FRIES MEMORIAL MORAVIAN CHURCH

history customs recipes
There are many Cookbooks in this town.
I'm sure you'll like this one, it's the best one around.
The Ladies of Fries are excellent cooks, and real Moravian recipes you'll find in this book.
There is Moravian Sugar Cake and Cookies by the pound.
Cakes and Pies and Veggies, now how does that sound?
Be sure you put your order in so you can get this book.

To The Women's Fellowship of Fries Memorial Church

Olive J. Ring Klapp, 1988
The Moravian Church is generally recognized to be the oldest Protestant denomination, dating back to 1457. It grew out of a movement led by John Hus of Bohemia. In 1415, John Hus was burned at the stake, because he refused to give up his belief that the doctrines set forth in the Bible should be followed by Christians. The effects of the Thirty Years' War, which ended in 1648, reduced the Brethren to a few in Central Europe.

In 1722, under the leadership of Count Zinzendorf, the church was revived in Germany.

Soon, the Moravians launched a world-wide program of foreign missions, spreading to the continent and to the British Isles. Christian concern for the American Indian brought Moravians to Georgia, then to Pennsylvania, and on to North Carolina. Here, in 1753, they had a 100,000 acre tract, which they called "Wachovia". The central community of Salem, meaning "peace", was founded in 1766.

The Moravian church emphasizes salvation through faith in Jesus Christ as personal savior. Believing in the Bible as the word of God allows each member the freedom to read and interpret the scriptures. Moravians, from the earliest days, have expressed their faith through music.
Sometime in the late spring of 1876, Mrs. Esther White, a Moravian living in East Salem, became concerned for her step-son and his companions because there was no religious instruction within easy reach. So, on each Sunday afternoon, she gathered into her kitchen such as were willing to come, and began herself to teach them. It must have appealed to the children, for more and more joined the group, and in the course of a few months, the kitchen became overcrowded. A seed had been planted! A seed that was as a grain of mustard seed, and would grow and grow.
When numbers outgrew the limits of Mrs. White's kitchen, Mr. Augustus Fogle lent them a log house across the road, and into this, the school moved.

The seed sprouted and the plant began to grow. Soon, a building known as East Salem Chapel was erected up the street. However, this building soon became inadequate, and the congregation built and moved into a beautiful new brick church on Fourth and Claremont Avenue. This was in 1915. The new church was named Fries Memorial in honor of Mr. and Mrs. Henry Fries, who had devoted so much of their time and service to the congregation.

Then, after 30 years of worshipping at this location, the skies darkened. The winds of different opinions blew and bent the branches of the mustard plant, but never breaking them. Our country was at war, and due to circumstances beyond our control, we were forced to close the doors and sell. Although many members left the church at this time and went elsewhere, the faithful few were determined to stay together for worship. After much consideration, property was purchased on North Hawthorne Road. Mr. Fries, feeble as he was, made a trip to Washington, D.C., to secure the permit to build a new church. On April 8, 1946, the new church held its first service, and in 1948, the mortgage was burned.

The plant continues to grow, its branches ever-bearing.

From our kitchens come the recipes for this book, but from the kitchen of Esther White comes Fries Memorial Moravian Church.
THE MORAVIAN STAR

The Moravian Star was originally developed around 1850 in Niesky, East Germany. It began as an exercise in geometry at a boys' school.

Peter Verbeeck had attended this school, and began to make them to sell in his book store in Herrnhut. Originally, the star had a metal frame. Later, Peter and his son, Harry, learned to make points which could be fastened together with paper fasteners.

Harry Verbeeck founded the star factory in Herrnhut, and supplied Moravians in America with stars until World War I. After World War II, the star factory was taken over and run by the Communist Government, then returned to the Moravians in 1954.

Today, local men and women make stars in various sizes, some are made in Canada, and some are still obtained from Herrnhut.

The Moravian Star has a three-fold message. It testifies to the greatness of the Creator who made the stars, it is a reminder of the star that once led the wise men to baby Jesus, and it points to the divine star, Jesus Christ.

The star is hung on the first Sunday in Advent and left until January 6th.
Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.
MORAVIAN

MORAVIAN LOVEFEAST BUNS

1 c. hot, dry mashed potatoes, unseasoned
½ c. scalded milk
1 c. sugar
½ c. butter
2 eggs, beaten
flour for soft dough (about 1 ½ lb.)
¼ tsp. nutmeg
2 pkg. yeast
½ c. warm water
2 Tbsp. orange rind
2 Tbsp. lemon rind
2 Tbsp. orange juice
1 Tbsp. lemon juice
½ tsp. mace

Cream butter and sugar; add potatoes and mix well. Add luke-warm milk, then eggs; mix well. Dissolve yeast in warm water and add to mixture. Combine seasonings and rinds; mix in. Add enough flour to make soft dough. Knead on well floured table. Form into ball, place in greased bowl. Cover with cloth. Let rise in warm place until double in size. Punch down; let rise again 5 to 10 minutes. Flouring hands well (dough will be sticky) form into small balls (about 3 ounces). Place on cookie sheet. Slash tops with razor blade (to release air). Cover. Let rise until double in size. Bake at 350° for 15 to 20 minutes or until golden brown. Makes about 30 buns.

MORAVIAN SLAW

2 c. water
2 c. white vinegar
2 c. white sugar
3 lb. cabbage, grated
2 medium white onions, chopped
2 green peppers, cut fine
1 Tbsp. salt
1 Tbsp. mustard seed (optional)

Boil water, vinegar and sugar together and set aside to cool. When this dressing is cool, pour over other ingredients; mix well and refrigerate at least 24 hours before serving. It is good as long as you keep it. This serves 8 people.

MORAVIAN CHICKEN PIE

Pastry:

2 c. sifted all-purpose flour
1 tsp. salt
¾ c. Crisco
6 to 8 Tbsp. cold water
Moravian Sugar Cake

**Filling:**

- 3 c. finely chopped chicken
- 1/4 c. flour
- 1 1/4 c. diluted chicken broth
- salt and pepper to taste

For pastry, mix into soft dough; handle as little as possible. Roll out half the dough to fit a greased 10-inch pie plate. Place filling ingredients in the shell; cover with top crust. Pinch edges of crust together to seal. Flute around the edges. Bake at 375° to 400° for 45 to 60 minutes.

**Moravian Sugar Cake**

- 1/2 c. warm water (110°)
- 1/2 tsp. sugar
- 2 pkg. active dry yeast
- 3/4 c. warm water (110°)
- 1/2 c. sugar
- 2 Tbsp. dry milk
- 1/4 c. instant mashed potatoes (dry)
- 1/2 tsp. salt
- 1/2 c. melted and cooled butter
- 2 eggs
- 3 c. flour
- 1 c. brown sugar
- 1 tsp. cinnamon
- 1/2 c. melted and cooled butter

Add yeast to 1/2 cup warm water and 1/2 teaspoon sugar. Set aside until yeast bubbles. Add 3/4 cup warm water, 1/2 cup sugar, dry milk, mashed potatoes, salt, butter, eggs and 1 cup of the flour. Beat 2 minutes on medium speed. With wooden spoon, add two remaining cups of flour. Place in a greased bowl, turn once to grease top of dough; cover and let rise until double, about one hour. Punch dough down and put in greased shallow pan about 17 x 12 x 1-inch. Let rise 30 minutes. Spread evenly in pan and sprinkle evenly with brown sugar and cinnamon. Make shallow indentations with fingers and dribble with last 1/2 cup melted and cooled butter. Let rise 30 minutes and bake until golden brown, 12 to 15 minutes, at 375°.

**Sugar Cookies**

- 3 sticks butter or margarine
- 4 1/2 c. granulated sugar
- 5 eggs
- 5 c. flour
- 1 tsp. cream of tartar
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1/2 tsp. nutmeg
- 1 tsp. vanilla extract
- 1 tsp. lemon extract
- 1/2 tsp. almond extract

Combine flour, cream of tartar, salt, soda and nutmeg. Set aside. Cream butter and sugar in large mixing bowl; stir in eggs, one
at a time. Add lemon, vanilla and almond and beat well. Gradually add flour mixture and blend thoroughly. Place in greased bowl and chill overnight. Roll out on floured pastry cloth and cut with cookie cutters. Place on greased cookie sheet and bake at 325° until golden brown, about 10 to 15 minutes.

**HOT ROLL MORAVIAN SUGAR CAKE**

1 pkg Pillsbury hot roll mix  
⅛ c. very warm water (105° to 110°)  
⅛ c. sugar  
⅝ c. instant nonfat dry milk

**Topping:**  
⅔ c. firmly packed brown sugar  
1 tsp. cinnamon  
½ c. instant mashed potato flakes  
½ c. margarine or butter, melted  
2 eggs  
⅓ c. melted margarine or butter

Grease 13 x 9-inch pan. In large bowl dissolve yeast from mix in warm water. Stir in half of flour from mix and remaining cake ingredients. Beat two minutes at medium speed. Stir in remaining flour. Beat well. Cover. Let rise in warm place until double in size, about 45 minutes. Stir down; spread in prepared pan. Cover and let rise until double in size, about 45 minutes. Heat oven to 375°. Make small pockets in dough by pressing lightly with floured fingertip. Sprinkle with brown sugar and cinnamon mixture. Drizzle melted margarine over top. Bake for 15 to 20 minutes or until golden brown.

_Evelyn Reed_

**MORAVIAN LOVEFEAST COFFEE**  
(100 Mugs)

3 lb. regular grind coffee  
3 lb. sugar  
2 qt. homogenized milk  
1 qt. half and half milk  
7 gal. water

Fill water jacket to proper gauge. Fill urn with 7 gallons water and let heat to boiling point. Put sugar into large container and dissolve with 1 ½ gallons of hot water, drawn from the urn. Put coffee into a canvas bag (presoaked in cold water about 2 hours) and place into the urn. Draw water from urn and pour over coffee grounds. Remove coffee bag; add dissolved sugar to coffee. Stir well. Cut off heat.
about 2 minutes before adding milk. Be sure to stir constantly as milk is added to coffee.

**MORAVIAN COOKIES**

1 lb. light brown sugar  
6 oz. margarine  
6 oz. shortening  
1 qt. molasses  
2 rounded Tbsp. soda

1/2 c. boiling water  
4 lb. flour (approximately)  
2 Tbsp. cloves  
2 Tbsp. cinnamon  
2 Tbsp. ginger

Melt shortening and margarine and add to sugar. Stir in the molasses (Puerto Rican molasses which are very dark) and the soda dissolved in boiling water. Sift in about 4 pounds flour. Add along with the spices. The dough should be almost stiff enough to roll. Let it sit out overnight to blend flavors. Roll on cloth covered board as thin as possible; cut with cookie cutter and bake in a 275° oven for exactly 10 minutes. This recipe makes 7 or 8 pounds of cookies.

**HOME MORAVIAN COUNTRY STYLE STEAK**

Use any amount of tenderized steak desired. The amount of meat used will determine the size pan used for cooking, because it is best not to layer the steak too much. Season pieces of steak as desired and lightly coat with flour. Brown in a heavy skillet, using just a little vegetable oil, until steak is partially done (just to the point where no blood seeps out). Transfer to baking pan. Make a thin gravy in skillet using water and Kitchen Bouquet (just enough to color the gravy) and a little flour, about a tablespoon of flour to each tablespoon of grease. Add gravy to meat in baking pan (gravy should cover meat; a little water added will do the trick). Cook in 350° oven for about 2 hours. Turn meat halfway through cooking time.

*Mrs. Zelphia Crim*

**MORAVIAN CINNAMON BUNS**

(Kernersville Moravian)

1 c. boiling water  
3/4 c. shortening  
1/2 c. sugar  
2 pkg. yeast and 1/2 c. lukewarm water  
1 c. self-rising flour  
1 c. mashed potatoes  
1 egg, beaten

1 stick butter  
2 c. brown sugar  
cinnamon  
1 c. powdered sugar  
1/2 stick butter, melted  
milk  
1 tsp. vanilla

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MORAVIAN

Combine boiling water and shortening; cool. Dissolve yeast in ½ cup water. Add flour, egg and potatoes to ingredients. Work approximately 5 cups more flour into other ingredients. Let rise in 2 greased bowls in 250° (turned off) oven for 10 minutes. Finish rising (20 minutes) on counter, until double. Roll out ¼ of dough into rectangle. Top with ¼ each (1 ingredient at a time) butter, brown sugar and cinnamon. Roll up lengthwise as for jelly roll and slice in 1½-inch pieces. Place in greased pans. Let rise as before. Bake at 375° for 10 to 15 minutes. Cool. Make icing with powdered sugar, ½ stick butter, milk and vanilla. Spread.

Pam Southerland

MORAVIAN ORANGE CAKE

5 to 6 c. all-purpose flour
½ c. sugar
1 tsp. salt
2 pkg. active dry yeast
½ c. margarine, softened
1 c. very warm tap water (120° to 130°)
2 eggs (at room temperature)

1 c. mashed potatoes (at room temperature)
½ c. (1 stick) margarine
2 c. firmly packed light brown sugar
2 Tbsp. orange juice
1 tsp. ground cinnamon
1 tsp. grated orange peel

In a large bowl, thoroughly mix 1½ cups flour, sugar, salt and undissolved yeast. Add softened margarine. Gradually add tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add potatoes, eggs and ½ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, cream ½ cup margarine with brown sugar. Blend in orange juice, cinnamon and orange peel. Punch dough down, turn out onto lightly floured board and divide in half. Roll ½ dough to a 12 x 8-inch rectangle. Spread with half the sugar mixture. Roll up from long side as for a jelly roll. Seal edges firmly. Slice into 18 equal pieces. Arrange pieces on edge in 4 staggered rows in greased 9-inch square pan. Repeat with remaining dough. Cover; let rise in warm place, free from draft, until double in bulk, about 1 hour. Bake at 350° for about 30 minutes or until done. Remove from baking pans and cool on wire racks.
MORAVIAN

-- YOUR FAVORITE RECIPES --

Recipe

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LOVEFEAST

To signify their union and equality, early believers met and broke bread together. After a moving celebration of Holy Communion on August 13, 1727, they lingered at the church talking about the experience. Count Zinzendorf sent to the manor house for food. The people continued in prayer and singing while they partook of the food.

Today, the traditional food in American Moravian churches is coffee with sugar and cream, served with a sweetened bun.

During the Lovefeast, hymns are sung based on the subject of the day. At this time, the minister speaks briefly and the coffee and buns are served to the congregation.

Lovefeasts are held today in Moravian churches throughout the year on special occasions.
Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.
APPETIZERS, BEVERAGES, SOUPS & SANDWICHES

HOT SPINACH BALLS

1 box frozen chopped spinach, cooked
1 c. herb-seasoned dressing mix
1 small onion, grated
3 eggs, beaten
½ c. margarine, melted
¼ c. Parmesan cheese
1 tsp. black pepper

Cook and drain spinach. Add all other ingredients; refrigerate for 2 hours. Shape into balls. Bake 20 minutes at 350°.

Pat Whitt

CHEESE BLINTZES

8 oz. cream cheese
1 c. sugar
⅛ lb. melted butter
2 tsp. vanilla
1 egg yolk
20 slices bread

Cinnamon Sugar:

1 c. sugar
2 tsp. cinnamon


Lynn Collins

HUGH’S CHEESE BALL

2 (8 oz.) pkg. cream cheese
2 Tbsp. finely chopped green pepper
2 Tbsp. finely chopped onion
2 tsp. seasoning salt
1 small can crushed pineapple, well drained
1 c. chopped pecans

Warm cream cheese to room temperature. Mix all ingredients except ½ cup pecans. Chill well (overnight). Roll cheese ball in remaining pecans.

Bonny McNally
MINI PIZZAS

1 lb. mild sausage
1 lb. hamburger
1 small Velveeta cheese
1 tsp. basil
1 tsp. oregano
1 tsp. garlic salt
1 Tbsp. parsley flakes
2 loaves party rye bread

Brown together sausage and hamburger; drain this. Add cheese and spices. Mix until cheese is melted and well mixed. Spread on bread slices. Toast for a few minutes. Serve hot. Great as a party food or entree.

Kay Miller

THAT CRAB DISH

1 (8 oz.) pkg. cream cheese, softened
6 green onions, chopped
1 Tbsp. Worcestershire sauce
1 c. ketchup
1 Tbsp. prepared horseradish
hot pepper sauce to taste
1 (6 oz.) pkg. frozen crabmeat, thawed or equivalent of fresh crabmeat
1 c. minced parsley
lemon juice

Spread softened cream cheese to make a layer on bottom of flat pan or dish; cover with chopped green onions. Sprinkle with Worcestershire sauce. Blend together ketchup, horseradish and hot pepper sauce; spread on top of green onions. Cover with crabmeat. Sprinkle with lemon juice and parsley. Chill. Serve with crackers.

Ruby Petree

PINEAPPLE CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 small can crushed pineapple, drained
2 c. chopped pecans

½ c. chopped green pepper
1 Tbsp. sesame seed
2 Tbsp. chopped onions

Soften cream cheese; beat with mixer. Add other ingredients. Put mixture in refrigerator until cheese becomes firm, then roll in pecans. This can be divided into two cheese balls.

Kelly Joyce
HEN-HOUSE HOMARDS

1 lb. cooked lobster meat (can use imitation)  
1/2 c. mayonnaise or salad dressing  
1 Tbsp. chili sauce  
1 tsp. chopped green pepper  
1 tsp. grated onion  
1 tsp. chopped pimento  
16 hard-boiled eggs

Coarsely chop lobster meat. Add remaining ingredients, except eggs. Cut boiled eggs in half lengthwise. Remove yolks. Fill each egg white with lobster mixture, about 1 tablespoon. Chill.

Bonny McNally

STUFFED MUSHROOMS

8 oz. cooked crabmeat, minced (can use Sea Stix)  
4 water chestnuts, minced  
1 scallion, minced  
2 tsp. soy sauce  
1 tsp. dry sherry  
1 tsp. sugar  
1 tsp. cornstarch  
1 egg  
12 mushroom stems, minced and browned in a little oil  
12 mushroom caps

Combine all ingredients except mushroom caps. Fill caps with mixture. Bake at 350° for 20 minutes. Serve hot.

Bonny McNally

BACON TOTS

1 bag frozen Tater Tots  
2 lb. bacon

Cut bacon in half; wrap 1/2 piece of bacon around Tater Tot. Secure with wooden toothpick through bacon. Bake on broiler pan according to Tater Tot directions until bacon is done. Be sure not to let bacon get too hard.

Helen Steelman

COCKTAIL KIELBASA

1 (2 lb.) pkg. kielbasa sausage  
20 oz. Welch’s grape jelly  
12 oz. jar Heinz chili sauce

Simmer kielbasa about 20 minutes. (Do not pierce.) Drain and slice into 1/4-inch pieces. Blend jelly and chili sauce. Add sliced kielbasa. Heat through, about 15 to 20 minutes. Serve warm.

Betty Ashby
**APPETIZERS, BEVERAGES, SOUPS & SANDWICHES**

**APPETIZER**

1 lb. ground beef 1 tsp. oregano
1 lb. hot sausage 1 tsp. garlic salt
1 lb. Velveeta cheese 1 loaf party bread

Brown and drain ground beef and sausage. Set aside. Heat cheese slowly until melted and add other ingredients. Place 1 tablespoon of this mixture on party bread. Broil for 2 minutes on cookie sheet. Makes 40 to 45. Will freeze well after being broiled. Place in airtight container. Reheat at 350° for 15 minutes.

*Karin Binkley*

**HAM ROLL-UPS**

1 jar Claussen pickles (pat dry) sliced ham (one slice per pickle), pat dry
1 container whipped cream cheese

Spread cream cheese on ham slice. Place pickle on ham slice and roll. Chill ham rolls and then slice into bite-sized portions.

*Karin Binkley*

**MUSHROOM APPETIZERS**

1 pkg. Pillsbury crescent rolls 1 tsp. Worcestershire sauce
1 small jar mushroom pieces ½ tsp. garlic salt
8 oz. pkg. cream cheese

Flatten out crescent triangles and cut in half from point to the short side. Mix softened cream cheese with other ingredients and spread on dough. Roll dough jelly roll fashion and slice into smaller pieces about 1-inch wide. Bake at 350° for 12 minutes.

*Kathy Horton*

**SAUSAGE BALLS**

1 lb. hot sausage 1 small box Bisquick
1 lb. sharp Cheddar cheese

Mix all ingredients together and roll into balls. Bake at 350° until done, 15 to 20 minutes.

*Ann Petree*
BEEF CHEESE BALL

- 8 oz. cream cheese
- 1/4 c. sour cream
- 1/4 c. Parmesan cheese
- 2 oz. pkg. dried beef, chopped
- 1 Tbsp. horseradish

Mix cheeses, sour cream, horseradish and 1/4 cup dried beef. Refrigerate 15 minutes. Form into a ball and roll in remaining beef.

Bonny McNally

CHEESE OLIVES

- 1/2 c. flour
- 1/4 tsp. salt
- 1/4 tsp. dry mustard
- 4 oz. sharp Cheddar cheese, grated
- 3 Tbsp. margarine, melted and cooled
- 1 Tbsp. milk
- 2 or more drops Tabasco sauce
- 30 to 40 olives

Blend flour, salt, mustard and cheese. Stir in margarine, milk and Tabasco. Form approximately 1 teaspoon dough around each olive, sealing all edges. Bake on lightly greased cookie sheet at 400° for 10 to 15 minutes.

Bonny McNally

ARTICHOKE SPREAD

- 1 (14 oz.) can artichoke hearts, drained
- 1 c. mayonnaise (Hellmann's is best)
- 1 c. Parmesan cheese or to taste
- 1/2 tsp. garlic powder
- dash of lemon juice

Bake uncovered at 350° for 20 minutes or until slightly brown on top.

Kelly Joyce

HOT PECAN SPREAD

- 3 oz. pkg. cream cheese
- 1/2 Tbsp. milk
- 1 jar chipped beef, chopped
- 1 Tbsp. dehydrated onion
- 1/2 tsp. garlic
- 1/4 c. chopped green pepper
- 1/4 tsp. black pepper
- 1/2 c. sour cream
- 1/2 c. chopped pecans
- 2 Tbsp. margarine
- 1/2 tsp. salt

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Penny Goode

**CRAB PATE**

1 can mushroom soup  
1 pkg. unflavored gelatin  
3 Tbsp. cold water  
6 ½ oz. can crabmeat or fresh  
8 oz. cream cheese, softened  
¾ c. mayonnaise  
1 c. finely chopped celery  
1 small onion, grated

Heat soup over low heat and remove from heat. Combine gelatin with water. Add gelatin to soup and stir well. Add crabmeat, cream cheese, mayonnaise, celery and onion to soup and gelatin; stir well. Spoon into oiled mold and chill. This will feed a small army. Serve with lots of good crackers.

Julia A. Spainhour

**SUNSET SHRIMP-CRAB DIP**

1 c. mayonnaise  
1 tsp. instant minced onion  
¼ tsp. Worcestershire sauce  
2 Tbsp. finely chopped green pepper  
¼ c. California sherry  
1 (6 ½ oz.) can crabmeat  
1 (4 ½ oz.) can shrimp

Combine all ingredients, stirring lightly. Serve chilled with crisp crackers.

Faye Preston

**NACHO DIP**

1 pkg. taco seasoning  
1 lb. ground meat  
1 can spicy V-8 juice (small)  
1 can cheese soup

Brown ground meat and drain thoroughly. Add taco seasoning and V-8 juice. Let simmer until meat is done. Add soup and heat. Serve with nachos. Dip is best if kept warm.

Pat Whitt
FRUIT DIP

1 jar marshmallow cream 1 1/2 containers soft cream cheese

Mix thoroughly. Serve with fruit bowl.

Pat Whitt

CHEESE-BEAN DIP

1 can refried beans 1/2 pkg. taco seasoning mix
1 large pkg. cream cheese 10 or more drops Tabasco
8 oz. carton sour cream 3/4 c. each Monterey Jack and
1 small bunch chopped green cheddar cheese, shredded onions

Allow cream cheese to soften, then add beans, sour cream, onions, taco seasoning and Tabasco. Mix well. Put into a casserole dish and top with other cheeses. Bake until hot. Serve with corn chips.

Patti Petree

SPICY BEEF DIP

1 lb. ground beef 1 lb. sausage (hot)
1 lb. sausage (hot) 2 lb. Velveeta cheese
1 jar taco sauce (hot) 1 can green chilies, chopped

Brown beef and sausage. Drain well. Add cheese, taco sauce and chilies. Mix well and serve with tortilla chips. Can be frozen.

Barbara Wilkerson

HOT CHEESE DIP

1 1/2 c. grated Cheddar cheese (6 oz. medium) 3/4 c. mayonnaise
1/2 c. chopped onion dash of red pepper

Mix all together and bake at 350° until bubbly. Sprinkle with paprika.

Ruby Petree
APPETIZERS, BEVERAGES, SOUPS & SANDWICHES

VEGETABLE DIP

8 oz. cream cheese
8 oz. sour cream
1 green pepper, chopped

1 small onion, chopped, or 1 bunch spring onions
1 small jar dried beef, cut into small pieces

Mix all ingredients. Better if mixed and kept in refrigerator overnight.

Pat Whitt

CUCUMBER DIP

1 c. sour cream
½ c. mayonnaise
1 tsp. salt
dash of pepper sauce
¼ c. green pepper, minced

½ c. minced onion
1 clove garlic, crushed
½ c. minced cucumber, drained
1 tsp. sugar

Blend ingredients and chill. Serve with raw vegetables or chips.

Mavareen Foil

HOT ARTICHOKE DIP

1 c. mayonnaise
½ c. Parmesan cheese
½ c. grated Cheddar cheese

1 can artichoke hearts, chunked
3 jalapeno peppers, chopped

Mix all ingredients together. Turn into a small greased casserole dish. Bake at 350° for 20 to 25 minutes. Serve with crackers or Melba toast.

Patti Petree

AVOCADO DIP

2 large ripe avocados
3 Tbsp. lemon juice
1 can chili pepper

½ tsp. salt
1 Tbsp. minced onion
dash of Tabasco sauce

Mash peeled avocados well or use blender. Add remaining ingredients and blend well. Refrigerate 1 hour before serving.

Becky Dawson
COCONUT-HONEY FRUIT DIP

Place cottage cheese in a blender. Mix at low speed until smooth. Transfer to a small bowl. Add remaining ingredients. Chill 1 hour. (Can be served in hollowed-out cantaloupe half.) Makes approximately 2 cups. Great dip for bananas, grapes, strawberries, melon, etc.

Bonny McNally

SPECIAL DIP

Cook frozen spinach according to package directions and drain. Combine soup mix, sour cream, mayonnaise, onions, spinach and water chestnuts. Slice top off loaf of bread, about 1 inch. Scoop out inside of loaf, tear these into bite size pieces of bread and retain. Put dip mixture inside of loaf, place the loaf on a platter and surround with pieces of bread or raw vegetables.

Janice Sykes

FRESH VEGETABLE DIP

Blend well and chill for 2 to 3 hours.

Janice Sykes

DILL DIP

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- 15 -
Mix all ingredients and chill, preferably overnight.

Bonny McNally

MUSTARD

3 Tbsp. dry mustard
2 Tbsp. flour
2 egg yolks
1 c. half and half

1/2 c. sugar
1/2 tsp. salt
1/4 c. vinegar

Mix dry ingredients; add egg yolks and half and half. Cook, stirring until thick. Use whisk. Stir in vinegar. Makes 1 1/2 cups.

Patti Petree

CHOLESTEROL-FREE MAYONNAISE

1/4 c. liquid egg substitute (at room temperature)
1 tsp. dry mustard
1/2 tsp. salt
dash of cayenne

1 c. corn oil, divided
3 Tbsp. fresh lemon juice
1/2 tsp. white vinegar
1/2 tsp. fructose (optional)

Combine liquid egg substitute, dry mustard, salt, cayenne, fructose and 1/4 cup corn oil in blender. Cover and blend on high until thoroughly mixed. With blender still running, remove cover and very slowly add 1/2 cup corn oil, then lemon juice and vinegar and, at the last, add 1/4 cup corn oil. Stop blender and scrape the sides of the container. Continue mixing until thoroughly blended. Makes 1 1/4 cups.

Evelyn Reed

HOT APPLE CIDER

1 gal. apple cider
1/4 c. brown sugar
5 cinnamon sticks
10 whole cloves

Combine all ingredients in a saucepan. Bring to a boil and then simmer for 1 hour.

Nancy Rutledge
**SPICED APPLE JUICE**

1 jar apple juice (42 to 46 oz.)  
46 oz.  
½ c. packed brown sugar  
6 whole cloves  
2 pieces stick cinnamon  
½ c. lemon juice


*Ruth Wyatt*

**FRUIT TEA**  
*(Spiced)*

8 c. water  
2 c. sugar  
1 cinnamon stick  
1 Tbsp. whole cloves  
5 tea bags  
1 pt. orange juice  
1 pt. pineapple juice  
juice of 4 lemons

Boil 3 to 5 minutes; remove spices. Bring water to a boil in another pot. Add tea bags and steep 3 to 5 minutes. Add to other ingredients. Add orange juice, pineapple juice and lemon juice. Bring to a boiling point. Keeps in refrigerator for several weeks.

*Doris Ward*

**MY FAVORITE SUMMER SIPPER**

1 c. sugar  
1 c. water  
1 ½ c. grapefruit juice  
1 c. orange juice  
4 c. ginger ale  
fresh mint (optional)

Combine sugar and water in a saucepan. Bring to a slow boil, stirring with whisk to dissolve sugar. Boil gently, without stirring, for 7 minutes. Cool; can be covered and chilled until needed at this point. Combine grapefruit juice and orange juice with syrup. Pour ½ cup over ice in a tall glass. Fill glass with ginger ale. Garnish with mint, if desired. Serves 8. Can be doubled.

*Evelyn M. Sellers*

**PARTY PUNCH**

2 ½ c. sugar  
4 qt. water  
1 qt. apple juice  
2 qt. cranberry juice  
1 ¼ c. lemon juice  
1 pt. orange juice
Make syrup by boiling sugar and water until sugar is dissolved. Add juices. Chill before serving. Serves 40.

_Margaret Bowles_

**HOT MULLED CIDER**

2 qt. apple cider  
2 sticks cinnamon  
1 (12 oz.) can pineapple juice  
1 c. light corn syrup  
½ c. lemon juice  
½ tsp. nutmeg

Combine cider and cinnamon in saucepan. Bring to a boil over high heat. Reduce heat and simmer 5 minutes. Add pineapple juice, corn syrup, lemon juice and nutmeg. Simmer until mixture is hot. Remove cinnamon sticks. Serve hot. (Crock-pot works nicely for serving.)

_Patti Petree_

**RED HOTS CRANBERRY TEA**

1 qt. cranberry juice  
1 c. sugar  
½ c. cinnamon red hots  
1 c. water  
1 c. orange juice (diluted)  
1 c. lemonade (diluted)

Heat cranberry juice, sugar, red hots and water on low until sugar dissolves. Do not let candies stick. Turn off heat and add lemonade and orange juice. Makes about 1 gallon of concentrated tea. Refrigerate. Dilute ½ tea to ½ water and heat when ready to serve.

_Kathy Horton_

**CRANBERRY TEA**

4 c. water  
4 cinnamon sticks  
several cloves (if desired)  
4 orange herbal tea bags  
1 small orange, sliced  
11 ½ oz. can Welch's frozen, no sugar added cranberry juice  
cocktail concentrate, thawed

Bring water, cinnamon sticks and cloves to a boil. Remove from heat. Add tea bags and steep for 10 minutes. Remove tea bags and add orange slices and concentrate. Stir and serve hot or chilled. Serves 6.

Alternates:
Welch's no sugar added grape juice cocktail, lemon herbal tea and lemon slices.

Welch's no sugar added apple-white grape juice cocktail, spiced herbal tea and lime slices.

Bonny McNally

RUSSIAN TEA

| 8 c. water | 8 c. strong tea |
| 2 1/2 c. sugar | 1 c. orange juice |
| 1 Tbsp. allspice | 1 can pineapple juice (18 oz.) |
| 1 Tbsp. cloves | 1 lemon (juice) |
| 1 Tbsp. cinnamon |

Tie the spices in a thin cloth (small bag). Boil in water and sugar for 10 minutes. Take bag of spices out. Add 8 cups of strong tea, 1 cup of orange juice, pineapple juice and 1 or 2 tablespoons of lemon juice.

Pryce Foxworth

INSTANT RUSSIAN TEA

| 2 c. Tang | 1 tsp. ground lemon |
| 1 1/2 c. sugar | 1/2 tsp. cloves or allspice |
| 1/2 c. instant tea | 1 small pkg. lemonade twist mix |
| 1/2 c. lemon tea | 1 tsp. lemon peel |

Mix all ingredients together and store in a container with lid. To make one cup of Russian Tea, put 2 heaping teaspoonfuls of mix to 1 cup of hot water.

Nancy H. Rogers

FIRESIDE COFFEE

| 2 c. Coffee-mate | 2 c. sugar |
| 2 c. Nestle Quik | 1 tsp. cinnamon |
| 1 c. instant coffee | 1 tsp. nutmeg |

Mix all ingredients together and store in large container. For serving, mix 1 to 2 teaspoons in one cup of hot water. Delicious to snuggle up with a cup on a cold winter night in front of the fireplace. You'll love it.

Olive Ring-Klapp
PUNCH

2 qt. lime sherbet
2 qt. cold ginger ale

Blend together until well mixed. Serves approximately 25.

If you want gold punch, use 1 quart orange juice and 1 quart ginger ale. Substitute 2 quarts orange sherbet for the lime sherbet. Blend well. Serves approximately 25.

Kathleen Robbins

PFAFFTOWN PUNCH

1 small jar maraschino cherries, including juice
1 small can crushed pineapple
1 small can frozen orange juice
½ bottle Wink

Blend all ingredients in blender. Add handful of ice and blend again as needed to serve.

Valia Kane

LEMON-LIME PUNCH

1 pkg. lemon-lime powdered drink mix
2 qt. water
1 bottle ginger ale
sugar to taste
1 large can pineapple juice

Dissolve drink mix and sugar in water. Add pineapple juice; chill. Just before serving, add ginger ale. Yields 15 to 20 servings.

Mavareen Foil

CRANBERRY PUNCH

46 oz. pineapple juice
1 pt. cranberry juice
2 qt. ginger ale
1 c. lemon juice
1 c. sugar

Mix juices with sugar. Chill and add cold ginger ale at serving time. Makes 32 servings.

Mavareen Foil

FRUIT PUNCH FOR 25

1 pt. grapefruit juice
1 pt. orange juice
1 pt. grape juice
1 (No. 2) can pineapple juice
1 c. lemon juice
1 1/2 c. sugar syrup
2 qt. ginger ale
ice cubes
Chill all fruit juices. Combine with sugar syrup and turn into punch bowl over ice cubes. Add ginger ale at the moment of serving.

Mavareen Foil

SUGAR SYRUP FOR SWEETENING FRUIT DRINKS

Boil together for 5 minutes, equal parts of sugar and water. Store closely covered in the refrigerator. One and one quarter tablespoons of this syrup equals 1 tablespoon sugar in sweetening powder.

Mavareen Foil

ZUCCHINI SOUP

In kettle, fry bacon. When almost browned, add green pepper, onion and celery. Stir well. Add tomatoes, tomato sauce, water and seasonings. Simmer 30 minutes. Add mushrooms and zucchini. Cook until zucchini is tender, about 40 minutes. This freezes very well. Top with Parmesan cheese.

Mary Whitt

THURMAN MOSER’S CHICKEN STEW

In a 6 to 8 quart saucepan or pot, boil chicken and water for 10 minutes, covered. Add milk, green pepper, salt and black pepper. Cook over low heat, stirring occasionally, until meat begins to come off drumsticks. Set pan aside and remove chicken to cool. Shred chicken with fingers. Discard bones. In a blender, puree the chicken
skin and green pepper together with a small amount of broth in which the chicken was cooked. Add with chicken meat to broth on low heat. Make a thickening of flour and ½ cup cold broth or cooking liquid, gradually blend in additional broth from the pot, stirring to keep mixture smooth. Combine both mixtures in pot. Add butter. Bring to a boil.

Ruby Petree

**STRAWBERRY SOUP**

1 ½ c. water  
¼ c. red wine  
2 Tbsp. lemon juice  
cinnamon sticks  
1 qt. strawberries, pureed  
½ c. sugar  
½ c. heavy cream  
¼ c. sour cream

Combine water, wine, lemon juice and cinnamon sticks. Boil 15 minutes, then add strawberry puree and sugar. Boil 10 minutes more and cool. Combine cream and sour cream and fold into strawberry mixture. Serve at room temperature. Garnish each portion with a tablespoon of whipped cream and a cinnamon stick. Serves 4.

Jane Bardou

**CHICKEN CHOWDER**

2 whole chicken breasts  
4 c. water  
½ tsp. salt  
2 medium potatoes, cubed  
¼ tsp. pepper  
2 medium carrots, chopped  
1 (17 oz.) can cream-style corn  
1 (15 oz.) can tomato sauce

Combine chicken breasts, water and salt in Dutch oven; bring to a boil. Cover and simmer for 30 to 45 minutes. Remove chicken and reserve 3 cups broth. Add potatoes and carrots and bring to a boil. Cover and simmer 10 to 12 minutes. Add chicken (cut in bite size pieces), corn, tomato sauce and pepper. Cover and simmer 15 minutes, stirring occasionally. Yields 2 quarts.

Betty Lea Joyce
**MANHATTAN CLAM CHOWDER**

3 Tbsp. margarine  
1 onion, finely chopped  
3 (6 1/2 oz.) cans chopped clams and juice  
1 or 2 (8 oz.) bottles clam juice  
16 oz. can stewed tomatoes  
3 oz. (1/2 can) tomato paste or tomato sauce

1 medium potato, peeled and diced  
3 celery stalks, diced  
3 or 4 bay leaves  
pinch of dried oregano, crumbled  
minced fresh parsley  
salt and ground pepper  
dash of hot sauce  
more garlic

Melt margarine in 2 quart saucepan over medium heat. Add onion and saute until softened, about 10 minutes. Blend in remaining ingredients and bring to a boil. Reduce heat and simmer 1 hour. Serve hot.

