Salt & pepper

Brown spareribs; cover with Barbecue Sauce and bake in a 350° oven for 1 1/2 hours. Remove cover and roast 20 minutes longer.

*BARBECUE SAUCE:
1 med. onion, sliced  
3/4 c. tomato ketchup  
3/4 c. water  
2 T. vinegar  
2 T. Worcestershire sauce

1 tsp. salt  
1 tsp. paprika  
1 tsp. chili powder  
1/4 tsp. pepper

Elaine Burkett,  
Sweet Sixteen

Country-Fried Pork Chops

1 can cream of celery soup  
4 pork chops  
1 (4 oz.) can sliced mushrooms, drained  
1 c. sliced carrots  
1/2 c. water  
1/4 tsp. leaf thyme, crushed  
6 whole small white onions

In a skillet, brown chops and mushrooms. (Use 1 tablespoon shortening, if needed. Pour off fat. Stir in soup, water and thyme. Add onions and carrots; cover and cook over low heat for 45 minutes, or until tender. Stir now and then. Yield: 4 servings.

Serve with wide noodles, tossed green salad and hot biscuits.  
Boni Szarkowski,  
Innkeepers

Parents who are afraid to put their foot down usually have children who step on their toes.
Cranberry Jeweled Pork Chops

Brown chops in shortening and season with salt and pepper. Brush baking dish, 9x13x2 inches, with drippings and add cranberries, distributing evenly.

Combine sugar and cornstarch; sprinkle over cranberries. Drizzle honey over berries. Place browned chops on top of cranberries in dish. Combine red wine and lemon juice; pour over and around chops. Cover dish securely with foil and bake in a 350° oven for 50 minutes, or until chops are done. Remove chops to hot platter and garnish with cranberry sauce. Serve remaining sauce in bowl to accompany the chops.

*Elsie Goldsmith,*
*Merry Mixers*

Crock-Pot Casserole

Put all ingredients in a crock-pot and cook for 6 to 8 hours on high for 8 to 10 hours on low. Serve with hot rolls.

*Deb Greshik,*
*Innkeepers*

Easy Barbecued Pork Chops

Brown pork chops. Combine rest of the ingredients. Lay chops in roaster in a single layer. Pour barbecue sauce over chops. Cover and bake for 1 1/2 hours at 350°.

*Olga Sund,*
*Wild Rose*
Ham Macaroni Bake

1 pkg. macaroni
1 can cream of celery soup
1/4 c. milk
1 sm. onion, chopped
1 c. ham, diced
1 c. diced cheese

Cook macaroni; drain. Add soup, milk, onion, ham and cheese. Put into a casserole and bake for 35 minutes at 350°.

Alma Dammel,
Medina

Ham-Vegetable Casserole

1/2 c. chopped onion
1/4 c. margarine or butter
1/3 c. flour
1/2 tsp. salt
Dash of pepper
1 T. mustard
1 1/2 tsp. Worcestershire sauce
1 (16 oz.) can tomatoes, cut up
1 (14 oz.) can evaporated milk
4 c. cubed, cooked ham
3 (16 oz.) cans mixed vegetables
1 1/2 c. soft bread crumbs
2 T. margarine or butter, softened

Cook onion in 1/4 cup margarine until tender. Blend in flour, salt, pepper, mustard and Worcestershire sauce. Add tomatoes and milk. Cook and stir until thick and bubbly. Stir in ham and vegetables. Put into a 9x13-inch baking dish. Combine bread crumbs and melted margarine; sprinkle on top and bake at 350° for 30 minutes. Yield: 12 servings.

Brenda Bischoff,
Hidden Talents

Macaroni-Sausage Casserole

1 (8 oz.) pkg. macaroni
1 (1 lb.) pkg. bulk sausage
1/2 c. chopped onion
1/2 c. green pepper strips
3 T. flour
1/2 tsp. salt
2 c. milk
2 c. shredded Cheddar cheese

Cook macaroni and drain well. While cooking, brown sausage, onion and pepper. Drain all but 2 tablespoons fat. Stir in flour and salt; add milk. Cook, stirring constantly, until thick. Stir in 1 1/2 cups cheese. Combine macaroni and sausage. Bake in a 2-quart casserole topped with remaining cheese at 400° for 25 minutes. Yield: 6 servings.

Brenda Bischoff,
Hidden Talents
One-Dish Meal

1/2 lb. sausage 1/2 c. canned tomatoes
4 c. pork & beans 1/2 tsp. salt
4 tart apples, sliced 1/4 tsp. dry mustard

Brown sausage in a skillet; add pork and beans. Pare, core and slice the apples. Place a layer of apples over beans and sprinkle sparingly with brown sugar. Add tomatoes at the side of the skillet. Add salt and mustard. Cover skillet tightly. Reduce heat to simmer and steam until apples are almost tender. Uncover and drop biscuit dough by spoonfuls over apples. Cover completely and bake in a hot oven until crust is nicely browned. Serve hot.

Mrs. Earl Weatherly, Happy Homes

Oven-Barbecued Ribs

4 to 5 lb. spareribs or loin back ribs, cut in pieces 1 lg. onion, sliced thin
1 lemon, sliced thin

Salt the ribs. Place in a shallow baking pan with meaty-side up. Roast at 450° for 25 minutes; drain off excess fat. Top each rib with a piece of onion and lemon.

SAUCE:
1 c. catsup 1 tsp. chili powder
1/3 c. Worcestershire sauce 2 dashes Tabasco sauce
1 tsp. salt 2 c. water

Pour sauce over ribs and bake for 1 1/2 hours at 350°. Baste 2 to 3 times. Add more water, if needed. Roast longer, if needed.

Edith C. Miller, Kensal

Pressure Cooker Ham Burgundy

1 (1 1/2 lb.) ham slice 1/2 c. Burgundy wine
1 tsp. honey or brown sugar 12 whole cloves (opt.)
1 tsp. salad-style mustard

Brown ham; brush with mustard and honey. Press in the cloves. Put rack in cooker. Place ham on rack and pour over the wine. Close cooker and bring to 15 pounds pressure. Process 20 minutes. Serve with sauce made from liquid in cooker. This is excellent with rice.

Dorene Zinke, Homer
Pork Chops

1/2 c. onion, sliced
4 T. vinegar
1 T. prepared mustard
1/2 c. brown sugar

5 T. Worcestershire sauce
1 c. catsup
1 1/2 c. water
Salt & pepper

Brown chops, then add above. You can add more water, if needed. Bake for 1 to 1 1/2 hours at 350°.

*Mrs. Lawrence (Erma) Dockter, Merry Mixers*

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Pork Chops and Corn Stuffing

8 pork chops, seasoned
1 (16 oz.) can cream-style corn
2 eggs, beaten
3 slices bread, cut in cubes (sm. pieces), or 3 c. croutons
1 sm. onion, finely chopped, or 1 tsp. dried onion
1/4 c. chopped green pepper
2 T. chopped pimento
Salt & pepper, to taste

Place unbrowned, seasoned chops in a shallow pan. Make dressing by combining corn, eggs, bread, onion, green pepper, pimentos, salt and pepper. Add a round of dressing on each pork chops. Bake, uncovered, for 1 1/2 hours at 350°. Yield: 8 servings.

*Lorine Schlecht, Sunshine*

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Pork Chops and Rice

4 pork chops
1 c. raw rice
1 pkg. Lipton onion soup

1 can cream of chicken soup
1 1/2 cans water

Brown pork chops and place on top of mixture of other ingredients in a casserole. Bake at 375° for 1 1/2 hours.

*Sharon Cherney, Innkeepers*
Pork Chops Supreme

8 pork chops (3/4" thick)  8 thin orange slices
1 T. cooking oil  8 thin lemon slices
2 T. brown sugar, packed  8 thin onion slices
1/2 tsp. cinnamon  2 T. lemon juice
1/4 tsp. ground cloves  2 tsp. cornstarch
2 (8 oz.) cans sliced pineapple  1 T. water

Brown pork chops in hot oil in a 12-inch skillet. Remove as they brown, to a shallow roasting pan. Combine brown sugar, cinnamon and cloves. Sprinkle over chops. Drain pineapple, reserving juice. Place 1 pineapple slice, 1 lemon slice, 1 orange slice and 1 onion slice on each chop.

Combine pineapple juice and lemon juice; pour combined juices into pan around chops. Cover pan with foil. Bake at 350° for 30 minutes. Remove foil and bake 45 minutes more, basting twice.


Monica Backer,
Royal Corinne

Quick Ham Hawaiian

Cook turkey or ham, 1/8" thick  Pineapple rings
Swiss cheese  Cherries

Place slices of ham in a cookie sheet. Top each slice with a slice of cheese, a pineapple ring and a cherry. Bake at 325° for about 8 to 10 minutes.

Mrs. Gordon Lampert,
Kensal Kozy K's

Scalloped Potatoes and Pork Chops

6 to 7 med.-sized potatoes  3 c. thin white sauce, seasoned
1 onion, cut fine  6 lean pork chops

Put sliced potatoes and onion in a large baking dish. Pour over the white sauce, and on top, arrange the browned pork chops. Bake in a 350° oven, in a covered dish, until done.

Mrs. Alice Martel,
Sunshine
Wiener-Sauerkraut Hot Dish

1 lb. wieners 1 can cream of chicken soup
4 c. potatoes 1/2 c. Miracle Whip
1 can sauerkraut

Dice up the wieners into 1/2-inch pieces. Dice potatoes also. Precook potatoes for a few minutes, until partially soft. Drain the sauerkraut. Mix all ingredients together in a casserole. Bake at 350° for 45 to 60 minutes.

Dianne Zerr, Kensal Korners

Rice - Baked

Baked Rice

2 1/2 c. boiling water 1 med. onion, chopped
3 chicken bouillon cubes 1 c. uncooked rice
3 T. butter, melted

Dissolve bouillon cubes in the boiling water; melt the butter in the boiling water also. Put all ingredients in a 1 1/2-quart casserole and bake at 350° for 45 minutes.

This is an excellent substitute for potatoes, and is especially good served with fried chicken.

Hertha Timm, Town & Country, Kensal

Easy-Baked Rice

1 c. rice 3/4 stick margarine
1 can onion in beef broth soup Dash of onion salt
3/4 can water

Melt margarine and add the rest of the ingredients. Bake at 350° for 1 hour.

This keeps warm for a long time.

Mary Englund, Homer
Never-Sticky White Rice

1 1/2 c. long-grain converted rice  3 T. butter
3 c. boiling water  1 1/2 tsp. salt

Combine all ingredients in a 2-quart saucepan or casserole. Cover and cook gently on range unit until liquid is absorbed, about 20 minutes, or place in a 350° oven and bake for about 40 minutes. Accompany with soy sauce when served.

Bernice Anderson,
Happy Homes

Rice-Hamburger Casseroles

Easy Hot Dish

1 lb. hamburger  1/4 c. rice
1 green pepper  1 c. sliced carrots
Fresh or canned tomatoes  1/4 c. onion

Brown hamburger and put in casserole. Put a layer of sliced carrots on top. Add sliced green pepper and about 1/4 cup sliced onion over this. Next, put a layer of fresh tomatoes or a can of canned tomatoes. Sprinkle rice over all and sprinkle with 1/2 cup water. Bake.

Minnie Albin,
Spiritwood

Hamburger-Rice Casserole

1 1/2 lb. hamburger  1 can chicken-rice soup
1 med. onion  1 can chicken gumbo soup
1 c. chopped celery  2 c. water
1/2 c. uncooked rice  2 T. soy sauce
1 can cream of mushroom soup  1 c. chow mein noodles

Brown hamburger, onion and celery in 2 tablespoons fat. Add rice, soups, water and soy sauce. Do not add salt. Pour into an oiled casserole and bake at 350° for 1 hour. Sprinkle with chow mein noodles and return to the oven for 20 minutes.

Margaret Weatherly,
Happy Homes
**Hamburger-Rice Hot Dish**

1 lb. hamburger  
3/4 c. chopped onion  
1 lg. can tomatoes  
1 c. Minute Rice  
1 can mushroom soup  
1/8 tsp. garlic salt  
1/4 tsp. oregano  
Salt & pepper

Brown hamburger and onion; add remaining ingredients. Stir and simmer for 10 to 15 minutes, until rice is cooked. Put into casserole and cover with grated Mozzarella or American cheese. Bake at 350° for 30 minutes.

*Nyra Hofmann,  
Sunshine*

**Western Hash**

1 lb. hamburger  
1/2 c. onion  
1 c. uncooked Minute Rice  
1/2 tsp. salt  
Dash of pepper  
1/2 lb. Velveeta cheese, grated  
1/2 green pepper, chopped  
1 (12 oz.) can tomatoes (3 1/2 c.)  
1/4 tsp. basil


*Beverly Helgeson,  
Four Corners*

**Wild Rice Casserole**

1 c. wild rice  
3 c. boiling water  
2 c. cream of chicken soup  
1 can chicken consomme  
2 cans sliced mushrooms  
1/4 tsp. parsley  
1/4 tsp. thyme  
1/4 tsp. Accent  
1/4 tsp. bay leaf  
1/4 tsp. poultry seasoning  
1/4 tsp. celery salt  
1/4 tsp. garlic salt  
1/2 c. slivered almonds  
1 1/2 lb. hamburger  
4 T. butter  
6 T. onion

Put rice in boiling water and let stand for 15 minutes; drain. Brown hamburger and onion in butter. Mix everything together and let stand in the refrigerator overnight, covered. Bake, covered, at 375° for 1 1/2 hours. Use a 3-quart casserole.

*Arlean Lipetzky,  
Town & Country*
### Wild Rice Casserole

- 1 c. wild rice
- 1 1/2 lb. chow mein meat
- 2 c. chopped celery
- 1 onion, chopped
- 1 (8 oz.) can mushrooms
- 1/2 c. milk
- 1 T. Worcestershire sauce
- 1 can water chestnuts, sliced
- 2 cans cream of mushroom soup
- 2 cans cream of chicken soup
- 1 pkg. almonds

Soak wild rice overnight or in hot water for 4 hours. Brown meat, onion and celery. Add soups, rice, milk, mushrooms, water chestnuts and Worcestershire sauce. Bake for 1 hour at 350°. Top with almonds the last 20 minutes.

*Mary Ellen Kulla, Town & Country, Kensal*

### Quiche

**Green Chile Quiche**

- 1 pt. cottage cheese
- 1/2 c. melted butter
- 10 eggs
- 1/2 c. flour
- Garlic salt
- 1 tsp. baking powder
- 1 lb. cubed Jack cheese
- 8 oz. chopped green chilies

Beat eggs; add the rest of the ingredients. Bake in a 9x12-inch Pyrex ungreased pan at 400° for 15 minutes, and at 350° for 40 minutes.

*Mrs. John (Mary) Craft, Spiritwood*

**Quiche**

- 10 strips cooked bacon, or 1 lb. sausage, cooked & crumbled
- 4 eggs
- 1 c. milk
- 1/4 c. onion or green pepper
- 1 uncooked pie crust shell

Place meat in pie shell. Beat eggs and milk together well. Add onion, green pepper and desired seasonings. Pour over meat. Bake at 375° for 40 to 45 minutes, or until a knife inserted comes out clean.

*Mrs. Tim A. (Diane K.) Williams, Wild Rose*
Quiche Lorraine

Pastry for 1 (9") 1-crust pie
12 slices bacon, crisply fried & crumbled
1 c. (about 4 oz.) shredded Natural Swiss cheese
1/3 c. finely-chopped onion

4 eggs
2 c. half & half
1/8 tsp. cayenne red pepper
3/4 tsp. salt
1/4 tsp. pepper


Yield: 6 servings.

Lyla Ableidinger,
Hidden Talents

Egg Dishes

Baked Egg Noodles

1 (8 oz.) pkg. egg noodles
6 eggs
2 c. milk
1/2 lb. grated cheese
Salt & pepper, to taste

Cook and drain the noodles. Add egg yolks (beaten), milk, cheese, salt and pepper. Last, add well-beaten egg whites. Bake about 1 hour at 300°. Cut into squares and serve.

Mrs. Alice Martel,
Sunshine

Breakfast Casserole

4 slices bread
1 lb. bulk sausage
1 c. sharp Cheddar cheese
6 eggs
2 c. milk
1 tsp. dry mustard
1 tsp. salt
1 tsp. pepper

Tear up the bread and place in a greased 10-inch baking dish. Brown and drain the sausage; spoon over the bread. Sprinkle with grated Cheddar cheese. Beat eggs; add milk and seasonings. Pour over mixture. Bake at 350° for 30 to 40 minutes.

Nadine Florhaug,
Kensal Korners
Brunch in a Pie Shell

1 (9") unbaked pie shell  3 eggs
1 1/2 c. ham, cut in bite-size pieces  1 T. chopped chives
1/2 (10 1/2 oz.) can cream of  1/4 tsp. salt
    mushroom soup  Dash of pepper
2/3 c. dairy sour cream

Heat oven to 425°. Cover bottom of pie shell evenly with ham pieces. Combine remaining ingredients, beating well with rotary beater. Pour into ham-lined pie shell. Cover crust edge with a strip of aluminum foil. Bake 40 to 45 minutes. Yield: 4 to 6 servings.

Jeane Mason,
Holly

Brunch in One

8 eggs  1/4 tsp. pepper
2 c. milk  1 c. cream of mushroom soup
1 c. grated American cheese  1 (4 oz.) can mushrooms
4 slices cubed bread  1 c. milk
1 to 2 tsp. salt

Beat eggs; add milk and seasonings. Break bread in the bottom of a buttered casserole. Grate cheese on top. Add ham chunks to egg mixture, if desired. Pour egg mixture over all. Cover and refrigerate overnight. Bake at 325° for 1 hour. Serve with hot mushroom sauce. Yield: 4 to 6 servings.

Marian Klose,
Klose

Cottage Cheese Loaf

1 1/2 c. chopped onion  5 slightly-beaten eggs
1 stick margarine (or less)  1 lg. ctn. cottage cheese
3 pkg. George Washington broth (or 1 c. chopped pecans or walnuts
    2 tsp. Accent, 1/2 tsp. onion salt, 3 to 4 c. Special K cereal
    1 tsp. garlic salt & 2 tsp. celery
    salt)

Mix together. Put into an 8 1/2 x 13-inch Pyrex pan. Bake at 350° for 45 to 60 minutes. Yield: 10 to 12 servings.

Note: This can be topped with pizza sauce and cheese (Cheddar or Colby) 5 to 10 minutes before done cooking.

Kathy Erickson,
Learning Ladybugs
Egg Bake

1 to 2 lb. bacon 1 doz. eggs
Bread 1 c. milk
2 c. shredded cheese Salt & pepper

Brown and crumble the bacon. Line a 9x13-inch pan with slices of bread from which the crust has been removed. Sprinkle crumbled bacon over bread. Sprinkle with shredded cheese. Beat eggs, milk and seasonings; pour over above. Refrigerate 12 hours, or overnight. Bake in a 325° oven for 1 hour, or until done. Yield: 12 servings.

Marian Klose,
Klose

Egg and Sausage Casserole

1 lb. sausage 1 1/2 slices bread, crumbled
5 eggs 1 c. shredded Cheddar cheese
1 1/8 c. milk

Heat oven to 350°. Brown sausage; drain. Combine milk and eggs; beat well. Stir in bread, cheese and sausage. Bake in a 9x9-inch pan for 30 to 40 minutes, or until a knife inserted comes out clean.

Mrs. Tim A. (Diane K.) Williams,
Wild Rose

Main Dishes - Beef

Baked Round Steak

2 to 3 lb. round steak 1 can cream of mushroom soup
4 med. potatoes, pared 1 can water
4 carrots, pared 1 T. Worcestershire sauce

Cut steak in serving pieces. Dredge with flour, salt and pepper. Brown meat and place in baking dish. Blend soup and water; pour over steak. Add Worcestershire sauce, potatoes and carrots. Bake, covered, at 350° for 2 1/2 hours. Remove cover and bake another 10 minutes.

Nyra Hofmann,
Sunshine
Barbeque Beef

3 T. bacon drippings  
2 T. sugar  
Dash of onion salt  
1 can tomato paste  
1 1/2 tsp. cloves  
3 T. chili powder  
1 c. water  
1/3 sm. btl. catsup (about 2/3 c.)  
1/4 c. vinegar  
1 tsp. mustard

Brown the sausage and onion salt in the bacon drippings in a skillet; add remaining ingredients. Simmer for 20 minutes. Chop up leftover beef roast. Add to sauce and serve in hamburger buns.

**Note:** Leftover pork, chicken or 1 pound browned hamburger may be used.

*Wanda Mogck, Willing Workers*

Beef Roast

1 beef roast (desired size)  
1 can cream of mushroom soup  
1/3 soup can brandy  
1 capful beef bouillon  
1 lg. onion, sliced  
Seasoned salt  
Seasoned pepper

Place roast, fattest-side up, in roasting pan or crock-pot. Sprinkle lightly with seasoned salt and pepper. Add onion and bouillon, then mushroom soup and brandy. Cover and cook at low temperature (300° in a conventional oven or medium in a crock-pot).

This recipe also works well to cook roast in a microwave. Use LEVEL 4 or 5 on 10-LEVEL microwave until temperature of 160° is reached internally. Tightly cover in microwave.

**Note:** Brandy acts as tenderizer.

*Rose Skroch, Innkeepers*

Beef Steak Cubes with Ruby Dip

2 lb. sirloin steak, 3/4" thick  
1/4 c. salad oil  
1 tsp. salt  
1 (8 oz.) can jellied cranberry sauce  
1/2 c. barbecue sauce  
1 T. frozen orange juice concentrate

Cut steak in 3/4-inch cubes. In a large skillet over medium heat, cook steak in hot oil for 3 to 5 minutes, or to desired doneness. Place on paper towel. Sprinkle steak with salt. Use wooden picks and serve warm with Ruby Dip. Mix remaining ingredients in saucepan. Heat, stirring constantly, until blended and hot.

*Lillian M. Schlecht, Sunshine*
Beef Stroganoff

1 1/2 lb. round steak  
1/4 c. butter  
1 c. sliced mushrooms, or  
1 (3 oz.) can, drained  
1/2 c. chopped onion  
1 T. garlic, minced  
1 to 1 1/4 cans tomato soup  
1 c. sour cream  
Dash of pepper

Cut beef in 3 x 1/2 x 1/8-inch strips. Brown in butter. Add mushrooms, onion and garlic; cook until lightly browned. Blend in tomato soup and sour cream; add pepper. Cover and simmer 1 hour, or until beef is tender, stirring occasionally. Serve over rice or noodles.  

Note: You may use a pressure cooker; it will reduce time to 20 minutes.  

Mrs. Marvin Dockter, Buzzin Dozen

Corned Beef Hot Dish

1 (8 oz.) pkg. noodles, cooked  
1/4 lb. American cheese, diced  
1 c. milk  
1 can corned beef  
1 c. cream of chicken soup  
1/3 c. chopped onion  
Corn flakes crumbs (topping)

Mix all ingredients together and top with crumbs. Bake for 45 minutes at 350°.  

Mrs. Bruce Tweten, Kensal

Dried Beef-Potato Casserole

3 1/2 c. chopped raw potatoes  
1/4 c. butter  
1/4 c. flour  
1/2 tsp. salt  
1 c. undiluted evaporated milk  
1 c. water  
1 c. grated American cheese  
1/3 c. chopped celery (opt.)  
1/3 c. minced parsley  
5 oz. rinsed & chopped dried beef

Parboil the potatoes for about 10 minutes; drain. Melt butter in saucepan; blend in flour and seasonings. Add Carnation milk and water. Stir until thick. Add cheese, parsley and celery. Combine parboiled potatoes, sauce and dried beef. Toss lightly, but thoroughly. Bake at 350° for about 30 minutes.  

Edna Buck, Merry Mixers
Hawaiian Barbecued Ribs

4 lb. meaty loin back ribs 1/4 c. lemon juice
1 (No. 2) can bite-sized pineapple 2 T. vinegar
1 tsp. salt 1 T. Worcestershire sauce
3/4 c. chili sauce

Place ribs in a shallow roasting or boiler pan with meaty-side up. Roast in a hot oven (450°) for 30 minutes. Drain off fat. Drain pineapple; reserve 3/4 cup syrup. Combine syrup with remaining ingredients and pineapple in pan. Reduce temperature to 350° and continue baking for about 1 hour, or until ribs are tender, basting every 15 minutes with sauce.

Mrs. Earl Weatherly,
Happy Homes

Pepper Steak with Rice

3 c. hot, cooked rice 1 to 2 T. onion soup mix
1 1/2 lb. lean beef round steak, cut 1 c. sliced green onions (including
1/2" thick tops)
1 T. paprika
2 T. butter or margarine 1 to 2 green peppers, cut in strips
2 T. vegetable oil 2 T. cornstarch
2 cloves garlic 1/4 c. water
3 c. beef broth* 1/4 c. soy sauce
2 fresh tomatoes, cut in eighths

Pound steak into 1/4-inch thickness; cut in 1/2-inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients.

Using a large skillet (can be electric), brown meat in butter and oil. Add garlic and broth. Cover and simmer 30 minutes. Don't forget to be cooking the rice. Minute Rice can be prepared at this time. If using regular rice, start before frying the meat. Add onions and green peppers to the meat. Cover and cook 5 minutes more.

Blend cornstarch, water and soy sauce; stir into meat mixture. Cook, stirring, until clear and thickened, about 2 minutes. Add tomatoes (they can be arranged on top). Cover for another 2 minutes. Serve over hot rice.

*Ivy Klose, Klose

*If you are on a low-salt diet, make a beef broth to your own taste. Omit the onion soup mix.
Six-Hour Beef Stew

2 lb. stew meat 1 c. tomato soup, or 1 c. tomatoes, or 1 jar
Carrots
Potatoes
Onions
Peas (frozen)
1 c. golden cream of mushroom soup

1 c. tomato soup, or 1 c. tomatoes, or 1 jar
Cabbage
Salt & pepper
Celery salt
Accent

Place chunks of meat in a large casserole. Pour undiluted soup over the meat. Season with 1/2 the salts. Peel and chunks the carrots, potatoes and onions. Top soup with chunks of vegetables and the rest of the seasonings. Cover and bake 6 hours. Do not stir until ready to serve.

Marilyn Trautman,
Wild Rose

Sweet and Sour Beef

2 c. diced roast beef
2 T. butter
1/2 c. brown sugar
1/2 c. vinegar
1 pkg. onion soup mix

2 T. flour
1 tsp. salt
1 1/2 c. hot water
Hot, cooked rice or noodles

Brown beef in fat; stir in flour and salt. Combine remaining ingredients and stir into beef. Simmer 20 minutes, stirring up from the bottom of the pan occasionally. Serve at once over hot, cooked rice or noodles.

Mrs. Alvin Schlecht,
Sunshine

Swiss Bliss

1/2 T. butter
2 lb. chuck steak
1 env. onion soup mix
1/2 lb. mushrooms, sliced
1/2 green pepper, sliced
1 (1 lb.) can tomatoes, drained & chopped

1/4 tsp. salt
Freshly-ground pepper
1/2 c. juice (from canned tomatoes)
1 T. A-1 steak sauce
1 T. chopped parsley
1 T. cornstarch

Spread center foil wrap with butter. Cut steak in serving pieces. Arrange on foil, slightly overlapping each portion. Sprinkle with onion soup mix, mushrooms, green pepper, tomatoes and seasonings. Mix juice, A-1 sauce and cornstarch; pour over meat and vegetables. Bring foil up over and double-fold edges to seal tightly. Bake 2 hours at 375°. Roll back the foil and sprinkle with parsley. Yield: 4 generous servings.

Mary Englund,
Homer
Chicken & Turkey Casseroles

Baked Chicken and Wild Rice

1 cut-up chicken 1 can chicken consommé
1 can cream of mushroom soup 1 c. wild rice, uncooked

Place chicken on greased baking pan; sprinkle wild rice over the chicken. Mix together the soup and consommé; pour over chicken and rice. Cover with aluminum foil. Bake for 1 hour at 350°.

Mrs. Bruce Tweten,
Kensal

Chicken Breasts with Tarragon

3 whole chicken breasts, boned & halved 1/4 c. dry white Bordeaux wine
Salt & pepper 1 tsp. freshly-chopped tarragon, or 1/2 tsp. dried tarragon
1/4 c. flour 1/4 c. chicken broth
1/4 c. butter 1/4 c. heavy cream
1 T. chopped shallots or onion

Skin the chicken breasts; add salt and pepper. Dredge with flour. In a large skillet, heat 3 tablespoons butter; add chicken and brown on both sides. Transfer to heated platter. Add the shallots to the skillet and sauté briefly. Add wine. Cook the liquid over high heat until nearly evaporated.

While scraping loose all browned particles, add the rest of the flour to make a thick paste. Sprinkle with the tarragon and stir in the chicken broth. Return chicken to skillet. Cover and cook until tender, about 25 minutes. Remove to a hot platter. Add the rest of the butter and cream to the pan. Heat, stirring, and pour sauce over chicken. Yield: 6 servings.

Margaret Anderson,
Willing Workers
Bun-steads

2 T. chopped green pepper 1 can chicken
2 T. stuffed olives 3 hard-boiled eggs, chopped
2 T. onion 1/2 c. salad dressing
2 T. sweet pickle 1 c. cubed cheese

Mix all together and put filling into coney buns. Heat in the oven before serving.

Ruth B. Schaeffer, Medina

Chicken Casserole

3 c. diced, cooked chicken or turkey Dash of pepper
1/2 c. cooked wild rice 3 slightly-beaten eggs
3/4 c. chopped onion 2 1/2 c. milk
3/4 c. chopped green pepper 4 c. herb-seasoned croutettes stuffing
3/4 c. finely-chopped celery 1 can cream of mushroom soup
3/4 c. mayonnaise 3/4 c. shredded Cheddar cheese
1 tsp. salt

Combine the first 8 ingredients. Combine the slightly-beaten eggs and milk. Place half of the croutettes into the bottom of a 9x13-inch baking dish. Spoon chicken mixture over this. Put on the rest of the croutettes and pour egg and milk mixture over all. Cover and chill for 1 hour, or keep overnight in the refrigerator. Spoon soup over top. Bake at 325° for 1 to 1 1/4 hours. Top with cheese the last 5 minutes.

Hertha Timm, Town & Country

Chicken Casserole

1 pkg. MJB white long-grain & wild rice, cooked
3/4 c. mayonnaise
2 cans cream of chicken soup
1 c. chopped celery
2 sm. onions, chopped
1 sm. green pepper, chopped
1 can water chestnuts, sliced or cut up
2 to 3 chicken breasts (or other parts)

Cook chicken ahead; simmer 2 to 2 1/2 hours and cool. Remove skin and cut chicken in small pieces. This can be done the day before. Or, 2 to 2 1/2 cups leftover turkey could be used.

Cook rice (follow package directions); do not drain. Mix all ingredients together. This can be refrigerated overnight. Bake at 350° for 1 hour, then top with 1 can onion rings and return to the oven for 5 to 10 minutes.

Ivy Klose, Klose
Chinese Chicken

1 med. green pepper, cut in strips 2 T. soy sauce
1 c. cut celery 2 T. margarine
2 T. margarine 1 can cream of chicken soup
1 can cream of chicken soup 1/3 c. water
1/3 c. water

In a saucepan, cook green pepper and celery in margarine until crisp-tender. Stir in soup, water and soy sauce. Add chicken and chop suey vegetables; heat through. Serve with hot, cooked rice.

