

# Our Favorite Recipes

*Kinmundy Chapter #606  
Order of Eastern Star  
Kinmundy, Illinois 62854*



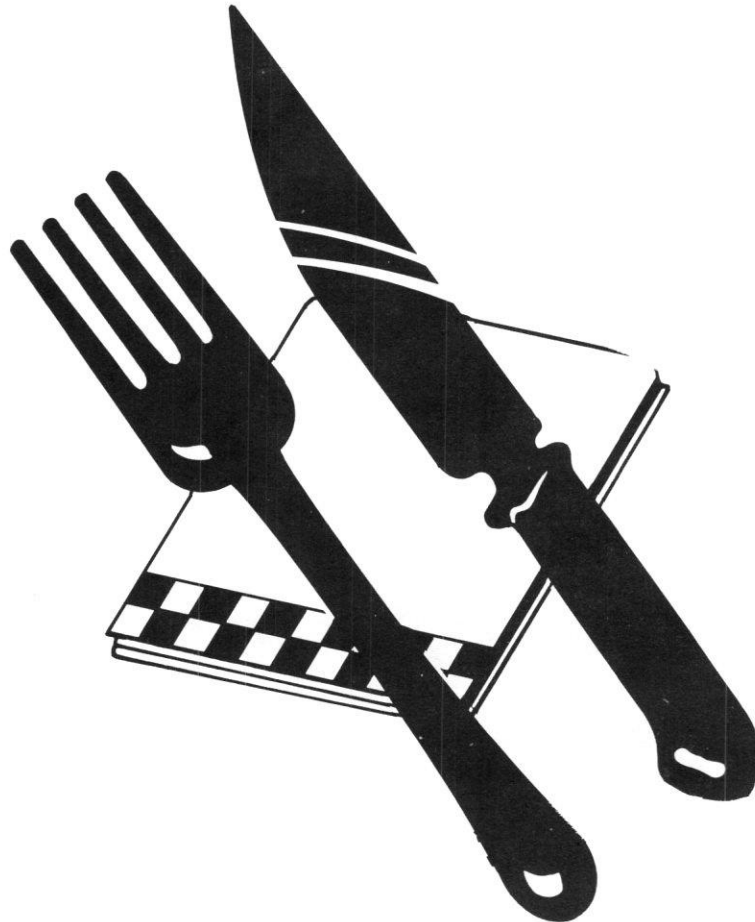
*Cookbook Two  
1985*

# *In Appreciation*

The Cookbook Committee of 1985 would like to thank all those members who donated recipes, helped with the compiling or the selling of or in any other way contributed to the publication of this cookbook.

To each one who receives a copy of the cookbook--  
We hope you enjoy trying the recipes! Happy Cooking!

*The Cookbook Committee*

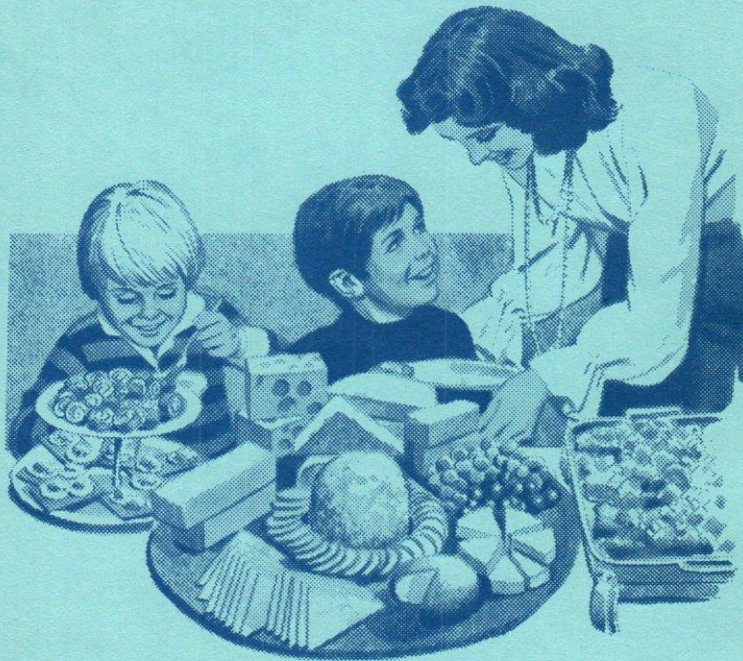


**KINMUNDY CHAPTER #606  
ORDER OF EASTERN STAR  
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Rochelle Miselbrook	-----	Chairman of Eligibility
Dola Brasel	-----	Sunshine Sister
Vivian May	-----	Instructress



# Appetizers, Pickles, Relishes



### **BAKED STUFFED MUSHROOMS**

1 lb. fresh mushrooms

Remove stems, dice fine, and add to stems 2 Tbsp. chopped onions; sprinkle with 1 Tbsp. Worcestershire Sauce. Mix in some fine bread crumbs and sprinkle with garlic salt, onion salt, salt and pepper. Fill caps, coat in melted butter, and place in pan. Sprinkle with Parmesan Cheese. Bake at 350 degrees for 20 minutes.

MARGE BOYD

### **INDIAN CHICKEN BALLS**

1 8 oz. cream cheese  
1 cup cooked chopped chicken  
1/2 cup blanched almonds, chopped  
2 Tbsp. Chutney, chopped  
1 Tbsp. curry powder  
1/2 tsp. salt (if needed)  
grated coconut

Combine and mix all ingredients except coconut. Form into small balls (1 tsp. each). Roll in grated coconut. Chill and serve on toothpicks. May freeze before rolling in coconut.

CAROLYN COLEMAN

### **APPETIZER MEAT BALLS**

1 1/2 lbs. ground chuck  
1/2 cup uncooked oatmeal  
1/3 cup uncooked rice  
1/2 cup finely chopped onion  
2 eggs  
1 cup milk  
1 tsp. salt  
1/4 tsp. pepper

Mix together and form tiny balls, about 1 tsp., and brown in hot oil or shortening. Place in large casserole or 2 small ones.

### **SAUCE**

2 family size Hunts tomato sauce  
1 1/2 cups tomato juice  
1 Tbsp. Worcestershire Sauce  
2 Tbsp. sugar

Mix and pour over meat balls. Bake covered at 350 degrees for 1 hour. Uncover, reduce heat to 325 degrees and bake 1/2 hour longer to reduce liquid and brown slightly.

VERA MAXEY

### **REFRIGERATOR CHIP PICKLES**

7 cups thin sliced cucumbers, unpeeled  
1 cup onions, sliced thin  
1 green pepper sliced  
1 Tbsp. salt

Mix together and let set for 2 hours, then drain. Mix together and bring to a boil and cool.

1 cup vinegar  
2 cups sugar  
1 tsp. celery seed  
1/2 tsp. mustard seed

Pour vinegar mixture over sliced cucumbers, onions and pepper. Let set in refrigerator 2 or 3 days, then put in butter tubs and freeze.

DOROTHY SCHOOLEY

### **CARROT RELISH**

1 lb. carrots  
4 large green peppers  
3 large red peppers  
4 large onions

Put through food chopper using large blade. Cover vegetables with boiling water and let stand 5 minutes. Drain well.

Stir in  
1 1/2 cups vinegar  
1 1/2 cups sugar  
2 tsp. salt

Bring all to a boil and cook for 5 minutes. Put into hot jars and seal.

NORA OLDEN

### **RECIPE FOR A GOOD DAY**

Take a little dash of water cold,  
And a little leaven of prayer  
And a little bit of morning gold,  
Dissolved in morning air.  
Add to your meal some merriment,  
Add a thought for kith and kin,  
And these are your primal ingredients  
With plenty of work thrown in.  
But spice it all with the essence of love,  
And a little whiff of play.  
Let the wise old book and a glance above,  
Complete the well-made Day.

### **CHEESE BALLS**

2 oz. cream cheese  
2 Tbsp. chopped onion  
1 small can crushed pineapple, drained  
1/4 cup finely chopped mango  
1 1/2 tsp. celery salt  
1 1/2 tsp. salt

Mix and chill 2 hours. Roll in nuts after chilling.

### **BILLIE CRANE**

#### **CHEESE BALL**

1 8 oz. pkg. cream cheese  
1 5 oz. jar bacon & cheese spread  
1 5 oz. jar old English cheese spread  
1 5 oz. jar pineapple cheese spread  
1 5 oz. jar olive cheese spread  
2 Tbsp. Worcestershire Sauce

Add garlic salt, celery salt, and onion salt to taste. Blend all ingredients with mixer. Shape in ball; put in freezer 30 minutes. Top with paprika, parsley, and ground nuts.

Note: All cheeses should be room temperature before mixing.

### **JANET SMITH**

#### **MAKE AHEAD APPETIZERS CHEESE & SPINACH PUFFS**

1 10 oz. pkg. frozen chopped spinach  
1/2 cup chopped onion  
2 slightly beaten eggs  
1/2 cup grated Parmesan Cheese  
1/2 cup shredded Cheddar Cheese  
1/2 cup blue cheese salad dressing  
1/4 cup margarine, melted  
1/8 tsp. garlic powder  
1 8 1/2 oz. pkg. corn muffin mix

Combine spinach and onion. Cook according to spinach package directions. Drain well, press out excess liquid. Combine eggs, cheeses, salad dressing, margarine and garlic powder. Add spinach mixture and muffin mix; mix well. Cover and chill. Shape dough into 1 inch balls. Cover and chill until serving time (or can be frozen and stored). To serve, place chilled or frozen puffs on a baking sheet. Bake in 350 degrees oven until light brown. (Chilled puffs 10 to 12 minutes, frozen puffs 12 to 15 minutes). Serve warm.

Makes about 60.

### **DOROTHY WHITMAN**

### TUNA APPETIZERS

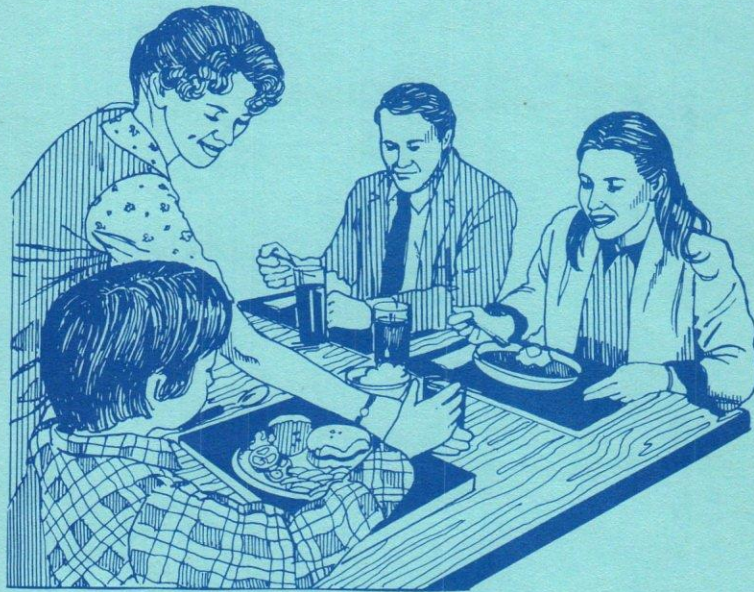
1 can tuna  
3 Tbsp. finely chopped celery  
1 tsp. grated onion  
1/4 tsp. pepper  
3 Tbsp. mayonnaise  
1/2 cup butter  
3 Tbsp. horseradish  
32 toast points

Drain tuna and flake. Add celery, onion, pepper, and mayonnaise, blend. Combine butter and horseradish. Spread on toast points. Top with tuna mixture.  
32 appetizers.

JERRY OSBORNE



Beverages,  
Sandwiches,  
Dips, Snacks



### **HOT CHEESE DIP**

Dice 2 green peppers or 1 small can green chilies, with 1 medium onion. Fry in hot fat. Add 1 cup tomatoes stirring constantly. Cook 5 minutes. Add 1 tsp. chili powder, 1 tsp. salt, and 2 cups grated cheese. Cook until cheese melts.

FRANCES SMITH

### **SALAD DRESSING**

1 pkg. Good Seasons Cheese & Garlic Salad Dressing Mix  
1 1/3 cup mayonnaise  
1 1/3 cup buttermilk

Combine and blend with wire whip.

CAROLYN COLEMAN

### **NUT AND RAISIN SANDWICHES**

1/2 cup peanuts  
1 pkg. of seedless raisins  
2 Tbsp. sweet pickles  
1/2 cup peanut butter

Grind all together. Then add 3 Tbsp. salad dressing. Mix well. May need a little more dressing to spread good on bread with lettuce leaf.

VERA MAXEY

### **SAUSAGE CHEESE SNACKS**

1 loaf cocktail rye bread  
1 lb. bulk pork sausage  
1 lb. Velveeta cheese

Brown sausage and drain thoroughly. Cut Velveeta in small pieces and melt in pan with sausage. Spread on each piece of rye bread and bake at 450 degrees until slightly golden brown.

RADA FORD

### **CHICKEN SALAD**

4 cup cooked diced chicken, cold  
2 cup celery, finely chopped  
1 tsp. lemon juice  
salt and pepper  
3 green onions, sliced thin on diagonal  
1/2 cup mayonnaise or sour cream

Combine ingredients, toss lightly and serve on lettuce leaves.

CAROLYN COLEMAN

### **LOW-CAL TEA FOR TWO**

2 tsp. pure instant tea  
4 Tbsp. water  
1 pint low-cal ginger ale

Into each glass put 1 tsp. of instant tea. Add 2 tsp. of water and stir until dissolved. Fill with ice cubes. Pour in 1 cup of ginger ale and stir.

PAM HAWKINS

### **FROZEN BANANA PUNCH**

Boil 4 cups of sugar and 6 cups of water, 3 minutes and let cool.

Open 1 12 oz. can frozen orange juice plus 1 can water.

1 6 oz. can frozen lemonade and 1 can water

1 46 oz. can pineapple juice

**STIR WELL**

Put 5 or 6 small ripe bananas in a blender add 1 can water sugar combination to help blender mix bananas better.

Stir all together (this makes 1 1/2 gal. mixture)

This can be frozen as long as 5 or 6 months.

Thaw ALL DAY to get to the SLUSH stage.

Add 6 quart ginger ale or 7 Up at time of serving.

CHARLOTTE GAMMON

### **SPICED TEA**

2 sticks of cinnamon  
1 tsp. whole cloves  
6 tsp. tea  
1 1/2 to 2 cups sugar  
2 cups orange juice  
1/2 cup lemon juice

Put 2 cups water on the cinnamon and cloves and bring to a boil. Pour over tea and steep for 5 minutes, strain. Add sugar, orange juice, lemon juice, and rest of water.

Serve hot or cold. Cold should be stronger on account of ice cubes.

PAM HAWKINS

### **EVENING REFRESHER**

It's non-alcoholic  
2 cups grape juice  
1 cup cranberry juice  
1 pint raspberry sherbet

Use an electric blender whip together until smooth the grape juice, cranberry juice, and sherbet. Pour into glasses and garnish, if you like, with twist of lemon.

Makes 6 or 8 servings.

FERDY HAMMER

### BAKED CARAMEL CORN

1 cup oleo  
2 cups brown sugar  
1/2 cup light corn syrup  
6 quarts popped corn  
1 tsp. soda  
1 tsp. vanilla

Measure into heavy pan the oleo, brown sugar and corn syrup. Bring to vigorous boil, stirring constantly. Cook 2 minutes over medium heat. Remove from heat and add the soda and vanilla. Mix well. Pour over popped corn and mix well. Bake in 250 degree oven for 1 hour stirring well every 15 minutes. Remove from oven and cool on wax paper. Store in plastic bag or other container.

NELLIE HUGHES



# Soups, Salads , Sauces



**BROCCOLI AND CAULIFLOWER SALAD**

1 head chopped cauliflower  
1 bunch chopped broccoli  
1/4 medium chopped onion  
1/4 lb. crisp fried bacon

Mix above ingredients and set aside.

1/2 cup salad dressing  
1/3 cup sugar  
1/4 cup vinegar  
1/4 cup salad oil

Over medium heat bring the above ingredients to a boil. Cool. Pour over vegetables and refrigerate 2-4 hours.

WILMA VANDEVEER

**DARK CHERRY SALAD**

1 can dark cherries, drained and seeded  
1 1/2 cups miniature marshmallows  
1 can crushed pineapple

Mix all together and let stand to soften marshmallows. Soften 1 large pkg. Philadelphia Cream Cheese. Add 1 Tbsp. sugar and 2 or 3 Tbsp. cherry juice. Stir in above mixture and fold in 1 cup cool whip. Refrigerate.

