

FARE THEE WELL

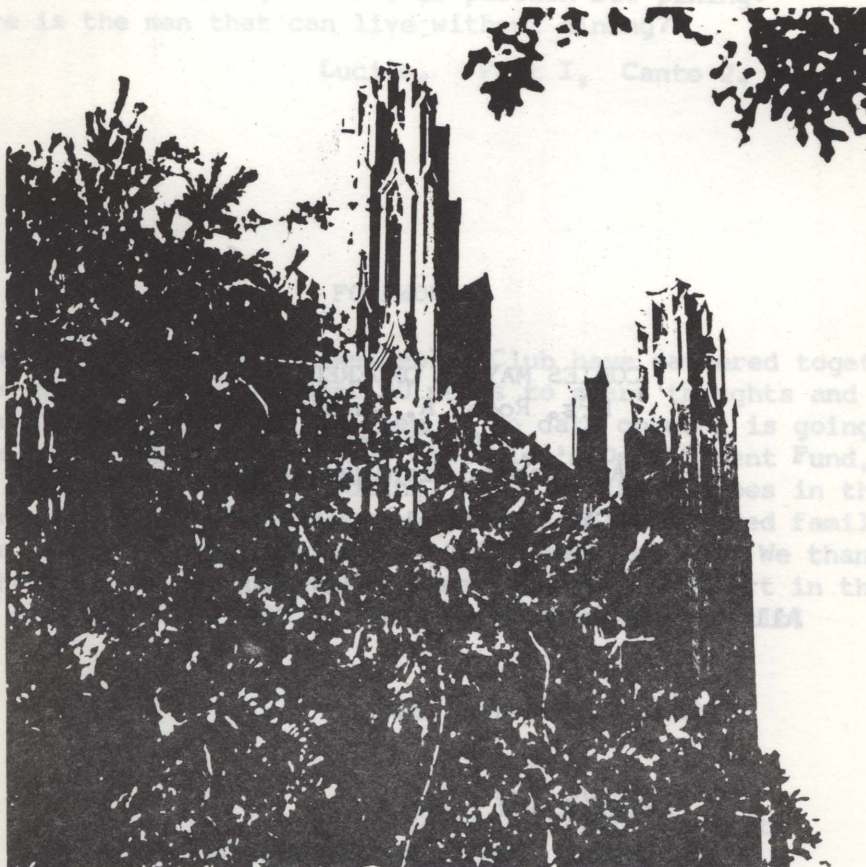


Ann Arbor
Wellesley Club
1974

The Members of the
Ann Arbor Wellesley Club

Present

FARE THEE WELL



The Members of the
Ann Arbor Wellesley Club
Present
FARE THREE WELL

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1973 - S

EDWARD LYTTON, EARL OF LYTTON ("OWEN MEREDITH"). 1831-1891

We may live without poetry, music and art;
 We may live without conscience and live without heart;
 We may live without friends; we may live without books;
 But civilized man can not live without cooks.

He may live without books, -- what is knowledge but grieving?
 He may live without hope -- what is hope but deceiving?
 He may live without love, -- what is passion but pining?
 But where is the man that can live without dining?

Lucile. Part I, Canto 2.

FOREWORD

The members of the Ann Arbor Wellesley Club have gathered together from time to time over the past 20 years to share thoughts and ideas, to get to know one another, to keep up to date on what is going on at Wellesley College, to work for Wellesley's Development Fund, and to enjoy one another's good cooking. Many of the recipes in this book were used at these meetings. To these we have added family favorites collected from our current and past members. We thank all who have contributed recipes, time, talent and effort in the creation of "Fare Thee Well." It's been fun! Bon appetit!

The Cook Book Committee

Co-Chairmen:

Beth Chase Cunningham

Eleanor DeCourcy Wernette

EDWARD LYTON, EARL OF LYTON ("OWEN MEREDITH"), 1831-1891

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ART WORK BY:

Kathy Knauss

and

Chrissy Cunningham

The Cook Book Committee

Co-Chairman:

Beth Chase Cunningham

— to be elected by the members of the club

ANN ARBOR WELLESLEY CLUB

4411-845-515-1 -- and 4411-845-515-1

ANN ARBOR, MICHIGAN

1991

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Standard Abbreviations

t. — teaspoon	d.b. — double boiler
oz. — ounce	lb. — pound
pk. — peck	bu. — bushel

Guide to Weights and Measures

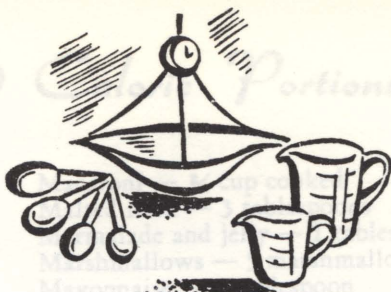
1 teaspoon = 1/6 ounce	1 cup = 1/2 pint
2 tablespoons = 1 fluid ounce	2 cups = 1 pint
4 tablespoons = 1/2 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	8 quarts = 1 peck
16 tablespoons = 1 cup	4 pecks = 1 bushel

Substitutions and Equivalents

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

Weights

and Measures



Standard Abbreviations

t. — teaspoon
T. — tablespoon
c. — cup
f.g. — few grains
pt. — pint
qt. — quart

d.b. — double boiler
B.P. — baking powder
oz. — ounce
lb. — pound
pk. — peck
bu. — bushel

Guide to Weights and Measures

1 teaspoon = 60 drops
3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = $\frac{1}{4}$ cup
 $5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup
8 tablespoons = $\frac{1}{2}$ cup
16 tablespoons = 1 cup

1 pound = 16 ounces
1 cup = $\frac{1}{2}$ pint
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck
4 pecks = 1 bushel

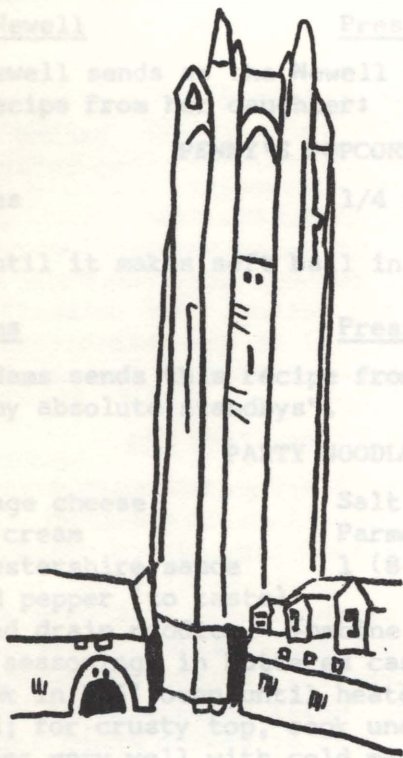
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 $2\frac{1}{2}$ cups packed brown sugar = 1 pound
 $1\frac{1}{3}$ cups packed brown sugar = 1 cup of granulated sugar
 $3\frac{1}{2}$ cups of powdered sugar = 1 pound
4 cups sifted all purpose flour = 1 pound
 $4\frac{1}{2}$ cups sifted cake flour = 1 pound
1 ounce bitter chocolate = 1 square
4 tablespoons cocoa plus 2 teaspoons butter = 1 ounce of bitter chocolate
1 cup egg whites = 8 to 10 whites
1 cup egg yolks = 12 to 14 yolks
16 marshmallows = $\frac{1}{4}$ pound
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1 cup evaporated milk = 3 cups whipped
1 lemon = 3 to 4 tablespoons juice
1 orange = 6 to 8 tablespoons juice
1 cup uncooked rice = 3 to 4 cups cooked rice

Approximate 100 Calorie Portions

Almonds (shelled) — 12 to 15 nuts	Macaroni — $\frac{3}{4}$ cup cooked
Angel cake — $1\frac{3}{4}$ inch cube	Malted milk — 3 tablespoons
Apple — 1 large	Marmalade and jelly — 1 tablespoon
Apple pie — $\frac{1}{8}$ normal piece	Marshmallows — 5 marshmallows
Apricots — 5 large	Mayonnaise — 1 tablespoon
Asparagus — 20 large stalks	Meat — cold sliced — $\frac{1}{8}$ inch slice
Bacon — 4 or 5 small slices	Meat — fat — size $\frac{1}{2}$ chop
Bananas — 1 medium	Meat — lean — size 1 chop
Beans — $\frac{1}{3}$ cup canned baked	Milk — $\frac{3}{8}$ cup (regular)
Beans — green string — $2\frac{1}{2}$ cups	Molasses — $1\frac{1}{2}$ tablespoons
Beets — $1\frac{1}{8}$ cups sliced	Onions — 3 to 4 medium
Bread — all kinds — slice $\frac{1}{2}$ inch thick	Oranges — 1 large
Butter — 1 tablespoon	Orange juice — 1 cup
Buttermilk — $1\frac{1}{8}$ cups	Peaches — 3 medium fresh
Cabbage — 4 to 5 cups shredded	Peanut butter — 1 tablespoon
Cake — $1\frac{3}{4}$ inch cube	Pears — 2 medium fresh
Candy — 1 inch cube	Peas — $\frac{3}{4}$ cup canned
Cantaloupe — 1 medium	Pecans — 12 meats
Carrots — $1\frac{1}{8}$ cups	Pie — $\frac{1}{4}$ ordinary serving
Cauliflower — 1 small head	Pineapple — 2 slices 1 inch thick
Celery — 4 cups	Plums — 3 to 4 large
Cereal — uncooked — $\frac{3}{4}$ cup	Popcorn — $1\frac{1}{2}$ cups
Cheese — $1\frac{1}{8}$ inch cube	Potatoes — sweet — $\frac{1}{2}$ medium
Cottage cheese — 5 tablespoons	Potatoes — white — 1 medium
Cherries — sweet fresh — 20 cherries	Potato salad — 1 cup
Cookies — 1 to 3 inches in diameter	Prunes — dried 4 medium
Corn — $\frac{1}{2}$ cup	Radishes — 3 dozen red button
Crackers — 4 soda crackers	Raisins — $\frac{1}{4}$ cup seeded or 2 table- spoons seeded
Crackers — graham — $2\frac{1}{2}$ crackers	Rhubarb — stewed and sweetened — $\frac{1}{2}$ cup
Cream — thick — 1 tablespoon	Rice — cooked $\frac{3}{4}$ cup
Cream — thin — 4 tablespoons	Rolls — 1 medium
Cream sauce — 4 tablespoons	Rutabagas — $1\frac{2}{3}$ cups
Dates — 3 to 4	Sausage — 2 small
Doughnuts — $\frac{1}{2}$ doughnut	Sauerkraut — $2\frac{1}{2}$ cups
Eggs — $1\frac{1}{8}$ eggs	Sherbet — 4 tablespoons
Fish — fat — size of 1 chop	Spinach — $2\frac{1}{2}$ cups
Fish — lean — size of 2 chops	Squash — 1 cup
Flour — 4 tablespoons	Strawberries — $1\frac{1}{8}$ cups
Frankfurter — 1 small	Sugar — brown — 3 tablespoons
French dressing — $1\frac{1}{2}$ tablespoons	Sugar — white — 2 tablespoons
Grapefruit — $\frac{1}{2}$ large	Tomatoes — canned — 2 cups
Grape juice — $\frac{1}{2}$ cup	Tomatoes — fresh — 2 to 3 medium
Grapes — 20 grapes	Turnips — 2 cups
Gravy — 2 tablespoons	Walnuts — 8 to 16 meats
Ice cream — $\frac{1}{4}$ cup	Watermelon — $\frac{3}{4}$ slice 6 inches diameter
Lard — 1 tablespoon	
Lemons — 3 large	
Lettuce — 2 large heads	

PRESIDENTS' KITCHENS



Barbara W. Newell

President, 1972 -

Mrs. Newell sends the following recipe from the well family contribution the

POPCORN BALLS

1 c. molasses 1/4 tsp. salt

1 T. butter

Boil until it masses in cold water. Add popcorn.

Ruth M. Adams

President, 1966 - 1972

Miss Adams sends the following recipe from Dartmouth College, calling it "one of my absolute favorites"

PARTY NOODLES

Serves 8

1 pint cottage cheese Salt (to taste)

1 pint sour cream Parmesan cheese (grated)

1/2 tsp. Worcestershire sauce (8 oz.) pkg. noodles

Fresh ground pepper

Cook and drain noodles. Mix with cottage cheese, cream, sauces, and Worcestershire. Sprinkle with grated cheese. Cook covered for 10 minutes. For moist casserole, cook covered, for crusty top, uncover.

This goes very well with cold meats and salad for buffet suppers. It can be prepared ahead, refrigerated, and cooked at the time desired.

Margaret Clapp

President, 1949 - 1966

Miss Clapp writes as follows:

"I'd like to cooperate, but I haven't any fancy recipes. All you have to do is put pure spring water on to boil. Then it's almost while in the garden, prepare it by leaving the residue for mull. Return to the kitchen and cook briefly whatever you haven't eaten en route. Season to taste, especially with cholesterol unless your doctor prefers margarine."

and Contemporary Dorm Favorites

PRESIDENTS' KITCHEN

Barbara W. Newell

President, 1972 -

Mrs. Newell sends as the Newell family contribution the following recipe from her daughter:

PENNY'S POPCORN BALLS

1 c. molasses 1/4 tsp. salt
1 T. butter

Boil until it makes soft ball in cold water. Add popcorn.

Ruth M. Adams

President, 1966 - 1972

Miss Adams sends this recipe from Dartmouth College, calling it "one of my absolute standbys".

PARTY NOODLES

Serves 8 X

1 pint cottage cheese Salt (to taste)
1 pint sour cream Parmesan cheese (grated)
1 tsp. Worcestershire sauce 1 (8 oz.) pkg. noodles
Fresh ground pepper (to taste)

Cook and drain noodles. Combine with cottage cheese, cream, sauces, and seasonings in buttered casserole. Sprinkle with grated cheese. Cook in 325° oven until heated through. For moist casserole, cook covered; for crusty top, cook uncovered.

This goes very well with cold meats and salad for buffet suppers. It can be prepared ahead, refrigerated, and cooked at the time desired.

Margaret Clapp

President, 1949 - 1966

Miss Clapp writes as follows:

"I'd like to cooperate, but I haven't any fancy recipes. All I know is to put pure spring water on to boil. When it's almost boiling, go to the garden and pick what you wish. While in the garden, prepare it for cooking, leaving the residue for mulch. Return to the kitchen and cook briefly whatever you haven't eaten en route. Season to taste, especially with cholesterol unless your doctor prefers margarine."

Mildred McAfee HortonPresident, 1936 - 1949

Mrs. Horton writes the following interesting account of the recipe she sends:

"Oddly enough the recipe which has won most favor among my friends is one which I sampled in Ann Arbor at dinner at the Michigan League, and was sent to me, thanks to Miss Wilma Stekette, Manager Michigan League."

"I send it back home."

COFFEE CREAM PIE

1 (9 inch) pie Baking time 1 hour
Temperature 275°-300°

2 egg whites

1/4 tsp. salt

1/2 c. granulated sugar

1 c. nutmeats (finely chopped)

Beat egg whites until stiff but not dry; add sugar and salt gradually and beat until stiff and satiny. Add nutmeats and blend. Press onto bottom and sides (not rim) of one well greased 9 inch pie pan. Prick well with fork. Bake at 275°-300° for about 1 hour. Cool.

Filling for Coffee Cream Pie

2 T. instant coffee powder

1 1/2 c. whipping cream (whipped)

1/4 c. water

(1 c. is enough)

1/2 lb. miniature marshmallows

1/2 tsp. almond extract

2 egg yolks (slightly beaten)

Combine coffee, water and marshmallows; cook over medium heat, stirring constantly until melted. Add coffee mixture slowly to beaten egg yolks, stirring constantly. Return to saucepan and cook over medium heat 1 to 2 minutes. Chill until mixture begins to set. This takes just a little time. Beat at medium speed until mixture is smooth. Fold in the whipped cream and almond extract. Pour into cooled shell and chill several hours. If desired, decorate with additional whipped cream (gilding the lily!). Serve very cold.

A Dab of Whipped Cream When You Need It. Whip 1 c. heavy cream. Spoon out onto cookie sheets lined with waxed paper in amounts about the right size for topping a serving of dessert. Freeze hard on the trays. Quickly peel off into a freezer storage bucket or box. Store in freezer until needed. They can be used individually.

VEGETABLE SALAD

Sally Fleming -
 Wife of U-M President Robben W. Fleming

Great for a football brunch. Hail to the Victors!

- | | |
|----------------------------------|----------------------|
| 1 head lettuce | 1 c. mayonnaise |
| 1/4 to 1/2 c. onions (chopped) | 1 T. sugar |
| 1/4 to 1/2 c. celery (chopped) | 4 oz. Cheddar cheese |
| 1/4 to 1/2 c. green pepper | (shredded) |
| (chopped) | Crisp bacon |
| 10 oz. peas (cooked and drained) | |

Chop lettuce in bowl or in 13 inch Pyrex dish. Place on top of lettuce chopped onions, celery, green pepper. Next add layer of peas. Spread with 1 c. mayonnaise, and sprinkle with sugar. Cover with shredded Cheddar cheese, and crumble bacon on top. Cover with Saran Wrap and refrigerate overnight. Cut into servings. May be halved, using a 9 inch Pyrex dish if preferred.

PEPPERMINT FUDGE SUNDAE PIE

Elizabeth Cornwall

- | | |
|--------------------------|--------------------------|
| 1 (8 inch) vanilla wafer | 1 quart peppermint stick |
| pie shell | ice cream |
| 1/2 c. fudge sauce | |

Make pie shell according to direction on box. Place 1/2 c. fudge sauce in chilled pie shell, spreading sauce evenly. Chill so sauce will be stiff. Spread 1 quart of ice cream over sauce. Freeze. You may use whipped cream, shaved chocolate or chocolate Jimmies as a topping.

6 to 8 servings. This is the favorite dessert at Wellesley College.

PARISIAN BAKED CHICKEN

Elizabeth Cornwall

- | | |
|----------------------------|-------------------------|
| 1 fryer (cut up) | 2/3 c. canned mushrooms |
| (4 to 8 pieces) | 1/2 c. sherry |
| 1 can (10 oz.) cream of | Salt |
| mushroom soup | Pepper |
| 1 c. commercial sour cream | Paprika |

Place pieces of chicken skin side up in greased baking dish. Season to taste with salt and pepper. Combine sour cream, soup, mushrooms and sherry and pour over chicken. Sprinkle with paprika. Bake at 350° for 1 1/2 hours or until tender.

Serves 4 to 6.

LEMON BREAD (A SWEET BREAD)

Elizabeth Cornwall

1/2 c. shortening
 1 c. granulated sugar
 2 eggs
 1 1/2 c. all-purpose flour
 1 tsp. baking powder
 1 tsp. salt

1/2 c. milk
 Rind from 1 lemon
 1/2 c. walnuts (chopped)
 1/3 c. sugar
 Juice from 1 lemon

Cream shortening and sugar together. Add eggs and beat thoroughly. Mix flour, baking powder and salt and add alternately with milk. Mix in lemon rind and nuts. Pour into greased and floured bread tins and bake in 350° oven for 40 to 45 minutes. Mix lemon juice and 1/3 c. sugar and drizzle over top of bread while the bread is hot.

Makes 1 loaf.

POMPADOUR PUDDING

Elizabeth Cornwall

CUSTARD: (Bottom)

1 1/2 c. milk
 4 T. sugar
 1 T. flour

Pinch of salt
 1 egg yolk (beaten)
 1 tsp. vanilla

MERINGUE: (Top)

1/2 square chocolate
 2 T. sugar

1 T. milk
 1 egg white (beaten stiff)

Custard - In double boiler, cook all ingredients (except vanilla) until thick and smooth. Add vanilla. Pour into custard cups, filling about 2/3 full. Top with chocolate meringue.

Meringue - In double boiler cook chocolate, sugar and milk until blended. Cool slightly and add stiffly beaten egg white. Spread on top of custard. Set cups in pan of water and bake in 325° oven for 30 minutes. Serve cold.

4 to 6 servings.

Life is God's gift to us; what we make of it, is our gift to God.

AMERICA THE BEAUTIFUL

by Katharine Lee Bates, Wellesley 1880

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!

America! America!
God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea!

ADDITIONAL RECIPESLEMON BREAD (A SWEET BREAD)

Elizabeth Cornwall

1/2 c. shortening
 1 c. granulated sugar
 2 eggs
 1 1/2 c. all-purpose flour
 1 tsp. baking powder
 1 tsp. salt

Cream shortening and sugar together. Beat eggs and add sugar. Mix. Mix flour, baking powder and salt and add to mixture. Pour into greased and floured bread pan. Bake in 350° oven for 40 to 45 minutes. Remove from oven and let stand in pan for 5 minutes. Turn out and serve.

Makes 1 loaf.

POMPADOUR PUDDING

Elizabeth Cornwall

CUSTARD: (Bottom)

1 1/2 c. milk

4 T. sugar

1 T. flour

Pinch of salt

1 egg yolk (beaten)

1 tsp. vanilla

MERINGUE: (Top)

1/2 square chocolate

2 T. sugar

1 T. milk

1 egg white (beaten stiff)

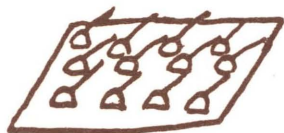
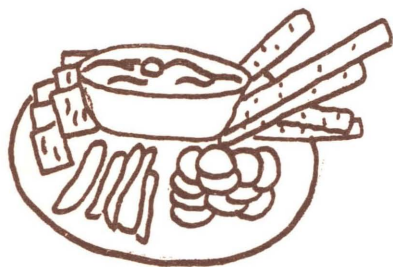
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Meringue - In double boiler cook chocolate, sugar and milk until blended. Cool slightly and add stiffly beaten egg white. Spread on top of custard. Set cups in pan of water and bake in 325° oven for 30 minutes. Serve cold.

4 to 6 servings.

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GOOD BEGINNINGS



GOOD BEGINNINGS

CRAB MEAT DIP

Delia Smith Hunter

- 1 1/2 c. Deming's crab meat
(drained and flaked)
(15 oz. or equivalent)
1/3 c. pickled onions
(chopped fine)

- 1/3 c. mayonnaise
A little lemon juice
Dash Tabasco sauce
Dash Worcestershire sauce

Mix lightly and serve in a bowl with crackers around it.

CRAB DIP

Elizabeth Osgood Woodburne

- 1 roll Kraft garlic cheese
1 tin frozen shrimp soup
1 tin mushrooms (drained)

- 1 tin crab or lobster
(drained)

Heat and stir ingredients until well mixed. Serve warm with crackers. Freezes well.

CAROL ANN'S DILL DIP

Lydia Richardson Bates

- 2 c. sour cream
1 or 2 tsp. dill weed

- 1 pkg. Good Seasons
cheese garlic mix

Combine ingredients and chill. Great with raw vegetables or as a spread for cold meat sandwiches.

DILL WEED DIP

Elizabeth Knudson Halford
(From a Neighbor)

- 1 c. sour cream
1 c. Hellman's mayonnaise
2 T. onion (minced)
1 1/2 T. parsley flakes

- 1 1/2 tsp. Worcestershire sauce
1 1/2 tsp. dill weed
1 1/2 tsp. Beau Monde seasoning
Pinch of salt

Mix all ingredients together well. Refrigerate 2 hours before serving. Nice with crisp raw vegetables, potato chips or crackers.

CLAM DIP

Anne Campbell Ryan

- 1 large pkg. cream cheese
1 can minced clams (drained)

- Onion (finely chopped)

Soften cream cheese at room temperature. Stir in very finely chopped onion. Add a can of minced clams (save the juice for soup) and mix thoroughly. Serve on Ritz crackers or rye bread. Great for hors d'oeuvres or sandwiches.

