

Recipe

Dish: **SPANISH STEAK**

Serves: _____

Place 1-2# round steak in roaster, add
2 sliced med onion & 1 sliced gr pepper.
Salt & pepper; add 1 can tomato soup &
1 can water. Cover.

Bake: 350° 1½ hr.

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SPANISH STEAK (Milly)

Put cut up Round Steak in roaster; add 2
sliced onion & some sliced pepper.

Make sauce of & blend: 1 can tomato soup,
½ can water, 2 T vinegar, ¼-½ c catsup,
1 T br sugar, 1 T horseradish, 1 T
prepared mustard, 1½ t salt, some pepper.

Pour over meat. Bake: 350° couple hours.

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HAM LOAF MIX

Mix Ham Loaf Mix, 1 c cracker crumbs, ½ c
milk, 2 beaten eggs, dash of pepper.

On top: 1 c br sugar, ¼ c vinegar, ¼ c water,
1 t prepared mustard. Bake: 350° 1½ hr.

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CHICKEN CASSEROLE

Brown 1# deboned cut up chicken in 1 T oil.

Add 2½c water, 1 pkg Lipton Vegetable
soup mix (blue box), add
¾ c uncooked rice. Cover &
cook 45 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **CREOLE GUMBO** Serves: _____

Warm 2 T bacon grease in kettle, add 1 minced gr pepper, 1 minced onion, 2 stalks celery. Sauté 5 min. Blend in 2 T flour; add 1# 14 oz can tomatoes, & 15½ oz can diced okra. Season with 1-1½ t salt, 1/8 t pepper & 1 clove crushed garlic. Add 2 c shrimp (cooked, fresh, frozen, canned), crab, or chicken meat. Simmer 10 min. Remove from heat, blend in 1 T gumbo file(?) Simmer 5 min more. Serve with rice.

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LASAGNA GUSTOSO

Cook 8 oz lasagne noodles, drain. Need total of 2 c (8 oz) Shredded Mozzarella cheese & 3/4 c grated Parmesan Cheese, 1c cott ch. Brown 2 T butter, 1# ground beef & ½c chop onion. Add 1 can (8 oz) pizza sauce, 1 can (6 oz) tomato paste, 1 t garlic salt, ½ t oregano; simmer 10-15 min.

Layer 1/3 noodles in 2 qt buttered baking dish, 1/3 hamburger, 1/3 cheeses, repeat, then 1/3 noodles, 1/3 hamburger, then spread 1 can (8 oz) pizza sauce, & top with rest of cottage cheese.

Bake: 350° 30 min. Remove from oven & sprinkle with remaining Mozzarella & Parmesan cheese. Let stand 10 min. Serve.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: SLOPPY JOES (MRS KERR) Serves:

1# hamburger, celery, green pepper, onion,
1 can tomato soup, dash sugar, 1 can tomato
paste, 1 T chili powder.

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BEEF STROGANOFF

Cut 1# chucksteak in chunks or strips.

Heat 2 T butter in skillet, add meat &
2 med thinly sliced onions. Cook stir-
ring over high heat to brown. Add 4 oz
can mushrooms & juice, cover and simmer
20 min or until tender. Add 1 T flour,
 $\frac{1}{2}$ t paprika, $\frac{1}{2}$ t salt, dash cayenne,
dash pepper: stir to mix. Add 1 c sour
cream & $\frac{1}{2}$ c milk; simmer, stirring until
thickened & smooth. Serve over rice or
noodles. Serves 3-4.

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OLD FASHION SWISS STEAK

Dust 1 pc round steak with flour & pound.

Season with salt, pepper, dry mustard, &
paprika. Brown both sides. Add sliced
onion & 1 clove garlic.

Mix in bowl then add: 1 c sour cream,
 $\frac{1}{2}$ c water, soy sauce (to taste) & brown
sugar (to taste); put on
top of steak, cover & bake
300° 1 hr.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **BEEF SKILLET STEW** Serves: 4-6

Melt 2 T butter in large skillet, add 1-2
cloves crushed garlic & $\frac{1}{4}$ c chopped onion;
saute until tender. Set aside.

Combine: $\frac{1}{4}$ c flour, $1\frac{1}{2}$ t salt, $\frac{1}{4}$ t pepper:
Dredge $1\frac{1}{2}$ # cubed stew meat in mixture;
brown in butter mixture. Add 1 c water,
1 can cream of celery soup, 1 bay leaf,
& $\frac{1}{2}$ t majoram. Cover & simmer 1 hr.

Add: 4 med carrots (2" pieces), $1\frac{1}{2}$ c small
onions, $1\frac{1}{2}$ c celery (2"), & 4 med potatoes
(halved). Cover & simmer 45 min or until
meat is tender. Stir in $\frac{1}{2}$ c sour cream.

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QUICK SAUERKRAUT & SAUSAGE

Cook 2 c raw potatoes ($1\frac{1}{2}$ ") & 1 chopped med
onion in water until tender. Drain.

Add: $1\frac{1}{2}$ # polish sausage, 2 c sauerkraut,
16 oz can applesauce, $\frac{1}{2}$ c dry wine,
2 T brown sugar; simmer 20 min.

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MEATBALLS (LIL HASENKOPFT)

Mix & form 28 meatballs: 2# hamburg, 2 eggs,
 $\frac{1}{4}$ c water, 1 c bread crumbs, 1 small chop
onion, $1\frac{1}{2}$ t salt, $1/8$ t pepper.

In Pan add 12 oz chili sauce,
8 oz cranberry sauce, 2 T
br sugar, 1 T lemon juice.
Mix til smooth. Simmer 1 hr.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **BAKED PARMESAN CHICKEN** Serves: _____

Combine: 1 c dry bread crumbs, 1/3 c Parme
Cheese, 1/4 tsp oregano, 1/4 tsp pepper,
salt to taste: set aside.

Lightly saute 1 clove minced garlic in
2 T butter, stir in remaining 3/4 c
butter. Dip chicken in garlic butter,
roll each piece in bread crumb mixture.
Place chicken in 13x9x2 pan; sprinkle with
remaining bread crumb mixture. Pour on
remaining butter.

Bake: 350° 55 min or until brown.

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YUM-A-SETTA (AMISH RECIPE)

Brown: 2 lbs hamburg, salt, pepper, little
brown sugar, 1/4 chopped onion.

Add: 1 can tomato soup

Add: 16 oz cooked egg noodles

Layer in casserole with 8 Oz processed
cheese. Bake: 350° 30 min.

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BARBEQUED PORK CHOPS

Place Pork Chops in pan; salt & pepper,

Add 1/2 c chopped onions.

Mix & Add: 1 c catsup, 1 T Worcestershire
sauce, 1 can cream of
mushroom sour.

Bake: 375° (?) 2 hrs.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: ZUCCHINI ITALIAN STYLE Serves: _____

Slice 3 medium zucchini lengthwise in $\frac{1}{4}$ " slices. Dip in mixture of 1 beaten egg & 1 T milk. Coat with seasoned fine dry bread crumbs.

Brush jellyroll pan with olive oil. Arrange zucchini in pan & drizzle with olive oil.

Broil on both sides until well browned.

Cover casserole with spaghetti sauce. Arrange

Zucchini on sauce. Put 8 oz sliced

Mozzarella cheese on Zuc. Top with

remainder of $15\frac{1}{2}$ oz jar of Spaghetti Sauce

Season with salt & pepper.

Bake: 350° 20 min.

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TACO SALAD

$\frac{1}{2}$ # hamburg, seasoned with taco sauce

$\frac{1}{2}$ head of lettuce 1 can kidney beans

3 chopped tomatoes Cheddar cheese

Fritos (Broken) Russian Dressing

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TOMATO SOUP DRESSING

In Bleneder mix: 1 c salad oil, 1 c vinegar,

1 c tomato soup, 1 T Worshestershire Sauce,

1 T sugar, 1 tsp salt, 1 tsp dry mustard,

1 tsp paprika. Add:

1 clove garlic & 1 small
chopped onion.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: JELLO SALAD (CAROLYN) Serves: _____

Dissolve 1 pkg lime (or other) jello with
1 c hot water; Add 1 pt vanilla ice cream
while hot & beat

Add; 1 c fruit cocktail (drained) & $\frac{1}{2}$ c
crushed pineapple.

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CRANBERRY RELISH RING

Mix: 1 pkg cherry jello, 1 c boiling water,
 $\frac{3}{4}$ c water, 1 can whole cranberry sauce,
 $\frac{1}{2}$ c diced celery, 3 T pickle relish,
2 T lemon juice. Chill until syrupy,
Put in mold (5 c); chill.

Put on plate & fill center with crisp greens,
serve with favorite salad dressing.

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GRANDMOTHER'S FAVORITE SALAD

Combine: 1 carton cream style cottage cheese,
1 can (9 oz) drained crushed pineapple,
1 c grated carrots, 12 cut-up marshmallows,
 $\frac{1}{2}$ c salad dressing, 1 T lemon juice,
2 T sugar, $\frac{1}{2}$ t salt.

Serve on lettuce leaf.

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PARADISE SALAD

Cook until thick: $\frac{1}{2}$ c sugar,
1 c juice from fruit salad,
1 T flour (or cornstarch),
2 eggs, lump butter. cool. Put

Calories	_____
Cholesterol	_____
Sodium	_____
	jello _____
	over salad _____

Recipe

Dish: **CRANBERRY CROWN SALAD** Serves: 6-8

Grind: 1# cranberries & 2 pared apples.

Add $\frac{1}{2}$ # marshmallows (cut in $\frac{1}{4}$'s), 1c sugar,
& mix well. Let stand overnight in refrig.
Just before serving, fold in 1 cup whipped
cream. Place 1g mound on lettuce leaf,
cut pineapple ring in $\frac{1}{2}$ and place on top.

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LUSCIOUS OVERNIGHT SALAD

Cook: 3 egg yolks, 2 T sugar, $\frac{1}{8}$ t salt,
2 T vinegar, 2 T pineapple syrup, &
1 T butter until thick, stirring constantly,
Cool. Fold in 1 c whipped cream, 2 c
pitted white drained cherries, 2 c drained
pineapple tidbits, 2 c marshmallows, &
2 oranges (cut in pieces). Chill 24 hrs.

Garnish with orange sections & marachino cherries.

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VIENNESE CRESCENTS (PATTY)

Cream: 1 c butter, $\frac{3}{4}$ c sugar, $1\frac{1}{2}$ t vanilla.

Beat until light & fluffy. Gradually add
 $2\frac{1}{2}$ c flour & 1 c finely chopped nuts.

Chill dough for ease in handling, if necessary.

Form 1 t of dough into crescent shape &
place on cookie sheet.

Bake: 350° 12-15 min, Remove
& roll in confectioners
sugar. Yield: $9\frac{1}{2}$ -10 dz

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **JELLO SALAD** Serves: _____

Fix 2 pkg red jello & pour in large flat pan; let set.

Beat: 1½ c Miracle Whip, 1 pkg lemon jello (partly set), 1 pkg cream cheese. Let set.

Then add to top 2 pkg red jello (partly set).

Use fruit salad in top layer if desired.

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JELLO SALAD

Use syrup (instead of water) from 1 #2 can crushed pineapple & 2 pkg orange jello.

Soften 1 pkg cream cheese, add pineapple & nuts when jello congeals. Add miniature marshmallows.

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LORNA'S JELLO SALAD

Dissolve 3 pkg orange jello in boiling water (Juice from 1 med or lg can drained pineapple & enough boiling water to = 3 cups) Pour jello over pineapple chunks in large flat pan. Let set. Top with Dream Whip mixed with 4 oz cream cheese & 1 c confectioners sugar.

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PICKLED HEART & tongue (MIDGE)

Heat to boiling then add to meat with 1 slice onion:

1 pt vinegar, 1 c sugar, 1t salt, few allspice.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **HEAVENLY RICE PUDDING** Serves: _____

Mix: $1\frac{1}{2}$ c cold rice, $1\frac{1}{2}$ c diced marshmallows
(or 1 c coconut), $\frac{1}{2}$ c well-drained
pineapple, $\frac{1}{4}$ c drained chopped marachino
cherries & $\frac{1}{4}$ c chopped nuts.

Chill $\frac{2}{3}$ c evap milk in freezer until icy;
whip until stiff; add 2 T lemon juice &
whip very stiff. Beat in $\frac{1}{2}$ c confectioners
sugar.

Fold into rice mixture.

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HEAVENLY RICE

Mix: 3 c cold cooked rice, 3 c miniature
marshmallows, 1 c drained crushed
pineapple, $\frac{1}{2}$ c shopped marachino cherries,
1 pkg dream whip with 1 c confectioners
sugar added.

Let sit a few hours.

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LEMON LUSH

Melt 1 stick oleo, add 1 c flour & 1 c
chopped nuts. Press into 13x9 pan.
Bake 15 min. Let cool.

Mix until creamy: 8 oz cream cheese,
1 c conf. sugar & 1 c cool whip. Spread
over crust. Mix; 3 c milk,
2 sm pkg instant lemon pudding
spread over layered mixture.

Top with cool whip & nuts.

Calories	_____
Cholesterol	_____
Sodium	_____

yield: 15-18

Recipe

Dish: **ROSA MARINA SALAD**

Serves: _____

Cook:

1½ c Rosa Maria in 3 qt water with
1 t salt. Stir constantly & cook about
15 min. Drain & rise in cold water,

drain again.

Make custard of: 1 slightly beaten egg,
½ c sugar, 2 T flour, pinch salt, juice
from 1 can drained crushed pineapple.

