

MINISTERS' WIVES' FELLOWSHIP

COOKBOOK



BIBLE FELLOWSHIP CHURCH

April 3, 1971

With this book we bring to you our attempt to fulfill your request for another cookbook. As you review and use the contents herein, please allow your thoughts and concerns to travel to that kitchen from which the particular recipe came. Then pray for that cook who shared what she had with you.

We wish to thank each of you for your cooperation in this project and especially to Esther Cassel for her help in typing, without whose help we could not have managed.

"Everyone of us exerts influences which will have their effect upon other lives, and the generations yet unborn will be lifted nearer God or thrust into deeper darkness because we have lived and moved and had our being on earth."

---G. Campbell Morgan

Carolyn Ellingson
Bea Koch

BREADSDILL BREAD

1 cup cottage cheese	1 tsp. salt
1 egg	1/4 cup warm water
2 tbsp. sugar	1 pkg. dry yeast
2 tsp. dill seed	1/4 tsp. baking soda
1 tbsp. minced onion	2-1/4 to 2-1/2 cups flour
1 tbsp. salad oil	

Stir well; let raise. Punch down and put in two 1 lb. coffee cans and let raise. Bake in 350° oven for 1/2 hour.

---Marie Bean

BOSTON BROWN BREAD

1/2 pkg. seeded raisins	2-3/4 cups flour
1-1/2 cups boiling water	2 tsp. soda
1 tbsp. shortening	1 tsp. salt
1 cup sugar	1/2 cup walnuts
1 well-beaten egg	

Cover raisins with boiling water and let stand till lukewarm. Cream shortening with sugar, and add the well beaten egg. Sift flour, soda and salt together and add alternately with raisins and water to creamed mixture. Add nuts. Bake 1 hour at 350° in four #2 tin cans filled only two-thirds full.

(From a friend in Florida, Mrs. June Rosario)

---Marje Phillips

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It is only when we forget ourselves that we do things which are remembered.

BRAN MUFFINS

2 cups boiling water = Stir, set aside.
6 cups All Bran

2-1/2 cups sugar 4 eggs
1 cup shortening 1 tsp. salt
5 cups flour 5 tsp. soda
1 qt. buttermilk

Bake in 400° oven, 15 to 20 minutes. Batter keeps in refrigerator for 2 months - add raisins on occasion.

(Heard this given on a Christian radio station given by a pastor's wife. This recipe I have used so many times. The batter you have on hand, so the muffins can be made up quickly for unexpected guests or as a special treat for your family. I have had opportunity to make up some of these muffins for shut-ins or someone moving into the neighborhood. I have also shared some of the batter along with the recipe on occasions, as well.

--Jackie Ziegler

NUT BREAD

1 lb. XXXX sugar 1 tsp. baking powder
1 lb. flour pinch salt
1 lb. butter 1 tsp. vanilla
4 eggs Nuts
1 cup milk

Cream sugar and butter; beat eggs and mix with other ingredients. Bake 1 hour in 350° oven.

--Dell Dunn

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Happiness is not having and getting; it consists in giving and serving!

PUMPKIN BREAD

3 cups sugar	1 cup oil
3-1/2 cups sifted flour	2/3 cup water
2 tsp. soda	2 cups pumpkin
1 tsp. nutmeg	4 eggs
1-1/2 tsp. salt	1 cup nuts
1 tsp. cinnamon	

Mix together the first 6 ingredients in bowl for five minutes. Add liquid to dry ingredients, mix for five minutes, then add nuts. Pour bread into greased loaf pan. Bake at 350° for 1-1/2 hours or until done.

(I got this from a dear friend in Millersville. I make several loaves of bread at a time and freeze some. This can be used as bread with butter or as cake.)

--Joan Weaber

CORN MUFFINS

1 cup sifted flour	4 tbsp. shortening
2 eggs, well beaten	2 tbsp. sugar
1-1/2 cups cornmeal	1 cup milk
2-1/4 tsp. baking powder	3/4 tsp. salt

Sift flour once, measure. Add baking powder, sugar, salt and sift again. Add cornmeal and mix well. Combine eggs, milk, and shortening; add to flour, stirring only enough to dampen all flour. Bake in greased muffin pans in 425° oven for 25 minutes.

(This is the kind served with Southern dishes.)

--Gloria Branning

COFFEE CAKESNEW ENGLAND TEA CAKE

Cream together: 1/2 lb. butter
 2 cups sugar
 4 eggs

Add: 1 pt. sour cream; 2 tsp. vanilla

Sift together and mix into above mixture:

4 cups flour 1/2 tsp. salt
 2 tsp. baking soda

Mix together and swirl into cake = like a marble:

1/2 cup chopped nuts 1/2 cup sugar
 2 tsp. cinnamon

Bake in large loaf pan or 3 small loaf pans at
 375° for about 1 hour. (Stores well in freezer
 when wrapped in heavy-duty foil.)

--Marianne Riggali

MOLASSES CRUMB CAKE

4 cups flour 1/2 tsp. salt
 2 cups sugar 1/2 lb. margarine

Mix above ingredients and take out one cup for
 crumbs.

Add: 2 cups cold water
 1 cup molasses
 1 tsp. baking soda (mix in a little water)

Bake in utility pan 40 minutes in 350° oven.

--Valeria Baer

SOUR CREAM COFFEE CAKE

Cream: 1/2 lb. margarine
 1 cup sugar
 3 eggs - (mix in one at a time)

Add: 3 cups flour
 3 tsp. baking soda
 1 cup sour cream
 1 tsp. vanilla

Filling: 1/2 cup sugar
 1/2 cup nuts
 1/2 cup white raisins
 1 tsp. cinnamon

Put batter in pan, alternating batter and filling.
 Bake in greased tubular pan at 350° for 45 minutes.

--Nancy Herb

CRUMB CAKE

Combine and sift together and crumb between fingers:

4-1/2 cups flour (cake 2-1/2 cups sugar
 or regular) 2-1/2 sticks margarine or
 4 tsp. baking powder butter

Take out and reserve 2 cups of crumbs for top of
 batter. Beat 5 egg yolks well with one cup of
 milk, 1 tsp. vanilla, and add these to the rest
 of the crumbs. Mix well.

Beat the white of the 5 eggs until stiff and fold
 into batter, blending well. Pour 1/2 of the batter
 into a well-greased pan or pans. Sprinkle the
 reserved (1/2 of the crumbs) over the top. Pour
 rest of the batter on top of the crumbs and then
 sprinkle the rest of the crumbs on top. Put some
 cinnamon in the crumbs to taste. Bake about 55
 minutes or less in a 400° oven.

--Pauline Thomann

HAWAIIAN COFFEE CAKE

Sift together: 1-1/2 cups sifted flour
2-1/2 tsp. baking powder
1/2 tsp. salt
1/2 cups sugar

Combine: 1 beaten egg
1 cup crushed pineapple
1/4 cup shortening

Add pineapple mixture to flour mixture. Stir until flour is moistened. Pour into greased 6 x 10 pan.

Top with: 1/2 cup coconut
1/2 cup brown sugar
2 tbsp. flour
2 tbsp. butter

Bake in 400° oven for 25 minutes. (This is Mom's and it's delicious!)

--Gloria Branning

CINNAMON FLOP

1 cup sugar
1 cup milk
1/2 tsp. salt
1 tbsp. butter
2-1/2 cups flour
2-1/2 tsp. baking powder

Mix above and sprinkle on top 1 cup brown sugar, 1 tbsp. of melted butter - sprinkle cinnamon on top. Bake in 350° oven about 25 minutes. Makes 2 cakes.

Note: This recipe is nice to use for breakfast or coffee time and is great served warm. - Nice to use if you run out of eggs.

--Thelma Smock

MORAVIAN CAKE

(simple and quick)

1 cup sugar
 1 cup flour = Work together
 butter size of egg

Add: 1-1/2 cups flour
 2 tsp. baking powder
 1 cup milk

Sprinkle with brown sugar, cinnamon and butter.
 Bake at 350° for 35 minutes or until light brown.

--Gloria Branning

DANISH COFFEE CAKE

2-1/4 cups flour 1 tsp. cinnamon
 1/2 tsp. salt 1 cup brown sugar
 3/4 cup white sugar 3/4 cup salad oil

Mix above ingredients together; remove 1/2 cup for topping.

Add 1 tsp. soda, 1 egg and 1 cup buttermilk.
 Blend well; pour into greased 9 x 12 pan. You may add 1/2 cup chopped nuts to topping; press into mixture.

Bake at 350° for 30 or 35 minutes.

--Mrs. E. T. Gehman

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It's not enough to love flowers; you must hate weeds.

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CANNING and PRESERVING

SEVEN-DAY SWEET PICKLES

7 pounds medium-sized cucumbers	8 cups sugar
water to cover	2 tbsp. salt
1 quart vinegar	2 tbsp. mixed pickle spices

Wash cucumbers and cover them with boiling water. Let stand 24 hours and drain. Repeat each day for 4 days, using fresh water each time. On the 5th day, cut cucumbers in 1/4" rings.

Combine vinegar, sugar, salt and spices. Bring liquid to a boil and pour over sliced cucumbers. Let stand 24 hours.

Drain syrup and bring to a boil. Pour over cucumbers. Repeat on the 6th day. On the last day, drain off the syrup again and bring it to a boil. Add cucumber slices and bring it to a boiling point. Pack into hot jars and seal.

(These are very crisp and delicious. They seem like a lot of work, but really the work is spread out over 7 days and not much to do on one day.)

--Joan Weaber

CATSUP

4 qts. tomato puree	1 tbsp. celery salt
6 peppers (made into pulp in blender)	2" stick cinnamon
1/2 tsp. dry mustard	1 cup sugar
2 tsp. garlic salt	1-1/2 cups vinegar
1 tbsp. salt	1 tsp. paprika
1-1/2 tsp. allspice	2 tsp. onion salt

Mix; bring to boil, stirring frequently. Cook 30 minutes. Pour into hot jars and seal.

--Marie Bean

TOMATO JUICE

<u>Homemade</u>	<u>Canned</u>
6 qts. tomato juice	- 4 cans
2 tsp. onion salt	- same
1 tsp. celery salt	- same
1/2 tsp. garlic salt	- 1 tsp. (I omit this)
2 tbsp. salt	- none
1-1/2 cups sugar	- 1 cup
dash pepper	- same

Mix dry ingredients in 1 cup juice. Add to mixture and bring to a boil. Can be canned or frozen.

--Lenore Knauer

TOMATO JUICE

1 peck of tomatoes (8 quarts=1 peck)
3 or 4 good sized onions
3 peppers

Cook until the above are soft. Put through fruit press.

To juice add: 1 heaping tbsp. salt
1 cup sugar
1 tsp. celery seed or 1 stalk of
celery to tomatoes.

(I make enough to can for our Thanksgiving, Christmas, etc., for very special holidays. This is not just tomato juice, but very special.)

--Joan Weaber

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No nation has better citizens than the parents who teach their children to pray.

RASPBERRY RHUBARB JAM

2 10-ounce pkgs. frozen raspberries, thawed
 1 pound rhubarb, cut in 1" pieces (4 cups)
 1 2-1/2 oz. pkg. powdered fruit pectin
 5 cups sugar

In Dutch oven or large kettle, combine fruits. Stir in the pectin. Place over high heat, stirring till mixture reaches a hard boil. Immediately stir in sugar. Bring to a full, rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Using metal spoon, skim off foam; stir and skim for 5 minutes. Quickly ladle into six 1/2 pt. jars. Seal.