Colleen Kramer,
Kensal Korners

Cleveland Chicken

1 chicken, boiled 1 T. flour
8 potatoes, diced 1/2 tsp. salt
1 onion (opt.) 1/2 tsp. pepper
1 c. milk 1/2 tsp. parsley
1 T. butter

Boil the milk, butter, flour, salt, pepper and parsley together. Place chicken, potatoes and onion (if desired) in layers in a roaster. Cover with boiled mixture. Cover this with bread crumbs and bake 15 minutes in a 375° oven.

Arleen Schlaht,
Wild Rose

Creamed Chicken

1 med. onion 1 frying chicken
1 c. cream 3 T. flour
Butter & lard Salt & pepper

Fry onion and chicken in butter-lard mixture, just to brown. Season. Add water to cover chicken halfway; boil until done. Add cream and flour to water; simmer 15 minutes.

Susan Piatz,
Hidden Talents
Chicken Dumplings

1 c. flour, sifted
2 1/2 tsp. baking powder
1 egg
5 1/2 T. milk
1/2 tsp. salt

Sift flour, baking powder and salt together. Beat egg well; add milk and mix with dry ingredients. Drop by small spoonfuls into creamed chicken gravy. Cover tightly and cook 15 minutes. Cover must not be removed while cooking dumplings.

Mrs. Alice Martel,
Sunshine

Chicken Hot Dish

1 pkg. cooked egg noodles
1 can whole kernel corn
1 onion
1 can mushroom soup
1 qt. cooked chicken
Chicken broth

Cut onion and chicken in pieces. Put all into a 2-quart casserole; cover with chicken broth. Bake for 45 minutes in a 350° oven.

Sue Schielke,
Happy Homes

Chicken in the Limelight

1 fryer chicken, cut up
1 lime
1/3 c. flour
1 1/2 tsp. salt
1/2 tsp. paprika
1/4 c. shortening
1/2 c. chicken broth or bouilllon
1/2 c. dry white wine, or an additional 1/2 c. broth
2 sprigs fresh mint, or 1/2 tsp. dried mint (if desired)

Wash chicken; drain and pat dry. Grate peel from lime and set aside. Squeeze lime juice over pieces of chicken. Shake chicken in a bag containing flour, salt and paprika. Melt shortening in a heavy skillet; brown chicken on all sides.

Preheat oven to 375°. Arrange chicken in a single layer in a casserole or baking pan. Combine lime peel and brown sugar; sprinkle over chicken. Add liquid. Place mint on top, if desired. Cover and bake until chicken is tender, 40 to 45 minutes.

Garnish with lime wedges, avocado crescents and fresh mint.

Elsie Goldsmith,
Merry Mixers
Chicken Noodle Casserole

1 (6 oz.) pkg. noodles 1/4 tsp. salt
4 tsp. chopped green pepper Pinch of pepper
1 can cream of mushroom soup 2 T. chopped pimentos
1 c. milk 2 c. cooked chicken, diced
4 oz. Velveeta cheese 4 T. buttered corn flakes


Alberta Schroeder, Kensal

Oven-Barbecued Chicken

1/3 c. chopped onion 1 T. vinegar
1 sm. clove garlic, minced 1 T. Worcestershire sauce
2 T. salad oil 1/2 tsp. prepared mustard
1 can tomato soup 1 chicken, cut up

In a saucepan, cook onion and garlic in oil until tender; add remaining ingredients, except chicken, and simmer 15 minutes. Stir. Place chicken in a 9x13x2-inch pan with skin-side down. Spread half of the sauce on the chicken. Bake at 400° for 30 minutes. Turn; spread with remaining sauce. Bake 30 minutes more, or until soft.

Edna Buck, Merry Mixers

Chicken-Rice Hot Dish

2 c. diced chicken 2 sm. onions, diced
1 can mushroom soup 1 c. diced celery
1 c. peas 4 T. soy sauce
3/4 c. uncooked rice 2 c. water or chicken broth

Mix all together. Put into a casserole and bake 1 1/2 hours in a 350° oven.

Blanche Janes, Happy Homes
**Chicken Ring with Mushroom Soup**

2 chickens (fresh or canned)  
2 tsp. salt  
1 tsp. paprika  
1/2 c. chopped pimentos  
1 can mushroom soup  
5 c. cooked rice  
1/2 c. butter or fat  
1 1/2 c. chicken stock or milk  
7 eggs, well beaten


_Astrid C. Erickson, Kensal_

**Savory Crescent Chicken Squares**

1 (3 oz.) pkg. cream cheese  
3 T. melted oleo  
2 c. cooked, cubed chicken  
1/4 tsp. salt  
1/8 tsp. pepper  
2 T. milk  
1 T. chopped onion  
1 T. chopped pimento  
1 (8 oz.) can crescent rolls  
3/4 c. seasoned croutons, crushed

Blend cream cheese and 2 tablespoons butter (reserve 1 tablespoon butter) until smooth. Add next 6 ingredients. Mix well. Separate crescent dough into 8 rectangles. Press perforations to seal.

Spoon 1/2 cup meat mixture into the center of each rectangle. Pull the 4 corners to top of chicken mixture; twist and seal edges. Brush top with reserved butter. Dip in crouton crumbs. Bake at 350° for 20 to 25 minutes.

_Loverna Hofmann, Sunshine_

**Chicken Side Dish**

Egg noodles  
Cream of chicken soup

Boil desired amount of egg noodles and drain. Return to kettle. Add soup and a small amount of milk. Kids love it.

_Susan Piatz, Hidden Talents, Kensal_
Six-Can Casserole

1 can chicken-rice soup
1 can cream of chicken soup
1 soup can milk
1 (6 oz.) can chunk chicken
1 (5 oz.) can Chinese noodles
1 can mushrooms

Mix all together. Bake for 35 to 40 minutes at 350°.

Blanche Janes,
Happy Homes

Stir-Fry Chicken

2 whole broiler-fryer chicken breasts, skinned & boned
1 (5 oz.) can water chestnuts, drained
1 (lb.) can bean sprouts, drained
1 c. celery strips
1 tsp. salt
1 tsp. MSG (opt.)
2 T. cornstarch
1 green pepper
1 sm. onion
2 T. salad oil
1/2 c. chicken broth
1/4 tsp. ginger
2 T. soy sauce
1/2 c. toasted almonds (opt.)

About 30 minutes before serving, cut green pepper in thin strips. Cut onion in 1/4-inch rings. Cut celery in 2-inch pieces and slice the water chestnuts. Fillet the chicken breasts, then cut in 1/4-inch strips across the grain.

Cook chicken strips in oil in a skillet for about 3 minutes. To the chicken, add the green pepper, onion, celery, water chestnuts, broth, MSG, salt and ginger. Cover and cook 7 minutes.

Mix cornstarch with soy sauce until smooth. Add to skillet with bean sprouts. Simmer chicken mixture, uncovered, for about 3 minutes, or until mixture thickens. Stir occasionally. Add almonds. Serve immediately while chicken and vegetables are hot and crisp with hot rice or noodles. Yield: 4 servings.

Note: See recipe for Never Sticky White Rice.

Bernice Anderson,
Happy Homes

Life is 10% what you make it and 90% how you take it.
Turkey Divan

2 pkg. frozen broccoli spears 1 (14 1/2 oz.) can evaporated milk
6 slices or 2 c. turkey, precooked (or 1 (10 oz.) can mushroom soup
chicken) 1 (3 1/2 oz.) can French-fried onions
6 slices Velveeta cheese

Cook broccoli to crisp-tender and place in the bottom of a 7 1/2 x 11 1/2-inch pan. Cover with turkey or chicken and cheese. Pour over mixture of soup and milk. Bake 25 minutes at 350°. Cover with onion rings. Bake 5 minutes more. Yield: 4 to 6 servings.

This is very good served over cooked rice.

Esther Ross,
Medina

Fish

Fish and Chips

2 lb. fish fillets 1/4 c. grated Parmesan cheese
1/4 c. milk 1/4 tsp. thyme
1 c. potato chips, crushed 1/4 c. melted butter

Dip fish fillets, cut into serving pieces, in milk, and then in a mixture of potato chips, Parmesan cheese and thyme. Place fish in a shallow, greased 9x13-inch baking dish. Sprinkle with remaining potato chip mixture. Drizzle melted butter over the top. Bake in extremely hot oven (500°) for 12 to 15 minutes.

Mrs. Clarence (Lorine) Sachlecht,
Sunshine

Foil-Baked Fish Fillets

Fish fillets Salt
1 stick melted butter Juice of 1 lemon

Place fish fillets in the middle of a large piece of heavy-duty foil. Pour on the melted butter, salt lightly, and squeeze the lemon juice over all. Fold foil package carefully using "drugstore" wrap. Place on baking sheet, keeping flat. Bake in a preheated oven at 350° for 35 to 40 minutes, depending on the size of the fillets. Smaller individual packets are okay. These can be frozen and reheated.

Joey Borr,
Holly
Overnight Salad
(Tuna or Turkey)

1 (7 oz.) pkg. elbow macaroni
2 cans cream of mushrooms soup
1 (13 oz.) can evaporated milk
2 c. cut turkey, or 2 cans white water-pack tuna
1/2 c. chopped celery
1/2 c. green pepper
1/2 c. chopped onion
2 sm. jars pimentos, drained & cut
1/2 lb. sharp Cheddar cheese, shredded

Mix together and put into a well-greased 9x13-inch pan. Cover and refrigerate overnight. Sprinkle with crushed potato chips and paprika. Bake, uncovered, at 325° for 1 1/2 to 1 3/4 hours.

Catherine Meikle,
Spiritwood

Scalloped Oysters

1 pt. oysters
2 c. cracker or bread crumbs
1 c. light cream
1/3 c. butter, melted
Salt & pepper

Drain oysters and reserve liquor. Combine crumbs and butter. Spread 1/3 of the crumbs in a greased baking dish; cover with half of the oysters. Repeat, ending with a layer of crumbs. Do not have more than two layers of oysters. Moisten with cream and oyster liquid mixed together. Bake in a 350° oven for 30 to 40 minutes. Yield: 4 to 6 servings.

Marjorie Lange,
Happy Homes

Tuna Casserole

6 T. butter
6 T. flour
2 3/4 to 3 c. milk
3 c. toasted bread cubes
1/2 lb. sharp cheese, cubed
1/2 c. chopped onion
1/4 tsp. sweet basil
2 (6 1/2 oz.) cans tuna

Make a white sauce of the first 3 ingredients. Combine bread cubes, cheese, onion, basil and tuna in a large bowl; pour hot white sauce over, mixing well. Pour into a buttered 2- or 3-quart casserole. Bake for 30 minutes at 350°, until browned and bubbly. Serve immediately. This may also be baked in a buttered 9x13-inch pan. Cut into squares for serving. Yield: 8 to 10 servings.

Rose Skroch,
Innkeepers
Tuna-Celery Loaf

1 can cream of celery soup  2 slightly-beaten eggs
1 c. fine, dry bread crumbs  1/2 c. chopped onion
2 (7 oz.) cans tuna, drained & flaked  1 T. lemon juice

Mix all ingredients thoroughly. Pack into well-greased loaf pan. Mixture is soft before baking. Can top with pimento strips before baking, optional. Bake in a 375° oven for about 1 hour. Cool 10 minutes. Turn out onto a platter. Pour sauce over loaf.

SAUCE:
1 can cream of celery or mushroom soup  1/3 c. milk

Heat.

Tuna-Celery Loaf

Agnes Lipetzky,
Town & Country

Barbecued Hamburger

1 lb. ground beef  1 tsp. prepared mustard
1 tsp. beef bouillon  1/4 c. ketchup
1/2 tsp. black pepper  1/2 c. onion, chopped
3 dashes Worcestershire sauce  1/2 c. celery, chopped
1 tsp. packed brown sugar, or 1/4 c. sweet pickle juice  1 c. water

Brown hamburger. Drain grease. Add all ingredients at once. Sweet pickle juice is much preferred over brown sugar. Simmer at least an hour, checking occasionally to see that it doesn't boil dry; if so, add water.

Mary Kupferschmidt,
Diapers to Daisies
Barley Hot Dish

1 1/2 lb. ground beef 2 (1 lb.) cans tomatoes
1 c. chopped onion 1 (10 1/2 oz.) can cream of
1/2 c. chopped celery mushroom soup
3 T. cooking oil 2 1/2 c. water
2 1/2 tsp. salt 3/4 c. barley
1/4 tsp. pepper 1/2 c. chopped green pepper
1 tsp. marjoram leaves 1 (1 lb.) can peas
1/2 bay leaf

Sauté ground beef, onion and celery in hot oil in a Dutch oven until browned. Stir in remaining ingredients; mix well. Bring mixture to a boil. Turn into a 4-quart roaster or casserole dish. Cover with lid or aluminum foil. Bake at 375° for 1 1/4 hours, or until barley is tender. Add water, if necessary. Stir once or twice while baking. Yield: 10 servings.

Mary Heupel,
Medina, Buzzin Dozen

Bean Hot Dish

1/2 lb. bacon, cut up 2 T. mustard
1/2 c. onion, finely chopped 1 tsp. salt
1 lb. hamburger 1 (No. 2) can butter beans, drained
1/3 c. brown sugar 1 can kidney beans
1/2 c. catsup 1 lg. can pork & beans

Sauté bacon, hamburger and onion. Drain off fat. Make a sauce with sugar, catsup, mustard and salt. Pour all ingredients into a casserole and mix. Bake at 325° for 1 1/2 to 2 hours, stirring occasionally.

Rosella Dewald, Streeter Seniors;
Diane K. Williams, Wild Rose;
Alberta Schroeder, Kensal

District 8 Cowbelle Beef

Summer Sausage

2 lb. ground beef 1/8 tsp. pepper
2 tsp. liquid smoke 1/4 tsp. garlic salt
1 c. water 3 T. Morton Tender quick
1 tsp. whole mustard seed 1/2 tsp. onion salt

Combine the above ingredients and mix well. Form into a large roll. Wrap in foil. Place in the refrigerator for 24 hours. Poke holes in the foil with a fork along the bottom and place in a baking pan with a little water. Bake 1 1/2 hours at 350°.

Deb Lee,
Diapers to Daisies
Chow Mein Noodle Hot Dish

1 lb. hamburger  
1 c. celery, diced  
1 can bean sprouts  
1 can chicken-rice soup  
2/3 c. water  
1 onion, diced  
1 can mushroom soup  
3 c. chow mein noodles

Sauté hamburger, onion and celery until nearly done. Add remaining ingredients. Bake in a moderate oven for 1 hour, or until done.  

Ruby Herman, 
Homer

Two-Day Hot Dish

DAY 1:  
1 1/2 lb. hamburger  
4 to 5 sm. peeled & diced potatoes  
1 can vegetable soup  
1 can mushroom soup

Brown hamburger; add tomatoes and soups. Cook until potatoes are tender.  

Day 2: Using remaining hot dish from Day 1, cover with cooked egg noodles and add any leftover hot dishes or vegetables. Top with canned tomatoes and juice. Heat through.  

Sandy Wanzek, 
Diapers to Daisies

Easy Pizza

1 1/2 lb. hamburger  
2 c. flour  
4 eggs  
2 tsp. oregano  
2 tsp. salt  
1 1/3 c. milk

Brown hamburger; drain.  

Batter: Mix all ingredients. Put into a lightly-greased pan with browned meat on top. Bake at 425° for 25 minutes.  

Put on the following:  
1 c. grated cheese  
1 c. pizza sauce

Bake 10 minutes.  

Esther Williams, 
Happy Homes
Easy Two-Crust Pizza

Let dough rise; punch down. Cover and let rise 10 minutes. Cook meat and onion. Roll half of the dough. Grease a 12-inch pizza pan. Sprinkle with 2 tablespoons cornmeal and 2 tablespoons Parmesan cheese. Place dough on pan. Top with meat, mushrooms, green pepper and cheese slices. Spoon spaghetti sauce over top and sprinkle with spices and remaining Parmesan cheese.

Place remaining dough over filling. Pinch edges together and roll up. Slit top a little. Bake at 400° for 15 minutes. Brush with milk and sprinkle with a little more cornmeal. Bake 15 minutes more. Let stand 10 to 15 minutes before serving.

Enchiladas

Brown beef and onion just until meat isn't red any more; drain off fat. Add refried beans. (You could use kidney beans, mashed a little.) Mix tomato sauce with enchilada sauce. (If you want a hot taste, use hot enchilada sauce or less tomato sauce with the mild enchilada sauce.) Add 1 cup of this mixture to meat mixture. If still too thick, add tomato juice to thin.

Pour 1 cup of the tomato sauce in the bottom of a greased baking dish. Save the rest to pour over the top of the enchiladas when made.

Use 2 cups of the Cheddar cheese and the Monterey Jack cheese when filling tortilla shells. Top each tortilla shell with a heaping tablespoonful of the meat mixture and a good-sized pinch of each kind of cheese. Roll up and lay on top of tomato sauce in baking dish with seam-side down. Pour the rest of the tomato sauce mixture over filled shells in the baking dish. Bake at 350° (glass at 325°) for 30 minutes. Put on top the rest of the sharp grated cheese. Yield: 24 enchiladas.
Enchiladas

PANCAKES:
6 eggs, well beaten 3/4 c. cornmeal
3 c. milk 3/4 tsp. salt
2 c. flour

Combine eggs and milk; add flour, cornmeal and salt. Beat well. Pour about 1/4 cup batter into a hot, greased skillet. Spread into a 6-inch pancake. Turn pancake when top looks dry. Brown lightly. Pancakes may be stacked with waxed paper between each one. Yield: about 30 pancakes.

MEAT FILLING:
3 lb. lean ground beef 2 cloves garlic
1 (10 oz.) pkg. frozen spinach, or 1/2 c. chopped green pepper
1 can refried beans (opt.) 3 T. chili powder
1 c. chopped onion 1 tsp. salt

Cook spinach; drain well and chop fine. Brown beef and pour off all but 1 tablespoon fat. Add onion, garlic, pepper and seasonings. Adjust chili powder to taste. Simmer 20 minutes. Add vegetables, if desired. Mix and set aside.

SAUCE:
32 oz. meatless spaghetti sauce 2 T. chili powder
1 (6 oz.) can tomato sauce or paste 2 c. shredded Cheddar cheese
2 c. water 2 c. grated Monterey Jack cheese
1 tsp. oregano flakes

In a kettle, combine the first 5 ingredients, again adjusting chili powder to your taste, or omit it. Heat. Add cheese, 1 cup of each, stirring and heating long enough to melt cheese. Set aside.

To assemble, spoon a scant 1/4 cup meat mixture across center of each pancake. Fold sides over about 1/2 inch. Starting at the end closest to you, roll up the pancake. Put 1/4 cup or more sauce in the bottom of a pan or casserole, depending on the size of the pan used. Place enchiladas into 2 (9x13-inch) baking pans. Divide sauce over dishes. Bake at 325° for 30 minutes, or until bubbly. The last 10 minutes; add the rest of the cheese.

Note: Enchiladas can be frozen before baked. I divide them in several smaller casseroles and do not add cheese on top when freezing. They can be served with a side dish of sour cream when baked.

Ivy Klose,
Klose
Enchilada Casserole

2 lb. hamburger
1 c. chopped onion
1/4 tsp. oregano (or more)
1 tsp. chili powder
1 env. chili seasoning
1 tsp. garlic salt
1 to 2 cans refried beans (opt.)

3/4 c. flour
3 1/2 c. water
1 c. tomato sauce
1/4 tsp. Tabasco sauce
10 to 12 tortillas, unfried
1 1/2 c. shredded cheese

Cook hamburger, onion, oregano, chili powders and garlic salt together for 10 minutes; stir often. Add flour and stir thoroughly. Add water and cook until the consistency of gravy.

Put layers in casserole, starting with 2 tablespoons meat mixture, then beans, meat, tortillas and cheese. Continue until all is used (cheese topping). Bake 45 minutes in a 325° oven. Serve with lettuce, chopped tomatoes and crushed corn chips (optional).

Note: I put this in two casseroles and freeze one, unbaked.

Ivy Klose,
Klose

Hamburger Casserole

1 lb. hamburger
1 c. macaroni, uncooked
1/2 c. green pepper, diced
1 can Cheddar cheese soup

1 T. onion, diced
1/2 c. celery, diced
1 can tomato soup
Salt & pepper

Drain hamburger after browning and combine all ingredients. Place in a greased casserole. Cover and bake at 350° for 1 1/2 hours.

This can be made ahead of time and refrigerated overnight, and then baked. This is very convenient for everyone when the cook is gone for the day.

Dorothy Mayer,
Buchanan

Hamburger Heaven

1 lb. ground beef
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. onion salt
1/2 lb. American cheese

1 c. chopped celery
1 sm. can sliced ripe olives
2 c. crushed egg noodles
2 (1 lb.) cans tomatoes
1/4 c. water

Brown the hamburger in an electric skillet until the pink disappears. Add seasonings. Add remaining ingredients in layers in order given. Cover and simmer 30 minutes. Yield: 6 servings.

Mary Englund,
Homer
Hamburger Hot Dish

2 lb. hamburger 1 can milk
7 med. potatoes 1 sliced onion
1 can mushroom soup

Brown hamburger. Put into the bottom of a cake pan. Slice potatoes on top. Add sliced onion, soup and milk on top of all. Bake at 350° for 1 hour. You can also add 1 can of green beans.

Lydia Schumacher, Streeter Seniors

Homemade Pizza

DOUGH:
1 pkg. dry active yeast 3 c. flour
1 tsp. sugar 1/2 tsp. salt
1 c. warm water 2 T. salad oil

Dissolve the first 3 ingredients. Add 1 cup flour; mix well. Add remaining ingredients and knead. Let rise about 10 minutes.

TOPPING:
1 lb. hamburger or pork sausage 1 can mushrooms
1/2 c. onion 2 c. shredded Mozzarella cheese
1 can pizza sauce

Brown meat and season to taste. Roll out dough to fit a 10 1/2 x 15 1/2 x 2-inch pan. Bake at 425° for 5 minutes, or until firm. Spread pizza sauce over dough. Top with meat, onion and mushrooms, saving cheese for last. Bake until cheese melts.

Charlotte Anderson, Klose

Homemade Summer Sausage

1 c. water 2 T. Tender Quick
2 lb. hamburger 1/4 tsp. onion powder
1/4 tsp. pepper 1 tsp. liquid smoke
1/4 tsp. garlic powder

Mix well. Shape into oblong rolls. Wrap each roll in foil and place in a pan in the refrigerator overnight. The next day, bake for 1 1/2 hours at 350°. This freezes well.

Andrea Huus, Hidden Talents
**Hot Dish**

2 c. uncooked ring macaroni  
1 1/4 c. grated cheese  
1 tsp. grated onion  
1 can pimentos, minced  
2 1/2 c. milk  
2 cans mushroom soup  
2 tsp. butter  
2 c. boiled ham, diced, or beef, tuna or shrimp

Mix ingredients in a large baking dish. Bake 1 hour at 350°.

*Mary A. Trautman,*  
*Four Corners*

---

**Hungarian Stuffed Peppers**

1/2 lb. ground beef  
1/2 lb. ground pork  
3/4 c. raw rice  
1 med. onion, chopped  
1 clove garlic, minced  
1 tsp. salt  
1/4 tsp. pepper  
8 to 10 med. green peppers  
1 lg. can tomatoes, strained

Clean and prepare peppers. Arrange in a buttered baking dish so that the peppers touch together. Mix remaining ingredients by hand, reserving the tomatoes to pour over all. Be careful not to fill peppers too full, as the mixture will expand. Bake at 350° for 90 minutes.  
If more moisture is needed, water may be added.

*Mrs. Earl Weatherly,*  
*Happy Homes*

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*Beware of the man who says he has an open mind.  
He often has a mouth to match it.*
Lasagna

2 lb. hamburger
1/8 to 1/4 c. chopped garlic, or 1 tsp. minced garlic
1 lg. onion
1 1/2 tsp. salt
1 tsp. olive oil
1 tsp. Italian seasoning
1 tsp. oregano
1/4 c. brown sugar (or more to taste)
1 to 2 bay leaves (whole or minced)

Brown ground beef; drain. Add all other ingredients; simmer for 20 to 30 minutes. If this does not seem to be enough liquid, add 1 to 2 tomato paste cans of water

1 lb. lasagna
1 lb. ricotta cheese, or dry cottage cheese (more or less, whatever you prefer)

Cook lasagna with 1 teaspoon oil until tender; drain. Layer in a 9x13-inch pan: meat sauce, lasagna strips, meat sauce, ricotta cheese and other cheese. Continue layering until all is gone and end up with cheeses. Top with Parmesan cheese. Bake at 350° for 1 hour.

Note: You need not cook the noodles, just layer as above. When ready to bake, pour 3/4 cup water over top and bake 1 1/4 hours at 350°, or until noodle are done.

Darlene Michel,
Klose

The trouble with the average family is it has too much month leftover at the end of the money.
Layered Ground Beef Casserole

1 lg. onion, sliced, divided
1 c. sliced celery, divided
1 lg. green pepper, seeded & sliced, divided
Salt & pepper
1 1/2 lb. ground beef
1 (8 oz.) can tomato sauce
2 lg. potatoes, peeled (if desired) & sliced thin
1 (10 3/4 oz.) can cream of celery soup

In a 2-quart casserole, layer half the onion, celery and green pepper; season with salt and pepper. Top with beef; season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Pour on the tomato sauce. Top with remaining onion, celery and green pepper; season with salt and pepper. Arrange potatoes over top; spread with soup. Bake, uncovered, in a preheated 350° oven for 1 1/2 to 2 hours, or until potatoes are tender and top is lightly browned. Do not stir. Yield: 6 servings.

This can be made a day ahead and reheated. It freezes well. Thaw, then cover and reheat in a 350° oven.

Boni Szarkowski, Innkeepers

Layered Hot Dish

Sliced raw potatoes
Sliced raw carrots
Raw hamburger
Raw onions
1 can tomato soup
Salt & pepper

Place in a greased casserole in layers: potatoes, carrots, hamburger and onions. Mix tomato soup with 1/2 can of water and pour over vegetables. Season with salt and pepper. Bake for 2 1/2 hour at 350°.

Mrs. Harley (Dawn) Ketterling, Streeter Seniors

Macaroni Hot Dish for 50

4 lb. macaroni or spaghetti, cooked
4 lb. hamburger, browned
1 c. onion, browned with hamburger
2 lb. shredded Cheddar cheese
4 c. tomatoes
1 (48 oz.) can tomato soup
1 (10 3/4 oz.) can tomato soup

Mix all ingredients together. Bake at 350° for 40 minutes. You may add 1 can of water.

Nellie Klose, Klose
Meal-in-a-Dish

1 lb. ground beef  1 can cream of chicken soup
12 to 14 potatoes  2/3 can water
1 can vegetable soup  1 onion, chopped

Brown hamburger and onion; add potatoes that have been sliced, soups and water. Season to taste. Bake in a covered casserole at 350° for 2 full hours.

Rae Ann Paulson,
Sweet Sixteen

Meat Loaf

2 lb. ground beef  1 c. applesauce
2 tsp. salt  1/2 tsp. nutmeg
1/4 tsp. pepper  1 1/2 c. coarse, soft bread crumbs
1 med. onion, chopped  1 egg
4 oz. Cheddar cheese

Combine applesauce, salt, nutmeg and pepper; add ground beef, bread crumbs, onion and eggs. Mix lightly, but thoroughly. Cut cheese in 1 1/2-inch cubes, about 20. Fold into meat mixture. Pack into a 5x9-inch pan and bake in a 350° oven for 1 hour and 15 minutes. Let stand 10 minutes before removing from pan and slicing.

Irene Hoggarth,
Kensal Kozy K's

Mexican Chili Casserole

1 lb. ground beef  1 (1 lb.) can red kidney beans, drained
1 c. chopped onion  1 pkg. sm. corn chips
1 pkg. chili seasoning mix  3/4 c. sliced black olives
1 (8 oz.) can tomato sauce  1 1/2 c. shredded sharp Cheddar cheese
2/3 c. water

In a large kettle, cook meat until it loses its red color, breaking up with a fork. Add the next 4 ingredients. Stir and bring to a boil. Cover and simmer 15 minutes, stirring several times to prevent sticking.

In a 1 1/2-quart casserole, layer meat mixture with beans, corn chips, olives and cheese, ending with chips and cheese. Bake at 325° for 50 to 60 minutes.

Mrs. John (Mary) Craft,
Spiritwood
Mexican Meat Ball Hot Dish

1 slightly-beaten egg
3/4 c. finely-crushed cracker crumbs
1/4 c. taco sauce
2 tsp. instant minced onion
1/4 tsp. salt
1 lb. ground hamburger

Mix above and make into small meat balls. Brown meat balls. Pour over meat balls the following:

1 (10 1/2 oz.) can cream of mushroom soup
1 (15 oz.) can Old El Paso Mexi-Beans, drained
1 (4 oz.) can Old El Paso whole green chilies, seeded, rinsed & chopped
1/2 c. shredded cheese

Cook in a covered pan on low heat until done, about 1 hour. Sprinkle cheese on top. Cover and heat until cheese has melted, about 2 minutes.

Frances Pendray, Klose

Noodles and Corn Escalloped

1 1/2 c. cooked noodles
1 1/2 c. corn
1/3 c. chopped American cheese
2 T. chopped celery
1 tsp. salt
1 c. milk
1/4 tsp. paprika
1 egg, beaten
1/2 c. cracker or bread crumbs
4 T. butter
2 T. chopped onion

Mix. Place in a buttered casserole. Bake for 25 to 35 minutes in a 350° oven.

Sandy Wanzek, Diapers to Daisies

Noodle Hot Dish

1 1/2 lb. hamburger
1/4 lb. pork sausage
1 sm. onion
2 sm. pkg. med. noodles
1 can tomato soup
1 can whole kernel corn
2 green peppers
1 can mushroom soup
White sauce
Cracker crumbs

Brown together the hamburger, sausage and onion. Cook noodles in salted water until done; drain. Mix with tomato soup, corn, either green peppers or pimentos, and mushroom soup. Mix with meat in casserole. Top with white sauce and cracker crumbs. Bake until browned.

Marie Eriksen, Kensal
## Noodle Hot Dish

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>8 oz. noodles, boiled</td>
<td>1 can cream of chicken soup</td>
</tr>
<tr>
<td>1 can mixed vegetables</td>
<td>1 lb. fried hamburger</td>
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</table>

Mix all ingredients. Add salt and pepper to taste. Thin soup with 1/2 cup milk. Bake for 1/2 hours at 350°.

_Kay McKeen, Happy Homes_

## One-Dish Meal

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 lb. hamburger</td>
<td>2 c. cabbage, cut fine</td>
</tr>
<tr>
<td>4 c. diced potatoes</td>
<td>2 c. tomatoes</td>
</tr>
<tr>
<td>2 c. diced carrots</td>
<td>Salt &amp; pepper</td>
</tr>
<tr>
<td>2 med. onions</td>
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</table>

Brown hamburger; stir in other ingredients. Bake in a moderate oven for 1 hour and 20 minutes, or until done.

_Gladys Thornton, Wild Rose_

## Pigs in the Blankets

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 lb. hamburger</td>
<td>Tomato juice</td>
</tr>
<tr>
<td>1/2 c. rice</td>
<td>Salt &amp; pepper</td>
</tr>
<tr>
<td>1 chopped onion</td>
<td>1 head cabbage</td>
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</tbody>
</table>

Combine hamburger, rice and onions. Form into small balls and place on cabbage leaves. (Pour hot water over cabbage leaves to make them flexible.) Fold leaves over meat mixture and secure with toothpicks. Arrange in pan; cover with tomato juice and cook over medium heat until done.

These can be baked in the oven also at 350° for 1 1/2 hours.