*Janice Sykes*

**RIDDICK BOWLES’ OYSTER STEW**

1 pt. oysters with liquor  
1/2 Tbsp. butter or margarine  
1 tsp. salt  
1/2 tsp. pepper  
1 qt. milk

Place cleaned oysters, liquor and butter in a saucepan. Simmer gently until the edges of the oysters curl. Heat milk; do not boil. Add oysters to milk. Serve at once. (Half milk and half cream may be used, or half and half.) Serves 6.

*Margaret Bowles*

**POTATO SOUP WITH BACON**

1 c. diced peeled potatoes  
1 medium onion, chopped  
1/2 lb. bacon  
4 hard-boiled eggs, cubed  
2 c. milk  
salt and pepper to taste

Cover potatoes and onion with water and boil until soft. Do not drain. Add milk, salt and pepper. Simmer about 15 minutes. When done, add eggs. Fry bacon until crisp. Sprinkle crumbled bacon on top of each bowl of soup.

*Frances Binkley*
CORN CHOWDER

1 lb. sausage
1/2 c. chopped onion
1/4 c. flour
4 c. milk
1 egg, beaten

1 (17 oz.) can cream-style corn
1 (17 oz.) can whole kernel corn
3 medium potatoes, cubed and boiled for 10 minutes
salt and pepper to taste

Saute sausage and onion; drain. Add flour and stir well. Add milk. Gradually add small amount of milk mixture to egg. Add to chowder along with all other ingredients. Heat until mixture is hot.

Julia A. Spainhour

RUSSIAN CHICKEN BURGERS

1 1/2 lb. chicken breasts
1 c. fine bread crumbs
1/2 c. cream

pinch of cayenne
1/2 tsp. nutmeg
salt and pepper

Discard all skin, bones and fat from chicken. Blend in food processor until a bit coarse in texture. Add cream, 1/2 cup bread crumbs and seasonings. Divide into 4 to 5 patties. Roll in remaining bread crumbs. Heat 2 tablespoons oil in electric skillet at medium heat. Fry 2 to 3 minutes on 1 side, turn, fry 10 minutes on other. Pass Stroganoff Sauce to top.

Stroganoff Sauce:

1 Tbsp. butter
1/4 c. finely chopped onion
1/2 tsp. paprika
1 Tbsp. red wine vinegar

1/4 tsp. dried thyme
1/2 c. cream
1/4 c. sour cream
salt and pepper to taste

Melt butter; saute onion and paprika. Add vinegar and thyme; cook until the vinegar is mostly evaporated. Add cream and reduce by 1/2. Add sour cream, salt and pepper. Makes 1/2 cup, enough for 1 recipe of Chicken Burgers.

Pam Southerland

SANTA SANDWICHES

sandwich bread
peanut butter or spread of your choice
red candy (gumdrops or Lifesavers)
raisins
thin stick pretzels
APPETIZERS, BEVERAGES, SOUPS & SANDWICHES

Make sandwich. Cut diagonally. Put three pretzels at two corners of triangle to look like antlers (in between bread). Put red candy at other corner for nose. Put two raisins above nose for eyes. Merry Christmas!

Beth Steelman

HEALTHY VEGETABLE SANDWICHES

2 carrots
2 small onions
1 green pepper
2 tomatoes
2 stalks celery
1 cucumber
2 tsp. Miracle Whip
salt and pepper to taste

Grate vegetables and mix together. Let stand overnight. Drain and mix with dressing. Will make a heap of party sandwiches.

Pamela Robbins

CUCUMBER AND ONION SANDWICHES

1 large cucumber, not peeled
1 small onion
1 large pkg. cream cheese
approximately 1 Tbsp. mayonnaise

Chop cucumber and onion in blender. Drain. Add cream cheese and mayonnaise. Mix thoroughly. This is especially good on rye party bread.

Kathleen Robbins

VEGETABLE SALAD SANDWICH

1 envelope Knox gelatine
1 pt. mayonnaise (2 c.)
2 tomatoes, chopped
1 cucumber, chopped
1 small onion, chopped
1 green pepper, chopped
1 c. celery, chopped
1 carrot, chopped
salt and pepper to taste
1 tsp. lemon juice or vinegar

Soak gelatine in ¼ cup cold water. Dissolve in ¼ cup boiling water. Let cool. Stir in mayonnaise. Mix chopped vegetables and drain well. Add to the gelatine/mayonnaise mixture. Salt and pepper to taste. Add 1 teaspoon lemon juice or vinegar. Let set overnight. Spread on bread.

Pryce Foxworth
VEGETABLE SANDWICH SPREAD

1 medium carrot
1 small green pepper
1 or 2 spears celery
1 extra small onion
1 (8 oz.) pkg. cream cheese
equal amount of mayonnaise

Cut vegetables in as small pieces as possible. Mix cream cheese and mayonnaise together. Mix in vegetables. Use dash of salt and one or two drops vinegar.

Irene Crim

OPEN-FACED REUBENS

½ (8 oz.) can sauerkraut, drained
1 small carrot, shredded
2 slices rye bread
⅛ c. bottled creamy Russian dressing
1 (3 oz.) pkg. sliced corned beef
or ¼ lb. cooked corned beef
½ (8 oz.) pkg. Swiss cheese slices
2 Tbsp. butter or margarine

In small bowl toss sauerkraut and carrot. On bread slices arrange corned beef, then Russian dressing, cheese and sauerkraut mixture. Melt margarine in 10-inch skillet over low heat. Arrange Reubens, bread side down, in skillet. Cover skillet and cook until bread is browned and cheese is melted, about 5 minutes. Serves 2 people.

Pat Whitt

CHICKEN CASSEROLE SANDWICH

12 slices sandwich bread
⅛ c. butter
2 to 3 tsp. mustard
2 c. chopped chicken
1 c. shredded cheese
½ c. chopped onion
2 tsp. chopped pimento
½ tsp. salt and pepper
1 can cream of chicken soup
1 pkg. frozen peas


Elizabeth Reed
THE MORAVIAN SEAL

The seal of the Moravian Church, first used by bishops, is of early origin; going back to the Unitas Fratrum of the sixteenth century certainly, and probably to the time when the episcopate was secured by the Brethren in the fifteenth century.

The seal was transferred to the bishops of the renewed Unitas Fratrum, or Moravian Church, when David Nitschmann received episcopal consecration from the bishops of the ancient line, Jablonsky and Sitkovius.

In the center of the seal is an Agnus Dei (Lamb of God), which was a favorite symbol in the early Christian church. It is the figure of a lamb holding a staff with a cross at the top. From the staff hangs the banner of victory, and on the banner is another cross. Around the seal there is the inscription, Vicit agnus noster, eum sequamur, "Our Lamb has conquered, let us follow Him."
How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn’t enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don’t force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer’s directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

• Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

• Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

• Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

• Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

• Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

• When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the jar side up so steam escapes away from you. Take jars from canner.

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FRUIT & VEGETABLE SIDE DISHES

ASPARAGUS CASSEROLE

1 can asparagus
3 hard-boiled eggs
1 can mushroom soup
3 Tbsp. flour
3 Tbsp. butter
1 small can tiny whole onions
½ c. grated cheese
handful of bleached almonds

Heat mushroom soup and thicken with flour and butter. Put asparagus and onions in casserole dish and layer with sliced eggs. Pour mushroom mixture on top. Sprinkle throughout with almonds. Top with grated cheese and heat slowly in oven. This may be made in the morning and refrigerated until dinner time, heating before serving.

Ruby Petree

ASPARAGUS

2 small cans all green asparagus
2 hard-boiled eggs, sliced
½ c. grated cheese

1 ½ c. cream sauce
½ c. blanched almonds, slivered

Sauce:

1 ½ Tbsp. butter
1 ½ Tbsp. flour
1 ½ Tbsp. hot milk
salt and pepper to taste

Place alternate layers of asparagus, sauce, eggs and almonds in casserole and bake 20 minutes or until golden brown. Combine all sauce ingredients and add grated cheese to sauce just before using.

Janice Sykes

CONGEALED ASPARAGUS SALAD

¾ c. sugar
½ c. vinegar
1 c. water
½ tsp. salt
2 envelopes unflavored gelatin
1 c. chopped celery
1 ½ c. pecans
1 small can cut asparagus
1 small jar pimento
½ chopped onion
Combine sugar, vinegar, 1 cup water and \( \frac{1}{2} \) teaspoon salt. Simmer 5 minutes and add 2 envelopes unflavored gelatin dissolved in \( \frac{1}{4} \) cup water. Add \( \frac{1}{2} \) cup water, celery, pecans, asparagus, pimento and onion. Congeal.

\textit{Pryce Foxworth}

**GREEN BEAN CASSEROLE**

2 (16 oz.) cans French-style green beans  
1 can cream of mushroom soup  
8 1/2 oz. can water chestnuts  
1 can French fried onion rings  
1 small can chopped mushrooms

Drain and slice thinly the water chestnuts. Toss together lightly the water chestnuts, beans and mushrooms. Gently stir in the mushroom soup. Grease a baking dish. Put the mixture in the baking dish and bake at 350\(^\circ\) for 20 minutes or until bubbly. Sprinkle the onions evenly over the top of the beans and bake 5 minutes longer. Be careful, the onions will burn easily. This can be made by using only the green beans, soup and onion rings, but the other ingredients make it better.

\textit{Della Matthews}

**GREEN BEANS WITH CHEESE**

1 (10 oz.) pkg. frozen French-style green beans  
1 (3 oz.) pkg. cream cheese, softened  
1 Tbsp. light cream  
\( \frac{3}{4} \) tsp. celery seed  
\( \frac{1}{4} \) tsp. salt

Cook beans; drain. Combine remaining ingredients; spoon over beans. If desired, drain one 4 ounce can sliced mushrooms; brown in butter. Use for trim. Serves four.

\textit{Michelle Corthren}

**GREEN BEAN MARINADE**

28 oz. can green beans, drained  
1 small onion, chopped  
1 small jar diced pimentos, drained  
6 Tbsp. sugar  
6 Tbsp. red wine vinegar
Mix green beans, chopped onion and pimentos. Mix together vinegar and sugar and pour over green beans. Stir and let set for about 6 hours or overnight.

Nancy Rutledge

**GARBANZO BEAN SALAD**

\[
\begin{align*}
\frac{1}{4} \text{ c. olive oil} & \quad 2 (15 \text{ oz.}) \text{ cans garbanzo beans} \\
3 \text{ Tbsp. red wine vinegar} & \quad (\text{chickpeas}) \\
1 \text{ tsp. cumin} & \quad \frac{1}{2} \text{ c. parsley} \\
2 \text{ stalks celery, diced} & \quad \frac{1}{2} \text{ medium red onion}
\end{align*}
\]

Mix olive oil, vinegar and cumin together with a wire whisk. In another bowl, mix the rinsed beans with remaining ingredients. Pour olive oil mixture over this and toss well. This salad should be served cold and is even better the second day.

Clark Larson

**BAKED BEANS**

\[
\begin{align*}
2 \text{ cans (24 to 31 oz.) pork and beans} & \quad 4 \text{ Tbsp. brown sugar} \\
1 \text{ lb. ground beef} & \quad 1 \text{ c. catsup} \\
1 \text{ c. chopped green pepper} & \quad 2 \text{ Tbsp. butter}
\end{align*}
\]

Use 2 tablespoons butter to brown ground beef. Add green pepper, brown sugar and catsup. Add beans. Put in a baking dish. Add 1 onion stuck with cloves. Bake covered at 350° for 1 hour.

Brenda Reich

**GRANNY’S BAKED BEANS**

\[
\begin{align*}
1 \text{ lb. ground chuck} & \quad 1 \text{ onion, thinly sliced} \\
1 \text{ can (1 lb. 15 oz.) pork and beans} & \quad \frac{1}{4} \text{ c. brown sugar, packed} \\
1 \text{ pt. can tomatoes} & \quad 3 \text{ slices bacon} \\
1 \text{ tsp. salt} & \\
\end{align*}
\]

Brown meat in hot skillet; stir often. Add pork and beans, tomatoes and salt. Pour half of mixture in 9 x 13-inch baking dish. Add layer of sliced onion and cover with remaining beef mixture. Top with strips of bacon and sprinkle with brown sugar. Bake at 375° for one hour.

Lucille S. James
ZESTY BROCCOLI CASSEROLE

2 (10 oz.) pkg. frozen chopped broccoli
1 can cream of mushroom soup
1 ½ c. shredded Cheddar cheese
1 egg, beaten

¼ c. milk
¼ c. mayonnaise
1 Tbsp. horseradish
2 Tbsp. melted butter
¼ c. cracker crumbs

Cook broccoli according to package directions; drain. Combine soup, cheese, egg, milk, mayonnaise and horseradish and stir into the broccoli. Spoon into a greased 2 quart casserole dish. Combine butter and cracker crumbs; sprinkle over broccoli mixture. Bake at 350° for 45 minutes.

Nancy F. Duggin

BROCCOLI CASSEROLE

6 oz. pkg. long grain wild rice
1 c. sliced celery
2 pkg. (10 oz.) broccoli spears, cooked and drained
3 Tbsp. margarine
3 Tbsp. flour

¼ tsp. salt
2 c. milk
1 chicken bouillon cube
½ c. grated Parmesan cheese
1 Tbsp. lemon juice

Cook rice by package directions. Stir in celery. Place in an ever layer in shallow 2 quart casserole dish. Place cooked broccoli on the rice. Melt butter; add flour and salt. Add milk and bouillon. Cook and stir constantly until mixture thickens. Stir in ¼ cup cheese and lemon juice. Pour over broccoli. Sprinkle with remaining cheese. Bake at 375° for 20 minutes.

Doris Collier

BROCCOLI-RICE CASSEROLE

10 oz. pkg. frozen, chopped broccoli
½ c. chopped onion
½ c. butter or margarine
1 ½ c. cooked rice

8 oz. jar process cheese spread
10 ¾ oz. can cream of mushroom soup, undiluted

Combine broccoli and onion; cook according to package directions. Drain and add remaining ingredients; stir well. Pour into a greased 2 quart shallow casserole dish. Bake at 350° for 30 minutes. Yields 6 to 8 servings.

Nancy F. Duggins
FRUIT & VEGETABLE SIDE DISHES

RITZ BROCCOLI CASSEROLE
2 pkg. chopped, frozen broccoli
1 c. grated sharp cheese
½ c. mayonnaise
1 can mushroom soup
Ritz crackers, crushed

Cook broccoli in salted water and drain. Add remaining ingredients. Top with cheese and Ritz crackers. Bake at 350° until it bubbles.

Mavareen Foil

BROCCOLI SALAD
2 bunches fresh broccoli (use only florets)
4 hard-boiled eggs
24 stuffed olives (green with pimento)
½ c. chopped onion
water chestnuts (optional)
salt and pepper to taste
½ c. mayonnaise

Chop eggs, olives, onion and water chestnuts fine; mix with ¼ cup mayonnaise and tad of olive juice. Season to taste. Make one day ahead.

Valia Kane

CAULIFLOWER AND BROCCOLI SALAD
1 c. mayonnaise
1 Tbsp. sugar
1 Tbsp. vinegar
1 tsp. salt
½ tsp. pepper
1 head cauliflower, cut into florets (about 7 c.)
1 bunch broccoli, broken into florets (about 4 c.)
1 medium-sized onion, chopped (about 1 c.)

Mix mayonnaise, sugar, vinegar, salt and pepper in a large bowl. Add vegetables and toss to mix. Serve soon or cover and chill for up to two days. Makes about 10 cups.

Gail Skidmore

BROCCOLI SALAD
1 head broccoli tops
1 small red onion (¼ c.)
8 strips bacon, cooked crisp and chopped
½ c. sugar
1 tsp. vinegar
¾ c. mayonnaise
Fruit & Vegetable Side Dishes

Mix together sugar, vinegar and mayonnaise. Pour over broccoli, onion and bacon. Mix thoroughly. Refrigerate.

Mary Whitten

Carrot Casserole

2 c. cooked carrots, mashed (about 1 lb.)
1 c. sugar
1 stick margarine
3 Tbsp. flour
3 eggs, beaten
1 tsp. cinnamon

Mix all ingredients. Bake in a 350° oven for 30 to 40 minutes. Will rise in center when done. Serves 4 to 6.

Pat Crater Zuber

Copper Carrot Pennies

2 lb. carrots
1 medium onion
½ c. salad oil
¼ c. vinegar
1 Tbsp. Worcestershire sauce
1 can tomato soup
1 c. sugar
1 Tbsp. prepared mustard
1 small green pepper

Slice and boil carrots in salted water until tender. Drain and when cool alternate a layer of carrots, a layer of pepper rings and a layer of thinly sliced onion rings. Make a marinade of remaining ingredients, beating until well blended. Pour mixture over vegetables and refrigerate. Will keep for days in the refrigerator.

Pryce Foxworth

Pat's Cole Slaw

3 lb. cabbage, shredded
1 Tbsp. salt
1 c. vinegar
1 c. water
1 c. sugar
1 Tbsp. mustard seed
1 Tbsp. celery seed
1 small onion (optional)
3 or 4 grated carrots
1 large green pepper, diced

Bring to a boil water, vinegar, salt, mustard seed and celery seed. Let cool. Pour over shredded cabbage and all other ingredients; it should cover the cabbage. Keep refrigerated 24 hours before serving.

Margie Peterson
**FRUIT & VEGETABLE SIDE DISHES**

**REFRIGERATOR COLE SLAW**

3 lb. cabbage  
1 onion, grated  
1 pepper, chopped  
1 carrot, grated  
½ c. salt  
1 c. sugar  
1 c. vinegar

Combine cabbage, onion, pepper, carrot and salt. Let set for 15 to 30 minutes. Squeeze all salt water out of cabbage mixture and mix with sugar and vinegar. Stir well to dissolve. Chill. Will keep in refrigerator for a good while.

*Pam Southerland*

**CABBAGE CASSEROLE**

1 small head cabbage, chopped  
1 small onion, chopped  
2 ribs celery, diced  
1 can cream of celery soup  
soda crackers  
melted butter

Boil all ingredients together in a small amount of water. Drain. Add 1 can of cream of celery soup to the mixture and toss gently. Put in an oblong baking dish which has been buttered. Crumble some soda crackers over the top and then pour on a little melted butter. Bake 20 minutes at 350°.

*Della Matthews*

**CELERY BAKE**

3 to 4 c. celery, cut on a slant  
1 can sliced water chestnuts, drained  
1 can cream of mushroom soup  
¼ tsp. pepper  
pinch of curry  
1 stick butter  
1 roll Ritz crackers, crushed

Simmer celery until tender. Drain. Add 1 can sliced water chestnuts, mushroom soup, pepper and curry. Pour into casserole dish. Add roll of crushed Ritz crackers to 1 stick melted butter. Sprinkle on top of casserole. Bake 20 to 25 minutes at 350°.

For Main Dish: Add 2 cups cooked chicken and an additional can of celery soup. Bake in a 9 x 13-inch baking dish.

*Mary Whitt*
FRUIT & VEGETABLE SIDE DISHES

CORN PUDDING

1 (No. 2) can creamed corn
4 Tbsp. sugar
2 Tbsp. flour
½ tsp. salt
4 eggs, beaten
1 c. whole milk
¼ tsp. nutmeg
1 Tbsp. butter or margarine

Mix eggs, milk and butter; stir in sugar, flour, salt and nutmeg. Add corn. Pour into a baking dish. Cook in 350° oven for 1 hour or until light brown on top. If you place the baking dish in a pan of water to cook, pudding is less likely to stick.

Lib Steelman

CORN AND RICE SALAD

1 (16 oz.) can whole kernel corn, drained
2 c. cooked rice
¼ c. chopped red and/or green pepper
¼ c. sliced green onion
¼ c. chopped ripe olives
3 Tbsp. olive oil
3 Tbsp. white wine vinegar
2 Tbsp. soy sauce
2 Tbsp. fresh parsley or 1 Tbsp. dried parsley
½ tsp. Dijon mustard
¼ tsp. garlic powder
8 cherry tomatoes, sliced
1 Tbsp. finely shredded Parmesan cheese

Combine corn, cooled rice, pepper, onion and olives. Combine oil, vinegar, soy sauce, parsley, mustard and garlic powder. Mix well and pour over corn mixture. Cover and chill several hours. Stir in tomatoes and top with Parmesan cheese.

Susan Galli

LIMA AND CORN CASSEROLE

¼ c. butter
¼ c. chopped onion
¼ c. flour
½ c. milk
½ c. grated mild cheese
½ c. chopped pimento
1 small can water chestnuts, sliced
cooked limas
cooked corn
bread crumbs
pepper to taste

Melt butter, add onions and sauté. Blend in flour and add milk and cheese and pepper to taste. Let thicken and add pimento and

Mavareen Foil

BAKED EGGPLANT

4 c. mashed eggplant
4 oz. sharp Cheddar cheese
1/4 c. butter
1 c. onion
1/4 green pepper, chopped
1/4 c. celery, chopped
2 c. saltine crackers
1/2 tsp. oregano
parsley
salt
pepper

Mix all together, except cheese. Pour into greased casserole and bake at 350° for 30 to 40 minutes. Add grated cheese and bake for 20 minutes more.

Ruby Petree

ONION DELUXE CASSEROLE

1 stick butter, melted
4 c. sliced onions
1/2 c. slivered almonds
1 can cream of mushroom soup
1/4 c. water
1/2 c. crushed cornflakes

Melt butter. Place onions in greased casserole dish. Sprinkle almonds over onions. Spoon mushroom soup with the 1/4 cup water added, over almonds. Sprinkle cornflakes over top. Pour melted butter over all. Bake 350° uncovered for 1 hour.

Doris Ward

ONION PIE

1 1/2 c. thinly sliced onions
3 Tbsp. butter
1 1/2 c. coarsely broken crackers
1/4 tsp. curry powder
1 (4 oz.) can mushrooms
1/2 tsp. salt
cayenne pepper
2 eggs, beaten
1 1/2 c. grated cheese
1 c. milk

Saute onions in 2 tablespoons butter in skillet for 5 minutes. Melt remaining butter and mix with cracker crumbs and curry; line pie pan with crumb mixture. Arrange onions in the cracker base.
FRUIT & VEGETABLE SIDE DISHES

Blend milk, mushrooms, salt, cayenne, eggs and cheese. Pour over onions. Bake in a 350° oven for 50 minutes or until firm.

_Bertie Mae Fusse_

<table>
<thead>
<tr>
<th>PATTY CAKES</th>
</tr>
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<tbody>
<tr>
<td>2 medium onions, grated</td>
</tr>
<tr>
<td>2 c. squash or zucchini, grated</td>
</tr>
<tr>
<td>3 Tbsp. flour</td>
</tr>
<tr>
<td>1 tsp. baking powder</td>
</tr>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>salt and pepper</td>
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<tr>
<td>margarine</td>
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</table>

Stir eggs into a bowl with squash and onions. Add salt, pepper, flour and baking powder; mix well. Pour batter into melted margarine in skillet. Fry patties on both sides. (Can serve with sour cream or applesauce on top.)

_Nancy Reece_

<table>
<thead>
<tr>
<th>ORANGE SWEET POTATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 medium sweet potatoes</td>
</tr>
<tr>
<td>1 tsp. salt</td>
</tr>
<tr>
<td>¾ c. sugar</td>
</tr>
<tr>
<td>¼ c. melted butter</td>
</tr>
<tr>
<td>2 tsp. grated orange rind</td>
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<tr>
<td>1 ½ c. orange juice</td>
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</table>

Cook potatoes until soft in boiling, salted water. Drain and peel. Mash with electric mixer while hot. Add salt, sugar and butter. Gradually add orange juice. Put mixture in a large, greased, flat pan and bake in a 350° oven for about 35 minutes. Makes 10 servings.

_Peggy Carter_

<table>
<thead>
<tr>
<th>GRATED SWEET POTATO PUDDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ½ c. raw sweet potatoes</td>
</tr>
<tr>
<td>2 c. milk</td>
</tr>
<tr>
<td>2 c. sugar</td>
</tr>
<tr>
<td>4 eggs, slightly beaten</td>
</tr>
<tr>
<td>4 Tbsp. melted butter</td>
</tr>
<tr>
<td>¼ tsp. cinnamon</td>
</tr>
<tr>
<td>½ tsp. nutmeg</td>
</tr>
<tr>
<td>½ tsp. salt</td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
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</tbody>
</table>

Grate the raw sweet potatoes into the milk to keep from turning dark. Add other ingredients in this order: sugar, eggs, butter, cinnamon, nutmeg, salt and vanilla. Pour into a large well greased casserole. Bake in a 350° oven for 1 hour and 30 to 40 minutes. Stir at least twice during the baking. Serve warm. Cold pudding may be sliced.
and serve with whipped cream as “Sweet Potato Pone.” Makes 25 servings.

**Pam Southerland**

**SWEET POTATOES WITH ORANGE SAUCE**

- 1/2 c. brown sugar
- 1 Tbsp. cornstarch
- 1/4 tsp. salt
- 1 c. orange juice
- 1/4 c. margarine
- 3 1/2 c. fresh cooked sweet potatoes, sliced, or 1 can (1 lb. 13 oz.)

Combine sugar, cornstarch and salt; add orange juice and butter. Cook; stir constantly until sugar dissolves and mixture thickens. Pour over sweet potatoes in baking dish. Bake in 350° oven for 20 minutes. Serves 6.

**Margaret Bowles**

**SWEET POTATO CASSEROLE**

- 2 c. mashed sweet potatoes
- 1/2 stick butter
- 1/4 c. milk
- 1 tsp. vanilla
- 1 c. sugar
- 2 eggs
- 1/4 c. flour
- 1/2 c. sugar
- 1 stick butter
- 1 egg
- chopped nuts and/or coconut (optional)

Mix all ingredients except topping in mixer. Put in a dish and cover with topping.

Topping: Melt butter, add flour and sugar and blend. Add egg and optional ingredients. Pour on top of casserole and bake for 30 to 40 minutes (or until lightly browned) at 350°.

**Catherine Whitney**

**CREAMY PARSLIED NEW POTATOES**

- 1/2 c. melted butter
- 3 medium new potatoes, cooked and diced
- 1 large onion, chopped
- 1/2 c. minced parsley
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 (8 oz.) sour cream
- 1/2 c. grated Parmesan cheese
FRUIT & VEGETABLE SIDE DISHES

Combine butter, potatoes, onion, parsley, salt and pepper in a large saucepan. Cover and cook over low heat 30 minutes, stirring occasionally. Stir in sour cream and Parmesan cheese. Continue cooking 10 to 15 minutes more. Serves 8.

Penny Goode

PATRICIAN POTATOES

4 c. mashed potatoes
3 c. cottage cheese
¾ c. sour cream
1 ½ Tbsp. onion flakes
2 ½ tsp. salt
½ tsp. pepper
2 or 3 egg yolks
melted butter
½ c. sliced almonds

Mash potatoes well without milk. Process cheese, then mix with potatoes. Add other ingredients and mix well. Spoon into greased shallow 2 quart casserole. Brush with melted butter. Bake at 350° for 30 minutes. Cover with almonds and place under broiler a few minutes to brown.

Jane Bardou

HOT GERMAN POTATO SALAD

4 medium potatoes
6 slices bacon
2 ½ tsp. salt
2 ½ tsp. celery seed
3 c. chopped onion
dash of pepper
2 Tbsp. all-purpose flour
½ c. water
4 to 6 tsp. sugar
6 Tbsp. vinegar


Nancy Rutledge

BAKED POTATO CASSEROLE

1 to 2 lb. pkg. frozen hash brown potatoes
1 can cream of chicken soup
½ c. melted butter
1 pt. sour cream
½ c. chopped onion
2 c. grated Cheddar cheese
salt and pepper to taste
Mix all together and bake at 350° for 45 minutes. Add more cheese on top just before removing from oven.

*Ruby Petree*

**HASH BROWN POTATO CASSEROLE**

2 lb. bag hash brown potatoes, frozen  
\(\frac{1}{4}\) c. melted margarine (1 \(\frac{1}{2}\) sticks)  
1 tsp. salt  
\(\frac{1}{4}\) tsp. pepper  
\(\frac{1}{2}\) c. onions, chopped  
1 can cream of chicken soup  
1 pt. sour cream  
2 c. grated Cheddar cheese  
2 c. crushed corn flakes

Thaw potatoes in a large bowl. Combine \(\frac{1}{2}\) melted margarine with potatoes. Add seasoning and all ingredients except corn flakes and \(\frac{1}{2}\) of melted margarine. Pour into a 9 x 13-inch pan or glass casserole dish. Mix melted margarine with corn flakes; put on top of casserole. Bake 45 minutes at 350°. Delicious!

*Della Matthews*

**OVERNIGHT SALAD**

1 head lettuce  
1 pkg. frozen green peas, rinsed  
1 can sliced water chestnuts  
1 \(\frac{1}{2}\) Tbsp. sugar  
1 c. mayonnaise  
1 in sliced celery  
1 in sliced carrots  
1 in sliced onions

Layer ingredients. Refrigerate overnight. Before serving, sprinkle with 6 slices crisp bacon, crumbled, and grated cheese. Toss lightly and serve.

*Brenda Reich*

**MARINATED PEA SALAD**

\(\frac{1}{4}\) c. vinegar  
\(\frac{1}{4}\) c. sugar  
Tbsp. water  
1 c. finely chopped onion  
1 (17 oz.) can small English peas, drained  
1 tsp. salt  
1 (12 oz.) can Shoe Peg corn, drained  
\(\frac{1}{4}\) to \(\frac{1}{2}\) tsp. pepper  
c. finely chopped celery

Combine vinegar, sugar, water, salt and pepper in small saucepan; bring mixture to a boil and boil one minute. Let cool completely.
FRUIT & VEGETABLE SIDE DISHES

Combine remaining ingredients in a bowl and toss lightly. Pour marinade over vegetable mixture. Stir gently. Cover salad and refrigerate overnight. Yields 10 to 12 servings.

Rosemary Worle

KRAUT SALAD

16 oz. can shredded kraut, drained 1 medium jar pimento
1 c. chopped celery 1 c. sugar
1 c. chopped green pepper ½ c. white vinegar
½ c. chopped onion ½ c. salad oil

Combine kraut, celery, pepper, onion and pimento. Mix sugar, vinegar and oil and pour over vegetables. Keep in a tightly sealed jar and refrigerate. Keeps for weeks.

Eleanor K. Lewis

EGG AND CHEESE SALAD

6 hard-cooked eggs 3 Tbsp. vinegar
½ c. chives, chopped 1 Tbsp. sugar
¾ c. small curd cottage cheese salt and pepper to taste
½ c. mayonnaise

Combine eggs, chives and cottage cheese. Mix salad dressing, vinegar, sugar, salt and pepper. Combine the two mixtures. Serve on lettuce as a salad or use as a sandwich spread. Serves 4 to 6.

Ruth Wyatt

FOUR LAYER SALAD

lettuce ½ c. sour cream
1 can LeSueur baby green peas, 1 c. mayonnaise, Parmesan cheese
drained
1 small onion, chopped

First Layer: Bed of lettuce.
Second Layer: Peas and onion.
Third Layer: Mix ½ cup sour cream with 1 cup mayonnaise.

Pamela Robbins
LAYERED SALAD

2 types lettuce*
½ doz. boiled eggs
dash of salt and pepper
½ lb. bacon, crumbled
other lettuce

1 pkg. frozen peas
1 red onion
3 c. mayonnaise
little bit of Hidden Valley dressing
8 oz. shredded Cheddar cheese

Put ingredients in long baking dish in order listed, one shredded on top of the other. Let sit 24 hours before serving.

Debbie Crater

SPINACH FETTUCINI

pkg. chopped spinach
3 bunches scallions
1 oz. butter
¾ c. cream

1 c. Ricotta cheese
salt, pepper and nutmeg to taste
fresh or frozen fettucini noodles

Saute 1 package chopped spinach, thawed and drained, with 2 bunches of scallions in a small amount of butter until the onions are transparent. Add 1 ¾ cups cream. Mix in 1 cup Ricotta cheese. Add salt, pepper (freshly ground) and nutmeg to taste. Serve over fresh or frozen fettucini noodles. (This is my original recipe. It was awarded the blue ribbon at the last dinner party we had.)

Pam Southerland

SPINACH AND RICE CASSEROLE

onion
stick butter
(8 oz.) Cheez Whiz (jar)

1 can cream of mushroom soup
1 pkg. frozen spinach
1 c. Minute rice

Chop onion and saute in stick of butter. Mix in the Cheez Whiz and mushroom soup. Cook the frozen spinach and drain well. Stir the spinach into the mixture. Add the Minute rice. Cook at 350° for 10 minutes.

Ana Beery

SPINACH SQUARES

stick margarine, softened
eggs, beaten
c. flour
c. milk
tsp. salt
tsp. baking powder

½ lb. grated Cheddar cheese
½ lb. grated Swiss cheese
2 pkg. (10 oz. each) frozen, chopped spinach, thawed and squeezed dry
grated Parmesan cheese
FRUIT & VEGETABLE SIDE DISHES

Stir margarine until creamy and gradually blend in eggs, flour, milk, salt, baking powder, Cheddar cheese, Swiss cheese and spinach. Turn into greased 9 x 13-inch baking pan. Bake in 350° oven for 35 minutes or until done. Remove from oven. Sprinkle with Parmesan cheese and let cool 5 minutes before cutting into squares.

Patti Petree

<table>
<thead>
<tr>
<th>Spinach AND RICE</th>
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<tbody>
<tr>
<td>1 medium size onion, chopped</td>
</tr>
<tr>
<td>8 oz. tomato sauce</td>
</tr>
<tr>
<td>8 oz. water</td>
</tr>
<tr>
<td>3 Tbsp. long grain uncooked rice</td>
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<tr>
<td>½ tsp. salt</td>
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</table>

Saute finely chopped onion in 2 tablespoons margarine. Add 8 ounces of tomato sauce. Rinse sauce can with 8 ounces of water and add to mixture. Add 3 tablespoons rice. Cover and simmer 10 minutes. Season mixture with salt, pepper and sugar. Add frozen spinach and simmer until spinach is done, about 10 minutes. Good hot or serve cold as a salad. Now tell me you don’t like spinach!!

Betty Lea Joyce

<table>
<thead>
<tr>
<th>Spinach-Rice Casserole</th>
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<tbody>
<tr>
<td>2 pkg. chopped spinach</td>
</tr>
<tr>
<td>1 c. uncooked rice</td>
</tr>
<tr>
<td>1 jar Cheez Whiz</td>
</tr>
<tr>
<td>1 can water chestnuts, sliced</td>
</tr>
</tbody>
</table>

Cook spinach by package directions; cook rice. Simmer celery in butter and garlic salt. Add all ingredients together. Put in a 9-inch square casserole dish. Bake at 350° for 30 to 40 minutes.

Nancy H. Rogers

<table>
<thead>
<tr>
<th>Spinach Salad AND Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. fresh spinach</td>
</tr>
<tr>
<td>3 hard-boiled eggs</td>
</tr>
</tbody>
</table>

Dressing:

| 1 egg yolk | ¼ tsp. dry mustard |
| 2 Tbsp. sugar | ¼ tsp. pepper |
| 1 ½ tsp. paprika | ¼ c. salad oil |
| 1 Tbsp. Worcestershire | ¼ c. wine vinegar |
| ½ tsp. salt |

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Beth Leonard

**SPINACH SALAD WITH HOT BACON DRESSING**

1 strips bacon, chopped  
1 medium onion, chopped  
2 c. olive oil  
2 tsp. tarragon vinegar  
2 tsp. dry mustard  
Salt and pepper to taste  
1 tsp. cornstarch

1/4 c. water  
2 lb. fresh spinach leaves, rinsed, dried and torn into bite-size pieces  
1/2 lb. fresh mushrooms, sliced  
3 plum tomatoes, cut in wedges

Place bacon in 1 quart microwavesafe casserole. Cover and microwave on High for 2 minutes. Stir. Microwave 2 minutes more or until bacon is no longer pink. Add onion and olive oil. Cover and microwave 3 to 4 minutes or until bacon is crisp. Add remaining ingredients, except vegetables. Cover and microwave 3 to 4 minutes or until dressing slightly thickens, stirring after 2 minutes. Let stand 5 minutes. Arrange spinach, mushrooms and tomato wedges in salad bowl. Pour cooked dressing over; toss. Serve immediately. Serves 6 to 8.

Joann Cheek

**SQUASH**

Coarsely grate equal amounts of yellow and zucchini squash. Add small amount of salt. Let stand for awhile; squeeze out all the water. Saute in butter or margarine until tender. Great as a side dish.

Evelyn Reed

**STUFFED SUMMER SQUASH**

1 yellow summer squash  
1 small onion, chopped  
1 Tbsp. margarine  
2 c. bread crumbs

1 egg, beaten  
1 c. grated sharp cheese  
parsley flakes (optional)  
grated raw carrot (optional)
FRUIT & VEGETABLE SIDE DISHES

Cut squash in half lengthwise; scoop out centers and chop. Steam squash shells for 10 to 15 minutes; drain. In a small skillet, melt margarine and saute onions, chopped squash and bread crumbs. Add grated carrot. Remove from heat and blend in cheese and egg. Add parsley. Spoon bread crumb mixture into squash shells. Bake in oven at 350° for 15 minutes or until heated and browned slightly. Serves 4 to 6.

Kay Milled

SQUASH AND SOUR CREAM CASSEROLE

1 ½ lb. yellow summer squash, cooked until tender and drained 1 can cream of chicken soup (undiluted)
1 medium onion, chopped ½ stick butter or margarine
2 raw carrots, grated 1 carton sour cream

Mix all ingredients. Pour into buttered casserole. Sprinkle top with buttered herb dressing crumbs. Bake at 350° for 35 to 40 minutes. For color, add 1 small can of green peas which has been drained. Instead of one large casserole, may be divided and one frozen for later baking.

Rosemary Worley

SQUASH CASSEROLE

2 ½ lb. sliced squash 3 Tbsp. melted butter
1 small onion 3 Tbsp. flour
2 eggs, beaten 1 tsp. salt
1 c. milk ½ c. grated cheese
¼ c. sugar

Cook squash, onion, salt and sugar in a small amount of water until tender. Drain and add other ingredients. Put in a 1 ½ quart baking dish and bake 30 minutes at 350°. Remove and sprinkle with bread crumbs. Return to oven and brown.