--Carolyn Ellingson

TOMATO JUICE

7 qrts. tomato juice
 1 cup sugar
 3 tbsp. salt
 2 tsp. celery salt
 2 tsp. onion salt
 1 tsp. garlic salt

Boil 10 minutes. Pour into jars and seal.

(When I boil tomatoes and put them through colander, I use the juice for tomato juice and the puree for catsup or sauces.)

--Marie Bean

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The best thing parents can spend on their children is time -- not money.

HAM BALLS

Grind together 5 lbs. ham and 5 lbs. lean pork

8 eggs, beaten 1/4 tsp. pepper

2 cups toasted bread salt
crumbs

Mix the above ingredients well. Shape into balls.

Sauce: 4 cups crushed pine- 1/4 c. vinegar
 apple 2 tbsp. dry mustard
1-1/2 cups brown sugar

Pour sauce over balls which have been placed close together in a flat pan. Bake 1-1/4 hours at 350°. Makes 72 balls. (If necessary, baste with pineapple juice. These may be made up and frozen for a few days when serving large group. Let them thaw before placing in oven to bake. May use some ground beef in place of some of the lean pork. Serves 36)

--Charlene Cassel

PIZZA BUNS

8 hamburger rolls 6 oz. can tomato sauce

16 slices American Oregano
cheese

Cut hamburger rolls in half. Place rolls under broiler until brown. Turn and brown other side. Place slice of cheese on roll. Cover cheese with tomato sauce. Sprinkle oregano over tomato sauce. Place under broiler until cheese is brown and slightly melted. Serves 6-8. (This recipe is easy to enlarge to serve a crowd.)

--Gail Beil

HOT CHOCOLATE

1 gal. water 2-1/2 cups Nestle's Quik
5-1/3 cups dry milk Chocolate

--Valerie Baer

BAR-BE-QUE

16 lbs. hamburger	1 pt. chili sauce
3 cups onions	1/2 cup sugar
2 cups celery	3/4 cup vinegar
2 bottles catsup	7 tsp. mustard (not level)
6 cans tomato soup	2 tbsp. salt

(About 200. This is the recipe Mother and I used when we made barbeque for 100 at our Bethlehem Young People's socials. We got tired of adding a little of this and that and tasting, so finally put down everything we added one day and totaled it. This has been passed on and on.)

--Theima Smock

SLUSH PUNCH

4 boxes raspberry Jello	4 cups water
4 cups sugar	

Boil water, add jello and sugar. Boil 2 minutes; pour into big pan with:

- 1 12-oz. can frozen lemonade
- 2 12-oz. cans frozen orange juice
- 1 large can pineapple juice

Mix and add 8 qts. water. Freeze 24 hours. Take out about 2 hours before serving. Smash with a knife. 50 servings. (A good punch recipe that can be prepared ahead of time and frozen.)

--Nina Buck

PUNCH

2 46-oz. cans pineapple juice	5 29-oz. bottles gingerale
2 6-oz. cans frozen lemonade	2 pkgs. Strawberry Koolade
3 6-oz. cans frozen orange juice	2 cups sugar
	1 46-oz. can grapefruit juice
	8 qts. water

(Recipe has been passed on and used at "Open

DESSERTSDATE PUDDING

Syrup ingredients: 1-1/2 cups boiling water
 1 cup brown sugar
 1 tbsp. butter

Boil for 3 minutes. This syrup goes into your baking dish. Put batter spoonful by spoonful into this syrup.

Batter ingredients:

1 tbsp. butter	2 tsp. baking powder
1/2 cup brown sugar	1/4 cup nut meats (English walnuts best)
1/2 cup milk	
1 cup sifted flour	1/2 cup dates

Dip batter into baking dish in the above syrup. Bake at 350° for about 30 minutes. Delicious served with vanilla ice cream.

--Marje Phillips

PEACH or APPLE BUCKLE

Cream together 1/2 cup shortening and 1 cup sugar. Add 2 beaten eggs. Sift together:

2 cups flour	1 tsp. salt
3 tsp. baking powder	

Add dry ingredients alternately with 2/3 cup milk to the creamed mixture. Pour into greased 9 x 13 pan. Slice peaches or apples and lay on top of batter.

Mix together topping:

1 cup sugar	1/2 cup butter
2/3 cup flour	1 tsp. cinnamon

Sprinkle topping on top. Bake at 350° for 40 minutes.

---Nancy Herb

BAKED PEACH PUDDING

2 cups sifted flour Pinch of salt
2 tsp. baking powder

Sift all together and cut in a scant 1/2 cup butter. Mix with sufficient milk to make a soft dough. Roll out dough 1/2 inch thick; cut in strips. Encase a whole ripe, pared peach (including stone). Leave top and bottom of the peach exposed. Place in baking dish.

Prepare a syrup of: 2 cups sugar
1 cup water

Let come to a boil. Pour over dumpling and bake 1/2 hour in 350° oven.

(The dough will also make excellent biscuits.) While my daughter, Verletta, prepared the dough, I pared the peaches, and we had a delicious dessert in a short time.

--Ida Hottel

CRANBERRY-APPLE CRISP

1/4 cup sifted flour 1/2 cup butter, melted
1/2 tsp. salt 1-1/2 cups granulated sugar
1-1/2 cups quick cooking rolled oats 1 tbsp. cornstarch
1/4 c. firmly packed 1 cup cold water
dark brown sugar 2 cups fresh cranberries
1 cup chopped pared apples

In a small bowl sift together the flour and salt; thoroughly stir in oats and brown sugar. Add butter and mix until crumbly; set aside.

In a medium saucepan, stir together the sugar and cornstarch; gradually stir in water, keeping smooth. Cook over medium heat, stirring constantly, until thickened and clear. Add cranberries and cook 5 minutes. Off heat, stir in apples. Turn into an ungreased 8" square pan. Sprinkle oatmeal mixture over top and bake 25 minutes in 350° oven. Serve warm with vanilla ice cream. Serves 8.

--Valeria Baer

CHERRY SAUCE

1 #2 can (2-1/2 cups)	1/2 cup sugar
pitted tart red	1-1/2 tbsp. cornstarch
cherries	Few drops red food coloring

Drain cherries, reserving juice. Combine 3/4 cup of cherry juice and the sugar; heat to boiling. Add cherries; cook 10 minutes. Mix cornstarch with remaining cold cherry juice; add to hot mixture gradually. Cook, stirring constantly until thick and clear. If desired, add few drops red food coloring. Serve warm over cake. (I asked my mom for a sauce I knew she used for "stale" cake, but she sent one her sister had sent instead. So I tried it out when one large missionary family was being entertained, added some water, and came out with just enough. A fresh cake was used though.)

---Julie Zimmerman

CHERRY COBLER

2 cups or more cherries	1 cup sugar
1 stick butter	

Put this in a pan and let come to a boil.

Second mixture:

1 cup flour	1/2 cup sugar
2 tsp. baking powder	1/2 cup milk
	2 tsp. vanilla

Mix together. Use a flat pan like a biscuit pan. Pour batter mixture in first then the cherry mixture. Bake at 350° for about 30 minutes. Serve with whipped cream, ice cream or milk. Other berries may be used in place of cherries.

(This recipe comes from one of our Southern ladies who collects recipes as a hobby. We love it.)

---Thelma Smock

CAKESWACKY CAKE

1-1/2 cups flour	5 tbsp. oil
1 cup sugar	1 tbsp. vinegar
3 tbsp. cocoa	1 tsp. vanilla
1/2 tsp. salt	1 cup cold water
1 tsp. soda	

Mix dry ingredients. Add liquid, mix well and bake in 350° oven. 8 or 9 inch square pan.
(From our Jungle Camp cookbook)

---Marlene Hoffman

Double the above recipe and make 28 large cup cakes or 36 small cupcakes. For cup cakes instead of icing, I use

1 8-oz. pkg. cream cheese	1/3 cup sugar 1/8 tsp. salt
1 egg	

Beat well, add 6 oz. chocolate chips. Fill cups 1/3 full with chocolate mixture; top each with cream cheese mixture and bake.

---Marie Bean

PUMPKIN CAKE

1-1/4 cups oil	2 tsp. baking powder
2 cups sugar	1 tsp. salt
4 eggs	3 tsp. cinnamon or pump-
2 cups canned pumpkin	kin spice
3 cups sifted flour	1/4 tsp. nutmeg
2 tsp. baking soda	1/2 cup nuts

Blend oil, sugar and eggs one at a time and beat after each addition. Add pumpkin. Gradually add sifted dry ingredients and nuts. Bake at 350° approximately 1 hour in tube pan or 9 x 13 pan. It is moist and large.

---Darlene Mahurin

CRANBERRY CLOUD HIMMEL CAKE

1 pkg. angel food cake mix	2 cups confectioners sugar
1-1/2 cups cranberry-orange relish	2 tbsp. rum (or 1/2 tsp. rum flavoring)
	whipping cream

Prepare cake mix according to package directions. Bake according to package directions, as well. Cut with serrated-edged knife making 3 layers. Spread top of each layer with cranberry-orange relish. Whip cream with sugar and rum until stiff. Top each layer with whipped cream. Stack layers on serving platter. Garnish cake with additional cranberry-orange relish, if desired. Chill until ready to serve.

(This recipe came from "Grit" paper. Dan's grandmother, Nannie Didden, subscribed to this for us when we were first married. It is most elegant looking, yet very simple to make and most delicious.)

--Jackie Ziegler

SHOOFLY CAKE

4 cups sifted flour	1 cup soft butter or margarine
1 lb. brown sugar	

Make crumbs of this mixture; set aside 1-1/2 cups of mixture. To remaining mixture add:

2 cups boiling water	1 cup molasses
2 tsp. baking soda	

Mix well; batter is thin. Put in greased and floured 9 x 13 inch cake pan. Put crumbs on top (mixture which was set aside). Bake at 350° for 45 minutes to 1 hour.

--Dell Dunn

--Marie Bean

TRAVELING CUSTARD PUMPKIN CAKE

1-3/4 cups flour	1/3 cup shortening
1-1/4 cups sugar	1 cup milk
2-1/2 tsp. baking powder	1 large egg
1 tsp. salt	1 tsp. vanilla
	1/2 cup chopped nuts

In large mixer bowl, combine flour, sugar, baking powder and salt. Add shortening and 3/4 cup milk. Blend. Beat at medium speed for 2 minutes, scraping bowl often. Add remaining milk, egg and vanilla. Beat for 2 minutes. Stir in nuts. Pour into greased 13" x 9" pan. Gently spoon custard over cake batter. Bake at 350° for 50-60 minutes or until pick comes out clean. Cool.

Custard:

2 eggs, separated	1 tbsp. flour
1 cup sugar	1 cup cooked pumpkin
1 cup milk	2 tsp. pumpkin spice

Beat egg whites until stiff. Do not overbeat. Set aside. Now combine egg yolks, sugar, milk, flour, pumpkin and spice; blend well. Fold in egg whites.

Topping: Combine 1 cup heavy cream and 1/4 cup 10X sugar; beat until thickened.

(Tip: 1 tsp. cinnamon, 1/2 tsp. nutmeg and 1/4 tsp. ginger equal pumpkin spice. Cool Whip may be substituted for topping (spread thinly)).