_Debbie Paasch, Innkeepers_

## Pizza Burgers

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 lb. ground beef</td>
<td>1/2 lb. cheese, cubed or grated</td>
</tr>
<tr>
<td>Onions, to taste</td>
<td>(Cheddar)</td>
</tr>
<tr>
<td>1/4 tsp. oregano</td>
<td>1/4 tsp. garlic salt</td>
</tr>
<tr>
<td>1 can tomato soup</td>
<td></td>
</tr>
</tbody>
</table>

Brown ground beef and add other ingredients. Place on open bun under broiler until cheese is bubbly or it's heated through.

_Bertha Remmich, Streeter Seniors_
Pizza Hot Dish

3 c. uncooked noodles 1 tsp. oregano
1 lb. hamburger 1 tsp. garlic salt
1 sm. onion 2 c. Mozzarella cheese
2 sticks pepperoni, sliced 1/2 c. milk
1 (10 1/2 oz.) can pizza sauce


Shirley Scrivens, Winfield

Pizza Noodle Bake

2 c. (4 oz.) noodles 4 slices Mozzarella cheese, or equivalent amount of grated Mozzarella cheese
1 lb. ground beef Garlic powder, to taste
1/4 c. diced onion Oregano, to taste
1 (15 oz.) can tomato sauce Italian seasoning, to taste
1 c. water
Salt & pepper, to taste

Brown the ground beef and onion. Layer a 9x9-inch baking dish with the uncooked noodles. Add ground beef and onion. Mix tomato sauce, water and spices. Pour over meat and noodles. Bake in a 350° oven for 1 hour. During the last 10 minutes, top dish with Mozzarella cheese. Cut in squares and serve at once.

Mary Heupel, Buzzin Dozen, Medina

Potato Pizza Hot Dish

1 lb. ground beef 1/2 tsp. oregano
4 to 5 c. sliced potatoes 1 tsp. sugar
1 can Cheddar cheese soup Pepper, to taste
1 c. milk Pepperoni slices
1 can tomato soup Mozzarella cheese
1/2 c. chopped onion 1/2 c. Parmesan cheese (opt.)

Cook soup and milk in a double boiler while you brown beef and onion. Mix hamburger, soup and potatoes; put into a 9x13-inch cake pan or large casserole. Sprinkle on the spices and pepperoni. Bake for 1 1/2 hours at 350°. Top the cheese and heat until cheese is melted.

JoAnn Schwartz, Innkeepers
Saucy Meat Balls

2 lb. hamburger
8 T. cracker crumbs
2 eggs, slightly beaten
1 tsp. salt
2/3 c. green pepper
2/3 c. onion

2 cans tomato soup
4 T. butter
4 T. brown sugar
8 tsp. Worcestershire sauce
2 T. mustard
2 T. vinegar

Mix hamburger, crumbs, eggs and salt. Shape into balls and broil until browned. Spoon off fat.

Sauce: Cook pepper and onion in butter until tender. Stir in remaining ingredients. Pour over meat balls. Cover and bake at 350° for 30 minutes.

Mary Ellen Kulla,
Town & Country

Sauerkraut Hot Dish

1 lb. hamburger
2 cans cream of chicken soup
1 c. dry macaroni

1 (16 oz.) can sauerkraut, drained
1 med. onion

Brown hamburger with onion, then mix all together. Bake 1 hour at 350°.

Tillie Mack,
Kensal

Sauerkraut-Rice-Meat Casserole

1 c. rice
1 lb. pork sausage
1 lb. hamburger

1 c. onion
1 c. celery
1 can kraut

Cook rice as directed on package. Brown lightly, the sausage, hamburger, onion and celery together. Add salt, if you wish. Layer mixture, rice and kraut in a greased casserole with a layer of meat mixture on the bottom and top. Bake in a 350° to 375° oven for about 1 hour.

Nellie Klose,
Klose
Seattle Lunch

1 1/2 lb. hamburger
1 lg. onion
1 c. whole kernel corn
1 c. tomato soup
1/2 c. grated cheese
1 box ring macaroni, cooked
1 can mushroom soup
Salt & pepper, to taste
1/2 green pepper, or 1/2 c. celery

Fry hamburger and onion, not too well-done. Combine all ingredients and dot with butter and bread crumbs. Bake 3/4 hour at 325°.

Carol J. Arnold,
Merry Mixers

Shepherd's Pie

1 lb. hamburger
About 2 c. mashed potatoes
1 c. tomato soup
1 can green beans
American cheese slices

Brown hamburger or use any leftover meats. Cover with mashed potatoes or instant potatoes. Add a can of green beans, drained, or frozen green beans. Cover with slices of cheese. Add tomato soup. Bake for 30 minutes at 350°. It needs to bake a little longer if frozen beans are used.

Judy Williams,
Merry Mixers

Stuffed Burger Bundles

1 c. packaged herb-seasoned stuffing, or 1 1/4 c. croutons
1/3 c. evaporated milk
1 lb. ground beef
1 can mushroom soup
2 tsp. Worcestershire sauce
1 T. catsup

Prepare stuffing according to package directions. Combine meat and milk. Divide into 5 patties. Flatten on waxed paper. Put 1/4 cup stuffing mix in the center of each pattie. Seal meat around. Place in a 1 1/2-quart casserole. Pour combined ingredients over them. Bake, uncovered, at 350° for 35 to 40 minutes.

Edith Prentice,
Sweet Sixteen
Sunday Supper Hamburger

1 c. diced onion
2 T. butter
1 1/2 lb. hamburger
8 oz. noodles, cooked & drained
1 can mushroom soup
1 can cream of chicken soup
1 1/4 c. sour cream
1 (12 oz.) can corn
1 1/2 tsp. salt
1/4 tsp. pepper
1 c. potatoes chips (for topping)

Brown onion in butter; add hamburger and brown. Combine remaining ingredients, except potato chips; mix with hamburger. Put into a buttered 9x13-inch pan. Top with chips. Bake for 45 minutes at 350°. Yield: 8 to 10 servings.

Muriel Gasal, Bloom

Taco Casserole

1 lb. ground beef
1/3 c. sliced olives
1 (8 oz.) can tomato sauce
1 c. grated Cheddar cheese
1 onion, chopped
1 c. sour cream
1 pkg. taco mix
1 pkg. Fritos, crushed

Brown hamburger and onion; add taco mix, tomato sauce and olives. Put half of the Fritos in a 9-inch pan; add hamburger mixture, sour cream, Cheddar cheese and the rest of the Fritos. Bake at 350° for 30 to 45 minutes.

Judy Baenen, Diapers to Daisies

Taco Pie

2 lb. hamburger, fried
1/2 c. water
1 pkg. taco seasoning mix
1/3 c. black olives, chopped in lg. pieces
8 oz. crescent rolls
1 c. sour cream
2 c. corn chips or taco chips
2 c. Cheddar cheese, shredded

Cook and simmer the above ingredients for 5 minutes.

Line a casserole with crescent rolls. Add hamburger mixture, sour cream, corn chips and cheese alternately, ending up with cheese. Bake at 375° for 20 to 25 minutes.

Darlene Michel, Klose; Margaret Hofmann, Sunshine
**Tater Tots Hot Dish**

2 cans mixed vegetables, drained  
1 lb. hamburger, crumbled  
1 lg. onion, diced  
1/2 c. green pepper, chopped

Put the first 4 ingredients in a casserole; mix. Add soups and top with a layer of Tater Tots. Bake for 1 hour at 350°.

**Note:** Do not cook the hamburger.

*Alberta Schroeder, Kensal*

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**Tater Tots Hot Dish**

2 lb. hamburger  
2 cans mixed vegetables  
1 can mushroom soup  
1/2 pkg. dry onion soup

Mix all ingredients together. Put into a casserole and cover with 1 package Tater Tots. Bake 1 hour in a slow oven (300°).

*Agnes Reardon, Medina*

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**Three-Bean Casserole**

1 lb. bacon  
1 lb. hamburger  
1 chopped onion  
1/2 c. catsup  
2 (1 lb.) cans pork & beans  
2 (1 lb.) cans kidney beans  
2 (1 lb.) cans lima beans  
1 tsp. mustard  
2 T. molasses  
1 tsp. vinegar  
1/2 c. brown sugar

Fry bacon, onion and hamburger. Combine all ingredients and bake at 350° for 1 hour.

*Debbie Paasch, Innkeepers*
Toasty Cheese Bake

8 slices white bread
Butter
1/2 lb. ground beef
1/4 c. chopped onion
2 T. chopped celery
1 T. prepared mustard
1/2 tsp. salt

1 c. shredded American cheese
1 egg, slightly beaten
3/4 c. milk
1/2 tsp. salt
Dash of pepper
1/2 tsp. dry mustard

Heat oven to 350°. Toast bread and butter both sides. Cook and stir meat, onion, celery, prepared mustard and 1/2 teaspoon salt until meat is browned and onion is tender. Alternate layers of toast, meat mixture and cheese in a greased 9x9x2-inch pan. Mix remaining ingredients and pour over layers in pan. Bake, uncovered, for 30 to 35 minutes.

Debbie Paasch,
Innkeepers

Tomatoey Beans 'N Burger

1 lb. ground beef
1 pkg. sloppy joe seasoning mix
1 c. water
1 (6 oz.) can tomato paste

2 cans French-style green beans, drained
1 (2 1/2 oz.) jar mushrooms, drained
1/2 c. shredded Cheddar cheese

Brown ground beef in a large skillet; drain off all fat. Stir in seasoning mix and water until thickened. Add tomato paste. Cover and simmer 10 minutes. Stir in beans and mushrooms. Turn into a 2-quart casserole and top with cheese. Bake in a 350° oven for 20 to 30 minutes, or until bubbly. Yield: 6 servings.

Bertha Remmich,
Streeter Seniors

He who sows courtesy reaps friendship and he who plants kindness gathers love.
## Tostadas Olé

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. ground beef</td>
<td>1/3 c. oil</td>
</tr>
<tr>
<td>1/4 c. chopped onion</td>
<td>4 c. shredded lettuce</td>
</tr>
<tr>
<td>1 (7 oz.) can corn, drained</td>
<td>1 tomato, chopped</td>
</tr>
<tr>
<td>1/2 c. Spicy-Sweet French dressing</td>
<td>1/2 c. ripe olives, sliced</td>
</tr>
<tr>
<td>1/2 c. water</td>
<td>1 c. shredded Cheddar cheese</td>
</tr>
<tr>
<td>1 T. chili powder</td>
<td>1/2 c. dairy sour cream</td>
</tr>
<tr>
<td>1 tsp. taco sauce</td>
<td>1/2 c. sliced onion tops</td>
</tr>
<tr>
<td>3 to 4 (6&quot;) tortillas</td>
<td></td>
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</tbody>
</table>

In a large skillet, brown ground beef and onion; drain. Add corn, dressing, water, chili powder and taco sauce. Simmer 10 minutes, or until liquid is absorbed. Heat oil to 375° in a heavy skillet. Fry tortillas individually until crisp.

Place tortillas on serving plate. Divide topping ingredients among the tortillas, layering lettuce, heated meat mixture, tomatoes, olives, cheese, sour cream and green onions. Yield: 3 to 4 servings.

*Monica Backer,*  
*Royal Corinne*

## Zucchini Vegetable Dish

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 to 3 sm. zucchini</td>
<td>1/4 c. green pepper</td>
</tr>
<tr>
<td>1 T. onion</td>
<td>1/4 c. cheese (any kind)</td>
</tr>
<tr>
<td>1 lb. hamburger</td>
<td>1 c. cooked tomatoes or several fresh ones</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td></td>
</tr>
</tbody>
</table>

Brown hamburger; add other ingredients. Season to taste with pepper, a little sage or barbecue sauce. Simmer until zucchini is tender. Serve hot.

*Mrs. A. (Gertrude) McKenzie,*  
*Pingree Happy*
Microwave & Candy

Shelly Wanzek
Microwave Hints

Microwave ovens are not only amazingly quick, they're amazingly versatile. Here are some favorite tips to help you make the most of your oven. (Times given are approximate.)

1. Have fresh coffee all day by brewing a pot, then refrigerating coffee in container. Want coffee? Pour cupful and heat for 1 to 1 1/2 minutes. It will taste just perked.

2. Warm baby bottles or jars of baby food. Loosen cap on bottle or remove metal lid from jar; heat about 15 to 20 seconds or until warm.

3. Heat brandy for flaming desserts in a glass measuring cup for 10 to 15 seconds. Pour over dessert; light.

4. Soften hard ice cream in a few seconds. This will make it easier for you to serve.

5. For better barbecues, microwave-cook chicken pieces until partially done, then finish on grill. They'll be moist, have charcoal flavor.

6. Reheat cold fruit pie for a few seconds for “fresh from the oven” flavor.

7. Dry fresh bread when you need croutons or crumbs. One quart of cubes in a rectangular dish will dry in 6 to 7 minutes. Stir a few times.

8. For warm, damp towels - after eating finger foods - wet washcloths with water/lemon solution, wring out, fold or roll, heat in wicker basket.

9. In seconds, soften butter, cheese spread, cream cheese to be spreadable.

10. Quick-cook chicken parts you need for salads, sandwiches, main dishes; cook in covered casserole.


12. Toast almonds in a glass dish with butter, heating them until nuts are lightly browned. Stir occasionally.

13. Dry herbs the fast way in the oven. Place a few sprigs of 1/2 cup leaves between paper towels and heat for about 2 minutes, until dry and crumbly. Exact timing depends on the herb.
Microwave & Candy

Candy & Miscellaneous

Caramel Corn

1 c. brown sugar
1 stick butter or margarine
1/4 c. white corn syrup
1/2 tsp. salt
1/2 tsp. baking soda
3 to 4 qt. popped corn

Combine all ingredients, except baking soda and popcorn, in a 1 1/2- to 2-quart casserole dish. Bring to a boil, then cook on FULL POWER for 2 minutes. Remove from microwave and stir in baking soda.

Put popped corn in a brown grocery bag. Pour syrup over corn. Close bag and shake. Cook in bag on HIGH in a microwave for 1 1/2 minutes. Shake and cook another 1 1/2 minutes. (It may need another 1 1/2 minutes.) Pour into a pan and allow to cool, stirring while it cools to separate.

Ivy Klose, Klose

Chocolate Fudge

2 lb. confectioners' sugar
1 c. cocoa
1/2 c. milk
1 c. butter or margarine
1 T. vanilla
1 1/2 c. chopped nuts

Blend thoroughly, the sugar and cocoa, in a large mixing bowl. Just add butter and milk, but do not mix. Cook in microwave oven for about 2 minutes, until butter is completely soft and is starting to melt. Add vanilla and nuts; beat to thoroughly combine (as quickly as possible). Place in a greased, 2-quart oblong dish. Chill about 1 hour to harden. Yield: 60 (1-inch) pieces.

Lorrie Greenwood, Four Corners
Peanut Brittle

1 c. white sugar 1 T. butter
1/2 c. light corn syrup 1 tsp. vanilla
1/8 tsp. salt 1 tsp. baking soda
1 c. salted Spanish peanuts

Combine sugar, syrup and salt in a 2-quart bowl. Microwave on HIGH for 5 minutes. Stir in peanuts. Microwave for 3 to 5 minutes, stirring after 3 minutes, or until syrup and peanuts are lightly browned. Stir in butter, vanilla and baking soda until light and foamy. Spread very quickly to 1/8-inch thickness on a large, well-buttered cookie sheet. Cool. Break into pieces.

Yvonne Szarkowski, Innkeepers; Mrs. Maurine Schoeler, Royal Corinne

Nachos

1 lg. pkg. Doritos corn chips 1 (4 oz.) can sliced olives
1 (7 oz.) jar taco sauce (hot or mild) 1 c. grated sharp Cheddar cheese

Arrange Doritos on a large plate. Pour taco sauce evenly over chips; sprinkle olives and cheese evenly over the chips. Heat 2 to 2 1/2 minutes, rotating plate 1/4-turn halfway through cooking time. Cheese should be bubbling.

Serve hot to a group. This is a favorite for teenagers.

Annette B. Schlecht, Streeter Merry Mixers

Vegetables

Cabbage

1 firm head cabbage 2 T. bacon bits
1/4 c. water

Remove core from cabbage. Place in casserole dish and add 1/4 cup water. Sprinkle bacon bits on top of cabbage. Cover and microwave on HIGH for about 15 minutes.

Patricia Machart, Extension Home Economist
Compote of Beans

4 slices bacon
1/3 c. sugar
1 T. cornstarch
1/4 tsp. salt
1/8 tsp. pepper
1/2 c. vinegar
1 med. onion, sliced
1 (16 oz.) can green beans, drained
1 (16 oz.) can wax beans, drained

Arrange bacon slices in a single layer in a 2-quart glass casserole. Cover with paper towel. Microwave on HIGH for 3 to 4 minutes, or until bacon is crisp. Remove bacon and paper towel.

Blend sugar, cornstarch, salt and pepper with bacon drippings. Stir in vinegar. Add remaining ingredients and crumbled bacon. Cover and microwave on 2/3 POWER for 7 minutes. Stir. Continue to cook for 6 to 8 minutes, until slightly thickened. Let stand 3 minutes before serving. Yield: 8 to 10 servings.

Kay Eagleson, Buchanan

Herbed New Potatoes

Sm. new potatoes
1/2 c. water
2 T. butter, melted
2 tsp. lemon juice
1/2 T. dill weed
1 T. parsley
1 T. chopped chives
Dash of salt & pepper

Place 1/2 cup water and the potatoes in a 2-quart dish. Cover and cook on HIGH for 18 to 20 minutes in the microwave oven. Drain off water. Combine other ingredients and pour over potatoes. Cook in the oven for 1 minute and let stand for a few minutes before serving.

Patricia Machart, Extension Home Economist

Potatoes

2 T. margarine
3 med. potatoes
1/3 c. chopped onion
1/2 c. cut green pepper
1/4 tsp. salt
1/8 tsp. pepper
Chopped parsley
Cut-up cheese

Melt butter in a 9-inch dish; add cut-up potatoes and onion. Toss. Cover with plastic wrap. Put into microwave for 5 minutes at FULL POWER. Add green pepper, salt and pepper. Put in microwave for 3 minutes. Now add cheese. Uncover potatoes and microwave for about 2 to 3 minutes. Sprinkle with parsley.

Madelyn Hoffer, Merry Makers
Twice-Baked Potatoes

- 5 med. potatoes
- 1/2 tsp. salt
- 1/2 tsp. sugar
- 1/4 tsp. garlic powder
- Dash of pepper
- 1 T. cider vinegar
- 1 T. chopped green onions
- 1/4 c. shredded Cheddar cheese
- 1/4 c. mayonnaise

Cook potatoes on HIGH for 16 to 18 minutes in a microwave oven. Remove from oven. Slice in halves; scoop out insides and put into a bowl. Add all other ingredients and mash until light and fluffy. Put potato mixture back into shells and microwave long enough to heat thoroughly.

Patricia Machart,
Extension Home Economist

Something Special Spinach

- 1 pkg. chopped spinach
- 1 pkg. chopped broccoli
- 1/2 pkg. dry onion soup
- 1 c. sour cream
- 1/2 tsp. sweet basil

Thaw and drain the spinach and broccoli. Combine in a baking dish and microwave on HIGH for 5 minutes, or until thoroughly heated.

Patricia Machart,
Extension Home Economist

Main Dishes

Barbequed Spareribs

- 3 lb. pork spareribs, cut in serving pieces
- 1 clove garlic, finely chopped
- 1 med. onion
- 1/4 c. vinegar
- 3/4 c. chili sauce
- 1 (8 oz.) can tomato sauce
- 2 T. brown sugar
- 1 T. Worcestershire sauce
- 1 tsp. salt
- 1/4 tsp. pepper

Place ribs in a 3-quart (9x13-inch) glass baking pan. Cover with plastic wrap. Microwave on ROAST (MEDIUM) for 15 minutes. Drain and turn ribs over. Arrange onion and garlic on top. Add mixture of remaining ingredients. Re-cover and continue cooking on ROAST (MEDIUM) for 25 to 30 minutes, until fork-tender. Let stand, covered, for 5 minutes before serving. Yield: 5 to 6 servings.

Mrs. Ann Marks,
Winfield
Green Pepper Beef

2 lb. beef top round, cut in thin, bite-size strips  
1 T. cornstarch  
3/4 tsp. salt  
1/2 tsp. ground ginger  
1/2 tsp. dry mustard  
1/8 tsp. seasoned pepper  
1 med. onion, thinly sliced & separated into rings  
1 clove garlic, minced  
1 lg. green pepper, cut in thin strips  
1 med. tomato, peeled, seeded & chopped  
1/4 c. soy sauce

Soak top and bottom of a 3 1/4-quart clay cooker in water for about 15 minutes; drain.

Coat beef strips with mixture of cornstarch, salt, ginger, mustard and pepper. Place in cooker. Place covered cooker in microwave oven. Microwave on FULL POWER for 10 minutes. Stir in remaining ingredients. Microwave, covered, on MEDIUM-LOW (SIMMER), stirring once or twice, until beef is tender, about 45 minutes. Serve with fluffy rice. Yield: 6 servings.

Lyla Ableidinger, Hidden Talents

Hamburger Pie

CRUST:
1 lb. ground beef  
1 egg  
1/4 c. dry bread crumbs  
1 T. soy sauce  
1 tsp. dry mustard  
1/8 tsp. garlic powder

FILLING:
3/4 c. sliced onion, separated in rings  
1 c. sliced mushrooms  
1 1/2 c. sliced potatoes (1/8" thick)

Cook sliced potatoes on HIGH for 4 to 5 minutes in a covered dish with 1 tablespoon water.

While potatoes cook, combine crust ingredients and mix well. Press into a 9-inch glass pie pan. Microwave on HIGH for 3 to 5 minutes, or until meat is set. Rotate once during cooking. Drain. Top meat with potatoes, onion slices and mushrooms. Cover with plastic wrap. Microwave on HIGH for 4 1/2 to 8 1/2 minutes, or until potatoes in the center are fork-tender. Rotate once. Reduce power to 50% (MEDIUM).

TOPPING:
1 c. shredded Cheddar cheese  
1/2 c. shredded Swiss cheese  
1 1/2 tsp. parsley flakes

Sprinkle with cheeses and parsley. Microwave, uncovered, for 2 to 5 minutes, until cheese melts. Let stand 2 to 3 minutes.

Kay Eagleson, Buchanan
Puffy Cheese Omelet

3 eggs, separated  2 T. butter
1/3 c. mayonnaise  1/2 c. finely-shredded Cheddar cheese
2 T. water

In the largest mixer bowl, beat egg whites at highest speed of mixer until soft peaks form. In the smaller bowl, using the same beaters, beat yolks, mayonnaise and water. Gently pour yolk mixture over beaten whites. Fold together carefully.

In a 9-inch pie plate, place butter. Microwave at HIGH for 1 minute; swirl to coat dish. Carefully pour egg mixture into pie plate. Microwave at MEDIUM for 6 to 8 minutes, rotating dish 1/2-turn after 3 minutes, until set but still glossy on top. Sprinkle cheese over omelet.

Microwave at MEDIUM for 1/2 to 1 minute, until cheese is slightly melted. Quickly run a spatula or turner around sides and bottom of dish. Fold half of omelet over the other half. Gently slide onto a serving plate. Sprinkle with chives, if desired. Yield: 1 to 2 servings.

Lyla Ableidinger,
Hidden Talents

Stuffed Peppers

4 med. peppers  1 tsp. salt
3/4 lb. hamburger  1/4 tsp. pepper
1/3 c. quick-cooking rice + 1/3 c. water, or 2/3 c. cooked rice
1 egg
1 (8 oz.) can tomato sauce

Remove core from peppers. Place into a 2-quart glass casserole. Mix hamburger, rice, egg, salt, pepper and half of the tomato sauce. Spoon into peppers. Place in casserole and cover with waxed paper. Cook 12 minutes on HIGH. Spoon remaining tomato sauce on each pepper and cook 2 minutes. If a softer texture is desired, cook 15 to 18 minutes.

Annette B. Schlecht,
Streeter Merry Mixers

Thawing Frozen Bread Dough

Microwave 4 cups water in a 4-cup glass measure for 8 to 10 minutes, or until boiling. Place loaf of frozen bread dough in a greased 4x8-inch glass loaf pan. Place, uncovered, in microwave oven, along with the water. *Microwave 1/2 minute. Turn off the oven and let bread stand in the oven for 20 minutes.

Repeat from * 3 times. Let bread dough continue to stand in the oven until doubled in size, 30 minutes to 1 hour or more. Bake in a preheated oven as directed on package.

Tips: For 2 loaves. Repeat from * 4 times. Use your timer as a reminder for the standing time.

Ivy Klose,
Klose
Desserts

Hot Fudge Sauce
(For Ice Cream)

1/2 c. sugar 1/2 c. water
3 T. cocoa 2 T. butter
1 1/2 T. cornstarch 1 tsp. vanilla
Dash of salt


Note: Cook on FULL POWER.

Ivy Klose,
Klose

Candy Rice

1 c. Minute Rice 2 c. water
1/2 tsp. salt 3/4 c. whipping cream
2 eggs 2 c. sugar
1 tsp. vanilla 1/2 c. raisins
Cinnamon Nutmeg

Bring water to a boil; stir in Minute Rice with salt. Set aside. Combine cream, eggs, sugar, raisins and vanilla in casserole. When rice is done, pour into cream mixture and sprinkle cinnamon and nutmeg on top of rice. Put in a microwave oven on ROAST/BAKE for 20 minutes.

Gail Kollman,
Hidden Talents

Every mother knows what side the bread is buttered on - the side the kids drop on the floor.
Curried Fruit

3 T. butter, melted
1/4 c. brown sugar
Drained, canned fruit (pineapple, mandarin oranges, peaches or pears)
Bananas, strawberries or other fresh fruits (may be used)
1/2 tsp. curry powder
Dash of nutmeg
Rum flavoring (opt)

Combine butter, brown sugar, curry powder and nutmeg in a 2-quart casserole. Stir. Heat 1 minute on HIGH. Add fruit and microwave on HIGH for 6 to 8 minutes, stirring as needed. Serve warm.

You can use at least 2 to 3 cans of fruit for the amount of butter-brown sugar mixture in the recipe.

This is excellent served with egg, cheese or meat dishes for brunch.

Patricia Machart, Extension Home Economist

Rhubarb Crisp

1 1/2 lb. cut-up rhubarb (about 4 c.)
1/2 tsp. salt
1 1/3 to 2 c. sugar*
3/4 c. all-purpose flour
1 tsp. ground cinnamon
1/3 c. butter or margarine

*The amount of sugar depends on the tartness of the rhubarb.

Arrange rhubarb in an ungreased baking dish, 8x8x2 inches. Sprinkle with salt. Mix sugar, flour and cinnamon; mix in butter until mixture is crumbly. Spread over rhubarb. Microwave, uncovered, until rhubarb is tender, 12 to 14 minutes. Yield: 6 servings.

Lyla Ableidinger, Hidden Talents

When the temperatures rise and I’m weak from heat, there’s one consolation, I still love to EAT.
Candy

Beef Fudge

2 c. sugar
1 c. brown sugar
12/ c. white corn syrup
1/2 c. milk
1 tsp. vanilla

1/2 c. cooked ground beef
3 T. butter
2 oz. unsweetened chocolate
1/2 c. chopped walnuts

Cook all together in a heavy kettle to 238°; do not stir. Remove from heat and cool to lukewarm. Add vanilla, meat and nuts. Beat until thick. Pour and cut as for fudge.

Note: You may use 1 cup meat and no nuts.

Deb Lee,
Diapers to Daisies

Caramels No. 1

1 c. butter
2 1/2 c. brown sugar
1 tsp. salt
1 c. light corn syrup

1 can Borden’s sweetened condensed milk
1 tsp. vanilla

In a large saucepan, melt butter. Add brown sugar and salt, then syrup. Add milk, stirring constantly. Boil to hard ball stage. Turn off burner and let it set there for 10 minutes. Add vanilla. Pour into a buttered 9x9-inch pan. Cut when cooled.

Brenda Bischoff,
Hidden Talents

Caramels No. 2

1 c. white sugar
1 1/2 c. cream

1/2 c. white corn syrup

Put sugar, syrup and 1/2 cup cream in a pan; stir until sugar is dissolved. Boil until a soft ball is formed, or 225° on a candy thermometer. Stir often, but do not beat. Add another 1/2 cup cream and boil again to soft ball. Add the last 1/2 cup cream and boil until a firm ball is formed. Pour into a buttered pan. When cool, cut into squares and wrap in waxed paper.

Sue Schielke,
Happy Homes
Caramels No. 3

2 c. sugar
2 c. canned milk or cream
2 c. syrup
1 c. butter
1 tsp. vanilla

Use a heavy kettle or Teflon-coated kettle. Boil syrup and sugar until 245°. Add butter and cream or canned milk very slowly so that the motion of boiling continues. (It should not stop boiling all together at any time.) Boil until 256°. Pour into a 9x13-inch buttered pan; let cool. Cut in long, 1-inch strips, then cut off caramels the size you like.

This recipe doubles nicely.

Marian Klose,
Klose

Fanny Farmer Candy

3 (6 oz.) pkg. chocolate chips
1/2 lb. soft butter or oleo
2 c. nuts
2 tsp. vanilla
4 1/2 c. sugar
1 can Carnation milk

Put the first 4 ingredients in a mixing bowl. Place sugar and milk in a heavy saucepan. Bring to a boil for 9 minutes. Stir constantly. (Time accurately.) Pour over bowl of chocolate chip mixture. Put into a 9x13-inch buttered pan.

Margie Kulla,
Town & Country

Klackers

1 pkg. almond bark
1 lb. Spanish peanuts
2 c. mini marshmallows
5 to 6 c. Honeycomb cereal

Melt bark over warm water, not boiling. Cool enough so it won't melt the marshmallows. Add marshmallows and mix together. Drop onto waxed paper with a spoon. It will harden when cool.

Rosella Dewald,
Streeter Seniors
Mints

8 oz. cream cheese 1 to 2 drops flavoring
2 lb. powdered sugar Color (your choice)

Mix together. Knead with hands until it resembles pie dough. Roll into small balls. Dip in granulated sugar (this keeps it from sticking to the molds). Yield: about 200.

If stored in a covered container, they will keep indefinitely in the refrigerator.

Selma Graf,
Streeter Seniors

Peanut Brittle

2 c. sugar 1/4 tsp. salt
1 c. light corn syrup 1 c. water
3 c. raw peanuts (1 pkg.) 2 T. butter
2 T. vanilla 2 tsp. baking soda

Mix sugar, salt, syrup and water in a large saucepan. Cook over high heat until thin strands of syrup form (234°). Add nuts, stirring constantly, keep it bubbling. Stir and cook for 8 minutes. Stir in butter and cook for about 2 minutes, or until golden brown. Remove from stove. Add vanilla. Quickly sprinkle soda over mixture; mix (not much). Put into a 10x15x1-inch pan. Cool. Yield: 2 pounds of candy.

Betty Thornton,
Wild Rose

Peanut Butter Balls

2 c. crushed graham cracker crumbs 1/4 c. butter or oleo
2 c. powdered sugar 2 c. peanut butter

Mix together like pie crust mix. Chill at least 1 hour. Make into small balls and put in the freezer while melting the following in a double boiler:
1 lb. milk chocolate 1/3 bar paraffin

Dip balls in this mixture. While dipping, keep chocolate on low heat. Place on waxed paper and chill overnight. Keep in an airtight container.

Debbie Ova,
Diapers to Daisies
Reese's Peanut Butter Cups

2 c. powdered sugar  1 c. chunky peanut butter
1/2 c. butter  24 oz. chocolate bark

Mix sugar, butter and peanut butter. Melt the bark in a double boiler over hot, not boiling, water. Place a small amount of bark in the bottom of a candy-sized paper cup. Roll a small ball of filling and place on top of the bark. Cover with bark and let set.

