Cooking
from the
Heart
of Hospice

Brookings Hospital
Hospice
Cooking from the Heart of Hospice
Foreword

Brookings Hospital Hospice volunteers have worked long and hard to produce this book. They gleaned recipes from hospice families, hospice, hospital and clinic staff, and contributed some of their own as well. We hope that you will enjoy using these recipes and the tidbits of wisdom, advice and know-how that accompany them. It has truly been a labor of love; and the end result reflects the same commitment, compassion and perseverance that characterizes the work of these volunteers in hospice.

Dedication

The producers of this book wish to dedicate it to the hospice patients from whom we have learned so much, about life, and death, and ourselves; and to their families with whom we have journeyed, and laughed, and cried together.
To Meet Again
By Cliff Jacobson

Already many friends have gone.
But we shall all meet when,
The Master’s plan has come to pass,
And we live, once again.

Oh what a glorious time we’ll know.
With joy our hearts will fill,
As we clasp hands with friends we knew.
And find we’re with them still.

An endless time in which to dwell,
With doubt and fear unknown,
As sheep are gathered to the fold,
Around the Master’s throne.

Bestill your fears, and dry your tears,
And turn with a happy heart,
To faith in God that lets you know,
That even death does not part.
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Appetizers
&
Beverages
SHORT NAMES WE USE IN OUR RECIPES

- tsp. .................................. teaspoon
- Tbsp. .............................. tablespoon
- oz. ................................. ounce
- lb. ................................. pound
- pkg. ................................. package
- sm. ................................. small
- med. ................................. medium
- lg. ................................. large
- env. ................................. envelope

GUIDE TO WEIGHTS AND MEASURES

1 teaspoon equals 60 drops
3 teaspoons equals 1 tablespoon
2 tablespoons equals 1 fluid ounce
4 tablespoons equals 1/4 cup
5 1/3 tablespoons equals 1/3 cup
8 tablespoons equals 1/2 cup
16 tablespoons equals 1 cup
1 pound equals 16 ounces
1 cup equals 1/2 pint
2 cups equals 1 pint
4 cups equals 1 quart
4 quarts equals 1 gallon
8 quarts equals 1 peck
4 pecks equals 1 bushel
CHEESE DIP

1 8-oz. cream cheese 1 can refried beans
1 4-oz. can green chilies 1 pkg. shredded taco (chopped) cheddar cheese

Spread cream cheese in 8x8 baking dish. Layer green chilies, refried beans and cheese on top. Microwave 5-8 minutes or until heated thoroughly. Serve with tortilla chips.

Submitted by: Lisa Hartenhoff

SEAFOOD DIP

1 cup (6 oz.) flaked imitation crabmeat 1/4 cup grated Parmesan cheese
1/2 cup shredded cheddar cheese 1/4 cup sliced green onions
1/4 cup cream cheese, softened 1 tsp. lemon juice
1/4 cup mayonnaise 1/4 tsp. Worcestershire sauce
1/4 cup sour cream 1/8 tsp. garlic powder
1/4 cup bread crumbs

In a bowl, mix the first 10 ingredients until smooth. Spread in a 9-inch pie plate. Sprinkle with bread crumbs. Cover and bake at 350° for 20 minutes, or until bubbly. Uncover and bake 5 minutes more. Serve with crackers, chips or vegetable sticks.

Submitted by: Bonny Bork

SHRIMP DIP

1 can tomato soup 1 cup celery, chopped fine
1 8-oz. pkg. cream cheese 1 cup Miracle Whip
Pinch of salt 2 cans broken shrimp
1/4 cup onion, chopped fine


Submitted by: Lola Gangle
SHRIMP DIP

1 8-oz. cream cheese  
1 can shrimp  
1/2 cup chopped onion  
1/2 cup chopped celery  
2/3 cup mayonnaise  
Chips or crackers  

Mix ingredients together a day before serving. Just before serving add 2-3 tablespoons lemon juice.

I use light cream cheese and fat free mayonnaise.  
Submitted by: Shirley Deethardt

AVOCADO DIP

2 ripe avocados, mashed  
4 oz. cream cheese  
1 Tbsp. milk  
4-6 drops tabasco  
1 8-oz. cream cheese, softened  
Salt & pepper to taste  
1 Tbsp. lemon juice  

Mash avocados - keep pits if not serving immediately. Add all ingredients. Blend well - spread on plate. On top put shredded lettuce, shredded cheddar cheese, diced tomatoes, diced onions, or whatever else preferred. Serve with taco chips.

"Hint" Put pits in mixture to keep the color up to 1-2 days.  
Submitted by: Char Illy

DILL BREAD DIP

1 1/3 cups real mayonnaise  
1 Tbsp. parsley  
1 1/2 cups sour cream  
1 Tbsp. diced onion  
2 tsp. Accent  
2 packs barding beef (optional)  
2 tsp. dill  
French Bread  

Mix together all ingredients and chill. Pour into hollowed out French bread. Put along the side of bread, pieces of bread hollowed out.  
Submitted by: Kay Langland
WHOLE WHEAT SODA CRACKERS

1 cup (120 gm) graham flour  
1/8 tsp. soda
2 Tbsp. (28 gm) lard  
1/4 cup (60 ml) cold water
1/8 tsp. salt

Weigh or measure flour, salt and soda. Mix thoroughly. Cut in lard with a fork as for pie crust. Add the water and blend until all flour is incorporated into the dough, do not knead. Roll or pat out on a 15 1/2 by 12 inch non stick baking sheet to uniform thickness. Work with a sharp knife and cut into one inch squares, do not cut through to pan. Prick each square 2 or 3 times with a fork then sprinkle with salt. Bake 8 minutes in a 425° (218°C) oven. Remove at once from pan onto a cutting board, trim edges and cut apart. Freeze well.

Submitted by: Dorothy Deethardt

MELT AWAYS

1 pkg. English muffins, (halved)  
1-7-oz. Old English cheese or Cheeze Whiz
1 can drained shrimp  
2 Tbsp. mayonnaise
1 stick oleo  
1/2 tsp. seasoned salt
1/2 tsp. garlic salt

Mix and spread over muffins. Freeze on cookie sheet and then bag. Place under broiler 5 minutes until hot.

Submitted by: Betty McAdaragh

HANKY PAKS

1 lb. hamburger  
1 lb. sausage (mild or hot)  
1/2 tsp. garlic
3/4 tsp. oregano  
1 Tbsp. dried onion
1 lb. Velveeta cheese  
1 pkg. (or 1 1/4) party rye bread

Brown hamburger and sausage, drain. Add garlic, oregano and onion. While still warm, add cheese, spread on party bread. Put on cookie sheet and freeze and then bag. Heat for 10 minutes at 350° right out of freezer.

Submitted by: Marvely Kessler
PUPPY CHOW

1 12-oz. pkg. real milk chocolate chips
1 cup peanut butter
1 stick oleo
12-14 cups Crispix cereal (1 box)
1 1/2-2 cups powdered sugar

Melt together chips, peanut butter and oleo. Pour over cereal and mix well. Spread on cookie sheet to cool. Refrigerate overnight or until it's set. Put powdered sugar in a covered bowl; cover and shake (may use bag, too).

Submitted by: Stacy Bothe

PINWHEELS

8 oz. pkg. cream cheese, softened
1/4 cup grated Parmesan cheese
1/2 cup green olives, chopped
1 Tbsp. butter
2 (2/3 oz.) pkgs. dried beef

Mix cream cheese, Parmesan cheese, olives and butter with mixer, food processor or blender. Spread each piece of beef with mixture. Roll up like jelly roll. Slice in one inch lengths. Chill.

Submitted by: Jean Minier

MEXICAN CAVIAR

1/4 cup Canola oil
1/6 tsp. red wine vinegar
1/6 tsp. salt
1/8 tsp. tabasco sauce (+ or -) to your taste

Mix together in large bowl then add:

1 can diced tomatoes with green chilies, drained
1 can black beans, drained and rinsed
1 can Mexican corn, drained
1 diced avocado
1 bunch green onions, diced

Marinate 3 hours before serving. Serve with tortilla chips.

Submitted by: Dr. Ronald Tesch
CAMPERS COCOA

8 qts. dry powdered milk  6 oz. coffee creamer
1 lb. Nestle Quick   1/2 lb. powdered sugar

Mix all ingredients. Ready made cocoa mix - add 2-4 Tbsp. to 1 cup boiling water.

Submitted by: Mary De Leeuw

FRIENDSHIP TEA

2 cups Tang   1/2 tsp. cloves
1 1/2 cups sugar   1 cup lemon flavored
1 Tbsp. cinnamon instant tea

Place ingredients in a covered canister. Shake together well. Use 2 heaping tsp. to a cup of boiling water.

Submitted by: Jan Olson

CHERRY-APPLE DRINK

2 pkgs. unsweetened cherry  1 6-oz. can frozen lemonade
Kool-Aid   6 cups apple juice
1/2 cup sugar   9 cups water

Mix together. Chill. Makes 1 gallon.

Submitted by: Laura Willert

SLUSH PUNCH

3 sm. pkgs. cherry Kool-Aid   1 lg. can unsweetened
3 sm. pkgs. strawberry   pineapple juice
Kool-Aid   4 cups sugar
1 lg. box black cherry jello 1-2 qts. Coke, when ready to serve

Boil 4 cups water. Dissolve jello. Add Kool-Aid and juice. Add 17 cups water and sugar. Mix well. Freeze 18 to 24 hours. Stir every 6 to 8 hours. Soften before serving if needed. Add Coke to taste when ready to serve.

Submitted by: Kris Olson-Jensen
**RHUBARB SLUSH**

8 cups rhubarb (cut-up)  
8 cups water  
1/2 cup lemon juice  
3 cups sugar  
1 3-oz. pkg. strawberry jello

Cook rhubarb, water, lemon juice and sugar 15-20 minutes until rhubarb soft. Strain. Add jello while hot. Freeze. Stir every hour while setting. To serve - fill glass 1/2 full of slush and rest with 7-Up.

Submitted by: Laura Willert

**FROZEN PUNCH**

4 cups sugar  
6 cups water  
12 oz. can frozen orange juice  
1 can pineapple or pineapple grapefruit juice  
6 oz. can frozen lemonade  
5 mashed bananas

Boil 4 minutes, cool. Freeze until partially frozen. Remove and mix in blender. Place in 3-4 smaller containers. Freeze. To serve, spoon in glasses over half full and pour 7-Up or Ginger Ale over it.

Submitted by: Devona Swartos

**CHRISTMAS APPLE CIDER**

2 qts. apple cider  
1 qt. cranberry juice  
2 cups orange juice  
1 tsp. whole cloves  
1 tsp. whole allspice  
3 cinnamon sticks  
1/4 cup sugar


Submitted by: Dana Lamb

**STRAWBERRY DAIQUIRI SLUSH**

5 lbs. strawberries  
1 cup sugar  
1/2 - 1 pint Rum  
2 12-oz. cans frozen lemonade  
1 can water

In blender, mash strawberries. Add lemonade. Combine all ingredients. Place in ice cream bucket. Freeze. To serve, fill glass half full with frozen mixture, fill with 7-Up, Ginger Ale, etc.

Submitted by: Devona Swartos
DANDELION WINE

1 gallon blossoms 3 lbs. sugar
1 gallon boiling water 1 slice of bread
2 lemons 1/2 cake compressed yeast
3 oranges bottles

Gather 1 gallon of blossoms while the sun is shining. Pour 1 gallon boiling water over them and stand to cool place 3 days, then strain through cloth and add to liquid: 3 lbs. sugar, juice of 2 lemons, 3 oranges and 1/2 cake compressed yeast. Let stand 4 days and 4 nights. Then strain again. Keep straining till no skum remains. Then bottle.

Submitted by: Bonnie Kampmann

HOT BUTTERED RUM

1 lb. butter 1 tsp. allspice
2 lbs. light brown sugar 1 tsp. nutmeg
3 eggs 1 tsp. ground cloves
1 tsp. cinnamon

Melt butter, add cinnamon, allspice, nutmeg, and cloves. Pour over the brown sugar (in mixer bowl) and blend well. When cool, add 3 well-beaten eggs, and beat for one hour. Refrigerate in tightly sealed container and when ready to serve, spoon 1 Tbsp. of mixture in a mug. Add 1-2 oz. Rum and fill with boiling water. Mix well. This makes about 9 cups (or enough for a million people).

Submitted by: Devona Swartos

TOM & JERRY BATTER

4 eggs - separated 1/2 - 3/4 lb. powdered sugar
1/8 tsp. cream of tartar

Beat egg whites until stiff. Beat egg yolks until creamy and thick. Add powdered sugar and cream of tartar to egg yolks. Fold egg whites into egg yolk mixture. Pour liquor in bottom of cup, add batter. Add hot water, stirring while adding. Sprinkle nutmeg on top.

Submitted by: Devona Swartos
Breads, Muffins & Rolls
<table>
<thead>
<tr>
<th>Temperature Range</th>
<th>Breads</th>
<th>Cakes</th>
<th>Cookies</th>
<th>Pastry</th>
<th>Roasts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Slow Oven 250°-300°</td>
<td>Baking Powder Biscuits 450°</td>
<td>12-15 minutes</td>
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<tr>
<td>Slow Oven 300-325°</td>
<td>Muffins 400-425°</td>
<td>20-25 minutes</td>
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<tr>
<td>Moderate Oven 325-375°</td>
<td>Quick Breads 350°</td>
<td>40-60 minutes</td>
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<td></td>
<td>Yeast Breads 375-400°</td>
<td>45-60 minutes</td>
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<tr>
<td></td>
<td>Yeast Rolls 400°</td>
<td>15-20 minutes</td>
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<tr>
<td>Med. Hot Oven 375-400°</td>
<td>Butter Loaf Cakes 350°</td>
<td>45-60 minutes</td>
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<td>Hot Oven 400-450°</td>
<td>Butter Layer Cakes 350-375°</td>
<td>25-35 minutes</td>
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<tr>
<td>Very Hot Oven 450-500°</td>
<td>Cupcakes 375°</td>
<td>20-25 minutes</td>
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<tr>
<td></td>
<td>Chiffon Cakes 325°</td>
<td>60 minutes</td>
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<td>Sponge Cakes 325°</td>
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<td></td>
<td>Angel Food Cakes 325°</td>
<td>60 minutes</td>
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<td>325°</td>
<td>Chiffon Cakes 325°</td>
<td>60 minutes</td>
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<td>325°</td>
<td>Sponge Cakes 325°</td>
<td>60 minutes</td>
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<td>325°</td>
<td>Angel Food Cakes 325°</td>
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<tr>
<td>325°</td>
<td>Bar Cookies 350°</td>
<td>25-30 minutes</td>
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<tr>
<td>350°-400°</td>
<td>Drop Cookies 350-375°</td>
<td>8-12 minutes</td>
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<tr>
<td>350-400°</td>
<td>Rolled and Ref. Cookies 350-400°</td>
<td>8-12 minutes</td>
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<tr>
<td>450°</td>
<td>Meringues 350°</td>
<td>12-20 minutes</td>
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<tr>
<td>450°</td>
<td>Pie Shells 450°</td>
<td>12-15 minutes</td>
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<tr>
<td>450°</td>
<td>Filled Pies lower to 350°</td>
<td>10 minutes</td>
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<tr>
<td>450°</td>
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<td>40 minutes</td>
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<tr>
<td>325°</td>
<td>Beef Roast Rare 325°</td>
<td>18-20 min. per lb.</td>
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<tr>
<td>325°</td>
<td>Medium 325°</td>
<td>22-25 min. per lb.</td>
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<tr>
<td>325°</td>
<td>Well Done 325°</td>
<td>30 min. per lb.</td>
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<tr>
<td>325°-350°</td>
<td>Chicken 325-350°</td>
<td>30 min. per lb.</td>
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<tr>
<td>325°-350°</td>
<td>Duck 325-350°</td>
<td>25 min. per lb.</td>
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<tr>
<td>500°</td>
<td>Fish Fillets 500°</td>
<td>15-20 min. per lb.</td>
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<tr>
<td>325°-350°</td>
<td>Goose 325-350°</td>
<td>30 min. per lb.</td>
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<tr>
<td>350°</td>
<td>Ham 350°</td>
<td>20-30 min. per lb.</td>
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<tr>
<td>300-350°</td>
<td>Lamb 300-350°</td>
<td>35 min. per lb.</td>
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<tr>
<td>375°</td>
<td>Meat Loaf 375°</td>
<td>60 min. per 2 lb. loaf</td>
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<tr>
<td>350°</td>
<td>Pork Roast 350°</td>
<td>30 min. per lb.</td>
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<tr>
<td>250-325°</td>
<td>Turkey 250-325°</td>
<td>15-25 min. per lb.</td>
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<tr>
<td>30°</td>
<td>Veal Roast 300°</td>
<td>30 min. per lb.</td>
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<tr>
<td>350°</td>
<td>Venison 350°</td>
<td>20-25 min. per lb.</td>
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</table>
ABSOLUTELY APRICOT

1 1/4 cups water
3 cups white bread flour
2 Tbsp. dry milk
1 1/2 tsp. salt
2 Tbsp. butter

1/4 cup apricot jam
3/4 cup dried apricots, chopped
2 tsp. yeast

This is a 1 1/2 lb. loaf.

Put into bread machine according to manufacturer’s directions. Use a jam with a high fruit content and few other additives. Use the light crust feature - if you have it.

Submitted by: Florence McDaniel

PIZZA PLEASURE

1 1/4 cups + 2 Tbsp. water
3 cups white bread flour
2 Tbsp. dry milk
2 Tbsp. sugar
1 1/2 tsp. salt
2 Tbsp. butter
1/2 cup pepperoni, stick, chopped fine

1/3 cup mozzarella, shredded
1 Tbsp. parmesan, grated
1/3 cup mushrooms, canned/drained
1/4 cup onion flakes
3/4 tsp. garlic powder
3/4 tsp. oregano
2 tsp. yeast

This is a 1 1/2 lb. loaf.

Put into bread machine according to manufacturer’s directions.

Submitted by: Florence McDaniel

CORN MUFFINS

1 1/2 cups cornmeal
1/2 cup all-purpose flour
1/4 cup shortening
1 1/2 cups buttermilk
2 tsp. baking powder
1 tsp. sugar
1 tsp. salt
1/2 tsp. baking soda
2 eggs

Heat oven to 450°. Grease 12 medium muffin cups. Mix all ingredients; beat vigorously 30 seconds. Fill cups about 7/8 full. Bake until golden brown, about 20 minutes.

Submitted by: Karen Kampmann
BANANA CRUMB MUFFINS

1 1/2 cups all-purpose flour 3/4 cup sugar
1 tsp. baking soda 1 egg, lightly beaten
1 tsp. baking powder 1/3 cup butter or margarine, melted
1/2 tsp. salt
3 large ripe bananas, mashed

Topping:
1/3 cup packed brown sugar 1/8 tsp. ground cinnamon
1 Tbsp. all-purpose flour 1 Tbsp. butter or margarine

In a large bowl, combine dry ingredients. Combine bananas, sugar, egg and butter; mix well. Stir into dry ingredients just until moistened. Fill greased or paper lined muffin cups three-fourths full.

Combine the first 3 topping ingredients; cut in butter until crumbly. Sprinkle over muffins. Bake at 375° for 18-20 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack.

Makes about 1 dozen.

Submitted by: Sandy Kemner

APPLESAUCE SPICE MUFFINS

1 cup butter or margarine 2 tsp. soda
2 cups sugar 1 tsp. cinnamon
2 eggs 1 tsp. allspice
1 tsp. vanilla 1/2 tsp. cloves
2 cups applesauce 1 cup nuts - optional
4 cups flour Cinnamon & sugar on top

In large bowl cream butter and sugar. Add eggs and vanilla and mix well. Stir in applesauce. Combine flour, soda and spices and stir into creamed mixture. Fold in chopped nuts. Fill greased or paper lined muffin cups 3/4 full. Bake at 350° - 25 minutes or until muffin test done.

Sprinkle with cinnamon and sugar. Makes about 2 dozen.

Submitted by: Ruth Lindsey
MORNING GLORY MUFFINS

2 cups whole wheat flour
1 tsp. baking soda
1 1/4 cups sugar
2 tsp. cinnamon
1/2 tsp. salt
3/4 cup Fleischmann's Egg Beaters (equivalent of 3 eggs or 5 egg whites)

Mix all ingredients together - spoon into muffin tins. Bake at 350° for 25 to 30 minutes.

Makes 18 to 24 muffins or fill 12 regular size muffin tins to the top.

Submitted by: Donna K.

CRANBERRY MUFFINS

1/2 cup oleo
1 cup sugar
2 eggs
1 tsp. butter vanilla
2 cups flour
2 tsp. baking powder
2 Tbsp. cream cheese
1/2 can whole cranberries
(use the cranberries, not the gelatin)
1/2 cup milk
1/2 cup milk
1/2 cup nuts

Mix oleo and sugar. Add eggs and butter vanilla extract. Mix together dry ingredients. Add to egg mixture stirring just enough to dampen ingredients. Fold in cream cheese, cranberries, milk and nuts.

Fill greased muffin tins or liners 2/3 full. Bake 25 minutes at 375°.

This came from a Bed & Breakfast from Rapid City.

Submitted by: Joanne Olson

* * * * * * * * *

Forget what you have done for your friends,
and remember what they have done for you.

* * * * * * * * *
SOUR CREAM MUFFINS

1/2 cup margarine          1/2 tsp. salt
1 1/2 cups sugar           2 3/4 cups flour
4 eggs                     1/3 tsp. nutmeg
1 1/2 cups sour cream      1 cup fruit, chopped
1 tsp. soda

Cream sugar and margarine. Add eggs, then sour cream. Then add dry ingredients. Put in muffin tins. Sprinkle with sugar. Bake at 400° for 15 minutes.

Submitted by: Nette Anderson

POPPY SEED MUFFINS

1 1/3 cups flour           1 Tbsp. poppy seed
1/2 cup sugar              1/2 tsp. salt
1/2 cup sour cream         1/2 tsp. baking soda
1/3 cup butter, softened   2 Tbsp. grated orange peel
1 egg                      2 Tbsp. orange juice

Beat all ingredients together for 1 minute. Fill muffin cups 2/3 full and bake 17-22 minutes at 400°.

Submitted by: Marlys Sloat

SIX WEEK MUFFINS

1 15-oz. pkg. Raisin Bran   1 qt. buttermilk
3 cups sugar               3 tsp. soda
1 cup melted oleo          5 cups flour
4 beaten eggs              2 tsp. salt

Mix Raisin Bran, sugar, flour, soda, salt, eggs, oleo, and buttermilk. Can be stored in refrigerator up to six weeks. Fill muffin tin 2/3 full. Bake at 375° for 15-20 minutes. Never stir batter again after it has been mixed and put in the refrigerator. Just take out by the spoonfuls.

Submitted by: Devona Swartos
HAM AND CHEESE MUFFINS

2-3 cups chopped ham  
1 Tbsp. minced onion  
1/2 tsp. mustard  
2 cups shredded cheddar cheese  
1 tsp. worcestershire sauce  
Mayonnaise

Mix the above ingredients together with enough mayonnaise to hold together. Spread on English muffin halves and broil until bubbly.

Submitted by: Caroline Gullickson

PIZZA CRUST

2 cups flour  
1 tsp. salt  
1/4 cup oil  
2 tsp. baking powder  
2/3 cup milk

Combine ingredients, roll into jellyroll pan. Bake for 5 minutes. Spread sauce, meat and cheese. Bake until cheese is lightly brown.

Submitted by: Devona Swartos

BASIC BAGELS

4-4 1/2 cups flour  
2 pkgs. rapid rise yeast  
4 Tbsp. sugar - divided  
1 tsp. salt  
1 1/2 cups warm water

In large bowl, combine 2 cups flour, yeast, 3 Tbsp. sugar and salt. Mix well. Add warm water; blend at low speed until moistened. Beat 3 minutes at medium speed. Stir in enough flour to make a stiff dough. Knead 10 minutes. Let dough rest 10 minutes. Cut into 12 portions and shape into smooth balls. Punch hole in center and enlarge to 1 1/2 inch wide. Place on greased cookie sheet. Let rise 20 minutes. Broil 5 inches from heat for 1 minute on each side (top should not brown). In large kettle; combine 2 qts. water and 1 Tbsp. sugar, bring to boil. Cook each bagel 2 minutes on each side. Drain on paper towel. Place on greased cookie sheet. Brush with egg white, sprinkle with topping if desired. Bake at 375° about 20 minutes.

Submitted by: Laura Willert
HONEY WHEAT BREAD

1 1/2 cups water
1/4 cup honey
1/4 cup margarine
1 cup whole wheat flour
1 egg
1 1/2 cup cottage cheese
5 1/2 cups flour (white)
3 Tbsp. sugar
2 pkgs. dry yeast
3 tsp. salt
1 cup cottage cheese
5 1/2 cups flour (white)
3 Tbsp. sugar
2 pkgs. dry yeast

In medium saucepan, heat first four ingredients until very warm (120°-130°). In large bowl combine warm liquid, 2 cups white flour and remaining ingredients. Beat 2 minutes at medium speed. By hand stir in remaining flour. Knead dough until smooth and elastic - about 2 minutes. Place in greased bowl. Cover, let rise until doubled in size (45-60 minutes). Grease 2-9x5" loaf pans. Divide dough into two loaves. Let rise until doubled in size. Bake at 375° for 35-40 minutes or until golden brown. Brush with butter while warm.

Submitted by: Laura Willert

BANANA BREAD

2 1/4 cups flour
1/4 tsp. soda
1/2 cup shortening
2 eggs
1 tsp. lemon juice
3 tsp. baking powder
1/2 tsp. salt
1 cup sugar
1 cup bananas (mashed)

Mix together and put into foil lined bread pan. Bake at 350° for 45 minutes.

Submitted by: Devona Swartos

CHERRY CHRISTMAS BREAD

1/2 cup butter
1 cup mashed bananas
1 tsp. soda
1/4 cup maraschino cherries
1/4 cup chopped chocolate chips
1 cup sugar
2 cups sifted flour
1/4 cup chopped nuts

Cream butter, sugar, add eggs, bananas, flour and soda. Add nuts, chips and cherries. Pour into two small loaf pans. Bake at 350° for 60 minutes.

Submitted by: Devona Swartos
PUMPKIN BREAD

1 1/2 cups sugar 1 1/2 tsp. cinnamon
1 2/3 cups flour 1/2 cup vegetable oil
1/4 tsp. baking powder 1/2 cup water
1 tsp. baking soda 1 cup pumpkin
3/4 tsp. salt 2 eggs
1/2 tsp. ground cloves Raisins or nuts, optional

Mix in order given. Pour into greased loaf pan. Bake at 350° for 1 hour.

Submitted by: Laura Willert

APPLE NUT BREAD

1/2 cup margarine 1 tsp. baking powder
1 cup sugar 1/2 tsp. salt
2 eggs (beaten) 1 cup chopped raw apples
1 1/2 Tbsp. sour milk 1/2 cup chopped walnuts
2 cups flour 2 tsp. sugar
1 tsp. soda 1 tsp. cinnamon for topping


Submitted by: Evelyn Freyberg

DATE NUT BREAD

1 1/2 cups boiling water 1 tsp. soda
1 1/2 cups chopped dates 1 tsp. salt
2 Tbsp. butter 1 tsp. vanilla
1 1/2 cups sugar 1 tsp. cream of tartar
1 egg beaten 1 cup chopped nuts
2 3/4 cups flour

Pour boiling water over dates. Add sugar, butter, salt, mix well and cool. Add beaten egg, sift flour, measure then sift flour, soda, and cream of tartar. Add and beat well. Add vanilla and nuts. Pour into 2 well-greased bread tins. Bake in moderate oven 350° for 50 minutes.

Submitted by: Marlys Wulf
DATE BREAD

1 1/2 cups chopped dates
2 Tbsp. melted butter
4 cups flour
1/2 cup chopped nuts
2 cups sugar
1 tsp. salt
2 cups boiling water
2 eggs (unbeaten)
2 tsp. vanilla
3 tsp. soda

Mix chopped dates, soda and boiling water and allow to cool. Then add butter, sugar and eggs. Mix date mixture with flour, salt, vanilla and nuts. Bake 1 1/4 to 1 1/2 hours in a 325° oven.

Submitted by: Dolores Brage

MONKEY BREAD

1 loaf frozen bread dough
1/4 - 1/2 cup butter
1 tsp. parsley flakes
1 tsp. garlic salt

Leave bread loaf in refrigerator overnight to thaw. Melt butter. Mix with parsley flakes and garlic salt in small pan or bowl. Pinch chunks of dough about the size of large marbles. Roll in butter mixture, then place in greased loaf pan. Continue until bottom of pan is covered. If you still have dough, make a second layer. Set in warm spot, cover with dishtowel and allow to rise (1 to 2 hours). When bread has risen to top or just above the loaf pan, bake at 400° for 10-20 minutes, until golden brown on top.

Submitted by: Lola Gangle

ALL BRAN BREAD

4 cups boiling water
3 cups Kelloggs or Nabisco All Bran
4 tsp. salt
2/3 cup dark Karo syrup
4 Tbsp. lard or margarine
1 pkg. yeast or 2 as you desire, dissolved in 1/2 cup warm water

Mix well and allow to cool - mix in the yeast and stiffen with white flour. Stiffen until like regular dark bread dough. Let rise till double in bulk. Punch it down, divide and put into loaf pans. Let rise. Bake at 375° - 45-60 minutes depends on size of your pans.

Submitted by: Pauline M. Selken
MONKEY BREAD

24-26 frozen rolls (yeast) 1 cup + 2 Tbsp. brown sugar
1 cup chopped nuts 3 Tbsp. melted butter

Layer rolls in greased 9 inch bundt pan. Sprinkle nuts over rolls. Mix brown sugar and butter, pour over rolls and nuts. Cover with damp cloth and let rise overnight on the counter. Bake at 375° for 50 minutes. Turn out onto plate and pull apart. Enjoy.

Submitted by: Janie Isham

POPPY SEED BREAD

3 cups flour 1 tsp. baking soda
2 cups sugar 2 oz. whole poppy seeds
1 tsp. salt

Mix together in a bowl. Add and beat 5 minutes with mixture:
1 cup milk 4 eggs
1/2 cup cooking oil 1 tsp. vanilla

Add: 1/2 cup nuts (optional).

Pour into two oiled and floured loaf pans. Bake 1 hour at 350°.

