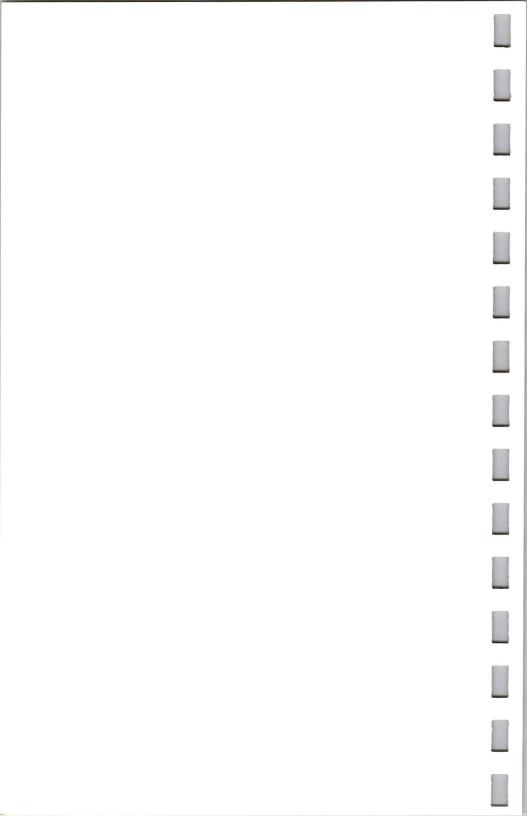


Waldeck
Community
Church



MARY G. MARPLE

November 3, 1912 - April 30, 2005

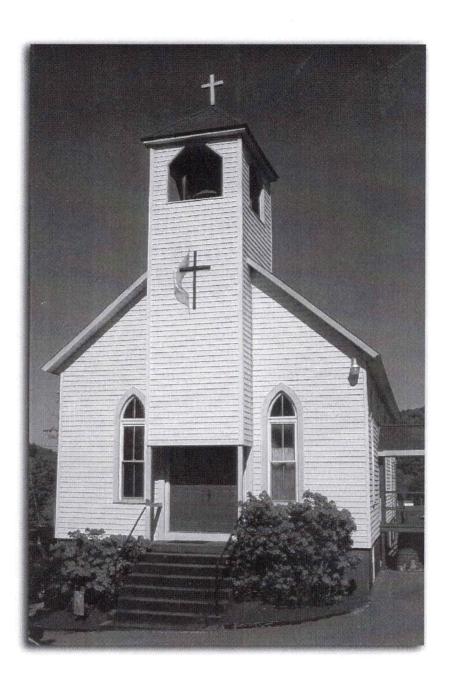
We dedicate our cookbook to Mary Marple, who has been a member and hard worker in our church for many years. During those years she has touched and influenced many people's lives by her kindness and devotion to her church.

Mary served as an Adult Sunday School Teacher, a church Trustee and was Treasurer of the WSCS for many years. She faithfully served her church and community by her visitations to the sick and needy in the community. She loved teaching the Adult Class and was very knowledgeable of the Bible.

Although Mary had no children of her own she was like a mother to many and was an example for others by her humor and the lifestyle that she led. She was a Godly Christian Woman and will be remembered by those she taught and those who knew and loved her.

2 Timothy 3:14

But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them.



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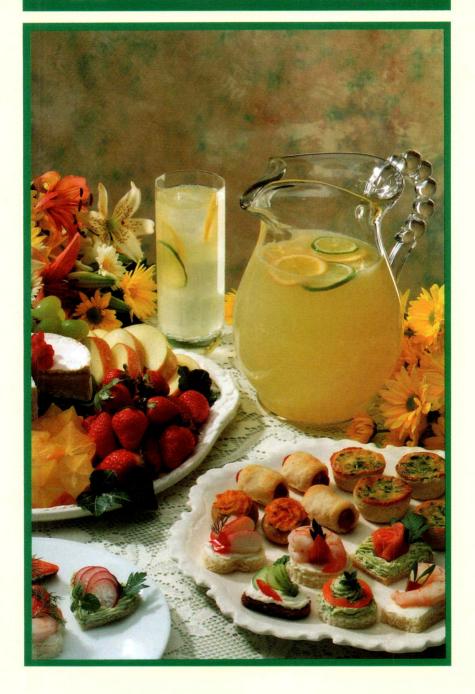
APPETIZERS, BEVERAGES
SOUPS, SALADS 7
MAIN DISHES
BREADS, ROLLS
DESSERTS
MISCELLANEOUS

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Appetizers, Beverages



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls Bread	4 doz. 50 slices or 3 1-lb. loaves	8 doz. 100 slices or 6 1-lb. loaves	16 doz. 200 slices or 12 1-lb. loaves
Butter Mayonnaise Mixed filling for sandwiches	½ lb. 1 c.	³ / ₄ to 1 lb. 2 to 3 c.	1½ lb. 4 to 6 c.
(meat, eggs, fish) Mixed filling (sweet-fruit) Jams & preserves Crackers	1½ qt. 1 qt. 1½ lb.	2½ to 3 qt. 1¾ to 2 qt. 3 lb.	5 to 6 qt. 2½ to 4 qt. 6 lb.
Cheese (2 oz. per serving) Soup Salad dressings	1½ lb. 3 lb. 1½ gal. 1 pt.	3 lb. 6 lb. 3 gal. 2½ pt.	6 lb. 12 lb. 6 gal. ½ gal.
Meat, Poultry, or Fish:			, a gain
Wieners (beef) Hamburger Turkey or chicken Fish, large whole (round) Fish, fillets or steaks	6½ lb. 9 lb. 13 lb. 13 lb. 7½ lb.	13 lb. 18 lb. 25 to 35 lb. 25 lb. 15 lb.	25 lb. 35 lb. 50 to 75 lb. 50 lb. 30 lb.
Salads, Casseroles, Vegetabl	es:		
Potato salad Scalloped potatoes	41/4 qt. 41/2 qt. or 1 12x20" pan	2½ gal. 8½ qt.	4½ gal. 17 qt.
Mashed potatoes Spaghetti Baked beans Jello salad Canned vegetables	9 lb. 1½ gal. ¾ gal. ¾ gal. 1 #10 can	18-20 lb. 2½ gal. 1¼ gal. 1¼ gal. 2½ #10 cans	25-35 lb. 5 gal. 2½ gal. 2½ gal. 4 #10 cans
Fresh Vegetables: Lettuce (for salads) Carrots (3 oz. or ½ c.) Tomatoes	4 heads 61/4 lb. 3-5 lb.	8 heads 12½ lb. 7-10 lb.	15 heads 25 lb. 14-20 lb.
Desserts: Watermelon Fruit cup (½ c. per serving) Cake	37½ lb. 3 qt. 1 10x12" sheet cake 1½ 10" layer	75 lb. 6 qt. 1 12x20" sheet cake 3 10" layer	150 lb. 12 qt. 2 12x20" sheet cakes 6 10" layer
Whipping cream	cakes ³ / ₄ pt.	cakes 1½ to 2 pt.	cakes 3 pt.
Ice Cream: Brick Bulk	3½ qt. 2¼ qt.	6½ qt. 4½ qt. or 1¼ gal.	12½ qt. 9 qt. or 2½ gal.
Beverages:		J	
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 11/2 gal. water	1/6 lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES



PHILLY CHEESE CHILI DIP

Janet Lockard

8 oz. Philadelphia soft cream cheese spread 10.5 oz. chili ½ c. shredded cheddar cheese

Spread cream cheese onto bottom of microwaveable pie plate top with chili and cheddar cheese. Microwave on high 45 seconds to 1 min. or until cheddar cheese is melted. Sprinkle with cilantro serve with Ritz crackers.

FRUIT DIP

Paulette Beall

8 oz. cream cheese 1 large Cool Whip 2 Tbsp. Tang

Mix all ingredients together mixing well keep in refrigerator.

HORSERADISH PICKLES

Paulette Beall

1 quart dill pickles rinsed and drained

1/3 c. vinegar 11/2 c. sugar

²/₃ c. water

Bring water, sugar, and vinegar to a boil. Add pickles bring back to boil return pickles to jar add $1\frac{1}{2}$ c. horseradish seal turn upside down for several days. Keep in refrigerator.

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PEBBLE PRITTS NO COOK REFRIGERATOR PICKLES

Vivian Finster

a real crispy pickle3 pounds cucumbers (thin)1 lb. sliced onionsred and green pepperssliced

3½ c. sugar 2 c. white vinegar ¼ c. salt

In separate bowl mix sugar, vinegar, and salt mix together until dissolved it will take 1 to 2 hours stirring off and on. Put cucumbers, onions, and pepper in containers and pour the vinegar mixture over them cover and refrigerate.

FRUIT DIP

Lori Garrett

8 oz. cream cheese softened 1 c. confectionary sugar 1 tsp. vanilla

1 small jar marshmallow creme and small amount dry strawberry jello

Mix cream cheese, sugar, and vanilla well. Add marshmallow creme and strawberry jello beat well to blend.

CHEESE DIP

Beverley Elliott

1 pound Velveeta cheese
 ½ lb. cheddar cheese
 1 Tbsp. finely chopped peppers, jalapeno or chili peppers

1 can hotdog chili

Melt all ingredients together over low heat. Serve heated for a dip for corn chip.

FRIENDSHIP TEA MIX

Vivian Finster

2½ c. powered orange flavored breakfast drink mix

 $1\frac{3}{4}$ c. powered instant tea 2 to $2\frac{1}{2}$ c. sugar

1 pkg. lemonade mix that makes 2 quarts 1½ tsp. ground cloves 1½ tsp. ground cinnamon Mix all ingredients together and store in sealed jars. To prepare use 1 to 2 rounded teaspoons or ingredients to 6 to 8 ounces water hot or cold.

CHEESE CRUNCHES

Beverley Elliott

½ pound sharp cheddar cheese grated

2 c. flour2 c. Rice Krispies

½ pound butter softened

Mix cheese and butter. Add flour and Rice Krispies and mix well. Form into balls and flatten with fork. Bake 15 min at 350°.

TOMATO COCKTAIL

Flora Turner

6 quarts tomato juice

1 c. sugar

2 Tbsp. garlic salt 2 Tbsp. salt 2 Tbsp. celery salt 2 Tbsp. onion salt

1 tsp. pepper

Mix all together bring all to boil pour into jars and seal.

CREAMY PUMPKIN DIP

Beverley Elliott

2 8 ounce packages cream cheese softened

16 oz. powdered sugar sifted

16 oz. can pumpkin 2 tsp. ground cinnamon

½ tsp. ground nutmeg

Beat cream cheese at medium speed with an electric mixer until creamy, gradually add sugar, beating well. Stir in pumpkin, cinnamon, and nutmeg. Serve immediately or cover and chill.

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DR. OZ SMOOTHIE

Brenda Messer

1 c. juice

½ banana or ¾ cup berries

2 Tbsp. whey powder

2 Tbsp. ground flaxseed

1 Tbsp. ground psyllium husk

Mix in blender.

1 Tbsp. chia seed

1 Tbsp. wheat germ

600 mg fish oil break open and throw away capsules

3 ice cubes

COMPANY'S BEST PICKLES

Flora Turner

10 medium cucumber

8 c. sugar

2 Tbsp. mixed spices

5 tsp. salt

4 c. cider vinegar

Cover whole cucumbers with boiling water and let stand until the next morning. Drain and repeat this process for 3 following mornings in the 5th day drain and slice in one half inch slices. Combine sugar, spices, salt, and vinegar. Bring to a boil and pour over cucumbers. Let stand for 2 days on the 3rd day bring to a boil and seal in sterilized jars. Makes 7 pints.

CHEESE BALL

Freda Crisp

8 oz. package cream cheese softened

151/4 ounces crushed pineapple drained

1 tsp. celery salt

2 tsp. grated onion

2 package pecan chips

Mix 1st 4 ingredients together plus 1 package of pecan chips. Blend well. Butter hands and shape into ball. Roll into remaining package of nuts. Makes 1 large or 2 small balls. Refrigerate.

BISQUICK APPETIZERS

Janet Byrd

3 c. Bisquick 1 pound hot sausage 10 ounces grated cheddar cheese

Mix ingredients together with hands. Shape into 1 inch balls bake at 350° for 25 min or until done.

SAUSAGE BALLS

Janet Byrd

1 pound hot sausage 1 pound mild sausage 2 egg whites ½ c. chopped onion ½ c. green pepper1 package stove top stuffing (dry and seasoning)

Mix all ingredients together. Roll in balls and bake 375° for 30 min.

CRANBERRY RELISH

Jean Marple

1 package cranberries

1 c. sugar

1 orange

1 small box lemon jello

1 c. crushed pineapple plus juice

Grind cranberries and 1 whole orange with rind. Add pineapple, Juice, and sugar. Stir in dry jello mix well maybe frozen.

PICKLED CABBAGE

Mary Marple

1 head cabbage

1 Tbsp. whole mustard seed

1½ c. sugar

1 tsp. salt 1 tsp. turmeric

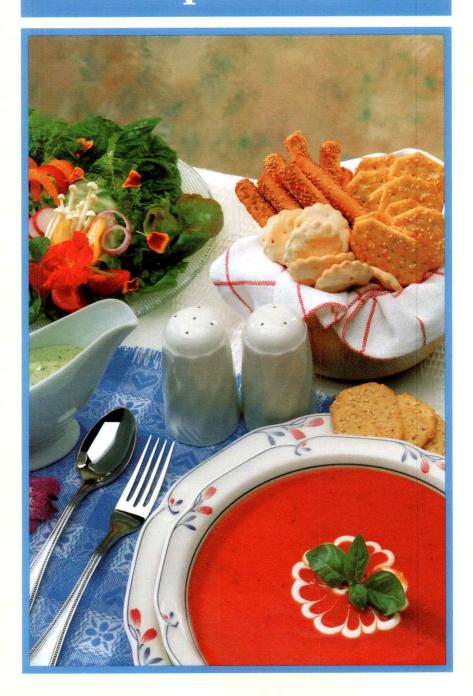
1 c. white vinegar 1 ts

Quarter cabbage. Cook in clear water until tender. Drain well. Mix sugar, vinegar, salt, mustard seed, and turmeric bring to boil. Add cabbage and heat to boiling point. Pack in sterilized jars. Fill with liquid and seal. Cabbage may be coarsely shredded.

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Soups, Salads



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SOUPS, SALADS



STUFFED PEPPER SOUP

2 pounds ground beef
½ medium onion chopped
6 c. water
8 beef bouillon cubes
2 cans 28 oz. diced

8 oz. tomato sauce 2 tsp. salt ½ tsp. pepper ½ tsp. paprika 2 c. cooked long grain rice

Brown ground beef and onion. Drain well add water, bouillon cubes, 2 cans diced tomatoes, 1 can tomato sauce, salt, pepper, paprika, and rice. Bring to boil simmer 1 hr. Add 3 peppers chopped fine. Add peppers last cook for 15-30 min.

MEXICAN BEAN SOUP

Mary Hagy

tomatoes

Mexican Soup:

1 pound pinto beans ½ pound diced pork 1 can Ro-Tel tomatoes 2 carrots

½ c. chopped onions½ pkg. chili seasoning salt and pepper to taste

Cook 3 to 5 hours serve with Mexican cornbread.