Mrs. Rueben Schlaht, Wild Rose

Salted Nut Roll

2 T. margarine  1 1/2 c. chopped salted peanuts (divided)
5 oz. marshmallows
1 c. powdered sugar 7 oz. caramels
1 T. water

Melt 1 tablespoon margarine; add marshmallows, stirring until melted. Beat in enough powdered sugar to make mixture workable to knead. Knead until smooth. Add vanilla and 1/2 cup peanuts. Knead, using remaining powdered sugar, until smooth.

Shape into 12-inch roll. On plastic wrap, put the remaining peanuts in a 4x12-inch rectangle.

Melt caramels with 1 tablespoon butter and water. When mixture is cool, place on peanuts on plastic wrap. Place roll in the center. Lift caramel around center. Seal edges, pressing remaining peanuts into caramel. Refrigerate.

Mrs. Arthur G. Opp, Sunshine

Caramel Corn

1 c. brown sugar  1 stick margarine
1/4 c. syrup (Karo)  6 qt. popped corn

Cook brown sugar, syrup and margarine for 5 minutes. Pour over popped corn, stirring well. Bake at 250° for 1 hour. Stir at least 3 times. Place on waxed paper to cool. Break up and seal in plastic bag.

Margaret Hofmann, Sunshine
Copy Cat Corn

2 qt. popped corn
1 1/3 c. pecans
2/3 c. almonds
1 1/3 c. white sugar
1 c. butter
1/2 c. white Karo syrup
1 tsp. vanilla

Brown nuts in a 325° oven for 15 minute on an ungreased cookie sheet. Do to get too brown. Combine nuts and popcorn. Cook sugar, butter and syrup; boil until light brown. Remove; add vanilla. Pour over popcorn mix and mix well. Spread on a sheet to dry, then store in covered coffee cans.

Dorothy Mayer,
Buchanan

Never-Fail Popcorn Balls

2 c. sugar
1 c. corn syrup
1/2 tsp. cream of tartar
1 T. butter
1/2 tsp. baking soda
6 qt. popped corn

Cook the first 4 ingredients to a hard ball stage. Remove from heat. Add baking soda. Pour over popped corn; stir well. Shape into balls. Be sure to cook in a large enough kettle, as the mixture will foam as the soda is added.

Mrs. Earl Weatherly,
Happy Homes

Oven Caramel Corn

1 c. butter or margarine
2 c. brown sugar
1/2 c. light Karo syrup
1 tsp. salt
1 T. vanilla
1/2 tsp. baking soda
6 to 10 qt. popped popcorn (kernels removed)
1 to 2 c. peanuts (opt.)

Place popcorn in a large roaster in the oven to keep warm (200°). Melt butter; stir in syrup, sugar and salt in a large pan. Boil 5 minutes on lowest heat possible, without stirring. Remove from heat; stir in baking soda and vanilla. Pour over popcorn; mix well. Put into a 250° oven for 1 hour; stir every 15 minutes. Store in airtight cans.

Mrs. Walter (Dagny) Trautman,
Wild Rose
Sweetened Condensed Milk

1/3 c. evaporated milk
2 T. butter
3/4 c. sugar

Mix ingredients in a small, heavy saucepan. Heat until butter and sugar are completely dissolved and thickened.

**Note:** This makes about the same amount as the commercial kind at a fraction of the cost.

_Yvonne Szarkowski, Innkeepers_

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Your Church Garden Recipe

First, plant five rows of peas: Presence, Promptness, Preparation, Purity, And Perseverance.
Next to these, plant three rows of squash: Squash gossip, Squash criticism, Squash indifference.
Then plant five rows of lettuce:
- Let us be faithful to duty.
- Let us be loyal and unselfish.
- Let us be true to our obligations.
- Let us obey rules and regulations.
- Let us love one another.

No garden is complete without turnips:
- Turn up for the meeting.
- Turn up with a smile.
- Turn up with new ideas.
- Turn up with determination.

To make everything count for something good and worthwhile.

_D. Janssen_
Salads & Dressings

N.C. Machart
Hints for Salads

• When buying grapefruit, judge it by its weight. The heavier ones are juicier.
• Add 1/4 teaspoon soda to cranberries while cooking and they will not require as much sugar.
• Frosted Grapes: Beat 2 egg whites and 2 tablespoons water slightly. Dip small clusters of grapes into the mixture. Sprinkle with granulated sugar. Dry on waxed paper.
• Lemons that are heated before squeezing will give almost twice the quantity of juice.
• Lemon juice on cut bananas will keep them from darkening.
• Grease the salad mold with salad dressing, mayonnaise or salad oil and it will help the salad slip out easily.
• Save sweet pickle juice. Store it in the refrigerator and use small amounts to thin dressings for salads.
• Soak hard-cooked eggs in beet pickle juice for an interesting taste and colorful garnish.
• To make a hard-cooked egg flower: Cut white from the small end of the egg about 3/4 of the way down, petal fashion, being careful not to cut yolk. When spread apart, these white petals should show yolk as a round ball, daisy fashion. Slice green pepper for leaves. Nice for potato salad.
• Marshmallows will cut easily if the blades of the scissors are buttered.
• Try putting marshmallows in the refrigerator and they won’t stick to the scissors.
• Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking it for an hour in the refrigerator.
• The darker, outer leaves of lettuce are higher in calcium, iron and Vitamin A.
• Do not add salt to a lettuce salad until just before serving; salt makes the lettuce wilt and become tough.
• Toss salads well so you can use less dressing which is healthier.
• Prepare ingredients such as greens, chopped onions, celery, carrots and radishes ahead of time. Store in separate airtight containers for quick use in a tossed salad.
• When you will be doing extra cooking, keep shredded cheese, bread crumbs, and chopped onion on hand for use in salads, casseroles and vegetables.
• Before grating cheese, brush vegetable oil on the grater and it will clean easier.
• Remove the tops of carrots before storing. Tops absorb moisture and nutrients from the carrots.
• It is easy to remove the white membrane from oranges - for fancy desserts or salads - by soaking them in boiling water for 5 minutes before you peel them.
• Lemon Jello, dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip, makes a perfect base for jelled fruit salad.
Celery Seed Dressing

Blend onion and vinegar until onion is chopped fine. Add sugar, salt and dry mustard. Blend again. Remove center of blender lid and, on high speed, very slowly add oil. Add celery seed and blend for a short time. Yield: about 1 pint.

Margaret Weatherly, Happy Homes

Chantilly Dressing

(For Fruit Salad)

Grated rind from 2 lemons 1 c. maraschino cherries, chopped
Grated rind from 2 oranges 1 c. nuts, chopped

Add equal parts of mayonnaise and already-whipped cream. Stir all together. Add a little cherry juice for color and flavor.

Judy Williams, Merry Mixers

Diet Salad Dressing

1 can undiluted tomato soup 1/4 c. water
2 T. lemon juice

Mix well.
You may add grated onion and prepared mustard

Kay McKeen, Happy Homes
**French Dressing**

1/2 c. vinegar  
1 c. Crisco oil  
1/2 c. water  
2 tsp. salt  
7 T. sugar  
1 (24 oz.) btl. catsup  
1/2 tsp. garlic salt  
1 med. onion, minced

Mix all ingredients. Pour into a jar or bottle. Keep refrigerated.

*Mrs. Joe McGuire, Kensal Kozy K's*

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**French Dressing**

1 can tomato soup  
1 c. salad oil  
3/4 c. sugar  
1/2 c. cider vinegar  
1/2 c. catsup  
1 tsp. garlic salt

Put all ingredients into a large 3-quart bowl. Beat for 3 minutes. Yield: about 1 quart.

*Margaret Weatherly, Happy Homes*

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**French Salad Dressing**

1/2 c. sugar  
1 tsp. celery seed  
1 tsp. dry mustard  
1 tsp. paprika  
1 tsp. salt  
1/4 c. vinegar  
1/3 c. catsup  
1 c. salad oil  
1 sm. onion, chopped fine  
Juice of 1 lemon

Mix all ingredients in blender; blend until mixed.

*Gayl Lange, Happy Homes*

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**Honey Dressing for Fruit**

2/3 c. mayonnaise  
1 T. grated lemon rind  
3/4 tsp. lemon juice  
1/3 c. honey  
1/4 tsp. ginger

Combine all ingredients and mix well. Chill. Yield: 1 cup.

*Vera Heupel, Sunshine*
Palace Dressing

1 c. Mazola 3/4 c. catsup
1/2 to 3/4 c. sugar 4 T. minced onion
1 tsp. salt 1/2 c. vinegar
1 tsp. paprika 1 clove garlic (opt.)

Place in blender or beat with rotary beater. Blend until thick. Add a clove of garlic to dressing, if desired.

_Lillian Wehler,_
_Sweet Sixteen_

Potato Salad Dressing

1 T. powdered mustard 1/2 c. sugar
1 T. flour 3 beaten eggs
1 tsp. celery salt 1/2 c. vinegar
1/4 tsp. paprika 1/2 c. water
1/4 tsp. pepper

Sift mustard, flour, celery salt, paprika, pepper and sugar. Sift into beaten eggs; mix well. Add vinegar and water. Bring to boil, stirring constantly. Add 1 tablespoon butter and cook until creamy. Remove from fire and pour into a jar. Add 1/4 cup whipped cream when ready to use on salad.

_Mrs. Theodore Daede,_
_Willing Workers_

Salad Dressing

1/2 c. salad oil 1/2 c. vinegar
1 can tomato soup 1 green pepper, chopped fine
3/4 c. sugar 1 med. onion, chopped fine
1 1/2 tsp. salt 1 pimento, chopped
1 tsp. dry mustard 1 c. celery, chopped

Put all into a 1-quart jar and shake. Serve over shredded lettuce. This keeps well.

_Wanda Mogck,_
_Willing Workers_
Tomato Soup Salad Dressing

1 can tomato soup
1/3 c. cider vinegar
1/2 c. salad oil
1/2 tsp. salt
2 T. sugar
2 T. salad dressing
1 T. celery, chopped
2 tsp. onion, chopped
1/2 tsp. oregano
1/2 clove garlic
2 T. Worcestershire sauce (opt.)

Mix very well. Pour into a bottle and seal. Keep refrigerated.

Gerda H. Christenson,
Kensal

Tossed Salad Dressing

1/2 c. honey
1/8 c. white vinegar
1/3 c. oil
1/4 tsp. celery seed
1/2 c. chili sauce
1/2 tsp. salt
1 tsp. minced onion

Mix as given and shake well. Store in the refrigerator and shake well before you use it.

Mable Koehn,
Happy Homes

Salads

Four-Bean Salad

1 can yellow beans
1 can green beans
1 can kidney beans
1 can garbanzo beans
1 lg. sweet onion

DRESSING:
1/2 c. vinegar
1 c. sugar
Pinch of salt
Coarse pepper (opt.)
1/2 c. oil
1 to 1 1/2 tsp. celery seed

Bring to a boil; cool. Pour the dressing over the well-drained beans and sliced onion. Let stand overnight before using.
This keeps up to a month.

Frances Oleson,
Wild Rose
Broccoli-Lettuce Salad

1 sm. bunch broccoli
1 sm. head lettuce
1 bunch green onions
3 sticks celery
1/4 to 1/2 c. green pepper

Mix broccoli, lettuce, onion, celery and green pepper. Toss with dressing and serve.

DRESSING:
1 pkg. ranch-style dressing
Mayonnaise
Milk

Mix together.

Darlene Michel,
Klose

Buttermilk Fruit Salad

1 c. buttermilk
1 box instant vanilla pudding
1 (8 oz.) ctn. Cool Whip
1 (16 oz.) can crushed pineapple
1 (16 oz.) can fruit cocktail
1 pkg. fudge-stripe cookies

Mix buttermilk and pudding mix together; blend in the Cool Whip. Drain pineapple and fruit cocktail, and add. Crush fudge-stripe cookies and sprinkle on top. Refrigerate several hours.

Carol Andres,
Buchanan

Cherry Salad

1 lg. ctn. Cool Whip
1 can sweetened condensed milk
1 can cherry pie filling
1 regular can crushed pineapple
1 can mandarin oranges
1/2 pkg. mini marshmallows
Nuts or coconut

Mix and keep in the refrigerator.
This can be made the day before. It is a pretty pink salad.

Lucille Cysewski,
Innkeepers
Cherry Salad Supreme

1 (3 oz.) pkg. raspberry Jello 1/3 c. mayonnaise
1 (21 oz.) can cherry pie filling 1 c. crushed pineapple
1 (3 oz.) pkg. lemon Jello 1/2 c. whipping cream
1 (3 oz.) pkg. cream cheese 1 c. mini marshmallows

Dissolve raspberry Jello in 1 cup boiling water; add pie filling. Pour into a 9x9x2-inch pan. Chill until set. Dissolve lemon Jello in 1 cup boiling water. Beat together the cream cheese and mayonnaise. Gradually add lemon Jello mixture. Stir in ungreased pineapple. Whip the cream and fold into lemon mixture with marshmallows. Spread over cherry layer and chill.

Muriel Gasal, Bloom

Chicken 'N Orange Salad

3 to 4 c. cooked white chicken meat 2 stalks celery
1 med. green pepper 1 med. onion
2 (11 oz.) cans mandarin oranges 1/2 c. mayonnaise

Mix the meat, diced celery, pepper, onion and oranges. Add mayonnaise; toss well. Chill and serve on crisp lettuce leaves.

Selma Graf, Streeter Seniors

Chicken Soup Salad

1 can chicken with rice soup 1 T. minced onion
1 pkg. lemon Jello 1 c. diced celery
1/2 c. mayonnaise 1/2 c. chopped nuts
1/2 c. cream 1 c. diced, cooked chicken


Mrs. Vernon (LaVonne) Anderson, Royal Corinne
Coleslaw

2 heads cabbage, shredded  1 bunch celery, diced
1 T. salt  1 c. pimentos, diced
1 green pepper, diced

Mix salt with cabbage. Let stand 1 hour. Squeeze out excess juice and add the rest of the vegetables. Pour chilled dressing over all; mix well. Put into glass jars. Cover and refrigerate.

This keeps for 2 to 3 months.

DRESSING:
3 c. sugar  1 1/2 c. water
1 1/2 c. vinegar

Boil for 3 minutes. Chill.

Emma Bitterman, Buchanan

Corned Beef Salad

1 (3 oz.) pkg. lemon Jello  3 hard-cooked eggs
1 1/2 c. hot water  1 1/2 c. chopped celery
1 c. Miracle Whip  2 tsp. grated onion
1 can corned beef  1/4 c. lemon juice


Bernice Anderson, Happy Homes

Corned Beef Salad - Vivian's

2 boxes lemon Jello  1 c. chopped celery
1 T. sugar  1/2 c. chopped green pepper
1 tsp. salt  1/2 c. chopped stuffed olives
4 T. vinegar  1 sm. can peas, drained
Dash of white pepper 1 can corned beef, cubed
1 c. chopped onion  1 c. salad dressing

Dissolve gelatin, sugar, salt, vinegar and pepper in 3 1/2 cups boiling water. Cool until partially set. Add salad dressing and whip. Add remaining ingredients and place in a flat pan until firm. Cut in squares and serve on a lettuce leaf.

Mrs. Vernon (LaVonne) Anderson, Royal Corinne
Cranberry Salad

2 c. cranberries
1 1/2 c. water
1 c. sugar
1 (3 oz.) pkg. cherry Jello

Chopped apples
Nuts
1/2 c. crushed drained pineapple

Simmer cranberries, water and sugar for 10 minutes. Add cherry Jello and cool. Add pineapple, chopped apples and nuts. Pour into mold and refrigerate.

Ruby Burleson, Kensal Kozy K's

Cranberry Salad

1 lg. or 2 sm. pkg. raspberry Jello
2 c. boiling water
1 can jellied cranberry sauce

1 c. crushed pineapple
1 c. chopped nuts
1 c. chopped celery

Mix Jello with water. Mash the cranberry sauce and add to the Jello. Add pineapple. When partially set, add the nuts and celery.

Mrs. John (Mary) Craft, Spiritwood

Cranberry Salad

1 lb. cranberries
1 1/2 c. sugar
6 c. mini marshmallows
2 c. cream, beaten stiff

4 c. diced apples (unpeeled, if desired)
2 c. seedless grapes or any other fruit

Grind cranberries; add sugar and small marshmallows. Let stand overnight.

The next day, add diced apples and grapes. Add cream 1 to 2 hours before serving. Add a pinch of salt to the mixture.

Mrs. Olaf A. Ekren, Kensal

Cranberry Salad - Frozen

2 c. cranberries
2 c. apples
1 lb. marshmallows, cut

1 c. sugar
1/2 c. nuts
2 c. whipped cream


Mrs. Earl Weatherly, Happy Homes
Cucumber Salad

2 T. gelatin, dissolved in 1/4 c. water 1/4 c. cream, whipped
1 c. boiling water 1/4 c. sugar
1/2 tsp. salt 1/4 c. vinegar
Juice of 1/2 lemon 1 c. diced cucumbers
1 c. crushed pineapple, drained 1 c. mayonnaise

Dissolve gelatin in water. Add sugar, salt, vinegar and lemon juice. Stir until the sugar and salt are dissolved. Add cucumbers, pineapple and mayonnaise. Fold in whipped cream. Chill.

This recipe was given to me by a neighbor, Mrs. Joe Schmitt, at my wedding shower in 1946.

Mrs. Leroy Gasal, Bloom

Doritos Salad

1 head lettuce, washed & torn in bite-sized pieces 5 oz. sharp Cheddar cheese or other cheese, grated
12 cherry tomatoes, halved, or lg. tomatoes, cut in pieces 1 can pinto beans, drained & rinsed
1 can black olives, cut in 4 little rings 3 oz. commercial sour cream
4 green onions, cut in thin disks (including green tops) 1/3 c. Italian dressing
5 oz. commercial sour cream 1/2 bag corn-flavored Doritos, smashed into quarter-sized pieces
1/3 c. Italian dressing

Whip together the sour cream and Italian dressing in a small bowl. Toss all ingredients together, except Doritos. Mix dressing. Add Doritos at the last possible moment.

Avocados can be used instead of dressing, and other fresh vegetables can be used.

Kathy Erickson, Learning Ladybugs

Finger Salad

1 bunch carrots, peeled & cut 1 head cauliflower
1 pt. cherry tomatoes 2 cans black olives
1 pkg. celery 2 jars stuffed olives

MARINADE:
1 1/2 c. salad oil 3 cloves garlic, crushed
1 tsp. pepper 2 1/2 tsp. salt
2/3 c. cider vinegar 1 1/2 tsp. sugar

Mix in a jar. Tip jar 2 or 3 times to mix. Marinate for 24 hour.

Wanda Mogck, Willing Workers
Mary Beth's French Toast

10 breads
1 pour of milk
1 dish of butter
A lot of pours of maple syrup

Have a bacon pan or an egg pan to cook in and a shovel thing. You put it in the pan with your fingers, but you have to get it out with the shovel.

First you plop the breads into the bowl of milk. But take it out pretty soon or it will leak all over and fall apart. Cook the wet breads in the pan for as long as you stand there--and it gets to be French Toast.

Then put it on 4 dishes with sausages on them, and add all the pours of syrup. It makes a whole breakfast for our family; except my Mother. She eats Special K.

Frosted Pineapple-Apricot Salad

2 (3 oz.) pkg. Jello (orange-pineapple flavor)
2 c. boiling water
1 (13 1/2 oz.) can pineapple tidbits, drained (reserve liquid)
1 (1 lb. 13 oz.) can apricots, drained & cut up (reserve liquid)
3/4 c. mini marshmallows (opt.)

Drain liquid from pineapple and apricots; set aside 1 cup of liquid for frosting. Dissolve Jello in boiling water. Add remaining fruit liquid plus enough water to equal 2 cups. Add pineapple tidbits, cut-up apricots and marshmallows. Chill until firm in an 8x12-inch pan.

FROSTING:
1 c. reserved fruit juice from drained fruits
1/2 c. sugar
Dash of salt
1 egg
3 T. flour
1 tsp. butter
1 c. whipping cream, whipped very stiff
1/2 c. grated Cheddar cheese

Mix sugar, salt and flour; add egg and juice. Mix well. (I use my electric mixer. It can be mixed right in a saucepan.) Cook until thick. It will be the consistency of thick pudding. Remove from heat. Add butter; blend and cool. Fold mixture into the whipped cream. Spread over firm Jello. Sprinkle with grated cheese.

Ivy Klose,
Klose
**Fruit Glaze Salad**

2 T. cornstarch  
1/4 tsp. ginger  
2 c. orange juice

Stir together in a saucepan the cornstarch and ginger; gradually add the orange juice. Bring to a boil, stirring constantly, and boil 1 minute. Pour over any fruit mixture and chill.

**SUGGESTED FRUIT MIXTURE:**

1 lg. can lite chunky fruit, drained  
1 banana

You can use the juice for part of the liquid. Add the banana just before serving.

*LaVerne Horsted, Buchanan*

**Acini de Pepe Fruit Salad**

1/2 box Acini de Pepe (macaroni)  
2 cans mandarin oranges, drained  
1 (10 oz.) can tidbit pineapple, drained (save juice)  
1 (20 oz.) can crushed pineapple, drained (save juice)  
1/2 btl. maraschino cherries  
1 lg. ctn. Cool Whip  
2 c. mini marshmallows

Boil Acini de Pepe until tender.

**DRESSING:**

1 3/8 c. pineapple juice  
3 beaten eggs  
1 c. sugar  
2 T. flour  
1/2 tsp. salt  
1 tsp. lemon juice

Boil until thick. Cool and mix with macaroni; refrigerate overnight. The next day, add the rest and serve. Yield: 20 servings.

*Mrs. Maurine Schoeler, Royal Corinne*

**Fruit Salad**

3/4 c. pineapple juice  
1/2 c. sugar  
2 T. cornstarch  
1 T. lemon juice

Boil ingredients until slightly thickened and clear. Cool. Add chunks of fresh fruit (or canned): pineapple, oranges, grapes, peaches, apples, cantaloupe, bananas and sliced maraschino cherries for color. This will keep in the refrigerator for several days.

*Nyra Hofmann, Sunshine*
**Fruit Salad**

1 can cherry pie mix
1 can crushed pineapple, drained
1 (8 oz.) can Cool Whip
1 can Eagle Brand condensed milk

Mix thoroughly. Chill and refrigerate.

_Doris Dockter, Merry Mixers_

**Fruit Salad**

1 c. cream, whipped
1 pkg. lemon Jello
1 c. boiling water
1/2 c. creamed cottage cheese
1/2 c. crushed pineapple
1/2 c. chopped nuts
1/2 c. maraschino cherries


_Astrid C. Erickson, Kensal_

**Three-Fruit Salad**

3 oranges
3 bananas
2 T. honey
3 apples
1/2 c. sour cream

Peel oranges and bananas; slice all 3 fruits into a bowl. Mix sour cream and honey; pour over fruit and toss. Yield: about 6 servings.

_Dorene Zinke, Homer_

**Mixed Fruit Salad**

1 can fruit cocktail
1 can peaches
1 can pineapple
Grapes

Drain juice from fruits. Use 1 cup fruit juice and mix with vanilla instant pudding. Add sugar; beat. Pour over fruit and refrigerate overnight.

_Agnes Reardon, Medina_
Glorified Rice

1 c. cooked rice
16 maraschino cherries, cut in fourths
1 c. crushed pineapple
1/2 c. nuts, chopped
1 c. whipping cream
1 c. mini marshmallows
1/2 c. sugar
2 c. boiling water

Prepare the Jello with the boiling water and sugar; let set. Before it becomes too stiff, beat until fluffy. Whip the cream and add to the whipped Jello; beat until well mixed. Stir in the other ingredients and let set for 24 hours before serving.

Ann Carlson, Winfield

Glorified Rice

1 (No. 2) can crushed pineapple
1 (3 oz.) pkg. lemon Jello
2 c. cold, cooked rice
1 c. whipping cream
1 tsp. vanilla
1/2 c. chopped walnuts

Drain pineapple. Dissolve Jello in 1 cup hot water and add pineapple juice. Let stand until thickened. Whip the Jello to the consistency of heavy cream. Whip the cream and add Jello to whipped cream. Add pineapple to rice and fold into whipped cream. Add nuts to the rice-cream mixture and fold all into the Jello. Chill.

Yvonne Szarkowski, Innkeepers

Ham Salad

4 c. cooked ham, diced
1 c. green pepper, diced
1 (7 oz.) jar pimentos
1 c. celery, diced
1/2 c. sweet pickle relish
3/4 c. mayonnaise
2 T. prepared mustard
1 tsp. finely-grated onion

Stir the last 3 ingredients together. Mix all together and serve.

Judy Williams, Merry Mixers
Helen's Salad

1 (3 oz.) pkg. lemon Jello
1 (3 oz.) pkg. lime Jello
1 tsp. salt
1 c. boiling water
4 med. carrots, ground
1 green pepper, ground
1 pkg. chive cottage cheese
1 c. salad dressing or mayonnaise
1 c. coffee cream or evaporated milk

Dissolve Jello and salt in water; cool. Mix cottage cheese, dressing and coffee cream. Add to Jello. Combine vegetables and fold into Jello mixture. Chill until set.

Mrs. Pearl Olson,
Streeter Seniors

24-Hour Salad

1 head lettuce
1/2 c. green onions
1/2 c. celery
1 can water chestnuts, chopped
1 pkg. frozen peas
1 pt. mayonnaise

Layer all ingredients. Spread mayonnaise on top. Sprinkle 1/2 cup Parmesan cheese (in can) on top. Seal tight with plastic seal. To serve, top with tomato wedges, radish roses, boiled eggs (sliced) and Bac-O's chips.

Cheryl Erickson, Learning Ladybugs;
Linda Ableidinger, Kensal Korners

Jubilee Salad

1 (10 oz.) pkg. frozen raspberries,
thawed
1/2 c. currant jelly
2 c. water
2 (3 oz.) pkg. red raspberry Jello
1/2 c. sherry
1/4 c. lemon juice
1 (1 lb.) can pitted cherries

Drain cherries, reserving the syrup. Combine jelly and 1/2 cup of the water. Heat and stir until jelly melts. Add remaining 1 1/2 cups water and the gelatin; heat and stir until gelatin dissolves.

Remove from heat; add sherry, lemon juice and reserved raspberry juice. Chill until partially set. Fold raspberries and cherries into gelatin. Pour into a 6-cup mold or a pretty glass bowl. Chill until firm.

Ivy Klose,
Klose
Layered Lettuce Salad

1 head shredded lettuce 2 T. sugar
1/2 c. chopped celery 2 c. Miracle Whip
1/4 c. chopped onion Shredded Cheddar cheese
1 pkg. frozen peas Bacon

Layer salad ingredients in given order: lettuce, celery, onion, peas, sugar, Miracle Whip, cheese and bacon. Bacon must be fried to a crisp, and then crumbled over top of salad. Place in a tightly-covered container in the refrigerator for 10 to 12 hours.

*Andrea Huus,*
*Hidden Talents*

Lettuce-Cauliflower Salad

1 head lettuce 1 sm. onion (raw)
1 head cauliflower (raw)

Cut lettuce, cauliflower and onion in bite-sized pieces. Serve with dressing.
You can use Bac-O’s bits if you like, or use fried bacon, crumbled.

DRESSING:
1 to 1 1/2 c. Miracle Whip 1/4 c. sugar
1/4 c. Parmesan cheese

The amount of the Miracle Whip depends on the size of the head of lettuce.

*Darlene Michel,*
*Klose*

Shell Macaroni Salad

1 (7 oz.) pkg. shell macaroni 1 sm. can peas
1 can tuna or shrimp 1 T. chopped pimento
1 c. raw celery, chopped fine 2 hard-cooked eggs, chopped
1 med. onion 2 tomatoes, chopped
1 tsp. salt 1 c. salad dressing
1/4 tsp. pepper

Cook macaroni according to directions on box. Mix ingredients thoroughly. Refrigerate. Serve on lettuce leaf.

*Marjorie Lange,*
*Happy Homes*
Orange Salad

2 (3 oz.) pkg. orange Jello
2 c. hot water
1 pt. orange sherbet
1 can mandarin oranges with the juice

Mix Jello with hot water; stir until dissolved. Add juice and oranges, and sherbet. Chill until set.

*Nyra Hofmann,*
*Sunshine*

Orange Salad

1 sm. box Jello (orange)
8 oz. cottage cheese
8 oz. Cool Whip
1 sm. can mandarin oranges, drained
1 sm. can pineapple, crushed or diced & drained

Pour dry Jello over cottage cheese; stir. Add Cool Whip; stir. Add drained fruit. Chill for an hour or longer.
This is very quick and good.

*Jean Schmuhl,*
*Diapers to Daisies*

Mandarin Orange Salad

2 pkg. orange Jello
1 1/2 c. hot water
2 cans mandarin oranges & juice
1 pt. orange sherbet
3 lg. bananas or crushed pineapple

Put sherbet in hot Jello mixture so it will melt. Add oranges and pineapple. Chill until set.

*Agnes Reardon,*
*Medina*

Overnight Vegetable Salad

1 can peas, drained
1 can French-style beans, drained
1 can whole kernel corn, drained
1 c. celery, diced
1 (20 oz.) jar pimentos, diced
1/2 c. green pepper, diced
1/4 tsp. salt
1 med. onion, diced
1 1/4 c. white sugar
1 c. vinegar
1/2 c. salad oil
2 tsp. water

Mix together the last 4 ingredients; do not cook. Pour liquid mixture over vegetables. Chill for at least 4 hours, or overnight.
This salad will keep in the refrigerator for several days.

*Mrs. Bernard Steele,*
*Pingree Happy*
Pennsylvania Dutch-Style Lettuce

1 med. head iceberg lettuce, or leaf lettuce
5 slices bacon
3/4 c. sliced green onions
1/3 c. vinegar
3/4 tsp. sugar
1 beef bouillon cube
1/2 c. water
1/8 tsp. pepper

Reserve outer lettuce leaves to line the salad bowl. Tear remaining lettuce into bite-sized pieces. Cook bacon until crisp; crumble and drain on absorbent paper, reserving drippings in pan. Add green onions, vinegar, sugar, bouillon cube, water and pepper. Bring to a boil and toss with lettuce and bacon.

Elaine Burkett,
Sweet Sixteen

Pistachio Salad

1 lg. can crushed pineapple
1 pkg. pistachio instant pudding
1 (9 oz.) ctn. Cool Whip
1 (1/2 c. mini marshmallows

Mix pineapple, pudding and Cool Whip; stir in marshmallows. Refrigerate 1 hour. Children love it.

Mrs. Philip Hofmann,
Medina

Purple Lady Salad

1 (6 oz.) pkg. red raspberry Jello
1 c. boiling water
1 (1 lb.) can blueberries, undrained
1 (13 1/2 oz.) can crushed pineapple, undrained
1 pt. whipping cream, whipped, or 1 (8 oz.) ctn. whipped topping

Dissolve Jello in boiling water; add blueberries and pineapple (syrup and fruit). Refrigerate until partially firm. Add whipped cream or whipped topping. Refrigerate until firm. This makes a large salad. For variation, I use peach Jello and peach pie filling or apricot, etc.

Ivy Klose,
Klose
Salad

2 (3 oz.) pkg. lemon Jello    1 c. whipping cream
2 c. boiling water           1 c. diced celery
3 oz. Philadelphia cream cheese 3/4 c. sliced stuffed olives

Dissolve Jello with boiling water. Soften cream cheese with some of the hot Jello. Cool the Jello and cheese until slightly thickened. Fold in whipping cream, celery and olives. Let set.