Submitted by: Devona Swartos

RHUBARB BREAD

1/2 cup butter 1/2 tsp. nutmeg
1 1/2 cups brown sugar 1 cup buttermilk
1 egg 1 tsp. vanilla
2 cups flour 1 1/3 cups cut-up rhubarb
1 tsp. baking soda 1 cup chopped walnuts or pecans
1/2 tsp. salt
1 tsp. cinnamon


Submitted by: Jan Olson
JOHNNY CAKE

1 cup Quaker yellow cornmeal
1 cup sifted enriched flour
1/4 cup sugar
1/2 tsp. salt
4 tsp. baking powder
1 egg
1 cup milk
1/4 cup shortening, soft

Sift together dry ingredients into bowl, add eggs, milk and shortening. Beat with egg beater until smooth, about 1 minute. Do not over beat. Bake in greased 8-inch square pan or greased muffin pans in hot oven at 425° for 20-25 minutes.

Submitted by: Bonnie Kampmann

CAKE MIX CINNAMON ROLLS

2 1/2 cups warm water
2 pkgs. yeast
1 white cake mix
5 cups flour


Submitted by: Ruby V. Olson

OATMEAL ROLLS

2 1/2 cups boiling water
2/3 cup shortening
2/3 cup brown sugar
1 1/2 tsp. salt
2 pkgs. yeast
1/2 cup warm water
2 eggs
8 cups flour (approximate)


Submitted by: Laura Willert
ICEBOX ROLLS

1 pkg. dry yeast
1 tsp. sugar
1/4 cup lukewarm water - let set for 10 minutes
1 cup scalded milk
1 cup Spry or Crisco
3 Tbsp. sugar
1 tsp. salt
3 eggs, beaten
4 cups flour

Mix and put in refrigerator overnight. Divide dough into 4 sections and roll each like pie crust on floured board. Cut and roll from outside, let rise about 4 to 6 hours. Bake 15 minutes at 350°. Can be frosted.

Submitted by: Dort Jacobson

GLORIFIED DOUGHNUTS

1/3 cup soft shortening
1/2 cup sugar
1 egg
1 1/2 cups sifted flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 cup milk
6 Tbsp. melted butter
1/2 cup sugar
1 tsp. cinnamon

Preheat oven to 350°. Mix shortening, sugar and egg. Sift together flour, baking powder, salt and nutmeg and stir in, alternately with the milk. Fill greased muffin tin 2/3 full. Bake 20-30 minutes until golden brown. Immediately, roll in melted butter, then in mixture of sugar and cinnamon. Makes 12 medium puffs.

Submitted by: Devona Swartos

* * * * * * * * *

Some of our ills need
Prayer more than pills
Aspiration more than aspirin
Meditation more than medication.

* * * * * * * * *
GOLDEN RAISIN BUNS

1 tsp. sugar  
1/2 cup butter/margarine  
1/4 tsp. salt  
1 cup flour  
4 eggs  
1 cup water  
1/2 cup raisins - soaked in water - drain

Bring butter, sugar, salt, and water to boil. Remove from heat and add flour, stir until a smooth ball forms. Beat by hand for 2 minutes. Add eggs one at a time. Beat until well mixed. Stir in raisins. Drop by tablespoons 2 inches apart on greased baking sheet. Bake at 375° for 30-35 minutes or until golden brown.

Icing:

1 Tbsp. butter  
4-5 Tbsp. Half & Half  
1/2 tsp. lemon juice  
1/2 tsp. vanilla  
1 cup confectioners sugar

Submitted by: Devona Swartos
Soups, Salads & Vegetables
## AMOUNTS FOR 50 PEOPLE

<table>
<thead>
<tr>
<th>Food as Purchased</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, navy</td>
<td>3 qts. (5 1/2 lbs.)</td>
</tr>
<tr>
<td>Beef, ground (for meatballs or loaf)</td>
<td>10 lbs.</td>
</tr>
<tr>
<td>Beef roast</td>
<td>20 lbs.</td>
</tr>
<tr>
<td>Bread, 1 lb. loaf</td>
<td>5 loaves</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Cabbage (raw, shredded for salad)</td>
<td>10 lbs.</td>
</tr>
<tr>
<td>Chicken (for creamed or chicken pies)</td>
<td>20 lbs.</td>
</tr>
<tr>
<td>Chicken (roasted or fricasseed)</td>
<td>25 lbs.</td>
</tr>
<tr>
<td>Chicken (salad)</td>
<td>20 lbs.</td>
</tr>
<tr>
<td>Coffee (2 1/2 gals. water to 1 lb.)</td>
<td>1 1/4 lbs.</td>
</tr>
<tr>
<td>Cream (for coffee)</td>
<td>1 1/2 qts.</td>
</tr>
<tr>
<td>Cream (whipping, to top desserts)</td>
<td>3/4 qt.</td>
</tr>
<tr>
<td>Fruits (drained for mixed fruit salad)</td>
<td>6 qts.</td>
</tr>
<tr>
<td>Gravy</td>
<td>3 qts.</td>
</tr>
<tr>
<td>Ham (whole)</td>
<td>16 lbs.</td>
</tr>
<tr>
<td>Ham (boned, canned)</td>
<td>13 lbs.</td>
</tr>
<tr>
<td>Ice cream, bulk</td>
<td>6 1/2 qts.</td>
</tr>
<tr>
<td>Ice cream, brick</td>
<td>2 gals.</td>
</tr>
<tr>
<td>Lemonade</td>
<td>2 doz. lemons, 4 c. sugar, 3 gal. water</td>
</tr>
<tr>
<td>Lettuce (head lettuce salad)</td>
<td>12 heads</td>
</tr>
<tr>
<td>Nuts, salted</td>
<td>2 1/2 lbs.</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>12 to 15 lbs.</td>
</tr>
<tr>
<td>Pork Roast (rib)</td>
<td>16 lbs.</td>
</tr>
<tr>
<td>Potatoes (to be mashed)</td>
<td>15 lbs.</td>
</tr>
<tr>
<td>Potatoes (creamed or scalloped)</td>
<td>12 1/2 lbs.</td>
</tr>
<tr>
<td>Potato Chips</td>
<td>2 1/2 lbs.</td>
</tr>
<tr>
<td>Salad Dressing (Mayonnaise)</td>
<td>1 qt.</td>
</tr>
<tr>
<td>Salad Dressing (French)</td>
<td>1 qt.</td>
</tr>
<tr>
<td>Sugar, small cubes (for coffee)</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Vegetables, canned beans, beets, carrots or peas,</td>
<td></td>
</tr>
<tr>
<td>(served buttered or creamed)</td>
<td>10 No. 2 cans</td>
</tr>
</tbody>
</table>
TARTAR SAUCE

1 cup salad dressing  
1 tsp. salt  
1/2 tsp. mustard  
Garlic salt

3/4 cup milk  
2 Tbsp. sugar  
1/4 cup sweet pickle relish  
Celery salt

Whip together. The longer you beat it the creamier it gets.

Submitted by: Devona Swartos

WORLD’S BEST VEGETABLE DIP

1/3 cup sour cream  
1/3 cup Miracle Whip  
1 tsp. seasoned salt

1 tsp. dill weed  
1 Tbsp. parsley flakes  
1 Tbsp. dried onion

Mix all ingredients together. Chill.

Submitted by: Pam Fitzgerald

DELICIOUS VEGGIE BARS

2 8-oz. cans crescent roll dough  
2 8-oz. pkgs. cream cheese, softened  
1/4 cup mayo or salad dressing  
1 (1 oz.) envelope of Ranch style salad dressing mix

1 med. size sweet red pepper, chopped  
3/4 cup (3 oz.) shredded cheddar cheese  
1/2 cup coarsely chopped fresh broccoli flowerets  
1/2 cup coarsely chopped fresh mushrooms

Lightly grease (or use “Pam” spray) a 15x10” jellyroll pan. Press and line pan with dough. Bake at 350° for 7-8 minutes. Cool. Combine cream cheese, mayo/or salad dressing and package of dry Ranch salad dressing mix. Spread on cooled crust. Combine remaining ingredients and spread over top. Cover and chill several hours. Cut into 1 1/4” squares. Makes 8 dozen.

Submitted by: Sheila Olauson
GRANDMA'S SALAD DRESSING
1 cup Miracle Whip 1/4 cup salad oil
3 large Tbsp. salad mustard 1/4 cup vinegar
1 cup sugar
Mix well - store in a pint jar and use as needed. May be used for potato salad or cabbage salad.
Submitted by: Barb Mielke

MACARONI FRUIT SALAD
4 beaten eggs
1/2 cup lemon juice
1 box ring macaroni
2 11-oz. cans mandarin oranges, drained
1 large can crushed pineapple, drained
1 jar maraschino cherries, drained
4 large bananas
2 cups miniature marshmallows
1 1/2 cups powdered sugar
1 can fruit cocktail, drained
Cook until thick, then cool.
Submitted by: Devona Swartos

CRANBERRY SALAD
1 bag cranberries
2 cups sugar
1 9-oz. carton Cool Whip
Choice of fruit (crushed pineapple, grapes, etc.)
Nuts & marshmallows
Grind cranberries, add sugar. Refrigerate overnight. Stir in remaining ingredients and serve.
Submitted by: Lola Gangle

APPLESAUCE SALAD
2 pkgs. raspberry jello 1/4 cup red hot cinnamon
2 cups boiling water candy
2 cups thick applesauce, sweetened
Dissolve jello and candies in boiling water. When jello starts to set add applesauce. Chill in mold or pan until firm. Serve with mayonnaise on greens.
Submitted by: Lisa Hartenhoff
APPLE SALAD

3 tart apples
6 stalks celery
3 bananas
1/2 cup nuts

3/4 cup mayo or salad dressing
1/4 cup sugar
1/4 cup sweet wine
Marshmallows, optional

Chop apples, celery and bananas. Mix in nuts and marshmallows. Blend mayo, sugar and wine together. Pour over fruit and mix well.

Submitted by: Laura Willert

HOT FRUIT SALAD (FOR BREAKFAST OR BRUNCH)

16 oz. can peach slices
16 oz. can pear slices
16 oz. can pineapple chunks
16 oz. can apricot halves

1/2 cup brown sugar
2 Tbsp. cornstarch
1 cup pecan halves
1/2 cup maraschino cherries
1 stick margarine

Drain all the fruit – keep the juice. Put fruit in casserole. Add the cherries and pecans. Melt the margarine and add the cornstarch and brown sugar and mix with 1 1/2 cups of the juices. Heat until it bubbles and cook 3 minutes more. Pour over fruit and bake 45 minutes at 350°.

This is good served with different breads, muffins or rolls.

Submitted by: Delila Davis

CRANBERRY WALDORF SALAD

1/2 lb. fresh or frozen cranberries, halved
3/4 cup sugar
3 cups mini marshmallows
2 cup chopped nuts

1 cup pineapple tidbits, drained
1 cup halved grapes
1 cup whipping cream, stiffly beaten

Mix cranberries and sugar; let stand for 30 minutes. Add marshmallows, nuts, pineapple, grapes and apples. Mix well. Gently fold in whipped cream. Chill before serving. 10-12 servings.

Submitted by: Laura Willert
PINEAPPLE RICE SALAD

1 cup cooked rice
12 marshmallows, cut up
16 maraschino cherries, cut into fourths
1 cup crushed pineapple, drained

1 pkg. lemon jello
1 cup boiling water
1/2 cup sugar (scant)
1 cup whipping cream

Prepare jello with boiling water and sugar and let congeal. Beat until fluffy (if desired). Add whipped cream to jello and stir well. Stir in rest of ingredients and let set 24 hours before serving.

Submitted by: Arlyce Thorne

FROSTY FRUIT SALAD

1/2 cup sugar
6 oz. can frozen lemonade
6 oz. can pineapple juice
1/2 cup maraschino cherries
(cut up)
15 oz. can crushed pineapple and juice
6 mashed bananas
6 oz. can frozen orange juice
10 oz. pkg. frozen strawberries
1/2 cup cherry juice
2 6-oz. cans water

Pour lemonade over mashed bananas. Add rest of ingredients. Put into individual containers and freeze.

Easy to make a double batch. Good to put into individual containers and serve as appetizer or salad.

Submitted by: Deb Moore

TAPIOCA FRUIT SALAD

2 pkgs. vanilla tapioca pudding mix
2 1/4 Tbsp. Tang drink mix (dry)
1 can mandarin oranges

1 can pineapple tidbits
2-3 bananas
1 cup plus grapes
2 cups mini-marshmallows

Drain the juices from oranges and pineapple. Reserve and add enough water to make 3 cups liquid. Bring to a boil with the pudding mix following directions on box. Add Tang. When cooled add oranges, pineapple, bananas, grapes, and marshmallows Chill. 12-16 servings.

Submitted by: Laura Willert
CARAMEL APPLE SALAD

4 large apples (unpeeled & diced)  
6 fun size Snicker candy bars

1 cup milk  
1 pkg. instant vanilla pudding (small pkg.)  
1 8-oz. carton Cool Whip


Submitted by: Nancy Hope

FRUIT CUPS

3 cups sugar  
1/3 cup lemon juice  
3 cups water  
2 cans (2 oz.) pineapple tidbits  
3 12-oz. pkgs. frozen raspberries or strawberries  
6 medium bananas  
1 can frozen orange juice (12 oz.)

Mix: sugar and water and bring to a boil. Add: frozen fruit, orange juice, lemon juice, pineapple and bananas. Makes 30-35 cups. Put 2/3’s full each cup. Freeze. Take cups out 1 hour before ready to serve.

Submitted by: Sharon L. Johnson

LEMON JELLO SALAD

1 3-oz. pkg. lemon jello  
2 cups boiling water

Sauce:  
1/2 cup sugar  
1 egg, well beaten  
2 Tbsp. butter

2 bananas  
1 small can crushed pineapple (drained)

2 Tbsp. flour  
1 tsp. lemon juice  
1 cup whipping cream

Dissolve lemon jello in boiling water. Cool. Add the sliced bananas and crushed pineapple. Let stand until firm in serving dish.

Sauce: Add enough water to pineapple juice to make one cup. Add the sugar, beaten egg, butter, flour and lemon juice. Cook until thick, and let cool. Add 1 cup of cream - whipped. Pour sauce over jello. Sprinkle 1 cup of grated cheese on top if desired.

Submitted by: Dolores Brage
LETTUCE SALAD

1 head Romaine lettuce - tear into bite size pieces
1/2 red onion, chopped
1 cup strawberries, sliced
1/2 cup sugar

Mix together, pour over lettuce.

Submitted by: Devona Swartos

MACARONI SPRING SALAD

1 pint mayonnaise
1 cup sugar
1 cup white vinegar
1 can Eagle Brand sweetened condensed milk
3 grated carrots
1 small onion
Ground pepper
Celery
Cucumber (optional)
2 7-oz. boxes macaroni

Combine first four ingredients. Set aside. Cook macaroni, drain and cool. Mix in vegetables and dressing. Will be juicy but will absorb juice after setting overnight.

Makes a 5 qt. ice cream pail. Keeps a week to 10 days.

(Note: Tastes like HyVee Spring Salad.)

Submitted by: Evelyn Freyberg

BROCCOLI BACON SALAD

1 large bunch broccoli
1 small red onion
1 pkg. bacon (fried crisp)
1 cup whole roasted sunflowers
1/2 cup raisins
1 cup mayonnaise
(Miracle Whip)
1/2 cup sugar
2 Tbsp. vinegar

Cut up broccoli. Cut up red onion. (Looks pretty to cut in long thin vertical pieces.)

Mix together with crisp bacon pieces (drain off grease). I will mix the mayonnaise (Miracle Whip), sugar and vinegar sauce into above ingredients but I like to add raisins and sunflower seeds just before serving.

Submitted by: Maggie Smith,
Devona Swartos and Marilyn Bischoff
**BROCCOLI & RAISIN SALAD**

1 head broccoli, chopped
2-3 Tbsp. green onion, chopped
6-10 fried bacon, crumbled
½ to 1 cup raisins

½ to 1 cup sunflower nuts
3/4 cup mayo
2 Tbsp. sugar
2 Tbsp. vinegar

Mix together well the mayo, sugar and vinegar. Add this to the other ingredients and stir. Chill until served.

Submitted by: Sandy Kemner

**POP CORN SALAD**

1 cup Miracle Whip
1/2 cup diced onion
1/2 cup water chestnuts
1 cup diced celery
1 cup crisp crumbled bacon
2 cups shredded cheese
6-8 cups popped hulless popcorn

Mix the first 4 ingredients and let marinate for 1 hour or overnight. Just before serving add the bacon, cheese and popcorn. Serves 12.

Submitted by: Sandra Kemner

**PEA SALAD**

1 16-oz. can Lesur peas (drained) - Must be Lesur peas!
2 hard boiled eggs
1 slice onion, diced
1 1/2 slices cheese

1 tsp. prepared mustard
3/4 tsp. salt
1/4 tsp. pepper
1 tsp. sugar
1/2 cup salad dressing

Mix and chill in a covered bowl.

Submitted by: Keith Mortensen

**PEA SALAD**

1 can peas, drained
1 can pineapple, drained
1 cup velveeta cheese, cut up in chunks

Miracle Whip or mayo to moisten

Combine all ingredients and refrigerate.

Submitted by: Deb Tweed
MASSED VEGETABLES FOR TWO

2 medium potatoes (quartered)  
1/3 medium onion (diced)  
1 medium carrot (cubed)  
Butter, cream, salt, pepper, sugar

In a saucepan boil vegetables till tender. Drain. Mash. Season to taste with remaining ingredients. Whip as for mashed potatoes. Yield 2 servings.

Submitted by: Larry Stine

HOT GERMAN POTATO SALAD

6 medium potatoes  
6 slices bacon, cut in pieces  
3/4 cup chopped onion  
2 Tbsp. flour  
2 Tbsp. sugar

1 1/2 tsp. salt  
Dash of pepper  
3/4 cup water  
1/3 cup vinegar


Submitted by: Barb Mielke

FROZEN COLE SLAW

1 medium cabbage, shredded  
1 grated carrot  
Dressing:
1 cup vinegar  
1/4 cup water

1 chopped med. green pepper  
1 tsp. salt  
1 tsp. celery seed  
2 cups sugar

Mix salt with cabbage and let stand one hour. Squeeze out any excess moisture. Add carrot and green pepper. Combine dressing ingredients and boil one minute. Cool to lukewarm. Pour over slaw. Cover and freeze. This slaw thaws quickly.

Submitted by: Jone Anderson
SWEET AND SOUR RED CABBAGE

1 med. head red cabbage, shredded (6 cups)
1 med. apple, peeled & finely chopped
1/4 cup raisins

1/4 cup sugar
1/4 cup vinegar
1/2 tsp. salt
1/8 tsp. pepper
1 Tbsp. margarine or butter

In a large skillet cook cabbage, apples and raisins, covered, in a small amount of boiling water for 5 to 7 minutes or until crisp-tender; drain.

In a small mixing bowl combine sugar, vinegar, salt and pepper; stir until sugar is dissolved. Add to cabbage mixture in skillet. Add margarine or butter. Cook covered for 3 to 4 minutes or until heated through, stirring twice. Makes 6 to 8 servings.

Submitted by: Esther Benning

TUNA SALAD

2 pkgs. lemon jello
1 tsp. salt

2 cups boiling water

Mix to dissolve jello, partially set and whip. Add:
1 cup whipping cream
3/4 cup salad dressing
1 cup celery, chopped
1/2 cup grated American cheese
1 can tuna
2 hard boiled eggs, chopped
1 Tbsp. grated onion
1 small bottle green olives, sliced

Combine ingredients and fold into jello mixture. Set until firm.

Submitted by: Esther Benning, Hospital Volunteer

ONION PATTIES

3/4 cup flour
2 tsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt
1 Tbsp. corn meal
1/2 cup powdered milk
2 1/2 cups finely chopped onion

Mix together first 6 ingredients. Stir in enough cold water for thick batter. Mix in onion. Drop by tsp. into hot fat or flatten patties slightly in fry pan until golden brown.

Submitted by: Lisa Hartenhoff
TACO SALAD

1 head of lettuce
1 lb. hamburger
Onion
1 pkg. taco seasoning

Dressing:
1 cup Thousand Island dressing

4 tomatoes
4 oz. pkg. grated cheddar cheese
1 bag Taco chips

Cut up 1 head of lettuce in large bowl. Set aside. Brown hamburger with 1 small onion and then add 1 pkg. taco seasoning (saving 1 Tbsp. of seasoning). Let cool. Cut up 4 tomatoes and mix all ingredients with lettuce, along with 1 pkg. grated cheddar cheese also.

Mix dressing - toss with lettuce mixture and chill. Just before serving, crush 1 bag of taco chips and add to mixture.

Submitted by: Carleen Dixon

SCALLOPED CORN

2 cans cream style corn
2/3 cup cracker crumbs
1/4 cup melted butter
1 tsp. paprika
1 tsp. salt
1 Tbsp. sugar
1 small onion, chopped fine
2 eggs
1 cup milk

Mix all ingredients well. Pour into large buttered casserole dish. Bake uncovered for 1 hour at 350°.

Submitted by: Lola Gangle

SCALLOPED CORN BAKE

1 can whole com
1 can cream style com
1 box corn muffin mix
4 beaten eggs
1 stick butter
1 cup sour cream
Pinch of salt & pepper
1/4 cup chopped onion

Mix all ingredients together. Bake at 375° for 1 hour.

Submitted by: Lisa Hartenhoff
CORN CHOWDER

1/2 lb. bacon, diced
1 medium chopped onion
1/2 cup chopped celery
(1/2 cup with tops)
2 Tbsp. flour
4 cups milk

Fry bacon until crisp (drain). Add onion and celery to a little of the drippings (1 Tbsp.) in fry pan - cook and stir until tender. Remove from heat and blend in flour - cook over low heat until bubbly. Remove from heat. Add milk and heat to boiling (stirring constantly). Boil for 1 minute. Add corn, potatoes, salt and pepper - heat through, then add bacon. Sprinkle top with fresh parsley or dried flakes.

Submitted by: Sharon L. Johnson

CHEESE SOUP

1 cup celery, chopped
1 cup carrots, chopped
1 cup onion, chopped
2 1/2 cups potatoes, chopped
4 chicken bouillon cubes
1 quart water

Add vegetables to bouillon cubes and water. Boil 20 minutes. Add remainder ingredients, stirring to blend and melt cheese. (Do not boil.)

Serves 8-10. This soup freezes well.

Submitted by: Gloria C. Wagner

CREAM OF BROCCOLI SOUP

3 cups water
3 chicken cubes
1/4 lb. butter
4-5 Tbsp. flour
1 bunch raw broccoli

Make white sauce and add to broccoli. Cook until tender.

Submitted by: Devona Swartos
BLACK BEAN AND ROASTED TOMATO SOUP

1 lb. plum tomatoes, halved lengthwise
1 lg. onion - cut into wedges
1 medium carrot, peeled & quartered
3 large garlic cloves, chopped
1 Tbsp. olive oil
1/2 tsp. dried oregano
2 cups canned vegetable broth
3 1/2 cups cooked black beans, or 2 15-oz. cans black beans, rinsed and drained
1/2 cup plain yogurt

Preheat oven to 350°. Combine tomatoes, onion and carrot in large roasting pan. Add garlic, oil, oregano. Stir to coat vegetables. Roast until vegetables are brown and tender, stirring occasionally, about 55 minutes. Remove carrots and set aside. Transfer remaining vegetables to food processor. Add 2 cups broth to roasting pan and scrape up any brown bits. Add broth and 2 1/2 cups beans to processor. Puree vegetables until almost smooth. Transfer soup to large saucepan. Add remaining beans and carrots, chopped into smaller pieces. Season with salt and pepper. Ladle into warm soup bowls and top with dollop of yogurt.

Submitted by: Jone Anderson

LENTIL SOUP

2 quarts water
1/2 pkg. lentils
1 onion, chopped
1 lb. Polish sausage, cut in slices

Dumplings:
1 1/2 cups flour
2 eggs

Milk, just enough to make stiff dough
1/2 tsp. salt

Pressure cook for 20 minutes. Cool cooker until pressure is down, uncover. Put back on stove to bring to a boil. Mix dumplings and drop small dumplings in soup and boil 15 more minutes. Serve.

Soup may be thickened with cornstarch and water.

Submitted by: Audra Grenz
CREAM OF TOMATO SOUP
1 large can whole tomatoes 1 12-oz. can evaporated milk
1 tsp. baking soda Salt and pepper
1 Tbsp. sugar
Heat tomatoes with juice to boiling. Add rest of ingredients.

Submitted by: Mary Vockrodt

CHEESE SOUP
1/2 stick butter
2 or 3 chopped green onions
2 carrots, shredded
2 or 3 stalks celery, chopped
Melt butter in pot. Simmer vegetables in melted butter until they begin to get tender. Add canned soups. Simmer for 30 minutes. Add cheese and sour cream. Simmer for 15 minutes more.

Submitted by: Pam Fitzgerald

BEST EVER TOMATO SOUP
2 cups diced tomatoes - use fresh or canned
2 Tbsp. grated onion
1 tsp. sugar
1/2 tsp. soda
3 Tbsp. butter
Cook: 2 cups diced tomatoes, 2 Tbsp. grated onion, 1 tsp. sugar. Simmer together a few minutes. Remove from heat and add 1/2 tsp. soda. Stir and let set. This will foam up so use a large enough pan. Make a thin white sauce: melt 3 Tbsp. butter, blend in 2 Tbsp. flour, 1 tsp. salt, 1/8 tsp. pepper. Stir in 4 cups milk. Cook over low heat, stirring constantly until it starts to thicken. I add 1 can Campbells tomato soup to the milk mixture. Be sure to add the tomatoes to the milk mixture or it will curdle.

Submitted by: Doris Gustafson
CREAMY TURKEY SOUP

3 stalks chopped celery 6 Tbsp. butter
1 onion

Saute about 10 minutes.

6 Tbsp. flour & seasoning 1 1/2 cups milk
salt, pepper

Simmer 15 minutes:

4 cups turkey
5 medium carrots

Add 1 pkg. frozen peas.

Submitted by: Devona Swartos

TACO SOUP

2 lbs. hamburger (browned) 16 oz. tomato sauce
1 pkg. taco seasoning 16 oz. tomatoes
1 tsp. salt 16 oz. refried beans
1/2 cup onion 1-2 cans green chilies
3 cups water

Place all ingredients together and simmer 1-2 cans of chilies depending on your preference for "hot foods". Place corn chips in bottom of soup bowl and put soup over top. Garnish with sour cream and cheddar cheese.

Submitted by: Marilynn Bischoff

LAMB SOUP

1 leg of lamb bone - some 2 medium potatoes, meat
3 quarts of water, chunked
1/2 small bag navy beans 1 pint tomatoes
1 onion, chunked 1/2 can tomato paste
3 carrots, chunked Salt & pepper to taste

In a large kettle, boil water, bone, meat, onion, beans, and seasonings about 1 hour. Add potatoes, carrots and cook until soft. About 45 minutes before done, add tomatoes and tomato paste.

* Cook slower and longer for better flavor.

Submitted by: Esther Benning
Casseroles & Main Dishes
CONTENTS OF STANDARD CANS

Picnic equals $1^{1/4}$ cups
No. 300 equals $1^{3/4}$ cups
No. 1 tall equals 2 cups
No. 303 equals 2 cups
No. 2 equals $2^{1/2}$ cups

No. 2$^{1/2}$ equals $3^{1/2}$ cups
No. 3 equals 4 cups
No. 5 equals $7^{1/3}$ cups
No. 10 equals 13 cups

SUBSTITUTIONS AND EQUIVALENTS

2 tablespoons of fat = 1 ounce
1 cup of fat = $1^{1/2}$ pound
1 pound of butter = 2 cups
1 cup hydrogenated fat + $1/2$ teaspoon salt = 1 cup butter
2 cups sugar = 1 pound
$2^{1/2}$ cups packed brown sugar = 1 pound
$1^{1/3}$ cups packed brown sugar = 1 cup granulated sugar
$3^{1/2}$ cups powdered sugar = 1 pound
4 cups sifted all-purpose flour = 1 pound
$4^{1/2}$ cups sifted cake flour = 1 pound
1 ounce bitter chocolate = 1 square
4 tablespoons cocoa + 2 teaspoons butter = 1 ounce bitter chocolate
1 cup egg whites = 8 to 10 whites
1 cup egg yolks = 12 to 14 yolks
16 marshmallows = $1^{1/4}$ pound
1 tablespoon cornstarch = 2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk
10 graham crackers = 1 cup fine crumbs
1 cup whipping cream = 2 cups whipped
1 cup evaporated milk = 3 cups whipped
1 lemon = 3 to 4 tablespoons juice
1 orange = 6 to 8 tablespoons juice
1 cup uncooked rice = 3 to 4 cups cooked rice
GOLD RUSH BRUNCH

1 pkg. dry hash browns
4 Tbsp. butter
1/4 cup flour
1/2 tsp. salt
1/8 tsp. pepper
2 cups milk

1 cup sour cream
2 Tbsp. minced parsley
8-1/4" slices Canadian bacon or ham
8 eggs

Prepare potatoes according to package instructions and set aside. In saucepan, melt butter and blend in flour, salt, and pepper. Add milk and cook and stir until thick and bubbly. Remove from heat. Stir in sour cream, parsley, and hash browns. Put into 9x13x2" baking dish. Arrange bacon or ham in a row down the center, overlapping as needed. Bake uncovered at 350° for 20 minutes.

Remove from oven and make 4 depressions on each side of ham and put 1 egg in each depression. Return to oven and bake until eggs are set. Serves 8.

Submitted by: Kay Langland

BREAKFAST CASSEROLE

12 eggs
1/2 lb. grated cheddar cheese
2-4 Tbsp. butter, oleo or "Pam" type spray
1 cup milk

1/2 tsp. mustard
1 tsp. salt & pepper
6 slices bread
Optional: ham, bacon, sausage

Melt butter to coat pan or spray with "Pam". Use 9x13" pan. Place bread slices on bottom in pan. Blend eggs, milk and seasonings well and pour over bread slices. Cook and crumble/cube meat and distribute over top. Sprinkle with grated cheese last.

Bake at 350° for 25-30 minutes. Test with table knife near center. Can be prepared and left in fridge overnight, then bake just before serving.

Serves 6-8 depending on portion sizes.

Submitted by: Lyla Olauson
EGG BAKE

9 slices bread (cubed)  
2 cups meat (diced ham, browned sausage, etc.)  
2 cups shredded cheese of choice

8 eggs  
1/4 cup flour  
3 cups milk  
1 Tbsp. prepared mustard

Layer bread, meat and cheese in 9x13" pan. Beat eggs, flour, milk and mustard together. Pour over first ingredients. Cover and chill several hours or overnight. Bake at 350° for 1 hour.

Submitted by: Laura Willert

FILLED FRENCH TOAST

Filling:
1/2 cup cream cheese  
1/4 cup sour cream

Beat until smooth.

