

Favorite Recipes
from our Best Cooks

COOK BOOK



A BOOK OF

FAVORITE

Recipes

Compiled by

The Craft Group

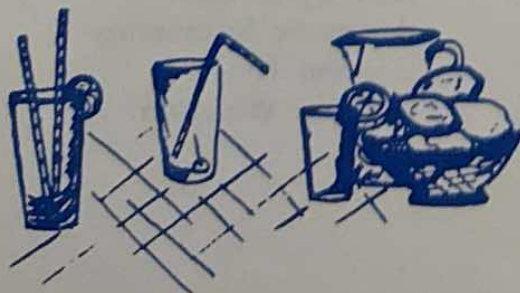
of the

First United Methodist Church

Stony Point, New York



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First United Methodist Church of Stony Point
Dedicated June 14, 1834

Rev. Byron L. Stroud

Sunday Worship

11:00 A.M.

Sunday School

9:30 A.M.

Members of the Craft Group

Ella Bender
Fannie Blanche
Kathy Daily
Virginia Houghton
Jean O'Dell

Kathleen O'Dell
Shirley O'Dell
Jeanette Strassburg
Dianne Thaler
Eleanor Waldron

The First United Methodist Church of Stony Point, N.Y., began as a class meeting in 1804. These meetings were probably much like those held in England by the founder of Methodism, John Wesley and were held first in the home of Daniel Phillips. Other families known to have taken part in this early fellowship were DeCamp, Wandell, Babcock and Thiell. By 1807, the group had out-grown the homes and become organized under the name St. George's Methodist Episcopal Church of North Haverstraw. Services were moved in the new barn of Peter DeNoyelles, which was located at the present site of the Rose Memorial Library. This was a church without a permanent home until 1834. In 1833, the land which is the present site of the church was given to the Society by the Matthew Gurnee family. Work was begun immediately and completed the next summer. The new church building was dedicated on June 14, 1834. The Rev. Manning Force conducted this service and preached on the text: Nehemiah 4:6, "So we built the wall; and all the wall was joined together to half its height. For the people had a mind to work." (Revised Standard Version)

SPECIAL NOTE

While our cookbook was being compiled and when it was sent for publishing our minister was Rev. Byron L. Stroud.

By the time the cookbook was published we had changed ministers and our present minister is Rev. Marie Annette Burger.

The Craft Group

Date Published
December, 1981.

Basic Kitchen Information



THUMB INDEX



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno

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EQUIVALENTS

3 tps.	_____	1 tbsp.
4 tbsps.	_____	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tbsps.	_____	$\frac{1}{3}$ cup
8 tbsps.	_____	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tbsps.	_____	$\frac{2}{3}$ cup
12 tbsps.	_____	$\frac{3}{4}$ cup
16 tbsps.	_____	1 cup
$\frac{1}{2}$ cup	_____	1 gill
2 cups	_____	1 pt.
4 cups	_____	1 qt.
4 qts.	_____	1 gal.
8 qts.	_____	1 peck
4 pecks	_____	1 bu.
16 ozs.	_____	1 lb.
32 ozs.	_____	1 qt.
8 ozs. liquid	_____	1 cup
1 oz. liquid	_____	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups
1 lb. cake = $4\frac{1}{2}$ cups
1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup
 $\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

- 1 whole egg, for thickening or baking
- 1 cup butter or margarine for shortening
- 1 square (ounce) chocolate
- 1 teaspoon double-acting baking powder
- Sweet milk and baking powder, for baking
- 1 cup sour milk, for baking
- 1 cup whole milk
- 1 cup skim milk
- 1 tablespoon flour, for thickening
- 1 cup cake flour, for baking
- 1 cup all-purpose flour, for baking breads

You may use these

- 2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.
- $\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.
- 3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.
- $1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
- Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
- 1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.
- $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
- 4 tablespoons nonfat dry milk plus 1 cup water.
- $\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
- $\frac{7}{8}$ cup all-purpose flour.
- Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



Basil

FOUND IN India, Western Europe, United States.
IT IS member of mint family with leaves 1 1/4" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.



Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.
AVAILABLE whole; ground.



Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.
AVAILABLE whole; ground.



Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.
AVAILABLE whole (dried); flaked; as fresh sprigs.



Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.
AVAILABLE whole; ground.



Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.
AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple, Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

Meat and vegetable pie
Soup
Stew
Stuffed peppers
Stuffed tomatoes
Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

Creamed vegetables
Soup
Meat loaf
Meat patties
Omelet
Souffle

Cooked or canned fruits, in

Fruit cup
Fruit sauces
Jellied fruit
Quick breads
Shortcake
Upside-down cake
Yeast breads

Cooked meats, poultry, fish, in

Casserole dishes
Hash
Meat patties
Meat pies
Salads
Sandwiches
Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

Fried cereal
Meat loaf or patties
Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

Casseroles
Meat or cheese loaf
Timbales

Bread

Slices, for
French toast
Dry crumbs, in
Brown betty
Croquettes
Fried chops
Soft crumbs, in
Meat loaf
Stuffings

Cake or cookies, in

Brown betty
Ice-box cake
Toasted, with sweet topping,
for dessert

Egg yolks, in

Cakes
Cornstarch pudding
Custard or sauce
Pie filling
Salad dressing
Scrambled eggs

Egg whites, in

Custard
Fruit whip
Meringue
Souffles

Hard-cooked egg or yolk, in

Casserole dishes
Garnish
Salads
Sandwiches

Sour cream, in

Cakes, cookies
Dessert sauce
Meat stews
Pie filling
Salad dressing
Sauce for vegetables

Sour milk, in

Cakes, cookies
Quick breads

Cooked potatoes, in

Croquettes
Fried or creamed potatoes
Meat-pie crust
Potatoes in cheese sauce
Stew or chowder





Quantities to Serve 100 People



COFFEE	- 3 LBS.	
LOAF SUGAR	- 3 LBS.	
CREAM	- 3 QUARTS	
WHIPPING CREAM	- 4 PTS.	
MILK	- 6 GALLONS	
FRUIT COCKTAIL	- 2 1/2 GALLONS	
FRUIT JUICE	- 4 NO. 10 CANS	(26LBS.)
TOMATO JUICE	- 4 NO. 10 CANS	(26LBS.)
SOUP	- 5 GALLONS	
OYSTERS	- 18 QUARTS	
WEINERS	- 25 LBS.	
MEAT LOAF	- 24 LBS.	
HAM	- 40 LBS.	
BEEF	- 40 LBS.	
ROAST PORK	- 40 LBS.	
HAMBURGER	- 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	- 40 LBS.	
POTATOES	- 35 LBS.	
SCALLOPED POTATOES	- 5 GALLON	
VEGETABLES	- 4 NO.10 CANS	(26LBS.)
VEGETABLES	- 4 NO.10 CANS	(26LBS.)
BAKED BEANS	- 5 GALLON	
BEETS	- 30 LBS.	
CAULIFLOWER	- 18 LBS.	
CABBAGE FOR SLAW	- 20 LBS.	
CARROTS	- 33 LBS.	
BREAD	- 10 LOAVES	
ROLLS	- 200	
BUTTER	- 3 LBS.	
POTATO SALAD	- 12 QUARTS	
FRUIT SALAD	- 20 QUARTS	
VEGETABLE SALAD	- 20 QUARTS	
LETTUCE	- 20 HEADS	
SALAD DRESSING	- 3 QUARTS	
PIES	- 18	
CAKES	- 8	
ICE CREAM	- 4 GALLONS	
CHEESE	- 3 LBS.	
OLIVES	- 1 3/4 LBS.	
PICKLES	- 2 QUARTS	
NUTS	- 3 LBS. SORTED	

To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

fillings

make the sandwich



for lunch boxes

for outdoor eating



	6 SERVINGS	24 SERVINGS
HAWAIIAN HAM SANDWICH		
Mix Well { Ground ham	1 cup	1 quart
Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
Brown sugar	1 tablespoon	1/4 cup
Cloves	1/8 teaspoon	1/2 teaspoon

	6 SERVINGS	24 SERVINGS
O'HARA'S SANDWICH		
Mix Well { Corned beef, chopped	1 cup	1 quart
Chopped onion	1/4 cup	1 cup
Chopped Kosher pickle	1/4 cup	1 cup
Tomato juice	1/4 cup	1 cup

	6 SERVINGS	24 SERVINGS
TANGY TONGUE SANDWICH		
Mix Well { Sliced tongue	3/4 pound	3 pounds
Cream cheese, softened	3-oz. package	3/4 pound
Horseradish	1 tablespoon	1/4 cup

	6 SERVINGS	24 SERVINGS
CHEESE PIMIENTO SANDWICH		
Mix Well { Shredded nippy cheese	1 cup	1 quart (1 pound)
Chopped pimiento	2 tablespoons	1/2 cup
Salad dressing	2 tablespoons	1/2 cup

	6 SERVINGS	24 SERVINGS
EAST COAST SANDWICH		
Mix Well { Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
Baked beans	1/2 cup	2 cups (1 lb. can)
Chopped onion	2 tablespoons	1/2 cup
Chili sauce	1 tablespoon	1/4 cup

	6 SERVINGS	24 SERVINGS
ALL AMERICAN FAVORITE		
Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

	6 SERVINGS	24 SERVINGS
STUDD PEANUT BUTTER SANDWICH		
Mix Well { Peanut butter	3/4 cup	3 cups
Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup

TASTY TREAT HAMBURGER

Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
	Salt and pepper to taste		

SPICY HAM SANDWICH

Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
Tomato sauce	1 cup (8-oz. can)	1 quart
Cloves	1/8 teaspoon	1/2 teaspoon

CREAM CHEESE CRUNCH		6 SERVINGS	24 SERVINGS
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups

CANADIAN DOUBLE DECKER

<i>First Layer—</i>			
Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)	
Tomato, sliced	1 medium (6 slices)	4 medium 24 slices	
<i>Second Layer—</i>			
Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)	

CHAMPION TWO STORY

<i>First Layer—</i>			
Sliced cooked chicken	1/2 pound	2 pounds	
<i>Second Layer—</i>			
Hard cooked eggs, chopped	4	16	
Chopped celery	2 tablespoons	1/2 cup	
Chopped olives	2 tablespoons	1/2 cup	
Chopped sweet pickle	1 tablespoon	1/4 cup	
Salad dressing	2 tablespoons	1/2 cup	
Prepared mustard	2 teaspoons	3 tablespoons	



FOR SMALL FRY

BANANA PEANUT BUTTER WINNER

	6 SERVINGS	24 SERVINGS
Peanut butter	3/4 cup	3 cups
Banana, sliced	3 medium	12 medium

SUNSHINE SPECIAL

Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups

CALIFORNIA DELIGHT

Mix Well	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups

APPLE CHEESE TOASTY

Apple sauce, topped with:	1/2 cup	2 cups
American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHICKEN WALDORF SANDWICH

	6 SERVINGS	24 SERVINGS	
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	1/2 cup	2 cups
	Chopped apple	1/2 cup	2 cups
	Chopped nuts	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup



for hearty lunching

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

◊OPEN FACE*

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted.

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME	6 SERVINGS	24 SERVINGS
Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.

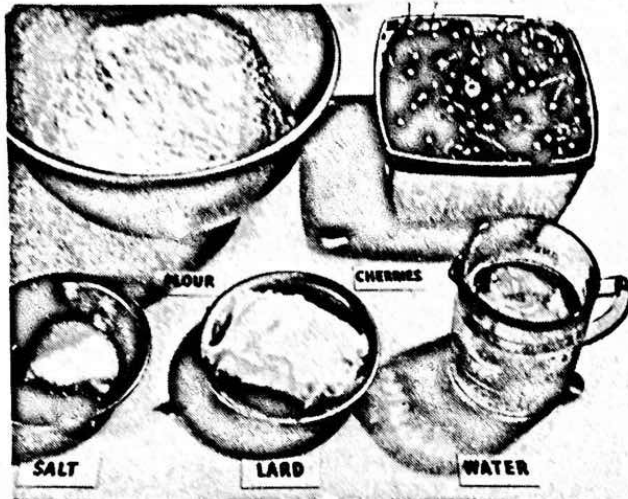


Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

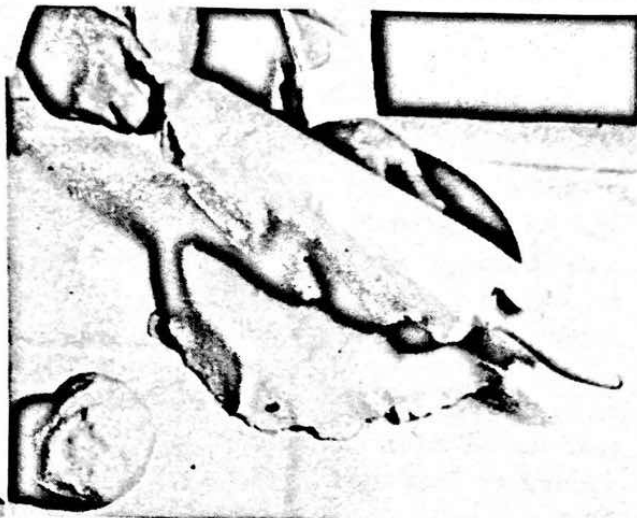
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

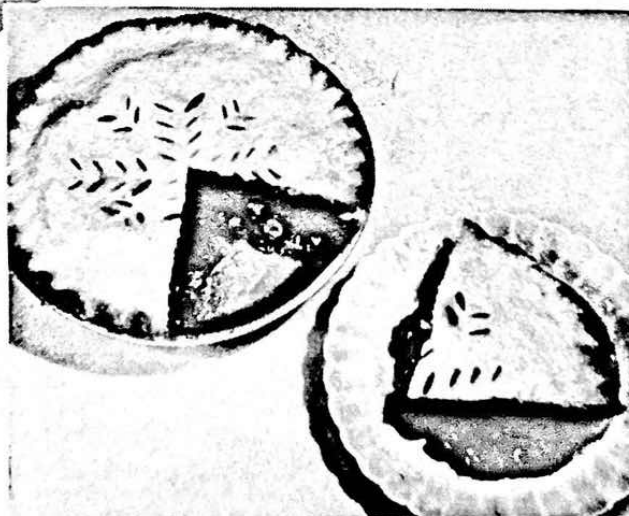
Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

HELPFUL INFORMATION

www

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

Age

WEIGHT RECORD

	Date	Weight	Date	Weight
Height				
Weight				
Desired Weight				

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet



MONDAY

Breakfast
 Orange juice
 Soft boiled egg
 Broiled Canadian-style bacon
 Toast Butter
 Coffee

Lunch
 Cold roast beef
 Cauliflower
 Cucumber salad
 Bread Butter
 Baked apple
 Milk Tea

Dinner
 Clear tomato bouillon
 Broiled lamb chops
 String beans
 Head lettuce salad
 Whole wheat bread Butter
 Sliced peaches
 Milk Coffee

TUESDAY

Breakfast
 Pineapple juice
 Coddled egg
 Broiled Canadian-style bacon
 Toast Butter
 Coffee

Lunch
 Hamburger patty
 Baked onion
 Sliced tomatoes
 Bread Butter
 Plums
 Milk Tea

Dinner
 Baked liver
 Julienne carrots
 Celery and radishes
 Whole wheat bread Butter
 Pears
 Milk Coffee



Breakfast
 Grapefruit sections
 Broiled ham with poached egg
 Whole wheat toast Butter
 Coffee



WEDNESDAY

Breakfast
 Tomato juice
 Poached eggs on toast
 Broiled ham
 Coffee

Lunch
 Broiled luncheon meats
 Seven minute cabbage
 Endive Salad
 Bread Butter
 Grapes
 Milk Tea

Dinner
 Clear broth
 Broiled steak
 Baked squash
 Mixed vegetable salad
 Bread Butter
 Pineapple
 Milk Coffee

THURSDAY

Breakfast
 Orange slices
 Soft boiled egg
 Broiled Canadian-style bacon
 Toast Butter
 Coffee

Lunch
 Green peppers stuffed with ground meat
 Apple and celery salad
 Bread Butter
 Milk Tea

Dinner
 Beef bouillon
 Corned beef
 Cabbage
 Tossed salad
 Rye bread Butter
 Sliced peaches
 Milk Coffee

SUNDAY

Luncheon or Supper
 Assorted cold meats
 Tossed green salad
 Rye bread Butter
 Strawberries
 Milk Tea

FRIDAY *

Breakfast
 Grapefruit juice
 Egg in nest on Canadian-style bacon
 Toast Butter
 Coffee

Lunch
 Tongue and spinach
 Pickled beet salad
 Pumpernickel Butter
 Raspberries
 Milk Tea

Dinner
 Consommé
 Lamb shanks
 Broccoli
 Carrot sticks and celery curls
 Bread Butter
 Honeydew melon
 Milk Coffee

SATURDAY

Breakfast
 Tangerine juice
 Poached eggs
 Broiled Canadian-style bacon
 Toast Butter
 Coffee

Lunch
 Veal luncheon meat
 Stewed tomatoes
 Red cabbage and apple salad
 Bread Butter
 Milk Tea

Dinner
 Jellied consommé
 Pork tenderloin
 Diced turnips
 Asparagus salad
 Bread Butter
 Apricots
 Milk Coffee



Dinner
 Consommé
 Roast beef
 Asparagus tips
 Beet and onion salad
 Bread Butter
 Cherries
 Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet



MONDAY

Breakfast
 Orange juice
 Poached egg
 Toast
 Frizzled dried beef
 Coffee

Lunch
 Cold roast veal
 Stewed tomatoes
 Endive salad
 Bread
 Grapes
 Milk
 Butter
 Tea

Dinner
 Barbecued pork hearts
 Mashed rutabagas
 Hearts of lettuce salad
 Whole wheat bread
 Milk
 Butter
 Coffee



WEDNESDAY

Breakfast
 Grapefruit juice
 Coddled egg
 Toast
 Broiled ham slice
 Coffee

Lunch
 Cold roast lamb
 String beans
 Bread
 Milk
 Carrot sticks
 Butter
 Tea
 Steamed apple

Dinner
 Veal steak with stewed tomatoes
 Mixed green salad
 Rye bread
 Milk
 Consomme
 Butter
 Sliced peaches
 Coffee



THURSDAY

Breakfast
 Apricots
 Poached egg on toast
 Broiled Canadian-style bacon
 Coffee

Lunch
 Assorted cold meats
 Pickled beets
 Artichoke hearts
 Bread
 Milk
 Pineapple
 Tea
 Butter

Dinner
 Beef pot roast
 Whole carrots
 Assorted relishes
 Bread
 Milk
 Raspberries
 Butter
 Coffee

SUNDAY

Luncheon or supper
 Broiled frankfurters
 Beets
 Cole slaw
 Bread
 Plums
 Milk
 Butter
 Tea

FRIDAY *

Breakfast
 Orange juice
 Baked egg in Canadian-style
 Toast
 Bacon cup
 Butter
 Coffee

Lunch
 Deviled beef slices
 Seven minute cabbage
 Carrot and celery salad
 Bread
 Milk
 Grapes
 Tea
 Butter

Dinner
 Clear broth
 Broiled beef steak
 Baked onion
 Sliced tomato salad
 Rye bread
 Milk
 Watermelon
 Butter
 Coffee



SATURDAY

Breakfast
 Tomato juice
 Soft boiled eggs
 Broiled Canadian-style bacon
 Whole wheat toast
 Coffee
 Butter

Lunch
 Broiled kidney
 Diced carrots
 Mixed vegetable salad
 Bread
 Milk
 Cherries
 Tea
 Butter

Dinner
 Tomato bouillon
 Meat loaf
 Asparagus spears
 Cauliflower on tomato salad
 Bread
 Milk
 grapefruit
 Butter
 Coffee



Dinner
 Clear vegetable soup
 Rolled shoulder of veal
 Baked eggplant
 Celery curls
 Bread
 Milk
 Radish roses
 Butter
 Strawberries
 Coffee

Breakfast
 Cantaloupe
 Shirred eggs with diced ham
 Whole wheat toast
 Coffee
 Butter



* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 3/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233
Shank	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 3 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 3 1/2"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 3/4" x 3 1/2"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 3 1/2"	20.9	332
Round	4	Pc. 3" x 3" x 3 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/2" x 1 1/2"	22.3	262
Shank	4	3 pc. 1 1/2" x 1 1/2" x 1 1/2"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 3/4"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 1 1/2"	21.6	276
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3 1/2" x 3" x 1 1/2"	18.2	408
Loin	4	Chop 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3 1/2"	16.1	464
Roasts				
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3 1/2"	19.9	327
Loin	4	Sl. 3 1/2" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 3/4"	10.6	147
Veal				
Chops				
Loin	4	Chop 3/4" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/2" x 1 1/2"	22.9	223
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241
Shoulder	4	Sl. 5" x 3" x 1 1/2"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2 1/4" x 3/8"	23.4	191
Shoulder	4	Pc. 5" x 3" x 1 1/2"	23.3	202
Sirloin	4	Pc. 4" x 2 1/4" x 1 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 3/4" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	3/4 ht. 3/8 dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 3/4"	20.0	164
Liver				
Beef	3	2 sl. 3" x 2 1/2" x 3/4"	17.7	119
Lamb	3	2 sl. 3 1/4" x 2" x 3/4"	18.9	118
Pork	3	2 sl. 3 1/4" x 2" x 3/4"	17.7	116
Veal	3	2 sl. 3" x 2 1/2" x 3/4"	17.1	122
Sweetbread				
Tongue	4	Pc. 4" x 3" x 3/4"	18.2	216
	3	3 sl. 3" x 2" x 3/4"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/2" dia. x 3/8" th.	4.4	65
Frankfurter	2	2 5/8" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 3/4" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3 1/2" x 1 1/2"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	1/2 breast	21.0	110
Leg	2 1/2	1 av.	14.7	88
Thigh	2 1/2	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.3	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	3/4 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/4"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	3/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	3/4 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3 1/4" x 3" x 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	1/2		.1	73
Cheese, cottage	2	3/4 c.	9.6	51
Cream, coffee	1/2	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3 1/2	1/4 head 4" dia.	1.2	18
Evaporated	4	1/2 c.	8.4	167	Leaf	1/2	1 leaf	.2	3
Skim	7	1 gl.	7.0	72	Leaf	1/2	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3 1/2	5 caps 2 1/4" dia.	2.6	15
Eggs	1 1/2	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES,					Onions				
White	2	1 small 2 1/2" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	1/2	3 med.	.2	7
Artichokes	3 1/2	1/4 lge.	2.9	63	Parley	1/2	2 sprigs	.1	1
Asparagus	3 1/2	7 stalks 6" long	2.3	27	Pumpkin	3 1/2	1/2 c.	1.2	36
Beans, string	3 1/2	1/2 c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3 1/2	1/2 c.	2.0	33	Rutabagas	3 1/2	1/2 c.	1.1	41
Beets	3 1/2	1/2 c. or 2 1 1/4" dia.	1.6	46	Sauerkraut	3 1/2	1/2 c.	1.1	18
Broccoli	3 1/2	2 stalks 5" lg.	3.3	37	Spinach	3 1/2	1/4 c.	2.3	25
Brussels sprts.	3 1/2	1/2 c.	4.4	58	Squash				
Cabbage	3 1/2	1/5 hd. 4 1/2" dia.	1.4	29	Summer	3 1/2	1/2 c.	.6	19
Carrots	3 1/2	2 carrots 5" lg.	1.2	45	Winter	3 1/2	1/2 c.	1.5	44
Cauliflower	3 1/2	1/2 c.	2.4	31	Tomatoes				
Celery	3 1/2	Pc. 8 1/2" lg. or 2 hts.	.2	3	Canned	3 1/2	1/2 c.	1.2	25
Chard, Swiss	3 1/2	1/2 c.	1.4	25	Fresh	3 1/2	1 tomato 2" dia.	1.0	23
Chicory	1	10 sm. leaves	.4	7	Juice, canned	4	1/2 c.	1.2	28
Cucumbers	2	8 sl. 3/4" th.	.4	7	Turnip greens	3 1/2	1/2 c.	2.9	37
Eggplant	2	Sl. 3 1/2" dia. x 3/4" th.	.7	17	Turnips				
Endive, French	2	2 stalks	.8	11	White	3 1/2	1/2 c.	1.1	35
Green pepper	1 1/2	1/2 c. or pc. 4" x 1 1/4"	.2	4	Yellow (see rutabagas)				
Kohlrabi	3 1/2	1/2 c. (diced)	2.1	36	PICKLES				

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	1/2	3 med.	.2	7
Parley	1/2	2 sprigs	.1	1
Pumpkin	3 1/2	1/2 c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3 1/2	1/2 c.	1.1	41
Sauerkraut	3 1/2	1/2 c.	1.1	18
Spinach	3 1/2	1/4 c.	2.3	25
Squash				
Summer	3 1/2	1/2 c.	.6	19
Winter	3 1/2	1/2 c.	1.5	44
Tomatoes				
Canned	3 1/2	1/2 c.	1.2	25
Fresh	3 1/2	1 tomato 2" dia.	1.0	23
Juice, canned	4	1/2 c.	1.2	28
Turnip greens	3 1/2	1/2 c.	2.9	37
Turnips				
White	3 1/2	1/2 c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	1/4	1 lge.	.2	23
Pickles				
Dill	2	1/2 pkte. 5" lg. x 1 1/4" dia.	.3	7
Sweet	1/2	1 pkte. 2 1/2" lg. x 1/4" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	1/2	1/2 c.	2.5	67
Cornflakes	1/2	1/2 c.	1.3	56
Farina,				
enriched	1/2	1/2 c. (sc. 2 T. dry)	2.3	71
Oatmeal	1/2	1/2 c. (1/4 c. dry)	3.1	77
Rice				
Puffed	1/2	1/2 c.	.7	36
White	1	1/2 c. (2 T. dry)	2.3	105
Wheat				
Flakes	1/2	1/2 c.	2.4	74
Puffed	1/2	1/2 c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	1/2	Sl. 4" x 3 1/2" x 1/2"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x 1/4"	.6	19
White, enrch	1/2	1 sl. (com'l) thin	1.6	50
Whole wheat	1/2	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	1/2	1 cracker 3" sq.	1.0	54
Saltine	1/2	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2 1/4" x 2 1/4"	.6	25
Zwieback	1/4	1 pc. 3 1/4" x 1 1/4" x 1/2"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3 1/2	1 apple 2 1/4" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3 1/2	1/2 c.	1.2	62
Blueberries	3 1/2	1/2 c.	.6	68
Cantaloupe	4	1/4 melon 5" dia.	.8	29
Cherries, sweet	3 1/2	15 cherries 7/8" dia.	1.2	87
Grapefruit	3 1/2	1/2 med. 3 1/4" dia.	.5	44
Grapes				
Concord	3 1/2	34 av.	1.4	78
Green s'dless	3 1/2	40 sm.	.8	74
Malaga or Tokay	3 1/2	21 av.	.8	74
Honeydew melon	4	1 1/2" sl. 7" melon	.9	48
Oranges	3 1/2	1/2 orange 4" dia.	.9	52
Peaches	3 1/2	1 med.	.5	51
Pears	3 1/2	1 sm.	.7	70
Pineapple	3 1/2	1 sl. 4" dia. x 1/2" th.	.4	58
Plums	2 1/2	1 plum 1 1/4" dia.	.5	39
Raspberries	3	1/2 c.	1.1	64
Strawberries	3 1/2	10 strawberries 1" dia.	.8	41
Watermelon	5	1/2 sl. 6" dia. x 1/4" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	1/2 c.	.6	49
Orange	4	1/2 c.	.7	66
Pineapple, can'd	4	1/2 c.	.4	65
Tomato (see vegetables)				

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		<u>Poultry</u>	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners	
<u>Baked goods</u>		(sliced meat and gravy).....	6
Bread and yeast rolls:		Chicken or turkey pies... ..	6
White bread.....	3	Fried chicken.....	4
Cinnamon rolls.....	2	Fried chicken dinners... ..	4
Plain rolls.....	3		
Cakes:		<u>Fish and shellfish</u>	
Angel.....	2	Fish:	
Chiffon.....	2	Fillets:	
Chocolate layer.....	4	Cod, flounder, had-	
Fruit.....	12	dock, halibut,	
Pound.....	6	pollack.....	6
Yellow.....	6	Mullet, ocean perch,	
Danish pastry.....	3	sea trout, striped	
Doughnuts:		bass.....	3
Cake type.....	3	Pacific Ocean perch.....	2
Yeast raised.....	3	Salmon steaks.....	2
Pies (unbaked):		Sea trout, dressed.....	3
Apple.....	8	Striped bass, dressed.....	3
Boysenberry.....	8	Whiting, drawn.....	4
Cherry.....	8	Shellfish:	
Peach.....	8	Clams, shucked.....	3
		Crabmeat:	
<u>Meat</u>		Dungeness.....	3
Beef:		King.....	10
Hamburger or chipped		Oysters, shucked.....	4
(thin) steaks.....	4	Shrimp.....	12
Roasts.....	12	Cooked fish and shellfish:	
Steaks.....	12	Fish with cheese sauce... ..	3
Lamb:		Fish with lemon butter	
Patties (ground meat).....	4	sauce.....	3
Roasts.....	9	Fried fish dinner.....	3
Pork, cured.....	2	Fried fish sticks, scallops,	
Pork, fresh:		or shrimp.....	3
Chops.....	4	Shrimp creole.....	3
Roasts.....	8	Tuna pie.....	3
Sausage.....	2		
Veal:		<u>Frozen desserts</u>	
Cutlets, chops.....	9	Ice cream.....	1
Roasts.....	9	Sherbet.....	1

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY: *
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.

