

NATRC

REGION I COOKBOOK



Recipes

Compiled by

NATRC
NORTH AMERICAN TRAIL RIDE CONFERENCE
C/O KATHY NIXON
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ALAMO, CA 94507



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NATRC MEMBERSHIP OFFERS YOU

N A T R C invites you to join them for an unsurpassed trail riding experience. N A T R C is a 28 year old organization offering sanctioned competitive trail rides across America.

- * Rides are based on time and distance; not speed.
- * Judging is based on condition of horse and performance of rider.
- * Several levels of competition are offered.
- * Learn about your horse and trail horsemanship while riding beautiful trails.
- * Educational manuals available - Riders, Judges and Ride Management.
- * All breeds are welcome.
- * Entire family - rider/non-rider - can join the fun!
- * The Hoof Print Free!
- * A reduced rate for ride entries.
- * Mileage patches for completing rides.
- * Year-End awards for completing the rides well.
- * A convention each February offering seminars and fun.
- * Other people with the same interest but from all walks of life.
- * A chance to learn Horsemanship on the trail
- * Access to information on ride management and clinics.
- * Access to slides and video tape on trail riding.
- * An invitation to board meetings and a chance to vote for officers.
- * A Rule Book, Membership Card and Club Patch.
- * Most important - a chance to belong to the oldest distance riding organization and enjoy healthy competition with the best!

The North American Trail Ride Conference (NATRC) had its inception in 1961. This organization has played an important part in making competitive trail riding one of the nation's most popular horse activities. Trail rides, sanctioned by NATRC, have been achieved from the West Coast; in Alaska and Canada to the southern and eastern borders of the United States, thus justifying the name as truly a North American organization.

NATRC has developed a philosophy of competitive trail riding with uniform judging being of paramount importance. Uniformity of rules aids management in conducting rides and makes it easier for judges to evaluate each horse on a more objective basis.

The philosophies of NATRC are:

- (1) To stimulate greater interest in the breeding and use of good horses possessed of stamina and hardiness and qualified to make good mounts for trail use.

- (2) To demonstrate the value of type and soundness in the proper selection of horses for competitive riding.

- (3) To learn and demonstrate the proper methods of training and conditioning horses for competitive riding.

- (4) To encourage good horsemanship as related to trail riding.

- (5) To demonstrate the best methods of caring for horses during and after long rides without the aid of artificial methods or stimulants.

NATRC uses time, distance, and stress, not speed, as judging criteria and therefore should not be confused with endurance riding. No discrimination is made against any animal because of breed, type or conformation as long as the animal performs satisfactorily. Straight-away trotting, walking up and down progressively steeper hills and working in soft sand are a few of the methods used to develop muscles, heart and lungs to the utmost.

The rides are judged by a team of at least two judges, one veterinarian and one horseman. The Open Division, for horses over 5 years of age, is divided into Heavyweight (rider and tack 190# and over), Lightweight (rider and tack 130 through 189#), Junior (riders ages 10-17): no weight restriction). The Novice Division is primarily for young horses (aged 4 to 5) and for newcomers to the sport. Weight divisions remain the same.

The Competitive Pleasure Division is for those experienced competitors who do not wish to advance to the Open Division, yet not in competition with the Novice riders. They will ride as one class with no weight restrictions.

Judging is based upon each horse starting the ride with a score of 100 points, evaluated as follows: Soundness - 40%, Condition - 40%, Manners - 15%, Way-of-going - 5%. While primary judging is on the horse, the riders also compete for Horsemanship awards and are judged on the care and handling of their mounts throughout the entire weekend.

The competitors begin arriving early Friday afternoon at the camp site selected as "Ride Headquarters". After setting up camp (the rules require all horses be stabled under uniform conditions - either tied to trailers or in corrals), the horses are presented to the judges for a very thorough physical examination. Any scars, blemishes or unsoundness are noted on the judging card. A Friday evening briefing is held to inform riders about the ride. A map is issued and important details regarding the trail are discussed.

On Saturday morning, at the discretion of the judges, riders may be instructed to approach the starting line mounted or with the horse in hand. The riders are timed out usually at 30 second intervals. After leaving the start, riders travel at their own pace during the day, following trails marked with colored ribbons tied to trees (or lime markers placed on the ground) as well as using a map which shows turns, elevations and mileage reference points along the route. The horses are observed several times during the day, often at a surprise point at the top of a steep climb where the pulse and respiration counts of each horse are taken by a team of veterinarian assistants. The results of these P&R checks are used by the judges as an aid in determining the condition of the horse. After a mandatory lunch stop the riders continue and upon reaching the two-mile point, rules require the forward motion be maintained until the finish line is reached, thereby insuring that all horses arrive at the finish in approximately the same state of physical exertion. After the ride on Saturday, the riders present their horses for an after-ride check and again on Sunday morning to show any adverse effects of the previous day's ride. The final day's ride is conducted in much the same way riding a shorter distance on different trails. The weekend ends with the awards ceremony. Copies of the judging cards indicating horse and rider's performance are presented.

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NATRC Secretary
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(619) 58 TRAIL

A SAD RECIPE

I didn't have potatoes, so I substituted rice.
I didn't have paprika, so I used another spice.
I didn't have tomato sauce, so I used tomato paste.
A whole can, not a half can, I don't believe in waste.
A friend gave me this recipe,
She said you couldn't beat it.
There must be something wrong with her,
I couldn't even eat it.

Kathy Nixon

GARDEN OF LOVE

Plant 5 rows of Peas:
Presence, Promptness, Preparation, Purity
Perseverance

Next to these plant 3 rows Squash:
Squash gossip, Squash criticism, Squash indifference

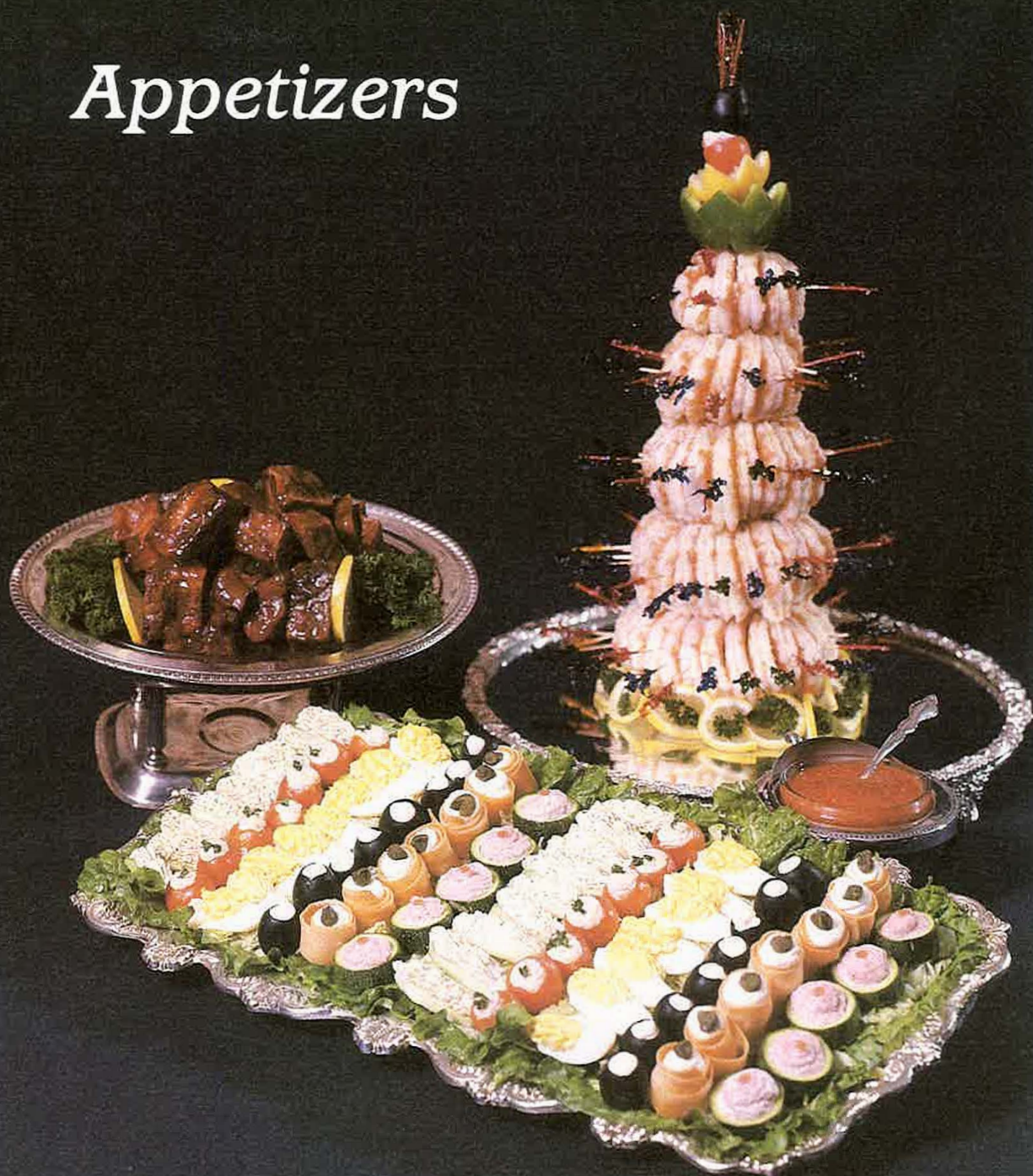
Then plant 4 rows Lettuce:
Let us be faithful to duty
Let us be true to obligations
Let us be loyal and unselfish
Let us love one another
No garden is complete without Turnips:
Turn up for meetings
Turn up with a smile
Turn up with new ideas
Turn up with determination to -
Make everything count for something and worthwhile.

Fern Bowser

TABLE OF CONTENTS

Appetizers	5
Breads and Rolls.....	17
Cakes and Cookies.....	25
Desserts.....	39
Jams, Jellies, Pickles and Relishes	49
Main Dishes	53
Soups and Salads	79
Vegetables	93
Miscellaneous	101

Appetizers



PERFECT PARTY PLEASERS

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

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

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

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

The pointed end of a beer can opener is an excellent tool for deveining shrimp.

Out of ginger ale? Mix equal parts of Coke and 7-Up.

Use styrofoam egg cartons as trays when you need extra ice cubes for parties.

If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but it's raw sugar will start the bubbling up again.

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

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

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

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

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

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



BEEF DIP

- | | |
|---|--------------------------|
| 1 small jar dried beef (torn in pieces) | 3 tbsp. milk or cream |
| 1 (8 oz.) cream cheese, softened | 1/2 bell pepper, chopped |
| 1/2 c. sour cream | 3 green onions, chopped |
| | 1/2 c. walnuts, chopped |
| | Garlic powder |

Mix all ingredients together. (If a food processor is used, do not over chop.) Microwave 2 minutes on high. Serve hot with crackers (Ritz or HiHos are best).

Linda Clarke

CHILI CON CASO

- | | |
|---------------------------------|---------------------------------|
| 2 cans stewed tomatoes, drained | 2 lb. box diced Velveeta cheese |
| 1 1/2 c. diced onion | 1 lb. diced Cheddar |
| Garlic powder to taste | 2 small cans diced Ortega chili |

Cook tomato and onion. Add garlic powder (until clear). Add cheeses and chili. Melt and blend. Serve hot with corn chips.

Bev Barmettler

CLAM DIP

- | | |
|---------------------------------------|---------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1/4 - 1/2 tsp. |
| 1 (6 1/2 oz.) minced clams | Worcestershire sauce (to taste) |
| 1/2 - 1 tsp. garlic powder (to taste) | Dip chips |

Soften cheese to make it easier to mix (room temperature). Drain and save clam juice from can. In small mixing bowl, combine cheese and clams. Gradually add clam juice until soft and creamy. Add garlic powder and Worcestershire sauce to taste. Serve with dip chips.

Brenda Davis

CRAB SPREAD

1 (8 oz.) pkg. cream cheese
1 can cream of mushroom
soup
1 (7 oz.) can crab
1 env. gelatin
1/2 onion, grated

1 c. mayonnaise
1 c. celery, finely chopped
3 tbsp. hot water
Tabasco, just a few shakes

Combine hot water and gelatin in a saucepan and stir until dissolved. Place saucepan on low heat. Add the soup and cream cheese to the gelatin mixture and stir until mixture is warm and smooth. Remove from the stove. Add onion, celery, mayonnaise and crab to the mixture and stir thoroughly.

Place it in a mold that has been sprayed with Pam. Chill in refrigerator for about 6 hours. Remove from mold and garnish with finely chopped parsley. Serve with crackers.

Nancy Clement

CRAB DIP

1 can cream of mushroom
soup
1 pkg. (8 oz.) cream cheese
1 pkg. Knox gelatin

1 can crab
1 c. celery, chopped
1 c. chopped green onion
3/4 c. mayonnaise

Combine soup and cream cheese. Add one packet gelatin. Heat and melt. Stir and cool. Stir in 1 can crab, celery, onion and mayonnaise. Mix well. Pour in mold and chill.

Bev Barmettler

KING CRAB ZESTY DIP

Beat together:

8 oz. cream cheese
1/2 c. sour cream
1 tbsp. lemon juice

2 tsp. tarragon vinegar
1/2 tsp. salt
1/4 tsp. garlic salt

Fold in:

1 c. sliced crab
2 tbsp. minced chives

2 tbsp. parsley

Chill 1 hour and serve with vegetables or chips.

Mary Bertken

CRAB AND SHRIMP DIP

Warm together, melting:

1 can cream of mushroom
soup

2 oz. cream cheese

Then add:

1 env. Knox unflavored
gelatin

Which has been dissolved in 3 tbsp. cold water.

Add:

1 c. mayonnaise
1 c. chopped celery
4 chopped green onions

1 small can crab
1 small can shrimp

Let set up. Serve with crackers.

Robin Barber

CRAB AND SHRIMP DIP

- | | |
|--------------------------------|------------------------|
| 1 can cream of mushroom soup | 1 c. mayonnaise |
| 2 oz. cream cheese | 1 c. chopped celery |
| 1 env. Knox unflavored gelatin | 4 chopped green onions |
| | 1 small can crab |
| | 1 small can shrimp |

Warm and melt soup and cream cheese, then add gelatin which has been dissolved in 3 tbsp. cold water. Add remaining ingredients, mix, then let set up by chilling in refrigerator. Can be molded.

Linda Clarke

CURRY DIP FOR VEGGIES

- | | |
|------------------------|---------------------|
| 1 qt. mayonnaise | 2 tbsp. sugar |
| 1/4 c. chili sauce | 1 tsp. curry powder |
| 2 tbsp. vinegar, white | Dash white pepper |

Blend all together in blender. Let set for few hours. Serve with raw vegetables.

Bev Barmettler

EGG DIP

- 8 oz. cream cheese

Whip until smooth.

Add to cream cheese:

- | | |
|------------------------------|--------------------------------|
| 3 tbsp. mayonnaise | 1/4 tbsp. Worcestershire sauce |
| 3 tbsp. plain yogurt | 2 tbsp. snipped parsley |
| Dash of season salt | 2 tbsp. snipped chives |
| 8 drops red hot pepper sauce | |

Blend in 3 diced eggs (hard cooked). Chill.

Yvonne Murphy

HOLIDAY PARTY DIP

- | | |
|--|-------------------------------------|
| 1 c. mayonnaise or salad dressing | 1 tbsp. sliced green onion |
| 1 (8 oz.) container sour cream | 2 tsp. beef flavor instant bouillon |
| 1 (8 oz.) can water chestnuts, drained and chopped | 1/2 tsp. Worcestershire sauce |
| 2 tbsp. chopped pimento | 1/4 tsp. garlic powder |

Combine in medium bowl all ingredients and mix well. Cover and chill. Stir before serving.

Serve with chips or vegetables.

Edith Oliver

MEXICAN HOT DIP

- | | |
|---------------------------------------|------------------------------|
| 1 lb. lean ground beef | 1 can (16 oz.) refried beans |
| 1 medium green pepper, chopped | 1 can (8 oz.) tomato sauce |
| 1 pkg. (1 1/4 oz.) taco seasoning mix | 1 c. jalapeno relish |
| 2 c. shredded Cheddar cheese | Sliced green onions to taste |
| | Sour cream (optional) |

Crumble beef in a 2 quart casserole. Stir in green pepper and taco mix. Cover and microwave on high for 5 to 6 minutes or until meat is no longer pink, stirring once or twice. Stir in cheese, beans, tomato sauce and relish. Microwave uncovered on high for 5 to 6 minutes, or until hot and cheese melts, stirring twice. Garnish with green onions and sour cream. Serve hot with tortilla or corn chips.

Makes 5 1/2 cups.

Jody Hood

SPINACH DIP

1 pkg. (10 oz.) frozen
chopped spinach, thawed
1 1/2 c. sour cream
1 c. mayonnaise

1 pkg. Knorr vegetable
soup mix
1 can (8 oz.) water
chestnuts, finely
chopped
3 green onions, finely
chopped

Squeeze spinach until dry. In medium bowl stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts and green onions. Cover. Refrigerate. Serve with chips, crackers or French bread. Makes 3 cups. Can hollow out a round French bread and fill center with dip and serve with French bread torn in pieces that you cut out.

P. S. Can also substitute vegetable soup mix with Knorr Leek Soup (dry).

Kathy Nixon

TOFU DIP

1 c. mashed tofu
1 clove garlic, minced
1/4 c. chopped green
onions

1/2 c. low fat yogurt
1 tsp. Dijon mustard
Pepper

Place all in a blender and process 30 seconds.

Jody Hood

CHEESE ROLL

2 (8 oz.) pkgs. cream
cheese
1 stick butter

1 (4 oz.) wedge blue cheese
Walnuts and a cherry or
olive

Soften ingredients at room temperature for 2 hours. Blend. Refrigerate 30-45 minutes to chill. Shape into ball. Refrigerate until ready to serve. Roll in chopped walnuts and top with cherry or olive. (If you roll your nuts in too early they become soggy. Makes a large ball.) Serve with wheat thins or triscuits.

Linda Tierney

BRENDA'S CHEESE BALL

- | | |
|---|--|
| 2 (8 oz.) pkgs. cream
cheese | 1 (10 oz.) pkg. wedge
Cracker Barrel sharp
Cheddar |
| 1 tsp. minced onion or
more to taste | Salt and pepper to taste |
| | 2 tsp. Worcestershire sauce |

Grate Cheddar cheese and cream together with cream cheese until both cheeses are well blended. Add onions, salt and pepper. Add Worcestershire sauce and blend well. Form into ball and roll in coarsely chopped nuts (walnuts, almonds, pecans, etc.). Put in refrigerator overnight to blend flavors.

Brenda Davis

CHEESE STRAWS

- | | |
|---------------------------|---------------------------------------|
| 1/2 c. shortening | 2 eggs |
| 2 c. grated sharp Cheddar | 4 tbsp. ice cold water |
| 2 c. flour | Paprika and Tabasco sauce
to taste |
| 1 tsp. salt, scant | |

Cut the shortening into the flour. Add Tabasco sauce, salt and grated cheese. Add the eggs (beaten well with the ice water). Roll out on lightly floured board to 1/8 inch thickness. Cut into narrow strips 4 inches long. Dust with paprika. Place on greased baking sheet. Bake at 400 degrees for about 10 minutes until crisp. These can be made ahead. Yield: 6 dozen straws.

Joan Webb

HOT CRAB ROLLS

- | | |
|--|-------------------------------------|
| 20 slices thin white bread,
crust removed | 1/4 c. or more melted
butter |
| 1 can crab | 8 oz. can grated Parmesan
cheese |
| 8 oz. cream cheese, room
temperature | |

Drain crab and mix with cream cheese. Spread on bread slices. Roll up and slice in thirds. Roll in melted butter and then Parmesan cheese. Freeze in shallow pan. (Can later be put in a plastic bag until ready to use.)

Bake at 350 degrees for 10-15 minutes or until lightly browned. Serve with toothpicks.

Helpful tip: Use clean bowls periodically for the Parmesan cheese, because it gets sticky.

Brenda Davis

SALMON SPREAD

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

1/3 c. sour cream

2 tbsp. chopped celery,
fine

1 tbsp. chopped green
onion

1 tbsp. fresh lime juice

1 1/2 tsp. Worcestershire
sauce

1/8 tsp. salt

Pepper

1 can salmon

In small bowl, mix all ingredients except fish. Stir in fish. Cover and refrigerate 2 hours. Serve with crackers or bread sticks. Makes 1 1/2 cups.

Kathy Nixon

DUDED UP SHRIMP

8 oz. cream cheese

1/2 lb. shrimp

1/2 c. cucumber

3 tbsp. green onions

1 tsp. milk

1/2 c. cocktail sauce or

mix catsup and

Worcestershire sauce to
make 1/2 c. sauce

Mix milk with softened cream cheese. Spread in a circle about the size of 10 inch dinner plate. Spread cocktail sauce evenly over cream cheese mixture. Top with shrimp, cucumber and onions.

Refrigerate until serving. Serve with assorted crackers. 8-10 servings.

Nancy Kasovich

SHRIMP HORS D'OEUVRES

8 oz. cream cheese	1 tbsp. creamed horseradish
*1 jar "Homade" chili sauce	1/2 lb. shrimp
	Ritz crackers

Thin 8 oz. of cream cheese with milk or can use whipped cream cheese. Spread in pie plate pan or plate. Add 1 jar "Homade" chili sauce mixed with 1 tbsp. creamed horseradish on top of cheese layer. Put 1/2 lb. shrimp on top of cheese and chili. Serve with Ritz crackers.

*This brand chili sauce is just the right amount. Safeway has it - small round jar.

Brenda Davis

FRESH TOMATO SALSA

5 lbs. fresh tomatoes	1 tbsp. sugar
5-6 cloves chopped garlic	Salt to taste
2 medium chopped onions	2 bunches cilantro
	*2-6 jalapeno peppers

Combine tomatoes, garlic, onions and jalapeno peppers and bring to boil. Reduce heat and simmer for about 5 minutes. Add sugar and salt. (You can substitute brown sugar or regular white sugar.) Chop cilantro and add last. Cook for about 1 minute and pour into jars while hot or let cool slightly and put in freezer bags and freeze for later use.

This recipe can be adjusted to the individuals taste on any of the ingredients.

*Jalapeno peppers change their degree of "hot" flavor through the year - so must make adjustments according to taste.

Brenda Davis

GOOD EATING

1/4 c. melted butter
1/4 tsp. oregano
1/4 tsp. celery salt
1/4 tsp. garlic salt

1/4 c. Parmesan cheese
1 can mixed nuts
4 c. Golden Graham cereal

Mix first 6 ingredients and bake can of nuts in 300 degree oven on jelly roll pan 15 minutes, stirring occasionally. Remove from oven. Stir in 4 cups of Golden Graham cereal.

Ellen Lovett

SWEET AND SOUR MEAT BALLS

Ready made meatballs or
your favorite recipe
(ready made tend to stay
together better)
1 (12 oz.) bottle chili sauce

1/2 (6 oz.) jar grape jelly
or more to taste
1 can chunk pineapple

Saute meatballs. Put chili sauce, jelly and pineapple in a crock pot on low. Throw in meat balls. The longer it cooks the better it tastes.

Terri Lee Bennett

CHILI CHEESE

8 eggs
1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt

3 c. grated Jack cheese
12 oz. cottage cheese
2 (4 oz.) cans diced chilis

Mix eggs with beater until light and fluffy (4-5 minutes). Mix flour, baking powder and salt. Add to eggs. Fold in cheeses and chilis. Pour into lightly greased 9x9 pan. Bake at 350 degrees 25 minutes or until lightly browned.

Greg Fellers

CHUTNEY BALL

8 oz. and 3 oz. cream
cheese
1/2 can peanuts

1/2 c. raisins
2 tbsp. curry powder
Tops of 3 green onions

Mix and form into a ball. Use Major Grey's chutney over top covering ball as much as possible. Sprinkle coconut over top. Serve with crackers and chips.

Mary Bertken

LIVER PATE

1 can consomme
1 env. Knox unflavored
gelatin
8 oz. braunschweiger

8 oz. cream cheese
1 tbsp. Worcestershire
5 green onions

Put consomme and Worcestershire in pan. Heat but do not boil. Soak gelatin in 1/3 soup can of cold water; add to consomme. Pour about 1/4 - 1/2 inch into bottom of ring mold (which has been sprayed with Pam). Refrigerate. Add rest of consomme, cream cheese and braunschweiger into blender - blend until smooth. Stir in chopped green onions and pour into mold when consomme is set (about 20 minutes).

Serve with seasoned rye crisp crackers, buffet rye bread, sour dough French bread, or whatever you prefer.

Betty Young

NUTS AND BOLTS

2 c. Cheerios
2 c. Wheat Chex
2 c. Rice Chex
3 c. pretzel sticks
3 c. salted nuts

1/2 c. melted butter
1 env. Parmesan Salad
Dressing Mix OR I use
garlic dressing mix

In 13x9x2 inch baking pan heat cereal in 300 degree oven for 5 minutes or until warm. Remove from oven. Add pretzels and nuts. Pour the melted butter over mixture. Sprinkle with dry salad dressing mix stirring well. Return cereal mixture to oven and heat 15-20 minutes more. Makes about 12 cups.

Kathy Nixon

OYSTERETTE SNACKS

- | | |
|--|----------------------------------|
| 1 (12 oz.) box oysterette
crackers | 1/4 c. grated Parmesan
cheese |
| 1 c. vegetable oil | 1/2 tsp. garlic powder |
| 1 (.04 oz.) pkg. Ranch
Style dressing mix | 1/2 tsp. dill weed
(optional) |

Put crackers in large ziploc plastic bag. Pour in oil and turn from side to side until all crackers are moistened. Mix dry ingredients together and pour into bag. Seal tightly and turn from side to side until crackers are coated with seasonings.

Kathy Nixon

SWISS SANDWICH PUFFS

- | | |
|---------------------------------|------------------------------|
| 1/2 c. mayonnaise | 32 toasted petite rye slices |
| 1/4 c. finely chopped
onions | Swiss cheese |
| 2 tbsp. snipped parsley | |

Combine mayonnaise, onion and parsley. Spread on toasted rye slices. Top each with a small piece of Swiss cheese.

Broil 2-3 minutes and serve.

