



READ
of
LIFE

**Bruce
United Methodist Church
Bruce, South Dakota**



BRUCE UNITED METHODIST CHURCH

- | | |
|------|--|
| 1883 | Methodist Church Class |
| 1887 | Church in Bruce |
| 1888 | Ladies Aid |
| 1896 | Incorporated |
| 1899 | Basement excavated - furnace |
| 1900 | Pews |
| 1905 | Fire destroyed pulpit, organ and books |
| 1905 | First parsonage - \$900.00 |
| 1939 | Lightning - steeple hit |
| 1940 | W.S.C.S. |
| 1946 | M.Y.F. |
| 1947 | Parsonage sold - \$1,200.00 |
| 1958 | Annex built - God's Acre - New kitchen |
| 1978 | 100 years Methodism |

Archives

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1996

In the Scriptures, it tells us to be hospitable, a very good way to reach people. This cookbook, compiled by the Bruce United Methodist Church women, is filled with many delicious and favorite recipes of the men and women of the church. All church members were asked to contribute their recipes.

May you use this collection of recipes in making meal time special.

Thank you to all who contributed to make this a successful project.

Happy cooking and eating!!

Committee

Neva Holter

Bonnie Pierce

Lola Perry

Opal Perry

**MEMBERSHIP OF
THE BRUCE
UNITED METHODIST CHURCH - 1996**

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Tim Lemke	Lanie Lamberg Way
Connie Lemke	

We dedicate this book to all members. We hope you will enjoy the recipes.

1996 OFFICERS OF THE BRUCE UNITED METHODIST WOMEN

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APPETIZERS,

RELISHES

PICKLES

“WHO SATISFIETH THY MOUTH WITH
GOOD THINGS; SO THAT THY YOUTH
IS RENEWED LIKE THE EAGLE’S.”

PSALM 103:5



Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

APPETIZERS, RELISHES & PICKLES

BARBECUE DIP

- | | |
|---|--|
| 1 (8 oz.) pkg. cream cheese | ¼ c. finely chopped onions |
| ½ c. Hickory flavored barbecue sauce | ¼ c. finely chopped green peppers |

Soften cheese. Mix other ingredients in cheese. Chill.

Tim Lemke

CARAMEL DIP

(For Fruit, Etc.)

- | | |
|--------------------------------|---------------------------------|
| 1 small jar caramel dip | 12 oz. soft cream cheese |
| 1 jar Marshmallow Creme | |

Mix all the ingredients all together until smooth and creamy. Start dipping.

Elaine Culey

DEVILED HAM DIP

- | | |
|------------------------------------|-------------------------------|
| 1 (4 ½ oz.) can deviled ham | 1 ½ Tbsp. minced onion |
| 1 tsp. prepared mustard | dash of pepper |
| 2 tsp. celery salt | |

Mix all ingredients together and refrigerate 1 hour before serving.

Neva Holter

DILL DIP

- | | |
|--|-------------------------------|
| 1 c. sour cream | 1 Tbsp. dill weed |
| ½ c. mayonnaise or salad dressing | 1 Tbsp. parsley flakes |
| ½ tsp. celery seed | 1 Tbsp. chopped onion |
| ¼ tsp. seasoning salt | ¼ tsp. garlic powder |

Combine all ingredients. Refrigerate for several hours or overnight. Serve with crackers or fresh vegetables.

Lola Perry

APPETIZERS, RELISHES & PICKLES

DILL DIP

- | | |
|---------------------------------------|------------------------|
| ½ c. mayonnaise | 1 tsp. Beau Monde |
| ½ c. sour cream with onion and chives | 1 Tbsp. parsley flakes |
| 1 tsp. dill weed | 1 Tbsp. onions |

Mix all ingredients. Use with chips and crackers.

Virginia Perry

DRIED BEEF DIP

- | | |
|-----------------------------|-----------------------|
| 1 (8 oz.) pkg. cream cheese | 2 Tbsp. milk |
| ¾ c. dried beef, cut up | 2 Tbsp. instant onion |
| ½ tsp. pepper | ½ c. sour cream |

Mix together and put nuts on top. Bake 15 minutes at 350°. Use for chips, crackers, etc.

Bev Heylens

FIESTA DIP

- | | |
|--------------------------|------------------------------|
| 1 c. mayonnaise | ¼ tsp. onion powder |
| 1 c. sour cream | ½ c. shredded Cheddar cheese |
| 1 tsp. Season-All salt | 2 Tbsp. salsa |
| ⅛ tsp. ground red pepper | |

Mix together. Chill. Serve with all kinds of vegetables or tortilla chips.

Lola Perry

FESTIVE EGG DIP

- | | |
|--------------------------------------|-------------------------|
| 1 (8 oz.) cream cheese, softened | 2 tsp. chopped chives |
| 3 Tbsp. milk | 1 tsp. prepared mustard |
| 3 hard-cooked eggs, chopped fine | ¼ tsp. salt |
| 2 Tbsp. mayonnaise or salad dressing | ⅛ tsp. pepper |

Combine cream cheese and milk in small mixing bowl. Beat until creamy. Add remaining ingredients. Beat until light and fluffy. Serve with veggies and crackers.

Neva Holter

FRUIT DIP

- | | |
|---------------------------------|---------------------------|
| 1 (8 oz.) cream cheese | 1 tsp. grated orange peel |
| 1 (7 oz.) jar Marshmallow Creme | dash of ginger |
| 1 Tbsp. orange juice | |

Beat all ingredients with electric mixer on medium speed until well blended. Serve with fresh fruit. Makes about 1 ½ cups.

Variation: Substitute lime juice and lime peel or omit orange juice and orange peel and ginger.

Lola Perry

FRUIT DIP

- | | |
|-------------------------|------------------------|
| 1 jar Marshmallow Creme | 1 (8 oz.) cream cheese |
|-------------------------|------------------------|

Mix. Good for apples, peaches, bananas, grapes, etc.

*Opal Perry
Neva Holter*

FRUIT DIP

- | | |
|--|----------------------------|
| 1 large pkg. vanilla pudding (not instant) | 1 c. sour cream |
| | 1 c. prepared orange juice |

Mix vanilla pudding and cook as on box. Cool. One (No. 2) can of prepared vanilla pudding can be used instead. When pudding is cooled, add remaining ingredients and stir until smooth.

Neva Holter

SEAFOOD DIP

- | | |
|--|-------------------------------|
| 2 (8 oz.) pkg. cream cheese | 1 tsp. Worcestershire sauce |
| 1 (8 oz.) pkg. Louis Kemp Crab Delights flakes | 4 to 5 drops hot pepper sauce |
| 2 Tbsp. finely chopped onion | ¼ c. walnuts, finely chopped |
| 1 Tbsp. prepared horseradish | paprika |

Stir the cream cheese until slightly softened. Blend in remaining ingredients, except walnuts and paprika. Spread mixture in a 9-inch pie plate. Top with walnuts and sprinkle with paprika. Bake uncovered at 375° for 25 minutes until lightly browned.

LaRee Perry Hennen

SHRIMP DIP

2 (8 oz.) cream cheese
1 jar hot cocktail sauce

2 cans shrimp Cheddar cheese

Spread cream cheese on platter. Cover with cocktail sauce. Sprinkle shrimp and cheese all over. Serve with crackers or chips.

Dori Pery Sudenga

VEGETABLE DIP

1 c. mayonnaise
2 tsp. chopped green onion
4 tsp. soy sauce

1 tsp. wine vinegar
2 tsp. milk
2 tsp. dark syrup

Mix mayonnaise, onion, soy sauce, vinegar, milk and dark syrup. Very good!

Dude Intermill

CHEESE GEESE

2 c. grated sharp cheese
½ c. soft butter
1 c. flour

dash of paprika
½ tsp. salt
4 doz. olives

Combine cheese and butter. Add flour, paprika and salt. Mix well. Wrap 1 teaspoon roll dough around each olive. Cover completely. Arrange on cookie sheet. Bake at 400° for 15 minutes. Serve hot as appetizers or with luncheon salad.

Juanita Benz Corey

COCKTAIL WIENERS

1 pkg. Little Sizzlers
1 pkg. bacon

1 c. brown sugar

Will need toothpicks.

Wrap each Little Sizzler with ⅓ strip of bacon and secure with toothpick. Arrange in pan and sprinkle with brown sugar. Bake at 350° for 45 to 60 minutes.

Dorothy Loban

CRAB MOLD

3 (8 oz.) pkg. cream cheese
 2 (6 oz.) pkg. frozen King Crab
 4 tsp. mayonnaise
 ¼ tsp. salt
 1 ½ tsp. curry powder
 2 to 3 tsp. grated onion

1 Tbsp. lemon juice
 1 tsp. Worcestershire sauce
 toasted slivered almonds (for garnish)
 parsley (may also be added for garnish)

Have cheese at room temperature. Drain crab well. Combine all ingredients and pack into well oiled 1 ½-quart mold. Refrigerate from 1 to 3 days. Unmold on tray and surround with crackers.

Afra Langland

CRAB SPREAD

1 (8 oz.) pkg. cream cheese,
 softened
 garlic salt to taste
 ¾ c. chili sauce

1 (6 ½ oz.) can white crab meat,
 drained
 ½ pt. chopped chives
 crackers

Layer the first 5 ingredients on a serving platter in the order given. Chill well. Serve on crackers.

Traci Langland

CRAB BREAD APPETIZERS

1 loaf French bread, cut in half
 8 oz. cream cheese

¾ c. mayonnaise
 1 tsp. garlic powder

Spread on bread. Top with package of crab meat, shredded Cheddar cheese and sprinkle with lemon pepper. Bake at 350° for 15 minutes.

Connie Lemke

HIDDEN VALLEY RANCH OYSTER CRACKERS

1 pkg. Hidden Valley Ranch
 original salad dressing mix
 ½ tsp. dill weed
 ¾ c. salad oil

5 c. (11 oz.) plain oyster crackers
 ¼ tsp. lemon pepper (optional)
 ¼ tsp. garlic powder (optional)

Combine dressing mix with dill weed, lemon pepper and garlic powder. Mix with oil. Pour over crackers in a 9 x 13-inch cake pan.

APPETIZERS, RELISHES & PICKLES

Stir to coat. Place in warm oven (250°) for 15 to 20 minutes. Stir half-way through! Pour out on paper towels to cool.

Juanita Benz Corey

RANCH CHEESE SPREAD

3 oz. softened cream cheese

1 oz. pkg. Hidden Valley Ranch
milk recipe original Ranch dry
salad dressing mix

In a bowl, blend 3 ounces softened cream cheese with packet of dressing mix. Serve with vegetable slices, crackers, chips or bread.

LaRee Perry Hennen

SHRIMP MOLD

1 (10 ½ oz.) can condensed
tomato soup

3 (3 oz.) pkg. cream cheese,
softened

1 envelope unflavored gelatin

2 c. cleaned and cooked shrimp,
cut or crumbled finely

1 c. mayonnaise

1 small onion, grated

½ c. finely chopped celery

dash of garlic salt

dash of salt and pepper

1 Tbsp. fresh lemon juice

3 Tbsp. prepared horseradish

Heat soup and dissolve cheese in it. Soak gelatin in ¼ cup cold water, then dissolve in hot cheese mixture. Use mixer to break up small lumps and make a smooth mixture. Cool about 30 minutes. Add remaining ingredients and chill in 2-quart oiled jello mold. Unmold on serving platter. Serve with Ritz crackers.

Afra Langland

SHRIMP SNACK

1 pkg. cream cheese

7 ¾ oz. can broken shrimp

diced green onion tops

1 bottle seafood cocktail sauce

Spread cream cheese on plate. Mix diced onion tops and shrimp with bottle of seafood cocktail sauce. Spread on rye crackers.

Dude Intermill

CHEESE BALL

1 (8 oz.) cream cheese

2 c. ground ham or dried beef

2 Tbsp. parsley

1 tsp. minced onion

¼ tsp. dry mustard (optional)

½ tsp. Accent

Some mayonnaise may be added.

Mix together well and roll in crushed walnuts.

Dori Perry Sudenga

SAUSAGE CHEESE BALLS

1 lb. hot sausage
8 oz. cheese, grated

3 c. Bisquick

Combine ingredients. Form into balls. Bake at 400° for about 10 to 12 minutes or until golden brown. Makes 145 to 150 small balls.

Juanita Benz Corey

TORTILLA ROLL-UPS

1 (4 oz.) can green chilies
½ c. or 1 small can black olives,
chop or dice
½ c. green onions (all), chop or
dice

1 c. grated Cheddar cheese
1 (8 oz.) carton sour cream
1 (8 oz.) pkg. soft cream cheese
½ to 1 tsp. each garlic powder,
seasoning salt

Add green chilies, black olives and onions to mixture of Cheddar cheese, sour cream, cream cheese, garlic powder and seasoning salt. Mix together and spread on 10-inch tortillas, about ¼-inch thick. Roll up tight and chill well (5 tortillas). Do this 2 to 3 days ahead so they don't fall apart when cut. Cut ½-inch thick and serve with salsa picante sauce. Don't cut until ready to serve or last day.

Bev Heylens

VEGETABLE PIZZA

2 pkg. crescent rolls
2 (8 oz.) cream cheese
½ tsp. dill weed
1 pkg. Hidden Valley mix
⅔ c. mayonnaise

pinch of garlic
vegetables: broccoli, cauliflower,
pepper, celery, olives, etc.
shredded-cheese

Roll crescent rolls together to fit an 11 x 15-inch pan. Bake and cool. Mix cream cheese, dill weed, Hidden Valley mix, mayonnaise and garlic. Spread on crust. Top with thinly sliced vegetables. Top with shredded cheese. Can be made a day ahead. Be sure vegetables are dry. Refrigerate.

Opal Perry

TOM'S HAMBURGER RELISH

1 qt. dill pickles, drained
1 medium onion (2-inch)

4 heaping Tbsp. mustard

Drain pickles, then chop with a food and meat chopper using the coarse cutter. Chop the onion with the pickles. Drain chopped pickles and onion. Stir in mustard. Store leftover relish in the fridge.

Tom Heylens

BEEF PICKLES

1 gal. small beets
2 c. sugar
1 long stick cinnamon
1 tsp. salt

1 Tbsp. allspice
3 ½ c. vinegar
1 ½ c. water

Cook and skin beets. Add sugar and spices to vinegar and water. Simmer 15 minutes. Add beets. Boil 5 minutes. Pack beets into hot jars. Cover with boiling syrup. If not enough syrup to cover, add more vinegar to cover. Process 30 minutes in hot water bath.

Ruth Pierce

CINNAMON CHIPS (SWEET PICKLES)

1 gal. cucumbers (small to medium)

Syrup:

6 c. white sugar
4 sticks cinnamon
1 ½ c. vinegar
1 ½ c. water

1 (8 oz.) pkg. red hot cinnamon
hearts candy
red food color

Put whole cucumber in a gallon jar. Pour boiling water over them for 4 days. Drain and put fresh boiling water each day. On fifth day, drain them and cut them into chunks. Put back in gallon jar.

Combine all ingredients for syrup and boil until candy is dissolved. Pour hot syrup over the cucumber chunks while hot. Reheat this syrup and pour back over the chunks for 2 mornings.

The third day, boil the cucumber chunks in the syrup until the cucumbers are clear. Put in jars. Cover with boiling syrup and seal while hot.

Marie Christensen

CUCUMBER PICKLES

4 qt. sliced cucumbers
 3 cloves garlic
 6 medium onions
 1 green pepper
 1/3 c. salt
 crushed ice

3 c. white vinegar
 1 1/2 tsp. turmeric
 2 tsp. mustard seed
 5 c. sugar
 1 1/2 tsp. celery seed

Slice cucumbers, garlic, onions and pepper. Soak with salt and crushed ice for 3 hours. Then bring to a boil the vinegar, sugar and spices. Drain cucumbers well and add to syrup. Heat to boiling. Seal in jars.

Bonnie Pierce

PICKLED FISH (ORIENTAL)

fish
 1 c. cider vinegar
 2 tsp. sugar

1/2 to 1 tsp. salt
 1 tsp. fresh grated ginger root

Step 1: Sprinkle the fish fillets with a good coat of salt and place in a nonmetal container. Cover and place in the fridge overnight.

Step 2: Wash in pure cider vinegar and pat dry with paper towel.

Step 3: Place in jar the fish fillets. Mix together cider vinegar, sugar, salt and ginger root. Pour over the fish fillets. (Note: If the brine is not enough to completely cover the fish, a second batch might be required.) Place covered jar in the refrigerator. The fish may be eaten after 2 days.

John W. Langland

PICKLED FISH OR WHATEVER

fish fillets to fill 2 qt. jars
 salt
 white vinegar

lemon
 1 c. white Port wine (optional)
 onion, sliced

Syrup:

1 c. white vinegar
 1 c. sugar

2 Tbsp. pickling spice

Place fish fillets or whatever you're pickling in a jar, crock, ice cream bucket or crock-pot with salt water heavy enough to float an egg. Let stand 24 hours in the fridge. Drain. Wash and rinse. Then

APPETIZERS, RELISHES & PICKLES

cover with white vinegar and place in the fridge for another 24 hours. Drain.

Make a syrup of white vinegar, sugar and pickling spice. Boil 5 minutes. Cool and strain. Add 1 cup of white Port wine. This makes enough brine for 2 quarts of packed fillets.

Pack in jars with layers of sliced onion. Add brine. Squeeze about 2 tablespoons of lemon juice on brine and fillets. Refrigerate. May be eaten in 24 hours.

John W. Langland

PICKLE PEPPERS

1 qt. water	6 Tbsp. salad oil
1 qt. white vinegar	1 Tbsp. pickling salt
¾ c. firmly packed brown sugar	6 garlic cloves

Will need 6 canning jars.

Combine water and vinegar in saucepan. Bring to a boil. Place 2 tablespoons sugar, 1 tablespoon oil, ½ teaspoon salt and a garlic clove in each jar. Stuff peppers into jars. Pour in hot vinegar liquid. Seal jar securely. Let stand at room temperature at least a week. Turn jars occasionally to distribute flavorings.

Sylvia Perry

PICKLED TURKEY GIZZARDS

¼ gal. turkey gizzards	lemon
salt	1 c. white Port wine (optional)
white vinegar	medium to large onion

Syrup

1 c. white vinegar	2 Tbsp. pickling spice
1 c. sugar	

Soak gizzards in salt brine (to float an egg) overnight. Trim any fat from gizzards. Then if large, cut into four pieces. If small, just cut in half. Boil in salted water until tender. Rinse in hot water to remove any liquid fat, then rinse again and place in white vinegar in the fridge overnight. Drain.

Make a syrup of 1 cup white vinegar, 1 cup sugar and 2 tablespoons pickling spice. This should be enough brine for ½ gallon of gizzards. Boil 5 minutes. Cool and strain.

Pack in jars: layers of gizzard, onion slices, gizzard, onion slices, etc. Add brine, white Port wine, then squeeze about 2 tablespoons fresh lemon juice on top. Refrigerate. May be eaten in 3 to 4 days

Note: White Port wine may be replaced with white vinegar and a little more sugar.

John W. Langland

REFRIGERATOR DILL PICKLES

1 gal. cucumbers
1 head dill
onions
4 c. vinegar

4 c. sugar
1 tsp. mustard seed
1 tsp. celery seed
½ c. pickling salt

Slice onions on bottom of large jar. Add sliced cucumbers. Place dill on top.

Combine vinegar, sugar, mustard seed, celery seed and salt. Bring to boil and boil for 1 minute. Pour hot juice over cucumbers. Cover and place in refrigerator. Ready to use in 3 days.

Bonnie Pierce

VIRGINIA SLICERS

1 gal. cucumbers
1 c. pickling salt
1 Tbsp. alum
1 tsp. powdered ginger
6 c. sugar

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

Slice cucumbers $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick. Soak one week in one gallon of water with one cup of pickling salt added. Stir every day. Drain and rinse after one week and soak overnight in water to cover with 1 tablespoon alum. Drain and rinse. Drain again. Boil ten minutes (counting when boiling starts) in water to cover to which 1 teaspoon powdered ginger has been added. Drain, rinse and drain again. Bring to boil the sugar, water, vinegar, salt and mixed spices. Add cucumber slices. Boil 20 minutes and seal while hot.

Ruth Pierce

WEDDING RING PICKLES

large cucumbers

1 Tbsp. alum

APPETIZERS, RELISHES & PICKLES

Syrup:

8 c. sugar

1 ½ pt. vinegar

½ tsp. oil of cinnamon

¼ tsp. oil of cloves

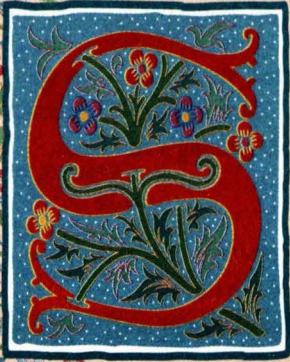
red and green food coloring

Peel large cukes and cut into slices ½ to ¾-inch. Remove seeds. Soak in water for 3 days. Drain and rinse. Add alum and water. Simmer 20 minutes. Let cool and drain.

Syrup: Cook and pour over cukes first day. Second day, heat and let stand overnight. Third day, heat and seal in jars.

Dorothy Loban

-•EXTRA RECIPES•-



SOUPS,

SALADS &
SAUCES

THEN THE LORD GOD TOOK THE MAN
AND PUT HIM INTO THE GARDEN OF
EDEN TO CULTIVATE IT AND KEEP IT.”

GENESIS 2:15



Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks which are high in cholesterol

Pimento
Radishes
Green Pepper
Chicken
Carrots
Celery
Tomatoes
Cooked Beets
Cauliflower
Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.

Tear greens instead of cutting to avoid bruising with a knife.

Remove the waxy outer skin of cucumbers before slicing.

Marinate tomato wedges separately in a vinaigrette; then add to salad.

To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain no cholesterol!

SOUPS, SALADS & SAUCES

BAKED POTATO SOUP

- | | |
|---------------------------------------|-------------------------|
| 6 slices bacon, cut | 2 tsp. salt |
| 3 baking potatoes, chopped not peeled | ¼ tsp. pepper |
| 1 c. chopped onions | 1 c. dairy sour cream |
| ½ c. chopped carrots | 2 Tbsp. flour |
| ½ c. chopped celery | 2 tsp. paprika |
| 4 c. milk | 2 green onions, chopped |

Cook bacon in large saucepan until crisp. Set bacon aside. Drain, reserving 3 tablespoons drippings in pan. Add potatoes, onions, carrots and celery to drippings. Cover and cook over low heat until potatoes are tender. Stir occasionally. Stir in milk, salt and pepper. Bring mixture to boil.

In a bowl, mix sour cream, flour and paprika. Slowly stir in 1 cup of hot mixture into sour cream mixture. Add sour cream mixture into the hot mixture. Cook and stir until soup bubbles. Serve with bacon pieces and green onions, sprinkled on top. Serves 6 to 8.

LaRee Perry Hennen

CHEESE SOUP

- | | |
|-----------------------|-------------------------|
| 1 ½ c. boiling water | ½ tsp. salt |
| 2 c. diced potatoes | dash of pepper |
| 1 c. shredded carrots | 1 chicken bouillon cube |
| ½ c. chopped celery | 2 Tbsp. flour |
| ¼ c. chopped onion | 2 c. milk |
| 1 tsp. parsley flakes | ½ lb. Velveeta cheese |

Add water to vegetables, seasonings and bouillon cube. Cover and cook until tender. Blend flour with a little milk. Stir into vegetables. Add remaining milk and cook until thickened. Add cheese and stir until melted.

Bonnie Pierce

CHEESE SOUP

- | | |
|--------------------------|------------------------------|
| 2 cubes chicken bouillon | 2 cans cream of chicken soup |
| 1 box mixed vegetables | 1 lb. Velveeta cheese |

SOUPS, SALADS & SAUCES

Early morning, put cubes of chicken bouillon in crock-pot with water. Add 1 box mixed vegetables. Cook on low.

In the evening, turn on High and add cream of chicken soup and cheese. Heat and stir until well mixed. Very good!

Dude Intermill

CHEESE SOUP

1 Tbsp. butter	1 c. chicken broth
½ c. chopped carrots	¼ tsp. salt
½ c. chopped onion	2 c. milk or half and half
¼ c. chopped celery	1 ½ c. shredded Cheddar cheese
¼ c. all-purpose flour	(6 oz.)

In a large saucepan, melt butter over low heat. Stir in carrots, onion and celery. Cook, covered, over low heat a few minutes until just tender.

Stir in flour, chicken broth and salt. Cook over medium heat, stirring constantly, until mix is thick and bubbly. Stir in milk or half and half and cheese. Continue stirring until liquids are heated and cheese melts. Makes 4 servings.

LaRee Perry Hennen

CHICKEN NOODLE SOUP

3 c. reduced sodium chicken broth (defatted)	2 medium onions, diced
1 ¼ lb. whole chicken legs, split and skinned	2 carrots, thinly sliced
3 cloves garlic, peeled	2 parsnips, sliced (about 1 ½ c.)
¼ tsp. salt	2 celery ribs, sliced
	4 oz. small pasta shells
	2 Tbsp. chopped fresh dill

In a large saucepan, combine the broth, 2 cups water, chicken, garlic and salt. Bring to boil over high heat. Reduce to simmer. Cover and cook until the chicken is cooked through, about 15 minutes. With a slotted spoon, transfer the chicken and garlic to a cutting board. Strip the chicken meat from the bones and dice the chicken. Discard the garlic. Skin the fat from the broth. Add onions, carrots, parsnips and celery to the broth. Return to a boil. Reduce to a simmer. Cover and cook until the vegetables are almost tender, about 5 minutes. Stir in the pasta and cook, uncovered for 7 minutes. Add the diced chicken and cook until pasta is tender, about 3 minutes longer. Stir in the dill and ladle soup into 4 bowls. Serve.

LaRee Perry Hennen

CHILI

1 lb. hamburger
 1 large onion, chopped
 1 green pepper, chopped
 1 (1 lb.) can tomatoes
 1 (8 oz.) can tomato sauce

1 (1 lb.) can red kidney beans,
 drained
 1 tsp. salt
 1 to 2 tsp. chili powder

Brown meat, onion and green pepper. Break up tomatoes and add them and other ingredients. Cover and simmer for 1 hour.

Bonnie Pierce

CAROL'S CHILI

2 lb. hamburger
 ½ tsp. chili powder
 1 tsp. mustard
 ½ large onion
 1 Tbsp. sugar

salt and pepper
 4 bay leaves
 large can tomato juice
 2 cans chili beans
 small amount hot pepper seeds

Cook hamburger and onion. Heat rest of ingredients in pan. Add hamburger and onions to mixture. Simmer on low for at least 1 hour.

*Carolyn Herbranson
 White, SD*

HAMBURGER-VEGETABLE SOUP

1 lb. ground beef
 1 c. chopped onion
 1 c. diced potatoes
 1 c. sliced carrots
 1 c. shredded cabbage
 1 c. sliced celery
 1 bay leaf

2 (1 lb.) can (4 c.) tomatoes
 ¼ c. rice
 3 c. water
 4 tsp. salt
 ¼ tsp. basil
 ¼ tsp. thyme

Cook ground beef and onion together until all the pink has disappeared and the meat is lightly browned. Drain off excess fat. Add all the remaining ingredients and bring the mixture to a boil. Cover and simmer for 1 hour. Makes 9 cups.

Joyce Doop

OYSTER STEW

1 pt. milk
 ¼ c. butter
 1 tsp. salt

½ c. cream
 1 pt. oysters
 dash of pepper

SOUPS, SALADS & SAUCES

Heat milk and cream to scalding. Have oysters in liquid ready with butter, salt and pepper. Heat until oysters curl on edges. Add milk and cream. Serve hot. Makes 4 servings.

Dude Intermill

RECYCLE SOUP

leftover meat balls
2 qt. water
1 pkg. onion soup mix

½ c. rice
salt and pepper to taste

Let simmer for 35 minutes. Makes about 4 to 6 servings.

Sylvia Perry

STEAK SOUP

2 to 3 lb. lean round steak, cut
in ½-inch cubes
2 Tbsp. butter or oleo
2 Tbsp. oil
¼ c. chopped onion
3 Tbsp. flour
1 Tbsp. paprika
1 tsp. salt
½ tsp. marjoram
1 ½ c. potatoes, cubed
1 ½ c. carrots, sliced

¼ tsp. pepper
4 c. beef broth or stock
2 c. water
1 bay leaf
1 tsp. chopped parsley (if fresh, 4
sprigs)
½ tsp. chopped celery leaves (if
fresh, 2 sprigs)
¾ c. celery, chopped
1 (6 oz.) can tomato paste

In a Dutch oven, melt butter over medium heat. Add oil. Brown beef and onion.

Combine flour, paprika, salt and pepper. Sprinkle over beef and mix well. Stir in stock and water. Add bay leaf, parsley, celery leaves and marjoram. Bring to a boil. Reduce heat and simmer covered for about an hour or until tender.

Add potatoes, carrots and celery. Simmer, covered, for 30 to 45 minutes or until vegetables are tender and soup begins to thicken. Stir in tomato paste. Simmer uncovered 15 minutes. Remove bay leaf before serving.

Linda Heylens

TORTILLA SOUP

½ c. onion, finely chopped
1 clove garlic, minced
2 Tbsp. vegetable oil
4 c. chicken broth
¼ c. chopped red pepper
1 tsp. ground red chilies
¾ tsp. dried basil leaves
½ tsp. salt

¼ tsp. pepper
1 (15 oz.) can tomato puree
½ c. vegetable oil
10 corn tortillas, cut in ½-inch strips
2 c. diced cooked chicken breasts
shredded Pepper-Jack cheese

Cook and stir onion and garlic in 2 tablespoons oil in 4-quart saucepan until onion is tender. Stir in broth, pepper, chilies, basil, salt, pepper and tomato puree. Heat to boiling. Reduce heat. Simmer uncovered for 30 minutes.

Heat ½ cup oil in 10-inch skillet until hot. Cook tortilla strips in oil until light golden brown, 30 to 60 seconds. Drain.

Divide tortilla strips and chicken among 6 bowls. Pour broth over chicken. Top with cheese.

Kerri Perry

APPLE SALAD

1 to 2 apples
1 c. mini marshmallows
1 c. chopped nuts, pecans or walnuts

2 Tbsp. salad dressing
2 to 3 Tbsp. milk

Cut apples into bite sized pieces and toss with marshmallows and nuts. Add milk, a little at a time, to salad dressing until creamy. Pour dressing over other ingredients and mix well. Cover and refrigerate until served.

Joyce Doop

TAFFY APPLE SALAD

1 (16 oz.) can chunk pineapple, drain and reserve juice
½ c. sugar
1 Tbsp. flour
8 oz. whipped topping

3 c. apples, diced (unpeeled)
4 c. miniature marshmallows
1 ½ tsp. white vinegar
1 egg, well beaten
1 ½ c. unsalted peanuts

Cook pineapple juice, sugar, flour, vinegar and egg until mixture thickens. Let cool. When cool, fold in whipped topping. Pour over

SOUPS, SALADS & SAUCES

pineapple. Add apples, marshmallows and peanuts. Refrigerate overnight. Makes 8 to 10 servings.

Constance Heylens Culey

BEAN SALAD

1 can green beans	1 Tbsp. prepared mustard
1 can yellow beans	½ c. sugar
1 can red kidney beans	½ c. vinegar
½ c. chopped onion	½ c. salad oil

Drain all the beans. Add chopped onion. Bring to a boil the sugar, vinegar, oil and mustard. While hot, pour over beans and onion. Cover and chill. Keeps well. Improves with age.

Ruth Pierce

B&B SALAD

½ bunch broccoli	1 c. shredded cheese
½ head cauliflower	1 c. Miracle Whip
¼ large red onion	2 Tbsp. vinegar
½ lb. bacon, fried and crumbled	½ c. sugar

Mix Miracle Whip, vinegar and sugar together. Add to broccoli, cauliflower and onion. Fold in cheese and bacon. Refrigerate.

Connie Culey-Even

BACON, LETTUCE AND TOMATO SALAD

1 lb. bacon	1 c. mayonnaise or salad dressing
1 medium head lettuce	1 Tbsp. sugar
1 pt. cherry tomatoes	½ c. grated cheese
1 bunch broccoli	
1 small red onion	

Saute bacon until crisp. Drain on a paper towel. Break lettuce into bite-size pieces. Halve tomatoes. Break broccoli into small pieces. Slice onion thin. Reserve some broccoli, lettuce, bacon, tomatoes and onion.

For the top, arrange in layers the lettuce, bacon, tomatoes, broccoli and onion. Then mix salad dressing, sugar and cheese. Spread on the top of layers. Cover and let set overnight. Use the rest of the garnish before serving.

Lola Perry

BROCCOLI SALAD

- | | |
|-------------------------------|------------------------------------|
| 3 to 4 c. broccoli | 1 c. raisins |
| 10 slices bacon | 1 c. salted sunflower seeds |
| ½ c. diced white onion | |

Wash and drain broccoli. Cut stem off and break into bite-sized pieces. Cook bacon in microwave until crispy and crumbly. Add broccoli with onion, raisins and sunflower seeds.

Dressing:

- | | |
|------------------------|-------------------|
| 1 c. mayonnaise | ½ c. sugar |
| 2 Tbsp. vinegar | |

Mix dressing ingredients together and toss into salad.

Joyce Doop

CALIFORNIA BLEND SALAD

- | | |
|---|--|
| 1 (16 oz.) pkg. California Blend vegetables (frozen) | 1 large jar whole mushrooms |
| 1 (16 oz.) pkg. colored spiral pasta | 1 small bottle Zesty Italian salad dressing |
| | 1 c. mayonnaise |

Cook pasta by package directions. Rinse with cool water. Cook vegetables halfway in microwave.

Mix together dressing and mayonnaise. Put vegetables, pasta and mushrooms and dressing mixture in a large bowl and mix well. Chill for at least 2 hours to blend flavors.

Juanita Benz Corey

CRANBERRY SALAD

- | | |
|---|---|
| 1 (16 oz.) can whole cranberry sauce | 1 small (14 oz.) can pineapple pieces, drained |
| 1 c. miniature marshmallows | 1 c. diced fresh orange sections |
| 1 c. chopped nuts | 1 c. whipping cream, whipped |

Combine first five ingredients. Fold in whipped cream. Chill until serving time.

Phyllis Cook

SOUPS, SALADS & SAUCES

CHERRY SALAD

- | | |
|--------------------------|--------------------------|
| 1 pkg. cherry jello | 1 c. diced apples (fine) |
| 1 can cherry pie filling | ½ c. diced celery |
| 1 c. hot water | ¼ c. chopped pecans |

Mix jello and water. Let set in refrigerator until it starts to set. Add rest of ingredients and serve with Cool Whip.

Neva Holter

CHERRY SALAD

- | | |
|----------------------------------|-----------------------------|
| 12 oz. Cool Whip | 1 can cherry pie filling |
| 1 can sweetened condensed milk | 1 c. miniature marshmallows |
| 1 can crushed pineapple, drained | |

Mix and freeze. Remove from freezer one hour before serving. Makes two quarts of salad. Other flavors of pie mix may also be used.

Barbara Heylens Culey

CHICKEN SALAD

- | | |
|---|--|
| 2 small cans boned chicken or 1 large can | green pepper |
| celery | mayonnaise |
| grated carrots | chow mein noodles or 1 large can shoestring potatoes |
| minced onion | |

Mix all ingredients with mayonnaise. Serve on lettuce leaf.

Opal Perry

1998

DAR'S FROG EYE SALAD

- | | |
|----------------------|---|
| ¾ c. sugar | 2 (11 oz.) cans mandarin oranges, drained |
| 1 Tbsp. flour | 1 (20 oz.) can chunk pineapple, drained |
| ½ tsp. salt | 1 (20 oz.) can crushed pineapple, drained |
| ⅔ c. pineapple juice | 1 (8 oz.) carton whipped topping |
| 1 egg, beaten | 1 c. miniature marshmallows |
| 1 tsp. lemon juice | |
| 1 c. acini de pepe | |

In a small saucepan, mix sugar, flour and salt. Stir in pineapple juice and egg. Cook over moderate heat, stirring constantly until thickened. Add lemon juice. Set aside and cool.

Cook acini de pepe according to package directions. Combine cooked mixture with acini de pepe. Cover and place in refrigerator until chilled. Combine remaining ingredients and stir lightly. Chill at least 1 hour before serving.

Kerri Perry

EASY FRUIT SALAD

1 can either peach or apricot pie filling
1 can mandarin oranges
1 can chunk pineapple, drained

2 bananas, cut up
½ c. maraschino cherries
1 c. mini marshmallows

Mix all together and chill.

Irene Benz

FRUIT CUP

3 Tbsp. Minute tapioca
½ c. white sugar
dash of salt
2 ½ c. water and juice
6 oz. can orange juice concentrate

1 large or 3 small boxes frozen strawberries
1 pt. can peaches, cut in small pieces
1 c. mandarin oranges
2 bananas

Cook 1 cup water, tapioca, sugar and salt until clear. Add juice of peaches, orange and orange juice concentrate. Add remaining fruit and bananas last. Top with lime sherbet or serve as is.

Juanita Benz Corey

INSTANT FRUIT SALAD

2 bananas
1 can fruit cocktail
1 can pineapple tidbits

1 (3 oz.) box instant vanilla pudding
1 small carton whipping topping

Mix dry pudding mix, undrained cocktail and pineapple. Let stand a few minutes until pudding is dissolved. Add bananas, topping and marshmallows. Very easy!

Gwen Langland

QUICK FRUIT SALAD

1 can apricot pie mix
2 bananas, sliced
2 apples, peeled and cut up

1 can fruit cocktail, drained
1 can chunk pineapple, drained

Mix together and chill.

Opal Perry

ELLEN'S SALAD

1 small vanilla instant pudding
1 c. buttermilk
1 (8 oz.) Cool Whip
1 can mandarin oranges

1 can fruit cocktail
1 can crushed pineapple
16 Keebler chocolate striped cookies

Mix all ingredients. Crush cookies and put part in salad, rest on top. Refrigerate.

Beulah Hackett

GERMAN POTATO SALAD

6 c. sliced, cooked peeled potatoes
1 lb. bacon, fried, save drippings
1 c. chopped onion
1 c. vinegar
1 ½ c. water

3 Tbsp. sugar
1 c. chopped celery
3 Tbsp. chopped fresh parsley
1 tsp. salt
½ tsp. pepper
2 Tbsp. flour

Cook unpeeled potatoes in enough water to cover until just tender (do not overcook). Drain. Cool slightly. Slice.

Fry bacon in skillet until crisp. Saute onion and celery in 3 tablespoons of bacon/fat for 1 minute. Blend in flour, salt, sugar and pepper. Stir in vinegar and water until mixture is smooth. Cook over low heat for 10 minutes, stirring well. Pour over sliced potatoes. Add celery seed and parsley. Mix and serve warm. Yields 6 servings.