Stir constantly & cook until thick.

Mix custard in well with Rosa Marina; let
stand couple hours (or overnight).

Add crushed pineapple, 1 c miniature
marshmallow. Later add 8 oz cool-whip.

Let stand 1-2 hr.

(Note: okay to fix all at once if
Rosa Marina is cool.)

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GRANDMA SERVILL'S CRANBERRY SALAD

Dissolve 1 small pkg lemon jello & 1½ c
boiling water, juice of ½ lemon.

Leave cool until slightly set.

Add: ½ c crushed pineapple, ½ c chop celery,
1 c thick cranberry sauce (canned or fresh),
½ c chop pecans.

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JELLO SALAD TOPPING

Blend: 6 oz cream cheese,
¼ c milk, 2 T mayonaise.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: 4 BEAN SALAD Serves:

Mix: 2 c green beans, 2 c yellow beans,
1 c washed kidney beans, 1 small pkg
fr lima beans (cooked), 1 can chick peas,
1 c celery, 1 chopped onion, $\frac{1}{2}$ red or
green pepper chopped.

DRESSING: Mix: 2 c vinegar, 2 c sugar,
1 t salt, $\frac{1}{2}$ c oil.

Pour dressing over beans, let stand 24 hrs.

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STRAWBERRY DESSERT SALAD

Melt: $\frac{1}{4}$ # (16) marshmallows & 2 T strawberry
juice; cool.

Add: 1 c crushed strawberries & $\frac{1}{2}$ c drained
crushed pineapple.

Blend until creamy & add 3 oz cream cheese.

Add: $\frac{1}{2}$ c salad dressing & $\frac{1}{2}$ c whipping
cream. Pour into refrigerator tray &
freeze until firm. Cut into squares on
lettuce leaf. Top with whipped cream.

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SAUERKRAUT SALAD

Mix: 2 c sauerkraut (cut in short pieces),
 $\frac{1}{2}$ c sugar, $\frac{1}{2}$ c thinly sliced celery,
 $\frac{1}{2}$ c thin strips green pepper, $\frac{1}{2}$ c shredded,
carrots, $\frac{1}{4}$ c chopped
onion. Chill 12 hr.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **THOUSAND ISLAND DRESSING** Serves: $1\frac{1}{2}$ cups

Mix: 1 c mayonnaise, $\frac{1}{4}$ c chili sauce,
2 hard cooked eggs (chopped), 2 T green
peppers, 2 T chopped celery, $1\frac{1}{2}$ T fine
chopped onion, 1 t paprika, $\frac{1}{2}$ t salt.

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FRENCH DRESSING

Mix or blend in blender: 1 c sugar, 1 c
vinegar, 1 c oil, 1 c tomato soup,
1 T horseradish, 1 T Worcestershire sauce,
1 T salt, 1 T pepper, 1 T paprika,
1 bud garlic (or some garlic salt).

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FRENCH DRESSING

Put in jar & shake: 1 c sugar, 1 c oil,
1 t mustard, 1 t salt, 1 tsp paprika,
1 t celery salt, 1 c vinegar, 1 can
tomato soup, 1 T Worcestershire sauce,
1 t pepper, 1 t garlic salt.

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CABBAGE SALAD (COCHRANTON GRANGE)

Bring to boil then let cool: 1 pt vinegar,
2 c sugar, $\frac{3}{4}$ t celery seed, $\frac{3}{4}$ t
mustard seed, $\frac{1}{3}$ t tumeric. Add to
2 qt cabbage, 3 peppers, 3 onions

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: BETTY BRITTON'S COLESLAW Serves: DRESSING

Put in jar & shake: $\frac{1}{2}$ c sugar, $\frac{1}{4}$ c oil,
 $\frac{1}{4}$ c vinegar, garlic powder, celery salt,
salt & pepper.

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RUSSIAN DRESSING (LINDA)

$\frac{1}{2}$ c vinegar, $\frac{1}{2}$ c oil, 1 c sugar; add enough
catsup for as red as you like.

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LAYERED SALAD (LETTUCE)

Break up 1 head lettuce in 13x9 pan.

Sprinkle with $\frac{1}{4}$ c chopped onion, $\frac{1}{2}$ c
chopped celery, 1 c sliced water chestnuts
(optional), 10 $\frac{1}{2}$ oz frozen peas & $\frac{1}{4}$ c grated
parmesan cheese. On top of this spread
2 c mayonaise, taking care to completely
cover the lettuce, forming a seal.

Sprinkle $\frac{1}{2}$ t garlic powder, 1 t seasoned
salt, 2-3 hard cooked eggs, 2 t bacon bits.

Cover & seal well with plastic wrap.

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CORNEB BEEF SALAD

Beat: 1 c mayonaise into 1 pkg lemon jello
dissolve in 2 c boiling water.

When jello is partly set, add: 1 t sugar,
1 t salt, 3 hard boiled eggs
chopped, 1 small onion(c),
12 oz can corneb beef(c), 2 c
celery(c), 1 gr pepper(c).

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **SWEDISH NUT RING**

Serves: _____

Dissolve 1 pkg dry yeast in $\frac{1}{4}$ c warm water,
Scald $\frac{3}{4}$ c milk; add $\frac{1}{4}$ c shortening,
 $\frac{1}{4}$ c sugar, $\frac{1}{2}$ t salt. Set aside for
shortening to melt.

Mix yeast, 1 beaten egg, $3\frac{1}{2}$ -4 c flour into
milk mixture. Knead. Let rise. Punch
down & roll into triangle. Spread with
2 T soft butter, $\frac{1}{2}$ c grated nuts & $\frac{1}{4}$ c
br sugar. Roll up; wind around on baking
sheet. Tuck ends inside each other.
Make 6 slashes in the top & flatten roll
slightly. Let rise.

Bake: 350° 20-25 min. Frost & sprinkle/ nuts.

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POPPY SEED PUFF RING

Dough: 2 env dry yeast, $\frac{2}{3}$ c water, 1c oleo,
 $\frac{1}{4}$ c sugar, $\frac{1}{2}$ t salt, 2 t grated lemon
rind, $3\frac{1}{2}$ c flour.

Filling: 1 c poppy seeds, $\frac{1}{2}$ c raisins,
 $\frac{1}{2}$ c milk, 1 beaten egg, 2 t lemon rind,
 $\frac{3}{4}$ c sugar. Heat filling to boiling,
cook 5 min. Cool. Make ring, brush
with beaten egg.

Bake: 325° 45 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **WALNUT STICKIES** Serves: _____

Dough: 1 c milk, $\frac{1}{4}$ c sugar, $\frac{3}{4}$ t salt,
2 T shortening, 1 cake yeast, $\frac{1}{4}$ c warm
water, 1 beaten egg, $2\frac{1}{2}$ c flour.

Topping: $\frac{3}{4}$ c sugar, $\frac{3}{4}$ c water, 1 t cinnamon,
1 t grated orange rind, $\frac{1}{8}$ t salt,
1 c chopped walnuts. Cook this about 10
min until syrupy. Reserve $\frac{1}{2}$ syrup & put
on rolls after baking 25 min, the bake
15 more min.

Filling: 4 T shortening, $\frac{1}{4}$ c sugar, 1 t cinnamon.
Make dough, let rise, then roll out into
rectangle. Spread with filling; roll up
& cut & put in pan with topping in.

Bake: 375° 25 min add topping 15 min more.

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1 BOWL POPOVERS

Put $\frac{1}{3}$ t butter in each of 9 custard cups.

Place in oven to heat 5 min.

Beat very thoroughly: 2 eggs; beat in 1 c
milk; add 1 c flour & $\frac{1}{2}$ t salt. Beat with
beater. Pour into cups $\frac{1}{2}$ full.

Bake: 425° 40-45 min

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Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **STRAWBERRY CREAM PIE** Serves: _____

Dissolve 1 pkg (6 oz) strawberry jello in
2½ c hot water. Add 2 pt Vanilla ice
cream. Chill while fixing crust.

CRUST: 12 ladyfingers broken in ½ (24 pieces)
Standing up around pie pan.

Put filling in & chill. Garnish with 1 c
Strawberries.

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BLUEBERRY MERINGUE PIE

Crush: 1 c blueberries. Blend ½ c sugar &
1/3 c cornstarch. Add crushed berries &
1 c water. Heat, stirring, until mixture
thickens. Add 2 T lemon juice & remainder
of 1 Qt of Blueberries.

Put on Meringue. Bake: 350° 15-20 min.

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FLAKY PIE CRUST

Mix 6 c flour & 2 tsp salt, cut in 2 c
shortening; & chill if desired.

Place 1 egg & 2 tsp vinegar in 1 c measure
cup, beat; fill cup with ice water.

Mix together & combine with dry ingredients.
Makes 6 crusts.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: SOUR ORANGE PIE Serves: _____

Mix and boil 1 min: 1 c + 1 T sugar,

1/3 c + 1 T cornstarch, & 1 1/2 c water

Add: 3 slightly beaten eggs; boil & stir 1 min

Remove from heat and add: 3 T oleo,

2 tsp Orange peel, & 1/2 c sour orange juice.

Pour into 9" baked pie shell.

MERINGUE: Beat: 3 cold egg whites &

1/4 tsp cream of tartar

Add: 4 T sugar & 1/2 tsp vanilla.

Beat until peaks form

Bake: 7-10 min 400° **WATCH**

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ONE CRUST RHUBARB PIE

Combine: 2 beaten eggs, 2 T melted oleo,

5 c diced rhubarb

Mix & add: 1 3/4 c sugar, 1/2 tsp cinnamon,

1/2 tsp salt, 1/2 tsp vanilla, 7 T flour (?)

Mix well & put in 9" unbaked pie shell.

Bake: 375° 50-60 min

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STRAWBERRY PIE (Weight Watchers)

CRUST: 12 graham cracker squares, crushed,

2 T + 2 tsp Lo-cal oleo, 1 pkt Sweet & Lo

FILLING: Cook & stir over med heat:

1 1/2 c water & 2 T cornstarch.

Remove; sprinkle 1 box sugar-free Straw/banana jello; cool.

Fold in 4 c sliced strawberry.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: JULIE'S LEMON PIE Serves: 2

Mix: 4 c water, 2 c sugar, $\frac{1}{4}$ t salt

Mix & add: 4 T cornstarch, 3 egg yolks,
outside & juice of 2 lemons.

Meringue: 3 egg whites & sugar

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PUMPKIN PIE (MA'S)

Cook 20 min in double boiler: $\frac{3}{4}$ c sugar
2 T cornstarch (heaping), 1 t ($\frac{1}{2}$) cinnamon,
 $\frac{1}{2}$ t nutmeg, $\frac{1}{4}$ t ($\frac{1}{8}$) cloves, $\frac{1}{2}$ t salt,
 $\frac{1}{2}$ t (omit) ginger, 2 c milk, 1 c pumpkin.

Add: 2 egg yolks, cook a little longer;
pour in baked shell. Bake meringue
at 300°.

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LEMON SPONGE PIE

Blend: 1 c sugar, 1 T butter; Stir in 2 egg
yolks, 1 c milk, 2 T flour, & grated rind
& juice of 1 lemon. Fold in 2 beaten egg
whites.

Bake: 10 min 450° then 20 min 325°

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FAVORITE BLUEBERRY PIE

Mix: 1 c sugar, 3 T cornstarch, $\frac{1}{8}$ t salt;
lc Add: 1 c blueberries, cook & stir till
water thick. Add: 1 T butter & rest
of 1 qt berries. Cool, pour
into pie shell & refrigerate.
Top with koolwhip.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **PUMPKIN PIE** Serves: 2

Mix in order given: 1 can pumpkin, 2T flour,
1½ c sugar, 1 t salt, 2 t cinnamon,
scant t ginger, ¼ t cloves, 1 t pumpkin
pie spice, 2 c milk (3 for 2 large pies),
1 t vanilla, 4 eggs- beaten.

Bake: 400° 15 min; then 350° 45 min.

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RHUBARB CUSTARD PIE

Beat: 3 eggs & ½ t vanilla; Add: 1½ c sugar,
3 T flour, ¼ t salt, dash nutmeg, dash
cinnamon. Beat until smooth & fluffy.

Can add: 3 T frozen O.J. concentrate &
2 T oleo.

Add 5 c rhubarb, cut into small pieces.

Put in raw pastry shell.

Bake: 350° 1 hr.

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RHUBARB & CHERRY PIE

Combine & let stand 15 min: 4 c ½" pieces
rhubarb, 2 c cherries (canned or frozen),
1½ c sugar, ¼ c tapioca, 5 drops red
food coloring. Pour in crust.

Bake: 400° 40-50 min.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: NEVER FAIL PIE CRUST Serves: KATHY

Blend: $1\frac{1}{2}$ -2 c lard, 5 c flour, 1 t b powder,
2 T br sugar, 1 t salt. Sprinkle with
1 T vinegar; then add 1 egg beaten with
 $\frac{2}{3}$ c milk. Roll out.

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FAVORITE BUTTERSCOTCH PIE

Mix: $\frac{1}{3}$ c flour, 1 c br sugar, $\frac{1}{4}$ t salt.

Gradually add: 2 c scalded milk; cook over
mod heat, stirring constantly until
mixture thickens & boils. Cook 2 min.

Remove from heat.

Put small amount of hot mixture in bowl &
add 3 slightly beaten egg yolks, mix well.

Add egg mixture to flour mixture, stirring
while adding. Cook 1 min, stirring
constantly.

Add: 2 T butter & $\frac{1}{2}$ t vanilla; cool slightly.