Example : a kilometre is a thousand metres.

centi means a hundredth.

Example : a centimetre is a hundredth of a metre.

milli means a thousandth.

Example : a millimetre is a thousandth of a metre.

metre

for length

litre

for liquids

kilogram

for weighing

°C

for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.
CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with de-natured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:
I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank you.
The one most important word: We.
The one least important word: I.

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.
Just about the time you think you can make ends meet, somebody moves the ends.
Be careful how you live — you may be the only bible some people read.
A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living.

Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters				Month					Dominical Letter							
Year of the Century	Centuries				January, October Feb., Mar., Nov. Jan., Apr., July May June February, August Sept., Dec.					A	B	C	D	E	F	G
	1700, 2100	1800, 2200	1900, 2300	2000, 2400	1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
0	*28	*56	*84	C	E	G	A			M	Su	Fa	Fa	Th	W	Tu
1	29	57	85	B	D	F	G	30	Tu	Su	Sa	Fa	Th	W	Tu	M
2	30	58	86	A	C	E	F	31	W	M	Su	Fa	Th	W	Tu	M
3	31	59	87	G	B	D	F		Th	W	Tu	M	Su	Fa	Tu	M
*4	*32	*60	*88	E	G	B	C		F	F	Th	W	Tu	M	Su	Sa
5	33	61	89	D	F	A	B		Sa	F	Th	W	Tu	M	Su	Sa
6	34	62	90	C	B	D	E									
7	35	63	91	B	E	G	A									
*8	*36	*64	*92	G	B	D	E									
9	37	65	93	F	A	C	D									
10	38	66	94	E	G	B	C									
11	39	67	95	D	F	A	B									
*12	*40	*68	*96	B	D	F	G									
13	41	69	97	A	C	E	F									
14	42	70	98	G	B	D	E									
15	43	71	99	F	A	C	D									
*16	*44	*72		D	F	A	B									
17	45	73		C	E	G	F									
18	46	74		B	D	F	G									
19	47	75		A	C	E	F									
*20	*48	*76		F	A	C	D									
21	49	77		E	G	B	C									
22	50	78		D	F	A	B									
23	51	79		C	E	G	A									
*24	*52	*80		A	C	E	F									
25	53	81		G	B	D	E									
26	54	82		F	A	C	D									
27	55	83		E	G	B	C									

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In *Leap-Years* the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:
 - Patient is unconscious or is having fits.
 - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
 - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
 - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
 - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

These common household substances are poisonous:

Group 1

Induce Vomiting

alcohol
ammonia
bleaches
cosmetics (including nail polish, hair sprays, and permanent wave solutions)
detergents
fertilizers
medicines (including aspirin)

Group 2

Do Not Induce Vomiting

fuel oils
furniture polishes and waxes
kerosene, gasoline, lighter fluid
lye and other caustics
paint removers
paints
paint thinners, turpentine
pesticides
weed killers

FIRST AID IN HOUSEHOLD EMERGENCIES



- POISONING:** When a poison has been taken internally, start first aid at once. Call doctor immediately.
- Dilute poison with large amounts of liquids — milk, or water.
 - Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
 - For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
 - For alkali poisons such as lye or ammonia, do not induce vomiting.
 - Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
 - If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
 - If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds—**Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*
Business is poor—*Ps. 37, 92; Eccl. 5.*
Discouraged—*Ps. 23, 42, 43.*
Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*
Friends seem to go back on you—*Matt. 5; I Cor. 13.*
Sorrow overtakes you—*Ps. 46; Matt. 28.*
Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*
Things look "blue"—*Ps. 34, 71; Isa. 40.*
You seem too busy—*Eccl. 3:1-15.*
You can't go to sleep—*Ps. 4, 56, 130.*
You have quarreled—*Matt. 18; Eph. 4; James 4.*
You are weary—*Ps. 95:1-7; Matt. 11.*
Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*
Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*
Are jealous—*Ps. 49; James 3.*
Are impatient—*Ps. 40, 90; Heb. 12.*
Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*
Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*
Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*
Satisfied with yourself—*Prov. 11; Luke 16.*
Seeking the best investment—*Matt. 7.*
Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*
You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*
Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*
You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*
Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*
The Shepherd Psalm—*Ps. 23.*
The Birth of Jesus—*Matt. 1, 2; Luke 2.*
The Beatitudes—*Matt. 5:1-12.*
The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*
The Sermon on the Mount—*Matt. 5, 6, 7.*
The Great Commandments—*Matt. 22:34-40.*
The Great Commission—*Matt. 28:16-20.*
The Parable of the Good Samaritan—*Luke 10.*
The Parable of the Prodigal Son—*Luke 15.*
The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*
The Last Judgment—*Matt. 25.*
The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*
The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*
Have experienced severe losses—*Col. 1; I Peter 1.*
Have been disobedient—*Isa. 6; Mark 12; Luke 5.*
Need forgiveness—*Matt. 23; Luke 15; Philemon.*
Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*
Think God seems far away—*Ps. 25, 125, 138; Luke 10.*
Are leaving home—*Ps. 119; Prov. 3, 4.*
Are planning your budget—*Mark 4; Luke 19.*
Are becoming lax and indifferent—*Matt. 25; Rev. 3.*
Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*
Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*
Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*
Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*
Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*
Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

Favorite Family Recipes



Expression of Appreciation

The Craft Group of the First United Methodist Church wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foodsthat will be treasured and enjoyed by all.

May God bless each of you.

**APPETIZERS,
PICKLES, RELISH**

**SOUPS, SALADS,
DRESSINGS, SAUCES**

**MAIN DISHES—
MEAT, SEAFOOD,
POULTRY**

**MAIN DISHES—
EGG, CHEESE,
SPAGHETTI, CASSEROLE**

VEGETABLES

**BREAD, ROLLS,
PIES, PASTRY**

**CAKES, COOKIES,
ICINGS**

DESSERTS

**CANDY, JELLY,
JAM, PRESERVES**

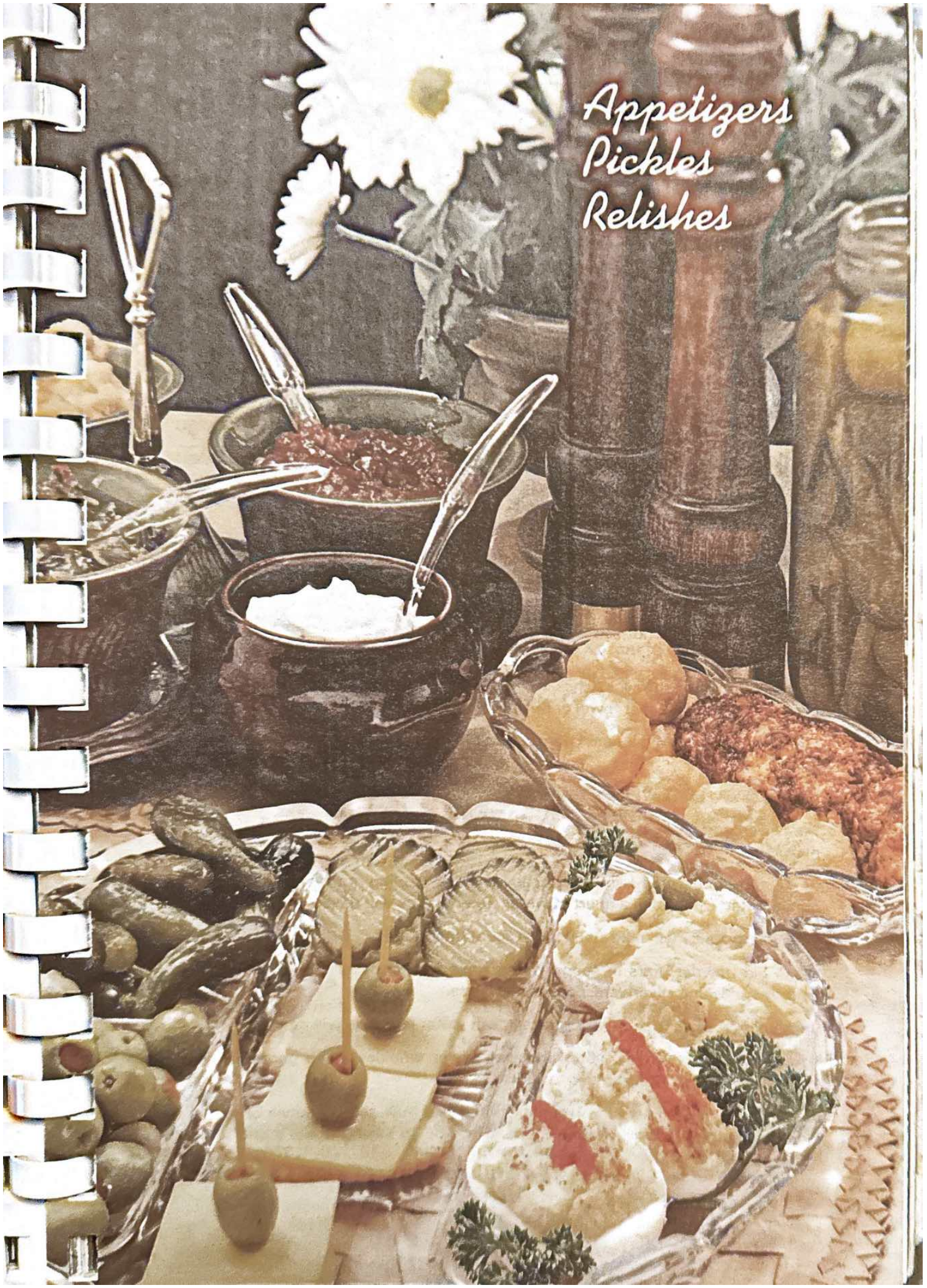
**BEVERAGES,
MISCELLANEOUS**

**A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS**



**ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE**

*Appetizers
Pickles
Relishes*



Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

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

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

Sy Po 719

APPETIZERS, PICKLES, RELISH

BREAD & BUTTER PICKLES

Dianne Thaler

30 medium cucumbers, sliced 4 tsp. salt
10 medium onions, sliced

Sprinkle onions and cucumbers with salt. Let stand one hour. Drain thoroughly. Make a spiced vinegar using:

5 c. vinegar (white or cider) 2 c. (or less) honey
2 tsp. celery seed 1 tsp. turmeric
2 tsp. ground ginger 2 tsp. white mustard seed

Let spiced vinegar come to a boil, add cukes, onions and boil again. Simmer 10 minutes. Pack loosely in jars, leaving 1/2 inch headspace, and seal. Process in boiling water bath for 10 minutes, counting time from when jars are placed in the water. Remove from water. Complete seals if necessary and cool on rack.

CRISP BREAD & BUTTER PICKLES

Ella Bender

4 c. sliced med. cucumbers 5 c. sugar
6 med. white onions, sliced 1 1/2 tsp. turmeric
2 green peppers, chopped 1 1/2 tsp. celery seed
3 cloves garlic 2 Tbsp. mustard seed
3 c. cider vinegar
1/3 c. coarse medium salt

Do not pare cucumbers, slice thin. Add onions, peppers and garlic cloves. Add salt. Cover with cracked ice and mix thoroughly. Let stand 3 hours. Drain well. Remove garlic cloves.

Combine remaining ingredients. Pour over cucumber mixture and heat just to a boil. Seal in hot sterilized jars. Makes 8 pints.

CLAM DIP

Jane Granito

2 cans minced clams 1 tsp. parsley
1/2 c. chopped onion 1 tsp. red hot peppers*
1/2 c. chopped peppers (you may omit this)
1 stick butter 1/2 - 1 c. bread crumbs
juice of 1 lemon salt and pepper to taste

Combine clams (also juice of) and lemon juice. Simmer for 15 minutes. Melt butter. Saute onion and pepper until limp. Add spices to saute. Mix together and then add bread crumbs to con-

(Cont.)

sistency of a dip. (This will vary from 1/2 cup to 1 cup or more).
Bake at 350 degrees for 15 minutes.

Note: This makes an excellent stuffing for mushrooms.

DILL DIP

Joan Bender

Combine the following ingredients - mix well. Refrigerate.

2/3 c. sour cream	1 Tbsp. instant minced onion
2/3 c. mayonnaise	1 tsp. dried dill weed
1 Tbsp. finely chopped fresh parsley	1/4 tsp. dry mustard

POTSFIELD PICKLES

Helen Johnson

6 green tomatoes	3 green and red sweet peppers
3 large onions	

Slice and let stand overnight with 1/4 cup salt - drain off in the morning and add:

6 ripe tomatoes	1 tsp. mustard
2 c. sugar	1/2 tsp. cloves
1 pint vinegar	1/2 tsp. cinnamon

Stir all together well and cook about 1 hour. If you want to triple this recipe use only 1 quart vinegar and add 1 hot pepper, cut up fine. A triple batch makes about 8 pints.

SHRIMP BALL

Joyce Lewandosky

1 (8 oz.) pkg. cream cheese, softened	3/4 tsp. lemon juice
1 can tiny (cleaned) shrimp, drained	

Combine above ingredients with fork until thoroughly blended. Then form into large ball and place in refrigerator to harden. When ready to serve - spoon (hot sauce - (catsup, horseradish and lemon juice) to taste over the shrimp ball.

Serve with crackers or raw vegetables.

SPINACH DIP

Joan Bender
From the kitchen of Britta Bush

10 oz. pkg. frozen spinach,
cooked, drained, chopped
2 c. mayonnaise

1/2 c. scallions, chopped
1/2 tsp. garlic powder
salt and pepper, to taste

Mix together and refrigerate.

CRISP ZUCCHINI PICKLES

Ella Bender

5 lb. zucchini, sliced thin
3 medium onions, sliced thin
1/2 c. pickling salt, ice cubes
3 c. vinegar
3 c. sugar

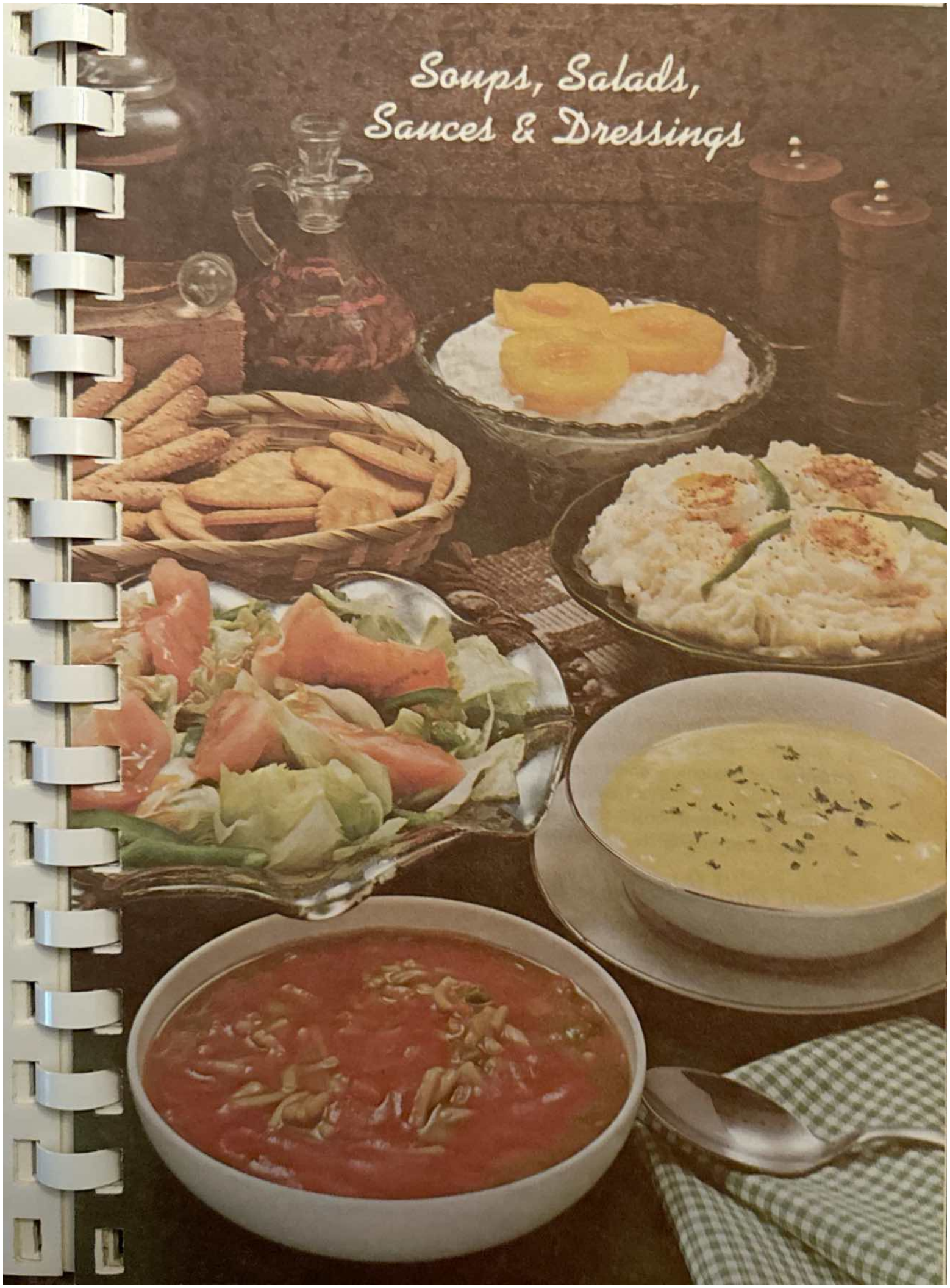
2 tsp. celery seed
2 tsp. mustard seed
1 1/2 tsp. turmeric
1 tsp. ginger
1/2 tsp. black pepper

Combine first 3 ingredients in bowl, topped with ice cubes, cover and let stand 2 hours. Drain and rinse in cold water. Combine with remaining ingredients in large kettle and heat to boiling. Reduce heat - simmer 2 minutes. Seal in hot jars.

Write extra recipe here:

Write extra recipe here:

*Soups, Salads,
Sauces & Dressings*



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

LEEK & POTATO SOUP

Virginia Houghton

Traditional dish from Wales. Celebrate their SAINTS DAY

2 large leeks
4-5 potatoes (1 lb.)
1 slice bacon
2 Tbsp. butter

2 Tbsp. minced parsley
1 c. milk
2 c. chicken broth

Clean leeks under running water, cut into 1/2 inch squares, peel and dice potatoes. Cut bacon into small squares and fry.

Add butter, let it melt, then add vegetables and saute, about 5 minutes.

Stir in stock, seasoning to taste with salt and pepper. Cover pan and simmer 30 minutes until vegetables are tender.

Add milk, a little at a time and avoid boiling; stir in parsley serve in soup plates with a generous serving of cheese. Serves 4.

ONION SOUP

Millie Cole-Hatchard

3 large onions (approx. 1 lb.)
2 cans beef broth (13 oz. each)
5 bouillon cubes

4 Tbsp. oil
3 Tbsp. flour
1 large loaf French bread

Slice onion thinly; saute in oil until golden brown. Sprinkle flour and stir for 2 minutes scraping bottom of pan.

Add 2 cans beef broth, 5 bouillon cubes and 2 cans water. Simmer 20 minutes.

Serve on French toasted bread, sprinkle with grated Parmesan or Swiss cheese. Slice French bread, brush both sides with oil lightly and toast in hot oven until hard and crispy.

S.O.S. (SIMPLE ONION SOUP)

Harold O'Dell Jr.

5 large onions
7 c. water
7 chicken bouillon cubes

7 beef bouillon cubes
salt and pepper to taste

Saute chopped onions until almost brown, about 10 minutes, low heat. Saute in teaspoon oil. In crock pot, place 7 cups water and bouillon cubes. Add sauteed onions. Add salt and pepper to taste. In crock pot - cook about 4 hours on Low. In large saucepot, about 1 1/2 - 2 hours. Delicious!

DUTCH COUNTRY MAIN-DISH SOUP

Joan Perini

1/2 lb. frankfurters, cut in
one inch pieces
1/2 c. chopped onion
1/4 tsp. thyme leaves, crushed
2 Tbsp. butter or margarine

1 can split pea with ham soup
1 c. water
1 can (10 3/4 oz.) chicken noodle
soup
1 can (about 8 oz.) diced carrots,
drained
dash of pepper

In saucepan, brown frankfurters and cook onion with thyme in butter until tender. Add split pea soup, gradually stir in water; add remaining ingredients. Heat; stir occasionally. Makes 4 1/2 cups.

FISH SOUP

D. Thaler

1/2 lb. piece of halibut
1 1/2 qt. salted water
12 small new potatoes
12 small white onions
2 green onions, minced

1 celery rib, sliced
1/3 c. olive oil
1/4 c. lemon juice
salt and pepper
2 Tbsp. minced parsley

Simmer halibut in salted water 20-30 minutes until tender. Drain, saving the liquid and bone and skin fish, if necessary, keep fish warm. Strain fish cooking liquid - bring to a boil, add new potatoes, white and green onions and celery. Cover; simmer 20 minutes or until vegetables are tender. Mix together the oil, lemon juice, salt and pepper to taste. Pour half of this over the fish - put into the soup. Sprinkle parsley on the fish and serve the fish as a side dish to the soup. Serves 4-6.

CRANBERRY CREAM SALAD MOLD

Mrs. Betty Farr

1 box (3 oz.) Cherry Jello
3 Tbsp. sugar
1 can (8 oz.) whole cranberry
sauce

1 c. boiling water
1/3 c. each: chopped celery, nuts
1 c. dairy sour cream

Dissolve jello and sugar in boiling water in bowl. Add cranberry. Chill until thick. Add remaining ingredients. Pour into 8 inch square pan or mold. Chill until set.

CRAB MEAT SALAD

Betty Farr

1 c. scant chopped fine celery
1 c. crab meat

1 tsp. lemon juice
1 tsp. onion

Mix all ingredients together.

EVELYN'S CHICKEN SALAD

Evelyn Ryder

2 c. cooked chicken diced
1 onion, sliced thin
1/4 c. Hellmann's Mayonnaise

vinegar, olives, sliced thin
celery, cut up fine
salt to taste
1/2 tsp. sugar

Put altogether, refrigerate till ready to use. Can be served individually on a lettuce leaf if preferred.

COLE SLAW

Shirley O'Dell.

1 c. mayonnaise
3 Tbsp. sugar
3 Tbsp. cider vinegar
1 1/2 tsp. salt
3/4 tsp. dry mustard
1/4 tsp. celery seed

8 c. shredded cabbage
1 1/2 c. shredded carrots
1 c. diced green pepper
1/4 c. sliced green onion

In large bowl - stir first six ingredients together. Add next 4 ingredients - toss to coat well. Cover, chill several hours.

DUTCH LETTUCE

Irene L. Stroud
Pittsburg, PA.

2 Tbsp. bacon fat
1 1/2 c. water
1/4 c. vinegar (scant)

salt, pepper and sugar, to taste
(heat to boiling and pour over
lettuce, broken)
onion and chopped bacon bits

HORSERADISH MOUSSE

1 1/2 Tbsp. unflavored gelatin
1 c. sour cream

1 c. prepared horseradish (sauce)
1 Tbsp. chopped onion

In double boiler, mix gelatin in 1/4 cup cold water. Place pan over boiling water until dissolved.

Cool slightly and add remaining ingredients - season to taste. (Very good with roast beef or cold cuts.)

KRAUT SALAD

Helen Bulson

1 large can sauerkraut (1/2 of juice)	1/3 c. chopped pimento
1 c. chopped celery	1/3 c. vinegar
1 c. chopped green pepper	1/2 c. corn oil
1/2 c. chopped onion	2/3 c. sugar

Mix all ingredients together and refrigerate. Best made 24 hours in advance.

FROZEN FRUIT SALAD

Olga Erratt

1 large pkg. Phil. Cream Cheese	8 tsp. milk
8 tsp. sugar	1 large can fruit salad
8 tsp. mayonnaise	

Stir together in order they are listed. Place in freezer and take out 10 minutes before ready to serve.

LEMON-LIME SALAD

Geneva Hoyt

1 c. boiling water	1 c. cottage cheese
1 (3 oz.) pkg. Lemon Jello	1 (8 1/2 oz.) can crushed pineapple, drained
1 (3 oz.) pkg. Lime Jello	2 tsp. prepared horseradish
1 c. mayonnaise	1/2 c. chopped pecans
1 c. sour cream	

In large bowl - stir boiling water into gelatin until dissolved. Stir together mayonnaise, sour cream, cottage cheese, pineapple, horseradish and pecans. Stir into jello mixture, mixing well. Pour into mold. Chill several hours or until set.

LIME CHEESE SALAD

Eva Young

1 c. hot water	1 c. cottage cheese
1 pkg. lime gelatin	1/2 c. minced celery
1 #2 can crushed pineapple, undrained	1 Tbsp. chopped pimento
	1/2 c. chopped nuts

Pour hot water over gelatin - stir until dissolved. Refrigerate. Stir occasionally until consistency of unbeaten egg whites. Add pineapple, cheese, celery, pimento, nuts. Pour into mold; refrigerate.

LIME JELLO SALAD

Evelyn Ryder

2 large pkg. Lime Jello add 6 c. cold water; heat

Oil the mold with Wesson Oil or Mazola Oil to prevent sticking.

Place half Jello in mold and refrigerate until it sets up firm. Leave the other half of Jello in mixing bowl; add 1 pint creamed cottage cheese and 1 cup finely chopped walnuts; mix together and then add to first mixture which has been previously set firm. Place whole thing in refrigerator for a couple of hours or overnight until firmly set.

Turn upside down and plain jello will be on top - can be served with whipped cream topped with cherries, or cucumber slices.

RIBBON SALAD

Jean O'Dell

1 (3 oz.) pkg. Lemon Jello	2 pkg. (3 oz.) each cream cheese, softened
1 (3 oz.) pkg. Lime Jello	1/2 c. mayonnaise
1 (3 oz.) pkg. Raspberry Jello	1 c. whipped cream
3 c. boiling water	1 can (1 lb. 4 1/2 oz.) crushed pineapple, drained
1 c. miniature marshmallows	
1 1/2 c. cold water	

Dissolve jello flavors separately, using 1 cup boiling water for each. Stir marshmallows into lemon jello; set aside. Add 3/4 c. cold water to lime jello; pour into 13x9x2 inch pan. Chill. Add 3/4 cup cold water to raspberry jello; set salad at room temperature.

Then soften cream cheese to lemon mixture, add; beat until blended. Chill until slightly thickened. Then blend in mayonnaise, whipped cream and crushed pineapple. Chill until very thick; spoon gently over lime jello. Chill until set, but not firm.

Meanwhile, chill raspberry jello until slightly thickened. Pour over lemon jello mixture. Chill until firm. To serve, cut in squares. Makes about 12-15 servings.

STRAWBERRY JELLO SALAD

Jeanette Strassburg

2 boxes Strawberry Jello - mix with 1 1/2 c. hot water

2 pkg. frozen strawberries, thawed	1 can crushed pineapple
2 bananas, diced	1 c. broken walnuts

Put half in mold or use 9 x 13 inch pan, then put 1/2 cup sour cream over it - spreading evenly, then add other half and return to refrigerator.

SLAW

Louise Cummings

1 head cabbage, grated
1 onion, chopped fine
1 green pepper, grated

1 large carrot, grated
1 c. chopped celery

Dressing:

3/4 c. sugar or 3 Tbsp. Sweet-10 1/2 c. vinegar
1/2 c. Mazola Oil 1 tsp. each: salt, celery seed

Boil dressing and pour over vegetables. Mix well and refrigerate. Stir in the morning. This will keep a week.

SUMMER SALAD

Grate or grind 7-8 carrots

1 small can crushed pineapple
salt mayonnaise
a little sugar

Drain pineapple, prepare carrots which can also be drained a while. Then mix all together and serve.

TUNA-APPLE SALAD

Elaine Stroud

2 (7 oz.) cans tuna, drained 1/4 c. raisins
2 c. diced unpeeled apples 1/2 c. mayonnaise
1/4 c. chopped parsley 1/2 c. sugar cream
1/2 c. chopped celery 1 Tbsp. lemon juice
salt and pepper to taste

Mix all ingredients. Chill and serve on greens. Makes 6 servings.