Mexican Cornbread:

1 c. buttermilk

3 Tbsp. oil or margarine

2 eggs

1 c. corn (drain off water)

1 small can green chilies drained

1 c. shredded Monterey jack cheese

1 c. shredded sharp cheddar 1½ pkg. cornbread mix

Mix ingredients. Bake in 13 X 9 pan greased at 400° for 25 min.

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CRANBERRY SALAD

Mary Hagy

1 large box strawberry jello 2 c. hot water juice from 1 can pineapple 2 apples peeled and chopped

1 can cranberry sauce (whole berries)

Mix ingredients add nuts if desired refrigerate.

GRANDMA'S WILTED LETTUCE

Betty Rush

1/4 c. vinegar

½ c. sugar

4 slices (fried crisp)

1/4 c. bacon drippings

½ c. water

Bring to boil, pour over lettuce and chopped green onions, sprinkle remaining bacon over lettuce.

APPLE RAISIN SLAW

Rose Sholes

2 c. course cut cabbage

1 c. raisins

1½ c. small diced sweet apples

1 c. small diced celery

Combine ingredients with dressing made of 1 cup salad dressing and 1 cup mayo.

WATERGATE SALAD

Jean Ours

1 box pistachio instant pudding

1 can crushed pineapple 1 c. miniature marshmallow

1 container Cool Whip

Mix pudding it is mixed by juice and pineapple add marshmallow the add Cool Whip mix well refrigerate.

24 HOUR SALAD

Jean Ours

Salad:

1 head lettuce shredded ½ to ½ c. chopped onion ¼ to ½ c. chopped celery ¼ to ½ c. chopped peppers

10 oz. package of frozen peas cooked and cooled12 oz. package shredded mozzarella cheese

Arrange in order listed in large salad bowl in layer.

Icing:

2 c. mayo ¹/₄ c. milk

2 Tbsp. sugar or sweetener

Spread over salad in icing fashion. Cover and refrigerate for 24 hours stir well before serving.

BAKED POTATO SOUP WITH CHEDDAR AND BACON

Mary Sutton

3 Tbsp. butter

3 Tbsp. all purpose flour

5 c. milk

3 reserved baked potatoes, peeled and cubed (about 3 cups)

4 scallions, chopped green and white parts

3/4 c. shredded cheddar cheese

½ c. sour cream

4 slices bacon cooked until crisp and crumbled salt and freshly ground pepper

Melt the butter in a large saucepan over medium high heat. Whisk in flour and cook 2 to 3 min until the mixture is blended and smooth. Whisk in the milk until blended. Stir in potatoes and scallions and bring to a simmer, stirring frequently. Simmer for 5 min. Reduce the heat to low add the cheese, sour cream, and bacon, and simmer for 1 to 2 min until the cheese melts. Season to taste with salt and pepper. Serves 4.

NAPA VALLEY SALAD

Carol Post Adams Janet Lockard's cousin

Salad:

large head romaine lettuce 6 sliced green onions including green tops ½ stick butter 2 pkg. ramen noodles do not use flavor packets4 oz. sunflower seeds

4 oz. almonds

Mix and lettuce and onions overnight or at least 2 hours. Saute butter on medium heat until barely tan as it burns really quickly: ramen noodles, sunflower seeds, almonds refrigerate until ready to toss salad.

Dressing:

2 Tbsp. soy sauce
½ c. sugar
1 c. sunflower or safflower oil

 $\frac{1}{2}$ c. tarragon wine vinegar

Mix well. Just before serving add 1 can mandarin oranges, well drained. When ready to serve toss with the dressing and top with nut/noodle mixture and orange slices.

CRANBERRY PINEAPPLE SALAD

Carol Post Adams Janet Lockard's cousin

6 oz. package raspberry jello dissolved in 1½ cup boiling water

1 can whole berry cranberry sauce

20 oz. can crushed pineapple including the juice

3/4 c. cranberry juice 1/4 c. chopped walnuts

Add ingredients to raspberry jello chill till firm.

Topping:

8 oz. cream cheese

8 oz. sour cream

1/4 c. sugar

Beat until smooth and spread on top and chill

LUAU CHICKEN SALAD

Beverley Elliott

2 c. cubed cooked chicken

2 c. pineapple chunks

1 c. diced celery

½ c. chopped almonds

6 oz. jar red or green cherries

¹/2 c. mayo

Chill all ingredients and combine, tossing lightly. Garnish with additional nuts and halved cherries.

EASY CHICKEN NOODLE SOUP

Vivian Finster

1 Tbsp. olive oil or butter

1 c. chopped onion

1 c. carrots

½ c. thin sliced celery

1 Tbsp. flour

4 to 5 c. warmed chicken broth

1/4 tsp. salt and pepper

1½ c. chicken

Olive oil or butter in Dutch oven or pan heat and brown onions, carrots, and celery add flour after the vegetables saute for 3 min. Gradually add chicken broth and salt and pepper bring to a boil. Cover reduce heat simmer 5 min. Add chicken and thin egg noodles (1½ cups) Bring to boil and cook 8 to 10 min until noodles are done. Add ¼ cup chopped parsley.

12 HOUR SALAD

Vivian Finster

8 c. salad greens

1½ c. chopped celery

10 oz. package frozen peas thawed

1 c. mayo

8 oz. sour cream

3 Tbsp. sugar

1 medium red onion chopped

2 medium green pepper chopped

1 c. shredded cheddar cheese

½ pound sliced bacon cooked and crumbled

Place salad greens in bottom of 3 quart bowl top with layers, celery, green peppers, onion and peas do not toss. Combine mayo, sour cream and sugar spread over salad. Sprinkle with cheese and bacon refrigerate covered overnight.

CRANBERRY SALAD

Janette Byrd

2 small boxes strawberry jello

1 can whole cranberries

8 oz. can crushed pineapple don't drain

1 c. hot water ½ c. sugar

2 apples peeled and diced

½ c. chopped nuts

Dissolve sugar and jello in hot water. Add cranberries and pineapples. Put in 8 X 8 dish and let partially set. Fold in nuts and apples. Put in refrigerator till set firm.

JANETTE'S HOMEMADE VEGETABLE SOUP

Janette Byrd

2 lb. ground turkey browned onions garlic and garlic salt seasoned salt oregano carrots celery potatoes
cauliflower (or you can use
1 large package frozen
soup vegetables)
1 quart tomato juice
1 can tomato paste
1 jar spicy V-8 juice

1 c. catsup

2 beef bouillon cubes dissolved in the water. Add water to thin soup to your liking. Mix all together and cook for 1 or 2 hours.

QUICK HAM SALAD

Janette Byrd

1 pkg. hickory smoked wieners

1 c. relish

2 Tbsp. brown sugar mayo (use your judgment how much)

Put in blender or food processor and blend. If not enough mayo you can adjust for consistency. If to runny add more wieners. This can be made with baloney also.

VEGETABLE SALAD

1 head of cauliflower 1 head of broccoli- no stems pepper rings red and green carrots green onions mushrooms Marinate in large bottle of Kraft's zesty Italian dressing for 24 hours.

WALDORF SALAD

Denise Stout

Dice apples and celery in mixing bowl. Sprinkle with lemon juice add walnuts and mayo.

AUNT MINNIE'S CRANBERRY SALAD

Barbara Joyce Paxson

2 pkg. 13 ounce cherry jello 1 c. chopped pecans 1 can whole cranberry 1 can crushed pineapple sauce

Drain pineapple and save juice. Mix jello with 1 cup of hot water (dissolve) Add 1 cup juice stir in cranberries, pineapple and nuts chill.

FRESH FRUIT SALAD

Beverley Elliott

1 c. sliced strawberries2 c. pineapple chunks2 peaches diced2 pears cubed10 plums quartered2 bananas sliced3 oranges sliced

Drain fruits, saving juices. Combine fruits in bowl mix carefully. Mix fruit juice with 2 tablespoon mayo. Mix very well pour over fruits. Serve cold.

BEAN SALAD

Beverley Elliott

16 oz. can French green
beans
16 oz. can white shoe pea
corn
16 oz. can tiny sweet peas
16 oz. can baby butter
beans
1 c. diced onion
1 c. diced green pepper
1 c. diced crisp celery

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Mix together in pan $1\frac{1}{2}$ cups vinegar 2 cups sugar $\frac{1}{4}$ cup oil salt and pepper to taste. Heat vinegar, sugar, oil until sugar is dissolved. Cool pour over all the above ingredients cover and refrigerate overnight.

GREEK SALAD

Beverley Elliott

- 1 head iceberg lettuce torn or shredded
- 1 small purple onion thinly sliced
- 1 cucumber peeled and seeded and chopped

½ c. pepperoni salad peppers

1/2 c. olives 4 oz. crumbled feta cheese

PASTA SALAD

Denise Stout

1 box tri colored noodles (cook according to box) drain and rinse tomatoes cucumber green peppers

Mix all ingredients together. For dressing min $1\frac{1}{2}$ cup sugar 1 cup vinegar 1 tsp. garlic powder 1 tsp. salt 1 tbsp. mustard powder. Cook over medium heat about 10 min pour over pasta hot, then chill in fridge.

CORN SOUP

1 can corn 1 c. water 1 c. milk or cream 1 Tbsp. butter

Cook corn in water for few minutes press through sieve, return to fire add seasoning, milk, and butter. Serve hot.

CREAM OF POTATO SOUP

6 medium sized potatoes 1 fine chopped onion

2 c. milk

Dice and cook potatoes in salt water, add butter, pepper, and onion. When potatoes are tender add milk and riffles made by mixing a small amount of flour and butter until small lumps form.

VEGETABLE SOUP

1 c. cabbage

1/2 c. sweet corn
1 c. lima beans
1/ c. carrots
1 onion
1/2 c. potatoes
1/4 c. rice
1/2 c. celery

Cut all vegetables fine and cook in good beef broth $1\frac{1}{2}$ hours.

TOMATO SOUP

1 Tbsp. butter 1 Tbsp. flour 1 pint milk 1 pint tomatoes

Work flour into melted butter, add milk and bring to boil. Have tomatoes strained and boiling hot. Add boiling tomatoes to boiling milk season to taste.

FISH SOUP

1 lb. ground beef

1 can tomato soup
1/2 can salmon
1 Tbsp. butter
1 can clam juice
1 quart milk
1/2 tsp. hot sauce
1/2 c. crumbled blue cheese
dash pepper

1 can tomato soup
1/2 tsp. butter
1/2 tsp. hot sauce
1/2 c. crumbled blue cheese
or 4 slices

Cook salmon and clam juice. Heat milk, butter and add salmon and clam juice.

PEA SOUP

1 can peas2 Tbsp. butter3 c. cold water2 Tbsp. flour3 c. milk1 Tbsp. sugar1 onion slicedsalt and pepper

Place peas and liquid in kettle. Add 3 cups cold water. Simmer 15 min. Rub through sieve. Re heat. Add flour and butter. Scald milk with onion in it. Add to above. season and serve.

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BANANA SALAD

1 c. brown sugar ½ pint milk 2 Tbsp. flour 9 bananas ½ pint cream 1/4 pound peanuts ground

Dice bananas. Heat milk and cream thicken with flour. Let cool add bananas and peanuts. Do not mix until ready to use unless you have refrigeration.

CHICKEN SALAD

2 chickens cooked and 1 quart chopped celery ½ pound almonds diced 12 hard boiled eggs diced mayo

Add cooked mayo mixed with Ivanhoe salad dressing to the other ingredients and serve on lettuce leaf.

SHAMROCK SALAD

1/4 c. chopped nuts 3 green peppers 1/4 cup stuffed olives 1 c. cottage cheese chopped 6 pineapple rings

Combine cheese, olives, and nuts. Cut peppers in rings and arrange on pineapple slices. Fill with cheese mixture.

SOUR CREAM POTATO SOUP

15 small potatoes 1 onion

1 tsp. celery seed pepper 3 c. sour cream 1 tsp. mustard ½ c. vinegar 1 tsp. salt

2 Tbsp. butter

3 hard cooked eggs

Cook potatoes with skins until done. Dice. Mash egg yolks while warm with mustard and a little cream. Stir until smooth, heat cream to boiling point with vinegar and butter add egg mixture. Chop onion and egg whites add potatoes. Pour cream over and add seasoning stir well serve cold.

PINEAPPLE CHEESE SALAD

1 medium can pineapple

2 eggs

1 c. grated cream cheese

2 Tbsp. flour

1 c. chopped nut meats

Drain pineapple and cook juice with eggs and flour in double boiler until thick. Cool and add grated cheese, nuts and pineapple.

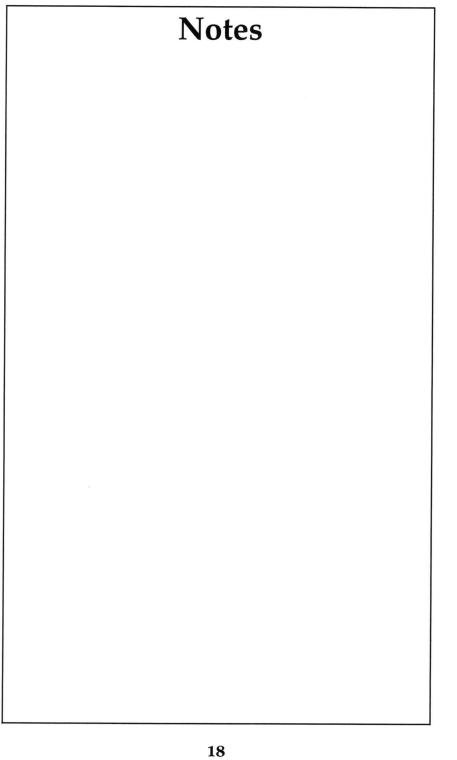
VEGETABLE AND FRUIT SALAD

1 c. shredded cabbage ²/₃ c. shredded carrots

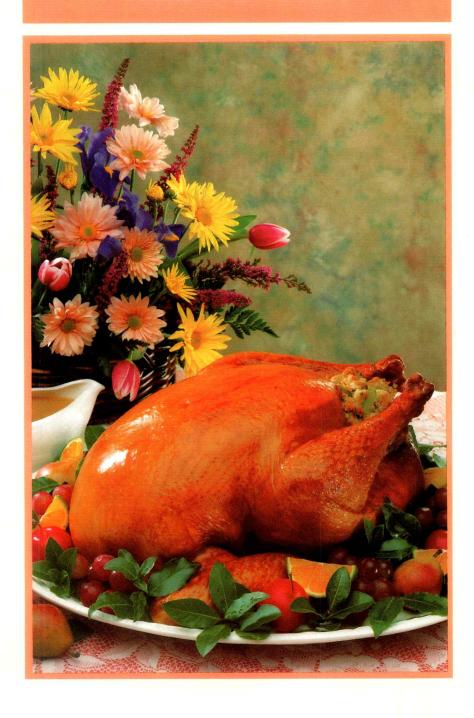
1 c. shredded pineapple salt
1 c. diced apples salad dressing

Combine ingredients mix lightly chill. Serve on crisp lettuce leaves.