Note: Use an 8x12-inch pan.

DRESSING:
1 c. salad dressing, thinned with
    milk
1 can shrimp

To serve, cut Jello in squares and serve on lettuce. Top with dressing.

Vera Buchli,
Sweet Sixteen

Sauerkraut Salad

1 (1 qt.) can sauerkraut, drained    1 lg. green pepper, diced
1 c. diced celery                    1 (4 oz.) can pimentos, diced
1 lg. onion, diced                  


Elsie Goldsmith,
Merry Mixers

Shoestring Salad

1 c. raw carrots, shredded        2 c. shoestring potatoes
1/4 onion, minced                1/2 c. salad dressing, thinned with
1 c. celery, diced              cream
1 c. cooked chicken, diced

Toss all. Serve on lettuce leaf.

Katie Bietz,
Bloom
Shrimp Salad

1 box shell macaroni
1 can shrimp
1/2 c. ripe olives, sliced
1 sm. onion, diced
1 c. celery, diced
1 c. cheese, diced (opt.)

Cook macaroni shells. Cool. Add other ingredients. Make a very thin dressing of mayonnaise, milk, salt, pepper and 1 teaspoon sugar. Mix and refrigerate.

Beverly Helgeson, Four Corners

Shrimp Salad

1 c. cooked shrimp
1/2 c. celery, diced
1/4 c. diced onion
2 eggs, boiled
Lettuce

SALAD DRESSING:
1 heaping T. sugar
1/2 tsp. prepared mustard
3/4 tsp. vinegar
1/4 c. half & half
1/2 c. salad dressing

Toss all salad ingredients together. Mix dressing and toss with salad. Serve immediately.

Mrs. Victor Van Erem, Spiritwood

Sunshine Salad

1 can apricot pie filling
1 can sweetened condensed milk
1/4 c. lemon juice
2 cans mandarin oranges, drained
1 can pineapple tidbits, drained
1/2 c. chopped walnuts
1/4 c. shredded coconut
1 ctn. Cool Whip

In a large bowl, combine pie filling, Cool Whip, condensed milk and lemon juice. Reserve several mandarin orange sections. Fold remaining oranges into apricot mixture, along with pineapple, chopped walnuts and coconut. Cover and chill several hours, or overnight. Garnish salad with reserved oranges and sprinkle with coconut, if desired.

Esther Turner, Kensal
**Taco Salad**

1 lb. hamburger  
1 head lettuce  
2 tomatoes, cut up  
1 med. btl. thousand island dressing  
1/4 to 1/2 c. taco sauce  
1 med. onion  
1 bag taco chips, crushed  
1 to 2 c. cheese, grated

Combine salad ingredients in a bowl. Brown hamburger; drain. Add salt and pepper; heat. In another bowl, combine salad dressing and taco sauce. Combine all ingredients, serving slightly chilled.

*Lucille Cysewski, Innkeepers*

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**Taco Salad**

1 med. head lettuce, chopped  
1 lb. hamburger  
8 oz. Cheddar cheese, grated  
1 (15 oz.) can kidney beans  
1 lg. onion, diced  
4 med. tomatoes, diced  
1 pkg. taco chips  
1 pkg. taco seasoning

Brown hamburger; add taco seasoning, reserving 1 tablespoon for dressing. In a large bowl, layer the ingredients. First, lettuce, then cheese, etc. Cover and refrigerate. At serving time, toss with dressing and taco chips.

Serve with hot buns and meal is complete.

**DRESSING:**

1 T. taco seasoning  
1 T. taco sauce  
8 oz. thousand island dressing  
1/3 c. white sugar

*Dorothy Mayer, Buchanan*

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**Tomatoes Vinaigrette**

4 lg. tomatoes, peeled  
6 T. chopped parsley  
1 clove garlic, crushed (may be omitted)  
6 T. olive oil  
2 T. cider vinegar  
1 tsp. salt  
1/2 tsp. dried leaf basil  
1/8 tsp. pepper

Cut tomatoes in medium slices. Place in a bowl. Mix ingredients and pour over tomatoes. Cover and chill for 3 hours, or overnight. Yield: 4 to 6 servings.

*Ruth Guenther, Kensal*
Tropical Salad

1 c. mini marshmallows  1 c. pineapple tidbits, drained
1 c. cultured sour cream  1/2 c. shredded coconut
1 c. orange sections, drained

Mix all ingredients together. Place in the refrigerator until ready to serve on crisp lettuce leaves.

**Note:** This salad may be prepared the day before.

*Marie Eriksen, Kensal*

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Tuna-Carrot Salad

2 cans tuna, drained  2 c. chopped celery
2 c. grated carrots  1 c. mayonnaise
1/2 c. grated onion  1 (3 oz.) can chow mein noodles

Mix all ingredients. Add pepper and lemon juice to taste. Before serving, fold in noodles. Serve on lettuce leaf.

*Imogene Greer, Wild Rose*

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Fresh Vegetable Salad

1 head cauliflower  Mushrooms (opt.)
1 bunch broccoli  Onions (opt.)
1 bag carrots  Creamy Italian dressing (or other dressing, if preferred)
1 green pepper

Mix all vegetables together and place in cake pan. Pour the salad dressing over all the mixture. Refrigerate overnight.

*Tillie Mack, Kensal*

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Fresh Vegetable Salad

1 c. cauliflower  1 c. water chestnuts, sliced & drained
1 c. broccoli  1 c. green peppers, diced
1 c. cherry tomatoes  1 c. mushrooms, drained
1 c. olives (or less)

**DRESSING:**

1 pkg. dry Italian dressing  1/3 c. water
1 (8 oz.) btl. Zesty Italian dressing  1/4 c. vinegar

Combine vegetables and toss with dressing.

*Linda Ableidinger, Kensal Korners*
Six-Vegetable Salad

2 cans peas, drained 2 c. shredded carrots
1 c. sliced green onions 2 c. fresh cauliflower, broken in pieces
1 c. sliced red radishes
2 c. sliced celery

DRESSING:
1/3 c. salad oil 1 c. sugar
2/3 c. vinegar 1/8 tsp. pepper

Put prepared vegetables in a large bowl. Mix dressing, stirring until sugar is dissolved. Pour over vegetables. Cover and let marinate in the refrigerator for 24 hours or longer. Drain before serving.

Alma Andres,
Streeter Seniors
Soups

&

Vegetables

Teresa Luck
Hints for Vegetables

• Add a little milk to the water when cooking cauliflower and it will remain white.
• Perk up creamed vegetables with a tablespoon of onion soup mix added to each cup of white sauce.
• To prevent sticking, rinse the saucepan with cold water before putting milk in it to heat.
• Beets require less cooking time when vinegar has been added to the cooking water. Add 1 tablespoon of vinegar to a quart of beets.
• Cook beets with their skins on to help them retain color and flavor.
• Cooking vegetables in their skins retains more minerals.
• A wedge of lemon cooked with onion or cabbage will absorb the cooking odors; a dish of vinegar sitting on the stove absorbs fish odors.
• When peeling an onion, cut the bottom off first so the juice will go down and not bother the eyes; or, refrigerate them before chopping.
• To prevent boiled potatoes from turning black, add a small amount of cream of tartar.
• Let raw potatoes stand in cold water before frying to improve crispness of French fries.
• Before boiling potatoes, rice or pasta, rub margarine around the top inside of the pan to keep them from boiling over.
• When making scalloped potatoes, instead of flour for thickening, try either 10 to 12 crushed soda crackers, or 1/2 cup raw rice. The potatoes will not curdle.
• A small amount of hot, not boiling, milk added a little at a time to mashed potatoes will make them light and fluffy.
• Shape leftover mashed potatoes into a long roll; wrap in plastic film and refrigerate. The next day slice and fry patties in butter. A slice of cheese may be sandwiched between two thin potato slices and fried.
• Combine leftover mashed potatoes with chopped chives; put into cupcake liners; top with grated cheese and broil until cheese melts.
• Keep a container labeled “For Soup” in the freezer. Each time there is just a small amount of vegetable leftover from a meal, add it to the “soup” container. Later, add to a pot of soup without wasting vegetables.
• Use rice instead of potatoes for vegetable stew that you plan to freeze. Use 1/4 to 1/2 cup of rice, depending upon the amount of liquid that you have.
• To remove corn silk: Dampen a paper towel or terry cloth and brush downward on the cob of corn. Every strand should come off.
• Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.
• When cooking cabbage, place a small tin cup or can half-full of vinegar on the stove near the cabbage, and it will absorb all odor from it.
• Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
• Fresh tomatoes keep longer if stored in the refrigerator with stems down.
Soups & Vegetables

Soups

Chili Soup

1 med. onion
1/2 lb. hamburger
1 c. spaghetti
1 can tomato soup
1 tsp. chili powder
2 c. water

Brown hamburger and onion; drain off grease. Meanwhile, cook the spaghetti until soft; rinse with warm water. Add to hamburger and onion. Add tomato soup, chili powder and water. Bring to a boil.

Elsie Goldsmith,
Merry Mixers

Clam Chowder

(Au Vin)

2 c. diced potatoes
1/2 c. chopped onion
1/2 c. chopped celery
1/4 tsp. salt
1 c. water
1 can condensed Manhattan-style clam chowder
1 c. milk
1 (7 1/2 oz.) can minced clams, drained
3 T. dry white wine (opt.)
4 slices bacon, chopped & fried crisp
1/2 c. whipping cream

Combine the first 5 ingredients in a large saucepan. Cook, covered, until potatoes are tender, about 10 minutes. Mash slightly. Add remaining ingredients, except cream, and heat, but do not boil. Whip the cream and stir into chowder. Season with salt and pepper. Sprinkle with 2 tablespoons snipped parsley. Yield: 4 large servings.

Bethyl Lueck,
Holly
Corn Chowder

1 c. diced, raw potatoes 1/2 c. celery
1/2 c. diced onion 1/4 c. diced green pepper
3/4 c. boiling water 1 (16 oz.) can cream-style corn
1 1/2 tsp. salt 1 1/2 c. milk
1 pkg. George Washington broth (obtain at health store)


You may serve this with sandwiches.

Alma Andres,
Streeter Seniors

Next time you are tempted to pick out the faults of others - count ten -- of your own.
Creamed Soup from Vegetables

1 1/2 c. chicken broth  2 T. all-purpose flour
1/2 c. chopped onion     1/2 tsp. salt
2 T. butter or margarine  A few dashes of white pepper
Desired vegetables & seasonings*  1 c. milk

In a saucepan, combine the chicken broth, onion and one of the vegetable-seasoning combinations. Bring to boiling. Reduce heat; cover and simmer the time indicated, or until vegetables are tender. (Remove bay leaf if you're using broccoli.)

Place vegetable mixture in a blender container or food processor. Cover and blend 30 to 60 seconds, or until smooth.

In the same saucepan, melt the butter. Blend in the flour, salt and pepper. Add milk, stirring constantly, and cook until thickened and bubbly. Stir into the vegetable purée. Cook until heated through for a warm soup.

For a chilled soup, cool and refrigerate, covered, for several hours. You may need to add more milk for chilled soup.

*OPTION 1:
2 c. broccoli cuts  1 sm. bay leaf
1/2 tsp. dried thyme, crushed  Dash of garlic powder

Cook 10 minutes. Yield: 3 1/2 cups.

*OPTION 2:
1 c. sliced carrots  1/2 tsp. dried basil, crushed
1 T. snipped parsley

Cook 12 minutes. Yield: 3 1/2 cups.

*OPTION 3:
1 1/2 c. cut green beans  1/2 tsp. dried savory, crushed

Cook 20 to 30 minutes. Yield: 3 cups.

*OPTION 4:
1 1/2 c. shelled peas  1/4 tsp. dried thyme or marjoram, crushed
1/4 c. shredded lettuce
2 T. chopped ham

Cook 8 to 10 minutes. Yield: 3 1/2 cups.

*OPTION 5:
1 c. sliced potatoes  1/2 tsp. dried dill weed

Cook 10 minutes. Yield: 3 cups.

(continued on next page)
These are just the basics. Use your own imagination or spices your family likes, like adding a slice of cheese and letting it melt, leftover chicken, finely-chopped, or ham. This is also really good for small children, or people with dental problems.

Ivy Klose, Klose

**Diet Vegetable Soup**

1 sm. head cabbage  
4 potatoes, peeled & cut in pieces  
6 carrots, cut in pieces  
3 stalks celery, cut in pieces  
1 green pepper, chopped  
1 pt. tomatoes

Cover vegetables with water and cook until tender. Add 1 envelope Lipton onion soup mix and simmer 10 minutes.

LaVerne Horsted, Buchanan

**Easy Potato Soup**

4 c. milk  
2 c. mashed potatoes  
Pepper  
2 c. cream of celery soup  
Dash of salt  
Onion salt

Heat milk; add cream of celery soup, mashed potatoes, salt, pepper and onion salt.  
**Note:** Instant Potato Buds may be used for mashed potatoes, or you may use leftover mashed potatoes from a previous meal.

Erma Dockter, Merry Mixers

**Hamburger Soup**

1 lb. hamburger  
1 lg. onion, chopped  
2 c. sliced carrots  
1 lg. can tomato sauce  
1 can or jar green beans  
3 to 5 potatoes, cubed  
1 c. whole kernel corn  
Salt & pepper

In a large kettle, brown hamburger. Add onion and fry until soft; drain. Add remaining ingredients and 1 can of water, or enough to obtain the desired consistency. Simmer until vegetables are done.

Susan Piatz, Hidden Talents
Hamburger-Vegetable Soup

1 1/2 lb. hamburger
3 c. water
1 c. diced, raw carrots
1 c. cut-up celery
1 c. diced, raw potatoes
1 c. diced onion
1 1/2 tsp. salt
1 tsp. Kitchen Bouquet sauce
1/4 tsp. pepper
1/8 tsp. dried basil leaves
1 lg. can tomatoes

Cook and stir the hamburger until light brown; drain off the fat. Stir in remaining ingredients. Break up the tomatoes with a fork. Heat to boiling; reduce heat. Cover and simmer just until vegetables are tender, about 20 minutes. Yield: 6 servings.

Mrs. Harley (Dawn) Ketterling,
Streeter Seniors

Potato Soup

3 c. diced potatoes
1 c. celery, diced
1/2 c. chopped onion
1/2 c. diced pimentos
Salt & pepper
2 c. water
2 T. flour
4 T. butter
4 c. hot milk

Combine potatoes, celery, onion, pimentos, salt, pepper and water. Cook very slowly until potatoes are tender. Blend flour and butter; add hot milk gradually, stirring constantly. Add potatoes and cook 5 minutes longer.

Mrs. Lawrence (Erma) Dockter,
Merry Mixers

Instant Potato Soup

2 1/2 c. water
1 T. dehydrated onion
1 1/2 tsp. salt
1/4 tsp. pepper
1 T. bacon bits
2 c. milk
1 1/2 c. instant potato flakes
1/2 c. cubed Velveeta cheese

Put water, onion, salt, pepper and bacon bits in a saucepan. Bring to a boil. Add milk and potato flakes. Put cubed cheese in and stir over low heat until cheese melts.

Muriel Gasal,
Bloom
Sauerkraut Soup

4 1/2 c. water
1/2 tsp. salt
1 (16 oz.) can sauerkraut
1 clove garlic, minced
1/4 tsp. caraway seed
1 T. flour

4 med. potatoes, cubed
1/2 lb. cooked, smoked sausage, cut up
1 med. onion, chopped
1 T. dill weed
1 c. dairy sour cream

In a Dutch oven, bring water, potatoes and salt to boiling. Cook, covered, over medium heat until tender. Add sausage, undrained sauerkraut, onion, garlic, dill and caraway seed. Bring to boiling.

Meanwhile, in a small bowl, combine the sour cream and flour. Gradually stir about 1 cup of the hot mixture into the sour cream mixture; return all to Dutch oven. Heat, but do not boil.

Marge Nething,
Holly

Slow-Cooker Chili

1/2 lb. dry pinto or kidney beans, or
2 (16 oz.) cans red kidney beans, drained
2 (14 1/2 oz.) cans tomatoes
2 lb. hamburger, browned & drained
2 med. onions, coarsely chopped

1 green pepper, coarsely chopped
2 cloves garlic, crushed
2 to 3 T. chili powder
1 tsp. pepper
1 tsp. cumin
Salt, to taste

Parboil the dry beans until soft; drain well. Put all ingredients in a slow-cooker in the order listed. Stir once. Cover and cook on low for 10 to 12 hours, or on high for 5 to 6 hours.

Laurie Snow,
Hidden Talents

Soup Garnish Croutons

1 T. butter
1 c. bread cubes

1/2 tsp. minced garlic
1/2 tsp. minced onion

Melt butter in skillet; add minced onion and garlic. Sauté until soft. Add bread cubes and brown over low heat, stirring constantly.

Erma Dockter,
Merry Mixers
Tomato Soup

1 can tomatoes (about 2 c.)  2 to 3 c. milk
Salt  Pepper
1 tsp. butter  1 tsp. baking soda
Crackers

Use 2 saucepans. In one pan, put the milk, butter, salt and pepper to suit individual taste. In the second pan, put baking soda into the tomatoes. Heat until each reaches the lukewarm stage, then pour tomatoes in the milk. Continue heating until the boiling point. Serve immediately with crackers.

Following this procedure, the soup will not curdle, but must be served fairly soon.

Joyce Murphy, Bloom

Tomato Soup

1 can or 2 c. tomatoes  1/2 tsp. baking soda
1 qt. milk  Salt
1 T. butter

Combine tomatoes and baking soda. Let froth up. Add milk, salt and butter. Heat and serve.

Mary L. Klose, Klose

Vegetable Soup

1 lb. hamburger  1 can tomatoes
1 c. onion  1/4 c. rice
1 c. potatoes  1/2 tsp. thyme
1 c. carrots  4 tsp. salt
1/2 c. celery  1/2 tsp. pepper
1 c. cabbage  1 1/2 qt. water

Brown hamburger and onion; add water and vegetables. Cook until vegetables are done.

Edna Trautman, Medina
Vegetable Soup

2 c. carrots, cut up        1/2 c. pearl barley or rice
1 c. celery, cut in pieces  1 sm. can tomatoes
1 big onion, chopped        Salt, to taste
1 sm. head cabbage, or 1/2 sm. rutabaga, cut up

Cook soup meat until tender in plenty of water. Remove meat and cool. Cut meat in small pieces and add to soup. Add the above vegetables. You can freeze this in small containers or eat it all. You can also add 3 cups potatoes.

_Mabel Wescom,
Pingree Happy_

Winter Chowder

6 strips bacon        1 c. frozen hash browns
1/2 c. frozen onion, chopped 1 (13 3/4 oz.) can chicken broth
1 sm. clove garlic, minced        3/4 tsp. salt
1 tsp. basil, crumbled        1/4 tsp. pepper
1 (10 oz.) pkg. frozen corn        1 T. cornstarch
1 (10 oz.) pkg. frozen peas & carrots 2 c. half & half

In a large saucepan, cook bacon until crisp. Remove bacon and cut in 1-inch pieces. Add onion, garlic and basil to drippings. Cook slowly, until onion is tender. Add corn, peas and carrots, hash browns, broth, salt and pepper. Bring to a boil. Cover and reduce heat to simmer. Cook over moderate heat for 10 minutes, or until vegetables are tender. Stir cornstarch into half & half; add to chowder. Cook, stirring, until the soup comes to a full boil. Yield: 1 1/2 quarts chowder.

_Deb Lee,
Diapers to Daisies_

_Usually the first screw to get loose in a person’s head is the one that controls the tongue._
Vegetables

Asparagus Amandine

2 (1 lb.) cans green asparagus
1 (10 3/4 oz.) can cream of mushroom soup
1/2 tsp. salt
1/2 tsp. pepper
1 c. grated American cheese
1 c. bread crumbs
4 T. melted butter
1/2 c. blanched almonds

Drain (or cook, if fresh) the asparagus, saving the liquid. Lay asparagus in a 9x13-inch serving dish. Mix soup with half of the asparagus liquid, salt and pepper. Pour soup mixture over asparagus. Sprinkle with cheese. Combine crumbs and butter; sprinkle over casserole. Top with almonds. Bake at 300° for 45 minutes.

Jeri Bernabucci,
Sweet Sixteen

Baked Beans

1 onion
1/2 lb. bacon
1 can lima beans, drained
1 can kidney beans, drained
1 can pork & beans
1 c. brown sugar
1/4 lb. cheese, grated
3 T. Worcestershire sauce
Salt & pepper

Fry the onion with the bacon; drain. Combine all ingredients and bake about 1 hour in a 350° oven.

Esther Turner,
Kensal

Green Beans

1 qt. green or wax beans
1 can mushroom soup
Slivered almonds
Onion rings

Place beans, soup and almonds in casserole; top with onion rings and bake 1 hour.

Sandy Wanzek,
Diapers to Daisies
Green Beans - Baked

1 can green beans, drained 1/2 c. shredded cheese
1 can mushroom soup 1 sm. can French-fried onion rings

Mix ingredients, using half of the onions. Sprinkle remaining onions on top. Bake for 20 minutes at 350°.

*Margaret Hofmann, Sunshine*

Saucy Baked Beans

About 4 slices bacon 1/2 c. Open Pit barbecue sauce (any flavor)
2/3 c. finely-chopped onion 1/3 c. brown sugar
2 (16 oz.) cans pork & beans 1 T. prepared mustard

Sauté bacon and onion in a large saucepan until onion is tender. Stir in remaining ingredients. Bring to a boil. Cook 15 minutes, stirring occasionally. Yield: 4 1/2 cups.
This is excellent for picnics, too.

*Edna Buck, Merry Mixers*

Beets with Orange Sauce

1/3 c. sugar 1 T. butter or oleo
1/8 tsp. salt 2 c. cooked or canned beets, drained
2 T. cornstarch
1 c. orange juice

Combine sugar, salt and cornstarch; mix well. Gradually add orange juice and butter. Cook and stir until thick. Add beets and heat thoroughly.

*Muriel Gasal, Bloom*

Baked Broccoli

2 pkg. frozen broccoli 1 can cream of celery soup
1 sm. can water chestnuts 1 can French-fried onions

Cook broccoli according to package directions. Place broccoli and drained and sliced chestnuts in alternate layers in a casserole; top with soup. Bake in a slow oven (300°) for 30 minutes. A few minutes before done, sprinkle with crushed onion rings and bake a few minutes more.

*Esther Ross, Medina*
Broccoli Casserole

1 lb. fresh or frozen broccoli, cooked & drained
1 T. butter
1 tsp. onion
1 T. flour
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. pepper
1 c. sour cream


Minnie Albin, Spiritwood

Broccoli Casserole

1 c. rice, cooked
1/2 lb. process cheese, cubed
1 box frozen, chopped broccoli
1 can cream of mushroom soup
1 c. milk

Cook rice in milk and 2 cups water for about 10 minutes. Fold in half of the cubed cheese, the frozen broccoli and mushroom soup. Pour into a casserole and top with the rest of the cheese. Bake 30 minutes at 350°. Yield: 8 to 10 servings.

Lillian M. Schlecht, Sunshine

Broccoli Casserole

1 med. chopped onion
1/2 c. Cheez Whiz
1/4 c. margarine
1/4 tsp. salt
1 (20 oz.) pkg. frozen broccoli
1/2 c. milk
1 c. instant rice

Cook broccoli as directed and drain. Combine other ingredients and bake at 350° for 45 minutes.

Sue Schielke, Happy Homes
Broccoli and Rice

1 c. chopped celery | 1 1/2 c. Minute Rice
1 med. onion, chopped | 1 pkg. chopped broccoli
1 c. cream of mushroom soup | 1/4 c. oleo or butter
1 c. jalapeño Cheez Whiz


Annette Redmann,
Diapers to Daisies

Broccoli-Rice Hot Dish

2 (10 oz.) pkg. broccoli, cooked | 1 c. chopped onion
2 cans cream of mushroom soup | 1 sm. jar pimentos
1/2 c. milk | 1/2 c. slivered almonds
1/2 stick butter or margarine | 2 c. chopped ham
2 c. raw rice | 1/2 (4 oz.) jar Cheez Whiz

Thaw the broccoli. Cook rice before adding to the dish. Toast the almonds for 10 minutes in a 350° oven. Place all ingredients in a casserole and bake 1/2 hour at 350°.

Catherine Meikle,
Spiritwood

Every little onion has a flavor of its own.
And all these tasty vegetables will win themselves a home.
Stir-Fried Broccoli

1 (2 lb.) bunch broccoli
2 T. oil
2 T. chicken stock (fresh or canned)
1 tsp. cornstarch, dissolved in 1 T. chicken stock or cold water
1 tsp. salt
1/2 tsp. sugar

Wash broccoli in cold water. With a small knife, cut the broccoli flowerets from their stems in fairly large clusters. Place them in a bowl. Peel the stems by cutting about 1/8-inch into the stringy skin and stripping it down as if your were peeling an onion. Slice the stalks diagonally into 1-inch pieces; discard the tough, woody ends. Place the pieces of stalks in a separate bowl.

Have the broccoli, salt, sugar, stock and cornstarch mixture within easy reach.

To cook: Set a 12-inch wok or 10-inch skillet over medium heat for 30 seconds, lowering the heat to moderate if the oil begins to smoke. Drop in the broccoli stalks and stir-fry for about 1 minute to coat the vegetable pieces thoroughly with oil. Add broccoli flowerets and stir-fry for 1 minute. Sprinkle in the salt and sugar; add the chicken broth, stirring for a few seconds. Then cover the pan and cook over moderate heat for 2 to 3 minutes. The broccoli should be tender, but still crisp. Give the cornstarch mixture a quick stir to recombine it and pour it into the pan. Stir a few seconds until the broccoli is coated with a light, clear glaze.

Frances Pendray,
Klose

Cabbage (Red)

1 1/4 to 1 3/4 lb. red cabbage
2 apples
2 T. currant or berry jelly
1 T. sugar
1 to 2 cloves
2 to 3 T. white wine
3 T. butter
2 T. bouillon liquid

Shred cabbage coarsely; add all ingredients and simmer slowly for about 3/4 hour.

Ivy Klose,
Klose
Baked Carrots

1 c. ground raw carrots 2 eggs, beaten
1 c. cracker crumbs 1/2 tsp. pepper
1 c. sweet cream 1 sm. onion, ground or cut up fine
1 tsp. salt

Mix all ingredients together. Put into a greased baking dish and bake for 45 minutes at 350°.

Carol J. Arnold,
Merry Mixers

Candied Carrots

12 med. carrots 1/4 c. melted butter
1/2 c. brown sugar 1/2 c. boiling water

Parboil carrots for 5 minutes; drain. Arrange in a buttered pan. Sprinkle with brown sugar, melted butter and boiling water. Cover and bake in a 350° oven for 45 minutes.

Mrs. Walter McIlonie,
Pingree Happy

Copper Pennies

2 lb. carrots, diced round 1 (10 1/2 oz.) can tomato soup
2 med. onions, diced 3/4 c. vinegar
1 green pepper, diced 2/3 c. sugar
1/2 c. cooking oil 1 tsp. prepared mustard
1 tsp. Worcestershire sauce 1/2 tsp. salt

Cook carrots about 10 minutes; drain. Put into a large bowl. Combine the rest of the ingredients and pour over carrots. Let stand several hours, or overnight. This keeps a long time. Refrigerate.

Elsie Goldsmith,
Merry Mixers
Marinated Carrots

4 lb. carrots (5 lg.)
1 tsp. salt
1/2 tsp. paprika
1 tsp. dry mustard
1 c. sugar

1 can tomato soup
2/3 c. oil
Worcestershire sauce, to taste
Sprinkle of Season-All
2/3 c. vinegar

Slice carrots in quite large diagonal slices and cook in water until almost tender; drain and cool. Put carrots in a large container. Add sliced onion and green pepper (optional). Mix remaining ingredients and pour over carrots. Refrigerate for 4 hours or more. These can be served hot or cold.

More carrots can be added as carrots are taken out.

Lila Gienger,
Merry Mixers

Scalloped Carrots

4 c. carrots
1/4 c. butter
1/2 c. cheese
3 c. herbed croutons

1 med. onion
1 c. cream of celery soup
Salt & pepper
1/2 c. butter

Cook carrots. Brown onion in butter and mix with celery soup, diced cheese, salt and pepper. Toss croutons and 1/2 cup butter on top. Bake at 350° for 30 minutes.

Esther Williams,
Happy Homes

Scalloped Carrots

12 lg. carrots
1 onion, minced
1/4 tsp. celery salt
1/4 c. butter
1/4 c. flour

1 tsp. salt
1/4 tsp. dry mustard
2 c. milk
1/2 lb. American cheese
3 c. buttered bread crumbs

Cook carrots until tender. Cook onion in butter. Mix flour, mustard and milk; cook until thick. Arrange layers of carrots, then half of the grated cheese and remaining carrots; top with the rest of the cheese. Pour milk mixture over top and top with crumbs. Bake in a 2-quart casserole for 35 to 40 minutes at 350°.

Dorie O’Connor,
Sweet Sixteen
Sweet 'N Sour Carrots

2 lb. carrots, cooked 1/2 c. oil
1 can tomato soup 1/2 c. white vinegar
1 med. onion, cut in rings 1/2 c. sugar
1 green pepper, cut in rings

Heat the soup, onion rings, pepper rings, oil, vinegar and sugar in a saucepan. Pour over carrots in casserole. Bake at 350° for 30 minutes.

Gayl Lange,
Happy Homes

Creamed Cauliflower

1 med. head cauliflower 1 1/2 tsp. lemon juice
1 can cream of chicken soup Dash of paprika
1/2 c. mayonnaise

Cook the cauliflower in salted water until tender; drain. Sprinkle with paprika. Combine remaining ingredients; heat through. Pour over cauliflower.

Mrs. Earl Weatherly,
Happy Homes

Scalloped Corn

1 (16 oz.) can cream-style corn 2 eggs, beaten
1 c. soda crackers 2 T. melted butter
1/2 c. chopped celery 1 c. milk
1/3 c. chopped onion 1/4 tsp. paprika
2/3 c. cheese, shredded

Bake at 350° for 50 minute, or until done.

Edna Hofmann,
Medina

Onion Rings

1 1/2 lb. onions 1/4 c. vinegar
1/4 c. sugar 2 T. water
1/4 c. salad oil Salt, to taste

Peel onions and slice thinly. Mix liquid. Pour over onions and shake well. Store in the refrigerator overnight. They can be stored for a week or so.

Doris Dockter,
Merry Mixers
Cheese Potatoes

4 to 5 med. potatoes, peeled & sliced
1 can Cheddar cheese soup + 1 can of milk
1/2 c. onion
Salt & pepper, to taste

Put sliced potatoes into casserole. Mix Cheddar cheese soup and milk; pour onto potatoes. Add onion and stir. Bake at 350° for 1 hour and 30 minutes.

Gail Kollman,
Hidden Talents

Hash Brown Potato Casserole

1 (2 lb.) pkg. frozen hash browns
1 cube (1/2 c.) oleo
1 med. onion, chopped (green onions)
1 pt. sour cream
2 c. grated cheese
1 c. crushed corn flakes
Salt, to taste

Break hash browns apart and spread in the bottom of an 11x13-inch pan. Sauté onion in melted oleo. Cool slightly. Add sour cream. Pour over hash browns. Sprinkle with grated cheese, then corn flakes. Bake, covered, in a 325° oven until bubbly, 30 to 40 minutes.