BLENDER MAYONNAISE

Dianne Thaler

1 egg or 2 egg yolks 1/2 tsp. dry mustard
2 Tbsp. lemon juice or cider 1 1/3 c. oil
vinegar
1/4 tsp. salt

Combine egg or egg yolks, lemon juice or vinegar, salt and dry mustard in blender. Blend together for about 1 minute. Gradually add oil, blending until all of the oil is mixed in. Stop blender and scrape down sides with rubber spatula. Spoon mayonnaise into a glass container and store covered in refrigerator. This makes about 1 3/4 cups.

SALAD DRESSING

Gertrude B. Farr

2 eggs
1 tsp. salt
1 tsp. mustard

1 can condensed milk
1 scant cup vinegar
small piece of butter

Cook in double boiler.

CHOCOLATE SAUCE

Miss Glass

1 c. white sugar
1/3 c. cocoa

2 Tbsp. flour
1/4 tsp. salt

Stir and add 1 cup boiling water. When thickened, add:

1 Tbsp. butter

1 tsp. vanilla

MINT SAUCE

Kathy Daily

3/4 c. chopped mint leaves
1 1/4 c. cider vinegar

3/4 c. sugar

Shake well; will last from season to season.

PEANUT BUTTER SUNDAE SAUCE

Ann Kelly

1/2 c. light brown sugar
3/4 c. light corn syrup
1/4 c. water
1/2 c. peanut butter

20 miniature marshmallows
1/4 c. butter or margarine
1/2 c. undiluted evaporated milk
1 tsp. vanilla

Combine sugar, corn syrup and water in small heavy sauce pan - stir over low heat until sugar is dissolved. Increase heat and bring mixture to boiling. Wash down crystals from side of pan with a pastry brush dipped in warm water. Set candy thermometer in place. Cook, stirring occasionally to prevent scorching until thermometer registers 234 degrees (soft ball). Washing down crystals from side of pan and changing water each time. Remove from heat and stir in remaining ingredients until marshmallows are melted and mixture is smooth and creamy.

Serve warm as topping for ice cream. Remaining sauce may be stored and reheated before serving. Serves 2 cups.

SPAGHETTI SAUCE

Dianne Thaler

1 can stewed tomatoes,
strained
1 small can tomato sauce

1 small can tomato paste
1 1/2 cans paste can water

Strain stewed tomatoes to remove all seeds. Combine all ingredients and bring to boil, then add:

1 tsp. garlic salt/powder
1/2 tsp. pepper
1 Tbsp. oregano

1/2 tsp. salt
1 bay leaf

Simmer 2 hours.

WHITE SAUCE

Medium White Sauce:

2 Tbsp. margarine or butter
1 c. milk

2 Tbsp. flour

Thin White Sauce:

1 Tbsp. margarine or butter
1 c. milk

1 Tbsp. flour

Thick White Sauce:

4 Tbsp. margarine or butter
1 c. milk

4 Tbsp. flour

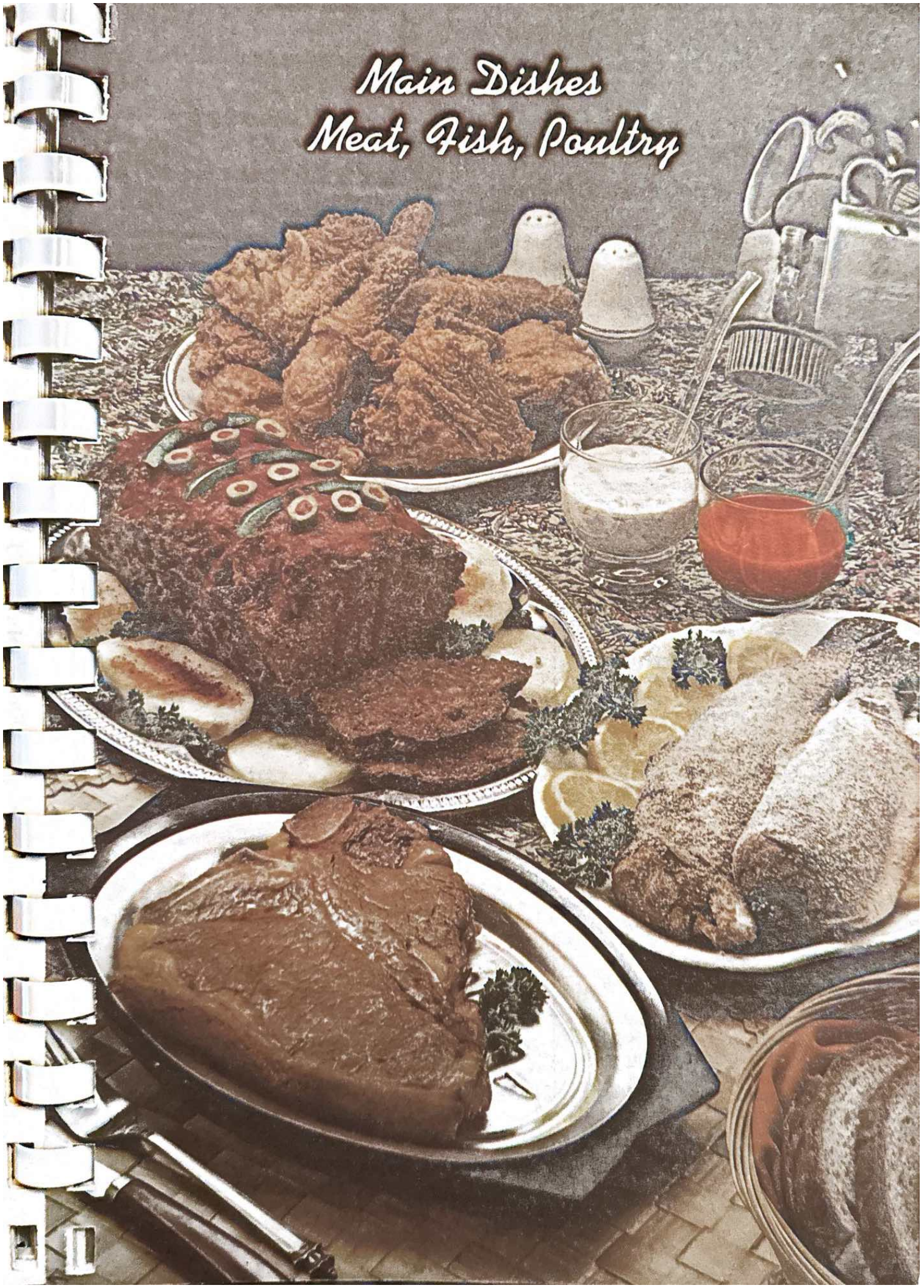
Melt butter. Add flour; stir until smooth. Add milk; stir until smooth and thick, season.

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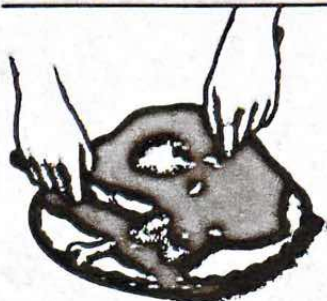
No one has so big a house that he doesn't need a good neighbor...

The most difficult meal for the average housewife to get is -
dinner out . . .

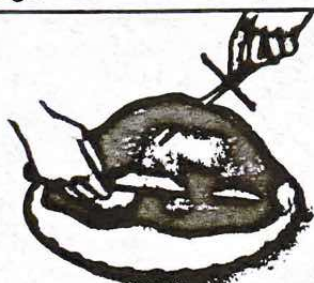
Main Dishes
Meat, Fish, Poultry



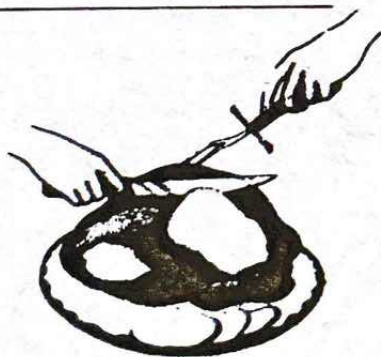
How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .
"Cut across the grain"
If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES
MEAT, SEA FOOD, POULTRY

PASTA PINWHEELS

Carol Macauly

Sauce:

1/4 c. butter or margarine	3-4 garlic cloves, crushed
1/4 c. flour	1/4 c. chopped parsley
4 c. milk	2 tsp. basil
2/3 c. grated Parmesan cheese	1/2 tsp. salt
1 pkg. frozen chopped spinach, thawed, well-drained	1/8 tsp. pepper

Filling:

2 Tbsp. butter or margarine	2 garlic cloves, crushed
1/2 c. chopped onion	2 pkg. (10 oz. each) frozen chopped spinach, thawed and well-drained
1 lb. ground beef	
1 (15 oz.) container ricotta cheese (2 cups)	1 tsp. salt
1/3 c. grated Parmesan cheese	1/8 tsp. pepper
1 tsp. basil	16 curly edge lasagna noodles (12 oz.) you may want to cook a few extra)
	2 Tbsp. salad oil

Sauce: In medium saucepan - melt butter or margarine. Add flour and stir until smooth. Slowly add milk and continue to cook, stirring occasionally until mixture comes to a boil and thickens. Remove from heat; stir in cheese until melted. Pour 2 cups sauce into blender container or food processor; add remaining sauce ingredients. Cover and blend or process until well blended. Pour into remaining sauce in saucepan; stir to combine. Reserve 1 cup of sauce for pasta filling. Set rest aside.

Filling: In large skillet melt butter or margarine. Add onion and saute until tender. Add beef and cook, stirring occasionally until browned. Remove from heat and stir in reserved cup of sauce and remaining ingredients. (Can be made ahead to this point. Cover and refrigerate up to 24 hours).

To Assemble: Grease 8 inch round baking dish. Place 1 cup of sauce in dish, set aside. Cook noodles according to package directions, adding 2 tablespoons oil to the water. Drain and cool. As soon as you can handle, separate noodles and place in single layer on flat surface. Spread 1/3 cup beef mixture on each noodle to within 1 inch at one end. Roll up from the filled end jelly-roll fashion. Lightly press uncovered portion against noodle to adhere. Place rolls upright in prepared baking dish.

Pre-heat oven to 350 degrees. Cover - bake 1 hour. Heat remaining sauce and serve. Makes 8 servings, about 660 calories each.

PEPPER STEAK

Joan Bender

1 lb. round steak, cut into thin slices	1/2 c. beef consomme or stock
2 Tbsp. oil	salt and pepper
2 Tbsp. minced onions	2 tsp. cornstarch
1 clove garlic, minced	2 Tbsp. water
1/2 c. sliced celery	1 tsp. soy sauce
2 large green peppers, cut into strips	3 c. cooked rice
2 Tbsp. chopped pimiento	

Add beef to oil and brown slowly; add onion, garlic, celery, green peppers and pimiento. Add consomme or stock, salt and pepper. Cover and simmer 20 minutes. Thicken with cornstarch blended with water and soy sauce; simmer 5 minutes. Serve hot with rice. Serves 4.

PIGS IN A BLANKET

Jean Munroe

1 small head cabbage	1/4 tsp. ground black pepper
1 lb. ground beef	2 cans (10 1/2 oz.) tomato soup
1/2 c. chopped onion	3 c. water
1/2 c. rice	1/4 c. grated Italian cheese
1/2 tsp. salt	

Chop cabbage into medium pieces, spread in bottom of a greased 13x9x2 inch baking dish.

Brown meat and onion in large skillet, breaking up meat with a large spoon as it cooks. Stir in rice, salt and pepper. Spoon mixture over cabbage.

In small sauce pan - heat tomato soup and water to boiling. Pour over all ingredients. Sprinkle with cheese - cover casserole with foil tightly and bake for 1 1/2 hours in a pre-heated 350 degree oven. Fluff lightly with fork before serving. Makes 4 servings.

SAUSAGE QUICHE

Shirley Zeimer

2 lb. sausage fried with 2 cloves	1/2 green pepper
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Brown well and drain. Break sausage into bits. Mix with:

2 eggs	grated cheese, 1 package
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cooked, sliced mushrooms
grated Mozzarella

dash of salt and pepper

Place in pie crust. Cover with shredded mozzarella and bake. Bake 375 degrees 25-30 minutes. Makes two 9 inch pies or 1 10 inch.

SAUSAGE PEPPERS WITH SAUCE

Cookie Peifley

2 pkg. of hot sausage
2 pkg. sweet sausage
6 large peppers

6 large onions
1 big can puree
drop of oil

Take sausages out of skins and cut into chunks. (You should get 3-4 chunks out of each sausage). Cut peppers into strips. Same with onions. Put drop of oil into frying pan and brown sausages. (You will not be able to fry all the sausages at the same time, as they brown transfer them into a big pot.) When putting the last bit of sausages in the pot, also put in the juice from the frying pan. Put in your peppers and onions in pot, then put puree in.

Fill puree can with water, 3/4 full. Let simmer 2 hours.

Note: Do not add more water. It may not seem enough but it is.

SCRAMBLED HAM - Serves 6

Betty McElroy

2 c. minced ham
6 hard-cooked eggs, chopped
1/2 c. grated cheese
2 Tbsp. butter

1 c. milk
salt and pepper
1/4 c. bread crumbs

Mix ham and eggs in a bowl. Place half ham mixture in baking dish. Sprinkle with half of cheese over ham mixture. Repeat layers. Dot with butter. Add milk. Sprinkle with bread crumbs. Bake 325 deg. until heated through and cheese is melted.

SIMPLY ELEGANT STEAK & RICE

Eleanor Waldron

1 1/2 lb. tenderized boneless beef | (10 3/4 oz.) can cream of
round steak | mushroom soup
1 1/2 Tbsp. vegetable oil | 1 can (4 oz.) sliced mushrooms;
2 large onions, cut in 1/2 inch | drain and reserve liquid
slices, separate into rings | 1 1/2 tsp. garlic salt

3 c. cooked hot rice

(Cont.)

Cut steak into thin strips. In a large skillet brown meat in oil using high heat. Add onions. Saute until tender-crisp.

Blend soup, liquid from mushrooms and garlic salt. Pour over steak. Add mushrooms. Reduce heat - cover and simmer for 1 hour or until steak is tender. Cover and bake 350 degrees. Serve over beds of fluffy rice. Makes 6 servings.

SIX LAYER DINNER

Charlot VanDenHeuvel

Place in greased 2 quart casserole:

2 c. sliced raw potatoes	1 c. minced green peppers (raw)
2 c. chopped celery	2 c. cooked tomatoes
2 c. ground beef	season layers with salt and pepper
1 c. sliced raw onions	garnish with green pepper slices

Bake in 350 degree oven 2 hours.

SKILLET ORIENTAL

Millie Cole-Hatchard

1 lb. boneless chuck steak	1 c. onion, sliced lengthwise
2 Tbsp. vegetable oil	1 c. small cauliflower pieces, fresh
1 1/2 c. water	1 can (4 oz.) sliced mushrooms, drained
1/2 c. soy sauce	2 Tbsp. cornstarch
1/2 c. sherry or rice wine	1/4 c. cold water
2 beef bouillon cubes, crushed	

Trim steak of excess fat and cut into 1/2 inch cubes. Heat 2 tablespoons of oil in large skillet and brown beef cubes.

In a medium saucepan - combine water, soy sauce, sherry and bouillon cubes. Heat until mixture boils and bouillon cubes dissolve.

Add vegetables to meat. Mix and pour soy sauce over meat and vegetables - stir. Heat to boiling, reduce heat, cover and simmer about 45 minutes until meat is tender, add water chestnuts.

Blend cornstarch and cold water until smooth. Add to simmering skillet - stirring constantly as mixture thickens and comes to a boil.

Remove from heat and serve over hot cooked rice.

SMALL MEAT BALLS

Betty McElroy

2 lb. ground beef	12 oz. bottle chili sauce
1 egg	3/4 c. grape jelly
1 grated onion	1/2 c. lemon juice
seasoning (salt and pepper)	

Mix ground beef, onion and seasoning together. Make tiny meatballs. Put chili sauce, grape jelly and lemon juice in saucepan. Add meatballs and simmer about 30 minutes.

Serve as appetizers with toothpicks.

SOMBRERO PIE

Cookie Peifley

1/2 lb. ground beef
1/2 lb. ground lean pork
1 large onion, sliced
2 1/2 c. tomato juice
1 pkg. (10 oz.) frozen corn,
(1 3/4 cups)

1 - 2 Tbsp. chili powder
1 tsp. salt
1/4 tsp. pepper
Cornmeal Pastry - see below

In large skillet, cook and stir meat and onion until meat is brown and onion is tender. Drain off fat. Stir in remaining ingredients except pastry. Heat to boiling; reduce heat and simmer 10 minutes. Heat oven to 400 degrees. Prepare pastry. Pour meat mixture into ungreased baking dish 11 1/2 x 7 1/2 x 1 1/2 inches. Cover with pastry; seal to edges of baking dish. Bake 30-35 minutes. Makes 4-6 servings.

Cornmeal Pastry:

1 c. flour
1/4 c. cornmeal
1/2 tsp. salt

1/3 + 1 Tbsp. shortening
3 Tbsp. cold water

Measure flour, cornmeal and salt into bowl. Cut in shortening thoroughly. Sprinkle in water, 1 tablespoon at a time, mixing until all flour is moistened. Gather into a ball; roll in rectangle, 12 x 8 inches on lightly floured board. Fold lengthwise in half; cut slits on folded edge.

SOY PORK CHOPS

Loretta Babcock

Over each chop - pour 1 Tbsp. soy sauce. Bake 1/2 hour, covered with aluminum foil at 350 degrees. Remove from oven and reduce heat to 325 degrees. Turn chops over and sprinkle with 1/4 teaspoon sugar for each chop. Return chops to the oven and bake another 30 minutes.

SPAM LOAF

Mrs. Frank Strassburg

1 can Spam
2 eggs, beaten
1 c. grated cheddar cheese
1 small onion

1 small green pepper
1 c. cracker crumbs
1 can mushroom soup
1 can Pet milk

Grind spam, onion and pepper. Add remaining ingredients and mix well. Bake in greased loaf pan 350 degrees, 1 hour. Serve plain or tomato sauce.

SPICED POT ROAST

2 onions, chopped
1/4 c. fat or oil
1 (4 lb.) beef round
1/4 c. flour
1 tsp. salt
2 1/4 c. cooked tomatoes

1/4 tsp. pepper
1/4 tsp. whole cloves
1 bay leaf
1/4 c. vinegar
2 Tbsp. brown sugar

Cook onions in fat in Dutch Oven. Dredge roast with flour. Cook in Dutch oven with onions until brown on all sides. Combine salt, tomatoes, pepper, bay leaf, cloves, vinegar and brown sugar. Pour over pot roast. Cover and simmer about 3 hours. Makes 8 servings.

STEAK & KIDNEY PUDDING

Helga & Bob Fuller
Kent, South of London

1 lb. skirt beef stewing steak
4 oz. ox kidney
1 oz. seasoned flour
1 onion, peeled, chopped

8 oz. self-rising flour
1/2 tsp. salt
4 oz. shredded suet
8 Tbsp. cold water

Cut steak into one inch cubes. Remove core and fat from kidney. Then cut into 1/2 inch pieces. Coat the steak with seasoned flour. Sieve flour and salt for pastry. Stir in suet. Add enough water to make fairly soft dough. Roll out 2/3 of pastry to a circle large enough to to line a greased 2 pint pudding basin.

Roll out remaining pastry to a circle the size of the top of the basin.

Put steak, kidney and onion in alternate layers in basin. Add sufficient water to come within one inch of top of basin. Moisten edges of pastry "lid" and press firmly on top. Cover with lid of grease-proof paper, then cover with 2 lids of foil. Both pleated to allow for expansion.

Steam or boil the pudding for 4 1/2 hours - topping up with

boiling water as necessary.

If you steam in aluminum saucepan - add a teaspoon of vinegar to the water to prevent discoloration of pan.

Linda Branson

STEW

Cook stew meat about 1 hour, covered with water.

Add:

about 4 diced-up potatoes
1 can tomatoes

2 carrots, diced up

Cook on medium heat for 45-60 minutes. About 15 minutes before your cooking time is up add the can of tomatoes.

STUFFED PORK CHOPS

Vi O'Dell

1 pork chop with pocket per person -

Stuffing:

6 slices rye bread, cubed
1/2 c. apple juice
1 medium apple, cored, peeled cubed

1 onion, diced
1 celery stalk, sliced thinly

Combine above ingredients. (Don't be afraid to use your hands in mixing.) Stuff chops and place on rack in pan for oven baking. Approx. 1 hour. Mixture should fill 6 chops. Enjoy!

SWEDISH MEATBALLS

Mrs. Frank Strassburg

1 lb. ground round
2 Tbsp. chopped onion
1 egg, beaten
1/2 c. bread crumbs
2/3 c. milk

1 tsp. brown sugar
1/8 tsp. allspice
1/4 tsp. pepper
1/4 tsp. nutmeg
4 tsp. fat
1 c. bouillon

Mix all ingredients together well. Shape into balls. Roll in flour and fry in fat until brown. Put in casserole and pour 1 cup thickened bouillon over. Bake in oven 350 degrees, 20 minutes.

TEXAS CASSEROLE

Debi Thomas

2 c. noodles, cooked
1 Tbsp. oil
1/4 c. minced onion
1 lb. ground beef
1 1/2 tsp. Season-All
1/2 tsp. thyme leaves
salt and pepper

1 (10 oz.) cream of celery soup
1/2 c. water
1/2 c. evaporated milk
1 c. grated cheese
2 eggs, beaten

Cook noodles, oil, onion, beef and Season-All. Combine soup, water, milk. Take 1/3 noodles, 1/2 meat mixture, then repeat. Put noodles on top, sprinkle grated cheese on top. Pour beaten eggs over all. Bake, uncovered 350 degrees for 1 hour.

VEAL BIRDS

Virginia Houghton

6 pieces thinly sliced veal, 1/4 inch thick
1 1/2 c. poultry stuffing (Kellogg's Croutettes Stuffing)
2 Tbsp. vegetable oil - Wesson
3/4 c. bottled Creamy Onion Dressing - Wishbone's California Onion

Roll veal pieces thin with rolling pin. Place 1/4 cup stuffing on each and roll each up; tie with string or toothpick. Heat oil in skillet - saute veal until brown on all sides. Remove to platter.

Add salad dressing to pan of drippings - blend all crusty bits in pan. Place veal birds in baking dish - cover with sauce. Bake 350 degrees 1 hour. Remove string or toothpicks. Serves 5-6.

BEEF ORIENTAL

G.A.Hoyt

1 lb. round steak cut in 1/2 inch strips
meat tenderizer
2 Tbsp. shortening
1 c. bias-cut celery
1/2 c. coarsely chopped onion
1 medium green pepper, cut in 1/4 in. strips
1 can bean sprouts (2 cups)
1 can condensed cream of mushroom soup
2 Tbsp. soy sauce
1 c. water

Use meat tenderizer according to directions on label. Pre-heat fry-pan (electric) to 350 degrees. Add shortening. Brown meat quickly on all sides. Remove meat to warming tray. Add celery, onion and green pepper to remaining shortening in fry pan. Cook about 4 minutes or until tender-crisp. Add bean sprouts. Combine soup, water and soy sauce in small bowl. Add to ingredients in fry pan. Cover fry pan and heat mixture until bubbly. Add meat and mix

and mix lightly. Serve over hot rice on Chow Mein Noodles.
Serves 4 -6.

BEEF POTATO CASSEROLE

Mrs. Frank Strassburg

Brown 1 lb. ground beef - add:

1 (16 oz.) can tomatoes	1/4 tsp. pepper
1 1/2 tsp. salt	1 tsp. Worcestershire Sauce

Bring to boil. In 2 quart casserole - arrange:

3 c. thinly sliced potatoes	1 sliced green pepper
1 c. sliced celery	1 sliced onion
	meat mixture

Cover - bake 1 1/4 hours at 350 degrees.

BURGER BUNDLES

Betty McElroy

1 1/2 c. stuffing (packaged or your own)	2 cans cream of mushroom soup
1 1/4 lb. ground beef (chuck or round)	2 tsp. Worcestershire Sauce
1/3 c. evaporated milk	2 Tbsp. catsup

Prepare stuffing. Mix ground beef with evaporated milk. Divide into 5 patties. Flatten each patty to form a 6 inch circle. Spoon 1/4 cup of stuffing in center of each. Draw edges over stuffing and roll together. Combine mushroom soup, Worcestershire, and catsup. Heat until bubbly. Pour over meat. Bake, uncovered 350-375 degrees for 45-50 minutes. Makes 5 servings.

Garnish with parsley. You can mix string beans in the sauce and bake in casserole dish.

CAROL'S MEAT-MACARONI BAKE

Carol Macauly

Macaroni Layer:

1 pkg. (8 oz.) elbow macaroni
2 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 egg
2 c. milk
1/2 c. grated Parmesan cheese

Meat Layer:

1 small onion, chopped (1/4 cup)
1 Tbsp. butter
1 1/2 lb. ground beef
1 egg
1 can (10 3/4 oz.) condensed tomato soup
1 tsp. salt
1 tsp. pepper
2 |

(Cont.)

Sauce:

1 (8 oz.) can tomato sauce
1 tsp. sugar

1/4 tsp. leaf basil, crumbed

Grease loaf pan 9x5x3 inch. Line bottom and ends with double thick strip of foil, leaving 1 inch over hang - grease foil.

Macaroni Layer: Cook macaroni following label directions. Drain and return to pot. Stir in butter, sprinkle flour, salt and pepper toss to mix well.

Beat egg, stir in milk. Pour over macaroni - mixture. Cook stirring constantly over medium heat until thick and remove from heat. Stir in parmesan cheese.

Meat Layer: Saute onion in butter until soft. Add beef and brown breaking up with a fork as it cooks.

Beat egg, stir in 1/2 can tomato soup, salt and pepper. Stir into uncooked meat mixture.

Spoon half of macaroni mixture in even layer in pan. Top with all of meat mixture, then remaining macaroni mixture. Bake in 350 degree oven 1 hour, or until firm. Cool loaf in pan 10 minutes. Loosen from side with knife, lift up ends of foil and sit loaf on heated serving platter - slide out of foil. Top loaf with steamed green and red pepper rings.

CHEDDAR BURGER SKILLET DINNER

Rachel Neff
Port Malilda, PA.

1 lb. ground beef
1 med. onion, chopped
1 can cream of mushroom soup
1 can cheddar cheese soup

1/4 c. water
2 (16 oz.) cans whole potatoes
drained and sliced

Brown beef and cook onion until tender. Pour off fat. Stir in remaining ingredients - heat thoroughly, stirring occasionally. Makes six 1 cup servings.

CHEESEBURGER PIE
12 inch pie pan.

Geneva Hoyt

2 lb. hamburger
1/4 c. chopped onion
1/4 c. green pepper
1/4 tsp. oregano

1 tsp. salt
1/2 c. bread crumbs
1/4 tsp. pepper
1/2 small can tomato sauce

8 oz. grated cheddar cheese
1/4 c. milk
1/2 tsp. Worcestershire

1 egg
1/2 tsp. dry mustard

Brown beef, onion and pepper. Add rest of ingredients. Cover with topping. Bake in uncooked pie shell 425 degrees, 30 minutes.

CHINESE HASH

Joan Perini

1 lb. ground beef
2 Tbsp. oil
2 medium onions, chopped
1 c. diced celery
1 can cream of mushroom soup
1 can cream of chicken soup

1 1/2 c. warm water
1/2 c. rice
1/4 c. soy sauce
pepper
1 can Chinese noodles

Cook meat in hot oil in a large skillet, stirring until crumbly and meat loses its red color. Add onions, celery, soups and water. Stir in rice, soy sauce and pepper to taste. Turn into a 2 1/2 quart casserole, cover and bake 350 degrees 30 minutes longer. Serve over noodles. Makes 8 servings.

CHUCK ROAST IN FOIL

Eleanor Waldron

1 chuck, round or shoulder roast
1-2 cans cream of mushroom soup
1/2 - 1 env. dry onion soup mix or celery soup

Pre-heat oven to 325-350 degrees.

Place roast on large piece of aluminum foil; sprinkle with onion soup. Spread soup on top. Wrap roast in foil; seal well. Bake for 20 minutes to 1 hour per pound or until done. Remove to heated platter. Serve.

DUTCH DINNER

Barbara Harrington

Stew beef
peppers and onions
crushed tomatoes
wine

flour
butter
salt and pepper
Zitti or rice

Trim fat from stew beef, roll beef in flour, brown rolled beef in butter. Cover browned beef with red wine. Turn heat up high, let beef absorb wine completely. (Turn while beef is

absorbing wine). Add crushed tomatoes, sliced onions and peppers. Season to taste. Cook 1 1/2 hours. Serve over zitti or rice.

FAAR-I-KAAL - LAMB IN CABBAGE

Shirley Heistrd
Manchester, MA.

Cook lamb until tender - take it out of pan in juice.
In pan - put layer of cabbage, layer of lamb, season with salt and pepper and caraway. Repeat layers until cabbage is used up. Cook till cabbage is done.