Dorothy Loban

GOLDEN CARROT SALAD

1 ½ c. golden Delicious apples, finely chopped
1 ½ grated carrots

½ c. raisins
¼ c. salted peanuts

Dressing:

½ c. mayonnaise

1 Tbsp. lemon juice

Mix all the ingredients. Add dressing. Refrigerate until time to serve.

Phyllis Cook

LAYERED OVERNIGHT SALAD

1 medium head lettuce, shredded
½ c. thin sliced scallions
1 c. thin sliced celery
1 (8 oz.) can sliced water chestnuts, drained

1 (10 oz.) pkg. frozen peas
2 c. mayonnaise
½ c. Parmesan cheese
2 tsp. sugar
¼ tsp. garlic salt

Layer first five ingredients. Spread top with mayonnaise. Sprinkle cheese, sugar and salt on top. Cover and chill overnight.

Before serving, sprinkle top with 3 chopped hard cooked eggs, ½ pound crisp bacon crumbs and tomato wedges.

Lynn Culey

MACARONI SALAD

1998

2 pkg. macaroni rings (about 7 c., cooked)
1 small drained can peas
1 c. diced cheese
1 c. diced celery salt and pepper

⅓ c. diced green pepper
¼ c. diced pimento
¾ c. Miracle Whip
¼ c. cream
½ c. Dorothy Lynch or Thousand Island

Cook macaroni and cool. Add other ingredients. Salt and pepper to taste.

Mix dressing and add to macaroni. Thin with cream. Refrigerate.

Opal Perry

INSTANT PUDDING SALAD

1 pkg. vanilla instant pudding
1 c. buttermilk
1 medium carton Cool Whip
2 c. crushed pineapple, well drained

½ pkg. (about 12) fudge striped cookies, crushed
1 large can mandarin oranges, drained

SOUPS, SALADS & SAUCES

Mix pudding and buttermilk. Add pineapple and oranges. Add Cool Whip. Mix all together and chill about ½ hour before serving. Fold in crushed cookies. Serve and enjoy.

Gwen Langland

ORANGE AND PUDDING SALAD

2 boxes instant butter pecan
pudding
1 c. buttermilk
1 can crushed pineapple

2 cans mandarin oranges,
drained
1 container nondairy whipped
topping

Mix pudding and buttermilk very well. Add oranges and whipped topping. Whip slightly. Add 1 package crumbled fudge striped cookies right before serving. Can also add marshmallows and nuts.

Phyllis Cook

ORANGE SHERBET SALAD

1 pkg. orange gelatin
1 c. boiling water
½ c. cold water

½ pt. orange sherbet
1 small can mandarin oranges,
drained

Combine orange gelatin with boiling water and then cold water. Chill until almost set. Beat in orange sherbet. Fold in mandarin oranges. Chill. Serves 6.

Phyllis Cook

PRETZEL SALAD

2 c. pretzels, crushed to size of
BB's
4 Tbsp. sugar
¾ c. melted butter
8 oz. cream cheese
1 c. sugar

1 large Cool Whip
1 (6 oz.) pkg. wild strawberry
jello
1 ⅓ c. boiling water
1 large pkg. frozen strawberries

Mix first three ingredients. Pat into 9 x 13-inch pan. Bake at 400° for 8 minutes. Cool.

Cream together cheese and sugar. Fold in large Cool Whip. Spread over cooled pretzels.

Prepare one 6 ounce package jello in boiling water and dissolve. Stir one large package of strawberries into jello and pour over cream cheese mixture. Refrigerate. Cut into squares and serve.

Blanche Beem

RIBBON SALAD

2 small pkg. lime jello
 3 ½ c. cold water
 ¾ c. miniature marshmallows
 1 c. pineapple juice
 1 c. pineapple, crushed
 1 c. salad dressing or
 mayonnaise

2 small pkg. cherry jello
 5 c. hot water
 1 small pkg. lemon jello
 1 (8 oz.) pkg. cream cheese
 1 c. Cool Whip

Dissolve lime jello in 2 cups hot water. Add 1 ¾ cups cold water. Pour into a 9 x 13-inch cake pan. Chill until partly set.

Dissolve lemon jello in 1 cup hot water in a double boiler. Add marshmallows and stir to melt. Remove from heat. Add 1 cup drained pineapple juice and cream cheese. Beat well. Blend and stir in pineapple. Cool slightly. Fold in Cool Whip and salad dressing. Pour in layer over the lime jello. Chill until almost set.

Dissolve cherry jello in 2 cups hot water. Add 1 ¾ cup cold water. Chill slightly until syrupy. Pour over pineapple layer. Chill until firm.

Some of the stems can be done in your microwave oven to speed up the process. You can vary the colors and flavors of the jello, too. I have even used 1 cup of frozen strawberries, drained, and used the juice in the jello.

Opal Perry

SAUERKRAUT SALAD

1 medium can kraut, drained
 1 c. chopped celery
 1 c. sugar
 ½ c. salad oil

1 medium onion, chopped
 1 green pepper
 ½ c. water
 1 Tbsp. vinegar

Bring water, oil, sugar, salt, vinegar and pepper to boil. Pour over kraut and let stand overnight.

Dorothy Loban

STRIPED COOKIE SALAD

2 pkg. instant vanilla pudding
2 c. buttermilk
2 cans drained mandarin oranges

1 (12 oz.) carton Cool Whip
1 pkg. chocolate stripe cookies,
crushed cold

Mix all ingredients together.

Dori Perry Sudenga

WARM CHICKEN TACO SALAD

½ c. Miracle Whip or light
dressing, divided
4 boneless, skinless chicken
breast halves (about 1 ¼ lb.),
cut into thin strips
1 c. chopped tomato

1 (1 ¼ oz.) pkg. taco seasoning
mix
4 c. tortilla chips
4 c. shredded lettuce
4 c. shredded Cheddar cheese
4 c. sliced pitted ripe olives
4 c. sliced green onion

Heat 2 tablespoons of the dressing in large skillet on medium-high heat. Add chicken. Cook and stir 5 minutes. Reduce heat to medium. Stir in remaining dressing, tomato and seasoning mix. Cook and stir 3 minutes or until thoroughly heated and chicken is cooked through.

Layer chips, lettuce and chicken mixture on a large platter. Top with cheese, olives and onion. Makes 4 servings.

Dori Perry Sudenga

TACO SALAD

1 lb. hamburger
1 envelope taco seasoning
1 head lettuce, torn
2 c. shredded Cheddar cheese
2 small tomatoes, diced

1 c. salsa
1 small bottle Thousand Island
dressing
taco chips

Brown hamburger and add the taco seasoning according to package directions. Let hamburger mixture cool. Combine hamburger and remaining ingredients, except taco chips. Add crushed taco chips right before serving.

Juanita Benz Corey

24 HOUR SALAD

4 egg yolks
½ c. thin cream (half and half)
juice of 1 lemon
1 c. whipping cream

1 lb. grapes
1 can sliced pineapple, drained
24 large marshmallows

Cook egg yolks, thin cream and lemon juice. Let this cool. Mix with egg mixture. Whip whipping cream and egg mixture. Add marshmallows, grapes and pineapple. Refrigerate 24 hours.

Irene Benz

WALDORF GRAPE SALAD

1 c. seedless grapes
1 c. diced apple
1 c. diced celery
1 c. chopped walnuts
1 c. diced Swiss cheese

½ c. heavy cream
½ c. mayonnaise
1 tsp. lemon juice
1 Tbsp. sugar
lettuce cups

Toss first five ingredients. Whip the cream. Add remaining ingredients, except lettuce, and blend well. Fold dressing into salad. Serve cold on lettuce.

Bonnie Pierce

SALAD DRESSING

2 eggs
1 c. cream
½ c. vinegar

2 Tbsp. sugar
salt and pepper

Beat eggs. Add sugar, cream, vinegar, salt and pepper. Cook over medium heat until it thickens. Cool. It may be thinned with cream and vinegar. Very good on potato salad or deviled eggs.

Ruth Pierce

SWEET SALAD DRESSING

2 egg yolks
¾ c. sugar
½ c. vinegar

1 c. water
salt
1 Tbsp. flour

Cook until thick. Cool. Add cream to thin when you use it. Great for coleslaw and apple salad.

Ruth Pierce

BARBECUE SAUCE

- | | |
|-------------------------------------|-------------------------------------|
| 1 chopped onion | ¼ c. water |
| ¼ tsp. pepper | 1 Tbsp. Worcestershire sauce |
| 1 tsp. salt | 1 ½ tsp. chili powder |
| 1 Tbsp. vinegar | ½ c. ketchup |
| 1 Tbsp. brown sugar or honey | |

Mix together. Is great on grilled or baked chicken or pork or beef ribs. Bake at 350°.

Lola Perry

MAIDRITE (BARBECUE)

- | | |
|-----------------------------------|-------------------------------------|
| 1 to 1 ½ c. ketchup | 1 to 1 ½ Tbsp. sugar |
| 2 to 2 ½ Tbsp. vinegar | ½ to 1 c. water |
| 2 ½ Tbsp. prepared mustard | 2 Tbsp. Worcestershire sauce |
| 2 lb. hamburger | |

Brown the hamburger and drain. Combine ketchup, sugar, vinegar, water, mustard and Worcestershire sauce. Simmer until boiling stage. Add hamburger and let simmer.

Margaret Heylens

BARBECUE SAUCE

- | | |
|---|-------------------------------------|
| 3 c. ketchup | 4 dashes Tabasco sauce |
| ½ c. Open Pit Hickory barbecue sauce | ½ c. packed brown sugar |
| 2 Tbsp. prepared mustard | 3 Tbsp. cooking oil |
| ½ tsp. pepper | 1 Tbsp. Worcestershire sauce |
| 1 Tbsp. lemon juice | 1 large onion, chopped |
| | 1 tsp. salt |

Saute onion in cooking oil until lightly browned. Add all other ingredients and bring to boil, stirring frequently.

This sauce works well for beef, pork or chicken.

Dennis Loban

CHILI SAUCE

- | | |
|-----------------------------|------------------------------|
| ½ tsp. curry powder | 1 ½ c. sugar |
| 2 c. vinegar | 1 tsp. nutmeg |
| 5 tsp. salt | 6 to 7 lb. tomatoes |
| 2 tsp. ginger | 1 tsp. cinnamon |
| ⅔ c. chopped onions | 1 tsp. mustard powder |
| ⅔ c. chopped peppers | |

Boil for 2 to 3 hours. Put into canning jars and seal.

Sylvia Perry's Dad

RAGU SAUCE

20 c. skinned tomatoes
3 ½ c. onions
4 stalks celery
1 green pepper
1 c. water
1 Tbsp. pepper

3 Tbsp. salt
2 Tbsp. ground oregano
1 Tbsp. garlic powder
½ c. sugar
4 to 6 bay leaves

Simmer 2 hours or until thick. Pack into jars. Put lids on 20 minutes in hot water bath.

Sylvia Perry

SALSA

7 ½ c. tomatoes, peeled and chopped
4 jalapenos, chopped
2 green peppers, chopped
2 ¼ tsp. salt

1 c. wine vinegar
8 garlic cloves, minced
2 ¼ c. chopped onions
3 (6 oz.) cans tomato paste

Combine all ingredients and cook for 15 to 20 minutes. Fill pint jars within ½-inch of rim. Process in boiling water bath for 30 to 40 minutes. Remove and let cool. Makes 8 to 12 pints.

Lynn Culey

SALSA

3 parts tomatoes
1 part celery
1 part onion
1 part pepper (yellow, wax or green)
5 jalapeno peppers

4 to 5 cloves fresh garlic
sugar, salt and pepper
spices: celery salt, onion salt, garlic salt, Accent, curry powder

Simmer ingredients. Add a little sugar, salt and pepper. Cook for 3 hours.

Sylvia Perry

TOMATO SAUCE

13 lb. tomatoes

3 cloves garlic

3 onions, chopped

3 green peppers, chopped

½ c. chopped parsley

¼ c. brown sugar

2 Tbsp. salt

2 ½ Tbsp. oregano

1 Tbsp. basil

½ tsp. pepper

Blanch tomatoes for 20 to 30 seconds, take off skins. Put tomatoes in blender. Blend. Put tomatoes in kettle. Put remaining ingredients in blender and blend. Put in kettle. Bring to a boil. Place in a 350° oven. Stir occasionally. Pour into hot jars and seal. Put in hot water bath for 15 minutes.

Sylvia Perry

--EXTRA RECIPES--



EATS & MAIN DISHES

“...**T**HEY DID EAT THEIR MEAT TOGETHER
AND GLADNESS AND SINCERITY OF
HEART, PRAISING GOD...”

ACTS 2:47A



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled				
Shoulder	3-6 lb.	60	325 F	170 F
BEEF				
Standing ribs	- rare	3-7 lb.	25 325 F	135 F
	- medium	3-7 lb.	30 325 F	165 F
	- well done	3-7 lb.	35 325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes				
LAMB				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown- well done	3-6 lb.	40-50	325 F	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb	20	325 F	175 F
	Half Hams	25	325 F	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

MEATS & MAIN DISHES

BARBECUED BEEF

1 qt. ginger ale
32 oz. catsup

7 to 8 lb. roast
onion flakes

Place in large pan. Pour ginger ale and catsup over meat. Add onion flakes. Bake at 325° for 4 hours. Break up in small pieces. Remove fat and bones. Bake at 300° for 1 hour.

Opal Perry

BARBECUE RIBS

fresh beef or pork ribs
2 Tbsp. vinegar
1 c. catsup or 1 can tomato soup
celery
½ c. water

2 Tbsp. brown sugar
1 Tbsp. Worcestershire sauce
4 Tbsp. lemon juice
salt and pepper

Brown ribs 30 minutes in oven. Brown onion in small amount of butter. Add 2 tablespoons vinegar, 1 cup catsup or soup, celery, ½ cup water, 2 tablespoons brown sugar, 1 tablespoon Worcestershire sauce, 4 tablespoons lemon juice, salt and pepper. Cook 20 minutes. Pour over meat. Bake 1 to 2 hours.

Phyllis Cook

BEEF CASSEROLE

2 lb. beef chuck, ground
1 egg
½ tsp. pepper
1 Tbsp. instant minced onion
½ tsp. Worcestershire sauce
⅓ c. fine dry bread crumbs

½ c. water
8 small onions
1 tsp. salt
8 carrots
8 medium potatoes

Mix and shape into 12 large balls and brown all sides in 3 tablespoons fat. Place in large casserole or Dutch oven and add 8 carrots, onions and potatoes. Prepare vegetables. Cook in small amount of water and salt. Boil 15 minutes. Add to casserole.

To pan drippings, add ½ teaspoon ground marjoram and 2 (10 ¾ ounce) cans beef gravy. Bring to boil and pour over casserole. May add 2 fresh mushrooms sauteed in 1 tablespoon butter or small

MEATS & MAIN DISHES

can mushrooms last $\frac{1}{2}$ hour. Garnish with parsley. Bake in a 350° oven for 1 hour. Will serve 4 to 6 people.

Dorothy Loban

BEEF STROGANOFF

- | | |
|---|---|
| 2 lb. steak (sirloin, round or thin roast) | 2 cans beef bouillon |
| 1 c. flour | 1 small can tomato paste |
| 1 tsp. salt | 1 can cream of mushroom soup (undiluted) |
| $\frac{1}{2}$ tsp. garlic salt | 1 c. sour cream |
| $\frac{1}{2}$ tsp. pepper | 1 small can mushrooms |
| 2 Tbsp. dry minced onion | 2 Tbsp. cooking wine or sherry |

Cut steak into 1-inch pieces, then dust with flour mixed with the salts, pepper and dry minced onion. Brown floured and seasoned meat in shortening, then cook until tender. Then add beef bouillon, tomato paste, mushrooms with juice and the mushroom soup. Mix well with the meat.

Now add sour cream and cooking sherry or wine. Heat thoroughly. If too thin for gravy, add a little flour. If too thick, add a little water. Good served over noodles, rice or mashed potatoes.

Afra Langland

EASY BEEF STROGANOFF

- | | |
|---|------------------------|
| 2 lb. round steak, cut into strips | 1 c. water |
| 2 cans cream of mushroom soup | 1 c. sour cream |
| 1 pkg. onion soup mix | |

Brown meat. Mix all other ingredients together and pour over meat. Simmer 1 $\frac{1}{2}$ hours. Serve over cooked noodles.

Larry Perry

BEEF STROGANOFF

- | | |
|----------------------------------|--|
| 1 lb. sirloin steak | 2 Tbsp. flour |
| 2 Tbsp. butter | 1 c. sour cream |
| 1 (3 oz.) can mushrooms | $\frac{2}{3}$ c. water |
| 1 envelope onion soup mix | |

Brown meat in butter. Add water, mushrooms and soup mix. Cook over low heat 2 hours, covered. When ready to serve, blend sour

cream with flour and add meat. Do not boil. May be served over wild rice, plain rice or noodles.

Juanita Benz Corey

BEEF ROULADEN (GERMAN)

4 big thin slices beef (sirloin)
mustard
salt and pepper
dill pickle strips

1 strip bacon per rouladen
oil for browning
1 ½ c. water
cornstarch for gravy

Have the beef sliced at the store into strips ⅛-inch thick and approximately 4 inches wide and 6 to 8 inches long. Pound slices lightly. Spread mustard on them and sprinkle with salt and pepper. Cut pickle and bacon strips a little shorter than the width of beef slices, then lay them onto the meat. Roll the meat slices and ingredients, then pin together with wooden toothpicks or long meat needles. Brown meat rolls in heated oil. Add 1 cup of hot water. Cover and let simmer until meat is tender.

Gravy: Remove beef rouladen from pan. If not enough liquid, add water. Thicken with cornstarch, dissolved in cold water. Stir and let simmer 5 minutes. Season to taste.

Serve rouladens and gravy with noodles or Spatzle noodles.

Afra Langland

BOLOGNA HOT DISH

1 ring bologna
1 onion
4 c. noodles
1 c. milk

1 can whole kernel corn
1 can cream-style corn
2 cans cream of mushroom soup

Grind bologna. Brown with onion in 2 tablespoons of butter. Cook noodles in salted water until tender. Add other ingredients. Pour in casserole. Bake at 350° for 45 minutes. Sprinkle with crushed potato chips for 5 minutes before serving.

Connie Lemke

BREAKFAST OR SAUSAGE CASSEROLE

bread (to cover 9 x 15-inch pan)
2 c. grated American cheese
2 lb. link Brown 'N Serve sausage
4 eggs

2 ½ c. milk
¾ tsp. dry mustard
1 can mushroom soup

MEATS & MAIN DISHES

Cover 9 x 15-inch pan with bread. Add cheese. Brown and drain sausage. Cut up and add sausage. Beat eggs. Add milk and mustard. Pour $\frac{1}{2}$ mixture over top. Add can of soup to other $\frac{1}{2}$ mixture and pour over sausage. Refrigerate 8 hours or overnight. Bake for 2 hours at 300°.

Opal Perry

CHEESEBURGER CASSEROLE

1 lb. hamburger
1 can cream of chicken soup

cheese slices
tube of biscuits

Brown hamburger and drain grease. Add cream of chicken soup and warm. Put in the bottom of 9 x 9-inch pan. Place cheese slices over the top and your biscuits on top of cheese. Bake until biscuits are done. Cook as long as says on biscuits.

*Julie Hemiller
Rogers, Arkansas*

CHEESE AND EGG PUFF

1 Tbsp. butter
4 eggs, well beaten
 $\frac{1}{4}$ c. unsifted all-purpose flour
1 c. milk

1 c. shredded Swiss cheese
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 Tbsp. snipped chives

Place butter in 9-inch glass pie plate. Microwave on Roast for about $\frac{1}{2}$ minute or until melted. Beat eggs in medium mixing bowl, then gradually beat in flour until smooth. Stir in remaining ingredients. Mix well.

Pour into buttered pie plate. Cover with plastic wrap. Microwave on Roast for 5 minutes. Gently fold over omelet. Recover and continue cooking on Roast for 3 to 4 minutes. Let stand covered 5 minutes before serving. Serves 3 to 4.

Cathy Culey Glynn

CHEESY-HASH BROWN CASSEROLE

2 lb. hamburger
1 small onion
1 can cream of mushroom soup
1 c. grated Cheddar cheese

3 c. shredded frozen hash browns
salt and pepper

Brown hamburger and drain fat. Add onion and cook until tender. Remove from heat and add soup.

In a lightly greased 1 ½-quart casserole dish, put frozen hash browns. Then sprinkle cheese on top of hash browns. Top with meat mixture. Bake at 375° for 1 hour.

Bonnie Pierce

CORNERD BEEF CASSEROLE

3 c. macaroni (precook this)	1 jar pimento
1 can asparagus tips, drained	1 can cornerd beef, sliced

Sauce:

2 cans cream of mushroom soup	½ can milk
1 can cream of cheese soup	1 c. grated cheese

Layer first 4 ingredients in greased casserole. Make a sauce of mushroom and cheese, soups, milk and 1 cup of grated cheese. Mix these together and heat. Pour over the layered ingredients. Bake at 350° for 45 to 60 minutes.

Dorothy Loban

DINNER IN A FRENCH LOAF

1 lb. hamburger	1 loaf French bread
1 ½ c. cubed cheese (Colby or processed)	1 can mushroom soup (undiluted) onion

Brown hamburger with onion. Slice bread in half and cut out insides. Mix the crumbs from the loaf with the hamburger. Add soup and cheese. Press into loaf. Place top back on loaf. Wrap in aluminum foil. Bake at 350° for 1 hour. Slice to serve.

Opal Perry

STACKED ENCHILADAS

2 cans tomato sauce	1 sauce can water
1 Tbsp. chili powder	12 tortillas
1 tsp. oregano	2 lb. ground beef, browned
1 can enchilada sauce	1 large onion, chopped fine
½ tsp. cumin	2 c. grated Cheddar cheese
small button garlic, finely minced	1 c. sliced olives
salt and pepper	

MEATS & MAIN DISHES

Simmer first 8 ingredients for 30 minutes. Place part of sauce in casserole dish the size of tortilla. Place a tortilla on top. Cover with more sauce, cooked meat, onion, cheese and olives. Repeat to make stacked enchiladas. Bake at 350° until bubbly and cheese is melted.

Dori Perry Sudenga

FAVORITE CASSEROLE

2 layer sliced raw potatoes
1 layer sliced raw carrots
1 layer uncooked bacon
1 layer sliced onion
1 to 2 Tbsp. chopped green pepper

1 layer American cheese strips
3 Tbsp. raw rice
1 lb. hamburger, formed into small balls
salt and pepper

Place all ingredients into greased 2-quart casserole. Mix 1 can tomato soup and ½ can milk. Pour over all. Bake 1 ½ hours at 350° covered.

Sylvia Perry

GOULASH

1 lb. ground beef
¼ tsp. dry mustard
2 Tbsp. brown sugar
3 Tbsp. Worcestershire sauce
¾ tsp. cider vinegar

6 Tbsp. ketchup
1 c. water
1 medium onion
1 ¼ tsp. paprika
1 ¼ tsp. salt

Brown meat and onion. Add remaining ingredients. Cook 15 minutes. Blend 3 tablespoons flour with ½ cup water. Add to meat mixture. Stir until thickened.

Boil 6 ounces of noodles or macaroni in salted water according to package directions. Drain. Add noodles to meat mixture.

Cathy Culey Glynn

GOULASH

3 c. macaroni (precooked)
1 large can tomato juice
2 lb. browned hamburger
1 c. ketchup
1 tsp. chili powder
1 tsp. salt

½ c. water
½ c. brown sugar
1 large onion
1 tsp. onion salt
½ tsp. pepper

Boil macaroni until tender. Drain and rinse. Brown hamburger in skillet with onion until tender. Pour macaroni in large greased casserole and pour tomato juice, hamburger and ketchup over mixture. Stir well. Bake in a 350° oven for 45 to 60 minutes.

Dorothy Loban

GREEN PEPPER CASSEROLE

1 lb. hamburger
1 c. rice
salt and pepper
onion, chopped

1 Tbsp. soy sauce
green peppers
1 can cream of mushroom soup
1 ½ c. water

Preheat oven to 325°. Butter casserole dish. Line bottom of casserole dish with green peppers. Mix together hamburger, rice, salt, pepper, onion and soy sauce. Spread hamburger mix over green peppers. Mix soup with water and pour over hamburger mix. Cover and cook for 1 ½ hours.

Sylvia Perry

HAMBURGER PIE

Step 1:

1 lb. hamburger
1 medium onion, chopped

salt and pepper to taste

Step 2:

1 can tomato soup (undiluted)

1 pt. green beans, drained

Step 3:

mashed potatoes (real or instant)

Cheddar cheese, grated

Step 1: Brown all ingredients in this step and place in the bottom of a 9 x 13-inch casserole pan.

Step 2: Mix together tomato soup and green beans. Spread on meat mixture.

Step 3: Cover the beans and soup with mashed potatoes and bake for 30 minutes at 350°. Sprinkle grated Cheddar cheese over potatoes and bake until the cheese is hot and melted.

Stephanie Heylens

IMPOSSIBLE HAM AND SWISS PIE

- | | |
|---|------------------------|
| 2 c. cut up fully cooked smoked ham | 4 eggs |
| 1 c. shredded natural Swiss cheese (4 oz.) | 2 c. milk |
| 1/3 c. chopped green onions or regular onion | 1 c. Bisquick |
| | 1/4 tsp. salt |
| | 1/8 tsp. pepper |

Heat oven to 400°. Grease 10 x 1 1/2-inch pie plate. Sprinkle ham, cheese and onions in plate. Beat remaining ingredients until smooth, 1 minute with hand beater or 15 seconds in blender. Pour into pie plate. Bake until golden brown and knife in center comes out clean, 35 to 40 minutes. Cool 5 minutes. Makes 6 servings.

Juanita Benz Corey

LASAGNE

- | | |
|--------------------------------|---------------------------------|
| 2 lb. hamburger | 1 onion |
| 2 (15 oz.) tomato sauce | noodles (lasagne) |
| 1 Tbsp. sugar | 1 large cottage cheese |
| oregano | 1 pkg. Mozzarella cheese |
| salt and pepper | |

Brown hamburger with onion. Add tomato sauce, sugar and oregano. Simmer.

Boil noodles and drain (2 layers). Put in 9 x 13-inch pan as follows: noodles, sauce, cottage cheese, cheese and then repeat. Top with remaining sauce. Bake uncovered at 350° for 45 to 60 minutes.

Nancy Heylens

LASAGNA

- | | |
|---|------------------------------------|
| 1 large (32 oz.) jar spaghetti sauce | 12 oz. white cheese, grated |
| 1 1/2 to 2 c. water | uncooked lasagna noodles |
| 1 lb. ground beef | Cheddar cheese |

Brown meat and add meat and cheese to sauce. In a 9 x 13-inch pan alternate layers of sauce and noodles. Start and end with sauce. May add a thin layer of cottage cheese over middle layer of sauce if you like. Use two layers of noodles. Bake 45 minutes to 1 hour at 350°. Let stand 15 minutes before cutting and serving. The last 15 minutes of baking time, add shredded Cheddar cheese sprinkled over top.

Bonnie Pierce

BAKED LASAGNE

- | | |
|--|---------------------------------------|
| 1 lb. rippled edge noodles | ¼ c. Parmesan cheese |
| 1 lb. each ground pork and beef,
mixed | 1 lb. Ricotta (cottage cheese) |
| 2 tsp. olive oil (optional) | 12 oz. Mozzarella cheese,
shredded |
| 3 (10 ½ oz.) cans your favorite
spaghetti sauce | ⅛ tsp. pepper |
| ½ c. tomato juice or water | ¼ tsp. oregano, crushed |
| 1 ½ tsp. salt | 4 eggs |
| ¾ tsp. oregano, crushed | 1 tsp. salt |

Saute meat in olive oil, breaking it into small pieces as it browns. Add the next 4 ingredients and simmer for 15 minutes longer.

Cook lasagne noodles per package directions. Prepare a filling by mixing remaining ingredients together. Place a little meat sauce in the bottom of a greased 13 x 9 x 2-inch pan. Alternate with layers of lasagne noodles, cheese filling, meat sauce, lasagne (allow ends to extend up sides of pan), filling and lasagne noodles. Fold the extended ends back over the top and cover with meat sauce. Sprinkle with additional Parmesan cheese, if desired. Bake in preheated oven at 375° for 40 minutes or until hot and bubbly.

Bring about 6 quarts of water to rapid boil and add 2 tablespoons salt and 1 tablespoon olive oil. Add lasagne noodles slowly, 2 or 3 pieces at a time, to boiling water. Cook 12 to 15 minutes or until tender. Drain.

Afra Langland

MACARONI AND CHEESE HOT DISH

- | | |
|--------------------------|----------------------|
| 2 Tbsp. oleo | 2 c. shredded Cheese |
| 2 ½ c. uncooked macaroni | salt and pepper |
| 4 c. milk | |

Melt oleo. Coat macaroni and pat in bottom of 9 x 13-inch pan. Add cheese, salt and pepper. Add milk. Bake at 325° for 1 hour.

Irene Benz

MACARONI DISH

- | | |
|---|------------------------------|
| 1 pkg. macaroni salad rings
(macaroni) | 2 cans cream of chicken soup |
| 1 lb. beef | 1 can whole kernel corn |
| 1 lb. pork sausage | 1 can cream-style corn |

MEATS & MAIN DISHES

Boil macaroni. Brown beef and sausage. Mix other ingredients. Add soup, corns (whole kernel corn, drained). Blend all together and bake.

Dude Intermill

MEAL-IN-A-DISH

1 thick large slice of ham to
cover frypan
2 Tbsp. butter
1 can mushroom soup

2 medium raw sliced potatoes
2 medium raw sliced onions
2 medium raw sliced carrots
1/3 c. brown sugar

Brown ham on both sides in butter at 320° to 340°. Turn temperature down. Sprinkle sugar on ham. Cover with layers of potatoes, onions and carrots. Pour can of soup over and bake for an hour. Check, if dry, add a small amount of milk or water.

Dude Intermill

BAKED PORK CHOPS

4 chops
1 pkg. hash browns potatoes,
grated
1 carton sour cream

1 can mushroom soup
3/4 c. shredded Velveeta cheese
1 can fried onions

Brown chops. Lay aside. Mix hash browns, sour cream, mushroom soup and cheese. Put in a 9 x 13-inch pan. Bake one hour at 350°, covered. Uncover and put one can fried onions on and bake until brown. Serve.

Dude Intermill

PORK CHOP CASSEROLE

pork chops
1 can cream of mushroom soup
1 can Cheddar cheese soup

1 pkg. frozen mixed vegetables
1 pkg. Tater Tots

Place pork chops in a 9 x 13-inch pan. Mix together soups. Add 1 package frozen mixed vegetables to soups. Pour over meats, then top with Tater Tots. Bake at 350° for 1 to 1 1/2 hours.

Opal Perry

PORCUPINE MEATBALLS

1 lb. hamburger
 ¾ tsp. salt
 1 medium onion

1 c. raw rice
 ⅛ tsp. pepper
 1 can tomato soup

Mix hamburger, rice, salt, pepper and onion. Form into balls (tablespoon size). Place in baking dish. Pour tomato soup over them and bake at 350° for 1 hour or until rice is tender.

For something different, use mushroom soup instead of tomato.

Bonnie Pierce

SWEDISH MEATBALLS

1 lb. hamburger
 1 Tbsp. chopped onion
 1 egg
 ½ tsp. allspice
 ½ tsp. pepper
 ½ tsp. nutmeg

½ c. dry bread crumbs
 ⅔ c. milk
 1 tsp. brown sugar
 1 tsp. salt
 1 c. water

Mix hamburger, onion, egg, bread crumbs and milk. Shape into balls. Roll in flour and brown them in a small amount of oil. Remove meatballs and add liquid of 1 cup water. Mix 2 tablespoons flour and stir until thick. Add salt and pepper. Add meatballs and cook slowly for about 15 minutes.

Lola Perry

SAUCEPOT MEATBALLS

1 (1.25 oz.) pkg. dry onion soup
 mix
 1 ¼ c. water
 2 (8 oz.) cans tomato sauce,
 divided
 1 lb. lean ground beef

½ tsp. garlic salt
 ½ tsp. thyme
 ¼ tsp. pepper
 1 Tbsp. chopped parsley
 2 c. hot cooked noodles,
 spaghetti or rice

In a deep saucepan, combine onion soup mix, water and 1 ½ cans tomato sauce. Simmer over low heat, covered, for 10 minutes.

Meanwhile, in a separate bowl, blend remaining tomato sauce with beef, garlic salt, thyme, pepper and parsley. With hands, shape into 16 meatballs. Gently place meatballs in sauce. Simmer gently, uncovered, for 25 minutes, stirring occasionally. Serve over hot noodles. Sprinkle with additional parsley, if desired. Makes 4 servings.

LaRee Perry Hennen

MEATBALLS SUPREME

2 lb. hamburger
2 eggs, unbeaten
3 slices bread, crumbled
½ tsp. salt

¼ tsp. pepper
½ can cream of celery soup
2 tsp. minced onion

Combine all ingredients. Form into balls. Brown in margarine in deep skillet. Pour remaining cream of celery soup over meatballs. Add 1 cup water. Cover and bake at 375° for 45 minutes. Serves 6.

Juanita Benz Corey

OVEN MEATBALLS

1 ½ lb. hamburger
2 c. milk
1 beaten egg

1 pkg. onion soup mix
1 can cream of chicken or mushroom soup

Mix together hamburger, milk, egg and onion soup. Mix. Roll into small balls and put into roasting pan. Pour the cream soup over the top. Bake at 375° for 45 minutes or until done.

Irene Benz

MEAT LOAF

⅔ c. dried bread crumbs
1 c. milk
1 ½ lb. hamburger
2 eggs

¼ c. grated onion
1 tsp. salt
⅛ tsp. pepper
½ tsp. sage

Sauce:

3 Tbsp. brown sugar
¼ c. catsup

¼ tsp. nutmeg
1 tsp. mustard

Mix meat ingredients. Pour sauce over meat loaf. Bake 1 hour at 350°.

Dude Intermill

MERRY-GO-ROUNDS

3 English muffins, split in half
3 Tbsp. soft butter
1 ½ c. pizza sauce

18 slices pepperoni or whatever meat topping
6 slices American cheese

Butter each half of English muffins. Place muffins, cut side down, on broiler pan. Turn oven setting to broil. Place muffins under broiler until toasted. Remove from oven. Top each muffin half with $\frac{1}{4}$ cup pizza sauce, pepperoni and cheese. Place broiler pan 5 inches from heat. Broil until cheese melts. Remove and serve.

Dustin Heylens

PEPPER STEAK

2 lb. round steak, trim and cut in pieces
olive oil

black pepper
onion salt
garlic salt

Trim and cut in pieces the steak. Pour olive oil over meat and massage well with it. Sprinkle desired amount of black pepper, onion, salt and garlic salt on meat. Again massage well into meat. Turn over and repeat on other side. Let stand for 2 hours at room temperature. Broil or fry. Very good!

Dude Intermill

PIZZA HOT DISH

2 pkg. crescent rolls
(refrigerated)
1 (15 oz.) can pizza sauce
1 $\frac{1}{2}$ lb. ground beef

onions
8 oz. Cheddar cheese
8 oz. Mozzarella cheese

Brown ground beef with onions. Line a 9 x 13-inch pan with 1 package crescent rolls. Flatten them out to cover bottom of pan. Spread pizza sauce on rolls. Add ground beef and the two cheeses, grated. Put on second can of rolls on top. Do not add salt. Bake at 350° for $\frac{1}{2}$ hour.

Neva Holter

SALISBURY STEAK

2 lb. ground beef
 $\frac{1}{2}$ c. bread crumbs
1 tsp. minced onion
1 tsp. salt

$\frac{1}{4}$ tsp. pepper
 $\frac{1}{3}$ c. milk
1 can mushroom soup

MEATS & MAIN DISHES

Mix ingredients together and make into large patties. Flour patties and brown. Place in baking dish and cover with 1 can of mushroom soup, diluted with 1 can of water. Bake 1 hour at 350° to 375°.

Optional: Can substitute cream of chicken soup and can add small can of mushroom pieces.

Connie Culey-Even

JIFFY SPANISH RICE FOR 2 (LOW CALORIE)

½ lb. ground beef	1 ½ c. canned tomatoes
1 tsp. chili powder or according to taste	1 c. cooked rice
1 tsp. salt	dash of garlic powder
1 ½ tsp. sugar	¼ tsp. pepper
1 ½ tsp. dehydrated onion or 1 Tbsp. fresh onion	2 Tbsp. chopped green pepper

Mix ingredients, except rice. Cook until mixture is somewhat thickened. Stir in cooked rice. Place in casserole suitable for microwave. Microwave uncovered for 5 to 8 minutes. Or bake in regular oven for about 40 minutes.

Margaret Heylens

SPANISH RICE

6 slices bacon, chopped	1 c. uncooked rice
1 onion, chopped	4 c. (about) tomato juice
1 ½ lb. ground beef	1 tsp. paprika
1 tsp. salt	

Saute bacon slowly and pour off part of the fat. Brown chopped onion and beef in hot fat. Add salt. Wash rice. Drain and add with 1 ½ cups tomato juice and paprika to meat. Pour into greased casserole and bake in a 350° oven until rice is tender, about 30 minutes, adding more tomato juice as it is absorbed. Serves 6.

Elna Cook

STEAK MARINADE

¼ c. soy sauce	1 tsp. salt
¼ c. olive oil	1 tsp. garlic powder
1 tsp. lemon pepper	

Marinate piece of steak for 2 to 3 hours. Boil or grill.

Lola Perry

TACO BAKE

- | | |
|------------------------------------|---|
| 1 lb. ground beef, browned | 1 (4 oz.) can chopped green chives |
| 1 pkg. large elbow macaroni | 1 pkg. taco seasoning |
| 1 small chopped onion | 1 (15 oz.) can tomato sauce |
| ¾ c. water | 2 c. shredded cheese |

Brown meat and onion. Drain. Add water, taco seasoning and tomato sauce. Bring to boil. Stir in cooked macaroni and ½ cup cheese. Pour into 1 ½-quart baking dish. Sprinkle with rest of cheese. Bake at 350° for 30 minutes or until heated through.

Joyce Doop

TACO HOT DISH

- | | |
|---|---------------------------------|
| 1 ⅓ c. hot water | 1 (8 oz.) whole tomatoes |
| 3 Tbsp. margarine | sharp Cheddar cheese |
| 3 c. chicken stuffing | lettuce |
| 1 lb. hamburger | ripe olives |
| 1 Tbsp. chili powder or taco mix | chopped tomatoes |
| 1 (8 oz.) kidney beans, drained | taco chips |
| 1 (8 oz.) tomato sauce | |

Mix water and melted margarine in bowl. Stir in stuffing. Set aside. Brown meat. Stir in chili powder/taco mix, beans, tomato sauce and whole tomatoes. Bring to boil. Turn it down for 5 minutes, then spoon into baking dish. Put stuffing over top. Bake at 350° for 25 minutes. Serve with lettuce, shredded cheese, crushed chips and rest of garnishes.