Mavareen Foil

SAUSAGE-STUFFED SQUASH

6 medium-sized yellow squash ½ c. herb-seasoned stuffing
½ lb. bulk pork sausage ¼ tsp. salt
¼ c. finely chopped onion 2 ½ Tbsp. grated Parmesan cheese
FRUIT & VEGETABLE SIDE DISHES

Wash squash thoroughly; cook in boiling, salted water to cover to 10 minutes or until tender, but still firm. Drain and cool slightly. Trim off stems. Cut squash in half lengthwise; remove and reserve pulp, leaving a firm shell. Cook sausage and onion in a skillet over medium heat until the sausage is browned, stirring to crumble. Remove from heat and drain off pan drippings. Stir in squash pulp, herb-seasoned stuffing and salt. Place squash shells in a 13 x 9 x 1-inch baking dish. Spoon sausage mixture into shells; sprinkle with Parmesan cheese. Bake at 350° for 30 minutes. Yields 6 servings.

Nancy H. Rogers

OLD FASHION SQUASH CASSEROLE

lb. summer squash, diced
medium onion, sliced
c. butter or margarine
tsp. salt
1 Tbsp. sugar
2 eggs
1 c. bread crumbs, divided

Boil squash and onion slices until tender (approximately 15 minutes). Drain and mash with a fork. Combine squash and onions with remaining ingredients, including ½ cup of bread crumbs. Put mixture in a 1 ½ quart casserole dish and sprinkle with the remaining bread crumbs on top. Bake 30 minutes at 300°. Yields 6 servings.

Hazel Reich

SPAGHETTI SQUASH

Cut squash in half lengthwise. Scoop out soft pulp and seeds; discard. Place halves in a pan, face up. Put 2 tablespoons water in each half and cover with foil. Bake at 350° for 45 to 60 minutes or until flesh pulls away from shells in strips. Scrape soft squash from shell. Add butter, salt and pepper to taste.

Ruby Petree

BAKED SQUASH CASSEROLE

c. cooked yellow summer squash
egg
2 stick margarine
small onion
c. crushed crackers
½ c. milk
½ tsp. salt
½ tsp. pepper
1 c. grated Cheddar cheese
FRUIT & VEGETABLE SIDE DISHES

Combine cooked squash, margarine, onion, crackers and milk with beaten egg, salt, pepper and ¼ cup of cheese. Pour into buttered casserole and top with remaining cheese. Bake at 350° for 40 minutes.

Frances Pleasants

TOMATO ASPIC

2 envelopes unflavored gelatin 2 Tbsp. brown sugar
1 c. cold tomato juice 1 tsp. salt
3 c. tomato juice 4 whole cloves
½ c. chopped onion 2 bay leaves
¼ c. chopped celery 3 Tbsp. lemon juice

In a 2-cup glass measure, soften the gelatin in 1 cup cold tomato juice. In a saucepan, combine 2 cups tomato juice, onion, celery, brown sugar, salt, cloves and bay leaves. Simmer uncovered 5 minutes. Pour the hot tomato mixture into a sieve set over a bowl and strain mixture. Discard the vegetables. Add the softened gelatin to the hot liquid. Stir well to dissolve the gelatin. Stir in the remaining 1 cup of tomato juice and lemon juice. Pour into a 5-cup mold and chill until firm. Unmold and serve on lettuce leaves. This goes well with chicken salad or a luncheon dish.

Evelyn Reed

FRIED GREEN TOMATOES

½ c. fine, dry bread crumbs ¼ c. vegetable oil
½ tsp. sugar 1 lb. (3 medium) slightly ripe or green tomatoes
¼ tsp. salt
¼ tsp. pepper

Stir together bread crumbs, sugar, salt and pepper. In a large skillet, heat oil over medium heat. Slice tomatoes ½-inch thick. Coat tomato slices with crumb mixture, patting off excess. Fry a few slices at a time, about 3 to 4 minutes, turning once until lightly browned. Drain on paper towels. Makes about 4 servings.

Ruby Petree

SCALLOPED TOMATOES

1 ½ c. stale bread, broken into pieces 1 can (16 oz.) tomatoes
½ c. melted butter 1 tsp. salt

6 Tbsp. brown sugar
Place bread in a shallow casserole dish. Pour butter over bread and mix until coated. Toast in 350° oven. To tomatoes, add salt and brown sugar. Pour tomatoes in casserole dish and top with toasted bread. Bake at 425° for 30 to 40 minutes.

**MIXED VEGETABLE SALAD**

| c. broccoli florets (1 lb. untrimmed) | ¼ c. chopped red onion |
| 2 lb. mushrooms, sliced (3 c.) | ¼ c. vegetable oil |
| medium green peppers, cut into strips (1 c.) | 2 Tbsp. red wine vinegar |
| medium red peppers, cut into strips (1 c.) | 1 garlic clove, minced |
| | ¼ tsp. dried basil |
| | ¼ tsp. dried thyme |
| | ½ tsp. ground black pepper |

In a medium-sized saucepan, bring broccoli to a boil in an inch of water. Reduce heat, cover and simmer for 3 minutes or until tender-crisp; drain. Rinse in cold running water. Transfer to a large bowl. Add mushrooms, green and red pepper strips and chopped onions and toss. In a small bowl, combine oil, vinegar, garlic, basil, thyme and pepper; pour over vegetables. Toss well. Cover and refrigerate about 2 hours. Makes 6 servings of about 1 cup each.

**BELGIUM VEGETABLE SALAD**

| can French green beans, drained | 1 bell pepper, chopped |
| can small English peas, drained | ½ c. sugar |
| can Shoe Peg corn, drained | ½ c. oil |
| small onion, chopped | ½ c. vinegar |
| chopped pimento | ½ tsp. salt |
| c. chopped celery | ½ tsp. pepper |

In a saucepan, put ½ cup sugar, ½ cup oil, ½ cup vinegar, ½ teaspoon salt and ½ teaspoon pepper. Heat until sugar dissolves. Cool and pour over vegetables.

*Pat Whitt*

*Janice Sykes*

*Della Matthews*
FRUIT & VEGETABLE SIDE DISHES

ITALIAN-STYLE MARINATED VEGETABLES

8 oz. bottle Seven Seas Viva Italian dressing
10 oz. pkg. frozen, sliced carrots, thawed and drained
10 oz. pkg. frozen cauliflower, thawed and drained

9 oz. pkg. frozen cut green beans, thawed and drained
3 ¼ oz. can pitted ripe olives, drained
2 oz. jar chopped pimento, drained
¼ c. (1 oz.) Kraft 100% grated Parmesan cheese

Pour dressing over combined vegetables, olives and pimentos. Cover; marinate in refrigerator several hours or overnight. Drain. Combine vegetable mixture and cheese; mix lightly. Sprinkle with additional cheese just before serving, if desired. Can substitute fresh cauliflower and carrots. Yields 6 servings.

Peggy H. Bowles

VEGETABLE CASSEROLE

1 (16 oz.) can French-style green beans
1 (16 oz.) can whole kernel corn
1 c. sour cream
1 can cream of celery soup
2 Tbsp. milk

½ c. chopped onion
1 c. grated Cheddar cheese
1 c. sliced water chestnuts
1 stack Ritz crackers, crushed
1 stick margarine
sliced almonds


Olive Ring-Klapp

CHEESY VEGETABLE CASSEROLE

2 (10 oz.) pkg. frozen or fresh vegetables (cauliflower, broccoli, carrots and zucchini)
1 c. chopped celery
½ c. chopped onion
1 c. mayonnaise

½ c. shredded Cheddar cheese
¼ tsp. salt
⅛ tsp. pepper
2 c. crushed Cheese Nips
¼ c. melted butter
½ c. shredded cheese
Cook vegetables and drain. Combine vegetables, celery, onion, mayonnaise, ½ cup cheese, salt and pepper. Spoon into greased 2 quart casserole. Combine remaining ingredients and sprinkle over top. Bake at 300° for 30 to 40 minutes. Yields 8 servings.

Debbie Crater

ZUCCHINI QUICHE

1 c. grated zucchini
½ c. Parmesan cheese
1 c. grated Swiss cheese
2 eggs
½ c. oil

½ c. chopped onion
1 c. Bisquick
½ tsp. basil
½ tsp. marjoram

Beat eggs well. Mix with oil. Combine remaining ingredients and add to egg mixture. Pour into well greased pan (10-inch pie or quiche pan). Bake at 350° for 30 to 35 minutes.

Karin Binkley

APPLE AMBROSIA

1 apples, peeled and grated
2 bananas, sliced
1 can pineapple tidbits (15 oz. in own juice)
1 (12 oz.) can diet 7-Up

1 small can frozen orange juice (undiluted)
½ tsp. coconut flavoring
1 envelope Knox plain gelatine

Mix all except gelatine. Sprinkle gelatine in last. Let stand 4 hours to develop flavor before serving. Since this container no sugar, it is good ambrosia for diabetics.

Rosemary Worley

DREAMY APRICOT SALAD

2 (3 oz.) pkg. apricot flavored gelatin
1/2 c. sugar
1/2 c. water
2 (4 3/4 oz.) jars apricot baby food

20 oz. can crushed pineapple, undrained
14 oz. can sweetened condensed milk, chilled
8 oz. pkg. cream cheese, softened
1 1/2 c. chopped nuts

Combine gelatin, sugar and water in a small saucepan. Bring to a boil, stirring to dissolve sugar and gelatin. Remove from heat and
stir in fruit. Set aside to cool. Combine condensed milk and cream cheese, beating until smooth. Stir in gelatin mixture, then nuts. Pour into a 9-cup mold and chill until firm. Yields about 20 servings.

**Mavareen Foil**

### BLUEBERRY SALAD

<table>
<thead>
<tr>
<th>2 small boxes grape jello</th>
<th>8 oz. cream cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. boiling water</td>
<td>½ c. sugar</td>
</tr>
<tr>
<td>1 can blueberry pie filling</td>
<td>8 oz. sour cream</td>
</tr>
<tr>
<td>1 large can crushed pineapple, drained</td>
<td>1 tsp. vanilla</td>
</tr>
<tr>
<td>½ c. nuts</td>
<td>½ c. nuts</td>
</tr>
</tbody>
</table>

Dissolve jello in boiling water. Add pie filling, pineapple and nuts; cool.

Topping: Beat cream cheese, sugar and sour cream. Add vanilla and nuts. Pour over cooled jello.

**Nancy Reece**

### FESTIVE CHERRIES 'N CREAM SALAD

<table>
<thead>
<tr>
<th>1 (1 lb.) can red, water-packed sour cherries</th>
<th>15 regular size marshmallows, cut in quarters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (1 lb.) can pineapple tidbits</td>
<td>¼ c. confectioners sugar</td>
</tr>
<tr>
<td>1 c. shredded coconut</td>
<td>½ pt. sour cream</td>
</tr>
<tr>
<td></td>
<td>pinch of salt</td>
</tr>
</tbody>
</table>

Drain cherries and pineapple thoroughly. Combine fruit with coconut, marshmallows, sugar and salt. Fold sour cream carefully into cherry mixture, turn into a bowl. Cover and refrigerate overnight.

This recipe is a favorite of Bishop Jimmy Weingarths and was given to me by his lovely wife, Dorothy.

**Betty Lea Joyce**

### ROYAL ANNE CHERRY CONGEALED SALAD

<table>
<thead>
<tr>
<th>1 large can Royal Anne cherries</th>
<th>1 small can pimento</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large can crushed pineapple</td>
<td>½ pt. whipping cream</td>
</tr>
<tr>
<td>2 small pkg. lemon jello</td>
<td>1 c. chopped nuts</td>
</tr>
<tr>
<td>2 small pkg. cream cheese</td>
<td></td>
</tr>
</tbody>
</table>
Drain pineapple and cherries. Bring to a boil ½ cup cherry juice and 1 cup pineapple juice. Pour over jello. Blend cream cheese and pimento and blend into jello. Add other ingredients to jello. Fold in whipped cream. Pour into pan approximately 8 x 12-inches. Serves 12 to 14.

Kathleen Robbins

REFRIGERATOR CRANBERRY AND APPLE SALAD

3 oz. pkg. cherry or strawberry Jell-O mix
½ tsp. salt
1 ¼ c. boiling water

1 can jellied cranberry sauce, mashed with a fork
2 c. finely chopped apples
½ c. chopped pecans

Dissolve Jell-O and salt in boiling water. Chill until thick. Whip and add cranberry sauce. Fold in nuts and apples. Pour into a mold that has been coated with salad oil. Chill until firm.

Brenda Lewis

BAKED APPLE CRANBERRY CASSEROLE

3 c. unpeeled apples
2 c. raw cranberries
¾ c. sugar
1 stick margarine

1 c. uncooked oatmeal
½ c. flour
½ c. brown sugar
½ c. pecans

Line casserole with apples and cranberries. Sprinkle with white sugar. Mix melted margarine, oatmeal, flour, brown sugar and pecans together and spread on top of apples and cranberries. Bake at 350° for 1 hour.

Judy Thrift

CRANBERRY SALAD

1 c. sugar
diced sections of 2 oranges
1 c. boiling water
1 box cherry jello
1 ½ c. ground fresh cranberries
1 small can crushed pineapple
½ c. chopped English walnuts or pecans

Drain pineapple; reserve juice. Add enough water to juice to make 1 cup. Bring to a boil. Mix with jello. Put in refrigerator to set. Mix drained pineapple with all other ingredients. Just before jello
FRUIT & VEGETABLE SIDE DISHES

has congealed, add all other ingredients. Mix thoroughly. Pour into mold and let stand until thoroughly chilled.

Pat Whitt

HOT FRUIT

Part 1:
1 can pears (29 oz.)
1 can pineapple chunks (15 oz.)
1 can peaches (29 oz.)
1 small can maraschino cherries
2 bananas, sliced

black #1 cherries, purple plums (29 oz.) or 1 c. blueberries
3 Tbsp. brown sugar
1 c. chopped nuts

Part 2:
1 c. applesauce
½ c. melted margarine


Pam Southerland

BAKED FRUIT

1 can sliced peaches
1 can apple rings
1 can apricots
1 can pears
1 can pineapple chunks or slices

Sauce:
1 stick margarine
1 c. fruit juice
½ c. brown sugar
2 Tbsp. flour


Gail Skidmore

GLAZED FRUIT SALAD

2 (20 oz.) cans pineapple chunks, undrained
11 oz. can mandarin orange sections, drained
1 c. maraschino cherries, drained
3 large bananas, sliced
1 c. chopped pecans
1 (3 ¾ oz.) pkg. vanilla instant pudding mix

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FRUIT & VEGETABLE SIDE DISHES

Drain pineapple, reserving 1 cup juice. Combine pineapple, remaining fruit and pecans in a large bowl; toss gently. Combine pudding and reserved pineapple juice in a mixing bowl. Beat on high speed of electric mixer one minute. Pour pudding over fruit. Toss gently.

Hazel Reich

FROSTY FRUIT SALAD

| 1 c. sugar  | 17 oz. can fruit cocktail, drained |
| 1 tsp. salt | crushed pineapple, drained       |
| 1 qt. (4 c.) buttermilk | any fresh or canned fruit* |
| 1 tsp. vanilla |

*Strawberries, kiwi, oranges or blueberries.


Pam Southerland

LIME SALAD

| 1 pkg. lime-flavored gelatin | 1 c. creamed cottage cheese |
| 4 c. boiling water | ½ c. chopped pecans |
| 1 c. evaporated milk | ½ c. finely chopped celery |
| 1 small can crushed pineapple | ½ c. mayonnaise |
| 1 Tbsp. lemon juice |

Empty gelatin into large size mixing bowl. Add water and stir until gelatin is dissolved. Cool slightly, then stir in milk (appearance will look curdled, but does not affect finished salad). Chill until partially set, stirring occasionally to keep smooth. Fold in remaining ingredients, mixing well. Pour into a 9 x 9 x 2-inch square pan. Chill until set.

Gail Skidmore

MANDARIN SALAD

| 1 c. sliced almonds (toast almonds until crisp) | ¼ bunch romaine |
| 4 head lettuce, torn into bite size pieces | 2 medium stalks celery (about 1 c.) |
|                                             | 2 green onions with tops, thinly sliced (about 2 Tbsp.) |
FRUIT & VEGETABLE SIDE DISHES

Combine all salad ingredients.

Sweet and Sour Dressing:

\[
\begin{align*}
\frac{1}{4} \text{ c. vegetable oil} & \quad 1 \text{ Tbsp. parsley and } \frac{1}{2} \text{ tsp. salt} \\
2 \text{ Tbsp. sugar or 1 envelope Equal} & \quad \text{dash of pepper and dash of red} \\
2 \text{ Tbsp. vinegar} & \quad \text{pepper sauce}
\end{align*}
\]

Combine all dressing ingredients. Pour over salad when serving.

Janice Sykes

ORANGES AND SOUR CREAM SALAD

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. orange jello</td>
<td>1 pkg. miniature marshmallows</td>
</tr>
<tr>
<td>3 c. boiling water</td>
<td>1 large carton sour cream</td>
</tr>
<tr>
<td>3 Tbsp. sugar</td>
<td>8 oz. American cheese, grated</td>
</tr>
<tr>
<td>1 can mandarin oranges, drained</td>
<td>2 Tbsp. mayonnaise</td>
</tr>
<tr>
<td>1 can crushed pineapple and juice</td>
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</tbody>
</table>

Bring jello and boiling water to a boil. Add oranges and pineapple. Bring to a boil again. Pour in dish and add marshmallows while still hot. Let jello set up. Mix sour cream and mayonnaise and spread on top of the jello. Sprinkle grated cheese on top.

Anna Fouts

ORANGE SALAD

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (12 oz.) carton cottage cheese</td>
<td>1 small can mandarin oranges</td>
</tr>
<tr>
<td>1 box orange Jell-O</td>
<td>1 (4 1/2 oz.) carton nondairy whipped topping</td>
</tr>
<tr>
<td>1 (15 oz.) can crushed pineapple</td>
<td></td>
</tr>
</tbody>
</table>

Drain fruit. Combine cottage cheese with dry gelatin. Fold fruit into gelatin mixture. Fold in topping and refrigerate.

Bertie Mae Fussell

RASPBERRY SALAD

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. box raspberry Jell-O</td>
<td>1 large can crushed pineapple, drained</td>
</tr>
<tr>
<td>2 c. boiling water</td>
<td></td>
</tr>
<tr>
<td>1 can blueberry pie filling</td>
<td></td>
</tr>
</tbody>
</table>

Topping:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. cream cheese</td>
<td>1 c. sour cream</td>
</tr>
<tr>
<td>1/4 c. 10x sugar</td>
<td>1 tsp. vanilla</td>
</tr>
</tbody>
</table>

For Topping: Beat together all ingredients until smooth. Frost the set Jell-O and place in refrigerator until serving time. Delicious with anything.

Gail Skidmore

**STRAWBERRY SALAD**

6 oz. pkg. strawberry Jell-O mix  
2 c. boiling water  
2 (10 oz.) pkg. frozen strawberries  
(2 ½ c.)

15 oz. can crushed pineapple, drained  
2 to 3 medium bananas, mashed  
12 oz. sour cream

Dissolve Jell-O mix in the boiling water. Add partially thawed strawberries, pineapple and bananas. Put half of this mixture in a 9 x 13-inch dish and put in the refrigerator until slightly firm. Spread the sour cream on top of the Jell-O mixture. Then pour the remaining Jell-O mixture, which is now room temperature, over the sour cream. Refrigerate until all is firmly set.

Bertha Holder

**PINEAPPLE CHEESE CASSEROLE**

2 (1 lb.) cans pineapple tidbits, drained  
1 c. sugar  
6 Tbsp. flour  
2 c. shredded Cheddar cheese  
1 c. crushed crackers  
4 Tbsp. melted butter

Preheat oven to 350°. Mix sugar and flour; add drained pineapple and stir to coat. Stir in cheese. Pour into greased baking dish. Top with crackers and drizzle with butter. Bake 45 minutes.

Betty Ashby

**PINEAPPLE CASSEROLE**

3 eggs  
½ c. sugar  
1 stick margarine  
1 large can crushed pineapple  
¾ tsp. salt  
fresh bread slices

Beat eggs; add sugar, pineapple and juice and salt. Put in shallow casserole dish. Pinch off enough pieces of fresh bread to cover
FRUIT & VEGETABLE SIDE DISHES

top. Slice margarine to dot top of bread. Bake at 350° for 1 hour. Serve while hot. Excellent accompaniment to ham. (If too much juice, add 2 teaspoons flour before bread covering is added.)

_Evelyn Doty_

**WATERGATE SALAD**

- 1 box pistachio pudding mix (regular size)
- 1 (9 oz.) Cool Whip
- ¼ c. nuts, chopped
- 1 (20 oz.) can crushed pineapple, undrained
- 1 c. miniature marshmallows (optional)

Mix pistachio pudding dry with Cool Whip, crushed pineapple and nuts. (Add marshmallows, if desired.) Refrigerate several hours.

_Valia Kane_

**CREAM CHEESE AMBROSIA**

- 8 oz. pkg. cream cheese
- 1 small can crushed pineapple, drained
- 2 tsp. vanilla extract
- ½ c. chopped pecans
- 1 c. Angel Flake coconut
- 2 small jars red cherries, drained
- 1 small jar green cherries, drained
- 2 c. mandarin oranges, drained
- ½ c. sugar
- 8 oz. Cool Whip

Soften cream cheese and mix well with sugar. Add crushed pineapple, then vanilla. Add other ingredients except Cool Whip. Add it last. Chill for 2 hours before serving.

_Frances Binkley_

**7-UP SALAD**

- 1 pkg. lemon or lime jello
- 1 c. boiling water
- 1 (8 oz.) pkg. cream cheese
- 1 small can drained crushed pineapple
- ¼ c. sugar
- ½ c. chopped pecans
- 1 tsp. vanilla
- 1 (7 oz.) bottle 7-Up
- 6 red cherries, cut in half

Dissolve jello in boiling water. Add cream cheese and beat until smooth. Add pineapple, sugar, nuts, vanilla, 7-Up and cherries. Pour into 9 x 9-inch Pyrex dish and congeal.

_Ruby Petree_
FRUIT & VEGETABLE SIDE DISHES

PRETZEL SALAD

1 (8 oz.) pkg. cream cheese 2 c. boiling water
1 c. sugar 2 (10 oz.) pkg. frozen strawberries or ½ c. fresh berries with ½ c. sugar added
2 c. Cool Whip 1 (6 oz.) pkg. strawberry jello

Crust:
2 c. slightly crushed pretzels 3 Tbsp. sugar
½ c. margarine


Liz Whitney

FRUIT SALAD

1 c. pineapple chunks ½ bag miniature marshmallows
1 c. mandarin oranges 8 oz. sour cream
1 c. maraschino cherries 1 c. chopped pecans
1 c. coconut

Drain liquid off all fruits. Mix and let set 2 to 3 hours. Keep refrigerated.

Lucille S. James

FRUITED CHEESE SALAD

3 c. cottage cheese 13 ½ oz. can pineapple tidbits, drained
1 qt. Cool Whip 2 small pkg. orange/pineapple Jell-O mix
13 ½ oz. mandarin oranges, drained


Brenda Lewis
FRUIT & VEGETABLE SIDE DISHES

CASHEW SALAD DRESSING

\[
\begin{align*}
\frac{1}{2} \text{ c. oil} & \quad 2 \text{ tsp. white vinegar} \\
\frac{1}{2} \text{ c. cashews} & \quad 1 \frac{1}{2} \text{ tsp. dried dill weed} \\
\frac{1}{4} \text{ c. water} & \quad 1 \text{ tsp. soy sauce} \\
3 \text{ Tbsp. honey} & \quad 2 \text{ garlic cloves} \\
1 \text{ Tbsp. lemon juice} & \\
\end{align*}
\]

Mix all ingredients in blender until very smooth. Refrigerate. Yields 1 \(\frac{1}{4}\) cups.

_Penny Petree Goode_

ROQUEFORT DRESSING LORRAINE

\[
\begin{align*}
3 \text{ Tbsp. Roquefort cheese} & \\
1 \text{ c. sour cream} & \quad 2 \text{ Tbsp. wine vinegar} \\
\frac{1}{2} \text{ c. mayonnaise} & \quad 1 \text{ clove garlic, minced} \\
\end{align*}
\]

Mash cheese in bowl with fork. Add sour cream and mix. Add rest of ingredients and mix well. Store in covered container in the refrigerator.

_Margie Lamb_

FRUIT SALAD DRESSING

\[
\begin{align*}
1 \text{ c. sour cream} & \\
\text{grated peel and juice of 1 lemon} & \quad 2 \text{ Tbsp. sugar} \\
\end{align*}
\]

Mix all ingredients well. Chill and serve with salad greens, red cabbage, cauliflower and cucumber as a dressing or dip. Best ever with fruit salad.

_Evelyn Reed_

BERRY’S SALAD DRESSING

\[
\begin{align*}
1 \text{ c. sugar} & \quad \frac{1}{4} \text{ c. sesame seed} \\
\frac{1}{2} \text{ tsp. dry mustard} & \quad 1 \text{ tsp. Worcestershire sauce} \\
1 \text{ tsp. paprika} & \quad 1 \text{ c. oil} \\
1 \text{ tsp. minced onion} & \quad \frac{1}{2} \text{ c. vinegar} \\
\frac{1}{4} \text{ c. poppy seed} & \\
\end{align*}
\]

Combine all dry ingredients. Add Worcestershire sauce and stir. Then add oil and vinegar very gradually, whisking constantly,
until both are well incorporated. Use dressing to toss with spinach and strawberries.

Patti Petree

CUKE RELISH

5 c. chopped cucumbers
1 c. onions, chopped
1 1/2 Tbsp. salt
2 c. sugar

1 1/2 c. vinegar
1 1/2 tsp. celery seed
1 1/2 tsp. mustard seed

Blend cucumbers and onions. Sprinkle salt over and let stand 3 hours. Drain. Mix with sugar, vinegar, celery seed and mustard seed. Bring to a boil and simmer 20 minutes. Pack in jars and seal.

Roberta Franklin

PEPPER RELISH

2 doz. sweet peppers (red and green)
7 medium onions
2 Tbsp. mustard seed

2 Tbsp. salt (not iodized)
3 c. vinegar
3 c. sugar


Roberta Franklin

CRANBERRY RELISH

1 lb. cranberries
2 apples
juice of 2 oranges

1 (8 oz.) can crushed pineapple
1 c. chopped pecans
2 3/4 c. sugar

Using a food processor or blender, finely chop cranberries, apples and pecans. Mix all ingredients in large bowl, cover and refrigerate overnight.

Peggy Carter

REFRIGERATOR PICKLES

5 c. very thin sliced unpeeled cucumbers
1 c. thin sliced onions
1 c. thin sliced green pepper

1 Tbsp. salt
1 1/4 c. sugar
1 c. vinegar
1/2 tsp. celery seed
Moravians have lived the slogan "be all you can be" from the very beginning. Moravians always believed in educating everyone (even women), not just the aristocracy. Moravian ministers considered music, art and cultural activities gifts of God - why else were humans given various talents and abilities if not to use for the glory of God and to the benefit of human beings?

The Moravian Church is the only denomination with a "Music Foundation" to preserve its musical heritage. When Moravians came to the New World, in addition to music composed by Moravians (usually ministers), they brought copied manuscripts of music by the masters - Bach, Haydn, Mozart, etc. Many times when existing copies of music disappeared, the Moravians would have their own copies available so that these were not lost to the world. They were "pack rats" and kept excellent records of everything that happened and everything that was printed.
The music at Fries Memorial Moravian Church was vastly improved with the addition of a new pipe organ with 25 stops, 24 ranks, 4 pedal extensions and 3 manuals. The miracle of this organ is that it was built by seven retired men in the Fries congregation.

The organ crew gave over 40,000 volunteer hours to build the organ in four years in the basement of the church. The current value of the organ is $200,000 with only $13,000 having been spent for materials. One of the organ crew had been collecting pipes and parts for over twenty-five years.

Two of the organ crew died before hearing the organ played in the sanctuary of the church, but on the Sunday it was dedicated, most of the congregation felt these two workers were also listening and enjoying the wonderful music they had helped to create.
MEATS & MAIN DISHES

PUDGY'S ENCHILADAS

1 ½ lb. hamburger
1 chopped onion
1 (10 oz.) can enchilada sauce
1 (8 oz.) can tomato sauce
1 lb. Longhorn cheese, grated
1 can pitted ripe olives

Brown hamburger and onion in pan; drain grease. Add seasonings. In saucepan, mix enchilada sauce and tomato sauce. Heat mixture. Put a few tablespoons into hamburger mixture. Moisten tortillas in heated bacon grease; dip in enchilada sauce mixture. Fill tortilla with hamburger and an olive or two, if desired. Roll it up and place in a baking dish. Continue until all tortillas are filled. Pour remainder of sauce over enchiladas. Cover with grated cheese. Bake at 350° until cheese melts.

Margie Lamb

"QUICK" ENCHILADA CASSEROLE

1 to 2 lb. ground beef
1 can cream of mushroom soup
1 can cream of chicken soup
1 bag Doritos type chips
2 to 3 c. grated Cheddar cheese
1 can mild or hot enchilada sauce
1 soup can milk

Brown meat in skillet; add soups and milk. Cook until mixed well. Line casserole dish with half of chips. Pour meat/soup mixture over chips. Sprinkle ½ of the cheese over this. Repeat this layering procedure. Cover top with enchilada sauce. Sprinkle top with additional cheese. Cook at 350° for 30 minutes or until bubbly.

Karin Binkley

ENCHILADAS

pkg. (12 to a pkg.) tortillas (frozen, corn)
can mild enchilada sauce
can hot enchilada sauce or 2 cans mild sauce
2 to 3 lb. ground beef
1 pkg. grated Cheddar cheese
1 large onion, chopped fine
oil
toothpicks
MEATS & MAIN DISHES

Brown ground beef; drain thoroughly. Fry tortillas in hot oil only a second until it begins to sizzle; dip hot tortilla in enchilada sauce, making sure it is completely covered. Put on a plate; put a spoonful of meat, then onion and then cheese in center. Roll up and fasten with toothpick. Place in a large baking dish. Do each tortilla separately. After filling all tortillas, spread remaining sauce, onion and cheese on top. Bake at 350° for 20 to 25 minutes.

Pat Whitt

BURRITO PIE

1 (16 oz.) can refried beans  
1 c. Bisquick  
¼ c. water  
1 lb. ground beef  
1 c. Mexican salsa  
1½ c. grated Cheddar cheese  
1 to 2 Tbsp. taco seasoning mix to taste

Mix refried beans, Bisquick and water together. Spread in bottom and up sides of greased 10-inch deep pie plate. Brown ground beef and drain thoroughly. To beef add seasoning and a small amount of salsa (2 tablespoons approximately). Layer beef on top of bean mixture. Add layer of salsa. Top with grated cheese. Bake at 375° for 30 minutes.

Pat Whitt

FLANK STEAKS

1½ lb. flank steak  
4 tsp. vinegar  
4 Tbsp. prepared mustard  
2 Tbsp. Worcestershire sauce  
½ tsp. salt  
pepper  
garlic powder to taste  
½ c. shredded onion

Mix all ingredients, except steak, and coat steak with this mixture. Let stand several hours. Broil 10 to 15 minutes.

Janice Sykes

MEAT LOAF

1¼ lb. ground beef  
3/4 lb. ground pork  
1 ½ c. Progresso bread crumbs  
1 pkg. Lipton onion soup mix  
2½ c. warm water  
1½ c. catsup  
2 eggs, beaten

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MEATS & MAIN DISHES

Combine all ingredients and put in 9 x 5-inch loaf pan. Bake uncovered at 350° for 1 ½ hours.

Pat Whitt

BASIC BARBEQUE HAMBURGER DELIGHT

1 lb. ground chuck
1 finely chopped onion
1 chopped green pepper
¾ c. catsup
1 Tbsp. vinegar
2 tsp. prepared mustard
1 tsp. salt (optional)
1 dash cayenne pepper or red pepper seeds
1 Tbsp. oil


So versatile. Use on hamburger buns (steamed), for sloppy joes; use layered with macaroni and cheese for casserole; use in soup. Use for chili for hot dogs or with 1 can beans and cooked rice for casserole. Uses are endless and effortless and always a winner.

Ruth Wyatt

BARBECUE BEEF STEW WITH NOODLES OR RICE

1 lb. lean beef stew
1 qt. tomatoes
1 green pepper, quartered

barbecue sauce (use Carolina Treet only)
salt and pepper to taste
noodles or rice

Put beef stew in slow cooker and cook overnight. Drain most of the liquid and add all other ingredients except noodles or rice. Simmer during the day. Serve over noodles or rice. Salad or cole slaw goes great with this dish. Good for working people.

Doris Collier

MRS. VI BEFUS' SLOPPY JOES

8 lb. ground beef (4)
4 c. chopped onions (2)
4 c. diced celery (2)
4 minced garlic cloves (optional)
or ½ tsp. dry
14 oz. bottle catsup (7 oz.)
12 oz. bottle chili sauce (6 oz.)
1 c. water (2)

1 c. cider vinegar (½ c.)
½ c. Worcestershire (1 ¼ oz.)
¼ c. brown sugar (½ c.)
2 tsp. salt (1)
2 tsp. mustard (1)
4 tsp. paprika (2)
4 tsp. chili powder (2)
1 tsp. pepper (1)
MEATS & MAIN DISHES


Mrs. Vi Befus

MICROWAVE BEEF AND TATER CASSEROLE

1 lb. hamburger 1 can cream of celery soup
1 pkg. frozen Tater Tots 1 can golden mushroom soup
2 tsp. minced onion

Cook hamburger 3 to 4 minutes on High. Stir and drain off excess fat. Top meat with Tater Tots and onion. Mix soups together and pour over meat and taters. Cook on High 12 to 14 minutes.

Brenda Lewis

BEEF BOURGUIGNON

1 (4 to 5 lb.) boneless sirloin roast 1 c. chopped green pepper
1 c. Burgundy or other dry red wine 1 lb. pearl onions, peeled
2 (10 ½ oz.) cans cream of mushroom soup (undiluted) ½ tsp. garlic powder
1 pkg. Lipton onion soup mix cherry tomatoes
1 lb. fresh mushrooms, sliced parsley sprigs
¼ c. butter or margarine, melted hot cooked rice

Cut beef into 1 ½-inch cubes; place in a four quart casserole. Combine wine, soup and soup mix; stir well and pour over beef. Cover and bake at 325° for 2 hours. Saute mushrooms in butter; drain. Add mushrooms, green pepper, onion and garlic powder to beef mixture. Cover and bake an additional 30 minutes. Stir in cherry tomatoes. Garnish with parsley sprigs. Serve over rice. Yields 10 to 12 servings.

Julia A. Spainhour

BEAN/HAMBURGER CASSEROLE

2 cans baked beans 1 lb. hamburger, browned and drained
1 can navy or white beans prepared mustard
1 c. catsup vinegar
1 small pkg. onion soup mix sugar

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Combine all ingredients, including mustard and vinegar; add sugar to taste (try 2 tablespoons each to start). Bake at 350° for 45 minutes.

Bonny McNally

**MARINATED FLANK STEAK**

1 c. white wine  
¼ c. soy sauce  
1 (1 oz.) pkg. meat marinade  
1 Tbsp. sugar  
2 Tbsp. olive oil  
2 cloves garlic, crushed  
½ tsp. ground ginger  
flank steak

Combine wine, soy sauce, meat marinade, sugar, olive oil, garlic and ginger in a large shallow dish, mixing well. Place steak in and cover. Refrigerate for 3 hours, turning steak occasionally. Remove steak from marinade. Grill 5 inches from medium coals for 6 to 7 minutes per side. Slice steak thinly diagonally across the grain.

Penny Petree Goode

**GREEN MEADOWS MEAT LOAF**

1 lb. ground beef  
1 medium onion, chopped (save 2 Tbsp. for sauce)  
½ tsp. salt  
½ tsp. black pepper  
½ c. water  
½ c. oatmeal

Sauce:

½ c. ketchup  
2 Tbsp. chopped onion  
¢ c. water  
2 Tbsp. vinegar  
1 Tbsp. Worcestershire sauce  
1 Tbsp. sugar

Mix ground beef and other ingredients and place in a 350° oven while mixing the sauce. After mixing the sauce pour this over the meat loaf and bake 50 minutes or until done.

Doris Ward

**SWEET-SOUR MEAT BALLS**

1 slices dry bread  
1 lb. ground beef  
½ c. grated onion  
½ tsp. garlic salt  
¼ tsp. pepper  
1 tsp. salt  
2 eggs, slightly beaten  
Sweet-Sour Sauce for Beef
MEATS & MAIN DISHES

Cut bread in cubes. Soak in a little cold water until soft. Squeeze out water. Combine with remaining ingredients, except sweet-sour sauce. Shape into 1 ½-inch balls. Brown balls in skillet containing a little hot fat. Place in jelly roll or other flat pan and bake at 450° for 15 to 18 minutes. Place balls in Sweet-Sour Sauce for Beef and simmer 10 minutes. (If balls are made ahead, add sauce to them and heat in oven about 15 minutes.) Makes about 36 meat balls, 8 to 9 servings.

Irene McNali

GOLDEN BEEF QUICHE

1 deep-dish pie crust
1 Tbsp. softened butter
3/4 to 1 lb. ground beef
1 medium onion, minced
11 oz. can Cheddar cheese soup
6 eggs
1/2 c. milk
1/2 tsp. salt
1/4 tsp. thyme leaves
1/2 tsp. pepper

Preheat oven to 375°. Spread pie crust with butter. Lightly brown onion and meat, then place in uncooked pie crust. Mix in large bowl with fork or whisk undiluted soup, eggs and other ingredients. Pour in pie crust. Bake 35 to 40 minutes or until knife inserted in center comes out clean.