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Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1 ³ / ₄ 2 2 ¹ / ₂	140° (rare) 160° (medium) 170° (well done)
	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3½ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2½ 3 3½	140° (rare) 160° (medium) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2½	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL Leg (piece) Shoulder Rolled shoulder	5 6 3 to 5	2½ to 3 3½ 3 to 3½	170° (well done) 170° (well done) 170° (well done)

POULTRY ROASTING GUIDE

		71011110101010	
Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb. 8 to 12 lb. 12 to 16 lb. 16 to 20 lb. 20 to 24 lb.	325° 325° 325° 325° 325° 300°	2½ to 3 hr. 3 to 3½ hr. 3½ to 4 hr. 4 to 4½ hr. 5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb. 2½ to 4 lb. 4 to 8 lb.	400° 400° 325°	1 to 1½ hr. 1½ to 2½ hr. 3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES



FRIED GREEN TOMATOES

3 green tomatoes sliced ½ c. cornmeal

½ c. buttermilk salt and pepper to taste

Slice tomatoes. Add salt and pepper. Dip in buttermilk. Coat with cornmeal. Fry slowly in hot flat until brown turning once. Drain on paper towels.

CHEESY BROCCOLI AND BACON STUFFED POTATOES

Mary Sutton

4 large russet potatoes scrubbed

4 Tbsp. butter

3/4 c. cottage cheese or 1/2 cup sour cream

6 oz. shredded cheddar cheese

8 strips cooked bacon crumbled 1½ c. cooked chopped broccoli salt and pepper

Preheat oven to 400°. Prick the potatoes with a knife and bake them on a foil lined baking sheet until tender about 1 hour. Remove the potatoes but leave oven on. Cut off discard the top quarter of each potato. Scoop out the flesh and mash it with butter, cottage or sour cream and cheddar. Stir in the bacon and broccoli and pile the stuffing back into the potato skins. Bake another 20 to 30 mins or until browned and piping hot.

SQUASH MEXICANA

Beverley Elliott

2 c. chopped squash ½ c. chopped green peppers ½ c. chopped celery 1 med. onion chopped

1 large tomato peeled and chopped

½ tsp. salt
½ tsp. pepper
¼ tsp. chili powder dash of cumin opt.
dash oregano opt.
1 Tbsp. Wesson oil

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Saute squash, green peppers, celery and onion in oil for 10 min or until tender. Add tomatoes and seasoning, cover and let simmer for another 10 min stirring often.

CABBAGE CASSEROLE

Beverley Elliott

1 medium head of cabbage chopped
1 onion chopped
3 Tbsp. butter or oleo
½ pound sharp cheddar cheese grated

1 can cream of celery soup 1½ c. herb seasoned stuffing mix dry 1½ c. herb seasoned stuffing mix dry

Cook cabbage in slightly salted water, drain. In pan, saute onion in butter. Add cheese until melted. Add soup. Spray casserole dish with pam. Add $^{3}\!/_{4}$ cup stuffing. Put cabbage on top of stuffing. cover with onion, cheese, soup mixture, and top with remaining stuffing bake at 300° 20 min.

ERLINES PIZZA CASSEROLE

Erline Anderson

2 pound ground beef
1 c. tomato paste
1 c. tomato sauce
1 can pizza sauce
salt and pepper to taste
8 oz. mozzarella cheese

2 c. twist macaroni 8 oz. Parmesan cheese ½ c. options green peppers, pepperoni, mushroom, onion or all the above

Cook onion, green peppers, and ground beef add tomato sauce and paste, and pizza sauce stir and simmer $\frac{1}{2}$ hour. Separately cook macaroni drain add mushroom and pepperoni. Layer in baking dish-macaroni sauce and grated cheese sprinkle with parmesan cheese bake 300° for 45 min.

SUNDAY BRUNCH CASSEROLE

Vivian Finster

½ pound sliced bacon

12 eggs

½ c. chopped onion

1 c. milk

½ c. chopped green pepper 1 c. shredded cheddar

cheese

16 oz. hash brown potatoes thawed1 tsp. salt

½ tsp. pepper

In skillet fry bacon till crisp crumble and set aside. In drippings salute onion and green peppers till tender. Beat eggs and milk in a large bowl. Stir in hash browns, cheese, salt, peppers, onion and crumbled bacon. Transfer to a greased 13 X 9 baking dish. Bake uncovered at 350° for 35 to 35 min or until a knife inserted near the center comes out clean.

EASY CHICKEN STRIPS

Rose Robinson

½ c. all purpose flour
½ tsp. seasoned salt
½ c. crushed cornflakes
½ c. butter melted

1½ pounds boneless skinless chicken breasts, cut into 1 inch strips

In a shallow bowl combine flour and seasoned salt. Place corn-flakes and butter in separate shallow bowl. Coat chicken with flour mixture then dip in butter and coat with cornflakes. Transfer to an ungreased baking sheet. Bake at 400° for 15 to 20 min or until chicken is no longer pink.

CRUNCHY ONION CHICKEN

Janet Lockard

2 c. French's original or cheddar French fried onion 4 boneless skinless chicken breast1 egg beaten

2 Tbsp. flour

Crush French fried onion with flour in plastic bag. Dip chicken into egg then coat in onion crumbs. Bake at 400° for 20 min until cooked through.

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REUBEN CASSEROLE

Betty Conner

1 can corned beef (the kind with a key to open)1 can sauerkraut drained dash of caraway seeds5 to 6 Tbsp. thousand island dressing

2 c. Swiss cheese grated 1 tomato

1 can flaky biscuits

Crumble corned beef in bottom of greased casserole dish. Cover with sauerkraut. Cover with thousand island dressing. Sprinkle on cheese. Separate layers of biscuits and cover like a crust. Sprinkle with caraway seed. Cut up tomato and add before layering biscuits. Bake at 350° 45 min to 1 hour or until crust is nice and brown.

CROCK POT EASY SWISS STEAK

Pepper

2 to 3 pounds round steak

2 pkg. onion soup mix

2 cans cream of mushroom soup (10 oz.)

1 soup can of water

Trim fat and cut steak into 5 or 6 serving size pieces. Place in crockpot add dry onion soup mix, water, and mushroom soup. Cover and cook 6 to 8 hours. Note this make lots of gravy if you want less use 1 package onion soup mix, 1 can of mushroom soup and ½ cup of water.

STROGANOFF CASSEROLE

Rose Sholes

1½ pound ground beef

4 medium onions sliced

1 pound mushroom sliced

2 cans cream of mushroom soup plus 1 can milk 16 oz. sour cream 1 pkg. noodles cooked

Brown hamburger, onions and mushrooms. Mix with soup, milk and sour cream. Fold into noodles. Bake in 9×13 pan at 350° for 30 min covered.

SLOPPY JOE CASSEROLE

Beverley Elliott

8 oz. macaroni

1 env. sloppy joe seasoning

1 pound hamburger

6 oz. tomato paste

8 oz. tomato sauce

2 16 ounce cottage cheese

½ c. grated sharp cheddar cheese

 $1\frac{1}{4}$ c. water

Cook macaroni and drain. Prepare sloppy joe mix with hamburger, tomato paste and tomato sauce, water, as the directions on the sloppy joe mix read. Preheat oven to 350° . In $2\frac{1}{2}$ quart casserole dish layer $\frac{1}{2}$ of the cooked and drained macaroni one carton of the cottage cheese and $\frac{1}{2}$ of the meat sauce "repeat" top with cheese bake uncovered 40-50 min or until very bubbly.

HAM LOAF

Beverley Elliott

2 pounds ground ham

1 c. milk

1 pound lean ground pork

1 medium onion chopped fine

1 c. bread crumbs press down in cup

Mix all these ingredients form into a loaf bake and baste every 15 min. Mix the following ingredients 1 cup brown sugar, 1 teaspoon dry mustard, ½ cup cider vinegar, ½ cup water, let come to a boil and pour over ham loaf.

SPAGHETTI SAUCE

In memory of Oleta Turner mother of Denver Turner

7 qt. tomato juice

1 gal. tomato paste

8 c. water

6 c. chopped onion

4 Tbsp. oregano

8 bay leaves remove before putting in jars

8 bay leaves remove before putting in jars3 tsp. black pepper

1 tsp. red pepper

1 Tbsp. garlic powder

 $1\frac{1}{2}$ c. sugar

Mix all ingredients together and simmer for 1 hour. Seal in quart jars.

CABBAGE PATCH STEW

Beverley Elliott

11/2 pounds ground beef

4 stalks celery

1 medium onion chopped

7 c. chopped cabbage

2 16 ounce cans of kidney

beans drained 28 oz. can diced tomato

undrained

3 c. beef broth 15 oz. tomato sauce 3 medium carrots chopped ½ tsp. sugar

1½ c. water

salt and pepper to taste

Combine all ingredients cook on low heat about 1½ hours.

GOLDEN CHICKEN CORDON BLUE

Rose Robinson

2 boneless chicken breasts halves

2 slices Swiss cheese

1/4 tsp. salt

1/8 tsp. pepper

2 Tbsp. milk

1 Tbsp. canola oil

2 slices deli ham

½ c. flour

1/8 tsp. paprika

1 egg

½ c. seasoned bread crumbs

1 Tbsp. melted oleo

Flatten chicken to ¼ inch thick. Top each with a slice of ham and cheese. Roll up and secure with toothpick. Combine flour, salt, paprika, and pepper in bowl. Combine egg and milk in another bowl beat with fork to combine. In third bowl place the bread crumbs. Dip chicken rolls in flour mixture then egg mixture then roll in bread crumbs. Brown in oil in skillet on all sides until light brown transfer to oil coated baking dish bake uncovered at 350° for 25 to 30 min discard toothpicks brush with oleo.

SIMPLY FRIED CHICKEN

Susan Marple

21/2 pounds cut up chicken

³/₄ c. buttermilk

1 c. flour

1 Tbsp. salt

1 tsp. freshly ground pepper vegetable oil to equal 1½ in skillet of choice

Arrange chicken pieces in shallow dish pour buttermilk over them. Cover let sit 10 min. Turn pieces let sit another 10 min. In large plastic zipper type bag combine flour, salt, and pepper. Drop chicken pieces in one at a time shake well to coat. Heat oil in skillet over medium heat add chicken pieces in single layer being careful not to crowd. Lower heat to medium cook uncovered until browned on all sides for about 15 min enjoy warm or cold.

EASY STEW BAKE

Rose Sholes

1 small can beef stew 2 c. Bisquick

3/4 c. milk or water

Pour stew in small square glass baking dish. Mix water or milk with Bisquick. Spoon on top of stew bake 40 to 50 min at 400° or until browned.

CHICKEN DIVAN

Carol Post Adams Janet Lockards cousin

1 chicken 3 pounds or 3 breasts and a package of thighs

1 tsp. salt

4 c. water

16 oz. broccoli cut up and boiled until blanched or beginning to boil

1 can cream of chicken soup

1 can cream of celery soup

1 c. mayo

1/4 tsp. ground white pepper

1 c. shredded cheddar cheese

1/2 c. breadcrumbs (melt butter and toss the crumbs in it)

1 Tbsp. butter paprika

Cook chicken in salted water. Cool and cut to bite size pieces. Spread broccoli in 13 X 9 pan sprayed with pam. Combine soups, mayo, lemon juice and pepper. (I found this to be too thick to spread so I added milk and or chicken broth until it spreads easy) Divide soup mixture into 2 portions. Then spread one half of soup mixture over broccoli then all of the chicken and then put rest of soup mixture on top of that. Cover and bake at 350° for 30 min. Uncover sprinkle with cheese and put buttered crumbs on top bake uncovered 15 min sprinkle with paprika.

OLD TIME BEEF STEW

Sammie

2 pounds stew beef 1 tsp. sugar 1 tsp. Worcestershire sauce 3/4 c. flour 1 tsp. garlic powder ½ tsp. pepper 1 tsp. paprika ½ tsp. paprika 2 Tbsp. vegetable oil 1 to 2 bay leaves 1 onion quartered dash allspice 1 clove garlic minced 6 carrots cut in pieces 2 c. beef broth ½ c. cold water 1/4 c. flour 1 tsp. salt

Combine flour, paprika, and garlic powder in a plastic bag. Coat stew beef in flour mixture and brown in hot oil in a large skillet transfer to the crockpot. Add the remaining ingredients except for ½ cold water and ¼ cup flour. Cook on low for 9 to 11 hours. About 30 mins before serving mix together the flour and cold water add to the pot turn on high and cook until thickened.

BARBECUE BEANS

1 Tbsp. lemon juice

Janette Byrd

2 pound hamburger 1 c. ketchup
1 onion 3/4 c. brown sugar
1 Then mustard 4 cans park and her

1 Tbsp. mustard 4 cans pork and beans

Put in crockpot and cook 4 or 5 hours.

HOT CABBAGE MIXTURE

Thelma Pumphrey

1 medium size cabbage cut in half (use half)
2 onions
3 hot peppers
2 green peppers
4 tomatoes
2 corn on the cob (cut off the cob)
2 Tbsp. oil
1 c. water

Wash and clean all vegetables and have them ready. Cut cabbage up in wedges using the one half. In a skillet put one cup of water and oil. Put in cabbage let fry for 10 min. Then add sliced up onions, cut up hot peppers, sweet pepper and corn let fry 20 min on low heat. Then add cut up dice tomatoes. When all vegetables are tender and tomatoes make juice mixture is done.

CABBAGE ROLL BAKE

Brenda Messer

rice

1 pound lean ground beef
1½ pounds chopped cabbage
15 oz. tomato sauce
14½ oz. diced tomatoes drained
1 c. uncooked long grain

3/4 c. chopped onion 2 garlic cloves minced 1/4 tsp. thyme 1/4 tsp. pepper 141/2 oz. beef broth

In large skillet cook beef over medium heat until no longer pink drain. Transfer to a large bowl add cabbage, tomato sauce, tomatoes, rice, onions, garlic, thyme, and pepper mix well. Transfer to a 13 X 9 baking dish coated with cooking spray. Pour broth over the mixture. Cover and bake 350° for 1 hour stir bake uncovered 15-20 min or until rice is done.

HOAGIES

Janette Byrd

chipped steak green peppers

cheese sliced thin 2 large onions

Brown steak in skillet set aside. In skillet put peppers, onion and a little water cook till tender. Place steak, peppers, onion and cheese in hoagie buns. Wrap in foil and heat in oven till hot about 10 min.

DUMPLINGS

1½ c. sifted flour 2 tsp. baking powder ¾ tsp. salt 3 Tbsp. shortening

3/4 c. milk

Sift together flour, baking powder, and salt. Cut in shortening. Add milk and stir only until blended. Drop by teaspoonfuls onto prepared chicken while boiling hot. Cook slowly with kettle uncovered for 10 min. Cover tightly and cook 10 min longer to prevent soggy dumplings use a cover with small vent.

HOMEMADE BARBECUES

Janette Byrd

1 c. chopped onion

1/4 c. oil

8 oz. can tomato sauce

½ c. water

1/4 c. brown sugar

1/4 c. lemon juice

3 Tbsp. Worcestershire

sauce

2 Tbsp. mustard

2 tsp. salt

1/4 tsp. pepper

Cook onion in hot oil until tender add remaining ingredients simmer uncovered 15 min. Makes enough sauce to paste 4 pounds loin back ribs or spareribs.