Pour into 9" baked pie shell or use as
pudding. Top with meringue.

MERINGUE: Beat 3 egg whites till frothy.

Add $\frac{1}{4}$ t cream of tartar, $\frac{1}{4}$ t salt,
continue beating. Add 6 T sugar, 1 at a
time. Beat till peaks form. Beat in
 $\frac{1}{2}$ t vanilla.

Bake: 400° 8-10 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: GLAZED STRAWBERRY PIE Serves: _____

Combine: 3 T cornstarch, 1 c sugar, $\frac{1}{2}$ c water,
dash salt, 1 c crushed strawberries &
juice, red cake coloring; Cook until
thick, stirring.

Pour over $2\frac{1}{2}$ c sliced strawberries in
baked pie shell.

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GLAZED FRESH STRAWBERRY PIE (IZZY)

Combine: 1 c sugar & $\frac{1}{4}$ c cornstarch;
gradually stir in 1 c lemon-lime sodapop.
Heat over low heat, stirring constantly
until thick (about 5 min). Stir in few
drops of red food coloring.

Pour over 3-4 c whole strawberries in
baked pie shell.

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LINDA'S MICROWAVE BUTTWESCOTCH PUDDING

Scald 4 c milk in microwave (remove scum).

Mix together & add to milk with wire wisk:

6 T cornstarch, $\frac{1}{4}$ t salt, 1 $\frac{1}{3}$ c br sugar.

Beat 5 egg yolks with wisk & add to milk
mixture.

Microwave on high- 4 min, then 3, then 3, etc
until bubbly around edges & thick in

middle. Use wire wisk whole

time. Remove from microwave

& add 3 T oleo & 2 t vanilla.

Mix well & put in shell or dishes.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: MARIANNE'S CHEESECAKE Serves: _____

CRUST: Melt 1 stick oleo with 30 crushed
graham crackers & 2 T Confectioners sugar;
Line pan.

FILLING: Dissolve 3 oz pkg lemon jello in
1 c boiling water. Let cool.

Cream: 1 large pkg cream cheese, 1 c sugar,
& 2 t vanilla; add to jello.

Whip 1 can condensed milk until very stiff.
Fold cream cheese mixture into milk mix.

Pour into crust; refrigerate overnight.
Add cherry pie filling to top.

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BOSTON CREAM PIE

Combine: $1\frac{1}{2}$ c flour, 1 c sugar, 2 t baking
powder, $\frac{1}{2}$ t salt.

Add: $\frac{1}{3}$ c shortening & $\frac{1}{3}$ c milk; Beat
2 min.; Add: $\frac{1}{3}$ c milk, 1 t vanilla,
1 egg; Beat 2 min. Pour into greased &
lined 9" pan.

Bake: 350° 25-30 min; Cool & split- fill.

CREAM FILLING: Blend in saucepan: 3 T sugar,
3 t cornstarch, $\frac{1}{3}$ t salt, $\frac{3}{4}$ c milk;
Bring to boil. Remove from heat & add
2 egg yolks, slightly beaten; cook until
thick. Add 1 t vanilla, cool.

THIN CHOCOLATE ICING: Melt:

2 T shortening & 2 sq chocolate.

Blend in 2 T boil water & 1 c confection sugar.

Calories _____

Cholesterol _____

Sodium _____

Recipe

Dish: WHITE WONDER ICING Serves: _____

Stir with finger till hot: 2 egg whites,
 $\frac{1}{2}$ c sugar, 2 t white Karo syrup, $\frac{1}{16}$ t
cream of tartar; Beat till stiff.

Add: $\frac{1}{2}$ t vanilla; spread.

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FLUFFY TOPPING (FOR CHOCO CHERRY CAKE)

Sprinkle $\frac{1}{2}$ t unflavored gelatin with 2T
marachino cherry juice to soften.

Heat in microwave 10-15 sec; cool a bit.

With wire whip add to 1 pkg whipped topping.

Frost cake then garnish with slivered
almonds. Refrigerate. Top with cherries.

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OATMEAL CAKE

Mix & set aside: 1 c oatmeal & $1\frac{1}{2}$ c hot water.

Mix by hand: 1 c sugar, 1 c br sugar, 1c oil,
2 eggs, $1\frac{1}{2}$ c flour, 1 t soda, 1 t salt,
1 t vanilla. Add oatmeal mixture.

Mix with mixer 3 min.

Bake: 350° 30 min.

TOPPING: Boil 3 min: 1 c br sugar, $\frac{1}{4}$ c milk,
1 stick oleo. Add: 1 c coconut, $1\frac{1}{2}$ c nuts.

Put on cake while warm.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: **CHOCOLATE SURPRIZE CAKE** Serves: _____

Cream till fluffy: $\frac{2}{3}$ c oleo & $1\frac{1}{2}$ c sugar
Add one at a time & beat well after each
addition: 3 eggs. Beat in 1 t vanilla.
Add 1 c water alternately with: $2\frac{1}{4}$ c flour,
 $\frac{1}{2}$ c cocoa, 1 t baking powder, 1 t soda,
 $\frac{1}{4}$ t salt; beat well after each addition.
Stir in $\frac{2}{3}$ c rinsed, drained, chopped
sauerkraut.

Spread batter in greased 13x9x2 pan.

Bake: 350° 35 min.

FROSTING: Combine: 1 oz melted semisweet
chocolate, 3 oz cream cheese, 1 T milk,
1 c confectioners sugar, $\frac{1}{8}$ t salt,
 $\frac{1}{2}$ t vanilla. Mix until smooth.

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CHOCOLATE CHERRY SURPRIZE CAKE

Lightly oil fluted pan; sprinkle sides with
sugar; shake out excess.

Mix: 1 pkg chocolate cake mix, $\frac{1}{4}$ c oil,
 $\frac{3}{4}$ c water, 3 eggs, 1 c cherry pie
filling, 1 t almond extract. Beat
to pkg directions.

Pour batter into pan.

Bake: 350° 50-60 min.

(microwave: 10 min- 50%

6-8 min- high)

Frost with Fluffy Topping

(see recipe)

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **DR BIRD CAKE** (Ruth Kopetz) Serves: _____

Sift: 3 c flour, 2 t soda, 1 t cinnamon,
2 c sugar, 1 t salt.

Add & blend well- DO NOT BEAT: 1½ c oil,
8 oz can crushed pineapple, 1½ t vanilla,
3 eggs, slightly beaten, 2 c diced bananas,
½ c chop nuts.

Pour batter into greased & floured tube pan.

Bake: 1 hr 20 min. Cake will crack
on top.

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TROPICAL DREAM CAKE

Beat: 2 c sugar, 1 c oil; add 3 eggs.

Blend in: 8 oz can crushed pineapple &
1½ t vanilla.

Stir in: 2 c flour, 1 c wheat flour, 1t salt,
1 t soda, 1 t baking powder, 1 t cinnamon.

Stir in: 2 finely diced bananas.

Turn into greased 10" fluted tube or bundt
pan. Bake 350° 60-70 min

GLAZE: 1 3/4 c confect sugar & 2-3 T Orange
juice. Drizzle when cool.

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FAST FRUIT COBBLER

Put in greased glass baking dish: 1 c flour,
1 c sugar, 2 t b powder, ½t sa

Stir in 3/4-2 c milk & 1t vanilla

Put 2c fruit on top-do not stir.

Drizzle with ½ c melted butter.

Calories	_____
Cholesterol	_____
Sodium	_____
Bake:	350°
	25-30 min

Recipe

Dish: MARY MONNINS RED DEVIL FOOD CAKE Serves: _____

Mix together: $\frac{1}{2}$ c water, $1\frac{1}{2}$ tsp soda,
 $\frac{1}{2}$ c cocoa; allow to stand, mix other ing.

Cream: $\frac{2}{3}$ c shortening & $1\frac{3}{4}$ c sugar

Add: 2 eggs, beat well.

Add: $2\frac{1}{2}$ c flour & $\frac{1}{2}$ tsp salt; alternately
with $\frac{3}{4}$ c sour milk & 1 tsp vanilla.

Add first mixture and mix well.

Bake 1 hr 375°

CHOCOLATE FROSTING: 1 c sugar, $\frac{1}{2}$ c cocoa,
 $\frac{1}{4}$ c butter, $\frac{1}{3}$ c milk, $\frac{1}{2}$ tsp vanilla.

Boil 1 min; cool & spread.

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TRADEWINDS SPICE CAKE

Combine: $1\frac{1}{2}$ c flour, 1 c sugar, $\frac{3}{4}$ tsp salt,
 $2\frac{1}{2}$ tsp baking powder, $\frac{3}{4}$ tsp cinnamon,
 $\frac{1}{2}$ tsp nutmeg, $\frac{1}{8}$ tsp cloves.

Add: $\frac{3}{8}$ c shortening, $\frac{3}{4}$ c milk,
 $\frac{3}{4}$ tsp vanilla; beat 2 min.

Add: 2 eggs; beat 2 min more.

Bake: 350° 35- 40 min.

BROILED ICING: Mix: 3 T butter, 2 T cream,
 $\frac{1}{3}$ c brown sugar, $\frac{1}{2}$ c coconut. BROIL

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: NUTMEG FEATHER CAKE Serves: _____

Cream: $\frac{1}{2}$ c shortening & $1\frac{1}{2}$ c sugar

Combine: 3 eggs, beaten seperately,
2 c flour, 1 tsp baking powder, 1 t soda,
2 T nutmeg, $\frac{1}{4}$ tsp salt. Combine & add
alternately with 1 c buttermilk.

Add: $\frac{1}{2}$ tsp vanilla

Bake: 350° 30-35 min

ICING: Combine: $\frac{1}{4}$ c + 2 T oleo, 1 c coconut,
 $\frac{2}{3}$ c brown sugar, $\frac{1}{4}$ c whipping cream,
 $\frac{1}{2}$ tsp vanilla.

Broil 2-3 min until brown.

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CHOCOLATE CANDY CAKE

Bring to boil: 1 c water, 1 c oleo, $\frac{1}{4}$ c cocoa
Gradually stir into: 2 c flour, 2 c sugar, &
1 tsp soda

Stir in: $\frac{1}{2}$ c buttermilk, 2 eggs, 1 t vanilla

Pour into 13 x 9 x 2 pan

Bake: 350° 30 min While warm, prick
surface at 1" intervals.

CHOCOLATE CANDY FROSTING: $\frac{1}{2}$ c oleo,
 $\frac{1}{4}$ c + 2 T evaporated milk, $\frac{1}{4}$ c cocoa,
1 lb confectionery sugar, 1 tsp vanilla,
 $\frac{1}{2}$ c chopped nuts

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: RHUBARB KUCHEN Serves:

Combine: 1 c flour, 1 T sugar, $1\frac{1}{2}$ t b powder,
1/8 t salt; cut in 2 T butter till
coarse crumbs.

Beat 2 T milk with 1 egg, then add to
flour mixture, stir until moistened, then
put in 9x9x2 pan up side.

Combine: 1 3oz pkg strawberry jello,
1/3 c sugar, 3 T flour, 5 c rhubarb.

Turn into crust-line pan.

Combine: 2/3 c sugar, 1/3 c flour; cut in
3 T butter; sprinkle over filling.

Bake: 375° 45 min

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RHUBABA

Melt in 9" round pan: 3 T butter; stir in
 $\frac{1}{2}$ c br sugar. Top with 2 c rhubarb.

Add few drops red coloring to $\frac{1}{4}$ c dry sherry.
Drizzle over rhubarb.

Beat 3 egg yolks until foamy; add 1 t lemon
juice; gradually add 1 c sugar & beat
until thick & light; Slowly stir in
 $\frac{1}{4}$ c hot water.

Sift: 1 c flour, $1\frac{1}{2}$ t b powder, $\frac{1}{4}$ t salt.

Add to egg yolk mixture until combined.

Fold in 3 stiff beaten egg
whites. Spoon over rhubarb.

Bake: 325° 1 hr. Let stand

5 min. Loosen sides & invert

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: BLUEBERRY TEA CAKE Serves: _____

Cream: $\frac{1}{4}$ c butter, $\frac{3}{4}$ c sugar, 1 egg, $\frac{1}{2}$ c milk; beat until smooth.

Add: 2 c flour, 2 t baking powder, $\frac{1}{2}$ t salt.
(vanilla)

Fold in 2 c blueberries.

Spread in pan & add crumb topping.

CRUMB TOPPING: $\frac{1}{2}$ c sugar, $\frac{1}{4}$ (1/3) c flour,
 $\frac{1}{2}$ t cinnamon, $\frac{1}{4}$ c butter. (sprinkle on top)

Bake: 375° 40-45 min.

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MRS DOLSON'S DATE CAKE

Mix: 2 t soda, 3 c chopped dates, 2 c boiling water.

Cream: 2 c sugar & $\frac{3}{4}$ c butter

Mix in: 2 beaten eggs, 1 t salt, 2 c flour.

Blend in last: 3 t maple flavoring &
1 c chopped, floured nuts.

Pour into greased 13x 9 $\frac{1}{2}$ pan.

Bake: 400° 15 min or until it begins to
brown; lower heat to 325° 35 min

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GOLDEN HALO CAKE

Sift: 2 c flour, $1\frac{1}{4}$ c sugar, 3 t bak powder.

Add: $\frac{3}{4}$ c milk, 1 t vanilla, $\frac{1}{2}$ c shortening.

Beat 2 min at med speed;

Add: 2 eggs; Beat 2 min med.