--Joan Weaber

APPLE CAKE

2 cups flour	1 egg
4 tsp. sugar	1/3 cup milk
2 tsp. baking powder	1/2 tsp. salt
4 tbsp. Crisco	Apple slices

Mix together above ingredients. Put fruit on top and sprinkle with brown sugar. Bake at 375° about 1 hour.

--Julie Zimmerman

NEW ENGLAND SPONGE CAKE

6 eggs	1/2 tsp. salt
1 cup sugar	2 tbsps. lemon juice
1 cup flour	1 tbsps. water

Separate the eggs. Beat yolks until thick and lemon colored. Add sugar slowly. Beat thoroughly. Add lemon juice and water. Add salt to flour. Combine mixtures. Mix smooth. Fold in stiffly beaten egg whites. Pour into ungreased tube tin. Bake in slow oven (275-350°) for one hour. Increase heat gradually after first 15 minutes. Invert pan. Let cake cool. Remove carefully with spatula. Dust with confectioner's sugar.

--Dora Gehman

RENALDE LAMB CAKE RECIPE

1 cup butter	3 cups sifted cake flour
2 cups sugar	1/4 tsp. salt
4 eggs, separated	3 tsp. baking powder
1 cup milk	1 tsp. vanilla

Cream shortening and sugar until fluffy; add egg yolks one at a time, beating thoroughly after each addition. Sift dry ingredients together 3 times and add alternately with milk and vanilla to creamed mixture, beating until smooth after each addition. Fold in stiffly beaten egg whites. Grease cake pan or mold thoroughly. Bake at 350° till done.

(Note: This recipe came with my lamb mold and is a delicious white cake of a little heavier texture.)

--Thelma Smock

APPLE CAKE

Pare and slice 4 apples (very thin). Add 2 tsp. cinnamon and 2 tbsp. sugar. Mix; set aside.

Batter:

4 eggs	3 cups flour
2 cups sugar	3 tsp. baking powder
1/2 tsp. salt	1/2 cup orange juice
1 cup oil	1 tsp. vanilla

Beat eggs well; add sugar and beat together; add oil. Mix flour, baking powder and salt together and then add to egg mixture, alternating with orange juice; add vanilla and mix well. Grease tube pan, then put apples, batter, apples, batter. Bake 350° for 1 hour 15 minutes or until done. Very good and moist.

--Joan Weaber

BLUEBERRY BUCKLE CAKE

Cake mixture:

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

Topping:

1/2 cup sugar	1/2 tsp. cinnamon
1/3 cup sifted flour	1/4 cup soft butter

Mix together sugar, shortening, egg. Stir in milk. Sift together flour, baking powder and salt and add to above. Blend in 2 cups well-drained (1 box of fresh or frozen blueberries). Put in greased and floured 9-inch square pan. Sprinkle with topping and bake at 375° for 45-50 minutes.

--Joan Weaber

CHEESE CAKE

Crust:

4 tbsp. sugar	3 tbsp. melted butter
2 cups Graham cracker crumbs	1/2 tsp. cinnamon

Line sides and bottom of spring-type pan with crust and chill while preparing the filling.

Filling:

1 cup sugar	1 tsp. salt
4 whole eggs	3 <u>large</u> cakes of cream cheese

Place these ingredients into a pan and put on low heat. (It helps to get a smooth filling more quickly to beat with electric mixer before heating.) Continue to stir while heating slowly until mixture is smooth. Then add 1 tbsp. lemon juice. Pour this into chilled crust and bake in preheated oven at 350° for 25 minutes. (Sometimes I bake mine 30 minutes.) It's important that the filling is set.)

Topping:

1 pt. sour cream	4 tbsp. sugar
1 tsp. vanilla	

Mix these ingredients in a bowl, and after filling is baked, let it set for a few minutes to cool slightly. Gently pour topping mixture on cake and spread it around. Return to oven and bake 10 minutes at 450°.

---Bea Koch

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Give no more to every guest,
Than he's able to digest,
Give him always of the prime,
And but little at a time.

SOUR CREAM BLUEBERRY CAKE

1/2 cup soft butter or margarine	1 tsp. baking soda
1 cup sugar	1/2 tsp. salt
3 eggs	1 cup dairy sour cream
2 cups sifted flour	1 tsp. vanilla
1 tsp. baking powder	2 cups blueberries
	1/2 cup brown sugar

Cream butter and sugar, add 1 egg at a time beating well after each addition. Sift dry ingredients together; add gradually to egg mixture, alternating with sour cream ending with flour mixture. Stir in vanilla. Fold in 1 cup of blueberries. Pour half the batter into a well greased and floured pan, 9 x 13 x 2 inches. Cover with remaining blueberries and sprinkle with brown sugar. Top with remaining batter. Bake at 325° for 45 - 50 minutes or until cake is done. Cool in pan 10 minutes. Remove to rack to finish cooling.

--Johanne Kirkwood

MOIST CHOCOLATE CAKE

2 cups sugar; 1/2 cup melted butter = Cream	
2 eggs - add one at a time while beating	
3/4 cup cocoa	1 cup milk
2 cups flour	1 tsp. vanilla
1 tsp. baking powder	1 cup hot coffee or
2 tsp. baking soda	water - add last

Add ingredients as listed. Batter is very thin. Bake in 350° oven for 30 minutes. Makes large cake.

--Bertha Fritz

BUTTER CRUSTED POUND CAKE

1/3 cup butter or margarine	3 tbsp. flour
1/2 cup firmly packed brown sugar	2 tbsp. sugar
	1/2 cup coconut
	1/4 cup chopped walnuts

Combine in mixing bowl and mix well, reserve 1/4 cup - press on bottom and side of loaf pan. Chill while mixing cake.

1/2 cup butter	1/4 cup milk
3/4 cup sugar	1 tsp. vanilla
1 - 3 oz. pkg. cream cheese	1-1/2 cups flour
2 eggs	1/2 tsp. baking powder
	1/2 tsp. salt

Cream butter, sugar, cream cheese until light and fluffy; add eggs one at a time beating well after each addition. Add half dry ingredients and blend well using low speed on mixer. Blend in milk, vanilla then remaining dry ingredients and pour into pan. Sprinkle reserve crumbs on top. Bake until golden brown and it springs back when touched lightly. Cool 10 minutes. Remove from pan. Cool completely upside down. Temp. 325° - 60 to 70 minutes.

--Johanne Kirkwood

CHOCOLATE DATE CAKE

Mix: 1 cup chopped dates, 1-1/2 cups boiling water, 1 tsp. soda

Cream: 1/2 cup shortening, 1 cup sugar, 2 eggs.

Add to date mixture. Add 1-1/4 cups flour and 3 extra tbsp. flour and 3/4 tsp. soda and a pinch of salt. Pour into 9" x 13" pan and sprinkle over the top 1 pkg. chocolate chips, 1/2 cup sugar and 1/2 cup nuts. Bake at 350° for 40 minutes. Serve with whipped cream on top.

--Marlene Hoffman

FRUIT-FILLED CAKE ROLL

3/4 cup sifted cake flour	1 tsp. vanilla
3/4 tsp. baking powder	1-1/3 cups (about) flake coconut
1/4 tsp. salt	1 pkg. strawberry jello
4 eggs (room temperature)	1 cup boiling water
3/4 cup sugar	1 pkg. (10 oz.) frozen strawberries

Sift together flour, baking powder and salt. Beat eggs. Gradually add sugar, beating until thick and light colored. Gradually fold in flour mixture; then add vanilla. Pour batter into a 15½ x 10½ x 1 inch pan that is greased, lined with waxed paper and greased again. Sprinkle coconut over batter. Bake in hot oven (400°) about 13 minutes. Then turn cake out on cloth that has been sprinkled generously with confectioner's sugar. Remove paper, trim off edges. Roll cake, rolling cloth up with cake. Cool thoroughly on cake rack.

Meanwhile dissolve Jello in boiling water. Add frozen fruit and stir until berries separate. Let stand until thickened, stirring occasionally. Then unroll cake, spread with filling and roll up again. Sprinkle with confectioner's sugar or spread with Dream Whip. Chill and store in refrigerator until serving.

---Mae Hartman

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The right angle to approach your problem
is the "TRY" angle.

GERMAN RAW APPLE CAKE

Cream 1/2 cup shortening and 1 cup sugar.

Add 2 eggs and 1/2 cup brown sugar and cream.

Blend:	2-1/4 cups flour	1/4 tsp. salt
	2 tsp. baking soda	1 cup sour milk
	2 tsp. cinnamon	2 cups diced apples (fold in)

Topping:	1/4 cup brown sugar	1/2 cup chopped nuts
	1/4 cup white sugar	

Bake in greased and floured pan at 350° for 40 minutes.

--Nancy Herb

MACARON ANGEL CAKES

Sift together:

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

Beat 6 egg whites (3/4 cup) with 1/2 tsp. cream of tartar, 1/2 tsp. vanilla and 1/2 tsp. almond extract until soft mounds form.

Add 1/3 cup sugar gradually, beating well after each addition. Continue beating until stiff peaks form. Fold in dry ingredients gently but thoroughly; add 1 cup coconut.

Fill paper baking cups about 1/2 full. Place in muffin cups or baking sheets. Bake at 300° for 40-45 minutes.

---Carolyn Ellingson

CANDYPEANUT BUTTER EGGS

Mix in bowl by hand:

2 boxes confectioner's sugar	1 tsp. vanilla 4 eggs
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In double boiler melt:

4 oz. German semi-sweet chocolate
1/2 lb. paraffin (2 layers)

Roll finished eggs in crushed peanuts if desired. Should the chocolate and paraffin mixture cool before finishing, reheat slightly and finish rolling the eggs. (Makes about 4 dozen medium-sized eggs.)

--Gloria Branning

FESTIVE FUDGE

Mix in pan:

2 cups sugar	12 regular marsh-
2/3 cup evaporated milk	mallows 1/2 cup butter few grains of salt

Cook, stirring over medium heat to a boil. Boil and stir 5 minutes. Remove from heat. Stir in until completely melted a 6 oz. pkg. (1 cup) chocolate bits, 1 cup nuts and 1 tsp. vanilla.

Spread in buttered 8" square pan. Cool and cut.

--Marlene Hoffman

PEANUT BUTTER DELIGHTS

1 cup sugar	1/2 cup pecans (chopped)
1 cup white corn syrup	1/2 cup shredded coconut
1 cup peanut butter	
1/4 cup oleo	4 cups Special K Cereal

Heat sugar and syrup until sugar dissolves. Bring to a boil. Stir in peanut butter until dissolved; add oleo, pecans, coconut. Mix well. Pour over cereal. Stir until well coated. Drop from teaspoon onto waxed paper. Cool. Makes 5 dozen.

---Marie Bean

CRUNCHIES

2 cups quick oats	1 tsp. baking powder
1 cup sugar	1 cup coconut
2 cups flour	pinch of salt

Melt: 1 cup margarine
1 tsp. baking soda
2 tbsp. golden syrup (Karo)

Mix all together. Spread in 9" x 13" cake pan. Bake at 350° for 20 - 25 minutes. Cut while warm.

(Here is something quick and easy for unexpected guests. Especially good for teenagers.)

---Nina Buck

"WHIPPED CREAM" FROSTING

Mix 3 tbsp. flour and 3/4 cup milk. Cook until thick. Cool.

Cream 1/3 cup butter or margarine and 1/4 cup shortening (Crisco) for 4 minutes

Add 3/4 cup granulated sugar and beat 4 minutes. Add cooled paste gradually and beat 4 minutes. Add 1-1/2 tsp. vanilla.