✓ VEGETABLE DIP

Barbara Knauss

- | | |
|----------------------------------|-------------------------|
| 1 c. <u>Hellman's</u> mayonnaise | 1 tsp. tarragon vinegar |
| 1 tsp. onion (grated) | 1/4 tsp. curry powder |
| 1 tsp. horseradish (prepared) | |

Mix all ingredients and use with any cold vegetables. Especially recommended are mushrooms, cauliflower flowerets, celery, carrots, etc.

✓ INDIAN CHICKEN BALLS

Molly Hunter Dobson

- | | |
|--------------------------------|------------------------|
| 8 oz. pkg. cream cheese | 1 T. chutney (chopped) |
| 1 c. cooked chicken (chopped) | 1 T. curry powder |
| 1 c. blanched slivered almonds | 1/2 tsp. salt |
| 2 T. mayonnaise | |

Mix all ingredients together and chill. Form in small balls and roll in grated coconut. Chill balls and serve them on wooden picks.

"CHINESE" STYLE HORS D'OEUVRE - CREAM CHEESE AND SESAME SEED

Ann Patterson Munro

- | | |
|-----------------------------|----------------------|
| 1 (8 oz.) pkg. cream cheese | Toasted sesame seeds |
| Soy sauce (2 to 3 T.) | (black and white) |

Marinate cream cheese in a light soy sauce for about 4 hours. Turn from time to time to make certain all sides are covered. Place sesame seeds in flat dish and roll cheese gently in seeds so that all sides are covered. Serve with crackers.

✓ CHEESE BALLS

Eleanor DeCourcy Wernette

- | | |
|----------------------------------|------------------------|
| 4 oz. Treasure Cave Bleu cheese | 1/2 tsp. wet mustard |
| 4 to 8 oz. Cheddar cheese (soft) | 1 large onion (grated) |
| 1 small cream cheese (3 oz.) | 3 shakes Tabasco sauce |
| 1/2 c. walnuts (coarsely ground) | |

Mix cheese, mustard, onion and Tabasco sauce well. Shape into balls and roll in ground walnuts. Refrigerate.

What I am to be I am now becoming.

CREAM CHEESE BALL

Betty Osgood Woodburne

- 3 (8 oz.) pkg. cream cheese 1 c. preserved ginger
 1 c. slivered almonds (snipped into small pieces)

Mix cheese and ginger thoroughly. Form into ball and wrap in waxed paper or aluminum foil. Refrigerate several hours. Half an hour before serving, remove from refrigerator and roll in slivered almonds.

CRAB FONDUE

Barbara Brown Knauss

(Serves 15 For Cocktails)

Always a hit at our Wellesley Club Christmas party.

- 4 T. butter 1 can Deming's king crab
 4 T. flour (7 1/2 oz.)
 1 c. coffee cream Salt and pepper to taste
 1/4 c. sherry 1 pkg. sharp Cheddar cheese (4 oz.)
 (about) (Grated)

Make cream sauce with first 3 ingredients (it's quite thick). Remove from flame. Add sherry gradually. Add crab which has been rinsed, drained, picked over and broken up. If mixture seems too thick, add a little more sherry. Season. Put mixture in greased 1 quart casserole and cover with grated cheese. Bake in 400° oven about 20 minutes or until cheese is bubbly. Remove from oven. Stir cheese topping into mixture beneath. Transfer to chafing dish.

Serve with bite size pieces of French bread. (Break it up at the last minute.)

CHILI CON QUESO (Hot Cheese Dip or Spread)

Anne Pyne Cowley

- 1 (10 oz.) can tomatoes 2 lb. American cheese (grated)
 and green chili (Velveeta is good)
 1 (10 oz.) can green chili 1 to 2 cloves garlic (minced)
 1 onion (minced)

Cook onion, garlic, tomatoes and chili for a few minutes. Stir in cheese until melted. Can be served warm in chafing dish or chill and spread on crackers.

EGGPLANT STICKS-PARMESAN

Elsa Morgan Luker

- 1 eggplant Oregano
 1 egg (mixed with 2 T. water) Salt and pepper
 3/4 c. flour 1/4 c. butter
 3/4 c. Parmesan cheese 1/4 c. oil

Peel eggplant and cut into sticks about (5/8x5/8x2) inches. Dip in egg mixture then in mixture of flour, cheese and seasonings. Fry in butter and oil until dark golden brown. Serve hot as appetizer or vegetable side dish. Even converts eggplant haters!

LIL^o REUBENS

Molly Hunter Dobson

(Makes About 36)

- | | |
|-------------------------------|-----------------------------------|
| 1 (12 oz.) can corned beef | 1 (8 oz.) loaf party pumpernickel |
| 1/4 c. <u>plus</u> 2 T. sweet | <u>or</u> rye bread |
| pickle relish (drained) | 1 T. prepared mustard |
| 1/4 c. mayonnaise | 3/4 c. Swiss cheese (grated) |

Break up corned beef with fork and add pickle relish and mayonnaise. Blend well. Toast bread slices on one side in broiler and butter untoasted side. Cover with corned beef mixture, then sprinkle with cheese. Broil until bubbly.

SHRIMP STEAMED IN BEER

Elsbeth Cahill Swope

(From the Florida Keys) Serves 12

- | | |
|---------------------------|--------------------|
| 4 lb. large shrimp | 2 pieces celery |
| (peeled and cleaned) | Few sprigs parsley |
| 2 cloves garlic (crushed) | 2 quarts beer |

Put shrimp, etc. into boiling beer and cook covered, 5 minutes. Drain. Serve in casserole with a little of the liquid to keep it warm. Use picks to spear shrimp out.

STUFFED MUSHROOMS

Jean Byers Hernandez

- | | |
|-------------------------|-----------------------------|
| 24 large mushrooms | 1 tsp. garlic salt |
| 3 T. butter | 1/4 tsp. pepper |
| 1/2 c. Italian seasoned | 1 T. lemon juice |
| bread crumbs | 1 tsp. Worcestershire sauce |
| 1 small onion (grated) | |

Separate mushrooms^o stems and caps. Saute^o caps in butter until lightly browned. Drain. Chop mushroom stems finely, and mix with remaining ingredients. Stuff mushroom caps with mixture. Bake at 350° 8 to 10 minutes.

Serves 4 to 6 as an appetizer.

SWISS CROUTE

Ann Pye Cowley

- | | |
|-------------------------------|-----------------------------|
| 1/2 lb. Swiss cheese (grated) | 6 slices white bread |
| 2 eggs (separated) | Butter <u>or</u> shortening |
| 1 tsp. onion (grated) | |

Mix cheese with yolks and onion. Beat egg whites lightly and add to mixture. If too stiff, add 1 T. cream. Spread mix liberally on one side of bread and fry until golden, spread side first.

Serves 4. Leftovers can be refrigerated and heated in oven. Cut small they make good hors d'oeuvres.

SESAME CHEESE WAFERS

Beth Chase Cunningham

(About 42)

- | | |
|------------------------------------|-------------------------------|
| 1/4 lb. Cheddar cheese with | 1 c. flour |
| port wine (not cheese food) | Dash cayenne pepper |
| 1/4 lb. butter <u>or</u> margarine | 1/4 c. sesame seeds (toasted) |

Have cheese and margarine at room temperature. Cream together. With fork, blend in flour and pepper. With floured hands roll into marble sized balls, roll in sesame seeds. Place on baking sheet, flatten with cloth covered glass. Bake at 400° about 10 minutes. Don't let bottoms burn! Can also be rolled into sticks. Best served hot from the oven.

CHEESE PINWHEELS

Mona Seelig Stolz

- | | |
|----------------------------------|-----------------------------------|
| 1 large pullman loaf bread | 1 container (7 to 8 oz.) Wispride |
| (sliced the long way) | <u>or</u> other sharp Cheddar |
| 1 lb. thinly sliced bacon | 2 sticks butter or margarine |
| (have butcher do it if possible) | 1/4 tsp. Worcestershire |
| | Wooden toothpicks |

Ahead of time, remove cheese and butter from refrigerator to soften. Combine cheese, butter, Worcestershire and cream the mixture. Spread on bread. Stretch 3 slices bacon on each slice and roll each slice. Refrigerate overnight or freeze indefinitely. If frozen, thaw at room temperature for 1 hour. Slice each roll to yield 8 pinwheels. Insert toothpick in pinwheel where circle ends. Broil on rack 2 to 3 minutes on each side.

NUTS AND BOLTS

Eleanor DeCourcy Wernette

- | | |
|-----------------------------------|------------------------------|
| 1/2 c. butter <u>or</u> margarine | 2 c. bite sized rice squares |
| 3 T. Worcestershire sauce | 2 c. Cherrios |
| 1 tsp. garlic salt | 1 c. thin pretzel sticks |
| 2 tsp. celery salt | 1 c. Spanish peanuts |
| 2 tsp. seasoned salt | <u>or</u> salted peanuts |
| 2 c. bite sized wheat squares | |

Melt butter and stir in Worcestershire and 3 salts. In large roasting pan, combine nuts, cereals and pretzels; pour butter sauce over mixture, tossing to blend. Bake, uncovered, in slow oven (250°) for about 1 hour. Spread on absorbent paper to cool. To keep crisp store in airtight container until needed.

Makes about 2 quarts.

WELLESLEY CHRISTMAS PUNCH

Delia Smith Hunter

- | | |
|--|-------------------------------|
| 1 bottle (fifth) P.M. blended
whiskey | 1 quart club soda |
| 1 quart ginger ale | 1 (4 oz.) can frozen lemonade |

Combine ingredients over block of ice in punch bowl. Many of us remember the beautiful Christmas parties at the Hunters where this was served.

CELEBRATION PUNCH

Beth Chase Cunningham

- | | |
|---------------------------|----------------------------------|
| 25 oz. vodka | 1 (4 oz.) can frozen
lemonade |
| 1 bottle champagne | |
| 2 large bottles club soda | |

Mix ingredients, pour over block of ice. Served with sparkling success at at least two Ann Arbor weddings including our daughter's.

WELLESLEY CLUB FISH HOUSE PUNCH

Ann Arbor Wellesley Club

- | | |
|--------------------|--------------------|
| 2 fifths light rum | 1 pint lemon juice |
| 1 pint strong tea | 2 fifths water |
| 3/4 c. sugar | |

Mix hot tea, lemon juice and sugar the day before serving. Chill. At serving time, combine tea mixture, rum and water. Pour over large block of ice. We often serve this at our Fall Potluck. Makes 40 (4 oz.) cups.

ROYAL CHICKEN SOUP

Elizabeth Knudson Halford

- | | |
|------------------------------|---------------------------------|
| 1 quart chicken soup or more | Parsley |
| 2 egg yolks | Pimiento bits <u>or</u> paprika |
| 1/2 c. sweet cream | |

Heat soup to boiling. Add cream to beaten yolks and add slowly to soup. Serve immediately, topping with parsley and a dash of paprika or bits of pimiento.

4 servings. Preparation time: 5 minutes.

For a deliciously different dip for shrimp, add a little lemon juice and a very little minced garlic to Hellman's mayonnaise.

CORN CHOWDER

Eleanor DeCourcy Wernette

- | | |
|--------------------|---------------------------|
| 1 medium onion | 1 tin creamed yellow corn |
| 2 T. butter | (1 lb.) |
| 1 c. boiling water | 6 Ritz crackers |
| 2 medium potatoes | Salt and pepper to taste |
| 1 quart milk | |

Cut onion in small pieces and fry gently in butter for 1 minute; turn heat to simmer, cover and let steam for 10 minutes. Onions should be soft, but not brown. Add 1 c. plus boiling water and 2 medium potatoes cut in chunks; water should cover potatoes. Cook until potatoes are softish (about 15 minutes at low heat). In a large pan, heat together 1 quart of milk and the creamed corn. Watch carefully because milk boils over easily. Stir corn from bottom of pan. Add potatoes and onions when cooked. Break up about 6 Ritz crackers and add. Beginning with 1 tsp. salt, add salt and pepper to taste. Chowder is better if made day before serving.

CREAM OF CORN SOUP

Molly Hunter Dobson

- | | |
|---------------------------------|------------------|
| 2 strips bacon (finely chopped) | 2 c. milk |
| 2 T. onion (finely chopped) | 1 tsp. salt |
| 2 c. frozen corn | 1/2 tsp. pepper |
| 2 T. butter | 2 c. light cream |
| 2 T. flour | |

Fry finely diced bacon until crisp; add onion and saute^e until soft. Put corn through food chopper and add to onion and bacon, and cook until it begins to brown. Add butter, and then flour. Cook slowly for 3 minutes. Add milk, salt, and pepper, and cook until thickened; then add cream and heat until smooth.

Serves 6.

POTASSIUM BROTH

Elspeth Cahill Swope

- | | |
|-----------------------|------------------------------|
| 1 bunch carrots | 1 small bunch parsley |
| 1 large onion | 1 medium can tomatoes |
| 2 large stalks celery | 2 cans consomme ^e |
| (with leaves) | |

Put all vegetables through food grinder. Blender may be used if the vegetables are cut small first. Add 4 c. water; boil 15 min. Salt. Add tomatoes and consomme^e. Parsley contains pepper, so taste when adjusting seasonings. Boil all 10 minutes longer. Strain.

Refrigerates beautifully. Heat before serving. I always double the recipe, so as to have some to give and some to share. This is my mother's recipe and is good for sick folks or anyone needing some T.L.C. 'tis Irish penicillin!

* * * * *

ADDITIONAL RECIPES

1 bottle 1 tin creamed yellow corn
whisky 1 (1 lb.)
1 quart ginger ale
Combine to taste
Cut onion in small pieces and fry gently in butter for 1 minute.
turn heat to simmer, cover and let steam for 10 minutes. Onions
should be soft, but not brown. Add 1 c. plus boiling water and
2 medium potatoes cut in chunks; water should cover potatoes.
Cook until potatoes are tender (about 15 minutes at low heat).
a large pan, heat together about 1/2 of milk and the remaining 1/2
Watch carefully because milk boils over easily. Stir with fork
bottoms with potatoes and onion when water has evaporated. If
1/2 c. milk and 1/2 c. butter with 1/2 c. salt and pepper. If
pepper to taste. Chowder is better if made day before serving.

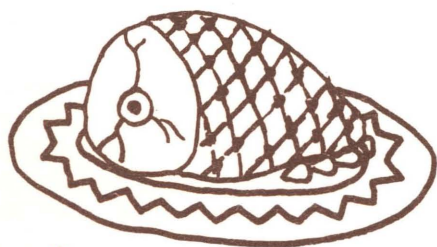
2 strips bacon (thinly chopped) 3 c. milk
1/2 T. onion (thinly chopped) 1 tsp. salt
1 c. frozen corn 1/2 tsp. pepper
1 T. butter
Put corn through food chopper and add to onion and butter, and
cook until it begins to brown. Add butter, and then flour. Cook
alight for 5 minutes with milk, salt, and pepper, and cook for 10
thickened; then add cream and heat until smooth.
Serves 6.

1 bunch stalks celery, cut in 5. 2 c. milk
1 large onion
2 large stalks celery, cut in 5. 2 c. milk
(with leaves)
Put all vegetables through food grinder. Blender may be used
if the vegetables are cut small first. Add 4 c. water; boil 15 min.
Salt, white pepper and cornmeal to taste. When serving, add
when serving seasonings. Heat before serving. I always double
the recipe, so as to have some to give and some to share. This is
my mother's recipe and is good for sick folks or anyone needing some
T.L.C. 'tis Irish pestilence!

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MAIN DISHES



MAIN DISHES

GINGER BEEF

- 1 1/2 lb. boneless chuck
- 4 slices ginger root
- 2 scallions (cut in 2 inch pieces)
- 3 T. oil (peanut, corn or vegetable oil; not olive oil or butter)

Cut beef into 1 inch cubes. Heat oil in 2 quart saucepan with ginger and scallion pieces. Add beef and sear on all sides. DO NOT BROWN. Add remaining ingredients except corn starch mixture; mix well. Add 1 c. cold water, bring to a boil. Lower heat, cover pan and continue cooking about 50 minutes, stirring occasionally. Remove cover, increase heat; stir in corn starch mixture until sauce is slightly thickened. Serve hot with rice, of course!

Several years ago Virginia conducted a marvelous series of lesson on Chinese cooking for us. It benefited greatly both the Development Fund of Wellesley College and all those who attended. Virginia has kindly given her permission to print any of the recipes used. You will find quite a few scattered through this book. Thank you, Virginia!

FLANK STEAK WITH BROCCOLI

- 1 bunch broccoli
(cut in 2 inch lengths)
- 2 T. oil
- 1 clove garlic (crushed)
- 1 medium onion (sliced)
- 1/2 to 3/4 lb. flank or sirloin steak (cut in 2 inch lengths)

1. Blanch cut broccoli in boiling water for 3 minutes. Drain.
2. Heat oil in skillet on high flame; add garlic and onion, stir 1 minute.
3. Add steak; stir-fry until redness is gone. Add salt.
4. Add broccoli, stir-fry thoroughly.
5. Add soy sauce, sugar, beef broth; mix. Cover and lower flame to medium and cook 3 to 5 minutes.
6. Remove cover, return flame to high. Thicken gravy with corn starch dissolved in water. Season with oyster sauce.

(Chinese)

Virginia Butterworth Eng-Wong

- 1 whole star anise (may be omitted, but this gives the distinctive flavor)
- 6 T. sherry
- 4 T. dark soy sauce
- 1 T. corn starch (dissolved in 1/4 c. cold water)

Virginia Butterworth Eng-Wong

- 1/2 tsp. salt
- 1 tsp. soy sauce
- 2 tsp. sugar
- 1 c. beef stock
- 1 T. corn starch
- 1/4 c. cold water
- 3 T. oyster sauce

X STEAK KEW

Virginia Butterworth Eng-Wong

1 tsp. light soy sauce

1 tsp. sherry

1 tsp. sugar

1/4 tsp. MSG

1 T. hoisin sauce

1 tsp. dark soy sauce

1 T. corn starch

Dash of pepper

1/2 tsp. prepared mustard

1/4 c. cold water

2 T. oil

1. Combine light soy sauce, sherry and sugar.

2. Combine MSG, hoisin sauce, dark soy sauce, corn starch, pepper and mustard with water.

3. Heat oil in skillet over high flame.

4. Add onions, stir-fry a few seconds, add meat; stir-fry until redness disappears. Add salt.

5. Add remaining vegetables, stir-fry thoroughly.

6. Mix in the sherry, sugar, soy sauce; add beef stock, stir thoroughly. Cover and cook 3 minutes.

7. Add remaining ingredients (hoisin, corn starch combination) and mix until gravy thickens.

1 medium onion

(sliced diagonally)

1/2 lb. flank steak

(cut in 2 inch lengths)

1 tsp. salt

1 1/2 c. celery

(sliced; diagonal cut)

1 medium green pepper (julienned)

3/4 c. bamboo shoots (julienned)

6 to 8 water chestnuts (sliced)

3/4 c. beef stock

STEPHATHO (GREEK STEW)

Mona Seelig Stolz

2 lb. beef (or rabbit)

stew meat (1 inch cubes)

3 cloves garlic (peeled)

1/4 tsp. pepper

1 tsp. pickling spice

1 pint red wine

24 small boiled onions

1/2 T. salt

1/4 tsp. cinnamon

3 bay leaves

1/4 c. vinegar

1/4 c. olive oil

Brown meat thoroughly. Add remaining ingredients to meat and bake uncovered in an oven-proof casserole at 300° for 2 1/2 hours. Serve with rice and a tossed salad.

SHERRIED BEEF

Frances Oguss Stallings

3 lb. beef cut as for stew

(even tough cuts will tenderize)

2 can undiluted cream of

mushroom soup

8 oz. can sliced mushrooms

1 envelope Lipton's onion

soup mix

1 c. dry sherry

Mix all ingredients in a large casserole or electric skillet with tight fitting cover. Bake at 300° or simmer electrically at 250° for 4 hours. If cover does not fit tight, be sure to check and add liquid if needed. Freezes well. Serves 8, at least.

BEEF CHUNKS BURGUNDY

Elsbeth Cahill Swope

(Serves 6 or 8 Hungry People)

3 lb. lean beef stew meat 1 c. red dinner wine
 2 T. butter 2 tsp. Spice Islands onion powder
 2 (8 oz.) cans tomato 2 tsp. Spice Islands seasoning salt
 sauce with mushrooms 1/2 tsp. oregano

Brown meat in butter in a very heavy pan until deep golden brown. Combine tomato sauce, wine, all seasonings and pour over beef. Cover and simmer 3 to 3 1/2 hours, until beef is very tender. Remove any excess fat from top of sauce before serving. Serve with French bread, green tossed salad, wine.

BEEF BURGUNDY

Conning Crose Cutting

1 1/2 lb. good steer beef 1 can mushroom soup
 Garlic salt 1/2 soup can burgundy
 Accent Chives

Sprinkle meat with salt and Accent. Combine right in casserole with wine and mushroom soup. Snip some chives over all and mix. Cover. Bake at 325° for three hours, adding more wine if needed to make good gravy. Uncover last few minutes of cooking time. Serve with rice or noodles. A 1 lb. can of cooked onions and mushrooms may be added.

Serves 5 to 6.

CASSEROLE - FAMILY SPECIAL

Kathleen Cutting Wagner

1 c. each: beans, peas, Salt and pepper
 carrots, celery and onions 1/3 c. tomato juice
 (diced) 2 T. tapioca
 1 to 1 1/2 lb. round steak Water to nearly cover
 (cut in cubes)

Mix ingredients, cover and bake 1 1/2 to 2 hours at 350°. If no tapioca, thicken with 2 T. flour dissolved in water. Serve with shoestring potatoes or chips. This casserole may be made the day before and reheated.

Ripe olives make a delightful addition to a highly seasoned bread dressing for stuffing a flank steak.

CHILI BEEF STEW

Doris Cross Fraker

- | | |
|-------------------------------|----------------------------|
| 2 lb. beef stew meat | Oregano |
| (cut in 1 inch pieces) | Thyme |
| 1 large green pepper | Black pepper |
| (cut in 1 inch pieces) | Garlic powder |
| 1 medium onion (sliced) | Seasoning salt |
| 1 (12 oz.) bottle chili sauce | 1 1/2 or 2 quart casserole |
| 6 oz. water | (greased, even the cover) |

Put meat, pepper and onion in casserole. In a separate bowl mix chili sauce, water, and spices. Pour mixture into casserole. Cover casserole and cook in 350° oven for 2 hours.

GERMAN MEAT BALLS

Lydia Richardson Bates

- | | |
|--------------------------|-------------------------|
| 1 lb. ground beef | 1 medium onion (minced) |
| 1/2 lb. lean ground pork | 2 eggs |
| 1/2 c. bread crumbs | 1 T. salt |
| 3/4 c. water | 1/2 T. pepper |

If possible have the meat ground twice. Combine all ingredients and brown meat balls in oven proof dish. Set aside. Remove most of drippings (fat) and add 2 c. water to pan. Scrape up pan. Add several drops of Maggi seasoning, 2 bouillon cubes and meat balls. Simmer gently for 45 minutes. Thicken gravy with flour and water if desired. Best served with boiled potatoes and a tart salad.