Brenda Davis

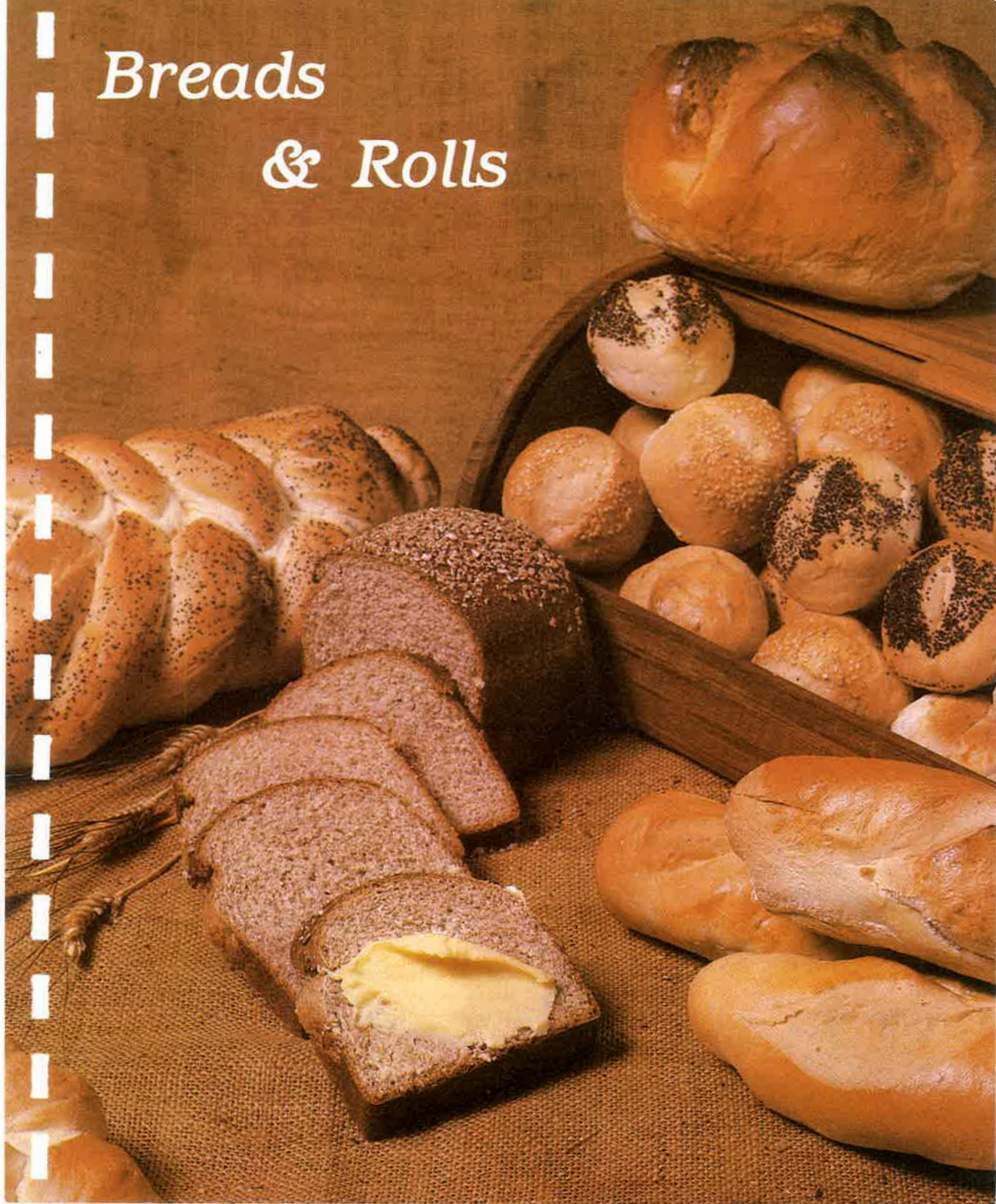
WATER CHESTNUT HORS D'OEUVRES

- | | |
|---|-----------------------|
| 2 cans water chestnuts, cut
in thumb size pieces | 1 to 1 1/2 lbs. bacon |
| | 1 bottle catsup |
| | 8 tbsp. sugar |

Wrap chestnuts with 1/2 slice bacon. Fasten with toothpick. Place in 9x6x2 inch pan. Bake at 350 degrees until bacon is almost done but not crisp. Remove from oven. Pour off grease. Combine catsup and sugar. Pour around but not over chestnuts. Bake at 350 degrees for 30-45 minutes. Serve immediately. Yields 15-18 servings.

Kathy Nixon

*Breads
& Rolls*



FRESH FROM THE OVEN

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

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

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

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

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

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

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

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

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

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

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



SOURDOUGH PANCAKES

*1 c. starter
2 c. flour
Milk, just enough to make
a batter

Salt - a dash - too much
ruins action and starter

Let above stand overnight 6-8 hours in warm room in glass or plastic bowl large enough to allow for increase in bulk. When ready to use batter will look like a sponge and have a pleasant yeasty odor. Next morning take out of cup batter and put aside in cool place. This is your starter for next time. To the remainder, about 2 cups of spongy batter, add:

2 eggs
3 tbsp. melted fat

1 tsp. soda (moistened
with water)
1/2 c. sugar

Mix well with fork to smooth batter. If too thin add a little sponge starter, but never flour. Cook on hot griddle.

*For those who lack starter, substitute one yeast cake or one package of dry yeast for cup of starter in this recipe. This applies first time only.

Viola Duley

ANN'S WAFFLES

5 egg whites
2 1/2 c. milk
2 3/4 c. flour
6 2/3 tsp. baking powder

1 1/2 tsp. salt
3/4 c. butter or margarine,
melted
1/2 c. yellow cornmeal

Mix dry ingredients, then add milk and melted butter. Mix well. In a separate bowl beat egg whites until stiff, then fold into flour and milk mix. Drop onto hot waffle iron by spoonfuls. When done - eat up!!

Linda Clarke

ORANGE ROLLS

3 eggs, beaten slightly

Beat in 1/2 cup sugar.

Scald 1 cup milk; let cool.

Add 1 cup flour; beat with egg beater.

Add 1 yeast cake, 3 tsp. melted butter and 1/2 tsp. salt. Let stand 2 hours.

Add 3 cups flour; stir. Do not knead at any time! Let rise 2 hours. Roll out like cinnamon rolls. Spread with paste. Cut into 1/2 inch slices. Let rise 2 hours in muffin tins. (Check at 1 1/2 hours.) Bake 20 minutes, 400 degrees.

Paste:

1/2 c. butter

1/2 c. sugar

Grated rind of 2 oranges

Marion Slattengren

NO KNEAD CINNAMON PECAN ROLLS

Soften:

1 pkg. active dry yeast

(in 1/2 cup warm water and 1 tsp. sugar)

Combine in large bowl:

3 tbsp. sugar

3 tbsp. shortening (melted)

1 1/2 tsp. salt

1/2 c. scalded milk (cooled to lukewarm)

Stir 1 beaten egg into softened yeast. Add gradually 3 - 3 1/2 cups sifted flour (to form a stiff dough).

Cover and let stand for 30 minutes. Combine 1/2 cup firmly packed brown sugar, 3 tbsp. light corn syrup, 2 tbsp. melted butter and 1/4 cup chopped pecans. Spread in bottom of a well buttered 13x9 inch pan. Roll out dough in a well floured surface to 20x12 rectangle. Brush with melted butter. Sprinkle with 1/4 cup firmly packed brown sugar, 1 tsp. cinnamon and 1/4 cup chopped pecans. Roll dough up, starting with 20 inch side. Cut into 3/4 inch slices and place over sugar-nut mixture in pan. Let rise in warm place, 85-90 degrees, until double in size or 1 hour. Bake at 375 degrees for 25-30 minutes.

Jody Hood

SIX WEEK MUFFINS

1 lb. bran (bulk (or 15 oz. bran cereal)	5 c. sifted flour
3 c. sugar	2 tsp. soda
	2 tsp. salt (optional)

Mix in a large bowl.

Mix 4 beaten eggs, 1 cup melted shortening, 1 quart buttermilk; add this to dry mixture above. Mix well. Store in refrigerator in a covered container. Fill tins 2/3 full. Bake 15-20 minutes at 400 degrees.

Jody Hood

BEER MUFFINS

2 c. Bisquick	1 c. beer
---------------	-----------

Mix and pour in muffin tin. Bake 350 degrees, 10 minutes.

Fern Bowser

BEER 1-2-3 BREAD

1 can beer (room temperature)	2 tbsp. sugar
	3 c. self-rising flour

Mix and pour into greased loaf pan. Bake 1 hour, 400 degrees. Grease top with butter. Let cool. Wrap and store.

Fern Bowser

COUNTRY ZUCCHINI BREAD

3 eggs	1 tsp. salt
1 c. oil	1 tsp. soda
2 c. flour	3 tsp. cinnamon
1/2 tsp. baking powder	3 c. raw zucchini (grated)
1 1/2 tsp. vanilla	

Beat eggs. Add oil, sugar, zucchini and vanilla. Mix well. Add remaining ingredients.

Bake in 2 loaf pans at 350 degrees for 1 hour. Add nuts if desired.

Also freezes well.

Karen Godfrey

PUMPKIN BREAD

3 1/2 c. flour	2 tsp. baking soda
3 c. sugar	1 1/2 tsp. salt
2 c. pumpkin	1 tsp. baking powder
2/3 c. water	4 eggs
3/4 c. oil	3 tsp. pumpkin spice

Sugar, eggs, pumpkin, oil and water - beat good. Mix all dry ingredients and mix in first mixture. Beat until good and well blended. Bake 350 degrees for one hour or until pick comes out clean. Makes 3 loaf pans (1 lb.). If no pumpkin spice use cinnamon, nutmeg and allspice. Freezes well.

Kathy Nixon

OATMEAL WHEAT GERM BREAD

5 c. boiling water	1 c. molasses
2 c. old fashion oatmeal	3/4 c. wheat germ
2 tsp. salt	5 lbs. unbleached flour
2 tbsps. butter	minus 2 cups
3 pkgs. or 3-4 env. dry yeast dissolved in 2/3 c. warm water	

In big bowl combine first 4 ingredients and let stand until lukewarm. Stir in yeast, molasses and wheat germ, then work in flour. Knead until smooth and elastic. Let rise until double in bulk. Punch down and let rise again. Divide into 4 parts. Form into loaves and place in oiled pans. Let rise until dough rises just to top of pans. Bake at 350 degrees for 40 minutes. Remove immediately from pans and brush tops with butter. This bread freezes well.

June Johnson

JALAPENO CORN BREAD

1 1/4 c. white cornmeal	1/2 c. liquid cooking oil
1/2 c. flour	8 oz. can cream style corn
1 tbsp. sugar	3-4 jalapeno peppers
1/2 tbsp. salt	1 c. grated sharp cheese
2 tsp. baking powder	1 medium grated onion
2 eggs	
3/4 c. milk	

Stir together: cornmeal, flour, sugar, salt and baking powder. In a separate bowl beat eggs lightly and stir in milk and liquid cooking oil. Add this to the cornmeal mixture and stir in the cream style corn, jalapenos, cheese and onions. Pour batter into 1 well-oiled 9x11 baking pan. Bake at 425 degrees for 25 minutes or until it tests done. Double recipe for a large group or potluck.

Linda Clarke

GARLIC BREAD

1 long loaf French bread	1 or 2 cloves chopped
1 cube oleo, not butter	garlic
	1 tsp. leaf oregano

Cut bread long way. Set aside. In small bowl mix oleo, garlic and oregano. Spread on both sides of loaf. Cut in serving pieces not quite through. Broil. Watch carefully so you don't burn it.

Charlotte Goulding

ENGLISH SALLY LUND

- | | |
|--|------------------------|
| 2 pkgs. dry yeast | 2 tbsp. sugar |
| 1/2 c. very warm water
(110-115 degrees) | 1 1/2 tsp. salt |
| 1 1/2 c. lukewarm milk,
scalded then cooled | 2 eggs |
| | 1/4 c. soft shortening |
| | 5 1/2 c. flour |

In mixing bowl dissolve yeast in very warm water. Stir in remaining ingredients. Beat until smooth (100 strokes). Cover and let rise 1 hour. Beat down and pour into greased 10 inch tube pan. Let rise to within 1 inch of top of pan (about 45 minutes). Heat oven to 350 degrees. Bake 45-50 minutes. Serve hot. Makes 16 servings.

Viola Duley

BEER BREAD

- | | |
|------------------------|-----------------------------------|
| 3 c. self-rising flour | 1 (12 oz.) can warm light
beer |
| 3 tbsp. sugar | |

Mix all ingredients in bowl. Beer should be room temperature, not cold. Bake in greased pan at 350 degrees for 1 hour. Can make 1 hour before dinner and have hot bread to eat.

Jean Armer

HAWAIIAN BANANA BREAD

- | | |
|----------------|---------------------|
| 2 c. sugar | 2 1/2 c. cake flour |
| 1 c. oil | 1 tsp. salt |
| 6 ripe bananas | 2 tsp. baking soda |
| 4 eggs | |

Heat oven at 350 degrees. Mix all ingredients together. Do not over mix. Bake 350 degrees, 45-50 minutes.

Kathy Cook

CHRISTMAS BREAD

Sift together:

- | | |
|--------------------------|---------------|
| 1 1/2 c. flour | 1/4 tsp. salt |
| 1 1/2 tsp. baking powder | 1 c. sugar |

Beat 3 extra large eggs. Add dry ingredients gradually and mix thoroughly.

Pour batter over:

2/3 c. chocolate chips
2 c. walnuts, coarsely
broken

1 c. finely chopped dates
1 c. maraschino cherries,
drained and cut in half

Mix thoroughly (do with hands) and turn into baking pan. Cool on cake rack until still warm to touch. Turn out of pan. Remove wax paper.

9x5x3 loaf pan. Bake at 325 degrees for 1 1/2 hours. Makes one loaf. Grease pan and line bottom with wax paper. Grease again.

Mrs. Harold T. Ray

BANANA BREAD

2 c. flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 c. butter
1 c. sugar
1 egg, beaten

2 large ripe bananas,
mashed
3 tbsps. commercial sour
cream
1 c. chopped pecans or
walnuts

Sift together flour, baking powder, baking soda and salt. Set aside. Cream butter. Gradually add sugar. Work mixture until light and fluffy. Add egg and mashed bananas; stir well. Add flour mixture alternately with sour cream; add nuts mixing well. Pour batter into greased 4x8 inch loaf pan. Bake at 350 degrees about 40 minutes or until a toothpick inserted in center comes out dry. Remove bread from pan. Cool on rack. To serve cut in thin slices. Lightly spread with sweet butter.

Marilyn Hunter

ALMOND POPPY SEED BREAD

3 c. flour
1 1/2 c. milk
1 1/2 c. oil
2 3/4 c. sugar
3 eggs
1 1/2 tsp. salt
1 1/2 tsp. baking powder

1 tbsps. each:
poppy seed
vanilla
almond flavoring
butter flavoring

Beat ingredients together 1-2 minutes. Turn into lightly greased pans. DO NOT FLOUR. Bake at 350 for 50 minutes. Glaze while warm.

NOTE: Batter should be thin, similar to a pancake batter.

Glaze:

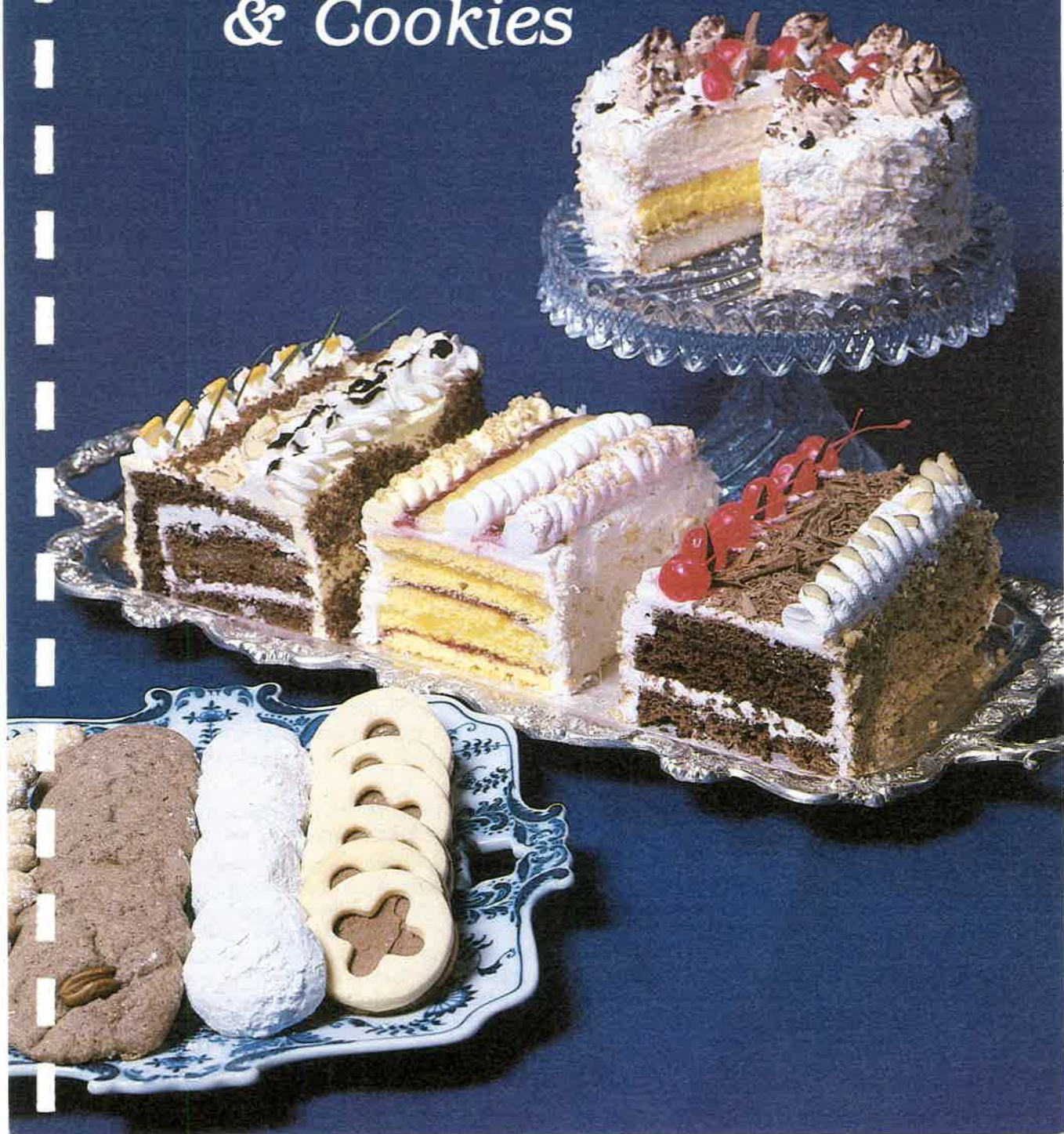
1/4 c. orange

3/4 c. granulated sugar

**1/2 tsp. each: vanilla,
almond, butter flavoring**

Linda Clarke

Cakes & Cookies



EVERYBODY'S FAVORITES

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

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

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

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

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

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

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

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

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO — Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

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

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



STRAWBERRY CHEESECAKE NIBBLES

(1st place in Santa Cruz Co. Fair)

1 3/4 c. graham cracker
crumbs
1/2 c. butter, melted
3 tbsp. sugar

2 (8 oz.) pkgs. cream
cheese, softened
2 eggs
1/2 c. sugar
1 tsp. vanilla

Topping:

1 pt. fresh strawberries
1/2 c. raspberry jelly,
melted and strained

1 tbsp. Kirsch

Preheat oven to 375 degrees F. Line muffin tins with paper cups. In food process or blender, combine crumbs, butter and sugar. Blend well. Press one rounded tablespoon of crumb mixture into bottom of each cup. Combine cream cheese, egg, sugar and vanilla. Spoon one rounded tablespoon of cheese mixture on top of each cup. Bake 10-12 minutes or until firm. Set aside and cool before topping.

For topping: Slice strawberries, arrange on top of cooled cookies. Brush with glaze. Chill.

Denise A. Stark

CHOCOLATE MINT CAKE

1 chocolate cake mix
4 eggs
1/2 c. oil
1/2 c. warm water

1 (3 1/4 oz.) pkg. instant
chocolate pudding mix
1 c. sour cream
1 (6 oz.) pkg. mint
chocolate chips

Mix all ingredients in order given except chips. Beat 4 minutes. Fold in chips. Pour into greased and floured bundt pan. Bake 45-55 minutes at 350 degrees. Turn out after 5 minutes. Drizzle with chocolate frosting.

Lela Elk

BLACK RUSSIAN CAKE

- | | |
|--|---|
| 1 pkg. chocolate cake
(don't use chiffon) | 4 eggs |
| 1 pkg. (3 oz.) instant
chocolate mix | 1/2 c. water |
| 1/2 c. oil | 2 oz. each vodka, kahlua,
creme de cocoa |

Beat all together 3 to 5 minutes. Bake in bundt pan at 350 degrees for 45-55 minutes.

Icing:

- | | |
|---------------------|---|
| 1 c. powdered sugar | 1 1/2 tbsp. each vodka,
creme de cocoa, kahlua |
|---------------------|---|

Put on cake while still warm.

Yvonne Murphy

TEXAS-CHOCOLATE SHEET CAKE

- | | |
|------------------|---------------------|
| 1/2 c. margarine | 1/2 tsp. salt |
| 1/2 c. salad oil | 1 tsp. soda |
| 4 tbsp. cocoa | 3/4 tsp. cinnamon |
| 1 c. water | 1/2 c. buttermilk |
| 2 c. white sugar | 2 eggs, well beaten |
| 2 c. flour | 1 tsp. vanilla |

Place margarine, oil, cocoa and water in saucepan. Bring to a boil. While mixture is heating combine dry ingredients in mixing bowl. Pour boiling cocoa mixture over the dry ingredients. Mix together and add the buttermilk mixture. Bake in an 11x18 pan for 20 minutes at 375-400 degrees.

About five minutes before the cake is done prepare frosting using:

- | | |
|-------------------|----------------------|
| 1 stick margarine | 1 lb. powdered sugar |
| 4 tbsp. cocoa | 1/2 c. chopped nuts |
| 6 tbsp. milk | 1 tsp. vanilla |

Bring margarine, cocoa and milk to a boil. Remove from heat and add sugar, nuts and vanilla. Beat together. Spread quickly and gently over cake as soon as it's removed from the oven.

Kathy Nixon

DOLLY CHOCOLATE CAKE

2 c. sugar
1 c. Crisco
2 eggs
2/3 c. cocoa
2 tsp. soda

2 tsp. vanilla
3 c. flour
1 c. sour cream
1 c. boiling water
1 tsp. salt

Cream shortening and sugar and add vanilla, eggs and cocoa. Sift flour and measure. Add salt. Dissolve 1 tsp. soda in boiling water and alternate with flour. Dissolve 1 tsp. soda in sour cream and add remaining flour. Bake at 350 degrees about 25 minutes. Makes 3 layers.

Viola Duley

RAW APPLE CAKE

Combine:

2 c. sugar
3/4 c. oil or butter

2 eggs

Add:

4 c. diced apples

Add:

2 c. flour
1 tsp. salt
2 tsp. cinnamon

1 tsp. nutmeg
2 tsp. soda dissolved in 2
tbsp. water

Add to apple mixture. Pour into 9x13 greased cake pan and bake 1 hour at 350 degrees.

Fern Bowser

CHOPPED APPLE CAKE

4 c. apples, chopped
2 eggs, beaten
1 tsp. vanilla
1 c. sugar
1 tsp. cinnamon

2 c. flour
1 tsp. soda
1/2 tsp. salt
1 c. chopped nuts

Chop apples. Mix vanilla and eggs and pour over apples. Mix sugar and cinnamon and add to apples. Then mix flour, soda and salt. Mix well. Add nuts and mix well.

Bake in preheated oven 350 degrees for 1 hour. Butter icing best accompaniment. Best kept in refrigerator.

Butter Frosting:

6 tbsp. butter

1/4 c. milk

4 1/2 - 4 3/4 c. sifted
powdered sugar

1 1/2 tsp. vanilla

In a small mixer bowl beat butter until light and fluffy. Gradually add about half of the powdered sugar, beating well. Beat in the milk and vanilla. Gradually beat in the remaining powdered sugar. Can add additional milk to make spreadable.

Mattie Nixon

DUTCH APPLE CAKE

1 pkg. lemon cake mix

3/4 c. margarine, softened

2 eggs, slightly beaten

1 can sliced pie apples,
drained

Combine dry cake mix, eggs and margarine by hand, stirring until moistened. Pour into ungreased bake pan. Top with apples. Combine topping and sprinkle over apples. Bake at 350 degrees for 30 to 45 minutes.

Topping:

2 c. powdered sugar

1/2 c. chopped nuts

3 c. Angel Flake coconut

1/2 c. margarine, melted

Mrs. Harold T. Ray

FRUIT COCKTAIL CAKE

Mix:

2 c. flour
1 tsp. soda

1 tsp. salt

Add:

2 c. sugar
1 tsp. vanilla
2 eggs

1 large can fruit cocktail,
drained

Top with:

1/2 c. brown sugar

1/2 c. nuts, chopped

Dot with butter. Cook 350 degrees for 40-60 minutes in 13x9 pan.

*Can substitute 1 medium can fruit cocktail, not drained, for large drained size.

Kathy Nixon

TROPICAL FRUIT CAKE

3 c. Brazil nuts (about 1
1/2 lbs. shelled)
2 pkgs. (7 1/2 oz.) pitted
dates
1 c. maraschino cherries,
red or green or both

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

300 degree oven. Grease 9x5x3 inch loaf pan and line carefully with wax paper. In large mixing bowl, put whole shelled Brazil nuts, whole dates and drained cherries. Sift flour, sugar, baking powder and salt over fruit mixture and mix thoroughly with your hands. Beat eggs in separate bowl until frothy, then add vanilla. Pour egg and vanilla mixture over fruit mixture again mixing with hands. Transfer batter to lined pans and bake 1 hour and 45 minutes. Cool cake before slicing. Remove from pan when cooled 15 minutes. (One of my mother's favorites.)

Kathy Nixon

GINGERBREAD

1/2 c. butter

Melt and let cool.

Add and beat well:

1/2 c. sugar

1 egg

Sift together:

2 1/2 c. flour

1 tsp. cinnamon

1 1/2 tsp. baking soda

1/2 tsp. salt

1 tsp. ginger

Combine:

1/2 c. molasses

1 c. hot water

1/2 c. honey

Grated rind of 1 orange

Add sifted and liquid ingredients alternately to butter mixture until blended. Bake in a greased and floured 9x9 inch pan about 1 hour.

Kathy Campbell

GUMDROP CAKE

**1 lb. gumdrops cut in
small pieces (no black)**

1/2 tsp. soda

**1/2 lb. seedless golden
raisins**

1/2 tsp. salt

1/2 tsp. cinnamon

2 1/4 c. sifted flour

1/8 tsp. cloves

1/8 tsp. nutmeg

Mix dry ingredients and sift together. Dredge candy and raisins with 1/2 cup of flour mixture. Cream together:

1/2 c. shortening

1 c. sugar

Add:

1/2 tsp. vanilla

Add:

1 egg, well beaten

Mix $\frac{3}{4}$ cup of unsweetened applesauce with $\frac{1}{2}$ cup hot water and add alternately with flour. Stir in floured candy, raisins and $\frac{1}{2}$ cup nutmeats.

Line one 5x9 inch loaf pan with heavy paper and pour in batter. Bake at 325 degrees for 1 $\frac{1}{2}$ hours or more.

Store several days before serving.

Kathy Nixon

LEMON GELATIN CAKE

1 pkg. lemon velvet cake
mix

4 eggs

1 pkg. lemon Jello

$\frac{3}{4}$ c. oil

1 tsp. lemon extract

$\frac{3}{4}$ c. water

Preheat oven 350 degrees. Mix 4 minutes. Grease and flour 9x13 pan. Bake for 35 minutes. Poke holes in cake while hot from oven and pour on frosting.

Frosting:

1 c. sifted powdered sugar

1 tbsp. lemon juice

3 tbsp. butter

Mix and pour over hot cake.

Edith Oliver

PIG CAKE

1 pkg. yellow cake mix

4 eggs

$\frac{1}{2}$ c. margarine, softened

1 can mandarin oranges

1 tsp. vanilla

1 (20 oz.) can crushed
pineapple

1 small pkg. vanilla instant
pudding

$\frac{1}{2}$ c. powdered sugar

4 oz. whipped topping

Combine cake mix, eggs, margarine, oranges and vanilla in bowl. Beat 4 minutes. Pour into greased and floured 9x13 pan. Bake at 350 degrees for 25-30 minutes or until done. Drain pineapple, save juice. Blend juice and pudding in bowl. Mix in powdered sugar. Stir in pineapple. Fold in whipped topping. Spread over cooled cake. Chill.

Jeri Schrag

RUM CAKE

Beat 4 eggs.

Add:

1 tsp. lemon extract
2 tsp. rum extract
1 c. milk

3/4 c. Crisco oil
1 pkg. instant lemon
pudding

Beat 3 minutes.

Add 1 pkg. yellow cake mix. Beat 2 minutes. Put into oiled bundt pan. Bake at 350 degrees for 45 minutes. Let stand 5 minutes. Take out of pan. Spoon over cake:

1 c. powdered sugar

1/8 c. real rum

Mix together.

Kathy Nixon

CHEESE CAKE

Cheese Mixture:

Mix together until smooth:

3 (8 oz.) cream cheese
1 c. sugar

1 tsp. vanilla extract
4-5 eggs

Crust:

(1)

**1 1/4 c. graham cracker
crumbs**

**1/4 c. butter (or
margarine)**

1/4 c. sugar

Mix together then press into a spring bottom pan.

(2)

1/2 c. butter

1/4 tsp. vanilla extract

1/3 c. sugar

Cream together.

