

CHEESE DUFFS

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|-----|---|-----|---------------------------------|
| 1/2 | cup margarine | 1/2 | pound Cheddar cheese,
grated |
| 1 | loaf white bread, unsliced
(3 oz.) package cream
cheese | 2 | egg whites, stiffly beaten |

Trim crust off of bread; cut into 1 inch cubes. Melt cheese and margarine until thick; remove from heat. Fold in egg whites. Dip bread cubes into cheese mix; coat well and place on cookie sheet. Refrigerate overnight. Bake at 400* for 12-15 minutes. Makes 36.

"Really good!"

CRAB DIP

2	(8oz.) packages cream cheese	1/2	cup mayonnaise
2	(6 oz.) cans crab, minced	2	tablespoons mustard
1	garlic clove, chopped	1/2	cup dry sherry
		3	tablespoons onion, cut

Mix ingredients in a saucepan. Cook until cheese melts and mix is smooth. Serve in chafing dish with chips and vegetables. "Everyone will rave about this dip!"

MEXICAN DIP

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| 1 | (15 oz.) can spicy refried beans | 1/2 | package dry taco seasoning mix |
| 3 | green onions, chopped | 1 | large tomato, diced |
| 1 | (4 oz.) can chopped green chilies | - | Cheddar cheese, shredded (any amount) |
| 1 | package frozen avocado dip | 1 | pint sour cream |
| | | - | plain taco chips |

Layer first three ingredients in order of appearance for first layer. Add avocado dip to taco seasoning to form second layer. Top with tomato, cheese, sour cream, chips and sliced olives, if desired. Serves 20. "I made this chip dip for dad's 80th, with Beatrice and Tyler's help! It was also a big hit at Kevin's birthday party!"

BARBARA

STIFFED MUSHROOMS

1	pound mushrooms	1/2	teaspoon salt
1	teaspoon onion flakes	1	teaspoon Italian seasoning
1/4	cup green pepper, cut		teaspoon pepper
3	tablespoons margarine	1/4	tablespoon margarine
1-1/2	cups soft bread crumbs	1	

Cut stems from mushrooms; finely chop stems to measure 1/3 cup. Cook and stir chopped mushroom stems and green pepper in 3 tablespoons margarine until tender, about 5 minutes; remove from heat. Stir in onion flakes, bread crumbs, salt, Italian seasoning and pepper. Heat 1 tablespoon margarine in shallow baking dish until melted. Fill mushroom caps with stuffing mixture; place mushrooms, filled-side up in baking dish. Bake at 350* for 15 minutes. Set oven control to broil; broil for 2 minutes 3-4 inches from heat. Serve hot.

Makes 36.

TIINA TOPPERS

1	(7 oz.) can tuna, drained, flaked	1	tablespoon German mustard
1/4	cup stuffed olives, diced	1/4	teaspoon pepper
2	tablespoons sour cream	1/4	bread slices, buttered
		4	

Combine ingredients; flake finely with a fork. Spread mixture evenly on bread. Cut each slice into quarters; garnish with sliced stuffed olives, if desired. Makes 16. "I got this recipe out of my Watkins cookbook."

STUFFED BABY ZUCCHINI

12	baby zucchini	2	medium tomatoes, seeded and diced
2	tablespoons olive oil		
1	garlic clove, crushed	2	tablespoons parsley
1	shallot, finely chopped (if not used, use another garlic clove)	1-1/2	teaspoons fresh thyme, chopped
		-	Freshly ground pepper

Cut each zucchini lengthwise in half. With the tip of a vegetable peeler, carefully scoop out pulp, making a little shell. Reserve the pulp. In a small skillet, saute garlic and shallot in olive oil. Add the pulp, tomatoes, 1 tablespoon parsley, thyme and pepper to taste. Cook, stirring frequently 5 minutes. Cool to room temperature.

Spoon filling

into shells; sprinkle with remaining parsley. Arrange on a flat platter or basket. Serve at room temperature. Makes 24. "From 'The Silver Palette Goodtimes' cookbook."

SAL MON PARTY RAI I

1	(#1) can salmon	1	teaspoon prepared horseradish
1	(8 oz.) package cream cheese		
		1/4	teaspoon salt
1	tablespoon lemon juice	1/4	teaspoon liquid smoke
2	teaspoons onion, grated	1/2	cup pecans, chopped

Combine all of the ingredients; mix thoroughly. Form ball; chill several hours. Roll ball in parsley, if desired. "A very popular recipe!"

CHILI SHRIMP WITH BACON

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| 1 | (9 oz.) package frozen shrimp, veins stripped, peeled | 1/2 | cup chili sauce |
| | | 1/2 | garlic clove, chopped |
| 1 | tablespoon water | 10 | bacon slices, halved |

Arrange shrimp in circle in a 9 inch pie plate; add water. Cover tightly; microwave on high for 2 minutes. Rotate plate 1/2 turn and microwave 2-3 minutes longer; drain. Mix sauce and garlic; pour over shrimp. Cover; refrigerate for 1 hour. Cook bacon for 4-6 minutes until partially done. Wrap shrimp in bacon; secure with toothpick. Arrange 10 at a time in circle on paper toweling. Microwave for 3-4 minutes until crisp. Makes 20.

CHEESE FILLED CELERY

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| 1 | (8 oz.) carton creamy cottage cheese | 1/2 | teaspoon salt |
| | | 1/4 | teaspoon sage |
| 1 | (3 oz.) package cream cheese | 1/8 | teaspoon pepper |
| | | 9 | celery ribs, cut into 3 inch pieces |
| 2 | tablespoons sour cream | | |
| 1 | teaspoon onion flakes | | |

Combine cottage cheese, cream cheese and sour cream. Blend in onion flakes, salt, sage and pepper. Fill crisp celery ribs with cheese mixture. Serve chilled. Makes 18.

KIX MIX SNACK

5	cups Kix cereal	1	(3-1/8 oz.) package regular vanilla pudding and pie filling
1	cup salted Spanish peanuts		
	cup raisins		
1	cup banana chips	1/2	cup honey
1		1/2	cup peanut butter

Lightly butter a jelly roll pan. Mix cereal, peanuts, raisins and banana chips in a large bowl. Mix pudding and pie filling (dry) and honey in a small saucepan. Heat to boiling over medium heat, stirring constantly; reduce heat. Boil and stir 1 minute; remove from heat. Stir in peanut butter. Pour over cereal mixture; toss until evenly coated. Spread in pan. Refrigerate 30 minutes. Break into bite-size pieces. Store snack in covered container at room temperature or in refrigerator. Makes 10 cups. "Alan says, 'Kix are for kids!' But, I can usually talk him into letting me have some! Enjoy!"

SHRIMP DIP

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|---|---------------------------------------|---|-----------------------|
| 1 | can shrimp soup | 1 | small can shrimp |
| 1 | package cream cheese or
sour cream | - | dash lemon |
| | | - | garlic powder or salt |

Combine ingredients. Serve.

HERRED CREAM CHEESE

2 cups cream cheese
1/2 cup milk or light cream

2 tablespoons fresh herbs,
finely chopped

For smoothness and easy spreading, mix the cream cheese with WARMED milk or cream. Mix in fresh herbs (thyme, chives, rosemary, marjoram, dill, tarragon, or basil). If you'd like, add garlic or diced olives. Good for cheese sandwiches, chips or vegetable dip. Makes 2 cups.

PUMPKIN COOKIES

1 CUP	WHITE SUGAR	2 CUPS	FLOUR
1 CUP	CRISCO	1 TSP.	CINNAMON
1	EGG	1/2 TSP.	SALT
1 CUP	CANNED PUMPKIN	2 TSP.	VANILLA
1 TSP.	BAKING POWDER	1 CUP	NUTS
1 TSP.	BAKING SODA	1 CUP	RAISINS [OPTIONAL]

CREAM SUGAR & CRISCO. ADD EGG AND PUMPKIN. THEN MIX REMAINING INGREDIENTS [EXCEPT NUTS AND RAISINS]. THEN ADD NUTS AND/ OR RAISINS. BAKE AT 350 DEGREES FOR 12-15 MINUTES.

FOR FROSTING COOLED COOKIES, ADDITIONAL INGREDIENTS ARE NEEDED.

1 CUP POWDERED SUGAR.

3 TBSP. BUTTER

4 TBSP. MILK

1/2 CUP BROWN SUGAR.

ONE POT PASTA

12 OZ.	LINGUINE	1/2 CUP	THAWED PEAS
2 CUPS	FRESH BROCCOLI	1/2 CUP	HALF & HALF
1 CUP	1" ASPARAGUS	1/2 CUP	PARMASAN CHEESE
2 CUPS	SLICED ZUCCHINI	1/4 TSP.	SALT & PEPPER
1/2 CUP	CHINESE PEAS	2 TBLS.	SOFT BUTTER

BOIL LINGUINE 7 MINUTES. ADD BROCCOLI & ASPARAGUS. COOK 2 MINUTES & ADD ZUCCHINI, SNOW PEAS & GREEN PEAS. COOK 3 MINUTES. MAKE CREAM MIXTURE. DRAIN LINGUINE & VEGETABLES. TOSS TO COAT IN CREAM MIXTURE.

KAHLUA CHOCOLATE CAKE

1 [18.5 OZ] PKG. DEVILS FOOD
4 CAKE.
1 CUP EGGS.
SOURCREAM.

1 CUP KAHLUA OR COFFEE
FLAVORED LIQUEUR.
3/4 CUP VEGETABLE OIL.
1 [6OZ] PKG. SEMI SWEET
CHOCOLATE CHIPS.

IN A LARGE BOWL COMBINE CAKE MIX, EGGS, SOURCREAM, KAHLUA AND VEGETABLE OIL. USING AN ELECTRIC MIXER, BEAT AT LOW SPEED, TO BLEND. THEN INCREASE SPEED AND BEAT 3-5 MINUTES AT MEDIUM FAST SPEED. STIR IN CHOCOLATE CHIPS. POUR BATTER INTO GREASED & FLOURED 10" BUNDT OR TUBE PAN. BAKE AT 350 DEGREES FOR 55-60 MINUTES. COOL ON RACK.

TWELVE HOUR ICED TEA

- 2 heaping tablespoons loose tea or 5 tea bags
- cold water
- fine sugar
- lemon juice

Put tea in a quart jar; fill with water. Cover and refrigerate 12 hours; strain. Pour over ice. Serve with fine sugar and lemon juice. Serves 3.

"Makes real clear tea."

GRAPE FROST

- 1 cup grape juice
- 1 cup plain yogurt
- 4 ice cubes

Place all ingredients in blender; blend until smooth. Serve at once.
Serves 2. "Refreshing!"

SPARKLING PUNCH

1/2	cup sugar	2	cups orange juice, chilled
1	cup water	1	(46 oz.) can apricot nectar, chilled
4	cinnamon sticks	6	(7 oz.) bottles 7-Up, chilled
6	whole cloves		lemon and lime, sliced
1	cup lemon juice, chilled		
1/2	cup lime juice, chilled	1	

Combine sugar, water, cinnamon and cloves in saucepan and simmer 5 minutes; set aside for several hours. Strain syrup; discard spices. At serving time, combine syrup and juices in large punch bowl. Slowly pour in 7-Up; add ice. Garnish with slices of lemon and lime. Serves 20.

STRAWBERRY BANANA SMOOTHIE

1 cup buttermilk

2 tablespoons fresh or frozen
strawberries

1/2 ripe banana

1 tablespoon orange juice
concentrate

Combine all ingredients in blender; mix for a few seconds or until mixture is uniform in color and consistency. Serves 2.

BEST EVER COCOA

1/2 cup cocoa
2/3 cup sugar
1/8 teaspoon salt

3 cups water
2 (13 oz.) cans evaporated milk

Combine cocoa, sugar and salt. Stir in water; bring to a boil while stirring. Lower heat; simmer for 5 minutes. Stir in the evaporated milk. Can be chilled to serve cold. Serves 6. "You can add a 1/2 teaspoon of vanilla if you want."

CROCK-POT HOT MULLED CIDER

1/2	cup brown sugar	1-1/2	teaspoons whole cloves
2	quarts cider	2	cinnamon sticks
1	teaspoon whole allspice	-	orange slices

Combine ingredients; cover. Set on low 2-8 hours. Put spices in tea strainer. "I got this recipe from mom; it's a hit at every party!"

BARBARA

SIIPERR I FMONADE

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|---|------------------------|---|---------------------|
| 1 | cup lemon juice | 1 | cup pineapple cubes |
| 2 | cups sugar | 2 | quarts water |
| 1 | orange, halved, sliced | | |

Boil water and add all ingredients; chill. Pour over cracked ice or ice cubes. Serves 8.

ORANGE FROSTY

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|---|--------------------------------------|-----|--------------------|
| 1 | (6 oz.) can orange juice concentrate | 1/2 | cup water |
| 1 | cup skim milk | 1/2 | cup sugar |
| | | 1 | tablespoon vanilla |

Blend ingredients; add 1 tray crushed ice and blend again. Serves 5.

GOOD AND EASY PINCH

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|---|---------------------------|---|---------------|
| 1 | (12 oz.) can lemonade | 2 | liters Squirt |
| 1 | (12 oz.) can orange juice | 4 | cans water |
| 1 | (12 oz.) can apple juice | | |

Mix juices with water. Add Squirt to taste just before serving.
Serves 20.

RUSSIAN TEA

2	cups orange flavored powdered breakfast drink cup instant tea with lemon	1-1/2	cups sugar
		2	teaspoons cinnamon
1/2		1	teaspoon cloves

Mix ingredients together; store in a glass jar. To serve, dissolve 2 teaspoons of mixture in one cup of boiling water. Yield: 4 cups dry mixture. Serves 96. "This tea makes for nice holiday gifts!"

TANG TEA

2	cups Tang	1-3/4	cups sugar
3/4	cup instant tea	2	teaspoons cloves
1	package instant lemonade	3/4	teaspoons cinnamon

Combine ingredients. Mix one or more teaspoons with boiling water.
Serves 96.

FRENCH HOT CHOCOLATE

4	(1 oz.) squares unsweetened chocolate	1/4	teaspoon mace
1/4	cup water	1/8	teaspoon allspice
1	quart milk	1	teaspoon vanilla
1/2	cup cream	1/2	teaspoon almond extract
1/2	cup sugar	1/8	teaspoon nutmeg
1/4	teaspoon salt	1/2	cup whipped cream

Stir chocolate and water in a saucepan over low heat until smooth and melted; stir in milk. Add cream, sugar, salt, mace and allspice. Cook over medium heat until milk is hot; stir occasionally. Add vanilla and almond extract. Blend nutmeg into whipped cream. Pour hot chocolate mixture into six cups; top each serving with a spoonful of whipped cream. Serves 6.

ORANGE BREAKFAST NOG

- 1/3 cup orange juice concentrate
- 1 cup soft vanilla icecream
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- 1 cup milk
- 2 eggs
- 1 tablespoon sugar

Pour ingredients into a blender; blend. Pour into glasses; garnish with mint if desired. Serves 4.

MOST MOIST DATE BREAD

2	teaspoons baking soda	1	teaspoon salt
2	cups water, boiling	3	cups flour
2	eggs	1	cup nuts, chopped
1	pound dates	5	tablespoons butter
1	teaspoon vanilla	2	cups sugar

Dissolve soda in boiling water and pour over dates; set aside 1 hour. Cream sugar and butter; add eggs, vanilla and salt. Combine creamed mixture with date mixture; add flour and nuts. Turn into greased and floured loaf pans. Bake at 325* for 1 hour. Cool before slicing. Makes 2 loaves.

BANANA CORN PANCAKES

2	cups cornmeal	1/2	cup low-fat yogurt
1	cup whole wheat flour	2	cups low-fat milk
1	cup buckwheat flour	3	ripe bananas
2	teaspoons baking soda		

Mix the dry ingredients in a bowl. In another bowl, mash the bananas; add the yogurt and milk. Combine the wet and dry ingredients; add more liquid if necessary. Pour batter onto an oiled grill; cook. Makes 1-1/2 dozen. "This is a delicious way to use up your overripe bananas!"