(This frosting looks and tastes like whipped cream but has no cream in it.)

--Bertha Fritz

CREAMY ICING

2-1/3 cups sifted confectioner's sugar	2 tbsp. water
1/4 tsp. salt	1/4 cup granulated sugar
1 egg	1/2 cup Crisco
	1 tsp. vanilla

Mix confectioner's sugar, salt, and egg. Boil the water and granulated sugar together for 1 minute, then blend with the sugar and egg mixture. Add Crisco and vanilla. Beat until creamy. (If chocolate icing is desired, melt 2 squares semi-sweet chocolate and add to Crisco and vanilla.)

--Gloria Branning

BAKERY ICING

2 tbsp. White Karo	1 egg (raw)
2-1/3 cups confection- er's sugar	2/3 cup Crisco 1 tsp. vanilla

Mix together in one bowl. Makes ample icing for a large cake. Keeps in warm weather too!

---Darlene Mahurin

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A house should have a cookie jar
for when it's half past three
And children hurry home from school
as hungry as can be,
There's nothing quite so splendid
As spicy, fluffy ginger cakes
And sweet milk in a cup
A house should have a mother
waiting with a hug
No matter what a boy brings home
a puppy or a bug
For children only loiter
when the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss!!

PIESLEMON PIE or CUSTARD

Sweet dough:

1 cup flour	3 tbsp. lard or other
1/2 cup sugar	shortening
	pinch salt

Mix as crumbs and wet with one beaten egg to which 1/2 tsp. baking soda is added. Roll dough and cut into 1-inch strips and cover pies.

Filling:

2 lemons - grated rind and juice	2 rounded tbsp. of flour
2 cups sugar	2 cups milk
1 egg	

Mix and pour into two 9-inch unbaked pie shells. Bake in 375° oven until done - 35 to 40 minutes.

(This recipe was used by my mother and maybe by her mother. Anybody that likes lemon will love this pie.)

--Mrs. F. B. Hertzog

CRUNCHY NUT CRUST

1-1/2 cups finely chopped walnuts	3 tbsp. sugar
	2 tbsp. soft butter

Heat oven to 450°. Mix above ingredients in bowl. Press firmly and evenly in buttered pie pan. Bake 5-6 minutes - watch closely. (This is a different crust to use - Is especially good with chocolate filling or various chiffon fillings.)

--Charlene Cassel

CRANBERRY ANGEL PIE

1 3-oz. pkg. orange gelatin	3/4 cup chopped walnuts
1 cup boiling water	1 pie crust
1 1-lb. can jellied whole cranberry sauce	1/2 cup cream (can be Cool Whip)

Empty orange gelatin in bowl; add boiling water and stir thoroughly until dissolved. Add cranberry sauce to gelatin mixture and stir. Chill mixture stirring occasionally until mixture becomes slightly thickened. Then beat with rotary beater until gelatin is light and fluffy or until beater leaves tracks in mixture. Fold in nuts. Turn into crumb crust. Chill 3 to 4 hours. Put cream on top and serve. (Can use without crust)

--Yvonne Watkins

PENNSYLVANIA DUTCH SHOO-FLY PIE

Crumbs: 2 cups flour
1-1/2 cups brown sugar
4 tbsp. shortening

Mix like pie dough. Take out 2 cups of crumbs for top. In same bowl mix:

2 cups regular molasses	1-1/2 cups hot water
2 eggs	

Mix well. Add 2 tsp. baking soda to an extra 1/2 cup of hot water. Pour into 2 unbaked pie shells - 9" pie tins. Bake at 400° for 10 minutes and then turn down to 350° to finish the pies.

--Nancy Herb

APPLE CAKE PIE

4 cups thin sliced apples

1/2 cup sugar

1/2 tsp. cinnamon

= Mix and sprinkle over
apples

Batter:

1 cup flour

1 cup sugar

3/4 tsp. baking powder

1/4 tsp. salt

Beat together and add to batter:

1 egg

1/3 cup evaporated
milk

3 tsp. water

1/2 cup melted butter

Pour over apples. Bake 325° - 1 hour.

--Marie Bean

IMPOSSIBLE COCONUT PIE

4 beaten eggs

1/2 cup self-rising
flour

2 cups milk

1-3/4 cup sugar

1 tsp. vanilla

1/2 stick margarine

1 7-oz. can coconut or

small amount of

frozen

Mix together ingredients and pour into pie plate. Use no pastry. Bake at 350° for 30 to 40 minutes.

(Note: This also is a recipe from the collection of our "Southern Belle".)

--Thelma Smock

ECONOMY RECIPESBEEF BRISKET

Sear meat. Wrap in foil with package of dried onion soup mix, cut-up carrots, pepper and tiny bit of Worcestershire Sauce. Seal and bake in 275° oven for 4 hours.

I use any cheap roast, cook it this way, and it always comes out very tender. (Have tried a brisket once and 5 lbs. were served at 5 different meals; can't remember how many people it served.)

--Julie Zimmerman

BAKED BEEF ROUNDS

2 lbs. ground beef	1 egg slightly beaten
1 cup bread crumbs	2 tsps. Worcestershire
1 cup catsup	Sauce
1 large onion	1-1/2 tsp. salt
	1/4 tsp. pepper
one 8-oz. can tomato sauce	1 small onion sliced and separated into rings
6 lemon slices	

Place first 8 ingredients into big bowl and toss lightly. Shape into 6 thick rounds (patties); place in a shallow baking pan; combine tomato sauce and onion rings, spooning this around patties. Bake uncovered at 375° for 1 hour. When finished baking, garnish with lemon slices. This can be mixed in the morning, stored in refrigerator and used at noon or evening meal.

--Gertrude Herb

ECONOMY STEAK

2 lbs. ground beef 3/4 cup water
 (not hamburger) salt
 3/4 cup oatmeal sprinkle with onion salt

Mix. Press on cookie sheet which has been lined with aluminum foil; freeze. (Cover with foil also) A day or two before you are ready to use, cut in serving-size pieces and fry in deep fat. Put in casserole and add 1 can mushroom soup. (I also use onion soup for a change.) Store in refrigerator until ready to use. Heat in 350° oven for 30 minutes or until hot.

(I find this very convenient for me to avoid the last minute rush; by the time the vegetables are done, the casserole is ready too. For luncheons I serve home-made baked beans and have them prepared ahead of time, heating them at the same time as the meat.)

--Marie Bean

CHINESE HOT DOG CASSEROLE

1 onion
 1 green pepper -- Chop and brown in oil

Wash and put through large cut in grater (making thin slices) 4-5 medium sized potatoes. I don't even peel them. Brown these in the onions, peppers and oil. Chop hot dogs (6-10) into pan and brown. Cut up 1 dill pickle - add.

1 cup dill pickle juice - add. Cover and simmer for 10-15-20 minutes, depending on your preferred texture of the potatoes. Serves 6-8.

(I got this from a Woman's Circle Magazine.)

--Darlene Mahurin

CORNED BEEF and DUMPLINGS

1/4 cup chopped onion	1/4 tsp. chili powder
1 tbsp. shortening	1 cup cooked peas
1 can (12 oz.) corned beef	Dumplings:
1 can condensed tomato soup	1 cup all purpose flour
1/3 cup water	1-1/2 tsp. baking powder
1 tbsp. vinegar	1/2 tsp. salt
1 tbsp. sugar	2 tbsp. sawtoothing
	2/3 cup milk

Saute onion in shortening in skillet. Add corned beef; break apart. Add soup, water, vinegar, sugar, chili powder and peas. Mix well. Cook over low heat while preparing dumplings.

For dumplings, spoon unsifted flour into measuring cup, leveling off. Add baking powder and salt to flour; stir to blend. Cut in shortening with pastry blender until mixture resembles coarse meal. Add milk. Stir with fork until all ingredients are moistened.

Drop dumplings by spoonfuls into hot meat mixture. If you wish, sprinkle with grated sharp cheese. Cook 20 minutes, covered, over low heat. 4-6 servings.

---Carolyn Ellingson

QUICKY STICKIES

3/4 cup light brown sugar	4 tbsp. butter
1/4 cup water	1/4 cup raisins
	1 can refrigerator biscuits

Melt butter in skillet on top of burner, add sugar, water and raisins. Separate biscuits and arrange in pan. Add mixture. Bake in 450° oven until tops of biscuits are brown. Turn out onto platter and serve immediately.

---Nancy Herb

APPLE PUDDING

1 qt. pared and sliced apples
 1/2 cup sugar and cinnamon over apples

Place the above in a 1 qt. baking dish. Over the top place this topping -

Beat with mixer:

1/4 cup butter	1/2 cup flour
1/2 cup sugar	1/2 tsp. salt
1 egg well beaten	1 tsp. baking powder

Bake at 375° for about 30 minutes. (May take longer - depending on apples.) Good served with milk or dessert topping.

--Lois Plows

CRACKER PUDDING

3/4 cup coconut	1 cup sugar
1 cup crackers rolled fine	3 eggs
	4 cups milk

Beat eggs, add sugar and mix together. Stir in the milk. Add crackers and coconut. Cook and stir constantly until mixture is thick. Remove from heat and add 1 tsp. of vanilla. May be served warm or cold.

--Gertrude Herb

CANDIED CARROTS

1 bunch carrots	1/4 cup water
1 tsp. lemon juice	1/2 tsp. salt
1/4 cup sugar	1 tbsp. butter

Scrape carrots; cut in lengthwise strips. Add remaining ingredients. Cover; cook over low heat until carrots are tender and glazed. Makes 6 servings.

--Gertrude Herb

INDIAN CURRY

2 lbs. stewing beef	salt and pepper
cut in small chunks	4-6 tbsp. curry powder
4 large onions, sliced	1 cup raisins
2 cloves garlic,	1 can evaporated milk
crushed	water as needed

Saute onions and meat in margarine or Crisco. Add salt, pepper and garlic and water and cook slowly until meat is very tender, about 3 hours. Add water, as needed, one cup at a time to keep meat from going dry. When well done, stir in curry and cook 1 minute. Add raisins and evaporated milk. Cook until heated through and bubbly.

Serve over hot rice with the following:

chopped cucumber	shredded coconut
crushed, canned pine-	chopped banana
apple, drained	peanuts
chopped tomato	chutney

Place these in small bowls and pass around. Sprinkle over curry. Serves 8.

--Darlene Largent
Missionary to Indonesia

MEXICAN ENCHILADAS

Tortillas	shredded cheese
Hamburger (browned)	Las Palmas sauce (or
chopped ripe olives	other brand enchilada
chopped green onions	sauce)

Make piles of the above foods. The hamburger should be cooked loosely. Place several spoonful of each ingredient into the tortilla, place tortillas in baking pan and pour Las Palmas sauce over all. Bake at 375° until slightly browned. (Excellent for young people's social)

--Addy Mull

UGALI (oogali)

About 5 cups of water to 5 cups of corn flour (this is not cornstarch, but the flour made by grinding corn kernels) or millet flour - dash of salt.

Bring water to a rolling boil. Add salt; add flour all at once. Stir until flour is well mixed. Keep on stirring flour to prevent burning until it is hot. Ugali is an African dish and is usually served with stew.