Dori Perry Sudenga

INDIAN TACOS

Fry Bread:

- | | |
|------------------------------|----------------------|
| 4 c. flour | 1 tsp. salt |
| 2 c. milk | vegetable oil |
| 1 Tbsp. baking powder | |

MEATS & MAIN DISHES

Toppings:

2 to 3 c. chili or taco meat
shredded lettuce
tomatoes
onions
black olives

shredded cheese
sour cream
picante sauce
refried beans
jalapeno peppers

In a large bowl, stir together fry bread ingredients until soft dough forms. Let stand 10 minutes.

In deep fat fryer or 3-quart saucepan, heat oil (at least 2 inches) to 350°. On floured surface, divide dough into 12 pieces. Roll out each piece into 3 to 4 inch circle. Fry until golden brown (1 to 2 minutes each side). Place desired toppings on warm bread.

Larry Perry

5 HOUR OR CROCK-POT MEAL

2 lb. cubed beef
1 c. sliced carrots
2 large sliced spuds
½ to 1 tsp. salt
pepper
bay leaf or tsp. paprika

1 pkg. frozen peas
2 small onions
1 can tomato soup
**1 can cream of mushroom or
celery soup**
1 can water

Combine raw meat with all other ingredients. Bake covered at 275° for 5 hours.

Phyllis Cook

WILD RICE CASSEROLE

1 c. wild rice
2 lb. hamburger
1 medium onion, minced
2 cans cream of chicken soup
2 cans cream of mushroom soup

**¼ tsp. each celery salt, garlic
salt, onion salt and thyme**
2 Tbsp. parsley flakes
1 small bay leaf, crushed

Cover rice with boiling water. Let stand while preparing meat. Brown lightly the meat. Mix other ingredients and bake 3 hours at 325°. Cover for first 2 hours.

Dorothy Loban

BAKED CHICKEN

2 to 3 lb. chicken
1 Tbsp. minced onion

½ c. Parmesan cheese
1 tsp. Season-All salt

Put onion, Season-All salt, and Parmesan cheese into a plastic bag. Take pieces of chicken and shake them in the bag. Put on a 9 x 12-inch pan. Bake 1 hour in a 350° oven.

Lola Perry

CHICKEN BROCCOLI DIVAN

1 lb. fresh broccoli, cut into spears or 1 pkg. frozen broccoli spears
2 c. cooked chicken, cut into cubes

1 can broccoli soup or mushroom soup
½ c. milk
½ c. Cheddar cheese, shredded
1 Tbsp. butter, melted
2 Tbsp. dry bread crumbs

Cook broccoli in water for 2 minutes (should be crisp done). Drain.

In a shallow casserole, arrange broccoli. Top with the chicken cubes. Combine soup and milk. Pour over broccoli and chicken. Top with grated cheese.

Combine butter and bread crumbs. Sprinkle over top. Bake at 450° for 25 minutes or until heated through. Yields 4 servings.

Phyllis Cook

CHICKEN BROCCOLI FETTUCCHINE

1 Tbsp. margarine
1 clove garlic, minced
1 can broccoli cheese soup
1 c. milk
¼ c. grated Parmesan cheese

1 ½ c. cooked chicken, cut in strips
3 c. hot fettuccine, cooked (8 oz. dry)

In skillet in hot margarine, cook garlic 2 minutes, stirring constantly. Stir in soup, milk and cheese. Heat to a boil. Add chicken. Cook over low heat 5 minutes, stirring often. Toss with fettuccine noodles. Garnish with cherry tomatoes and fresh parsley if desired. Yields 4 servings.

I use 3 skinless, boneless chicken breasts. Cook them. Cut into strips.

Preparation Time: 15 minutes. Cooking Time: 15 minutes. Easy.

Lola Perry

GRANDMA MATTESON'S CHICKEN AND BISCUITS

1 whole chicken

Bisquick or Jiffy mix

Cook in kettle 1 chicken until tender. Cool. Remove skin and chicken from bones. Add chicken to juice. Season with salt and pepper. Bring mixture to boil and thicken with a little flour and water mixture. Pour mixture into 9 x 12-inch cake pan.

Mix biscuits following directions on Bisquick or Jiffy mix box. Drop by spoonfuls onto chicken and gravy mixture. Bake in oven at 375° until golden brown.

*Eileen Matteson
Watertown, SD*

CREAMY CHICKEN AND VEGETABLES

4 skinless, boneless chicken

breast halves

1/8 tsp. garlic powder

1 (10 3/4 oz.) can cream of mushroom soup

1/2 c. milk

1 Tbsp. lemon juice

1/4 tsp. dried basil leaves, crushed

3 c. cooked, cut up vegetables*

*Use a combination of broccoli, cauliflower and sliced carrots.

Sprinkle chicken with garlic powder. Spray skillet with cooking spray and heat over medium-high heat for 1 minute. Cook chicken 10 minutes or until browned. Set aside.

Add soup, milk, lemon juice, basil and vegetables. Heat to a boil. Return chicken to pan. Cover and cook over low heat for 5 minutes or until chicken is done. Serves 4.

LaRee Perry Hennen

CHICKEN CONTINENTAL

1 frying chicken

1/2 c. onion

1 can cream of chicken soup

Minute rice (per serving)

1 can cream celery soup

1 tsp. thyme

Brown chicken and onion in a roaster (spray with cooking spray). Add uncooked Minute rice according to persons serving. Set aside.

After you have browned chicken and onion, set them aside. Pour the soup into the chicken drippings and add 2 cans of water. Add the thyme and heat until mixed. Pour over rice and stir until mixed well. Place chicken parts in and bury in rice mixture. Bake at 350° for 1 hour or until chicken is completely done.

Elaine Culey

CHICKEN IN FOIL FOR ONE

- | | |
|--|--|
| 1 chicken leg or thigh | 1 individual serving instant onion soup |
| 1 medium potato | ½ c. water |
| 1 medium carrot | ½ c. frozen cut-up green beans |
| 1 individual serving of instant cream of chicken soup | |

Place chicken in center of 18 x 15-inch piece of aluminum foil. Quarter potato and place on one side of chicken. Cut carrot in ¼-inch slices on the other. Mix instant soups and water until thickened. Spoon over chicken. Top with green beans. Wrap securely in foil. Place on ungreased cookie sheet. Bake at 450° for 50 minutes.

Beef In Foil: Substitute 4 ounce piece of boneless round steak, about ½-inch thick, for the chicken. Bake at 450° for 60 minutes.

Bonnie Pierce

CHICKEN HOT DISH

- | | |
|--------------------------------|-------------------------------------|
| 1 chicken | 1 can cream of mushroom soup |
| 1 can Veg-All | 1 can cream of chicken soup |
| 1 can chow mein noodles | |

Cook chicken. Debone and dice. Mix all ingredients. Bake in oven at 350° for 45 minutes. Put crushed potato chips on top. No salt or pepper.

When using a whole chicken, you can use extra cans of Veg-All and soup if you like.

Irene Benz

CHICKEN AND PASTA CASSEROLE

- | | |
|---|--|
| ½ c. margarine | 1 c. frozen peas, thawed |
| 4 boneless, skinless chicken breast halves (1 ¼ lb.) | 4 c. (8 oz.) wide noodles, cooked and drained |
| ½ tsp. garlic powder | 1 c. (4 oz.) shredded Cheddar cheese |
| 1 (4 oz.) can mushrooms (undrained) | |

MEATS & MAIN DISHES

Heat $\frac{1}{4}$ cup of margarine in large skillet. Cut chicken into 1-inch pieces and place in skillet with garlic powder. Cook on medium-high heat for 4 minutes. Stir in remaining $\frac{1}{4}$ cup margarine, mushrooms and peas. Cook 2 minutes or until chicken is cooked through. Stir in hot cooked noodles and cheese until cheese is melted. Season to taste with salt and pepper.

Bonnie Pierce

POTATOES AND CHICKEN SANTA FE

4 medium potatoes	1 c. prepared tomato salsa
1 lb. boned and skinned chicken breasts	1 small can whole kernel corn, drained
2 Tbsp. olive oil	

Cut potatoes in $\frac{3}{4}$ -inch cubes and microwave 8 to 10 minutes until tender. Cut chicken into $\frac{3}{4}$ -inch cubes.

While potatoes cook, in large skillet, toss and brown chicken in oil over high heat for 5 minutes. Add potatoes. Saute and toss until potatoes are lightly browned. Add salsa and corn. Toss until heated through. Serves 4.

LaRee Perry Hennen

CHICKEN SQUARES

3 c. diced chicken	1 can mushroom soup
2 $\frac{1}{2}$ c. bread crumbs	1 c. cooked rice
$\frac{1}{2}$ c. cooked celery	1 Tbsp. onion
4 beaten eggs	$\frac{1}{4}$ c. chopped pimento
2 c. broth	$\frac{1}{4}$ tsp. sage
$\frac{1}{2}$ tsp. poultry seasoning	$\frac{1}{3}$ c. milk
1 tsp. salt	

Add eggs to 2 cups broth. Mix all ingredients. Bake 1 hour at 350°. Cut in squares. Top with a can of mushroom soup thinned with $\frac{1}{3}$ cup milk, 20 minutes before serving. Put back in oven and finish the baking time.

Opal Perry

ONE-PAN POTATOES AND CHICKEN DIJON

4 medium potatoes	$\frac{1}{4}$ c. prepared Honey-Dijon barbecue sauce
1 lb. boned and skinned chicken breasts, sliced $\frac{1}{2}$-inch thick	1 tsp. dried tarragon
2 Tbsp. vegetable oil	

Slice potatoes $\frac{1}{4}$ -inch thick and microwave 8 to 10 minutes until tender.

While potatoes cook, in large skillet, toss and brown chicken in oil over high heat for 5 minutes. Add potatoes. Saute and toss until potatoes are lightly browned. Add barbecue sauce and tarragon. Toss until heated through. Serves 4.

LaRee Perry Hennen

MEXICAN CHICKEN SUPREME

1 $\frac{1}{4}$ c. hot water
 $\frac{3}{4}$ c. salsa, divided
 1 Tbsp. margarine
 1 pkg. stuffing mix

6 halves boneless, skinless
 chicken breasts
 $\frac{1}{2}$ c. shredded Cheddar cheese
 $\frac{1}{4}$ c. shredded Pepper-Jack
 cheese

Heat oven to 350°. Stir water, $\frac{1}{4}$ cup salsa, margarine and seasoning packet from stuffing in 2-quart baking dish. Stir in crumbs to moisten. Arrange chicken over stuffing. Pour remaining salsa over chicken. Loosely cover pan with foil. Bake 30 minutes. Sprinkle with cheese. Bake 5 minutes more.

Kerri Perry

SWISS 'N CHICKEN CASSEROLE

4 c. chopped cooked chicken
 2 c. (8 oz.) shredded Swiss
 cheese
 2 c. croutons
 2 c. sliced celery

1 c. Miracle Whip (regular or
 light)
 $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ c. chopped onion
 chopped walnuts (optional)

Heat oven to 350°. Mix all ingredients. Spoon into 2-quart casserole. Sprinkle with chopped walnuts, if desired. Bake 40 minutes or until thoroughly heated. Makes 6 servings.

To Make Ahead: Prepare as directed, except do not top with walnuts and do not bake. Cover. Refrigerate overnight. When ready to serve, microwave on High 20 minutes or until thoroughly heated. Turn after 10 minutes. Sprinkle walnuts over.

Dori Perry Sudenga

SHAKE AND BAKE (CHICKEN)

¼ c. flour
1 tsp. salt

1 tsp. paprika
½ tsp. pepper

Put mixture in a plastic bag. Coat 2 or 3 pieces of chicken at a time with mixture. Place on baking sheet. Bake uncovered for 1 ½ hours at 350°. May need to adjust the time, depending on the size of the chicken. Should be brown and crispy when done.

Michelle Heylens

SALMON LOAF

1 (1 lb.) can pink salmon
½ tsp. salt
¼ tsp. pepper
2 eggs, beaten well

2 Tbsp. lemon juice
2 tsp. instant onion
1 c. cracker crumbs
1 c. milk

Preheat oven to 350°. Grease a 9 x 5 x 3-inch loaf pan. Cover pan with foil. Grease foil with butter or margarine. Put salmon and liquid from can in bowl. Remove the skin and bones. Flake salmon with a fork. Add salt and pepper. Beat egg well with fork or wire whisk. Add lemon juice, instant onion, cracker crumbs and milk. Mix well. Add egg mixture to salmon and mix well. Put mixture in loaf pan. Bake on center of oven rack for 1 hour.

Juanita Benz Corey

SALMON LOAF

1 c. milk
1 egg, beaten
2 c. crushed crackers

1 Tbsp. lemon juice
1 c. salmon

Combine milk and egg. Add cracker crumbs. Set aside. Remove skin from salmon. Mash salmon and add cracker mixture. Place in greased baking loaf pan, 9 x 5 x 3-inch. Bake at 350° for 1 hour.

Mildred Anderson

CREAMED SHRIMP

3 c. milk
6 Tbsp. flour
6 Tbsp. margarine
Velveeta cheese

1 can small shrimp
1 small can or jar mushrooms
salt and pepper to taste
1 or 2 pkg. English muffins

Make white sauce using milk, margarine and flour. Cut cheese into cubes and melt in white sauce until it turns a light peach color. Drain and rinse shrimp. Add to above mixture. Drain mushrooms and add to mixture.

Split English muffins and butter lightly. Place on cookie sheet, butter side up, under broiler until lightly browned. Serve creamed shrimp over English muffins.

Constance Heylens Culey

SUPER TUNA AND NOODLES

1 can tuna, drained
½ c. mayonnaise
6 oz. (3 c.) noodles
½ tsp. salt

1 c. cream of celery soup
½ c. milk
1 c. shredded American cheese
1 c. crushed potato chips

Cook noodles and drain. Combine noodles, tuna, mayonnaise and salt.

In saucepan, combine soup and milk. Heat. Stir in cheese until melted. Add to noodle mixture. Put in casserole and sprinkle with crushed chips. Bake at 425° for 20 minutes.

Larry Perry

TUNA CASSEROLE

2 c. dry noodles
½ c. half and half
1 can creamed soup
1 (7 oz.) can tuna, drained

¾ c. grated American or Cheddar cheese
minced onion to taste
1 can drained peas

Cook noodles and drain. I mix all ingredients above together in 3-quart mixing bowl, except for noodles. When mixed well, add noodles and mix together. Pour into 1 ½-quart greased baking dish and top with crushed potato chips. Bake 30 minutes or until bubbly hot in preheated oven at 425°. Serves 6.

Neva Holter

TUNA ON A SHOESTRING

2 (6 ½ oz.) can tuna, drained
2 c. shredded carrots
2 c. diced celery
½ c. minced onions

1 ½ c. salad dressing or mayonnaise
2 (4 oz.) cans shoestring potatoes

MEATS & MAIN DISHES

In a large bowl, separate tuna into small chunks. Add carrots, celery, onions and salad dressing. Toss until tuna is well coated with dressing. Cover and chill.

Just before serving, fold in shoestrings. If desired, garnish with parsley and carrot curls. Yields 8 to 12 servings.

Connie Lemke

TUNA CASSEROLE

1 pkg. broccoli
1 (12 oz.) can tuna
1 can mushroom soup

potato chips, crushed
grated cheese, if desired

Parboil broccoli and place in casserole. Add tuna. Pour soup over. Sprinkle crushed chips on top and grated cheese if desired. Bake 45 minutes at 400°.

Dude Intermill

BAKED PHEASANT

1 pheasant, cut up
½ c. fat
½ c. flour

salt and pepper
1 medium onion, sliced
1 c. light cream

Roll pheasant in seasoned flour. Brown slowly in hot fat, turning once. Put in baking dish and cover with onion slices and light cream. Cover tightly with lid and roast at 300° for 1 hour.

Bill Heylens, Jr.

SWISS ELK STEAK

2 lb. elk steak
all-purpose flour
2 Tbsp. butter or margarine
1 (15 oz.) can tomato sauce
½ c. red wine or beef broth
2 Tbsp. Worcestershire sauce
½ c. diced onion
½ c. diced green pepper

1 (2 ¼ oz.) can ripe olives,
drained and sliced
1 c. sliced fresh mushrooms
½ tsp. salt
½ tsp. pepper
4 slices Swiss cheese (optional)
cooked noodles

Dredge elk steak lightly in flour. Shake off excess. Melt butter in large skillet. Brown steak on both sides. Place in a shallow baking pan.

Combine the next 9 ingredients. Pour over steak. Cover and bake at 350° for 1 ½ hours or until cooked to desired tenderness. If desired, place cheese over steak before serving. Serve over noodles. Yields 4 servings.

Note: Beef steak (round steak) may be used in place of elk.

John W. Langland

CALF FRIES

4 lb. calf fries, cut into 2-inch sq.

2 c. milk

4 c. flour

salt and pepper to taste

Sauce:

1 c. catsup

1 c. prepared mustard

Tabasco sauce to taste

Heat cooking oil in deep fryer to 450°. Cut calf fries into 2-inch squares and soak in milk for 10 minutes. Roll in seasoned flour. Drop fries into hot grease. When the fries float to top, they are done.

As they are cooked, they should be placed on paper towel to dry and then in warm oven. Serve with sauce.

John W. Langland

CORNED VENISON

5 lb. venison

1 gal. hot water

1 ½ lb. pure salt (Tender Quick)

½ lb. brown sugar

1 oz. cream of tartar

1 oz. baking soda

1 oz. pickling spices

One ounce equals 6 teaspoons.

Cut about 5 pounds of venison into 2 or 3 pieces. Place the meat in a crock or any glass, Pyrex or nonmetal container large enough for meat, water and spices.

Dissolve the remaining ingredients in the hot water. Let cool. Pour over the meat. Weight meat down. Cover and place in cool place 3 to 5 weeks. Remove from brine. Rinse well in cold water. Cook in oven as corned beef or until done.

Note: Elk or antelope may be used in place of venison.

John W. Langland

EASY CORNED VENISON ROAST

4 lb. venison roast

Brine:

1 c. Tender Quick	2 cloves garlic, diced
3 c. water or enough to cover meat	1 to 1 ½ tsp. pickling spice
1 large onion, sliced	1 or 2 bay leaves

Place venison roast in a nonmetal covered container. (An ice cream bucket works good.)

Make brine. Cover the container and cure for 1 week in the refrigerator. Drain and rinse. Roast covered until done.

Can be served hot or cold and makes good reubens. Antelope, elk or beef work equally as well as venison.

John W. Langland

HUNTER'S LODGE ONE DISH MEAL

1 ½ lb. venison, cubed ¾ to 1-inch	1 can cream of mushroom soup
1 medium to large onion, chopped fine	1 (4 oz.) can mushroom stems and pieces
1 c. diced celery	4 tsp. soy sauce
butter to brown	salt and pepper to taste
½ c. uncooked rice	1 c. peas
1 can cream of chicken soup	1 c. water

Brown venison (antelope, elk or beef), onion and celery in butter. Mix together and add rice (do not use Minute rice), canned soups, mushrooms, soy sauce and seasonings. Place in casserole. Add 1 cup peas and 1 cup water. Bake in moderate oven until meat and rice are tender.

John W. Langland

CANNED VENISON

venison, remove all fat and sinew, cut into 1 ½-inch cubes	beef tallow, cut into 1 ½-inch cubes
canning salt	

Pack cubed meat into jars and add ½ teaspoon canning salt per pint. Place 1 cube of tallow on top of each jar, leave ¾-inch on top of

each jar for expansion. Process in pressure cooker for 90 minutes at 10 P.S.I.

This tastes very much like the canned beef my generation remembers.

Dennis Loban

VENISON RAGOUT (GERMAN)

1 to ½ lb. venison, cubed small
 1 small onion, minced
 1 bay leaf
 dash of thyme
 salt and pepper to taste
 1 tsp. Dijon mustard
 1 Tbsp. tomato paste
 2 Tbsp. cranberry sauce (whole
 or jellied)

juice from ½ orange
 juice from ½ lemon
 1 to 2 tsp. flour
 1 c. red wine
 ⅓ c. heavy cream
 ½ tsp. Worcestershire sauce
 oil (for browning)

Season and brown meat in hot oil, then sprinkle with minced onion and flour. Continue browning until deep brown.

Add red wine, 3 cups water, tomato paste, bay leaf and thyme. Mix well. Cover and simmer on low heat until meat is tender. Add remaining ingredients and simmer 5 more minutes. Gravy may require a little water or flour to attain the right thickness. The gravy should be nice and brown with a slight sweet/sour taste. Serve with Spatzle noodles, noodles or mashed potatoes.

Afra Langland

TIM'S TERRIBLE TATER TOT CASSEROLE

1 lb. hamburger
 1 lb. deerburger
 1 can cream of mushroom soup
 1 can cream of chicken soup

1 can cream-style corn
 1 c. milk
 cube or shredded (¼ lb.) Velveeta
 cheese

Brown burgers. Mix together everything. Bake at 375° for an hour.

Tim Lemke

JERKY

meat (beef or deer), cut
 into ⅛-inch strips (cross grain
 is more tender)
 onion powder to taste

hickory smoked salt (½ oz. per
 lb. of meat)
 garlic powder to taste
 black pepper to taste
 sugar (optional)

MEATS & MAIN DISHES

Layer meat in plastic container and coat each layer with all seasonings, except sugar. Marinate in refrigerator for 48 hours. Layer marinated meat in dehydrator and sprinkle light coat of white sugar on top. Dry at 135° for 12 to 18 hours.

Dennis Loban

JERKY

6 lb. either elk, venison or antelope

6 tsp. Old Hickory smoked salt

2 tsp. garlic salt

2 ½ tsp. onion salt

3 tsp. Lawry's seasoned salt

½ tsp. peppered seasoned salt

2 tsp. Cavender's Greek seasoning

2 to 3 tsp. m.s.g.

liquid smoke (optional)

soy sauce (optional)

Slice the meat into strips, 1 to 2 inches wide and ⅛ to ¼-inch. Mix all of the dry together and place in a shaker. In a saucer, mix 1 part liquid smoke and 1 part either soy sauce or water.

In a nonmetal cake dish or baking dish, sprinkle the bottom with the dry seasoning. Then place a single layer of meat slices in the bottom of the dish.

Next, with a pastry brush, paint the meat with a thin coat of the liquid smoke mixture. Now sprinkle the meat well with the dry seasoning. Repeat these steps until the meat and dry seasoning is gone. The liquid seasoning may not be enough (mix more) or may be too much (discard). Dry as normal in the oven, smoker, grill or dehydrator. Before drying, refrigerate about 24 hours.

John W. Langland

MONTANA JERKY (DANA RANCH)

3 lb. beef, venison or elk, sliced ⅛ to ¼-inch

½ c. coffee, cooked and black

¾ c. soy sauce

½ c. liquid smoke (hickory flavor)

1 ½ tsp. Old Hickory smoked salt

½ tsp. garlic salt

½ tsp. onion salt

In a nonmetal container, mix and dissolve the following: coffee, soy sauce, liquid smoke, Old Hickory smoked salt, garlic salt and onion salt. Mix all of the seasonings together until well blended. Place the sliced meat into the marinade and refrigerate for 24 hours.

Dry in the oven, dehydrator, grill or smoker. Toothpicks work good to hang strips from the oven or smoker racks. Dry at about 140° to 160°, about 10 hours.

If you like a little heat, add a few sprinkles of cayenne pepper. If you like a little taste, add a few drops Tabasco sauce. A little Lawry's seasoned salt never hurts.

John W. Langland

VENISON JERKY IN MARINADE

5 lb. deer, elk or antelope
1 pt. soy sauce
1 pkg. meat marinade
¼ to ½ Tbsp. pepper
5 to 10 drops Tabasco sauce
water to cover meat (1 to 2 pt.)

2 Tbsp. liquid smoke
1 Tbsp. Old Hickory smoked salt
½ Tbsp. garlic salt
4 oz. Worcestershire sauce
sprinkle crushed red pepper
(optional)

Cut meat into strips ⅛ to ¼-inch thick (cross grain for tender or with grain for chewy). Marinate 24 hours in a nonmetal container, using all ingredients. Remove from marinade. Let excess drip off and place on trays in dehydrator. Dry until leatherly, approximately 10 to 12 hours. If you like more flavor, paint on a little A.1. steak, Worcestershire sauce or liquid smoke diluted in water. Store in air-tight container in the fridge or freeze for long time storage. I have used this recipe for venison, elk, antelope and beef.

If drying on the racks in the oven, line the bottom with aluminum foil to aid in clean up.

John W. Langland

JERKY FROM GROUND MEAT

(Elk, Antelope, Venison Or Beef)

15 lb. ground meat
15 Tbsp. soy sauce
2 oz. liquid smoke
12 tsp. Old Hickory smoked salt
4 tsp. garlic salt
5 tsp. onion salt

2 tsp. peppered Season-All
3 to 4 tsp. Lawry's seasoned salt
3 to 4 tsp. Cavender's Greek
seasoning
3 to 4 tsp. venison wildlife
seasoning

Spread meat on the kitchen counter to a thickness of about 2 inches. Mix soy sauce and liquid smoke and spread evenly over meat. Mix dry ingredients together and sprinkle evenly over the meat. Take about 2 pounds at a time and mix very well by hand as if kneading

MEATS & MAIN DISHES

dough. Finally, work all the meat together and place in a nonmetal container. Place 24 hours in the fridge.

Flatten between wax paper to about 1/8-inch thick and slice into strips. If you have a jerky press, it will be much easier. Place on drier racks or place on racks in the oven. Dry until desired doneness.

Note: As a precaution for salmonella when near dry, cook in the oven for 45 minutes at 180°.

John W. Langland

GERMAN SPATZLE NOODLES

4 c. flour

1 tsp. salt

6 eggs

1 c. water

Prepare dough by mixing flour, eggs and salt together. While stirring, add water a little at a time until the dough is smooth but not stiff. (If large eggs are used, use less water.) Continue to beat the dough until it rises.

To cook the dough, heat a large pot of salt water to boiling. Fill the grater with part of the dough and grate the noodles into the boiling water. After 2 or 3 minutes, use a ladle or skimmer to lift out the cooked noodles. Repeat with the remaining dough. Serves 6.

Afra Langland



VEGETABLES

“... **B**EHOLD, THE FARMER WAITS FOR
THE PRECIOUS FRUIT OF THE
SOIL...”

JAMES 5:7

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait

a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button[®] is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

VEGETABLES

BEANS AND BURGER

1 lb. ground beef
4 c. sliced potatoes
2 Tbsp. minced onion
1 c. grated carrots

1 (16 oz.) can pork and beans
1 can tomato soup
4 slices bacon

Brown hamburger with onion and discard the grease. Grease 2-quart casserole or 10-inch skillet. Slice potatoes in the bottom. Put hamburger next, then the grated carrots. Then add the pork and beans. Top with the soup (undiluted). Brown 4 slices of bacon and place on top. Bake covered in a 350° oven for 1 ½ hours. Serves 6.

Elna Cook

CALICO BEANS

½ lb. bacon
½ lb. ground beef
2 Tbsp. vinegar
½ c. white sugar
½ c. catsup
1 can pork and beans

½ c. minced onion
½ tsp. salt
½ c. brown sugar
2 Tbsp. prepared mustard
1 can lima beans
1 can kidney beans

Brown bacon until crisp. Brown meat. Add all ingredients. Bake in a 2-quart casserole at 350° for 40 minutes. Serves 10.

Dude Intermill

CALICO BEANS

½ lb. hamburger
1 c. chopped onions
¾ c. brown sugar
1 tsp. mustard
½ lb. cubed bacon
½ c. catsup

2 tsp. vinegar
1 tsp. salt
1 (No. 2) can each: kidney beans,
pork and beans, lima beans or
butter beans*

*In large recipe, use 2 (No. 303) cans.

Brown and cook slightly the hamburger, onions and bacon. Put into a 9 x 13-inch pan and add the mixture of catsup, brown sugar, vinegar, mustard and salt. Drain or rinse the kidney beans and drain

VEGETABLES

lima beans also. Mix well and bake 40 to 60 minutes at 350°. Do not cover.

Margaret Heylens

CALICO BEANS

- | | |
|---------------------|------------------------------|
| ½ lb. ground beef | 1 tsp. dry mustard |
| ½ lb. bacon, diced | 2 tsp. vinegar |
| 1 can chopped onion | 1 (No. 2) can butter beans |
| ½ c. ketchup | 1 (No. 2) can pork and beans |
| 1 tsp. salt | 1 (No. 2) can lima beans |
| ¾ c. brown sugar | |

Brown the ground beef, bacon and onion in electric frypan. Add remaining ingredients. Mix all the ingredients and heat to a boil. Simmer for 40 minutes in frypan at 210° to 220°. Serve.

Phyllis Cook

CHUCK WAGON BEANS

- | | |
|---|---------------------------------------|
| 1 lb. ground beef | ⅓ c. onions, chopped |
| 1 (16 oz.) can beans (pork and beans preferred) | barbecue sauce and ketchup for flavor |
| 1 can tomato sauce | |

Brown hamburger with onions. Add soup, beans and flavor with ketchup and barbecue sauce.

Tim Lemke

FOUR-BEAN CASSEROLE

- | | |
|---|----------------------------------|
| 1 can kidney beans, drained ½ of liquid | ½ lb. chopped bacon, ham or Spam |
| 1 can lima beans, drained ½ of liquid | 2 onions |
| 1 can butter beans, drained ½ of liquid | ½ tsp. mustard |
| 1 can pork and beans (do not drain) | ½ c. catsup |
| | ¾ c. brown sugar |
| | ½ tsp. garlic salt |

Mix beans in casserole. Brown meat with onions. Add garlic salt, mustard, catsup and brown sugar. Simmer 10 to 20 minutes. Add to beans. Bake 1 hour at 350°.

Connie Lemke

GREEN BEAN CASSEROLE

- | | |
|---------------------------------|-----------------------------------|
| 1 lb. hamburger | 1 can cream of celery soup |
| 1 small onion | Tater Tots |
| 1 can French-style beans | salt and pepper |

Brown hamburger and onion in frying pan. Add salt and pepper. Stir in beans and soup. Pour into flat baking dish. Cover with Tater Tots. Bake at 375° for 35 minutes.

*Ruth Pierce***STRING BEAN HOT DISH**

- | | |
|--|------------------------------|
| 2 cans French-style green beans | 3 Tbsp. melted butter |
| ¼ tsp. pepper | 1 ½ c. corn flakes |
| ½ c. onion | 1 c. grated cheese |
| 1 can cream of mushroom soup | |

Drain beans and layer in a greased casserole and top with pepper, onion, soup, grated cheese and top with the combined butter and corn flakes. Bake at 350° for 45 minutes or until golden brown.

*Dorothy Loban***BROCCOLI CASSEROLE**

- | | |
|-------------------------------------|-------------------------------------|
| 1 small onion, chopped | 1 can cream of mushroom soup |
| 1 large pkg. frozen broccoli | bread crumbs |
| ½ stick butter | 1 small jar Cheez Whiz |
| 1 c. cooked rice | |

Combine onion, broccoli and butter. Cook over low heat until tender. Mix other ingredients together and carefully combine with broccoli mixture. Pour into buttered casserole dish. Top with buttered bread crumbs. Bake 45 minutes at 350°.

*Opal Perry***BROCCOLI-CARROT FANFARE**

- | | |
|---|---------------------------------|
| 1 ½ lb. lean ground pork | 6 slices American cheese |
| 1 c. milk | 1 pkg. frozen broccoli |
| 2 Tbsp. milk | carrot, sweet red pepper |
| 2 tsp. chicken bouillon granules | vegetables |
| ¼ tsp. pepper | frozen French fries |

VEGETABLES

Brown pork. Mix milk, bouillon, pepper and flour. Place meat in 8 x 8-inch pan and pour sauce over meat. Place cheese slices over meat. Rinse vegetables in warm water and place in pan. Top with French fries. Bake at 350° for 30 to 40 minutes.

Kerri Perry

CHEESY BROCCOLI BAKE

1 (12 oz.) pkg. frozen broccoli
1 c. flaked ham
1 c. cooked rice
½ c. sour cream

1 can cream of chicken soup
2 Tbsp. butter
1 ½ c. grated Cheddar cheese
1 c. buttered bread crumbs

Preheat oven to 350°. Cook broccoli until tender. Drain. Heat soup, butter and cheese in microwave for 3 minutes or until cheese is melted. Add sour cream. Stir. Add all remaining ingredients. Spoon into baking dish. Sprinkle with buttered bread crumbs. Bake 30 to 35 minutes at 350°.

Kerri Perry

CHEDDARY MASHED POTATO BAKE

1 (10 ¾ oz.) can Campbell's
condensed Cheddar cheese
soup
⅓ c. sour cream or plain yogurt

1 medium green onion, chopped
(about 2 Tbsp.)
generous dash of pepper
3 c. stiff, seasoned mashed
potatoes

In a 1 ½-quart casserole, combine soup, sour cream, onion and pepper. Stir in potatoes. Bake at 350° for 30 minutes or until hot. Makes 4 ½ cups or 8 servings.

Gwen Langland

RANCH STUFFED POTATOES

4 baked potatoes
¼ c. sour cream

1 oz. Hidden Valley Ranch dry
dressing mix
Cheddar cheese

Scoop out inside of four baked potatoes and combine with sour cream and packet of Hidden Valley Ranch Recipe Original Ranch Dry salad dressing mix. Fill potato skins with mixture. Sprinkle with shredded Cheddar cheese and bake 12 to 15 minutes at 375°.

LaRee Perry Hennen

SCALLOPED POTATOES

1 can cream of onion soup
½ c. milk
½ tsp. salt
⅙ tsp. pepper

4 c. thinly sliced raw peeled potatoes
1 Tbsp. butter
paprika

Blend soup, milk, salt and pepper in a bowl. In buttered 1 ½-quart casserole, arrange alternate layers of potatoes and sauce. Dot top with butter. Sprinkle with paprika. Cover. Bake at 375° for 1 hour. Uncover and bake 15 minutes more or until potatoes are done. Makes about 3 ½ cups.

*Elna Cook***STUFFED BAKED POTATOES**

6 baked potatoes
½ c. hot milk
¾ tsp. salt
¼ tsp. pepper

1 tsp. grated onion
4 tsp. melted butter
grated cheese

Scrub potatoes thoroughly. Dry well. Rub with margarine. Place on baking sheet. Bake in preheated oven at 450° for 45 to 50 minutes or until done.

Cut a dice from top of each potato. Scoop potatoes from shells into a bowl. Add milk. Beat until fluffy. Season with salt, pepper and onion. Add part of the butter. Pile lightly into potato shells. Brush with remaining melted butter. Sprinkle with grated cheese. Broil with cheese melts.

*Dori Perry Sudenga***BAKED SWEET POTATOES**

6 to 8 medium sweet potatoes
1 c. brown sugar
½ c. white syrup
½ c. water

1 ½ tsp. flour
1 tsp. salt
3 or 4 tsp. butter

Boil potatoes. Peel and arrange in a baking dish. Melt butter. Add flour, salt, brown sugar, syrup and water. Cook until slightly thickened. Pour over potatoes and bake in the oven for 1 ½ hours at 350°.

Afra Langland

VEGETABLES

CALIFORNIA BLEND HOT DISH

1 large bag California Blend
vegetables
1 small onion
1 c. cubed cheese

2 cans cream of chicken soup
1/3 c. mayonnaise
cubed ham or chicken (cooked
meat)

Mix and bake at 350° for 45 minutes or longer. Add meat choice at the start of the bake time.

Phyllis Cook

CHEESY SPINACH BAKE

2 beaten eggs
2 c. milk
3/4 c. cooked rice
1/3 c. finely chopped onion

1 (10 oz.) pkg. frozen chopped
spinach, cooked and drained
1 c. sharp American cheese,
shredded
1 tsp. garlic salt

Combine eggs and milk. Add remaining ingredients. Pour into 8-inch baking dish. Bake at 325° for 40 minutes or until firm.

Larry Perry

PHYLLO-WRAPPED SPINACH ROLLS

1 Tbsp. olive oil
1/2 c. chopped onion
1 (10 oz.) pkg. frozen spinach,
thawed, chopped and squeezed
dry

8 oz. pkg. cottage cheese
4 oz. crumbled Feta cheese
1 small egg, beaten
12 phyllo pastry sheets
1 c. butter, melted

Heat oil in large skillet. Add onion and saute about 3 minutes. Reduce heat to low and add spinach. Slowly stir in cheeses until well blended. Cook 5 minutes and remove from heat. Add egg and mix well.

Butter a 13 x 18-inch baking sheet. Stack 3 phyllo sheets on damp towel. Brush each sheet with melted butter. Spoon about 1/2 cup filling onto phyllo in about 1 1/2-inch wide strips down the edge of the phyllo. Roll up as for jelly roll starting at long edge with filling and using as an aid.

Transfer to prepared baking sheet, arranging seam side down. Brush with melted butter. Repeat with remaining ingredients for 3 more rolls. Freeze for 15 minutes and cut into 1-inch pieces. Bake at 350° until golden brown, about 15 minutes.

Traci Langland

CHINESE CABBAGE

1 large head cabbage
 1 to 5 green onions
 ½ c. oleo (butter)

2 pkg. Ramen noodles (do not
 use flavor packet)
 1 small pkg. slivered almonds
 ½ c. sunflower or sesame seed

Dressing:

1 Tbsp. soy sauce
 ½ c. vegetable oil

½ c. vinegar
 ½ c. sugar

Chop cabbage and onions. Mix and chill. Saute for ½ hour on low heat the oleo, noodles, almonds and seeds.

Mix dressing and pour over the cabbage, onions and other ingredients. Do not put dressing on until ready to serve.

Constance Heylens Culey

CONFETTI BAKE

1 can condensed cream of onion
 soup
 1 c. shredded sharp processed
 American cheese (4 oz.)
 ½ c. mayonnaise
 ¼ c. milk
 1 (10 oz.) pkg. frozen cauliflower,
 cooked and drained

1 (9 oz.) pkg. frozen peas and
 carrots, cooked and drained
 ¼ c. pimiento
 1 (3 oz.) can sliced mushrooms,
 drained
 3 Tbsp. butter or margarine
 ½ c. seasoned dry bread crumbs
 ¼ c. grated Parmesan cheese

Preheat oven to 375°. In a large bowl, combine soup, American cheese, mayonnaise or salad dressing and milk. Mix well. Gently fold in cauliflower, peas, carrots, pimiento and mushrooms. Turn into 1 ½-quart baking dish. Melt butter or margarine in a small saucepan. Stir in bread crumbs and Parmesan cheese. Sprinkle over casserole. Bake uncovered 35 to 45 minutes or until heated through. Makes 6 to 8 servings.