PUFF PANCAKES

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| 1/4 | cup butter | - | confectioners' sugar |
| 3 | eggs | - | fresh berries |
| 3/4 | cup milk | - | lemon quarters |
| 3/4 | cup flour | | |

Heat oven to 425*. Melt butter in a 2-3 quart pan or iron skillet; set in oven. In a processor (or blender) beat eggs 1 minute. Add milk; beat 30 seconds while slowly adding flour. When butter has melted, remove pan from oven; swirl-pour in batter and bake until puffy and well-browned 15-20 minutes. Remove from oven and sprinkle with confectioners' sugar; return to oven 5 minutes. Serve at once topped with fresh berries and lemon quarters to squeeze over top. Makes 1 dozen. "Puff Pancakes are special to me; my friend Susan often makes them when I visit her in Santa Cruz!"

ANISE BREAD

4	eggs, separated	3/4	cup confectioners' sugar
1-1/4	cups flour	1	tablespoon anise seeds

Beat egg yolks with half the sugar until lemon colored and fluffy. Beat egg whites until stiff; add remaining sugar while beating. Combine both mixtures; fold in flour and seeds. Turn into a greased loaf pan. Bake at 350* for 45 minutes. Cool; cut thin slices. Makes 1 loaf. "I got this recipe from Alice. Enjoy!"

NORWEGIAN HOT CAKES

1-1/2	cups buttermilk	1	tablespoon baking powder
3	egg yolks		teaspoon salt
1/4	cup shortening, melted	1/4	egg whites, beaten stiff
1-1/2	cups flour	3	
1/2	teaspoon baking soda		

Combine buttermilk, egg yolks and shortening in a bowl. Mix together dry ingredients; add to liquid mixture. Fold in egg whites. Pour batter onto lightly greased griddle. Makes 1-1/2 dozen. "I have gotten good results using a waffle iron too."

RIITTERMII K CORNMEAL MUFFINS

1	cup corn meal	1/2	teaspoon salt
1	cup flour	1/3	cup soft shortening
1-1/2	tablespoons sugar	1	egg
1	tablespoon baking powder	1-1/4	cups buttermilk

Combine dry ingredients; mix well. Cut in shortening until well blended (I use my fingers for this). Beat egg and buttermilk together; mix with dry ingredients. Fill greased muffin tin. Bake at 400* for 25 minutes or until done. For cornbread, turn into a greased 8 inch square pan.

Makes 1 dozen.

RASPBERRY BUCKWHEAT PANCAKES

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| 3 | eggs, separated | 1 | teaspoon baking soda |
| 1 | tablespoon oil | 2 | teaspoons baking powder |
| 1 | tablespoon honey | | cups ripe raspberries (or 2 |
| 2 | cups low-fat milk | 2 | ripe bananas) |
| 1 | cup whole wheat flour | | |
| 1 | cup buckwheat flour | | |

Beat the egg yolks, oil, honey and milk together in a bowl. Stir in the dry ingredients; mix thoroughly with the wet ingredients. In another bowl, beat the egg whites until soft wet peaks form; fold into the batter. Thin with more milk if necessary. Pour batter onto a greased, oiled griddle; cook. Serve with maple syrup or fruit syrup. Makes 1-1/2 dozen. "I got this recipe out of my natural desserts cookbook."

BANANA BREAD

1	cup shortening	1	teaspoon salt
2	cups sugar	2	cups bananas, mashed (about 6 bananas)
4	eggs	2	tablespoons lemon juice
4	cups flour	2	cups nuts, chopped
2	teaspoons baking soda		

Blend shortening, sugar and eggs. Add lemon juice, bananas and nuts; mix well. Turn into loaf pans. Bake at 350* for 50 minutes. Makes 2 loaves. "If desired, 4 tablespoons of sour cream can be added to the batter."

BANANA DATE MUFFINS

2	cups flour	1	egg, slightly beaten
2	tablespoons sugar	3/4	cup milk
1	tablespoon baking powder	1/2	cup banana, mashed
	teaspoon salt	1/4	cup vegetable oil
1/2		1	cup dates, chopped

In large bowl, combine flour, sugar, baking powder and salt. In small bowl, blend egg, milk, banana and oil; add to flour mixture. Stir just until flour mixture is moistened; add dates during last few strokes. Fill greased muffin pan 3/4 full. Bake at 350* for 20-25 minutes. Serve warm. Makes 1 dozen.

GERMAN BLUEBERRY KUCHEN

3	cups flour	2	eggs
1-1/2	cups sugar	2	teaspoons vanilla
4	teaspoons baking powder	1	teaspoon nutmeg
	teaspoon salt	1	lemon rind, grated
1/2	cup shortening	1/4	cup sugar
1/2	cups milk	2	cups fresh blueberries
1-1/3		1/8	cup confectioners' sugar

Combine flour, sugar, baking powder and salt. Add shortening and milk; beat 3 minutes with electric mixer. Add eggs, vanilla, nutmeg and lemon rind; beat 3 minutes. Turn into a greased and floured 13x9 inch pan. Sprinkle top with blueberries and sugar. Bake at 350* for 40-45 minutes. Cool slightly; cut into squares. Serve warm sprinkled with confectioners' sugar. Makes 1 pan. "Becky, Barbara and Alan liked this recipe a lot!"

MARILYN'S BREAD

1-1/2	tablespoons yeast	2-1/2	tablespoons oil
2	cups lukewarm water	1/8	teaspoon salt
1	cup dried skim milk	1	teaspoon malt syrup
1/4	cup dark molasses	4-6	cups whole wheat flour

Pour water into large bowl; add yeast; stir until dissolved. Add molasses, malt syrup, salt and oil. Add flour, 2 cups at a time. When thick enough, knead on a floured board. If more flour is needed, add it to the board. Knead 100 times until a smooth ball is formed. Place in greased bowl and let rise for 1-1/2 - 2 hours (until doubled). Punch down; knead and form into 2 loaves. Let rise in greased tins for 1 hour. Bake at 400* for 10 minutes and 30 minutes longer at 350*. Remove from tins; butter tops. Makes 2 loaves.

RHUBARB BREAD

1-1/2	cups brown sugar	1	teaspoon salt
2/3	cup liquid shortening	1-1/2	cups rhubarb, diced
1	egg	1/2	cup nuts
1	cup sour milk	1/2	teaspoon vanilla
1	teaspoon baking soda	1	tablespoon butter
2-1/2	cups flour	1/2	cup sugar

Blend sugar, shortening and egg. Add sour milk, soda, flour and salt; mix. Add rhubarb, nuts and vanilla. Turn into greased loaf pans. Blend butter into sugar; sprinkle over top of dough. Bake at 325* for 1 hour. Makes 2 loaves.

PUMPKIN OR CARROT BREAD

1/2	cup shortening	1	teaspoon baking soda
1	cup sugar	1/4	teaspoon salt
1	egg	1	teaspoon cinnamon
1	cup pumpkin or carrot	1/2	teaspoon cloves
2	cups flour	1/2	cup nuts

Cream shortening, sugar, egg and pumpkin. Sift and mix in flour, soda, salt, cinnamon, cloves and nuts. Turn into a loaf pan. Bake at 350* for 1 hour. Makes 1 loaf.

SUNSHINE MUFFINS

2	cups flour	1	apple, peeled, grated
3/4	cup sugar	1/2	cup golden raisins
2	teaspoons baking soda	1/2	cup pecans, chopped
1/2	teaspoon salt	3	eggs, slightly beaten
1	teaspoon cinnamon	1/2	cup vegetable oil
1	teaspoon nutmeg	2	teaspoons vanilla
2	cups carrots, grated		

Grease a 12-cup muffin pan or line with paper baking cups. Combine flour, sugar, soda, salt, cinnamon and nutmeg. Stir in carrots, apple, raisins and pecans. Combine eggs, oil and vanilla until blended; stir into flour mixture only until blended. Fill prepared muffin pan. Bake at 350* for 20-25 minutes. Let stand on wire rack for 5 minutes. Remove from pan. Serve warm. Makes 1 dozen.

REST BRAN MUFFINS

1-1/4	cups flour	1-1/2	cups All-Bran cereal
3	teaspoons baking powder	1-1/4	cups milk
	teaspoon salt	1	egg
1/2	cup sugar	1/3	cup oil
1/2			

Stir flour, baking powder, salt and sugar; set aside. Measure bran and milk into a bowl. Stir; let stand 2 minutes. Add oil and egg; beat. Add flour mixture; stir to combine. Fill greased muffin pan. Bake at 400* for 25 minutes. Makes 1 dozen. "I give these muffins a 4-Star rating!"

RI IIFRFRY BRAN MIIFINS

1/3	cup butter	1	tablespoon flour
1/2	cup sugar	2-1/2	teaspoons baking powder
1	egg		teaspoon salt
3/4	cup milk	1/2	cup bran, unprocessed
1/4	teaspoon vanilla	1/4	cup blueberries
1-2/3	cups flour	1	

Beat the butter and sugar together. Add the egg; beat. Add the milk and vanilla; beat. Stir in the flour, baking powder, salt and bran; fold in the blueberries. Fill greased muffin pan. Bake at 425* for 23 minutes. Makes 1 dozen.

ANGEL DELIGHT STRAWBERRY DESSERT

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|---|---------------------------|-----|-----------------------|
| 2 | packages strawberry jello | 1/2 | pound marshmallows |
| | box frozen strawberries, | 1/2 | pint cream, whipped |
| 1 | drained, juice set aside | 1 | large angel food cake |

Use the juice from the frozen strawberries as part of the liquid for making the jello. When jello starts to jell, beat with beater. Add drained berries, marshmallows and whipped cream. Break the angel food cake into bite-size pieces. Arrange cake alternately with jello mixture. Mix in a cakepan or mold. Refrigerate several hours. Serve with whipped cream. Serves 12.

CHOCOLATE ZUCCHINI CAKE

1/2	cup butter	4	tablespoons cocoa
1/2	cup vegetable oil	1	teaspoon baking soda
1-3/4	cups sugar	1/2	teaspoon baking powder
2	eggs	1/2	teaspoon salt
1	teaspoon vanilla	1/2	teaspoon cinnamon
1/2	cup sour milk	2	cups zucchini, peeled and chopped
2-1/2	cups flour		

TOPPING: 1/4 cup chocolate chips, 1/4 cup brown sugar, 1/4 cup nuts

Cream shortenings and sugar; add eggs and vanilla. Beat. Sift dry ingredients together. Add alternately with sour milk. Mix in zucchini. Pour into greased 9x13 inch pan. Bake at 325* for 40-45 minutes or until done. Spread with topping while cake is still warm. Serves 12.

VERMONT MAPLE AND APPLE PUDDING

4	tablespoons butter	1/2	teaspoon cinnamon
1/4	cup brown sugar	1	cup milk
1	cup whole-wheat pastry flour	1/2	cup pure maple syrup
	teaspoons baking powder	1/2	teaspoon vanilla
2-1/2	teaspoon salt	3	medium apples, peeled, coarsely chopped (about 2 cups)
1/4			

Melt butter in a 2 quart casserole dish. Stir together brown sugar, flour, baking powder, salt and cinnamon. Combine milk, syrup and vanilla. Pour over flour mixture; blend until smooth. Pour batter over melted butter in casserole; do not stir. Place apples on batter. Bake at 375* for 35-40 minutes, until crust turns brown. Serve warm with

plain cream, if desired. Serves 6. "Every time I make this pudding, it reminds me of the beautiful fall days we have spent in New York and Vermont. Be sure to use pure maple syrup; there's nothing like it!!"

STRAWBERRY PIE

1	cup sugar	1	package strawberry jello
2	tablespoons cornstarch	3/4	teaspoon lemon flavoring
1	quart fresh strawberries	1	9 inch pie crust of any
1-1/2	cups water		kind

Cook sugar, water and starch until thick. Add jello, berries and flavoring. Pour into pie pan. Serves 6.

LEMONY YOGURT CAKE

1/2	cup butter	1/2	teaspoon baking soda
1-3/4	cups sugar	1	(8 oz.) container yogurt
2	eggs	1	lemon rind, grated
2-1/2	cups flour	1-1/2	tablespoons lemon juice
1/8	teaspoon salt		

Cream butter and sugar; add eggs and yogurt. Beat well. Stir in flour, soda and salt; add lemon rind and juice. Serve with fruit and whipping cream. Bake at 350* for 40 minutes. Serves 10. "I got this recipe from Linda at the B.P.O.E. #357 Elks Lodge in Eugene!"

BUTTERMILK COFFEE CAKE

2-1/2	cups flour	1	teaspoon cinnamon
3/4	cup sugar	1	cup buttermilk
1	cup brown sugar	1	egg
1	teaspoon salt	1	teaspoon nutmeg
3/4	cup salad oil	1	teaspoon baking powder
1/2	cup nuts	1	teaspoon baking soda

Mix and cut first seven ingredients until crumbly. Take out 3/4 cup for topping. Add the remainder to the buttermilk, egg, nutmeg, baking powder and baking soda; mix well. Pour into a 10x15 inch pan or 2 round greased pans. Sprinkle with leftover topping. Bake at 350* for 25 minutes (longer for larger pan). For variety add blueberries or sliced, peeled apples under the topping. Serves 12. "This is my mom's coffee cake recipe!"

COCONUT MACAROON PIE

1-1/2	cups sugar	1/4	cup flour
2	eggs	1/2	cup milk
1/2	teaspoon salt	1-1/2	cups shredded coconut
1/2	cup butter	1	9 inch pie shell, unbaked

Beat sugar, eggs and salt until mixture is lemon colored. Add flour and butter; blend well. Add milk. Fold in 1 cup coconut. Pour into pie shell; top with remaining coconut. Bake at 325* for 60 minutes. Serves 6.

"Sarah gave me this recipe. She says it is yummy and rich; I bet she's right!"

PISTACHIO COOKIES

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|---|----------------------------|-------|-------------------------|
| 1 | cup sweet unsalted butter | 1 | egg yolk |
| | tablespoons confectioners' | 2 | teaspoons cognac |
| 6 | sugar | 2-1/4 | cups cake flour, sifted |
| | | 36 | pistachio nuts |

Cream butter until very soft and fluffy. Beat in sugar, then egg yolk and cognac. Work in flour gradually to form dough. Chill at least 1 hour. Break off pieces of dough; form into balls about 1 inch in diameter. Place on lightly greased baking sheets. Press pistachio nut into each. Bake at 350* for 15 minutes or until pale golden color. When cool, sprinkle with confectioners' sugar. Makes 3 dozen.

CHOCOLATE SUNDAE BROWNIES

1	(1/4 lb.) butter	1	teaspoon vanilla
1	cup sugar	1	cup flour
4	eggs	1	tablespoon flour
1	(1 lb.) can chocolate syrup	1/2	teaspoon baking powder
		1/2	cup nuts

FROSTING: 6 tablespoons butter, 6 tablespoons milk, 1-1/2 cups sugar,
1/2 cup chocolate chips

Combine butter, sugar, and eggs (2 at a time). Beat well. Add vanilla, syrup, 1 cup flour plus 1 tablespoon flour, baking powder and nuts. In a jelly roll pan, bake at 350* for 25-30 minutes. Makes 1-1/2 dozen.

Combine frosting ingredients; boil rapidly 30 seconds. Remove from heat; add chips. Beat smooth; frost while hot. "Good!"

3-SERVINGS SOUP CAN ICE CREAM

1/2 cup half & half

1/2 cup 3.8% milk

1/2 cup 2% milk

2 tablespoons sugar

1/4 teaspoon vanilla

SUPPLIES FOR EACH SERVING: empty cottage cheese carton, clean soup can, metal spoon, crushed ice, rock salt

Combine half & half, milk, sugar and vanilla. Pour mixture into metal cans; fill half full. Set soup can inside cottage cheese carton which has been filled with a mixture of ice and rock salt. With spoon, stir vigorously and continually until ice cream forms. Serves 3. "This recipe is from Kevin. His school class made it and of course he insisted we do it at home! It is a fun kid recipe; a good birthday party activity. Enjoy!"