Batter:
3/4 cup boiling water  
3 Tbsp. honey  
1 tsp. cinnamon

Mix ingredients until honey is melted. Add 1 cup milk to mixture. Stir. Add 6 eggs. Whip well.

Cut bread diagonally. Put one Tbsp. of filling between 2 diagonals. Dip in batter and fry on griddle.

Top with fruit and whipped cream or syrup.

Submitted by: Jan Olson

HASHBROWN CASSEROLE

2 lbs. frozen hashbrowns  
1/2 cup chopped onion  
1 can cream of celery soup  
1 1/2 cups shredded cheese

1 tsp. salt  
1/4 tsp. pepper  
1 pint sour cream

Add meat if desired. Mix all. Put in 9x13" pan. Bake at 350° for 45 minutes to 1 hour.

Submitted by: Lola Gangle
## GOLDEN POTATO CASSEROLE

- 6 medium potatoes, cooked and cooled
- 1 pint sour cream
- 10 oz. sharp cheddar, grated
- 1 bunch chopped scallions
- 3 Tbsp. milk
- 1 tsp. salt
- 1/8 tsp. pepper
- Breadcrumbs
- Butter

Cook potatoes in salted water. Cool, peel and grate with coarse grater. Add other ingredients and mix well. Turn into buttered 9x13" pan. Smooth top with spatula. Combine 1/3 cup breadcrumbs and 2 Tbsp. melted butter and sprinkle over top. Bake at 300° for 50 minutes. Serves 8.

Submitted by: Janie Isham

## CHICKEN OR TURKEY DRESSING BAKE

- 1 7-oz. pkg. herb seasoned stuffing mix
- 1 10-oz. can cream of mushroom soup
- 2 cups chicken broth
- 2 well beaten eggs
- 2 1/2 cups cooked chicken, diced
- 1/2 cup milk
- 1 10 1/2-oz. can cream of chicken soup

Toss stuffing with 1/2 of mushroom soup, chicken broth and beaten eggs. Spread into 9x13" pan. Top with diced chicken. Combine chicken soup, 1/2 mushroom soup and milk and pour over all. Cover with foil. Bake at 350° for 45 minutes.

(I use more chicken - 4 cups.)

Submitted by: Caroline Gullickson

## HAMBURGER AND RICE

- 1 lb. hamburger, browned & drained
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 soup can of rice
- 1 soup can of water

Combine all the above ingredients in microwave casserole pan. Microwave on high for 15 minutes.

Submitted by: Deb Tweed
WHITE CHILI

1 lb. dry white northern beans
5 1/4 cups chicken broth
2-3 cloves garlic
1 large white onion
1 Tbsp. ground white pepper
1 tsp. salt
1 tsp. dried oregano
1 tsp. cumin
1/2 tsp. ground cloves
1 7-oz. chilies
5 cups diced chicken breasts
Jalapenos, if desired
Flour tortillas
Monterey Jack cheese

Soak beans to cover and drain. In crockpot, combine beans/broth, garlic, onion and spices. Cover and simmer 5 hours. (Watch so as to not to dry out.)

Add chilies, chicken and broth. Serve over flour tortillas in bowl. Sprinkle grated Jack cheese.

Enjoy - do not eliminate any spices.

Submitted by: Janie Isham

CHICKEN LASAGNA

1 12-oz. can evaporated milk
3 cups cooked chicken, chopped or shredded
8 oz. lasagna noodles (can use more)
1 1/2 cups shredded cheddar cheese
1 1/2 cups shredded mozzarella cheese
1 pkg. Ranch dressing mix
1/8 tsp. pepper

Combine evaporated milk and Ranch dressing in heavy saucepan. Heat over low heat, stirring until dry ingredients are dissolved. Stir in chicken and pepper, simmer uncovered 25 minutes. Stir frequently. Cook noodles according to package directions. Layer noodles, sauce and cheeses in greased 9x13” pan. Repeat layers. Bake 35-40 minutes at 350°.

Submitted by: Bobbi Jacobson Picasso
LOW-CAL HOTDISH

1 small head cabbage, chopped in large pieces
1 lb. hamburger, browned
1 small onion, chopped & browned
1/3 cup raw rice
1 can tomato soup + 1 can water


Place cabbage in bottom of greased baking dish. Add meat mixture and cover with tomato soup plus water. Bake at 350° for 1 hour. Watch so it doesn’t get dry.

Submitted by: Lola Gangle

THAT RICE STUFF

1 1/2 lbs. hamburger, browned & drained
1 can cheddar cheese soup
1 can tomato soup
1 soup can rice
1 soup can water
2 large Tbsp. brown sugar

Brown hamburger and drain. Combine all the ingredients in microwave safe casserole dish. Cook in microwave for 15 minutes.

This recipe was made up when I didn’t have the ingredients for another rice dish. My Day Care kids name it “That Rice Stuff” and they loved it.

Submitted by: Deb Tweed

CABBAGE CASSEROLE

1 head cabbage
1 lb. ground beef, browned
1 onion, chopped
1/4 cup raw rice
1 can tomato soup
1 cup hot water
Salt & pepper

Cut cabbage into small wedges and place in greased casserole. Cover with chopped onion, ground beef and rice. Mix tomato soup, water and salt and pepper and pour over all. Bake covered for 1 1/2 hours at 350°. Baste with juice.

Submitted by: Bobbi Jacobson Picasso
OVEN BARBEQUED COUNTRY-STYLE SPARERIBS

Place spareribs in a flat pan at least 2” deep. Cover ribs with sliced onions. Bake in 450° oven until ribs are brown (approximately 1 hour) turning several times. Drain off grease.

Combine:
1 can tomato soup
1/3 cup ketchup
1 Tbsp. butter
1/2 tsp. paprika
1/2 tsp. dry mustard
3-4 drops tabasco sauce
(optional)
2 Tbsp. worcestershire sauce
2 Tbsp. brown sugar
1/4 tsp. chili powder
Salt & pepper to taste

Heat and pour over browned ribs. Add some boiling water to pan and bake in 350° oven until tender (approximately 1 hour). Turn ribs every 15 minutes. Approximately 15 minutes before serving, add Minute Rice. More water may be added if necessary.

Sauce may also be used for chicken or beef. Especially good as sauce for making barbeques.

Submitted by: Esther Benning

PORK CHOP HOTDISH

4 pork chops (1/2” thick)
2 Tbsp. shortening
1/4 cup onion (diced)
1 can cream of celery soup
1/2 cup milk
3 medium potatoes (peeled and sliced)
1 lb. cabbage (shredded)
1/4 cup flour
1 1/2 tsp. salt
1/8 tsp. pepper

Brown chops in shortening. Remove from pan, put onion, soup and milk in the pan. Blend and set aside. In a 9” pan or flat 2 quart casserole, put alternate layers of potatoes and cabbage. Sprinkle each layer with flour, pour soup sauce over each layer. Place chops on top and cover with lid or aluminum foil. Bake at 350° for 1 1/4 hours.

Submitted by: Esther Benning
MEXICAN PIZZA

Vegetable oil
Sour cream
6 6" flour tortillas
Picante sauce
1 med. onion, chopped fine
3-4 med. tomatoes, seeded and chopped
1 large (29 oz.) can refried beans
2 cans (7 1/4 oz.) sliced black olives

1 sm. head lettuce, shredded
Avocado (optional) sliced
1-1 1/2 lbs. ground beef, browned in skillet with salt & pepper to taste
1-1 1/2 lbs. Monterey Jack cheese, shredded
1 small can (7 1/4 oz.) green chilies (Ortega)

Heat a couple of Tbsp. oil in skillet. Fry tortillas in oil about 15 seconds or until lightly browned and crisped. Each tortilla will take an added amount of oil to brown. Set aside on cookie sheets. Spread 3-4 Tbsp. refried beans on each tortilla, followed by a sprinkling of cooked ground beef, then chopped onions, then tomatoes, then olives and then Ortega chilies (remember they are hot so use sparingly), then a liberal amount or layer of shredded lettuce, and then an equally generous layer of Jack cheese. Bake in oven at 425°-450° for approximately 10 minutes or until cheese melts and edge of the tortilla begins to turn a darker brown.

Remove to plates and have sour cream, sliced avocados and a reserved amount of sliced olives for garnish. A dollop of sour cream with a couple sliced olives and a slice or 2 of avocado dresses it up. Picante sauce too.

Submitted by: Marvely Kessler

5 CAN HOTDISH

1 can chow mein noodles
1 can chow mein vegetables (drained)
1 can cream of mushroom soup

1 can cream of chicken soup
1 can chicken, turkey or tuna
1 cup milk

Combine and sprinkle with crushed potato chips. Bake at 350° for 45 minutes.

Submitted by: Irene Moulton
**BROCCOLI CORN BAKE**

16 oz. cream style corn  
10 oz. frozen chopped broccoli, cooked & drained  
1 egg (beaten)

\[ \frac{1}{2} \text{ cup coarse saltine cracker crumbs from 12 crackers} \]
\[ 1 \text{ Tbsp. minced instant onion} \]
\[ 2 \text{ Tbsp. melted butter} \]
\[ \frac{1}{2} \text{ tsp. salt} \]
\[ \text{Dash pepper} \]

Combine corn, broccoli, egg, crumbs, onion, melted butter, salt and pepper. Cook in casserole. Combine \( \frac{1}{2} \) cup coarse cracker crumbs and 1 Tbsp. melted butter. Sprinkle on top. Bake, uncovered, in 350° oven for 35-40 minutes.

Submitted by: Grace Ranft

**CORN CASSEROLE**

2 eggs  
\( \frac{3}{4} \) cup Half & Half  
1 No. 2 can cream style corn

\[ 2 \text{ Tbsp. butter} \]
\[ \frac{1}{2} \text{ cup fine cracker crumbs} \]

Beat the 2 eggs with a fork in a greased baking dish. Add the remaining ingredients. A small can of canned oysters (drained) may be added if desired.

Sprinkle with \( \frac{1}{4} \) cup additional fine cracker crumbs. Pour into greased casserole. Bake about an hour in a 325° oven. Test with a fork for doneness.

Submitted by: Dolores Brage

**MASHED POTATOES AU GRATIN**

12 medium potatoes  
6 Tbsp. butter  
\( 2\frac{1}{4} \) cups grated American cheese

\[ \frac{1}{2} \text{ cup milk} \]
\[ \frac{3}{4} \text{ tsp. salt} \]
\[ 2 \text{ beaten eggs} \]

Peel and cook potatoes in salted water. Mash thoroughly. Add butter, cheese, milk and salt. Beat until cheese and butter are melted. Fold in eggs. Pour in greased 9x13” pan. Bake at 350° for 30-40 minutes.

May be refrigerated and baked the next day.

Submitted by: Devona Swartos
CHILI RELLENO CASSEROLE

2 cans (4 oz.) Ortega whole green chilies
2 cups (8 oz.) shredded jack cheese
1 cup flour
1 tsp. garlic salt
1/2 tsp. each coriander & oregano
1 cup milk
2 eggs
1 can (7 oz.) green chili sauce

Split chilies open flat - arrange 1/2 over bottom of 9x9x2" baking pan. Cover with cheese. Top with remaining chilies. Beat remaining ingredients except salsa until smooth. Pour over chilies and cheese.

Bake at 450° - 35 minutes until puffed and brown. Serve with heated green chili sauce. Serves 4-6.

Submitted by: Florence McDaniel

PASTA ITALIAN

1 lb. spaghetti, cooked
1 pkg. Pasta Prima Salad Vinagrette dressing blend
1 bottle Zesty Italian dressing (Kraft)
1/2 tsp. basil
1/2 tsp. oregano
Fresh veggies - peppers, onions, mushrooms (whole, canned)

Submitted by: Maggie Smith

LINGUINE WITH SHRIMP

1/4 cup sliced shallots (like onions)
2 Tbsp. olive oil
1 14.5-oz. can diced tomatoes in olive oil & garlic & spices
1 Tbsp. chopped fresh basil
1/3 cup heavy cream
1/2 lb. cooked shrimp or lobster
1/6 tsp. cayenne pepper
6 oz. linguine, cooked
1/3 cup julienned (strips) basil leaves


Submitted by: Devona Swartos
BEEF STROGANOFF

1 lb. round steak, cut in strips · 1/2 tsp. salt
3 Tbsp. margarine · 1/4 tsp. pepper
1/2 cup chopped onions · 8 oz. cream cheese
3 oz. can mushrooms · 2/3 cup milk
1/4 tsp. dry mustard

Brown round steak and onions in margarine. Add mushrooms, mustard, salt and pepper. Melt cream cheese with milk over meal. Serve over cooked noodles.

Submitted by: Devona Swartos

HOBOES

1 hamburger pattice · Butter
1 raw sliced potato · Salt
1 raw sliced carrot · Pepper
1 sliced onion

Make one hobo for each person. Seal in 8" square of foil and bake on a cookie sheet at 350° for 1 1/2 hours. The amounts vary for each person.

Submitted by: Devona Swartos

HAM & POTATO HOTDISH

2 lb. bag of cubed hash browns · 12 oz. sour cream
1/2 cup melted butter · 1/2 cup chopped onions
1 tsp. salt · 1 cup cheddar cheese, shredded
1/4 tsp. pepper · 1 cup jack cheese, shredded
1 tsp. garlic powder · 2 cups cubed cooked ham
1 can cream of chicken soup

Mix butter, salt, pepper, garlic, soup, sour cream and onions well. Add cheese and ham. Mix in hash browns. Pour in glass baking dish. Top with crushed Corn Flakes. Bake at 350° for 1 hour.

Submitted by: Jan Olson
POTATO QUICHE

24 oz. hash browns (thaw & squeeze dry)  
2 cups diced ham  
1/3 cup melted butter  
1 1/2 cups milk  
1 cup shredded Swiss cheese  
4 eggs

Pat potatoes and melted butter in 10” deep pie pan. Bake at 450° for 25 minutes. Reduce heat to 350° and add ham and cheese. Mix eggs with milk and pour over potatoes. Bake for 30 minutes.

Submitted by: Devona Swartos

CALICO BEAN DISH

1 lb. ground beef
Onion to taste
Salt to taste
1/2 cup ketchup
1/4 cup brown sugar
1 Tbsp. mustard

1 can kidney beans
1 can butter beans
1 can pork-n-beans
Bacon to taste
2 Tbsp. vinegar

Cook in crockpot or oven low.

Submitted by: Devona Swartos

5 CAN HOTDISH

1 can cream of chicken soup  
1 can cream of mushroom soup
1 can Chinese noodles  
1 can Carnation milk  
1 can tuna

Mix and bake for 35-40 minutes at 300°.

Submitted by: Amber Lounsbery

FOUR STEP CHICKEN CASSEROLE

In a 9x13” pan put:
1 layer of boned cut up chicken, cooked (or use canned chicken)

Spread a can of cream of mushroom soup. Layer grated cheddar cheese. Layer of Pepperidge Farm (1 pkg. dressing mix). Mix with 1 1/2 sticks melted oleo. Bake 45 minutes at 350°.

Submitted by: Betty McAdaragh
LEFTOVER THANKSGIVING TURKEY CASSEROLE

4 cans cream of chicken soup
1 1/2 cups milk
1/2 cup chopped onion
2 cups frozen green beans
2 cups frozen peas & carrots
2 cups cream of chicken soup
2 tsp. salt
1/2 tsp. pepper
1/2 cup turkey broth
1 pkg. tator tots
3 cups cut-up cooked turkey

Cook all ingredients (except tator tots) on medium heat until hot. Pour into casserole dish. Top with tator tots. Bake in 375° oven for 35-40 minutes.

Submitted by: Jan Olson

CORNED BEEF HOT DISH

1 pkg. (2-3 cups) 6 oz. macaroni
1 12-oz. can corned beef
1/4 lb. American cheese, cubed
1 can cream chicken soup
1 cup milk
1/2 cup chopped onion

Cook macaroni. Add rest of ingredients; mix. Place in casserole. Cover with buttered crumbs.

Bake at 350° for 1 hour. (Serves 8-10).

Submitted by: La Vonne Fuller

TACO PIE

1 pkg. (8) crescent rolls
Corn chips, crushed
1 1/4 lbs. ground beef, browned
1 pkg. taco seasoning
1/2 cup water
3/4 cup tomato sauce
1 cup sour cream
1 cup mozzarella cheese
1 cup cheddar cheese

Grease 9x13" pan and line with crescent rolls. Add layer of corn chips. Bake at 350° for 8 minutes. Combine ground beef, taco seasoning, water and tomato sauce. Simmer mixture for 15 minutes. Spread mixture over dough. Spread sour cream over meat sauce. Sprinkle with cheese and more corn chips. Bake at 350° for 20-25 minutes or until cheese is melted and slightly brown.

May add more taco ingredients to top if desired.

Submitted by: Mary Vockrodt
BEEF TACO BAKE

1 lb. ground beef
1 can (10 3/4 oz.) Campbells condensed tomato soup
1 cup Pace thick & chunky salsa
1/2 cup milk
6 flour tortillas or 8 corn tortillas, cut into 1” pieces
1 cup shredded cheddar cheese

In skillet over medium heat, cook beef until browned, stirring to separate meat. Pour off fat. Add soup, salsa, milk, tortillas, and half the cheese. Spoon into 2 quart shallow baking dish. Cover.

Bake at 400° for 30 minutes or until hot. Sprinkle with remaining cheese. Serves 4.

Submitted by: Lois Thomsen

PIZZA HOT DISH

Brown together:
1 1/2 lbs. hamburger
1 small onion

Cook:
8 oz. pkg. egg noodles, drain

Mix with hamburger and add:
2 10 1/2-oz. cans Chef-Boy-Ar-Dee pizza sauce
1 can cheddar cheese soup
1 lg. can mushrooms (8 oz.)

Bake in 9x13” pan at 350° for 40 minutes. Remove and top with shredded mozzarella cheese and bake again for 5 minutes.

Submitted by: Lois Thomsen

BUSY DAY HOTDISH

1 lb. hamburger
2 to 3 medium potatoes
1 can creamed style corn
Butter
Salt and pepper to taste

Brown hamburger. Place in buttered dish - 1 1/2 quart or larger. Slice raw potatoes on top. Add creamed style corn on top of potatoes. Dot with butter and seasoning. Bake at 350° for 1 hour or until potatoes are done.

Submitted by: Mariys Wulf
PEPPERONI PASTA WITH CARBONARA SAUCE

4 eggs 1 cup parmesan cheese, grated
1/4 cup margarine 1/4 cup snipped fresh parsley
1/4 cup Half & Half cream Pepper to taste
1 lb. spaghetti or noodles
2 3 1/2-oz. pkgs. sliced pepperoni, cut in strips

Eggs, margarine and cream must be room temperature. Beat together eggs and cream until blended. Cook pasta 10-12 minutes in boiling, salted water. Drain well. Turn pasta into a preheated (250°) ovenproof serving dish. Toss pasta with butter and pepperoni. Pour egg mixture over and toss. Add cheese and parsley, toss to mix.

Makes 4-5 servings.

Submitted by: Arlyce Thorne

DO-AHEAD LASAGNA

1 lb. ground beef 1 12-oz. can tomato paste
1 Tbsp. instant chopped 1 15-oz. can tomato sauce onion
2 tsp. salt 3 1/2 cups water
1 Tbsp. sugar 3/4 lb. (2 1/4 cups) shredded
1 tsp. chili powder cheese (American or mozzarella)
1 tsp. garlic salt 3/4 lb. lasagna noodles, uncooked
1 1/2 tsp. basil or oregano

Brown ground beef with onion and seasonings. Add tomato paste, tomato sauce and water. Bring to a boil, simmer 10 minutes. (Mixture will be thin.) In a 9x13” baking pan, ladle about 1 1/2 cups sauce. Cover sauce with 4 uncooked noodles. Ladle more sauce to cover noodles. Sprinkle 1/3 of cheese over sauce. Make 3 layers like this.

Cover with foil. Bake at 350° for 1 1/2 hours or for 2 hours if it has been refrigerated.

Submitted by: Darla Fjerstad
CHOW MEIN-CASHEW DISH

3 oz. can chow mein noodles 7 oz. can tuna, drained
1 tsp. soy sauce 1/4 lb. cashew nuts
1 tsp. garlic powder 1 cup finely chopped celery
1 Tbsp. melted butter 1/4 cup chopped onion
1/4 tsp. pepper 1/4 cup water
10 1/2 oz. can cream of mushroom soup

Toss the chow mein noodles with soy sauce, garlic powder and pepper. Set aside.

Mix soup, tuna, nuts and celery together. Saute onion in a little butter until golden brown. Add to soup mixture plus 1/4 cup water. Place in casserole and top with noodles. Bake at 350° for 40-45 minutes. 4 servings.

Submitted by: Marlys Sloat

CHOW MEIN HOT DISH

2 lbs. ground beef, browned and lightly salted 1 can cream of chicken soup
2 cups chopped celery 3 cans water
1 cup uncooked rice 3 Tbsp. soy sauce
1 can cream of mushroom soup 1 can bean sprouts, drained

Mix well. Bake 1 1/2 hours at 350°, stirring occasionally. This is a large casserole.

Submitted by: Patti Monahan

ARDITH'S SHIPWRECK CASSEROLE

1 lb. ground beef (brown) 1 can drained kidney beans
1 large onion (diced) Tomato soup with water
1 cup sliced carrots Ketchup
1 cup raw sliced potatoes

Layer in order given - mix the can tomato soup - 1 can water and 1/3 cup ketchup.

Pour over top. Bake at 350° for 1 hour or until potatoes are done.

Submitted by: Lisa Hartenhoff
TUNA-CHEESE BISCUIT BAKE

1 can refrigerated biscuits or Bisquick biscuits
1 can (10 3/4 oz.) condensed cheddar cheese soup
1 or 2 cans (6 1/2 oz.) drained tuna
1 cup milk
2 Tbsp. instant minced onion
or 1/2 tsp. onion salt
1 tsp. chopped parsley or parsley flakes

Arrange biscuits in ungreased 9-inch square or 8x12" baking dish. In medium mixing bowl combine the remaining ingredients. Pour over biscuits. Bake at 400° for 25 to 30 minutes until biscuits have risen to the top and are well browned. Serve with cheese sauce spooned over biscuits. Serves 6.

Submitted by: Judy Costar

CHICKEN ENCHILADAS

1/4 cup margarine
1/4 cup chopped onion
3-4 lbs. chicken, cooked, boned, chopped
4 oz. can chopped chilies
1/2 tsp. chili powder
4 oz. shredded mild cheddar cheese
Parsley flakes
1 pack of flour tortillas
1/4 cup flour
2 1/4 cups water
3 cubes or 1 Tbsp. chicken bouillon
4 oz. sour cream

Preheat oven to 325°. Let sour cream stand for 15-20 minutes to soften. Combine chopped chicken, chilies and chili powder. Melt margarine in medium saucepan. Add onions. Cook until onions are tender. Add 1/4 cup flour to the onion/margarine mix. Stir until smooth. Add water and bouillon to this mixture. Cook on medium heat until thickened. Remove from heat and stir in sour cream. Some people prefer more than 4 oz. sour cream. Add enough sauce to moisten chicken mixture (about 1/2 cup). Dip tortilla into leftover cream sauce. Fill with about 2 Tbsp. of chicken mixture. Roll up and put in a 9x13" cake pan. Helps to spray with nonstick spray first. After you have used up all of the chicken mix, pour the remaining cream sauce over all of them. Then sprinkle with the cheddar cheese and parsley flakes. Bake for about 25 minutes.

Submitted by: Michelle Robbins
FRENCH LOAF DINNER
1 lb. ground beef 1 can cream of mushroom soup
Chopped onion 1⅓ cups cubed velveeta cheese
1 loaf French bread

Brown ground beef and onion. Slice French bread in half lengthwise and cut out inside. Mix bread crumbs from loaf with ground beef, mushroom soup and cheese. Press mixture into bread shell. Place top of loaf on and wrap in foil. Bake at 350° for one hour.

Submitted by: Mary Vockrodt

TALLERINA
2 heaping cups uncooked noodles 1 medium onion, minced
1 lb. hamburger 1 Tbsp. butter
1⅓ cups tomatoes 1 cup water
(l use juice) ⅓ lb. velveeta cheese,
1 can tomato paste (6 oz.) grated
1 can corn Salt

Fry onion in butter, add meat and brown. Add tomato juice, water and noodles. Simmer 15 minutes. Add salt, corn, and save part of cheese for top. Bake 1⅓ hours covered, then uncover to finish. 350°.

Submitted by: Marvely Kessler

EASY CASSEROLE
8 oz. noodles 1 Tbsp. sugar
1 lb. hamburger 1 finely chopped onion
1 32-oz. jar spaghetti sauce 8 oz. mozzarella cheese
2 cups water

Spread 8 oz. uncooked noodles in bottom of a 9x13 inch greased pan. Brown 1 lb. of hamburger and spread over noodles. Mix spaghetti sauce, water, onion, and sugar in 2 quart saucepan and simmer for 5 minutes. Pour over hamburger and noodles. Cover with 8 oz. shredded mozzarella cheese. Cover pan tightly with foil and bake 1 hour at 350°.

Submitted by: Barb Thompson
3 BEAN HOT DISH

1 lb. hamburger
1/2 lb. bacon, cut into small pieces
1 onion, chopped
3/4 cup brown sugar
1/2 cup catsup

Mix together after browning the first 3 ingredients. Mix the sugar, catsup, mustard and vinegar and the 3 different kinds of beans. Put in bowl and bake at 350° for 1 hour until brown on top.

Submitted by: Joyce Meyer

MEAT 'N POTATOES CASSEROLE

1 lb. hamburger or hotdogs
1/2 cup chopped onion
1 can mushroom soup
1/2 tsp. salt
Pepper to taste
3 cups cooked potatoes
(ig. cubes or thick slices)
1 can green beans with juice
2 slices bacon, cooked & crumbled

Cook hamburger in large crumbles and onion in bacon drippings and drain well.
Combine all ingredients in baking dish and bake at 350° for 30 minutes.

Submitted by: Lyla Olauson

HAMBURGER HOT DISH

1 1/2 lbs. hamburger
6 potatoes (peeled)
Vegetable Beef soup

Brown hamburger (salt & pepper). Put layer of sliced potatoes in casserole. Next add layer of hamburger, 1/2 can of vegetable beef soup, 1/2 can of cream of mushroom soup (dilute with milk). Repeat layer until all ingredients are used. Sprinkle dry onion soup mix on top. Bake at 325°-350° - 2 hours or until potatoes are done.

May increase ingredients for larger batch.

Submitted by: Marge Kjos
BEEF STROGANOFF

1 1/2 lbs. fillet of beef
1 Tbsp. butter
3/4 Tbsp. grated onion
2 Tbsp. butter
3/4 lb. sliced mushrooms (or 4 oz. can)
Salt and pepper
A grating of nutmeg
1/2 tsp. basil
1/4 cup white wine
1 cup warm sweet or cultured sour cream

Cut beef into 1/2-inch slices. Pound with mallet until thin, cut into strips about 1 inch wide. Melt in pan 1 Tbsp. butter. Saute in the butter for about 2 minutes the grated onion. Saute the beef quickly in the butter for about 5 minutes. Turn so it will brown evenly. Remove and keep it hot. Add to the pan the 2 Tbsp. butter, mushrooms and saute. Add the beef and season with salt, pepper, nutmeg and basil. Add and heat, but do not boil the wine and sour cream. Serve over noodles. Freezes well.

Or have ready: 1 1/4 lbs. hot cooked fillet. Slice as directed above, but omit the first saute and add the grated onion to the mushrooms.

Submitted by: Marvely Kessler

POLISH SAUSAGE STEW

1 can cream celery soup
1 27-oz. can sauerkraut, drained
4 medium potatoes, pared and cubed
1 cup shredded monterey jack cheese
1/3 cup packed brown sugar
1 1/2 lbs. sausage, cut in 2” pieces
1 cup chopped onion

In crockery slow cooker combine soup, sugar, and sauerkraut. Stir in sausage, potato, and onion. Cover and cook on low heat for 8 hours or cook on high heat for 4 hours. Spoon off excess fat. Stir in cheese. Spoon into bowls. Serve with additional cheese sprinkled on top, if desired. Serves 6-8.

Submitted by: Dorothy Deethardt
HOTDISH FOR 65 PEOPLE

Brown 6 lbs. of hamburger, 1 1/2 cups chopped onion and 1 1/2 cups chopped celery. Boil 3 lbs. of noodles. Add 1 quart green beans, 1 quart diced cooked carrots, 1 quart corn, 1 quart peas and the hamburger mixture. Mix 5 cans golden mushroom soup, 2 cans cream of chicken soup and 2 cans tomato soup. Pour over noodles and mix well. Add some tomato juice if too thick. Bake until thoroughly heated. Will fill a roaster oven.

Submitted by: Caroline Gullickson

WILD RICE CASSEROLE

1 cup raw wild rice 1/2 cup chopped onions
3 beef bouillon cubes 1/4 cup chopped celery
3 cups boiling water Salt to taste
1 stick butter 1 can mushrooms, drained & chopped

Wash rice thoroughly. Place 3 beef cubes and 3 cups boiling water in casserole. Saute for 20 minutes in frying pan the butter, mushrooms, onions, celery and raw rice. Place these ingredients in casserole mixing well as rice will settle to bottom. Cover with lid and place in 325° oven for 1 hour and 15 minutes. During this time, stir occasionally to prevent rice from settling on bottom of casserole.

A 4 oz. box of rice equals approximately 1 cup. This should serve 6 persons generously.

Submitted by: Marvely Kessler

DRESSING HOT DISH

2 cups of cut up chicken or 1/2 can milk
turkey 6 oz. chicken stove top
dressing
1 can cream of chicken soup

Prepare dressing as on box. Put in roaster or casserole dish. Add the soup and milk (premixed) and then the meat. Bake at 375° for 1/2 hour to 45 minutes.

