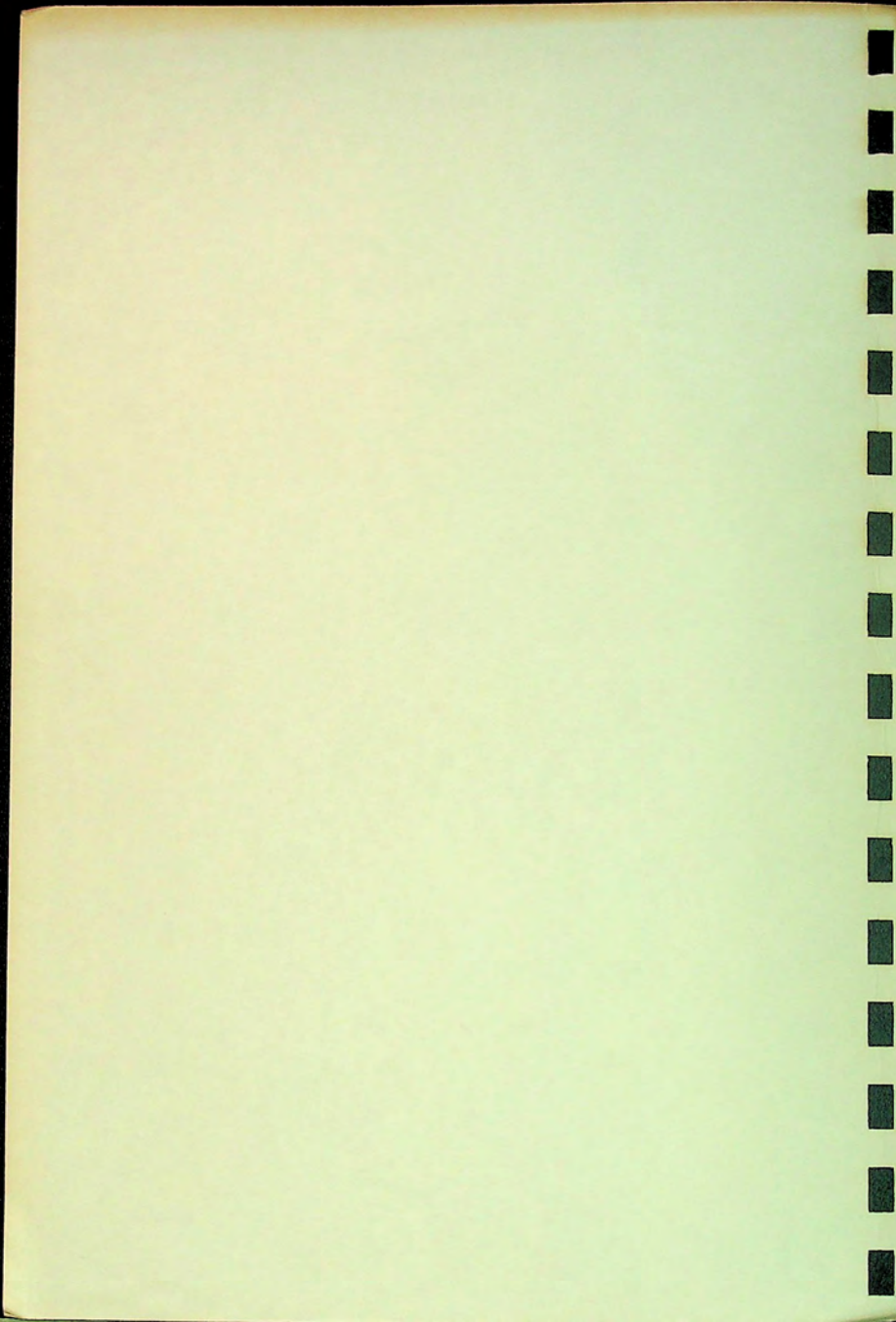


Home Cookin' is a Family Affair

RECIPE FOR
SUGAR
COOKIES
FLOUR
SUGAR
EGGS
CINNAMON
BAGINS







A BOOK OF
FAVORITE
RECIPES

Compiled By
1990 EMPLOYEE'S ACTIVITIES COMMITTEE
of
DIGITAL EQUIPMENT CORPORATION



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Basic Kitchen Information



Expression of Appreciation

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

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

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EQUIVALENTS

3 tsps.....	1 tbsp.
4 tbsps.....	¼ cup
5½ tbsps.....	⅓ cup
8 tbsps.....	½ cup
10¾ tbsps.....	⅔ cup
12 tbsps.....	¾ cup
16 tbsps.....	1 cup
½ cup.....	1 gill
2 cups.....	1 pt.
4 cups.....	1 qt.
4 qts.....	1 gal.
8 qts.....	1 peck
4 pecks.....	1 bu.
16 ozs.....	1 lb.
32 ozs.....	1 qt.
8 ozs. liquid.....	1 cup
1 oz. liquid.....	2 tbsps.

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

WEIGHTS AND MEASURES

Baking powder

1 cup = 5½ ozs.

Cheese, American

1 lb. = 2¾ cups cubed

Cocoa

1 lb = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = 4½ cups

1 lb. graham = 3½ cups

Lemons, juice

1 medium = 2 to 3 tbsps.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tbsps.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

¾ oz. pkg. flavored = ½ cup

¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = 2½ cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = 3½ cups

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

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

BLOOD

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

CANDLE WAX

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

CHEWING GUM

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

CHOCOLATE AND COCOA

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

COFFEE

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

CRAYON

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

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

DEODORANTS

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

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. **CAUTION:** Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

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

FRUIT AND FRUIT JUICES

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

GRASS

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

GREASE, OIL, TAR

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

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

INK--BALL-POINT PEN

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

INK--FOUNTAIN PEN

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

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.

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

LIPSTICK

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

MEAT JUICES

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

MILDEW

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

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

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

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

NAIL POLISH

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

PAINT

-oil base

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

-water base

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

PERSPIRATION

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

RUST

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

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

SCORCH

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

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

SOFT DRINKS

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

TEA

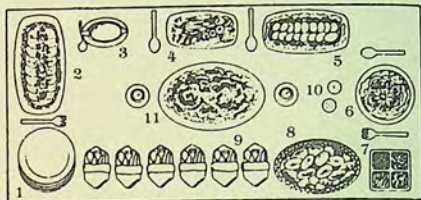
Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

PARTY PLANNING

Buffet Setting

A buffet makes it easy to serve a large group in a small dining area. This setting can be used for any meal by just placing the food in the order of your menu, plates first and eating utensils last.

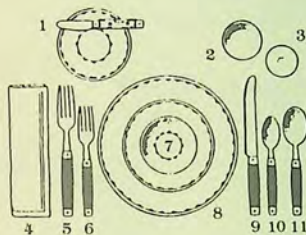
1. Plates; 2. Main dish;
3. Gravy boat on liner plate;
4. Vegetable dish;
5. Other side dish;
6. Salad bowl; 7. Relish tray;
8. Basket of rolls;
9. Napkins with knives, fork and spoons;
10. Salt and pepper;
11. Centerpiece and candles.



Luncheon

A luncheon can be great fun no matter what size the crowd. An optional fruit or soup first course could be followed by:

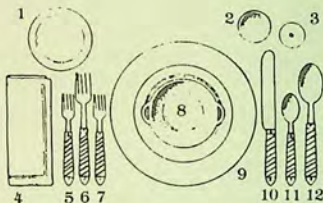
1. Hot casserole or omelet, bread and a light dessert.
2. Cold combination salad, bread and a rich dessert.
3. Small salad, hot main dish and dessert.



1. Bread and butter plate and knife; 2. Water glass; 3. Optional drink glass;
4. Napkin; 5. Luncheon fork; 6. Dessert fork; 7. First course bowl and liner plate; 8. Luncheon plate; 9. Knife; 10. Teaspoon; 11. Soup spoon.

Dinner

You don't have to wait for a special occasion to have a formal dinner party. Sunday dinners with family and friends is a wonderful reason to celebrate by serving a formal dinner and it will almost guarantee help with the extra dishes!



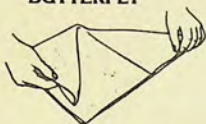
1. Salad plate; 2. Water glass; 3. Optional drink glass; 4. Napkin;
5. Salad fork; 6. Dinner fork; 7. Dessert fork; 8. First-course bowl and liner plate; 9. Dinner plate; 10. Dinner knife; 11. Teaspoon; 12. Soup spoon.

PARTY PLANNING

Napkin Folding

Add a final decorative touch to your dinner table by folding napkins into any of the shapes below. Napkins may also be placed on the dinner plates.

BUTTERFLY



Form a triangle from an open napkin. Fold the right corner to the center.



Take the left corner up to center, making a diamond. Keeping the loose points at the top, turn the napkin over, then fold upward, to form a triangle.



Tuck the left corner into the right. Stand up napkin; turn it round, then turn the petals down; it's now a butterfly.

ARTICHOKE



Place all 4 points to the center of an opened napkin.



Fold the 4 points to the center of the napkin once more.



Repeat a third time; turn napkin over and fold points to the center once more.



Holding finger firmly at center, unfold 1 petal first from underneath each corner.



Pull out 4 more from between the petals. Then pull out the next 4 under the petals.

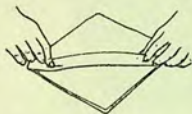


The artichoke now has 12 points.

SILVER BUFFET



Fold the napkin over twice to form a square. Hold the square in a diamond shape.



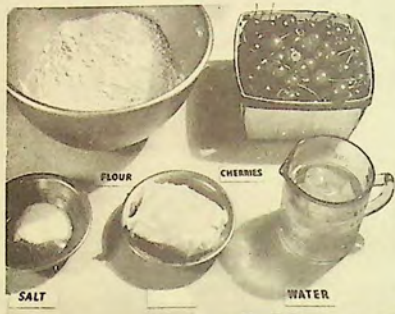
Take the top 2 flaps and roll them halfway down the napkin.



Fold under the right and left points at the sides. There is now a pocket into which you can place the knife, fork and spoon.

6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, 2/3 cup vegetable shortening, 2 cups flour, and cold water.

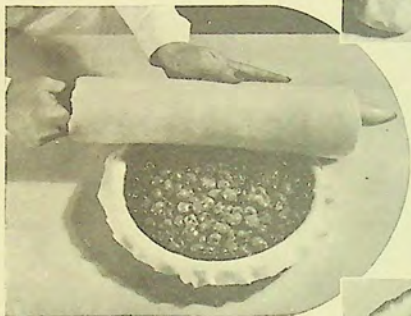
2 Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 table-
spoons cold water, a
little at a time. Mix
quickly and evenly through
the flour until the dough
just holds together.

Perfect Pie

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



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

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



TIME TABLE FOR MEAT COOKERY

Broiling

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

Stewing

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

Simmering in Water

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

TIME TABLE FOR MEAT COOKERY

Roasting

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

Braising

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

Freezing Prepared Foods

PACKAGING MATERIALS

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

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

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

Select containers that pack easily into a little space.

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

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

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

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

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

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

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

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

GENERAL INFORMATION

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

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

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

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

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

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

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

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

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

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

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

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

It is best to freeze meat pies and turnovers unbaked.

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

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

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

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

EVERY DAY HERB GUIDE

ANISE SEED

BASIL

BAY LEAVES

CARAWAY SEED

DILL SEED

OREGANO

ROSEMARY

SAGE

SESAME SEED

TARRAGON

THYME

TORMENTIL

APPETIZERS & BEVERAGES

Adds licorice flavor to Milk or Tea

Pizza, Stuffed Celery, Butter Spreads, Tomato Juice

Tomato and Vegetable Juices

Add whole to Popcorn Balls, Cheese Spreads & Dips, Tea

Use 1/2 tsp. in Spreads, Avocado Dip, a dash in Tomato Juice

Pizza, Guacamole, Sharp Cheese Spread, Vegetable & Tomato Juice

Sharp Cheese Spreads, Tea

Add to Dips and Spreads, Sprinkle toasted seed over Canaps

Avocado Dip, Liver Pate, Vegetable & Tomato Juices

Fish Spreads, Clam & Tomato Juices

Use as garnish or add to dough for Coffecake and Sweet Rolls

Use as garnish or add to dough for Coffecake and Sweet Rolls

BREADS & ROLLS

Use as garnish or add to dough for Coffecake and Sweet Rolls

Use as garnish or add to dough for Coffecake and Sweet Rolls

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CAKES & COOKIES

Add whole or crushed to Spongecake, Spicecake, Cupcakes

Add whole or crushed to Spongecake, Spicecake, Cupcakes

Add whole or crushed to Spongecake, Spicecake, Cupcakes

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Add whole or crushed to Spongecake, Spicecake, Cupcakes

CASSEROLES

An unusual touch in Stew

Crush leaves just before adding to Goulash, Stews, Veal Scaloppine, Spanish Rice, Stuffing

Crush leaves just before adding to Goulash, Stews, Veal Scaloppine, Spanish Rice, Stuffing

Crush leaves just before adding to Goulash, Stews, Veal Scaloppine, Spanish Rice, Stuffing

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DESSERTS

Springerle, Butter Cookies, Candies, All Fruit Pies, Compotes, Applesauce, Stewed Apples

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EGGS & CHEESE

Collage & Cream Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese









Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese







Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

Scrambled Eggs, Souffles, Rarebits, Green & Collage Cheese

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FISH	Hard Shelled Crab, Shrimp, Steamed Cod	Shrimp, Lobster, Halibut	Cod, Boiled or Steamed Shrimp, Crab & Lobster, Poached Halibut & Salmon	Halibut, Shrimp, Sole, Lobster	Shrimp, Clams, Lobster, Stuffed Fish	Salmon, Crab, Halibut, Creamed Seafood	Baked Halibut, Salmon, Cod	Sprinkle on fish before broiling or add to broiling	Crab, Lobster, Salmon, Tuna	Sprinkle lightly on Tuna, Scallops, Crab, Sole, Clams	Creamed Salmon, Lobster, Shrimp
MEAT & POULTRY	Use 1/4 tsp for 4 servings of Veal, Chicken, Duck, Sausage	Veal Roast, Lamb Chops, Liver, Barbecued Chicken, Duck, Sausage	Pot Roast, Oxtails, Shish Kebab, Sauerbraten, Boiled Pork or Chicken	Beef, Veal, Pork Chops, Lamb Chops	Meatloaf, Meatballs, Pork Veal, Swiss Steak, Duck, Lamb Sausage, Stuffings	Beef, Pork, Veal, Lamb, Poultry, Game	All Pork Dishes, Ham, Pork Sausage, Meat Loaf	Pork Chops, Chicken Cutlets, Lamb, add 1/2 tsp to ground beef for hamburgers	Broiled Chicken, Squab, Duck, Steaks, Veal	All Meats, Meatloaf, Liver, Chicken, Turkey	Add 1/2 tsp to Lamb or Beef, Broiled Chicken
PRESERVES & PICKLES	Add whole to Sweet Pickles	Mustard Sauce	Beets, Mixed & Sour Pickles	Dill Pickles, of course!	Mustard Sauce		Mustard Sauce		Mustard Sauce, Sour Pickles	Mustard Sauce	Chow Chow, Chutney, Mixed Pickles, Relishes
SALADS & DRESSINGS	Use whole or crushed in Waldorf, Fruit and Vegetable Salads	Aspics, Tossed Chicken, Sea food & Cucumbers Salads, French & Russian Dressings	Aspic, Tomato Salad, cucumber Salads, Dressing	Potato, Macaroni, Chicken, Turkey, Salads, French Dressing, Sour Cream Dressings	Egg, Bean, Tomato, Vegetable, Seafood Salads	Fruit or Meat Salads	Salad Greens & French Dressing	Vegetable Salads & Dressings	Tossed Chicken, Fruit, Seafood, Dressings & Vinegars	Tossed Beet & Tomato Salads, Tomato Aspic	Use 1/2 tsp per cup in French & Mayonnaise Dressings or 1/4 tsp for color
SAUCES & GRAVIES		Seafood, Butter, Spaghetti, Tomato & Pizza Sauces	Bordelaise & Marinades	Crush and add to Cream Sauce, Spiced Vinegar, Drawn Butter	Spaghetti, King, Barbecue Cream, Butter Sauces, Marinades & Gravies	Cheese, A La Spaghetti & Tomato Sauces, Brown Gravy	Add a dash to BROWN & Cream Gravy, Barbecue Sauce		Bearnaise, Butter, Mustard, Tartar, Sweet Sour Sauces, Marinades	Bordelaise, Creole, Butter & Barbecue Sauces	Add 1/4 tsp to Butter, Cheese, Cream & Mustard Sauces
SOUPS & CHOWDERS		Bean, Beef, Pea, Tomato, Potato, Manhattan Clam Chowder	Creamed Fish Briques	Chicken, Cream of Tomato, Split Pea, Navy Bean	Bean, Beef, Minestrone, Tomato Soup & Fish Chowder	Chicken, Minestrone, Split Pea, Vegetable	Creamed Chicken Chowder, Consomme	Creamed Soups	Chicken, Consomme, Mushroom, Fish, Pea, Tomato	Gumbo, Fish & Clam, Pea, Vegetable	Add a dash to Creamed Soups and Chowders
VEGETABLES		Eggplant, Peas, Squash, String Beans, Zucchini, Cabbage, Boiled Potatoes, Tomatoes	Asparagus, Beets, Beans, Cauliflower, French Fried Cabbage, Boiled Potatoes, Sauerbraten	Add 1/4 tsp to Beets, Carrots, Peas, Cabbage, Tomatoes, Flower, Sauerkraut, Tomatoes	Onions, Potatoes, Peas, Spinach, String Beans, Tomatoes, Zucchini	Eggplant, Beans, Peas, Squash, Spinach, Boiled Potatoes, Onions, Lima Beans, Peas, Sautéed Mushrooms	Green Beans, Eggplant, Brussels Sprouts, Onions, Lima Beans, Tomatoes	Use roasted asparagus, green beans, tomatoes, spinach	Asparagus, Beans, Broccoli, Cabbage, Peas, Cauliflower, Potatoes, Tomatoes	Artichokes, Beans, Beets, Carrots, Mushrooms, Tomatoes, Potatoes	Sprinkle on Creamed Potatoes

A DIET TO LIVE WITH

Good nutrition is important whether you are dieting to lose weight or to maintain your ideal weight. A good low-calorie diet meets your daily nutritional needs, subtracting calories without sacrificing the minerals, vitamins and other food requirements. With the lists below you can keep your diet varied and exciting. It is imperative that you combine choices from each of the groups daily.

GROUP I: DARK GREEN AND YELLOW VEGETABLES

These vegetables are high in essential minerals-iron, calcium and phosphorus- and in vitamins A and C. A one cup serving of the starred (*) vegetables will supply all the vitamin A you need daily. Using two or more of the other vegetables listed will round out your daily nutritional needs. This does not include butter or margarine. Those calories are counted from Group IX.

35 calories per 1/2 cup serving:

* Carrots * Pumpkin * Winter squash (butternut, acorn or hubbard)

20 calories per 1/2 cup serving:

Asparagus (6 spears)	Broccoli	* Spinach	Green Beans
Green Peppers	* Kale	* Dandelion Greens	Tomatoes
Turnip Greens	* Collards	* Mustard Greens	

* Escarole and Lettuce equal 15 calories in a one cup serving.

GROUP II: OTHER VEGETABLES

These vegetables are also important for daily nutritional needs. Plan one or more servings per day and do not substitute with vegetables in Group I. These vegetables do not include butter or margarine. Those calories are counted from Group IX.

50 calories for 1/2 cup serving:

Beets Onions Parsnips Turnips (3/4 cup)

15 calories or less per 1/2 cup serving:

Bean Sprouts	Brussel Sprouts	Cabbage	Cauliflower
Celery	Chard	Cucumbers	Endive
Radishes	Kohlrabi	Mushrooms	Okra
	Sauerkraut	Zucchini	Yellow Squash

GROUP III: HIGH VITAMIN C FRUITS

One serving of any fruit listed here will meet your daily need for vitamin C.
1 cup of fresh strawberries is 50 calories.

70 calories per serving:

- 1 cup unsweetened grapefruit sections, (fresh or canned)
- 6 oz. grapefruit juice
- 1 medium size orange
- 6 oz. orange juice
- 1 cup papaya cubes

GROUP IV: MEDIUM-HIGH VITAMIN C FRUITS

Serve two portions of these each day, or one portion plus one of the starred vegetables listed in Group I. These fruits are 40 calories per serving.

- 1/4 cantaloupe
- 1 tangerine
- 1/2 grapefruit, fresh
- 1 cup tomato juice
- 1/2 cup red raspberries
- 1 cup tomato juice

GROUP V: OTHER FRUITS

- 1 small apple
- 2 fresh apricots
- 1/2 small banana
- 1/2 cup fresh blueberries
- 2 figs, fresh or dried
- 1/2 cup Tokay, Malaga or seedless grapes
- 1 cup cubed watermelon
- 1/3 medium papaya
- 1 small pear
- 1/3 cup unsweetened pineapple juice
- 1 Tbsp. seedless raisins
- 1/2 cup unsweetened applesauce
- Dried apricots, 4 halves
- 1/2 cup fresh blackberries
- 10 dark, sweet cherries
- 2 dates, fresh or dried
- 1/4 cup grape juice
- 1 wedge honeydew 7 x 2
- 1/2 Mango
- 1 medium peach
- 1/2 cup cubed pineapple
- 2 medium plums

GROUP VI: MILK

With any diet, a pint of low fat milk a day is a must for adults and this counts as 180 calories. Milk may be incorporated into dishes in the meal or as a beverage with meals or as a snack inbetween meals.

GROUP VII: MEATS

This group includes beef, veal, lamb, pork, ham and poultry, fish, cheese and eggs. We require 375 calories of cooked lean meat or their equivalent every day.

For a 225 calorie serving:

- 1 slice prime rib roast, 5 x 3 1/2 x 1/2 in.
- 1 slice sirloin or round roast, 5 x 4 x 1/4 in.
- 1 slice roast lamb, 4 x 4 x 1/4 in.
- 1 slice baked ham, 5 1/2 x 3 1/2 x 1/4 in.
- 2 slices roast pork, 3 x 1 1/2 x 1/2 in.
- 3 slices roast veal, 3 x 2 x 1/2 in.
- 1 broiled loin lamb chop
- 1 broiled pork chop
- 1 cup low-fat cottage cheese
- 1 broiled veal chop
- 1 broiled ground beef patty (4oz. raw)
- 3 slices roast turkey 3 x 3 x 1/4 in.
- 3 slices of roast chicken 3 x 3 x 1/4 in.
- 1 fried breast from 2 lb. chicken
- 1/2 cup boned, canned chicken
- 1 piece broiled halibut, 4 x 3 x 1/2 in.
- 1 piece broiled or baked salmon, 4 x 3 x 1/2 in.