CHOCOLATE CAKE

1-1/2	cups sugar	3	tablespoons cocoa in 1
1/2	cup shortening		cup hot coffee
3	eggs	1	teaspoon vanilla
1	teaspoon baking soda	2	cups flour
1/4	teaspoon salt		

Combine and mix ingredients. Pour into a greased pan. Bake at 350* for 40 minutes. Serves 10.

SCOTCHEROOS

- | | | | |
|---|--------------------------|---|------------------------|
| 1 | cup brown or white sugar | 6 | cups Rice Krispies |
| | cup light syrup | 1 | cup butterscotch chips |
| 1 | cup peanut butter | 1 | cup chocolate chips |
| 1 | | | |

Bring sugar and syrup to a boil. Remove from heat. Blend in peanut butter and Rice Krispies. Press mixture into a 13x9 inch pan. Over hot water, melt chips. Spread over top and chill until firm. Makes 4 dozen 2x1 inch bars. "GOOD!"

BLUEBERRY CHEESE PIE

- | | | | |
|---|----------------------------|---|---------------------------|
| 1 | pound confectioners' sugar | 1 | large box dream whip |
| | large package cream cheese | 1 | cup milk |
| 1 | teaspoon vanilla | 1 | can blueberry pie filling |
| | | 2 | crumb crusts |
| 1 | | | |

Cream sugar with cream cheese and vanilla. Whip dream whip with milk. Fold dream whip and creamed mixture together. Divide into crusts; top with blueberry filling. Serves 12.

CHOCOLATE MOUSSE

- 1/2 cup chocolate chips
- 3 eggs
- 1 teaspoon vanilla
- 1/8 teaspoon salt
- 2 tablespoons sugar

Melt chocolate. Separate eggs; place whites in small mixing bowl. Beat yolks with fork; add vanilla and salt; blend into chocolate. Beat whites at high speed until soft peaks form; beat in sugar for 1/2 minute. Fold in chocolate on low speed until blended. Spoon into sherbet dishes; chill. Top with whipped cream. Serves 4.

PEANUT CLUSTERS

1	(5-1/2 oz.) can evaporated milk	1	cup chocolate chips
1-1/2	cups sugar	1-1/2	cups Spanish peanuts, chopped (or other chopped nuts)
12	caramels		

Cook milk and sugar until boiling; stir. Add caramels and stir until melted; cool. Remove from heat and add chocolate chips; melt. Add nuts. Drop by spoonfuls onto sheet; refrigerate. Makes 2 dozen.

PINEAPPLE CUPCAKES

1/2	cup shortening	2	teaspoons baking powder
1-1/2	cups sugar		teaspoon salt
1	(8 oz.) can crushed pineapple	1/2	cup water
1	teaspoon vanilla	1/4	egg whites, stiffly beaten
2-1/2	cups cake flour	3	

Cream shortening and sugar; add pineapple and vanilla. Alternately add dry ingredients with water; fold in egg whites. Fill greased cup cake pans 2/3 full. Bake at 350* for 25 minutes. Makes 2 dozen.

SUNDAY SPECIAL COFFEE CAKE

1-1/2	cups flour	3/4	cup sugar
2-1/2	teaspoons baking powder	1/3	cup butter, melted
	teaspoon salt	1/2	cup milk
1/2	egg, beaten with fork	1	teaspoon vanilla
1			

You can mix cake by hand with a wooden spoon. Stir dry ingredients together. Mix egg, sugar and butter until well combined; add milk and vanilla. Add dry ingredients to mixture. Pour into greased 8x8x2 inch pan. Sprinkle with topping. Bake at 375* for 25-30 minutes. Serves 8.

TOPPING: 1/2 cup white or brown sugar, 1/4 cup softened butter, 1/4 cup flour, 1 teaspoon cinnamon. Mix ingredients together; sprinkle over top of cake before baking. Serves 8. "This recipe is from Sarah. She gave it a 'Pig-Out' rating, so it must be a winner!"

LIZZIE'S FALL DELIGHT CAKE

1	cup nuts, chopped	1	teaspoon baking soda
1	cup apples, chopped	1/2	cup shortening
1	cup dates	1	cup sugar
1	cup water, boiling	1	teaspoon vanilla
1	egg	1	teaspoon salt
1-1/2	cups flour, sifted		

Mix dates, apples, baking soda and water; cool. Cream shortening and sugar; add egg, flour, salt, vanilla and nuts. Turn into a greased pan. Bake at 350* for 35 minutes. Serves 8.

TOPPING: 1/2 cup brown sugar, 4 tablespoons melted margarine, 2 tablespoons milk. Broil until bubbling; top. Serve with whipped cream, or use a caramel sauce and whipped cream.

CHOCOLATE CHIP COOKIES

2/3	cup soft shortening	1/2	teaspoon baking soda
1/2	cup white sugar	1/2	teaspoon salt
1/2	cup brown sugar	1/2	cup nuts, chopped
1	egg	1	cup chocolate chips, ground
1	teaspoon vanilla		
1-1/2	cups flour		

Combine ingredients; mix. Place 2 inches apart on ungreased cookie sheet. Bake at 375* 8-10 minutes. Cool slightly; remove from sheet.

Makes 2-1/2 dozen.

RAISIN BARS

2	cups water, boiled	1	teaspoon baking soda
1	cup raisins	1	teaspoon cinnamon
1/2	cup shortening	1	teaspoon cloves
1	egg	1	teaspoon nutmeg
1	cup sugar	1/2	cup nuts, chopped
1-3/4	cups flour		

Boil raisins for 10 minutes; add shortening while hot. Cool; add egg, sugar, flour, baking soda, cinnamon, cloves, nutmeg and nuts. Bake at 350* for 25-30 minutes in a 9x13 inch pan. Makes 1-1/2 dozen. "Old standby for when I have to furnish bars for P.T.O. or games."

NORWEGIAN WEDDING CAKE

1	cup butter	2-1/2	cups flour, sifted
1	cup confectioners' sugar	1	teaspoon almond flavoring
2	egg yolks	1/2	cup almond paste

Cream the butter and sugar; beat in egg yolks. Stir in the flour, almond flavoring and almond paste; mix until smooth. Put dough in rings. Bake at 350* until delicate brown. Frost with almond flavored frosting. Serves 12.

RICE PUDDING

1-1/3	cups milk	2	cups rice, cooked
4	tablespoons sugar (or 1/3 cup brown sugar)	1/2	teaspoon lemon rind, grated teaspoon lemon juice
1	tablespoon butter	1	cup raisins or dates
1	teaspoon vanilla	1/3	
3	eggs		

Combine milk, sugar, butter, vanilla and eggs; beat well. Add rice, lemon rind, lemon juice and raisins or dates. Pour into a greased baking dish. Bake at 325* for 50 minutes. Serve hot or cold. Serves 5.

"I like to double the amount of rice needed for a meal; then make rice pudding that evening for a yummy breakfast!"

CHEESE CAKE

- | | | | |
|---|--|---|------------------|
| 4 | (8 oz.) packages cream
cheese, room temp. | 1 | cup sugar |
| 4 | eggs | 1 | teaspoon vanilla |

Put 1 package cream cheese in mixer; mix. Add 1 egg and 1/4 cup of sugar. (Add sugar slowly). Mix for 10-15 minutes; repeat three times. Add vanilla. Bake at 350* for 25-30 minutes. Don't overdo. Open oven door a bit and leave cake in to cool off. Let stand at room temperature; refrigerate overnight. Serves 12. "This recipe is from Gail Bender."

QUICK PEANUT BUTTER COOKIES

- | | | | |
|-----|--------------------------|---|---------------------------|
| 1 | cup chunky peanut butter | 1 | (2 layer) yellow cake mix |
| | cup oil | 2 | eggs |
| 1/2 | | 2 | tablespoons water |

Cut peanut butter and oil into dry cake mix on low speed of mixer. Add eggs and water; mix well. Using 1 tablespoon of dough for each cookie, shape into 1-1/2 inch balls. Place on ungreased sheets; flatten. Bake at 350* for 15 minutes. Makes 4-1/2 dozen. "Very good!"

RON'S STRAWBERRY NUT CAKE

2-1/4	cups cake flour	1	cup milk
1-1/2	cups sugar	1	teaspoon vanilla
4	teaspoons baking powder	2	eggs
	teaspoon salt	2	cups strawberry jelly, room temperature
1	cup shortening		
1/2		2	cups walnuts, chopped

Combine flour, sugar, baking powder and salt. Add shortening, 3/4 cup milk and vanilla. Beat on low speed 2 minutes. Add eggs and remaining milk. Beat 2 minutes. Grease and flour 3 (8 inch) cake pans. Divide batter evenly among pans. Bake at 350* for 20 minutes. Remove from pans; cool. Whip jelly until spreadable. Spread between layers; stack layers. Cover sides of cake with thin coat of jelly; cover sides with 1 cup walnuts before jelly sets. Pour remaining jelly on top of cake; cover top evenly. Spread remaining walnuts around edge of cake and in circular design in center of cake. Serves 12. "This cake is light and fluffy; it is a perfect summertime dessert."

BECKY

PEAR CUSTARD PIE

- canned pear halves
- flour
- 4 large eggs
- 3/4 cup sugar
- 3 cups milk
- 3/4 teaspoon salt
- 2 teaspoons vanilla
- pastry
- nutmeg

Place pears on plate and dust with flour enough to coat pieces (this prevents the custard and pears from separating); set aside. Beat eggs, add sugar and blend well. Heat milk until quite warm. Add milk to sugar; stir well. Add salt and vanilla; stir until all is well dissolved. Place pear halves (small ends inward) into a pastry-lined pan. Pour mixture over all; sprinkle with nutmeg. Bake at 450* for 10 minutes. Reduce heat to 300* for 45-50 minutes. Custard should be firm.

RHUBARB CREAM PIE

3	eggs	1	teaspoon cinnamon
2	tablespoons flour	1	cup sugar
1	cup sweet cream	2	cups rhubarb

Mix eggs, flour, sweet cream, cinnamon and sugar together in a bowl. Put rhubarb in an unbaked pie shell. Pour mixture over rhubarb. Bake at 350* for 55 minutes. Then bake at 425* for 10 minutes. Serves 6.

"Very simple and delicious!"

MOST POPULAR PECAN PIE

- | | | | |
|---|-------------------------------|-----|---|
| 1 | 9 inch pie crust | 2 | tablespoons corn oil or
butter, melted |
| 3 | eggs | 1 | teaspoon vanilla |
| 1 | cup Karo syrup, light or dark | 1/8 | teaspoon salt |
| | cup sugar | 1 | cup pecans |

Beat eggs slightly. Beat in syrup, sugar, oil or butter, vanilla and salt. Stir in pecans. Pour into unbaked crust. Bake at 350* for 55-65 minutes. Knife test should come out clean. Serve cooled with whipped cream, if desired. Serves 6.

SALTED NUT BARS

3	cups flour	1/2	cup corn syrup
1-1/2	cups brown sugar	2	tablespoons butter
1	teaspoon salt	1	tablespoon water
1	cup butter, softened	1	cup butterscotch chips
2	cups mixed nuts		

Blend flour, sugar, salt and butter. Press into cookie sheet. Bake at 325* for 10-12 minutes. Sprinkle nuts over crust. In a saucepan, mix corn syrup, 2 tablespoons butter, water and chips. Boil 2 minutes, stirring often. Pour over nuts. Bake at 325* for 10-12 minutes. Cool and cut. Makes 2 dozen. "This recipe is from Jeanne B. It's very good and rich!"

LEMON CRUMB DESSERT

1	(3 oz.) package lemon jello	1/3	cup lemon juice
	cup sugar	1-3/4	cups evaporated milk
3/4	teaspoon salt	2	cups graham crackers, crushed
1/8	cup water, boiling	1/3	cup butter, melted
1	teaspoon lemon rind		
3/4			

Dissolve sugar, salt and jello in water. Add rind and juice; chill. Add milk; whip until fluffy. Mix together the butter and crackers; press into a 11x7x1 inch pan. Save 1/4 cup crackers for top. Spoon jello mixture into pan; chill. Serves 12. "This dessert is a favorite of Karen's!"

UNBAKED PEANUT BUTTER BARS

1/2	cup shortening	1	package miniature marshmallows
1	cup creamy peanut butter (5 oz.) packages	3/4	cup fine flaked coconut
2	butterscotch chips	1/2	cup nuts, chopped

Melt peanut butter and chips together; cool slightly. Next add the marshmallows, coconut and nuts. Butter a 11x16 inch pan. Pat mixture into pan; sprinkle with more coconut. Cool firm in refrigerator; cut into 1x2 inch bars. Pastel colored marshmallows gives bars a pretty look. Makes 2 dozen.

GINGERBREAD DELUXE

2	cups flour	1/8	teaspoon cloves
2	teaspoons baking powder	1/2	cup shortening
	teaspoon salt	2/3	cup sugar
3/4	teaspoon baking soda	2	eggs
1/4	teaspoon ginger	2/3	cup molasses
3/4	teaspoon cinnamon	3/4	cup water, boiling
3/4		1	cup cream, whipped

Sift flour, baking powder, salt, soda, ginger, cinnamon and cloves. Cream shortening and sugar on medium speed until light and fluffy. Add eggs one at a time; beat well after each addition. Beat in molasses. Add dry ingredients little by little; beat at low speed. Add water; beat smooth. Pour batter into a greased and floured 9 inch square pan. Bake at 350* for 35-45 minutes. Cool in pan on rack until warm. Serve topped with sweetened whipped cream. Serves 9.

RASPBERRY CREAM CHEESE PIE

1/2	cup butter, melted	1/2	cup oatmeal
3/4	cup flour	1/2	cup nuts, chopped
2	tablespoons sugar		

Melt butter. Add other ingredients; stir. Pat into pie pan. Bake at 375*for 12-15 minutes. Prick to keep from bubbling while baking. Cool.

FILLING: 8 ounces softened cream cheese, 1 cup confectioners' sugar, 1 (8 oz.) container cool whip. Combine and whip together cream cheese and confectioners' sugar; add cool whip. Pour into cooled pie shell. Serves 6. "When cooled, top with a fruit topping. I use raspberry."

CAROL'S NEVER-FAIL FUDGE

2-1/4	cups sugar	16	large marshmallows
1/4	cup butter	1	cup chocolate chips
2	tablespoons corn syrup	2	teaspoons vanilla
2/3	cup evaporated milk	1/2	cup nuts

Stir sugar, butter, corn syrup, milk and marshmallows over heat to a full boil (5 minutes). Add chips, vanilla and nuts. Pour into pan; cool. Makes 3 dozen. "This is the fudge I made dad for Christmas. It is the only fudge I make that turns out."

BLONDE BROWNIES

1	cup sifted flour	1/3	cup margarine
1/2	teaspoon baking powder	1	cup brown sugar
1/8	teaspoon baking soda	1	egg, beaten
1/2	teaspoon salt	1	teaspoon vanilla
1/2	cup nuts	1/2	package chocolate chips

Combine flour, baking powder, soda and salt; add nuts and mix. Melt shortening in saucepan and remove from heat. Mix in sugar; cool. Stir in egg and vanilla; add flour mixture. Spread in 9x9x2 inch pan. Sprinkle chips over the top. Bake at 350* for 20-25 minutes. Makes 1 dozen. "I got this recipe from my girlfriend, Sarah, back in college!"

COCONUT BARS

1/2	cup butter	1	teaspoon vanilla
1/2	cup brown sugar	2	tablespoons flour
1	cup sifted flour	1/2	teaspoon baking powder
2	eggs, unbeaten	1	cup walnuts
1/8	teaspoon salt	1	cup coconut
1	cup brown sugar		

Press butter, 1/2 cup brown sugar and 1 cup flour into an 8x12 inch pan. Bake at 325* for 20 minutes. Combine eggs, salt, 1 cup brown sugar, vanilla, 2 tablespoons flour and baking powder. Beat 2 minutes. Add walnuts; spread on batter. Sprinkle top with coconut. Bake at 325* for 25 minutes. Cut into small bars. Makes 1-1/2 dozen. "Oh, so rich!"