Kathy Horton

COUNTRY STYLE STEAK

1 lb. round steak
butter flavored Crisco
2 Tbsp. sherry
2 c. cold water
1/2 c. seasoned flour (salt, pepper and herbs, if desired, and small amount of garlic powder)

Cut round steak into serving pieces and coat with seasoned flour. Brown steak on both sides in hot Crisco. Remove the steak from the pan, add remaining seasoned flour to drippings and brown the flour. Then add 2 cups of cold water to make a thick gravy. Add the 2 tablespoons sherry and the meat. Simmer until tender. Serve with potatoes or noodles. Pork chops can be substituted for steak.

Evelyn Reed
STANDING RIB ROAST

3 to 4 lb. rib roast
¼ c. flour
1 tsp. salt
½ tsp. freshly ground pepper
1 Tbsp. paprika
minced garlic (if desired)

Trim roast of excess fat. Heat oven to 325°. Combine flour, salt, pepper, paprika and garlic. Rub this mixture over entire surface of roast. Place the roast fat side up in a shallow roasting pan. Insert a meat thermometer into the thickest part of the roast, making sure the tip does not touch the bone. For very rare: 15 to 17 minutes per pound on 130°; medium rare: 18 to 20 minutes per pound on 150° and well done: 22 to 28 minutes per pound on 165°. When desired doneness is reached, turn heat off and leave oven door ajar to allow the meat to rest for 20 minutes. This makes the meat easier to carve.

Evelyn Reed

QUICK AND EASY CHILI

1 lb. ground beef
½ c. chopped green pepper
½ c. chopped onion
2 Tbsp. chili powder
2 cans Campbell's chili beef soup, undiluted
½ c. water
1 (16 oz.) can tomatoes, cut up
1 (15 ½ oz.) can kidney beans, undrained


Pat Whitt

SICILIAN MEAT ROLL

2 beaten eggs
¾ c. soft bread crumbs (1 slice)
½ c. tomato sauce
2 Tbsp. snipped parsley or 1 Tbsp. dried flakes
½ tsp. dried oregano
¼ tsp. salt
¼ tsp. pepper
1 small clove garlic, minced
2 lb. lean ground beef
8 thin slices boiled ham
6 oz. shredded Mozzarella
3 slices Mozzarella, halved diagonally

Combine all ingredients except beef, ham and cheese. Stir in beef, mixing well. On foil or waxed paper, pat meat into a 12 x 10-inch rectangle. Arrange ham slices atop meat, leaving a margin
around edges. Sprinkle shredded cheese over ham. Starting from short end, fold over and seal edges (so cheese won’t run out!). Place meat loaf pan over top and lift meat from underneath, turning meat and pan right side up. Bake 1 hour and 15 minutes at 350°. Place cheese slices on top of meat and return to oven for 5 minutes until cheese melts.

Bonny McNally

MARINATED POT ROAST DINNER IN SLOW COOKER

3 lb. beef chuck pot roast
1 ½ c. tomato juice
¼ c. wine vinegar
1 clove garlic, minced
2 tsp. Worcestershire sauce
1 ½ tsp. salt
1 tsp. sugar
1 tsp. dried basil, crushed
½ tsp. thyme, ground
¼ tsp. pepper
1 small onion, halved
1 c. chopped carrot
½ c. cold water
¼ c. all-purpose flour

Trim excess fat from roast and cut to fit cooker. Place meat in plastic bag and set in a deep bowl. Mix tomato juice, wine vinegar, minced garlic, Worcestershire sauce, salt, sugar, basil, thyme and pepper and pour over meat. Close plastic bag and marinate overnight in refrigerator (turn twice). In crockery cooker place onion and carrots. Place meat on top of vegetables and add marinade. Cover and cook on low heat 8 to 10 hours. Remove roast and vegetables. Measure 2 cups of cooking liquid and pour into a saucepan. Return meat and vegetables to cooker and cover to keep warm. Blend cold water and flour and stir into cooking liquid. Cook until thickened. Place meat on a serving platter; top with vegetables. Pour some gravy over the meat and vegetables and put remaining gravy in a bowl and serve.

Evelyn Reed

HAMBURGER UPSIDE-DOWN PIE

salad oil
¼ c. chopped onion
¼ c. chopped green pepper
1 lb. ground beef
1 can tomato sauce (8 oz.)
2 tsp. catsup
1 tsp. chili powder
1 tsp. salt
¼ tsp. pepper

Saute onion, green pepper and meat in 2 teaspoons salad oil until brown. Add tomato sauce, chili, catsup, salt and pepper. Simmer. Turn into casserole and top with corn meal mixture.
MEATS & MAIN DISHES

Corn Meal Mixture:

\frac{1}{2} \text{ c. flour} \quad \text{dash of thyme}
\frac{3}{4} \text{ c. corn meal} \quad 1 \text{ tsp. sugar}
2 \text{ tsp. baking powder} \quad 1 \text{ egg}
1 \text{ tsp. salt} \quad 1/2 \text{ c. milk}

Spread corn meal mixture over meat and pop into preheated 350° oven for about 30 minutes. Invert on platter and serve immediately.

*Vi Befus*

**HAMBURGER HOT DISH**

1 to 1 1/2 lb. hamburger
1 can kidney beans
1 can tomato soup, undiluted
1 c. water
1 medium onion, chopped

1 green pepper, chopped
1/4 c. uncooked elbow macaroni
1 tsp. chili powder or to taste
salt and pepper to taste

Mix all ingredients well. Pour into a 2 quart baking dish, rectangular shaped. Bake in oven at 375° for one hour or until liquid is absorbed and macaroni is well done. Makes a good meal when served with creamed potatoes and tossed salad.

*Mrs. Bruce McKnight*

**TERIYAKI SHISH-KABOBS**

1 1/2 to 2 lb. top sirloin or a sirloin tip roast
1/2 c. soy sauce
1/4 c. brown sugar
2 Tbsp. vegetable oil
1 tsp. dry ginger
1/4 tsp. pepper

1/4 tsp. garlic powder or 2 cloves garlic, minced
assorted vegetables (if desired)
1 1/2-inch squares green pepper
1 small jar whole onions
cherry tomatoes

Slice beef into strips about 1/4-inch thick and 2-inches long. Mix all ingredients except beef and vegetables to make marinade sauce. Stir meat into marinade and refrigerate overnight or let stand 2 hours at room temperature. Fold strips of meat, accordion style, onto skewers, spacing vegetables as desired. Broil over hot charcoal, turning often and basting with remaining marinade until done.

*Mrs. Bruce McKnight*
LOW-FAT QUICK AND EASY CHILI CON CARNE

1 1/2 to 2 lb. coarsely ground round
or ground turkey can be used
entirely or as half of meat
1 large onion, chopped
1 can Bush’s chili hot beans, undrained
1 can tomatoes, chopped and undrained
1 tsp. chili powder
1 tsp. dried whole oregano
1 tsp. ground cumin
salt and pepper to taste
1/2 can Old El Paso whole green chilies, chopped

Cook meat and onion in large skillet or pot until browned. Stir to crumble meat. Drain any grease off. Stir in all other ingredients. Reduce heat and simmer for 15 to 20 minutes, stirring occasionally. These ingredients can be adjusted to suit your taste without hurting the end product.

Evelyn M. Sellers

LASAGNA

1 lb. hamburger
1 clove garlic, minced
1 Tbsp. whole basil
1 1/2 tsp. salt
1 lb. canned tomatoes
10 oz. (15 pieces) lasagna
12 oz. tomato paste
3 c. cottage cheese
1/2 c. grated Parmesan cheese
2 Tbsp. parsley flakes
2 eggs, beaten
1 tsp. salt
1/2 tsp. pepper
3 (6 oz.) pkg. thin sliced Mozzarella

Brown and drain hamburger. Add garlic, basil, salt and tomatoes. Simmer 30 minutes. Cook noodles according to package directions. Combine tomato paste, cottage cheese, Parmesan, parsley, eggs, salt and pepper. In a large lasagna pan, layer 5 noodles, 1/3 cottage cheese mixture, 1 package sliced Mozzarella and 1/3 of meat mixture. Repeat twice more. Bake for 30 minutes at 375°. Wait 10 minutes to cut and serve.

Bonny McNally

LOW-FAT BROWN RICE BAKE

1 pkg. dry onion soup mix
3 c. water
1 (2 oz.) can mushrooms, undrained
3 beef bouillon cubes
1/4 c. brown rice, uncooked
MEATS & MAIN DISHES

Combine all ingredients in a saucepan and bring to a boil. Pour into a baking dish. Cover and bake at 325° for one hour or until rice is tender. Stir occasionally. Serve hot. Serves 6.

_Evelyn M. Sellers_

**WILD RICE SALAD**

<table>
<thead>
<tr>
<th>1 box Uncle Ben’s wild rice</th>
<th>1 box frozen green peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>cherry tomatoes</td>
<td>1 can mushrooms</td>
</tr>
<tr>
<td>1 bottle Italian salad dressing</td>
<td></td>
</tr>
</tbody>
</table>


_Diana Davis_

**SPICY RICE**

<table>
<thead>
<tr>
<th>Tbsp. butter</th>
<th>½ c. rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>tsp. grated fresh ginger (optional)</td>
<td>1 c. chicken broth</td>
</tr>
<tr>
<td>4 c. green onions, chopped</td>
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</tbody>
</table>

In a small saucepan, melt butter over medium heat. Add ginger and onions. Cook 3 minutes. Add rice, stirring to coat. Add chicken broth, cover and bring to a boil. Reduce heat to low and simmer 15 minutes. Remove from heat and let stand 5 minutes. Makes 2 servings.

_Michelle Corhren_

**BAKED RICE**

<table>
<thead>
<tr>
<th>1 c. raw rice</th>
<th>¼ c. chopped green pepper</th>
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<tbody>
<tr>
<td>1 c. water</td>
<td>1 c. chopped celery</td>
</tr>
<tr>
<td>1 can beef bouillon</td>
<td>¼ stick butter</td>
</tr>
<tr>
<td>1 onion, chopped</td>
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</tbody>
</table>

Mix all together; bake 1 hour at 325°.

_Penny Goode_

**LOW-FAT OVEN FRIED CHICKEN**

<table>
<thead>
<tr>
<th>Chicken, cut up and trimmed of skin and fat or use pieces of your choice</th>
<th>1 Tbsp. dried parsley flakes, crumbled</th>
</tr>
</thead>
<tbody>
<tr>
<td>c. plain dry bread crumbs</td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>c. grated Parmesan cheese</td>
<td>1 ½ tsp. paprika</td>
</tr>
<tr>
<td></td>
<td>vegetable oil spray (if desired)</td>
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<tr>
<td></td>
<td>low-fat or skim milk</td>
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</tbody>
</table>
Cover chicken pieces with milk and soak for 15 minutes or longer. Put in refrigerator if necessary to keep cool. Combine other ingredients, except oil spray, in a shallow bowl or plate. Dip each piece of chicken in breading mixture, coating on all sides. Place coated chicken on greased baking sheet (nonstick surface is best). Lightly spray pieces with vegetable oil spray, if desired. Bake in preheated 375° oven for about 45 minutes. May take longer for a large chicken. Turn once or twice during baking.

Evelyn M. Sellers

**ORANGE CHICKEN**

2 whole chicken breasts, halved  
2 Tbsp. butter or margarine, melted  
½ tsp. paprika  
¼ c. finely chopped yellow onion  
1 tsp. salt  
¼ tsp. dried rosemary, crumbled  
pinch of black pepper  
1 c. orange juice  
grated rind of 1 orange  

Preheat oven to 350°. Arrange chicken breasts in 13 x 9 x 2-inch baking dish. Drizzle melted butter evenly over the breasts and sprinkle them with paprika. In a small bowl combine rosemary, pepper, orange juice and orange rind. Pour over the breasts. Bake uncovered for 25 minutes or until fork-tender, basting occasionally with pan juices. Serve with egg noodles or rice. Serves 4. Calories per serving, 195.

Evelyn Reed

**CHICKEN CORDON BLEU**

8 chicken breast halves, skinned and boned  
½ tsp. salt  
¼ tsp. pepper  
2 eggs, beaten  
1 c. milk  
4 slices cooked ham, cut in half  
4 slices Swiss cheese, cut in half  
½ c. all-purpose flour  
1 ½ c. fine bread crumbs  
vegetable oil  

Place each piece of chicken between 2 sheets of wax paper, flatten to ¼-inch thickness, using a meat mallet or rolling pin. Sprinkle with salt and pepper. Combine eggs and milk. Brush both sides of chicken with milk mixture. Place a piece of ham and a piece of cheese in center of each piece of chicken. Brush top of cheese slices with milk mixture. Fold each breast lengthwise and secure with toothpicks.

**Pat Whitt**

**CRISPY CHICKEN BAKE**

- 2 c. all-purpose flour
- 1 tsp. pepper
- 3 chicken breast halves, skinned
- 2 c. Rice Krispies cereal, crushed
- 1 c. grated Parmesan cheese

Combine flour and pepper. Dredge chicken in flour; set aside. Combine cereal, cheese and onion soup mix and set aside. Combine eggs and water; dip chicken in egg mixture and coat with cereal mixture. Place chicken breasts in a 13 x 9 x 2-inch baking dish. Drizzle with melted margarine. Bake, uncovered, at 350° for 30 minutes. Turn chicken and bake an additional 30 minutes or until tender. Yields 6 servings.

**Anna Fouts**

**SPINACH LASAGNA**

- small box lasagna noodles
- 8 oz. grated Swiss cheese
- (10 oz.) pkg. frozen spinach, chopped
- ½ c. Parmesan cheese
- eggs, beaten
- 1 (32 oz.) jar Ragu chunky garden style spaghetti sauce (garlic and onion flavor)
- (24 oz.) carton cottage cheese
- salt to taste
- grated Mozzarella cheese

Cook spinach by package directions; drain very well. Cook lasagna noodles and set aside. Mix together spinach, eggs, all cheeses and salt. In a 3 quart rectangular dish, layer tomato sauce, noodles, then spinach mixture. Repeat layers, ending with tomato sauce on top. Bake at 350° for 45 minutes.

**Suzan Anderson**

**MACARONI CASSEROLE**

- c. broken macaroni
- 1 lb. grated cheese (your choice)
- onion, chopped
- hard-boiled eggs
- green pepper
- 1 c. chopped celery
- ½ stick margarine
- 1 can mushroom soup
- 1 can tomatoes
- salt and pepper to taste
Cook macaroni until done. Rinse in cold water. Chop pepper, onion, celery and tomatoes. Cook these together 15 minutes. Add this to the macaroni, margarine and chopped eggs. Add mushroom soup and pour into buttered baking dish (9 x 13-inches). Cover with grated cheese. Bake in very slow oven about 1 ½ hours or until done at 250° to 300°.

*Mrs. John F. Perkins*

**BAKED SPAGHETTI**

1 lb. ground chuck  
1 large onion, chopped  
1 large green pepper, chopped  
½ c. chopped celery  
1 Tbsp. brown sugar  
½ tsp. oregano  
1 clove garlic  
1 tsp. Worcestershire sauce  
1 tsp. melted butter  
1 c. grated Cheddar cheese  
1 lb. can tomatoes  
1 small can tomato sauce  
2 bouillon cubes, dissolved in ½ c. hot water  
½ tsp. chili powder  
salt and pepper to taste  
1 Tbsp. olive oil

Brown ground chuck lightly. Remove from skillet. Saute onions and peppers until soft, but not brown. Add remaining ingredients and simmer for 1 hour. Add a little water, if needed. Cook 8 ounces spaghetti in boiling water until tender; drain. Pour spaghetti into 9 x 13-inch baking dish. Cover with spaghetti sauce. Bake for 25 minutes at 350°. Cover with grated cheese and bake for 5 minutes more.

*Evelyn Whitt*

**QUICKEN CHICKEN PIE**

2 c. cooked chicken, cut into bite-size pieces  
1 can Pillsbury refrigerated flaky tenderflake biscuits  
1 ½ c. chicken broth  
1 ½ Tbsp. straight flour  
crushed tarragon  
melted butter

Put bite size pieces of chicken in a 9-inch pie plate. Mix flour in small amount of cold water until smooth. Add this to chicken broth and cover over medium-high heat until thickened. Pour over chicken. Quarter each biscuit and arrange on casserole with points up. Brush with melted butter and sprinkle with crushed tarragon. Bake at 375° for 20 to 25 minutes or until biscuits are brown.

*Evelyn Reed*
CHICKEN YUMMY

2 c. diced cooked chicken  
1 c. drained mushrooms or fresh  
¼ c. chopped onion  
½ c. mayonnaise

1 can undiluted cream of chicken soup  
1 c. sour cream  
6 slices white bread  
buttered bread crumbs

Trim crusts from bread and cut into ½-inch cubes. Mix all ingredients together and put in greased baking dish. Cover with buttered bread crumbs and bake 1 hour at 300°. Delicious!! Serves 8.

Susan Gall

CHICKEN DIVAN

8 chicken breasts, deboned and cooked  
2 cans cream of chicken soup  
1 c. mayonnaise  
1 c. cooked rice (not Minute)  
½ tsp. curry

1 (4 oz.) pkg. grated Cheddar cheese  
1 (10 oz.) pkg. chopped broccoli, cooked and drained, or fresh broccoli, cooked until tender  
1 tsp. lemon juice  
½ c. bread crumbs

Put cooked rice in bottom of 9 x 13-inch casserole. Layer broccoli over rice. Place cooked chicken on top of broccoli. Combine soup, mayonnaise, curry and lemon juice. Stir well and pour over other ingredients. Sprinkle with cheese, then bread crumbs. Bake at 350° for 30 minutes.

Mary Whitt

CHICKEN PARISIENNE

4 to 6 boneless chicken breasts  
1 can cream of mushroom soup  
3 oz. can sliced mushrooms (½ c.)

1 c. dairy sour cream  
½ c. cooking sherry  
paprika

Place chicken breasts in 13 x 9 x 1-inch deep baking dish. Combine soup, mushrooms and liquid, sour cream and sherry. Pour over chicken. Sprinkle generously with paprika. Bake at 350° about 1 to 1 ¼ hours or until tender.

Michelle Corthren
MEATS & MAIN DISHES

COSMOPOLITAN CHICKEN

5 to 6 deboned chicken breasts
½ pt. sour cream
2 tsp. lemon juice
2 tsp. Worcestershire sauce
1 tsp. celery salt
1 tsp. garlic salt
½ tsp. salt
dash of pepper
dash of paprika
Pepperidge Farm dressing
1 stick margarine


Nancy Reece

CHICKEN DIJON

1 chicken
16 oz. cooked broccoli
½ c. sour cream
½ c. mayonnaise
¼ c. milk
1 can cream of chicken soup
dash of Worcestershire sauce
dash of white wine
4 slices toast
Parmesan cheese

Cook chicken and take off bone. Put chicken and broccoli in buttered casserole dish. Mix together sour cream, mayonnaise, milk, cream of chicken soup, Worcestershire sauce and white wine. Pour sauce over chicken and broccoli. Cut toast into small squares and saute in butter. Place sauteed toast on top of casserole and sprinkle with Parmesan cheese. Cover with foil. Bake at 425° for 20 minutes.

Debbie Crater

CHICKEN SPECTACULAR

1 (6 oz.) pkg. long grain and wild rice mix
3 to 4 c. chopped cooked chicken
2 (16 oz.) cans French-style green beans, drained
1 can cream of celery soup, undiluted
1 (8 oz.) can sliced water chestnuts, drained
1 (4 oz.) jar diced pimento, drained
1 medium onion, chopped
1 c. mayonnaise
⅛ tsp. pepper

Cook rice according to package directions. Combine rice and remaining ingredients; mix well. Spoon mixture into a lightly greased 3 quart casserole. Bake at 350° for 30 to 35 minutes until mixture is hot throughout and slightly browned. Serves 6 to 8.

Evelyn M. Sellers
CHICKEN AND RICE CASSEROLE

1 ½ to 2 c. uncooked rice  2 cans water
1 can cream of mushroom soup cooked chicken
1 can cream of chicken soup

Mix two soups and water. Place rice in bottom of 9 x 13-inch dish. Pour mixed soups over rice. Place cooked chicken pieces, cut into bite size pieces, on top. Sprinkle with salt, pepper and chicken seasoning, if desired. Cover with foil and bake in 325° oven until rice is almost done. Remove foil and bake until rice is done and chicken is browned.

Mrs. John F. Perkins

BARBEQUED CHICKEN

3 lb. fryer, cut into frying pieces

Sauce:

2 Tbsp. Worcestershire sauce  3 Tbsp. catsup
1 Tbsp. lemon juice  1 tsp. salt
2 Tbsp. vinegar  1 tsp. dry mustard
4 Tbsp. water  1 tsp. chili powder
2 Tbsp. butter  1 tsp. paprika
1 Tbsp. brown sugar  ½ tsp. red pepper

Mix together and heat sauce. Dip each piece of chicken in the sauce and place in a baking dish. Pour remaining sauce over the chicken. Cover with aluminum foil. Cook in a 450° oven for 15 minutes. Turn oven down to 325° and cook about 45 minutes.

Mavareen Foil

SHERRIED ROCK CORNISH GAME HENS

2 Rock Cornish game hens pepper
1 c. dry sherry  ½ tsp. dried tarragon
1 stick butter  2 tsp. cornstarch
salt

Wash birds inside and out and dry. Salt and pepper cavities. Rinse insides and rub outsides with ¼ cup sherry. Melt butter in flat baking dish and brown birds on all sides. Put tarragon into the rest of the sherry and pour over birds in pan. Roast birds uncovered in
MEATS & MAIN DISHES

350° oven for 45 to 60 minutes, basting often with the pan juices. Remove cooked birds and keep warm. Thicken pan juices (if necessary) with cornstarch dissolved in a little cold water, bring to a boil and cook quickly until shiny. Serve in a separate sauceboat.

Evelyn Reed

LEMON BARBEQUE CHICKEN

1 c. flour
2 tsp. salt
¼ tsp. pepper

2 tsp. paprika
1 chicken, cut up
½ c. margarine or butter

Lemon Sauce:

¼ tsp. cloves
¼ tsp. salt
¼ c. vegetable oil
½ c. lemon juice

1 tsp. pepper
2 Tbsp. chopped onion
½ tsp. thyme

Heat oven to 375°. Mix flour, salt, pepper and paprika in a bowl or paper bag. Put margarine in oblong pan (13 x 9-inches) and have it melting in oven. Coat pieces of chicken in flour mixture and place in pan of melted margarine, skin side down. Bake 45 minutes. Spoon sauce over chicken, saving half of it. Bake 5 minutes. Turn chicken over and spoon on remainder of sauce. Bake 10 minutes more. Serves 4 to 6.

Susan Gall

SUNDAY CHICKEN

4 chicken breasts, boned
1 pkg. frozen hash brown potatoes
1 c. sour cream
1 c. grated Cheddar cheese
¼ c. oil

1 can soup (either cream of celery, mushroom or chicken)
½ tsp. salt
¼ tsp. pepper
flour to coat chicken

Mix flour, salt and pepper to coat chicken. Brown chicken in oil and set aside. Thaw potatoes; crumble in bottom of a buttered baking dish. Mix soup and sour cream. Pour ½ of mixture over potatoes. Add grated cheese. Place chicken breasts on top and cover with remaining soup mixture. Bake at 325° for 40 to 50 minutes.

Lib Steelman
HOT CHICKEN SALAD

2 c. cooked chicken, chopped
1 c. pimento, chopped
½ c. almonds, chopped
1 c. water chestnuts or mushrooms, chopped
¼ tsp. celery salt

½ tsp. pepper
½ tsp. Accent
2 Tbsp. lemon juice
1 c. mayonnaise
½ can condensed chicken soup
½ can French fried onion rings

Combine all ingredients except onion rings. Mix well. Place in a casserole dish and bake at 350° for 30 minutes. Top with onion rings. Bake until onions are crisp.

Janice Sykes

CHICKEN AND BROCCOLI CASSEROLE

2 pkg. frozen broccoli (10 oz. each)
2 c. diced chicken
2 cans cream of chicken soup
1 c. mayonnaise
1 tsp. lemon juice

1 tsp. curry powder
½ c. bread crumbs
1 Tbsp. butter
½ c. Cheddar cheese, shredded

Cook broccoli until barely tender; drain and line bottom of 13 x 9 x 2-inch casserole dish with broccoli. Layer chicken over broccoli. Combine soup, mayonnaise, cheese, lemon juice and curry powder; pour over chicken. Top with buttered bread crumbs. Bake at 350° for 20 to 30 minutes or until bubbly. Can leave broccoli uncooked and bake casserole 15 minutes longer.

Kay Miller

DRESSING

½ tsp. poultry seasoning
1 qt. bread cubes
1 c. chicken broth
chicken bouillon cube

½ tsp. seasoned salt
1 egg, slightly beaten
½ c. chopped celery, cooked

Dissolve bouillon cube in chicken broth. Mix all ingredients until well moistened. Pour into a 1 quart casserole. Bake 20 minutes or until done in a 400° oven.

Margaret Bowles
### TURKEY TETRAZZINI

- 4 oz. spaghetti (2 c. uncooked)
- 1 Tbsp. unsalted margarine
- ¼ lb. mushrooms, sliced (1 ½ c.)
- 2 Tbsp. flour
- 1 ½ c. skim milk
- 1 Tbsp. dry sherry
- ½ tsp. pepper
- ½ tsp. nutmeg
- 1 ½ c. cooked, cubed turkey or chicken (9 oz. cooked)
- 2 Tbsp. chopped pimento
- 2 Tbsp. freshly grated Parmesan cheese
- 2 Tbsp. chopped onion

Preheat the oven to 350°. Cook the spaghetti by directions on the box without the salt. In a small saucepan over medium-high heat, melt the margarine. Add the mushrooms and onion and cook, stirring occasionally, about 4 minutes. Add the flour and cook about 1 minute. Gradually add milk, sherry, pepper and nutmeg and cook, stirring constantly, for 5 minutes or until thickened. Spray a 1 quart casserole dish with nonstick cooking spray. Place drained spaghetti, turkey, pimento and sauce in dish; toss well. Sprinkle with cheese and cover. Bake 20 to 25 minutes or until hot and bubbly. Makes 4 servings.

*Janice Sykes*

### CHILI CON TURKEY

- 2 Tbsp. oil
- 1 c. chopped onion
- 1 c. chopped celery
- 1 clove minced garlic
- 1 ½ lb. turkey, ground
- 15 oz. can tomato sauce
- 2 tsp. chili powder (mild)
- 1 tsp. ground cloves
- 15 oz. can pintos or kidney beans
- salt and pepper to taste
- 1 tsp. ground cumin (optional)

Saute onions, celery and garlic in oil until onion is golden brown on low heat. Add turkey (raise heat to medium). Cook until turkey is no longer pink. Stir and add tomato sauce, chili powder, cloves and cumin. Simmer 20 minutes. Add beans, salt and pepper. Cover and simmer 30 minutes longer. Let rest 5 minutes before serving.

*Margie Peterson*

### HAM AND CHEESE LOAF

- 1 box Pillsbury hot roll mix
- 1 egg
- 2 Tbsp. margarine, softened
- 8 pkg. Buddig sandwich ham
- 1 pkg. sliced Cheddar cheese
- 1 pkg. sliced Mozzarella cheese
MEATS & MAIN DISHES

Make roll mix according to directions. Divide into 2 balls. Roll each into a rectangle (approximately 15 x 8-inches). Put ham down center third of dough length. Top with layers of cheese. Cut 1-inch wide strips along sides of filling out to dough edges. Alternating sides, fold strips across filling. Carefully put loaf on cookie sheet. Place cookie sheet over large shallow pan half filled with boiling water for 15 minutes. Bake at 400° for 25 minutes or until done.

_Helen Steelman_

**HOT DIGGETY DOG CASSEROLE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (15 oz.) cans pork and beans</td>
<td>1 lb. hot dogs</td>
</tr>
<tr>
<td>1 large onion</td>
<td>1 c. grated Cheddar cheese</td>
</tr>
<tr>
<td>1 large green pepper</td>
<td>1 Tbsp. olive oil</td>
</tr>
<tr>
<td>1 lb. can sauerkraut, drained</td>
<td>1/4 c. tomato ketchup</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. horseradish</td>
</tr>
<tr>
<td></td>
<td>1/4 c. honey</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. Worcestershire sauce</td>
</tr>
</tbody>
</table>

Sauce:

Saute chopped pepper and onion in oil. Pour beans into 9 x 13-inch baking dish. On top of beans, layer ingredients as follows: sauteed onion and pepper, sauerkraut, hot dogs (cut into 1-inch pieces) and sauce ingredients which have been mixed well and heated. Bake for 25 minutes at 350°. Sprinkle grated cheese on top and bake for an additional 5 minutes.

_Evelyn Whitt_

**PORK AND RICE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>lb. pork tenderloin</td>
<td>1 c. chicken broth</td>
</tr>
<tr>
<td>medium onion</td>
<td>1/2 tsp. sage</td>
</tr>
<tr>
<td>(16 oz.) can tomatoes</td>
<td>1/2 tsp. thyme</td>
</tr>
<tr>
<td>4 c. cream sherry</td>
<td>butter Crisco</td>
</tr>
<tr>
<td>c. uncooked rice</td>
<td></td>
</tr>
</tbody>
</table>

Cut pork in 1-inch cubes and slice onion in rings. Brown pork cubes in small amount of butter Crisco. Remove from pan. Add chicken broth, sherry, sage and thyme to the pan drippings. Bring to boil. In a large deep casserole dish, put pork and cover with sliced onion and tomatoes with juice. Add rice and then pour liquid still in
MEATS & MAIN DISHES

the pan over contents of casserole dish. Bake in 350° oven for 30 minutes. Check and add more liquid if needed. Cook 15 minutes more or until rice is done.

_Evelyn Reed_

**ZUCCHINI SAUSAGE BAKE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ lb. Italian sausage</td>
<td>1</td>
</tr>
<tr>
<td>½ c. chopped onion</td>
<td>1</td>
</tr>
<tr>
<td>3 c. zucchini, cut in 3-inch slices</td>
<td>1</td>
</tr>
<tr>
<td>15 oz. can Hunt's tomato herb sauce</td>
<td>1</td>
</tr>
<tr>
<td>3 c. hot cooked rice</td>
<td>1</td>
</tr>
<tr>
<td>1 tsp. seasoned salt</td>
<td>1</td>
</tr>
<tr>
<td>½ c. shredded Mozzarella cheese</td>
<td>1</td>
</tr>
<tr>
<td>¼ c. grated Parmesan cheese</td>
<td>1</td>
</tr>
</tbody>
</table>

Remove casing from sausage; cook with onion in 10-inch skillet until sausage loses redness. Remove and drain. Saute zucchini in skillet drippings until transparent. Cover and cook 5 minutes until almost done; reserve. Combine half the Hunt's sauce with rice and sausage mixture. Add salt; mix well. Put in two 8 x 8-inch pans. Arrange slices of zucchini over top. Sprinkle with Mozzarella and Parmesan. Spoon remaining Hunt's sauce over all. Bake, covered, in 350° oven 20 minutes.

_Jane Bardou_

**SAUSAGE CASSEROLE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ c. grated Cheddar cheese</td>
<td>1</td>
</tr>
<tr>
<td>1 lb. bulk sausage</td>
<td>1</td>
</tr>
<tr>
<td>6 eggs</td>
<td>1</td>
</tr>
<tr>
<td>½ Tbsp. dry mustard</td>
<td>1</td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td>1</td>
</tr>
<tr>
<td>2 c. milk</td>
<td>2</td>
</tr>
<tr>
<td>bread cubes</td>
<td>1</td>
</tr>
</tbody>
</table>

Brown sausage and drain. Beat eggs with milk, salt and dry mustard. Cover bottom of 9 x 12-inch Pyrex dish with bread cubes. Cover with sausage and cheese. Pour egg mixture over sausage and bake at 350° for 30 minutes, covered. Uncover and bake 15 minutes more. This is an excellent breakfast dish for company.

_Mrs. H. Grey Goode_

**SWEET-SOUR SAUCE FOR BEEF**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can tomatoes (1 lb. 12 oz.)</td>
<td>1</td>
</tr>
<tr>
<td>1 c. brown sugar, firmly packed</td>
<td>1</td>
</tr>
<tr>
<td>¼ c. vinegar</td>
<td>1</td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td>1</td>
</tr>
<tr>
<td>1 tsp. grated onion</td>
<td>1</td>
</tr>
<tr>
<td>10 gingersnaps, crushed</td>
<td>1</td>
</tr>
</tbody>
</table>
Combine all ingredients. Cook to boiling. Makes enough sauce for 36 (1 ½-inch) meat balls.

Irene McNally

MUSHROOM SAUCE

1 can undiluted mushroom soup
1 (8 oz.) carton sour cream
1 (4 oz.) can sliced mushrooms, drained
½ c. dry sherry

Combine all ingredients in a saucepan. Cook over medium heat until thoroughly heated.

Pat Whitt

MY SPECIAL BAR-B-Q SAUCE

¾ c. catsup
¾ c. water
2 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
1 tsp. salt
1 dash cayenne pepper
1 tsp. paprika
½ tsp. pepper
1 tsp. chili powder
1 medium onion, chopped
1 green pepper, diced (optional)

Mix all ingredients in a glass jar and use when barbecuing in the oven (in a pan). Great on chicken and pork chops, good for any meats. Can be easily doubled.

Carolyn Barrow

COOKED BARBECUE SAUCE

3 Tbsp. ketchup
2 Tbsp. vinegar
2 Tbsp. margarine
1 Tbsp. lemon juice
4 Tbsp. water
2 Tbsp. Worcestershire sauce
½ tsp. salt (optional)
3 Tbsp. brown sugar
1 tsp. dry mustard
1 tsp. chili powder
1 tsp. paprika
½ tsp. cayenne

Mix together the ingredients and simmer a few minutes on stove. Pour over chicken or pork. Bake at 300° to 350°. covered, until meat is tender. Uncover last 20 minutes.

Clark Larson
MEATS & MAIN DISHES

CHICKEN BARBEQUE SAUCE

1 stick margarine
1 Tbsp. flour
2 tsp. sugar
½ c. hot water
juice of 1 lemon

1/4 tsp. Tabasco
few grains of cayenne pepper
2 tsp. A.1. sauce
1 tsp. salt

Melt butter, then mix in flour. Add remaining ingredients. Continue to heat for a few minutes until sauce is thick.

Gail Skidmore

NEPTUNE SALAD

1 small bunch green onions, chopped (using green tops also)
1 small bunch celery, chopped
½ lb. “Sea Sticks,” chopped

Mix all ingredients together with mayonnaise.

Olive Ring-Klapp

SEAFOOD, FRUIT AND VEGGIE KABOBS

Marinade:
½ c. butter or margarine
1 Tbsp. grated onion
½ tsp. salt

½ c. Anisette liqueur
2 to 3 drops hot sauce

Kabobs:
½ lb. fresh sea scallops
½ lb. bacon, partially cooked, cut in half
1 navel orange, quartered
1 lime, quartered
chunks of fresh pineapple
2 to 4 large shrimp, cleaned (tails on)

1 onion, quartered
1 ear corn, quartered
1 small zucchini, chunked
4 large mushroom caps
chunks of celery, green pepper and red pepper

In a small skillet, melt butter. Add onion and saute for 5 minutes. Remove from heat; add Anisette, salt and pepper sauce. Set aside. On 2 skewers, alternate scallop wrapped in bacon, shrimp, orange, lime and pineapple. On 2 other skewers, alternate onion, zucchini, celery, green and red peppers, corn and mushrooms. Grill kabobs 4 inches from medium coals 5 minutes on each side (total of
MEATS & MAIN DISHES

0 minutes), basting frequently with marinade. Serve on bed of hot, cooked rice. Serves two a complete meal!

_Patti Petree_

### ELEGANT TUNA

| Wild macaroni, cooked firm and drained | 1 can cream of shrimp soup |
| Can tuna, drained and flaked | 1 can cream of celery soup |
| Pkg. (small) frozen shrimp (optional) | ½ c. milk |
| ½ c. sherry |

Soak shrimp and tuna in milk while you cook the macaroni. Mix soups, milk, tuna, shrimp and sherry. Fold in macaroni and make until bubbly at 350°.

_Ruth Wyatt_

### TUNA MELT

| Pkg. English muffins | Assortment of cheeses (sprinkle with) |
| Cans tuna | Sliced tomatoes or chunk pineapple |
| Stalks chopped celery | ¼ tsp. salt and pepper |
| C. mayonnaise | Parsley |
| Pickles to taste | ¼ c. chopped onion |

Cook at 350° for 5 to 10 minutes until cheese melts. Makes 12 servings.

_Elizabeth Reed_

### SALMON MOUSSE

| Pkg. gelatin | 1 tsp. salt |
| ¼ c. cold water | 2 c. canned salmon, drained |
| ¼ c. boiling water | 1 tsp. chives |
| ½ c. mayonnaise | 2 Tbsp. fresh dill, snipped |
| Tbsp. lemon juice | 2 Tbsp. fresh parsley, snipped |
| Tbsp. minced onion | 1 c. low-fat plain yogurt |
| Tbsp. Tabasco | Cottage cheese as needed (12 oz. carton) |
| Tbsp. paprika |

Soften gelatin in cold water. Add hot water; stir until gelatin dissolves. Cool. Add mayonnaise, lemon juice, minced onion, Tabasco, paprika and salt. Mix well. Chill to consistency of unbeaten egg.
MEATS & MAIN DISHES

white. Drain and finely chop salmon. Add this to chilled mixture along with the chives, dill and parsley. Beat well. Add yogurt; fold into salmon mixture. Turn into a 2 quart oiled mold. Add enough cottage cheese to fill the mold. Chill until set. Unmold on serving platter. Garnish with watercress and lemon slices.

_Evelyn Doty_

MARINATED SHRIMP

2 ½ lb. frozen shrimp, thawed
1 ½ c. sliced, separated onions

Sauce:

1 ¼ c. salad oil
¾ c. vinegar
1 tsp. salt
1 tsp. Tabasco sauce
1 tsp. celery seed

Layer onion rings and bay leaves on bottom of a casserole dish. Cover with shrimp. Sprinkle with celery seed. Keep layering in this order, ending with onions and bay leaves. Pour sauce on top. Close tightly with plastic wrap or glass lid. Store 7 days in refrigerator without opening.