For 150 calorie serving:

½ of 2 lb. chicken, broiled
3 medium size chicken livers, broiled
1 piece liver, 3½ x 2½ x ½ in.
2½ slices canned corned beef, 3 x 2¼ x ¼ in.
2 slices bologna
3 slices boiled tongue, 5 x 3 x ½ in.
1 frankfurter, boiled
2 slices packaged boiled ham
9 shrimp (20 to the lb.) boiled
12 med. oysters
¾ cup crab meat

¾ cup low-fat cottage cheese
1 cube cheddar cheese, 1½ in.
2 eggs, boiled or poached
½ cup canned salmon
½ cup water packed tuna
1 piece boiled haddock, 4½ x 4 x ½ in.
1 piece boiled mackerel, 4 x 2 x ½ in.
1 fishcake, 2½ in. in diameter
4 small, Atlantic-type sardines
2 large California type sardines
12 cherrystone clams

GROUP VIII: HIGH STARCH FOODS

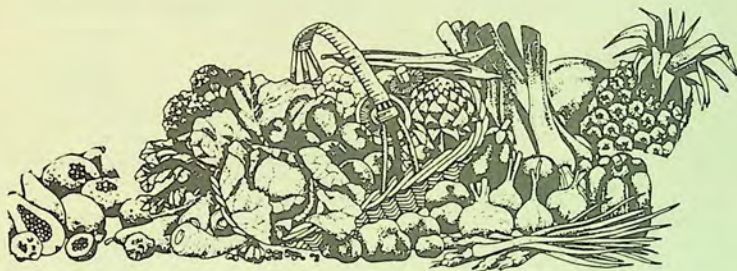
70 calories without butter or margarine

1 slice bread (16 slices to a lb.)	1 two inch dinner roll
2 graham crackers	20 oyster crackers
5 square saltines	3 square soda crackers
3 rectangular wafers	½ cup oatmeal
½ cup whole wheat cereal	¾ cup dry cereal flakes or puffs
½ cup cooked rice	½ cup cooked grits
1 small baked or broiled potato	½ cup mashed potato (milk added only)
½ medium baked sweet potato	½ cup cooked spaghetti
½ cup cooked noodles or macaroni	½ cup cooked beans
¼ cup baked beans without pork	½ cup corn
1 cup popped corn	

GROUP IX: BUTTER, MARGARINE, FATS OR OILS

55 calories per serving

1 pat butter or margarine (1/16 of a stick)	1½ tsp. vegetable or olive oil
2 Tbsp. light cream	1 Tbsp. heavy cream
2 Tbsp. dairy sour cream	1½ tsp. mayo or salad dressing
1 Tbsp. cream cheese	1 Tbsp. seasoned salad dressing
6 small nuts	

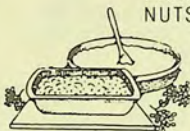




Quantities to Serve 100 People



COFFEE	- 3 LBS.
LOAF SUGAR	- 3 LBS.
CREAM	- 3 QUARTS
WHIPPING CREAM	- 4 PTS.
MILK	- 6 GALLONS
FRUIT COCKTAIL	- 2½ GALLONS
FRUIT JUICE	- 4 NO. 10 CANS (26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26 LBS.)
SOUP	- 5 GALLONS
OYSTERS	- 18 QUARTS
WEINERS	- 25 LBS.
MEAT LOAF	- 24 LBS.
HAM	- 40 LBS.
BEEF	- 40 LBS.
ROAST PORK	- 40 LBS.
HAMBURGER	- 30-36 LBS.
CHICKEN FOR CHICKEN PIE	- 40 LBS.
POTATOES	- 35 LBS.
SCALLOPED POTATOES	- 5 GALLON
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
BAKED BEANS	- 5 GALLON
BEETS	- 30 LBS.
CAULIFLOWER	- 18 LBS.
CABBAGE FOR SLAW	- 20 LBS.
CARROTS	- 33 LBS.
BREAD	- 10 LOAVES
ROLLS	- 200
BUTTER	- 3 LBS.
POTATO SALAD	- 12 QUARTS
FRUIT SALAD	- 20 QUARTS
VEGETABLE SALAD	- 20 QUARTS
LETTUCE	- 20 HEADS
SALAD DRESSING	- 3 QUARTS
PIES	- 18
CAKES	- 8
ICE CREAM	- 4 GALLONS
CHEESE	- 3 LBS.
OLIVES	- 1¾ LBS.
PICKLES	- 2 QUARTS
NUTS	- 3 LBS. SORTED



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



CALORIES BURNED UP DURING TEN MINUTES OF CONTINUOUS ACTIVITY

According to Body Weight →	Body Wt. #	150 #	175 #	200 #	225 #	250 #	275 #	300 #
PERSONAL ACTIVITIES								
Sleeping		12	14	16	18	20	22	24
Sitting (TV or reading)		12	14	16	18	20	22	24
Sitting (Conversing)		18	21	24	28	30	34	37
Washing/Dressing		32	38	42	47	53	58	63
Standing quietly		14	17	19	21	24	26	28
SEDENTARY OCCUPATION								
Sitting/Writing		18	21	24	28	30	34	37
Light Office Work		30	35	39	45	50	55	60
Standing (Light activity)		24	28	32	37	40	45	50
HOUSEWORK								
General Housework		41	48	53	60	68	74	81
Washing Windows		42	49	54	61	69	76	83
Making Beds		39	46	52	58	65	75	85
Mopping Floors		46	54	60	68	75	83	91
Light Gardening		36	42	47	53	59	66	73
Weeding Garden		59	69	78	88	98	109	120
Mowing Grass (power)		41	48	53	60	67	74	81
Mowing Grass (manual)		45	53	58	66	74	81	88
Shoveling Snow		78	92	100	117	130	144	160
LIGHT WORK								
Factory Assembly		24	28	32	37	40	45	50
Truck-Auto Repair		42	49	54	61	69	76	83
Carpentry/Farm Work		38	45	51	58	64	71	78
Brick Laying		34	40	45	51	57	62	67
HEAVY WORK								
Chopping Wood			86	96	109	121	134	156
Pick & Shovel Work			79	88	100	110	120	130
(# = lb.)								

CALORIES BURNED UP DURING TEN MINUTES OF CONTINUOUS ACTIVITY (Continued)

According to Body Weight →	Body Wt.#	150#	175#	200#	225#	250#	275#	300#
LOCOMOTION								
Walking - 2 mph		35	40	46	53	58	64	69
One mile - @ 2 mph		105	120	140	157	175	193	210
Walking - 4½ mph		67	78	87	98	110	120	131
One mile - 4½ mph		89	103	115	130	147	160	173
Walking Upstairs		175	201	229	259	288	318	350
Walking Downstairs		67	78	88	100	111	122	134
Jogging - 5½ mph		108	127	142	160	178	197	215
Running - 7 mph		141	164	187	208	232	256	280
Running - 12 mph (sprint)		197	230	258	295	326	360	395
Running in place (140 count)		242	284	325	363	405	447	490
Bicycle - 5½ mph		50	58	67	75	83	92	101
Bicycle - 13 mph		107	125	142	160	178	197	216
RECREATION								
Badminton or Volleyball		52	67	75	85	94	104	115
Baseball (except pitcher)		47	54	62	70	78	86	94
Basketball		70	82	93	105	117	128	140
Bowling (nonstop)		67	82	90	100	111	122	133
Dancing - moderate		42	49	55	62	69	77	86
Dancing - vigorous		57	67	75	86	94	104	115
Square Dancing		68	80	90	103	113	124	135
Football		83	97	110	123	137	152	167
Golf - foursome		40	47	55	62	68	75	83
Horseback Riding (trot)		67	78	90	102	112	123	134
Ping Pong		38	43	52	58	64	71	78
Skating - (alpine)		96	113	128	145	160	177	195
Skating - (cross country)		117	137	158	174	194	214	235
Skating - (water)		73	92	104	117	130	142	165
Swimming - (backstroke) 20 yd/min		38	43	52	58	64	71	79
Swimming - (breaststroke) 20 yd/min		48	55	63	72	80	88	96
Swimming - crawl 20 yd/min		48	55	63	72	80	88	96
Tennis		67	80	92	103	115	125	135
Wrestling, Judo or Karate		129	150	175	192	213	235	257

(* = lb.)

FIRST AID IN HOUSEHOLD EMERGENCIES



POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

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

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

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

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

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

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

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

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

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

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp salt to 1 glass water) 1/2 glass every 15 minutes. Call doctor

GENERAL DIRECTIONS FOR FIRST AID

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

How To Convert To Metric System

Length

When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

Weight

When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

Volume

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters
quarts	0.95	liters
gallons	3.8	liters

Temperature

When You Know:	Multiply by:	To Find:
degrees Celsius	$9/5$, and add 32	degrees Fahrenheit
degrees Fahrenheit	$5/9$ (after subtracting 32)	degrees Celsius

STEAK COOKING CHART

-To Prepare Your Steaks-

Thaw in refrigerator, bring meat to room temperature before cooking. You can successfully cook frozen steaks. Start by searing both sides to seal in juices. Then reduce heat for slow cooking to allow the inside to thaw. Follow the chart below, but allow about twice the cooking time for frozen steaks.

For juicier and more flavorful steaks, tongs should be used when handling or turning. Cooking units vary of course and it is always advisable to run your own tests when cooking steaks. The chart below is a guide.

The cooking times below are for fully thawed steaks.
Filet Mignons take one to two minutes less total time to cook.

Cooking Instructions		Red-Hot Charcoal 2 1/2" from heat source		Pre-heated oven broiler 2" from heat source	
Thickness	Doneness	First side	After turning	First side	After turning
3/4"	Rare	4 Minutes	2 Minutes	5 Minutes	4 Minutes
	Medium	5 Minutes	3 Minutes	7 Minutes	5 Minutes
	Well	7 Minutes	5 Minutes	10 Minutes	8 Minutes
1"	Rare	5 Minutes	3 Minutes	6 Minutes	5 Minutes
	Medium	6 Minutes	4 Minutes	8 Minutes	6 Minutes
	Well	8 Minutes	6 Minutes	11 Minutes	9 Minutes
1 1/4"	Rare	5 Minutes	4 Minutes	7 Minutes	5 Minutes
	Medium	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Well	9 Minutes	7 Minutes	12 Minutes	10 Minutes
1 1/2"	Rare	6 Minutes	4 Minutes	7 Minutes	6 Minutes
	Medium	7 Minutes	6 Minutes	9 Minutes	7 Minutes
	Well	10 Minutes	8 Minutes	13 Minutes	11 Minutes
1 3/4"	Rare	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Medium	8 Minutes	7 Minutes	9 Minutes	8 Minutes
	Well	11 Minutes	9 Minutes	14 Minutes	12 Minutes

If you prefer to cook your steaks in your conventional oven, do not thaw, and preheat oven to 450°. As a guide for medium-rare steaks allow approximately:

10-11 minutes per side for an 8 oz. Filet of Prime Rib

12-13 minutes per side for an 8 oz. Top Sirloin

9 minutes per side for an 11 or 12 oz. Boneless Strip Sirloin

10-11 minutes per side for a 6 oz. Filet Mignon

Because ovens may vary in the amount of heat produced and the best distance to place the meat from the burners, tests on your equipment are valuable.

PARENTS' GLOSSARY OF KIDS' KITCHEN TERMS

Appetizing : Anything advertised on TV.

Boil : The point a parent reaches upon hearing the automatic "yuk" before a food is even tasted.

Casserole : Combination of favorite foods that go uneaten because they are mixed together.

Chair : Spot left vacant by mid-meal bathroom visit.

Cookie (Last One) : Item that must be eaten in front of a sibling.

Crust : Part of a sandwich saved for the starving children of: China, India, Africa, or Europe (check one).

Desserts : The reason for eating a meal.

Evaporate : Magic trick performed by children when it comes time to clear the table or wash dishes.

Fat : Microscopic substance detected visually by children on pieces of meat they do not wish to eat.

Floor : Place for all food not found on lap or chair.

Fork : Eating utensil made obsolete by the discovery of fingers.

Fried Foods : Gourmet cooking.

Frozen : Condition of children's jaws when spinach is served.

Fruit : A natural sweet not to be confused with dessert.

Germs : The only thing kids will share freely.

Kitchen : The only room not used when eating crumbly snacks.

Leftovers : Commonly described as "gross".

Liver : A food that affects genes, creating a hereditary dislike.

Lollipop : A snack provided by people who don't have to pay dental bills.

Macaroni : Material for a collage.

Measuring Cup : A kitchen utensil that is stored in the sandbox.

Metric : A system of measurement that will be accepted only after forty years of wandering in the desert.

Napkin : Any worn cloth object, such as shirt or pants.

Natural Food : Food eaten with unwashed hands.

Nutrition : Secret war waged by parents using direct commands, camouflage, and constant guard duty.

Plate : A breakable Frisbee.

Refrigerator : A very expensive and inefficient room air conditioner.

Saliva : A medium for blowing bubbles.

Soda Pop : Shake 'N Spray.

Table : A place for storing gum.

Table Leg : Percussion instrument.

Thirsty : How your child feels after you've said your final "good night".

Vegetable : A basic food known to satisfy kid's hunger - but only by sight.

Water : Popular beverage in underdeveloped countries.



Try saying "Good Morning" as though you really meant it

Then (tomorrow, say) try treating some teenager like an adult.

Find someone to praise for doing a good job — waitress, bus driver, newsboy, store clerk, anyone.

Show respect for an older person's experience (or fortitude).

Be patient with someone who doesn't understand as quickly as you do.

Write or phone someone having a difficult time. Say you know it's rough, but you have faith in him.

Look pleasant.

Do your job a little better. Maybe you'll get some praise, but certainly you'll get more satisfaction.

Help someone — a handicapped across a street, a young man or woman looking for a job (whether you can give it or not, give him hope) or an older one, discouraged in his.

Contribute to some church or charity — money if you can, time if you can't.

It just could be that this sort of *understanding* is what this country needs right now.

Try it tomorrow — all day tomorrow. You might be surprised!

Favorite Family Recipes.



Expression of Appreciation

The Employee's Activities Committee Members wish to thank the employees and families of Digital Equipment Corporation, Pittsburgh and Erie offices, for their help and cooperation which made this cookbook possible.

APPETIZERS,
PICKLES AND RELISH

SOUPS, SALADS,
DRESSINGS AND SAUCES

MAIN DISHES -
MEAT, FISH
AND POULTRY

MAIN DISHES -
EGG, CHEESE,
PASTA AND CASSEROLE

VEGETABLES

BREAD, ROLLS,
PIES AND PASTRY

CAKES, COOKIES
AND ICINGS

DESSERTS

CANDY, JELLY,
JAM AND PRESERVES

BEVERAGES
AND MISCELLANEOUS

MICROWAVE

APPETIZERS
♡
PICKLES · RELISH



New Hints

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

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

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

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

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

When food is too salty add a cut raw potato, then discard the potato once it is boiled.

If the dish is too sweet, add salt. On a main dish you can add a teaspoon of vinegar.

If the food is too sharp, a teaspoon of sugar will soften the taste.

If a main dish or vegetable is too sweet add a teaspoon or two of vinegar.

To pick up silvers of glass, it helps to use a dampened paper towel.

If zippers stick, just run some bar soap over the zipper and the zipper will work fine.

To draw a straighter line, use a knife instead of a pencil.

To prevent your salt shaker from clogging up, keep a few grains of rice inside the shaker.

To remove your child's crayon marks from linoleum or tile, use silver polish.

Most times very hot water will revive your wilted flowers.

Cheese will not dry out if it is wrapped in a cloth dampened with vinegar.

Your new white tennis shoes will last longer if sprayed heavily with starch when you first get them.

To get the corn silk off of corn on the cob, brush downward with a paper towel.

To cut a pie into five equal pieces, first cut a Y in the pie and then two large pieces can be cut in half.

APPETIZERS, PICKLES, RELISH

ALMOND PEPPERONI CHEESE BALL

Paula Pawlak

8 oz. cream cheese 18 slices Hormel Pepperoni
10 oz. cheddar cheese spread sliced almonds for garnish
2 Tbsp. sour cream

Mix together softened cream cheese, cheddar spread and sour cream. On waxed paper form mixture into a ball. Add in 12 slices of Pepperoni, chopped into eights. Garnish with whole Pepperoni slices and almond thrust into ball.

CASHEW CHICKEN BALLS

Susan Grosser

1/2 c. finely diced chicken 1 tsp. salt
1/2 c. finely chopped, mild 1/4 tsp. pepper
 sweet onion 2 Tbsp. dry sherry
1/2 c. shredded, sharp cheddar 1/2 c. finely chopped cashews
 cheese

Combine all ingredients, except nuts, in a large bowl. Use teaspoon to scoop out amount to form balls. Roll in cashews. Chill.

Yields 20 appetizers.

CHEESE AND BACON HOR D'OEURVES

Bernie Brown

1 large loaf fresh bread 1 lb. bacon
1 container Nippy cheese spread

Remove crusts from bread. Spread slice with cheese spread. Roll. Cut into thirds. Cut bacon slice into thirds. Wrap bacon around bread with cheese. Secure with toothpick. Place on broiler pan and bake at 425°.

CHEESE BALL

Cyndi Siegel

2 (8 oz.) pkg. cream cheese 1/3 c. Miracle Whip
1/3 c. grated Parmesan cheese 1/2 tsp. garlic powder

Mix, roll in chopped nuts.
Serve with crackers.

CRABMEAT SPREAD

Fran Babcock

2 (7 oz.) cans drained crabmeat	2 Tbsp. minced green onion
1/2 c. mayonnaise	1 1/4 tsp. salt
2 tsp. white horseradish	1/4 tsp. pepper
2 Tbsp. lemon juice	paprika

Combine all ingredients, except paprika. Cover and chill.
Sprinkle with paprika before serving with crackers.
Yields 2 cups.

CREAM CHEESE BALL

Bernie Brown

2 (8 oz.) cream cheese	1 envelope onion soup
1 (4 oz.) bacon and horseradish dip	

Add:

generous dash chili powder	dash garlic powder
----------------------------	--------------------

Roll in nuts. Serve with crackers.

CHEDDAR SPINACH SQUARES

Sheela Damle

2 Tbsp. butter or margarine	1/2 lb. shredded cheddar cheese
1 large egg	1 pkg. frozen, chopped spinach, thawed and well drained
1/2 c. flour	1/2 Tbsp. chopped onion
1/2 c. milk	1/2 c. chopped parsley
1/2 Tbsp. salt	seasoned salt
1/2 Tbsp. baking powder	

Preheat oven to 350°. Put butter in 8 x 9 baking pan and melt.

In bowl, beat egg, add flour, milk, salt and baking powder; mix well. Add cheese, spinach and onion. Mix and spoon into baking pan. Level off the mixture and sprinkle with seasoned salt, lightly. (May use seasoned pepper in place of salt.)

Bake at 350° for 35 minutes. Cool for 1/2 hour before cutting.

Once baked these freeze well and are best thawed/heated in a microwave oven. They can be served hot or cold. (I like hot best.)

HOT DOG HORS D'OEUVRES

Darlene Miletic

2 lb. hot dogs

1 lb. bacon, thin slices

Cut each hot dog into 4 pieces. Cut bacon strips into thirds. wrap around hot dog. Lay in casserole dish. Pack with brown sugar. Bake at 350° for 1 hour or can be made ahead and frozen, then bake for 1 1/2 hours.

MUSHROOM CHEESE MOLD

Susie Feldman

2 (8 oz.) pkg. cream cheese

1 (4 oz.) can mushrooms, chopped

1/2 lb. cheddar cheese

1/4 c. onion, chopped

1 clove garlic, crushed

2 Tbsp. pimento, chopped

1 1/2 tsp. brown mustard

2 Tbsp. parsley

Soften cheeses. Combine all ingredients. Put in buttered mold. Refrigerate.

Makes 3 1/2 cups.

NUT BALLS

Carol Burkley

1 3/4 c. chopped nuts

1 c. brown sugar

1 c. chopped dates

2 eggs, beaten

1 1/2 c. coconut

Mix all ingredients together and shape into 1 inch balls. Roll them in additional coconut. Place on greased cookie sheet. Bake at 350° for 10 to 15 minutes.

Makes 2 dozen.

SALMON BALL

Carol Burkley

1 can (7 3/4 oz.) red salmon,
drained (pink will do)

1 tsp. grated onion

1 pkg. (3 oz.) cream cheese,
softened

1/4 c. minced parsley

1/4 c. finely chopped pecans
salt to taste

1 Tbsp. lemon juice

1/2 tsp. prepared horseradish

Mix salmon, cream cheese, lemon juice, horseradish, onion and salt. Refrigerate until firm enough to handle. Form into ball, roll in mixture of parsley and pecans. Refrigerate. Serve with crackers.

SPINACH BALLS

Gina Galluze

- | | |
|--|--------------------------|
| 2 pkg. frozen, chopped spinach, drained and squeezed | 1/2 tsp. thyme |
| 1 onion, chopped | 2 c. stuffing mix, dry |
| 4 eggs, beaten or egg whites only | 1 stick melted margarine |
| | 1/2 c. Parmesan cheese |
| | 1/2 tsp. garlic salt |

Mix all ingredients together. Chill at least 1/2 hour. Form into balls and bake on a greased cookie sheet, at 350° about 20 minutes.

SHRIMP MOLD

Susan Campayno

- | | |
|------------------------------|-----------------------------|
| 3 envelopes Knox gelatine | 1/3 c. celery, chopped |
| 1 can tomato soup | 1 large can shrimp |
| 1/3 c. green pepper, chopped | 1 (8 oz.) pkg. cream cheese |
| 1/3 c. onion, chopped | 3/4 c. mayonnaise |
| | 1/4 c. cider vinegar |

Drain and mash shrimp; set aside. Cook soup and cream cheese until cheese melts. Cool completely. Add Knox and mix well. Add remaining ingredients. Grease mold with mayonnaise and pour in mixture. Cover and chill until set. Serve with crackers.

Note: Wipe lid every few hours.

'DUNBAR' TACO DELIGHT RECIPE

Dave Dunbar

- | | |
|-----------------------------|---------------------------------|
| 1 lb. ground beef | 1/2 c. chopped tomato |
| 8 oz. softened cream cheese | 1/2 c. chopped green pepper |
| 1 c. sour cream | 1/2 c. scallions (green onions) |
| 1 packet taco seasoning mix | 1 c. grated cheddar cheese |

Brown and drain ground beef. Place in 2 inch deep ovenware, at least 12 inch square; set aside. Mix next 3 ingredients together, (cream cheese, sour cream, and taco mix) then carefully spread on top of ground beef. The next 3 layers are the tomato, green pepper and scallions, followed by the cheese.

Bake 10 to 15 minutes at 350°. Serve with tortilla chips.

TACO SALAD

Fran Babcock

- | | |
|------------------------------|---------------------------|
| 1 large (8 oz.) cream cheese | 1 c. chopped green pepper |
| 12 oz. King Sour, sour cream | 1/2 c. chopped tomato |

- | | |
|-------------------------------------|--------------------------------------|
| 1/2 c. chopped green onion | 1 pkg. (8 oz.) grated cheddar cheese |
| 1 bottle (8 oz.) taco sauce, medium | 2/3 c. sliced black olives |

Beat sour cream and cream cheese together with mixer. Spread on large plate (larger than a dinner plate). Spoon taco sauce over to taste, then sprinkle cheese, pepper, tomato and onion. Sprinkle olives on last. Chill. Serve with nacho chips.

VEGETABLE PIZZA

Cathy Weismann

- | | |
|--|---|
| 2 (8 oz.) pkg. refrigerator crescent rolls | 1 envelope Hidden Valley Ranch dressing |
| 2 (8 oz.) pkg. cream cheese | diced vegetables |
| 3/4 c. mayonnaise | 1 c. shredded cheddar |
| | 1 c. shredded mozzarella |

Spread rolls on cookie sheet. Bake 8 minutes at 375°. Cool. Mix cream cheese, mayonnaise and Ranch dressing. Spread over crust. Put diced vegetables of your choice (i.e. olives, celery, tomato, cauliflower, broccoli, cucumber, mushrooms, pepper, etc.). Sprinkle with shredded cheese. Cover and refrigerate until ready for use. Cut into squares to serve.

ZUCCHINI SQUARES

Cyndi Siegel

- | | |
|---------------------------------------|----------------------|
| 3 c. shredded zucchini, without water | 1/2 tsp. oregano |
| 1 c. Bisquick | 1/2 tsp. garlic salt |
| 1/2 c. chopped onions | 1/2 c. oil |
| 1/2 c. Parmesan cheese | 4 eggs, beaten |
| 2 Tbsp. parsley | dash pepper |

Grease 9 x 13 inch pan. Mix all ingredients and bake at 350° for about 30 minutes.

CHOCOLATE KAHLUA FONDUE

Susan Grosser

- | | |
|---|--------------------------|
| 1 c. Hershey's unsweetened cocoa powder | 1/4 c. kahlua |
| 1 1/2 c. heavy cream | 1/2 c. butter |
| 3/4 c. sugar | 1/2 c. light brown sugar |
| | 2 tsp. vanilla |

In fondue pot, combine cocoa powder, heavy cream and kahlua. Add rest of ingredients and cook over medium heat until butter melts. Dip pound cake chunks, marshmallows or fresh strawberries.

CREAMY PARMESAN FONDUE

Susan Grosser

- | | |
|--|---------------------------------|
| 1 1/2 c. milk | 1 (2 1/2 oz.) shredded Parmesan |
| 2 (8 oz.) pkg. cream cheese,
softened | cheese, about 3/4 c. |
| 1/2 tsp. garlic salt | 1/2 tsp. salt |

With electric mixer, add milk to cream cheese, mixing till well blended. Heat slowly in saucepan; add 1/2 teaspoon salt and garlic salt. Slowly add Parmesan, stirring till smooth. Pour into fondue pot. Serve with cubed French bread.

ARTICHOKE DIP

Darlene Miletic

- | | |
|--------------------------------------|-----------------------------|
| 2 cans artichoke hearts | 1 c. grated Parmesan cheese |
| 1 c. mayonnaise, not Miracle
Whip | 1 tsp. garlic salt |
| | 1 loaf French bread |

Dice artichoke hearts and mix with mayonnaise, cheese and garlic salt. Spread into 9 x 9 baking dish. Bake at 350° for 20 minutes. Serve with cubed French bread.

NACHO DIP

Theresa Lydon

- | | |
|--|-------------------------------------|
| 8 oz. sour cream | 1/2 to 1 c. shredded lettuce |
| 8 oz. cream cheese | 1/2 to 1 c. shredded cheddar |
| 1 medium onion, chopped in
small pieces | jalapenos and black olives to taste |
| 1 tomato, chopped in small
pieces | green pepper to taste |
| | 1 pkg. taco seasoning mix |

Mix sour cream, cream cheese and taco seasoning. Spread on bottom of serving dish. Combine remaining ingredients and sprinkle evenly over bottom layer. Serve with tortilla chips.

PEPPERONI PIZZA DIP

Cathy Weismann

- | | |
|-----------------------------|--------------------------|
| 1 (8 oz.) pkg. cream cheese | 1/2 c. pizza sauce |
| 1/2 c. sour cream | 1/2 c. chopped Pepperoni |
| 1/2 tsp. oregano | 1/2 c. mozzarella cheese |
| 1/8 tsp. garlic powder | |

In bowl, beat cream cheese, sour cream, oregano and garlic. Spread in 9 inch pie plate. Spread pizza sauce over top. Sprinkle with Pepperoni (you may add 1/4 cup chopped green pepper if you wish). Bake for 10 minutes at 350°. Top with cheese and bake 5 to 10 more minutes. Serve with crackers, pepper strips or broccoli.

SHRIMP DIP

Cyndi Siegel

2 (8 oz.) pkg. cream cheese 8 oz. Sea Pack frozen shrimp
medium onion, finely chopped 1 tsp. Worcestershire sauce

Mix and serve with crackers.
Makes 2 small size balls.