HUNGARIAN RHAPSODY

Joan Gizzi

2-3 lb. round steak	1 large can stewed tomatoes
1/2 c. green peppers, sliced	salt, pepper, oregano
1 onion, sliced	can of sliced mushrooms

Cut steak into 1/2 inch slices. Brown in oil, seasoning with salt, pepper and oregano. Stir in peppers, onions and stewed tomatoes on simmer for 1 hour, covered. Stir in mushrooms last 5 minutes.

Serve over a bed of rice or with noodles.

HOT CHILI

Byron L. Stroud

1 lb. dried kidney beans, prepared per package directions	1 tsp. salt
1 lb. ground beef or finely diced beef	1/2 tsp. red pepper (powdered)
1 medium diced onion	2 tsp. chervil or parsley flakes
1 Tbsp. butter	2 whole peppercorns
1 small (6 oz.) can tomato paste	1 bay leaf
2 c. water	
1 Tbsp. chili powder	

Melt butter over low heat, saute onion. Add meat and brown. Pour off excess oil. Place meat mixture in large 4 quart kettle. Add remaining ingredients and mix thoroughly. Bring to a slow boil - simmer at least 2 hours, adding more water as needed.

OVEN PORCUPINES

Cookie Peifley

1 lb. ground beef	1/8 tsp. garlic powder
1/2 c. uncooked regular rice	1/8 tsp. pepper
1/2 c. water	1 can (15 oz.) tomato sauce
1/3 c. chopped onion	1 c. water
1 tsp. salt	2 tsp. Worcestershire Sauce
1/2 tsp. celery salt	

Heat oven to 350 degrees. Mix meat, rice, 1/2 cup water, onion, salts, garlic powder and pepper. Shape mixture by rounded tablespoonfuls into balls. Place meatballs in ungreased baking dish, 8 x 8 x 2 inches. Stir together remaining ingredients. Pour into meatballs. Cover with aluminum foil - bake 45 minutes. Uncover; bake 15 minutes longer. Makes 4-6 servings.

MEAT LOAF

Mrs. Mildred Crill

2 lb. hamburger	1 tsp. garlic salt
1 green pepper, cut fine	little oregano
1 small onion, chopped fine	1 can tomato soup
1 c. bread crumbs	1/2 can of soup in mixture - other
1 1/2 tsp. salt	half over top of mixture
1 egg, beaten	

Mix all together in bowl. Then put in bck ing pan. Bake 1 hour at 325 degrees.

MEATLOAF

Nancy Jones

1 1/2 lb. ground beef	1 1/4 tsp. salt
1 egg, beaten	1/4 tsp. pepper
1 c. fresh bread crumbs	1/2 can tomato paste
1 medium sized onion, chopped	

Mix and place in 350 degree oven while making sauce.

Sauce:

1/2 can tomato paste	1 c. water
2 Tbsp. prepared mustard	2 Tbsp. brown sugar
2 Tbsp. vinegar	or molasses

Mix and pour over meatloaf and bake 1 1/2 hours more, basting occasionally.

ITALIAN MEAT BALLS

Bernice Shafer
Harrisburg, PA.

1 lb. ground beef	1 clove garlic, chopped fine
1/4 lb. pork sausage	1 c. soft bread crumbs
1/4 c. parsley	3 Tbsp. milk or water
1 tsp. salt	2 Tbsp. salad oil
1/4 tsp. pepper	2 Tbsp. Parmesan cheese
1 egg	

(Cont.)

Mix all but oil and shape. Put oil in skillet. Add 1/3 cup finely chopped onion, garlic and 1/2 cup diced celery. Fry until tender, add meat balls - brown. Add:

1 large can tomatoes
2 (6 oz.) cans tomato paste
4 oz. can mushrooms
1 1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. nutmeg

1/2 tsp. oregano
2 tsp. sugar
3 Tbsp. chopped parsley
4 Tbsp. Parmesan cheese

Simmer 3 hours.

ITALIAN CASSEROLE

Jean O'Dell

2 lb. ground beef
3/4 c. chopped onion
4 c. (32 oz. jar) spaghetti sauce
1/3 c. water
1 tsp. salt
1/2 tsp. basil

1/2 tsp. oregano leaves
1 tsp. sugar
1/4 tsp. pepper
5-6 medium potatoes, peel, thinly slice
1 (8 oz.) pkg. Mozzarella cheese, shredded

In 12 inch skillet over medium heat, cook onions until tender about 10 minutes, in small amount of butter.

Add ground beef and cook another 10 minutes, stirring occasionally. Add spaghetti sauce, water, salt, basil, oregano leaves, sugar and pepper; cook 2 minutes more to blend flavors.

In 13x9 inch casserole - spoon evenly one third of meat mixture; arrange half of potatoes on top. Put one third of meat mixture on top of potatoes, then rest of potatoes and last of meat mixture. Cover dish tightly with foil; bake 350 degrees for 1 hour or until potatoes are fork-tender.

Remove foil; sprinkle mixture evenly with shredded mozzarella cheese. Bake 10 minutes or until cheese melts. Let stand 10 minutes for easier cutting.

ITALIAN MEAT LOAF

Kathy Daily

1 med. onion, chopped
2 Tbsp. butter or margarine
1 egg
1/2 c. milk
1/2 c. bread crumbs or prepared stuffing
1 tsp. salt

1/4 tsp. pepper
2 Tbsp. minced parsley
1 lb. ground beef
1 (6 oz.) can tomato sauce
1/4 tsp. oregano

Saute onion in butter. In large bowl beat egg slightly; add milk and crumbs - let stand 5 minutes. Add beef, parsley, onion and salt and pepper. Mix thoroughly. Shape into a loaf and put in shallow baking dish. Bake 375 degrees for 30 minutes.

Pour tomato sauce over meat and sprinkle with oregano and bake 20 minutes longer.

PARTY BAKE PORK CHOPS

Jean Modarai

4 lean pork chops, one inch thick
4 thin slices onion
1/4 c. uncooked rice, not instant

1 can (1 lb. 13 oz.) tomatoes
1/2 - 1 tsp. salt
pepper

Trim any excess fat from chops. Season chops well on both sides with salt and pepper. Brown on both sides in lightly greased hot skillet. Top each chop with a slice of onion, 1 table-spoon rice and cover with whole tomatoes. Add any remaining tomatoes and juice to skillet. Season with salt. Cover tightly; simmer over low heat or bake in foil-covered baking dish 11 1/2 x 7 1/2 x 1 1/2 inches. 350 degree - Moderate oven 1 1/2 hours or until tender.

BASIC FRYING BATTER - For Fish or Seafood

Dianne Thaler

1 c. sifted flour
1/2 tsp. salt
1/2 - 3/4 tsp. minced herb

1 egg, slightly beaten
1 c. liquid (water, milk)

Mix together flour, salt and herb, lightly beat the egg into the liquid. Add to dry ingredients all at once and stir only until they are moistened. If the batter fails to cling to the seafood, at first, dip food first into plain flour.

Makes enough for 2-2 1/2 lb. fish or seafood.

ALMOND BUFFET CASSEROLE

Jean Modarai

4 1/2 c. water
2 env. dehydrated chicken noodle soup
1 c. rice
1 lb. bulk pork sausage

1 1/2 c. chopped celery
1 medium size onion, chopped
1/2 c. chopped green pepper
2/3 c. whole blanched almonds

In a large saucepan - bring water and soup to a boil. Add rice; cover, reduce heat and very gently boil 25 minutes, or until all water is absorbed. Remove from heat. Fry sausage until (Cont.)

browned; remove meat from pan and pour off most of fat. Add celery, onion and green pepper to remaining fat in pan and cook until tender-crisp. Add rice, cooked sausage and 1/2 cup of the almonds to vegetables (reserve remainder for garnish). Mix well. Turn into 2 quart baking dish. Sprinkle remaining almonds over top. Bake 350 degrees for 30 minutes or until heated through. Makes 6-8 servings.

BAKED CHICKEN DISH

Jeanette Stroud
St. Joseph, Mo.

2 c. chopped chicken	1 medium onion
1 can chicken cream or chicken soup	1 c. diced celery
3/4 c. Miracle Whip	1/2 c. water chestnuts
3 chopped hard-boiled eggs	1 Tbsp. lemon juice
	1 medium can Chow Mein noodles crumbled

Mix all ingredients but noodles. Layer of mixture, then noodles in baking dish. Bake 45 minutes at 350 degrees. Serves 8.

STRASSBURG CHICKEN CASSEROLE

Mrs. Frank Strassburg

1/2 lb. thin spaghetti	1 can mushroom soup
3 c. cooked chicken, cut in small pieces	1 can celery soup
1 large onion, chopped	1/2 can milk
1 c. green pepper	2 c. sharp cheese, shredded (reserve 1/2 cup for topping)
1 can cream chicken soup	

Break spaghetti into 2 inch pieces. Cook as directed on package. Drain. Combine other ingredients using 1 1/2 cups of cheese. Mix well. Sprinkle remaining 1/2 cup cheese over top. Makes two 13x9x2 in. casseroles. Bake 350 degrees 30-40 minutes.

CHICKEN CASSEROLE

Virginia Houghton

1 chicken (or 2 whole breasts, cooked, cut in serving pieces)	1 1/2 c. mayonnaise
2 c. celery, diced	1 can cream of celery soup
1 can water chestnuts, sliced	2 Tbsp. onion flakes
	Pepperidge Farm Dressing

Mix together and pour into baking dish. Sprinkle dry stuffing mix on top and pour melted butter or margarine over top. Bake 350 degrees 1/2 hour. Serve with rice.

CHICKEN NEW CORNER

Kathy Daily

This recipe comes from Bob Lape - Channel 7
Eye-witness News!

2 boneless chicken breasts,
flattened
2 thin slices Italian ham,
(Proscuitto)
2 mushroom caps
flour
2 oz. corn oil

2 Tbsp. clarified butter
2 oz. chicken consomme
2 oz. beef stock
2 oz. sauterne
chopped parsley
salt and pepper to taste

Heat oil in skillet. Top chicken breasts with Proscuitto slices and lightly flour on both sides. Place breasts in hot oil and saute 2 minutes on each side. Add mushroom caps and brown also. Draw off the oil and add butter, parsley, salt and pepper. Saute for 2 minutes, then add sauterne, chicken consomme and beef stock. Simmer for 3 minutes until sauce is reduced. Remove chicken to platter and pour sauce from skillet over top.

Garnish with parsley.

CHICKEN PARISIENNE- Crock Pot

Jean Modarai

6 medium chicken breasts
salt and pepper
paprika
1/2 c. dry white wine,
vermouth (optional)

1 (10 1/2 oz.) condensed cream of
mushroom soup
1 (4 oz.) can sliced mushrooms
drained (1/2 cup)
2 c. dairy sour cream mixed with
1/4 c. flour

Sprinkle chicken breasts lightly with salt, pepper and paprika. Place chicken breasts in Crock Pot.

Mix white wine, soup and mushrooms until well combined, mixing in sour cream, now if you will be cooking on Low. Pour over chicken breasts in crock pot. Sprinkle with paprika. Cover and cook on Low 6-8 hours. (High 2 1/2 - 3 1/2 hours with sour cream added during last 30 minutes). Serve sauce over chicken with rice or noodles. This recipe may be doubled for the 5 quart crock pot.

CHICKEN-RICE CASSEROLE

Jane Granito

1/2 stick margarine
1 pkg. onion soup mix or instant
gravy mix - chicken flavor

2 1/2 c. hot water

Mix above ingredients, then add:

1 can mushroom soup

1/2 c. sherry wine (optional) (Cont.)
29

1 c. regular rice

Mix all ingredients together in 13x9 inch pan. Lay chicken on top of mixture. Bake 1 1/2 hours at 350 degrees - open pan.

CHICKEN SAUCE

Jean Modarai

12 pieces of chicken
1 c. corn oil
1 Tbsp. paprika
1 Tbsp. parsley

1 Tbsp. marjoram
1 Tbsp. oregano
1 tsp. salt

Mix and pour over chicken. Bake at 350 degrees until chicken is done.

CHICKEN SUPRISE

Evelyn Ryder

4 c. cooked chicken, cut up
2 cans water chestnuts, diced
fine, drained

2 cans undiluted mushroom soup
1 1/2 c. diced celery
1 c. mayonnaise - Blue Ribbon
Hellmann's Mayonnaise preferred

Mix all above ingredients together and place in baking dish. Top with 1/8 package Pepperidge Farm Herb Mix bread crumbs on top. Place margarine or butter on top of bread crumbs to moisten and melt. Bake 350 degree oven 40 minutes. Serve with salad or cole slaw, pickles, etc.

CHICKEN TAHITIAN

Linda Branson - Hazel Peifley*

1/2 c. butter or margarine
1 env. Lipton Onion Soup Mix
1 Tbsp. cornstarch

1 (20 oz.) pineapple chunks, drained
reserve 3/4 cup liquid
2 Tbsp. lime juice
3 whole chicken breasts, boned, cut
up

Pre-heat oven to 350 deg.

In small saucepan - melt butter, stir in soup mix and cornstarch, and reserved pineapple juice and lime juice. Arrange chicken and pineapple chunks in 2 quart oblong dish. Pour onion mixture over chicken and bake 45 minutes or until chicken is tender.

*Hazel adds little salt and a little sugar to the pineapple and lime juice and cooks same for a few minutes.

CHINESE CASSEROLE

Virginia Houghton

1 lb. veal, cubed
3 Tbsp. flour
2 Tbsp. oil
1 1/2 c. celery
2 Tbsp. soy sauce

2 small onions, chopped
1 can cream mushroom soup
1 can cream chicken soup
1 c. water
1/2 c. raw rice

Dredge veal pieces in flour. Heat oil in skillet; brown veal in it. Place veal in Slow Cooker pot with other ingredients. Cover; cook on High 1 hour, then Slow Low 6-8 hours.

CHINESE DISH

Evelyn Ryder

1 1/2 c. cut up chicken, cooked
1 can mushrooms
1/2 cut up fine, green pepper
1 can chunk pineapple + juice

1 can cream of chicken soup, no water
1 drop curry powder
3 Tbsp. butter or margarine

Put the above ingredients together. Bake for 40 minutes. When serving top with Chinese noodles, Minute Rice and soy sauce.

GOLDEN BAKED CHICKEN

Cookie Peifley

2 chicken breasts, halved
4 tsp. soft butter or margarine
1-2 Tbsp. instant minced onion

1/2 tsp. garlic salt
1/4 tsp. paprika
2 Tbsp. parsley

Heat oven to 425 degrees. Remove skin from chicken; place chicken in ungreased baking pan 8x8x2 inches or 9x9x2 inch. Spread 1 teaspoon butter on each piece; sprinkle with onion, garlic salt and paprika. Bake, uncovered 30-35 minutes or until tender. Sprinkle with parsley. Makes 4 servings.

HONEY CHICKEN

Loretta Babcock

Preparation Time - 10 minutes.

Bake - 1 hour

3 lb. chicken, cut up or legs and thighs
4 Tbsp. butter
1/2 c. honey

1/4 c. prepared mustard
1 tsp. salt
1 tsp. curry powder

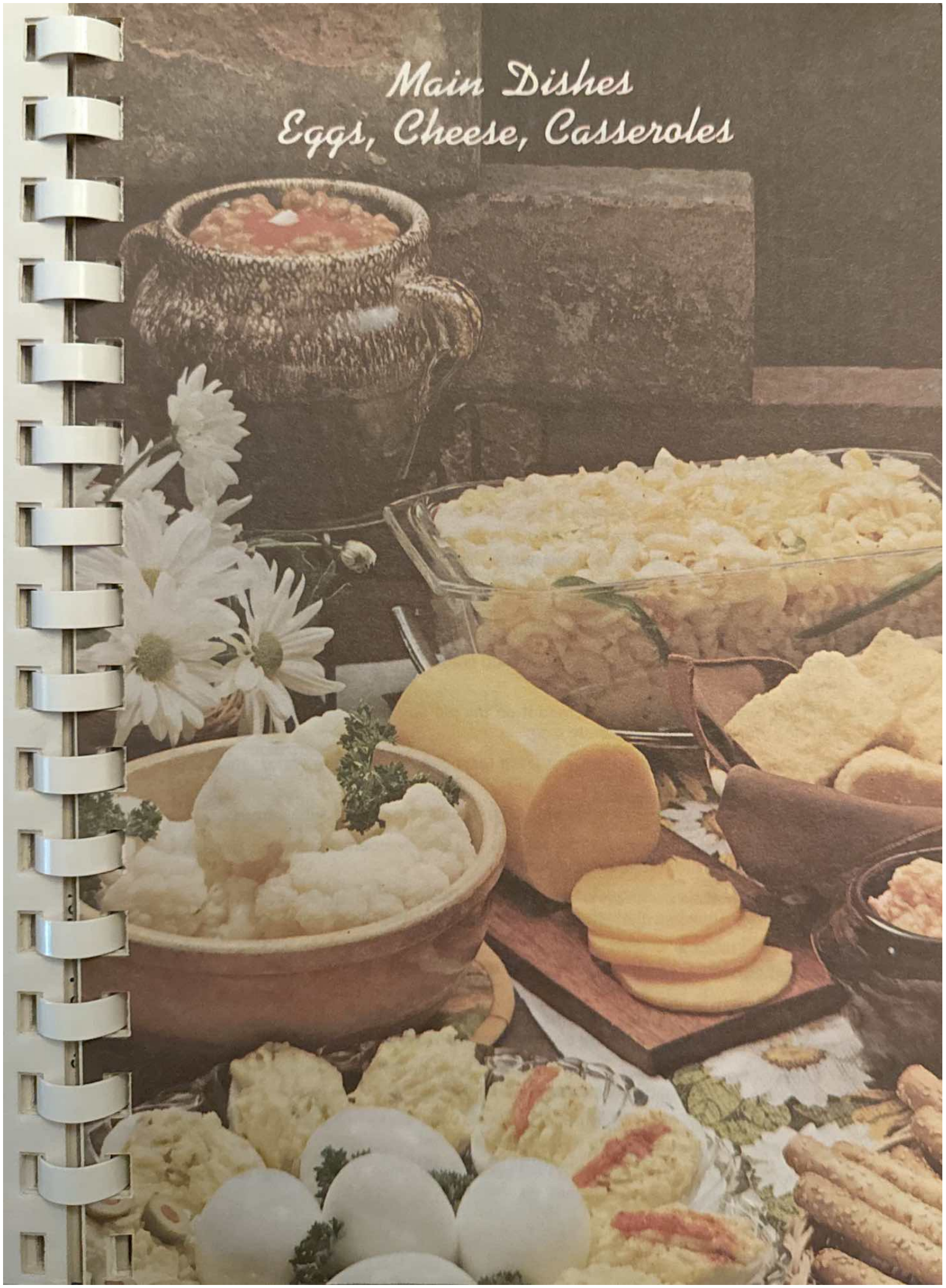
Wash, dry and skin chicken. Melt butter; add remaining ingredients. Roll chicken in mixture to coat both sides. Arrange meaty side up in single layer with sauce over it. Bake 375 degrees

(Cont.)

for 1 hour or until chicken is tender and glazed.
This amount of sauce will serve 10 people.

Write extra recipe here:

Main Dishes
Eggs, Cheese, Casseroles





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

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

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

MAIN DISHES
CHEESE, EGG, SPAGHETTI, CASSEROLES

CHEESEY BROCCOLI CASSEROLE
(Asparagus can be used instead)

Jean Modarai

1 1/2 lb. fresh broccoli	2 Tbsp. finely chopped onion
2 slightly beaten eggs	1 tsp. Worcestershire Sauce
3/4 c. cottage cheese	1/2 tsp. salt
1/2 c. shredded cheddar cheese, (2 oz.)	1/8 tsp. pepper
	1/4 c. fine dry bread crumbs
	1 Tbsp. butter or margarine, melted

Wash and trim broccoli, cut stalks into spears. Cook broccoli, covered in a small amount of boiling, unsalted water about 10 minutes or till crisp-tender; drain.

Meanwhile in a bowl - combine eggs, cheeses, onion, Worcestershire sauce, salt and pepper. Arrange broccoli spears in a shallow 1 1/2 quart baking dish; spoon cheese mixture atop. Stir together bread crumbs and melted butter or margarine; sprinkle over cheese mixture. Bake, uncovered in a 350 degree oven 15-20 minutes or until heated through and egg mixture is set. Serve immediately. Makes 4-6 servings.

PUFFY EGGPLANT CASSEROLE

Jean Modarai

1/2 c. mushroom soup	3/4 c. cracker crumbs
1/3 c. mayonnaise	1/2 stick butter, melted
1 egg	1 c. sharp grated cheese
little onion juice	salt
1 large eggplant	

Peel eggplant, chop in cubes and cook in boiling water 7-10 minutes. Drain and season. Mix all ingredients and put some of the cracker crumbs in the mixture. Put into a 2 quart casserole. Sprinkle remaining cracker crumbs on top and dot with butter. Bake 350 degrees for 30 minutes.

EVELYN'S SKILLET DINNER

Evelyn Ryder

1 can Franco-American Spaghetti	1 onion, sliced thin
1 sliced green pepper	1 lb. round steak, ground

Fry meat in frying pan - add other ingredients and serve.

ZUCCHINI PIE

Joyce Lewandosky

1 Tbsp. parsley
1 large pkg. mozzarella, grated
8 eggs
1 c. oil (not olive oil)

1 c. Bisquick
1 c. grated cheese
1 medium onion, diced fine
4 c. zucchini with skin on - sliced
paper thin

Mix all ingredients in a large bowl. Be sure to add the Bisquick last. Butter a large Pyrex - rectangular baking dish. Bake at 350 degrees, uncovered until top and bottom are golden brown, about 45 minutes.

POTATO-ZUCCHINI CASSEROLE

Helen Bulson

2 lb. potatoes - 6 medium
1 lb. zucchini sliced
2 medium tomatoes
1 onion
oil

chopped parsley
2 Tbsp. salt
2 Tbsp. pepper
1/4 lb. cheddar cheese, thinly
sliced

Peel and slice potatoes. Start with layer of potatoes and sprinkle with oil and parsley, salt and pepper. Next add layer of zucchini and sprinkle with oil, parsley, salt and pepper. Add layer of tomatoes and sprinkle in same manner. Do the same with onions. Finish in this fashion until ingredients are all used. Bake at 350 degrees for 1 1/4 hours or until potatoes are tender. Remove and add cheese and return to oven until cheese melts.

QUICHE LORRAINE

Kathy Daily

Make pie crust for single layer pie.

Bake about 8-10 minutes until firm-no-holes-press bubbles down half-way through.

1/2 pkg. Dofino cheese, shredded
4 strips bacon, chopped, fried
1/2 med. onion, sliced, saute
in bacon grease

1 1/2 c. milk

3 eggs

salt, pepper, nutmeg, dash of each

Place cheese, bacon and onions in cooked crust. Beat together milk, eggs, salt, pepper, nutmeg - then pour on top of cheese, bacon and onion. Bake 350 degrees 30 minutes complete.

QUICHE LORRAINE

Shirley Zeimer

12 slices bacon, fry, crumble
1 c. shredded Swiss cheese
1/2 c. chopped onion
2 c. milk

1/2 c. Bisquick
4 eggs
1/4 tsp. salt
1/8 tsp. pepper

Grease 9-10 inch pie plate. Sprinkle bacon, cheese and onion evenly on pie plate. Mix remaining ingredients in blender for 1 minute. Pour into pie plate and bake. 50-55 minutes in 350 degree oven. Let stand 5 minutes.

SPINACH & CHEESE QUICHE

Shirley Zeimer

Pre-heat oven to 375 degrees.

Basic Custard:

4 eggs
3/4 c. milk
2 Tbsp. margarine

freshly ground black pepper
pinch of nutmeg, freshly grated
if possible
1 Tbsp. flour

Beat all ingredients together with wire whisk until blended.

Other Ingredients:

1 (10 oz.) pkg. frozen chopped
spinach, cooked, drained
1/4 tsp. salt
freshly ground black pepper

1 tsp. horseradish
4 Tbsp. sour cream
1/2 c. grated Swiss cheese
3 Tbsp. grated Parmesan
cheese

Grease 10 inch unbaked pie shell. Spread cooked spinach and "other ingredients" except cheese over pastry shell. Sprinkle with Swiss and Parmesan cheese. Cover with custard and bake in pre-heated 375 degree oven for 40 minutes until the custard is set, puffed and golden brown. Serves 4. Can be frozen and reheated.

SHRIMP GUMBO

Viola O'Dell

1 lb. shrimp, cooked, shelled
1 onion, chopped

1 pepper, chopped
1 (28 oz.) can crushed tomatoes

Saute onion and pepper in tablespoon oil until soft. Add crushed tomatoes and 4 cups water. Salt and pepper to taste.

Cut shrimp into bite-size pieces. Add to tomato mixture. Cook 45 minutes over low flame. Place over bed of rice. Serve while hot.

SHRIMP CASSEROLE

Betty McElroy

1/4 c. butter
1/4 c. flour
2 c. milk
1 c. grated cheese

2 egg yolks, beaten
2 slices bread, cubed
1 can shrimp
1/4 c. buttered crumbs

Melt butter, blend in flour. Add milk gradually, stirring constantly. Add cheese. Cook and stir until thick. Pour small amount of cheese sauce over egg yolks, stirring constantly. Return egg yolk mixture to cheese sauce. Place bread cubes in greased 2 quart casserole dish. Arrange shrimp over bread. Cover with sauce. Top with buttered crumbs. Bake 350 degree oven 30 minutes. Makes 6 servings.

TUNA CHOW MEIN CASSEROLE

Helen Bulson

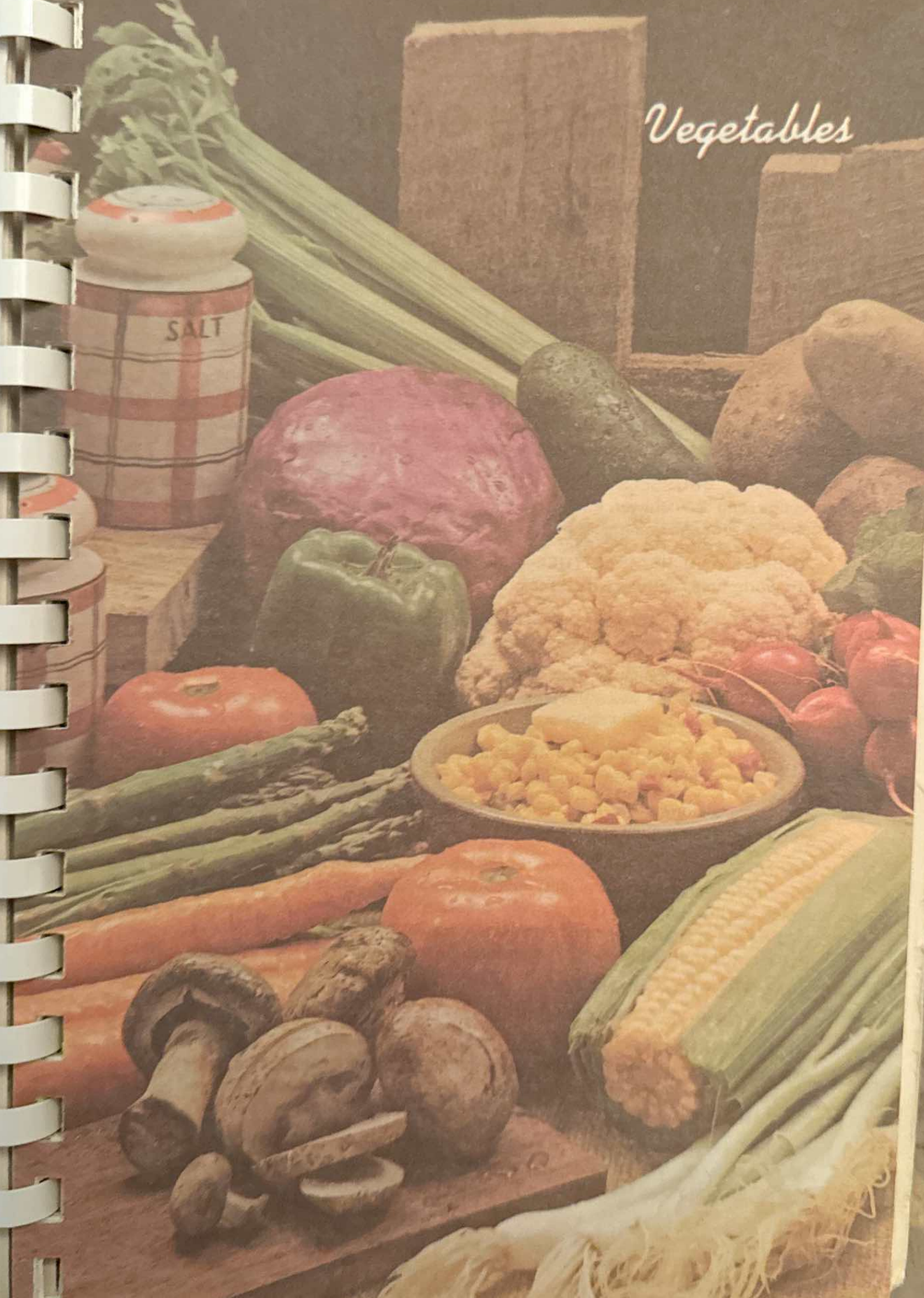
1 c. chopped celery
1/4 c. chopped onions
2 Tbsp. chopped green pepper
2 Tbsp. butter
1 can Golden Mushroom soup,
thinned with
1/4 c. water

7 oz. can tuna fish
1 1/3 c. Chow Mein noodles
1/8 tsp. pepper
1 can sliced water chestnuts

Butter baking dish. Mix all ingredients with noodles. Pour into baking dish. Top with more noodles. Bake 350 degree oven 45 minutes.