DOLA BRASEL

**FRUIT SALAD**

1 can mandarin oranges  
1 can pineapple tidbits or chunks  
1 pkg. orange jello (dry)  
1 small carton cottage cheese  
9 oz. carton cool whip

Mix jello, cottage cheese, and cool whip together. Add WELL drained fruit and mix well. Let stand several hours.  
Serves 6 or 8 - will keep a long time.

KATHERINE WORMLEY

**MOCK STRAWBERRIES**

1 lb. cranberries  
2 large cans crushed pineapple  
5-6 cups minced apples

Mince cranberries. Add pineapple, juice and all, also minced apples. Store in refrigerator 48 hours. This can be served on a diabetic diet.

DOROTHY WHITMAN

**OPAL'S FROZEN SALAD**

- 2 small pkgs. dream whip
- 1 8 oz. pkg. cream cheese, soft
- 1 cup sugar
- 1 can pineapple, crushed (drained)
- 1 can fruit cocktail, drained
- 2 cups small marshmallows
- 1 cup maraschino cherries
- 1 cup chopped nuts

Mix cream cheese and sugar well with mixer. Whip dream whip as per pkg. directions and blend with sugar mixture. Add fruits, nuts, cherries, and stir until well mixed. Pour in 9 X 13 pan and freeze. Thaw slightly to serve.

FRANCES SMITH

**QUICK BLUEBERRY SALAD**

- 1 lb. can blueberries
- 1 lb. can crushed pineapple
- 2 3 oz. pkgs. raspberry or blackberry jello

Dissolve jello in 2 cups boiling water, and add fruits, juice included. Mix well and pour in 7 X 13 baking dish. Refrigerate until firm.

**TOPPING**

- 4 oz. cream cheese, soft
- 4 oz. sour cream
- 1/2 cup granulated sugar
- 1/2 of 8 oz. container cool whip

LARRY SMITH

**RICE AND OLIVE SALAD**

- 1 1/2 cups minute rice (cooked)
- 1/2 cup chopped pimento
- 1/2 cup chopped onions
- 1 cup celery
- 2/3 cup stuffed sliced olives

**DRESSING**

- 1 cup mayonnaise
- 1 tsp. salt
- 1 cup sour cream
- 2 Tbsp. white vinegar

Make the day before or several hours before serving.

PAM HAWKINS

**MAKE AHEAD SALAD**

1 pkg. (20 oz.) frozen mixed vegetables  
1 cup vinegar  
1 cup sugar  
1/2 cup oil  
1 cup chopped onions  
1 cup red and green peppers

Cook vegetables as directed on package. Drain well. Combine vinegar, sugar and oil. Boil 5 minutes, pour over vegetables while both are still hot. Let cool, and then add onions and peppers. Cover and refrigerate. Must be made several days before serving.

**RODNEY SCHOOLEY**

**PISTACHIO SUPREME SALAD**

1 20 oz. can crushed pineapple  
1 small container cottage cheese  
1 pkg. pistachio instant pudding mix  
1 14 1/2 oz. container cool whip  
1 cup miniature marshmallows

In large bowl combine pineapple, cottage cheese, and pudding mix. Fold in cool whip and marshmallows. Chill about 1 hour before serving.

**BILLIE CRANE**

**CUCUMBER SALAD**

2 cucumbers  
1 small onion  
1/2 cup sour cream  
1/3 cup vinegar  
1/4 tsp. pepper  
3/4 tsp. salt  
3 Tbsp. sugar  
1/4 tsp. dry mustard

Slice unpared cucumbers very thin, then combine with the onion, sliced equally thin. Mix all remaining ingredients in a bowl and stir until smooth. Just before serving, pour dressing over the cucumbers and onion and toss gently. If dressing is added too far in advance, the salad will become too soggy.  
Serves 6.

**KAREN REAGAN**

### **STRAWBERRY PRETZEL SALAD**

1 1/2 cups crushed pretzels  
1/4 cup sugar  
1/2 cup melted butter

Mix together and put in greased 9 X 13 pan and bake 10 minutes in a 350 degree oven. Cool for at least 10 minutes.

8 oz. cream cheese  
8 oz. cool whip  
1/2 cup powdered sugar

Combine and spread over cooled crust.

2 small boxes strawberry jello  
2 cups boiling water

Cool until the consistency of jelly, then add

1 cup crushed pineapple  
2 cups sliced strawberries (can be fresh or frozen)

Spread over cream cheese mixture. Best if left overnight before serving.

BETTY JOHNSTON

### **FRESH SPINACH SALAD**

1 lb. fresh spinach, washed and drained  
1 #303 can bean sprouts, drained  
1 4 oz. can water chestnuts, drained  
3-4 hard cooked eggs, diced  
6-8 slices crisp fried bacon, crumbled

Mix first 4 ingredients together in salad bowl. Then mix the following dressing.

1 cup salad oil  
1/4 cup vinegar  
1/3 cup catsup  
1 Tbsp. Worcestershire Sauce  
3/4 cup sugar  
1/2 tsp. salt  
1 small onion, diced

Mix the bacon with the dressing; then pour over the spinach mixture. Will serve about 10 people.

WILMA VANDEVEER

### **FRUIT SALAD**

1 pkg. (3 oz.) vanilla pudding mix  
1 pkg. (3 oz.) vanilla tapioca pudding mix  
1 can (11 oz.) mandarin oranges  
1 can (8 1/4 oz.) pineapple chunks  
1 sliced banana  
3 cups liquid from canned fruits and water

Drain syrups from canned fruits and add enough water to get 3 cups liquid. Cook puddings in liquid until it boils. Cool slightly. Add fruits. Mix well. Refrigerate and serve when chilled.

FRANCES SMITH

### **TACO SALAD**

Brown 1 1/2 or 2 lb. hamburger, drain off fat, add one envelope of dry taco seasoning and let cool. In large bowl, break up one head lettuce. Add 3 or 4 tomatoes, cut up; one onion, chopped; (sliced olives if desired); one small bottle Thousand Island Dressing, pour over, do not stir. Cover with cooled hamburger and sprinkle grated cheese over that (any kind of cheese). Then just before serving, crumble taco chips and sprinkle on top. You may use amount of hamburger and lettuce according to how many to be served.

IRENE GAMMON

### **CARROT SALAD**

1 lb. cooked, sliced carrots  
1 cup diced celery  
1 green pepper, chopped  
1 onion, chopped  
Heat: 1 can tomato soup  
3/4 cup sugar  
1/4 cup oil  
1/4 cup vinegar  
1/4 tsp. basil  
1/2 tsp. Worcestershire Sauce

Pour over vegetables. Cool, cover and set in refrigerator overnight before serving. Will keep 2 weeks or more.

WILMA VANDEVEER

### **THREE BEAN SALAD**

1 can green beans, drained (French style)  
1 can red beans, drained  
1 can yellow beans, drained  
3/4 cup sugar  
1/2 cup oil  
1/2 cup vinegar  
onion, salt and pepper to taste

CHARLOTTE GAMMON

### **SNOW SALAD**

30 large marshmallows  
1/2 cup hot milk  
1 pkg. whipped topping mixed according to pkg. directions  
1 11 oz. mandarin oranges  
1 8 1/2 oz. can crushed pineapple (drained)  
1/2 cup shredded coconut

Melt marshmallows in hot milk. Let cool. Add whipped topping and beat. Cut drained orange slices into small pieces and add to mixture along with drained pineapple. Stir in coconut. Spoon into individual dessert dishes or glass baking dish and refrigerate.

RUTH DOOLEN

### **GOLDEN CORN CHOWDER**

1 Tbsp. butter  
1/3 cup chopped onion  
1 can condensed cream of potato soup (10 3/4 oz.)  
1 can (12 oz.) Mexicorn, drained  
2 cups milk  
2 cups (8 oz.) shredded Cheddar Cheese

Melt butter in 2 quart saucepan. Saute onion until tender, about 5 minutes. Add soup, corn and milk; stir until blended. Heat to serving temperature, stirring occasionally. Remove from heat; stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (DO NOT BOIL). Serve garnished with a sprig of parsley.

CONNIE HIESTAND

### **AMAZING CRANBERRY SALAD**

1 lb. cranberries  
2 cups sugar  
2 pints water  
2 pkgs. strawberry jello, (3 oz. size)  
1 cup crushed pineapple  
2 cups chopped apple  
1 cup nuts  
2 cups marshmallows  
1/4 tsp. each salt and soda

Cook cranberries, salt and water to a boil, add soda then boil for 10 minutes. Remove from heat, add sugar and jello. Mix well. Add marshmallows while hot. Let cool until thickened and add remaining ingredients. Pour in pan until set. Cut in squares.  
It's amazing that it does not taste like cranberries.

NORA OLDEN

### **COMPANY SPECIAL BEETS**

2 cups beets, cooked and diced  
1/2 cup brown sugar  
2 Tbsp. cornstarch  
1/2 tsp. salt  
2 Tbsp. vinegar  
1 cup water (or beet liquid if canned beets are used)  
1/2 cup raisins  
1 cup crushed pineapple, undrained  
2 Tbsp. butter

Mix sugar, cornstarch and salt in saucepan. Stir in the vinegar and 1 cup liquid slowly. Add raisins, pineapple and butter and cook slowly until thickened. Add beets and cook over low heat until heated through.

GLADYS LACEY

### **SPECIAL OCCASION POTATO DISH**

4 lbs. potatoes, cooked and diced  
1 cup chopped onion  
1/4 cup butter  
salt and pepper  
1 (10 3/4 oz.) cream of celery soup  
1 pint dairy sour cream  
1 1/2 cups shredded Cheddar Cheese  
1/2 cup crushed corn flakes  
3 Tbsp. melted butter  
pimiento strips  
chopped fresh parsley

Saute onion in 1/4 cup butter until tender. Remove from heat. Stir in soup and sour cream. Pour over potatoes and cheese; mix well. Turn into greased 9 X 13 pan. Cover; refrigerate overnight. Sprinkle with corn flakes, drizzle with butter. Bake at 350 degrees for 1 hour. Garnish with pimiento and parshley.

WILMA VANDEVEER

### **SWEET-SOUR GREEN BEANS**

3 cans French cut green beans  
1 medium onion (cut into rings)  
4 Tbsp. sugar  
6 slices bacon, fried crisp  
3/4 cup slivered almonds  
4 Tbsp. vinegar

Place beans, onion rings and almonds in layers in casserole. Mix sugar and vinegar with bacon drippings. Bring to a boil. Pour over beans and let marinate overnight. Crumble bacon on top and bake 350 degrees for 15-20 minutes. Serves 6-8.

DOROTHY WHITMAN

### **FRESH CITRUS SLAW**

3 oranges, peeled, cut in bite size pieces  
1 medium head cabbage (about 1 1/2 lb.) cut in long thin shreds  
2 tsp. finely chopped onion  
1/2 cup mayonnaise  
1/2 tsp. salt substitute  
2 tsp. lemon juice

Combine oranges, cabbage, and onion. In small bowl combine mayonnaise, lemon juice, and salt. Stir into cabbage mixture; chill. Makes about 8 cups.

Serves 8 to 10.

Variations; Add any one of the following:

1 small green pepper, chopped  
1/2 cup peanuts  
2 Tbsp. chopped pimientos

### **FERDY HAMMER**

#### **CAULIFLOWER SALAD**

Break 1 head cauliflower into small pieces. Thinly slice 1 small pkg. red radishes and one pkg. green onions on top of cauliflower.

Add dressing as follows:

Mix 1 pkg. Good Seasons garlic and cheese mix, 1 cup mayonnaise and 1/2 cup sour cream. Pour dressing over vegetables and toss to coat.

### **LELA WILLIAMS**

#### **APRICOT SALAD**

1 large pkg. apricot jello  
1 #2 can crushed pineapple, drained (save juice)  
2 medium bananas, mashed  
1 small pkg. miniature marshmallows  
1 large carton cool whip  
1/2 cup pecans or walnuts  
1 egg beaten  
3/4 cup sugar  
2 Tbsp. flour  
2 Tbsp. butter  
1/2 cup pineapple juice  
1 large pkg. cream cheese

Make jello. When partially set, add pineapple, bananas and marshmallows. Set thoroughly. Cook until thick: egg, sugar flour and juice saved from drained pineapple. Stir in cream cheese. Cool. Mix in cool whip. Spread over jello. Best to use 13 X 9 pan or cake dish. Makes a nice high salad. Cut into squares.

### **DOROTHY WHITMAN**

# Vegetables



### **TOMATOES AND ZUCCHINI**

2 Tbsp. butter or margarine  
1/2 cup chopped onion  
1 clove garlic, minced  
1 1/2 lb. zucchini (3 medium) sliced  
1/2 medium green pepper, cut in strips  
1 16 oz. can tomato wedges  
1/2 lb. fresh mushrooms, sliced (optional)  
1 tsp. salt  
1/8 tsp. pepper

In large saucepan, saute onions and garlic in butter over medium heat. Add zucchini and brown slightly to flavor. Add green pepper, tomatoes, mushrooms and seasonings. Cover and simmer 15-20 minutes until zucchini is tender.

WILMA VANDEVEER

### **QUICK CREOLE PEAS**

1 10 oz. pkg. frozen peas  
1/4 cup chopped onions  
1/4 cup chopped green pepper  
2 Tbsp. butter or oleo  
1 8 oz. can (1 cup) tomatoes  
1/2 tsp. salt  
dash of pepper  
1 Tbsp. cornstarch

Cook peas according to package directions. Drain. Cook onion and green pepper in butter until tender but not brown. Reserve 2 Tbsp. tomatoe liquid. Cut tomatoes in pieces and add to cooked onions. Stir in salt, pepper cornstarch with reserved tomato liquid and stir into peas. Cook and stir until mixture thickens and boils. Serves 4-6 persons.

MARGE BOYD

### **POTATO CASSEROLE**

3 cups loose frozen hash brown potatoes (partially thawed)  
1 can cream of celery soup  
8 oz. sour cream  
1 medium onion, chopped (optional)  
1/2 cup shredded Cheddar Cheese

Mix all ingredients except cheese. Put half of mixture in shallow greased baking dish, then 1/2 of cheese, and repeat. Cover dish and bake at 350 degrees for 30 to 40 minutes.

HELEN McCARTY MARQUART

**POTATO-CARROT-ONION CASSEROLE**

2 cups sliced potatoes  
2 cups sliced carrots  
1 cup sliced onions

Layer all three in baking dish. Salt and pepper to taste. Slice on top 1 stick oleo or butter and bake 350 degrees for 35-40 minutes.

LELA WILLIAMS

**MICROWAVE CANDIED YAMS**

6 medium yams or sweet potatoes  
1/2 cup packed brown sugar  
1/4 cup margarine  
2 Tbsp. orange juice  
1/2 tsp. salt

Pierce potatoes with fork; microwave unpeeled, 12 to 14 minutes until tender, turning once. Let stand 10 minutes. Combine remaining ingredients in 1 1/2 quart casserole; microwave 3-4 minutes until bubbly and thickened. Peel yams and slice into syrup, stir carefully to coat potatoes. Microwave, uncovered 7-9 minutes or until heated through, stir once, carefully.

Note: Canned yams work well with this recipe.

WILMA VANDEVEER

**BROCCOLI CASSEROLE**

2 cups cooked broccoli  
6 hard boiled eggs  
1 can cream of pea soup  
1 Tbsp. lemon juice  
1/4 tsp. garlic salt  
onion salt, pepper & salt to taste

Put broccoli in dish. Cut eggs in to 1/8. Place on top of broccoli. Mix rest of ingredients and pour over broccoli and eggs. Sprinkle paprika on top and bake 350 degrees for 25-30 minutes.

LELA WILLIAMS

**MUSTARD GLAZED CARROTS**

1 pkg. frozen whole baby carrots  
1-2 Tbsp. butter, melted  
2 Tbsp. brown sugar  
2 Tbsp. prepared DiJon Mustard

Cook carrots according to package directions, drain very well. Combine other ingredients and fold gently into carrots until glazed.

CAROLYN COLEMAN

**COPPER DENNIE SALAD OR  
CARROT MARINATE**

3 or 4 cups carrots (2 lb.) sliced and cooked until barely done, drain

Add

1 green pepper

1 medium onion or more if desired

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

3/4 cup vinegar

3/4 cup sugar

1/2 cup Crisco or Wesson Oil

1 Tbsp. Worcestershire Sauce

Heat last five ingredients until bubbly. Pour liquid marinate over carrots, green pepper, and onion. Let set 6 to 8 hours or overnight. Sauce can be used for other salads.