LO-FAT MOCK SOUR CREAM

Diane Traini

3/4 c. low-fat cottage cheese 1/2 tsp. lemon juice
1/4 c. non-fat plain yogurt 1 packet Equal artificial sweetener

Place ingredients together into a blender or food processor and whip until smooth in consistency. Makes enough to store in the refrigerator for use throughout the week.

Per serving: Mock Sour Cream: 1.67 mg. cholesterol -
2 tablespoon servings.

Write your extra recipes here:

Write your extra recipes here:

SOUPS · SALADS
♡
DRESSINGS · SAUCES



THE SOUP POT



- * Steak, roast or poultry bones can be frozen until needed for soup stock.
- * If the soup or stew is too salty, add cut raw potatoes and discard them once they have cooked and absorbed the salt.
- * Instant soup stock will always be on hand if you save the pan juice from cooking meats. Pour liquid into ice cube trays and freeze. Place solid cubes in freezer bags or foil.
- * To prevent curdling of the milk or cream in soup add the soup to the milk rather than vice versa. Or add a bit of flour to the milk and beat well before combining.
- * Always start cooking bones and meat in cold, salted water.
- * The easiest way to skim off fat from soup is to chill until the fat hardens on top of the liquid. If time will not permit this, wrap ice in paper toweling and skim over the top.

THE SALAD BOWL



- * To remove the core from a head of lettuce, hit the core end sharply against the counter top or side of sink. Then the core will twist out easily.
- * Put salad greens or cole slaw in a metal bowl and place in the freezer for a few minutes.
- * Rubbing waxed paper over the inside and outside of a wooden salad bowl will prevent it from becoming sticky.
- * If you cut the root end off the onion last you'll shed less tears.
- * To prevent soggy salads, place an inverted saucer in the bottom of the salad bowl. The excess dressing will drain under the saucer and keep the greens crisp.
- * Lettuce and celery will crisp up faster if you add a few raw slices of potato to the cold water you use to soak them.

SAUCE SUGGESTIONS



- * Make sure that flour is well browned before adding it to liquid for gravy. This will prevent lumpy gravy and also assure a rich brown gravy.
- * Placing flour in a custard cup in the oven next to the roast will assure nice brown flour for gravy when the meat is done.

SOUPS, SALADS, SAUCES, DRESSINGS

LIME JELLO MOLD

Sue Vegely

- | | |
|------------------------|---------------------|
| 1 can pears | 1 small jello |
| 1 (8 oz.) cream cheese | 1 (8 oz.) Cool Whip |

Add water to pear juice to make 1 cup. Bring to boil. Add jello powder. Remove from heat and set aside. Beat cream cheese till creamy and mash pears with a fork into it. Mix jello mix, Cool Whip and cream cheese together. Put in blender and blend well. Pour into mold. Chill overnight.

7 LAYER SALAD

Susan Mullen

- | | |
|---|--|
| 1 head lettuce, shredded | 1 large onion, chopped or 3/4 c. green onions |
| 1 green pepper, diced | 1 box frozen peas, thawed (rinse in hot water) |
| 1 c. celery, chopped | 1/2 c. crisp bacon, crumbled |
| 2 c. mayonnaise mixed with 2 Tsp. brown sugar | |
| 1/2 c. or 1 pkg. cheddar cheese, shredded | |

Prepare in large bowl. Add ingredients, one at a time; each in a separate layer (lettuce, pepper, celery, onion, peas, mayonnaise and brown sugar mixture, cheddar cheese and bacon). DO NOT TOSS. Cover and refrigerate 8 hours or overnight is better.

AMBROSIA SALAD

Ernie Harris

- | | |
|-------------------------------------|--|
| 1 c. Mandarin oranges, well drained | 1 c. coarsely chopped pecans, optional |
| 1 c. pineapple chunks, well drained | 1 c. miniature marshmallows |
| | 1 c. flaked coconut |
| | 1 c. sour cream |

Mix all ingredients, cover and chill about 1 hour.
A Southern favorite served both as a salad and dessert.
Serves 4 to 6.

APRICOT PINEAPPLE CREAM CHEESE SALAD

Ernie Harris

- | | |
|------------------------------|------------------------------|
| 20 oz. can crushed pineapple | 2 pkg. (3 oz.) apricot jello |
|------------------------------|------------------------------|

(Cont.)

8 oz. cream cheese, softened	1 1/2 c. water
1 c. chopped celery	2 c. Cool Whip
1/2 c. sugar	1 c. chopped nuts, optional

Heat the pineapple, including the liquid, water and sugar. Stir gelatin to dissolve. Chill until partially congealed. Fold in cream cheese, celery, and nuts. Then fold in Cool Whip. Refrigerate. Will fill an 8 cup mold.

FRUIT AND CREAM SALAD

Ernie Harris

1 (17 oz.) can fruit cocktail, drained	1 (3 oz.) jello (dark flavors work best, i.e. cherry/raspberry/etc.)
1 (16 oz.) cottage cheese, small curd	1 large Cool Whip, thawed

Combine all ingredients and mix well. Refrigerate at least 1 hour before serving.

FROSTED SALAD

D. Lorentz

2 pkg. orange jello	2 bananas, sliced
2 c. hot water	1 (No. 2) can crushed pineapple drained
1 pt. orange sherbet	1 small can Mandarin oranges, drained

Dissolve jello in hot water, stir until melted. Add fruit and pour into a 9 x 13 baking dish.

Top with the following:

2 whole eggs, beaten well

Add:

1/2 c. sugar	1 c. pineapple juice
2 Tbsp. flour	

Cook. Add:

2 Tbsp. butter

Cool and add 1 package prepared Dream Whip.

TWENTY-FOUR SALAD

D. Lorentz

- | | |
|--------------------------------|-------------------------------|
| 1 can Hawaiian fruit salad | 1 can crushed/diced pineapple |
| 1 can Mandarin oranges (8 oz.) | 1 c. coconut, optional |
| | 1 c. miniature marshmallows |

Drain juice from fruit. Mix together with 1 pint of sour cream. Spread in 8 x 11 inch baking dish. Top with Cool Whip, Dream Whip or whipping cream. Also, chopped walnuts and fresh strawberries. Refrigerate at least 24 hours before serving.

THREE-LAYER PRETZEL SALAD

Debbie Berkheimer

First Layer:

- | | |
|--|--------------------------------------|
| 2 c. small pretzels, broken
into small pieces | 3/4 c. melted butter
3 tsp. sugar |
|--|--------------------------------------|

Second Layer:

- | | |
|--------------------------------|------------|
| 1 (8 oz.) pkg. cream cheese | 1 c. sugar |
| 1 (12 oz.) container Cool Whip | |

Third Layer:

- | | |
|-------------------------------------|--|
| 2 (6 oz.) boxes strawberry
jello | 2 (10 oz.) boxes frozen strawberries
2 c. boiling water |
|-------------------------------------|--|

Preheat oven to 400°.

Mix first layer ingredients in a 9 x 13 pan. Spread evenly in pan and bake for 8 minutes. Do not overbake. Remove and cool.

Mix second layer ingredients. Spread over cooled first layer.

Mix third layer ingredients. Let stand for 10 to 12 minutes. Pour over second layer. Chill. Keep refrigerated.

Cut and serve cold.

Makes 12 to 15 servings.

STRAWBERRY-ANGELFOOD JELL-O

- | | |
|-----------------------------------|--|
| 3 oz. pkg. strawberry Jell-O | 2 c. miniature marshmallows |
| 10 oz. carton frozen strawberries | 2 c. angel food cake, cut into squares |
| 1 c. Cool Whip | |

(Cont.)

Top:

- 1/2 c. sour cream
1 1/2 c. miniature marshmallows
- 1/2 c. Cool Whip

Dissolve Jell-O in 1 cup boiling water. Chill until partially set. Mix in strawberries.

Fold marshmallows into Cool Whip. Add to Jell-O. Press angel food cake into Jell-O.

For top: Mix sour cream and marshmallows. Fold in Cool Whip. Spread evenly over firm Jell-O.

SINFUL SALAD

Fran Babcock

- | | |
|---|---|
| 1 (6 oz.) pkg. strawberry jello | 2 (10 oz.) pkg. frozen strawberries, thawed |
| 1 c. boiling water | |
| 3 medium bananas, mashed | 1 c. chopped pecans, optional |
| 1 (20 oz.) can drained, crushed pineapple | 2 c. sour cream or salad dressing |

In a large bowl, dissolve gelatin in boiling water. Let cool slightly. Add bananas, pineapple, strawberries and pecans. Pour half of this mixture into a 13 x 9 inch pan or a large mold. Refrigerate until set, about 1 hour. Keep remaining mixture at room temperature. Spread sour cream evenly over chilled mixture, then pour remaining gelatin mixture over sour cream.

Refrigerate until set.

WALDORF SALAD

Ernie Harris

Sauce:

- | | |
|------------------------------|-------------------------|
| 3 oz. cream cheese, softened | 1 1/2 tsp. orange juice |
| 1 1/2 tsp. sugar | |

Salad:

- | | |
|---------------------------------|------------------------|
| 3 large apple, cubed | 2 Tbsp. chopped pecans |
| 1 (8 oz.) can pineapple tidbits | 2 Tbsp. raisins |
| 2 Tbsp. chopped celery | leaf lettuce |

Combine ingredients for sauce and set aside. Combine salad ingredients. Mix together sauce and salad. Chill. Toss before serving on lettuce.

LAYERED BLUEBERRY SALAD

Ernie Harris

- | | |
|--|----------------------------------|
| 1 (6 oz.) black cherry jello | 1 pkg. Dream Whip |
| 1 (15 oz.) can blueberries, in heavy syrup | 1 (3 oz.) lemon jello |
| | 1 (8 oz.) cream cheese, softened |

Drain blueberries and save syrup. Add 2 cups boiling water to black cherry jello. Add water to syrup to make 1 1/2 cups and add to jello along with blueberries. Chill until firm.

Topping: Add 1 1/2 cups boiling water to lemon jello. Chill until thickened. Add to softened cream cheese. Fold into prepared Dream Whip. Pour over blueberry layer. Chill.

RED RASPBERRY JELLO SALAD

Ginny Rygg

- | | |
|--------------------------------|---------------------|
| 1 pkg. raspberry jello (3 oz.) | 1/2 c. applesauce |
| 1 1/4 c. boiling water | 2 Tbsp. lemon juice |
| 1 pkg. thawed red raspberries | |

Dissolve jello in boiling water. Add raspberries (juice and all), applesauce and lemon juice. Chill.

MRS. SIRAK'S SALAD

Ernie Harris

- | | |
|----------------------|-----------------------|
| 1/2 lb. diced salami | 1 c. raw broccoli |
| 1 red onion, diced | 1/4 lb. raw mushrooms |

Marinate overnight in 16 ounce of bottled Italian dressing.

- | | |
|---------|---------------|
| lettuce | fresh spinach |
|---------|---------------|

When ready to eat, add marinated mixture and toss.

shredded mozzarella cheese

Toss with salad. Add last.

SALAMI PASTA SALAD

Ernie Harris

- | | |
|-------------------------------|--------------------------------|
| 1 (8 oz.) pkg. pinwheel pasta | 1/2 lb. chunk hard salami |
| 1/2 lb. chunk Pepperoni | 1/2 lb. chunk Provolone cheese |
| 1/2 lb. chunk Swiss cheese | 1 can pitted black olives |
| 2 green peppers | 5 stalks celery |

Cook pasta and drain. Dice all meat and cheese, pepper and celery. Cut olives in half. Add cooked pasta. (Cont.)

2737Z Pittsburgh, PA

Dressing:

3/4 c. oil
1/4 c. vinegar

1 Tbsp. oregano

Combine all ingredients for dressing and pour over mixture. Stir very well. Chill overnight for best results. Stir very well before serving.

TACO SALAD

Ernie Harris

1/2 to 3/4 lb. ground meat
1/2 envelope taco seasoning

1 small can kidney beans

Brown meat, drain fat. Add taco mix and 1/2 cup water. Simmer 5 minutes. Remove from heat. Add kidney beans and allow to cool.

1/2 head lettuce, approximately
2 tomatoes
1 c cheddar cheese, shredded

1 small onion, sliced or chopped, (as desired)
nacho chips, crushed
1/2 bottle (8 oz.) Catalina dressing, sweet and spicy French

Make tossed salad using lettuce, tomatoes, cheese and onion. Add meat mixture. Just before serving. Add crushed chips as desired and toss with dressing to coat.

TACO SALAD

Carol Burkley

2 lb. ground meat
1 pkg. taco seasoning mix
1 bag taco chips
tomatoes

lettuce, green pepper, onion, etc. (salad ingredients).
Thousand Island dressing
8 oz. pkg. shredded cheddar cheese

Brown ground meat and drain grease. In separate bowl, follow directions on package of taco seasoning mix. Then mix with ground meat. Crunch up enough taco chips to cover bottom of 9 x 13 pan, then spread ground meat mixture over chips.

In separate bowl, make a salad (lettuce, pepper, onion, etc.) using Thousand Island dressing. Slice tomatoes into wedges and layer over ground meat. Then spread salad mixture over tomatoes. Spread shredded cheddar cheese over salad. Put in broiler until cheese melts. Serve with taco chips.

AVOCADO SALAD

Barbara Holder

6 ripe avocados
1 medium onion

4 ripe tomatoes
3 stalks celery, about 1 1/2 c.
chopped

Seasonings:

salt
pepper

garlic
Italian seasoning

Dressing:

vinegar

olive oil

Cut avocado in large chunks, chop onion, quarter tomatoes and chop celery. Mix, add seasonings to taste...when putting on dressing, pour small amount of oil over salad, toss, add oil until you have coated ingredients. Sprinkle vinegar and toss. You have to taste as you go....

ORIENTAL CABBAGE SALAD

Ernie Harris

1 (3 oz.)pkg. chicken flavored
Top Tamen (dry noodles)
1 small head cabbage, chopped

4 green onions, chopped
1 c. slivered almonds and 2 Tbsp.
sesame seeds toasted together
in fry pan

Remove flavor packet from noodle soup and reserve for dressing. Chop noodles into 1/2 inch pieces. Toss together, noodles, onions, almonds, and sesame seeds.

(Cont.)

Dressing:

flavor packet	1/2 c. olive oil
2 Tbsp. vinegar	2 Tbsp. sugar
salt	pepper

Blend all dressing ingredients together in small bowl. Cover and refrigerate. Just before serving, stir with whisk and pour over salad.

ALMOND COLE SLAW

Susan Campayno

1 c. sour cream	3/4 c. thinly sliced and halved cucumber
2 Tbsp. vinegar	1/2 c. sliced almonds
1/2 tsp. salt	1/2 c. chopped celery
1/2 tsp. any mustard	1/4 c. chopped green pepper
4 c. shredded cabbage, (1 small head)	1/4 c. chopped onion

Blend sour cream, vinegar, salt and mustard. Cover and chill. Separately combine remaining ingredients. Cover and chill. Just before serving, add dressing to vegetables and toss lightly.

PEPPER CABBAGE SALAD

Debbie Lorentz

1 medium green cabbage	2/3 c. vinegar
2 green peppers	1 c. water
1 c. sugar	1 Tbsp. salt

Put cabbage and pepper in blender with water and chop. Drain. Bring remaining ingredients to boil and pour over cabbage mixture. Chill.

MEDLEY SALAD

Kathy Freund

1 lb. bacon, crisp	2 bunches broccoli
1 head cauliflower	1 c. cheddar cheese, shredded

Sauce:

1 c. Hellmann's mayonnaise	1/2 c. sugar
	2 Tbsp. wine vinegar

Mix sauce ahead to time and let stand before mixing with salad.

Mix sauce ahead of time and let stand before mixing with salad.

BROCCOLI SALAD

Ernie Harris

1 bunch broccoli
1 onion, chopped
1/2 c. sunflower kernels

1 c. shredded cheddar cheese
4 to 6 pieces bacon, fried and crumbled

Dressing:

1/2 c. mayonnaise
1 Tbsp. vinegar

1/4 c. sugar

Mix dressing ingredients and toss with salad ingredients.

BROCCOLI SALAD

Ernie Harris

1 bunch broccoli, chopped or
1/2 broccoli and 1/2 cauliflower
1 onion, chopped

1/2 lb. bacon, fried crisp
1 c. shredded sharp cheddar cheese
chopped hard-boiled eggs

Chop all together and mix with dressing.

Dressing:

Mix together:

1 c. Miracle Whip
1/2 c. sugar

2 Tbsp. vinegar

SEVEN LAYER SALAD

Ernie Harris

Layer each ingredient in order:

1 head lettuce, chopped, spin or dry*
1 head cauliflower, chopped
1/2 to 1 red onion, chopped
1 lb. bacon, crispy and crumbled

1 box frozen sweet peas, thawed
1/2 c. sugar, sprinkled on top
2 c. mayonnaise, spread on top
1 (8 oz.) jar grated Parmesan cheese, sprinkled on top

Cover with plastic wrap. Refrigerate overnight. Toss right before serving.

(Cont.)

*Best when prepared 24 hours ahead. If not spun or dried properly quite a bit of liquid will accumulate in bottom. Drain off as needed.

Serves a crowd.

SPINACH SALAD

Susie Feldman

1 bag spinach	1 cucumber
1/2 lb. mushrooms	1 to 2 hard boiled eggs
1 pt. cherry tomatoes	6 to 8 slices crumbled bacon

Soak and clean spinach. Break off stems. Wash mushrooms, slice. Mix dressing as follows. Toss salad ingredients.

Dressing:

1 c. vegetable oil	1 tsp. celery seed
1/2 c. sugar	1/2 tsp. salt
1/3 to 1/2 c. cider vinegar	1/4 tsp. pepper
1 tsp. dry mustard	1 medium onion

Put all ingredients into blender and process until smooth. Pour over salad just before ready to serve.

ITALIAN HAM AND MACARONI SALAD

Ernie Harris

8 to 16 oz. shell macaroni	4 oz. sliced ham
1/2 c. sliced black olives	1 large tomato, diced
1 small chopped onion	1 tsp. basil
1/2 c. Hellmann's mayonnaise	2 Tbsp. vinegar
salt and pepper to taste	

Put all ingredients in large bowl. Blend mayonnaise and vinegar. Pour over salad and mix. Refrigerate several hours before serving.

LINGUINI SALAD

Ernie Harris

1 lb. box of linguini (or use another pasta if desired)	3 to 4 Tbsp. Salad Supreme
1 bottle of Italian dressing	chopped vegetables as desired (I use tomatoes, mushrooms, cucumbers, black olives)

Cook pasta and drain. Add Italian dressing, Salad Supreme and vegetables. Chill before serving.

LAYERED SEAFOOD SALAD

Ernie Harris

- | | |
|---|-------------------------|
| 1/2 c. sour cream | 3 c. shredded lettuce |
| 8 oz. Ranch dressing | 3 c. chopped tomatoes |
| 7 oz. pkg. macaroni shells,
cooked and drained | 1 1/2 c. celery, sliced |
| 1/4 c. chopped parsley | 2 c. cooked shrimp |

Combine dressing and sour cream. Combine well and chill. Combine macaroni and parsley with dressing mixture. Layer lettuce, tomato, celery, macaroni mixture, cucumber and shrimp. Chill.

SPICY TUNA SALAD

Cyndi Siegel

- | | |
|-------------------------------------|------------------------------|
| 2 (6 oz.) white tuna, or
regular | 1/2 c. green pepper, chopped |
| 1/2 c. green onions, chopped | 2 tsp. red wine vinegar |
| 1 tart apple | 2 tsp. fresh basil, chopped |
| 1 carrot, grated | 1/2 tsp. celery salt |
| 1/2 c. celery, chopped | 1/4 tsp. garlic powder |
| | 3/4 tsp. mayonnaise |

Combine above ingredients and toss.

CHART HOUSE BLEU CHEESE DRESSING

Ann Finn Detlefs

- | | |
|-----------------------|--------------------------------------|
| 3/4 c. sour cream | scant 1/2 tsp. garlic powder |
| 1/2 tsp. dry mustard | 1 tsp. Worcestershire sauce |
| 1/2 tsp. black pepper | 1 1/3 c. mayonnaise |
| scant 1/2 tsp. salt | 4 oz. imported Danish Bleu
cheese |

Blend cream, mustard, pepper, salt, garlic powder and Worcestershire for 2 minutes at low speed. Add mayonnaise. Blend 1/2 minute at low speed. Then blend 2 minutes at medium speed. Crumble Danish Bleu cheese by hand into very small pieces and add. Blend at low speed no longer than 4 minutes. Must set 24 hours before using.

Yields 2 1/2 cups.

BLEU CHEESE DRESSING

Susan Campayno

- | | |
|------------------------------|-------------------------------------|
| 4 z. Bleu cheese, crumbled | 1/2 c. mayonnaise or salad dressing |
| 3 oz. cream cheese, softened | 1/3 c. light cream (20 %) |

(Cont.)

Reserve 1/3 cup Bleu cheese. Blend Bleu cheese and cream cheese on low speed. Beat in mayonnaise and cream on medium speed until creamy. Stir in reserved Bleu cheese. Cover and refrigerate at least 3 hours.

Makes about 1 2/3 cups.

BOURBON BARBECUE SAUCE

Bernie Brown

1 c. ketchup
1/2 c. brown sugar

1/2 c. bourbon

Mix all and simmer 45 minutes.

BAR-B-QUE SAUCE

Debbie Lorentz

Serves 8

1/2 c. ketchup
1/2 c. water
1/4 tsp. garlic salt
1/2 tsp. chili powder

1/2 tsp. Worcestershire sauce
1/4 c. sugar
1 tsp. mustard

Bring to boil in a medium saucepan. Simmer for 10 minutes or cook in microwave for 5 minutes. Spoon over beef ribs or chicken and grill.

Alternate Use: Add 3 cups of diced beef, roast, diced pork roast or shredded chicken. Serve on toasted bun.

BARBECUE SAUCE

Anita McElwee

2 Tbsp. corn oil
1 medium onion, diced fine
1 clove garlic, minced
1/2 c. honey
1/2 c. ketchup
1/2 c. red wine vinegar
1/4 c. Worcestershire sauce

1 1/2 Tbsp. soy sauce
1 1/2 tsp. dry mustard
1/4 tsp. oregano
1/4 tsp. black pepper
1 Tbsp. bottle meat concentrate,
optional

Combine all ingredients and simmer about 30 minutes, stirring every few minutes.

This sauce is excellent when applied the last part of grilling to beef, pork, or chicken. Do not brush on until meat is nearly done as the sauce will cause a burned coating and taste if applied too soon. Keeps well in refrigerator.

FRUIT SALAD DRESSING**Bernie Brown**

2 eggs
1/2 c. sugar
dash dry mustard

1 1/2 Tbsp. flour
1 c. pineapple juice

Add above to 12 ounce carton of Cool Whip.

FRUIT DIP**Erica Zappala**

8 oz. cream cheese

7 oz marshmallow cream

cantaloupe
pineapple

strawberries
other fresh fruit

Soften cream cheese. Combine with marshmallow cream. Mix on medium speed until creamy. Arrange fruit pieces in sectional serving dish. Put dip in center.

HOT FUDGE SAUCE**Debbie Lorentz**

3/4 c. sugar
3 Tbsp. cocoa

2 Tbsp. water
1 small can evaporated milk

Boil gently for 5 minutes, stirring. Remove from heat. Add:

3 Tbsp. butter

1 tsp. vanilla

Serve hot over ice cream.

KIELBASA SOUP**William A. Kolb**

2 Tbsp. butter
1 lb. kielbasa, sliced
1 c. chopped onion
1 c. chopped celery and leaves
4 c. shredded cabbage
2 c. sliced or shredded carrots

1 bay leaf
1/2 tsp. dried leaf thyme
2 Tbsp. vinegar
1 tsp. salt
4 cubes beef bouillon
3 c. cubed potatoes

In a large kettle, melt butter. Add kielbasa, onion and celery. Cook until onion and celery are tender. Add 5 cups boiling water and remaining ingredients, except potatoes. Cover and cook for 1 1/2 hours. Add potatoes, cover and cook for additional 20 minutes.

Makes 6 servings.

NEW ENGLAND CLAM CHOWDER

Theresa Lydon

- | | |
|--|--------------------------|
| 4 cans chopped clams, save juice | 1 1/2 c. evaporated milk |
| 1 finely chopped onion | 1 1/2 c. milk |
| 2 Tbsp. flour | 3 Tbsp. butter |
| 3 to 4 medium potatoes, peeled and diced | salt and pepper |

Brown onions with some of the butter. Add flour, cook for 3 minutes. Add potatoes and clam juice, simmer 10 minutes. Add clams and simmer 10 more minutes. Add milk, butter, salt and pepper. Heat until butter has melted.

PEANUT BUTTER SOUP

Victor Ndinyah

Simmer cut up chicken (shrimp or beef may be substituted).

In a separate pan, take 1 cup of creamy peanut butter, 1/2 cup water. On low heat, keep stirring until oil comes up on peanut butter. After meat is done, pour peanut butter mixture into the cooked chicken. Add 4 to 5 cups of water and 1 tablespoon tomato paste. Add 1 teaspoon ground ginger root. Let simmer, continuing to stir. Season to taste and cook for approximately 10 minutes.