Submitted by: Marlys Landgren
Meats
### EQUIVALENCY CHART

| 3 1/4 cups unsifted whole-wheat flour | 1 pound |
| 4 cups sifted all-purpose flour | 1 pound |
| 4 1/2 cups sifted cake flour | 1 pound |
| 5 cups rye flour | 1 pound |
| 1 pound flour | 4 cups |
| 5 1/2 ounces baking powder | 1 cup |
| 3 cups cornmeal | 1 pound |
| 3 cups cornstarch | 1 pound |
| 1 medium lemon | 3 tablespoons juice |
| 5-8 medium lemons | 1 cup juice |
| 1 medium apple, chopped | 1 cup |
| 1 medium orange | 1/2 cup juice |
| 3-4 medium oranges | 1 cup juice |
| 1 medium onion, chopped | 1/2 cup |
| 1 pound unsalted walnuts | 1 1/2 to 1 3/4 cups shelled |
| 2 cups sugar | 1 pound |
| 3 1/2 cups powdered sugar | 1 pound |
| 2 1/2 cups brown sugar | 1 pound |
| 7 ounces spaghetti | 4 cups cooked |
| 4 ounces uncooked noodles (1 1/2-2 cups) | 2-3 cups cooked |
| 4 ounces uncooked macaroni (1-1 1/4 cups) | 2 1/4 cups cooked |
| 6 cups cooked macaroni | 8-ounce package |
| 7 cups cooked noodles | 8-ounce package |
| 1 cup uncooked long-grain rice | 3-4 cups cooked |
| 28 saltine crackers | 1 cup fine crumbs |
| 1 stick or 1/4 lb. butter | 1/2 cup |
| 2 tablespoons fat | 1 ounce |
| 1/2 cup fat | 1/4 pound or 1 stick |
| 1 cup fat | 1/4 pound |
| 2 cups fat | 1 pound |
| 4 cups cocoa | 1 pound |
| 1 ounce bitter chocolate | 1 square |
| 2 1/4 cups coconut | 1 1/2-pound carton |
| 16 marshmallows | 1/4 pound |
| 14 square graham crackers | 1 cup fine crumbs |
| 22 vanilla wafers | 1 cup fine crumbs |
| 1 1/2 slices bread | 1 cup soft crumbs |
| 1 slice bread | 1/4 cup fine dry crumbs |
| 8-10 egg whites | 1 cup |
| 10-12 egg yolks | 1 cup |
| 1 egg | 4 tablespoons liquid |
| 4-5 whole eggs | 1 cup |
| 3 1/2-ounce package flavored gelatin | 1/2 cup |
| 1/4-ounce package unflavored gelatin | 1 tablespoon |
| 1 cup chopped nuts | 1/4 pound |
| 3 1/2 cups almonds | 1 pound |
| 3 cups walnuts (broken) | 1 pound |
| 3 1/2 cups seeded raisins | 15-ounce package |
| 3 cups seedless raisins | 15-ounce package |
| 1 pound raisins | 3 1/2 cups |
| 2 1/2 cups rice | 1 pound |
| 5 cups grated American cheese | 1 pound |
| 2 1/2 cups cubed American cheese | 1 pound |
| 6 1/2 tablespoons cream cheese | 3-ounce package |
| 4 coarsely-crumbled zwieback | 1 cup |
| 9 finely-crumbled zwieback | 1 cup |
| Grated peel of lemon | 1 tablespoon |
| Grated peel or orange | 2 tablespoons |
| 1 medium banana, mashed | 1/2 cup |
| 1 pound carrots, 4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced | 1 pound |
| 5 cups ground coffee | 1 pound |
| 1 cup whipping cream | 2 cups whipped |
| 1 cup evaporated milk | 3 cups whipped |
| 1 clove garlic | 1/8 tsp. garlic powder |
| 1 teaspoon dry mustard | 1 tablespoon prepared mustard |
TARRAGON CHICKEN BREASTS

4 chicken breasts 1 tsp. dried tarragon
Ground black pepper 1/2 cup dry white wine
Cooking spray 1/4 cup water
2 Tbsp. finely chopped shallots

Spray a large non-stick skillet with cooking spray. Cook the chicken breasts on medium heat until golden brown on the skin side, about 10 minutes. Turn and cook about 5 minutes more. (If using boneless, skinless chicken breasts, cooking time will be less). Remove the chicken and set aside.

Add the shallots and saute briefly. Add the tarragon and wine. Stir in the water. Return the chicken to the skillet, skin side up and cover. Cook about 15 minutes. Uncover and continue cooking, basting often, about 5 minutes longer or until the chicken is thoroughly tender and nicely glazed.

Submitted by: Lola L. Gangle

OVEN BARBECUED CITRUS FLAVORED CHICKEN DRUMMETTES

3/4 cup fresh orange juice 3 oranges (quarters or
eighths)
1/4 cup fresh lemon juice 2 lemons (quarters or
eighths)
2 cups barbeque sauce
1 cup brown sugar
36-40 drummettes

Preheat oven to 325°. Combine juices, sugar, and barbeque sauce over medium heat and simmer for 10 minutes. Arrange wings in shallow pan; alternate with orange and lemon slices. Pour sauce over it and cover with foil. Bake for 1 hour. Remove foil and bake for 30 more minutes.

Submitted by: Devona Swartos
NO PEEK CHICKEN

Lipton onion dry soup 1 1/2 cans water
1 can cream chicken or
mushroom soup 2 cups rice
Chicken

Mix soups, rice and water in baking pan. Place chicken
on mixture. Bake at 350° for 2 hours. Make sure covered.
Don’t peek until done.

Submitted by: Pat Park, Hospice RN

OVER NIGHT CHICKEN

3 to 4 lbs. of chicken 3 Tbsp. brown sugar
(skinned) 3 Tbsp. worcestershire sauce
1 cup water 1 tsp. chili powder
2/3 cup ketchup

Place chicken pieces in one layer in 9x13" baking dish,
skin side up. Combine the remaining ingredients and pour
over chicken. Store covered in refrigerator overnight. (Best
if set at least two hours). Bake at 350° for one hour cov­
ered; then 30 minutes uncovered at 400° or until chicken is
done.

Serve with rice or noodles and either salad or vegetables.

Submitted by: Esther May

CHICKEN WRAP-UPS

1 8-oz. pkg. cream cheese,
softened Garlic powder to taste
(about 1/2 tsp.)
4 green onions, minced 6 boned chicken breasts
12 bacon strips

Mix cream cheese, green onions and seasoning. Roll mix­
ture into six balls. Dry chicken breast and place on top of
two strips of bacon (crossed). In center of chicken breast
place ball of cream cheese. Secure chicken breast by
wrapping bacon around and securing with toothpicks.
Bake at 350° for 1 hour in a greased pan, uncovered. Feeds
6 people.

Submitted by: Louise Schley
SWEDISH MEATBALLS

\[
\begin{align*}
\frac{3}{8} \text{ lb. breadcrumbs} & \quad \frac{3}{4} \text{ cup shredded raw potato} \\
1\frac{1}{2} \text{ cups milk} & \quad 2 \text{ Tbsp. chopped onion} \\
1\frac{1}{4} \text{ lbs. ground beef} & \quad 1 \text{ tsp. salt} \\
\frac{1}{2} \text{ lb. pork sausage} & \quad \text{Dash pepper}
\end{align*}
\]

Mix breadcrumbs and milk. Add meat, potato, onions, salt and pepper. Shape into balls and brown. Pour beef gravy over them, cover and bake about 1 hour at 350°.

Submitted by: Nette Anderson

MEATBALLS

\[
\begin{align*}
1 \text{ lb. hamburger} & \quad \frac{1}{2} \text{ cup bread crumbs} \\
1 \text{ clove garlic, minced} & \quad 1 \text{ medium onion, grated} \\
\text{Salt} & \quad \text{Pepper}
\end{align*}
\]

In saucepan, heat until melted: \textbf{8 oz. can cranberry sauce} and \textbf{1 can tomato soup}. Form meat into balls. Put meatball in hot sauce. Cook slow for 30-40 minutes.

Submitted by: Devona Swartos

MEATBALLS IN BUTTERMILK

\[
\begin{align*}
\text{Meatballs:} & \quad \text{Sauce:} \\
1 \text{ lb. hamburger} & \quad \frac{1}{4} \text{ cup butter or margarine} \\
\frac{1}{2} \text{ cup bread crumbs} & \quad \frac{1}{4} \text{ cup flour} \\
\frac{1}{4} \text{ cup onion} & \quad 2\frac{1}{4} \text{ cups buttermilk} \\
\frac{1}{2} \text{ cup milk} & \quad \frac{1}{4} \text{ tsp. salt} \\
1 \text{ tsp. salt} & \quad 2 \text{ Tbsp. sugar} \\
\frac{1}{8} \text{ tsp. pepper} & \quad 1\frac{1}{2} \text{ tsp. dry mustard} \\
3 \text{ Tbsp. butter or margarine} & \quad 1 \text{ egg (beaten)} \\
\end{align*}
\]

Combine meatball ingredients except butter and shape into balls. Brown in butter. Remove from skillet, keep warm. Pour most of grease from skillet. Combine sauce ingredients to make gravy. When thick, add meatballs and simmer until flavors are blended.

Submitted by: Ruby Olson
SATURDAY NIGHT SPECIAL - SLOPPY JOE

2 lbs. ground beef
1 can Campbell's chicken gumbo soup
1 can Campbell's tomato soup
2 Tbsp. ketchup
1 Tbsp. mustard

Brown ground beef - drain. Add the rest of the ingredients and simmer for 30-60 minutes, or cook in crockpot.

Submitted by: Darlene Stensgaard

BEEF IN BEER

4 slices bacon, cut into 1” pieces
3 large onions, sliced
3 lbs. beef, cut into 2” chunks
Salad oil
2 Tbsp. all-purpose flour
1 12-oz. can beer
1 cup water
1 beef flavor bouillon cube
1 small bay leaf
2 tsp. sugar
3/4 tsp. salt
1/4 tsp. thyme leaves
1/8 tsp. pepper
2 Tbsp. red wine vinegar

In 12 inch skillet over medium heat, cook bacon until browned. With slotted spoon, remove bacon to 3 quart casserole. In drippings remaining in skillet, cook onions until tender and lightly browned, remove to casserole with slotted spoon. In drippings remaining in skillet, over medium high heat, cook beef a few pieces at a time until well browned (adding some salad oil if necessary) removing pieces to casserole as they brown.

In the same skillet over medium heat, add 2 Tbsp. salad oil, stir in flour and cook, stirring constantly, until flour is dark brown. Gradually stir in beer and remaining ingredients except vinegar, cook until sauce is slightly thickened. Pour sauce into casserole, mix well. Bake, covered, in 350° oven 1 3/4 hours or until meat is fork-tender. Spoon off fat from sauce in casserole. Stir in wine vinegar.

Serve over pasta.

Submitted by: Lola Gangle
BARBECUES

2 lbs. hamburger - browned 1 cup water
1 cup ketchup 1 1/2 tsp. worcestershire sauce
1 tsp. lemon juice 1/4 tsp. dry mustard
1 1/2 Tbsp. brown sugar 1 tsp. salt

Mix together, heat and serve.  
Submitted by: Laura Willert

BEEF AND VEGGIE KABOB MARINADE

1/4 cup soy sauce 1 Tbsp. veg. oil
1/4 cup brown sugar 1 garlic clove, chopped
2 Tbsp. lemon juice 1/4 tsp. ginger

Cube meat and veggies, marinade for 3 hours or overnight. Green peppers, yellow peppers, orange peppers, mushrooms, cherry tomatoes, onions, zucchini, potatoes.

Submitted by: Devona Swartos

E-Z BARBEQUE IN A SLOW COOKER

Medium size pot roast 1 medium bottle catsup
1 can Coke

Trim fat and gristle from pot roast. Cut into large chunks - place in slow cooker. Add Coke and catsup - leave in low heat overnight or all day. Before serving lift meat with slotted spoon to a dinner plate and shred with two dinner forks, pulling meat apart into shreds with the forks. Return to sauce and stir together. If thickening is needed, add potato flakes as needed. Serve on buns.

Submitted by: Lyla Olauson

SWISS STEAK

12 beef steaks 2 Tbsp. worcestershine sauce
1/2 cup chopped onion 2 Tbsp. brown sugar
3/4 cup chopped celery 1 Tbsp. lemon juice
1 1/4 cups chopped carrot 2 cans tomato soup

Brown steaks in oven. Mix all other ingredients together. Pour over steaks, cover and bake at 350° for about 1 hour.

Submitted by: Nettie Anderson
HAM BALLS

2 1/2 lbs. ground ham 3 cups graham cracker crumbs
2 lbs. ground lean pork
2 1/2 lbs. hamburger
3 beaten eggs


They can be frozen after baking and keep real well.

Submitted by: Audra Grenz

COUNTRY HAM

One ham with bone in (the kind that's sometimes rather salty) 3/4 cup vinegar
1 cup dark molasses Brown sugar & pickle juice for ham when its ready to

Scrub ham well. Put in large container, cover with cold water. Add 1/2 cup molasses and 3/4 cup vinegar, allow ham to soak overnight.

Remove from water. Rinse well and cover with fresh water. Add 1/2 cup molasses, cover. Place over high heat. Allow to come to rolling boil. Boil for 30 minutes. Remove container from heat. Do not remove cover. Cover with newspapers and blankets. Allow to stand overnight.

Remove ham from water, remove skin. Score. Stick a clove in each square. Combine brown sugar and pickle juice to a paste. Spread over ham. Bake at 300° for 60 minutes.

Delicious, well worth the effort.

Submitted by: Ruby Olson
**SAUCY RIBS**

- 1/4 cup brown sugar
- 6 Tbsp. lemon juice
- 2 tsp. dry mustard
- 1/4 cup cider vinegar
- 2 cups ketchup
- 6 drops tabasco
- 2 cups water
- 2 cups water
- 6 lbs. ribs, cut in 3" lengths
- 6 Tbsp. seasoned salt
- 1/2 tsp. seasoned pepper
- 6 Tbsp. prepared horseradish
- 6 Tbsp. worcestershire sauce
- 1/2 cup instant minced onion

Brown ribs. In a saucepan prepare sugar, mustard, salt, and pepper. Stir in remaining ingredients. Bring to a boil, simmer for 10 minutes. Pour hot sauce over ribs. Bring to a boil and cover. Simmer and steam for 1-1 1/2 hours or until tender, basting and turning ribs frequently.

Spoon on sauce and cover tightly with foil and bake in shallow pan at 350° for 1 hour.

Submitted by: Devona Swartos

**POUR MAN’S FILET MIGNON**

- 1 lb. ground beef
- 2 tsp. salt
- 1/2 onion, chopped
- 1 cup canned tomatoes, drained
- 1/4 green pepper, chopped
- 2 tsp. prepared mustard
- 1 1/2 cups bread crumbs
- 2 tsp. worcestershire sauce
- 2 eggs
- Bacon

Mix well and shape in patties 2 inches thick, wrap bacon around each patty, fasten with toothpick. Patties should not touch each other. Bake 35 to 40 minutes.

Can prepare in advance and freeze until needed. Allow extra baking time if frozen. 5 servings.

Submitted by: Lou Bebo

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*Cherish yesterday, live today and dream tomorrow.*
**MOCK STEAK**

2 lbs. of ground beef  
1 cup cracker crumbs  
1/2 cup water  
1 tsp. salt  
1/4 tsp. pepper

Mix the above well. Place mixture down tight in a glass flat Pyrex dish. Refrigerate overnight. Cut in squares.

Flour and brown in a little oil in electric skillet. Pour a can of chicken soup and a can of water over and simmer 1 hour.

This can be put in a casserole dish in the oven if you prefer. Bake 1 hour at 350° (I bake it.)

Submitted by: Lou Bebo

**ZUCCHINI MEATLOAF**

2 lbs. ground beef  
2 cups coarsely grated zucchini  
1 cup bread crumbs  
1 tsp. Italian seasoning  
1/2 cup grated parmesan cheese  
1 tbsp. parsley  
1 small onion, chopped  
2 tsp. instant beef bouillon  
1/4 tsp. salt  
1 cup milk  
1 large egg, beaten

Combine all ingredients in large bowl. Mix well, pack in loaf pan. Bake 1 1/4 hours.

Submitted by: La Vonne E. Johnson

**PORCUPINES**

1 lb. ground beef  
1/2 tsp. salt  
1/2 cup uncooked long grain rice  
Dash pepper  
1 small onion, chopped fine  
1 can tomato soup  
1 cup milk

Combine all ingredients (except soup) to mix together well. Form into balls size of golf balls. Place in well-greased casserole or other baking dish, which can be tightly covered. Pour soup over all. Cover and bake in oven at 350° for 1 1/2 hours. Uncover and bake 1/2 hour. Add warm water if soup cooks down.

Submitted by: Jacki Jacobson Lounsbery
DILLY BURGERS

1 lb. lean hamburger
1/2 cup fried shredded hash browns
1 can potted meat
1 tsp. dill seed
Salt & pepper to taste

Fry up the 1/2 cup shredded hash browns, cool, mix with hamburger, potted meat, dill seed and salt and pepper. Mix thoroughly. Shape into hamburger patties and fry or grill. Serve as you would a regular hamburger.

Submitted by: Mary Deleeuw

FUNNY BURGERS

1 lb. hamburger
1/2 tsp. sugar
1/4 tsp. sage
2 Tbsp. milk
1/4 tsp. Lawry's seasoned salt
1/4 tsp. onion salt
Pepper to taste
Raw bacon

Mix ingredients well. Put into patties and wrap raw bacon around the edge of each patty. Put a toothpick in to hold bacon. Broil or grill until done. Eat on hamburger buns after toothpicks are removed.

Submitted by: Audra Grenz

TACO

1 lb. hamburger, fried/drained
1 tsp. chili powder
1 tsp. garlic salt
1 tsp. oregano
1 tsp. cumin
7 shakes tobasco
2 Tbsp. flour
Water to make above stick together

Fry hamburger. Add spices. Continue on low heat until thoroughly blended. Add water, mix. Start to sprinkle flour in until a nice mixture is obtained.

Put on taco shell and garnish with cheese, lettuce, tomatoes, onions, sour cream, taco sauce, etc.

Submitted by: Mary DeLeeuw
JERKY

1 tsp. onion powder
1/4 cup soy sauce
1/3 tsp. rounded garlic powder
1/2 tsp. medium grind pepper
1/4 cup worcestershire sauce
1 tsp. liquid smoke

Mix, add 1/4 inch slice meat. Soak 24 hours. Arrange on wire bakers rack. Bake at 240° until done.*

* Done when you bend a slice of meat and no moisture appears, but meat still pliable.

Make sure you spread out meat when you bake it.

Submitted by: Mary De Leeuw

VENISON JERKY

5 lbs. ground venison
1/4 cup salt
2 tsp. pepper
1 tsp. cayenne (red pepper)
1 1/2 tsp. cardamon
1 tsp. marjoram
3 tsp. Accent salt
1 tsp. onion powder (or salt)
1 1/2 tsp. garlic powder
(not salt)
1 1/2 tsp. Tender Quick
2 Tbsp. water
2 Tbsp. liquid smoke

Mix dry ingredients with meat. Roll out between pieces of freezer paper to size of oven rack. Remove top paper, place oven rack upside down on meat, flip. May use toothpicks to hold meat on rack ends. Spray or brush water and liquid smoke on meat.

Bake 4 to 5 hours in 160° to 175° oven. Change top to bottom oven rack hourly. After jerky is part dry, flip pieces over and continue to bake, changing rack location and flipping meat till completely done to the desired dryness.

Store in refrigerator or freezer.

Submitted by: Kris Olson Jensen
VENISON SWISS STEAK

2 lbs. round venison steak 2 cups tomatoes
2 onions 1 Tbsp. worcestershire sauce
2 stalks celery, diced Salt and pepper
1 cup carrots, diced

Dredge steak with flour and season with salt and pepper. Brown in oil. Add remaining ingredients. Cover tightly. Bake at 350° for 1 1/4 hours or in a crock pot 3 to 4 hours.

Submitted by: Mariann Kampmann

WILD BIRD CASSEROLE

1 med.-lg. bird (pheasant) 1 stalk celery, diced
6 carrots, thin sliced Worcestershire sauce
6 large potatoes, cut up Garlic powder
1 medium bell pepper, 5-8 slices bacon, uncooked
cubed 1 medium onion, sliced

Remove meat from bird, slicing thinly. Place on bottom of medium pan; sprinkle with salt, pepper, garlic powder. Baste with worcestershire sauce.

Put in oven 325° - 25 minutes. When browned, cover with vegetables, salt and pepper, garlic powder and worcestershire sauce. Cover and bake 2 1/2 hours at 325°.

Submitted by: Mary De Leeuw

PHEASANT DELIGHT

1 pheasant - whole 1 onion, diced
4-5 small whole potatoes 1 can cream soup (chicken,
1-2 sweet potatoes or diced celery or mushroom)
winter squash 3-4 strips bacon

Season bird with salt, place in large casserole. Surround bird with potatoes and squash. Add onions. Spread soup evenly over top. Lay bacon over, making sure bacon covers bird. Cover and roast at 350° for 1 1/2 to 2 hours.

Submitted by: Lola Gangle
DEEP-FRIED SHRIMP

1 1/2 lbs. medium raw shrimp  
Vegetable oil  
1/2 cup all-purpose flour  
1 tsp. salt

1/2 tsp. pepper  
2 eggs, slightly beaten  
3/4 cup dry breadcrumbs

Peel shrimp, leaving tails intact. Make a shallow cut lengthwise down back of each shrimp and wash out vein. Heat oil (2 to 3 inches) in deep fryer or Dutch oven to 325°. Mix flour, salt and pepper. Coat shrimp with flour mixture. Dip into eggs, then coat with breadcrumbs. Fry about 2 minutes or until brown; drain on paper towels.

Submitted by: Karen Kampmann

SHRIMP POBOYS

1 lb. shrimp  
1 cup milk  
1/4 cup mustard  
1 box Zatarain's fish fry, seasoned  
Cooking oil

1 loaf of French bread  
Lettuce  
Tomato  
Condiments: Mayo, mustard, pickles, ketchup

Peel and devein shrimp. Wash and pat dry shrimp. Mix milk and mustard in a bowl and then add shrimp. Let this marinate about 30 minutes. Place some fish fry on a platter and mix in a few shrimp at a time. As shrimp are coated, place them aside. Heat oil and deep fry shrimp until golden brown. Drain oil from shrimp by placing them on paper towels.

Prepare French bread with condiments of choice, add shrimp and enjoy!

Submitted by: Geoffrey Tufty and Michele Armit

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He who would have nothing to do with thorns must never attempt to gather flowers.

* * * * * * *
**PICKLED FISH**

1 qt. cut up fish in chunks*  
5/8 cup salt  
White vinegar  
* Northernns work best.

Cover fish and salt with white vinegar. Let stand in refrigerator 5 days, stirring 1-2 times a day. Drain, rinse fish well in cold water. Soak fish in more cold water 1/2 hour. Drain well.

Mix 2 cups sugar, 1 cup white vinegar, 2 Tbsp. pickling spice, and onion. Mix and pour over fish. DO NOT COOK. Let stand 3 days in refrigerator - stir daily for the 3 days.

Submitted by: Mary De Leeuw

**BATTERS FOR FISH**

2 cups flour  
1 tsp. salt  
1/2 tsp. fresh ground pepper  
1/4 tsp. celery seed  
1/4 tsp. onion salt  
1 cup potato buds  
2-3 eggs, beaten

Mix dry ingredients. Whip eggs.

Dip fish in eggs and roll in mixture - let set 15 minutes before pan frying.

Submitted by: Mary De Leeuw

**PINEAPPLE-LIME SALSA FOR FISH**

1/3 cup pineapple preserves  
1/4 cup chopped red bell pepper  
2 Tbsp. chopped onion  
1/4 cup diced green chiles (small can)  
1 Tbsp. chopped jalapeno pepper  
2 Tbsp. lime juice  
1 8-oz. can crushed pineapple (drained)

Combine all ingredients and let flavor through for at least 2 hours before serving.

This is a great salsa for any white fish, especially when the fish is cooked on the grill.

Submitted by: Lola L. Gangle
HALIBUT CADDY GANTY

2 lbs. halibut or other white fish
3/4 cup no-fat mayonnaise
1 1/2 cups no-fat sour cream
1/4 cup dry white wine

3/4 cup chives
1/2 cup dry bread crumbs
Cooking spray
Paprika

Place fish fillets in bowl, lightly salt. Cover with wine and marinate for 2 hours. Drain and pat the fillets dry. Roll the fillets in the dry breadcrumbs, then place in a single layer in a baking dish which has been sprayed with cooking spray. Combine mayonnaise, sour cream and chives. Cover breaded fillets thickly with sauce. Sprinkle with paprika. Bake 15-20 minutes at 500°.

Submitted by: Lola L. Gangie
Cakes, Pies & Desserts
EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons .......................... 1 tablespoon
4 tablespoons ................................ 1/2 cup
5 3/4 tablespoons .......................... 1 cup
8 tablespoons ................................ 1 cup
10 2/3 tablespoons ........................ 2 1/2 cups
12 tablespoons ............................... 3/4 cup
16 tablespoons ................................ 1 cup
1/2 cup ..................................... 1 gill
2 cups ..................................... 1 pint
4 cups ..................................... 1 quart
4 quarts .................................. 1 gallon
8 quarts .................................. 1 peck
4 pecks .................................. 1 bushel
16 ounces ................................ 1 pound
32 ounces ................................ 1 quart
8 ounces liquid .......................... 1 cup
1 ounce liquid .......................... 2 tablespoons

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

EMERGENCY SUBSTITUTIONS

1 cup sifted cake flour .................. 1 cup minus 2 Tbsp. sifted all-purpose flour or 3/8 cup
1 cup self-rising flour .................. 1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 Tbsp. cornstarch (for thickening) ... 2 Tbsp. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder ................... 1/2 tsp. baking soda + 1/2 tsp. cream of tartar
1 tsp. baking powder ................... 1/2 tsp. baking soda + 1/2 cup buttermilk or sour milk
(to replace 1/2 cup liquid in recipe)
1 cup powdered sugar ................ 1 cup granulated sugar + 1 tsp. cornstarch.
Whirl in blender or processor until powdered.
1 1/2 cup brown sugar .................. 2 Tbsp. molasses in 1/2 cup granulated sugar
1 1/2 cups firmly-packed brown sugar .... 1 cup granulated sugar
1 cup sour milk ..................... 1 Tbsp. lemon juice or vinegar + sweet milk to make 1 cup
(let stand 5 minutes)
1 cup whole milk ................... 1/2 cup evaporated milk + 1/2 cup water, or
1 cup reconstituted non-fat dry milk + 1 Tbsp. butter, or
1/2 cup dry milk + 1 cup water
1 cup thin cream (18-20%) .............. 7/8 cup milk + 3 Tbsp. fat
1 cup heavy cream (36-40% fat) ........ 3/4 cup milk + 1/2 cup fat
3/4 cup cracker crumbs .................. 1 cup bread crumbs
1 sq. (1 oz.) chocolate .................. 3 or 4 Tbsp. cocoa + 1 Tbsp. butter or margarine
1 Tbsp. fresh herbs .................... 1 tsp. dried herbs
1 sm. fresh onion .......................... 1 Tbsp. instant minced onion, rehydrated
1 tsp. dry mustard ..................... 1 Tbsp. prepared mustard
1 cup tomato juice ........................ 1/2 cup tomato sauce + 1/2 cup water
1 cup catsup or chili sauce ......... 1 cup tomato sauce + 1/2 cup sugar and
2 Tbsp. vinegar (for use in cooking)
1 lb. dates ................................ 1 1/2 cups dates, pitted and cut
3 med. bananas .......................... 1 cup mashed
10 miniature marshmallows ........... 1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably, measure for measure. Brown sugar must be firmly packed.
CARROT CAKE

1 1/2 cups oil 3 cups flour
4 eggs 2 tsp. cinnamon
2 cups sugar 1/2 tsp. salt
1 small can crushed 1 cup nuts (optional)
    pineapple & juice (1 cup) 2 tsp. soda
2 cups raw grated carrots

Frosting:
1 3-oz. pkg. cream cheese 1 stick oleo
2 Tbsp. vanilla 1/2 cup powdered sugar

Mix the oil, eggs, sugar, crushed pineapple and juice. Fold in dry ingredients. Bake in 9x13" pan. When cool frost with cream cheese frosting.

Submitted by: Dietary Dept., Judi Hewitt and Barb Ahartz, Shirley Adams

LEMON CAKE

Cake:
1 pkg. lemon jello 3/4 cup salad oil
1 cup boiling water 4 eggs
1 pkg. yellow or lemon 1 tsp. lemon extract
cake mix

Frosting:
2 cups powdered sugar Juice of 2 lemons (2-3 Tbsp.
    of pure lemon juice)

Mix jello and boiling water. Cool to room temperature. Mix cake mix, oil, and beat. Add eggs one at a time and beat well after each one. Add lemon extract and blend in cooled jello. Bake in a 9x13" pan at 350° for 15 minutes. Reduce heat to 300° and bake for 30 more minutes.

Take from oven, prick holes with fork. Pour topping over cake and enjoy it.

Submitted by: Jamie Dobesh
ANGEL FOOD CAKE

1 3/4 cups egg whites
(approximately 12 eggs)
1 3/4 cups granulated sugar
1/2 tsp. salt

1 1/4 cups cake flour
1/2 tsp. vanilla
1/2 tsp. cream of tartar

Preheat oven to 350°. Separate eggs. Pour whites into a bowl. Warm egg whites to room temperature. Sift flour, measure, then sift 3/4 cup sugar into flour. Resift flour and sugar together 3 times. At medium speed, beat egg whites with salt and cream of tartar until soft peaks form. Gradually beat in 1 cup sugar, 1/4 cup at a time at high speed. Beat until stiff peaks form. Sprinkle 1/4 cup of flour mixture over whites and fold in. Continue folding in mixture, 1/4 cup at a time. Bake in ungreased 10 inch tube pan for 30-35 minutes. Invert pan to cool.

Cool completely before removing from pan. Eat and enjoy! Serves 12.

Submitted by: Louise Coull

DATE BREAD (CAKE)

1 cup dates, cut fine
1 1/2 tsp. soda
1 1/2 cups boiling water
1 cup oleo (shortening)
1 cup brown sugar
2 eggs
2 cups flour (plus)
3/4 tsp. soda
1 tsp. vanilla (if desired)
1 cup nutmeats (optional)

Sprinkle soda over dates; cover with boiling water, set aside to cool.

Cream oleo and sugar, beat eggs and add to sugar and oleo, mix well.

Add date mixture and blend. Add vanilla; sift 1 cup flour with soda and mix well. Add second cup flour with nutmeats and mix well. Add more flour if mixture seems too soft and moist. Batter should be firm. Bake at 350° for 45 minutes. Test with toothpick in center.

Submitted by: Helen Larimore
FRUITCAKE

2 cups flour  4 egg whites
1/2 cup brown sugar twin  2 boxes candied fruit
1 tsp. baking powder  1 cup raisins
1 1/2 cups unsweetened applesauce  1 cup slivered almonds or pecans

Combine flour, sugar, baking powder and stir. Add applesauce and egg whites, mix well. Fold in fruit. Spray 2 bread pans. Divide mixture into pans. Bake at 325° for 45 minutes. Check with toothpick. Let stand for 10 minutes. Invert on wire cooling rack. After they are cool, wrap in foil overnight before slicing.

