

*P. H.'s Best Recipes*

MARY M

MERRY CHRISTMAS 64

from  
RUTH



A BOOK OF

FAVORITE

# *Recipes*

P. K.'S BEST RECIPES

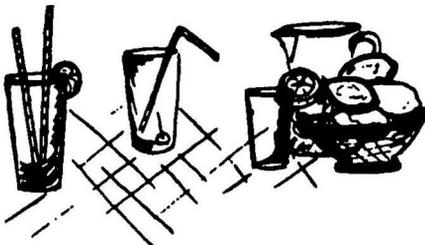
Compiled by

POSSUM KINGDOM WOMEN'S CLUB

POSSUM KINGDOM LAKE, TEXAS



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Fund Raising Programs and Programs of Service  
For Church, School and Civic Organizations  
Printed in the United States of America



Possum Kingdom Women's Club was organized in 1969 for the purpose of individual and community service. The club motto is "In small things liberty, In large things unity, In all things charity."

### **CLUB COLLECT**

I expect to pass through this world but once;  
Any good thing, therefore, that I can do or  
any kindness that I can show to any human being,  
let me do it now. Let me not defer or neglect  
it, for I shall not pass this way again.

Stephen Grellet

### **CLUB OFFICERS**

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Jenny Jones	
Bill Rawlinson	

### **TYPISTS**

Bernice Eddy  
Kay Van Duser  
Phyllis Kelln  
Sara Sikes  
Virginia Scammell

# *Favorite Family Recipes*



## Expression of Appreciation

It is in the oldest and dearest of Christian tradition that we "break bread" with those we love. This cookbook was compiled with that thought in mind. We wish to thank all the Possum Kingdom Women's Club members and their families, friends and neighbors for sharing their favorite recipes with us.

The Cookbook Committee

About the cover: The name is Hell's Gate, but it is more like Heaven's Portal to water lovers who flock to the deep blue waters of Possum Kingdom Lake in north central Texas. Two cliffs, one an island, rise 100 feet above the water to form a natural water canyon about 50 yards wide. Photograph courtesy of Texas Highways Magazine.

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



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

# APPETIZERS PICKLES • RELISH



# 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.

## APPETIZERS, PICKLES, RELISH

### **CARROT RELISH**

**Jenny Jones**

12 carrots  
8 onions  
4 hot red peppers, small  
4 red sweet peppers  
4 green sweet peppers

Grind all together in food chopper. Add 1/2 cup salt; let stand 2 hours; drain well; mix with 1 quart vinegar, 2 teaspoons celery seed, 2 teaspoons mustard seed. Needs no cooking or sealing.

### **RAW APPLE RELISH**

**Jenny Jones**

3 tart apples  
1 green pepper  
1 sweet red pepper  
1 small onion  
2 stalks celery  
1 1/2 tsp. salt  
3/4 c. sugar  
1/3 c. lemon juice

Chop apples, peppers, onion and celery. Add remaining ingredients. Cover and chill. Serve with poultry, pork or ham.

### **ZUCCHINI SWEET RELISH**

**Jane Nauert**

10 c. chopped or coarsely ground zucchini  
3 Tbsp. salt  
4 c. chopped onions  
1/2 c. chopped bell peppers  
4 c. sugar  
2 1/2 c. vinegar  
2 tsp. cornstarch  
2 tsp. celery seed  
1 tsp. dry mustard  
1 tsp. nutmeg  
1 tsp. turmeric seed  
1/2 tsp. black pepper

Mix zucchini and salt and let stand overnight. Next day, drain and rinse in cold water. Add remaining ingredients all at once. Bring to boil and boil 15 minutes. Seal in hot jars. Makes 7 pints.

### **ZUCCHINI RELISH**

**Hellen Rust**

10 c. ground zucchini  
4 c. ground onion  
5 Tbsp. salt

Soak overnight. In the morning rinse with cold water.

(Cont.)

Soak overnight. In the morning rinse with cold water.

2 1/4 c. vinegar	1 tsp. cornstarch
2 1/2 c. sugar	1/2 tsp. pepper
1 tsp. nutmeg	1 red and 1 green pepper,
1 tsp. dry mustard	ground (or canned pimiento)
1 tsp. turmeric	2 tsp. celery seed

Cook 30 minutes and seal in jars.

### **PEAR RELISH**

**Bill Rawlinson**

12 large pears	6 hot peppers
6 green bell peppers	2 c. sugar
6 red bell peppers	2 c. vinegar
6 onions	1 Tbsp. salt

Grind peppers and pears (with peelings) and onions and add sugar, salt, and vinegar. Cook at a moderate boil for approximately 30 minutes or until pears and peppers are tender.

### **BREAD AND BUTTER PICKLES**

**Martha Jo Richardson**

In large pan combine:

4 qts. thinly sliced cucumbers	2 c. red or green sweet peppers
7 c. sliced onions (thin)	

Dissolve 1/2 cup non-iodized salt and 1 cup water and pour over the above. Cover with ice cubes and let stand for three hours, at least. Drain liquid.

In large saucepan combine and bring to boil:

2 1/2 c. white vinegar (5%)	2 tsp. celery seed
1 tsp. turmeric	2 1/2 c. sugar
2 Tbsp. mustard seed	

Cook until sugar dissolves and add to drained vegetables. Bring to a hard boil and remove from heat at once. Pack into hot sterilized jars. Fill to overflowing and seal at once. Store in cool dark place. Makes 6 pints.

### **SUNSHINE DILL PICKLES**

**Iva Edwards**

3 c. vinegar	fresh dill
3 pts. water	garlic
2/3 c. salt	hot peppers

Place cucumbers in jar with dill, garlic and hot pepper (last two optional). Heat vinegar, water and salt and pour hot solution over all and seal. Put in direct sun for three days. Can be used in two weeks.

### **KOSHER DILL PICKLES**

**Martha Jo Richardson**

4 c. water	stalk of dill
2 c. apple cider vinegar	garlic pods
1/2 c. non-iodized salt	hot peppers (optional)

Bring water, vinegar and salt to full boil. Pack cucumbers in sterilized jars, add dill, garlic pod and hot pepper to each jar. Pour boiling liquid over each jarful and seal.

### **REGULAR SALT DILL PICKLES**

**Phyllis Kelln**

1 1/2 c. vinegar	1 Tbsp. pickling spices
3 1/2 c. water	1 garlic clove
2 Tbsp. salt	1 stalk dill weed
1 Tbsp. sugar	

Put a sprig of dill and garlic clove in each 1 quart fruit jar. Combine vinegar, water, salt, sugar and spices in a large kettle and bring to a boil. Add enough cucumbers to fill 2 jars and bring back to boiling for a few minutes. Then put into jars and fill with boiling liquid. Put on lid and seal. These are good crisp pickles and the recipe has been in Adam's family for several generations.

### **PEACH PICKLES**

**Bill Rawlinson**

2 gallons peaches	2 sticks cinnamon
1 gallon sugar	1 Tbsp. cloves
1 qt. vinegar	

Cook syrup until thick and pour over peeled peaches in cork churn or jar. Let set overnight. Next day pack peaches in jars. Heat syrup and pour over peaches.

### **GREEN TOMATO PICKLES**

**Bill Rawlinson**

5 qts. sliced green tomatoes	2 qts. white vinegar
1 qt. sliced onions	4 c. brown sugar
1 sliced hot pepper	3 Tbsp. salt
2 qts. sliced bell peppers (measure the above after sliced)	1 Tbsp. celery seed
	2 Tbsp. horseradish
	3

(Cont.)

Let vinegar and spices come to a rolling boil and put in vegetables and turn fire out and can.

Be sure all vegetables get real hot.

### **ARTICHOKE DIP**

**Bill Rawlinson**

1 c. Parmesan cheese  
1 c. mayonnaise

1 jar artichoke hearts

Mash artichokes and drain juice. Add cheese and mayonnaise and heat in a double boiler approximately 20 minutes until it bubbles.

### **BRAUNSCHWEIGER ROLL**

**Joy Reagan**

2 large pkgs. braunschweiger roll  
2 bottles (5 oz. ea.) horseradish  
dash of worcestershire sauce  
1 tsp. dry mustard  
salt to taste

5 pkgs. (3 oz. ea.) cream cheese  
dash of cayenne pepper  
dash of Beau Monde (Spice Islands)  
6-8 drops tabasco sauce

Remove cover from braunschweiger. Mix cheese, horseradish and seasonings to a whipped mixture. Ice braunschweiger loaves. Sprinkle with paprika. Garnish with parsley. Chill. Serve with party crackers. Ice bottom first, put on plate and finish icing complete roll. Best to cut a slice at time of serving, so guests will know it is to be sliced.

### **SWISS CHEESE SPREAD**

**Nell Gardner**

1 lb. Baby Swiss cheese

2 bunches of green onions

Mix enough Hellmann's mayonnaise to make a smooth spread. Put cheese and onions in food processor. Mix with mayonnaise. Good spread on crackers.

### **CHEESE STRAWS**

**Bill Rawlinson**

Grate 1 pound sharp Cheddar cheese and cream with 1/4 pound butter or margarine. Add 1 1/2 cups flour, 1 teaspoon salt, and 1/4 teaspoon cayenne pepper.

Use small star-shaped disc in cookie press. Press into long strips on ungreased cookie sheet. Bake 18-20 minutes at 350°. Cut into desired length. Cool and store in tightly covered container.

**CHEESE WAFERS****Nell Gardner**

1/2 lb. extra sharp cheese	1/4 tsp. salt
2 sticks margarine	1 tsp. cayenne pepper
2 c. flour	2 c. Rice Krispies

Cream cheese and oleo well. Add salt and pepper. Add flour slowly. Mix well. Add Krispies. Make into small balls size of marbles. Mash down with fork. Bake at 375° 10-13 minutes. Sprinkle with paprika.

**BAKED BEEF DIP****Bill Rawlinson**

1 c. chopped pecans	2-2 1/2 oz. pkgs. dried beef (minced)
2 Tbsp. melted butter or oleo	
2 (8 oz.) pkgs. cream cheese	1 (8 oz.) carton sour cream
1/4 c. milk	4 tsp. minced onion

Saute pecans in butter until browned. Drain and set aside. Combine remaining ingredients, mixing well. Spoon into greased 1 1/2 quart baking dish. Top with pecans. Bake at 350° for 20 minutes until thoroughly heated. Serve hot with crackers, chips, or bread sticks. Yield: 4 cups.

**"GRANNY" HUNTER'S CHEESE STRAWS****Jenny Jones**

1/2 lb. sharp cheese	1 tsp. salt
1/2 lb. New York cheese	1/4 tsp. hot pepper
1 lb. Parkay®	4 c. plain flour

Mix all ingredients with hands. Fill cookie press. Make long strips onto ungreased cookie sheet then cut in 2 inch pieces with knife. Bake at 350° ten to fifteen minutes.

**CURRY BALLS****Mary Schick**

1 (8 oz.) pkg. cream cheese	3 Tbsp. chutney
1/4 c. mayonnaise	1 tsp. salt
2 c. chopped chicken (1 1/2 c. chicken breast)	celery salt
	2 tsp. curry powder
1 1/2 c. chopped almonds (2 pkgs.)	

Chill. Shape into balls. Roll in coconut.

## **SPINACH BALLS**

**Jane Nauert**

2 pkgs. chopped spinach, salted, cooked and drained	1/2 lb. butter
2 c. Pepperidge Farm (Herb) dressing	4 eggs, beaten
1 large onion (chopped fine)	1/2 c. Parmesan cheese
1/2 tsp. garlic salt	1/2 tsp. pepper
1/2 tsp. Accent	1/2 tsp. thyme

Mix, chill, shape into balls. Bake 20 minutes at 350° on ungreased cookie sheet. Approximately 60 balls.

Spinach balls may be frozen before baking. Place on cookie sheet and freeze. Remove when frozen and store in plastic bags. Enjoy them.

## **MARINATED MUSHROOMS**

**Charlene Jones**

1 (8 oz.) can whole mushrooms	1 clove garlic
3 Tbsp. olive oil	1 dash red pepper
2 Tbsp. red wine vinegar	1 tsp. sweet basil
1/2 tsp. fresh ground pepper	2 green onions
1 tsp. salt	

In a pint fruit jar, put salt, pepper, vinegar, garlic, red pepper, and sweet basil. Put a lid on it and shake until the salt is dissolved. Add chopped green onions and olive oil. Drain the mushrooms and add to mixture. Shake well and let stand at room temperature for 4-5 hours. Place in the refrigerator and allow to marinate at least 3 days. Shake the jar occasionally to keep the flavors mixed. This makes a well spiced marinade. For a milder one dilute with some of the mushroom juice. How many this will serve depends on the number of mushrooms in the can. Try a few in your next tossed salad.

## **TEXAS CAVIAR DIP**

**Frances Phillips**

2 cans blackeyed peas, drained and mashed	1/2 tsp. salt
1/2 c. salad oil	pepper to taste
1 clove garlic, minced	pinch of sugar
1/2 c. onion, chopped finely	1 tsp. wine vinegar

Mix, cover and refrigerate two or three days. Serve with chips or crackers.

## **CHEESE PUFFS**

**Jenny Jones**

2 c. New York sharp cheese (grated)	1/2 tsp. garlic salt
1 stick butter	1 tsp. paprika
1 c. flour	dash red pepper
	48 stuffed olives

Blend all ingredients until like dough. Cover olives and make ball. Bake at 375° 10 minutes.

## **BACON STICKS**

**Sara Sikes**

Separate crescent rolls into rectangles. Pinch triangles together and roll. Cut into one inch strips crosswise. Cut thin-sliced bacon same size as strips, and twist together. Lay on lightly greased baking sheet. Cook at 400° until bacon is done. Serve hot or cold.

## **CRISPY SWEET PICKLES**

**Evelyn Baker**

5 lbs. cucumbers, washed and sliced thinly	8 c. vinegar
1/2 c. lime	1/2 box pickling spices
7 c. sugar	water

In large crock place cucumbers and lime and cover with water. Let set overnight. Wash well, drain. Combine sugar, vinegar and pickling spices (in cheesecloth bag) in a large container with cucumbers. Cook until crystal clear and put in sterilized jars and seal.

## **PICKLED SHRIMP**

**Anne Black**

1 pt. boiled shrimp	2 1/2 tsp. celery seeds
1 sliced onion	2 1/2 Tbsp. capers and juice
7 or 8 bay leaves	dash tabasco
1 1/4 c. salad oil	optional: garlic to taste
3/4 c. white vinegar	
1 1/2 tsp. salt	

Alternate layers of shrimp, onion, and bay leaves. Mix remaining ingredients and pour over layers. Keep in refrigerator. Aging improves the flavor. This is easiest to make in a large Mason jar.

## **SAUSAGE AND CHEESE DIP**

**Mildred Gunter, Palestine**

1 (2 lb.) box processed cheese  
1 large can evaporated milk  
1 lb. hot bulk sausage

1 pkg. Blue cheese salad dressing  
dry mix  
1/2-1 pkg. garlic dressing  
dry mix

Grate and melt cheese with evaporated milk in double boiler. In a skillet, slowly brown sausage, crumble and drain. Add drained sausage to melted cheese mixture and add dressing mixes. Stir together and serve hot with unsalted tortilla chips. May freeze or store in refrigerator for several days. To reheat, put in double boiler with small amount of evaporated milk.

## **GREAT GUACAMOLE**

**Elizabeth & Francis Naylor  
Palestine, Texas**

4 avocados (peeled and chopped)  
2 tomatoes (chopped)  
1/2 c. onion (chopped)  
1-1 1/2 tsp. salt

1 Tbsp. mayonnaise  
1 tsp. lemon juice  
1/4 tsp. hot sauce

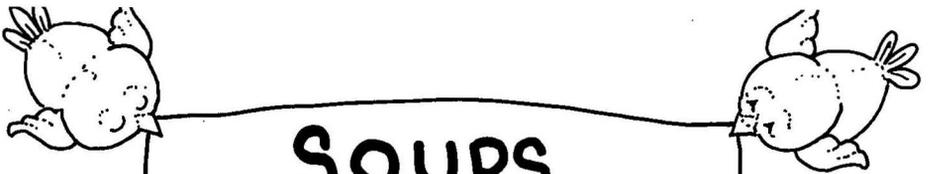
Combine all ingredients in an electric blender and blend until smooth. Chill and serve with corn chips. Makes about 3 cups.

\* \* \* \* \*

Tip: When serving your favorite vegetable dip, hollow out a green or red pepper, fill with the dip and place in the center of the plate.

\* \* \* \* \*

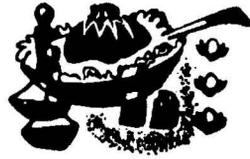
Write your extra recipes here:



**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, pimienta.
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.

## SOUPS, SALADS, SAUCES, DRESSINGS

### **DREAMY APRICOT SALAD**

**Rene Bailey**

- |   |   |
|---|---|
| 2 (3 oz.) pkgs. apricot Jello           | 1 (20 oz.) can crushed pineapple,<br>undrained  |
| 2/3 c. sugar                            |   |
| 2/3 c. water                            | 1 (14 oz.) can Eagle Brand <sup>®</sup><br>milk |
| 2 (4 3/4 oz.) jars apricot baby<br>food | 1 (8 oz.) pkg. cream cheese,<br>softened        |
|   | 1 1/2 c. chopped nuts                           |

Combine gelatin, sugar and water in a saucepan. Bring to a boil stirring to dissolve sugar and water. Remove from heat and stir in fruit. Set aside to cool.

Combine Eagle Brand milk and cream cheese beating until smooth. Stir in gelatin mixture and nuts. Pour in a mold or Pyrex dish to chill until firm.

### **TOMATO ASPIC**

**Jenny Jones**

- |                       |                           |
|-----------------------|---------------------------|
| 2 boxes lemon Jello   | 1 dash pepper             |
| 4 c. V-8 <sup>®</sup> | 1 medium onion, grated    |
| 4 Tbsp. vinegar       | 1 c. carrots, grated      |
| 1 tsp. salt           | 1 c. celery, chopped fine |

Bring V-8 to boil; pour over jello; add grated onion, salt, pepper; let thicken. Add grated carrot and celery. Chill.

### **BEAN SALAD**

**Shirley Lilly**

- 2 cans pinto beans (drained)

Add:

- |                 |                 |
|-----------------|-----------------|
| chopped lettuce | grated cheese   |
| tomatoes        | French dressing |
| onion           |                 |

Just before you serve add Fritos.

### **PICKLED GREEN BEANS**

**Jenny Jones**

- |   |  |
|---|--|
| 4 cans whole green beans (Blue<br>Lake) | 2 Tbsp. sugar                                    |
| 2 c. Wesson oil <sup>®</sup>            | 1 red onion (sliced and separated<br>into rings) |
| 1 c. vinegar                            | few dashes worcestershire                        |

5 buttons garlic

Drain beans; put in shallow dish; pour all ingredients over it. Let set in refrigerator 24 hours. Remove garlic buttons to serve.

### **GREEN BEAN SALAD**

**Loretta Myers**

1 (No. 303) can green beans (French cut, drain)	1 jar pimiento (small jar, cut)
1 can Le Sueur® English peas, small size, drain)	1 c. cider vinegar
1 bell pepper (thinly sliced)	1 c. sugar
4 pieces of celery (diced small)	1/2 c. cooking oil
1 onion (diced small)	1 Tbsp. salt
	1 tsp. paprika

Dissolve and pour vinegar, sugar, oil, salt and paprika over bean mixture. Let stand in refrigerator 24 hours. Stir 3 or 4 times. Good for 3 or 4 weeks if kept refrigerated.

### **CAULIFLOWER SALAD**

**Phyllis Kelln**

1 head cauliflower	1 bunch radishes
2 cucumbers	4 or 5 green onions

Separate cauliflower and slice. Peel and slice cucumbers, green onions and slice radishes. Combine all ingredients for dressing.

#### **Dressing:**

1 c. mayonnaise	1 Tbsp. sugar
1/4 c. buttermilk	salt and pepper to taste
2 1/2 Tbsp. vinegar	

Pour over vegetables and refrigerate.

### **CHRISTMAS SALAD**

**Phyllis Kelln**

1 can cherry pie filling	1 1/2 c. miniature marshmallows
1 small can crushed pineapple	1 medium container Cool Whip®
1 can Eagle Brand® milk	1 c. chopped pecans

Mix in order given. Chill.

## CUCUMBER SALAD

Marie Callicott

16 oz. small curd cottage cheese  
12 oz. cream cheese  
2/3 c. finely chopped celery  
1/3 c. chopped green pepper  
1/3 c. chopped pecans  
1 grated cucumber

3 chopped green onions including tops  
1/2 c. salad dressing  
1 envelope unflavored gelatin dissolved in 1/2 c. warm water  
1 tsp. lemon juice  
1 tsp. salt

Cream cottage cheese and cream cheese. Add other ingredients and chill until set. Serve on lettuce.

## FRUIT SALAD

Jettie Crenshaw

2 bananas  
1 can chunk pineapple  
1 can apricot halves

1 pkg. instant vanilla pudding  
1/2 c. chopped pecans

Drain fruit. Mix instant pudding with fruit juices. Pour over fruit and chill.

## MY FAVORITE FRUIT SALAD

Pearl Grenda

1 large can fruit cocktail  
1 small can pineapple chunks  
2 bananas sliced in chunks

1 c. colored miniature marshmallows  
1/2 of small Dream Whip

Drain liquid from fruit. Add 2 drops of red food coloring, add 2 tablespoons of cornstarch. Cook to thicken. Cool. Refrigerate fruit and thickening for about three hours. When cool slice bananas and add to fruit. Mix all ingredients together and serve.

## GARBAGE SALAD

Dru Sain

fresh spinach  
fresh broccoli  
green pepper  
celery

frozen green peas  
sharp Cheddar cheese (cubed)  
1 Tbsp. sugar

Toss with 1 cup Miracle Whip® salad dressing and sprinkle Parmesan cheese on top.

**HEAVENLY SALAD****Mary Lee Granberry**

2 pkgs. (3 oz. each) apricot jello  
 2/3 c. sugar  
 2/3 c. water  
 1 can (20 oz.) crushed pineapple  
 (undrained)

2 small jars strained apricot  
 baby food  
 1 tall can evaporated milk  
 (well chilled)  
 1 pkg. (8 oz.) cream cheese  
 1/2 c. chopped pecans

Combine jello, sugar and water; bring to a boil and stir just enough to dissolve jello. Remove from heat and stir in pineapple and baby food. Set aside to cool. Beat cream cheese into chilled evaporated milk, beating until creamy and smooth. Add to jello mixture with nuts. Pour into lightly oiled mold and chill until set.

**MARINATED MUSHROOM SALAD****Martha Silvaggio, Palestine**

1 lb. fresh mushrooms  
 1 onion sliced into rings  
 clove garlic, sliced  
 1 c. cherry tomato halves  
 1 c. red wine vinegar  
 1 c. olive oil

1 Tbsp. corn syrup  
 1 tsp. oregano  
 salt to taste

Wash mushrooms and boil 5 minutes in lightly salted water, drain and cool. Mix mushrooms and next 10 ingredients together and refrigerate for 6 hours. Let stand out of refrigerator 1/2 hour before serving.

**PINEAPPLE DREAM SALAD****Doris Alcorn**

1 large Cool Whip<sup>®</sup>  
 1 can Eagle Brand<sup>®</sup> milk

1 large can crushed pineapple  
 (drained)  
 1/2 c. chopped pecans

Mix altogether and refrigerate until ready to eat.

**PERFECTION SALAD****Jenny Jones**

2 envelopes (2 Tbsp.) unflavored  
 gelatin  
 6 1/2 c. water, divided  
 2 (6 oz.) pkgs. lemon-flavored  
 gelatin  
 1 c. sugar  
 2 tsp. salt

2 c. chopped cabbage  
 2 c. shredded carrot  
 2 c. chopped celery  
 1/2 c. chopped green pepper  
 1/4 c. chopped pimienta  
 mayonnaise  
 paprika

1/2 c. lemon juice

Sprinkle unflavored gelatin in 3 1/4 cups water; heat slowly until gelatin is dissolved. Stir in lemon gelatin, sugar, and salt. Add remaining water and lemon juice; chill until consistency of unbeaten egg white.

Stir cabbage, carrot, celery, pepper, and pimiento into thickened gelatin mixture; pour into a 6-cup mold. Chill until firm. Serve with mayonnaise sprinkled with paprika. Yield: 8-10 servings.

### **PICKLE SALAD**

**Loretta Myers**

1 c. midget sweet pickles sliced thin	2 c. cold water
2 c. sugar	2 1/2 Tbsp. plain Knox® gelatin dissolved in water
1 c. medium strong vinegar	
1 c. pecans	

(Goes well with turkey). Boil 12 whole cloves with sugar and vinegar combined a few minutes only. Dip cloves out. Add gelatin. Pour in mold and when it begins to harden add nutmeat and pickles.

### **GERMAN POTATO SALAD**

**Jane Merriman**

4 medium potatoes (cook unpeeled)	1/4 tsp. ground allspice
4 slices bacon	dash pepper
1 small onion, chopped or 6 green onions	1/4 c. vinegar
2 Tbsp. sugar	1/2 c. water
1 Tbsp. flour	pimiento (if desired)
1 tsp. or 1 cube beef bouillon	cheese (if desired)
1 tsp. salt	cayenne (if desired)

In fry pan fry bacon until crisp, drain on paper towels, reserving 3 tablespoons drippings. Crumble bacon.

To reserved drippings add onion. Cook until tender. Add sugar, flour, bouillon and spices. Stir in vinegar and water. Bring to boil. Peel warm potatoes. Slice and add to sauce mixture with bacon. Toss lightly to coat. Serve warm. If delayed place in covered casserole in oven at 300°. 4-5 servings.

### **"BEST COLE SLAW IN THE WORLD"**

**Jenny Jones**

1 large head of cabbage-4 or 5 lbs.

(Cont.)

Slice fine with knife.

3 or 4 onions sliced thin

Place in large bowl in layers. Pour 7/8 cup of sugar over layers. Bring to a boil this sauce:

1 c. vinegar	1 Tbsp. salt
2 tsp. dry mustard	2 tsp. sugar (important)
3/4 c. salad oil	
1 tsp. celery seed	

Pour hot over cabbage and onions. Cover tightly and let set in refrigerator at least 8 hours. Stays delicious for several days.

### **LONG GRAIN AND WILD RICE SALAD**

**Mickey Robinson**

1 pkg. fast cooking Uncle Ben's <sup>®</sup> long grain and wild rice	2/3 c. cashew nuts
1 medium cucumber, chopped	1/3 c. sour cream
2 medium tomatoes, chopped	1/3 c. mayonnaise

Cook rice according to directions. Cool. Mix with remaining ingredients. Chill.

### **STRAWBERRY SALAD**

**Mary Lee Granberry**

2 (3 oz.) pkgs. strawberry jello	1/2 c. chopped pecans
1 c. boiling water	
1 (8 oz.) can cranberry sauce	
1 (3 1/2 oz.) can crushed pineapple	
1 (12 oz.) pkg. frozen strawberries	
1 c. sour cream	

Dissolve jello in boiling water. Add cranberry sauce. When melted add pineapple, strawberries and nuts. When completely cooled and set spread sour cream over top of salad.

### **LAYERED VEGETABLE SALAD**

**Faye Wilcher**

1 medium head lettuce-shredded	1 1/2 c. mayonnaise
1 c. celery, chopped	1 tsp.-1 Tbsp. sugar (sugar may be left out)
1 c. green pepper, diced	
1 c. red onion, diced	8 slices bacon-fried crisp and diced
1 (10 oz.) pkg. frozen English peas uncooked	6 oz. mellow Cheddar cheese, grated

Arrange vegetables in layers. Do not stir. Cover with mayonnaise-sugar (mixed). Top with grated cheese. Sprinkle crumbled bacon on top. Cover tightly with plastic wrap. Refrigerate at least 8 hours before serving.

### **TEX-MEX SALAD**

**Mrs. Jonnie Unger, Palestine**

3 c. cooked pinto beans (enough soup to make paste)	1/2 c. chopped onions
2 medium (ripe) avocados-lemon juice, salt and onion	1/2 c. sliced ripe olives
1 pt. sour cream	1/2 c. grated Cheddar cheese
2 c. chopped lettuce	a clear glass salad bowl
1 large tomato	so all of this delicious, attractive salad can be seen

Mash beans adding enough soup to make an easy to spread paste to be put into bottom of salad bowl. Mash avocados and mix with 1 tablespoon lemon juice, 1/2 teaspoon salt and 1 teaspoon minced onion. Spread this mixture over onions and olives. Next spread a layer of sour cream. Top this with chopped lettuce. Then comes the tomato, onion and olives. Top off with Cheddar cheese. Put out tortilla chips and picante sauce.

All of the ingredients can be used in whatever amounts that you choose. Any you do not like can be omitted and others you do like can be added.

### **TACO SALAD**

**Mrs. Ronald Bost, Elkhart**

1 lb. ground beef	1/2-1 c. sliced black olives
1 head of lettuce, shredded	1/2 lb. grated Cheddar cheese
3 tomatoes, diced	1 small pkg. corn chips
1/2-1 c. sliced green olives	1 bottle (8 oz.) French dressing

Brown ground beef and drain. In a large mixing bowl, combine all ingredients, tossing gently. Chill slightly before serving.

### **TACO SALAD**

**Linda Watts, Palestine**

1 lb. American cheese	1 head lettuce
1 lb. ground meat	3 tomatoes
1 (8 oz.) jar hot taco sauce	1 regular size pkg. corn chips

Melt cheese in double boiler. Simmer ground meat in skillet until brown and add taco sauce. Toss salad ingredients and serve.

## CHICKEN AND FRUIT SALAD

Bill Rawlinson

- 2 cans (5 oz. each) chunk or chunk 1/2 tsp. honey  
white chicken
- 2 c. grapes, seeded if necessary
- 1 c. strawberries, cut in half
- 1 large banana, sliced
- 1/2 c. mayonnaise
- 1 Tbsp. lime juice

Drain chicken, reserving broth. Toss chicken with grapes, strawberries and banana. Combine reserved broth, mayonnaise, lime juice and honey. Serve over chicken mixture. Makes 4 salad servings.

## MACARONI SALAD

Carol Voigt, Elkhart

- |                              |                            |
|------------------------------|----------------------------|
| 1 (7 oz.) pkg. macaroni      | 1/2 tsp. salt              |
| 1 (17 oz.) can peas, drained | 1/4 tsp. pepper            |
| 3 Tbsp. oil                  | 2 Tbsp. chopped onions     |
| 3 Tbsp. vinegar              | 1 c. diced Velveeta cheese |
| 2 Tbsp. sugar                | 1 c. finely diced celery   |
| 1 Tbsp. mustard              | mayonnaise                 |

Cook macaroni, drain, then pour cold water over it and drain thoroughly. Add oil and mix, then add vinegar, sugar, mustard, salt and pepper. Toss in rest of ingredients. Add mayonnaise to suit taste.