2- 8" pans

Bake: 375° 30-35 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: APPLESAUCE CAKE (MOM'S) Serves: _____

Cream: $\frac{1}{2}$ cup shortening

Add: 1 cup sugar

Add & mix: 1 cup applesauce & 1 egg

Add: $\frac{1}{2}$ tsp nutmeg, 1 tsp soda, $\frac{1}{2}$ tsp alspice
 $\frac{1}{2}$ tsp salt, 1 $\frac{3}{4}$ cup flour, 1 c raisins

Bake: 1 hr @ 350⁰

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BANANA CAKE

Mix: 1 $\frac{1}{4}$ c sugar, $\frac{1}{2}$ c shortening, 2 egg yolks,
1 c mashed bananas, 2 c flour, $\frac{1}{4}$ tsp salt,
1 tsp baking powder, $\frac{1}{2}$ c sour milk,
1 tsp soda, 1 tsp vanilla

Add: 2 stiffly beaten egg whites.

Bake: 350⁰ Layer: 35 min Loaf: 50 min

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NEVER FAIL CUPCAKES OR LOAF (MA'S)

Mix in order given; then beat well:

1 egg, $\frac{1}{2}$ c cocoa, $\frac{1}{2}$ c shortening, 1 $\frac{1}{2}$ c flour,
 $\frac{1}{2}$ c sour milk, 1 tsp vanilla, $\frac{1}{2}$ tsp salt,
 $\frac{1}{2}$ tsp soda, 1 c sugar, $\frac{1}{2}$ c hot water.

Bake 350⁰ Loaf: 45 min Cup: 25-30 min

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MINCEMEAT COOKIES

1 c shortening, 1 $\frac{1}{2}$ c sugar, 3 eggs, 1 tsp
salt, 1 pt mincemeat,
3 $\frac{1}{2}$ c flour, 1 tsp soda,
1 cup chopped nuts.

Drop by tsp on greased sheet

Calories	_____
Cholesterol	_____
Sodium	_____
Bake; 375 ⁰	_____
12 min	_____

Recipe

Dish: **BIG WHITE LAYER CAKE (MA)** Serves: _____

Cream: 2 c sugar, $\frac{1}{2}$ c shortening

Add: 2 T boiling water, cream till light.

Add alternately: $3\frac{1}{2}$ c flour, $1\frac{1}{2}$ c cold water
pinch salt, 2 tsp vanilla.

Lastly: fold in 4 well beaten egg whites.

Then sprinkle 6 tsp baking powder over top
of batter & fold in lightly.

Bake 3 layers 350°

LEMON FILLING:

Mix smooth: 3 T cornstarch & $\frac{3}{4}$ c cold water

Cook till thick, add $\frac{1}{4}$ c lemon juice,
 $\frac{1}{4}$ c sugar (or more), 2 beaten egg yolks.

Cook 3 min, add 1 T butter & $\frac{1}{2}$ grated lemon
rind.

Cool & spread between layers.

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JONQUIL CAKE

Beat: 4 egg yolks & 2 T cold water till
light and foamy.

Slowly add: $1\frac{1}{2}$ c sugar, beat 15 min

Add $\frac{1}{2}$ c boiling water, slowly

Add: $1\frac{1}{2}$ c flour & $\frac{1}{4}$ tsp salt, beat till smooth

Beat 4 egg whites with $\frac{3}{4}$ tsp cream of
tartar, $\frac{1}{2}$ tsp vanilla, & $\frac{1}{2}$ tsp almond ext.

Add to mixture

Bake 350° 55 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: SPICY RAISIN CUPCAKES Serves: _____

Mash in cold water & drain: 1 c raisins

Add: 1 c water; cover & simmer 15 min.

Drain & save liquid.

Sift: 1 c flour, $\frac{3}{4}$ c sugar, $1\frac{1}{2}$ t bak powder,
 $\frac{1}{2}$ t salt, 1 t cinnamon, $\frac{1}{2}$ t nutmeg,
 $\frac{1}{2}$ t cloves.

Add: $\frac{1}{4}$ c shortening & $\frac{1}{2}$ c liquid (raisin
liquid + water to = $\frac{1}{2}$ c) Beat 2 min.

Add: 1 egg; Beat 2 min.

Dredge raisins in 2 T flour & mix with
 $\frac{1}{2}$ c chopped nuts; fold into batter.

Bake: 375° 15-20 min.

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SUNDAY MORNING COFFEE CAKE

Mix: $2\frac{1}{4}$ c flour, 1 t salt, 1 t baking powder,
1 t soda, 1 t nutmeg

Stir in: 1 c raisins

Cream: $\frac{1}{3}$ c shortening; add $\frac{1}{3}$ c sugar;
add 1 egg- beat until thick & creamy.

Add: 1 c buttermilk & dry ingredients.

Stir just until blended. Greased 9x9x2 pan

TOPPING: 1 T butter, $\frac{1}{2}$ c sugar, 1 t cinnamon
sprinkle over batter.

Bake: 375° 25-30 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **RAISIN UPSIDEDOWN CAKE** Serves: _____

Sift: $\frac{2}{3}$ c sugar, 1 c flour, 2 t bak powder,
 $\frac{1}{4}$ t salt

Stir in: $\frac{1}{4}$ c shortening, $\frac{1}{2}$ c raisins,
 $\frac{1}{3}$ c milk, & 1 egg; Beat well.

Pour in greased 8x8x2 pan.

Mix: $\frac{1}{2}$ c brown sugar & 1 c boiling water;
pour over batter.

Bake: 350° 30 min.

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COFFE CAKE (FROM SCHOOL)

Cream: $\frac{1}{2}$ c shortening & 1 c sugar

Add 1 egg; continue beating until well blended.

Add alternately with 1 c milk: $2\frac{1}{4}$ c flour,
2 t baking powder, 1 t cinnamon, $\frac{1}{4}$ t nutmeg,
pinch salt; mix well.

Pour into greased pan.

Bake: 350° 45 min.

As soon as taken from oven, apply butter
over top then sugar & cinnamon as frosting.

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MRS. FERLIN'S CHOCOLATE CAKE

Cream: $\frac{3}{4}$ c crisco, 1 c brown sugar,
1 c sugar, 2 eggs, $\frac{1}{2}$ t salt, 1 t vanilla.

Add: $\frac{1}{2}$ c cocoa (or 3 sq chocolate),

$2\frac{1}{3}$ c flour, $\frac{1}{2}$ c sour milk.

Add last: 1 t soda in 1 c
boiling water.

Bake: 350° 40 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **RICH GOLDEN CAKE**

Serves: _____

Cream until light & fluffy: $\frac{2}{3}$ c shortening,
 $1\frac{1}{2}$ tsp vanilla, $1\frac{1}{2}$ c sugar

Add one at a time: 3 eggs. Beat thoroughly.

Add: $2\frac{3}{4}$ c flour, $3\frac{1}{2}$ tsp baking soda,
1 tsp salt alternately with $1\frac{1}{2}$ c milk or
fruit juice.

13 x $9\frac{1}{2}$ x 2 pan

Bake: 350° 50 min

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OLD FASHION CRUMB CAKE (FAMILY CIRCLE 79)

Beat until smooth: $\frac{3}{4}$ c brown sugar,
 $\frac{1}{4}$ c butter & 1 egg.

Add $\frac{3}{4}$ c milk alternately with: $1\frac{1}{2}$ c flour,
 $\frac{1}{2}$ tsp cinnamon, $\frac{1}{2}$ tsp salt, $2\frac{1}{2}$ tsp bak.powder

Spread in greased 8x8x2 pan. Sprinkle with
Crumb topping. ($\frac{1}{3}$ c brown, 1 c flour,

$\frac{1}{2}$ tsp cinnamon, $\frac{1}{2}$ c butter: mix until
crumbly) Bake: 375° 30 min.

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HAPPY DAY CAKE

Cream: $\frac{1}{2}$ c shortening

Add: $2\frac{1}{4}$ c flour, $2\frac{1}{2}$ tsp baking powder,
1 tsp salt, $1\frac{1}{2}$ c sugar.

Add: $\frac{1}{2}$ c milk, $\frac{1}{2}$ tsp vanilla, & 2 eggs.

Beat 1 min. Add: $\frac{1}{2}$ c milk &
 $\frac{1}{2}$ tsp vanilla; Beat 2 min.

Bake: 375° 25 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: RASPBERRY WALNUT TORTE Serves: _____

Combine: 1 c flour, 1/3 c confectioners sugar,
1/2 c butter; blend well. Press into 13x9
pan. Bake: 350° 15 min. Cool.

Drain: 10 oz pkg raspberries, reserve liquid.
Spoon berries over crust, sprinkle with
3/4 c walnuts.

Beat: 2 eggs & 1 c sugar until light & fluffy.

Add: 1/2 tsp salt, 1/4 c flour, 1/2 tsp bak. powder,
1 tsp vanilla. Blend & pour over walnuts.

Bake: 350° 30-35 min.

RASPBERRY SAUCE: Combine: raspberry liquid,
1/2 c water, 2 T cornstarch ; cook stirring
until thick & clear. Stir in 1 T lemon
juice. Cool.

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MIRACLE FRUIT CAKE

Combine & boil 3 min: 1 pkg Dromedary dates,
sliced; 1 c raisins; 2/3 c butter;
1 1/4 c brown sugar, 1 1/2 c hot water. Cool
in mixing bowl.

Beat in: 2 eggs

Add: 1 jar Drom. Fruits & peels & 1 c chop
nuts.

Sift and add to fruit mixture: 3 c flour,
2 t cinnamon, 1/2 t nutmeg,
1 t soda, 1 t bak. powder,
1 t salt.

Bake: 275° 2 hrs. 3 1/2# cake

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **SPICY CHIFFON CAKE**

Serves: _____

Mix: 2 c flour, $1\frac{1}{2}$ c sugar, 3 t bak powder,
1 t salt, 1 t cinnamon, $\frac{1}{2}$ t nutmeg,
 $\frac{1}{2}$ t allspice, $\frac{1}{2}$ t cloves.

Make a well & add: $\frac{1}{2}$ c salad oil, 7 unbeaten
egg yolks, $\frac{3}{4}$ c cold water; Beat with
spoon until smooth.

Whip until very stiff: 1 c egg whites &
 $\frac{1}{2}$ t cream of tartar.

Gradually pour egg yolk mixture over whipped
egg whites; gently folding until blended.

Pour into 16" tube pan.

Bake: 325° 55 min, Then 350° 10-15 min til done.

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APPLESAUCE COBBLER CAKE

Cream: 6 T butter & $\frac{1}{3}$ c brown sugar

Stir in & set aside: $\frac{1}{2}$ c applesauce,
1 T corn syrup, $\frac{1}{2}$ t cinnamon.

Sift: 2 c flour, $\frac{1}{4}$ c sugar, 3 t bak. powder,
1 t salt; cut in $\frac{1}{3}$ c shortening.

Beat 1 egg & $\frac{1}{2}$ c milk; pour over flour mix
stir until blended.

Drop by T into greased 9" round cake pan.

Spoon applesauce mixture over dough.

Bake: 400° 35 min or until cake starts to
pull away from pan.

Serve warm with cream, whipped
cream or ice cream.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: SPICE CAKE / BAKE FROST Serves: _____

Sift: 1 c flour, $\frac{1}{2}$ t bak powder, $\frac{1}{2}$ t cinnamon,
 $\frac{1}{4}$ t soda, $\frac{1}{4}$ t salt, $\frac{1}{4}$ t nutmeg, $\frac{1}{4}$ t allspice.

Add: $\frac{1}{2}$ c br sugar, $\frac{1}{4}$ c shortening, $\frac{3}{8}$ c
buttermilk ($\frac{1}{2}$ c - 2T); Beat 2 min on slow.

Add: unbeaten 1 egg yolk; Beat 1 min.

Pour into greased & floured 8x8 cake pan.

FROSTING: Beat 1 egg white until stiff;

Add: $\frac{1}{2}$ c br sugar & pinch of salt.

Beat well. Spread over batter & sprinkle
with $\frac{1}{4}$ c nuts.

Bake: 350° 30 min.

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LAZY DAISY OATMEAL CAKE / ICING

Pour: $1\frac{1}{4}$ c boiling water over 1 c uncooked
rolled oats; Let stand 20 min.

Beat $\frac{1}{2}$ c oleo; add 1 c br sugar, 1 c sugar.

Add: 1 t vanilla & 2 eggs; add rolled oats.

Add: $1\frac{1}{2}$ c flour, 1 t soda, $\frac{3}{4}$ t cinnamon,
 $\frac{1}{4}$ t nutmeg, $\frac{1}{2}$ t salt.

Bake: 350° 50-55 min.

ICING: $\frac{1}{4}$ c oleo, $\frac{1}{2}$ c br sugar, 3 T cream,
 $\frac{1}{3}$ c nuts, $\frac{3}{4}$ c coconut. BROIL

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: **APPLE CRANBERRY DUMPLINGS**

Serves: _____

SYRUP: Cook: 2 c water, 2 c sugar, $\frac{1}{2}$ t cloves,
 $\frac{1}{2}$ t cinnamon; Remove from heat & add:
 $\frac{1}{2}$ c butter.

BISCUIT DOUGH: Combine: 2 c flour, 1 T baking
powder, 1 t salt, 2 T sugar, $\frac{1}{2}$ c shortening.
Gradually add $\frac{3}{4}$ c milk; make soft dough.

Roll out on floured board to 18x12.

FILLING: 4 c grated peeled apples, 1 c
drained cooked cranberries (or whole
cran sauce), $\frac{1}{2}$ c chopped black walnuts.