Add:

1 c. flour

Blend together.

Pour cheese mixture into crumb lined pan and bake at 300 degrees for 1 hour. Let cool and refrigerate.

Nice with every kind of fruit and/or sauce.

Karen Haase

INVISIBLE CRUST CHEESE CAKE

3 eggs

**2 pkgs. (8 oz. each) cream
cheese**

2/3 c. sugar

Mix in blender. Pour in buttered glass pie plate. Cook 30 minutes at 350 degrees. Cool 20 minutes.

1 c. sour cream

1 tbsp. vanilla

4 tbsp. sugar

Mix and smooth on pie. Bake 10 minutes more. Cool and keep in refrigerator.

Kathy Nixon

SELF-FILLED CUPCAKES

- | | |
|--------------------------------------|--|
| 1 pkg. cake mix (milk chocolate) | 1 egg |
| 1 (8 oz.) pkg. ream cheese, softened | Dash salt |
| 1/3 c. sugar | 1 (6 oz.) pkg. (1 c.) semi-sweet chocolate chips |

Mix cream cheese and sugar. Beat in egg and salt. Stir in chocolate chips. Mix cake according to package directions. Fill muffin tins $\frac{3}{4}$ full. Drop cream cheese mixture by rounded tsp. into cupcake. Bake as package directs. Makes about 30. I frost them with chocolate icing.

Yvonne Murphy

CREAM CHEESE SUGAR COOKIES

- | | |
|-----------------------------------|--------------------------------|
| 1 c. sugar | 1/2 tsp. almond extract |
| 1 c. margarine, softened | 1/2 tsp. vanilla |
| 1/2 tsp. salt | 1 egg yolk (reserve egg white) |
| 3 oz. pkg. cream cheese, softened | 2 1/4 c. flour |

In large bowl combine sugar, salt, margarine, cream cheese, almond extract, vanilla and egg yolk. Blend well. Lightly spoon flour into measuring cup - level off. Stir in flour. Chill dough 30 minutes. Heat oven to 375 degrees.

On lightly floured surface, roll out dough, a third at a time to 1/8 inch thickness. Cut into desired shapes with lightly floured cutters. Place on ungreased cookie sheets.

Sprinkle with sugar or if desired brush with slightly beaten egg white before sprinkling with colored sugar. Bake at 375 degrees for 7 to 10 minutes until golden brown. Cool. If desired frost and decorate. Makes 60-72 cookies.

Jeri Schrag

EGGLESS, MILKLESS, BUTTERLESS

- | | |
|--------------|-----------------|
| 2 c. water | 2 c. sugar |
| 2 c. raisins | 1 c. shortening |

Boil together for 20 minutes.

3 1/2 c. flour
2 tsp. baking powder

1 tsp. salt
1 c. walnuts

Remove 2 tbsp. flour mixture and combine with nuts. Mix all together thoroughly.

Pour into 10x13 inch large oblong flat pyrex dish. Bake at 350 degrees for one hour. Let sit for 24 hours before cutting.

Emma McCrary

ENGLISH TOFFEE COOKIES

1 c. butter or margarine
1 egg, separated
1 tsp. cinnamon

1 c. sugar
2 c. flour
1 c. chopped nuts

Separate egg - save white. Cream egg yolk, sugar and butter.

Measure flour and cinnamon; add to above mixture, mix well. Spread on 10x15 cookie sheet. Beat egg white stiff; spread over cookies. Sprinkle on nuts. Press in. Bake at 275 1 hour. Cut in squares while still warm.

Ellen Lovett

ENERGY COOKIES

3/4 c. oleo
1/2 c. chunky peanut
butter

1 c. each white and brown
sugar

Cream these. Blend in:

2 eggs
1/4 c. milk and 1 tsp.
lemon extract

2 c. flour
1 tsp. each baking soda,
salt, cinnamon

Mix. Then stir in 1 1/2 cups rolled oats and 1 cup raisins. Drop by tbsp. on greased sheets. Bake 350 degrees 12-15 minutes. Makes 3 dozen 3 inch cookies.

Charlotte Goulding

FORGOTTEN COOKIES

2 egg whites
1/4 tsp. salt
3/4 c. sugar

6 oz. chocolate chips
1 tsp. vanilla

Beat egg whites until stiff. Gradually add salt and sugar and vanilla. Fold in chocolate chips.

Preheat oven to 375 degrees. Drop by teaspoonful onto cookie sheets lined with brown paper. Put in oven - close door and turn off oven. Leave in overnight.

Linda Keck

FRENCH LACE COOKIES

1 c. flour, sifted
1/2 c. corn syrup
2/3 c. brown sugar

1 c. finely chopped nuts
1/2 c. shortening (Crisco)

Heat oven to 375 degrees. Blend flour and nuts. Bring corn syrup, shortening and sugar to boil over medium heat, stirring constantly. Remove from heat. Blend in flour and nuts. Drop by teaspoon on greased baking sheet 6-7 cookies at a time. Bake 5-6 minutes. Cool 5 minutes before removing from cookie sheet. Dip in melted chocolate chips (just one end of cookie). *Use 1/2 tsp. of dough and you can get 9 cookies on a good size cookie sheet.

Kathy Nixon

MOTHER'S COWBOY COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
1/2 tsp. salt
1 tsp. vanilla
2 eggs
2 c. flour
2 c. oatmeal (quick)

1 tsp. soda
1 tsp. baking powder
1 c. chocolate chips (or)
1 c. nutmeats (or)
1 c. raisins (or)
1 c. dates

Cream shortening, sugar, vanilla and salt together. Add eggs and beat. (I do all this with electric mixer.) Add flour and one of the fruits, nuts or chocolate chips. Then add oatmeal, a little at a time mixing in with a spoon. Batter will be rather stiff and firm. Grease cookie sheets and drop by teaspoonful on cookie sheet and bake at 350 for 10-15 minutes.

Jody Hood

PECAN CRISPS

1 1/2 c. sifted flour	3 tbsp. milk
1 c. sugar	1 tsp. vanilla
3/4 tsp. salt	1 c. pecans, finely chopped
1/2 c. soft shortening	
1 egg, separated	

Heat oven to 375 degrees. Sift flour, sugar and salt into bowl. Mix in thoroughly with fork, shortening, egg yolk, milk, vanilla. Form into balls size of small walnut. Place on ungreased baking sheet. Press 1/16 inch thick with bottom of greased glass dipped in sugar. Brush with stiffly beaten egg white. Sprinkle with pecans. Bake 8-10 minutes. Do not over bake. Makes about 5 dozen.

Kathy Nixon

PEPPER KAKOR COOKIES

1/2 lb. butter	1 egg
1 1/2 c. sugar	3 1/4 c. flour
1 tbsp. dark Karo syrup	3 tsp. cinnamon
2 tsp. soda	3 tsp. cloves

Mix in order given. Preheat oven 350 degrees. Roll out and cut dough. Bake 10-12 minutes.

Marion Slattengren

POTATO CHIP COOKIES

2 c. brown sugar (packed)	1 tsp. vanilla
1 c. shortening	1 tsp. soda
2 eggs	1 c. crushed potato chips
2 c. flour	1 c. chopped nuts

Cream sugar, shortening and eggs. Stir in flour, soda and vanilla. Mix well. Add chips and nuts. Mix to distribute evenly. Drop by tsp. on ungreased cookie sheet. Bake 350 degrees 10-12 minutes. Makes about 9 dozen.

Fern Bowser

Desserts



DEFINITELY DESSERT

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

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

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

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

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

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

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

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

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

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

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

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



BUTTERSCOTCH BROWNIES

1/4 c. salad oil
1 c. brown sugar
1 egg
3/4 c. flour

1 tsp. baking powder
1/2 tsp. salt
1/2 tsp. vanilla
1/2 c. chopped nuts

Blend oil and sugar. Stir in egg. Stir flour, baking powder and salt together. Blend into egg mixture. Mix in vanilla and nuts. Spread in well greased 8x8x2 pan. Bake at 350 degrees for 25 minutes. Cut into bars while still warm.

(I always double this and use 9x13 pan.)

Kathy Nixon

MOTHER'S BROWNIES

2 sq. semi-sweet chocolate
1 cube butter
1 c. sugar

1/2 c. flour
1/2 c. chopped walnuts
1 tsp. vanilla
2 eggs

Melt chocolate, sugar and butter slowly in a saucepan. Take off stove and add eggs, one at a time. Add flour, nuts and vanilla. Bake 25 minutes at 325 degrees.

Nancy Clement

DAIQUIRI CHEESE CAKE

1 1/2 c. crumbs
1/4 c. sugar

6 tbsp. butter, melted

Bake 10 minutes, 350 degrees. Cool. (Can chill crust - better baked.)

1 pkg. gelatin
1/2 c. sugar
1/3 c. light rum
1 lb. cream cheese (2 large)
1 c. heavy cream (before whipped)

1/2 c. lime juice (use daiquiri mix)
1 tsp. each lemon and lime rind
4 large eggs, separated
1/2 c. powdered sugar

Double boiler - gelatin, rum, sugar and daiquiri mix. Stir in rinds. Add egg yolks and cook over medium heat until mixture thickens. Remove from heat and cool. In large bowl beat cream cheese until light and smooth. Add to mixture and blend all together. Beat egg whites to form soft peaks and add powdered sugar to whites slowly, forming soft peaks. Whip cream stiff. Fold into cheese mixture. Pour into crust. Chill 4 hours until set.

Nora Cook

PUMPKIN CREAM CHEESE CAKE OR PIE

4 pkgs. (3 oz.) soft cream cheese	3/4 tsp. grated orange peel
3/4 c. sugar	1/4 tsp. vanilla
1 1/2 tbsp. flour	2 eggs
3/4 tsp. grated lemon peel	2 egg yolks
	1 can pumpkin

Make a graham cracker crust. Press into 9 inch pie pan and refrigerate. Beat the filling until smooth. Pour into shell. Bake 35-40 minutes at 350 degrees or until center seems firm when pie is gently shaken. Put following topping and bake 10 minutes longer.

Sour Cream Topping:

1 1/2 c. sour cream	1/2 tsp. vanilla
2 tbsp. sugar	

Mix well and spread on baked pie.

Kathy Nixon

CAROL'S SURPRIZE PIE

1 pkg. (4 oz.) Baker's German sweet chocolate	1 pkg. (3 oz.) cream cheese, softened
1/3 c. milk	1 container (8 oz.) thawed Cool Whip
2 tbsp. sugar	1 (8 inch) chocolate ready made crust

Heat chocolate and 2 tbsp. of milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese. Add remaining milk and chocolate mixture and beat until smooth. Spoon into crust. Freeze until firm, about 4 hours. Store any leftover pie in freezer.

Carol Duley

LEMON SPONGE PIE

1/4 c. melted butter or margarine	3 tbsp. lemon juice
1 c. sugar	2 tsp. grated lemon peel
3 tbsp. flour	1 1/2 c. milk
3 slightly beaten egg yolks	3 stiff beaten egg whites
	1 recipe plain pastry

Blend butter with sugar and flour. Add egg yolks, lemon juice, peel and milk. Fold in egg whites. Pour into 9 inch pastry lined pie pan. Bake in very hot oven 450 degrees 8 minutes. Then turn down to slow oven, 325 degrees, for 25 minutes.

Viola Duley

PEACH PIE

1 pie crust, 10 inch	4 tbsp. cornstarch
Fresh or canned sliced peaches	1 egg, beaten
1/2 c. butter	1 c. sugar
	1 tsp. vanilla

Fill 10 inch pie crust with sliced peaches. Sprinkle nutmeg on lightly.

Mix remaining ingredients well. Pour over peaches. Bake 20 minutes, 400 degrees. Reduce heat to 350 degrees. Bake 40 minutes or until set.

Ellen Lovett

PEANUT BUTTER PIE

(18 servings - 1 large springform pan, or 2 - 9 inch pie pans (deep))

Chocolate Crumb Crust:

1 pkg. chocolate wafers,
crushed, 2 1/2 c.

1/2 c. sugar

1/2 c. melted butter

Mix and press in pie shell.

Pie Filling:

2 c. creamy peanut butter
(whipped)
2 c. sugar
2 (8 oz.) pkgs. cream
cheese

1/4 stick melted butter

2 tsp. vanilla

1 1/2 c. whipping cream

Beat peanut butter, sugar, cream cheese, butter and vanilla until light and fluffy. Beat whipping cream separately until soft peaks form and fold into peanut butter mixture. Spoon into pie shell. Chill 6 hours.

Chocolate Glaze:

Melt 4 oz. semi-sweet chocolate and 3 tbsp. plus 2 tsp. hot coffee and spread on pie (or 3 heaping tbsp. cocoa, 1/4 - 1/2 cups sugar, 1/2 cup butter and the hot coffee).

Elizabeth Fairlee

PEAR PIE TREAT

4 fresh Bartlett pears

1 tbsp. lime juice

1 tsp. grated rind (lemon)

1/2 to 3/4 c. sugar

Dash of salt

Pastry for double crust 9
inch pan

Wash, peel and slice pears into pie pan. Sprinkle with lime juice or lemon juice, rind and sugar. Cover with top crust and properly slash for escaping steam and seal.

Bake in hot oven, 425 degrees, for 40-45 minutes or until pears are tender and crust is lightly browned. Cool. Serves 6-8.

Edith Oliver

FLAKY PIE CRUST

2 1/2 c. flour
1/3 c. cold water
1 tsp. almond extract

3/4 tsp. salt
1 c. butter or margarine

Sift flour and salt into bowl. Blend in shortening and flavoring. Gradually add water mixing with fork. Mix until holds together. Makes 2 - 8 or 9 inch pies.

Edith Oliver

PERSIMMON CREAM PIE

Beat 2 eggs with 1/2 tsp. cinnamon, 1/2 cup sugar, 1/4 tsp. salt. Add 2 cups milk or cream, 1 cup persimmon pulp, 2 tbsp. melted butter and 1 tsp. lemon juice. Pour into unbaked pie shell. Bake in very hot oven 450 degrees for 10 minutes. Reduce oven to 350 degrees and bake 30 minutes longer.

*I found it needed an extra 20 minutes longer. Tastes like pumpkin pie. Put persimmon pulp through a sieve or colander before measuring.

Kathy Nixon

PINEAPPLE CREAM PIE

(For two)

1 1/2 c. sugar
8 tbsp. flour
1/4 tsp. salt
4 c. milk

4 to 6 egg yolks
1 can (20 oz.) crushed
pineapple, drained

Mix dry mixture well. Add milk, stir and put on heat. Cook until slightly thick. Beat egg yolks. Add small amount of cooked mixture to egg yolk, then combine and cook until thick. Add pineapple and cook a few minutes more. Place in baked pie crust.

Beat egg whites adding 2/3 cup powdered sugar. Spread on pie filled with custard and brown

Yvonne P. Murphy

RHUBARB CUSTARD PIE

1 - 1 1/4 c. sugar
1/4 c. flour
1/4 tsp. salt

4 c. diced fresh peeled
rhubarb, about 1 lb.
3 eggs
1/2 tsp. vanilla

In large bowl combine sugar, flour and salt. Add rhubarb, stirring to coat evenly. Spread rhubarb mixture in pastry lined pie plate. Beat together eggs and vanilla. Pour over rhubarb. Moisten edge of pastry shell with water. Cover with top pastry. Seal and flute edge. Cut slits in top pastry to allow steam to escape. Bake in preheated 425 degree oven 15 minutes. Reduce heat to 350 degrees and bake until knife inserted near center comes out clean, about 25 to 30 minutes. Cool on wire rack.

Kathy Nixon

EASY STRAWBERRY PIE

1 c. sugar
1/2 c. mashed strawberries
3 tbsp. cornstarch
2 drops red food coloring

1 tbsp. lemon juice
1 baked 8 inch pie shell
2 c. sliced strawberries
2 sliced bananas

Add enough water to mashed berries to make 1 cup. Set aside. In saucepan combine sugar, berries, water, cornstarch and food coloring. Cook over medium heat until thick. Fill pie shell with sliced strawberries and sliced bananas. Pour glaze over top. Chill. Top with whipped cream and garnish with whole strawberries.

Kathy Nixon

PERSIMMON PUDDING

1 1/2 c. sifted flour
1 1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cinnamon
1 c. seedless raisins
1/2 c. chopped walnuts

2 eggs, well beaten
1 1/4 c. sugar
1 1/2 c. sieved persimmon
pulp
1/4 c. melted margarine
3/4 c. milk

Mix and sift flour, soda, salt and cinnamon. Stir in raisins and nuts. Beat eggs until light, then beat in sugar.

Add persimmon pulp and melted margarine. Add flour mixture, then milk. Beat until smooth. Pour into a greased baking mold. Set in a shallow pan of hot water. Bake in a slow oven, 325 degrees for 1 1/2 hours. *Or

Pour into a greased mold, cover and steam for 2 1/2 hours.

*Immediately upon removing from oven turn upside down on a cooling rack. When cool, 10-15 minutes, remove pan.

Serve plain with whipped cream or hard sauce

Betty Dever

APPLE SERBIAN

2 cans pie apples
1/2 c. butter

1 pkg. (12 oz.) yellow cake
mix

Bake apples in 9x9x2 inch pan. Cut butter into dry cake mix until it resembles cornmeal. Sprinkle over apples. Add cinnamon and extra sugar and lemon juice to apples. Bake at 375 degrees for 35 to 40 minutes or until golden brown. Cool a bit before serving with dollop of whipped cream. Serves 8 to 10.

Mrs. Harold T. Ray

FRUIT COBBLER

Beat:

1/2 c. shortening

1/2 c. sugar

Add sifted:

1 c. flour
2 tsp. baking powder
Pinch of salt

1/2 c. milk
1 tsp. vanilla

Grease pan well. Pour in batter then 2 or 3 cups of fruit with juice then sprinkle 1/2 cup sugar on top.

Bake 350 degrees, 35-40 minutes in pan 13x9x2.

Marilyn Hunter

RHUBARB STRAWBERRY CRISP

8 c. cut up rhubarb

2 c. sugar

Place in bottom of a sheet cake pan.

1 box strawberry Jello

1 box yellow or white
cake mix, Jiffy

Sprinkle over rhubarb.

1/2 c. melted butter

Pour over the above mix.

1 c. hot water

Pour over the top.

Bake 30-45 minutes at 350 degrees. Top with vanilla ice cream.

Jody Hood

WHITE CHRISTMAS FANTASY

2 c. whipping cream

2 jars (7 oz.) marshmallow
creme

1 1/4 c. whole natural
almonds

2/3 c. candied red cherries,
chopped

2/3 c. candied green
cherries, chopped

2 cans (8 1/2 oz.) crushed
drained pineapple

4 tsp. rum or 1 tsp. rum
extract

1 tsp. almond extract

1/3 c. lime or lemon juice

Whip cream until stiff. Gradually beat in marshmallow creme. Reserve about 1/3 cup almonds for garnish. Coarsely chop remainder. Spread chopped almonds in shallow pan and toast at 400 degrees for about 8 minutes stirring occasionally.

Fold toasted almonds, cherries, pineapple, lime juice, rum and almond extract. Turn into a fluted ring mold and freeze. Unmold and garnish.

Makes a lot of servings and can be refrozen several times.

Faye Darrington

DATE AND NUT TORTE

- | | |
|--------------------------|---------------------|
| 1 tsp. soda | 1 c. sugar |
| 1 c. chopped dates | 1/2 tsp. salt |
| 1 c. boiling water | 2 eggs, well beaten |
| 1 tbsp. butter | 1 c. flour, sifted |
| 1 c. nuts, cut in pieces | |

To the soda and dates, add the boiling water and let stand 1 hour. Cream butter and sugar, salt, eggs, flour, date mixture and nuts. Spread in buttered pan $3/4$ inch thick. Bake 40 minutes at 325 degrees. Cut in squares and serve with whip cream.

Viola Duley

MOCHA BROWNIE TORTE

- | | |
|-----------------------------------|-------------------------|
| 1 box Duncan Hines
Brownie Mix | 1 pt. whip cream |
| 1 c. chopped walnuts | 1/2 c. brown sugar |
| | 1 tbsp. powdered coffee |

Mix brownies and walnuts and bake as directed on package in 9x13 inch pan. Cool and cut into 2 (9 x 6 $1/2$) pieces.

Whip cream, add sugar and coffee.

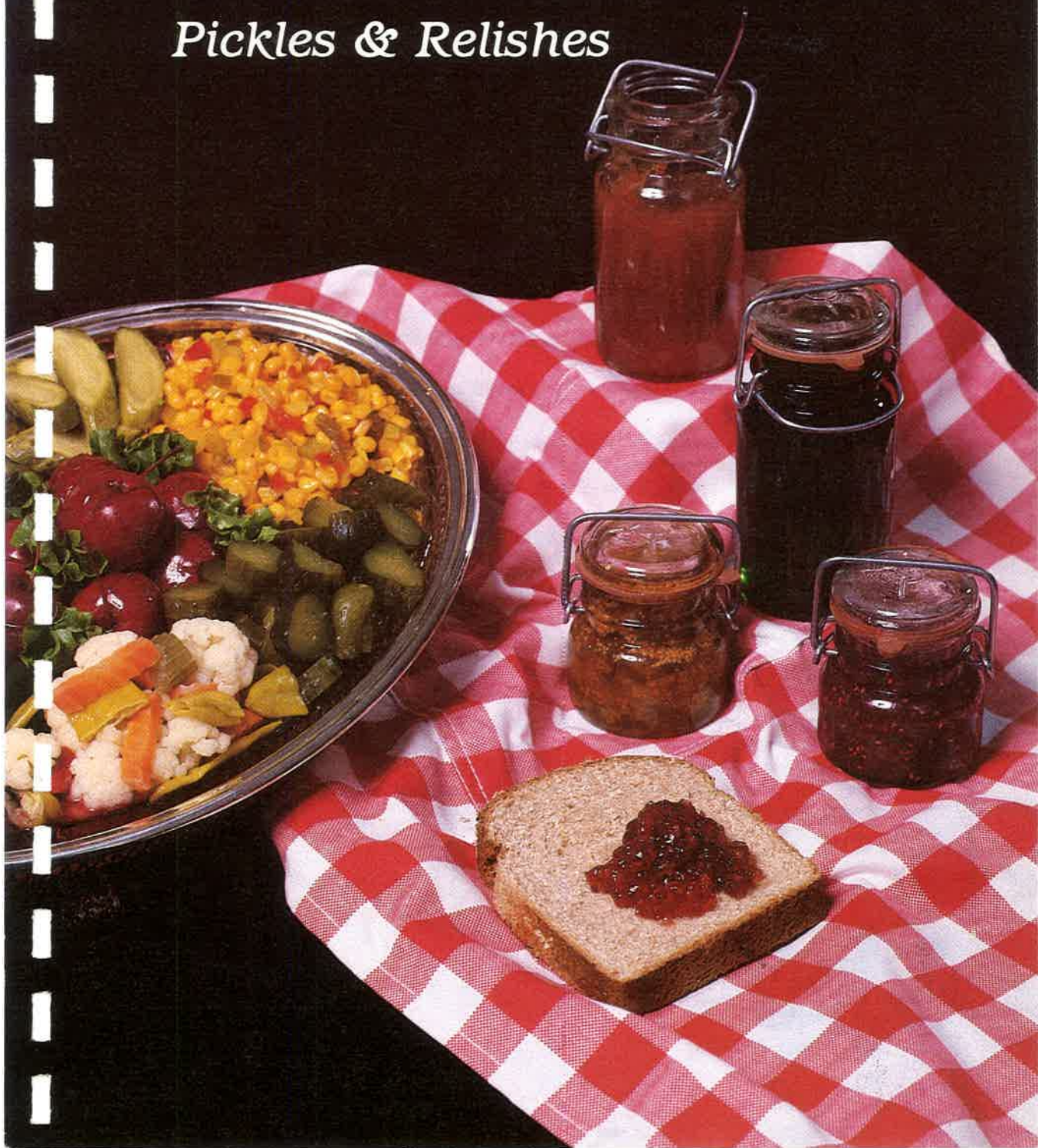
Place one slice brownie on serving plate. Top with whip cream. Top with 2nd slice of brownie. Frost entire cake. Refrigerate overnight. Can decorate with shaved chocolate or crushed almond roca, etc.

Kathy Fellers

**** EXTRA RECIPES ****

Jams & Jellies

Pickles & Relishes



PANTRY PLEASERS

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

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

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

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

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

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

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

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

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



PICKLE RELISH

- | | |
|--|--|
| 2 qts. chopped zucchini or
cucumbers (ample 4 lbs.) | 4 large onions
1 large green pepper
1 large red pepper |
|--|--|

Combine in large container. Pour $\frac{1}{4}$ cup salt over it and mix. Cover with water. Let stand 4 hours and put in colander and drain.

Combine the following:

- | | |
|---------------------------|---------------------|
| 1 tsp. turmeric | 1 tsp. celery seed |
| $\frac{1}{4}$ tsp. cloves | 1 tsp. mustard seed |

Add to zucchini in large pot or kettle.

Stir up good and add:

- | | |
|----------------------------------|--------------------------------|
| 2 $\frac{1}{2}$ c. white vinegar | 2 $\frac{1}{2}$ c. white sugar |
|----------------------------------|--------------------------------|

Stir up good again and bring to a good heat on stove (don't let boil). Put up in jars and seal. Makes about 5 pints.

Kathy Nixon

INDIAN RELISH

- | | |
|---------------------------|------------------------------------|
| 10 lbs. green tomatoes | 1 tbsp. allspice |
| 1 doz. medium cucumbers | 1 tbsp. cloves |
| Medium head cabbage | 1 tbsp. mace |
| 1 doz. large onions | 2 tbsp. cinnamon |
| 1 head celery | 2 $\frac{1}{2}$ tbsp. celery seed |
| 6 bell peppers | 2 $\frac{1}{2}$ tbsp. black pepper |
| 2 tbsp. dry mustard | 1 gal. vinegar |
| 1 lb. mustard seed | 3 lbs. sugar |
| Small handful red peppers | 1 tsp. powdered alum |

Wash all vegetables and put through coarse grinder. Sprinkle canning salt over all and let stand overnight.

Mix spices and vegetables thoroughly together and pour 1 gallon vinegar, 3 lbs. sugar in large kettle and place on stove and scald. While boiling add 1 tsp. powdered alum. Boil 3 minutes. Pack in sterilized jars to within 1/2 inch of top. Put on caps and seal. Process in boiling water for 5 minutes. 23-24 pints.

Edith Oliver

SPICED FRUIT PRESERVES

2 cans fruit cocktail (1 lb. 14 oz. each)	1/4 c. lime juice 6 c. sugar
1 pkg. powdered fruit pectin	1/2 tsp. pumpkin pie spice

Combine fruit and syrup, fruit pectin and lime juice in large kettle. Heat stirring often, to a full rolling boil. Stir in sugar, heat to boil again then cook rapidly stirring constantly 1 minute. Remove from heat. Stir in pumpkin pie spice. Stir and skim alternately for 5 minutes. Pour into hot sterilized jars and seal with wax. Makes 8 - 8 oz. jars.

Mary Bertken

RHUBARB PRESERVES

10 c. rhubarb (cut)	6 c. sugar (or little more)
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Put together and let set overnight. Stir. Put on stove and boil 15 minutes. Then add 2 small boxes strawberry Jello. Put in glasses.

Can use any fruit preferred. Rhubarb is very good.

Kathy Nixon

TOMATO JELLY

2 3/4 c. tomato juice	1 box fruit pectin
2 tbsp. lemon juice	4 c. sugar
Few drops Tabasco sauce	

Combine tomato juice, lemon juice, Tabasco sauce and fruit pectin in large pan; stir over high heat until mixture reaches fast boil. Stir in sugar; bring to rolling boil. Boil for one minute. Remove from heat. Skin off foam. Pour into jelly glasses and seal.