## COTTAGE CHEESE APRICOT SALAD

Leigh Ann Duhon,  
Grapeland

- |  |  |
|--|--|
| 1 can (8 3/4 oz.) unpeeled apricot<br>halves | 1 1/2 c. cottage cheese                          |
| 1 pkg. (3 oz.) lemon flavored gela-<br>tin   | 1/2 c. coarsely chopped walnuts                  |
| 1 c. boiling water                           | 1/2 c. quartered maraschino<br>cherries, drained |
| 1 c. whipping cream                          | salad greens                                     |

Drain apricots reserving 1/2 cup liquid; dice apricots. In a mixing bowl combine gelatin and boiling water; stir until dissolved and add apricot liquid. Chill until jelly-like. Whip cream until stiff. Fold whipped cream, cottage cheese, walnuts and cherries into gelatin mixture. Pour into mold, cover and chill until firm. Unmold on salad greens.

## **HOT CHICKEN OR SEAFOOD SALAD Peggy Lynch, Palestine**

2 c. (cooked) chicken, crab or shrimp	1 chopped onion
2 c. thinly sliced celery	1 c. mayonnaise
1/2 c. cashews	2 Tbsp. lemon juice
1/2 tsp. salt	1/2 c. grated sharp Cheddar cheese
	1 c. crushed potato chips

Combine all ingredients except cheese and chips. Pile lightly in casserole. Sprinkle with cheese and chips. Bake at 400° for about 20 minutes. Serves 6-8.

## **LAYERED CHICKEN SALAD**

**Bill Rawlinson**

1 can (5 oz.) chunk chicken	2 c. bean sprouts
3 Tbsp. salad oil	1/4 c. diagonally sliced green onions
1 Tbsp. white wine vinegar	1/4 c. jicama, cut in 2-inch thin sticks(optional)
1 Tbsp. lemon juice	
1/4 tsp. dry mustard	
1/8 tsp. ground ginger	
1/8 tsp. pepper	
dash of garlic powder	
1 c. red or green grapes, seeded if necessary	
2 c. lettuce, cut in long thin shreds	

Drain chicken, reserving broth. To make dressing, combine reserved broth, salad oil, vinegar, lemon juice and seasonings. In serving bowl, layer chicken and grapes with remaining ingredients. Serve with dressing. Makes 5 one-cup servings.

## **CURRIED CHICKEN SALAD**

2-3 c. cooked, diced chicken breast (about 3-4 chicken breast halves)	1 small jar diced pimientos, drained
1 pkg. chicken flavor Rice-a-Roni®, prepared according to directions	1/2 c. chopped celery
1 jar marinated artichoke hearts, drained and chopped	1/4 c. chopped green onion
1 small can diced black olives, drained	3/4 c. mayonnaise
	1 tsp. curry powder

## CHICKEN TOSSED SALAD

Bill Rawlinson

- |  |                                     |
|--|-------------------------------------|
| 1/4 c. salad oil                       | 1 c. grapes, seeded if necessary    |
| 2 Tbsp. vinegar                        | 2 slices bacon, cooked and crumbled |
| 1/2 tsp. sugar                         | 1/2 c. croutons                     |
| 1/8 tsp. oregano leaves                |                                     |
| 1/8 tsp. basil leaves, crushed         |                                     |
| dash of pepper                         |                                     |
| 4 c. lettuce, torn in bite-size pieces |                                     |
| 1 can (5 oz.) chunk chicken            |                                     |

To make dressing, combine salad oil, vinegar, sugar, oregano, basil and pepper. Toss lightly with remaining ingredients. Makes 5 salad servings.

## CRAB LOUIS IN AVOCADO HALVES

Maggi Klein, Palestine

- |  |                                       |
|--|---------------------------------------|
| 1 egg yolk   | 4 large stuffed green olives (1/4 c.) |
| 2 tsp. prepared mustard                                  | salt and pepper                       |
| 1/2 tsp. worcestershire sauce                            | 1 lb. lump crab                       |
| 2 tsp. red wine vinegar                                  | 4 ripe avocados                       |
| 1/2 c. corn oil  | lettuce leaves                        |
| 1 Tbsp. chili sauce                                      | 2 hard-cooked eggs (optional)         |
| 1/4 c. finely-chopped green onions, including green part |                                       |

Put the yolk in a mixing bowl and add the mustard, worcestershire sauce and vinegar. Beat with wire whisk. Add the oil, gradually, beating rapidly.

When thickened and smooth, add the chili sauce, green onions, and olives. Mix well and season to taste with salt and pepper.

Put the crab in a bowl and add half the sauce. Mix gently so as not to break up the crab lumps. Split the avocado in half and discard the pits. Pile equal portions of the crab into the avocado halves. Spoon the remaining sauce over. Serve on bed of lettuce leaves. Garnish the crab filling with egg slices, if desired.

## CURRIED FRUIT

Maxine Friar, Palestine

- |                 |                     |
|-----------------|---------------------|
| 1 can pineapple | 1/3 c. butter       |
| 1 can peaches   | 3/4 c. brown sugar  |
| 1 can pears     | 3 tsp. curry powder |
| 1 can apricots  |                     |

Drain fruit, melt butter, add brown sugar and curry powder. Arrange fruit in baking dish. Pour curry mixture over fruit.

Bake uncovered in 325° oven 1 1/2 hours. Serves 8-10.

### **STRAWBERRY FRUIT SALAD**

**June Parker, Palestine**

In large bowl:

1 (29-30 oz.) can fruit cocktail, drained

Use empty can to measure and add:

1 can chopped, unpeeled red Delicious apples	1 can miniature marshmallows
1 can sliced bananas	1 (10 oz.) pkg. sliced strawberries, thawed

Mix all together. Chill. Serves 12.

### **FRUIT SALAD**

**Mrs. J. Alton Jones, Palestine**

3 or 4 sliced bananas	1 can mandarin oranges
1 can cherry pie filling	1 small pkg. vanilla instant pudding
1/4 c. Tang®	2 Tbsp. poppy seed
1 large can pineapple chunks	

Drain pineapple and oranges. Put 1/4 cup Tang into a bowl with instant pudding. Add the drained juice from the pineapple chunks and oranges and mix. Add the pineapple, oranges and cherry pie filling and mix. Add the poppy seed and refrigerate overnight. Cut up bananas and add when ready to serve or you may sprinkle bananas with Fruit Fresh.®

### **FRUIT SALAD WITH DRESSING**

**Linda Bush, Grapeland**

Dressing:

3 Tbsp. cornstarch	1 c. orange juice
1 c. sugar	

In saucepan, combine cornstarch and sugar. Add orange juice and cook until beginning to thicken. Cool. Layer:

cut up apples	pineapple chunks, drained
oranges	banana slices

Keep layering until full. Top with 2 or 3 fresh strawberries cut up. Drizzle dressing over layered fruit salad.

## **PAT'S FRUIT SALAD**

**Carol Voigt, Elkhart**

1 c. sugar  
3 Tbsp. cornstarch

2 egg yolks

Mix all together. Add:

1 c. crushed pineapple

1 c. water

Boil until thick. Cool. Add miniature marshmallows, coconut, seedless grapes and mandarin oranges. Add any other fruit you like, and mix thoroughly.

## **NUTRITIOUS ORANGE GELATIN SALAD**

**Mrs. Robert L. Humphrey, Palestine**

1 (6 oz.) pkg. orange gelatin  
2 c. hot water  
1 1/2 c. cold water

1 (15 1/4 oz.) can crushed pineapple  
2 medium apples, peeled and  
grated  
2 c. grated carrots

Drain pineapple and reserve the juice. Dissolve gelatin in 2 cups hot water. Measure pineapple juice in measuring cup and add enough water to make 1 1/2 cups liquid and add to gelatin, stir. Chill until slightly thickened. Stir in carrots, pineapple and apples. Pour into one large mold, or individual molds and chill until set. Serves 6-8.

This salad is delicious served with any meal, especially on holidays. It is my family's favorite gelatin salad. I decided to use the pineapple juice for part of the liquid because I do not like to throw anything out, and it makes a richer texture, and more tasty.

## **RIBBON SALAD**

**Earline Little, Palestine**

4 pkgs. (3 oz.) each of lime, orange,  
lemon and strawberry gelatin  
2 c. milk  
1 c. sugar

2 envelopes unflavored gelatin  
1 pt. sour cream  
2 tsp. vanilla

Dissolve lime gelatin in 1 cup hot water, add 1/2 cup cold water and pour into 9 x 13 inch pan. Let set. Bring milk to a boil, add sugar and stir until dissolved. Dissolve the unflavored gelatin in 1/2 cup cold water and add to milk mixture. Stir in sour cream and vanilla. Beat until well blended. Set aside to cool at room temperature. Prepare next layer of gelatin (orange) in same manner as lime gelatin. When lime layer is set, pour 1 1/2 cups of milk mixture over top. Let mixture set before

adding orange gelatin layer. Complete with alternate layers of milk mixture between the orange, lemon and strawberry gelatin (strawberry gelatin is the final layer). Be sure the preceding layer is set before adding each new layer.

### **CRANBERRY (TRY-IT-YOU'LL LIKE IT) SALAD**

**Christy Naville, Palestine**

1/2 lb. fresh cranberries  
1 pt. water

sprinkle of salt  
1/8 tsp. soda

Mix and boil for 10 minutes. Remove from heat and add:

1 (3 oz.) pkg. strawberry gelatin 1 c. sugar

When this is cool, add:

1 c. chopped pecans  
1 c. diced apples

1 c. diced celery  
1 1/2 c. miniature marshmallows

Chill until firm or mold if desired. Serves 10-12.

Try this instead of the traditional cranberry for Thanksgiving. It's a must at our house and is even liked by those who never tried cranberries before!

### **FRESH CRANBERRY SALAD**

**Kerry McDaniel, Palestine**

2 small pkgs. raspberry gelatin  
1 Tbsp. vinegar  
1 lb. fresh cranberries, cleaned  
and finely chopped  
1 c. celery, chopped

1 c. pecans, chopped  
1 small can crushed pineapple  
(drain, but reserve liquid)  
1 c. sugar  
1 c. miniature marshmallows

Mix gelatin according to package directions using reserved pineapple liquid in place of part of water. Let chill until it reaches a syrupy stage. Add remaining ingredients and chill until set. Makes a very large salad.

### **APRICOT SALAD**

**Christy Naville, Palestine**

1 large pkg. (6 oz.) apricot gelatin 1 large can crushed pineapple,  
1/2 c. sugar  
1 (4 oz.) cream cheese and 1/4 c. 1/2 pt. whipping cream  
mayonnaise creamed together 1 c. chopped celery  
1 c. chopped nuts (pecans)

Make gelatin according to package except use 1 cup of hot water in place of cold water. Combine this with sugar

and pineapple in saucepan and bring to boil. Cool in refrigerator. Add to creamed cheese and mayonnaise. Beat whipping cream separately, and fold it plus celery and nuts into gelatin mixture. Chill several hours or even overnight. Serves 12.

This is a family tradition at home for an Indiana Christmas.

### **FAVORITE GELATIN SALAD**

1 large pkg. lime gelatin                      1 small can pineapple tidbits  
1 small can crushed pineapple              3 or more sliced bananas

Dissolve gelatin in 1 1/2 cups boiling water. Add 1 1/2 cups cold water. Set in refrigerator to thicken. When thickened, add drained pineapple (save pineapple juice for topping) and bananas. Place in 13 x 9 inch glass dish and refrigerate until mixture has set.

#### **Topping:**

Mix in saucepan: 1 egg yolk, 2 tablespoons cornstarch and juice from pineapple. Cook until thick. Cool. Whip 1/2 pint whipping cream. Mix with cooled, cooked mixture.

### **BAKED POTATO SALAD**

**Christy Naville, Palestine**

8 large potatoes                                      12 oz. American cheese (cubed)  
1 c. mayonnaise                                      1/2 c. chopped onion  
1/2 c. (or 1 1/4 lb.) bacon, fried              1/4 c. sliced green olives  
and crumbled

Boil potatoes (with skins on) until almost tender. Drain and completely cool, now peel and cube. Combine potatoes, mayonnaise, cheese, onion and stir carefully. Turn into 8 or 9 inch square, lightly greased dish. Sprinkle olives and bacon over top. Cover with foil and bake 35 minutes at 350°. Uncover and bake 15 minutes longer. Serves 8.

### **CHEESE PEA SALAD**

**Jan Furlow, Palestine**

2 c. peas (frozen or canned)                      1/3 c. mayonnaise or salad  
1 c. cubed Cheddar cheese                      dressing  
1/4 c. celery    1/2 tsp. salt  
2 Tbsp. chopped onion                              1/4 tsp. hot sauce  
2 hard cooked eggs, chopped                      pepper to taste  
2 Tbsp. chopped pimiento                              5 medium tomatoes  
lettuce leaves

Cook peas as directed on package. Drain peas (cooked or canned). In large bowl combine peas, cheese cubes, eggs, celery, onion and pimiento. Combine mayonnaise or salad dressing, salt, hot sauce and pepper. Add to pea mixture, toss to combine. Cover and refrigerate several hours or overnight. Cut each tomato into 8 wedges, cutting to but not through the bottom of tomato. On salad plates, place tomatoes atop lettuce leaves. Fill with pea mixture. Makes 6 servings.

### MARY'S VEGETABLE SALAD

1 can (16 or 17 oz. ) whole kernel corn	1 (4 oz.) jar pimiento
	1/3 c. salad oil
1 can (16 or 17 oz.) cut string beans	1 1/4 c. sugar
	3/4 c. vinegar
1 can (16 or 17 oz.) English peas	1/4 c. water
1 c. chopped celery	1 tsp. black pepper
1 c. diced onion	
1 c. chopped bell pepper	

Drain corn, beans and peas. Add the next 4 ingredients and set aside. Bring the oil, vinegar and water to a boil, then add sugar and black pepper. Stir until sugar is dissolved. Cool and pour over the vegetables. It can be used immediately, but is better after being refrigerated.

### FAVORITE WILTED LETTUCE SALAD

Bill Rawlinson

6 slices bacon	1/2 tsp. salt
1 qt. leaf lettuce	1/2 tsp. oregano
1 tomato, diced	1/4 tsp. pepper
1/2 c. sliced green onions	2 Tbsp. vinegar

Fry bacon until crisp, drain. Reserve one tablespoon drippings. Tear lettuce into salad bowl. Add tomato and onion. Combine vinegar, bacon drippings and seasonings. Bring to boil. Pour over salad and toss. Crumble bacon on top.

The next is a repeat of my fresh spinach salad.

### SPINACH SALAD

about 1 1/2 qts. fresh spinach	4 boiled eggs
2 green onions, tops and all	4 slices crisply fried bacon

Dressing:

1/2 c. oil	4 tsp. sugar
------------	--------------

(Cont.)

2 Tbsp. lemon juice  
2 Tbsp. vinegar

1/2 tsp. each salt, paprika,  
dry mustard, cracked  
pepper

Place spinach, onions and eggs in salad bowl. Mix dressing ingredients in jar and shake. Pour over spinach mix. Top with crumbled bacon.

### **POTATO SALAD**

**Printha Pettyjohn, Palestine**

8 medium potatoes  
1 1/2 c. mayonnaise  
1 c. sour cream  
1 1/2 tsp. horseradish

1 tsp. celery seed  
1/2 tsp. salt  
1 c. fresh chopped parsley  
2 medium onions, chopped  
fine

Mix all ingredients except parsley and potatoes. Put a layer of potatoes after they have boiled and sliced. Spread with mixture. Do this until all finished.

### **FARMER'S DELIGHT SALAD Mrs. Robert L. Humphrey, Palestine**

1/2 head lettuce  
5 green onions, sliced  
10 radishes, sliced  
1 medium cucumber, peeled and  
sliced  
1 c. sliced, cooked carrots  
1/2 c. sliced celery

1 1/2 c. cooked English peas  
1/4 lb. sliced bacon, fried  
and crumbled  
1/2 c. cubed Cheddar cheese  
1 small green pepper, sliced  
in rings  
2 medium tomatoes, cut in  
wedges  
your favorite salad dressing  
(cucumber is good), about  
1/2 c.

Break lettuce into bite-size pieces. Place in salad bowl with onions, radishes, cucumbers, carrots, celery and peas. In skillet, fry the bacon until crisp. Remove from skillet and cool. Crumble and add to salad. Add cubed cheese. Pour salad dressing over salad vegetables and toss lightly. Garnish with pepper rings and tomato wedges. Makes 4-6 servings.

This salad is good served with chicken and dressing on holidays. It is very pretty and most delicious. May also be used as a light meal, eaten with crackers or croutons.

**EGG SALAD****Wynona Smith, Palestine**

8 hard boiled eggs, chopped	1/2 c. finely chopped celery
8 oz. small curd cottage cheese	1/4 tsp. black pepper
2-4 Tbsp. sweet or dill relish	1 tsp. onion powder or to suit taste
2 Tbsp. prepared mustard	1 small jar chopped pimiento (optional)

Mix all ingredients thoroughly. May be chilled if desired.  
Serves 6-8.

**CAULIFLOWER SALAD****Katherine Killion, Palestine**

2 (10 oz.) pkgs. frozen cauliflower	1 Tbsp. onion flakes
2 stalks chopped celery	1 tsp. parsley flakes
1/2 green bell pepper, chopped	1 tsp. salt
1 large dill pickle, chopped	one serving pkg. artificial sweetener
1 (4 oz.) can mushrooms, drained and chopped	1/2 tsp. worcestershire sauce
3 Tbsp. mustard	1/2 tsp. lemon juice

Cook cauliflower according to package directions. Drain well, mash with vegetable masher, add other ingredients. Blend well, chill several hours in refrigerator. Makes 8 (1 cup) servings. Calories: 28 per serving.

**CRUNCHY CAULIFLOWER SALAD****Cheryl Reed, Palestine**

1 medium head cauliflower	3/4 c. sour cream
1 c. sliced radishes	3/4 c. mayonnaise
1/2 c. sliced green onions	2 Tbsp. caraway seeds
1 (8 oz.) can sliced water chestnuts, drained	1 pkg. buttermilk salad dressing mix

Wash cauliflower and break into flowerets. Combine cauliflower, radishes, onions, and water chestnuts. Toss gently. Stir together remaining ingredients and pour over vegetables, and stir well. Cover and chill about 1 hour before serving.

**GARDEN SALAD****Debra Parker, Elkhart**

1/2 head lettuce	4 Tbsp. mayonnaise
3 medium tomatoes	1 Tbsp. mustard
1 medium cucumber	1 Tbsp. vinegar
1/2 c. chopped celery	1 Tbsp. sugar
1/4 c. chopped onion	1/2 c. cream

1 (15 oz.) can shoestring potatoes

Shred lettuce and cut up tomatoes and cucumber. Combine all vegetables except shoestring potatoes. Combine last five ingredients for dressing. Pour over salad when well blended. Toss lightly. Refrigerate. Mix in potatoes just before serving.

### **CORN AND EGG SALAD**

**Mrs. Raymond Frantzen, Palestine**

1/4 c. mayonnaise  
1 tsp. worcestershire sauce  
1/4 tsp. soy sauce  
1/2 tsp. vinegar  
1/2 tsp. salt  
1/4 tsp. black pepper

1 (No. 2) can whole kernel  
corn (drained)  
5 hard-cooked eggs, chopped  
1 (2 oz.) can chopped pimientos  
1/4 c. chopped dill pickle  
1/4 c. sliced ripe olives

In a bowl, combine mayonnaise, worcestershire, soy sauce, vinegar, salt and pepper; blend well. Add corn, chopped eggs, pimientos, dill pickles and ripe olives; stir together well. Chill thoroughly. Serve plain or in lettuce cups.

Yields 6-8 servings.

### **COPPER PENNIES SALAD**

**Jenny Jones**

2 lbs. carrots  
1 small green pepper  
1 medium onion  
1/2 c. salad oil  
1 can tomato soup

3/4 c. vinegar  
1 c. sugar  
1 tsp. prepared mustard  
1 tsp. worcestershire sauce

Slice and boil carrots in salted water until tender. Drain. (Canned carrots can be used.) When cool, alternate layers of carrots, green peppers and onion slices. Beat remaining ingredients with beater until completely blended. Pour over vegetables. Refrigerate. May be prepared several days ahead. Use 2-quart dish.

### **SAUERKRAUT SALAD**

**Mrs. Raymond Frantzen, Palestine**

2 c. (No. 1 can) sauerkraut  
1/2 c. sugar  
1/2 c. green pepper (chopped)

1/2 c. celery, thinly sliced  
1/2 c. chopped onion

Snip sauerkraut in short lengths. Stir in sugar and let stand at least 1/2 hour. Add remaining ingredients. Cover bowl tightly and chill overnight (12 hours) before serving.

Makes 8 (1/2 cup) servings.

**SALAD DE RIZ (Rice Salad)****Mrs. Calude Brooks, Palestine****The rice:**

Bring 2 1/2 cups water to a boil. Stir in 1 cup rice and 1 teaspoon salt. Cook and cover tightly for 20 minutes. Remove from heat. Let stand covered 5 minutes.

**The vegetables:**

1/2 c. celery (cut fine)	1/2 c. green pepper (cut fine)
1/2 c. cauliflower (small buds)	1 small onion (fresh, cut up)
1/2 c. English peas (drain well)	1/2 c. tomatoes (fresh, cut up)
1/2 c. mushrooms (cut fine)	2 boiled eggs (cut up)
1/2 c. corn (kernels, no juice)	

Mix all above (except tomatoes) with cold rice.

**Dressing Sauce Vinaigrette:**

6 Tbsp. oil (any good grade salad oil)	1 tsp. mustard (Grey Poupon)
2 Tbsp. vinegar (wine)	pepper, salt and garlic to taste

Mix well, add to the rice and vegetables. Add tomatoes. You may add small pieces of chicken (white only, no skin) and also small cubes of Swiss cheese. Garnish with black olives. Serve on a bed of lettuce. Makes 6-8 servings.

**ARIZONA MOUNTAIN SOUP****Joy Reagan**

3 c. cooked pinto beans	1 1/2 c. cooked rice
1 large tomato, peeled and diced	1 c. chopped bacon
3 small onions, chopped fine	1 Tbsp. salt
1/2 tsp. paprika	2 cloves garlic, chopped
about 4 c. water	1/4 tsp. pepper

Combine in a large pot, beans, rice and tomato. In a skillet fry bacon, onion and garlic until well cooked. Add with drippings, to bean mixture. Add seasonings and 2 cups water. Cover. Simmer, stirring occasionally, for 1 hour. Add additional water, 1/2 cup at a time during cooking, the amount depending on desired consistency. Yield: 6 cups.

## **KIELBASA BEAN SOUP**

**Christy Naville, Palestine**

3 medium potatoes (peeled and diced)	6 c. water
6 carrots, sliced	8 oz. Kielbasa, thinly sliced (approximately 1 1/2 c.)
1 medium onion, chopped	2 (10 3/4 oz.) cans bean with bacon soup
1/3 c. celery, chopped	

In large saucepan bring vegetables and water to boiling; reduce heat and simmer 20 minutes or until vegetables are tender. Add Kielbasa and bean soup. Heat thoroughly. Makes 8 servings easily.

"You'd never guess this robust potage is based on a canned soup and is so quick and easy."

## **BLACK BEAN SOUP**

**Dee Scheurer**

1 can (10 1/2 oz.) black bean soup	1/4 tsp. tabasco
1/4 tsp. seasoned salt	1 c. grated Cheddar cheese
1 small onion, minced	1/4 c. grated jalapeno pepper
1 tsp. chili powder	

Mix all ingredients together until well blended. Serve with corn chips. Freezes well. Yield: 6-8 servings.

## **CHILLED CREAM OF CUCUMBER SOUP**

**Ann Riggs**

2 large cucumbers, peeled and finely shredded	4 Tbsp. chicken seasoned stock base
1 Tbsp. finely chopped onion	1/2 tsp. mixed herb seasoning
4 c. water	2 tsp. chopped chives or dill weed
	1 c. light cream

In a saucepan combine the cucumbers (including juice) with onions, water and chicken seasoned stock base. Bring to boil and add the herb seasoning. Cover and simmer 15-20 minutes. Cool slightly and puree in electric blender. Chill thoroughly (several hours or overnight). Stir in cream. Serve in soup bowls with wedge of cucumber and top with a small amount of chives or dill weed.

## **PEANUT BISQUE**

**Durham House (Waxahachie, Texas)**

6 Tbsp. unsalted butter	9 Tbsp. peanut butter
1/2 c. chopped celery	1/4 tsp. salt
1/2 c. chopped onion	1/8 tsp. white pepper

3 Tbsp. flour	1 tsp. Hungarian sweet paprika
4 1/2 c. strong chicken stock	3 drops tabasco
2 1/2 c. coffee cream	

Melt butter. Add celery and onions and cook until tender. Put into blender and liquefy. Return to pan and add flour, stirring with a wire whisk. Gradually add chicken stock and cook until thickened and mixture comes to a boil. Stir in peanut butter, salt, pepper, paprika and tabasco. Remove from heat and add cream; return to heat and bring to serving temperature but below a boil. Sprinkle with chopped chives for serving. Will refrigerate for one week and freezes well if you omit the cream until ready to serve.

**CREAM OF PECAN SOUP (Dallas, Texas Museum of Fine Arts Gallery Buffet Soup Cookbook)**

1 1/2 c. pecans	1/2 c. tomato paste
6 c. beef consomme	1 Tbsp. cornstarch
1 beef bouillon cube	1/2 c. heavy cream
1/2 c. butter	1 egg yolk
1 Tbsp. onion, chopped finely	salt and pepper to taste
1 clove garlic, minced	dash of nutmeg

Grind pecans with consomme and bouillon cube in blender. Saute onion and garlic in butter until limp. Slowly add nut mixture and cornstarch that has been moistened with a little water. Cook slowly for 30 minutes, stirring often. Add salt, pepper and nutmeg. Beat egg yolk with cream and add to the hot soup just before serving. Serves 4-6.

**POTATO SOUP BONNE FEMME**

4 green onions bottoms or leeks, thinly sliced	4 medium sized potatoes
2 onions, thinly sliced	salt to taste
5 Tbsp. butter, divided	freshly ground pepper
7 c. chicken stock (or beef)	1 Tbsp. chopped parsley

Slice thinly the white part of green onion and the onion. Melt 3 tablespoons butter in a large saucepan. Add onions; cook over low heat until tender. Add stock, salt, and freshly ground pepper; bring to a boil. Cover, reduce heat and simmer. Peel potatoes and thinly slice; add to soup. Cover and let simmer until potatoes are very tender. Adjust the seasonings, if needed. Just before serving remove soup from heat and stir in remaining 2 tablespoons butter. Continue stirring until potatoes are well blended. Add 1 tablespoon of chopped parsley.

Serve with crusty French bread, or croutons, if desired. Serves 8.

### POTATO SOUP

Jenny Jones

2 qts. raw potatoes	2 qts. milk
1/4 c. chopped onion	2 Tbsp. parsley flakes
2 qts. water	
2 tsp. salt	
1/2 c. butter	
2 Tbsp. flour	

Chop potatoes and onion. Add to water and salt. Cook until water thickens. Melt butter, add flour, and stir until smooth. Add milk and parsley. Add to potato mixture and cook until smooth.

### TURKEY SOUP

Bill Rawlinson

Save the turkey bones, boil and strain. Add carrots, onion, celery, potatoes, can of tomatoes, and seasons.

Have turkey soup for Christmas evening meal or next day.

### VEGETABLE SOUP FOR WEIGHT WATCHERS

1/4 c. diced onion	1 tsp. chopped fresh parsley
1 tsp. minced fresh garlic	1/4 tsp. salt
1 c. thinly sliced zucchini	1/4 tsp. basil leaves
1/2 c. thinly sliced carrot	1/8 tsp. pepper
1/2 c. chopped tomato	2 c. tomato juice

Cook until vegetables are tender. Vegetables of your choice may be added.

### VICHYSOISE

6 leeks (white part only) well washed and thinly sliced	1/4 tsp. nutmeg
3 onions, thinly sliced	salt and white pepper to taste
1/2 stick butter	2 c. milk
4 c. canned chicken broth	1 c. heavy cream
4 medium potatoes, peeled and thinly sliced	chopped chives

Place leeks and onions in a large saucepan with the butter. Put a buttered round of waxed paper (or use the butter wrapper) over the vegetables. Put the lid on the saucepan and "sweat"

the vegetables for 20 minutes or until they are well softened. Add chicken broth, potatoes and salt and white pepper to taste. Simmer the mixture until the potatoes are very soft. Puree the mixture through the medium disc of food mill or in a blender. Add the milk, cream and nutmeg. Chill at least 3 hours. Serve the soup in chilled bowls. Garnish each serving with chopped chives. Serves 6.

### **GOLDEN APPLESAUCE**

8 large Golden Delicious apples	1/4 tsp. nutmeg
3/4 c. water	dash cinnamon
1/3 c. sugar	1 tsp. grated lemon peel

Quarter and core apples. Place in large kettle. Add water and simmer until apples are tender, 15-20 minutes. Put through food mill or sieve. Add sugar, spices and lemon peel. Makes about 5 1/2 cups applesauce.

### **LEMON SAUCE**

**Jenny Jones**

1/2 c. sugar	3 Tbsp. lemon juice
1/4 tsp. salt	
1 Tbsp. cornstarch	
1 c. boiling water	
1 tsp. lemon rind	
2 Tbsp. butter	

Mix sugar, salt and cornstarch. Add boiling water and cook until clear. Add lemon rind and continue cooking 1 minute. Remove from heat and add butter and lemon juice. Serve hot or cold. Good over pound cake.

### **MINT SAUCE**

**Jenny Jones**

1/2 c. mild vinegar	1/4 c. mint leaves (chopped)
1/4 c. water	1 1/2 Tbsp. chutney (optional)
1/4 c. brown sugar	

Combine vinegar, water and sugar. Bring to a boil and pour over mint leaves. Add chutney if desired. Let stand 1 hour before using.

## **HORSERADISH SAUCE**

**Jenny Jones**

1 Tbsp. chopped onion	1 c. milk
3 Tbsp. butter	1/4 c. prepared horseradish
2 Tbsp. flour	

Brown onion slightly in butter, add flour and stir. Add milk to make the sauce. Then, add horseradish. Delicious with any meat.

## **JOHNNY CACE'S REMOULADE SAUCE**

**Longview, Tex.**

1 1/2 pts. mayonnaise	1/2 c. finely chopped celery
1 pt. Creole style mustard (available at specialty shops)	1/2 c. finely chopped white onions
1 c. salad oil	1/4 c. chopped parsley
	1/2 tsp. paprika

Mix ingredients or blend until smooth in blender or food processor.

## **POPPY SEED DRESSING**

**Linda Richardson**

In blender:

3/4 c. powdered sugar	1 tsp. dry mustard
1 Tbsp. chopped onion	1/3 c. vinegar
1 tsp. salt	

Blend well and gradually add 1 cup Wesson<sup>®</sup> oil. Stir in 1 1/2 teaspoons poppy seed. Very good on fresh fruit salad, also just plain lettuce.