After spreading with filling, cut as for
jellyroll in 1" pieces. Place in buttered
13x9x2 pan. Pour hot syrup over all.

Bake: 425° 40 min.

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NORWEGIAN APPLE PIE

Mix: $1\frac{1}{2}$ c sugar, 1 c flour, 2 t baking powder,
1 c nuts, 2 c cut-up apples, $\frac{1}{2}$ t salt,
 $\frac{1}{2}$ t vanilla, & 2 well-beaten eggs.

Pour into 2 pie pans or oblong cake pan.

Bake: 350° 30 min.

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STRAWBERRY DESSERT

Dissolve: 1 box orange jello, 1 box strawberry
jello & 2 c boiling water.

Add: 1 sm can crushed pineapple
& 1 box strawberries (juices
too) Chill

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **ORCHARD APPLE SQUARES** Serves: _____

Cream $\frac{1}{2}$ c butter, add 1 c sugar

Blend in $1\frac{1}{2}$ grated peeled apples

Sift: 2 c flour, 1 t soda, 1 t cinnamon,
1 t allspice, 1 t salt, 1 c chop walnuts,
1 c raisins.

Spread in greased & floured 13x9x2 pan.

Bake: 350° 40 min

Pour topping over hot cake

TOPPING: Combine & bring to boil, simmer until
butter & sugar dissolved: 1 T butter,
 $\frac{1}{2}$ c sugar

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HOLIDAY DATE PUDDING

Combine then cool: 2 t soda, 2 c boiling
water, 2 c chopped dates.

Cream: 1 c oleo, 1 c sugar; add 2 beaten eggs.

Mix in: $3\frac{1}{2}$ c flour, 2 t baking powder,
 $\frac{1}{2}$ t salt. Then add: 2 t vanilla,
1 c chop nuts, 1 c chopped candied cherries.

Pour into greased cans or something.

Bake: 325° $1\frac{1}{4}$ hrs. (can omit cherries and
add 1 extra c of sugar)

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **FLUFFY FROSTING** (MARGIE Serves: MALONEY)

Cook in double boiler until thick then
cool: 5 T flour & 1 c milk.

Add: 1 c sugar, $\frac{1}{2}$ c oleo, $\frac{1}{2}$ c crisco,
1 t vanilla; Beat until creamy.

(Good for filling for big cake)

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BROWNIE FROSTING (PATTY)

Melt 2 T butter in saucepan; add 1 T cocoa.

Add; 1 c confectioners sugar, stir.

Add enough milk to spread. Enough for 9" sq.

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BEAT & EAT FROSTING

Mix: 1 unbeaten egg white, $\frac{3}{4}$ c sugar,

1 t vanilla, $\frac{1}{4}$ t cream of tartar.

Add: $\frac{1}{4}$ c boiling water. Beat until stiff
peaks with high speed - 4-5 min.

* * * * *

CHOCOLATE CRUNCH PIE

Combine: 4 slightly beaten eggs, 1 c br sugar,

1 c dark corn syrup, 2 T melted butter,

1 t vanilla; Add 1 c peanuts & $\frac{1}{2}$ c
chocolate chips.

Pour into pastry shell.

Bake 350° 45-55 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **PEANUT BUTTER FUDGIES** Serves: _____

Combine: 2 c sugar & 2½ T cocoa; Add ½ c milk,

Stir until smooth; Add ½ c oleo.

Bring to boil over high heat & boil 2 min.

Remove from heat & add: ½ c peanut butter,
stir until melted.

Add 2 c quick rolled oats; Mix well.

Drop by tsp on wax paper. Cool. 3½ dz

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MARSHMALLOW COCONUT DROPS

Combine: 2 c sugar, 5.33 oz can evap milk,

½ c oleo; place over med heat; cook to
softball stage (230-234°).

Remove from heat & add: 7 oz jar marsh creme;
stir until melted.

Add: 2 c graham cracker crumbs, 1 c chopped
nuts, & 1 c coconut; Mix well.

Drop by tsp on wax paper. Cool. 5 dz

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PUNCH

40

Make syrup: 2 c sugar & 1 c water; add
1 c strong black tea.

Add juice of 5 lemons (or 5 c frozen lemonade),
juice of 5 oranges (or 2½c frozen O.J.),
1 can pineapple juice (2½c or more).

Chill 2-4 hrs.

Add 1½ gal water & 1 qt ginger
ale. (can add 6 oz marachino
cherries)

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: **MAGIC COOKIE BARS** Serves: _____

Melt $\frac{1}{2}$ c oleo in 13x9 pan; sprinkle $1\frac{1}{2}$ c
graham cracker crumbs evenly.

Pour 1 can Eagle Brand.

Top with: 6 Oz chocolate chips, 6 oz
butterscotch chips, (may sub 2 c choco.
covered peanuts), $1\frac{1}{3}$ c coconut, 1 c
chop nuts; Press down firmly.

Bake 350° 25-30 min.

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BUTTERSCOTCH BARS

Cream: $\frac{1}{4}$ c oleo & 1 c br sugar; add legg &
beat well; add 1 t vanilla.

Add: 1 c flour, $\frac{1}{8}$ t salt, 1 t b powder,
 $\frac{3}{4}$ c chopped pecans; Stir.

Spread in 8x8 greased cake pan; Press in pan.

Bake: 325°

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BLOND NUT SQUARES

Cream: $\frac{1}{4}$ c + 2 T oleo, 1 c br sugar, 1 egg,
1 t vanilla; beat well.

Combine: 1 c flour, $\frac{1}{4}$ t soda, $\frac{1}{4}$ t salt,
mix gradually; mix well.

Stir in: $\frac{1}{2}$ c chop pecans & $\frac{1}{2}$ c chocolate chips.

Spread batter in lightly greased 12x7x $1\frac{1}{2}$ pan.

Bake: 350° 20-25 min.

makes 3 dz $1\frac{1}{2}$ " squares

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **HOT FUDGE PUDDING** Serves: _____

Combine: 1 c flour, 2 t b powder, $\frac{1}{4}$ t salt,
3/4 c sugar, 2 T cocoa.

Stir in: $\frac{1}{2}$ c milk & 2 T melted shortening.

Blend in: 1 c chopped nuts.

Spread in 9x9 pan; sprinkle with mixture of:
1 c br sugar & 4 T cocoa.

Pour over entire batter: 1 3/4 c hot water &
 $\frac{1}{2}$ t vanilla.

Bake: 350° 45 min.

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SNOWY STRAWBERRY SQUARES

Prepare: 3 $\frac{1}{2}$ oz pkg vanilla whipped dessert
mix with milk. Stir in 2 c mashed
strawberries, 8 3/4 oz can drained,
crushed pineapple, $\frac{1}{4}$ c chop walnuts,
2 T salad dressing.

Whip $\frac{1}{2}$ c cream; fold into mixture with
4 drops red coloring. Freeze.

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PISTACHIO PUDDING DESSERT

Sprinkle 1 pkg Pistachio dessert over #2
can crushed pineapple in 10" casserole.

Add: 1 c miniture marshmallows & $\frac{1}{2}$ c chop
nuts; Stir. Add 1 small container cool
whip. Garnish with
marachino cherries and/or
nuts.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: PUMPKIN BREAD Serves: _____

Mix: 3 c sugar, 1 c oil, 4 beaten eggs

Add: 1 pound canned pumpkin

Add: 3½ c flour, 2 tsp soda, 2 tsp salt,
½ tsp cloves, 1 tsp cinnamon, 1 t nutmeg,
1 tsp allspice, & 2/3 c water

Pour batter into 2 greased & floured 9x5 loaf

Bake: 350° 1 hr

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PUMPKIN BARS

Cream: 1 2/3 c sugar, 1 c oil, 4 eggs,
2 c canned pumpkin

Add: 2 c flour, 2 tsp baking powder, 1 t salt,
1 tsp soda, 2 tsp cinnamon; combine thoroughly

Pour batter into jellyroll pan.

Bake: 350° 30 min.

FROSTING: Cream: 3 oz cream cheese & 3/4
stick oleo

Add: 1 tsp vanilla; combine thoroughly

Add: 1½ to 1 3/4 c sugar, (little at a time),

Add: 2 tsp ½ & ½ (canned milk, ok); Blend

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WALNUT SQUARES

Mix: 1 egg, beaten, 1 c brown sugar, ½ t vanilla

Stir in: ½ c flour, ½ t salt, 1/8 t soda

Add: 1 c walnuts

pour into 8 x 8 pan

Bake: 325° 25-30 min

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: DREAM BARS Serves:

Cream: $\frac{1}{2}$ c butter, $\frac{1}{4}$ c brown sugar until
smooth with wooden spoon

With hands work in 1 c flour until smooth

Put in 13 x 9 x 2 ungreased pan.

Bake: 10 min. Cool

FILLING: At medium speed, beat 2 eggs until
light

Gradually beat: 1 c brown sugar, 1 tsp vanilla
3 T flour, $\frac{1}{4}$ tsp salt, 1 tsp baking powder,
beat until combined.

Stir in 1 c ($3\frac{1}{2}$ oz) coconut, & 1 c chop nuts.
Spread over crust.

Bake: 25 min.

* * * * *

FRUIT PUNCH BARS

Beat: 2 eggs & $1\frac{1}{2}$ c sugar

Add: 1 lb 1 oz fruit cocktail with juice,
 $2\frac{1}{4}$ c flour, $1\frac{1}{2}$ tsp soda, $\frac{1}{2}$ tsp salt,
1 tsp vanilla. Spread in pan.

Sprinkle with $1\frac{1}{3}$ c coconut & $\frac{1}{2}$ c chop nuts.

Bake: 350° 20-25 min. Drizzle glaze while hot

GLAZE: Combine and boil 2 min: $\frac{1}{2}$ c butter,
 $\frac{3}{4}$ c sugar, $\frac{1}{4}$ c evaporated milk,
 $\frac{1}{2}$ tsp vanilla.

Add: $\frac{1}{2}$ c chopped nuts

Cool

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **DATE PUDDING (GLADYS)** Serves: _____

Mix: 2 c flour, 2 t b powder, $\frac{1}{2}$ t salt,
1 c sugar, 1 c dates (small pieces),
1 c milk.

Make sauce of: 2 c boiling water, 1 c br
sugar, 1 T butter.

Pour over batter and bake until batter is
done.

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DATE PUDDING (MOM)

Sprinkle 1 t soda over 1 c chop dates, add
1 c boiling water, add 1 beaten egg,
 $\frac{1}{2}$ t salt, 1 c sugar, 3 T melted butter,
1 t vanilla, $\frac{1}{2}$ t b powder & $1\frac{1}{2}$ c flour.

Bake in moderate oven.

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HOT RAISIN PUDDING

Combine: $\frac{1}{2}$ c br sugar, 1 large T oleo, salt,
 $\frac{1}{2}$ c milk, 1 c raisins, 1 c flour, $\frac{1}{2}$ t
b powder; mix well & drop by spoon into
hot sauce made from: 3 c boiling water,
1 T butter, 1 c br sugar, 1 t vanilla.

Bake: 425-450° 30 min.

* * * * *

FUDGE TOPPING (ICE CREAM, ETC)

Warm 2 c sugar & 4 T cocoa over
med heat-2 min add 4 T oleo &
13 oz can evap milk. Boil
3-4 min.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **APPLE CAKE** (ILA) Serves: _____

Mix: 2 c sugar, 1 c oil, 2 eggs; add 2½c flour, 2 t b powder, 1 t soda, 1 t cinnamon, 1 t salt, 1 t vanilla. Fold in 1 c chop nuts & 4 c diced apples. Spread in greased & floured 13x9 pan. Sprinkle top 6 oz pkg butterscotch chips.

Bake: 45 min 350°.

* * * * *

PIE CRUST (LINDA)

Cut with pastry blender: 1 c flour, 1 stick oleo, 3 T sugar; press into pie plate.

Bake: 350° 15-18 min.

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STRAWBERRY PIE FILLING

Boil mixture until thick: 1 c sugar, 2 T cornstarch, 2 c water. Add one small pkg strawberry jello. When begins to set, pour over sliced berries already in shell.

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MARILLA'S ICE CREAM

Stir 1 qt scalded milk (hot) into 4 beaten eggs & 2½ c sugar; cook slowly until thickened; cool.

Add to cooled egg mixture: 1 qt cold milk, 2½-3 c cream, 2 T vanilla, ¼ t salt; Pour in freezer.

4 parts ice to 1 part salt.

25-30 min. yield: 1 gal.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **NO BAKE COOKIES**

Serves: _____

Boil for 1 min: 2 c sugar, $\frac{1}{2}$ c milk,

2 T cocoa, $\frac{1}{2}$ c ($\frac{1}{4}$ #) oleo.

Add 1 t vanilla & $\frac{1}{2}$ c peanut butter.

Have 3 c rolled oats in bowl. Pour over
oats; mix well & drop on wax paper.

Can add nuts. May use shreaded wheat or
rice krispies instead of rolled oats.

* * * * *

NO BAKE COOKIE BARS

Melt $\frac{1}{2}$ c butter in medium size saucepan.

Add: $\frac{1}{2}$ c br sugar, 1 t orange rind, &
 $\frac{1}{2}$ c orange juice; stir until sugar is
dissolved. Remove from heat.

Stir in: 2 c quick rolled oats & $\frac{1}{2}$ c chop nuts.

Spread in 8x8x2 pan. Freeze then cut into
2x1" bars or refrigerate 1 hr then shape
into balls & roll in coconut. (32 bars)

* * * * *

PULLED TAFFY

Boil until forms hard ball, do not stir;
2 c sugar, $\frac{1}{2}$ c vinegar, 3 T butter,
1 c water.