POTATO - CHEESE SOUP

Bernie Brown

- | | |
|---------------------------------|---|
| 4 Tbsp. butter | 5 c. chicken stock (or College Inn chicken broth) |
| 2 c. chopped onion | |
| 2 c. peeled and chopped carrots | 2 large potatoes |
| 6 parsley sprigs | 1 c. chopped dill |
| 2 to 3 c. grated cheddar cheese | salt and pepper to taste |

Melt butter in soup pot. Add onions and carrots and cook over low heat, covered, for 25 minutes. Add dill and remove soup from heat. Let stand 5 minutes. Add salt and pepper and stir in grated cheese (or add tablespoon to top of soup before serving).

ITALIAN VEGETABLE SOUP

Lisa Kantner

- | | |
|-------------------------------|---|
| 3 small carrots, sliced thin | 1/2 tsp. salt |
| 1 small onion, chopped | 1/4 tsp. pepper |
| 2 ribs celery, sliced | 1 can (15 oz.) red kidney beans |
| 2 small potatoes, diced | 3 c. water |
| 2 Tbsp. chopped parsley | 1 c. (8 oz.) stewed tomato, cut up and juice reserved |
| 1 large clove garlic, minced | 1 c. diced cooked ham |
| 3 tsp. beef bouillon granules | 22 |

1 1/4 tsp. dried basil leaves, crushed

Layer in slow cooker, in order; carrots, onions, celery, potatoes, parsley, garlic, bouillon granules, basil, salt, pepper and kidney beans with liquid. Add water. DO NOT STIR. Cover and cook on high for 4 to 4 1/2 hours or on low for 8 to 9 hours or until vegetables are tender. Stir in stewed tomatoes, with juice, and then immediately cover and cook on high for 10 to 15 minutes.

Serve with Parmesan cheese. If desired, serve over cooked pasta in bottom of soup bowl.

WEDDING SOUP

Ernie Harris

1 whole chicken
1 to 2 bay leaves
1 to 2 head escarole
1 c. uncooked white rice
2 eggs
salt and pepper to taste

meat balls:
1 to 1 1/2 lb. ground meat
1 small chopped onion
1/2 tsp. salt and pepper
1 tsp. parsley
1 egg

Boil chicken in large pot of water until tender (about 1 hour). Take chicken out and take the meat off and put back into pot.

Mix all the meat ball ingredients. Shape into small meat balls. Fry, drain grease, and add to chicken. Add salt, pepper, bay leaf and escarole. Allow to cook until escarole is tender.

Prepare rice according to directions and add to soup.

Scramble 2 eggs and drop into pot. Cook until eggs are firm.

Write an extra recipe here:

Write your extra recipes here:

MAIN DISHES
MEAT • POULTRY
FISH



MEAT, FISH AND POULTRY NOTES



- * Baking fish on a bed of celery and onions will add to the taste as well as keep the fish from sticking.
- * Coating will adhere to chicken better if it has been chilled for an hour before cooking.
- * Sprinkle salt in the frying pan before adding meat and there will be less grease splattered.
- * For a juicier burger rub both sides with cold water before grilling.
- * Place cold water and cornstarch or flour in a jar with tight lid. Shake the jar until liquid is well mixed and lumps are gone. Then slowly add this mixture to pan drippings and stir while bringing gravy to a boil.
- * Always roast poultry breast side down so the white meat will not dry out. Turn the bird for the last portion of cooking so that it will brown well.
- * Rubbing poultry with salt and lemon juice will lessen any unpleasant odor.
- * Unwaxed dental floss is good for trussing poultry because it will not burn.
- * If gravy is too greasy, a bit of baking soda can be added without affecting the taste of the gravy.
- * Pour pan drippings into a tall jar. The grease will rise to the top in minutes and can be removed for grease free gravy.
- * Meat loaf won't crack when baking if it's rubbed with cold water before going in the oven.
- * Adding cold water to the bottom of the broiling pan before cooking meat helps absorb smoke and grease and makes clean up easier.
- * To speed up hamburger cooking, poke a hole in their centers when shaping. This causes the center to cook quickly and the holes are gone when the hamburgers are finished cooking.
- * A large roast can be carved more easily after it stands for about 30 minutes.
- * Meat or chicken may be floured easily by placing in a bag with flour and shaking well.
- * Add a little lemon juice to water while boiling to make fish firm and white.
- * To avoid odors while cooking fish, cover with browned butter and lemon juice.

MAIN DISHES--
MEAT, SEAFOOD, POULTRY

CHICKEN POCKETS

Susan Reeser

Serves 4

Filling:

2 c. cooked chicken breasts,
diced

Mix together and add to chicken:

1 Tbsp. chopped onion	3 oz. pkg. cream cheese, softened
3 Tbsp. butter or margarine	seasoning to taste: salt, pepper, basil, tarragon, thyme (dill, optional)
3 Tbsp. milk	

Separate into 4 rectangles, 1 package crescent rolls. Press separated area gently to seal, and roll out to make rectangles a little bigger.

Divide chicken mix evenly between the 4 dough pieces and fold up. Press together all seams so nothing can ooze out during baking. Brush with beaten egg. Bake at 375° for 20 to 25 minutes. Enjoy!

EASY CHICKEN A LA KING

Lisa Kantner

1 1/2 lb. boneless, skinless chicken breast.	1 (10 oz.) pkg. frozen peas and onion, thawed and well drained
1 can (10 oz.) condensed cream of chicken soup	2 Tbsp. chopped pimento, drained
3 Tbsp. flour	1/2 tsp. paprika
1/4 tsp. pepper	1/2 tsp. celery salt
	1 dash cayenne pepper

Cut chicken in bite size pieces. Place in slow cooker. In a medium bowl, stir soup, flour, pepper until blended. Pour over chicken. DO NOT STIR. Cover and cook on high for 2 1/2 hours, low for 5 to 5 1/2 hours until chicken is very tender. Stir in peas, onions, pimento, paprika, salt and pepper. Cover and cook 20 to 30 minutes until vegetables are tender.

CHICKEN A LA MCKEESPORT

Bernie Brown

- | | |
|---|---------------------|
| 2 skinned chicken breasts | 1 lemon |
| 1 c. white wine | 2 tsp. black pepper |
| 2 tsp. garlic powder | 1/2 tsp. paprika |
| 3 Tbsp. lemon herb or lime
dill dressing | |

Marinate in wine, garlic powder and dressing for 1 hour. Preheat oven to 325°. Spread chicken in casserole; squeeze fresh lemon on top. Spoon marinade over each piece. Sprinkle with pepper and paprika. Bake 30 minutes.

HAWAIIAN CHICKEN

Susie Feldman

- | | |
|------------------------|------------------------------|
| 1 can pineapple chunks | 2 tsp. soy sauce |
| 2 lb. chicken parts | 1 large clove garlic, minced |
| 2 Tbsp. shortening | 1 medium green pepper |
| 1 can chicken broth | 3 Tbsp. cornstarch |
| 1/4 c. vinegar | 1/4 c. water |
| 2 Tbsp. brown sugar | |

Drain pineapple, reserving syrup. In skillet, brown chicken in shortening. Drain fat. Add syrup, broth, vinegar, sugar, soy sauce and garlic. Cover, cook over low heat 40 minutes. Add green pepper and pineapple. Cook 5 minutes or until done. Stir occasionally. Combine cornstarch and water in cup. Slowly add to chicken, stirring until boiling.

LEMON CHICKEN

Diane O'Connor

- | | |
|---|-------------------------|
| 1 chicken breast, skinned,
boned and split in half | 1 garlic clove, minced |
| 2 Tbsp. flour | 1/2 c. white wine |
| 1 Tbsp. olive oil | 2 Tbsp. chopped parsley |
| 1 Tbsp. butter or margarine | 2 Tbsp. lemon juice |
| | 1/2 lemon, sliced thin |

Pound each chicken breast between sheets of waxed paper with flat side of meat mallet or a rolling pin until 1/4 inch thick. Dredge chicken in flour.

In medium skillet over medium high heat, cook oil and butter (or margarine) until hot and foamy. Add chicken and saute until golden brown on both sides. Add garlic, wine and lemon juice. Place several lemon slices on chicken. Cover and simmer until fork tender, about 10 minutes. Remove chicken to plate and keep warm over medium high heat, boil sauce in skillet rapidly until slightly thickened. Add parsley and heat through. Spoon sauce

over chicken and serve.

Makes 2 servings.

A nice accompaniment is raisin-rice. (Rice pilaf with raisins and toasted almonds.)

YORKSHIRE CHICKEN

Ginny Rygg

Brown chicken in:

1/3 c. flour	2 tsp. salt
1 1/2 tsp. sage	1/4 tsp. pepper

Place in 2 quart casserole.

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

Combine with above ingredients, 3 well beaten eggs. Add:

1 1/2 c. milk	1/4 c. parsley
---------------	----------------

Bake at 350° for 1 hour (may be longer, depending on quantity).

CHICKEN, BROCCOLI AND PASTA

Pati Walmsley

2 whole chicken breasts	1/2 c. almonds, slivered
8 oz. Rotelle	1 c. mayonnaise
3 c. fresh broccoli	1 Tbsp. lemon juice
2 medium tomatoes	2 tsp. chopped garlic
	basil, to taste

Boil chicken; cool and cut into strips. Cook pasta as directed and drain under cold water to cool.

In large bowl, toss chicken, pasta, broccoli and tomatoes. Mix remaining ingredients in small bowl until smooth. Add enough of dressing to moisten salad.

POPPY SEED CHICKEN

Charolotte Herbert

4 cooked, skinned, diced chicken breasts or 1/2 turkey breast	4 Tbsp. poppy seed
4 scallions with tops sliced	1/4 c. toasted, slivered almonds
	1 c. vinaigrette dressing
	1/2 c. rice noodles or small chow mein noodles

Mix all ingredients, except rice noodles. Best chilled overnight. Served tossed with rice noodles.

CHICKEN DIVAN

Carol Burkley

2 pkg. (10 oz. each) frozen
broccoli

2 c. sliced, cooked chicken or 4
chicken breasts, cooked and
boned

Combine:

2 cans condensed cream of
chicken soup
1 c. mayonnaise or salad dressing

1 tsp. lemon juice
1/2 tsp. curry powder, optional

1/2 c. shredded sharp processed
cheese

1/2 c. soft bread crumbs

Cook broccoli until tender. Drain and arrange in greased
11 1/2 x 7 1/2 x 1 1/2 inch baking dish. Place chicken on top.
Combine ingredients and pour over chicken. Sprinkle with cheese
and bread crumbs. Bake at 350° for 25 to 30 minutes.

GRILLED CHICKEN

Jeneane West

boneless chicken breasts

Sprinkle with seasoned salt and basil. Drizzle with lemon
juice. Broil or grill till done.

TURKEY PICATTA

Cathy Weismann

1 lb. turkey cutlets
1 egg, beaten
2 Tbsp. milk
1 1/2 c. bread crumbs

4 Tbsp. margarine
2 Tbsp. oil
1 c. chicken bouillon
1/2 lemon

Pound turkey cutlets till thin. Combine egg and milk in pie
plate. Arrange bread crumbs on waxed paper. Dip turkey in
egg mixture then into bread crumbs. Melt 2 tablespoons margarine
and oil. Fry cutlets until browned. Remove to plate until all
are done, adding more margarine as needed. Squeeze in lemon
and add chicken bouillon. Add turkey and bring to boil. Cover
and simmer 5 to 10 minutes.

TONI AND TIM TRAINI'S TURKEY TENDERS

Lo-Fat

- | | |
|---|---------------------------|
| 1 pkg. (1 to 1 1/4 lb.) fresh turkey tenderloins or sliced chicken breasts (skinless, boneless) | 1 1/4 c. oat bran |
| 2 large egg whites | 1 tsp. paprika |
| 2 Tbsp. low-fat evaporated milk (or skim milk) | 1/2 c. corn oil margarine |
| | salt to taste |
| | freshly ground pepper |

Serves 6.

Cut the turkey tenderloins (or chicken breasts) into thin slices (about 1 inch across) with a sharp knife.

Whip egg whites lightly with the milk. Mix the oat bran with the paprika. Dip meat into egg whites, then into oat bran/paprika mixture. Place on baking rack and allow to dry for 5 minutes.

In large skillet, heat 1/4 cup margarine. Saute tenders in the margarine. Turn one at a time. Add margarine as necessary.

Each serving: 63 mg. cholesterol, 315 calories per serving.

SLOPPY JOES

Debbie Lorentz

- | | |
|--------------------------|----------------------|
| 1 lb. ground beef | 1 bottle chili sauce |
| 1 pkg. Lipton onion soup | |

Brown and drain ground beef. Add soup and chili sauce. Heat until warm. Serve on warm bun.

ITALIAN MEAT PIE

Theresa Lydon

- | | |
|---------------------------------------|--------------------------|
| 1 lb. ground round | 2 tsp. beef bouillon |
| 1/2 c. bread crumbs, Italian seasoned | 1/2 c. pizza sauce |
| 1 egg | 1 c. shredded mozzarella |
| | any other pizza toppings |

Preheat oven to 350°. Combine meat, bread crumbs, egg, and bouillon; mix well. Press on bottom and up side of 9 inch pie plate. Bake 15 minutes, pour off fat. Spoon pizza sauce over crust. Top with toppings and cheese. Bake 10 minutes or until cheese melts.

FLANK STEAK

Ginny Rygg

Marinate a 2 to 2 1/2 pound flank steak overnight in the following marinade:

1/2 c. soy sauce
2 1/2 Tbsp. brown sugar
2 Tbsp. lemon juice

1 tsp. ground ginger
1/2 tsp. garlic salt

Broil steak.

JALLOF RICE

Victor Ndinyah

Simmer (in water) 1 pound beef (chicken or shrimp may be substituted) until tender. When done, saute in oil. In the same oil, saute onions until tender, add 1 tablespoon tomato paste. Add water (enough to make a soup like consistency) to onions and tomato paste. Transfer into small pot. Add 1 1/2 cups uncooked rice. Add 1 package frozen mixed vegetables. Stir. Season to taste. Just before it is done, add a little paprika. Serve.

SAVORY BEEF ROAST

Velda Brunson

Time Saver

3 to 4 lb. beef roast (any cut can be used but is a great way to use inexpensive cuts of beef

1 packet onion soup mix
1 can condensed mushroom soup

Trim excessive fat from beef and brown in a skillet on both sides, this takes about 10 minutes. Place browned roast in slow cooker. Combine packet of onion soup mix and mushroom soup diluted with half can of water. Pour over roast and turn on low setting for about 7 hours. When you come home from work you arrive to a great aroma and better yet, dinner done. Serve with buttered noodles and salad.

RED SAUCE WITH EYE OF THE ROUND

Erica Zappala

Sauce:

2 (29 oz.) cans crushed tomatoes
12 oz. tomato juice
1 small onion
4 cloves garlic
1 tsp. basil

1/2 tsp. black pepper
1/2 tsp. salt
1/4 tsp. crushed red pepper
1/4 c. red wine (dry)
1/8 c. brandy

Meat:

2 to 3 lb. eye of round, dust in mixture of flour, garlic powder, onion powder and black pepper

Sauce: Combine all ingredients (except wine and brandy) in a large pot. Cook for 15 minutes, add wine and brandy. After dusting eye of round with flour mixture, brown all sides of meat in a mixture of olive oil and butter. Put meat in sauce. Simmer for 2 1/2 to 3 hours. Serve sauce over cooked pasta. Slice meat thin.

Variation: Can substitute eye of round with chicken breasts. Prepare in same manner as eye of round, put meat in the sauce and cook for 1 1/2 to 2 hours.

ORIENTAL BEEF

Debbie Berkheimer

1 1/2 lb. flank steak, half frozen	1 green pepper, sliced
1/3 c. soy sauce	1 onion, sliced
1 clove garlic	3 stalks of celery, cut on angle
1/2 c. water	1 can tomato sauce
1/4 c. oil	2 Tbsp. cornstarch

1. Cut half frozen flank steak diagonally across grain. Over-night, marinate in soy sauce, garlic and water.

2. Heat oil in fry pan. Remove meat from marinade (save liquid). Quick fry steak and set aside.

3. In same pan, stir fry green pepper, onion and celery until slightly cooked to crisp (about 5 minutes).

4. Mix reserved marinade with tomato sauce and cornstarch.

5. Add meat back to vegetables and pour sauce over and cook about 10 minutes, covered, on simmer.

BROCCOLI BEEF STIR-FRY

The Meyers Family

1 1/2 lb. cubed beef, pork or chicken	1 sliced and separated onion
1/2 c. soy sauce	1 fresh stalk broccoli
1 pkg. mushrooms	1/4 c. oil
1 stalk celery	1 Tbsp. cornstarch

Let cut up meat stand in soy sauce for 15 minutes. Lightly brown meat and oil in wok. Save remaining soy sauce. Add

(Cont.)

vegetables. Right before serving, mix 1 tablespoon cornstarch with soy sauce, pour over vegetables and meat to make gravy. Serve over rice.

Makes 6 servings.

SHREDDED BEEF

Fran Babcock

3 lb. sirloin tip roast 1 pkg. Lipton onion soup mix
1 can (13 3/4 oz.) beef broth

Add all ingredients to crock pot. Cook 6 to 8 hours on high or until it can be easily shredded with fork. Serve on sandwich roll of your choice.

VEAL SCALLOPINI A LA MARSALA

Carolyn and Bill Rogers

1 lb. veal cutlets 1 clove garlic
12 oz. mushrooms, cleaned 2 c. beef stock
 and sliced 2 c. Florio Marsala wine
1 1/2 large Spanish onions 3 large bell peppers, some red

Trim veal, pound to half thickness and cut into bite size pieces; dredge through flour; brown in mix of 1/2 oil and 1/2 butter at 325° (sprinkle with paprika); remove from pan. Saute mushrooms in pan. Slice onions and add to mushroom mixture. Cook at 275° until done; add veal, garlic, salt and pepper to taste. Add beef stock and Marsala wine; add 1 of the 3 peppers to veal mixture and saute gently for 30 minutes; add remaining peppers and simmer 5 to 10 minutes until they are al dente; then serve.

Serves 4.

PEACHY SHORT RIBS

Susie Feldman

4 lb. beef short ribs 1/3 c. soy sauce
1 Tbsp. vegetable oil 1/4 c. ketchup
1 can (29 oz.) cling peach 1 clove crushed garlic
 halves

Brown ribs slowly in hot oil in Dutch oven. Drain peaches and reserve 3/4 cup of syrup. Mix syrup with remaining ingredients. Pour over ribs. Cover and place in 350° oven. Bake 2 hours or until tender. Add peaches to ribs, return to oven for about 10 minutes.

Makes 4 to 6 servings.

SPANISH HAM

Anita McElwee

- | | |
|---|-----------------------------|
| 1 inch thick slice of ham,
precooked | 1/4 c. brown mustard |
| 2 medium onions, sliced | 16 oz. can crushed tomatoes |

Place ham in oven safe skillet or casserole. Smear mustard on top. Top with onions and canned tomatoes.

Cover and bake in a 350° oven for about 2 hours.

Before serving, remove slice of ham and thicken juices with cornstarch.

Note: This could probably be easily adapted to the crock pot.

Good with rice or fried potatoes, a green salad and crisp bread.

LOU'S LOW FAT PIZZA (Really!)

Diane Traini

Dough:

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|-------------------------|----------------------------|
| 3/4 c. very warm water | 1 1/2 c. whole wheat flour |
| 1 tsp. sugar | 3/4 c. all-purpose flour |
| 1 pkg. rapid-rise yeast | |

Toppings:

- | | |
|---|--|
| 1 or 2 c. Ragu chunky Garden-style spaghetti sauce (green pepper and mushrooms) | 1 medium onion, chopped |
| 5 average mushrooms, sliced | 1 pkg. Cheese Smart mozzarella cheese (fake cheese - no fat/cholesterol) |
| 1 large green bell pepper, chopped | 1 can pitted black olives, sliced |

To make crust, mix water with sugar and yeast. Let set for 5 minutes. The yeast will bubble up. Mix the flours in a bowl. Make a well in the flour and add the yeast mixture. Knead dough for 5 to 8 minutes and let it rise in a warm place for 30 minutes, covered with a towel (warm up oven, turn it off and let the dough set there).

When the dough has risen, preheat oven to 475°. Spray vegetable oil on a 12 inch pizza pan. Roll out dough to cover all of the pan, building up edges to hold toppings. Put sauce on dough. Put cheese over sauce. Put on onion, pepper, mushrooms and olives. Bake for about 15 minutes. Other vegetable toppings can

(Cont.)

also be used. Other sauces can be used, but to avoid fat, don't use sauces with cheese or meat already added to the sauce.

LAMB CHOPS WITH HERBS

Kathy Kinross

8 rib lamb chops
1 tsp. thyme
1 tsp. oregano
1 tsp. rosemary

pinch paprika
3 small bay leaves
6 coriander seeds, crushed
1 lemon, juice and grated rind

Trim chops of excess fat. Mix all ingredients and pour over chops. Marinade 3 hours. Cook over hot coals until desired doneness. Approximately 20 to 30 minutes.

BROILED FISH

Jeneane West

1 Tbsp. mayonnaise

1 tsp. Dijon mustard

Mix together. Spread on fish and broil.

BROILED FLOUNDER WITH MUSTARD

Kathy Kinross

8 small skinless (approximately
1 lb.) boneless flounder
1 Tbsp. peanut, vegetable or
corn oil

2 Tbsp. mayonnaise
1 Tbsp. Dijon mustard
2 tsp. finely chopped parsley
lemon wedges

Preheat broiler. Arrange filets on baking sheet or shallow dish. Sprinkle with salt and papper and brush with oil.

Blend together mayonnaise, mustard and parsley. Brush over filets. Place under broiler. Broil 1 minutes or until golden brown on top and fish is just cooked through.

GRILLED SALMON WITH DILL SAUCE AND BASMATI RICE

Nancy Jones

1/4 c. finely chopped onion
1 carrot, finely chopped
1 stalk celery, finely chopped
1 1/2 to 2 c. water
1 c. basmati rice or long
grain rice
1/2 tsp. finely shredded lemon
peel
1/4 tsp. salt

1 bay leaf
1 (8 oz.) carton plain lowfat
yogurt
1 tsp. dried dill weed
12 oz. fresh or frozen salmon
fillet, skinned
1 Tbsp. cooking oil
1 tsp. capers

Spray a large skillet with non-stick spray coating. Cook onion, carrot and celery in skillet for 2 minutes. Add water (use 1 1/2 cups for basmati rice; 2 cups for long grain rice), the rice, lemon juice, salt and bay leaf to the skillet. Simmer, covered, for 20 minutes or till the rice is tender.

For sauce; in a small mixing bowl, combine lemon peel, yogurt, green onion, dill and capers. Add half of the mixture to a blender; cover and blend till smooth. Stir into remaining mixture in bowl. Cut salmon into 4 portions; brush with cooking oil. Spray cool grill rack with non-stick spray coating. Grill salmon directly on grill rack over medium-hot coals for 5 minutes. Turn salmon. Grill for 4 to 7 minutes more or till fish just flakes with a fork.

To serve, spoon about 2 tablespoons of sauce onto center of each dinner plate. Top with salmon. Serve with rice.

Store remaining sauce, covered, in refrigerator for another use.

366 calories per serving.

BON APETIT SHRIMP FLAMBE

Ann Finn Detlefs

1/4 c. flour	1/4 c. oil
1 clove minced garlic	1 lb. medium shrimp, shelled and deveined
3/4 tsp. salt	
1/4 tsp. pepper	1/4 c. diced green chiles
1/4 c. dry sherry	

Combine first 4 ingredients in large plastic bag. Add shrimp in batches and coat well, shaking off excess. Heat oil in skillet over medium-high heat. Add shrimp and saute until golden (5 to 8 minutes). Blend in chile peppers. Warm sherry in small saucepan, ignite and pour over shrimp. Spoon over rice.

SHRIMP FETTUCINE

5 green onions, chopped	8 oz. noodles
2 c. sliced mushrooms	1/2 c. grated Romano cheese
2 cloves garlic, minced	1/2 c. grated Parmesan cheese
1 stick butter	1/2 c. heavy cream
2 Tbsp. oil	1/2 c. whole milk
1 lb. peeled, raw shrimp	1/4 c. chopped, fresh parsley
2 tsp. salt	

In a large skillet, saute onions, mushrooms, and garlic in 1/2 stick butter and oil. Add shrimp and saute until pink. Pour off excess liquid. Season with salt; cover and keep warm.

Cook noodles in salted, boiling water. Drain. In saucepan, melt remaining 1/2 stick butter. Add noodles, cheeses, and cream;

(Cont.)

mix well. Combine with shrimp mixture. Sprinkle with parsley, toss and serve immediately.

LINGUINI WITH TOMATOES AND BASIL

Charlotte Herbert

4 large ripe tomatoes, quartered	1 c. + 1 Tbsp. olive oil
1 lb. brie, rind removed	2 1/2 tsp. salt
1 c. fresh basil, cut in strips	1 1/2 lb. linguine
3 garlic cloves, minced	Parmesan cheese

Combine tomatoes, brie, basil, garlic, salt and 1 cup olive oil in large glass bowl. Set aside at room temperature at least 2 hours.

Cook pasta with 1 tablespoon olive oil; drain and toss with tomato mixture. Serve immediately. Sprinkle with Parmesan and fresh pepper.