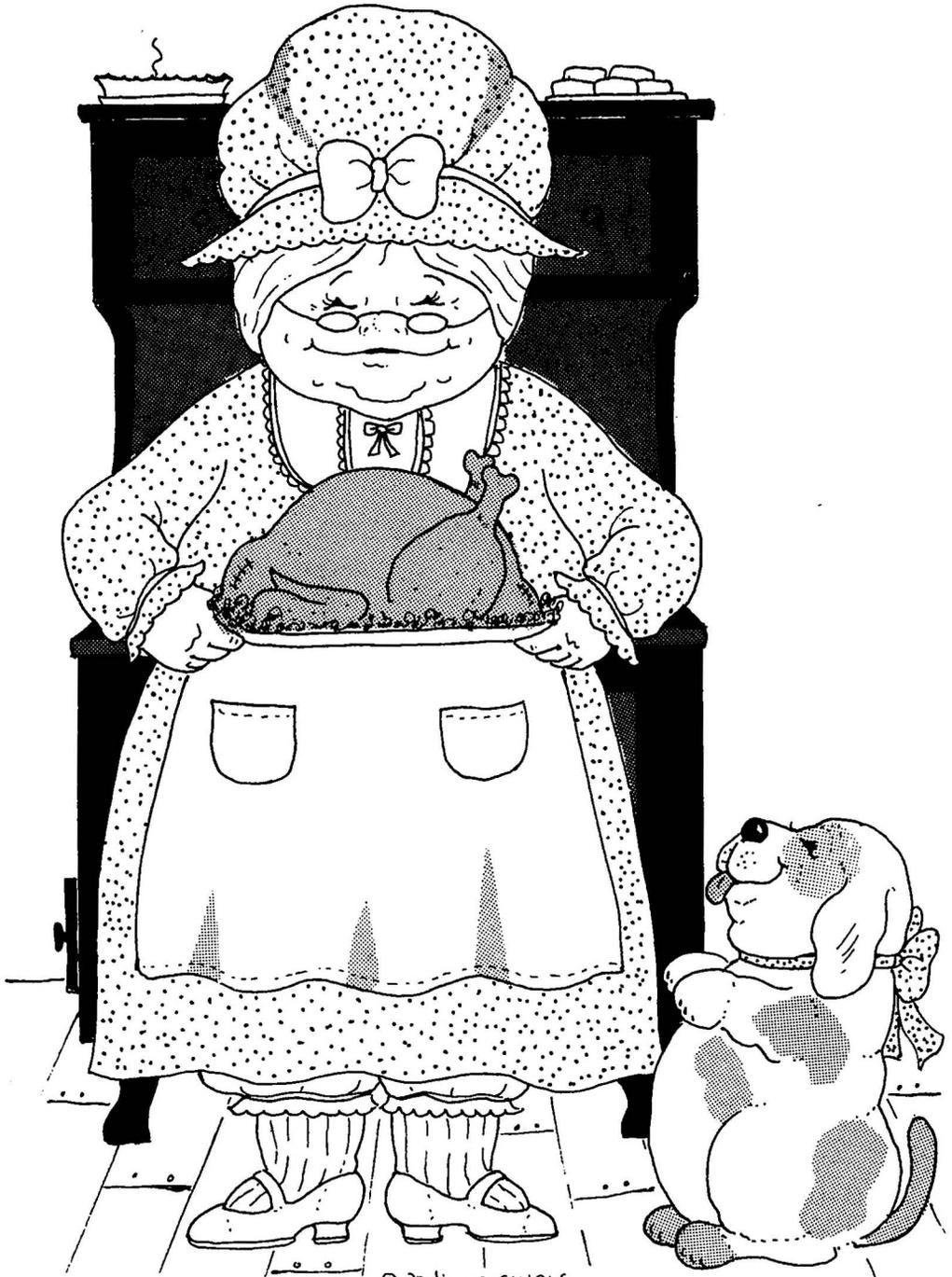
## **FRENCH DRESSING**

**Jane R. Beste**

1 can tomato soup	1 tsp. paprika
1 c. Wesson <sup>®</sup> oil	1 tsp. salt
2/3 c. vinegar	1/3 c. sugar
1 Tbsp. Lea & Perrins <sup>®</sup>	clove of garlic
1 Tbsp. grated onion	
1 tsp. mustard	

Shake in fruit jar. Remove garlic clove when desired.

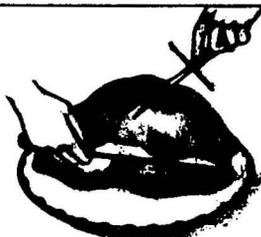
MAIN DISHES  
MEAT · SEAFOOD  
♡ POULTRY ♡



## 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, SEAFOOD, POULTRY**

**CHICKEN AND RICE CASSEROLE**

**Bessie L. Berry**

1 c. rice, uncooked	1/4 tsp. pepper
1 chicken, cut up	1 can mushroom soup
1 tsp. salt	1 can celery soup

Put rice in baking dish, add chicken, salt and pepper. Pour over soup and can of water. Cover and bake. Bake until chicken is fork tender.

**OVEN BAKED BRISKET**

**Myrtle Reynolds**

8-10 lb. brisket	1 envelope Lipton onion soup mix
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Place brisket in center of large piece of heavy duty foil. Sprinkle with onion soup mix. Close foil tightly and place meat in baking pan. Bake at 250° for 5 hours, no more or no less. Doesn't need to be checked.

Remove from oven, cool slightly and slice across the grain.

**CHICKEN IN SOUR CREAM AND WHITE WINE**     **Rose Mary Mirgle**

6 chicken breasts (or whole chicken, cut in serving pieces), skinned	1 (8 oz.) jar or can mushrooms salt and pepper
1/4 c. white wine	paprika
1 can cream of mushroom soup	1 (8 oz.) carton sour cream

Mix together all ingredients except chicken and paprika. Stir well. Lay chicken in casserole, cover with above mixture. Sprinkle with paprika. Bake at 350° about 1 hour 15 minutes. Cover for the first hour, uncover for last 15 minutes. Excellent company dish. Serves 4-6.

**CHICKEN SPECTACULAR**

**Bill Rawlinson**

2 c. cooked chicken, diced	1/2 c. salad dressing
2 c. (1 can) French style green beans, drained	1/2 c. (or more) sliced water chestnuts
1 small box Uncle Ben's long® grain wild rice: cook as directed, using seasoning in pkg.	2 Tbsp. chopped pimento
1 can condensed celery soup	2 Tbsp. chopped onion
	1/4 tsp. salt
	dash (or little more) tabasco
	1 can drained and cut mushrooms

Mix well, place in buttered casserole. Sprinkle sliced toasted almonds on top. Bake 30 or 40 minutes at 350°.

### **CHICKEN AND DUMPLIN'S**

**Jenny Jones**

Cook, bone, and skin chicken. Put aside. Save broth to cook dumplin's.

Dumplin's:

2 c. flour  
1/2 c. broth or milk

1 egg

Mix with hands and work in more flour if needed to make stiff dough. Roll as flat as possible and cut into strips. Drop into boiling broth one at a time to keep them from sticking together. Let cook with lid on for 15 minutes, stirring occasionally. When done add chicken and heat. If there is not enough broth when you are ready to serve, add milk.

### **CHICKEN BREASTS PARMESAN**

**Virginia Scammel**

8 slices dried beef  
4 chicken breasts (skinned, boned,  
unsalted, and halved)

2 cans cream of mushroom  
soup  
1/2 c. Parmesan cheese

Scald dried beef and layer the bottom of a lightly greased casserole. Place 1/2 chicken breast on each slice of beef. Cover with undiluted soup. Sprinkle Parmesan cheese on top. Bake at 225° for 2 hours. Serves 8.

### **CHICKEN TORTILLA CASSEROLE**

**Marion Weaver**

4 chicken breasts  
salt, pepper, paprika  
12 corn tortillas  
1/2 c. melted butter  
1 medium onion, chopped

1 can cream of chicken soup  
1 can cream of mushroom  
soup  
1 c. milk  
1 can green chili salsa  
1 1/2 c. sharp Cheddar cheese,  
grated

Bake chicken breasts, cool, bone and cut into bite-size pieces. Cut tortillas in one-inch strips. Bundle strips and cut in pieces. Toss tortilla pieces in butter. Mix together onion, soups, milk, salsa and 1/2 cup grated cheese. In baking dish layer tortillas, chicken, soup mix and cheese, repeating until all ingredients are used. Bake at 350° about 30-40 minutes.

**CHICKETTI****Irene Dunson**

1 stewing chicken (4-5 lbs.)	1/2 c. chopped pimento
1 tsp. salt	3/4 tsp. paprika
1/4 c. finely chopped onion	1 1/4 c. sliced ripe olives
1/4 c. chopped green pepper	2 c. grated American cheese
3/4 c. finely cut celery	1 (7 oz.) box spaghetti

Prepare chicken for cooking. Cut into pieces. Put into deep well cooker or kettle. Add salt and 3 cups water. Cover, cook at simmering heat until tender. Remove bones and cut in good sized pieces. Add spaghetti. Let cook until tender, about 30 minutes. If stock seems too thin, thicken with 2 table-  
spoons flour moistened with 3 tablespoons cold water. At serving time, fold in sliced olives and 1 cup grated cheese. Serve on hot platter and sprinkle with remaining 1 cup cheese.

**UNBELIEVABLE CHICKEN CASSEROLE****Jerry Coleman**

6 deboned chicken breasts placed in a slightly greased casserole dish	1 can sauerkraut, not washed but with the juice squeezed out good
--	--

Place some kraut on each chicken breast then place 1 slice of Swiss cheese over this. Pour one small bottle of Kraft Thousand Island dressing over all the chicken and bake covered at 350° for an hour or until chicken is completely tender.

**GREEN BEAN CHICKEN SALAD****Jerry Coleman**

2 c. cooked cut green beans, drained and chilled	1 hard cooked egg, diced
1 c. cubed cooked chicken, chilled	1/3 c. coarsely chopped sweet pickle
1 (5 oz.) can water chestnuts, drained and thinly sliced	

Combine. Stir together:

1/4 c. mayonnaise	1 tsp. sweet pickle juice
1 Tbsp. finely chopped onion	1 tsp. salt
1 tsp. prepared mustard	

Add to bean mixture and toss lightly. Let set at least an hour to blend flavors.

**SWEET AND SOUR CHICKEN****Mrs. Melba Darrow, Jacksonville**

2 fryer chickens cut in serving pieces  
 1 bottle (8 oz.) Russian salad dressing

1 envelope dry onion soup mix  
 1 (10 oz.) jar apricot preserves

Mix together dressing, soup mix, preserves. Place chicken in single layer, skin side up, in large shallow baking pan; pour preserves mix on chicken. Bake at 350° 1 hour or until done, basting occasionally with pan drippings. Serve hot with plain rice.

Serves eight. Delicious!

**CHICKEN ORIENTAL****Christy A. Naville, Palestine**

1 small green pepper (in strips)  
 3/4 c. biased celery  
 2 Tbsp. butter or margarine  
 1 can condensed cream of chicken soup

1/3 c. water  
 2 Tbsp. soy sauce  
 2 c. cubed chicken (I used 1 stewed fryer)  
 1 lb. can fancy-mixed Chinese vegetables (drained)

Stir-fry green pepper, celery and butter or margarine until crisp/tender. Add chicken soup, water and soy sauce to stir-fried mixture and heat through. Add chicken and Chinese vegetables to mixture.

Best if stir-fried in wok at 375° (but can be done in deep skillet). Serve over bed of hot white rice and garnish with chow mein noodles if desired. Takes 15 minutes, goes great with tossed salad. Serves 4 easily.

**MAGGIE'S BAKED CHICKEN****Maggie Klein, Palestine**

10 Tbsp. butter (softened)  
 1 Tbsp. plus 1 tsp. chili powder  
 1 tsp. salt

2 cloves garlic (chopped)  
 dash of pepper sauce, or to taste  
 8 breasts of chicken

Heat oven to 400°. Stir together butter, chili powder, salt, garlic and hot pepper sauce in small bowl. Blend thoroughly. Divide into 8 equal parts. Place breasts skin-side up. Lift skin carefully away from the flesh. Push in 1 teaspoon of chili butter under the skin. Rub remainder of chili butter over chicken breasts. Arrange breasts skin-side up on roasting pan. Roast, basting several times with chili butter until they are golden brown and tender. Remove and cool.

## **FAMOUS CHICKEN ENCHILADAS**

**Charlotte Johnston, Palestine**

Combine and heat:

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 can cream of mushroom soup | 1 can tomatoes with green chiles |
| 1 can cream of chicken soup  | 1 Tbsp. chili powder             |

In tortillas roll bits of:

- |                             |                 |
|-----------------------------|-----------------|
| 1 chicken, stewed and boned | 1 chopped onion |
| 1 lb. grated cheese         |                 |

Place filled tortillas seam side down in pan. Pour heated sauce over. Sprinkle cheese over all and bake for 1 hour at 350°.

## **BAKED CHICKEN SANDWICHES**

**Ruth Ann Pool, Palestine**

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 4 chicken breasts                   | 1/2 can chicken gravy          |
| 1 can mushroom soup                 | 1 small can chopped mushrooms  |
| 1 can water chestnuts (sliced thin) | 1/2 can sliced toasted almonds |
| 1 small jar pimento (chopped)       |                                |

Bake or stew 4 chicken breasts. Cool and slice thin. Cut in bite size pieces. Combine all the rest of ingredients with chicken; adding gravy a little at a time. Mix must not be too thin. Cut crusts from enough bread to make 12-14 sandwiches. Put large spoonful on one slice and top with second slice. Wrap individually and freeze.

To serve: beat eggs with a little cream (one egg will coat 2 sandwiches). Dip in egg mixture on both sides and edges of the frozen sandwiches. Roll in crushed potato chips and bake on cookie sheet 1 hour at 300°. Top with cream sauce or mushroom sauce if desired.

## **CHICKEN 'N BEER**

**Mrs. D.J. Fillippa, Grapeland**

- |  |                          |
|--|--------------------------|
| either 6 chicken breasts or 4 leg-thigh quarters | 1/2 stick margarine      |
| 1 small onion, minced                            | 1 can beer               |
| 1 clove garlic, minced                           | salt and pepper to taste |
|  | cooked noodles or rice   |

Melt margarine in heavy skillet with lid. Salt and pepper chicken. Brown in melted margarine. Add onions and garlic after turning chicken over. Add beer, cover, and simmer

about 1 hour. Remove chicken to serving platter and keep warm. Thicken gravy slightly with a heaping tablespoon flour mixed with water. Serve gravy over noodles or rice.

### **MEXICAN CASSEROLE**

**Linda Dean, Palestine**

1 can (10 oz.) enchilada sauce (mild)	1 pkg. flour tortilla shells
1 can cream of mushroom soup	1 pkg. Cheddar cheese, grated
1 can cream of chicken soup	1 pkg. hamburger meat
	1 small onion, cut up

Brown meat and onion. Drain. Pour the three cans of ingredients onto the meat and mix. Take a long casserole dish and tear up a few of the tortilla shells and make a layer. Spread some of the meat mixture over the shells and sprinkle some of the cheese. Make another layer the same way and end up with cheese on top. Cook for 30 minutes in a 350° oven.

### **SWISS CHICKEN AND HAM ROLL-UPS**

**Tammy Martin, Palestine**

1 1/2 c. coarsely chopped cooked chicken	2 c. cooked rice
1 can cream of chicken soup	1/4 c. sour cream
6 slices boiled ham	1/4 c. milk
	1/2 c. Swiss cheese

In mixing bowl combine chicken and 1/3 cup of soup. Spoon 1/4 cup chicken mixture on each ham slice and roll up. Secure with toothpick, if necessary. Spread rice in shallow 1 1/2 quart dish. Place roll-ups on rice. Mix remaining soup with sour cream and milk. Pour over ham rolls. Cook on high 8-9 minutes. Put cheese on top. Cover and let set 5 minutes.

### **HOT CHICKEN SALAD**

**Nan Daws (Throckmorton, Texas)**

3 c. chicken (chopped) mostly white meat	1 can mushrooms (5 or 6 oz.)
2 c. celery cut on the diagonal	2 tsp. lemon juice
1 c. mayonnaise	1 tsp. grated onion
1/2 c. almonds, toasted in butter	1/2 c. chicken broth

Add last 2 cups grated Cheddar cheese (sharp) and 1 cup crushed potato chips.

Mix the above ingredients and bake at 350° for about 20 minutes. Top with 2 cups grated Cheddar cheese (sharp) and 1 cup of crushed potato chips and return to oven for approximately 10 minutes.

## CHICKEN LOAF

Nona Culwell  
Longview, Texas

- |   |                               |
|---|-------------------------------|
| 1 (4 lb.) hen well cooked (about<br>3 1/2 c. chopped) | 4 eggs                        |
| 1 c. cooked rice                                      | 1 tsp. Accent                 |
| 2 c. bread cubes                                      | 1 green pepper (chopped fine) |
| 3 c. chicken broth                                    | 1/8 c. pimentoes              |

Mix ingredients and well beaten eggs last. Bake in loaf pan 1 hour at 300°.

### Sauce for loaf:

- |                      |                              |
|----------------------|------------------------------|
| 1/4 c. butter        | 1/4 c. heavy cream           |
| 14 oz. can mushrooms | 1 tsp. lemon juice           |
| 1/4 c. flour         | 1/2 Tbsp. parsley (cut fine) |
| 1 pt. chicken broth  |                              |

Melt butter and saute sliced mushrooms about 5 minutes. Add flour and stir well. Add broth slowly and cook. Add cream and other ingredients. Cut loaf in squares. Serve with sauce.

## TURKEY HURRY CURRY

- |                       |                              |
|-----------------------|------------------------------|
| 1/2 c. chopped onion  | 1/2 c. flour                 |
| 1/2 c. chopped celery | 2 c. turkey or chicken stock |
| 1/2 c. margarine      | 1 c. milk                    |
| 1/2 tsp. salt         | 3 c. chopped cooked turkey   |
| 1 Tbsp. curry powder  | 2 Tbsp. dry sherry           |

Place onion, celery and margarine in a three-quart casserole. Microwave on high 3 minutes. Add salt, curry powder and flour to margarine mixture; blend. Slowly stir in stock and milk. Microwave on high 8 minutes, or until thickened, stirring with wire whisk every 3 minutes. Add turkey and sherry. Microwave on 70% (medium-high) 5 minutes. Serves eight.

Serving Suggestion: Serve over a bed of rice with an assortment of condiments, such as chopped peanuts, chopped hard cooked eggs, diced cooked bacon, flaked coconut, Chinese egg noodles, chopped olives, raisins or chutney purchased in a jar.

## HAM ROYAL

Bill Rawlinson

### Cream Sauce:

- |                       |                    |         |
|-----------------------|--------------------|---------|
| 1/2 c. butter or oleo | 1/2 c. sherry wine | (Cont.) |
|-----------------------|--------------------|---------|

1 1/2 c. flour	1 1/2 c. grated sharp cheese
1 qt. milk (I use celery, mushroom and chicken soup instead of making the above cream sauce)	2 tsp. minced onion
	2 tsp. salt
	1/2 tsp. pepper
	1 large can mushrooms

Dice ham or a combination of ham and chicken to make 3 cups and add to cream sauce. Stir in mushrooms, sherry and grated cheese. Add minced onion and seasoning, stir thoroughly but gently. Serve in casserole chafing dish over heat. Sprinkle with 1/4 cup slivered almonds.

Serve over hot fluffy rice. For a party or brunch serve over little split biscuits.

### HAM LOAF

**Bill Rawlinson**

3 lbs. canned or ground ham	1 c. chopped onion
2 1/2 lbs. fresh pork loin ground	4 eggs
3 c. soft bread crumbs	1 c. undiluted evaporated milk

Combine all ingredients. Mold into lightly oiled 6 1/2 cup ring mold or 2 smaller loaf pans. Let stand overnight in refrigerator. Insert in shallow pan and remove mold. Bake at 350° for 45 minutes. Brush loaf with glaze. Bake 30 minutes basting occasionally with glaze. Serve with mustard sauce. Yields 24 servings.

#### Mustard sauce:

1 c. dry mustard	pinch salt
1 c. vinegar	mayonnaise
2 eggs beaten	
2/3 c. sugar	

In jar mix mustard and vinegar, let stand overnight. In top of double boiler combine eggs, sugar, salt and mustard mixture. Cook until thickened slightly then cool. Mix with equal mayonnaise. The ham loaf may be frozen.

### PISOLE

**Mrs. Joe Z. Tower (Beryl)  
(John Tower's mother)**

1 can hominy (large ) or 2 small	6 or 8 eggs
1 large can chili (no beans)	1/2 lb. grated cheese

Cook hominy until liquid gone. Add grated cheese and melt it. Heat chili, scrambled eggs. Mix hominy and cheese with

chili and eggs and serve. Makes a good meal with crackers and fruit plate.

### **MEAT LOAF**

**Martha Jo Richardson**

2 lbs. ground round steak	1 tsp. monosodium glutamate
2 eggs (beaten)	1/2 c. water
1 1/2 c. bread crumbs	1 pkg. onion soup mix
3/4 c. ketchup	

Mix above ingredients thoroughly. Place in a loaf pan and cover with 2 strips bacon and 1 (8 ounce) can tomato sauce. Bake at 350° for 1 hour.

### **ENCHILADA CASSEROLE**

**Shirley Lilly**

1 1/2-2 lbs. hamburger meat	1 large onion
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Brown together. Add:

2 cans mushroom soup	1 can green chilies
1 can hot enchilada sauce	chili powder

Pour 1/2 of meat mixture in long Pyrex dish. Break or tear 1 package tortillas over meat. Then add rest of meat mixture. Top with grated cheese, also in between layers. Bake at 350° until bubbly and slightly brown.

### **SWEET AND SOUR PORK**

**Doris Boyd**

Meat:

1 lb. pork loin, cut in 1" cubes

Marinade:

1 Tbsp. dry wine	1 clove garlic, minced
2 Tbsp. soy sauce	1/2 tsp. Accent
1 tsp. ginger, minced or 1/8 tsp. dried	

Sauce:

6 Tbsp. sugar	1/2 c. pineapple juice
2 Tbsp. soy sauce	3 Tbsp. catsup
1 Tbsp. wine	1/2 c. water
3 Tbsp. vinegar	2 Tbsp. cornstarch

(Cont.)

### Vegetables:

1/2 c. green pepper cut in 1" squares	1/4 tsp. Accent
1/2 c. carrots, cut on diagonal	1/4 tsp. salt
1/2 c. bamboo shoots	1/2 onion quartered
1/2 c. pineapple slices, quartered	6 Tbsp. oil

### Batter:

2 egg yolks or 1 egg, beaten	4 Tbsp. cornstarch
	deep fat oil

### For meat and marinade:

Place meat in mixture of all marinade ingredients and marinate 2-3 hours or overnight. For batter: Mix egg and cornstarch. Drain meat well and add to batter. Deep fry at 420° until crisp and brown. Drain on paper towel.

### For sauce:

Combine sugar, soy sauce, wine, vinegar, juice, and catsup. Bring to boil. Mix cornstarch and water. Add to boiling mixture and stir until thick.

### To serve:

Fry vegetables in 6 tablespoons oil for a few minutes. Add sauce and blend. Add meat, combine well and serve. Can be served on chow mein noodles or cooked rice.

## DEEP DISH PIZZA

Alice Lumley, Palestine

3 c. biscuit mix	1 can (15 oz.) tomato sauce
3/4 c. water	2 cloves garlic
1 lb. ground meat	1 tsp. oregano
1/2 chopped onion	1 jar mushrooms, sliced
2 c. grated Mozzarella cheese	1/2 c. chopped bell pepper

Mix biscuit mix and water until soft dough forms. Pat dough in bottom and sides of cookie sheet or pizza pan. Add 1 teaspoon oregano to can of tomato sauce; stir well; then spread over dough. Set aside. Cook ground meat, onion and garlic until beef is brown. Spoon mixture evenly over tomato sauce. Top with mushrooms, pepper and cheese. Bake in 450° oven for 20 minutes or until crust is brown.

**GROUND BEEF CASSEROLE****Charlotte Johnston, Palestine**

1 lb. ground beef  
 1 clove garlic  
 1 tsp. salt

1/2 tsp. pepper  
 1 Tbsp. sugar  
 1 (15 oz.) can tomato sauce

Brown meat. Add seasonings and tomato sauce. Cover and simmer 20 minutes. Cook 1 eight-ounce package egg noodles and set aside.

1/2 c. margarine  
 1 medium chopped onion

1 (8 oz.) pkg. cream cheese  
 1/2 pt. sour cream

Saute onion in margarine. Add cream cheese and sour cream, stir until smooth. Layer noodles, then sour cream mixture and top with meat mixture. Top with grated Cheddar cheese. Bake 30 minutes at 350°.

**TERIYAKI****Doris Boyd**

2 Tbsp. sesame seed  
 1/2 tsp. black pepper  
 1/2 c. soy sauce  
 1 tsp. Accent®  
 3 stalks green onion (sliced)  
 1/2 tsp. ground ginger

2 Tbsp. sugar  
 1/2 c. water  
 1/4 c. salad oil  
 1 clove garlic (chopped)  
 1 small onion (quartered  
 and broken up)  
 1 1/2 lbs. flank steak

Mix together and marinate flank steak 24-48 hours in refrigerator. Cook on charcoal grill or under broiler for 7 minutes on each side. Serves 4.

**BERRACH (GERMAN)****Phyllis Kelln**

1 lb. hamburger  
 4 Tbsp. shortening  
 1 c. chopped onion  
 2 c. shredded cabbage

1 Tbsp. salt  
 1/4 tsp. pepper  
 1/4 tsp. allspice  
 1 Tbsp. flour

Fry onions and hamburger in a heavy skillet or Dutch oven for a few minutes before adding cabbage. When cabbage has been added, season and simmer slowly for 20 minutes. When done take off fire and cool slightly. Using hot roll mix, on a slightly floured board roll dough to a thin sheet (about 1/4 inch thick). Cut into 5 or 6 squares, on each square put a heaping tablespoon of filling. Bring the four corners together and pinch openings shut. Lay on a shallow greased pan or cookie sheet.

Bake 20 minutes at 400°. When done turn upside down in pan a few minutes to brush with melted butter or shortening. These are best when served warm. This is a one dish meal.

### **BAKED STUFFED CABBAGE ROLLS (KRAUT WEICKEL)**

**Phyllis Kelln**

1 medium head cabbage	1 tsp. salt
1/4 tsp. pepper	1 can tomato soup
1 lb. hamburger	2 c. stewed tomatoes
1 c. rice (cooked)	2 Tbsp. lemon juice
1 egg	2 Tbsp. brown sugar
1/4 c. onions (chopped)	

To prepare cabbage, cut out core one inch down and cover with boiling water. Boil about 10 minutes, drain and remove 12 outer leaves so they are whole. Cut out heavy rib bottom of each and spread out on a flat surface, ready for filling. Cut up the remaining cabbage and spread over bottom of baking pan. Mix together the beef, rice, onion, egg, salt, pepper and 2 table-  
spoons of the soup. Place about 1/4 cup of meat mixture in center of each cabbage leaf and roll up. Place seam side down on prepared cut cabbage. Mix together the remaining soup, stewed tomatoes, lemon juice and sugar and pour over rolls. Cover with foil and bake at 350° for 1 1/2 hours. Uncover and bake 30 minutes longer.

### **TALERINE**

**Sandee Shaw, Buffalo**

2 lbs. hamburger meat	1 can cream style corn
1 can tomatoes with green chiles	1 can whole kernel corn
2 onions, chopped	1 can tomato soup
2 cloves garlic, chopped	1 lb. grated American cheese
1 pkg. large egg noodles	

Brown hamburger meat; add tomatoes, onion and garlic. Simmer. Mix cream style and whole kernel corn in bowl. Dilute tomato soup. Grate cheese. Cook noodles. Layer in casserole: 1/2 corn, 1/2 meat mixture, 1/2 cheese, 1/2 tomato soup. Repeat layers and bake covered at 350° for 20 minutes. Uncover and bake for 10 minutes more. Serve with salad and French bread.

### **GERMAN MEAT CASSEROLE**

**Sammy Martin, Palestine**

3 large potatoes, thinly sliced	1 Tbsp. ketchup
5 carrots, quartered	1 can cream of mushroom
1 small onion, diced	soup
2 Tbsp. butter	optional: 1 (4 oz.) can button
1 lb. lean ground beef	mushrooms (drained)

2 Tbsp. butter (optional)  
1 (3 1/2 oz.) can French fried  
onion rings (optional)

Parboil potatoes and carrots for 20 minutes. Saute onions in butter. Add beef and cook until meat turns gray. Butter a 2 1/2 quart casserole dish. Alternate layers of beef-onion mixture and vegetables.

Mix ketchup with soup and pour over casserole. Saute mushrooms in butter and place on top of casserole. Sprinkle onion rings over mushrooms.

Bake at 350° about 20 minutes. Serves six.

### **SWEET AND SOUR BARBECUE MEATBALLS**

**Mamie Kale,  
Palestine**

8 slices bread moistened with water-flake well  
2 lbs. ground lean meat  
2 tsp. salt  
2 tsp. pepper  
1/2 tsp. garlic  
2 eggs

Mix well. Shape in small balls and brown lightly. Add the following mixture:

1 c. catsup  
1/3 c. brown sugar  
1/3 c. vinegar  
1 chopped onion  
1 Tbsp. liquid smoke  
dash of red pepper  
dash of worcestershire sauce

Pour above mix over meatballs and simmer 45 minutes (preferably in Dutch oven). Serve over cooked spaghetti.

This is a 15-year family favorite.

### **TAMALE CASSEROLE**

**Kay Wolf, Grapeland**

1 (14 1/2 oz.) can tamales with chili gravy  
1 (12 oz.) can whole kernel corn  
1 (3 1/2 oz.) can pitted ripe olives, drained and sliced  
1/4 lb. Cheddar cheese, grated

Remove wrapping from around tamales, saving gravy. Slice crosswise, 1/4 inch thick. In an oblong 1 1/2 quart casserole, stir together the tamales, gravy, corn and olives. Sprinkle with the cheese. Bake at 450° until very hot in center, 20-25 minutes. Makes 4 servings.

## CHEESEBURGER CASSEROLE

Debra Parker, Elkhart

1 lb. ground beef	1/4 c. catsup
1 c. onion, chopped	1 can tomato sauce
3/4 tsp. salt	1 pkg. American cheese slices
1/8 tsp. pepper	1 can refrigerated biscuits

Cook meat and onion until meat is lightly browned. Drain; add salt and pepper. Stir in catsup and tomato sauce; heat thoroughly. Put in casserole dish. Cut cheese into thin strips. Sprinkle over meat. Top with biscuits. Bake at 425° for 20-25 minutes or until golden brown.

## CALICO BEANS

Dorothy Runge

1/4 lb. bacon	1 Tbsp. mustard
1 lb. hamburger	1 tsp. salt
1/2 c. onions	1 can pork 'n beans
1/2 c. brown sugar	1 can lima beans
1/2 c. catsup	1 can kidney beans
1 Tbsp. vinegar	1 can butter beans

Brown bacon, hamburger and onion. Add other ingredients and cook in crock pot all day or bake 1 1/2 hours at 350°. Preheat oven to 350°.

## EASY STEW #1

Mickey Richards

1 1/2 lbs. lean stew meat (cubed)	1/2 c. red wine or sherry
1 can cream of mushroom soup	1 (4 oz.) jar sliced mushrooms
1 pkg. Lipton® onion soup	4 or 5 carrots (sliced)

Place all ingredients in a covered casserole. Bake at 300° for 3 hours. (BE SURE AND DO NOT ADD SALT). Serves 6.

## EASY STEW #2

Mickey Richards

3 lbs. boneless chuck or round steak (cut in 1 inch cubes)	3/4 c. sherry
2 cans cream of mushroom soup	1 (8 oz.) jar sliced mushrooms
1 pkg. Lipton onion soup	8 or 9 carrots (sliced)

Mix beef cubes, mushrooms and carrots and place in a large covered casserole. Sprinkle onion soup over the meat and vegetables. Combine mushroom soup and sherry and pour on top of the onion soup. Bake at 325° for 3 hours. (BE SURE AND DO NOT ADD SALT). Serves 12.