**LELA HAMPSTEN  
FRUIT SALAD**

3-4 apples

1 cup miniature marshmallows

2/3 cups grapes, quartered and seeded

2-3 bananas, diced

1 can chunk pineapple

1/4 cup sugar

2 Tbsp. flour

1 cup pineapple juice

1 egg, beaten

1/3 English walnuts or pecans

Dice unpeeled apples. Cut and seed grapes. Combine apples, marshmallows, nuts, grapes, drained pineapple and diced bananas. In saucepan, mix sugar and flour. Stir in pineapple juice and beaten egg. Cook, stirring continuously until mixture comes to a boil and is thick. Pour sauce over mixed fruit. Cool. Refrigerate until serving time. Good if made in morning and served in evening.

**WILMA VANDEVEER**

**MY KITCHEN PRAYER**

Within my kitchen, Lord  
My guests all love to come,  
They like the singing kettle and  
the bright geranium.

And as I do the dishes  
I know Thine eye can see  
The many little lowly tasks  
I do, as unto Thee.

May the fragrance of Thy love  
Bless all who come inside.  
I know Thy tender watchful care  
With all our needs provide.

### **COMPANY PEAS**

1 pkg. frozen peas, cooked and drained  
1/3 cup onion, chopped  
2 Tbsp. butter  
1 small can mushrooms, drained  
1 tsp. sugar  
dash of thyme

Cook onion in butter until tender. Stir in remaining ingredients. Season with 1/2 tsp. salt and dash pepper. Cover and warm over low heat.

WILMA VANDEVEER

### **DELICIOUS GREEN BEANS**

2 pints green beans, cooked  
6-8 slices of bacon  
1 small onion, diced  
2 Tbsp. sugar  
1 tsp. dry mustard  
1 4 oz. can mushrooms, drained  
1 15 oz. can tomato sauce  
salt and pepper

Dice bacon and fry until crisp. Remove bacon. Saute onion in drippings until glossy but not brown. Add sugar and mustard. Stir until dissolved. Add bacon pieces, mushrooms, tomato sauce and beans. Heat thoroughly. Season with salt and pepper.

GLADYS LACEY

### **SPICED RED CABBAGE**

Red cabbage: To keep red cabbage red, it must be cooked in acidified water that is; 1/2 cup vinegar for each quart of cooking water.

6 cups red cabbage shredded  
2 Tbsp. butter  
1 tart apple, cut in eighths  
1 tsp. salt  
6 whole cloves  
1/4 cup water  
1/4 cup vinegar  
1/4 cup sugar

Combine cabbage, butter, apple, salt, cloves and water. Cook slowly for 25 minutes. Add vinegar and sugar and cook 5 minutes more.

WILMA VANDEVEER

### **SWEET POTATO PUDDING**

1 #2 1/2 can sweet potatoes (save 1/4 cup juice)  
1 8 1/2 oz. can crushed pineapple  
3-4 Tbsp. brown sugar  
1 egg  
1/2 tsp. cinnamon  
Marshmallows for topping

Drain sweet potatoes, saving 1/4 cup of juice. Combine all the ingredients, except marshmallows. Beat until blended and pour into a buttered dish. Top with halved marshmallows. Bake 40 minutes at 350 degrees.

(Fresh sweet potatoes would be just as delicious, then use the juice drained from the pineapple for the 1/4 cup liquid.)

WILMA VANDEVEER

### **HOT BROCCOLI CASSEROLE**

3 ribs celery, chopped  
1 med. size onion, chopped  
1 small can mushroom pieces  
1 roll garlic cheese\*  
1 pkg. frozen chopped broccoli  
1 can cream of mushroom soup

Cook broccoli as directed on package and drain well. (Don't overcook.) Saute celery and onion in butter. Add mushroom pieces and soup. Cut cheese in small pieces and add to above mixture. Stir over low heat until cheese melts.

Combine all ingredients in baking dish. Bake at 350 degrees for 30 minutes.

\*If unable to find garlic cheese in your store, sharp cheddar works just as well.

KENNETH McCARTY

### **MICROWAVE ZUCCHINI, CHINESE STYLE**

2 Tbsp. salad oil  
2 cups onion, sliced  
2 cups zucchini, sliced  
1 clove garlic  
2 Tbsp. brown sugar  
2 Tbsp. warm water  
2 Tbsp. soy sauce  
1/4 tsp. salt

Combine first 5 ingredients in casserole. Cook 3 minutes; stir. Cover and heat 3 minutes. Add remaining ingredients. Stir. Cover and cook 3 minutes or until tender.

WILMA VANDEVEER

### **CORN SOUFFLE**

1 #303 can creamed corn  
2 Tbsp. flour  
1 tsp. sugar  
1 tsp. salt  
2 eggs, separated

Combine corn, flour, salt, sugar and beaten egg yolks. Fold in stiffly beaten egg whites. Pile lightly into buttered baking dish. Set in pan of hot water. Bake at 350 degrees 40-50 minutes.

### **DOROTHY WHITMAN**

#### **HAWAIIAN STYLE SWEET POTATOES**

6 small sweet potatoes, cooked and peeled  
1/4 cup butter or margarine  
1 8 1/2 oz. can crushed pineapple, undrained  
1/4 cup white sugar  
1/2 tsp. cinnamon  
1/4 cup brown sugar  
1/3 cup coarsely chopped pecans

Cook sweet potatoes, peel and cut into 1" chunks. Set aside. Melt butter in large saucepan or frypan over medium heat. Add pineapple with juice, white sugar, and cinnamon. Stir to dissolve sugar. Add sweet potatoes and stir carefully to coat all potatoes. Sprinkle brown sugar over all and top with pecans. Cover pan and heat on low. Then simmer 20 minutes.

### **WILMA VANDEVEER**

#### **SCALLOPED ASPARAGUS**

1/3 cup butter  
1/4 cup flour  
1 tsp. salt  
1/4 tsp. black pepper

Melt butter and stir in seasonings and flour to smooth paste.

1 lb. can asparagus  
1 pimento, chopped fine  
4 hard cooked eggs, sliced  
1/2 cup grated cheese  
1/3 cup bread crumbs

Drain liquid from asparagus can and add enough milk to make 2 cups liquid. Cook liquid and paste together until thick stirring all the time. Grease bottom of pan and cover with asparagus, eggs, sauce, and repeat layers. Put bread crumbs on top and bake 20 minutes in 350-375 degree oven until done.

### **KATHERINE WORMLEY**

### **BROCCOLI CASSEROLE**

Cook 1 pkg. frozen chopped broccoli according to pkg. directions. Drain. Add 1 can cream of chicken soup and stir. Combine 1 stick melted oleo and 1/2 box Chicken in a Biskit Crackers (crushed).

Place 1/2 cracker mixture in baking dish. Place broccoli mixture on top. Place sliced Velveeta on top of broccoli. Top with remaining cracker mixture. Bake 350 degrees about 30 minutes.

### **NELLIE HIESTAND**

#### **HOT KIDNEY BEANS**

1 17 oz. can kidney beans  
1 hard boiled egg, chopped  
1 Tbsp. flour  
1 Tbsp. vinegar  
1 Tbsp. sugar  
2 Tbsp. pickle relish  
2 Tbsp. onion, chopped

Mix and heat through.

### **WILMA VANDEVEER**

#### **HERBED POTATOES**

6 large baking potatoes, unpeeled  
1/2 cup butter, melted  
2 envelopes onion soup mix  
1 Tbsp. rosemary

Place scrubbed potatoes cut in 1/2 inch slices into 9 X 13 inch greased glass baking dish or cookie sheet. Mix butter, onion soup mix and rosemary. Sprinkle over potatoes, cover with foil. Bake at 350 degrees for 1 hour or until potatoes are done.

### **WILMA VANDEVEER**

#### **COMPANY VEGETABLES**

2 pkgs. frozen broccoli, partially cooked  
1 cup grated Cheddar Cheese  
1 can condensed cream of mushroom soup  
1 can (2/3 cup) evaporated milk  
1 can (3 1/2 oz.) French fried onion rings

Cover bottom of greased baking dish with broccoli. Cover with grated cheese. Mix soup and milk and pour over cheese. Bake uncovered at 350 degrees for 25 minutes. Top with an even layer of onion rings, continue baking uncovered for 8 to 10 minutes, or until onion rings are crisp and golden brown.

### **FRANCES OSBORNE**

### **GOLDEN PARMESAN POTATOES**

4 large potatoes  
1/4 cup flour  
1/4 cup Parmesan Cheese (grated)  
1/3 cup butter  
salt, pepper, and parsley to taste

Pare potatoes, cut in quarters; combine flour, cheese, salt, and pepper in a bag. Moisten potatoes with water and shake a few times in the bag coating potatoes well with cheese mixture. Melt butter in 9 X 13 baking pan. Place potatoes in a layer in pan turning to coat with butter. Bake at 375 degrees for about an hour. Turn once during baking. When golden brown, sprinkle with parsley.

I use more cheese than called for. I shake on potatoes after they are in baking dish.

VELVA McCARTY PETIT

### **RECIPE OF A WELL ORDERED HOUSEHOLD**

Let the mistress of the house take:

2 pounds of consideration  
5 pounds of patience  
1 pound of discipline  
3 pounds of the very best self control  
1 1/2 pounds of justice

Let this be sweetened with charity. Let it simmer well and let it be taken daily in large doses. Keep constantly on hand.

### **SINFULLY RICH SWEET POTATOES**

A dish to serve on very special occasions when you are not counting pennies or calories!

3 cups mashed sweet potatoes  
1 tsp. vanilla  
1/4 cup butter  
2 beaten eggs  
3/4 cup sugar

Mix and put into greased casserole. Mix topping and spread over mixture. Bake at 375 degrees until browned.

### **TOPPING**

1 cup coconut  
1 cup brown sugar  
1 cup pecans (chopped)  
1/3 cup butter

NORA OLDEN

### **VEGETABLE CASSEROLE**

Broccoli, cauliflower, asparagus, or brussel sprouts (any of these vegetables or the combination of any may be used). Fresh or 1 pkg. of each frozen.

Cook vegetable or vegetables until almost done, drain. Mix with 1 can cream of mushroom soup, 8 oz. shredded Cheddar Cheese or 1 small jar Cheese Whiz. Salt, pepper, dash of garlic powder, (optional), 1 can of onion rings.

Mix above with cooked vegetables except the onion rings which are put on top. Bake at 350 degrees for 30 minutes.

**WILMA VANDEVEER**

### **LAYERED SPINACH SUPREME**

1 cup Bisquick mix  
1/4 cup milk  
2 eggs  
1/4 cup chopped onion  
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained  
1/2 cup grated Parmesan Cheese  
4 oz. Monterey Jack Cheese, cut into about 1/2 inch cubes  
1 carton (12 oz.) small curd cottage cheese  
1/2 tsp. salt  
2 cloves garlic, crushed  
4 oz. can mushrooms, drained

Heat oven to 375 degrees. Grease 12 X 7 1/2 X 2 inch baking dish. Mix baking mix, 2 eggs and onion. Spread in dish. Mix remaining ingredients; spoon evenly over batter in dish. Bake until set, about 30 minutes. Let stand 5 minutes before cutting.

**DOROTHY WHITMAN**



# Main Dishes, Meats, Casseroles



### **BROCCOLI TUNA CASSEROLE**

1 pkg. frozen broccoli spears  
1 Tbsp. flour  
1/4 lb. cheddar cheese (Cracker Barrel)  
1 can tuna (drained)  
1 can cream of mushroom soup (undiluted)  
1 Tbsp. butter  
1/2 cup milk  
1/4 tsp. paprika

Cook broccoli. Melt butter then cool. Add flour, paprika, and milk and stir until thick. Add cheese and soup. Butter casserole then place broccoli on bottom, then tuna and cheese sauce. Sprinkle cracker meal over top. Bake 20 minutes at 350 degrees.

### **MARY MINER MORROW**

#### **CHICKEN CASSEROLE**

1 cup peas  
1 cup broccoli  
1 cup celery (chopped)  
1 cup mayonnaise  
1 can cream of mushroom soup  
1 can water chestnuts (sliced)  
1 pkg. stove top dressing mix  
6 chicken breasts  
4 beef boullion cubes

Bake chicken breasts, bone and cut into large cubes and place in dissolved boullion for about 5 minutes. Then place chicken cubes in bottom of flat casserole dish. Mix celery, peas, broccoli, mayonnaise, water chestnuts and soup. Pour amply over chicken. Mix stuffing according to package directions, then cover top with stuffing. Then drizzle a little bit of boullion broth over stuffing. Bake 30 minutes at 350 degrees or until stuffing is brown and casserole bubbly.

### **VERA DOOLEN**

#### **BREAKFAST SOUFFLE**

1 1/2 to 2 lbs. bulk pork sausage  
9 eggs, slightly beaten  
3 cups milk  
1/2 tsp. dry mustard  
1 tsp. salt  
3 slices white bread, cut into 1/2" cubes  
1 to 1 1/2 cups shredded cheddar cheese

Brown sausage and drain on paper towel. Mix egg, milk, mustard and salt. Add bread cubes, sausage and cheese and stir into egg mixture. Pour into greased 9 x 13" pan. Cover and refrigerate overnight. Bake uncovered in 350 degree oven for 1 hour.

### **WILMA VANDEVEER**

### **HICKORY FARMS BEEF SAUSAGE**

6 lbs. cheap hamburger  
6 tsp. Mortons tender quick curing salt  
or sugar cure  
2 1/2 tsp. garlic salt  
2 1/2 tsp. mustard seed  
2 tsp. crushed red pepper  
1 tsp. peppercorns  
2 1/2 tsp. coarse black pepper  
1 tsp. hickory smoke salt

Mix in large bowl and knead, cover and refrigerate over night; next day, mix and knead, return to refrigerator; third day, knead and shape into five rolls, put rolls on rack in pan; bake at 175 degrees 8 hours; turn rolls every two hours. Cool on paper towels; lasts in refrigerator 3 weeks, freezer longer.

MARGE BOYD

### **UPSIDE DOWN PIZZA**

2 lbs. ground beef  
1/4 cup onions, chopped  
1 envelope spaghetti sauce mix  
16 ounces tomato sauce  
1 1/2 cup Mozzarella Cheese, grated  
1/2 cup sour cream  
1 8 oz. can refrigerated crescent rolls  
2 Tbsp. butter, melted  
1/3 cup Parmesan Cheese

Brown ground beef and onion; drain. Add spaghetti sauce mix and tomato sauce. Simmer gently to let flavors combine. Spread meat mixture into 9"x13" pan. Layer on cheese and sour cream. Top with crescent rolls; brush with butter and springle with Parmesan. Bake at 375 degrees for 20-30 minutes. Yield: 8-10 servings.

JOYCE BOYLES

### **CREAMY TUNA TWIST**

1 cup real mayonnaise  
2 Tbsp. vinegar, dash pepper  
4 oz. twist macaroni, cooked  
1 can (7 oz.) tuna, drained and flaked  
1 cup cooked peas  
1 cup sliced celery  
1/2 cup chopped red onion  
1/4 cup snipped dill or 1 Tbsp. dried dill weed

In large bowl mix together first 3 ingredients until smooth. Add remaining ingredients, toss to coat well. Cover, chill.

DOROTHY McCULLEY

### **DELICIOUS CHICKEN SALAD**

2 1/2 cups cut up chicken breast cooked  
1 box frozen peas, cooked and drained  
1 can drained bean sprouts  
1 can creamed mushroom soup  
1 can cream of chicken soup

Mix and bake at 350 degrees for 1/2 hour. Take out and cover with shredded cheese, return to oven until bubbly. Take out again and add 1 can french fried onions. Return to oven another 10 minutes.

### **FRANCIS HAMMER**

#### **LASAGNA**

1 can Parmesan Cheese  
1 1/2 lb. hamburger  
4 cups grated cheese (cheddar)  
4 cups grated Mozzarella cheese  
1 lb. cottage cheese  
1 box lasagna noodles  
1 large jar Ragu Spaghetti with mushroom sauce  
1 sliced onion  
1 can tomato paste

Boil noodles; brown hamburger with onion and drain. Mix hamburger with Ragu sauce and tomato paste. Layer with hamburger, mozzarella cheese, noodles, cottage cheese, then hamburger, cheddar cheese, noodles, Parmesan, cheddar and 1 cup mozzarella for topping.  
Bake at 400 degrees for 30 minutes.

### **AUDRA MULVANEY**

#### **POTATO CASSEROLE**

2 lbs. frozen hash browns  
1 tsp. salt  
2 Tbsp. dried onion flakes  
1 pint sour cream  
1/2 cup melted margarine  
1/2 tsp. pepper  
1 can cream of mushroom soup  
2 cups grated American cheese (or cheddar)

#### **TOPPING**

1/4 cup melted margarine  
2 cups crushed corn flakes

Thaw potatoes before mixing. Mix all ingredients except 1/4 cup margarine and corn flakes. Put in 9 x 13" buttered pan. Put melted 1/4 cup margarine and corn flakes mixture over top. Bake 45 minutes to 1 hour at 350 degrees.