Stew

1 lb. meat	salt and pepper
2 cups water	vegetables (carrots,
4 potatoes	beans, cabbage, peas,
1 medium-sized onion	corn, tomatoes or
	whatever you have)

Cut meat into small pieces, roll in flour and fry in hot oil until brown. Add salt and pepper. Add 2 cups water and cook slowly until tender. Boil potatoes, onion and vegetables until almost done. Add vegetables and some of water vegetables were cooked in to meat. Cook until vegetables and meat are tender.

(The Africans in Kenya usually make their stew with a lot of cabbage, potatoes, tomatoes and a few bites of meat plus perhaps other vegetables which are available to them.

This stew is eaten with rice or ugali (see above). When eating ugali with stew, some of the people break off a piece of ugali with their fingers, form it into a round ball, press their thumb into the ball of ugali to make a hole and use this to scoop up some of the liquid of the stew.)

SWEET 'N SOUR PORK

(Chinese American)

3-3/4 lbs. pork shoul- der, cut into 1-inch cubes	3/4 cup sugar
3/4 cup flour	1 tbsp. salt
1 tbsp plus 1 tsp. ginger	3/4 tsp. pepper
1/2 cup salad oil	2 small green peppers, cut into strips
2 cans (13-1/2 oz.) pineapple chunks (drained, reserve syrup)	1 can (1 lb.) bean sprouts, drained
1/2 cup vinegar	2 cans (5 oz.) water chestnuts, drained and sliced
1/2 cup soy sauce	2 tbsp. chili sauce
1 tbsp. Worcester- shire sauce	White rice

Trim any excess fat from pork. Combine half the flour and the ginger in a paper bag. Place a few pieces of meat at a time in bag; shake well to coat meat. Heat oil in large heavy skillet or dutch oven. Brown pork on all sides, removing pieces as they brown. Add water to reserved pineapple syrup to measure 1-3/4 cups liquid; gradually stir in remaining flour. Stir flour mixture, vinegar, soy sauce and Worcester-shire sauce into pork drippings. Heat to boiling, stirring constantly. Boil 1 minute. Stir in sugar, salt, pepper and meat; cover and simmer 1 hour or until meat is tender, stirring occasionally. Add pineapple and green pepper; cook uncovered 10 minutes. Stir in bean sprouts, water chestnuts and chili sauce; cook 5 minutes longer. Serve over rice. 8 servings.

(We tripled or quadrupled this recipe and used it at one of our Couples' Progressive Dinners and fed 40.)

--Pat Heller

ITALIAN MEAT LOAF

2 lbs. ground beef	2 tbsp. parsley
5 medium eggs	mozzarella cheese
1/2 to 3/4 cup grated cheese	1 hard-boiled egg tomato
2/3 cup bread crumbs	2/3 - 3/4 cup cooking wine
2 - 3 tbsp. oil	

Mix the ground beef, cheese, bread crumbs, oil, parsley and salt and pepper. Add eggs. Shape into two balls. Place each on a piece of aluminum foil, 12" x 15". Shape into flat rectangles 9" x 12". In the center of the rectangle make a path with the cheese slices lengthwise and on top of the cheese, place the hard-boiled egg. Optional - if you have any cold meat, you can also add that. Cover the cheese and egg with one side of the meat-loaf rectangle and then the other and seal the ends so that it looks like a log. It will be narrow. Place bits of sliced tomato on the top. Bring the foil it is sitting on around to meet at the top. Bake at 400° for 20 minutes. Open the foil and pour half of the cooking wine on each loaf and let the foil open and bake for 20 minutes more.

--Carole Minnig

CHAPATIES

2 cups flour	1/4 cup oil
1 tsp. salt	7 tbsp. water

Mix flour, salt, oil, water. Knead 4-6 minutes until dough has shiny appearance. Break off pieces of dough about 1-1/2" around. Roll each piece into 6" circle. Brown on both sides on lightly greased, hot, frying pan. Spread with butter or margarine. (Chapaties are an Asian dish and are eaten with stew or with a curried dish. Pieces of the chapaty are usually broken off and dipped in the stew.

--Flo Gehman

SIAMESE OMELETTE

2 eggs beaten frothy	1 tbsp. chopped onion
1 cup minced meat	1 tbsp. soy sauce
(beef, pork, chicken	salt & pepper as needed
or shrimp can be used)	1 tbsp. cooking oil

Heat the oil in a frying pan. Add the onion and minced meat or meats. Add soy sauce and salt and pepper. Fry until done. Lay aside. Into a large frying pan pour the beaten eggs. Make the egg mixture as thin as you can in the pan. Cook until the top is firm. Do not turn. Do not as yet remove from the pan. Into the center of the cooked egg "pancake" place the meat mixture. Turn the edges of the egg over the meat mixture thus wrapping it. Slide from the pan onto a platter and serve.

--Lorraine Hatton

TREACLE SPONGE PUDDING
(England)

Mix together 2 tbsp. Golden Syrup (Tate and Lyle; I have found King's (red can) the nearest equivalent to the English variety) with the juice of 1/2 lemon and 1 tbsp. fine bread crumbs and put mixture at bottom of greased pudding mold or pyrex mixing bowl.

Cream 4 oz. margarine with finely grated rind of lemon and 4 oz. sugar until fluffy and add 2 beaten eggs. Stir in 5 oz. flour and 1/2 tsp. baking powder and pinch of salt and add just enough milk for the batter to drop from a spoon.

Pour this mixture on top of bread crumbs in bowl, cover with waxed paper, tie with string (or use aluminum foil) and steam in covered pan of water for 2 hours. Serve with syrup warmed and sharpened with lemon juice.

--Maureen Butler

CHICKEN FRIED RICE

5 lbs. chicken breasts	4 tbsp. salt
cut into small pieces	1 tbsp. pepper
3 carrots	2 tsp. red pepper
4 onions	1 minced garlic
4 pcs. celery	4 tbsp. soy sauce
3 green peppers	3 cups rice (pre-cooked
1/4 cup vegetable oil	long grain)

Cook rice five minutes as directed on package. Heat vegetable oil in deep frying pan to 400° - add a little sugar to help brown meat. Add chicken pieces and brown. (Or brown in oven) Add sliced vegetables alternately with dashes of above salt, peppers and garlic. Mix well. Cover and cook at medium heat for 10 minutes, stirring occasionally. Drain rice and mix into chicken and vegetables. Add dashes of soy sauce until rice is colored slightly brown. Cover and simmer 15 minutes. 24 servings.

--Grete Shelling

WELSH CAKES

8 oz. flour	2 oz. sugar
pinch of salt	3 - 4 oz. currants
1/2 tsp. (or less)	1 beaten egg
mixed spice	1 or 2 tbsp. milk
4 oz. butter or oleo	

Sift dry ingredients; rub in butter. Stir in sugar and currants. Mix to a stiff paste with beaten egg and milk. Knead lightly and roll out to about 1/4". Cut into about twenty 2-1/2" rounds. Grease skillet lightly and fry for 4-5 minutes, turning once until light brown. Dust with sugar and serve immediately, while hot.

--Maureen Butler

MILK TARTSCrust:

1/4 lb. margarine	2 cups flour
1/2 cup sugar	2 tsp. baking powder
1 egg	pinch salt

Cream margarine and sugar; add egg and mix well. Sift together dry ingredients and mix with margarine mixture. Pat into 3 8-inch pie pans. Bake in 350° oven until brown.

Filling:

1 can sweetened condensed milk (14 oz.)	3 <u>heaping</u> tbsp. cornstarch
3 cans water	pinch salt
3 eggs separated	1 tsp. vanilla
	1 tbsp. butter

Mix milk with water; take out 1/2 can and mix with egg yolks, cornstarch and salt. Boil rest of milk and add egg mixture. Stir well until thick. Remove from stove and add vanilla and butter. Fold in well-beaten egg whites. Pour into pastry shells. Sprinkle with cinnamon and leave to cool.

---Nina Buck

MARGOT'S GERMAN-OIL-POTATO SALAD

10 medium potatoes, cooked and sliced thin	1-1/2 cups water, broth or bouillon
4-5 tbsp. oil	salt and pepper
2-3 tbsp. vinegar	Dill weed (opt.)

The treat of this salad is you DO NOT REFRIGERATE. Use lots of dill weed too! (Margot is a native of Germany and is a wonderful cook. She now lives in Massachusetts and teaches creative stitchery and decoupage art.)

---Darlene Mahurin

POLENTA
(Latin America)

Prepare 3 cups thickened stew using chicken or pork.

Bring to boil in large, heavy pan: 1 qt. water and 1-1/2 tsp. salt. Lower heat and trickle into water so it continues to boil:

1 cup yellow corn meal

Stir briskly, keeping at boil. When slightly thickened, cover; simmer gently 12-15 minutes.

Pour 1/2 hot corn meal into well-greased 10" pie plate. Add thickened stew. Cover with rest of corn meal. Bake at 400° for 15 minutes. Cut into wedges and serve. Serves 6.

--Ruth Shelly

JALABIES
(Indian Candy)

1 qt. buttermilk	3 cups flour
1 cake yeast	deep fat or oil
Cake decorator, cloth or plastic bag with small hole	

Sugar syrup:

3-1/2 cups sugar	1 cup water
1 tbsp. vinegar	

Mix yeast with 1 cup warm buttermilk and let stand 10 minutes; then mix with flour, the rest of the buttermilk and let stand for 1 or 2 hours until mixture is light. Mixture should be like pancake batter, not too thin. Prepare syrup near end of standing time. Squeeze jalabies in pretzel-like shapes into hot fat. Take out when light brown and put immediately into warm syrup. Take out and enjoy.

--Betty Dyke

BREAD AND BUTTER PUDDING
(England)

5 pieces of <u>buttered</u>	2 tbsp. currants
bread (raisin bread	1 tbsp. mixed fruit
is good)	2 tbsp. sugar

Custard:

2 eggs	1/2 pt. creamy milk
1 egg yolk	or single cream

Cut crusts from bread and arrange slices in oven-proof dish. Sprinkle currants, fruit and sugar amongst the bread. Mix custard ingredients well and pour mixture over the bread and let stand for 1/2 hour. Stand in a pan of water and bake for about 45 minutes at 350°, or until it is well risen and just firm and crusty on top. (An alternative pudding can be made with sliced bananas instead of currants and candied fruit.)

--Maureen Butler

REFRIGERATOR CAKE
(Germany)

7 oz. margarine	2 cups raisins
2 eggs	1 lb. crushed cookies
6 tbsp. sugar	4 tbsp. cocoa
1/2 tsp. vanilla	

Melt margarine and sugar in saucepan. Remove from heat and add well-beaten eggs, vanilla and cocoa. Mix well. Add raisins and crushed cookies alternately. Press mixture firmly into a dish (fairly shallow) and refrigerate--preferably overnight. This cake can be sliced or cut into small squares and served in paper cases.

--Maureen Butler

AUSTRIAN CHEESE CAKE

4 oz. flour	1/2 lemon
3 oz. butter (not mar- garine)	2 small eggs
4 oz. cream cheese	1 oz. sugar
	1 oz. golden raisins

Pastry: Rub fat into flour, add 1/2 tsp. sugar. Add 1/2 egg yolk and a little water (about 1 or 2 tsp.). Roll out. Line greased 6" cake tin. (This is a very rich mixture and difficult to handle, and I usually end up by pressing into shape with my fingers.)

Filling: Mix cheese, sugar and grated lemon rind with wooden spoon; add 1-1/2 egg yolks. Mix; add lemon juice and raisins. Beat egg whites till stiff and fold into cheese mix. Spoon into pastry shell. Bake 25 minutes at 375°.

