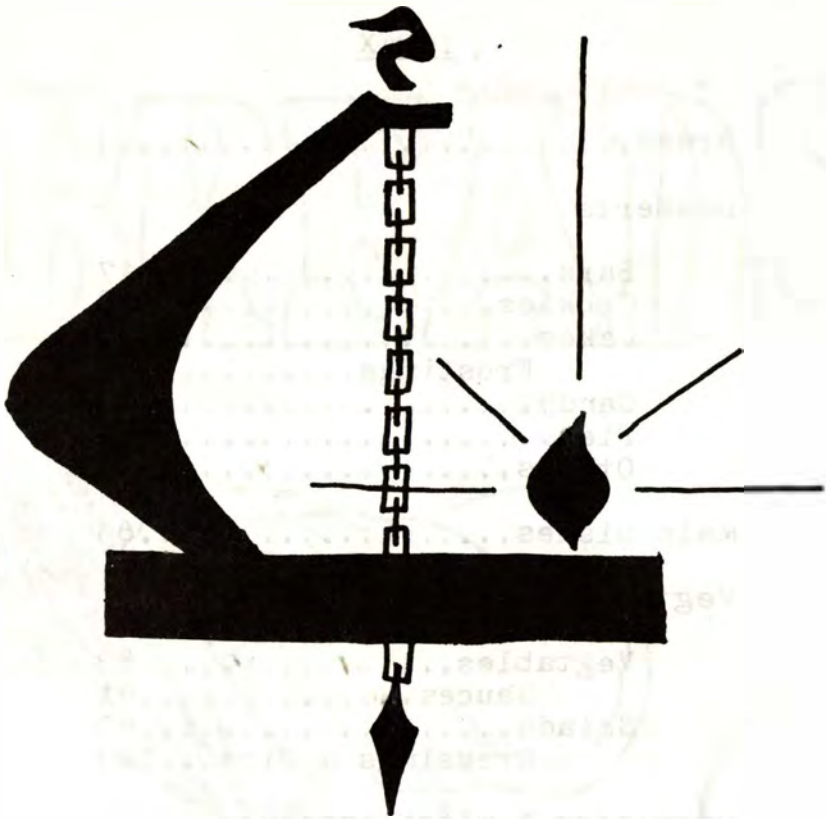


# A.N.E.A. COOKBOOK





AMERICAN HOME ECONOMICS ASSOCIATION

SOUTH DAKOTA STATE UNIVERSITY

BROOKINGS, SOUTH DAKOTA

FALL 1980

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# BREADS





Buns

Sheila Fosheim

4 c. scalded milk  
2 pkg. yeast  
 $\frac{1}{2}$  c. shortening  
3 well beaten eggs  
1 c. sugar  
1 tsp. salt  
approximately 10 c. flour

Dissolve yeast in  $\frac{1}{2}$  c. lukewarm water. Add to the milk shortening, eggs, sugar and salt. Stir in 6 c. flour. Add yeast and beat hard. Knead in enough flour to make a soft dough, but not sticky. Let rise, knead down, and let rise again. Form into desired sized buns. Can also be made into cinnamon rolls. Let rise. Bake 20 minutes in a 350 degree oven.

Carmel for Rolls

2 c. brown sugar  
 $\frac{1}{2}$  c. butter  
 $\frac{1}{2}$  c. milk

Bring to a good boil and pour into pans. This will not harden.

Whole Wheat Bread

Debbie Buffington Kraft

2 c. milk, scalded  
2 T. honey or sugar  
2 T. molasses  
2 T. shortening  
1 T. salt  
3 or 4 c. whole wheat flour  
2 eggs  
1 T. yeast  
6-7 c. flour

Mix everything together. Let rise until doubled. (about 1 hour) Punch down. Let rise until doubled. Knead and shape into 2 loaves. Let rise. Bake at 357 degrees for 45 minutes.

Breakfast Muffin Donuts

Cindy Cole

$\frac{1}{2}$  c. sugar  
 $\frac{1}{3}$  c. shortening  
1 egg  
 $\frac{1}{2}$  c. milk  
1 tsp. vanilla  
 $1\frac{1}{2}$  c. flour  
 $1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt

Mix sugar and shortening and add the egg. Add milk and vanilla alternately with dry ingredients. Bake in greased tins filled  $\frac{1}{3}$  full, at 400 degrees for 15 minutes. Cool 5 minutes. Then brush with melted margarine and dip in  $\frac{1}{2}$  c. sugar and  $1\frac{1}{2}$  tsp. cinnamon. Makes 12 to 15 muffins.

Glazed Potato Doughnuts

1 pkg. dry yeast  
 $\frac{1}{4}$  c. warm water  
1 c. milk, scalded  
 $\frac{1}{4}$  c. shortening  
2 eggs, beaten  
1 pound powdered sugar  
6 T. water  
1 T. vanilla  
 $\frac{1}{4}$  c. sugar  
1 tsp. salt  
 $\frac{3}{4}$  c. mashed potatoes (instant may be used)  
5 to 6 c. sifted flour

Dissolve yeast in warm water. Combine milk, shortening, sugar, and salt. Cool until lukewarm. Stir in yeast, potatoes and eggs. Gradually add enough flour to make soft dough. Knead until smooth. Let rise  $1-1\frac{1}{2}$  hours. Cut and let rise (30 minutes) Makes  $3\frac{1}{2}$  dozen.

The load is light when everybody lifts.

Garlic Bubble Loaf

Carolyn Gottsleben

- 1 loaf frozen bread, thawed and softened
- 1 egg, beaten
- $\frac{1}{4}$  c. butter
- 1 tsp. garlic powder
- 1 tsp. dried parsley flakes
- $\frac{1}{4}$  tsp. salt

Blend together last 5 ingredients. Cut off pieces of dough about the size of walnuts. Dip in butter mixture and put in greased loaf pan. Let rise until double. Bake at 375 degrees for 30 minutes.

Muffins

Joan Effling

- $1\frac{1}{2}$  c. sugar
- $\frac{1}{2}$  c. oil
- 2 eggs
- 2 c. buttermilk
- $2\frac{1}{2}$  tsp. soda
- $2\frac{1}{2}$  c. flour
- 2 c. All Brand
- 1 c. 100% Bran
- 1 c. boiling water
- raisins

Pour boiling water over 100% Brand. Let cool. Cream sugar, oil, eggs, beat well. Add buttermilk, flour, soda, and dry brand mixture. Add raisins. Put in muffin pan. Bake at 450 degrees for 15 to 20 minutes. Can keep these in refrigerator in a covered pan for 3 weeks. Don't stir after putting in the refrigerator.

Some women are foolish---but the Almighty had to make some matches for the men.

Pumpkin Bread

Gerri Solon

$\frac{1}{2}$  c. shortening  
2 c. sugar  
4 beaten eggs  
 $3\frac{1}{2}$  c. sifted flour  
 $\frac{2}{3}$  c. cold water  
2 tsp baking soda  
1-16 oz. can pumpkin pie mix (pre-spiced)

Cream shortening and sugar. Add eggs and beat. Combine flour, soda, and water. Add pie mix, adding flour and soda water alternately. Bake in greased small tins or cans. Makes about 6. Fill cans  $\frac{1}{2}$  full. Bake 1 hour at 350 degrees.

Banana Bread

Debra Buffington Kraft

$\frac{1}{2}$  c. shortening  
1 c. sugar  
2 eggs  
3 bananas  
2 c. sifted flour  
1 tsp soda  
 $\frac{1}{4}$  c. chopped nuts  
 $\frac{1}{4}$  c. chocolate chips  
 $\frac{1}{4}$  c. maraschino cherries, quartered

Cream together shortening, sugar, and eggs. Mix remaining ingredients in the order given. Pour into greased and floured loaf pan--will be thick. Bake approximately 1 hour or until done. (350 degrees for 45 to 60 minutes)

Digging wells is about the only business where you don't have to begin at the bottom.



Monkey Bread

Susan Gilbertson

3 tubes refrigerator biscuits (not buttermilk)  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{3}$  c. sugar  
 $1\frac{1}{2}$  stick oleo  
1 tsp cinnamon  
1 c. brown sugar  
nutmeats

Cut each biscuit into 4 pieces. Roll each in a mixture of  $\frac{1}{2}$  tsp cinnamon and  $\frac{1}{3}$  c. sugar. Grease bundt pan with crisco. Place nuts on the bottom of the pan; then layers of the biscuits. Combine oleo,  $\frac{1}{2}$  tsp. cinnamon and brown sugar in saucepan. Boil 2 to 3 minutes. Pour over biscuits. Bake 25 minutes at 350 degrees. Cool 10 minutes and turn out.

Pumpkin Bread

Denise Schone

$1\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. cooking oil  
2 eggs  
1 c. pumpkin  
1  $\frac{3}{4}$  c. flour  
 $\frac{1}{4}$  tsp baking powder  
1 tsp soda  
1 tsp salt  
 $\frac{1}{2}$  tsp cloves  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{2}$  tsp nutmeg  
 $\frac{1}{2}$  tsp allspice  
 $\frac{1}{3}$  c. water  
 $\frac{1}{2}$  c. raisins

Add sugar to oil--then add eggs, pumpkin, spices, which have been sifted with the flour, water, and raisins. Bake 1 hour at 350 degrees. Makes 1 large loaf or 2 small loaves.

People certainly are peculiar--they want the front of the bus, the back of the church, and the middle of the road.

Carmel Rolls from frozen bread

Brenda Strohfus

2 loaves frozen bread dough

Sauce:  $\frac{1}{2}$  c. margarine, melted

1 c. brown sugar

1 (8 oz.) pkg. vanilla pudding mix (not instant)

2 T. milk

1 T cinnamon

Let bread dough thaw, but not rise. Break up one loaf into small pieces and put in a greased 9 x 13 inch cake pan. Combine the melted margarine, brown sugar, vanilla pudding mix, milk and cinnamon. Pour this mixture over the pieces of the first loaf in the pan. Break up the second loaf and put on top of the sauce. Let rise about 3 hours, until about 1 inch over the pan. Bake at 350 degrees for 25-30 minutes. When done, tip pan upside down on a cookie sheet so carmel can run down the sides.

30 Minute Frozen Bread Carmel Rolls

Sandy Carlson

2 loaves frozen bread (thaw but don't raise)

$\frac{1}{2}$  c. butter-melt

1 c. brown sugar

1 large box vanilla pudding mix

2 T milk

$\frac{1}{2}$  tsp cinnamon

Grease 9 x 13 inch pan, tear first loaf, scatter in pan. Pour mix over bread. Tear second loaf and fill in spaces. Raise  $2\frac{1}{2}$ -3 hours. Bake at 375 degrees for 30 minutes.

Children are a great comfort in your old age and they help you reach it faster too.

Friendship is the only cement that will ever hold the world together.

Pioneer Bread

Carmen Croen

1 pkg. active dry yeast  
3/4 c. warm water (105-115 degrees)  
3 T. sugar  
2 tsp. salt  
1 egg  
3 T. shortening  
1/3 c. yellow cornmeal  
2-2 1/2 c. flour  
Butter or margarine-softened.  
Cornmeal

Dissolve yeast in warm water in large mixer bowl. Add sugar, salt, egg, shortening, 1/3 c. cornmeal and 1 c. of the flour. Blend on medium speed, scraping bowl occasionally, 2 minutes. Stir in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double-1 1/2 hours.

Punch down, place in greased loaf pan. Brush lightly with warm butter, sprinkle with cornmeal. Let rise until double, 50-60 minutes.

Heat oven to 400 degrees. Bake until loaf sounds hollow when tapped, 25-30 minutes. Remove from pan; cool on wire rack. (Oatmeal may be substituted for cornmeal)

Carmel Rolls--frozen bread dough

Gerri Solon

2 loaves, thawed and cut into pieces  
grease a 9 x 13 inch pan  
add pieces of bread dough  
Melt 1 stick oleo, 3/4 c. brown sugar and 1 pkg. butterscotch pudding mix. Spread over rolls.  
Raise in oven overnight. Bake 25 minutes at 350 degrees.

Overnight Buns

Charee Rist

4c. boiling water	10-12c. flour
2c. sugar	2 pkg. dry yeast
1c. mazola oil	½ c. lukewarm water
1t. salt	4 beaten eggs

Boil water and sugar for 5 minutes. Remove from heat and add salt and oil. Cool to lukewarm, add yeast dissolved in the ½c. water. Add beaten eggs. Then add enough flour for soft dough.(10-12 cups) Make dough about 2 p.m. and let rise until 5 or 6. Knead down and let rise until 9 or 10 p.m. Make into buns or cinnamon rolls. Do not make very large as they rise until more than double in size. Cover. Let rise overnight on cupboard. Bake the next morning in a moderate oven.

Overnite Buns

Susan Gilbertson

3c. warm water
½ pkg. yeast( app. 1½t.)
1c. sugar
1T. salt
1 egg yolk, 2 whites(I use 2 small eggs.)
½c. shortening
10-12c. flour

Start about 5 p.m. Knead every hour till 9 p.m. Shape into buns or cinnamon rolls. Cover. Bake in the morning at 350° for ½ hour.

Beer Bread

Marge Zastrow

3c. self-rising flour
2T. sugar
1 can beer

Preheat oven to 375 degrees. Mix all ingredients in greased pan. Let rise 15 min.(Cover with waxed paper) Bake 45-60 minutes.



Poppy Seed Bread

Gerri Solon  
Jani Haroldson

1 pkg. yellow cake mix  
1 pkg. instant coconut pudding mix  
4 eggs  
 $\frac{1}{2}$ c. oil  
1c. hot water  
 $\frac{1}{4}$ c. poppy seed  
1t. vanilla

Combine the above ingredients. Beat 4 minutes.  
Bake in bundt or loaf pan 40 min. at 350 degrees.

Whole Wheat Quick Bread

Terri Root

2c. whole wheat flour	6T. corn oil
1t. baking soda	$1\frac{1}{2}$ c. sour milk
2t. baking powder	$\frac{1}{2}$ c. honey
1 t. salt	$\frac{1}{4}$ c. wheat germ
$\frac{1}{2}$ c. soy flour	$\frac{1}{4}$ c. instant dry milk

Combine and sift first 4 ingredients into a large mixing bowl. Add remaining ingredients and mix well. Spoon into a 9x5 inch loaf pan. Let stand for twenty minutes, then bake at 375 degrees for 35 minutes, or until browned and tests dry with a toothpick. (Good for breakfast)

Buttermilk Doughnuts

Joyce Mathison

2 eggs	$\frac{1}{4}$ t. soda,
1c. sugar	$\frac{3}{4}$ t. salt
1t. vanilla	4t. baking powder
$\frac{1}{2}$ c. salad oil	1c. buttermilk
4c. flour	

Beat eggs and sugar till thick. Add vanilla and salad oil. Sift dry ingredients together; add alternately with buttermilk. Beat well after each addition. Roll and cut on floured surface and fry in hot fat. Makes 3 dozen.

Hard Rolls

Deb Job

1 pkg. dry yeast	1t. salt
1c. water	4c. flour
1T. sugar	2 stiffly beaten egg whites
2T. melted shortening	

Soften yeast in  $\frac{1}{4}$ c. warm water. To remaining water add sugar, shortening, and salt. Add 1c. flour; beat well. Add yeast mixture, egg whites; mix. Add remaining flour to make soft dough. Knead until smooth and satiny. Place in greased bowl, turning once to grease surface; cover and let rise until double in bulk. Punch down. When again doubled, divide for rolls, cover; let rest 10 minutes. Shape. Pace  $2\frac{1}{2}$  inches apart on greased cookie sheet. Sprinkle with egg yolk diluted with water. Bake in very hot oven ( $450^{\circ}$ ) 20 minutes. Place large flat pan of boiling water on floor of oven to give crustiness. Makes 24.

Whole Wheat Raisin Bread

Joyce Mathison

Dissolve 3T. yeast in  $\frac{3}{4}$ c. warm water. Mix in:  
3- $\frac{3}{4}$ c. warm liquid (water or potato water)  
 $\frac{1}{2}$ c. molasses (crude) or  $\frac{3}{4}$ c. dark molasses  
 $\frac{1}{4}$ c. honey  
2T. salt  
2-3c. raisans  
1c. soft lard or 1c.+3T. shortening  
3c. whole wheat flour  
 $5\frac{1}{2}$ c. flour

Mix by spoon, then knead in an additional 4c. flour. Grease and let rise until double in bulk. Punch down in center, turn over and let rest 10 minutes. Shape into 4 loaves. Let rise until sides touch top of pans; bake at  $375^{\circ}$  for 30-35 minutes. Note: With electric stove, you may want to bake then at  $365^{\circ}$  for 30-35 minutes.

# DESSERTS: PIE, CANDY,



& OTHERS

Pumpkin Bars

Janice Fix

- 4 eggs
- 1 cup oil
- 2 cups sugar
- 1 teaspoon vanilla
- 2 cups pumpkin
- 2 cups flour
- 1 teaspoon soda
- 1 teaspoon salt
- 2 teaspoons cinnamon

Mix in the order given. Bake for 20 minutes at 350<sup>o</sup>F in 11x17 sheet.

Frosting

Mix: 3 oz. cream cheese,  $\frac{1}{2}$  cup margarine, 1 teaspoon vanilla, and 2 cups powdered sugar.

Peanut Butter Fingers

Karen Zaske

- 1 $\frac{1}{2}$  cups shortening
- 1 $\frac{1}{2}$  cups peanut butter
- 1 $\frac{1}{2}$  cups sugar
- 1 $\frac{1}{2}$  cups brown sugar
- 3 eggs (add one at a time)
- 3 teaspoons vanilla
- 2 $\frac{1}{2}$  teaspoons soda
- 1 $\frac{1}{2}$  teaspoons baking powder
- 3  $\frac{3}{4}$  cups flour
- $\frac{3}{4}$  teaspoon salt
- 1 cup milk

Cream shortening, peanut butter, suars, eggs, and vanilla. Sift dry ingredients. Add to creamed mixture alternately with 1 cup milk. This makes a large sheet cake. Sprinkle with 12 oz. chocolate chips. Bake at 350<sup>o</sup>F for 30 minutes or until done. Frost with peanut butter icing while hot.

Frosting

Mix peanut butter, milk, and powdered sugar to taste and spreading consistency.

Cooking comes from the heart as well as the hearth.



Lemon Bars

Sue Warner

2 cups flour  
 $\frac{1}{2}$  cup powdered sugar  
1 cup margarine

Mix and press into greased 9x13 pan. Bake 20 minutes.

4 eggs  
2 cups sugar  
dash salt  
juice of two lemons (5 tablespoons)  
4 tablespoons flour  
1 teaspoon baking powder

Beat eggs, add sugar, salt and lemon juice. Mix flour with baking powder, fold into egg mixture and pour over crust. Bake 25 minutes. When taken from oven sprinkle with powdered sugar. Cool and cut into bars.

Caramel Bars

Karelyn Henderson

$\frac{1}{4}$  oz. light caramels (48)  
 $7\frac{1}{2}$  tablespoons evaporated milk or cream  
Heat and melt these two together.

Mix into crumb mixture:

$1\frac{1}{2}$  cup flour  
 $1\frac{1}{2}$  cup oatmeal  
1  $\frac{1}{8}$  cup brown sugar  
1 cup margarine  
 $\frac{3}{4}$  teaspoon soda  
 $\frac{3}{8}$  teaspoon salt

Pat  $\frac{3}{4}$  of crumbs in 9x13 pan. Bake at 350°F to 10 minutes. Over this sprinkle,  $1\frac{1}{2}$  cup chocolate chips, and  $\frac{3}{4}$  cup chopped nuts. Spread caramel mixture over this and smooth a knife. Sprinkle (don't pat) rest of crumbs. Bake at 350°F for 20 minutes. Cut in bars while still warm.

Never Fail Brownies continued

Jodine Stemper

Melt together and cool:  
1 cup butter or margarine  
2 squares baker's chocolate  
1 cup sugar

In another dish mix: 2 eggs slightly beaten, and 1 teaspoon vanilla.

Never Fail Brownies continued

In another dish mix:  $\frac{1}{2}$  teaspoon baking powder,  $\frac{3}{4}$  cup sifted flour,  $\frac{1}{2}$  cup chopped nuts.

Mix the second mixture with the first, and the third with both. Bake at  $350^{\circ}\text{F}$  for 25 minutes.