Write extra recipe here:

Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

BAKED BEANS

Millie Cole-Hatchard

Soak 2 lb. dry Navy beans overnight.
Drain off water and cover with fresh cold water.

Add:

2 smoked ham hocks
1 1/2 tsp. salt

1 large onion, diced
1/2 tsp. pepper

Cook until tender, 3-4 hours, very low heat. Then add:

1 c. light brown sugar
3 tsp. prepared mustard

3/4 c. catsup
1/2 tsp. Italian seasoning

Pour into baking pan - add small pieces of ham and bake for 30 minutes. Put under broiler for 2-3 minutes to make top nice and brown.

BAKED BEANS

Carole Macaulay

1 can (28 oz.) Campbell's
Beans
2 onions
1/2 tsp. garlic powder

1 Tbsp. brown sugar
1 Tbsp. molasses
1 Tbsp. brown mustard
3 Tbsp. catsup

Cover with bacon. Cook 1 1/2 hours 300 degrees, then 1/2 hour 350-400 degrees.

BEAN CHILI

Betty Hogan

1/2 c. chopped onion
1 clove garlic, minced
2 Tbsp. vegetable oil
1 lb. ground beef
2 cans (4 oz.) red kidney beans
undrained

1 can (16 oz.) whole tomatoes,
drained, chopped
1 1/2 - 2 Tbsp. chili powder or to
taste
salt
1/2 tsp. thyme
1/2 tsp. oregano leaves
wee hot pepper
chopped raw onions

In large saucepan - saute onions and garlic in oil for 1 minute. Stir in beef. Saute until well done. Stir in kidney beans, tomato, chili powder and seasoning.

Cover and cook over low heat 1 hour. Remove cover and continue cooking for 30 minutes until thick.

Spoon into soup bowls - top with raw onion and grated cheese and serve with crackers.

PICKLED BEETS

Kathy Daily

2 Tbsp. sugar
1 jigger cider vinegar

1 small can beets
1 small onion, sliced

Mix together ahead of time and serve cold.

SPICED BEETS

Gladys Jones

1/2 c. orange juice
1/2 c. brown sugar

1/4 tsp. ground cloves
1 jar sliced beets

In medium saucepan - combine juices, sugar, cloves. Cook and stir until mixture boils. Add beets. Heat thoroughly.

BAKED BROCCOLI

Ethel Cole-Hatchard

3 pkg. frozen chopped broccoli,
cooked
1 stick Ritz Crackers, crushed

1 (8 oz.) pkg. Velveeta cheese
1 stick margarine

Melt half margarine with Velveeta. Melt other half and mix with Ritz crackers.

Layer in a casserole dish: some broccoli, cheese mixture, then the crumbs - ending with crumbs on top. Bake at 350 degrees about 20 minutes or until brown on top.

BROCCOLI CASSEROLE

Mrs. Frank Strassburg

1 (10 oz.) box frozen broccoli,
chopped, cooked
1/2 c. mushroom or celery soup
1/2 c. milk
1 egg, beaten

1/4 c. mayonnaise
1 Tbsp. chopped onion
salt and pepper to taste
1/2 c. grated cheddar cheese

Mix in order given, put in casserole dish with Cheeze-it Crackers, rolled fine on top. Bake 400 degree oven 20-30 minutes.

CAULIFLOWER WITH MUSHROOM CHEESE SAUCE

Millie Cole-Hatchard

1 medium head cauliflower
1 1/2 c. sliced fresh mushrooms
2 Tbsp. butter or margarine
2 Tbsp. flour
1/4 tsp. salt

dash white pepper
1 c. evaporated milk
1 c. (4 oz.) shredded sharp
processed American cheese
1 tsp. prepared mustard
1 Tbsp. snipped parsley

Rinse and remove leaves from cauliflower. Place whole in small amount of boiling, salted water - cover and cook for 20 minutes or until tender. Drain thoroughly. Keep warm.

Meanwhile, cook fresh mushrooms in butter until tender. Blend in flour, salt and pepper, add evaporated milk all at once. Cook, stirring constantly until thickened and bubbly. Stir in cheese and mustard. Heat until cheese melts. Place warm cauliflower on platter. Spoon some of sauce on top. Sprinkle with parsley. Pass remaining sauce separately.

BAKED CORN

Jean Munroe

2 full cups corn, canned
2 eggs
1 Tbsp. sugar
1 tsp. salt

1 large tsp. flour or cornstarch
1 Tbsp. melted butter
1 c. milk

Beat eggs until light. Then mix sugar, salt and flour together. Add butter, milk and dry ingredients to eggs, then pour all over corn in baking dish. Bake 350 degree oven. To tell when it's done, stick knife in top and if it comes out clean - it's done.

BAKED CORN

L. Bernice Shafer
Harrisburg, PA.

1 can cream corn
2 Tbsp. flour
1 Tbsp. butter

2 eggs
1/4 c. milk
1 Tbsp. sugar

Combine - place in buttered casserole dish. Bake 350 degrees for 45 minutes.

DOWN EAST CORN CHOWDER

Betty McElroy

3 c. corn	1/8 tsp. pepper
2 medium potatoes, chopped fine	2 c. chicken broth
1 onion, finely chopped	2 c. milk
1 tsp. salt	1/4 c. butter
1/2 tsp. seasoned salt	ground mace

Combine corn, potatoes, onion, salt, pepper and broth. Cook and then put in blender. Puree in blender until almost smooth. Stir in butter and milk. Cook or simmer slowly until heated through. Sprinkle with mace.

ONION POTATOES

Charlot VanDenHeuvel

6 medium baking potatoes	8 Tbsp. margarine, softened
	1 env. dry onion soup mix

Mix together softened margarine and dry onion soup mix. Cut potatoes crosswise 1/2 inch thick. Spread mixture on one side of each slice. Wrap in foil. Bake 350 degree oven 45 minutes to 1 hour.

PIZZA PIE POTATOES

Hazel Peifley

Slice 5-6 potatoes some sliced cheese	2 onions some fresh tomatoes or canned
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Arrange a layer of potatoes. Layer of onions, some sliced cheese, then tomatoes, salt and pepper to taste. Top with pieces of butter. If fresh tomatoes are used, put a few tablespoons of water on top. If canned tomatoes - use the juice from the can. Bake about 325 degrees until potatoes are done.

SCALLOPED EGGPLANT

Fannie Blanche

cut eggplant into small pieces	1 pepper
2 small onions	

Cook above until tender. Drain; mash with potato masher. Add:

1 c. cracker crumbs	2 eggs, beaten
1 c. milk	salt and pepper
	lump of butter

Stir altogether, put in pan. Put cracker crumbs or bread crumbs on top. Bake in oven.

SCALLOPED ONIONS

Elaine Stroud

2-3 medium onions
1/2 - 3/4 c. Saltine crackers,
coarse-crumbed

salt and pepper
butter
milk

Butter casserole dish. Place layers of onions on bottom, cover with crackers. Dot with butter, salt and pepper - then more onions, crackers. Use as many layers as needed. Cover with milk. Bake at 350 degrees for 1 hour.

SPANISH RICE

Linda Branson

6 slices bacon, diced
1/4 c. chopped onion
1/4 c. chopped green pepper

3 c. cooked rice
1 can (1 lb.) tomatoes
1 1/2 tsp. salt
1/8 tsp. pepper

Fry bacon in large skillet until crisp, remove bacon and drain. Pour off all but 2 tablespoons drippings. Add onion and green pepper to drippings in skillet, cook and stir until onion is tender. Stir in bacon and remaining ingredients - cook, uncovered over low heat about 15 minutes.

STUFFED GREEN PEPPERS

Linda Branson

6 large green peppers
5 c. boiling salted water
1 lb. ground beef
2 Tbsp. chopped onion

1 tsp. salt
1/8 tsp. garlic salt
1 c. cooked rice
1 (15 oz.) can tomato sauce

Heat oven to 350 degrees. Cut thin slice from stem-end of each pepper. Remove all seeds and membranes. Wash inside and outside. Cook peppers in boiling, salted water 5 minutes; drain.

Cook and stir ground beef and onion in medium skillet until onion is tender. Drain off fat. Stir in salt, garlic salt and rice and 1 cup of tomato sauce - heat thoroughly. Lightly stuff each pepper with 1/2 cup meat mixture. Stand peppers upright in ungreased baking dish 8x8x2 inch. Pour remaining tomato sauce over peppers. Cover - bake 45 minutes. Uncover. Bake 15 minutes longer.

OLD-FASHIONED TOMATO TREAT

Viola Halstead

Fry onions, peppers in oil and then add tomatoes (stewed with onion or fresh tomatoes) - simmer, then add touch of garlic powder, salt, if needed. Simmer until it is thick. Fry Minute Rice and then put tomatoes in center of plate, add rice as a border on plate. Sprinkle with cheese.

BAKED WHOLE TOMATOES

Joan Bender

12 ripe, fresh tomatoes
black pepper
6 Tbsp. grated Parmesan cheese

6 Tbsp. fine dry bread crumbs
1/2 c. butter/margarine, melted

Pre-heat oven to 350 degrees.

Cut top off tomatoes and remove core. Scrape out some of the seeds. Arrange tomatoes, cut side up in shallow, buttered baking dish. Sprinkle pepper to taste over tomatoes.

Combine cheese, bread crumbs and butter. Spread on tomatoes. Bake 15 minutes or until tomatoes are hot, but still firm. Makes 12 servings.

ZUCCHINI CASSEROLE

Lois Wilkinson

3 c. thinly sliced zucchini
1 c. Bisquick
1/2 c. chopped onion
1/2 c. shredded Mozzarella cheese
2 Tbsp. parsley
1/2 tsp. salt

dash of pepper
1/2 tsp. oregano
1 clove garlic, minced
1/2 c. vegetable oil
4 eggs, beaten

Mix all ingredients together in a large bowl. Spread mixture in rectangular pan 13x9 or 12x8 inch. Bake in 350 degree oven for approximately 30 minutes or until puffy and lightly browned on top.

* * *

A friend is a present you give yourself. . .

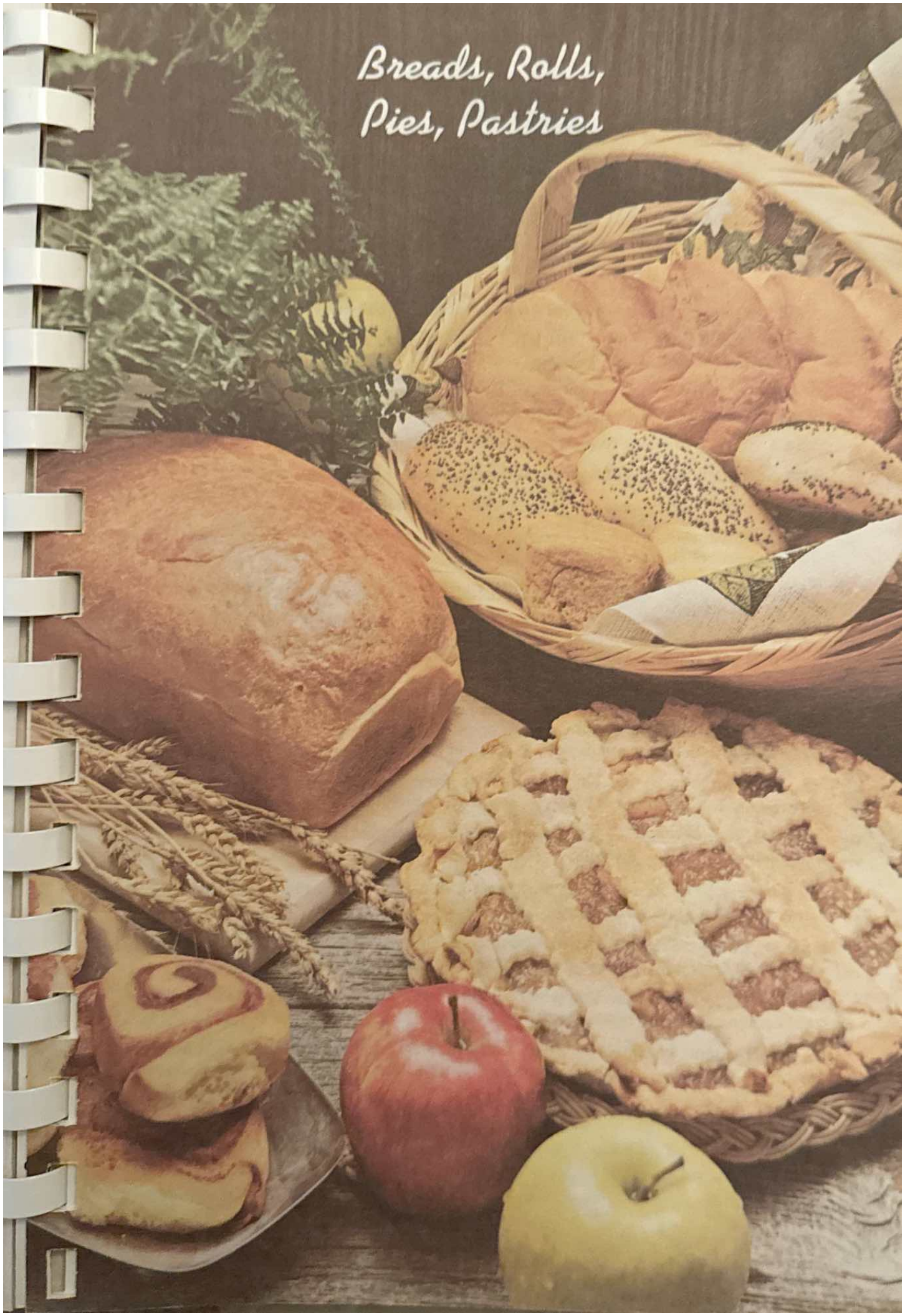
God offers His children many gifts - the greatest is love. .

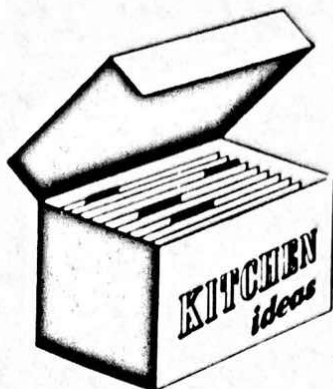
Going to church on Sunday can be a beauty treatment - You can have your faith lifted. . .

Happiness is a perishable fruit, which must be used each day, for it will not keep. .

Common honesty isn't a spectacular quality - but it wears like iron..

*Breads, Rolls,
Pies, Pastries*





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES, PASTRY

CORN BREAD

Louise Cummings

1 c. corn meal
4 1/2 tsp. baking powder
1 c. sweet milk
1 c. flour
2 Tbsp. sugar

1 tsp. salt
2 Tbsp. shortening,
melted
1 egg, beaten

Mix and sift dry ingredients. Add milk, beaten egg and shortening. Beat well and pour in greased shallow pan. Bake in hot, 425 degree oven about 20 minutes or until brown.

CORN BREAD

Linda Branson

1 c. yellow cornmeal
1 c. Gold Medal Flour
2 Tbsp. sugar
4 tsp. baking powder

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

Heat oven to 425 degrees. Grease square pan 8x8x2 inch or 9x9x2 inch. Blend all ingredients about 20 seconds. Beat vigorously one minute. Pour into pan. Bake 20-25 minutes.

If using self-rising flour, decrease baking powder to 2 teaspoons and omit salt.

COUNTRY CRUST BREAD

Joan Perini

2 pkg. active dry yeast
2 c. warm water (105-115 deg.)
1/2 c. sugar
1 Tbsp. salt

2 eggs
1/4 c. salad oil
6-6 1/2 c. flour (if using self-rising flour, omit salt)
soft butter or margarine

Dissolve yeast in warm water. Stir in sugar, salt, eggs, oil and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured board; knead until smooth and elastic, 8-10 minutes. Place in greased bowl; turn greased side up. (At this point, dough can be refrigerated 3-4 days). Cover; let rise in warm place until double, about 1 hour. (Dough is ready if impression remains). Punch down dough; divide in half. Roll each half into rectangle, 18x9 inches. Roll up - beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam-side

down in greased loaf pan 9x5x3 inches. Brush loaves with salad oil. Let rise until double, about 1 hour. Heat oven to 375 degrees. Place loaves on lower oven rack so that tops of pans are in center of oven. Pans should not touch each other or sides of oven. Bake 30-35 minutes or until deep golden brown and loaves sound hollow when tapped. Remove from pans. Brush loaves with butter; cool on wire rack. Makes two loaves.

IRISH SODA BREAD

Virginia Houghton

Pre-heat oven to 375 degrees.

4 c. flour	1 tsp. each salt, baking soda
4 tsp. sugar	1/3 stick margarine
2 tsp. caraway seed	1/2 box raisins
approx. 2 c. buttermilk	

Mix. Sift flour, salt, soda together; rub in margarine until it looks like corn meal - add caraway seeds and raisins; mix well. Slowly add buttermilk until it sticks and forms a ball. Form into a ball and dust outside of ball with flour. Cut an "X" on top of ball dough and flatten out a bit. Bake 375 degrees on greased sheet for 1 hour. Bread is done when cake tapped on bottom sounds hollow.

IRISH SODA BREAD

Jane Granito

Pre-heat oven to 350 degrees. Bake 55-60 minutes. (Test should come out dry).

Mix:

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

Sift together. Blend or cut in:

1 stick margarine which is at room temperature. Add:

1 full c. raisins	2 eggs mixed in 3/4 c. milk
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Add milk slowly using a fork and then your hands to knead to clean the sides of the bowl - the dough should be sticky but not too wet. (You may need 1/4 cup more milk). Place in any 7, 8 or 9 inch cake round. It doesn't have to touch the sides. Leave it high - use a knife to make a cross across the top. Happy rising!!

PUMPKIN BREAD

Makes three loaves!

Loretta Babcock

3 1/2 c. flour (1/2 whole wheat)	1 c. oil
2 tsp. soda	2 c. pumpkin
1 1/2 tsp. salt	1/2 c. sugar
1 tsp. cinnamon	4 eggs
1/2 tsp. nutmeg	2/3 c. water

Put dry ingredients in bowl, make a well, add remaining ingredients and mix. Bake at 350 degrees until done 40 minutes.

RAISIN BREAD

Olga Erratt

1 egg	1 3/4 c. milk
1/4 c. sugar	4 c. flour
1 c. raisins	4 tsp. baking powder (heaping)

Put in tin and let stand in warm place for 15 minutes. Bake in 350 degree oven for approximately 45 minutes.

SOUTHERN CORNBREAD

Margaret Swift

1 egg	1 tsp. baking powder
1 c. cornmeal	1 tsp. soda
1 c. buttermilk	salt, to taste (perhaps 1/3 tsp.)

Mix well the one egg with the cornmeal, mix - baking powder and soda. Then, mix all ingredients together, buttermilk and all with egg. In preferably iron skillet, melt to high temperature bacon or lard - grease to cover well the skillet. Take from that grease, a tablespoon or so and mix with ingredients (that keeps cornbread from sticking, and - then with skillet still on stove pour ingredients into skillet - immediately move into oven pre-heated to 350 degrees.

Cook until brown on top and cornbread has pulled away from sides. Take out of oven and turn over on plate or flat surface. (This recipe can be doubled. Also, you may add buttermilk or cornbread as you feel best).

ZUCCHINI BREAD

Gladys Jones

4 eggs	1 1/2 tsp. vanilla
2 c. sugar	1 tsp. cinnamon
1 c. vegetable oil, heated	3/4 tsp. baking powder
3 1/2 c. unsifted flour	2 c. grated zucchini, peel and take out seeds before grating)
1 tsp. salt	1 c. chopped nuts, 1 c. raisins
1 1/2 tsp. baking soda	

In a large bowl - combine all ingredients and mix well.
Makes two loaves - regular size pans. Bake 350 degree oven about 1 hour.

ZUCCHINI BREAD

Joan Bender

3 c. flour
1 1/2 c. sugar
1 tsp. cinnamon
1 tsp. salt
3/4 tsp. baking soda
1 tsp. baking powder

2 c. shredded unpeeled zucchini
1 c. chopped nuts
1 c. raisins
3 eggs
1 c. oil

In a large bowl - stir together flour, sugar, cinnamon, salt, baking powder, soda, zucchini, nuts and raisins.

In another bowl - beat eggs and oil. Pour over flour mixture and stir until moistened. Turn into greased 9x5x3 inch loaf pan. Bake in 350 degree oven 1 hour, 30 minutes. (or until pick inserted in center comes out clean). Cool in pan 10 minutes. Invert on rack, turn top side up and cool completely.

ZUCCHINI NUT BREAD

Mrs. Jeanette Strassburg

4 eggs
2 c. granulated sugar
1 c. light vegetable oil
3 1/2 c. unsifted all-purpose flour
1 tsp. salt
1 1/2 tsp. baking soda

1 tsp. ground cinnamon
3/4 tsp. baking powder
2 c. grated unpared zucchini
1 c. chopped walnuts
1 c. raisins
1 1/2 tsp. vanilla

In a mixing bowl - beat eggs, gradually adding sugar until well-mixed. Add the vegetable oil.

Mix together flour, salt, baking soda, cinnamon, baking powder add to the egg, sugar, oil mixture, together with the zucchini in small amounts, alternating first the dry and then the zucchini mixtures.

Add walnuts, raisins and vanilla extract. (Have ready two greased floured loaf pans 9x5x2 inches). Heat oven to 350 degrees. Bake in oven 350 degrees for 55 minutes or until loaves test done. Remove and allow to rest on cake racks for about 10 minutes before turning out.

Bread cuts better when cool. It may be iced with a light confectioner's sugar-water glaze, but is perfectly good left plain. Bread also freezes well, wrapped tightly for up to six months. Makes two loaves.

ZUCCHINI BREAD

Eva Young

1 c. salad oil
3 eggs, slightly beaten
2 c. sugar
2 c. raw grated zucchini
2 tsp. vanilla

3 c. all-purpose flour
1 tsp. soda
1/4 tsp. baking powder
1 tsp. salt
3 tsp. cinnamon
1 c. chopped nuts

Combine oil, eggs, sugar, zucchini and vanilla in a large bowl. Blend well. Stir in flour, soda, baking powder, salt, and cinnamon. Do not beat - stir in nuts.

Spoon batter into two well-greased 8 1/2 x 4 1/2 x 2 5/8 inch loaf pan. Bake 325 degree oven 1 1/2 hours or until done. Makes two loaves.

BAKING POWDER BISCUITS

Marion McElroy

2 c. sifted flour
3 tsp. baking powder
1 tsp. salt

1 Tbsp. shortening
3/4 c. milk

Sift flour, baking powder and salt together. Cut in shortening until it is evenly mixed with the flour; add milk. Stir together lightly. Roll out about 1/2 inch thick, cut out with a small biscuit cutter. Bake on greased baking sheet. Brush with milk and bake at 450 degrees 12-15 minutes.

BARBECUE BUNS

Mrs. Jeanette Strassburg

5 3/4 - 6 3/4 c. unsifted flour
1/3 c. instant non-fat dry
milk solids
1/4 c. sugar
1 Tbsp. salt

2 pkg. active dry yeast
1/3 c. softened margarine
2 c. very warm tap water, (120
to 130 deg.)

In a large bowl - thoroughly mix 2 cups flour, dry milk solids, sugar and salt and undissolved active dry yeast. Add margarine.

Gradually add tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 3/4 cup flour. Beat at high speed 2 minutes scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board, knead until smooth and elastic, about 8-10 minutes. Place in greased bowl, turning to grease top. Cover - let rise in warm place, free from draft until double in bulk, about 45 minutes.

(Cont.)

Punch dough down; let rise again until less than doubled, about 20 minutes. Divide dough in half; cut each half into 10 equal pieces. Form each piece into a smooth round ball. Place on greased baking sheets about 2 inches apart, press to flatten. Cover - let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 375 degrees 15-20 minutes or until done. Remove from baking sheets and cool on wire racks. Makes 20 buns.

ENGLISH MUFFINS

Dianne Thaler

1 c. warm water
1 Tbsp. oil
1 Tbsp. sugar
1 tsp. salt

1 pkg. yeast
2 1/2 - 3 c. all-purpose unbleached
white flour
some cornmeal

Put first 5 ingredients in a mixing bowl, add 1 cup of flour and beat for 3 minutes. (with electric mixer at medium speed). Then slowly add the rest of the flour, mixing by hand, until dough is stiff. Remove dough to lightly floured board and grease the bowl. Put dough back in bowl and turn to grease dough all over. Do not knead. Cover and let rise in a warm place until double in bulk.

Sprinkle a little corn meal on board. Place the dough on it and press down with fingertips lightly. Turn and do the same pressing to make dough about 1/4 inch thick. Cut 12 pieces. (I used biscuit cutter) round out each piece. Let rise in a warm place until light and fluffy, about 45 minutes. Bake on a greased electric fry pan at 400 degrees or a hot lightly-greased griddle about 15 minutes turning often. These are really good!

TINY CHEESE BISCUITS

Virginia Houghton

2 ingredients make 20 biscuits

1 (8 oz.) tube refrigerator buttermilk biscuits - Pillsbury's
2 c. grated sharp cheddar cheese

1. Cut each biscuit in half.
2. Roll in finely grated cheese, place on cookie sheet.
3. Bake 375 degree oven until biscuits slightly brown and cheese is melted.

PERFECT PIE CRUST

Large recipe

Shirley O'Dell

- | | |
|--|--------------------------------|
| 4 c. all-purpose flour, unsifted
lightly spooned into cup | 1 Tbsp. white or cider vinegar |
| 1 Tbsp. sugar | 1 large egg |
| 2 tsp. salt | 1/2 c. water |
| 1 3/4 c. solid vegetable shortening
(not refrigerated; don't use oil,
lard, margarine or butter) | |

Put first three ingredients in large bowl and mix well with table fork. Add shortening and mix until crumbly. In small bowl, beat together with fork 1/2 cup water, vinegar and egg. Combine the two mixtures, stirring until moistened. Divide dough into 5 portions and, with hands, shape each portion in a flat round patty ready for rolling.

Wrap each in plastic and chill at least 1/2 hour. Roll out and use for your favorite pie. Makes enough for two double crusts and 1 single crust pies. Dough may be left in refrigerator for 3 days, or may be frozen.

BLACKBERRY SOUR CREAM PIE

Joan Wood

- | | |
|-----------------|---|
| 1 c. sugar | 4 c. blackberries (16 oz.)
thawed, frozen or fresh |
| 1 c. sour cream | 1 (9 inch) unbaked pastry shell |
| 3 Tbsp. flour | |
| 1/4 tsp. salt | |

Line pastry shell with blackberries. On top of that - mix 1 cup sugar and 1 cup sour cream, 3 Tbsp. flour and salt - mix altogether. Spread on top of blackberries. On top of that make a crumb topping.

- | | |
|---|------------------------------------|
| 1/4 c. bread crumbs or corn
flake crumbs | 2 Tbsp. sugar
1 Tbsp. margarine |
|---|------------------------------------|

Mix altogether. Sprinkle and put on top of mixture. Bake at 375 degrees for 40-45 minutes.

FRENCH SILK PIE

Joan Bender

- | | |
|----------------|--------------|
| 1 stick butter | 3/4 c. sugar |
| 1 tsp. vanilla | |

Beat until very creamy.

2 sq. unsweetened chocolate - add to mixture

(Cont.)

Beat 1 egg - 5 minutes.

Beat another egg - 5 minutes; mix all ingredients together.

Put into graham cracker shell. Chill at least 2 hours. Top with whipped cream..

IMPOSSIBLE PIE

Dianne Thaler

1/2 c. Bisquick

1 c. sugar

4 eggs

1/2 tsp. salt

1/2 stick butter or margarine

2 c. milk

1 tsp. vanilla

1/2 c. coconut, if desired

Mix together in blender. Pour into ungreased 10 inch pie pan. Sprinkle top with nutmeg. Bake 350 degree oven 55 minutes. Serve warm or cold.