--Maureen Butler

PEAS THAI STYLE

1 pkg. frozen peas	dash of garlic salt
1 4-oz. can shrimp	or a bit of crushed
1 tbsp. cooking oil	garlic
	1 tbsp. soy sauce

Saute garlic in cooking oil. Add shrimp until lightly browned. Add peas, soy sauce and garlic salt if fresh garlic is not used. Add 1/4 cup of water. Cover and simmer until peas are done. Add salt and pepper to taste. Serve with rice.

--Lorraine Hatton

EGG AND BACON PIE
(England)

6 eggs	salt and pepper
3 - 4 slices of bacon	1 tbsp. milk
1/2 cup grated mild cheese	9" pie plate lined with pastry

Line the pie plate with the pastry and bake empty for about 8 minutes at 400° - first pricking the pastry well with a fork. Meanwhile, fry the bacon partially and cut into small pieces and whip with eggs, cheese, milk, salt and pepper. Pour into the part-cooked pastry and bake for 30-35 minutes at 400° until filling is "set" and pastry well cooked.

--Maureen Butler

RICH CHEESE SCONES
(England)

8 oz. flour	4 oz. grated cheese
2 tsp. baking powder	1/4 tsp. salt
2 oz. butter	milk to mix

Sift together flour and salt, rub in butter, add grated cheese. Gradually stir in enough milk to give a soft dough. Turn onto floured board, knead lightly and roll out to about 3/4" thick. Cut into 2-1/2" rounds, place on baking sheet and brush with beaten egg or milk to glaze. Bake near top of hot oven - 450° - for 7 - 10 minutes. Serve warm, cut in half and butter them.

--Maureen Butler

LOW CALORIESWEET POTATO PIE (PUMPKIN)

1 lb. can pumpkin	Pinch cinnamon
1/4 cup diet black cherry soda	Pillsbury Orange Funny Face

Mash pumpkin fine in the cherry soda and place in a shallow baking dish. Sprinkle a little orange Funny Face and cinnamon over the top. Bake in 350° oven until bone dry and lusciously brown on top. Four ounces equals one dinner vegetable.

--Hilda Woodring

ACORN SWEET POTATOES

1 acorn squash	granulated saccharin
pinch cinnamon	(or liquid non-sugar sweetener)

Cut the acorn squash in half and scoop out the seeds. Sprinkle a bit of cinnamon and the non-sugar sweetener over the inside. Wrap in tin foil and bake in 400° oven for 3/4 hour.

--Hilda Woodring

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Calorie Counters

Coffee, black, unsweetened	xxx c.
Cocoa, All Milk, 1 cup	235 c.
Cola Beverages, 8 oz.	107 c.
Lemonade, 1 small glass	75 c.
Tea, plain, unsweetened, 1 cup	xxx c.

FRUIT WHIP

2 or 3 tbsp. Cool Whip
 1/2 jar of baby food fruit - prunes, apricots,
 peaches or plums

Mix the two together and serve. This will serve one or two people. The whip is 17 calories per tablespoon. Half a jar of junior baby fruit is about 30 - 50 calories. I can't find an exact count of the baby food, but it is not high for the amount used.

--Lorraine Hatton

CHEESE DANISH

1 slice enriched bread	A little cinnamon
Liquid non-sugar sweetener	2 oz. cottage cheese
	Powdered saccharin

Cut crust off bread (and nibble the crust). On a piece of aluminum foil, roll out the slice of bread until quite thin, using a rolling pin or a bottle. Sprinkle a few drops of liquid sweetener and cinnamon over cheese and mix. Place cheese mixture on bread and fold in half like a clam. Pinch ends together to close tightly. Broil lightly on one side and turn to broil other side lightly brown. Sprinkle with powdered saccharin, which looks just like confectionery sugar. Enjoy every bite.

--Hilda Woodring

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Calorie Counters

Rye bread, 1 slice	71 c.
Enriched White Bread, 1 slice	60 c.
Whole Wheat Bread, 1 slice	55 c.
Saltines, 1	17 c.

DIET WATCHERS' BAKED APPLE

10 Rome apples • 8 oz. black cherry
 diet soda

Core apples and peel a small crown of skin off the top. Sprinkle with a little cinnamon. Turn apples upside down and pour soda into deep fry pan. Cover pan and cook on top of stove until done.

Fabulous Topping: Add 1/2 cup buttermilk, mixed with liquid non-sugar sweetener to taste, and juice from the pan.

(The recipes I have submitted are taken from DIET WATCHERS' GUIDE by Ann Gold and Sara Welles Briller.)

--Hilda Woodring

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Calorie Counters

Chocolate Bar - nut, 2 oz. bar	340 c.
Chocolate Bar, Plain "	270 c.
Mints - 5 very small	50 c.
Popcorn, Plain, 1 cup	54 c.
Corn Flakes, 1 cup	96 c.
Oatmeal, 1 cup	148 c.
Shredded Wheat, 1 biscuit	100 c.
Butter or Oleomargarine, 1 level tbsp.	100 c.
American Cheese, 1 cube, 1-1/8 inch	100 c.
Cream, whipped, 1 tbsp.	25 c.
Eggs, boiled, 1 medium	77 c.
Eggs, fried, 1 medium	110 c.
Buttermilk, 1 cup	86 c.
Whole Milk, 1 cup	165 c.
Vanilla Ice Cream, 1/2 cup	150 c.
Apple pie, 1/6 of pie	331 c.

MAIN DISHESHOT AND ZIPPY SANDWICH LOAF

1 loaf French bread, uncut	1 tbsp. poppy seed
1/2 cup soft butter	1 tbsp. lemon juice
3 tbsp. instant minced onion	dash cayenne pepper
3 tbsp. prepared mus- tard	12 slices Swiss cheese
	12 slices large salami
	tomato wedges
	cucumber slices

Heat oven to 350°. Lightly grease a baking sheet. Make diagonal cuts at equal intervals, from top almost through to bottom of loaf. Place on baking sheet. Mix thoroughly butter, onion, mustard, poppy seed, lemon juice, and cayenne pepper. Reserve about 3 tbsp. of mixture and set aside. Spread remaining mixture between slices in the bread. Alternate 2 cheese slices and 2 salami slices in each cut. Spread remaining mixture over the top and bake for about 25 minutes or until browned and melted. Arrange tomato wedges and cucumbers on plate. Garnish with parsley. (Excellent for quick lunch, even for after church snack with guests.)

--Addy Mull

BACON AND EGG PIE

4 strips bacon -- fry and chop	1/4 tsp. dry mustard
1/3 cup grated cheese	2/3 cup evaporated milk
	2 eggs

Line an 8-inch pie pan with regular pastry. Prick well. Beat eggs, add the chopped bacon, grated cheese and mustard. Stir in the evaporated milk. Pour into pastry case. Bake in hot oven (400°) for 40 minutes. (Special and different for a morning tea.)

--Nina Buck

SWEET AND SOUR MEATBALLS

5 thin slices bread, cut	salt, pepper, garlic salt
1/2 cup milk	1/2 cup flour
1 egg	1/2 cup oil
2 lbs. hamburger	

In bowl combine bread, milk, eggs, meat, salt, pepper and garlic salt. Shape into balls, roll in flour and brown. Remove meatballs, pour salad oil off, then return meatballs to pan with 3/4 cup water, 1 8-oz. can tomato sauce, 1/4 cup vinegar, 1/4 cup sugar, salt and 1/2 cup sweet gherkins and 1 13-1/2-oz. can pineapple pieces. Simmer 10 to 15 minutes. Meanwhile saute some green pepper slices and carrot slices and add.

--Marlene Hoffman

BROCCOLI ITALIENNE

2 10-oz. pkgs. frozen broccoli spears (or
2# fresh)
1/2 tsp. oregano (crushed)
1/2 cup mayonnaise
1/4 cup shredded sharp process American cheese
1 tbsp. milk

Cook broccoli until tender in boiling salted water to which oregano was added. Drain. In top of double boiler, mix mayonnaise, cheese and milk. Heat over hot, not boiling water. Stir until cheese melts and mixture is hot. Serve over the cooked broccoli.
Serves 6 - 8.

--Charlene Cassel

CLASSIC CHICKEN DIVAN

1 bunch fresh broc-	1/4 cup heavy cream
coli or 1 pkg. frozen	(evaporated milk
2 tbsp. butter	just as good)
2 tbsp. flour	1/4 tsp. salt
1 cup chicken broth	3 chicken breasts,
Parmesan cheese	cooked & thinly
	sliced

Cook broccoli in boiling salted water till just tender. Drain; place spears crosswise in 1 qt. baking dish. Melt butter in saucepan; blend in flour. Add chicken broth all at once and cook, stirring constantly, till mixture thickens. Stir in cream, salt and a dash of pepper. Pour half the sauce over the broccoli. Top with chicken slices. To remaining sauce add 2 tbsp. Parmesan cheese; pour over chicken and sprinkle with additional Parmesan cheese. Bake at 350° for 20 minutes or until hot. Then broil just till sauce is golden brown. Makes 3 good servings.

Tips on Preparing Chicken: Cook chicken breast as for stewing chicken but cook only 30 minutes or till tender. TO SLICE COOKED CHICKEN BREASTS: Have them well chilled but not frozen. Carefully remove meat from bone and lay each half breast on cutting board. Slice with sharp knife lengthwise with knife moving parallel to board. Slice as thin as possible.

--Marje Phillips

HAM BARBEQUE

1 tsp. mustard	1/2 cup water
1/2 cup catsup	2 tbsp. vinegar
2 tbsp. Worcester-	2 tbsp. brown sugar
shire sauce	1 lb. boiled ham

Mix and bring to boil. (This recipe comes from our butcher's wife. ((He had a special on boiled ham!)) This is really tasty in a sub roll.)

--Thelma Smock

HAM AND NOODLE CASSEROLE

1 16-oz. pkg. medium noodles	1-1/2 lbs. cooked ham
butter or margarine	6 eggs
1/2 tsp. salt	2 cups milk
1/4 tsp. pepper	

About 1-1/2 hours before serving, preheat oven to 375°. Cook noodles as label directs; drain and quickly toss with 1/4 cup butter or margarine until butter is melted. Stir in salt, pepper and ham. Pour mixture into a greased 13" by 9" by 2" baking dish.

In medium bowl, mix eggs and milk and pour over noodles. Dot with 2 tbsp. butter or margarine. Bake 1 hour and 15 minutes or until light brown on top. Remove from oven and let stand 10 minutes before serving.

--Pat Wilcox

BONELESS CHUCK or FLANK STEAK
(Cut on Bias)

1/3 cup vegetable oil	3 tsp. brown ginger
1/3 cup soy sauce	

Marinate the meat 4 hours or overnight (best overnight) in the above ingredients.

Broil:

Chuck steak - 7 minutes on each side

Flank steak - 4 minutes on each side

This is truly a delicious treat. Never was there a more tender piece of meat.

--Joan Weaber

MEATBALL CAROUSEL

1-1/2 lbs. ground beef	2 cups water
3/4 cup chopped onion	2 beef bouillon cubes
1/2 cup dry bread crumbs	1 can (16 oz.) diagonally-cut green beans, drained
1 can (5-1/3 oz.) evaporated milk	1 can (7 oz.) vacuum packed golden whole kernel corn, drained
1 egg, beaten	
1-1/2 tsp. salt	
1/8 tsp. pepper	
1/4 cup flour	

Combine ground beef with chopped onion, bread crumbs, evaporated milk, egg, salt and pepper. Shape mixture to make 12 or 14 meatballs.