Submitted by: Laura Jane Schoeneman

KITCHENETTE CAKE

1 1/3 cups flour  1/3 cup soft shortening
1 cup sugar  2/3 cup milk
2 tsp. baking powder  1 tsp. flavoring
1/2 tsp. salt  1 egg


Submitted by: Grace Ranft

PINOA COLODA CAKE

White cake mix - follow mixing directions and add:
1 cup coconut  1 cup sour cream

Bake at 350° for 40 minutes. Poke holes in cake. Cool. Pour over cake: 1 can cream of coconut. Cream of coconut is about the size of a can of pop, found in the beverage section (drink mixers) and is about the consistency of sweetened condensed milk.

Frost with Cool Whip, sprinkle with coconut.

Submitted by: Devona Swartos
HOT FUDGE SUNDAE CAKE

1 cup flour 2 Tbsp. salad oil
3/4 cup sugar 1 tsp. vanilla
2 Tbsp. cocoa 1 cup nuts
2 tsp. baking powder 1 cup brown sugar
1/4 tsp. salt 1/4 cup cocoa
1/2 cup milk 1 3/4 cups hot water

Mix flour, sugar, cocoa, baking powder, salt, milk, salad oil and vanilla in 9x9x2" pan. Sprinkle nuts, brown sugar, cocoa and hot water over cake mixture. Heat oven to 350°. Bake 40 minutes.

Submitted by: Devona Swartos

CHOCOLATE “TWINKIE” CAKE

1/3 cup oil 1 pkg. chocolate cake
1 cup water 1 pkg. instant chocolate pudding
3 eggs

Beat 4 minutes. Bake at 350° until done, approximately 30-35 minutes. Cool. Split into layers.

Filling:

1 cup water 1 cup sugar
5 Tbsp. flour 2 tsp. vanilla
1/2 cup margarine 1/4 tsp. almond extract
1/2 cup shortening

Cook water and flour until thick. Cool. Beat remaining ingredients until thick, add thickening, beat until thick and fluffy. Pour over bottom of cake. Put top 1/2 of cake on filling.

Submitted by: Devona Swartos

Doing what you like is freedom;
liking what you do is happiness.
MANDARIN ORANGE CAKE

1 1/4 cups flour 1 tsp. soda
1 cup sugar 1/2 tsp. salt
1 egg 1 tsp. vanilla
1/2 cup nuts 1 can drained mandarin oranges

Mix together all ingredients and beat 2 1/2-3 minutes. Bake 30-35 minutes at 350°.

Topping:
3/4 cup brown sugar 3 Tbsp. butter
3 Tbsp. milk

Bring to boil and pour over cake.

Submitted by: Devona Swartos

LAZY DAISY OATMEAL CAKE

1 1/4 cups boiling water 1 cup oatmeal
1/2 cup butter 1 cup sugar
1 cup brown sugar 1 tsp. vanilla
2 eggs 1 1/2 cups sifted flour
1 tsp. soda 1/2 tsp. salt
3/4 tsp. cinnamon 1/4 tsp. nutmeg

Pour boiling water over oatmeal, let stand 20 minutes. Cream butter, add sugars, and beat until fluffy. Blend in vanilla and eggs. Add oatmeal. Sift flour and seasonings. Pour batter into greased or floured 9” square pan. Bake at 350° for 50-55 minutes.

Submitted by: Devona Swartos

LAZY DAISY FROSTING

1/4 cup butter 1/2 cup brown sugar
3 Tbsp. Half & Half 1/3 cup chopped nuts
3/4 cup coconut

Combine and spread over 9” cake. Boil until frosting becomes bubbly.

Submitted by: Devona Swartos
CHOCOLATE FROSTING

1 stick oleo  
4 Tbsp. cocoa  
6 Tbsp. milk

1 box powdered sugar  
1 cup walnuts  
1/2 tsp. vanilla

In saucepan put oleo, cocoa and milk. Bring to boil, remove from heat and add powdered sugar, vanilla and walnuts. Put immediately on hot cake.

Submitted by: Devona Swartos

WHITE MOUNTAIN ICING

1/2 cup sugar  
2 Tbsp. water  
1/4 cup white syrup

2 egg whites  
1 tsp. vanilla

Combine sugar, syrup, and water. Boil to 240-245°. While cooking, beat egg white until stiff. Pour hot syrup in a thin stream into eggs while beating at slow to medium speed. Then beat at high speed until frosting almost holds stiff peaks. Add vanilla, continue beating until stiff peaks are formed.

Submitted by: Devona Swartos

BUTTERMILK COCOA CAKE

1 cup margarine  
3 Tbsp. cocoa

1 cup water

Boil together in saucepan, stirring constantly for 3 minutes. Stir together 2 cups flour, 2 cups sugar, 1/2 tsp. salt. Add to hot ingredients. Add 2 eggs, 1/2 cup buttermilk (sour milk), 1 tsp. soda and 1 tsp. vanilla. Mix well and bake at 350° in 16x11” pan for 20 minutes.

Icing:

1 1/3 cups sugar  
1/3 cup milk

1/3 cup oleo  
1 cup chocolate chips

Boil sugar, milk and oleo together for 1 minute. Add chocolate chips, stir until dissolved. Put on warm cake.

Submitted by: Devona Swartos
PIG PICKIN’ CAKE

Cake:
1 (18 1/2 oz.) pkg. butter-flavor cake mix with pudding Duncan Hines
1/2 cup oil

Frosting:
1 (20 oz.) can crushed pineapple in pineapple juice

Cake: Grease two 9-inch layer cake pans. Line bottoms with waxed paper, grease again, set aside. Prepare cake mix according to package directions using oil, eggs and juice drained from oranges. Stir in oranges and nuts. Spread evenly in prepared pans. Bake in preheated 325° oven 25 minutes or until pick inserted in center comes out clean.

Cool in pans on racks 10 minutes. Remove from pans, peel off paper, cool completely on racks. Place one layer on serving plate. Spread with 1/3 frosting. Top with remaining layer, frost top and sides. Store in refrigerator. Makes 12 servings.

Frosting: In medium bowl, stir together the crushed pineapple, juice and pudding mix. Fold in the thawed whipped topping.

Submitted by: L. Jean Maier

POPCORN CAKE

4 quarts popped popcorn
1 lb. marshmallows
1 lb. gumdrops
1 10 1/2 oz. salted peanuts
1 stick butter
1/2 cup oil

Mix oil, butter and marshmallows together and melt till fluffy. Pour hot mixture over popcorn, gumdrops and peanuts. Mold into bundt pan (greased). Set for 15 to 30 minutes then unmold on waxed paper.

Submitted by: Nancy Hope
TURTLE CAKE

1 German Chocolate cake mix 3 eggs
1 cup water 1 can sweetened condensed milk
1 stick margarine 14 oz. caramels
1/2 cup oil 1/2 cup pecans (chopped)

Mix first 5 ingredients and 1/2 can sweetened condensed milk. Put 1/2 of batter in 9x13" greased and floured pan. Bake 15-20 minutes at 325°. Melt caramels, 1/2 can sweetened condensed milk and pecans. Spread mixture over partially baked crust. Pour rest of batter on top of caramel mixture. Bake 20-25 minutes at 325°.

Frost or put Cool Whip on top.

Submitted by: Marilyn Bischoff

OATMEAL CAKE

1 1/2 cups boiling water 1 1/3 cups flour
1 cup oatmeal (uncooked) 1 tsp. soda
1 stick (1/2 cup) oleo 1 tsp. cinnamon
2 eggs 1/2 tsp. nutmeg
1 cup brown sugar 1/2 tsp. salt
1 cup white sugar Broiled frosting

Put oatmeal and margarine in mixing bowl. Pour boiling water over them. Cover and let stand for 20 minutes then add two eggs and beat well. Add the remaining ingredients and beat together thoroughly. Sift together flour, spices and salt. Pour batter into a floured and greased 9 1/2x13" pan. Bake at 350° for 35 minutes or until done.

This cake does not rise high. Let cool slightly then spread with topping.

Broiled on topping: Mix together the following: 6 Tbsp. soft oleo or butter, 1/2 cup brown sugar, 1 cup coconut, 1 cup chopped nuts, 1/4 cup cream and 1/2 tsp. vanilla. Spread on top of warm cake. Put cake under broiler for a few minutes (3) to brown frosting. Watch carefully.

Submitted by: Shirley Holmquist
PEACHES 'N CRUMB CAKE

1 3/4 cups flour
1/4 cup sugar
1/2 tsp. salt
1 pkg. active dry yeast
2 Tbsp. margarine, softened
1/2 cup hot tap water
(120-130°)
1 egg, at room temperature

1/4 cup firmly packed light brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
2 Tbsp. margarine
1 can (16 oz.) peach slices, drained

Confectioners sugar frosting

Combine 1/2 cup flour, sugar, salt and undissolved yeast. Add 2 Tbsp. softened margarine and hot tap water to dry ingredients; beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add egg and 1/2 cup flour. Beat on high speed 2 minutes. Stir in 1/2 cup flour to make a stiff batter. Spread in greased 9-inch square pan.

Combine remaining 1/4 cup flour, brown sugar, cinnamon and nutmeg; cut in 2 Tbsp. margarine until crumbly. Sprinkle over cake. Arrange peach slices on top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake at 400° for 25 minutes, or until done. Cool in pan 10 minutes; remove and cool on wire rack. Drizzle with confectioners sugar frosting.

Submitted by: Arlyce Thorne

BANANA CAKE

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

1/2 cup sour milk or buttermilk
(2 tsp. vinegar per 1/2 cup milk makes sour milk)
1 cup mashed bananas
1 tsp. vanilla
1 large egg

Combine all dry ingredients. Add everything except egg. Beat 2 minutes at medium speed. Add egg and beat 2 more minutes on medium speed. Grease / flour pan. Bake at 350° for 30-35 minutes.

Submitted by: Pam Fitzgerald
CHOCOLATE CAKE

Cake:
2 cups sugar
2 eggs
1/2 cup shortening
1/2 cup coffee
1/2 cup cocoa

Frosting:
2 cups sugar
1/4 cup cocoa
1 tsp. vanilla
2 tsp. soda
1 tsp. salt
2 cups flour
1 cup boiling water


Frosting: Boil till a drop forms a ball in cold water. Remove from heat. Add 1/2 tsp. vanilla and stir till cool.

Submitted by: Gaye Leisinger

MYSTERY MAYONNAISE CAKE CHOCOLATE

2 cups flour
1/2 tsp. salt
4 Tbsp. cocoa
1 cup sugar
2 tsp. soda
1 cup salad dressing
1 cup cold water
1 1/2 tsp. vanilla

Batch & a Half
3 cups flour
3/4 tsp. salt
6 Tbsp. cocoa
1 1/2 cups sugar
3 tsp. soda
1 1/2 cups salad dressing
1 1/2 cups cold water
1 3/4 tsp. vanilla

Sift flour, cocoa, soda, salt and sugar together in a large bowl. Add dressing, cold water and vanilla. Beat with electric mixer for 3 minutes or 300 strokes. Pour into large cake pan well greased. Bake at 350° for 30-35 minutes or until done.

Submitted by: Bonnie Kampmann
DOTY'S CHOCOLATE PAN CAKE

3 cups flour 6 Tbsp. melted butter
2 cups sugar 2 Tbsp. vinegar
2 tsp. baking soda 2 tsp. vanilla
6 Tbsp. cocoa 2 cups cold water
1/2 tsp. salt

Combine dry ingredients in 13x9" pan. Sprinkle melted butter over dry ingredients. Sprinkle vinegar over this. Add cold water and vanilla and stir well to remove lumps. Bake at 350° for 35 minutes.

Submitted by: Stella Satterlee

STRAWBERRY CAKE

1 pkg. white cake mix 1/3 cup liquid shortening
1/2 (10 oz.) pkg. of frozen strawberries & juice 1/2 cup water
1 pkg. (3 oz.) strawberry jello 4 egg whites, beaten

Mix all ingredients, except egg whites. Beat on low speed for 2 minutes. Add in beaten egg whites and beat on high speed for 5 minutes. Bake at 350° for 30 minutes in 9x13" pan.

Frosting:

1 lb. powdered sugar Remaining strawberries & juice
1/2 cup butter

Beat until thick and creamy. Spread on cake.

Submitted by: Brenda Johnson

JELLYROLL

1 cup sugar 2 tsp. baking powder
5 eggs Salt
5 Tbsp. cold water Flavoring
1 cup cake flour

Whip egg yolks and water until thick. Add sugar and whip some more. Add flour and baking powder. Last add whipped egg whites. Bake in a jellyroll pan lined with wax paper in 350° oven until done - 10-15 minutes.

Submitted by: Evelyn Freyberg
CHOCOLATE CHIP-DATE CAKE

1 cup chopped dates
1 cup boiling water
1 tsp. soda
1/2 cup shortening
1 cup sugar
2 eggs

1/4 tsp. salt
Vanilla
1 1/2 cups flour
1 Tbsp. cocoa
6 oz. chocolate chips
Chopped nuts (1/2 cup)

Mix and let stand: chopped dates, soda and boiling water.

Cream: 1/2 cup shortening, sugar, salt, eggs and vanilla. Beat 2 minutes. Add: 1 1/2 cups flour and 1 Tbsp. of cocoa alternately with date mixture. Add 1/2 package of chocolate chips and nuts. Pour in 13x9" pan. Sprinkle with remaining chips.

Bake at 350° 30-40 minutes.

Submitted by: Marge Kjos

CHOCOLATE ZUCCHINI CAKE

Cream:

1/2 cup oleo
1 1/2 cup oil
2 eggs

1 tsp. vanilla
1 3/4 cups sugar

Mix and add to above:

2 1/2 cups flour
1 tsp. baking soda
1/2 tsp. baking powder

1/4 cup cocoa
1 tsp. salt
1/2 cup buttermilk

Mix well and add 2 generous cups of grated zucchini. Put in greased 9x13" pan. Sprinkle 1/2 cup chocolate chips and 1/2 cup nuts on top. Bake at 350° for 40-45 minutes.

Submitted by: Marlys Landgren

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If your day is hemmed with prayer it is less likely to unravel.

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PUMPKIN BUNDT CAKE

1 pkg. spice cake mix
1 cup pumpkin (canned)
1/2 cup salad oil
1 pkg. instant vanilla pudding
3 eggs
1 tsp. cinnamon
1/2 cup water
1/2 cup chopped pecans (optional)

Combine ingredients, except nuts, beating at medium speed for 5 minutes. Add the chopped nuts. Put whole pecans on bottom of greased bundt pan. Secure each nut with a scrape of butter. Pour batter into pan and bake at 350° for 40-45 minutes. Test for doneness. Served with whipped topping or dust with powdered sugar.

Submitted by: Delila Davis

RHUBARB CAKE

1 cup white sugar
1 cup brown sugar
1 stick oleo (melted)
1 cup buttermilk
2 eggs
2 cups rhubarb (cut up)
1 tsp. soda
2 cups flour

Mix all together and put in 9x13” pan.

Mix 1 cup brown sugar and 1/2 tsp. cinnamon and nuts, if desired. Sprinkle this on top of the cake and bake for 45 minutes at 350°.

Submitted by: Marlys Landgren

NEVER FAIL SIMPLE CHOCOLATE FROSTING

1 1/2 cups sugar
6 Tbsp. oleo
6 Tbsp. milk
1/2 cup chocolate chips
1 or 2 marshmallows (optional)

Boil sugar, oleo, milk and marshmallows (if used). Boil 4 minutes. Add chocolate chips last. Beat and spread. It hardens fast as it cools.

Submitted by: Pauline Selken
RAISIN FROSTING

1 cup ground raisins 4 Tbsp. water
1 cup sugar 2 egg whites (beaten stiff)

Boil water and sugar (2 minutes). Add raisins and pour over the beaten egg whites and beat well.

Very good on chocolate or spice cake. This is an old recipe of my mother’s.

Submitted by: Lou Bebo

OLD-FASHIONED LEMON SAUCE

1 cup sugar 3 Tbsp. lemon juice
1/2 cup butter or margarine 1 egg, well beaten
1/4 cup water 3/4 tsp. grated lemon peel

Combine all ingredients in medium saucepan. Heat to boiling over medium heat, stirring constantly. Serve warm. Makes 1 1/3 cups.

Submitted by: Jan Olson

SLURRY PIE CRUST

Yield: 24 single pie crusts

3 1/2 cups flour 15 1/2 cups flour
4 cups water 1 cup sugar
2 tsp. salt 4 lbs. butter

Dissolve salt in water. Gradually add 3 1/2 cups flour and mix to make a smooth paste. Set aside first mixture.

In a VERY LARGE bowl, cut up butter into small pieces. Add sugar and mix. Add flour and mix. Add first mixture and stir. Roll out into pie crusts.

Submitted by T. Sue Engelmann

It’s nice to be important but it’s more important to be nice.

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PIE CRUST COOKIES

Pie crust (see Slurry Pie Crust)  2 cups sugar
2 tsp. cinnamon

Roll out pie crust. Cut into desired shapes with cookie cutters. Transfer to cookie sheet. Mix cinnamon and sugar. Sprinkle cinnamon and sugar mixture on top of the cookies. Bake at 350° for about 12 minutes or until slightly brown.

Submitted by: T. Sue Engelmann

NEVER FAIL PIECRUST

3 cups flour  1 egg
1/2 tsp. baking powder  5 Tbsp. water
1 tsp. salt  1 Tbsp. vinegar
1 1/2 cups shortening

Mix flour, baking powder, salt and shortening together with pastry blender. Add egg, water and vinegar. Mix well with fork.

Enough for 2 double crust pies. Easy to freeze in two balls to use when needed.

Submitted by: Phyllis Miller and Devona Swartos

BLUEBERRY GLAZE

1/2 cup sugar  1 pint fresh blueberries
2 Tbsp. cornstarch  1 Tbsp. butter
1/4 tsp. salt  1 tsp. lemon juice
3/4 cup water  8 inch pie shell - baked

Boil water and 3/4 cup blueberries. Mix sugar, cornstarch, lemon juice. Add to blueberries and water. Stir constantly until thick and clear. Remove from heat; add 1 Tbsp. butter, cool slightly. Add rest of blueberries. Pour into pie shell and refrigerate.

Submitted by: Esther May
MERINGUE

1 Tbsp. cornstarch  
3 egg whites  
1/8 tsp. salt

1/2 cup water  
6 Tbsp. sugar

Cook water and cornstarch in small container until thin and clear. Cool. Beat egg whites until they begin to stand in peaks. Add sugar and salt gradually. Beat in container until stands in peaks.

Submitted by: Devona Swartos

RHUBARB MERINGUE

1 1/2 cups flour  
7 Tbsp. powdered sugar  
3/4 cup melted butter  
3 eggs

2 cups sugar  
1/2 cup flour  
1 tsp. baking powder  
3 cups cut up rhubarb

Mix 1 1/2 cups flour, 7 Tbsp. powdered sugar, and 3/4 cup melted butter. Pat mixture into greased 9x13” cake pan. Bake at 350° for 15 minutes.

Meanwhile, in another bowl, beat eggs. Add sugar and flour to egg mixture and stir well. When the crust is done, add the baking powder to the egg mixture. Fold in rhubarb. Pour mixture over crust, spread evenly over entire crust. Bake for 45 minutes at 350°.

Submitted by: T. Sue Engelmann

RHUBARB UPSIDE-DOWN CAKE

1 yellow cake mix  
3 cups chopped rhubarb

1 1/2 cups sugar  
1 pint whipping cream

Prepare cake according to package instructions. Pour into greased 9x13” pan. Place rhubarb on top of cake. Sprinkle with sugar and pour whipping cream over all. Bake at 350° for 50-60 minutes.

Serve with whipped cream.

Submitted by: Mary Vockrodt
**STRIPED DELIGHT**

1 1/2 cups graham cracker crumbs  
1/4 cup sugar  
1/4 cup sugar  
1/3 cup melted butter or margarine  
1 8-oz. pkg. cream cheese, softened  
1/2 cup graham cracker crumbs  
1/4 cup sugar  
2 Tbsp. milk  
1 8-oz. container Cool Whip, thawed  
2 4-oz. pkgs. instant pudding and pie filling, any flavor  
3 1/2 cups cold milk

Combine graham cracker crumbs, 1/4 cup sugar and melted butter. Press firmly into bottom of 9x13” pan.

Beat cream cheese with sugar and 2 Tbsp. milk until smooth. Fold in half the whipped topping. Spread over crust. Prepare pudding as directed on package, using 3 1/2 cups milk. Pour over cream cheese layer. Chill several hours or overnight. Spread remaining whipped topping over pudding. Garnish with grated chocolate or chopped nuts if desired. Makes 15 servings.

*Submitted by: Devona Swartos*

**ICE CREAM SUNDAE DESSERT**

2 cups (12 oz.) semisweet chocolate chips  
1 pkg. (12 oz.) vanilla wafers (crushed)  
1 can (12 oz.) evaporated milk  
1/2 cup butter or margarine, melted  
1/2 tsp. salt  
2 qts. vanilla ice cream (softened)

In saucepan over medium heat, melt chocolate chips, milk and salt. Cook and stir till thickened, about 25 minutes. Remove from heat and set aside.

Combine wafer crumbs and butter/margarine. Set aside 1 cup. Press remaining crumbs into greased 9x13” cake pan. Chill for 10-15 minutes. Pour chocolate mixture over crumbs, cover and freeze for 20 minutes or till firm.

Spread ice cream over chocolate mixture, sprinkle with remaining crumbs. Freeze at least 2 hours before serving. 12-16 servings.

*Submitted by: Nancy Hope*
STRAWBERRY DUMPLINGS

1/3 cup sugar 1/2 tsp. salt
2/3 cup water 1/4 cup butter or margarine
1/2 tsp. vanilla 1/2 cup milk
1 cup sifted all purpose flour 1 pint fresh strawberries, hulled
2 Tbsp. sugar
1 1/2 tsp. baking powder 1 Tbsp. sugar

In saucepan combine the 1/3 cup sugar and water. Bring mixture to boiling; reduce heat and simmer, uncovered, 5 minutes. Stir in vanilla. Sift together flour, the 2 Tbsp. sugar, baking powder and salt. Cut in butter or margarine till mixture is crumbly. Add milk and stir just till well combined.

Place berries in 1 1/2-quart casserole; pour hot sugar mixture over. Immediately drop dumpling dough in 8 to 10 spoonfuls over berries. Sprinkle dumplings with remaining sugar. Bake at 450°F (232°C) till dumplings are done, 25 to 30 minutes.

Serve warm with whipped topping or ice cream. Makes 4-5 servings.

Submitted by: Dorothy Deethardt

BUTTERSCOTCH DESSERT

1 cup flour 1/2 cup chopped walnuts
1/2 cup butter or margarine
Mix above ingredients and press in 9x13” pan. Bake 10 minutes at 350°.

1 8-oz. pkg. cream cheese 1 cup Cool Whip
(room temperature) 1 cup powdered sugar
Whip together and spread over cooled crust.
2 pkgs. instant butterscotch pudding 3 cups milk
1 tsp. vanilla
Mix together. When set, spread on cream cheese mixture. Spread rest of Cool Whip on top and sprinkle with chopped nuts.

Submitted by: Susan Dobesh
CHOCOLATE CHIP DESSERT

1 cup boiling water
1 cup chopped dates
1 tsp. soda
1 cup sugar
1/2 cup shortening
2 eggs
1 Tbsp. cocoa
1 tsp. vanilla
Pinch of salt
1 3/4 cups flour
Chocolate chips
Nuts

Mix boiling water, chopped dates and soda and cool. Mix sugar, shortening, eggs, cocoa, vanilla, salt and flour and add to date mixture. Put in 9x13” pan. Sprinkle with chocolate chips and nuts. Bake at 350° for 35 minutes.

Submitted by Devona Swartos

EFFIE’S DESSERT

1 large can sliced peaches
1 pkg. butter brickle cake mix
1 stick margarine
Cool Whip
Nuts if desired

Pour peaches on bottom of unbuttered 13x9” cake pan. Pour 1 pkg. cake mix (as it comes from box) and press down. Melt stick of margarine and dribble over cake mix. Sprinkle on nuts if desired. Bake 1 hour at 350°.

Top with Cool Whip when serving.

Submitted by: Marlys Sloat

QUICK PEACH CRISP

1 can (29 oz.) sliced peaches, drained
1 cup Bisquick baking mix
1 cup packed brown sugar
1/2 tsp. ground cinnamon
1/4 cup margarine, softened

Heat oven to 400°. Arrange peaches in square pan, 8x8x2”. Mix baking mix, brown sugar, cinnamon and margarine with fork; sprinkle over peaches. Bake until light brown, about 20 minutes.

Serve with ice cream if desired. 6 servings.

Submitted by: Arlyce Thorne
FRUIT PIZZA

3/4 cup margarine
1/2 cup sugar (powdered)
1 1/2 cups flour
8 oz. pkg. cream cheese (softened)
1/3 cup sugar

Vanilla
Fresh fruit
1 cup juice
2 Tbsp. cornstarch
1/4 cup sugar
2 Tbsp. lemon juice

Crust: Mix margarine, powdered sugar and flour together and spread over ungreased pizza pan. Bake 15 minutes at 350°. Cool.

Filling: Beat cream cheese, sugar and vanilla together and spread over crust.

Fruit: Arrange fresh fruit over filling (strawberries, bananas, grapes, blueberries, kiwi, pineapple, peaches). I use canned mandarin oranges.

Glaze: Cook juice (I use mandarin oranges juice and add water), cornstarch, sugar and lemon juice to clear and pour over fruit. Cool.

Submitted by: Marilynn Bischoff

PLUNDER

1/2 cup melted butter or margarine
1 cup flour
1/2 cup chopped nuts
1 cup powdered sugar
1 8-oz. pkg. cream cheese
2 cups Cool Whip
2 pkgs. vanilla instant pudding
3 cups milk
1 tsp. vanilla
Shredded coconut
Chopped nuts

Mix butter or margarine, flour and nuts together and press into a 9x13" glass pan. Bake at 350° for 15 minutes. Combine powdered sugar and cream cheese. Blend well. Fold in 1 cup of the Cool Whip. Spread on top of cooled crust. Mix pudding, milk and vanilla. Layer on top of cream cheese mixture. Top with the other cup of Cool Whip. Sprinkle with shredded coconut and nuts. Chill 2 hours.

Submitted by: Darlene Eddy
APPLE DUMPLINGS

3 cups sugar
3 cups water
1 tsp. cinnamon
1/2 tsp. nutmeg
6 Tbsp. margarine

3 cups flour
3 tsp. baking powder
1 cup shortening
3/4 cup milk
9 apples, medium sized, pared and cored

Mix first 4 ingredients, bring to boil, remove from heat, add margarine.

Sift together dry ingredients, cut shortening into mixture until mixture resembles coarse crumbs. Add milk and stir until moistened. On floured surface, roll out to 18x18” square. Cut into nine 6” squares, place apple on each square. Sprinkle with sugar, cinnamon, dot with butter. Moisten edges of pastry. Bring corners to center and pinch edges together. Place 1” apart in baking dish. Pour syrup over dumplings. Sprinkle with sugar. Bake at 375° for 35-40 minutes until apples are tender.

Submitted by: Marilynn Bischoff

HYDROX COOKIE DESSERT

1/2 lb. Hydrox cookies, crushed
1 cup sugar
1/4 cup water
1/2 tsp. salt

2 egg whites
2 tsp. almond flavoring
1 tsp. red food coloring
1/2 cup chopped nutmeats
2 cups whipping cream

Place half of the crumbs in the bottom of a large cake pan (9x13x2”). Reserve balance for the topping. Boil the sugar, water, and salt until it spins a thread. Pour over two beaten egg whites and beat like 7-minute icing. Cool. Add the almond flavoring, red food coloring and nutmeats. Whip 2 cups cream, add to the icing. Pour over crushed cookies and top with the remaining crushed cookies. Freeze. Serves 12 generously.

Submitted by: Marvelyn Kessler
APPLE PAN DOWDY

4-5 medium apples 1 stick piecrust mix
1/2 cup sugar 2 Tbsp. soft margarine
1 Tbsp. cinnamon 1/2 cup brown sugar

Pare apples and slice into a 2 quart baking dish. Sprinkle with cinnamon and sugar. Crumble remaining ingredients together; blend well and spread over apples. Bake at 350° for 30 minutes. Serve warm with whipped cream or ice cream.

Submitted by: Lyla Olason

CHERRY DESSERT SUPREME

1 1/2 cups flour 8 oz. pkg. cream cheese
1 cup pecans, chopped 2 cups powdered sugar
2 tsp. sugar 2 envelopes whipped topping mix or 1 pint
3/4 cup oleo or butter whipping cream
(1 1/2 sticks)

Mix well - flour, pecans, sugar and oleo. Press into bottom of 9x11” pan. Bake in 350° oven about 20 minutes or until light brown.

Soften 8 oz. package cream cheese to room temperature and cream with 2 cups confectioners sugar. Prepare 2 envelopes whipped topping mix and blend into cream cheese, sugar mixture. Spread over cooled crust. Pour 1 can cherry pie filling over top. Chill well.

I usually put a can of blueberries and strawberries on each half. Serves 10 to 14. Absolutely delight people.

Submitted by: Joyce Meyer

GRAHAM CRACKER ROLL

1 lb. graham crackers 1 cup chopped nuts
1/2 lb. marshmallows 1 cup cream (can use part
1/2 pkg. dates (1/2 lb.) milk) I use Half & Half

Mix and roll in roll 2 inches thick and let stand 24 hours before serving. Serve with whipped cream on top.

This freezes well.

Submitted by Lou Bebo
BUTTERSCOTCH CRUNCH SQUARES

1 cup sifted flour
1/4 cup oatmeal
1/4 cup brown sugar
1/2 cup butter
1/2 cup nuts
1 12-oz. jar butterscotch or caramel ice cream topping
1 qt. chocolate or vanilla ice cream

Mix the first five ingredients and bake 15 minutes at 400°. Stir while warm and then crumble. Press 1/2 on bottom of 8-inch square pan. Spread softened ice cream over the crumbs. Top with the remaining crumbs. Pour the ice cream topping over the crumbs and freeze.

Submitted by: Bonney Bork

EASY RHUBARB DESSERT

4 cups finely cut rhubarb in 9x13" pan

Sprinkle with:
1 cup sugar
1 pkg. jello
1 yellow or white cake mix
1 cup water

Cut up and soften well 1 stick butter or margarine. Put on mixture in pan. Bake at 350° for 30-40 minutes.