ALMOND BARK COOKIES

- | | | | |
|-------|-----------------------------|---|-----------------------------|
| 1 | (2-1/2 lb.) bar almond bark | 2 | cups chow mein noodles |
| | cups crunchy peanut butter | 1 | cup nuts |
| 1-1/2 | cups Rice Krispies | 2 | cups miniature marshmallows |
| 2 | | | |

Combine all of the ingredients. Press into a 9x13 inch pan or drop by spoonfuls. Makes 3 dozen. "Marilyn liked these!"

PEANUT BUTTER FUDGE

4	cups sugar	2	tablespoons molasses
4	tablespoons cocoa	1-1/2	teaspoons vanilla
1/4	teaspoon salt	1	cup peanut butter
2-1/2	cups milk	1	cup nuts, chopped
2	tablespoons butter		

Blend sugar and cocoa; add salt, milk, butter and molasses. Cook slowly over medium heat until hard ball forms in cold water test. Remove from heat; add vanilla and peanut butter. Set pan in cold water; beat until thick and creamy. Pour into buttered pan; cool before slicing. Makes 3 dozen. "This recipe originated in Germany. It just has to be good!"

QUEEN COOKIES

1-1/2	cups flour	1	egg, beaten
2/3	cup sugar	1-1/2	teaspoons vanilla
3/4	teaspoons baking powder	3/4	cup sesame seeds
6	tablespoons butter, melted	3/4	teaspoon anise seeds or 2 teaspoons orange peel, grated

Combine flour, sugar, and baking powder. Blend in melted butter, egg, vanilla, anise seeds or orange peel. Roll dough into snakes; cut in 3 inch pieces and roll in sesame seeds. Place on ungreased cookie sheet 1/2" apart. Bake at 350* for 18 minutes. Makes 2 dozen. "This is another good recipe from Alice we enjoy!"

MICROWAVE PECAN PRALINES

1	cup brown sugar	1-1/2	cups pecans, coarsely chopped
1	cup sugar		
1/3	cup light corn syrup	1	tablespoon butter
1/4	cup water	1	teaspoon vanilla

In medium glass bowl, combine sugars, corn syrup and water. Heat 7-9 minutes on HIGH until mixture reads 238°F (soft ball stage) when tested with candy thermometer*. Stir in pecans, butter and vanilla; stand 2 minutes. Drop by tablespoonful onto well greased wax paper lined cookie sheet; chill until set. Makes 1-1/2 dozen.

*IMPORTANT: Do not use candy thermometer in dish while operating the microwave oven.

DATE GINGER CREAM BARS

1	(8 oz.) package dates	2	cups flour
1-1/2	cups water, boiling	1	teaspoon baking soda
1/2	cup shortening	1	teaspoon cinnamon
1	cup sugar	1/4	teaspoon salt
2	eggs, beaten	1	teaspoon vanilla

Add dates to boiling water. Cream shortening, sugar and eggs. Add dates alternately with flour, soda, cinnamon, salt and vanilla. Spread batter into a jelly roll pan. Bake at 350* for 20 minutes. Makes 2 dozen.

FROSTING: 2 tablespoons butter, 2 tablespoons cream, 1/2 teaspoon vanilla, 1 cup confectioners' sugar. Bring cream and butter to a boil. Add vanilla and sugar. Frost bars while warm.

GRANDMA'S MOLASSES COOKIES

1	cup sugar	1	tablespoon ginger
3/4	cup shortening	1	teaspoon cinnamon
1	egg	2	teaspoons baking soda
1/4	cup molasses	1/2	teaspoon salt
2	cups flour		

Cream sugar and shortening; add eggs and molasses. Mix well. Sift dry ingredients together; add to molasses mixture. Form mixture into small balls. Roll balls in sugar; flatten on cookie sheet with glass dipped in sugar. Bake at 350* for 10 minutes. Makes 3 dozen. "Tyler and Kevin's favorite cookies!"

DATE CANDIES

3	cups sugar	1	teaspoon vanilla
1/2	cup water	1/2	cup sweet condensed milk
1	tablespoon butter		cup colored marshmallows
1	cup candied cherries, chopped	1	teaspoon salt
1	cup pitted dates, chopped	1/4	

Boil sugar, milk, water, butter and salt to soft ball stage. Add cherries and dates; boil to firm ball stage. Add marshmallows; do not stir. Cool before adding vanilla. Beat thick; add nuts. Pour into a well greased pan. Makes 3 dozen.

FAST FIXIN' MICROWAVE CHOCOLATE FUDGE

2	(16 oz.) packages confectioners' sugar	1	cup butter
1	cup unsweetened cocoa	1-1/2	cups nuts, chopped (optional)
1/2	cup milk	2	tablespoons vanilla

In large bowl, mix sugar and cocoa. Add milk and butter; do not stir. Heat 4-1/2 to 6 minutes on HIGH until butter is melted. Add nuts and vanilla, stirring until smooth. Spread into well greased square baking dish; chill until firm. Cut into squares to serve. Makes 3 pounds.

Note: For 1-1/2 pounds, follow above procedure. Halve all ingredients, heat 2-3 minutes on HIGH; pour into greased loaf dish.

Variation: For Rocky Road fudge, coarsely chop nuts and add 1 cup miniature marshmallows.

GLORIFIED RICE

2	cups whipping cream	4	cups cooked rice
1/2	cup sugar	1/2	cup maraschino cherries
2	(no. 2) cans crushed pineapple, drained	1/2	cup nuts
		32	marshmallows

Combine all of the ingredients; refrigerate. Serves 10. "Keith's favorite!"

CRUNCHY PEANUT OATMEAL COOKIES

2-1/2	cups brown sugar	1-1/2	cups flour
1	cup butter	1	teaspoon baking soda
2	eggs	1-1/2	cups salted peanuts, chopped
1	teaspoon vanilla		
3-1/2	cups quick oats	1	cup chocolate chips

Cream butter and sugar; add eggs and vanilla. Beat. Combine oats, flour and soda. Stir into creamed mixture. Stir in chopped peanuts and chocolate chips. Drop by teaspoons. Bake at 375* for 12-14 minutes.

Makes 4 dozen.

LAUREL'S FUDGE

- | | | | |
|---|----------------------------------|---|------------------------|
| 2 | sticks butter | 1 | (1 lb.) powdered sugar |
| 1 | (12 oz.) package chocolate chips | 1 | teaspoon vanilla |
| 2 | eggs, beaten | 1 | cup nuts |

Melt butter and chocolate chips in a double boiler. Combine beaten eggs and powdered sugar. Add to chocolate mixture; beat. Add vanilla and nuts. Pour into an 8x8 inch sprayed pan. Makes 3 dozen.

BRIGHT-EYED SUSANS

2	cups flour	1	teaspoon vanilla
1/2	teaspoon baking powder	1	egg, separated
1	cup margarine	1-1/4	cups nuts, finely chopped
1/2	cup sugar	1	cup jam or jelly
2	tablespoons water		

Sift flour and baking powder together twice. Cream margarine and sugar until light and fluffy. Add water, vanilla and egg yolk. Add flour; mix well. Form dough into balls about size of walnut. Roll in slightly beaten egg white, then in nuts. Place on lightly greased baking sheets. Bake at 350* for 5 minutes. Remove from oven; press thumbprint in each ball. Return to oven; bake 8-10 minutes. Remove to cooling trays; fill centers with bright jam or jelly. Makes 4 dozen. "These cookies are perfect for the holidays. For example, use red jelly for Christmas, and green for St. Patrick's Day!"

VERY DELICIOUS CHERRY TORTE

- | | | | |
|-----|----------------------|---|---------------------------|
| 1 | cup flour | 1 | egg, beaten |
| 1 | cup sugar | 1 | tablespoon butter, melted |
| 1 | teaspoon baking soda | | can sour cherries, |
| 1 | teaspoon cinnamon | 1 | drained |
| 1/2 | teaspoon salt | | |

Sift together the flour, sugar, soda, cinnamon and salt. Add egg, butter and cherries. Pour into a greased 8x8 inch pan. Bake at 350* for 45 minutes. Serve with a sauce topping. Serves 8.

FRENCH CHOCOLATE MINT PIE

1	cup confectioners' sugar	3	eggs, separated
1/2	cup butter, softened	1/2	teaspoon mint extract
2-1/2	squares unsweetened chocolate, melted	1	graham cracker or vanilla wafer crust

Blend sugar, butter, mint extract, chocolate and unbeaten egg yolks. Fold in stiffly beaten egg whites (warm eggs to room temperature before beating whites). Pour into 9 inch pie pan which has been lined with either graham cracker or vanilla wafer crust. Sprinkle few crumbs over top. Leave in refrigerator overnight before serving. Serves 6. "This pie is so good!"

CARROT CAKE

2	cups sugar	3	cups carrots, grated
2	cups flour	1/2	cup nuts, chopped
1-1/2	cups oil	2	teaspoons baking soda
4	eggs	2	teaspoons cinnamon
2	teaspoons baking powder	1	teaspoon salt
		1-1/2	teaspoons vanilla

Cream sugar and oil; add 1 egg at a time. Add dry ingredients, vanilla, carrots and nuts. Pour into pan. Bake at 350* for 30-35 minutes.

ICING: 1 pound confectioners' sugar, 1 (8 oz.) package cream cheese, 1/2 cup margarine, 2 teaspoons vanilla. Cream all ingredients together. Add a few drops of milk if too thick.

TIINA LENTIL SOUP

2	cups lentils	1	small can tomato paste
2-1/2	quarts water	2	cups brown rice, cooked
1	onion, chopped	1/4	teaspoon pepper
2	cups celery, chopped	-	salt to taste
4	tablespoons olive oil	1	(12-1/2 oz.) can tuna, flaked, drained
1/8	teaspoon garlic powder		
1-1/2	teaspoons basil	2	tablespoons vinegar

Wash lentils briefly. Bring water to boil in soup pot; add lentils quickly. Simmer, covered, 2 hours. Saute onions and celery in olive oil until softened. Add garlic, basil and tomato paste; mix well and add to soup along with rice. Stir; add salt and pepper. Add tuna and vinegar; simmer, covered, 45-50 minutes. You may need to add water to adjust thickness. Serves 6. "This is a good protein soup."

OVERNIGHT LAVERED CHICKEN SALAD

6	cups iceberg lettuce, shredded	4	cups chicken, cooked, cut into 2-3 inch strips
1/4	pound bean sprouts	2	(6 oz.) packages frozen pea pods, thawed
1	(8 oz.) can water chestnuts, drained, sliced	2	cups mayonnaise
	cup green onions, thinly sliced	2	teaspoons curry powder
1/2	medium cucumber, thinly sliced	1	tablespoon sugar
1	sliced	1/2	teaspoon ground ginger
		1/2	cup Spanish peanuts
		12-18	cherry tomatoes, halved

Spread lettuce evenly in a wide 4 quart glass serving bowl. Top with a layer each of vegetables (except peas) then chicken. Pat pea pods dry; arrange on top. In small bowl, stir together mayonnaise, curry powder, sugar and ginger. Spread evenly over pea pods. Refrigerate several hours or overnight. Just before serving, garnish with nuts and tomato

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1	package yeast	1	cup candied fruits and/or raisins and currants, cut
1/4	cup warm water		lemon rind, grated
1/2	cup sugar	1	teaspoon cardamon
1/2	teaspoon salt	1/2	teaspoon almond extract
1/2	cup milk, scalded	1	margarine, melted
3	cups flour	-	cup confectioners' sugar
2	eggs, slightly beaten	1	tablespoons hot water
1/2	cup butter, softened	2	
1	cup nuts, chopped		

Soften yeast in warm water; add sugar, butter and salt to milk; cool to lukewarm. Add softened yeast. Beat in 1-1/2 cups flour until batter is smooth. Add remaining ingredients, except for the butter, confectioners' sugar and water; beat until smooth. Knead dough on floured surface 20-30 strokes or until smooth and elastic. Place dough in greased bowl; cover. Let rise in warm place until double in bulk.

POCKET PIES

3/4	cup whole wheat flour	1/4	teaspoon salt
1/3	cup flour	1/8	teaspoon cinnamon
2	tablespoons toasted wheat germ	1/3	cup shortening
		3-4	tablespoons milk

Mix together the flours, wheat germ, salt and cinnamon. Cut shortening into dry mixture until the size of peas. Sprinkle with 1 tablespoon milk. Toss with a fork; repeat with milk. Roll dough into an 11 inch square; cut into 4 pieces.

LOBSTER STEW

1	(10 oz.) package frozen cauliflower	1-1/2	cups reserved cooking liquid from vegetables
1	(10 oz.) package frozen baby carrots	1/4	teaspoon nutmeg
		-	salt and pepper to taste
1	(10 oz.) package frozen asparagus tips	1/2	cup plain yogurt
		1	(8-16 oz.) package lobster
1	(10 oz.) package frozen peas		meat, cooked, cut into
	tablespoons butter		bite-size pieces
2	tablespoons flour	-	fresh parsley leaves, chopped
2			

Cook cauliflower, carrots, asparagus and peas according to package directions; drain. Reserve and combine cooking liquids. Melt butter in large saucepan; stir in flour to make smooth paste. Gradually stir in 1-1/2 cups reserved vegetable cooking liquids; heat and stir until mixture come to boil and is thickened. Add nutmeg, salt and pepper. Add cooked vegetables; heat through. Just before serving, stir in

BROCCOLI SOUP

2-1/2	pounds fresh broccoli	1-1/2	cups water
1/2	cup onion, chopped	3	(13 oz.) cans chicken broth
3/4	cup celery, sliced		tablespoons butter
3/4	teaspoon salt	4-1/2	tablespoons flour
1/4	teaspoon pepper	3	cups half & half
1/4	teaspoon nutmeg	3	cup cream, whipped
2	bay leaves	1	

Thoroughly wash broccoli; trim. Split each stalk lengthwise into halves. In a 6 quart kettle, combine broccoli, onion, celery, salt, pepper, nutmeg and bay leaves. Add water to broth to make 6 cups; add to broccoli and bring to a boil. Simmer, covered, until broccoli is tender, 30 minutes; drain and save broth. Puree vegetables in blender with 1 cup broth. In a dutch oven, melt butter and add flour; stir until it is

APPLE BRAN MUFFINS

2	cups whole wheat flour	1/2	cup raisins
1-1/2	cups wheat bran	1/2	cup chopped nuts or sunflower seeds
1/2	teaspoon salt	-	juice of one orange
1-1/4	teaspoon baking soda	2	scant cups buttermilk
1/2	teaspoon nutmeg	1	F, beaten
1	tablespoon orange rind, grated	1/2	cup blackstrap molasses
1	cup apples, chopped	2	tablespoons oil

Toss flour, bran, salt, soda and nutmeg together with fork. Stir in orange rind, apples, raisins and nuts or seeds. Pour orange juice into a 2 cup measure; add buttermilk to make 2 cups. Add to egg, molasses and oil; stir thoroughly. Stir liquid ingredients into dry ingredients with a few swift strokes. Fill greased muffin tins 2/3 full. Bake at 350* for 25 minutes. Makes 2 dozen muffins. "This one is so good and fun to make. It was even fun to copy from my 'Laurel's Kitchen' recipe book!

CURRIED BUTTERNUT SQUASH SOUP

4	tablespoons sweet butter	2	apples, peeled, cored, chopped
2	cups yellow onion, finely chopped	3	cups chicken stock
	teaspoons curry powder	1	cup apple juice
4-5	medium butternut squash	-	salt and pepper to taste
2	(about 3 lbs.)	1	Granny Smith apple, unpeeled, shredded

Melt the butter in a pot. Add chopped onion and curry powder; cook, covered, over low heat until onions are tender, about 25 minutes. Meanwhile, peel the squash (use a regular vegetable peeler), scrape out the seeds and chop the flesh. When onions are tender, pour in the stock, add squash and apples; bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender, 25 minutes.