## **BRISKET**

**Pauline Barney**

Marinate brisket (overnight) with 3 ounces Liquid Smoke and generous sprinkles of celery, onion and garlic salts. In morning, pour on 2 or 3 ounces worcestershire sauce. Cook covered all day at 275°. Then pour on 6 ounces barbecue sauce the last hour of cooking. Pour off liquid into bowl and refrigerate. Remove fat that forms at top. Thicken juice with 2 tablespoons flour and 1/2 cup water. Slice brisket while cold and reheat to serve.

## **PARTY PIZZAS**

**Pauline Barney**

1 lb. ground beef	1/4 tsp. garlic powder
1 lb. hot sausage	1/4 tsp. oregano
1 lb. Velveeta cheese	dash of tabasco sauce
1 Tbsp. worcestershire sauce	

Cook meats. Add cheese and spices and stir until cheese is melted. Spread on party rye bread and heat in oven or microwave just before serving.

## **CHILI RELLENO BAKE**

**Norma Arnold**

1 lb. ground beef	1 1/2 c. milk
1/2 c. chopped onion	1/4 c. flour
1/2 tsp. salt	4 eggs beaten
1/2 tsp. pepper	1/2 tsp. salt
2 cans (4 oz. each) chopped green chili	dash pepper
1 1/2 c. sharp Cheddar cheese, grated	

Brown beef and onions, drain off grease and season with salt and pepper. Place 1/2 of the green chili in a 10 x 6 x 2 inch baking dish and sprinkle with half the cheese. Top with meat mixture and then with the remaining chilies and cheese.

Combine remaining ingredients in a bowl and beat until smooth. Pour this mixture over the chili meat mixture. Bake at 350° for 50-60 minutes until lightly browned and knife comes out clean.

## **MEXICAN BURGERS**

**Bill Rawlinson**

1 1/2 lbs. ground beef	1 large clove garlic, minced
1 can (10 3/4 oz.) condensed tomato soup, divided	1/2 c. water
	2 Tbsp. lemon juice

(Cont.)

1/2 c. shredded Monterey Jack  
cheese with peppers  
4 tsp. chili powder  
1/4 tsp. pepper  
2 Tbsp. salad oil  
1/2 c. chopped onion

1 Tbsp. honey  
6 hot tortillas (see  
below  
shredded lettuce  
minced onion

Combine beef thoroughly with 1/4 cup soup, 1/4 cup cheese, 2 teaspoons chili powder, pepper. Shape firmly into 6 patties. For sauce, heat oil in saucepan; add onion, garlic, remaining chili powder. Cook until onion is tender. Add remaining soup, water, lemon juice, honey. Cook 10 minutes over low heat, stirring occasionally. Grill patties about 5 minutes, 4 inches above glowing coals or 4 inches from broiler, brushing with sauce. Turn; cook 5 minutes more or until done as desired, brushing with sauce. Serve on hot tortillas with remaining sauce and cheese. Top with shredded lettuce and minced onion. Makes 6 servings.

### LAWRENCE HERKIMER'S FROG LEGS HERKIMER

8 frog legs (fairly large)  
2 Tbsp. lemon juice  
flour (for dusting)  
salt  
freshly cracked white pepper  
5 Tbsp. salted butter

2 tsp. finely chopped garlic  
2 Tbsp. chopped mixed herbs  
(tarragon, parsley and  
chives)  
1 Tbsp. cognac  
2 Tbsp. dry white wine  
thin slices of lemon

Wash frog legs in lemon juice and water. Dry them on paper towels, and dust lightly with flour seasoned with salt and white pepper.

Heat butter in skillet until it foams, then add garlic. Cook for one minute. Add frog legs and shake pan until legs are golden brown on each side. Add salt, pepper and mixed herbs. Cook for another minute. In a separate pan, heat cognac and wine, ignite and pour flaming over frog legs. Serve immediately on a hot platter garnished with thin lemon slices. Serves four.

### TUNA BALLS

Jenny Jones

2 c. tuna (drained and flaked)  
1 1/2 c. instant potatoes (prepared  
as directed)  
1 c. coconut  
1 small onion (finely chopped)  
2 eggs  
2 Tbsp. tomato paste  
1 tsp. ginger  
1/2 tsp. cayenne pepper  
1/2 tsp. salt

Combine ingredients and chill for 1 hour. Form into balls and deep fry at 325° for 2 minutes. Makes 10 1/2 dozen.

### CADILLAC CEVICHE

1 medium tomato, diced	pinch garlic powder, cumin,
1/2 large onion, diced	salt and pepper to taste
1 fresh jalapeno, seeded and diced	6 boiled, peeled and sliced shrimp
2 sprigs cilantro leaves, chopped	diced avocado, lemon wedges
1/2 Tbsp. fresh lime juice	and crackers for garnish
1/2 c. water	

Combine tomato, onion, jalapeno, cilantro, lime juice and water. Season to taste with garlic powder, cumin, salt and pepper. Add shrimp. Serve in bouillon cup garnished with diced avocado, a lemon wedge and crackers. Makes 2 servings.

### CORN AND CRAB CHOWDER

3 c. water	1/2 c. chopped onion
salt	2 c. cream style corn
2 large potatoes, pared and cut into slices	2 1/2 c. half and half (room temperature)
1/4 c. diced salt pork	1/2 c. heavy cream (room temperature)

### BAKED FILETS WITH DRESSING

Sara Sikes

Use uniform pieces of bass, either fresh or frozen. Place in a single layer in a well-greased baking dish. Sprinkle with salt and lemon juice.

Make dressing, using stuffing mix or leftover bread or corn-bread. Add chopped onion and celery, and chicken broth. Season with salt, pepper, sage, parsley, and oregano. Add an egg. Mix and spread over filets. Put another layer of fish over the dressing and brush with butter, lemon, and paprika. Bake in hot oven at 400° for 20-30 minutes or until fish flakes easily.

### FISH CHOWDER

Sara Sikes

fresh or frozen bass, or other fish	other vegetables may be
cut into 1-inch chunks	added: corn, tomatoes,
1/2 c. each chopped onion, celery	etc.
and carrots	2 c. milk
2 potatoes diced	2 c. chicken broth or canned
	49 soup (Cont.)

salt, pepper, and bay leaf

Cook vegetables in butter until tender. Add other ingredients and simmer about 30 minutes. Add fish, and simmer 10 minutes more. Correct seasoning and serve.

### **DEVILED FISH IN MUSSEL SHELLS**

**Sara Sikes**

When the lake is low, I gather pretty mussel shells about 3 inches long, and clean them well and put them away. I always have a supply without buying.

3 c. steamed, flaked fish, bass or crappie  
4 Tbsp. lemon juice

Saute 2 tablespoons chopped onion and 2 tablespoons green pepper in 2 tablespoons butter. Add:

1 Tbsp. chopped parsley	1/2 c. cream sauce
1 1/2 tsp. dry mustard	2 tsp. catsup
1/2 c. bread crumbs	1 Tbsp. worcestershire sauce
1/2 c. mayonnaise	1/2 tsp. curry powder

Mix all together and pack in the mussel shells. Sprinkle with bread crumbs or Parmesan cheese. Bake at 350° until brown. Serves 8 or 10, depending on size of shells.

### **BLACK OR SAND BASS IN LEMON DILL SAUCE**

**Sara Sikes**

3 Tbsp. butter or oleo	1 medium onion thinly sliced
1 Tbsp. chopped fresh dill or 1 tsp. dry dill weed	1 lb. bass filets
1 Tbsp. lemon juice	
1/4 tsp. salt	

Heat first 5 ingredients in skillet until oleo is melted. Add serving size pieces of bass. Cover and cook 8-10 minutes until it flakes easily with a fork, basting occasionally with mixture. Arrange fish and sauce on platter, and garnish with lemon slices.

### **SKILLET FISH NEWBURG**

**Sara Sikes**

Use about a pound of fresh or frozen bass or crappie filets.

3 Tbsp. butter or oleo	1 can condensed cream of shrimp soup
1 tsp. parsley	1/2 c. milk
2 medium green onions, sliced	

1/2 lb. mushrooms, sliced

1 Tbsp. sherry

Cook mushrooms and onions in butter. Stir in soup, milk, and sherry. Heat to boiling. Cut fish into bite sized chunks and add to mixture in skillet. Bring to boiling--then reduce heat and simmer 10-15 minutes, until fish flakes easily. Stir occasionally. Serve with toasted bread circles or hot biscuits. Serves 4.

### ITALIAN STYLE FISH CREOLE

Sara Sikes

1/2 c. cubed, peeled eggplant  
1/2 c. thinly sliced zucchini  
1/2 c. sliced fresh mushrooms  
1/2 c. chopped onions  
1/2 c. chopped green pepper  
1/4 c. chopped celery  
2 Tbsp. cooking oil  
1 can tomatoes (16 oz.) cut up

1/2 c. red wine  
1 Tbsp. soy sauce  
1 tsp. each Italian seasoning  
and oregano  
1/4 tsp. each sage and garlic  
powder  
pepper to taste  
1/4 c. pimento-stuffed olives,  
halved  
2 Tbsp. capers  
1 1/2 c. flaked bass or crappie  
(already steamed)

Add a few shrimp if you have them. Cook vegetables in hot oil until tender. Add undrained tomatoes, wine, soy, and seasonings. Simmer, uncovered, 30 minutes. Add fish, shrimp, olives and capers. Heat through and serve on bowls of hot, cooked rice. 4 servings.

### CRAPPIE SPREAD OR STUFFING

Sara Sikes

2 c. flaked, steamed crappie  
1 pkg. cream cheese  
1 Tbsp. lemon juice

2 tsp. grated onion  
1 tsp. horseradish  
1/2 tsp. liquid smoke  
1/4 tsp. salt

Blend and season. Use to stuff cherry tomatoes or as a spread with crackers.

### ORIENTAL FISH

Sara Sikes

1/2 c. butter  
1/2 c. flour  
1 Tbsp. salt or less

4 c. milk and cream  
2 c. chicken stock

Melt butter, add flour and salt and cook until bubbly; add

cream, milk and stock, stirring until smooth. Before serving add and heat thoroughly:

2 c. diced fish (crappie or bass that have been steamed, also shrimp or small can clams if you have them!)  
1/2 c. sliced mushrooms  
1/2 c. almonds

1 c. sliced water chestnuts  
1/4 c. pimento, cut in strips  
1/4 c. sherry

Serve over rice, or cheese souffle or in pastry shells.

### **POSSUM KINGDOM FISH WITH ALMONDS**

**Sara Sikes**

Use skinned filets of uniform size (crappie or bass). Coat with "Shake and Bake" and cook according to directions at 400° 20 minutes. Meanwhile prepare sauce: butter, flour and milk. Season to taste: lots of lemon, seasoning salt, paprika, wine, parsley, tarragon. When fish is done, transfer to warm platter, pour sauce over it, and sprinkle with toasted almonds! Fit for a party!

### **PETITE CRAPPIE SOUFFLES**

**Sara Sikes**

2 c. crappie, steamed and flaked  
1/4 c. finely chopped green pepper  
1/4 c. finely chopped onion

2 Tbsp. lemon juice  
6 English muffins, split

Sauce:

2 Tbsp. oleo  
3 Tbsp. flour

1 c. milk  
1/2 tsp. salt  
dash of pepper and paprika  
3 eggs, separated  
1 c. shredded Swiss cheese

Spread fish mixture evenly over muffin halves. Make the sauce, folding into stiffly beaten egg whites last. Divide mixture over the muffin halves, and sprinkle with paprika. Bake at 375° 20-30 minutes or until golden brown.

### **FISH PATTIES**

**Sara Sikes**

2-3 c. flaked fish (I often use leftovers)  
1/2 c. mashed potatoes

2 Tbsp. minced onion  
2 Tbsp. minced celery  
2 Tbsp. minced green pepper  
salt and pepper

1/2 c. bread crumbs

1 egg

Toss lightly to blend. Form into patties (add a little milk if too dry). These freeze nicely at this stage, if desired. Cook in lightly greased skillet until browned.

Write your extra recipes here:

**Write your extra recipes here:**

**· MAIN DISHES ·**  
**EGG · CASSEROLE**  
**CHEESE · PASTA**





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, CASSEROLE**

**EGGS AND MEAT CASSEROLE**

**Loretta Myers**

Grease 8 x 12 dish. Cube 8 slices bread and top with 2 cups sharp American cheese. Brown 1 pound sausage (mild), drain. Put on top of cheese. Beat 4 eggs and 2/3 cup milk with 3/4 teaspoon dry mustard and pour over bread, cheese and sausage. (can freeze at this point.) Refrigerate overnight. Day of serving dilute 1 can mushroom soup with 1/2 can milk. Pour over top. Bake at 300° for 1 1/2 hours. Cool for 10 minutes, then cut into squares. Serves 6-8.

**HOMINY CASSEROLE**

**F. Rogers  
Palestine, Tx.**

1 large can white hominy, drained 1 or 1/2 jar jalapeno pepper  
1 c. celery, chopped Cheez Whiz  
1 c. bell pepper, chopped 1 c. cream of mushroom  
1 c. onion, chopped soup

Saute onion, celery and pepper in butter; mix well with hominy and Cheez Whiz.® Add mushroom soup. Put in casserole. Bake about 30 minutes at 400°. (Grease casserole)

**BREAKFAST OF CHAMPIONS**

**Loretta Myers**

Prepare a 13 x 9 x 2 baking dish slightly buttered. Butter 10 slices of sourdough French bread and cut in cubes. Put in baking dish and set aside. Cook 2 pounds bulk sausage until it changes color, then drain. Arrange sausage over bread, then add 1 1/2 cups grated Cheddar cheese. Salt and pepper to taste. Mix in bowl. Beat 6 eggs and add 3 cups milk. Pour over layers, cover with foil and refrigerate overnight.

In the morning: Top with 1/2 cup grated Cheddar cheese.

Bake uncovered in 350° oven for 35-45 minutes. Let stand 15 minutes before serving. Cut in squares. Serves 8-10.

**CHEESE RING**

**June Parker, Palestine**

1 lb. cheese (I use Cheddar) 1 small onion, grated  
1 c. chopped nuts black pepper to taste  
1 c. mayonnaise dash of cayenne

Mix; mold into ring (or any desired shape). Place in refrigerator until chilled. When ready to serve, fill center with strawberry preserves. (Good also as cheese spread without preserves).

**CHRISTMAS BREAKFAST****Marie Graham, Tennessee Colony**

8 slices of buttered bread	1 tsp. dry mustard
1 1/2 c. grated cheese	1 tsp. salt
1 1/2 c. sausages	2 tsp. pepper
3 1/2 c. milk	8 eggs

Trim crust and cut into cubes. Put half of cubes in the bottom of a two-quart casserole pan, greased. Add sausages, browned and drained. Sprinkle top with half of cheese. Add rest of bread cubes and top with cheese. Whip eggs in milk with mustard, salt and pepper. Pour over top. Cover casserole and store in refrigerator overnight. Next morning, cook at 325° for 1 1/2 hours.

Serve with fruit or angel biscuits. Serves 12.

**CHEESE AND EGG CASSEROLE****Marilyn Onstott**

Grate and mix cheeses:

2 lbs. Monterey Jack cheese	1 small can chopped green chilies
1 lb. American cheese	1 small jar chopped pimentoes

Place cheese in 3 quart casserole and sprinkle chilies and pimentoes on top. (Add bits of ham or bacon if desired). In separate bowl, beat 8 eggs or 12 plus 1/2 cup milk. Add any seasoning preferred. Beat eggs until frothy and pour over cheese. Bake at 350° for 40 minutes. Let stand a few minutes before serving. Serves 15.

**CHEESE GRITS****Pearl O'Donnell**

3 c. boiling water	1/4 c. milk
1 tsp. salt	1 egg
1 c. grits	1 stick garlic cheese
1/2 stick margarine	

Add grits to boiling water. Cook 15 minutes. Remove from fire. Add butter and cheese. Cool and add milk and egg. Pour into casserole. Crush Fritos with rolling pin and cover top. Bake about 25 minutes at 325°.

## **EGG OMELET**

**Nell Gardner**

8 slices of bread	dash of paprika
6 eggs	1 1/2 tsp. worcestershire
3 c. milk (Pet, half & half, or Vitamin D)	sauce
1 tsp. salt	1 1/2 lbs. sharp cheese
1/4 tsp. pepper	1 or 2 cans chopped green chilies

Trim crusts from bread; butter bread on both sides and place in a flat casserole. Beat eggs and add milk and seasonings and pour over bread. Top with cheese and green chilies. Refrigerate overnight. Bake at 325° for 40-45 minutes. Serves 8-10.

## **EGGS RANCHERO**

**Jan Stout**

5 slices bacon, cut up	1 clove garlic, cut fine
1 (16 oz.) can tomatoes, undrain- ed, cut up	4 eggs
2 Tbsp. chopped green chilies	tortillas

Cook bacon until crisp and drain fat. Add chilies, tomatoes and garlic and heat through. Divide among 4 baking dishes (individual size). Season with salt and pepper. Add 1 egg atop each dish and bake at 325° 20-25 minutes until eggs are set.

Heat tortillas, spread with butter. Roll each and heat 5-10 minutes at 325° and serve with Eggs Ranchero.

## **CHICKEN ENCHILADA CASSEROLE**

**Bill Rawlinson**

1 chicken (3 1/2 lbs.)	1 can condensed cream of
1 large onion (chopped)	mushroom soup
1 (4 oz.) can green chilies (seeded and finely chopped)	1 c. Velveeta cheese (grated)

Cook chicken. Remove skin and bones and cut into large bite-size pieces. Saute onion in small amount of oil and add chilies, soup, and one-half of cheese. Cook slowly until the cheese melts. Line buttered 5 x 7 casserole with tortilla pieces. Pour chicken mixture into casserole. Top with the remaining grated cheese. Bake at 325° for 40-60 minutes until heated all the way through. Serves 4-6.

**ENCHILADA CASSEROLE****Barbara Faucett, Neches**

- |                             |   |
|-----------------------------|---|
| 1 lb. ground meat           | 1 can mushroom or celery soup                 |
| 1 medium onion, chopped     | 1/2 small can chopped green chiles (optional) |
| 1 can enchilada sauce       | 1 (8 oz.) pkg. sharp Cheddar cheese           |
| 1 can cream of chicken soup | 1 pkg. corn tortillas                         |

In skillet brown ground meat and onion. Add enchilada sauce, cream of chicken and mushroom soups and chiles. Quarter 1 package tortillas. In greased casserole, place layer of tortillas, part of soup mixture and top with grated cheese. Repeat layers and top with grated cheese. Bake at 350° for about 30 minutes.

**CHICKEN TORTILLA CASSEROLE****Bill Rawlinson**

- |  |  |
|--|--|
| 1 can condensed cream of mushroom soup | 1 (4 oz.) can green chilies (chopped)  |
| 1 can condensed cream of chicken soup  | 2 (5 oz.) cans boned chicken           |
| 1 soup can of milk                     | 10 corn tortillas (broken into pieces) |
| 1 small onion (chopped)                | 12 oz. Cheddar cheese (grated)         |

Mix together and heat the soups, milk, chilies, onion, and chicken. In 3 quart casserole (buttered), place a layer of tortillas, layer of soup mixture, and a layer of cheese. Repeat. Bake at 350° for 30 minutes. Serves 6.

**CHICKEN SPAGHETTI****Mary Cox**

- |  |                               |
|--|-------------------------------|
| 1 chicken                              | 1 lb. Cheddar cheese (grated) |
| 1 bell pepper (chopped)                | 1 box elbow spaghetti         |
| 1 large can sliced mushrooms           | 1 tsp. sugar                  |
| 2 ribs celery (chopped)                | 1 tsp. tabasco sauce          |
| 1 onion (chopped)                      | 2 or 3 Tbsp. butter           |
| 1 large can whole tomatoes (No. 2 1/2) | salt and pepper to taste      |

Boil chicken until done. Let chicken cool, debone and chop into bite size pieces. Save broth. Saute onion, bell pepper and celery in butter for 5 minutes. Add drained mushrooms and continue to saute until all vegetables are done. Add tomatoes, sugar, tabasco and cook on low heat for at least 20 minutes. Bring broth to boil and add spaghetti. Cook until tender, drain and add chicken and tomato mixture. Mix well and add half

of cheese. Place in casserole, add remaining cheese and bake in 400° oven until bubbly. Can be microwaved instead of oven baked until bubbly.

### **CHICKEN SPAGHETTI**

**Mrs. Jim Perry, Palestine**

1 c. chopped onion  
1 c. chopped green pepper

3 c. chopped celery

Cook in 1 pint chicken broth. When done add:

2 sticks margarine  
1 can undiluted mushroom soup  
1 can undiluted tomato soup

1 tsp. worcestershire sauce  
1 Tbsp. chili powder

Then add:

2 c. diced cooked chicken or 1 boned cooked chicken

Then add:

8 oz. cooked spaghetti  
1 c. grated Cheddar cheese

1 c. grated Mozzarella cheese

Cook until bubbly in 350° oven. Makes 13 x 9 x 2 or more.

### **MEXICAN SKILLET SPAGHETTI**

**Mary Starr, Elkhart**

1 lb. ground beef  
1 (15 oz.) can tomato sauce  
4 3/4 c. water  
2 (1 1/4 oz.) pkgs. taco mix

2 Tbsp. instant minced onion  
1/2 tsp. salt  
8 oz. uncooked spaghetti  
1/2 c. shredded Cheddar cheese

In a 12 inch skillet, brown the ground beef. Add the tomato sauce, water, taco mix, onion and salt. Bring mixture to boiling; add spaghetti. Reduce heat. Simmer covered until the spaghetti is tender, stirring frequently. Cook 25-30 minutes and sprinkle with cheese.

### **ORTEGA GREEN CHILI CASSEROLE**

**Joyce DeShazo, Palestine**

Heat oven to 400°. Slice 1 pound sharp Cheddar cheese and 1 pound Monterey Jack cheese. Set aside. Open three 4 ounce cans of Ortega green chilis and remove seeds). Cover 13 x 8 x 2 inch pan with half of chiles. Add 1 layer of Monterey Jack and Cheddar cheese. Then balance of chiles. Add layer

of Cheddar. Pour batter over all.

Batter:

2 eggs  
3 large cans milk

3 Tbsp. flour

Beat well. Makes a thin batter. Bake 25 minutes. Remove from oven and add layer of Monterey Jack cheese. Pour 1 small can of tomato sauce over all. Return to oven and cook another 25 minutes.

### GREEN CHILI SOUFFLE

Mary Schick

1 (7 oz.) can green chilies  
1/2 lb. mild Cheddar cheese  
1/2 lb. Monterey Jack cheese  
2 eggs

2 Tbsp. flour  
1 small can tomato sauce  
1 large can evaporated milk

Butter 9 x 9 casserole. Spread half of the chilies in casserole. Spread a layer of thin slices of Monterey Jack cheese over chilies. Cover with balance of chilies. Cover with thin slices Cheddar cheese. Beat eggs, flour and milk and pour over mixture. Bake 30-40 minutes in 350° oven. Put tomato sauce over casserole and let set 10 minutes. Good with fruit salad.

### HOPPEL-POPPEL

Joy Hayes

1/2 c. chopped onion  
1/2 c. chopped bell pepper

Saute in 2 tablespoons margarine. Add:

1 c. boiled and diced potatoes  
1 c. cooked chopped ham

Continue saute. Add:

6 eggs (which have been left at room temperature for at least 45 minutes) with 1 tablespoon water and beaten

1/2 c. grated cheese  
1 (8 oz.) jar sliced mushrooms (drained)

Continue cooking until eggs are done as desired. Serves 4.

## MACARONI AND CHEESE

Georgia Coulson

2 c. (8 oz.) shredded sharp cheese	2 c. macaroni, cooked and drained
1 c. milk	
2 eggs, beaten	sliced tomatoes
1/4 c. oleomargarine	Parmesan cheese

Combine cooked and drained macaroni, cheese, milk, eggs and margarine. Top with sliced tomatoes and sprinkle Parmesan cheese on top. Bake 20 minutes in a 425° oven.

## QUICHE LORRAINE

Madge Belding

Prepare and bake pastry for 9 inch pie pan or quiche pan (not too brown).

4 slices bacon	1 tsp. salt and pepper to taste
1/3 c. chopped green onions & tops	3/4 c. shredded Swiss cheese
3 eggs beaten	1 c. milk

Fry bacon until crisp. In 2 tablespoons bacon fat brown onions. Crumble bacon into baked pie shell and spread shredded cheese evenly over bacon.

Mix beaten eggs, browned onions and milk. Pour into pie shell. Bake at 375° for 30 minutes or until set (as an egg custard). Cut in wedges and serve with tossed green salad and glass of wine. Makes a delicious light meal at noon or night.

## CRUSTLESS MICROWAVE QUICHE

Joy Reagan

9-10 slices bacon, cooked and crumbled	1 c. shredded Swiss cheese
1/4 c. minced onion	4 eggs
1 (13 oz.) can evaporated milk	3/4 tsp. salt
1/4 tsp. sugar	1/8 tsp. cayenne pepper

Sprinkle bacon, cheese and onion in a 9 inch pie plate. Beat eggs, milk and seasonings with rotary beater. Pour over bacon mixture. Bake 9 minutes in microwave on high. Stir every 3 minutes. Let stand 10 minutes before serving.

**Write your extra recipes here:**

# ♡ VEGE TABLES ♡



# **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

### **AVOCADO CASSEROLE**

**Connie Costello**

3 avocados (peeled & halved)

Put in casserole and sprinkle with lemon juice. Add:

1 (4 oz.) can mushrooms	1/2 tsp. dry mustard
1 Tbsp. oleo	1/2 tsp. worcestershire sauce
2 Tbsp. pimentoes	potato chips for topping
1 can cream of mushroom soup	

Heat in a 300° oven for 15 minutes.

### **BROCCOLI SPECIAL**

**Mrs. S.G. Eddy (Bernice)**

2 lbs. fresh broccoli	6 hard boiled eggs (chopped)
1 stick butter	6 oz. grated American cheese
1/2 c. flour	
2 c. milk	
1 c. mayonnaise	
1 tsp. salt	

Cut broccoli into bite-sized pieces. Steam broccoli until tender crisp. Melt butter in saucepan; blend in flour. Add milk gradually. Cook until thickened stirring constantly. Add mayonnaise and salt; blend well. Stir in eggs. Place 1/3 of the broccoli in 3 quart casserole. Add layer of sauce and a layer of cheese. Repeat until all ingredients are used, ending with cheese. Bake at 350° for 25-30 minutes. Yield 8 servings.

### **CANDIED CUSHAW**

**Bill Rawlinson**

Cut medium cushaw into pieces. Peel and scrape, discard seeds. Cut into 2 inch pieces. Put a layer of cushaw in heavy pan, then generous layer of brown sugar, dot well with oleo and sprinkle with cinnamon as top layer. Pour 1/4 cup lemon juice over all.

Cover and start on low heat. After cushaw is almost tender, remove cover and let cushaw cook down until glazed and tender.

### **GREEN PEPPER CASSEROLE IMPERIAL**

**Melba Martin**

4 c. green pepper (cut in chunks, may use red pepper)	1 Tbsp. butter or margarine
2 c. boiling water	2 Tbsp. buttered bread crumbs
	salt and pepper to taste

1 onion chopped  
2 eggs  
1 c. mayonnaise  
1 c. grated Parmesan cheese

Cook green pepper in boiling water for 3 minutes (no longer).  
Drain. In large bowl beat eggs. Stir in mayonnaise, onion, cheese, salt, pepper and green peppers. Turn into buttered casserole. Dot with butter and sprinkle with bread crumbs. Bake in oven at 350° for 30 minutes or until bubbly. Serves 6.

### ZUCCHINI SQUASH PATTIES

Phyllis Kelln

3 c. shredded zucchini	1/2 c. milk
1 c. shredded onions	salt and pepper to taste
1 egg	1 c. Bisquick
3 jalapeno peppers shredded	

Make into patties and deep fry.

### ZUCCHINI CASSEROLE

Carol Lincoln

2 1/2 lbs. zucchini 1/2" thick	1/2 c. water
1/4 c. butter or margarine	1 c. grated Mozzarella cheese
1/2 c. onion	1/4 c. Parmesan cheese
1/2 c. chopped green pepper	
3 oz. can mushrooms, drained	
1 (6 oz.) can tomato paste	

Cook zucchini in 1/2 inch water 4 or 5 minutes or tender.  
Melt butter, add onion and green pepper, cook until tender.  
Remove from flame, add mushrooms, tomatoes and water. Stir in drained zucchini and Mozzarella cheese. Pour into 1 1/2 quart shallow baking dish. Top with Parmesan. Bake at 350° 30 minutes. Serves 8.

### COUNTRY CLUB ONIONS

Jenny Jones

6 large Bermuda onions	1 tsp. salt
1/2 c. vinegar	1 c. mayonnaise
2 Tbsp. sugar	2 Tbsp. poppy seeds

Slice onions and separate into rings. Cover with vinegar, sugar and salt mixed with water. Cover with ice. Let stay in this for 2-4 hours. Drain, pat dry and tumble in mayonnaise and poppy seed.

## **SAN FRANCISCO BEANS**

**Jenny Jones**

3 cans kidney beans, drained	1 small onion, chopped
1 c. diced celery	1/4 c. vinegar
1 tsp. salt	1/2 c. sugar
	1/2 c. salad oil

Mix vinegar, sugar and salad oil. Pour over vegetables and mix. Serve cold. Will last a long time.

## **QUICK SPINACH CASSEROLE**

**Bill Rawlinson**

2 (10 oz.) pkgs. frozen chopped spinach	1/4 tsp. mace
	1/4 tsp. sage
1 (8 oz.) pkg. cream cheese	1/4 c. margarine, melted
1/2 c. bread crumbs	

Cook spinach and drain. Mix cream cheese and margarine with spinach while spinach is still hot. Put in buttered casserole. Bake at 350° for 30 minutes or until brown. Mix bread crumbs with spices then add melted margarine and spread over casserole.

## **GREEN BEAN CASSEROLE**

**Evelyn Baker**

2 cans cut green beans (drained)	1 can Durkee's fried onion rings
1 can cream of mushroom soup	1/8 tsp. pepper

Mix beans, soup and one-half of the onion rings and pepper. Place in a covered casserole and bake for 25 minutes at 300°. Remove cover from casserole and sprinkle rest of onion rings on top of casserole. Bake, uncovered, for 10 more minutes.

## **ORIENTAL GREEN BEANS**

**Bill Rawlinson**

1 Tbsp. cooking oil	1 Tbsp. soy sauce
1 small onion, chopped	1 Tbsp. cornstarch
1/2 tsp. ground ginger (or slice of fresh ginger, minced)	3 pkgs. (10 oz. each) frozen cut green beans, or 2 lbs. fresh beans, trimmed and blanched
1 Tbsp. sesame seeds	1 can (4 1/2 oz.) sliced mushrooms
1 c. chicken broth	1/2 c. sliced water chestnuts

To prepare the sauce, cook the onion with ginger and sesame seeds in hot oil in a 1 quart saucepan. When the onion is just tender, stir in a mixture of the chicken broth, soy sauce and

cornstarch, all stirred smooth before adding to the onion mixture. Cook, stirring constantly, until thickened.