Heat a small amount vegetable shortening in large heavy skillet; brown meatballs in it, shaking pan so they keep round as they brown on all sides. Remove from pan and drain on paper toweling. Drain excess drippings from pan. Scrape skillet to loosen meat crumbs. Add flour, stir until smooth. Add water and bouillon cubes and, stirring constantly, until smooth. Add meatballs; cover. Simmer 35 minutes. Push meatballs away from edge of pan. Spoon green beans around outside edge; empty drained corn kernels into center. Cover; simmer 10 minutes or until vegetables are heated through. Serve in the skillet. Makes 6 servings.

--Julie Zimmerman

EASY CASSEROLE

Fry 2 lbs. hamburger with onions. Mix together with 2 large cans Spaghetti and 2 cans Green Giant Mexicorn. Sprinkle bread crumbs on top. Bake 1 hour at 350°. (You may easily cut recipe in half for smaller casserole.)

--Bertha Fritz

NOODLES ALA KING KORN

1-1/2 cups medium noodles	3 tbsp. melted butter
1 can golden Bantum corn	1 tbsp. minced onion
1/2 lb. grated sharp cheese	1 tbsp. minced celery
1 egg slightly beaten	1/2 cup milk
	1 tsp. salt
	pepper to taste
	1/2 cup bread crumbs
	paprika

Cook noodles until tender; saute onions and celery in butter until tender and add noodles, corn, grated cheese and beaten egg, milk and seasoning. Put in greased baking dish, cover with bread crumbs, add dash of paprika. Bake 45 minutes in 350° oven.

--Miriam Heffner

CHEESE STRATA

12 slices bread	1/2 tsp. salt
6 slices American cheese	2-1/2 cups milk
4 eggs	dash of pepper

Trim the crust from the bread and arrange 6 slices in the bottom of a baking dish, fitting them in closely. Cover with the cheese slices, then with the remaining 6 slices of bread. Beat the eggs, add the milk and seasoning and blend well. Pour this over bread and cheese and let stand 1 hour. Bake in a very moderate oven (320°) about 40 minutes or until puffed and lightly browned. Serve plain or with favorite jelly. (This is another recipe from our Southern lady. It's nice for lunch with a tuna salad.)

--Thelma Smock

LIVER-BACON ROLL-UPS

Cut sliced liver in pieces (1" x 2").
 Cut bacon strips in half and roll around the liver pieces and fasten with a toothpick.
 Brown in butter for 4 minutes on each side.
 Salt and pepper.

Serve with boiled potatoes and fresh string beans.

Potatoes: Boil potatoes in jackets with mint and parsley. Drain and rub off skins. Place back in hot pan with butter and let steam by placing towel over pan. Chop parsley and mint and add to potatoes. Place on hot serving dish with liver.

Green Beans: Place green beans (uncut) in frying pan with butter, salt and pepper and nutmeg. Cook for 6 minutes.

--Carole Minnig

CHADDS FORD HAM CASSEROLE

2 cups cubed ham	1 tsp. grated onion
1 cup diced celery	1 tbsp. lemon juice
1 cup cooked rice	3 chopped hard-boiled
1 can mushroom soup	eggs
3/4 cup mayonnaise	1/2 tsp. salt

Mix together and bake in 375° oven for 25 minutes. You may want to add the following topping before baking, although it can be used without.

1/2 cup slivered almonds
 1 cup crushed corn flakes.

(Good recipe for left-over ham.)

--Charlene Cassel

SUNDAY CHICKEN PIE

Pastry:

1 cup sifted flour	1/3 cup shortening
1/2 tsp. salt	(add 1 tbsp. if
2 tbsp. water	hydro)

Heat oven to 475°. Mix flour and salt. Cut in shortening. Sprinkle with water; mix with fork. Roll out and cut to fit top of 1-1/2 qt. baking dish. Divide into fourths, place on baking sheet and prick. Bake 8 - 10 minutes.

Filling:

6 tbsp. butter	1-3/4 cup chicken broth
6 tbsp. flour	2/3 cup milk
1/2 tsp. salt	2 cups cooked chicken
1/4 tsp. pepper	

Melt butter over low heat. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in broth and milk. Bring to boil, stirring constantly. Boil 1 minute. Stir in chicken. Pour into baking dish. Top with baked pastry. Bake in 350° oven for 5 - 10 minutes until hot and bubbly. Serves 6. (This recipe came from my daughter-in-law and is delicious. It proves that mothers-in-law can learn from the daughters-in-law.)

--Alberta Reichenbach

CHICKEN PAPRIKA

Take chicken pieces. Sprinkle paprika, seasoned pepper (Lowry's), garlic salt. Mix sour cream and mushroom soup, then pour over chicken. Cover; bake at 350° for 1-1/2 hours. ("Quick, easy and delightful.")

--Yvonne Watkins

CHICKEN LOAF

1 cup soft bread crumbs	1/4 cup finely chopped
2 tbsp. butter or	celery
chicken fat	2 eggs, slightly
1 cup milk or chicken	beaten
broth	3 cups diced cooked
1 tbsp. vinegar	chicken
	salt and pepper

Place bread crumbs and butter in large bowl. Add milk or broth that has been scalded and beat until creamy. Add onion and celery. Add a few teaspoonsful of hot mixture to eggs; mix and add to mixture in bowl. Add chicken and seasoning. Pour into greased loaf pan and bake 45 minutes at 325° or until firm. Unmold and serve hot with chicken gravy. Serves 8.

(This recipe was copied from "Meals from the Manse" cook book by Lora Lee Parrott, Zonder-van Publications. I have used it many times for get-togethers and Sunday dinners. It is easily prepared ahead of time. For an extra to go with it, try Copes dried baked corn in a casserole. Recipe is on the box.)

--Esther Gehret

BAKED BEANS (Mom's)

1 lb. marrow beans	1/4 tsp. paprika
1 tsp. salt	1 cup brown sugar
1/4 tsp. pepper	2 tbsp. molasses
1 tsp. mustard	1/2 onion, minced
3 tbsp. catsup	bacon

Bake at 325° for 2 hours. (Be sure beans are soft before baking in oven.)

--Gloria Branning

CURIED CHICKEN WINGS with PEANUT BUTTER

Mix in blender:

1/3 cup creamy peanut butter
2/3 cup milk

Mix in shallow bowl:

6 tbsp. flour 1 tsp. salt
6 tbsp. cornmeal 1 tsp. curry powder

Line large pan with foil, put 1/4 cup butter in it and melt in 400° oven. Dip and coat wings (18). Cook 15 minutes on one side, 25 minutes on the other. Larger pieces take half hour on each side.

--Darlene Mahurin

MEATBALL SUPPER BOWL

1 lb. ground beef	6 cups water (for soup)
1/4 cup chopped parsley	1 envelope dry onion-soup mix
1 tsp. salt	1 cup chopped celery
1/4 cup water (for meat balls)	1/2 cup uncooked rice
1 tbsp. Bottles steak sauce	1/2 cup grated scraped raw carrot
2 tbsp. butter	

Mix ground beef lightly with parsley, salt, water and steak sauce in a bowl; shape into 36 small balls. Brown in butter or margarine in a kettle; remove and set aside for next step; pour off drippings. Heat the 6 cups water to boiling in kettle; stir in soup mix, celery and rice; cover. Cook 15 minutes; stir in carrot and meat balls. Cook 5 minutes longer or until rice is tender. Ladle into soup bowls; garnish with parsley sprigs if you wish.

--Pat Wilcox

TUNA--MEAT LOAF CASSEROLE

1 can tuna	2 slices bread broken
1 lb. hamburger	into small pieces
3 eggs	milk or water
seasoning - salt and pepper	

Combine eggs and tuna and mix until there are no lumps in tuna. Add hamburger and bread and mix well. Add enough milk or water to make cake-batter-like consistency. Place in a greased pan (jello mold) and bake 15 minutes at 375° and 15 minutes at 350°. It will be done when it boils away from sides of pan slightly and is nicely browned. Cool 15 minutes before cutting or unmolding. Will break apart otherwise.

(I received this from a high school friend who married following graduation. Visited her several years later while she prepared this recipe, so I will give Mrs. Victor Levi the credit.)

--Julie Zimmerman

SHRIMP HOT DISH

1 cup celery	2 cups crab or shrimp
1/2 cup green pepper	1 cup mayonnaise
1/4 cup onion	4 tbsp. catsup
1/2 cup filbert nuts	Cooked shell macaroni

Mix together; put in casserole. Top with 2 cups croutons sauteed in butter. Bake at 350° for 30 minutes.

(Nice for a special ladies' luncheon.)

--Charlene Cassel

CHICKEN AND NOODLE CASSEROLE

Stew chicken and cut meat from bones. Cook pkg. Kluski brand noodles in chicken broth (add little water if necessary). Mix together chicken meat, noodles and 1 can Cream of Chicken soup. Sprinkle bread crumbs on top. Bake at 350° about 3/4 hour. (You may substitute chuck roast and Cream of Mushroom soup.)

--Bertha Fritz

BOHEMIAN CABBAGE

Mix lightly in skillet: 5 to 6 cups finely shredded cabbage, 1/4 cup water, 1 tbsp. minced onion, 1 tsp. salt, 1/4 tsp. pepper, 1/2 tsp. caraway seeds (if desired). Cover. Cook over low heat 5 minutes. Stir in 1/2 cup cultured sour cream. Heat through. Makes 6 servings.

--Yvonne Watkins

CHICKEN SALAD CASSEROLE

2 cups cooked chicken or turkey	2 tsp. grated onion
2 cups raw diced celery	<u>2 tsp. lemon juice</u>
1/4 cup chopped blanched almonds	1/2 cup grated American cheese
	2 cups crumpled potato chips

Mix the above ingredients to lemon juice. Place in greased baking dish. Sprinkle top with the cheese and potato chips. Bake at 350° for 40 minutes.

--Ida Hottel

LEFTOVER MEAT
(Sauce, Slice or Dice)

When you've got leftover meat, think of the number of ways you can use it:

Slice it, serve it with sauces or vegetables. Use for sandwiches (Sloppy Joes, barbecued beef). Dice it and combine with vegetables for pot pies or casseroles.

Use it to add to soups, souffles, tossed salads.

And if you've got some extra fish on hand, dice or slice to make creamed dishes, croquettes. Turn fish leftovers into fishcakes, fish rolls, fritters.

Chicken leftovers make delicious hot sandwiches, pot pies and can be added to soups.

--Julie Zimmerman

LONG ISLAND CLAM PIE

1 dozen clams - put through food chopper, or you may try blender, 2 or 3 turns.
1 cup clam broth - Beat together with
2 or 3 eggs, 1/2 tsp. salt and dash of pepper.

Pour into finely diced vegetables:

1 potato
1 carrot
1 cup celery
1 small onion

8 Oyster crackers - crush to size of oats. Fold crushed crackers into clam mixture with vegetables. Pour into a deep pie dish and dot with butter. Bake in 400° oven for 30 minutes. Prepare a pastry for top of pie. Return to oven and bake another half hour.

(This has been a favorite in our family for years. Delicious with baked apples.)