OYSTER GARLIC SAUCE OVER PASTA

1	pint fresh oysters	-	white wine or canned clam
3	garlic cloves, crushed		juice, enough when
1/2	cup fresh parsley, minced		combined with drained oyster
	cup green onions, chopped		liquor to make
1/2	teaspoon freshly ground		1-1/2 cups
	black pepper	1/2	stick butter (1/8 lb.)
1/2	teaspoon dried basil	1/4	cup olive oil
		1	pound pasta
1		-	Parmesan cheese, grated

Drain oysters; reserve liquor. If there isn't enough to make 1-1/2 cups, add white wine or canned clam juice. Coarsely chop oysters. In heavy 2 quart pan, melt butter; add olive oil. Cooking over medium heat, add onions and garlic; cook for 2 minutes. Do not let garlic brown. Add chopped oysters and the 1-1/2 cups juice. Cook about 5 minutes over low heat or until the oysters start to plump up; remove from heat.

HUNGARIAN GOULASH

1/4	cup flour	1/2	cup water
1	tablespoon paprika	1	(1 lb. 4 oz.) can tomatoes
3	pounds lean chuck, cubed with fat trimmed away	1	bay leaf
3	tablespoons olive or vegetable oil	1-1/2	teaspoons caraway seeds
1-1/2	cups onion, chopped	1	cup sour cream (optional)
1	garlic clove, crushed	1-1/2	(12 oz.) package medium noodles, cooked and drained
1-1/2	cups or 1 can beef broth		

Combine flour and paprika in paper bag; add meat; shake well to coat. Heat oil in heavy kettle or Dutch oven; brown meat well; remove meat. Saute onion and garlic in remaining oil. Add meat back with broth, water, tomatoes, bay leaf and caraway seeds. Cover; simmer 2 hours, stirring occasionally. Stir in sour cream if used; heat but do not boil.

Serve with noodles. Serves 8.

CHEESE SPINACH PUFFS

1	(10 oz.) package frozen, chopped spinach	1/3	cup Blue Cheese salad dressing
1/2	cup onions, chopped	2	tablespoons butter, melted
2	eggs, slightly beaten		teaspoon garlic powder
1/2	cup Parmesan cheese, grated	1/8	(8-1/2 oz.) package corn muffin mix
1/2	cup Cheddar cheese, grated	1	Dijon mustard, optional
		-	

Cook spinach according to package directions; add onion. Drain well; press out excess liquid. In bowl, combine eggs, cheese, salad dressing, butter and garlic powder. Stir in spinach and muffin mixtures; cover. Chill 1 hour, or until easy to handle. Shape into 1 inch balls and arrange on baking sheet; cover. Chill until serving time or place in a freezer container; seal and freeze. To serve, place puffs on baking

POUND CAKE

2	sticks butter (1/2 lb.)	1	tablespoon fresh lemon juice
2	cups sugar		eggs, separated
2	cups flour	5	
1	teaspoon vanilla		

Grease and flour a 10 inch bundt pan. Cream butter and sugar; gradually beat until fluffy. Sift flour and add to butter mixture; stir just enough to blend. Add lemon juice and vanilla; stir well. Beat egg yolks 1 minute first; add to flour mixture; stir again. Beat egg whites until slightly fluffy; stir carefully into batter. Pour into prepared bundt pan. Bake at 350* for 50-60 minutes; do not cover. When knife inserted

FISHERMAN'S PIE

1-1/2	cups biscuit baking mix	1/3	cup light cream or milk
6	tablespoons water	1	medium tomato, chopped
1	pound white fish fillets, fresh or frozen, thawed, cut into pieces	1/4	cup green pepper, chopped
1	(15 oz.) can condensed New England clam chowder	2	tablespoons dry white wine
1	(6-1/2 oz.) can minced clams, drained	2	teaspoon salt
		1/2	teaspoon pepper
		1/2	egg, well beaten
		1/8	
		1	

In small bowl, combine biscuit mix and water; mix well. On floured surface, roll out dough into 1/8 inch thickness, making slits or cut-out in center. In medium saucepan, combine remaining ingredients except egg; heat through. (Add more flour for thicker sauce, if desired). Pour into 1-1/2 quart souffle or casserole dish. Top with dough; seal and

BROCCOLI AND BARLEY SALAD

4	cups water	1/4	cup wine vinegar
2	cups barley, uncooked	1/2	cup lemon juice
5	cups broccoli florets and sliced stems	2	teaspoons lemon rind, grated
1	cup carrots, diced	1	garlic clove, crushed
1/2	cup scallions, diced	1	tablespoon minced fresh mint
1/2	cup sweet red pepper, julienne-sliced		teaspoon salt
1	cup nuts, chopped	1/2	pepper
1/2	cup vegetable or olive oil	-	

Bring water to a boil; add barley. Cover and cook 30 minutes until barley is just barely tender. Drain and rinse with cold water until cooled; drain well. Steam broccoli until tender crisp 3-4 minutes; plunge into cold water; drain. In a large salad bowl, toss broccoli, carrots, scallions, red pepper and nuts with the barley. Blend the

TURKEY CHOWDER

1/2	cup onion, chopped	1-1/2	cups half & half or evaporated milk
2	tablespoons butter		
2	cups broth	1	teaspoon parsley flakes
2	cups potatoes, diced	1	teaspoon salt
1	cup celery, diced	1/4	teaspoon pepper
1	cup carrots, diced	1/4	teaspoon paprika
1	cup turkey pieces	1/4	teaspoon ginger
1	(7 oz.) can cream corn		

Saute onions in butter until tender. Add broth; boil. Add potatoes, celery and carrots; reduce heat. Simmer vegetables, covered, until tender, 15 minutes. Add rest of ingredients; heat through. Serves 6.

FRANKFURTER HOUND DOGS

- | | | | |
|---|---------------------------------------|----|---------------------------------------|
| - | Mashed potatoes, instant or home made | 10 | cheese strips, sliced |
| | | 1 | (8 oz.) can tomato sauce with onions. |
| 1 | pound frankfurters | | |

Slit franks lengthwise to make pocket; fill each with 1 teaspoon sauce. Place franks 1/4 inch apart in a 13x9 inch baking dish. Put potatoes down centers of franks; top with cheese slices. Bake at 375* for 30 minutes. Pour sauce over franks; bake 5 minutes more. Serves 4.

FRANKFURTER APPLE CASSEROLE

- | | | | |
|---|--|-----|----------------------------|
| 3 | large sweet potatoes, or 1
(18 oz.) can, no syrup | 1/4 | cup brown sugar |
| 2 | cups apples, thinly sliced | 1/2 | teaspoon salt |
| 1 | pound frankfurters, split,
halved | 1 | tablespoon lemon juice |
| | | 1/2 | cup bread crumbs |
| 1 | cup Cheddar cheese | 2 | tablespoons butter, melted |

In greased 12x7x2 inch dish layer half of potatoes, apples, franks and grated cheese. Mix sugar and salt; sprinkle half over frankfurter mixture. Repeat layers; sprinkle sugar mix. Combine lemon juice, bread crumbs and butter; sprinkle over top layer. Bake at 375* for 35 minutes, covered. Bake at 375* for 10 minutes, uncovered.

Serves 6.

CRABMEAT MARYI AND

6	bacon slices, cooked	1/2	cup tomato juice
2	teaspoons parsley	1/2	teaspoon salt
1	cup crab meat, flaked	1/8	teaspoon pepper
2	tablespoons onion, diced	2	cups rice, cooked

Cook bacon; remove half of drippings. Saute onion, parsley, and meat in rest. Add juice, salt and pepper. Cook until juice disappears. Crumble bacon; add to mixture. Serve on rice. Serves 6. "An all-time favorite!"

CRABMEAT IMPERIAI

1	green pepper, diced	1/2	teaspoon white pepper
2	pimientos, diced	2	whole raw eggs
1	tablespoon English mustard	1	cup mayonnaise
	teaspoon salt	3	pounds lump crabmeat
1		1/8	teaspoon paprika

Mix green pepper, pimientos, mustard, salt, white pepper, eggs and mayonnaise. Add crabmeat and mix well with fingers so that the lumps are not broken. Divide mixture into 8 shells or dishes. Coat tops with a little mayonnaise; sprinkle with paprika. Bake at 350* for 15 minutes. Serve hot or cold. Serves 8.

I DZY MAN'S STROGANOFF

2	tablespoons onion soup base	1/3	can water
	can cream of celery soup	2	pounds stew meat
1	can cream of mushroom soup	1/2	cup sour cream
1			Rice or noodles

No need to brown meat. Mix all ingredients except sour cream; cover. Bake at 275* for 3-4 hours. Flavor and tenderness depend on slow cooking. Stir in sour cream before serving. Serve over rice or noodles. Serves 6.

ITALIAN CHICKEN IN FOLIO PAPER

4	chicken parts	1/2	teaspoon basil
2	tablespoons olive oil	1/2	teaspoon oregano
1	medium onion, chopped	1/2	teaspoon celery salt
1/8	teaspoon garlic powder	1/4	teaspoon pepper
4	large tomatoes, chopped	4	bay leaves
4	green olives, chopped		

Wash chicken. Drain; pat dry. Cut 4 (10 inch) pieces aluminum foil; grease with olive oil. Place piece of chicken in center of each piece of foil. Combine onion, garlic, tomatoes, olives, basil, oregano, celery salt, and pepper; mix well. Spoon some sauce over each piece of chicken. Add 1 bay leaf to each package. Fold foil into neat sealed package. Place on cookie sheet. Bake at 425* for 40 minutes. Serve from packages. Serves 4. "This is definitely a 4-Star recipe!"

DELICIOUS HAM LOAF

1-1/2	pounds ground smoked ham	1/2	cup oatmeal
	pounds lean pork	1/2	cup bread crumbs
1-1/2	teaspoon salt	2	eggs, beaten
1/2	teaspoon pepper	1-1/4	cups tomato juice
1/4	teaspoon onion juice	8	whole cloves
1			

Mix all ingredients together except cloves and 1/4 cup tomato juice. Shape into loaf. Pour rest of tomato juice over top; stick with cloves. Bake at 350* for 2-1/2 hours. Set in water for a moist loaf. Serves 6.

CRISPY BAKED FILLETS

1	pound fish fillets	2	tablespoons oil
1/4	teaspoon salt	1/3	cup cornflake crumbs
1/8	teaspoon pepper		

Wash and dry fillets; cut into serving pieces. Season, dip in oil and coat with cornflake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish. Bake at 500* for 10 minutes without turning or basting. Serves 4. "This method produces a crisp coating; looks almost like deep-fried fish."

BEEF BEEF SLIPPER CASSEROLE

1-1/2	pounds ground beef	1/8	teaspoon pepper
1/2	cup onion, chopped	1/2	teaspoon chili powder
2	tablespoons butter	2	(8 oz.) cans tomato sauce
1	(8 oz.) package medium egg noodles, cooked		(20 oz.) can red kidney beans
1	teaspoon salt	1	

Lightly brown ground beef and onions in butter over medium-high heat. Combine with noodles and remaining ingredients in a buttered 2 quart casserole. Bake at 350* for 30-40 minutes. Garnish with green pepper rings. Serves 6-8.

SALMON BURGERS

1	(16 oz.) can salmon	1	tablespoon lemon juice
1	egg, beaten	1	teaspoon lemon peel, grated
1/2	cup onion		teaspoon rosemary
1/2	cup green pepper	1/2	teaspoon pepper
1/2	cup whole wheat bread crumbs	1/8	

Drain salmon; flake. Combine ingredients; mix well. Form into 4 or 5 patties. Pan-fry in small amount of vegetable oil until lightly browned on both sides. Serve on toasted hamburger buns. Top with favorite condiments. Serves 4 or 5. "I made these for Marty's first birthday party!"

MOLLY'S PORK CHOPS

- | | | | |
|---|----------------------|---|------------------------|
| 6 | pork chops | 2 | tablespoons Worcester- |
| 1 | can cream of chicken | | shire sauce |
| | soup | 3 | tablespoons catsup |

Brown pork chops; put in a casserole baking dish. Combine soup, Worcestershire sauce and catsup; pour over chops; cover. Bake at 350* for 1 hour. "I found this recipe in Molly's cupboard when I was cleaning her house."

MEAT AND POTATO PIE

1	egg, beaten	3/4	teaspoon salt
8	servings instant mashed potatoes	1/8	teaspoon pepper
1	cup milk	1	pound ground beef
1/4	cup catsup	1/2	cup sharp natural Cheddar cheese, shredded
1	tablespoon onion, minced		

Combine half the dry instant potatoes, milk, catsup, onion, salt and pepper. Add beef; mix well. Spread into pie plate. Bake at 350* for 35 minutes. Prepare rest of potatoes according to package directions; spoon on top of hot pie. Sprinkle cheese over potatoes. Bake 4 minutes more. Cut into wedges and serve with catsup. Serves 4.

IMPOSSIBLE TURKEY PIE

2	cups turkey, cut-up	1/2	teaspoon salt
1	(4 oz.) jar mushrooms, sliced, drained	3	eggs
1/2	cup green onions, sliced	3/4	cup buttermilk baking mix
1	cup Swiss cheese, diced	1-1/2	cups milk

Lightly grease a 10 inch pie plate. Sprinkle with turkey, mushrooms, cheese and salt. Put the remaining ingredients into blender; process 15 seconds. Pour mixture evenly over cheese. Bake at 400* for 30-35 minutes. The pie is done when knife comes out clean. Let stand 5 minutes before cutting. Refrigerate remaining pie. Serves 8.

HONEY GLAZED RIBS 'N' APPLE SAUCE 'N' BEANS

3	pounds spareribs	1-1/4	teaspoons cinnamon
2	(1 lb. 5 oz.) cans pork and beans	1/2	teaspoon lemon juice
1/2	cup applesauce	1/4	cup honey

Cut ribs into pieces. In large pan of boiling water, simmer ribs 1 hour; drain. In a 13x9 inch baking dish, combine beans, applesauce, lemon juice and cinnamon with honey. Spread over ribs. Bake at 350* for 30 minutes. Serves 4.

BAKED LASAGNA

6	quarts water	1/2	teaspoon garlic salt
2	tablespoons salt	1/4	teaspoon thyme
3	tablespoons salad oil	1/4	teaspoon pepper
1	pound lasagna noodles	2	tablespoons parsley
2	pounds ground beef	1	pound cottage cheese
2	(15 oz.) cans spaghetti sauce with meat	1/2	pound mozzarella cheese
		1/4	cup Parmesan cheese

Bring water to boil in large saucepan. Add salt and salad oil. Add a few noodles at a time to keep noodles separated. Cook 10 minutes. Drain lasagna and arrange half of it over the bottom of a large oblong shallow pan. Brown ground beef, stirring beef to break into small pieces. Add spaghetti sauce, garlic, pepper, thyme and parsley. Cook over low heat 15 minutes. Pour half of sauce over the layer of lasagna. Top with half of the cottage cheese and the sliced mozzarella cheese. Repeat for second layer. Sprinkle with Parmesan cheese. Bake at 350* for 30-45 minutes. Serves 12. "Michael's favorite!"

WIENER SCHNITZEL

2	pounds veal steak	2	tablespoons oil
1/8	teaspoon salt	1	cup cream
1/8	teaspoon pepper	6	tablespoons bread crumbs
2	eggs		
1	cup milk		

Trim steak; season. Cut into small pieces. Beat eggs and milk. Dip meat in milk mixture and then in bread crumbs. Brown meat in oil; place in baking dish. Pour cream over meat. Bake at 325* for 1 hour.

Serves 4.

VERMONT YOUNG CHICKEN

2	pounds chicken, cut-up	1	teaspoon salt
1/4	cup butter, melted	1/8	teaspoon pepper
1/2	cup maple syrup	1/4	cup almonds, chopped
1/2	teaspoon lemon rind, grated	2	teaspoons lemon juice

Place chicken in shallow buttered baking dish. Mix remaining ingredients; pour over chicken. Bake at 400* for 50-60 minutes, uncovered. Baste once. "I got this recipe out of a cookbook I bought in Vermont!"