Dori Perry Sudenga

FROZEN SWEET CORN

18 c. corn, cut off cob
 ½ c. margarine

¼ c. sugar
 dash of salt

Mix in a big roaster. Bake at 325° for 1 hour. Stir a couple of times. Cool. Freeze.

Connie Lemke

VEGETABLES

SCALLOPED CORN

1 beaten egg
1 can cream-style corn
14 saltine crackers, crushed
3 Tbsp. milk

1 Tbsp. finely chopped onion
1/8 tsp. pepper
1 Tbsp. butter or margarine,
melted

Preheat oven to 350°. Combine egg, corn, half of cracker crumbs, milk, onion and pepper. Mix well. Place in casserole dish. Combine remaining crackers with melted butter and sprinkle over top of corn mixture. Bake for 30 minutes.

Dori Perry Sudenga

ZUCCHINI BAKE

6 medium zucchini
16 oz. can whole tomatoes
1 green pepper, chopped
1/2 to 3/4 lb. Mozzarella cheese

1 tsp. garlic salt
1/2 tsp. Italian seasoning
1 to 2 1/2 c. seasoned croutons

Parboil zucchini with skins left on. Drain zucchini. Put into baking dish. Drain tomatoes (cut into chunks). Place on top of zucchini. Sprinkle green pepper on. Cut cheese into pieces or use shredded cheese. Place over peppers. Sprinkle on garlic salt and seasoning. Place croutons on top. Cover and bake 1 hour at 375°. Remove cover the last 15 minutes.

Lola Perry

ZUCCHINI CASSEROLE

shredded zucchini
chopped onions
3 Tbsp. butter

1 can Cheddar cheese soup
paprika

Saute onions in oleo a little. Mix zucchini, onions, butter and can of soup. Thin down a little. Put in casserole dish. Top with paprika. Bake in 350° oven for 1 hour.

Sylvia Perry

VEGETABLES FROMAGE

2 c. julienne carrots
2 c. julienne zucchini
1 medium green pepper, cut in
strips
1 clove garlic, minced
3 Tbsp. margarine

1/2 lb. processed cheese spread,
cubed
1/4 c. half and half
1 tsp. dried basil leaves, crushed
1 1/2 c. bowtie noodles or rotini,
cooked

In large skillet, stir-fry carrots, zucchini, peppers and garlic in margarine until crisp-tender. Reduce heat to low. Add processed cheese spread, half and half and basil. Stir until cheese is melted. Add noodles. Mix lightly. Heat thoroughly, stirring occasionally.

Larry Perry

VEGETABLE ROTINI

1 can broccoli cheese soup
1 pkg. cream cheese, softened
¾ c. milk
2 tsp. Dijon-style mustard
(optional)
½ c. Parmesan cheese
⅛ tsp. pepper

3 c. cooked rotini (about 2 ½ c. dry)
3 c. cut up fresh cooked vegetables like: broccoli, cauliflower, carrot, tomato, cucumber, onion, etc.

In 3-quart saucepan, gradually stir soup into cream cheese. Add milk, mustard and pepper. Over low heat, heat through, stirring often. Add cooked rotini noodles, vegetables and Parmesan cheese. Heat through, stirring often. Makes about 4 servings.

For vegetables, substitute 16 ounces any frozen vegetable combination, cooked and drained.

Lola Perry

VEGETABLES

--•YOUR FAVORITE RECIPES•--

Recipe

Page Number



B READS,
ROLLS &
PASTRIES

“**I** AM THE LIVING BREAD THAT CAME
DOWN OUT OF HEAVEN. IF ANYONE
EATS OF THIS BREAD, HE SHALL
LIVE FOREVER...”

JOHN 6:51A

Baking Tips



COMMON PROBLEMS (Common Failures)

Biscuits

- Rough biscuits.....
- Dry biscuits.....
- Uneven browning.....

Breads (yeast)

- Porous bread.....
- Crust is dark and blisters
just under the crust.....
- Bread does not rise.....
- Bread is streaked.....
- Bread bakes unevenly.....

Cakes

- Cracks and uneven surface.....
- Dry cakes.....
- Heavy cakes.....
- Sticky crust.....
- Coarse grained cake.....
- Fallen cakes.....
- Uneven color.....
- Uneven browning.....

Cookies

- Uneven browning.....
- Soggy Cookies.....
- Excessive spreading of cookies.....

Muffins

- Coarse texture.....
- Tunnels in muffins, peaks in
center and soggy texture.....

Pies

- Pastry crumbles.....
- Pastry tough.....
- Pies do not brown
(fruit or custard).....

CAUSES OF PROBLEMS (Causes of Failures)

Insufficient mixing
Baking in too slow an oven and handling too much
Cooking in dark surface pan, too high a
temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising
Over-kneading or using old yeast
Under-kneading and not kneading evenly
Using old, dark pans, too much dough in pan,
crowding the oven shelf or cooking at too high a
temperature

Too much flour, too hot an oven and sometimes
from cold oven start
Too much flour, too little shortening, too much
baking powder or cooking at too low a temperature
Too much sugar or baking too short a period
Too much sugar
Too little mixing, too much shortening, too much
baking powder, using shortening too soft, and
baking at too low a temperature
Using insufficient flour, under baking, too much
sugar, too much shortening or not enough baking
powder
Cooking at too high a temperature, crowding the
shelf (allow at least 2 inches around pans) or using
dark pans
Not mixing well

Not using shiny cookie sheet or not allowing at
least 2 inches on all sides of cookie sheets in oven
Cooling cookies in pans instead of racks
Dropping cookies onto hot cookie sheets; not
chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a
temperature

Over-mixing

Over-mixing flour and shortening
Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in
Pyrex or enamel pie pan

BREADS, ROLLS & PASTRIES

APPLE BREAD

½ c. margarine	2 eggs
⅔ c. sugar	2 c. flour
1 tsp. baking powder	1 tsp. soda
1 tsp. salt	1 c. chopped apples
½ c. nutmeats	

Mix together margarine, sugar and eggs well. Add chopped apples and the nutmeats.

Sift together baking powder, soda, flour and salt. Add to the sugar, margarine and eggs. Beat well. Put into a loaf pan. Bake at 350° until done.

Lola Perry

BANANA BREAD

½ c. shortening	1 ½ c. sugar
2 eggs	½ c. buttermilk
2 c. flour	1 tsp. soda
½ tsp. salt	1 c. mashed bananas
1 tsp. vanilla	

Cream shortening, eggs and sugar. Add salt and soda, then buttermilk, vanilla and flour. Stir in the mashed bananas. Bake in greased and floured loaf pan at 350° for 45 to 60 minutes.

Phyllis Cook

BANANA LUNCHEON BREAD

2 c. flour	1 c. sugar
1 tsp. baking powder	2 eggs
½ tsp. soda	1 c. mashed bananas
1 tsp. salt	½ c. chopped nuts
½ c. shortening	

Sift together flour, baking powder, soda and salt. Cream shortening. Add sugar and cream well. Blend in eggs, one at a time, and beat well. Add mashed bananas and mix in dry ingredients. Fold in nuts. Pour into greased 9 x 5 x 3-inch pan. Bake in moderate oven at 350° for 60 to 70 minutes.

Mildred Anderson

BREADS, ROLLS & PASTRIES

BANANA BREAD

- | | |
|--|-------------------------|
| 1 c. sugar | 2 c. flour |
| ½ c. butter | 2 bananas, mashed fine |
| 2 eggs, beaten | ½ c. nut meats, chopped |
| 1 tsp. soda, dissolved in 1 Tbsp. sweet milk | ½ tsp. vanilla |

Cream sugar and butter. Add the eggs, then the soda-milk mixture. Add the bananas and mix well. Put in the flour and stir well. Add nuts, if desired, also vanilla. Put in greased loaf pan. Bake at 350° for 50 to 60 minutes.

Elna Cook

BEST EVER BANANA BREAD

- | | |
|------------------------------|--------------------|
| 1 ¾ c. flour | 1 tsp. vanilla |
| 1 tsp. soda | 1 c. nuts |
| 2 eggs | 1 ½ c. sugar |
| 2 ripe bananas (1 c.) | ½ tsp. salt |
| ¼ c. plus 1 Tbsp. buttermilk | ½ c. vegetable oil |

Combine flour, sugar, soda and salt in large mixing bowl. Combine eggs, bananas, oil, buttermilk and vanilla in small mixing bowl. Add to flour mixture, stirring just until combined. Fold in nuts. Bake in a 325° oven for 1 hour and 20 minutes or until pick inserted in center tests done.

Bev Heylens

GRANDMA'S EASY WAY BANANA BREAD

- | | |
|-------------|----------------------|
| 2 c. flour | ½ c. butter |
| 1 tsp. soda | 1 egg |
| ¼ tsp. salt | 2 large ripe bananas |
| 1 c. sugar | ½ c. nuts |

Mix ingredients. Bake at 325° for 60 minutes.

Carolyn Herbranson

BISMARCKS

- | | |
|----------------------------|-------------------------------------|
| ½ qt. milk and 1 qt. water | 1 pkg. yeast in ¼ c. lukewarm water |
| 5 Tbsp. shortening | 1 egg (if you like) |
| 4 Tbsp. sugar | 6 or 7 c. flour until soft dough |
| 1 tsp. salt | |

Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add egg and stir. Add flour. Raise once. On greased table, cut with cutter. Stretch dough with fingers and fry like doughnuts. May put jelly in a small cut. Frost with powdered sugar frosting. Freeze well unfrosted. Heat in oven and then frost.

Opal Perry

BOSTON BROWN BREAD

2 Tbsp. molasses	2 ¼ Tbsp. shortening
2 c. raisins	1 egg
2 c. water	2 ¾ c. flour
2 tsp. soda	1 tsp. vanilla
1 c. sugar	1 c. nuts

Cook together molasses, raisins and water for 1 ½ minutes. Cool. Add soda, sugar, shortening, egg, flour, vanilla and nuts. Bake in a well-greased loaf pan at 350° for 50 minutes or until done.

Ruth Pierce

BROWN BREAD

1 ½ c. boiling water	¾ c. water
1 c. oatmeal	1 c. flour
1 Tbsp. shortening	2 yeast (2 Tbsp.)
2 tsp. salt	4 scant c. flour
1 c. molasses	raisins (optional)
1 c. brown sugar	

Pour boiling water over oatmeal. Add shortening and salt. Let stand. Add molasses, brown sugar, ¾ cup water and 1 cup flour. Mix the last cup with hands, but you don't have to knead it. Cover with towel and let it rise in warm place until doubled in size. Punch down. Let rise again and roll out as a cinnamon roll and put raisins in, separated. Roll up, making sure the raisins are inside. Put in bread tins. Let rise and bake 45 minutes at 400°. Watch carefully so it doesn't burn.

Opal Perry

COFFEETIME CUT-OUTS

1 (8 oz.) tube refrigerated crescent rolls	red or green powdered gelatin
about 2 Tbsp. butter or margarine, melted	mixed dried leaf herbs such as dill weed, oregano and basil
1 Tbsp. sugar	seasoned salts, such as celery or onion salt
¼ tsp. ground allspice	

BREADS, ROLLS & PASTRIES

Preheat oven to 375° (190°C). Grease a baking sheet. Unroll crescent roll dough on a lightly floured surface. Pinch together perforation in the dough. Use small floured cookie cutters to cut out desired shapes. Brush with melted butter.

In a small bowl, combine sugar and allspice. Sprinkle on a third of the cut-outs. Sprinkle another third of the cut-outs with dry gelatin. Combine herbs and seasoned salts in a small bowl. Sprinkle herb mixture over remaining cut-outs. Bake on greased baking sheet 10 to 11 minutes. Makes 15 to 18 cut-outs.

Dori Perry Sudenga

EASY CARAMEL ROLLS

frozen dough
1 stick margarine
1 c. brown sugar

1 c. vanilla ice cream
sugar and cinnamon mix

Roll dough in cinnamon and sugar mix. Cover in a greased pan. Bring to a boil the margarine and brown sugar. Add ice cream. Pour mixture over dough. Bake at 350° for 30 to 35 minutes.

Connie Lemke

DATE BREAD

1 Tbsp. butter
1 c. sugar
1 egg
1 c. chopped dates
1 c. boiling water

1 tsp. soda
pinch of salt
¾ c. chopped nuts
½ tsp. vanilla
2 c. flour

Pour boiling water over dates and let stand. Cream butter and sugar together. Add egg and vanilla. Stir in dates and water. Add flour, soda and salt. Stir in nuts. Pour into loaf pan that has been greased. Bake for 50 to 60 minutes or until done in a 350° oven.

Ruth Pierce

DOUGHNUT MAKER DOUGHNUTS

3 eggs, beaten
¼ tsp. nutmeg
1 c. sugar
1 c. buttermilk
2 tsp. baking powder

½ tsp. vanilla
1 tsp. salt
5 Tbsp. oil
1 tsp. baking soda
4 c. flour

Mix together ingredients and fill doughnut maker. Drop into hot grease. Turn immediately. Turn again as they appear to crack and bubble out of the edges. Remove from grease. Drain. Cool and roll in sugar.

Variation: Omit vanilla and replace with 2 tablespoons cream instead of 5 tablespoons oil. Roll out on floured board and cut with cutter.

Bonnie Pierce

DONUTS

2 c. sugar	2 tsp. soda
6 eggs	6 tsp. baking powder
2 c. buttermilk	1 tsp. salt
1 c. sour cream (real)	1 tsp. nutmeg
8 c. flour (large)	1 tsp. ginger

Combine sugar, eggs, buttermilk and real sour cream. Stir well. Add soda, baking powder, salt, nutmeg and ginger to the flour. Mix well.

Combine the two batters together. Stir very well. Roll out dough. Cut donuts and fry in hot oil or lard. Use a temperature of 375° to 400° for the oil or lard. Makes about 5 dozen.

Phyllis Cook

DROP DOUGHNUTS

2 eggs, well beaten	1 c. milk
1 c. sugar	3 c. flour
2 Tbsp. melted butter or margarine	3 tsp. baking powder
	1 Tbsp. vanilla

Beat eggs well. Add sugar and butter. Then add milk, flour and baking powder. Last, add vanilla. You may use nutmeg if you like.

Fill dropper. Batter may seem thin, but will thicken. If too thick, add a little more milk.

Bonnie Pierce

HERBED FRENCH BREAD

1 loaf French bread	½ tsp. onion powder
½ c. butter	⅛ tsp. thyme leaves
1 tsp. parsley flakes	

BREADS, ROLLS & PASTRIES

Spread between bread slices. Wrap in aluminum foil and heat in 400° oven for 10 minutes or until heated through.

Lola Perry

FRENCH TOAST WITH APPLE RAISIN SAUCE

4 whole eggs
2 egg whites
½ c. sugar
¼ tsp. salt

3 c. low-fat milk (1%)
1 Tbsp. cinnamon
1 loaf French bread, cut diagonally 1-inch slices

Sauce:

3 Granny Smith apples, cut ½ in slices
¼ c. golden raisins
¼ c. packed brown sugar

¼ c. butter
1 tsp. lemon juice
½ tsp. cinnamon

Beat eggs, whites, sugar, salt, milk and cinnamon in bowl. Soak bread in mixture 3 minutes. Arrange bread on lightly greased baking pan. Bake in preheated 375° oven for 25 minutes until center is slightly dry.

Simmer sauce ingredients in large saucepan for 10 minutes or until apples are softened. Stir occasionally. Serve sauce over warm toast. Makes 6 servings.

LaRee Perry Hennen

GARLIC BREADSTICKS

2 Tbsp. butter or margarine, melted
½ tsp. garlic salt

1 tube refrigerated biscuits (6 biscuits)
2 Tbsp. sesame seed or poppy seed

Preheat oven to 450° (230°C). In a pie plate, combine melted butter or margarine and garlic salt. On a lightly floured surface, use your hands to roll each biscuit into a thin stick, about 8 inches long. Roll sticks in melted garlic butter. Place on waxed paper. Sprinkle sticks on all sides with sesame seed or poppy seed. Bake on ungreased baking sheet, 8 to 10 minutes or until lightly browned. Makes 6 breadsticks.

Dori Perry Sudenga

BERRY CREAM MUFFINS

4 c. all-purpose flour
 2 c. sugar
 2 tsp. baking powder
 1 tsp. baking soda
 1 tsp. salt

3 c. fresh or frozen raspberries
 or blueberries
 4 eggs, lightly beaten
 2 c. (16 oz.) sour cream
 1 c. vegetable oil
 1 tsp. vanilla extract

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Add berries and toss gently.

Combine eggs, sour cream, oil and vanilla. Mix well. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups $\frac{2}{3}$ full. Bake at 400° for 20 to 25 minutes or until muffins test done. Yields about 24 standard size muffins.

Afra Langland

RHUBARB MUFFINS

$\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ tsp. ground cinnamon
 3 Tbsp. finely chopped pecans
 1 c. buttermilk
 1 large egg
 1 c. light brown sugar
 $\frac{1}{4}$ c. vegetable oil, preferably
 canola oil

1 $\frac{1}{2}$ tsp. pure vanilla extract
 $\frac{1}{2}$ c. diced rhubarb
 1 $\frac{3}{4}$ c. all-purpose white flour
 1 tsp. baking powder
 1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt

Preheat oven to 400°. Lightly oil 12 muffin cups or coat with nonstick cooking spray. Set aside. In small bowl, stir together sugar, cinnamon and nuts. Set aside.

In a mixing bowl, whisk together buttermilk, egg, brown sugar, oil and vanilla until smooth. Stir in rhubarb.

In another bowl, whisk together flour, baking powder, baking soda and salt. Add to the buttermilk/rhubarb mixture and stir until just combined.

Spoon the batter into the prepared muffin cups. Sprinkle the reserved sugar-nut mix over the tops of the muffins. Bake for 20 to 25 minutes until muffins are golden brown. Let cool briefly on a wire rack before serving. Makes 12 muffins.

LaRee Perry Hennen

OVERNITE ROLLS

1 pkg. dry yeast
1 c. sugar
½ c. shortening, melted, cooled
2 eggs, beaten

2 ¼ c. warm water (¼ c. to
dissolve yeast)
1 tsp. salt
about 8 to 8 ½ c. flour

At 5:00, mix.

At 6:00, knead.

At 7:00, knead.

At 8:00, knead.

At 9:00, put in greased pan, 50 cent size (small).

At 10:00, cover and bake in the morning 18 minutes at 350°.

Opal Perry

POPPY SEED BREAD

1 box lemon cake mix
1 small box instant coconut
pudding
2 Tbsp. poppy seed

3 eggs, beaten
½ c. salad oil
1 c. hot water

Mix together dry cake mix, dry pudding mix and poppy seed. In separate bowl, mix together eggs, salad oil and water. Then mix all ingredients together. Pour into two greased and floured loaf pans. Bake at 350° for 40 to 50 minutes.

Juanita Benz Corey

PRUNE NUT BREAD

1 c. brown sugar
2 Tbsp. melted butter
2 eggs
1 c. cooked prunes
¾ c. prune juice

1 tsp. soda
½ tsp. baking powder
1 tsp. vanilla
2 ½ c. flour
½ c. chopped walnuts

Cook a bag of pitted prunes in water until the prunes are mushy. Let cool. Mix together sugar, butter, eggs, prunes and prune juice. Mix well.

Add soda, baking powder, vanilla and flour. Then add walnuts. Bake in two individual bread pans, greased with butter and floured. Bake one hour at 350°. To serve, slice and spread with butter.

Marie Christensen

SPEEDIE BREAD

2 c. warm water
 ¼ c. sugar
 2 pkg. yeast

1 Tbsp. salt
 2 c. flour
 2 Tbsp. soft shortening

Dissolve yeast and sugar in warm water. Add salt and cup flour until dough is formed. Let rest 10 minutes in bowl. Knead on floured board 10 minutes. Let rise 20 minutes. Punch down. Let rise again 20 minutes. Shape into loaves and rise 40 minutes. Bake 40 to 50 minutes at 350°. Makes 2 to 3 loaves.

Bonnie Pierce

STICKY BUNS TROPICALE

1 (14 oz.) loaf frozen sweet roll dough or 1 (16 oz.) loaf frozen white bread dough, thawed
 1 (3 ⅛ oz.) pkg. regular coconut cream pudding mix
 ½ c. packed brown sugar

½ c. chopped Macadamia nuts or pecans
 1 tsp. ground cinnamon
 5 Tbsp. butter or margarine, melted

Preheat oven to 350°. Grease 16 muffin pan cups. Quarter loaf. Cut each quarter into 8 cubes to make 32 cups in all.

In a medium bowl, mix dry pudding mix, brown sugar, nuts and cinnamon. Dip each dough cube in melted butter or margarine. Then roll generously in pudding mixture. Place 2 coated balls in each muffin cup. Drizzle with any remaining butter and sprinkle with any remaining pudding mixture. Cover and let rise in a warm place until almost doubled in bulk, about 1 hour. Bake 12 minutes or until browned and buns have slightly pulled away from sides of cups. Let stand 2 minutes. Invert onto rack to cool.

Dori Perry Sudenga

WHOLE WHEAT BUNS

½ c. honey
 ½ c. shortening
 1 c. boiling water
 2 eggs, beaten
 2 Tbsp. yeast

½ c. warm water
 1 tsp. salt
 ½ c. wheat germ
 2 to 3 c. whole wheat flour
 approximately 3 c. white flour

Combine honey, shortening and 1 cup boiling water. Beat together. Add remaining ingredients. Allow to rise until double in bulk.

BREADS, ROLLS & PASTRIES

Punch down. Allow to double again. Form into dinner rolls. Allow to double in size. Bake for 15 to 20 minutes at 350°. Brush tops with butter right away upon removing from oven.

Phyllis Cook

ZUCCHINI BREAD

3 eggs	3 tsp. cinnamon
2 c. sugar	1 tsp. baking soda
2 Tbsp. vanilla	1 tsp. salt
1 c. vegetable oil	½ tsp. baking powder
3 c. flour	

Blend the eggs with the sugar. Add vanilla and vegetable oil. Sift together the remaining ingredients. Add to first mixture the dry ingredients, then fold in 2 cups peeled and grated zucchini and ½ cup chopped nuts (optional). Pour into two greased and floured bread tins. Bake at 350° for 60 to 70 minutes.

Connie Culey-Even

ZUCCHINI PINEAPPLE BREAD

3 eggs	¾ tsp. nutmeg
2 tsp. vanilla	1 c. currants or raisins
2 c. coarsely shredded zucchini	1 c. salad oil
1 (8 oz.) can crushed pineapple, well drained	2 c. sugar
3 c. flour	2 tsp. soda
½ tsp. baking powder	2 tsp. cinnamon
	1 c. chopped walnuts

Mix well. Bake 1 hour at 350°. Cool 10 minutes on rack before removing from pan. Makes 2 loaves.

Opal Perry

ZUCCHINI BREAD

3 eggs	1 tsp. salt
2 c. sugar	1 Tbsp. cinnamon
1 c. cooking oil	1 tsp. vanilla
2 c. flour	2 c. grated zucchini
¼ tsp. baking powder	1 c. nuts
2 tsp. soda	

Beat first three ingredients. Add flour, baking powder, soda and salt. Mix well. Add cinnamon and vanilla, then zucchini and nuts. Bake at 350° for about 1 hour. Makes 2 loaves.

Mike Perry

CINNAMON ROLL TOPPING

2 c. brown sugar	4 Tbsp. white syrup
4 Tbsp. milk	8 Tbsp. butter
1 Tbsp. white vinegar	1/8 tsp. salt
1/2 tsp. vanilla	

Cook for 1 minute. Pour in bottom of pan. Put rolls on top. Bake when rolls have risen. This never gets hard and freezes well.

Dude Intermill

AMISH APPLE PIE

single crust pie pastry

Filling:

4 to 5 c. peeled, cored, sliced tart apples	1/2 tsp. cinnamon
1 c. sugar	1 c. whipping cream
3 Tbsp. flour	1 egg
	1 tsp. vanilla

Topping:

2/3 c. flour	1 tsp. nutmeg
1/3 c. sugar	dash of salt
1/4 c. brown sugar	1/2 c. butter or margarine
1 tsp. cinnamon	1/2 c. chopped walnuts (optional)

Heat oven to 350°. Line 10-inch pie pan with pastry. Fill with apples.

In medium bowl, combine all remaining filling ingredients and mix well. Pour over apples. Bake for 20 minutes.

Meanwhile, mix all topping ingredients until crumbly. Sprinkle topping mixture over pie. Continue baking for 35 to 45 minutes or until apples are tender and top is golden brown.

Kerri Perry

BUTTERSCOTCH PIE

1 c. brown sugar	2 c. milk
2 ½ Tbsp. flour	2 egg yolks
¼ c. butter	2 tsp. vanilla
⅛ tsp. salt	

Mix sugar, flour, butter and salt in saucepan. Cook until blended. Add 1 cup milk. Beat egg yolks and 1 cup milk. Add to rest of ingredients. Cook until thickened. Add vanilla. Pour into baked pastry shell or graham cracker crust. Top with meringue. Bake at 350° until brown, 10 to 12 minutes.

Kerri Perry

CRANBERRY PIE

2 c. cranberries, chopped	1 c. cream
1 c. sugar	pinch of salt
1 Tbsp. flour	

Mix sugar, flour and salt. Sprinkle over berries in unbaked pie shell. Pour cream over top and cover with crisscross pie crust. Bake in 400° oven for 10 minutes, then 350° until done.

Marie Christensen

KEY LIME PIE

1 ¼ c. graham cracker crumbs	¼ c. key lime juice
¼ c. unsalted butter, melted	1 tsp. grated lime zest
1 ¼ c. plus 6 Tbsp. sugar	3 large eggs, separated
¼ c. cornstarch	1 ½ c. boiling water

Preheat oven to 350°. In bowl, combine 1 ¼ cups sugar, the cornstarch, lime juice and zest. Mix well. Whisk in egg yolks. Gradually stir in boiling water until blended. Over medium-high heat, bring to boiling, whisking, cook, whisking 4 minutes until thick. Pour into bowl. Stand bowl in larger bowl of ice and water to cool mixture. Pour filling into crust. Raise oven temperature to 425°.

In bowl of electric mixer at high speed, beat egg whites, adding remaining sugar, one tablespoon at a time, until stiff. Spread over filling to cover completely. Bake 4 minutes or until golden brown. Chill at least 8 hours.

Juanita Benz Corey

ANNA'S LEMON PIE

1 c. sugar
 4 Tbsp. cornstarch
 1/8 tsp. salt
 1 1/2 c. boiling water

juice of 1 large lemon
 1 tsp. grated lemon rind
 2 egg yolks
 3 Tbsp. butter

Blend sugar, cornstarch, salt and egg yolks together, mixing until smooth. Beat lemon juice, rind and egg yolks together. Add to hot sauce gradually and cook 3 minutes, stirring constantly. Add butter. Remove from heat and cool slightly. Pour into baked pie crust. Cover with meringue and bake in oven until nicely browned.

*Mildred Anderson***LEMON CHIFFON PIE**

1 envelope gelatin, dissolved
 in 1/4 cup cold water
 1/2 c. sugar

1/2 c. lemon juice
 4 egg yolks, well beaten

Cook all the ingredients in double boiler and pour while hot into 4 egg whites that have been beaten stiff with 1/2 cup sugar. Stir together until smooth. Pour into baked pie shell. Put into refrigerator to cool and set. Serve with whipped cream.

*Phyllis Cook***PECAN PIE**

3 eggs, well beaten
 2/3 c. sugar
 1 Tbsp. lemon juice (may omit)
 1 tsp. vanilla

1 Tbsp. melted butter
 1 c. chopped pecans
 1 c. corn syrup (white)
 1/8 tsp. soda

Mix and put in unbaked pie shell. Bake at 375° for 1/2 hour. Bake like pumpkin pie.

*Blanche Beem***EASY PECAN PIE**

1 (3 1/4 oz.) pkg. vanilla pudding
 1 c. dark syrup
 3/4 c. evaporated milk

1 egg, beaten
 1 c. chopped pecans

BREADS, ROLLS & PASTRIES

Stir together the pudding and the syrup. Mix well. Add the evaporated milk, then the egg. Mix again. Add the pecans. Put into an unbaked 8-inch pie shell and bake 40 minutes at 375°.

Elna Cook

HEATH BITS PECAN PIE

¼ c. Heath Bits toffee chips	½ c. sugar
4 eggs, slightly beaten	1 Tbsp. vanilla
1 c. light corn syrup	1 c. coarsely chopped pecans
4 Tbsp. butter or margarine, melted	1 Keebler Graham cracker ready crust pie crust

Note: Butter may be used in place of margarine.

Cover the bottom of the 9-inch ready crust pie shell with Heath Bits. In a mixing bowl, combine eggs, sugar, corn syrup, margarine or butter and vanilla. Mix well and add pecans. Pour mixture over the Heath Bits in the pie shell. Bake at 350° for 55 to 60 minutes or until the pie tests done with a toothpick, knife or cake tester.

John W. Langland

BEST PUMPKIN PIE

1 unbaked pie shell	1 tsp. cloves
1 can Festal golden pie pumpkin	1 tsp. cinnamon
3 eggs, slightly beaten	¼ tsp. nutmeg
1 c. granulated sugar or light brown sugar	¼ tsp. ginger
½ tsp. salt	1 c. milk or evaporated milk

Prepare a one-crust pie shell. Combine eggs, sugar, salt and spices. Beat well. Blend in Festal pumpkin. Add milk and beat well. Turn into pastry lined pie pan. Bake in a hot 450° oven for 10 minutes, then reduce heat and bake at 350° for 40 to 45 minutes. Pie is done when knife inserted in center comes out clean.

Irene Benz

MRS. GRAPE'S RHUBARB PIE

3 ¾ c. fresh rhubarb	1 Tbsp. butter
boiling water	1 egg
1 ½ c. sugar	2 pie crusts
2 heaping Tbsp. flour	

Cut rhubarb into small pieces. Put in crock (no metal) and cover it with boiling water. Cover the crock tight and let it stand 5 minutes. Drain in a colander. Put the rhubarb back in the crock while it is still hot.

Mix together sugar and flour. Pour over the rhubarb. Add butter. Beat egg well and add to rhubarb. Pour between 2 pie crusts. Bake for 1 hour at 350°.

Marie Christensen

RHUBARB CREAM PIE

2 c. fresh rhubarb
1 ¼ c. sugar
2 Tbsp. flour

¼ tsp. salt
3 eggs, beaten
1 unbaked pie shell

Blend 1 cup of the sugar, flour and salt. Beat eggs until very light. Add dry ingredients. Beat smooth. Pour over cut rhubarb and mix. Pour into unbaked pie shell. Top with crisscross crust made from trimming of lower crust. Sprinkle remaining ¼ cup of sugar evenly over top. Bake in hot oven at 425° for about 10 minutes. Then reduce heat to 325° and continue to bake for about 30 minutes. There will be a cake like topping and rich custard filling. Serve plain or with a dab of whipped cream.

Phyllis Cook

RHUBARB CUSTARD PIE

1 crust
3 eggs, beaten
1 ½ c. sugar
2 Tbsp. flour (heaping)

dash of salt
½ tsp. vanilla
2 ½ c. rhubarb

Beat together and then add 2 ½ cups rhubarb. Sprinkle some sugar on top. Bake at 400° for 1 hour.

Dori Perry Sudenga
Lola Perry

IRENE'S SOUR CREAM PIE

1 c. sugar
1 Tbsp. flour
2 egg yolks
1 c. sour cream

½ tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
½ c. raisins

BREADS, ROLLS & PASTRIES

Cook until thick. Pour into baked pie shell. Add meringue and bake until brown.

Irene Benz

UNBAKED STRAWBERRY PIE

1 c. water	1 pt. cleaned strawberries
2 Tbsp. cornstarch	baked pastry shell
1 c. sugar	whipped cream
3 Tbsp. strawberry gelatin	

Combine water, cornstarch and sugar. Boil until clear, stirring constantly. Add strawberry gelatin and allow to cool. Add strawberries. Pour mixture into baked pastry shell. Refrigerate. Serve with whipped cream.

Peaches and raspberries also work well. Substitute appropriate gelatin flavor for the strawberry.

*Phyllis Cook
Opal Perry*

ZUCCHINI PIE

4 c. zucchini	1 tsp. cinnamon
¾ c. sugar	⅛ tsp. nutmeg
2 Tbsp. Minute tapioca	2 Tbsp. cornstarch
4 tsp. lemon juice	2 Tbsp. margarine
½ tsp. salt	

Peel, remove seeds and slice zucchini like apples for pie. Mix all ingredients together, except the margarine. Put in unbaked pie shell and dot with margarine on top of mixture. Top with top crust with slits cut in it. Bake at 350° for 1 hour.

Marie Christensen

GRANDMA ENGWELL'S PIE CRUST

2 c. lard	2 tsp. salt
1 c. boiling water	6 c. flour

Makes four 2-crust pies. May be frozen and thawed, reused at any time.

*Carolyn Herbranson
White, SD*

PIE CRUST

2 c. sifted flour
 $\frac{2}{3}$ c. butter Crisco

$\frac{1}{3}$ c. cold water
dash of salt

In bowl, place sifted flour, Crisco and salt. Mix well and add water. Makes three crusts.

Ruth Pierce

PIE CRUST

$\frac{1}{2}$ c. oil
2 Tbsp. sugar
2 Tbsp. milk

$\frac{1}{2}$ tsp. salt
1 $\frac{1}{2}$ c. flour

Mix oil, sugar, milk, salt and flour. Pat in pan. Bake 15 minutes at 375°.

Opal Perry

ROSETTES

(Makes 100)

2 eggs
2 c. (2%) milk
 $\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ tsp. vanilla
2 Tbsp. sugar
2 c. flour

Do not use Crisco oil! Beat eggs slightly. Add sugar, salt and vanilla. Add milk and flour. Beat slightly. Fry in Crisco. Adjust heat if dough falls off iron in the Crisco. If they do not seem to get real crisp, put on cookie sheet and bake in a 325° oven for 5 minutes. Dip in super fine sugar when ready to eat.

Opal Perry

FOOLPROOF POPOVERS

1 c. milk
1 c. flour

2 eggs
 $\frac{1}{2}$ tsp. salt

Pour all ingredients in mixing bowl. Stir with spoon until dry ingredients are moist. Disregard lumps. Pour into 6 greased, cold custard cups, half full. Set the oven for 450° and the timer for 30 minutes. Don't peek! When the bell rings, serve immediately.

LaRee Perry Hennen

BREADS, ROLLS & PASTRIES

-•YOUR FAVORITE RECIPES•-

Recipe

Page Number



**CAKES,
COOKIES &
DESSERTS**

**“GO EAT...DRINK OF THE SWEET,
AND SEND PORTIONS TO HIM WHO HAS
NOTHING PREPARED...”**

NEHEMIAH 8:10

Candy Testing



Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

CAKES, COOKIES & DESSERTS

APPLE CAKE

1 c. sugar	1/2 tsp. vanilla
1 egg	1/2 c. shortening
2 1/2 c. peeled, diced apples	1/2 c. coffee
1 1/2 c. flour	brown sugar
1/2 tsp. soda	1/2 c. chopped nuts
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 tsp. baking powder	

Cream sugar, shortening and add egg. Alternately add coffee and other ingredients. Fold in apples and vanilla. Top with brown sugar, nuts and cinnamon. Bake at 350° for 30 to 40 minutes in a 9 x 13-inch pan.

Mike Perry

FRESH APPLE CAKE/SAUCE

1/4 c. oleo	1 tsp. soda
1 c. sugar	3/4 tsp. cinnamon
1 egg, beaten	2 c. diced apples, peeled and raw
1/4 tsp. lemon flavoring	1/4 c. nuts
1/4 tsp. butter flavoring	1/2 c. white sugar
1 2/3 c. sifted flour	1/2 c. brown sugar
1/8 tsp. salt	1/4 tsp. black walnut flavoring
1/2 c. cream	1/4 c. oleo

Use a 9-inch pan. Cream well the oleo and sugar. Add egg and flavorings. Sift flour, salt, cinnamon and soda. Add to creamed mixture. Add apples and nuts. Let stand 8 to 10 minutes. Bake at 350° about 45 minutes.

Sauce:

1/2 c. white sugar	1/2 c. cream
1/2 c. brown sugar	1/4 tsp. black walnut flavoring
1/4 c. oleo or butter	

Bring to a boil only. It can be reheated.

Coral Bombeck

RAW APPLE CAKE

2 c. sugar	3 c. flour
1 c. shortening	2 tsp. soda
2 eggs, beaten	1 tsp. cloves
2 tsp. cinnamon	1 c. coffee
2 c. sliced apples	1 c. nut meats (optional)

Mix together and bake in a 9 x 13-inch cake pan at 350° for 30 to 35 minutes.

Irene Benz

BANANA SPLIT CAKE

½ c. margarine, melted	4 medium bananas
2 c. graham cracker crumbs	1 (20 oz.) can crushed pineapple, drained
2 eggs	1 (9 oz.) carton Cool Whip, thawed
2 c. powdered sugar	chocolate syrup
¾ c. soft margarine	
1 tsp. vanilla	

Mix and pat into the bottom of 13 x 9 x 2-inch pan the melted margarine and graham cracker crumbs.

In the mixer, beat 2 eggs on high for 4 minutes. Add powdered sugar, soft margarine and vanilla. Beat 5 more minutes (very important to beat a good 5 minutes). Spread mixture on crust and chill 30 minutes.

Layer the following: bananas (sliced and soaked in the juice from the crushed pineapple to keep from turning black), crushed drained pineapple and thawed Cool Whip. Drizzle with chocolate syrup and top with maraschino cherries and refrigerate. Best when kept overnight in the fridge.

Afra Langland

BEST EVER CHOCOLATE SHEET CAKE

3 Tbsp. cocoa	½ c. buttermilk
½ c. oil	2 c. flour
½ c. butter	2 c. sugar
1 c. water	1 tsp. soda
3 eggs	1 tsp. salt
1 tsp. vanilla	

Mix together the flour, sugar, soda and salt. In a large mixer bowl, measure cocoa, oil, butter and water. Put in microwave on High and bring to boil. Add flour and sugar to the hot mixture and beat well. Add eggs, one at a time, and beat well after each. Add vanilla and buttermilk last. Bake at 350° for 20 minutes in a jelly roll size pan. Frost with favorite chocolate frosting after cooled.

Bev Heylens

CHOCOLATE CAKE

2 c. brown sugar
½ c. shortening
2 eggs
½ c. milk

2 c. flour
2 tsp. soda
5 Tbsp. cocoa
1 c. hot water

Cream sugar and shortening. Add eggs and milk. Mix water and soda. Add flour and cocoa. Bake in a 370° oven for 45 minutes.