Chocolate frosting

1 cup sugar  
1 stick or  $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup milk

Boil 1 minute. Remove from heat and add  $\frac{1}{2}$  cup chocolate chips. Stir until thick.

Chocolate Mint Brownies

Cindy Cole

Make large pan of brownies, bake as usual. When cool spread with this filling.

Filling

work  $\frac{1}{4}$  tablespoons margarine in 2 cups powdered sugar  
add 2 tablespoons cream  
add  $1\frac{1}{2}$  teaspoons peppermint extract

Top with glaze

melt 1 cup chocolate chips with 3 tablespoons margarine and  $\frac{1}{2}$  cup milk. Cool slightly. Blend in 3 cups powdered sugar, beat until smooth. Frost and cut in squares.

Chocolate Chip Bars

Jayne Johnson

2 eggs  
 $1\frac{1}{2}$  cups brown sugar  
 $\frac{3}{4}$  cup cooking oil  
1 teaspoon vanilla  
 $1\frac{1}{2}$  cup flour  
 $1\frac{1}{2}$  teaspoon baking powder  
1 teaspoon salt  
 $\frac{1}{2}$  cup chopped nuts  
1 cup chocolate chips

Mix egg, brown sugar, oil and vanilla. Sift flour, baking powder, and salt. Add to mixture. Add nuts and chips, stir well. Pour into greased  $9 \times 13$  pan. Bake at  $350^{\circ}\text{F}$  for 25 minutes. This will freeze well.

Peanut Bon Bons

Sheila Fosheim

- 1 jar chunky style peanut butter (18 oz.)
- 2 cups powdered sugar
- $\frac{1}{2}$  lb. margarine
- $3\frac{1}{2}$  cups ready to eat crisp cereal

Combine the above into balls. Melt one package chocolate chips and 2 tablespoons parafin in double boiler. Let mixture stand over hot water while dropping balls in chocolate. Cool balls on waxed paper.

Applesauce Bars

Brenda Strohfus

- $\frac{1}{2}$  cup shortening
- 1 cup applesauce
- $\frac{3}{4}$  cup sugar
- 1 teaspoon vanilla
- 1 egg

Cream above ingredients. Add to the creamed mixture, 1  $\frac{1}{3}$  cups flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon soda,  $\frac{1}{4}$  teaspoon nutmeg,  $\frac{1}{4}$  teaspoon cloves, 1 teaspoon cinnamon. Add 1 cup raisins and  $1\frac{1}{2}$  cup chopped nuts. Bake at 350<sup>o</sup>F in 9x13 pan for 25 minutes.

Peanut Oatmeal Chewies

Joyce Mathison

- $\frac{1}{2}$  cup butter
- $1\frac{1}{2}$  cups brown sugar
- 2 eggs
- $\frac{1}{2}$  cup chunky peanut butter
- $1\frac{1}{2}$  cups uncooked oatmeal
- 1 cup flour

Cream together the butter and sugar. Add eggs and mix. Add rest of ingredients and mix well. Bake at 325<sup>o</sup>F in a 9x13 pan for 35 minutes.

Zucchini Bars

Emma Nemitz

Mix together 4 eggs, beaten, 2 cups sugar, 1 cup oil,  $2\frac{1}{4}$  cups flour, 2 teaspoons vanilla, 2 teaspoons soda, pinch salt, 2 teaspoons cinnamon, 2 cups grated zucchini, 1 cup chopped nuts. Bake in cookie sheet at 420<sup>o</sup>F for 20 minutes. Frosting: 3 oz. cream cheese, 2 teaspoons vanilla, 2 teaspoons oleo, 1  $\frac{3}{4}$  cup powdered sugar.

Caramel Layer Chocolate Squares

Jani Haroldson

- 14 oz. package light caramels
- 1/3 cup evaporated milk
- 1 package german chocolate cake mix
- 3/4 cup butter or margarine, melted
- 1/3 cup evaporated milk
- 1 cup chopped nuts
- 1 cup chocolate chips

Melt caramels and 1/3 cup evaporated milk. Stir constantly until melted. Set aside. Grease and flour a 13x9 inch pan. Combine dry cake mix, butter and 1/3 cup evaporated milk, and nuts. By hand, stir until dough holds together. Press 1/2 of dough into pan. Bake at 325<sup>o</sup>F for 6 minutes. Sprinkle chocolate chips over baked crust, then spread caramel mixture over this. Crumble reserved dough over caramel mixture. Return to oven and bake for 15-18 minutes. Cool slightly and refrigerate about 30 minutes.

Crunch Bars

Sheila Fosheim

- 1/2 cup oleo
- 2 eggs
- 3/4 cup flour
- 1/2 teaspoon baking powder
- 1/2 cup chopped pecans
- 3/4 cup sugar
- 1 teaspoon vanilla
- 2 tablespoons cocoa
- 1/4 teaspoon salt
- 2 1/2 cups marshmallows

Topping

- 6 oz. semi-sweet chocolate chips
- 1/2 cup peanut butter
- 1 1/2 cups rice crispies

Cream oleo and sugar. Add eggs and vanilla, add flour, cocoa, baking powder, and salt. Spread mixture in greased 9x13 pan and bake in 350<sup>o</sup>F oven for 15-20 minutes. Remove from oven and place marshmallows evenly over cake. Return to oven for 2 minutes more. Cool for 30 minutes. For topping, melt chocolate chips, add peanut butter and cereal. Mix and spread over marshmallows, cut into bars.



Chocolate Cherry Bars

Charee Rist

- 1 chocolate cake mix
- 1 teaspoon almond extract
- 1 can cherry fruit filling
- 2 eggs beaten

Preheat oven to 350° F. Grease and flour 15x10 inch jelly roll pan. In a large bowl, combine cake mix, eggs, and extract. Blend pie mix in blender and add to rest of mixture. Beat with mixer until well blended. Pour into jelly roll pan. Bake 20-30 minutes.

Frosting

- 1 cup sugar
- 5 tablespoons butter or margarine
- 1/3 cup milk
- 1 cup chocolate chips

In small saucepan, combine sugar, margarine and milk. Boil, stirring constantly for 1 minute. Remove from heat, stir in chocolate chips until smooth. Pour over bars.

Chocolate Revel Bars

Gerri Solon

Crust

- 2 1/2 cups flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup margarine
- 2 cups brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups oatmeal

Filling

- 12 oz chocolate chips
- 15 oz sweetened condensed milk
- 2 tablespoons butter
- 1 cup chopped nuts

Cream margarine, sugar, eggs and vanilla. Sift flour, soda, and salt. Add creamed mixture and oatmeal to sifted ingredients, and mix. Press half of crust into a 9x13 pan. In double boiler, melt chips, condensed milk, and butter. When smooth add nuts. Pour this over crust, add remaining crust over top of filling. Bake at 350° F for 25-30 minutes.

Rhubarb Swirl

Sheila Fosheim

- 20 graham crackers crushed
- $\frac{1}{2}$  cup butter melted
- 2 tablespoons brown sugar
- $\frac{1}{2}$  teaspoon salt

Mix together and spread in 9x13 pan. Reserve  $\frac{1}{2}$  cup for top.

- 3 cups rhubarb sauce sweetened
- 1- 3oz. box strawberry gelatin
- 2 cups marshmallows
- 1 cup cream whipped

Heat sauce and dissolve gelatin in it. Add marshmallows. Cool. Add whipped cream, spread in crust and chill.

Fudge Nut Bars

Karla Kuehl

- 1 cup butter
- 2 cups light brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups oatmeal
- $2\frac{1}{2}$  cups sifted flour
- 1 teaspoon baking soda
- 1 teaspoon soda
  
- 1 package (12 oz.) chocolate chips
- 1 can sweetened condensed milk
- 2 tablespoons butter
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons vanilla
- 1 cup chopped nuts

Cream together butter and sugar. Blend in eggs and vanilla. Combine oatmeal, flour, soda, and salt. Add to butter mixture. Set aside. In a double boiler heat together chocolate chips, condensed milk, butter salt, and vanilla. Stir in chopped nuts when smooth. Spread  $\frac{2}{3}$  of mixture in a well greased 15x10x1 jelly roll pan. Cover with chocolate mixture, swirl to blend. Bake at 350°F for 25-30 minutes or until lightly browned.

Apple Pie Bars

Jani Haraldson

- 2½ cups flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 cup shortening

Mix above ingredients as you would a pie crust. Then put 1 egg in a cup plus milk to make 2/3 cup. Add to above crumb mixture. Roll out ½ of dough and place in a jelly roll pan. Sprinkle with 2 handfuls of crushed cornflakes to cover rolled crust. Add 8-10 sliced apples. Sprinkle with mixture of 1 cup sugar and 1 teaspoon cinnamon. Cover with second rolled crust. Bake at 350°F for 1 hour. Frost with a thin powdered sugar frosting.

Treasure Bars

Cindy Hauge

- 1 cup sifted flour
- ½ cup brown sugar
- ½ cup butter
- 1 cup brown sugar
- 2 eggs slightly beaten
- 1 teaspoon vanilla
- 1 tablespoon flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup chopped California walnuts
- 1 cup shredded coconut
- ½ cup chocolate chips

Combine flour and ½ cup brown sugar, cut in butter. Press into greased 9x13x2 pan. Bake at 350°F for 12 minutes. For topping, gradually add 1 cup brown sugar to eggs, beating until light and fluffy. Blend in vanilla. Add sifted dry ingredients, stir in nuts, coconut, and chocolate chips. Spread over baked crust. Bake 25 minutes more. Cool, cut in bars.

Scotties

Brenda Strohfus

- ½ cup butter
- 1 cup brown sugar
- 2 cups quick cook oats
- ½ teaspoon salt
- 1 teaspoon baking powder

Continued

Combine butter and sugar in saucepan, and stir until butter melts. Stir in the rest of the ingredients. Pour into greased 8x8 pan. Bake at 350° F for 20 minutes.

Chocolate Cherry Bars

Alma VanBeck

1 box chocolate cake mix  
2 eggs  
1 can cherry pie filling  
1 teaspoon almond flavoring.

Combine ingredients. Mix by hand so cherries will not mash. Put in greased cookie sheet. Bake at 350° for 25-30 minutes.

Frost with:

1½ cups white sugar  
6 tablespoons margarine  
6 tablespoons milk

Combine and boil for 1 minute. Remove from heat and add ½ cup chocolate chips. Let cool, then beat until of spreading consistency.

Triple Decker Brownies

Carmen Groen

Sift: 1 cup flour,  
½ teaspoon soda  
½ teaspoon salt  
Add: 2 cups quick oatmeal  
1 cup brown sugar

Mix in 1 cup melted butter. Pat in 9x13 pan. Bake at 350° F for 10 minutes.

Combine 2 squares unsweetened chocolate, melted, with:

½ cup margarine

1½ cups sugar

2 eggs

1 1/3 cups flour

1 teaspoon vanilla

½ teaspoon baking powder

½ teaspoon salt

½ cup nuts

½ cup milk

Spread over baked crust. Bake 25 minutes more.

Frosting

Melt together 2 squares chocolate and ½ cup margarine.

Add 3 cups powdered sugar.

Apple Goodie

Gerri Solon

- 1  $\frac{3}{4}$  cups flour
- $\frac{1}{2}$  teaspoon soda
- $\frac{1}{2}$  teaspoon cinnamon
- 1 cup shortening
- 1 cup brown sugar
- 2 cups oatmeal
- 8 apples
- 1 cup sugar
- 1 teaspoon cinnamon
- $\frac{1}{2}$  cup flour

Into a large bowl, sift 1  $\frac{3}{4}$  cups flour with  $\frac{1}{2}$  teaspoon soda and  $\frac{1}{2}$  teaspoon cinnamon. Cut shortening into flour, mix until fine. Add brown sugar and oatmeal, mix. Press one half of this into a 9x13 pan. Cut apples fine and mix with 1 cup sugar, 1 teaspoon cinnamon, and  $\frac{1}{2}$  cup flour. Spread this on flour mixture. Add remaining half of mixture on top. Press. Bake at 350<sup>o</sup>F for 1 hour.

Cranberry Crisp

Denise Schone

- 2 cups raw cranberries
- 3 cups sliced, peeled apples
- 1 cup sugar
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon salt
- 1 cup brown sugar
- 1 cup raw oatmeal
- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup butter or margarine

Combine cranberries, apples sugar, lemon juice and salt. Spoon into shallow, 1 $\frac{1}{2}$  quart greased baking dish. In a small mixing bowl, combine brown sugar, oatmeal and flour. Cut in margarine with pastry blender. Spoon over cranberries. Bake at 325<sup>o</sup>F for 1 hour or until browned and bubbly.

, A little variety is the spice that helps to make life extra nice!

Rocky Road Fudge Bars

Christine Prouty

1st layer

- $\frac{1}{2}$  cup butter or margarine
- 1 square (1 oz.) unsweetened chocolate
- 1 cup sugar
- 1 cup flour
- 1 cup chopped nuts
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 2 eggs

Melt butter and chocolate in sauce pan. Add other ingredients and mix well. Spread in 9x13 pan.

2nd layer

- 8 oz. cream cheese, softened (remove 2 oz. for frosting)
- $\frac{1}{2}$  cup sugar
- 2 tablespoons flour
- $\frac{1}{2}$  cup butter
- 1 egg
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{4}$  cup nuts
- 6 oz. chocolate chips

Combine 6 oz. cream cheese with other ingredients except for last two. Blend until smooth. Stir in nuts. Spread over chocolate mixture. Sprinkle with chocolate chips. Bake at 350°F for 25-30 minutes. Sprinkle with 2 cups mini marshmallows. Bake 2 minutes more.

Frosting

- $\frac{1}{4}$  cup butter
- 1 square chocolate
- remaining 2 oz. cream cheese
- $\frac{1}{4}$  cup milk
- 3 cups (1 lb.) powdered sugar
- 1 teaspoon vanilla

Melt first 3 ingredients. Stir in milk, sugar, and vanilla. Beat until smooth. Immediately pour over marshmallows and swirl together.



Ice Box Cookies

Denise Schone

- 2 cups sugar
- 1 cup mixed butter
- 2 eggs
- 1 cup chopped nuts and dates
- 1 teaspoon soda dissolved in a little hot water
- 2 teaspoons vanilla
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{4}$  cups flour

Cream sugar, butter, and eggs. Add nuts, soda, and vanilla. Sift flour and nutmeg, add to creamed mixture. Roll into loaf and cool. Slice then bake at 350° F.

Pumpkin Cookies

Joan Efling

- 2 cups white sugar
- 1 cup shortening
- 1 egg
- 1 can pumpkin pie filling- 15 oz.
- 1 cup ground walnut
- 1 cup ground raisins
- $1\frac{1}{2}$  teaspoons cinnamon
- 2 teaspoons vanilla
- 2 teaspoons baking powder
- 1 scant teaspoon salt
- $\frac{1}{4}$  cups flour

Cream sugar, shortening and egg. Add pie filling, walnuts, raisins. Sift together cinnamon, baking powder, salt, and flour. Add to creamed mixture. Add vanilla. Drop on greased cookie sheet. Bake at 375° F for 8 to 10 minutes. Very good brushed with milk before baking or frosted when cooled.

Chocolate Chip Cookies

Jodene Stemper

- $1\frac{1}{2}$  cups shortening
- 3 eggs
- $1\frac{1}{2}$  cups white sugar
- $\frac{3}{4}$  cups brown sugar
- 1 teaspoon vanilla
- 3 cups flour
- $1\frac{1}{2}$  teaspoons baking soda
- $\frac{1}{2}$  cup chopped nuts
- 1 bag semi-sweet chocolate chips

Chocolate Chip Cookies Continued

Cream shortening eggs, sugars, and vanilla. Sift flour, baking soda. Add to creamed mixture. Add nuts and chocolate chips. Bake at 350° F for 10 minutes.

Banana Oatmeal Cookies

Carmen Groen

3/4 cup margarine  
1 cup sugar  
1 1/2 cups flour  
1 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon nutmeg  
3/4 teaspoon cinnamon  
1 egg  
1 cup mashed bananas  
1 teaspoon vanilla extract  
1 1/2 cups oatmeal  
1/2 cup chopped nuts  
1 cup chocolate chips (optional)  
Cream margarine and sugar, beat in egg and extract until fluffy. Beat in bananas. Stir in flour and oats. Add remaining ingredients. Chill 30 minutes. Drop on greased sheets and bake 12-15 minutes at 375° F. Makes 4 dozen.

Jumbo Raisin Spice Cookies

Denise Schome

2 eggs  
1 cup raisins or 1 cup dates  
1 cup sugar  
1 cup shortening  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon almond flavoring  
1 teaspoon soda  
1 teaspoon baking powder  
4 cups flour  
Cook raisins in 1/2 cup of water for 5 minutes. Set aside. Cream shortening sugars, and eggs. Sift dry ingredients, and add to creamed mixture. Add raisins. Drop on greased cookie sheet. Bake at 375° F for 15 minutes.

Double Chocolate Chip Cookies

Cindy Cole

- 1 cup shortening
- $\frac{1}{2}$  cup margarine
- $1\frac{1}{2}$  cups sugar
- 1 egg
- 1 teaspoon vanilla
- 6 tablespoons cocoa
- $\frac{1}{2}$  teaspoon soda
- 1 cup flour
- 3 cups oatmeal
- $\frac{1}{2}$  cup water

Cream shortening, margarine, sugar, egg and vanilla. Add cocoa, salt, soda, flour, and oatmeal. Add water. Place on greased cookie sheet. Bake at 350° F for 15 minutes.

Snickerdoodles

Ruth Time

- 1 cup shortening
- $1\frac{1}{2}$  cups sugar
- 2 eggs
- 2  $\frac{3}{4}$  cups flour
- 2 teaspoons cream of tartar
- 1 teaspoon soda
- $\frac{1}{2}$  teaspoon salt

Cream shortening, sugar and eggs. Sift flour, cream of tartar, soda, salt. Add dry ingredients to creamed mixture. Chill dough, and roll into balls. Roll balls in 2 tablespoons of sugar and cinnamon mixed. Place on an ungreased cookie sheets. Bake at 400° F for 8 to 10 minutes, or until lightly browned but still soft. Flatten tops with a fork.

Sugar Cookies

Becky Leibel

- 1 cup butter
- 1 cup sugar
- 2 cups flour
- 1 teaspoon vanilla
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt

Cream butter and sugar, add vanilla. Mix and add flour, salt, and soda. Mix with hands until it forms a smooth dough that holds together. Roll into balls. Flatten with a sugared glass. Bake at 325° F for 15 to 20 minutes.

Gingersnaps

Joni Kaufman

3/4c: shortening  
1c. brown sugar  
1/4c. molasses  
1 egg  
2 1/4c flour  
2t. soda  
1/2t salt  
1 t. each ground ginger, cinnamon and cloves

Cream shortening, brown sugar, molasses and egg till fluffy. Sift dry ingredients, and stir into creamed mixture. Form in small balls. Roll in granulated sugar. Place two inches apart on greased cookie sheet. Bake at 375° for 12 minutes.

Ranger Cookies

Sandy Carlson

1c. butter	1t. soda
ac. sugar	1t. baking powder
ac. brown sugar	2c. oatmeal
2 eggs	2c. rice crispies
1 t. vanilla	1c. coconut
2c. flour	1c. chopped nuts

Mix in order listed. Drop by tablespoon onto greased cookie sheet. Bake at 350° for 15 minutes.

Sugar Cookies

1c. butter  
7/8c. sugar  
1 egg  
2T. milk  
1/2t. vanilla and almond flavoring  
1/2t. baking powder  
3c. flour

Cream butter and sugar; add egg. Mix in rest of ingredients. Chill overnight. Roll and cut. Bake at 350° for 10 minutes.

Sour Cream Jumbles

Pam Selnes

- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup shortening
- $1\frac{1}{2}$  cups white sugar
- 2 eggs, beaten
- 1 teaspoon vanilla
- $3\frac{1}{2}$  cups sifted flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon soda
- $\frac{1}{2}$  teaspoon baking powder
- 1 cup sour cream

Cream butter and shortening, add sugar. Add eggs and vanilla, mix well. Sift flour, salt, soda and baking powder. To creamed mixture, add sifted ingredients alternatively with sour cream. Drop by teaspoon onto ungreased cookie sheet. Sprinkle with cinnamon sugar mixture. Bake at  $375^{\circ}\text{F}$  for 8 to 10 minutes.