MUD PIE

Jean Munroe

Crust:

1 c. flour

2 tsp. sugar

1 stick margarine

1/2 c. chopped pecans

Mix and pat into 9 x 13 inch glass dish. Bake 20 minutes in 350 degree oven - cool.

Mix and spread over crust:

3 oz. pkg. cream cheese

1 c. Cool Whip

1 c. confectioner's sugar

Mix:

1 small pkg. Chocolate Instant
Pudding Mix

3 c. cold milk

1 small pkg. Vanilla Instant Pudding
Mix

Spread mixture on Cool Whip-cheese mixture; top with Cool Whip. Sprinkle with nuts.

BUTTERMILK DOUGHNUTS

Millie Cole-Hatchard

2 eggs

1 c. sugar

Beat well in a large bowl. Add:

5 Tbsp. Crisco
1 c. buttermilk
1 tsp. baking soda
1 tsp. vanilla

1/2 tsp. nutmeg
1/2 tsp. ginger
pinch of salt
3 c. flour

Blend together to make dough. Refrigerate for 1/2 - 1 hour. Roll half dough on cloth-covered board using as little flour as possible to keep dough from sticking. (Refrigerate rest of dough until ready to roll. Cut doughnuts and fry in 370-380 degree fat. (Shortening). Fry until brown - then turn over. Cool on absorbent paper - then sugar or glaze.

CORN OYSTERS

Betty McElroy

1 egg
1 c. corn
1/4 c. flour

salt and pepper to taste
Crisco or other oil

Beat egg in bowl until foamy. Stir in corn. Add flour, salt and pepper. Beat well. Drop by spoonfuls into deep, hot Crisco. Cook until golden. Should be size of large oyster.

CREAM PUFFS

Gladys Jones

1 c. water
1/2 c. butter or margarine
1 c. flour

4 eggs, added all at once
1/4 tsp. salt

Combine water, salt and butter in saucepan. Bring to a boil. Add flour. Remove from fire and add eggs, beat thoroughly. Drop dough, scant 1/4 cup, on ungreased pan. Bake 35-40 minutes at 400 degrees.

BANANA NUT BREAD

Mrs. Linda Branson

1 c. sugar
1/2 c. butter
2 eggs
3 bananas, mashed
2 c. sifted flour

1 tsp. baking soda
1/4 tsp. salt
1/2 c. chopped nuts
1 tsp. vanilla

In a bowl - cream sugar and butter. Add eggs one at a time beating well after each addition, mix in the mashed bananas.

Sift the flour, soda and salt into banana mixture, blending well. Stir in nuts and vanilla. Pour into a greased loaf pan. Bake in moderate oven until browned.

Write extra recipe here:

* * * *

A PRAYER FOR EVERY COOK TO USE

Heavenly Father, who hath filled the world with good things; as I cook for my family and friends and myself, make me mindful that the things I use are of Thy great bounty, and speak of Thy continual love for us. May I prepare these things, then with reverence and joy and thanksgiving through Jesus Christ, our Lord.

AMEN

CHILDS PRAYER

God is great, God is good

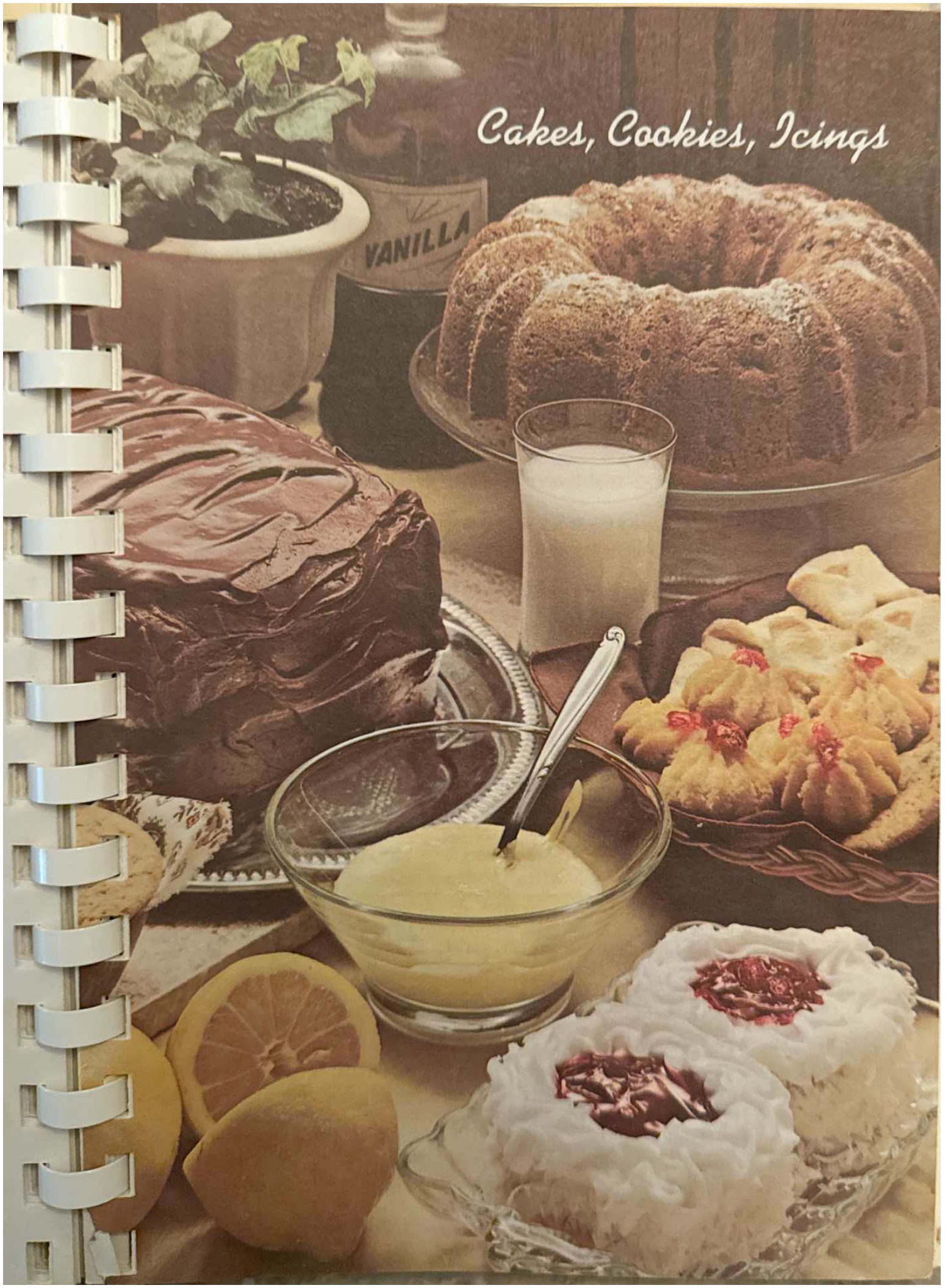
And we thank Him for our food

By His hand we all are fed

Thank you, God, for our daily bread.

AMEN

Cakes, Cookies, Icings



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
 - ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
 - ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
 - ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
 - ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
 - ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
 - ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
 - ★ Cakes should not be frosted until thoroughly cool.
- Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES, ICINGS

APPLE CINNAMON COFFEE CAKE

Miss Debbie Thaler

1 pkg. (14 oz.) apple cinnamon
muffin mix
1 egg

1/2 c. milk
Streusel Topping - see below

Heat oven to 400 degrees. Grease baking pan 9x9x2 inches with shortening. Prepare the muffin mix as directed on package except - after mixing, pour the batter into the greased pan. Sprinkle with topping. Bake 400 degree oven 20-25 minutes.

Streusel Topping:

1/2 c. brown sugar, packed
1/4 c. butter or margarine,
(1/2 stick)

1/2 tsp. cinnamon
1/3 c. all-purpose flour

Mix with fork until crumbly.

APPLE COFFEE CAKE

Betty McElroy

1 pkg. Duncan Hines Yellow
Cake Mix
1 pkg. instant vanilla pudding
4 eggs
1 c. dairy sour cream (1/2 pint
makes 1 cup)
1/2 c. salad oil

1/2 c. chopped walnuts
1/2 c. sugar
2 tsp. cinnamon
2 apples, sliced thin

Combine cake mix, pudding mix, eggs, sour cream and salad oil. Beat 5 minutes and pour half of batter in greased 10 inch tube pan. Arrange half of apple slices on top and sprinkle with combined mixture of nuts, sugar and cinnamon. Cover with remaining batter and add remaining apples arranged on top with remaining sugar mix. Bake 350 degree oven for 1 hour. Cool in pan for 30 minutes. Freezes well.

BLUEBERRY COFFEE CAKE

Shirley O'Dell

Make White Cake: - can use Old-Fashioned Butter Cake - 9 x 13 inch pan. Top with 3/4 cup blueberries, fresh or frozen, drained and half topping mix. Add remaining cake, another 3/4 cup blueberries and rest of topping mix. Bake 350 degrees for 45 minutes or until cake tester inserted in center of cake comes away clean. Cool cake in pan. Cut into squares to serve.

(Cont.)

Topping Mix for Blueberry Coffee Cake:

Mix:

1 c. brown sugar
1/3 c. butter or margarine

4 tsp. cinnamon
1 c. chopped nuts

OVERNIGHT COFFEE LOAVES

Cookie Peifley

Read recipe over before proceeding with this recipe!

1 pkg. active dry yeast
1/4 c. warm water
4 c. flour
1 tsp. salt
1 c. butter or margarine,
softened
3 egg yolks, beaten

1 c. lukewarm milk, scalded, then
cooled
2 Tbsp. butter or margarine,
melted
1/2 c. sugar
1 1/2 tsp. cinnamon
Confectioner's Sugar Glaze,
(see below)

Dissolve yeast in warm water. In large mixing bowl, combine flour, 1/4 cup sugar and the salt. Cut in 1 cup butter until mixture looks like meal. Mix in yeast, egg yolks and milk until dough is smooth. Cover; refrigerate at least 8 hours or overnight.

Great 2 loaf pans 9 x 5 x 3 inch. Turn half of dough onto well floured board. Roll into rectangle, 13x8 inch - brush 1 teaspoon melted butter. Mix 1/2 cup sugar and the cinnamon; sprinkle half on rectangle. Roll up, beginning at narrow side. Pinch edge of dough into roll to seal. Place seam side down in pan. Repeat with remaining dough.

Cover; let rise in warm place 85 degrees 2 hours. (Dough will not double). Heat oven to 375 degrees. Bake 1 hour. If necessary cover loaves during last 20 minutes to prevent excessive browning. Remove from pans. Frost with glaze below. Cool before slicing.

Confectioner's Sugar Glaze:

Mix:

1 1/2 c. confectioner's sugar
1 1/2 tsp. almond extract or
1 1/2 tsp. vanilla

2 Tbsp. butter or margarine,
softened
1-2 Tbsp. warm water

Beat until smooth. Makes two loaves.

SOUR CREAM COFFEE CAKE

Jean O'Dell

1/3 c. brown sugar, firmly packed
1/4 c. granulated sugar

1 tsp. cinnamon
1 c. chopped walnuts

Combine these 4 ingredients in a bowl; set aside.

1 c. margarine
1 c. sugar
2 eggs
2 c. sifted flour

1 tsp. vanilla
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 c. sour cream

Cream margarine and sugar until light and fluffy. Add eggs, one at a time - beating well after each addition. Add vanilla. Add sifted and combine flour, baking powder, soda and salt, alternately with sour cream.

Pour half batter into a well-greased and floured oblong pan 13x9x2 inch and sprinkle half the nut mixture over the same, then top with remaining batter and end with remaining nut mixture. Bake in 350 degree oven 25 minutes. Cool and remove from pan.

APPLE CAKE

Shirley O'Dell

1 c. white sugar
1 c. well-packed brown sugar
4 eggs
1 1/2 c. cooking oil
1 tsp. baking soda
1/2 tsp. salt
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg

1/2 tsp. cloves
2 1/4 c. unsifted flour
1 c. nuts, ground or chopped
2 c. grated raw apple
1 c. raisins (soaked in warm water and drained well)

Cream eggs, sugar and oil. Add dry ingredients. Mix well. Add nuts, apples and raisins - blend well. Bake in 9 x 13 inch greased pan at 350 degrees for 40 minutes or until done. Cool completely and frost. This cake stays moist for a long time - even better next day. Also freezes well.

FRESH APPLE BUTTER CAKE

Jean Bender

1 c. butter
3 eggs
1/8 tsp. nutmeg
3 c. peeled, chopped apples
1 1/2 tsp. soda
1 tsp. cinnamon

2 c. sugar
3 c. sifted flour
2 tsp. vanilla
2 c. chopped walnuts
1/2 tsp. salt

Bake 325 degree oven about 1 1/2 hours.

In bowl - beat butter and sugar until well-combined. (Cont.)

Add eggs, one at a time, beating well after each addition. Gradually add the sifted flour, soda, salt, cinnamon and nutmeg. Stir in vanilla - fold in chopped apples and walnuts.

Pour into a greased and floured 10 inch tube cake pan. Bake in Slow oven until cake tester inserted in cake comes out clean. Remove to rack - let stand 15 minutes. Turn onto a cake plate.

BIBLE CAKE

Debi Thomas

<u>Chapter:</u>	<u>Verse:</u>	<u>Amount:</u>
Jeremiah	17 - 11	6 cups
Jeremiah	6 - 20	2 cups
Judges	5 - 25	1/2 lb.
I Kings	4 - 22	4 1/2 cups
Amos	4 - 5	2 Tbsp.
Leviticus	2 - 13	1 pinch
2nd Chronicles	9 - 9	2 pinches
Judges	4 - 19	1/2 cup
I Samuel	14 - 25	2 Tbsp.
Nahum	3 - 12	2 cups
Numbers	17 - 8	2 cups

Beat Jeremiah 17-11 until light, blend in 2 cups Jeremiah 6-20. Beat in Judges 5-25. Into another bowl, sift I Kings 4-22. Add Amos 4-5. Add 1 pinch of Leviticus, 2-13 and 2 pinches of 2nd Chronicles 9-9. Combine dry ingredients with liquid mixture alternately with an additional 1 1/2 cups Judges 4-19 and fold in I Samuel 14-25. Chop Nahum 3-12 and Number 17-8. Add to the mixture, folding in gently. Administer Proverbs 23:14 and pour into two large greased 9 x 12 inch baking pans. Bake 45 minutes in pre-heated 350 degree oven.

This cake is not only good for the stomach but also gives one a lesson in the Holy Bible and feeds the soul.

APPLE BROWNIES

Kathy Daily

Cream together:

1 c. sugar 2 eggs
1/2 c. butter or margarine

Add to above two diced apples.

1 c. + 2 Tbsp. flour 1 tsp. cinnamon
56

1/2 tsp. salt

Add to apple mixture and add 1/2 cup nuts. Mix well.
Bake at 350 degrees 20-25 minutes.

BROWNIES

Ethel Cole-Hatchard

2 sticks margarine
3 pkg. chocolate
4 eggs
6 Tbsp. milk
2 c. sugar

2 Tbsp. vanilla
1 1/2 c. flour
pinch of salt
1 c. chopped walnuts

Cream margarine, eggs and sugar. Add flour, milk, vanilla and salt. Last mix in chocolate and nuts. Bake 375 degrees for 30-35 minutes.

CAROB BROWNIES

Dianne Thaler

Pre-heat oven to 325 degrees.

1 c. Carob powder, sifted	1/3 c. oil (if using raw peanut flour, increase oil to 2/3 cup)
1 c. peanut flour, raw or roasted peanuts, ground in blender	1/2 c. honey
4 eggs	2 tsp. vanilla
5 Tbsp. rye or whole wheat flour	1 c. chopped walnuts, optional

Combine carob powder, peanut flour and rye or whole-wheat flour in a bowl. In a smaller bowl, beat eggs, then add oil, honey and vanilla. Stir wet ingredients into dry ones. Add walnuts, if using them and pour batter into buttered square pan. Bake 25-30 minutes or until surface is firm.

CARROT CAKE

Eleanor Waldron

2 c. flour
3 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
2 c. sugar

1 1/4 c. oil
4 eggs
2 c. grated raw carrots
1 (8 1/4 oz.) can crushed pineapple, drained
1/2 c. chopped nuts

Sift together flour, baking powder, baking soda, salt and cinnamon. Add sugar, oil, eggs and mix well. Stir in carrots, drained pineapple and nuts. Turn into a well-greased 10 inch tube pan. Bake 350 degrees 50-60 minutes. Cook 10 minutes; take out of pan. Frost with cream cheese icing.

CREAM CHEESE ICING (For Carrot Cake) Eleanor Waldron

1/4 c. butter or margarine
1 lb. powdered sugar
1 (8 oz.) pkg. cream cheese, softened
2 Tbsp. milk
1 tsp. vanilla

CARROT CAKE

Joan Bender

1 1/2 c. salad oil
2 c. sugar
1 c. crushed pineapple with juice
1 c. chopped nuts
1 tsp. baking powder
1 tsp. baking soda
4 eggs
2 c. grated carrots
2 1/2 c. flour
2 tsp. cinnamon
1/2 tsp. salt

Blend oil, eggs and sugar - stir in carrots, pineapple, nuts and dry ingredients. Pour in two 8 inch round pans. Bake 350 degrees about 35 minutes or until toothpick comes out clean. Frost when cool with Cream Cheese Frosting.

Cream Cheese Frosting:

1 tsp. vanilla
4 oz. pkg. cream cheese
1/2 stick butter
1/2 box powdered sugar

Combine all ingredients - mix well.

CINNAMON STREUSEL CAKE

Jeanette Strassburg

1 pkg. Duncan Hines Deluxe II Yellow Cake Mix
1 pkg. Vanilla Instant Pudding, (4 serving size)
2 Tbsp. Crisco Oil
1 1/3 c. water
2 eggs

Streusel:

1/2 c. flour
1/2 c. brown sugar
2 tsp. cinnamon
2 Tbsp. butter or margarine, melted
1/2 c. chopped walnuts

Pre-heat oven to 375 degrees. In large bowl - blend cake mix, pudding mix, oil, water and eggs. Beat 2 minutes at medium speed. Spread 3/4 of batter evenly in greased and floured 10 inch tube pan. Combine streusel ingredients. Sprinkle 2/3 cup of mixture over batter in pan. Spread remaining batter over streusel, top with reserved streusel. Bake 40-50 minutes at 375 until done. Cool right side up 25 minutes, remove from pan.

NORMA BLANCHE COCKTAIL CAKE

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

2 eggs
2 c. or 1 can regular size (not
tiny or huge) Fruit Cocktail,
DO NOT DRAIN

Mix well. Beat with spoon all above ingredients 2 minutes. Pour into greased 14x8 inch pan. Sprinkle with 1/3 cup brown sugar and chopped nuts (if desired) on top of batter. Bake 350 degrees about 25-30 minutes.

ICE WHILE HOT

1/2 c. evaporated milk or cream (1 use milk)
3/4 c. sugar
1 stick oleo
1 c. coconut

Mix these together and boil for 2 minutes. Add 1 Tbsp. vanilla. Stir, pour over HOT cake.

Some people freeze part of it. Can be cut into chunks or serve it with a dip of ice cream or use Cool Whip on top.

CREAM CHEESE POUND CAKE

Eleanor Waldron

3/4 c. butter or margarine
(1 1/2 sticks)
1 (8 oz.) pkg. cream cheese
2 c. sugar
5 eggs
3 c. sifted flour

3 1/2 tsp. baking powder
1 1/2 tsp. salt
2/3 c. milk
2 tsp. vanilla

Bake for 1 hour in 350 degree oven.

In bowl - cream butter, cream cheese and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. About 2 minutes for each egg. Beat in sifted and dry ingredients with the milk and vanilla. Pour into a well-greased and floured 10 inch tube pan. Let cool in pan for 10 minutes.

DATE NUT CHOCOLATE CHIP CAKE

Louise Twiddy

1 pkg. dates, chopped
1 1/4 c. boiling water

1 tsp. soda

Pour water over dates, allow to cool.

(Cont.)

Cream:

1/2 c. shortening or 1 stick margarine 1 c. sugar

Add 2 eggs, stir well.

Sift:

1 1/2 c. flour 1/4 tsp. salt
1 tsp. soda

Mix all the above together and put into 9 x 13 inch greased pan. Spread with 1 pkg. chocolate chips (6 oz.) size and 1 cup chopped nuts mixed with 1/3 cup sugar. Push chips into dough or they fall out. Bake 350 degrees 45 minutes. Cut into squares.

DEVIL'S FOOD CAKE

Mildred Crill

2 1/2 c. sifted Swans Down Cake Flour 2/3 c. butter
1 3/4 c. sugar 1 1/3 c. milk
1 3/4 tsp. baking powder 1 tsp. vanilla
1 tsp. salt 2 eggs, unbeaten
2 sq. Baker's Unsweetened Chocolate, melted

Place sifted flour in sifter. Add sugar, powder and salt. Stir shortening in bowl to soften. Sift in dry ingredients. Add 1 cup milk and vanilla - beat 2 minutes at medium speed. Add eggs, chocolate and rest of milk. Beat 1 minute more.

Make in two 9 inch layer pans. Grease and flour pans. Bake at 350 degrees for 35 minutes.

GRANNY'S GREEN APPLE CAKE

Gladys Jones

3 c. unsifted all-purpose flour 1/2 c. milk
2 c. sugar 3 eggs
1 tsp. baking soda 1 tsp. vanilla extract
1 tsp. salt 3 Granny Smith apples, peeled, cored, diced
1/2 tsp. ground cinnamon 1 c. chopped walnuts
1 c. vegetable oil 1/2 c. raisins

Lemon Glaze:

1 c. confectioner's sugar 2 Tbsp. lemon juice

In large bowl of electric mixer - blend flour, sugar, baking soda, salt, cinnamon, oil, milk, eggs and vanilla. Fold in apples, nuts and raisins. Pour batter into greased and floured 9 or 10 inch tube pan. Bake in 350 degree oven 1 hour, 15 minutes or until tester comes out clean. Cool cake in pan or wire rack for 10 minutes. Remove from pan and cool completely. Spoon Lemon Glaze over cake.

GERMAN APPLE CAKE

Millie Cole-Hatchard

5 cooking apples
5 Tbsp. sugar

2 tsp. cinnamon

Peel and slice apples thin. Add sugar and cinnamon. Toss with fork and set aside.

In large bowl - add:

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

4 eggs
1 c. vegetable oil
1/3 c. orange juice
2 tsp. vanilla

Blend on low speed on mixer 1 minute. Clean down side of bowl. Increase speed to medium and blend for 3 minutes. (Batter will be very thick.)

Fill greased and floured 10 inch tube or Bundt pan with batter, 1/2 of apples, batter, rest of apples and finish with batter. Bake 1 1/2 - 1 3/4 hours in 350 degree oven until cake tester comes out clean.

Cool on rack for 10 minutes, then remove from pan. When cake is cool - make glaze with:

1 1/2 c. confectioner's sugar
2 Tbsp. soft butter

1 1/2 tsp. vanilla
1-2 Tbsp. water

Drizzle over cake.

JEWISH POUND CAKE

Carol Macauly

1/2 lb. oleo
2 c. sugar
4 eggs
4 c. flour
1 tsp. salt
2 tsp. baking powder
2 tsp. baking soda

1 pint sour cream
1 Tbsp. vanilla
Filling:
5 Tbsp. white sugar
3 1/2 tsp. cinnamon
1 1/2 c. finely chopped nuts

Mix ingredients for cake. Grease and flour pans. Mix ingredients for filling. Put 1/4 batter in pan, sprinkle filling. Keep alternating. Sprinkle remaining filling on top. Bake 1 hour in 350 degree oven.

KENTUCKY BUTTER CAKE

Betty McElroy

Sift:

3 c. flour
1 tsp. baking powder

1 tsp. salt
1/2 tsp. soda

(be sure to sift above or it won't turn out)

Cream 1 cup butter. Gradually add:

2 c. sugar

4 unbeaten eggs, one at a time

beating well after each. Add 1 cup buttermilk or sour milk and 2 teaspoons vanilla. Mix all well.

Combine flour mixture and creamy mixture and mix well. Bake in pre-heated 350 degree oven for 60 minutes in Angel Food Cake pan, greased and floured. (See Frosting recipe under Frostings).

MAYONNAISE CAKE

Jessie O'Dell

Sift together:

2 c. sugar
4 c. flour
8 tsp. cocoa

4 tsp. baking soda
pinch of salt

Mix together:

2 c. cold water
2 c. Hellmann's Mayonnaise

2 tsp. vanilla

Bake 350 degrees for 1 hour in ungreased pan (large).

MAYONNAISE CAKE

Fannie Blanche

2 c. flour
1 c. sugar
6 Tbsp. cocoa
2 tsp. baking soda

1 c. Miracle Whip
1 c. milk
1 tsp. vanilla

Bake 375 degree oven 25 minutes.

MOLASSES CAKE

Fannie Blanche

3/4 c. brown sugar
1 c. molasses
1 egg
pinch of salt
1 tsp. cinnamon

1 tsp. cloves
1 tsp. baking soda
1 c. warm water
1/2 c. Crisco
2 1/2 c. flour

Bake 325 degree oven 25-30 minutes.

OATMEAL CAKE

Louise Cummings

Pour 1 1/4 c. boiling water over 1 c. quick oats. Let stand until cool. Add:

1/4 c. oleo
1 c. brown sugar

1 c. white sugar

Beat well. Add 2 beaten eggs and 1 tsp. vanilla. Continue to beat well.

Sift together:

1 1/3 c. all-purpose flour
1 tsp. cinnamon

1 tsp. soda
1/2 tsp. salt

Add to above mixture, beat thoroughly. Bake in greased loaf pan, medium size, 350 degree oven 30-35 minutes.

Icing:

5 Tbsp. flour mix with

1 c. milk

Cook until thick. Set aside or refrigerate until cold.

Cream together:

1 c. granulated sugar

1 c. shortening (1/2 Crisco, 1/2 oleo)

Add the COOL mixture a little at a time - continue beating until light and fluffy. Add 1 teaspoon vanilla.

OLD-FASHIONED BUTTER CAKE

Shirley O'Dell

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

Grease and flour 9 x 13 inch pan. Pre-heat oven to 350 degrees. Cream butter and sugar. Add flour, a small amount at a time with 1 egg and 1/4 cup milk until all 4 eggs, flour and milk are incorporated. Beat thoroughly after each addition. Blend in vanilla, baking powder and salt. Mix well. Pour into prepared pan. Bake 30-40 minutes or until done. May be frosted or not, as desired. Also cupcakes - line muffin pans with paper cups. Fill cups 2/3 full. Bake at 375 degrees for about 20 minutes or until done.

PUMPKIN-WALNUT CAKE

Jeanette Strassburg

3 c. sifted flour	4 large eggs
2 tsp. baking powder	2 c. sugar
2 tsp. baking soda	1 1/2 c. corn oil
1 tsp. salt	1 (1 lb.) can pumpkin
3 1/2 tsp. cinnamon	1 c. coarsely chopped walnuts
Confectioner's Sugar, if desired*	

On wax paper - sift together flour, baking powder, baking soda, salt and cinnamon. In a large mixing bowl with electric mixer at high speed, beat eggs until yolks and whites are combined. Gradually add sugar, beating until thick and lemon color. Basting constantly, pour in corn oil.

With mixer at Low speed, blend in sifted dry ingredients. Beat until smooth. After each addition, stir in walnuts.

Turn batter into ungreased Angel Food or other tube cake pan. (10x4 inch). Bake in pre-heated 350 degree oven until a cake tester in center comes out clean, about 1 hour, 10 minutes.

Place cake in pan on wire rack to cool completely before removing from pan.

*If desired, sprinkle with confectioner's sugar.

PRUNE SPICE CAKE

Mrs. Jeanette Strassburg

1 c. oil
2 c. sugar
3 eggs
2 c. flour
1 tsp. baking soda
2 tsp. nutmeg

2 tsp. cloves
2 tsp. cinnamon
2 tsp. allspice
1/2 tsp. salt
1 c. sour cream
1 c. each: cooked prunes, chopped,
chopped walnuts

On wax paper - sift together flour, baking soda, nutmeg, cloves, cinnamon, allspice, salt.

In large mixing bowl - mix oil, sugar and eggs. Mix well. Blend in sifted dry ingredients, alternately with sour cream. Stir in prunes and walnuts. Pour into greased, floured 13x9x2 inch baking dish. Bake in pre-heated 350 degree oven, about 1 hour, 10 minutes. Ice with the following.