CONTINENTAL MEAT BALL PIE

Martha Hatcher Cargo

- | | |
|--------------------------------|---------------------------------|
| 1 1/2 lb. ground beef | 1 can tomato paste (6 oz.) |
| (seasoned to taste) | 12 small carrots (pared and cut |
| 3 T. flour | in 1 inch pieces) |
| 3 T. salad oil | 1 pkg. frozen green peas |
| 1/2 lb. link sausage | and pearl onions |
| (sliced in 3/4 inch pieces) | Piecrust |
| 3 c. water | 1 egg (slightly beaten) |
| 1 envelope spaghetti sauce mix | |

Roll hamburger into balls and then in flour to coat. Brown in oil. Push to one side and add sausage and brown lightly. Stir 2 1/2 c. water, spaghetti sauce mix and tomato paste into pan with meat. Cover and simmer 15 minutes. Cook carrots in 1 c. water (salted), adding peas and pearl onions when almost done. Add to meat mixture being sure there is 1/2 c. liquid to add. Spoon mixture into 12 c. baking dish. Prepare pie crust. Roll into (15x12) inch rectangle and cut 9 or more 1 inch strips. Save 3 strips for rim of pie. Weave remainder over pie to make lattice top. Cover

(Continued Next Page)

CONTINENTAL MEAT BALL PIE (Continued).

rim with remaining strips and press down lightly all AROUND. Brush with beaten egg. Bake in hot oven (425°) 30 minutes or until pastry is golden and filling bubbles up.

6 to 8 servings.

HAMBURGER CRUST PIZZA

Jeanne Byers Hernandez

1 lb. ground beef
1 medium onion (finely chopped)
1/2 tsp. garlic powder
1 tsp. salt
1/4 tsp. pepper
1/4 c. beef broth
1 tsp. dried crushed parsley

1 (1 lb.) can tomatoes
(drained and chopped)
1/2 tsp. dried crushed basil
1/2 tsp. salt
1/2 tsp. dried crushed oregano
1/4 tsp. pepper
1/4 tsp. crushed red pepper

Mix meat with onion, garlic powder, salt, pepper and beef broth. Spread on bottom and sides of a 9 inch pie pan. Bake at 375° for 15 minutes. Drain off any fat. Mix remaining ingredients, and spread over hamburger. Cover with 1/3 lb. sliced Mozzarella cheese. Sprinkle with 1/3 c. Parmesan cheese. Bake at 375° 15 minutes. Serve cut in wedges.

Serves 4 to 5.

CHEESEBURGER PIE

Deborah Lundstrom McMullen

1 lb. ground beef
1/2 c. evaporated milk
1/2 c. catsup
1/3 c. fine dry bread crumbs
1 tsp. Worcestershire sauce
1/4 c. onion (chopped)

1/2 tsp. dried oregano
4 oz. American cheese (1 c.)
(shredded)
8 inch pie shell
(unbaked)

Combine ground beef, milk, catsup, bread crumbs, onion and oregano. Season with 3/4 salt and 1/8 tsp. pepper. Prepare pastry to line 1 (8 inch) pie plate. Fill with meat mixture. Bake at 350° for 35 to 40 minutes. Toss cheese with Worcestershire and sprinkle atop pie. Bake 10 minutes more. Remove from oven and let stand 10 minutes before serving. Trim with pickle slices.

Serves 6.

Pep up your green beans with a dash of ginger - or a golden ginger bud in cooking water.

MEAT LOAF

Betty Osgood Woodburne

- | | |
|-------------------------------|-----------------------------|
| 2 eggs (slightly beaten) | 1/4 c. Worcestershire sauce |
| 2 tsp. salt | 1 tsp. dry mustard |
| 4 small onions (chopped) | 1 1/2 c. bread crumbs |
| 1/4 c. horseradish | 2 lb. <u>hamburger</u> |
| 1/4 c. green pepper (chopped) | (not ground round) |

Mix in order given. Pack into bread tin (greased). Cover top with 3/4 c. catsup. Bake 45 minutes at 400°.

TAMALE LOAF

Elizabeth Knudson Halford

(6 to 8 Servings)

- | | |
|-----------------------------------|--------------------------|
| 1/4 c. olive oil | 1 tsp. salt |
| 1/4 c. margarine <u>or</u> butter | 1 c. ripe olives |
| (can use less) | 2 cloves garlic (minced) |
| 2 to 3 medium onions | 1 to 2 T. chili powder |
| (sliced thin) | 3 eggs (well beaten) |
| 1 can tomatoes (1 lb.) | 1 c. milk |
| 1 can corn (whole kernel) | 1 1/2 c. corn meal |

Cook the onion lightly in the oil and margarine. Add the tomatoes, corn, olives and seasonings, and let cook 15 minutes. Mix together the eggs, milk and corn meal, and add to first mixture. Let simmer 15 minutes more, stirring occasionally so it will not stick to the bottom of the pan and burn! Bake 1/2 hour in 350° oven in a large casserole or baking dish. It should "set" so as not to be too soft. This is very satisfying as a main dish, although some people might prefer to add some browned beef.

TAMALE PIE

Doris Cross Fraker

- | | |
|------------------------------------|--------------------------------|
| 1 lb. ground round <u>or</u> chuck | 1 to 2 T. chili powder |
| 2 T. olive oil | 1 can (8 3/4 oz.) cream |
| 1 medium onion (chopped) | style corn |
| 1 clove garlic (minced) | 1/2 c. black olives (slivered) |
| 1/2 c. yellow corn meal | 2 eggs (beaten) |
| 1/2 c. milk | 2 tsp. salt |
| 1 1/2 c. tomato juice | |

Crumble meat into the olive oil in skillet. Cook until meat loses its red color. Add onion and garlic and cook, stirring, 2 to 3 minutes longer. In top of double boiler, mix corn meal and milk. Make a paste of 1/2 c. tomato juice and the chili powder. Add to corn meal with remaining juice and cook over boiling water, stirring occasionally, 20 min. Mix all ingredients and put in a 2 quart casserole. Bake in moderate oven (350°) 30 to 35 minutes.

Makes 8 servings. To freeze, put unbaked mixture in containers and freeze. Thaw before baking.

TAMALE PIE
(From a Wellesley Friend)

Elizabeth Armstrong Pettibone

- | | |
|--|--|
| 2 green peppers | 1 jar ripe olives |
| 2 cloves garlic (minced) | 1 medium can tomato puree ^o |
| 3 onions (chopped) | 1 tsp. thyme |
| 1 stalk celery (chopped) | 1 1/2 tsp. chili powder |
| Several sprigs parsley (chopped) | 1 tsp. paprika |
| 2 lb. ground round (better than hamburger if less fat desired) | 2 bay leaves |
| | Salt to taste |
| | Pepper to taste |
| 1 can whole kernel corn | Cayenne pepper to taste |

Saute^o peppers, garlic, onions, celery and parsley in 1 or 2 T. butter. Add ground meat. Cook about 15 or 20 minutes. Add corn, olives, liquid from cans, tomato puree^o and seasonings. Simmer with ground meat mixture for 5 or 10 minutes. Pour all above mixture into deep casserole dish. Top with the following mixture: Cook, on low heat, 2 c. yellow or white corn meal (ston-ground is best tasting), in 2 c. water until thick. Add more water if too thick. Season with salt, pepper, red pepper (cayenne) to taste. Drop corn meal mixture over top of casserole mixture. Spread to completely cover. Sprinkle top with grated Italian cheese. Bake 45 minutes in 350° oven.

Will serve 8.

MACARONI ITALIANO
(Serves 6)

Pat Harvey Kennedy

- | | |
|----------------------|---------------------------------|
| 8 oz. elbow macaroni | 1 green pepper (sliced) |
| 2 tsp. salt | 2 onions (sliced) |
| 1/2 tsp. thyme | 1 clove garlic (chopped) |
| 1/4 tsp. pepper | 1 (No. 2) can tomatoes |
| 1 lb. ground beef | 1/2 c. Parmesan cheese (grated) |

Cook macaroni according to pkg. directions. Drain. Add seasonings to beef and saute^o with green pepper, onions and garlic until lightly brown. Turn into baking dish. Stir in tomatoes and macaroni. Top with cheese. Bake in hot oven 400° for 25 minutes.

Ease the cutting of acorn squash. Heat the squash for 15 minutes in a moderate oven before cutting in half.

LASAGNA

Anne Pyne Cowley

PART 1:

- | | |
|-------------------------|---------------------------|
| 1 lb. Italian sausage | 1 1/4 tsp. salt |
| 1 lb. ground beef | 2 c. tomatoes (1 lb. can) |
| 1 clove garlic (minced) | 12 oz. tomato paste |
| 1 T. basil | |

PART 2:

- 10 oz. lasagna noodles

PART 3:

- | | |
|--|------------------------|
| 2 or 3 c. Ricotta <u>or</u> cottage cheese | 2 T. parsley (chopped) |
| 1/2 c. Parmesan <u>or</u> Romano cheese (grated) | 2 eggs (beaten) |
| | 1 1/2 tsp. salt |
| | 1/2 tsp. pepper |

PART 4:

- 1 lb. Mozzarella ^{1/2} cheese (sliced)

Part 1.- Brown meat. Add rest of ingredients from Part 1.

Simmer 1/2 hour.

Part 2.- Cook noodles. Place 1/2 noodles in (13x9x2) inch baking dish.

Part 3. - Combine cheeses, parsley, eggs, salt and pepper and spread 1/2 of mixture on noodles.

Add a layer of meat sauce (part 1.) and a layer of sliced Mozzarella cheese (Part 4.). Repeat layers. Bake at 375° for 30 minutes. Let stand 10 minutes before serving to set.

MA BEEM'S LASAGNA

Beth Chase Cunningham

- | | |
|---|-------------------------------|
| 3/4 lb. lasagna noodles (barely cooked) | 2 small cans tomato paste |
| 1 c. onion (chopped) | 1 1/4 tsp. salt |
| 1 c. celery (chopped) | 1 T. sugar |
| 1/2 c. green pepper (chopped) | 3/4 tsp. oregano |
| 1 clove garlic (minced) | 1/4 tsp. basil |
| 1 1/2 lb. ground round | 1/2 tsp. Worcestershire sauce |
| 3 1/2 c. Italian tomatoes (canned) | 1/2 tsp. black pepper |
| | 1/4 lb. mushrooms |

Saute' vegetables and garlic in oil. Add beef. Cook 5 minutes. Add tomatoes and seasonings and simmer 2 hours. Add mushrooms. In greased (9x13) inch pan, alternate layers of sauce, noodles and cheese (1/2 lb. Mozzarella, 1/2 c. Parmesan, 1/2 lb. Ricotta). Begin and end with sauce. Bake at 350° for 35 minutes; longer if cold.

10 to 12 servings.

LASAGNA

(Serves 12)

Molly Hunter Dobson

- | | |
|---------------------|-------------------------|
| 4 T. olive oil | 1 can tomato soup |
| 3 cloves garlic | 1 (20 oz.) can tomatoes |
| 2 lb. ground beef | 2 lb. Ricotta cheese |
| 3 cans tomato paste | (or cottage cheese) |
| 2 tsp. oregano | 1 lb. Mozzarella cheese |
| 1 tsp. salt | 1 pkg. lasagna noodles |
| 1 tsp. black pepper | Parmesan cheese |

Brown garlic in oil. Add beef and brown. Add remaining liquids, spices and tomatoes. Cook 30 minutes covered. Layer cooked noodles, Ricotta, Mozzarella and Parmesan cheese and sauce in greased (11 3/4x7 1/2) inch Pyrex dishes and cook 20 minutes in 375° oven.

Recipe fills 2 dishes with 2 or 3 layers each.

SPAGHETTI LUIGI

Terry Cunningham Beem

- | | |
|--|----------------------------|
| 1/2 lb. Italian hot sausage | 1 large can tomato paste |
| 1/2 lb. Italian mild sausage | 2 bay leaves |
| Red cooking wine to cover meat | Garlic and pepper to taste |
| 2 large onions (chopped) | Oil |
| 3 T. parsley | Mushrooms (optional) |
| 1 large can Italian tomatoes (chopped) | 1 lb. spaghetti (cooked) |

Bake sausage in red wine for 1 hour (turn once). Saute^o onions in large skillet with oil until transparent. Add parsley and cook a little longer. Add tomatoes with juice, tomato paste, bay leaves, garlic and pepper and simmer 45 minutes to 1 hour. When sausage is done, cut it in thin slices and mix into sauce. Don't add any of the juice it was cooked in unless sauce is very dry (and then add only a little). Simmer 30 minutes or eat immediately with cooked spaghetti. (Add mushrooms 15 minutes before serving if desired.)

Serves about 6.

SPAGHETTI CASSEROLE

Carol Ingham Plumer

- | | |
|------------------------|----------------------------|
| 1 lb. spaghetti | 2 lb. hamburger |
| 1/2 c. onion (chopped) | 1 (No. 2 1/2) can tomatoes |
| 1 c. peppers (chopped) | Salt to taste |
| 1 c. celery (chopped) | Olive or salad oil |

Cook spaghetti al dente and drain. Saute^o onions, peppers and celery until soft. Add hamburger and cook briefly, stirring well. Put spaghetti in large casserole, add saute^oed mixture and tomatoes, mixing thoroughly. Bake uncovered at 350° for 30 to 45 minutes.

Serves 8.

LOUIS MARTINI'S MOTHER'S SPAGHETTI SAUCE Lydia Richardson Bates
(From My Mother-In-Law, Eleanor Johnson Bates (23))

- | | |
|--------------------------|---------------------------------------|
| 1 lb. hamburger | 2 tsp. salt |
| 1 large onion (chopped) | 1 T. chili powder |
| 1 hand of parsley | 1 tsp. <u>each</u> poultry seasoning, |
| 1 or 2 cloves garlic | sage and marjoram <u>or</u> 1 T. |
| 1 (No. 2 1/2) size can | Italian seasoning |
| pear tomatoes | 1 tsp. oregano |
| 2 c. tomato sauce | 1/4 tsp. ground cloves |
| 1 small can tomato paste | 1/4 tsp. ground nutmeg |
| 1/2 c. dry red wine | |

Brown hamburger with onion, parsley and garlic. Add remaining ingredients and cook 2 to 3 hours until thick. Freezes well.

Serves 8 to 10.

✓ LAMB DIJON

Barbara Knauss

- | | |
|----------------------|----------------------------|
| 1 leg of lamb | 1 tsp. rosemary (crumbled) |
| (boned and tied) | 1 T. salad oil |
| 1/3 c. Dijon mustard | 1 T. lemon juice |
| 1 T. soy sauce | Salt and pepper |
| 1/4 tsp. garlic salt | Thyme (optional) |
| 1/4 tsp. ginger | |

Mix mustard, soy sauce, garlic salt, ginger, rosemary, oil, lemon juice, salt and pepper and cover the lamb with this mixture. Let stand for a few hours. Cook lamb in moderate oven until interior reaches 150°. This is about 2 hours, depending on your oven!

Serve with Spinach Rockefeller followed by a salad and fruit for dessert.

LAMB RIBLETS

Jane Davis Hartwell

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|--------------------|-------------------------|
| 2 lb. lamb riblets | 1 1/2 tsp. curry powder |
| 1/2 c. soy sauce | 1/2 tsp. garlic salt |

Pour marinade over 2 lb. lamb riblets. Marinate at least 1 hour. Bake at 350° for 1 hour until brown; turn in marinade once or twice while baking. This marinade with 2 T. salad oil added is excellent for lamb or beef shish kebab or chuck steak cooked on an outside charcoal grill. The longer the marinating, the more tender the meat.

ROAST LAMB MEXICANA

Elizabeth Knudson Halford

- 1 leg of lamb
- 2 cloves garlic
- 1 T. oregano
- 1 pinch cumin

- 2 T. vinegar
- 3 T. oil
- Salt and pepper

COLD SAUCE:

- 2 c. tomato puree¹
- 2 T. onion (minced)
- 1 T. vinegar
- 2 T. oil

- 1 tsp. oregano (rubbed between hands)
- Salt and pepper

Roast - Make a paste of the garlic, mashed oregano and cumin. Insert into slits made with a sharp pointed knife in the lamb. Season and pour vinegar and oil over meat. Let stand overnight. Roast uncovered at 300° to 350° 30 minutes per lb.

Cold sauce - Mix sauce ingredients well. Add chopped, peeled green chilies as desired. Be careful; they are hot. Serve sauce cold with hot lamb.

This sauce is also delicious with hamburger.

RAISIN LAMB CURRY

Caroline Child Tucker

- 1 T. curry powder
- 1 T. butter
- 1 medium onion (sliced)
- 2 medium stalks celery (sliced)
- 1 1/2 lb. boneless lean lamb

- 1 (14 oz.) can chicken broth
- 1 tsp. garlic salt
- 1 1/2 T. corn starch
- 2/3 c. seedless raisins
- 2 T. water

Stir curry, butter, onion and celery together in saucepan. Cover and cook over moderate heat a few minutes until vegetables are wilted. Add lamb cut in small cubes, broth and salt. Cover tightly, simmer till meat is tender (1 to 1 1/2 hours). Add raisins and corn starch blended with water. Cook slowly 15 minutes longer. Serve with plain or Persian rice.

✓ CHICKEN-BROCCOLI SUPREME
(Serves 8)

Eleanor DeCourcy Wernette

- 1 pkg. (5.5 oz.) Betty Crocker noodles Romanoff
- 2 T. butter
- 1 c. chicken broth
- 1 can cream of mushroom soup
- 1 pkg. frozen chopped broccoli

- 2 c. cooked chicken (cut in good size pieces)
- Pimiento (chopped) for color (about 2 T.)
- 1/3 c. slivered almonds

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CHICKEN-BROCCOLI SUPREME (Continued).

Cook noodles as pkg. directs. Stir in butter, broth, mushroom soup, and sour cream-cheese mix inside pkg. Let broccoli defrost so it can be separated, but do not cook. Mix all ingredients together and put in casserole. Bake covered for 25 minutes at 350°.

✓ GOURMET CHICKEN CASSEROLE

Barbara Brown Knauss

1/4 lb. sharp Cheddar cheese (grated)	1/2 lb. spaghetti (cooked)
2 cans Banquet chicken <u>or</u>	1/2 lb. fresh mushrooms (cut up)
7 whole chicken breasts	1/2 c. pimiento (chopped)
(cooked, boned, cut up)	1/2 c. green pepper (chopped)

SAUCE:

1 can Cheddar cheese soup	1/2 can milk
1 can cream of mushroom soup	

TOPPING:

1 c. bread crumbs	1/2 c. black olives (chopped)
3/4 c. slivered almonds	(optional)

If you use Banquet chicken, remove from bones and shred. Mix sauce ingredients together in bowl. Add cheese, chicken, spaghetti, mushrooms, pimiento, green pepper (do not saute' first). Mix well. Put in long, shallow casserole. Top with bread crumbs, olives and almonds. Bake 1 hour at 350°.

"Clobbered chicken" was pronounced a success at one of our Wellesley Pot Luck Suppers.

SPICED CHICKEN WITH HERBS

Frances Oguss Stallings

This recipe comes from Lucretia Mowry of the Bible History Department at Wellesley. She served it to her lucky students when we were invited to her home for dinner.

2 young chickens (cut up)	
4 T. olive oil	1 lemon (sliced)
1 tsp. salt	1/2 tsp. allspice
1/4 tsp. pepper	1/2 tsp. ginger
1 tsp. cinnamon	1 tsp. paprika

Rub the chicken with the lemon. Brown the chicken pieces in the olive oil, to which the spices have been added. Stir the spices into oil immediately before adding chicken, to prevent scorching. Remove the well-browned chicken from the frying pan and arrange in a casserole.

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SPICED CHICKEN WITH HERBS (Continued).

To the oil in the pan, add:

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|----------------------------------|-------------------------|
| 1 small can mushrooms | 1/2 tsp. rosemary |
| Mushroom broth <u>plus</u> water | 1/2 tsp. basil |
| to make 1/2 c. liquid | 1/2 tsp. thyme |
| 2 T. parsley flakes | 1 clove garlic (minced) |
| 2 chicken bouillon cubes | |

Mix thoroughly, stirring until bouillon cubes are totally dissolved; pour over the chicken in the casserole.

Deglaze (rinse) the pan with 1/2 c. dry sherry; add this to the casserole. Bake in preheated 350° oven till done (1 hour; 1 1/2 hour if refrigerated).

NOTE: This dish keeps well in warm oven or hot-tray and is perhaps even better warmed over the next day. The gravy is delicious, especially over rice. Miss Mowry pointed out that the chicken can be prepared and refrigerated as much as a day in advance, then allowed to bake while the hostess relaxes graciously.

6 to 8 servings.

CHOP SUEY

Virginia Butterworth Eng-Wong

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|--|-------------------------|
| 2 T. oil | 1 small can mushrooms |
| 1 tsp. salt | 1 c. chicken stock |
| 1 1/2 c. uncooked chicken meat (diced) | 1/2 c. sliced scallions |
| 6 to 8 water chestnuts (sliced) | 1 T. corn starch |
| 3/4 c. diced bamboo shoots | 1/4 c. cold water |
| 1 c. frozen peas | 2 T. oyster sauce |

1. Heat oil and salt in 2 quart saucepan.
2. Stir-fry chicken over high flame until meat turns white.
3. Stir in all vegetables except scallions.
4. Add soup stock, mix and cover. Cook 3 to 5 minutes over medium flame.
5. Stir in scallions, increase flame. Thicken gravy with corn starch dissolved in water. Season with oyster sauce.

A dash, or even more, of curry powder in Campbell's Turkey (or Chicken) soup with Vegetables transforms it into Mock Mulligatawny.

If you have a bit more time, brown the curry in a little butter;

1 tsp. making a "roux" with 1 tsp. flour before adding to soup.

HOISIN CHICKEN

Virginia Butterworth Eng-Wong

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|------------------------------|-------------------------------|
| 3 or 4 black mushrooms | 6 water chestnuts (diced) |
| 1 or 2 whole chicken breasts | 1/2 c. bamboo shoots (diced) |
| 2 T. sherry | 1 medium green pepper (diced) |
| 2 tsp. corn starch | 1 tsp. sugar |
| 3 T. oil | 2 T. hoisin sauce |
1. Soak mushrooms at least 30 minutes. Rinse, drain and dice.
 2. Skin and bone chicken breasts. Cut into large dice.
 3. Mix chicken with sherry and corn starch.
 4. Heat oil in skillet over high flame; stir-fry chicken about 3 minutes until meat whitens. DO NOT BROWN.
 5. Add vegetables; mix and stir-fry thoroughly.
 6. Add sugar and hoisin sauce; mix thoroughly. You may also stir in 1/3 c. slivered blanched almonds.

CHOW MEIN

Virginia Butterworth Eng-Wong

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|--|--|
| 2 T. oil | 1 T. light soy sauce |
| 1 tsp. salt | 1 T. sherry |
| 2 c. uncooked chicken
and/or pork | 1 tsp. sesame oil (optional) |
| 2 stalks celery
(diagonally sliced) | 1 c. chicken broth |
| 1 large bunch bok toi
(1 1/2 lb.) diagonally sliced | 1 tsp. sugar |
| 1 c. bamboo shoots
(finely sliced) | 1 tsp. dark soy sauce |
| 1/2 lb. bean sprouts | 1/4 tsp. MSG |
| 6 to 8 water chestnuts (sliced) | 1 1/2 T. corn starch (dissolved
in 1/4 c. cold water) |
| 6 to 8 black mushrooms
(soaked and sliced) | 3 T. oyster sauce |
| | 1 lb. Chinese noodles |
| | Oil for frying |
1. Boil noodles in large pot of boiling salted water, 5 to 7 min. Drain in colander and reserve.
 2. Heat several T. oil in large skillet. Add about 1/3 of the noodles and cook, without stirring on high heat until golden. Lift noodles and turn once to brown other side. Remove to serving platter and keep warm. Continue frying noodles until all are used up.
 3. Meanwhile, heat 2 T. oil in Dutch oven or large frying pan. Add salt, then chicken or pork and cook until meat changes color.
 4. Add all vegetables and stir fry thoroughly, 2 to 3 minutes.
 5. Mix in soy sauces, sesame oil, sherry, sugar and chicken broth.
 6. Cover pan, lower heat to medium and cook 3 to 5 minutes.

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CHOW MEIN (Continued).