LINGUINI WITH WHITE CLAM SAUCE

Erica Zappala

4 to 5 cloves garlic, minced	1/4 c. white wine
1/4 c. olive oil	1 tsp. crushed red pepper
2 cans baby clams, with juice	black pepper
1 can minced clams, with juice	1 tbsp. minced fresh parsley
2 tsp. Italian seasoning; basil, oregano etc.	5 oz. whipping cream
	1 lb. cooked linguini
	grated Parmesan cheese

In large skillet, saute garlic in olive oil. Add remaining ingredients. Bring to boil, then simmer for 30 minutes. When noodles are almost cooked, add whipping cream to skillet mixture. Heat, but do not boil. Drain noodles, pour 3/4 of sauce over noodles, toss in fresh parsley. Serve extra sauce on side.

Serves 4.

FETTUCINI ALFREDO

Erica Zappala

1 1/2 sticks butter	1 c. Parmesan cheese
8 oz. light cream	1 lb. cooked fettucini noodles
1 egg yolk, slightly beaten	

In small saucepan, heat butter and cream, do not boil. Just before draining noodles, add egg yolk to cream mixture. Drain noodles, put back in pot. Pour in cream mixture, toss in cheese and stir quickly.

Serves 4.

CONEY ISLANDS

D. Lorentz

Serves 6

12 weiners
12 weiner buns

Dijon style mustard
finely chopped onion
Coney Island sauce

Coney Island Sauce:

1 lb. ground beef	1/2 tsp. aromatic bitters
1 Tbsp. butter	1 tsp. instant beef bouillon
1 bottle (14 oz.) catsup	1 tsp. salt
1 Tbsp. sugar	1/2 tsp. onion salt
3 Tbsp. white vinegar	2 tsp. chili powder
2 tsp. Worcestershire sauce	5 to 6 drops hot pepper sauce
	1/4 tsp. monosodium glutamate

To make the sauce, brown meat in butter, stirring until no longer pink. Combine with remaining sauce ingredients in the pan and cook, covered, over very low heat for 30 minutes or until thickened. Taste and adjust seasonings.

Spread mustard on cut surfaces of buns and spoon sauce over hot wieners.

Serve with finely chopped onion.

ZUCCHINI LASAGNA

Boil 3 pounds of large zucchini, sliced lengthwise or in circles, about 5 minutes till tender; drain well. Mix:

1 lb. + container of Ricotta cheese	1/4 to 1/2 c. Parmesan cheese
4 oz. mozzarella cheese, grated	1/4 to 1/2 c. Italian bread crumbs
4 oz. Meunster cheese, grated	2 or 3 eggs, slightly beaten
	salt and pepper

spaghetti sauce

Alternate layers:

spaghetti sauce	cooked zucchini
sprinkle a few bread crumbs	cheese mixture

Repeat. Then top cheese mixture with sauce and zucchini and sprinkle more bread crumbs, Parmesan cheese and some grated mozzarella.

(Cont.)

Cover and bake at 350° for 45 to 50 minutes or until it bubbles.
Remove cover, lower temperature to 200° to 250° and continue
to bake until dry, (about 20 to 30 minutes).

Write your extra recipes here:

MAIN DISHES
EGG · CHEESE
PASTA · CASSEROLE



© Art:
ORIGINAL

FRESH
EGGS
2¢

EGG, CHEESE, PASTA AND CASSEROLE



- * To prevent eggs from curdling when they are to be added to hot liquid, add a bit of the hot liquid to the eggs first and letting the temperature equalize. Then they can be added to the remaining liquid with no worries.
- * Adding vegetable oil to pasta cooking water before you add the pasta will cut down on sticking.
- * When preparing your favorite casserole, double the batch and freeze one for a busy day.
- * Egg yolks can be kept for several days in the refrigerator if they are covered with vegetable oil.
- * If a casserole dish is lined with several layers of foil and then filled and frozen, the casserole can be lifted out when solid and wrapped for freezing without losing the use of the casserole dish. It will fit right back into the dish when it's time to bake it. This also makes for easier stacking of casseroles in the freezer.
- * A dull warm knife works best for slicing cheese.
- * Use a fry basket in the pot when cooking pasta. The pasta can be lifted out all at once and rinsed in the same basket.
- * Stir eggs while they are boiling to keep the yolks centered. This makes deviled eggs prettier.
- * Storing cheese in a tightly covered container with a few sugar cubes will retard mold.
- * Hardened cheese can be softened by soaking in buttermilk.
- * Bring salted water to a boil, stir in pasta, cover and turn off the heat. Check the pot in ten minutes.
- * If grater is brushed with oil before you grate cheese clean up will be a snap!
- * Adding vinegar to the water used to cook hard boiled eggs will keep them from 'running' if a shell is cracked.
- * Rub shortening around the top of the pot to prevent boil overs.
- * Mark hard boiled eggs before they are stored so you won't have to guess the raw eggs from the cooked ones. This can be done with a crayon or by adding food coloring to the cooking water.
- * Run cooked spaghetti under HOT water to prevent stickiness.

MAIN DISHES--
EGG, CHEESE, PASTA AND CASSEROLES

MARINARA SAUCE

Diane O'Connor

1/4 to 1/3 c. olive oil	1/2 tsp. dried basil leaves
3 cloves garlic, chopped fine	1/2 tsp. dried oregano leaves
1/3 c. chopped fresh parsley	1/2 tsp. salt
1 can (1 lb. 12 oz.) Italian tomatoes, undrained	dash pepper
	1 tsp. sugar, rounded

In hot oil in large skillet, saute garlic and parsley about 3 minutes. (Do not let brown or it will be bitter.) Add the tomatoes and seasonings; mix well, mashing the tomatoes with a fork. Bring the mixture to boiling. Then reduce heat and simmer, uncovered and stirring occasionally, for 30 minutes or until thickened.

Makes 2 1/2 cups sauce or enough for 1/2 pound of linguini.

I always double this recipe when cooking it. (It can be frozen for future use.)

This sauce is good not only with pasta, but with shrimp and lobster.

ITALIAN SPAGHETTI SAUCE

Paula Pawlak

7 Tbsp. olive oil	1/2 tsp. salt
1/4 c. butter	1/2 tsp. pepper
4 large garlic cloves	3 large cans tomato sauce
1 Tbsp. parsley flakes	1 Tbsp. dried oregano
1 medium chopped onion	1 c. tomato puree
1/2 green pepper, chopped, optional	2 cans drained mushrooms, small cans
2 lb. ground chuck	

Heat oil and butter. Add garlic, parsley, onion and if desired, green pepper. Simmer 5 to 10 minutes. Add meat and brown. Add salt and pepper, tomato sauce and oregano. Cook slowly for 1 1/2 hours. Add tomato paste and mushrooms. Continue cooking for 1/2 hour. May be frozen.

EVERYDAY PASTA

Erica Zappala

Low-Cal

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|-----------------------------------|-------------------------|
| 2 c. fresh broccoli flowerets | 1/4 c. white wine |
| 2 carrots, sliced | 1 tsp. Mrs. Dash |
| 1 c. fresh sliced mushrooms | dash crushed red pepper |
| 1 chicken breast, cut into chunks | black pepper |
| 3 to 4 cloves garlic, minced | 1 lb. linguini, cooked |
| 2 Tbsp. light olive oil | grated cheese |
| | 6 oz. chicken broth |
| | fresh parsley, minced |

In skillet, saute garlic in olive oil. Steam broccoli in microwave for 3 minutes. Add all seasonings to garlic mixture, including wine and chicken broth. Add carrots, mushrooms, broccoli and toss lightly. Add chicken, toss until cooked. Drain noodles. Pour entire sauce mixture over noodles. Toss with fresh parsley. Serve with grated cheese

Serves 4.

RICE CASSEROLE

Susan Mullen

- | | |
|--|---------------------------------|
| 2 large onions, sliced (or more if you prefer) | salt and pepper |
| 2 c. sliced fresh mushrooms | 1 c. Uncle Ben's converted rice |
| 1/2 c. margarine | 1 can beef consomme soup |
| | 1 can water |

Saute onions and mushrooms in margarine. Salt and pepper. Add consomme soup and water and stir. Pour over rice in casserole dish and cover. Bake at 350° for 1 hour.

BROCCOLI-RICE CASSEROLE

Erica Zappala

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|--|------------------------------|
| 1 bunch fresh broccoli, chopped (no stems) | 2 Tbsp. butter |
| 2 c. cooked rice | 1 can cream of mushroom soup |
| 2 Tbsp. chopped onion | 4 oz. Cheez Whiz |
| 1/4 c. chopped celery | 1/2 c. milk |

Steam chopped broccoli until tender; set aside. Saute onions and celery in butter. Add mushroom soup, milk and Cheez Whiz. Heat mixture.

In 8 inch square baking dish, combine mixture with rice and broccoli. Bake at 350° for 30 minutes.

FIVE BEAN CASSEROLE

Anita McElwee

A nice break from plain baked beans.

8 oz. diced bacon	1 (16 oz.) can baked beans
2 medium onions, chopped	1 (16 oz.) can kidney beans, drained
1/2 c. packed brown sugar	1 (16 oz.) can chickpeas or garbanzo beans, drained
1/2 c. vinegar, cider	1 (16 oz.) can green lima beans, drained
1 tsp. garlic salt	1 (16 oz.) can butter beans, drained
1 tsp. dry mustard	
1 tsp. salt, optional	

In large skillet over medium heat, fry bacon and onions until onions are tender. Stir in seasonings. Reduce heat to low and simmer, covered, 20 minutes.

Preheat oven to 350°. In a 3 quart casserole combine all beans. Spoon mixture over top evenly. Bake 1 hour or until hot and bubbly.

TOMATO CASSEROLE

Anita McElwee

3 Tbsp. margarine	1/4 tsp. black pepper
1/4 c. minced onion	dash cayenne pepper, or to taste
2 c. fresh bread crumbs	3 1/2 c. tomatoes, whole, about a 1 lb. 3 oz. can
1/2 tsp. sugar	topping (see below)
1 tsp. salt	

Combine first 7 ingredients and layer with tomatoes in a 1 1/2 quart casserole that has been buttered.

Topping:

Top with 1/4 cup bread crumbs that have been sauteed in 1 tablespoon melted butter or margarine.

Bake at 350°, uncovered, for 45 minutes.

Makes 5 or 6 servings.

HOLIDAY MASHED POTATO CASSEROLE

Mrs. Tom Corrado

12 potatoes, cooked	garlic salt
1 (8 oz.) softened cream cheese	salt and pepper chives, optional
1 c. sour cream	Durkees French fried onions, optional

(Cont.)

This recipe may be prepared 1 day ahead of use.

Whip cooked potatoes with electric beaters until smooth. Add cream cheese, sour cream and seasonings. Whip until light. Fold in chives and/or onions if desired (or they can be sprinkled on top layer if preferred). Spoon into 1 cup casserole. Sprinkle with paprika, dot with butter. Bake at 350° for 1/2 hour or cool completely and then cover lightly. Refrigerate until ready to use. Increase baking time to about 45 minutes. It's just as good when prepared ahead.

PIEROGIE CASSEROLE

Erica Zappala

Hungry Jack instant mashed potatoes	1/2 c. sauerkraut, cooked and drained
1/2 lb. wide noodles, cooked	1/2 lb. Velveeta cheese, cubed sauteed onions in butter

Prepare mashed potatoes (6 servings). Mix in cheese chunks. Drain cooked noodles, drain sauerkraut.

Layer noodles, potato mixture, sauerkraut in baking dish.

Repeat. Top with onions.

Cover and bake at 350° for 30 minutes.

Serves 6 to 8 people.

BAKED POTATO CASSEROLE

Ernie Harris

8 cooked, peeled and diced potatoes	1/2 c. sour cream
1 lb. American cheese, sliced in strips	1/2 c. chopped onion
1/2 c. mayonnaise	1/2 lb. partially fried bacon, chopped

Combine first 5 ingredients. Place in a 9 x 13 pan. Top with bacon.

Bake 1 hour at 325°.

CARROT CASSEROLE

Susan Campayno

3 bags carrots	3 eggs, separated
1/3 c. shortening	2/3 c. flour
1/2 c. sugar	2 tsp. baking powder

Cook carrots in boiling water until soft. Drain and mash. Add egg yolks and remaining ingredients. Beat egg whites until stiff. Add pinch of salt. Add to carrot mixture. Pour into greased baking pan and bake at 375° for 45 minutes.

GOLDEN CRUMB BROCCOLI CASSEROLE

Ernie Harris

- | | |
|---------------------------------------|----------------------------|
| 1 1/2 lb. broccoli, cut up | 1 Tbsp. chopped pimento |
| 1 can cream of mushroom soup | 1 1/2 tsp. lemon juice |
| 1/4 c. mayonnaise | 1/3 c. Ritz cracker crumbs |
| 1/4 c. shredded sharp American cheese | |

Cook broccoli in boiling, salted water for 10 to 15 minutes. Combine with remaining ingredients in a casserole dish. Top with cracker crumbs. Bake at 350° for 35 minutes.

BROCCOLI ELEGANT

Barbara Holder

- | | |
|--|---|
| 1 1/2 c. water | 1 tsp. chicken flavored bouillon granules |
| 1/4 c. butter or margarine | 3/4 c. milk |
| 1 (6 oz.) pkg. corn bread stuffing mix | 1 (3 oz.) pkg. cream cheese, softened |
| 2 (10 oz.) pkg. frozen broccoli spears, thawed | 1/4 tsp. salt |
| 2 Tbsp. butter or margarine | 4 green onions, sliced |
| 2 Tbsp. all-purpose flour | 1 c. (4 oz.) shredded cheddar cheese |
| | paprika |

Combine water, 1/4 cup butter and packaged seasoning mix; bring to a boil. Remove from heat; stir in stuffing crumbs, and let stand 5 minutes.

Spoon stuffing around inside edge of a lightly buttered 13 x 9 x 2 inch baking dish, leaving a well in the center. Place broccoli in well, set aside.

Melt 2 tablespoons butter in a heavy saucepan over low heat; add flour stirring until smooth. Cook 1 minute, stirring constantly. Stir in bouillon. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Add cream cheese and salt, stirring until smooth. Stir in onion. Spoon mixture over center of broccoli; sprinkle with cheese and paprika. Cover with aluminum foil and bake at 350° for 35 minutes. Remove oil and bake an additional 10 minutes.

Yields 8 servings.

TACO BEEF NOODLE BAKE

Barbara Holder

- | | |
|----------------------|-----------------------------|
| 1 lb. ground beef | 1 (15 oz.) can tomato sauce |
| 1/2 c. chopped onion | 1/2 c. water |

(Cont.)

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|---------------------------------------|----------------------------------|
| 1 (1 1/4 oz.) pkg. taco seasoning mix | 1/4 c. sour cream |
| 2 (5 oz.) pkg. medium egg noodles | 1 Tbsp. all-purpose flour |
| 2 c. small cured cottage cheese | 2 Tbsp. beef bouillon, granules |
| | 1/4 c. chopped green onion |
| | 1 c. (4 oz.) shredded mozzarella |

Cook ground beef and onion until meat is browned, stirring often to crumble meat; drain off drippings. Add tomato sauce, water and taco seasoning mix; bring to a boil. Reduce heat, and simmer 10 minutes.

Cook noodles according to package directions; drain. Combine noodles; cottage cheese, sour cream, flour, bouillon granules and green onion; mix well. Spoon noodle mixture into a greased 2 1/2 quart casserole. Top with meat mixture. Bake at 350° for 25 minutes; sprinkle with mozzarella cheese and bake 5 additional minutes or until cheese melts. Let stand 10 minutes before serving.

Yields about 8 servings.

CHICKEN AND RICE CASSEROLE

Jeneane West

- | | |
|-------------------------------|--------------------------------------|
| 6 lb. chicken fryer or breast | 1 lb. fresh mushrooms |
| 1 c. water | 1 1/2 tsp. salt |
| 1 c. dry white sherry | 1/2 tsp. curry powder |
| 1/2 c. sliced celery | 2 (6 oz.) pkg. Uncle Ben's wild rice |
| 1 medium onion, diced | 1 can cream of mushroom soup |
| 1/4 c. margarine | 1 c. sour cream |

Place chicken in large pot with water, sherry, salt and curry powder. Simmer, covered, 1 hour. Set chicken aside. Cook rice in broth, not water, as directed on box. (Add extra water to broth if needed.) Saute mushrooms, celery and onions in skillet until golden brown. Skin and debone chicken. Cut into bite size pieces. Blend soup and sour cream into rice. Fold in chicken pieces and mushroom mix. Bake in casserole dish at 350° for 1 hour.

*May use extra 1/2 can of mushroom soup to make casserole creamier.

MEXICAN CASSEROLE

Barbara Holder

- | | |
|-----------------------------------|-----------------------------|
| 1 pkg. corn tortillas | 1 medium chopped onion |
| 1 large can Ranch style beans | 1 c. chopped cheddar cheese |
| 1 can Ro*Tel tomatoes with chilis | 1 can mushroom soup |
| | 1 to 2 lb. lean hamburger |

BEEF TACO CASSEROLE

D. Lorentz

- | | |
|---------------------------------|--|
| 1 lb. ground beef | 1/2 tsp. garlic salt |
| 1 medium onion, chopped | 1 c. broken tortilla chips |
| 1 can (15 1/2 oz.) kidney beans | 1 c. shredded cheddar or American cheese (4 oz.) |
| 1 can (8 oz.) tomato sauce | |
| 2 tsp. chili powder | |

Cook and stir ground beef and onion in 10 inch skillet until beef is light brown; drain. Stir in kidney beans (with liquid), tomato sauce, chili powder and garlic salt. Heat to boiling. Pour half of the meat mixture into ungreased 1 1/2 quart casserole; top with tortilla chips. Pour remaining beef mixture on top; sprinkle with cheese. Cover and cook in 350° oven until bubbly, 25 to 30 minutes. Garnish with chopped green pepper if desired.

CHICKEN-BROCCOLI CASSEROLE

Wendy Stein

(Excellent for a crowd)

- | | |
|--|--------------------------------------|
| 3 pkg. frozen broccoli (spears or chopped), or asparagus, or use fresh | 2 tsp. lemon juice |
| 6 chicken breasts, cooked | 6 Tbsp. sherry (or more) |
| 3 cans condensed cream of chicken soup | 3/4 c. shredded sharp cheddar cheese |
| 1 1/2 c. Hellmann's mayonnaise | 3/4 c. soft bread crumbs |
| | 2 Tbsp. melted butter |

Arrange cooked broccoli in 9 x 13 inch pan or large flat casserole. Cut chicken in large bite size pieces and place over broccoli. Mix together soup and mayonnaise, lemon juice and sherry and pour over broccoli and chicken. Then sprinkle with cheese, then crumbs and drizzle the melted butter over the top. Bake, covered, at 350° about 1 hour, until bubbly and very hot.

BROCCOLI-CHEESE BAKE

Fran Babcock

- | | |
|----------------------------|---|
| 3 eggs | 3 Tbsp. flour |
| 1 c. cottage cheese | 2 pkg. frozen, chopped broccoli, thawed |
| 1 c. grated cheddar cheese | dash pepper |
| 1 tsp. salt | |

In a large bowl, beat eggs with fork. Stir in cheeses, add salt, pepper and flour.

Drain broccoli well. Pat dry. Stir in mixture. Put into greased 10 inch pie pan. Sprinkle with bread crumbs. Dot with butter. Bake at 350° for 35 minutes.

CHICKEN DIVAN

Fran Babcock

- | | |
|---|-----------------------------------|
| 2 pkg broccoli, cut or spears | 3/4 c. mayonnaise |
| 2 c. cooked chicken breast | 1 tsp. lemon juice |
| 2 (10 1/2 oz.) cans cream of chicken soup | 2 oz. grated sharp cheddar cheese |
| | 1 c. bread crumbs |
| | 1 Tbsp. margarine |

Cook broccoli and drain. Arrange in layer in greased 9 x 13 inch sheet pan. Then layer chicken, cut in small pieces.

Combine next 3 ingredients, (soup, mayonnaise and lemon), and pour over chicken. Sprinkle cheese over this. Combine butter and crumbs and sprinkle over top.

Bake at 350° for 35 minutes.

FANCY EGG SCRAMBLE

Ginny Rygg

- | | |
|-----------------------------------|--------------------------|
| 1 c. (4 oz.) diced Canadian bacon | 1 (3 oz.) can mushrooms |
| 1/4 c. chopped green onion | 1 recipe cheese sauce |
| 3 Tbsp. butter or margarine | 4 tsp. butter, melted |
| 12 beaten eggs | 1/2 c. soft bread crumbs |
| | 1/4 tsp. paprika |

Sauce:

- | | |
|---------------------------|---------------------------------------|
| 2 Tbsp. butter | 1/4 tsp. pepper |
| 2 Tbsp. all-purpose flour | 2 c. milk |
| 1/2 tsp. salt | 1 c. (4 oz.) shredded American cheese |

In a large skillet, saute Canadian bacon and onion in butter until tender, but not brown. Add eggs and scramble until just set. Fold mushrooms and eggs into the cheese sauce. Turn into a 12 x 7 x 2 buttered baking dish. Combine remaining melted butter, crumbs and paprika. Sprinkle on the eggs. Cover and chill overnight. Remove 30 minutes before serving. Bake, uncovered, in 350° oven for 30 minutes.

♥
VEGETABLES



CARROTS

BUYING GUIDE

Fresh vegetables and fruits

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

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

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

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

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

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

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

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

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

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

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

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

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

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

VEGETABLES

SPINACH NUGGETS

Susan Reeser

2 (10 oz.) pkg. frozen,
chopped spinach
1 Tbsp. melted onion

2 c. herb seasoned croutons
1 c. grated Parmesan
2 beaten eggs
3 Tbsp. butter

In saucepan, cook spinach and dried onion, according to package instructions. Drain well.

In mixing bowl, combine spinach, croutons and cheese. Stir in eggs and melted butter. Shape into 1 inch balls. Place in shallow pan. Freeze until firm. Transfer to freezer bags and return to freezer.

At serving time, bake frozen nuggets at 357° for 15 to 20 minutes or microwave 3 to 4 minutes on high.

Delicious!

BAKED BEANS

Darlene Miletic

2 cans baked beans
1 can butter beans, drained
1 medium onions, diced
4 Tbsp. catsup

3 Tbsp. brown sugar
1 can tomatoes, drained and
cut up
1 large green pepper, diced

Mix above and top with chopped bacon. Bake for 2 1/2 hours.

CHARLIE'S MEXICAN BAKED BEANS

Judy Pearlman

1 (28 oz.) can baked beans with
honey and brown sugar
2 Tbsp. brown sugar

2 Tbsp. salsa
2 Tbsp. onion, chopped
1 c. Heinz hickory flavor BBQ
sauce

Mix ingredients together. Let set 1 hour or more. Bake at 350°, uncovered, for 1 1/2 hours.

CARROTS WITH SPIRIT

Bernie Brown

1 1/2 lb. carrots, peeled
1 3/4 c. water
1 Tbsp. sugar

1/2 tsp. salt
2 Tbsp. butter
2 Tbsp. brown sugar

(Cont.)

1 1/2 Tbsp. butter
chopped parsley

2 Tbsp. bourbon, or rum

Combine carrots, water, sugar, butter and salt in a pan. Cook till carrots tender (20 minutes); drain and set aside.

In saucepan, melt butter, add brown sugar. Add carrots and saute till evenly coated. Add bourbon and cook 2 minutes. Sprinkle with parsley.

Makes 6 servings.

BARBECUED RICE

Kathy Kinross

aluminum foil

1 c. uncooked rice
1/2 c. sliced mushrooms
1/2 onion, finely chopped
1/2 tsp. salt

1 tsp. Worcestershire sauce
1/2 stick butter
1 c. water

Fold over a 36 inch length of 18 inch foil into a square and seal sides to form a bag. Put all ingredients in bag. Dot with butter. Fold over top edges of foil to seal bag tightly.

Place on barbecue over hot coals. Turn occasionally. Cook 30 minutes.

LEBANESE RICE

Erica Zappala

1 c. Rosemario (orzo)
3 Tbsp. butter
4 1/2 c. water

3 chicken bouillon cubes
1 c. rice
salt and pepper

Saute Rosemario in butter in a skillet. In another saucepan, boil water, add salt. Carefully add rice, then add Rosemario mixture. Lower heat, cover and simmer until liquid is gone, about 25 minutes.

Makes a large amount.

RAISIN RICE

Diane O'Connor

1 1/3 c. rice
1 tsp. salt
1/4 c. seedless raisins

1/4 c. onion, thinly sliced
1/4 c. toasted, slivered almonds
2 Tbsp. butter

Add raisins to rice and cook according to package directions. While rice cooks, saute the onions in the butter until softened and golden. When rice is done cooking, mix onions and almonds and add to rice. Makes 6 to 8 servings.

HOT CAJUN FRIES

Diane Traini

Lo-Fat

- | | |
|--|-----------------------------|
| no stick cooking spray,
(Pam or Mazola) | 1 lemon |
| 4 baking potatoes | 1 to 2 tsp. Cajun seasoning |

Preheat oven to 425°F. Spray a cookie sheet with no-stick cooking spray.

Cut the unpeeled potatoes into thin, long strips. Place in a bowl of ice water with the juice of 1 lemon to prevent potatoes from browning.

Drain the potatoes. Distribute evenly over the cookie sheet and sprinkle with Cajun seasoning. Bake for 20 to 25 minutes, turning potatoes several times. Potatoes will be cooked and lightly browned. Serve immediately.

Each serving: 0 mg. cholesterol, 125 calories.