Peanut Butter Chocolate Chip Cookies

Charee Rist

- 1 cup butter or margarine
- 1 cup peanut butter
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon burnt sugar flavor
- 1 teaspoon vanilla
- 2 cups sifted flour
- 1 teaspoon baking soda
- 1-6oz. package chocolate chips

In a large bowl, cream butter and peanut butter. Gradually add sugars, beat until fluffy. Add eggs, one at a time. Sift together dry ingredients. Sift in with creamed mixture. Drop from a teaspoon on to greased pan. Flatten slightly. Bake at  $350^{\circ}\text{F}$  for 12 minutes.



Mississippi Mud Cake

Karen Zaske

2 eggs  
1 cup sugar  
pinch salt  
1/4 pound margarine  
2 tablespoon cocoa  
3/4 cup flour  
1 cup nuts

Cream together eggs, sugar and salt. Melt margarine cocoa together. Add alternating the creamed mixture and the cocoa mixture. Stir in nuts. Bake at 375 for 30 mins in 9x13 inch pan. While hot spread with 1 jar of marshmellow cream. Then frost.

Frostening:

1/4 cup milk  
2 tablespoon margarine  
2 cup powdered sugar  
2 tablespoon cocoa

Poppy Seed Cake

Cindy Hauge

1 package Lemon cake mix  
1 cup water  
1 3oz. instant lemon pudding mix  
4 eggs  
1/2 cup salad oil  
1 tablespoon poppy seed

Mix all ingredients together. Fill loaf pans half full, which are lined with wax paper. Bake 350 for 45-60 minutes. Yeilds 2 loaf pan cakes.

I made a cake and it was good.  
It came out just as good cake should.  
I made some tea, fragrant and strong,  
but sadly, no one came along.  
I made a cake and it was punk,  
It rose and then, it went kerplunk  
I made some tea, 'twas weak and thin,  
And all that day my friends dropped in.

Marcia Friesen



Fresh Apple Cake

Debbie Buffington Kraft

1/2 cup butter  
1 cup sugar  
1/2 cup brown sugar  
1 cup buttermilk or 1 scant cup milk and 1 teaspoon vinegar  
2 eggs  
2 1/4 cup flour  
2 teaspoon soda  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon salt  
2 cup grated apples (4-5 apples)

Cream butter, sugar, and brown sugar together. Sift dry ingredients together and alternately with buttermilk and eggs. Add apples.

Topping:

1/2 cup sugar  
1/4 cup brown sugar  
1/2 teaspoon cinnamon  
1/2 cup chopped nuts

Combine and sprinkle over cake before baking. Bake at 375 for 40 min in a 9x13 inch pan or for 20 minutes in a jelly roll pan.

Sour Cream Banana Cake

Debbie Buffington Kraft

1/4 cup shortening  
1 1/3 cup sugar  
2 eggs  
2 cups flour  
1 teaspoon soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup sour cream  
1 cup mashed bananas

Combine shortening, sugar, and eggs and beat well. Sift flour, soda, baking powder and salt. Add alternately to creamed mixture, starting first with sour cream and banana mixture. Add nuts if desired. Bake at 350 in a 9x13 inch pan for 40-45 minutes.

Red Velvet Devils Food Cake

Charee Rist

2 cup cake flour  
1 1/2 cup white sugar  
1 teaspoon soda  
1/2 teaspoon salt  
2 sq. baking chocolate  
1/2 cup boiling water  
2 eggs (beaten)  
1 cup sour cream (whipped)  
1 teaspoon vanilla  
1/2 teaspoon red food coloring

Add chocolate to boiling water and cool. Sift flour and measure 2 cups. Sift sugar, flour, salt and soda several times. Beat eggs, add dry ingredients, add chocolate mixture, vanilla and red food coloring. Beat well. Fold in whipped sour cream. Bake in 9x13 inch pan in 350 oven for 45 minutes.

Black Midnight Cake

Ruth Tims

2/3 cup soft shortening  
3 eggs  
2/3 cup cocoa  
1 1/3 cup water  
1 1/4 teaspoon soda  
1 2/3 cup sugar  
2 1/4 cup flour  
1/4 teaspoon baking powder  
1 teaspoon vanilla  
1 teaspoon salt

Cream together until fluffy: shortening, sugar, and eggs. Beat 5 minutes at high speed on mixer. Sift dry ingredient and add alternately with the water and vanilla. Grease and flour cake pans. Makes 2 layers or a 9x13 in. pan. Bake 350 for 35 minutes for layer or 40-45 minutes for 9x13 pan. Let Cool.

"Don't save that kind word, someone may need it."

Thin Chocolate Cake

Pam Selner

Mix in a large bowl:

2 cups flour

2 cups white sugar

Put in pan and bring to rapid boil:

1 stick margarine

1/2 cup crisco

4 tablespoons cocoa

1 cup water

Pour this mixture over flour and sugar and mix well.

Add and mix well:

2 slightly beaten eggs

1/2 cup buttermilk

1 teaspoon soda

1 teaspoon vanilla

Bake in jelly roll pan for 20 minutes at 400. Frost while still warm with chocolate icing.

Midnight Cake

Carmen Groen

1 3/4 cup flour

2 cup sugar

3/4 cup cocoa

2 teaspoon soda

1 teaspoon baking powder

1 teaspoon salt

2 eggs

1 cup hot coffee

1 cup buttermilk or sour milk

1/2 cup vegetable oil

1 teaspoon vanilla

Beat at medium speed for 2 minutes. Batter will be thin. Bake in 350 oven.

"life is like a mirror; you don't get more out of it than you put into it."

Cherry Surprise Cake

Marcia Friesen

1 cup vegetable oil  
1 cup sugar  
4 eggs  
vanilla  
2 cups flour  
1 teaspoon baking powder  
1 can cherry pie filling

Topping:

1/2 cup sugar  
1 teaspoon cinnamon

Mix oil and sugar thoroughly, add eggs one at a time and beat until fluffy. Add vanilla. Sift flour and baking powder, add to the liquid mixture and beat.

Topping- mix sugar and cinnamon

Grease 9x 13x 2 in. pan and pour half of the batter across the bottom. Sprinkle half the topping over the batter. Spoon cherry pie filling over this and pour remaining batter over the filling. Sprinkle the rest of the topping on. Bake 50 mins.- 350

Yellow Cake

Carolyn Gottsleben

4 eggs  
2 cups flour  
2 cups sugar  
1 1/2 teaspoon baking powder  
1/4 pound oleo  
1 cup milk  
1 teaspoon vanilla  
1 teaspoon salt

Beat eggs and sugar well. Melt 1/4 pound oleo in 1 cup milk. Add vanilla and salt. Mix all together and beat well. Bake at 350 in greased and floured 9x13 in. pan.

Hope is the thing with feathers  
That pe'rche's in the soul  
And sings the tune without the words  
And never stops--at all.

Emily Dickinson

Overnight Coffee Cake

Karelyn Henderson

Dissolve 1 package yeast in 1/2 cup warm water.

Mix as for pie crust

4 cup flour

6 tablespoon sugar

1 teaspoon salt

1 cup butter or margarine

Add:

1 cup scalded milk

3 egg yolks and yeast mixture. Stir with spoon.

Cover overnight. Do not refrigerate. In the morning, spread over 2 greased pizza pans. Beat egg whites with fork and spread on dough with pastry brush. Sprinkle with 1/2 cup brown sugar (each cake). Sprinkle on sliced almonds. Let rise 2 hours. Bake 350 for 25 min. Drizzle with powder sugar frosting.

Mandarin Orange Cake

Brenda Strohfur

1 egg

1 cup sugar

1 teaspoon soda

1 teaspoon vanilla

1 small can Mandarin oranges drained

1 cup flour

1/2 cup chopped nuts

pinch of salt

Pour batter in 8x8 inch pan at 350 for 30-35 minutes.

Topping:

1/2 cup brown sugar

3 tablespoon milk

3 tablespoon butter

Boil a few minutes, pour over cooled cake or whipped cream if desired.



True Sponge Cake

Alma VanBeek

6 eggs, separated  
1/2 cup water  
3/4 cup sugar  
1/2 teaspoon vanilla  
1/2 teaspoon lemon extract  
1 1/2 cup cake flour  
1/4 teaspoon salt

Beat egg yolks until very thick and lemon colored. Add the water and continue beating until mixture almost piles. Gradually add the sugar and the two extracts. Sift the salt with the flour. After the mixture is thick enough to pile slightly. Sift 1/4 of the flour over yolk mixture and fold flour into the whites. Similarly add the second, third, and fourth quarters of flour. Fold 10 strokes after all but the fourth addition. Continue folding after fourth addition until all flour is folded in.

3/4 cup sugar  
3/4 teaspoon cream of tartar.

Beat egg whites to the foamy stage. Add the cream of tartar and begin adding sugar gradually. Continue beating until all the sugar is added and the peaks just bend over. Fold the yolk and white mixture together until completely blended. Bake in tube pan. Bake 1 hour at 325.

Dump Cake

Debbie Buffington Kraft

2 cup flour  
2 cup white sugar  
2 eggs  
2 teaspoon soda  
1/2 teaspoon salt  
6 tablespoon oil  
2 square chocolate, melted  
2 cup buttermilk

Put everything in bowl in order given and mix well. Bake at 350 for 40-45 minutes.



Cherry Coffee Cake

Janice Fix

- 1 3/4 cup sugar
- 1 cup margarine
- 4 beaten eggs
- 3 cups flour
- 1 1/2 teaspoon baking powder
- 1 teaspoon almond or vanilla
- 1 can cherry fruit pie filling

Cream together sugar and margarine. Add the beaten eggs to this mixture add flour, baking powder and flavoring. Pour in greased jelly roll pan reserving 2 cups batter. Spoon fruit filling over the batter and top this with the reserved 2 cups of batter. Bake at 350 for 25-30 minutes. Glaze with confectioners frosting if desired.

Sour Cream Chocolate Cake

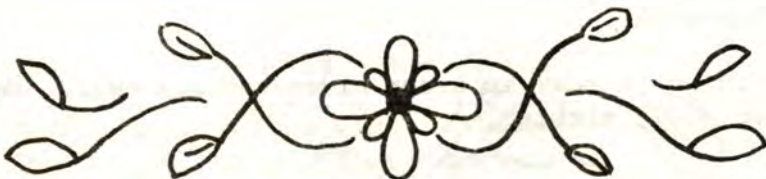
Debbie Buffington Kraft

- 1/2 cup sugar
- 1/2 cup cocoa
- 1/2 cup boiling water
- 1 teaspoon baking soda

Mix and let cool.

- 2 eggs
- 1 cup sugar
- 1 cup sour cream
- 1 teaspoon vanilla
- 1/2 teaspoon burnt sugar flavoring
- 2 cup cake flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder

Beat eggs, add sugar, cream and add flavorings. Beat well add cocoa and water mixture. Add flour mixture and beat 2 minutes by hand or mixer at medium speed. Bake at 350 for 35 minutes.



Chocolate Zucchini Cake

Cindy Hauge

1/2 cup oleo softened or butter  
1/4 cup vegetable oil  
1 3/4 cup sugar  
1/2 teaspoon salt  
2 eggs  
1 teaspoon vanilla  
1/2 cup sour milk  
2 1/2 cup flour  
4 tablespoon cocoa  
1 teaspoon soda  
1/2 teaspoon baking powder  
3/4 teaspoon cinnamon  
1/2 teaspoon cloves  
2 cups grated unpeeled zucchini

Cream butter, oil, sugar, salt, eggs, vanilla and sour milk. Stir together the remaining dry ingredients Add to liquid. Mix well add grated zucchini. Mix again. Bake at 325 for 40-45 minutes in a greased and floured 9x13 inch pan.

Pineapple Upside-Down Cake

Alma VanBeek

1/4 cup butter  
1/2 cup brown sugar  
1 8 oz. can sliced pineapple  
Maraschino cherry halves (optional)  
1 egg  
1 8 oz. package white cake mix

Melt butter in 8x8x2 inch pan. Sprinkle sugar evenly in pan. Drain pineapple. Save syrup, arrange pineapple in sugar mixture. Maraschino cherry halves also. Add enough water to pineapple syrup to make 1/2 cup liquid. Add liquid add egg to cake mix. Pour batter over fruit. Bake at 350 for 40 minutes until cake pulls from side of pan. Let stand 5 minutes, for topping to set. Turn upside down onto platter. 4-6 servings.

Prize Chocolate Cake

Alma VanBeek

- 1 cup shortening
- 2 cup sugar
- 2 teaspoon vanilla
- 4 oz. chocolate, melted
- 5 eggs
- 2 1/4 cup flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup sourmilk or buttermilk

Stir shortening to soften. Gradually add sugar, creaming until light and fluffy. Blend in vanilla and cooled chocolate. Add to creamed mixture alternately with milk. Beating after each addition. Bake in 9x13 inch pan for 20-25 minutes. in 350 oven.

Cherry Cheesecake

Charee Rist

- 1 package lemon gelatin
- 1 cup hot water
- 1 1/4 cup white sugar
- 1 8 oz. package cream cheese
- 1 teaspoon vanilla
- 1 13 oz. can evaporated milk

Line 9x13 inch pan with crushed graham crackers. Dissolve gelatin in hot water and chill till it becomes egg white substance. Cream the cheese and sugar. Add vanilla. Beat chilled evaporated milk till it becomes very stiff. Then add this to gelatin and cheese mixture. Pour into pan. Top with cherries after the mix chills firm.

Large Chocolate Cake

Sue Gilbertson

- 3c. flour
- 2c. sugar
- 1/4c. cocoa
- 1T. soda
- 1/2t. salt

Stir all together very thoroughly. Make a well and put 1c. vegetable oil, 1t. vanilla, 1c. buttermilk, and 2 eggs (break yolk and mix egg into other liquid). Add 1c. boiling water and stir till smooth. Bake at 350° for 35 minutes.

Oatmeal Cake

Sandy Carlson

- 1 1/4 cup boiling water
- 1 cup quick oatmeal
- 1 cup brown sugar (firm pack)
- 1 cup sugar
- 2 eggs
- 1 stick margarine
- 1 teaspoon vanilla
- 1 1/3 cup flour
- 1 teaspoon cinnamon
- 1 teaspoon soda
- 1/2 teaspoon salt

Pour water over oatmeal and let stand 20 minutes. Cream brown sugar, sugar, eggs, and margarine together and add to oatmeal mixture. Add vanilla and mix. Add dry ingredients and bake in a greased and floured long cake pan for 25-30 minutes at 350.

Frost cake while hot with:

- 1 stick margarine
- 1 cup brown sugar
- 2 cup coconut
- 1 cup chopped walnuts
- 1 teaspoon vanilla

Cream together margarine, brown sugar and coconut. Add walnuts and vanilla and mix well. Spread on hot cake.

Pecan Coffee Cake

Jeanne Rausch

- |                |                   |
|----------------|-------------------|
| 1/2c. butter   | 2c. flour         |
| 3/4c. sugar    | 1t. baking powder |
| 3 eggs         | 1t. vanilla       |
| 1c. sour cream | 1t. soda          |

Cream butter, sugar and vanilla. Add one egg at a time. Add sifted dry ingredients alternately with sour cream. Put half of batter in 10 inch tube pan. Spread half of topping, then rest of batter and rest of topping.

- |                     |              |
|---------------------|--------------|
| Topping: 6T. butter | 2t. cinnamon |
| 1c. brown sugar     | 1c. pecans   |

Bake at 350° for 50 minutes.

Zucchini Cake

Cindy Hauge

2 cups sugar  
1 1/2 cup margarine  
4 eggs  
3 cups zucchini  
1 1/2 teaspoon cinnamon  
3 cups flour  
2 teaspoon baking powder  
1 teaspoon soda  
1/2 teaspoon salt

Cream together sugar, margarine and eggs. Mix in remaining ingredients. Bake at 350 for 1 hour in a greased 9x 13 inch pan.

Crazy Cake

Sheila Fosheim

Mix;

2/3 cup vegetable oil  
2 teaspoon vinegar  
1 teaspoon vanilla  
2 cup cold water  
2 cup sugar  
3 cup flour  
1/3 cup cocoa  
1 teaspoon salt  
2 teaspoon soda

Add dry ingredients to mixture. Pour in 9x13 inch pan. Bake in 350 oven for 30-35 minutes.

Sliced Coconut Cake

Joyce Mathison

3 eggs  
3/4c. and 1T. sugar  
Beat eggs and sugar till white. Fold in flour and baking powder. Bake in waxpaper lined jelly roll pan at 350° for 10 minutes. Remove from pan by lifting paper carefully as not to crack cake. Cool. When cool, cut in four pieces.  
Frosting: 1 1/2c.+2T. powdered sugar, 3T. butter, 2 1/2T milk, 2 T. cocoa. Beat till fluffy. Makes two separate 2-layer cakes. Sprinkle coconut on top. Slice thin.

Devil's Food Cake

Marge Zastroa

1 cup shortening  
2 cup sugar  
2 eggs well beaten  
2 1/2 cups flour  
2 teaspoon soda  
1 teaspoon salt  
1/2 cup cocoa  
1 cup sour milk or butter milk  
1 teaspoon vanilla  
1 cup boiling water

Cream shortening, add sugar in small amounts. Add eggs. Sift flour, cocoa, soda and salt. Add boiling water and vanilla. Add dry ingredients and liquid alternately. Pour in greased pan 9x13 inch. Bake at 350 for 40-45 min.

Boiled Cake

Carolyn Gottsleben

2 cups sugar  
2 1/2 cup water  
2/3 cup shortening  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
1/2 teaspoon nutmeg  
1/2 teaspoon salt  
2/3 cup raisins  
3 1/2 cup flour  
1 cup hot water  
2 teaspoon soda

Mix and boil 5 minutes the sugar, water, shortening, spices, and raisins. Let cool. Add flour. Mix well. Add hot water with soda. Bake 1 hour in greased pan. (Nuts, candied fruit and gumdrops may be added if desired.)

-Bernard Berenson, the art historian, loved life. When he was almost 90, he said, "I would willingly stand at street corners, hat in hand, asking passers-by to drop their unused minutes into it."



Orange Sponge Cake

Debbie Buffington Kraft

6 egg yolks  
1 tablespoon ground orange peel  
1/2 cup orange juice  
1 cup sugar  
1/4 teaspoon salt  
1 1/3 cup sifted cake flour  
6 egg whites  
1 teaspoon cream of tarter  
1/2 cup sugar

Beat egg yolks until thick and lemon colored. Add orange peel and orange juice, beat until thick. Beat in sugar in gradually. Combine salt and cake flour. Add a little at a time. Beat egg whites and cream of tarter until soft peaks form. Add gradually to egg white mix. Fold into egg yolk mix. Bake in an ungreased tube pan. Bake at 325 for 55-60 minutes

Self-Filled Cup Cakes

Sheila Fosheim

1 package (2-layer size) chocolate cake mix  
1 8 oz. package cream cheese  
1/3 cup sugar  
1 egg  
dash of salt  
1 cup semi-sweet chocolate chips

Mix cake, fil cups 2/3 full. In another bowl cream cheese with sugar, beat in egg and salt. Stir in chocolate pieces. Drop 1 large rounded teaspoon cheese mixture into each cup cake. Bake for 35 minutes. Make 30 cup cakes.



Devil's Food Cake Frosting

Marge Zastroa

1 cup sugar  
1/4 cup margarine  
1/4 cup milk

Combine above ingredients. Bring to a boil. Boil 1 minute. Add 1/2 cup chocolate chips and 1 teaspoon vanilla. Cool until ready to spread.

Chocolate Butter Cream Frosting

Charee Rist

To accompany devils food cake.  
1/3 cup soft butter or margarine  
1/8 teaspoon salt  
3 cup confectioner's sugar (sift if lumpy)  
3 sq. (1 oz. each) unsweetened chocolate, melted  
1/4 cup milk  
1 1/2 teaspoon vanilla

Beat butter or margarine, salt and 1 cup confectioners sugar until light and fluffy. Blend in melted chocolate. Then add rest of sugar alternately with milk and vanilla. Mix until smooth and creamy. Add more sugar to thicken or milk to thin if needed for good spreading consistency. Cocoa may be substituted for chocolates squares as follows- 3 tablespoon cocoa plus 1 tablespoon butter for each square of chocolate. This additional butter may be melted and the cocoa dissolved in it before adding to the other ingredients.