7. Raise heat, thicken sauce with corn starch dissolved in water; season with MSG and oyster sauce.
8. Arrange noodles on individual plates; ladle vegetable mixture over noodles on each plate. Vinegar and soy sauce may be used as condiments.

CHICKEN AND WILD RICE (Serves 5)

Clare Malcolm Fingerle

(Quick and easy. Great last minute family meal, but also good enough for company.)

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|-----------------------|--------------------------|
| 3 c. cooked chicken | 1/2 soup can milk |
| 3 c. cooked wild rice | 1 large can mushrooms |
| 1 can mushroom soup | Salt and pepper to taste |

Mix together. Bake 30 minutes at 350° in greased casserole.

CHICKEN CASSEROLE

Rebecca Patterson Hein

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|---|--------------------------------------|
| 8 oz. noodles | 1 c. cream style cottage cheese |
| 1 can condensed mushroom soup | 1/2 c. stuffed green olives (sliced) |
| 2/3 c. milk | 1/3 c. onion (chopped) |
| 1/2 tsp. salt | 1/4 c. parsley (minced) |
| 1/2 tsp. poultry seasoning | 3 c. cooked chicken (diced) |
| 2 (3 oz.) pkg. cream cheese
(softened) | 1 1/2 c. buttered soft bread crumbs |

Cook noodles; rinse in cold water. Mix soup, milk, salt and poultry seasoning; heat. Beat cheeses together. Stir in olives, onion and parsley. Place half the noodles in a (11 1/2x7 1/2x1 1/2) inch baking dish. Spread with half the cheese mixture, half the chicken, half the soup mixture. Repeat layers. Top with crumbs. Bake in moderate oven, 375°, about 30 minutes or until heated through.

HONEY-JUICED CHICKEN

Mitchell Campbell Smith

- | | |
|--|---------------------------|
| 1 broiler-fryer
(cut in serving pieces) | 1/2 c. honey |
| 1 c. pancake mix | 1/2 c. raisins |
| 1 tsp. salt | 1/2 tsp. pepper |
| 1/4 c. shortening <u>or</u> salad oil | 6 oz. frozen orange juice |

Coat chicken pieces in mixture of dry ingredients. Brown in shortening in frying pan. Put in baking dish and pour mixture of orange juice, honey and raisins over chicken. Bake at 350° for 1 hour.

CHICKEN BREASTS IN MUSHROOM SAUCE

Pat Harvey Kennedy

(Serves 4)

2 chicken breasts (split)	1/3 c. chicken broth <u>or</u> bouillon
1/4 c. butter (melted)	15 oz. can mushroom sauce
1 1/2 T. catsup	Parmesan cheese
1/8 tsp. crushed tarragon leaves	1/2 c. slivered almonds
1/4 tsp. salt	1 1/2 T. flour
1/8 tsp. pepper	

Brown chicken slowly in butter and remove from skillet. Stir flour, catsup, tarragon, salt and pepper into butter in skillet and mix until smooth. Add chicken broth and mushrooms sauce and stir until well blended. Place browned chicken in sauce, spooning some sauce over chicken. Cover and simmer 30 to 45 minutes or until tender. Place chicken on heat-proof platter. Cover with sauce. Sprinkle lightly with Parmesan cheese and top with almonds. Place under broiler about 5 minutes or until cheese and almonds are lightly browned. Serve with parsley buttered rice.

SWEET AND SOUR CHICKEN

Caroline Child Tucker

12 whole chicken breasts	1 c. brown sugar
(boned) <u>or</u> 24 mixed chicken	1 (No. 2) tin crushed pineapple
pieces	1 large onion (diced)
1 c. ketchup	1 large green pepper
3 T. prepared mustard	

Simmer ketchup, mustard, sugar and pineapple in a saucepan for 20 minutes. Meanwhile, saute' onion and green pepper in a little oil in a frying pan. After 10 to 15 minutes, add onion and green pepper to saucepan mixture, and continue cooking for 10 min. Pour over seasoned chicken pieces. Bake boned breasts 45 minutes at 375°; other parts, 1 1/2 hours at 350°.

NAPA VALLEY BARBECUED CHICKENRuth H. Strang
(Via Karen's Kitchen)

3 to 4 lb. broiler <u>or</u>	1/3 c. water
fryer chicken (cut into	1 T. Worcestershire sauce
serving pieces)	2 T. lemon juice
Salt and pepper	1/2 c. sherry
Flour	1 onion
1/4 c. Crisco	(minced medium fine)
1 c. catsup	1 T. brown sugar
1 T. margarine <u>or</u> butter	

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NAPA VALLEY BARBECUED CHICKEN (Continued).

Preheat oven to 325°. Salt and pepper chicken, then dip into flour and brown well in skillet with 1/4 c. Crisco. Place chicken in 2 quart casserole. In the same skillet (do not drain dredgings), mix and bring to a boil the following ingredients: catsup, margarine or butter, water, Worcestershire sauce, lemon juice, sherry, onion and brown sugar. Pour mixture over chicken in casserole. Bake with casserole covered for 1 to 1 1/2 hours, or until fork tender.

Serve with noodles or potatoes. Serves 6.

RED-COOKED CHICKEN

Harriet Mills

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|--|---|
| 1 (5 to 6 lb.) chicken
(whole or cut up) | 1 star anise |
| 1 wedge ginger (size of
a 50 cent piece) (root) | 2 tsp. sherry |
| 1 clove garlic | 1 c. light soy sauce
(regular supermarket) |
| 4 T. sugar (<u>or</u> to taste) | 1 c. dark soy sauce
(soy sauce will do) |
| 1 c. water | |

Wash chicken thoroughly and dry with paper towels. Some people hang chicken up a few hours before cooking. This insures greater absorption of sauce and therefore a darker, more appealing color. Smash wedge of ginger and bruise garlic. Mix all ingredients together. Bring combined ingredients to boil, and add whole chicken. Simmer for 20 minutes on each side (total of 1 hour and 20 minutes; less for cut up chicken), basting often. Remove and cool. Chop chicken, if whole, into bite sized pieces to serve. Heat sauce and pour 1/4 c. over chicken. Serves 5 to 6.

This is best served cold. I personally do not reheat the sauce and pour it over the chicken. I find the chicken very nice for buffets, picnics and general icebox consumption. The sauce can be kept for quite a while in the refrigerator and used to cook more chicken. I recommend spicing it up a bit with a bit of new ginger, garlic, and a little more soy sauce.

The contents of open packages of such things as raisins, baking soda, etc., can be kept clean and fresh by slipping a plastic sandwich bag over the top.

EASY CHICKEN DIVAN

Molly Hunter Dobson

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|------------------------------|----------------------------|
| 2 pkg. frozen broccoli | 1/2 to 1 tsp. curry powder |
| 2 c. cooked chicken (sliced) | 1/2 c. grated, sharp, |
| 2 cans condensed cream of | processed cheese |
| chicken soup | 1/2 c. soft bread crumbs |
| 1 c. mayonnaise | 1 T. butter (melted) |
| 1 tsp. lemon juice | Pimiento strips |

Cook broccoli in boiling, salted water until tender; drain. Arrange stalks in greased (11 1/2x7 1/2x1 1/2) inch Pyrex baking dish with flowerets facing outward. Place chicken on top of broccoli. Combine soup, mayonnaise, lemon juice and curry powder; pour over chicken. Sprinkle with cheese. Combine crumbs and butter; sprinkle over all. Bake at 350° 25 to 30 minutes, or until thoroughly heated. Garnish with pimiento strips.

CHICKEN CURACAO

Betty Osgood Woodburne

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|--------------------------------|-----------------------|
| 2 frying chickens | 1/4 c. raisins |
| 1 or 2 tsp. grated orange rind | 1/2 tsp. onion powder |
| 1 tsp. ginger | Salt and pepper |
| 1/4 tsp. garlic powder | |

SAUCE:

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|-------------------|---------------|
| 2 T. corn starch | 2 oz. Curacao |
| 1 c. orange juice | |

Cut chickens in pieces. Brown in butter and lay flat in large baking pan. Mix other ingredients and sprinkle on chicken. Bake at 350° for about 45 minutes. Make sauce of corn starch, orange juice, and Curacao and cook until thickened. Put chicken on platter and keep warm. Add pan drippings to sauce and pour over chicken. Serve any extra sauce in gravy bowl.

CHICKEN CASSEROLE

Mona Seelig Stolz

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|---------------------------------|-----------------------------|
| 1 (5 lb.) stewing chicken | 1/4 c. sherry |
| 6 T. butter <u>or</u> margarine | 3/4 c. sliced ripe olives |
| 6 T. flour | 3/4 c. (4 oz.) grated |
| 1 tsp. salt | Swiss cheese |
| 1/8 tsp. pepper | 1/2 tsp. Ac'cent |
| 2 c. milk, cream and chicken | Halved or slivered blanched |
| broth combined | almonds (toasted) |
| 1/2 c. or more sliced mushrooms | |

Simmer chicken until tender. Remove from bones. Then cut into

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CHICKEN CASSEROLE (Continued).

bite sized pieces. Make a rich cream sauce as follows:
 Melt the butter in saucepan or top of double boiler. Blend in flour. Add the rich milk gradually. Cook slowly, stirring until thick and smooth. Season with salt, pepper and Ac'cent. Then add sherry to taste. Stir into this sauce the cut up chicken, mushrooms, olives and grated Swiss cheese. Pour into greased shallow casserole and cover with almonds. Bake at 325° for 30 minutes.

Serves 6 people.

CHICKEN IN WHITE WINE

Mary Burke Porter

1 chicken (cut in pieces)	1 large onion
Flour	(cut in smallish pieces)
Salt	1 bay leaf
Pepper	2 to 3 c. white wine
1 tsp. thyme	2 cloves garlic (crushed)
1 lb. mushrooms	

Dredge chicken in flour, salt, pepper and thyme. Fry until golden. Put in large casserole. Pieces should not be on top of each other. Saute' the onion in butter until it's transparent. Add the mushrooms and garlic and saute' until the mushrooms are brown but still firm. Add the vegetables, the bay leaf and some more thyme and almost cover with a dry white wine. Cover and cook for at least an hour and a half at 350°.

You can make this the morning before a party and reheat for dinner. Or, you can put it in the refrigerator for a day or two and reheat later. This recipe should serve 4 generously.

LAZY CHICKEN WITH RICE

Frances Oguss Stallings

My roommate and I invented this during our hectic grad school days. We discovered it takes just a few minutes to prepare for the oven; then we could take a nap, study our biochemistry, or wash our hair while dinner cooked itself.

1 young chicken (cut into serving pieces)	1 c. raw rice
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Select a baking pan big enough to hold the chicken pieces in one shallow layer (9 inch piepan is a bit crowded but will do). Cover the bottom of the pan with raw rice (after rinsing the rice if necessary). Arrange the chicken pieces on top of the rice. Generously salt the chicken and sprinkle liberally with Worcestershire sauce (or see variations following). Add enough water to cover the rice 1/4 inch. Place the pan, uncovered, in 350° oven and bake 1 hour.

Serves 3 to 4.

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LAZY CHICKEN WITH RICE (Continued).

VARIATIONS:

- A. To the rice add parsley flakes, thyme and onion salt to taste, then salt and (optionally) sauce the chicken as directed.
- B. To the rice add curry powder and a handful of raisins.
- C. Less lazy: brown the rice and the chicken pieces in a little oil first.

In hot weather: prepare the dish in a covered (225°) electric skillet. The chicken will look pallid; disguise it with paprika.

CHICKEN LIVER AND PASTA CASSEROLE

Pippa Shaplin

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|--|--|
| 1/2 lb. cooked pasta (elbow macaroni <u>or</u> small shells) | Parsley (chopped) |
| 1/2 to 1 lb. chicken livers | Salt |
| 1/4 to 1/2 lb. mushrooms | Pepper |
| 1 large carrot | Thyme |
| 2 large sticks celery | Butter |
| 1 large <u>or</u> 2 medium onions | Left over stock <u>or</u> bouillon |
| 1 small sized can (about 1 c.) tomatoes | <u>or</u> 2 bouillon cubes |
| | Dry white wine or vermouth (1/4 to 1/2 c.) |
1. Dice vegetables and put all but the mushrooms in skillet, saute' in butter until nearly soft.
 2. Trim, cut in 1/2 chicken livers, and dredge in flour lightly in a paper bag.
 3. Add mushrooms and livers to the skillet, turn heat high, and saute' just long enough to brown the livers.
 4. Add wine and sizzle until evaporated.
 5. Add tomatoes, bouillon or cubes, and spices and simmer until thickened. If using cubes, it may be necessary to add a little boiling water.
 6. Combine pasta and sauce in casserole, sprinkle top generously with grated cheese, and bake about 1/2 hour in 350° oven.

SOLUTION FOR WASHING MAHOGANY OR WALNUT FURNITURE

- | | |
|-----------------|--------------------|
| 1 T. olive oil | 1 quart warm water |
| 1 T. turpentine | |

Wring soft cloth out and wipe furniture. Dry with soft cloth. Leaves a clean, shiny surface.

TURKEY ORIENTAL (Serves 4-6)

Martha Hatcher Cargo

- 1/2 c. crushed pineapple
(drained)
3 T. butter or margarine
2 c. turkey broth or
chicken bouillon
1/2 c. pineapple juice
2 T. flour
Dash Tabasco sauce
- 2 c. cooked turkey (diced)
1/2 c. celery (diced)
2 T. green pepper (chopped)
1 pimienta (chopped)
1/3 c. chopped almonds (toasted)
3/4 tsp. salt
Rice or chow mein noodles

1. Saute^e pineapple in butter or margarine about 5 minutes; add turkey broth or bouillon and bring to boiling.
2. Blend pineapple juice and flour and stir into hot mixture; cook, stirring constantly, until mixture thickens.
3. Add Tabasco, turkey, celery, green pepper, pimienta, almonds and salt and heat to serving temperature; serve over hot rice or crisp fried noodles.

VEAL STEAK GRATINE

Anne Pyne Cowley

- 1 1/2 lb. veal steak from leg
(thick)
3 T. bacon (chopped)
2 shallots (chopped)
- 2 T. parsley
Fine bread crumbs
1/2 c. chicken consomme'

Put meat in shallow dish. Cover with bacon, shallots, parsley, salt, and crumbs and 1/2 c. consomme'. Bake at 300° for 1 1/4 hours or until tender and browned. Baste, adding more consomme' if necessary. Garnish with parsley and lemon.

VEAL VICTOIRE

Doris Cross Fraker

(Serves 4)

- 1 1/2 lb. veal steak (3/4 inch
thick) or cutlets or
chops to serve 4
3 T. butter or margarine
1/2 small onion (chopped)
2 tsp. parsley (minced)
1/4 tsp. crumbled thyme
1/4 tsp. crumbled rosemary
- 1/4 tsp. garlic salt
Dash pepper
1/4 c. pimienta strips
1 tsp. grated lemon peel
1 can (17 oz.) peas
1 T. corn starch
2 T. water
1 tsp. lemon juice

Brown meat on both sides in the butter. Add onion. Saute^e until onion is tender. Sprinkle parsley, thyme, rosemary, garlic salt, pepper, pimienta and lemon peel over meat, and pour in liquid from peas. Cover; simmer until meat is tender, about 30 minutes. At serving time add peas and heat, covered, until peas are hot. Thicken with corn starch mixed with water; stir in lemon juice. Serve immediately.

VEAL WITH SHERRY AND MUSHROOMS

Barbara Baumberger Crane

(Serves 4)

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|---------------------------------|---------------------------------------|
| 1/4 c. flour (sifted) | 1 c. chicken broth <u>or</u> bouillon |
| 1/4 tsp. nutmeg | 1/2 c. sherry |
| 1 tsp. salt | 1/4 lb. fresh mushrooms |
| 1 1/2 lb. boneless veal | 1 T. instant minced onion |
| stew meat | 1 T. parsley (finely chopped) |
| 4 T. butter <u>or</u> margarine | Hot cooked rice |

Combine flour, nutmeg, salt. Dredge veal in flour mixture and brown in hot butter. Add broth, wine, mushrooms and onion. Cover and simmer until meat is tender; about 1 hour. Just before serving, sprinkle with parsley. Serve over hot cooked rice.

BLANQUETTE DE VEAU

Agnes Houghton Boss

(Serves 4 to 6)

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|---|--------------------------------------|
| 2 lb. young white veal (cut
in pieces for stewing) | 1 T. flour |
| 1 to 2 onions | Butter the size of a walnut |
| 1 to 2 carrots | 2 c. veal liquid |
| Salt and pepper | 2 egg yolks |
| 2 sprigs parsley | Small piece of butter |
| Enough water almost to cover | 1 tsp. lemon juice <u>or</u> vinegar |
| | A few mushrooms (if desired) |

Put veal in saucepan with onions, carrots, salt, pepper, parsley and water. Simmer tightly covered, until tender (about 2 hours). In another saucepan, blend butter and flour well, gradually adding liquid veal was cooked in. Simmer down until reduced about 1/4.

In a bowl, mix together well egg yolks, butter and lemon juice. Add hot reduced liquid gradually. Stir over gentle heat until thick. Add veal pieces (which have been kept hot), but not the vegetables. Add mushrooms. Serve with dry rice.

Preparation time about 2 1/2 hours.

VEAL CHOPS BAKED IN CREAM (OR MILK)

Elizabeth Armstrong Pettibone

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|---|----------------------|
| Veal chops (rib <u>or</u> loin)
(medium thick) | Cream <u>or</u> milk |
|---|----------------------|

Trim chops; season. Place in baking dish and cover with cream or milk. Cover baking dish with lid or Reynolds Wrap. Cook in 325° oven about 1 hour (depending on thickness; test with fork).

YODELING GOOD SWISS CASSEROLE

Mitchell Campbell Smith

- | | |
|-------------------------------------|-----------------------------|
| 1 1/2 lb. veal cutlets | 1/2 lb. sliced Swiss cheese |
| 3 T. flour | 1 1/2 tsp. paprika |
| 1 tsp. salt | 1/4 c. butter |
| 1/2 c. light cream | 2 c. or less cooked noodles |
| 1 1/2 c. <u>or</u> 1 can beef gravy | 2 tsp. chives (chopped) |

Cut veal into serving size pieces; put 1 slice veal, a slice of Swiss cheese, then a slice of veal. Coat with flour, paprika and salt. Brown on both sides in butter, turning with care. Remove veal. In same skillet stir gravy into light cream and simmer 5 min. at 200°. Place alternate layers of noodles and veal in a 2 quart casserole. Pour gravy over layers and sprinkle with chives. Cover and bake 1 1/2 hours at 375°.

PORK WITH BEAN SPROUTS

Virginia Butterworth Eng-Wong

- | | |
|---|--|
| 1/2 lb. fresh pork
(finely shredded) | 1 tsp. sherry |
| 2 T. salad oil (peanut, corn
<u>or</u> vegetable oil; <u>not</u> olive
oil or butter) | 2 cloves garlic (crushed) |
| Pinch salt | 1/2 lb. bean sprouts
(rinsed and cleaned) |
| Pinch sugar | 1/3 c. chicken broth |
| Pinch MSG | 1 tsp. corn starch
(dissolved in 1 T. cold water) |
| 1 tsp. <u>dark</u> soy sauce | 1 scallion (chopped) |

Combine 1 tsp. oil, salt, sugar, MSG, soy sauce, sherry and 1 clove garlic. Marinate pork in this mixture about 15 minutes. Heat remaining oil with second clove of garlic in skillet. Remove garlic; stir fry (i.e., stir rapidly in very hot oil) bean sprouts about 2 minutes. Remove to bowl. Stir-fry pork for 2 to 3 minutes. DO NOT BROWN. Add broth, bring to boil, then thicken with corn starch mixture. Return sprouts to skillet, heat thoroughly, pour into serving dish and garnish with scallion.

LO MEIN

Virginia Butterworth Eng-Wong

- | | |
|-------------------------------|----------------------------|
| 8 to 10 large black mushrooms | 2 c. roast pork (shredded) |
| 1 pkg. fresh noodles | 1/2 lb. bean sprouts |
| 6 T. oil | 4 T. soy sauce |
| 3/4 lb. bok toi, (shredded) | 2 tsp. sugar |
| 2 tsp. salt | 1/4 tsp. MSG |
1. Soak mushrooms at least 30 minutes. Rinse, drain and slice julienne.
 2. Boil noodles in 2 quarts water for 3 minutes. Rinse in cold water, drain and mix with 2 T. of the oil

(Continued Next Page).

LO MEIN (Continued)

3. Stir-fry mushrooms and bok toi in 1 T. of the oil over high flame in Dutch oven. Add salt and mix well.
 4. Add pork and bean sprouts; stir-fry 1 minute. Remove all and reserve for later use.
 5. Add remaining 3 T. of oil to pan; stir-fry noodles, breaking with spoon while stirring. Add soy sauce, sugar and MSG.
 6. Return vegetables and meat to pan, mix well and serve.
- Serves 6.

FRUITED SWEET-AND-SOUR PORK
(Serves 6)

Molly Hunter Dobson

- | | |
|---|---------------------------------------|
| 1 1/2 lb. pork (sliced in thin strips) | 2 T. corn starch |
| 2 T. butter | 1 1/2 T. soy sauce |
| 1 (13 1/2 oz.) can pineapple tidbits with syrup | 1 tsp. vinegar |
| 1/2 c. bottled Russian dressing | 1/4 tsp. salt |
| 3/4 c. water | 1 medium green pepper (thinly sliced) |
| | 1/2 c. onion (thinly sliced) |
- Saute' pork in butter 2 to 3 minutes, until meat is browned. Drain pineapple, reserving 3/4 c. syrup. Combine syrup, Russian dressing, water, corn starch, soy sauce, vinegar and salt. Pour over meat and stir until thickened. Cover and simmer over low heat 30 minutes, or until meat is tender. Add green pepper, onion and pineapple tidbits. Cover and heat 5 minutes.

Serve over rice.

PORK WITH SNOW PEAS

Jeanne Byers Hernandez

- | | |
|-----------------------------------|---|
| 2 lb. pork (cut in 2 inch pieces) | 1/4 c. water |
| 1/2 tsp. garlic powder | 2 T. soy sauce |
| 1/2 tsp. ginger | 1/4 tsp. ginger |
| 1/4 c. flour | 1/4 tsp. garlic powder |
| 1/2 tsp. pepper | 2 pkg. frozen snow peas,
water chestnuts and bamboo shoots |
| 1/3 c. vegetable oil | 1/4 c. sherry |
| 1 small onion (chopped) | 2 T. water |
| 1/2 c. dry sherry | |

Mix flour with garlic powder, ginger and pepper. Dredge pork pieces in seasoned flour. Cook in 375° electric skillet, in oil, until brown. Drain meat. Brown onion in 2 T. of the oil. Mix sherry, water, soy sauce, remaining ginger and garlic powder in skillet. Add drained pork. Cook at 210° 30 minutes, or until pork is tender. Add vegetables, sherry and water to skillet. Cook at 250° 5 minutes. Serve with rice. 4 to 5 servings.

BARBECUED SPARERIBS

Virginia Butterworth Eng-Wong

- 3 lb. fresh spareribs (hack apart from top to bottom, but don't sever)
- 1 T. dark soy sauce
4 T. light soy sauce
- 1 T. sugar
1 T. honey
2 T. hoisin sauce
2 cloves garlic (crushed)
2 tsp. salt
1. Combine all ingredients for sauce. Marinate pork for at least 1 hour (may be prepared one day in advance and marinated in refrigerator overnight).
 2. Cook spareribs on rack in oven (350°) for about 40 minutes, turning once. Place under broiler for a few minutes for crisper skin, or broil for 6 minutes over charcoal. Cut apart and serve.

JOHN'S BEANS

Friend of Beth Chase Cunningham

When my friend cooks these, our son John stays there for dinner!