Lola Perry

ULTIMATE CHOCOLATE CAKE

1 devil's food cake mix
water (as on cake mix)
oil (as on cake mix)
eggs (as on cake mix)
1 c. chocolate chips
1 (14 oz.) can sweetened
condensed milk (warmed)

1 (21 oz.) jar butterscotch
caramel fudge topping
1 (12 oz.) carton whipped topping
1 (1.5 oz.) pkg. toffee candy bars,
crushed
3 to 4 Tbsp. chocolate syrup

Heat oven to 350°. Prepare cake mix as directed on package using water, oil and eggs. Pour into greased and floured 13 x 9-inch pan. Sprinkle with chocolate chips. Bake for 30 to 40 minutes. Poke holes in cake with a wooden spoon handle. Pour warmed milk over cake. Cool completely. Pour topping over cake. Sprinkle with crushed candy bars. Spread with whipped topping. Drizzle with chocolate syrup for garnish, if desired.

Kerri Perry

FRUIT COCKTAIL CAKE

1 (No. 303) can fruit cocktail
1 c. sugar
1 c. flour

1 egg, beaten (this is important)
1 tsp. soda
½ tsp. salt

CAKES, COOKIES & DESSERTS

Topping:

½ c. brown sugar	1 tsp. vanilla
½ c. nut meats, broken	½ tsp. cinnamon

Mix topping ingredients together. Pour all ingredients into ungreased 8 x 8-inch pan. Mix all around until well blended. Sprinkle on topping and bake about 40 minutes in a 350° oven. Serve with whipped topping or ice cream (warm).

Margaret Heylens

COFFEE CAKE

½ c. butter	1 c. sugar
2 eggs	1 c. milk
2 ½ c. flour	1 tsp. vanilla
2 tsp. baking powder	

Topping:

1 Tbsp. flour	4 Tbsp. butter
2 tsp. cinnamon	1 ½ c. brown sugar

Pour half of batter in buttered angel food pan and then pour half of filling on top. Then add rest of batter and top with remaining topping. Bake at 350° for 40 to 45 minutes.

Dorothy Loban

STREUSEL COFFEE CAKE

½ c. sugar	¼ tsp. salt
¼ c. margarine	3 Tbsp. milk
1 egg	⅓ c. brown sugar
¼ tsp. lemon extract	¼ c. flour
¼ tsp. vanilla	¼ tsp. cinnamon
¾ c. flour	2 Tbsp. margarine
1 tsp. baking powder	

Preheat oven to 350°. Cream together sugar and margarine. Beat in egg, lemon extract and vanilla. Combine ¾ cup flour, baking powder and salt.

Dori Perry Sudenga

CRAZY CAKE

3 c. flour
 2 c. sugar
 1/3 c. cocoa
 1 tsp. soda
 1 tsp. salt

2 Tbsp. vinegar
 3/4 c. salad oil
 1 tsp. vanilla
 2 c. water

Mix all ingredients in a 9 x 13-inch pan. Do not grease. Sift all dry ingredients together and level off in pan. Make 3 holes and put vinegar in one, salad oil in another and vanilla in the third. Pour water over all and mix well with a fork. Do not beat but mix well. Bake at 350° for 30 to 35 minutes.

Ruth Pierce

GRANDMA'S OLD FASHIONED DATE CAKE

1 1/2 c. sugar
 1 c. dates
 1/2 c. shortening
 1 c. boiling water
 1 tsp. cinnamon
 some nuts, chopped

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

Soak cut up dates in cup of boiling water with soda. Soak while mixing other ingredients. Add to other mixed ingredients. Bake 30 minutes at 350°.

*Carolyn Herbranson
 White, SD*

DATE CAKE SQUARES (WITH EQUAL)

1 c. chopped dates
 3/4 c. chopped pitted prunes
 1/2 c. dark raisins
 1 1/4 c. water
 8 Tbsp. margarine, cut into pieces
 2 eggs
 1 tsp. vanilla

1 c. all-purpose flour
 5 1/2 tsp. Equal or 18 packets Equal
 1 tsp. baking soda
 1/4 tsp. salt
 1/2 tsp. ground cinnamon
 1/4 tsp. ground nutmeg
 1/4 c. chopped walnuts

Combine dates, prunes, raisins and water in medium saucepan. Heat to boiling. Reduce heat and simmer, uncovered, until fruit is thickened and water is absorbed, about 10 minutes. Remove from heat and add margarine, stirring until melted. Cool

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Mix eggs and vanilla into fruit mixture. Mix in combined flour, Equal, baking soda, salt, cinnamon and nutmeg. Spread batter evenly in greased baking dish, 11 x 7 x 2-inches. Sprinkle with walnuts. Bake in preheated 350° oven until cake springs back when touched lightly, 30 to 35 minutes. Cool on wire rack and cut into squares. Makes 2 dozen squares.

Mildred Anderson

FRUIT CAKE

60 red maraschino cherries (2 jars)	1 ½ c. sugar
3 lb. dates (whole fresh)	1 ½ c. flour
1 lb. whole Brazil nuts	1 ½ Tbsp. baking powder
1 lb. mixed walnuts and pecans	¼ tsp. salt

Mix sugar, flour, baking powder and salt together. Pour over fruit and 4 well beaten eggs. Put about 2 inches thick in pan. Bake 1 hour in moderate oven. Makes 3 loaves.

Opal Perry

HO HO CUPCAKES

1 chocolate cake mix	1 beaten egg
1 ⅓ c. sugar	1 (8 oz.) cream cheese

Mix cake mix as directed. Mix sugar, egg and cream cheese in another bowl. Fill cupcake liners ½ full of chocolate cake mix. Drop teaspoon of cream cheese mixture into middle of each. Frost when cooled.

Irene Benz

JELLY ROLL

6 egg yolks	2 tsp. baking powder
1 c. sugar	½ tsp. salt
½ c. boiling water	1 tsp. lemon or vanilla flavoring
1 ½ c. cake flour	

Beat eggs and add sugar gradually until mixture looks real creamy. Then add boiling water, beating continually. Add cake flour, sifted with baking powder and salt. Then add flavoring. Bake 20 to 25 minutes at 350°. Turn onto a damp towel and roll up. Let stand a

few minutes. Unroll and spread with your favorite jelly and roll up again. Roll in waxed paper.

Ruth Pierce

JELLY ROLL

12 egg yolks and 1 whole egg	1 tsp. vanilla
1 c. sugar	4 Tbsp. hot water
¼ tsp. salt	1 tsp. baking powder
1 c. cake flour	jelly or cream filling

Beat eggs together until light and lemon colored. Mix in order given. Fold in flour and baking powder last. Bake at 350° for 15 to 20 minutes. Beat egg at high speed for 5 minutes or until light and lemon colored in small bowl. Pour eggs into large bowl. Gradually beat in sugar on low speed. Blend in vanilla and hot water. Gradually add flour and baking powder and salt. Beat until batter is smooth. Use large cookie sheet that has been greased and lined with waxed paper. Remove from pan onto a moist towel and roll. Let stand until cool, then unroll and fill with jelly or cream filling and reroll.

Dorothy Loban

LEMON POUND CAKE

3 c. cake flour or 2 ⅔ c. all-purpose flour	2 ½ sticks butter or margarine (room temperature)
¼ tsp. salt	1 (8 oz.) pkg. cream cheese (room temperature)
7 large eggs (whites and yolks separated at room temperature)	3 ½ c. granulated sugar
	1 tsp. each lemon and vanilla extract

Glaze:

1 c. confectioners sugar	3 Tbsp. fresh lemon juice
---------------------------------	----------------------------------

Heat oven to 350°. Grease a 12-cup Bundt pan. Lightly coat with flour and shake out excess.

Mix flour and salt. Beat egg whites in a large bowl with electric mixer until stiff peaks form when beaters are lifted. Beat butter, cream cheese and sugar in another bowl (with same beaters) until light and fluffy. Beat in egg yolks, one at a time, until blended. Beat in extracts.

With mixer on low speed, gradually beat in flour mixture until blended. Stir in about ¼ of the beaten egg whites with a rubber spatula,

CAKES, COOKIES & DESSERTS

then gently fold in remaining whites until no white streaks remain. Pour into prepared pan. Bake 1 ¼ to 1 ½ hours until pick inserted in center comes out with moist crumbs. Cool on rack in pan for 10 minutes. Invert on rack and cool completely.

Glaze: Place rack on waxed paper and brush glaze over cake.

Bev Heylens

LICKIN' GOOD CAKE

- | | |
|---|---|
| 1 yellow cake mix | 1 large carton Cool Whip |
| ½ c. oil | 1 box instant coconut-cream pudding |
| 4 eggs | 1 (8 oz.) can crushed pineapple (including juice) |
| 1 (11 oz.) can mandarin oranges (including juice) | |

Combine cake mix, oil, eggs and oranges. Beat for 4 minutes. Pour into a 9 x 13-inch pan. Bake at 350° for 25 minutes. Cool.

For Frosting: Combine Cool Whip, pudding and pineapple together. Spread on cake.

Mildred Anderson

MARSHMALLOW CAKE

- | | |
|--------------------|------------------------|
| 2 c. cake flour | ½ tsp. cream of tartar |
| 2 c. sugar | ½ tsp. salt |
| 1 c. boiling water | 2 tsp. baking powder |
| 6 egg whites | |

Pour boiling water over flour and sugar. Stir and cool in fridge overnight. Beat whites of eggs, baking powder and cream of tartar until stiff and then fold in flour mixture. Bake in ungreased cake pan at 350° for about 30 minutes or golden brown on top.

For Christmas: You can cut this cake into 1 x 3-inch pieces. Frost with powdered sugar frosting and roll in chopped peanuts.

Dorothy Loban

MISSISSIPPI MUD CAKE

- | | |
|---------------------|-------------------|
| 2 c. sugar | 1 c. chopped nuts |
| 1 c. soft margarine | 1 ½ c. flour |
| 4 eggs | ⅓ c. cocoa |
| 1 c. flaked coconut | 1 tsp. vanilla |

Frosting:

7 oz. jar Marshmallow Creme
1 lb. powdered sugar
1/3 c. cocoa

1/2 c. soft margarine
1 tsp. vanilla
6 Tbsp. milk

Cream together sugar and margarine. Add eggs and vanilla. Sift together flour and cocoa. Add to creamed mixture. Blend in nuts and coconut. Bake in a greased and floured 9 x 13-inch pan for 30 to 40 minutes at 350°. Remove cake from oven and immediately spread Marshmallow Creme on hot cake. Cool cake thoroughly.

Cream together powdered sugar, cocoa, margarine and enough milk to make frosting of spreading consistency. Swirl over cake and allow to stand until frosting sets.

Elaine Culey**ORANGE CAKE**

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

1 tsp. baking powder
1 c. raisins
1 orange
2 c. flour
1 tsp. salt

Squeeze juice from the orange. Set aside for topping. Grind together raisins and the orange peeling. Cream together sugar and shortening. Add eggs, sour milk, soda, baking powder, salt and flour. Stir in ground orange peel and raisins. Bake in a 350° oven until done.

Stir juice of orange and 1/2 cup sugar together and pour over cake while hot. This serves as frosting.

Ruth Pierce**ORANGE CAKE**

1 1/2 c. sugar
2 eggs
1 ground orange
3 c. sifted flour
2 tsp. baking powder
1 tsp. soda (in milk)

1 c. ground raisins
1/2 tsp. salt
1 c. butter
1 c. sour milk
1 tsp. vanilla

Chop whole orange with rind and mix in batter. Bake at 350° for 35 to 45 minutes.

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Frosting:

2 c. powdered sugar
1 c. ground raisins

1 whole ground orange
1 tsp. vanilla

Add vanilla to powdered sugar, raisins and orange. Spread on top of cake for glaze.

Dorothy Loban

RHUBARB CAKE

1 ½ c. sugar
½ c. shortening (soft)
1 egg
1 c. sour milk

¼ tsp. soda
2 c. flour
1 tsp. vanilla
1 ½ c. rhubarb, cut fine

Topping:

½ c. sugar

½ tsp. cinnamon

Mix ingredients together. Bake in 9 x 13-inch pan for 45 minutes at 350°. Sprinkle topping on mixture before baking.

Dori Perry Sudenga

RHUBARB CAKE

1 c. brown sugar
½ c. white sugar
½ c. oleo
1 egg
1 c. sour milk or buttermilk

2 c. flour
1 tsp. soda
½ tsp. vanilla
1 ½ c. cut up rhubarb

Mix sugars, oleo, egg and milk. Add dry ingredients, vanilla and rhubarb. Put in a 9 x 13-inch greased and floured pan. Top with ½ cup sugar with cinnamon. Bake for 50 minutes at 350°.

Sylvia Perry

RHUBARB SURPRISE CAKE

¼ c. butter
½ c. sugar
1 egg
¾ c. flour
½ tsp. salt

1 ½ tsp. baking powder
¼ c. milk
10 oz. small pkg. marshmallows
4 c. diced rhubarb

Mix all ingredients together, except for rhubarb and marshmallows. Then put a layer of rhubarb in a 9 x 12-inch pan. On top of rhubarb, add package of marshmallows, then add the rest of the rhubarb on top of the last layer of rhubarb. Add your mixture of the first ingredients. Bake in a 350° oven for 35 to 40 minutes.

Lola Perry

OLD FASHIONED RHUBARB CAKE

½ c. butter	2 c. flour
1 ¼ c. sugar, divided	1 tsp. baking soda
1 egg	½ tsp. salt
1 c. buttermilk	2 c. chopped rhubarb
1 tsp. vanilla	½ tsp. cinnamon

In a mixing bowl, cream butter and 1 cup sugar. Add egg. Beat well.

Combine buttermilk and vanilla. Set aside. Combine flour, baking soda and salt. Add alternately with buttermilk and vanilla to creamed mixture. Stir in rhubarb. Spread in a 13 x 9 x 2-inch pan.

Combine remaining sugar with cinnamon. Sprinkle over batter. Bake at 350° for 35 minutes or until cake tests done.

Irene Benz

SELF-FILLING CUPCAKES

1 pkg. German chocolate cake mix	⅓ c. sugar
8 oz. cream cheese	dash of salt
	6 oz. chocolate bits

Preheat oven to 350°. Prepare cake mix according to directions. Spoon into paperlined muffin pans, ½ full. Cream softened cheese and sugar until light. Drop by teaspoon onto each cupcake. Stir in chocolate bits. Bake 25 to 30 minutes. Makes 2 dozen.

Nancy Heylens

DAKOTA SPICE CAKE

1 c. sugar	1 tsp. cinnamon
pinch of salt	1 egg
1 ½ tsp. soda	1 c. sour cream
2 c. flour	½ c. molasses
1 tsp. cloves	½ c. sweet milk
1 tsp. allspice	

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Beat the egg well. Add the sour cream and continue beating. Put the dry ingredients into a sifter and mix alternately with the molasses and sweet milk. Put into a greased and floured 9 x 13-inch pan. Bake in a 350° oven for 45 minutes or until toothpick comes out clean.

Elna Cook

SPONGE CAKE

1 ¼ c. cake flour	1 tsp. vanilla
½ tsp. baking powder	1 c. sugar
6 egg whites	½ tsp. salt
½ c. sugar	1 tsp. cream of tartar
½ c. water	

Sift together flour, sugar, baking powder and salt. In a large bowl, beat egg whites until frothy. Add cream of tartar. Gradually beat in ½ cup sugar a little at a time. Beat until whites form stiff, not dry peaks.

In a small bowl, combine egg yolks, water, vanilla and sifted ingredients. Beat at medium-high speed for 4 minutes or until mixture is light and fluffy. Fold egg yolk mixture gently and thoroughly until it forms stiff peaks. Bake at 350° for 45 minutes.

Dorothy Loban

PERFECT WHITE CAKE

2 level c. cake flour	little salt
2 c. sugar	2 tsp. vanilla
1 c. really boiling water	6 egg whites, beaten stiff peaks
2 level tsp. baking powder	1 level tsp. cream of tartar

Sift in evening the flour and sugar. Add hot water. Mix and set in refrigerator until morning. Add baking powder, salt and vanilla. Beat. Whip egg whites with cream of tartar. Fold into first mixture. Bake 20 minutes at 250°, then bake 20 minutes at 350°. Frost with powdered sugar frosting. May top with coconut or crushed peanuts.

Don't grease pan. Don't bake in Pyrex. Don't bake over 40 minutes. More moist on second day.

Opal Perry

APPLE BARS

1 c. thick applesauce
1 c. sugar
½ c. Crisco
¼ c. raisins
1 ½ c. flour

¼ tsp. salt
1 tsp. cinnamon
½ c. nut meats
1 tsp. soda

Frosting:

¾ c. brown sugar
¼ c. butter

¼ c. milk
1 c. plus 3 Tbsp. powdered sugar

Boil together applesauce, sugar, Crisco, raisins and then add soda. Mix well. Add to this the flour, cinnamon and nutmeats. Mix well. Bake in a 9 x 13-inch pan at 350° for 25 minutes.

To Make Frosting: Boil 1 minute the brown sugar, butter and milk, then add 1 cup and 3 tablespoons of powdered sugar to the right consistency to spread.

Mildred Anderson

BANANA BARS

½ c. margarine
1 ½ c. sugar
2 small mashed bananas
¾ c. buttermilk or sour milk
1 tsp. vanilla

2 eggs
½ tsp. salt
1 tsp. soda
2 c. flour
½ c. nutmeats (optional)

Bake at 350° for 30 minutes. Frost with powdered sugar frosting.

Dori Perry Sudenga

SASHYA'S BING BARS

2 c. sugar
⅔ c. evaporated milk
12 large marshmallows
6 oz. cherry chips

1 ½ tsp. vanilla
12 oz. pkg. chocolate chips
¾ c. peanut butter
2 c. Spanish peanuts

Mix sugar, evaporated milk and marshmallows. Boil 5 minutes, stirring constantly. Add cherry chips and vanilla. Put in buttered pan.

Melt chocolate chips and peanut butter in double boiler. Blend Spanish peanuts and add to chocolate chips and peanut butter. Put on top of pink part. Keep in refrigerator.

*Carolyn Herbranson
White, SD*

BLARNEY STONES

4 eggs, separated
1 c. flour
1 c. sugar

½ c. boiling water
¼ c. salt
vanilla

Beat egg yolks and add sugar, salt and vanilla. Add flour and hot water alternately. Fold in stiffly beaten egg whites. Bake at 350° for 15 to 20 minutes in a 9 x 13-inch pan.

When cool, frost with powdered sugar butter frosting and cover with crushed salted huskless peanuts (a batch and a half for a jelly roll pan).

Opal Perry

BEST BROWNIES

½ c. cake flour, sifted
½ c. unsweetened cocoa
¼ tsp. salt
2 egg whites
1 large egg

¾ c. granulated sugar
6 Tbsp. unsweetened applesauce
2 Tbsp. vegetable oil
1 ½ tsp. vanilla
1 Tbsp. chopped walnuts

Preheat oven to 350°. Spray an 8-inch square baking pan with vegetable cooking spray and set aside.

In medium bowl, combine flour, cocoa and salt. Mix well.

In large bowl, whisk together egg whites, egg, sugar, applesauce, oil and vanilla. Stir in flour and mix until just blended. Do not overmix. Pour batter into prepared pan and sprinkle with walnuts. Bake until just set and a toothpick inserted in center comes out clean, about 25 minutes. Place pan on a wire rack and cool for at least 15 minutes. Cut brownies into squares and place on serving plate.

LaRee Perry Hennen

BROWNIES

1 c. sugar
1 stick margarine or butter
1 large can chocolate syrup
1 ½ c. flour

1 c. nuts
½ tsp. salt
4 eggs

Cream margarine and sugar together. Add chocolate syrup. Next add flour, salt and nuts. Add eggs, one at a time, stirring well. Place in a 9 x 13-inch pan and bake at 350° for 25 to 30 minutes.

Ruth Pierce

TURTLE BROWNIES

- | | |
|--------------------------|-------------------------------|
| 1 c. sugar | 1/2 tsp. baking powder |
| 1/2 c. shortening | 1/4 tsp. salt |
| 1 tsp. vanilla | 1/2 c. chopped pecans |
| 2 eggs | 12 caramels |
| 2/3 c. flour | 1 Tbsp. milk |
| 1/2 c. cocoa | |

Heat oven to 350°. Grease a 9 x 9-inch square pan. Mix sugar, shortening, vanilla and eggs in large bowl. Stir in remaining ingredients, except nuts, caramels and milk. Spread batter in pan. Sprinkle pecans over batter. Bake 20 to 25 minutes.

Heat caramels and milk over low heat until melted. Drizzle over warm brownies. Cool completely.

Kerri Perry

BUSTER BARS

- | | |
|-----------------------------------|-------------------------------|
| 1 lb. Oreo cookies | 2/3 c. chocolate chips |
| 1/2 c. melted margarine | 2 c. powdered sugar |
| 1/2 gal. vanilla ice cream | 1/2 c. butter |
| 1 1/2 c. peanuts | 1 tsp. vanilla |
| 1 1/2 c. evaporated milk | |

Mix Oreo cookies and melted margarine. Put this in a 9 x 13-inch pan. Spread ice cream over this and sprinkle nuts over ice cream.

Mix rest of ingredients in pan and boil for 8 minutes, stirring constantly. Add vanilla. Cool this sauce. Pour over the peanuts and freeze. Keeps well in freezer.

Nancy Heylens

BUTTERSCOTCH CHEESECAKE BARS

- | | |
|--------------------------------------|-------------------------------|
| 1 (12 oz.) butterscotch chips | 1 (8 oz.) cream cheese |
| 1/3 c. margarine | 1 can Eagle Brand milk |
| 2 c. graham cracker crumbs | 1 tsp. vanilla |
| 1 c. nuts, chopped | 1 egg |

Preheat oven to 350° (325° glass). Melt butterscotch morsels and margarine. Stir in graham cracker crumbs and nuts. Press 1/2 into 9 x 13-inch pan.

In large mixing bowl, beat softened cream cheese until fluffy. Mix Eagle Brand, vanilla and egg well. Pour into pan with crust and top

CAKES, COOKIES & DESSERTS

with remaining crumb mixture. Bake 25 to 30 minutes or until toothpick in center comes out clean. Cool to room temperature. Chill before cutting. Store in refrigerator.

Neva Holter

CARAMEL BARS

- | | |
|------------------|-------------------------------------|
| 1 ½ c. oatmeal | ¾ c. melted butter |
| 1 ½ c. flour | ½ c. nuts |
| ¾ c. brown sugar | 32 melted caramels or 5
wrapples |
| ½ tsp. soda | |
| ¼ tsp. salt | |

Mix all ingredients together, except nuts and caramels. Spread half of mixture in 9 x 13-inch pan. Bake at 325° for 10 minutes. Sprinkle nuts and spread caramels over. Add rest of mixture. Bake 20 minutes longer.

Kerri Perry

DEB'S CARROT BUNS

- | | |
|-----------------|---|
| 4 eggs, beaten | 1 c. chopped nuts |
| 2 c. sugar | 1 tsp. salt |
| ⅓ c. Mazola oil | 1 tsp. cinnamon |
| 2 c. flour | 3 small jars strained carrot baby
food |
| 2 tsp. soda | |

Mix all together and beat well. Add baby food. Pour in 13 x 15-inch cookie sheet. Bake at 350° for 35 minutes.

Frosting For Carrot Bars:

- | | |
|---|-----------------------------|
| 4 Tbsp. melted butter | ½ tsp. vanilla |
| 1 large pkg. Philadelphia cream
cheese | 1 large pkg. powdered sugar |

Mix and spread.

*Carolyn Herbranson
White, SD*

CARROT BARS

- | | |
|-------------------------------|------------------------|
| 2 eggs | 1 ¼ c. flour |
| 1 c. sugar | 1 tsp. soda |
| ¾ c. oil | 1 tsp. cinnamon |
| 2 small jars carrot baby food | 1 tsp. chopped walnuts |
| 1 tsp. vanilla | |

Mix eggs, sugar and oil. Beat well. Add carrot baby food and vanilla. Mix dry ingredients together and add to first mixture. Add nuts. Pour into a greased and floured 9 x 13-inch pan and bake at 350° for 20 minutes.

Frosting:

¼ c. butter or margarine
1 (3 oz.) pkg. cream cheese

1 tsp. vanilla
1 ½ c. powdered sugar

Mix the margarine, cream cheese and vanilla. Beat until smooth. Add the powdered sugar and stir until the right consistency. Put on cooled bars.

Irene Benz**CHERRY COCONUT BARS****Pastry:**

1 c. flour
½ c. butter or shortening

3 Tbsp. powdered sugar

Filling:

2 eggs, slightly beaten
1 c. sugar
½ tsp. baking powder
¼ c. flour
¼ tsp. salt

1 tsp. vanilla
¾ c. chopped nuts
½ c. coconut
½ c. maraschino cherries

Mix flour, butter and powdered sugar until smooth. Place in 8-inch pan. Add filling. Bake 25 minutes. Cool.

May frost with powdered sugar frosting. Cut into bars.

Opal Perry**CLUB CRACKER BARS**

1 c. crushed graham crackers
1 stick margarine
⅓ c. milk

¾ c. brown sugar
½ c. white sugar

Frosting:

1 c. chocolate chips, melted

⅔ c. peanut butter

CAKES, COOKIES & DESSERTS

Line 9 x 13-inch cake pan with Club crackers. Mix all ingredients and boil 5 minutes or until it thickens. Pour over crackers in pan. Cover with more Club crackers. Frost with melted chocolate chips and peanut butter. Keep in refrigerator.

Neva Holter

CHOCOLATE MARSHMALLOW BARS

1 c. peanut butter
¼ c. margarine
1 large pkg. chocolate chips

1 (10 oz.) pkg. small
marshmallows

Combine peanut butter, margarine and chocolate chips over heat until well blended. Cool. Add marshmallows. Pour into 9 x 13-inch pan. Store in the refrigerator.

You may use one small package of chocolate chips and a small package of butterscotch chips if you like.

Bonnie Pierce

CHOCOLATE REVEL BARS

Crust:

1 c. oleo
2 c. brown sugar
2 eggs
2 tsp. vanilla

1 ½ c. flour
1 tsp. soda
3 c. oatmeal

Filling:

12 oz. semi-sweet chocolate
chips
15 oz. sweetened condensed
milk

2 Tbsp. oleo
1 c. nuts, chopped
2 tsp. vanilla

Mix crust ingredients together. Pat $\frac{2}{3}$ of it into a 10 x 15-inch pan.

Melt filling ingredients together in a double boiler. Pour filling over crust. Drop remaining $\frac{1}{3}$ of crust by tablespoons over filling. Bake 30 minutes at 350°.

Linda Heylens

DATE LAYER BARS

½ c. shortening
1 c. brown sugar
1 ½ c. flour
1 tsp. soda
½ tsp. salt

1 ¾ c. quick oatmeal
1 lb. dates, pitted and cut up
1 c. water
1 c. sugar

Cream shortening and sugar. Add flour and oatmeal. Mix until crumbly. Firmly pat one-half of the mixture in greased 9 x 13-inch pan. Spread with filling that has been cooked. Add remaining crumbs and pat smooth. Bake in moderate 350° oven for 30 minutes. Cut in bars or squares.

Date Filling: Cook 1 pound dates, pitted and cut, with 1 cup sugar and 1 cup water to the consistency of jam.

*Ruth Pierce***DREAM BARS**

½ c. butter
1 c. sugar
2 eggs
2 Tbsp. flour
1 ½ tsp. baking powder

½ c. nutmeats
1 c. flour
1 ¼ c. brown sugar
¼ tsp. salt
1 c. coconut

Mix first three ingredients and put into a cake pan. Bake at 350° for 10 minutes. Mix next 7 ingredients and put on first layer and bake at 350° for 20 minutes. Cut them into squares before they cool completely.

*Lola Perry***GUMDROP BARS**

2 c. flour
1 tsp. baking powder
¼ tsp. salt
4 eggs
2 c. brown sugar

1 Tbsp. cold water
⅓ c. nuts
1 c. gumdrops or orange slices
1 tsp. cinnamon

To well beaten eggs, add sugar. Gradually add water. Combine dry ingredients. Sprinkle over finely cut gumdrops and nuts. Pour into well-greased and floured 11 x 13-inch pan. Bake at 325° for 30 minutes. Ice while hot.

CAKES, COOKIES & DESSERTS

Icing:

2 Tbsp. melted butter
3 Tbsp. orange juice

enough powdered sugar to
spread easily

Phyllis Cook

LEMON DREAM BARS

Crust:

1 ½ c. flour
½ c. brown sugar

1 stick margarine

Filling:

2 eggs, beaten
1 c. brown sugar
1 ½ c. coconut
½ c. chopped pecans or walnuts

2 Tbsp. flour
1 tsp. baking powder
¼ tsp. vanilla

Glaze:

1 tsp. margarine
2 Tbsp. lemon juice

1 lemon rind
1 c. powdered sugar

Mix crust ingredients and pat into 9 x 13-inch cake pan. Bake at 275° for 10 minutes.

Mix filling ingredients and pour in baked crust. Return to oven and bake at 350° for 20 minutes. Remove from oven and glaze while hot.

Neva Holter

KRINGLER

½ c. sugar
½ tsp. baking powder
3 c. flour

1 c. softened shortening
1 c. heavy cream
1 tsp. vanilla

Sift together sugar, baking powder and flour. Add shortening, cream and vanilla. Roll and shape. Sprinkle with sugar and bake until lightly browned.

Dude Intermill

MAGIC COOKIE BARS

- | | |
|--|-------------------------------------|
| ½ c. margarine | 1 ½ c. graham cracker crumbs |
| 1 (14 oz.) Eagle Brand sweetened condensed milk | 1 c. chocolate chips |
| 1 c. nuts, chopped | 1 ½ c. flaked coconut |

Preheat oven to 350°. In a 13 x 9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine. Pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients. Press down firmly. Bake 25 to 30 minutes or until lightly brown. Cool. Chill. Cut into bars. Makes 24 to 36 bars.

Lola Perry

MATRIMONIAL BARS

- | | |
|---------------------------|--------------------|
| 2 c. quick oatmeal | 2 c. flour |
| 1 ½ c. brown sugar | 1 tsp. soda |
| 1 c. shortening | |

Filling:

- | | |
|--------------------|---------------------------|
| 1 lb. dates | 1 ½ c. brown sugar |
| 1 c. water | |

Mix and divide in two parts. Spread half in a shallow greased pan. Put filling on and cover with other half. Bake 30 minutes at 350°.

Filling: Boil.

Dude Intermill

SALTED NUT ROLL

- | | |
|--|------------------------------|
| 1 box yellow cake mix | ½ c. butter |
| ¼ c. butter, melted | ½ c. white corn syrup |
| 1 egg | 1 tsp. vanilla |
| 3 c. miniature marshmallows | 2 c. peanuts |
| 1 (12 oz.) pkg. peanut butter chips | 2 c. Rice Krispies |

Combine cake mix, butter and egg. Pat into a 9 x 13-inch pan. Bake at 350° for 10 to 12 minutes. Put marshmallows over crust. Return to oven three minutes or until they puff.

Melt in large bowl the peanut butter chips, ½ cup butter and corn syrup. Add vanilla, peanuts and Rice Krispies. Spread over marshmallows and refrigerate. May be frozen. Cut into small bars.

*Barbara Heylens Culey
Neva Holter*

NUT GOODIE BARS

12 oz. pkg. semi-sweet chocolate chips
12 oz. pkg. butterscotch chips
2 c. chunky peanut butter
2 c. roasted peanuts
1 c. margarine

½ c. evaporated milk
3 ¾ oz. pkg. vanilla pudding (not instant)
2 lb. powdered sugar
1 tsp. vanilla

Butter a 15 x 10-inch jelly roll pan. In large saucepan, melt chips. Remove from heat. Stir in peanut butter. Mix well. Spread half of mixture in pan. Chill until set. Stir peanuts into remaining chocolate mixture. Set aside.

In a large saucepan, melt margarine. Slowly add evaporated milk. Stir in pudding mix. Cook stirring until mixture thickens. Remove from heat. Stir in powdered sugar and vanilla. Cool. Spread mixture over chilled chocolate mixture. Chill 30 minutes. Spread other half of chocolate mixture over the top. Chill until firm. Cut into bars. Keep refrigerated.

Bev Heylens

O'HENRY BARS

1 c. sugar
1 c. light corn syrup
6 c. Rice Krispies

1 ¼ c. peanut butter
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips

Over medium heat, bring sugar and syrup to a boil. Remove from heat and stir in peanut butter and Rice Krispies. Mix well and press into a greased 9 x 13-inch cake pan.

In double boiler, melt the chips and pour and spread over mixture.

Elaine Culey

ALISHA'S O'HENRY BARS

⅔ c. oleo, melted
4 c. oatmeal
1 c. brown sugar
½ c. white syrup

1 tsp. salt
2 tsp. vanilla
⅔ c. peanut butter

Mix together and press into well buttered 9 x 13-inch pan. Bake 10 to 12 minutes in a 350° oven and let cool.

Melt $\frac{2}{3}$ cup peanut butter (crunchy or plain) and 1 cup (6 ounces) chocolate chips. Spread over baked mixture. May sprinkle with chopped nuts.

*Carolyn Herbranson
White, SD*

O'HENRY BARS

$\frac{2}{3}$ c. Crisco, melted or Crisco oil	4 c. oatmeal
1 c. brown sugar	1 c. chocolate chips, melted
$\frac{1}{2}$ c. light or dark corn syrup	$\frac{1}{2}$ c. peanut butter
3 tsp. vanilla	

Mix well first five ingredients and press into a cake pan (13 x 9-inch). Bake 12 minutes at 370°. Cool.

Mix together melted chocolate chips and peanut butter. Spread over baked layer.

Lola Perry

ORANGE NUT BAR

1 c. flour	$\frac{1}{2}$ c. nutmeats
dash of salt	1 Tbsp. sugar
1 c. brown sugar	$\frac{1}{2}$ c. melted butter or margarine
2 Tbsp. flour	2 eggs, beaten well
$\frac{1}{2}$ tsp. baking powder	1 tsp. vanilla

Sift together flour, salt, sugar and melted butter or margarine. Pat into bottom of 9 x 12-inch pan. Bake 10 minutes at 350°.

Mix brown sugar, flour, baking powder, 2 eggs, vanilla and nutmeats. Pour into first layer. Return to the oven and bake for 25 minutes longer.

Frosting:

$\frac{1}{2}$ c. margarine or butter	grated orange peel
2 c. powdered sugar	2 Tbsp. orange juice
1 egg yolk	

Lola Perry

RAISIN MERINGUE BARS

$\frac{1}{2}$ c. melted butter	3 egg whites
1 $\frac{1}{2}$ c. flour	$\frac{3}{4}$ c. sugar
1 c. raisins	4 Tbsp. sugar
1 c. sugar	1 c. milk
3 egg yolks	2 Tbsp. flour
vanilla	1 Tbsp. butter

CAKES, COOKIES & DESSERTS

Crust: Mix butter, sugar and flour like a pie crust and pat into a 9 x 13-inch pan. Bake at 350° for 10 minutes.

Filling: Cook raisins until plump and drain. Cook milk, sugar, flour and egg yolks until thick. Add butter and vanilla. Pour over crust.

Meringue: Beat egg whites until stiff. Add sugar. Spread over filling and brown.

Opal Perry

SOUR CREAM RAISIN BARS

Bottom Layer:

1 $\frac{3}{4}$ c. oatmeal
1 $\frac{3}{4}$ c. flour
1 c. brown sugar

1 tsp. baking soda
1 c. oleo

Filling:

2 eggs
1 $\frac{1}{8}$ c. sugar
1 $\frac{1}{2}$ c. sour cream
1 tsp. pumpkin pie spice

2 $\frac{1}{3}$ Tbsp. cornstarch
dash of salt
1 $\frac{1}{2}$ c. raisins

Preheat oven to 350°. Combine oatmeal, flour, brown sugar and baking soda. Blend well. Add oleo and mix thoroughly. Put $\frac{2}{3}$ of mixture into bottom of 9 x 13-inch pan. Bake 15 to 20 minutes. Cool. Boil raisins in a little water. Drain.

To Make Filling: Combine raisins and all ingredients in a saucepan. Bring to a boil. Reduce heat. Boil a few minutes more. Stir often to avoid scorching. Pour over crumb layer. Cover with remaining crumb mixture and bake 30 minutes.

Mildred Anderson

RHUBARB BARS

3 c. rhubarb, cut into $\frac{3}{4}$ -inch pieces
1 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. water
3 heaping Tbsp. cornstarch
1 tsp. vanilla

1 $\frac{1}{2}$ c. oatmeal
1 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ tsp. soda
1 c. brown sugar
1 c. margarine

Mix first four ingredients and cook until thick. Add vanilla. While mixture is cooling, combine oatmeal, flour, soda, brown sugar and margarine. Mix until crumbly. Put $\frac{3}{4}$ of this mixture in a 9 x 13-inch pan.

Pour rhubarb sauce over crumbs (do not spread to the very edge) and sprinkle rest of crumb mixture over sauce. Bake at 375° for 35 minutes. Serve with whipped cream or as plain bars.

Elna Cook

RHUBARB BARS

**$\frac{1}{2}$ c. chopped nuts
1 $\frac{1}{2}$ c. oatmeal
1 c. brown sugar
 $\frac{1}{4}$ tsp. salt**

**1 $\frac{1}{2}$ c. flour
1 c. shortening
 $\frac{1}{4}$ tsp. soda**

Filling:

**3 c. rhubarb in dish, pour 1 c.
cold water over and let stand
1 $\frac{1}{2}$ c. sugar**

**2 Tbsp. cornstarch
 $\frac{1}{4}$ c. water
1 tsp. vanilla**

Mix all the ingredients and pat half of mixture into a 9 x 13-inch pan. Mix rhubarb with cold water, sugar, cornstarch, $\frac{1}{4}$ cup water, vanilla and cook until clear. Pour over mixture in pan and cover with remaining crumbs. Bake 20 minutes at 350° or until brown. Cut larger pieces and serve with Cool Whip for a dessert.

Neva Holter

SPECIAL K BARS

**1 c. sugar
1 c. white syrup
1 c. peanut butter**

**6 c. Special K cereal
1 pkg. butterscotch chips**

Heat 1 cup sugar and 1 cup white syrup. Bring to a boil. Remove from heat and stir in 1 cup peanut butter. When blended, add 6 cups Special K cereal. Pat in buttered pan and sprinkle with 1 package butterscotch chips. Heat in oven until chips can be spread.

Juanita Benz Corey

TERRY'S RICE KRISPIES BARS

¼ c. butter or margarine
1 (10 oz.) pkg. marshmallows

6 c. Rice Krispies
coconut (if desired)

Melt butter and marshmallows. Stir in Rice Krispies. Then spread in buttered 9 x 12-inch cake pan. Eat and enjoy.