Add: 1 t vanilla & $\frac{1}{2}$ t lemon or orange extract.

Pour on buttered platter & pull when cool.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **NEVER FAIL FUDGE** Serves: 5#

Combine & boil $5\frac{1}{2}$ min: $\frac{1}{3}$ c butter,
 $4\frac{1}{2}$ c sugar & 1 can ($14\frac{1}{2}$ oz) evaporated milk.

Remove from heat and Add: 1 c marshmellow
creme, 1 bar (13oz) sweet chocolate
(grated), 1 pkg (12oz) chocolate chips,
2 t vanilla; Beat until well mixed.

Add 2 c coarse chopped walnuts.

Spoon into buttered pan & cool.

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SOFT GINGER COOKIES (MOM'S)

Cream: $\frac{1}{2}$ c shortening, $\frac{1}{2}$ c br sugar, $\frac{1}{2}$ c
molasses, 1 egg,

Beat in flour mixture of: $2\frac{1}{2}$ c flour,
1 t ginger, 1 t cinnamon & $\frac{1}{2}$ t salt,
alternately with 6 T cold water.

Beat in soda mixture of: 2 t soda & 2 T
hot water, alternately with 1 c raisins.

Drop by spoonfuls, 2" apart on greased pan:
flatten with wet cloth over glass.

Bake: 400° 10-12-min.

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BUTTERBALLS

Blend 1 c oleo & $\frac{1}{2}$ c sugar

Mix & Add: 2 c flour & $\frac{1}{4}$ t salt; then add
1 t vanilla & 1 c chop nuts.

Bake: 375° 15 min.

Roll in confectioners sugar
while still hot.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: CHOCOLATE MARSHMELLOW COOKIES Serves: _____

Cream $\frac{1}{2}$ c shortening & 1 c sugar; add 1 egg.

Add: 1 $\frac{3}{4}$ c flour, $\frac{1}{2}$ t soda, $\frac{1}{2}$ t salt,
 $\frac{1}{2}$ c cocoa and $\frac{1}{2}$ c milk alternately.

Add $\frac{1}{2}$ c chopped pecans & 1 t vanilla.

Drop on well greased sheet 2" apart.

Bake: 350° 8 min. Top with $\frac{1}{2}$ marshmallow;
return to oven & bake 2 min, until
marshmallow softens. After cool, frost
& top with pecan half.

COCOA FROSTING: 2 c confection sugar, 5T cocoa,
& dash salt. Add 3 T melted butter,
4 T light cream, & $\frac{1}{2}$ t vanilla.

Beat until smooth & creamy.

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ORANGE GLAZE COOKIES

Beat: 1 c shortening & 1 $\frac{1}{2}$ c br sugar.

Add 2 eggs & 1 t grated orange rind.

Add: 3 $\frac{1}{2}$ c flour, 2 t baking powder, $\frac{1}{2}$ t salt,
 $\frac{1}{2}$ t soda alternately with $\frac{1}{3}$ c milk.

Drop by t on sheet

Bake: 375° 10 min

FROSTING: $\frac{1}{4}$ c orange juice, $\frac{3}{4}$ c confection
sugar, pinch of salt.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: GINGER SNAPS Serves: _____

Cream: $1\frac{1}{2}$ c shortening, 2 c sugar, $\frac{1}{2}$ c molasses, 2 eggs.

Add: 4 c flour, 4 t soda, 2 t cinnamon, 2 t cloves, 1 T ginger.

Roll in balls as big as walnuts; dip in sugar & bake on greased sheet.

Bake: 375° 12 min. (6 dz)

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WHOLE WHEAT OATMEAL COOKIES

Cover 1 c raisins with water; bring to boil, remove from heat. Cover & let stand 5 min. Grind fine. Set aside.

Cream 1 c shortening, $\frac{3}{4}$ c br sugar, $\frac{3}{4}$ c sugar. Beat in 2 eggs.

Add: $1\frac{1}{2}$ c whole wheat flour, 1 t soda, 1 t salt, $\frac{1}{2}$ t nutmeg, $\frac{1}{2}$ t cinnamon.

Stir in: 2 c rolled oats & $\frac{1}{2}$ c chop walnuts, & ground raisins.

Drop by tsp on grease sheet.

Bake: 350° 10-12 min. (7-8 dz)

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DRIED BEEF & SOUR CREAM DIP

Mix: 8 oz sour cream, 8 oz cream cheese, 1 small jar dried beef (cut into small pieces), 2-3 t dill,

1 small onion (finely chop)

Serve with Pumpernickel or rye bread or crackers.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **OATMEAL CHIP COOKIES** Serves: _____

Cream: $\frac{1}{2}$ c oleo, $\frac{1}{2}$ c crisco, 1 c br sugar,
1 c sugar, 1 t vanilla.

Blend in 2 unbeaten eggs.

Sift & Add: 2 c flour, 1 t soda, 1 t salt.

Stir in: 2 c quick rolled oats, 1 c chips
(butterscotch or chocolate), nuts if desired.

Place on ungreased sheets.

Bake: 375° 9-12 min.

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PEANUT BLOSSOMS (ILA)

Cream $\frac{1}{2}$ c shortening, $\frac{1}{2}$ c peanut butter,
 $\frac{1}{2}$ c br sugar, $\frac{1}{2}$ c sugar.

Add: 1 egg, 2 T milk & 1 t vanilla.

Blend in: 1 $\frac{3}{4}$ c flour, $\frac{1}{2}$ t salt, 1t soda.

Mix thoroughly.

Shape into balls, roll in sugar. Place on
cookie sheet

Bake: 375° 8 min. Remove from oven & place
Hershey Kiss on top of each, pressing down
so cookie cracks around edge.

Bake: 2-5 min more.

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CHEESEBALL

Mix: 16 oz cream cheese, 8 $\frac{1}{2}$ oz can crushed
pineapple, 2 t chcp onion,
1 T seasoned salt.

Roll in 1 c chopped nuts.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **CREAM CHEESE COOKIES** Serves: _____

Cream: 1 c butter, 6 oz pkg cream cheese,
1 c sugar, 1 t vanilla, & $\frac{1}{4}$ t salt.

Add: 1 egg & 2 T milk; Beat well.

Add: 2 c flour, ? baking powder (or soda?)

Drop onto ungreased sheets.

Bake: 350° 15-17 min.

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HERSHEY's chocolate chip COOKIES (TOLL HOUSE)

Cream until light & fluffy: $\frac{1}{2}$ c shortening,
 $\frac{1}{4}$ c sugar, $\frac{1}{2}$ c br sugar, $\frac{1}{2}$ t vanilla.

Fold in & beat: 1 well-beaten egg.

Add: 1 c + 2 T flour, $\frac{1}{2}$ t soda, $\frac{1}{2}$ t salt.

Stir in $\frac{1}{2}$ c chop nuts & 1 c (6 oz) chocolate
chips.

Bake: 375° 10 min.

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PECAN TASSIES (ILA)

Mix dough: 3 oz cream cheese, $\frac{1}{4}$ c butter,
1 c flour; Press in small muffin tins.

Add $\frac{1}{2}$ pecan to bottom of each tin.

FILLING: Mix well: 2 beaten eggs, $1\frac{1}{4}$ c brown
sugar, 1 t vanilla, 2 T melted butter.

Fill cups $\frac{2}{3}$ full. Sprinkle with chopped
pecans.

Bake: 350° 35 min,

Yield: 24 small tin or

14 large.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: PEANUT BUTTER COOKIES Serves: (MA'S)

Cream: $\frac{1}{2}$ c peanut butter, $\frac{1}{2}$ c brown sugar,
 $\frac{1}{2}$ c sugar, $\frac{1}{4}$ c shortening. Add 1 egg.

Add: 1 t soda & 1 c flour.

Roll into small ball; press with fork.

Bake: 350° 10-12 min. 5 dz- 2"

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GINGER COOKIES

Beat: $\frac{3}{4}$ c shortening, $\frac{3}{4}$ c sugar, 1 egg,
1 c molasses until light, add 4 c flour,
1 t salt, 2 t ginger, 1 t soda. Roll thin.

Bake: 325° 10-12 min.

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SOFT SUGAR COOKIES (KATE BIGLER)

2 c flour, $1\frac{1}{2}$ t b powder, $\frac{1}{4}$ t salt, $\frac{1}{2}$ c
shortening, $\frac{2}{3}$ c sugar, 1 egg, $\frac{1}{4}$ t lemon
 $\frac{1}{2}$ t vanilla, $\frac{1}{3}$ c milk.

Drop from spoon; press with fork & sprinkle
with sugar.

Bake: 400° 10-12 min.

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GOLDEN COOKIES (MINCEMEAT)

Break up 9 oz Mincemeat; add $\frac{1}{2}$ c cold water,
Boil 3 min; cool. Cream 1 c shortening,
 $1\frac{1}{2}$ c sugar; add 1 well-beaten egg.

Add: $3\frac{1}{4}$ c flour, $\frac{1}{2}$ t salt,
1 t soda. Beat well; Fold in
mincemeat. Drop on sheets.

Bake: 400° 8 min (3 dz)

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **FRUIT COOKIES** Serves: **4 dz**

Beat: $\frac{1}{2}$ c shortening & 1 c br sugar.

Stir 1 t soda in 1 c applesauce; add 1 well-beaten egg; Add to creamed mixture.

Add: 2 c flour, $\frac{1}{2}$ t salt, $\frac{1}{2}$ t cinnamon, $\frac{1}{2}$ t nutmeg, $\frac{1}{2}$ t cloves, 1 c raisins.

Blend well. Drop on sheets.

Bake: 375° 15-20 min.

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FILLED JUMBO DROPS (MRS BUCKEL)

Blend: 1 c shortening, 2 c br sugar, 3 eggs, $\frac{1}{2}$ c water, & 1 t vanilla.

Add: $3\frac{1}{2}$ c flour, $\frac{1}{2}$ t salt, $\frac{1}{8}$ t cinnamon, 1 t soda.

Drop by teaspoon on sheet. Place $\frac{1}{2}$ t filling, on dough, then cover with $\frac{1}{2}$ t dough.

DATE FILLING: Cook together until thick, stirring constantly: 2 c dates (cut small), $\frac{3}{4}$ c sugar, $\frac{3}{4}$ c water, $\frac{1}{2}$ c chopped nuts. Cool.

Bake: 375° 10-12 min (5-6dz)

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CARMEL CORN (ANNE HUNTER)

Bring to boil, stirring, & cook 15 min until creamy looking:

1 c sugar, 1 c oleo,

$\frac{1}{2}$ c white Karo.

Pour over popcorn & mix.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: PEANUT BUTTER COOKIES Serves: 10 doz

Cream: 1 c peanut butter, 1 c brown sugar,
1 c white sugar, & $\frac{1}{2}$ c shortening.

Add: 2 eggs

Add: 2 c flour & 2 tsp soda.

Roll into small balls; press with fork.

Bake: 325° 12 min

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CHOCOLATE SANDWICH GOBS

Combine: 2 c sugar, 1 c melted butter,
2 beaten eggs

Add alternately: 4 c flour, $\frac{1}{2}$ c cocoa,
2 tsp salt AND 1 c sour milk

Add: 2 tsp baking soda; mix till combined.

Drop by spoons on greased sheet

Bake: 350° 10 min

Put cookies together with chocolate icing.

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CARAMEL CHEWS

Mix: $\frac{1}{4}$ c melted butter, $\frac{1}{2}$ c brown sugar,
 $\frac{1}{2}$ c white sugar; stir until combined.

Stir in 1 egg, well beaten

Add: 1 c coconut & 5 c Corn Flakes, mix
lightly with fork.

Use 2 tsp & shape into small mounds on
greased sheets.

Bake: 350° 10 min

4 dozen

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **APPLESAUCE COOKIES** (ILA) Serves: 8 doz

Cream: 1 c shortening & $1\frac{1}{2}$ c brown sugar
till fluffy

Stir in: 2 beaten eggs

Add: $1\frac{1}{2}$ c rolled oats, 1 c chopped nuts,
1 c raisins, 1 c applesauce

Mix well & stir in: 2 c flour, 1 tsp salt,
 $\frac{3}{4}$ tsp soda, $\frac{1}{2}$ tsp cinnamon, $\frac{1}{2}$ t cloves

Drop by tsp on greased sheets

Bake: 350° 15 min (till brown)

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CARAMEL APPLE COOKIES (FARM JOURNAL)

Cream: $\frac{1}{2}$ c shortening & 1 $\frac{1}{3}$ c brown sugar

Add: 1 egg

Add: $2\frac{1}{4}$ c flour, 1 tsp baking soda, $\frac{1}{2}$ tsp salt
1 tsp cinnamon, 1 tsp cloves, $\frac{1}{2}$ tsp nutmeg

When well blended, stir in:

1 c grated peeled apples, 1 c light raisins
 $\frac{1}{2}$ c apple juice, 1 c chopped walnuts

Drop on greased sheet

Bake: 350° 12 min (lightly brown)

Ice when cool.

CARAMEL ICING: Cook till dissolved:

$\frac{1}{4}$ c butter & $\frac{1}{4}$ c brown sugar

Add: $1\frac{1}{2}$ c confectionery sugar & $\frac{1}{4}$ tsp salt

Beat: 2 $\frac{1}{2}$ T light cream

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **RAISED PANCAKES** Serves: _____

Combine & beat with rotary beater:

$\frac{1}{4}$ c warm water, 1 pkg yeast, 1 T sugar,
1 $\frac{1}{4}$ c scalded milk, 1 t salt, 3 eggs,
 $\frac{1}{4}$ c soft butter, 2 c flour. Cover & let
rise about $1\frac{1}{2}$ hr, stir down, cover &
refrigerate until ready to use. Keeps
well. Can double & keep in refrigerator.