### **FRANCES SMITH**

### **MICROWAVE DINNER CASSEROLE**

1 lb. ground beef  
1 tsp. seasoned salt  
sliced onion  
1 #2 can kidney beans, drained  
fresh tomatoes, sliced (or canned)  
4 slices bacon

Brown beef in 2 1/2 quart casserole for 5 minutes; drain. Sprinkle with seasoned salt. Cover with a thin layer of sliced onion. Pour drained beans over onion and cover with a layer of tomatoes (drained, canned tomatoes may be used). Top with slices of bacon. Cover with waxed paper and bake 7 minutes turning every 2 minutes. Uncover and cook 1 minute more. Serves 4.

WILMA VANDEVEER

### **CHINESE NO-BOIL CHICKEN**

In a large pot fill 2/3 full of water. Add salt and bayleaf to water. Bring to a full rolling boil. Turn off heat. Add fryer; when boiling stops, take chicken out. Repeat 2 or 3 times. Leave cover on pan. Turn heat off; and leave chicken in water one hour. Discard water chicken is cooked in. Great for boned chicken.

CAROLYN COLEMAN

### **CHICKN ENCHILADAS**

12 large flour shell tortillas  
1 lb. hamburger  
1 lb. cheese, grated  
3 cans cream of chicken soup  
1 can green chilies  
1 8 oz. sour cream  
1 onion

Brown hamburger with onion and chilies. In saucepan simmer 1/2 lb. of cheese, 2 cans cream of chicken soup and sour cream. Spoon 1 Tbsp. hamburger mixture with 2 Tbsp. sauce into tortilla shell and place in 9"x13" pan. Pour 1 can cream chicken soup over top and sprinkle with more grated cheese.  
Bake at 350 degrees for 20 minutes.

AUDRA MULVANEY

### **MACARONI TURKEY OR HAM CASSEROLE**

1 cup elbow macaroni  
1/4 cup butter or oleo  
1 cup soft bread crumbs  
1 cup shredded cheddar cheese  
1/2 cup shredded Swiss Cheese  
1/2 cup slivered ham or turkey  
3 eggs, well beaten  
1 Tbsp. minced onions  
1 Tbsp. chopped parsley  
1/4 tsp. salt  
1/8 tsp. pepper  
1 1/2 cup scalded milk  
paprika

Cook macaroni as directed on package. Drain. Add butter and toss until coated. Add bread crumbs, turkey or ham, cheeses, eggs, onions, parsley, salt, pepper and milk and mix well. Turn into greased 2 quart casserole dish. Sprinkle with paprika. Bake in slow oven, 325 degrees for 40-45 minutes. Serves 6

MARGE BOYD

### **SWEDISH KOTTBULLAR**

**(Meatballs)**

1/2 cup course homemade bread crumbs  
1/2 cup milk  
1 egg  
1 large yellow onion minced  
1/2 tsp. salt  
1 lb. fresh ground beef  
2 Tbsp. butter or more as needed  
1/4 tsp. white pepper

Stir bread crumbs into milk in large bowl. Mix well. Beat in egg and onion, add salt and pepper. Let stand 10 minutes. Mix in ground beef until just blended. Make around 1/2 to 1 inch meatballs with cold hands. Melt butter in large skillet until brown, add meatballs in single layer leaving room to move, shake pan and roll meatballs around until brown. Repeat.

HELEN KANE

### **HAMBURGER RICE DISH**

3 Tbsp. butter  
3/4 cup uncooked rice  
1 lb. ground beef  
1/2 cup chopped onion  
1/2 cup chopped celery  
2 1/2 cup tomatoes  
1 tsp. Worcestershire Sauce  
3 bouillon cubes  
3 cups water  
1/2 tsp. celery salt  
1/4 tsp. onion salt  
1/2 tsp. garlic seasoning  
1/8 tsp. pepper

Melt butter in heavy-skillet. Add rice, Brown lightly. Add meat, onion, and celery. Brown slightly. Add tomatoes, Worcestershire Sauce, bouillon cubes, water and seasonings. Cover tightly and cook slowly for 1 1/2 hours or until rice is tender. Stir frequently. More water may be added if needed. Serves six.

RODNEY SCHOOLEY

### **EASY SCALLOPED HAM CASSEROLE**

1 can cream of mushroom soup  
1 Tbsp. instant minced onion  
1/2 tsp. salt  
dash of pepper  
2 15 oz. cans sliced potatoes drained (or cooked fresh potatoes)  
1 8 oz. can sweet peas, drained  
1 1/2 cups cooked ham

Combine soup, onion and seasonings in 2 quart casserole. Stir in remaining ingredients. Bake in preheated 350 degree oven for 45-50 minutes or until bubbly.

If desired, sprinkle with french fried onions, and bake 2 or 4 additional minutes more.

DONNA JAMES

### **CHICKEN BREAST**

3 large chicken breasts, halved and boned, skinned.  
1 3 oz. pkg. dried beef  
6 slices of bacon  
1 can mushroom soup  
1 small carton sour cream

Run cold water over the dried beef. Top each half of chicken with bacon and beef strips. Bake uncovered 350 degrees for 40 minutes. Combine soup and sour cream and pour over chicken and bake 25 more minutes.

NORA OLDEN

### **BEEF WITH BROCCOLI**

2 pkgs. (10 oz. size) frozen broccoli spears, partially thawed, or 1 bunch fresh broccoli  
1 lb. flank steak or sirloin, partially frozen thinly sliced across grain  
2 tsp. cornstarch  
1 tsp. sugar  
1/4 tsp. ground ginger  
1 Tbsp. soy sauce  
1 clove garlic, crushed  
5 Tbsp. oil  
1 (8 oz.) can sliced water chestnuts, drained  
1/2 cup sliced fresh mushrooms  
1 1/2 tsp. salt  
Hot cooked white rice

Cut broccoli flowerets and stems into 1 1/2 inch lengths, about 1/2 inch wide; set aside. If using fresh broccoli break flowerets with stems from large stems. Peel skin from large and small stems.

Cut steak slices in 2x1 inch pieces. In small bowl combine 1 tsp. cornstarch, 1/4 tsp. sugar, ginger, soy sauce, 1 1/2 tsp. water and garlic; blend well. Stir in beef and set aside. Preheat heavy skillet about 3 minutes; pour in 2 Tbsp. oil. Add beef. Stir fry 1 minute until meat loses its red color. Return beef to bowl. Heat remaining 3 Tbsp. oil in skillet. Stir in broccoli, water chestnuts and mushrooms and fry 2 minutes. Add salt, remaining 3/4 tsp. sugar and 2 Tbsp. water. Mix well and cook 1 minute stirring remaining 1 tsp. cornstarch and 1 Tbsp. water. Add to wok or skillet. Cook, stirring until slightly thickened. Serve with rice. 4 servings.

**KAREN ROBNETT**

### **CHEESE BURGER CASSEROLE**

1 lb. ground turkey or ground beef  
1/4 cup green pepper chopped  
1/4 cup onion chopped  
1 8 oz. can tomato sauce  
1/4 cup catsup  
1/3 tsp. pepper  
6 1 oz. American Cheese slices  
6 canned refrigerator biscuits

Brown meat with onion and green pepper, add tomato sauce and catsup. Add pepper and heat. Alternately place meat mixture and cheese slices in 1 1/2 quart casserole dish. Arrange biscuits around edge on top of other ingredients. Bake 20 to 25 minutes at 400 degrees.

Makes 6 servings each serving 3 protein, include one exchange of hard cheese, 1 vegetable, 1 bread, and 10 calories optional.

**RITA VANDEVEER**

### **BAKED CHICKEN SALAD CASSEROLE**

1 cup cooked and chopped chicken  
1 can cream of chicken soup  
1 cup chopped celery  
2 Tbsp. minced onion  
1 tsp. salt  
1/2 tsp. pepper  
1 Tbsp. lemon juice  
3/4 cup mayonnaise  
3 hard boiled eggs, chopped  
4 cup cooked macaroni

Mix all ingredients together, put in casserole, and top with 1 cup crushed potato chips.  
Bake at 450 degrees for 20 minutes.

RUTH DOOLEN

### **BAKED HAM STEAK**

1 slice ham, 1-2 inches thick  
2 Tbsp. brown sugar  
1 tsp. dry mustard  
1 Tbsp. flour  
2 Tbsp. vinegar  
1 cup milk

Trim or slash fat; place ham in baking dish large enough to allow ham to lie flat. Mix brown sugar, dry mustard, flour and vinegar in small bowl until smooth; slowly add milk. Pour over ham. Bake at 350 degrees for 1 1/2 hour. Sauce is delicious on baked potatoes. Can double the recipe to have enough sauce for baked potatoes.

WILMA VANDEVEER

### **QUICK TUNA DISH**

1 can celery soup  
1 can cream of mushroom soup  
1 can tuna  
3 cups Rice Krispies

Mix altogether, turn into a buttered casserole and top with grated cheese.  
Bake at 350 degrees for 1/2 hour.

JOE MEDLEY

### **TACO PIZZA**

1 1/2 lb. browned hamburger  
1 Pillsbury hot roll mix  
1 8 oz. can tomato sauce  
1 pkg. taco seasoning mix  
1 head of chopped lettuce  
1 cup chopped onion  
2 cups chopped tomatoes  
2 cups shredded mozzarella cheese

Mix hot roll mix according to pizza crust recipe on box. Spread into a greased pizza pan. Mix 1 1/2 lb. browned hamburger with 8 oz. can of tomato sauce and pkg. of taco seasoning mix. Pour onto pizza crust and bake at 350 degrees for 20-25 minutes. When pizza is almost done, pour on 2 cups of shredded mozzarella cheese and let melt in oven. Remove from oven and top with a layer of lettuce, onion and tomato. Slice and serve with taco sauce.

### **CINDY BEARD**

#### **CHICKEN PIQUANT (HAWAIIAN)**

2 to 3 lb. fryer chicken (cut up)  
1/2 cup brown sugar  
1 Tbsp. honey  
1 (8 1/4 oz.) can crushed pineapple  
6 whole cloves  
flour (salted)  
1/4 cup vegetable oil

Wash and dry chicken pieces with paper toweling. In a small bowl combine sugar, honey, pineapple and cloves; stir to blend. Dust chicken pieces (coat lightly) with flour. Heat oil in large skillet over moderate heat. Brown chicken pieces slowly on all sides. Pour sauce over chicken and simmer (covered) 30-40 minutes or until chicken is for tender.

### **HELEN HANNA**

#### **DRESSING**

4 cups cracker crumbs  
3 eggs, beaten  
1/2 onion, medium, chopped  
3 stalks celery, chopped  
1/2 cup oleo or butter

Chop liver and heart from turkey; fry onion, celery, liver and heart in butter until cooked. Mix with eggs and crackers. If too stiff, add milk. Salt and pepper and stuff turkey.

### **ROSE CURRY**

### **SPANISH RICE**

1 lb. hamburger  
1 medium onion  
1 Tbsp. oil

Slice onion fine, and fry with hamburger to a light brown stirring constantly.

Add 1 cup cooked rice. Salt and pepper to taste, adding 1 Tbsp. chili powder. Add 3/4 quart of stewed tomatoes or tomato juice. I usually add a little herb powder from pkg. of spaghetti seasoning to add flavor. Place in baking dish and bake about 1 hour, stirring once in a while.

### **VERA MAXEY**

#### **PORK SAUSAGE/CHEESE STRATA**

Fresh bread, sliced  
2 lb. pork sausage, browned and drained  
sliced cheese  
6 eggs  
3 1/2 cups milk

Layer diced bread in bottom of greased 9 x 13" pan. Spread pork sausage over it then a layer of cheese. Repeat the layers. Beat eggs into milk and pour over the strata. Refrigerate 6 hours or overnight. Bake at 350 degrees for 45 minutes.

GOOD for a brunch

### **RADA FORD**

#### **BACON CHEESE BREAKFAST CAKE**

Makes one 9" round cake

2 cups buttermilk baking mix  
2 Tbsp. sugar  
2/3 cup milk  
1 egg  
1 cup (4 oz.) shredded Cheddar Cheese  
4 slices bacon, cooked and crumbled

Preheat oven to 400 degrees. Combine baking mix and sugar. Stir in milk, egg and half of the cheese until well blended. Spread mixture in buttered 9" round cake pan. Bake 25 minutes or until golden brown. Remove from oven and sprinkle with remaining cheese and bacon. Return to oven until cheese is melted, about 3 minutes. Serve warm.

### **CONNIE HIESTAND**

### **CURLY TUNA NOODLE CASSEROLE**

1 pkg. curly noodles (prepared)  
1 can cream of celery soup  
1 can milk  
1/2 green pepper chopped  
1 small jar sliced mushrooms  
1 onion chopped  
2 in. chunk Velveeta Cheese  
1 can tuna  
2 Tbsp. Mayonnaise

No substitutes. Mix all ingredients. Bake at 350 degrees for 30 minutes.

VERA MAXEY

### **MEAT CRUST PIZZA**

16 oz. ground turkey or ground beef  
4 servings bread crumbled  
2 tsp. garlic powder  
1 tsp. salt  
1/2 tsp. oregano  
1/4 tsp. pepper

#### **TOPPING:**

8 oz. tomato paste or sauce  
4 oz. mozzarella cheese, grated  
1/2 tsp. basil  
other vegetables

Mix and press crust ingredients into a 9 x 13" pan. Bake at 350 degrees for 10 minutes. On top, place topping with chopped onion, pepper, mushrooms, etc. Bake at 375 degrees for 15 minutes.

Each serving: 4 protein, 1 hard cheese, 1 bread, 1 vegetable

RITA VANDEVEER

### **HOT CHICKEN SALAD**

2 cups cubed cooked chicken  
2 cups thinly sliced celery  
2 cups croutons or potato chips  
1 cup mayonnaise  
1/2 cup shredded cheese  
1/2 cup chopped almonds

Heat oven to 450 degrees. Mix all ingredients except 1 cup croutons and 1/2 of the cheese. Spoon into 6— 1 cup baking dishes or large casserole. Sprinkle with rest of croutons and cheese. Bake 10 minutes, or until bubbly.

FERDY HAMMER

### **CHICKEN CASSEROLE**

2 cups cooked chicken (or 2 cans boned chicken)  
1 cup uncooked rice  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 8 oz. sour cream  
1 Tbsp. minced onion  
1 cup milk

Mix all together well. Top with crushed Ritz Crackers combined with one stick melted oleo. Bake in 9 x 13" pan, 350 degrees, 35-40 minutes.

LINDA HIESTAND

### **CHEESE MEATLOAF**

1 1/2 lb. beef, lean  
1 1/2 cups dry bread crumbs  
2/3 cup diced American cheese (or Velveeta)  
1 cup chopped onion  
2 Tbsp. chopped green pepper  
1 tsp. salt  
1 small bay leaf, crushed  
dash of thyme  
dash of garlic salt  
2 beaten eggs  
8 oz. seasoned tomato sauce

Mix together well and bake at 350 degrees for one hour.

KAREN ROBNETT

### **BAR-BE-CUE HAMBURGER**

Combine and brown the following:

3 lb. hamburger  
1 can corned beef (any size)  
1 medium onion

Bar-be-cue sauce;  
3/4 cup brown sugar  
2 cups ketchup  
4 Tbsp. Worcestershire Sauce  
2 cups water  
6 Tbsp. flour

Mix well and add to meat mixture and simmer.

LELA HAMPSTEN

### **COOKED RICE**

2 cups uncooked rice  
2 1/2 cups basic stock or chicken broth  
1 1/2 Tbsp. very finely chopped onions  
1 1/2 Tbsp. very finely chopped celery  
1 1/2 Tbsp. very finely chopped green bell peppers  
1 1/2 Tbsp. unsalted butter or margarine, melted  
1/2 tsp. salt  
1/3 tsp. garlic powder  
a pinch of white pepper, ground red pepper and black pepper

(you can use more onions, celery and peppers if you like).

In a 9x5x2 1/2" loaf pan, combine rice, stock, onions, celery, green peppers, butter, salt, garlic powder, white, red, and black pepper; mix well. Seal pan tightly with aluminum foil. Bake in a 350 degree oven until rice is tender, about 1 hour and 10 minutes. Makes 6 cups.