Heat boiling water in a 3 quart saucepan and cook the green beans until just tender-crisp. Drain thoroughly and add mushrooms, water chestnuts and reserved sauce. Heat through. Yield: 8 servings.

### **APPLES STUFFED WITH SWEET POTATOES**

**Bill Rawlinson**

4 medium sweet potatoes	1 tsp. salt
2 Tbsp. butter	1/2 tsp. cinnamon, divided
1/2 c. milk	2 Tbsp. orange juice
2 Tbsp. brown sugar, divided	4 large apples

Scrub the sweet potatoes and prick with a fork. Bake at 400° for 35 minutes or cook in a microwave oven until tender. Cool, peel and mash in a large bowl. Add butter, milk 1 tablespoon sugar, salt and 1/4 teaspoon cinnamon. Beat at high speed of electric mixer until smooth and fluffy.

Cut apples in half, stem to blossom end, core and cut out center of apple, leaving 1/2 inch shell. Remove a thin slice from bottom of each half so they stand steady. Finely chop the scooped-out portions and add the apple to the whipped sweet potatoes. Sprinkle apple shells with remaining tablespoon of sugar, 1/4 teaspoon cinnamon and orange juice. Spoon sweet potato mixture into each apple half, or squeeze through a pastry bag fitted with star tip.

Place apples in shallow baking pan and add 1/4 inch water to cover the bottom of the pan. Cover loosely.

### **GOLDEN ORANGE-GLAZED CARROTS** Mrs. Robert L. Humphrey **Palestine**

5 medium carrots	1/4 tsp. salt
1/4 c. boiling, salted water	1/4-1/2 tsp. ground ginger
1 Tbsp. sugar	1/4 c. orange juice
1 tsp. cornstarch	2 Tbsp. butter or margarine

Slice carrots crosswise at an angle, about 1 inch thick. Cover and cook in the boiling, salted water about 15 minutes, or until just tender. Mix sugar, cornstarch, salt, ginger, orange juice, and butter and pour over carrots. Cook, stirring occasionally for about 8 minutes. Yield: 4 servings.

### **SMOTHERED CABBAGE WEDGES** Mrs. J. Alton Jones, Palestine

1 medium cabbage, cut in wedges	1/8 tsp. pepper
1/2 c. finely chopped onion	1/2 c. mayonnaise
	66 or salad dressing

1/4 c. margarine, melted	3/4 c. (3 oz. shredded Cheddar cheese)
1/4 c. chopped green peppers	
1/4 c. all purpose flour	3 Tbsp. chili sauce
2 c. milk	1 Tbsp. picante sauce
1/2 tsp. salt	

Cut cabbage into 8 wedges, removing the core; cover and cook 10 minutes in small amount of salted water. Drain well; place cabbage wedges in 13 x 9 x 2 inch baking dish. Saute green peppers and onions in margarine until tender. Add flour and cook 1 minute, stirring constantly. Gradually add milk, cook over medium heat, stirring constantly until thickened and bubbly. Stir in salt and pepper; pour sauce over cabbage wedges. Bake at 375° for 20 minutes. Combine mayonnaise, cheese and chili sauce, 1 tablespoon picante sauce, mix well, spoon sauce over cabbage wedges and bake additional 5 minutes. Yield 8 servings.

### **SWEET POTATOES**

**Bill Rawlinson**

8 c. or 8 large sweet potatoes, mashed	dash of salt
15 oz. can crushed pineapple and juice	3 eggs
1 stick oleo or butter	1 c. sugar
1 tsp. cinnamon	2/3 c. Pet Milk® or cream
	1 tsp. vanilla extract

#### **Topping:**

1/2 c. brown sugar	1 c. Grape Nuts®
1/2 stick oleo	

Mix and spread over the mashed potato casserole. Bake at 350° for 30 minutes.

### **ARMENIAN POTATOES**

**Mrs. S. G. (Bernice) Eddy**

6 c. cooked cubed potatoes (boiled with skin on, then peeled)	1 tsp. Accent®
1/3 c. bacon drippings	1 tsp. salt
1 can tomato soup	1 tsp. garlic salt
	2 Tbsp. parsley flakes, dried

Mix together and pour over potatoes. Bake 1 hour at 300° uncovered. (May be made a day or two ahead of time).

## SQUASH CASSEROLE

Jane Nauert

2 1/2-3 lbs. yellow squash (2 pkgs. 1 onion chopped frozen)

Cook until tender and drain. Add:

1/2 stick butter	1 can cream of chicken soup
1 large jar chopped pimientos	1 c. sour cream
1 can water chestnuts	salt and pepper to taste

Spray casserole with Pam and add mixture. Spread Pepperidge Farm Herb dressing around the edge of the casserole. Sprinkle Cheddar cheese in center of casserole. (Note: About 1 cup cheese and 1 cup stuffing). Bake at 350° for 30 minutes.

## LOUISIANA SPINACH MADELINE

Louise Smith

2 pkgs. frozen chopped spinach	3/4 tsp. celery salt
4 Tbsp. butter	3/4 tsp. garlic salt
2 Tbsp. flour	salt to taste
2 Tbsp. chopped onion	6 oz. roll of jalapeno cheese
1/2 c. evaporated milk	1 tsp. worcestershire sauce
1/2 c. vegetable liquor, reserved	
1/2 tsp. black pepper	red pepper to taste

Cook spinach according to direction on package. Drain well and reserve liquid. Melt butter in saucepan over low heat. Remove from fire and blend in flour until smooth, but not brown. Add reserved spinach liquid and evaporated milk, stirring all the time. Cook smooth and thick. Add seasonings and cheese that has been cut in small pieces. Stir until melted. Combine with cooked spinach. This may be served at once or put in a buttered casserole and topped with buttered bread crumbs. The flavor is improved if the latter is done and kept in the refrigerator overnight. Heat when ready to serve.

## GREEN RICE

Bill Rawlinson

1/4 c. chopped onion	1/3 c. oleo
1/2 pkg. chopped fresh spinach, or 1 box chopped frozen	2 c. milk
1 1/2 c. grated cheese	pinch garlic salt
	1 c. cooked Minute Rice®

Combine all ingredients and pour into greased casserole. Bake 1 hour at 300°.

## **BROCCOLI CHEESE CUSTARD**

**Ann Riggs**

1 (10 oz.) pkg. frozen chopped broccoli  
1/2 c. milk  
1 1/2 Tbsp. flour  
1 tsp. onion, grated  
1/8 tsp. nutmeg  
1 (10 oz.) can cheese soup  
3 eggs, slightly beaten

Cook broccoli according to package directions, drain. Arrange broccoli in bottom of buttered 10 x 6 inch baking dish. Mix milk and flour. Add with onion and nutmeg to soup. Mix well, using rotary beater. Add eggs and blend, using beater. Pour over broccoli. Place in pan of hot water. Bake at 350° for 45 minutes.

## **POTATO CASSEROLE**

**Irene Dunson**

2 lb. pkg. frozen hash browns  
1/2 pt. sour cream  
3/4 c. melted butter  
1/2 tsp. salt  
1/2 c. chopped onion  
1 c. grated cheese  
1 can cream of chicken soup (undiluted)  
1 c. corn flake crumbs

Combine sour cream, onion, salt, pepper, cheese, soup, and 1/2 cup of the melted butter. Add the potatoes. Place in a greased baking dish. Cover with cornflake crumbs. Drizzle the remaining 1/4 cup of butter over top. Bake at 350° for 1 hour. Serves 8.

## **CABBAGE AU GRATIN**

**Pearl O'Donnell**

1 medium cabbage (coarsely shredded)  
1 can cream of celery soup (undiluted)  
1/4 c. milk  
1 c. grated American cheese  
1/2 tsp. salt  
1/8 tsp. pepper  
1/2 c. finely ground bread crumbs  
2 Tbsp. melted butter or margarine

Cook cabbage in boiling water for 5-7 minutes or until tender. Drain and place cabbage in a lightly greased 1 1/2 quart baking dish.

Combine soup, milk, cheese, salt, and pepper. Mix well and pour over cabbage. Mix bread crumbs and melted butter and sprinkle over top. Bake at 350° for 15 minutes.



Top with remaining Cheez-Its and cheese. Bake 30 minutes at 350°.

### SPINACH CASSEROLE

Mary Schick

3 pkgs. frozen spinach, cooked and drained      1/2 pt. sour cream  
1 pkg. Wyler's<sup>®</sup> onion soup mix      3/4 tsp. horseradish

Stir all together, place in buttered casserole, top with rolled Ritz crackers. Bake for 20 minutes in 350° oven.

### SPINACH RICE CHEESE BAKE

Ella Kauth

2 pkgs. chopped, frozen spinach, cooked and drained      1 tsp. instant minced onion  
1 c. cooked rice      1/4 lb. Cheddar cheese, shredded  
1 c. cream of mushroom soup

Combine all ingredients and place in a greased casserole. Bake in 350° oven for 30 minutes. Serves 6.

### FRESH VEGETABLE MARINADE

Doris Boyd

4 stalks broccoli (flowerets)      1 bell pepper, chopped  
8 large mushrooms, sliced vertically      1 head cauliflower, broken into flowerets

#### Marinade Dressing:

1 c. sugar      1 1/2 c. oil  
1 Tbsp. dry mustard      1 small onion, grated  
1 Tbsp. salt      2 Tbsp. poppy seeds  
1/2 c. vinegar

Mix sugar, mustard, salt, vinegar and onion in electric mixer or blender, add oil slowly while blending. Add poppy seeds. Pour over vegetables. Let stand overnight or longer. Yield 10-12 servings.

### SPINACH NESTS

Carol Pecaut, Palestine, Tx.

4 Tbsp. butter      3/4 c. Parmesan cheese  
2 pkgs. frozen chopped spinach, thawed      1/2 tsp. salt  
3/4 c. Ricotta or cottage cheese      1/2 tsp. pepper  
2 eggs, beaten      pinch nutmeg  
4 Tbsp. melted butter      (Cont.)

6 Tbsp. flour

Melt butter in large stainless steel skillet. Add defrosted spinach and cook, stirring until the moisture has almost boiled out and the spinach begins to stick to skillet. Add the Ricotta cheese, stirring until it blends. Transfer contents to a large bowl and mix in eggs, flour, 1/4 cup of Parmesan, salt, pepper and nutmeg. Place in greased individual serving dishes and top with remaining Parmesan. Drizzle the melted butter over top. Bake at 350° until hot, about 20-30 minutes.

### CORN CASSEROLE

Margaret Waddell, Grapeland

1 (16 1/2 oz.) cream style corn	1/2 tsp. sugar
1 (16 1/2 oz.) can whole corn	1/2 tsp. pepper
1 c. crushed saltine crackers	2 eggs, beaten
1/3 c. chopped bell pepper	1/3 c. evaporated milk
1/4 c. chopped celery	1/2 c. shredded Cheddar cheese
1/4 c. chopped onion	1/4 c. paprika
1/2 tsp. salt	

Combine corns, cracker crumbs and chopped vegetables. Stir well. Add seasonings, eggs and milk. Mix well. Put into 12 x 7 inch baking dish. Top with cheese and paprika. Bake at 350° for 30 minutes.

### SQUASH MEDLEY

Joy Tidwell, Crockett

#### Filling:

1/2 finely chopped bell pepper	1/3 c. finely chopped onion
2 ripe tomatoes, finely chopped	1/2 tsp. salt
6 slices bacon, fried and chopped	1/2 tsp. pepper
1 1/2 c. shredded Cheddar cheese	

Take 4 fresh squash or 4 cups frozen squash. Begin layering thinly cut squash, filling alternately—ending with filling. Top with 1 cup bread crumbs and dabs of butter (2 tablespoons). Bake at 375° for 35 minutes.

### ASPARAGUS CASSEROLE

Goldie Collett, Palestine

2 large cans asparagus spears	4 boiled eggs (sliced)
2 c. Ritz® cracker crumbs	
2 c. medium white sauce	

Place drained asparagus in medium casserole dish, (save liquid

from asparagus). Make white sauce by melting 4 tablespoons butter or margarine in saucepan, add 4 tablespoons flour and 1/4 teaspoon salt. Stir. Add 1 cup evaporated milk and 1 cup liquid from drained asparagus. Cook until thickened. Pour over asparagus. Place cracker crumbs over asparagus, then arrange sliced eggs over asparagus. Cook in a covered casserole dish at 350° for 40 minutes.

### **DEVILED POTATOES**

**Mrs. Raymond Frantzen, Palestine**

6 Irish potatoes  
salt and pepper to taste  
butter

1 large can deviled ham  
1 onion, minced  
flour

Cook potatoes. Mash; season with salt, pepper and butter. Add deviled ham and onion; shape into flat cakes. Dip in flour; fry until golden brown.

\* \* \* \* \*

Fresh artichoke hearts can be diced, cooked and added to omelets for a spectacular breakfast or brunch.

\* \* \* \* \*

Keep crisp carrots in water in the refrigerator for nutritious snacking.

\* \* \* \* \*

Extremely high in vitamin A, baked sweet potatoes, topped with slices of apples and then sprinkled with lemon juice, make a vegetable side dish everyone will enjoy.

Apples can be used in so many ways. For a crunchy and refreshing taste, add unpeeled apple slices to your stir-fry during the last few minutes of cooking.

\* \* \* \* \*

Instead of regular carrot and celery sticks, put variety into a party arrangement of fresh raw vegetables with this idea. Blend plenty of finely chopped walnuts into softened cream cheese for spreading generously over dried "chipped" beef slices. Roll up into logs with a crisp carrot or celery stick inside each. Keep chilled until ready to serve.

\* \* \* \* \*

**Write your extra recipes here:**

BREAD  
ROLLS  
PIES  
PASTRY.



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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

### **ALL AMERICAN APPLE PIE**

**Mrs. S. G. Eddy (Bernice)**

6 c. thinly sliced apples	2 Tbsp. all purpose flour
1 Tbsp. lemon juice	1 tsp. ground cinnamon
1 c. sugar	1/2 tsp. ground nutmeg
	2 Tbsp. butter
	9 inch pie shell

In mixing bowl combine sugar, flour, cinnamon, nutmeg (for very juicy pie omit the flour). Add sugar mixture to the sliced apples: toss to mix. Fill pastry lined pie plate with apple mixture: dot with butter or margarine. Place pastry atop filling. Seal and flute edge. Sprinkle sugar on top if desired and brush with milk. Bake at 375° oven for 30-35 minutes. Serve with vanilla ice cream.

### **LEMON CHESS PIE**

**Faye Gilmore**

2 c. sweet milk	1 large pkg. lemon instant
1 large pkg. cream cheese	pudding mix

Let cheese soften to room temperature. Put 1/2 cup of milk and cheese in a blender and mix thoroughly. Add rest of milk and pudding and blend until mixed well. (DO NOT OVER BLEND). Pour into graham cracker pie shell.

If desired, bananas or strawberries may be put between two layers of the pie filling and crumbled graham crackers sprinkled on top.

### **CHOCOLATE CHIP PECAN PIE**

**Martha Jo Richardson**

1 stick butter or oleo (room temp.)	1 (12 oz.) pkg. chocolate
1 c. sugar	chips
2 eggs	1 c. coarsely chopped pecans
1 tsp. vanilla	1 unbaked 9" or 10" pie shell
1 c. flour	unsweetened whipped cream
	(optional)

Preheat oven to 325°. Cream butter and sugar; add eggs and vanilla. Add flour and stir until smooth. Stir in chips and pecans. Pour mixture into pie shell. Bake about 50 minutes. Serve at room temperature.

**LOVE APPLE PIE****Faye Gilmore**

1/3 c. tomato ketchup	3/4 c. all purpose flour
2 tsp. lemon juice	1/2 tsp. ground cinnamon
5 c. thinly sliced & pared cooking apples	1/3 c. margarine (softened)
3/4 c. sugar	1 unbaked 9" pie shell

Blend ketchup and lemon juice and mix with apples. Mix sugar, flour and cinnamon and cut in the margarine until it is well mixed. Fill pie shell with apple mixture and top with the sugar mixture. Bake at 375° for 40-45 minutes. Serve warm with vanilla ice cream if desired.

**CHOLESTEROL-FREE PIE CRUST****Faye Gilmore**

3/4 tsp. salt	1/4 c. Mazola cooking oil
1 c. flour	2 Tbsp. skimmed milk
3/4 tsp. sugar	

Mix all dry ingredients. Mix milk and oil and pour all at once over the flour mixture. Mix with a knife. Make into a ball with hands and put on wax paper. Cover with wax paper and roll out for pie crust. Bake at 375° for 10 minutes.

**CORNMEAL CHESS PIE****Faye Gilmore**

3 eggs	1/2 c. cornmeal
2 1/2 c. sugar	1 tsp. vanilla
1/4 c. cream	
1/2 c. butter	

Melt butter. Add all ingredients and pour mixture into unbaked pie shells. Bake at 375° until brown. Makes 2 pies.

**LEMON CHESS PIE****Faye Gilmore**

1 small can frozen pink lemonade	1 can Eagle Brand® Condensed milk
1 (8 oz.) Cool Whip®	

Mix well and pour into graham cracker crusts. Chill overnight. Makes two pies.

**FAYE'S COCONUT PIE****Faye Gilmore**

4 eggs (beaten)	2 c. milk
1 3/4 c. sugar	1/4 c. melted margarine
1/2 c. flour	1 1/2 c. coconut

Mix all ingredients (except coconut) using blender. Stir in coconut. Pour into a greased 9 inch pie plate. Bake at 325° for 45 minutes. Makes its own crust.

**OLD FASHIONED EGG CUSTARD PIE** **Elizabeth & Francis Naylor, Palestine, Texas**

3 eggs	1/2 tsp. ground nutmeg
3/4 c. sugar	2 c. milk (scalded)
1/4 tsp. salt	1 unbaked 9 inch pastry shell
1 tsp. vanilla extract	

Combine eggs and sugar beating well. Add salt, vanilla, and nutmeg. Gradually add scalded milk, stirring constantly. Pour mixture into pastry shell and sprinkle top with additional nutmeg. Bake at 400° for 10 minutes. Reduce oven to 325° and bake an additional 25 minutes or until a knife inserted half-way between center and edge comes out clean.

**CRUSTLESS BUTTERMILK PIE****Sara Sikes**

1/2 c. butter or oleo, melted	4 Tbsp. flour
2 c. sugar	3 eggs
1 c. buttermilk	2 tsp. vanilla
pinch of salt	

Mix all ingredients together and pour into a well greased pie plate (9 inch). Bake at 350° until firm.

**TEXAS CREAM PIE****Sara Sikes**

Mix 1/2 cup sugar, 1 tablespoon flour and 2 cups milk in double boiler. Cook for 15 minutes. Beat 4 egg yolks, mix with a little custard, and add. Cook 3 minutes. Soak 1 package unflavored gelatin in 1/4 cup cold water, add to hot mixture. Stir until dissolved, then cool. Add 4 egg whites beaten stiff with 1/4 teaspoon cream of tartar and 1/2 cup sugar. Add 1 teaspoon vanilla. Mix well and pour into two baked pie shells. Spread with whipped cream or Cool Whip when cold. Grate chocolate over top of pies, either sweet or bitter.

**TEXAS PIE****Faye Gilmore**

1 can cherry pie filling	1 c. chopped pecans
1 large can crushed pineapple	1 stick oleomargarine
1 small can coconut	1 box yellow cake mix

Put cake mix in pan. Cover with cherry pie filling. Spread pineapple, coconut, and pecans on top then dot with oleo. Bake at 350° until brown.

**OSGOOD PIE****Pauline Barney**

2 c. sugar	1 1/2 c. raisins or dates (or 1/2 & 1/2)
4 eggs, separated	2 tsp. each: cinnamon, cloves, and allspice
1 c. oleo	1 c. chopped nuts
2 Tbsp. vinegar	

Cream melted oleo and sugar. Add egg yolks, spices, vinegar and raisins, dates and pecans. Add stiffly beaten egg whites last. Bake in unbaked pie crust for 40 minutes at 350°. Makes 2 pies.

**HARVEST PUMPKIN PIE**

2 full c. fresh cooked pumpkin	1/2 c. brown sugar
3 large eggs	1/2 c. white sugar
1 Tbsp. vanilla	1 Tbsp. butter, softened
2 Tbsp. orange marmalade	1 1/4 c. milk or cream
1 tsp. pumpkin pie spice	2 unbaked 8-inch pie shells

Buy fresh pumpkin, please, to get the best results with this pie that is worthy of your Thanksgiving feast. Combine all ingredients in order listed, mixing thoroughly. Pour into unbaked pie shells and bake at 350° for 50 minutes.

**CREAM CHEESE MINCEMEAT PIE****Dorothy Runge**

2 (8 oz.) cream cheese	grated peel of 1 lemon
2 eggs	1 Tbsp. lemon juice
1/2 c. sugar	

Beat these 5 ingredients together with mixer until very smooth.

baked 9 inch pie shell	2 c. mincemeat
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Spoon mincemeat into pie shell. Pour cream cheese mixture evenly over mincemeat. Bake at 375° for 20 minutes. Remove

from oven.

1 c. sour cream  
2 Tbsp. sugar

1 1/2 tsp. vanilla

Spread sour cream mixture over top. Bake 10 minutes.  
Chill well before serving.

### **BLUEBERRY-BANANA PIE**

**Robin Stout**

1 c. sugar  
8 oz. cream cheese  
1 Tbsp. vanilla  
2 envelopes Dream Whip-prepared

4 bananas  
1 can blueberry pie filling  
2 baked pie shells

Prepare Dream Whip. Add sugar, vanilla and cream cheese.  
Blend. Line pie crust with bananas, cover with above mixture  
and top with pie filling.

### **RAISIN PIE**

**Mary Bell Hughey**

1/2 box raisins, simmered in  
enough water to cover until  
water is gone  
1 stick margarine

12 oz. can Pet milk  
1 1/2 c. sugar

Boil until thickened.

1 tsp. vanilla

Stir raisins into mixture. Bake 25 or 30 minutes at 400°  
in unbaked crust. Makes 2 small pie or 9 x 10 inch plate. Can  
use crushed pineapple instead of raisins or served as pudding.

### **DEER MINCEMEAT**

**Hellen Rust**

3-5 lbs. roasted deer  
1 lb. raisins  
1 c. sugar  
1 1/2 or 2 c. apple cider  
1/2 tsp. cinnamon

1/4 tsp. nutmeg  
1 tsp. allspice  
1/2 c. sorghum molasses  
1/2 tsp. salt

Makes enough for four (4) 9 inch pies.

## NEVER FAIL PIE CRUST

Dana Newman

For 3 single crusts. Cream together:

3 c. flour  
1 c. shortening

1/4 tsp. salt

Mix in cup:

2 Tbsp. vinegar  
5 Tbsp. water

1 egg

Add to creamed mixture.

## PEANUT PIE

LaVerne Driskill

4 eggs  
1 c. white Karo  
3/4 c. sugar

1 c. chopped salted peanuts  
1 c. flake coconut  
1 unbaked 9" pie crust

Beat eggs until lemon colored. Add syrup and sugar. Beat well. Stir in peanuts and coconut. Pour in pie shell. Bake at 350° 40 minutes. Cool.

## ANGEL PIE

Jenny Jones

Meringue Tart Shell:

1 c. sugar, sifted  
3 egg whites  
1/2 tsp. baking powder  
1/8 tsp. salt

1 tsp. vanilla  
1 tsp. vinegar  
1 tsp. water

Combine egg whites, baking powder, salt, vanilla, vinegar, and water. Use high speed electric mixer and beat egg mixture until stiff. Continue beating, adding sugar 1 tablespoon at a time. Beat for several minutes after sugar is added. Place mixture in a buttered 10 inch pie plate, making a very heavy edge with the meringue, using a spatula or knife. Bake at 275° for 1 hour or longer. Permit it to cool in oven with door open.

Filling:

4 beaten egg yolks  
1/2 c. sugar  
juice and rind of one lemon

1 Tbsp. flour  
1/2 c. water

Stir and cook the filling until it is thick. Cool. When the pie and the filling are cool, whip 1 cup heavy cream; fold in 1/2 teaspoon vanilla. Place a layer of cream in the pie, then a layer of filling, then another layer of cream. Chill for several hours.

I have never served this to strangers to my kitchen without sending them away happy, replete and with the recipe in their pockets. It is a favorite of every male.

### **MACAROON PIE**

**Jenny Jones**

3 egg whites  
10 soda crackers (crushed, with salt brushed off)  
1 c. chopped pecans  
1 Tbsp. baking powder (mix with crackers)

1/2 box chopped dates  
1 tsp. almond flavoring  
3/4 c. sugar

Whip egg whites stiff. Add sugar and other ingredients. Melt chunk of butter in pie plate. Pour in mixture, bake at 325° for 25-30 minutes.

### **FOOLPROOF MERINGUE**

**Mary Cox**

1 Tbsp. cornstarch  
2 Tbsp. sugar  
1/2 c. water

6 Tbsp. sugar  
3 egg whites

Mix cornstarch, sugar and water. Cook until clear. Set aside. Add pinch of salt to 3 egg whites and whip until foamy or standing in peaks, at which time you add to above mixture. Continue beating until creamy. Add 6 tablespoons sugar gradually beating until creamy. Pile on your favorite cream filling and bake 30 minutes at 325° or until golden brown.

### **CHOCOLATE CREAM PIE**

**Mary Cox**

1 1/2 c. sugar  
1/2 c. cornstarch  
1/2 tsp. salt  
3 c. milk  
1/2 c. cocoa  
3 egg yolks

1 tsp. butter  
1 1/2 tsp. vanilla

Mix sugar, cornstarch, cocoa and salt in saucepan. Add slightly beaten egg yolks and milk. Boil until thickened, stirring constantly. Remove from heat, add butter and vanilla. Pour

into a 9 inch baked pie shell. Top with meringue and bake at 350° for 30 minutes or until brown.

### **PARKER FOLSE'S CHOCOLATE MINT PRALINE PECAN PIE**

1 baked 10-inch pie shell	4 egg yolks
1 envelope unflavored gelatin	4 egg whites
1/4 c. water	1/4 tsp. salt
1/3 c. creme de menthe liqueur	1 c. heavy cream (for whipping)
3/4 c. brown sugar, divided	1/3 c. chopped pecans
6 oz. chocolate chips	

In a saucepan mix gelatin, water, 1/4 cup brown sugar and creme de menthe and place over low heat. Stir until mixed well and the sugar and gelatin are dissolved.

Add chocolate chips and stir until they melt. Remove from heat and stir egg yolks in one at a time, beating after each addition. Cool.

Place egg whites in a mixing bowl, add the salt and beat at high speed until peaks form. Gradually beat in additional 1/2 cup brown sugar until meringue is very stiff. Fold egg whites into the chocolate gelatin mixture. Whip heavy cream and fold it into the chocolate mixture. Fold in the chopped pecans.

Pile mixture into cooled pie shell, spreading it smoothly. Prepare the pralined pecan halves and place them on the surface of the pie filling in concentric circles, beginning at the edge of the filling next to the crust. One dollop of whipped cream may be placed on center of pie surface. Chill for several hours until well congealed.

**Pralined Pecan Halves:** In a deep saucepan, mix 1 cup sugar and 1/2 teaspoon baking soda. Add 1/2 cup half-and-half and stir well. Place over medium heat and bring to a rolling boil. As the mixture foams up, heat may be reduced. Continue cooking and stirring occasionally until the soft-ball stage is reached (234°). The mixture will take on a rich caramel color. Remove pan from heat and stir in 1/2 tablespoon butter. Add 1 1/2 cups pecan halves. Beat the mixture with a spoon until thickened and pecans are well coated. Pour or spoon the coated pecans onto a piece of buttered aluminum foil and quickly separate each pecan half with a spoon. If some stick together they may be broken apart when cool enough to handle. Select the prettiest pecan halves for decorating the pie and use the rest as candy.

### **CRANBERRY-APPLE COBBLER**

4 c. sliced peeled apples (4 medium)	1 Tbsp. butter or margarine
1 c. raw cranberries	1 c. all purpose biscuit
1 c. sugar	mix

3 Tbsp. tapioca  
1/4 tsp. salt  
1 c. water

2 Tbsp. sugar  
1 tsp. grated orange rind  
1/4 c. milk

Combine apples, cranberries, 1 cup sugar, tapioca, salt and water in large saucepan. Let stand 5 minutes. Bring to a boil over medium heat, stirring constantly. Pour into shallow 2 quart baking dish; dot with butter.

Combine biscuit mix, 2 tablespoons sugar, orange rind and milk. Drop from teaspoon onto hot fruit mixture. Bake at 375° for 30 minutes or until lightly browned. Serve warm, with whipped topping if desired.

### **EASY RHUBARB STRAWBERRY COBLER**

1 c. sugar  
3 Tbsp. cornstarch  
1/8 tsp. salt  
1 pt. fresh strawberries halved  
if small, quartered if large  
2 c. sliced (1/2-inch wide)  
rhubarb

1 (10 oz.) can refrigerated  
flaky, fluffy, or butter-  
style biscuits  
2 Tbsp. butter or margarine,  
melted  
1/3 c. sugar mixed with 1  
Tbsp. grated orange rind

In a medium saucepan stir together the 1 cup sugar, the cornstarch and salt. Stir in the strawberries and rhubarb. Cook over moderate heat, stirring often, until hot, bubbly and slightly thickened. Pour into a 2-quart round glass casserole 8 1/4 x 2 3/4 inches or similar utensil.

Separate the biscuit dough into 10 biscuits; cut each in half vertically. Dip each half-biscuit in the melted butter, then roll lightly in the sugar-orange mixture. Arrange the half-biscuits, cut sides down, on the hot fruit in a circle around the edge of the casserole. Bake in a preheated 400° oven until the biscuit topping is browned-15-20 minutes. Serve warm with cream. Makes six to eight servings.

Note: Half a pound of fresh rhubarb should make the 2 cups called for.

### **CHOCOLATE PECAN PIE**

2 squares unsweetened chocolate  
1/4 c. coffee (espresso)  
2 Tbsp. unsalted butter  
4 eggs

1 c. light corn syrup  
1/2 c. honey  
1 c. chopped pecans  
1 unbaked pie shell

(Cont.)

Melt chocolate and coffee over low heat. Stir in butter. After the three are blended, let cool.

In a separate bowl, beat eggs, corn syrup and honey until fluffy. Stir into cooled chocolate mixture. Add pecans.

Pour into pie shell and bake 10 minutes at 425°. Reduce heat to 375° and bake for 30 more minutes.

## **FUDGE PIE**

**Gloria Fogerson**

1 c. sugar	dash of salt
1 stick of butter	5 Tbsp. cocoa
2 eggs	1 tsp. vanilla
1/2 c. flour	1/2 c. chopped pecans

Mix sugar, butter, eggs, until creamy. Then add flour, cocoa, salt and vanilla and pecans. Bake in greased 8 inch pie plate at 375° for 30 minutes.

## **CARAMEL-LAYERED PASTRY**

Prepare your favorite pastry recipe and place it in a 9 inch pie pan. Turn edge under and flute to form a high rim. To prepare the caramel layer, combine 2 tablespoons softened butter or margarine, 1/4 cup packed brown sugar and 1/2 cup finely chopped walnuts. Pat mixture evenly and firmly onto the bottom of the pastry shell.

Pour on your favorite pumpkin filling and bake the pie as usual.