Cream Cheese Icing:

1/4 c. butter or margarine
1 (8 oz.) pkg. cream cheese,
softened
1 lb. powdered sugar

2 Tbsp. milk
1 tsp. vanilla

SCRIPTURE CAKE

Phyllis Heaphy

1 Kings 9:16
1 Samuel 30:12
1 Samuel 30:12
Genesis 43:11

1 Kings 4:22
Isaiah 10:14
Isaiah 10:14
Luke 13:21
Judges 5:25
Jeremiah 6:20
1 Kings 10:10
Leviticus 2:13
Genesis 24:11

1 c. figs
1 c. raisins
1/2 c. almonds
2 cups flour (reserve some to flour
fruit)
3 egg whites, stiffly beaten
1/2 c. butter
2 tsp. baking powder
1/2 c. water
1 1/2 c. sugar
1/2 tsp. each: cinnamon, mace, cloves
1/2 tsp. salt
3 egg yolks, beaten
1 Tbsp. honey

PROVERBS 24:13 Grease and flour 9 or 10 inch tube pan. Put fruit and nuts through food chopper or chop fine and flour well with some flour from the recipe. Beat egg whites until stiff, not dry; reserve. In a mixing bowl - blend butter, sugar, spices and salt. Beat

egg yolks and add. Sift in baking powder and remaining flour, add the water and the honey. Add floured fruits and nuts. Follow Solomon's advice for making "good boys" - "Thou shalt beat him with a rod..."

Proverbs 23:14 - fold in stiffly beaten egg whites. Pour batter into greased and floured tube pan. Bake for 50-60 minutes at 375 degrees. (This cake stores well wrapped in foil. It may be glazed for added flavor.)

SHOO-FLY CAKE

Elaine Stroud

1 lb. brown sugar
1/2 c. butter

4 c. flour

Mix flour and sugar and cut in butter. Reserve 1 1/2 cups of this mixture. Optional additions to reserved mixture:

cinnamon, honey, ground nuts, other spices, coconut, dried fruit or any combination.

To remaining mixture add 2 cups of boiling water and 2 teaspoons of baking soda. Mix well and pour into 9 x 13 inch pan. Sprinkle with reserved crumbs. Bake at 350 degrees for 45 minutes.

STRAWBERRY CAKE

Betty McElroy

1 pkg. white cake mix
1 small pkg. Strawberry Jello
1 c. Wesson Oil

3 Tbsp. flour
4 eggs
1 c. sliced strawberries with juice

Combine thoroughly all ingredients. Pour into greased 13 1/2 x 9 1/2 inch pan. Bake 1 hour, 10 minutes at 300 degrees or to suit your oven. Frost if desired or use plain with strawberries and whipped cream on top.

SOUR CREAM BANANA-PECAN CAKE

Shirley O'Dell

1/4 c. butter or margarine,
softened
1 1/3 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder

1 tsp. baking soda
3/4 tsp. salt
1 c. dairy sour cream
1 c. mashed ripe bananas (2 med.)
3/4 c. chopped pecans

Grease and line with wax paper and 9 x 13 inch pan. Beat

margarine until fluffy in large bowl of electric mixer. Gradually add sugar, continue beating until light and fluffy. Beat in eggs, one at a time. Add vanilla. Add flour, baking powder and baking soda, alternately with sour cream. Add banana and pecans. Mix until just blended. Turn into prepared pan. Bake 350 degree oven 40 minutes or until done. Cool in cake pan for 10 minutes. Turn out onto wire rack - cool completely.

Hints: I use Hecker's Flour and I don't sift it. Buy very ripe bananas and freeze until needed - this makes a more moist cake. Thaw before using. Walnuts or Black Walnuts may be used instead of pecans.

TROY CHOCOLATE CAKE

Viola Halstead

1 c. sugar
1/2 c. mayonnaise
1 egg
1 tsp. vanilla
1/2 c. cocoa

1/2 tsp. salt
1 tsp. baking soda
1 1/4 c. flour
3/4 c. lukewarm water

Combine first 4 ingredients in bowl. Sift dry ingredients. Add them and the water to creamed mixture. Beat until well-blended. Bake at 325 degrees for 35 minutes. For cupcake, bake at 350 degrees for 15 minutes. Stays fresh for days!

TOASTED BUTTER PECAN CAKE

Shirley O'Dell

2 c. pecans, chopped
1 1/4 c. butter
3 c. sifted flour
2 tsp. double acting baking powder
1/2 tsp. salt

2 c. sugar
4 unbeaten eggs
1 c. milk
2 tsp. vanilla

Toast pecans in 1/4 cup butter in 350 degree oven 20-25 minutes. Stir frequently. Sift flour, baking powder and salt. Cream 1 cup butter; gradually add sugar, creaming well. Blend in eggs, beat well after each. Add dry ingredients alternately with milk beginning and ending with dry ingredients. Blend well after each addition. Stir in vanilla and 1 1/3 cups pecans. Turn into a greased and floured 9x13 in. pan, and bake 350 degrees 30-40 minutes or until done. Cool and spread with frosting.

TOMATO SOUP CAKE

Fannie Blanche

2 c. sugar
1/2 lb. butter
2 c. flour
1 tsp. cloves
1 tsp. cinnamon
pinch of salt

1/2 lb. raisins
1 can tomato soup
1 tsp. baking soda

Cream butter, sugar, add raisins. Sift dry ingredients and work them in lastly. Add soup and soda. Bake 1 - 1 1/2 hours, add egg, if desired (350 degree oven).

WACKY CAKE

Dianne Thaler

1 c. sugar
1 1/2 c. flour
1/4 c. sifted cocoa
1/2 tsp. salt

1 tsp. baking soda
1 tsp. vinegar
1/3 c. salad oil
1 c. cold water

Place all ingredients in an ungreased 7 x 11 inch cake pan and stir until all lumps are gone. Bake in 350 degree oven for 30-35 minutes.

WHITE FRUIT CAKE

Fannie Blanche

1 c. shortening
2/3 c. sugar
1 egg + 3 egg yolks
1 Tbsp. grated orange rind
2 Tbsp. orange juice

1 c. white raisins
1/2 c. chopped citron
1/2 c. candied pineapple
2 1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt

Cream together shortening, sugar. Add egg. Beat well. Add yolks, one at a time beating after each. Add rind and orange juice. Dredge fruit with 1/2 cup flour. Sift rest of flour, baking powder and salt. Add to cream mixture. Add fruit. Pour in greased pan. Bake in Slow 325 degree oven 1 1/2 - 2 hours. I used the whites of eggs. Beat stiff.

EVERYTHING BARS

Miss Debbie Thaler

1/2 c. butter or margarine
(1 stick)
32 large marshmallows OR
3 c. miniature marshmallows
1/2 c. creamy peanut butter
1/2 c. instant non-fat dry milk

1/4 c. orange instant breakfast
drink mix
1 c. raisins
4 c. O shaped puffed oat cereal

Grease baking pan with some butter or margarine. Heat 1/2 cup butter and 32 large marshmallows in saucepan over low heat until marshmallows melt, stirring constantly. Stir in 1/2 cup peanut butter until it melts. Stir in 1/2 cup dry milk and 1/4 cup breakfast drink - mix. Remove from heat.

Stir in 1 cup raisins and 4 cups cereal until coated. Empty into buttered pan, patting the mixture smoothly out. Use a buttered spoon to pat out. Cool. Cut into bars 3 x 1 inch wide. Makes about 27 bars.

MAGIC BARS

Jean O'Dell

1/2 c. butter or margarine	1 (6 oz.) pkg. semi-sweet chocolate chips
1 1/2 c. graham cracker crumbs	
1 can condensed milk (not evaporated)	1 (3 1/2 oz.) can flake coconut
	1 c. chopped nuts

In 13 x 9 inch baking pan - melt butter or margarine. Remove from heat. Sprinkle crumbs over butter. Pour sweetened condensed milk evenly over crumbs. Top with chocolate chips, flake coconut and nuts - press down gently. Bake 350 degrees for 25 minutes or until golden brown. Cool - cut into 3 x 1 1/2 inch bars.

ROCKY ROAD BARS

Darlene Schofield

1/4 c. sifted flour	1 Tbsp. softened butter
1/4 tsp. baking powder	1/2 tsp. vanilla
1/8 tsp. salt	1 c. coarsely chopped walnuts
1/3 c. brown sugar, packed	1 c. quartered marshmallows
1 egg	1 (6 oz.) pkg. (1 cup) semi-sweet real chocolate pieces

Sift flour with baking powder and salt; add sugar, egg, butter and vanilla. Beat smooth - stir in 1/2 cup walnuts - turn into greased 9 inch square pan. Bake 350 degrees 15 minutes until top is lightly brown and springs back - remove from oven immediately arrange marshmallows remaining walnuts and chocolate over top. Return pan to oven for 2 minutes or until chocolate is softened remove from oven, swirl chocolate over marshmallows and walnuts - cool until chocolate is set.

BIRD'S NEST COOKIES

Jean O'Dell

1 c. margarine	1/2 tsp. salt
2/3 c. sugar	1/2 tsp. vanilla
1 egg	2 egg whites, slightly beaten
2 1/2 c. all-purpose flour	2 c. finely ground walnuts

Cream margarine and sugar. Beat in egg. Stir in flour, salt and vanilla. Chill 1 hour. Shape dough in small balls. Dip each into beaten egg whites. Roll in walnuts. Place on greased sheet. With finger press center to make a well. Bake 350 deg. 5 minutes. Again press center down. Bake 3-5 min. longer, or until lightly browned. Remove from sheet; cool. Fill centers with jelly or icing.

Virginia Houghton

PECAN PUFFS

4 ingredients

3 dozen cookie - yeild

1/2 lb. butter

1 c. chopped pecans

1 1/2 c. confectioner's sugar

2 c. flour

Soften butter - beat together with 1 cup sugar very light. Add flour and nuts. You will probably have to work with your hands as if kneading dough. Pinch small piece of dough off - roll in palm of hand into small ball, size of walnut place on cookie sheet. Bake 350 degree oven 20-30 minutes. When almost cool, shake in bag with remaining sugar, if desired.

BUTTER COOKIES

Kathy Daily

1 c. soft butter or margarine

2 tsp. vanilla

1/2 c. granulated sugar

2 1/4 c. sifted flour

1/2 tsp. salt

Mix butter with sugar until creamy, add salt, vanilla, flour and mix well. Using fingers - shape dough into 1 inch ball. Place on ungreased cookie sheet. Before baking cookies press cherry halves on top. Also can roll in nutmeg and press in some type of nuts.

Bake 350 degree oven 12-15 minutes.

CHOCOLATE SUGAR COOKIES

Shirley O'Dell

1/2 c. butter

1/2 tsp. salt

1 c. sugar

1 tsp. baking powder

1 egg or 2 egg yolks

1 1/2 c. flour

1 Tbsp. cream or milk

1/3 c. dry cocoa or 2 sq. melted chocolate

1/2 tsp. vanilla

Let butter come to room temperature. Beat in sugar, egg, milk and vanilla. Add chocolate. Add other ingredients, mixed and sifted together. Mix well. Add enough extra flour to make mixture stiff enough to roll out (about 1/4 cup). Chill thoroughly 1 hour or more. Roll out 1/4 inch thick on lightly floured board and

cut with floured cutters. Bake on ungreased cookie sheet at 375 degrees about 8 minutes depending on size of cookies. Cool. Can be painted with white glaze.

1 c. confectioner's sugar 2 Tbsp. boiling water

Can be sprinkled with colored sugar for Christmas cookies.

FORTUNE KISSES COOKIES

Virginia Houghton

1 egg white
1/2 tsp. vanilla
1 beaten egg white
stiff, but not dry

1 c. dark brown sugar, packed firm
1/2 c. chopped pecans

Add brown sugar. Beat very stiff until light in color. Add vanilla and fold in pecans. Drop from teaspoon on lightly greased baking sheet. Bake 15 minutes at 300 degrees. Yield - 16.

OLD-FASHIONED GINGER COOKIES

Pearl Jones

1 c. sugar
1 egg
1 c. molasses
1 Tbsp. vinegar

1 Tbsp. ginger
1/2 c. butter (or shortening)
1 tsp. baking soda - dissolved
in 1/2 c. warm water

Mix like cookie dough, rather stiff, roll out on floured board and cut out with cookie cutter. Bake from 10-12 minutes, oven temp. 350 degrees.

If you like - mix confectioner's sugar with a little water and ice them on the bottom side.

PECAN TASSIES

Jo Grosso

Tart Cup Pan

Oven 350 degrees; Time - 25 minutes

Dough:

1/2 tsp. salt
2 sticks margarine

2 (3 oz.) pkgs. cream cheese,
softened
2 1/2 c. flour

Blend and refrigerate until workable. Pinch off a small ball of dough and press into tart cup pan.

Filling:
3 eggs, beaten

2 c. brown sugar

(Cont.)

1 1/2 c. chopped pecans
3 Tbsp. melted butter or
margarine

1 1/2 tsp. vanilla
1/2 tsp. salt

Fill tart shells and bake 25 minutes at 350 degrees.

ROOT BEER COOKIES

Miss Debbie Thaler

1 c. brown sugar, packed
1/2 c. butter or margarine,
softened (1 stick)

1 3/4 c. all-purpose flour (if using
self-rising, omit baking powder
and salt)

1 egg
1/4 c. buttermilk or water
1 tsp. root beer extract

1/2 tsp. baking soda
1/2 tsp. salt
Root Beer Glaze (see below)

Mix brown sugar, butter and egg in bowl until fluffy. Stir in buttermilk, root beer extract, flour, baking soda and salt. Mix until smooth. Cover and refrigerate at least 1 hour. When dough has been refrigerated 1 hour. Heat oven to 400 degrees.

Grease cookie sheet with shortening. Drop dough by rounded teaspoonfuls about 2 inches apart onto greased cookie sheet. Bake in 400 degree oven 6-8 minutes or until no impression remains when a cookie is touched lightly. Immediately lift cookies to rack with pancake turner. Prepare glaze.

Root Beer Glaze:

2 c. powdered sugar
1 1/2 tsp. root beer extract

1/3 c. butter or margarine, softened
2 Tbsp. hot water

Place waxed paper under the rack. Spoon the glaze over the cookies.

SNICKERDOODLES

Robert Stroud

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

1 tsp. soda
2 tsp. cream of tartar
1/2 tsp. salt

Roll in cinnamon and sugar mixture. Bake 8-10 minutes at 400 degrees.

SOUR CREAM COOKIES

Marion McElroy

1 large egg
1 tsp. baking soda
1 c. sour cream
1 1/4 c. sugar

1/2 tsp. salt
1/2 c. oleo
6 c. pre-sifted flour

Beat egg light. Dissolve soda in 1/2 tablespoon hot water. Add to sour cream. Combine with sugar, salt and melted shortening. Stir in 1/2 teaspoon nutmeg and 4 cups flour; add more flour if needed. Roll 1/3 inch thick. Brush with milk. Dust with granulated sugar. Bake 375 degrees 8 minutes or until brown.

AUNT ANN'S WHITE ICING

Joan Bender

This recipe originally came from the Waldorf Astoria. The icing tastes very much like whipped cream. Great for people who don't like sweet icing.

Cook over low heat until thick:

1 c. milk
dash of salt

1/4 c. flour

COOL. Cream together:

1/2 c. Crisco
1 stick margarine

1 c. granulated sugar
1 tsp. vanilla

Beat both mixtures together until fluffy.

BUTTER SAUCE - FOR KENTUCKY BUTTER CAKE Betty McElroy

1/2 c. butter/margarine
(butter is better)
1 c. sugar

1 Tbsp. vanilla
1/4 c. water

Heat all in saucepan. Take cake, when done, from oven and remove from pan. While still HOT, poke holes in top; pour sauce over cake and spread on sides. Then top with confectioner's sugar and cherries, if desired.

ICING FOR SOUR CREAM BANANA-PECAN CAKE

Shirley O'Dell

In a chilled mixer bowl - blend:

1 pkg. Dream Whip
1 1/2 c. cold milk

1 pkg. Instant Vanilla Pudding Mix
1 tsp. vanilla extract

Beat until stiff and fluffy, 3-8 minutes. Immediately frost cake with icing. Must be stored in refrigerator.

ICING FOR APPLE CAKE

Shirley O'Dell

1 lb. powdered sugar
1 (8 oz.) pkg. cream cheese

1 stick margarine which has been softened
2 tsp. vanilla

Blend all together very well and spread on cooled cake. This makes a lot of icing but use it all.

MOCK MARSHMALLOW FROSTING

Shirley O'Dell

5 Tbsp. flour
1 c. milk
1 c. softened butter or margarine

1 c. sugar
1 tsp. vanilla extract

Place flour in a small saucepan. Add milk gradually, stirring constantly until mixture is smooth and blended. Place mixture over moderately low heat (about 225 degrees) and cook stirring constantly until thickened and smooth.

(Mixture will be fairly stiff). Cool. Place butter in the small bowl of an electric mixer and beat until creamy. Add sugar gradually and beat until mixture is light. Add the cooled flour mixture and beat at high speed until mixture is light and fluffy, about 1-2 minutes. Gently fold in vanilla. This icing may be colored with food coloring and used in cake decorator.

CRUMB TOPPING

Sandy Welsh

This topping is to be put on any yellow or white cake mix after cake has cooked at 250 degrees for 30 minutes, then add topping and cook an additional 10 minutes.

2 sticks butter, melted
1/2 c. sugar
2 c. flour

2 Tbsp. cinnamon
pinch of salt

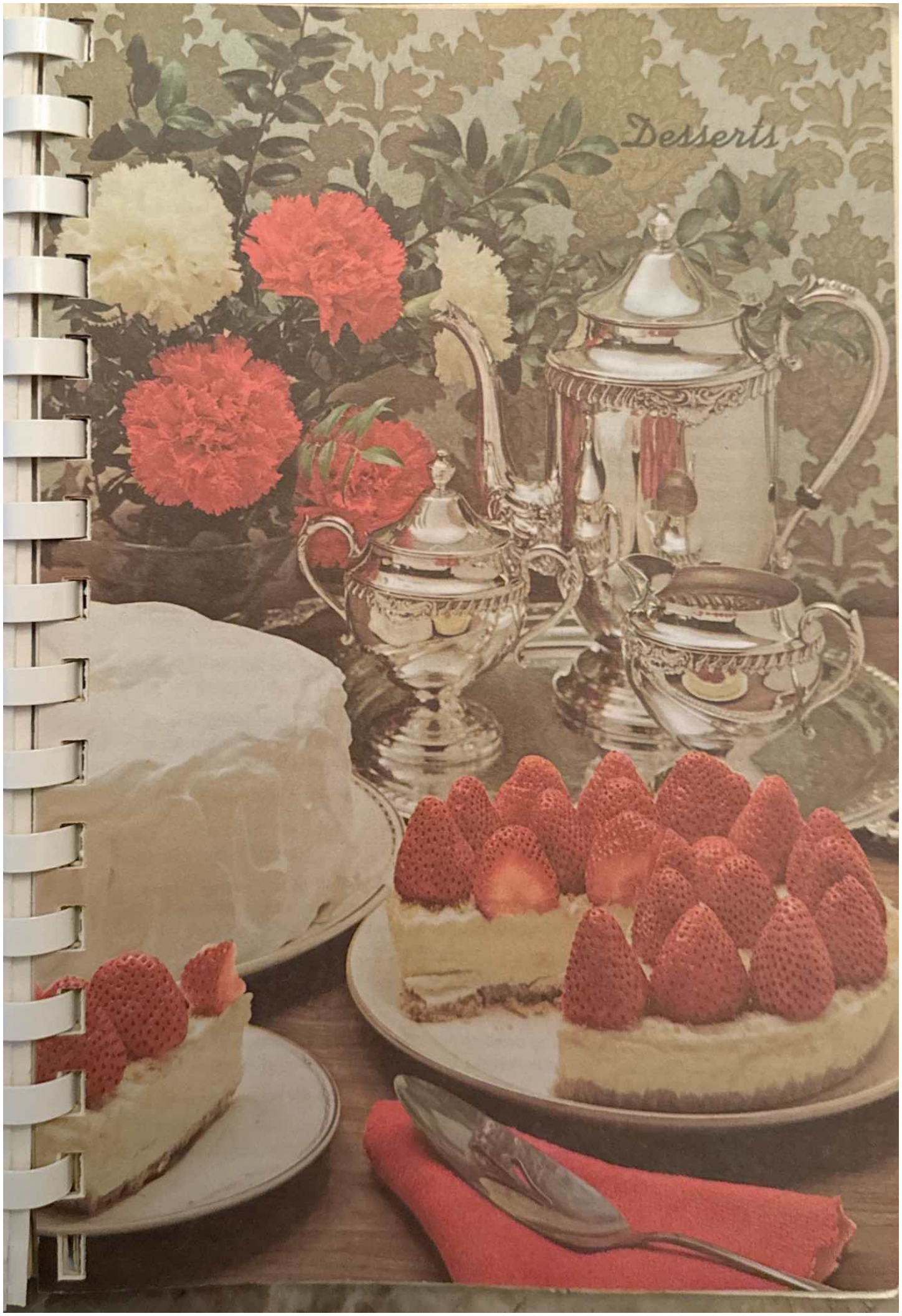
After cake has cooled, sprinkle with powdered sugar.

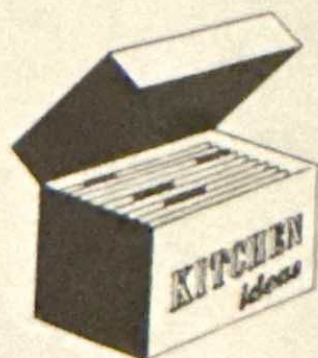
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Desserts





A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

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

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

AMBROSIA

Eva Young

3 small Mandarin oranges
1 #2 can pineapple chunks,
cut in pieces
1 pint sour cream

1 c. small marshmallows
1 can coconut
1/2 c. slivered almonds (toasted)

Drain fruit well. Place all ingredients in bowl and mix well. Refrigerate a couple of hours before serving.

AMBROSIA

Helen Bulson

1 large can sliced peaches
1 large can Bing cherries
1 large can pineapple chunks

white grapes
1 pt. sour cream
24 large marshmallows, cut into
1/4ths

Drain all juices and mix fruit together. Mix with sour cream and add marshmallows. Refrigerate for 24 hours.

APPLE CRISP

Marion McElroy

Peel and core 6 large tart apples
Pour over apples - 1 cup frozen orange juice.

Combine and sprinkle over apples:

1/2 c. sugar

1/2 tsp. cinnamon

In a small bowl - work together until crumbly with pastry blender or fingers:

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

1/4 tsp. salt
6 Tbsp. oleo

Spread over apples. Pat smooth with back of spoon. Bake 45 minutes at 350 degrees or until apples are done. Serve with whipped cream or plain.

APPLE CRISP

Mrs. Linda Branson

Grease pan
4-5 sliced apples - sprinkle with sugar, cinnamon and nutmeg

Topping:

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

1/2 c. margarine

Bake 350 degrees for 1/2 hour.

BANANA PUDDING

Dianne Thaler

1 box Vanilla Wafers, use
what you need
about 4 bananas, sliced

Vanilla Pudding, cooked - chilled
egg whites, beaten stiff to which
sugar has been added

In a baking dish - make layers of vanilla wafers, bananas and vanilla pudding. Continue until all ingredients are used or pudding is all used up. Cover with egg whites and put into hot oven to brown the tips of the meringue. Then refrigerate. Delicious!

BLUEBERRY DELIGHT

Ella Bender

18 whole graham crackers
1 box instant vanilla pudding

1 c. Cool Whip

Line bottom 9 inch square pan with crackers. Prepare pudding mix according to directions and let stand 5 minutes. Blend in Cool Whip. Spread half of pudding mix over crackers, another layer of crackers and rest of pudding mix. On top - spread 1 can Blueberry pie filling. Chill 3 hours. Other fruits may be used - very good and quick.

CHARLOTTE COOPER'S RECIPE

1/2 c. graham crackers
1/2 lb. marshmallow
1 c. nuts

1 c. dates
1 c. milk

Roll crackers, cut marshmallows, nuts, dates. Mix together. Add enough milk to make a firm roll. After which roll in some extra crumbs and let stand in refrigerator overnight. Slice and serve with whipped cream.

CHEESECAKE

Nancy Jones

1 lb. cream cheese	4 egg yolks
1 c. sugar	1 c. light cream
4 Tbsp. sifted cake flour, Presto	1 tsp. vanilla
1/4 tsp. salt	4 egg whites, stiffly beaten

Pre-heat oven to 325 degrees. Beat the cream cheese until light and fluffy. Add the sugar, flour and salt, beating well. Add 1 egg yolk at a time, beating after each addition. Beat in cream and vanilla - fold in egg whites. Pour into 9 inch spring-form pan and bake 1 hour or until knife comes out clean. Cool 3 hours.

CHERRY DELIGHT DESSERT

Louise Cummings

2 c. graham cracker crumbs	3 Tbsp. powdered sugar
1 env. Knox gelatin	1 stick butter

Mix all together and cover bottom of 9 x 12 inch pan.

1 large + 1 small pkg. cream cheese	1 large pkg. Dream Whip
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Whip with:

1 c. milk	1/2 c. sugar
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Blend cream cheese with 1/2 cup milk - then add cream cheese and Dream Whip mixture and beat altogether. Spread evenly over the graham cracker crumbs. Take 2 cans cherry pie filling and spread over that. Put in refrigerator overnight.

CHERRY-TOPPED CHEESE CAKE

Kathleen O'Dell

1 pkg. Duncan Hines Yellow Cake Mix	4 eggs
2 Tbsp. oil	1 1/2 c. milk
2 pkg. (8 oz.) each cream cheese, softened	3 Tbsp. lemon juice
1/2 c. sugar	3 tsp. vanilla
	2 cans cherry pie filling or kind of your choice

Pre-heat oven to 300 degrees. Reserve 1 cup of dry cake mix.

In large mixing bowl - combine remaining cake mix, 1 egg and oil - mixture will be crumbly.

Press crust mixture evenly into the bottom and 3/4 way up the sides of a greased 9x13x2 inch pan.

In same bowl, blend cream cheese and sugar. Add 3 eggs and reserved cake mix. Beat 1 minute at medium speed. At low speed slowly add milk and flavorings; mix until smooth.

Pour into crust and bake 300 degrees for 45-55 minutes until center is firm.

When cool, top with pie filling. Chill before serving. Store in refrigerator.

CREAM CHEESE TARTS

Lois Wilkinson

Oven 350 degrees.
Use aluminum cup liners

Time 10-15 minutes.
Yield - 20-22 tarts

2 (8 oz.) pkgs. cream cheese,
softened
3/4 c. sugar
1 tsp. vanilla

2 eggs
1 box vanilla wafers
aluminum muffin liners (peper
cupcake liners may take an
extra 2-3 minutes)

Line cupcake muffin pan with aluminum holders. Place vanilla wafer in bottom of each. Combine all other ingredients. Spoon over wafer until 1/2 full. Bake 350 degree oven 10-15 minutes. Cool; spoon any fruit or other topping. Refrigerate.

DIPLOMAT PUDDING

Eva Young

1 1/2 pt. milk in top of double boiler.
Add 4 heaping tablespoons sugar - pinch of salt.
Dissolve 2-3 Tbsp. of flour in cold water; add to above.
While this is cooking, dissolve:

1 Knox Plain Gelatin (1/2 amount in the box) in cold water.

Set cup containing gelatin and water in pan of hot water.
When thoroughly dissolved, add to the above mixture after it has cooked 10-15 minutes.

Beat 4 egg yolks - add a little hot mixture to egg yolks, gradually so they don't curdle. Put in top of double boiler. Cook another 15 minutes until thickened.

Remove from flame - add stiffly beaten egg whites and 2 Tbsp. rum or brandy flavoring and 1 teaspoon vanilla.

Pour half of mixture in mold - which has been dipped in cold water. Add layer of crumbled macaroons - then layer of currant jelly. Add rest of mixture on top. Freeze - remove from mold and serve.

ENGLISH TRIFLE

Beverly Waldron

1 family size Jello - red
1 large can Fruit Cocktail
1 Angel Food ring or bar

2 pkg. Vanilla Pudding - not instant
1 pint heavy cream or 1 large
Cool Whip

Drain fruit cocktail. Add enough cold water to juice to make 2 cups.

Prepare jello according to directions using juice for cold water. Pour in fruit and break up angel cake into chunks until all liquid is absorbed.

Let set in refrigerator. Cook pudding according to directions.

Let pudding cool - then cover jello mixture with pudding. Whip cream and top the pudding.

Make in clear bowl - can be made day before - then top with cream before serving.

ICE CREAM TORTE

Darlene Schofield

Use spring-form baking pan - oil on bottom.

Fudge Sauce:

8 oz. semi-sweet morsels
1 c. heavy cream

1/2 tsp. instant coffee

After boil and becomes thick, add:

1 Tbsp. rum

30-40 vanilla wafers, crushed

Put some crushed wafers on bottom - put 1 quart chocolate ice cream on top of wafers - put couple tablespoons of fudge sauce on top of ice cream - spread it so it covers chocolate - then more crushed wafers, then 1 quart coffee or vanilla ice cream smooth it out; more chocolate sauce on top with English Toffee and nuts - put in freezer for 3 hours.