TACO PIE

Denise Stout

1 can crescent rolls

1 pound ground beef

½ c. water

1 pack taco seasoning

½ c. sour cream

1 small pack cheddar

cheese

Doritos or tortilla chips

Use 9 inch pan and make pie crust out of rolls. Brown beef drain and add taco seasoning and water. Add crusher chips over pie crust. Spread meat over chips top with sour cream. Sprinkle with cheese and more chips bake 350° for 20 min. Add lettuce tomato onion and taco sauce when serving.

SPAGHETTI AND MEAT SAUCE

Paulette Beall

1 pound ground beef

1 large onion chopped

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

1/4 tsp. pepper

1 tsp. sugar

1 Tbsp. garlic salt

1 Tbsp. Italian seasoning

1 Tbsp. Worcestershire

sauce

2 bay leaves

2 tomato paste

1 c. catsup

8 oz. package of spaghetti

Combine meat, onions, and seasoning and cook until brown. Blend in remaining ingredients and simmer for $1\frac{1}{2}$ to 2 hours stirring occasionally remove bay leaves. Pour over hot drained spaghetti sprinkle with parmesan cheese.

STEWED SQUASH

Paulette Beall

6 small squash
1 Tbsp. butter
1 small onion
1 tsp. sweet basil
1 tsp. parsley
1 tsp. salt

Saute onion in butter until soft then add squash, sweet basil, parsley and salt. Stir until tender watch so it don't stick in pot heat low to medium temp.

MEXICAN LASAGNA

Denise Stout

1½ pounds ground round 1 small can refried beans 1 pkg. taco seasoning 1 pkg. soft tacos (12)

Brown meat and drain add seasoning and beans layer 13 X 9 pan with tacos (4) then add all meat mixture another layer of tacos top with lettuce, tomato, onion, black olives, another layer of tacos then add whole jar of salsa (small) sprinkle top with 2 cups sharp shredded cheddar cheese bake 425° till top brown about 20 min serve with sour cream.

OPEN FACED HAMBURGER SANDWICHES

Denise Stout

1/2 to 1 pound burger 1 to 2 Tbsp. mustard salt and pepper 1 tsp. Worcestershire sauce

Mix and spread on bread broil till done.

HAMBURGER BISCUIT

Denise Stout

1½ to 2 pounds hamburgerbrown and drained 1¼ c. milk 1 large cream cheese 1½ c. ketsup

Mix all ingredients place can biscuits on top (13×9) pan. Bake 400° for 20 min or until biscuits are golden brown.

KATHLEEN'S SAUSAGE CORNBREAD BAKE

Barbara Joyce Paxson

1 pound sausage 17 oz. can creamed corn

1 large onion ³/₄ c. milk

2 large eggs ½ c. vegetable oil

1½ c. cornmeal mix ½ c. grated sharp cheese

Heat oven 425°. Grease baking pan. Brown sausage and onion. Drain combine mix eggs, corn, milk, and oil. Pour $\frac{1}{2}$ in baking dish top with sausage, mix and cheese. Top with rest of batter. Bake 30-40 min. Cool 10 min.

PARMESAN POTATO ROUNDS

Denise Stout

4 medium red potatoes 1/4 tsp. salt thinly sliced 1/8 tsp. pepper

1 small onion thinly sliced 1/8 tsp. garlic powder

3 Tbsp. melted butter 1/4 c. grated parmesan

cheese

Place half of potatoes in a greased 11 X 7 baking dish top with onions and remaining potatoes drizzle with butter. Sprinkle with cheese, salt and pepper, and garlic powder. Bake uncovered 450° for 25-30 min or until tender.

MANICOTTI SHELLS

Susan Marple

2 c. ricotta cheese ½ tsp. oregano

8 oz. mozzarella cheese 2 Tbsp. cottage cheese

½ c. parmesan cheese ½ tsp. pepper

2 eggs beaten 1 box jumbo shells

1 tsp. parsley flakes

Cook shells first. Mix all the ingredients together then put in the shells. Place in baking dish put spaghetti sauce over them add some mozzarella on top and bake at 350° for 35 min.

CHICKEN BURRITOS

Susan Marple

2 Tbsp. butter
½ c. chopped green onion
1 clove of garlic minced
7 c. shredded cooked chicken
1 Tbsp. chili powder
½ c. chicken broth divided

1 jar picante sauce divided1 c. uncooked long grain rice3 c. fiesta blend cheese divided

12 10 inch tortilla

Melt butter and saute green onions and garlic until soft, stir in chicken, chili powder, $\frac{1}{4}$ cup broth and $\frac{3}{4}$ cup picante sauce heat through. Bring rice and remaining $2\frac{1}{4}$ cup broth to boil reduce heat and cover simmer 20 min. Stir in $1\frac{1}{4}$ cup picante sauce cover simmer another 10 min. Stir chicken mixture into rice add 2 cups cheese mix well spoon 1 cup onto tortilla fold sides and ends over filling bake at 375° for 10 to 15 min.

CHICKEN AND DUMPLINGS

Susan Marple

2 c. cooked chicken10 oz. can of cream of mushroom10 oz. can of cream of chicken2 soup cans water

4 tsp. all purpose flour
2 tsp. chicken bouillon
granules
½ tsp. black pepper
1 can refrigerated biscuits
(8)

Mix all ingredients except biscuits in crockpot. Cut biscuits into quarters and gently stir into mixture cover cook on low 4 to 6 hours.

CHINESE SPAGHETTI

Sue McGrath

2 skinless chickens cooked

2 bag bird eye frozen Asian flavored vegetables

1 small can water chestnuts drained

½ pound spaghetti1 stick margarine½ c. soy sauce

Cook spaghetti until almost tender drain set aside. Microwave vegetables 6 or until defrosted but not heated. Cut up cooked chicken into chunks. Take a large skillet or wok and melt 3 tablespoons margarine add chicken stir coating chicken add vegetables,

water chestnuts and ¼ cup soy sauce stir well add a little salt and pepper cook for 10 min until vegetables are tender low heat add spaghetti 3 tablespoon margarine, ¼ cup soy sauce mix well cook until spaghetti is hot.

SUE'S CHILI

Sue McGrath

crushed

1 pound ground beef

1 large can whole tomatoes

1 pkg. chili seasoning ½ c. water

2 16 ounce can kidney beans drained

Brown beef in large pot drain return beef to pot sprinkle seasoning over beef stir add water stir well. Add tomatoes and beans salt and pepper to taste still well. Simmer $\frac{1}{2}$ hour.

BEEF LOAF

2 lb. ground beef
2 c. tomato juice
2 c. tomato
3 c. tomato
4/2 c. tapioca
bacon strips
salt and pepper

Mix ingredients form in loaf pan and place bacon strips on top.

CREAMED BAKED CHICKEN

One chicken cooked until it falls off the bones, cut in small pieces, add 1 pint heavy cream $\frac{1}{2}$ pound cracker crumbs, salt. Bake in medium oven till browned.

GOULASH

1 pound ground beef
2 green peppers
3 onions chopped
4 large tomatoes
½ pound macaroni boil in
salt water

Brown meat in butter or cooking fat season with salt and pepper. Add onions, pepper, tomatoes and macaroni. Simmer till well done.

HAM LOAF

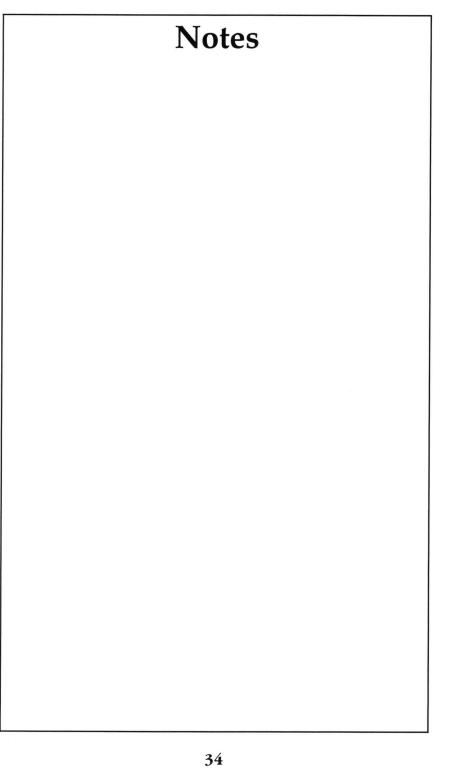
3/4 pound cured ham 1/4 pound fresh pork 2 eggs 1 c. fine cracker crumbs ½ small onion milk to moisten

Mix ingredients bake in moderate oven with tomato juice or cream of tomato soup poured over loaf.

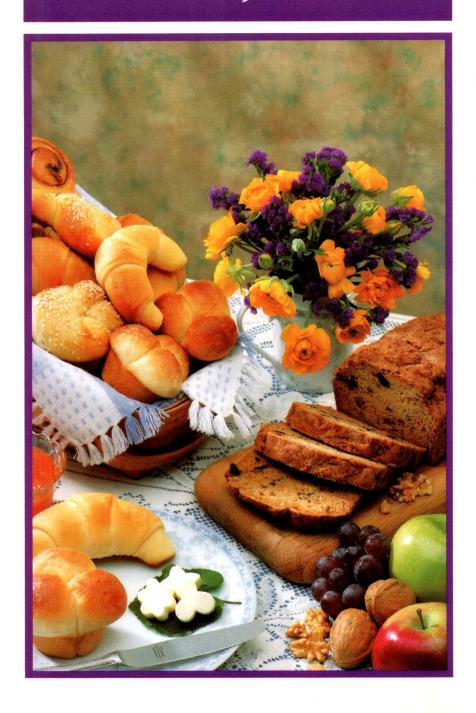
BAKED HAMBURGER AND TOMATOES

1 onion 1 pound hamburger 1 tsp. salt ½ tsp. pepper 2 c. cooked spaghetti 1½ c. canned tomatoes ¾ c. grated cheese

Brown onion in lard add meat, salt and pepper. Cook 5 min add other ingredients, Blend together and bake until brown.



Breads, Rolls



MICROWAVE HINTS

- 1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
- 3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- 4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- 6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
- 7. Soften jello that has set up too hard perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
- Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
- Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
- 10. To scald milk, cook 1 cup milk for 2-21/2 minutes, stirring once each minute.
- 11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
- Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- 13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
- 14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
- 15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
- 16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
- 17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
- 18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
- 19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
- 20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
- 21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- 22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
- Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
- 24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
- 25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
- 26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
- 27. Heat leftover custard and use it as frosting for a cake.
- 28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
- 29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
- 30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS

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POTATO ROLLS

Vivian Finster

7 to 8 c. all purpose flour 1 pkg. dry yeast

 ½ c. sugar
 2 c. milk

 1 tsp. salt
 ½ c. water

 ½ c. shortening
 2 eggs

1 c. mashed potatoes plain

In mixing bowl mix 2 cups flour, sugar, yeast, and salt. Heat milk to 120 degrees with shorting and water. Add to dry ingredients beat until moist add mashed potatoes and eggs, beat until smooth stir in enough flour to make a stiff dough do not knead place in a greased bowl or turnover grease top cover and refrigerate several hours or overnight. Put dough on floured surface make into rolls and put into greased pan let rise 2 hours and bake in a 375 degree oven for 25 to 30 min.

MARGARET'S BANANA NUT BREAD

Vivian Finster

2/3 c. sugar 13/4 c. flour

1/3 c. shortening 3/4 tsp. baking soda

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

1 c. banana pulp 1½ tsp. cream of tartar

Blend together sugar, shortening, eggs, and banana pulp. Mix dry ingredients into first mixture add $\frac{1}{2}$ cup broken up nuts. Bake at 350° for 1 hour. For muffins divide dough into 12 cupcake liners and bake for 20 min in 400 degree oven.

ZUCCHINI BREAD

Paulette Beall

 1½ c. sugar
 3 eggs

 3 c. flour
 1 c. oil

1 tsp. cinnamon 2 c. unpeeled shredded

1 tsp. salt zucchini ³/₄ tsp. baking soda 1 c. nuts 1 tsp. baking powder 1 c. raisins

Mix altogether bake in 2 loaf pans at 350° for 60 min or until done.

EASY BANANA NUT BREAD

Rose Sholes

1 c. sugar 1 c. mashed bananas

2 eggs 2 c. Bisquick

8 oz. cream cheese ½ c. chopped nuts

Cream sugar and cheese until fluffy. Beat in mashed bananas and eggs. Add Bisquick and nuts. Bake in loaf pan 1 hour at 350° .

BASIC BISCUITS

1 pkg. yeast 1 Tbsp. baking powder

½ c. lukewarm water 2 Tbsp. sugar

5 c. all purpose flour 3/4 c. Crisco shortening

1 tsp. baking soda 2 c. buttermilk

1 tsp. salt

Preheat oven to 400° . Dissolve yeast in warm water set aside. Mix dry ingredients together. Cut in shortening. Add yeast and buttermilk and mix well. Turn dough onto lightly covered floured surface and roll out to desired thickness. Cut with small cutter and place on greased baking sheet. Bake for 12 min or until golden brown.

MARGARET MINIGH PUMPKIN BREAD

Paulette Beall Mom

1 can pumpkin 1 c. oil

1 c. raisins 1 tsp. vanilla 1 c. nuts 1 tsp. baking soda

3 c. self rising flour 1 tsp. cinnamon

2 c. sugar 1 tsp. nutmeg

4 eggs 3 Tbsp. cocoa

½ c. milk

Mix ingredients. Makes 3 loaves 8 X 33/4 X 21/2 foil pans.

GOLDEN CORNBREAD

Rose Sholes

2 eggs beaten 1 c. flour 1 c. milk ½ c. sugar

¹/₄ c. oil 2 ¹/₂ tsp. baking powder

 $1\frac{1}{2}$ c. cornmeal $\frac{3}{4}$ tsp. salt

Mix ingredients. Put 1 tablespoon bacon grease in 8 inch iron skillet heat in oven till hot pour mixture in skillet. Bake at 450° for 20-25 min.

ANGEL BISCUITS

Maxine Russell

 $\frac{1}{4}$ c. sugar (divided) $\frac{1}{4}$ c. warm water

1 pkg. dry yeast

½ tsp. baking soda

2½ c. flour

1 tsp. salt

1 tsp. baking powder ½ c. shortening

1 c. buttermilk

In bowl mix 1 tablespoon sugar in warm water add yeast mix well and set aside until foamy. Mix dry ingredients together cut in shortening. Warm the buttermilk to lukewarm stir into the yeast mixture then add dry ingredients mix well. Turn the dough out on a floured board knead lightly. Roll out and cut with biscuit cutter. Place in a greased pan and let dough rise slightly before baking in a 400 degree oven till lightly browned.

EASY ROLLS

1 c. self rising flour ½ c. milk

1 tsp. sugar 2 Tbsp. mayo

Preheat oven to 350° . Mix together flour and milk. Add sugar and mayo. Pour into slightly greased muffin tins and bake for 12 to 15 min.

PUMPKIN BREAD

3 c. sugar
1 c. vegetable oil
4 eggs
2 c. canned pumpkin
²/₃ c. water
3 ¹/₃ c. all purpose flour

2 tsp. baking soda
1½ tsp. salt
1 tsp. ground cinnamon
1 tsp. ground nutmeg
½ to ¾ c. chopped pecans
or walnuts

Preheat oven to 350° . Grease and flour two loaf pans. Mix sugar and oil with mixer. Add eggs and blend. Add pumpkin and blend. Add water and blend. Combine remaining ingredients and add slowly. Fill pans equally and bake for 1 hour or until golden brown.