## **PECAN TASSIES**

**Mary Jean Forman  
Throckmorton, Texas**

**Pastry:**

1 (8 oz.) pkg. cream cheese	2 c. flour
2 sticks margarine	

**Filling:**

3 eggs, well beaten	4 c. chopped pecans
2 c. brown sugar	1 tsp. vanilla

**Pastry:** Mix well and divide into 6 equal portions, then divide each portion into eight parts. Press this into tart tins or small muffin tins.

**Filling:** Combine the eggs, brown sugar, pecans and vanilla. Pour into the lined tart tins-fill only 3/4 full. Bake at 350° for

20 minutes. These freeze well. Makes 48.

### **SWEET POTATO PIE**

**Bill Rawlinson**

3 c. cooked sweet potatoes (mashed)	1/4 tsp. ground allspice
2 Tbsp. butter or oleo (softened)	1 c. buttermilk
1 tsp. baking soda	3 eggs (slightly beaten)
2 c. sugar	1 tsp. vanilla
1/4 tsp. ground cloves	2 unbaked 9" pie shells
1/4 tsp. ground nutmeg	whipped cream (optional)
1 tsp. baking powder	coarsely chopped pecans (optional)
1 tsp. cinnamon	

Combine first 9 ingredients, beat at medium speed with an electric mixer until smooth; stir in buttermilk, eggs and vanilla. Pour sweet potato mixture into pastry shells. Bake at 400° for 10 minutes. Reduce heat to 350° and bake for 35 minutes. Place foil on edge of pie if pastry is getting too brown. Cool completely. Garnish pies with whipped cream and pecans if desired.

### **PINEAPPLE COCONUT PIE**

**Weight Watcher, Bill Rawlinson**

3 slices white bread-made into crumbs	1/2 tsp. coconut extract
1/4 c. water	4 Tbsp. Sugar Twin

Toast bread crumbs in 350° oven until light brown then mix crumbs and other ingredients together and press in 9 inch pie pan. Bake at 400° for 10 minutes or until brown and crisp.

#### **Filling:**

2 pkgs. unflavored gelatin	pinch of salt
1 1/2 c. evaporated skim milk	1 1/2 tsp. coconut extract
3 eggs	8 tsp. Sugar Twin
	1 1/2 c. crushed pineapple (packed in own juice)

Sprinkle gelatin over 1/2 cup warm evaporated milk in 1 quart saucepan-set aside. Separate eggs. Put 3 egg yolks and 1 egg white in blender and blend until foamy. Add remaining milk, salt, coconut extract and sweetener; blend 2 minutes. Add to gelatin-milk mixture. Cook over low heat until mixture begins to thicken about 5 minutes. Pour into bowl, place in freezer until mixture chills. Then remove from freezer, put

in blender, add pineapple and blend until well mixed. Pour into pie shell.

Take remaining egg whites, add 2 teaspoons Sugar Twin and beat with mixer until stiff. Spread over pie. Bake in 425° oven until brown. Cut pie into thirds, divide evenly. Makes 3 servings. 1 serving=1 egg, 1 bread, 1 fruit, and 1 cup milk.

### ANGEL FLAKE BISCUITS

Faye Gilmore

5 c. flour	1/4 c. water
2 c. buttermilk	1 tsp. soda
1 c. Crisco ®	1/2 c. sugar
2 pkgs. yeast	

Mix all together and put in a well-greased bowl. Pinch off bits for biscuits and put in pan. Bake at 350° until brown. Keep remainder of mix in the refrigerator and cover the bowl with plastic wrap. Will keep for about a week.

### MAGIC BISCUITS

Marie Nelson

2 pkgs. yeast	1/2 tsp. soda
5 c. flour	1/4 c. warm water
4 tsp. baking powder	1 tsp. salt
1 c. shortening	4 Tbsp. sugar
	2 c. buttermilk

Dissolve yeast in 1/4 cup warm water. Sift flour, salt, soda, baking powder, sugar. Alternate shortening and yeast and milk to dry mixture. Mix to stiff dough. Knead on floured board. Pinch off biscuits and roll or cut. Allow to rise 10 minutes and bake at 425° 15-20 minutes.

### NEVER FAIL BISCUITS

Mrs. S.G. Eddy (Bernice)

1 c. milk	2 c. self-rising flour
2 Tbsp. mayonnaise	

Stir ingredients together in medium bowl; blend well. Spoon into muffin pan. Bake at 400° until golden brown. Yield: 6 biscuits.

### CREAM OF WHEAT BREAD

Jenny Jones

1 c. uncooked Cream of Wheat ®	4 tsp. baking powder
1 c. sifted flour	1/2 tsp. salt
1/4 c. sugar	

Mix well and pour in:

1 c. milk	10 drops yellow food coloring
1/4 c. cooking oil	1 whole egg

Stir gently and don't overbeat it, gals! Grease your pan and bake at 425° until the top is golden brown. It's crisp and crunchy.

### **PARTY BREAD**

**Bill Rawlinson**

1 stick of butter or oleo	1 yeast cake
1/3 c. sugar	3 well beaten eggs
1 tsp. salt	4 c. flour
1 c. lukewarm milk	

Cream butter or oleo, sugar and salt in mixer. Dissolve yeast cake in warm milk. Add eggs and flour. Beat as much of the flour in the batter with beater until very stiff then mix rest of flour with spoon. Let rise until double in size approximately 1 hour. Beat with spoon and pour into Bundt pan. Let rise again until double. Bake at 325° until light brown. When done turn pan upside down on cooling rack.

This bread is very good when served hot with a salad luncheon. Also makes good cinnamon toast.

### **TEA MUFFINS**

**Loretta Myers**

1 1/4 c. margarine	2 tsp. soda
1 c. sugar	4 c. flour
4 eggs-add 1 at a time	1/4 tsp. ginger
1/2 c. Grandma's molasses®	1/2 tsp. cinnamon
1 c. buttermilk	

Cream well margarine and sugar. Stir in last 2/3 cup chopped pecans and 3/4 cup raisins. Cook in small (lined) muffin pans. Bake at 425° for 20 minutes. Cook as many as desired. Keep remainder of dough tightly covered in refrigerator. Will keep for 6 weeks. (Yum-m-ie)

### **COUNTRY STYLE PANCAKES**

**Faye Gilmore**

1 1/4 c. flour	1 egg
1 1/2 tsp. baking powder	1 1/4 c. milk
1 tsp. sugar	2 Tbsp. shortening
1/2 tsp. salt	

(Cont.)

Mix dry ingredients. Beat egg; add milk, shortening, and dry ingredients to make a batter. Drop batter on hot griddle. Turn pancakes when bubbles appear. Makes 16 (4 inch) pancakes.

### **NO KNEAD BATTER BREAD**

**Bill Rawlinson**

1 pkg. 1 Tbsp. active dry yeast	4 c. unbleached flour
1/2 c. warm water	1 c. milk
2 Tbsp. cottage cheese	3 Tbsp. butter
3 Tbsp. honey	2 eggs beaten
	1 1/2 tsp. salt

Combine yeast and water in a large bowl, let dissolve. Heat milk gently with butter. Stir in cottage cheese, beaten eggs, honey and salt. Pour over dissolved yeast and stir in flour. Beat at least 100 strokes by hand or 1 minute with electric beater. Cover with plastic wrap and let stand in warm place for 1 hour until batter is almost triple in bulk. Stir batter down and divide evenly into 4 greased 5 1/2 inch loaf pans. Cover and let rise until risen almost to top of pans 20 or 25 minutes. Bake on pre-heated 350° oven 35 minutes.

### **NEW ENGLAND BROWN BREAD**

**Jenny Lee Pugh**

2 c. All Bran®	1/2 c. raisins
2 c. flour	
2 tsp. soda	
2 c. buttermilk	
1 c. molasses	
1/2 tsp. salt	

Mix together. Put in tightly covered greased pan and steam 2 hours.

### **BREAD FOR DRESSING**

2 c. cornmeal	1 c. sweet milk
1/2 c. oil	2 tsp. baking powder
2 eggs	1 tsp. salt

Mix all ingredients and bake at 400° until brown, or about 25 minutes. Break up bread coarsely in large mixing bowl. Add chopped eggs, onion and celery, then seasoning. Add a can of chicken broth, after emptying the soup in mixture. Add some of the chicken and mix well. Pour in large oblong pan and add the rest of the chicken on top. Bake at 350° for about 30 minutes.

**CANADIAN LEMON BREAD****Mintie Landes, Elkhart**

1/2 c. soft margarine	1 tsp. baking powder
1 c. sugar	1/2 tsp. salt
1 large lemon	1/2 c. milk
2 eggs, beaten	1/2 c. chopped nuts
1 1/2 c. flour	1/4 c. powdered sugar

Cream margarine and sugar until fluffy. Grate lemon peel and add to sugar-margarine mixture. Squeeze juice; set aside. Add eggs and milk; stir well. Combine flour, baking powder and salt; add to creamed mixture. Stir in nuts. Pour into greased loaf pan and bake at 350° for 1 hour. Mix together lemon juice and powdered sugar. Pour over hot loaf and let absorb. After 20 minutes, turn onto rack and let cool.

**MINCEMEAT BREAD RING****Charlene Jones**

1 3/4 c. sifted flour	1/4 c. milk
3 tsp. baking powder	1/2 c. brown sugar
1/2 tsp. salt	3 tsp. butter (melted)
2 eggs	1 c. prepared mincemeat

Sift flour, baking powder, and salt. Beat eggs well, stir in milk, sugar, butter and mincemeat. Add flour mixture and stir until just blended. Put into a greased 8 inch ring mold and bake in a 350° oven for 1 hour. Cool on cake rack 10 minutes. Remove from pan and cool thoroughly. Slice and serve with orange butter made by creaming together 1/2 cup butter and 1/4 cup orange marmalade.

**VEGETABLE BREAD****Phyllis Kelln**

3 cans biscuits (10 count size)	1/2 c. grated Cheddar cheese
1/2 lb. fried crumbled bacon	3/4 c. chopped celery
3/4 c. chopped green or red peppers	2 sticks oleo
3/4 c. chopped onions	

Mix bacon, onions, peppers and celery. Melt oleo and saute celery, onions and peppers in oleo. Cut biscuits into quarters. Mix all ingredients together in a large mixing bowl. Put into bundt pan and bake at 350° for 30 minutes. Can be frozen.

## HOLLAND CARROT BREAD

Jenny Jones

2 c. sifted flour	2 tsp. soda
2 tsp. cinnamon	1/2 tsp. salt
1 1/2 c. cooking oil	3 eggs
2 tsp. vanilla	2 c. grated carrots

Mix dry ingredients, make a well in center, add liquids. Beat until well blended. Fold in carrots. Pour into two greased and floured loaf pans. Bake at 300° for one hour (or test) or until done. (I use canned carrots mashed well-when in a hurry 1 cup carrots and 1 jar baby carrot food.) 2 loaves.

## HOT ROLLS

Phyllis Kelln

2/3 c. shortening	1 c. hot mashed potatoes
2/3 c. sugar	1 c. water
1 tsp. salt	1/2 c. warm water with 1
2 eggs	pkg. yeast
	6 1/2-7 c. flour

Blend hot mashed potatoes, shortening, sugar and salt. Add water and yeast that has been dissolved. Add 2 cups flour, beat well. Add eggs, then more flour and knead until smooth. Put in a greased container and cover and let rise in refrigerator and use as desired.

## QUICK HOT ROLLS

Gail Garland

Dissolve 1 package dry yeast and 2 tablespoons sugar in 1 cup warm water. Let set for 10 minutes. Mix:

2 1/2 c. flour	2 Tbsp. dry milk
1/2 tsp. salt	1/2 tsp. baking powder

Cut in 2 tablespoons shortening. Add yeast mixture, roll to 1/2 inch thickness. Cut into biscuits and turn in melted shortening. Let rise 30 minutes.

Bake at 450°. 12-15 rolls.

## DEEDY'S ROLLS

Jenny Jones

2 c. flour	1/2 tsp. salt
1 tsp. baking powder	2 c. milk (scalded and cooled
1/2 tsp. soda	to lukewarm)
1/2 c. mashed potatoes	1 cake yeast
1/2 c. sugar	

1/2 c. shortening

Crumble yeast in a little of the milk. Stir all together and let rise for 2 hours. Then pour in from 3-5 cups of flour and knead to make a ball.

Then place in large container and let rise until twice its size.

Roll 1/2 inch thick-cut and place in greased pan. Let rise. Bake at 450°. This also makes a delicious cinnamon roll. Roll 1/2 thick-smear with butter, sugar and cinnamon and roll like a jelly roll and slice. Let rise.

Write your extra recipes here:

**Write your extra recipes here:**

# CAKES · ICINGS

# COOKIES



# 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.

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## 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

### **HOLIDAY HOT APPLE CAKE WITH CARAMEL RUM SAUCE**

**Loetta Burton, Palestine**

1 c. butter, room temperature	1/2 tsp. salt
1 c. sugar	3 medium-size tart apples, cored and finely chopped
2 eggs, beaten	3/4 c. chopped walnuts
1 1/2 c. all purpose flour	1 tsp. vanilla
1 tsp. freshly grated nutmeg	Caramel Rum Sauce (recipe follows)
1 tsp. cinnamon	vanilla ice cream (optional)
1 tsp. baking soda	

Preheat oven to 350°. Grease a 10-inch pie plate.

#### Caramel Rum Sauce:

1/2 c. sugar	1/2 c. butter
1/2 c. firmly packed brown sugar	1/4 c. rum
1/2 c. whipping cream	

Combine sugars and cream in top of double boiler. Set over gently simmering water and cook 1 1/2 hours, replenishing water in bottom of double boiler as necessary. Add butter and continue cooking 30 minutes. Remove from heat and beat well. Add rum and blend thoroughly. Serve warm.

Cake and Sauce may be prepared ahead and reheated before serving.

### **BROWNIES**

**Bill Rawlinson**

2 c. sugar	4 squares unsweetened chocolate
1/2 c. butter	4 eggs
1 c. flour	2 tsp. vanilla

Beat egg, sugar, flour. Melt butter and chocolate. Add to egg mixture. Bake 30 minutes at 325°. Do not overbake. Some ovens 20 minutes.

### **CHINESE SURPRISES**

**Anne Black**

2 small pkgs. butterscotch drops	1 small can Chinese noodles
1 c. salted peanuts	

Melt butterscotch drops. Stir in peanuts and noodles. Spoon onto wax paper and allow to harden.

## CHRISTMAS DROP COOKIES

Sara Sikes

1 1/2 sticks oleo

1 c. brown sugar

Cream and add:

3 unbeaten eggs

2 1/2 c. flour

1 tsp. soda dissolved in 1 1/2 Tbsp.  
boiling water

1/3 c. milk

1 lb. (4 c.) pecans

1 lb. raisins (golden)

1/2 lb. each candied cherries,  
candied pineapple, and  
dates (chopped)

1 tsp. cinnamon

1 Tbsp. nutmeg

1/4 tsp. cloves

1 tsp. vanilla

Drop by teaspoon on greased baking sheet. Bake at 300°  
for 20 minutes.

## CINNAMON CRISPS

Sara Sikes

2 sticks oleo

1 c. sugar

1 egg yolk

3 tsp. cinnamon

2 c. flour

Mix well. Spread thin on cookie sheet. Spread unbeaten  
egg white over this. Then press in 3/4 cup finely chopped pecans.  
Bake at 350° for 20 minutes. Cut while hot, but cool in pan.  
Good with ice cream, fruit or coffee.

## CHOCOLATE CHIP OATMEAL COOKIES

Mrs. C.D. James

1 c. shortening

3/4 c. white sugar

3/4 c. brown sugar

2 eggs

1 1/2 c. flour

1 tsp. baking soda

1 tsp. salt

2 c. uncooked oatmeal

1 tsp. vanilla

1 tsp. hot water

1 c. chopped pecans

1 pkg. chocolate chips (6 oz.)

Cream butter and sugars, add all the egg, vanilla and hot  
water. Add dry ingredients, then pecans and chocolate chips.  
Mix just until blended. Drop by scant teaspoonfuls on greased  
cookie sheet. Bake 15 minutes in 350° oven. Makes 5-6 dozen.

## COWBOY COOKIES

Cindy Shoop

2 c. oatmeal

2 c. flour

1 c. sugar

1 tsp. soda

1/2 c. pecans

1 tsp. vanilla

1 c. brown sugar  
1 pkg. chocolate chips  
1/2 tsp. salt

1 c. Crisco  
2 eggs

Cream sugar, Crisco, beat and add eggs. Add rest of ingredients and drop by spoonful on ungreased cookie sheet. Bake at 350° until done.

### DATE BARS

Mrs. C.D. James

1 egg, beaten  
1/2 c. sugar  
1/2 c. butter, melted  
1 c. pitted dates, chopped  
1/2 c. pecans, chopped

1/2 c. sifted flour  
1/4 tsp. salt  
1/2 tsp. baking powder

Mix all ingredients together. After mixing spread in greased 8 x 8 x 2 inch pan. Bake in moderate oven at 350° for 30 minutes. Cool, cut in bars, roll in powdered sugar. Makes 24 bars.

### FUDGE SCOTCH RING

Phyllis Kelln

1 (6 oz.) chocolate chips  
1 (6 oz.) butterscotch morsels  
1 c. Eagle Brand milk  
1 c. chopped walnuts

1/2 tsp. vanilla  
1 c. walnut halves

Melt chocolate chips and butterscotch morsels and milk in double boiler until begins to thicken. Remove from heat and add nuts and vanilla. Blend well. Chill 1 hour until thickened. Line bottom of 9 inch pie pan with a 12 inch of foil. Place 3/4 cup walnuts half in bottom of pan forming 2 inch wide flat ring. Spoon chocolate mixture in small mound on top of nuts to form ring. Decorate with remaining nuts. Chill in refrigerator until firm. Slice 1/2 inch.

### HONEY BARS AND ICING

Virgie Estill

1 c. sugar  
1 egg  
3/4 c. oil  
1/4 c. honey  
2 c. flour  
1 tsp. soda

1 tsp. cinnamon  
1/4 tsp. salt

Mix sugar, egg, oil and honey. Sift together flour, soda, cinnamon, and salt and add to mixture. Press into a 11 x 15

greased cookie sheet. Bake at 350° for 10-12 minutes.

Icing:

1 c. powdered sugar	2 Tbsp. water
2 Tbsp. mayonnaise	1 tsp. vanilla

Mix and spread over the still warm cookie sheet. When cool cut into bars.

**LEMON BARS**

**Myrtle Reynolds**

**Crust:**

3/4 c. oleo	1/2 c. confectioner's sugar
2 c. flour	dash salt

**Filling:**

2 eggs, beaten	1/3 c. lemon juice
2 c. granulated sugar	1 tsp. baking powder
1/2 c. flour	dash salt

Mix ingredients for crust. Pat mixture in a 9 x 13 inch pan letting edges come up 3/4 inch on the sides. Bake at 350° for 15 minutes. Pour the combined ingredients for the filling into crust and bake an additional 25 minutes at 350°. Dust with confectioner's sugar while warm and cut into squares.

**NO BAKE COOKIES**

**Phyllis Kelln**

2 c. sugar	1 stick oleo
1/2 c. milk	1/2 c. peanut butter
6 Tbsp. cocoa	3 c. oatmeal

Bring to full rolling boil sugar, milk, cocoa and oleo. Stir constantly, add peanut butter and oatmeal. Mix well, then drop by teaspoon onto waxed paper.

**OATMEAL COOKIES**

**Faye Gilmore**

1 c. Crisco	1 tsp. soda
1 c. brown sugar	1 tsp. baking powder
1 c. white sugar	1 1/2 c. chopped nuts or coconut
1 tsp. salt	2 c. flour
2 eggs beaten	2 c. oatmeal (3 min. uncooked)
1 tsp. vanilla	

Make ball the size of walnuts and place on greased cookie sheet. Bake at 350° 12-15 minutes.

### **OLD FASHIONED OATMEAL COOKIES**

**Phyllis Kelln**

3/4 c. Crisco®	1 tsp. cinnamon
1 1/2 c. sugar	2 1/2 c. flour
2 eggs	2 c. oatmeal
3 Tbsp. sweet milk	1 tsp. vanilla
1 tsp. soda dissolved in 1 1/2	1 c. raisins
Tbsp. hot water	3/4 c. chopped nuts

Cream shortening, sugar, add eggs, slightly beaten, milk and dissolved soda. Sift flour, cinnamon together and add to creamed mixture. Add oatmeal, vanilla, raisins, and nuts. Drop by teaspoon on greased cookie sheet. Bake at 400° for 10 minutes.

### **PEANUT BUTTER COOKIES**

**Jenny Jones**

3 c. flour	1 c. peanut butter
2 tsp. soda	
1/2 tsp. salt	
1 c. shortening	
1 tsp. vanilla	
2 eggs	

Cream shortening, sugar, eggs and peanut butter. Add dry ingredients. Form into walnut sized balls and place on ungreased cookie sheet. Press to make flat with bottom of glass. Bake at 350°.

### **PERSIMMON COOKIES**

**Bill Rawlinson**

1 c. persimmon pulp (3 or 4 ripe persimmons)	1/2 tsp. ground cloves
1/2 c. shortening	1/2 tsp. nutmeg
1 1/2 c. sugar	1 c. chopped nuts
2 c. sifted flour	1 c. raisins
pinch of salt	1 egg (beaten)
1/2 tsp. soda	1 tsp. vanilla
1/2 tsp. cinnamon	

Puree persimmons and set aside the 1 cup of pulp. Cream shortening and sugar. Combine flour, salt, soda, cinnamon, cloves, and nutmeg; mix with nuts and raisins and add to the creamed mixture. Stir in persimmon pulp, eggs, and vanilla.

Drop by teaspoon onto a greased cookie sheet. Bake at 375° for 13-15 minutes. Makes 5 dozen.

### SAND TARTS

Rose Mary Mirgle

1/2 lb. butter or shortening	1 c. chopped nuts
1/2 c. confectioner's sugar	1 tsp. vanilla
2 c. cake flour	

Cream butter and sugar thoroughly. Add rest of ingredients. Shape into small balls and bake at 325° 20 minutes. When cool rolls into confectioner's sugar.

### SOUR CREAM COOKIES

Jenny Jones

4 1/2 c. sifted flour	1 tsp. vanilla
1/2 tsp. baking powder	1 c. shortening
1 tsp. soda	1 2/3 c. sugar
1 tsp. nutmeg or cinnamon	1 c. sour cream
1 tsp. salt	2 eggs unbeaten

Sift flour, measure, add baking powder, soda, salt and nutmeg and sift again.

Cream shortening, add sugar gradually. Cream well. Add eggs and beat thoroughly.

Add flour alternately with sour cream, in small amount, mixing well after each addition. Add vanilla.

Chill until dough is firm to roll. Roll 1/4 inch thick on lightly floured board. Cut with floured three inch cutter, sprinkle with sugar or put powdered sugar glaze on cookie as soon as you take them out of the oven.

Bake at 375° 12-15 minutes.

### FRESH APPLE CAKE

Bessie L. Berry

2 1/2 c. flour	1 c. oil
2 c. sugar	1/2 c. water
1/2 tsp. soda	1 tsp. vanilla
1 tsp. baking powder	4 eggs
1 tsp. cinnamon	3 apples, chopped
1 tsp. allspice	1 c. nuts
1 pinch salt	

Mix dry ingredients in order given, mix other ingredients well. Pour into tube pan, bake 1 hour at 350°.

## FAVORITE CHRISTMAS FRESH APPLE-DATE CAKE

2/3 c. shortening	1 tsp. salt
1 1/2 c. sugar	1/2 c. chopped dates
2 eggs	1/4 c. sliced maraschino cherries
2 tsp. soda	1 1/2 c. fresh chopped baking apples
1 c. buttermilk	1 c. chopped pecans
3 c. all purpose flour	1/2 tsp. almond extract
1 tsp. cinnamon	1 tsp. vanilla

Cream shortening and sugar. Add eggs one at a time, beating well after each addition. Dissolve soda in milk. Mix flour, cinnamon and salt, reserving a little flour to dredge dates. Add flour and buttermilk alternately to shortening mixture. Add vanilla and almond extract. Add dredged dates, cherries, apples and nuts. Mix well.

Pour into tube pan. Bake at 350° for 50 minutes to 1 hour. Store in tin. Sprinkle with brandy or dip cheese cheesecloth in brandy and wrap cake. Store in refrigerator to ripen.

## BETH'S APRICOT FRUITCAKE

2/3 c. butter	2 c. (not packed down) dried apricots (11 oz. pkg.), chopped
3 eggs	2 c. canned red cherries
2 c. flour, stir to aerate before measuring	1 c. each thinly sliced candied pineapple and citron
1/2 tsp. baking soda	1 c. golden raisins
1/2 tsp. salt	1 1/2 c. chopped walnuts
2 tsp. cinnamon	1/2 c. apricot nectar, from a 5 1/2 oz. or larger can
3/4 tsp. nutmeg	1/2 c. brandy

In large mixing bowl cream butter and sugar; beat in eggs one at a time. Stir together the flour, soda, salt, cinnamon and nutmeg; stir 1/2 of mixture into creamed mixture, beating with a spoon until smooth.

In a separate bowl, stir together the remaining ingredients; stir into batter; add remaining flour mixture, stirring until blended. Turn into a 9 inch angel food cake pan lined with heavy wax paper. Cover tightly with a tent of buttered foil and bake on middle rack in a preheated 300° oven about 3 hours with a baking pan full of water on rack beneath.

Uncover cake and bake at 325° until cake is firm-about

15 minutes. Cool on rack for 30 minutes, then turn out of pan.

Cool completely. Drizzle with apricot brandy, wrap tightly in plastic film and store in refrigerator or freezer.

### BROWN SUGAR CUPCAKES

Mary Lou Palmros

1 c. brown sugar, packed	pinch of salt
1 stick of oleo	1 Tbsp. vanilla
1/2 c. shortening	1/2 c. nuts, chopped
1 c. flour	2 eggs, well beaten

Beat all ingredients together and fill muffin tin-paper cups-  
2/3 full and bake at 300° for 20-30 minutes.

An apple cut in half and put in the cake box will keep the  
cake fresh several days longer.

### CARROT CAKE

Bessie L. Berry

3 c. flour	2 grated carrots
2 c. sugar	1 1/2 c. nuts
2 tsp. baking powder	1 small can crushed pineapple, drained
1 tsp. soda	3 eggs
2 tsp. cinnamon	2 tsp. vanilla
1 1/2 c. oil	1 1/2 tsp. salt

Mix dry ingredients. Add remaining ingredients in order given.  
Pour into oiled tube pan. Bake 1 hour at 350°.

### CARROT CAKE

1 1/2 c. vegetable oil	1 1/2 tsp. baking soda
2 c. sugar	1 tsp. salt
4 eggs	2 tsp. cinnamon
2 c. flour	2 c. grated carrots (about 4 carrots)

Combine oil and sugar. Add eggs, beating mixture after each  
egg. Add gradually flour, soda, salt and cinnamon. Mix well.  
Fold in carrots. Bake in greased rectangular pan at 325° for  
45 minutes.

Some prefer this uniced, but if you want to dress it up, top  
with the following:

1/2 stick margarine	1/2 tsp. vanilla
1 (3 oz.) pkg. cream cheese	nuts as desired
1/2 box (1/2 lb.) powdered sugar	

Cream margarine and cream cheese. Add powdered sugar, gradually mixing until smooth and creamy. Add vanilla. Add nuts and spread on cake.

The following is my own creation. It is the result of several rainy day experiments, and is terrific and terrifically rich.

### **CINNAMON SHEATH CAKE**

**Jettie Crenshaw**

2 c. flour	1/2 c. buttermilk
2 c. sugar	1 tsp. vanilla
1 stick oleo	1 tsp. cinnamon
6 Tbsp. cocoa	1 tsp. soda
1 c. water	2 eggs
1/2 c. Crisco®	

Sift flour and sugar together in a bowl. Combine oleo, cocoa, water and Crisco® and bring to boil. Mix into flour and sugar but don't beat. Add buttermilk, vanilla, cinnamon, soda and eggs and beat by hand. Bake at 400° for 30 minutes.

### **COCONUT CAKE AND COCONUT CHEESE FROSTING**

**Yvan Fletcher**

1 pkg. yellow cake mix	2 c. coconut
1 pkg. vanilla instant pudding	1 c. pecans
1 1/3 c. water	1 Tbsp. butter flavor extract
4 eggs	1 Tbsp. vanilla flavor extract
1/4 c. oil	

Blend cake mix, pudding, water, eggs and oil in a large mixer. Beat at medium speed for 4 minutes. Stir in coconut, pecans, and extracts. Pour into 3 greased and floured 9 inch layer pans. Bake at 350° for 35 minutes. Cool in pans for 15 minutes. Remove from pans and cool on racks. Fill and top with Coconut Cheese Frosting.

#### Coconut Cheese Frosting:

4 Tbsp. butter	2 Tbsp. milk
2 c. coconut	3 1/2 c. powdered sugar
1 (8 oz.) pkg. cream cheese	1/2 tsp. vanilla

Melt 2 tablespoons of the butter and add coconut. Stir over low heat until golden brown. Spread on a paper towel to cool.

Cream 2 tablespoons of the flour with cream cheese. Add milk. Beat in sugar gradually. Blend in the vanilla. Stir in 1 3/4 cups coconut.

(Cont.)

Spread on top of layers. Stack layers. Sprinkle remaining coconut on cake.

### CHERRY CAKE DESSERT

Phyllis Kelln

Grease a 13 x 9 x 2 inch pan with butter. Pour in 2 cans of cherry pie filling and 2 cans (drained) pineapple chunks. Over this sprinkle 1 box white cake mixed with 1 cup chopped pecans; then pour 1 cup (2 sticks) of melted butter; over this sprinkle one large can of angel flake coconut. Bake at 350° for 40 or 50 minutes.

### FRESH COCONUT CAKE

Bill Rawlinson

1 (18 1/2 oz.) pkg. butter flavored cake mix	1 (12 oz.) pkg. frozen fresh coconut, thawed or 1 fresh coconut, grated
2 c. sugar	
1 (16 oz.) carton sour cream	1 1/2 c. whipped topping (Cool Whip)

Prepare cake mix according to package, making 2 (8 inch) layers. When cool, split both layers. Combine sugar, sour cream and coconut, blending well; chill. Remove 1 cup sour cream mixture for frosting. Spread remainder between layers of cake. Combine reserve sour cream mixture with whipped topping; blend until smooth; spread on top and sides of cake. Seal cake in air-tight container and refrigerate for 3 days before serving. Can freeze.

### COCONUT PECAN CAKE

4 eggs	4 Tbsp. melted butter
12 oz. sour cream	1 3/4 c. coconut pecan frosting mix
1 box yellow cake mix	

Mix eggs and sour cream. Add cake mix and mix well. Mix frosting and butter in small bowl. Grease and flour tube or bundt pan. Pour in one-third of batter. Spread half of frosting over batter. Add another layer of batter. Repeat with rest of frosting. Cover with remaining batter. Bake at 350° for 45-50 minutes or until done. May sprinkle with powdered sugar or glaze.