HAM AND BROCCOLI CASSEROLE

2	(10 oz.) packages frozen broccoli, drained	1-1/2	cups Cheddar cheese
		1	cup bisquick mix
2	cups smoked ham, fully cooked, cut-up	3	cups milk
		4	eggs

Cook broccoli as directed on package. Spread in ungreased 13x9 inch baking dish. Layer ham and cheese over broccoli. Beat rest of ingredients smooth; pour over cheese. Bake at 350* for 1 hour; uncovered. Serves 6-8.

GRILLED AND WRAPPED FRANKS

10	frankfurters	1/2	cup water
2	cups bisquick mix	-	vegetable oil

Pat franks with dry mix. Mix and water to soften dough, about 20 strokes. Divide dough into 10 parts. With floured fingers, pat 1 part of dough around each frank; cover franks well. Cover and refrigerate 24 hours. Brush grill with oil. Grill franks 4 inches from coals 15 minutes; turn often until browned. Can bake wrapped franks at 450* for 10-12 minutes on a greased cookie sheet as well. Serves 10.

RICE AND PORK CHOPS CASSEROLE

6	pork chops	1	green pepper, sliced in rings
3/4	cup rice, uncooked		cups bouillon or tomato juice
1	onion, sliced	3	teaspoon thyme
2	tomatoes, sliced or 2 cups canned	1/8	

Brown chops. Place rice in bottom of greased casserole. Place chops on top; add some drippings. Place slices of onion, tomato and green pepper on top of each chop. Season as desired. Pour bouillon or juice over ingredients; add thyme. Cover. Bake at 350* for 1 hour.

QUICK AND EASY SALMON PATTIES

1	(1 lb.) can salmon	1-1/2	teaspoons baking powder
1	egg		tablespoons salmon juice
1/3	cup onion, minced	2	
1/2	cup flour		

Drain salmon; save 2 tablespoons juice. Mix salmon, egg, onion and flour together. Add baking powder to juice. Add to salmon mixture; stir. Fry in oiled skillet until lightly browned. Serve topped with a white sauce. Serves 5-6. "Patties will puff up and taste delicious."

CORN DOGS

2/3	cups corn meal	2	tablespoons sugar
1	cup flour	2	tablespoons shortening
1-1/2	teaspoons baking powder	1	egg, slightly beaten
	salt to taste	3/4	cups milk
-		1	pound wieners

Combine corn meal, flour, baking powder, salt and sugar. Cut in shortening until fine crumbs form. Combine egg and milk; add to corn meal. Insert wooden skewers into wieners; dip in meal mix. Fry at 375* in a deep pot. Serves 6.

CHICKEN-CHERRY CASSEROLE

4	chicken parts	1/4	teaspoon cinnamon
1/8	teaspoon salt	1/4	teaspoon cloves
1/8	teaspoon paprika	1/8	teaspoon dry mustard
1/2	cup butter	1/2	bouillon cube, crushed
3	tablespoons flour	2	cups cherries, drained
1	teaspoon sugar	1	cup pineapple, crushed

Sprinkle chicken with salt and paprika. Heat butter in skillet. Brown chicken on all sides; remove to casserole. Combine flour, sugar, and spices with remaining fat; add cherry juice and bouillon cube. Stir until boiling and thickened; pour over chicken. Bake at 375* for 30 minutes. Add cherries and pineapple; bake 30 minutes. Adjust seasoning. Serve on bed of rice sprinkled with parsley. Serves 4.

TUNA AND NOODLE HOT DISH

1	can tuna	1	can peas and carrots mixture
1	(8 oz.) package noodles		pint white sauce
1	can cream of mushroom soup	1	teaspoon salt
	pound cheese, diced	1/8	teaspoon pepper
1/4		1/8	

TOPPING: cornflakes, bread crumbs or potato chips

Cook noodles. Combine ingredients in a casserole dish; cover with topping. Bake at 350* for 1 hour.

SPARERIBS AND SAUERKRAUT

- | | | | |
|---|---|-----|------------------------------|
| 1 | (1 lb. 11 oz.) can sauerkraut,
drained | 2 | tablespoons sugar |
| 2 | tart apples, unpared, sliced | 3 | pounds loinback or spareribs |
| | teaspoons caraway seeds | | teaspoons salt |
| 2 | | 2 | teaspoon pepper |
| | | 1/4 | |

Cut meat into serving pieces. Put sauerkraut into dutchoven. Season meat with salt and pepper; place over sauerkraut; cover. Bake at 300* for 4-5 hours. Serve meat and sauerkraut with juice. Serves 4-5.

BRIDE'S REALLY GREAT CHICKEN

- | | | | |
|---|-----------------------------|-----|-------------------------|
| 3 | pounds fryer chicken | 1 | (4 oz.) can mushrooms |
| 1 | can golden mushroom
soup | 1/4 | cup water |
| 1 | cup onion, chopped | 2 | tablespoons lemon juice |

Cut chicken; arrange in a 13x9 inch baking dish. Combine soup, onions, mushrooms, water and lemon juice; spoon over chicken. Bake at 375* for 1 hour. Serves 4.

BFFF STROGANOFF

1-1/2	pounds sirloin or round	1	teaspoon soy sauce
1/2	cup onion, chopped	1	can mushrooms
1	can tomato soup	1	cup sour cream
1	can tomato paste		

Brown meat with onions. Combine soup, paste, soy sauce, and mushrooms; pour over meat. Bake for 1 hour; add sour cream. "This recipe is from Millie B."

VFAI PΑPRIKA

1	teaspoon salt	3	tablespoons oil
1/4	teaspoon pepper	1	teaspoon paprika
1/4	cup flour	3/4	cup water
1	tablespoon flour	1	tablespoon vinegar
1-1/2	pounds veal cubes	1	cup skim milk

Mix 1/4 cup of flour with the pepper and 1/2 teaspoon of the salt. Coat the veal cubes with the mixture. Brown meat in hot oil. Combine the paprika, the remaining 1/2 teaspoon of salt and water. Pour over the browned veal. Cover and simmer about 1 hour. Remove to a hot platter. Add the tablespoon of flour to the drippings in the skillet. Combine the vinegar and skim milk, and add slowly to the drippings. Do not boil. Heat sauce thoroughly, and pour over veal. Serves 6.

TURKEY DIVAN

2	packages frozen broccoli	1/2	cup onion, chopped
2	cups turkey, cut-up	1	teaspoon lemon juice
2	cups cream of chicken soup	1/2	teaspoon curry powder
	cup cheese, grated	4	tablespoons butter
1	cup mayonnaise	1	cup bread crumbs, grated
1			

Cook broccoli; place in bottom of 9x13 inch pan. Put turkey on top of broccoli in pan. Combine soup, mayonnaise, onion, lemon juice and curry powder; add to broccoli and turkey. Top with cheese, butter, and bread crumbs. Bake at 350* for 30 minutes.

HAM AND ASPARAGUS CASSEROLE

1	cup hot milk	1/4	cup pimiento, diced
1/4	pound cheese, grated	1	tablespoon onion, diced
3/4	cup bread crumbs	3	eggs, beaten
1/4	cup butter	3	cups ham, cooked, diced
1	(10 oz.) package frozen asparagus tips	3/4	cup bread crumbs, buttered

Combine hot milk and cheese. Add mix of bread crumbs, butter, pimiento and onion. Blend in eggs; cool. Cook asparagus; drain and cool. Combine ham, asparagus and egg mixture; pour into buttered casserole dish. Top with bread crumbs. Bake at 350* for 45 minutes. Serves 6-8.

BEANS AND CHOPS

8	pork chops	2	(1 lb.) cans pork and beans with tomato sauce
1/4	cup onion, chopped		
2/3	cup applesauce	1/4	cup almond slivers, toasted
1/4	teaspoon allspice		

In a skillet brown chops; cook onions until tender. Cover; cook over low heat 30 minutes. Add beans, applesauce and allspice. Cover; cook 15 minutes until chops are tender. Stir occasionally. Garnish with almonds. Serves 4.

CHICKEN BREASTS

1	can cream of chicken soup	6	chicken breasts
	can cream of mushroom soup	1	cup sour cream
1		1/8	cup almonds, slivered

Combine soups; pour over chicken. Top with sour cream and slivered almonds. Bake at 350* for 1-1/2 hours.

CABBAGE AND GROUND BEEF DISH

1	head cabbage, grated	1/4	cup onion
1	pound ground beef	1/8	teaspoon salt
1	can tomato soup	1/8	teaspoon pepper
1	can mushroom soup	1/4	cup raisins

Grate cabbage into a baking dish. Cover with ground beef. Add soups, onion, salt and pepper. Top with raisins. Bake at 325* for 30-35 minutes. "Good!"

SHIPWRECK

potatoes

rice

carrots

hamburger

onions

tomatoes (or soup)

tomato juice

Grease casserole baking dish. Layer ingredients in dish according to the order listed above. Bake at 350* for 1 hour. "GOOD!"

SEAFOOD CASSEROLE

- | | | | |
|-----|----------------------------|---|---------------------------------|
| 1 | cup celery, chopped | 1 | tablespoon Worcestershire sauce |
| 1 | green pepper, diced | | |
| 1/2 | cup onion, chopped | 1 | can white tuna, drained |
| 1 | can cream of mushroom soup | 1 | can shrimp, drained |
| | cup milk | 1 | can crab, drained |
| 1/3 | cup mayonnaise | 1 | tablespoon butter |
| 2/3 | | 3 | cups rice, cooked |

Saute butter, pepper, celery and onion. Combine soup, milk, sauce, tuna, shrimp and crab. Line buttered 2 quart casserole with cooked rice. Add vegetables to soup mix; pour into rice. If desired, top with buttered bread crumbs. Bake at 350* for 40 minutes. "This recipe brings many requests!"

FRANKFURTER SKILLET DINNER

4	potatoes, peeled, diced	2	tablespoons flour
4	carrots, peeled, cut into strips	1	can mushroom soup
	small onions, peeled,	1	tall can evaporated milk
4	quartered	1	cup water
	pound franks, sliced	1/2	teaspoon basil, dried
1	cup butter	1/4	teaspoon pepper
1/4			

Saute first 4 ingredients in butter 5 minutes; stir occasionally. Stir in flour and rest of ingredients; bring to a boil. Cover; simmer 35 minutes or until vegetables are tender. Serves 6. "Ideal for electric skillet!"

DR. MARTIN'S MIX

1-1/2	pounds hamburger	1	cup raw rice
1	green pepper, chopped	1	tablespoon Worcester- shire sauce
2	green onions, chopped		
2-3	celery stalks, chopped	1/2	teaspoon salt
2	cups chicken bouillon		

Crumble hamburger into skillet and brown; remove fat. Add the rest of the ingredients. Simmer for 1 hour over very low heat. Serves 4.

"Sarah got this recipe out of Peg Bracken's cookbook entitled, 'I Hate To Cook.' She says it is Phil's favorite!"

SPAGHETTI AND CLAM SAUCE

2	cans clams	2	tablespoons parsley
1/3	cup olive oil	1	teaspoon salt
1/4	cup butter	1	(8 oz.) package spaghetti
1/4	teaspoon garlic powder		

Drain clams; set juice aside. Heat oil, butter and garlic powder; simmer 5 minutes. Stir in clam juice and parsley; simmer 10 minutes. Add clams; simmer 3 minutes. Serve sauce over prepared spaghetti noodles. Serves 4.

SOUR CREAM CHICKEN

1	jar dried beef	1	can cream of mushroom soup
8	bacon strips		cup Swiss cheese, shredded
8	chicken breasts, deboned	1	
1	cup sour cream		

Put beef into a 9x13 inch pan. Wrap bacon around chicken; lay over beef. Mix cream and soup; pour over chicken. Do not cover. Bake at 300* for 2 hours. Add cheese; return to oven. Serve. "This recipe is from Jeanne."

CURRIED BUTTERNUT SQUASH SOUP

Pour soup through a strainer, reserving liquid. Process solids in a processor (or a blender) until smooth. Return pureed soup to the pot; add apple juice and cooking liquid, about 2 cups, until the soup is of the desired consistency. Season to taste and simmer briefly. Serve garnished with shredded apple. Serves 6. "This soup is a surprising treat!"

MARILYN

STOIFN

Punch down dough; divide into thirds, making each into rope the length of pan or slightly longer. Braid ropes. Place in greased pan; brush with melted butter. Cover with waxed paper; allow to rise until double in size. Bake at 350* for about 40-60 minutes or until golden brown. Combine sugar and water. Frost loaf while hot. Makes 1 loaf. "I requested this recipe from my good friend from college, Ann. Ann's mom makes this bread every year at Christmas; it has become their family tradition. Ann gave me a special thanks for including her as an honorary Kongsle in this cookbook!!"

BECKY

CHEESE SPINACH PUFFS

sheet. Bake at 350* for 10-12 minutes for chilled puffs. For frozen puffs, bake at 350* for 12-15 minutes until light brown. Serve warm with mustard, if desired. Makes 50.

LOBSTER STEW

yogurt. Garnish with lobster and parsley. Serve at once. Serves 6.

"This is a very tasty and nutritious stew. I made it for Christmas dinner last year as a side dish. For a complete meal, serve it with crusty bread and a lettuce-tomato salad."

BECKY

OVERNIGHT LAYERED CHICKEN SALAD

halves. To serve, use a spoon and fork, scooping to bottom of dish to include all layers. Serves 10-12. "This is a good summer main dish served with rolls and fruit!"

POUND CAKE

into center of cake comes out clean, the cake is done. After 30 minutes, cover closely with aluminum foil. Cool cake 10 minutes on a cake rack when done. Remove from pan; cool completely. Serves 10.

"This is my favorite cake recipe! Sometimes I add 1/3 cup of poppy seeds."

MARILYN

FISHERMAN'S PIE

flute edge. Brush with egg. Bake at 400* for 25-30 minutes. Let stand 10 minutes before serving. Refrigerate leftovers. Serves 6-8.

"This is a good company dish!"

BROCCOLI AND BARI FY SALAD

remaining ingredients to make a dressing. Pour 3/4 of this mixture over the salad; marinate for an hour before serving. Serve chilled. Add remaining dressing at last minute. Serves 8. "This is a cool and hearty salad."

MARILYN

POCKET PIES

FRUIT FILLING: 1 large apple or 2 medium peaches or pears. Choose fruit; chop and place on squares.

TOPPING: 2 tablespoons brown sugar, 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg, 2 tablespoons butter. Mix ingredients together. Sprinkle over fruit; dot with butter. Moisten edges of squares with milk. Fold in half; seal and slash in center. Brush with milk; sprinkle with sugar. Bake at 375* for 14-18 minutes. Makes 4. "Tyler likes these in his school lunch box! They are a good summer time treat!"

BROCCOLI SOUP

smooth. Add reserved broth; stir to boiling. Add vegetables and half & half; stir until hot and well blended. Top each bowl of soup with a spoonful of whipped cream and a dash of nutmeg. Serves 12.

OYSTER GARLIC SAUCE OVER PASTA

Pour over cooked pasta in large kettle or casserole; keep warm. Let stand for a few minutes. Toss to evenly distribute sauce with pasta before serving. Have Parmesan cheese available at table. Can be made ahead of time. If so, chill completed casserole. Reheat, covered, in 350* oven until bubbly (15-20 minutes). Toss gently before serving. "This recipe is from Oysterville, Washington where we saw a bear nearby last summer!"

CRANBERRY SAI AN

1	cup water	15	marshmallows
1	cup sugar	1	cup nuts
2	cups cranberries	1	cup celery
1	package raspberry jello	1	cup apples

Bring water and sugar to a boil. Add cranberries; boil until they pop. Remove from heat; add jello and marshmallows. Cool; add nuts, celery and apples. Serves 6.
"Good!"