Chocolate Frosting

Sue Warner

1 cup sugar  
1/3 cup evaporated milk  
1/3 cup chocolate chips  
1 sq. baking chocolate  
vanilla  
pinch of salt

Boil sugar and milk for 1 minute. Add chocolate chips and baking chocolate. Vanilla and salt. Beat until chocolate is melted and of spreading consistency.

7 Minute Frosting

Sally Schulz

2 egg whites  
1/8 teaspoon salt  
1 tablespoon light corn syrup  
1 1/2 cup sugar  
1/3 cup water  
1 teaspoon vanilla

Combine all ingredients in top of double boiler; beat with rotary mixer for 1 minute.

Place over boiling water, beat 7 minutes.

Remove frosting from boiling water when frosting stands in glossy peaks. Continue beating, until frosting cool and thick enough to hold firm swirls.

Chocolate Icing

Pam Selnes

6 tablespoons margarine  
6 tablespoons milk  
1 1/2 cup white sugar

Boil this mixture for 30 seconds. Remove from heat and add 1/2 cup chocolate chips. Beat well until it starts to thicken. Then spread on warm cake. Cool.

Note: This recipe makes more than enough frosting for one cake. A smaller amount of frosting can be made by using only 4 tablespoons margarine and milk and 1 cup white sugar. Do as directions say, but skimp the 1/2 cup chocolate chips. It is important that you boil ingredients only 30 seconds. If longer, the icing will get too stiff.

Frosting

Ruth Tims

1 pound powdered sugar, sifted (3 1/2 cup)  
1/2 cup shortening (white in color)  
1 egg white  
1 teaspoon vanilla  
a dash of salt  
1/4 cup hot water (scant- not boiling)

Beat with electric mixer until creamy.

Good Chocolate Frosting

Susan Gilbertson

- 1 cup white sugar
- 1 square unsweetened chocolate
- 1/3 cup milk
- 1/4 cup shortening

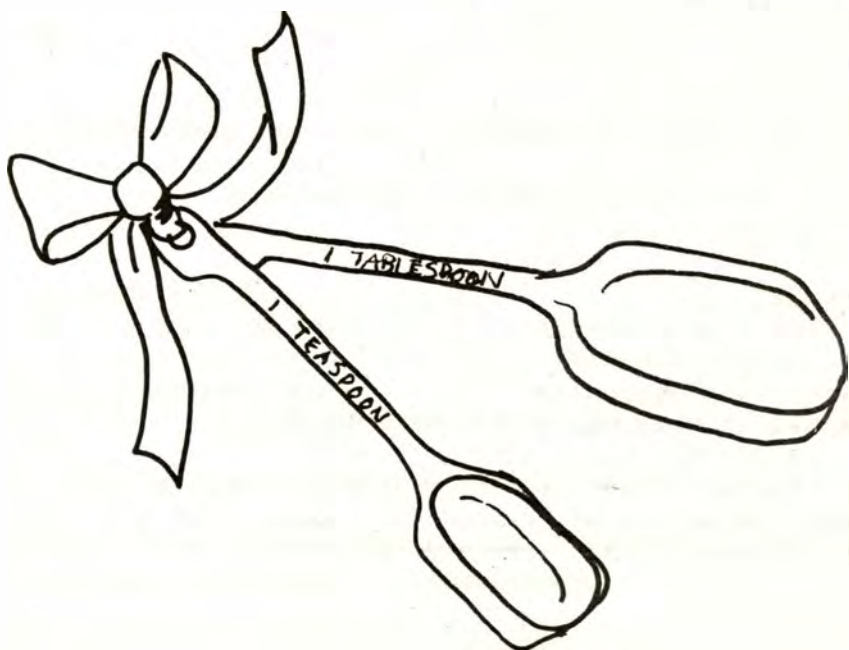
Boil 1 minute. Add 1 teaspoon vanilla. Stir while it cools. Spread on cake.

Yummy Chocolate Frosting

Charee Rist

- 1 cup sugar
- 1/3 cup milk
- 1/4 cup butter
- 1 cup chocolate chips
- 1/3 cup marshmallows
- 1 teaspoon vanilla
- dash of salt

Melt butter, sugar and milk in saucepan and bring to full boil. Boil for 1 minute. Remove from heat. Add chips, marshmallows, salt and vanilla. Beat until desired thickness. Hardens quickly.



Carmels

Alma Van Beek

- 1 c. butter
- 1 lb. brown sugar (2 1/2 c.)
- dash salt
- 1 c. light corn syrup
- 1 15 oz. can sweetened condensed milk
- 1 t. vanilla

Melt butter in heavy 3 qt. saucepan. Add brown sugar and salt; stir until thoroughly combined. Stir in light corn syrup, mix well. Gradually add milk, stirring constantly. Cook and stir over medium heat till candy reaches firm ball stage (245° f.) about 12-15 min. Remove from heat, stir in vanilla. Pour into buttered 9 x 13 pan. Cool and cut into squares.

Famous Candy Bars

Terri Root

- 1/2 c. white sugar
- 1/2 c. brown sugar
- 1 c. white syrup
- 1 c. peanut butter
- 6 c. corn flakes
- 1 c. salted peanuts
- 1 -6 oz. pkg. semi-sweet chocolate chips
- 1 -6 oz. pkg. milk chocolate chips

In saucepan, mix sugars and syrup over low heat. Bring to a boil for 1 minute. Add peanut butter and stir well. In a large mixing bowl, stir together corn flakes and salted peanuts and add sugar-syrup mixture. Grease 9 x 13 pan and firmly press combined mixture into pan. Melt both pkgs. of chocolate chips together and spread over mixture in pan. Cut into squares and around edge of pan all the way through. Refrigerate. When cool, turn out and break into pieces.

Mint Dazzles

Jill Peterson

- 2c. vanilla wafers, crushed
  - 1 1/2c. powdered sugar
  - 3 sq. chocolate, melted
  - 1 small package miniature marshmallows
  - 1/2c. peppermint stick candy, crushed.
- 3/4c. butter
  - 3 eggs, beaten
  - 1 1/2c. whipped cream

Mix crushed wafers and 1/2c. melted butter. Press firmly in bottom of greased 9x13 pan. Cream 1/2c. butter and sugar. Add eggs and chocolate. Beat until

(continued)

Mint Dazzles (cont'd)

light and fluffy. Spoon over crumbs. Cool in refrigerator. Mix whipped cream with marshmallows gently. Spread over chocolate mixture. Sprinkle with candy.

Nut Goodies

Brenda Strohfus

12 oz. pkg. chocolate chips    2 c. peanut butter  
12 oz. pkg. butterscotch chips  
Melt together in double boiler. Stir and pour half in a jelly roll pan. Refrigerate until firm. To other half, add 1 lb. salted peanuts. Put in sauce pan and heat gently the following; 1c. butter,  $\frac{1}{2}$ c. drv regular vanilla pudding,  $\frac{1}{2}$ c. evaporated milk. Let boil one minute. Remove from heat. Add 1t. maple flavoring, 2 lbs. powdered sugar. Beat till smooth and spread over chilled chocolate. Pour chocolate-peanut mixture on top of powder sugar mixture and refrigerate. Cut into bite-size. Make a very large batch- enough for a family plus a friend. Must be kept cool.

Coconut Fudgies

Joyce Mathison

Boil for 3 minutes:

2c. sugar,  $\frac{1}{2}$ c. oleo,  $\frac{1}{2}$ c. milk,  $\frac{1}{4}$ c. cocoa, 1/8t. salt

Remove from heat and add:

1  $\frac{3}{4}$ c. quick oatmeal, 1 t. vanilla,  $\frac{1}{2}$ c. coconut  
Stir and let stand 5 minutes. Drop in mounds on greased pan or wax paper.

Noodle Clusters

Michelle Brendt

6-oz pkg. butterscotch chips

6-oz. pkg. chocolate chips

1c. peanuts

2c. chow mein noodles

Melt chips in double boiler. Stir in nuts and noodles, mixing well to completely coat. Drop onto waxed paper by spoonfuls.

-Nothing is so gentle as strength, nothing is as strong as gentleness.



Service

Yvonne Lightfield

- 1 c. brown sugar
- 1/4 c. butter
- 1/4 c. water
- 1 T. flour
- 1/4 c. orange juice
- 1 well beaten egg
- 1/2 t. vanilla

Mix well and boil until thick enough to pour. When cool pour over cool whip.

Dipped Chocolates

Melissa Vanhove

- 1 c. chunky peanut butter
- 2 T. butter or margarine
- 1 c. pd. sugar
- 1/2 c. nuts
- 1 1/2 c. rice krispies (crushed slightly) or (crushed rice chex)

Mix in order given. Shape into balls. Melt in double broiler:

- 1 6 oz. pkg. choc. chips
- 1 inch sq. of paraffin

Roll chilled balls in chocolate and drop on waxed paper. Chill until hard.

Carmel Marshmallow Balls

Marcia F.

Melt together in top of double broiler:

- 1 bag carmels
- 2 sticks butter or margarine
- 1 can eagle brand milk

Take large sized marshmallows (that have been chilled in freezer) and place a toothpick in each one. Roll them in the carmel and then in the rice krispies or coconut. Store in a cool place.

Reese's Peanut Butter Bars

Louise Arbach

- 1c. oleo, melted
- 1/3 lb. graham crackers.
- 1c. butterscotch chips
- 2 2/3 c powdered sugar
- 1c. chocolate chips
- 1c. peanut butter

Mix oleo, powdered sugar and graham crackers. Press in 9x 13 pan. Melt chocolate and butterscotch chips and peanut butter. Spread over top and cool.



Marshmallow Fudge

Marcia F.

2 1/4 c. sugar  
16 large marshmallows or 1 c. marshmallow cream  
3/4 c. evaporated milk  
1/4 c. butter  
1/4 t. salt  
1 c. chocolate chips  
a t. vanilla  
Mix in heavy saucepan, the first five ingredients.  
Cook, stirring constantly over medium heat to a boil.  
Boil and stir 5 more minutes. Take off heat. Stir in  
chocolate chips and vanilla until completely melted.  
Spread in buttered 9 in. square pan. Cool and cut into  
30 pieces.

Salted Peanut Bad

Yvonne Lightfield

2/3 c. (10T.) melted butter  
1 c. brown sugar  
4 c. oatmeal  
2 t. vanilla  
1 c. salted peanuts  
1/3 c. syrup  
Bake at 375° for 10-12 min. Frost with 2 cups chocolate  
chips and 1/2 c. peanut butter melted together.

Almond Bark Candy

Cindy Hauge

1 1/2 lb - 2 lbs. almond bark  
2 c. rice krispies  
2 c. captain crunch  
2 c. salted peanuts  
2 c. miniature marshmallows  
Turn oven to 225°. Pre-heat. Turn off oven. Place  
bark in oven for 25 mins. Stir till creamy. Add in-  
gredients. Drop from spoon. Let bark harden.

Oven Caramel Corn

Terri Root

4 qt. popped corn  
1/2 c. butter  
1 c. brown sugar  
Combine butter, brown sugar, corn svrup, and salt.  
Boil 5 minutes. Remove from heat and stir in soda.  
Pour over corn in large baking pan or roaster and  
mix well. Bake at 200 F. for one hour. Stir each 15 min.

Pumpkin Chiffon Pie

Frenda Strohfus

Crust: 1 1/2 c. sifted all-purpose

3/4 t. salt

9 T. shortening

4-5 T. cold water

Blend flour and salt in a mixing bowl. Cut fat into dry ingredients until rice size kernals are formed. Sprinkle water evenly over this mixture while tossing with a fork to dampen all portions. Press into a ball and roll out. Transfer into pie tin. Prick bottom with a fork and bake at 450° for 12-15 minutes.

Pie Filling

1 c. sugar

1 1/2 c. pumpkin

1/2 c. milk

3 eggs

1 t. cinnamon

1/2 t. ginger

1/2 t. salt

1/4 t. nutmeg

1 T. gelatine dissolved in a little cold milk

Add 1/2 c. sugar to beaten egg yolks. Add pumpkin milk, salt, and spices. Cook in double broiler until thick. Add gelatine to hot mixture and cool. Beat egg whites and add 1/2 c. sugar. Fold this into the pumpkin mixture. Pour into pie crusts and refridgerate to set.

Rhubarb Custard Pie

Cindy Hauge

1 unbaked pie shell

3 eggs slightly beaten

2 2/3 T. milk

2 c. sugar

4 T. flour

3/4 t. nutmeg

4 c. rhubarb, cut fine

Mix eggs and milk together. Mix in rest and put in crust. Dot with butter and bake at 450° for 10 min. Then 350° for 30 minutes.

Easy NO BAKE Pie Shell

Joyce Mathison

1 c. crushed vanilla wafers

1/3 c. coconut

1/4 c. melted butter

Mix together and pat into a 9 in. pan. Reserve 1/4 c. of mixture to sprinkle on top of your favorite filling if desired.

Fresh Strawberry Pie

Marge Zastrow

4 T. corn starch

1 c. white syrup      Cook these three till thick

1 c. cold water

Add: 2 T. white syrup

1 pkg. strawberry jello (3oz.)

2 or 3 drops of red food coloring

Cool: Pour over wholeberries in pre baked pie shell and top with cool whip. Chill.

Fake Pumpkin Pie

Louise Arbach

Mix 3 eggs, 1 c. mashed sweet potatoes, 1 c. white sugar, 1 c. brown sugar, 1/2 stick margarine, 1 c. cold milk, 1 t. pumpkin pie spice. Pour in unbaked pie shell. Bake at 350° till outside is done and inside slightly firm.

Mile-Hi Pie

Jill Peterson

1 pint frozen strawberries (break apart with fork)

2 egg whites

3/4 cup sugar

1t. lemon juice

Beat all of above for 15 minutes. Fold in 1 cup whipped cream. Add 1/2t vanill and 1 T. sugar.

Pour into baked pie crust or graham cracker crust.

Freeze.

Pecan Pie

Susan Gilbertson

Filling: 3 eggs

1 cup svrup

1/4c. melted butter

1 T. flour

1 c. pecans

1 t. vanilla

Mix and pour in 8 inch unbaked pie shell. Bake at 350° for 45 minutes.

Grasshopper Pie

Carolyn Gottslehen

1 pkg. choc. Hydrox cookies

1/2 c. butter

1 small pkg. lime jello

1/2 c. boiling water

1 T. lemon juice

1/2 c. sugar

1 c. cream or 1 pkg. dream whip

1 large can chilled Carnation milk

Crush cookies fine and combine with butter until crumbly.

Line bottom of a 9 x 12 in. pan with half of mixture.

Combine jello, water, lemon juice and sugar. Stir.

Whip cream until stiff and add carnation milk and whip

for several minutes. Add to jello mixture and whip

again. Pour mixture into pan and cover with remaining

half of cookie mixture.

Apple Crumb Pie

Joni Kaufman

5-7 tart apples

1 9" unbaked pastry shell

1/2 c. sugar

3/4 t. ground cinnamon

1/3 c. sugar

3/4 c. flour

6 T. butter

Pare apples; core and cut in eighths. Arrange in un-

baked pastry shell. Mix 1/2 c. sugar and cinnamon;

sprinkle over apples. Mix 1/3 c. sugar with flour,

cut in butter till crumbly. Sprinkle over apples. Bake

at 400° for 35-40 minutes or till done.

Citrus Rubarb Pie

Sally Schultz

1 1/4 c. sugar

1/4 c. tapioca

1/4 t. salt

1/3 c. orange juice

5 c. rhubarb

2 T. margarine

Mix 1st five ingredients-place in a double crust pie.

Dot with margarine. Bake at 350° for 1 hour.

Strawberry Pie

Jayne Johnson

Crust:  $\frac{1}{2}$ c. salad oil  
           $1\frac{1}{2}$ c. flour  
          1t. salt  
           $1\frac{1}{2}$ T. sugar  
          2T. milk

Mix all together and press in pie pan. Bake for 15 minutes. at 350°.

Filling: 2T. corn starch      1c. water  
          1c. sugar               $\frac{1}{2}$  pkg. strawberry jello  
Boil until thick. Pour over fresh strawberries.  
Cool. Serve.

Peanut Butter Pie

Michelle Brendt

6 oz. cream cheese              2T. milk  
3/4c. powdered sugar            9 oz. Cool Whip  
 $\frac{1}{2}$ c. peanut butter                Graham cracker pie shell

Cream together the sugar, peanut butter, milk and cheese. Fold in the Cool Whip; pour into crust and sprinkle top with crushed peanuts. Refrigerate.

Instant Pumpkin Pie

Michelle Brendt

16- oz. can pumpkin               $1\frac{1}{2}$ c. milk  
1t. cinnamon                       $\frac{1}{4}$ t. nutmeg  
 $\frac{1}{4}$ t. salt                               $\frac{1}{4}$ t. ginger  
 $\frac{1}{4}$ t. cloves                           $\frac{1}{2}$ c. honey  
2-3-3/4 oz pkgs. instant      10" baked pie shell  
    vanilla pudding  
2c. cream, whipped

Combine ingredients except for whipped cream; mix thoroughly. Fold in the whipped cream and pour into pie crust. Chill



Pumpkin Pie Dessert

Cindy Waage

1 c. sifted flour  
1/2 c. quick-cooking rolled oats  
1/2 c. brown sugar, firmly packed  
1/2 c. butter  
1 (1lb.) can pumpkin (2 cups)  
1 (13 1/2 oz.) can evaporated milk  
2 eggs  
3/4 c. sugar  
1/2 t. ground cinnamon  
1/2 t. ground ginger  
1/4 t. ground cloves  
1/2 c. chopped pecans  
1/2 c. brown sugar , firmly packed  
2 T. butter

Combine flour, rolled oats, 1/2 c. brown sugar and 1/2 c. butter in mixing bowl. Mix until crumbly, using electric mixer on low speed. Pressed into ungreased 13 x 9 x 2 pan. Bake at 350° for 15 min. Combine pumpkin, evaporated milk, eggs, sugar, salt, and spices in mixing bowl; beat well. Pour into crust. Bake at 350° 20 min. Combine pecans, 1.2 c. brown sugar and 2 T. butter, sprinkle over pumpkin filling. Return to oven and bake 15 - 20 minutes longer or until filling is set. Cool in pan and cut in 2" sqs.

Butterscotch Nut Torte

Yvonne Lightfield

6 eggs  
1 1/2 c. sugar  
1 t. baking powder  
2 t. vanilla  
1 t. almond extract  
2 c. graham cracker crumbs  
1 c. broken nuts  
1 pt. cool whip

Beat egg yolks well-add sugar, baking powder and flavoring. Beat egg whites enough to hold peak. Fold into yolks. Ad crumbs then nuts. Bake at 325° 30-35 min. Cool. Pour cool ship over the top.

Jelly Roll

Irene Benson

7 eggs

Dash salt

1/2 c. sugar

1 t. vanilla

1/2 c. Baking powder

1/2 c. flour

Beat eggs till quite stiff. Add baking powder and sugar. Beat till sugar is dissolved. Add vanilla. Fold in flour (mixer may be used if sides of bowl are scraped often). Bake in lined jelly roll pan (11x 16) at 400°F. for 13 min. Remove from pan. Spread with 1/2 c. jelly and roll before cake is cooled.

Raspberry Delight

Karla Kuehl

First layer- 40 vanilla wafers, crushed fine:

1/2 c. melted butter. Mix and pat in bottom of 9x13 pan. Bake at 350° for about six minutes. Let cool.

Second layer- Mix 3/4 c. soft butter, 2c. powdered sugar and 13 oz. pkg. cream cheese. Pat this over above crust. Sprinkle 1 c. chopped nuts over above mixture and press in.

Third layer- Mix 1 pkg. raspberry jello (3oz.), 1 c. boiling water, 2 pkgs. (10 oz. size) frozen raspberries (thawed). Cool until it gets syrupy and pour over the above. Refrigerate 1 1/2 hours.

Fourth layer- Cover with 1/2 c whipped cream with 2T. powdered sugar or use cool whip.

Make the night before, refrigerate, spread cool whip over the dessert just before you cut and serve. Tastes like cheesecake.