Jean Rackley

SIMPLE GREEK SHRIMP

¼ c. or less margarine
1 large green bell pepper, chopped
1 large onion, chopped
28 oz. can stewed tomatoes
1 or 2 c. clam juice
1 ½ c. dry white wine
1 c. white or brown rice
1 lb. medium-size shelled shrimp, cooked until pink
2 (6 ½ oz.) cans minced clams, drained
1 c. Feta cheese, crumbled

Saute vegetables until crisp and tender, about 5 minutes. Add tomatoes, clam juice, wine and rice. Increase heat to medium-high and boil 25 to 30 minutes. Add shrimp and clams. Reduce the heat to medium and simmer about 3 minutes. Sprinkle with cheese before serving.

Janice Sykes
CRABMEAT QUICHE

1 c. sharp Cheddar cheese, grated
3 eggs
1 (3 ½ oz.) can French fried onions

1 c. sour cream
1 (6 ½ oz.) can crabmeat
1 deep-dish pie shell

Beat eggs. Add sour cream and cheese. Drain crabmeat and add to mixture. Fold in crushed onions and pour into pie shell. Bake at 350° for 30 minutes or until firm and lightly browned.

Barbara Wilkerson

SALMON FRITTERS

15 oz. can pink salmon
1 egg
1 heaping tsp. baking powder
½ c. sifted flour

1/4 cup juice from salmon when you drain it. Break salmon up in a bowl. Add egg and mix. Add flour and mix. Add baking powder to liquid from salmon and stir until foamy. Add to salmon mixture and drop into hot oil. Brown on one side and turn. Grated onion and/or garlic salt are really good added to mixture also.

Patti Petree

POOR MAN’S CRAB CAKES

2 c. zucchini, grated
1 c. Italian bread crumbs
1 Tbsp. mayonnaise

1 Tbsp. Old Bay seasoning
2 eggs

Mix all ingredients well. Make into patties and fry. If it doesn’t look fluffy, add more mayonnaise. Delicious.

Olive Ring-Klapp

COQUILLES ST. JACQUES

1 lb. fresh scallops
1 lb. fresh mushrooms
5 Tbsp. butter
¼ tsp. thyme
1 Tbsp. lemon juice
1 bay leaf
1 c. dry white wine

½ tsp. salt
½ tsp. pepper
2 wedges Gruyere or Swiss cheese
3 Tbsp. flour
1 c. milk or cream
¾ c. buttered soft bread crumbs
MEATS & MAIN DISHES

Cut scallops in quarters and slice mushrooms. Cook in 2 tablespoons butter and lemon juice until browned. Combine wine, thyme, bay leaf, salt and pepper in saucepan. Add only scallops (not mushrooms). Cook 10 minutes over medium heat and drain. Save 1 cup of broth. Make white sauce with 3 tablespoons butter, cheese, flour, broth and milk (or cream). Add scallops and mushrooms to sauce. Put in casserole; add crumbs to top. Bake at 400° for 10 to 15 minutes.

Patti Petree

CRAB CASSEROLE

1 lb. crabmeat
1/2 c. cracker crumbs
2 Tbsp. Worcestershire sauce
1 tsp. parsley flakes
1 tsp. celery seed
2 eggs, beaten
1/2 c. chopped onion
4 Tbsp. mustard
4 Tbsp. mayonnaise
1/4 c. melted butter

Mix all together. Pour into a greased casserole dish. Bake at 350° for 40 minutes.

Ruby Petree

FRENCH FRIED SHRIMP

2 lb. shrimp
1 c. sifted all-purpose flour
1 tsp. salt
1 egg white

3/4 c. milk (1 c. minus 2 Tbsp.)
2 Tbsp. Wesson oil
Wesson oil for frying


Peggy H. Bowles

SALMON LOAF

1 (1 lb.) can salmon
1/2 c. chopped celery
1/2 c. chopped onion
1/2 c. fine bread crumbs
1/2 tsp. salt
1/2 c. mayonnaise
pepper to taste
dash of dried parsley flakes
paprika

Pat Whitt

CURRIED SHRIMP SALAD

2 c. cooked shrimp ½ c. mayonnaise
½ c. celery 2 c. cooked rice, cooled
¼ c. green stuffed olives 3 Tbsp. French dressing
2 Tbsp. lemon juice ½ c. minced parsley
1 tsp. curry powder

Mix shrimp, olives and celery in large bowl. Stir together the lemon juice, curry powder and mayonnaise and combine with the shrimp mixture. Toss together the rice, dressing and parsley and add it to the rest of the ingredients. Serve chilled. Makes a delicious summer dish.

Clark Larson

DELICIOUS BRUNCH

12 slices white bread, crusts removed
dash of pepper
7 to 8 eggs ½ tsp. soy sauce
1 qt. milk (half and half, 3 ½ c.) 2 Tbsp. grated onion
½ tsp. salt 2 c. finely diced cooked ham
½ tsp. dry mustard ¾ to 1 lb. grated cheese (New York state sharp)

Line greased 2 quart casserole with bread cut in 4 parts. Make 3 layers of bread and 2 layers of cheese and ham. Beat with rotary beater eggs, milk, salt, mustard, pepper, soy sauce and onion. Pour over bread, cheese and ham. Cover and refrigerate 6 hours or overnight. Let stand at room temperature 45 minutes before baking. Bake 1 hour at 325°. May use shrimp, sausage, etc.

Rosemary Worley

MUSHROOM TOFU PIE

8-inch pie shell ¼ tsp. pepper
2 small onions, sliced in rings 1 tsp. tarragon
¾ tsp. salt 8 oz. tofu, finely chopped
4 Tbsp. olive oil 2 medium tomatoes
3 ½ c. sliced mushrooms salt to sprinkle on tomatoes
2 Tbsp. chopped parsley
Prebake pie shell for 20 minutes.

Filling: Saute onions with \( \frac{1}{4} \) teaspoon salt in 2 tablespoons olive oil until transparent. Arrange sauteed onion rings on the bottom of the pie shell. Saute mushrooms in the remaining 2 tablespoons olive oil. Add parsley, remaining salt, pepper, tarragon and tofu and mix well. Pile this mixture on top of onions. Sprinkle sliced tomatoes with salt and layer them on top of tofu mix. Bake 15 minutes or until tomatoes are just soft. Don’t bake so long that tomatoes lose color.

Jane Bardon
The Moravian Church regards music as a very necessary part of life. Brass and orchestral instruments were used early for cultural value, expression and development of religious life. The first set of trombones was received by the church in 1772; and in his book, "The Johnny Reb Band From Salem", Harry H. Hall states that this band from Salem "is the oldest continuing mixed wind ensemble or band in this country".

In the early days in Salem, the band was a means of communication. The Choir System was used to denote married men, married women, widowers, widows, single men, single women, older boys, older girls, little boys, and little girls -- each choir, or group, was assigned their own Chorale. For example, a death was announced from the Home Church balcony by the Trombone Choir playing three Chorales -- the first and third was the Passion Chorale (for announcing deaths), and the second Chorale identified the choir in which the individual belonged. Later, the second location of the boys' school tower was used for death announcements by the band. This practice is infrequently used today due to community expansion. The custom of using the band at the graveside service, however, continues today.
The band plays for Church Festivals -- Advent, Christmas, New Year's Eve, Palm Sunday, Passion Week, Easter, and on occasions called for by the pastor or choir director.

The Moravian Band is best known for its part in the Easter Sunrise Service. Bands assemble about two o'clock on Easter morning and go throughout the communities playing Easter Chorales -- all beginning with "Sleepers, Wake" -- to remind listeners of the Resurrection of Jesus Christ and the Sunrise Service in God's Acre. The band plays all of the music for the entire service, a portion of which is played antiphonally.

230 A Sleepers, Wake

![Musical notation for "Sleepers, Wake"]
**BREADS**

**LO-CAL BRAN MUFFINS**

- 2 c. Kellogg's Bran Buds
- 2 small ripe bananas, mashed
- ½ c. skim milk
- 4 eggs
- 5 packets Sweet 'N Low

1 tsp. vanilla flavoring
1 tsp. lemon flavoring
1 tsp. baking soda
½ tsp. cream of tartar
6 diced dried prunes

Put all ingredients in a bowl and mix with wooden spoon. Bake 20 minutes at 350°. Makes 1 dozen large or 1 ½ dozen smaller muffins.

*Valia Kane*

**BRAN MUFFINS**

- 1 c. All-Bran
- 1 c. boiling water
- ½ c. Wesson oil
- 2 ½ c. flour
- 2 tsp. soda

- 1 tsp. salt
- 2 eggs, beaten
- 1 ½ c. sugar
- 2 c. buttermilk
- 2 more c. All-Bran

Mix 1 cup All-Bran and water and set aside. When cool, add Wesson and set aside. Sift together flour, soda and salt. In another bowl, mix eggs, sugar, buttermilk and extra All-Bran. Mix all together. Mixture may be kept in refrigerator for up to 2 weeks. Bake in greased muffin pans at 400°. If desired, add raisins, nuts, etc.

*Karin Binkley*

**HONEY BRAN MUFFINS**

- ½ c. oat bran
- 2 c. boiling water
- 2 c. all-purpose flour
- 2 c. whole wheat flour
- ½ tsp. baking soda
- ½ tsp. salt

- 1 c. no-salt-added buttermilk
- ¼ c. honey
- 2 ½ Tbsp. vegetable oil
- 1 egg
- ½ c. raisins (optional)

Preheat oven to 400°. Spray muffin tin with nonstick cookingpray. In a large bowl, stir together ½ cup bran and water; let stand about 5 minutes. In a small bowl, combine the remaining bran with all-purpose and whole wheat flour, baking soda and salt. In another
small bowl, combine buttermilk, honey, oil and egg. Add dry and wet ingredients to wet bran; stir just until moistened. Fold in the raisins if used. Pour batter into muffin tins. Bake 20 minutes or until wooden toothpick inserted in the center of muffin comes out clean. Make 12 muffins.

Janice Syke

LOW-FAT GOLDEN CORN BREAD

\[
\begin{align*}
\frac{1}{4} \text{ c. vegetable oil} & \quad 1 \text{ Tbsp. baking powder} \\
1 \text{ c. yellow or white corn meal} & \quad \frac{1}{3} \text{ tsp. salt (optional)} \\
1 \text{ c. all-purpose flour} & \quad 1 \text{ c. skim milk} \\
2 \text{ Tbsp. sugar} & \quad 2 \text{ egg whites, slightly beaten}
\end{align*}
\]

Preheat oven to 400°. In 8 or 9-inch square baking pan or 10-inch ovenproof skillet, heat oil in the oven; tilt pan to coat bottom and sides evenly. (Iron skillet is best.) Combine dry ingredients. Add heated oil, milk and egg whites. Mix until just blended. Pour into hot pan. Bake 20 to 25 minutes or until golden brown and wooden pick inserted in middle comes out clean.

Tink Collins (Mrs. Glenn)

CORNY CORN BREAD

\[
\begin{align*}
1 \text{ c. corn meal} & \quad 1 \text{ c. cream-style corn} \\
1 \text{ c. sour cream (small carton)} & \quad 2 \text{ egg, beaten} \\
\frac{1}{2} \text{ c. corn oil} & \\
\end{align*}
\]

Mix all ingredients together. Preheat oven to 400° before placing in oven. Pour ingredients into an 8 x 8 x 2-inch greased pan and cook until lightly brown (about 35 to 40 minutes).

Bertie Mae Russell

ONION CORN BREAD

\[
\begin{align*}
1 \text{ large onion, diced} & \quad 1 \text{ small can cream-style corn} \\
1 \text{ pkg. corn muffin mix} & \quad \frac{1}{2} \text{ c. sour cream} \\
1 \text{ egg} & \quad \frac{1}{2} \text{ c. grated sharp cheese} \\
2 \text{ Tbsp. milk} & \\
\end{align*}
\]

Saute onion in butter. Mix corn muffin mix, egg, milk and corn; pour into a 1 ½ quart baking dish. Mix sauteed onion into sour cream
and spread over corn bread mixture. Sprinkle with cheese. Bake at 425° for 35 minutes. Makes 6 servings.

Ruby Petree

SPOON CORN BREAD

1 scant c. corn meal
3 c. milk
3 eggs, well beaten
1 tsp. salt
3 level Tbsp. baking powder
1 Tbsp. butter

In a saucepan, stir meal into 2 cups milk and let mixture come to a boil, stirring constantly, until mixture makes a mush. Then add the balance of milk, well beaten eggs, salt, baking powder and melted butter. Turn at once into a 1 1/2 or 2 quart well greased glass baking dish. Bake in 400° oven about 30 to 35 minutes or until done.

Evelyn Reed

FRENCH TOAST

2 eggs
2 Tbsp. milk
1 tsp. sugar
1 tsp. vanilla flavoring
2 tsp. cinnamon-sugar
1 tsp. margarine
4 slices bread
lite maple syrup

In a flat-bottomed bowl, beat eggs. Add milk, sugar and vanilla. Beat together thoroughly. Melt margarine in a skillet. Coat thoroughly both sides of each slice of bread. Place coated bread in a skillet and cook approximately 4 to 5 minutes on each side with temperature setting on medium-high. Sprinkle both sides of toast with cinnamon-sugar, flipping slices in the skillet to melt sugar coating. Serve with lite maple syrup. Yields 4 slices, two servings.

Becky Dawson

FRENCH TOAST CASSEROLE

(10 oz.) loaf French bread, cut into 1-inch slices
1 large eggs
1 c. milk
4 tsp. sugar and cinnamon to taste
1/2 tsp. salt
1 tsp. vanilla

Combine all ingredients except bread. Grease 9 x 13-inch pan. Place bread slices on bottom and pour egg mixture over entire casserole. Cover and set overnight. Remove cover before baking and dot
BREADS

with butter. Bake at 350° for 45 to 50 minutes. Serve with maple syrup, if desired.

Karin Binkley

SPECIAL PEACH MUFFINS

2 c. all-purpose flour
½ c. sugar
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
½ tsp. cinnamon

1/2 tsp. nutmeg
1 egg, beaten
1/2 c. vegetable oil
1/2 c. milk
1 (8 oz.) carton peach yogurt
1/2 c. finely chopped dried peaches

Topping:

2 Tbsp. flour
2 Tbsp. brown sugar
2 Tbsp. chopped pecans

1/2 tsp. cinnamon
2 Tbsp. soft butter

Combine flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl. Combine egg, oil, milk, yogurt and dried peaches. Add to dry ingredients, stirring until just moistened. Spoon into greased muffin pans, filling 2/3 full. Topping: Combine flour, brown sugar, pecans and cinnamon in small bowl. Cut butter into mixture until it resembles coarse meal. Sprinkle 1 heaping teaspoonful over each muffin. Bake at 400° for 20 minutes. Makes 1 1/2 dozen.

Barbara Wilkerson

POTATO ROLLS

3 small potatoes, peeled and quartered
2 pkg. yeast
½ tsp. honey
1 stick butter
1/4 c. shortening

1/2 c. honey
2 eggs
2 tsp. salt
6 to 7 c. flour (all-purpose or I use 4 1/2 c. bread flour and 2 c. whole wheat)

Cook potatoes 15 minutes or until tender. Reserve 1 cup potato water. Mash potatoes. Place 1/2 cup potato water in large bowl, sprinkle yeast over water and add 1/2 teaspoon honey. Stir to dissolve yeast. Let stand 10 minutes. Heat butter, shortening and remaining 1/2 cup potato water. Cool to lukewarm. Stir butter mixture into yeast mixture with honey, salt, eggs and mashed potatoes. Beat until blended.
Add 2 1/2 cups flour. Beat 2 minutes. Add 3 1/2 to 4 cups more flour until doughy. Knead 10 minutes. Put in greased bowl, cover and let rise 1 1/2 hours. Punch down. Knead some, cut in half and let rest 10 minutes. Grease 3 cake pans and divide dough into 36 pieces. Shape each piece into a small ball. Put 12 balls into each pan (9 around side and 3 in middle). Let rise 1 to 1 1/2 hours. Bake at 375° for 25 minutes. These are delicious rolls and since it makes 3 pans, you can give a pan away or they freeze wonderfully.

Charlain Allen

WHOLE WHEAT BREAD

- 1/2 c. honey or brown sugar, softened by water
- 1 pkg. yeast in 1 c. warm water
- 2 c. white bread flour

Mix milk, yeast dissolved in water, honey and whole wheat flour. Let stand in covered bowl about 30 minutes. Then add rest of the ingredients and some of white flour, mixing with a spoon as much as possible. Knead 5 to 10 minutes using as much flour as necessary until dough is smooth and elastic. Place in a greased bowl and let rise until double in bulk. Punch down and divide; place in 2 greased loaf pans, 5 1/2 x 10-inches. Let rise until double in bulk. Bake in a 350° oven about 30 to 35 minutes. Place brown paper over the bread the last 14 minutes.

Evelyn Doty

WHOLE WHEAT BISCUITS

- 1/4 c. all-purpose flour
- 1/4 c. whole wheat flour
- 1 Tbsp. sugar
- 1 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 pkg. yeast
- 4 Tbsp. margarine
- 3/4 c. warm water
- 1/2 c. buttermilk
- 1/2 c. wheat germ or use 1/2 c. All-Bran (fine)

Mix all dry ingredients. Cut in margarine with pastry blender. Add water and buttermilk. Mix until all liquid is absorbed. Cover and refrigerate overnight. Knead dough for 1 minute. Roll 1/2-inch thick. Cut out with biscuit cutter. Bake in 400° oven about 10 to 12 minutes. Dough may be stored in refrigerator for 3 or 4 days.

Evelyn Doty
SATURDAY MORNING PANCAKES

2 c. flour
1 tsp. salt
1 tsp. soda
2 Tbsp. sugar
2 eggs
2 Tbsp. melted butter
2 c. buttermilk

Mix dry ingredients. Add eggs, buttermilk and butter and mix well.

Barbara Wilkerson

SOURDOUGH BREAD FEEDER

¾ c. sugar
3 Tbsp. instant potatoes
1 c. warm water

Put starter in refrigerator 3 to 5 days. Take out, feed with the listed ingredients. Mix well, add to starter. Let stand out of refrigerator all day. Mixture will be bubbly. Take out 1 cup to make bread and return to refrigerator. Keep in refrigerator 3 to 5 days and feed again. If not making bread, after feeding, give or throw away 1 cup. This avoids deflating your starter.

Susie Whitt

SOURDOUGH BREAD

½ c. sugar
½ c. oil
1 tsp. salt
1 c. starter
1 ½ c. warm water
6 c. Pillsbury bread flour

In a large bowl, make a stiff batter of the ingredients. Grease another bowl. Put dough in and turn over (oily side up). Cover. Let stand overnight (do not refrigerate). Next morning, punch down and knead. Divide into 3 or 4 equal parts and knead each on floured surface 8 to 10 times. Put into greased pans and brush with oil. Let rise 4 to 5 hours. All day is okay. Cover. Bake uncovered at 350° for 30 to 45 minutes. Remove and brush with butter. Cool on rack. Wrap well and store. Refrigerate. Bread freezes well. Keep bread in refrigerator because it is sourdough.

Susie Whitt
**SAINT JOSEPH’S BREAD**

- ½ c. warm water (110° to 115°)
- pkg. active dry yeast
- Tbsp. shortening
- Tbsp. sugar
- Tbsp. olive or cooking oil
- 2 tsp. salt
- 4 to 4 ½ c. all-purpose flour
- 1 beaten egg
- ¼ c. sesame seed

In small bowl combine the warm water, yeast, shortening, sugar, oil and salt. Let stand 5 minutes. Place 2 ½ cups of flour in large mixer bowl; add liquid mixture. Beat on low speed of electric mixer and stir by hand until all ingredients are thoroughly blended. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out on a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 10 minutes total). Shape into a ball. Place in lightly greased bowl; turn once to grease surface. Cover; let rise in warm place until double (15 to 60 minutes).

Punch down, divide dough into six equal pieces. Cover; let rise 10 minutes. Roll each piece into a 12-inch long rope. Using three ropes for each loaf, braid and secure ends. Place on greased baking sheets. Cover; let rise until nearly double (30 to 45 minutes). Brush sides and tops of loaves with beaten egg. Sprinkle with sesame seed.

Combine yeasts, water, butter, sugar, cardamon, salt and egg in mixing bowl. Add flour. Let rise in a warm place until double in size. Work dough down and divide into 6 even balls which are to be rolled into ropes. Braid the ropes into 2 loaves. Brush loaves well and bake in 400° oven for 25 minutes or until bread tests done and is golden brown. Remove bread from baking sheets; cool on wire rack.

Evelyn Reed

**CARDAMON BREAD**

- pkg. dry yeast
- c. warm water
- c. melted butter
- c. sugar
- tsp. cardamon
- tsp. salt
- 1 egg
- 6 c. straight flour
- melted butter
- cinnamon
- sugar

Combine yeast, water, butter, sugar, cardamon, salt and egg in mixing bowl. Add flour. Let rise in a warm place until double in size. Work dough down and divide into 6 even balls which are to be rolled into ropes. Braid the ropes into 2 loaves. Brush loaves well and bake in 400° oven for 25 minutes or until bread tests done and is golden brown. Remove bread from baking sheets; cool on wire rack.

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BREADS

with melted butter and sprinkle with sugar and cinnamon. Let rise until double in size. Bake in 350° oven for 30 minutes or until brown and tests done.

Evelyn Reed

**ZUCCHINI BREAD**

<table>
<thead>
<tr>
<th>ZUCCHINI BREAD</th>
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<tbody>
<tr>
<td>3 eggs</td>
</tr>
<tr>
<td>2 c. sugar</td>
</tr>
<tr>
<td>1 c. cooking oil</td>
</tr>
<tr>
<td>2 c. grated zucchini</td>
</tr>
<tr>
<td>2 tsp. vanilla extract</td>
</tr>
<tr>
<td>3 c. sifted flour</td>
</tr>
<tr>
<td>1 tsp. baking powder</td>
</tr>
<tr>
<td>3 tsp. cinnamon</td>
</tr>
<tr>
<td>1 tsp. salt</td>
</tr>
<tr>
<td>1 tsp. baking soda</td>
</tr>
<tr>
<td>1 c. chopped pecans</td>
</tr>
<tr>
<td>1 small can crushed pineapple,</td>
</tr>
<tr>
<td>drained</td>
</tr>
<tr>
<td>½ c. raisins</td>
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</tbody>
</table>

Beat together eggs, sugar and oil. Add zucchini and vanilla. Sift together flour, baking powder, cinnamon, salt and baking soda. Add to zucchini mixture. Fold in pecans, pineapple and raisins. Pour into two 9 x 5-inch greased and floured loaf pans. Bake at 325° for 1 hour. Can be frozen after baking.

Bonny McNally

**BROCCOLI BREAD**

<table>
<thead>
<tr>
<th>BROCCOLI BREAD</th>
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<tbody>
<tr>
<td>1 pkg. frozen chopped broccoli,</td>
</tr>
<tr>
<td>cooked</td>
</tr>
<tr>
<td>1 stick margarine, melted</td>
</tr>
<tr>
<td>1 c. cottage cheese</td>
</tr>
<tr>
<td>4 eggs, beaten</td>
</tr>
<tr>
<td>1 tsp. salt</td>
</tr>
<tr>
<td>1 small box Jiffy corn muffin mix</td>
</tr>
<tr>
<td>1 medium onion, chopped</td>
</tr>
</tbody>
</table>

Cook onion in with broccoli; drain and add margarine, cheese, egg and muffin mix and salt, if desired. Bake in 9 x 9 x 2-inch pan for about 35 to 40 minutes or until light brown at 350°. Serves 8 to 10.

Peggy H. Bowles

**BANANA NUT BREAD**

<table>
<thead>
<tr>
<th>BANANA NUT BREAD</th>
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<tbody>
<tr>
<td>1 ½ c. sugar</td>
</tr>
<tr>
<td>2 sticks butter (at room</td>
</tr>
<tr>
<td>temperature)</td>
</tr>
<tr>
<td>2 eggs, beaten (at room</td>
</tr>
<tr>
<td>temperature)</td>
</tr>
<tr>
<td>8 medium ripe bananas, mashed</td>
</tr>
<tr>
<td>3 c. self-rising flour</td>
</tr>
<tr>
<td>½ c. milk</td>
</tr>
<tr>
<td>¾ c. pecans, chopped</td>
</tr>
<tr>
<td>1 tsp. vanilla flavoring</td>
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<tr>
<td>½ c. Crisco or Puritan</td>
</tr>
</tbody>
</table>
Cream sugar and butter until fluffy; add eggs and bananas. Mix flour and milk; add nuts and vanilla. Add oil last. Pour into greased and floured loaf pans. Bake at 350° for 30 to 35 minutes or until golden brown. Yields 2 regular or 3 small loaves.

Nancy H. Rogers

SESAME CHEESE MUFFINS

| 2 c. chopped onion | 1 egg |
| Tbsp. butter       | 1/2 c. milk |
| 1/2 c. biscuit mix | 1 Tbsp. toasted sesame seed |
| c. shredded cheese | 1 Tbsp. melted butter |

Saute onion in 1 tablespoon butter until tender. Combine onion, biscuit mix and 1/2 cup cheese in bowl. Combine egg and milk; add to biscuit mixture, stirring just until moistened. Spoon into greased muffin pans, filling 2/3 full. Sprinkle with remaining cheese and sesame seed; drizzle with 1 tablespoon butter. Bake at 400° for 5 minutes.

Penny Petree Goode

ORANGE MUFFINS

| c. sugar | 1 tsp. baking soda |
| juice of 1 orange (about 1/2 c.) | 1 tsp. salt |
| 2 c. butter (room temperature) | 1 tsp. grated orange rind |
| c. sugar | 1/2 c. raisins |
| c. sour cream | 1/2 c. chopped nuts |
| c. sifted flour (measure after sifting) |

Preheat oven to 375°. Mix together sugar and orange juice. Set aside for dipping after muffins are cooked. Grease miniature muffin pans well and set aside. Cream together butter and sugar until smooth. In separate bowl, mix together flour, baking soda and salt. Add sour cream to butter-sugar mixture alternately with dry ingredients, stirring just until mixed. Bake at 375° for 12 to 15 minutes. Remove muffins from pans and while warm, dip them into the sugar-range mixture. Cool muffins on wire rack. Makes 36 miniature muffins or 18 regular muffins.

Note: No liquid as such, but it’s correct. One addition, I like to add any extra rind to the dipping mixture.

Pam Southerland
BREADS

“BOJANGLE” BISCUITS

2 c. self-rising flour 1 c. buttermilk
2 tsp. powdered sugar ½ c. Crisco shortening
2 tsp. double-acting baking powder

Mix flour, sugar, baking powder and Crisco. Mix until little balls appear like cornbread. Add buttermilk and stir quickly until mix does not stick to the side of the bowl. Turn out on floured cloth or board. Roll dough over and over for 5 minutes, pushing ball around and around by hand. Roll out lightly with rolling pin until ½-inch thick. Cut with 3-inch cutter and place on greased baking pan. Bake 10 to 15 minutes at 400°.

Optional: Dip in real butter before baking for most delicious flavor.

Gail Skidmore

BLUE RIBBON WHOLE GRAIN BREAD

1 pkg. yeast 1/4 c. bran
1 tsp. sugar 1 Tbsp. molasses
3 Tbsp. butter 1 tsp. salt
2 c. bread flour 1 Tbsp. raw wheat germ
1 c. whole wheat flour

Add yeast and sugar to 1/4 cup warm water. Mix and set aside. Add butter to 1 cup warm water. Mix and set aside. Combine bread flour, whole wheat, wheat germ, bran and salt. Add yeast and butter mixtures to flour mixture. Knead 10 minutes or so. Form into a ball. Let rise until double, about 1 hour, covered. Punch down the dough and roll it into a rectangle with a rolling pin. Roll bread up (jelly roll style) and place in a greased/floured pan with the seam facing down and ends tucked under. Cover and let rise again until double. Bake 20 minutes at 425°.

Bill Leonard

SWEET POTATO BREAD

2 c. mashed sweet potatoes 2 tsp. nutmeg
3 c. sugar ½ tsp. cloves
4 eggs 2 tsp. soda
1 c. oil 1 tsp. salt
3/4 c. water 1 c. raisins
3 1/2 c. flour 1 c. chopped nuts
3 tsp. cinnamon

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Boil and whip sweet potatoes ahead or use canned potatoes. Cream sugar, eggs and oil. Add water to dry ingredients in separate bowl. Gradually add to sugar mixture. Blend in sweet potatoes. Fold in nuts and raisins. Grease and flour two loaf pans. Fill pans 2/3 full. Bake at 325° for 1 hour and 15 minutes. Yields 30 to 40 slices.

*Peggy H. Bowles*

**BREAKAWAY VEGGIE BREAD**

3 (10 oz. each) cans refrigerated buttermilk biscuits  
1/4 c. margarine, melted  
1/2 c. (2 oz.) grated Parmesan cheese  
1 small onion, chopped  
1/2 lb. bacon, cooked and crumbled  
1 small green pepper, chopped

Cut biscuits into quarters with kitchen shears. Dip each piece in the melted margarine and layer 1/3 in a lightly greased 10-inch Bundt pan. Sprinkle with 1/2 of bacon, cheese, onion and green pepper. Repeat layers. Bake at 350° for 40 to 45 minutes. Invert on plate or serving.

*Patti Petree*
BREADS

- - YOUR FAVORITE RECIPES - -

Recipe

Page Number
CANDLE SERVICE

In December 1747, John von Watteville held a watch service for children in Marienborn, Germany. During this service, he told of the inexpressible blessedness which came through the birth of Jesus'; among other things that by His wounds and pierced side, He had lighted a blood-red flame in every heart, which would burn forever to His joy and our salvation. As a reminder of this, he gave each child a burning taper tied with a small red ribbon.

This custom quickly became a tradition in the Moravian Church. Eventually this became part of the adult Christmas Eve lovefeast.

Beeswax and beef tallow are used to make the candles. The candles are made by hand in tin molds by the non-denominational Mary Ann Fogle Service League. They annually make forty thousand lovefeast candles. The candles are trimmed in nonflammable crepe paper. This is not only decorative, but protects one's hand from dripping hot beeswax.

The candles of today are still symbolic of Christ as the light of the world and of a Christian's witness to follow Him as that light.
THE ADVENT WREATH

The Advent Wreath is a circular wreath of greenery which speaks of God's never ending love and care for His own and of the life He brings to all. The wreath is topped with four candles, one lighted for each Sunday in Advent. These candles symbolize (1st Sunday) our preparing for the Messiah's birth, (2nd Sunday) the coming of our Lord in glory, (3rd Sunday) the sharing of Christ's love with all the world, and (4th Sunday) the glad tidings of great joy that are now at hand.
DESSERTS

SWEET POTATO PIE

c. mashed sweet potatoes 1 ½ c. sugar
stick margarine, melted 1 tsp. vanilla flavoring
eggs, well beaten 1 tsp. lemon flavoring
large can milk 2 unbaked pie shells

Mix all ingredients and pour into 2 unbaked pie shells. Bake at 75° for 15 minutes, then finish baking at 350°.

Virginia Crater

“MAVAREEN’S” RAW SLICED SWEET POTATO PIE

large sweet potatoes ½ tsp. cinnamon
c. sugar ½ tsp. salt
c. flour ½ tsp. margarine
tsp. ginger ¼ c. evaporated milk
tsp. nutmeg ¼ c. water

Peel and slice sweet potatoes fairly thin. Heap in unbaked pie crust. Combine sugar, flour, ginger, cinnamon, nutmeg and salt; mix well. Sprinkle over sliced potatoes. Mix milk with water. Pour over ice; dot with margarine. Bake 10 minutes at 450°, reduce heat to 350° and bake for 40 minutes. I like strips on top.

Margie Peterson

FUDGE PIE

sq. chocolate ¼ c. flour, sifted
stick butter 1 tsp. vanilla
eggs ½ c. nuts
c. sugar


Frances Pleasants
TOLL HOUSE PIE

2 eggs
1/2 c. all-purpose flour
1/2 c. sugar
1/2 c. firmly packed brown sugar
1 c. butter, melted and cooled to room temperature

1 (6 oz.) pkg. (1 c.) Nestle Toll House semi-sweet chocolate morsels
1 c. chopped walnuts
1 (9-inch) pie shell, unbaked
whipped cream or ice cream (optional)

Preheat oven to 325°. In a large bowl, beat eggs until foamy. Add flour, sugar and brown sugar. Beat until well blended. Blend in melted butter. Stir in chocolate morsels and walnuts. Pour into pie shell. Bake at 325° about 1 hour. Remove from oven. Serve warm with whipped cream or ice cream. Makes one 9-inch pie. Recipe may be doubled. Bake 2 pies; freeze one for later use.

Della Matthew

CHOCOLATE-PEANUT BUTTER PIE

1 1/2 c. Oreo cookie crumbs
1/2 c. butter

Filling:
6 oz. cream cheese
3/4 c. crunchy peanut butter
1 c. confectioners sugar
1/4 c. chocolate syrup

1/4 c. milk
1/2 tsp. vanilla
1 1/2 c. whipped cream

Blend together cookie crumbs and butter and press in a 9-inch pan. Bake for 10 minutes at 350° and let cool.

Filling: Blend together cream cheese, peanut butter and sugar. Add chocolate syrup, milk, vanilla and whipped cream. Blend all together, pour into the crust and let cool. Drizzle chocolate syrup and chopped peanuts over the top. Freeze until the pie is set. This pie will keep well in the freezer.

Pamela Robbin

CHOCOLATE PECAN PIE

3 eggs, slightly beaten
1 c. Karo syrup
4 oz. Baker’s German’s sweet chocolate, melted and cooled
1 tsp. vanilla extract

1/2 c. sugar
2 Tbsp. butter or margarine
1 1/2 c. pecan halves
1 unbaked 9-inch pie shell
Heat oven to 350°. In a large bowl, stir eggs, Karo syrup, chocolate, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pie shell. Bake 50 to 60 minutes until knife inserted comes out clean. Cool on wire rack. Serves 8.

*Margie Peterson*

**CHOCOLATE PIE**

- ½ stick margarine
- 2 c. sugar
- 6 Tbsp. cocoa
- 4 eggs
- 2 tsp. vanilla
- 1 large can evaporated milk plus enough low-fat milk to make 2 c.
- 2 uncooked 9-inch pie shells
- Cool Whip (optional)

Mix sugar and cocoa and add melted margarine. Add eggs, one at a time, beating well after each addition. Add milk and beat again, then add vanilla and beat more. Pour into 2 uncooked 9-inch pie shells and bake at 350° for approximately 45 to 50 minutes. Pour Cool Whip on top, if desired.

*Janice Sykes*

**PLANTERS BROWNIE FUDGE PIE**

- 2 ¾ c. Planters pecan halves or walnuts
- 14 oz. can sweetened condensed milk
- ¾ c. Blue Bonnet margarine
- 3 eggs, beaten
- 1 tsp. vanilla extract
- ½ c. unsweetened cocoa
- 3 Tbsp. all-purpose flour
- 9-inch unbaked pie shell
- Whipped cream for garnish

Coarsely chop 1 ½ cup of nuts. In medium saucepan, over low heat, stir condensed milk, margarine and cocoa until margarine melts and mixture is warm; remove from heat. Stir in eggs, vanilla and chopped nuts; pour into prepared crust. Bake at 350° for 50 minutes or until center is firm. Serve warm or cold. Garnish with whipped cream and remaining nuts.

*Evelyn Reed*

**MOUNTAIN PIE**

- 1 stick butter or margarine
- 1 pt. berries or any kind of fruit
- ¾ c. sugar
- ¾ c. self-rising flour
- ¾ c. milk
- 1 tsp. vanilla or flavoring of your choice
DESSERTS

Place stick of butter or margarine into a casserole type baking dish. Place in oven. Turn oven to 375° and leave butter until melted. Remove dish from oven. Add fruit or berries to melted butter. Combine sugar, flour, milk and vanilla; mix thoroughly. Pour over berries or fruit. Bake at 375° for 35 minutes or until done. Serve warm with ice cream or chilled boiled custard.

Laura Thorpe

MILLION DOLLAR PIE

1 can sweetened condensed milk
½ c. lemon juice (bottled lemon juice is o.k.)
1 can crushed pineapple, drained

½ to 1 c. crushed pecans
1 large carton whipped topping
2 graham cracker pie crusts


Grace Thorpe

PEACH PIE

4 c. fresh peaches
½ to ¾ c. sugar
¼ c. flour
½ tsp. cinnamon

⅛ tsp. nutmeg
1 Tbsp. lemon juice
1 (9-inch) unbaked pie shell

Sprinkle lemon juice over peaches. Mix sugar, flour, cinnamon and nutmeg. Add to peaches; mix well. Put into pastry lined 9-inch pie pan. Cover with crumb crust. Bake 40 minutes at 400°.

Crumb Crust:

½ c. sugar
¾ c. flour
½ c. margarine

Mix well. Spread evenly over pie.

Margaret Bowles

BANANA CREAM PIE

⅔ c. sugar
dash of salt
¼ c. cornstarch
3 egg yolks
2 c. milk, scalded

1 c. half and half milk
2 Tbsp. butter
1 tsp. vanilla extract
2 ripe bananas, sliced thin
1 baked 9-inch pie shell
DESSERTS

Meringue:

\[
\begin{align*}
\frac{1}{2} \text{ c. sugar, divided} & \quad \frac{1}{2} \text{ c. water} \\
1 \text{ Tbsp. cornstarch} & \quad 3 \text{ egg whites} \\
\frac{1}{8} \text{ tsp. salt} & \quad \frac{1}{2} \text{ tsp. vanilla extract}
\end{align*}
\]

Combine sugar, salt and cornstarch in a heavy saucepan. Beat egg yolks and half and half at medium speed of an electric mixer; add to sugar mixture. Pour hot milk slowly over egg mixture, stirring constantly. Cook over medium heat, stirring constantly, until thickened. Remove from heat; add butter and vanilla. Pour \(\frac{1}{3}\) of mixture into baked pie shell and layer with banana slices. Repeat layers, ending with filling. Cover with wax paper and set aside.