Kathy Nixon

POMEGRANATE JELLY

3 1/2 c. pomegranate juice	1 pkg. powdered pectin
(4 lbs.)	4 1/2 c. sugar
1/4 c. lemon juice	

Cut pomegranates in half or quarter depending on size (8 to 10 fully ripe ones) and squeeze in orange juice machine (I have a hand crank type). It's messy so wear old clothes. Add lemon juice and pectin to pomegranate juice in 6-8 quart kettle. Stir well. Place over high heat. Bring to boil, stirring constantly. Add sugar and mix well. Continue stirring and bring to full rolling boil (boil that can't be stirred down). Boil hard exactly 2 minutes. Remove from heat. Skim foam and pour into jars and seal. Makes 8 - 6 oz. jars.

Kathy Nixon

RED PEPPER JAM

6 c. sugar	22 large red peppers
1 qt. white vinegar	

Brush and clean peppers, core and grind. Place pulp and juice in pan and add 3 tbsp. salt. Let stand 20-40 minutes empty in colander and drain well. Add sugar and vinegar. Heat and stir until dissolved. Bring to good boil. Turn down and simmer, stirring occasionally for 3 hours. When mixture starts to thicken turn heat even lower. When fairly thick, jar. Good on hamburgers and other meats or over cream cheese with crackers.

I also add 1 pouch of Certo or other pectin to mixture is not as runny.

Joan Webb

PERSIMMON JAM

4 c. persimmon pulp (8
persimmons)

1/4 c. lemon juice

1 pkg. (1 3/4 oz.)
powdered pectin

6 c. sugar

Remove stem ends and peel persimmons. Discard core. Force fruit through strainer. Measure 4 cups of pulp into deep saucepan. Add lemon juice and pectin and mix well. Heat to boiling, stirring constantly. Add sugar and mix well. Bring to full rolling boil, stirring constantly. Boil without stirring for 4 minutes. Remove from heat and stir and skim for 5 minutes to cool. Spoon into jars and seal. Makes 8 half pints.

Optional: I also add a little cinnamon to jam while cooking. You can freeze persimmons whole because they are easier to peel. Simply hold frozen fruit under running water and slip peel off.

Kathy Nixon

Main Dishes



TEMPTING MAIN DISH IDEAS

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

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

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

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

Pork chops which are light in color are corn fed.

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

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

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

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

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

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

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

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

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



BAKED BEEF BRISKET

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|------------------------------|---------------------------------|
| 4 lbs. boneless beef brisket | 3 medium onions, thickly sliced |
| 2 tsp. salt | 1 c. hot water |
| 1/2 tsp. black pepper | 2 tbsp. cornstarch |
| 1 clove garlic, minced | 1 c. cold water |
| | Garnishes as desired |

Place brisket fat side up in 10x13 inch roasting pan. Season brisket with salt and pepper. Sprinkle with garlic and place onions on top. Bake 350 degrees for one hour or until onions turn brown. Add hot water. Cover with aluminum foil and seal tight. Reduce oven to 300 degrees and continue cooking 2 hours. Remove brisket and onions to warm platter. To make gravy combine 2 tbsp. cornstarch dissolved in one cup cold water with cooking liquid and cook, stirring until boiling and thickened. Makes 12 servings.

Nora Cook

PORCUPINE MEATBALLS

- | | |
|---------------------------------|---|
| 1 lb. ground beef | 1/8 tsp. pepper |
| 1/4 c. uncooked long grain rice | 1 can (10 3/4 oz.) tomato soup, condensed |
| 1 slightly beaten egg | 1/2 c. water |
| 1 tbsp. snipped parsley | 1 tsp. Worcestershire sauce |
| 2 tbsp. finely chopped onion | |
| 1/2 tsp. salt | |

Combine meat, rice, egg, parsley, onion, salt, pepper and 1/4 cup tomato soup. Mix thoroughly; shape in about 20 small balls and place in skillet. Mix remaining soup, water and Worcestershire sauce; pour over meatballs. Bring to boil; reduce heat. Cover and simmer 35 to 40 minutes, stirring often. Makes 4 or 5 servings.

Kathy Nixon

SWEET AND SOUR SHORT RIBS

5 lbs. beef short ribs
1/2 c. flour

2 tsp. salt
Pepper to taste

Cut ribs in 2 inch lengths and roll in flour, salt and pepper. Arrange in large casserole. Cover with 2 cups onion. Mix together 3/4 cup catsup, 2 tbsp. vinegar, 1 tbsp. Worcestershire sauce, 4 tbsp. soy sauce, 1/2 cup sugar, 3/4 cup water. Pour over ribs and bake in 300 degree oven for 3 hours. Serves 8.

Nora Cook

POOR MAN'S STROGANOFF

1 1/2 lbs. hamburger
3 tbsp. minced onion
3/4 c. cracker meal
1/8 tsp. garlic powder
1 1/2 tsp. salt
1/4 tsp. pepper
1 c. milk
3 tbsp. flour
1/4 c. flour

1 pt. sour cream
2 cans consomme
3 tbsp. tomato paste
1 tsp. Worcestershire sauce
1/4 tsp. salt
1/3 c. sherry
1 c. sliced black olives

Combine first seven ingredients. Shape into balls one inch diamond. Brown slowly in heated oil. Drain off excess fat. Stir flour into sour cream. Add consomme, tomato paste, Worcestershire sauce and salt. Pour over meat balls. Cover and cook slowly 10-15 minutes. Add sherry and olives and mix gently. Serve over rice. Makes 5-6 servings.

Sharon Cook

EASY SWISS STEAK

1 lb. steak (top round)
2 tbsp. flour
1 tsp. salt
1/2 tsp. pepper
3 tbsp. cooking oil
1 lb. can stewed tomatoes

1 carrot, diced
1 stalk celery, diced
1/4 c. chopped onion
1/4 c. chopped green
pepper
1 c. grated cheese
(optional)

Cut meat into serving pieces. In a paper sack combine flour, salt and pepper to mix. Shake meat to coat. Arrange meat in skillet and cook in oil, browning both sides. Arrange meat in bottom of baking dish. Add remaining flour mixture to oil; stir in stewed tomatoes, carrot, celery, onion and green pepper. Bring rapidly to boil and pour over meat. Bake covered at 375 degrees for 1 1/2 hours or until vegetables and meat are tender. Uncover. Top with grated cheese and bake 10 minutes longer or until cheese is melted.

Kathy Nixon

CHILI STEW

- | | |
|----------------------------------|-----------------------------------|
| 1 c. sliced onion | 1 1/2 tsp. salt |
| 1 clove garlic, sliced | 1/2 tsp. pepper |
| 2 medium green peppers,
diced | 1 tsp. celery salt |
| 4 tbsp. hot fat | 1/8 tsp. cayenne pepper |
| 1 lb. ground chuck | Dash marjoram |
| 3 small cans kidney beans | Dash thyme |
| 2 1/2 c. tomatoes | 1 tsp. to 1 tbsp. chili
powder |

Cook onion, garlic and green pepper in fat until soft. Push to one side of skillet. Add meat. Stir until brown and crumbly. Add vegetables and seasonings. Simmer 1/2 hour, stirring occasionally. Serves 6-8.

Sally Francy

SLOPPY JOES

- | | |
|----------------------------|--------------------------|
| 1 lb. ground beef | 1 tbsp. minced parsley |
| 1/2 c. catsup | 2 tbsp. brown sugar |
| 1 tsp. garlic | 1 tsp. Worcestershire |
| 1 medium onion, chopped | 1/2 tsp. black pepper |
| 1 1/2 tsp. chili powder | 1/2 tsp. oregano |
| 1 (8 oz.) can tomato sauce | 1 tbsp. prepared mustard |
| | 1/4 c. pickle relish |

Saute ground beef until crumbled. Add chopped onion. Cook until soft, drain off excess fat. Add remaining ingredients. Simmer over low heat 20 minutes, stirring frequently. Serve on bun (hamburger buns are perfect).

Kathy Nixon

VEAL CASSEROLE

2 lbs. veal, cut in pieces
1 onion, cut up

3 tbsp. shortening
1 can mushroom soup
Salt and pepper to taste

Toss veal in flour; set aside.

Cook onion in shortening. Add veal and brown. Put mixture in casserole and add mushroom soup diluted with can of water. Cook in oven 350 degrees 1 hour.

Yvonne P. Murphy

VEAL PAPRIKA

3/4 lb. thinly sliced veal
cutlet into strips
3/4 c. thinly sliced onion

1/4 c. butter
2 tsp. paprika
1 1/4 c. milk
1 1/3 c. cooked rice

Roll veal strips in flour. Season with salt and pepper. Saute onions in butter until tender and brown. Add veal and brown. Add paprika and then add milk gradually, stirring constantly. Turn heat down low and cook stirring until thickened. Simmer 2-3 minutes longer. Serve over rice.

Yvonne P. Murphy

PIGGY BANK PORK BAKE

4 oz. uncooked noodles
2 tbsp. shortening
2 c. cut up cooked pork
1 can cream of chicken
soup
1 (8 oz.) can whole corn

1 c. shredded Cheddar
cheese
1 medium green pepper,
chopped
1 (2 oz.) can sliced
pimientos

Heat oven to 375 degrees. Cook noodles. Brown meat in shortening; drain. Stir in noodles, soup, corn (with liquid), pimiento, cheese and green pepper. Bake uncovered 45 minutes.

Kathy Cook

BARBEQUED SPARERIBS

- | | |
|--|-----------------------------|
| 4 1/2 - 5 lbs. country-style spareribs | 1 tsp. Worcestershire sauce |
| 1 lemon, sliced thin (remove seeds) | 1 c. catsup |
| 1 large onion, chopped | 1 1/2 tsp. salt |
| 1/2 c. brown sugar | 1/4 tsp. pepper |
| | 2 c. water |

Place ribs in shallow roasting pan in one layer. Brown in oven at 450 degrees for 20 minutes. Place one thin slice of lemon on each piece and brown 10 minutes more. Combine all other ingredients and bring to boil. Pour over ribs. Continue baking at 350 degrees for 1 hour, basting every 15 minutes. Cover with foil and bake at 250 degrees until well done, basting now and then. Turn oven to 200 degrees until ready to eat.

Sally Francy

PORK CHOPS CACCIATORE

- | | |
|------------------------------|-----------------------------|
| 6 pork chops, 3/4 inch thick | 1 env. spaghetti sauce |
| 1/2 tsp. salt | 1 (16 oz.) can tomatoes |
| Dash pepper | 1 tbsp. brown sugar |
| Onion slices | 1 green pepper cut in rings |

Brown pork chops on both sides. Season with salt and pepper. Place in 11 x 7 x 1 1/2 inch baking dish. Top each chop with a thin slice of onion. Combine one envelope of spaghetti sauce mix, tomatoes and brown sugar. Pour over chops. Cover. Bake at 350 degrees for one hour. Uncover, top each chop with green pepper ring. Bake 15 minutes more. Serves 6.

Kathy Nixon

MORAVIAN PORK

- | | |
|-----------------------|---------------------|
| 2 lbs. pork cubes | 1 tsp. salt |
| 2 tbsp. oil | 1 tsp. paprika |
| 1 clove garlic | 1 tsp. caraway seed |
| 4 tbsp. chopped onion | 2 tsp. dill weed |
| 2 c. chicken consomme | 1 c. sour cream |

Brown meat in hot oil. Add onions and cook until wilted. Add all other ingredients except sour cream. Simmer, tightly covered, for 1 hour. Thicken if needed. Remove from heat and stir in sour cream. Serve over noodles.

Mrs. Harold T. Ray

SWEET AND SOUR PORK

1 - 1 1/2 lbs. pork

Marinade:

2 tsp. salt

4 tsp. soy sauce

Dash of white pepper

3 green onions, cut in 2
inch lengths (include
tops)

1 c. carrot, thin sliced
diagonal

4 tbsp. water

4 tbsp. cornstarch

Sweet and Sour Sauce:

1 c. water

2/3 c. each sugar and
vinegar

2 tbsp. cornstarch

2 tbsp. soy sauce

1 green pepper, cubed

1 can pineapple chunks
(drain)

2 tbsp. oil for stir frying

Slice pork thinly. Mix with coating (marinade). Let stand at least 20 minutes. Measure sauce ingredients. Stir fry pork until white; add carrots and water. Cover, cook 2 minutes. Remove. Make sweet and sour sauce in wok. Return pork to wok; add pineapple, bring to boil. Add green onions, pepper. Cook 1 minute or until bubbly. Serve over hot rice.

Bev Barmettler

HAM AND RICE

1/2 c. uncooked rice

1 tbsp. fat or shortening

1 1/2 tbsp. finely chopped
onion, fresh or dried

1 can (10 1/2 oz.)
condensed consomme
soup

1/2 c. water

1 tsp. salt

1 tsp. onion and garlic salt

2 (1/4 inch) slices ham

1 tsp. prepared mustard

Slowly brown uncooked rice in skillet using fat or shortening. Add onion and cook until tender. Add consomme, water and seasonings. Cover and steam for 20 minutes. Watch that all water does not steam away. Spread one ham slice with mustard (optional) (we like it without). Alternate layers of rice, ham and rice in a casserole or roasting pan and cover and bake at 350 degrees for 1 1/2 hours. Serves 6. Good with brussel sprouts and green salad.

Betty Dever

COMPANY CHICKEN

In a large casserole place cut up chicken parts and peeled onions, carrots and potatoes.

1 can cream of mushroom
soup
1 c. yogurt

1/2 c. cooking sherry
1 (13 oz.) can mushrooms

Add to above. Sprinkle with paprika and bake 350 degrees 1 1/2 hours.

Jody Hood

CHICKEN ARTICHOKE BAKE

1 frying chicken
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. paprika
6 tsp. butter
1/4 lb. mushrooms
(button)
1 (#303) artichoke hearts
(waterpack)

2 tbsp. flour
2 chicken bouillon cubes
dissolved in 2/3 c. hot
water
3 tsp. sherry
1/4 tsp. dried rosemary (1
tsp. fresh)

Cut chicken in serving pieces and rub with paprika, salt and pepper. Brown in 4 tbsp. butter. Place in casserole dish. Add remaining butter to drippings and saute mushrooms. Sprinkle flour over mushrooms, stir in sherry, rosemary and bouillon. Cook to blend and thicken slightly. Arrange artichoke between chicken pieces. Pour mushroom sauce over all. Cover. Bake 45 minutes at 375 degrees. Serve with cooked rice. Serves 6.

Maryetta Stebbins

CHICKEN FANTASTIC

12 chicken breasts, skinned
1 env. Lipton Dry Onion
Soup

1 (8 oz.) bottle Russian
salad dressing
1 (8 oz.) jar apricot jam

Mix above ingredients together and pour over chicken. Cover and bake one hour at 350 degrees.

Mrs. Harold T. Ray

COOK IT RAW CHICKEN RICE CASSEROLE

1 can cream of mushroom
soup
1 can cream of chicken
soup
1 can cream of celery soup

1 1/4 c. raw rice
1 can sliced mushrooms, 4
oz.
4 1/2 lb. fryer chicken

Mix soups, rice and mushrooms together in large casserole. Cover with raw chicken pieces. Pat with butter or margarine. Sprinkle with paprika. Bake uncovered at 300 degrees for 2 hours.

Sharon Cook

EASY CHICKEN

Chicken breasts
Oregano
Salt and pepper

Carrots
Potatoes

Take 1 boneless, skinless chicken breast together with 1-2 carrots, sliced 1-2 potatoes peeled and sliced. Wrap all together in tin foil after sprinkling with salt, pepper and oregano (to taste). After wrapping all together in foil, bake at 350 degrees or on a BBQ until done.

So easy - So good! No mess!

Robin A. Barber

EASY CHICKEN ENCHILADAS

- | | |
|-----------------------------|---------------------------|
| 2 tbsp. butter | 2 c. diced cooked chicken |
| 2 cans sliced olives | Salt and pepper |
| 1 can cream of chicken soup | Chili powder to taste |
| 1 c. sour cream | 1 pkg. flour tortillas |
| | Grated cheese |

Melt butter in saucepan. Add 1 can olives, soup, salt, pepper, chili; heat. Add sour cream and chicken; heat slowly.

Butter baking dish. Roll mixture in tortilla. Lay in dish (extra sauce can go on top). Grate cheese over all. Spread olive over.

Bev Barmettler

CHICKEN ENCHILADA

- | | |
|-------------------------------|---------------------------|
| 2 chickens (cooked and boned) | Green onions (chopped) |
| 1 pt. sour cream | Fresh mushrooms (chopped) |
| 1 can chicken soup | Jack cheese (grated) |
| 8 oz. diced Ortega peppers | Flour tortillas |

Mix together sour cream and chicken pieces. Chop onions, mushrooms, Ortega peppers. Chicken soup (can use other cream soups) in crock pot. Layer: tortilla, chicken mix, cheese. End with cheese on top. Heat through. Serve with salsa sauce.

Fern Bowser

SHIRLEE'S ENCHILADA CASSEROLE

- | | |
|------------------------------|---|
| 1 1/2 lbs. ground chuck | 1 can cream of chicken soup |
| 1 onion | 1 can (6 oz.) pitted olives |
| 1 c. canned enchilada sauce | 1 can milk |
| 1 (4 oz.) can diced chiles | 12 tortillas |
| 1 can cream of mushroom soup | 1 to 2 c. sharp cheese, grated or Monterey cheese |

Brown meat and onion in skillet. (Don't season.) Mix all ingredients except tortillas and cheese. Alternate mixture and tortillas in 13x9 pan. Sprinkle with cheese. Cover and bake in 350 degree oven for 1 to 1 1/2 hours. Uncover last 10 minutes. (Tear tortillas in pieces. It will look like it won't mix in but it does.)

Shirlee Samuel

CHICKEN TORTILLA

- | | |
|--|---|
| 1 chicken, boil and cut
into bite size pieces | 1 small can California
green chiles, diced |
| 1 can cream of chicken
soup | 3/4 lb. Monterey Jack
cheese, shredded |
| 1 can cream of mushroom
soup | 6 corn tortillas, broken
into pieces |
| 1 c. sour cream | |

Combine soups and sour cream. Layer: 1/2 soup mixture, 1/2 tortilla pieces, 1/2 chiles, 1/2 chicken, 1/2 cheese. Repeat layers. Bake uncovered 45 minutes at 350 degrees.

Maryetta Stebbins

TURKEY CHOW MEIN

- | | |
|-----------------------------------|---|
| 2 c. or more turkey or
chicken | 2 c. chicken broth or 2
cubes bouillon |
| 2 tbsp. butter or
margarine | *1 (#2) can mixed Chinese
vegetables |
| 2 c. celery, sliced thin | 4 oz. can mushrooms |
| 1 1/2 c. sliced onion | 2 tsp. cornstarch |
| 1/8 tsp. pepper | 3 tbsp. soy sauce |

Brown turkey in butter. Add celery, onion, pepper, chicken broth until tender. Add Chinese vegetables and mushrooms. Cook until warm. Mix cornstarch and soy sauce together and add to mixture and simmer. Serve on rice or Chinese noodles.

*I use one can of water chestnuts, sliced and one can of bamboo shoots for the #2 can of Chinese vegetables. Can also add bean sprouts.

Kathy Nixon

BREAKFAST PIZZA

- | | |
|---|--------------------------|
| 1/2 lb. sausage (regular or Italian or combination) | Black olives, sliced |
| 1 pkg. crescent rolls | Green onions, chopped |
| 1 c. frozen hash browns, thawed | 4 eggs |
| 1 c. sharp Cheddar cheese, shredded | 1/2 c. milk |
| Pepperoni (optional) | Salt and pepper to taste |
| | Parmesan cheese |
| | 12 inch pizza pan |

Precook sausage. Spread crescent rolls on pizza pan with points toward center. Press together to fill in any gaps. Layer sausage, hash browns, onions, cheese, olives and pepperoni (if used). Mix eggs, milk, salt and pepper. Pour over pizza. Sprinkle with Parmesan cheese. Bake 25-30 minutes at 375 degrees. Serve with sour cream and salsa.

Maryetta Stebbins

AMERICAN CHOP SUEY

- | | |
|--|-----------------------------|
| 2 lbs. round steak or lean pieces of shoulder beef coarse ground | 2 green peppers |
| 3/4 c. raw rice | Soy sauce, one small bottle |
| 2 heads celery (medium) | 2 onions |
| 1/2 lb. noodles, medium width | 2 cans tomato sauce, 8 oz. |

Cut all 3 vegetables fine and let stand in cold water with ice cubes in it for at least 3 hours before time to cook (or night before). Drain well in colander for several minutes, then fry until well cooked. It takes a while before water begins to evaporate. Stir often on a slow heat. Use 1/2 cup bacon grease to cook vegetables in. Do not salt vegetables. Fry meat in separate container. While vegetables are cooking salt and pepper meat to taste. Fry in bacon grease. Also boil rice in salt water until just tender (no longer) a wee bit hard in center. Drain in colander and let cold water run on it until well blanched. Boil noodles and blanch as did with rice. Drain and let stand. Combine vegetables, rice and noodles. Then add soy sauce and tomato sauce. Stir in large heavy kettle until it gets red hot. Then, if not salty enough, add salt to taste. If you wish bean sprouts may be substituted for rice.

Viola Duley

BAR B QUE BEANS

- | | |
|-------------------------------------|------------------------------|
| 1 lb. ground beef | 1/2 c. catsup |
| 1/2 c. chopped onion | 1 tbsp. Worcestershire sauce |
| 1/2 tsp. salt | 2 tbsp. vinegar |
| 1 (1 lb. 12 oz.) can pork and beans | 1/4 tsp. Tabasco sauce |

Brown meat and onion. Pour off fat and add remaining ingredients. Mix well and pour into a 1 quart casserole dish and bake at 350 degrees for 30 minutes.

Excellent dish to take for a pot luck. Can be doubled in size. Reheats very well.

Betty Dever

CALICO BEANS

- | | |
|--------------------|--------------------|
| 1/2 c. ketchup | 4 tsp. vinegar |
| 2 tsp. dry mustard | 3/4 c. brown sugar |

Dice one large onion and 1/2 lb. bacon and saute until tender. Add 1 lb. hamburger and brown.

Mix one can of red kidney beans, one can of peas and one can of lima beans. Add ingredients at top and bake 350 degrees for one hour.

Jody Hood

BONNIE'S ENCHILADA CREPES

Crepes:

- | | |
|---------------|---------------|
| 1 c. cornmeal | 2 eggs |
| 1/2 c. flour | 2 tbsp. oil |
| 2 c. milk | 1/2 tsp. salt |

Enchilada mixture:

- | | |
|----------------------------------|-----------------------|
| 1 1/2 lbs. hamburger | 1/2 tsp. chili powder |
| 1/2 c. onion | 1 tsp. salt |
| 2 cans (10 1/2 oz.) jalapeno dip | 1 tsp. pepper |

Sauce:

3 tbsp. flour
1/2 tsp. salt
1/4 tsp. chili powder
1/4 tsp. paprika
1 1/2 c. milk

1-2 tsp. hot pepper sauce
1-2 c. shredded Cheddar
cheese
1 can sliced olives

Crepes: Beat with egg beater. Grease pan lightly with butter.
When hot brown one side only.

Brown hamburger and onion.

Heat beans and seasoning with hamburger.

Roll in crepes. Place seam side down in greased casserole dish.

Sauce: Bring all sauce ingredients to a boil. Remove from heat.
Stir in cheese and olives. Pour over enchiladas. Put in 375 degree
oven for 15-30 minutes until done.

Terri Lee Bennett

CHILI RELLENOS

Sauce:

1 can whole tomatoes
1 or 2 chopped onions
1 clove chopped garlic
1 chopped whole green
chili

Some chopped green
pepper
Oregano, salt, pepper (to
taste)

Cut up tomatoes. Put in pot with juice from can. Add all other
ingredients; bring to boil, then simmer while preparing chilis.

Chilis:

2 cans whole Ortega chilis
8 eggs
2 tbsp. flour

4 tbsp. water
Monterey Jack
cheese/sharp Cheddar
Cooking oil

Clean chilis by opening them carefully and under cold water -
clean out all the seeds. Grate Monterey Jack and Cheddar cheese
together. Mix cheese thoroughly. Drain the chilis then stuff with the
cheese. Then separate 4 eggs (whites and yolks). Beat whites until
stiff. In separate bowl mix yolks with 2 tbsp. water and 1 tbsp. flour.
Then carefully fold yolk into whites.

Lay a spoonful of batter in the shape of a chili on the hot oil in a frying pan. Lay on top a stuffed chili and then spoon batter over it. Cook until brown, then turn over and brown other side. After taken out of pan cover with sauce. After 3 or 4 chilis are in glass casserole make more batter. Sprinkle leftover cheese over all. Heat in oven until dinner time covered in foil. Serve with sauce poured over all.

Jean Armer

CHILI RELLENO CASSEROLE

- | | |
|----------------------------|---------------|
| 1 can (7 oz.) green chilis | 3 c. milk |
| 1 lb. Monterey Jack | 1 c. Bisquick |
| cheese, grated | 3 eggs |
| | 1 tsp. salt |

Put chilis in greased pyrex dish (approximately 7x11). Cover with cheese. Mix remaining ingredients thoroughly in blender and pour over chilis and cheese. Cook at 350 degrees for 45 minutes.

Phil Young

CHILI RELLENO CASSEROLE

- | | |
|----------------------------|----------------------|
| 2 (7 oz.) cans whole green | 1/2 c. canned milk |
| chilies | 1/2 tsp. dry mustard |
| 2 lbs. Monterey Jack | 1 tsp. salt |
| cheese | 1 tsp. pepper |
| 4 eggs slightly beaten | |

Rinse and seed chilies. Drain on paper towel. Line bottom of 11x9 baking dish with half the chilies. Spread half the cheese on chilies. Repeat.

Pour mixture of egg, canned milk and seasonings over chilies and cheese.

Bake at 350 degrees for 30-35 minutes.

Joan Webb

CHUGWATER CHILI

Brown 2 lbs. hamburger. Drain excess fat. Add 3 tbsp. chugwater chili mix, one 15 oz. can tomato sauce and one 15 oz. can water (preferably chugwater). Bring to boil. Reduce heat; cover and simmer 30 minutes. Stir occasionally. Add 1 or 2 one lb. cans plain pinto beans, 1 (15 oz.) can stewed tomatoes and bring back to a simmer. If you like hotter chili add more spice. Makes 6 - 12 oz. servings. Serve with diced onions and shredded cheese.

Can purchase chugwater chili spice from:

Chugwater Chili Corp.

P. O. Box 92

Chugwater, Wyoming 82210

Bev Barmettler

CRUSTLESS CRAB QUICHE

- | | |
|-----------------------------------|----------------------------|
| 6 oz. crab meat | 1/4 c. flour |
| 1/2 lb. mushrooms, sliced | 1 tsp. onion powder |
| 2 tbsp. butter | 1/4 tsp. salt |
| 4 eggs | 4 drops Tabasco |
| 1 c. sour cream | 2 c. Monterey Jack cheese, |
| 1 c. small curd cottage
cheese | grated |
| 1 c. Parmesan cheese,
grated | 1 (10 inch) quiche pan |

Saute mushrooms in butter until tender. Mix eggs, sour cream, cottage cheese, Parmesan, flour, onion powder, salt and Tabasco in blender. Fold in mushrooms, Jack cheese and crab. Pour into 10 inch quiche pan. Bake at 350 degrees for 45 minutes or until top is golden and center done. Let stand 5 minutes. Cut and serve.

*Any fish or assortment of veggies may be substituted for crab.

Mrs. Harold T. Ray

LIPTON MEAT LOAF

1 env. onion soup mix
2 eggs slightly beaten
1/4 c. catsup
3/4 c. warm water

1 1/2 c. soft bread crumbs
2 lbs. ground beef

Preheat oven to 375 degrees. Combine soup mix, beaten eggs, catsup and water. Add bread crumbs and meat. Mix well and put in loaf pan. Bake one hour. Serves 4.

Barbara Duley

ROBIN'S MEAT LOAF

1 to 1 1/2 lbs. hamburger
1 can stewed tomatoes
2 to 3 slices bread,
crumbled

Onion and garlic to taste
Bacon strips
1/8 tsp. baking powder

Mix all ingredients into foil baking pan and cover with foil. Bake in BBQ until done. Easy to take camping and very tasty.