Submitted by: Pauline Selken

APPLE CRISP

6-8 apples
1/2 cup sugar
1 tsp. cinnamon

Top:
1/2 cup flour
3/4 cup brown sugar
1/2 cup butter or oleo
1/4 tsp. soda
Pinch of salt
1 cup oatmeal

In 9x9" pan, peel and slice apples to cover bottom of pan. Sprinkle sugar and cinnamon on apples. Mix topping starting with oleo, brown sugar and flour, mixing until almost like piecrust. Add soda, salt and oatmeal. Mix well and sprinkle over top. Bake at 350° for 1/2 to 1 hour or until apples are done.

Submitted by: Patti Monahan
APPLE DUMPLINGS

2 cups flour  1 egg
1/2 tsp. salt  1/2 cup milk
2 Tbsp. sugar 1 1/2 cups sugar
4 tsp. baking powder 2 cups water
3 Tbsp. shortening

In pan have hot: 1 1/2 cups sugar and water. In 9x13" pan.

Roll like cinnamon rolls. Put sliced apples on top and some cinnamon, roll and slice and put in the hot sugar water. Bake at 350° until done.

Submitted by: Marlys Wulf

NUT HERSHEY DESSERT

16 marshmallows  1/2 cup milk
4 nut Hershey bars 1 cup whipping cream

Melt marshmallows in milk in double boiler. Add Hershey bars and cool. Then add whipped cream. Pour into graham cracker piecrust and chill.

Submitted by: Lou Bebo

PEACHES & CREAM

3/4 cup flour  1 16-oz. peaches, sliced, drained, keep 1/3 cup liquid
1 pkg. of vanilla pudding - 1 8-oz. cream cheese, softened
4 serving size
1 tsp. baking powder
1 egg, beaten
1/2 cup milk
3 Tbsp. butter, melted

Mix flour, pudding and baking powder. Add beaten egg, milk, and melted butter. Spread in greased 8x8" pan. Sprinkle peaches over top of batter.

Mix 1/3 cup peach juice, softened cream cheese, and 1/2 cup sugar. Pour over top. Sprinkle with cinnamon and sugar. Bake at 350° for 45 minutes. Serves 9.

Submitted by: Laura Jane Schoeneman
STRAWBERRY PIZZA

**Crust:**
1 1/2 cups flour 1/4 cup brown sugar
1 cup oleo Nuts, chopped fine
Mix, spread on pizza pan. Bake for 15 minutes at 350°. Cool.

**Filling:**
8 oz. cream cheese 8 oz. Cool Whip
3/4 cup powdered sugar
Mix and spread on crust.

**Topping:**
3 oz. pkg. jello 4 Tbsp. cornstarch
1/2 cup sugar 2-4 cups sliced strawberries
1 cup water
Cook until thick. Add strawberries. Stir to cool. Pour on crust.

Submitted by: Devona Swartos

RHUBARB DESSERT

1 cup margarine 1 Tbsp. sugar
2 cups flour
Blend together and press into 9x13” pan. Bake at 350° for 10-15 minutes.
6 egg yolks 2 cups sugar
1 cup evaporated milk 4 Tbsp. flour
5 cups rhubarb Salt
1 tsp. cinnamon
Pour into crust and bake at 350° for 45 minutes or until custard is firm.

**Meringue:**
6 egg whites 3/4 cup sugar
1/4 tsp. cream of tartar 2 tsp. vanilla
Bake until golden brown.

Submitted by: Devona Swartos
LUSH SUMMERTIME DESSERT

2 Tbsp. lemon juice
2 cups mini marshmallows
1 8-oz. pkg. cream cheese
1 can sweetened condensed milk
1 20-oz. can drained, crushed pineapple
1 17-oz. can whole cranberry sauce
1 20-oz. can drained, crushed pineapple
1 8-oz. tub whipped topping

Beat cream cheese with pineapple juice, sweetened milk, and lemon juice until smooth. Stir in pineapple, cranberry sauce and marshmallows. Fold in whipped topping. Pour in 9x13" pan. Freeze. Remove from freezer short time before serving.

Submitted by: Devona Swartos

BANANA SPLIT DESSERT

1 stick melted butter
2 cups powdered sugar
2 sticks butter
1 cup chopped pecans
1/2 cup maraschino cherries
Cool Whip
2 cups graham cracker crumbs
2 eggs
3-4 sliced bananas
1 cup drained, crushed pineapple


Submitted by: Devona Swartos

EASY DESSERT

1 cup oleo
2 cups flour
2 cups coconut
3 1/2 cups milk
2 pkgs. instant pudding
1 8-oz. whipped topping

Mix first three ingredients until crumbly. Bake on cookie sheet at 300° for 45 minutes. Stir once during baking. Pat part of mixture into bottom of cake pan. Combine milk and pudding mix as directed on package. Put whipped topping on pudding. Sprinkle crumbs on top of that. Refrigerate.

Submitted by: Dort Jacobson
CHERRY DUMPLINGS

Set electric fry pan to 250°.

1 can sour cherries 1 cup sugar
2 Tbsp. butter 2 cups water
1/4 tsp. nutmeg 2 Tbsp. cornstarch

Simmer for 20 minutes.

Dumplings:

1 1/2 cups flour 3/4 cup milk or water
1/2 cup sugar 2 tsp. baking powder
3/4 tsp. salt 2 Tbsp. butter

Stir only until blended. Spoon over cherry mixture. Cover, cook slowly for 12 minutes.

Submitted by: Devona Swartos

COOKIES N CREAM

2 8-oz. containers whipped topping 32 Oreos - more or less depending on own preference
1 3 1/2-oz. pkg. vanilla instant pudding (or chocolate)

Mix together whipped topping and instant pudding. (Don’t add milk.) Chop up Oreos and add to mixture. Can sprinkle some chopped Oreos on top or even whole ones.

Submitted by: Stacy Bothe

LITE DESSERT

2 cups flour 2 cups shredded coconut
1 1/2 cups crushed soda 1 tsp. baking powder
  crackers A cup melted butter or
1 cup brown sugar margarine

Mix well; press into 9x13" pan. Save some of the mixture for topping. Pour 2 cans pie filling on top (apricot-pineapple is especially good). Bake at 350° for 30 minutes. Serves 10.

Submitted by: Esther Benning
BIRD'S NEST PIE

5 medium apples, peeled, sliced
1 cup sugar
1/2 tsp. cream of tartar

Topping:
1/4 cup sugar
1/4 tsp. ground nutmeg
1/2 tsp. ground cinnamon

Divide apples evenly between two 9" pie plates coated with non-stick cooking spray; set aside.

In a mixing bowl, combine flour, sugar, baking soda, cream of tartar, sour milk and egg; divide batter and pour over apples. Bake at 350° for 25-30 minutes or until pies are lightly browned and test done. Invert onto serving plates (so apples are on the top.)

Combine all topping ingredients; sprinkle over apples. Serve warm. Serves 12.

Submitted by: Shirley Deethardt

BANANA CREAM PIE

2 cups milk
1/4 cup light corn syrup
4 Tbsp. cornstarch
1/2 cup sugar
1 tsp. salt
3 egg yolks
1 tsp. vanilla
3-4 bananas
9" pie shell - baked

Scald 1 3/4 cups milk with corn syrup in top of double boiler or in heavy saucepan. Blend cornstarch with remaining 1/4 cup of milk. Add sugar, salt and egg yolks to cornstarch mixture. Beat until well blended. Add a little of milk mixture to egg/cornstarch mixture. Then add to remaining hot mixture and continue to heat until thick. Remove from heat. Add vanilla. Cool.

Cover bottom of pie shell with sliced bananas and pour cream mixture over bananas.

Top with meringue or whipped cream.

Submitted by Brenda Johnson
PEANUT BUTTER LUSTER PIE

1 (15 oz.) pkg. Pillsbury All Ready Pie Crusts

Chocolate Layer:

- 1/2 cup semi-sweet chocolate chips
- 1 Tbsp. margarine or butter
- 2 to 3 tsp. water
- 1/4 cup powdered sugar

Filling:

- 1 cup margarine or butter
- 1 cup firmly packed brown sugar
- 1 cup peanut butter
- 1 (12 oz.) carton frozen whipped topping, thawed

Topping:

- 1/2 cup semi-sweet chocolate chips
- 1 Tbsp. margarine or butter
- 2 to 3 tsp. milk
- 1/2 tsp. corn syrup

Garnish:

- 1 cup thawed frozen whipped topping
- 2 Tbsp. chopped peanuts

Heat oven to 450°F. Prepare pie crust according to package directions for unfilled one-crust pie using 9-inch pie pan. (Refrigerate remaining crust for a later use.) Bake at 450°F. for 9 to 11 minutes or until light golden brown. Cool completely.

Melt 1/2 cup chocolate chips and 1 Tbsp. margarine with 2 tsp. water, stirring constantly until smooth. Blend in powdered sugar until smooth. Add additional water if necessary for desired spreading consistency. Spread mixture over bottom and up sides of cooled crust. Refrigerate.

In med. saucepan, combine 1 cup margarine and brown sugar. Cook over medium heat until margarine is melted and mixture is smooth, stirring frequently. Refrigerate 10 minutes. In large bowl, beat peanut butter and brown sugar mixture at low speed until blended. Beat 1 minute at medium-high speed. Add 12 oz. whipped topping; beat 1 additional minute at low speed or until mixture is smooth and creamy. Pour over chocolate layer. Refrigerate.

In small saucepan over low heat, melt 1/2 cup chocolate chips and 1 Tbsp. margarine with 2 tsp. milk and corn syrup, stirring constantly until smooth. Add additional milk if necessary for desired spreading consistency. Spoon and gently spread topping mixture evenly over filling. Refrigerate at least 2 hours to set topping.* Garnish with whipped topping and peanuts. Store in refrigerator. 10 to 12 servings.

TIP: *For ease in serving, use sharp knife to score chocolate topping into serving pieces before topping is completely set. To serve, use sharp knife dipped in warm water to cut through scored lines.

Submitted by: Judy Bergeland
RAISIN MERINGUE BUTTERSCOTCH PIE

3/4 cup (chopped) raisins  
1/2 cup pecans (chopped)  
1/2 cup soft butter  
1/4 cup brown sugar  
1 cup flour

Filling:
1 cup brown sugar  
6 Tbsp. cornstarch  
1/2 tsp. salt  
1 1/2 cups milk  
3 egg yolks (beaten)

Meringue:
3 egg whites, whipped  
1/4 tsp. cream of tartar  
1/8 tsp. salt  
6 Tbsp. sugar

Blend first 5 ingredients together. Press into 9" pan. Prick with fork and bake at 375° for 10 minutes. Do not over bake.

Filling: Blend sugar with cornstarch and salt, stir in milk and cook. Stir constantly until mixture begins to thicken. Lower heat and cook until very thick. Remove from heat and stir in beaten egg yolks and cook 5 minutes longer. Remove from heat. Add butter, vanilla and raisins. Cover and cool until lukewarm. Add sour cream and put into baked crust. Top with meringue and bake until it is brown. Cool before cutting.

Meringue: Beat until stiff. Put on top of pie and bake.

Submitted by: Laura Jane Schoeneman

LEMON CHIFFON PIE

4 eggs, separated  
1/3 cup sugar  
1/3 cup lemon juice

1 Tbsp. grated lemon rind  
1/8 tsp. salt  
1 baked pie shell


Submitted by: Laura Jane Schoeneman
**SOUR CREAM RASPBERRY PIE**

1 cup sugar  
3 Tbsp. cornstarch  
1/4 tsp. salt  
1 cup sour cream  
2 egg yolks, beaten  
1 cup milk  
1/2 tsp. vanilla  
2 tsp. butter  
Raspberry jam  
Baked pie shell 9"  
Fresh raspberries  
Whipped cream

Combine sugar, cornstarch and salt. Add sour cream, mix till smooth. Add beaten egg yolks and milk. Microwave until thick about 7-8 minutes. Add butter and vanilla, cool. Put 1/2 pudding mixture in baked pie shell. Put layer of raspberry jam and then top with remaining pudding. Top with fresh raspberries. Cool completely. Top with whipped cream if desired.

Submitted by: Carol Omodt

**RHUBARB CREAM PIE**

1 1/2 cups sugar  
1 Tbsp. butter  
3 cups rhubarb, cut in small pieces  
3 Tbsp. flour  
2 eggs, beaten  
1/2 tsp. nutmeg

Blend sugar, flour, nutmeg and butter. Add eggs - beat until smooth. Pour over rhubarb in a 9-inch pastry lined pan. Top with pastry. Bake in a hot oven (450°) for 10 minutes. Then in moderate oven (350°) about 30 minutes.

Submitted by: Delores Brage

**RHUBARB PIE**

1 1/4 cups sugar  
2 eggs  
1/4 tsp. salt  
2 Tbsp. flour  
3 cups rhubarb (cut small)  
1 pie crust

Pour the 3 cups rhubarb into piecrust. Mix beaten eggs, sugar, flour, and salt well. Pour over rhubarb. Sprinkle 1/2 to 1 tsp. nutmeg on top. Bake at 450° for 10 minutes, then turn to 350° for 30 minutes or until the rhubarb is done and the custard is set.

Submitted by: Patti Monahan
SOUR CREAM RHUBARB PIE

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

Combine all ingredients and press into a 9-inch pie plate.

Filling:
2 eggs, beaten 1 cup sugar
1 tsp. flour 1/2 tsp. nutmeg
1 cup sour cream

Mix all ingredients well, add 2 1/2 cups rhubarb. Place filling in unbaked piecrust. Bake one hour at 350°.

Submitted by: La Vonne E. Johnson

CUSTARD PIE (MAKES OWN CRUST)

4 eggs 1/2 tsp. vanilla
2 cups milk (whole or 2%) 1/2 cup sugar
4 Tbsp. flour

Mix thoroughly. Grease and flour pie pan. Bake at 350° for 30 minutes.

Submitted by: Nellie Krogmann

EASY CUSTARD PIE

4 eggs 1 1/2 tsp. vanilla
1 3/4 cups sugar 1 cup coconut
1/2 cup flour 2 cups milk
1/4 cup butter

Combine all in blender until mixed. Pour into buttered pie pan. Bake at 400° for 10 minutes then at 350° for 40 minutes.

Makes a large pie. Makes its own crust.

Submitted by: Lola Gangle
COCONUT CREAM PIE

Baked unfilled pie crust

For filling heat to simmering:

2 cups milk

In mixing bowl combine:

3 well beaten egg yolks with Dash of salt

1/2 cup sugar 2 rounded Tbsp. cornstarch

Pour mixture into milk. Stirring constantly to prevent scorching. Cook till thick. Add:

1 tsp. vanilla 1/2 cup coconut

1 Tbsp. butter

Pour into shell.

Meringue:

Beat 3 egg whites. Add 6 Tbsp. sugar. Spread on pie. Bake at 375° for 5-6 minutes.

Submitted by: Evelyn Freyberg

CHOCOLATE PIE - TO DIE FOR

2 eggs 1 cup chopped walnuts
1 cup sugar 1/2 cup all purpose flour
1 cup butter, melted & cooled 1/2 cup firmly packed brown sugar
1 6-oz. pkg. semisweet chocolate chips

Pour in pie shell. Bake at 325° for 1 hour. Serve warm with Cool Whip or ice cream.

Submitted by: Doris Gustafson

PECAN PIE

1 stick margarine 4 eggs, beaten
1 1/2 cups brown sugar 1 tsp. vanilla
1 cup granulated sugar 2 cups chopped pecans
2 rounded Tbsp. flour 2 unbaked pie shells
1/2 cup milk

Mix all ingredients together. Pour into unbaked pie shells. Bake at 325° for 45 minutes.

Submitted by: Jan Olson
APPLE PIE

Crust:
2 cups flour  
1 tsp. salt  
1/2 tsp. baking powder  
2/3 cup butter flavored Crisco  
1 Tbsp. oil  
4-5 Tbsp. milk

Filling:
1 cup sugar  
4 Tbsp. cornstarch  
3/8 tsp. nutmeg  
3/8 tsp. cinnamon  
Dash salt  
4 1/2 cups thinly sliced apples  
1 Tbsp. water  
2 Tbsp. butter

Measure flour, salt, baking powder in large bowl. Mix well. Cut in shortening until mixture resembles small peas. Sprinkle in oil, then milk. Divide dough in two balls. Roll out each piece.

Prepare filling by stirring together sugar, cornstarch, nutmeg, cinnamon and salt. Mix with apples and water. Turn into pastry lined pan, dot with butter, cover with top crust. Bake 425° - 10 minutes, then 350° - 45 minutes.

Submitted by: La Vonne E. Johnson

DUTCH APPLE PIE

3 cups apples, pared, sliced  
1 unbaked 9" pie shell  
3 Tbsp. flour  
1 egg, beaten  
1/2 cup chopped nuts  
1/2 cup shredded cheddar cheese  
1 cup light cream  
1 cup sugar  
1/2 tsp. cinnamon  
1 tsp. vanilla  
1 Tbsp. butter

Place sliced apples in pastry shell. Mix sugar, flour and cinnamon. Combine egg, cream and vanilla; add sugar mixture and mix well; pour over apples; sprinkle with nuts and dot with butter. Bake in 350° oven for 45-50 minutes until apples are tender. Remove from oven and sprinkle with cheese. Serve while warm.

Submitted by: Esther Benning
REMEMBRANCE STRAWBERRY PIE

1 cup sugar
3 Tbsp. cornstarch
1 cup water
3 Tbsp. strawberry-flavored gelatin

2-3 pints strawberries, stemmed and halved
1 baked pie shell
Whipped cream or Cool Whip

Mix the sugar, cornstarch and water in saucepan, stirring constantly and cook until thickened. Remove from heat; stir in gelatin until dissolved. Cool mixture before pouring over strawberry halves. Mix well. Pour into pie shell and refrigerate until set.

Top with whipped cream. Serves 6-8 people.

Note: Do not cover with Saran Wrap!

Submitted by: Linda S.

CARAMEL BROWNIE CHEESECAKE

Brownie mix
3 eggs
1 Tbsp. cold water
1 14-oz. bag caramels
2 8-oz. pkgs. cream cheese, softened

½ cup sugar
1 tsp. vanilla
¼ cup semi-sweet chocolate chips, melted

Preheat oven to 350°. Mix together brownie mix, one egg, and water in bowl until well blended. Spread into 9-inch springform pan. Bake for 25 minutes.

Melt caramels with milk in saucepan over low heat, stirring frequently until smooth. Reserve ½ cup caramel mixture for topping. Pour remaining caramel mixture over crust. Beat cream cheese, sugar, and vanilla in large mixing bowl at medium speed with mixer until well blended. Add 2 eggs, one at a time, mixing well after each addition. Pour over caramel mixture in pan. Bake 40 minutes.

Loosen cake from rim of pan, cool before removing rim. Chill. Heat reserved caramel in small saucepan until warm. Spoon over cheesecake. Drizzle with chocolate topping.

Submitted by: Kay Langland
CHEESECAKE

4 pkgs. (small size) Philadelphia cream cheese
3 Tbsp. sugar
1/2 tsp. cinnamon
1/2 cube butter or oleo
1/2 pint sour cream
1/2 cup sugar
3/4 tsp. vanilla
1 1/2 tsp. vanilla
14 graham crackers, crushed

Beat cheese first, then add eggs, sugar and vanilla until creamy. Mix the crushed graham crackers, sugar, cinnamon and butter and line 9x9" pan or round size pan. (I use a glass pie plate.) Pour creamy mixture in and bake for 20 minutes at 350°.

Beat the sour cream, sugar and vanilla with spoon just in carton and spread on the hot cheesecake and continue to bake for an additional 10 minutes. When cool, chill for 6 hours in the refrigerator.

Submitted by: Marvelyn Kessler

PINEAPPLE CHEESECAKE

Filling:
1 20-oz. can crushed pineapple
1 6-oz. box lemon jello
1 8-oz. pkg. cream cheese
1/2 cup sugar
2 tsp. vanilla
1 small can evaporated milk
1 tsp. lemon juice

Crust:
1/2 cup butter
1/2 cup sugar
1/4 lb. graham crackers, crushed


Submitted by: Laura Willert
MIRACLE CHEESECAKE

1 pkg. lemon jello
1 8-oz. pkg. Philadelphia cream cheese
3 Tbsp. lemon juice
1 large can carnation milk, whipped

3/4 cup butter, melted
1 cup boiling water
1 cup sugar
1 tsp. vanilla

Graham crackers

Dissolve jello in boiling water, add lemon juice. Cool. Cream the cheese, add sugar and vanilla. Add this to the jello mixture when jello is shaky. Fold in whipped carnation milk. Crush graham crackers. Add melted butter. Pack 2/3 of cracker mixture in bottom of large pan (9x13”). Add filling and sprinkle rest of the cracker mixture on top. Chill several hours.

Submitted by: Judy Costar

CHEESECAKE (UNBAKED)

15 double graham crackers
1/4 lb. melted margarine
1 tsp. powdered sugar
1 3-oz pkg. any flavor jello

1 cup water
1 cup sugar
1 12-oz. evaporated milk, (chill well)

Mix together graham crackers, margarine and powdered sugar. Line bottom of a 9x13” cake pan with mixture, save 1/2 cup for topping.

Mix jello and hot water, allow to cool (but not set). Cream together cream cheese with 1 cup sugar. Whip evaporated milk (chilled will whip faster).

Combine cheese mixture, jello and whipped milk and beat well. Pour into cracker lined pan. Sprinkle the 1/2 cup crumbs over top. Let stand overnight in refrigerator.

Submitted by: Pat Park, Hospice RN
MINT CHOCOLATE CHEESECAKE

1 cup chocolate wafer cookie crumbs
3 Tbsp. melted butter
3 8-oz. pkgs. cream cheese, softened
1 cup sugar
1 tsp. peppermint extract

1/2 tsp. vanilla
1/8 tsp. salt
3 eggs
1/3 cup milk
8 drops green food coloring
3 Tbsp. water
1 cup semisweet chocolate

Mix cookie crumbs and butter, press into 9-inch springform pan. In large bowl, beat cream cheese, sugar, peppermint, vanilla and salt until smooth, about 1 minute. Add eggs; beat until just blended, about 1 minute. Reduce speed to low, blend in milk and food color. Pour into prepared pan, bake at 325° for 40 minutes (center will not be set). Cool completely, then cover and refrigerate 6 hours or overnight.

Remove from pan, place wax paper under edges. Melt chocolate; stir in 3 Tbsp. water until smooth. Pour on cake and quickly spread on top and sides. Cool until set. Remove wax paper. Decorate as desired.

Submitted by: Laura Willert
Candy,
Cookies
&
Bars
MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.

3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.

5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.

6. Thaw whipped topping . . . a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!

7. Soften jello that has set up too hard — perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

8. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

9. To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.

10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.

13. For stamp collectors: place a few crops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.

14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

15. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.

16. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.

17. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.

18. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.

19. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.

20. Heat left-over custard and use it as frosting for a cake.


22. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
CARAMELS

1 cup white sugar  1 cup thick sweet cream
1/4 cup butter  1 tsp. vanilla
1 cup white syrup  1/2 cup chopped nuts

Boil to soft crack stage (280°) medium heat. Stir in 1 cup thick sweet cream gradually. Boil until hard boil stage or as you like caramels. (260°) Add 1 tsp. vanilla and 1/2 cup chopped nuts. Pour into buttered 8x13 cake pan. When cool cut in small pieces and wrap in waxed paper squares.

To test: Drop in cold water.

Submitted by: L. Jean Maier

HAYSTACKS

3/4 cup cream  3/4 cup brown sugar
6 Tbsp. white corn syrup  2 Tbsp. butter
3 cups coconut

Stir constantly. Boil to soft ball and remove from heat. Add coconut and shape into cones.

Submitted by: Devona Swartos

ANISE CANDY

1 cup white syrup  1/4 tsp. anise flavoring
1 cup sugar  Red food coloring

Boil syrup and sugar to hard crack. Add anise flavoring and food coloring. Pour into 8-inch square pan. Mark off.

Submitted by: Evelyn Fryberg

POTATO CANDY

1 medium potato  1 jar smooth peanut butter
2 lbs. powdered sugar

Boil potato and mash. Gradually add sugar until it is stiff and the texture of pie dough. Roll out with rolling pin to about 1/4 inch thickness. Spread with peanut butter, roll up and slice.

Submitted by: Caroline Gullickson
DIVINITY

3 cups sugar
3/4 cup white syrup
1 tsp. salt
1 tsp. vanilla
1/2 cup water
2 tsp. vinegar
2 egg whites
1 cup nuts

Combine sugar, water, syrup, vinegar, and salt. Cook at 265°. While cooking, beat egg whites. Gradually pour thin stream of syrup into egg whites. Beat in vanilla. Beat by hand until it loses its glossyness and holds its shapes. Gradually drop by spoons or pour in 9x13 inch pan.

Submitted by: Devona Swartos

CHRISTMAS “S’MORES”

1 1/2 lbs. white almond bark
1 cup peanut butter
2 cups miniature marshmallows
3 cups crisp rice cereal

Melt almond bark in double boiler. Stir in the rest of the ingredients. Drop by spoonfuls onto waxed paper. Chill or let set until firm.

Submitted by: Caroline Gullickson

PEANUT CLUSTERS

2 lbs. white almond bark
2 lbs. unsalted peanuts
1 (12 oz. pkg.) milk chocolate chips

Melt almond bark and milk chocolate in double boiler. Use low heat and do not let the water boil. When mixture is mixed well, add peanuts. Use the dry roasted peanuts and drop by spoonfuls onto waxed paper.

Submitted by: Jan Olson

CARMELS

2 1/4 cups brown sugar
1 can sweetened condensed milk
1 cup corn syrup
1 tsp. vanilla
1 cup butter


Submitted by: Kathy Mielke
WHITE SUGAR COOKIES

1 cup powdered sugar 1 tsp. soda
1 cup white sugar 1 tsp. cream of tartar
1 cup vegetable oil 4 cups plus 4 Tbsp. flour
1 cup margarine 1/2 tsp. salt
2 eggs 1 tsp. vanilla

Mix the first four ingredients and add eggs, soda, salt, and vanilla. Add flour and cream of tartar and mix thoroughly. Roll into small balls and flatten with the bottom of a glass dipped in sugar. Place on a lightly greased baking sheet and bake at 350° for 8-10 minutes.

Submitted by: Christine Voelker, DeVona Swartos, Ann Heidemann and Judi Hewitt

CHOCOLATE CHIP COOKIES

1 cup white sugar 2 tsp. soda
1 cup brown sugar 1 tsp. salt
1 cup margarine 2 tsp. vanilla
1 cup oil 1 12-oz. bag chocolate chips
2 eggs 4 cups flour
3 tsp. cream of tartar 1/2 cup nutmeats, chopped

Cream sugars and margarine. Add eggs, then oil. Add dry ingredients, then chocolate chips and nuts. Roll in balls, flatten. Bake at 350° for 10 to 12 minutes.

Submitted by: Nette Anderson

BEST CHOCOLATE CHIP COOKIES

1/2 cup Crisco 1 egg, beaten
1/2 cup granulated sugar 1/2 tsp. baking soda
1/2 cup brown sugar 1/2 tsp. salt
1 tsp. vanilla 1 cup plus 1 Tbsp. flour
1/2 tsp. water 1 cup chocolate chips

Cream Crisco and sugars. Add vanilla and water. Add egg. Blend in soda, salt and flour. Add chocolate chips. Bake on greased baking sheet 8-10 minutes at 350°.

Submitted by: Jill Kerr, Devona Swartos, T. Sue Engelmann

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**CUTOUT COOKIES**

\[
\begin{align*}
\frac{2}{3} \text{ cup shortening} & \quad 4 \text{ tsp. milk} \\
\frac{3}{4} \text{ cup sugar} & \quad 2 \text{ cups sifted flour} \\
\frac{1}{2} \text{ tsp. vanilla} & \quad 1\frac{1}{2} \text{ tsp. baking powder} \\
1 \text{ egg} & \quad \frac{1}{4} \text{ tsp. salt}
\end{align*}
\]

Cream shortening, sugar and vanilla. Add egg and beat well. Add milk.

Sift together flour, baking powder and salt. Then add this to the first mixture.

Divide dough in half and chill for approximately 1 hour. Roll dough on floured surface to \(\frac{1}{8}\) inch thick and cut out desired shapes. Bake at 375° for 6-8 minutes.

Frost when cool with mixture of powdered sugar, milk and small amount of margarine creamed together.

Submitted by: Carleen Dixon

**MOLASSES COOKIES**

\[
\begin{align*}
\frac{1}{2} \text{ cup margarine} & \quad 1\frac{1}{2} \text{ tsp. ginger} \\
1 \text{ cup sugar} & \quad \frac{1}{2} \text{ tsp. cloves} \\
2 \text{ eggs} & \quad \frac{1}{2} \text{ tsp. cinnamon} \\
1 \text{ cup molasses} & \quad 1 \text{ cup hot water with} \\
4 \text{ cups flour} & \quad 2 \text{ tsp. soda added to it} \\
1 \text{ tsp. salt} & \quad 1 \text{ tsp. vanilla} \\
\text{Frosting:} & \quad 2 \text{ cups powdered sugar}
\end{align*}
\]

Cream margarine and sugar, add eggs, spices, molasses. Alternate hot water and flour. Chill dough thoroughly - drop by teaspoon on cookie sheets.

**Note** - I like my cookies quite flat - so I flatten with glass dipped in some sugar.

350° oven approximately 10 minutes.

**Frosting for cookies:** Beat egg white some, add syrup then beat in powdered sugar.

Submitted by: Pauline M. Selken
OATMEAL COOKIES
1 cup sugar 2 cups flour
1 cup shortening 2 eggs
1 cup raisins, cooked 1 tsp. soda
5 Tbsp. raisin juice 1 tsp. cinnamon
2 cups oatmeal Pinch of salt

Cream shortening and sugar. Add beaten eggs. Alternately add flour, oatmeal, soda, cinnamon mixture with raisin juice. Drop on cookie sheet with teaspoonsful - ungreased pan. Bake at 350° for about 10 minutes according to your oven.

Submitted by: Mabel A. Lee

FROSTED ORANGE COOKIES
1 1/2 cups brown sugar 1/4 cup orange juice
1 cup shortening 1 tsp. vanilla
2 eggs 3 1/2 cups flour
1 cup sour milk 1 tsp. soda
(1 tsp. vinegar in milk) 2 tsp. baking powder
1 Tbsp. grated orange peel 1/2 tsp. salt
Frosting:
2 Tbsp. butter 1 Tbsp. grated orange peel
3 Tbsp. orange juice 2 cups powdered sugar
1 tsp. lemon juice

Mix in large bowl. Bake at 375° for 10-15 minutes. Drop with spoon on cookie pan.

Submitted by: Terry Jacobson Robuck

FLAKE CEREAL COOKIES
1/2 cup karo syrup (white) 1/4 cup chocolate chips
1/2 cup sugar 1/2 cups Corn Flakes
1/2 cup chunky peanut butter

Heat first 4 ingredients in saucepan. Stir constantly. Remove from heat and add cereal. Toss gently till all cereal is coated. Cool. Form into 1" balls. Place on waxed paper, let set.