WHITE BREAD

Flora Turner

6 c. all purpose flour 2 c. warm water 2¹/₄ Tbsp. yeast 1 tsp. salt 1 Tbsp. sugar 2 eggs

Mix all ingredients in a large mixing bowl with heavy duty mixer using the bread dough attachment until all ingredients are well mixed, continue mixing the dough for 2 mins. Pour out into large well greased bowl and allow to rise until double. Pouch down and roll out in loaves or rolls. Bake at 375° until golden brown about 3 min. Make 2 large loaves of bread.

SOUTHERN SPOON BREAD

Beverley Elliott

3 c. milk 1¹/₄ c. white cornmeal 3 eggs

2 Tbsp. butter 1³/₄ tsp. baking powder 1 tsp. salt Stir cornmeal into rapidly boiling milk stirring constantly until very thick. Remove from heat. Allow to cool. Mixture will be cold and stiff. Add well beaten eggs, salt, baking powder, and melted butter. Beat for 15 min with mixer pour into well greased casserole bake for 30 min 375° serve from casserole with a spoon.

BUTTERMILK ROLLS

Susan Marple

½ tsp. salt

2 pkg. yeast dissolved in ½
cup warm water set aside
4½ c. flour
3 Tbsp. sugar

1½ c. buttermilk mixed
with ½ teaspoon baking
soda
½ c. melted and cooled

Put flour in bowl make hole in center put yeast, sugar, salt and butter in center. Gradually add milk and buttermilk. Add additional flour if necessary. Knead let stand 10 min. Shape into rolls. Raise until double about 45 min. Bake at 400° for 25 min.

butter

CORN BREAD ROLLS

1 egg well beaten1 tsp. butter1 c. sweet milk1 c. flour1 Tbsp. sugar1 c. cornmeal1 tsp. salt4 tsp. baking powder

Mix ingredients. Bake in hot well greased roll pans. This makes 12 rolls. Bake in oven until light brown.

WALNUT BREAD

1 egg 3 tsp. baking powder 1 c. sugar 3 c. flour

1 c. milk ½ c. walnuts 1 tsp. salt

Mix ingredients. Bake 45 to 50 min in slow oven.

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SOUTHERN GEMS

1 c. flour 5 tsp. baking powder

1 c. cornmeal 1 egg 1 c. graham flour 2 c. milk

1 c. brown sugar 2 Tbsp. melted butter

1 tsp. salt

Sift dry ingredients, add milk and beaten egg. Beat until smooth add melted butter. Pour in muffin tins bake 20 to 25 min.

DENMARK ROLLS

1 c. mashed potatoes 1 Tbsp. salt

1 c. lard 1 quart potato water

1 c. sugar

Scald lard and sugar with water, cool and add 2 beaten eggs, 1 cake yeast dissolved in lukewarm water. Add enough flour to make a stiff dough, let rise 5 to 6 hours. Punch down and put in icebox. Will keep for 10 days and you can make them as you need them.

SCOTCH BREAD

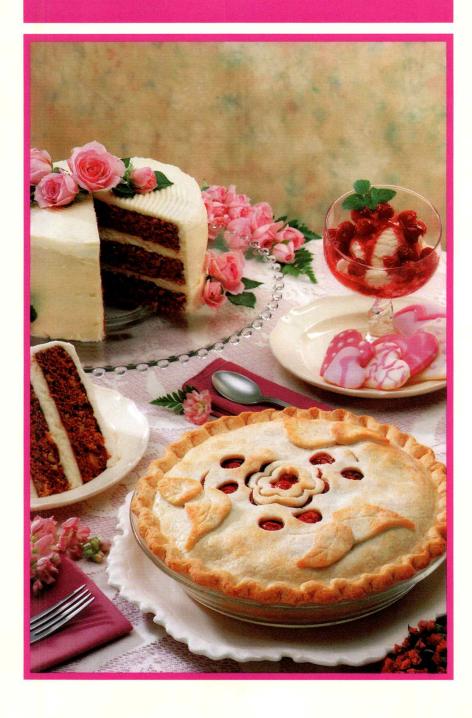
 $1\frac{1}{2}$ c. brown sugar 6 c. flour

1 c. lard pinch nutmeg

1 c. butter

Knead thoroughly. Bake ½ hour at low temperature, 350°.

Desserts



Common Baking Dishes and Pans



Spring Form Pan



Layer Cake or Pie Pan



Ring Mold



Baking or Square Pan



Loaf Pan



Brioche Pan



Angel Cake Pan



Tube

Equivalent Dishes 4-CUP BAKING DISH

- = 9" pie plate
- $= 8'' \times 1^{1/4}''$ layer cake pan
- $= 7^{3/8}'' \times 3^{5/8}'' \times 2^{1/4}''$ loaf pan

6-CUP BAKING DISH

- = 8'' or $9'' \times 1^{1/2}''$ layer cake pan
- = 10" pie pan
- = 8½" x 35/8" x 25/8" loaf pan

8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- $= 11'' \times 7'' \times 1^{1/2}''$ baking pan
- $= 9'' \times 5'' \times 3'' \text{ loaf pan}$

10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- $= 11^{3/4}$ " x $7^{1/2}$ " x $1^{3/4}$ " baking pan
- = 15" x 10" x 1" flat jelly roll pan

12-CUP BAKING DISH OR MORE

- $= 13\frac{1}{2}$ " x $8\frac{1}{2}$ " x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- $= 14'' \times 10^{1/2}'' \times 2^{1/2}''$ roasting pan

Total Volume of Pans

TURE PANS

I CDE I I II C				
7½" x 3" Bundt tube	6 cups			
$9'' \times 3^{1/2}''$ fancy or Bundt tube	9 cups			
9" x 3½" angel cake pan	12 cups			
10" x 33/4" Bundt tube	12 cups			
$9'' \times 3^{1/2}''$ fancy tube mold	12 cups			
10" x 4" fancy tube mold	16 cups			
10" x 4" angel cake pan	18 cups			

SPRING FORM PANS

8"	x 3"	pan	12 cups
9"	x 3"	pan	16 cups

RING MOLDS

8½" x	21/4" mold	$4\frac{1}{2}$ cups
91/4" x	23/4" mold	8 cups

BRIOCHE PAN

9½" x 3¼"	pan	8 cups

DESSERTS



FUNNEL CAKE

Joyce Marple

2 c. flour (self rising)

2 Tbsp. sugar

2 eggs

11/2 milk

2 c. vegetable oil

Combine all ingredients. Blend together with mixture. Mixture should be a little runny, not thick, if thick add a little more milk until mixture is runny. Pour mixture into a funnel. Use the funnel to zigzag the mixture back and forth while pouring the mixture into the hot oil in a skillet. Put cake on paper plate. Serve with any toppings of your choice or powdered sugar.

OVERNIGHT COFFEE CAKE

Vivian Finster

1/3 c. butter or margarine

½ c. sugar

1 egg (beaten)

1/4 c. packed brown sugar 1 c. all purpose flour

½ tsp. baking powder

½ tsp. soda

½ tsp. ground cinnamon

½ c. buttermilk

Cream butter, sugars, add egg. Combine dry ingredients. Mix into creamed ingredients alternately with buttermilk. Beat well. Spread into a greased 8 inch square pan. Combine topping ingredients. Sprinkle over batter. Cover and refrigerate overnight. Bake uncovered at 350° for 40-45 minutes.

Topping:

½ c. brown sugar

1/4 c. chopped pecans (optional)

1/4 tsp. ground cinnamon

1/8 tsp. nutmeg

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CREAM PIE

Dot Finster

2/3 c. sugar2 eggs1/2 c. flour11/2 tsp. vanilla extract1/8 tsp. salt2/3 c. whipped cream2 c. milk9 inch baked pastry shell

Mix sugar, flour, and salt. Scald milk, add to mix. Cook over hot water stirring constantly until thick. Cover, cook 10 minutes. Beat eggs, add to mixture; mixing well. Cook over hot water stirring constantly for 3 minutes. Cool; add vanilla extract. Pour into pastry shell top with whip cream. For coconut pie - sprinkle with plain or toasted shredded coconut before serving. You may also top with chopped semi-sweet chocolate.

PECAN PIE

Vivian Finster

1 c. light corn syrup
3 eggs (beaten lightly)
1/3 tsp. salt
9 inch
1 c. brown sugar (packed)
1 heap

½ c. melted butter
1 tsp. vanilla
9 inch unbaked pie crust
1 heaping cup pecan halves

Mix well. Pour into pie crust. Bake at 350° for 40-45 minutes or until toothpick inserted comes out clear. Serves 8-10.

BANANA HONEY CAKE

Janet Lockard

1 c. sugar 1 c. butter (softened) 3/4 c. honey 3 eggs

2 Tbsp. sour cream

½ tsp. hazelnut extract
3 ripe bananas, broken into bite size pieces
½ c. flour (self rising)

Blend sugar, butter, and honey. Add eggs, one at a time. Mix in sour cream, hazelnut extract, and bananas; Blend well. Add flour, ½ cup at a time. Batter should be light and fluffy. Pour into sprayed Bundt pan; Bake at 350° for 35-45 minutes or until golden brown and toothpick comes out clean. Cool in pan on baking rack for 10 minutes. Turn out on cooling rack. Slice and enjoy!

HILLBILLY WEDDING CAKE

Rose Sholes

2 c. flour 20 oz. can crushed

2 tsp. soda pineapple (juice included)

2 eggs 1 c. chopped nuts

2 c. sugar

Combine all ingredients. Pour batter in greased and floured 9x13 inch pan. Bake 30-45 minutes in 350° oven.

Icing:

2 c. powdered sugar 1 tsp. vanilla

1 stick of butter (melted)

8 oz. package of cream cheese (room temperature)

Combine ingredients and ice while cake is still hot.

HUMMINGBIRD CAKE

Janet Aylestock

Dessert:

1 tsp. baking soda 3 eggs

3 c. flour 8 oz. crushed pineapple 1 tsp. salt undrained

³/₄ tsp. cinnamon 2 c. chopped bananas

1½ c. vegetable oil 1 c. chopped nuts

Grease and flour Bundt pan. In large bowl sift flour, sugar, soda, salt and cinnamon. Add remaining ingredients and stir by hand. Pour batter into prepared pan. Bake 1 hour and 10 minutes at 350° . Remove from pan, cool, and frost.

Frosting:

8 oz. cream cheese ½ tsp. vanilla

1/2 stick of butter or 1/2 to 3/4 box powdered sugar margarine

Beat cheese, butter, and vanilla until fluffy. Add sugar and mix until smooth.

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APPLE CINNAMON CAKE

Peggy West

Step one:

½ c. sugar

3 Tbsp. cinnamon

2½ c. chopped apples

Mix ingredients and set aside.

Step two:

3 c. flour $2\frac{1}{2}$ tsp. vanilla

2½ c. sugar 3 tsp. baking powder 1 c. oil 7 Tbsp. orange juice (will

4 eggs unbeaten need more)

1 tsp. salt 1 c. nuts

Mix ingredients in order in large bowl beat until smooth. If batter is to stiff add more orange juice. Bake in flu pan. Spray pan with Pam or Mazola spray. Start with batter for your first layer then a layer of apple mixture. Make sure you have batter for the top layer. Bake at 350° for 1 hour and 30 mins.

NO MIX CHERRY PINEAPPLE NUT CAKE

Janet Lockard

20 oz. can crushed pineapple in heavy syrup 21 oz. can of cherry pie filling 1 pkg. yellow cake mix1 c. pecans chopped1 stick of butter or margarine

Preheat oven to 350°. Grease a 9X13 baking pan. Spread the pineapple with its syrup evenly in the pan and spoon the pie filling evenly over the other ingredients then sprinkle the chopped nuts. Cut the chilled butter or margarine into thin slices then place the slices evenly on top of the nuts. Bake for 50 mins or until golden serve warm.

APPLE CAKE

Paulette Beall

Batter:

4 c. chopped apples

13/4 c. flour

½ c. Crisco 1 c. sugar 1 tsp. baking soda

½ tsp. salt

1 egg

2 tsp. vanilla

Cream Crisco, sugar, egg, and vanilla. Sift all dry ingredients. Add to Crisco mixture and mix well. Add apples and press into pan.

Topping:

2 tsp. melted butter 2 tsp. flour 3/4 c. brown sugar 11/2 tsp. cinnamon

Mix ingredients and sprinkle on top bake at 350° for mins.

PUMPKIN ROLL

Paulette Beall

Pumpkin roll:

3 eggs 1 tsp. ginger 1 c. sugar ½ tsp. nutmeg

3/4 c. flour 15 oz. Libby's pumpkin

2 tsp. cinnamon

Mix eggs and sugar. Add pumpkin stir in flour and spices. Line a 10X15 pan with wax paper. Bake at 350° for 15 mins. Bake and roll in paper towels seam side down cool 2 hours peel off wax paper.

Filling:

8 oz. cream cheese 1 c. powdered sugar 4 Tbsp. butter ½ c. nuts if desired 1 tsp. vanilla

Wrap foil around roll put in refrigerator.

HONEY DROP COOKIES

Mary Marple

1 c. soft shortening 1 tsp. vanilla

1 c. brown sugar $3\frac{1}{2}$ c. all purpose flour

2 eggs 2 tsp. baking soda

1/3 c. honey

Mix shortening brown sugar eggs honey and vanilla to blend add flour baking soda cream chill in refrigerator 1 to 2 hours. Make in balls and flatten if desired or can be dropped on an ungreased baking sheet bake 350° for 10 mins.

DUMP SALAD

Betty Rush

1 can cherry pie filling 2 cans crushed pineapple undrained 1 can eagle brand milk 1 c. chopped nuts 16 oz. Cool Whip

Drain pineapple and mix all ingredients together and refrigerate.

PECAN PIE

Susan Marple

3 eggs

½ tsp. salt
½ c. sugar

1 Then, plain

1 c. white Karo syrup ½ c. melted butter 1 c. pecans chopped

1 Tbsp. plain flour

Preheat oven to 350°. Beat eggs and salt. Mix in flour gradually add syrup beat well. Add melted butter and pecan. Pour into pie shell bake 45 mins to an hour pie is done when top cracks.

BACHELOR BUTTON COOKIES

Rose Sholes

2 c. sifted flour

3/4 tsp. salt
1 tsp. baking soda
3/4 c. butter flavored Crisco
1 c. packed brown sugar

1 egg 1 tsp. vanilla

1/2 c. nuts raisins chips coconut or cherries (your choice)

Sift together flour, salt, baking soda and set aside. Cream sugar, Crisco, and egg slowly add dry ingredients stir in nuts or whatever you choose. Chill at least $\frac{1}{2}$ hour. Drop by tsp. on greased cookie sheet. Bake at 375° about 12 mins.

SHEILA'S COBBLER

Rose Sholes

1 c. sugar

1 c. canned milk

1 c. self rising flour

Mix ingredients together and pour into 8 inch square pan in which you have melted 3 tablespoon butter. Quickly pour 1 can

apple pie filling in center. Sprinkle with cinnamon and bake at 350° for 40 mins or until golden brown.