Robin Barber

MONTEREY CASSEROLE

1 c. rice, cooked
1 (7 oz.) can green chilis
3 medium zucchini,
parboiled, sliced 1/4 inch
1 large tomato, sliced
1 lb. Monterey Jack cheese

2 c. sour cream
1 tsp. oregano
1 tsp. garlic salt
2 tbsp. green pepper,
chopped
2 tbsp. green onion,
chopped
1 tbsp. parsley, chopped

Place rice in buttered casserole dish. Cover with slit chilis and some of the cheese, which has been sliced in strips, then the zucchini and tomato slices. Mix sour cream with the spices and pour over all. Grate the remaining cheese and place on top of mixture.

Bake at 350 degrees for 30 minutes. Serves 6-8.

Betty Young

SHRIMP CASSEROLE

- | | |
|---|-----------------------------------|
| 1 pkg. cooked frozen artichokes | 4 1/2 tbsp. flour |
| 1 lb. cleaned and cooked shrimp | 3/4 c. milk |
| 1/4 lb. sliced mushrooms, sauteed in butter | 3/4 c. heavy cream |
| Parmesan cheese | 1 1/2 tbsp. dry sherry |
| 4 1/2 tbsp. butter | 1 tbsp. Worcestershire sauce |
| | Paprika, salt and pepper to taste |

Place artichokes in bottom on buttered shallow baking dish, then shrimp and mushrooms. Make white sauce. Pour sauce over ingredients. Sprinkle liberally with Parmesan cheese. Bake at 350 degrees for 30 minutes. Serves 4-6.

Brenda Davis

HAMBURGER PIE

- | | |
|--|---|
| 1 lb. hamburger | *5 medium potatoes, cooked |
| 1/2 c. chopped onion | 1/2 c. warm milk |
| 1/2 tsp. salt | 1 beaten egg |
| Dash of pepper | 2 oz. shredded American cheese (1/2 c.), optional |
| 1 (16 oz.) can green beans, drained | |
| 1 can condensed (10 3/4 oz.) tomato soup | |

Cook meat and onion until meat is lightly brown and onion is tender. Add salt and pepper. Add drained beans and soup. Pour into greased 1 1/2 quart casserole. Mash potatoes while hot. Add milk and egg. Season with salt and pepper. Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake in moderate oven, 350 degrees, for 25-30 minutes. Makes 4 to 6 servings.

*I use instant potatoes and make 4 servings according to package. Use more if you like lots of mashed potatoes (we do).

Kathy Nixon

GOULASH

- | | |
|--------------------------|--------------------------|
| 1 lb. ground meat | 2 cloves garlic, chopped |
| 1 chopped onion | 1/4 tsp. chili pepper |
| 1/2 chopped green pepper | Salt and pepper to taste |

Fry in fat until brown and add:

- | | |
|--|----------------------------|
| 1 can tomatoes, 29 oz. | 1/2 c. macaroni, elbow (or |
| 1 can tomato juice, 46 oz.
(or add enough until
juice to your taste) | your choice), cooked |

Only takes about 1/2 hour to complete. Don't over cook macaroni.

Viola Duley

OVEN CHEESE FONDUE

- | | |
|----------------------------------|----------------------------|
| 10 slices white bread | 1 tsp. salt |
| 6 eggs | 2 c. shredded sharp cheese |
| 3 c. milk | 3 tbsp. fine chop onion |
| 2 tbsp. snipped fresh
parsley | |
| 1 tsp. dry mustard | |

Variations:

- | | |
|-------------------------|--------------|
| 2 c. fine chopped bacon | 2 c. crab |
| 2 c. shrimp | 2 c. sausage |

Bake at 325 for one hour.

Remove crusts and cut into cubes. Beat eggs, milk and seasonings well. Stir in bread, cheese, onion and meat or fish - pour into ungreased 11x7 baking dish uncovered. Bake 1 hour or until center is set. May be made day before - refrigerate. Best served right from oven.

Rita Cole

STUFFED GRAPE LEAVES

(Appetizer if made smaller)

- | | |
|-------------------------|--------------------------|
| 1 1/2 lbs. ground chuck | 1/2 tsp. pepper |
| 1 jar of grape leaves | 1 tsp. salt |
| 1/2 c. raw rice | 1/2 c. water with melted |
| 1 small onion chopped | bouillon cube |
| 1/4 can tomato sauce | 1/2 c. water |
| (4 oz.) | |

Mix all ingredients together (including water). Lay grape leaves wrong side up, remove stems. Form balls of meat mixture and place in center of leaf, start from stem end, roll, tuck under ends before finishing roll. Butter pan - put stuffed leaves in pan, dot with butter. Add fresh water to bottom of pan (do not completely cover them in water). Put heavy plate over balls, place lid. Simmer for 1 hour.

Jackie Mehus

EASY TAMALES PIE

Cook together.

- | | |
|-----------------------------|-----------------------|
| 1 lb. lean hamburger | 1 large onion |
| 1 large can tomatoes | 1 can chopped olives, |
| 1 can tomato sauce | drained |
| 1 can whole corn, not | 1 tsp. salt |
| drained | 1 c. cornmeal |
| 1 can whole olives, drained | |

Mix all together. Bake at 350 degrees for 45 minutes.

Emma McCrary

SHRIMP TU-KIN-DI

1 lb. shrimp
1/4 cube butter
6 tbsp. olive oil
2 cloves garlic
1 tsp. horseradish
1 pinch curry

3 tbsp. cocktail sauce
Juice of 1/2 lemon
1/4 c. white wine
1 small onion (chopped)
1 Ortega chili (diced)
1 pinch white pepper

Saute butter, oil and garlic for 3 minutes. Spoon out garlic. Add all ingredients except shrimp. Simmer 5 minutes. Add 1/4 cup more wine plus shrimp. Cover, cook 5 minutes. Stir once or twice. Serve over white rice.

Wally Hardie

ZUCCHINI CASSEROLE

3 c. sliced zucchini

Cook 5 minutes, then mix with the following:

1 can mushroom soup
1 c. grated cheese
1 tbsp. grated onion
1 c. mayonnaise

2 eggs beaten
12-14 Ritz crackers,
crushed

14 crushed Ritz crackers, sprinkle over top

Bake at 400 degrees for 1/2 hour.

Carol Barnes

CRAB AND ARTICHOKE CASSEROLE

3 tbsp. flour
3 tbsp. butter (melted)
1 c. milk
1/2 c. chicken broth or
white wine
1/2 c. shredded sharp
Cheddar or Swiss cheese
2 tbsp. Worcestershire

2 (9 oz.) pkgs. frozen
artichoke hearts, cooked
and drained
4 hard boiled eggs
3/4 lb. crab or imitation
crab meat
2 tbsp. Parmesan cheese

Mix flour with melted butter in saucepan and gradually stir in 1 cup milk. Cook until thickened, stirring constantly. Slowly blend in wine or broth. Add cheese and Worcestershire; cook until cheese melts.

Spoon 1/3 of sauce in bottom of 1 1/2 quart casserole. Alternate layers of cooked and drained artichoke hearts, eggs and crab meat. Make middle layer with 1/3 of the sauce and the remaining sauce put on top of the casserole. Sprinkle with Parmesan cheese.

At this point casserole may be refrigerated until ready to bake. Bake uncovered in 350 degree oven for 30 minutes.

4-5 servings.

Nancy Clement

SPAGHETTI SAUCE

1 lb. ground meat	2 cloves garlic, chopped
1 chopped onion	1/4 tsp. chili pepper
1/2 chopped green pepper	Salt and pepper to taste

Fry in fat until brown and add:

1 can tomatoes, 29 oz.	1 tomato paste, 6 oz.
1 can tomato sauce, 8 oz.	1 bay leaf

Cook about 5 to 6 hours. Add water when it gets too thick.

Viola Duley

SHRIMP SPAGHETTI

Vermicelli	1/8 tsp. pepper
1/2 lb. unshelled raw shrimp	1/2 tsp. salt
1/4 c. olive oil	1 1/2 tsp. basil leaves
1/2 c. chopped onion	1/4 c. chopped fresh parsley
2 cloves garlic, crushed	1/4 c. melted butter
1 (1 lb.) can stew tomatoes, undrained	1/2 c. pitted olives
	Parmesan cheese

Rinse shrimp, remove shells and devein. Using a small knife, split each shrimp in half down the back. In hot oil in medium skillet, over medium heat, saute onion, garlic and shrimp. Stirring until onion is golden and shrimp turns pink - about five minutes. Remove shrimp and set aside.

Add tomatoes, crushing with fork. Add pepper, salt, basil and bring to a boil - simmer uncovered for 10 minutes. Add shrimp.

Pour shrimp mixture, parsley and margarine over cooked vermicelli. Toss until coated. Turn onto platter. Garnish with olives, serve with cheese.

Rita Cole

DOWN EAST SUPPER

8 oz. pkg. sausage
2 tbsp. fat
1 tbsp. brown sugar
2 tbsp. chopped green
pepper

2 (16 oz.) cans pork and
beans
1/2 c. chopped celery
1 tbsp. chopped onions

I add 1/2 tsp. chili powder and 2 tbsp. vinegar.

Brown sausage. Use fat to saute onions and pepper. Add beans, brown sugar, celery, chili powder and vinegar and place in casserole.

Put sausage on top and bake until brown, 350 degrees, about 30 minutes.

This is a family favorite. If available I use bulk sausage and make patties.

Faye Darrington

KIDNEY BEAN CASSEROLE

1 lb. ground beef (I use 2
lbs.)
3 tbsp. salad or olive oil
1 medium onion, chopped
1 green pepper, chopped
1 can (7 1/2 oz.) Italian
mushroom sauce

2 cans tomato sauce (small)
1 tsp. pepper
1 tsp. salt
1 can (6 oz.) mushrooms
2 cans (6 oz.) kidney beans
1 clove garlic, chopped
1 can pimentos (jar)

Brown meat in oil until crumbly, adding chopped onion and green pepper when meat is partially cooked. Stir in mushroom sauce and tomato sauce. Rinse out cans with a little water. Cover and simmer for 30 minutes or until sauce thickens slightly. Add salt and pepper. Stir in mushrooms with liquid and drained kidney beans. Add garlic powder and pimentos. Bake in 325 degree oven for 45 minutes or 1 hour. Can be prepared ahead of time and baked when needed.

Kathy Nixon

DIEGO DINNER

1 lb. ground beef
1 onion diced

1 can Niblets corn vacuum
pack, 12 oz.
1 can spaghetti, 16 oz.

Brown ground beef and onion. Drain then add corn and spaghetti. Simmer and serve.

Bert Wilson

ZUCCHINI PIZZA PIE

4 c. zucchini (grated)
1 c. grated Mozzarella
1 c. grated Jack cheese
2 eggs, slightly beaten
1 lb. hamburger
1/4 tsp. salt

1/4 tsp. garlic salt
1 medium onion, chopped
1 can (8 oz.) tomato sauce
1/4 lb. sliced mushrooms
1/3 c. Parmesan cheese

Squeeze out any moisture in zucchini. Mix zucchini with 1/2 cup each of Mozzarella and Jack cheese and eggs. Press mixture into greased 9x13 pan. Bake 400 degrees for 10 minutes. Cook beef until crumbly. Add salt and garlic salt and onion and cook until limp. Discard fat. Stir in tomato sauce, spoon over zucchini. Arrange mushrooms on top. Sprinkle with rest of Mozzarella, Jack and Parmesan. Bake in oven, 400 degrees, for 30 minutes.

Kathy Nixon

PEPPER STEAK

1 lb. round steak, cut in
strips
2 medium green peppers,
cut in strips
2 medium tomatoes,
chopped in large pieces

3 tbsp. soy sauce
1 1/2 tbsp. sugar
3 c. cooked rice

Make a marinade by combining soy sauce and sugar. Marinate beef strips several hours or overnight in refrigerator. When ready to eat, brown beef in small amount of cooking oil until browned. Remove from pan. Saute green peppers quickly until bright but still crunchy, stirring constantly. Add tomatoes and return beef and marinade to pan. Heat thoroughly. Serve over hot cooked rice.

Kathy Nixon

CRUNCHY TUNA CASSEROLE

- | | |
|---------------------------------|---------------------------------------|
| 1 (6 1/2 oz.) can tuna | 1/4 c. bread crumbs |
| 1 1/2 c. frozen peas,
thawed | 3 tbsp. melted butter or
margarine |
| 1 can cream of mushroom
soup | 1 small pkg. potato chips,
crushed |
| 1 c. cooked noodles | |

Combine tuna, peas, soup and noodles. Spoon into a greased baking dish. Moisten bread crumbs with melted butter; sprinkle over casserole. Top with crushed potato chips. Bake at 375 degrees for 35 minutes or until bubbly hot.

Viola Duley

CRAB MEAT AU GRATIN

- | | |
|--------------------------------------|---------------------------------|
| 2 cans white sauce (Aunt
Penny's) | 1 tbsp. parsley, chopped |
| 1 jar Cheez Spread | Green onions (1 small
bunch) |
| Lea & Perrins Sauce | Large clove garlic |
| Tabasco sauce | 1/2 lb. mushrooms |
| 1 tsp. powdered mustard | 1 lb. crab meat |
| 1 tsp. horseradish | 3 shrimp (large) per person |
| 1/2 c. seasoned bread
crumbs | 1/2 c. grated cheese |
| Salt and pepper to taste | White wine |

Blend and heat first 6 ingredients and seasonings. Saute onions, garlic and mushrooms in butter and wine. Mix together. Stir in cooked crab and shrimp. Grease individual au gratin dishes. Place equal amounts in dishes. Top with cheese and bread crumbs. Bake at 350 degrees until bubbly and brown.

Serves 4-6 (depending on size of dishes).

Terri Lee Bennett

QUICK TACO SALAD

- | | |
|---|-------------------------------------|
| 1/4 lb. ground beef | 1 green pepper, coarsely
chopped |
| 1 can kidney beans, rinsed
and drained | 1 tomato, chopped |
| 1/4 c. onions, chopped | 1 c. shredded cheese |
| 1/2 head lettuce, shredded | 2 c. corn chips |

In small skillet, brown ground beef. Stir in beans and heat through. In individual serving bowls, place 1 cup each of corn chips. Spoon 1/2 ground beef-bean mixture in each bowl. Top each with 1/2 onion, 1/2 the lettuce, 1/2 green pepper, half the tomato, 1/2 the cheese. Serve with catsup or taco sauce or salsa.

Marie Janis

BEEF NACHOS

1/2 lb. ground beef	1 large tomato, chopped
1/2 c. minced onion	1 c. sliced black olives
1 c. refried beans	1 pkg. nacho flavored
1 tsp. salt	chips
1/4 tsp. pepper	1 1/2 c. grated cheese
1 1/2 c. tomato sauce	
4 tbsp. chopped jalapeno	
peppers	

Brown ground beef and onion until meat is cooked and onion is tender. Spoon off excess fat and stir in refried beans, salt, pepper, tomato sauce and pepper. Heat through. Arrange generous serving of corn chips on each plate. Spoon beef-bean mixture on chips. Sprinkle tomato and olives. Top with cheese. Place under broiler until cheese melts, about 3 minutes. Serve immediately.

Marie Janis

**** EXTRA RECIPES ****

Soups & Salads



SUPER SOUPS & SCRUMPTIOUS SALADS

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

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

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

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

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

Always shake on oil and vinegar dressing just before using.

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

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

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

Season with seeds to add flavors:

Caraway: Tangy and slightly sweet

Cardamon: Spicy

Celery: Strong, use sparingly

Cumin: Slightly bitter

Dill: Pungent and strong in flavor

Fennel: Licorice flavor

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

Sesame: Sweet, nutty flavor

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

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



AUTUMN SOUP

1 lb. ground hamburger

1 c. grated onion

Brown. Add:

4 c. hot water

1/2 tsp. black pepper

1 c. celery, sliced

1 bouillon cube

1 c. potato, grated

1/2 tsp. basil

1 c. carrots, sliced

2 bay leaves

2 tsp. salt

Simmer 30 minutes.

Add 6 peeled tomatoes or 1 can tomatoes. Cook 5 minutes.

Kathy Nixon

CAN CAN SOUP

1 can (16 oz.) chili

1 can (16 oz.) or 1/2 pkg.

1 can (16 oz.) corn

(16 oz.) frozen okra

1 can (16 oz.) tomatoes

Mix together. Heat and eat! Super easy and very filling for a ride (especially in cold weather). Don't be afraid of the okra - it's good. But you could substitute (or add) lima beans or whatever.

Betty Young

NEW ENGLAND CLAM CHOWDER

(6-8 servings)

4-5 (6 1/2 oz.) cans

chopped clams

3 tbsp. all-purpose flour

6-8 slices bacon, cut up

1/2 tsp. Worcestershire
sauce

4 medium potatoes, peeled
and diced

2-3 tbsp. butter

1 medium onion (about
1 c.), chopped

3/4 tsp. salt

2 1/2 c. milk

Dash pepper

1 c. half and half (light
cream)

*1-2 tsp. garlic powder,
optional

Drain clams, saving liquid. Add water to liquid to measure 2 cups liquid; set aside. In a large saucepan fry bacon until crisp; remove bacon, set aside. Add reserved liquid, potatoes and onion to fat in saucepan. Cover and cook until potatoes are tender, about 15 minutes. Stir in clams, 2 cups milk and the light cream. Blend remaining 1/2 cup milk into flour; stir into chowder. Cook and stir over medium heat until bubbly. Cook 1 minute more. Add remaining ingredients, saving some bacon to sprinkle on top when serving.

*Can also use fresh garlic, 2-3 cloves minced, add when cooking potatoes and onions.

Brenda Davis

POTATO LEEK SOUP

(6-8 servings)

8 c. chicken broth
Salt to taste
6 medium potatoes, peeled
and diced
6 celery stalks, cut into 1
inch pieces
3 medium leeks (including
2/3 of green part),
trimmed well, washed
and cut into 1 inch
pieces

2 tbsp. (1/4 stick) butter
1 c. sour cream
Chopped fresh chives
(optional garnish)

Combine broth with salt to taste in 3-4 quart saucepan over medium high heat. Add potato, celery and leek. Reduce heat to medium. Cover and cook until vegetables are tender, about 20 minutes. Puree vegetables in batches with some liquid in processor or blender. Return puree to saucepan blending well. Place over medium heat. Add butter until melted. Ladle into bowls. Top each with some sour cream and chives. Serve immediately.

Brenda Davis

ZUCCHINI BISQUE

5 medium zucchini (about
1 1/4 lbs.)
1/4 c. butter
1 medium yellow onion,
chopped
3 1/2 c. regular strength
chicken broth

1/2 c. half and half (light
cream)
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. nutmeg

Wash zucchini, trim off ends, cut into thin slices. Heat butter in Dutch oven. Add zucchini and onion and saute until limp but not brown, about 5 minutes. Add chicken broth, cover and simmer about 15 minutes or until vegetables are tender.

Pour a small amount at a time into a blender and whirl until smooth. Add half and half, salt, pepper and nutmeg. Serve hot or chilled. Serves 6 to 8.

Jackie Mehus

CEASAR SALAD

Juice from 1/2 lemon
1 egg yolk
1/2 tsp. ground anchovies
1/2 tsp. garlic
1/8 tsp. dry mustard
10 drops Worcestershire

1/8 c. red wine vinegar
1/2 c. garlic oil
3/4 c. freshly grated
Parmesan
1 large head of romaine
Freshly ground pepper
Garlic croutons

In medium bowl, whisk together first eight ingredients. Tear romaine leaves into large bowl. Toss with dressing, fresh cheese and lots of pepper. Add croutons and serve immediately.

Denise A. Stark

CABBAGE SALAD

1/2 small head cabbage, red

Shred fine.

1/2 c. oil

1/2 c. plus 2 tbsp. red
vinegar

3 tbsp. sugar

2 tsp. salt

1/2 tsp. season salt

1/4 tsp. pepper

1/4 tsp. onion powder

Mix and heat up. Mix by hand into cabbage. Lasts for week.

Sonya Dinsley

CRUNCHY CABBAGE SALAD

1 small head green cabbage,
shredded

1/2 small red cabbage,
shredded

4 green onions, chopped

2 tbsp. sesame seeds,
toasted

1/2 c. slivered almonds,
toasted

1 pkg. chicken flavored
Top Ramon noodles
(coarsely crush noodles)

Dressing:

1/2 c. olive oil (may use
half and half sesame oil)

3 tbsp. white vinegar

1/2 tsp. salt

1/4 tsp. pepper

1 tbsp. sugar

1 pkg. soup flavoring (out
of Top Ramon noodle
pkg.)

Combine and shake well. Mix with salad ingredients just before serving.

Maryetta Stebbins

CRANBERRY SALAD

- | | |
|--------------------|-------------------------|
| 1 c. boiling water | 1 orange, whole |
| 1 box red Jello | 1/2 lb. raw cranberries |
| 1 whole apple | 1 c. sugar |

Dissolve Jello in 1 cup of boiling water and set aside to cool.
Grind apple, orange and cranberries. Add sugar and let stand until sugar is dissolved.

Combine the two mixtures. Pour into mold that has been rinsed with cold water. Refrigerate to set.

Jody Hood

JANE'S SALAD

Mix:

- | | |
|--|---|
| 1 pkg. miniature marshmallows | 1 medium can crushed pineapple, drained |
| 1 small whipping cream (whipped) (can use Cool Whip) | Maraschino cherries to taste, cut in half |
| | Cabbage to taste, grated |

Refrigerate. Keeps well.

Jane Basler

LEMON JACK SALAD

- | | |
|--------------------------|----------------------------------|
| 1 large pkg. lemon Jello | 1 can crushed pineapple, drained |
| 3 bananas, sliced | 1 c. miniature marshmallows |
| 1 c. pineapple juice | 1 egg |
| 2 tbsp. cornstarch | 1/2 c. sugar |
| 1 c. sour cream | 1 c. Jack cheese, grated |

Dissolve Jello according to package directions. Add pineapple, bananas and marshmallows. Let set until firm.

Topping: In saucepan put pineapple juice (add water to make 1 cup), cornstarch, sugar, egg and cook until thick. Let cool. Add sour cream. Spread over Jello. Sprinkle grated cheese over top. Chill until firm.

Kathy Nixon

LIME MOLDED SALAD

- | | |
|-------------------------------------|-----------------------|
| 1 pkg. lime Jello | 1 can evaporated milk |
| 1 pkg. lemon Jello | 1 c. mayonnaise |
| 2 c. hot water | 1 c. nuts, chopped |
| 1 lb. cottage cheese | 1 tbsp. horseradish |
| 1 c. drained pineapple
(crushed) | |

Combine Jello and water. Stir until dissolved. Add other ingredients and chill.

Maryetta Stebbins

PEA SALAD

- | | |
|-------------------------------------|--|
| 1 pkg. (20 oz.) frozen baby
peas | 8 slices bacon, cooked,
drained and crushed |
| 1/4 c. green onion,
chopped | 1/4 c. sour cream |
| 2 tbsp. fresh parsley | 1/4 c. mayonnaise |

Mix all together. Better if let set overnight.

Ellen Lovett

TRAILRIDE TABOULEH

- | | |
|-------------------|--------------------|
| 1 c. bulgur wheat | 2 c. boiling water |
|-------------------|--------------------|

Combine and let set for 1 hour, drain well.

- | | |
|------------------------------------|-------------------------------------|
| 1/4 c. olive oil | 3 tomatoes, diced |
| 1/2 c. lemon juice | 3 stalks celery, sliced |
| Salt (to taste) | 1 carrot, sliced |
| Pepper (to taste) | 1 cucumber, quartered and
sliced |
| 1 bunch parsley, chopped | 1/4 c. sliced olives |
| 1/2 bunch green onions,
chopped | |

Combine these ingredients with the drained wheat and chill for two hours.

Leftover vegetables and meat can be added to this salad as well. It travels well in a cooler and is refreshing addition to a camp meal.

Kathy Campbell

PINEAPPLE JELLO SALAD

- | | |
|-------------------------------|----------------------|
| 1/2 c. boiling water | 2 tbsp. lemon juice |
| 1 pkg. lime Jello | 1/4 c. mayonnaise |
| 1 small can crushed pineapple | 1/2 c. whipped cream |
| 1/2 tsp. salt | 2 c. diced avocado |

Add water, Jello and stir until dissolved. Drain pineapple, stir 1 cup juice with water. Let stand. When it begins to thicken, add pineapple, salt and lemon juice. Fold in mayonnaise, whipped cream and avocado.

Yvonne Murphy

PINEAPPLE SALAD

- | | |
|--------------|---------------|
| 1 egg | 2 tbsp. flour |
| 1/3 c. sugar | |

Mix together.

Drain juice from a large can of cubed pineapple. Add this to egg mixture and stir until mixed then cook until thick. Let cool slightly and add the drained pineapple and 1 cup of small marshmallows. Set aside to cool.

May add bananas and nuts.

Jody Hood

PISTACHIO SALAD

- | | |
|--|----------------------------------|
| 1 pkg. pistachio pudding,
dry (3 oz.) | 1/2 c. miniature
marshmallows |
| 1 can crushed pineapple, 16
oz. | 1/2 c. nuts, grated |
| | 1 (9 oz.) Cool Whip,
thawed |

Mix pudding, pineapple and juice, marshmallows and nuts. Fold in Cool Whip. Chill for at least 5 hours.

Kathy Nixon

RASPBERRY JELLO SALAD

- | | |
|---|---|
| 3 small pkgs. raspberry
Jello (or strawberry) | 3 c. boiling water |
| 2 or 3 mashed bananas | 1/2 tray ice cubes |
| 2 pkgs. fresh or frozen
raspberries (or
strawberries) | Sour cream (large) |
| | 1 tall can crushed pineapple
and juice |

Dissolve Jello in hot water. Add ice cubes and stir until melted. Add bananas, pineapple and berries. Pour 1/2 of mixture in 13x9 inch dish. Let stand to set. (Put in freezer for about 1 hour.) Spread layer of sour cream over set Jello and pour in balance of Jello mixture. Set until firm. You can use whip cream or cream cheese in place of sour cream.

Kathy Nixon

JUNE'S SHRIMP SALAD

- | | |
|---|--|
| 1 pkg. sea shell macaroni,
cooked | 1 peeled, sliced or cubed
cucumber |
| 1 doz. hard boiled eggs,
sliced or chopped | 1 to 2 c. celery, chopped |
| 1 to 2 lbs. fresh cooked,
shelled, deveined shrimp | 1 to 2 c. onion, chopped |
| | 1 medium red or green
pepper |
| | 1 (16 oz.) bag frozen peas,
defrosted |

Sauce:

- 2 c. mayonnaise
- 1 c. ketchup
- 1/2 c. milk

Salt, pepper and garlic
powder to taste

Mix until creamy.
Combine all ingredients except eggs (add last after adding sauce).
Add sauce and eggs and refrigerate. The longer it sits, the better
it is.

June Johnson

SAUERKRAUT SALAD

- | | |
|--|------------------------|
| 1 (32 oz.) glass jar
sauerkraut | 1 tsp. or more parsley |
| 1 large can garbonza beans,
drained | 1 c. chopped celery |
| 1 green pepper, cut up | 1/3 c. sugar |
| 3 or 4 green onions, cut
up | 1/3 c. vinegar |
| | 1/2 c. oil |

Drain the sauerkraut and wash with water and drain again and squeeze dry. Add beans, green pepper, onions, parsley and celery.

Mix together sugar, vinegar and oil. Pour over above and shake.

Marinate 1-2 days or longer (tastes better when aged). Add salt and pepper or any herbs you like.

Have kept salad up to 7 days. May want to add garbonza beans last because they are very fragile.

Sonya Dinsley

7 LAYER SALAD

- | | |
|---|--|
| Shredded lettuce | 1 lb. bacon, cooked and
crumbled (can use real
bacon bits) |
| 1/2 c. chopped onion,
white or green | Optional: 1/2 c. chopped
red or green pepper |
| 1/2 c. sliced celery | 1 (8 oz.) can sliced water
chestnuts |
| 16 oz. frozen peas,
defrosted | 8 oz. sliced fresh
mushrooms |
| 1/2 c. mayonnaise and 1 c.
sour cream, mixed
together | |
| Shredded Cheddar cheese | |

Layer in order and refrigerate. Better made one day before. Take out at least 30 minutes before serving.