### CREAM CHEESE POUND CAKE

Martha Jo Richardson

1 stick sweet butter	3 c. sugar
2 sticks oleo, softened (or 3 sticks of one or the other)	1 1/2 tsp. vanilla



Combine flour, almonds and 1/2 the sugar. Add to chocolate mixture. In separate bowl beat yolks with salt until light and thick. Beat whites in separate bowl, adding rest of sugar gradually until medium peaks form. Add vanilla to chocolate. When the chocolate mixture has cooled to room temperature, fold in egg yolks. Then fold in egg whites. Put in cake pan and bake exactly 18 minutes. (Blisters should form on top). Place on rack. Remove from pan when cool and glaze with Nancy's Chocolate Glaze.

#### Nancy's Chocolate Glaze:

Melt 4 tablespoons butter in saucepan. Add 1 tablespoon cognac, 1 tablespoon water, 3 tablespoons white corn syrup, 1 tablespoon Kirsch, 1 teaspoon instant espresso, and dash of salt. Add 4 ounces of German sweet chocolate and cover tightly for 5 minutes, stirring to combine. Glaze and garnish with almonds.

#### **WHITE FRUIT CAKE**

**Jenny Jones**

1 lb. butter	1 lb. red pineapple
3 c. sugar	1 lb. green pineapple
4 c. flour	1 lb. red cherries
2 lbs. pecans, chopped	1 tsp. lemon extract
1/4 lb. black walnuts, chopped	1 tsp. almond extract
1 lb. candied green cherries	12 eggs

Cream butter and sugar. Chop fruit and roll in flour mixture to prevent sticking. To this, add butter and sugar mixture. Add eggs and extracts and chopped nuts. Mix well with hands. Grease and flour 2 tube pans. Bake about 2 1/2 hours at 275° until straw comes out clean.

#### **POLYNESIAN TROPICAL FRUIT CAKE**

**Loretta Myers**

3 c. Brazil nuts (1 1/2 lbs. shelled)	1/2 tsp. baking powder
2 pkgs. (6 1/2 oz. size) pitted dates	1/2 tsp. salt
1 c. maraschino cherries (red or green)	3 eggs
3/4 c. sifted all purpose flour	1 tsp. vanilla extract
3/4 c. sugar	

Start oven at 300°. Grease a 9 x 5 x 3 inch loaf pan and line bottom and sides carefully with wax paper. Bake 1 1/2-1 3/4 hours (approximate bake time).

Mix with hand-leave fruit and nuts whole.

## LENA MAE'S FRUIT CAKE

Dorothy Runge

- |  |                               |
|--|-------------------------------|
| 1 lb. pecan halves                                     | 1 c. flour                    |
| 1 lb. Brazil nuts-whole                                | 2 c. sweetened condensed milk |
| 1 c. grated fresh coconut<br>(grate in food processor) |                               |
| 2 lbs. whole dates                                     |                               |
| 1 lb. candied cherries (red & green)                   |                               |
| 1 lb. candied pineapple (cut up)                       |                               |

Combine fruits and nuts. Dump flour over fruits and nuts and mix. Pour milk over mixture and mix well. Grease (can use Pam) and flour heavily bundt pan or 10 small foil pans. Bake at 350° 1 hour for bundt pan, small foil pans 30 minutes. Pour brandy over cakes if desired. Wrap tightly and store in cool place. This cake is ready in one or two weeks.

## WHITE CHRISTMAS FRUIT CAKE

Mrs. S.G. Eddy (Bernice)

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 lb. butter                   | 2 c. sugar                     |
| 6 eggs, separated              | 2 oz. lemon extract            |
| 3 c. sifted flour              | 1 lb. pecan halves             |
| 1 lb. white raisins (optional) | 1 tsp. baking powder           |
| 1/2 lb. candied red cherries   | 1/2 lb. candied green cherries |
| 1/2 lb. candied pineapple      |                                |

Beat butter, sugar, egg yolks and lemon extract well. Mix flour, nuts and fruits. Do not chop nuts and fruits. Beat egg whites until stiff and fold into batter. Fill large tube pan. Bake at 325° for 1 1/2-2 hours. Turn oven to 350° and bake 7 minutes. Turn heat off and leave cake in oven.

## HARVEY WALLBANGER CAKE AND GLAZE

Martha Jo Richardson

- |  |                                       |
|--|---------------------------------------|
| 1 pkg. Duncan Hines® Orange Supreme cake mix         | 4 oz. frozen orange juice concentrate |
| 1 pkg. vanilla instant pudding mix (3 1/2-3 3/4 oz.) | 4 oz. water                           |
| 1/2 c. Crisco® oil                                   | 4 eggs                                |
|  | 3 oz. Galliano                        |
|  | 1 oz. vodka                           |

Blend all ingredients in large bowl; beat five minutes. Pour into greased and floured 10 inch tube pan. Bake at 350° 45-55 minutes until center springs back when touched lightly. Cool in pan 15 minutes.

(Cont.)

### Glaze:

Blend well:

1 c. confectioner's sugar  
1 Tbsp. orange juice

1 1/2 Tbsp. Galliano  
1 Tbsp. vodka

Spread over warm cake.

### **ITALIAN CREAM CAKE AND ICING**

**Jenny Lee Pugh**

Cream together;

1/2 c. butter  
1/2 c. Crisco®

2 c. sugar

Add 5 egg yolks one at a time. Sift 2 cups flour with 1 teaspoon soda. Add to butter mixture with 1 cup buttermilk. Mix well. Add 1 cup coconut. Beat 5 egg whites until stiff and fold into mixture.

Pour into greased and floured cake pans. May use 2 or 3 cake pans. Bake at 350° for 30-35 minutes.

### Icing:

Cream together 1 stick butter and 8 ounces cream cheese. Add 1 box confectioner's sugar and 1 teaspoon vanilla. Beat in 1 cup chopped pecans. Frost when cake is completely cooled.

### **LAZY DAISY CAKE AND FROSTING**

**Mrs. C.D. James**

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

1/2 c. scalded milk  
1 Tbsp. melted butter

Beat eggs until light and fluffy, add sugar and vanilla. Sift dry ingredients, add alternately with scalded milk. Add butter. Pour into loaf pan and bake at 350° for 35 minutes or until done.

### Frosting:

5 Tbsp. butter  
10 Tbsp. brown sugar

4 Tbsp. cream  
1 c. coconut

Mix together and spread on top of cake. Brown under broiler, watching carefully as it burns easily.

### **OATMEAL CAKE AND TOPPING**

**Jenny Jones**

1 c. oats

1 1/4 c. boiling water

Place oats in boiling water, cover and remove from heat.  
Cream together:

1 stick oleo

1 c. white sugar

1 c. brown sugar

2 eggs

1 tsp. vanilla

1 heaping tsp. soda

1 1/2 c. flour

1 tsp. cinnamon

Mix in oats. Combine ingredients and bake for 25-30 minutes at 350° in a greased and floured pan.

#### **Topping:**

1 c. brown sugar

1/2 c. Pet milk

1 stick oleo

Cook for 5 minutes. Stir in 1 cup coconut and 1/2 cup nuts. Spread on cake and place under broiler until bubbly (approximately 1 minute).

### **FRENCH ORANGE CAKE AND ICING**

**Jenny Jones**

1/2 lb. pitted dates, quartered

1/2 c. butter

1/2 c. chopped pecans

1/2 c. milk

1 orange grated or blended  
(including half of rind)

1 tsp. baking powder

1 tsp. baking soda

1 c. sugar

2 eggs, well beaten

2 c. flour

Pour 1/2 cup hot water and soda over dates and let stand while mixing cake. Cream sugar and butter, add well beaten eggs. Mix thoroughly then add milk alternating with sifted flour and baking powder. Stir in grated orange and rind, dates, mixture and pecans, blending well. Bake in moderate oven (350°) about 35 minutes.

(Cont.)

### Icing:

1 c. sugar and juice of 1 small orange

Put icing on top of cooked cake and glaze under flame of broiler.

### **MANDARIN ORANGE CAKE AND ICING**

**Thelma Springer  
Faye Gilmore**

1 pkg. yellow cake mix  
1 c. oil

1 (16 oz.) can mandarin oranges,  
undrained  
4 eggs

Mix cake mix, oil and oranges (undrained) until well blended. Add eggs 1 at a time and beat after each. Bake in 4 round 9 inch layer pans, greased and floured at 350° for 15-18 minutes. Cool completely before filling and frosting. Icing recipe below.

### Icing for Mandarin Orange Cake:

1 large can crushed pineapple,  
crushed  
1 large pkg. vanilla instant pudding

1 (3 oz.) can coconut  
1 large (13 oz.) Cool Whip®

Mix all ingredients including pineapple juice together thoroughly. Ice completely cooled cake. This cake must be refrigerated.

### **PINA COLADA CAKE**

**Cassie Dent**

1 box Duncan Hines® Butter  
golden cake mix

1 can (14 oz.) Eagle Brand® milk  
1 can (15/5 oz.) Coco Casa  
cream of coconut (by Holland  
House®)

Bake cake according to directions on box in a 9 x 13 pan. Let cool slightly. Leave in the pan and punch holes with fork all over top of cake. Pour 1 can of Eagle Brand milk right out of the can all over top of cake. Then, pour can of cream of coconut over top. Put Cool Whip on top as you serve each piece.

### **PINEAPPLE MERINGUE CAKE**

**Jerry Coleman**

1/2 c. shortening  
4 egg yolks  
1 tsp. baking powder  
1/2 c. flour

1/2 c. sugar  
4 Tbsp. sweet milk  
1/4 tsp. salt

Cream shortening and sugar, add egg yolks (beaten) and mix. Add flour alternately with milk.

**Topping:**

4 egg whites, stiffly beaten	1 tsp. vanilla
3/4 c. sugar	3/4 c. chopped nuts

Grease and flour two 9 inch pans.

Spread batter over bottom of pans, then put topping over batter. Bake 30 minutes or until brown at 325°. Leave in pans until almost cool. Place topping side up.

**Filling:**

1 c. whipped cream stiffly whipped	5 Tbsp. powdered sugar
1 tsp. vanilla	1 can crushed pineapple

Spread between layers and on top. Let set several hours before serving. Not pretty but delicious. Good when let set overnight.

**JANE'S POUND CAKE**

**Jane Merriman**

3 c. sugar	1/2 tsp. baking powder
1 c. butter or oleo	1 c. milk
1/2 c. Crisco®	5 eggs
3 c. flour, sift twice	2 tsp. vanilla
	1/2 tsp. almond extract

Cream sugar, butter or oleo and Crisco®. Add the eggs separately, beating after each one. Add sifted flour and baking powder alternately with milk until it is all mixed. Add extracts. Pour into greased and floured tube pan. Place in cold oven. Bake at 325° for 1 1/2 hours.

**SOUR CREAM POUND CAKE**

**Myrtle Reynolds**

3 c. sifted flour	6 eggs
1/2 tsp. soda	1 c. sour cream
2 sticks soft oleo	1 tsp. lemon extract
3 c. sugar	1 tsp. vanilla
(1 c. pecans)	

Sift flour with soda, set aside, cream oleo, slowly add sugar, beating well. Add eggs one at a time-beating often.

Stir in sour cream. Add flour mixture, 1/2 cup at a time, beating constantly. Add lemon and vanilla. Pour batter in greased 10 inch tube pan. Bake at 350° for 1 1/2 hours. Can be baked in 2 bread loaf pans. Cook for 55 minutes. Can be made with or without pecans.

**HOLIDAY BOURBON PECAN RAISIN CAKE**

**Phyllis Kelln**

2 c. chopped pecans	1 tsp. nutmeg
2 c. light or dark raisins	1 jar (3 1/2 oz.) candied cherries (quartered)
1/2 c. bourbon	1 1/2 c. oleo
3 1/2 c. flour	2 c. sugar
1 1/2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	7 eggs
	1/2 c. bourbon

Mix all dry ingredients (cherries, pecans, raisins, 1/2 cup bourbon, set aside) then add eggs to dry mixture then oleo then other half of bourbon. Stir in fruit and pecan mixture. Bake in bundt pan (floured and greased) at 350° for 1 hour 10 minutes. After cake is cool, wrap in cheesecloth that has been soaked in 1/2 bourbon. Wrap in foil to keep it moist.

**BACARDI RUM CAKE AND GLAZE**

**Phyllis Kelln**

1 c. chopped nuts	1/2 c. cold water
1 pkg. yellow Deluxe II cake mix (Duncan Hines®)	1/2 c. Wesson® oil
1 jello instant vanilla pudding	1/2 c. Bacardi® Rum (dark 80 proof)
4 eggs	

Grease and flour bundt pan. Mix all ingredients. Beat until smooth. Pour batter over nuts and bake at 300° 1 hour.

Glaze:

1/4 c. water	1 c. sugar
1 stick oleo	1/2 c. Bacardi® rum

Melt oleo, stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat and slowly add rum. Glaze cake.

**SWEET POTATO LOAF CAKE****Myrtle Reynolds**

3 1/2 c. flour	3 c. sugar
1 tsp. cinnamon	1 c. cooking oil
1 tsp. nutmeg	1 tsp. vanilla
2 tsp. baking soda	2 1/2 c. mashed sweet potatoes
1 1/2 tsp. salt	1 c. chopped pecans
4 eggs	

Sift dry ingredients together in one bowl. Blend eggs, sugar, oil, vanilla and sweet potatoes together, add dry mixture and pecans. Put in 3 loaf pans that have been greased and floured. Bake at 350° 1 hour.

**WESTERN CAKE****Joan Mattingly**

3 sticks of margarine (3/4 lb.)	6 eggs
1 box brown sugar	1 Tbsp. lemon juice
1 box flour (measured in brown sugar box)	1 Tbsp. vanilla (extract)
	1 tsp. pure vanilla if used

Cream butter; mix in sugar. Slowly add flour; add eggs, add vanilla and lemon juice. Mix well. Bake at 325° for 45 minutes in tube pan (greased and floured.) Use caramel topping.

**CARAMEL TOPPING****Joan Mattingly**

1 c. brown sugar	3 Tbsp. Crisco® oil
3 Tbsp. butter	1/4 tsp. salt

Cook until it boils slow, put in 1/4 cup milk, and then boil three minutes. Let cool and add 1 1/2 cups of powdered sugar and a little cream. (If wish, can make icing thin and pour on cake as a glaze.)

**GOOD LEMON ICING****Bill Rawlinson**

Grind 1 lemon and 1 orange. Add:

1 juice of orange	4 egg yolks
1 juice of lemon	1 1/2 c. sugar
1 can coconut	

Cook until stiff. This icing is very good on yellow or white cake.

\* \* \* \* \*

Tips: Bake a cake in the shape of a Christmas tree (you can buy special pans for this), frost it with green icing, and dot the top with non-stem green and red maraschinos and small white marshmallows as "tree" decorations.

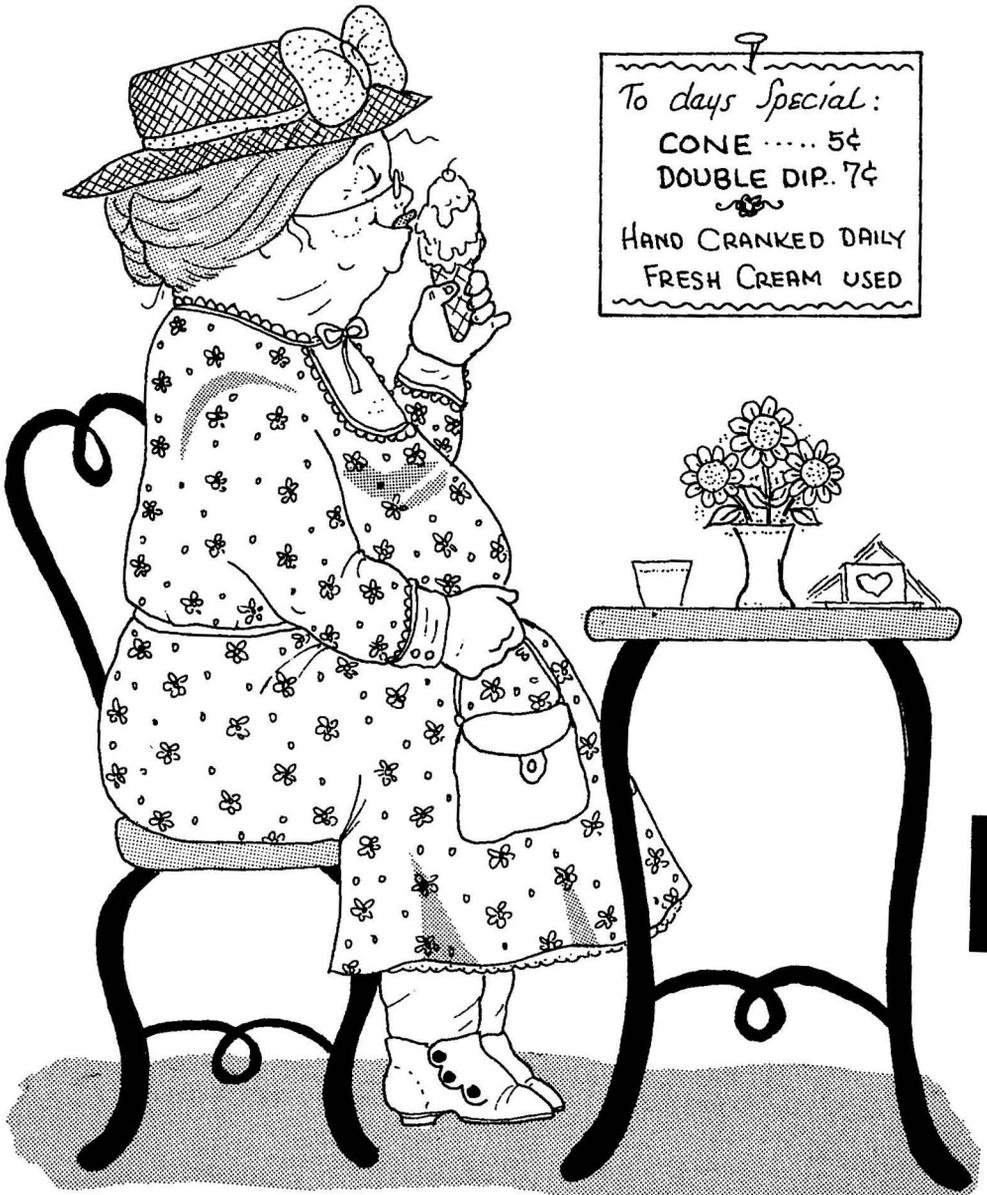
\* \* \* \* \*

Tips: Decorate a frosted cake by using green stemless maraschinos to shape a Christmas tree. Then place red maraschinos (no stems) about an inch apart around the outer edge of the top of the cake. For the best effect, cakes should have white or chocolate frosting.

\* \* \* \* \*

Write your extra recipes here:

♡  
**DESSERTS**  
♡



To days Special:  
CONE ..... 5¢  
DOUBLE DIP. 7¢  
HAND CRANKED DAILY  
FRESH CREAM USED



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 cooky 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

### **BREAD PUDDING FOR TWO**

**Anne Black**

2 eggs	1 c. sugar
2 slices white bread	1 tsp. vanilla
2 c. milk	1/3 c. raisins (optional)

Soak bread in one cup of milk. Mix eggs and remaining milk. Add sugar and mix with bread mixture. Add raisins if desired. Sprinkle with nutmeg. Bake at 350° in a pan of water for one hour.

### **CREAMY CHERRY JUBILEE DELIGHT**

20 chocolate wafer cookies	1/4 c. water
1/4 c. brandy, divided	1 can (14 oz.) sweetened condensed milk
1 can (21 oz.) cherry pie filling	3 egg whites, stiffly beaten
1 envelope unflavored gelatin	1 c. (1/2 pt.) whipping cream, whipped

In 2-quart glass serving bowl, arrange 14 wafers on bottom and up sides. In small bowl, stir together cherry pie filling and 2 tablespoons brandy; spread 1/3 cherry mixture over wafers in bowl. In small saucepan, sprinkle unflavored gelatin over water; let stand 1 minute. Over low heat, cook and stir until gelatin is completely dissolved, about 5 minutes. Stir in sweetened condensed milk and remaining brandy. Pour into large bowl; chill, stirring occasionally, for 10 minutes. Fold in egg whites, then whipped cream. Pour 1/2 the mixture over cherries; top with remaining wafers and 1/3 the cherry mixture. Pour remaining sweetened condensed milk mixture on top. Chill for 3 hours or until set. Before serving, garnish with remaining cherries. Refrigerate leftovers. Makes 12 servings.

### **DESSERT**

**Nancy Johnson**

1 c. flour	2 Tbsp. sugar
1 stick butter	1/2 c. chopped pecans

Cook the above ingredients at 375° for 20 minutes in a 9 x 13 pan.

1 oz. cream cheese	1/2 of large Cool Whip®
2/3 c. powdered sugar	

(Cont.)



(Note: I think it's better to add the Cool Whip just before serving.)

### MISSISSIPPI MUD

Shirley Lilly

#### Crust:

1 stick oleo (soft)                      1 c. flour  
1 c. chopped nuts (fine)

Mix and pat into bottom of large Pyrex dish. Bake at 350° for few minutes then cool.

#### 1st Layer:

1 c. powdered sugar                      1 c. Cool Whip®(Use large  
1 tsp. vanilla                              carton for whole recipe)  
11 oz. Philadelphia®cream  
cheese

Mix and spread over crust.

#### 2nd layer:

Mix 2 small packages instant chocolate pudding, 3 cups milk and 1 teaspoon vanilla. Pour over 1st layer.

#### 3rd layer:

Put the rest of the large Cool Whip on top of 2nd layer. Grate 2 or 3 Hershey®bars on top of Cool Whip.

### PECAN DELIGHTS

Jenny Jones

Mix 1 stick oleo and 1 (3 ounce) package cream cheese with 1 cup flour. Press into 12 muffin tins.

#### Filling:

1 c. brown sugar                          1/2 c. coconut  
1 egg    1 Tbsp. melted oleo  
1/2 tsp. vanilla                              1/2 c. chopped pecans

Put about 1 tablespoon filling in each tin. Bake at 325° for 30 minutes.

## SWEET POTATO PUDDING

5 c. grated sweet potatoes	2 c. milk
3/4 c. brown sugar	1/2 tsp. salt
1/4 c. white sugar	1/2 tsp. pumpkin pie spice
1/4 c. flour	1/4 tsp. vanilla
1/4 c. cornmeal	2 Tbsp. margarine
1/2 c. dark corn syrup	large marshmallows, cut in half
4 eggs, well beaten	

Combine all ingredients except marshmallows thoroughly. Pour into baking pan and bake at 350° about 1 1/2 hours. After about 30 minutes of baking, stir thoroughly from the bottom of the pan. Bake until firm but not dry. Turn oven off. Dot top with large marshmallows cut in half and let melt in oven. Serve warm or cold.

## THREE LAYER PUDDING

Nan Daws  
Throckmorton, Texas

1 stick margarine	1 c. chopped pecans
1 c. flour	

Mix above ingredients, spread in 8 x 12 inch Pyrex pan and bake at 350° about 20 minutes. Cool. Mix thoroughly:

1 (8 oz.) pkg. cream cheese	1 c. powdered sugar
1 c. Cool Whip®	

Pour over crust. Prepare 1 package instant vanilla or chocolate pudding according to directions on box and add to above layer.

Top with whipped cream or Cool Whip. If vanilla pudding is used, sprinkle generously with coconut.

## BLACK RUSSIAN MINI SOUFFLES

2 envelopes unflavored gelatin	5 squares (1 oz.) semi-sweet chocolate, divided
3/4 c. sugar, divided	1/3 c. coffee-flavored liqueur
3 eggs, separated	3 Tbsp. vodka
1 3/4 c. milk	1 c. (1/2 pt.) whipping cream, whipped

Combine gelatin and 1/2 cup sugar; stir in egg yolks and milk. Let stand for 1 minute. Over low heat, cook and stir until gelatin is dissolved, about 5 minutes. Add 4 squares chocolate, stirring until chocolate melts. Beat mixture with wire whip until blended. Stir in liqueur and vodka. Pour into large bowl; chill, stirring

occasionally, for 30 minutes or until mixture mounds slightly. Cut six 4-inch wide strips of foil; fold in half lengthwise. Wrap around outside of six 6-ounce wine glasses or use one strip on 1-quart souffle dish so collars stand 1 1/2 inches above rims; secure with tape. In large bowl, beat egg whites until soft peaks form; gradually add remaining sugar, beating until stiff but not dry. Fold whites, then whipped cream into gelatin mixture. Chill for 2 hours. With remaining chocolate, make chocolate curls and shavings. Remove collars from glasses and roll sides in chocolate shavings. Garnish with additional whipped cream and chocolate curls if desired. Makes 8 servings.

\* \* \* \* \*

**Tips:** Toss sliced fresh pears with orange juice concentrate or Grand Marnier. Blend softened vanilla ice cream with orange sherbet and spoon into dessert dishes. Cover with the pear slices and garnish with chocolate curls.

\* \* \* \* \*

Write your extra recipes here:

**Write your extra recipes here:**



# 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 ½ yards = 16 ½ feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = ¼ 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 ¼ sq. yards = 272 ¼ 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 ¾ 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 millimeter
- 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

### **CANDIED CRANBERRIES**

**Virginia Kimberlin**

1 lb. cranberries  
2 c. sugar

1/2 c. water or red wine  
1 c. white Karo syrup

Wash cranberries and put in shallow baking pan. Pour sugar over berries and cover with liquid and syrup. Bake in a 350° oven until tender and done (approximately 1 hour). Cover while baking—they pop.

### **COFFEE JELLY**

**Jenny Jones**

2 Tbsp. gelatin  
1 c. cold water  
2 3/4 c. hot coffee(regular strength)

2/3 c. sugar  
dash salt  
1 c. whipping cream

Soften gelatin in cold water. Add hot coffee, sugar and salt. Let set until the consistency of egg white. Mix with whipped cream. Pour in mold.

### **MAYHAW JELLY**

**Bill Rawlinson**

Wash berries, remove stems and any spoiled berries. (Do not remove green berries as they contain the pectin that makes the jelly "jell.")

Place berries in large pan with enough water to cover. Bring to a boil, and cook until juice turns bright pink. Line a large colander with a clean cup towel and pour liquids and berries into cup towel, being careful not to mash berries. Be sure to have colander placed in a large vessel, one large enough to avoid overflow. Strain once more, this time mash berries thoroughly, then discard them.

Cooking juice. Most "old hands" agree that the best jelly is made in small quantities. To take the guesswork out of the cooking time, a candy thermometer is an absolute must. (220°)

4 cups juice

3 cups sugar

Cook until jelly will stick between the prongs of a fork. Pour immediately into jelly glasses. When cool, seal with paraffin.

**PEPPER JELLY****Dee Scheurer**

6 1/2 c. sugar  
1 1/2 c. vinegar  
3/4 c. bell pepper

1/2 c. hot pepper  
1 box preservative

Mix all ingredients in large container. Bring to rolling boil. Add one box preservatives. Boil for about 5 minutes. Pour in sterilized half pints. Seal.

**PEACH PRESERVES****Bill Rawlinson**

6 c. peaches (fresh or frozen)      3 c. sugar

Slice peaches and put into a slow cooker. Cover and cook on HIGH for one hour. Add sugar. Cover and cook three more hours on HIGH. Remove cover and cook four hours on HIGH.

**PRESERVES****Faye Gilmore**

8 c. figs  
3 c. sugar

16 oz. pkg. jello

Stem, cut, and mash figs. Mix all ingredients together and cook until thick-about 30 minutes.

Note: Can also use strawberries, peaches, apricots, blackberries, or raspberries.

**BUTTERMILK FUDGE****Marjorie Cayce**

1 c. buttermilk  
1 tsp. soda  
2 c. sugar

1/2 c. (real) butter  
3 Tbsp. white Karo  
1 c. chopped nuts

Combine buttermilk and soda and mix. Add to sugar, butter and Karo and cook to soft ball stage. Beat until creamy and add nuts. Pour in buttered dish and cut.

**DIVINITY (NEVER FAIL)****Marjorie Cayce**

2 egg whites (beaten)  
3 c. sugar  
1/2 c. Karo  
1/2 c. water  
1 tsp. vanilla  
1/8 tsp. salt

1 c. nuts (chopped)

Cook sugar, Karo, water and salt to hard ball stage. Pour in small steady stream over beaten egg whites, whipping constantly. When thick add vanilla and nuts and dip on waxed paper by spoonfuls.

### **CARAMEL CORN**

**Shirley Lilly**

8 qts. popped corn	1 tsp. vanilla
2 c. brown sugar, firmly packed	1 tsp. salt
2 c. oleo	1/2 tsp. soda
1/2 c. white syrup-Karo	peanuts, if desired

Boil all ingredients except popcorn and soda for 5 minutes. Stir occasionally. Remove from heat and add soda, mixing well and quickly pour over the popped corn mixing well. Put in 250° oven for 1 hour stirring every 15 minutes. Cool and store in tightly covered containers.

Use a big turkey roaster or other big pan.

### **DATE LOAF**

**Evelyn Williamson, Gladewater**

3 c. sugar	1 (8 oz.) pkg. pitted dates (chopped)
1/4 tsp. salt	3/4 tsp. vanilla
1/2 stick butter	1 1/2 c. broken pecans
1 1/2 c. milk	

Cook sugar, salt, butter and milk to form soft ball in cold water. Add chopped dates and cook slowly, stirring constantly until mixture forms hard ball in cold water. Remove from fire and add vanilla and nuts. Beat until cool. Pour on wet cloth and shape into loaf. Let get completely cold, then slice.

### **DIVINITY**

**Linda Richardson**

2 1/2 c. sugar	1/4 tsp. salt
1/2 c. light Karo	2 egg whites
1/2 c. water	1 tsp. vanilla

In heavy 2 quart saucepan stir together sugar, corn syrup, water and salt. Clip candy thermometer in pan. Cook and stir until sugar dissolves. Cook to 260° (hard ball stage) and remove from heat. Immediately beat egg whites to stiff peaks. Remove thermometer and gradually pour syrup over egg whites, beating at high speed. Add vanilla and beat 4 or 5 minutes until candy holds its shape. Add nuts if desired and drop candy onto waxed paper or spread in 10 x 6 x 2 dish. 40 pieces.

## WHITE FUDGE

Jenny Jones

2 1/4 c. sugar	1/4 tsp. salt
1/2 c. sour cream	2 tsp. vanilla
1/4 c. chopped pecans	1/4 c. milk
2 Tbsp. butter	1/4 c. chopped green candied cherries
1 Tbsp. corn syrup	1/4 c. chopped red candied cherries

Combine sugar, sour cream, milk, butter and corn syrup and salt in heavy 2 quart saucepan. Stir over moderate heat until sugar is dissolved and mixture reaches a boil. Boil at moderate heat to 238° (soft ball stage). Remove from heat and allow to stand until mixture is lukewarm (110°). Add vanilla and beat until candy loses its gloss and holds shape. Add nuts and cherries and stir. Pour into buttered pan. When firm, cut into squares.

## NEVER FAIL PEANUT BRITTLE

Phyllis Kella

3 c. sugar	1 Tbsp. oleo
1 c. light corn syrup	2 tsp. soda
1/2 c. water	1 tsp. salt
1 lb. raw peanuts	

Combine sugar, syrup and water in a Dutch oven; cook over low heat until mixture spins a thread (230-234°). Add peanuts; cook to soft crack stage (290°) stirring constantly. Remove from heat. Add oleo, soda, and salt; mix well. Spread mixture thinly onto 2 warm buttered 15 x 10 x 1 inch jelly roll pans. Cool and break into pieces. 2 pounds.