MOUNTAIN DEW CAKE

Mary Hagy

1/4 c. chopped pecans
1 small box French vanilla
pudding

1/2 c. oil 4 eggs 1 c. mountain dew

1 box yellow cake mix

Grease and flour Bundt pan. Put crushed pecans in bottom of pan. Mix ingredients in a bowl. Put in pan and bake at 350° for 40-50 mins. While cake is baking in small sauce pan cook 1 stick butter, 1 cup sugar, ½ cup mountain dew. Cook until it coats the spoon. Take cake out of pan (be careful when turning it pops out fast) Pour glaze over cake cool then serve.

EASY FRUIT CAKE

Janet Aylestock

1 box yellow cake mix

1 c. applesauce

4 eggs slightly beaten 2 tsp. lemon extract

2 tsp. lemon extract 2 tsp. orange extract

½ pound candied cherries

halved

½ pound candied pineapple coarsely chopped
1 pound chopped dates
2 c. chopped pecans
¼ c. all purpose flour

Combine cake mix with applesauce, eggs, orange and lemon extracts, mixing well. Toss cherries, pineapple, dates, and pecans with flour to coat. Stir fruit and nuts into cake mixture mixing well. Turn mixture into two 9X5X3 loaf pans greased and lined with wax paper. Bake at 275° for 1¾ hours or until cake tests done. Makes 2 loaves.

FROSTED BUTTERSCOTCH COOKIES

Vivian Finster

Butterscotch cookies:

 $1\frac{1}{2}$ c. brown sugar packed

½ c. shortening

2 eggs 2½ c. flour

8 oz. sour cream

1 tsp. baking soda

1 tsp. vanilla

½ tsp. baking powder

½ tsp. salt

²/₃ c. chopped walnuts

Beat brown sugar, shortening and eggs (beat well). Mix together flour baking soda sour cream baking powder vanilla salt beat well add walnuts. Drop dough by rounded teaspoon on greased cookie sheet bake 10 to 12 mins at 375°.

Icing:

½ c. butter

3½ c. powdered sugar 5 tsp. boiling water

5 tsp. boiling water 1½ tsp. vanilla

In medium saucepan heat and stir $\frac{1}{2}$ till golden brown. Remove from heat add $\frac{3}{2}$ cups powdered sugar 5 teaspoon boiling water and $\frac{1}{2}$ teaspoon vanilla. If it's too stiff add more water a little at a time.

MINCEMEAT COOKIES

Lenore Huff

Cookies:

3 c. flour

1 tsp. baking soda

½ tsp. salt

1 c. shortening

1½ c. sugar

3 large eggs

11/3 c. mincemeat

Whisk together flour, baking soda, and salt. Beat shortening and sugar in large bowl on medium speed until light and fluffy, 2 mins. Beat in eggs one at a time, mixing well. Reduce speed to low and gradually add flour. Stir in mincemeat until well mixed. 375° 10 to 12 mins.

Coffee frosting:

1 pound powdered sugar 3 Tbsp. cool coffee

½ c. melted butter or margarine

Beat all ingredients in a large bowl on medium speed until smooth.

ROMAN APPLE CAKE

Beverley Elliott

Cake:

 1 c. sugar
 1 egg

 1½ c. flour
 ½ c. milk

 ¼ tsp. salt
 1 tsp. vanilla

½ tsp. baking powder 3-4 c. roman apples

½ c. Crisco

Sift dry ingredients, add Crisco, milk and mix well. Add egg, vanilla, and stir in chopped apples.

Topping:

2 Tbsp. melted butter

½ c. brown sugar

½ c. chopped nuts

2 tsp. cinnamon

Mix together and sprinkle over batter. Bake at 350° 45-55 mins.

BAKELESS CAKE

Beverley Elliott

1 pound vanilla wafers ½ pound butter

1 c. sugar

2 egg yolks

½ c. walnuts1 large can crushed pineapple

Cream butter and sugar, add beaten egg yolks, pineapple and juice, cream and add nuts. Place layer of wafers in shallow pan, spread half mixture, another layer of wafers remaining mixture and cover top with wafers. Just touching each other. Let stand 24 hours cut into 16 squares and serve with Cool Whip.

DIABETIC CAKE

Beverley Elliott

2 c. water

2 c. seedless raisins 1 tsp. baking soda

1 c. unsweetened 1 tsp. vanilla applesauce 3/4 tsp. nutmeg

2 eggs 1½ tsp. cinnamon 2½ Tbsp. liquid sweetener 2 c. flour

Cook raisins in water until water is gone. Add applesauce, eggs, sweetener, and oil. Blend in dry ingredients. Bake in greased Bundt pan at 350° 45-55 mins check after 45 minutes for doneness.

3/4 c. oil

EASY POUND CAKE

Beverley Elliott

6 eggs 2 tsp. almond flavoring or 1 2 c. flour tsp. each vanilla and

2 c. sugar lemon

1/8 tsp. salt 1 Tbsp. milk

1 c. shortening

Mix all ingredients together. Beat low speed with electric mix approximately 10 mins. Pour into greased and floured tube pan. Place in cold oven turn oven to 300° bake for $\frac{1}{2}$ hours. Do not open oven door for the 1st hour of baking.

RICE PUDDING

Beverley Elliott

3 c. milk 1 tsp. vanilla

1 c. sugar ½ tsp. salt 1½ c. cooked rice 1 c. raisins

6 eggs

Beat 6 eggs in the pan that pudding is to be baked in. Add remaining ingredients. Bake 1 hour at 350° .

DIABETIC COOKIES

Beverley Elliott

13/4 c. flour 1 tsp. grated orange rind ½ c. minus 2 tablespoon oil 2 tsp. baking powder 1 egg slightly beaten ½ tsp. salt ½ c. chopped raisins ½ tsp. cinnamon ½ c. chopped walnuts 3/4 c. orange juice

Combine all ingredients. Drop by teaspoon on ungreased cookie sheet. Bake 375° for 15- 20 mins.

GINGER BREAD

In memory of Theora Lockard Chick Lockard's mother

1 tsp. cloves ½ c. sugar

½ c. butter 1 c. boiling water

2 tsp. baking soda dissolved 2 eggs in cold water 1 c. molasses

1 tsp. ginger 1 tsp. baking powder

1 tsp. cinnamon

Cream shortening and sugar add eggs, stir in molasses, ginger, cinnamon, and cloves. Add boiling water with soda. Last beat in flour with baking powder. Do not add more flour. Bake at 300° 45 mins.

PECAN COOKIES

Flora Turner

 $2\frac{1}{2}$ c. flour 1 c. butter softened

1 tsp. baking powder 3/4 c. white sugar

3/4 c. brown sugar 1 tsp. salt

1 tsp. baking soda

1 egg 2 c. chopped pecans 2 tsp. vanilla

1 tsp. almond

In large mixing bowl, cream butter and sugars. Beat in the eggs and extracts. Combine the flour, baking powder, baking soda and salt: gradually add to creamed mixtures. Stir in pecans. Roll into 1 inch balls place 2 inches apart on un greased baking sheets. Bake at 350° for 9 to 11 mins or until set. Cool for 3 mins before removing to cool.

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FRUIT COBBLER

Flora Turner

6 c. fruit
1½ c. sugar
¼ c. water
¾ c. butter softened
1½ c. plus 2 tablespoons
sugar divided

3 eggs
1 tsp. vanilla
1½ c. flour
1 tsp. baking powder
½ tsp. salt
¼ c. melted butter

Place berries in a greased 13 X 9 baking pan. In small saucepan sugar and water to boil: cook until sugar is dissolved. Pour over berries. In small bowl cream butter and $1\frac{1}{2}$ cups flour until light and fluffy, add eggs one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking powders and salt add to creamed mixture. Drizzle melted butter sprinkle with remaining sugar. Bake at 350° for 40 to 45 mins or until golden brown.

PINEAPPLE UPSIDE DOWN CAKE

Flora Turner

20 oz. can pineapple rings
1 c. brown sugar
2 Tbsp. butter
1 jar maraschino cherries
1 c. sugar
2 eggs

½ c. shortening
½ tsp. baking powder
¼ c. all purpose flour
c. milk
tsp. vanilla

Preheat oven 350°. Use 8 X 10 baking pan greased thoroughly. Cook pineapple rings, brown sugar, butter and maraschino cherries together in sauce pan until sugar is dissolved. Transfer to cake pan arranging the pineapple rings in rows, placing cherry in each ring. Cream shorting add sugar and beat until light, add egg yolks and mix thoroughly. Sift baking powders and flour together and add alternately to mixture with milk. Add vanilla. Beat egg whites until stiff fold into batter. Pour batter into pan being careful and do not disturb the pineapple and cherries. Bake 40 to 45 mins or until toothpick inserted in center comes out clean.

COWBOY COOKIES

Flora Turner

2²/₃ c. rolled oats 2 tsp. baking soda 1 c. brown sugar ½ tsp. salt

1 c. white sugar 1 c. butter melted

1 c. chopped pecans $2^{2/3}$ c. flour

1 pkg. chocolate chips 2 eggs 2 tsp. baking powders 2 tsp. vanilla

Preheat oven to 350°. Grease cookie sheets. In medium mixing bowl mix together melted butter, eggs, and vanilla. Stir in remaining ingredients. You may need to use your hands for the final mixing. Shape into walnut sized balls. Place 2 inches apart on cookie sheet. Bake 11 to 13 mins in the preheated oven. Transfer from cookie sheets to cool on wire rack.

HAZELNUT BROWNIES

Flora Turner

Brownies:

1 c. butter softened 3/4 c. baking chocolate 2 c. sugar 1/2 tsp. baking powder

2 tsp. vanilla ½ tsp. salt

4 eggs ½ c. chopped hazelnuts

1 c. all purpose flour (optional)

In large mixing bowl combine the butter, sugar, and vanilla. Add eggs one at a time beating well after each addition. Combine the flour, cocoa, baking powder, and salt add to butter mixture and stir well. Spread into a greased baking pan $13 \times 9 \times 2$. Bake at 350° for 30 to 35 mins or until a toothpick inserted near center comes out clean. Cool.

Frosting:

2 c. 12 ounces semisweet chocolate chips

1 c. heave whipping cream or refrigerated hazelnut nondairy creamer 2 Tbsp. butter ½ c. coarsely chopped hazelnuts

In microwave heat chips, and cream until chips are melted and mixture is smooth. Stir in butter until melted. Cover and refrigerate for 30 min or until the frosting achieves spreading consistency

stirring several times frost brownies. Sprinkle chopped hazelnuts on top of frosting.

ORANGE CHEESE CAKE PIE

Flora Turner

2 containers orange yogurt
1 can frozen orange juice
2 pkg. of cream cheese
1/2 c. powdered sugar
8 oz. Cool Whip
2 graham cracker crusts

Mix all ingredients together and put in pie crust chill several hours or overnight.

APRICOT BARS

Flora Turner

3/4 c. soften butter11/3 c. flaked coconut1 c. sugar1/2 tsp. vanilla1 egg1/2 c. chopped walnuts2 c. all purpose flour12 oz. jar apricot preserves

1/4 tsp. baking powder

Cream butter, sugar, and egg mix well. Combine flour and baking powder, gradually add to creamed mixture. Stir in coconut and walnuts until blender. Press $^2/_3$ of dough in 13 x 9 x 2 baking pan. Spread preserves to $^1/_2$ inch of edge. Crumb rest of dough over preserves Bake at 350° for 30 to 35 min. Cool before cutting into bars.

CHOCOLATE FUDGE CAKE

Carol Post Adams Janet Lockards cousin

Fudge Cake:

4 eggs
1 c. self rising flour
1 stick soft butter
1 c. white sugar
16 oz. Hershey's chocolate
syrup
1 tsp. vanilla

Cream butter and sugar, add eggs one at a time beating well after each, add chocolate syrup, and vanilla beating well. Add self rising flour beat well. Pour batter into greased 9 x 13 x 2 pan bake at 350° for 30 min or until toothpick inserted in center comes out clean. Do not over bake as this is a very moist fine textured cake. This cake will shrink slightly after it cools cool thoroughly before frosting.

Never Fail Chocolate Fudge Frosting:

2 c. white sugar ½ c. whole milk 1 stick butter ½ c. cocoa

Mix ingredients together and bring to a boil stirring constantly. When it begins come to a full rolling boil let it boil one min without stirring let cool 5 min. Stir up from the bottom and then beat until right consistency with electric mixer. When it begins to hold a shape on the sides of the pan without running and starts to lose its gloss somewhat quickly put on cake while it is in pan. Cut in squares. If frosting sets up to quickly or is to thick add a bit of cream or milk while beating.

PINEAPPLE SPICE DROP COOKIES

Flora Turner

2 c. flour

1 tsp. baking powder

1 tsp. baking soda

1 tsp. baking soda

1 tsp. salt

1/2 tsp. nutmeg

1/4 tsp. cloves

1/2 c. shortening

1/2 c. white sugar

1/3 c. crushed pineapple

Heat oven to 375° . Sift flour with baking powder, baking soda, and salt. Mix shortening, sugar, and spices and egg until creamy. Blend in pineapple the flour mixture. Drop by rounded tablespoon of dough 2 inches apart on un greased cookie sheet bake 12 to 15 min or until lightly brown. Remove from cookie sheet to cool.

SCRIPTURE CAKE

Margaret Rush

1 c. Judges 5:22 (butter)

1 c. butter

2 c. Jeremiah 6:20 (sugar)

2 c. Nahum 3:12 (figs)

6 Isaiah 10:14 (eggs)

½ c. Judges 4:19 (milk)

4½ c. Kings 4:22 (flour)

2 tsp. Amos 4:25 (baking powder)

2 Tbsp. 1 Samuel 14:25 (honey)

2 c. 1 Samuel 10:12 (raisins)

2 c. Numbers 17:8 (almonds)

Pinch of Leviticus 2:13 (salt)

Cream butter and sugar. Chop figs and add to mixture. Beat eggs until fluffy add milk. Sift part of flour with baking powder and add remaining flour. Add to creamed mixture and add egg mixture.

Beat well. Add honey chopped raisins and almonds. Add all remaining ingredients. Mix well. Pour into greased pan. Bake at 375° for 30 min or until well done.

PUMPKIN PIE

In memory of Marie Keith aunt of Denver Turner

1 large can of pumpkin 1³/₄ c. sugar ³/₄ c. flour 1 tsp. salt 1 can water use can pumpkin was in spices as desired

Mix all ingredients together. Bake at 400° for 20 min lower heat to 350° until set. Makes 3 9 inch pies.

PECAN PIE

Breanna Brown

1 c. sugar 1 c. dark brown sugar 1/3 tsp. salt 13 c. melted butter

1 tsp. vanilla 3 large eggs

1 heaping cup of pecans or walnuts

Mix syrup, sugar, salt, butter, and vanilla. Add slightly beaten eggs. Pour into a 9 inch unbaked pie shell. Sprinkle pecans over filling. Bake at 350° for approximately 45 min. You can top with a bit of whipped cream or ice cream or plain.