Kathy Nixon

SPINACH SALAD

1 bunch spinach
2 eggs, hard boiled and
chopped

1/3 lb. bacon, fried in bits
until crisp
1/2 can French fried
onions

Dressing:
50% mayonnaise

20% Kraft Golden Ceasars

Wash spinach, remove stems. Drain dry and place in bowl. Add chopped eggs and bacon bits.

Add dressing and fried onions at last minute before serving. Toss lightly.

Joan Webb

STRAWBERRY SURPRISE SALAD

2 c. crushed pretzels (one
bag)
3/4 c. melted margarine
3 tbsp. sugar
1 (8 oz.) cream cheese
1 c. sugar
2 c. Cool Whip

1 (3 oz.) pkg. strawberry
Jello
1 (3 oz.) pkg. raspberry
Jello
3 c. hot water
2 (10 oz.) pkgs. thawed,
sliced strawberries (16
oz. is okay)

Mix pretzels with sugar and margarine. Spread in 9x13 pyrex dish and bake 375 degrees for 8 minutes. Cool completely. Cream the cream cheese with 1 cup sugar. Fold in Cool Whip and spread over cooled pretzel crust. Mix the 2 pkgs. Jello with 3 cups hot water. Add strawberries and chill until it begins to set. Then pour over cream cheese layer and return to refrigerator. Use as salad or dessert. Can substitute raspberries for strawberries.

Kathy Nixon

THURSDAY SALAD

So named because it can be made Thursday for Friday night potluck.

Dressing:

4 oz. blue cheese
1/2 c. mayonnaise

1/4 c. plain yogurt
2 tsp. any light white
vinegar

4 c. coarsely shredded
lettuce
2 c. halved cherry
tomatoes
1 1/2 c. mushrooms, sliced
thin
1 medium red or green
pepper, cut into strips

1/2 c. frozen green peas,
thawed
1 medium cucumber, peeled
and cut crosswise
1/2 c. thinly sliced red
onion rings

1. Mix dressing ingredients in blender or food processor.
2. Put 2 cups lettuce in bottom of deep glass bowl.
3. Top with layer of cherry tomatoes.
4. Top with layer of mushrooms.
5. Add layer each of peppers, cucumbers and onion rings.
6. Top with remaining lettuce - press down.
7. Spread dressing from edge to edge.
8. Cover and refrigerate up to 24 hours.
9. Toss well just before serving.

Nancy Kasovich

TOMATO ASPIC SALADS

Mix:

1 1/2 c. tomato juice, hot

1 pkg. lemon Jello

Flavor with:

Juice of 1/2 grated onion

2 tbsp. vinegar

1/4 tsp. cloves

Add chopped onion and celery. Pour into mold and put in refrigerator until set.

Barbara Duley

YUM-YUM SALADS

1 pkg. lemon Jello

1/8 tsp. salt

1 1/2 c. hot water

1/2 c. grated American
cheese

2 tbsp. sugar

2 tbsp. vinegar

1/2 c. cream, whipped

1 c. crushed, drained
pineapple

Combine first 6 ingredients. Chill to consistency of thick syrup. Fold in grated cheese and whip cream. Pour into mold and chill. Then thoroughly set. Serve on lettuce leaf with or without dressing. Serves 6-8.

Kathy Nixon

BLUE CHEESE DRESSING

3 oz. blue cheese (I used 4
oz. Safeway blue cheese)
2 c. mayonnaise

1 tsp. Worcestershire sauce
1 1/2 tsp. garlic powder
Coarse black pepper

Mix well and then add:

1 c. chive sour cream (I
added extra chives)

1/2 c. buttermilk (or
1/4 c. milk with 1 tbsp.
vinegar)

If it thickens too much after setting for a while, then thin with
oil or buttermilk.

Yvonne Murphy

FRENCH DRESSING

1 can tomato soup
1 tbsp. prepared mustard
1 c. Wesson oil
3/4 c. sugar
2 tbsp. Worcestershire
2 tsp. salt

1 tsp. paprika
1/2 c. onion, chopped fine
2 cloves garlic
1 tsp. pepper
2/3 c. vinegar

Mix in blender. Store in quart jar in refrigerator. Keeps well.

Kathy Nixon

FAVORITE FRENCH DRESSING

1 c. catsup
3/4 c. sugar
1/2 c. onion, chopped
1 c. salad oil
1 c. vinegar
1/2 tsp. salt

1/2 tsp. black pepper
1 tbsp. lemon juice
1/2 tsp. dry mustard
1 or 2 cloves garlic
(optional), chopped

Put ingredients together in blender; mix well. Keep refrigerated.

Kathy Nixon

RANCH DRESSING

- | | |
|-------------------------------|------------------------------------|
| 2 c. Best Foods
mayonnaise | 1/2 tsp. onion salt |
| 1 1/2 to 2 c. buttermilk | 1/2 tsp. pepper |
| 1 tbsp. garlic | 1 tsp. parsley flakes |
| 1 tsp. salt | 2 tsp. onion flakes (or
minced) |

Mix and shake well.

Kathy Nixon

TASTE OF THE ISLAND DRESSING

- | | |
|--------------------------------|----------------------------|
| 1 c. dairy sour cream | 1 tbsp. fresh lemon juice |
| 3 tbsp. mild flavored
honey | 3 small firm, ripe bananas |

Combine sour cream with honey and lemon juice. Grate bananas directly into mixture. Stir to blend. Makes 2 1/2 cups.

Shannon Mitchell

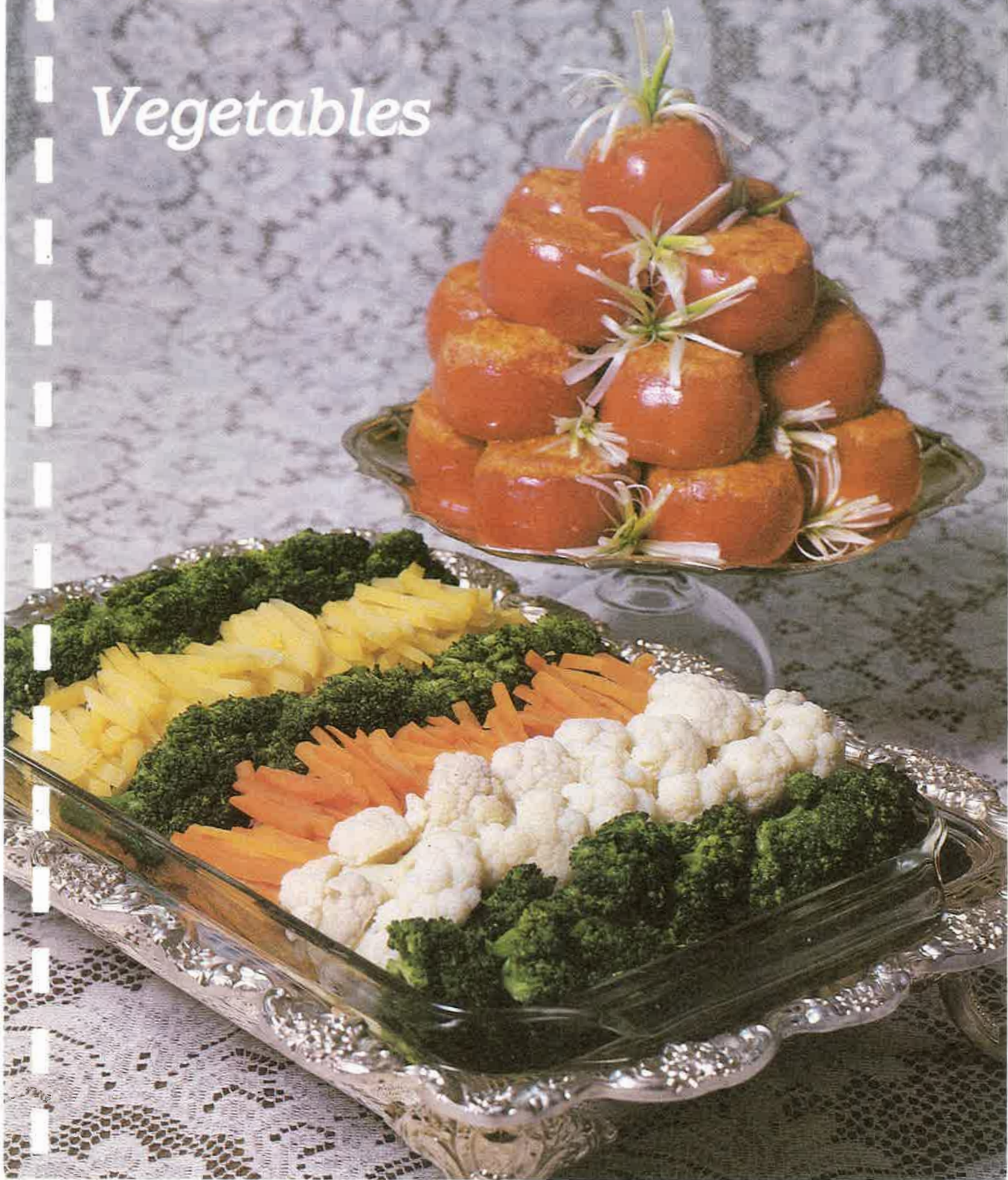
THOUSAND ISLAND DRESSING

- | | |
|---|---|
| 1 c. mayonnaise | 1 tbsp. finely chopped
onion (or use minced
onion, dry) |
| 2 tbsp. catsup (or more) | Chopped celery to taste |
| 2 tbsp. sweet pickle relish | 1 egg hard cooked and cut
up |
| 1 tbsp. finely chopped
green or red pepper
(optional) | 1/2 tsp. salt |
| | Dash pepper |
| | Chili powder to taste |

Combine all ingredients in bowl and beat until smooth. Store, covered, in refrigerator. Makes about 1 1/2 cups dressing. Best made ahead.

Kathy Nixon

Vegetables



VARIOUS VEGGIE TIPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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



SWISS ASPARAGUS

1 lb. fresh asparagus
6 tbsp. butter
1/4 c. chopped onions
1-2 cloves chopped garlic
1/2 c. instant dry non-fat
milk

1 c. shredded Swiss cheese
3 tbsp. lemon juice
Paprika

Blanch asparagus in simmering water or can steam about 2-3 minutes. Drain. In skillet melt butter. Saute onion until lightly brown with garlic. Add asparagus, cover and steam over low heat for about 5 minutes. Turn into baking dish. Toss non-fat dry milk and Swiss cheese together and sprinkle over asparagus. Pour lemon juice over and bake 15 minutes at 350 degrees. Sprinkle paprika over top and brown under broiler if desired.

Brenda Davis

GREEN BEAN CASSEROLE

2 cans cut French style
beans (16 oz.)
1 can mushroom soup

1 can French fried onions
1/4 c. milk

Mix beans, milk and soup and a few onion rings. Put in casserole and top with remaining French fried onions. Bake 350 degrees for 20 minutes or so until bubbly.

*Can substitute cream of celery for mushroom and also add water chestnuts, chopped, if desired.

Inez Smith

BROCCOLI SOUFFLE

2 pkgs. broccoli
1 c. mayonnaise
1 small onion, chopped

1 c. grated Longhorn
cheese
1 egg, beaten slightly
16 Ritz crackers

Cook broccoli for 5 minutes and drain well. Mix together rest of ingredients (except crackers). Add to broccoli and put in baking dish. Crush crackers and sprinkle on top. Dot with butter. Bake at 350 degrees for 45 minutes.

Barbara Duley

RICE BROCCOLI

- | | |
|------------------------------------|--------------------------------------|
| 2 c. rice (cooked) | 1/2 c. celery, chopped |
| 1/2 c. green peppers
(chopped) | 2 pkgs. frozen broccoli
(chopped) |
| 3 tbsp. butter | 1 can cream of chicken
soup |
| 1 can water chestnuts
(chopped) | 1 can condensed milk |
| 1/2 c. onion, chopped | 1 large jar Cheez Whiz |

Saute onion, celery and green pepper in butter until slightly brown. Add rice and put in bottom of casserole. Place broccoli on top of rice mixture. Cut chopped water chestnuts on top of broccoli. Add soup and milk. Top with cheese and bake at 350 degrees for 40 minutes.

Jody Hood

HACIENDA RICE

- | | |
|---|---------------------------------------|
| 4 c. cooked rice | 3 c. shredded Monterey
Jack cheese |
| 2 (8 oz.) cans tomato sauce
with tomato bits | 2 c. sour cream |
| 2 tbsp. minced onions | Ripe olives |
| 1 (4 oz.) can diced green
chiles | |

Combine rice, tomato sauce and onion. Spoon 1/2 of rice mixture into 2 1/2 quart casserole. Combine sour cream and chiles. Spread 1/2 of sour cream mixture over rice layer. Sprinkle with 1/2 of cheese. Repeat layers. Top with sliced olives. Bake in 350 degree oven covered for 45 minutes.

Kathy Nixon

RICE CASSEROLE

- | | |
|---|--|
| 1 1/2 cubes margarine,
melted | 1 large can mushroom
stems and pieces (do not
drain) |
| 1 large onion (chopped)
(saute in margarine) | 1 c. regular long grain rice |
| 1 c. beef consomme | 1 1/2 c. water |
| | Salt and pepper to taste |

Combine all ingredients and bake, covered, at 350 degrees for 45-50 minutes. Then uncovered for another 10 to 15 minutes.

Donna Mendenhall

SWEET AND SOUR CARROTS

- | | |
|--|---|
| 2 lbs. cooked, sliced
carrots (parboiled) | 1 green pepper sliced into
thin strips (can use red
pepper) |
| 1 onion sliced into rings | |

Marinade:

- | | |
|-------------------|-----------------|
| 1 c. sugar | 3/4 c. vinegar |
| 1 can tomato soup | Salt and pepper |
| 1/2 c. salad oil | |

Pour marinade over vegetables and refrigerate. Best if made a day ahead.

Barbara Gardner

PEAS WITH PIZAZZ

- | | |
|---------------------------|-----------------------------------|
| 3 tbsp. butter | 2 tsp. mild flavored honey |
| 1/4 c. minced green onion | 1 c. chopped lettuce |
| 1 pkg. frozen peas | 1 chicken bouillon cube |
| 1 tbsp. minced parsley | dissolved in 3 tbsp. hot
water |

In small saucepan, melt butter. Add green onions, saute until tender, but not brown. Add peas, parsley and honey. Cover and simmer over low heat 2 to 3 minutes. Add lettuce and chicken stock. Cover and simmer 2 to 3 minutes longer. Makes 4 servings.

Shannon Mitchell

ROASTED POTATOES

4-6 potatoes
1/2 to 1 c. butter

1/8 to 1/4 c. garlic
(minced or chopped)

Slice potatoes thinly as possible (about 1/8 inch thick or even thinner if possible). Place in casserole dish stacked accordion style in rows lengthwise. Melt butter, add garlic and pour over potatoes. Bake in preheated 425 degree oven for about 20-25 minutes. Then reduce heat to 325-350 degrees for about 35-45 minutes until top of potatoes are browned.

Brenda Davis

POTATOES LORRAINE

4 slices bacon, crumbled
2 eggs, beaten
1/4 c. bread crumbs
1/2 tsp. salt
1/4 tsp. pepper

2 medium potatoes,
unpeeled, grated
1 c. chopped onion
1 c. shredded Swiss cheese,
about 4 oz.
Paprika

In large bowl combine eggs, bread crumbs, salt and pepper. Mix thoroughly. Stir in potatoes and onions. Pour into buttered shallow 3 cup baking dish or 2 individual 1 1/2 cups baking dishes (or for double 1 cooked in an 8x8 glass dish). Top with bacon and cheese. Dust with paprika. Bake 350 degree oven about 20 to 30 minutes until lightly browned.

Sharon Cook

PARTY POTATOES

6 potatoes, boil, cooled,
peeled, grated
1 pt. sour cream
2 or 3 green onions,
chopped

1 can cream of chicken
soup, undiluted
Sharp cheese, grated (lots)
Corn flakes, crushed

Mix and put in shallow pyrex buttered dish. Can refrigerate up to 2-3 days. Sprinkle with crushed corn flakes. Bake 350 degrees for 30-45 minutes until brown.

Linda Tierney

SWEET POTATO SOUFFLE

- | | |
|----------------------------------|--------------------------------|
| 2 cans (2 1/2 c.) sweet potatoes | 2 c. milk |
| 2 c. sugar | 1 1/2 sticks margarine, melted |
| 2 tsp. vanilla | 4 eggs |
| 2 c. milk | 4 tbsp. cornstarch |
| | 2 dashes cinnamon |

Mix all together and bake at 400 degrees for 20 minutes covered.

Topping:

- | | |
|---------------------------|------------------|
| 2 c. brown sugar, packed | 2 c. corn flakes |
| 1 stick margarine, melted | 1 c. ground nuts |

Mix topping mix together and spread on souffle. Bake for additional 15 minutes.

Delicious!

Robin Barber

SWEET POTATO SOUFFLE

- | | |
|-------------------------------------|---------------------|
| 3 c. mashed sweet potatoes (3 lbs.) | 2 eggs |
| 1/2 to 3/4 c. sugar | 1/3 stick margarine |
| 1/2 tsp. salt | 1/2 c. sweet milk |
| | 1 tsp. vanilla |

Mix all ingredients with electric mixer to get out strings. Pour into greased baking dish. Mix topping thoroughly and sprinkle on souffle. Bake about 35 minutes at 350 degrees.

Topping:

- | | |
|----------------------|----------------------------|
| 1 c. brown sugar | 1/3 stick melted margarine |
| 1/3 c. flour | |
| 1 c. chopped walnuts | |

Linda Clarke

SAUERKRAUT DISH

1 layer cooked sausage
1 layer sauerkraut (1 can)

1 layer mashed potatoes
1 layer grated Cheddar
cheese

Bake in oven 350 degrees for 1/2 hour or until cheese is melted and is hot all through.

Carol Duley

SOUTHERN FRIED SQUASH

1 lb. yellow crookneck
squash
1/4 - 1/2 c. cornmeal

1/4 c. vegetable oil
Salt and pepper to taste

Slice squash and put in large mixing bowl. Add enough cornmeal to cover and coat squash. Heat oil in cast iron skillet until hot. Fry and stir until light crispy brown and serve.

Can also do the same with zucchini, summer squash or okra.
Simple and wonderful.

Mattie Nixon

SPINACH CASSEROLE

2 pkgs. frozen chopped
spinach, thawed
1 pkg. onion soup mix

1 c. sour cream
1 c. herbed croutons or
cracker crumbs

Grease dish. Mix ingredients. Bake at 350 degrees for 25 minutes or until bubbly.

Diana Montini

SPINACH CHEESE PIE

1 pkg. (11 oz.) pie crust
mix or 2 frozen pie
crusts
2/3 c. fresh onion
1 clove garlic, minced
3 tbsp. butter
4 beaten eggs
2 tbsp. Parmesan cheese

4 pkgs. frozen chopped
spinach, thawed and
squeezed real dry
1 c. heavy cream
1 c. milk
1/3 c. grated cheese
1/3 c. bread crumbs
Seasons

Pie crust: Combine pie crust mix. Prepare according to package and roll out and fit into springform pan.

Saute onion and garlic in butter. Combine remaining ingredients except for 2 tbsp. Parmesan cheese in crust. Pour into crust and top with 2 tbsp. Parmesan cheese.

Bake 15 minutes at 450 degrees, then reduce to 350 degrees and bake for 55 minutes or until knife inserted comes out clean.

Yvonne P. Murphy

ZUCCHINI CASSEROLE

(It's great - give it a try.)

4 or 5 zucchini squash
4 oz. cream cheese
1/2 cube butter
Onion cracker crumbs

Salt and pepper
Onion powder
Garlic powder

Cook squash (slice and boil or steam). Drain well. Dice cream cheese and butter and stir into squash. Season to taste. Mash. Stir in enough cracker crumbs to absorb any liquid.

Put in a greased casserole. Mix more cracker crumbs with some melted butter and sprinkle on top. Bake at 350 degrees for 20 minutes or until brown.

(Even if they don't like squash they will like this.)

David Haase

ZUCCHINI SLIPPERS

6 small zucchini
2 eggs, beaten
1 1/2 c. shredded cheese
1/2 c. small curd cottage
cheese

2 tbsp. chopped parsley
1/2 tsp. salt
Dash pepper

Cut off ends of the zucchini. Cook them whole in salted boiling water for 12 minutes until tender but firm. Cool then cut in half lengthwise. Scoop out pulp and drain shell.

Meanwhile mix together all the rest of the ingredients. Fill zucchini shells with this mixture. Arrange in baking dish well greased. Bake uncovered in oven 350 degrees for 20 minutes. Turn oven to 450 degrees for five minutes more.

Yvonne P. Murphy

SPINACH DISH

2 pkgs. frozen chopped
spinach, defrosted
2 c. shredded Mozzarella
cheese

2 c. cottage cheese
1 onion, chopped
Wheat germ

Saute onion in some butter. Mix all ingredients in greased 9x13 dish. Top with some wheat germ. Bake at 350 degrees about 40-45 minutes. Good hot or cold.

Viola Duley

STUFFED ZUCCHINI

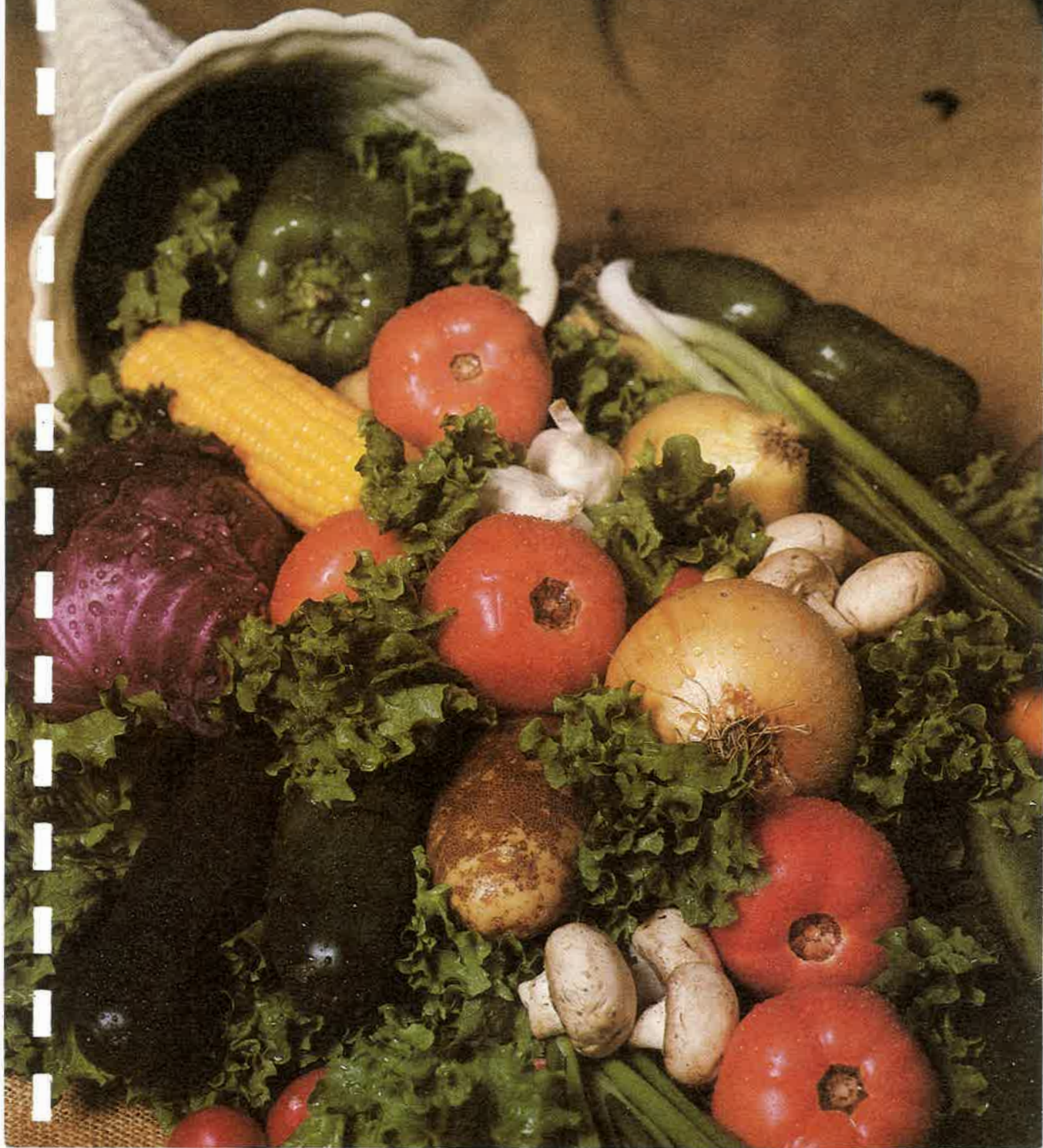
Grated Parmesan
2 large zucchini
1 medium tomato
3/4 c. grated Jack cheese
1/4 tsp. salt

1/4 tsp. season salt
1/8 tsp. pepper
3/4 tbsp. parsley
1/8 tsp. garlic salt
1/4 tsp. oregano

Trim ends of zucchini. Cook whole about 10 minutes (or microwave). Cut in 1/2 lengthwise. Scoop out centers and chop fine. Cut tomato in very small pieces and combine with everything but Parmesan. Spoon into shells of zucchini. Sprinkle with cheese (Parmesan). Place in shallow pan. Bake 400 degrees for 20 minutes.

Kathy Nixon

Miscellaneous



POTPOURRI

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

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

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

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

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

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

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

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

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

Cook wild meats with onions, cuts down wild flavor.

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

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

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

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

Shaving cream is one of the most useful upholstery cleaners.

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

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

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



ETHEL'S NOODLES

Beat one egg. Use enough flour to make dough stiff enough to roll. Put a little baking powder (less than 1/2 tsp.) in before you mix dough and a little salt. Flour board pretty good with flour. Roll out thin then flour and roll. Cut in strips. Lay out, let dry good.

Terri Lee Bennett

SUMMER FRITTATA

8 large eggs
Dash of Tabasco sauce
1 c. finely cubed slab
bacon
4 tbsp. olive oil
1 small green pepper
1 clove garlic, crushed
3 tbsp. diced pimientos
2 small zucchini, finely
cubed

2-3 medium new potatoes,
cooked, peeled and
cubed
2 tbsp. freshly grated
Parmesan cheese
Salt and pepper to taste
1 small onion, thinly sliced

Preheat oven 350 degrees. In large bowl place eggs. Season with salt and pepper and Tabasco. Whisk until thoroughly blended. In 10 inch cast iron skillet, saute bacon cubes until almost browned. Remove with slotted spoon to a side dish and reserve. Discard all but 1 tbsp. from pan. Add 2 tbsp. olive oil, then add onion and garlic and cook until onions is soft and lightly brown. Add green pepper, pimientos and zucchini, salt and pepper. Then cover the skillet and cook mixture 5-6 minutes or until vegetables are tender. Add the potatoes and bacon. Cook for another 2 or 3 minutes. Pour the egg mixture into the pan. Increase the heat and cook for 2 or 3 minutes until eggs are lightly set. Sprinkle with Parmesan cheese. Set pan in oven and bake for 5-7 minutes or until eggs are completely set around edges. Serve cut wedges right from pan. It's also good served cold.

Brenda Davis

TORTA

(Italian Spinach Loaf)

- | | |
|---------------------------|------------------------------|
| 4 c. cooked rice | 1/2 c. olive oil |
| 4 eggs (slightly beaten) | 1/4 lb. Jack cheese |
| 2 large cans spinach | 1/4 lb. medium sharp Cheddar |
| 1 lb. sausage | Garlic powder (to taste) |
| 2 medium onions (chopped) | |

Saute sausage and chopped onions. Grate cheese together; drain spinach.

Mix all ingredients together. Place in 9x13 inch casserole pan or dish. Bake 1 hour at 350 degrees (test with toothpick).