CHICKEN STUFFED APPLES

1/3	cup heavy cream, lightly beaten	1/2	cup pineapple, drained
3/4	cup mayonnaise	1	cup grapes
1/8	teaspoon salt	2	celery stalks, chopped
1/8	teaspoon pepper	4	large apples
2	cups white chicken meat, cooked, diced	1	teaspoon lemon rind, grated
			tablespoons almond bits
		2	

Add cream to mayonnaise; season. Mix chicken with pineapple chunks, grapes and celery; mix with mayonnaise. Polish apples; cut off top quarter of each. Scoop out flesh with grapefruit knife or spoon; remove cores. Dice remaining apple; add to mayonnaise. Fill apples with chicken mayonnaise. Sprinkle tops with lemon rind and almonds. Serves 4. "The folks enjoyed eating this unique salad!"

BECKY

5-CHIP SAI AN

- | | | | |
|---|-------------------------------|---------------------------|---|
| 1 | (16 oz.) can mandarin oranges | 2 | cups miniature marshmallows |
| 1 | (20 oz.) can pineapple chunks | (8 oz.) carton sour cream | |
| 1 | (3-1/2 oz.) can coconut | 1 | mandarin orange slices or maraschino cherries |
| | | - | |

Drain fruit. Combine with coconut, marshmallows and sour cream. Refrigerate, covered, several hours or overnight. Serve garnished with extra slices of mandarin oranges or stemmed maraschino cherries, if desired. Serves 5.

ORANGE CONFETTI RICE SALAD

- | | | | |
|-----|------------------------------|-----|---|
| 1 | cup converted rice | 2 | navel oranges, pared, sliced, quartered |
| 1/4 | cup bottled Italian dressing | | |
| | cup orange juice | 1/2 | red onion, finely diced |
| 1/2 | teaspoons honey | 1 | small green pepper, finely diced |
| 3 | | | |

Cook rice according to package directions. Transfer to bowl. Combine dressing, orange juice and honey; mix well. Stir into hot cooked rice. Cover and chill thoroughly. Add oranges, onion and green pepper; toss lightly. Cover and chill at least 1 hour before serving. Serves 8.

SPINACH ORANGE SALAD

- | | | | |
|---|--|-----|--------------------------------------|
| 1 | bunch spinach, washed,
coarsely chopped | 1 | large apple, coarsely
chopped |
| 1 | orange, segmented | 1/4 | cup almonds, sliced,
(or any nut) |
| 3 | medium radishes, sliced,
or 1 small can sliced water
chestnuts | | |

Toss ingredients together with your favorite dressing. Serves 4.

MEXICAN SALAD

- | | | | |
|-------|-------------------------------|---|--|
| 1 | head lettuce, chunked | 1 | (6-1/2 oz.) package taco chips |
| 2-3 | tomatoes, cut | | |
| 1 | onion | 1 | pound hamburger, browned, cooled |
| 8 oz. | sharp cheese, grated | | |
| 1 | can red kidney beans, drained | 1 | (8 oz.) container Thousand Island dressing |

Mix ingredients. Toss with dressing; serve. Doesn't keep. "This recipe is from Colleen!"

HONEYDEW WAI NIIT SAI AN

- | | | | |
|---|--|-----|---------------------------------------|
| 4 | cups slightly underripe
honeydew melon, cubed | 1 | cup sweet red pepper,
finely diced |
| 1 | cup walnuts | 2 | teaspoons honey |
| 4 | tablespoons minced
parsley | 2 | tablespoons vinegar |
| 1 | cup celery, diced | 1/2 | cup vegetable oil |
| 4 | tablespoons lime juice | 1/4 | teaspoon salt |
| | | 1/8 | teaspoon pepper |

In a large salad bowl, toss the honeydew, walnuts, parsley, celery and red pepper. Whisk together the remaining ingredients; pour over the salad. Toss to coat. Serve at once, or chill and serve. Serves 6.

APPLE DATE SALAD

- | | | | |
|---|---------------------|-----|-------------------|
| 2 | cups apples, diced | 2 | tablespoons sugar |
| 1 | cup celery, chopped | 1/2 | teaspoon salt |
| 1 | cup dates, sliced | 1/2 | cup mayonnaise |

Mix ingredients. Serve on lettuce; garnish with paprika. Serves 8.

WAI NORE APPI F SAI AN

2	tablespoons flour	1	cup cream, whipped
2	tablespoons sugar	6	apples, diced
1	egg	1	cup celery, diced
1	cup pineapple juice	3	bananas, diced
6	pineapple slices, cut	1	cup walnuts

Combine flour, sugar and egg; beat light. Add pineapple juice and cook until thick; cool. Fold in whipped cream, apples, celery, nuts, bananas and 1/4 inch cut pineapple slices. Serves 20. "Very good!"

POTATO SALAD

4	cups potatoes, boiled, sliced	1/2	cup mayonnaise
	cup French dressing	1/2	cup sour cream
1/2	cup celery, diced	2	tablespoons dry mustard
1/2	teaspoons green onion	2	tablespoons pickle juice
2	teaspoons parsley	1/4	teaspoon celery salt
2	eggs, hard-cooked	1/4	teaspoon paprika
2			

Blend mayonnaise with the sour cream, mustard, pickle juice, celery salt and paprika. Marinate potatoes in French dressing. Add remaining ingredients; chill. Serves 6.
"This potato salad is fail-proof!"

THE HEALTH ROW

- | | | | |
|-------|--------------------------------|-----|--------------------------------------|
| 1 | large head romaine lettuce | 1 | apple, unpeeled, sliced |
| | cups mixed dried fruit | 1/2 | cucumber, unpeeled, thinly sliced |
| 1-1/2 | (apricots, prunes, raisins)cup | | |
| | radishes, sliced | 1/2 | cup vacuum packed regular wheat germ |
| 1/3 | cup alfalfa sprouts | | |
| 1 | | | |

Line salad bowl with lettuce. Arrange dried fruit, radishes, sprouts, apple and cucumber on lettuce. Sprinkle with wheat germ. Serve with a dressing. Serves 6. "I got this recipe out of my Watkins cookbook."

FRENCH VINAIGRETTE SALAD DRESSING

6	tablespoons olive oil	1/4	teaspoon salt
2	tablespoons vinegar	1/4	teaspoon pepper
1/4	teaspoon dry mustard	1	garlic clove

Combine olive oil and vinegar in a pint jar. Close lid; shake well. Add dry mustard, salt, pepper and garlic; shake well. Keep in refrigerator until ready for use. Makes 1 cup.

OVERNITE BEAN SALAD

- | | | | |
|-----|---|-----|--------------------|
| 1 | (1 lb.) can green beans,
french cut, drained | 1/2 | cup onion, chopped |
| 1 | (1 lb.) can wax beans,
drained | 1/2 | cup salad oil |
| 1 | (1 lb.) can kidney beans,
drained | 1/2 | cup vinegar |
| 1/2 | cup green pepper, cut | 3/4 | cup sugar |
| | | 1 | teaspoon salt |
| | | 1/2 | teaspoon pepper |
| | | - | lettuce |

Combine green beans, wax beans, kidney beans, green pepper and onion in bowl. Combine oil, vinegar, sugar, salt and pepper in jar. Cover; shake well. Pour over bean mixture; cover. Chill overnight or at least 6 hours. Serve in lettuce cups. Serves 8-10. "A favorite!"

SURPRISE SALAD DRESSING

1/4 cup creamy peanut butter

1/4 cup honey

1/2 cup mayonnaise

Blend ingredients. Also delicious over fruit or as a rich surprise flavor in cabbage and apple salads. Makes 1 cup.

KAREN

STRAWBERRY SALAD

2	(3 oz.) packages strawberry jello	2	large bananas, mashed
2	cups water, boiled	1	cup dairy sour cream
2	(10 oz.) packages frozen strawberries	1	(3 oz.) package cream cheese
1	(1 lb. 4 oz.) can pineapple, crushed	1/2	cup cream, whipped
		3/4	cup mayonnaise
		-	lettuce

Dissolve jello in boiling water. Add unfrozen strawberries; stir until berries are separated. Add undrained pineapple and bananas; mix well. Pour half of gelatin mixture into a 9 inch square baking pan; chill until set. Allow remaining jello to stand at room temperature. In a bowl, whip the sour cream and cream cheese; spread over first gelatin layer. Top with remaining jello mixture; chill until set. In a small bowl, fold whipped cream into mayonnaise. Cut salad into squares; place on lettuce; top with mayonnaise mixture. Serves 12.

MARILYN'S SALAD

- artichoke hearts
- black olives
- canned carrots
- whole mushrooms
- green pepper
- celery seed

Buy marinated artichokes. Soak in artichoke oil. Serve on lettuce.

FVII KNIFEVI 'S SWEET POTATO SAI AN

3	pounds sweet potatoes, peeled, cubed	1	cup mayonnaise
1/2	cup onion, chopped	1	teaspoon salt
1	cup green pepper	1/4	teaspoon pepper
2	cups celery, sliced	-	few dashes Tabasco sauce

Combine all of the ingredients; cover. Refrigerate for 1 hour or longer before serving.
Serves 10. "Good!"

FROSTED FRUIT SAND

- | | | | |
|---|--------------------------------|---|--------------------------------|
| 2 | packages orange or lemon jello | 2 | cans mandarin oranges, drained |
| 2 | cups boiling water | 1 | cup small marshmallows |
| 2 | cups 7-Up | 2 | cups pineapple, drained |
| 2 | bananas | - | cheese, grated |
| 1 | cup cream, whipped | | |

Mix the jello in boiling water; add 7-Up. Chill until partially set. Add the mandarin oranges, bananas, marshmallows and pineapple. Mold into a 9x12 inch pan. Frost; top with grated cheese.

FROSTING: 1/2 cup sugar, 2 tablespoons flour, 1 cup fruit juice, 1 egg, beaten, 2 tablespoons butter. Cook thick; cool. Add the whipped cream. "Very good!"

7-1 ΔYFR SAI ΔD

- | | | | |
|-----|--------------------------|---|---------------------------|
| 1-2 | heads lettuce, broken-up | 1 | pint mayonnaise |
| - | green onions, chopped | 2 | teaspoons sugar |
| - | green peppers, chopped | 1 | (4-6 oz.) package Cheddar |
| - | celery, chopped | | cheese, grated |
| 1 | package frozen peas | 8 | bacon slices, crumbled |

Layer onions, peppers and celery over lettuce. Cook peas according to package directions; cool and put over vegetable layers. Sprinkle sugar over mayonnaise; layer. Top with cheese and bacon. Cover with plastic wrap. Put in refrigerator for 8 hours or more to marinate. Serves 10.

REST SAI AD ROWI

2	cups head lettuce, torn	1	can cooked peas, drained
2	cups endive, torn	-	fresh pepper, ground
2	cups romaine, torn	1	cup natural Swiss cheese, cut julienne style
1	red onion, thinly sliced		
3	teaspoons sugar	6	bacon slices, crisp-cooked, crumbled
3/4	teaspoon salt		

Place 1/3 of greens in bowl. Dot with mayonnaise and top with 1/3 of onion slices; sprinkle with 1 teaspoon sugar, 1/4 teaspoon salt and dash of pepper. Add 1/3 of peas and cheese. Repeat layers; season each layer. Don't toss. Cover; chill 2 hours. Just before serving, top with bacon; toss. Serves 6.

SPINACH SALAD

- | | | | |
|---|---|-----|---|
| 1 | pound fresh spinach,
washed, drained | 4 | hard eggs, sliced |
| 2 | cups bean sprouts | 1/4 | cup green onions with
tops, sliced |
| 1 | (6 oz.) can water chestnuts,
drained, sliced | 1/2 | pound bacon, fried, crumbled
cup mushrooms, sliced |
| | | 1 | |

Tear dried spinach into large salad bowl. Rinse and drain sprouts. Toss all salad ingredients together. Make dressing and put in a covered jar; shake well. Pour dressing over salad at serving time; toss well. Serves 10.

DRESSING: 3/4 cup sugar, 1/4 cup vinegar, 1/4 cup salad oil, 1/3 cup catsup, 2 teaspoons salt, 1 teaspoon Worcestershire sauce. "This salad is a 4-Star winner!"

BAKED SHRIMP CRAB SALAD

1	green pepper, chopped	1/2	teaspoon salt
1	onion, chopped	1/8	teaspoon pepper
1	cup celery, chopped	1	tablespoon Worcestershire sauce
1	can crab, shredded		
1	can shrimp	1	cup bread crumbs, buttered
2/3	cup mayonnaise		

Combine green pepper, onion and celery. Remove tendons from crab; flake. Remove black line from shrimp; cut in pieces. Mix fish with vegetables. Add mayonnaise; season. Place mixture in buttered dish; top with crumbs mixed with butter. Bake at 350* for 30 minutes. Top should be nicely browned. Serves 8. "This is a very good fish salad!"

SUPER SIMMER SALAD

- | | | | |
|---|---|-----|---------------------------|
| 1 | (7 oz.) package shell macaroni, chilled | 2 | tablespoons onion, minced |
| 1 | cup celery, chopped | | cup olives, diced |
| 1 | cup peas | 1/4 | eggs, hard-boiled, diced |
| 1 | can tuna fish | 3 | cup salad dressing |
| | | 1 | |

Combine all of the ingredients; season. Serves 6. "Lori did this for a 4-H demonstration. She got 3rd place out of 25 kids!!"

BEAN AND BARI FY SOUP

10	cups water	1/2	cup barley
1	vegetarian bouillon cube	1-1/2	cups dry beans (combine
1	large bay leaf		several: pinto, lima, navy
1/8	teaspoon garlic powder		and kidney)
1	cup onion, chopped	1/8	teaspoon salt
2	celery ribs, chopped	1/8	teaspoon pepper
1	large carrot, sliced	3	cups potatoes, cubed

Combine all ingredients except potatoes in a heavy saucepan. Do not pre-cook beans; bring to a boil. Cover, reduce heat and simmer 2-1/2 hours for beans to get done. Cook potatoes in a separate pot for 10 minutes, or until soft. Drain potatoes and add to soup; taste to correct seasonings. Serve with large pieces of crusty French or Italian bread.

Serves 6. "This soup is a complete meal!"

HAMBURGER SOUP

- | | | | |
|---|------------------------|-----|------------------------------|
| 1 | pound lean ground beef | 1/3 | cup barley |
| 1 | teaspoon salt | 1 | large can tomatoes and juice |
| 2 | onions, chopped | | cup water |
| 2 | potatoes, chopped | 1 | bouillon cube |
| 1 | cup carrots, chopped | 1 | cups tomato juice |
| 1 | cup celery, chopped | 3 | |

Cook hamburger; drain. Combine all ingredients. Simmer for 1-1/2 to 2 hours. "I do this in the crock-pot. It's a hearty soup!"

CREAM OF POTATO SOUP

5	cups potatoes, thinly sliced	3	tablespoons butter
	onion, sliced	1-2/3	cups evaporated milk
1	teaspoons salt	1	cup water
2		1	tablespoon parsley, cut

Put potatoes and onion into kettle; barely cover with cold water. Add salt; cover and bring to a boil. Reduce heat; simmer for 10 minutes until potatoes are tender. Mash potatoes in their liquid. Add butter, milk and enough water to obtain desired thickness. Reheat to scalding; remove from heat. Add parsley. Serves 5.

BASIC HOI ANDAISE SAUCE

- | | | | |
|---|--------------------------------------|-----|-------------------------------------|
| 2 | large egg yolks, at room temperature | 1/4 | teaspoon salt |
| 1 | tablespoon warm water | - | few grains pepper |
| 2 | teaspoons fresh lemon juice | 1 | cup unsalted butter, melted, cooled |

Place yolks, water, juice, salt and pepper in blender. Blend for a few seconds at high speed; reduce speed to low. While blender is running, pour in very warm butter in a slow, thin stream; as sauce thickens pour faster. Serve over hot cooked vegetables, fish or poultry. If sauce curdles, immediately beat in 1 tablespoon boiling water. Makes 1-1/3 cups.