**KAREN ROBNETT**

### **CHEESE ENCHILADAS**

1 lb. hamburger  
1 lb. grated cheese  
2 cans enchilada sauce  
1 can tomato paste.  
1 package corn tortilla shells  
1 can green chilies

Brown hamburger. Drain. Mix 1 can enchilada sauce, tomato paste and chilies with hamburger. Spoon hamburger mixture and cheese into shells. Roll and lay in 9 x 13" pan. Pour 1 can enchilada sauce over shells and cover with grated cheese.  
Bake 350 degrees for 20 minutes.

**AUDRA MULVANEY**

### **HAMBURGER CASSEROLE**

1 can dried french fried onions  
1 can Cheddar Cheese soup  
1 can cream of mushroom soup  
1 can tomato soup  
1 lb. hamburger  
1 pkg. of scruddle noodles

Brown hamburger; boil noodles; mix soups together thoroughly. Mix hamburger, soups and noodles together; sprinkle with onions and bake at 350 degrees for 30 minutes.

**AUDRA MULVANEY**

### **TATER TOT BAKE**

1 lb. ground beef  
1/2 cup chopped onion  
1 tsp. salt  
pepper to taste  
1 pkg. frozen peas or corn  
1 lb. frozen tater tots  
2 cans cream of chicken or mushroom soup  
1/2 soup can of milk

Place crumbled hamburger and onions in bottom of pan or casserole. Sprinkle salt and pepper on it. Cover with peas or corn. Then add tater tots. Cover all with soup thinned with milk. Bake.

**KENNETH McCARTY**

### **TACO CASSEROLE**

1 lb. ground beef  
1 diced onion  
1 can chili beans  
1 can tomatoes  
1 cup crushed taco chips  
1 pkg. dry taco mix  
salt and pepper to taste  
1 cup grated cheddar cheese

Brown beef and onion. Add beans, tomatoes, taco chips, dry taco mix, and salt, pepper and half of cheese. Mix well and pour into 8 x 8" pan. Top with remaining cheese and 1 cup crushed taco chips. Bake for 30 minutes at 350 degrees. Remove from oven - let cool 5 minutes. Before serving top with 1/2 head shredded lettuce, 1 dice tomatoe, 1/2 cup chopped onion, and 1 jar taco sauce.

Can be doubled and baked in 9 x 13" pan and baked for 45 minutes.

**LARRY SMITH**

### **ONION-SMOTHERED STEAK**

1 1/2 lbs. round steak  
1/4 cup flour  
2 Tbsp. shortening  
3 med. onions  
1 Tbsp. vinegar  
1 clove garlic  
1 bay leaf  
1/4 tsp. thyme

Combine flour, salt and pepper; pound into meat. Brown in hot shortening. Drain off fat. Top with onions. Stir in one cup water and remaining ingredients. Bring to boil, reduce heat. Simmer, covered for 1 hour.

**LINDA JAMES**

### **MEATLOAF**

2 1/2 lb. hamburger  
3 eggs  
5 oz. Pet milk  
2 pkg. dry onion soup mix  
1/2 cup quick cream of wheat  
1 6 oz. can V/8

Mix well and bake 1 hour at 350 degrees. After meatloaf has baked, remove from oven and pour another can of V/8 over meatloaf and let set for 5 minutes.

### **NELLIE HIESTAND**

#### **PORK CHOP CASSEROLE**

4 pork chops  
1 Tbsp. shortening  
4 potatoes, peeled and sliced  
onion salt, garlic powder, black pepper  
2 slices onion  
4 slices green pepper  
1 can cream of mushroom soup  
1/4 cup water

Brown chops in shortening, seasoning with onion salt, garlic powder and pepper. Place in casserole dish, layer potatoes over chops, then onion and green pepper. Top with mushroom soup mixed with the water. Bake 350 degrees for 1 hour.

### **WILMA VANDEVEER**

#### **JULIA'S SAUSAGE DISH**

1 16 oz. pkg. sausage  
1 cup fresh bread crumbs  
1 Tbsp. salad oil  
2 medium potatoes (bite size pieces)  
1 14 1/2-16 oz. can tomatoes  
1 10 oz. pkg. brussel sprouts  
1/4 cup water  
3/4 tsp. sugar  
1/2 tsp. salt  
1/4 tsp. oregano

About 40 minutes before serving mix sausage and bread crumbs. Shape into meatballs. In hot salad oil, brown meatballs. In drippings, lightly brown potatoes. Drain drippings. Return meatballs to skillet. Add tomatoes with the liquid, frozen brussel sprouts, water, sugar, salt, and oregano over high heat. Heat to boiling, reduce heat, and simmer about 20 minutes.  
365 calories per serving.

### **KENNETH SMITH**

### **FIESTA BURGERS**

1 slightly beaten egg  
3/4 cup cracker crumbs  
1/4 cup El Paso Taco Sauce  
2 tsp. minced onions  
1 lb. ground chuck  
1 cup cream mushroom soup  
1 cup El Paso Mexi-Beans  
1/2 cup shredded cheese  
1 Tbsp. oil

Mix well egg, crumbs, taco sauce, onions, ground chuck. Shape into patties, brown on both sides in oil. Remove grease and burgers. Add soup, and mexi-beans. Stir until smooth and creamy. Put meat back into skillet. Simmer until meat is warm through. Top with cheese. Heat until cheese melts.

MARGE BOYD

### **RANCHO BAKED BEANS**

Brown 1 lb. hamburger with 1 tsp. salt and 1/2 cup chopped onion. Pour into large casserole and add 1 can of red beans and 2 cans pork and beans. Mix well and add 2 cups of brown sugar and 1 cup ketchup. Combine all very well and bake 350 degrees for 1 hour. This dish makes a meal!

CINDY BEARD



# Bread, Rolls, Pastries



### **QUICK MONKEY BREAD**

3 cans of biscuits  
1/2 cup chopped nuts  
1 tsp. cinnamon mixed with  
1/2 cup sugar  
1 stick margarine  
1 cup brown sugar or 1/2 cup liquid brown sugar

Grease large bundt pan. Pour nuts evenly into pan. Cut biscuits into quarters. Roll each piece in cinnamon sugar mixture. Arrange biscuits in bundt pan. Melt margarine and add brown sugar. Pour over biscuits. Bake at 350 degrees for 30 to 40 minutes.

DOROTHY WHITMAN

### **ONE PAN BANANA BREAD**

Mix together in large bowl:  
1/3 cup vegetable oil  
1 1/2 cups mashed ripe bananas (about 3 large)  
1/2 tsp. vanilla  
3 eggs  
2 1/3 cups Bisquick baking mix  
1 cup brown sugar  
1/2 cup chopped nuts

Heat oven to 350 degrees. Generously grease bottom of loaf pan, 9 X 5 X 3 inches. Stir in all ingredients with fork until moistened; beat vigorously 1 minute. Bake until wooden pick inserted in center comes out clean, 55 to 65 minutes. Cook 5 minutes. Run knife or metal spatula around sides of loaf to loosen; remove from pan. (If loaf sticks to pan, press gently on sides of loaf with knife or metal spatula). Makes 1 large loaf or 2 small.

JOYCE BOYLES

### **PUMPKIN NUT BREAD**

4 eggs  
1 cup vegetable oil  
1/2 cup water  
2 cups pumpkin  
3 cups sugar  
1 1/2 tsp. salt  
2 tsp. soda  
1 tsp. cinnamon  
3 1/2 cups flour  
1 cup raisins  
1 cup chopped nuts

Mix ingredients in order given. Fold in raisins and nuts. Bake in greased loaf pans filled 1/2 full at 350 degrees for 1 hour. Let stand 10 minutes before removing from pans.

BILLIE CRANE

### **EASY POTATO PANCAKES**

1/4 cup milk  
1 egg  
2 cups diced raw potatoes  
1 small onion quartered, optional  
2 Tbsp. flour  
3/4 tsp. salt  
1/4 tsp. baking powder

Put first four ingredients in order listed in blender container, cover, and set to chop just until potatoes go through blades. Add dry ingredients until just mixed. Pour small amounts onto a hot greased griddle. Fry until golden brown on both sides. Great served with applesauce.

DOROTHY WHITMAN

### **ANGEL BISCUITS**

5 cups flour  
2 cups buttermilk  
3 tsp. baking powder  
1 1/2 tsp. salt  
1 pkg. yeast  
1/4 cup sugar  
1 tsp. soda  
3/4 cup shortening

Dissolve yeast in 2 Tbsp. water. Let stand 15 minutes. Combine flour and other dry ingredients. Cut shortening into flour mixture and add one cup buttermilk. Mix well. Add yeast and other cup of buttermilk. Mix well. Blend on floured board. Store in covered container. Will keep one week. To use, take out amount needed. Roll 1/2" thick. Cut biscuits and dip in melted butter. Dough does not need to rise before baking. Bake 15 minutes at 420 degrees.

JUNE BOOKHOUT

### **QUICK ROLLS**

2 cups scalded milk (let cool)  
2 cakes of yeast, dissolved in milk  
6 cups flour

Make a nest in flour. Add:  
1 egg, well beaten  
3 Tbsp. butter or lard  
3 Tbsp. sugar  
2 1/2 tsp. salt

Mix all together and let rise to twice its size and work down. Let rise again. Make dough into balls. Let rise 3/4 of an hour. Bake 1/2 hour or longer in 350 degree oven.

VERA MAXEY

### **APPLE PIE MY EYE**

1 1/2 cup sugar  
1 1/2 tsp. cream of tartar  
1/2 stick oleo  
dash cinnamon  
1 1/2 cup water

Boil and pour over 14 soda crackers quartered in pie shell. Top - bake at 450 degrees until brown.

### **JOE MEDLEY**

### **AUSTRIAN PULL-APART COFFEE CAKE**

1/2 cup warm water  
2 pkgs. active dry yeast  
1 1/2 cup lukewarm milk  
8/9 cups flour, divided  
1 cup butter, softened  
1 3/4 cups sugar, divided  
4 eggs  
1 tsp. salt

1/2 cup melted butter  
1/2 cup finely chopped nuts  
1 tsp. cinnamon  
raisins

In small bowl, soften yeast in warm water; add milk and mix in 1 cup of flour, stirring with wooden spoon until mixture is smooth. Set aside, about 15 minutes, until mixture starts to bubble.

Meanwhile, cream together softened butter and 1 cup of sugar. Add eggs one at a time, beating well after each addition; add salt and mix well. Add remaining flour one cup at a time alternating with yeast mixture until a soft dough is formed. Turn out and knead, adding more flour as needed to prevent sticking until dough is smooth, about 10 minutes. Divide dough in half. Store half in covered bowl in refrigerator (or prepare and bake) and use within 3 or 4 days for making coffee cake or sweet rolls.

Divide remaining dough into 36-40 equal pieces about size of walnut and set aside. In small bowl combine remaining 3/4 cup sugar, nuts and cinnamon and mix well. Dip each piece of dough in melted butter, and roll in sugar-nut mixture. Make layers of dough balls in well-greased 10 inch tube pan and sprinkle generously with raisins. Repeat process of layering keeping dough balls as level as possible. Cover with towel and let rise in warm place until double in bulk, about 45 minutes to 1 hour. Bake 35-40 minutes at 375 degrees until golden brown. Remove from oven and immediately invert onto serving plate. Cool slightly - serve warm or cold. Makes a delicious coffee cake for Christmas morning.

### **JOYCE BOYLES**

### **FUDGE SUNDAE PIE**

1/4 cup corn syrup  
2 Tbsp. firmly packed brown sugar  
3 Tbsp. butter or margarine  
2 1/2 cups Rice Krispies

1/4 cup peanut butter  
1/4 cup fudge sauce  
3 Tbsp. corn syrup  
1 quart vanilla ice cream

Combine 1/4 cup corn syrup, brown sugar, and margarine in saucepan. Cook over low heat, stirring occasionally until mixture begins to boil. Remove from heat. Add Rice Krispies stirring until well coated and press evenly in 9 inch pie pan to form crust. Chill.

Stir together peanut butter, fudge sauce, and 3 Tbsp. corn syrup. Spread half the peanut butter mixture over crust. Freeze until firm.

Allow ice cream to soften slightly. Spoon into frozen pie crust spreading evenly. Freeze until firm. Let pie stand at room temperature about 10 minutes before cutting. Warm remaining peanut butter mixture and drizzle over top.  
Recipe can be doubled and frozen in 9 X 13 pan.

STACEY SMITH

### **PEANUT BUTTER PIE**

1 pkg. (8 oz.) Cream Cheese  
1 cup powdered sugar  
3/4 cup extra crunchy peanut butter  
1/2 cup milk  
1 pkg. (8 oz.) non-dairy whipped topping  
9" graham cracker crust

Whip the Cream Cheese until soft and fluffy. Beat in peanut butter and sugar. Slowly add milk, beating until well blended. Fold in non-dairy whipped topping. Turn into pie crust. Freeze until firm before serving. Drizzle with chocolate syrup and top with chopped peanuts at serving time.

Note: Can be doubled and put in 9 X 13 pan with the following graham cracker crust recipe.

Combine:  
2 1/2 cups graham cracker crumbs  
6 Tbsp. sugar  
1 stick melted oleo

Press into 9 X 13 pan.

FRANCES SMITH

### **BEST BISCUITS**

2 cups sifted flour (I like unbleached)  
4 tsp. baking powder  
2 tsp. sugar  
1/2 tsp. cream of tartar  
1/2 cup shortening  
2/3 cup milk  
1/2 tsp. salt

Sift the measured dry ingredients in bowl, add shortening and cut in until mixture resembles coarse crumbs. Add milk all at once and mix quickly with fork until dough pulls away from bowl and comes together. Turn onto a piece of waxed paper and gently press together. Knead 8 or 10 times. (May need flour on paper to keep from sticking). Pat or roll 3/4 inch thick and cut out. Bake on ungreased pan at 450 degrees for 10 to 12 minutes or until nicely browned.  
Makes about 16.

EVELYN FORD

### **SPEEDY DANISH COFFEE CAKE**

1 pkg. active dry yeast  
1/4 cup warm water  
2 cups sifted all purpose flour  
2 Tbsp. sugar  
1 tsp. salt  
1 cup butter  
1 egg, beaten  
1 tsp. vanilla

### **FILLING**

2/3 cup cooked prunes  
1/2 cup sugar  
2/3 cup cooked dried apricots  
1 small can crushed pineapple  
1 1/2 Tbsp. quick tapioca

Dissolve yeast in warm water. Sift together flour, sugar and salt. Cut butter into flour mix with pastry blender. Combine dissolved yeast, beaten egg and vanilla. Blend into flour mix. Place dough on floured board, roll into 10 X 14 rectangle. Transfer carefully to 11 X 7 baking pan. Allow extra dough to hang over sides of pan. Spread fruit filling evenly over dough. Fold overhanging dough back over fruit. For crisp topping, sprinkle 1/3 cup sugar over top of dough. Bake in moderate oven, 375 degrees for 30 minutes. Reduce heat to 300 degrees for 15 to 20 minutes longer, until lightly brown. Cool and cut into bars.

FRANCES SMITH

### **LIME-LEMON ICE CREAM PIE**

1 9" crust pie shell (gingersnap, graham cracker, or vanilla wafer, or  
or chocolate cookies  
1 quart vanilla ice cream  
1 6 oz. can frozen concentrate, limeade or lemonade, undiluted  
Fold lime/lemonade into vanilla ice cream. Press into pie shell and freeze.  
Decorate top with leftover crumbs.

CAROLYN COLEMAN

### **CRAZY APPLE PIE**

1 cup flour  
1 tsp. baking powder  
1 tsp. salt  
1 Tbsp. sugar  
1 egg  
2/3 cup shortening  
3/4 cup water  
1 can apple pie filling  
1/2 tsp. cinnamon  
1 tsp. lemon juice

Combine flour, salt, baking powder, sugar, egg, shortening, and water.  
Beat 2 minutes and pour into 9" pie pan. Combine pie filling, lemon juice,  
and spice and pour into center of batter. Do not stir. Bake 425 degrees for  
50 minutes.

PEGGY MEDLEY

### **CREAMY CHEESE PIE**

1 8 oz. pkg. cream cheese, softened  
1/3 cup sugar  
1/2 cup sour cream  
1 tsp. vanilla  
1 container (4 oz.) cool whip, thawed  
8 or 9" graham cracker crust  
Beat cheese until smooth. Add sugar, sour cream and vanilla. Blend well.  
Fold in cool whip and spoon into crust. Chill.

ROCHELLE MISELBROOK

### **MILLION DOLLAR PIE**

1 can Eagle Brand milk  
3 Tbsp. lemon juice  
1 large can pineapple, crushed and drained  
1 cup chopped pecans  
1 small container cool whip  
1 small jar maraschino cherries  
Mix all ingredients together and pour into graham cracker pie crust. Let  
set 3 hours in refrigerator.