Joan Hardie

SPINACH OR ARTICHOKE QUICHE

- | | |
|---|--|
| 5-6 eggs | 1 pie crust or 6-7 individual tart size crusts |
| 1 c. half and half | |
| 1 c. Monterey Jack cheese | |
| 1 c. mild or sharp Cheddar cheese | *4-5 slices sliced bacon, optional |
| 1 pkg. frozen, chopped spinach or 1 can artichoke hearts (unmarinated type) | |

Beat eggs and mix well with half and half. Shred and mix cheeses. Add 1 1/2 cups mixed shredded cheese, saving 1/2 cup cheese to spread on top of quiche. Add spinach or artichoke hearts to mixture and mix all well. Pour into crust. Bake in preheated 350 degree oven about an hour to hour and 10 minutes. Check with toothpick until toothpick comes out clean. Then will be done.

*Can also add bacon for more flavor if desired, but cook before adding to above mixture.

Brenda Davis

COUNTRY FRENCH BAKED CHICKEN

(4 servings)

- | | |
|---------------------------------|---------------------------|
| 1 whole fryer | 1 c. chicken broth |
| 1/2 lb. potatoes, quartered | Salt and pepper |
| 1/2 lb. carrots, thickly sliced | 2 slices bacon, diced |
| 8 small white onions, peeled | 2 garlic cloves, minced |
| 1 c. dry white wine | 1/2 lb. mushrooms, halved |
| | 1 tbsp. flour |
| | 2 tbsp. water |

Place chicken, potatoes, carrots, onions, wine and broth in small roasting pan. Season with salt and pepper. Roast uncovered at 400 degrees basting chicken and vegetables occasionally. Cook bacon until browned, but not crisp. Add garlic and mushrooms, saute until mushrooms are lightly browned. Add to roasting pan after chicken has roasted 30 minutes. Roast for an additional 15-20 minutes. Remove chicken and vegetables to platter. Keep warm. Blend flour and water. Stir into pan liquid. Cook stirring constantly until gravy is thickened. Serve with chicken.

Brenda Davis

EASY CHICKEN DIVAN

(6-8 servings)

- | | |
|--|------------------------------|
| 2 (10 oz.) pkgs. frozen broccoli, or fresh | 2 cans cream of chicken soup |
| 1 c. mayonnaise | 1 tsp. butter |
| 2 c. sliced chicken | 1/2 c. shredded sharp cheese |
| 1 tsp. lemon juice | 1/2 c. soft bread crumbs |

Cook broccoli until tender. Arrange 1/2 crumbs in greased dish. Place cooked chicken on top. Combine soups, mayonnaise, lemon juice. Pour over chicken. Sprinkle with cheese. Combine bread crumbs and butter and sprinkle all over. Bake 25-30 minutes at preheated 350 degree oven.

Brenda Davis

HAWAIIAN CHICKEN

(Makes 4 servings)

3 tbsp. butter
2 1/2 lbs. chicken pieces
Salt
1 medium onion, sliced

1 medium red bell pepper
or 1 medium green bell
pepper
2-3 cloves chopped garlic
1 can (16 oz.) Contadina
sweet and sour sauce

Melt butter in 12 x 7 1/2 x 2 inch baking dish. Place well washed chicken pieces in dish, skin side down. Sprinkle with salt. Bake in preheated 400 degree oven for 30 minutes. Pour off fat and turn chicken pieces over. Over the top of chicken, spread slices of onion and bell pepper (sliced thin) and chopped garlic. Spoon contents of 1 can sweet and sour sauce over chicken. Reduce oven temperature to 375 degrees. Bake chicken 30 minutes longer.

Brenda Davis

B. B. Q. SAUCE FOR RIBS AND CHICKEN

1 bottle each of:
Krafts Regular BBQ
Krafts Hickory Smoked
Krafts Garlic Flavored
Krafts Hot Sauce
Worcestershire sauce (to
your taste)
Wright's BBQ Liquid
Smoke to your taste

Spices:
Salt
Pepper
Garlic salt
Chili powder
2 slabs of ribs

Boil ribs for about 1 1/2 hours. Marinate overnight in white wine. Next day dip ribs or chicken into sauce. Should be well covered. Put in baking pan. Bake at 350 degrees for about 1 hour.

Yvonne P. Murphy

CATTLEMAN'S SAUCE

1 pt. mayonnaise	1/4 c. vinegar
1/2 c. tomato soup	1/4 c. buttermilk
1/4 c. sugar	1 1/2 tsp. garlic salt

Mix all well and store in refrigerator.

Fern Bowser

SAUCE FOR RIBS

2/3 c. unsweetened grapefruit juice	2 tsp. cornstarch
1/2 c. packed brown sugar	1 tsp. salt
	1 tsp. curry powder
	1/8 tsp. allspice

Heat grapefruit juice. Add rest of ingredients. Cook 1 minute, stirring constantly. Take off stove. Pour over ribs and bake.

Fern Bowser

CRANBERRY SAUCE

1 c. sugar	1 pkg. (12 oz.) fresh or
1 c. water	frozen cranberries

In a saucepan mix sugar and water, stir to dissolve sugar. Bring to boil; rinse cranberries and add. Return to boil, reduce heat; boil gently 10 minutes stirring occasionally. Remove from heat. Pour into glass/corningware dish or mold. Cool completely at room temperature and then refrigerate. Makes about 2 1/4 cups.

Tom Davis

CREOLE SAUCE

(Makes about 2 1/2 cups)

This sauce is terrific served with chicken, rabbit, shrimp, oysters or egg dishes, such as omelets, or served over Jambalayas.

Seasoning Mix:

- | | |
|---|-----------------------------------|
| 2 whole bay leaves | 1/8 tsp. sweet paprika |
| 3/4 tsp. dried oregano leaves | 1/8 tsp. black pepper |
| 1/2 tsp. salt | 1/2 tsp. dried thyme leaves |
| 1/8 tsp. ground red pepper (preferably cayenne) | 1/2 tsp. dried sweet basil leaves |
| 4 tbsp. unsalted butter | 1 1/2 tsp. minced garlic |
| 1 c. peeled and chopped tomatoes | 1 1/4 c. Basic Chicken Stock |
| 3/4 c. chopped onions | 1 c. canned tomato sauce |
| 3/4 c. chopped celery | 1 tsp. sugar |
| 3/4 c. chopped green bell peppers | 1/2 tsp. Tabasco sauce |

Thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

Melt the butter in a large skillet over medium heat. Stir in the tomatoes, onions, celery and bell peppers; then add the garlic and seasoning mix, stirring thoroughly. Saute until onions are transparent, about 5 minutes, stirring occasionally. Stir in the stock, tomato sauce, sugar and Tabasco; bring to a boil. Reduce heat to maintain a simmer and cook until vegetables are tender and flavors are married, about 20 minutes, stirring occasionally. Remove bay leaves before serving.

P. S. The sauce may be prepared ahead of time and frozen if desired. When the sauce is ready to serve, you may add to it uncooked shrimp and chunks of chicken and cooked Italian sausage. Place in large bowl and serve with a large bowl of rice for guests to serve themselves.

Elizabeth Fairlee

HOT SWEET MUSTARD

1 c. vinegar

4 oz. can Coleman's dry
mustard

Mix together; let set overnight. Next morning add:

1 c. sugar

2 eggs, beaten

Mix well. Add all together and cook 20 minutes. Stir constantly to keep from scorching. Cool and store in refrigerator.

Fern Bowser

BEEF SAUSAGE

5 lbs. hamburger

2 1/2 tsp. coarse pepper

5 rounding tsp. Morton's

2 1/2 tsp. mustard seed

Quick Tenderizing

1 1/2 tsp. smoke salt

Curing Salt

1 tsp. red pepper

2 1/2 tsp. garlic powder

Mix all dry ingredients together then with hands mix into 5 lbs. hamburger. Mix well. Cover bowl and put into refrigerator.

2nd day: Mix thoroughly.

3rd day: Same.

4th day: Make into 4 rolls. Place on broiler pan in 140 degree oven for 8 hours. Turn rolls 1/4 turn every 2 hours. Cool and wrap in aluminum foil. May be frozen.

Mary Bertken

BEEF JERKY

1 lb. flank steak

1 small onion minced or 1

1 tsp. seasoned salt

tsp. onion powder

1 tsp. liquid smoke

1/2 tsp. chili powder

1 clove garlic or 1/2 tsp.

1/4 c. Worcestershire sauce

garlic powder

1/4 c. soy sauce

Trim away all possible fat from meat. *Partially freeze meat then slice with the grain into thin strips, approximately 1/8 to 1/4 inch thick.

Marinate overnight in a glass dish with sauce made from all ingredients. Place meat in single layer on oven racks. Crack open door and bake at lowest possible temperature, about 125 degrees for six to eight hours. Recipe makes about 1/2 lb. of jerky.

*If meat is frozen partially it will slice thin easier.

Brenda Davis

PICKLED MUSHROOMS

1 c. red wine vinegar
1/2 c. water
2 whole cloves
5 peppercorns
2 tsp. salt

1/2 tsp. garlic powder
1 small bay leaf
1 lb. small fresh mushrooms

In saucepan combine wine vinegar, water, cloves, peppercorns, salt, garlic powder and bay leaf. Bring to a boil; add mushrooms. Simmer uncovered 10 minutes; cool to room temperature. Transfer to glass jar or deep bowl; cover tightly. Refrigerate 7 days. Makes 4 servings.

*Optional: I add about 4 to 5 cloves of garlic sliced.

Yvonne Murphy

ZUCCHINI SALSA

10 c. ground zucchini
3 c. ground onions

2 c. ground bell pepper
2 c. hot peppers

Add 5 tbsp. salt to this mixture and soak overnight.

In morning, rinse thoroughly using colander or large strainer. Mix together well in large pot and add balance.

1 tsp. garlic powder
1 tbsp. cumin
1 c. brown sugar
1 tbsp. cornstarch
2 tsp. dry mustard

2 c. vinegar
1 tsp. nutmeg
1 tsp. coarse pepper
1 tsp. turmeric
5 c. ground tomatoes

Mix well and boil about 30 minutes. Seal in hot jars.

Note: If you like hot stuff, original recipe calls for 4 cups hot peppers and no bell peppers.

Carol Barnes

BOURBON BALLS

- | | |
|--------------------------------|-------------------------------|
| 1 pkg. (6 oz.) chocolate chips | 2 1/2 c. vanilla wafer crumbs |
| 3 tbsp. corn syrup | 1/2 c. sifted powdered sugar |
| 1/2 c. bourbon | 1 c. finely chopped nuts |

Melt chips. Blend in syrup and bourbon. Combine wafer crumbs, sugar and nuts in bowl. Add chocolate mixture over it. Mix up real good. Let stand for 30-45 minutes on counter. Make balls and roll in sifted powdered sugar. Store several days in tight container. Makes great gifts. Makes 4 1/2 dozen.

*You can put vanilla wafers and nuts in food processor.

Yvonne P. Murphy

BUTTERSCOTCH YULE LOG

- | | |
|--|----------------------------|
| 1 (6 oz.) pkg. (1 c.) butterscotch morsels (chips) | 1/2 tsp. vanilla |
| 1/3 c. sweetened condensed milk | 1/3 c. chopped pecans |
| | Slightly beaten egg whites |
| | Pecan halves |

Melt butterscotch chips over hot (not boiling) water. Remove from water. Stir in condensed milk and vanilla. Add chopped pecans. Mix well. Chill until firm enough to handle. Form into 12 inch roll on waxed paper. Roll tightly in waxed paper to shape evenly. Unroll and mark surface lengthwise with tines of fork. Brush with egg white. Press pecan halves into roll to completely cover surface. Wrap in waxed paper. Chill. Cut in 1/2 inch slices with sharp knife. Makes about 2 dozen.

Kathy Nixon

CARAMEL CORN

- | | |
|-------------------------|------------------------|
| 1 c. margarine | 1/2 tsp. salt |
| 2 c. brown sugar | 1 1/2 gal. popped corn |
| 1/2 c. white Karo syrup | |

Cook ingredients to slow boil stirring often. Boil 5 minutes. Add 1 tsp. soda. Stir well. Remove from heat. Pour over popped corn. Stir until corn is covered. Pour mixture into roasting pan. Bake at 250 degrees for 1 hour stirring every 15 minutes. Remove from roasting pan, breaking into pieces. When cool place tight fitting lid over container to store.

Joan Webb

CARAMEL CORN

- | | |
|-----------------------------|---------------------------|
| 2 cubes butter or margarine | 1/2 c. Karo syrup (white) |
| 1 c. brown sugar | 1 tsp. soda |
| 1 c. powdered sugar | 1 1/2 c. unpopped popcorn |
| 1 tsp. salt | |

Put in pan butter, sugars, salt and Karo. Bring to boil; mix well. Boil a couple of minutes. Add 1 tsp. soda, stir well. Pour over popped popcorn (7-8 quarts). Put in 250 degree oven, preheated for 1/2 hour. Stir every 15 minutes. (Can add nuts - like Cracker Jacks.)

Brenda Davis

CEREAL CANDY - Yum!

- | | |
|-----------------------|------------------|
| 1 c. sugar | 1 c. canned milk |
| 1 c. white corn syrup | |

Boil to soft ball and add 2 tbsp. corn syrup and 3/8 tsp. cream of tartar. Pour over:

- | | |
|------------------|---------------------|
| 2 c. puffed rice | 2 c. salted peanuts |
| 5 c. corn flakes | |

Press into a buttered pan. Cool and cut into squares.

Jody Hood

CRUNCHY BUTTER TOFFEE (English)

1 c. sugar
1/2 tsp. salt
1/4 . water
1/2 c. butter

1/2 c. walnuts, chopped
12 oz. milk chocolate
1/2 c. nuts, chopped
Candy thermometer

Combine sugar, salt, water and butter. Cook to light crack stage (285 degrees). Test. Add few drops of sugar mixture to water. They will form a pliable ribbon. Add 1/2 cup nuts. Pour onto well greased cookie sheet. Cool. Melt milk chocolate (I use chocolate chips). Spread 1/2 on top. Sprinkle with 1/2 cup nuts. Press into chocolate. Cool. Turn. Repeat with remaining chocolate and more nuts. When chocolate has cooled, break into small pieces. Makes about 2 dozen pieces. I spread hot sugar mixture as thin as I can with rubber spatula on greased pan. I only put chocolate and nuts on one side. It's easier.

Kathy Nixon

DATE LOAF (Candy)

2 c. sugar
1 c. milk
1 pkg. dates

1 c. chopped pecans
1/4 c. butter
1 tsp. vanilla

Cook sugar and milk on medium heat until it forms a soft ball in cold water. Then add dates and butter. Stir until dates dissolve. Take off fire and add pecans and vanilla.

Beat until you can't beat any longer. Drop on a wet towel and roll it until about a foot long and about 1 1/2 inches thick.

leave overnight in refrigerator. Should be firm. Slice thin and eat like candy. Yum, good.

Yvonne P. Murphy

EASY NO BEAT FUDGE

1 1/3 c. sugar
1 small can (2/3 c.)
evaporated milk

3 tbsp. butter

Combine sugar, milk and butter. Bring to boil 227 degrees stirring constantly. (Cook for 4 minutes about.) Remove from heat.

3 tbsp. butter
3 (6 oz.) pkgs. chocolate
chips
3 c. miniature
marshmallows

1/2 c. chopped nuts
1/2 c. candied cherries,
halved

Add chocolate chips and marshmallows immediately. Stir until mixture is smooth. Then add nuts and cherries. Put in buttered pan 8x8x2 inch. Let set. Makes about 3 lbs. Sets up fast so get in pan fast. (Move quickly)

Kathy Nixon

COUNTRY FUDGE

1 pkg. chocolate chips
1 (5 oz.) can evaporated
milk
10 large marshmallows

2 c. sugar
1 tsp. vanilla
1/2 cube butter
1 c. nuts, chopped

Butter large dish to pour fudge into when complete.

In large bowl place pkg. chocolate chips, nuts, vanilla and 1/2 cube butter. Set aside.

In medium pan, put in evaporated milk, marshmallows and sugar. Simmer for 6 minutes or until marshmallows are melted and mixture is bubbly. Pour this mixture over chocolate chips, nuts, vanilla and butter. Beat by hand until mixture is melted and mixed thoroughly. Quickly pour fudge onto buttered plate. Spread and let cool in refrigerator.

Karen Godfrey

PEANUT BUTTER FUDGE

2 c. sugar

1/2 c. water

Boil until it forms a solid ball in cold water.

2 tbsp. butter
3/4 c. peanut butter

4 oz. marshmallow creme

Mix together then add this to the mixture above and mix well. Pour into buttered pan.

You can add a cup of chopped nuts if desired.

Yvonne P. Murphy

POTATO CANDY

1 large baking potato
Powdered sugar
Flavorings

Coloring
Margarine or butter

Cook potato until soft and mash while still warm. Add 1/2 to one full cube of butter or margarine. Add powdered sugar until thick enough to work with hands. Add flavorings and/or coloring to taste (wintergreen, peppermint, cinnamon, orange, clove, rum, burgundy, pineapple, etc.). Divide mixture into small batches and mix with flavor and appropriate color. After thoroughly mixing roll out into small balls and place on wax paper. Press down with a fork.

Betty Dever

SPICED NUTS

3/4 c. sugar
2 tsp. ground cinnamon
1/4 tsp. ground cloves
1/4 tsp. ground nutmeg

1 egg white
2 tbsp. water
1 1/2 c. walnut halves
1 1/2 c. pecan halves

Sift sugar, cinnamon, cloves and nutmeg into shallow dish (a pie plate is good to use). Beat egg white and water slightly in bowl. Add walnuts and pecans to egg mixture about 1/2 cup at a time. Stir with fork until well moistened. Lift out letting excess syrup drain off. Toss nuts in sugar mixture until well coated. Place nuts, spread out, on greased cookie sheets. Bake 40 minutes or until crusty. Cool. Makes 3 cups.

Brenda Davis

BAILEY'S IRISH CREAM

1 tsp. Hershey Cocoa
1 tsp. instant powdered
coffee
1 tsp. vanilla (almond,
maple or coconut)

8 oz. half and half
(1/2 pt.)
8 oz. bourbon
1 can Eagle Brand milk

Blend and refrigerate. Do not over blend or will have tendency to get lumps.

Do one batch at a time. Blender won't hold double.

1.75 liter bourbon makes 8 batches. (Can substitute brandy or rum for bourbon.)

Kathy Nixon

EGG NOG

6 eggs

2 c. bourbon

3/4 c. sugar

1 oz. rum

1 qt. half and half

Separate eggs. Beat yolks. Add 1/2 cup sugar. Whip whites until stiff. Then add 1/4 cup sugar. Fold whites and yolks together. Add half and half. Add bourbon and rum, then stir. Let stand until foam settles. Then serve chilled with nutmeg.

*Shortcut - Add 8 oz. rum to 1 quart egg nog. Fold in 1 cup heavy cream, whipped. Chill and add nutmeg.

Kathy Nixon

HOT BUTTERED RUM

3 eggs

1 tbsp. cloves, allspice,
nutmeg, cinnamon

2 lbs. brown sugar

1 lb. butter

Melt butter. Add spice. Pour over brown sugar. Add eggs. Allow to cool and beat for 1 hour. Keeps for 1 year.

Kathy Nixon

KAHLUA

3 1/2 c. water
3 c. sugar

1 vanilla bean scraped
3 tsp. vanilla

Boil 8 minutes and add:

2 oz. coffee (freeze dried)

1/2 c. water

Boil 2 minutes. Add:

2 qts. vodka (one quart
sweeter)

Let set 30 days.

Kathy Nixon

MAGIC FIZZ

1 qt. gin (or vodka)
2 (1/2 pts.) heavy cream
2 1/2 c. orange juice
(frozen, diluted)
1 3/4 c. pineapple juice

1/2 c. grapefruit juice
3 tbsp. lemon juice
1 c. powdered sugar (or
more)
6 eggs

Blend all well (except gin). Add gin - stir. Best made night before. Just before serving, blend with 3-4 ice cubes.

Kathy Nixon

SHERMAN SUNRISE

1 oz. vodka
1/2 oz. apricot brandy
4 oz. grapefruit juice

1 oz. fresh lemon juice
Grenadine (to color)
Lime wedge (to decorate)

Combine and mix ingredients. Serve on the rocks, over ice.

WARNING: Light yet powerful, this cocktail is capable of inducing loss of memory, impairment of judgement and refreshingly happy thoughts.

Brenda Davis

TOM AND JERRY BATTER

2 eggs

Powdered sugar

3/4 tsp. allspice

Break eggs in mixer bowl. Mix thoroughly at high speed. Add 3/4 tsp. allspice or a little of many spices (cinnamon, cloves, nutmeg and ginger). Pour in powdered sugar while mixing. Keep adding sugar until very stiff - until it almost stops beaters. Put up in jars. Makes nice presents. Refrigerate.

Kathy Nixon

QUICK, EASY AND FANTASTIC FIZZES

6 oz. half and half

6 oz. vodka

6 oz. limeade

3 eggs

Mix together in blender.

Add 1/3 full of crushed ice to blender and blend.

Out of this world!

Rod Cole

CALENDAR FOR 1989

JAN							FEB							MAR							APR							MAY							JUN						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
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CALENDAR FOR 1990

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CALENDAR FOR 1991

JAN							FEB							MAR							APR							MAY							JUN						
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TABLE OF SUBSTITUTIONS

INGREDIENT	QUANTITY	SUBSTITUTE
baking powder	1 teaspoon double-acting	1½ teaspoons phosphate or tartrate or ¼ teaspoon baking soda plus ½ cup buttermilk or sour milk
butter	1 cup	1 cup margarine ¾ to 1 cup hydrogenated fat plus ½ teaspoon salt ¾ cup lard plus ½ teaspoon salt
chocolate	1 square unsweetened	3 tablespoons cocoa plus 1 tablespoon shortening
cream	1 cup coffee cream	3 tablespoons butter plus ¾ cup milk
	1 cup heavy cream	⅓ cup butter plus ¾ cup milk
eggs	1 whole egg	2 egg yolks
flour (for thickening)	1 tablespoon	½ tablespoon cornstarch or 2 teaspoons quick-cooking tapioca
flour	1 cup all purpose 1 cup cake flour 1 cup self-rising	1 cup plus 2 tablespoons cake flour ¾ cup all purpose flour 1 cup flour, omit baking powder and salt
herbs	1 tablespoon fresh	1 teaspoon dried
honey	1 cup	1 to 1¼ cups sugar plus ¼ cup liquid
milk	1 cup fresh whole	1 cup reconstituted nonfat dry milk plus 2 teaspoons butter
	1 cup whole milk	½ cup evaporated milk plus ½ cup water
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup
yeast	1 cake compressed	1 package or 2 teaspoons active dry yeast

THE MOST USUAL WEIGHTS AND MEASURES

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

TABLE OF EQUIVALENTS

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

TIMETABLE FOR ROASTING TURKEYS

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

TO DEFROST A TURKEY IN THE REFRIGERATOR

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

SUGGESTIONS FOR MEAT COOKERY

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

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

SUGGESTIONS FOR MEAT COOKERY

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

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

SUGGESTIONS FOR MEAT COOKERY

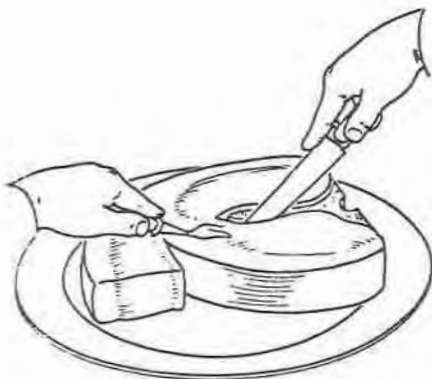
II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

	<i>Kind of Meat</i>	<i>Cuts to Buy</i>	<i>How to Cook</i>	<i>How Long to Cook</i>	<i>Appropriate Vegetables</i>		<i>Sauce or Relish</i>
					<i>Potatoes or Equivalent</i>	<i>Other Vegetables</i>	
J.	Veal, calf, beef, lamb, or pig	Liver	(1) Pan-fry (2) Braise	5 min. per side Brown, then 15 to 30 min.	Creamed potatoes Baked potatoes Pan-fried sweet potatoes	Spinach or other greens Creamed onions Scalloped tomatoes with corn or okra	Broiled bacon
K.	Calf	Heart	(1) $\frac{1}{4}$ to $\frac{1}{2}$ inch slices broil (2) Stuff and bake	10-15 min. Pan-fry 15 min., bake in casserole 2 hours	Lyonnais potatoe Potato puff	Baked tomatoes Creamed cabbage Creamed turnip	
L.	Calf	Sweetbreads	(1) Simmer then reheat (see page 217) (2) En brochette (page 221)	Simmer 20 min. 12-15 min.	Parsley potatoes Croustade cases Potato balls	Pan-fried parsnips French artichoke Asparagus Baked stuffed tomatoes Green peas	
M.	Calf or lamb	Tongue	(1) Stew (2) Stew, then jelly (page 220)	1½-2 hours	Parsley potatoes Potato salad	Mushrooms Spinach Lima beans	
							Horseradish sauce Raisin sauce

SUGGESTIONS FOR MEAT COOKERY

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

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



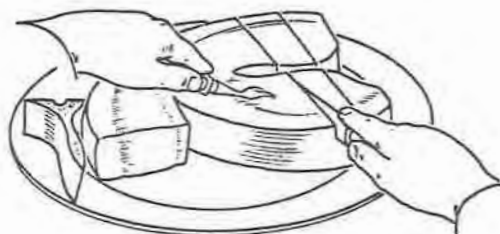
1.

CARVING A PORTER-HOUSE STEAK

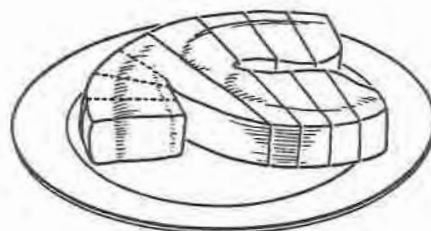
Top left: Place steak on a hot platter.

Top right: Cut out the bone.

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



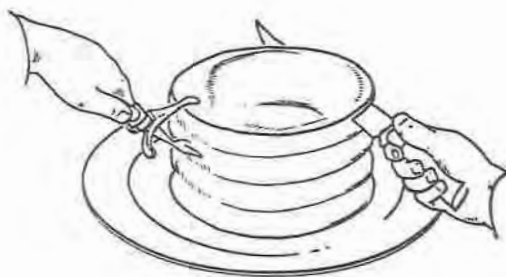
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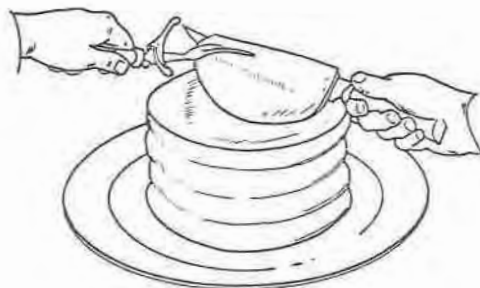
3.

CARVING A ROLLED RIB ROAST

1. Place the roast on a hot platter with the larger cut surface down. Cut a thin slice across the grain, starting from the right side; cut the cords one at a time as the roast is sliced down to them.