Submitted by: Jan Olson
BANANA JUMBOS

1 cup soft shortening (part butter)  
1 cup sugar  
2 eggs  
1 cup mashed ripe bananas (about 2)  
1/2 cup buttermilk

1 tsp. vanilla  
3 cups flour  
1 1/2 tsp. soda  
1/2 tsp. salt  
1 cup chopped nuts (optional)


Submitted by: Grace Ranft

OATMEAL COOKIES

Part 1:  
1/2 cup butter and shortening (1/4 of each)  
2 cups oatmeal

Part 2:  
2 eggs  
5 Tbsp. sweet milk  
1 cup chopped dates  
1 cup sugar

Mix both parts and add 1 1/2 cups flour. Bake at 350°.

Submitted by: Devona Swartos

PEANUT BUTTER COOKIES

1 yellow cake mix  
2 eggs  
1 cup peanut butter

2 Tbsp. water  
1/2 cup shortening

Mix in order. Make balls the size of one teaspoon and flatten with wet fork. Bake at 350° for 10-12 minutes.

Submitted by: Devona Swartos
CHOCOLATE WAFFLE COOKIES

Cookies:
- 2 squares chocolate or 4 Tbsp. cocoa
- ½ cup margarine
- 2 eggs, beaten
- ¾ cup sugar
- 1 cup flour
- 1 tsp. vanilla

Frosting:
- ½ square chocolate
- ½ cup brown sugar
- ¼ cup water
- ½ tsp. vanilla
- ½ - 1 cup powdered sugar

Cookies: Melt chocolate with margarine. Add the rest of the ingredients. Bake in waffle iron 1 minute at waffle baking setting. Drop by Tbsp. onto iron. Makes 42 waffles.

Frosting: Mix together - chocolate, sugar and water. Boil 3 minutes. Add vanilla. Cool and add powdered sugar until stiff.

Submitted by: Florence McDaniel

DELICIOUS CEREAL COOKIES

1 cup Crisco
1 cup salad oil
1 cup white sugar
1 cup brown sugar
1 egg
2 tsp. vanilla
½ tsp. butter flavoring (optional)
3½ cups flour
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar
1 cup quick oatmeal
1 cup Rice Krispies
1 cup flake coconut
1 cup chocolate chips

Blend shortening and oil. Cream in sugars, add egg and flavoring, beat well. Sift together the flour, soda, salt and cream of tartar and mix into the creamed mixture. Stir in cereals, coconut and chocolate chips. Drop by spoonsful on greased cookie sheet. Bake for about 12 minutes in 350° oven. Makes approximately 6 dozen.

Submitted by: Judy Costar
CHOCOLATE SUNDAE COOKIE

1 1/2 cups flour 2 Tbsp. milk
1/2 tsp. soda 2 squares unsweetened chocolate
1/2 tsp. salt 
2/3 cup brown sugar 1/2 cup walnuts
1/2 cup shortening 1/4 cup chopped maraschino cherries
1 unbeaten egg 
1/4 cup maraschino cherry juice

Sift flour, soda and salt. Cream brown sugar, shortening, egg and stir in 1/2 dry mix. Add cherry juice, milk and rest of flour. Blend in unsweetened chocolate, walnuts and chopped maraschino cherries.


Frosting:

1/2 cup brown sugar 3 Tbsp. butter
1/4 cup water 1 tsp. vanilla
1 square chocolate 1 1/2 cups powdered sugar

Bring brown sugar, water and chocolate to boil. Add butter, vanilla and powdered sugar. Work fast as frosting sets up fast.

Submitted by: Devona Swartos

CHOCOLATE CRACKLES

4 oz. unsweetened chocolate 1/2 cup walnuts (optional)
1/2 cup salad oil 4 eggs
2 cups sugar 2 tsp. vanilla
2 tsp. baking powder 2 cups flour
1/2 tsp. salt


Submitted by: Barb Ahartz
POTATO CHIP COOKIES

1 cup shortening  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
1 1/2 cups potato chips, crushed

1 tsp. salt  
1 tsp. soda  
1 tsp. vanilla  
2 cups + 2 Tbsp. flour

Put potato chips in last. Drop by spoon and press with fork. Bake at 350° for 10 minutes.

Submitted by: Gaye Leisinger

MARIANN'S COOKIES

1 cup oleo  
1/2 cup sugar  
1 tsp. vanilla  
1/2 cup crushed potato chips  
1/2 cup nuts (pecans)  
2 cups flour


Bake at 350° for 16-18 minutes or until lightly brown.

Submitted by: Mariann Kampmann

ORANGE SLICE COOKIES

1 cup white sugar  
1 cup brown sugar  
1 cup shortening  
2 eggs  
2 cups oatmeal  
1 cup coconut  
2 1/2 cups flour

1 tsp. milk  
1 tsp. soda  
1/2 tsp. baking powder  
1/2 tsp. salt  
1 tsp. vanilla  
1 lb. orange slices, cut up


Submitted by: Shirley Holmquist
RITZ ALMOND BARK COOKIES
1 pkg. almond bark (chocolate) 1 box Ritz crackers

Spread half of crackers with peanut butter, top with remaining crackers. Dip in melted almond bark. Cool on waxed paper.

Submitted by: Esther Benning

OATMEAL REFRIGERATOR COOKIES
1 cup shortening 1 1/2 cups flour
1 cup white sugar 1 tsp. soda
1 cup brown sugar 1 tsp. vanilla
1 tsp. salt 3 cups oatmeal
2 eggs 1 cup nuts or coconut

Cream shortening, sugar, vanilla and eggs. Add flour, salt, soda, oatmeal and nuts. Shape into rolls and chill in fridge overnight. Bake at 375° for 12-15 minutes. Makes 5 to 6 dozen.

Submitted by: Shirley Holmquist

GINGER CREAMS
2/3 cup shortening 1 tsp. salt
1 cup sugar 1 tsp. soda
2 eggs 2 tsp. ginger
1 cup molasses 1 tsp. nutmeg
1 cup water 1 tsp. cloves
4 cups flour 1 tsp. cinnamon

Blend shortening and sugar. Add eggs one at a time. Add molasses and water. Mix.

Combine flour, salt, soda, ginger, nutmeg, cloves, cinnamon. Blend flour mixture into first ingredients. Drop on cookie sheet.

Bake at 350°. Makes 4 dozen.

Frost with powdered sugar frosting if desired.

Submitted by: Elaine Tarrell
CHOCOLATE PINWHEELS

2 cups flour 1 oz. unsweetened chocolate
1/4 tsp. baking powder 1/2 tsp. salt
1/2 cup soft butter 1 1/2 tsp. vanilla
1 cup sugar 1 egg

Cream butter and sugar, add vanilla and eggs. Add sifted dry ingredients and beat until smooth. Add chocolate to 1/2 of the dough, work in thoroughly. Roll each portion of dough to form an 8x12 rectangle. Place both pieces of dough together and roll as a jellyroll. Wrap tightly in wax paper and chill overnight. Cut dough in 1/4 inch slices and place 2 inches apart. Bake 10-12 minutes at 375°.

Submitted by: Devona Swartos

SNICKER COOKIES

1 cup butter 1 cup peanut butter
1 cup white sugar 3 cups flour
1 cup brown sugar 2 tsp. baking soda
2 tsp. vanilla 1 tsp. baking powder
2 eggs 1 pkg. bite size Snickers

Cut bite size candy bars in half. Mix butter and sugars till creamy. Add vanilla, peanut butter and eggs to sugar mixture. Add flour, soda and baking powder. Wrap candy piece into cookie dough. Bake at 350° for 6-8 minutes. Turn cookie upside down to cool.

Submitted by: Nancy Hope, BVM RN

CARNATION MILK COOKIES

1 cup shortening 2 eggs
1 cup brown sugar 1 cup Carnation canned milk
1/2 cup white sugar 1 tsp. vanilla
2 3/4 cups flour 1 tsp. soda
1 tsp. salt 1 cup chopped nuts (optional)

Mix together and chill 1 hour. Drop by spoonfuls onto baking sheet. Bake at 375° for 10 minutes.

Submitted by: Lola Gangle
**PUMPKIN COOKIES**

**Cookies:**
- 1 cup white sugar
- 1 cup shortening
- 1 cup pumpkin
- 1 egg
- 2 cups flour
- 1 tsp. baking powder

**Frosting:**
- 2 Tbsp. milk
- 2 Tbsp. margarine or butter
- 1/4 cup brown sugar
- 1 tsp. cinnamon
- 1 tsp. soda
- 1 tsp. vanilla
- 1/2 tsp. salt
- Chopped nuts
- Powdered sugar
- 1 tsp. vanilla

Combine sugar and shortening. Add pumpkin and egg. Add remaining ingredients except flour and nuts, mixing well. Stir in flour and nuts.

Bake at 350°.

**Frosting:** Boil frosting ingredients about 2 minutes. Cool. And then add approximately 3/4 cup (or enough to spread easily) and 1 tsp. vanilla. Frost cookies when cooled.

Submitted by: Jan Clites

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**PUMPKIN CHOCO-CHIP COOKIES**

2 cups pumpkin (1 can) 1 tsp. salt
2 cups sugar 2 tsp. baking soda in 2 tsp. milk
1 cup oil 2 tsp. vanilla
2 eggs 2 cups chocolate chips
4 cups flour Nuts (optional)
4 tsp. baking powder
2 tsp. cinnamon

Mix the first four ingredients in order given. In separate bowl combine dry ingredients and mix with beginning four ingredients. Add baking soda/milk, vanilla, chocolate chips, and nuts (if desired). Bake at 375° for 10 to 12 minutes.

Submitted by: Laure Blank
CHOCOLATE PIXIES

3 squares unsweetened chocolate, melted 1/2 tsp. salt
2 1/2 cups flour 1/2 cup vegetable oil
2 tsp. baking powder 2 cups sugar
4 eggs

Sift flour, baking powder and salt. Combine chocolate with oil and sugar. Add eggs, one at a time and beat after each addition. Add vanilla. Add sifted dry ingredients to chocolate mixture and blend thoroughly. Dough will appear a little thin, resembling brownies. Chill several hours or overnight. Heat oven to 350°. Lightly grease cookie sheet with unsalted shortening. Spread 1 cup powdered sugar in a small bowl. Form dough into teaspoon size balls. Roll in sugar. Bake 10-12 minutes. Store in air tight container.

Submitted by: Devona Swartos

HONEY COOKIES

1 cup sugar 1/2 cup margarine
1 beaten egg 3/4 cup boiling water
2 tsp. soda in water 1 cup honey
1/2 tsp. salt 5 cups flour

Cream sugar, margarine and add honey, soda in water and salt. Mix well. Add flour. Refrigerate at least 2 hours. Roll 1/4 inch thick, use donut cutter. Bake until golden brown.

Frosting:

3/4 cup sugar 1 1/2 cups powdered sugar
3/4 cup water 3/4 tsp. baking powder
1 envelope unflavored gelatin Vanilla
Salt

Simmer sugar, water and gelatin for 10 minutes. Add powdered sugar. Beat with mixer well. Add baking powder, vanilla and salt.

Submitted by: Devona Swartos
MAPLE REFRIGERATOR COOKIES

1 cup butter 1/4 tsp. salt
1 cup white sugar 2 eggs
1 cup brown sugar 3 1/2 cups flour
1/4 tsp. maple flavoring 1 cup black walnuts
1 tsp. soda

Cut about 1/4 inch thick and bake at 350°.

Submitted by: Devona Swartos

PEANUT COOKIE POPS

1/2 cup sugar 1 egg
1/2 cup brown sugar 1/2 cups flour
1/2 cup margarine 1/2 tsp. baking powder
1/2 cup peanut butter 1/2 tsp. baking soda
1 tsp. vanilla Fun size Snickers candy bar

Mix together the sugars, margarine, peanut butter, vanilla and egg. Sift dry ingredients and add to mixed ingredients. Use approximately 1/2 cup dough, in center place 1/2 fun size Snickers candy bar. Bake 13-16 minutes at 350°.

Submitted by: Devona Swartos

OATMEAL SCOTCHIES

1 1/4 cups flour 3/4 cup brown sugar
1 tsp. baking soda 2 eggs
1/2 tsp. salt 1 tsp. vanilla
1/2 tsp. cinnamon 3 cups quick oats
1 cup softened butter 2 cups butterscotch chips
3/4 cup sugar


Bake in preheated 375° oven for 7 to 8 minutes. Let stand for 2 minutes. Makes 4 dozen cookies.

Submitted by: Carol Anderson
MRS. FIELD'S CHOCOLATE CHIP COOKIES

Cream together: Add:
2 cups butter 4 eggs
2 cups sugar 2 tsp. vanilla
2 cups brown sugar

Mix together:
4 cups flour 1 tsp. salt
5 cups oatmeal (put small 2 tsp. baking powder
amount into a blender & 2 tsp. baking soda
blend until it turns to powder.
Measure first, then blend)

Mix all ingredients together and add a 24 oz. bag of
chocolate chips, 1 8-oz. Hershey bar (grated) and/or 3 cups
chopped nuts. Bake on ungreased cookie sheet. Bake golf
ball sized cookies, place 2 inches apart and bake at 375°
for 15 minutes. This recipe makes 112 cookies.

Submitted by: Susan Dobesh

CHOCOLATE MINT FILLED COOKIES

1 cup chocolate chips 24 1/4" round thin mints
1/4 cup light corn syrup 2 cups flour
2 tsp. baking soda 2/3 cup softened margarine
1 egg 1/4 tsp. salt
2 6-7 1/4-oz. boxes chocolate 1/2 cup sugar
covered

Melt chocolate chips. At low speed in large bowl mix
melted chocolate, flour, margarine, corn syrup, baking
soda, salt, egg, and 1/2 cup sugar. Increase speed to me-
dium, beat until well mixed, scraping bowl frequently. Wrap
dough in Saran Wrap and refrigerate about 2 hours or
freeze about 40 minutes. Put 1/3 cup sugar in a small bowl.
With hands, shape dough into 96 balls; roll in sugar. Bake
about 12 minutes at 350° about 2 inches apart. Put half of
cookies on work surface inverted and place mint patties
on top of hot cookies. Top with remaining cookies right side
up, pressing cookies slightly so mints spread out to cookie

Submitted by: Devona Swartos
**CHOCOLATE CHIP PUDDING COOKIES**

- ¾ cup brown sugar
- ¼ cup white sugar (can use all brown sugar)
- 1 cup margarine
- 2¼ cups flour
- Dash salt
- 1 4-oz. box instant chocolate pudding (or vanilla)
- 2 eggs
- 1 tsp. soda
- 1 cup chocolate chips (can use butterscotch chips)

Cream sugars and margarine, add eggs. Combine flour, salt, soda, and pudding. Add to creamed mixture. Add chocolate chips. Bake at 350° for 8-10 minutes.

*Submitted by: Devona Swartos*

**DOUBLE CHOCOLATE COOKIES**

- 2 sticks butter or margarine
- 1 1/2 cups sugar
- 2 eggs
- 2 tsp. vanilla
- 2 cups flour
- 2/3 cup baking cocoa
- 3/4 tsp. baking soda
- 1/4 tsp. salt
- 12 oz. chocolate chips
- 1/2 cup chopped nuts

Heat oven to 350°. In large bowl beat sugar, eggs and butter till light and fluffy. In separate bowl stir flour, cocoa, soda and salt together. Put flour mixture in bowl with egg mixture. Add chocolate chips and nuts. Drop by spoonfuls onto greased cookie sheet. Bake 8-10 minutes or till just set.

*Submitted by: Ruth Lindsey*

**ICEBOX OATMEAL COOKIES**

- 1/2 cup butter
- 1/2 cup lard
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 cups sifted flour
- 1 tsp. soda
- 1 tsp. salt
- 3 cups quick oatmeal
- 1/2 cup nuts
- 1/2 cup coconut

Cream fat, add sugar, cream until smooth. Drop in eggs and beat. Add sifted flour, soda, salt, then oatmeal, nuts and coconut. Let stand in icebox overnight. Cut in slices and bake at 350° until golden brown.

This recipe is 50 years old.

*Submitted by: Lois Thomsen*
THUMBPRINT COOKIES

1/2 cup shortening  1/2 cup margarine, softened
1/2 cup brown sugar  2 eggs, separated
1 tsp. vanilla  2 cups flour
1/2 tsp. salt  1 1/2 cups chopped nuts
Jelly

Preheat oven to 350°. Mix thoroughly butter, shortening, sugars, egg yolk and vanilla. Work in flour and salt until dough holds together. Shape dough into 1 inch balls. Beat egg white slightly. Dip each ball into egg white and roll into nuts. Place 1 inch apart on ungreased baking sheet; press thumb into center. Bake for 8-10 minutes, fill thumbprints with jelly and bake until done.

Submitted by: Devona Swartos

100 GOOD COOKIES

1 cup sugar  1 cup brown sugar
1 cup butter or margarine  1 cup oil
1 egg  1 tsp. vanilla

Blend until fluffy. Add the following sifted ingredients:

1 tsp. salt  1 tsp. cream of tartar
1 tsp. soda  3 1/2 cups flour

Then stir in the following:

1 cup Rice Krispies  1 cup oatmeal
1 cup coconut  1 cup chopped nuts

Drop from teaspoons and press top with fork. Bake at 350° for 12-15 minutes.

Submitted by: Caroline Gullickson

When you are dog tired at night, could be that you have been growling all day long.
SWEETZA

1/4 cup milk 2 Tbsp. sugar
1/2 tsp. salt 1/4 cup soft shortening
1 pkg. yeast 1/4 cup warm water
1 3/4 cups sifted flour 1 beaten egg

Scald milk; add sugar, salt, and shortening, cool. Dissolve yeast and add milk mixture, egg, flour, and beat until smooth. Let rise in warm place until double. Press into large cookie sheet, spread on filling. Bake at 375° for 35 minutes.

Sweetza Filling:

8 oz. cream cheese 1/2 cup sugar
2 egg yolks 1 tsp. lemon rind
1 tsp. lemon juice 1/2 tsp. vanilla
1 No. 2 can crushed pineapple

Combine and spread over dough.

Submitted by: Devona Swartos

CHOCOLATE REVAL BARS

2 Tbsp. oleo 1 15-oz. can sweetened condensed milk
1/2 tsp. salt 1 tbsp. vanilla
1 cup chopped nuts 1 12-oz. pkg. milk chocolate chips

Mix chips, milk, butter, and salt together in top of double boiler, melt. When smooth, add nuts and vanilla.

1 cup oleo 2 cups brown sugar
2 eggs 2 tsp. vanilla
2 1/2 cups flour 1 tsp. soda
1 tsp. salt 3 cups oatmeal

Cream oleo and sugar until light and fluffy. Mix egg and vanilla. Sift together the flour, soda, and salt. Stir in oatmeal. Spread 2/3 mixture on bottom of 15x10x1" pan. Cover with chocolate mixture, crumble with remaining oatmeal. Bake at 350° for 25 minutes.

Submitted by: Devona Swartos
BROWNIES

1 cup sugar 4 heaping Tbsp. cocoa
4 eggs 1 cup brown sugar
1 cup melted butter

Add cocoa mixture to sugar/egg mixture.

2 tsp. vanilla 1 1/2 cups flour
1/2 cup chocolate chips 1/2 cup nuts

Bake at 350° in jellyroll pan for 20 minutes or in a 9x13” pan for 25 minutes.

Submitted by: Devona Swartos

SOUR CREAM RAISIN BARS

1 3/4 cups oatmeal 1 3/4 cups flour
1 cup brown sugar 1 tsp. soda
1 cup butter or oleo

Mix the above and put 2/3 of mixture in 9x13” pan. Bake 15 minutes at 350°.

Mix together in a saucepan:

2 cups raisins 3 Tbsp. cornstarch
Pinch of salt 1 tsp. cinnamon
1/2 cup water

Boil 5 minutes. When warm put on baked crust and put remaining crumbs on top. Bake at 350° for 20 minutes.

Submitted by: Devona Swartos

UNBAKED TREATS

1/2 cup butter 1 cup coconut
1/2 cup milk 1/2 cup nutmeats
1/2 cup cocoa 1 tsp. vanilla
2 cups sugar 3 cups oatmeal

Mix together and boil for one minute the first four ingredients. Stir the next four ingredients briskly into boiled mixture and press into pan or drop onto waxed paper.

Submitted by: Lisa Hartenhoff
CHOCOLATE CARAMEL NUT BARS

1 14-oz. bag caramels  
2/3 cup (5 1/3 oz. can) evaporated milk  
1 two-layer German Chocolate cake mix with pudding

1/2 cup margarine, melted  
1 1/2 cups walnuts, chopped  
1 6-oz. pkg. semi-sweet chocolate pieces

Melt caramels with 1/3 cup milk over low heat, stirring until smooth. Combine remaining milk, cake mix and margarine; mix well. Press half of cake mixture into bottom of greased 9x13” baking pan. Bake at 350° for 6 minutes.

Sprinkle 1 cup walnuts and chocolate chips over crust; top with caramel mixture, spreading to edges of pan. Top with teaspoonfuls of remaining cake mixture; press gently into caramel mixture. Sprinkle with remaining walnuts, pressing lightly into top. Bake at 350° for 20 minutes. Cool slightly; refrigerate, cut into bars and serve.

Yield: 2 dozen.

Submitted by: Esther Benning

PEANUT BUTTER OATMEAL BARS

Mix together and set aside:

1 14-oz. can sweetened condensed milk

1 3/4 cup peanut butter

Combine in large bowl:

1 cup flour
2 cups oatmeal
1 cup brown sugar

1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup butter

Mix until crumbly. Press 1/2 of mixture into greased 9x13” pan. Pour peanut butter mixture in rows. Mixture will spread out to cover evenly. Sprinkle with 1 cup chocolate chips. Top with remaining crumbs. Pat down lightly. Bake at 350° for 25 minutes or until golden brown.

Submitted by: Lynne Kaufmann
SAUCEPAN RAISIN BARS

1/2 cup raisins
3/4 cup water
1/2 cup margarine
2/3 cup sugar
1 cup flour
1/2 tsp. soda
1 egg - beaten
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt

Boil the raisins in the 3/4 cup water - about 5 minutes. Drain and reserve 2 Tbsp. of the juice. Melt the margarine, add the sugar and beat well. Add the 2 Tbsp of water. Mix in the remaining ingredients. Pour batter into a greased 8x8" pan. Bake 30 minutes in a 350° oven.

Bars may be frosted with a powdered sugar frosting if desired.

Submitted by: Dolores Brage

FUDGE BROWNIES

1 1/4 cups soft butter or margarine
4 cups sugar
8 eggs
2 cups flour
1 1/4 cups baking cocoa
1 tsp. salt
2 tsp. vanilla
2 cups chopped walnuts

Icing:
1/2 cup butter or margarine
1 1/2 squares (1 1/2 oz.) unsweetened chocolate
3 cups powdered sugar
5 Tbsp. milk
1 tsp. vanilla
Nuts (optional)

In mixing bowl, cream butter, add sugar and eggs. Combine flour, cocoa and salt. Add to creamed mixture and mix well. Stir in vanilla and nuts. Spread into a greased 15x10x1" baking pan. Bake at 325° for 40-45 minutes or until brownies test done. Cool for 10 minutes.

Meanwhile for icing melt the butter and chocolate. Place in a mixing bowl. Add half of the powdered sugar. Mix well. Add milk, vanilla and remaining sugar and beat until smooth. Spread immediately over warm brownies. Sprinkle with nuts if desired.

Yield: about 3 dozen.

Submitted by: Mary Moe
MIXED NUT BARS

1 1/2 cups flour  
3/4 cup packed brown sugar  
1/4 tsp. salt  
1/2 cup + 2 Tbsp. cold butter or margarine  

1 can (11 1/2 oz.) mixed nuts  
1 cup butterscotch chips  
1/2 cup light corn syrup  


Submitted by: Mary Moe

SCOTCHARROOS

1 cup sugar  
1 cup light corn syrup  
Frosting:  
1 sm. pkg. butterscotch chips  
1 sm. pkg. chocolate chips  

1 cup peanut butter (creamy)  
6 cups Rice Krispies


Submitted by: Stella Satterlee

CARMEL BARS

50 carmels  
1 stick melted margarine  
1 German chocolate cake  
2/3 cup evaporated milk  
1 cup chocolate chips


Submitted by: Devona Swartos
MELT AWAY BARS

1 cup soft butter 1 cup sugar
1 egg (separated) 1 tsp. vanilla
2 cups flour 1 cup chopped nuts
Colored sugar

In large mixing bowl, combine butter, sugar, egg yolk, vanilla, flour and 1/2 cup nuts, blend well. Spread in ungreased 15x10" pan. Beat egg white until frothy. Spread over bars. Sprinkle with 1/2 cup nuts and colored sugar. Bake at 350° for 25-30 minutes until golden brown. Cool slightly, cut into bars.

Submitted by: Devona Swartos

QUICK LITTLE DEVIL'S

1 German Chocolate cake mix 1 cup peanut butter
1 stick butter 1 8-oz. jar cream marshmallow

Melt butter and mix with cake mix to make crumbly mixture. In another bowl, mix peanut butter and cream marshmallow together. Put 1/2 crumbly mixture in cake pan, pat down. Cover with peanut butter/marshmallow mixture. Cover with remaining crumbly mixture and pat down. Bake at 350° for 15 minutes.

Submitted by: Dianne Becker

APPLE BARS

2 1/2 cups flour 1 egg yolk (beaten)
1 cup shortening 2/3 cup milk
1 Tbsp. sugar 4-5 cups apples

Mix flour, sugar and shortening as for pie crust. Then add egg yolk (beaten) and 2/3 cup milk. Roll 1/2 dough to fit 11x15" pan. Cut 4-5 cups apple and place on crust, sprinkle with 1 cup sugar and 3 Tbsp. flour. Dot with cinnamon and butter. Roll out remaining crust and put over apples. Beat egg white and brush crust. Bake 1 hour in 350° oven.

While warm drizzle with powdered sugar, cream and vanilla glaze.

Submitted by: Marilynn Bischoff
SINFUL BARS

2 cups flour
1/2 tsp. soda
1 cup brown sugar
1 cup butter
1/2 tsp. salt
1/2 cup flour

1 cup caramel or butterscotch syrup
4 Tbsp. flour
1 pkg. milk chocolate chips

Mix together ingredients in first column. Press 1 cup of mixture in bottom of a 9x13” lightly greased pan. Bake for 10 minutes (no longer) at 350°.

Mix together well, 1 cup caramel or butterscotch syrup and 4 Tbsp. flour. Pour over baked crust, sprinkle chips over top. Cover with remaining crust. Bake 12-15 minutes at 350°. Let cool before cutting.

Submitted by: Jan Olson

SALTED NUT ROLL BARS

1 box yellow cake mix
1/4 cup melted oleo
1 egg
3 cups mini marshmallows
1 12-oz. bag peanut butter chips

1/2 cup white syrup
1/2 cup oleo
1 tsp. vanilla
2 cups peanuts
2 cups Rice Krispies

Combine cake mix, melted butter and egg. Press into 9x13” pan and bake at 350° for 10 minutes. Place the marshmallows on top and return to the oven about 3 minutes or until marshmallows pop up. Melt chips, syrup and butter. Add vanilla. Pour this over the peanuts and Rice Krispies. Then spread over the marshmallows. When cool cut into bars.

For a larger jelly roll pan, use the same base and top measurements, but use enough marshmallows to cover the cake mixture and you still get a nice thick bar.

Submitted by: Darla Fjerstad
CARAMEL LAYER CHOCOLATE SQUARES

1 14-oz. pkg. light caramels  
1/3 cup evaporated milk  
17 1/2-oz. pkg. German Chocolate cake mix  
3/4 cup oleo, melted  
1 cup chocolate chips  
1/3 cup evaporated milk  
(1/3 cup evaporated milk (optional)

Melt caramels and evaporated milk in double boiler.


Submitted by: Pat Park, Hospice RN

SCOTCH SHORTBREAD

1 1/4 cups all purpose flour  
1/2 cup butter or margarine  
(1/4 lb.)  
1/4 cup fine granulated sugar  
Pinch of salt

Sift flour into a bowl, add other ingredients and knead butter into the dry mix, using hand. When mixture binds together (like pie dough), turn onto a lightly floured board and mold into a round cake 8" in diameter and 1/2" thick. Mark around edge with handle end of spoon and prick with fork all over center. Place on cookie sheet and cut through shortbread, dividing into 8 triangles.

Bake in moderate oven (350°) about 30 minutes or until a delicate brown. Cool and break on cut lines. Do not cut with knife as this spoils the texture.

The mixture may be rolled 1/8" thick, cut into rounds or other shapes and baked 12 to 15 minutes at 350°.

Submitted by: Elsa Wood
BORG'S CARROT BARS

Bars:
- $1\frac{1}{2}$ cups oil
- 4 eggs - beaten
- 2 sm. jars baby food carrots
- 2 cups flour
- 2 cups sugar
- 2 tsp. cinnamon
- 2 tsp. soda
- 1 tsp. salt

Mix all ingredients well. Bake at 350° in large jellyroll pan for 25-30 minutes. Cool then frost. (Can make $\frac{1}{2}$ of recipe and put in a 9x13” pan - grease and flour pan.)

Submitted by: David & Sharon Johnson
Arllyce Thorne and DeVona Swartos

Frosting:
- $\frac{1}{2}$ cup soft butter
- 1 3-oz. pkg. cream cheese
- 2 cups powdered sugar
- 2 tsp. vanilla

UNBAKED PEANUT BUTTER SQUARES

Bars:
- $\frac{1}{2}$ cup light corn syrup
- $\frac{1}{2}$ cup sugar
- 1 tsp. vanilla
- 1 cup peanut butter
- 2 Tbsp. butter
- 3 cups Rice Krispies

Bars: Place sugar and syrup in double boiler and heat through. Add vanilla, peanut butter and butter, mix well and add cereal. Pour into 8x8” pan.

Frosting: Mix brown sugar and butter in pan and heat to boiling point, stirring constantly. Add milk, remove from heat and add powdered sugar and vanilla. Spread on first mixture. Cut in 1” squares.

Submitted by: Darla Fjerstad
RESE'S PEANUT BUTTER BARS

1 1/4 cups graham cracker crumbs
1 cup butter
3 1/2 cups powdered sugar
12 oz. chocolate chips

Mix graham cracker crumbs, butter, peanut butter and powdered sugar and pat in a 9x13" pan. Melt chocolate chips and frost bars. Refrigerate.