LEMON SAUCE

Mary Sutton

1/2 c. sugar 2 Tbsp. cornstarch dash salt 1 c. water 2 Tbsp. lemon juice2 Tbsp. margarine or butter

2 tsp. grated lemon peel

In medium saucepan combine sugar, salt, and cornstarch. Stir in water until well blended. Cook over medium heat stirring constantly until mixture boils and is slightly thickened and clear (about 7 min) Remove from heat stir in lemon juice, margarine, and peel. Serve warm over angel food cake top with fruit if desired. Store covered in fridge.

PRALINE CARAMEL SAUCE

Mary Sutton

½ c. BUTTER

1½ c. firmly packed brown sugar

2 Tbsp. light corn syrup ½ c. whipping cream ¼ c. chopped pecans

In medium saucepan melt butter. Stir in brown sugar and syrup. Bring to a boil cook until sugar is dissolved stirring constantly stir in whipping cream and return to a boil. remove from heat. stir in pecans serve warm over angel food cake store covered in fridge.

MOMS SUGAR COOKIES

Vivian Finster

½ c. softened butter
½ c. vegetable oil
½ c. granulated sugar

1 egg ½ teaspoon vanilla 2½ c. all purpose flour ½ c. powdered sugar ½ tsp. baking soda

½ tsp. cream of tarter dash of salt

Beat butter, vegetable oil, granulated sugar, egg and vanilla till fluffy mix in rest ingredients. Chill 1 hour make into balls and flatten with fork bake at 375° for 12 to 15 min.

SPRITE POUND CAKE

Vivian Finster

3 c. sugar 6 eggs

3 sticks butter or margarine

3 c. flour

3/4 c. sprite3 tsp. lemon flavoring

Cream sugar and butter until smooth add 1 egg at a time and beat. Add flour and stir. Combine sprite and flavoring and mix until smooth. Bake 350° for 1 hour.

OATMEAL CAKE

Janette Byrd

Oatmeal cake:

1 c. quick oats2 eggs beaten1½ c. boiling water1⅓ c. flour1 stick butter½ tsp. salt

1 c. brown sugar
1 c. white sugar
1 tsp. vanilla

1/2 tsp. baking soda
1/2 tsp. cinnamon
1 tsp. vanilla

Pour water over oats and let stand 20 min. Add butter, brown and white sugar and mix well. Add beaten eggs and vanilla. Sift all dry ingredients together and add to mixture. Bake 13 X 9 pan 350° for 30 to 35 min.

Topping:

1 c. coconut \quad \quad \frac{1}{4} c. condensed milk \quad 1 c. brown sugar \quad 4 Tbsp. butter

Mix all ingredients together and spread on cake while hot. Place under broiler until golden brown.

CRUSTLESS EGG CUSTARD PIE

Debbie Riffle

4 eggs 1 Tbsp. vanilla 1³/₄ c. sugar 4 Tbsp. stick m

1³/₄ c. sugar 4 Tbsp. stick margarine melted 1³/₄ c. milk 4 Tbsp. stick margarine melted

In medium bowl beat together the eggs. In large bowl mix together flour and sugar add milk and vanilla mix well. Then add melted butter and add the beaten eggs mix well. Pour into a greased 9 inch pie plate bake at 350° for 45 min or until firm.

BLACKBERRY CRISP

Denise Stout

quart blackberries ½ c. flour

3/4 c. oats 1 tsp. cinnamon

³/₄ c. packed brown sugar ¹/₂ butter

Place berries in 11 X 7 baking dish set aside. Mix oats, sugar, flour, and cinnamon. Cut in butter with fork. Sprinkle evenly over berries bake at 350° for 40 min until topping crisp brown.

PLUM CAKE

Denise Stout

2 c. self rising flour 2 jars plum baby food

2 c. sugar 1 tsp. cinnamon

1 c. oil 1 tsp. nutmeg 3 eggs 1 c. nuts or raisins

Mix ingredients put in small ungreased square pan bake 350° for 45 min.

NO BAKE PEANUT BUTTER CANDY

Joyce Marple

18 oz. jar peanut butter 1 stick of butter melted

32 oz. powdered sugar 3 Tbsp. water

1 tsp. vanilla

Use 9 X 13 baking pan. Mix powdered sugar, butter, water, peanut butter, vanilla together. Mix well. With a fork press into the bottom of the pan cut into squares.

RICE KRISPIES

Joyce Marple

1 box Rice Krispies ½ c. peanut butter 1 large jar marshmallow ½ c. crush walnuts

1 stick butter 1 bag butterscotch chips

In a pot melt marshmallow, butter, peanut butter together. Pour over Rice Krispies mix together. Press down tight in a baking pan evenly. Then melt butterscotch chips mix in walnuts pour over top of Rice Krispies let cool until hard.

RHUBARB UPSIDE DOWN CAKE

Janette Byrd

4 Tbsp. butter 1 c. sugar

1 c. brown sugar ½ tsp. vanilla

2 c. rhubarb cut in ½ inch pieces 1 c. flour 1 tsp. baking powder

2 egg volks beaten 1/4 tsp. salt

2 egg yolks beaten ¹/₄ tsp. salt 3 Tbsp. water ² egg whites

Melt brown sugar and butter in 9 inch skillet. Add rhubarb unpeeled to this mixture. Beat together egg yolks, water, and sugar.

Add sifted flour, baking powder, and salt. Add vanilla and fold in stiffly beat egg whites. Pour over fruit mixture and bake 350° for 45 min or till done. After baking turn upside down in a large plate and serve with whipped cream.

VINEGAR COOKIES

Janette Byrd

1 c. brown sugar 1 tsp. baking soda

1 c. white sugar 1 tsp. vanilla

1 c. shortening 1 tsp. almond flavoring

4 c. flour 2 eggs beaten 2 Tbsp. vinegar

Cream sugar and shortening add eggs and flavoring mix well. Add vinegar then dry ingredients and mix well. Make into balls and place on greased cookie sheet press down with fork and bake 350° for 10-12 min.

COCONUT BON BON'S

Paulette Beall

2 boxes powdered sugar 1 c. chopped nuts

2 boxes of coconut or 1 ½ pound butter melted large package 1 c. eagle brand milk

Mix all ingredients together put in refrigerator for 3 hours. Form into balls drop in chocolate mixture of chocolate and paraffin wax in top of double boiler put balls on wax paper to cool.

PEANUT BUTTER FUDGE

2 c. granulated sugar 8 oz. peanut butter

½ c. milk 1 tsp. vanilla

7 oz. jar marshmallow 9 x 9 square baking dish cream sprayed with Pam

Place sugar and milk in medium saucepan. Bring mixture to boil. Turn down to medium heat boil 3 min. Remove from heat and add marshmallow and peanut butter and vanilla. Stir well blended. Place in baking dish and refrigerate until firm.

FUDGE

Helen Duncan

1 package chocolate chips 1 package peanut butter

chips

1 can sweetened milk

1 tsp. vanilla ½ c. chopped nuts

In double boiler melt chocolate and peanut butter chips add can of milk till melted. Remove from heat add vanilla and nuts. Can be dropped on wax paper or poured on buttered pan chill.

CHOCOLATE ECLAIR

Devin Brown

3½ c. cold milk

1 box graham crackers 2 boxes vanilla instant

pudding

8 oz. Cool Whip 1 can chocolate frosting

Mix milk and pudding together add Cool Whip that is thawed and mix well. Place on layer if graham crackers in bottom of 9 x 13 pan. Pour ½ pudding mixture over the crackers. Place another layer of crackers on top the pudding mixture. Pour the rest of pudding mixture over crackers and top with another layer of crackers. Pour can of frosting over the last layer of crackers cool overnight in refrigerator.

OLD FASHIONED FUDGE

Denver Turner

²/₃ c. cocoa

1/8 tsp. salt 3 c. white sugar

11/2 c. milk

1/4 c. butter 1 tsp. vanilla

1 c. walnuts or ne

1 c. walnuts or pecans

Thoroughly mix dry ingredients in heavy 4 quart pan, stir in milk. Bring to bubbly boil on medium heat stirring constantly. Boil without stirring to 234 degrees (soft ball stage). Remove from heat. Cool in pan of water stirring to room temp. Add vanilla, butter and nuts. Beat fudge until thickens and loses some of its gloss. Quickly spread in buttered pan let cool cut into desired pieces.

SOUR CREAM CAKE

Susan Marple

Cake:

3/4 c. soft butter
11/2 c. sugar
2 eggs
11/2 tsp. vanilla
3 c. all purpose flour

1½ tsp. baking powder 1½ tsp. baking soda ¼ tsp. salt 1⅓ c. plus 1 scoop sour

Grease Bundt pan. Combine butter, sugar, eggs, and vanilla in large mixer bowl beat on medium speed 2 min. Mix flour, baking powder, baking soda, and salt alternating with sour cream. Spread 2 cups of butter in pan sprinkle 6 tablespoons brown sugar and cinnamon repeat 2 times. Preheat oven to 350° bake till knife inserted in center comes out clean.

cream

LEMON PUDDING CAKE

Sue McGrath

1 box yellow cake mix 1 small box cook and serve lemon pudding 1 can fluffy white frosting

Make cake according to package directions using 2 8 inch cake pans cool. Cook pudding according to package cool. When cake and pudding are cooled down slice cake in horizontal direction separate. Spread pudding between layers of cake leaving top layer empty. After cake is layered with pudding frost cake with fluffy white frosting refrigerate.

POUND CAKE

Dottie DeRosa

2 sticks or butter or margarine softened

2 c. sugar

2 c. flour all purpose

4 eggs

1 can evaporated milk

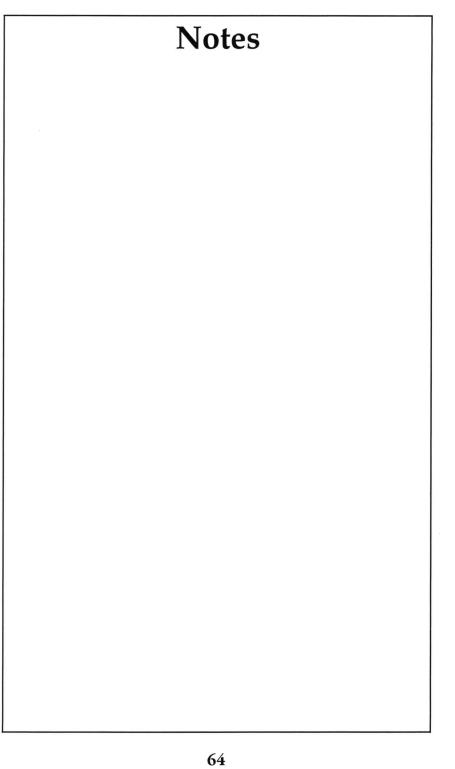
1 tsp. vanilla

Preheat oven to 350°. Flour and grease 1 large loaf pan or Bundt pan. Mix softened butter and sugar until creamy. Add eggs one at a time until mixed well. Then alternate flour and milk into batter and mix well. Then add vanilla mix well. Pour into pan and bake 50 to 60 min or until cake tester comes out clean. Sprinkle with powdered sugar.

CHERRY PUDDING

1 egg 1 Tbsp. butter ½ c. sugar flour to make a stiff batter 1 c. milk3 tsp. baking powder1 c. cherries

Fold in cherries. Bake in moderate oven. serve with sugar and cream.



Miscellaneous



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS



EASY PICKLED EGGS

Rose Robinson

18 boiled and peeled eggs

1 c. vinegar

2 c. water

1/4 tsp. Tabasco sauce 1/2 tsp. garlic powder

Place ingredients in a gallon jar making sure the liquid covers the eggs. Place jar in the fridge for a week. Be careful and don't overdo the Tabasco.

YELLOW SQUASH LIME JAM

Joyce Marple

6 c. grated yellow squash seeds removed

6 c. sugar

6 oz. lime jello 20 oz. can crushed pineapple with juice

Bring yellow squash and sugar to boil. Boil 10 min. Remove from heat. Add pineapple with juice. Boil for 10 min. Add jello. Stir well pour in jars seal. Makes 5 pints cold pack 5 min after for sealing.

HILLBILLY HOTDOG SAUCE

Betty Conner

5 pounds hamburger

14 oz. tomato sauce

14 oz. ketchup

2 Tbsp. salt

2 Tbsp. sugar

2 tsp. pepper

3 Tbsp. chili powder few drops hot sauce or

pepper seeds if desired

Cook hamburger in water for 1 hour at medium heat drain and add remaining ingredients simmer on low heat for 30 min. Stir often.

ZUCCHINI JAM

Betty Conner

6 c. grated zucchini

6 c. sugar

6 oz. orange jello

20 oz. can crushed pineapple with juice

Bring zucchini and sugar to a boil. Boil 10 min. Remove from heat. Add pineapple with juice. Boil 10 min. Add jello. Stir well. Pour in jars and seal makes 5 quarts. Cold pack 5 min after sealing.

OVEN CANNED TOMATOES

tomatoes salt

sugar to taste

Pour boiling water over tomatoes let set until skins loosen, then plunge into cold water and peel. Pack tomatoes into sterilized jars add $\frac{1}{4}$ teaspoon salt and dash of sugar to each jar. Position lids and rings on jars and tighten rings bake in 250 degree oven for 45 min. Turn heat off leaving jars in oven for 12 hours. Do not open doors for 12 hours.

PEPPERS IN OIL

Richard Taylor

½ c. barbecue sauce

½ c. oil1 c. sugar

1 c. vinegar

1 quart tomato juice

Mix together and bring to a boil. After it comes to a boil you drop your peppers in mixture till they begin to wilt. Remove put in jars and seal.

HOT DOG SAUCE

Janette Byrd

1½ lb. ground beef

1 oz. chili powder

1 tsp. ground garlic or garlic salt

½ tsp. red pepper seed

2 tsp. black pepper 12 oz. can tomato paste 2 large onions diced thin

salt to taste

Mix meat well in 1 quart warm water. Add chopped onions and rest of ingredients. Add 2 cans of additional water after adding

tomato paste. Cook over low heat about 6 hours. Will be thick when done and you can add water for the consistency you need.

SANDWICH SPREAD

Flora Turner

12 green bell peppers2 c. sugar12 red bell peppers2 c. vinegar8 medium white onions1 quart mayo8 Tbsp. all purpose floursalt to taste

Grind peppers and onions and drain off all juices. Mix all ingredients together and cook slowly stirring constantly for about 15 min or until thick. Pour into pint jars and seal. cold pack for 10 min.

HOT PEPPER MUSTARD

Flora Turner

36 hot peppers grind seed and all \$\frac{1}{2}\$ c. horseradish 1 quart mustard \$\frac{11}{2}\$ c. flour 1 quart vinegar \$\frac{11}{4}\$ c. water 1 Tbsp. salt

Mix flour and water separate. Then add to peppers mixture cook until thick. Place in jars and seal and cold pack 20 min.

SUGARED PECANS

Beverley Elliott

1½ c. sugar 1 Tbsp. butter 2 c. pecan halves

Combine sugar, water, and butter. Boil until syrup will spin a thread, Pour in pecans and stir constantly until syrup begins to harden. Pour onto waxed paper separate halves and allow to cool.

BEETS IN HONEY SAUCE

Vivian Finster

1 Tbsp. cornstarch

½ tsp. salt

½ tsp. butter

2 Tbsp. vinegar

¼ c. honey

1 pint can of beets

Drain liquid from beets in a saucepan, bring to a boil add rest ingredients beaten together until thick add butter. Add beets and let stand a few min cover for better taste.