Judy Baenen,
Diapers to Daisies

Hot Potato Salad

1 T. shortening
1 onion, chopped
3 T. vinegar
5 boiled, sliced potatoes
1 1/2 tsp. sugar
Salt & pepper, to taste
1 T. water

Boil potatoes with jackets on. Pare and slice as for frying. Brown the onions in shortening. Add vinegar, water, sugar and spices. Bring to a boil; reduce heat. Add the sliced potatoes and simmer 10 to 12 minutes. Don't let potatoes get brown, crisp or broken up. The idea is to let them absorb the pungent seasoning.

Ruth B. Schaeffer,
Medina
Jo Jo's Potatoes

1/2 c. oil (scant) 1/4 tsp. pepper
2 T. Parmesan cheese 1 tsp. salt
1/2 tsp. paprika 1/2 tsp. garlic powder

Peel and quarter potatoes (as many as your family will eat). Dip into mixture of oil and spices. Bake at 350° for 45 minutes. Turn potatoes once during baking.

Lillian M. Schlecht, 
Sunshine

Oven-Fried and Browned Potatoes

6 med. potatoes 1/4 c. melted butter or margarine

Thoroughly wash the potatoes. Slice potatoes with skins on, or they can be pared and sliced 1/3-inch thick. Dry potato slices and dip in melted butter. Lay slices flat in a shallow pan. Bake in a hot oven (425°) for 20 minutes, or until the bottom sides of the potatoes begin turning brown. Turn potatoes over; add salt. Bake an additional 20 minutes, or until done.

Gayl Lange, Happy Homes; 
Mrs. Walter McIlonie, Pingree Happy; 
Bethyl Lueck, Holly

Potato Casserole

1 lg. pkg. frozen hash browns 1/2 c. milk
1 can cream of celery soup 1 T. dried chives
1 can cream of potato soup A little salt & pepper
1/4 c. onion A little butter (on top)
12 oz. sour cream

Mix the ingredients. Cook or 2 hours, uncovered, and for 1 1/2 hours covered. You may stir this while it is cooking.

Mary Paczkowski, 
Kensal Korners
**Potato Casserole**

- 8 to 10 med. potatoes
- 1 (8 oz.) pkg. cream cheese
- 1 (12 oz.) ctn. sour cream
- 1 tsp. garlic salt
- 1/4 c. chopped chives or grated onion
- 1 tsp. onion salt
- Parsley flakes (opt.)

Peel and cook potatoes. Whip cheese and sour cream until smooth. Add garlic salt and chives or onion. Add cooked potatoes, one at a time. Beat after each addition until smooth. Put into a greased casserole. Spread with butter and paprika. Bake at 350° for 1/2 hour.

These can be made the day before. Yield: 8 to 10 servings.

*Bernice Anderson,*  
*Happy Homes*

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**Potato Casserole (Large)**

- 1 pkg. hash brown potatoes
- 1 can cream of celery soup
- 1 can cream of potato soup
- 1 c. cubed Velveeta cheese
- 1 c. sour cream
- 1 T. chopped onion
- Salt & pepper

Mix all together. Bake for 1 hour at 350°. Stir occasionally.

*Alice Allen,*  
*Homer*

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**Potato Pizza**

- 1/2 tsp. baking soda
- 1/2 c. onion
- 1/2 tsp. oregano
- 1/2 c. milk
- 5 c. sliced potatoes
- 1/4 tsp. pepper
- 1/2 tsp. sugar
- 1 can tomato soup
- 1 can Cheddar cheese soup

Mix and pour over thinly-sliced raw potatoes; dot with butter and cover with foil. Bake for 45 to 60 minutes at 375°. Remove from the oven. Cover with Mozzarella and Parmesan cheeses. Bake 15 minutes, uncovered.

*Sharon Cherney,*  
*Innkeepers*
Potato Salad

1 env. Good Seasons onion salad dressing mix
1 c. mayonnaise
1/4 c. vinegar

1/4 c. sugar
6 c. boiled, cubed potatoes
2 hard-cooked, sliced eggs (opt.)
1/2 c. chopped dill pickle (opt.)

Combine Good Seasons mix, mayonnaise, vinegar and sugar in a small bowl. Blend with potatoes, eggs and pickle. Chill until served. Yield: 8 servings.

Lorine Schlecht,
Sunshine

Priscilla Potatoes

1 lg. pkg. frozen hash browns
1 can cream of potato soup
1 can cream of celery soup
Green pepper (opt.)

1 (8 oz.) ctn. commercial sour cream
1/2 tsp. salt
1/2 tsp. pepper

Mix all and put on top of potatoes; top with parsley flakes. Bake at 300° for 2 hours.

Esther Ross,
Medina

Scalloped Potatoes

2 qt. sliced, peeled raw potatoes
1/4 c. diced onion
1 c. milk

1 can mushroom soup
1/2 tsp. salt

Mix soup and milk. Put potatoes into a 2-quart casserole. Add onion and salt. Pour mushroom soup over top. Bake for 1 hour in a 350° oven.

Blanche Janes,
Happy Homes

Sour Cream for Baked Potatoes

1/2 c. sour cream
1/4 c. butter
1 c. sharp cheese

2 T. green onions, chopped, or 2 T. chopped chives

Melt butter and cheese; cool slightly. Fold into the rest of the ingredients. Serve on baked potatoes.

Mrs. Vernon R. (LaVonne) Anderson,
Royal Corinne
Sweet Potato Bake

4 med. sweet potatoes
1 T. cornstarch
1 c. orange juice
1/4 c. butter
2 T. chopped walnuts
1/2 c. brown sugar
1/4 tsp. salt
1/4 c. seedless raisins
3 T. cooking sherry or wine
1/2 tsp. shredded orange peel

Cook potatoes in boiling, salted water until tender; drain, peel and halve lengthwise. Arrange in a shallow baking dish or casserole. Mix brown sugar, cornstarch and salt; blend in orange juice and add raisins. Stir, while quickly bringing to boiling. Add remaining ingredients; pour over potatoes. Bake in a moderate oven (350°) for 20 minutes, or until potatoes are glazed.

Note: You can substitute 1 (1-pound 2-ounce) can of sweet potatoes (3 cups).
This is really good served with ham.

Ivy Klose,
Klose

Mixed Vegetable Mornay

1 lg. bag frozen mixed vegetables
1/2 c. hot water
1/2 tsp. salt
1/2 tsp. garlic salt
2 T. butter
1/4 c. butter
1/4 c. flour
Liquid from vegetables & milk to make 2 c.
1 tsp. salt
1/8 tsp. garlic salt
1/4 c. Parmesan cheese

Steam vegetables in a covered saucepan in hot water with salt and garlic salt. Steam until tender; drain, saving the liquid. Mix vegetables gently with butter.

Prepare sauce by melting 1/4 cup butter and adding flour and remaining ingredients. Simmer 5 minutes.

Spread cooled vegetables in a greased baking dish. Pour sauce over vegetables and cover with 2 cups bread cubes. Drizzle cubes with 3 teaspoons melted butter. Bake 30 minutes at 350°. Then broil until browned and crisp.

Vera Buchli,
Sweet Sixteen
Vegetable Casserole

Frozen California mixed vegetables (cauliflower, broccoli & carrots)  1 c. mushroom soup  2 T. onion  1 sm. jar Cheez Whiz  Slivered almonds

Place all ingredients in a casserole and bake at 350° until vegetables are tender. Kids love it.

Sandy Wanzek, Diapers to Daisies

Vegetable Medley

2 c. cut green beans  1/2 tsp. mustard  2 c. sliced celery  1/4 tsp. black pepper  2 c. coarsely-shredded cabbage  2 c. milk  1/4 c. butter  1 1/2 c. shredded Cheddar cheese  1/4 c. flour  2 tomatoes, peeled & quartered  1/2 tsp. salt

Preheat oven to 400°. Butter a shallow 2-quart baking dish; set aside. Cook beans in a small amount of boiling water for 5 minutes. (A little salt may be added.) Add celery and cabbage; cook another 5 minutes. Drain well.

Melt butter in a saucepan over low heat; blend in flour and seasonings. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat. Stir in milk. Return to low heat; cook, stirring constantly, until mixture boils. Add 1 cup cheese (or less). Continue cooking, stirring constantly, until cheese melts and mixture is smooth and thickened.

Gently fold sauce into cooked vegetables. Pour into the prepared baking dish. Top with quartered tomatoes and sprinkle with cheese. Bake 15 minutes.

Note: This sauce can also be used over cooked broccoli, carrots and cauliflower.

Ivy Klose, Klose
**Stir-Fried Vegetables**

1 1/2 tsp. vegetable oil
1 carrot, grated
1 sm. zucchini, cut in julienne strips
1/2 c. cauliflowerets
1/2 c. broccoli
1 sm. onion, sliced
1 1/2 tsp. soy sauce

Heat oil. Add vegetables and stir for 3 minutes over medium-high heat. Add soy sauce; toss. Cover pan and cook for 2 minutes. Toss again and serve immediately.

*Sandra Cave, Holly*

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**Yorkshire Pudding**

(Use Instead of Potatoes)

3 eggs
1 1/2 c. milk
1 tsp. salt
1 1/2 c. flour
1/2 c. butter or margarine

Combine eggs, milk, salt and flour. Beat with rotary beater until smooth and well blended. Melt butter in a 9x13x2-inch pan. (A glass pan seems to work better.) Pour batter into hot butter. Bake at 425° for 35 to 40 minutes, or until browned and crusty. Spoon on gravy. Yield: 8 servings.

*Gayl Lange, Happy Homes*

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**Zucchini - Fried**

Zucchini
Flour
1 egg
2 T. milk
Crushed salted cracker crumbs

Slice zucchini 1/3-inch thick. If larger zucchini are used, peel and remove seeds. Shake zucchini in paper or plastic bag with flour, enough to coat well, and lay on waxed paper.

Beat egg and milk. Dip floured zucchini rings in egg and roll in crushed salted cracker crumbs. Fry in hot oil, about 1/2-inch in pan. Turn over when nicely browned. Place between paper towels to drain oil. Then serve.

*Note:* Certain other vegetables can be fixed in this manner.

*Ivy Klose, Klose*
Zucchini Fritters

1 1/2 c. flour
2 tsp. baking powder
3/4 tsp. salt
1 beaten egg
1 c. milk
1 c. chopped zucchini

Mix ingredients. Drop by tablespoon into deep fat (375°). Fry until golden.

Mrs. Arthur G. Opp,
Sunshine

Stewed Zucchini

1 c. onion, chopped
1 med. zucchini
1 green pepper, chopped (opt.)
1/8 tsp. pepper
1 chicken-flavor bouillon cube

Brown onion and green pepper; add sliced zucchini, bouillon cube and pepper. You may need a little salt, too. (Taste first.) Sauté for 20 to 30 minutes.

Edna Buck,
Merry Mixers

Zucchini-Vegetable Medley

1 c. sliced zucchini
2 med. tomatoes, peeled
1/2 lg. green pepper, sliced
1 med. onion, sliced
Salt & pepper, to taste
A sm. amount of water

Place all ingredients in saucepan, using just enough water to cover bottom of pan. Cook slowly for about 15 to 20 minutes, until vegetables are done.

Hint: I freeze the vegetables together in the fall to have a change-of-pace vegetable in the winter.

Brenda Bischoff,
Hidden Talents
Healthy
### Approximate 100 Calorie Portions

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Portion Size</th>
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<tr>
<td>Almonds (shelled)</td>
<td>12-15 nuts</td>
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<tr>
<td>Angel cake</td>
<td>1 3/4 &quot; cube</td>
</tr>
<tr>
<td>Apple</td>
<td>1 large</td>
</tr>
<tr>
<td>Apple pie</td>
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<tr>
<td>Apricots</td>
<td>5 large</td>
</tr>
<tr>
<td>Asparagus</td>
<td>20 large stalks</td>
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<tr>
<td>Bacon</td>
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<tr>
<td>Beans, canned, baked</td>
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<tr>
<td>Beans, green string</td>
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<tr>
<td>Beets, sliced</td>
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<tr>
<td>Bread, all kinds</td>
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<tr>
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<tr>
<td>Buttermilk</td>
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<td>Cabbage, shredded</td>
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<td>Cake</td>
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<td>Candy</td>
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<tr>
<td>Cantaloupe</td>
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<td>Carrots</td>
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<td>Cauliflower</td>
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<tr>
<td>Celery</td>
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<td>Cherries, sweet fresh</td>
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<tr>
<td>Cookies</td>
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<td>Corn</td>
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<td>Cream, thin</td>
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<td>Cream sauce</td>
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<tr>
<td>Doughnuts</td>
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<td>Fish, fat</td>
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<tr>
<td>Fish, lean</td>
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<tr>
<td>Flour</td>
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<tr>
<td>Frankfurter</td>
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<tr>
<td>French dressing</td>
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<tr>
<td>Grapefruit</td>
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<tr>
<td>Grape juice</td>
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<td>Grapes</td>
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<tr>
<td>Gravy</td>
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<tr>
<td>Ice cream</td>
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<td>Lard</td>
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<td>Lemons</td>
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<td>Lettuce</td>
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<tr>
<td>Macaroni</td>
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<tr>
<td>Malted milk</td>
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<tr>
<td>Marmalade &amp; jelly</td>
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<tr>
<td>Marshmallows</td>
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<td>Meat, fat</td>
<td>size 1/2 chop</td>
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<tr>
<td>Meat, lean</td>
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<tr>
<td>Milk</td>
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<td>Orange juice</td>
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<td>Peanut butter</td>
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<tr>
<td>Peas, canned</td>
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<tr>
<td>Pecans</td>
<td>12 meats</td>
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<td>Pie</td>
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<tr>
<td>Pineapple</td>
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<td>Plums</td>
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<td>Popcorn</td>
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<tr>
<td>Potatoes, white</td>
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<td>Potato salad</td>
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<tr>
<td>Prunes, dried</td>
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<tr>
<td>Radishes, red button</td>
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<tr>
<td>Raisins, seeded</td>
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<tr>
<td>Raisins, unseeded</td>
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<tr>
<td>Rhubarb, stewed and sweetened</td>
<td>1/2 c.</td>
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<tr>
<td>Rice, cooked</td>
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<td>Rolls</td>
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<td>Rutabagas</td>
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<td>Sauerkraut</td>
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<td>Sherbet</td>
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<td>Spinach</td>
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<td>Squash</td>
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<tr>
<td>Strawberries</td>
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<td>Sugar, brown</td>
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<tr>
<td>Sugar, white</td>
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<tr>
<td>Tomatoes, canned</td>
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<tr>
<td>Tomatoes, fresh</td>
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<tr>
<td>Turnips</td>
<td>2 c.</td>
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<tr>
<td>Walnuts</td>
<td>8-16 meats</td>
</tr>
<tr>
<td>Watermelon</td>
<td>3/4 slice, 6&quot; diameter</td>
</tr>
</tbody>
</table>
Healthy

Beverage

Three-Fruit Smoothie

2 (6 oz.) ctn. fat-free reduced-sugar cherry-vanilla yogurt
1 sm. banana
3/4 c. blueberries
1 T. honey
15 ice cubes

Combine all ingredients in blender. Use "Blend" setting; pulsate until smooth. Yield: 3 servings.

Shirley M. Sund,
Wild Rose

Breads

Baked Tortilla Chips

8 fat-free flour tortillas
Cooking spray
1/2 tsp. chili powder (opt.)

Preheat oven to 400°. Lay out tortillas and briefly spray both sides with oil. Add chili powder, if desired. Cut each tortilla into 8 triangles with pizza cutter. Bake on cookie sheets for 8 to 10 minutes, until crisp and golden. Try whole wheat, herb, tomato, spinach tortillas for even more flavor. Excellent with any type hardy dip, such as salsa or vegetable caviar. Or all alone for a healthy, crunchy snack.

Eunice Sahr,
Extension Agent

A peck of common sense is worth a bushel of learning.
Olive Bread

1 (1 lb.) loaf frozen white bread dough
1/2 c. pitted Kalamata olives
3 T. caper
3 T. fresh lemon juice
1 tsp. dried thyme
4 canned anchovy filets
2 garlic cloves, peeled
Cooking spray

Thaw dough in refrigerator 12 hours. Combine olives and the next 5 ingredients (olives through garlic) in a food processor; process until well blended.

Roll dough into an 8x12-inch rectangle on a lightly-floured surface. Spread olive mixture onto dough, leaving a 1/2-inch border. Starting from short end, roll up jelly-roll fashion; pinch seams and ends to seal. Place rolls, seam-side down, in a 4x8-inch loaf pan coated with cooking spray. Cover and let rise in a warm place (85°), free from drafts, 2 1/2 hours, or until doubled in size. Press 2 fingers into dough. If indentation remains, the dough has risen enough.

Preheat oven to 375°. Uncover and bake at 375° for 25 minutes, or until lightly browned. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely. Yield: 1 loaf, 12 slices (serving size is 1 slice; 163 calories).

Mirt Brown,
Mailbox Member

Rhubarb Muffins

1 1/2 c. brown sugar
3 1/2 T. oil
1 egg
2 tsp. vanilla
1 c. rhubarb
1 (6 oz.) ctn. yogurt (Harvest Peach-Yoplait Lite)
1/2 c. nuts (opt.)
2 1/2 c. whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/4 tsp. ginger
1/2 tsp. cinnamon

TOPPING:
1/3 c. sugar
1 1/2 tsp. cinnamon
1 T. butter

Blend sugar, oil and egg. Add remaining ingredients and mix until well blended. Put batter into baking cups and sprinkle topping sparingly on each muffin. (Each muffin cup should be about 2/3-full.) Bake at 375° for 15 to 20 minutes.

You could use any kind of yogurt or replace yogurt with 1 cup buttermilk. In place of 1 egg, you can use 2 egg whites.

Susan Fredrickson,
Pingree-Buchanan
Whole Wheat Pumpkin Nut Bread

1 c. whole wheat flour
1 c. sugar
2/3 c. all-purpose flour
1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ground cloves
1 c. cooked or canned pumpkin
1/2 c. egg substitute
1/3 c. water
1/4 c. canola oil
1/2 c. chopped walnuts

In a bowl, combine the first 8 ingredients. In another bowl, combine the pumpkin, egg substitute, water and oil. Mix well. Stir into dry ingredients until moistened. Fold in walnuts. Spoon into a 5x9x3-inch baking pan coated with nonstick cooking spray. Bake at 350° for 60 to 65 minutes, or until a toothpick inserted near the center comes out clean. Cool for 15 minutes before removing from pan to a wire rack. Yield: 1 loaf (12 slices).

Carol Reich,
Wild Rose

Desserts

Chewy Raisin Molasses Cookies

1 1/2 c. raisins
1/2 c. shortening
1 1/4 c. sugar
2 eggs
1/2 c. molasses
2 c. quick-cooking oats
1 3/4 c. all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 tsp. ground cinnamon

Place raisins in a bowl. Cover with boiling water; let stand for 5 minutes. Drain raisins and set aside.

In a mixing bowl, cream shortening and sugar. Add eggs, one at a time, beating well after each addition. Beat in molasses. Combine oats, flour, baking soda, salt and cinnamon. Gradually add to creamed mixture. Stir in raisins. Drop by tablespoonfuls, 2 inches apart, onto lightly-greased baking sheets. Bake at 350° for 12 to 14 minutes, or until lightly browned. Remove to wire racks to cool. Yield: about 5 dozen.

Mary Heupel,
Buzzin' Dozen
## Angel Food Cake Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 angel food cake</td>
</tr>
<tr>
<td>2 sm. boxes cheesecake instant pudding mix (fat-free)</td>
</tr>
<tr>
<td>1 sm. ctn. fat-free or lite Cool Whip</td>
</tr>
<tr>
<td>1 sm. ctn. fresh strawberries</td>
</tr>
</tbody>
</table>

Cut the angel food cake into small squares and place them into a 9x13-inch cake pan. Mix the pudding with 2 1/2 cups of skim milk, until thick, then mix in the Cool Whip. Spread this on top of the cake. Cut the strawberries and place on top of the cake. Keep in the refrigerator until you serve it.

This is a Weight Watchers recipe and it counts for 3 points. Very good. Could be a quick recipe, too.

*Lisa Blaskowski, Pingree-Buchanan*

## Grandma's Lemon Bars

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pkg. one-step angel food cake mix</td>
</tr>
<tr>
<td>1 (21 oz.) can lemon pie filling</td>
</tr>
<tr>
<td>Powdered sugar</td>
</tr>
<tr>
<td>Lemon juice</td>
</tr>
</tbody>
</table>

Mix 1 package one-step angel food cake with 1 can lemon pie filling. Bake in a 9x13-inch pan for 20 minutes at 350°. Glaze with powdered sugar mixed with lemon juice. Bars will look slightly brown at edges when done.

I fill in with lemon pudding packets if the lemon pie filling can is smaller than 21 ounces.

*Donna Nannenga, Bloom*

## Hot Fudge Sauce

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. sugar</td>
</tr>
<tr>
<td>3 T. cocoa</td>
</tr>
<tr>
<td>1 1/2 T. cornstarch</td>
</tr>
<tr>
<td>Dash of salt</td>
</tr>
<tr>
<td>1/2 c. water</td>
</tr>
<tr>
<td>1 T. butter or margarine</td>
</tr>
</tbody>
</table>

Mix ingredients in a 1-quart casserole or 2-cup measure.

Stir in water, using water of room temperature. Cook in microwave oven for 1 1/2 minutes. Stir every 30 seconds. Blend in butter or margarine. May need a little more water. Cook in microwave for an additional 30 seconds; stir halfway through cooking time. Remove from microwave. Stir thoroughly. Blend in vanilla. For added flavor, I like to add juice from maraschino cherries. (Or for adults only, can use flavored brandy.) Yield: about 1 cup.

*Ivy Klose, Mailbox Member*
Lemon Cooler Cream Cake

Heat oven to 350° and spray a 9x13-inch baking dish with cooking spray.

FIRST STEP:

1 lemon cake mix  
1/3 c. Dannon Light 'n Fit lemon yogurt  
3/4 c. egg substitute  
1 c. water

Combine above ingredients in a large mixing bowl. Beat on low for about 2 to 3 minutes. Pour batter into pan and bake for 35 to 40 minutes. When done, poke holes over cake with fork.

Second Step: Combine 1 small package of sugar-free lemon Jello with 1 cup boiling water and stir to dissolve. Add 1 cup cold water and stir. Slowly pour over top of cake. Place in refrigerator until cool.

Third Step - Frosting: Combine 1 cup fat-free skim milk, 1 package sugar-free instant vanilla pudding and 1 package sugar-free lemon Jello. Beat on low speed until mixture is nicely blended and smooth. Fold in 8 ounces fat-free Cool Whip until blended and frost the cake. Keep in refrigerator.

Great Weight Watcher recipe! Cut into 24 servings at 1 point each.

Maurice Adair, Pingree-Buchanan

Mo-Yo Cookies
(Molasses-Yogurt)

3/4 c. brown sugar  
1/2 c. shortening  
1/2 c. applesauce  
1 c. molasses  
1 c. plain vanilla yogurt  
3 c. raisins  
2 eggs  
2 tsp. cinnamon  
1 tsp. ginger  
1 c. wheat germ  
5 c. flour  
Nuts

FROSTING (OPT.):  
1 c. powdered sugar  
2 T. boiling water  
2 T. butter

Boil raisins for 5 minutes in enough water to cover. Let raisins stand until water is absorbed, then grind in blender. Mix in order given. Drop by spoonfuls and sprinkle with crushed nuts. Bake at 350° for about 10 minutes. Yield: about 6 dozen.

Note: Low-fat and high-fiber. If you don't like nuts, frost cookies with powdered sugar frosting. Mix until consistency desired.

Marge Lange, Mailbox Member
Rhubarb Cake

1 yellow cake mix (eggs, water, oil) 1/2 c. sugar
3 1/2 c. rhubarb, cut up 1 pt. cream

Mix the yellow cake mix as the directions indicate. Place prepared mix in a 9x13-inch pan. Put rhubarb on top of the cake batter. Sprinkle rhubarb with 1 1/2 cups sugar. Pour the cream over all. Bake at 350° for 55 minutes. Serve warm or cold.

This recipe was given to me by Michelle Dockter, a fabulous cook--so I can't take credit for it! But it is easy and quick to put together.

Rosemary McDougall,
Not Just Homemakers

Rice Krispie Bars

1 (10.5 oz.) pkg. mini marshmallows 1/4 c. butter

Microwave 30 seconds in a medium-size bowl. Stir and microwave another 30 seconds; let stand while you measure out cereal.

6 c. Rice Krispies 1 c. favorite cereal
1 c. Cheerios 1/2 to 1 c. peanuts (opt.)

If marshmallows are not all softened, cook a little more, then add 2/3 cups peanut butter and pour over cereal that is in a large bowl. Mix with a wooden spoon or spatula until all cereal is covered with marshmallows. Put into a buttered 9x13-inch pan. Use your hand (wet palm of hand) and press evenly in pan. Let stand a couple hours. Cut into squares and eat.

Ivy Klose,
Mailbox Member

Laughter is the shock abosorber that eases the blows of life.
Rhubarb Crunch

CRUMB TOPPING:
1 c. sifted flour  
3/4 c. uncooked rolled oats  
1 c. brown sugar, firmly packed  
1/2 c. melted butter or margarine  
1 tsp. cinnamon

FRUIT MIXTURE:
4 c. sliced rhubarb  
1 c. sugar  
2 T. cornstarch  
1 c. water  
1 tsp. vanilla  
Whipped cream (opt., to put on top)


I have made this many years and everybody likes it.

Lois Gasal, Bloom

Sugarless Apple Cookies

3/4 c chopped dates  
1/2 c. finely-chopped apples  
1/2 c. raisins  
1/2 c. water  
1 c. + 1 T. flour  
1 tsp. cinnamon  
1 tsp. baking soda  
2 eggs, beaten  
1/2 tsp. salt  
1 tsp. liquid sweetener

Mix the first 4 ingredients and simmer 3 minutes; cool. Mix remaining ingredients together. Mix both mixtures together. Drop onto pan. Bake at 350° for 10 to 12 minutes. Yield: 2 dozen.

Marge Lange, Mailbox Member

When you get to the end of your rope, tie a knot in it and hang on.
Sugarless Fruit Bars

1/2 c. dates, chopped 1/2 c. prunes
1/2 c. raisins 1 c. water

Boil for 5 minutes. Add 1 stick margarine and cool.

BATTER:
2 eggs, beaten 1 tsp. vanilla
1 c. flour 1/2 c. walnuts, chopped
1 tsp. baking soda

Add batter to fruit mixture. Bake in a 7x17-inch pan at 350° for 30 minutes. Cut into 21 bars.

Marge Lange, Mailbox Member

Soups

Basil Tomato Soup

1 med. onion, chopped 1/8 tsp. pepper
2 med. carrots, shredded 1/4 c. loosely-packed fresh basil leaves
2 T. butter 1 c. reduced-sodium chicken broth or vegetable broth
4 med. tomatoes, peeled & seeded
1 tsp. sugar
1/2 tsp. salt

In a small saucepan, sauté onion and carrot in butter until tender. Stir in the tomatoes, sugar, salt and pepper. Bring to a boil. Reduce heat, cover and simmer for 10 minutes. Cool slightly. Transfer to a blender; add basil. Cover and process until smooth. Return to the pan; stir in broth and heat through.

One cup equals 150 calories. I used canned tomatoes (1 pint) so I didn't blend the tomatoes. I just added to the blended mixture. If you use dried basil, use 1 teaspoon basil.

Jackie Readel, Pingree-Buchanan
Hamburger Soup

2 lb. lean hamburger, browned 1 c. sliced carrots
1 lg. can tomatoes 1 c. sliced celery
3 cans beef consommé Other vegetables of choice
3 cans water Salt & pepper, to taste

Add all ingredients. Simmer about 1 hour.
You can add barley or noodles near the end of the cooking.

Rosemary McDougall,
Not Just Homemakers

King Joseph Jackson Soup

2 tsp. olive oil 2 1/2 c. water
2 c. sliced mushrooms 2 c. long-grain rice
1 1/2 c. chopped onions 1 T. fresh basil
2 garlic cloves, minced 6 plum tomatoes, halved & sliced
1 1/2 c. finely-chopped yellow (about 3/4 lb.)
squash 2 (10 1/2 oz.) cans beef consommé
1 1/2 c. finely-chopped zucchini

Heat the oil in a Dutch oven over medium-high heat. Add mushrooms, onion and garlic; sauté for 6 minutes, or until tender. Add squash and zucchini; sauté 5 minutes. Add water and remaining ingredients; bring to a boil. Reduce heat and simmer 20 minutes, or until vegetable are tender.
Yield: 6 (1 1/2-cup) servings; 158 calories.

Mirt Brown,
Mailbox Member

Mexican Corn Chowder

1 sm. onion, chopped (1/2 c.) 1 c. water
1/3 c. chopped green pepper 2 T. canned chopped green chilies
1 clove garlic, minced 1 tsp. dried parsley flakes
1 (10 3/4 oz.) can condensed 1/4 tsp. salt
chicken broth 1/4 tsp. ground cumin
1 (10 oz.) pkg. frozen corn 1/8 tsp. chili powder
1 med. tomato, chopped (1 c.)

Spray a 2-quart saucepan with nonstick vegetable cooking spray. Add onion, pepper and garlic. Cook over medium heat for 5 to 7 minutes, or until vegetables are tender, stirring frequently. Stir in remaining ingredients. Bring to a boil over high heat. Reduce heat to low and simmer, covered, for 6 to 10 minutes, or until chowder is hot. Stir occasionally. Yield: 4 (1-cup) servings; 93 calories (6 calories from fat).

Mirt Brown,
Mailbox Member
Nancy's Gazpacho

1 (46 oz.) can tomato juice 2 T. white wine vinegar
1 c. chopped fresh tomatoes, or 1 clove minced garlic
1 (14.5 oz.) can diced tomatoes 2 T. chopped fresh parsley
4 stalks chopped celery with leaves 1/2 tsp. salt
1 chopped English cucumber 1/2 tsp. pepper
1 chopped green pepper 1/2 tsp. Worcestershire sauce
6 chopped green onions

Combine all ingredients; cover and refrigerate overnight. Yield: 4 servings.
Gazpacho is typically served cold, but it can be served heated as well.

Eileen Lisko,
Not Just Homemakers

Unstuffed Pepper Soup

1 1/2 lb. ground beef 2 (10 3/4 oz.) cans condensed
canned beef, undiluted
3 lg. green peppers, chopped 1 (28 oz.) can crushed tomatoes,
1 lg. onion, chopped undrained
3 c. water 1 c. cooked rice or instant rice
1 pkg. onion soup mix 1 lg. can V8 juice

In a Dutch oven or large saucepan, cook the beef, green pepper and onion over medium heat until tender. Stir in other ingredients. Bring to a boil. Reduce heat; cover and simmer for at least 30 minutes, stirring occasionally. Add rice and heat through. Yield: 10 servings.
Very good.

Lisa Blaskowski,
Pingree-Buchanan

The best helping hand you can find is at the end of your arm.
Salads

Broccoli and Grape Salad

1 bunch broccoli (tops only)  
1/4 c. finely-chopped onion  
1 c. red grapes  
1 lb. bacon, fried crisp  
1 c. chopped celery  
1 c. sunflower seeds  
1 c. green grapes

DRESSING:
1 c. mayonnaise  
1 T. vinegar  
1/2 c. sugar


Carol Reich, Wild Rose

Corn Salad

2 c. frozen or fresh corn  
1 med. green pepper, diced  
1/2 c. chopped celery  
1 (6 oz.) jar artichoke hearts  
3 med. chopped tomatoes  
1/2 c. red onion, chopped  
1 can sliced, drained black olives

DRESSING:
1/4 c. Italian dressing  
5 fresh basil leaves, or 1 tsp. dried basil  
1/4 tsp. lemon pepper seasoning  
1/2 tsp. garlic powder  
1/2 tsp. oregano

Mix dressing ingredients and pour over vegetables. Refrigerate 6 hours before serving.