CREAM OF SPINACH SOUP

2	tablespoons butter	1/8	teaspoon pepper
1/2	cup onion, sliced	1-1/2	teaspoons flour in 3
3	cups meat broth (or 3 beef bouillon cubes in 1/3 cup water)	2	cups spinach, cooked, drained, chopped
3/4	teaspoon salt	1-1/4	cups evaporated milk

Heat butter; saute onions until soft. Add broth, seasonings and flour; cook over direct heat until boiling; add spinach. Add milk; reheat to scalding. Serve hot with croutons or crisp crackers. Serves 5. "This soup deserves a high rating!"

PINEAPPLE SAUCE FOR HAM

- | | | | |
|---|---|-----|---|
| 1 | (9 oz.) can crushed
pineapple, undrained | 1 | tablespoon vinegar |
| 1 | teaspoon prepared mustard | 2 | tablespoons ham
drippings, fat removed |
| | 2 | 2 | teaspoons cornstarch |
| | | 1/2 | cup cold water |

Combine pineapple with mustard, brown sugar, vinegar and ham drippings; heat to boiling. Stir in cornstarch blended with cold water. Cook and stir until thickened and hot. Makes 1-1/3 cups.

CREAM OF TOMATO SOUP

2	cups tomatoes, chopped	1/8	teaspoon pepper
1/4	cup onion, chopped	1-1/2	tablespoons butter
1	small bay leaf	2	tablespoons flour
1/2	teaspoon sugar	1/4	teaspoon salt
1/2	teaspoon salt	2	cups milk

In a saucepan combine the tomatoes, onion, bay leaf, sugar, pepper and the 1/2 teaspoon salt. Bring to boiling; reduce heat and simmer about 10 minutes. Sieve the tomato mixture to make about 1 cup; set aside. Discard the pulpy mass left in the sieve. In the same saucepan melt the butter; stir in the flour and the 1/4 teaspoon salt. Add the milk all at once. Cook and stir until thickened and bubbly; cook 2 minutes more to make sure the flour is fully cooked. Slowly add hot tomato mixture, stirring to blend. Do not boil or milk will curdle. Serves 4. "Alan said, 'Mmmmmm, good tomato soup!'"

WAI NIIT CRANBERRY REI ISH

- | | | | |
|-------|-------------------------|---|------------------------|
| 1 | pound fresh cranberries | 1 | cup orange marmalade |
| 1-1/2 | cups sugar | - | juice of 1 fresh lemon |
| 1 | cup walnuts, chopped | | or lime |

Rinse berries; drain. Place in shallow baking pan with sugar; mix well. Cover pan with foil. Bake at 350* for 1 hour. Meanwhile, spread nuts in shallow baking pan. Place in oven with cranberries for 10 minutes until lightly toasted. Combine baked berries, nuts, marmalade and lemon or lime juice in bowl; mix well. Refrigerate covered; chill well for about 6 hours. Makes 4 cups.

TARTAR SAUCE

1/2	cup mayonnaise	1-1/2	tablespoons capers, drained, chopped
1/2	teaspoon prepared mustard		
	tablespoon sour or dill	1-1/2	tablespoons parsley, minced
1	pickle, chopped		

Mix all of the ingredients together. Makes 1/2 cup. "Good on fresh or canned salmon."

MILD BARBECUE SAUCE

1/2	cup onion, chopped	1-1/2	teaspoons salt
1/4	cup butter	1-1/2	teaspoons paprika
1-1/3	cups water	1	teaspoon pepper
2/3	cups catsup	1	teaspoon Worcestershire sauce
2/3	cups tomato juice		
1/2	cup vinegar	1/2	teaspoon garlic salt
4	teaspoons sugar		

Cook onions in butter until golden. Add rest of the ingredients; bring to a boil. Sauce can be stored. Makes 3 cups.

I ENTII TOMATO MINT SOUP

1-1/2	cups lentils	-	olive oil
8	cups water or stock	2-3	celery stalks, sliced
-	bay leaf	2-3	garlic cloves, crushed
1/2	teaspoon thyme	4	medium to large tomatoes, blanched and peeled or 1 pound canned
1/4	teaspoon sage		
1	large red onion, diced		
-	butter	2	tablespoons mint, minced

Cook lentils in water or stock with bay leaf, thyme and sage for about 2 hours until the lentils are well-softened (or pressure cook 15 minutes). Saute onion in a little butter and olive oil for a few minutes before adding the celery and garlic. Continue sauteing until the celery softens a bit. Chop tomatoes and add to vegetables; simmer 10 minutes; remove from heat. Add vegetables to lentils. Season to taste with mint, salt and pepper; simmer until serving time. Serves 6.

SIMMER SQUASH CHEESE SOUP

2	pounds summer squash, chopped (any variety)	1	teaspoon basil
2	quarts water	1/8	teaspoon salt
1	onion, sliced	1/8	teaspoon garlic powder
2	tablespoons butter	1	pound soft white cheese, cut in 1/2 inch cubes
1	(8-3/4 oz.) can sweet corn	2	cups tomatoes, chopped

Put squash and water in soup pot; simmer covered for 10-12 minutes. Meanwhile, saute onions in butter. Add to soup along with corn, seasonings and any variety soft white cheese. Simmer 8-10 minutes as cheese begins to melt (tastes best in melting lumps). Garnish with cold, fresh-chopped tomatoes. Serves 5-6. "This recipe comes in handy when you have no more uses for all of that leftover garden squash!"

CUCUMBER SAUCE

2	cups mayonnaise	1	tablespoon lemon juice
1	cup sour cream	1	teaspoon mustard
2	tablespoons onion, cut	1	teaspoon salt
1	teaspoon parsley, cut	1/2	teaspoon pepper
1	tablespoon capers	2	small cucumbers, sliced

Mix mayonnaise, cream, onion, parsley, capers, lemon juice, mustard, salt and pepper; smooth and chill. Just before serving, slice cucumbers into mixture. Serve over fish. Makes 2 cups. "This sauce is excellent for grilled fish of any kind, but especially salmon."

CHICKEN SOUP

- | | | | |
|---|---|---|-----------------|
| 1 | package chicken breasts or parts (with fat) | 4 | carrots, peeled |
| 4 | celery stalks | 1 | onion, chopped |
| | | 1 | package noodles |

Clean and rinse chicken; leave skins on. Put in pot with cold water; bring to boil. Clean fat off top of pot. Fill pot with fresh cold water. Add chicken, celery, carrots and onion; season as desired. Prepare noodles; add to pot. Serves 4.

CORN AND BACON CHOWDER

2	bacon slices	3	cups water
2	onion slices	3	tablespoons butter
1-1/2	cups potatoes, diced	1	cup evaporated milk
2	cups corn	1	teaspoon salt

Chop bacon and onion and put in a kettle; cook until done. Add potatoes, corn and water; cook until potatoes are tender. Add butter, milk and salt; reheat. Serves 5.

SCALLOPED CAULIFLOWER

- | | | | |
|-----|---------------------------------|-----|----------------------------|
| 1 | head cauliflower | 1/3 | cup milk |
| 1 | can cream of celery soup | 1/4 | cup bread crumbs, buttered |
| 1/2 | cup Cheddar cheese,
shredded | | |

Steam cauliflower; place in shallow baking dish. Blend soup, milk and cheese; pour over cauliflower. Top with bread crumbs. Bake at 350* for 30 minutes. Serves 4.

GOURMET BROCCOLI DISH

4	cups cooked broccoli or 3 packages frozen	1	cup celery, sliced
1	can mushroom soup	1/8	teaspoon pepper
1/4	cup sour cream	1	teaspoon salt
1	(2 oz.) jar pimiento	1/2	cup cheese, grated

Combine all of the ingredients in a baking dish; top with cheese. Bake at 350* for 25 minutes. Serves 6. "So delicious!"

ROASTED POTATOES

6	baking potatoes	2	tablespoons bread crumbs, dried
1/4	cup butter		
1	teaspoon basil	1/2	cup mozzarella cheese, shredded
1	teaspoon salt		

Peel potatoes and place in cold water. Place one potato at a time on wooden spoon large enough to cradle it; slice down at 1/8 inch intervals across the potato. (Curved bowl of spoon will prevent knife from slicing completely through the potato). Return potatoes to cold water. When ready to roast, dry potatoes and place in greased 8x8x2 inch baking pan. Bake at 425* for 35 minutes. Melt butter with basil and salt; pour over potatoes. Sprinkle with dried bread crumbs and cheese; roast 10 minutes longer. Serves 6.

HORO VEGETABLES

- | | | | |
|---|--------------------|-----|--------------------------|
| 4 | carrots, scraped | 1/8 | teaspoon salt |
| 4 | onions, peeled | 1/8 | teaspoon pepper |
| 4 | potatoes, scrubbed | 4 | heavy duty aluminum foil |
| 4 | tablespoons butter | | squares |

For each person place a carrot, a potato, and an onion on a square of foil. Add 1 tablespoon of butter, and the salt and pepper. Wrap snugly and seal. Place over hot coals for 45-60 minutes. Turn vegetables occasionally until done. Serves 4. "This is an easy way of adding vegetables to your summer cook-outs!"

AL MOND VEGETARI F MANDARIN

1	cup carrots, sliced	-	mushrooms, sliced
1	cup broccoli, cut-up	1	cup water
2	tablespoons oil	2	teaspoons chicken stock or 1 bouillon cube
1	cup cauliflower, thinly sliced	2	teaspoons cornstarch
	cup green onions, sliced	1/8	teaspoon garlic powder
1/2	cup zucchini, sliced		
1			

Cook vegetables in oil in electric skillet over medium heat 2 minutes. Add water mixture; cook and stir until thickened. Vegetables should be tender crisp. Serves 6. "Excellent!"

BAKED ASPARAGUS WITH ALMONDS

1-1/2	pounds asparagus	1	cup sharp Cheddar cheese, shredded
1/4	cup butter		
1/2	cup bread cubes	1/2	cup slivered almonds, toasted
2	tablespoons flour		
1	cup milk		

Wash and trim asparagus; cook in boiling water until tender. Drain; arrange in a 9 inch greased pie plate. Melt butter in saucepan; add 2 tablespoons to bread cubes. Blend flour into remainder. Add milk and cook, stirring, until smooth and thickened. Stir in cheese and almonds; pour over asparagus. Top with bread cubes. Bake at 350* for 20 minutes. Serves 6. "I brought this dish to Salem for Mother's Day."

PREPARED STRING BEANS

- | | | | |
|---|----------------------------|-----|------------------|
| 2 | cans string beans, drained | 1/4 | cup bread crumbs |
| | can cream of mushroom soup | | |
| 1 | | | |

Mix string beans and soup in a casserole. Cover with bread crumbs. Bake at 300* for 30 minutes. Serves 4-6.

SPINACH ITALIANE

2	packages frozen spinach, chopped	3/4	cup milk
1-1/2	cups wheat crackers, crushed	1/4	teaspoon nutmeg or paprika
	eggs, beaten		teaspoon salt
3	cups ricotta cheese	1/4	cup Parmesan cheese, grated
1-1/2	tablespoons butter	1/2	teaspoon white pepper
4		1/8	

Cook spinach; drain thoroughly. Add ricotta cheese; stir over low heat until well blended. Add all ingredients except cracker crumbs and Parmesan cheese. Place half of spinach mix in a greased pan; top with half of crumbs. Pour rest of spinach mix over first layer; top with crumbs and cheese. Bake at 350* for 30 minutes. Serves 6-8. "I got this recipe from Alice. It is a delicious vegetable dish, and it reheats real well."

WEST COAST RAISIN RICE

1/2	cup onion, chopped	1	cup rice
2	tablespoons butter	1/3	cup dried apricots, diced
2-1/2	cups chicken broth	2/3	cup seedless raisins
1/2	teaspoon salt	1/3	cup slivered almonds, toasted
1/4	teaspoon ginger		

Cook onion in butter in large saucepan until tender, but not brown. Add chicken broth, salt and ginger; bring to a boil. Stir in rice and apricots; reduce heat; cover tightly and simmer 20 minutes. Remove from heat; stir in raisins. Let stand, covered 5 minutes, until liquid is absorbed. Stir in nuts. Serves 6.

EASY GOURMET GREEN BEANS

- | | | | |
|-----|---|-----|------------------------------------|
| 1 | (10-1/2 oz.) can condensed cream of celery soup | 2 | (16 oz.) cans green beans, drained |
| 1/4 | cup California Sauterne or Chablis | 1/4 | cup Cheddar cheese, shredded |
| 1 | (5 oz.) can water chestnuts, drained | - | paprika |

Blend soup with wine. Drain and dice water chestnuts; stir into soup mixture. In a well-greased 1 quart casserole, spoon in alternate layers of soup mixture and beans, beginning and ending with soup mixture. Sprinkle with cheese and dust lightly with paprika. Bake at 350* for 25 minutes. With roast beef, serve a California burgundy. Serves 4. "This dish goes as well at a picnic as with a more formal roast dinner."

HARRY'S AUNT ANNA'S PICKLES

2	quarts water	-	cucumbers
3/4	cup vinegar	-	dill
1	tablespoon sugar	-	garlic
5	tablespoons salt	-	alum

Boil the water, vinegar, sugar and salt 5 minutes. Put the dill and garlic in bottoms and tops of jars. Put jars in canner; steam until the cucumbers change color. DO NOT BOIL. Add a 1/2 teaspoon alum per jar for added crispness. Makes 4 quarts.

ASPARAGUS SUPREME

4	cups fresh asparagus, cut up, or 2 (8 oz.) packages frozen, cut	2	tablespoons carrots, coarsely shredded
1	can cream of shrimp soup	1/8	teaspoon pepper
	cup dairy sour cream	1/2	cup herb and seasoned stuffing mix
1/2	teaspoon onion, grated	1	tablespoon butter, melted
1			

Cook fresh asparagus in boiling water 5-6 minutes until tender; drain well. Combine soup, sour cream, carrots, onion and pepper; fold in asparagus. Turn into an ungreased 1 quart dish. Combine stuffing and butter; sprinkle around edge of asparagus mixture. Bake at 350* 30-35 minutes. Serves 4-6. "This dish can be made ahead of time."

ROIRON BAKED BEANS

5	bacon slices	3/4	cup bourbon
2	onions, diced	1/2	cup molasses
8	(16 oz.) cans pork and beans, drained	2	tablespoons dry mustard
1	cup brown sugar, packed	2	tablespoons Worcester- shire sauce
1/2	cup ketchup		

Cook bacon over medium heat in a large dutch oven; do not overcook. Drain on paper towels; set aside. Add onions to drippings; saute over medium heat until translucent. Add remaining ingredients; simmer and sitr. Pour into a 4 quart uncovered casserole; top with bacon. Bake at 375* for 2 hours. Serves 16-20. "The alcohol bakes off, leaving a really terrific flavor. I got this recipe out of my 'Country Woman' magazine."

MUSTARD BUTTER PASTA WITH BROCCOLI I

5/8	cup butter, softened (may be part olive oil)	2	tablespoons chives, finely diced, or green onions
4	tablespoons Dijon mustard		cups broccoli, cut into small
	garlic cloves, crushed	2	flowerettes
2	tablespoons parsley		pound pasta (fettucine or
2	tablespoon olive oil	3/4	linguine)
1			

Blend mustard, garlic, parsley and chives into butter. Boil water with olive oil; add pasta. Add broccoli during last couple minutes of cooking. Drain broccoli and pasta; place in a 12 inch skillet with a small amount of the water. Add the prepared butter; toss the pasta over low to medium heat. Do not let the mixture bubble or fry. Serves 6. "I found this favorite of mine in 'Tassajara Cooking'."

4-BEAN CASSEROLE

- | | | | |
|---|--|-----|------------------------------------|
| 1 | (1 lb. 2 oz.) jar B & M
baked beans | 1 | tablespoon Worcestershire
sauce |
| 1 | (15 oz.) can kidney beans | 3 | tablespoons vinegar |
| 1 | (15 oz.) can lima beans | 1/2 | cup ketchup |
| 1 | (16 oz.) can green beans | 1/2 | cup brown sugar |
| 1 | teaspoon dry mustard | 8 | bacon slices, cut into
squares |
| 1 | teaspoon salt | | |

Drain beans. Combine all of the ingredients in a casserole dish. Bake at 325* for 1 hour. Serves 10.