Oreo Ice Cream Dessert

Jill Peterson

1/2 c. melted oleo

1/2 gallon ice cream

24 Oreo cookies, crushed

1 qt. Cool Whip

1 can Hershey's Fudge Topping

Mix oleo and cookies. Put in bottom of 9x13 pan, reserving some of crumbs for the top. Put ice cream slice, on top of crumbs. Spread fudge topping, warmed in saucepan and water, over top of ice cream. Spread Cool Whip over fudge and sprinkle reserved crumbs on top. Freeze.



Coconut Cream Pudding

Marg Zastrow

add 1/3 - 1/2 c. coconut to vanilla cream pudding after mixed and cooked.

Banana Cream Pudding

Marg Zastrow

After vanilla cream pudding is cooled add one sliced banana.

Chocolate Cream Pudding

Marg Zastrow

With dry ingredients for vanilla cream pudding add 1/4 t. cocoa.

Vanilla Cream Pudding

Marg Zastrow

2 c. milk

2 eggs (well Beaten)

1/3 c. flour

1/2 c. sugar

1/4 t. salt

1 T. oleo

1 t. vanilla

measure milk and add to sauce pan: mix eggs with milk; combine dry ingredients into bowl and gradually add 1/4 c. of milk and eggs to dry ingredients. Add this mixture to the milk and egg mixture in the saucepan. Stir well. Cook slowly until thickens; remove from heat and add vanilla and oloe. Serve.

Liberty Dessert

Melissa Vanhove

1 c. flour

1/2 c. margarine

1/2 c. chopped nuts

combine and pat into a 9 x 13 in. pan. Bake for 15 min. at 350°. Cool. Beat together until light 1 8 oz. pkg. cream cheese with 1 cup pd. sugar. Spread on crust. Spread 1 carton cool whip over this. Then beat 2 1/2 c. cold milk with 2 pkgs. of instant choc. pudding. Beat until thick. Spread over other layers. Then spread another container of cool ship over all this. Sprinkle toasted coconut over top. Refrigerate until serving time.

Strawberry-Panana Dessert

Sue Widman

1 c. graham cracker crumbs

2 T. sugar

1/3 c. melted margarine

Mix and press into 8 x 8 pan

1 banana

1/2 pint strawberries

Slice fruit into crust

1 egg

1/3 c. softened margarine

2 c. powdered sugar

Mix well and spread over fruit

1 pkg. strawberry jello

2/3 c. boiling water

2 c. ice cubes (about 16)

4 oz. (half container) whipped topping

Dissolve jello in boiling water. Add ice cubes and leave until mixture thickens. Remove any ice left.

Add whipped topping. Pour over last layer. Garnish and chill.

Easy Chocolate Dessert

Christine Prouty

Crust:

1 c. flour

1/2 c. nuts

1/2 c. melted butter

Blend and pat in 9 x 13 pan and bake 15 min. at 350°.

First layer:

Beat 1 8 oz. pkg. cream cheese and add 1 cup powdered sugar. Fold in 1 cup Cool Whip and spread on cooled crust.

Second layer:

2 pkgs. instant chocolate pudding (or any other)

3 c. milk

1/2 t. vanilla

Beat and spread on top of first layer. Spread on the rest of the Cool Whip and sprinkle nuts on top. Refrigerate. Serves 10-12.

-Mix gelatin in a pitcher. It makes it easier to pour.

-Cooperation is not a sentiment-it is an economic necessity.

Lime Jello Dessert

Carmen Groen

1-3oz. box lime jello            ¼c. lime juice  
1 ¾ c. hot water                1T. lemon juice  
1c. sugar                        1½c. cream, whipped  
Mix all except cream together. Cool jello. Whip it. Combine with cream. Add green food coloring. Pour over chocolate cookie crumb crust. (Oreo's) Refrigerate.

Chocolate CreamCheese Delight

Michelle Brendt

2c. flour  
½c. powdered sugar  
1c. butter  
Mix together until crumbly; press into 9x13 pan and bake at 400° for 10 minutes. Cool.  
16 oz. cream cheese 8-oz. carton Cool Whip  
1½c. powdered sugar  
Mix together until smooth; spread over crust.  
3c. cold milk  
2 pkgs. (3 ¾oz.) chocolate instant pudding  
Combine and beat until thick. Pour over cream cheese layer and refrigerate until set. Top with 1-8 oz. carton Cool Whip.

Peach Cake Dessert

Michelle Brendt

¾c. oleo                        2 egg yolks  
1½c. flour                    1T. vanilla  
1t. sugar                      ¼t. salt  
Combine and press into either a 9x13 or 10x5 pan.  
6c. fresh peaches            2½c. sugar  
3T. butter, melted           9T. flour  
Mix together and place on first mixture.  
½c. cream  
2T. sugar  
2 eggs  
Beat together and pour over peach layer. Bake at 350° for 60 minutes. May be served warm with ice cream or whipped cream.



MAIN

DISHES

Country Chicken Breasts

Karla Kuehl

3 whole boneless chicken breasts; split  
 6 slices smoked, fully cooked Canadian style bacon  
 3 oz. shredded process American cheese  
 1/3 c. chopped green onion  
 1/2 tsp. parsley flakes  
 1/2 tsp. thyme  
 1 crushed bay leaf  
 8 oz. (1 c.) sour cream  
 10 3/4 oz. can cream of mushroom soup, diluted  
 4 oz. can mushroom stems and pieces, drained

Preheat oven 350°. In mixing bowl, combine remaining ingredients other than the chicken and bacon: stir to blend. Set aside. Roll up one slice of Canadian bacon: wrap one chicken breast around each bacon slice, secure with a wooden pick. Repeat for remaining bacon and chicken. Spoon mixture over chicken breasts in an ungreased 12 X 8 baking dish. Bake near center of 350° oven for 50-55 minutes or until chicken is fork tender. 6 servings.

Oven Turkey Salad

Yvonne Lightfield

2 c. cubed cooked turkey      2 tsp. grated onion  
 2 c. thinly sliced celery      1 c. mayonnaise  
 1 c. toasted almonds          2 Tbsp. lemon juice  
 1/2 tsp. salt

Combine above ingredients. Pile lightly into individual baking dishes. Sprinkle with 1/2 c. grated cheese, 1 c. toasted bread cubes.

Turkey Chip Salad: Omit bread cubes. Sprinkle Sprinkle 1 c. potato chips over top before baking.

Baked Egg Dish

Jayne Johnson

6-8 slices bread, crusts removed  
 ham, bacon, or sausage      2 c. milk  
 6 eggs                              1 lb. cheddar cheese  
 1/2 tsp. salt                        4 oz. can or fresh mushrooms  
 1/2 tsp. mustard

Butter 9 X 13 pan. Place bread slices in pan, then layer of choice of meat. Blend eggs and milk and pour over bread. Sprinkle grated cheese over bread mixture. Let stand in refrigerator. Add drained or fresh mushrooms. Bake at 350° for one hour. Let stand for 10 minutes before serving.

Swiss Eggs

Karelyn Henderson

1 lb. American or Velveeta cheese

2 Tbsp. butter

Sliver above in a greased 6 X 10 pipex pan.

Mix  $\frac{1}{2}$  c. milk, 1 tsp. dry mustard,  $\frac{1}{2}$  tsp. or less salt. Pour  $\frac{1}{2}$  milk mixture over cheese. Beat 6 eggs slightly and add remaining milk mixture. Combine and pour in pan. Bake 325° for 20-25 minutes or until set in center. Cut in squares to serve. A good breakfast dish for company.

Salmon Bisquit Roll

Jeanne Rausch

Sauté  $\frac{1}{2}$  c. chopped celery,  $\frac{1}{2}$  c. chopped green pepper and  $\frac{1}{2}$  c. chopped onion in 2 Tbsp. butter. Mix in 1 can red salmon, drained (save liquid) and  $\frac{1}{4}$  c. cream of chicken soup.

Mix 2 c. bisquick mix and  $\frac{2}{3}$  c. milk. Knead roll to 9 X 12. Cover with salmon, roll up, place in dish. Glaze roll with 1 egg and 1 Tbsp. water. Bake at 400° for 25 minutes.

Sauce: add salmon liquid to remaining cream of chicken soup. Heat and spoon over when serving.

Tuna Casserole

Sandy Carlson

1 can cream of mushroom soup

1 can peas, drained (16 oz.)

1 can tuna (6 oz.)

6-8 oz. cooked and drained noodles

salt and pepper to taste

Mix in casserole, sprinkle with crushed potato chips. Bake in oven until hot through. 350°.

Quiche Lorraine

Jayne Johnson

1 lb. bacon or ham

$\frac{1}{2}$  tsp. red pepper

1 $\frac{1}{2}$  c. shredded Swiss Cheese

$\frac{1}{2}$  tsp. sugar

4 eggs, beaten

$\frac{1}{4}$  tsp. salt

2 c. half and half

Cook bacon and crumble. Combine beaten eggs, half and half, and seasoning. Line pie crust with bacon or ham. Sprinkle shredded cheese over bacon. Pour egg mixture over all. Bake at 425° for 15 minutes. Turn down to 300° and bake 30-35 minutes. Stand out of oven for 10 minutes before serving.



Chicken-Almond Casserole

Pam Selnes

2 c. diced cooked chicken	1 c. mayonnaise
4 chopped hard boiled eggs	2 Tbsp. lemon juice
3/4 c. slivered almonds	1 tsp. salt
2 c. cooked minute rice	1 can each--Cream of Mushroom and Cream of Chicken
1/2 c. diced celery	Soup, undiluted
1 1/2 tsp. onion flakes	

Combine ingredients, put into an uncovered baking dish. Top with buttered bread crumbs. Bake at 350° for 45 minutes. Serves 4-5.

Note: This recipe may be made a day ahead of time and stored in refrigerator. Remove one hour before baking time and top with buttered bread crumbs just before placing into oven to bake. Canned chicken may be used.

BBQ Chicken

Delores Arbach

Cut 3-3 1/2 lb. chicken in serving pieces and dredge in seasoned flour. Melt 2 Tbsp. shortening in fry pan. Brown chicken and pour BBQ sauce over. Reduce heat, cover, and cook till tender, approximately 40 minutes, adding water if necessary. Remove bay leaf before serving.

BBQ Sauce: 1 med. onion, sliced, 1 clove garlic, finely minced, 1 tsp. salt, 1/2 tsp. pepper, 1/2 tsp. dry mustard, 1 Tbsp. Worcestershire sauce, 1 bay leaf, 1/4 c. vinegar, 1 tsp. sugar, 1 Tbsp. brown sugar, 1 1/2 c. tomato juice or sauce.

Chicken Divan

Kim Korthals

2 10 oz. pkg. frozen broccoli	
2 c. sliced chicken or 3 chicken breasts (boned and	
2 cans cream of chicken soup	cooked)
1/3 c. mayonnaise (scant)	
1 tsp. curry powder (optional) or lemon juice	
1/2 c. shredded sharp cheese	
1 c. buttered bread crumbs	

Cook broccoli until tender. Drain. Put in bottom of baking dish. Place chicken on top of broccoli. Combine soup, mayonnaise, curry powder or lemon juice. Pour evenly over chicken. Sprinkle on cheese. Top with breadcrumbs. Bake at 350° for 35-40 minutes.



Ham Loaf

Sally Schulz

4 lbs. hamburger                      6 Tbsp. catsup  
 2 lbs. cooked ground ham            6 Tbsp. horseradish  
 2 c. cracker crumbs                  1<sup>1</sup>/<sub>2</sub> tsp. salt  
 4 eggs beaten                          dash pepper

Mix all above together. Shape into 2 loaves.  
 Bake for one hour at 350°.

Country Spare Ribs

Karen Zaske

Select lean country spare ribs (trim fat before start)  
 4-8, spread out in 9 X 12 pan, salt and pepper to  
 taste. Bake in 350° oven. Remove fat and add sauce  
 for last 1/2 hour before done.

Sauce for 4-5 ribs:

1 tsp. dry mustard                      1 tsp. Worcestershire sauce  
 1/2 c. catsup                              2 Tbsp. finely chopped onion

Pronto Pups

Delores Arbach

Combine 1/2 c. corn meal, 1/4 c. sifted flour, 1 Tbsp.  
 baking powder and 1/2 tsp. salt. Add 1 egg, slightly  
 beaten and 1/2 c. milk and stir till smooth. Heat oil  
 to 425°. Put wooden skewers in ends of 10 weiners.  
 Dip in batter and fry 4-5 minutes.

Sweet and Sour Chicken

Karelyn Henderson

1 fryer chicken - 2 1/2-3 lb.

Brown chicken and cover with the following sauce.  
 Combine 1/3 c. honey, 1/3 c. lemon juice, 1/3 c.  
 steak sauce (Al, Heinz 57 or Prime Choice). Pour  
 over chicken and put in oven, slow temperature until  
 done. If using electric fry pan, lower heat and  
 finish chicken until done.

California Chicken

Jeanne Rausch

2 Tbsp. oil                                  1 tsp. mustard  
 2 c. chopped onion                      1 Tbsp. brown sugar  
 1 tsp. Worcestershire sauce          1 c. pineapple juice  
 1 tsp. paprika                              1 c. catsup  
 1 spring chicken, cut up

Saute onion in oil till medium brown. Blend next  
 6 ingredients well: add to sauteed onion and simmer  
 for 10 minutes. Lay chicken pieces in casserole  
 dish: sprinkle with salt to taste. Spoon sauce over  
 chicken. Cover and bake at 450° for 15 minutes, then  
 one hour at 350°. 6 servings.



Foil Dinner

Sandy Carlson

- |                         |                          |
|-------------------------|--------------------------|
| 1 lb. ground beef       | 1 lge. onion, chopped    |
| 2 med. potatoes, sliced | salt and pepper to taste |
| 1 lge. carrot, sliced   |                          |

Divide meat into 4 patties. Place on foil. Add potatoes, carrots, onion and seasoning. Wrap and bake at 375° for 45 minutes. Serves 4.

Barbecued Spareribs

Denise Schone

- |                 |                       |
|-----------------|-----------------------|
| meaty spareribs | ¼ tsp. Tabasco sauce  |
| sliced onions   | 1/8 tsp. chili powder |
| ½ c. catsup     | 1 c. water            |
| 1½ tsp. salt    | 1 Tbsp. brown sugar   |

Place layer of ribs in bottom of heavy kettle. Cover with layer of onions. Pour barbecue sauce over top. Repeat layers; cover. Bake at 325° until meat is tender. (2-2½ hours) Uncover during last ½ hour of baking.

Ham Balls

Jill Peterson

- |                          |                              |
|--------------------------|------------------------------|
| 2½ lb. ground smoked ham | 3 eggs                       |
| 2 lb. ground lean pork   | 3 c. crushed graham crackers |
| 1 lb. ground beef        | 2 c. milk                    |

Combine and mix well. Use ½ c. measure and make 25 balls. Place in shallow baking dish and cover with sauce.

- Sauce: 2 c. tomato sauce 2½ c. brown sugar  
¾ c. vinegar 2 tsp. dry mustard

Cover ham balls and cook one hour at 350°. Put in a lightly greased 9 X 13 pan. Sprinkle with parsley and paprika. Bake uncovered at 300° for 1½-2 hours. Serves 12.

Beans and Wiener Basket

Karelyn Henderson

- |                            |                          |
|----------------------------|--------------------------|
| 1 lb. can pork and beans   | 1 Tbsp. prepared mustard |
| 1 Tbsp. dry onion soup mix | 3 Tbsp. catsup           |
| 1 Tbsp. brown sugar        |                          |

Mix well and put in any heating unit. Cut wieners in half and add. Simmer slowly about 20 minutes.

Your tomorrow is often the result of today.

## Pizza

Debra Buffington Kraft

**Crust:** 1 c. lukewarm water, 1 pkg. yeast. Stir to dissolve; let stand 5 minutes. Add to this and stir, 1 tsp. sugar, 1 tsp. salt 1 Tbsp. salad oil. Add 1½ c. flour and stir until smooth. Add 1-1½ c. more flour or enough to make dough firm enough to handle. Knead until smooth. Put in greased bowl. Let rise, covered with plastic wrap for 15 minutes. Grease 2 cookie sheets or 3 12 inch round pizza pans. Divide dough accordingly. Flatten, then pull and stretch gently to fit pan. Pinch up edges up to hold edges. Let dough rest 5 minutes before adding sauce. Brush sparingly with salad oil. May be frozen or refrigerated up to 6 hours before adding sauce.

**Sauce:** 1 15 oz. can tomato paste

¼ tsp. garlic powder

½ tsp. onion powder

½ tsp. salt

dash of liquid red pepper (Tobasco)

Mix these ingredients together. Spread sauce on crust evenly. Sprinkle crushed oregano, thyme and basil leaf over sauce. Top with choice of meat and cheese.

## Hungry Boy Casserole

Amy Rausch

4 slices bacon

½ med. onion, chopped

1 lb. hamburger

1 tsp. garlic salt

½ green pepper, chopped

1 tsp. paprika

1 can tomato soup

¾ c. water

18 oz. can pork and beans

18 oz. can peas

Fry bacon till crisp. Drain on paper towel.

Brown hamburger, pepper and onion. Add garlic salt, paprika, tomato soup and water. Simmer while preparing biscuit mix (below). Roll out dough. Add

1/3 c. meat mixture. Roll up, cut into 1 inch

pieces. In baking dish, put pork and beans, crumbled bacon and peas. Spoon meat mixture over and top with biscuits. Bake 10 minutes at 425° and 350° for 15 minutes. Makes 6 servings.

**Biscuit Mix:** 1 c. sifted flour

3 Tbsp. butter

½ tsp. baking powder 1/3 c. milk

½ tsp. salt

Sift flour, baking powder and salt. Blend in butter. Add milk: stir very little. Knead on floured surface.

Skillet Dinner

Maren Zaske

- 1 lb. ground beef
- 2 stalks celery, chopped
- 1/2 c. onion, chopped
- 1/8 c. green pepper, chopped
- 1/2 tsp. salt
- 1 10 3/4 oz. can vegetable soup
- 1 10 3/4 oz. can tomato soup
- 1 c. macaroni, cooked

Brown ground beef. Add celery, onion and green pepper; cook until soft. Add salt, pepper and both soups. Heat. Add hot macaroni; mix well and serve.

Vegetable Soup Hotdish

Charee Rist

- 2 lb. tenderized steak
- 3 potatoes
- 1 can vegetable soup

Cut steak into serving size pieces and brown; salt and pepper to taste. Cut potatoes in half, place steak and potatoes in roaster. Add soup and 1 can of water. Bake, set temperature according to time.

Rolled Meat Loaf

Jayne Johnson

- 1 1/2 lb. hamburger
- 3/4 c. evaporated milk
- 1/2 pkg. Lipton onion soup mix
- 1 egg beaten
- 3/4 c. bread crumbs
- 1 1/2 c. broccoli
- 1 c. shredded Mozzarella cheese

In medium size bowl, beat egg. Add evaporated milk and onion soup mix with a fork. Using pastry fork, mix hamburger together with other ingredients. Roll out mixture on waxpaper in a rectangular shape. Pour over meat-finely chopped broccoli and shredded Mozzarella cheese. Roll into loaf. Put into a 325° oven for 55 minutes.

Fun, Fast and Flavorful

Joni Kaufman

- 1 3 oz. pkg. dried beef
- 1 c. cubed cheddar cheese
- 1 c. uncooked macaroni
- 3 Tbsp. chopped onion
- 1 1/2 c. milk
- 1 can cream of mushroom soup

Mix all ingredients together and pour into a greased casserole. Bake at 350° for one hour. Stir occasionally.

Hamburger Hotdish

Sandy Carlson

Brown: 1 lb. ground beef  
1 small onion  
1 Tbsp. green pepper

Add and simmer: 1 can tomato soup  
1 can vegetable soup  
salt and pepper to taste

1. Mix with cooked macaroni and serve with parmesan cheese.

OR

2. Place meat mixture in casserole dish and cover with potatoes. Bake at 350° until potatoes are brown.

Mini Pizza

Sue Widman

6 English muffins  
3/4 c. pizza sauce  
1 1/2 oz. package pepperoni  
14 oz. can mushrooms  
3/4 c. sharp shredded cheddar cheese  
3/4 c. Mozzarella shredded cheese  
grated Parmesan cheese

Preheat oven to 400°. Split muffins in half. Place on cookie sheet, cut side up. Spread 1 Tbsp. pizza sauce on each half. Top with pepperoni and mushrooms. Place cheese on top. Sprinkle with Parmesan cheese. Put in oven and bake 15 minutes.