KATHERINE McCARTY

### **GERMAN CHOCOLATE PIE**

6 oz. chocolate chips  
1/4 cup butter  
1 can (14 oz.) evaporated milk  
1 tsp. vanilla  
1 1/2 cup sugar  
3 Tbsp. cornstarch  
1/3 tsp. salt  
2 eggs  
1 cup chopped nuts  
2 unbaked pie shells (or 1 large pie shell)

Melt chocolate and butter over low heat. Remove from heat and add milk slowly. Beat eggs; blend cornstarch, salt and sugar and add to eggs. Blend in chocolate and pour into pie shells. Sprinkle nuts over top. Bake in 375 degree oven for 35 to 40 minutes. Top will crust with insides soft. Cool at least 4 hours to set.

LARRY SMITH

### **STRAWBERRY PIE**

1 cup sugar  
3 Tbsp. cornstarch  
1 1/2 cup water

Cook until clear, then add 1 small box strawberry jello. Mix well and pour over strawberries in baked pie shell. Chill and top with cool whip.

NELLIE HUGHES

### **STRAWBERRY GLAZE PIE**

Crust

1 1/2 cup flour  
1 tsp. salt  
1 1/2 Tbsp. sugar  
1/2 cup salad oil  
2 Tbsp. milk

Filling

1 cup sugar  
1/2 tsp. salt  
1 cup water  
2 Tbsp. clear Karo corn syrup  
3 Tbsp. cornstarch  
3 Tbsp. strawberry jello  
1 quart fresh strawberries

Mix together all ingredients for crust. Pat in pan. Pick with fork. Bake at 425 degrees until brown.

Stir and boil first 5 ingredients for filling until clear and thick. Remove from heat and add 3 Tbsp. strawberry jello. Cool 5 minutes. Add 1 quart fresh strawberries. Pour into crust and top with whipped cream.

HARVEY HANNA

### **ZUCCHINI ROUNDS [PANCAKES]**

1/3 cup biscuit mix  
1/4 cup grated Parmesan Cheese  
dash pepper  
2 slightly beaten eggs  
2 cups shredded unpared zucchini (2 medium)  
2 Tbsp. oleo or butter

In mixing bowl, stir together biscuit mix, cheese and pepper. Stir in beaten egg just until mixture is moistened. Fold in zucchini. Melt oleo or butter in skillet over medium heat. Using 2 Tbsp. for each round, cook four rounds at a time, about 2 or 3 minutes on each side or until brown. Keep warm while cooking remaining rounds.  
Makes 12 rounds (like pancakes) or 6 servings.

DOROTHY WHITMAN

### **TWO CRUST LEMON PIE**

2 lemons  
2 cups sugar  
4 eggs  
pastry for 2 crusts

Slice 2 lemons very thin rind and all. Place in bowl. Pour 2 cups sugar over them, cover. Line pie dish with one crust. Beat 4 eggs together and pour over lemons. Fill unbaked pie shell with lemon mixture, cover with crust. Pick top and bake at 450 degrees for 15 minutes. Cut heat to 375 degrees and bake until knife comes out clean.

PEGGY MEDLEY

### **ZUCCHINI BREAD**

2 cups sugar  
1 cup oil  
3 eggs  
2 cups peeled and grated zucchini  
1 tsp. salt  
3 1/2 cups flour  
2 tsp. baking soda  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 tsp. vanilla  
2 cups raisins  
1 cup nuts

Mix sugar and oil, add eggs and zucchini. Add dry ingredients and vanilla; mix well. Stir in nuts and raisins. Pour into two greased and floured 9 X 5 X 3 bread pans. Bake at 350 degrees for 75 minutes.

DOROTHY WHITMAN

### **OATMEAL PIE**

1 unbaked pie crust

#### **Mix:**

4 eggs, slightly beaten  
1/2 cup coconut  
1 cup brown sugar  
1 tsp. vanilla  
3/4 cup oatmeal, dry  
1/2 cup nuts  
1 cup white syrup  
2 Tbsp. melted butter

Add mixed ingredients to unbaked shell. Bake at 300 degrees for 1 hour.

DOROTHY WHITMAN

### **ZUCCHINI PINEAPPLE LOAF**

3 eggs  
1 cup cooking oil  
2 cups sugar  
2 tsp. vanilla  
2 cups zucchini, grated  
1 cup crushed pineapple, drained  
3 cups flour  
2 tsp. soda  
1/2 tsp. baking powder  
1 tsp. salt  
1 1/2 tsp. cinnamon  
1/4 tsp. cloves  
1 cup nuts

Beat together the eggs, oil, sugar and vanilla. Sift together flour, soda, baking powder, salt, cinnamon and cloves. Add the zucchini, pineapple and flour to egg-sugar mixture, and blend well. Pour batter in greased floured loaf pan and bake 1 hour at 325-350 degrees.

I make these in mini pans for freezer and use for a nice coffee treat.

DOROTHY SCHOOLEY

### **IMPOSSIBLE PUMPKIN PIE**

3/4 cup sugar  
1/2 cup buttermilk baking mix  
2 Tbsp. oleo  
1 13 oz. can evaporated milk  
2 eggs  
1 16 oz. can pumpkin  
2 1/2 tsp. pumpkin pie spices  
2 tsp. vanilla

Heat oven to 350 degrees. Grease 9 or 10" pie plate. Beat all ingredients until smooth. Pour into plate and bake until knife inserted in center comes out clean. (50 to 55 minutes) Garnish with whipped cream.

**KATHERINE McCARTY**

### **SOUR CREAM RAISIN PIE**

1 cup raisins  
1 cup sour cream  
1 cup sugar or honey  
1 egg, well beaten  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. cloves (optional)  
2 Tbsp. vinegar

Mix well. Bake in a two crust pie. Set oven at 375 degrees until crust is slightly brown. Lower heat to 325 degrees until filling is thoroughly baked.

**FRED MISELBROOK**

### **MUD PIE**

25 filled chocolate sandwich cookies  
5 Tbsp. melted butter  
1/2 gal. chocolate, coffee or vanilla ice cream  
6 Tbsp. butter  
1 cup half & half cream, scalded  
2 1 oz. squares unsweetened chocolate  
1 cup sugar  
1 tsp. vanilla

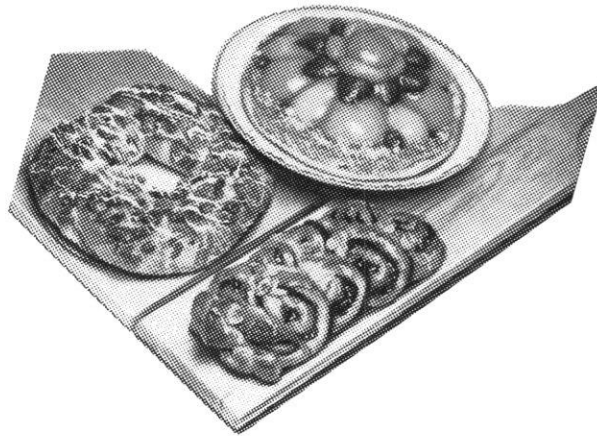
Crush cookies; add 5 Tbsp. melted butter and mix. Spread in 2 9" pie pans or 1 9 x 13 pan. Freeze. Let ice cream soften slightly. Spoon into frozen crust, refreeze until hard.

In top of double boiler, melt 6 Tbsp. butter. Add scalded half and half, chocolate and sugar. Stir until chocolate melts and mixture thickens about 5 minutes. Cool. Add vanilla. Spread over ice cream. Refreeze. Freezes well so it can be stored awhile.

**JUNE BOOKHOUT**

### A RECIPE FOR A "HAPPY DAY"

The first is PRAYER--a generous measure,  
It seasons all and is a treasure.  
And then a portion of GOD'S WORD,  
Into this now should be well-stirred.  
Much FAITH and GLADLY TRUST, they're fine--  
And good for all your ails and mine.  
Have near at hand and use LOOK UP;  
And do not stint, it says "large cup".  
Now take KIND THOUGHTS, KIND WORDS, KIND DEEDS--  
These will agree with others' needs.  
If you now find this will not rise,  
Take PATIENCE down from your supplies  
When by mistake you drop in CARE,  
Be sure, God does not want it there.  
Or, if perhaps, you mix in WORRY,  
Just take it out and in a hurry!  
Try this, and you will truly say--  
"Of course, it makes a "HAPPY DAY!"



# Candies, Cookies, Cakes, Desserts



### **EASY HEAVENLY HASH**

1 12 oz. bag semi-sweet chocolate chips  
1 can Eagle Brand condensed sweetened milk  
1 pkg. pecans  
1 pkg. small marshmallows (large)

Grease square baking dish. Combine chocolate chips and condensed milk and melt in double boiler over boiling water or in microwave. Add pecans. Evenly spread marshmallows in dish and pour chocolate mixture over marshmallows. Refrigerate until solid.

### **RADA FORD**

#### **HONEY HERMITS**

1 1/3 cup honey  
1/3 cup butter  
2 eggs  
1/2 cup milk  
1/2 tsp. salt  
1 cup raisins  
1 1/2 tsp. cinnamon  
1/2 tsp. cloves  
3 1/2 cups flour  
3 1/2 tsp. baking powder

Mix honey and melted butter. Add eggs, milk and salt. Then mix in raisins. Sift flour, cinnamon, cloves, and baking powder together. Add to egg mixture. Drop by tsp. and bake at 375 degrees for 10-12 minutes.

### **DOROTHY SCHOOLEY**

#### **OATMEAL CRUNCHIES**

1 cup sifted all-purpose flour  
1/2 cup granulated sugar  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 egg  
1/2 cup brown sugar  
1/2 cup shortening  
1/4 tsp. vanilla  
3/4 cup quick cooking rolled oats  
1/4 cup chopped walnuts

Sift together flour, granulated sugar, baking powder, soda and salt. Add brown sugar, shortening, egg and vanilla and beat well. Stir in rolled oats and walnuts. Form dough into small balls. Dip in a little additional granulated sugar and place on ungreased cookie sheets. Bake in moderate oven 375 degrees for 10-12 minutes.  
Makes about 3 1/2 dozen cookies.

### **MARTHA COLLIER**

### **APPLE PUDDING**

4 cups diced apples  
2 cups white sugar

Mix above together well and add 2 beaten eggs.

Mix together in separate bowl:

2 cups flour  
2 tsp. salt  
2 tsp. soda  
3 tsp. cinnamon

Add to apple mixture and mix in 1 cup chopped pecans. Spread in 9 x 13'' pan, bake 45 minutes to 55 minutes at 350 degrees.

While baking, mix together in saucepan and cook:

1 cup white sugar  
1 cup brown sugar  
2 Tbsp. flour  
1 tsp. vanilla  
1 cup water  
1/4 cup margarine

Cook until thick and clear. Remove cake - poke holes in cake with fork, and pour sauce over cake.

LINDA HIESTAND

### **DIABETIC ORANGE SHERBET**

1 6 oz. can orange juice concentrate  
1 1/2 cups skim milk  
2/3 cup nonfat dry milk powder  
3 drops vanilla

Blend well and freeze. Wire whip works well to blend.

Yield: 6 servings

Exchanges: 1 serving = 1/2 milk and fruit exchange

Calories: 90

NORA OLDEN

### **EASY DESSERT**

2 medium can fruit cocktail (drained)  
3 sliced bananas  
1 large can mandarin oranges (drained)  
1 lb. seedless grapes (sliced)  
2 pkg. (4 oz.) instant French vanilla pudding  
1 large cool whip

Stir and serve.

VELVA McCARTY PETIT

### **APPLESAUCE CAKE**

1/2 lb. candied fruit, chopped  
3 Tbsp. brandy or rum  
1/2 cup butter  
1 cup sugar  
2 eggs  
1 1/2 cup thick sweetened applesauce  
2 cups sifted flour  
1 tsp. cinnamon  
1/4 tsp. each cloves, allspice, nutmeg  
2 tsp. baking soda  
1 tsp. baking powder  
1/2 tsp. salt  
1 cup raisins  
1/2 cup chopped walnuts or pecans

Mix fruit and brandy and let stand while making cake. Cream butter and sugar until light and fluffy. Add eggs, one at a time and beat thoroughly. Add applesauce and sifted dry ingredients alternately in thirds, beating until smooth after each addition. Stir in raisins, nuts and fruit. Spread in a greased and floured pan, 9 x 13 x 2 inches. Bake in a 350 degree oven for 50 minutes.

HELEN KANE

### **BANANA SNACK CAKE**

1 1/2 cups flour  
1/2 tsp. baking soda  
1/2 cup shortening  
1 or 2 ripe bananas  
1 tsp. lemon juice  
1 cup sugar  
1/2 tsp. salt  
2 eggs  
1/3 cup milk  
1/2 cup chopped nuts

Put all in mixing bowl. Beat for 2 minutes. Bake at 350 degrees for 25 minutes in a greased 11 x 7" pan.

### **BANANA FROSTING**

2 Tbsp. soft butter  
2 cups powdered sugar  
1/4 tsp. salt  
1 tsp. vanilla  
1/2 ripe banana

Beat until smooth and creamy.

COLLEEN WILEY

### **DEVIL'S FOOD CAKE**

Combine:

1 cup boiling water  
1/2 cup shortening  
5 Tbsp. coca  
2 cups sugar  
2 eggs  
3/4 cups sour milk, (add a little vinegar to milk to sour)

Mix above thoroughly and add:

2 cups sifted flour  
1 1/2 tsp. baking soda  
1 tsp. vanilla

Batter will be thin. Pour into 9 x 13 pan, and bake at 350 degrees for 30-35 minutes.

JERRY OSBORNE

### **JEWISH COFFEE CAKE**

1 yellow cake mix  
1 1/2 pkg. vanilla or lemon instant pudding  
4 eggs  
1/2 cup buttery oil  
1 cup water  
1 tsp. vanilla

Mix at medium speed for 10 minutes.

### **TOPPING**

1/2 cup sugar  
1 Tbsp. and 1 tsp. cinnamon  
1/2 cup chopped nuts

Grease bundt or angel cake pan. Pour in half of batter and cover with half of topping. Swirl with knife. Add remaining batter and topping and swirl. Bake 65 minutes at 325 degrees.

DOROTHY McCULLEY

### **BAKED GRAPE NUT CUSTARD**

2 cups milk, scalded  
2 eggs, slightly beaten  
1/8 tsp. salt  
1/2 tsp. vanilla  
1/3 cup sugar  
1/3 cup grape nuts

Combine eggs, sugar, and salt. Then add heated milk and grape nuts. Put in casserole and set in a pan of hot water. Bake in oven 1 hour at 325 degrees. Stir once during baking.

FERDY HAMMER

### **ORANGE SPONGE CAKE**

6 egg yolks  
1 Tbsp. grated orange peel  
1/2 cup orange juice  
1/4 tsp. salt  
1 cup sugar  
1 1/2 cups sifted cake flour  
6 egg whites  
1 tsp. cream of tartar  
1/2 cup sugar

Beat yolks until thick and lemon colored. Add peel and orange juice, continue beating until very thick; gradually beat in 1 cup sugar and the salt. Carefully fold in flour.

In another bowl beat egg whites until foamy, add cream of tartar, beat until soft peaks form. Gradually add 1/2 cup sugar, beating until soft peaks form. Thoroughly fold whites into yolk mixture. Bake in UNGREASED 10" tube pan in slow oven (325 degrees) for 55 minutes or until done. Invert pan and cool. Drizzle with a thin confectioners sugar glaze.

### **VERA DOOLEN**

#### **FRUIT COCKTAIL CAKE**

2 cups flour  
2 cups sugar  
1 tsp. soda  
1/4 tsp. salt  
2 eggs, slightly beaten  
2 Tbsp. oleo, melted  
1 large can fruit cocktail  
1/2 to 1 cup brown sugar  
1/2 to 1 cup chopped nuts

Sift together flour, white sugar, soda and salt. Stir in slightly beaten egg, melted oleo and fruit cocktail. Pour into 9 x 13" pan. Sprinkle brown sugar and nuts over top of batter. Bake at 350 degrees for 30 minutes or until done. Very moist cake.

### **WILMA VANDEVEER**

#### **FROSTY STRAWBERRY CREME**

1 cup frozen strawberries, defrosted  
1 unbeaten egg white  
1/4 cup sugar (1/2 if strawberries are unsweetened)  
2 tsp. lemon juice  
1 8 oz. container cool whip, thawed

Combine in larger mixer bowl egg white, strawberries, sugar and lemon juice. Beat on high speed until thick and creamy (5-8 minutes). When thick and holds peaks, fold the cool whip into the mixture and freeze. To serve, partially thaw. Good alone or served over angel food cake.