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CORN FRITTERS

Beat 1 egg; add $\frac{1}{2}$ c milk. Sift: 1 c flour,
1 t salt, $\frac{1}{2}$ t paprika; stir into egg
mixture, stir until smooth. Add 1 T
melted butter & 1 c corn.

Fry until brown.

* * * * *

PINEAPPLE FRITTERS

Combine: 1 c flour, $\frac{1}{4}$ t salt, 1 t b powder,
1 T sugar.

Mix together: 1 beaten egg, $\frac{1}{4}$ c milk,
1 T melted crisco, 1 c drained crushed
pineapple.

Stir into dry ingredients; do not overmix.

Drop from t into deep fat: 365° 3-5 min.

Drain & sprinkle with powdered sugar.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **JEAN FORISKA'S RELISH** Serves: _____

Put $\frac{1}{2}$ c coarse salt & $1\frac{1}{2}$ qt water over:

5 c cucumbers, (Not peeled), 2 hot peppers,
2 sweet peppers, 3 c chop celery, 3 c
onion (grind). Let stand overnight.

Syrup: 1 qt vinegar, 3 c sugar, 2 t mustard
seed, 2 t celery seed; heat to boiling-
add vegetables & cook 10 min. Seal.

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GREEN TOMATO MINCEMEAT (MARY OWENS)

Grind: 8 c green tomatoes & drain; cover
with water & scald, repeat twice more.

Cook: tomatoes, 8 c ground apples, 3 c brown
sugar, 2 T salt, 2 T cinnamon, 2 t cloves,
1 t nutmeg; until clear. Add 2# raisins
& 1 c vinegar; cook until thick. 4 qt.

* * * * *

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **KUMQUAT MARMALADE** (HAZ) Serves: _____

1 Qt Kumquats (1 3/4#)-- halve lengthwise--
remove seeds, then sliver.

Add: 1½ c water & ½ c lemon juice

Simmer uncovered 10 minutes. Cover and let
stand overnight.

Add: 1 c sugar for each cup of fruit mixture.
Slowly heat uncovered to boiling, stir until
sugar boils. Boil to 218-220°. Remove from
heat; stir 1 min. skim off froth. Put in
sterile jars.

* * * * *

CANNED HUNGARIAN PEPPERS (NANCY HEGYI)

Dissolve 1½ c salt in 4 qt water; pour over
4 qt Hungarian (Banana) peppers & let
stand 12-18 hrs. Drain, rinse, & drain
again thoroughly.

Combine 2 cloves garlic, 2 T horseradish,
10 c vinegar with 2 c water, & ¼ c sugar;
Simmer 15 min.

Pack peppers into hot jars & pour hot liquid
over. Process 10 min or let seal by self.

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DICK BURT'S PICKLES

Heat to dissolve: 2 c sugar, 1 c vinegar,
1 tsp celery seed, 1 tsp
mustard seed. Pour over 1 qt
drained dill pickles. Let
set 2 weeks.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **CORN RELISH** (BH&G) Serves: 10 c

Combine & boil 5 min: 2 c red peppers,
1 $\frac{1}{4}$ c green peppers, 1 c onion, 2 $\frac{1}{2}$ c vinegar,
1 c white vinegar, $\frac{1}{4}$ c honey, $\frac{1}{2}$ c sugar,
2 T pickling salt, 1 T mustard seed,
 $\frac{1}{2}$ tsp cumin, $\frac{1}{2}$ tsp cloves (gr), $\frac{1}{4}$ tsp
crushed red pepper, 1 tsp celery seed,
 $\frac{1}{2}$ tsp tumeric.

Add: 6 c corn & 3 c coarsely chopped cabbage.

Bring to boil, stirring; boil 1 min.

Process 10 for $\frac{1}{2}$ pts; 15 min for pts.

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BREAD & BUTTER PICKLES (EVELYN WOOD-89)

Place in container: 4 qts sliced medium
cucumbers with skin on, 6 med sliced
onions, 2 chopped green peppers, 3 diced
cloves of garlic.

Add: $\frac{1}{3}$ c canning salt, cover with ice,
mix thoroughly; let stand 3 hrs. Drain
well.

Combine: 5 c sugar, 3 c vinegar, 1 $\frac{1}{2}$ t tumeric,
1 $\frac{1}{2}$ tsp celery seed, & 2 T mustard seed.

Pour over cucumber mixture & heat just to a
BOIL. Seal in hot sterilised jars. 8 pts.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: **LIME PICKLES** (ZITA) (HELEN) Serves: _____

Cover 7# $\frac{1}{4}$ " sliced cucumbers with 2 gal water, mixed with 2 c lime; soak 24 hrs. Rinse well. Cover with cold water 3 hrs, drain.

Boil: 4 $\frac{1}{2}$ # sugar, 1 t celery seed, 1 t whole cloves, 1 t pickling spice, 2 T salt; pour over pickles & soak overnight.

In morning, boil all for 35 min & seal hot.

* * * * *

HOT DILL PICKLES (BARB MILLER)

Boil: 3 qt water & $\frac{1}{2}$ c canning salt; add 1 pt white vinegar (or more to taste).

Pack pickles in jar & add to jar: $\frac{1}{2}$ t alum, $\frac{1}{2}$ t mixed spices, dill, $\frac{1}{2}$ t sugar.

Fill jar with vinegar mixture. Steam in cooker 15 min. Don't boil, just steam.

Put small piece of hot pepper from mixed pickling spice in each jar. 7 qt.

* * * * *

SWEET DILL PICKLES (BARB MILLER)

Garlic clove in each can & dill. Put in pickles (100 small total) cold, not necessary to boil. Mix: 1 qt water, 1 t saccahrine, 2 T dry mustard, $\frac{1}{2}$ c salt (so won't lump) & add to jar, then pour on white vinegar ($\frac{1}{2}$ gal total)

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **SWEET SPICED PICKLES** (BARB MILLER) Serves: _____

Wash cucumbers & slice; pack into pint jars.

Add to each pint: $\frac{1}{2}$ t mustard seed,

$\frac{1}{2}$ t celery seed, $\frac{1}{2}$ t salt.

Heat until hot: 3 c water, 3 c vinegar,

5 c sugar; pour hot syrup into jars &

boil (hot pack) 5 min.

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BETTY ROAE'S PICKLES

Put boiling water on 2 gal of pickles for
5 days.

Syrup: 3 c Vinegar, 1 c water, 8 c sugar,

5 t salt, 2 T mixed spice, 1 T celery

seed, 2 cinnamon stick. Bring to boil &

put on pickles. Reheat & put back on

for 3 days. On last day, bring to boil,
pickles & all, & can.

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HAMBURGER DILL PICKLES

Cucumbers to fill 5 qt jars. (sliced or whole)

Put in jars: 5 slices onion, 5 dill heads,

5 garlic buds, 5 small pieces alum (1 t).

Boil: 1 qt vinegar, 1 pt water, $\frac{1}{2}$ c salt,

$2\frac{1}{2}$ c sugar. Put over pickles & seal.

* * * * *

JULIE'S DILL PICKLES

For 2 qt: 1 c vinegar, 2T salt

2-3 c water, $\frac{1}{2}$ t alum.

Grape leaf on top each jar.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **HOT MIXED PICKLES** Serves: 7 pt

Cucumber pieces ($\frac{1}{2}$ " slices), red & gr peppers, carrots, cauliflower, hot banana peppers, onions. Prepare & slice however desired.

Dissolve $1\frac{1}{2}$ - 2 c salt in 4 qt water & let stand 1 hr. With rubber gloves remove seeds from hot peppers- cut into $1\frac{1}{2}$ " pieces.

Syrup: 10 c vinegar, 2 c water, 2 cloves garlic, 2 T horseradish, $\frac{1}{4}$ c sugar, Simmer 15 min. Remove garlic.

Drain vegetables; pack vegetables & peppers, except jalapino's into hot jars.

Add hot pepper to each jar. Pour syrup over mix in jars. Process 10 min.

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MRS SHALL'S PICKLES

6 qt cucumbers, sliced & peeled, 5 gr peppers, & 12 sliced onions: Soak each in separate weak salt brine for 3 hrs. Drain. Boil $1\frac{1}{2}$ qt vinegar, 2 T tumeric, $\frac{1}{2}$ c mustard seed, 4 c sugar; add pickles & boil 1 min.

* * * * *

PICKLED BEETS

Make syrup & boil 10 min: 2 c sugar, 2 c water, 2 c vinegar, 1 T cinnamon, 1 t allspice, 1 t cloves, 3 qt sliced cooked beets. Pack & seal at once.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **MARY KERR'S CHUNK PICKLES** Serves: _____

9 day- 1 pk- about 12 pt.

1. wash & cover 1 pk whole cucumbers or pickles in salt water, strong enough to float an egg. Let stand 3 days covered up. Pour off & cover with fresh water.
2. Day 3. let stand 3 days (change brine if slimy). Drain, cut into 1" chunks if not cut before.
3. Scald in vinegar with 1 T alum per gallon vinegar. Drain & discard solution.

To 7# chunks add: (boil 3 min then add to pickles) 3# sugar (6c), 1 oz whole allspice, 1 oz stick cinnamon, 1 oz celery seed, 4 qt vinegar.

Next day boil juice again & pour over chunks.

Next day bring pickles & juice to boil. Use 1 stick cinnamon in each pt jar. Put into jars & seal.

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GARLIC DILL PICKLES

8 qt

Boil: 13 c water, 1 c vinegar, 1 c salt(less)

Put piece of dill & garlic in bottom of each jar. Fill with pickles. Pour hot liquid over & seal.

Calories _____
Cholesterol _____
Sodium _____

Recipe

Dish: **SPAGHETTI SAUCE** (JEAN F.) Serves: _____

Boil 2 hours or until desired thickness: _____

1 pk tomatoes, 2 hot peppers (optional),
4 gr peppers, 1 lg garlic, 2 bunches
celery, 5 med onions, $\frac{1}{2}$ pt salad oil,
 $\frac{3}{4}$ c salt (too much- $\frac{1}{4}$ c) 2 c sugar
(too much).

* * * * *

SPAGHETTI SAUCE (BERYL SMITH)

Cook until tender then strain: 1 pk tomatoes,
4 sweet peppers, 3 hot peppers, 1 bunch
celery, 6 med onions, 6 toes garlic,
Add: 5 t salt (3T), 2 T br sugar ($\frac{1}{4}$ c),
 $\frac{1}{2}$ c sugar ($\frac{3}{4}$ c), 1 t pepper, $\frac{1}{2}$ T tumeric,
4 small cans tomatoe paste (18 oz).

Cold pack 15 min. Yield: 6 qt.

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SPAGHETTI SAUCE (LINDA 1995)

Same as above but: 2 - 12 oz cans of paste,
& add $\frac{1}{4}$ c oil before canning.

Heat & can (hot pack 15 min).

* * * * *

CANNED PEPPERS (TREVA) 4 QT

Boil 1 min: 1 qt vinegar, 1 qt water,
3 c sugar, (pimento, opt.) Put seeded
 $\frac{1}{4}$ ed peppers + 1 t olive
oil & 1 t salt in each
qt jar. Pour boiling syrup
over pepper & seal, (add 1 hot pepper)

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **PEPPER RELISH** (BH&G) Serves: 10 $\frac{1}{2}$ pt

Finely grind 6 sweet gr peppers (2#), 6 red peppers, & 6 med onions, separately. Drain; combine in saucepan & cover with boiling water & let stand 5 min; drain. Combine: 1 c sugar, 1 c vinegar, $\frac{1}{2}$ c water, $1\frac{1}{2}$ t salt, $1\frac{1}{2}$ t dill seed. Boil gently 5 min. Fill clean jars (small). Process in boiling water bath 5 min.

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SWEET TOMATO RELISH (BH&G) 13 cups

Combine: 4 lg apples (2#), 4 stalks celery with leaves, & 4 med onions, all chopped fine; with 1 t salt & let stand 3-6 hrs. at room temperature, toss occasionally. Peel, core, & $\frac{1}{2}$ 7-8 ($3\frac{1}{2}$ #) 1g tomatoes crosswise & squeeze to remove most of seeds. Dice coarsely, add to apple, etc. Add $\frac{1}{2}$ - $\frac{3}{4}$ c finely minced candied ginger, & toss. Bring to boil: $2\frac{1}{2}$ c vinegar, $1\frac{1}{2}$ c golden raisins, 1 c sugar, 2 t coriander, & 1 t cinnamon, & 2 t salt. Add vegetables & bring to simmer covered. Uncover bring to boil, cook 10 min or until onion is tender.

Process: 5 min $\frac{1}{2}$ pt
10 min pt.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **CORN CHOWDER** Serves: _____

Cook chopped bacon, add minced onion.

Put in pan, add water; add diced potatoes,
diced carrots, (d) celery, corn. Salt &
pepper to taste. Add milk & oleo.

Heat & serve.

* * * * *

TOMATO SOUP (LINDA)

Cook until soft: 1 peck tomatoes, 1 lg
sweet pepper, 6 med onions, 1 bunch celery,
Put thru sieve.

Add: 1 c sugar, $\frac{1}{2}$ c flour, $\frac{1}{4}$ c salt, $\frac{1}{2}$ # oleo.