POTATO BAKE

Gloria Contrella

- | | |
|--------------------------------------|---------------------------------------|
| 12 oz. frozen hash browns,
thawed | 2 c. shredded sharp cheddar
cheese |
| 1/2 stick melted butter | 1 c. sour cream |
| 1 can cream chicken soup | salt and pepper to taste |

Topping:

- | | |
|------------------------------|-------------------------|
| 1 c. Ritz crackers, crumbled | 1/4 stick melted butter |
|------------------------------|-------------------------|

Mix first 6 ingredients together. Place in oblong Pyrex dish. Mix topping together. Sprinkle on top. Bake at 400° for 45 minutes.

PEACHY SWEET POTATOES

Susan Grosser

- | | |
|--|---------------------------------|
| 2 to 4 medium sweet potatoes | 2 Tbsp. honey crunch wheat germ |
| 1 c. peeled, chopped, fresh
peaches | 1 Tbsp. brown sugar |
| 1/3 c. peach nectar | 1 Tbsp. nut like cereal nuggets |
| 2 to 3 Tbsp. peach schnapps | 1/4 tsp. ground cinnamon |
| 1/8 tsp. salt | 1/4 tsp. ground nutmeg |
| | vegetable cooking spray |

Wash sweet potatoes; bake at 400° for 45 minutes or until done. Allow potatoes to cool to touch. Cut in half. Scoop out pulp, discarding peels. Combine potato pulp, peaches, nectar,

(Cont.)

schnapps and salt in a medium bowl, stirring until well blended. Spoon into a 1 1/2 quart casserole that has been coated with cooking spray. Combine wheat germ, brown sugar, cereal, cinnamon and nutmeg, stirring well. Sprinkle mixture evenly over casserole. Bake, uncovered, at 350° for 20 minutes or until thoroughly heated.

Yields 6 servings.

124 calories per 1/2 cup serving.

HAM AND SWEET POTATO FRITTERS

Barbara Holder

2 c. minced ham	3 large eggs, well beaten
2 c. coarsely shredded raw sweet potatoes (1/2 lb.)	1/2 c. flour
1/3 c. minced onion	1/4 tsp. pepper
	3 to 4 Tbsp. vegetable oil
	sauteed pineapple chunks

In medium size bowl, combine ham, potato, onion, eggs, flour and pepper. Mix thoroughly.

In large skillet, heat oil over medium heat, just until it ripples. For each fritter, spoon about 1/4 cup mixture, spread out to form patty about 3 inches in diameter, 1/4 inch thick. Cook 3 minutes on each side until brown, drain on paper towel, add additional oil if necessary.

Makes 12.

EASY PIROGIE

Susan Campayno

1 lb. lasagna	1 Tbsp. chopped parsley
2 lb. potatoes	1/2 c. butter
1 1/2 c. Cheez Whiz	1 c. chopped onions

Cook lasagna per directions. Cube and boil potatoes in salt water. Drain and mash potatoes and combine with Cheez Whiz, parsley and 1/4 cup butter. Saute onion in 1/4 cup butter. Alternate lasagna, potato mixture and onions in 9 x 13 pan, leaving 1/3 butter and onion mix for top. Bake, covered, at 350° for 1 hour.

BROCCOLI SALAD

Sue Vegely

2 large bunches broccoli, broken in small pieces	1 (12 oz.) pkg. shredded mozzarella
1 lb. bacon, fried and crumbled	1/4 to 1/2 c. purple onion

Mix together and add dressing 1/2 hour before serving. (See dressing on next page.)

Dressing:

1 c. mayonnaise
1/2 c. sugar

2 Tbsp. white vinegar

Write your extra recipes here:

Write your extra recipes here:

BREAD · ROLLS
PIES · PASTRY



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BREAD, ROLLS, PIES AND PASTRY



- * Place a folded, damp towel under the bowl and it won't slip and slide while mixing.
- * When fresh fruit is handy, but you don't have time to bake, just mix the filling as you normally would for pie. Line a pie pan with several layers of foil and place the filling in the pan. Wrap and freeze. When you're ready with a pie crust the filling can be placed in the crust and baked. After filling is frozen solid it can be taken out of the pan so you will be able to use the pan and the fillings will stack neater in the freezer.
- * Add $\frac{1}{2}$ teaspoon of sugar to the yeast when stirring it into the water to dissolve. If it foams and bubbles in ten minutes you know the yeast is alive and active.
- * Dough can rise with no problem even in a cold kitchen if the bowl is placed on a heating pad set on medium.
- * If the oven is turned off just when the meringue is brown, and the door is left slightly open, the pie cools slowly and prevents the meringue from splitting.
- * Your bread will be crusty if top and sides are brushed with an egg white that has been beaten with one tablespoon of water.
- * A super-fast 'company' pie can be made by using a prepared crust. Add one box of instant pudding mix to prepared whipped topping. Mix well and fill crust. Reserve enough whipped topping to cover pie. Any flavor pudding mix can be used.
- * Try substituting ground nuts in a one crust pie. Press pie shell just like you would with a graham cracker crust.
- * Use water that has been used to boil potatoes to make bread dough moister.
- * If a dull-finish aluminum loaf pan is used it will brown the sides of the bread better.
- * Brushing frozen pies with melted butter before baking can eliminate dryness.
- * Let baked bread cool on a wire rack so the bottom won't be soggy.
- * Dough won't stick to your hands if it is kneaded inside a large plastic bag.
- * To get a dull finish on a new pan it can be baked empty in a 350 degree oven.
- * If the television is in use, it makes a nice warm spot for dough to rise.
- * To thaw, frozen bread loaves, place in clean brown paper and put in 325° oven for 5 - 6 minutes to thaw completely. For thawing rolls allow several more minutes.

BREADS, ROLLS, PIES, PASTRY

BLUEBERRY NUT LOAF OR MUFFINS

Susan Reeser

- | | |
|--|--|
| 1/2 c. All-Bran cereal or
Bran Buds | 1/2 c. firmly packed brown
sugar |
| 1/2 c. whole wheat flour | 3/4 c. orange juice |
| 1 1/4 c. all-purpose flour | 1 egg |
| 2 tsp. baking powder | 1 c. blueberries, fresh or frozen,
not thawed |
| 1/2 tsp. baking soda | 1/2 c. chopped nuts |
| 1/2 tsp. salt | 2 Tbsp. vegetable oil |

Stir together cereal, flours, baking powder, soda, salt and sugar. In large mixing bowl, beat orange juice, egg and oil until well combined. Add flour mixture, stirring only until combined. Gently fold in blueberries and nuts. Place in greased 8 x 4 loaf pan or 12 muffin tin.

For loaf, bake at 350° for approximately 50 minutes.

For muffins, bake at 375° for 20 minutes. Addictive!

COFFEE CAKE EXCEPTIONALE

Anita McElwee

- | | |
|---|--|
| 3/4 c. butter or margarine,
softened | 1 1/2 tsp. baking powder |
| 1 1/2 c. sugar | 1 1/2 tsp. soda |
| 3 eggs | 1/4 tsp. salt |
| 1 1/2 tsp. vanilla | 1 1/2 c. sour cream (or substitute)
filling (see below) |
| 3 c. flour | |

Heat oven to 350°. Grease Bundt pan, tube pan or 2 loaf pans.

In large bowl, combine butter, sugar, eggs and vanilla. Beat on medium speed 2 minutes. Mix in flour, baking powder, soda and salt alternately with sour cream.

Fill pan of choice 1/3 full, top with 1/3 of filling; repeat.

Bake 60 minutes or until toothpick inserted in center comes out clean. Cool slightly in pan before removing.

Makes 14 to 16 servings.

Filling:

Mix together:

- | | |
|-----------------------------|---------------------|
| 1/2 c. brown sugar, packed | 1 1/2 tsp. cinnamon |
| 1/2 c. finely, chopped nuts | |

ANGEL BISCUITS

D. Lorentz

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

2 c. buttermilk
1/4 c. water
3/4 c. shortening
1 tsp. soda

In large bowl, mix well 1 1/2 cups flour, sugar, salt, baking powder and undissolved yeast.

Combine buttermilk, water and shortening in saucepan. Heat until very warm (120° to 130°). Shortening need not melt.

Gradually add to dry mix, beat 2 minutes at medium speed. Add 3/4 cup flour and beat 2 minutes at high speed. Now stir in enough flour to make soft dough. Turn onto a lightly floured board, knead 20 to 25 times. Roll to 1/2 inch thickness. Cut into 2 inch biscuits. Place on ungreased baking sheet. Let rise about 1 hour (until double).

Bake in hot oven (400°) about 20 minutes or until done.
Makes 2 1/2 dozen.

SWEET RASPBERRY BISCUITS

Barbara Holder

2 c. Bisquick baking mix
2 Tbsp. sugar
1/4 c. margarine or butter,
softened

2/3 c. milk
1/4 c. raspberry preserves

Preheat oven to 450°. Line 12 medium muffin cups, 2 1/2 x 1 1/4 with paper baking cups. Mix baking mix, sugar and margarine until crumble. Add milk and mix until dough forms; beat 15 strokes. Place 1 tablespoon dough in each cup; top with 1 teaspoon preserves. Drop remaining dough onto preserves. Bake until golden brown, 10 to 15 minutes. Immediately remove from pan. Spread with vanilla glaze while warm.

Makes 12 biscuits.

Vanilla Glaze:

Beat until smooth:

1/2 c. powdered sugar
1 Tbsp. warm water

1/4 tsp. vanilla

BLUEBERRY COFFEE CAKE

Pati Walmsley

3/4 c. sugar	1/2 tsp. salt
1/4 c. soft shortening	2 c. blueberries
1 egg	1/2 c. sugar
1/2 c. milk	1/3 c. flour
2 c. flour	1/2 tsp. cinnamon
2 tsp. baking powder	1/4 c. soft margarine

Mix shortening and egg then stir in 1/2 cup milk; sift and stir in flour, soda, salt and blueberries. Put into greased 9 inch pan.

Take remaining ingredients and mix in small bowl until fine. Sprinkle on top of coffee cake. Bake at 375° for 45 minutes.

BERNIE'S NUT ROLLS

Bernie Brown

Mix together:

3 eggs	3 Tbsp. sugar
1 stick oleo	1/2 c. sour cream

Then mix 1/2 cake large yeast with 2 tablespoons water. Let set 5 minutes. After dissolved, add to above mixture. Blend well. Add approximately 1 3/4 cups flour. Roll out, then fill. Bake at 350° for 35 minutes.

Makes 4 rolls.

Filling:

1 lb. nuts	1/2 stick oleo
1 1/2 c. sugar	1 c. scalded milk
1 tsp. vanilla	

PUMPKIN BREAD

Bernie Brown

2 1/2 c. sugar	1 tsp. salt
1/2 tsp. baking powder	3/4 c. oil
1/2 tsp. baking soda	3 eggs
3/4 tsp. cloves nutmeg	1/2 c. nuts
1 tsp. cinnamon	2 c. pumpkin
2 1/2 c. flour	

Mix sugar, oil and pumpkin. Add dry ingredients. Makes 2 well greased loaf pans. Bake 1 hour at 350°.

FLOUR TORTILLAS

Barbara Holder

4 c. all-purpose flour
1 tsp. salt
1/8 tsp. baking powder

2/3 c. shortening
1 c. + 3 Tbsp. hot water

Combine flour, salt and baking powder; stir well. Cut in shortening with a pastry blender until mixture resembles coarse meal. Gradually stir in water, mixing well.

Shape dough into 1 1/2 inch balls; roll each out on a lightly floured surface into a very thin circle. Circles should be about inches in diameter.

Heat an ungreased electric skillet to 375°; cook tortillas about 2 minutes on each side or until lightly browned. Pat tortillas lightly with spatula while browning the second side if they puff during cooking. Serve hot.

Yields about 2 dozen.

Tortillas may also be cooked on an ungreased griddle or in a skillet over medium heat.

Tortillas are most often enjoyed as the wrapping for a taco or burrito, but you'll praise their melt in your mouth goodness when they're homemade and served plain, hot off the griddle. You can purchase a tortilla press to shape your dough, but I found this recipe easy to make with just a rolling pin.

BANANA CREAM PIE

Ernie Harris

9 inch baked pie shell
1 (8 oz.) pkg. cream cheese,
softened
1 (14 oz.) can sweetened
condensed milk

3 medium bananas
1/3 c. lemon juice
1 tsp. vanilla

Bake pie shell. Slice 2 of the bananas, arrange in pie shell. Beat cream cheese in small mixer bowl on medium speed until light and fluffy. Gradually beat in milk until well blended. Beat in lemon juice and vanilla. Pour into pie shell. Refrigerate until firm, at least 2 hours. Slice remaining banana, arrange on top of pie. Before serving, you may want to add some whipped cream to each slice of pie.

CHOCOLATE CHIP PIE

Debbie Lorentz

2 eggs
1/2 c. all-purpose flour

1/2 c. sugar
1/2 c. firmly packed brown sugar

1 c. melted and cooled
margarine
1 c. chopped walnuts

1 c. or 6 oz. semi-sweet chocolate
morsels
1 (9 inch) unbaked pie shell

Preheat oven to 325°.

In large bowl, beat eggs until foamy. Add flour and sugars;
beat until well blended. Blend in melted butter. Stir in semi-
sweet chips and nuts. Pour into pie shell. Bake for 1 hour. Serve
warm with whipped cream.

MUD PIE

Ginny Rygg

1 (1 lb.) pkg. Oreo cookie
1 stick butter, melted
2 Tbsp. butter
2 oz. unsweetened chocolate

1 c. sugar
1 (5 1/2 oz.) can evaporated
milk
2 pt. coffee ice cream, softened
shaved semi-sweet chocolate

Scrape filling from Oreos. Crush cookies and mix with butter.
Press into 9 inch pie plate. Chill. Melt together 2 tablespoons
butter and chocolate. Stir in sugar and milk. Cook, stirring
over medium heat, until thick. Cool. Spoon 1 pint ice cream
into pie shell. Top with 1/2 fudge sauce. Freeze. Repeat. Garnish
with shaved chocolate. Freeze. Remove from freezer 15 minutes
before serving.

KARO EASY PECAN PIE

Paula Pawlak

3 eggs, slightly beaten
1 c. Karo light or dark corn
syrup
1 c. sugar

1 tsp. vanilla
1 1/2 c. pecan halves
1 unbaked (9 inch) pie shell
2 Tbsp. Mazola margarine, melted

In large bowl, stir first 5 ingredients until well blended. Stir
in pecans. Pour into pie shell. Bake in 350°F. oven 50 to 55
minutes or until knife inserted half way between center and edge
comes out clean. Cool.

Serves 8.

Chocolate Pecan Pie:

Follow recipe above. Melt 4 squares (1 ounce each) semi-sweet
chocolate with margarine.

SWEET POTATO PIE

Velda Brunson

4 nice sized sweet potatoes	2 (9 inch) deep dish pie shells
1 3/4 c. sugar	2 eggs
2 tsp. vanilla extract	2 tsp. pumpkin pie spice
1/2 c. evaporated milk	1 tsp. lemon extract
3/4 stick butter	

Boil potatoes until soft and set aside to cool. Peel potatoes and mash to smooth consistency in large mixing bowl. Blend in sugar, milk and beaten egg to the potatoes and mix well. Combine melted butter and spice along with the lemon and vanilla into the mixture. Pour into pie shells. Bake at 350° until golden brown (or 45 to 50 minutes - insert toothpick to test). Slice and serve with whipped topping, ice cream or alone.

Mmmmm good!

Write your extra recipes here:

CAKES ICINGS
♡
COOKIES



CAKES, ICINGS AND COOKIES



- * Adding a pinch of baking powder to powdered sugar icing will help it stay moist and not crack.
- * Your frosting will look more professional if you first frost with a thin layer and let it set. Then apply a second coat of frosting.
- * An easy way to form drop cookies is to drop them onto the cookie sheet and then press them with the bottom of a water glass that has been dipped in sugar.
- * To preserve the creamy texture of frozen cheesecake, thaw in refrigerator for 12 hours.
- * Dipping the cookie cutter in slightly warm salad oil will give you a much cleaner cut.
- * A quick frosting can be made by adding a bit of chocolate syrup to prepared whipped topping.
- * If powdered sugar is sprinkled on top of each layer before filling or frosting, this will keep the filling from soaking through the cake.
- * Spaghetti is great with cake! While waiting for icing to set, a few sticks of dry spaghetti will hold the layers in place. Also, a piece of raw spaghetti works well to light birthday candles.
- * To cut down on cholesterol, substitute two egg whites stiffly beaten for each whole egg called for.
- * Icings won't become grainy if a pinch of salt is added to the sugar.
- * Use cocoa to dust baking tins so cookies and cakes won't have a floury look.
- * Trace the bottom of the baking pan onto wax paper and cut it out. Now this can be placed in the bottom of the pan and the sides greased and floured like normal. When the cake is done it can be inverted and the paper taken off while still warm with no sticking.
- * For a thinner, crispier rolled cookie try rolling the dough directly onto a greased and floured cookie sheet. Cut the cookies out then pick up the scrap dough.
- * If eggs are beaten and added slowly to batter it won't make the batter too stiff.
- * Cookies will stay moist in the jar if a slice of bread is placed in the jar.
- * Two tablespoons of salad oil added to cake mix keeps the mix moist, less crumbly.
- * Adding a pinch of salt to chocolate dishes will enhance the flavor.

CAKES, COOKIES, ICINGS

MINIATURE CHEESECAKES

Lisa Kantner

24 cupcake liners	1 Tbsp. lemon juice
24 vanilla wafers	1 tsp. vanilla
2 pkg. (8 oz. each) cream cheese, softened	1 can (20 to 21 oz.) Thank You peach, blueberry or cherry filling
3/4 c. sugar	1/2 c. sliced nuts, optional
2 eggs	

Line cupcake pans with liners. Place a vanilla wafer in bottom of each liner. In small bowl, beat cream cheese, sugar, eggs, lemon juice and vanilla until light and fluffy. Fill the liners 3/4 full with cheese mixture. Bake in preheated 375° oven for 15 to 20 minutes or until set. Top each with spoonful of filling and 1 teaspoon of nuts. Chill.

Serves 24.

APPLE CAKE

Susan Mullen

2 c. flour	1 c. oil
1 1/2 c. sugar	3 eggs
1 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	1 can pie-sliced apples
1 tsp. cinnamon	1 c. nuts and/or raisins

Mix first 5 ingredients. Make a well in center of bowl. Add oil, eggs (beaten), vanilla and mix. Then add canned apples and mix. Add raisins and nuts; mix well. Pour in greased and floured 9 x 13 pan. Bake at 350° for 1 hour. Sprinkle with powdered sugar after cooled.

APPLE CAKE

Ginny Rygg

4 c. sliced apples	2 tsp. cinnamon
2 c. sugar	2 eggs, beaten
2 c. flour	2 tsp. vanilla
1 1/2 tsp. baking soda	3/4 c. salad oil
1 tsp. salt	1 c. chopped nuts

Mix apples and sugar and let stand 10 minutes. Mix flour, soda, salt and cinnamon and stir into apples. Stir together eggs, vanilla, and oil and blend into apples. Add nuts. Spread into well greased 9 x 13 inch pan. Bake at 350° for about 50 minutes. Serve with whipped cream or ice cream. Freezes well.

BANANA SPLIT SUPREME CAKE

Gina Galluze

2 c. graham cracker crumbs 2 c. confectioners sugar
1/4 lb. margarine, melted 2 sticks margarine
2 eggs

Mix graham cracker crumbs and butter and press into a 13 x 9 pan.

Beat the rest of ingredients for 10 minutes until smooth and creamy and spread on crust. Slice and layer over filling, 6 or 7 bananas. Spread 2 cups crushed pineapple (drained) over bananas. Spread 8 ounce small container of Cool Whip on top of pineapple. Sprinkle 1 cup chopped walnuts over whipped topping. Decorate with cherries.

CARROT CAKE

D. Lorentz

Grate:

3 c. raw carrot

Mix and blend:

2 c. sugar 2 tsp. soda
4 eggs 1 tsp. salt
1 1/2 c. salad oil 2 tsp. vanilla
3 tsp. cinnamon 2 c. flour

Add grated carrots to cake batter and bake in 3 layers for 30 minutes at 350°.

Icing:

1 stick margarine, room 1 pkg. confectioner sugar
temperature 1 c. pecans, chopped
1 (8 oz.) pkg. cream cheese,
room temperature

Cream with sugar, add nuts. Spread between layers.

CARROT CAKE

Ann Finn Detlefs

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

2 tsp. cinnamon
1 1/2 c. cooking oil
2 c. sugar
4 eggs

2 c. grated carrots
8 oz. crushed pineapple, not drained
3/4 c. chopped walnuts
3/4 c. raisins

Mix dry ingredients first. Add liquids. Add carrots and pineapple last, using spoon to blend. Bake at 350° for 50 to 55 minutes in tube pan.

Frosting:

Blend:

8 oz. cream cheese

1/2 stick softened butter

Add:

2 tsp. vanilla

1 lb. powdered sugar

CHERRY CAKE

Ernie Harris

4 c. flour
1 c. shortening
2 slightly beaten eggs
2 tsp. vanilla

3/4 c. sugar
2 tsp. baking soda
1/2 pt. sour cream
3 large cans cherry pie filling

Combine all ingredients, except cherries and knead until it doesn't stick to hands. You may have to add some more flour. Use 2/3 of dough to line cookie sheet. Spread on cherries. Use remaining dough to lace top. Spread beaten egg on dough. Bake on ungreased cookie sheet for 25 to 30 minutes at 350°.

EASY CHEESECAKE

Kathy Kinross

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

3 eggs
1/2 tsp. vanilla extract

With mixer, blend cream cheese and sugar. Add eggs and vanilla. Mix well and pour into 9 inch greased pie plate. Bake in preheated 375° oven for 25 minutes. Rest pie for 20 minutes.

Topping:

Blend together with mixer:

(Cont.)

1/2 pt. sour cream
4 tsp. sugar

1/2 tsp. vanilla extract

Pour over cheesecake. Bake at 375° for 10 minutes.
Chill pie for 6 hours before serving.

DARK CHOCOLATE CHEESECAKE

Kathy Fitzgerald

1 box chocolate wafers
5 oz. semi-sweet chocolate
1 1/2 lb. cream cheese
3/4 c. sugar

6 Tbsp. butter, melted
1/4 c. sugar

3 large eggs
1 tsp. vanilla extract
1 c. sour cream

In food processor, chop chocolate wafers until fine. Mix 1/4 cup sugar, chocolate wafers and melted butter. Press crumb mixture on the bottom and halfway up the sides of a 9 inch spring form pan. Bake at 350° for 10 minutes. Cool.

Preheat oven to 275°.

Melt the chocolate. In a large mixing bowl, beat the cream cheese with the sugar until the mixture is smooth. Beat in the eggs and vanilla. Stir in the melted chocolate and the sour cream. Blend well. Pour the mixture into the prepared crust and bake for 1 hour and 15 minutes. Turn off the heat and allow the cake to cool in the oven. Chill.

COKE CAKE

D. Lorentz

1/2 c. butter
1/2 c. Crisco

1 c. cola
3 Tbsp. cocoa

Put in pan and bring to boil. Add to other ingredients.

2 eggs
2 c. sugar
2 c. flour
1/2 c. buttermilk or just milk

1 tsp. soda
1 tsp. vanilla
1 1/2 c. mini (small) marshmallows

Bake in a 9 x 13 inch pan. Bake at 350° for 45 minutes.

Icing:

1 box confectioners sugar
1/2 c. butter
3 Tbsp. cocoa

6 Tbsp. cola
1 tsp. vanilla
1 c. nuts

Mix butter, cocoa, cola and vanilla. Bring to boil. Add nuts and sugar. Pour on warm cake.

DUMP CAKE

Fran Babcock

1 can cherry pie filling	1 small can shredded coconut
1 can crushed pineapple, drain	1 c. (more if desired) walnuts or pecans, chopped
1 box yellow cake mix	2 sticks margarine

In a 13 x 9 inch pan, spread pie filling, then drained crushed pineapple on top of that. Then evenly spread dry cake mix. Be sure it is all crumbled. Sprinkle coconut over cake mix then spread nuts.

Melt margarine and pour evenly over top of mixture or cut into pats and lay on top of mixture.

Bake at 350° for 1 hour.

Can serve plain or with Cool Whip.

FESTIVE CAKE

Susan Campayno

3 c. flour	1 1/2 c. vegetable oil
2 c. sugar	1 tsp. almond extract
1 tsp. baking soda	2 c. bananas, chopped
1 tsp. salt	8 oz. crushed pineapple, undrained
1 tsp. cinnamon	3/4 c. almonds, chopped
3 eggs	

Sift together first 5 ingredients. Slightly beat eggs and add all remaining ingredients and mix until blended. Pour into a 10 inch tube pan and bake at 325° for 1 hour and 20 to 25 minutes.

Frosting:

8 oz. cream cheese	1 lb. confectioners sugar
1/2 c. butter	

Combine ingredients until smooth. Spread over cake after cake cools. Keeps refrigerated.

HARVEY WALLBANGER CAKE

Erica Zappala

4 eggs, slightly beaten	1 small vanilla instant pudding
1 box yellow cake mix	3/4 c. orange juice

(Cont.)

1/2 c. oil
1/4 c. vodka

1/4 c. Galliano

Combine all ingredients, beat 4 minutes on medium speed. Grease and flour Bundt pan. Bake at 350° for 50 to 60 minutes. Remove from pan after 30 minutes.