### **EVELYN FORD**

### **PEANUT BUTTER SWIRL BARS**

1/2 cup crunchy peanut butter  
1/3 cup soft butter  
3/4 cup firmly packed brown sugar  
3/4 cup granulated sugar  
2 eggs  
2 tsp. vanilla  
1 cup flour  
1 tsp. baking powder  
1/4 tsp. salt  
12 oz. pkg. Nestle's Semi-Sweet chocolate chips

Preheat oven to 350 degrees. In large bowl combine peanut butter, soft butter, brown sugar, and granulated sugar. Beat until creamy. Gradually beat in the eggs and vanilla. In small bowl combine flour baking powder and salt. Blend into peanut butter mixture. Spread into greased 9 x 13 pan. Sprinkle the chocolate chips over surface. Bake for 5 minutes. Remove from oven; run knife through to marbelize and return to oven. Bake for another 30 minutes.

### **CONNIE HIESTAND**

#### **BROWN LIZZIES**

1/2 lb. (1 cup) candied cherries  
1/2 lb. (2 cups) seedless raisins  
2 slices candied pineapple  
1/4 lb. (1/2 cup) citron  
3 cups pecans  
1/4 cup butter or margarine  
1/2 cup brown sugar, firmly packed  
1/3 cup dry white wine, cider, grape or orange juice  
1 1/2 cups sifted all-purpose flour  
2 eggs  
2 Tbsp. milk  
1 1/2 tsp. baking soda  
1/2 tsp. allspice  
1/2 tsp. nutmeg  
1/2 tsp. cloves

Chop all fruits and nuts in little chunks. Work butter until soft, add sugar gradually and continue working the mixture until creamy. Beat eggs and add to batter along with juice and milk. Mixture looks slightly curdled here but do not be disturbed. Sift flour with baking soda and all spices. Add some flour to fruits and nuts, and mix all including remainder of flour into batter. Drop mounds on greased cookie sheet. Bake at 250 degrees for 30-35 minutes or until slightly brown.

### **RADA FORD**

### **GRAHAM CRACKER BARS**

Line cookie sheet with 24 whole graham crackers.

Bring the following to a rolling boil:

1 cup oleo  
1 cup sugar  
1/2 cup milk  
1 beaten egg

Remove from heat and add:

1 tsp. vanilla  
1 cup graham cracker crumbs  
1 cup nuts (crushed)  
1 cup angel flake coconut

Mix well. Let cool. Pour over graham crackers, spread evenly and cover with 24 whole graham crackers. When completely cool spread with powdered sugar icing and cut into bars.

### **MARJORIE GREEN**

#### **DISHPAN COOKIES**

Mix together:

2 cups brown sugar  
2 cups white sugar  
4 eggs  
2 cups melted shortening

Add:

4 cups corn flakes  
1 1/2 cups quick cook oats  
1 tsp. salt  
2 tsp. baking powder

Mix well and add last:

4 cups flour

Drop by tsp. on ungreased cookie sheet. Bake at 350 degrees for 12 minutes.

Crunchy peanut butter or chocolate chips may be added to part of the dough to make variety. Makes 10 dozen cookies.

HINT: 1 1/2 dozen cookies will set in a pringle potato chip can for freezing.

### **LELA HAMPSTEN**

## **BROWNIES**

1/2 cup margarin  
2 squares unsweetened chocolate

Melt in saucepan over low heat and cool slightly.

2 eggs unbeaten  
1 cup sugar  
1 tsp. vanilla

Place in bowl and add cooled mixture. Beat at Medium speed about 1 minute. Add 3/4 cup flour, 1/2 tsp. baking powder, 3/4 tsp. salt which has been sifted together. Beat at low speed until blended scraping sides and bottom of bowl. Add 1 cup coarsly chopped nuts. Pour into greased 8 x 8 x 2 pan. Bake in 350 degree oven for 25-30 minutes. Cool in pan and cut in squares. Recipe may be doubled.

## **ROSE CURRY**

### **STRAWBERRY CAKE**

1 box white cake mix  
1 box strawberry gelatine  
1 cup cooking oil  
1/2 cup milk  
4 eggs  
1 cup strawberries  
1 cup coconut  
1 cup pecans

Blend together the cake mix and gelatin (dry). Add oil and milk and beat. Add eggs one at a time, beating until well blended each time. Fold into the batter the strawberries, coconut, and pecans. Pour into a greased 9 x 13'' pan and bake at 350 degrees for 35 minutes or until done. Store in a cool place or in a refrigerator. Serve with whipped topping or ice cream.

## **FERDY HAMMER**

### **APPLESAUCE RAISIN SNACK CAKE**

1 cup flour  
2/3 cup sugar  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. pumpkin pie spice  
1/4 cup shortening  
1 cup applesauce  
1 egg  
1/2 cup raisins mixed with  
1 Tbsp. flour

Combine all ingredients except raisins in mixing bowl. Beat at medium speed. Stir in raisins. Spread in greased 11 x 7'' pan. Bake at 350 degrees about 25 minutes.

## **COLLEEN WILEY**

### PEANUT COOKIES

1/2 cup white sugar  
1/2 cup brown sugar  
3/4 cup oleo  
1 1/4 cup ground oats  
1/2 tsp. salt  
1 tsp. soda  
2 eggs  
1 tsp. cinnamon  
1 1/2 cup flour  
1 1/2 cup ground nuts

Mix all dry ingredients. Cream sugars and oleo, add eggs. Mix with dry ingredients, mold or drop by spoonful. Bake at 350 degrees until brown (10-12 minutes).

### CHARLOTTE GAMMON

#### APPLE PIZZA

##### CRUST

1 1/2 cups sifted all purpose flour  
4 Tbsp. sugar  
1/2 tsp. salt  
1/2 cup butter  
1 egg  
1 Tbsp. lemon juice  
2 to 3 Tbsp. ice water

##### FILLING

8 to 10 tart cooking apples  
4 Tbsp. sugar  
2 tsp. cinnamon  
Icing (optional)  
1/2 cup powdered sugar  
2 to 3 tsp. orange juice

To make the crust, sift flour, sugar and salt into mixing bowl. Cut in butter until mixture resembles coarse crumbs. Whip the egg with lemon juice and 2 Tbsp. of water. With a fork stir lightly into the crumbly mixture until a dough forms and sides of bowl are clean. Remove from bowl onto floured board and knead 2 to 3 times until dough is smooth. Roll dough out to fit the largest pizza pan you own, preferable 14 inches in diameter although if you have a 12 inch pan you'll just have a thicker crust.

Peel and core the apples and slice crosswise with the hole coming out in center of the slices. Arrange close together on top of the pizza dough, spreading out the slices just slightly. Mix the sugar with the cinnamon and sprinkle over top. Bake in a very hot oven (450 degrees) for 25 to 35 minutes or just until apples are tender. If the apples seem to be browning too fast, turn heat down. While hot, drizzle with a mixture of the powdered sugar and orange juice. Serve hot or cold. Makes 10 to 12 slices.

### MARTHA COLLIER

### **JOHNNY HOOSIER CAKE**

2 cups sugar  
2 cups flour  
1 tsp. soda  
1/2 tsp. salt

Sift above together in bowl.

Melt 2 sticks oleo  
6 Tbsp. cocoa  
1 cup water in pan

Add cocoa mixture to flour.

Add 2 eggs  
1/2 cup buttermilk  
1 tsp. vanilla

Bake in 9 x 13'' pan in 350 degree oven or on cookie sheet for thinner cake.

### **ICING FOR CAKE**

Melt  
1 stick oleo  
4 Tbsp. cocoa  
4 Tbsp. buttermilk

Bring to boil, add 1 box of powdered sugar and 1/2 tsp. vanilla.

In Memory of HAZEL McCARTY  
By HELEN McCARTY MARQUART

### **CHOCOLATE ZUCCHINI CAKE**

3/4 cup butter  
2 cups sugar  
3 eggs  
2 tsp. vanilla  
2 cups grated zucchini

Mix above together well.

Mix:  
2 1/2 cup flour  
1/2 cup cocoa  
2 1/2 tsp. baking powder  
1 1/2 tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
1/2 cup milk

Add to the first mixture and bake at 350 degrees for 1 hour.

FRANCES OSBORNE

### **BROKEN-GLASS TORTE**

1 large pkg. cherry or strawberry jello  
1 large pkg. orange or lemon jello  
1 large pkg. lime jello  
1 envelope plain gelatin  
1 cup hot pineapple juice  
1/2 cup sugar  
1/2 cup oleo  
3 cups crushed graham cracker crumbs  
2 cups cream, whipped

Dissolve different colors of jello in 2 1/2 or 3 cups boiling water; pour in separate pans. Let stand until firm and cut into cubes.

Mix graham cracker crumbs with 1/2 cup oleo and 1/2 cup sugar. Line pan with crumb mixture - reserve 1/3 for the top. Soften gelatin in cold water - dissolve in the cup of hot pineapple juice, then cool. Fold gelatin into the whipped cream and add the three different jello cubes carefully. Pour into pan lined with cracker crumbs, top with remaining crumbs, and chill 6 to 12 hours.

This has been served at our church dinners a number of times for large crowds. Very pretty on tables.

KATHERINE WORMLEY

### **PEACHES AND CREAM**

#### **GROUP 1**

1 1/2 cups flour  
2 eggs  
2 tsp. baking powder  
2 3 oz. pkg. instant vanilla pudding  
1 cup milk  
6 Tbsp. soft oleo  
1 large can sliced peaches

Beat with mixer until smooth. Spread in greased and floured 9 x 13 inch pan. Place peach slices on top of base.

#### **GROUP 2**

2 8 oz. pkg. cream cheese (soft)  
1 cup sugar  
6 Tbsp. peach juice

Beat until smooth. Spread over peaches, covering them entirely.

#### **GROUP 3**

2 Tbsp. sugar  
1 tsp. cinnamon

Combine and sprinkle on top. Bake in 350 degree oven for 35-40 minutes.

KAREN ROBNETT

### **CHERRY-WALNUT BARS**

2 1/4 cups sifted flour  
1/2 cup sugar  
1 cup butter or margarine  
2 whole eggs  
1 egg yolk  
1 1/2 cups brown sugar, firmly packed  
1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 cup chopped maraschino cherries, drained  
1 cup chopped English walnuts

Sift 2 cups of the flour and the white sugar; cut in butter. Pat into greased 9 x 13 pan. Bake in 350 degree oven for 12 minutes.

Beat eggs, egg yolk, brown sugar until fluffy. Sift remaining 1/4 cup flour with baking powder and salt. Blend into egg mixture. Stir in cherries and nuts. Spread mixture over baked crust; bake 20 to 25 minutes longer. Cool in pan on rack. Frost with cherry icing, if desired. Cut into 4 dozen bars.

#### **Cherry Icing**

Combine 1 slightly beaten egg white, 2 Tbsp. maraschino cherry juice, and about 2 cups powdered sugar. Beat until smooth. One half a maraschino cherry may be placed on each bar, on top of the icing.

### **IRENE GAMMON**

#### **PEANUT BUTTER CUPS**

1 18 oz. jar peanut butter  
1 lb. pkg. powdered sugar  
1 cup graham cracker crumbs  
1 stick margarine, softened

Mix together and press into a 9 x 13 pan. In a sauce pan melt 6 oz. pkg. chocolate chips and 1 stick margarine. Pour over peanut butter mix and spread. Cool and cut into pieces.

### **DOROTHY WHITMAN**

#### **CRACKER CANDY**

2 cups white sugar  
2/3 cup milk

Boil 4 minutes.

Add  
4 Tbsp. peanut butter (crunchy)  
1 tsp. vanilla  
27 soda crackers, crushed

Mix well and stir until thick. Pour out in 7 x 11 pan and cut in squares.

### **LUCILLE MEYER**

### **BUTTER BALLS**

2 cups sifted flour  
1/4 cup sugar  
1/2 tsp. salt  
1 cup butter  
2 tsp. vanilla  
2 1/2 cup finely chopped nuts

Sift flour, and mix well with sugar and salt. Add butter (softened) and vanilla, and blend with pastry blender. Add 2 cups of nuts. Shape the dough into 1/2 inch balls and roll in nuts. Or flatten the balls and press a pecan half on top. Bake in moderate oven (350 degrees) for 15 to 20 minutes.

Makes 4 dozen.

STACEY SMITH

### **GUMDROP OATMEAL COOKIES**

1 cup butter, softened  
1 cup brown sugar, packed  
1 cup white sugar  
2 eggs  
1 tsp. vanilla  
2 cups flour  
1 tsp. baking soda  
1 tsp. baking powder  
1/4 tsp. salt  
2 cups quick cooking oats  
1 cup chopped walnuts  
1 cup gumdrops, cut into small pieces

Cream butter and sugars. Add eggs and vanilla. Sift all dry ingredients. Stir remaining ingredients and drop by tsp. on greased cookie sheet. Bake at 375 degrees 10 minutes.

Makes 6 dozen.

ROCHELLE MISELBROOK

### **CHINESE NEW YEAR COOKIES**

1 pkg. chocolate chips (6 oz.)  
1 pkg. carmel chips (6 oz.)  
1 can (3 oz.) Chinese noodles  
1 can (7 1/4 oz.) salted peanuts (no skins)

Melt chocolate & caramel chips in double boiler. Mix in noodles & nuts. Drop by teaspoons onto waxed paper. Chill.

Makes 4 dozen.

CAROLYN COLEMAN

### **SUPER DUPER CHOCOLATE SHEET CAKE**

2 cups sugar  
2 cups flour  
3 Tbsp. cocoa  
1 tsp. salt  
1 stick butter or margarine, melted and cooled  
1/2 cup oil  
1 cup water  
1 tsp. vanilla

Cream butter, sugar and add the above and blend. Add 2 large eggs (or 1/2 cup), 1/2 cup buttermilk, and 1 tsp. baking soda. Mix and bake in sheet pan 15 1/2 x 10 1/2 x 1 at 350 degrees for 30 to 40 minutes.

### **FROSTING**

1 stick butter or margarine  
1 box powdered sugar  
4 heaping tsp. cocoa  
6 to 8 tsp. cream or milk  
1 tsp. vanilla

Beat with mixer - will be quite stiff - spread on cake while hot.

### **DOLA BRASEL**

#### **DUMP CAKE**

1 can #2 crushed pineapple  
1 can cherry pie filling  
1 pkg. white cake mix (Duncan Hines)  
1 1/2 sticks oleo, cut in small pieces  
1 cup nut meats, (chopped)

Grease a 9 x 13" cake pan. Put the above in order given and bake at 350 degrees for 50 to 60 minutes. Serve with whipped cream topping or ice cream.

### **MARY MINER MORROW**

#### **HOT MILK SPONGE CAKE**

2 eggs beaten - add 1 cup sugar gradually  
1 cup flour  
1 tsp. baking powder  
1 tsp. vanilla  
1/2 cup hot milk with 1 tsp. melted butter in it

Batter will be thin. Bake at 350 degrees in floured greased pan, for 20-30 minutes. Great for strawberry shortcake.

### **CHARLOTTE GAMMON**

### **DUMP CAKE**

Dump all ingredients in mixing bowl and mix thoroughly.

2 eggs  
1/2 cup cocoa  
2 cups sugar  
1 cup shortening  
2 cups flour  
1 1/2 tsp. soda  
1 cup boiling water  
1/2 cup buttermilk  
1 tsp. vanilla

Bake at 350 degrees for 30 to 40 minutes in 9 x 13'' pan. When cool, glaze with powdered sugar icing.

### **DOLA BRASEL**

### **RHUBARB ROLL**

Let boil then set aside:

1 cup sugar or sweetner  
2 1/2 cups water

Mix and let stand:

4 cups rhubarb chopped  
1/4 cup sugar or sweetner  
2 tsp. tapioca

Mix

2 cups flour  
2 Tbsp. sugar or sweetner  
1/2 tsp. salt  
3 tsp. baking powder  
1/2 cup Crisco  
2/3 cup milk

Mix then roll thin. Spread rhubarb mix on dough then roll up jellyroll style. Slice about 1 inch thick and lay in greased 9 x 13 inch baking dish. Pour syrup over all. Dot with butter. Bake at 350 degrees for about 40 to 50 minutes.

### **MADLYN HAMMERS**

### **ICE BOX COOKIES**

1 lb. butterin  
2 cups sugar  
3 eggs (whole)  
1 tsp. baking soda  
1 tsp. vanilla or almond extract  
1 cup nuts  
1 cup raisins  
5 cups flour  
1/2 tsp. salt (If Spry or Crisco is used, add 1 tsp. salt)

Cream butterin, sugar and eggs. Sift dry ingredients, then mix into creamed mixture. Roll and put in waxed paper. Put in freezer for 2 hours or more. Slice in thin slices (1/4") and bake 8-10 minutes at 425 degrees.