--Esther Gehret

SWEET POTATO SURPRISE

1 1-lb. 1-oz. can whole sweet potatoes,
 halved lengthwise

1-1/4 cups brown sugar	1 1-lb. can (2 cups)
1-1/2 tbsp. cornstarch	apricot halves
1/4 tsp. salt	2 tbsp. butter or
1/8 tsp. cinnamon	margarine
1 tsp. shredded orange peel	1/2 cup pecan halves

Place sweet potatoes in greased 10 x 6 x 1-1/2 inch baking dish. In saucepan, combine brown sugar, cornstarch, salt, cinnamon, and orange peel. Drain apricots, reserving syrup. Stir 1 cup apricot syrup into cornstarch mixture. Cook and stir over medium heat till boiling; boil 2 minutes. Add apricots, butter or margarine and pecan halves; pour over sweet potatoes. Bake, uncovered, at 375° for 25 minutes. Makes 6 servings at least.

---Marje Phillips

BAKED ZUCCHINI SQUASH

Split 2 zucchini squash lengthwise and parboil 8 minutes. Scoop out pulp and chop with:

1 tbsp. onion	1/2 cup Parmesan
parsley	cheese
salt and pepper	4 slices bread
2 eggs	(pulled into pieces)

Salt inside squash, restuff and sprinkle with more cheese. Dot with butter and bake at 350° for 3/4 of an hour.

---Yvonne Watkins

OUTDOOR COOKERYPORK ON-A-STICK

2 lbs. lean fresh pork shoulder, cut in 1" cubes	1 envelope instant meat marinade Italian Bread
Water	

Place pork cubes in shallow dish. Prepare instant meat marinade with water, following label directions; pour over pork; pierce cubes all over with fork. Let stand, turning meat often, 15 minutes. When ready to cook, thread cubes, allowing about a half inch between each, onto 6 long skewers; place on grill about 6" above hot coals. Pour marinade into a small saucepan. Grill, turning and brushing once or twice with remaining marinade, 40 minutes, or until pork is tender and richly glazed. Serve on thick slices of Italian bread.

--Pat Wilcox

CHUCK STEAK ON CHARCOAL GRILL

1 cup honey	1/4 cup soya sauce
1 cup pineapple juice	1/2 tsp. ginger

Marinate piece of steak marbled with fat at least 4 or 5 hours, or preferably overnight, in this mixture.

1 can pineapple rings - could be dipped in mixture just before ready and grilled with the steak.

--Nancy Herb

BARBEQUE SAUCE

1/2 cup catsup	1/3 cup vinegar
1 tsp. salt	1 cup water
1 tsp. celery seed	1/3 cup brown sugar

Good for chicken and pork. Enough for about 8 pork chops or 8 chicken legs.

--Lois Plows

BAKED BUNS

1/2 lb. boiled ham	1/3 cup sliced stuffed
1/2 lb. sharp cheese	olives
2 hard-cooked eggs	2 tbsp. salad dressing
(diced)	1/2 cup chili sauce
1/3 cup minced onion	

Fill 12 frankfurter rolls, wrap individually in aluminum foil and twist ends. Heat in oven or over coals 10 minutes until cheese melts.

--Marie Bean

BARBEQUED SPARE RIBS

1/3 cup catsup	2 tbsp. brown sugar
1/3 cup vinegar	1 tsp. Worcestershire
1/3 cup oil	Sauce
salt and pepper	

Slit or cut ribs; salt and pepper them. Beat above ingredients thoroughly with mixer. Start fire and let coals burn down. Cook spareribs slowly on low heat for about 3 or 4 hours and baste with sauce every 15 minutes. Turn spareribs each time that you baste.

--Carole Minnig

SALADSPICKLED BEET and EGG SALAD

Over lettuce leaves, arrange alternately:

Sliced pickled beets

Slices of hard-boiled egg (sliced lengthwise)

Thin onion slices (which have been pickled with
beets a day or so.)

End with onion slices on top. Put a spot of mayon-
naise on the lettuce leaves.

--Marje Phillips

3 BEAN SALAD

1 can green beans

1 can yellow wax beans

1 can red kidney beans

Drain all - add plenty of onions and celery.

3/4 cup sugar

2/3 cup vinegar

salt and pepper to
taste

1/3 cup corn oil

Keeps for months in refrigerator.

--Valeria Baer

RAW VEGETABLE DIP

1/2 pint sour cream

1-1/2 tsp. salt

juice of 1/2 lemon

1 tsp. dry mustard

1 tbsp. vinegar

1/2 tsp. paprika

1 tbsp. horseradish

1 tsp. onion juice

cayenne pepper to taste

Mix together. Use with carrot sticks, cauliflower,
celery, etc.

--Esther Cassel

FRUITED CHICKEN SALAD

(Excellent for company lunch)

3 tbsp. lemon juice	1 tsp. salt
4 cups cubed cooked chicken	1/2 tsp. pepper
1 cup sliced celery	1/3 cup mayonnaise
1 cup seedless green grapes (halved)	1/4 cup chopped almonds, toasted
1 jar (2 oz.) pimiento, drained & chopped	1 bunch romaine or leaf lettuce
1/2 cup finely chopped onion	1 cup cantaloupe balls

In medium bowl, pour lemon juice over chicken; add lightly. Add remaining ingredients except romaine and cantaloupe balls. Toss until mixed; cover and chill. When ready to serve, line bowl with half the romaine. Tear remaining romaine into salad bowl. Spoon salad over romaine into salad bowl. Trim with cantaloupe balls. 6 servings

--Addy Mull

RUTH'S POTATO SALAD

6 potatoes boiled, skinned and diced	3 hard boiled eggs
1 onion, chopped	parsley and chopped celery are optional

Dressing:

1 egg, beaten	1 tbsp. butter
1/2 cup sugar	1 tsp. mustard, prepared
1/2 cup water	1/2 tsp. salt
1/2 cup vinegar	1 tbsp. flour

Mix all ingredients and cook until thick. Cool and refrigerate.

(This recipe was given to me by a dear lady in my husband's first charge. I've used it ever since and we served it to many people. The dressing is the key to the goodness in this recipe. The dressing keeps well and can easily be increased for larger amounts of salad.

--Bea Koch

MRS. BEAN'S SALAD DRESSING

6 tsp. flour	4 tsp. mustard, prepared
8 eggs	6 cups water
2 cups sugar	6 slices bacon
2 cups vinegar	

Chop bacon, fry until crisp. To make dressing, mix together dry ingredients, add eggs, vinegar and water. Add to bacon in saucepan. Cook until thickened. Store in refrigerator.

This salad dressing can be used in various ways:
 Potato Salad - add onion and 1 tbsp. mayonnaise to dressing.

Hot Cabbage Slaw - heat dressing and mix.

Lettuce - heat dressing, spoon on top of lettuce.

Endive - heat dressing, mix.

Hard boiled eggs, sliced, and put on top of dishes and sprinkled with paprika are attractive.

--Marie Bean

CURRIED FRUIT

One can (2-1/2 size) each of:

Pineapple, peaches, pears, bing cherries

Drain fruit. Cut the fruit to bite size. Place in shallow 9" x 13" pan. Sprinkle with grated rind of one orange.

Mix:

4 tsp. curry powder	1/3 cup butter
1/2 cup sugar	

Heat and pour over fruit. Bake at 325° for one hour. Serve warm. If 4 tsp. curry powder seems too spicy, cut the amount in half.

This recipe reminds me of a very pleasant evening, and I thought this is a "different" addition to a meal.

--Bea Koch

CAULIFLOWER COLE-SLAW

2 cups shredded raw cauliflower	1/4 cup chopped green pepper
1 cup diced celery	2 tbsp. chopped parsley
1/4 cup chopped onion	1/2 tsp. salt, pepper

Add salad dressing that has been thinned a bit with vinegar and canned milk. (We enjoy cauliflower hot or cold, so we especially appreciate this salad for something different.)

---Thelma Smook

SUNSHINE SALAD

1 pkg. lemon jello	9 oz. can crushed pineapple and juice
1-1/4 cups hot water	
1 tbsp. vinegar	1-1/4 cups grated carrot
1/2 tsp. salt	

Put in mold or dish. Chill till set. (This salad looks so pretty; it's true to its name.)

---Ida Hottel

LIME CHEESE SALAD

1 small pkg. lime jello	1 cup hot water
	1 cup pineapple juice

Mix. Refrigerate until partially set. Mix together and add:

1 cup drained crushed pineapple	1 cup cottage cheese
---------------------------------	----------------------

Optional: 1/2 cup chopped nuts, dash of salt. (This recipe came from Mrs. Donald Schaeffer at one of our first meetings when we served food. I've made this many times. It's a pretty, delectable salad.)

---Bea Koch

MOLDED CHEESY SALAD

1 pkg. lime jello	1 tall can crushed
1 pkg. lemon jello	pineapple
1 cup mayonnaise	1 small carton cottage cheese

Add water to pineapple juice amounting to 1-1/4 cup. Heat this with jello until jellos dissolve. Cool slightly and add remaining ingredients. Add about 1/4 cup chopped walnuts. Pour into mold.

--Carole Minnig

CRANBERRY-ORANGE SALAD

1 lb. ground cranber- ries with juice	1 can undrained crushed pineapple
2 whole oranges ground with juice	1 cup chopped walnuts
2 cups sugar	1 cup finely diced celery

Add to: 2 pkgs. jello (cherry and lemon); dissolve in 2 cups boiling water. Stir well and chill.

--Carole Minnig

FRENCH DRESSING

1 tsp. dry mustard	1-1/2 tsp. Worcester- shire sauce
1/2 cup sugar	
1 tsp. salt	1 10-oz. can tomato soup
3/4 cup vinegar	
1 tsp. grated onion	1-1/2 cups salad oil

Place in quart jar. Shake thoroughly. Store in refrigerator.

--Marie Bean

EQUIVALENT MEASUREMENTS

A Pinch = less than 1/8 tsp.
 3 tsp. = 1 tbsp.
 4 tbsp. = 1/4 cup
 16 tbsp. = 1 cup
 1 cup = 1/2 pint
 16 fluid ounces = 2 cups or 1 pint
 2 pints = 4 cups or 1 quart
 4 quarts = 1 gallon or 16 cups
 16 ounces = 1 pound

COMMON FOOD EQUIVALENTS

1 lb. butter = 2 cups
 1 lb. cornmeal = 3 cups
 1 lb. flour (all purpose) = 4 cups
 1 lb. raisins = 3 cups
 1 lb. rice = 2 cups
 1 lb. sugar (granulated) = 2 cups
 1 lb. light brown sugar, firmly packed = 2-1/4 cups
 1 lb. confectioner's sugar, sifted = 3-1/2 cups

Someone said that as a general rule:

1 oz. = 2 tbsp.
 1 lb. = 2 cups
 1/4 lb. = 1/2 cup

But one needs to be very cautious in using this as a guide. The above table shows how ingredients vary in weight. For some recipes where there may be some flexibility, the 1 oz.=2 tbsp., etc., may be satisfactory.

SUBSTITUTIONS

1-ounce square chocolate ... 1/4 cup cocoa plus
 1-1/2 tsp. shortening
 1 cup cake flour ... 7/8 cup all-purpose flour
 1 tbsp. cornstarch for thickening ... 2 tbsp.
 flour

OVEN TEMPERATURES

Slow - 250° to 300°

Moderate - 325° to 375°

Hot - 400° to 450°

Very Hot - above 475°

Some of the information on pages 80-81 comes from the Mennonite Community Cookbook.

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