Meringue: Combine \(\frac{1}{4}\) cup sugar, cornstarch and salt in a saucepan; stirring constantly, add water and cook over medium heat until mixture comes to a boil. Boil 1 minute; cool completely. Beat egg whites (at room temperature) at high speed of an electric mixer until foamy. Gradually add remaining \(\frac{1}{4}\) cup sugar, 1 tablespoon at a time, beating until soft peaks form. Add vanilla and cornstarch mixture; beat until stiff peaks form. Remove wax paper from filling; spread meringue over filling, sealing to edge of pastry. Bake at 350° for 12 to 15 minutes or until golden brown. Cool completely before serving. Refrigerate.

Peggy H. Bowles

BLENDER LEMON PIE

\[
\begin{align*}
1 \text{ stick butter} & \quad 1 \text{ lemon, quartered (use rind and all)} \\
2 \text{ c. sugar} & \quad 2 \text{ unbaked pie shells} \\
4 \text{ eggs} &
\end{align*}
\]

Put eggs in blender and beat thoroughly. Add sugar and lemon. Beat or blend again. Add butter. Pour into 2 pie shells and bake for 25 to 30 minutes at 350°.

Ruby Petree

LEMON ICEBOX PIE

\[
\begin{align*}
2 \text{ egg yolks, beaten} & \quad \frac{1}{2} \text{ c. ReaLemon juice} \\
1 \text{ can Eagle Brand milk} & \quad 1 \text{ graham cracker crust}
\end{align*}
\]
DESSERTS

Blend egg yolks and milk; add lemon juice. Pour into graham cracker crust. Beat 2 egg whites, spread on top and bake until brown at 350°.

Virginia Crate

PINEAPPLE ICEBOX PIE

| 1 can crushed pineapple (1 lb. 4½ oz. can) | 1 box lemon jello |
| 2 eggs | 1 large can Carnation milk |
| 1 c. sugar | enough vanilla wafer crumbs to line |
| 2 (9-inch) pie pans |

Put juice, sugar and eggs in saucepan. Let come to boiling point; add jello. Let cool. Whip large can of milk which has been chilled. Add to first mixture. Fold in lightly. Line two 9-inch pie pans with crushed vanilla wafers and add mixture. Put in icebox until congealed.

Laura Thorpe

PINEAPPLE PIE

| ½ c. butter | 1 (8 oz.) can crushed pineapple |
| 1 c. powdered sugar | 1 unbaked pie shell |
| 2 eggs |

Cream butter with powdered sugar. Add egg yolks, beaten and pineapple, drained. Mix well. Fold in beaten egg whites. Place in pastry lined pan. Bake in moderate oven for about 30 minutes.

Margaret Bowles

LIME PIE

| 1 can Eagle Brand condensed milk | 1 (9-inch) graham cracker pie shell |
| 1 can frozen limeade | 1 to 2 drops green food coloring |
| 1 large Cool Whip | ¼ c. grated chocolate |

Mix partially melted lime juice with condensed milk. Add Cool Whip and food coloring to suit. Put in pie shell, add chocolate trim and refrigerate.

Becky Dawson
DESSERTS

JAPANESE FRUIT PIE

1 c. sugar
1 stick butter, melted and blended with sugar
2 eggs
dash of salt
½ c. raisins
½ c. pecans, chopped
½ c. coconut
1 Tbsp. vinegar
1 unbaked pie shell

Pour into unbaked pie shell. Bake at 375° for 30 to 40 minutes.

Roberta Franklin

SOUR CREAM RAISIN PIE

1 c. light raisins
1 c. sugar
1 egg, beaten
1 c. sour cream
pinch of salt
½ tsp. vanilla
1 (9-inch) unbaked pie shell

Beat eggs, add sugar and beat until sugar is dissolved. Add cream, raisins, salt and vanilla. Blend. Pour into 9-inch unbaked pie crust. Bake at 400° for 10 minutes, then at 350° for 25 to 30 minutes. Test as for custard pie. If knife blade comes out clean from center of pie, it is done. If you want to make it even more luscious, you can sprinkle walnuts or pecans over top before baking. Serve with whipped cream.

Ruby Petree

SOUR CREAM AND APPLE PIE

1 c. sour cream
⅔ c. sugar
2 Tbsp. flour
½ tsp. salt
1 tsp. vanilla
1 egg
2 c. apples or 1 can pie slices
1 unbaked pie shell

Topping:
½ c. brown sugar
½ c. flour
½ c. butter

Beat sour cream, sugar, flour, salt, vanilla and egg. Add apples. Pour into unbaked pie shell. Bake at 350° for 25 minutes. Mix together brown sugar, flour and butter. Sprinkle over top of pie. Bake 20 minutes more.

Diana Davis
DESSERTS

PENN DUTCH APPLE PIE WITH CRUST

Crust:
1 1/2 c. flour ½ c. vegetable oil
1 1/2 tsp. sugar 2 Tbsp. milk
½ tsp. salt

Filling:
apples
1 Tbsp. flour
1 Tbsp. sugar
brown sugar
grated sugar
cinnamon
butter

Mix crust ingredients in pie tin with hands or fork; pat firmly. Quarter and peel apples. Place 1 tablespoon flour and 1 tablespoon sugar on bottom of pie shell. Put apples on top. Sprinkle with brown sugar, granulated sugar and cinnamon. Place pats of butter on top. Bake at 375° until apples are tender and brown.

Pam Southerland

FLUFFY PEANUT BUTTER PIE

1 chocolate crust
8 oz. pkg. cream cheese, softened
14 oz. can sweetened condensed milk
3/4 c. creamy peanut butter
3 Tbsp. lemon juice

Chocolate Crust:
½ c. melted butter
6 oz. pkg. semi-sweet chocolate chips
1 c. whipped cream or 4 oz. Cool Whip
1 to 2 tsp. Hershey’s chocolate syrup
1 tsp. vanilla
2 1/2 c. Rice Krispies

To make the pie filling, in a large bowl, beat the cream cheese until fluffy. Beat in the milk and peanut butter until smooth. Stir in the lemon juice and vanilla. Fold in the whipped cream and pour into the crust. Drizzle with chocolate syrup and refrigerate for 4 hours. To make the crust, melt butter in a medium-sized pan. Add chocolate chips and stir over low heat until smooth and completely melted. Remove from the heat. Add Rice Krispies and stir well. Press mixture into a 9-inch pie plate. Chill 30 minutes.

Della Matthews
LIGHT AND CREAMY PUMPKIN PIE

1 pkg. butterscotch pudding
1/2 c. sugar
1 tsp. cinnamon
1/2 tsp. allspice
2 c. milk
2 egg yolks
1 envelope plain gelatin
1/4 c. water
1 c. cooked pumpkin
1/2 tsp. cream of tartar
2 egg whites

Mix pudding, sugar, cinnamon, allspice, milk and egg yolks and cook over medium heat until thick. Remove from heat and stir in 1 envelope plain gelatin which has been softened in 1/4 cup water. Add 1 cup cooked pumpkin. Mix well. Beat cream of tartar with egg whites until stiff, but not dry. Fold into butterscotch-pumpkin mixture. Pour into baked pie shell. Chill. Garnish with whipped cream.

Roberta Franklin

MAGIC PUMPKIN PIE

1 (9-inch) pie shell, unbaked
2 c. (16 to 17 oz. can) canned pumpkin
1/2 tsp. each salt, nutmeg and ginger
1 1/2 c. (15 oz. can) Eagle Brand sweetened condensed milk
1 egg
1/4 tsp. cinnamon

In a large-sized mixing bowl, blend together all ingredients. Turn the mixture into a pie shell and bake at 375° until a sharp-bladed knife inserted near the center comes out clean, approximately 50 to 55 minutes. Cool. Refrigerate for at least 1 hour.

Della Matthews

FROZEN LEMON CREAM PIE

1 (9-inch) graham cracker crumb crust
3 eggs, separated
1/2 c. plus 2 Tbsp. sugar
1/4 c. lemon juice
1 c. (1/2 pt.) whipping cream, whipped

Sauce:

1 (10 oz.) pkg. frozen red raspberries
1/4 c. red currant jelly
1 Tbsp. cornstarch
DESSERTS

In large bowl, beat egg yolks and ½ cup sugar until light. Add lemon juice. In small bowl, beat egg whites to soft peaks; gradually add remaining sugar. Beat to stiff peaks. Fold egg whites into lemon mixture, gradually fold in whipped cream. Spoon into crust. Freeze 3 hours or until firm. Serve into Raspberry Sauce:

Raspberry Sauce: Reserve ⅔ cup syrup from the 10 ounce package thawed, frozen red raspberries. In small saucepan, combine syrup, ¼ cup currant jelly and 1 tablespoon cornstarch. Cook and stir until slightly thickened and clear. Cool. Add raspberries.

Rosemary Worley

AMAZING COCONUT PIE

2 c. milk
½ c. biscuit mix
¼ c. butter or margarine
⅔ c. sugar

4 eggs
1 ½ tsp. vanilla
1 c. Angel Flake coconut

Combine milk, sugar, biscuit mix, eggs, butter and vanilla in electric blender container. Cover and blend on low speed for 3 minutes. Pour into a greased 9-inch pie pan. Let stand about 5 minutes, then sprinkle with coconut. Bake at 350° for 40 minutes. Serve warm or cool.

Margaret Bowles

BROWN SUGAR PIE

2 eggs, well beaten
2 Tbsp. flour
3 Tbsp. butter
2 c. brown sugar

¾ c. milk
1 tsp. vanilla
1 unbaked pie shell
¾ c. pecans (optional)

Mix flour and sugar thoroughly. Add eggs, milk, melted butter and flavoring. Put on stove and let start to thicken. Pour into unbaked pie shell. Bake in moderate oven for about 30 minutes.

Note: Three quarters of a cup of pecans could be added, if desired.

Margaret Bowles

RHUBARB PIE

2 to 3 c. rhubarb
1 c. sugar
2 Tbsp. flour

1 drop almond flavoring
pinch of salt
1 unbaked pie shell and top crust
DESSERTS

Cut rhubarb in one-inch pieces and let stand in sugar 30 minutes. Mix all of the ingredients together. Pour into pie shell and dot with butter or margarine, then put on top crust. Bake at 450° for 10 minutes, then lower oven temperature to 350° and bake 30 minutes longer.

Laura Thorpe

PIE CRUST
(To Freeze)

1 lb. flour
2 lb. can Crisco
4 c. salt
3 ½ to 4 ½ c. cold water

Stir flour and salt together. Mix in Crisco until crumbly (I use my hands). Add water until dough goes gooshy-gooshy as you mix. Make into balls enough for 1 crust, place in sandwich bag, then in freezer bag. Thaw to room temperature. Use for chicken pie, quiche and fruit pie. Makes about 10 double crusts. Keeps months.

Pam Southerland

SINGLE CRUST 9-INCH PIE

2 c. Crisco
½ tsp. salt
½ c. sifted flour
3 Tbsp. water

Mix flour and salt in a bowl. Take out ¼ cup flour. Cut Crisco (with knives, fork or blender) into remaining flour until the pieces are the size of small peas. Mix 3 tablespoons water with the ¼ cup flour to form paste. Add to Crisco-flour mixture. Mix and shape into a ball. Place on board and roll in short, light strokes from the center to the edges, keeping it circular in shape. Place in 9-inch pie plate.

Margaret Bowles

TARTS

Crust:

1 large pkg. cream cheese
1 stick butter or margarine

Filling:

1 stick margarine
1 c. sugar
1 c. raisins

2 c. plain flour
1 c. nuts
1 tsp. vanilla
2 eggs, separated
DESSERTS

For Crust: Cream the cheese and butter. Add flour and mix well. Press into small muffin tins.

For Filling: Beat egg whites until stiff. Set aside. Mix all other ingredients, including the egg yolks. Fold beaten egg whites into mixture. Spoon mixture into uncooked crusts. Bake in 320° oven for 25 minutes. These freeze well.

Rosemary Worley

CHESS TARTS

1 egg
1 c. light brown sugar
1 Tbsp. flour
1 Tbsp. milk
1 Tbsp. vanilla
1 Tbsp. softened butter
unbaked tart shells

Beat egg, add sugar, then other ingredients. Spoon into unbaked tart shells. Bake at 350° for 25 minutes.

Ruby Petree's
Mother-In-Law's recipe

PECAN TARTS

4 eggs
1 ½ c. light Karo syrup
1 ½ c. sugar
2 Tbsp. plus 2 tsp. melted margarine
2 tsp. vanilla
1 c. chopped pecans
16 tart shells

Mix eggs, syrup, sugar, margarine and vanilla until well blended. Add chopped pecans. Pour mixture into tart shells and bake at 350° for 25 minutes. Makes 16 tarts.

Evelyn Whit

DATE PINEAPPLE ICEBOX CAKE

7 oz. pkg. graham crackers
1 stick margarine or butter
1 c. chopped pecans
1 can crushed pineapple
½ c. sugar
1 c. dates, chopped


Treva Swain
PAM'S DELICIOUS CARROT CAKE

2 c. flour
2 c. sugar
2 tsp. baking soda
2 tsp. cinnamon

1 tsp. salt
1 c. Mazola oil
4 eggs
3 c. grated carrots

Icing:

1 (8 oz.) pkg. cream cheese
1 stick butter
1 lb. powdered sugar
2 tsp. vanilla
1 c. chopped nuts

Mix all together and put into a greased sheet cake pan. Bake at 350° for approximately 45 minutes.

For Icing: Mix together thoroughly and spread on top of the cooled cake. Keep refrigerated. For best results, let stand at room temperature prior to serving. Serves 10 to 12.

Pamela Robbins

BUTTER-CINNAMON DELIGHT COFFEE CAKE

1 box yellow cake mix
3 ¼ oz. box instant vanilla pudding
4 eggs
3/4 c. cooking oil
3/4 c. water

1 Tbsp. butter flavoring
1/4 c. sugar
1/4 c. chopped pecans
1/4 c. coconut
2 tsp. cinnamon

Glaze:

2 Tbsp. milk
1 c. powdered sugar
1 tsp. vanilla extract
1 tsp. butter flavoring

Put cake mix, pudding mix, eggs, oil, water and butter flavoring in a bowl and beat with mixer 6 to 8 minutes. Mix sugar, nuts, cinnamon and coconut in a bowl. Put 1/2 cake batter in a 10-inch tube or Bundt pan. Sprinkle with half of filling. Add rest of batter and sprinkle remainder of filling on top. Stir filling barely into batter. Bake at 350° for 45 minutes. Mix together the glaze ingredients and drizzle over the warm cake.

Frances Binkley
DESSERTS

ICEBOX CAKE

Step 1:
1 c. plain flour
1 c. chopped nuts

Step 2:
1 c. sugar
1 (8 oz.) pkg. cream cheese

Step 3:
1 pkg. instant chocolate pudding mix
1 pkg. instant vanilla pudding mix
3 c. milk

Mix together flour, nuts and margarine and press into a 9 x 13-inch pan. Bake at 350° for 25 to 30 minutes. Mix sugar, cream cheese and whipped topping. Spread evenly over cold crust. Mix puddings with milk until thick. Spread evenly over second mixture and top with remainder of whipped topping.

Doris Ward

OATMEAL CAKE

1 c. brown sugar
1 c. white sugar
1 ½ c. self-rising flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon

Topping:
1 stick butter
1 c. sugar
1 c. coconut

1 ¼ c. boiling water
1 c. quick oats
½ c. Crisco oil
2 eggs
1 tsp. vanilla

1 c. chopped pecans
2 eggs
¼ c. milk

Sift together dry ingredients for cake. Blend in everything else for cake with an electric mixer until smooth. Pour into an 8 x 12-inch glass baking dish which has been greased and floured. Bake at 350° for 30 minutes.

Topping: Mix together topping ingredients and spread on top of the baked cake. Return the cake to the oven and broil just until coconut begins to brown.

Frances Binkley
MOIST QUICK OATS CAKE

- 2 c. quick oats
- ½ c. boiling water
- c. brown sugar
- c. white sugar
- stick margarine

Icing:
- c. brown sugar
- 2 stick butter
- ½ c. milk

Pour water over oats; let set for 20 minutes. Cream sugar and butter; add eggs and cream well. Add oats, flour, soda, nutmeg and vanilla to mixture. Grease and flour pan. Bake 30 to 40 minutes at 350°.

Icing for Cake: Mix brown sugar, butter, milk, coconut and nuts well. Pour over cake when you take it from oven. Then place it under broiler and brown lightly. Cool and cut in squares.

Treva Swaim

MISSISSIPPI MUD CAKE

- ½ c. cocoa
- c. sugar
- sticks butter
- eggs, slightly beaten

Icing:
- lb. powdered sugar
- c. milk
- stick butter

- 1 ½ c. flour, sifted
- c. sugar
- sticks butter
- eggs, slightly beaten

- ½ c. cocoa
- miniature marshmallows

Melt butter and cocoa. Remove from heat. Stir in sugar and eggs. Mix well and add flour, salt, chopped nuts and vanilla. Mix well and bake in a greased 9 x 13-inch pan at 350° for 35 minutes or until done. Remove from oven. Cover top of cake with miniature marshmallows while still hot.

Icing: Melt butter and cocoa; add milk and powdered sugar. Spread over hot cake.

Kathleen Robbins
DESSERTS

HAWAIIAN CAKE

18 1/2 oz. pkg. yellow cake mix
5 1/2 oz. large pkg. instant vanilla pudding mix
1 c. cold milk
6 oz. pkg. cream cheese, softened
1/2 c. chopped pecans

9 oz. container frozen nondairy whipped topping, thawed
20 oz. can crushed pineapple, well drained
1/2 c. flaked coconut
1/2 c. chopped maraschino cherries, drained

Prepare cake mix according to package directions. Pour batter into a greased 10 x 15-inch jelly roll pan. Bake in a preheated 350° oven for 15 to 20 minutes or until cake tests done. Cool in pan. When cake has cooled, blend pudding mix with milk. Beat cream cheese into pudding mix until smooth. Stirring by hand, fold whipped topping into pudding-cheese mixture. Spread pudding mixture on top of cooled cake. Spread drained pineapple over pudding. Sprinkle with chopped cherries, nuts and then coconut. Refrigerate until ready to cut. Serves 15 to 18.

Tips: Be sure cream cheese is well softened. Move fast when blending pudding mix with milk.

Della Matthews

MANDARIN CREAM CAKE

Cake:

1 box yellow cake mix
1/2 c. vegetable oil
4 eggs

1 (11 oz.) can mandarin oranges with juice

Icing:

1 (3 oz.) pkg. instant vanilla pudding
1 (20 oz.) can crushed pineapple and juice

1 (8 oz.) carton Cool Whip

For Cake: Mix all ingredients until smooth, but no longer. Pour into 3 well-greased and floured 8-inch cake pans. Bake at 325° for about 15 minutes. Cool.

For Icing: Mix pudding and pineapple. Fold in Cool Whip, mixing just until blended. Spread between cake layers and on top. Refrigerate.

Suzan Anderson
DESSERTS

CHOCOLATE BUTTERMILK CAKE

\[ \frac{3}{4} \text{ c. sifted flour} \]
\[ \frac{1}{2} \text{ c. sugar} \]
\[ \frac{1}{4} \text{ tsp. soda} \]
\[ \frac{1}{2} \text{ c. shortening} \]
\[ \frac{1}{4} \text{ c. buttermilk} \]
\[ 2 \text{ sq. melted chocolate} \]
\[ 2 \text{ eggs} \]
\[ \frac{1}{3} \text{ c. buttermilk} \]
\[ 1 \text{ tsp. vanilla} \]

Sift together flour, sugar and soda. Add shortening and \( \frac{3}{4} \) cup buttermilk and beat 2 minutes with electric beater on medium speed. Add melted chocolate, eggs, \( \frac{1}{3} \) cup buttermilk and vanilla. Beat 2 more minutes. Bake in two greased and floured 9-inch round pans in a 350° oven for 30 to 35 minutes. Use Creamy Frosting as icing for this cake.

Beulah Bennett

COCONUT SHEET CAKE

1 pkg. (2-layer size) yellow cake mix with pudding
2 c. milk
2 tsp. vanilla
1 pkg. (6 oz. each) frozen coconut, thawed
2 c. sugar
\( \frac{1}{2} \) c. sugar
1 carton frozen whipped topping

Make cake mix by package directions with the addition of one teaspoon vanilla and all but \( \frac{1}{2} \) cup coconut; reserve the \( \frac{1}{2} \) cup coconut. Bake in greased and floured pan, 9 x 13 x 3-inches deep.

Meantime, heat together, but do not boil, milk, sugar and remaining teaspoon vanilla. Stick the cake with a wooden pick to make holes. Pour the hot mixture over the hot cake; allow milk to run down into the holes. Let cake cool completely. Spread thawed whipped topping over cake; sprinkle with reserved coconut.

Nancy F. Duggins

SWEDISH NUT CAKE

\[ 2 \text{ c. sugar} \]
\[ 2 \text{ eggs} \]
\[ 20 \text{ oz. can crushed pineapple, juice and all} \]
\[ 2 \text{ tsp. baking soda} \]
\[ 2 \text{ c. flour} \]
\[ 1 \text{ tsp. vanilla} \]
\[ \frac{1}{2} \text{ c. English walnuts} \]

Topping:
8 oz. cream cheese, soft
1 stick margarine
1 \( \frac{3}{4} \) c. powdered sugar
1 tsp. vanilla
\( \frac{1}{2} \) c. English walnuts
DESSERTS

Mix cake ingredients together and put into a 9 x 13-inch pan. Bake at 350° for 35 to 45 minutes or until done. Take out of oven and immediately spread topping over top of hot cake. Keep in refrigerator.

For Topping: Mix all ingredients and blend well with electric mixer.

*Pat Whitt*

**PEGGY'S BIRTHDAY CAKE**

<table>
<thead>
<tr>
<th>1 lb. butter or margarine</th>
<th>1 tsp. baking powder</th>
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<tbody>
<tr>
<td>1 lb. light brown sugar</td>
<td>2 Tbsp. nutmeg</td>
</tr>
<tr>
<td>6 eggs</td>
<td>½ c. brandy</td>
</tr>
<tr>
<td>4 c. sifted flour</td>
<td>3 c. chopped pecans</td>
</tr>
</tbody>
</table>

Cream butter and sugar together. Add eggs, one at a time; beat well after each addition. Sift together flour, baking powder and nutmeg, add gradually to creamed mixture; beat until well blended. Stir in brandy. Fold in pecans. Pour mixture into 10-inch tube pan that has been greased and floured. Bake in a 300° oven for 1 hour and 40 minutes or until done.

Note: One pound seedless golden raisins may be added, if desired. (I prefer apricot brandy.)

*Margaret Bowles*

**LEMONADE CAKE**

<table>
<thead>
<tr>
<th>your favorite lemon cake mix</th>
<th>3 c. confectioners sugar</th>
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</thead>
<tbody>
<tr>
<td>6 oz. can frozen lemonade</td>
<td></td>
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</tbody>
</table>

Bake lemon cake in a 9 x 13-inch cake pan. When done, prickle all over with a fork (not all the way through). Take 3 cups confectioners sugar and mix with thawed lemonade. Pour mixture over cake and let seep through cake. Put back in the oven for 5 minutes.

*Della Matthews*

**SOUR CREAM BANANA CAKE**

*(Baby's First Birthday Cake)*

<table>
<thead>
<tr>
<th>1 stick butter</th>
<th>1 tsp. soda</th>
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</thead>
<tbody>
<tr>
<td>1 c. sugar</td>
<td>1 c. sour cream</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 tsp. vanilla flavoring</td>
</tr>
<tr>
<td>2 c. all-purpose flour</td>
<td>2 very ripe bananas, mashed</td>
</tr>
<tr>
<td>1 tsp. baking powder</td>
<td></td>
</tr>
</tbody>
</table>
DESSERTS

Frosting:

- 3 3/4 oz. pkg. vanilla pudding mix
- 1 c. whipped cream

Cream butter and sugar until smooth. Add eggs, one at a time and mix well. Combine dry ingredients and add to creamed mixture alternately with sour cream. Add vanilla and fold in mashed bananas. Put in 2 (8-inch) greased cake pans. Bake at 350° for 25 to 30 minutes.

Frost with 1 (3 3/4 ounce) package vanilla pudding mix and 1 cup whipped cream. Prepare mix as if for pie filling. Fold in whipped cream. Frost between layers and on top. Refrigerate several hours or overnight to baby's delight!

Ruth Wyatt

JAYNE'S RUM CAKE

- Box Duncan Hines butter recipe
- 1/2 c. oil
- Yellow cake mix
- 1/2 c. milk
- Box (small) instant vanilla pudding
- 1/2 c. light rum
- 1 c. nuts, chopped
- 4 eggs
- 1/4 c. rum
- 1/4 c. water

Topping:

- Stick butter
- 1/4 c. rum
- C. sugar
- 1/4 c. water

Flour and grease Bundt pan. Put pecans in bottom of pan. Mix other ingredients and pour over nuts. Bake at 350° for 50 to 60 minutes. Pour topping over. Let cake absorb before removing from pan.

Topping: Mix all ingredients together in a saucepan and boil for 5 minutes.

Jayne K. Appleyard

CHOCOLATE SYRUP CAKE

- 1 c. sugar
- Stick margarine
- Eggs
- 1 c. self-rising flour
- 1 (16 oz.) can chocolate syrup
- 1 tsp. vanilla
- 1/2 c. chocolate bits or 1 sq. chocolate

Icing:

- Stick margarine
- C. sugar
- C. milk (may use evaporated)
DESSERTS

Cream together sugar and margarine. Add eggs, one at a time, beating well after each. Add flour. Mix well. Add syrup and vanilla. Bake in a 9 x 13-inch pan for about 30 minutes at 350°. Ice while still hot. Serve from pan.

For Icing: Boil for 2 minutes. Add ½ cup chocolate bits or 1 square chocolate. Stir until melted and ice immediately.

Doris Ward

DIRT CAKE

2 large pkg. Oreos, crushed
8 oz. cream cheese, softened
½ c. powdered sugar
½ c. butter, softened

2 small pkg. French vanilla pudding (instant)
4 c. milk
1 (12 oz. or more) carton Cool Whip

Make in a clean plastic flower pot and put artificial flowers in the center. Serve with a plastic flower gardening tool.

Put the Oreos in blender to crush and set aside. Cream together cream cheese, butter and powdered sugar and set aside. Blend the pudding and milk and let it begin to set. Fold in the Cool Whip. Blend in the sugar and cream cheese mixture. Layer in flower pot, beginning with cookies, then pudding and ending with cookies.

Roberta Franklin

LEMON CAKE

1 pkg. lemon cake mix
1 pkg. lemon Jell-O (small pkg.)
¾ c. water

¾ c. Wesson oil
4 eggs

Lemon Drizzle:

2 c. powdered sugar
½ c. fresh lemon juice

Put all ingredients in a bowl and mix well. Pour into a tube pan and bake at 350° until done.

Make a lemon drizzle with 2 cups powdered sugar and ½ cup fresh lemon juice and drizzle over cake when cool.

Mrs. John F. Perkins
**SOUR CREAM COFFEE CAKE**

sticks softened margarine  
c. sugar  
et  
c. sour cream  

½ tsp. vanilla  
2 c. flour  
1 tsp. baking powder  
¼ tsp. salt

**Topping:**

c. finely chopped nuts  
tsp. cinnamon

2 Tbsp. light brown sugar

Cream butter, sugar and eggs in mixer. Barely fold in by hand our cream and vanilla. Fold in dry ingredients, premixed. Pour half f the batter into greased and floured pan. Sprinkle with half or more f topping. Pour the rest of the batter. Cover with the remaining opping. Bake at 350° for 55 to 60 minutes. Cool completely in the an. Keep refrigerated.

**Janice Sykes**

**APRICOT-PRUNE COFFEECAKE**

4 c. dried apricots  
4 c. dried pitted prunes  
c. all-purpose flour  
½ tsp. baking powder  
4 tsp. baking soda  
tsp. salt  

¾ c. softened margarine  
1 ½ c. sugar  
4 eggs  
1 ½ tsp. vanilla  
1 c. sour cream

**Streusel Mixture:**

2 c. brown sugar, packed  
Tbsp. softened margarine  

2 Tbsp. flour  
1 tsp. cinnamon

DESSERTS

Glaze:
1 c. confectioners sugar 1 tsp. vanilla
2 Tbsp. milk

Mix together and drizzle over cake. Freezes well.

Frances Binkley

GINGERBREAD

1 c. firmly packed brown sugar
1 c. molasses
½ c. butter or margarine, melted
2 eggs
1 c. buttermilk

3 c. all-purpose flour
1 tsp. baking soda
1 ½ tsp. ground ginger
1 ½ tsp. ground cinnamon
1 ½ tsp. ground nutmeg

Combine sugar, molasses and butter; beat well. Add eggs, beating mixture well; set aside. Combine dry ingredients. Add to egg mixture alternately with milk, beginning and ending with flour mixture. Mix well after each addition. Pour batter into a greased and floured 13 x 9 x 2-inch baking dish. Bake at 350° for 25 to 30 minutes.

Laura Thorpe

MINCEMEAT CAKE

1 lb. mincemeat
1 box seedless raisins
1 c. English walnuts
1 tsp. vanilla
½ c. melted Crisco
1 c. sugar

2 egg yolks
2 c. flour
1 tsp. baking soda, dissolved in 1 Tbsp. boiling water
2 egg whites, beaten until stiff

Mix the ingredients in the order given; blend well. Bake in a tube pan for 1 ½ hours at 325°.

Virginia Holder

MINIATURE FRUIT CAKES

1 lb. butter
1 ½ c. sugar
1 doz. eggs
1 c. light corn syrup
½ c. orange juice
4 c. plain flour
1 Tbsp. nutmeg
½ tsp. soda

1 lb. chopped dates
1 lb. white raisins
1 lb. cherries
1 ½ to 2 lb. pineapple
½ pkg. coconut
1 lb. walnuts
1 lb. pecans
DESSERTS

Cream butter and sugar. Beat eggs and add to butter and sugar mixture. Add juice and syrup. Sift flour, soda and nutmeg and add mixture. Add fruits and nuts. Put in tube pan or loaf pan. Bake 275° for 3 hours. (Little loaf pans, 7 x 4-inches, bake for 2 hours.)

Roberta Franklin

FRUIT CAKE

Batter:

b. butter
b. brown sugar
eggs, separated
b. flour (plain)

1 tsp. baking powder
pinch of salt
½ c. brandy

Spices:

tsp. allspice
tsp. cloves

1 tsp. cinnamon

Candied Fruit and Regular Fruit:

lb. each: cherries, pineapple, ginger, citron, figs and dates

2 lb. white raisins
1 sliced lemon and orange rind

Nuts:

lb. each blanched almonds, English walnuts, pecans and black walnuts

With electric mixer, cream butter and sugar, then add egg yolks, baking powder and salt. Add flour, spices and unbeaten egg whites and mix well. By hand, mix candied items, fruit and nuts into batter mixture. At this point, add ½ cup of brandy. Mix well by hand. Pour into a greased tube pan and several loaf pans. Bake at 250° for 4 hours, testing smaller pans for doneness after 2 ½ hours. While still in the pans, pour ½ cup brandy over the cakes. Wait until cakes are partially cool to remove from the pans.

Note: One pound of mixed candied fruit can be substituted for candied cherries, pineapple, ginger and citron.

Roberta Franklin
DESSERTS

RASPBERRY CHEESECAKE

Crust:
1 2/3 c. graham cracker crumbs
1/4 c. finely chopped walnuts
1/2 tsp. cinnamon
2 Tbsp. sugar
1/3 c. melted butter

Filling:
3 beaten eggs
2 (8 oz.) pkg. cream cheese (at room temperature)
1 c. sugar
1/4 tsp. salt
1 tsp. vanilla
1/2 tsp. almond flavoring
3 c. sour cream (1 1/2 pt.)

Combine the ingredients for crust and press in bottom and sides of 9 or 10-inch spring-form pan. Combine eggs, sugar, cheese, salt and flavorings. Beat until smooth. Blend in sour cream. Pour into prepared crust. Bake 45 to 50 minutes at 375°. Filling will still be soft in center.

Raspberry Sauce:
1 qt. raspberries
1/2 c. water
1 1/2 c. sugar or to taste

Wash and pick over berries. Place in saucepan. Add water, cover and bring to a boil. Cook slowly 15 minutes. Add sugar. It thickens as it cools. Will keep in refrigerator indefinitely.

Beth Leonard

QUICK AND EASY CHEESE CAKE

1 box yellow cake mix
1 stick butter
1 egg
1 (8 oz.) pkg. cream cheese
1 box confectioners sugar
2 eggs
1 tsp. vanilla
1/2 c. chopped pecans

Mix cake mix, butter and 1 egg together well and pat into 13 x 9-inch pan. Mix with electric mixer the cream cheese, sugar, 2 eggs and vanilla. Spread on top of mixture in pan. Sprinkle with 1/2 cup chopped pecans and bake for 45 minutes at 350°. Cool; cut in squares and serve.

Treva Swaim
STRAWBERRY GLAZED CREAM CHEESE CAKE

Crust:
\[
\frac{1}{4} \text{ c. chopped walnuts} \quad 3 \text{Tbsp. melted unsalted butter}
\]
\[
\frac{1}{4} \text{ c. finely crushed graham crackers}
\]

Filling:
\[
1 (8 \text{ oz.}) \text{ pkg. cream cheese (at room temperature)}
\]
\[
1 \frac{1}{4} \text{ c. sugar}
\]
\[
1 \text{Tbsp. fresh lemon juice}
\]
\[
2 \text{ tsp. vanilla}
\]

Topping:
\[
2 \text{ c. sour cream}
\]
\[
\frac{1}{4} \text{ c. sugar}
\]
\[
1 \text{ tsp. vanilla}
\]

Strawberry Glaze:
\[
1 \text{ qt. medium strawberries}
\]
\[
\frac{1}{4} \text{ c. Cointreau}
\]
\[
12 \text{ oz. jar red raspberry jelly}
\]
\[
\frac{1}{4} \text{ c. water}
\]

Position rack in center of oven and preheat to 350°. Lightly butter 9 or 10-inch spring-form pan.

Crust: Combine walnuts, graham cracker crumbs and butter. Press compactly onto bottom of pan.

Filling: Beat cream cheese in large bowl of electric mixer until smooth. Add eggs, sugar, lemon juice and vanilla and beat thoroughly. Spoon over crust. Set pan on baking sheet to catch any butter that may drip out. Bake 10-inch cake 40 to 45 minutes or 9-inch cake 50 to 55 minutes. (Cake may rise slightly and crack in several areas; it will settle again, cracks will minimize and topping will cover it up.) Remove from oven and let stand at room temperature for 15 minutes. Retain oven temperature at 350°.

Topping: Combine sour cream, sugar and vanilla and blend well. Cover and refrigerate. When cake has finished baking, spoon topping over, starting at center and extending to within ½-inch of edge. Return to oven and bake 5 minutes longer. Let cool, then refrigerate cheesecake for at least 24 hours or preferably 2 to 3 days.

Glaze: Several hours before serving, wash and hull berries and let dry completely on paper towels. Combine a little jelly with cornstarch in a saucepan and mix well. Add remaining jelly, Cointreau and water and cook over medium heat, stirring frequently, until

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thickened and clear, about 5 minutes. Cool to lukewarm, stirring occasionally.

Using knife, loosen cake from pan; remove spring-form. Arrange berries pointed end up over top of cake. Spoon glaze over berries, allowing some to drip down sides of cake. Return to refrigerator until the glaze is set.

Nancy H. Rogers

TINY CHOCOLATE CHEESECAKES

18 chocolate cookies ½ c. sugar
2 pkg. (8 oz. each) softened cream cheese 2 eggs
1 c. chocolate pieces, melted

Place 1 cookie on bottom of each of 18 paper-lined baking cups. Combine the cream cheese and sugar at medium speed until well blended. Add eggs, one at a time, mixing after each one. Blend in chocolate. Pour into baking cups, filling each cup almost full. Bake at 350° for 25 minutes. Cool before removing from pan. If desired, top with whipped cream. (Recipe will make 24 by placing small amount in each cup.)

Karin Binkley

CHEESE CAKE

17 ½ oz. cream cheese 6 eggs
2 c. sour cream 1 tsp. lemon juice
3 Tbsp. flour 3 tsp. sugar (to egg whites)
pinch of salt 1 box graham crackers
1 ½ c. sugar

Flour and butter bottom of spring-form pan. Make graham cracker crust recipe on box. Soften cream cheese. Sift together 3 tablespoons flour, good pinch of salt and 1 ½ cups sugar. Sift flour, salt and sugar into cream cheese. Beat. Take 6 egg yolks (don’t beat beforehand) and put into mixture. Add 2 cups sour cream. Beat well. Add 1 teaspoon lemon juice; put aside. Take 6 egg whites and beat. Add 3 teaspoons sugar gradually; beat until stiff, not dry. Then take and fold into rest of mixture. Bake at 325° for an hour. Leave in oven for another hour with door closed.

Julia A. Spainhour

- 130 -
PEANUT BUTTER POUND CAKE

sticks margarine or butter  
c. brown sugar  
c. peanut butter  
eggs  
c. flour (plain)  
tsp. baking powder  

½ tsp. salt  
¼ tsp. soda  
1 c. milk  
2 c. sugar  
2 tsp. vanilla extract

Frosting:

c. peanut butter  
c. confectioners sugar  
Tbsp. milk  

½ tsp. vanilla  
⅛ c. chopped peanuts  
1 stick butter or margarine

To make the cake, cream together the butter or margarine, sugars and peanut butter. Add the eggs, one at a time, blending well after each addition. Mix the flour, baking powder, salt and soda, then add the flour mixture alternately with the milk and vanilla to the creamy mixture. Bake in a large greased and floured tube pan at 325° or 1 ½ hours or until the cake tests done. Cool and frost.

To prepare frosting, cream the butter and the peanut butter. Add sugar alternately with the milk and beat until fluffy. Stir in the vanilla extract and chopped peanuts. After frosting the cake, decorate, if desired, with a few whole peanuts.