- | | |
|--|---|
| 1 1/2 lb. large dried lima beans (soak if necessary; see pkg.) | 2 onions (sliced) |
| 6 to 8 country style pork spare ribs <u>or</u> 3 lb. boneless pork shoulder (cut in 2 to 3 inch cubes) | 1/2 c. unsulphured molasses |
| 1 tsp. thyme | 1/2 c. to 1 c. dark Karo syrup (amount depends on personal taste) |
| 1/2 tsp. garlic powder | 1/4 c. tomato ketchup |
| Salt | 2 c. reserved bean water |
| Freshly ground pepper | 1 tsp. thyme |
| | Salt |
| | Freshly ground pepper |
| | 1 T. prepared mustard |

Season pork with thyme, garlic, salt and pepper and place in 5 quart oven proof casserole. Brown in 350° oven for 1/2 hour. Remove from oven and add sliced onions. Brown for 1/2 hour more and remove from oven. Drain off fat. Cover beans with fresh water and cook. After about 15 minutes, spoon out one or two beans and blow lightly on them. If "skin" comes free from bean, they are ready to bake. Drain and reserve water. Combine molasses, syrup, mustard, ketchup, bean water, thyme, salt and pepper. Add to browned pork and stir well, scraping the bottom and sides of casserole. Add beans and additional water if necessary (beans should be just covered with water). Baked covered in 300° oven for 4 to 6 hours. Check periodically to see if additional water is needed.

SOUTHERN CASSEROLE

Betty Osgood Woodburne

6 pork chops
 4 c. apples (cubed)
 (tart apples are best)
 3 c. canned sweet potatoes
 (cubed)

4 T. brown sugar
 1/2 tsp. salt
 Prepared mustard
 Cinnamon to taste
 Black pepper to taste

Put alternate layers of apples and sweet potatoes into greased casserole. Sprinkle with sugar, salt, cinnamon and pepper. Trim excess fat off of chops and spread both sides with prepared mustard. Place them on apple mixture. Cover casserole and bake at 350° for 30 minutes. Remove cover and bake 30 minutes longer.

HAM A LA PLUMER

Carol Ingham Plumer

3 c. ham (cut up)
 1/2 c. green peppers (chopped)
 1/2 c. celery (chopped)
 Oil

1/2 c. onion (chopped)
 1 c. Spanish peanuts
 1 1/2 c. raw rice

Great way to use left over ham! Cook rice separately. Saute^e peppers, celery and onions in oil till soft. Dice ham. Combine ham and peanuts with vegetables and cook slowly until hot. Mix thoroughly with rice. Serve with soy sauce.

COLD HAM LOAF
(Serves 8)

Margaret Lohman Helmreich

This is a good dish to serve for a Sunday evening supper, especially on a hot summer evening.

1 (3 oz.) pkg. lemon Jello
 1 3/4 c. boiling water
 2 tsp. Worcestershire sauce
 2 tsp. vinegar
 1/2 tsp. prepared mustard
 1/2 tsp. onion pulp
 1 pimiento (cut fine)

2 T. mayonnaise
 1 T. horseradish (drained)
 2 c. cooked ham (ground)
 Dash of cayenne
 Dash of cloves
 Dash of nutmeg

Dissolve Jello in boiling water. Add the vinegar, Worcestershire sauce and mustard. Chill. When partially set, add the remaining ingredients. Chill until firm. Sliced hard cooked eggs placed in the bottom of the mold make this an attractive dish for a buffet table. Garnish with parsley.

HAM LOAF

Kathleen Cutting Wagner

- 1 1/2 lb. ham (ground together with 1 1/2 lb. fresh pork)
 2 eggs
 1 (2 lb.) can tomatoes (whole tomatoes)
 Rub bowl with garlic. Mix all ingredients together and fill
 2 (6x9) inch greased loaf pans. Spread with the following topping:
 1 c. brown sugar
 1 tsp. mustard
 Mix together.
 Bake in medium oven (375°) 1 1/2 to 2 hours. Serves 10 to 12.

- 1 c. bread crumbs
 1 c. cracker crumbs
 1 onion (chopped)
 Pepper
 Worcestershire sauce or Kitchen
 Bouquet to taste

HAM LOAF

Delia Smith Hunter

- 3 eggs (beaten)
 1 1/2 lb. ground fresh lean pork
 1 1/2 lb. ground ham
 1 1/2 c. bread crumbs
 1 c. milk
 1/2 c. vinegar
 1/2 c. brown sugar
 6 T. currant jelly
 Mix well beaten eggs, pork and ham. Soften bread crumbs in milk. Add to meat and mix well. Form into 2 loaves. Make basting sauce by stirring vinegar, brown sugar and jelly over low heat until jelly melts; add water for desired consistency. Bake ham loaves in 350° oven for 2 hours, basting frequently.

SHRIMPS WITH CUCUMBER

Virginia Butterworth Eng-Wong

- 1 lb. fresh shrimp
 1 T. sherry
 2 tsp. salt
 2 tsp. corn starch
 2 medium cucumbers
 3 T. oil
 1/2 tsp. sugar
 2 slices ginger root
 Pinch MSG
 1. Clean and shell shrimp, split lengthwise, rinse in cold water. Mix shrimp with sherry, 1 tsp. of the salt and corn starch.
 2. Peel cucumber and quarter lengthwise. Cut into 1 inch dice.
 3. Heat 1 T. of the oil in skillet on high flame; add remaining salt and sugar.
 4. Add cucumbers and stir-fry until slightly transparent. Do not overcook. Remove and reserve.
 5. Stir-fry shrimp in remaining oil with ginger root. When shrimp turns pink, return cucumber to the pan; mix well, add MSG and serve.

SHRIMP AND ARTICHOKE CASSEROLE

Edith Riley Baubie

- | | |
|---|---|
| 1 pkg. (10 oz.) frozen
artichoke hearts (cooked
and drained) | 1 can condensed cream of
shrimp soup |
| 1 can medium shrimp (drained) | 1/4 c. milk |
| 1/4 lb. fresh mushrooms
(saute'ed) <u>or</u> 1 can sliced
mushrooms (drained) | 1 T. sherry (optional) |
| 1 T. butter <u>or</u> margarine | 1 tsp. Worcestershire |
| | 1 T. grated Parmesan cheese |
| | Saute'ed bread crumbs |
| | Dash of paprika |

Place artichoke hearts in buttered 1 quart casserole. Brown mushrooms in butter; add soup, milk, sherry, shrimp and Worcestershire. Heat, stirring often. Pour over artichokes. Top with cheese, paprika and bread crumbs. Bake in a 375° oven for 20 minutes.

Ideal for a buffet. Makes 3 to 4 servings.

DOROTHY'S SHRIMP CHEESE CASSEROLE

Martha Hatcher Cargo

- | | |
|---|--|
| 3 c. boiled rice | 1 large onion (minced) |
| 1 lb. Velveeta cheese (grated) | 1 1/2 cans (14 1/2 oz.)
evaporated milk |
| 3 eggs (beaten well with
3/4 c. oil) | 3 c. cooked shrimp
(3 lb. raw) |
| 1 tsp. salt | |

Mix well together and bake in 4 quart greased casserole for 1 hour in a 350° oven. Should be firm. Can be prepared one day ahead and baked the next day.

Serves 12 to 14. (Easily reduces by 1/3 to serve 6 to 8).

FRIED RICE

Virginia Butterworth Eng-Wong

- | | |
|--|----------------------------------|
| 4 T. oil | 2 T. soy sauce |
| 2 eggs (individually
slightly beaten) | 1/2 tsp. sugar |
| 3/4 c. fresh shrimp
(chopped) | Pinch MSG |
| 4 c. cold cooked rice | 1 c. cooked ham (chopped) |
| | 1 c. fresh <u>or</u> frozen peas |
| | 1/2 c. scallions |
- Heat 1 T. of the oil in skillet; scramble 1 egg, remove and reserve.
 - Stir-fry shrimp 3 minutes over high flame. Add remaining oil, then rice. Mix and stir until thoroughly heated. Add seasonings, mix. Stir in remaining uncooked egg and mix well.
 - Add cooked ham and peas; mix, then cover and cook 3 to 5 minutes.
 - Stir in scrambled egg and scallion. Mix until just heated.
(Frozen peas may be added without defrosting. Fresh peas should be rinsed in boiling water.)

SHRIMP AND RICE IN A SKILLET

Elizabeth Walker Mouzon
(From a friend.)

- | | |
|--------------------------------|-------------------------------|
| 6 T. butter (melted) | 2 1/2 c. stock (bouillon) |
| 1 large onion (finely chopped) | 1/2 tsp. thyme |
| 1 1/2 c. rice (uncooked) | 2 tsp. lemon juice (optional) |
| 1/2 tsp. salt | 2 lb. uncooked shrimp |
| 1/2 tsp. pepper | (shelled and deveined) |
| 1/2 c. dry white wine | |

Add onion, rice, salt and pepper to butter in 300° skillet. Stir until rice is golden. Add wine. Cook about 4 minutes. Add hot stock, thyme, lemon juice and shrimp. Cook until rice is tender, about 20 to 25 minutes, covered.

Serves 6.

TUNA AND CHINESE NOODLE CASSEROLE (Serves 4-6) Elspeth Cahill Swope

- | | |
|--|------------------------------------|
| 1 (7 oz.) can Starkist tuna
(in spring water) drained | 1 c. celery (finely sliced) |
| 1 can of cream of mushroom soup | 1 small can mushrooms
(drained) |
| 1/4 c. water | 1/4 c. onion (chopped) |
| 1 (5 1/3 oz.) can chow
mein noodles | |

Mix all together, using 1/3 of the noodles; place in casserole. Heat at 350° for 15 to 20 minutes. Serve over remaining noodles.

OPEN FACE SANDWICH

Kathleen Cutting Wagner

- | | |
|---|--|
| French bread | 2 hard boiled eggs |
| 1 can mushroom soup | (cut in small pieces) |
| 1 c. chicken or tuna pieces
(cooked) | Chopped parsley, pimiento
or stuffed olives |
| Cubes of Cheddar cheese | |

Cut French bread into 3/4 or 1 inch slices. Toast on one side. Combine the rest of the ingredients to make the filling, and spread it on the untoasted side. Place under broiler until cheese melts. Serve hot.

This sandwich, served with a fruit salad, coffee and cookies or cake, makes a good Sunday evening supper or luncheon.

DEEP SEA DELIGHT

Margaret Elliott Tracy

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|--|--|
| 1/2 pkg. medium noodles | 1 can asparagus tips (<u>or</u> 1/2 lb. to 1 lb. fresh, to taste) |
| 1 1/2 c. (or more) medium white sauce | 1 c. grated American cheese (4 oz.) |
| 1 (6 1/2 oz.) can tuna fish | 1/2 tsp. salt |
| 1 small can mushrooms (<u>or</u> 1/4 lb. fresh - or more, to taste) | |

Cook noodles in salted water. Drain, rinse, drain again. Add rest of ingredients in order named, reserving some white sauce and grated cheese for top of dish. Place in buttered casserole dish and bake in moderate (350°) oven for 35 to 45 minutes. This amount serves 4 or 6. If mushrooms are fresh, saute' them in butter used for cream sauce.

VARIATIONS: (1) Use chicken instead of tuna fish. (2) Use a can of cream of mushroom soup plus cream instead of white sauce.

MIXED SEAFOOD (GREAT WITH RICE)
(Serves 4)

Lydia Richardson Bates

- | | |
|------------------------------|--------------------|
| 1/4 c. butter | 1/2 tsp. salt |
| 1/4 c. flour | 2 c. mixed seafood |
| 1 c. milk | 2 T. dry sherry |
| 1/2 c. grated Cheddar cheese | 1 T. ketchup |
| Dash pepper | |

Make a cream sauce from the butter, flour and milk. Add the cheese, salt, pepper and sherry. Add ketchup and seafood. Serve over hot rice. Great for serving a large crowd as it keeps well in a chafing dish.

SCALLOPED OYSTERS

Kathleen Cutting Wagner

- | | |
|-----------------------------|------------------------|
| 1 pint oysters | 1 c. cracker crumbs |
| 4 tsp. oyster liquid | 1/2 c. butter (melted) |
| 2 tsp. milk <u>or</u> cream | Salt and pepper |
| 1/2 c. dry bread crumbs | |

Mix bread and cracker crumbs and stir in melted butter. Put thin layer of crumbs in bottom of shallow buttered baking dish. Cover with layer of oysters, sprinkle with salt and pepper. Add half of oyster liquid and milk or cream. Repeat and cover top with remaining crumbs. Bake 30 minutes in a hot (450°) oven. Never allow more than 2 layers of oysters. If desired, sprinkle each layer of oysters with mace or grated nutmeg.

BIRDS' NEST CASSEROLE

A Friend of Elizabeth Walker Mouson

Try using Swiss cheese.

4 or 5 slices buttered bread
1 can chunk style tuna fish
2 eggs (beaten with
1 1/2 c. milk)

4 or 5 slices cheese (the number of
bread and cheese slices used
depends on the size of casserole
dish)

Cut off crust from bread and cut into small pieces to be used
on top of casserole.

Arrange layers of bread, tuna and cheese in that order. Add
the small pieces of bread crust. Pour milk and beaten eggs over the
whole. Put in hot oven (400°) and then lower temperature to 375°.
Bake about 45 minutes, or until nicely puffed up and not liquid.

NORWEGIAN SALMON PUDDING

Elizabeth Knudson Halford

1 lb. can red salmon
1 c. fine cracker crumbs
3 or 4 eggs (well beaten)
1 c. milk

2/3 c. butter or margarine
(melted)

1 T. lemon juice

4 T. ketchup

Sauce for salmon pudding
(see recipe)

Salt and pepper

Flake and bone salmon and mix thoroughly with cracker crumbs.
Add seasonings. Add milk and well beaten eggs, mixing well.

Steam in a quart casserole tightly covered, or bake 1 hour or
more covered in a 350° oven until set. Fork inserted in middle
should come out clean. Serve with Sauce for Salmon Pudding.

6 servings. Preparation time 1 1/2 hours.

SAUCE FOR SALMON PUDDING

Elizabeth Knudson Halford

2 heaping T. butter

1 T. ketchup

1 heaping T. flour

1/2 T. Worcestershire sauce

1 c. milk

1 T. finely chopped parsley

1/2 c. chicken broth

Make a white sauce with first 4 ingredients. Add seasonings
and parsley. Also salt and pepper if desired.

Sliced zucchini is delicious in tossed salad, either raw or cooked
3 minutes in a little water, then marinated in French dressing and
chilled.

STUFFED FISH

Ann Pyne Cowley

- | | |
|-------------------------------|----------------------------|
| 6 to 8 fillets of sole | 2 T. butter |
| 1 pkg. frozen chopped spinach | 1/2 c. fine cracker crumbs |
| 2 T. sour cream | Salt and pepper |
| 4 T. slivered almonds | Paprika |
| 4 T. onion (finely chopped) | 1/2 c. dry white wine |
| 1/2 lb. mushrooms | |

Undercook spinach and drain thoroughly. Add cream. Brown onions and nuts in butter and add. Cook mushrooms in butter a few minutes and add. Add cracker crumbs, salt and pepper, and mix thoroughly. Spread on fish fillets, roll them up and fasten with toothpicks. Bake in buttered dish. Pour the wine over, then sprinkle with paprika. Bake at 300° to 350° for 20 to 30 minutes.

Serve with Hollandaise sauce.

EGG AND CHEESE SOUFFLE (Serves 8)

Clarie Malcolm Fingerle

- | | |
|-----------------------------|------------------------------|
| 12 to 16 slices white bread | 1 1/2 tsp. salt |
| 4 c. milk | 1 1/2 tsp. dry mustard |
| 1/2 tsp. pepper | 1/2 lb. sharp Cheddar cheese |
| 2 tsp. Worcestershire sauce | (grated) |
| 6 eggs | |

Trim crusts of bread, cut in 1 inch squares. Beat eggs well and combine with milk, salt, pepper, mustard and Worcestershire sauce. Butter a 2 quart casserole. Make a shallow layer of 1/3 bread, 1/2 cheese. Repeat 2 more times. Pour egg mixture over layers. Cover and refrigerate at least 3 hours. Can be refrigerated overnight. This recipe can be varied by adding ham, Canadian bacon, mushrooms, etc. Bake uncovered at 350° for 1 hour.

CREOLE EGGS MACARONI (Serves 4)

Shirley Bradley Ceely

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|-------------------------------|-----------------------|
| 4 T. butter or margarine | 1/2 tsp. salt |
| 1/2 c. green pepper (diced) | 1/8 tsp. pepper |
| 1 T. onion (chopped) | 1/4 c. elbow macaroni |
| 2 1/2 c. tomatoes (No. 2 can) | 5 hard cooked eggs |
| 3 T. flour | |

Melt butter or margarine in 2 quart saucepan. Add green pepper and onion. Cook over moderate heat until soft, about 10 minutes. Blend in flour, salt, and pepper; add tomatoes. Cook until slightly thickened, stirring gently. Remove from heat. Meanwhile, cook macaroni according to directions on the package; drain and add to tomato mixture with 3 of the hard cooked eggs cut in quarters. Place in baking dish, sprinkle with grated cheese, and cook for 15 min. at 350°. Remove from oven and arrange sliced pieces of the remaining 2 eggs on top of mixture. Serve with green vegetable or tossed salad.

EGGPLANT LASAGNA

Judy Hickox Hybels

- | | |
|---------------------------------|-------------------------------------|
| 1 lb. ground beef | 1 large eggplant, cut in lengthwise |
| 2 medium sized onions (chopped) | slices (3/8 inch thick) |
| 1 tsp. salt | 2 eggs (beaten) |
| 1/2 tsp. oregano | About 1/4 c. salad oil |
| 1 (8 oz.) can tomato sauce | 1/4 lb. Mozzarella cheese |
| 1 (10 oz.) pkg. frozen | (thinly sliced) |
| chopped spinach | |

Brown beef and onions in frying pan. Stir in salt, oregano and tomato sauce. Simmer for 10 minutes. Add frozen spinach and continue cooking until spinach is thawed. If necessary, skim fat from sauce. While meat is simmer, salt eggplant slices and dip in egg. In a frying pan, heat enough oil to coat the bottom; brown eggplant slices on all sides, a few pieces at a time, adding oil as needed. Make a layer of 1/3 of the eggplant slices in bottom of a deep 2 quart casserole. Spoon in 1/3 of the meat sauce. Top with two more alternating layers of eggplant and sauce. Cover surface with sliced cheese. Bake at 375° for 30 minutes.

QUICK SEAFOOD CHOWDER (NEW ENGLAND STYLE)

Pippa Shaplin

- | | |
|------------------------------------|-------------------------------|
| 1 lb. whitefish <u>or</u> 1/2 lb. | 2 to 3 T. dry white wine |
| whitefish <u>plus</u> 1 can minced | <u>or</u> vermouth (optional) |
| clams <u>or</u> 2 cans minced or | Pinch of tarragon (optional) |
| whole clams | Salt and pepper |
| 1 bottle clam juice | Flour, butter and milk |
| 2 medium to large potatoes | 1 large or 2 medium onions |

Leftover fish may be used. If not, simmer for 10 minutes or less (until it flakes easily). This can be done either on top of stove or in moderate oven, covered.

Dice potatoes and onion and saute' in butter until onions are transparent (about 5 minutes). Add wine; turn heat high until wine is evaporated. Add seasoning and clam juice, lower heat, cover and simmer 10 minutes.

While vegetables are cooking, make a "roux" of flour and butter in a small saucepan and cook 5 minutes over very low heat. Add milk as in making a cream sauce. This is the thickening for the chowder; no proportions are given as tastes vary.

Add a little of the hot clam juice to the cream sauce to thin it, and then pour it into the larger pot, stirring it in. Add milk to the chowder until the right consistency is reached. Stir in a lump of butter and serve.

FISH CHOWDER

Gail Schaefer Fu

- 1 lb. fish fillets (turbot,
haddock or hake)
1/4 lb. salt pork (cubed)
- 1 large or 1 small onion
3 or 4 potatoes
1 quart milk

Cut fish into serving pieces and boil in 2 to 3 c. water. Fry salt pork in large saucepan, and then add diced onions. When lightly brown, pour water from fish into pot and cook cubed potatoes. Add milk and heat only to boiling; add a dot of butter before serving.

FANNIE'S PERSIAN SOUP --ASH*

Eleanor DeCourcy Wernette

- 1 hard boiled egg
(chopped)
- 1/2 c. raisins (or any
dried fruit)
- 2 to 3 c. plain yogurt
- 1/2 c. sour cream
- 2 small to medium cucumbers
(chopped)
- 1/4 c. green tops of onions
or chives (chopped)
- 2 tsp. salt
- 1/2 tsp. white pepper
- 1 T. lemon juice
- 1 c. cold water or milk
- 1 T. parsley
- 1 T. dill (fresh) or 1/2 tsp. seed

Put all ingredients in a big bowl. Mix well. Let soup stand in refrigerator 2 to 3 hours at least. (May be made day before; keeps very well for several days. When serving, garnish with parsley and/or fresh dill and float an ice cube in each serving.

*ASH is a very popular meal among the Persians. In the old days the Persians were famous for the varieties of ASH (soup to us) which they could prepare.

The Persian word for "cook" is ash-paz, literally "maker of the soup". The word "kitchen" in Persian is ash-paz-khaneh, that is "the house of the cook". This should indicate the importance of the word ash and the role that soup used to play in the lives of ancient Persians.

Try making lemon Jello with tomato juice instead of water - just follow package directions. A nice summer aspic.

NON MINISTRARI SED MINESTRONE

Friend of Beth Chase Cunningham

Start Friday night for a great Saturday night supper!

- | | |
|--------------------------------|--------------------------------|
| 1 soup bone | 3 carrots (sliced) |
| 6 to 10 pieces ox-tail | 3 potatoes (cubed) |
| 1 tsp. thyme | 2 turnips (cubed) |
| 1/2 tsp. garlic powder | 1/2 small head cabbage |
| Salt | (sliced) |
| 10 to 15 c. water | 1 onion (sliced) |
| Onion stick with cloves | 1/2 c. olive oil |
| Carrot | 1 T. sweet basil |
| Celery tops | 1 large garlic clove |
| 1 tsp. thyme | (minced) |
| 1 tsp. parsley | Freshly ground pepper |
| Salt | 1/4 lb. thin spaghetti |
| Freshly ground pepper | 1 tsp. tomato paste |
| 1 c. dried beans (soaked over- | 3 zucchini |
| night) a combination of pea | (cut in pieces) |
| beans, kidney beans, black | Freshly ground Parmesan cheese |
| beans, chick peas | |

Season soup bone and ox-tails with thyme, garlic powder, and salt and place in 5 quart casserole. Put in 350° oven and brown for about 1 hour. Remove from oven and add water to cover. Add onion with cloves, carrot, celery, thyme, parsley, salt and pepper. Cover and simmer slowly for 8 to 10 hours. Remove bones (reserve meat) and strain. After stock is cool, remove all fat that has risen to top. Return stock to casserole. Add soaked beans and simmer slowly. In shallow pan put 1/2 c. olive oil and lightly saute' minced garlic, carrots, potatoes, turnips, cabbage and onion (about 5 minutes). Season with sweet basil and pepper. When beans are almost cooked, add reserved meat and the lightly saute'd vegetables and simmer slowly.

When vegetables are almost cooked, add spaghetti and tomato paste and simmer. When spaghetti is cooked, add zucchini and simmer until done. Sprinkle grated Parmesan cheese on this very thick soup.

Serve with French bread and salad.

BLINI = RUSSIAN PANCAKES

Terry Harris Grabar

A really sophisticated main dish; serves 5.