*Carolyn Herbranson
White, SD*

ZUCCHINI BARS

1 ½ c. sugar
1 c. oil
3 eggs
¼ tsp. baking powder
½ tsp. soda
1 tsp. cinnamon

¼ tsp. salt
2 c. flour
2 c. grated zucchini
1 tsp. vanilla
½ c. nuts (optional)

Cream sugar and oil. Add eggs. Beat well. Sift and add dry ingredients to mixture. Add zucchini and vanilla. Bake at 350° in a 9 ½ x 13-inch cake pan for 25 minutes. Frost with cream cheese frosting.

Mike Perry

ANGEL CRISPS

½ c. white sugar
½ c. brown sugar
1 c. shortening
1 egg, beaten
vanilla or lemon flavoring

2 c. flour
1 tsp. cream of tartar
1 tsp. salt
1 tsp. soda

Cream sugars and shortening. Add the beaten egg and flavoring. Sift dry ingredients and add to the first mixture. Mix. Form into balls the size of walnuts. Dip top half of each in warm water. Then in sugar. Bake on ungreased cookie sheet, 8 to 10 minutes, in a 375° oven. Do not overbake.

Mildred Anderson

APPLESAUCE SPICE COOKIES

½ c. shortening
1 c. sugar
1 egg, beaten
2 c. flour
½ tsp. cinnamon
¼ tsp. cloves

½ tsp. salt
½ tsp. soda
1 tsp. baking powder
**1 c. thick unsweetened
applesauce**

Cream shortening and sugar together. Beat egg. Add to creamed mixture and blend well.

Sift all dry ingredients together and add alternately with the applesauce to the creamed mixture. Be sure to add flour first and last. Drop on well greased cookie sheet. Bake 15 minutes in a 375° oven. Makes 2 ½ dozen large cookies.

Variations: Add 1 cup chopped nuts, dates or raisins to the batter.

Elna Cook

COCONUT COOKIES

1 c. shortening	1 tsp. soda
1 c. white sugar	1 tsp. salt
1 c. brown sugar	1 c. oatmeal
2 eggs, beaten	1 tsp. vanilla
2 ¼ c. flour	1 c. shredded coconut
1 tsp. baking powder	

Mix all ingredients. Drop on cookie sheet. Bake at 350° for 15 minutes.

Ruth Pierce

BUTTER COOKIES

1 c. butter (2 sticks)	2 ½ c. sifted flour
1 ½ c. powdered sugar	1 tsp. baking powder
1 egg	1 tsp. cream of tartar
1 tsp. vanilla	¼ tsp. salt

Cream butter and sugar gradually. Cream until fluffy. Add egg and vanilla. Beat well.

Sift dry ingredients and blend to creamed mixture. Bake on unbuttered cookie sheet at 400°. Good basic recipe for Christmas cookies.

Dude Intermill

CARROT-ORANGE COOKIES

¾ c. sugar	1 egg
1 c. butter	1 tsp. baking powder
1 c. cooked, mashed carrots	pinch of salt
2 c. flour	

CAKES, COOKIES & DESSERTS

Frosting:

3 Tbsp. orange juice
rind of orange

powdered sugar

Mix and bake at 350°.

Frosting: Add powdered sugar to juice and spread on cookies.

Dude Intermill

CHINESE CHEWS

¾ c. sifted flour
1 c. granulated sugar
1 tsp. baking powder
1 tsp. salt

2 eggs
1 (8 oz.) pkg. dates, pitted and
chopped
1 c. chopped walnuts

Preheat oven to 350°. Sift flour with sugar, baking powder and salt. Set aside.

In a large bowl, beat eggs until light. Fold in flour mix, stirring gently. Add dates and nuts. Spread batter into lightly greased 10 x 15 x ½-inch jelly roll pan. Bake 20 minutes or until just golden. While still warm, cut into bars and roll in confectioners sugar. Cool completely. Makes 36 cookies.

LaRee Perry Hennen

BEST EVER CHOCOLATE CHIP COOKIES

¼ c. sugar
¾ c. brown sugar
1 c. butter
1 tsp. vanilla
1 tsp. soda

2 eggs
2 ½ c. flour
1 small box instant vanilla
pudding
1 pkg. chocolate chips

Mix ingredients in order listed. Beat eggs before adding to mixture. Bake at 350° for 10 to 12 minutes.

Kathy Heylens

OUTRAGEOUS CHOCOLATE CHIP COOKIES

½ c. granulated sugar
½ c. brown sugar, packed
½ c. margarine
½ c. peanut butter
½ tsp. vanilla
1 egg

½ c. quick cooking oats
1 tsp. baking soda
1 (6 oz.) pkg. semi-sweet
chocolate chips
¼ tsp. salt

Heat oven to 350°. Beat sugars, margarine, peanut butter, vanilla and eggs in medium bowl with wooden spoon until creamy and well blended. Mix in flour, oats, baking soda and salt. Stir in chocolate chips. Bake 10 to 12 minutes or until golden brown. Cool 1 minute before removing from sheet. Makes 2 dozen.

LaRee Perry Hennen

CHOCOLATE CHIP COOKIES

2/3 c. oil	2 tsp. cream of tartar
1 c. shortening	2 tsp. soda
1 c. sugar	2 tsp. vanilla
1 c. brown sugar	1 tsp. salt
2 eggs	1/2 c. nutmeats
4 c. flour	1 (12 oz.) pkg. chocolate chips

Cream first four ingredients and add rest. Mix well. Drop by teaspoon on cookie sheet. Makes 5 dozen cookies. Bake at 350° for 13 minutes.

Irene Benz

CHOCOLATE CHIP COOKIES

1 c. shortening	1 tsp. soda in 1 tsp. hot water
3/4 c. white sugar	2 1/4 c. flour
3/4 c. brown sugar	1 pkg. chocolate chips
2 eggs	1 c. nut meats
1/2 tsp. salt	

Bake at 375°.

Dude Intermill

PUNK'S CHOCOLATE CHIP COOKIES

1 c. white sugar	1/2 tsp. salt
1 c. brown sugar	1 tsp. baking soda
1 c. Crisco or 1/2 c. Crisco plus 1/2 c. oleo	4 Tbsp. hot water
2 eggs	1 tsp. vanilla
3 c. sifted flour	1 pkg. or 1 c. chocolate chips

Bake at 350° for 8 to 10 minutes.

*Carolyn Herbranson
White, SD*

CHOCOLATE CHIP COOKIES

2 ½ c. flour
1 tsp. soda
½ tsp. salt
1 c. butter
¾ c. white sugar

¾ c. brown sugar
1 tsp. vanilla
2 eggs
2 c. chocolate chips
1 c. nuts (optional)

Heat oven to 375°. In bowl, stir together flour, baking soda and salt.

In large mixer bowl, beat butter, sugar and vanilla until creamy. Add eggs. Beat well. Gradually add flour mixture, beating well. Stir in chips and nuts, if desired. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 9 to 11 minutes or until lightly browned.

Bonnie Pierce

NO BAKE CHOCOLATE COOKIES

2 c. sugar
½ c. butter
4 Tbsp. cocoa
½ c. milk

½ c. peanut butter
3 c. quick cooking oatmeal
1 c. coconut
1 c. nuts, chopped

Bring sugar, butter, cocoa and milk to a rolling boil in heavy large pan. Bring only to rolling boil and remove. Remove from heat and add peanut butter, oatmeal, coconut and chopped nuts. Drop by 2 teaspoons on waxed paper quickly.

Bev Heylens

CHOCOLATE KISS COOKIES

⅓ c. peanut butter
½ c. sugar
½ c. butter
½ c. brown sugar
1 egg

1 tsp. vanilla
½ tsp. salt
1 tsp. soda
1 ¾ c. flour

Shape in balls and roll in sugar. Bake at 375° for 8 minutes. Take out of oven and put one kiss or chocolate star on and return to oven for 2 to 5 minutes.

Bonnie Pierce

DATE BALLS

- | | |
|--------------------------------|-----------------------|
| ¾ c. sugar | ½ c. butter |
| 1 egg, beaten | ½ lb. dates |
| 1 Tbsp. milk | 1 tsp. vanilla |
| ½ c. nutmeats | ½ tsp. salt |
| 2 c. popped rice cereal | |

Cook butter, sugar and dates until mixture boils. Mix egg, milk, vanilla and salt. Add to first mixture and boil 2 minutes. Cool. Add nuts and cereal. Form into balls and roll in coconut or nutmeats, crushed. Do not bake.

*Dude Intermill***DATE FILLED COOKIES**

(Makes About 2 Cups)

- | | |
|-------------------------|---|
| 1 c. butter | 1 tsp. soda, dissolved in ⅓ c. hot water |
| 2 c. brown sugar | |
| 3 eggs, beaten | 3 ½ c. flour |
| 1 ½ tsp. vanilla | ¼ tsp. salt |

Filling:

- | | |
|-----------------------------|-------------------|
| ¾ lb. dates, chopped | ½ c. water |
| ½ c. brown sugar | |

Boil ¾ pound dates, ½ cup brown sugar and ½ cup water until thick. Drop 1 teaspoon cookie batter on greased cookie sheet. Put ½ teaspoon filling on top, then ½ teaspoon batter on top of that. Continue until cookie sheet is full. Press down if necessary. Bake at 350° for 8 to 10 minutes.

*Phyllis Cook***DATE LOG**

- | | |
|--------------------------|----------------------------|
| ½ c. butter | 1 tsp. vanilla |
| ¾ c. sugar | 2 c. Rice Krispies |
| ½ c. cut up dates | 1 ½ c. chopped nuts |
| 1 beaten egg | |

Melt butter. Add sugar and dates. Bring to a boil. Add egg and vanilla. Boil 2 minutes (watch and stir, burns very easily). Cool and add 2 cups Rice Krispies and nuts. Butter hands and form into 2 logs

CAKES, COOKIES & DESSERTS

on waxed paper. Roll paper around log. Put in freezer. Cut into slices to serve.

Opal Perry

DELICIOUS COOKIES

1 c. white sugar	1 tsp. cream of tartar
1 c. brown sugar	1 tsp. soda
1 c. oleo	1 c. Rice Krispies
$\frac{3}{4}$ c. vegetable oil	1 c. coconut
1 egg	1 c. oatmeal
1 tsp. vanilla	$\frac{1}{2}$ c. nutmeats
1 tsp. salt	$3\frac{1}{2}$ c. flour

Mix all ingredients. Roll in ball and flatten. Bake 12 to 15 minutes at 350°.

Irene Benz

NO BAKE FRUIT BITES

2 c. finely ground vanilla wafers	$\frac{1}{2}$ c. finely chopped apricots
$\frac{1}{2}$ c. graham cracker crumbs	$\frac{1}{2}$ c. finely chopped dates
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ c. apple juice
$\frac{1}{2}$ tsp. ground nutmeg	2 Tbsp. honey
$\frac{1}{2}$ tsp. ground ginger	3 Tbsp. sugar
1 c. finely chopped dried apples	

Combine ground wafers, graham cracker crumbs and spices in medium bowl. Add remaining ingredients, except sugar, and stir until mixture holds together. Roll mix into 36 balls, about 1 inch in diameter. Place 4 to 6 balls and 1 tablespoon sugar in Ziploc snack bag. Close bag and shake to coat with sugar. Repeat with remaining fruit bites. Store at room temperature or refrigerate. Makes 36 bites.

LaRee Perry Hennen

GINGERSNAPS

1 $\frac{1}{2}$ c. sugar	1 tsp. cinnamon
$\frac{3}{4}$ c. shortening	$\frac{1}{4}$ tsp. salt
2 beaten eggs	pinch of pepper
$\frac{3}{4}$ c. molasses	1 tsp. ginger
4 scant tsp. soda, dissolved in hot water	4 c. flour, slightly more

Mix in order given. Chill dough. Form into balls (size of a walnut). Roll in sugar. Bake at 375° for 10 minutes or more. They will crinkle on top.

Dude Intermill

GINGER CREAM COOKIES

¼ c. margarine
½ c. sugar
1 egg
½ c. molasses
2 c. flour
½ tsp. salt

1 scant tsp. ginger
¼ tsp. cloves
¼ tsp. cinnamon
½ c. hot water with 1 tsp. baking soda added

Frosting:

1 egg white
2 Tbsp. white syrup

½ tsp. vanilla
2 c. powdered sugar

Cream margarine and sugar. Add egg, spices, molasses and water alternately with flour. Chill the dough. Then drop by teaspoon on greased cookie sheets. Bake 8 minutes in a 350° to 400° oven. Watch closely as ovens can vary. Frost.

To Make Frosting: Beat egg white well with white syrup. Beat until stiff. Add vanilla and then powdered sugar (until nice to spread). Beat until shiny.

Mildred Anderson

GINGER BALLS

¾ c. shortening
1 c. sugar
2 c. flour
1 egg
4 Tbsp. molasses

2 tsp. soda
½ tsp. cloves
1 tsp. ginger
1 tsp. cinnamon

Cream shortening and sugar. Add beaten eggs and molasses. Combine with flour, spices and soda. Roll into balls the size of a walnut. Dip in sugar and put on cookie sheet. Do not press down. Bake at 350° for 12 to 15 minutes. Do not double this recipe!

Neva Holter

FILLED ICEBOX COOKIES

1 c. white sugar	3 eggs
1 c. brown sugar	4 c. flour
½ c. butter	2 tsp. baking powder

Filling:

3 c. chopped dates or raisins	¾ c. water
½ c. sugar	

Boil filling and cool. Roll cookie dough out on board. Spread the filling on the dough. Roll up and let stand in refrigerator. Slice and bake. Bake at 350° for 10 to 12 minutes.

Bonnie Pierce

FILLED JUMBO DROPS

1 c. shortening	3 ½ c. flour
2 c. brown sugar	½ tsp. salt
3 eggs, beaten	1 tsp. soda
½ c. water	⅛ tsp. cinnamon
1 tsp. vanilla	

Date Filling:

2 c. dates, cut in small pieces	¾ c. water
¾ c. sugar	½ c. chopped nuts

Date Filling: Cook together until thick, stirring constantly the dates, ¾ cup sugar, ¾ cup water and the nuts. Cool.

Heat oven to 375°. Mix thoroughly shortening, brown sugar and eggs. Stir in ½ cup water and vanilla.

Sift together and stir in flour, soda, salt and cinnamon. Drop dough with teaspoon onto greased baking sheet. Place ½ teaspoon filling on dough. Cover with ½ teaspoon dough. Bake 10 to 12 minutes.

Elna Cook

MARSHMALLOW BALLS

1 can Eagle Brand	1 bag large marshmallows
1 stick margarine	Rice Krispies
1 bag caramels	

Melt Eagle Brand milk, margarine and caramels. Keep hot. Dip marshmallows in caramel and roll in Rice Krispies. Put onto wax paper until set. Store in tight container.

Neva Holter

MOLASSES COOKIES

¾ c. shortening	½ tsp. ginger
1 c. sugar	¼ tsp. cloves
¼ c. molasses	1 tsp. cinnamon
1 or 2 eggs	½ tsp. salt
2 c. flour	

Melt shortening. Add sugar, molasses and beat in eggs. Add and mix flour, ginger, cloves, cinnamon and salt. Chill. Make into balls. Roll in sugar. Flatten with bottom of greased glass pressed in sugar. Bake at 375° until done.

***Carolyn Herbranson
White, SD***

MOLASSES COOKIES

1 c. shortening	1 tsp. salt
1 c. brown sugar	4 tsp. baking soda
2 eggs	2 tsp. ginger
2 c. dark molasses	2 tsp. cinnamon
1 c. sour milk	½ tsp. cloves
6 ½ c. flour	

Combine ingredients. Chill dough about 8 hours. Roll out small portions of dough on floured board ¼-inch thick. Cut with cookie cutter. Bake cookies at 375°.

When cool, frost with confectioners sugar. Frosting makes 10 dozen.

Irene Benz

MONSTER COOKIES

1 c. margarine	4 tsp. baking soda
2 ½ c. brown sugar	6 eggs
2 c. white sugar	9 c. oatmeal
1 Tbsp. vanilla	1 (12 oz.) pkg. chocolate chips
2 c. chunky peanut butter	1 (½ lb.) pkg. M&M's

CAKES, COOKIES & DESSERTS

Mix first 6 ingredients. Then add remaining ingredients. Drop by spoonfuls onto ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Do not overbake. Makes about 12 dozen cookies.

Larry Perry

NORWEGIAN BUTTER COOKIES

1 c. butter, softened	2 c. flour
½ c. powdered sugar	2 tsp. vanilla

Combine all ingredients. Roll into balls the size of a walnut and press with a fork on a greased cookie sheet. Bake at 350° for 5 minutes.

Juanita Benz Corey

SOFT OATMEAL COOKIES

1 c. raisins	1 tsp. soda
1 c. sugar	1 tsp. baking powder
1 c. shortening (half butter)	½ tsp. cinnamon
3 eggs, beaten	½ tsp. nutmeg
1 c. oatmeal	½ c. walnuts, chopped
2 c. flour	

Cook raisins until tender and save water also. Blend sugar and shortening. Add beaten eggs and then oatmeal. Sift together and add flour, soda, baking powder, cinnamon and nutmeg. Add cooked raisins and 5 tablespoons of the juice. Last add nutmeats. Chill the batter before dropping from a spoon (teaspoon or tablespoon depends on the size you want the cookie to be) on a lightly greased cookie sheet. Bake at 350° for about 15 minutes or until the cookies are light brown.

Marie Christensen

PEANUT BUTTER COOKIES

2 ½ c. flour	1 c. white sugar
½ tsp. salt	1 c. brown sugar
1 c. shortening	2 eggs
1 c. peanut butter	

Mix flour, salt and soda. Set aside. Mix other ingredients and put together. Makes 4 to 5 dozen cookies. Roll in a ball and press down with a fork dipped in sugar.

Irene Benz

PEANUT BUTTER COOKIES

**1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs**

**$\frac{2}{3}$ c. peanut butter
2 $\frac{1}{2}$ c. flour
2 tsp. soda
 $\frac{1}{4}$ tsp. salt**

Cream shortening, sugars, eggs and peanut butter together. Add the flour, soda and salt. Mix well. Roll into small balls. Set on cookie sheet and press out with a fork. Bake at 350° for 8 to 10 minutes.

Ruth Pierce

PEANUT BUTTER COOKIES

**1 c. brown sugar
1 c. white sugar
1 c. peanut butter
1 c. lard
2 eggs**

**1 tsp. soda
2 tsp. water
pinch of salt
2 c. flour**

Bake at 250° until brown.

***Carolyn Herbranson
White, SD***

CHOCOLATE PEANUT BUTTER TREATS

**2 c. milk chocolate chips
2 c. peanut butter chips
1 Tbsp. safflower or canola oil**

**1 (16 oz.) box Heartland granola
cereal, raisin or low-fat variety**

In 2-quart microwave-safe bowl, combine chocolate and peanut butter chips and oil. Microwave on High for 1 $\frac{1}{2}$ to 2 minutes, stirring every 30 seconds until melted. Stir in cereal until well coated. Drop by tablespoons onto wax paper. Refrigerate until set, 15 to 20 minutes. Store in covered container in refrigerator. Makes 2 $\frac{1}{2}$ dozen.

LaRee Perry Hennen

PEANUT CRUNCHIES

**$\frac{1}{2}$ c. white syrup
 $\frac{1}{2}$ c. sugar**

**1 c. peanut butter
3 c. corn flakes or other cereal**

Mix syrup, peanut butter and sugar. Warm up good. Don't cook. Add cereal. Put in small pan or drop by spoonfuls.

Opal Perry

PECAN BALLS

- | | |
|-----------------------------|--------------------|
| 1 c. margarine | 2 c. flour |
| ½ c. powdered sugar | ¼ tsp. salt |
| 1 c. pecans, chopped | |

Mix ingredients together. Roll in small balls and bake 20 minutes at 350°. Roll in powdered sugar when baked.

Ruth Pierce

PUMPKIN COOKIES

- | | |
|---|-----------------------------|
| ½ c. oleo | 1 tsp. vanilla |
| 1 c. white sugar | ½ tsp. salt |
| ½ c. brown sugar | 1 tsp. soda |
| 1 egg | 1 tsp. baking powder |
| 1 c. pumpkin mix | 1 tsp. cinnamon |
| ½ c. chopped nuts | 2 c. flour |
| 1 c. raisins or dates (optional) | |

Sift together the dry ingredients. Add remaining ingredients which have been creamed. Drop by spoonfuls onto greased sheet, 12 to 15 minutes. Single batch is very small.

*Carolyn Herbranson
White, SD*

RAISIN COOKIES

- | | |
|------------------------|---------------------------|
| 1 c. raisins | 2 c. flour |
| 1 c. water | ¾ tsp. soda |
| 1 c. sugar | 1 tsp. salt |
| 1 c. shortening | 1 ½ c. rolled oats |
| 2 eggs | |

Cook raisins in water. Save water. Mix sugar and shortening. Stir in eggs and raisin water. Add rest of ingredients. Add cooled raisins. Drop on greased cookie sheet. Bake at 375° until light brown.

Beulah Hackett

OATMEAL RAISIN COOKIES

- | | |
|-----------------------------|------------------------------|
| 1 c. raisins | ½ c. nuts, chopped |
| 1 c. soft shortening | 1 c. water |
| 2 eggs | 1 c. white sugar |
| 1 tsp. vanilla | 5 Tbsp. raisin liquid |
| 2 c. flour | ¾ tsp. soda |
| 1 tsp. salt | 1 ½ c. quick oats |

Cook together until 5 tablespoons liquid remain of the raisins and water. Set aside and cool. Drain off liquid.

Mix together shortening, sugar and eggs. Add liquid and vanilla. Stir in flour, soda, salt and oatmeal. Fold in raisins and nuts. Bake in a 375° oven for 10 to 12 minutes. Drop by teaspoon on cookie sheet, 2 inches apart. Makes about 4 to 5 dozen cookies.

Margaret Heylens

BUTTER SUGAR COOKIES

3 c. flour	2 eggs
2 tsp. baking powder	1 c. sugar
1 small tsp. soda	4 Tbsp. sweet milk
1 tsp. nutmeg	1 tsp. vanilla
1 c. butter	

Sift together flour, baking powder, soda and nutmeg (optional) in mixing bowl. Cut in butter to make crumbly like pie crust. Beat eggs and add sugar, milk and vanilla. Add to flour mixture. Mix. Roll on floured board. Sprinkle with sugar and bake at 400°.

Bonnie Pierce

CREAM CHEESE SUGAR COOKIES

1 c. sugar	½ tsp. vanilla
1 c. softened butter	1 egg yolk
3 oz. softened cream cheese	2 ½ c. flour
½ tsp. almond extract	½ tsp. salt

Chill dough 30 minutes. Roll out on floured surface and cut out. Bake at 375° for 7 to 10 minutes. May be frosted and decorated.

Virginia Perry

SUGAR COOKIES

1 c. butter	1 c. sweet cream
2 eggs	6 c. flour
2 ½ c. sugar	1 Tbsp. baking powder

Cream butter and sugar. Add eggs and cream. Next, stir in flour and baking powder. Roll the dough out thin and cut with a cookie cutter. Sprinkle with sugar and bake 8 to 10 minutes in a 350° oven.

Bonnie Pierce

CAKES, COOKIES & DESSERTS

SUGAR COOKIES

1 c. powdered sugar	1 tsp. vanilla
1 c. white sugar	1 c. oil
2 eggs	1 c. margarine
1 tsp. soda	4 c. flour
1 tsp. cream of tartar	

Mix all ingredients. Roll in small balls. Place on greased cookie sheet and press flat with a glass dipped in flour. A steak tenderizer makes a pretty design on top. Bake at 350°.

Irene Benz

DANISH SUGAR COOKIES

1 c. butter	½ tsp. vanilla
1 egg	½ tsp. almond extract
½ tsp. soda	1 c. sugar
½ tsp. cream of tartar	2 c. flour

Cream butter and sugar. Add egg, beaten well. Add dry ingredients. Blend well. Add flour. Form into balls. Press with fork dipped in sugar. Bake at 350° until edges start to get tan.

Virginia Perry

WHITE SUGAR COOKIES

3 c. flour	2 eggs
1 c. shortening (oleo)	1 c. sugar
½ tsp. baking powder	1 tsp. vanilla or lemon if preferred
salt	
½ tsp. soda	

Mix as pie crust. Make hole in center of dough. Add eggs, 1 cup sugar and flavoring. Mix very well. Roll thin. Cut and sprinkle with additional sugar. Bake at 350°.

Phyllis Cook

CINNAMON THUMB COOKIES

5 Tbsp. sugar	2 c. flour
1 c. butter	1 tsp. vanilla

Mix together all ingredients. Roll into balls and press down with a thumb press. Bake at 350° for 15 to 20 minutes. Take out of oven. Dip each cookie while they are hot into a mixture of ½ cup sugar and ¼ teaspoon cinnamon or I just sprinkle the sugar and cinnamon on the cookies.

Lola Perry

THUMBPRINT COOKIES

½ c. butter
½ c. sugar
1 egg yolk

2 tsp. vanilla
1 c. flour

Mix all ingredients together and form into walnut size balls. Roll the balls in foamy beaten egg whites and chopped pecans. Bake 5 minutes at 350°. Punch a hole in each ball and bake 5 more minutes. Cool. Fill the dents with frosting. Use butter frosting for filling.

Traci Langland

THUMBPRINT COOKIES

1 c. butter
½ c. brown sugar

2 egg yolks
2 c. flour

Mix ingredient together and roll into small balls. Beat egg whites slightly. Dip balls into egg whites and roll in crushed walnuts. Place on ungreased cookie sheet. Press down in center with thumb. Bake 8 minutes. Take out and press centers again. Bake 8 to 10 minutes more. Bake at 350°. Fill when baked with your favorite jelly. Plum or apple is good.

Ruth Pierce

PASTOR'S UNBAKED COOKIES

2 c. sugar
½ c. milk
½ c. butter or oleo
4 Tbsp. cocoa

½ c. peanut butter
1 tsp. vanilla
3 c. oatmeal
nuts (optional)

Boil sugar, milk, butter or oleo and cocoa 1 minute. Then mix in peanut butter, vanilla, oatmeal and nuts.

*Aunt Betty Matteson
Watertown, SD*

WHIRLIGIG COOKIES

- | | |
|---------------------------|-------------------------------|
| ½ c. white sugar | ¼ c. flour |
| ½ c. brown sugar | 1 tsp. soda |
| ½ c. peanut butter | ½ tsp. salt |
| ½ c. shortening | 1 pkg. chocolate chips |
| 1 egg | |

Cream sugar and shortening well. Add peanut butter, egg, soda and salt. Blend well. Roll dough ¼-inch thick. Melt chocolate pieces and spread on dough. Roll, chill and cut in ¼-inch slices. Bake on ungreased sheet at 375° for 12 minutes.

Dude Intermill

ANGEL FOOD CAKE DESSERT

- | | |
|--|---|
| 1 angel food cake | whipped cream (to cover cake and layers) |
| 8 Heath bars, crushed | |
| 1 (5 ½ oz.) can Hershey chocolate syrup | |

Cut cake in half (around) and fill and frost with Heath Bars in whipped cream and chocolate syrup. Use some for filling and sprinkle on bars. Put on top layer and frost whole cake with whipped cream mixture. Sprinkle rest of bars. Refrigerate for 2 hours or overnight. This is so good!

Opal Perry

ANGEL FOOD DESSERT

- | | |
|-------------------------------------|-------------------------------------|
| 1 full sized angel food cake | 1 c. coconut |
| 2 c. whipped cream | 1 lb. miniature marshmallows |
| 1 c. chopped nuts | 1 small bottle red cherries |
| 1 c. diced pineapple | ½ bottle green cherries |

Break cake into pieces into 9 x 13-inch cake pan. Add nuts, pineapple, coconut, marshmallows and cherries. Add cream last. Chill 12 to 24 hours. Ideal party dessert.

Phyllis Cook

BANANA SPLIT DESSERT

- | | |
|--------------------------------------|-----------------------------|
| ½ c. margarine, melted | 1 tsp. vanilla |
| 2 c. graham crackers, crushed | 20 oz. can pineapple |
| 2 eggs, beat 4 minutes | 4 medium bananas |
| 2 c. powdered sugar | large Cool Whip |
| ¾ c. soft margarine | |

Mix $\frac{1}{2}$ cup margarine, melted, and 2 cups graham crackers. Pat into a 9 x 13-inch pan.

Mix eggs, powdered sugar, soft margarine and vanilla. Put over graham cracker crust and chill 30 minutes. Drain pineapple and layer over chilled ingredients. Slice 4 bananas over pineapple and cover with Cool Whip. Chill 6 hours or overnight. Use chopped nuts to dress (optional).

Neva Holter

BLUEBERRY COBBLER

1 large loaf sourdough bread
(1 $\frac{1}{2}$ lb.)

4 large egg whites

3 large eggs

$\frac{3}{4}$ c. low-fat milk

1 Tbsp. pure vanilla extract

1 c. sugar

2 Tbsp. cornstarch

1 tsp. ground cinnamon

8 c. blueberries (fresh or frozen)

Cut bread into $\frac{3}{4}$ -inch wide slices. Trim crusts. Cut slices into strips about 1-inch wide. Place strips side by side in a single layer on a small baking sheet with sides.

In bowl, whisk egg whites, eggs, milk and vanilla until smooth. Pour this mix over the bread. Cover with plastic wrap and refrigerate at least 2 hours or overnight.

Preheat oven to 450°. Lightly oil a 9 x 13-inch baking dish or coat it with cooking spray.

In a large bowl, stir together sugar, cornstarch and cinnamon. Add blueberries and toss to coat. Spread berries in the prepared baking dish. Cover fruit completely with a single layer of soaked bread strips. Bake for 25 to 30 minutes for fresh berries, for 35 to 45 minutes for frozen. Let cool 10 minutes before serving. Makes 9 x 13-inch cobbler for 8 servings.

LaRee Perry Hennen

APPLE BREAD PUDDING

4 slices bread, lightly buttered

1 c. milk

3 Tbsp. butter

3 eggs

$\frac{1}{4}$ c. brown sugar

$\frac{1}{4}$ c. white sugar

$\frac{1}{4}$ tsp. cinnamon

$\frac{1}{4}$ tsp. nutmeg

$\frac{1}{4}$ tsp. salt

1 c. chopped apples

$\frac{1}{4}$ c. raisins

CAKES, COOKIES & DESSERTS

Slice and cube bread slices. Mix together milk and butter. Cook on stove or in microwave oven until hot. Pour over bread cubes and let stand 20 minutes.

During that time, beat eggs. Add brown and white sugar, cinnamon, nutmeg and salt. Then add chopped apples and raisins. Then fold into bread mixture. Put into lightly buttered 2-quart baking dish. Bake at 350° for 45 to 55 minutes.

Irene Benz

BREAD PUDDING

4 slightly beaten eggs
½ c. sugar
¼ tsp. salt
½ tsp. vanilla

½ tsp. almond extract
2 ½ c. milk
cinnamon
bread

Blend eggs, sugar, salt, vanilla and almond extract. Gradually stir in milk. Stir in dry bread, broken in pieces. Sprinkle with cinnamon or nutmeg if you prefer. Bake in a 400° oven for 25 to 30 minutes. This also makes custard if you leave out bread.

For a custard pie, bake in an unbaked pie shell. Custard is done when knife inserted in center comes out clean.

Ruth Pierce

FAVORITE BREAD PUDDING

6 eggs
½ tsp. cinnamon
1 Tbsp. nutmeg
¼ c. sugar
2 c. milk

½ c. half and half cream
2 Tbsp. vanilla
1 (10 oz.) French bread
1 ¾ c. seedless raisins
1 c. melted margarine

Preheat oven to 350°. Combine eggs in a bowl with cinnamon and nutmeg. Mix well and add sugar, milk and cream. Also vanilla. Mix well. Cut up bread into 1-inch cubes. Put into dish. Add raisins and melted margarine to bread pieces. Pour egg mixture over bread and bake for 30 minutes or until golden brown.

Joyce Doop

PINEAPPLE BREAD PUDDING

½ c. margarine, softened
½ c. brown sugar
½ c. sugar
½ tsp. ground cinnamon
4 eggs

1 (13 ¼ oz.) can crushed
pineapple, drained
2 c. (½-inch) bread cubes (about
3 slices)

Heat oven to 325°. Beat margarine, sugars and cinnamon in a large mixing bowl on medium speed for 1 minute. Add eggs. Beat on high speed about 2 minutes until mixture is light and fluffy. Fold in pineapple and bread cubes. Pour into buttered 1 ½-quart casserole. Bake until knife inserted in center comes out clean, 40 to 45 minutes. Yields 4 to 6 servings.

Lynn Culey

ETHEL'S CHEESE CAKE

7 oz. vanilla wafers, crushed
8 oz. cream cheese
1 (12 oz.) can Carnation milk
1 (3 oz.) box lemon jello
1 stick margarine

1 c. sugar
3 Tbsp. powdered sugar
1 c. boiling water
2 tsp. vanilla
¼ tsp. cream of tartar

Refrigerate Carnation milk overnight. (This helps in the beating process.) Have cream cheese at room temperature.

Blend melted butter and crushed vanilla wafers and powdered sugar. Place ¾ of crumb mixture in bottom of a 9 x 13-inch cake pan. Place in the refrigerator to hold its shape.

Cream the cream cheese with ½ cup sugar. In separate bowl, add boiling water to jello. Stir until dissolved. Add to cream cheese. Add vanilla. Beat Carnation milk until thick. Add cream of tartar. Add ½ cup sugar. Fold cream cheese and jello mixtures together. Pour on crust. Sprinkle remainder of crumbs on top and set back in the refrigerator.

Irene Benz

8-MINUTE CHEESECAKE

1 (8 oz.) pkg. cream cheese,
softened
⅓ c. sugar
1 c. (½ pt.) sour cream
2 tsp. vanilla

1 (8 oz.) Cool Whip
1 graham cracker pie shell or ⅓
c. melted margarine, 2 c.
graham crackers and 2 Tbsp.
sugar

Beat cream cheese until smooth. Gradually add sugar. Blend in sour cream and vanilla. Fold in whipped topping. Blend well. Spoon into graham cracker crust. Chill until set, at least 4 hours. Garnish with strawberries or cherries or whatever you wish.

Juanita Benz Corey

PUMPKIN CHEESECAKE

2 c. vanilla wafer crumbs
¼ c. margarine, melted
2 (8 oz.) cream cheese, softened
¾ c. sugar
1 tsp. vanilla

3 eggs
1 c. pumpkin
¾ tsp. cinnamon
¼ tsp. ground nutmeg

Combine crumbs and margarine. Press onto bottom and sides of 9-inch pan.

Combine cream cheese, ½ cup sugar and vanilla, mixing at medium speed until well blended. Add eggs, one at a time, mixing well. Reserve 1 cup of cheese mixture. Add pumpkin, remaining sugar and spices to remaining cheese mixture. Mix well.

Layer ½ of pumpkin mixture and ½ cheese mixture over crust. Repeat layers. Cut through batter with knife several times for marble effect. Bake at 350° for 55 minutes. Loosen cake from rim of pan. Cool before serving. Chill. Makes 10 to 12 servings.

Lola Perry

CHERRY DESSERT

1 Jiffy cake mix (white)

Topping:

**1 small can sweetened
condensed milk**
2 Tbsp. white sugar

¼ c. real lemon juice
1 pt. Cool Whip
1 can cherry pie mix

Bake cake mix as directed on package in a 9 x 13-inch or 8 x 12-inch pan for 20 minutes at 350°. Cool.

Stir the topping ingredients together until thickened. Spread over the cake. Dot cherry pie mix over all spread, if desired. Put in refrigerator until ready to serve.

Elna Cook

CHERRY PIE FILLING DESSERT

1 can cherry pie filling
**1 small can crushed pineapple,
drained**

1 c. miniature marshmallows
1 c. Eagle Brand condensed milk
1 small frozen Cool Whip

Mix ingredients together and refrigerate. This can also be frozen.

Marie Christensen

CHERRY TORTE

- | | |
|--|---|
| 1 c. unsifted flour | ½ c. powdered sugar |
| 2 Tbsp. powdered sugar | 1 tsp. vanilla |
| 7 Tbsp. margarine | 1 c. whipping cream, stiffly whipped |
| 1 (3 oz.) pkg. cream cheese, softened | 1 (16 oz.) can cherry pie filling |

Preheat oven to 325°. Mix flour and 2 tablespoons powdered sugar. Melt margarine and pour over dry ingredients. Pat into pie pan. Bake 15 to 20 minutes.

Mix cream cheese, ½ cup powdered sugar and vanilla. Fold whipped cream and spread over crust. Top with cherry pie filling and chill until ready to serve.

Joyce Doop

CREAM PUFFS

- | | |
|---------------------------|--------------------|
| ½ c. butter | ⅛ tsp. salt |
| 1 c. boiling water | 3 eggs |
| 1 c. flour | |

Cream Filling:

- | | |
|------------------------|--------------------------|
| ¼ c. sugar | 1 egg |
| 1 ½ Tbsp. flour | 1 c. scalded milk |
| ⅛ tsp. salt | 1 tsp. vanilla |

For Cream Puffs: Boil together butter and water. Sift together flour and salt. Add to first mixture. Remove from heat. Cool. When mixture has cooled, add eggs, one at a time. Drop by spoonfuls onto cookie sheet and bake at 400° until golden brown.

For Cream Filling: Mix dry ingredients. Add slightly beaten egg. Gradually stir in scalded milk and vanilla. Cook until thickened. Cool. Put filling in cream puffs.

Lola Perry

DELICIOUS DESSERT

- | | |
|---------------------------------|--|
| ½ c. butter | 2 c. coconut |
| ½ c. brown sugar | 1 c. nutmeats |
| 3 c. crushed corn flakes | ½ gal. Butter Brickle ice cream |

CAKES, COOKIES & DESSERTS

Melt butter. Add brown sugar. Add crushed corn flakes, coconut and nutmeats. Spread $\frac{1}{2}$ in large cake pan. Place $\frac{1}{2}$ gallon ice cream on. Then cover with the other half corn flake mixture. Freeze.

Dude Intermill

FROZEN LEMON DESSERT

graham crust	1 can frozen lemonade, thawed
6 eggs	1 pt. whipped cream or 1 (10 oz.)
melted oleo (for crust)	carton Cool Whip
1 can sweetened condensed milk	$\frac{3}{4}$ c. sugar

Press crust in a 9 x 13-inch pan, do not bake.

Beat 6 egg yolks until thick and lemon colored. Add milk and lemonade. Fold in cream. Pour into pan and freeze.

Beat 6 egg whites until stiff. Add $\frac{3}{4}$ cup sugar. Cover dessert with meringue and brown in boiler. (I put it on the middle shelf of oven to broil. Watch carefully!!) Keep frozen.

Jane Perry

HOT FUDGE PUDDING

1 c. flour	1 $\frac{1}{2}$ Tbsp. cocoa
2 tsp. baking powder	$\frac{1}{2}$ c. milk
pinch of salt	2 Tbsp. melted butter
$\frac{3}{4}$ c. sugar	1 c. chopped nuts

Extra For Second Step:

1 $\frac{1}{2}$ c. brown sugar	2 c. water
5 Tbsp. cocoa	

Mix flour, baking powder, salt, sugar and cocoa. Stir in milk and melted butter. Mix well and add chopped nuts. Pour into a 10 x 10 x 2-inch greased pan.