Pepper Steak

Brenda Strohfus

1 1/2 lb. round steak            2 green peppers, 1" pieces  
1/2 tsp. salt                      2 Tbsp. cornstarch  
1/2 c. diced onion                1/4 c. cold water  
1 c. beef boullion               2 tomatoes, cut in 8ths  
3 Tbsp. soy sauce                3-4 c. cooked rice  
1 clove garlic, minced

Trim fat and bone. Grease skillet lightly with fat and brown meat. Push meat to side and add onion, cook and stir until tender. Add boullion, soy sauce and garlic. Cover and simmer 10 minutes. Add pepper, cover and simmer 5 minutes. Blend cornstarch with water. Stir into mixture, stirring constantly until it boils, stir 1 more minute. Add tomatoes and heat through. Serve with rice.



Barbeque Cups

Marcia Friesen

- |                 |                          |
|-----------------|--------------------------|
| 1 Tbsp. sugar   | 3/4 c. shredded cheese   |
| 2 Tbsp. mustard | 3/4 c. ketchup           |
| 1/2 onion       | 1 lb. hamburger          |
| salt and pepper | 10 refrigerator biscuits |
| 1 Tbsp. vinegar |                          |

Brown hamburger. Add all ingredients except the cheese. Cook. Pat the refrigerator biscuits into a muffin tin, bringing the dough up along the sides of each muffin. Put the meat mixture in the bread "crust". Sprinkle with cheese. Bake at 400° for 10-12 minutes.

Enchilada Pie

Cindy Cole

Brown 1 lb. ground beef with 1 onion; drain grease. Place in casserole; add 1 8 oz. can mild Enchilada sauce, 2 handfuls crushed Fritos, stir. Grate mild Cheddar cheese to cover mixture. Bake at 325° until cheese melts and it is piping hot.

Mixicalli Meat Loaves

Irene Benson

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 lb. ground beef                     | 1 tsp. chili powder            |
| 1/2 c. uncooked oatmeal               | 1/2 tsp. salt                  |
| 1 egg                                 | 1/8 tsp. garlic powder         |
| 8 oz. tomato sauce                    | 1/2 c. shredded cheddar cheese |
| 4 oz. chopped green chilies, drained  |                                |
| 1 Tbsp. + 1 tsp. instant minced onion |                                |

Combine meat, oats, egg, 1/2 c. tomato sauce, 2 Tbsp. green chilies, 1 Tbsp. onion, chili powder and salt; mix well. Shape into four 4 X 2 inch loaves. Place in 8 inch square baking dish. Bake in preheated oven (375°) for 20-25 minutes. Combine remaining tomato sauce, green chilies, onion and garlic powder in small sauce pan; heat. To serve, spoon sauce over meat loaves; sprinkle with cheese. Makes 4 servings.

We never skimp on groceries:

Our family is well fed.

That's why our added poundage

Is called the high price spread.



Burger Bundles

Terri Root

1½ c. herbed stuffing mix 1 can cream soup (celery,  
1 lb. ground beef mushroom, etc.)  
1/3 c. evaporated milk 2 tsp. Worcestershire sauce  
1 Tbsp. catsup

Prepare stuffing as directed on package. Mix beef with milk. Divide into 5 patties: on waxed paper flatten to 6 inch circles. Spoon ½ c. of stuffing on each circle and seal. Put all in 1½ quart casserole. Combine soup, sauce, and catsup. Heat in saucepan until bubbly: then pour over meat. Bake, uncovered, at 350° for 45-50 minutes.

Hamburger Stroganoff

Karla Kuehl

1 lb. ground beef ½ tsp. pepper  
3 slices bacon 1 can cream of mushroom soup  
½ c. chopped onion 1 12 oz. carton sour cream  
¾ tsp. salt egg noodles

Dice the bacon and brown the ground beef with the bacon. Add chopped onion and cook until tender, but not brown. Drain off the grease and add salt, pepper and cream of mushroom soup. Cook over low heat for 20 minutes, stirring frequently. Stir in sour cream just before serving. Heat, but do not boil. Serve over hot egg noodles.

Farmer's Delight Hotdish

Ruth Tims

Brown 1½ lb. hamburger with onion, salt, and pepper. Boil 18 oz. package egg noodles and drain. Put noodles in a very large casserole or 2 small ones.

Add: hamburger  
1 can chicken rice soup  
1 can mushroom soup  
1 can cream style corn  
½ can water

Last, stir in ½ lb. cheese, cubed. Bake in a moderate oven, 35-40 minutes. Makes a nice hotdish for a large group or use one and put the other one in the freezer.

Swallow your pride occasionally, it's non-fattening.

Easy Hotdish

Denise Schone

2 lb. ground beef                    1 can tomato soup  
1 small head cabbage                1 onion, chopped  
3 raw diced carrots                  1 c. raw rice  
1 tsp. salt                              ½ tsp. pepper

Fry onion in small amount of shortening. Add beef and fry. Drain fat. Have cabbage, carrots, rice, and soup ready to mix with hamburger. Put in buttered dish and bake until carrots are cooked. Bake at 350° about 1½ hour. If dry, add juice or diluted soup.

Ground Beef Whirl

Sheila Fosheim

1½ lb. ground beef                    ½ tsp. prepared horseradish  
1 c. soft bread crumbs                1½ tsp. salt  
1 egg                                      1/3 tsp. pepper  
1½ c. cheddar cheese                  ¼ c. tomato sauce - with  
2 tsp. prepared mustard                remaining to be used later

Mix egg, mustard, horseradish, salt, pepper, tomato sauce, bread crumbs, and hamburger. Place on waxed paper and pat meat into a 10 X 14 inch rectangle. Sprinkle with shredded cheddar cheese and roll from shorter side as for jelly roll. Press ends to seal. Transfer to baking dish, seam side down. Bake in 350° oven for 40 minutes. Pour remaining tomato sauce over meat. Sprinkle with dill weed and bake an additional 15 minutes. Let stand a few minutes before serving. Remove to warm platter. Serves 6

Dairyrama

Susan Widman

Brown in 1 Tbsp. butter: 1 lb. ground beef

Add: 6 oz. can tomato paste  
No. 303 can tomatoes (2 cups)  
1 tsp. garlic powder  
1 tsp. salt  
½ tsp. pepper  
¼ tsp. Italian seasoning

Cover and simmer 20 minutes. Then add 1/3 c. dry milk. Cook 8 oz. pkg. wide noodles according to package directions. Drain. Place in oblong baking dish, alternating of cooked noodles, meat sauce, 12 oz. carton cottage cheese, 8 oz. grated Mozzarella cheese. Bake at 350° for 25 minutes.

Calico Beans

Christine Prouty

1/2 lb. ground beef                      1 c. onion, chopped  
1/2 lb. bacon, diced

Brown lightly in electric fry pan. Add:

1/2 c. ketchup                              2 tsp. vinegar  
1 tsp. salt                                  1 No. 2 can butter or lima beans  
3/4 c. brown sugar                        1 No. 2 can pork and beans  
1 tsp. mustard                             1 No. 2 can kidney beans

Mix well and bring to boil. Simmer for 40-60 minutes in electric fry pan at 210-220°. Stir occasionally

Meat Loaf

Pam Selnes

1 egg, beaten                                1 1/2 lb. ground beef  
3/4 c. tomato juice                        1 1/2 tsp. salt  
3/4 c. uncooked Quick Quaker Oats    1/4 tsp. pepper  
1/2 c. chopped onion

Combine all ingredients. Pack firmly into a greased loaf pan (cover with foil) or a covered baking dish. Bake at 350° for one hour and 15 minutes. Uncover for the last 15 minutes so meatloaf will brown. Let it stand for 5 minutes before slicing.

Mini Pizzas

Joni Kaufman

6 English muffins                        Mozzarella cheese  
Ragu spaghetti sauce                    meat toppings of choice  
Cheddar cheese

Place muffin halves on baking sheet. Spread some spaghetti sauce on muffin halves, top with cheese and meat topping. Bake at 350° for about 10 minutes or until cheese is melted.

Swiss Steak

Jani Haraldson

1 c. Coke  
1 c. catsup  
1 tsp. liquid smoke  
round steak

Mix first three ingredients together. Brown round steak, place in casserole. Pour above mixture over steak. Bake at 325° for 2 hours or until done.

Lasagna

Jeanne Rausch

Cook 6 lasagna noodles according to package directions as you brown 1½ lbs. ground beef. Add to meat, 1 tsp. salt, ¼ c. instant chopped onion or 1 medium chopped onion, and 1 15 oz. can tomato sauce. Layer noodles, the meat mixture, and a mixture of 4 oz. shredded Mozzarella cheese and ¼ c. Parmesean cheese. Arrange 3 noodles in greased 7 X 11 baking dish. Cover with half of meat, then cheese mix. Repeat. Bake 45 minutes. Serves 6.

Hamburger Hotdish

Suson Gilbertson

- 1 lb. hamburger
- 1 c. milk
- 2 Tbsp. flour -white sauce
- 1 can cream of mushroom soup
- ½ pkg. of noodles
- 2 tsp. salt
- 1 small can drained mushrooms
- ¼ lb. shredded cheese
- 1 small jar of olives
- ½ small jar pimentos, cut up

Fry hamburger until brown. Drain and set aside. Put noodles into boiling salted water for 8-10 min. Drain. Mix hamburger, noodles, mushrooms, pimento, cheese, and olives on top of hamburger. Pour white sauce on top and mix. Bake at 350° for 20-25 minutes.

Chow Mein Hotdish

Mary Ann Zinser

- 1 lb. hamburger, browned
- ½ onion, chopped and sautéed
- 1 can chow mein vegetables, drained
- 1 can chicken rice soup
- 1 can cream of mushroom soup
- ½ can cream of celery soup
- 2 c. chow mein noodles

Mix all ingredients. Reserve some noodles for top. Bake at 350° for 30 minutes.

May your life be like arithmetic--  
friends added, enemies subtracted  
joys multiplied and errors divided.

Round Steak Roll-ups

Jeanne Rausch

- $\frac{1}{2}$  c. herb seasoned stuffing  
 $\frac{1}{2}$  lbs. thinly round steak ( $\frac{1}{4}$ " thick)  
 2 Tbsp. shortening  
 1 can golden mushroom soup  
 $\frac{1}{2}$  c. water  
 $\frac{1}{3}$  c. cooking sherry

Prepare stuffing according to package directions. Cut steak into 6 pieces (6 X 4 in.). Pound. Place about  $\frac{1}{2}$  c. stuffing near center of each piece of steak. Starting at narrow end, roll up. Tuck in ends, fasten with toothpicks. In skillet, brown roll up in shortening, pour off fat. Stir in soup and water; top with sherry. Cover and cook over low heat for 1 hour. Stir occasionally. Serves 6.

Beef Shepherds Pie

Delores Arbach

- |                                |  |
|--------------------------------|--|
| 1 Tbsp. oil                    | $\frac{1}{3}$ c. beef broth              |
| $\frac{3}{4}$ c. chopped onion | 1 10 oz. pkg. frozen peas<br>and carrots |
| 2 lg. cloves garlic, minced    |  |
| 1 lb. ground beef              | 1 Tbsp. flour                            |
| $\frac{1}{2}$ tsp. salt        | 2 Tbsp. Worcestershire                   |
| $\frac{1}{2}$ tsp. pepper      | 2 c. hot seasoned mashed<br>potatoes     |
| Minced parsley                 |  |

Saute onion and garlic till tender. Add beef and brown. Drain off fat. Add salt, pepper, broth and peas and carrots. Cover, simmer 5 minutes stirring occasionally to break up vegetables. Mix flour with Worcestershire till smooth; stir into meat mixture. Spread in baking dish; spread mashed potatoes over top. Bake 15 minutes at  $450^{\circ}$  till golden. Sprinkle with parsley.

Pizza Meat Loaf

Louise Arbach

Mix: 2 lb. hamburger, 2 eggs, 1 c. crumbs,  $\frac{1}{2}$  tsp. garlic salt, 1 tsp. oregano,  $\frac{1}{2}$  small can tomato sauce. Put on foil on cookie sheet. Place pepporoni and motzarella cheese on top. Roll with foil around. Bake for 1 hr. at  $350^{\circ}$ . Unroll; pour on other half of tomato sauce. Return to oven for 15 minutes.





Country Casserole

Sue Warner

paprika  $\frac{1}{2}$  c. chopped green pepper  
 1 lb. ground beef 1 8 oz. can tomato sauce  
 salt and pepper 8 slices cheese  
 $\frac{1}{2}$  c. celery 2 c. instant mashed potato  
 $\frac{1}{2}$  c. chopped onion

Brown meat, add salt and pepper to taste. Add celery, onion and green pepper. Cook till tender. Blend in tomato sauce; simmer till most of liquid is absorbed. In buttered pan, layer meat mixture, 4 slices cheese, meat and 4 slices cheese. Place in an overlapping fashion. Pipe hot potatoes through pastry tube or spoon over top. Sprinkle with paprika and bake in 350° oven for 15 minutes to melt cheese. Serves 4-6.

Ranch Style Chow Mein

Karelyn Henderson

2 lb. hamburger 1 c. celery, cut fine  
 1 med. onion, diced 1 2½ oz. can mushrooms  
 1 can mushroom soup 4 Tbsp. soy sauce  
 1 can chicken rice soup 2 c. chow mein noodles,  
 1 10 oz. frozen mixed vegetables

Brown hamburger and onion, drain fat. Bring vegetables to a boil in  $\frac{1}{4}$  c. water. Drain vegetables and mushrooms. Save juice. Mix in rest of ingredients. Add  $\frac{1}{4}$  c. juice that was saved (more if needed for moisture.) Put in 2 qt. casserole. Bake at 400° for 30 minutes. Top with chow mein noodles. Garnish with pimento and parsley. Serves 6.

French Dip

Becky Leibel

1 package AuJus sauce mix  
 3 c. water  
 $\frac{1}{2}$  package onion soup mix  
 garlic salt  
 onion salt  
 3 Tbsp. cooking wine  
 dried onion flakes (or fresh/cooked)

Bring to boil. Put meat in and simmer. Serve in French bread.



# VEGETABLES



# & SALADS



Corn Delicious

Irene Benson

- 2 T. green pepper, chopped
- 1 tsp. onion, chopped
- 3 T. butter
- 1 pkg. (10 oz.) frozen whole kernal corn
- 1 tsp. salt

Cook green pepper and onion in butter in fry pan until onion is golden brown. Add corn and salt. Cook over medium heat until corn is tender. Serve hot. Makes 4 servings.

Green Bean Caesar

Alma Van Beek

- 2--1 lb. cans cut green beans
- 2 T. salad oil
- 1 T. vinegar
- 1 T. minced instant onion
- $\frac{1}{4}$  tsp. salt
- 1 clove garlic, crushed
- $\frac{1}{8}$  tsp. pepper
- 2 T. dry bread crumbs
- 2 T. grated Parmesan cheese
- 1 T. margarine-melted
- paprika

Heat oven to 350 degrees. Toss beans with salad oil, vinegar, onion, salt, garlic and pepper. Pour into ungreased 1 qt. casserole. Stir together bread crumbs, cheese and butter; sprinkle over beans. Sprinkle with paprika. Bake uncovered 30-40 minutes or until heated through.

If you must carry a chip on your shoulder, get a job in a lumber yard where it won't be noticed.

Scalloped Green Beans

Kim Kortholz

- 1-10 oz. box frozen green beans (or 1-303 can)
- 1 small onion, diced
- 2 hard cooked eggs, sliced
- 1/3 c. grated cheese (American or cheddar)
- 1/2 c. broken cashews or slivered almonds
- 1 can cream of chicken soup
- 1/2 soup can of milk
- buttered bread crumbs

Combine all ingredients except bread crumbs in greased casserole, mix well. Top with buttered crumbs. Bake at 325 degrees for 45 minutes.

Green Beans in Sour Cream

Debbie Buffington Kraft

- 4 c. drained beans
- 2 T. butter
- 2 T. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. sugar
- 1 tsp. grated onion
- 1 c. sour cream
- 2 c. rice krispies or special k
- 2 c. grated swiss cheese or 1/2 can cheddar cheese  
soup

Melt butter, stir in flour, salt, pepper, sugar and onion. Add sour cream, stirring constantly. Cook until thickened, stirring occasionally. Fold in beans; heat thoroughly. Pour into greased 1 1/2 qt. casserole. Combine cereal and cheese. Sprinkle over beans. Bake at 400 degrees for 20 minutes. Yield: 6 servings--excellent company dish.

Deviled Potato Balls

Alma Van Beek

- 1½ c. cornflakes slightly crushed
- 1 c. shredded American cheese
- 1 T. lemon juice
- 1 tsp. dry mustard
- 3 c. mashed potatoes
- 2 egg yolks, beaten or 1 whole egg
- ½ c. tuna
- 2 T. minced onion

Combine cornflakes and cheese and mix carefully. Set aside. Mix lemon juice with mustard; stir until free of lumps, add remaining ingredients and blend well. Shape mixture into 12 balls. Roll balls in cereal-cheese mixture. Arrange in shallow baking dish. Bake in moderate oven (350 degrees) until golden brown and heated through. May be served with a creamed vegetable sauce. (use your favorite cream sauce recipe and fold in a tempting assortment of cooked vegetables.)

Refrigerator Mashed Potatoes

Yvonne Lightfield

- 5 lbs. potatoes
- 2 pkg. (3 oz.) cream cheese
- 1 c. sour cream
- 1½ tsp onion salt
- 2 T. butter
- ½ tsp. pepper
- 1 tsp. salt

Cook potatoes; mash and beat all ingredients in together until potatoes are very smooth. Put into casserole and store in refrigerator. These will keep well for 2 weeks and can be reheated many times.

Hot German Potatoes

Alma Van Beek

6 medium potatoes, boiled in jackets  
6 slices bacon  
3/4 c. chopped onion  
1-2 T. sugar  
1 1/2 tsp. salt  
1/2 tsp. celery seed  
dash of salt  
3/4 c. water  
1/4 c. vinegar  
2-3 T. flour

Peel potatoes and slice thin. Fry bacon slowly in skillet. Then drain on paper. Saute' onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery salt, and pepper. Cook over low heat stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil 1 minute. Stir in carefully the potatoes and the crumbled bacon bits. Remove from heat. Cover and let stand until ready to serve.

Deluxe Hash Browns

Jill Peterson

1 large pkg. frozen hash browns  
1 can cream of potato soup (or mushroom)  
1 can cream of celery soup  
1 small carton sour cream  
salt and pepper  
chopped onion to taste  
green pepper to taste  
parsley flakes  
paprika

Put potatoes, soups, sour cream, salt, pepper, onions and peppers into a large mixing bowl and let stand until hash browns are able to be mixed. Put in lightly greased 9 x 13 pan. Sprinkly with parsley and paprika. Bake uncovered at 300 degrees for 1 1/2-2 hours. Serves 12.

Cauliflower with Grapes

- 1 small head cauliflower
- 2 T. butter or margarine
- 1 T. slivered almonds
- $\frac{1}{2}$  c. green grapes

Cook cauliflower in boiling salted water until tender. Drain. Melt butter and add slivered almonds. Heat until toasted and pour over cauliflower. Add grapes. Serve.

Cauliflower With Cheese-Mushroom Sauce

Sheila Fosheim

- 1 head cauliflower
- 1--4 oz. can sliced mushrooms
- 2 T. butter
- 2 T. flour
- dash of salt
- 1 c. milk
- 1 c. shredded cheese
- 1 tsp. mustard

Cook cauliflower 20 minutes. Melt butter. Brown mushrooms--remove from pan. Add flour. Stir until smooth. Add milk. Cook over low heat until thick. Stir in shredded cheese. Add mushrooms. Pour over cooked cauliflower.

Beets with Orange Sauce

- 2 c. cooked beets
- 3 T. sugar
- 1 T. cornstarch
- $\frac{1}{3}$  c. orange concentrate
- $\frac{1}{3}$  c. beet juice
- 1 T. butter

Mix cornstarch and sugar. Blend with orange concentrate and beet juice. Stir over heat until thickened. Add butter and beets. May allow to marinate before serving.