- | | |
|-------------------------|--------------------------|
| 5 c. flour | 1 c. boiling milk |
| 2 pkg. granulated yeast | 3 eggs |
| 2 1/2 c. warm water | Red caviar |
| 1 pint sour cream | Black caviar |
| 1 c. butter (melted) | Ground marinated herring |

(Continued Next Page).

BLINI - RUSSIAN PANCAKES (Continued).

Mix yeast and water; add flour, mix. Let rise until double (about 2 hours). Add slowly milk, then eggs. Let rise 1 hour. Fry in margarine in heavy iron skillet. Keep warm in covered dish in oven (will keep at least an hour). Serve with dishes of sour cream, melted butter and a choice of black caviar, red caviar and ground marinated herring. Each guest takes his pancake, adds butter and caviar (or herring), rolls his pancake up, and tops it with sour cream. Serve with a light white wine, tossed salad afterwards, then fruits for dessert.

CHICANO RECIPES FROM SAN ANTONIO

Bettie Morris Magee

Variations on a Mexican theme

Appetizer - Guacamole

Main course - Carne Asado

Side Dishes:

Fideo (Mexican spaghetti - bu y vermicelli)

Arroz (Mexican rice - long grain white rice)

GUACAMOLE - (You can purchase a molcajete at the International Food Store on North Broadway in Ann Arbor and at Mexican grocery stores. A molcajete is a Mexican blender- a rough stone bowl with a hand grinding stone of the same rough material.) Place very ripe (soft and squishy avocados (calavos) peeled in molcajete and grind; use fork in a bowl if molcajete not available. Add pieces of peeled tomato, bits of onion, salt and hot taco or any other hot sauce if desired. True Chicano eaters will grind up bits of Jalapena peppers or use this juice, but this is really hot. Guacamole can be eaten with Fritos or fried bits of tortillas (available frozen at many grocery stores.) Deep fried tortilla pieces are marvelous in place of Fritos, or spread on a whole tortilla, folded and eaten.

CARNE ASADO - Any steak meat available; round, chuck or strip cut in pieces, fried in cooking oil until brown. Add bits of onion, bell pepper, garlic, ground cumin, red chili powder and simmer for 15 minutes. Add a tablespoon of flour, water and tomato sauce. Stir to make seasoned gravy.

FIDEO AND ARROZ - Are prepared exactly the same. Take the raw material and fry in lard or cooking oil until light brown. Add bits of garlic, ground cumin seasoning, bits of bell pepper and chopped onion. Boil for 5 minutes. Add tomato sauce and a little more water. Simmer until water evaporates (about 15 minutes).

Proper preparation of tortillas in which can be placed almost

(Continued Next Page).

CHICANO RECIPES FROM SAN ANTONIO (Continued).

anything (including carne asado): use a large frying pan and get it good and hot. Then place tortilla in it, and turn frequently with hands (careful!) or a fork until it is soft, tender and has a few spots of brown, but is not cooked or toasted. Use either flour or corn tortillas available in most grocery stores frozen. Serve between folds of a cloth napkin or a dishtowel on a plate, as you would bread. Excellent with peanut butter, cheese, butter, guacamole. Note possibility of making your own Fritos from corn tortillas mentioned above.

SWEDISH MEAT BALLS

Caroline Ingham Plumer

1 1/2 lb. ground beef	1/2 tsp. pepper
1 tsp. instant onion	1 tsp. dry mustard
1 tsp. nutmeg	3 beaten eggs
1 tsp. dried mixed herbs	

Mix well and form into small balls, brown in butter or oil. Blend together 4 tsp. flour, 1 tsp. tomato paste, 2 cups bouillon. Stir into skillet and stir over low heat until sauce is thickened. Just before serving add 1 cup sour cream and blend well.

PORK CHOPS AND VERMOUTH

Elizabeth Osgood Woodburne

4 (1 inch thick) pork chops	4 T. catsup
4 slices onion	4 slices tomato
Worcestershire sauce	Salt
Mustard (dry)	Pepper
Paprika	5 oz. dry vermouth

Place pork chops in greased baking dish. Season chops. On each place 1 T. catsup, 1 slice of onion and 1 slice of tomato. Sprinkle with Worcestershire sauce, mustard and paprika. Cover. Bake 1 hour at 375°. Uncover. Bake 1/2 hour longer at 375°.

KIMA

Caroline Ingham Plumer

1 lb. ground beef	Dash chili powder
1 c. chopped onions	Dash garlic salt
3 T. butter	2 tomatoes, cut up
1 T. curry powder	1 pkg. frozen green beans

Cook onion in butter until golden. Add meat and cook a few minutes; add other ingredients. cover. simmer 25 minutes. Serve with rice. Serves 4 to 6.

VEGETABLES - SALADS

RICE SALAD

Molly Hunter Dobson

- 1 c. uncooked rice
- 2 c. carrots
(coarsely shredded)
- 1/2 c. celery (thinly sliced)
- 1 green pepper
(cut in strips)

- Salt to taste
- Freshly ground pepper to taste
- 3 green onions
- 1 c. (barely) cooked peas
- 2 pimientos (diced)
- 1/2 c. Wishbone Italian dressing

Cook rice and cool. Add remaining ingredients. Chill well before serving. Serves 6 to 8.

BEAN SPROUT SALAD

Virginia Butterworth Eng-Wong

- 1/2 lb. bean sprouts
- 1/4 c. scallions (chopped)
- 1 T. oil
- 1 T. wine vinegar

- 1 1/2 T. dark soy sauce
- 1/2 tsp. sugar
- Pinch MSG

Wash bean sprouts, then rinse in boiling water. Drain, place in cold water immediately. Combine all remaining ingredients except scallions. Toss bean sprouts with sauce, garnish with scallions.

5 BEAN SALAD

Lydia Richardson Bates

(From Bonnie Price Bethel, adapted)

- 1 buffet size can baby
lima beans
- 1 buffet size can cut
wax beans
- 1 buffet size can cut
green beans

- 1 pint size can kidney beans
- 1 pint size can garbanzo beans
- 1 red onion (sliced)
- 1 can pimiento (diced)
- 1 green pepper (sliced)

DRESSING:

- 1/3 c. sugar
- 1/4 c. oil
- 1/2 c. vinegar
- 1/2 tsp. salt
- 1/2 tsp. celery salt

Drain beans and mix with onion, pimiento and green pepper in large bowl. Mix ingredients for dressing in saucepan and bring to boil. Pour over bean mixture, toss and cover. Chill.

Best if allowed to stand for 24 hours first.

CALICO BEAN SALAD

Betsy Elliott Wernette

Keeps forever!

1 lb. can cut green beans
(drained)1 lb. can cut wax beans
(drained)1 lb. can red kidney beans
(rinsed)

1/2 c. green pepper (chopped)

Mix well. Chill overnight.

1/2 to 3/4 c. sugar
(start with 1/2)

2/3 c. vinegar

1/3 c. salad oil

1 tsp. salt

1/2 tsp. pepper

MARINATED VEGETABLE SALAD

Elsbeth Cahill Swope

(Serves 4 - Delicious!)

9 oz. pkg. frozen
artichoke hearts

4 oz. can sliced mushrooms

8 oz. can French style
green beans (drained)

1 c. cooked carrot strips

1 medium red onion (sliced)

1 envelope Good Seasons

Italian salad dressing mix

Lettuce leaves

Anchovy filets

Ripe olives

Cook artichoke hearts according to package directions; drain and cool. Combine with mushrooms, beans, carrot strips and onion slices in a shallow glass dish. Prepare salad dressing mix as directed on package; pour over the vegetables. Chill about 2 hours, turning vegetables occasionally.

Place lettuce on chilled plate; arrange marinated vegetables in attractive pattern. Garnish with anchovy filets, olives.

NORTHERN CHINESE SALAD

Ann Patterson Munro

1 cucumber (sliced thin)

1 carrot (sliced very thin)

1 chicken breast (cooked)

2 slices cooked ham

1 egg

1 c. bean sprouts

1/4 c. parsley (chopped)

2 oz. Yang Fen

(Chinese vermicelli)

DRESSING:

1 to 2 T. soy sauce

1 T. vinegar

1 T. sesame oil

Salt to taste

Sugar to taste

1/8 tsp. MSG

1 tsp. hot pepper oil

3 or 4 cloves garlic (crushed)

Add salt to cucumber and carrot and let stand 1 hour. Squeeze water out. Shred chicken breast and ham. Add 1/8 tsp. salt to egg,

(Continued Next Page).

NORTHERN CHINESE SALAD (Continued).

1 tsp. water and beat. Fry into very thin pancakes (2 or 3). Cool and slice into thin strips. Put bean sprouts into boiling water for 2 minutes, remove, rinse well with cold water. Soak Yang Fen in lukewarm water for 20 minutes, drain and cut in 3 inch sections. Arrange all of this on a plate for serving and refrigerate until ready to serve.

The dressing is made to taste so you will have to experiment with the exact proportions. If it is not hot enough, add a little cayenne.

TINA'S GAZPACHO

Elspeth Cahill Swope

A cold soup for summer from Spain.

- | | |
|---|-------------------------|
| 1 clove garlic (cut) | 1 1/2 c. cucumbers |
| 6 large ripe tomatoes (peeled, seeded and finely chopped) | (peeled and diced) |
| | 2 c. fresh tomato juice |
| 1/2 c. red <u>or</u> green peppers (minced) | 1/3 c. olive oil |
| | 3 T. lemon juice |
| 1/2 c. onion (minced) | Dash of Tabasco |

Rub a large glass bowl with the cut garlic. Put in the tomatoes, peppers, onion and cucumbers. Pour the remaining ingredients over the vegetables. Stir. Chill overnight or at least 3 hours in refrigerator. Makes 8 servings.

Serve in individual chilled glass bowls; croutons to sprinkle on top are optional. No cooking involved!

POTATO SALAD "FOR ALL SEASONS"

Barbara Brown Knauss

- | | |
|-----------------------|--------------------------------|
| 6 to 8 large potatoes | Pepper to taste |
| 2 bunches scallions | 3/4 quart Hellman's mayonnaise |
| 1 stalk celery | 1 T. prepared mustard |
| 8 hard boiled eggs | Optional: sage, parsley, some |
| Salt to taste | sour cream |

Cook potatoes. Drain and chop. Let cool. Chop eggs, scallions, celery. Add to potatoes. Mix in mayonnaise, mustard and other ingredients. This is a very flexible recipe. Just make sure that there is enough mayonnaise! It can be topped with parsley, tomatoes, egg slices, etc.

P.S. This is a favorite with all children K - 30 years of age!

TUNA OR CHICKEN SALAD

Martha Hatcher Cargo

- | | |
|--|-------------------------------------|
| 2 (7 oz.) cans solid pack
tuna <u>or</u> canned chicken | 2 dozen seedless grapes |
| 2 c. cooked macaroni
(cut fine) | 1/2 c. canned peas (optional) |
| 6 hard boiled eggs (diced) | 2 dozen pimiento olives
(halved) |
| | Salted almonds |

DRESSING:

- | | |
|--------------------------|---------------------|
| 1/2 pint cream (whipped) | 3/4 c. Miracle Whip |
|--------------------------|---------------------|
- Pour boiling water over tuna to remove oil. Keep in large pieces. Chill. Combine with remaining ingredients and add dressing. 6 to 8 servings.

SPICED FRUIT SALAD

Betty Osgood Woodburne

- | | |
|--|--------------------------|
| 2 cans fruit for salad
(drained well) | Juice of 1 lemon |
| 1 can bing cherries
(drained well) | 3/4 c. sugar |
| | 1 tsp. mild curry powder |
| | 4 T. butter (melted) |

Put the drained fruit in a buttered 2 quart casserole. Pour the sugar and curry powder over. Squeeze 1 lemon over top. Drizzle 4 T. melted butter over top. Cover. Bake 1/2 hour at 350°, stirring once. Cool 1 1/2 hours before serving.

SHOESTRING BEET SALAD

Margaret Elliott Tracy

- | | |
|--------------------------------|--------------------------------------|
| 1 (No. 2) tin shoestring beets | 1/2 c. or less sugar |
| 2 T. vinegar | 1 pkg. lime <u>or</u> plain gelatine |
| 1/4 tsp. ground cloves | Sour cream as desired |
| Water | |

Drain beets and reserve liquid. Add enough water to liquid to make 2 c. and place in saucepan with vinegar, sugar and cloves. Simmer for 5 minutes. Add gelatine and then beets. Pour into large mold or into individual molds and let set. Serve with garnish of sour cream if desired.

Serves about 8.

To make a perfect salad
There should be a spendthrift for oil,
A miser for vinegar
A wise man for salt and
A madcap to stir the ingredients up
And mix them well together.

(Continued Next Page).

CORNED BEEF SALAD

Martha Hatcher Cargo

- | | |
|------------------------------|---------------------------|
| 1 pkg. lemon Jello | 1 1/2 c. celery (chopped) |
| 1 can consomme ^o | 2 T. chopped green pepper |
| 1 can corned beef (chopped) | (optional) |
| 1 c. mayonnaise | 1 T. grated onion |
| 3 hard boiled eggs (chopped) | <u>or</u> onion flakes |

Add enough water to soup to make 2 c. Bring to boil and add Jello and stir until dissolved. Chill until slightly thickened. Add remaining ingredients and mold in (9x12) inch pan. Chill till firm. Serves 8 to 12.

TOMATO ASPIC

Betty Osgood Woodburne

- | | |
|----------------------------|---------------------------|
| 1 pkg. raspberry <u>or</u> | 1/2 tsp. salt |
| strawberry Jello | 1 1/2 T. vinegar |
| 1 1/4 c. boiling water | 1 can Hunt's tomato sauce |

Dissolve Jello in boiling water. Add remaining ingredients. Chill in (6x10) inch pan.

PINEAPPLE-SHRIMP MOLD

Betty Osgood Woodburne

(Serves 8)

- | | |
|-----------------------|---------------------------|
| 8 oz. pkg. lime Jello | 1 1/2 c. pineapple chunks |
| 2 c. boiling water | 1/2 c. mayonnaise |
| 2 c. cold water | 1 T. grated onion |
| 1 T. vinegar | 1 or 2 cans shrimp |
| 1 tsp. salt | (ringed and drained) |

Step 1: Dissolve Jello in boiling water. Add cold water, vinegar and salt.

Step 2: To 1 1/2 c. gelatine mix add pineapple chunks. Pour into 2 quart salad mold; let set.

Step 3: To 1 c. gelatine mix, add mayonnaise, and onion. Stir well. Pour over set mixture of step 2. Chill.

Step 4: When set, pour over it the rest of the gelatine mix to which shrimp have been added.

Let set. Unmold on lettuce to serve.

An attractive salad expresses a housewife ingenuity and artistic ability.

SPINACH RICOTTA MOLD

Jean Byers Hernandez

- | | |
|--------------------------------|-------------------------|
| 1 pkg. frozen chopped spinach | 1 c. water |
| 1 envelope unflavored gelatine | 1/4 c. lemon juice |
| 1/2 c. water | 1/3 c. mayonnaise |
| 1/4 c. sugar | 1 c. Ricotta cheese |
| 3/4 tsp. salt | 1/2 c. celery (chopped) |

Cook spinach, drain thoroughly and cool. Heat the gelatine in water until dissolved. Add sugar, salt, remaining water and lemon juice to gelatine mixture. Stir gelatine mixture into mayonnaise. Chill until partially set. Beat the mixture. Add spinach, cheese and celery. Chill in 5 cup mold until firm.

APPLESAUCE SALAD
(Serves 8)

Margaret Lohman Helmreich

Especially good with ham, chicken or turkey.

- | | |
|---------------------------------|-----------------------------|
| 1/2 pkg. cinnamon candies | 2 (3 oz.) pkg. Philadelphia |
| 1 c. water | cream cheese |
| 1 (3 oz.) pkg. lemon Jello | 1/2 c. nuts (chopped) |
| 1 1/2 c. unsweetened applesauce | |

Boil cinnamon candies in water until dissolved. Pour over Jello. Add applesauce. Stir and put in refrigerator until it thickens. Put half of mixture in pan (loaf pan works best).

Add cream to cream cheese until soft (enough to spread). Add nuts. When first half of Jello is stiff, spread the cheese mixture on it. Then pour other half of gelatine mixture over the cheese. Chill until firm.

APRICOT SALAD

Agnes Houghton Boss

- | | |
|---------------------------------|--------------------------------|
| 1 pkg. orange Jello | 3/4 large pkg. cream cheese |
| 1 (12 oz.) No. 2 can | (softened with a little cream) |
| apricot nectar | 1/2 c. pecans (chopped) |
| 1 small can frozen orange juice | |

Heat nectar (not to boil), pour onto Jello, and add orange juice. Put 1/2 of mixture into round mold, and let it solidify. Mix cheese and nuts (with a bit of cream) and put on top of solidified mixture. When this is hard, add rest of juice and let solidify.

Preparation time about 2 hours. Serves 8.

BLUEBERRY SALAD

Elizabeth Walker Mouzon

- | | |
|---|-----------------------------|
| 2 (3 oz.) pkg. blackberry Jello (Royal) | 1 (8 oz.) pkg. cream cheese |
| 2 c. boiling water | 1/2 c. sugar |
| 1 (15 oz.) can blueberries (drained) | 1 c. sour cream |
| 1 (8 1/2 oz.) can crushed pineapple (drained) | 1/2 tsp. vanilla |
| | 1/2 c. nutmeats |

Dissolve gelatine in boiling water. Drain pineapple and blueberries and measure liquid. Add water to make 1 c., and add to gelatine. Stir in blueberries and pineapple. Pour into a 2 quart flat pan and chill. When firm, blend cheese, sugar, sour cream and vanilla and spread over salad. Sprinkle with nuts. Serve in squares.

MARILYN'S CRANBERRY-RASPBERRY JELLO MOLD

Lydia Richardson Bates

(Great With Ham)

- | | |
|-----------------------------------|----------------------------------|
| 1 large pkg. raspberry Jello | 1 (11 oz.) can crushed pineapple |
| 1 1/2 c. boiling water | Marshmallows or nuts |
| 1 can (2 c. size) cranberry jelly | (if desired) |

Dissolve Jello in water, add cranberry jelly and stir till blended (will be somewhat lumpy). Add pineapple and pour into mold. When semi-set add a layer of marshmallow and/or nuts if desired.

SPICY PEACH SALAD

Pat Harvey Kennedy

- | | |
|---------------------------------|----------------------------------|
| Peach syrup from canned peaches | 1 1/2 tsp. whole cloves |
| 3/4 c. vinegar | 3 (3 oz.) pkg. orange gelatine |
| 1/2 tsp. salt | 12 canned peach halves (drained) |
| 18 inches stick cinnamon | 12 avocado balls |

Add enough water to peach syrup to make 3 c. Combine with vinegar, salt and spices in saucepan. Simmer 10 minutes. Remove spices. Measure syrup and add boiling water to make 6 c. Pour over gelatine; stir till dissolved. Chill until slightly thickened. Arrange peach halves, cut side up, in oiled (12x8x2) inch pan. Place avocado ball in center of each half; spoon gelatine over fruit. Chill till firm. Cut in squares; serve on lettuce.

Makes 12 servings. Cream cheese balls rolled in chopped nuts can be used instead of avocado balls.

LIME PINEAPPLE SALAD

Betty Osgood Woodburne

- | | |
|----------------------------|-------------------------------|
| 1 1/4 c. hot water | 1 c. crushed pineapple |
| 1 small pkg. lime Jello | (drained) |
| (dissolved in water) | 1 c. fine curd cottage cheese |
| 1/2 c. mayonnaise (stir in | 1 1/2 T. horseradish sauce |
| until dissolved) | |

Mix all ingredients and chill. Serves 8.

RASPBERRY SALAD

Betty Osgood Woodburne

Use (9x12) inch pan.

- | | |
|------------------------------|--------------------|
| 2 small pkg. raspberry Jello | 1 c. applesauce |
| 2 pkg. frozen raspberries | 2 c. boiling water |

Dissolve Jello in boiling water. Stir in frozen berries and then applesauce. Let set. Top with Dream Whip.

STRAWBERRY SALAD (Serves 10-12)

Anne Pyne Cowley

- | | |
|------------------------------|----------------------------------|
| 2 pkg. strawberry gelatine | 1 large pkg. frozen strawberries |
| 2 c. boiling water | 2 large ripe bananas |
| 1 tall can crushed pineapple | (mashed and whipped) |
| (not drained) | 1/2 carton sour cream |

Pour 1/2 of mixture into (8x11) inch baking dish or 1 1/2 quart mold and chill. Spread with sour cream over set Jello. Cover with rest of Jello and chill.

ASPARAGUS, CHINESE STYLE

Barbara Brown Knauss

- | | |
|------------------------------|-------------------------------|
| 2 lb. fresh asparagus | Dash of pepper |
| 1 T. corn starch | 2 T. salad oil |
| 1 c. chicken broth (or cube) | 1/3 c. water chestnuts |
| 1 T. soy sauce | (thinly sliced) |
| 2 tsp. onion juice | 2 T. slivered toasted almonds |

Remove ends of asparagus stalks. Wash thoroughly and cut in thin diagonal slices. Combine corn starch, chicken broth, soy sauce, onion juice and pepper; cook, stirring constantly until thickened. Simmer 2 minutes. Cook asparagus in hot oil in large skillet for 2 minutes, medium heat. Add sauce; cook 2 minutes longer. Stir in water chestnuts and almonds. Serve immediately.

BARLEY AND PINE NUTS CASSEROLE

Helen Methfessel Haugen

- | | |
|-----------------------------|-------------------------------|
| 1 c. barley | 1 c. scallions (1 bunch) |
| 1 stick butter | (finely chopped) |
| 1/2 c. pine nuts | 1 c. parsley (finely chopped) |
| 3 cans bouillon (undiluted) | 1/4 tsp. pepper |
| 1 tsp. salt | |

Saute^o barley, nuts and vegetables. Add soup. Bake at 375° for 1 1/4 hours, or more.

PINEAPPLE BEETS

Martha Hatcher Cargo

- | | |
|--|---|
| 1 (13 1/2 oz.) can
pineapple chunks | 1 T. corn starch |
| 1/2 c. water | 1/2 tsp. salt |
| 1/3 c. cider vinegar | 1/8 tsp. ground ginger |
| 4 T. brown sugar | 2 (1 lb.) cans sliced beets (4 c.)
(drained) |

Drain syrup from pineapple and mix with water and vinegar. Mix sugar, corn starch, salt and ginger; add vinegar mixture. Cook until thickened, stirring constantly. Add beets; then heat to boiling. Just before serving, mix pineapple into hot mixture.

Makes 8 servings.

COMPANY CABBAGE (Sweet-Sour Creamed Cabbage) Martha Hatcher Cargo

- | | |
|---------------------------------|--|
| 2 T. butter <u>or</u> margarine | 1 T. sugar |
| 8 c. cabbage (finely shredded) | 2 T. vinegar |
| 1 clove garlic (minced) | 1 tsp. salt (omit if you substitute
garlic salt for garlic) |
| 1/2 c. water | 1/4 tsp. caraway seed (optional) |
| 1/2 c. dairy sour cream | |

Heat butter in large skillet. Add cabbage, garlic and the water. Cover tightly and steam over low heat 10 to 12 minutes. Blend sour cream, sugar, vinegar (and salt); stir into cabbage. Heat through, but do not boil. Sprinkle with caraway seed.

6 servings.

TOMATO PUDDING

Kathleen Cutting Wagner

- | | |
|---|-----------------|
| 1 (10 oz.) can of tomato puree ^o | Salt to taste |
| 1/4 c. boiling water | 1/2 c. butter |
| 1 c. brown sugar | Slices of bread |

Combine tomato puree^o, water, brown sugar, and salt and simmer for 5 minutes. Take from the stove and add butter. Cut or break slices of bread into squares. Place 1 c. squares in buttered casserole. Pour hot tomato mixture over bread squares. Bake, uncovered, in moderate oven 30 minutes and serve immediately. Tomato pudding is good served with ham loaf and green vegetable for main course.