Combine 1 $\frac{1}{2}$ cups brown sugar and 5 tablespoons cocoa. Sprinkle over the batter in pan. Then pour 2 cups of water over all. (Sounds crazy but you read right.) Bake at 350° for 45 minutes.

Afra Langland

FUDGSICLES

1 pkg. chocolate pudding (not instant)	2 c. milk
$\frac{1}{2}$ c. sugar	1 c. heavy cream

Mix and cook as directed. Cool. Add 1 cup heavy cream. Whip and pour into molds and freeze.

Juanita Benz Corey

ICE CREAM

1 c. white sugar	4 tsp. vanilla
1 ¼ c. brown sugar	¼ tsp. almond
little salt	4 ½ c. heavy cream
5 eggs	4 ½ c. whole milk

Beat eggs well. Add sugars, salt and flavorings. Beat well. Add cream and milk. Stir. Freeze in electric freezer.

Opal Perry

ICE CREAM

(Served At The Methodist Ice Cream Socials.)

5 eggs, beaten 15 minutes	3 Tbsp. vanilla
2 c. sugar	1 ½ qt. cream
pinch of salt	1 qt. milk

Beat eggs. Add sugar, salt and vanilla. Stir in cream and milk. Freeze in 1 gallon electric freezer.

Opal Perry

KRUMKAKE

4 eggs, well beaten	1 tsp. vanilla
1 c. sugar	2 tsp. melted butter
1 ½ tsp. cardamon or nutmeg	2 c. flour
½ tsp. salt	1 ½ c. whipped cream

Beat eggs well. Add all ingredients. Cool butter so it isn't hot. Add flour. Whip cream and fold in last. Fry on a Krumkake iron, turning so both sides bake. Roll on a stick (round) immediately. Store in box covered by foil.

Opal Perry

LEMON CUSTARD DESSERT

1 prepared angel food	1 c. (8 oz.) sour cream
1 instant lemon pudding	1 can cherry or strawberry pie filling
1 ½ c. cold milk	

CAKES, COOKIES & DESSERTS

Tear angel food into 9 x 13-inch pan. Pour prepared pudding, sour cream and milk. Pour over the torn angel food. Top with pie filling of choice.

Neva Halter

MERINGUE CUSTARD DESSERT

6 egg whites
1 ½ tsp. lemon juice
pinch of salt
½ tsp. vanilla

2 c. sugar
fruit: frozen strawberries,
raspberries, etc.

Topping:

2 (3 oz.) pkg. cream cheese
1 c. sugar
1 tsp. vanilla

1 pt. whipping cream, whipped
2 c. miniature marshmallows

Add juice, vanilla and salt to egg whites. Beat stiff and continue beating. Add sugar slowly. Grease bottom of a 9 x 13-inch pan. Spread in pan. Bake at 275° for 1 hour. Open oven door for 1 minute. Shut off oven. Close oven door and leave closed for 3 hours.

Topping: Mix well the cream cheese and sugar. Add vanilla, whipped cream and miniature marshmallows.

Add fruit topping of some kind when ready to serve.

Jane Perry

MINT DESSERT

Crust:

1 pkg. Oreo cookies, crushed

1 stick butter

Melt butter and pour over Oreos. Stir and put ¾ of mixture in 13 x 9-inch pan. Pat down. Cool until ready to put in filling.

Filling:

1 (13 oz.) jar Marshmallow Creme
½ c. milk
1 pt. whipped cream

green food coloring
peppermint extract

Mix Marshmallow Creme and milk together. Add food coloring and flavoring. Whip cream and add to rest. Pour in pan. Sprinkle remainder of topping over dessert. Serve frozen.

Phyllis Cook

OREO COOKIE TORTE

1 (19 oz.) pkg. Oreo cookies
½ c. butter, melted
1 (8 oz.) cream cheese, softened
1 c. powdered sugar

2 large containers Cool Whip
1 large pkg. instant chocolate pudding

Crush the Oreo cookies. Pat in a 9 x 13-inch pan, reserving some for top. Drizzle ½ cup melted butter over crushed cookies.

Mix 8 ounces cream cheese, softened, and 1 cup powdered sugar. Blend 1 large container Cool Whip into the cream cheese mixture. Spread over the crust and refrigerate for a short time.

Mix 1 large package instant chocolate pudding according to instructions on package. Spread over previous layer. Spread the other large container of Cool Whip over the pudding layer. Top with reserved cookie crumbs. Refrigerate.

Connie Culey-Even

PEPPERMINT DESSERT

24 cream filled chocolate cookies, crushed
¼ c. margarine
8 c. miniature marshmallows

1 c. milk
2 envelopes Dream Whip
1 c. peppermint candy

Combine crumbs and margarine. Press into a 9 x 13-inch pan. Melt 6 cups of the marshmallows with milk. Chill until slightly thickened. Fold in the Dream Whip prepared by package directions and the 2 cups marshmallows and the crushed candy. Pour over crumbs in pan. Chill until set and ready to serve.

Connie Lemke

PRALINE CRESCENT DESSERT

⅓ c. margarine or butter
½ c. firmly packed brown sugar
3 Tbsp. dairy sour cream
1 c. crisp rice cereal
½ c. chopped pecans or nuts
½ c. coconut

8 oz. can Pillsbury refrigerated quick crescent dinner rolls
3 oz. pkg. Philadelphia brand cream cheese, softened
2 Tbsp. powdered sugar

Heat oven to 375°. In small saucepan over low heat, melt margarine. Add brown sugar. Cook 2 minutes, stirring constantly. Add sour

CAKES, COOKIES & DESSERTS

cream and cook 4 minutes, stirring occasionally. Remove from heat. Add cereal, nuts and coconut. Stir to coat evenly.

Separate dough into 8 triangles. Press each triangle to cover bottom and sides of ungreased muffin cups. Combine cheese and powdered sugar. Spread rounded teaspoonful over bottom of each cup. Spoon heaping tablespoonful cereal mixture into each cup. Bake at 375° for 11 to 16 minutes until golden brown. Serve with whipped cream, if desired. Store in refrigerator.

Afra Langland

PUDDING DESSERT

1 c. flour	1 c. Cool Whip
1 stick oleo	2 pkg. instant pudding (any flavor)
½ c. chopped pecans or walnuts	3 c. milk
8 oz. cream cheese	
1 c. powdered sugar	

First Layer: Mix together flour, oleo and nutmeats. Put in 9 x 13-inch pan and bake at 350° for 15 minutes. Cool

Second Layer: Blend 8 ounces cream cheese and 1 cup powdered sugar. Add 1 cup Cool Whip and mix. Spread on first layer and let stand for a few minutes.

Third Layer: Beat together instant pudding and milk. Use beaters.

Fourth Layer: Cover with Cool Whip and chopped nuts. Cover and let stand overnight.

Mildred Anderson

PUMPKIN CAKE ROLL

3 eggs	2 tsp. cinnamon
1 c. sugar	1 tsp. ginger
⅔ c. pumpkin	½ tsp. nutmeg
1 tsp. lemon juice	½ tsp. salt
¾ c. flour	1 c. finely chopped nuts
1 tsp. baking powder	powdered sugar

Filling:

4 Tbsp. butter	4 Tbsp. butter
1 c. powdered sugar	½ tsp. vanilla
2 (3 oz.) pkg. cream cheese	

Beat eggs on high speed for 5 minutes. Gradually beat in sugar. Stir in pumpkin and lemon juice. Stir in flour, baking powder, cinnamon, ginger, nutmeg and salt. Fold into pumpkin. Spread on greased and floured 15 x 10 x 1-inch pan. Top with walnuts. Bake at 375° for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Cool. Unroll and fill.

Combine powdered sugar, cream cheese, butter and vanilla. Beat until smooth. Spread on cake. Roll and chill.

Opal Perry

RICE AND RAISINS

1 c. rice
2 c. water
1 tsp. salt
¾ c. raisins

half and half milk or regular
sugar
cinnamon

Boil water and salt. Add rice and cook together covered until tender. Cook slowly. You may need to add more water. Add raisins when almost finished. Serve warm with milk, half and half or regular, sugar and cinnamon.

Amanda Heylens

RHUBARB CRUMBLE

5 c. diced rhubarb
2 Tbsp. orange juice
¾ c. sugar
¼ tsp. cinnamon
1 Tbsp. butter
¼ c. shortening, melted

⅓ c. brown sugar
⅔ c. flour
⅛ tsp. salt
¼ tsp. soda
⅔ c. quick cooking oatmeal

Arrange rhubarb in 8 x 8 x 2-inch greased pan. Sprinkle with orange juice, sugar and cinnamon. Dot with butter.

Combine melted shortening, brown sugar, flour, salt, soda and oatmeal. Spread over rhubarb. Bake at 375° for 40 minutes. Serve warm with whipped cream.

Barbara Heylens Culey

RITZ CRACKER REFRIGERATOR DESSERT

60 Ritz crackers, rolled fine
⅔ c. butter, melted
8 egg yolks
½ c. sugar
2 ½ c. (No. 2 can) pineapple

1 pkg. lemon jello
8 egg whites
1 c. sugar
1 c. nutmeats

CAKES, COOKIES & DESSERTS

Add melted butter to crackers. Press half in pan. Cook egg yolks, sugar and pineapple. Add the jello while hot. Cool. Beat egg whites. Add 1 cup sugar slowly. Mix in cooled egg mixture. Pour over crackers. Sprinkle with 1 cup nutmeats. Top with remaining cracker crumbs. Refrigerate.

Beulah Hackett

GRANDMA ENGWELL'S BROWN SUGAR FROSTING

4 Tbsp. butter

4 Tbsp. brown sugar

4 Tbsp. milk

1 c. powdered sugar

Bring to a boil. Take off stove and add 1 cup powdered sugar and stir. Then spread.

*Carolyn Herbranson
White, SD*

CHOCOLATE FROSTING

1 c. sugar

¼ c. margarine

⅓ c. milk

1 (1 oz.) sq. semi-sweet
chocolate

1 tsp. vanilla

Stir together sugar, margarine or butter, milk and chocolate. Bring to a boil and boil for 1 minute. Remove from heat. Add vanilla and beat until it thickens and spread on cake or brownies.

For a caramel frosting omit chocolate.

Bonnie Pierce

CHOCOLATE FROSTING

¼ c. butter

1 c. white sugar

¼ c. milk

½ c. chocolate chips

Put butter, sugar and milk in a kettle. Bring to a boil. Boil 1 minute. Take from heat and add the chocolate chips. Beat until ready to spread.

Elna Cook

GERMAN CHOCOLATE FROSTING

1 c. condensed milk
1 c. sugar

3 egg yolks
½ c. margarine

Cook over medium heat until thick. Stir constantly. Doesn't take long. Add 1 cup coconut and beat until thick.

Irene Benz

WHITE OR CHOCOLATE (BOILED) FROSTING

1 ½ c. sugar
6 Tbsp. milk
2 Tbsp. shortening

2 Tbsp. butter
2 Tbsp. syrup (white)
½ tsp. salt

Chocolate Frosting:

2 sq. or 2 heaping Tbsp. cocoa

7 Tbsp. milk instead of 6

Stir together in heavy saucepan over medium heat. After it reaches rolling boil, boil for 1 minute and cool. Stir until thick. If too thick, add a tiny bit of milk as needed for spreading consistency.

Bev Heylens

CREAMY PINEAPPLE FROSTING

¼ c. butter
¼ c. shortening
3 c. sifted powdered sugar
8 ½ oz. can drained, crushed
pineapple

½ tsp. salt
¼ tsp. vanilla
½ tsp. grated lemon rind

Mix together and put in ungreased angel food cake pan. Frost with frosting.

Frosting: Cream butter and shortening. Gradually add powdered sugar. Beat until light and fluffy. Blend in pineapple, salt, vanilla and lemon rind.

Dorothy Loban

EGG FROSTING

1 c. sugar
½ c. water

2 egg whites
vanilla

CAKES, COOKIES & DESSERTS

Boil sugar and water until it threads. Beat egg whites until stiff. Add sugar and syrup to egg whites. Beat until peaks. May add ½ cup powdered sugar. Add vanilla.

Opal Perry

HONEY FROSTING (EXCEPTIONAL)

(A Favorite)

1 (3 oz.) pkg. cream cheese
1 Tbsp. honey
¼ tsp. almond flavoring

2 ½ c. powdered sugar
walnuts (if desired)

Combine cheese, honey, almond flavoring and powdered sugar. Beat well.

It does not harden and crack. Suitable for any kind of cookie or cake. This will frost a 9 x 13-inch cake.

Coral Bombeck

PEANUT BUTTER ICING

3 c. sifted powdered sugar
¼ c. chunk-style peanut butter

¼ to ⅓ c. milk

Blend sugar and peanut butter. Slowly stir in milk until thick enough to spread.

Joyce Doop

SEVEN-MINUTE FROSTING

1 ½ c. sugar
2 egg whites
⅓ c. water

1 Tbsp. white syrup
dash of salt
1 tsp. vanilla

Mix sugar, egg whites, water, syrup and salt in top of double boiler pan. Cook in double boiler while beating with electric mixer for 7 minutes. Remove from heat. Add vanilla and spread on your favorite cake! Makes large batch.

Ruth Pierce

TOPPING FOR CAKE OR DESSERT

1 ¾ c. sugar (brown or white)
4 Tbsp. cornstarch or flour
1 c. butter or margarine

2 c. milk
2 tsp. vanilla

Mix and cook above until thick. Serve warm over dessert or cake. Reheat in double boiler or microwave. Keeps well in refrigerator.

Neva Holter

TUTTI FRUITTI BROILED TOPPING

1/4 c. butter or margarine
1/2 c. brown sugar
2 Tbsp. cream
1 c. coconut

1/2 c. chopped pecans
1/3 c. crushed pineapple, drained
1/4 to 1/2 c. quartered maraschino cherries

Mix ingredients and spread over cooled cake. Place in very hot 425° oven or under broiler for a few minutes.

Joyce Doop

WHITE CREAMY FROSTING FROM JANE

1/2 c. butter
1/2 c. shortening
1 c. sugar
3 Tbsp. flour

2/3 c. milk
2 tsp. vanilla
pinch of salt
1 tsp. lemon juice

Cream until sugar is not grainy the butter, sugar and shortening. Add flour, one spoon at a time. Add milk. Beat well. Put mixer on high for 12 minutes. Add vanilla, salt and lemon juice.

Opal Perry

CAKES, COOKIES & DESSERTS

-•YOUR FAVORITE RECIPES•-

Recipe

Page Number



EVERAGES,

MICROWAVE

MISC.

“IF ANY MAN IS THIRSTY, LET HIM COME TO ME AND DRINK.”

JOHN 7:37

Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

BEVERAGES, MICROWAVE & MISCELLANEOUS

BLENDER BREAKFAST

1 ripe banana, peach or
nectarine, peeled and cut in
chunks

½ c. low-fat milk or low-fat
yogurt
1 tsp. honey or sugar
1 Tbsp. natural bran

Combine fruit, milk, honey and bran in blender or food processor. Whirl until smooth. Pour into glass.

Juanita Benz Corey

HOT APPLE CIDER

2 qt. cranapple juice
2 qt. apple juice or cider
½ c. brown sugar

4 sticks cinnamon
1 ½ tsp. whole cloves

Put sugar, cinnamon and cloves in basket. Put in clean 30 cup electric coffeepot and perk like coffee.

Neva Holter

COCOA MIX

2 lb. box Nestle Quik
1 (6 oz.) jar Coffee-mate

1 pkg. powdered milk (to make 8
qt.)
1 c. powdered sugar

Mix well and store in ice cream pail. Put ½ cup mix in cup. Fill with hot water. Stir. May be heated in microwave.

Opal Perry

ORANGE COOLER

½ (6 oz.) can frozen concentrated
orange juice
½ c. milk
½ c. water

1 Tbsp. sugar
½ tsp. vanilla
6 to 8 ice cubes

Combine all ingredients in blender. Cover and blend at high speed until smooth. Serve at once.

Tara Krog

ORANGE JULIUS

1 (6 oz.) can frozen orange juice	½ c. sugar or less
1 c. milk	1 tsp. vanilla
1 c. water	10 or 12 ice cubes

Blend all ingredients until smooth (about 30 seconds in blender).
Makes 6 cups.

Barbara Heylens Culey

ORANGE JULIUS

1 c. water	⅓ c. sugar
1 c. milk	1 tsp. vanilla
1 (6 oz.) can frozen orange juice concentrate	8 to 10 ice cubes

Place all ingredients in a blender. Cover and run on low speed for about 30 seconds. Makes 6 servings.

Juanita Benz Corey

KRISTEN'S INCREDIBLE PUNCH

6 c. water	3 c. sugar
46 oz. can pineapple juice	5 ripe bananas
12 oz. frozen orange juice, mixed	2 bottles ginger ale
⅓ c. lemon juice	

Boil water and sugar until dissolved. Mix juices, water and sugar. Cut up bananas. Blend in blender until pureed. Use some juice to make it liquid. Mix everything. Freeze in bowls, small enough to fit in punch bowls.

To serve, add ginger ale to frozen mixture and allow enough time to thaw into a slush. (Frozen chunks can be thawing and ready to serve. Refill punch bowl with slush and ginger ale as needed.) Very popular for weddings and graduations.

Kerri Perry

V-8 JUICE

22 lb. tomatoes	½ c. chopped onions
¾ c. diced carrots	¼ c. chopped parsley
¾ c. diced celery	1 small bottle lemon juice
1 c. chopped green peppers	1 Tbsp. salt

Run first 6 ingredients through blender. Boil and simmer 20 minutes. Run through sieve. Add 1 tablespoon salt and 1 bottle lemon juice. Bring to boil and put into jars, 45 minutes hot water bath.

Sylvia Perry

CARAMELS

½ lb. butter or margarine
2 c. light corn syrup
2 c. sugar

2 cans condensed milk
(sweetened)
½ c. flour
1 tsp. vanilla

In heavy saucepan, melt butter. Add corn syrup and sugar. Boil for 5 minutes over medium heat, stirring constantly. Add 1 ½ cans sweetened condensed milk.

Mix flour thoroughly with remaining milk, then add to corn syrup mixture. Boil until mixture darkens and forms a medium hard ball (240°). Stir constantly or mixture will stick. Add vanilla and pour into buttered 9 x 13-inch pan. Allow to cool. Cut into 1-inch pieces with sharp, buttered knife. Wrap pieces in waxed paper. Keep cool. Yields about 5 dozen.

Opal Perry

MICROWAVE CARAMEL CORN

16 c. popped corn
2 c. brown sugar
2 sticks margarine

½ c. light corn syrup
1 c. salted nuts (optional)
1 tsp. salt

Boil ingredients, except popcorn, for 5 minutes. Remove from heat. Add ½ teaspoon soda. Stir. Pour over popcorn in paper sack. Shake. Put in microwave on High for 1 minute. Shake. Repeat twice. Pour out on cookie sheet until cool.

Virginia Perry

NO BAKE CARAMEL CORN

1 c. brown sugar
1 c. butter

11 large marshmallows
10 c. popped corn

Bring sugar and butter to a good boil. Add marshmallows. Pour over popcorn.

Irene Benz

OVEN BAKED CARAMEL CORN

5 qt. popped corn
½ c. butter
½ c. white Karo syrup

1 c. brown sugar
½ tsp. soda

Mix all ingredients, except popcorn, in a pan. Bring to rolling boil. Pour over corn in large roaster. Bake in a 250° oven for 45 minutes. Stir every 10 minutes. Break apart to serve.

Opal Perry

CHOCOLATE DIPPED CANDIES

1 can sweetened condensed milk
2 lb. powdered sugar
¼ c. softened butter

**flavorings: coconut, vanilla or
maple extract, nuts, almond
extract**

Divide dough in thirds. Add flavorings. Mix well. Form into small balls. Put in freezer overnight. Dip into melted chocolate almond bark.

Virginia Perry

DIVINITY

5 c. sugar
1 c. white syrup
1 ¼ c. water

3 egg whites
2 tsp. vanilla
nuts and cherries (optional)

Boil sugar, syrup and water until 240° or cracked balls in cold water. Beat egg whites until stiff and peaked. Beat whites while cooked syrup is poured into them. Beat until it loses gloss or will stand in soft peaks on waxed paper. May be put in pan and cut. Use vanilla for flavoring. Add nuts or cherries or both if wished.

Opal Perry

ENGLISH TOFFEE

1 c. chopped pecans or walnuts
½ c. butter or oleo

¾ c. brown sugar
6 oz. pkg. chocolate chips

Spread nuts on bottom of 6 x 10-inch pan. Boil butter and sugar 7 minutes, stirring constantly. Pour over nuts. Let stand a few minutes.

Spread chocolate chips on top. Cover pan until chocolate is melted. Swirl chocolate. Cool and break into pieces. Keep in refrigerator.

Dorothy Loban

KENDRA'S MICROWAVE FUDGE

(Makes 1 ¼ Pound)

1 lb. powdered sugar or 4 c.
½ c. cocoa
¼ c. milk

¼ lb. margarine
1 Tbsp. vanilla
½ c. chopped walnuts

Sift powdered sugar and cocoa into medium glass mixing bowl. Blend together. Add milk and margarine. Do not mix, just stir slightly. Microwave 2 minutes on High.

Add vanilla. Stir just enough to blend together. Pour onto a buttered platter or 8 or 9-inch pan. Sprinkle with nuts. Chill 1 hour in refrigerator. Cut when firm.

*Carolyn Herbranson
White, SD*

ROCKY ROAD SUPREME - FUDGE

½ c. miniature marshmallows
6 sq. semi-sweet chocolate
½ c. butter
2 c. sugar
1 c. miniature marshmallows

⅔ c. (5 ⅓ oz.) can evaporated milk
1 c. chopped walnuts
1 tsp. vanilla

Spread ½ cup marshmallows on tray and freeze until firm. Place chocolate and butter in large bowl. Set aside.

Combine sugar and cup of marshmallows and evaporated milk in heavy saucepan. Bring to a boil, stirring constantly. Continue boiling, stirring constantly for 5 minutes. Pour over chocolate and butter. Stir until mixture is well blended and begins to thicken. Add walnuts, vanilla and frozen marshmallows. Pour into lightly greased 8-inch square pan. Chill until firm. Cut into squares. Store covered in a cool place. Makes about 2 pounds.

Bonnie Pierce

5-QUART FUDGE

2 sticks margarine
4 c. sugar
1 can evaporated milk
1 large jar Marshmallow Creme

1 (10 oz.) bag peanut butter chips
1 (10 to 12 oz.) bag milk chocolate chips
vanilla to taste

BEVERAGES, MICROWAVE & MISCELLANEOUS

In 5-quart microwave bowl, mix together margarine, sugar and milk. Microwave for 5 minutes. Stir well and repeat for 20 minutes, stirring well at 5 minute intervals. Remove and add remaining ingredients. Stir and mix well. Pour into two 9 x 13-inch pans.

If followed, this recipe never fails.

Elaine Culey

PEANUT BUTTER FUDGE

2 c. sugar	1 c. marshmallow cream
$\frac{2}{3}$ c. cream or milk	1 tsp. vanilla
1 c. peanut butter	

Cook to soft ball stage the sugar and cream or milk. Remove from heat. Add peanut butter, marshmallow cream and vanilla. Grease 9 x 9-inch glass pan. Pour mixture into pan and cover with foil. Cool and cut into squares.

Neva Holter

VANILLA FUDGE

2 c. white sugar	2 Tbsp. butter or margarine
3 Tbsp. white corn syrup	1 Tbsp. vanilla
1 c. half and half	

Mix sugar, syrup and $\frac{2}{3}$ of half and half in 3-quart heavy kettle. Bring to boil and let boil until it turns creamy colored (about 10 minutes). Add 2 tablespoons butter or margarine and the vanilla to remaining $\frac{1}{3}$ cup half and half. Add to boiling mixture. Bring back to boiling and cook until it forms a solid ball in cold water. Beat well and use an 8 x 8-inch glass pan.

Neva Holter

PHILADELPHIA CREAM CHEESE MINTS

$\frac{1}{4}$ (8 oz.) pkg. cream cheese	flavorings, coloring (your choice)
1 $\frac{2}{3}$ c. powdered sugar	

Mash cheese. Add sugar. Divide. Add flavorings and color. Knead like pie crust. Roll in balls the size of marbles. Roll in ground white sugar. Press in molds. Unmold at once onto waxed paper. May be frozen.

Opal Perry

PEANUT BRITTLE

1 c. raw peanuts	1/8 tsp. baking soda
1 c. sugar	1 tsp. vanilla
1/2 c. white corn syrup	1 tsp. butter

Cook 4 minutes on High and stir. Cook 4 minutes more. Stir. Add vanilla and butter. Cook 1 minute. Stir in soda well. Spread on greased cookie sheet. Cool and break.

*Opal Perry***DEVEILED POPCORN**

1/2 c. melted butter	1 1/2 tsp. chili powder
1/2 tsp. garlic salt	1/8 tsp. red pepper
12 to 13 c. popcorn	

Mix 1/2 cup melted butter, chili powder, garlic salt and red pepper. Toss lightly over popped corn and serve.

*Lola Perry***POPCORN BALL SYRUP**

2/3 c. white corn syrup	2 tsp. cream of tartar
2 c. sugar	2 Tbsp. butter
2/3 c. boiling water	2 Tbsp. vanilla
2 Tbsp. vinegar	1/8 tsp. soda

Boil until it strings or a drop in cold water makes a hard ball. Pour over popped corn. Make into balls with hands dipped in cold water. May be heated again if it hardens too much.

*Opal Perry***APPLE BUTTER JAM**

4 c. apple pulp	1 tsp. cinnamon
1 1/2 c. sugar	1/4 tsp. cloves
1/4 tsp. nutmeg	

Mix all ingredients together. Bake in a 300° oven until mixture becomes thick. Put jam in jars while it is very hot and seal them.

Lola Perry

SPICY APPLE BUTTER

1 orange
1 lemon
1 lb. tart cooking apples (not peeled), cored and coarsely chopped (4 c. chopped)

1 ½ Tbsp. light brown sugar
1/8 tsp. ground cinnamon
1/8 tsp. ground allspice

Using a vegetable peeler, remove several strips of zest from the orange and lemon. Juice the orange and lemon. Combine with the zest, apples, cider, brown sugar, cinnamon and allspice in a heavy bottomed saucepan. Bring to a simmer. Cover and cook over low heat for 15 minutes. Uncover the pan and continue to simmer over very low heat, stirring often to prevent scorching, until the mix is very thick and the liquid has evaporated, about 45 minutes. Stir almost continuously during the last 15 minutes of cooking. Work the apple butter through a food mill or coarse sieve into a bowl. Let cool. (The apple butter can be stored, covered, in the refrigerator for up to 1 week or frozen for longer storage.) Makes about 1 cup.

LaRee Perry Hennen

STRAWBERRY JAM

5 c. berries

4 c. sugar

Heat berries and 2 cups sugar together until it forms its own juice. Drain off juice. Then put 2 more cups of sugar in juice. (Hold back berries and leave them on low heat.) Boil juice for 5 minutes. Put berries and juice together and boil 10 to 11 minutes. Skim off foam. Let stand for hours or overnight. Stir at times. In the a.m., can in hot, sterilized jars. Cover with parawax. Put lids on, too.

Recipe of Gladys Vanderwal.

Nancy Heylens

SUPERB RHUBARB JAM

4 c. rhubarb, cut in small pieces
4 c. sugar

1 c. fresh or frozen strawberries
1 pkg. strawberry jello

Combine rhubarb, sugar and berries in a heavy saucepan. Stir to blend. Put on low heat and stir until it makes its own juice. Bring to a boil, stirring occasionally. When at a full boil, time carefully 15

minutes. Remove from heat and stir in powdered jello. Put in sterilized jars and cool. Seal with melted paraffin. Makes 2 pints.

Elna Cook

BARBECUE PORK SANDWICHES

good quality pork roast
(tenderloin)
1 (14 oz.) bottle catsup
1 Tbsp. vinegar
¼ c. crushed pineapple
½ tsp. Worcestershire sauce

½ tsp. dry mustard
¾ c. brown sugar
½ tsp. chili powder
¼ tsp. pepper
dash of garlic powder

Roast the pork until well done. Remove bones and any fat. Slice and cut up.

Sauce: Combine all listed ingredients, except meat. Mix well and simmer. Add to the sliced meat and simmer until hot. Place in rolls and enjoy.

Traci Langland

DRIED BEEF SANDWICHES

2 (8 oz.) pkg. cream cheese
2 (3 oz.) pkg. chopped dried beef
1 medium carton sour cream
1 Tbsp. Mrs. Dash garlic

1 Tbsp. minced onion
Mozzarella cheese
French bread

Tear up dried beef. Combine all ingredients, except for Mozzarella. Spread on French bread slices. Sprinkle with cheese. Bake at 350° for 45 minutes.

Larry Perry

HOT SANDWICHES

¼ c. chopped Velveeta cheese
3 boiled, chopped eggs
1 can tuna or ham
1 Tbsp. chopped onion

1 Tbsp. chopped sweet pickle
1 Tbsp. chopped olives
½ c. mayonnaise

Mix together and put on 12 buns. Wrap in tinfoil. Bake 30 minutes at 250°.

Beulah Hackett

SPRING SANDWICH LOAF

loaf unsliced bread	salt and pepper
butter	2 cans deviled ham
4 hard-boiled eggs	2 Tbsp. sweet pickle
green onion	2 Tbsp. lemon juice
mayonnaise	3 (4 oz.) pkg. cream cheese

Cut crusts from loaf. Slice lengthwise ½-inch thick. Spread each slice with butter, then alternate meat and egg mixtures on each slice.

Fillers:

Eggs: Chop eggs with green onion, mayonnaise, salt and pepper.

Meat: Mix ham, sweet pickle and 1 tablespoon lemon juice.

Frosting:

cream cheese	salad dressing (enough to spread easily)
1 Tbsp. lemon juice	

Cream the cream cheese with lemon juice and salad dressing. Frost top and sides. Chill well. Slice. Serve with fork.

Opal Perry

BABY WIPES

3 c. water	1 round plastic container
1 Tbsp. baby oil	½ roll large double Bounty paper towels
1 Tbsp. baby bath	

Mix together and pour over ½ roll of large double Bounty. Remove cardboard core and they are ready to use.

Sylvia Perry

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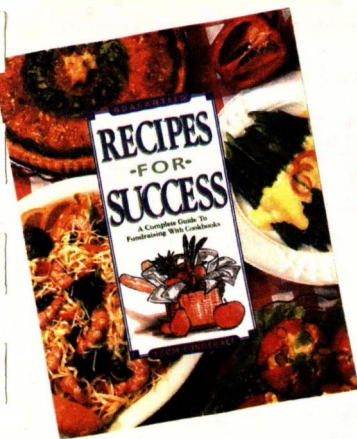
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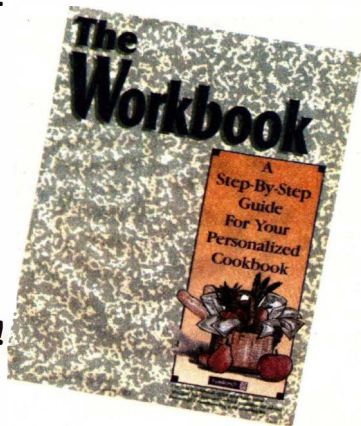
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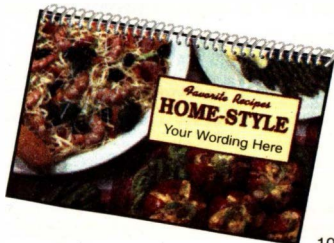
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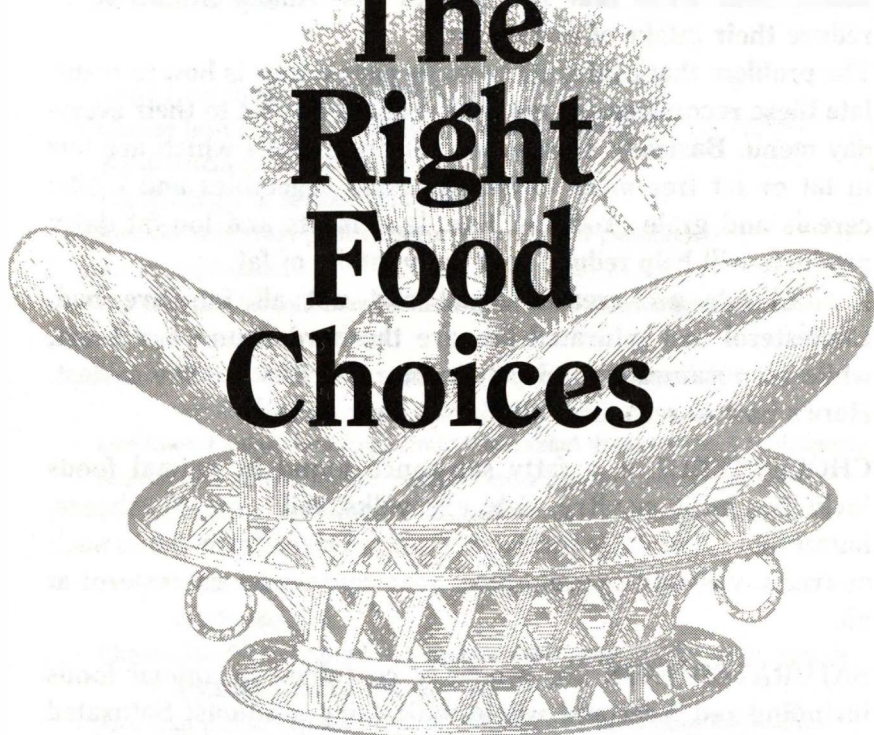
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Making The Right Food Choices



A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

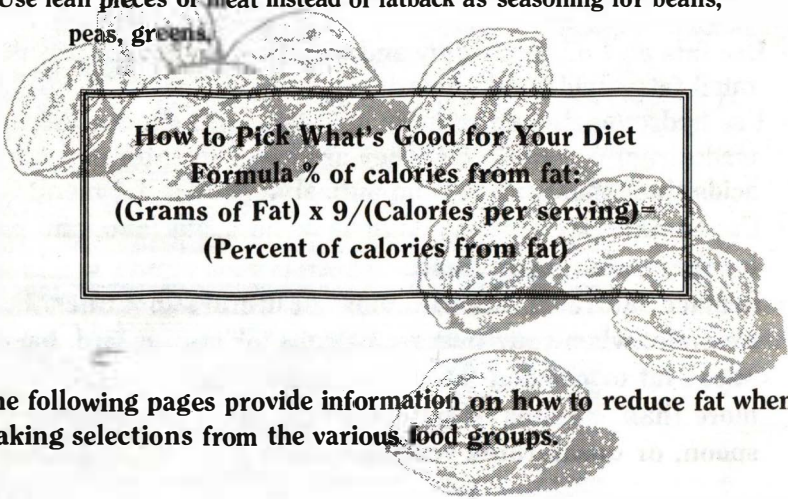
MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.



How to Pick What's Good for Your Diet
Formula % of calories from fat:
 $(\text{Grams of Fat}) \times 9 / (\text{Calories per serving}) =$
(Percent of calories from fat)

The following pages provide information on how to reduce fat when making selections from the various food groups.

Fats and Oils

Some of these foods are high in vitamins A or E, but all are high in fat and calories.

SERVINGS PER DAY:

No more than a total of 5-8, depending on your caloric needs.

SERVING SIZE:

1 tsp. vegetable oil or regular margarine

2 tsp. diet margarine

1 Tbsp. salad dressing

2 tsp. mayonnaise or peanut butter

3 tsp. seeds or nuts

1/8 of medium avocado

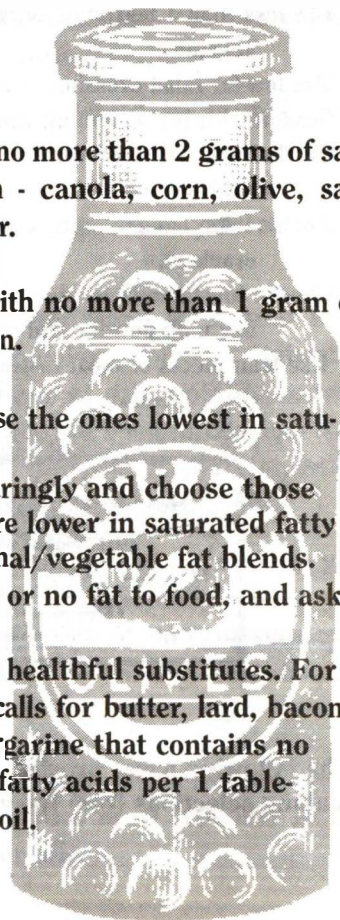
10 small or 5 large olives

CHOOSE FROM:

Vegetable oils and margarine with no more than 2 grams of saturated fatty acids per tablespoon - canola, corn, olive, safflower, sesame, soybean, sunflower.

Salad dressings and mayonnaise with no more than 1 gram of saturated fatty acids per tablespoon.

- Use fats and oils sparingly and use the ones lowest in saturated fatty acids and cholesterol.
- Use hydrogenated shortening sparingly and choose those made from vegetable fat. They are lower in saturated fatty acids than those made from animal/vegetable fat blends.
- Use cooking styles that add little or no fat to food, and ask for them when eating out.
- Replace saturated fats with more healthful substitutes. For example, when your own recipe calls for butter, lard, bacon, bacon fat or chicken fat, use margarine that contains no more than 2 grams of saturated fatty acids per 1 tablespoon, or unsaturated vegetable oil.



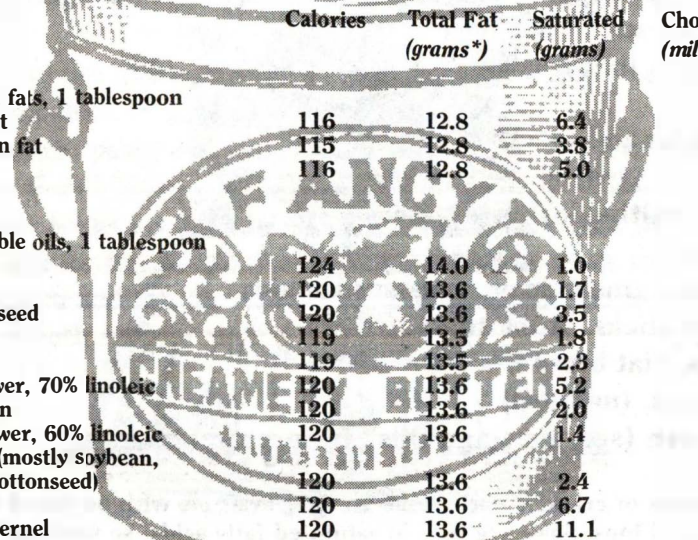
Using Vegetable Oils

The liquid vegetable oils or margarine that contain no more than 2 grams of saturated fatty acids per tablespoon, can be used in many ways in cooking that requires the use of fat. For example:

- To brown lean meats and to pan or oven-fry fish and poultry.
- To sauté onions and other vegetables for soup.
- In cream sauces and soups made with skim milk.
- In whipped or scalloped potatoes with skim milk added.
- For making hot breads, pie crusts and cakes.
- For popping corn and making cocktail snacks.
- In casseroles made with dried peas or beans.
- In browning rice and for Spanish or curried rice.
- In cooking dehydrated potatoes and other prepared foods that call for fat to be added.