Glaze:

2 Tbsp. melted butter
1 c. powdered sugar

orange juice

Mix until mixture becomes a loose paste texture. Drizzle over cooled cake.

HAWAIIAN WEDDING CAKE

Ernie Harris

1 box yellow cake mix
1 big Cool Whip
1 large can crushed pineapple

8 oz. cream cheese
1 large instant vanilla pudding
3 c. milk

Make cake in 9 x 13 pan. Cool and cut cake lengthwise. Cream your cream cheese, add vanilla pudding and milk. Beat together until creamy and refrigerate. Drain pineapple, spread 1/2 of pudding mixture on bottom layer. Add a thin layer of Cool Whip. Put on top cake layer. Put rest of pudding on top and a thin layer of Cool Whip. Cover sides of cake, too. You can use strawberries or peaches in place of pineapple.

ITALIAN LOVE CAKE

Judy Pearlman

1 pkg Devil's food cake mix

Mix as directed on box, pour into greased 9 x 13 pan.

3/4 c. sugar
2 lb. Ricotta cheese

4 eggs
1 tsp. vanilla

Mix sugar, cheese, eggs and vanilla together. Spoon on top of cake batter. Bake at 350° for 1 hour and 20 minutes.

Topping:

12 oz. Cool Whip
1 c. cold milk

1 small box instant chocolate pudding

Mix all together with electric mixer and spread on cold cake.

MOUNDS CAKE

D. Lorentz

1 Devil's food cake mix with pudding	24 large marshmallows
14 oz. coconut	1 c. sugar
	1 c. milk

Bake cake as directed on box. Use larger than 9 x 13 pan. While cake is baking, mix coconut, marshmallows, sugar and milk in saucepan. Heat until marshmallows are melted. Pour over warm cake.

Prepare topping as follows in saucepan:

1 c. sugar	5 Tbsp. butter
1/2 c. milk	12 oz. chocolate chips

Boil 1 minute, sugar, milk, butter. Add chips and stir until melted. Pour over the cake, sprinkle with nuts. Enjoy!

PINA COLADA CAKE

Susan Campayno

1 pkg. yellow cake mix	1 c. flaked coconut
1 pkg. (4 oz.) coconut cream pudding	1/2 c. water
4 eggs	1/3 c. dark rum
	1/4 c. oil

Blend all ingredients, except coconut. Beat 4 minutes at medium speed. Pour into 2 greased and floured 9 inch layer pans. Bake at 350° for 25 to 30 minutes. Cool 15 minutes and remove from pan.

Frosting:

1 can crushed pineapple and juice	1/3 c. cocoreba or dark rum
1 pkg. coconut cream instant pudding	1 (9 oz.) Cool Whip

Frost when cake is cooled. Sprinkle with toasted coconut.
Note: Tastes better second day.

WALNUT TORTE

Ernie Harris

12 eggs	1/2 lb. finely ground walnuts
1 c. sugar	1/3 c. all-purpose flour

(cont.)

1/2 tsp. salt
fine dry bread crumbs
2 to 3 Tbsp. brandy

filling
frosting

Beat egg yolks until thick and lemon colored. Add sugar gradually beating at high speed until mixture is very thick and piles softly.

Fold in ground walnuts and flour. Mix thoroughly.

Beat egg whites with salt until stiff, but not dry, peaks form.

Fold beaten egg whites into egg yolk mixture.

Generously grease 2 (10 inch) cake layer pans or 1 (10 inch) spring form pan, lined with waxed paper. Coat with bread crumbs.

Turn batter into prepared pans. Bake at 350° about 25 minutes.

Remove layer from pans. Cool on racks 15 minutes. (Cut single high cake into 2 layers. Layers shrink slightly as they cool.) Sprinkle each layer with brandy. Cool completely.

Prepare filling and frosting.

Filling:

Whip 1 cup whipping cream until it is very thick and piles softly. Gradually beat in 3/4 cup sugar, then 1/2 teaspoon vanilla and (if desired) 2 tablespoons brandy. Fold in 1 cup finely ground walnuts, a small amount at a time, until blended (about 2 cups).

Frosting:

Beat 1 egg until thick and foamy. Beat in 2 tablespoons melted butter/margarine, 2 tablespoons brandy/rum, pinch salt, and about 2 1/2 cups sifted confectioners sugar. Add enough confectioners sugar to make frosting of thin spreading consistency.

Spread filling over 1 cooled layer. Set second layer on top.

Spread frosting over top and sides of torte. Frosting is runny and will run down sides. Let stand 30 minutes. Pat chopped walnuts around sides of torte.

Refrigerate until ready to serve.

HOT FUDGE PUDDING CAKE

Pati Walmsley

1 c. Bisquick	1/2 c. milk
1 c. sugar	1 tsp. vanilla
3 plus lb. unsweetened cocoa	1 2/3 c. hot water
plus 1/3 c. powder	

Mix Bisquick, 1/3 cup sugar and 3 plus pounds cocoa in greased 8 inch square baking dish. Stir in milk and vanilla until well blended. Sprinkle evenly with remaining 1/3 cup cocoa and 1/2 cup sugar. Pour on water (don't mix). Serve at once with vanilla ice cream or milk. Bake in 350° oven 40 minutes until top is firm.

NANNY'S POUND CAKE

Ann Finn Detlefs

3 c. sugar	1/2 tsp. baking powder
2 sticks margarine or butter	1/4 tsp. salt
1/2 c. Crisco	1 c. milk
5 eggs	1 tsp. vanilla
3 c. flour	

Blend sugar, margarine and Crisco well. Add eggs, one at a time, beating well. Add liquid ingredients alternately with dry ingredients. Blend well.

Use greased tube pan. Bake 1 1/2 hours at 350°. DO NOT OPEN OVEN DOOR! May add 2 squares melted chocolate to 1/2 batter for marble cake or 1 cup nuts and apple cider instead of milk. Add spices to taste.

BUCKEYE'S

Erica Zappala

2 c. peanut butter	1/2 bar paraffin wax
2 sticks oleo or margarine	8 oz. chocolate chips
1 1/2 lb. powdered sugar (5 c.)	

Melt together chocolate chips and paraffin. Keep warm in double boiler. Set aside.

Combine peanut butter and oleo until smooth. Mix in powdered sugar until mixture can form firm balls. Place small balls on waxed paper and quick freeze. Place toothpick in ball and dip in chocolate mixture. Do not totally cover ball with chocolate. Place on waxed paper.

Makes 60 to 90 cookies.

\$250.00 COOKIES

Susan Campayno

2 c. butter	1 tsp. salt
2 c. sugar	2 tsp. baking powder
2 c. brown sugar	2 tsp. baking soda
4 eggs	24 oz. chocolate chips
2 tsp. vanilla	1 (8 oz.) Hershey bar, grated

(Cont.)

4 c. flour
5 c. blended oatmeal*

3 c. chopped nuts

*Blended oatmeal: Measure and process in blender to a fine powder.

Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and baking soda. Add chips, candy and nuts. Roll into balls and place 2 inches apart on a cookie sheet. Bake 6 minutes at 375°.

Makes 112 cookies.

Story on the above recipe:

It has been said that someone was having lunch at Neiman-Marcus in New York City. For dessert the above cookie was ordered. After finding it very enjoyable, the person asked for the recipe. She was told the cost would be 250. (Thinking it was \$2.50, she approved the transaction via credit card.) The next month when the bill arrived for \$250.00, the surprised recipient called about this "mistake" and was assured there was no "mistake". That was the cost. She vowed she would tell the world the recipe for this chocolate chip cookie. We are trying to help her attain her goal.

ENJOY THIS EXPENSIVE COOKIE!!!!

NO-BAKE COOKIES

2 c. sugar
2 Tbsp. butter
1/2 c. instant cocoa mix
1/2 c. milk

3 c. dry Quick Mother oats
1/2 c. peanut butter
1 tsp. vanilla

Mix together in a saucepan the sugar, butter, instant cocoa and milk and boil 1 minute. Stir in oatmeal, peanut butter and vanilla. Drop by teaspoonfuls onto waxed paper. Cool and they are ready to eat.

GOBS

Debbie Berkheimer

2 c. sugar
1/2 c. Crisco
2 eggs
1 c. sour milk
1 c. boiling water

1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. cocoa
4 c. flour

Note: Sour milk is 1 tablespoon vinegar plus milk to equal 1 cup.

Cream Crisco, sugar and eggs. Add flour and rest of dry goods. Mix in sour milk and water. Drop on ungreased cookie sheet. Bake at 400° for 10 minutes. Cool and fill with the following filling.

Filling for Gobs:

1 c. milk	1 c. powdered sugar
5 Tbsp. flour	1/4 tsp. salt
1/2 c. Crisco	1 tsp. vanilla
1/2 c. oleo	

Boil milk and flour until thick. Cool. Mix in Crisco, oleo, sugar, salt and vanilla. Beat until fluffy. Spread filling between cookies.

PSEUDO-MRS. FIELD'S COOKIES

Ann Finn Detlefs

2 c. butter	1 tsp. salt
2 c. sugar	2 tsp. baking powder
2 c. brown sugar	24 oz. semi-sweet chocolate chips
4 eggs	8 oz. Hershey bar
2 tsp. vanilla	3 c. walnuts or pecans
4 c. flour	
5 c. oatmeal (powdered in blender)	

Cream butter and sugars. Add eggs and vanilla. Mix in dry ingredients. Add chips and nuts and grated Hershey bar.

Bake on ungreased cookie sheets; make golf ball sized cookies, 2 inches apart (use ice cream scoop). Bake at 375° for 6 to 8 minutes.

Yields 112 cookies.

HAYSTACKS

Erica Zappala

12 oz. butterscotch chips	2 c chow mein noodles
1 c. cocktail peanuts	

Melt chips in double boiler (or carefully in microwave) until smooth. Stir in peanuts and chow mein noodles, use wooden spoon. Drop by teaspoonfuls on waxed paper. Let cool.

Makes 60 cookies.

OATMEAL COOKIES

Bernie Brown

1 pkg. spice cake mix	1/2 c. milk
2 c. uncooked oats	2 c. raisins
2 eggs	1 c. chopped nuts
3/4 c. oil	1/4 c. dark brown sugar

Preheat oven to 350°.

Combine ingredients and mix well. Drop from teaspoon onto ungreased cookie sheet. Bake at 350° for 12 minutes or until cookie tests done with toothpick. Cool 1 minute.

Makes 4 dozen cookies.

NO-BAKE OATMEAL COOKIES

Debbie Lorentz

2 c. sugar	1/2 c. peanut butter
1 stick margarine	1 tsp. vanilla
2 Tbsp. cocoa	2 3/4 c. Minute Oats
1/2 c. milk	

Cook first 4 ingredients until boiling. Boil for 2 minutes. Remove from heat. Add remaining ingredients. Drop from table-spoon onto waxed paper. Remove with spatula when hard.

OATMEAL COOKIES

Debbie Lorentz

3 eggs	2 1/2 c. flour
1 c. raisins	2 tsp. soda
1 tsp. vanilla	1 tsp. salt
1 c. shortening	1 tsp. cinnamon
1 c. packed brown sugar	2 c. rolled oats
1 c. white sugar	1/2 c. chopped walnuts

Combine eggs, raisins and vanilla and let stand for 1 hour. Cream shortening and sugars. Add soda, salt and cinnamon. Add flour. Blend in raisin mixture, oats and nuts. Roll into walnut size balls and flatten. Place on cookie sheet. Bake at 350° for 10 to 12 minutes.

DESSERTS



©ardi ORIGINALS



Helpful Hints For The Kitchen

An excellent thickener for soups is a little oatmeal. It will add flavor and richness to almost any soup.

Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing.

Don't add sugar to stewed fruits until they have boiled for 10 minutes. They need less sugar then.

Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.

Remember that every time you open the oven door the temperature drops about 25 degrees.

The coldest part of any refrigerator is the top back shelf.

Never freeze more than four pounds of fresh food per cubic foot of freezer capacity at one time.

For highest refrigerator efficiency, air should circulate around each container.

If sweet cream is just starting to sour, restore the sweetness with a pinch of baking soda.

Dripping faucets can be quieted by tying a string to it that reaches into the sink. The water will slide down the string quietly.

Try loosening rusty screws by putting a drop or two of ammonia on it.

Keeping a piece of charcoal in the tool drawer will keep the moisture out preventing rust.

Rusty bolts can usually be loosened by pouring club soda on them.

DESSERTS

EASY CHEESY LEMON BARS

Sue Vegely

Base:

- | | |
|--|-------------------------------------|
| 1 pkg. lemon cake mix,
(Pillsbury Plus) | 1/3 c. margarine, softened
1 egg |
|--|-------------------------------------|

Filling:

- | | |
|-------------------|--------------------------------------|
| 1 can lemon icing | 8 oz. cream cheese softened
1 egg |
|-------------------|--------------------------------------|

In bowl, combine base ingredients at low speed till mixed.
Press in greased 9 x 13 pan.

In small bowl, combine filling ingredients at low speed till well blended. Beat at high speed till smooth. Spread over base.
Bake at 350° for 40 to 50 minutes.

Chill 2 hours.

BANANAS FLAMBE

Erica Zappala

- | | |
|--|--------------------------------------|
| 4 bananas, sliced lengthwise
then quartered | 2 Tbsp. lemon juice
1/3 c. brandy |
| 1/2 c. butter | vanilla ice cream |
| 3/4 c. brown sugar | |

In skillet, melt butter; add brown sugar and lemon juice.
When mixture is smooth, add bananas. Turn lightly until coated.
Put in brandy, light. When flame is gone, serve over vanilla ice cream.

Serves 4.

BANANA PINEAPPLE TORTE

Ernie Harris

- | | |
|----------------------------|--|
| 2 c. graham cracker crumbs | 8 Tbsp. butter or margarine,
melted |
|----------------------------|--|

Mix together and pat into an 8 x 11 glass baking dish.

- | | |
|-------------------------------------|------------------------------------|
| 1 stick melted butter/
margarine | 2 eggs
2 c. confectioners sugar |
|-------------------------------------|------------------------------------|

(Cont.)

Combine in mixing bowl. Beat until light and fluffy (about 20 minutes). Spread over graham cracker crumbs. Cut 3 or 4 bananas lengthwise and arrange these in dish on top of mixture. Drain 1 (20 ounce) can crushed pineapple and spread over bananas. Spread 8 ounce container of Cool Whip over pineapple. Sprinkle with chopped nuts and maraschino cherries, if desired. Chill until firm.

CHOCOLATE CHERRY BARS

Fran Babcock

1 pkg. fudge cake mix	1 tsp. almond extract
21 oz. can cherry pie filling	2 eggs, beaten

Frosting:

1 c. sugar	1/3 c. milk
5 Tbsp. butter or margarine	6 oz. pkg. (1 c.) semi-sweet chocolate pieces

Preheat oven to 350°. Using solid shortening or margarine (not oil), grease and flour 15 x 10 inch jelly roll pan or 13 x 9 inch pan.

In a large bowl, combine first 4 ingredients. By hand, stir until mixed well. Pour into prepared pan.

If jelly roll pan, bake 20 to 30 minutes. If 13 x 9 inch pan, bake 25 to 30 minutes or until toothpick inserted in center, comes out clean. Let cool.

For frosting: In a small saucepan, combine sugar, butter and milk. Boil, stirring constantly, for 1 minute. Remove from heat; stir in chocolate pieces until smooth. Pour over cooled bars. Let stand until cooled then cut into squares.

About 3 dozen.

CHOCOLATE ECLAIR DESSERT

Ernie Harris

2 (3 oz.) pkg. French vanilla pudding	3 c. milk
1 lb. graham crackers	8 oz. Cool Whip

Butter a 9 x 13 baking dish. Mix pudding with the milk, then fold in the Cool Whip. Place a single layer of graham crackers in the dish, add 1/2 of the pudding mixture. Make a second layer of graham crackers. Add the remaining pudding mixture. Make a third layer of graham crackers. Use topping (on next page).

Topping:

- | | |
|---------------------------------------|----------------|
| 2 (1 oz.) pkg. premelted
chocolate | 3 Tbsp. butter |
| 2 tsp. Karo syrup | 1 tsp. vanilla |
| 1 1/2 c. powdered sugar | 3 Tbsp. milk |

Mix together and spread on top. Refrigerate 24 hours. Cut into squares.

CHOCOLATE PUDDING DESSERT

The Meyers Family

- | | |
|------------------------|--------------------------------------|
| 1 pkg. graham crackers | 1 large instant chocolate
pudding |
| 1 (8 oz.) cream cheese | |
| 1 (13 oz.) Cool Whip | 2 c. milk |

Layer graham crackers in bottom of 9 x 13 dish. Mix together cream cheese and Cool Whip. Spread over crackers. Prepare pudding and milk, spread over Cool Whip and cream cheese mixture. Put more Cool Whip over chocolate pudding and sprinkle with nuts (optional). Chill.

COCONUT DESSERT

Gloria Contrella

Crust:

- | | |
|----------------------------|---------------------------|
| 80 Ritz crackers, crumbled | 1 1/2 stick melted butter |
|----------------------------|---------------------------|

Filling:

- | | |
|---------------------------------|------------------------------|
| 4 boxes instant coconut pudding | 1/2 gallon vanilla ice cream |
| 2 c. milk | |

Spread crust onto bottom and sides of 13 x 9 pan. Mix pudding and milk. Fold in ice cream. Pour into crust. Top with large container of Cool Whip. Refrigerate until ready to use.

Optional: Can also be topped with toasted coconut.

DIRT SALAD

Susie Feldman

- | | |
|--|---------------------------|
| 1 pkg. pistachio pudding | 1/2 bag mini marshmallows |
| 1 medium can crushed
pineapple, drained | crushed Oreo cookies |
| 1 medium container Cool Whip | flowers to garnish |

(Cont.)

Empty container of Cool Whip into mixing bowl. Add in pudding powder, crushed pineapple and marshmallows. Place in unused flower pot. Spread crushed Oreo cookies on top evenly. Place flowers in "dirt" to make look like a real plant. See how long it takes for someone to believe it is edible.

GERMAN CHOCOLATE COOL BARS

Susan Grosser

1 c. chocolate wafer crumbs	1/3 c. milk
1/4 c. melted butter or margarine	1 (3 oz.) cream cheese, softened
2 (4 oz.) Baker's German sweet chocolate	1 (12 oz.) Cool Whip

Combine crumbs and melted butter. Press firmly onto bottom of 9 inch square pan. Grate on finely chopped 1/2 package of the chocolate. Set aside. Heat remaining chocolate and milk in medium saucepan over low heat, stirring until chocolate is melted. With whisk, beat in cream cheese until smooth. Cool 5 minutes. Fold in 3 1/2 cups of the whipped cream and the grated chocolate. Spread mixture over crumbs. Spread remaining whipped topping over chocolate layer. Freeze until firm, about hours. Garnish as desired. Cut into bars. Makes about 15.

MY LADIES GARDEN DESSERT

Ernie Harris

1 Cool Whip (large size)	2 c. powdered sugar
2 boxes instant pistachio pudding	1 c. chopped walnuts
	2 (8 oz.) pkg. cream cheese

Crust:

1 c. flour	1/2 c. melted butter
walnuts from above	

Mix ingredients in a 9 x 13 pan. Press in bottom of pan so it is packed tightly. Bake at 350° for 10 to 20 minutes. cool.

Mix cream cheese and powdered sugar. Beat until fluffy with mixer. Fold in 2 cups Cool Whip, spread over cooled crust.

Mix pudding with 3 cups cold milk. Beat until fluffy. Spread over cream cheese mixture. Top with remaining Cool Whip. Refrigerate for at least 1 hour.

ISABEL'S MOUSSE

Ann Finn Detlefs

4 eggs
2 egg yolks
dash of salt
12 oz. semi-sweet chocolate
chips

1 c. heavy cream
2 tsp. vanilla
4 tsp. brandy or cognac

With mixer, beat eggs, egg yolks and salt until fluffy. Add cooled melted chocolate chips. Add cream, vanilla and alcohol until creamy and thick. Pour into 1 1/2 quart serving bowl (or individual dessert glasses). Refrigerate overnight.

LEMON DELIGHT

Darlene Miletic

1 c. flour
1 stick oleo

3/4 c. chopped nuts

Mix together like pie dough. Pat in bottom of 9 x 13 inch pan. Bake at 350° for 15 minutes. Cool.

1 (8 oz.) cream cheese
1 c. powdered sugar
1 c. Cool Whip (12 oz.)

2 boxes lemon instant pudding,
(small)
3 c. milk

Beat cream cheese and sugar together until smooth. Add Cool Whip and mix. Spread on shell. Beat instant pudding and milk. Spread over cream cheese mixture. Cover with remaining Cool Whip and sprinkle some chopped nuts. Also delicious with chocolate pudding.

LEMON-LIME REFRIGERATOR CAKE

Gina Galluze

1 pkg. lime gelatin (4 oz.)
1 pkg. lemon cake mix
1 envelope whipped topping
mix (Dream Whip)

1 pkg. lemon instant pudding
mix (4 oz.)
1 1/2 c. cold milk

Dissolve gelatin in 1 1/4 cups boiling water; set aside at room temperature. Mix and bake cake as directed in a 13 x 9 x 2 pan. Cool cake. Poke deep holes through top of warm cake (still in pan) with meat fork or toothpick, space holes about 1 inch apart. With a cup, slowly pour gelatin mixture into holes. Refrigerate cake while preparing topping.

(Cont.)

Topping:

In a chilled, deep bowl, blend and whip topping mix, instant pudding and cold milk until stiff (3 to 8 minutes)..

Immediately frost cake. Cake must be stored in refrigerator and served chilled. Frosted cake may be frozen for storage.

MISSISSIPPI MUD PIE

Diane O'Connor

1/2 lb. butter, softened	1 (3 1/2 oz.) pkg. instant pudding, chocolate flavor
2 c. flour	
1 c. pecans, chopped fine	1 (3 1/2 oz.) pkg. instant pudding, vanilla flavor
1 (8 oz.) pkg. cream cheese	3 c. cold milk
1 c. powdered sugar	3 to 4 Tbsp. chopped nuts
! (12 oz.) container La Creme topping or Cool Whip	

For crust: Cream butter, then add flour and pecans. Mix lightly. Press into 9 x 12 x 2 pan. Bake in preheated oven (300°) for 30 minutes. Cool.

Filling: For first layer, cream together softened cream cheese and powdered sugar. Fold in 1/2 container of La Creme. Spread over cooled crust.

For second layer, mix both packages of pudding with milk. Spread over first layer.

For third layer, cover with remaining topping and sprinkle with chopped nuts.

Refrigerate overnight. Remove from refrigerator 30 minutes before serving.

PINEAPPLE CAKE SQUARES

Bernie Brown

2 eggs	2 c. flour
2 c. sugar	2 tsp. baking soda
1 (20 oz.) can crushed pineapple, undrained	1 tsp. vanilla
	1/2 c. chopped nuts

Mix ingredients, except nuts. Stir in nuts. Bake in greased 9 x 13 inch pan at 350° for 25 to 35 minutes. Will turn very brown. Be sure to bake entire time. Cool and frost.

Frosting:

1 (8 oz.) cream cheese	1 3/4 c. confectioners sugar
1 stick butter or margarine	1 tsp. vanilla
	1/2 c. nuts

Mix together, except nuts. Spread on bars. Sprinkle with nuts.

TIN ROOF DESSERT

Mimi Kerr

36 Oreo cookies	1 c. pecans or peanuts, salted
6 Tbsp. butter	1 jar Mrs. Richards chocolate fudge sauce
1/2 gallon French vanilla ice cream	1 container Cool Whip

In bowl, finely crush Oreos, pour melted butter over Oreos and mix. Line a 9 x 13 glass baking dish with Oreo mixture; layer ice cream or top of Oreos mixture; layer chocolate sauce, covering ice cream layer, sprinkle nuts on top of chocolate sauce and top with Cool Whip.

TRIFLE DESSERT

Erica Zappala

2 angel food cakes	1 small Cool Whip
2 large vanilla pudding, instant	strawberries, fresh

Make pudding according to package directions. In a large glass trifle dish, break 1 angel food cake into large chunks, covering bottom of dish. Cover cake with 1/2 of pudding mixture. Put 1/2 of Cool Whip on top of pudding. Repeat with remaining cake, pudding, Cool Whip. Top with fresh strawberries. Refrigerate overnight.

SUMMER SHERBET SURPRISE

Cheryl Speir

1 pt. lime sherbet	1 pt. raspberry sherbet
1 pt. pineapple or lemon sherbet	chocolate chips

Line large mixing bowl with aluminum foil. Press lime sherbet around inside of bowl. Press pineapple or lemon sherbet on top of lime sherbet. Fill the remainder of the bowl with the raspberry sherbet. Chill until frozen. Before you are ready to serve, flip bowl onto plate. Cut into wedges -- it will look like a piece of watermelon. Garnish with chocolate chips for seeds.

Works great in summer or after heavy pasta dish.

DATE PUDDING

1 egg, beaten	3/4 c. milk
1/2 c. sugar	1 c. flour
1 c. nutmeats	1 tsp. baking powder
1 c. dates, chopped	pinch of cinnamon

Mix as cake batter. Make a syrup of:

1/2 c. brown sugar	1/2 c. white sugar
1 c. hot water	1 Tbsp. butter

Put syrup in bottom of baking dish and drop batter over it. Bake in medium oven until brown, about 45 minutes.