Della Matthews

RED VELVET POUND CAKE

2 c. vegetable shortening  
sticks butter  
c. sugar  
eggs  
c. cocoa  
tsp. vanilla  

¼ tsp. salt  
1 oz. red food coloring  
3 c. all-purpose flour  
¼ tsp. baking powder  
1 c. milk

Cream until fluffy the shortening, margarine or butter and sugar. Add the eggs, one at a time. Add the cocoa, vanilla, salt and food coloring to creamed mixture and mix well. Sift together the remaining dry ingredients and add alternately with the milk. Mix well. Bake in a greased and floured 10-inch tube pan at 300° for 1 ½ hours or until cake tests done.

Anna Fouts
DESSERTS

**CHOCOLATE SYRUP POUND CAKE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 lb. margarine (2 sticks)</td>
<td></td>
</tr>
<tr>
<td>1/2 c. Crisco</td>
<td></td>
</tr>
<tr>
<td>3 c. sugar</td>
<td></td>
</tr>
<tr>
<td>3 c. plain flour</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. baking powder</td>
<td></td>
</tr>
<tr>
<td>5 eggs</td>
<td></td>
</tr>
<tr>
<td>1 c. milk</td>
<td></td>
</tr>
<tr>
<td>1 lb. can chocolate syrup</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp. vanilla</td>
<td></td>
</tr>
</tbody>
</table>

Chocolate Cream Cheese Icing:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 box powdered sugar</td>
<td></td>
</tr>
<tr>
<td>1 stick margarine</td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. cream or milk</td>
<td></td>
</tr>
<tr>
<td>1/2 c. cocoa</td>
<td></td>
</tr>
<tr>
<td>1 (3 oz.) pkg. cream cheese</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp. vanilla</td>
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</tbody>
</table>

To Make Cake: Cream butter, Crisco and sugar. Beat until smooth. Add eggs, one at a time, and continue beating. Add chocolate syrup, then combine flour alternately with milk. Stir in vanilla. Pour into a greased and floured large tube pan (10-inches). Start in cold oven. Do not open door for 1 hour. Bake 2 hours at 300° or until done. Test with a toothpick. (I bake mine 2 1/2 hours.) Let cool in pan about 45 minutes.

To Make Icing: Cream margarine and soft cream cheese. Mix sugar and cocoa. Add the cream and vanilla. Beat until smooth. Add 1 1/2 teaspoons vanilla. Spread on cooled cake.

*Rosemary Worley*

**POUND CAKE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1/2 lb. butter</td>
<td></td>
</tr>
<tr>
<td>1/2 c. Crisco</td>
<td></td>
</tr>
<tr>
<td>3 c. sugar</td>
<td></td>
</tr>
<tr>
<td>6 eggs</td>
<td></td>
</tr>
<tr>
<td>1 c. milk</td>
<td></td>
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<tr>
<td>1/2 tsp. salt</td>
<td></td>
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<tr>
<td>1 tsp. baking powder</td>
<td></td>
</tr>
<tr>
<td>3 1/2 c. sifted flour</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp. lemon flavoring</td>
<td></td>
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</tbody>
</table>

Cream butter, sugar and Crisco well. Add eggs, one at a time. Beat well after each egg. Add milk and flour alternately. Do not overbeat after adding flour and milk. Add other ingredients. Pour into greased tube pan. Bake at 325° for 1 hour and 20 minutes or until done.

*Kathleen Robbins*

**“HAZEL’S” CHOCOLATE POUND CAKE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 c. butter</td>
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<tr>
<td>1/2 c. Crisco</td>
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<tr>
<td>1/2 c. cocoa</td>
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<tr>
<td>3 c. sugar</td>
<td></td>
</tr>
<tr>
<td>5 eggs</td>
<td></td>
</tr>
<tr>
<td>3 c. plain flour</td>
<td></td>
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<tr>
<td>1/2 tsp. baking powder</td>
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<tr>
<td>1/4 tsp. salt</td>
<td></td>
</tr>
<tr>
<td>1 1/4 c. milk</td>
<td></td>
</tr>
<tr>
<td>1 tsp. vanilla</td>
<td></td>
</tr>
</tbody>
</table>
Frosting:

- 1 stick margarine
- 1 box confectioners sugar
- 4 to 6 Tbsp. milk

Cream butter, Crisco and sugar. Add eggs, one at a time, beating well. Sift dry ingredients together and blend with spatula into rst mixture until all is moistened. Add milk and beat 4 minutes on low. Bake in large tube pan (greased and floured) at 275° for 3 hours. For a thick brown crust, start in cold oven. Mix all ingredients for frosting together well. Spread on cool cake.

Margie Peterson

BLACK WALNUT CHOCOLATE POUND CAKE

- 1 c. Crisco
- 1 lb. butter
- 1 c. sugar
- 4 eggs
- 1 c. straight flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ c. plus 2 Tbsp. cocoa
- 1 c. black walnuts, chopped fine
- 1 ½ c. milk
- 1 Tbsp. vanilla flavoring

Have all ingredients at room temperature. Cream together Crisco, butter, sugar and eggs, adding the eggs one at a time. Sift together dry ingredients twice. Add dry ingredients to the creamed mixture, beating until smooth. Add 1 ½ cups milk, 1 tablespoon vanilla and the chopped walnuts. Pour into greased and floured cake pan and bake at 350° for approximately 2 hours. Test with toothpick last 10 to 15 minutes.

Nancy H. Rogers

WHIPPED BUTTER POUND CAKE

- 2 lb. whipped butter
- 3 c. Crisco
- 3 c. sweet milk
- 3 c. sugar
- 2 eggs
- 3 c. plain flour
- ½ tsp. baking powder
- ¼ tsp. salt
- 2 tsp. vanilla extract
- 2 tsp. lemon extract

Cream together shortenings and sugar. Add eggs, one at a time, beating well after each addition. Sift together flour, salt and baking powder and add to creamed mixture alternately with milk, beginning and ending with flour mixture. Add vanilla and lemon extracts and
DESSERTS

blend well. Pour into a greased and floured 10-inch tube pan. Bake in a 325° oven for 1 hour and 20 minutes or until done.

*Delia Matthews*

**CHOCOLATE SOUR CREAM POUND CAKE**

| 1 1/2 c. butter, softened | 1 tsp. baking soda |
| 3 c. sugar | 1/4 tsp. salt |
| 5 eggs | 8 oz. carton commercial sour cream |
| 3 c. all-purpose flour | 1 c. boiling water |
| 1/2 c. cocoa | 2 tsp. vanilla extract |

Cream butter; gradually add sugar, beating well. Add eggs, one at a time, beating well after each addition. Combine flour, cocoa, soda and salt; add to creamed mixture alternately with sour cream, beginning and ending with flour mixture. Mix well after each addition. Add boiling water and mix well. Stir in vanilla. Pour batter into a greased and floured 10-inch tube pan. Bake at 325° for 1 hour and 20 minutes or until cake tests done. Cool cake in pan 10 to 15 minutes; remove from pan and cool completely. Yields one 10-inch cake.

*Delia Matthews*

**FIVE FLAVOR POUND CAKE**

| 2 sticks butter or margarine | 1 tsp. rum extract |
| 1/2 c. vegetable shortening | 1 tsp. butter extract |
| 3 c. sugar | 1 tsp. lemon extract |
| 3 c. all-purpose flour | 1 tsp. vanilla extract |
| 1/4 tsp. salt | 5 eggs, well beaten |
| 1 c. milk | 1/2 tsp. baking powder |
| 1 tsp. coconut extract | |

Cream butter, shortening and sugar until light and fluffy. Add eggs which have been beaten until lemon colored. Combine flour, salt and baking powder and add to creamed mixture alternately with milk. Stir in flavorings. Spoon mixture into greased and floured 10-inch tube pan and bake at 325° for about 1 1/2 hours or until done.

*Delia Matthews*

**CREAM CHEESE POUND CAKE**

| 3 c. sugar | 1/4 tsp. baking powder |
| 3 sticks butter | 1 Tbsp. vanilla flavoring |
| 8 oz. cream cheese | 1 Tbsp. lemon flavoring |
| 6 large eggs | dash of salt |
| 3 c. straight flour | 3 Tbsp. milk |
DESSERTS

Icing:

- oz. cream cheese
- 1 tsp. vanilla flavoring
- stick butter
- dash of salt
- oz. 10x powdered sugar

Use electric mixer to cream sugar, butter and cream cheese. Add 1 egg at a time and beat a lot. Add small measures of dry ingredients alternately with milk and flavorings. Use Bundt pan and pour cess in other pans or use oversized pound cake pan (all of which could be greased). Bake at 325° for 1 hour to 1 hour and 15 minutes for Bundt pan and 1 hour 40 minutes for oversized pan.

Icing: Use electric mixer to beat all ingredients. Add more sugar and some milk, if needed, to obtain icing consistency. Ice cake when it cool. Refrigerate. Also freezes well.

Peggy H. Bowles

CREAMY FROSTING

- ¼ c. confectioners sugar
- ¼ c. granulated sugar
- tsp. salt
- ½ c. Crisco
- egg
- 2 tsp. vanilla
- Tbsp. water

Combine confectioners sugar, salt and egg. Boil water and granulated sugar together for 1 minute. Then blend with sugar and egg mixture. Add Crisco and vanilla. Beat until creamy.

For chocolate frosting, add 2 squares (1 ounce each) melted chocolate.

This frosting recipe is light, smooth, luscious and easy to spread. Lends itself to endless variations.

Beulah Bennett

CARAMEL FROSTING

- c. butter
- ¼ c. milk
- c. brown sugar
- 2 c. confectioners sugar, sifted

Melt butter on low heat; add sugar. Cook on low heat for 2 minutes. Add ¼ cup milk, bringing to a boil. Remove from heat and cool. Add 2 cups confectioners sugar (sifted), gradually beating until it is the right consistency to spread.

Nancy H. Rogers
DESSERTS

CHOCOLATE FROSTING

1 Tbsp. butter or margarine
2 Tbsp. cocoa
2 Tbsp. water
1 c. sifted powdered sugar
¼ tsp. vanilla extract

Combine butter or margarine, cocoa and water in a small saucepan; cook over medium heat until mixture thickens. Remove from heat; stir in powdered sugar and vanilla. Yields about 1 cup.

Evelyn Reed

CHOCOLATE FLUFF FROSTING

4 Tbsp. butter
1 ½ c. powdered sugar
2 egg whites
3 sq. melted chocolate
1 tsp. vanilla

Cream butter, add ¾ cup powdered sugar and blend. Add vanilla and melted chocolate. Beat egg whites stiff. Add ¾ cup sugar and blend. Beat until mixture stands in peaks. Add to chocolate mixture, folding gently, but thoroughly, only enough to blend.

Margaret Bowles

WORLD’S BEST COOKIES

1 c. butter
1 c. brown sugar
1 c. granulated sugar
1 egg
1 c. salad oil
1 tsp. vanilla
1 c. rolled oats, uncooked
1 c. crushed cornflakes
1 c. shredded coconut
½ c. chopped nuts
3 ½ c. sifted plain flour
1 tsp. soda
1 tsp. salt

Preheat oven to 325°. Cream butter and sugar until fluffy; add egg and mix well. Add salad oil and vanilla and mix well. Add oats, cornflakes, coconut and nuts, stirring well. Add flour, soda and salt. Mix well. Make little balls; put on cookie sheet. Dip fork in water to flatten out. Bake 16 minutes. Makes 8 dozen.

Susie Whitt

MAGIC COOKIES

1 c. peanut butter (crunchy or creamy)
1 c. sugar
1 tsp. soda
1 tsp. vanilla
1 egg
Mix all ingredients thoroughly. Roll into balls. Press down. Bake at 400° for 10 minutes. Cool on pan.

Patti Petree

FANTASY COOKIES

c. butter or margarine
nc. granulated sugar
c. brown sugar
eggs
tsp. vanilla
\frac{1}{2} c. plain flour

1 tsp. baking soda
\frac{1}{2} tsp. salt
\frac{1}{2} c. shredded coconut
\frac{1}{2} c. chocolate chips
\frac{1}{2} c. chopped nuts


Evelyn Reed

DROP SUGAR COOKIES

\frac{1}{2} c. all-purpose flour
1 tsp. soda
c. butter or margarine
c. shortening

1 c. sugar
1 tsp. vanilla flavoring
1 egg
2 Tbsp. milk

Have all ingredients at room temperature. Sift together the flour, soda and salt. Cream together butter, shortening, sugar and vanilla flavoring. Add egg to creamed mixture and beat until fluffy. Stir in dry ingredients until mixture is blended and then add 2 tablespoons milk and beat until further blended. Drop \frac{1}{2} teaspoon on ungreased cookie sheet. Flatten with bottom of glass dipped in sugar. Bake at 400° for approximately 10 to 12 minutes. Yields 6 to 7 dozen.

Peggy H. Bowles

AGGRESSION COOKIES

c. firmly packed brown sugar
c. butter or margarine or 1 \frac{1}{2} c. each
Tbsp. vanilla
tsp. salt

1 Tbsp. soda
3 c. all-purpose flour
6 c. quick-cooking oats
butter and sugar for bottom of glass
DESSERTS

Put butter or margarine in a large bowl to soften. Combine salt, soda and flour. When butter is very soft, add vanilla and all the dry ingredients to it at once. Use your hands to mash, knead and squeeze it until it is well mixed. The more you squeeze it, the better (thus the name: Aggression Cookies!). Form dough into small balls about 1-inch in diameter. Place on ungreased cookie sheet. Flatten with the bottom of a small glass buttered and dipped in sugar. The glass will need to be buttered only a few times, but dip in sugar for each cookie. Bake at 350° until lightly browned, approximately 10 minutes. Makes 15 dozen.

Jean Mills

BOILED COOKIES

2 c. sugar
1/2 c. milk
1/4 lb. margarine
4 Tbsp. cocoa
2 1/2 c. quick-cooking oats
2 tsp. vanilla
1/2 c. peanut butter

Cook sugar, milk, margarine and cocoa for 1 1/2 minutes. Start counting when mixture has reached a full rolling boil. Remove from heat and add oats, vanilla and peanut butter. Beat well until blended. Spoon onto waxed paper.

Della Matthews

PEANUT BUTTER ICEBOX COOKIES

2 1/2 c. flour
3/4 Tbsp. soda
1/4 c. brown sugar, firmly packed
1/4 c. shortening
2 eggs, well beaten
1 c. granulated sugar
3/4 Tbsp. salt
1 c. peanut butter

Sift, then measure the flour. Sift again with the baking soda and salt. Cream the shortening until light. Add granulated sugar gradually, beating after each addition. Then add brown sugar. Blend peanut butter well. Add well beaten eggs, then dry ingredients, a little at a time, beating until smooth after each addition. Form into rolls. Wrap in wax paper. Let stand in the refrigerator several hours to chill. Bake as needed by slicing thin slices from the roll of dough. Bake in 350° oven for about 13 minutes.

Myrtie Reich
SNICKERDOODLES

1 c. soft shortening
1 ½ c. sugar
2 eggs
2 ⅔ c. sifted flour
2 tsp. cream of tartar

1 tsp. soda
½ tsp. salt
2 Tbsp. sugar
2 tsp. cinnamon

Mix shortening, sugar and eggs thoroughly. Sift together the flour, cream of tartar, soda and salt, then stir into shortening, sugar and egg mixture. Chill dough. Roll into balls the size of small walnuts. Roll balls in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet. Bake at 400° until lightly brown, but still soft (about 8 to 10 minutes). Makes about 5 dozen cookies.

Irene McNally

FRUIT FLAVOR MACAROON COOKIES

2 eggs
½ c. flour
½ tsp. salt
2 ⅔ c. flaked coconut
½ tsp. grated lemon rind
1 c. glazed chocolate chips

¾ c. granulated sugar
¼ tsp. baking powder
1 Tbsp. butter, melted and slightly cooled
1 tsp. vanilla

Beat eggs in mixing bowl until foamy and light in color. Add sugar, 2 tablespoons at a time, beating constantly until mixture is thickened and creamy, about 5 minutes. Fold in flour, baking powder and salt, then fold in butter. Stir in coconut, vanilla and ½ teaspoon lemon rind. Then fold in 1 cup chocolate chips. Drop by teaspoons onto greased and lightly floured baking sheet. Bake 15 minutes at 325° until edges are lightly browned. Makes 3 dozen.

Beulah Bennett

ORANGE SAUCE

½ c. sugar
2 Tbsp. cornstarch
pinch of salt
1 c. orange juice

1 Tbsp. grated orange rind
½ c. light corn syrup
1 Tbsp. butter
DESSERTS

Cook all ingredients, except butter, over low heat until thick and clear; stir while cooking. Remove from heat and add butter. Cool and serve. Great over gingerbread or plain pound cake.

_Evelyn Reed_

**MICROWAVE BROWN SUGAR CARAMEL SAUCE**

½ c. firmly packed dark brown sugar 2 Tbsp. light corn syrup
½ c. heavy cream

In a 4-cup measuring cup, combine all ingredients. Microwave 2 minutes on High. Whisk to redistribute. Microwave on High 1 minute or until slightly thickened and caramel colored. Whisk mixture well until it stops boiling. Sauce will thicken as it cools. Makes ¾ cup. Can be made ahead of time and kept in refrigerator. Good on ice cream or plain cake.

_Evelyn Reed_

**LEMON SAUCE**

grated rind of 1 orange 1 Tbsp. cornstarch
juice of 1 orange 1 beaten egg
1 Tbsp. lemon juice 1 tsp. butter
½ c. sugar

Put juice in cup filled with boiling water and strain (if desired). Mix ½ cup sugar with 1 tablespoon cornstarch. Add to rind 1 beaten egg and 1 teaspoon butter. Cook in double boiler until thickened. Good on gingerbread.

_Laura Thorpe_

**BROWNIES**

4 eggs 2 sticks margarine
2 c. sugar 1 c. flour
1 tsp. vanilla 1 c. chopped nuts
4 sq. unsweetened chocolate dash of salt

Beat eggs until light. Add sugar and vanilla and beat until thick. Melt chocolate with margarine and add to the egg mixture with the flour. Then add the nuts and cook in paper-lined pans for 30 minutes at 325°. Yields 2 (8-inch) pans.

_Janice Sykes_
DESSERTS

FUDGE BAR BROWNIES

2 sq. unsweetened chocolate 1 tsp. vanilla
1/2 c. margarine 1/2 c. flour
2 eggs 1 c. nuts
1 c. sugar pinch of salt

Melt chocolate and margarine in double boiler. Beat eggs with a fork. Add sugar, vanilla and salt and combine with chocolate and margarine. Add flour and nuts. Pour into greased and floured 8 x 3-inch or 9 x 9-inch pan. Bake at 350° for 25 minutes or until toothpick comes out clean.

Clark Larson

CREAM CHEESE CAKE SQUARES

1 pkg. yellow cake mix 1 large pkg. cream cheese
1/2 c. soft margarine 2 eggs, beaten
1 egg, beaten 1 box powdered sugar

Mix cake mix, margarine and 1 egg together. Pat into greased 9 x 13-inch pan. Mix cream cheese, 2 eggs and powdered sugar. Pour this mixture on top of cake mix mixture. Bake at 350° for 35 minutes. For variety, sprinkle with coconut before baking.

Pat Whitt

LEMON SQUARES

Pastry:

2 sticks butter 1/2 c. powdered sugar
1/2 c. flour

Mix ingredients. Press out in a buttered 9 x 13-inch dish. Bake for 15 minutes at 325°.

Filling:

1 egg 1 Tbsp. flour
1/2 c. sugar 1/2 tsp. baking powder
1 Tbsp. lemon juice

Beat eggs. Add other ingredients and pour over the top of baked pastry. Bake at 325° for 40 to 50 minutes. Sprinkle with powdered sugar. Cool and cut into squares.

Hazel Reich
**CHOCONUT CARAMEL BARS**

2 c. (11 1/2 oz. pkg.) milk chocolate chips  
2 Tbsp. vegetable shortening  
14 oz. pkg. Kraft caramels  
2 Tbsp. water  
1 c. coarsely chopped peanuts  
5 Tbsp. margarine


*Bonny McNally*

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**CHOCOLATE-PRALINE JUMBO MUD SQUARES**

3/4 c. graham cracker crumbs  
3/4 c. finely chopped pecans  
1/4 c. firmly packed brown sugar  
1/4 c. melted butter or margarine  
12 oz. jar commercial caramel-flavored topping  
1 c. butter or margarine  
4 (1 oz.) sq. unsweetened chocolate  
3 Tbsp. all-purpose flour  
1 1/2 c. sugar  
1 c. all-purpose flour  
4 eggs, beaten  
1 tsp. vanilla extract  
chocolate frosting  
sifted powdered sugar (optional)  
pecan halves (optional)  
candied cherries (optional)

Combine graham cracker crumbs, pecans, brown sugar and 1/4 cup melted butter or margarine, stirring well. Press crumb mixture into bottom of a greased 9-inch square pan. Bake at 350° for 6 to 8 minutes. Cool slightly. Combine caramel topping and 3 tablespoons flour, stirring well. Spread topping on crust to within 1/4-inch from edge of pan. Set aside. Combine 1 cup butter and unsweetened chocolate in a heavy saucepan; cook over low heat until melted. Stir in sugar, 1 cup flour, eggs and vanilla; pour mixture over reserved caramel topping in pan. Bake at 350° for 50 minutes. Cool slightly and spread with chocolate frosting. Lightly sift powdered sugar over frosting; garnish with pecan halves and candied cherries.

*Evelyn Reed*
CHOCOLATE PECAN BARS

2 c. flour
1 c. packed light brown sugar
½ c. unsalted butter, slightly softened
8 oz. semi-sweet chocolate
1 c. butter

6 eggs
½ c. sugar
1 c. brown sugar
¾ c. light corn syrup
1 tsp. vanilla
2 c. pecan halves

Combine flour and sugar in a bowl. Cut butter into chunks and cut into flour using a pastry blender or fork until crumbly. Turn mixture into pan, 13 x 9-inches, and press evenly on bottom. Melt chocolate with butter over very low heat. Set aside to cool. Beat eggs slightly; beat in sugar, corn syrup and vanilla by hand. Add chocolate mixture. Pour chocolate mixture over top. Bake at 375° for 45 to 55 minutes until set or toothpick comes clean. Let cool before serving or cutting into squares.

Pam Southerland

PECAN PIE SQUARES

3 c. flour
¼ c. plus 2 Tbsp. sugar

½ c. margarine, softened
¾ tsp. salt

Filling:
4 eggs, slightly beaten
1 ½ c. sugar
1 ½ c. light corn syrup

3 Tbsp. margarine, melted
1 ½ tsp. vanilla
2 ½ c. pecans, chopped

Heat oven to 350°. Grease jelly roll pan. Beat flour, sugar, margarine and salt in a large bowl on medium speed until crumbly (mixture will be dry). Press firmly into pan. Bake about 20 minutes until golden brown.


Diana Davis

PUMPKIN PIE BARS

(18 ½ oz.) box yellow cake mix
2 c. butter or margarine, melted
eggs
(30 oz.) can solid pack pumpkin (3 c.)
c. sugar, divided

½ c. firmly packed light brown sugar
⅔ c. evaporated milk
1 ½ tsp. cinnamon
½ c. chopped walnuts
¼ c. butter or margarine, softened
DESSERTS

Remove 1 cup of the cake mix; reserve. In small bowl, lightly beat 1 egg. In large bowl, stir together remaining cake mix, melted butter and the beaten egg. Press into a greased and floured 13 x 9-inch baking pan. In large bowl, slightly beat remaining 3 eggs. Stir in pumpkin, 1/2 cup of the sugar, brown sugar, evaporated milk and cinnamon. Pour over cake mixture in pan. To the 1 cup reserved cake mix, add remaining 1/2 cup sugar, walnuts and softened butter; mix until crumbly. Sprinkle over pumpkin mixture. Bake at 350° for 50 to 60 minutes. Serve warm or cool. (Can substitute pumpkin pie mix and omit the cinnamon.)

Evelyn Reed

PUMPKIN COOKIE BARS

1 c. flour
1/2 c. quick oats
1/2 c. firmly packed brown sugar
1/4 c. chopped nuts
1 1/4 tsp. cinnamon
1/2 c. melted butter
1 c. canned pumpkin
3/4 c. undiluted evaporated milk
1 slightly beaten egg
1/2 c. sugar
1/2 tsp. allspice
1/4 tsp. salt

Topping:
1 (8 oz.) pkg. cream cheese
1/4 c. orange marmalade
powdered sugar to taste

Combine flour, oats, brown sugar, nuts and 1 teaspoon cinnamon. Add butter; mix until crumbly. Press into bottom of 13 x 9 x 2-inch baking dish. Bake at 350° for 20 to 25 minutes. Remove from oven. Reduce temperature to 325°. Combine remaining ingredients. Pour over crust. Bake at 325° for 25 to 30 minutes or until toothpick comes out clean. Cool completely.


Pat Whitt

GRAHAM TREATS

2 pkg. graham crackers
2 sticks margarine
1 c. brown sugar
1 c. chopped nuts
DESSERTS

Let margarine, sugar and nuts simmer about 5 minutes. Place graham crackers on greased cookie sheet, touching closely. Pour mix over crackers and bake at 325° for 10 minutes. Cool before serving.

Frances Binkley

SUGARED PEANUTS

1 c. raw peanuts with skins (W. G. White's has these) 1 c. sugar
1/2 c. water

On medium heat, dissolve sugar in water. Add peanuts and stir while cooking. After 15 to 20 minutes, sugar water will turn to sugar, coating peanuts. Remove from heat, put into greased 9 x 13-inch pan and bake at 300° for 30 minutes, stirring at 5 minute intervals. Three pounds peanuts make about 10 cups.

Karin Binkley

MICROWAVE PEANUT BUTTER FUDGE

2 sticks margarine 1 box powdered sugar
5 oz. crunchy peanut butter

In large bowl put 2 sticks margarine and peanut butter. Microwave on Medium (50) 1 minute. Mix well. Microwave on High for 3 to 6 minutes until bubbly. Stir in 1 pound box powdered sugar quickly. Press in ungreased dish. Refrigerate until firm.

Doris Ward

CREOLE PRALINES

1/4 c. granulated sugar 1 c. milk
1/4 c. dark brown sugar 2 Tbsp. dark corn syrup
1 lb. butter 4 c. pecan halves

Combine all ingredients except pecans in heavy 3 quart saucepan. Cook, stirring constantly, for 20 minutes after syrup boils. Add pecans and continue cooking until mixture reaches 236° on a candy thermometer or until it forms a soft ball when dropped into cold water. Arrange several sheets of wax paper over layers of newspaper. Stir praline mixture well. Drop it by tablespoons onto sheets of wax paper. Let cool. Stack pralines in airtight container with wax paper between layers. Yields 30 to 36 pralines.

Lucille S. James
DESSERTS

OLD FASHIONED PEANUT BRITTLE

2 c. white sugar 1 tsp. baking soda
1 c. white corn syrup 1 tsp. salt
1/4 c. water 1 tsp. vinegar
2 c. raw peanuts


Margie Lamb

GOLF BALLS

1 stick margarine 1 c. coconut (Angel Flake)
1 c. brown sugar 1 c. finely chopped nuts
8 oz. chopped dates powdered sugar
2 c. Rice Krispies

Cook margarine, brown sugar and chopped dates slowly for 8
minutes. Stir in Rice Krispies, coconut and chopped nuts. When
cool, roll into balls and roll balls in powdered sugar until coated.

Evelyn Reece

CAPPUCCINO CANDY

2 c. sugar 1 c. chopped nuts
1/2 c. margarine 1 Tbsp. grated orange rind
1 c. evaporated milk 1 Tbsp. instant coffee granules
1 (12 oz.) semi-sweet chocolate bits 2 tsp. orange flavoring or juice
1 (7 oz.) jar Marshmallow Creme 2 tsp. brandy flavoring


Roberta Franklin
**DESSERTS**

**OHIO BUCKEYES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>box powdered sugar</td>
<td>½</td>
</tr>
<tr>
<td>c. butter</td>
<td>¼</td>
</tr>
<tr>
<td>c. peanut butter</td>
<td>½</td>
</tr>
<tr>
<td>chocolate chips</td>
<td>6 oz.</td>
</tr>
<tr>
<td>slab paraffin wax</td>
<td>½</td>
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</tbody>
</table>

Cut butter into sugar in a large bowl. Mix until well blended. Mix in peanut butter. Using clean hands, roll into inch balls and chill for 10 minutes. Melt chocolate chips and paraffin wax in double boiler. Dip ball with toothpick in the chocolate, leaving space for the eye. Chill for 10 minutes.

*Shannon Daniels*

**CRAN-APPLES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>medium apples, quartered and peeled</td>
<td>3</td>
</tr>
<tr>
<td>c. cranberries</td>
<td>2</td>
</tr>
<tr>
<td>c. sugar</td>
<td>¼</td>
</tr>
<tr>
<td>water</td>
<td>¼ c.</td>
</tr>
<tr>
<td>butter or margarine</td>
<td>2 sticks</td>
</tr>
<tr>
<td>c. quick-cook oatmeal, uncooked</td>
<td>2 c.</td>
</tr>
<tr>
<td>c. brown sugar</td>
<td>½ c.</td>
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</tbody>
</table>

Grease a large casserole dish with margarine. The dish should be flat enough to spread apples. Put apples in dish. Put cranberries over and around the apples. Sprinkle sugar, then pour water on last. Melt 2 sticks margarine; add oatmeal and brown sugar. Mix well. Sprinkle over apples. A pretty holiday dish! Bake one hour at 350°.

*Nancy Reece*

**CHRISTMAS DESSERT**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>c. flour</td>
<td>1</td>
</tr>
<tr>
<td>Tbsp. sugar</td>
<td>2</td>
</tr>
<tr>
<td>stick margarine</td>
<td>1</td>
</tr>
<tr>
<td>c. chopped nuts</td>
<td>1</td>
</tr>
<tr>
<td>(8 oz.) pkg. cream cheese</td>
<td>1 (softened)</td>
</tr>
<tr>
<td>c. confectioners sugar</td>
<td>1 c.</td>
</tr>
<tr>
<td>Cool Whip</td>
<td>1 c.</td>
</tr>
<tr>
<td>pkg. instant pistachio pudding</td>
<td>2 pkg.</td>
</tr>
<tr>
<td>c. milk</td>
<td>2 c.</td>
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</tbody>
</table>

DESSERTS

Note: Use regular size pudding and large Cool Whip.

Ruby Petree

APPLE DUMPLINGS

dough recipe  brown sugar
Rome apples    cinnamon
butter     nuts, chopped

Spiced Syrup:

1 1/2 c. water  1/4 tsp. nutmeg
1 1/2 c. sugar  3 Tbsp. butter
1/4 tsp. cinnamon

Peel and core apples. Roll dough on floured surface the thickness used for pie crust. Cut circle of crust. Place apple in center. Fill center with combination of butter, sugar, nuts and cinnamon. Place in low sided pan. Combine syrup ingredients except butter. Stir until sugar dissolves. Reduce syrup to 1 1/2 cups. Add butter. Pour to 1/2-inch over apples. Bake at 425° for 25 minutes until tender with fork.

Pam Southerland

APPLE CRISP

4 c. sliced apples 1 c. uncooked oatmeal
1 Tbsp. lemon juice 1/2 c. brown sugar
1/2 c. flour 1/2 tsp. salt
1 tsp. cinnamon 1/2 c. melted butter

Grease baking dish. Put apples in the dish. Combine dry ingredients; add butter and lemon juice. Mix until crumbly. Sprinkle over apples and bake at 350° for 1 hour. Use 1 large baking dish or 2 small pie pans. Serves 10.

Lib Steelman

MERINGUE MUSHROOMS

4 egg whites (at room temperature) 1 c. sugar
1/4 tsp. cream of tartar 1/2 c. semi-sweet chocolate chips
1/2 tsp. salt cinnamon-sugar mixture
1 tsp. vanilla extract
Preheat oven to 225°. Line 2 cookie sheets with foil. Beat egg whites, cream of tartar and salt until soft peaks form. Gradually add vanilla extract and sugar, 2 tablespoons at a time. Continue beating or 5 minutes until sugar is completely dissolved and stiff peaks form. Fill a pastry bag with ½-inch plain tip. Spoon meringue into bag.

For Stems: Hold tube vertically, close to foil, pressing tube gently while slowly raising bag straight up. Make stems 1 to 1 ½ inches high.

For Caps: Place tube close to foil, hold bag vertically and press meringue out to form mound. Smooth tops of caps with finger. Sprinkle with cinnamon-sugar mixture. Make 30 stems and 30 caps. Bake on lower rack of oven for 1 hour. Turn oven off, but leave stems and caps in the oven with door slightly ajar until cool. Melt chocolate chips, spread on underside of caps and “glue” stem to cap, letting them rest upside-down until chocolate is dry.

Bonny McNally

**OZARK PUDDING**

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>egg</td>
<td>½ tsp. salt</td>
</tr>
<tr>
<td>¼ c. sugar</td>
<td>½ c. chopped nuts</td>
</tr>
<tr>
<td>1 heaping Tbsp. flour</td>
<td>1 c. chopped apples</td>
</tr>
<tr>
<td>1 ¼ tsp. baking powder</td>
<td>1 tsp. vanilla</td>
</tr>
</tbody>
</table>

Beat eggs; add sugar and beat until light. Sift flour, baking powder and salt. Add to egg mixture and blend. Fold in apples, nuts and vanilla. Pour into greased dish. Bake at 325° for 30 minutes.

Cleo Smith

**CREAMY RICE PUDDING**

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<table>
<thead>
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<tbody>
<tr>
<td>½ c. uncooked rice</td>
<td>½ c. seedless raisins (if desired)</td>
</tr>
<tr>
<td>1 c. boiling water</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1 ½ tsp. salt</td>
<td>1 tsp. vanilla extract</td>
</tr>
<tr>
<td>¾ c. (15 oz.) can Eagle Brand milk</td>
<td>¼ tsp. nutmeg</td>
</tr>
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</table>

Put rice, water and salt into heavy 2 quart saucepan. Cover and cook over medium heat until water boils. Reduce heat and simmer until rice is tender, about 15 minutes. Remove from heat. Stir in Eagle Brand milk and raisins. Beat eggs just until blended. Add gradually, while stirring briskly, to rice-milk mixture. Return to low heat and cook, stirring constantly, until mixture coats a metal spoon.
DESSERTS

Remove from heat. Stir in vanilla extract and nutmeg. Serve hot or chilled. Makes eight 1/2 cup servings.

Peggy H. Bowles

BUTTER BALLS

2 sticks butter
1/2 c. powdered sugar
1/2 tsp. vanilla
1 3/4 c. all-purpose flour, sifted
1/2 c. chopped pecans

Cream butter and powdered sugar until fluffy. Blend in vanilla and flour and stir in chopped nuts. Chill several hours for ease in handling. Shape into balls 1-inch in diameter. Bake 20 minutes in preheated 350° oven. Roll balls while warm in powdered sugar and again when cool. Yields 3 dozen.

Janice Sykes

WILD CARAMEL DELIGHT

Eagle Brand milk
maraschino cherries	nuts
whipped topping

Completely submerge 1 (or how many you desire) can(s) of Eagle Brand milk in a pan of water; do not open can. When water comes to a boil, turn down heat to the simmer point. Boil for 4 hours. Let cool. Open can and spoon out caramel pudding. Add maraschino cherries and nuts. Serve with whipped topping.

This dessert is very rich and requires the whipped topping to cut the richness.

Betty Sirohman

CHERRY YUM YUM

2 c. graham cracker crumbs
1 stick margarine, melted
1 small pkg. cream cheese
1/2 c. sugar
1 tsp. vanilla
9 oz. container Cool Whip

Beat cream cheese and sugar. Fold into 9 ounce bowl Cool Whip. Line square pan with graham cracker mixture. Spread half of cream cheese mixture over crust, spread 1 can cherry pie filling over

**DATE NUT BALLS**

1 small pkg. pitted dates  
½ c. sugar  
½ c. coconut  
4 Tbsp. margarine  
1 egg, beaten  
1½ c. Rice Krispies  
1 c. chopped nuts  
1 tsp. vanilla

Place dates, sugar, coconut, margarine, egg, nuts and vanilla in skillet and cook until bubbly, 5 to 10 minutes. Add Rice Krispies. Let cool, roll in balls and roll in powdered sugar.

**EASY CHEESE DANISH**

2 cans crescent rolls  
2 (8 oz.) pkg. cream cheese  
¾ c. sugar  
1 tsp. vanilla  
2 egg yolks

Press 1 can rolls in bottom of 9 x 13-inch pan. Mix cream cheese, sugar, vanilla and one egg yolk until fluffy. Spread on top of rolls. Top with other can of rolls. Brush with other egg yolk. Bake at 375° for 15 to 20 minutes or until brown.

**FRUIT AND OAT BARS**

2 c. Quaker oats (quick or old-fashioned), uncooked  
1 c. all-purpose flour  
¾ c. margarine or butter, melted  
½ c. firmly packed brown sugar  
½ c. chopped nuts  
½ tsp. salt (optional)  
½ tsp. baking soda  
1 (12 to 16 oz.) jar favorite fruit preserves

Heat oven to 350°. Grease 11 x 7-inch glass baking dish. Combine all ingredients, except preserves; mix well. Reserve about 1 cup oats mixture; press remaining mixture onto bottom of prepared dish. Bake 10 minutes. Spread preserves evenly over partially baked base to within ½-inch of edge of pan; sprinkle with reserved oats mixture. Bake 20 to 22 minutes or until golden brown. Cool; cut into bars. Store tightly covered at room temperature.
DESSERTS

PEANUT BUTTER FUDGE ICE CREAM

6 oz. pkg. semi-sweet chocolate chips
2 c. milk
1 c. sugar

½ c. chunky peanut butter
1 tsp. vanilla
2 c. whipping cream

In medium saucepan, combine chocolate chips, milk and sugar. Stir over low heat until chocolate melts. Stir in peanut butter. Cool to room temperature. Stir in vanilla and whipping cream. Pour into ice cream canister. Freeze according to manufacturer’s directions. Makes 2 quarts.