Submitted by: Michelle Rombough

CHOCOLATE OATMEAL PEANUT BUTTER BARS

3/4 cup margarine, melted
1 1/4 cups flour
2 cups oatmeal
1/2 tsp. soda
1/3 cup syrup
1 cup brown sugar

Mix and pat in 9x13" pan. Bake at 350° for 18 minutes. Remove from oven and top 1 cup of peanut butter; return to oven for a couple of minutes to melt peanut butter - spread evenly. Pour 1 bag of flavor chocolate chips; return to oven until melted. Remove and swirl chocolate into peanut butter - cool - cut into squares.

Submitted by: Esther May

CLUB CRACKER BARS

Club crackers
1 cup brown sugar
1/2 cup milk
1 cup coconut
1/2 cup butter

Frosting:
1 1/2 cups white sugar
6 Tbsp. butter
6 Tbsp. milk
1/2 cup butterscotch chips

Line a 9x13" pan with Club crackers. Crumble 12 Club crackers and combine them with the brown sugar, butter, milk, and coconut and cook very slowly for 8 minutes. Cool and beat. Spread on cracker layer, then press another layer of crackers on top.

Frosting: Combine the sugar, butter and milk and boil for 1 minute. Remove from heat and add chips. Cool and beat. Pour over the layer of crackers.

Submitted by: Lois Thomsen
CHOCOLATE PINWHEELS

1 cup sugar
1/2 cup softened butter
1 egg
2 tsp. vanilla
2 1-oz. square white baking bars, melted & cooled

1 1/2 cups flour
1/2 tsp. baking powder
1/4 tsp. salt
1 1-oz. square unsweetened baking chocolate, melted & cooled

In large bowl combine sugar, butter, egg and vanilla. Beat at medium speed scraping bowl often until creamy (2-3 minutes), reduce speed to low, add cooled and melted white baking bars. Beat until well mixed (about 1 minute). Add flour, baking powder and salt. Continue beating until well mixed (1-2 minutes).

Remove half of dough. Add cooled melted chocolate to remaining dough in bowl. Beat until well mixed (about 1 minute). Shape each half of dough into 6x3” rectangle. Wrap in plastic food wrap. Refrigerate until firm (at least 1 hour).

On lightly floured wax paper, roll out white dough to 15x7” rectangle. Repeat with chocolate dough. Place chocolate dough on top of white dough. Roll up like jellyroll style. Start with 15” side. For easier handling roll can be cut in half. Wrap roll in plastic food wrap. Refrigerate until firm (at least 2 hours).

Heat oven to 375°. Cut rolls into 1/4” slices. Place 2” apart on cookie sheet. Bake 7-9 minutes or until edges are slightly browned. Cool Completely. Makes 5 dozen.

Submitted by: Doris Gustafson

CHEERIO BARS

1 1/2 cups white syrup
3/4 cup brown sugar
3 cups peanut butter

3 cups chocolate chips
9 cups Cheerios

Bring syrup and sugar to a boil. Add peanut butter, chips and Cheerios. Mix and pat into jellyroll pan.

Submitted by: Laura Willert
CHERRY COFFEECAKE BARS

1 1/4 cups sugar
1 1/4 cups oleo
4 eggs, beaten
1/2 cup real orange juice
1 tsp. soda
3 1/4 cups flour
1 can cherry pie filling

Mix sugar and oleo. Add eggs and orange juice. Mix in flour and soda. Put 2/3 of batter in 17x11 1/2" pan. Top with a can of cherry pie filling. Drop rest of batter by spoonfuls on top. Bake 30 minutes.

Frost with powdered sugar frosting when cool.

Submitted by: Dietary Dept., Brookings Hospital

PECAN PIE BARS

1 box yellow cake mix
1/4 stick oleo
4 eggs
1 cup light corn syrup
1 1/2 cups (or desired amount) broken pecans
1 tsp. vanilla
1/2 cup brown sugar

Set aside 2/3 cup of dry cake mix. Put 1/4 stick oleo and 1 egg into rest of cake mix and stir until crumbly. Press into 9x13" pan. Bake for 20 minutes at 375°.

In large bowl mix remaining 2/3 cup of cake mix, 3 eggs, 1 cup light corn syrup, 1 tsp. vanilla and 1/2 cup of brown sugar.

Pour this over baked crust. Add broken pecans on top. Return to oven for 25-35 minutes or until set.

Submitted by: Marlys Landgren

BANANA BARS

2-3 bananas
1/2 cup oil
1 cup sugar
1 egg
1 1/2 cups flour
1 tsp. baking powder
Dash of salt
1 tsp. baking soda

Grease and flour 10x15" pan. Bake 12-15 minutes at 350°. Cool and frost with powdered sugar or cream cheese frosting.

Submitted by: T. Sue Engelmann
CHOCOLATE CHIP, SALTED PEANUT BARS

1 cup shortening
1/2 cup white sugar
1/2 cup brown sugar
3 egg yolks
1 Tbsp. cold water
1 tsp. vanilla
2 cups flour
1 tsp. soda
1/8 tsp. salt
1 pkg. chocolate bits
3 egg whites
1 cup brown sugar
1 cup salted peanuts


Submitted by: Carolyn Hill

BROWNIES

2 cups white sugar
3 sticks margarine
2 eggs, beaten
1 cup milk
3/4 cup cocoa
2 cups flour
1 1/2 tsp. vanilla
1/2 tsp. salt
1 cup finely chopped nuts

Frosting:
1 cup white sugar
5 Tbsp. butter
1/3 cup milk
6 oz. chocolate chips

(There is no leavening in this recipe.) Cream sugar and margarine; add beaten eggs and blend, sift flour, cocoa and salt and add alternately with milk. Add vanilla and nuts. Grease and flour pan 11x15” and spread dough evenly. Bake in preheated 350° oven for 25 minutes (no more).

Frosting: Cook sugar, butter, and milk 3 minutes. Take off heat, stir in quickly chocolate chips and spread over cooled brownies.

Submitted by: Candy Eckert
BLONDE BROWNIES

2 1/2 cups flour 1 cup brown sugar
1 tsp. soda 1 tsp. vanilla
1 tsp. salt 1/2 tsp. water
1 cup butter 2 eggs
1 cup white sugar 1 to 2 cups chocolate chips

Cream butter and sugars. Add slightly beaten eggs. Add vanilla and water. Mix well. Sift flour, salt, and soda, then add to mixture. Put in greased 9x13" cake pan. Sprinkle chocolate chips on the top. Bake at 350° for 25 minutes or until done.

Submitted by: T. Sue Engelmann

CHOCOLATE CARAMEL BARS

1 box German Chocolate cake mix 14-oz. bag of caramels
3/4 cup melted butter 1/3 cup evaporated milk
1/3 cup evaporated milk 1 bag milk chocolate chips

Mix first three ingredients in bowl. Then melt caramels and milk together.

Put half of cake mixture in a greased 9x13" pan. Bake for 6 minutes at 350°. Pour chocolate chips on top. Then pour melted caramels on top of chips. Carefully put remaining cake mix on top of caramel mixture (easier to use spatula to spread). It will be thick. Bake 350° for 15-18 minutes.

Tastes better cold.

Submitted by: Marlys Landgren

DUMP BARS

2 cups sugar 5 eggs
1/2 cup cocoa 1 tsp. vanilla
1 cup oil 1 3/4 cups flour

Mix all ingredients with a spoon til moistened. Put in greased 9x13" cake pan. Sprinkle 1 cup chocolate chips over the top. Don't stir. Bake at 350° for 25-30 minutes.

Submitted by: Marilynn Bischoff
CHOCOLATE SYRUP BROWNIES

1/2 cup butter
1 cup sugar
2 eggs
1 cup flour
1/4 tsp. soda
3/4 cup chocolate syrup
1 tsp. vanilla
3/4 cup chopped nuts


Frost if desired.

Submitted by: T. Sue Engelmann

PUMPKIN BARS

1 cup flour
1/2 cup oatmeal
1/2 cup brown sugar
3/4 cup butter
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

Mix together, press into 9x13" pan and bake at 350° for 15 minutes.

1 can pumpkin
1 can evaporated milk
2 eggs
3/4 cup sugar

Mix together, pour onto crust and bake 20 minutes.

Mix:
1/2 cup chopped nuts
1/2 cup brown sugar
2 Tbsp. melted butter

Sprinkle on top and bake 15-20 minutes more. Cool, refrigerate and serve topped with Cool Whip.

Submitted by: Lola Gangle
International Cuisine
# Favorite Recipes

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SWEET SOUP (DANISH)

2 qts. water 1 1/2 cup raisins
1 cup sugar 1/2 cup small tapioca
1 cup prunes, coarsely chopped 2 cinnamon sticks

In medium saucepan, combine water, sugar, prunes and raisins. Stir occasionally and simmer until soft. Add tapioca, cinnamon sticks and chopped apples. Simmer and stir until tapioca is soft and the apples are cooked but still chunky. Remove cinnamon sticks. Serve.

Submitted by: Jan Olson

LEFSA

1 cup dry instant potatoes 1 tsp. sugar
1/4 cup dry powdered milk 2 Tbsp. butter or oleo
1/2 tsp. salt 1 cup hot water

Beat good. Cool well. Add 1 cup white flour. Roll out in whole wheat flour using lefsa rolling pin or cloth-covered regular rolling pin. Bake on lefsa griddle.

Submitted by: Lola Gangle

MEXICAN FUDGE

2 cups sugar 1/4 cup butter
1 cup cream 4 1/2 cups pecan halves
1 cup sugar

Carmelize 1 cup sugar in small skillet. Combine 2 cups sugar and the cream in medium saucepan. Bring to a boil. Pour carmelized sugar very slowly into boiling cream, stirring constantly. Cook over medium heat until a little dropped into cold water forms a ball. Remove from heat, add butter and pecans. Beat by hand until candy holds together and loses its gloss. Drop quickly by regular spoon onto buttered wax paper.

Submitted by: Lola Gangle
KOLACHE COOKIES

3 cups flour  
1 cup butter - cut in pieces  
1/4 cup sugar  
1/2 tsp. salt  
1 1/4-oz. pkg. active dry yeast

Glaze:

2/3 cup powdered sugar  
1 tsp. almond extract

1/2 cup warm milk - 105°-115°  
1 egg  
1 tsp. vanilla  
1/2 cup preserves (your choice)  
1 egg, well beaten


In small bowl dissolve yeast in warm milk. Stir in 1 egg and vanilla. Add milk mixture to flour mixture. Beat at low speed until well mixed. Divide dough in half.

On lightly floured surface, roll out dough. One-half at a time to 1/8-1/4” thickness. Cut dough into 3” squares. Top each with 1 tsp. preserves. Bring up opposite corners of each square to center. Pinch tightly to seal.

Place on greased cookie sheets. Brush with beaten egg. Bake for 10-14 minutes or until golden brown. Cool completely.

Glaze: In small bowl, combine powdered sugar, almond extract and enough milk for desired glazing consistency. Drizzle over cooled cookies.

Makes 2 dozen.

Submitted by: Doris Gustafson

All of the flowers of all the tomorrows
are in the seeds of today.
GRANDMA NELLIE’S ENGLISH SUET PUDDING

1 cup molasses  
1 cup milk  
1 1/2 cups ground suet  
3 cups flour  
1 tsp. soda  
1 tsp. salt  
1 tsp. cinnamon  
1 1/2 cups raisins

**Lemon Sauce:**

1 cup sugar  
1/2 cup butter  
Juice of 1/2 lemon or 1/3 cup lemon juice  
1 Tbsp. vinegar  
2 Tbsp. flour  
1 egg  
2 cups hot water

**Lemon Sauce:** Mix and cook until thickened. Add 1 tsp. vanilla when taken off fire.

Mix flour, soda, salt, cinnamon. Add molasses and milk. Mix well. Add ground suet and raisins. Place in round, ungreased baking dish. Steam 1 1/2 hours.

Serves 20. (May serve flaming by placing sugar cubes in lemon extract and lighting.)

Submitted by: La Vonne I. Fuller

ISLAND CHICKEN

1 cut up chicken  
1 11-oz. can mandarin oranges  
1/2 cup chicken broth  
3 Tbsp. chutney  
2 Tbsp. sliced almonds  
1 Tbsp. raisins  
1 tsp. curry powder  
1/2 tsp. cinnamon  
1/2 tsp. thyme

Place chicken, except the breast pieces in a glass 9x13” pan. Drain juice from mandarins into a measuring cup. Add enough water to the juice to measure 1 cup. Add remaining ingredients except the orange sections, to the liquid. Pour over the chicken. Bake uncovered for 25 minutes at 425°. Add the breast pieces and the orange sections to the pan. Bake another 25 minutes or until done, basting often.

Submitted by: Lola L. Gangle
TURKEY ENCHILADAS

10 6" flour tortillas
1 16-oz. can tomatoes, cut up
1 15-oz. can tomato sauce
1 small can diced green chilies
1-2 Tbsp. chopped jalapeno peppers
1/2 cup chopped onion
1/4 cup chopped cilantro
3/4 tsp. chili powder
1/2 tsp. ground cumin
2 cups chopped cooked turkey
1/2 cup no-fat cream cheese
1 cup no-fat cheddar cheese
Cooking spray

In a saucepan, combine the tomatoes (undrained), tomato sauce, green chilies, jalapenos, onion, cilantro, chili powder and cumin. Bring to a boil; reduce heat and simmer uncovered 5 minutes.

In a separate bowl, combine turkey, half the tomato sauce (above), the cream cheese and half the cheddar cheese. Wrap the tortillas between two paper towels and microwave for 2 minutes or until just warmed and pliable. Spoon about 1/4 cup of the turkey mixture onto each tortilla; roll tortilla. Place tortillas, seam side down, in a 9x13" pan which has been sprayed with cooking spray.

Bake uncovered at 350° for 20 minutes. Pour remaining tomato sauce over tortillas; sprinkle with remaining cheddar cheese. Bake uncovered 10 minutes.

Submitted by: Lola L. Gangle

ROULATON (GERMAN)

Use as many tenderized round steaks as you need. On each one put these ingredients: don’t over load as you will roll them up. Pound steak so it’s nice and flat. Spread generous mustard on each steak (salad style mustard), chopped onion, sliced raw carrots, sliced or chopped raw bacon, chopped dill pickle (only dill), dry parsley. Roll steak, tucking in corners. Put toothpick in to hold filling in. Brown in roaster in a little oil. Add a little water and roast at 350° for 2 hours or until done. Remove steak from juice and make gravy.

Submitted by: Audra Grenz
SAUERBRATEN (GERMAN)

4 lbs. roast beef (very little bone) 6 whole allspice
2 cups water 1 large bay leaf
1 1/4 cups white vinegar 1 large onion, sliced
6 whole cloves Salt and pepper

Put in glass bowl - combine ingredients, and pour over roast and cover and put in fridge for three days, turning roast once a day. Dry meat with paper towel and brown. Add some of the juice from marinade to roast. Bake at 350° for 2 1/2 hours or until done. Remove meat and make gravy.

Gravy: 12 ginger snaps, 1/2 cup water. Dissolve cookies in water. Add to drippings in pan, add rest of marinade and boil. Brown 3 Tbsp. flour with 3 Tbsp. butter, 2 tsp. sugar. Add to gravy and stir until thick. Strain to make smooth.

Submitted by: Audra Grenz

CUBAN BLACK BEANS

2 lbs. dried black beans 2 tsp. cumin
1 Tbsp. olive oil 6 cups water
4 cups chopped onion 1 tsp. salt
2 green peppers, cut into large slices 1 bay leaf
3/4 lb. kielbasa Pepper to taste
6 cloves minced garlic 1/2 cup red wine vinegar
1/2 tsp. tabasco

Wash the beans and place in enough water to cover. Bring to a boil and boil for 2 minutes. Turn off and let stand for 1 hour. Drain the beans and set them aside.

Saute the onion, kielbasa and garlic in the olive oil. When the onions are translucent, add the cumin and saute an additional minute. Add the beans, 6 cups of water, bay leaf, salt and pepper. Simmer 1 1/2 hours. Remove the bay leaf. Stir in vinegar and tabasco.

Serve with steamed white rice.

Submitted by: Lola L. Gangle
ZEPPOLI-CHOUX PASTRY WITH SWEET RIKOTTA FILLING
MALTESE-SWEETS

1/4 lb. plain flour  1/2 cup water
2 oz. butter or margarine  3 eggs

Rikotta Filling:
11 1/2 oz. rikotta (fresh if possible)
2 oz. milk chocolate
1/4 lb. glace’ cherries
1/4 lb. roasted almonds or hazelnuts, chopped
1/4 lb. roasted chopped almonds

Melt butter or margarine in water over low heat, then bring to the boil. Remove from heat and stir in flour. Return to heat, stirring until mixture forms a ball in the middle of the pan. Remove from heat and allow to cool. Lightly beat eggs and with a wooden spoon beat in a bit of the eggs a little at a time until all the eggs have been added and are thoroughly mixed. In a deep frying pan, fry the choux pastry by dropping teaspoonfuls at a time. When the choux balls have cooked, drain on paper towels and when cool split open.

Rikotta Filling: Place rikotta in a bowl and with a fork remove the lumps, add the chopped chocolate, cherries and nuts. Stir in the powdered sugar and vanilla essence and mix well. Fill the cooled choux balls with the rikotta filling. Arrange them on a serving dish and pour the honey over them. Sprinkle the chopped nuts all over the Zepolli.

Makes 24 to 30.

Submitted by: Helen Myers

· · · · · · · · · · · ·
He who sows courtesy reaps friendship and
he who plants kindness gathers love.
· · · · · · · · · · · ·
STUFFED EGGPLANT
MALTESE

2 eggplant
1/4 lb. hamburger
1/4 lb. pork or 1/2 lb. hamburger
Grated cheese

2 onions
2 eggs
3 Tbsp. tomato puree
Salt & pepper

Parboil eggplant. Strain and let cool.

Slice in half - lengthwise and scoop out some of the eggplant, leaving a hollow in the center. Chop the onion, mix with the hamburger and fry. Add a little of the eggplant pulp and tomato puree. Simmer gently. When cooked, remove from heat; add the beaten eggs and season with salt and pepper.

Fill the eggplant with the mixture. Place the eggplant in a baking dish with a little water. Sprinkle with grated cheese. Bake in hot oven 400° for 30 minutes.

Submitted by: Helen Myers

VERMICELLI OMELETTE
MALTESE-FROGA-TAT-TARJA

1 lb. vermicelli
3 eggs
2 Tbsp. parmesan

Oil
Salt & pepper
Chopped parsley

Boil the vermicelli for 5 minutes. Drain the pasta. Lightly beat the eggs; add the grated parmesan and chopped parsley. Mix the egg mixture into the pasta and stir well. Season with salt and pepper. Fry in an omelette pan. When it has begun to cook well, turn so it will continue cooking on the other side. Continue to cook till solid and lightly golden.

Serve hot with a sprinkling of parsley.

Submitted by: Helen Myers
BAKED MACARONI IN PASTRY
MALTESE-TPANA

1 lb. flaky or puff pastry (can be done without pastry) 4 eggs
1 lb. large macaroni 4 oz. grated parmesan cheese
1/2 lb. ground beef 8 oz. liver (preferably chicken livers) - optional
1/2 lb. ground pork or 1 lb. ground beef
1 lb. ground beef
2 onions
1/4 cup (3 Tbsp.) tomato puree

Fry the onion, add the meat, bacon, and cook for 5 minutes. Add liver and cook for 3 minutes. Add the tomato puree and stock and gently simmer for 15 minutes. Season with salt and pepper.

Meanwhile, prepare the macaroni in a large pot, follow directions on package. Cook until just done. Drain well and mix with sauce. Beat the eggs and add to pasta along with parmesan.

Roll out 3/4 of the pastry to fit the bottom and the sides of a deep long dish. Put in macaroni mixture. Brush over with beaten egg or milk and prick all over with a fork. Bake in a moderate oven 350° for 1 1/2 hours or until golden brown.

Submitted by: Helen Myers

LEMON SOUP (AVGOLEMONO)

4 cups rich chicken broth 4 Tbsp. lemon juice
4 eggs 1 whole lemon, thinly sliced

Heat chicken broth to boiling. In a large mixing bowl, beat eggs with a wire whisk until light, and beat in the lemon juice. Gradually stir in half the broth, whisking constantly. Return to saucepan and place over low heat until soup is thickened, stirring frequently. Pour into small cups and garnish with a lemon slice.

Makes 8 first-course servings.

Submitted by: Teresa Delfinis
MOUSSAKA

Meat sauce (see below) 1 tsp. salt
2 large eggplants, unpeeled 1/8 tsp. pepper
6 Tbsp. olive oil 5 eggs
1/2 cup butter 1/4 cup fine dry bread crumbs
1/2 cup flour 1 cup freshly grated
1 quart milk Parmesan cheese

First prepare meat sauce (see below).

Slice eggplants 3/4" thick. Place on 2 well-oiled 10x15" baking pans and coat both sides of eggplant with the oil. Bake in a 400° oven for 30 minutes, or until tender, turning once.

Melt butter and blend in flour, gradually stir in milk and, stirring constantly, cook until thickened. Season with salt and pepper. Beat eggs until light, and blend the hot sauce into them.

Arrange half the eggplant in a greased 9x13" baking pan. Mix meat sauce with crumbs and spread half over the eggplant. Sprinkle with half the cheese. Cover with another layer of eggplant and remaining meat sauce. Spoon custard sauce over the top, and sprinkle with cheese. Bake in a 350° oven for 50 minutes to 1 hour, or until set and lightly browned. Let stand for 10 to 15 minutes, then cut into squares.

Makes about 12 servings.

Meat Sauce:

Using a large frying pan, saute 2 lbs. lean ground beef in 2 Tbsp. butter until meat is browned and crumbly. Add 2 medium-sized onions, finely chopped, and saute until golden. Add 3 Tbsp. tomato paste, 1/2 cup dry red wine, 3 Tbsp. minced parsley, 2 tsp. salt, freshly ground pepper, and 2 cloves garlic, minced. Cover and simmer 45 minutes (sauce should be very thick).

Submitted by: Teresa Delfinis
BAKLAVA

Honey syrup (see below)  
2 tsp. grated lemon peel  
1 lb. (3 cups) almonds,  
2 tsp. cinnamon  
finely chopped or ground  
1 lb. (4 cups) walnuts, finely  
melted  
chopped or ground  
1 1/2 cups unsalted butter,  
1/2 cup sugar  
1 lb. prepared fila dough

First make honey syrup (see below).

Spread out the nuts in a shallow baking pan and toast in a 300° oven for 10 minutes, or until lightly browned; let cool. Place the sugar, lemon peel, and cinnamon in a large mixing bowl and mash together with the back of a spoon to blend the citrus oil with the sugar. Add toasted nuts and mix lightly.

Butter a 9x13" (or 10x14") baking pan, and line with 3 sheets of fila, brushing each lightly with melted butter and letting dough overlap sides of pan. Sprinkle lightly with about 1/2 cup of the nut mixture and repeat, alternating 2 sheets of buttered fila and the nut mixture, ending with fila.

Using a razor blade or sharp knife, cut through the top layer of fila, making lengthwise strips 1 1/2" wide. Then cut diagonally, making diamonds. Bake in a 325° oven for 1 hour, or until golden brown. Place pan on a rack and cut through diamonds completely, using a sharp knife. Pour the cool honey syrup over baklava.

Makes about 4 dozen pieces.

Honey Syrup:

Combine in a saucepan: 3/4 cup sugar, 3/4 cup water, and 1 stick cinnamon; bring to a boil and boil until clear. Add 1 1/2 cups honey and heat just until blended; then cool. Remove cinnamon stick.

Submitted by: Teresa Delfinis
EASTER SHORTBREAD COOKIES (KOULOURAKIA)

1/2 cup unsalted butter
1/4 cup heavy cream
1/2 cup sugar
1 tsp. vanilla
2 eggs
1 egg yolk, beaten with
2 1/2 cups unsifted
1 Tbsp. milk
all-purpose flour
Sesame seeds
2 tsp. baking powder

Beat butter until creamy, and gradually beat in sugar. Add eggs, one at a time, and beat until smooth. Stir together the flour and baking powder, and add to batter alternately with cream. Mix in vanilla.

Pinch off portions of dough about the size of a walnut and roll on a lightly floured board into strands about 1 3/4” thick and 6” long. Fold in half and twist, twice, forming a twisted finger. Place on a lightly greased baking sheet. Brush with the mixture of egg yolk and milk, and sprinkle lightly with sesame seeds. Bake in a 350° oven for 20 minutes, or until golden brown. Remove to racks and let cool.

Store in an airtight container.

Submitted by: Brandy Delfinis
Home Canning, Freezing, Dehydrating
# Favorite Recipes

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CARAMEL TOPPING FOR ROLLS
1 cup vanilla ice cream
1 cup brown sugar
1/2 cup of butter

Bring to a boil. Pour over raised rolls. Bake.

CHOCOLATE SAUCE FOR ICE CREAM
1 1/2 cups sugar
Cocoa (2 Tbsp.)
1 cup (Whole) milk
Dash of salt
Vanilla

Mix ingredients and bring to a boil. Boil until it forms a soft ball. Use either hot or cold.

Submitted by: Nellie Krogmann

FRESH CRANBERRY SAUCE
1 cup sugar
1 cup pineapple tidbits (drained well)
1 cup pineapple juice
12 oz. fresh cranberries

Dissolve sugar in juice. Bring to low boil, add cranberries and pineapple. Boil gently for 10 minutes.

Cool completely and refrigerate.

Submitted by: Jan Olson

BEST EVER PIZZA SAUCE
30 oz. tomato sauce
12 oz. tomato paste
1/2 cup minced onion
1 1/2 tsp. basil
1 1/2 tsp. parsley
2 garlic cloves, minced
1 tsp. oregano
1 Tbsp. sugar
1/2 tsp. salt
1/4 tsp. pepper

Slow cook all ingredients for 2 hours to get spices well mixed.

Freezes well for up to 3 months.

Submitted by: Jan Olson
MEXICAN MIXUPS

1 can chili with beans
1 can whole kernel corn
1 can miniature ravioli

Mix the canned ingredients. Serve with crushed corn chips and grated cheese as toppings.

Submitted by: Bonney Bork

V-6 VEGETABLE JUICE

8 quarts of tomatoes
2-3 carrots
1 large onion
1 medium green pepper

Clean tomatoes, removing stem ends and blemishes. Clean the other vegetables, cut up, and puree in a blender. Put all in a large kettle, and cook until soft. Puree the mixture in a blender and put through a colander or sieve. Return to clean kettle, bring to a rolling boil, pour into sterilized jars and seal. Process in hot water bath for 10 minutes.

Submitted by: Arlyce Thorne

BAKED OATMEAL

1/3 cup oil
1/2 cup sugar
1 large egg, beaten
2 cups quick oatmeal
1 1/2 tsp. baking powder

Mix together oil, sugar and egg. Then mix separately the oatmeal, baking powder, salt, milk. Add 2nd mixture to the first mixture. Pour into greased 8x8-inch pan. Bake at 350° for 25-30 minutes. Add raisins or other dried fruit if you wish. Mush up bananas or add applesauce to keep from crumbling.

Can adapt to large baking pan to feed large groups. Serve as cake or as a cereal with milk over it. Serves 4-6.

Submitted by: Sandy Kemner
APPLE BUTTER

2 doz. tart apples (Macintosh or John-a-mac work best) 1 1/2 tsp. cinnamon
2 cups apple cider 1/2 tsp. cloves
3 cups sugar 1/8 tsp. nutmeg
3 Tbsp. lemon juice

Peel and quarter apples, cook in cider and lemon juice until very tender.


Submitted by: Jan Olson

ZUCCHINI JAM

4 cups chopped, peeled zucchini (cook until tender) 1 cup crushed pineapple
6 cups white sugar 1/2 cup lemon juice
2 3-oz. pkgs. apricot gelatin

Put first four ingredients together in saucepan and bring to a boil. Add gelatin and stir until dissolved. Remove from heat, put in jars and seal or freeze.

(Any kind of gelatin may be used.)

Submitted by: Dorothy Deethardt

APPLE BUTTER (DIABETIC-SUGARLESS)

20 oz. jar unsweetened applesauce 1 tsp. cinnamon
12 oz. can unsweetened frozen apple juice concentrate (undiluted) 1/2 tsp. cloves

Combine applesauce, apple juice, and spices in electric fry pan or iron pot. Add more spices if you wish. Simmer slowly, stirring frequently, about 1 1/2 hours until form mounds. Cool and put in jars and seal.

Makes about 3 1/2 pints.

Submitted by: La Vonne Fuller
BUTTERGINE

1 lb. butter  
1 cup oil, sunflower or safflower  
1 tsp. salt  

1 Tbsp. liquid lecithin  
1 400 IU capsule of liquid Vitamin E

Place all of the ingredients in a bowl or blender. Puncture the Vitamin E capsule and squeeze out. Blend all ingredients together in the blender and refrigerate. Keep it in a covered container.

This will spread just like margarine and has now become a polyunsaturated fat without any hydrogenation processes involved.

Submitted by: T. Sue Engelmann

REFRIGERATOR PICKLES

4 cups vinegar  
4 cups sugar  
1/3 cup salt (pickling)  

1 1/3 tsp. tumeric  
1 1/3 tsp. mustard seed  
1 1/3 tsp. celery seed

Slice 1 onion for the bottom of each jar. Wash and sterilize 3 quart jars. Fill with 1 onion and sliced (unpeeled) cucumbers. Mix sugar, vinegar and spices. Do not heat. This syrup is cold. Pour on cucumbers and store in refrigerator for at least 24 hours before using.

They’ll keep in the refrigerator for a year.

Submitted by: Mariann Kampmann

Kind hearts are the gardens; kind thoughts are the roots; kind words are the flowers; kind deeds are the fruits.

* * * * * *
SWEET PICKLE RELISH

Grind together:
9 large cucumbers
2 small onions
1 green pepper

Boil together:
2 cups sugar
1 cup vinegar

Sprinkle with 1/4 cup salt
1 Tbsp. mustard seed
1 1/2 Tbsp. celery seed

Add drained ground up vegetables and cook until clear.
Put in clean hot jars and seal.

Submitted by: Evelyn Freyberg

PLAY DOUGH

1 cup flour
1 Tbsp. alum
1 cup boiling water
1/2 cup salt
1 Tbsp. salad oil

Stir ingredients together and knead until smooth. Add desired food coloring.

Keep refrigerated in plastic sack.

Submitted by: Devona Swartos

DIRTY DISHES

Thank God for dirty dishes
They have a tale to tell
While others go hungry
We’re eating very well
With home & health & happiness
We shouldn’t want to fuss
For by this stack of evidence
God’s very good to us.

Submitted by: Evelyn Freyberg
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