SPINACH ROCKEFELLER

Barbara Brown Knauss

2 1/2 pkg. chopped spinach
 2 c. bread crumbs
 1 onion (minced)
 6 whole eggs (beaten)
 3/4 c. butter (melted)
 1/2 c. Parmesan cheese
 1 T. Ac'cent

2 buds garlic (minced)
 1/2 tsp. thyme
 1/2 tsp. cayenne
 1 tsp. pepper
 Salt to taste
 Garlic salt

Cook spinach; drain well. Mix all ingredients well. Make "hamburger" patties and place on sliced tomatoes. Top with garlic salt and bake at 350° for 15 to 20 minutes on buttered dish.

SAUTE'ED SPINACH A LA CHINOISE

Harriet Mills

This recipe can be used for any leafy vegetable.

1 lb. spinach
 2 T. vegetable oil
 1/2 tsp. salt
 1 clove garlic

1/4 tsp. sugar
 1/4 tsp. monosodium glutamate
 (optional)
 Dash of pepper

Wash spinach and discard stems and bruised areas of leaves. Drain. Peel and mince garlic very fine. Using a high flame, heat pan and add oil and salt. Add garlic and toss in spinach. Cover for 45 seconds. Uncover and stir for 15 seconds. Add sugar, monosodium glutamate and pepper.

Serves 3 or 4.

OI (CUCUMBER) NAMUL - KOREAN

Ann Patterson Munro

3 cucumbers (medium to big)

2 T. salt

DRESSING:

1 T. sesame seed oil
 1 T. soy sauce
 1 tsp. cayenne pepper
 1 tsp. crushed garlic

2 tsp. green onion (chopped)
 1 tsp. sugar (may require less)
 White vinegar to taste
 (start with 1 tsp.)

Can be made several hours before serving. Slice cucumbers horizontally, then slice very thin. Add salt and mix thoroughly. Wait an hour and then squeeze dry (can be done by putting cucumber in cheese cloth and wringing). Put in dry dish and pour dressing over. Mix thoroughly once more just upon serving.

This dish is done to taste, so the measurements are approximate.

EGGPLANT CREOLE

Eleanor DeCourcy Wernette

- | | |
|-------------------------------|---------------------------|
| 1 medium eggplant | 1 T. brown sugar |
| 2 small onions (chopped fine) | 1 lb. can stewed tomatoes |
| 3 to 4 T. margarine | Ritz crackers |
| 3 T. flour | (buttered and crumbled) |
| 1 tsp. salt | |

Peel and dice medium eggplant. Cook in boiling salted water, covered, 10 minutes. Drain and put in greased 2 quart casserole.

Melt margarine and saute^o onions until yellow. Lower heat to simmer, cover and cook 10 minutes. Add flour and blend in. Add the salt, brown sugar and tomatoes; cook 5 minutes. Pour over eggplant. Put Ritz crackers on top. Cook 1 hour at 350°.

ITALIAN BAKED EGGPLANT

Edith Riley Baubie

- | | |
|---|---|
| 1 medium eggplant (peeled and cut in 1 to 1 1/2 inch cubes) | 1/4 c. butter <u>or</u> margarine |
| 1 large onion (sliced) | 1 c. (10 1/2 oz.) condensed tomato soup |
| 1 medium green pepper (sliced) | 1 c. water |
| 1 large clove garlic (minced) | 1/4 tsp. salt |
| 1 tsp. leaf oregano (crushed) | 1/4 lb. mushrooms (saute ^o ed) |
| Garlic croutons (see below) | Parmesan cheese (grated) |

Cook eggplant in boiling salted water for 3 minutes; drain and place in shallow baking dish (10x6x2) inches. Cook onion, green pepper, garlic and oregano in butter until tender. Add soup, water, salt. Heat. Pour sauce over eggplant. Bake in 350° oven 45 min.; stir often. Remove eggplant from oven. Turn temperature up to 425°. Top eggplant with croutons; sprinkle with cheese. Return to oven; bake 15 minutes more.

Makes 6 servings.

For garlic croutons - Melt butter in skillet; add 1/2 small clove garlic, minced. Lightly mix in bread crumbs; cook over low heat, stirring constantly until bread is crisp and brown.

Common sense is the knack of seeing things as they are, and doing things as they ought to be done.

EGGPLANT PARMESAN

Virginia Hodson Chambers

1 eggplant (peeled)	1/2 c. grated Parmesan cheese
1/2 c. flour	1/2 c. Swiss cheese
1 tsp. oregano	(cut in strips)
1 tsp. thyme	<u>Thick</u> tomato sauce
Vegetable oil	<u>or</u> tomato paste
1/2 c. Mozzarella cheese	Fresh solid tomatoes (sliced)
(cut in strips)	<u>or</u> canned plum tomatoes

Slice eggplant 3/8 inch thick. Salt each slice. Stack in flat glass pan and let stand for at least 2 hours. Pour off brown juice; pat slices dry with paper towels. Make seasoned flour by adding herbs above to the 1/2 c. flour. Heat oil 1/2 inch deep in skillet to 350° to 400°. Dip slices in flour; fry a light brown. Drain on brown paper.

Put casserole together starting with layer of eggplant, covered with a slice of tomato, then strips of Mozzarella and Swiss, alternately, then tomato sauce. Repeat for second layer; do not make more than 2 layers deep. Sprinkle with grated Parmesan. Bake 15 minutes at 350°. Serve hot or cold.

ZUCCHINI CASSEROLE

Elizabeth Knudson Halford

3 to 4 medium size zucchini	Onion
(6 to 8 inches long)	Cheddar cheese
8 oz. can tomato sauce	Garlic (minced)
Salt and pepper	

Slice zucchini 1/4 inch thick and cook in a small amount of water 10 to 15 minutes.

Arrange slices in layers in a casserole, grating some onion and cheese over each layer, adding a little tomato sauce and seasonings as you go, topping with some cheese. Put casserole into 350° oven till cheese melts, 1/2 hour or so.

6 servings. Preparation time: 1 hour.

BAKED ZUCCHINI SQUASH

Elizabeth Knudson Halford

6 small <u>or</u> 4 medium zucchini	1/2 c. sour cream
1 T. butter	1 egg yolk
1 T. Parmesan cheese	2 T. chopped chives

Dice zucchini and boil in salted water 6 to 8 minutes. Drain well. Melt butter and cheese over low heat, add sour cream and blend well. Remove from heat and add egg yolk and chives. Put Zucchini in buttered casserole, pour sauce over and mix well. Bake at 350° 25 to 30 minutes. Serves 6.

ZUCCHINI AND TOMATOES BEARNAISE

Terry Cunningham Beem

- | | |
|---------------------------|--------------------------|
| 4 to 5 c. sliced zucchini | 1/8 tsp. Tabasco |
| 8 quartered tomatoes | 1/2 c. onion (sliced) |
| 3 T. butter | 1 clove garlic (crushed) |
| 1 tsp. seasoned salt | 1/2 c. bread crumbs |
| 1/8 tsp. pepper | 1 recipe Bearnaise Sauce |
| 2 T. lime juice | |

Slice unpeeled zucchini 1 inch thick and saute^o with quartered tomatoes in butter about 6 minutes, turning occasionally to cook through. Add seasonings, lime juice, Tabasco, onion and garlic and saute^o 2 minutes longer.

Turn mixture into a shallow baking dish. Cover with Bearnaise Sauce, sprinkle with crumbs and place under hot broiler just until golden brown.

BEARNAISE SAUCE:

- | | |
|-----------------------|--------------------|
| 1 T. tarragon vinegar | 3 egg yolks |
| 3 T. dry white wine | 1 T. lime juice |
| 1 tsp. tarragon | Few dashes Tabasco |
| 1 T. minced onion | 6 T. butter |
| 1/8 tsp. white pepper | |

Combine vinegar, wine, tarragon, onion and pepper in a saucepan and boil until liquid is reduced by about half. Pour into electric blender container and let cool. Add egg yolks, lime juice and Tabasco. Cover container, set at high speed and flick on and off several times for 1 minute. Turn off and let stand while you heat butter just until it begins to foam (not brown). Turn blender on high again and very gradually pour in melted butter. Whirl for about 1 minute.

BETSY'S SAVORY RICE

Elizabeth Walker Mouzon

Delicious with roast beef.

- | | |
|------------------------------------|---------------------------------------|
| 1 c. uncooked rice | 1 (4 oz.) can mushrooms |
| (not Minute Rice) | (stems and pieces) <u>or</u> an equal |
| 1 can onion soup | amount of fresh mushrooms |
| 1 can water | (saute ^o ed in some of the |
| 1/4 lb. margarine <u>or</u> butter | butter) |
| (cut in pieces) | |

Combine ingredients in a casserole and bake at 350° for 1 hour. Stir when half done.

GRITS CASSEROLE

Mary Burke Porter

1 1/2 c. grits
6 c. water
1/4 lb. butter
1 T. salt

Few dashes Tabasco
1 lb. sharp Cheddar
(grated)
3 large eggs (well beaten)

Bring water and salt to a boil. Add grits, butter, grated cheese and Tabasco and cook for 5 minutes. (This part can be made ahead.)

Add eggs, stir together. Bake 1 1/4 hours at 350°. This recipe serves 6 amply, 8 skimpily. Good with marinated and barbecued pork or beef.

HOMINY GRIT SOUFFLE

Helen Methfessel Haugen

1 c. grits
4 c. water
1 tsp. salt
1 T. butter

1/2 lb. sharp Cheddar cheese
(grated)
2 eggs (well beaten)
1 small can condensed milk

Cook grits, water and salt in double boiler until tender. Add the rest of the ingredients. Pour into casserole and bake in 325° oven about 30 minutes or until slightly brown.

PERSIAN RICE

Caroline Child Tucker

2 T. butter
1 c. rice
1 c. orange juice
1 1/2 c. water
1 tsp. salt

1/2 c. raisins
1/4 c. slivered almonds
1/4 tsp. grated orange peel
1 T. parsley (chopped)

Combine butter and rice in skillet. Cook till lightly toasted. Stir in orange juice, water, salt and raisins. Cover and simmer over low heat about 15 minutes until all liquid is absorbed. Stir once or twice during cooking. Fluff and add almonds, orange peel and parsley.

BOILED RICE

Virginia Butterworth Eng-Wong

2 c. long grain rice

2 1/2 to 3 c. cold water

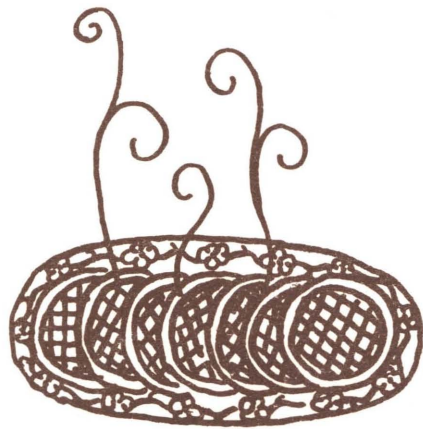
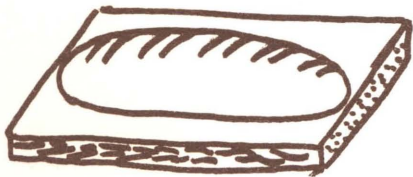
1. Place rice in 2 quart saucepan, wash with cold water, drain, then add the 2 1/2 to 3 c. water.

2. Place saucepan over highest flame and boil, uncovered, until the water is nearly boiled off. Steam holes will appear in the rice. (The Chinese call these "fish eyes")

3. Cover, immediately, turn to lowest possible heat. Continue cooking for 15 to 20 minutes. Fluff rice with fork before serving.

* * * * *

BREAD



BREADS

OATMEAL BREAD

Beth Chase Cunningham

4 hours to prepare.

- | | |
|---|--|
| 3 c. oatmeal (quick cooking)
(not instant) | 1 c. cold water |
| 4 c. boiling water | 3 packets granular yeast
(dissolved in 1 c. warm water) |
| 2 T. salt | 9 c. flour |
| 1/2 stick butter <u>or</u> margarine | (preferably unbleached) |
| 2/3 c. light molasses | |

Mix oatmeal, boiling water, salt and butter together in large bowl (I use an 8 quart stainless steel bowl). Let cool to lukewarm. Add, mixing with wooden spoon, molasses, cold water, yeast. Add flour last, 1 c. at a time (about 9 c.). Knead well. Let rise. Punch down. Make into 3 large loaves. (Place in (9x5x3) inch loaf pans. Let rise. Bake at 400° first 15 minutes, then at 375° until loaf sounds hollow when thumped on bottom; about 25 minutes. Turn out of pans. Let cool on sides.

OATMEAL BREAD

Jane Lockwood Barney

- | | |
|------------------------|-------------------------------------|
| 2 c. oatmeal | 2 cakes of yeast (dissolved in |
| 3 1/2 c. boiling water | 1/2 c. water <u>plus</u> a pinch of |
| 2/3 c. brown sugar | sugar) |
| 4 tsp. salt | 11 c. flour |
| 1/2 c. oil | 1 T. <u>plus</u> molasses |

Place in large mixing bowl oatmeal, brown sugar, salt, oil and molasses. Pour boiling water over it, stir and let stand until lukewarm. Pour in dissolved yeast, add flour and knead thoroughly until smooth and elastic. Cover and let rise in a warm place until double in bulk (I turn my oven on briefly, turn it off and place rising bread in it). Punch or stir enough to remove bubbles and let rise again.

Turn out on floured board, knead briefly, shape into loaves, rub with a little vegetable oil, and place in oiled loaf pans. Cover loaves with a cloth and let rise until double in size. Bake in 325° to 350° oven for about 40 minutes. Turn out on cake rack and let cool.

Makes 3 loaves, under 2 lb. each.

ANADAMA BREAD

Elspeth Cahill Swope

(A down East recipe, with apocryphal anecdote attached)

1 1/2 c. water	1 1/2 T. shortening
1 tsp. salt	1 cake yeast
1/3 c. yellow corn meal	1/4 c. lukewarm water
1/3 c. molasses	4 to 4 1/2 c flour (sifted)

Bring water to boil in saucepan; add salt. A surer way to keep it from lumping, I have found, is to mix the 1/2 c. water with the cornmeal and then stir into the 1 c. boiling salted water. Remove from heat; pour into a large bowl. Add shortening and molasses and cool to lukewarm. Add yeast to the 1/4 c. lukewarm water, blend well. Mix yeast into corn meal mixture; add the sifted flour. Knead until smooth (use more flour if needed). Let rise until double in bulk. Punch down and mold into loaf. Place in (9x5x3) inch loaf pan for 1 loaf, or use several smaller bread loaf pans. Let rise until double in bulk. Brush top with melted butter; sprinkle with corn meal and salt. Bake 1 hour at 375°, till golden brown and bottom crust gives a hollow sound when rapped. Makes excellent toast!

And now for that anecdote:

A crotchety old Main lumberjack and his wife, Anna, were forever arguing. Finally she got so mad at him that she refused to cook anything but corn meal mush with molasses poured over for all his meals.

Equally furious, he took those ingredients and made himself a loaf of bread, which he took with him for his noon meal in the woods. He shared this loaf with his buddies, who enjoyed it and asked him what he called it. His answer: "I call it Anna-dammer!"

ENGLISH HERB BREAD

Beth Chase Cunningham

1 pkg. granulated yeast (1 T.)	2 eggs (well beaten)
2 c. milk	1 tsp. nutmeg
1/4 c. sugar	2 tsp. dried crumbled sage
1 T. salt	4 tsp. caraway seed
1/4 c. butter <u>or</u> margarine	1 tsp. celery seed
6 c. flour (about)	

Scald milk. Add butter, sugar and salt. Stir until butter is melted. Let cool until lukewarm. Add yeast. Stir in eggs and spices. With wooden spoon mix in 3 c. of flour and beat until smooth. Blend in rest of flour gradually, kneading it by hand until smooth and elastic. Place in greased bowl, turning dough over once to grease surface. Cover with damp cloth. Keep dough at 80 to 85° until double in bulk (about 2 hours). Punch down, divide into two equal parts. Let rest a few minutes. Make into

Continued Next Page.

BULLAR (SWEDISH CARDAMON BUNS) (Continued).

Gradually add remaining flour and knead until dough becomes pliable and not sticky. Put in bowl, cover loosely with a cloth, allow to rise in warm, draft-free place until double (about 45 min.). Punch down dough. Divide into 4 sections. With each section, do the following: roll out to a rectangle, spread rectangle of dough with butter and sprinkle with sugar (white or brown) and raisins. Roll dough up lengthwise into a long roll and pinch edges together. Cut crosswise into buns about 1 inch apart. Set on greased cookie sheet, cut side up. Cover with cloth and let rise another 30 min. Baste with beaten egg and sprinkle with almond bits, pearl sugar, or whatever decoration you wish, if desired. Bake 7 to 8 minutes in 450° oven.

MRS. MOSES' EXCELLENT POTATO ROLLS

Elizabeth Knudson Halford

If wanted at 6 P.M., start at 11 A.M.

- | | |
|-------------------------------|------------------------|
| 3 small potatoes | 2 tsp. sugar (heaping) |
| (freshly boiled) | 1 tsp. salt (level) |
| 1 c. milk | 1 cake yeast |
| 1 T. butter | 4 to 4 1/2 c. flour |
| 1 T. lard (<u>or</u> Crisco) | |
| 3 eggs | |

Boil potatoes and rice while warm directly into butter. Scald milk, add shortening and cool to lukewarm. Dissolve yeast in a little of the lukewarm milk. Sift and measure flour. Beat eggs lightly, adding sugar and salt. Add 1/2 c. of the warm milk to yeast mixture and add this to the beaten eggs. Add the rest of the milk, potatoes and mix well. Add 2 c. of flour, stirring in well, then add remaining 2 c. of flour, 1 c. at a time. Turn out on floured board and knead in 1/4 to 1/2 c. more flour. Dough should not be sticky but not too stiff.

Put in greased bowl to rise. Grease top of dough, too. When doubled in bulk, (3 to 4 hours) spoon dough onto board and without kneading, roll out or pat to 14 inch thickness. Pinch out bubbles. Cut with 2 1/2 inch cutter. Butter lightly and fold over generously.

Place on greased pan 1 inch apart. Let rise 1 to 1 1/2 hours. Bake a light brown about 10 minutes at 450°. Makes at least 4 dozen rolls.

PIZZA CRUST

Martha Hatcher Cargo

- 1 pkg. Fleischmann's dry yeast 1/2 tsp. salt
 1 c. warm water A little oleo or butter
 2 1/2 c. flour (unsifted)

Dissolve 1 pkg. of Fleischmann's dry yeast in 1 c. of warm water. Add 2 1/2 c. flour and a little salt. Stir to mix. Get oleo (or butter) on fingers and squeeze through the dough to make it reasonably smooth. Spread on greased pans.

Enough for 2 pizzas.

COTTAGE CHEESE PANCAKES

Rebecca Patterson Hein

- 3 eggs (separated) 1/4 c. flour
 3/4 c. cottage cheese 1/4 tsp. salt

Beat egg whites with beater until stiff, but not dry. Beat yolks of eggs with the same beater until light and lemon-colored. Stir in salt, flour, cheese. Fold in egg whites. Bake on pre-heated pancake griddle.

RICE WAFFLES

Beth Chase Cunningham

- 1 3/4 c. flour 1 1/3 c. milk
 4 tsp. baking powder 1 egg yolk (well beaten)
 1/4 tsp. salt 1 T. butter (melted)
 2/3 c. cold cooked rice 1 egg white (beaten stiff)

Mix and sift flour, baking powder, and salt. Add rice; mix in well. Add milk with egg yolk, melted butter, and egg white. Cook on a hot greased waffle iron until mixture stops steaming.

Serve at once with butter and syrup.

BETTY O'BRIEN'S NO BEAT POPOVERS

Eleanor DeCourcy Wernette

- 2 eggs 1 c. milk
 1 c. flour (scant) 1/2 tsp. salt
 1. Break eggs into bowl
 2. Add milk, flour, salt, all at once.
 3. Mix thoroughly (disregard lumps).
 4. Fill muffin tins 3/4 full and put into preheated 450° oven for 30 minutes - don't peek!

BREAD — the symbol of Hope, Home and Hospitality.

PUMPKIN BREAD (Makes 2 Loaves)

Anne Pyne Cowley

- | | |
|-----------------|-----------------------|
| 3 c. flour | 1 1/4 c. oil |
| 1 tsp. soda | 4 eggs |
| 1 tsp. salt | 1/2 c. nuts (chopped) |
| 3 tsp. cinnamon | 2 c. pumpkin |
| 2 c. sugar | |

Place in bowl and mix well: flour, soda, salt, cinnamon and sugar. Add remaining ingredients and mix to dampen. Pour into 2 loaf pans and bake for 1 hour in 350° oven.

SALLY LUNN

Betty Osgood Woodburne

- | | |
|----------------------|---------------|
| 4 c. flour (sifted) | 1/2 tsp. salt |
| 3 tsp. baking powder | |
| Sift. | |
| 1 c. shortening | 1/2 c. sugar |
| 3 eggs | 1 c. milk |

Separate eggs and beat separately. Add sugar to beaten yolks, and then sifted dry ingredients and milk alternately. Stir in melted shortening and fold in beaten whites. Bake in greased (9x12) inch cake pan for 45 minutes in 325° oven. Serve warm.

DATE AND NUT BREAD

Beth Chase Cunningham

- | | |
|-----------------------------|--------------------------------|
| 1 (8 oz.) pkg. pitted dates | 1 c. sugar |
| (cut in quarters) | 2 1/4 c. flour |
| 1 1/2 c. boiling water | 1 T. butter (melted) |
| 2 tsp. soda | 1 egg (beaten) |
| 1/2 tsp. salt | 1 c. walnuts (cut in quarters) |
| 1/4 tsp. baking powder | 1 tsp. vanilla |

Stir boiling water and soda into dates and let stand until cool. Sift flour, baking powder, salt, sugar into large mixing bowl. Stir in melted butter and egg. Add date mixture; blend with rubber scraper. Add walnuts and vanilla. Pour into greased loaf pan (9x5x3) inches. Bake in very slow oven (200° to 250°) for about 1 1/4 hours. Test with straw. Makes 1 large loaf.

A man can tell how good his reputation is by how hard it is for him to live up to it.

DATE CHEESE BREAD

Jeanne Byers Hernandez

2 (3 oz.) pkg. cream cheese (softened)	1 egg
1/3 c. sugar	1 pkg. date bread mix
1 T. flour	1 egg
	1 c. water

Mix first 4 ingredients together. Mix bread mix, egg and water according to package directions. Spread 2/3 of bread mixture in greased and floured (9x5x3) inch bread pan. Cover with cheese mixture. Spread remaining bread mix on top. Bake at 350° 1 hour. Cool 10 minutes in pan. Remove from pan and let cool completely. Keep refrigerated.

BLENDER BANANA BREAD

Beth Chase Cunningham

Wheat germ adds extra goodness.

2 c. flour (sifted)	1/3 c. cooking oil
1 c. sugar	1/3 c. milk
1 tsp. soda	1 tsp. vanilla
1 tsp. salt	2 c. bananas (sliced) (2 large)
1/2 c. wheat germ	1/2 c. shelled pecan pieces
2 eggs	

Combine first 4 ingredients; sift into large mixing bowl. Stir in wheat germ. In blender, beat eggs, oil, milk, vanilla and 1/2 of the banana pieces. Beat until smooth (about 15 seconds). Add remaining banana pieces and beat until smooth (15 seconds). Add pecans. Beat about 10 seconds. Pour over dry ingredients. Mix just until dry ingredients are moistened with rubber scraper. Pour into greased (9x5x3) inch loaf pan. Bake in moderate oven (350°) 60 to 70 minutes. Cool in pan 15 minutes. Remove from pan and finish cooling on rack.