Mixed Vegetable Bake

Yvonne Lightfield

2--10 oz. pkgs frozen mixed carrots and peas  
1--9 oz. pkg frozen green beans  
1 can cream of mushroom soup  
1 tsp. Worcestershire sauce  
2 c. shredded sharp American Cheese  
 $\frac{1}{4}$  c. Ritz cracker crumbs

Cook vegetables til tender. Drain. Add remaining ingredients except crumbs. Toss. Bake in an uncovered 2 qt. casserole at 350 degrees for 45 minutes. Stir occasionally. Sprinkle with crumbs just before serving. Serves 12.

Broccoli Dish

Susan Gilbertson

2 pkgs broccoli  
1 can cream of mushroom soup  
1/3 lb. velveeta cheese cut up  
1 c. seasoned croutons  
1 large can mushrooms

Cook broccoli until thawed. Add remaining ingredients and mix. Bake in medium casserole at 350 degrees for 35 to 40 minutes or until bubbly.

Broccoli Casserole

Jill Peterson

1 c. boiling water  
1 c. minute rice  
2 pkgs broccoli--chopped  
1 medium onion--chopped  
1 T. oleo  
1 can mushroom soup  
1--8 oz. jar of cheese whiz  
 $\frac{1}{2}$  c. milk

Pour water over rice. Cover, let stand until the rest of the dish is ready. Cook broccoli and onion over low heat until tender. Blend soup, cheese whiz and milk. Stir in broccoli and onion, add rice.

A buttered crumb top is optional. Place in 9 x 13 pan.  
Bake at 350 degrees for 30 minutes.

### Broccoli-Cauliflower Casserole

Melissa Vanhove

- 1--10 oz. pkg frozen broccoli pieces
- 1--10 oz. pkg frozen cauliflower
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- $\frac{1}{2}$  lb. cheddar or velveta cheese (shredded)
- $\frac{1}{2}$ --3 oz. can onion rings

Cook broccoli and cauliflower until barely tender.  
combine ingredients and put in a casserole dish.  
Top with onion rings. Bake at 350 degrees for 30  
minutes.

### Golden Cheddar Broccoli Bake

- 4 T. margerine
- 2 T. flour
- $\frac{1}{2}$  tsp. salt
- $1\frac{1}{2}$  c. milk
- $1\frac{1}{2}$  c. sharp/natural cheddar cheese
- $\frac{3}{4}$  c. corn flake crumbs
- 1 (12 oz.) can corn
- 2 (10 oz.) pkg frozen broccoli spears

Cook broccoli spears as directed on package. Mix the  
first 4 ingredients and heat to boiling. Add the  
cheese and continue heating to melting. Remove from  
heat and mix  $\frac{1}{2}$  c. corn flake crumbs and corn (drained)  
into sauce. Pour mixture over the broccoli spears.  
Add 2 T. margerine and  $\frac{1}{4}$  C. corn flakes on top and  
bake at 350 degrees just until topping is golden.

Houses are built to live in, more than to look at.



Potato Casserole

1 pkg. hash browns (24 or 32 oz.)  
1 can cream of potato soup  
1 can cream of celery soup  
1 small carton sour cream  
salt, pepper, and salad supreme to taste

Mix all together, sprinkle with paprika and bake for 45 to 60 minutes at 350 degrees. Serves 12.

So-Easy Scalloped Potatoes

Joyce Mathison

1 can cream of celery, chicken or mushroom soup  
 $\frac{1}{2}$  c. milk  
dash of pepper  
4 c. thinly sliced potatoes  
1 small onion thinly sliced  
1 T. butter

Blend soup, milk and pepper together. Alternate layers of potatoes, onions and sauce in a  $1\frac{1}{2}$  qt. casserole. Dot with butter. Cover. Bake at 375 degrees for 1 hour. Uncover for 15 more minutes.

Cheesy Potatoes

Jayne Johnson

Hash browns-(48 oz. frozen bag)  
 $\frac{3}{4}$  lb. velveeta cheese  
1 c. shredded cheddar cheese  
1 stick margarine  
1 carton  $\frac{1}{2}$  and  $\frac{1}{2}$ --(pour over all)

Mix in large greased casserole. Bake 1 hour at 350 degrees without the cover. Stir once or twice--thickens as it cooks.)

To get nowhere---follow the crowd.

### Orange Glazed Sweet Potatoes

- 2 c. sweet potatoe chunks
- $\frac{1}{4}$  c. brown sugar
- $\frac{1}{2}$  c. orange juice
- 1 T. cornstarch
- 4 T. butter

Cook brown sugar, orange juice and cornstarch until thick, stirring constantly. Add butter to thickened mixture. Add sweet potatoes. (cooked) Set aside. Reheat before serving.

### Glazed Onions

- $\frac{1}{2}$  lb. small onions
- 3-4 T. butter or margarine
- 1 T. brown sugar or honey

Cook small onions till tender. Melt butter, add honey or sugar. Add drained onions and simmer till glazed, shaking pot frequently.

### Sauces for Vegetables

#### San Mateo Sauce

- 1 T. butter
- $\frac{1}{2}$  T. lemon juice
- $\frac{1}{2}$  c. dairy sour cream
- 2 T. minced fresh parsley or chopped chives
- $\frac{1}{4}$  tsp. salt and few grains pepper

Brown butter lightly in heavy skillet. Add remaining ingredients. Heat but do not boil. Serve with brocco. or brussel sprouts.

Speech is like a wheel: the longer the spoke the greater the tire.

### Sweet-Sour Sauce

2 bacon strips-diced--fry until crisp, do not drain  
2 T. light corn syrup  
2 2/3 T. vinegar  
salt  
pepper  
paprika

Add remaining ingredients to bacon pieces. Heat only until warm. Serve over 1/2 lb. cooked cabbage.

### Puff Sauce

1/2 c. sour cream  
1 T. finely minced onion  
1 tsp. sugar  
1/2 tsp. capers  
1/2 tsp. salt  
1/4 tsp. paprika  
1 T. lemon juice or vinegar

Combine and serve. (Do not heat) Use on asparagus, broccoli, green beans and other green vegetables.

### Glaze for Vegetables

1 c. brown sugar  
2 T. butter  
1/3 c. water

In a heavy skillet combine the ingredients. Bring to a boil. Place cooked vegetable (sliced or whole) in this boiling syrup. Turn and cook until syrup has thickened and glazed the vegetables on all sides. Especially good on carrots!

Mixed greens are good for you--especially the five, tens, and twenties.

Fresh Fall Fruit Cup

Joan Effling

- 1 large pineapple
- 2 red apples (cored and cut in chunks)
- seedless green grapes
- 2 pears (cored and cut in chunks)
- 2 tablespoons lemon juice
- lime slices (if wanted)

Cut pineapple in half through stem. Carefully loosen fruit from shells. (Keep shells). Combine fruits and enough grapes to make 6 cups. Add lemon juice and chill. Before serving, put into shells and garnish with lime slices.

Cream Cheese Cherry Salad

Cindy Cole

- 1 lg. pkg. cherry jello
- 1 1/2 cups boiling water
- 1 1/2 cups cold water
- 1 can cherry pie mix

Make small balls from 3 oz. pkg. cream cheese, roll in chopped nuts, add to jello. Sets up quickly, have cheese balls prepared first. Makes 9" by 13" pan.

Lime Surprise Salad

Louise Arbach

- 1 pkg. lime jello (6 oz.)
- 1 small can crushed pineapple
- 1 c. whipped cream
- 24 large marshmallows
- 2 c. cottage cheese

Drain pineapple in measuring cup, add water to make 1 3/4 cup liquid. Heat to boiling. Add jello and marshmallows, stir till jello is dissolved and marshmallows partly melted. Chill till syrupy. Add rest of ingredients and chill till firm.

Orange Fluff Salad

Susan Gilbertson

- 1-6oz. box orange jello
- 4c. boiling water
- 1 box tapioca pudding mix

Mix all together. Whip after it is set and fold in: 1c. crushed pineapple, not drained, and 1c. mandarin oranges, drained, and 1/2 of 9 oz. container Cool Whip. Refrigerate for 2-3 hours.

7-Layer Salad

Carolyn Gottslehen

- 1/2 to 1 head shredded lettuce
- 1/2 c. chopped celery
- 1/2 c. chopped green peppers
- 3 small green onions (thinly sliced)
- 10 oz. frozen green peas (cooked and drained)
- 1 1/2 c. coarsely shreeded mild cheddar cheese
- 1 c. mayonnaise
- 1/2 c. light cream
- 1 Tbsp. sugar
- 4 strips crisp cooked bacon

Dressing:

Blend mayonnaise, cream and sugar until smooth.

In large salad bowl, arrange lettuce, celery, pappers, onions, peas, cheese and dressing in layers, ending with a cheese layer on top. Cover and refrigerate 4 hours before serving. Sprinkle with bacon pieces just before serving.

Fruit Salad

Carolyn Gottslehen

- 1 can fruit cocktail, crained
- 1 can crushed pineapple, drained
- 1/2 pkg. minature marshmallows
- 1/3 c. salad dressing
- 2 pkg. Philadelphia Cream Cheese
- 1 c. Cool Whip or Whipped cream

Mix salad dressing, cream cheese, and add to whipped cream. Fold over well drained fruit and marshmallows. Mix well and it is ready!

Lush Slush

Joyce Mathison

- 1 cup crushed pineapple (do not drain)
- 2 cups mashed bananas
- 1 cup frozen unsweetened orange juice concentrate
- 1/2 cup sugar
- 2 cups 7-up

Mix all ingredients together and freeze, stirring occasionally. Top with marshcino cherries.



Lettuce Salad

Christine Prouty

Shred lettuce with knife

In 9"by 13" dish (pyrex Preferably) put following layers

1/2 the shredded lettuce

1 layer chopped onion (green onions best)

1 layer chopped green pepper

2 stalks chopped celery

1 pkg. cooked frozen peas

2nd 1/2 shredded lettuce

Over top-spread 1 ping Hellmans mayonaise. Sprinkle

with 2 T. sugar and 3 oz. parmeason cheese. Crumble

8 strips bacon or bacon bits on top. Cover with foil

and refrigerate overnight.

Carrot Salad

Sally Schulz

3 lbs. carrots, sliced and cooked

chopped raw onions and peppers, to taste.

Blend:

1 can tomato soup

1 c. sugar

1/4 c. oil

1/2 c. vinegar

1 t. mustard

2 t. worcheshire

1/2 c. Western dressing (French)

Heat above and pour over carrots, onions and

pepper. Put into a covered container and refrigerate

over night. Keeps for weeks.

Cherry Salad

Mary Ann Zenser

Mix 2 lb. can sour cherries and juice, 1/2 c. sugar,

and 1 c. water. Boil 3-4 minutes. Pour over 3 oz.

box cherry jello. Mix. Let cool and add 1 can crushed

pineapple (2 1/2c.) using juice, 1 c. nuts, chopped,

and 8 oz. coke.

-The greatest good you can do for another is not just to share your riches but to reveal to him his own.

-Benjamin Disraeli

Nine Layer Salad . Karen Zaske

1 small head lettuce-tear in small pieces  
1/2 c. chopped celery  
1/2 c. chopped green pepper  
1-9oz. carton frozen peas  
1 small onion (chopped)  
2 c. salad dressing  
2 T. sugar  
1 c. grated cheese  
9 slices of crisp bacon (Bacoe's may be substituted)  
Cover and keep in refrigerator (will keep 3 days)  
Mix and serve.

Three Bean Salad Sandy Carlson

1 can green beans-drained  
1 can wax beans-drained  
1 can kidney beans-drained  
1 small onion-chopped  
1 green pepper-chopped  
1/2 c. celery-chopped  
1/2 c. vinegar  
1/2 c. salad oil  
3/4 c. sugar  
Mix together. Let stand overnight. Salt and pepper to taste.

Chicken Salad Irene Benson

2 c. shredded raw carrots  
2 c. diced cooked chicken\* (cold)  
2 c. diced celery  
1/4 c. minced onion  
1 c. salad dressing  
1 c. cream  
Mix ingredients then add:  
1 can shoestring potatoes (or chow mein noodles)  
serve on lettuce leaves  
\*Tuna may be used instead





Reception Salad

Kim Korthals

- 1 pkg. lemon gelatin
- 1 cup hot water-add to pineapple juice
- 1 medium can crushed pineapple, drained
- 2 3oz. pkg. cream cheese
- 1 small jar pimento
- 1/2-1 cup celery, finely chipped
- 2/3 cup English walnuts
- 1/2 pt. whipped cream, or cream whip
- 1/8 teaspoon salt

Heat pineapple juice and water to boiling.

Dissolve gelatin in juice. Cool. Mash pimentos and cream cheese together. Mix celery, nuts, and pineapple with thickened gelatin. Add cream(or cream whip). Stir well. Put in mold, allow to chill before serving.

Banana Salad

Jodene Stemper

- 1 medium banana
- watermelon balls from a slice 10" by 1"
- 1/2 cup sliced ripe peaches
- 1/2 cup green grapes -Mix
- Add: Pink Cloud Dressing
- 1/2 cup lowfat plain yogurt
- 1/2 cup lowfat strawberry yogurt
- 1 1/2 teaspoons fresh lemon juice
- Dash of salt
- Blend until smooth
- only 20 calories in 2 Tblsp.

Chicken Shoestring Salad

Cindy Cole

- 1 cup chopped celery
- 1 cup grated raw carrots
- 1 small chopped onion
- 2 small cans tuna or chicken
- 1 cup salad dressing (Miracle Whip, etc.)
- 2 tsp. mustard

Mix well and refrigerate. Just before serving, mix in 1 no. 2 1/2 con shoestrings.

Bucket Salad

Karla Kuehl

- 1 head lettuce- cut up
- 4 stalks celery, cut in small pieces
- 2 bunches little green onions-cut up
- 1 c. water chestnuts, sliced and drained
- 1 pkg. frozen peas (may be thawed)
- 1 pint mayonaise
- 1 T. sugar
- 1 4 oz. pkg. cheddar cheese, shredded.

Put lettuce in bottom of ice cream bucket. Next, the celery, onion, water chestnuts, peas, stir sugar into mayonaise, put on top of peas. Sprinkle cheese on top. Put cover on. Maybe prepared the night before serving or 5-6 hours before. Mix before serving.

Orange Tapioca Salad

Pam Selnes

Cook until thickened:

- 1 pkg. vanilla pudding and 3/4 cup milk
- add to pudding and let cool ten minutes:
- 3 cups miniature marshmallows
- 4 tablespoons orange instant breakfast drink(Tang)
- After pudding has cooled ten minutes, add:
- 1 can pineapple chunks, drained (20 oz. can)
- 1 can mandrian oranges, drained (16 oz. can)
- 1 cup whipped cream or cool whip\*

Chill and top with marschino cherries before serving.

\*This salad keeps well in refrigerator two days if cool whip is used instead of shipped cream. Whipped cream becomes watery if refrigerated for very long.

Watergate Salad

Jodene Stemper

- 17 oz. tub Cool Whip
- 1 package (3 oz.) Pistachio Instant Pudding
- 1 can crushed pineapple and juice
- 1 cup marshmallows
- Combine

Deluxe Summer Salad

Sue Widman

- 1 quart torn fresh spinach or Bib lettuce
- 1 quart torn Iceberg, Romain, or Leaf lettuce
- ½ pint fresh mushrooms, sliced
- 1 small red onion, thinly sliced and separated into rings
- ½ cup diced green pepper
- ½ cucumber, scored and thinly sliced
- 1 cup cubed Mozzarella cheese
- 1 pkg. (3 1/3 oz.) sliced pepperoni

Dressing:

- 3/4 cup cider vinegar
- 1 tsp. salt
- ½ tsp. garlic salt
- ¼ tsp. coarse ground black pepper
- 1/3 cup salad oil
- 1 tsp. onion salt
- ½ tsp. sugar

Method:

Gently toss all salad ingredients together in large bowl. Combine dressing ingredients and blend or shake well. Immediately before serving, reshake dressing and add just enough to coat salad. Makes 6 servings.

Summer Macaroni Salad

Alma Van Beek

- 8 oz. macaroni, cooked
- 1 cup cubed cheese
- ¼ cup minced onion
- ½ cup mayonnaise
- 1 cup small peas

Drain macaroni and rinse with cold water. Add remaining ingredients. Season with salt and pepper. Chill and serve.



Rainbow Jello Salad

Brenda Strohfus

- 2 boxes lemon jello
- 2 boxes orange jello
- 2 boxes lime jello
- 2 boxes raspberry jello
- 2 cans evaporated milk-use at room temperature

Grease the bottoms and sides of an 8" by 12" pan with salad dressing. Dissolve one box of lemon jellos, using 3/4 cup hot water and 3/4 cup cold water. Pour into pan and chill until set. Dissolve 2nd box of lemon jello using 3/4 cup hot water and add 3/4 cup evaporated milk. Pour over 1st layer and chill until set. Repeat this process with the remaining boxes of jello.

This jello salad dresses up any table when sliced to reveal the 8 ribbons of color.

Cheese-Pear Salad

Jani Haraldson

- 1 pkg. (6 oz.) lemon jello
- 2 c. boiling water
- 1½ c. liquid-from pear halves plus water
- 1 c. creamed cottage cheese
- 1 c. shredded cheddar cheese
- 1 c. (1 lb.) can pear halves, drained and diced
- ½ c. shipping cream whipped

Dissolve gelatin in boiling water. Stir in pear liquid. Chill until partially set. Fold in cottage cheese, cheddar cheese, diced pears and whipped cream. Pour into an 8" ring mold which has been oiled or dipped in cold water. Chill until set. Unmold and garnish with salad greens.

Serves 6-8

Cherry-Pineapple Salad

Debra Kraft

Mix 1 small can cherry pie filling and 1 20 oz. can pineapple chunks (drained). Refrigerate if desired. This can easily be made in the residence hall. It is rich, a little goes a long way.

Pretzel Salad

Irene Benson

2¼ c. crushed pretzels (not too fine)

¾ c. melted butter

3 Tbsp. sugar

8 oz. cream cheese

1 cup sugar

1 envelope dream whip

6 oz. strawberry jello

20 oz. frozen strawberries

Mix pretzels, butter and 3 Tbsp sugar. Press into 9" by 13" pan, bake 10 min. at 375°. Cool.

Spften cream cheese and mix in one cup of sugar.

Whip dream whip--Fold into cheese. Spread over pretzel crust.

Dissolve strawberry jello in 2 cups of boiling water. Add frozen strawberries, stir untol melted. Spoon over cheese and chill.

Mother's Frozen Salad

Becky Leibel

2 cups sugar

2 cans frozen orange juice

2 cups water

1 no. 2 can crushed pineapple

2 no. 2 cans apricots (cut up)

6 bananas, mashed

2 tbsp. lemon juice

Do not drain fruit. Mix together and freeze in muffin cups. Makes 48.

Pistachio Salad

Joan Effling

1 box instant pistachio pudding

1 medium can crushed pineapple

1 medium container Cool Whip

If you like, you can add marshmallows

Mix in bowl, let cool, serve.



Bulgur Shrimp Salad

1c. bulgur  
2c. water  
 $\frac{1}{2}$ t. salt  
 $\frac{1}{3}$ c. French Dressing

Food Principles  
 $\frac{1}{2}$ c. chopped green pepper  
5 oz. canned shrimp  
1c. sliced celery  
1 hard-cooked egg, ch.

Cook bulgur in water and salt at moderate heat for 15 minutes or until tender. Drain and marinate in french dressing. Toss all ingredients lightly together. Moisten with mayonnaise, if desired. Serve chilled on crisp greens; garnish with pepper rings.

Delicious Fruit Salad

1 pkg. instant vanill pudding  
1-6 oz. pkg miniature  
marshmallows  
1-11oz. can mandarin oranges  
2 bananas

Charee Rist

1c. whipped cream  
1-14 oz can fruit  
cocktail  
1 jar maraschino  
cherries

Prepare pudding according to directions on box. Fold in cream. Fold well drained fruit into pudding mixture along with 1 pkg of marshmallows and cherries. Chill salad throughly. Add bananas just before serving.

Layered Lettuce Salad

Layer: 1 head lettuce, chopped  
1 pkg frozen peas  
4 hard boiled eggs

Sue Gilbertson

Grated carrots  
Sliced celery

Frost with dressing:

$\frac{1}{2}$ c. sour cream  
1 T. sugar

$\frac{1}{2}$ c. salad dressing

Sprinkle with grated cheese.