Note: Artichokes may be omitted.

Doreen Reister, Not Just Homemakers
Fat-Free Orange Salad

1 (22 oz.) ctn. fat-free cottage cheese
1 box orange Jello
2 sm. cans mandarin oranges
1 (12 oz.) ctn. Lite Cool Whip
2 c. mini marshmallows
Nuts (opt.)

Mix ingredients in order given and after it is all blended, put it in the refrigerator until it has set up.

Note: Can substitute fruit and Jello for other flavors. Examples: Lime Jello and pears, strawberry Jello and strawberries.

Susan Fredrickson,
Pingree-Buchanan

Green Apple Salad - Bloom Homemakers

8 c. Granny Smith apples
1 c. pineapple chunks
2 c. green grapes
2 T. poppy seeds
1 c. toasted pecans

DRESSING:
Pineapple juice
1/4 c. sugar
1 T. lemon juice
1/4 c. butter

Add:
2 T. cornstarch
1/2 c. Miracle Whip
2 T. water
1/2 c. plain yogurt

Cut the apples into small pieces. Drain the pineapple. Combine apple pieces, drained pineapple, grapes and poppy seeds. Set aside.

Dressing: Cook to boiling the dressing ingredients. Mix 2 tablespoons cornstarch in 2 tablespoons cold water. Add to preceding dressing and cook until thick. Cool. Add Miracle Whip and yogurt. Stir into fruit. Add toasted pecans before serving.

Marlys Legler,
Bloom

The Golden Rule never tarnishes.
Holiday Tossed Salad

1 (10 oz.) pkg. Italian Blend salad greens
1 (5 oz.) pkg. spring mix salad greens
2 (11 oz.) cans mandarin oranges, drained
1 1/2 c. dried cranberries
1 med. red apple, cored & chopped
1 c. chopped walnuts
1/3 c. shredded cheese
1 btl. raspberry vinaigrette dressing

In a large bowl, toss the greens, oranges, cranberries, apple, walnuts and cheese. Drizzle with dressing just before serving. Toss to coat.

Janet Well,
Buzzin Dozen

Light Cobb Salad

8 c. mixed salad greens
2 T. snipped fresh watercress
2 T. fat-free blue cheese dressing (sometimes I use honey Dijon dressing)
1/2 c. shredded, cooked chicken breast
1/2 c. halved cherry tomatoes
1/2 c. fresh sliced mushrooms
1/2 c. red & green pepper strips
1/3 c. shredded carrots
1/4 c. sliced green onions
1 hard-cooked egg
1/8 tsp. paprika
Shredded fresh Parmesan cheese

Combine salad greens, watercress and dressing in a large bowl. Toss to coat. Arrange salad evenly on two serving plates. Arrange remaining ingredients (except paprika and cheese) evenly in separate groups on top of salad (tomatoes together, mushrooms together, etc.). Sprinkle paprika over chicken. Sprinkle cheese evenly over salads. Serve immediately.

Yield: 2 servings; 166 calories (37 calories from fat).

Mirt Brown,
Mailbox Member

Today is the tomorrow you worried about yesterday.
Mandarin-Spinach Salad

1 pkg. fresh spinach, washed & torn
1/2 head iceberg lettuce, torn
1 med. head romaine lettuce, torn
1 can mandarin oranges, well drained
1 bunch green onions, sliced
1/2 c. sliced almonds, toasted

DRESSING:
3 T. Italian dressing
1/2 c. vinegar
1/2 c. vegetable oil
3/4 c. sugar

Top salad greens with desired amount of dressing. Store unused portion for future use.

LaRue Odenbach, Pingree-Buchanan

Strawberry-Orange Pasta Salad

2 c. farfalle (bow-tie) pasta, uncooked
1/3 c. creamy poppy seed dressing
1/4 c. mayonnaise
1/4 c. sliced green onions
1 (11 oz.) can mandarin oranges, drained
1 c. sliced strawberries

Cook pasta as directed on package; drain. Cool. Mix dressing and mayonnaise in a medium bowl. Add pasta and onions; toss to coat. Gently stir in fruit. Serve immediately or cover and refrigerate until ready to serve. Yield: 4 (1-cup) servings.

LaRue Odenbach, Pingree-Buchanan

Taco Salad

1 lb. hamburger
1 pkg. taco seasoning mix
Onion
1 head lettuce
Tomatoes
2 c. shredded cheese
1 (15 oz.) can kidney beans, drained
1 (15 oz.) can black olives, sm. size

Prepare taco seasoning with meat and onion according to package instructions. Cool mixture. Toss together meat, lettuce, cheese, beans and olives. Before serving, add crushed nacho chips and dressing.

Dressing: Mix together 1 cup Western dressing, 1 cup mayonnaise, 2 teaspoons chili powder, 2 teaspoons ketchup and 6 teaspoons taco sauce.

Joyce Steele, Pingree-Buchanan
Tropical Turkey Salad

3 T. "Simply Fruit" apricot jam  
2 T. cider vinegar  
1 tsp. olive oil  
1/2 tsp. salt  
1/4 tsp. black pepper  
6 oz. 98% fat-free deli turkey  
1/2 c. diced red bell pepper  
1 c. pineapple tidbits or fresh pineapple  
1 c. sliced strawberries  
2 hard-cooked egg whites, chopped  
14 c. sliced green onions  
1 bunch romaine lettuce, torn into bite-size pieces  
1/4 c. sliced almonds, toasted

Combine the first 5 ingredients for dressing. Whisk until blended and store in covered, shake-proof container for at least 1 hour before serving. Toss all salad ingredients, except almonds, together in a large bowl. Shake or whisk dressing; pour over salad. Toss gently to coat. Top with almonds. Yield: 4 servings.

Eileen Lisko,  
Not Just Homemakers

Vegetables

Asparagus Guacamole

1 lb. fresh asparagus spears, cut into 1" lengths (2 c.)  
3/4 c. water  
2 T. plain, nonfat or low-fat yogurt  
1 T. lemon juice  
1 med. tomato, chopped  
2 T. chopped green onions  
1 tsp. ground cumin  
1 clove garlic, minced  
1/2 tsp. dried oregano leaves  
1/4 tsp. salt  
1/4 tsp. cayenne pepper


Mirt Brown,  
Mailbox Member
Apricot and Almond Carrots

1 lb. carrots, julienned 3 T. honey
1 c. water 1 T. lemon juice
1/3 to 1/2 c. dried apricots, 1/4 tsp. ginger
julienned, or golden raisins Dash of pepper
1 T. butter 1/4 c. slivered almonds

In a heavy saucepan, bring carrots and water to a boil. Reduce heat. Cover and cook 10 minutes to crisp-tender; drain. Add apricots or raisins, butter, honey, lemon juice, ginger and pepper. Toss gently. Turn heat very low and steam 20 minutes more, or until carrots and apricots are tender. Serve in pretty bowl and top with almonds.

Ivy Klose,
Mailbox Member

Grilled Marinated Vegetables

1 sm. green pepper, cut into strips 2 tbsp. chopped fresh basil, or 1 T.
1 sm. red or yellow pepper, cut into strips rosemary, chopped
1 sm. red onion, thinly sliced 3 T. balsamic vinegar
1 (8 oz.) pkg. fresh baby mushrooms (Portabello), halved 2 T. olive oil
2 tsp. chopped fresh basil, or 1 T. 2 cloves garlic, minced
Salt & pepper

Preheat grill to medium-high. Combine vegetables, basil, vinegar, oil, garlic, salt and pepper in a large bowl. Cover with plastic wrap and marinate at room temperature 15 to 20 minutes. Place vegetables in an even layer in a foil do-it-yourself pan. Slide pan onto grill grate. Grill 8 to 10 minutes in covered grill, turning frequently, until vegetables are crisp-tender. Yield: 4 servings.

Gayle Frey,
Bloom Homemakers

Peas and Mushrooms

2 c. Green Giant frozen sweet peas 1 (2.5 oz.) jar Green Giant sliced
1/4 c. chopped celery mushrooms, drained
2 T. finely-chopped onion 1 (2 oz.) jar sliced pimentos, drained
2 T. reduced-calorie margarine

In a 1 1/2-quart microwave-safe casserole, combine all. Cover. Cook on HIGH for 5 to 6 minutes, stirring twice.

Karen Lee,
Not Just Homemakers
Vegetable Caviar

1 1/4 c. black-eyed peas (15 oz. can, drained)
1 c. green pepper, diced
1/2 c. green onions, chopped
1/4 c. red pepper, diced
1/4 c. jalapeño chilies, finely chopped & seeded (or 1/4 c. canned)
3/4 c. low-calorie Italian salad dressing

Drain and rinse peas. Mix with remaining ingredients. Chill. Serve over bed of lettuce, or as a dip with baked tortilla chips. Yield: approximately 4 cups.

**Nutritional Information Per 1/2-Cup Serving:** 100 calories, 18 gm total carbohydrates, 3 gm dietary fiber, 4 gm sugar.

*Eunice Sahr,*
*Extension Agent*

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Vegetable Dip

8 oz. low-fat cream cheese
1 c. light salad dressing
1/2 c. low-fat sour cream
1 T. powdered ranch or Italian dressing mix
1 tsp. prepared mustard
1/2 tsp. pepper
1 tsp. Tabasco sauce
2 T. rice vinegar
1 to 2 tsp. sugar
1/2 c. green pepper, finely chopped
1/2 c. onion, finely chopped
1/3 c. celery, finely chopped
1 sm. jar pimento, or may add whatever vegetables you like, or have on hand

Children like to dip. Hopefully it will help them eat raw vegetables.

*Ivy Klose,*
*Mailbox Member*

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*The only way to have a friend is to be one.*
Main Dishes

Northern Hors d'oeuvre

Northern pike

COCKTAIL SAUCE:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili sauce or catsup</td>
<td>3/4 c.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 1/2 tsp.</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Prepared horseradish</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>A few drops of Tabasco sauce</td>
<td></td>
</tr>
<tr>
<td>Pinch of salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp. onion, grated or chopped</td>
<td></td>
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</tbody>
</table>

Poach fish until tender and flaky. Flake meat off bone--take out bones. Mix flaked Northern into sauce and chill. Serve as a spread with crackers.

Note: Fish depends on size, about 2 cups of flaked fish.

LaVonne Anderson,
Mailbox Member

Sesame Curry Sauce

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy sauce</td>
<td>1/3 c.</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>2/3 c.</td>
</tr>
<tr>
<td>Honey</td>
<td>1/2 c.</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1/2 c.</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>2 T.</td>
</tr>
<tr>
<td>Curry powder</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 tsp.</td>
</tr>
</tbody>
</table>

In a screw-top (quart) jar, combine all ingredients; cover and shake well. Store in the refrigerator. Use this sauce to marinate and/or baste chicken, shrimp, lamb or beef.

We usually grill the meat. It's also great on vegetable or meat kabobs.

Rosemary McDougall,
Not Just Homemakers

Gossip is like a balloon -
it grows bigger with every puff.
**Sweet and Sour Sauce**

2/3 c. brown sugar  
2 rounded T. cornstarch  
2 tsp. dry mustard  
1/3 c. vinegar  
1 c. crushed pineapple  
1/3 c. catsup  
2/3 c. water  
2 T. soy sauce  
1/4 c. finely-chopped onion  
1/4 c. finely chopped celery  
1/4 c. finely-chopped green pepper

Mix all together and simmer a few minutes. Pour over cooked pork, chicken or meat balls. Bake for 45 minutes at 350° and serve over cooked rice.

Sometimes I will butter a 9x9-inch glass cake pan, add 2 to 2 1/2 cups cooked rice, and add the meat and sauce. Put the dish in the oven for 45 minutes and serve. Cover dish with foil when in the oven.

*Ivy Klose,  
Mailbox Member*

**Baked Crispy Chicken**

1 frying chicken, cut into parts  
1 c. corn flake crumbs  
1/2 tsp. paprika  
1/2 tsp. salt  
1/2 tsp. garlic powder  
1/2 tsp. oregano, crushed  
1/2 c. skim milk yogurt

Wash and dry chicken parts. Combine corn flake crumbs, garlic powder, paprika, oregano and salt; mix well. Dip each chicken part into yogurt, and then in crumb mixture, coating well. Place on a greased foil-lined pan in a single layer. Bake at 350° for 1 hour, or until tender and lightly browned.

*Alice Bietz,  
Bloom*

*Did you ever stop and think “American” ends with “I can”?”*
Chicken Kabobs with Poppy Seed Baste

3/4 c. honey
3/4 c. white vinegar
1 1/2 T. Dijon mustard
2 (8 to 10 oz.) boneless whole chicken breasts, split in half, skin removed & cut in 3/4" strips
2 tsp. cornstarch, mixed with 2 tsp. water
1 to 2 tsp. poppy seed
1/2 green pepper, cut into 1" chunks
1/2 red pepper, cut into 1" chunks
1 sm. yellow squash, cut in half lengthwise, then crosswise into 1/2" slices
2 sm. onions, cut in quarters
8 whole fresh mushrooms

Combine honey, vinegar and mustard in 2-cup measure. Reserve 3/4 cup of honey mixture. Set aside.
In a small mixing bowl, combine remaining honey mixture and chicken. Cover with plastic wrap. Chill 30 minutes, stirring occasionally. Soak 8- to 10-inch wooden skewers for 1/2 hour. Set aside.
Combine reserved honey mixture and cornstarch mixture in a 1-quart saucepan. Cook over medium heat for 4 to 8 minutes, until thickened and translucent, stirring frequently. Remove from heat. Stir in poppy seed. Set aside.
Prepare grill for medium direct heat. Spray cooking grid with nonstick vegetable cooking spray. Drain and discard marinade from chicken. On skewers, evenly thread chicken accordion-style and skewer 3 or more pieces of remaining ingredients. Place kabobs on cooking grid. Grill, covered, for 10 to 12 minutes, or until meat is firm, no longer pink and vegetables are to desired doneness. Turn kabobs and baste with poppy seed mixture 2 or 3 times. Yield: 4 servings (2 kabobs); 276 calories (32 calories from fat).

Mirt Brown,
Mailbox Member

Chicken Marinade

1/2 c. low-calorie Italian dressing
1/4 c. soy sauce
1/4 c. finely-chopped onion (opt.)
1 tsp. dry mustard

Mix ingredients well. Skin chicken pieces and marinate 4 to 8 hours. Broil or grill. Serve with rice or grilled vegetables.

Rosemary McDougall,
Not Just Homemakers
**Lemon-Dill Chicken**

1/4 c. (1/2 stick) margarine or butter
6 skinless, boneless chicken breast halves (about 1 1/2 lb.)
1/2 c. dry white wine or chicken broth
1 T. chopped fresh, or 1/2 tsp. dried dill weed
1 T. lemon juice
1/4 tsp. salt
1 med. green onion, sliced (2 T.)

Melt margarine in a 10-inch skillet over medium-high heat. Cook chicken in margarine about 6 minutes, turning once, until light brown.
Mix wine, dill weed, lemon juice and salt; pour over chicken. Heat to boiling; reduce heat to low. Cover and simmer 10 to 15 minutes, or until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet; keep warm.
Meanwhile, heat wine mixture to boiling. Boil about 3 minutes, or until reduced to about half; pour over chicken. Sprinkle with onion. Yield: 6 servings.
Preparation time: 5 minutes. Cooking time: 16 to 24 minutes.

**Nutritional Information Per Serving:** 200 calories (100 calories from fat), 11 gm fat (3 gm saturated), 60 mg cholesterol, 240 mg sodium, 1 gm carbohydrates, 0 gm dietary fiber, 24 gm protein.

*Betty Kennedy, Not Just Homemakers*

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**Lo-Cal Chicken with Cashews Stir-Fried**

1 lb. boneless chicken breasts, cut into 1" strips
1 (14 oz.) bag fresh stir-fried vegetables
1/2 c. chicken broth
2 T. soy sauce
2 T. cornstarch
1/2 c. cashews
2 T. cooking oil
1 clove garlic

Stir together chicken broth and soy sauce into cornstarch; set aside. In a wok or skillet, heat oil over high heat. Add garlic cloves; stir-fry until browned and remove. Add chicken and stir-fry for 4 to 5 minutes, until crisp and tender. Stir in broth mixture; cook and stir until bubbly and thickened. Stir in cashews. Serve over cooked rice. Yield: 4 servings; 280 calories per serving.

*Alice Bietz, Bloom*
Turkey

Asian Turkey Patties

1 lb. lean ground turkey breast
1/2 c. chopped fresh mushrooms
1/4 c. chopped green onions
1/4 c. chopped red bell pepper
2 T. reduced-sodium soy sauce
1 tsp. chopped garlic
1 T. teriyaki baste & glaze

Preheat closed contact grill. In a large bowl, mix all ingredients, except teriyaki baste and glaze. Shape mixture into 6 patties. Place in closed contact grill and cook 8 to 10 minutes. Brush with teriyaki baste and glaze. Serve wrapped in lettuce leaf or on a bun. Yield: 6 servings.

Note: Can also be broiled or cooked on outdoor grill.

Eileen Lisko,
Not Just Homemakers

Chilies Rellenos Casserole

1/2 lb. ground turkey
1 c. chopped onions
1 3/4 tsp. ground cumin
1 1/2 tsp. dried oregano
1/2 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. black pepper
1 (16 oz.) can refried beans
2 (4 oz.) cans whole green chilies, drained & cut lengthwise into quarters
1 c. (4 oz.) pre-shredded Colby-Jack cheese
1 c. frozen whole kernel corn, drained
1/3 c. all-purpose flour
1/4 tsp. salt
1 1/3 c. fat-free milk
1/8 tsp. hot sauce
2 lg. eggs, lightly beaten
2 lg. egg whites, lightly beaten
Red onion slices (opt.)
Chopped cilantro (opt.)

Preheat oven to 350°. Cook turkey and onion in nonstick skillet over medium-high heat until browned, stirring to crumble. Remove from heat; add cumin and the next 5 ingredients (cumin through beans). Stir well and set aside. Arrange half of green chilies in a 7x11-inch baking dish. Top with 1/2 cup cheese. Spoon mounds of turkey mixture onto cheese; spread gently, leaving 1/4 inch border around edge of dish. Top with corn. Arrange remaining chilies over corn and top with 1/2 cup cheese.

Combine flour and salt in a bowl. Gradually add milk, hot sauce, eggs and egg whites, stirring with whisk until blended. Pour over casserole. Bake at 350° for 1 hour and 5 minutes, or until set; let stand 5 minutes. Garnish with onion slices and cilantro. Yield: 6 servings; 335 calories.

Mirt Brown,
Mailbox Member
Southwest Stuffed Burgers

1 1/2 lb. ground beef or turkey 1/4 c. salsa, divided
1/4 c. light mayonnaise, divided 6 lettuce leaves
1 pkg. taco seasoning mix 6 slices tomato
1/2 c. Colby & Monterey Jack cheese crumbles 6 whole wheat buns

Preheat greased grill to medium-high heat. Mix meat, 3 tablespoons of the mayonnaise and seasoning mix. Shape into 12 thin patties. Combine cheese and 2 tablespoons of the salsa; spoon over 6 of the patties; cover each with one of the remaining patties; pinch edges together to seal. Grill 7 minutes on each side, until cooked through (160°).

Meanwhile, combine 2 tablespoons salsa and remaining 1 tablespoon mayonnaise. Place lettuce, tomatoes and burgers on bun half. Top with salsa mixture. Cover with other half of bun. Yield: 6 burgers.

Note: Can make stuffed burgers and refrigerate for up to 4 hours before grilling. Calories: 340 with extra-lean beef.

Preparation time: 15 minutes. Total time: 29 minutes

LaVay Olson,
Wild Rose Homemakers

Asian Beef Noodles

1 lb. beef (round tip) steaks 1 med. carrot, coarsely shredded
1 T. vegetable or olive oil 2 T. chopped fresh cilantro or green onion (opt.)
1 (3 oz.) pkg. beef-flavored Ramen noodles 1/4 c. chopped peanuts
1/4 c. steak sauce

Cut beef into strips (1x3 inches). Combine beef and oil; toss to coat. Break noodles into 4 pieces; reserve seasoning package. Cook noodles as package directs; drain. (Do not overcook.) Heat a large skillet over medium-high heat. Stir-fry beef (half at a time) for about 1 minute. Remove beef and keep warm.

In the same skillet, combine noodles, steak sauce, carrot and seasoning package. Cook until hot. Stir occasionally. Return beef to skillet and mix lightly. Sprinkle with peanuts. Serve.

Rosemary McDougall,
Not Just Homemakers
Easy Beef and Vegetable Stew
2 lb. lean beef or venison
1 (12 oz.) jar brown gravy
1/4 c. dry red wine
1/2 tsp. dried thyme
1/4 tsp. pepper
6 med. carrots, sliced
3 med. potatoes, cut in sm. chunks
Other vegetables of choice, or
1 pkg. frozen vegetables

Brown meat. Add remaining ingredients and simmer about 1 hour. May serve with bulgur or rice.

Rosemary McDougall,
Not Just Homemakers

Mexican Lasagna
1 lb. ground beef
2 T. taco seasoning
1/2 c. chopped onion
1 1/2 c. tomato sauce
1 (16 oz.) jar Pace picante sauce (med.)
1 c. fat-free cottage cheese
3/4 c. Egg Beaters
6 flour fat-free tortillas, torn into 1/2" pieces
6 oz. reduced-fat Monterey Jack cheese
2 oz. fat-free Mozzarella cheese, shredded
2 oz. fat-free Cheddar cheese, shredded

Simmer the first 5 ingredients for 10 minutes. Combine cottage cheese and Egg Beaters. Spray a 9x13-inch pan.
Layer half of meat, half of tortillas, half of cottage cheese and Egg Beaters, and half of cheeses. Repeat until ingredients are used up. Bake at 350° for 20 to 25 minutes.

Note: If cut into 8 servings, each serving equals 5 points in Weight Watchers.

Maurice Adair,
Pingree-Buchanan

Quick and Easy Pork Chops
1/2 c. ketchup
1/4 c. brown sugar
6 super sweet onion slices
6 pork chops

Place 6 pork chops in a 9x13-inch or similar baking pan. Mix ketchup and brown sugar. Pour over chops. Place onion slice on top of each chop. Bake, uncovered, at 325° for 45 to 60 minutes.

My brother worked with Iowa State University. His wife became an expert on preparing pork.

Mary Olson,
Not Just Homemakers
Ratatouille

1 lg. red, ripe tomato, about 3/4 lb. or 2 c.
2 sm. zucchini, about 3/4 lb. or 2 c.
2 T. olive oil
1/4 lb. onion, coarsely chopped, about 1 c.
1 green pepper, cored, seeded & cut into 1" cubes, about 1 1/2 c.
1 clove garlic, finely minced
Bay leaf
Sprig of fresh thyme, or 1/2 tsp. dried
Freshly-ground black pepper, to taste
Lemon wedges (opt.)

Peel the tomato (or not) and cut into 1-inch cubes. Trim off the ends of the zucchini and cut into 1/2-inch cubes. Heat the oil in a skillet; add the onion, green pepper and garlic. Cook, shaking the pan and stirring until the onion wilts. Add the bay leaf and thyme. Add ground pepper and cook 3 minutes. Add the tomato and stir; cook 2 minutes and add zucchini. Cover and cook 15 minutes. Uncover and cook down for 5 or 10 minutes. When ready, the vegetables should be somewhat thickened. Serve, if desired, with lemon wedges. Yield: 4 servings.

**Nutritional Information Per Serving:** 115 calories, 7.1 gm fat, 13 mg sodium, 0 mg cholesterol.

*Judy Frey, Bloom*
Cooking for 1 or 2

Rosemary Gasal
Seasoning Guide

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups

STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.

TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.

CONSOMMÉ: Dash in basil, marjoram, savory, or tarragon.

MUSHROOM SOUP: Season with curry, oregano, or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mace, or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage, or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage, or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.

COFFEE CAKE: Mix crushed anise in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORNBREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventurous; add 1/2 teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon-sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry -- add dash of nutmeg to dry ingredients. Season plain muffins with caraway or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan, and snipped chives.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasoning near the end of cooking.

SOUFFLÉ: Add 1/4 teaspoon marjoram to 4-egg soufflé. To cheese soufflé, add basil or savory.

CHEESE CASSEROLEs: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RAREBIT: Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted processed cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise or cumin. Prepare several hours ahead of time.
Cooking for 1 or 2

Desserts

Apple Crisp

2 to 3 lg. cooking apples 3 T. sugar
1/4 c. orange juice 1/4 tsp. cinnamon

TOPPING:
1/4 c. flour 1/4 c. margarine
1/4 c. oatmeal

Core and slice apples and arrange in an 8x8-inch pan sprayed with nonstick cooking spray. Combine juice, sugar and cinnamon; pour over apples. Combine flour, oatmeal and sugar. Cut in margarine until mixture is crumbly. Sprinkle over apples. Bake at 350° for 45 minutes, or until golden brown. Yield: 3 to 4 servings.

Note: One-half cup flour can be used in place of flour and oatmeal.

Teresa Steele,
Extension Office Administrative Assistant

S'more Ice Cream Pie

2/3 c. graham cracker crumbs 2 1/2 c. rocky road ice cream, softened
2 T. sugar 2/3 c. marshmallow creme
3 T. butter, melted 3/4 c. mini marshmallows

In small bowl, combine cracker crumbs and sugar; stir in butter. Press onto the bottom and up the sides of a 7-inch pie plate coated with nonstick cooking spray. Bake at 325° for 7 to 9 minutes, or until lightly browned. Cool on wire rack.

Carefully spread ice cream into crust; freeze until firm. Spread marshmallow creme over the ice cream. Top with marshmallows. Gently press into creme. Cover and freeze for 4 hours, or overnight.

Just before serving, broil 6 inches from the heat for 1 to 2 minutes, or until marshmallows are golden brown. Yield: 4 servings.

Gayle Frey,
Bloom Homemakers
Fruits & Vegetables

Cranberry Squash

1 sm. acorn or buttercup squash  1 T. butter or margarine
1/4 c. fresh cranberries          1/4 tsp. cinnamon
1/4 c. firmly-packed brown sugar

Wash the squash; remove stem. Cut in half lengthwise and remove seeds. Pierce inside of squash with knife in many places. Combine cranberries, brown sugar, butter and cinnamon. Fill squash halves with this mixture. Place squash in shallow glass baking dish. Bake in microwave 10 minutes.

May use Splenda instead of sugar, or use leftover cranberry sauce and omit the sugar.

Serve half of squash creation in its shell. Yield: 2 servings.

Judy Frey,
Bloom Homemakers

Ten-Fruit Salad

10 green seedless grapes 10 golden raisins
10 red seedless grapes 10 tsp. shredded coconut
10 thin pear slices 10 sm. Cheddar cheese cubes
10 thin apple slices 10 tsp. frozen concentrated orange
10 thin navel orange slices juice, thawed & mixed with 2 T.
10 banana slices water
10 cantaloupe cubes

Combine first 10 ingredients in medium bowl. Use your mixing spoons to toss fruit mixture. Combine orange juice and water. Drizzle over fruit mixture. Toss well. Yield: about 2 cups.

Cut orange in half lengthwise, slice half of the orange into 1/2-circle slices and cut each one into 4 or 5 triangles.

Gayle Frey,
Bloom Homemakers
Main Dishes

Chicken Italian

1 chicken breast
1/4 lb. fettuccine or spaghetti noodles
1 c. fresh broccoli, or 1 (8 oz.) pkg. frozen broccoli
1/4 c. low-fat Italian salad dressing

Start cooking pasta and broccoli in boiling water. Slice or dice chicken and fry in nonstick pan. When pasta and broccoli are done, drain water and add chicken and Italian dressing. Serve hot or cold.

Teresa Steele,
Extension Office Administrative Assistant

Corn Quesadillas

1/2 c. frozen corn, cooked & drained
4 (6") flour tortillas
2 oz. (1/2 c.) part-skim Mozzarella cheese
1/4 c. salsa

Spread 1/4 cup of corn on tortillas. Sprinkle with 1/4 cup of cheese. Spoon 1 tablespoon of salsa over cheese. Top with second tortilla. Microwave on HIGH for 30 to 60 seconds. Quarter and serve.

Karen Lee,
Not Just Homemakers

All the flowers of all the tomorrows are in the seeds of today.
Gingerbread Pancakes with Lemon Sauce

PANCAKES:
1 1/3 c. flour
1/4 tsp. baking soda
1/2 tsp. ground ginger
1 egg
3 T. salad oil
1 tsp. baking powder
1/4 tsp. salt
1 tsp. cinnamon
1 1/4 c. molasses
1 1/4 c. milk

LEMON SAUCE:
1/2 c. sugar
2 T. cornstarch
1/8 tsp. salt
1 c. water
1/8 tsp. ground nutmeg
1 T. butter
1 tsp. grated lemon rind
3 T. lemon juice
1/4 tsp. lemon extract (opt.)

Pancakes: Stir together flour, baking powder, baking soda, salt, ginger and cinnamon. Beat egg with milk in medium-size bowl. Beat in molasses, then oil. Add flour mixture and stir just until combined. Batter can be a little lumpy.

Grease pancake griddle (or electric frypan). Heat griddle on medium heat until a drop of water dances off. Pour 1/4 to 1/3 cup batter in pan. Cook on first side until they are puffed and full of bubbles. Turn and cook on second side until brown. Serve hot with Lemon Sauce.

Lemon Sauce: Mix sugar, cornstarch, salt and nutmeg in medium saucepan. Gradually mix in water. Cook over medium heat, stirring until mixture is thick and clear. Remove from heat. Add butter and lemon rind and juice, stirring until butter is melted. Serve hot.

Ivy Klose,
Mailbox Members

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Make your job important and it will return the favor.
Reuben Sandwiches

4 slices rye bread  1 (4 to 6 oz.) pkg. deli meat (corned beef or pastrami)
2 slices Swiss cheese  2 T. thousand island dressing (opt.)
1 sm. can sauerkraut  2 tsp. margarine

Lay bread slices flat. Layer as little or as generous amount of meat as you like on 2 slices. Put approximately 2 forkfuls of sauerkraut and 1 large slice of cheese on top of meat. Add dressing if you like. Melt half of margarine in pan or griddle. Grill on medium heat until browned. Brown other side in more margarine. Slice and serve.

I keep rye bread and a package of deli meat in the freezer and remove only as much as I need. The individually-wrapped cheese slices keep well for a very long time and so does any leftover sauerkraut.

Easy, and a quick meal, too.

Rosemary Gasal,
Bloom Homemakers

Stromboli

1 loaf frozen bread dough, thawed & flattened into 9"x13" rectangle

Mix:
1/4 c. oil  Salt & pepper, to taste
1 tsp. oregano  Garlic powder, to taste

Cut in pieces:
1/2 lb. ham (I use deli-type)  1/4 lb. pepperoni, sliced thin
1/2 lb. Mozzarella cheese

TOPPINGS:
Mushrooms
Olives
Onions
Green pepper

Baste dough with oil and spices. Layer with meats and cheeses. Add toppings of sliced vegetables. Roll all into a jellyroll shape. Bake in glass pan at 350° for 30 to 35 minutes. Slice and serve.