## SWEDISH PECANS

Jan Redding

Ft. Worth, Texas

3 1/2-4 c. pecans	2 stiffly beaten egg whites
1 c. sugar	1/2 c. oleomargarine
dash salt	

Fold sugar and salt into stiffly beaten egg whites. Fold in pecans.

Melt oleomargarine in 9 x 12 pan. Spread nut mixture over oleomargarine. Bake at 325° 30 minutes, stirring every 10 minutes. Cool and store.

**CHEWY PRALINES****Jenny Jones**

2 c. sugar	2 c. whipping cream
2 c. white corn syrup	2 tsp. vanilla
1 lb. sweet cream butter	7 c. chopped pecans

Over medium low heat, cook together sugar and white corn syrup. Cook until candy thermometer reaches 250°. Remove from heat and add butter. Stir until dissolved. Add whipping cream (not whipped) slowly. Return to heat and cook until thermometer reaches 242°, stirring constantly. Remove from heat and add vanilla and pecans. Drop on foil. When cool, wrap in Saran Wrap.®

**PRALINES****Bill Rawlinson**

1 box light brown sugar	1/2 pt. whipping cream
1 Tbsp. flour	2 c. pecans
2 Tbsp. white Karo	

Mix all together and let set for 1 hour. (This is very important). Cook until it forms a soft ball in cup of cold water. Add vanilla. Beat until mixture thickens and drop by spoonful on cookie sheet.

**PRALINES****Nell Ochiltree**

2 c. sugar	1 c. buttermilk
1 scant tsp. soda	1 1/2 c. pecans
1 Tbsp. white Karo	

Cook in deep heavy pan over medium heat to soft ball stage without stirring. Add vanilla and beat until creamy. Fold in pecans and drop on waxed paper.

**ROCK CANDY****Faye Gilmore**

2 c. sugar	1/2 c. white Karo
1/2 c. water	

Mix and cook (using candy thermometer) until it reaches 290°. Add 1/3 bottle of cinnamon oil, wintergreen oil, or clover oil and 8 drops of food coloring (any color desired). Pour into a 12 x 13 shallow pan which has been sprayed with Pam. Let harden then break into small pieces. Store in small glass jars.

**Write your extra recipes here:**

# BEVERAGES 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
	46	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

### **BLOODY MARY MIX**

**Joy Reagan**

1 can beef bouillon	3 1/2 tsp. worcestershire
3 cans V-8 juice	1 1/2 tsp. celery salt
1 1/2 cans Vodka	8-10 drops tabasco
1/2 c. lemon juice	

Mix above ingredients and chill. Serve with slice of lime.

### **HOT CHOCOLATE MIX**

**Dru Sain**

8 qt. box dry milk	11 oz. Coffeemate®
16 oz. Nestle's Quik®	1 lb. box powdered sugar

Sift all together. Use 1/3 cup of the mix with 1 cup of hot water.

### **GAZPACHO**

**Linda Richardson**

In electric blender blend:

2 ripe tomatoes	2 Tbsp. olive oil
1 cucumber, peeled	1 1/2 Tbsp. vinegar
1/4 c. green pepper	dash tabasco
1/4 c. diced onion	salt, pepper to taste
1 c. tomato juice	garlic or garlic salt

Chill and serve in ice cold cups with slice of lemon or lime. Serves four.

### **KAHLUA (COFFEE LIQUEUR)**

**Martha Jo Richardson**

Bring to boil 6 cups sugar and 1 quart water. Cool. To 1 quart of boiling water add 2 ounces instant Espresso coffee. Cool. Combine above 2 and add a fifth of 180 proof Everclear grain alcohol and 1 1/2 ounces pure vanilla. Makes a gallon.

### **HOLIDAY CHAMPAGNE PUNCH**

**Bill Rawlinson**

1 c. fresh-squeezed orange juice	1 bottle (750 ml) champagne,
1/2 c. fresh-squeezed lemon juice	chilled
2 cans (6 oz. each) unsweetened pineapple juice	1 orange, cut in half-cartwheels
2 cans (6 oz. each) apple juice	ice
3 cans (12 oz. each) lemon-lime flavored soda, chilled	

In punch bowl, combine juices and chill. To serve, add remaining ingredients. Makes about 12 cups or 16 servings of 6 ounces each.

### **CHURCH PUNCH**

**Faye Gilmore**

3 pkgs. Kool-Aid ®	1/2 c. lemon juice
1 large can pineapple juice	3 qt. bottles of 7-Up
2 cans water	1 (12 oz.) can frozen orange juice
3 c. sugar	

Note: Any color of Kool-Aid can be used.

### **HOT SPICED PUNCH**

**Bill Rawlinson**

4 c. boiling water	1/2 tsp. ground allspice
1/3 c. sugar	2 c. cranberry juice cocktail
4 tea bags	juice of 3 fresh oranges (1 c.)
2 sticks cinnamon	1/4 c. fresh squeezed lemon juice

In large saucepan, pour boiling water over sugar, tea bags, cinnamon and allspice. Steep 5 minutes; remove tea bags. Stir in fruit juices; heat. Remove cinnamon sticks.

To serve, garnish with orange and lemon half-cartwheel slices if desired. Makes about 7 cups or 11 servings of 5 ounces each.

### **HOT BUTTERED TOMATO JUICE**

**Georgia Coulson**

1 can tomato juice	1/2 tsp. oregano
1 1/2 tsp. worcestershire sauce	1/4 c. butter
1/2 tsp. salt	

Put tomato juice into percolator. All other ingredients go into basket of percolator (preferably Pyrex). Perk. Great for cold weather brunches.

### **PINK LADY PUNCH**

**Martha Williamson**

4 c. cranberry juice	4 c. pineapple juice
2 c. sugar	2 qts. ginger ale, chilled

Slowly add cranberry juice to sugar, stirring until sugar is dissolved, add pineapple juice and chill. Pour into punch bowl, add ginger ale. Serves 32.

**MINT DRINK****Anne Black**

Crush 2 handfuls of mint in a large bowl. Make syrup of 2 1/2 cups sugar and 2 1/2 cups water, boil. Pour syrup over crushed mint leaves. Cover and let stand 2 hours. Add the juice from 6 oranges and 3 lemons (if using prepared juice- 2 3/4 cups orange juice and 3/4 lemon juice). Strain and refrigerate. This makes a concentrate. To serve, place ice cubes in an 8 ounce glass. Pour 1/4 cup concentrate over ice and fill with water. Makes a delicious cool drink, is also good in iced tea.

**GALLIANO****Ann Riggs**

Boil 2 cups sugar, 1 cup water. Simmer 8 minutes. Add:

1 tsp. vanilla (pure)	2-3 drops yellow coloring
3 drops Angostura bitters	1 tsp. liquid anise

Add 1 quart vodka. Cool. Can use the next day, better to let stand 1 week.

**HUMMINGBIRD FEEDING SYRUP****Faye Gilmore**

12 oz. water	3 oz. sugar
--------------	-------------

Mix and bring to a boil. Let cool. Add red food coloring to color desired.

Note: Do not hang feeder in the sun; it can cause deterioration.

\* \* \* \* \*

Freeze unused egg whites in plastic freezer bags, marking each bag with the number of whites. Defrost egg whites in bag in lukewarm water, and they will whip up as if fresh.

\* \* \* \* \*

If you don't keep seldom-used cake flour on hand, make your own. Put two tablespoons cornstarch into a one cup measuring cup, fill with flour and sift. The mixture will be equal to one cup of cake flour.

\* \* \* \* \*

## EDITOR'S DILEMMA

Getting out a cookbook is fun,  
but no picnic.

If we print jokes, people say  
we are silly;

If we don't, they say we are  
too serious.

If we clip things from other  
magazines, we are too lazy to  
write them ourselves;

If we don't, we are too fond of  
our own stuff.

If we don't print contributions,  
we don't appreciate genius;

If we do print them, the page  
is filled with junk.

Now, very likely someone will  
say we swiped this from some  
other magazine . . . . .

We did!

The Cookbook Committee

\* \* \* \* \*

## A RECIPE FOR A DAY

Take a little dash of water cold  
And a little leaven of prayer  
And a little bit of morning gold  
Dissolved in the morning air.

Add to your meal some merriment  
And a thought for kith and kin,  
And then as your prime ingredient  
A plenty of work thrown in.

But spice it all with the essence of love  
And a little whiff of play;  
Let a wise old book and a glance above  
Complete the well made day.

ANON

\* \* \* \* \*

# 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 =  $2\frac{2}{3}$  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  $1\frac{1}{4}$  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.
- $\frac{3}{4}$  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



**FOUND IN** India, Western Europe, United States.  
**IT IS** member of mint family with leaves  $1\frac{1}{2}$ " 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.



**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.



**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.



**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.



**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.



**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.



**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
<b>BEEF</b>				
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.
<b>VEAL</b>				
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.
<b>LAMB</b>				
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.
<b>FRESH PORK</b>				
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
<b>SMOKED PORK</b>				
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.
<b>POULTRY</b>				
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
<b>BEEF</b>					
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
<b>LAMB</b>					
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
<b>HAM, BACON &amp; SAUSAGE</b>					
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	3/4 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





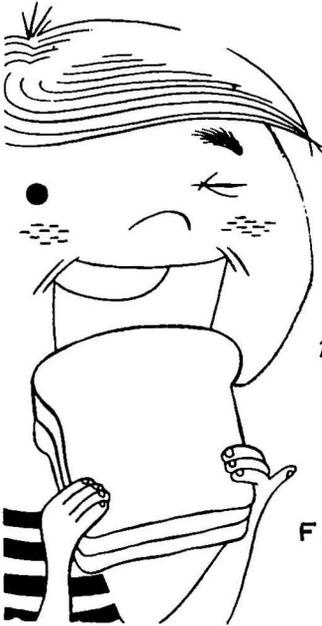
# Quantities to Serve 100 People



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 (26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26 LBS.)
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 (26 LBS.)
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
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

fillings

make the  
sandwich

QUANTITY  
AND  
FAMILY SIZE  
RECIPES



for lunch boxes

for outdoor eating



**HAWAIIAN HAM SANDWICH**    6 SERVINGS    24 SERVINGS

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

**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

**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

**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

**EAST COAST SANDWICH**    6 SERVINGS    24 SERVINGS

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

**ALL AMERICAN FAVORITE**

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

**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
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

	6 SERVINGS	24 SERVINGS
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

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

#### CANADIAN DOUBLE DECKER

	6 SERVINGS	24 SERVINGS
<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

	6 SERVINGS	24 SERVINGS
<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

	6 SERVINGS	24 SERVINGS
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

	6 SERVINGS	24 SERVINGS
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

	6 SERVINGS	24 SERVINGS
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
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

\*OPEN FACE\*

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

## SANDWICHES

### QUANTITY AND FAMILY SIZE RECIPES

	6 SERVINGS	24 SERVINGS
<b>ROYAL LIVER SAUSAGE SANDWICH</b>		
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)
<b>FRANKFURTER CHEESE GRILL</b>		
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)

	6 SERVINGS	24 SERVINGS
<b>SEAFOOD SUPREME</b>		
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)
<b>CHEF'S CHICKEN SANDWICH</b>		
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

	6 SERVINGS	24 SERVINGS
<b>ROCKY MOUNTAIN SANDWICH</b>		
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		

Mix Well

#### \*BAKED SANDWICHES\*

	4 Servings	24 Servings
<b>HEAVENLY HAMBURGER BAKE</b>		
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.



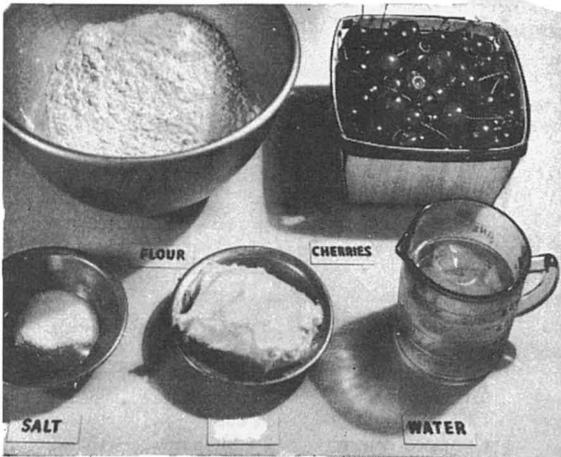
	6 SERVINGS	24 SERVINGS
<b>TUNA SOUFFLE SANDWICH</b>		
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk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

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.



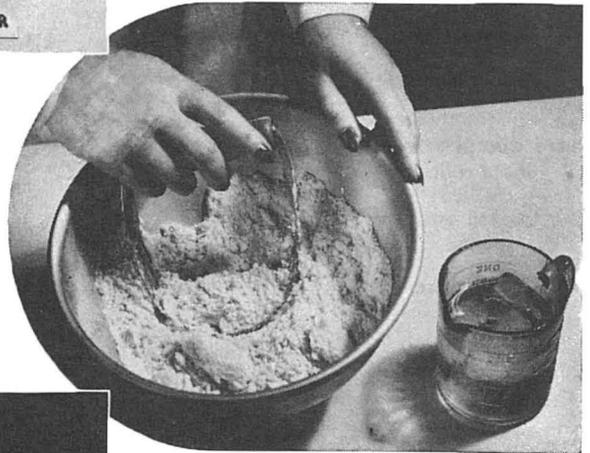
# 6 Easy Steps

TO THE



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

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

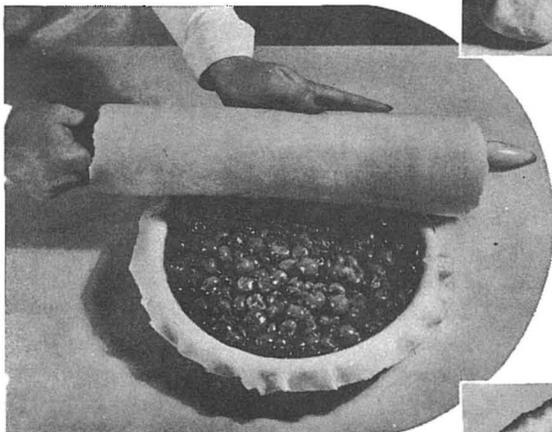
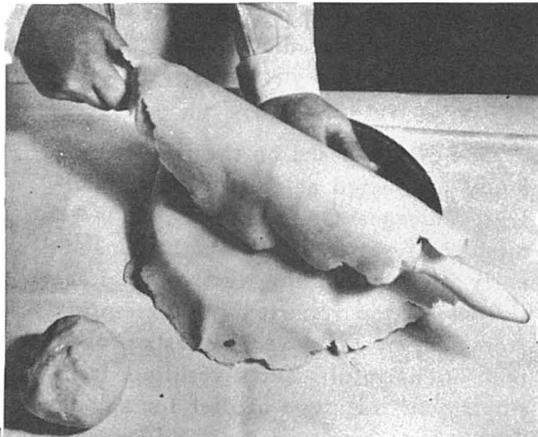


**3** Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.



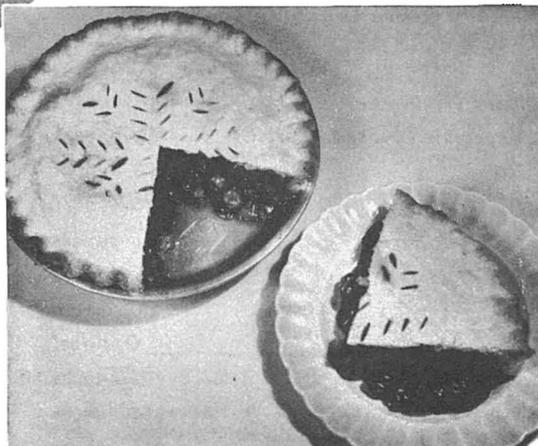
# Perfect Pie

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

### LUNCH

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

### DINNER

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

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

### LUNCH

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

### DINNER

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

## YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

### BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<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>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 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

### DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 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

## 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

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

### LUNCH

<i>Meat (lean)</i>	6 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

### DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 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

Age

Height

Weight

Desired Weight

WEIGHT RECORD			
Date	Weight	Date	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



## 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

## 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



## SUNDAY

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

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

*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  
Butter  
Milk  
Grapes  
Tea

### Dinner

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



## WEDNESDAY

### Breakfast

Grapefruit juice  
Coddled egg  
Toast  
Broiled ham slice  
Coffee

### Lunch

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

### Dinner

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



## FRIDAY \*

### Breakfast

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

### Lunch

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

### Dinner

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

## TUESDAY

### Breakfast

Honeydew melon  
Soft boiled egg  
Broiled Canadian-style bacon  
Toast  
Coffee

### Lunch

Broiled sweetbreads  
Broiled tomatoes  
Pineapple and cottage cheese  
Bread  
Butter  
Milk  
Tea

### Dinner

Roast leg of lamb  
Brussels sprouts  
Bread  
Butter  
Blueberries  
Milk  
Coffee



## THURSDAY

### Breakfast

Apricots  
Poached egg on toast  
Broiled Canadian-style bacon  
Coffee

### Lunch

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

### Dinner

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



## SATURDAY

### Breakfast

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

### Lunch

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

### Dinner

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



### Breakfast

Cantaloupe  
Shirred eggs with diced ham  
Whole wheat toast  
Butter  
Coffee



## SUNDAY

### Luncheon or supper

Broiled frankfurters  
Beets  
Cole slaw  
Bread  
Butter  
Plums  
Milk  
Tea



### Dinner

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

\* 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
<b>MEAT</b>				
<b>Beef</b>				
Corned	4	2 sl. 7" x 2" x 3/4"	19.0	346
<b>Pot Roasts</b>				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/4"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233
Shank	4	Pc. 3 1/4" x 2 1/2" x 1 1/2"	24.4	194
<b>Roasts</b>				
Chuck	4	Sl. 4" x 3 1/2" x 1 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 1/4" x 1 1/2"	23.2	233
<b>Steaks</b>				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 1/2" x 1 1/2"	23.9	181
Rib	4	Pc. 3" x 3 1/2" x 1 1/2"	20.9	332
Round	4	Pc. 3" x 3" x 1 1/2"	23.2	233
<b>Stews</b>				
Chuck	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
<b>Lamb</b>				
Chops	4	1 loin or 2 rib 1" th.	17.9	421
Loin or rib	4	Pc. 4" x 3" x 1/2"	18.7	348
<b>Roasts</b>				
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
<b>Pork, fresh</b>				
<b>Chops and steaks</b>				
Leg (ham)	4	Pc. 3 1/2" x 3" x 1/2"	18.2	408
Loin	4	Chop 1/2" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 1 1/2"	16.1	464
<b>Roasts</b>				
Boston butt	4	Sl. 4 1/4" x 3 1/2" x 1 1/2"	19.9	327
Loin	4	Sl. 1/2" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
<b>Pork, cured</b>				
Bacon, Canadian style	1	Sl. 2 1/2" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 1 1/2"	10.6	147
<b>Poultry</b>				
<b>Chops</b>				
Loin	4	Chop 1/2" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
<b>Roasts</b>				
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
<b>Steaks</b>				
Cutlet (round)	4	Pc. 4" x 2 1/4" x 1 1/2"	23.4	191
Shoulder	4	Pc. 3" 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 1/4" x 1" x 1"	22.0	271
<b>Variety Meats</b>				
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	1/2 ht. 3" dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 1 1/4"	20.0	161
<b>Liver</b>				
Beef	3	2 sl. 3" x 2 1/2" x 1 1/2"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 1 1/2"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 1 1/2"	17.7	116
Veal	3	2 sl. 3" x 2 1/2" x 1 1/2"	17.1	122
<b>Sweetbread</b>				
3	4	Pc. 4" x 3" x 1 1/2"	18.2	216
Tongue	3	3 sl. 3" x 2" x 1 1/2"	15.7	191
<b>Sausages and Cooked Specialties</b>				
Bologna	1	Sl. 4 1/4" dia. x 1/4" th.	4.4	65
Frankfurter	2	2 5/8" lg. x 1/4" 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
<b>POULTRY</b>				
<b>Chicken</b>				
Liver	3	4 av.	19.9	122
<b>Roast</b>				
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
<b>Stewed</b>				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 c. (diced)	20.3	106
<b>Turkey</b>				
<b>Roast</b>				
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"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
<b>FISH</b>				
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
<b>Lobster</b>				
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
<b>Salmon</b>				
Canned	3 1/2	3/4 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/4" 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 1/2" x 3" x 1 1/2"	25.2	165
<b>MILK AND DAIRY PRODUCTS</b>				
Butter	1/2		.1	73
Cheese, cottage	2	1/4 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.

		MEN			
		Height		Weight	
		Ft.	In.	15-19	20-24
4		4	11	111	117
5		5	0	113	119
5		5	1	115	121
5		5	2	118	124
5		5	3	121	127
5		5	4	124	131
5		5	5	128	135
5		5	6	132	139
5		5	7	136	142
5		5	8	140	146
5		5	9	144	150
5		5	10	148	154
5		5	11	153	158
6		6	0	158	163
6		6	1	163	168
6		6	2	168	173
6		6	3	173	178
		WOMEN			
		Height		Weight	
		Ft.	In.	15-19	20-24
4		4	11	110	113
5		5	0	112	115
5		5	1	114	117
5		5	2	117	120
5		5	3	120	123
5		5	4	123	126
5		5	5	126	129
5		5	6	130	133
5		5	7	134	137
5		5	8	138	141
5		5	9	141	145
5		5	10	145	149
5		5	11	150	153
6		6	0	155	157

# Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein* (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	¼ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	¾ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	¾ c. or 2 1¼" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Cauliflower sprts.	3½	¾ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	¾ c.	2.4	31
Celery	3½	Pc. 8½" lg. or 2 hts.	.2	3
Hard, Swiss	3½	¾ c.	1.4	25
Cornichon	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¾" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ¾" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	¾	¾ c. or pc. 4" x 1¼"	.2	4
Okra	3½	¾ c. (diced)	2.1	36

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	¼	1 leaf	.2	3
Leaf	¼	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	¼	3 med.	.2	7
Parsley		2 sprigs	.1	1
Pumpkin	3½	¼ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	¾ c.	1.1	41
Sauerkraut	3½	¾ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	¼ c.	.6	19
Winter	3½	¼ c.	1.5	44
Tomatoes				
Canned	3½	¾ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	¾ c.	2.9	37
Turnips				
White	3½	¾ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	¼	1 lge.	.2	23
Pickles				
Dill	2	¾ pkle. 5" lg. x 1¼" dia.	.3	7
Sweet	¼	1 pkle. 2¼" lg. x ¾" dia.	.2	21

## IDEAL WEIGHTS FOR ADULTS\* Ages 25 Years and Over

### MEN

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

### WOMEN

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

### BREAD AND CEREAL PRODUCTS

Cereals					
Bran, whole	¾	¾ c.	2.5	67	
Cornflakes	¾	¾ c.	1.3	56	
Farina,					
enriched	¾	¾ c. (sc. 2 T. dry)	2.3	71	
Oatmeal	¾	¾ c. (¾ c. dry)	3.1	77	
Rice					
Puffed	½	¾ c.	.7	36	
White	1	¾ c. (2 T. dry)	2.3	105	
Wheat					
Flakes	¾	¾ c.	2.4	74	
Puffed	½	¾ c.	1.2	37	
Shredded	1	1 biscuit	2.9	103	
Breads					
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50	
Wheat					
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19	
White, enrch	¾	1 sl. (com'l) thin	1.6	50	
Whole wheat	¾	1 sl. (com'l) thin	1.8	50	
Crackers					
Graham	½	1 cracker 3" sq.	1.0	54	
Saltine	½	1 cracker 2" sq.	.4	17	
Soda	1/8	1 cracker 2¾" x 2¾"	.6	25	
Zwieback	¼	1 pc. 3¼" x 1¼" x ½"	.9	33	
BEVERAGES					
Carbonated	6	1 small bottle	0	82	
Coffee, black			0	0	
Tea, plain			0	0	

### FRUITS

Apples	3½	1 apple 2¼" dia.	.3	65	
Apricots	1	1 med.	.4	20	
Blackberries	3½	¾ c.	1.2	62	
Blueberries	3½	¾ c.	.6	62	
Cantaloupe	4	¼ melon 5" dia.	.8	29	
Cherries, sweet	3½	15 cherries ¾" dia.	1.2	87	
Grapefruit	3½	¼ med. 3½" dia.	.5	44	
Grapes					
Concord	3½	34 av.	1.4	78	
Green s'dless	3½	40 sm.	.8	74	
Malaga or Tokay	3½	21 av.	.8	74	
Honeydew melon	4	1½" sl. 7" melon	.9	48	
Oranges	3½	¼ orange 4" dia.	.9	52	
Peaches	3½	1 med.	.5	51	
Pears	3½	1 sm.	.7	70	
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58	
Plums	2½	1 plum 1¾" dia.	.5	39	
Raspberries	3	¾ c.	1.1	64	
Strawberries	3½	10 strawberries 1" dia.	.8	41	
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51	
FRUIT JUICES					
Grapefruit, can'd	4	¾ c.	.6	49	
Orange	4	¾ c.	.7	66	
Pineapple, can'd	4	¾ 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>	
<u>Fruits:</u>	<i>Months</i>	<u>Cooked meat:</u>	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12	<u>Poultry</u>	
<u>Fruit juice concentrates:</u>		<u>Chicken:</u>	
Apple.....	12	Cut-up.....	9
Grape.....	12	Livers.....	3
Orange.....	12	Whole.....	12
<u>Vegetables:</u>		Duck, whole.....	6
Asparagus.....	8	Goose, whole.....	6
Beans.....	8	<u>Turkey:</u>	
Cauliflower.....	8	Cut-up.....	6
Corn.....	8	Whole.....	12
Peas.....	8	<u>Cooked chicken and turkey:</u>	
Spinach.....	8	Chicken or turkey dinners	
<u>Baked goods</u>		(sliced meat and gravy).....	6
<u>Bread and yeast rolls:</u>		Chicken or turkey pies... ..	6
White bread.....	3	Fried chicken.....	4
Cinnamon rolls.....	2	Fried chicken dinners... ..	4
Plain rolls.....	3	<u>Fish and shellfish</u>	
<u>Cakes:</u>		<u>Fish:</u>	
Angel.....	2	<u>Fillets:</u>	
Chiffon.....	2	Cod, flounder, had-	
Chocolate layer.....	4	dock, halibut,	
Fruit.....	12	pollack.....	6
Pound.....	6	Mullet, ocean perch,	
Yellow.....	6	sea trout, striped	
<u>Danish pastry.....</u>	3	bass.....	3
<u>Doughnuts:</u>		Pacific Ocean perch.....	2
Cake type.....	3	Salmon steaks.....	2
Yeast raised.....	3	Sea trout, dressed.....	3
<u>Pies (unbaked):</u>		Striped bass, dressed.....	3
Apple.....	8	Whiting, drawn.....	4
Boysenberry.....	8	<u>Shellfish:</u>	
Cherry.....	8	Clams, shucked.....	3
Peach.....	8	<u>Crabmeat:</u>	
<u>Meat</u>		Dungeness.....	3
<u>Beef:</u>		King.....	10
Hamburger or chipped		Oysters, shucked.....	4
(thin) steaks.....	4	Shrimp.....	12
Roasts.....	12	<u>Cooked fish and shellfish:</u>	
Steaks.....	12	Fish with cheese sauce... ..	3
<u>Lamb:</u>		Fish with lemon butter	
Patties (ground meat).....	4	sauce.....	3
Roasts.....	9	Fried fish dinner.....	3
<u>Pork, cured.....</u>	2	Fried fish sticks, scallops,	
<u>Pork, fresh:</u>		or shrimp.....	3
Chops.....	4	Shrimp creole.....	3
Roasts.....	8	Tuna pie.....	3
Sausage.....	2	<u>Frozen desserts</u>	
<u>Veal:</u>		Ice cream.....	1
Cutlets, chops.....	9	Sherbet.....	1
Roasts.....	9		

# 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.

<b>metre</b>	for length
<b>litre</b>	for liquids
<b>kilogram</b>	for weighing
<b>°C</b>	for temperature

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## MEASUREMENTS AND WEIGHT

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### 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

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### 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

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### 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

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# 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 denatured 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	D	G	B	E	A	F	C	H	G	A	D	B
0	*28	*56	*84	C	E	G	A	Su	Sa	F	Th	W	Tu	M		
1	29	57	85	B	D	F	G	2	9	16	23	30	31	M	Su	Sa
2	30	58	86	A	C	E	F	3	10	17	24	31	Tu	M	Su	Sa
3	31	59	87	G	B	D	F	4	11	18	25		W	Th	Sa	Su
*4	*32	*60	*88	E	G	B	C	5	12	19	26		Th	W	M	Su
5	33	61	89	D	F	A	B	6	13	20	27		F	Th	W	Tu
6	34	62	90	C	E	G	F	7	14	21	28		Sa	F	Th	W
7	35	63	91	B	D	F	A									
*8	*36	*64	*92	G	B	D	C									
9	37	65	93	F	A	C	D									
10	38	66	94	E	F	A	B									
11	39	67	95	D	F	A	C									
*12	*40	*68	*96	B	D	F	G									
13	41	69	97	A	C	E	F									
14	42	70	98	G	B	D	F									
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	A									
19	47	75		A	C	E	F									
*20	*48	*76		F	A	C	D									
21	49	77		E	G	B	A									
22	50	78		D	F	A	C									
23	51	79		C	E	G	F									
*24	*52	*80		A	C	E	F									
25	53	81		G	B	D	F									
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*  
*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*  
*ammonia*  
*paint removers*  
*paints, 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 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.*

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## DATES TO REMEMBER

	1984	1985	1986
NEW YEAR'S DAY	Sunday January 1	Tuesday January 1	Wednesday January 1
LINCOLN'S BIRTHDAY	Sunday February 12	Tuesday February 12	Wednesday February 12
VALENTINE'S DAY	Tuesday February 14	Thursday February 14	Friday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 20	Monday February 18	Monday February 17
ASH WEDNESDAY	Wednesday March 7	Wednesday February 20	Wednesday February 12
ST. PATRICK'S DAY	Saturday March 17	Sunday March 17	Monday March 17
EASTER	Sunday April 22	Sunday April 7	Sunday March 30
PASSOVER (First Day)	Tuesday April 17	Saturday April 6	Thursday April 24
MOTHER'S DAY	Sunday May 13	Sunday May 12	Sunday May 11
NATIONAL MEMORIAL DAY <small>Traditional—Always Observed May 30</small>	Monday May 28	Monday May 27	Monday May 26
FATHER'S DAY	Sunday June 17	Sunday June 16	Sunday June 15
INDEPENDENCE DAY	Wednesday July 4	Thursday July 4	Friday July 4
LABOR DAY	Monday September 3	Monday September 2	Monday September 1
ROSH HASHANAH	Thursday September 27	Monday September 16	Saturday October 4
YOM KIPPUR	Saturday October 6	Wednesday September 25	Monday October 13
COLUMBUS DAY <small>Observed</small>	Monday October 8	Monday October 14	Monday October 13
HALLOWEEN	Wednesday October 31	Thursday October 31	Friday October 31
VETERAN'S DAY	Sunday November 11	Monday November 11	Tuesday November 11
THANKSGIVING	Thursday November 22	Thursday November 28	Thursday November 27
CHANUKAH	Wednesday December 19	Sunday December 8	Saturday December 27
CHRISTMAS	Tuesday December 25	Wednesday December 25	Thursday December 25

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