Penny Petree Goode

HEAVENLY CHOCOLATE ICE CREAM

12 (1 ¾ oz. each) Milky Way bars, cut into pieces
14 oz. can Eagle brand milk

3 qt. milk
5.5 oz. can Hershey’s chocolate syrup

Combine candy and Eagle Brand milk in a large saucepan; cook over low heat, stirring constantly, until candy is melted and mixture is smooth (may require beating with a hand mixer to get smooth). Pour mixture into freezer can of 1 gallon freezer. Stir in chocolate syrup. Add enough milk to fill container to within 4 inches of top. Freeze according to manufacturer’s directions. Yields 1 gallon.

Peggy H. Bowles

PRALINE ICE CREAM SAUCE

1 c. light brown sugar
¼ c. light corn syrup
½ c. half and half or evaporated milk
2 Tbsp. margarine

1 tsp. vanilla
½ tsp. salt
1 c. pecan halves

Combine all ingredients in saucepan. Cook over medium heat, stirring constantly, for 10 minutes or until thick and smooth. (Do not microwave!) Cool slightly. Serve over vanilla ice cream. Makes 1 ½ cups.

Note: Can store in covered container in refrigerator for several days. Before serving, add small amount of cream, then heat, stirring until smooth.

Patti Petree
CHILDRENS RECIPES

Fries Church

Kiss the Cook!

Drawn by Beth and Mitch Steelman
**COCKTAIL SAUCE**

- 0 oz. catsup
- 1 slice thin onion
- 1 (1-inch) slices celery
- 1 ⅛-inch quartered lemon slice
- 2 Tbsp. prepared horseradish

In a blender or food processor, combine all ingredients and blend until smooth. Chill and serve with shrimp or crabmeat. (Chili sauce may be substituted for catsup.)

*Tom Dawson*

**COCKTAIL MEATBALLS**

- 1 lb. lean ground beef
- 2 c. dry bread crumbs
- 3 c. dehydrated onions
- 1 c. milk
- 2 eggs
- salt and pepper to taste
- 1 jar chili sauce
- 10 oz. jar grape jelly

Mix all ingredients, except chili sauce and jelly. Form into 1-inch balls and brown in 2 tablespoons oil. Mix chili sauce with grape jelly. Melt slowly, stirring constantly. Add meatballs and simmer slowly for 10 minutes. Serve warm. Makes approximately 75 balls.

*C. V. Whitt*

**COCKTAIL FRANKS**

- ⅛ tsp. dry mustard
- 1 Tbsp. flour
- 1 c. brown sugar
- ¼ Tbsp. soy sauce
- ½ c. vinegar
- 1 c. pineapple juice
- 4 pkg. Little Smokies

Mix all ingredients, except Smokies. Cook until thick. Add 4 packages Little Smokies.

*C. V. Whitt*

**TIP'S CHEESE BALL**

- (8 oz.) pkg. cream cheese
- 3 lb. sharp Cheddar cheese
- 1 pkg. Lipton onion soup mix
- 3 tsp. milk
- ¼ c. chopped olives
- ¼ c. pecan pieces
KIDS & DADS

Let cream cheese come to room temperature. Mix all ingredients well, except pecans. Shape into 2 balls; then roll in pecan pieces. Allow to set in refrigerator for at least 2 hours before serving, but serve at room temperature. Can be frozen, but keeps well in refrigerator if wrapped.

Tom Dawson

CHEESE-NUT SPREAD

8 oz. pieces Cheddar cheese
4 oz. pieces Roquefort
4 oz. cream cheese
4 Tbsp. butter
1 c. pecans
3 Tbsp. heavy cream
1 tsp. Tabasco sauce
1 clove garlic

Have all ingredients at room temperature. Cream together the cheeses, butter, nuts, heavy cream, Tabasco and garlic until well mixed. Stop machine 2 to 3 times to scrape down container or bowl sides. Pack mixture into oiled mold and chill until firm. Then unmold on a serving plate or store in crocks. Serve with crackers or toast points.

Tom Dawson

BEST PIMENTO CHEESE

2 lb. medium sharp Cheddar cheese
2 lb. New York sharp Cheddar
3 oz. Parmesan cheese
½ tsp. black pepper
⅛ tsp. hot pepper sauce or ½ tsp.
1 Tbsp. Worcestershire
1 Tbsp. seasoned salt
3 c. mayonnaise
1 can evaporated milk
2 jars (7 oz. each) chopped pimentos, undrained


Carl Southerland

DEVILED HAM DIP

8 oz. cream cheese
½ c. mayonnaise
1 (2 ½ oz.) can deviled ham
2 Tbsp. chopped pimento
½ tsp. liquid onion juice
¼ tsp. Worcestershire
½ tsp. salt
¼ tsp. pepper
Combine all ingredients. Serve with crackers.

Tom Dawson

CRAB DIP

oz. shredded American cheese
1 lb. crabmeat
oz. French dressing
horseradish to taste
salt to taste
1 pt. mayonnaise

Mix all ingredients together. Yields 1 quart.

C. V. Whitt

CHIPPED BEEF DIP

(8 oz.) carton sour cream
(8 oz.) container soft cream cheese
green pepper, chopped
1 small jar dried beef, cut into small pieces
1 medium onion, chopped or 1 bunch green onions

Mix all together. Better if allowed to stand in refrigerator overnight.

Louie Skidmore

BAKED POTATO SOUP

medium potatoes, peeled and diced
small onion, chopped
stalk celery, chopped
tsp. celery salt
tsp. seasoned salt
tsp. dried whole basil
¼ tsp. pepper
2 Tbsp. dried parsley flakes
2 chicken bouillon cubes
4 c. water
4 slices bacon
2 Tbsp. all-purpose flour
1 ½ c. milk


C. V. Whitt
PEANUT BUTTER SOUP

1 c. milk
2 Tbsp. smooth peanut butter
(low-priced brands work best)


Don McNally

CAESAR SALAD

romaine lettuce
tomatoes
2 to 3 cloves garlic
½ c. olive oil
1 can anchovies
1 beaten egg
1 Tbsp. Worcestershire
¼ c. lemon juice (freshly squeezed)
pepper
Parmesan cheese
croutons

Prepare lettuce and tomatoes. Press garlic into olive oil and set aside. Combine beaten egg, Worcestershire, lemon juice and finely chopped anchovies. Pour garlic oil mixture and other mixture over vegetables alternately when ready to serve. Add pepper, Parmesan cheese and croutons to taste.

Note: Do not make ahead.

Bill and Ana Beer

ONION RINGS

1 large onion, sliced into thick rings
dash of salt
dip in beer (at room temperature)
cooking oil
1 c. plus 1 Tbsp. flour
1 c. plus 1 Tbsp. flour

Heat oil in electric frypan. Mix beer and flour. Add dash of salt. Dip onion rings in batter and then drop into hot oil. Fry until golden brown. These can be placed in a warm oven and will stay crisp until you have finished frying all rings. If batter does not stay on rings then increase the amount of flour, adding a small amount at a time until the right consistency.

C. V. Whit
ITALIAN SPAGHETTI SAUCE

c. chopped onion 1/2 tsp. crushed basil
clove minced garlic 1 large bay leaf
lb. cooked ground beef 1 (4 oz.) sliced mushrooms
(28 oz.) tomatoes 2 Tbsp. cornstarch
(6 oz.) can tomato paste 1/2 tsp. salt
Tbsp. sugar 1/2 tsp. coarse pepper
tsp. crushed bouillon 12 oz. water
tsp. crushed oregano

In electric slow crockery cooker combine onion, garlic, tomatoes, tomato paste, sugar, bouillon, oregano, basil, bay leaf, salt and pepper. Stir in water, cover and cook on low heat setting for 10 to 12 hours. Turn to high heat setting. Remove bay leaf; stir in mushrooms and beef. Blend 2 tablespoons cold water into the cornstarch; stir into sauce. Cover. Cook until thickened and bubbly, about 25 minutes.

Tom Dawson

CHEESE, ONION AND BEEF ENCHILADAS

lb. ground beef 1.5 oz. can chili powder
doz. corn tortillas 6 Tbsp. flour
dl. Cheddar cheese 4 Tbsp. cooking oil
large onion 2 1/2 tsp. salt
tsp. garlic powder 3 1/2 c. water
tsp. cumin

Brown beef in skillet. Add 2 tablespoons flour. Sprinkle garlic powder and cumin into meat. Add 2 teaspoons chili powder. Mix together and continue to simmer. Add 1/2 cup water and 1 teaspoon salt. Chop onion and grate cheese; mix together.

Prepare enchilada sauce. In frypan place 4 tablespoons cooking oil and heat. Add 4 tablespoons flour. Brown mixture like gravy by slowly raising the heat. Add 3 cups water and 1/2 can of chili powder (approximately 3/4 ounce). Add 1 1/2 teaspoons salt. Mix together. In a 13-inch Pyrex dish, spoon thin layer of enchilada sauce to prevent sticking. Dip tortillas, one at a time into sauce and lay in pan. Stuff with meat and cheese/onion mixture and roll. Repeat until pan is full (approximately 8 per pan), then go on to the next pan. Use 3 (9 x 13-inch) Pyrex dishes.
KIDS & DADS

Note: Add water as necessary if sauce thickens. After all are rolled, pour remaining sauce over enchiladas and sprinkle remaining cheese/onion mixture. Bake at 350° for 15 to 20 minutes and cheese is melted.

Steve Jones

FLANK STEAK BARBECUE

2 lb. beef flank steak, ½-inch thick 3 Tbsp. salad oil
1 ½ tsp. garlic salt 2 Tbsp. vinegar or lemon juice
1 tsp. oregano leaves 8 oz. can tomato juice

Score each side of meat ½-inch deep in diamond pattern. Place meat in shallow glass dish. Mix garlic salt, oregano leaves and oil spread on meat. Drizzle vinegar over meat. Cover and refrigerate at least 1 hour. Open can of tomato sauce. Cook meat on grill 4 inches from hot coals. Cook 5 minutes on each side, basting frequently with tomato sauce. To serve, cut steak diagonally across the grain into thin slices.

Mark Bardoli

PAPA'S SPAGHETTI SAUCE

1 ¼ c. finely chopped onions 12 oz. tomato paste
2 lb. ground beef 1 Tbsp. salt
8 oz. can mushrooms 1 to 2 tsp. Italian seasoning
2 to 3 lb. canned tomatoes ½ lb. shredded rat cheese (optional
2 to 4 cloves minced garlic to thicken sauce)
24 oz. tomato sauce

Cook beef until not red. Add onions and cook until limp. Add other ingredients and simmer several hours, stirring occasionally. Serve over cooked spaghetti. My! My! Makes 12 servings with seconds.

George Lami

BEEF ROLL-UPS

1 pkg. Wise green onion dip mix Carl Budding sandwich type meat
(.056 oz.) (can use beef or ham)
1 carton softened cream cheese
Mix onion dip and cream cheese thoroughly. Spread thinly on slices of meat. Roll up jelly roll fashion. Cut each roll into 4 pieces. Refrigerate until ready to serve. The packs of onion dip mix can usually be found in the potato chip section.

C. V. Whitt

BOB SELLER'S GRILLED CHICKEN

2 chickens, cut into serving pieces 4 sticks margarine, melted in small pot

Charcoal grill with adjustable top is best. Soak chicken pieces in salt water overnight, drain and dry off excess water. Place pieces on grill top which has been sprayed with Pam. Have a good bed of hot charcoal ready and have grill top at highest level. With pastry brush, baste chicken with the melted margarine. Turn chicken frequently and baste each piece when you turn it. Cook slowly at highest level from fire at all times. Takes about 1 hour to cook thickest pieces.

Bob Sellers

EASY VEAL PARMESAN

veal chops or chicken Parmesan cheese
bread crumbs Mozzarella cheese
canned spaghetti sauce

Bread the veal chops and fry in pan. Place veal in baking dish. Spoon on spaghetti sauce. Sprinkle Parmesan and Mozzarella cheese on top. Bake until cheese is melted.

Fred Crater

JAKE'S BARBECUE SAUCE

1 qt. vinegar 6 oz. mustard
1 lb. margarine juice and grated rind of 1 lemon
2 1/2 oz. Worcestershire 1/4 tsp. salt per chicken half
3 oz. horseradish 1/4 tsp. pepper per chicken half

Combine all ingredients and bring to a boil. Simmer for 45 minutes. Place chicken on charcoal grill and cook slowly, approximately 1 1/2 to 2 hours, basting frequently with sauce. This amount of sauce is for 10 to 12 halves.

Jake Fouts
KIDS & DADS

WAFFLES

2 c. Bisquick
1 egg
1/2 c. Wesson oil

1 1/2 c. club soda (at room temperature)

Mix all ingredients, adding club soda last. Bake in waffle iron.

C. V. Wh

DAVID'S ORIGINAL PIE

2 precooked pie shells
2 heaping Tbsp. creamy peanut butter
14 oz. Marshmallow Creme

2 eggs
2 oz. unsweetened baking chocolate, melted
1 Tbsp. sugar

1/4 c. milk


David Dawson

ORANGE FRUITCAKE

3/4 c. shortening
1 c. sugar
3 eggs
1 1/2 c. dates, chopped fine
1 c. nuts, chopped fine
1 orange peel, ground

3 c. sifted flour
1 1/2 tsp. soda
1 tsp. salt
1 c. buttermilk
1 tsp. vanilla

Cream together shortening and sugar. Add eggs; beat after each is added. Add dates, nuts and orange peel. Combine flour, soda and salt. Add alternately with dry ingredients, buttermilk and vanilla. Bake at 300° for one hour. After removing from cake tins, and while still hot, pour over the topping. Age cake 24 hours. Will keep 2 to 3 weeks.

This is a Slagle, as in Carl Slagle Southerland, tradition. We always make small loaves and tie with bows for our Christmas.
KIDS & DADS

presents to friends. A Slagle tradition from our family to yours. Happy holiday.

Topping:

\[
\begin{align*}
\frac{1}{2} \text{ c. orange juice} & \quad \text{grated rind of 1 orange} \\
\frac{1}{4} \text{ c. sugar} & \\
\end{align*}
\]

Stir until well dissolved.

Carl Southerland

SOUTHERN PECAN PIE
(Old Family Recipe)

1 (9-inch) unbaked shell  
\( \frac{1}{2} \text{ c. sugar} \)  
1 c. dark corn syrup  
\( \frac{1}{4} \text{ tsp. salt} \)  
1 Tbsp. flour

2 large eggs  
\( \frac{1}{4} \text{ tsp. vanilla} \)  
1 Tbsp. melted butter  
1 c. whole pecans

In food processor, blend together sugar, syrup, salt, flour and eggs. Add vanilla and butter and blend. Pour into mixing bowl and blend in pecan halves, turning up top ones to enhance appearance. Bake in preheated oven at 300° for about 1 hour. Serve with whipped cream, if desired. (If brown crust is desired, brush shell with undiluted evaporated milk before baking.)

John Dawson III

OATMEAL COOKIES

2 c. shortening  
\( \frac{1}{4} \text{ c. white sugar} \)  
\( \frac{1}{4} \text{ c. brown sugar} \)  
4 eggs  
\( \frac{1}{4} \text{ Tbsp. vanilla} \)

3 c. flour  
\( \frac{1}{4} \text{ Tbsp. salt} \)  
\( \frac{1}{4} \text{ Tbsp. soda} \)  
6 c. oatmeal (old-fashioned)

Cream shortening, white sugar and brown sugar. Add eggs and vanilla to creamed mixture, beating well. Add flour, salt and soda. Blend in oatmeal. Roll and bake at 350°, refrigerate or freeze.

This recipe is Carl’s. He got it from an old woman who used to bake in the school system. It’s super cookies about 3-inches in diameter. He mixes the cookies, then puts in foil and puts them in
the freezer. Cut ½-inch slices (frozen) whenever you want fresh cookies. The kids love for him to add M&M’s or chocolate chips.

**Carl Southerland**

**ALMOND CRESCENTS**

| ½ lb. butter | 2 tsp. vanilla |
| ½ lb. chopped pecans | 2 c. cake flour |
| ½ c. powdered sugar |

Mix well. Take about 1 tablespoon batter and roll in palms. Shape in crescent form. Bake on greased cookie sheet for 15 minutes at 375°. Cover with powdered sugar.

**Tom Dawson**

**CHEESECAKE**

| 2 Tbsp. melted butter | ½ c. sugar |
| 12 oz. room temperature cream cheese | 2 large eggs |
| 1 c. room temperature cottage cheese | ½ tsp. vanilla |
| 1 (9-inch) graham cracker crust |

Preheat oven to 350°. Place the steel blade in the food processor and put all the ingredients in the bowl, including the butter. Process until very smooth. Pour the mixture into the pie shell and bake for 30 minutes. Cool the cake in the oven with the door propped open until it is at room temperature. Chill.

**Tom Dawson**

**DADDY’S COOKIES**

| 1 c. butter | ½ tsp. salt |
| ¾ c. sugar | 1 tsp. almond extract |
| 1 egg | food coloring |
| 2 ½ c. flour |

Cream butter and sugar together. Add egg and mix. Sift together dry ingredients. Add dry ingredients to butter mixture. Mix and add almond extract. Add food colorings to dough as desired for colored cookies. Use cookie press to form different shapes (i.e. stars, hearts, Christmas trees, etc.) Bake on ungreased cookie sheets for 6 to 10 minutes at 400°.

**John Petree**
MONROE'S PEACH COBBLER

c. Bisquick  1 c. milk
  c. sugar  1 stick margarine

Place stick of margarine in 8 x 8 x 2-inch pan and put in 325° oven until margarine is bubbling. Mix Bisquick, sugar and milk and set aside. When margarine is bubbling, remove pan from oven and pour Bisquick mixture into pan. Scatter peaches on top of mixture, but do not stir. Peaches will go to the bottom by themselves. Bake in 325° oven for about 1 hour. Serves 4 to 6.

Monroe Bowles

BANANA MILKSHAKE

½ c. cold milk  2 packets Equal sweetener or 1
1 large banana  heaping Tbsp. sugar
4 ice cubes

First, pour milk in blender. Next add ice. Then, finally, split banana in half and put on top of ice. Blend until smooth. Last of all add sweetener and mix.

Jeff Southerland

GINGERBREAD MEN

c. flour  1 tsp. cinnamon
  tsp. salt  1 tsp. nutmeg
  tsp. baking soda  1 c. shortening
  tsp. baking powder  1 c. sugar
  tsp. ginger  1 c. molasses
  tsp. cloves  2 egg yolks

Sift flour with salt, soda, baking powder and spices. Cream shortening with sugar. Add molasses and egg yolks. Thoroughly mix in the flour mixture. Cover and chill. Roll out small portions between sheets of wax paper (about ¼-inch thick). Cut with cookie cutters and bake on ungreased cookie sheets at 350° for 10 to 12 minutes. Allow to cool a minute before removing from pan. Decorate with raisins, red hots and icing.

Claire Wilkerson
300 FUDGE

2 sticks butter 3 tsp. vanilla
18 oz. pkg. semi-sweet chocolate morsels 4 1/2 c. sugar
2 c. chopped pecans 12 oz. can evaporated milk

In large bowl combine butter, chocolate, nuts and vanilla. Set aside. Combine sugar and milk in heavy saucepan. Bring to a boil stirring constantly, and let the mixture boil for 6 to 7 minutes. Pour hot mixture over ingredients in bowl and stir until smooth. Pour or grease flat pan and allow to cool overnight.

Tracy Wilkerson

EASY DOUGHNUTS

canned biscuits cinnamon
oil sugar or powdered sugar

Cut hole in biscuits with a small cup or round cookie cutter. Fry biscuits in a generous amount of oil. Sprinkle doughnuts with cinnamon and sugar or powdered sugar.

Brandon Crate

PLAY DOUGH

2 c. flour 2 Tbsp. cooking oil
1 c. salt 2 c. water
4 tsp. cream of tartar food coloring

Mix and cook slowly until stiff enough to handle. Add food coloring. Turn onto wax paper and knead. Keep in tight container or plastic bag. Does not need refrigeration.

Molly Wilkerson
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**Kids & Dads**

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Making The Right Food Choices

A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.
The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free more often. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here’s how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It’s a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It’s the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.
Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.

How to Pick What's Good for Your Diet

Formula % of calories from fat:

\[
\frac{(\text{Grams of Fat}) \times 9}{(\text{Calories per serving})} = \text{(Percent of calories from fat)}
\]
# TABLE FOR COOKING VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Ways To Prepare</th>
<th>Cooking</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>CELERY</td>
<td>Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.</td>
<td>Cook covered in small amount of boiling water or in consommé.</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>CORN</td>
<td>Remove husks and silks from fresh corn. Rinse and cook whole.</td>
<td>Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.</td>
<td>6-8 mins.</td>
</tr>
<tr>
<td>EGGPLANT</td>
<td>Wash; if skin is tough, pare. Cut in 1/2 inch slices.</td>
<td>Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.</td>
<td>Approx. 4 mins.</td>
</tr>
<tr>
<td>MUSHROOMS</td>
<td>Wash; cut off tips of stems. Leave whole or slice.</td>
<td>Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.</td>
<td>8-10 mins.</td>
</tr>
<tr>
<td>OKRA</td>
<td>Wash pods; cut off stems. Slice or leave whole.</td>
<td>Cook covered in small amount of boiling salted water.</td>
<td>8-15 mins.</td>
</tr>
<tr>
<td>PARSNIPS</td>
<td>Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.</td>
<td>Cook covered in small amount of boiling salted water.</td>
<td>15-20 mins.</td>
</tr>
<tr>
<td>PEAS, Green</td>
<td>Shell and wash.</td>
<td>Cook covered in small amount of boiling water.</td>
<td>8-15 mins.</td>
</tr>
<tr>
<td>SPINACH</td>
<td>Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.</td>
<td>Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.</td>
<td>3-5 mins.</td>
</tr>
<tr>
<td>TOMATOES</td>
<td>Wash ripened tomatoes.</td>
<td>Cook slowly, covered, without adding water.</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>ZUCCHINI</td>
<td>Wash; do not pare. Slice thin.</td>
<td>Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.</td>
<td>10 mins. Total</td>
</tr>
</tbody>
</table>
A “QUICK” Summary Of

DILL
Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL
Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

MARJORAM
May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

TARRAGON
Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

CURRY POWDER
A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.

CHIVES
Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.

SAGE
Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued
CARAWAY  Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.

PAPRIKA  A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL  Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO  Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

BAY LEAF  A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER  An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL  Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS  Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR  Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.
### CALORIE COUNTER

**CANDIES, SNACKS AND NUTS**

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Almonds</td>
<td>93</td>
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<tr>
<td>Cashews</td>
<td>88</td>
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<tr>
<td>Chocolate Bar (nut)</td>
<td>340</td>
</tr>
<tr>
<td>Coconut (Shredded)</td>
<td>344</td>
</tr>
<tr>
<td>English Toffee</td>
<td>25</td>
</tr>
<tr>
<td>Fudge</td>
<td>115</td>
</tr>
<tr>
<td>Mints</td>
<td>50</td>
</tr>
<tr>
<td>Peanuts (salted)</td>
<td>190</td>
</tr>
<tr>
<td>Peanuts (roasted)</td>
<td>800</td>
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<tr>
<td>Pecans</td>
<td>104</td>
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<tr>
<td>Popcorn (plain)</td>
<td>54</td>
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<tr>
<td>Potato Chips</td>
<td>115</td>
</tr>
<tr>
<td>Pretzels</td>
<td>35</td>
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<tr>
<td>Walnuts</td>
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### DAIRY PRODUCTS

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<tr>
<td>American Cheese</td>
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</tr>
<tr>
<td>Butter or Oleomargarine</td>
<td>100</td>
</tr>
<tr>
<td>Cheese (blue, cheddar, cream, Swiss)</td>
<td>105</td>
</tr>
<tr>
<td>Cottage Cheese (uncreamed)</td>
<td>25</td>
</tr>
<tr>
<td>Cream, light</td>
<td>30</td>
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<tr>
<td>Cream, whipped</td>
<td>25</td>
</tr>
<tr>
<td>Egg White</td>
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</tr>
<tr>
<td>Egg Yolk</td>
<td>61</td>
</tr>
<tr>
<td>Eggs (boiled or poached)</td>
<td>160</td>
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<tr>
<td>Eggs (scrambled)</td>
<td>220</td>
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<tr>
<td>Egg (fried)</td>
<td>110</td>
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<tr>
<td>Yogurt (flavored)</td>
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### DESSERTS

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<tr>
<td>Cheesecake</td>
<td>200</td>
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<tr>
<td>Chocolate Cake, iced</td>
<td>445</td>
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<tr>
<td>Fruit Cake</td>
<td>115</td>
</tr>
<tr>
<td>Pound Cake</td>
<td>140</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>120</td>
</tr>
<tr>
<td>Shortcake with fruit</td>
<td>300</td>
</tr>
<tr>
<td>Cupcake, iced</td>
<td>185</td>
</tr>
<tr>
<td>Cupcake, plain</td>
<td>145</td>
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<thead>
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<tr>
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<td>Flavored Puddings</td>
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<td>Blueberry</td>
<td>290</td>
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<tr>
<td>Cherry</td>
<td>355</td>
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<tr>
<td>Custard</td>
<td>280</td>
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<tr>
<td>Lemon Meringue</td>
<td>305</td>
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<tr>
<td>Peach</td>
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Cooking Hints
## CALORIE COUNTER

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<tr>
<td>Pumpkin</td>
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<tr>
<td>Rhubarb</td>
<td>265</td>
</tr>
<tr>
<td>Ice Cream:</td>
<td></td>
</tr>
<tr>
<td>Chocolate Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Vanilla Ice Cream</td>
<td>150</td>
</tr>
<tr>
<td>Miscellaneous:</td>
<td></td>
</tr>
<tr>
<td>Chocolate Eclair, custard</td>
<td>250</td>
</tr>
<tr>
<td>Cookies, assorted</td>
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<tr>
<td>Cream Puff</td>
<td>296</td>
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<tr>
<td>Jello, all flavors</td>
<td>78</td>
</tr>
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</table>

### BEVERAGES AND JUICES

<table>
<thead>
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<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Chocolate Malted</td>
<td>450</td>
</tr>
<tr>
<td>Cocoa (all milk)</td>
<td>235</td>
</tr>
<tr>
<td>Cocoa (milk &amp; water)</td>
<td>140</td>
</tr>
<tr>
<td>Coffee (black/unsweetened)</td>
<td>0</td>
</tr>
</tbody>
</table>

### BREADS AND FLOUR FOODS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Powder Biscuits</td>
<td>129</td>
</tr>
<tr>
<td>Bran Muffin</td>
<td>106</td>
</tr>
<tr>
<td>Cornbread</td>
<td>130</td>
</tr>
<tr>
<td>Dumplings</td>
<td>70</td>
</tr>
<tr>
<td>Enriched White Bread</td>
<td>60</td>
</tr>
<tr>
<td>French Bread</td>
<td>54</td>
</tr>
<tr>
<td>French Toast</td>
<td>135</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
<td>475</td>
</tr>
<tr>
<td>Melba Toast</td>
<td>25</td>
</tr>
<tr>
<td>Noodles cooked</td>
<td>200</td>
</tr>
<tr>
<td>Pancakes (wheat)</td>
<td>60</td>
</tr>
<tr>
<td>Raisin Bread</td>
<td>80</td>
</tr>
<tr>
<td>Rye Bread</td>
<td>71</td>
</tr>
<tr>
<td>Saltines</td>
<td>17</td>
</tr>
<tr>
<td>Soda Crackers</td>
<td>23</td>
</tr>
<tr>
<td>Waffles</td>
<td>216</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>55</td>
</tr>
</tbody>
</table>

### BREAKFAST CEREALS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Flakes</td>
<td>96</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>120</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>148</td>
</tr>
<tr>
<td>Rice Flakes</td>
<td>105</td>
</tr>
<tr>
<td>Shredded Wheat</td>
<td>100</td>
</tr>
<tr>
<td>Sugar Krisps</td>
<td>110</td>
</tr>
</tbody>
</table>

### FISH AND FOWL

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bass</td>
<td>105</td>
</tr>
<tr>
<td>Brook Trout</td>
<td>130</td>
</tr>
<tr>
<td>Crabmeat (canned)</td>
<td>85</td>
</tr>
<tr>
<td>Fish Sticks</td>
<td>200</td>
</tr>
<tr>
<td>Haddock (baked)</td>
<td>158</td>
</tr>
<tr>
<td>Haddock (broiled)</td>
<td>207</td>
</tr>
</tbody>
</table>
# CALORIE COUNTER

## FRUITS

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Quantity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (raw)</td>
<td>1 small</td>
<td>70</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>85</td>
</tr>
<tr>
<td>Blueberries (frozen/unsweetened)</td>
<td>1/2 cup</td>
<td>45</td>
</tr>
<tr>
<td>Cantaloupe Melon</td>
<td>1/2 melon large</td>
<td>60</td>
</tr>
<tr>
<td>Cherries, fresh/whole</td>
<td>1 cup</td>
<td>40</td>
</tr>
<tr>
<td>Cranberries (sauce)</td>
<td>1 cup</td>
<td>54</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 cup</td>
<td>65</td>
</tr>
<tr>
<td>Dates</td>
<td>3 or 4</td>
<td>95</td>
</tr>
<tr>
<td>Grapefruit (unsweetened)</td>
<td>1/2</td>
<td>55</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>70</td>
</tr>
<tr>
<td>Peach (fresh)</td>
<td>1</td>
<td>55</td>
</tr>
<tr>
<td>Plums</td>
<td>2</td>
<td>50</td>
</tr>
<tr>
<td>Tangerine (fresh)</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1&quot; slice</td>
<td>60</td>
</tr>
</tbody>
</table>

## MEATS

<table>
<thead>
<tr>
<th>Meat</th>
<th>Quantity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon (crisp)</td>
<td>2 slices</td>
<td>95</td>
</tr>
<tr>
<td>Frankfurter</td>
<td>1</td>
<td>155</td>
</tr>
<tr>
<td>Hamburger (avg. fat/broiled)</td>
<td>3 ounces</td>
<td>245</td>
</tr>
<tr>
<td>Hamburger (lean/broiled)</td>
<td>3 ounces</td>
<td>185</td>
</tr>
<tr>
<td>Ham (broiled/lean)</td>
<td>3 ounces</td>
<td>200</td>
</tr>
<tr>
<td>Ham (baked)</td>
<td>1 slice</td>
<td>100</td>
</tr>
<tr>
<td>Lamb Leg Roast</td>
<td>3 ounces</td>
<td>235</td>
</tr>
<tr>
<td>Lamb Chop (rib)</td>
<td>3 ounces</td>
<td>300</td>
</tr>
<tr>
<td>Liver (fried)</td>
<td>3 1/2 ounces</td>
<td>210</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>1 slice</td>
<td>100</td>
</tr>
<tr>
<td>Pork Chop (med.)</td>
<td>3 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Pork Roast</td>
<td>3 ounces</td>
<td>310</td>
</tr>
<tr>
<td>Pork Sausage</td>
<td>3 ounces</td>
<td>405</td>
</tr>
<tr>
<td>Roasts (Beef)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin Roast</td>
<td>3 1/2 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Pot Roast (round)</td>
<td>3 1/2 ounces</td>
<td>200</td>
</tr>
<tr>
<td>Rib Roast</td>
<td>3 1/2 ounces</td>
<td>260</td>
</tr>
<tr>
<td>Rump Roast</td>
<td>3 1/2 ounces</td>
<td>340</td>
</tr>
<tr>
<td>Spareribs</td>
<td>1 piece, 3 ribs</td>
<td>123</td>
</tr>
<tr>
<td>Swiss Steak</td>
<td>3 1/2 ounces</td>
<td>300</td>
</tr>
<tr>
<td>Veal Chop (med.)</td>
<td>3 ounces</td>
<td>185</td>
</tr>
<tr>
<td>Veal Roast</td>
<td>3 ounces</td>
<td>230</td>
</tr>
</tbody>
</table>

## SALADS AND DRESSINGS

<table>
<thead>
<tr>
<th>Salad</th>
<th>Quantity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple and carrot (no dressing)</td>
<td>1/2 cup</td>
<td>100</td>
</tr>
<tr>
<td>Chef Salad/reg. oil</td>
<td>1 Tbsp</td>
<td>160</td>
</tr>
<tr>
<td>Chef Salad/mayonnaise</td>
<td>1 Tbsp</td>
<td>125</td>
</tr>
<tr>
<td>Chef Salad/ French, Roquefort</td>
<td>1 Tbsp</td>
<td>105</td>
</tr>
<tr>
<td>Cole Slaw (no dressing)</td>
<td>1/2 cup</td>
<td>102</td>
</tr>
<tr>
<td>Fruit Gelatin</td>
<td>1 square</td>
<td>139</td>
</tr>
<tr>
<td>Potato Salad (no dressing)</td>
<td>1/2 cup</td>
<td>184</td>
</tr>
<tr>
<td>Waldorf (no dressing)</td>
<td>1/2 cup</td>
<td>140</td>
</tr>
<tr>
<td>Boiled Dressing</td>
<td>1 Tbsp</td>
<td>28</td>
</tr>
<tr>
<td>French Dressing</td>
<td>1 Tbsp</td>
<td>60</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 Tbsp</td>
<td>110</td>
</tr>
</tbody>
</table>

Cooking Hints
Food Guide Pyramid
A Guide to Daily Food Choices

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats, Oils &amp; Sweets</td>
<td>USE SPARINGLY</td>
</tr>
<tr>
<td>Milk, Yogurt &amp; Cheese Group</td>
<td>2-3</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>3-5</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>2-4</td>
</tr>
<tr>
<td>Bread, Cereal, Rice &amp; Pasta</td>
<td>6-11</td>
</tr>
</tbody>
</table>

### How to Use The Daily Food Guide

#### What counts as one serving?

| Breads, Cereals, Rice and Pasta | 1 slice of bread  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2 cup of cooked rice or pasta</td>
</tr>
<tr>
<td></td>
<td>1/2 cup of cooked cereal</td>
</tr>
<tr>
<td></td>
<td>1 ounce of ready to eat cereal</td>
</tr>
</tbody>
</table>

| Vegetables | 1/2 cup of chopped raw or cooked vegetables  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup of leafy raw vegetables</td>
</tr>
</tbody>
</table>

| Fruits | 1 piece of fruit or melon wedge |

| Milk, Yogurt and Cheese | 1 cup of milk or yogurt  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2 to 1 ounce of cheese</td>
</tr>
</tbody>
</table>

| Meat, Poultry, Fish, Dry Beans, Eggs and Nuts | 2-1/2 to 3 ounces of cooked lean meat, poultry or fish  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)</td>
</tr>
</tbody>
</table>

### Fats, Oils and Sweets

**LIMIT CALORIES FROM THESE especially if you need to lose weight.**

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.
# How many servings do you need each day?

<table>
<thead>
<tr>
<th>Calorie Level*</th>
<th>about 1,600</th>
<th>about 2,200</th>
<th>about 2,800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread Group</td>
<td>6</td>
<td>9</td>
<td>11</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk Group</td>
<td><strong>2 - 3</strong></td>
<td><strong>2 - 3</strong></td>
<td><strong>2 - 3</strong></td>
</tr>
<tr>
<td>Meat Group</td>
<td>2, for a total of 5 ounces</td>
<td>2, for a total of 6 ounces</td>
<td>3, for a total of 7 ounces</td>
</tr>
</tbody>
</table>

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

---

# A Closer Look at Fat and Added Sugars

The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.
Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The new food label will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.
The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it. What should you look for?

First of all, nutrient content claims, such as “low calorie,” may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you’re trying to reduce your intake of calories, fat or cholesterol...or if you’re trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food’s nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer. The “Nutrition Facts” will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it’s easier than ever to eat healthy - just read the label.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 cup (228g)</th>
<th>Servings Per Container 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>250</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>470 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

**Vitamin A 4%** - **Vitamin C 2%**

<table>
<thead>
<tr>
<th>Calcium 20%</th>
<th>Iron 4%</th>
</tr>
</thead>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:

- Fat 9
- Carbohydrate
- Protein

Cooking Hints
Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

**SUGAR**

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar Free</td>
<td>Less than 0.5 grams per serving. No added sugar</td>
</tr>
<tr>
<td>Reduced Sugar</td>
<td>At least 25% less sugar per serving than reference food.</td>
</tr>
<tr>
<td>Processing does</td>
<td>Processing does not increase content above the amount found naturally.</td>
</tr>
<tr>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>

**CALORIES**

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie Free</td>
<td>Fewer than 5 calories per serving.</td>
</tr>
<tr>
<td>Low Calorie</td>
<td>40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.</td>
</tr>
<tr>
<td>Reduced Calorie</td>
<td>At least 25% fewer calories per serving than reference food.</td>
</tr>
</tbody>
</table>

**CHOLESTEROL**

<table>
<thead>
<tr>
<th>Description</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol Free</td>
<td>Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.</td>
</tr>
<tr>
<td>Low Cholesterol</td>
<td>20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.</td>
</tr>
<tr>
<td>Reduced or Less</td>
<td>At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.</td>
</tr>
<tr>
<td>Cholesterol</td>
<td></td>
</tr>
</tbody>
</table>
**FAT**

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Free</td>
<td>Less than 0.5 g of fat per serving.</td>
</tr>
<tr>
<td>Saturated Fat Free</td>
<td>Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.</td>
</tr>
<tr>
<td>Low Fat</td>
<td>3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.</td>
</tr>
<tr>
<td>Low Saturated Fat</td>
<td>1 g or less per serving and not more than 15% of calories from saturated fatty acids.</td>
</tr>
<tr>
<td>Reduced Fat</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
<tr>
<td>Low Fat</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
<tr>
<td>Reduced or Less Saturated Fat</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
</tbody>
</table>

**SODIUM**

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium Free</td>
<td>Less than 5 mg per serving.</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140 mg or less per serving or per 50 g of food.</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>35 mg or less.</td>
</tr>
<tr>
<td>Reduced or Less Sodium</td>
<td>At least 25% less per serving than reference food.</td>
</tr>
</tbody>
</table>

**FIBER**

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Fiber</td>
<td>5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.</td>
</tr>
<tr>
<td>Good Source of Fiber</td>
<td>2.5 g to 4.9 g of fiber per serving.</td>
</tr>
<tr>
<td>More or Added Fiber</td>
<td>At least 25% more fiber than reference food.</td>
</tr>
</tbody>
</table>

Cooking Hints
FAVORITE RECIPES

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
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<tr>
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</tr>
</tbody>
</table>

Notes

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