HONEY CINNAMON BUTTER

Vivian Finster

1 c. butter ½ c. honey

1 tsp. ground cinnamon

Combine all ingredients in a small bowl until smooth. Serve with muffins, bagels, toast, French toast or pancakes.

CARAMEL POPCORN

Beverley Elliott

32 c. popcorn

2 c. light brown sugar

½ c. Karo corn syrup

1 pound real butter

½ tsp. salt

½ tsp. baking powder

Combine sugar, syrup, butter, and salt in heavy saucepan. Boil 5 min. Remove from heat and add baking soda. Pour over popcorn and stir. Put in oven at 200° for 1 hours. Use very large cookie sheet for popcorn. Store in airtight container.

SPICY NUTS

Beverley Elliott

1/4 c. vegetable oil

3/4 tsp. chili powder 1/4 tsp. red pepper

½ tsp. garlic salt

1 tsp. Worcestershire sauce

8 oz. dry roasted cashews 8 oz. dry roasted pecans

4 oz. dry roasted peanuts

Combine first 5 ingredients in a large bowl mixing well. Add all the nuts very slowly mixing well stirring to coat the nuts. Spread evenly in 13 X 9 deep baking pan. Bake at 250° for 10 min. Stir well after baking.

APPLE RAISIN SLAW

Rose Shole

2 c. coarse cut cabbage

1½ c. small diced sweet apples

1 c. raisins

1 c. small diced celery

Combine ingredients with dressing made of 1 cup salad dressing and 1 cup mayo.

CUCUMBER CREAM

Beverley Elliott

3 cucumber peeled 2 small sweet onions sliced salt and pepper to taste pinch of sugar ½ c. vinegar1 Tbsp. water½ c. sour cream

Flute edges of cucumbers with tines of fork slice thin. Cover with onions, sprinkle with salt, pepper, sugar. Stir vinegar into water pour over cucumbers. Stir in sour cream chill for 2 to 3 hours before serving.

POPCORN BALLS

Susan Marple

2 c. white sugar 1½ c. water ½ c. light corn syrup 1 tsp. vanilla extract 5 quarts popped popcorn 1 tsp. distilled white vinegar ½ tsp. salt

Butter sides of a large saucepan. In saucepan combine sugar, water, salt, corn syrup, and vinegar. Cook over medium heat to hard ball stage. Stir in vanilla and slowly pour the hot mixture over popcorn stirring just to mix well. Butter hands lightly and shape into balls place on waxed paper.

SUNBEAM WAFFLES

Susan Marple

Waffles:

1/3 c. melted butter 11/2 c. self rising flour 1/2 c. self rising flour 1 Tbsp. sugar 2 eggs 1 c. plus 2 tablespoon milk 1 tsp. vanilla

Melt and cool butter. Sift together in large bowl flour and sugar. Place eggs in small bowl and beat on high about $\frac{1}{2}$ min until fluffy. Add milk and vanilla beat to blend. Pour over dry ingredients in large bowl and beat on medium speed about 1 min beat in butter on low speed until mixed. Cook in waffle maker.

For every 1 cup of sugar add 1 cup brown sugar and $\frac{3}{4}$ cup water to ever cup. Bring to boil. Boil 10 to 15 min.

COLESLAW DRESSING

Beverley Elliott

2/3 c. sugar
 3 Tbsp. cornstarch
 1/2 c. vinegar
 1/2 c. water

2 tsp. dry mustard 2 eggs

1 tsp. salt 2 c. salad dressing

Combine sugar, cornstarch, salt, and dry mustard in a saucepan. Stir in vinegar and water. Bring to a boil over medium heat stirring constantly for 1 min. Beat eggs and gradually add 1 cup of the boiled mixture . Return to pan and heat 1 min. Cool for 10 min and beat in the salad dressing. Let cool completely chill.

HOT BACON DRESSING

Beverley Elliott

4 strips bacon 2 Tbsp. sugar 2 Tbsp. vinegar 1 egg beaten

2 Tbsp. water

Cut bacon into 1 inch strips brown remove and drain. To the bacon fat add water, sugar, and vinegar heat to boiling. Add beaten egg slowly to mixture stirring constantly. Add crumbled bacon to torn up lettuce and pour hot dressing over lettuce before serving.

BAKED BEANS

1 pound navy beansbrown sugar½ pound bacon2 tsp. flour3 Tbsp. vinegar½ tsp. mustard

Boil beans with bacon until tender in salted water. Drain and add remaining ingredients. Bake slowly 3 hours or more.

CORN FRITTERS

2 tsp. baking powder 1 Tbsp. melted fat

1 tsp. sugar 1 c. corn

Fry by spoonfuls in deep hot fat. Makes 12 fritters.

SALAD DRESSING

Beverley Elliott

1 c. sugar 2 tsp. salt ½ c. salad oil 2/3 c. catsup

½ c. vinegar

Mix all ingredients together with hand beater. Chill very cold until ready to use.

MOTHERS ELDERBERRY JELLY

Janette Byrd Addie Probst's recipe

3 c. elderberry juice 7 c. sugar 1 box sure jell cheese cloth

1/4 c. lemon juice

Pick elderberries off stems wash and clean good. Put in cheesecloth and tie tightly. Put above ingredients in large saucepan along with berries in cheesecloth. Let come to a hard boil. Boil till 3 drops come off a spoon. Remove cheesecloth skim top put in jars pour hot wax on top and seal.

CREAM CHEESE TOMATO DRESSING

1 package cream cheese
2 tsp. lemon juice
½ c. condensed tomato
soup

Cream cheese and add lemon juice and salt. Blend in salad dressing or mayo and condensed tomato soup.

GARLIC CHEESE GRITS

Mary Sutton

3 c. milk 7 or 8 cloves garlic minced

1 c. half and half
1 c. grits not instant
1 c. grits not instant
2 egg yolks

8 oz. shredded cheddar

Measure all ingredients first. Bring milk and half and half to simmer. Reduce heat and slowly whisk in the grits. Cook 5 min or until grits are done. Add garlic and egg yolks during last min of

cooking. Remove from heat and immediately add the cheese and butter stirring until melted. Pour in lightly greased baking dish bake in preheated oven at 350° until lightly browned.

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FUDGE 61 FUNNEL CAKE 41 GINGER BREAD 51 HAZELNUT BROWNIES 53 HILLBILLY WEDDING CAKE 43 HONEY DROP COOKIES 45 HUMMINGBIRD CAKE 43 LEMON PUDDING CAKE 62 LEMON SAUCE 56 MINCEMEAT COOKIES 48 MOMS SUGAR COOKIES 57 MOUNTAIN DEW CAKE 47 NO BAKE PEANUT BUTTER CANDY 59 NO MIX CHERRY PINEAPPLE NUT	EASY PICKLED EGGS 65 GARLIC CHEESE GRITS 71 HILLBILLY HOTDOG SAUCE 65 HONEY CINNAMON BUTTER 68 HOT BACON DRESSING 70 HOT DOG SAUCE 66 HOT PEPPER MUSTARD 67 MOTHERS ELDERBERRY JELLY 71 OVEN CANNED TOMATOES 66 PEPPERS IN OIL 66 POPCORN BALLS 69 SALAD DRESSING 71 SANDWICH SPREAD 67 SPICY NUTS 68 SUGARED PECANS 67
FUDGE 61 FUNNEL CAKE 41 GINGER BREAD 51 HAZELNUT BROWNIES 53 HILLBILLY WEDDING CAKE 43 HONEY DROP COOKIES 45 HUMMINGBIRD CAKE 43 LEMON PUDDING CAKE 62 LEMON SAUCE 56 MINCEMEAT COOKIES 48 MOMS SUGAR COOKIES 57 MOUNTAIN DEW CAKE 47 NO BAKE PEANUT BUTTER CANDY 59 NO MIX CHERRY PINEAPPLE NUT CAKE 44	EASY PICKLED EGGS 65 GARLIC CHEESE GRITS 71 HILLBILLY HOTDOG SAUCE 65 HONEY CINNAMON BUTTER 68 HOT BACON DRESSING 70 HOT DOG SAUCE 66 HOT PEPPER MUSTARD 67 MOTHERS ELDERBERRY JELLY 71 OVEN CANNED TOMATOES 66 PEPPERS IN OIL 66 POPCORN BALLS 69 SALAD DRESSING 71 SANDWICH SPREAD 67 SPICY NUTS 68 SUGARED PECANS 67 SUNBEAM WAFFLES 69
FUDGE 61 FUNNEL CAKE 41 GINGER BREAD 51 HAZELNUT BROWNIES 53 HILLBILLY WEDDING CAKE 43 HONEY DROP COOKIES 45 HUMMINGBIRD CAKE 43 LEMON PUDDING CAKE 62 LEMON SAUCE 56 MINCEMEAT COOKIES 48 MOMS SUGAR COOKIES 57 MOUNTAIN DEW CAKE 47 NO BAKE PEANUT BUTTER CANDY 59 NO MIX CHERRY PINEAPPLE NUT	EASY PICKLED EGGS 65 GARLIC CHEESE GRITS 71 HILLBILLY HOTDOG SAUCE 65 HONEY CINNAMON BUTTER 68 HOT BACON DRESSING 70 HOT DOG SAUCE 66 HOT PEPPER MUSTARD 67 MOTHERS ELDERBERRY JELLY 71 OVEN CANNED TOMATOES 66 PEPPERS IN OIL 66 POPCORN BALLS 69 SALAD DRESSING 71 SANDWICH SPREAD 67 SPICY NUTS 68 SUGARED PECANS 67

Suggestions for Lowering Fat Content in Your Diet

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FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat- free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ½ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- POLYUNSATURATED FATS tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- MONOUNSATURATED FATS have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- HYDROGENATION is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

 $\frac{\text{grams of fat x } 9^*}{\text{total calories}} \text{ x } 100 = \% \text{ of total calories from fat}$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

 $\frac{2.5 \text{ grams of fat x 9}}{60 \text{ total calories}} \text{x } 100 = 37\% \text{ of total calories from fat}$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

"Heart Healthy" Recipe Substitutions

ORIGINAL	ALTERNATIVE	REDUCES:				
INGREDIENT	ALIEMATIVE	TF	С			
1 pound ground beef	1 pound ground turkey	~	~	~		
1 ounce Cheddar, Swiss, or American cheese	1 ounce lowfat cheese 1 ounce part-skim cheese (Mozzarella)	>>	>>	11		
1 egg	2 egg whites 1/4 c. low cholesterol egg substitute	11	11	11		
1 c. whole milk	1 c. skim milk	~	~	~		
1 c. cream	1 c. evaporated skim milk	~	~	~		
1 c. sour cream	1 c. nonfat sour cream 1 c. plain nonfat yogurt 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	111	111	111		
1 ounce cream cheese	1 ounce nonfat cream cheese 1 ounce Neufchatel cheese	7	>>	>>		
1 c. butter	1 c. margarine1 c. vegetable oil		>>	>>		
1 c. shortening	7 fluid oz. vegetable oil		~			
1 ounce baking chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		~			
roux: 1 part fat 1 part starch	½ part fat to 1 part starch	~				
1 can condensed cream soup	Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ½ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper	4	٨	~		
TF = total fat SF = saturated fat C = Cholesterol	9 oz. cold water Add the following if desired: 1/4 c. chopped celery or 1/2 c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium					

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, without, and zero can also be used.

Calorie-free: less than 5 calories per serving Sugar-free or Fat-free: less than 0.5g per serving

Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, few, and low source of can also be used.

Low calorie: 40 calories or less per serving Lowfat: 3g or less per serving Low saturated fat: 1g or less per serving Low cholesterol: less than 20mg per serving Low sodium: less than 140mg per serving Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light* brown sugar.

The term also carries two other meanings:

- A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ◆ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. Salt-craving taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.

- → Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

	S.)eed	P ₀ Q				Ginger Dry Mustard Onion Powder Oregano Rosemary Sage Tarragon Thyme								
	^{Allspice} Basil			Bay Leaves Caraway Seed Celery Seed Chives						Onion Pow. Oregano Rosemary Sage Thyme							
	Allsp	Basil	Bay	Cara	Ce/er	Chive	Curry	li _l	Garlic	Ging	Dry	Onio	Oreg	Rose	Sage	Tarra	Thyn
Beef	~									V	~				~	~	
Pork				~					~						~		~
Veal			~				~			~				~			~
Ground Meat	~	~			~				~		~				-		
Poultry			~				~			~				~		~	
Fish						~	~	~								~	
Eggs					~		~						V	~			
Soups/ Stews	~	~	~	~	~			~				~					~
Sauces		~												~		~	
Pasta				~													
Rice		~					~					~					
Popcorn									~								
Asparagus				~													
Beets				~													
Broccoli											~		~				
Cabbage				~				~									
Carrots			~	~													
Cauliflower							~									~	
Green Beans								~			~						
Lima Beans						~	~								~		
Potatoes										~					~		~
Tomatoes		~					~		~				~				
Salads				~		~						1					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard

1 tsp. garlic powder

1½ Tbsp. onion powder

½ Tbsp. ground pepper

½ Tbsp. thyme, crushed

1 tsp. sage

½ tsp. marjoram, crushed

1 Tbsp. paprika

½ tsp. basil, crushed

½ tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause foodborne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- Use a clean container to hold cooked meat.
 Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains. fruits. and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

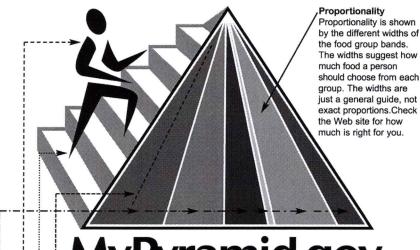
Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.



MyPyramid.gov

STEPS TO A HEALTHIER YOU

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Y Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Variety

Variety is symbolized by the 6 shaded bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Inside the Pyramid



Grain

Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.



Vegetable

- Vary your veggies
- Eat more dark green veggiesEat more orange veggies
- Eat more dry beans and peas



Fruit

Focus on fruits

- · Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- · Go easy on fruit juices



Oil

Know your fats

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard



Milk

Get your calcium-rich foods

- · Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources



Meat & Beans

Go lean on protein

- Choose low-fat or lean meats and poultry
- · Bake it, broil it, or grill it
- Vary your choices with more fish, beans, peas, nuts, and seeds

Physical Activity (Find your balance between food and physical activity.)

- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Understanding the Nutrition Facts Food Label

The *Nutrition Facts* food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce mg: milligrams - 1,000mg = 1g ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary An individual's guidelines. daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The *Ingredients List* is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

Servings Per Conta	iner 2	
Amount Per Serving		
Calories 260 Ca	alories fro	m Fat 1:
	%1	Daily Valu
Total Fat 13g		20
Saturated Fat 5g		25
Cholesterol 30mg		10
Sodium 660mg		28
Total Carbohydrat	e 31g	10
Dietary Fiber 0g		0
Sugars 5g		
Protein 5g		
Vitamin A 4%	Vita	min C 2
Calcium 15% •	Iron	4%
 Percent Daily Values are diet. Your daily values depending on your calor Calories: 	may be hig ie needs:	2,000 calo gher or low 2,500
Total Fat Less than Sat Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	65g 20g 300mg 2,400mg 300g	60g 25g 300mg 2,400mg 375g 30g