Chicken Salad

2c. diced chicken  
1c. diced celery  
 $\frac{1}{2}$ c. minced onione

Sue Gilbertson

1c shredded raw carrots  
 $\frac{1}{2}$ c. salad dressing  
1c. shoestring potatoes

Mix together first five ingredients. Add shoe-strings just before serving. Serve on lettuce leaf.



Peppv Dip for Vegetables

Joni Kaufman

- 1c mayonnaise
- 1T. grated onion
- 2t. tarragon vinegar
- 2t. chopped chives
- 2t. chili sauce
- 1/2t. curry powder
- 1/2t. salt
- 1/4t. pepper
- 1/8 t. ground thyme

Several hours before serving: In small bowl, stir all ingredients. Cover. Refrigerate. Use to dip celery, carrots, cauliflower and broccoli. Makes 1 cup

Diet Salad Dressing  
(Mayonnaise substitute)

Delores Arbach

- 1T. flour
- 1T sugar
- 1T. dry mustard
- 1/2t. salt
- 3T vinegar
- Dash cayenne
- 3/4c. skim milk
- 2 slightly beaten egg yolks

In saucepan, mix flour, sugar, dry mustard, salt, and cayenne: stir in the milk. Cook and stir till mixture thickens and bubbles. Gradually stir the hot mixture into the egg yolks. Return all to saucepan: cook, stirring constantly, 2 minutes more. Place a piece of waxed paper over the surface: cool 10-15 minutes. Remove waxed paper: stir in vinegar. Cover tightly and chill. Makes 3/4c dressing at 18 calories per tablespoon.

Diet Thousand Island Dressing

- 1/2c Diet Salad Dressing (above)
- 1T chopped green onion
- 1T chopped green pepper
- 1T. catsup
- 1T. chopped pimento
- 1t. prepared horseradish

In small bowl, stir together dressing, onion, pepper, catsup, pimiento, and the horseradish. Cover tightly and chill. Makes 2/3 c. @ 16 cal./T.

Diet Tartar Sauce

- Combine 1/2c. Diet Salad Dressing with 2T. finely chopped dill pickle, 1T. snipped parsley, and 1 T. chopped green onion. Cover tightly and chill. Makes 1/2c @ 17 calories/T.



Vegetable Dip

Sue Warner

- 1/2 pint mayonnaise
- 1 c. sour cream
- 1 T. dried parsley
- 1 T. onion flakes
- 1 tsp. beaumont seasoning
- 1 tsp. dried dillweed

Mix well. Chill. Serve with fresh carrots, celery and other fresh vegetables.

French Dressing

Christine Prouty

- 1/2 c. oil
- 1/3 c. catsup
- 1/4 c. vinegar
- 1/2 c. sugar
- dash of salt
- 1 tsp. paprika
- 1 slice onion (2 tsp. dried flakes)

Shake or blend in blender at high speed.

Quick Soup

Karen Zaske

- 1 lb. ground beef, brown and drain off fat
- 1 c. onions chopped fine
- 2 c. water
- 1 c. carrots-sliced thin
- 1 c. celery, diced
- 1 c. potatoes-peeled and cubed
- 2 tsp. salt
- 1 tsp. brown bouquet sauce
- 1 bay leaf
- 1/8 basil
- 1--28 oz. can tomatoes

Cook meat and onions in dutch oven. Add remaining ingredients. Heat to boiling. Cover and simmer 20 minutes. Serves 6.

# DORM RECIPES



# MISCELLANEOUS

Hot Tuna Sandwiches

1 can tuna, drained  
1 c. miricle whip or mayonaise  
instant onion flakes  
salt  
pepper

Mix tuna and dressing together and season to taste with instant onion flakes, salt and pepper. Heat in hot pot, then put on bread.

Hot Cheese Dip

Debbie Buffington  
Kraft

Cube 2 lb. stick of Velveeta. Melt over low heat. Add 1-20 oz. can of tomatoes with green chiles. Mix thoroughly and reheat. Serve with Fritos corn chips.

Fruit-Cheese Salad Dressing

Joyce Mathison

1 cup dairy sour cream  
3/4 cup shredded cheddar cheese  
1/4 cup drained crushed pineapple  
1 Tbsp. lemon juice

Mix together and serve on a fruit salad or as a dip served with fresh fruit and crackers.

Jello Popcorn Balls

Becky Leibel

3 qt. popcorn  
6 Tbsp. margarine  
3 cups miniature marshmallows  
3 Tbsp. jello-any flavor

Melt margarine and marshmallows. Add jello, pour over popcorn and shape in balls.

Popcorn Balls

Jodene Stempir

Melt in double boiler:

1# bag marshmallows--1/4 cup butter--  
1/4 cup sugar.

pour over popcorn

Makes about 1 1/2 doz. balls

Toppings for Popcorn

Joan Effling

Heat peanut butter and some butter in hot pot till creamy; pour over popcorn.

Heat cheese and some milk in a hot pot; pour over popcorn.

Caramel Apples

Joan Effling

1 bag caramels to  $\frac{1}{4}$  cup water; melt in hot pot or crock pot; enough for 4-6 apples.

Tuna Melts

Joan Effling

cracker crumbs

1 egg

tuna

cheese

Mix egg, cracker crumbs, and tuna; put in burger maker; can put cheese on top.

- Quick Chow Mein Dish

Jill Peterson

In hot pot mix 1 can cream of mushroom soup (or desired kind) and 1 can tuna. Put over chow mein noodles or toast.

Tuna Cheese Casserole

Alma Van Beek

1 box macaroni and cheese dinner

1 can tuna, drained

$\frac{1}{2}$  can cream of mushroom soup

Mix macaroni and cheese dinner according to box directions. When complete, add tuna and soup. More or less soup can be added for suitable consistency.

Souper Tuna Casserole

Jodene Stempir

$\frac{1}{2}$  can cream of mushroom soup

$\frac{1}{4}$  cup milk

$\frac{1}{2}$  can tuna, drained

$\frac{1}{2}$  cup crushed potato chips

Combine soup, milk and tuna. Warm in saucepan over low heat, pour in a casserole dish, top with chips.

Bake 15 minutes at 375°

'One Pot' Macaroni and Cheese Pam Selnes

2 cups macaroni or Creamettes  
1 Tbsp. margarine  
1 cup milk

2 cups diced Velveta cheese (1 lb. pkg.)

Cook the macaroni in 2 quarts boiling water for 8 min. and drain in strainer. (to keep macaroni from sticking together, run cold water over it.) In the same pot, combine the margarine, milk and cheese. When the cheese is melted, add the macaroni and heat to boiling. Serve, season at the table.

Susan's French Cheese Omelet Susan Widman

3 eggs  
3 T. hot water  
3 slices Kraft American Cheese Singles  
1½ butter

Beat eggs and water slightly just enough to blend yolks and whites. Melt butter in hot popcorn popper. Add eggs. As omelet cooks, lift with spatula, letting uncooked egg run underneath. While egg is cooking, tear cheese into little pieces. When eggs are cooked, spread cheese around. When melted, fold double and serve.

Gourmet Hot Tomato Sipper Terri Root

1-24 oz. can vegetable juice  
1 Tbs. brown sugar  
1 Tbs butter  
¼ tsp. cinnamon  
lemon slices

Combine all ingredients except lemon slices in hotpot or popcorn popper and heat, stirring occasionally. Serve in mugs with lemons. Serves about 4

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Marcia Frieson

If you have a popcorn popper that has a butter dispenser at the top, you can use it as a coney island hot dog machine. Place water and your hotdog in the bottom. Cover it with the lid. Place your bun or bread on top of the popper over the butter dispenser holes. The steam will soften the bread as your hotdog cooks.



Instant Cocoa Mix Becky Leibel

- 1 8 qt. box non-fat dry milk
- 1 8 oz. jar non-dairy creamer
- 1 cup powdered sugar
- 1 lb. Nestle' s Quick

Mix all ingredients together. Use  $\frac{1}{4}$  cup cocoa mix to 1 cup hot water.

Russian Tea Della Fawcett

- 1 c. Tang
- 1/3 instant tea
- 1/3 c. sugar, optional
- 1 t. cinnamon
- 1/4 t. cloves

Mix. Use 2 T. per 1 cup hot water

Spiced Tea Carmen Groen

- 1 large jar tang (1 #2 oz. size)
- 2 cups sugar
- 1 cup instant tea
- 1 pkg. Wylers lemonade
- 2 teaspoons ground cinnamon
- 1 teaspoon cloves (optional)

Mix all dry ingredients together. Store in covered container. Add amount of desired to hot water.

Knox Blox (Finger Jello) Christine Prouty

- 4 envelopes Knox gelatine
- 3 pkg. (3 oz. each) jello
- 4 c. boiling water

Combine gelatine and jello-ann boiling water. Stir- pour into pan(9 by 13 or larger) Chill and cut. Makes 100 1"squares.

Quick Candy Gerri Solon

Melt small pkg. Choc Chips and small buttercotch chips in couble boiler or over low heat. Add pkg. chow mein noodles. Stir till coated, drop by spoon fulls on waxed paper. Cool.

Five Cup Salad Debbie Buffington Kraft

- 1 c. pineapple chunks
- 1 c. mandarin oranges
- 1 c. marshmallows
- 1 c. coconut
- 1 c. sour cream

Mix together. Refrigerate overnight or 24 hours before using.

Summer Salad Supreme Denise Schone

- 2 c. chopped tomato
- 1 c. diced cucumber
- 1 can chopped mushrooms, undrained
- 3 tablespoons vegetable oil
- 3 tablespoons cider vinegar
- 1 clove of garlic, minced
- 1 tsp. salt
- dash pepper
- lettuce

3 Tbsp. blue cheese, crumbled (optional)

Place tomato, cucumber and mushrooms, including buttery broth in bowl. Combine remaining ingredients, except cheese and pour over vegetables. Chill. To serve, sprinkle with cheese and place over lettuce. makes  $3\frac{1}{4}$  cups or 4-6 servings.

Taco Salad Sue Gilbertson

- $\frac{1}{2}$  head lettuce
- $\frac{1}{2}$  lb. browned hamburger
- $1\frac{1}{2}$  tsp. taco seasoning
- 2 tomatoes
- 1 c. drained kidney beans
- 4 oz. cheddar cheese
- 1 small diced onion

Toss.

Dressing:  $\frac{1}{2}$  c. thousand Island dressing  
2 T. sugar

Add taco chips when ready to serve.

Peanut Butter Macaroons Sue Gilbertson

- $\frac{1}{2}$  c. white sugar
  - $\frac{1}{2}$  c. white corn syrup
- Heat, just bring to a boil

Add: 1 c. peanut butter  
2  $\frac{1}{2}$  c. corn flakes

Drop on waxed paper.



Pink Cloud Dessert Sue Gilbertson

1 can cherry pei filling  
1-9 oz. carton cool whip  
1 can Eagle Brand condensed milk (cooled)  
1-13 oz. can crushed pineapple  
 $\frac{1}{2}$  c. pecons  
 $\frac{1}{2}$  tsp. vanilla

Cool condensed milk overnight. Just mix all ingredients together and refrigerate until set, preferrably overnight.

Monkey Bread Sue Gilbertson

3 tubes refrigerator biscuits (not buttermilk)  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{3}$  c. sugar  
 $1\frac{1}{2}$  stick ole  
1 tsp. cinnamon  
1 c. brown sugar  
nutmeats

Cut each biscuit into 4 bieces. Roll each in a mixture of  $\frac{1}{2}$  tsp. cinnamon and  $\frac{1}{3}$  c. sugar. Grease bundy pan with crisco. Place nuts on bottom of pan. Then layers of the biscuits. Combine ole, 1 tsp. cinnamon and brown subar in saucepan. Boil 2-3 min. Pour over biscuits. Bake at  $350^{\circ}$  for 25 min. Cool 10 min. and turn out.

White Bark Cookies Melissa Vanhove

Use Hi-Ho crackers Ritz crackers. Spread with peanut butter and stick two crackers together.

Melt white bark on top of double broiler and add a little parafin wax so it isn't so thick. Then dip crackers so they're covered. Put on wax paper covered pan. Sprinkle with confetti Cake-Mate decors. Refrigerate until hard. Choc. chips can be added to the white bark for a choc. flavor. Good and easy.



Crispy Bars

Karla Kuehl

Melt  $\frac{1}{4}$  cup margarine and about 40 marshmallows in a hot pot or popcorn popper. Add 5-6 cups of cereal. Spread in a pan and let cool.

Variation: Add chocolate chips, peanut butter or candies.

Hopscotch

Ruth Tims

Melt one cup (6 oz. pkg.) butterscotch morsels over hot (not boiling) water. Stir in  $\frac{1}{2}$  c. peanut butter. In large bowl, mix: 2 c. miniature marshmallows and 2 c. (3 oz) chow mein noodles. Add the butterscotch mixture and mix thoroughly. Drop by heaping teaspoon on waxed paper lined cookie sheet. Chill till set.

Almond Bark

Sally Schulz

Melt 1 lb. almond bark in popcorn popper. Add 1 c. Captain Crunch Peanut Butter Cereal. 1 c. Rice Krispies, and  $\frac{1}{2}$  c. salted peanuts. Mix and drop by spoon fulls on to waxed paper.

T.V. or Study Snack

Carolyn Gottslehen

- 6 oz. pkg. pretzel sticks
- 12 oz. pkg. Wheat Chex
- 12 oz. pkg Rice Chex
- 6 oz. Cherrios
- 1 lb. mixed nuts
- 1 tsp. Tabasco sauce
- 1 tsp. Garlic salt
- 2 Tbsp. Worcestershire sauce
- 2 tsp. celery salt
- $\frac{1}{2}$  c. oleo
- 1 c. salad oil

Heat oil, oleo, and seasoning. Pour over mixture. Heat in 200° oven for 1 $\frac{1}{2}$  hr. Stir occasionally. Cool and put in containers. Keeps a long time.

Chocolate Fondue

Jani Haraldson

2 (8 oz) bars milk chocolate, broken into pieces.

$\frac{1}{2}$  c. milk  
and dippers

Heat choc. and milk in popcorn popper, stirring constantly, until smooth and hot; remove from heat. Select choice of dippers; dip each one into choc. mixture

Dippers

Fresh fruit pieces (pineapple, strawberries, apples, bananas, etc.)

Marshmallows

Angel Food or Pound Cake Cubes

Cookies

Variations of Choc. Fondue

Mocha: Stir in 1 T. powdered instant coffee

Nut: Stir in  $\frac{1}{2}$  c. chopped peanuts

Coconut: Stir in  $\frac{1}{2}$  c. flaked coconut

Easy Lemon Cheesecake

Brenda Strohfus

1 large (8 oz.) package cream cheese

2 cups whole milk

1 package instant lemon pudding

1 8 inch graham cracker crust

Stir cream cheese until very soft, blend in  $\frac{1}{2}$  cup milk. Add remaining milk and the pudding mix. Beat just until well mixed, (1 min. with egg beater) Do not overbeat.

Pour immediately into crust. Sprinkle graham cracker crumbs lightly over top.

Chill about 1 hour before serving.

Peanut Butter Cups

Sheila Fosheim

$\frac{1}{3}$  lb. graham cracker crumbs

$\frac{1}{2}$  cup butter

1 c. peanut butter

1 lb. powdered sugar

2 c. milk choc. chips

Combine crumbs, butter, peanut butter and sugar  
Cream till smooth. Press in 9 by 13 pan. Melt chips over hot water and spread on bars. Refrig. till firm. Cut in squares.

MISCELLANEOUS

Sangrita (Spanish Punch)

10c. tomato juice  
15 oz. lime juice  
2½ t. salt

3 small hot chili peppers, chopped and seeded.  
Pour all juices together and mix well. Refrigerate until chilled. Just before serving, stir in onion, peppers and salt.

Alma Van Beek

10 oz. orange juice  
½c. onion

Fruity Slush

1 pint apricot brandy  
1 can apricot nectar (lg.)  
2 cans (6oz) frozen lemonade  
2 cans (6 oz) frozen orange juice

Mix well and freeze. To serve fill glasses ¾ slush and 7-up to fill.

Janice Fix

1 pint vodka  
1 can pineapple juice (LG)

Cranapple Slush

2T. powdered sugar  
3 cans water  
1 lg. can frozen lemonade  
1 can cranapple juice

Stir once or twice to mix all ingredients. Freeze. Take out a few hours early if serving as punch. Will be slushy yet.

Terri Root

1 cup vodka  
1 cup 7-up  
¼c. sugar

Citrus Slush

7 c. water  
2c. sugar

Boil and cool. Add 12 oz. can orange juice and 12 oz can lemon juice (can use frozen lemonade) and 2 c. vodka. Freeze until slush, then serve with 7-up.

Melissa Vanhove

Fruit Punch

1 pkg. strawberry koolaid  
1 pkg. cherry koolaid  
2c. sugar  
6 oz. frozen lemonade

Combine all. Just before serving, add 1 qt gingerale and ice. Serves 25-30.

Ruth Tims

3 qts. water  
6 oz. frozen orange juice

Fruit Punch

Jodene Stemper

2 cans frozen lemonade (6 oz.)

2 cans frozen orange juice (6 oz.)

Mix above with water according to directions. Add:

1 qt. Welch's grape juice

½c. Real lemon juice

1c. sugar.

Just before serving, add a large bottle gingerale.

Make frozen ring of red Kool-aid with strawberries and orange slices in.

Sweetened Condensed Milk

Joyce Mathison

1c. dry milk

2/3c sugar

3T. melted butter

Pinch of salt

1/3c. boiling water

Add butter to water in blender. Add dry milk, sugar and salt. Blend till smooth and thick.

Approximately 30 seconds.

Scotch Gravy

Karen Zaske

2c. water

1 T. onion soup mix (OPT.)

1 lb. ground beef

½t. salt

1T. onion flakes

Dash pepper

Cook over medium heat until meat is done. Mix

2½T. flour and ½c. water and add to thicken. Cook till thickened. Serve over potatoes or bread.

Refrigerator Pickles

Carolyn Gottslehen

4c. sugar

1½t. mustard seed

4c. cider vinegar

3 onions, sliced

½t. salt

4 pts. cucumbers, sliced

1½t. turmeric

thin

1½t. celery seed

Mix together sugar, vinegar, and spices in a cold syrup. Do not Heat. Wash and sterilize 4 pint jars.

Slice onions equally into jars. Wash and slice enough cucumbers to fill jars. Stir syrup well and pour over cucumbers and onions. Screw on lids. Refrigerate at least 5 days. Will keep 9 months.

"Pam" Cooking Spray

Kim Korthals

Mix:

1 c. vodka and 4t. lecithin. Put in squirter.



Wild Rice Casserole

1/2c. wild rice, uncooked  
1/2c. cooked white rice  
1/2c. chopped celery  
7 oz. canned chicken  
onion salt to taste

Cook wild rice until tender. Drain. Separately cook chopped celery for about 10 minutes in small amount of salted water. Drain. Combine all ingredients (almonds may be browned and reserved for top). Bake uncovered for about 20 minutes at 350°.

Food Principles

1/2c. cream of mushroom soup  
1/2c. shredded almonds  
1/8 t. rosemary

Rice Casserole

1c. Uncle Ben's Converted Rice  
2c. water  
1pkg. dry onion soup mix

1 can mushroom stems and pieces with juice.

Mix above ingredients in casserole. Cut half stick of margarine up over top. Bake at 350° for 1 hour. Stir once while baking.

Alma Van Beek

Strawberry-Rhubarb Jam

4c. rhubarb  
4c. sugar

Carolyn Gottsleh  
1 box strawberry jello  
1 can strawberry pie mix

Cook sugar and diced rhubarb (no water added) until soft. Add jello and pie mix and cook another five minutes.

Cheese Ball

1 pkg (8 oz.) Cream cheese  
3 green onion tops  
1/2 T Worcestershire sauce  
1/2 t. garlic salt  
3/4 pkg. dried beef, cut in fine pieces  
Pecans

Soften cheese to room temperature. Mix all ingredients, except pecans. Roll into a ball and roll in chopped pecans. Chill.

Sue Widman

Hamburger-Vegetable Soup

Brenda Strohfus

1½ lb. ground beef  
1 onion

Brown ground beef with onion. Add a dash of Worcestershire sauce and salt, pepper and garlic powder to taste.

In a large saucepan combine:  
1 (46 oz.) can V-8 juice  
1 can mushroom soup  
1 large bag frozen mixed vegetables

Add meat mixture; simmer until vegetables are tender. And serve.