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



THREE MEALS FROM ONE CUT OF MEAT

A. POT ROAST

Three fresh-cooked meals from one pot roast of beef



Cut into three pieces along dotted lines

1. Stew

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

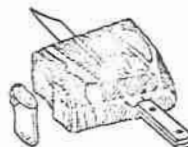


2. Pot Roast

Leave the center for a pot roast

3. Swiss Steak

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



B. LEG OF LAMB

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



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

1. Steaks to Broil



2. Roast

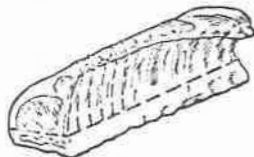
3. Stew or Casserole

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



C. LOIN ROAST

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



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

1. Barbecued Backbones

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



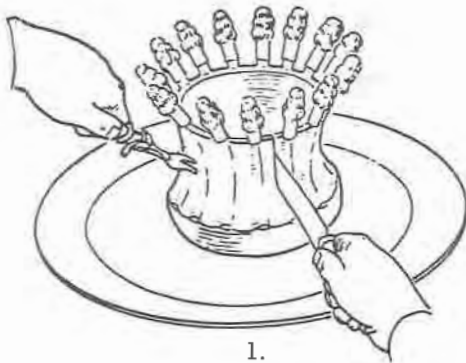
2. Chops

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

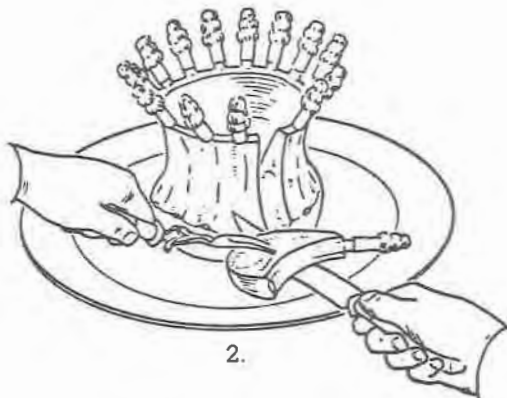
3. Roast

Roast the remaining piece





1.



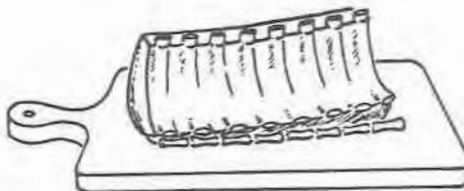
2.

CARVING A CROWN ROAST OF LAMB

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

CARVING A LOIN ROAST OF PORK

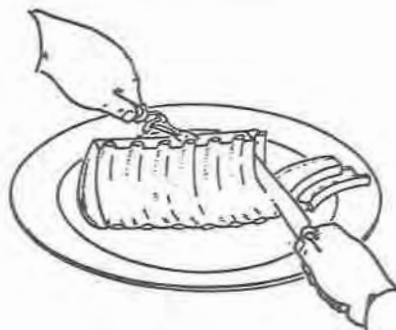
1. Ask the butcher to loosen the backbone by sawing across the ribs close to the joining with the backbone.



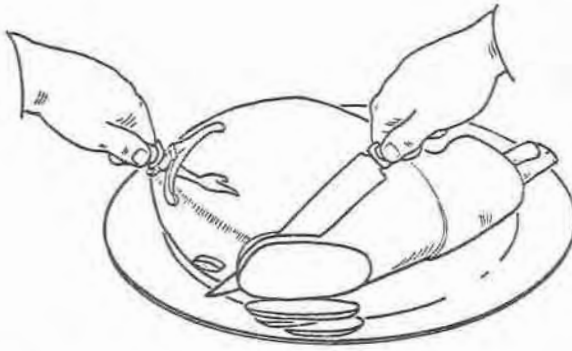
2. Cut the backbone away from the cooked roast in the kitchen ready for the carver.



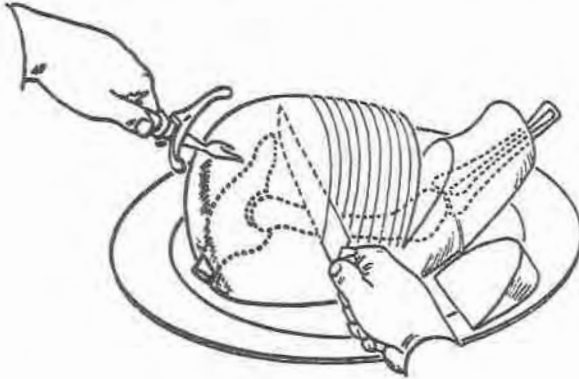
3. Cut the slices close to the ribs; for each slice that has a rib bone, there should be a boneless slice from the space between the ribs.



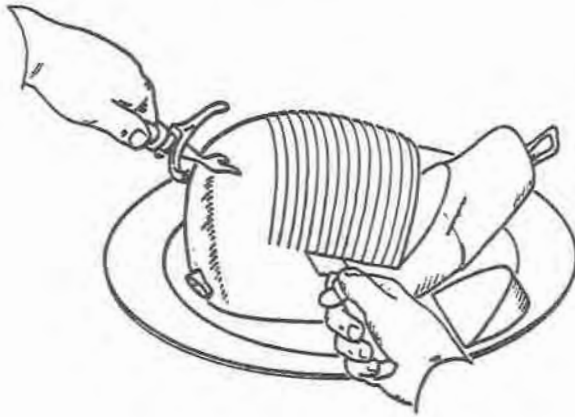
CARVING A HAM



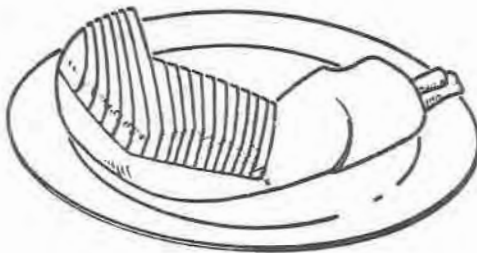
1. Place ham on platter with the fat side up and the shank on the carver's right. Cut several slices parallel to the length of the ham on the side near the carver.



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



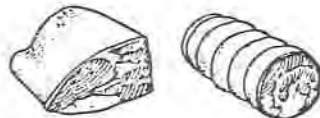
3. Cut along the bone and free the slices.



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

VEAL

Retail Cuts

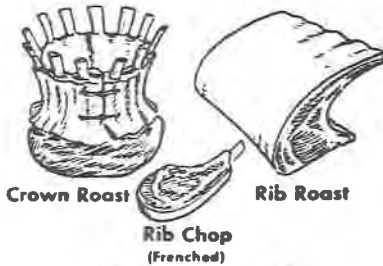


Standing Rump Roast **Roll Rump Roast**

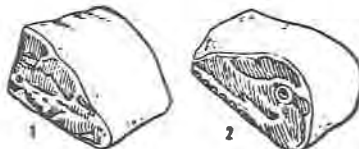
Roast or Braise



Braise or Panfry



Roast — Braise or Panfry — Roast



Blade Roast **Arm Roast**

Roast or Braise



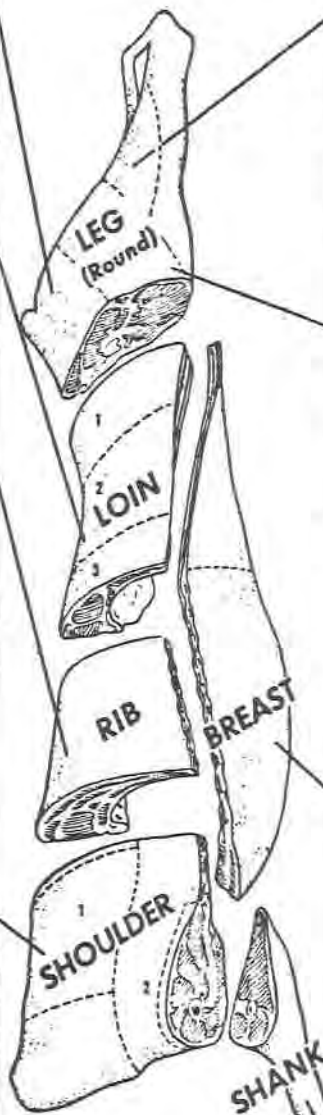
Braise or Panfry



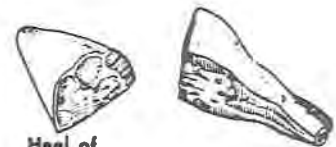
Roll Shoulder Roast **City Chicken**

Roast or Braise — Braise, Panfry

Wholesale Cuts

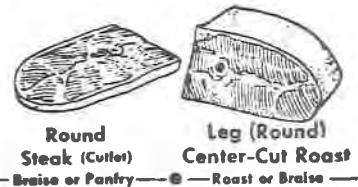


Retail Cuts



Heel of Round **Hind Shank**

Braise or Cook in Liquid

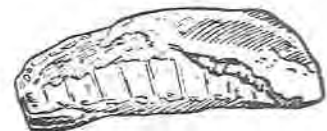


Braise or Panfry — Roast or Braise



Scallops **Rosettes**

Braise or Panfry



Breast

Roast, Braise, Cook in Liquid



Mock Chicken Legs **Loaf**

Braise or Panfry — Roast (Bake)



Riblets **Stew Meat**

Braise or Cook in Liquid



Fore Shank **Patties**

Braise, Cook in Liquid — Braise or Panfry

LAMB

Retail Cuts



Leg of Lamb
(Three cuts from one leg)
—Roast— • —Broil, Panbroil, Pantry— • —Braise, Roast—



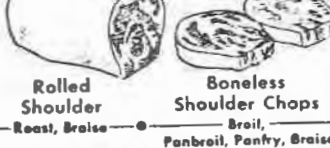
Crown Roast
—Roast— • —Broil, Panbroil, Pantry—



Square Cut Shoulder
—Roast— • —Broil, Panbroil, Pantry, Braise—



Cushion Shoulder
—Roast— • —Broil, Panbroil, Pantry, Braise—

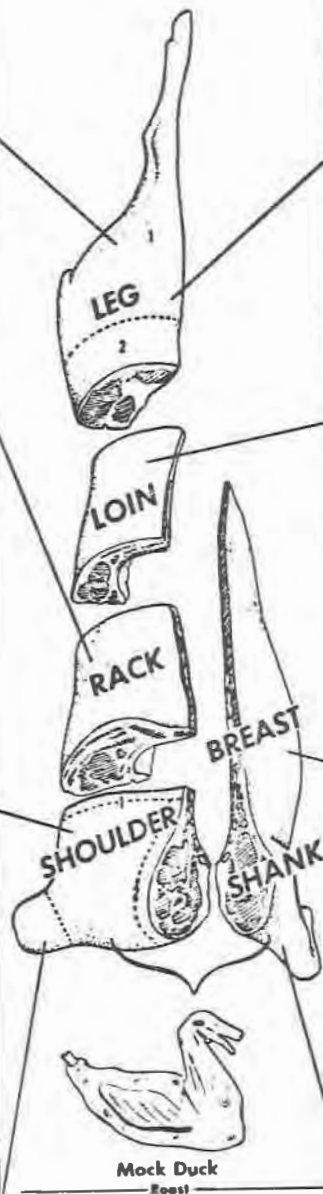


Roll Shoulder
—Roast, Braise— • —Broil, Panbroil, Pantry, Braise—



Neck Slices
—Braise, Cook in Liquid—

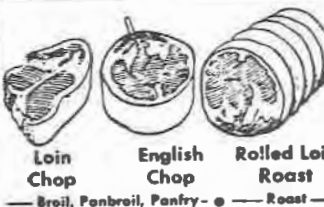
Wholesale Cuts



Retail Cuts



American Leg
—Roast—



Frenched Leg
—Roast—



English Chop
—Roast—



Loaf
—Roast (Bake)—



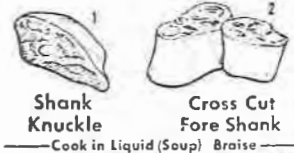
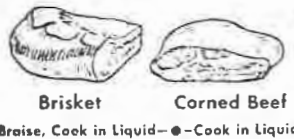
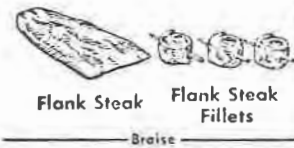
Riblets
—Braise or Cook in Liquid—



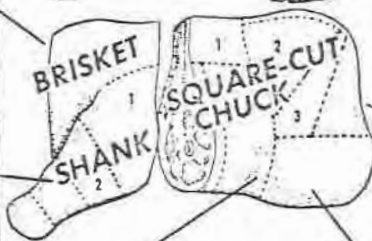
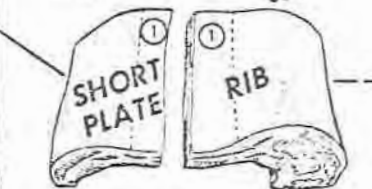
Shank
—Braise or Cook in Liquid—

BEEF

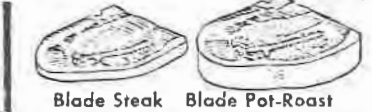
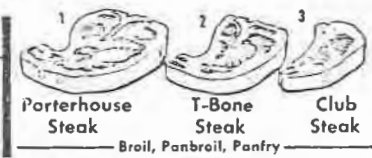
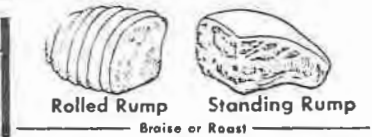
Retail Cuts



Wholesale Cuts

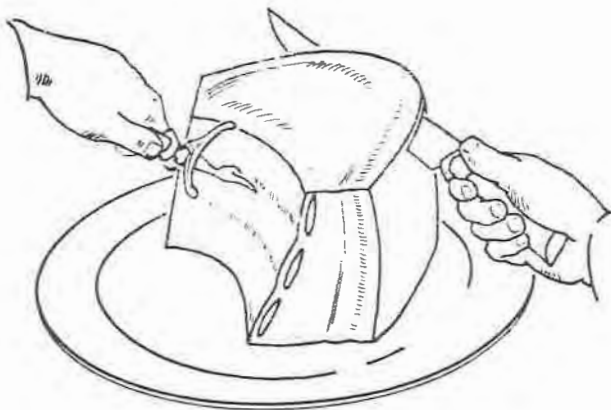


Retail Cuts



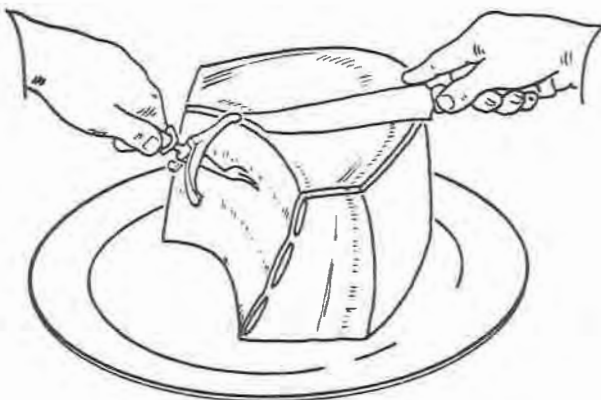
ROASTING TIME AND TEMPERATURE CHART

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

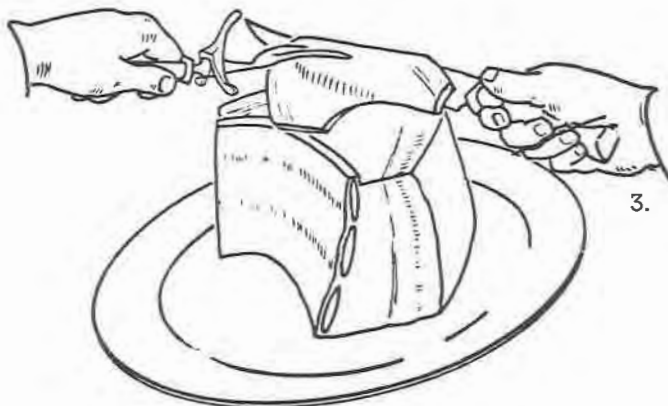


CARVING A STANDING RIB ROAST

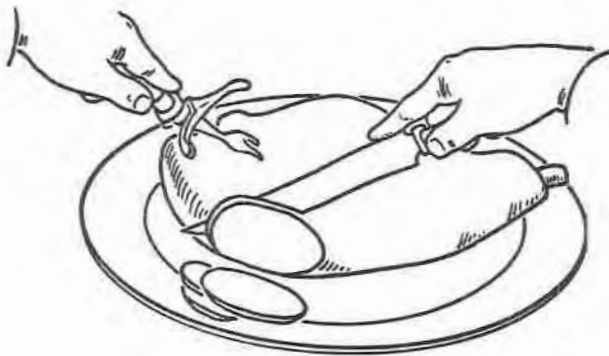
1. Ask the butcher to saw off the short ribs and to saw between the ribs and the backbone. Place the roast on the platter with the larger cut surface down and the ribs to the carver's left. Insert the fork between the two top ribs; cut slices from 1/8 to 1/4 inch thick.



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

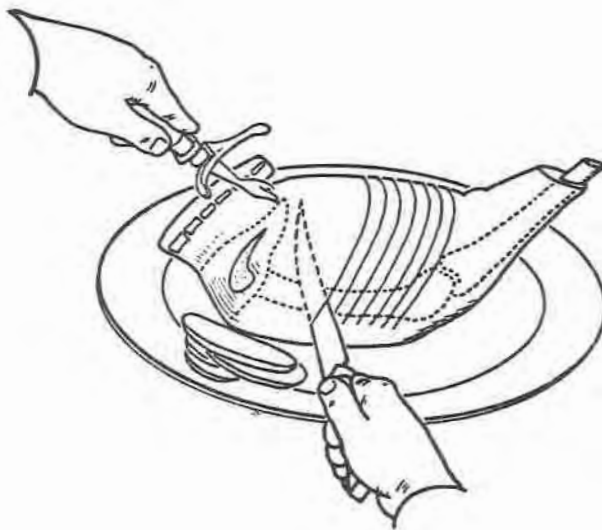


3. Lift each slice to the side until enough have been cut for all.

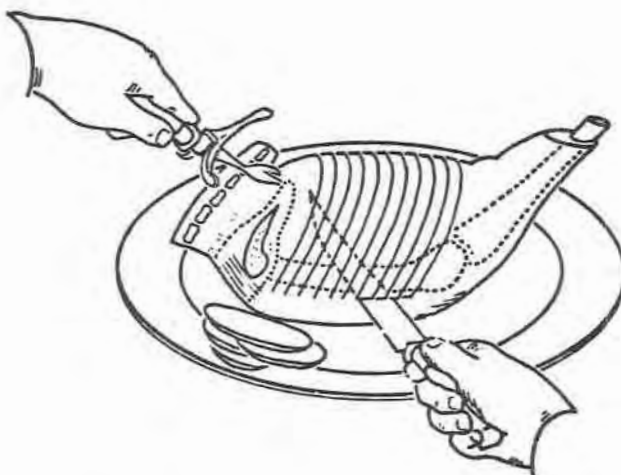


CARVING A LEG OF LAMB

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



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



3. Cut parallel to bone to release the slices.

PORK

Retail Cuts



Boneless Loin Roast

Roast

Tenderloin

Frenched and Whole

Roast, Braise, Panfry



Canadian Style Bacon

Roast, Broil, Panbroil, Panfry



Loin Chop

Roast, Broil, Panbroil, Panfry



Rib Chop



Frenched Rib Chop



Butterfly Chop

Braise or Panfry



Sirloin Roast



Loin Roast Center Cut



Blade Loin Roast



Crown Roast

Roast



Fat Back

Lard-Salt Pork



Lard

Shortening



Blade Steaks

Braise, Panfry



Smoked Shoulder Butt

Roast (Bake), Cook in Liquid, Broil, Panbroil, Panfry



Boston Butt



Rollled Boston Butt

Roast

Wholesale Cuts



HAM



LOIN



SIDE

SPARE RIBS



BOSTON BUTT



PICNIC



JOWL



Jowl Bacon Square

Cook in Liquid, Broil, Panbroil, Panfry

Retail Cuts



Ham (Butt Half)

Roast (Bake), Cook in Liquid



Ham (Shank Half)

Roast (Bake), Cook in Liquid



Ham Butt Slice

Broil, Panbroil, Panfry



Center Ham Slice

Broil, Panbroil, Panfry



Fresh Ham Roast



Rollled Fresh Ham Roast

Roast



Bacon

Broil, Panbroil, Panfry, Cook in Liquid



Salt Pork

Broil, Panbroil, Panfry, Cook in Liquid



Spare Ribs

Roast (Bake), Braise, Cook in Liquid



Fresh Picnic Shoulder

Roast



Smoked Picnic Shoulder

Roast (Bake), Cook in Liquid



Cushion Picnic Shoulder

Roast



Rollled Fresh Picnic Shoulder

Roast



Fresh Shoulder Hock

Braise, Cook in Liquid



Arm Steak

Braise, Panfry

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

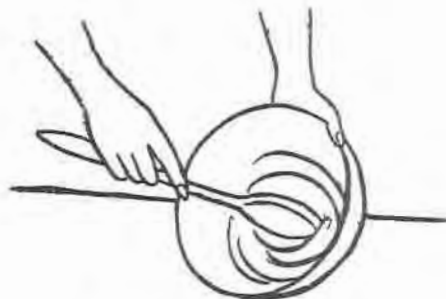
MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY	MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY
1. BEEF		VEAL	
Corned beef	7 days	Chops and steak	4 days
Hamburger	2 days	Roast	5 to 6 days
Pot roast	5 to 6 days	Stew meat	2 days
Short ribs	2 days	VARIETY MEATS	
Standing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

CHEESE GUIDE

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



Stir



Beat

TERMS USED IN RECIPES

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

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

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

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

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

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

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

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

Chill — To place in refrigerator to reduce temperature.

Chop — To cut in pieces about the size of peas with knife, chopper, or blender.

Cool — To remove from heat and let stand at room temperature.

Cream — To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.

Cut In — To mix shortening with dry ingredients using pastry blender or knives.

Dice — To cut food in small cubes of uniform size and shape.

Dissolve — To disperse a dry substance in a liquid to form a solution.

Glaze — A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

Grate — To rub on a grater that separates the food into very fine particles.

Marinate — To allow food to stand in a liquid to tenderize or to add flavor.

Mince — To cut or finely chop food into very small pieces.

Mix — To combine ingredients, usually by stirring, till evenly distributed.

Poach — To cook in hot liquid, being careful that food holds its shape while cooking.

Precook — To cook food partially or completely before final cooking or reheating.

Roast — To cook uncovered without water added, usually in an oven.

Saute — To brown or cook in a small amount of hot shortening.

Scald — To bring to a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

Scallop — To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

Steam — To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

Stir — To mix ingredients with a circular motion until well blended or of uniform consistency.

Toss — To mix ingredients lightly.

Truss — To secure fowl or other meat with skewers to hold its shape during cooking.

Whip — To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, ¼ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
<p>CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.</p>	<p>BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.</p>	<p>BAKED EGGS: Sprinkle dash of thyme or paprika over the top.</p>
<p>FRUIT COCKTAIL: Try adding mint or rosemary.</p>	<p>BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.</p>	<p>CREAMED EGGS: Add mace.</p>
<p>STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.</p>	<p>COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.</p>	<p>DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.</p>
<p>TOMATO COCKTAIL: Add ¼ teaspoon dried basil, per cup.</p>	<p>CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add ½ teaspoon rosemary to batter.</p>	<p>OMELET: Try with dash of marjoram or rosemary (go easy!).</p>
<p>CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.</p>	<p>CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.</p>	<p>SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.</p>
<p>CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.</p>	<p>DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying roll in cinnamon sugar.</p>	<p>SOUFFLE: Add ¼ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.</p>
<p>CONSOMME: Dash in basil, marjoram, savory, or tarragon.</p>	<p>DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.</p>	<p>CHEESE CASSEROLES: Spark with dash sage or marjoram.</p>
<p>FISH CHOWDER: Add bay leaves, curry powder, or dill.</p>	<p>MUFFINS: Blueberry—add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.</p>	<p>CHEESE FONDUE: Try adding a dash of basil or nutmeg.</p>
<p>MUSHROOM SOUP: Season with curry, oregano, or marjoram.</p>	<p>NOODLES: Butter, then sprinkle with poppy seed.</p>	<p>CHEESE RABBIT (rarebit): Try with mace or mustard.</p>
<p>ONION SOUP: Add marjoram.</p>	<p>ROLLS: Add caraway seed. Or, sprinkle with sesame seed.</p>	<p>CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.</p>
<p>OYSTER STEW: Lightly add cayenne, mace, or marjoram.</p>	<p>SPAGHETTI: Toss with butter, Parmesan, and snipped chives.</p>	<p>CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted process cheese.</p>
<p>POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.</p>	<p>WAFFLES: Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.</p>	<p>COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.</p>
<p>SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.</p>		<p>CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.</p>
<p>TOMATO SOUP: Dash in basil, dill, oregano, sage, or tarragon.</p>		
<p>VEGETABLE SOUP: Try allspice, oregano, sage, or thyme.</p>		

DAILY CALORIE NEEDS FOR WOMEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 11"	1635	1725	1845
5' 0"	1665	1770	1890
5' 1"	1695	1800	1935
5' 2"	1740	1845	1995
5' 3"	1785	1875	2040
5' 4"	1845	1950	2100
5' 5"	1890	1995	2145
5' 6"	1950	2040	2220
5' 7"	2010	2130	2280
5' 8"	2055	2175	2340
5' 9"	2115	2235	2400
5' 10"	2175	2295	2460
5' 11"	2220	2340	2505
6' 0"	2265	2415	2580

DAILY CALORIE NEEDS FOR MEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5' 2"	1845	1965	2085
5' 3"	1890	2010	2130
5' 4"	1950	2070	2205
5' 5"	2010	2130	2265
5' 6"	2045	2175	2325
5' 7"	2115	2235	2400
5' 8"	2175	2310	2460
5' 9"	2235	2370	2520
5' 10"	2295	2430	2595
5' 11"	2355	2490	2670
6' 0"	2430	2565	2745
6' 1"	2505	2640	2820
6' 2"	2595	2730	2910
6' 3"	2670	2805	3000

These charts based on the average calorie needs for individuals of specific height and frame. Your individual calorie needs may fluctuate 10% above or 10% below these averages depending on your metabolism and activity (or inactivity.)

It takes a loss of 3500 calories to lose one pound. If you eat 500 calories less a day than your body requires, you should lose a pound every seven days. The reverse also applies for gaining one pound. Adding 3500 calories over caloric needs will add one pound of weight.

NEW DESIRABLE WEIGHTS

DESIRABLE WEIGHTS FOR MEN AND WOMEN

WEIGHTS FOR WOMEN

HEIGHT (with shoes on) 2-inch heels	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 10"	92-98	96-107	104-119
11"	94-101	98-110	106-122
5' 0"	96-104	101-113	109-125
1"	99-107	104-116	112-128
2"	102-110	107-119	115-131
3"	105-113	110-122	118-134
4"	108-116	113-126	121-138
5"	111-119	116-130	125-142
6"	114-123	120-135	129-146
7"	118-127	124-139	133-150
8"	122-131	128-143	137-154
9"	126-135	132-147	141-158
10"	130-140	136-151	145-163
11"	134-144	140-155	149-168
6' 0"	138-148	144-159	153-173

WEIGHTS FOR MEN

HEIGHT (with shoes on) 1-inch heels	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5' 2"	112-120	118-129	126-141
3"	115-123	121-133	129-144
4"	118-126	124-136	132-148
5"	121-129	127-139	135-152
6"	124-133	130-143	138-156
7"	128-137	134-147	142-161
8"	132-141	138-152	147-166
9"	136-145	142-156	151-170
10"	140-150	146-160	155-174
11"	144-154	150-165	159-179
6' 0"	148-158	154-170	164-184
1"	152-162	158-175	168-189
2"	156-167	162-180	173-194
3"	160-171	167-185	178-199
4"	164-175	172-190	182-204

Weight in Pounds According to Frame (In Indoor Clothing)

Your Spot Removal Guide

THE STEPS

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

What Causes Rings

1---The garment is soiled all over. Removing the spot leaves a conspicuous clean area.

2---Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.

3---The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

How To Use Cleaning Fluid

1---If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. ENERGINE Fireproof Cleaning Fluid will not injure the color of any colorfast material.

2---Brush fabric to remove loose soil.

3---Place an absorbent cloth or clean white blotter under the spot.

4---Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.

5---With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.

6---If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

When more than one step is listed, use them consecutively. When you sponge with water, then ENERGINE Fireproof Cleaning Fluid--or the other way around--let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

Step 1. Sponge with ENERGINE Fireproof Cleaning Fluid.

Step 2. Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.

Step 3. Rub in petroleum jelly to soften the stain.

Step 4. Wash in warm water with a synthetic detergent or soap.

Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.

Step 6. Soak for a short while in a bowl of ENERGINE Fireproof Cleaning Fluid.

Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.

Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.

Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.

Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.

Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.

Step 12. Sponge with turpentine.

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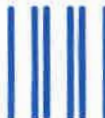
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