IMPOSSIBLE PIE

Hazel Peifley

4 eggs
1 c. coconut
1/2 c. sugar
1 tsp. vanilla

1/2 c. Bisquick
1/2 stick oleo
2 c. milk

Combine all ingredients and blend in a blender. Pour into a greased pie plate. Bake at 350 degrees for 50 minutes. Test with

a knife if it comes out clean, it's done.

MERRY CHEESE CAKE

Gladys Jones

1 c. flour	8 oz. pkg. cream cheese, softened
1/2 c. softened margarine	1/4 c. white sugar
1/2 c. firmly packed brown sugar	1 egg
1/2 c. chopped nuts	2 Tbsp. each: milk, lemon juice
	1/2 tsp. vanilla

Combine flour, margarine, sugar. Blend with mixer 2-3 minutes until fine. Stir in nuts. Reserve 1 cup of mixture for topping. Put remainder in ungreased 8 inch square pan. Bake 10 minutes. Spread filling over crust - spread crumbs on top. Bake 25-30 minutes until brown. Cut in bars.

PINEAPPLE-CHERRY DESSERT

Louise Cummings

Melt in double boiler:

3 pkgs. Jello	3 c. water
2 c. small marshmallows	

Add:

1 large can crushed pineapple 1 small can cherries

Set to cool.

Mix 1 large package Dream Whip as directed on box omitting flavoring. Add large package cream cheese. Blend well. Refrigerate to chill and set.

PUFFY MALLOW SNOWBALLS

Miss Debbie Thaler

2 frozen round waffles, 4 1/2 inch across	1 c. miniature marshmallows
2/3 c. chocolate ice cream	2 Tbsp. chocolate flavored topping

Toast 2 waffles - then cool about 15 minutes. Place on ungreased cookie sheet. Place 1 scoop of ice cream in the center of each waffle. Quickly place the waffles in freezer. Freeze about 1 hour or until the ice cream is firm. About 10 minutes before serving - heat oven to 500 degrees.

Just before serving take one waffle out of the freezer and press 1/2 cup of the miniature marshmallows into the ice cream.

Return the first waffle to the cookie sheet in the freezer. Take the second waffle out of the freezer and press remaining 1/2 cup marshmallows into the ice cream. Return second waffle to the cookie sheet.

Bake in 500 degree oven 3 minutes or until the marshmallows are a light brown. Watch every minute so you can take them out as soon as they are ready. Lift the desserts to two dessert plates with pancake turner. Drizzle 1 tablespoon chocolate flavored syrup over each dessert. Serve right away!

Note: A #16 scoop is just right, about 1/3 cup is exactly the right size for this recipe).

RICH VANILLA CUSTARD

Jean O'Dell

3 c. milk, scalded
4 eggs
4 egg yolks
1/3 c. sugar
few grains salt
1 tsp. vanilla

Oven Temp: 325 degrees
Time - 75 minutes or more
1 package (10 oz.) frozen straw-
berries, defrosted
Chill overnight.
1 c. whipping cream

In a saucepan - heat the milk until small bubbles appear around edge of pan. Combine the eggs, egg yolks, sugar and salt until thoroughly mixed. Gradually stir a little hot milk at a time into the egg mixture until well-blended. Add vanilla.

Strain into a lightly buttered mold or dish. Set in pan of hot water and bake in a moderately Slow oven until custard is set or if knife inserted in center comes out clean. Remove baked custard and rack to cool. Chill. (Chill overnight).

Unmold on serving dish and garnish with whipped cream and strawberries. Serves 6 or more.

RHUBARB SQUARES

Dianne Thaler

1 c. flour
3/4 c. oatmeal
1 tsp. cinnamon
1 c. brown sugar
1 tsp. vanilla

1/2 c. melted margarine
4 c. rhubarb, cut small
1 c. sugar
1 c. water
2 Tbsp. cornstarch

Combine flour, oatmeal, cinnamon, brown sugar and margarine into a crumbly mixture. Press half of the mixture into 8 inch square pan. Spread rhubarb over it. Combine sugar, water, cornstarch and vanilla. Cook and stir until it is very thick. Pour over rhubarb. Top with the remaining half of oatmeal mixture and bake 350 degrees for 1 hour. Good with ice cream.

STRAWBERRY MALLOW PIE

Jean O'Dell

3 oz. pkg. Strawberry gelatin 2 c. miniature marshmallows
10 oz. pkg. frozen strawberries 1 c. heavy cream, whipped
9 inch graham cracker crust

Dissolve gelatin in 1 cup boiling water. Add 10 oz. package frozen strawberries, stirring until fruit separates and mixture thickens.

Fold in 2 c. miniature marshmallows and 1 cup heavy cream, whipped. Pour into 9 inch graham cracker crust. Chill until firm.

VANILLA ICE CREAM

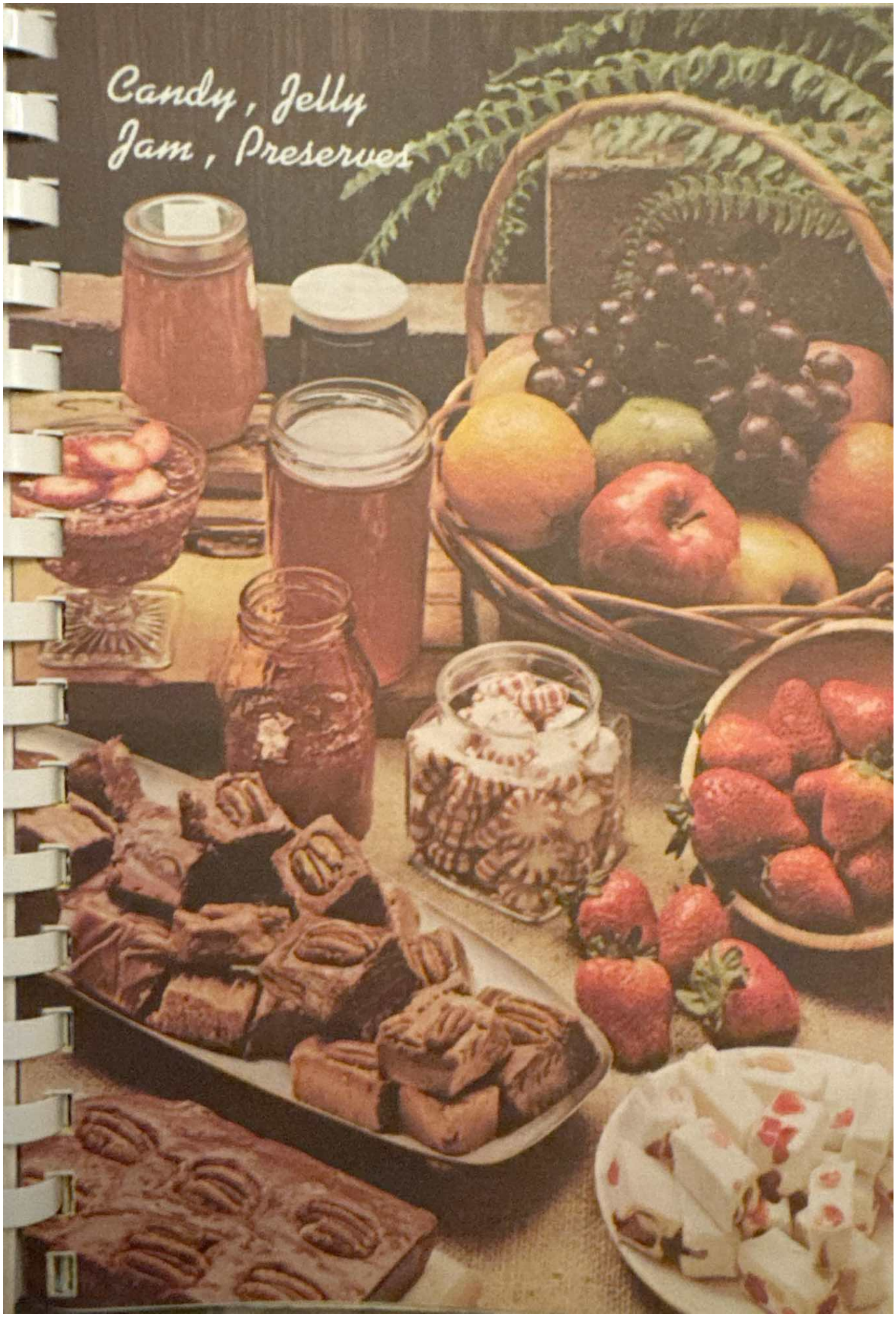
Ella Bender

2 1/2 c. sugar 6 eggs
6 Tbsp. flour 4 c. heavy cream
1/2 tsp. salt 4 1/2 tsp. vanilla
5 c. milk, scalded

Combine sugar, flour, salt in saucepan. Cook over low heat 10 minutes, stirring constantly until mixture thickens. Mix small amount of hot mixture into beaten eggs. Add to hot mixture and cook 1 minute. Chill in refrigerator. Add cream and vanilla. Pour into gallon freezer. I substitute Maple Walnuts, 2 1/2 teaspoons flavoring and 2 cups chopped walnuts to make delicious Maple-Walnut Ice Cream.

Write extra recipe here:

*Candy, Jelly
Jam, Preserves*



WEIGHTS AND MEASURES

AVOIRDUPOIS

- 1 pound = 16 ounces
- 1 hundredweight = 100 pounds
- 1 ton = 20 hundredweight = 2000 pounds
- 1 long ton = 2240 pounds

EQUIVALENT VALUES

- 1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
- 1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36	= 3	= 1			
198	= 16.5	= 5.5	= 1		
7,920	= 660	= 220	= 40	= 1	
63,360	= 5280	= 1760	= 320	= 8	= 1

APOTHECARIES

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

METRIC

- 1 centigram = 10 milligrams
- 1 decigram = 10 centigrams
- 1 gram = 10 decigrams
- 1 dekagram = 10 grams
- 1 hektogram = 10 dekagrams
- 1 kilogram = 10 hektograms
- 1 metric ton = 1000 kilograms
- 1 kilogram = 2.20 pounds
- 1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/4 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 1/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

CUBIC MEASURE

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cu. feet
- 1 U.S. shipping ton = 40 cubic feet
- 1 cord = 128 cubic feet
- 1 perch = 24 1/4 cubic feet
- 1 cubic yard = 27 cu. feet = 46656 cu. inches
- 1 U.S. liquid gallon = 4 quarts = 231 cu. inches
- 1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
- 1 board foot = 144 cubic inches

DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2,150.42 cubic inches
- British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

- 1 centimeter = 10 millimeters
- 1 decimeter = 10 centimeters
- 1 meter = 10 decimeters
- 1 dekameter = 10 meters
- 1 hektometer = 10 dekameters
- 1 kilometer = 10 hektometers
- 1 inch = 2.54 centimeters
- 1 meter = 39.37 inches
- 1 yard = 0.914 meter
- 1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

- 1 square centimeter = 100 square millimeters
- 1 square decimeter = 100 square centimeters
- 1 sq. meter = 100 sq. decimeters = 1 centar
- 1 ar = 100 centars
- 1 hektar = 100 ars
- 1 square kilometer = 100 hektars
- 1 square centimeter = 0.15 square inch
- 1 square meter = 1.20 square yards
- 1 square kilometer = 0.39 square mile
- 1 hektar = 2.47 acres
- 1 square inch = 6.45 square centimeters
- 1 square yard = 0.84 square meter
- 1 square mile = 2.59 square kilometers
- 1 acre = 0.40 hektar

CUBIC MEASURE

- 1 cubic centimeter = 1000 cubic millimeters
- 1 cubic decimeter = 1000 cubic centimeters
- 1 cubic meter = 100 cubic decimeters
- 1 cubic yard = 0.76 cubic meter
- 1 cubic meter = 1.31 cubic yards
- 1 liter = 1.06 U.S. liquid quarts
- 1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
- 1 U.S. liquid quart = 0.94 liter
- 1 U.S. liquid gallon = 3.76 liters

CANDY, JELLY, JAM, PRESERVES

BUTTER CRUNCH

Louise Twiddy

1 c. (1/2 lb.) margarine
1/2 tsp. salt
1/4 c. water

1 c. sugar
1/2 c. finely chopped nuts

Topping:

12 oz. pkg. chocolate chips,
(bits) melted

1 c. finely chopped nuts

Mix margarine, salt, water and sugar and boil to 290 degrees. Add 1/2 cup very finely chopped nuts. Pour immediately into buttered cookie sheet. Pour over this half of the melted chocolate bits and sprinkle with one half of the finely chopped nuts. Cool quickly, turn out of pan and pour remaining melted chocolate bits over second side.

Sprinkle with finely chopped nuts - cut into pieces. Let harden (or let harden and break into pieces).

CHOCOLATE FUDGE

Virginia Houghton

1 Tbsp. butter
2 c. sugar
3/4 c. milk

2 sq. chocolate
1 tsp. vanilla or
1/4 tsp. cinnamon

Melt butter in pan. Add sugar, milk and chocolate. Stir gently until chocolate melts. Boil without stirring to 234 degrees or until a soft ball forms in water. Remove from fire - stand until cool. Add flavoring. Beat with wooden spoon. Pour 3/4 inch thick in buttered pan. Mark into squares - add nuts, 1 cup or 12 marshmallows, cut in pieces.

DIVINITY FUDGE

Virginia Houghton

3 c. sugar
1 c. boiling water
1 c. corn syrup

3 egg whites, beaten stiff
1/2 tsp. vanilla
few grains salt

Mix sugar, syrup, water - place over low heat until sugar dissolves. Boil to soft ball stage 234 degrees F. Pour slowly on egg whites beating until thick. Flavor and pour into greased pan. Mark in squares.

Add nuts, fruits of coconut when thick, if desired. This is very good - especially for the holidays.

HOPSCOTCH CRUNCHIES

Francis Farr

Melt over hot, not boiling water.

1 pkg. Nestle's Butterscotch Morsels 1/2 c. peanut butter

Remove from heat - stir and add 2 cups small marshmallows.

Add 2 c. La Chaef Chow Mein Noodles. Mix all together and put on wax paper on a cookie sheet until hard.

FUDGE

Fran Perkins

2 c. packed brown sugar 1 c. evaporated milk
1 c. granulated sugar 1/2 c. butter

Combine above in saucepan. Bring to full boil stirring frequently. Boil 15 minutes, stirring occasionally. Remove from heat; add:

1 (5-10 oz.) jar Marshmallow Creme
1 (6 oz.) pkg. each: chocolate morsels and butterscotch morsels
1 c. chopped nuts 1 tsp. vanilla

Pour in greased pan and cool. Makes 2 1/2 pounds.

MARSHMALLOW CREAM FUDGE

Ella Bender

1 (10 oz.) jar Marshmallow Creme
1 1/2 c. sugar 1 (12 oz.) pkg. Nestle's chocolate chips
2/3 c. evaporated milk
1/4 c. butter or margarine 1/2 c. chopped nuts
1/4 tsp. salt 1 tsp. vanilla

Combine Marshmallow Creme, sugar, milk, butter, salt. Bring to full boil, stirring constantly over moderate heat, boil 5 minutes. Stirring constantly - remove from heat; add chocolate chips, stir until melted and mixture is smooth. Stir in nuts and vanilla. Pour into greased pan. Cut when cool. Makes 2 1/4 pounds.

PANOCHA

Helen Johnson

3 c. brown sugar 1 tsp. vanilla
1 c. milk 1 c. nutmeats
2 Tbsp. butter

Put the sugar and milk into saucepan and cook to a soft-ball stage. Remove from fire and add butter and vanilla; cool without stirring. When it is lukewarm beat until it is creamy. Stir in broken nutmeats, walnuts or pecans are especially nice. Pour into buttered pan and when it hardens cut into squares.

PRALINES

Virginia Houghton

1 7/8 c. powdered sugar
1 c. maple syrup

2 c. nuts
1/2 c. cream

Boil sugar, syrup, cream to 234 degrees or until mixture forms a soft ball in water. Remove from fire and stand until cool. Beat with wooden spoon. Add nuts and drop from tip of spoon on wax paper or spread on buttered pan. Cut in squares if desired.

PEANUT BUTTER FUDGE

Ella Bender

2 c. granulated sugar
1 c. brown sugar

2/3 c. milk

Mix well and cook over medium heat to soft ball stage. Remove from heat - add:

1 c. peanut butter, plain or chunky

1/4 stick butter
1 tsp. vanilla
nuts or coconut, if desired

Beat until creamy smooth and pour into greased pan. Cut in squares when cool.

SMITH COLLEGE CARAMELS CHOCOLATE

Virginia Houghton

2 1/2 Tbsp. butter
2 c. brown sugar
2 Tbsp. molasses

1/2 c. milk
4 sq. unsweetened chocolate
1 tsp. vanilla

Melt butter in pan. Add sugar, molasses and milk. Bring to a boiling point. Add chocolate and stir constantly until chocolate is melted. Boil to 244 degrees F. until it forms a firm ball when tried in cold water. Add vanilla and pour in buttered tin.

Write extra recipe here:

AN OLD AND FAMILIAR TABLE GRACE

Be present at our table, Lord,

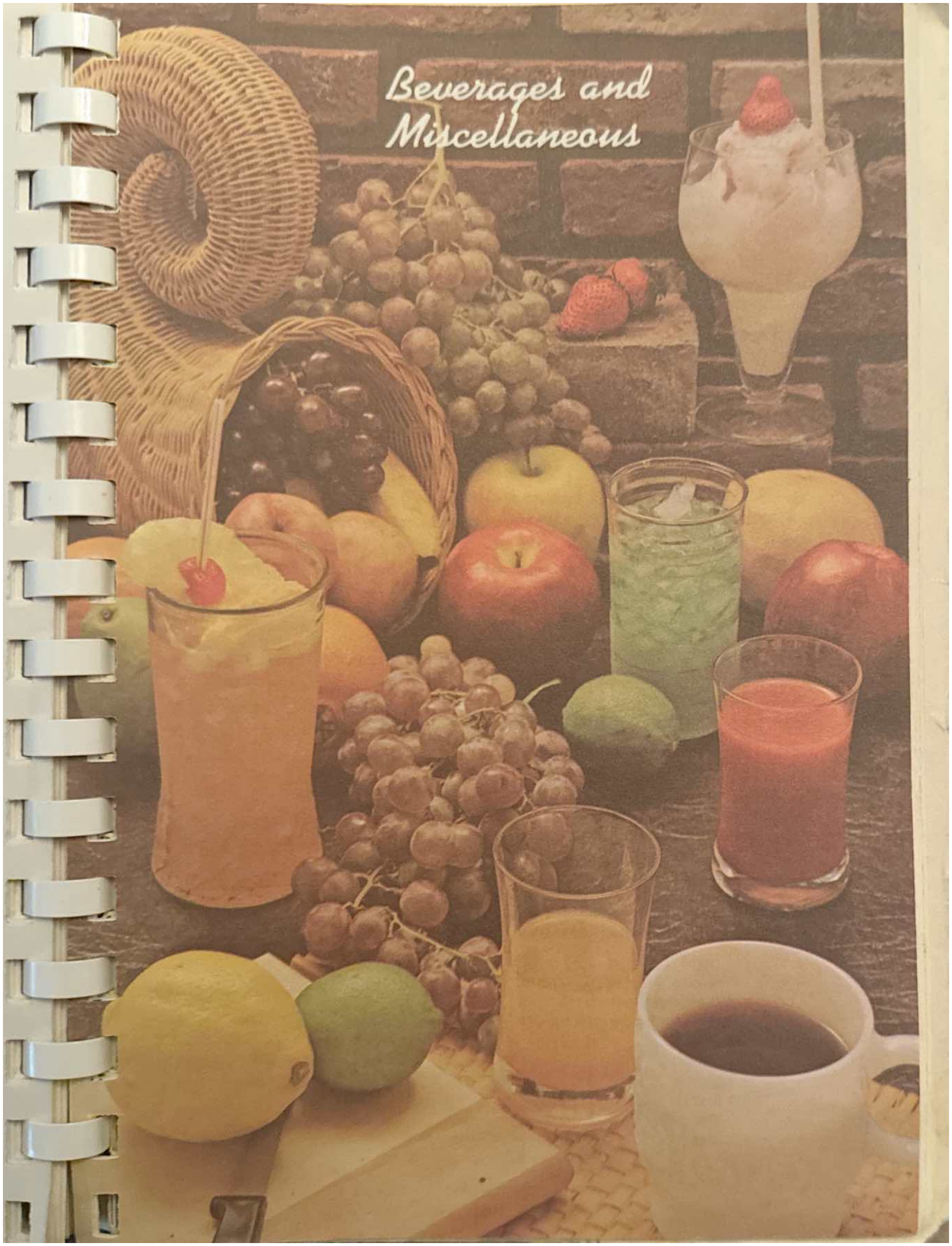
Be here and everywhere adored.

Thy mercies bless and grant that we

May join in fellowship with Thee.

AMEN

*Beverages and
Miscellaneous*



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
DISTANCE		
	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
AREA		
	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
TEMPERATURE		
	0 degree Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit
CLOTHING		
	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	48	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters.

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 quart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

BEVERAGES & MISCELLANEOUS

HOT CHOCOLATE MIX

Sandy Welsh

8 qt. dry milk
1 (8 oz. or 6 oz.) jar Coffeemate
or Cremora

1 c. powdered sugar
1 lb. box Nestle's Quick

Mix the above and use 1/3 cup of mix to 1 cup hot water.

SPICED TEA - DRY MIX

Ella Bender

2 c. sugar
1 c. instant plain tea
1 lb. jar of Tang

1 tsp. ground cinnamon
1 tsp. ground cloves
1 large pkg. Wyler's Instant
Lemonade Mix

Mix above ingredients together and store in air-tight container. To Serve: Put 2 teaspoons of mixture in cup and add boiling water and stir. Really good on cold days. Can also be used as iced tea. I put in small jars and use as gifts.

GRANOLA

Elaine Stroud

3 c. old-fashioned rolled oats
or any uncooked oatmeal
1/4 c. honey, heated
1/4 c. oil (pure corn or safflower
is best)

1/4 c. each: nuts, any kind or
combination
Seeds, any kind or combination
Wheat-Germ
1/2 c. dried fruit, any kind or
combination

Mix all ingredients and spread in a flat pan. Bake at 300 degrees for about 10 minutes, stirring occasionally. Store in the refrigerator. Serve with milk and sprinkle over any dessert, or eat plain.

Other Optional Additions: coconut, vanilla, spices.

OLD-FASHIONED BLUEBERRY PANCAKES

Pearl Jones

1 c. flour
1/4 tsp. salt
2 tsp. baking powder
1 egg
3/4 c. milk

1 Tbsp. shortening, soft
3/4 Tbsp. sugar
3/4 c. blueberries

Mix and sift dry ingredients. Add milk, beaten egg and melted shortening. Beat well and add berries. Bake on slightly greased hot griddle. Serve with butter and syrup or butter and brown sugar.

WHEAT PANCAKES

Elaine Stroud

1 c. sour milk or buttermilk
1 egg
1 Tbsp. sugar (or not)
1 Tbsp. oil or melted butter

1 c. whole wheat flour
1 tsp. baking soda
1/2 tsp. salt

Mix all ingredients. Bake about 1/4 cup at a time on lightly oiled griddle or frying pan until golden on both sides, turning once.

Yield - 4 to 6 servings.

FROSTED PRETZELS

Miss Debbie Thaler

1 can (16 1/2 oz.) vanilla frosting

12 pretzel twists

Measure 1 cup frosting. (Refrigerate the rest for another time). Heat the frosting in top of double boiler over hot water until frosting is liquid, stirring occasionally. Remove from heat. (Keep the top of the double boiler over the water). Dip 15 pretzels into the frosting with your fingers, then place them on waxed paper. Let dry 8 hours.

CRUNCHY WHEAT GERM STICKS

Dianne Thaler

1 c. wheat germ
1/2 c. unsifted flour
2 tsp. chopped chives
1/4 tsp. salt

1/4 c. butter or margarine
1 egg
2 Tbsp. milk

Combine 3/4 cup wheat germ, flour, chives and salt in bowl. Cut in butter until mixture looks like coarse meal. Add egg and 1 tablespoon milk. Stir well with fork. Pinch off pieces of dough and roll 3 1/2 inches long.

Brush sticks with remaining tablespoon milk. Roll in remaining 1/4 cup wheat germ. Place on ungreased baking sheet. Bake 425 degrees for about 10 minutes or until golden brown.
Yield - about 1 dozen sticks.

RED BEET EGGS

Betty McElroy

1 pint (canned) beets + liquid 3/4 tsp. salt
1 c. cider vinegar 8 hard-cooked eggs, shelled
1/3 c. sugar

Pour beets and liquid into pan. Add vinegar, sugar, salt and heat till sugar dissolves. Cool to room temperature. Place eggs in bowl or jar. Pour beet mixture over them. Add water to mixture if not enough to cover eggs. Marinate in refrigerator 3-4 days.

YOGURT

Elaine Stroud

1 qt. raw, pasturized, homogenized, skim, goat or soy milk; or reconstituted non-fat dry milk solids
1/4 c. non-fat dry milk solids 1 tsp. - 4 Tbsp. yogurt

Combine milk with non-fat dry milk solids and heat the mixture in a heavy saucepan until it reaches a temperature of 180 degrees. Allow the mixture to cool to 113 degrees. Mix a little of the milk with yogurt and then stir into the bulk of the milk mixture. Mix well. Cover and keep undisturbed in a warm place (an oven with a continuous pilot is ideal) until thickened. Time for thickening varies. The more yogurt starter used the less time it takes to produce a thickened mixture. The longer the time the more acid in flavor the yogurt will be. Time can vary from 4-15 hours. Refrigerate before serving. Can be eaten plain or with a variety of additions (honey, sugar, vanilla, jelly, jam, fresh fruit, wheat germ, nuts, spices, etc.) Can also be used as a substitute for sour cream.

BIRD PUDDING - FOR BIRDS IN WINTER

Kathy Daily

4 c. rolled oats 2 c. peanut butter
4 c. corn meal any bread or cake crumbs
2 c. flour 4 c. bird seed
1 c. sugar or 1 c. honey

Mix well and add melted Crisco to dampen. Pack into cans and hang up for the birds to enjoy eating and you to enjoy watching them do so.

Write extra recipe here:

A HAPPY HOME RECIPE

4 cups of love	2 spoons of tenderness
3 cups of forgiveness	1 cup of friendship
5 spoons of hope	1 barrel of laughter
4 quarts of faith	

Take love and loyalty - mix it with faith thoroughly. Blend it with tenderness, kindness, and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

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JUNE						
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30
	31					

The plastic binding on this book will provide years of endless service, but like all plastic material it should not be exposed to excessive heat. Examples of this would be direct sun, left in a hot automobile or near the burners of a kitchen stove.

DATES TO REMEMBER

	1981	1982	1983
NEW YEAR'S DAY	Thursday January 1	Friday January 1	Saturday January 1
LINCOLN'S BIRTHDAY	Thursday February 12	Friday February 12	Saturday February 12
VALENTINE'S DAY	Saturday February 14	Sunday February 14	Monday February 14
WASHINGTON'S BIRTHDAY <small>Observed</small>	Monday February 16	Monday February 15	Monday February 21
ASH WEDNESDAY	Wednesday March 4	Wednesday February 24	Wednesday February 16
ST. PATRICK'S DAY	Tuesday March 17	Wednesday March 17	Thursday March 17
PALM SUNDAY	Sunday April 12	Sunday April 4	Sunday March 27
GOOD FRIDAY	Friday April 17	Friday April 9	Friday April 1
EASTER	Sunday April 19	Sunday April 11	Sunday April 3
PASSOVER (First Day)	Sunday April 19	Thursday April 8	Tuesday March 29
MOTHER'S DAY	Sunday May 10	Sunday May 9	Sunday May 8
NATIONAL MEMORIAL DAY <small>Traditional - Always Observed May 30</small>	Monday May 25	Monday May 31	Monday May 30
FATHER'S DAY	Sunday June 21	Sunday June 20	Sunday June 19
INDEPENDENCE DAY	Saturday July 4	Sunday July 4	Monday July 4
LABOR DAY	Monday September 7	Monday September 6	Monday September 5
JEWISH NEW YEAR	Tues.-Wed. Sept. 29-30	Sat.-Sun. Sept. 18-19	Thurs.-Fri. Sept. 8-9
YOM KIPPUR	Thursday October 8	Monday September 27	Saturday September 17
COLUMBUS DAY <small>Observed</small>	Monday October 12	Monday October 11	Monday October 10
HALLOWEEN	Saturday October 31	Sunday October 31	Monday October 31
ELECTION DAY	Tuesday November 3	Tuesday November 2	Tuesday November 8
VETERANS DAY	Wednesday November 11	Thursday November 11	Friday November 11
THANKSGIVING	Thursday November 26	Thursday November 25	Thursday November 24
CHANNUKAH	Monday December 21	Saturday December 11	Thursday December 1
CHRISTMAS	Friday December 25	Saturday December 25	Sunday December 25

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