HELEN KANE

### **NO BAKE CHOCOLATE COOKIES**

1 cup sugar  
4 Tbsp. cocoa  
1/2 cup milk  
1 cube butter

Bring to a full rolling boil and boil 1 minute. Remove from fire.

Add

1/2 cup peanut butter  
1/2 tsp. vanilla  
3 cups quick cook oatmeal  
coconut & nuts - optional

Drop by tsp. on waxed paper.

KATHERINE WORMLEY

### **PAYDAY BARS**

Mix in bowl;

3 cups Rice Krispies  
1 cup salted peanuts

Bring to rolling boil

1/2 cup white corn syrup  
1/2 cup sugar

Add

1/2 tsp. vanilla  
1/2 cup peanut butter

Stir until melted and pour over nuts and Rice Krispies mixture and press into 9 x 9 buttered pan.

STAN HUGHES

**LOIS' CARMEL PUDDING**

Cream 1/2 cup brown sugar and butter, size of an egg

Add 1/2 cup milk  
1 cup flour with 2 tsp. baking powder  
1 tsp. cinnamon  
1/2 cup raisins

Pour in buttered 9 x 9 pan.

Boil together 1 cup brown  
2 cups water  
1 Tbsp. butter or oleo

Pour this over batter and bake 25-30 minutes at 350 degrees.

JANET SMITH

**GERMAN CHOCOLATE CHEESECAKE**

Mix 1 pkg. German chocolate cake mix as per directions. Pour 1/2 in greased and floured 9 x 13 pan.

Mix 2 8 oz. cream cheese, 4 eggs, and 1 1/2 cup granulated sugar and beat well.

Pour over cake batter in 9 x 13 pan and top with remainder of cake batter. Bake at 325 degrees for 1 1/2 hours.

When cake is cool to room temperature, ice with

1 cup milnot  
3 egg yolks  
1 cup granulated sugar  
1/2 cup oleo  
1 Tbsp. vanilla

Boil above ingredients and add 1 cup nuts and 1 cup coconut when removed from heat. Cool until thick and spread on cake. Refrigerate.

DAN HIESTAND

**STRAWBERRY DESSERT**

1 2/3 cups crushed pretzels  
2 Tbsp. sugar  
1 stick melted oleo  
1 8 oz. cream cheese  
2 cups cool whip  
1 cup sugar  
2 3 oz. pkgs. strawberry jello  
2 cups boiling water  
2 8 oz. pkgs. frozen strawberries

Combine first 3 ingredients. Press in 9 x 13 dish and bake at 350 degrees for 10 minutes. Let cool. Beat cream cheese and 1 cup sugar. Fold in cool whip. Spread over crust. Chill 4 hours. Dissolve jello in boiling water. Add frozen berries. Stir to break berries apart and keep stirring until mixture starts to gel. Pour over cream cheese mixture. Chill until set.

LINDA JAMES

**AEBLESKIVER [DANISH PANCAKE BALLS]**

2 cups flour  
1 tsp. baking powder  
1/2 tsp. soda  
1 1/2 cup buttermilk  
1 Tbsp. sugar  
1/2 tsp. salt  
2 eggs

Beat eggs and sugar well. Sift dry ingredients and add to mixture. Add buttermilk and beat until batter is smooth. Fry in aebleskive pan. Heat pan over medium heat, melt 1 tsp. margarine in each hole. Fill holes completely, let bake few minutes and turn aebleskive with fork or ice pick. Fry until golden brown. (Applesauce or small slice of apple may be dropped in each hole before turning.) Roll in sugar and serve hot with jam or jelly.

**KAREN REAGAN**

**APPLE CRISP**

4 cups sliced cooking apples  
1 Tbsp. lemon juice  
1/3 cup sifted enriched flour  
1 cup quick cook oats, uncooked  
1/2 cup brown sugar  
1/2 tsp. salt  
1 tsp. cinnamon  
1/3 cup melted butter

Place apples in pan with lemon juice sprinkled over. Combine dry ingredients. Add melted butter and mix until crumbly. Sprinkle creamed mixture over apples. Bake in moderate oven (375 degrees) for 30 minutes or until apples are tender.

**MARY FEHRENBACHER**

**BLUEBERRY CHEESECAKE**

6 or 7 graham crackers, crushed  
2 Tbsp. melted margarine

Mix together well and press in 9 x 9 pan.

Mix well until smooth:  
2 8 oz. cream cheese  
1 cup granulated sugar  
2 eggs  
1 tsp. vanilla

Pour on top of crust mixture. Bake at 350 degrees for 15 minutes. Cool, and top with blueberry or cherry pie filling.

**KAREN ROBNETT**

### **SLICED APPLE BAKE**

3/4 cup brown sugar  
1/2 cup water  
1/4 cup lemon juice  
1/4 cup cider vinegar  
1 tsp. grated orange rind  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/8 tsp. salt  
6 pared, cored, sliced apples

In a pot combine sugar, water, lemon juice, vinegar, orange rind, spices and salt. Cook until sugar dissolves stirring constantly. Boil, reduce heat. Cook for 3 to 5 minutes. Pour mixture over apples. Cover; bake at 400 degrees for 30 to 40 minutes until tender. Serves 6

FRANCES OSBORNE

### **FRUIT PIZZA**

1 pkg. Pillsbury prepared sugar cookie dough  
8 oz. cream cheese  
3/4 cup sugar  
1 tsp. lemon juice  
1 tsp. vanilla  
1 can mandarin oranges  
1 banana  
1 can sliced pineapple (unsweetened)  
1 1/2 cup sliced strawberries

Roll dough on pizza pan (cook and cool as per directions). While dough is baking, mix cheese, sugar, lemon juice and vanilla.

On cooled dough, spread cream cheese mixture. Drain oranges and pineapple. Decorate with round rows of each fruit beginning with oranges. To keep bananas from turning, glaze with 2 tsp. jelly and 1 1/2 tsp. water. Chill at least 4 hours before serving.

JANET SMITH

### **FLORIDA COBBLER**

Melt 1 stick of oleo and put in a 9 x 12 pan  
1 cup sugar  
1 cup flour  
1 cup milk  
pinch of salt  
2 tsp. baking powder

Spread in pan. Add fruit, cherries, peaches or berries and spread over the above ingredients (dry)

Add 1 cup sugar sprinkled over fruit. This is good, quick and easy. Bake 40 minutes in 350 degree oven.

NORA OLDEN

**MOTHER'S APPLESAUCE FRUIT CAKE**  
(for Christmas or anytime!)

1 1/2 cups shortening  
2 cups brown sugar  
1 cup molasses  
2 eggs, beaten well  
4 1/2 cups flour, sifted with  
3 tsp. baking powder  
3 Tbsp. cocoa  
3 tsp. cinnamon  
3 tsp. nutmeg  
3 tsp. cloves  
3 tsp. allspice  
2 tsp. salt  
3 tsp. soda dissolved in 3 cups applesauce  
1 cup raisins  
1 cup currants  
1 1/2 cups nutmeats, cut fine

Cream shortening, add sugar and molasses and blend. Add eggs. Add dry ingredients alternately with the applesauce and dissolved soda. Flour well the raisins, currants, and nutmeats (so they won't stick together) and add last. (3 cups applesauce plus about 1/4 cup is a quart jar of applesauce. If the 1/4 cup or whatever is added, the cake will be more moist - I learned from experience). This cake makes one large and one small cake. Bake about Thanksgiving. Wrap so it won't dry out and keep in cool place or refrigerate until Christmas.

**WILMA VANDEVEER**

**APRICOT SURPRISE**

2 cans Apricot pie filling  
2 cups flour  
2 cups shredded coconut  
1 1/2 cup crushed soda crackers  
1 cup brown sugar  
1/3 tsp. baking powder  
1 cup melted butter

Mix flour, crackers, coconut, sugar and baking powder. Add melted butter and mix. Put 2/3 of mixture in 9 x 13 pan pressing well. Pour pie filling on next. Cover with remaining ingredients. Bake at 350 degrees for 30 minutes.

**RUTH DOOLEN**  
**ECLAIRE CAKE**

Line 9 x 12 cake pan with graham crackers. Mix 2 small boxes of French vanilla instant pudding using 3 1/2 cups milk. Then mix the pudding with 1 8 oz. container of cool whip and spread over graham crackers. Then add another layer of graham crackers and top with 1 can of chocolate frosting. Refrigerate over night.

**NELLIE HUGHES**

### **JOHNNY APPLE SEED CAKE**

8 or 10 apples  
1 cup water  
1 cup sugar  
1/4 lb. oleo

Peel and quartered apples. Cook in water with sugar until tender. Melt oleo in 8 x 12'' pan. Pour apples in pan and sprinkle with cinnamon.

Mix:

1 cup sugar  
1 cup flour  
1 cup milk  
3 tsp. baking powder

Dribble over top of apples, then sprinkle with sugar and bake until brown at 350 degrees.

LUCILLE MEYER

### **PARSNIP CAKE**

2 cups all purpose flour  
2 cups sugar  
2 tsp. baking soda  
1/2 tsp. salt  
4 large eggs  
2 Tbsp. lemon juice  
1/2 tsp. vanilla  
1 cup vegetable oil  
4 cups coarsely grated parsnips (about 2/3 lb.)

Sift flour, sugar, baking soda, salt. In large bowl beat eggs 1 minute or until frothy, add lemon juice and vanilla and beat in the oil. Beat in gradually the flour mixture and beat just until smooth. Stir in parsnips. Pour batter into greased and floured 9 x 13'' pan. Bake in preheated 350 degree oven for 1 hour, 10 minutes or until tester comes out clean. If cake is getting too dark cover with foil and finish baking. Frost with cream cheese frosting when cool.

JUDY McCARTY

# Low Calorie, Diabetic



### **DIABETIC RAISIN COOKIES**

Boil together for 1 minute:

1 1/2 cups raisins

1/2 cup crisco

1 1/4 cups water

1 tsp. cinnamon

Add 1 tsp. vanilla and set aside to cool.

Add:

1 1/2 Tbsp. liquid sweetener

2 eggs slightly beaten

2 cups flour

2 tsp. baking powder

Mix well and drop by spoonfull on greased baking sheet. Bake at 375 degrees about 10 to 12 minutes. Makes about 40 cookies.

DOROTHY WHITMAN

### **DIABETIC DATE COOKIES**

2 sticks oleo, softened

1 cup cut up dates

3 Tbsp. liquid sweetener

1 tsp. vanilla

1/2 cup milk

1 egg

2 tsp. baking powder

1/2 tsp. salt

3 cups flour

Cream dates and oleo. Add eggs and sweetener. Beat one minute, and add vanilla, milk and flour. Drop by teaspoon on cookie sheet. Bake at 375 degrees for 15 minutes.

DOROTHY WHITMAN

### **DIABETIC BANANA BREAD**

1 cup flour, sifted

1/4 tsp. baking soda

1/4 cup melted shortening

4 tsp. liquid sweetener

2 bananas, mashed

2 tsp. baking powder

1/4 tsp. salt

2 eggs, well beaten

1 tsp. vanilla

Sift together flour, baking powder, soda and salt. Combine shortening, eggs, sweetener, and vanilla and add to flour mixture. Stir only until flour is moistened. Fold in mashed bananas. Pour into lightly greased 8 x 4 x 3" loaf pan. Bake at 350 degrees for 1 hour.

DOROTHY WHITMAN

## DIABETIC OATMEAL COOKIES

1/2 cup margarine, softened  
4 tsp. liquid sweetener  
3/4 cup cold water  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 cup raisins  
1 tsp. vanilla  
1 egg  
1 cup flour  
1/2 tsp. baking powder  
1 cup (quick) oatmeal

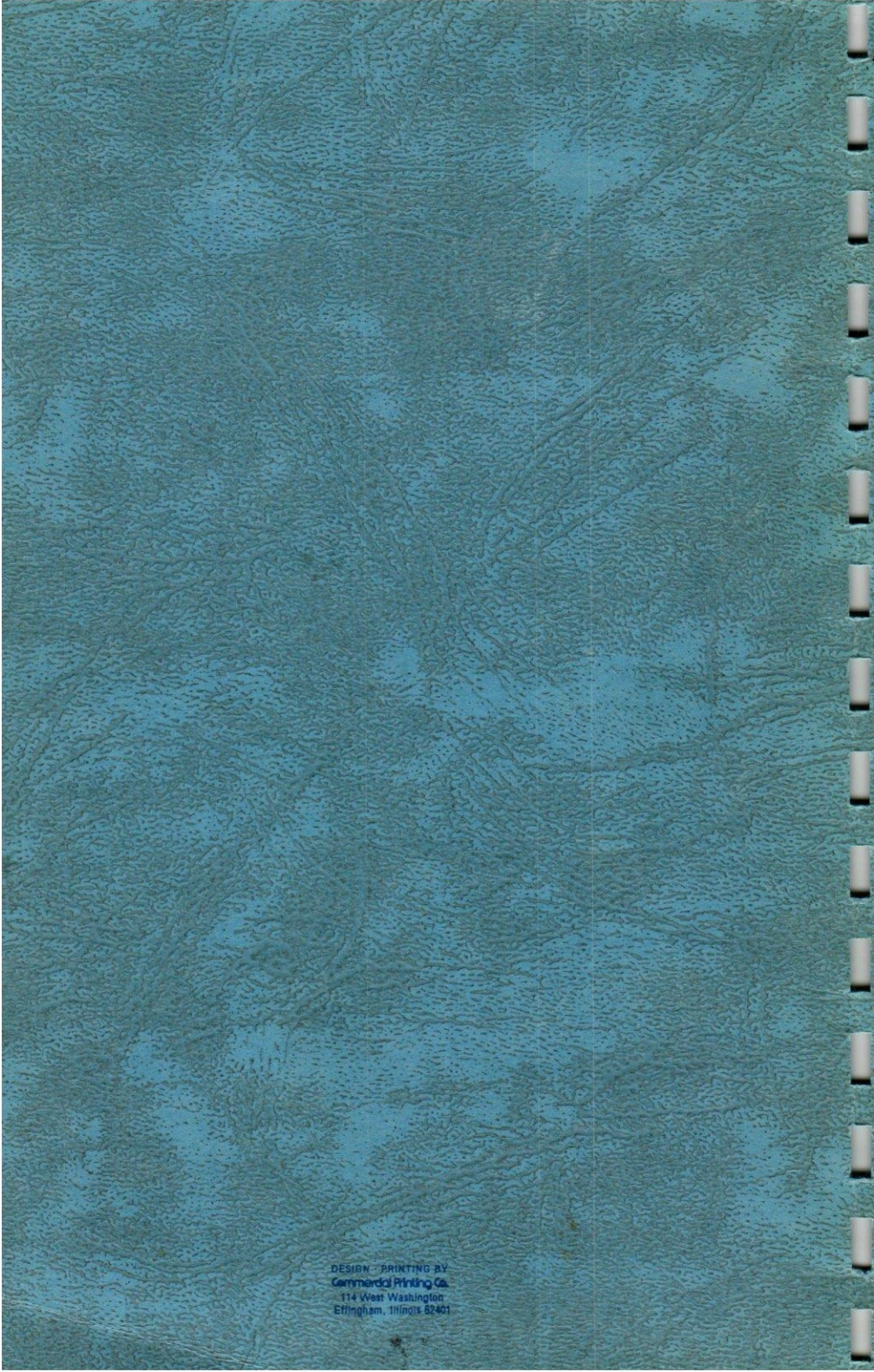
In large mixing bowl, combine oleo, sweetener, vanilla, and egg. Beat 2 minutes at high speed until well blended. Add water, flour, salt, soda and cinnamon. Beat at low speed until well mixed. Stir in raisins and oats. Dough will be soft. Bake 375 degrees for 12-15 minutes. Store in refrigerator. Yields 42 cookies.  
4 cookies equal 1 fruit and 1/2 fat exchange

DOROTHY WHITMAN

## THE GIFT OF FRIENDSHIP

Friendship is a priceless gift  
That cannot be bought or sold  
But its value is far greater  
Than a mountain made of gold--  
For gold is cold and lifeless,  
It can neither see nor hear,  
And in the time of trouble  
It is powerless to cheer--  
It has no ears to listen,  
No heart to understand,  
It cannot bring you comfort  
Or reach out a helping hand--  
So when you ask God for a gift,  
Be thankful if he sends  
Not diamonds, pearls or riches,  
But the love of real true friends.  
By Helen Steiner Rice

Two are better than one; because they have a good reward for their labor;  
... woe to him that is alone when he falleth, for he hath not another to help  
him up.  
Ecclesiastes 4:9, 10



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