Doreen Reister,
Not Just Homemakers
Substitutions

1 cup butter
1 cup margarine or 7/8 cup solid shortening + 1/2 tsp. salt

1 cup sour cream
7/8 cup sour milk + 3 Tbsp. butter; or 8-oz. carton plain yogurt

1 cup whole milk
1 cup reconstituted nonfat dry milk + 2 1/2 tsp. butter or margarine

1 cup whole milk
1/2 cup evaporated milk + 1/2 cup water

1 cup whole milk
1/4 cup sifted dry whole milk powder + 7/8 cup water

1 cup skim milk
4 Tbsp. nonfat dry milk + 1 cup water

1 cup light cream
1 cup undiluted evaporated milk

1 cup heavy cream (40%)
1/3 cup butter + 3/4 cup milk

1 cup coffee cream (20%)
3 Tbsp. butter + about 7/8 cup milk

1 cup sour milk or buttermilk
1 Tbsp. vinegar or lemon juice + enough sweet milk to make 1 cup. (Let stand 5 minutes.)

1 tsp. lemon juice
1/2 tsp. vinegar

1 cup sweet milk
1 cup sour milk or buttermilk + 1/2 tsp. baking soda

1 cup molasses
1 cup honey

1 cup honey
1 1/4 cups sugar + 1/4 cup liquid

1 cup sugar
1 cup brown sugar, firmly packed, although it will result in a slightly molasses flavor

1 cup sugar
1/2 cup honey and reduce the amount of liquid by 1/2 cup
Quick Meals

Breads

Corn Bake

1 (14.75 oz.) can whole kernel corn, undrained
1 (14.75 oz.) can cream-style corn
2 eggs
3 T. butter, melted
1 c. sour cream
1 (8 1/2 oz.) pkg. corn muffin mix
1/2 tsp. pepper
1/2 tsp. onion powder

In large bowl, mix eggs (I use large wire whip). Add melted butter, sour cream and corn muffin mix. Whip together until well mixed. Add the 2 cans corn, pepper and onion powder; mix well. Pour in greased 9x11-inch pan. Bake at 350° for about 30 to 35 minutes.

Our oldest grandson, who now is in his 20's, used to call me when he was little and ask Gran-ma what are you cooking -- are you making that corn cake. It is quick to whip up and goes well with turkey or ham. It was a winner for all the kids.

Ivy Klose,
Mailbox Member

Golden Garlic Bread

3/4 c. butter, softened
1/2 c. mayonnaise
3 c. shredded Cheddar cheese
1/2 c. grated Parmesan cheese
3 green onions, chopped
1 tsp. Italian seasoning
1 to 2 garlic cloves, minced
1 loaf French bread, cut in half lengthwise

In a small bowl, beat butter and mayonnaise until blended. Stir in the cheeses, onions, Italian seasoning and garlic. Spread over cut sides of bread. Place on an ungreased baking sheet. Broil 4 to 6 inches from heat for 3 to 5 minutes, or until lightly browned and bubbly. Cut into 2-inch slices. Yield: 4 to 6 servings.

Mary Fox,
Not Just Homemakers
Caramel Rolls

Frozen cinnamon rolls
1 c. vanilla ice cream
1 c. brown sugar

Mix equal amounts of ice cream and brown sugar in large microwave-safe bowl. Microwave to boiling, stirring occasionally. Cook until brown sugar is dissolved. Pour in greased pan. Thaw cinnamon rolls according to package directions, or place in pan frozen the night before and refrigerate. Bake according to package directions.

A neighbor gave me the caramel recipe. Homemade sweet roll dough can be used, or speed it up with the commercial frozen dough.

Mary Olson,
Not Just Homemakers

Pull-Aparts

1 c. cream
1 c. brown sugar
1/2 stick melted margarine
1/2 c. mini marshmallows
2 cans buttermilk biscuits
Cinnamon, to taste
Sugar, to taste

Pour cream, brown sugar and melted margarine mixture into a greased bundt pan. Toss in 1/2 cup miniature marshmallows. Dip 2 cans buttermilk biscuits into cinnamon-sugar mixture. Arrange around pan on end. Bake 20 to 25 minutes at 375°.

Doreen Reister,
Not Just Homemakers

Sticky Raisin Pull-Aparts

2 T. butter
2 T. thawed frozen orange juice concentrate
2 T. granulated brown sugar
1/2 tsp. ground cinnamon
1/2 c. raisins or pecans
1 (10 oz.) pkg. refrigerated buttermilk flaky biscuits (10 count)

Preheat oven to 350°. In 9-inch round baking pan, melt butter. Add juice, sugar and cinnamon; stir to combine. Sprinkle raisins or pecans over juice mixture. Separate biscuits, cut each into 4 pieces and arrange in pan over raisins. Bake until biscuits are browned, 20 to 25 minutes. Remove pan from oven and top with 10-inch heatproof plate. Invert biscuits onto plate and serve hot. Yield: 10 servings.

Delicious quick substitute for caramel rolls.

Mary Heupel,
Buzzin Dozen
Festive Snack Mix

4 c. popped popcorn (lite)  2 c. Crispix
2 c. fat-free pretzels       1 1/2 c. holiday peanut M&M's

Combine all ingredients. Store in tightly-covered container. Yield: about 10 cups.

Donna Schleske,
Buzzin' Dozen Homemakers

Blueberry Cheese Roll

1 pkg. refrigerated crescent dinner rolls  2 T. sugar
4 oz. cream cheese  1/2 c. blueberries, divided

Preheat oven to 375°. Unroll dough into 4 rectangles. Firmly press perforations together to seal.


Can dust with powdered sugar before serving.

LaVay Olson,
Wild Rose Homemakers

Desserts

Blueberry Angel Dessert

1 (8 oz.) pkg. cream cheese, softened  1 (14 oz.) prepared angel food cake, cut into 1" cubes
1 c. confectioners' sugar  2 (21 oz.) cans blueberry pie filling
1 (8 oz.) ctn. frozen whipped topping, thawed

In large mixing bowl, beat the cream cheese and sugar. Fold in whipped topping and cake cubes. Spread evenly in ungreased 9x13x2-inch dish or pan. Top with pie filling. Cover and refrigerate for at least 2 hours before cutting into squares. Yield: 12 to 15 servings.

Shirley M. Sund,
Wild Rose Homemakers
Microwave Streusel Apples

1/2 c. uncooked quick oats  
1/4 c. packed brown sugar  
1/4 c. chopped walnuts  
3 T. flour  
1 tsp. cinnamon  
1/4 c. butter or margarine  
4 c. sliced Delicious apples

Combine oats, brown sugar, walnuts, flour and cinnamon for streusel topping. Cut in butter or margarine. Place apples in microwave-safe 1-quart dish. Sprinkle streusel over apples. Microwave at HIGH for 10 to 13 minutes. Yield: 4 to 6 servings.

May need to microwave longer for tender apples, especially if you use different apples than Delicious.

Donna Schleske,  
Buzzin' Dozen Homemakers

Easy Banana Cake

1 yellow or white cake mix  
1/8 tsp. baking soda mixed in dry cake mix  
3/4 c. water  
2 or 3 med. bananas, mashed  
1/3 c. chopped nuts

Mash bananas in mixing bowl. Add cake mix and mix according to package directions, except use only 3/4 cup water. Stir in chopped nuts. Bake in greased and floured 9x13-inch pan at 350° about 25 to 30 minutes, or until done.

Frost with your favorite cream cheese or caramel frosting.

Mary Werner,  
Bloom Homemakers

If we trust more we will worry less.
**Spring Cake**

2 eggs, beaten
1 (21 oz.) can peach pie filling
1 pkg. yellow cake mix (do not prepare the mix according to box directions, just use the powder mix)

Mix above 3 ingredients by hand until well mixed. Grease and flour a 9x13-inch pan. Pour mixture into pan. Bake at 350° for 25 to 30 minutes. Cool completely. Frost with cream cheese frosting (see recipe below).

**CREAM CHEESE FROSTING:**

1/2 c. margarine
1 (8 oz.) pkg. cream cheese, softened
2 tsp. vanilla

Cream ingredients together. Add 3 1/2 cups powdered sugar. Beat to spreading consistency. Use to frost cake.

May not need to use the entire frosting recipe. Leftover frosting is great on graham crackers.

*Theresa McMillan, Not Just Homemakers*

**Hawaiian Wedding Bar**

2 c. all-purpose flour
2 c. granulated sugar
2 tsp. baking soda
1 (20 oz.) can crushed pineapple with juice, undrained
1 c. shredded coconut
1 c. walnuts, coarsely chopped

Heat oven to 325°. Coat a 9x13x2-inch baking dish with nonstick spray. Bake for 30 to 40 minutes, or until toothpick inserted in the center of the cake comes out clean. Frost with a cream cheese frosting.

Moist bar.

*Lucille Mayer, Buzzin’ Dozen*

**Lite Peanut Butter Puffs**

1 pkg. Lovin Lites yellow cake mix
2/3 c. water
1/2 c. natural peanut butter
2 egg whites, or 1/4 c. cholesterol-free egg product

Preheat oven to 350°. Spray nonstick cooking spray on pan. In large bowl, combine all ingredients at low speed 2 minutes. Drop by teaspoons. Bake 8 to 10 minutes.

*Karen Lee, Not Just Homemakers*
Toffee Bars

| 1 c. butter | 1 egg yolk |
| 1 c. packed brown sugar | 2 c. milk chocolate chips |
| 2 c. flour | Chopped nuts |

Preheat oven to 350°. Melt butter. Take off stove. Add brown sugar, 1 cup flour, 1 egg yolk, then add the other cup of flour. Put the mixture in 11x16-inch jellyroll pan. Bake 15 to 20 minutes. When crust is done, sprinkle chips on with chopped nuts. Cut diagonally into squares while warm.

These are quite simple and easy to make.

*Hazel Weatherly,*
*Mailbox Member*

Five-Minute Fudge

| 1 (12 oz.) pkg. semi-sweet chocolate chips | 14 oz. sweetened condensed milk |
| 3/4 pkg. butterscotch chips | 1 tsp. vanilla |
| | 1/2 c. crushed walnuts |

Melt all ingredients together on the top of the stove. Stir until melted on low heat. Pour into 9x13-inch greased pan. Cool in refrigerator for 30 minutes.

*Lisa Blaskowski,*
*Pingree-Buchanan*

Rolos and Pretzels

| Bow or twist pretzels | 1 pkg. Rolo candy in foil wrap |


A quick snack for camping or unexpected guests.

*LuVerne Dockter,*
*Buzzin’ Dozen Homemakers*
Soups

Creamy White Chili

1 lb. chicken, or 2 cans chicken breast
1 med. onion, chopped
1 1/2 tsp. garlic powder

Sauté in 1 tablespoon oil until no longer pink and onion is tender.

Add:
2 (15 1/2 oz.) cans Great Northern beans, drained & rinsed
1 (14 oz.) can chicken broth
2 (4 oz.) cans chopped green chilies
1 tsp. salt

1 tsp. cumin
1 tsp. oregano
1/2 tsp. pepper
1/4 tsp. cayenne or chili powder, to taste

Bring to a boil, reduce heat and simmer for 30 minutes. Remove from heat and stir in 1 cup of sour cream and 1/2 cup of whipping cream (could use fat-free sour cream and fat-free half & half).

Serve with shredded Cheddar cheese and crushed tortilla chips.

Deb Lee,
Not Just Homemakers

Easy Tortellini Soup

2 cans chicken broth with roasted garlic
1 can diced tomatoes with basil & oregano
1 pkg. cheese tortellini (fresh or frozen)
2 c. fresh baby spinach
Parmesan cheese (opt.)

Heat chicken broth and diced tomatoes until boiling. Add tortellini and cook for 7 minutes. Add spinach and heat for 1 minute.

Serve with Parmesan cheese, if desired.

Deb Lee,
Not Just Homemakers
Fiesta Chicken Soup

2 cans Fiesta nacho cheese soup
2 cans cream of chicken soup
2 cans milk
2 cans red enchilada sauce
2 cans cooked chicken

Simmer together nacho cheese soup, cream of chicken soup and milk. Add the sauce and chicken; heat together. Serve with nacho chips and shredded cheese. More milk can be used if you like a thinner soup.

Joyce Steele,
Pingree-Buchanan Homemakers

Hamburger Soup

1 lb. Jimmy Dean sausage
1 (10 3/4 oz.) can tomato soup
4 or 5 slices American cheese
1 1/2 c. cooked macaroni

Brown and drain the grease off the sausage. Break into small pieces and cook until tender. Heat the tomato soup as directed in a separate kettle from the meat. Use water or milk in soup, as you prefer. Add sausage, cheese and cooked macaroni to tomato soup; heat and serve. Will serve 6 bowls of soup.

I use any spicy hamburger mixture or leftover barbecue hamburger mixture. Should be spicy hamburger because the Jimmy Dean sausage is spicy.

Jackie Readel,
Pingree-Buchanan Homemakers

Salads

Black Cherry Salad

1 (8 oz.) pkg. cream cheese
1 reg.-size can pitted dark cherries
1 med.-size can pineapple chunks
1 c. mini marshmallows
2 c. Cool Whip

Drain cherries, saving 1/2 cup juice. Cream the cream cheese and the cherry juice until smooth. Stir in drained fruit, marshmallows and Cool Whip. Chill for several hours before serving.

Lucille Mayer,
Buzzin' Dozen Homemakers
Coleslaw Salad

1 pkg. beef-flavored Ramen noodles (noodles only)
1 pkg. coleslaw
1 sm. pkg. sunflower seeds
1 sm. pkg. cashews
3 sm. garden onions (opt.)

DRESSING:
1/2 c. oil
1/2 c. sugar
1/3 c. vinegar
1 pkg. Ramen seasoning

Blend and toss with salad.

Janet Well,
*Buzzin' Dozen Homemakers*

Easy Ambrosia Salad

1 (20 oz.) can crushed pineapple & juice
1 (20 oz.) can pineapple tidbits, drained
1 c. coconut
1 pkg. instant pistachio pudding mix
1 sm. ctn. whipped topping
1 c. mini marshmallows

Sprinkle pudding mix over pineapple in medium-size bowl. Stir to dissolve pudding mix. Stir in remaining ingredients. May also stir in some chopped walnuts, if desired.

Mary Werner,
*Bloom Homemakers*

Fruit Salad

1 can cherry pie filling
1 can chunk pineapple
1 can mandarin oranges
1 can fruit cocktail

Mix all together and serve.
Can add grapes, strawberries or other fresh fruit. May add Cool Whip to add color.

Lois Gasal,
*Bloom Homemakers*
Greek Pasta Salad

3 c. bow-tie pasta, uncooked
2 c. baby spinach leaves
1 c. Mediterranean cheese crumbles
1 c. cherry tomatoes, halved
3/4 c. drained garbanzo beans, rinsed
1/2 c. Greek vinaigrette dressing

Cook pasta as directed on package; drain. Place in large bowl. Add remaining ingredients and mix lightly. Yield: 8 servings; time: 15 minutes. Can add 1/2 cup sliced ripe olives. Can use Feta crumbled cheese.

LaVay Olson,
Wild Rose Homemakers

Sharon's Salad

1 sm. head lettuce
1 sm. head cauliflower, cut up
1 very sm. purple onion, chopped
1/4 to 1/2 lb. fried bacon

Mix all together. Add dressing just before serving.

DRESSING:
1/2 c. mayonnaise
1/8 c. Parmesan cheese
1/8 c. sugar

Mix together thoroughly and add to above. Yield: 6 servings.

LaRue Odenbach,
Pingree-Buchanan Homemakers

Sparkling Fruit Cup

2 (11 oz.) cans mandarin oranges, drained
1 (1 lb. 13 oz.) can pineapple chunks, drained
2 T. lemon juice
1/2 tsp. vanilla
Chilled ginger ale

Combine first 4 ingredients. Cover and refrigerate overnight. To serve, place in individual serving dishes. Pour on ginger ale. Yield: 8 servings.

Donna Schelske,
Buzzin' Dozen Homemakers
Strawberry Salad

2 bunches spinach 1/2 c. sugar
4 c. strawberries 1/4 tsp. paprika
1/2 c. vegetable oil 2 T. sesame seeds
1/4 c. white wine vinegar 1 T. poppy seeds

Toss spinach and strawberries. In medium bowl, whisk together oil, vinegar, paprika, sugar, sesame seeds and poppy seeds. Pour over salad and toss.

Mary Fox, 
Not Just Homemakers

Pecan-Cranberry Spread

1/2 c. softened cream cheese 1/8 c. orange juice concentrate
1/4 c. chopped pecans 1 box Town House crackers
1/4 c. dried cranberries

Using electric mixer, beat at medium speed. Cream the cream cheese until soft and fluffy. Transfer to a small bowl. Add remaining ingredients and stir to combine. Cover with plastic wrap and refrigerate until flavors blend, at least 30 minutes.

Serve cold with crackers.

Janet Well, 
Buzzin' Dozen Homemakers

Reuben Spread

2 1/2 c. cubed corned beef 2 c. shredded Swiss cheese
1 (16 oz.) jar sauerkraut, rinsed & 2 c. shredded Cheddar cheese
drained 1 c. mayonnaise

Combine all ingredients in crock-pot. Cook on low for 3 hours. Spread on snack crackers. Yield: 5 cups -- lots.

Recipe may be cut in half.

Theresa McMillan, 
Not Just Homemakers
Vegetables

Buttercup Squash Casserole

(Healthy)

2 med. squash, peeled & cut into chunks
1/2 c. sugar
2 eggs
2 T. butter
1 tsp. vanilla extract
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Place squash in large saucepan and cover with water. Bring to a boil. Reduce heat and simmer for 12 to 16 minutes, or until tender. Drain. In a small mixing bowl, beat squash until smooth. Add remaining ingredients; beat well. Spoon into a 1 1/2-quart baking dish coated with nonstick cooking spray. Cover and bake at 350° for 30 to 35 minutes. Yield: 6 servings.

A tasty way to use up extra garden squash.

Dorene Zinke,
Mailbox Member

Cherry Tomato-Mozzarella Sauté

(Healthy)

1/4 c. chopped green onions
1 garlic clove, minced
1 tsp. thyme
2 tsp. olive oil
2 1/2 c. cherry tomatoes, halved
1/4 tsp. salt
1/4 tsp. pepper
4 oz. shredded Mozzarella cheese

In large skillet, sauté onions, garlic and thyme in oil until tender. Add tomatoes, salt and pepper; heat through. Remove from heat and stir in cheese. Yield: 4 servings.

Tasty, quick and easy.

Dorene Zinke,
Mailbox Member
Rosemary-Onion Green Beans

(Quick)

2 sm. onions, thinly sliced 1 1/4 c. fresh or frozen green beans
1 fresh rosemary sprig, or 1/2 tsp. dried 1/4 c. water
2 tsp. butter 1/4 tsp. salt

In large skillet, sauté onions and rosemary in butter for 3 to 5 minutes, or until tender. Add beans, water, salt and pepper. Bring to a boil and cook slowly 7 to 9 minutes, or until tender. Discard rosemary. Yield: 4 servings.

Dorene Zinke, Mailbox Member

Vegetable-Rice Skillet

1 (14 oz.) can chicken broth 1 (6.25 oz.) pkg. fast-cooking long-grain & wild rice
2 T. butter or margarine 1 (16 oz.) pkg. frozen broccoli, cauliflower & carrot blend

Heat broth and margarine to boiling in 10-inch skillet. Stir in vegetables and rice; heat to boiling, then reduce heat to simmer. Cover and simmer 5 minutes. Sprinkle with cheese. Yield: 4 servings.

To make this a vegetarian dish, substitute vegetable broth for chicken broth.

Eileen Lisko, Not Just Homemakers

Marge's Cheese Scalloped Potatoes

4 lg. potatoes, boil in skins until done, cool, peel & grate 1 c. whipping cream
1/2 lb. shredded Cheddar cheese 1 T. butter

Butter large casserole dish. Layer potatoes and cheese, and lightly salt. Pour cream over all. Cover and let stand several hours, or overnight. Mix butter and bread crumbs. Place on top of potatoes. Bake at 350° for 45 minutes, or until heated through.

Theresa McMillan, Not Just Homemakers
**Cheese Potato Bake**

1 (2 lb.) pkg. frozen hash browns  
1 can cream of potato soup  
1 can cream of onion soup  
1 can Cheddar cheese soup

Place hash browns in 9x13-inch pan that has been sprayed with cooking oil. Mix the soups together well. Pour over potatoes. Bake in 350° oven for 1 hour.

*Donna Nannenga,*  
*Bloom Homemakers*

---

**Parmesan Roasted Potatoes**

1 lb. potatoes with skin  
1 T. olive oil  
1/2 tsp. salt  
1/4 tsp. pepper  
Grated Parmesan cheese

Slice potatoes with skins on. Combine potatoes with oil, salt and pepper. Spread into 9x13-inch pan that's been sprayed with pan spray. Sprinkle with Parmesan cheese. Cover with foil. Bake at 425° for 30 minutes, or until tender.

*Joyce Steele,*  
*Pingree-Buchanan Homemakers*

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**Seasoned Yukon Gold Wedges**

5 med. Yukon Gold potatoes, cut into wedges  
1 T. olive oil  
1/4 c. dry bread crumbs  
1 1/2 tsp. paprika  
3/4 tsp. salt  
1/4 tsp. dried oregano  
1/4 tsp. dried thyme  
1/4 tsp. ground cumin  
1/8 tsp. black pepper  
1/8 tsp. cayenne pepper

In large bowl, toss potatoes with oil. Combine the remaining ingredients; sprinkle over potatoes and toss to coat. Arrange potatoes in a single layer in a 10x15x1-inch baking pan coated with nonstick cooking spray. Bake, uncovered, at 425° for 40 to 45 minutes, or until tender, stirring once.

*Jackie Readel,*  
*Pingree-Buchanan Homemakers*
Crock-Pot Stuffing

1 c. butter  
2 c. chopped onion  
2 c. chopped celery  
1/4 c. parsley  
2 (8 oz.) cans drained mushrooms  
12 to 13 c. bread cubes  
4 tsp. poultry seasoning  
3 1/2 to 4 1/2 c. chicken broth  
2 beaten eggs

Mix. Cook on high for 45 minutes, or on low for 4 to 8 hours in crock-pot. I prefer the low setting.

Janet Well,  
*Buzzin' Dozen Homemakers*

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Main Dishes

Beef Taco Skillet

1 lb. ground beef  
1 (10 3/4 oz.) can tomato soup  
1 c. chunky salsa  
1 c. sour cream*  
1/2 c. water  
8 flour tortillas (6"), cut into 1" pieces  
1 c. shredded Cheddar cheese

Cook beef in skillet until browned. Pour off fat. Add soup, salsa, water, tortillas and half the cheese. Heat to a boil. Cover and cook over low heat for 5 minutes, or until hot. Top with remaining cheese.

*I also will stir in 1 cup of sour cream before I add the remaining cheese.

*Teresa Steele,  
*Extension Office Administrative Assistant*

---

*Beware of little expenses:  
a small leak will sink a great ship.*
Taco Beef and Noodle Skillet

- 1 lb. lean ground beef
- 1 pkg. taco seasoning mix
- 2 c. water
- 1 pkg. Kraft macaroni & cheese dinner
- 1/3 c. light sour cream
- 1 lg. tomato, chopped
- 1 c. shredded lettuce
- 1 c. tortilla chips, broken up

Brown meat in large nonstick skillet on medium-high heat; drain. Add seasoning mix, water and macaroni; mix lightly. Bring to a boil. Reduce heat to medium-low. Cover. Simmer 7 minutes, or until noodles are tender and liquid is almost absorbed. Stir in sour cream and cheese sauce. Mix until well blended. Top with tomatoes, lettuce and tortilla chips. Yield: 4 servings, 1 3/4-cups each; 50 calories when using lean ground beef.

Preparation time: 10 minutes; total time: 30 minutes.

LaVay Olson, Wild Rose Homemakers

Easy Stroganoff Meat Balls

- 1 1/4 c. beef broth
- 2 T. flour
- 2 tsp. Worcestershire sauce
- 16 frozen cooked meat balls (about 1 1/2" in diameter)
- 1 (4 1/2 oz.) jar sliced mushrooms, drained
- 1/2 c. sour cream
- 1 T. chopped fresh parsley

Beat broth, flour and Worcestershire sauce in small bowl with wire whisk. Place frozen meat balls, mushrooms and broth mixture in 10-inch skillet. Heat to boiling; reduce heat to low. Cover and simmer 4 to 6 minutes, or until meat balls are hot. Remove meat balls from heat. Stir in sour cream and parsley.

Preparation time: 5 minutes. Cook time: 30 minutes.

Nutritional Information Per Serving: 400 calories (225 from fat); 25 gm fat (11 gm saturated), 140 mg cholesterol, 990 mg sodium, 19 gm carbohydrate, 1 gm dietary fiber. 26 gm protein.

Betty Kennedy, Not Just Homemakers
Italian Burgers

Mix beef, spaghetti sauce and onion. Shape mixture into 4 patties, each about 3/4-inch thick. Set oven control to broil. Place patties on rack in broiler pan. Broil with tops about 3 inches from heat for 12 minutes, turning once. Top each patty with cheese slice. Broil about 1 minute longer, or until beef is no longer pink in center and juice is clear.

Serve between bread slices. Serve with additional spaghetti sauce, if desired. Yield: 4 servings.

Preparation time: 15 minutes. Broil time: 13 minutes.

Nutritional Information Per Serving: 450 calories (235 from fat); 26 gm fat (12 gm saturated); 90 mg cholesterol; 690 mg sodium; 23 gm carbohydrate; 1 gm dietary fiber; 32 gm protein.

Betty Kennedy,
Not Just Homemakers

Jim's Crock-Pot French Dip

Combine all ingredients. Cook in crock-pot 12 hours on low. Pull roast apart. Serve on sub or hoagie buns. Dip in juice.

Theresa McMillan,
Not Just Homemakers

Salsa Meat Loaf

Combine all ingredients in large bowl and mix thoroughly by hand. Place in loaf pan and bake at 350° about 1 hour, or until done.

Mary Werner,
Bloom Homemakers
Chicken-Broccoli Bake

2 pkg. broccoli au gratin rice mix 1 1/2 lb. chicken breast, cubed
2 1/4 c. water 1 (10 oz.) pkg. broccoli, thawed &
1 can cream of chicken soup drained
1 to 2 T. Dijon mustard 1 c. Cheddar cheese

Preheat oven to 375°. Spray 9x13-inch pan with cooking spray. Spread rice mix evenly in pan. Combine sauce packets from rice with water, soup and mustard. Pour half over rice. Layer chicken and broccoli, then pour rest of sauce on top. Bake, uncovered, at 375° for 30 to 40 minutes. Add cheese and bake 10 minutes.

Can use Healthy Choice soups and fat-free cheese.

Maurice Adair,
Pingree-Buchanan Homemakers

Chicken Scampi

2 T. butter 2 tsp. lemon juice
4 skinless chicken breasts 2 cloves garlic, or 1/4 tsp. garlic
1 can cream of chicken soup powder
1/4 c. water 4 c. hot cooked thin spaghetti

Heat butter in skillet. Add chicken and cook until browned. Add soup, water, lemon juice and garlic. Heat to boil. Cover and cook over low heat 5 minutes, or until done. Serve with pasta.

Susan Fredrickson,
Pingree-Buchanan Homemakers

Influence is something you think you have, until you try to use it.
Quick Chicken Stir-Fry

1 to 2 c. cooked diced chicken (may use other diced leftover meat)
1/2 tsp. pepper
1/2 tsp. salt
3 med. carrots, cut diagonally into 1/2" pieces
1 green pepper, cut into strips
1 sm. onion, cut into thin slices & separated into rings
1 (20 oz.) can pineapple chunks, well drained
1/4 c. vegetable oil


May serve over one or two 3-ounce packages Ramen noodles, cooked according to package directions. Drain the water. Sprinkle with or stir in seasoning flavor packet to correspond to meat used (i.e. chicken, beef or pork). Soy sauce seasoning on table to use as desired, or may serve with cooked rice.

Judy Frey,
Bloom Homemakers

Quick Italian Chicken

2 T. flour
1 (14 oz.) jar pasta sauce
4 (4 to 6 oz.) boneless, skinless chicken breasts
1 med. green pepper, coarsely chopped
1 (8 oz.) pkg. spaghetti, cooked & drained

Preheat oven to 350°. Shake flour in Reynolds oven bag in 9x13-inch pan. Add pasta sauce to oven bag. Squeeze bag to blend in flour. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in an even layer in bag. Close oven bag with nylon tie, cut 6 slits in top. Bake 25 to 30 minutes, or until meat thermometer inserted in chicken reads 170°. Yield: 4 servings.

Serve over hot cooked spaghetti.

Gayle Frey,
Bloom Homemakers
Bow-Ties with Asparagus and Ham

1 (16 oz.) pkg. bow-tie pasta
1 1/2 c. heavy whipping cream
1 lb. fresh asparagus, trimmed & cut into 1" pieces
3 T. water
1/2 c. shredded Parmesan cheese
6 oz. thinly-sliced deli ham, cut into strips

Cook pasta according to package directions. Meanwhile, in a small saucepan, bring cream to a boil. Reduce heat; simmer, uncovered, for 6 to 7 minutes, or until slightly thickened. Place asparagus and water in microwave-safe dish. Cover; microwave on high for 3 to 4 minutes, or until crisp-tender; drain. Drain pasta and place in large serving bowl. Add the cream, asparagus, Parmesan cheese and ham; toss to coat. Yield: 6 servings.

Teresa Steele,
Extension Office Administrative Assistant

Veggie-Turkey Casserole

2 c. diced, cooked turkey or chicken
2 c. frozen mixed vegetables
2 c. frozen broccoli florets
1 can Healthy Request cream of chicken soup
1 can Healthy Request cream of mushroom soup
1/2 c. chopped onion
1/4 tsp. garlic powder
1/4 tsp. celery seed

Mix turkey, mixed vegetables, broccoli florets, soups, onion and spices all together. Bake in 7x11x2-inch pan, uncovered, at 350° for 30 to 35 minutes.

For a crunchy topping, can add some crushed corn flakes over top.

Shirley M. Sund,
Wild Rose Homemakers

Quick Ginger Pork

1/2 lb. pork tenderloin
3 T. olive, canola or choice of oil
1 clove garlic
2 T. low-salt soy sauce
1/4 tsp. sugar
1/4 tsp. ginger
1/2 c. water
1 1/2 tsp. cornstarch
Rice

Stir-fry pork tenderloin, cut into thin strips, in 3 tablespoons oil for 3 minutes. Combine garlic, soy sauce, sugar and ginger. Add to pork. Stir-fry 3 to 4 minutes more. Combine water and cornstarch; add to skillet or wok. Bring to a boil. Stir and cook 2 minutes more. Serve over rice of choice.

Shirley M. Sand,
Wild Rose Homemakers
### Breakfast Sausage Pizza

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Preparation</th>
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<tbody>
<tr>
<td>1 (8 oz.) pkg. crescent rolls</td>
<td></td>
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<tr>
<td>1 c. (or more) frozen hash browns</td>
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<tr>
<td>1 (7 oz.) pkg. brown &amp; serve sausage, cut in pieces</td>
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<tr>
<td>1/2 c. chopped green pepper</td>
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<td></td>
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<tr>
<td>1/2 c. chopped onion</td>
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<tr>
<td>4 eggs, slightly beaten</td>
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<tr>
<td>3/4 c. milk</td>
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<td></td>
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<tr>
<td>1/2 tsp. salt</td>
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<tr>
<td>1/4 tsp. pepper</td>
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<td></td>
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<tr>
<td>1/4 tsp. oregano</td>
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<tr>
<td>1 c. Mozzarella cheese, shredded</td>
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Press rolls into bottom of 9x13-inch greased pan. Layer hash browns, sausage, chopped green pepper and onion over dough. Combine eggs with milk, salt, pepper and oregano; pour over sausage. Top with cheese. Bake at 350° for 30 minutes.

A fun way to serve a well-balanced breakfast meal-in-one.

*Carol Reich,*  
*Wild Rose Homemakers*
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