FATS AND OILS

Animal fat tends to be higher in saturated fat than vegetable oils, which are generally higher in polyunsaturated fats. Vegetable shortening and margarine (see "Dairy and Egg Products") that have been hardened by hydrogenating contain varying amounts of saturated fat, depending on the brand. Only animal fats contain cholesterol. Amounts given are for one tablespoon.



	Calories	Total Fat (grams*)	Saturated (grams)	Cholesterol (milligrams)
FATS				
Animal fats, 1 tablespoon				
Beef fat	116	12.8	6.4	14
Chicken fat	115	12.8	3.8	11
Lard	116	12.8	5.0	12
OILS				
Vegetable oils, 1 tablespoon				
Canola	124	14.0	1.0	0
Corn	120	13.6	1.7	0
Cottonseed	120	13.6	3.5	0
Olive	119	13.5	1.8	0
Peanut	119	13.5	2.3	0
Safflower, 70% linoleic	120	13.6	5.2	0
Soybean	120	13.6	2.0	0
Sunflower, 60% linoleic	120	13.6	1.4	0
Mixed (mostly soybean, some cottonseed)	120	13.6	2.4	0
Palm	120	13.6	6.7	0
Palm kernel	120	13.6	11.1	0

Breads, Cereals, Pasta and Starchy Vegetables

Low in Fat and Cholesterol
High in B Vitamins, Iron and Fiber

SERVINGS PER DAY:

6 or more

SERVING SIZE:

1 slice bread

1/4 cup nugget or bud-type cereal

1/2 cup hot cereal

1 cup cooked rice or pasta

1/4-1/2 cup starchy vegetables

CHOOSE FROM:

Breads and rolls -

wheat, rye, raisin or white bread

English muffins

frankfurter and hamburger buns

water (not egg) bagels

pita bread

tortillas (not fried)

***Crackers and snacks -**

animal, graham, rye crackers

soda, saltine, oyster crackers

matzo

fig bar, ginger snap, molasses cookies

bread sticks, melba toast

rusks, flat bread

pretzels, (unsalted)

popcorn (see "Fats and Oils" for preparation)

* Many kinds of crackers and snacks are now available with no added salt or unsalted tops. Some are high in saturated fatty acids, so read the labels.

**** Quick breads -
homemade using margarine or oils low in saturated fatty acids, skim or 1% fat milk, and egg whites or egg substitutes (or egg yolks within limits)
biscuits, muffins, cornbread
fruit breads, soft rolls
pancakes, French toast, waffles**

**+ Hot or cold cereals -
all kinds (granola-type may be high in fat or saturated fatty acids)**

**+ Rice and pasta -
all kinds (pasta made without egg yolk)**

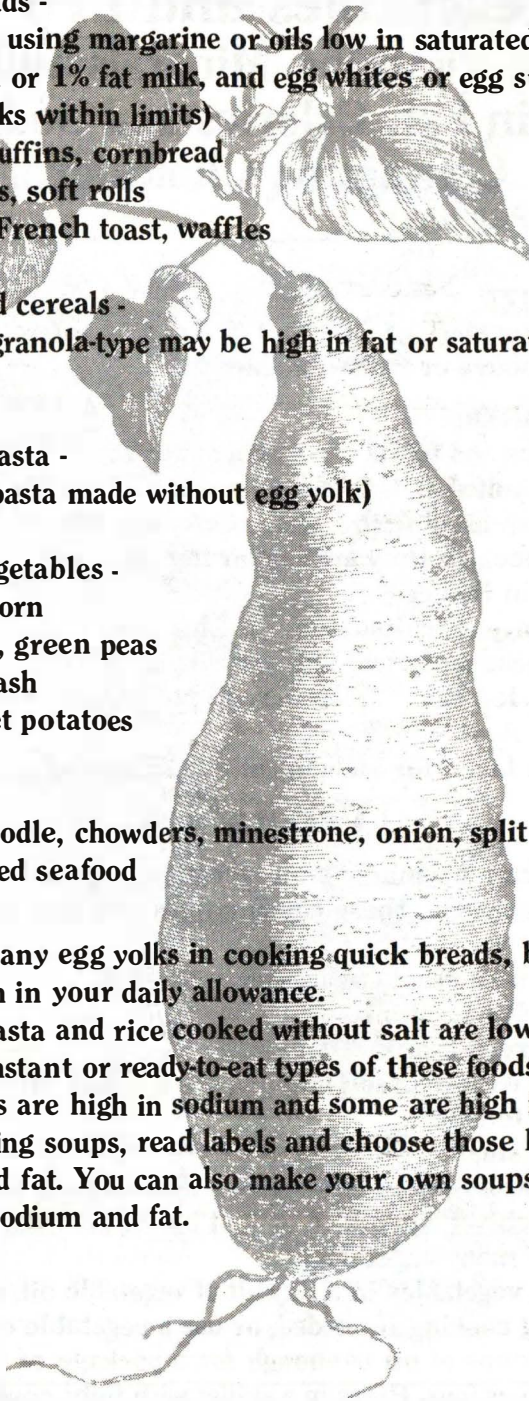
**Starchy vegetables -
potatoes, corn
lima beans, green peas
winter squash
yams, sweet potatoes**

**++ Soups -
chicken noodle, chowders, minestrone, onion, split pea,
tomato-based seafood**

**** If you use any egg yolks in cooking quick breads, be sure to count them in your daily allowance.**

+ Cereals, pasta and rice cooked without salt are lower in sodium than instant or ready-to-eat types of these foods.

++ Most soups are high in sodium and some are high in fat. When buying soups, read labels and choose those low in sodium and fat. You can also make your own soups and control both sodium and fat.



Vegetables and Fruits

High in Vitamins, Minerals and Fiber; Low in Fat, Calories and Sodium... Contain no Cholesterol

SERVINGS PER DAY:

5 or more

SERVING SIZE:

1 medium size piece of fruit or 1/2 cup fruit juice

1/2-1 cup cooked or raw vegetables

CHOOSE FROM:

All vegetables and fruits except coconut. Olives and avocados should be counted as fats (see Fats and Oils section). Starchy vegetables are listed with Breads, Cereals, Pasta and Starchy Vegetables because they are similar in calories per serving to the other foods in that group.

- Enjoy plenty of fruits and vegetables. If you are watching your weight, these foods will give you vitamins, minerals and fiber with few calories. Be sure to include sources rich in vitamins C & A.
- Check the labels for sodium content of canned vegetables.

Vegetables

Vegetables can be made more tempting by adding herbs and spices. For example, these combinations add new and subtle flavors:

- rosemary with peas, cauliflower and squash
- oregano with zucchini
- dill with green beans
- marjoram with Brussels sprouts, carrots and spinach
- basil with tomatoes

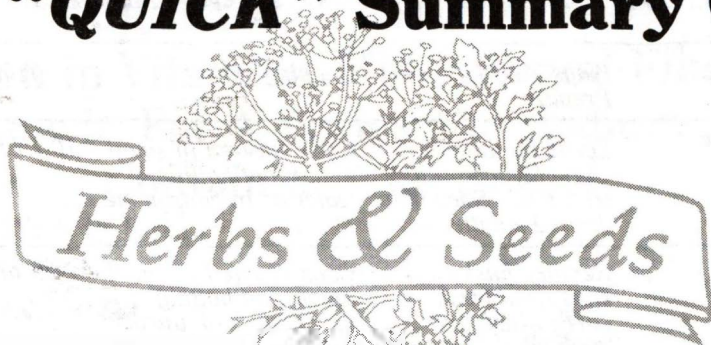
Start with a small quantity (1/8 to 1/2 teaspoon to a package of frozen vegetables), then let your own taste be your guide. Chopped parsley and chives, sprinkled on just before serving, also enhance the flavor of many vegetables.

Try cooking vegetables in a tiny bit of vegetable oil, adding a little water during cooking if needed, or use a vegetable oil spray. Only 1 to 2 teaspoons of oil is enough for a package of frozen vegetables that serves four. Place in a skillet with tight cover, season and cook over a very low heat until vegetables are done.

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling water or in consommé.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; if skin is tough, pare. Cut in 1/2 inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water; lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered, without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

A "QUICK" Summary Of



- DILL** Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- FENNEL** Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
- MARJORAM** May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- TARRAGON** Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- CURRY POWDER** A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.
- CHIVES** Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.
- SAGE** Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued



Herbs & Seeds

continued...

- CARAWAY** Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.
- PAPRIKA** A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
- BASIL** Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
- OREGANO** Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
- BAY LEAF** A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
- GINGER** An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
- CHERVIL** Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
- SHALLOTS** Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
- VINEGAR** Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.



Milk Products

High in Protein, Calcium, Phosphorus, Niacin, Riboflavin, Vitamins A and D

SERVINGS PER DAY:

2 or more for adults over 24 years and children 2 - 10 years;
3 - 4 for ages 11 - 24 and women who are pregnant or breast-feeding

SERVING SIZE:

- 1 cup skim, 1/2% or 1% fat milk
- 1 cup nonfat or low-fat yogurt
- 1 oz. low-fat cheese or 1/2 cup low-fat cottage cheese

CHOOSE FROM:

Milk products with 0-1% fat:

- skim milk
- 1/2 - 1% fat milk
- nonfat or low-fat dry milk powder
- evaporated skim milk
- buttermilk made from skim or 1% fat milk
- nonfat or low-fat yogurt
- drinks made with skim or 1% fat milk and cocoa (or other low-fat drink powders)

Low-fat cheeses:

dry-curd, skim or low-fat cottage cheese, natural or processed cheeses with no more than 5 grams of fat per ounce.

- Skim, 1/2% fat and 1% fat milk all provide the same nutrients as whole milk and 2% fat milk. But they are much lower in fat, saturated fatty acids, cholesterol and calories.
- If you're used to whole milk products, you may find it easier to make the change slowly to lower fat foods. Try 2% fat milk first. Then, when you're used to that, move to 1% fat milk. That will make it much easier if you decide to change to skim milk.

Meat, Poultry and Fish

High in Protein, B Vitamins, Iron and Other Minerals

SERVINGS PER DAY:

No more than 6 oz. cooked lean meat, poultry or fish

SERVING SIZE:

3 oz. cooked (4 oz. raw) lean meat, poultry or fish

Here are some examples to help you judge serving sizes of meat, poultry and fish. A 3-ounce portion equals:

- the size of a deck of playing cards
- 2 thin slices of lean roast beef (each slice 3" x 3" x 1/4")
- 1/2 of a chicken breast or a chicken leg with thigh (without skin)
- 3/4 cup of flaked fish

CHOOSE FROM:

Fish (fresh, frozen, canned in water or rinsed)

* Shellfish

Chicken (without skin)

Cornish hen (without skin)

Turkey (without skin)

Turkey, ground

** Lean beef (from the round, sirloin, loin)

Lean or extra lean ground beef

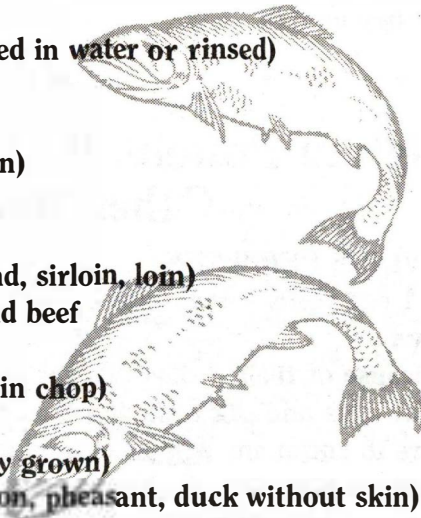
+ Lean ham

Lean pork (tenderloin, loin chop)

Lamb (except rib)

Veal (except commercially grown)

++ Wild game (rabbit, venison, pheasant, duck without skin)



* Shrimp and crayfish are higher in cholesterol than most other types of fish, but lower in fat and saturated fatty acids than most meats and poultry.

** Buy "choice" or "select" grades of beef rather than "prime."

+ Ham and Canadian bacon are higher in sodium than other meats.

++ Domesticated versions of game (duck and goose) are not as lean as wild game.

- Organ meats are very high in cholesterol. However, liver is rich in iron and vitamins and a small serving (3 ounces) is okay about once a month.
- Trim off all the fat before cooking meat. Drain or skim off fat from cooked meats before using juices in stews, soups, gravies, etc.
- Remove the skin and fat under the skin from poultry pieces before cooking. If you're roasting a whole chicken or turkey, leave the skin on to keep the bird from getting too dry while roasting. Then remove the skin before carving and serving the meat.
- Select whole turkeys that have not been injected with fats or broths.
- Frozen dinners and entrees may also fit into the plan. Look for those that are made specially for low-fat, low-cholesterol, low-sodium diets.
- One cup serving of cooked beans, peas, or lentils, or 3 ounces of soy-bean curd (tofu), can replace a 3 ounce serving of meat, poultry or fish.

Eggs

High in Protein, B Vitamins, Iron and Other Minerals

SERVINGS PER WEEK:

3 to 4 egg yolks a week may be eaten (egg whites are not limited).

- Because of their cholesterol content (213 mg per yolk), limit your eggs and egg yolks to no more than 3 to 4 per week. Be sure to count any egg yolks used in cooking and in store-bought foods in your total for the week.
- Use two egg whites, or one egg white plus 2 teaspoons of unsaturated oil, in place of one whole egg in cooking. You can also use cholesterol-free commercial egg substitutes.
- Eat only cooked eggs and egg whites - not raw.

Desserts

**A healthy, well-balanced diet
can include desserts.**

**It's important to select your desserts
carefully keeping nutrition in mind.**

CHOOSE:

Desserts low in saturated fatty acids, cholesterol and calories.
For a special treat, share a dessert portion with someone.

FIRST CHOICES:

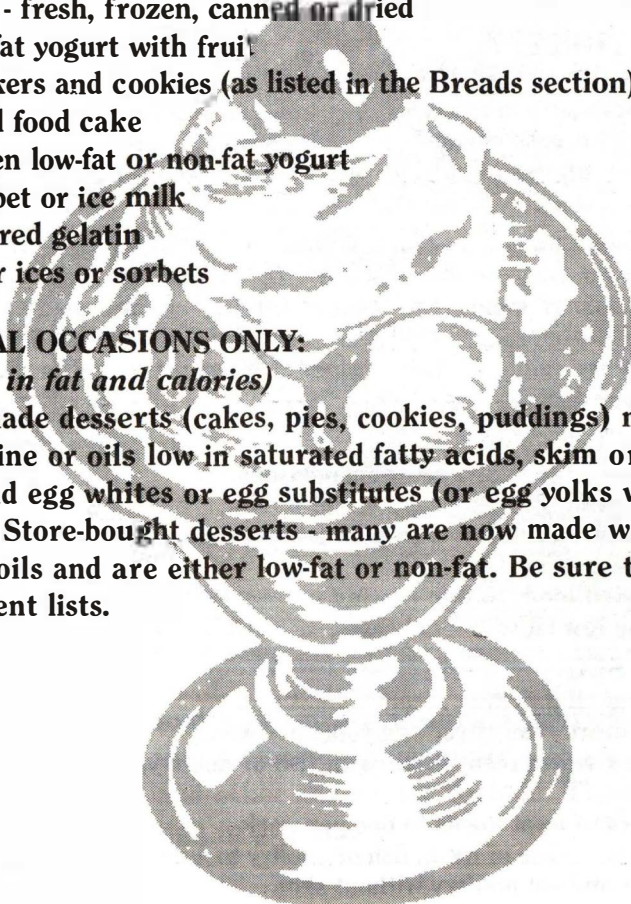
(low in fat and saturated fatty acids)

- Fruit - fresh, frozen, canned or dried
- Low-fat yogurt with fruit
- Crackers and cookies (as listed in the Breads section)
- Angel food cake
- Frozen low-fat or non-fat yogurt
- Sherbet or ice milk
- Flavored gelatin
- Water ices or sorbets

SPECIAL OCCASIONS ONLY:

(higher in fat and calories)

Homemade desserts (cakes, pies, cookies, puddings) made with margarine or oils low in saturated fatty acids, skim or 1% fat milk and egg whites or egg substitutes (or egg yolks within limits). Store-bought desserts - many are now made with unsaturated oils and are either low-fat or non-fat. Be sure to read ingredient lists.



A Six Month Plan

Reducing fat and cholesterol in your family's diet may not be as easy as you think. Many foods once thought to be staples of a well-balanced diet are loaded with fat and cholesterol. Here's a simple six month plan to help reduce fat and cholesterol in your family's diet:

MONTH ONE:

- When purchasing meat, select lean, well-trimmed cuts of beef or pork.
- When cooking, use vegetable oil or softened margarine instead of lard or butter.
- Replace two red meat meals each week with poultry or fish meals.

MONTH TWO:

- Continue recommendations from month one.
- Switch from whole milk to 2%.
- Eat two fewer eggs each week.
- Cut your consumption of high fat foods such as bacon, cream, cold cuts, ice cream, cakes, pies and other desserts.

MONTH THREE:

- Continue recommendations from first two months.
- Avoid non-dairy creamers.
- Limit organ meat meals to two per week.
- Cut down on use of cheddar cheese and cream cheese.

MONTH FOUR:

- Continue all previous recommendations.
- When recipe calls for two eggs, use egg whites and only one egg yolk.
- Limit intake of meat, fish, poultry to 8 oz. (cooked weight) per day.
- When ordering salad in a restaurant, ask for the dressing on the side, then use sparingly. Make dressings at home using safflower, corn or sunflower oils.

MONTH FIVE:

- Continue all previous recommendations.
- Switch from 2% milk to 1% or skim milk.
- Limit your consumption of high fat foods such as bacon, cold cuts, cheeses, etc.
- Limit fried foods to one serving per week.
- Eat only low-fat variety cheeses.

MONTH SIX:

- Continue all previous recommendations.
- Eat no more than three egg yolks per week.
- Replace five red meat meals with fish or poultry, or high protein vegetables.
- Limit organ meat meals to one per week.
- Limit your intake of meat, fish or poultry to 4 oz. cooked weight per day.
- Prepare and eat poultry without skin.

Managing A Well-Balanced Diet

There are several components to managing a well-balanced diet and reducing your intake of fat is only part of the story. A diet that is high in sodium or low in fiber or one that lacks variety may not be well-balanced.

Read on for some good information on how to manage your diet so that it remains healthy and well-balanced.

Bread, Cereals and Grains

Whole-grain breads and cereals are important sources for carbohydrates, iron and vitamins. For maximum benefits remember:

- Purchase whole-grain bread made from stone-ground flour first.
- Next, purchase 100% whole-wheat or other grain bread.
- If you decide to purchase white bread, be certain it is enriched.
- Dark bread means nothing. Most dark breads contain less or no whole grains - just molasses for coloring.
- High-fiber breads are usually lower in calories.
- Whole-grain flour may be used in bread and roll recipes.

Cereals

- Whole-grain cereals are most nutritious.
- Puffed cereals are low in fat and salt.
- Granola is usually high in fat, salt and sugars.
- Oatmeal is the best choice of cereals.

Other Grains

- Select whole-grain, brown rice first. Converted rice comes in a distant second. Minute rice and instant rice are lowest in nutrients.
- Pasta is made from a wheat called durum. Durum won't rise so it is refined into a flour called semolina. From this, macaroni, spaghetti and other shapes are formed. These are all nutritious and high in protein.

Increase Your Fiber Intake

Dietary fiber is the term used for several materials that make up the parts of plants that your body cannot digest. Fiber is classified as soluble or insoluble. The AHA eating plan suggests that you eat foods high in both types of fiber. Fruits, vegetables, whole grain foods, beans and legumes are all good sources of dietary fiber.

To Increase Fiber Intake

WITH GRAINS

- Eat whole grains instead of white rice, grits, mashed potatoes and other refined starches.
- Buy baked goods and crackers where the first ingredient on the label is a whole grain.
- Add bran, whole grains, nuts to casseroles, soups, ice cream, yogurt. Coat vegetables, meats, baked products with them.
- Snack on whole grain cereals, popcorn, crackers.

WITH DRIED PEAS AND BEANS

- Use dried, cooked peas or beans in place of all or part of meat in casseroles, salads, soups and meals.

WITH FRUITS AND VEGETABLES

- Eat a fresh fruit or vegetable salad at least 2-3 times a week.
- Eat vegetables and fruits with skins on when possible.
- Choose fruit for dessert.
- Eat baked potatoes (with skin) in place of mashed potatoes.
- Eat fresh fruit and vegetables in place of juice. Drink plenty of water.
- Choose snacks of dried or fresh fruits, berries, fresh vegetables.
- Steam vegetables until crisp and tender.

Low-Fat Eating Begins With Grains

Enjoy more grains! This is a painless secret to cut fat, control weight and improve health. Believe it or not, you need at least six servings of bread, cereal, pasta and other grains each day.

- **GRAINS ARE LOW IN FAT.** Grain foods are packed with carbohydrates which contain less than half the calories of fat.
- **GRAINS ARE A GOOD ENERGY SOURCE.** Complex carbohydrates are our best source of fiber, and you'll feel satisfied when you eat.
- **GRAINS FILL YOU UP.** Because grain foods are an excellent source of fiber, you'll feel satisfied when you eat plenty of grain foods. That reduces the temptation to eat higher-fat foods.

Carbohydrates have less than half the calories of fat; therefore you can eat more than twice as much for the same amount of calories.

To Fill Up and Slim Down

TRY THESE SUGGESTIONS:

- Make pasta your main course three times a week.
- Eat a bowl of cereal anytime...day or night.
- Grab a bagel or low-fat muffin for the commute.
- Pack a pita pocket or bagel in your purse or briefcase to ease morning hunger pains.
- Serve oriental noodles with fresh vegetables.
- Eat a breadstick or a piece of French bread.
- Snack on crackers, pretzels or fig bars.
- Roll up pancakes with fruit jam or puree.
- Sprinkle a tortilla with cinnamon and enjoy anytime.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

Calories

Almonds.....	12 to 15.....	93
Cashews.....	6 to 8.....	88
Chocolate Bar (nut).....	2 ounce bar.....	340
Coconut (Shredded).....	1 cup.....	344
English Toffee.....	1 piece.....	25
Fudge.....	1 ounce.....	115
Mints.....	5 very small.....	50
Peanuts (salted).....	1 ounce.....	190
Peanuts (roasted).....	1 cup.....	800
Pecans.....	6.....	104
Popcorn (plain).....	1 cup.....	54
Potato Chips.....	10 medium chips.....	115
Pretzels.....	10 small sticks.....	35
Walnuts.....	8 to 10.....	100

DAIRY PRODUCTS

American Cheese.....	1 cube, 1 1/8 inch.....	100
Butter or Oleomargarine.....	1 level Tbsp.....	100
Cheese (blue, cheddar, cream, Swiss).....	1 ounce.....	105
Cottage Cheese (uncreamed).....	1 ounce.....	25
Cream, light.....	1 Tbsp.....	30
Cream, whipped.....	1 Tbsp.....	25
Egg White.....	1.....	15
Egg Yolk.....	1.....	61
Eggs (boiled or poached).....	2.....	160
Eggs (scrambled).....	2.....	220
Egg (fried).....	1 medium.....	110
Yogurt (flavored).....	4 ounces.....	60

DESSERTS

Cakes:		
Angel Food Cake.....	2" piece.....	110
Cheesecake.....	2" piece.....	200
Chocolate Cake, iced.....	2" piece.....	445
Fruit Cake.....	2" piece.....	115
Pound Cake.....	1 ounce piece.....	140
Sponge Cake.....	2" piece.....	120
Shortcake with fruit.....	1 dry slice.....	300
Cupcake, iced.....	1.....	185
Cupcake, plain.....	1.....	145
Pudding:		
Bread Pudding.....	1/2 cup.....	150
Flavored Puddings.....	1/2 cup.....	140
Pies:		
Apple.....	1 piece.....	331
Blueberry.....	1 piece.....	290
Cherry.....	1 piece.....	355
Custard.....	1 piece.....	280
Lemon Meringue.....	1 piece.....	305
Peach.....	1 piece.....	280

CALORIE COUNTER

DESSERTS (Cont.)

Calories

Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	1/2 cup	200
Vanilla Ice Cream	1/2 cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	1/2 cup	78

BEVERAGES AND JUICES

Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsweetened)	0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Cornbread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded, Wheat	1 biscuit	100
Sugar Krisps	3/4 cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

Apple (raw).....	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened).....	1/2 cup.....	45
Cantaloupe Melon.....	1/2 melon large.....	60
Cherries, fresh/whole	1/2 cup.....	40
Cranberries (sauce).....	1 cup	54
Grapes.....	1 cup	65
Dates.....	3 or 4	95
Grapefruit (unsweetened).....	1/2	55
Orange.....	1 medium.....	70
Peach (fresh).....	1.....	35
Plums	2.....	50
Tangerine (fresh).....	1.....	40
Watermelon.....	1" slice	60

MEATS

Bacon (crisp).....	2 slices	95
Frankfurter.....	1.....	155
Hamburger (avg. fat/broiled).....	3 ounces	245
Hamburger (lean/broiled).....	3 ounces	185
Ham (broiled/lean).....	3 ounces	200
Ham (baked).....	1 slice.....	100
Lamb Leg Roast.....	3 ounces	235
Lamb Chop (rib).....	3 ounces	300
Liver (fried).....	3 1/2 ounces.....	210
Meat Loaf.....	1 slice	100
Pork Chop (med.).....	3 ounces.....	340
Pork Roast.....	3 ounces.....	310
Pork Sausage.....	3 ounces.....	405
Roasts (Beef)		
Loin Roast.....	3 1/2 ounces.....	340
Pot Roast (round).....	3 1/2 ounces.....	200
Rib Roast.....	3 1/2 ounces.....	260
Rump Roast.....	3 1/2 ounces.....	340
Spareribs.....	1 piece, 3 ribs.....	123
Swiss Steak.....	3 1/2 ounces.....	300
Veal Chop (med.).....	3 ounces.....	185
Veal Roast.....	3 ounces.....	230

SALADS AND DRESSINGS

Apple and carrot (no dressing).....	1/2 cup.....	100
Chef Salad, veg. oil.....	1 Tbsp.....	160
Chef Salad, mayonnaise.....	1 Tbsp.....	125
Chef Salad, French, Roquefort.....	1 Tbsp.....	105
Cole Slaw (no dressing).....	1/2 cup.....	102
Fruit Gelatin.....	1 square.....	139
Potato Salad (no dressing).....	1/2 cup.....	184
Waldorf (no dressing).....	1/2 cup.....	140
Boiled Dressing.....	1 Tbsp.....	28
French Dressing.....	1 Tbsp.....	60
Mayonnaise.....	1 Tbsp.....	110

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt & Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

KEY



Fat (naturally occurring and added)



Sugars (added)

These symbols show fats, oils, and added sugars in foods.

How to Use The Daily Food Guide

What counts as one serving?

Breads, Cereals, Rice and Pasta

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables

1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits

1 piece of fruit or melon wedge

Milk, Yogurt and Cheese

1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

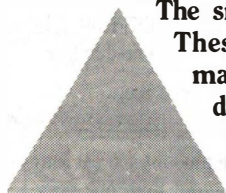
How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

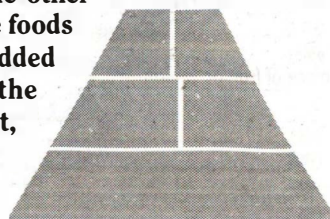
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



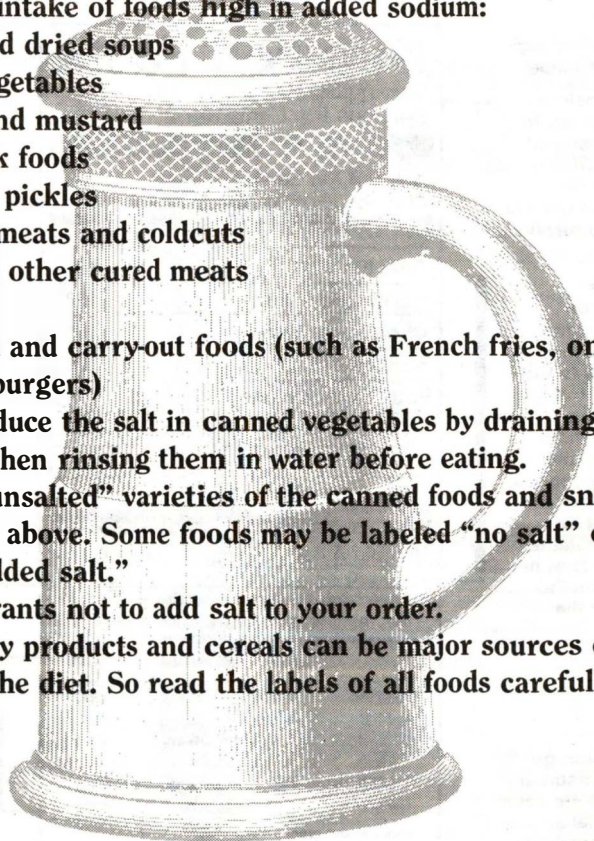
Managing Your Sodium Intake

Sodium is a mineral that your body needs in only very small amounts. Most Americans consume 10-15 times more sodium than they need.

Eating too much sodium can be unhealthy for some people. It may contribute to high blood pressure. In fact, reducing the amount of sodium in your diet is an important part of treating high blood pressure.

Here are some tips to help you reduce the sodium in your diet. The American Heart Association guidelines suggest consuming no more than a teaspoon of salt.

- Use less salt or no salt at the table and in cooking.
- Use herbs and spices in the place of salt. Refer to the herb and seed chart.
- Limit your intake of foods high in added sodium:
 - canned and dried soups
 - canned vegetables
 - ketchup and mustard
 - salty snack foods
 - olives and pickles
 - luncheon meats and coldcuts
 - bacon and other cured meats
 - cheeses
 - restaurant and carry-out foods (such as French fries, onion rings, hamburgers)
- You can reduce the salt in canned vegetables by draining the liquid and then rinsing them in water before eating.
- Look for “unsalted” varieties of the canned foods and snack foods listed above. Some foods may be labeled “no salt” or “without added salt.”
- Ask restaurants not to add salt to your order.
- Even bakery products and cereals can be major sources of sodium in the diet. So read the labels of all foods carefully.



Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called **Nutrition Facts**. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250 Calories from Fat 110			
		% Daily Value	
Total Fat 12g			18%
Saturated Fat 3g			15%
Cholesterol 30 mg			10%
Sodium 470 mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%		Vitamin C 2%	
Calcium 20%		Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000
			2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate •	Protein

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

The New Food Label - What to Look For

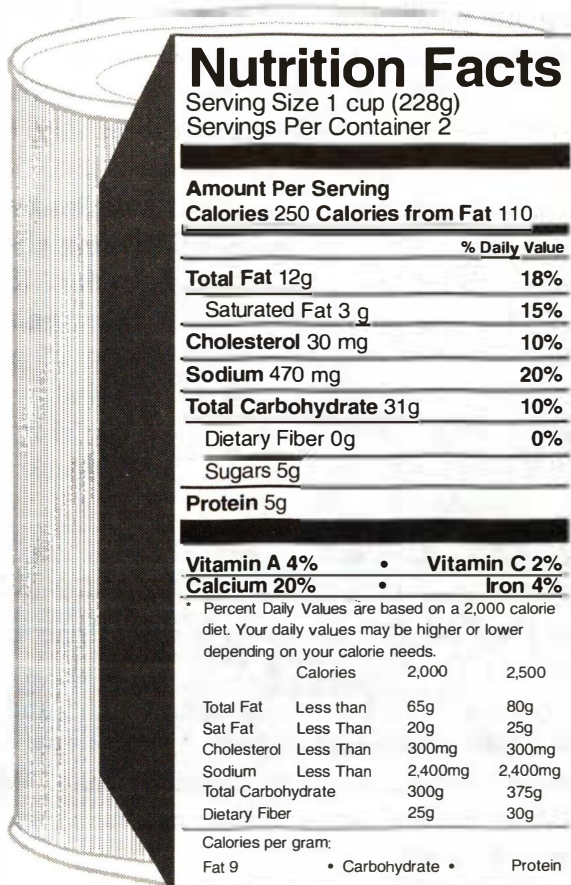
The new food label can serve as an important guide to better nutrition, but only if you use it.

What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
	% Daily Value
Total Fat 12g	18%
Saturated Fat 3 g	15%
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Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate • Protein

The Key to Healthy Eating

The amount of certain nutrients in a food now will be expressed in two ways - in terms of the amount by weight per serving and as a percentage of the Daily Value, a new nutrition reference tool. Nutrient amounts and percentages of the Daily Value describe the content of the particular food inside the package.

By using the % Daily Values, you can easily determine whether a food contributes a lot or a little of a particular nutrient. And you can compare different foods with no need to do any calculations. A high percentage means the food contains a lot of a nutrient and a low percentage means it contains a little. Look to see whether the nutrients most of us need more of (such as carbohydrates, dietary fiber, and certain vitamins and minerals) have high percentages. Look to see whether the nutrients most of us need to limit (such as fat, saturated fat, cholesterol, and-for some people-sodium) have low percentages. *The goal is to choose foods that together give you close to 100 percent of each nutrient for a day, or average about 100 percent a day over a few days.*

For example, if your goal is 2,000 calories a day, your total fat intake would be no more than 65 grams, the upper limit recommended for a 2,000-calorie daily diet. If the food you're preparing has 16 grams of fat per serving and shows the % Daily Value for total fat per serving at 25 percent, then you know that all the other foods you eat that day should total 75 percent or less of the Daily Value for total fat (or 49 grams of fat). If your daily calorie goal is 2,500 calories, your daily value for fat would be higher.

THE 2,000 CALORIE BASIS

The % Daily Values on the nutrition panel are based on 2,000 calories a day. Of course, not everyone eats this amount daily; some eat more, some less. Your daily calorie needs depend on many factors, such as age, height, weight, and activity level.

The 2,000 calorie diet is about right for most moderately active women, teenage girls and sedentary men. Many older adults, children and sedentary women need fewer calories a day, perhaps only 1,600.

Nutrient Content Claims

In an effort to re-establish the credibility of the food label, the FDA has established criteria for the use of such terms as *lite*, *low fat*, *reduced*, *etc.* There are several core terms which are:

- free
- low
- lean
- extra lean
- high
- good source
- reduced, less, fewer
- more
- light

Definitions for some of these terms are:

Free - item is free of nutrient.

Low - a food meets the definition for “low” if a person can eat large amounts of this item without exceeding the Daily Value for the nutrient.

Lean - used to describe the fat content: less than 10 g of fat, 4 g of saturated fat, less than 95 mgs cholesterol. Extra lean foods have less than 5 g fat, less than 2 g saturated fat and less than 95 mgs of cholesterol.

High and Good Source - focus on nutrients for which higher levels are desirable. The “High source” food must contain 20% or more of the Daily Value in a serving. “Good source” means it must contain 10-19%.

Reduced, Less, Fewer, More... - these are termed “comparison claims” and compare a nutritionally altered food to the regular or “reference” food. A relative claim must include the reference food and the percentage difference.

Light or Lite - the product contains 1/3 fewer calories or 1/2 the fat of the reference food...or the sodium content has been lowered by 50%.

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

SUGAR

Sugar Free	Less than 0.5 grams per serving.	No added sugar Without added sugar No sugar added	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

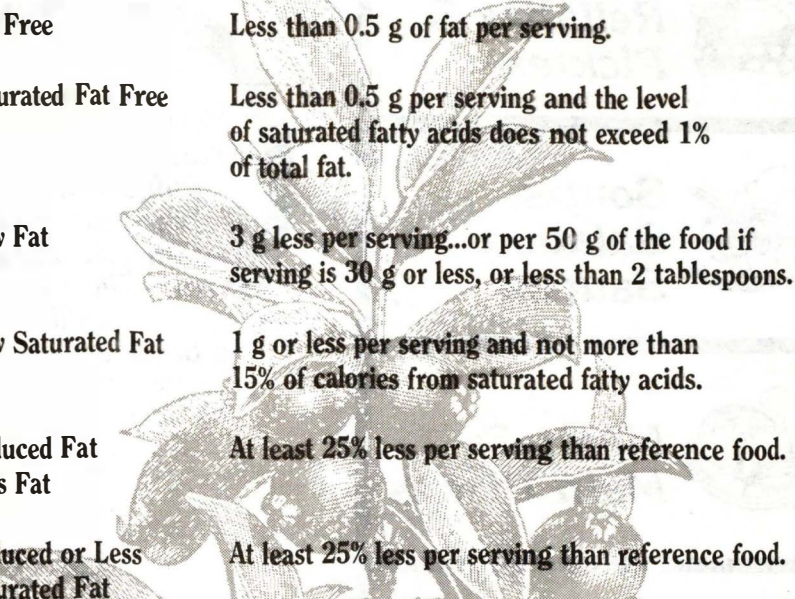
CALORIES

Calorie Free	Fewer than 5 calories per serving.		
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.		
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories	

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.		
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.		
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.		

FAT

- 
- Fat Free** Less than 0.5 g of fat per serving.
- Saturated Fat Free** Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.
- Low Fat** 3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.
- Low Saturated Fat** 1 g or less per serving and not more than 15% of calories from saturated fatty acids.
- Reduced Fat** At least 25% less per serving than reference food.
- Less Fat**
- Reduced or Less Saturated Fat** At least 25% less per serving than reference food.

SODIUM

- Sodium Free** Less than 5 mg per serving.
- Low Sodium** 140 mg or less per serving or per 50 g of food.
- Very Low Sodium** 35 mg or less.
- Reduced or Less Sodium** At least 25% less per serving than reference food.

FIBER

- High Fiber** 5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.
- Good Source of Fiber** 2.5 g to 4.9 g of fiber per serving.
- More or Added Fiber** At least 25% more fiber than reference food.



***Appetizers,
Relishes &
Pickles***



***Soups,
Salads &
Sauces***



***Meats &
Main Dishes***



Vegetables



***Breads,
Rolls &
Pastries***



***Cakes,
Cookies &
Desserts***



***Beverages,
Microwave
& Misc.***

***Here's How To Use
Your Thumb Index:
Place thumb on
black tab of the
item you want to
find. Flip through
until
a black tab appears
under your thumb.***