Cook 10 min & can.

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TOMATO JUICE (ILA)

6 QT TOMATO JUICE, 1 C SUGAR, 2 T celery
salt, 1 t onion salt, 1 t garlic salt,
2 scant T salt. Heat & can.

* * * * *

COLD CARROTS

Cook: 2# $\frac{1}{2}$ " thick carrots until tender but
firm.

Blend: 1 can tomato soup, 1 c sugar, 1 c
vinegar, 1 t dry mustard, 1 t salt,
1 slivered gr pepper, 1 t sliced onion.

Marinate overnight in refrig.

Drain before serving.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **PINEAPPLE BEET CASSEROLE** Serves: (MIDGE)

Blend: 2 T cornstarch & 2 T pineapple juice.

Add rest of juice & heat until thick.

Add 1 T vinegar, 3/4 t salt. Put drained

1 can cubed pineapple & 1 c beets in

buttered casserole. Pour thickened juice

over. Bake: 350° 45 min.

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ZUCCHINI

In silverstone skillet put 2 T corn oil;

slice 1 med zucchini, add 1 med onion, 1

small pepper, 1 ripe tomato, 2 ears cut off

corn, salt & pepper to taste, & seasoned

salt (season well). Cook over medium heat

until tender; stirring occasionally.

Cook down until done. Can add 1 hamburg

pattie, broken up. Takes 45-60 min.

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RHUBARB JAM WITH JELLO

Put 3 c sugar over 5 c cut up rhubarb & let

stand until dissolved(overnight). Put on

stove & let come to boil. Let boil 10 min.

Take off heat & stir in box rasp jello.

Put in jars & seal.

GRAPE JELLY (LAURA KOSIK)

1 part grapes to 1 part sugar

Cook & stir until boiling. Boil

4 min. Strain. Return to stove

Boil 1 min. Can & seal.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: **BARBECUED SHORT RIBS** Serves: _____

Combine: 1 c tomato sauce (or puree or catsup), 1 c water, $\frac{1}{4}$ c vinegar, 1 T br sugar, 1 T horseradish, 1 T prepared mustard, 1 t salt, $\frac{1}{4}$ t pepper, 2 chopped onion; put on 3# beef short ribs in heavy kettle or crockpot. Cook 3 hr+

* * * * *

BARBECUE SAUCE (ILA)

Grind & cook slowly at least 1 hr:

8 tart apples, 8 tomatoes, 3 gr peppers, 3 red peppers, 6 med onions, $1\frac{1}{2}$ c vinegar, 3 c sugar, $\frac{1}{4}$ c salt, $\frac{1}{2}$ t cinnamon. Seal.

* * * * *

BARBECUE SAUCE (10 CHICKEN HALVES)

Beat: 1 egg & 1 c oil; add 1 pt vinegar, 3 t salt, 1 T poultry seasoning, 1 t pepper. Heat but do not boil.

Use charcoal- 22-24" from chicken.

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NEVER FAIL CHILI SAUCE (CAROLYN)

Peel & cut 1 peck tomatoes. Put 6 gr peppers, 4 hot red peppers, 12 med onions through chopper. Add: 4 c vinegar, $5\frac{1}{2}$ c sugar, 2 T salt, 2 T cinnamon, 1 t cloves.

Cook $2\frac{1}{2}$ hr or until desired thickness.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: MAYONNAISE Serves: _____

Put in pan: 2 t mustard, 4 T (heaping) flour,
1 pt milk, $\frac{1}{2}$ c sugar, 2 eggs. When begin-
ning to thicken, add lump butter, 1 c
vinegar, & $\frac{3}{4}$ -1 t salt. Taste, if want
sourer add more vinegar.

* * * * *

CATSUP (KATE BIGLER)

Cook good & run through seive: 1 peck tomatoes,
6 onions, 3 peppers, 6 peach leaves.

Add: 1 c vinegar, $1\frac{1}{2}$ # sugar, $1\frac{1}{2}$ T cinnamon,
 $\frac{1}{2}$ T cloves. Cook down half.

Add: $\frac{1}{4}$ t tumeric, $\frac{1}{2}$ t cloves, 4 T salt,
1 T cornstarch. Cook until thick.

* * * * *

OLD FASHION KETCHUP

Cook until thick, then can & seal:

8# tomatoes, 2 red & 2 gr peppers, 4 onions,
3 c vinegar, 3 c sugar, 3 T salt, $1\frac{1}{2}$ t
allspice, 3 t mustard, $1\frac{1}{2}$ t cloves,
 $1\frac{1}{2}$ t cinnamon, $\frac{1}{2}$ t red hot pepper.

* * * * *

CHINESE EGG NOODLES

Mix: 2 eggs, $\frac{1}{2}$ c water, 3 c flour, 2 t
baking powder. Enough noodles for 2 meals.
Will keep in refrigerator
2 weeks.

Calories	_____
Cholesterol	_____
Sodium	_____

Recipe

Dish: BUTTERSCOTCH BROWNIES

Serves: _____

(BETTY CROCKER)

Melt over low heat: $\frac{1}{4}$ cup butter

Stir in until blended then cool:

1 cup brown sugar

Stir in: 1 Egg

Sift together and stir in:

$\frac{1}{2}$ cup flour

1 tsp baking powder

$\frac{1}{2}$ tsp salt

Stir in: $\frac{1}{2}$ tsp vanilla

$\frac{1}{2}$ cup chopped walnuts

Bake: 20-25 min 350°

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QUICK BUTTERMILK ROLLS (BETTY CROCKER)

Mix together until shortening is soft:

1 cup lukewarm thick buttermilk

1 tsp sugar

$\frac{1}{4}$ tsp soda

3 T shortening

Crumble into mixture: 1 cake yeast

Stir until dissolved

Sift together: 2 $\frac{1}{2}$ cup flour

1 tsp baking powder

1 tsp salt

Mix into dough. Let stand
10 min, then knead. Make into
cloverleaf rolls, Rise & Bake

15-20 min 400°

Calories	
Cholesterol	
Sodium	

Recipe

Dish: HOMEMADE EGG BREAD Serves: _____

$\frac{1}{2}$ cup warm water
2 packages dry yeast
 $1\frac{1}{2}$ cup lukewarm milk (scalded)
 $\frac{1}{4}$ cup sugar
1 T salt
3 eggs
 $\frac{1}{4}$ cup soft butter
 $7\frac{1}{4}$ to $7\frac{1}{2}$ cup flour

Dissolve yeast in water. Stir in milk,
sugar, salt. Add, eggs, butter, $\frac{1}{2}$ flour.
Mix with spoon. Add rest of flour. Mix
with hand. Turn onto floured board. Knead.
Let rise, knead down, let rise again.
Make braids - let rise. Heat over to 425°
Brush braids with glaze of egg yolk & 2sbssp
water. Sprinkle with sesame seeds.
Bake 30-35 min.

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APPLE LOAF

Mix thoroughly: $\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup brown sugar 2 eggs
Stir in 1 cup applesauce
Sift & stir in 2 cup flour, 1 tsp soda
1 tsp baking powder, $\frac{1}{2}$ tsp salt
Then: $\frac{1}{2}$ cup chopped nuts
- Bake 50-55 min 350°

Calories
Cholesterol
Sodium

Recipe

Dish: BANANA BREAD

Serves: _____

Sift together: 2 cup flour, 1 tsp soda

½ tsp salt, 1 tsp baking powder

Cream ½ cup shortening, add 1 cup sugar

Add: 2 eggs

1 cup mashed banana (2 or 3) 1

Blend.

Combine 1/3 cup milk + 1 tsp lemon

juice or vinegar

OR 1/3 cup sour milk.

Add dry ingredients alternately with

milk. Blend well. Stir in nuts,

if desired. Turn into 9x5x3 pan.

Bake 350° 60-70 min.

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BROWNIES

½ cup shortening & 2 oz Chocolate

melt together over hot water & cool.

Sift: 3/4 cup flour

½ tsp baking powder

3/4 tsp salt

Beat 2 eggs, add 1 cup sugar, then

chocolate mixture & blend.

Add flour, 1 tsp vanilla, & 1 cup nuts

Bake 350° 30-35 min

Calories

Cholesterol

Sodium

Recipe

Dish: ORANGE DATE LOAF Serves:

Mix 2/3 cup sugar

1/3 cup shortening

2 eggs

Stir in: Orange juice & pulp from 1 orange
plus enough water to make 1 cup

Sift together: 2 cup flour

1 tsp baking powder

1/2 tsp soda

1/2 tsp salt

Blend in: 1/2 cup chopped nuts

1 cup cut-up dates

Bake in bread pan. Let stand 20 min
before baking.

Bake: 350 ° 50-55 min

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BROWN BREAD (MA'S)

2 cup graham flour

1 cup white flour

2 tsp soda

1 cup sugar

1/2 cup molasses

2 cup sour milk

1 tsp salt

1 cup raisins

Calories
Cholesterol
Sodium

Recipe

Dish: BEER BATTER FISH Serves:

Cut fish fillets into strips 3 x 1½",
dry well on paper towels.

Beat 2 egg yolks until thick & lemon
colored, gently beat in 2/3 cup flat
beer. Add 1 cup flour, ½ tsp salt,
½ tsp paprika, beat gently till smooth

Beat 2 egg whites until stiff, fold
into flour mixture. Dip fish into
batter & fry without crowding, in
370° deep fat until brown, 2-3 min.

APPLE STRUDEL

Mix together: 2 cup flour, ½ cup oat-
meal, 1 cup brown sugar, ¾ cup
shortening.

Pour ½ into pan. Add 6 sliced apples
on top.

Cook: 3 T cornstarch, 1 cup sugar,
1 cup water, 1 egg yolk,
1 T vanilla Pour over apples

Add rest of crumbs.

Bake 350° 1 hr.

Calories

Cholesterol

Sodium

Recipe

Dish: BUTTERY APPLE SQUARES Serves: _____

Sift: $1\frac{1}{2}$ cup flour & 1 tsp salt

Mix with 2 cup crushed Rice Krispies

Cut in $\frac{2}{3}$ cup butter or oleo.

Combine 1 egg yolk, slightly beaten, &
 $\frac{1}{2}$ cup milk, add to flour, stir only until
combined.

Pat $\frac{1}{2}$ of dough in bottom of greased 9 x 9
pan.

Cover with 5 cup sliced apples (3 cup
canned apples).

Combine $\frac{3}{4}$ cup sugar & 2 T flour.

Sprinkle over apples. Dot with 1 T butter.

Roll out remaining dough on lightly floured
board to fit pan, place over apples.

Brush with 1 egg white.

Bake 375° 45 min or until done.

(30 min if canned apples)

Frost with $\frac{1}{2}$ cup confect. icing while
still warm.

* * * * *

APPLE CRISP (ILA)

Put $1\frac{1}{2}$ Qt (6 cup) pared & diced apples in
baking pan.

Sprinkle $\frac{1}{4}$ cup sugar & some cinnamon over
apples.

Crumble together & place on

top: 1 cup flour, $\frac{1}{2}$ c oleo,

$1\frac{1}{2}$ c brown sugar. Bake 300°

Calories	
Cholesterol	
Sodium	
45-60 min	

Recipe

Dish: APPLE DUMPLINGS (Marie Miller)

Serves: _____

DOUGH:

Sift: 2 cup flour, 2 tsp baking powder
& $\frac{1}{2}$ tsp salt

Cut in: 6 T butter

Add: $\frac{3}{4}$ cup milk. Stir until moistened

Turn out on floured board & knead.

Roll thin, cut in 5" squares.

Add diced apples and 2 tsp sugar &
dash cinnamon.

Bake 425° 15 min. Pour little syrup
over & cook 15-20 min more.

SYRUP:

Combine: 1 cup sugar, $\frac{1}{2}$ cup brown
sugar, 1 T flour $\frac{1}{4}$ tsp salt, dash
nutmeg(optional), $\frac{1}{2}$ cup butter (or
less).

Pour: 1 cup boiling water over mixture.

Cook until thick. (Boil good)

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APPLE PIE FILLING (JOAN DARLING)

Slice 7 Qt apples into Qt Jars.

Make syrup of: $4\frac{1}{2}$ cup sugar, 1 cup
cornstarch, 2 tsp cinnamon, 1 tsp
nutmeg, 1 tsp salt, 10 cup water

Cook until thick- scorches
easily- so watch.

Have hot & pour over apples
in jars. Process 20 min.

Calories

Cholesterol

Sodium

Recipe

Dish: CLOUD BISCUITS Serves: 2 Doz

Sift together: 2 cup flour, 1 t sugar

4 tsp baking powder, ½ tsp salt

Cut in ½ cup shortening until mix resembles
coarse crumbs

Combine 1 beaten egg & 2/3 cup milk

Add to mixture all at once.

Stir until dough follows fork around bowl.

Turn out & knead gently. Roll ¾ inch
thick. Cut- put on ungreased sheet.

Bake 450° 10-14 min or till golden brown.

For Drop Biscuits: increase milk to
¾ cup - omit kneading. Drop by
spoonful.

* * * * *

BROWNIES (Wilma C.)

Mix together: ¾ cup flour

1 cup sugar 5T cocoa

½ tsp salt ½ tsp baking powder

½ cup shortening 1 tsp vanilla

2 eggs 3 T milk

½ cup nuts

Beat 3 min

Bake 350° 30 min

Calories
Cholesterol
Sodium

[illegible]

Calories _____
Cholesterol _____
Sodium _____

[illegible]

Dish: _____ Serves: _____

Calories _____
Cholesterol _____
Sodium _____