KISS PUDDING

3 egg whites	1 tsp. vanilla
1 c. sugar	1 tsp. vinegar

Beat egg whites until stiff. Add sugar, vinegar and vanilla. Bake in slow oven in well greased muffin tins 50 minutes.

Filling:

3 egg yolks	2 1/2 c. milk
1 c. sugar	butter, size of walnuts
2 Tbsp. cornstarch	1 small can grated pineapple
1 tsp. vanilla	1/2 c. nuts

Put milk in double boiler. Let come to a boil. Beat yolks until light and add sugar, cornstarch which has been dissolved in a little milk. Add this to milk, stirring until thick. Cool and add pineapple.

Place in baked shells and cover with whipped cream.

CHERRY PUDDING

1 egg, well beaten	1 c. flour
1 c. sugar	1 tsp. baking powder
1 Tbsp. butter	3/4 c. drained canned cherries
1/2 c. milk	3/4 c. chopped nuts

Beat egg. Stir in sugar and beat. Add butter and beat. Sift flour and baking powder together. Add alternately with milk. Fold in cherries and nuts.

Bake in greased muffin tins, 350°. Makes 12 muffins.

Sauce:

3 Tbsp. butter
1 Tbsp. flour

1/2 c. sugar
1 c. cherry juice

Mix together and cook, stirring constantly until thick. Turn fire down and cook slowly for a while, adding 3 tablespoons cherries. Serve over muffings.

(Makes a thin batter; don't add more flour.)

Write your extra recipes here:

Write your extra recipes here:

PRESERVES
JELLY · JAM
♡ CANDY ♡



Candy & Frosting Chart

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

Birthdays

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

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

PERPETUAL CALENDAR

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

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

EXPLANATION

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

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

EXAMPLES

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

CANDY, JELLY, JAM, PRESERVES

CARAMEL POPCORN AND NUTS

D. Lorentz

6 c. freshly popped corn 1 1/2 c. mixed nuts

Preheat oven to 250°. Mix popped corn and nuts in a 13 x 9 x 2 inch baking pan; set aside.

3/4 c. packed brown sugar 1/4 tsp. salt
1/3 c. light corn syrup 6 Tbsp. butter

In a heavy 1 quart saucepan, stir brown sugar, corn syrup and salt until blended. Add butter, stirring over low heat, bring to a boil. Increase heat to medium, without stirring, cook for 5 minutes. Remove from heat.

3/4 tsp. vanilla

Stir in vanilla. Pour over popped corn and nuts, stirring to coat. Bake for 1 hour, stirring several times. Spread mixture on waxed paper to cool.

SPICY PECANS

Barbara Holder

pecans 1 tsp. ground nutmeg
2 c. sugar 1/2 tsp. ground cloves
1 1/4 tsp. salt 1/2 c. water
2 tsp. ground cinnamon 4 c. pecan halves

Combine first 6 ingredients in a deep 3 quart casserole, mixing well. Cover with waxed paper. Microwave at HIGH for 4 minutes, stir well. Microwave at HIGH for 2 1/2 to 4 1/2 minutes or until mixture reaches soft ball stage (a small amount dropped in cold water forms a soft ball but flattens when removed from water). Add pecan halves and stir until well coated.

Spread pecans on waxed paper and separate with a fork. Cool completely.

Yields about 4 cups.

MILLION \$ FUDGE

D. Lorentz

6 c. sugar 13 1/2 oz. evaporated milk
1 c. margarine 2 (8 oz.) Hershey bars

(Cont.)

1 (12 oz.) semi-sweet chips 1 (13 oz.) marshmallow cream

Bring sugar, margarine and milk to a boil. Boil for 7 minutes or until temperature reaches 234°, stirring constantly. Remove from heat. Add 1 teaspoon vanilla. Beat; divide into thirds. Add 1/2 cup peanut butter to 1/3, add 1 cup walnuts to 1/3 and leave 1/3 plain or add 1 cup pecans. Pour each into 8 or 9 inch square lavishly buttered dish. Cool. Cut.

SEE'S FUDGE

Mix and bring to a boil (rolling boil) for 6 minutes:

1 tall can milk 4 1/2 c. sugar

Remove from heat and add:

3 pkg. chocolate chips 1/2 lb. margarine
2 c. walnut meats 2 tsp. vanilla
1 (8 oz.) pkg. marshmallows

Pour into buttered 8 x 10 inch pan.

VINEGAR TAFFY (An Old, Old, Old Recipe)

Put in kettle:

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

Boil to hard ball stage, pour in buttered pan. Cool until you can handle it. Rub hands with butter before pulling. It will turn a beautiful creamy white. Cut into pieces and wrap individually with foil or waxed paper. Store in airtight can.

(This recipe is lots of fun for kiddies, not so much fun for Mom; but be a martyr and try it anyway.)

BUTTER NUT CRUNCH

1 c. sugar 2 (6 oz.) pkg. semi-sweet
1/2 tsp. salt chocolate, melted
1/4 c. water 1/2 c. butter
1/2 c. walnuts, chopped fine

Combine sugar, salt, water and butter. Heat to boiling. Cook to light crack stage (285°). Add 1/2 cup nuts.

Pour into well greased cookie sheet; cool. Spread half of choaalte over top and sprinkle with 1/2 cup walnuts. Turn and spread with remaining chocolate and sprinkle with remaining nuts. Break in pieces to serve.

Makes about 2 dozen pieces.

PEANUT BRITTLE

3 c. sugar
1 c. white Karo
1/2 c. water

1 qt. raw peanuts
3 tsp. soda

Cook sugar, Karo and water until it strings. Then pour in raw peanuts and cook until sugar browns. Rapidly pour in soda as taken from stove.

PEANUT BUTTER FUDGE

2 c. sugar
1 pt. marshmallow cream
1 tsp. vanilla

2/3 c. milk
1 c. chunk style peanut butter

Combine sugar and milk into a saucepan and cook to the soft ball stage (234°F.). Remove from heat.

In a warm mixing bowl, combine marshmallow cream, peanut butter and vanilla. Add cooked syrup, mix well. Pour into a buttered 6 x 10 inch pan. Cut in 2 inch squares.

DIVINITY

2/3 c. water
1/2 c. white Karo

3 c. sugar
pinch of salt

Bring to a boil, cook until mixture forms firm ball when a little is dropped in cold water.

Beat 2 egg whites until stiff. Slowly pour boiling syrup in a fine stream over the egg whites, beating at high speed. Beat until mixture passes glossy stage and holds it's shape.

Drop from the tips of 2 knives onto waxed paper. Coloring may be added during the last stage of beating.

BUTTERSCOTCH

1 lb. sugar
3 Tbsp. butter

3 Tbsp. water

Mix sugar and water in a porcelain saucepan. Add butter and simmer without stirring until a spoonful tested in cold water becomes brittle. Turn into well buttered pans and set aside to cool. Cut into squares with a buttered knife before the candy hardens.

CARAMELS

1 can Eagle Brand milk

Leave can unopened and boil under water for 2 hours. Open can and add:

1 c. sugar
1 stick butter or oleo

1 pt. bottle white syrup (Karo)

Cook, stirring constantly, to soft ball stage, about 30 minutes. Pour into greased pan. Nuts may be added before pouring. When cold, wrap in waxed paper.

CORN COB JELLY

(Tastes like a blend of apple and plum.)

Gather red "corn cobs" from barn. Use 2 dozen cobs, well cleaned. Cover with water and boil as you would fruit for jelly. 6 cups juice, 9 cups sugar, 1 box Sure-Jell.

HOLIDAY JELLY

2 c. cider (apple, sweet)
4 c. sugar

2 c. cranberry juice
1/2 bottle Certo

Combine cider, juice and sugar. Over high heat, bring to a boil, stirring constantly. At once stir in Certo. Bring to full boil for 1 minute, stirring constantly. Remove from heat, skim foam from top. Pour in colorful glasses. Pour melted paraffin on top to seal.

NO-COOK APRICOT-PINEAPPLE JAM

1. Prepare glasses. Wash glasses and lids, scald and drain. This recipe should fill 7 - 1/2 pint (1 cup) glasses.

2. To prepare fruit. Buy 1 3/4 pound apricots, 1 lemon and 1 can pineapple (crushed). Pit and grind fully-ripe apricots and measure 2 1/2 cups fruit. Add 1/2 cup pineapple and 1/8 teaspoon crystalline ascorbic acid. Add 1 tablespoon lemon juice to fruit.

3. To make jam. Measure 5 cups sugar, stir into fruit and mix well. Combine 3/4 cup water and Sure-Jell in small pan. Bring to a boil and boil 1 minute, stirring constantly. Stir into fruit mixture. Continue stirring 3 minutes. A few sugar crystals will remain. Quickly ladle into glasses. Cover at once with tight lids.

When set, store in freezer or in refrigerator if used within 3 weeks.

This jam is wonderful with freshly baked bread.

QUICK ORANGE MARMALADE

3 large oranges

5 c. water

3 Tbsp. lemon juice

6 c. granulated sugar

2 lemons

Choose sound, juicy oranges, preferably seedless. Boil for 3 minutes in 2 quarts water. Cool in cold water. Cut oranges and lemons in 8 sections each. Scoop out pulp, discarding any seeds. Cut up and place in large kettle. Slice rind paper thin and add to kettle. Add the additional lemon juice and water. Heat to boiling and simmer for 1 hour, uncovered. Add sugar. Stir until dissolved. Return to heat.

Again heat to boiling and simmer for about 50 minutes. Remove pan from heat. Test for doneness by dropping a teaspoon of the hot liquid onto a thoroughly chilled plate and place in refrigerator for 5 minutes. If jellied at the end of the time, the marmalade is done; if not, continue cooking a few more minutes, and test again for doneness.

Pour into hot sterilized jelly glasses and cover immediately with melted paraffin.

Makes about 4 pints.

Write your extra recipes here:

BEVERAGES
♥
MISCELLANEOUS

CIRCLE
Meeting
3 o'clock



For Pensive Moments

A word of advice - do not give it.

Love thy enemies - it will drive them nuts.

To share with a friend is to see twice the beauty.

The recipe that is not shared with others will soon be forgotten, but when it is shared, it will be enjoyed by future generations.

There is nothing wrong with the younger generations that twenty years will not cure.

The flower that follows the sun, does so even on cloudy days.

A loose tongue often gets into a tight place.

One mother can care for five children, but five children cannot care for one mother.

A neighbor asked a small boy if his family said prayers before the meals. "No," he replied, "We don't have to. My mother is a good cook".

People who expect the worst, usually find it.

Even a mosquito does not get a slap on the back until he starts working.

Always do right - this will gratify some people and astonish the rest.

Happiness is like potato salad - when you share it with others, it is a picnic.

Remember when health foods were whatever your mother said to eat - or else?

Be careful how you live - you may be the only Bible some people read.

I can keep a secret, but those I tell it to never can.

Delicious food that melts in your mouth also sticks to your hips.

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

Even worse than a storm or a riot is a bunch of kids who are suddenly quiet.

One should never question his wife's judgement - after all, she married him.

Good judgement comes from experience. Experience comes from bad judgement.

It takes a clever man to know how to agree with his wife in such a way that she will change her mind.

BEVERAGES, MISCELLANEOUS

CHAMPAGNE PUNCH

Susan Grosser

6 c. orange juice, chilled
1 1/2 c. orange liqueur

2 bottles champagne, chilled
orange slices
strawberries

In a large bowl, combine orange juice and orange liqueur. Add champagne. Garnish with orange slices and strawberries. Serve immediately.

Makes 3 1/2 quarts.

FRUIT PUNCH

Theresa Lydon

1 fifth peach schnapps
1 can frozen orange juice

1 can frozen cranberry juice

Combine all ingredients in punch bowl with water (3 cans full). Add ice and serve.

GIN SLUSH

Susan Campayno

2 c. sugar
9 c. boiling water
1 (12 oz.) can frozen lemonade

1 (12 oz.) can orange juice
2 c. gin

Dissolve sugar in boiling water and let cool. Add remaining ingredients. Freeze overnight. Serve with 7-Up or alone.

HOT MULLED CIDER

Debbie Lorentz

1/2 c. brown sugar, packed
2 qt. apple cider
1 tsp. whole allspice

1 1/2 tsp. whole clove
2 sticks cinnamon
orange slices

Put all ingredients in crock pot. Cover and set on low for 2 to 8 hours.

Hot Spiced Wine:

2 fifths of sweet sherry or
port wine, instead of cider

ORANGE JULIUS

Erica Zappala

6 oz. frozen orange juice	1 tsp. vanilla
1 c. milk	6 to 8 ice cubes
1 c. water	3 to 4 oz. vodka, optional
1/4 c. sugar	

Combine all ingredients in blender. Mix for about 15 to 30 seconds. Mixture should have ice shavings in it.

STRAWBERRY SLUSH

Carol Burkley

9 c. water	1 pkg. frozen strawberries
2 c. vodka	2 c. sugar
1 large can frozen orange juice	2 pkg. unsweetened Kool-Aid, strawberry

Bring water and sugar to a boil (let cool). Add vodka, Kool-Aid mix, orange juice and strawberries. Put in freezer until hard. Spoon into glass, then our ginger ale over slush.

PUNCH AND DUCK

Bernie Brown

2 (12 oz.) cans frozen lemonade	2 bottles ginger ale
1 (6 oz.) orange juice	1 pkg. frozen strawberries
2 c. cold tea	1 bottle orange soda
	2 bottles Cold Duck

Add ice ring.

FRUIT PUNCH

1 qt. orange juice	1 qt. pineapple juice
1 qt. ginger ale	1 qt. orange sherbet

Put in tall glass.

ICE CUBE PUNCH

Soak 1 envelope plain gelatin in 1/2 cup cold water. Dissolve 1 cup hot water and then add 2 cups sugar. Have ready:

2 c. pineapple juice juice of 2 lemons	1/2 c. orange juice
---	---------------------

Add 3 cups cold water. Pour into gelatin mixture. Put into ice cube trays and freeze.

When ready to serve, fill glass with cubes and fill with ginger ale.

SPICED TEA

1 tsp. whole cloves	juice of 3 oranges
1 stick cinnamon	juice of 1 1/2 lemons
2 qt. water	1 c. sugar
1 qt. pineapple juice	2 1/2 tsp. tea

Tie spices loosely in bag and boil in water. Add tea tied loosely in bag and steep 5 minutes; remove bags.

Heat fruit juices and sugar; add to tea and serve.

Serves 25.

FRUIT GELATIN PUNCH

2 pkg. cherry gelatin	2 pkg. raspberry gelatin
3 c. sugar	1 large can frozen orange juice
1 large can frozen lemonade	2 qt. ginger ale

Prepare gelatins according to directions, using half the amount of water called for. Add 1 1/2 cups sugar. Stir until dissolved. Add frozen juices according to directions on the can. Add remaining sugar; mix well. Add ginger ale just before serving.

Approximately 50 servings.

HOT PUNCH

juice of 6 oranges, or 1 can frozen juice	16 c. water
juice from 3 lemons, or 1 can frozen juice	2 c. sugar
1 pt. grape juice	2 cinnamon
	1 pt. pineapple juice, optional

Simmer 1 hour.

LEMON BERRY FIZZ

4 (6 oz.) cans frozen lemonade, reconstituted	2 qt. cranberry juice
block of ice or ice cubes	1 qt. chilled ginger ale

(Cont.)

Pour hot tea over lemon and lime slices, let stand 30 minutes; strain.

When ready to serve, add water and 1/2 cup maraschino cherry juice. Pour over ice in tall glasses. Garnish with cherries if desired.

Makes 8 to 10 servings.

POP CORN BALLS

1 c. sugar	3 Tbsp. water
1 Tbsp. butter	3 qt. popped corn
1/2 c. white Karo	

Boil sugar, syrup, butter and water until it spins a long thread. Pour this on corn and shape into balls.

TOMATO JUICE APPETIZER

2 (46 oz.) cans tomato juice	1 tsp. Tabasco sauce
2 tsp. salt	1 tsp. onion juice
4 tsp. Worcestershire sauce	1 tsp. paprika

Combine and chill.
Will serve 20.

TEXAS GRAZING

Sauce:

1 lb. margarine	2 1/2 Tbsp. garlic powder
3 Tbsp. Worcestershire sauce	red pepper to taste
1 tsp. celery salt	1 c. Wesson oil
2 1/2 Tbsp. allspice	1 small bottle Accent

Add to sauce:

1 or 2 boxes Slim Jim pretzels	1 box Kix
1 box Rice Chex	1 box Cheerios
1 box Wheat Chex	1 1/2 lb. mixed nuts
	1 lb. pecans

Bake 3 1/2 hours, 200°, stirring every 15 minutes.
Makes about 6 pounds.

HONEY FLUFF

Melt 1/8 pound oleo. Mix with 1/2 cup honey. Whip until stiff 1/2 cup whipping cream. Combine.

Serve on waffles or cake.

CHOCOLATE SYRUP

1/2 c. cocoa

2/3 c. water

(1/4 c. cocoa equals 2 squares
chocolate) 1 c. sugar or 1/2 c. honey

Cook over slow fire until desired thickness.

Write your extra recipes here:

MICROWAVE

TIME
SAVING
RECIPES
~*~



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originals

GENERAL MICROWAVE COOKING HINTS

- 1) To test whether a dish is suitable for use in a microwave oven, make the following test: Pour $\frac{1}{2}$ cup cold water into a glass measuring cup. Set measuring cup inside the dish to be tested. Micro-cook 1 minute. If water is warm and dish remains cool, or if dish is warm yet can still be picked up with bare hands, the dish can be used. If water remains cool and dish gets too hot to handle, do not use for micro-cooking.
- 2) If you wish to retain moisture in foods, cover them with either a glass cover or plastic wrap. A loose cover of wax paper will prevent spatters but allow some moisture to escape. A paper towel placed over food will absorb excess moisture and prevent spatters.
- 3) The arrangement of food on the plate or in the baking dish will influence how evenly the food cooks. Place thin portions of food toward the center of the dish, with thicker portions toward the outside.
- 4) "Standing times" following cooking times are an extremely important aspect of microwave cooking. Microwave cooked foods continue to cook somewhat after being removed from the oven. Standing times should be considered in determining doneness. Internal temperatures will increase by 10 to 15 degrees during the standing time following microwave cooking. Meats and poultry should be allowed to stand 10 to 15 minutes before making a final check for doneness. Individual recipes should be consulted for recommended standing times. The tests for determining doneness are the same for foods cooked in the microwave oven as for foods cooked conventionally.
- 5) When cooking more than one item in the microwave, arrange items so that there is at least one inch of space between all items. Never place food on the dish so that there is a circle of small items and one in the center. The item in the center will have a tendency to cook more slowly.

MICROWAVE

FRUIT CRISP

Bernie Brown

4 c. peeled, sliced apples	3/4 tsp. cinnamon
2/3 c. brown sugar	3/4 tsp. nutmeg
1/2 c. flour	1/3 c. soft butter
1/2 c. rolled oats	

Arrange apples in 8 inch round glass dish. Blend remaining ingredients until crumbly. Spread on apples. Microwave high 5 to 6 minutes.

Serves 6.

Topping becomes more crisp as it cools.

MICROWAVE CHILI

Bernie Brown

1/2 c. chopped onion	1 (1 lb.) can drained kidney beans
1/4 c. chopped green pepper	1 1/2 tsp. chili powder
1 lb. ground beef	1/4 tsp. pepper
1 (1 lb.) can tomato sauce	1/2 tsp. dry mustard
1 (1 lb.) can whole tomatoes	

In plastic colander in 2 quart glass casserole, combine onion, green pepper and ground beef. Microwave high for 6 minutes, stirring every 2 minutes. Pour off drippings. Transfer to glass. Add rest of ingredients. Microwave on high, covered, for 10 to 12 minutes. Stir 1/2 way through. Rest, covered, 5 minutes.

Serves 4 to 6.

GRATED POTATO CASSEROLE

Bernie Brown

1 c. milk	2 Tbsp. butter
3 eggs	1 c. cubed cheddar cheese
pepper	1/2 coarsely cut green pepper
1 small quartered onion	4 medium peeled, cubed potatoes

Butter 2 1/2 quart glass casserole. Place all ingredients in blender (milk and eggs first). Blend at high speed until potatoes coarsely chopped. (Don't overblend.) Pour into casserole. Micro high, covered, 15 to 18 minutes, rotating every 4 minutes.

Serves 6.

OLD-FASHIONED BREAD PUDDING

Bernie Brown

3/4 c. dark brown sugar	3 eggs
3 slices whole wheat bread	1 1/4 c. evaporated milk
2 Tbsp. butter	1/4 tsp. salt
1/2 c. raisins	1 tsp. vanilla

In 1 quart casserole, combine sugar, bread (buttered and diced), and raisins. Blend eggs, milk, salt and vanilla. Pour over bread mixture. Microwave high, covered, 8 to 10 minutes. (Edges are firm and center almost set.) Brown sugar forms sauce to serve with pudding. Serve warm or cold. Rest 10 minutes, covered.

Serves 6.

FRUIT COBBLER

Bernie Brown

1 (22 oz.) can prepared pie filling	2 Tbsp. brown sugar
1/2 yellow cake mix	1 tsp. cinnamon
1/4 c. melted butter	3 Tbsp. chopped walnuts

In 8 inch round glass dish, spoon pie filling, evenly. Sprinkle with cake mix. Pour butter over mixture. Combine sugar, cinnamon and nuts. Sprinkle on top. Microwave high 9 to 11 minutes. Rest 10 minutes.

Serves 6.

Serve warm or cold with whipped cream, cream or ice cream.

QUICKIE SUGAR FUDGE

Bernie Brown

1 lb. box powdered sugar	1/4 lb. butter
1/2 c. cocoa	1 tsp. vanilla
1/4 c. milk	1/2 c. chopped nuts

In 1 quart glass casserole, add powdered sugar, cocoa, milk and butter. Microwave on high for 2 minutes. Stir. Add vanilla and nuts; blend well. Line pie plate with waxed paper. Pour fudge into plate. Chill till firm.

Makes 1 pound.

LO-FAT TACO SALAD

Lou and Diane Traini

(Tested and proven [by our finicky children] to be quite tasty!)

1 pkg. Tostaco shells (Old El Paso)	1 (8 oz.) can no-salt tomato sauce
1/2 lb. ground turkey or chicken, crumbled	2 tsp. chili powder
1/2 c. chopped onion	1 tsp. oregano leaves
1 (16 oz.) can pinto beans, rinsed and drained	1/4 tsp. ground cumin
	1/4 tsp. garlic powder
	1/4 tsp. onion powder
shredded lettuce	1/2 c. chopped green pepper
1/2 c. Cheese-Smart low-fat Cheddar cheese, shredded	1/2 c. chopped tomato

Place ground beef and onion in slotted microwave dish (in order to drain off all fat while cooking). Microwave at high for 3 to 4 minutes or until meat is no longer pink. Stir once to break meat apart; drain.

Add remaining filling ingredients and mix well. Cover and microwave at High for 5 to 6 minutes or until mixture is hot, stirring once.

Place shredded lettuce into tostaco shells. Spoon meat mixture evenly on top of lettuce. Top with mock sour cream (Page 7), cheese, pepper and tomato.

Per serving: Taco Salad: 260 calories, 6 grams total fat, 25 mg. cholesterol and 400 mg. sodium.

Write your extra recipes here:

Write your extra recipes here:

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DATES TO REMEMBER

	1990	1991	1992
NEW YEAR'S DAY	Monday January 1	Tuesday January 1	Wednesday January 1
DR. KING'S BIRTHDAY	Monday January 15	Monday January 21	Monday January 20
LINCOLN'S BIRTHDAY	Monday February 12	Tuesday February 12	Wednesday February 12
VALENTINE'S DAY	Wednesday February 14	Thursday February 14	Friday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 19	Monday February 18	Monday February 17
ASH WEDNESDAY	Wednesday February 28	Wednesday February 13	Wednesday March 4
ST. PATRICK'S DAY	Saturday March 17	Sunday March 17	Tuesday March 17
PALM SUNDAY	Sunday April 8	Sunday March 24	Sunday April 12
GOOD FRIDAY	Friday April 13	Friday March 29	Friday April 17
EASTER	Sunday April 15	Sunday March 31	Sunday April 19
PASSOVER (First Day)	Tuesday April 10	Saturday March 30	Saturday April 18
MOTHER'S DAY	Sunday May 13	Sunday May 12	Sunday May 10
NATIONAL MEMORIAL DAY (Traditional — Always Observed May 30)	Monday May 28	Monday May 27	Monday May 25
FATHER'S DAY	Sunday June 17	Sunday June 16	Sunday June 21
INDEPENDENCE DAY	Wednesday July 4	Thursday July 4	Saturday July 4
LABOR DAY	Monday September 3	Monday September 2	Monday September 7
ROSH HASHANAH	Thursday September 20	Monday September 9	Monday September 28
YOM KIPPUR	Saturday September 29	Wednesday September 18	Wednesday October 7
COLUMBUS DAY (Observed)	Monday October 8	Monday October 7	Monday October 12
HALLOWEEN	Wednesday October 31	Thursday October 31	Saturday October 31
ELECTION DAY	Tuesday November 6	Tuesday November 5	Tuesday November 3
VETERAN'S DAY	Sunday November 11	Monday November 11	Wednesday November 11
THANKSGIVING	Thursday November 22	Thursday November 28	Thursday November 26
CHANUKAH	Wednesday December 12	Monday December 2	Sunday December 20
CHRISTMAS	Tuesday December 25	Wednesday December 25	Friday December 25

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