INDIAN BREAD

Jacqueline Read Brown

2 c. flour	1/2 tsp. salt
2 tsp. baking powder	3/4 tsp. milk
1 c. corn oil	

Stir ingredients together. Knead, one handed, till homogeneous. Heat 1 c. oil in frying pan (about 380°). Make 8 balls of the dough, then pat each till flattened. Fry on both sides till golden. Drain on paper towels.

Charismatic if cooked outside. Proven success by means of electric frying pan with heavy-duty extension cord. Children love it; adults can take it or leave it.

DESSERTS



DESSERTS

NODDIE'S CUSTARD DELIGHT

Eleanor DeCourcy Wernette

- | | |
|--|-----------------------------|
| 1 slice bread
(cut in small pieces) | 3/4 c. sugar |
| 2 c. milk | 1/2 tsp. salt (scant) |
| 1/2 c. raisins | 1/2 c. cream <u>or</u> milk |
| 2 eggs (well beaten) | 1 tsp. vanilla |

Scald 2 c. milk in top of double boiler. Add bread and raisins. Meantime, beat well 2 eggs and add sugar, salt, cream and vanilla. When bread and milk mixture is hot, add to egg mixture. Pour into a buttered baking dish. Sprinkle thickly with nutmeg on top. Set baking dish in pan of hot water. Bake about 3/4 hour in 350° oven. This dish will be soft and custardy.

CARRIE'S LEMON CRUNCH

Jane Davis Hartwell

- | | |
|----------------------|--------------------------|
| 1/2 c. sugar | Grated rind of 1/2 lemon |
| 2 1/2 T. corn starch | 1/4 tsp. salt |
| 1 1/3 c. milk | 1 T. butter |
| 1 egg (beaten) | 1/4 c. lemon juice |

COCONUT CRUST:

- | | |
|---------------------------|---------------|
| 1 1/4 c. shredded coconut | 1/2 c. butter |
| 3/4 c. fine Saltine | 1/2 c. flour |
| cracker crumbs | 1/2 c. sugar |

Filling - Mix sugar, salt, corn starch and milk. Cook in top of double boiler till thick. Add lemon juice and rind and egg. Cook 2 minutes. Add butter. Set aside.

Crust - Mix all ingredients as for pie crust. Pat 1/2 of mix in (8x8) inch pan. Pour in filling; cover with remaining crust. Bake at 375° till golden (20 to 30 minutes). Serve warm with ice cream or whipped cream.

DOROTHY'S GRAPENUTS CUSTARD

Beth Chase Cunningham

- | | |
|--------------------------|---------------------|
| 2 eggs (slightly beaten) | 2 c. milk (scalded) |
| 1/3 c. sugar | 1/2 tsp. vanilla |
| 1/8 tsp. salt | 1/3 c. Grape Nuts |

Combine eggs, sugar and salt. Add milk gradually, mixing thoroughly; then add vanilla. Put about 1 T. Grape Nuts in each custard cup, fill with custard mixture. Bake in pan of hot water in slow oven (325°) 40 to 45 minutes or until knife inserted comes out clean. Serve plain or with whipped cream or sweetened crushed fruit. Makes 5 servings.

QUICK FRUIT COBBLER

Frances Oguss Stallings

1 can peaches, apricots or
other fruit
1/2 c. sugar (approximately)
1 1/2 c. Bisquick
1/4 c. sugar

1/2 tsp. vanilla
Milk or cream
Sugar for topping
Cinnamon for topping

Cover the bottom of a baking pan (approximately 8x8 inches) with canned fruit and pour in enough of the syrup to give 1/2 inch depth. For unsweetened canned fruit, drain juice into a small pan; heat and sweeten to taste (about 1/2 c. sugar). Pour over fruit in baking pan.

Prepare batter: Mix Bisquick, sugar, vanilla and enough milk or cream to make a stiff batter. Drop by large spoonful on top of the fruit and syrup. Sprinkle with sugar and cinnamon. Bake at 350° until the batter is thoroughly done (30 to 40 minutes).

Serve warm. 4 servings.

BARBARA'S INDIAN PUDDING

Eleanor DeCourcy Wernette

1/2 c. corn meal
4 c. milk
1 c. brown sugar
1 tsp. ginger
1/2 tsp. nutmeg

1/2 tsp. cinnamon
1 tsp. salt
1/2 c. dark molasses
2 c. light cream

Preheat oven to 275°. Combine corn meal with 1 c. milk. Scald remaining 3 c. milk. Stir in corn meal mixture a little at a time and cook, stirring constantly to prevent lumps, until it is about as thick as breakfast cereal. This will take about 15 minutes. Remove from heat. Combine sugar, spices and salt, and stir them into corn meal mixture. Add molasses and light cream. Pour into a 2 quart greased baking dish and bake for 2 hours. Serve warm with heavy cream or vanilla ice cream.

Serves 6.

POT DE CREME

Molly Hunter Dobson

1 (8 oz.) pkg. semi-
sweet chocolate bits
1 1/4 c. coffee cream (scalded)

2 egg yolks
3 T. brandy

Put all ingredients in blender. Cover and process at "Blend" until smooth. Pour into 6 cups, filling 2/3 full. Cover and chill at least 3 hours or until of pudding-like consistency. Serve with whipped cream and pinch of instant coffee for garnish.

RUSSIAN CREAM

Elsa Morgan Luker

- | | |
|---------------------------|-------------------------|
| 1 envelope plain gelatine | 1 pint sour cream |
| 1 1/2 c. water | 1/2 pint whipping cream |
| 1/2 c. sugar | 1 tsp. vanilla |

Dissolve gelatine and sugar in water over low heat. Remove from heat and blend in sour cream. Chill till slightly thickened. Blend in cream, whipped, and vanilla. Chill until firm (about 3 hours). Serve with fresh or frozen fruit.

Serves 6.

CHOCOLATE SUNSHINE

Helen Methfessel Haugen

- | | |
|---------------------|-------------------|
| 1 tsp. gelatine | 1/2 c. sugar |
| 1/4 c. cold water | 4 egg whites |
| 2 squares chocolate | 1/4 tsp. cinnamon |
| 3 egg yolks | |

Soak gelatine in cold water. Melt chocolate in top of double boiler. Add egg yolks well beaten with sugar added. Stir over hot water until mixture thickens (almost immediately). Add cinnamon. Remove from fire and add gelatine. Beat egg whites stiff and fold in chocolate mixture. Refrigerate for at least an hour.

ICE CREAM DESSERT

Martha Hatcher Cargo

- | | |
|----------------------------|---------------------|
| 1 1/2 c. brown sugar | 2 c. coconut |
| 3/4 c. margarine | 1 1/2 c. mixed nuts |
| 4 1/2 c. whole corn flakes | |

Melt brown sugar and margarine together. Mix with other ingredients. Stir well together. Put half of mixture in a (9x13) inch pan. Fill with a thick layer of vanilla ice cream. Spread the other half of the mixture on top. Freeze. Use as needed.

PEANUT BRITTLE ROYALE

Pat Harvey Kennedy

- | | |
|-----------------------------------|-------------------------------|
| 1 c. vanilla wafer crumbs | 1 3/4 c. confectioners' sugar |
| 1/2 lb. peanut brittle (crushed) | (sifted) |
| 1/2 c. butter <u>or</u> margarine | 3 egg whites |
| 3 egg yolks | |

Mix wafer crumbs and crushed peanut brittle. Cream butter and sugar until light; stir in egg yolks, one at a time. Beat well after each addition. Beat egg whites till stiff and stir into creamed mixture. Line an (8x8x2) inch pan with half the crumb mixture. Add creamed mixture and top with remaining crumbs. Chill overnight or about 12 hours. Cut in squares.

Makes 9 servings.

QUICK FRUIT COBBLER

Frances Oguss Stallings

1 can peaches, apricots or
 other fruit
 1/2 c. sugar (approximately)
 1 1/2 c. Bisquick
 1/4 c. sugar

1/2 tsp. vanilla
 Milk or cream
 Sugar for topping
 Cinnamon for topping

Cover the bottom of a baking pan (approximately 8x8 inches) with canned fruit and pour in enough of the syrup to give 1/2 inch depth. For unsweetened canned fruit, drain juice into a small pan; heat and sweeten to taste (about 1/2 c. sugar). Pour over fruit in baking pan.

Prepare batter: Mix Bisquick, sugar, vanilla and enough milk or cream to make a stiff batter. Drop by large spoonful on top of the fruit and syrup. Sprinkle with sugar and cinnamon. Bake at 350° until the batter is thoroughly done (30 to 40 minutes).

Serve warm. 4 servings.

BARBARA'S INDIAN PUDDING

Eleanor DeCourcy Wernette

1/2 c. corn meal
 4 c. milk
 1 c. brown sugar
 1 tsp. ginger
 1/2 tsp. nutmeg

1/2 tsp. cinnamon
 1 tsp. salt
 1/2 c. dark molasses
 2 c. light cream

Preheat oven to 275°. Combine corn meal with 1 c. milk. Scald remaining 3 c. milk. Stir in corn meal mixture a little at a time and cook, stirring constantly to prevent lumps, until it is about as thick as breakfast cereal. This will take about 15 minutes. Remove from heat. Combine sugar, spices and salt, and stir them into corn meal mixture. Add molasses and light cream. Pour into a 2 quart greased baking dish and bake for 2 hours. Serve warm with heavy cream or vanilla ice cream.

Serves 6.

POT DE CREME

Molly Hunter Dobson

1 (8 oz.) pkg. semi-
 sweet chocolate bits
 1 1/4 c. coffee cream (scalded)

2 egg yolks
 3 T. brandy

Put all ingredients in blender. Cover and process at "Blend" until smooth. Pour into 6 cups, filling 2/3 full. Cover and chill at least 3 hours or until of pudding-like consistency. Serve with whipped cream and pinch of instant coffee for garnish.

RUSSIAN CREAM

Elsa Morgan Luker

- | | |
|---------------------------|-------------------------|
| 1 envelope plain gelatine | 1 pint sour cream |
| 1 1/2 c. water | 1/2 pint whipping cream |
| 1/2 c. sugar | 1 tsp. vanilla |

Dissolve gelatine and sugar in water over low heat. Remove from heat and blend in sour cream. Chill till slightly thickened. Blend in cream, whipped, and vanilla. Chill until firm (about 3 hours). Serve with fresh or frozen fruit.

Serves 6.

CHOCOLATE SUNSHINE

Helen Methfessel Haugen

- | | |
|---------------------|-------------------|
| 1 tsp. gelatine | 1/2 c. sugar |
| 1/4 c. cold water | 4 egg whites |
| 2 squares chocolate | 1/4 tsp. cinnamon |
| 3 egg yolks | |

Soak gelatine in cold water. Melt chocolate in top of double boiler. Add egg yolks well beaten with sugar added. Stir over hot water until mixture thickens (almost immediately). Add cinnamon. Remove from fire and add gelatine. Beat egg whites stiff and fold in chocolate mixture. Refrigerate for at least an hour.

ICE CREAM DESSERT

Martha Hatcher Cargo

- | | |
|----------------------------|---------------------|
| 1 1/2 c. brown sugar | 2 c. coconut |
| 3/4 c. margarine | 1 1/2 c. mixed nuts |
| 4 1/2 c. whole corn flakes | |

Melt brown sugar and margarine together. Mix with other ingredients. Stir well together. Put half of mixture in a (9x13) inch pan. Fill with a thick layer of vanilla ice cream. Spread the other half of the mixture on top. Freeze. Use as needed.

PEANUT BRITTLE ROYALE

Pat Harvey Kennedy

- | | |
|-----------------------------------|-------------------------------|
| 1 c. vanilla wafer crumbs | 1 3/4 c. confectioners' sugar |
| 1/2 lb. peanut brittle (crushed) | (sifted) |
| 1/2 c. butter <u>or</u> margarine | 3 egg whites |
| 3 egg yolks | |

Mix wafer crumbs and crushed peanut brittle. Cream butter and sugar until light; stir in egg yolks, one at a time. Beat well after each addition. Beat egg whites till stiff and stir into creamed mixture. Line an (8x8x2) inch pan with half the crumb mixture. Add creamed mixture and top with remaining crumbs. Chill overnight or about 12 hours. Cut in squares.

Makes 9 servings.

CHOCOLATE COOKIE AND DATE FROZEN DESSERT
(Serves 12)

Martha Hatcher Cargo

- | | |
|---|-----------------------------|
| 14 cream filled Oreo cookies
(crushed into crumbs) | 2 c. miniature marshmallows |
| 1 (8 oz.) pkg. pitted dates
(cut up) | 1/2 tsp. vanilla |
| 3/4 c. water | 1/4 tsp. salt |
| | 1/2 c. walnuts (chopped) |
| | 1 c. whipped cream |

Reserve a few cookie crumbs to sprinkle over the top. Spread the remainder of the crumbs in a (10x6x1 1/2) inch pan.

In a saucepan, combine dates, water, salt and bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat and add marshmallows and stir until melted. Cool mixture to room temperature and add nuts. Spread mixture over crumbs. Whip cream and spread over date mixture. Sprinkle remaining crumbs over the top.

Chill overnight and cut into squares. It may be frozen, and then it should be removed about 20 minutes before serving.

NAN'S LEMON ANGEL FOOD CAKE PUDDING

Friend of

Elsbeth Cahill Swope

This was the stellar attraction at our 1973 annual picnic supper.

- | | |
|--|------------------------------|
| 1 boughten or baked
angel food cake | 3/4 c. sugar |
| 1 envelope Knox gelatine | 1 1/2 tsp. grated lemon rind |
| 1/4 c. cold water | 3/4 c. lemon juice |
| 6 egg yolks (beaten) | 3/4 c. sugar |
| 6 egg whites (stiffly beaten) | Whipped cream (optional) |
| | Strawberries (optional) |

First grease a big angel food cake tin. Rub off the brown part of the angel food cake crust with your hand and break up the cake; put the broken pieces of cake into the cake tin. Throw away the brown crumbs, or in the winter give them to the birds.

Put the yolks and sugar, lemon rind and lemon juice in the top of a double boiler and cook it until it coats a silver spoon. Add gelatine to water and stir into the above mixture well. Let this whole pudding cool for about 10 minutes. Now fold in the stiffly beaten egg whites, to which you have added the other 3/4 c. sugar. Stir this all through the broken pieces of cake and let it chill.

"I break it out of the tin in the shape of the cake when it is chilled, and then I fill the center hole with whipped cream and maraschino cherries mixed. This is a pretty dessert and feeds a lot of people. 'Tis rich'." says Nan. (We sliced it into individual servings, topped with whipped cream and fresh strawberries, for the May picnic; take it from there'.)

RASPBERRY MERINGUE SQUARES

Clare Malcolm Fingerle

- | | |
|--|--|
| 1 1/2 c. vanilla wafer crumbs
(about 30 wafers) | 1/2 c. sugar |
| 4 T. butter <u>or</u> margarine
(melted) | 1 pint red raspberries (slightly
sweetened) <u>OR</u> substitute 1 large
pkg. frozen berries |
| 2 T. sugar | 1 (2 oz.) pkg. dessert topping mix |
| 4 egg whites | 1 T. lemon juice |

Combine crumbs, butter and sugar; mix well. Press firmly in bottom of (9x9x2) inch baking dish. Beat egg whites until soft peaks form. Gradually add 1/2 c. sugar. Beat till stiff peaks form. Swirl meringue over crumb crust; bake in slow oven (325°) 12 to 15 minutes. Cool. Spread berries over meringue. Prepare dessert topping mix according to pkg. directions. Gently stir in lemon juice. Spread over berries; chill. Cut into squares to serve. Garnish each serving with a berry.

Makes 9 servings.

MINI-CHEESECAKES

Molly Hunter Dobson

- | | |
|---|---|
| 1 c. vanilla wafer crumbs | 1/2 tsp. vanilla |
| 4 T. butter (melted) | 2 tsp. lemon juice |
| 1 (8 oz.) pkg. cream cheese
(softened) | 1 (No. 1) can red tart
cherries (pitted) |
| 1/3 c. sugar | 1/2 c. sugar |
| 1 egg | 1 1/2 T. corn starch |

Line 12 muffin cups with small fluted paper cups. Combine crumbs and butter. Mix well. Press approximately 1 T. of mixture into bottom of each muffin cup. Beat cream cheese until fluffy. Add 1/2 c. sugar, egg, lemon juice and vanilla. Beat until smooth. Spoon approximately 1 T. of mixture over crumb crust. Bake in preheated oven 15 minutes, or until mixture sets. Cool thoroughly.

Topping - Combine cherries with 1/2 c. sugar and corn starch. Mix well. Cook over medium heat, stirring constantly until thick, (watch to avoid burning) approximately 5 minutes. Cool. Spread over cakes; about 1 tsp. Chill thoroughly. Just before serving, remove from refrigerator and remove paper liner.

The loveliest hands in masculine eyes
Are the hands that make the loveliest pies!

CHERRY CHEESE TORTE

Pat Harvey Kennedy

- | | |
|---------------------------------------|--|
| 4 c. oven toasted rice cereal | 1 tsp. grated lemon peel |
| 1/2 c. sugar | 3 3/4 oz. pkg. vanilla instant pudding mix |
| 1/2 c. butter <u>or</u> oleo (melted) | 1 lb. 5 oz. can cherry pie filling |
| 2 pkg. (8 oz. each) cream cheese | 1/2 tsp. almond extract |
| 1 1/2 c. milk | |
| 1 tsp. vanilla | |

Crush cereal to make 2 c. crumbs. Combine with sugar, butter or oleo and mix well. Press crumb mixture evenly over bottom and up sides of buttered 9 inch spring form pan. Bake at 350° about 5 minutes or until set. Chill. Soften cream cheese to room temperature. Beat until smooth and blend in 1/2 c. milk, vanilla and lemon rind. Beat until smooth. Add remaining milk and pudding mix and beat slowly until mixture begins to set; about 1 minute. Pour into crust and chill until firm. Add almond extract to pie filling and spoon over cheese mixture.

Serves 12.

CHOCOTATEEN TORTE

Marion Wood Bragg

- | | |
|--------------------------|------------------------|
| 1 envelope Knox gelatine | 1 pint whipping cream |
| 1/4 c. cold water | (beaten very stiff) |
| 1/2 c. boiling water | 1 tsp. vanilla |
| 6 egg whites | 1 box chocolate wafers |
| (beaten very stiff) | (crumbled very fine) |

Dissolve gelatine in 1/4 c. cold water; let stand 5 minutes. Add boiling water; stir well, and let cool. In a large bowl, combine the stiffly beaten egg whites and cream; add vanilla. Add cooled gelatine. Let mixture set in refrigerator until slightly congealed. Line bottom and sides of torte pan with chocolate wafers, crumbled very fine, saving enough to cover top. Pour mixture into pan very gently; cover top with crumbs. Place in refrigerator for at least 2 hours. May be made the day before party.

LEMON FOAM

Betty Osgood Woodburne

- | | |
|---------------------|--------------|
| 4 eggs (separated) | 3/4 c. sugar |
| 2 lemons (squeezed) | Dash salt |
| Lemon rind | |

Beat yolks. Add sugar and lemon juice and rind. Cook over low heat until creamy and thick. Fold in beaten whites and pile in sherbet glasses. Chill.

Serves 5 or 6.

APPLE CRUMB PUDDING

Molly Hunter Dobson

5 or 6 large Jonathan apples 1 c. brown sugar
 1/4 tsp. nutmeg 1 c. flour
 1/4 tsp. cinnamon 1/2 c. butter
 2 T. sugar

Peel and slice apples into (8x8) inch buttered baking dish. Sprinkle with sugar, nutmeg and cinnamon. Mix together brown sugar, flour and butter and spread over apples. Bake in 350° oven about 45 minutes. Serve hot or cold with cream.

Serves 6.

ORANGE MANHATTAN

Kathleen Cutting Wagner

2 c. orange juice - lemon 1 T. gelatine (softened in water
 juice to taste and dissolved in a little hot
 1/2 to 3/4 c. sugar orange juice)

Put in refrigerator pan and freeze. Top with 1/2 pint of cream, whipped, to which has been added 2 T. sugar and 1/2 tsp. vanilla. Freeze without stirring 3 to 4 hours.

Makes 1 quart, and can be cut into 6 or 7 servings.

ONE AND ONE SHERBET

Beth Chase Cunningham

1 banana (mashed) 1 egg (beaten)
 1 orange (juice and rind) 1 c. sugar
 1 lemon (juice and rind) 1 c. water

Mix all ingredients together and freeze in trays in refrigerator or churn 15 minutes in ice cream freezer. If using trays, freeze until mushy, pour into bowl and beat up crystals then freeze solid.

LEMON SHERBET

Frances Oguss Stallings

1/2 to 1 c. sugar 1 lemon
 2 c. milk Lemon rind

Dissolve sugar in milk (or a little cream may be substituted). Grate the rind and stir in (optional). Squeeze the lemon and gradually add the juice, stirring constantly. Freeze:

If using refrigerator tray - freeze until mushy, beat up the crystals, then freeze solid.

Churn frozen - Use your ice cream freezer.

REMARKS: This recipe works best when doubled. It is simple enough for a child to make. 4 1/2 c. servings.

WELLESLEY FUDGE CAKE - A VARIATION

Grace Potter Powell

4 squares baking chocolate	1/2 c. shortening
1/2 c. hot water	3 eggs
1 3/4 c. sugar	2/3 c. milk
2 c. flour	1 tsp. vanilla
1 tsp. soda	1/2 tsp. almond extract
1/2 tsp. salt	

Cook and stir chocolate and hot water in double boiler until melted and thick. Add 1/2 c. sugar and cook and stir for 2 min. Cool. Mix and sift flour, salt and soda. Cream shortening and remaining 1 1/4 c. sugar together. Add eggs one at a time and beat. Add 1/2 c. flour mixture and beat. Add milk and rest of flour, alternately. Add flavorings and chocolate mixture and blend in.

Bake in 2 (9 inch) layers or 2 (8x8x2 inch) pans or 1 (9x13x2) inch pan. Bake at 350° 35 to 45 minutes, depending on pans. Cool. Frost with Wellesley Fudge Frosting.

WELLESLEY FUDGE FROSTING

Grace Potter Powell

3 squares chocolate	7 T. light cream
2 T. butter	Dash of salt
3 c. confectioners' sugar	1 tsp. vanilla

Melt chocolate and butter in top of double boiler, and blend. Add 1 1/2 c. sugar, cream and salt. Beat until smooth. Cook over low flame until it bubbles at edge. Remove from heat. Add vanilla and about 1/2 c. sugar. Beat until smooth. Add rest of sugar and beat until smooth. Frost cold cake. If frosting becomes too stiff to spread, it may be softened over hot water.

MRS. SHAW'S OLD FASHIONED SHORTCAKE

Doris Cross Fraker

1/2 c. sugar	1/2 c. shortening
2 c. flour	1 egg
4 tsp. baking powder	2/3 c. milk
1/2 tsp. salt	1 tsp. vanilla

Sift first 4 ingredients together. Cut in shortening and add unbeaten egg, milk and vanilla all at once. Mix with fork. Batter will be quite thick. Bake in greased round 9 inch pan at 350° for 30 minutes. Serve warm with fruit and whipped cream.

Serves 5 or 6.

LOUISE LOHMAN'S NOBY CAKE

Margaret Lohman Helmreich

- | | |
|---|-----------------------|
| 1 c. sugar | 1/2 tsp. nutmeg |
| 2 ^T . butter <u>or</u> margarine | 1/2 tsp. salt |
| 1 egg | 3 c. apples (diced) |
| 1/2 tsp. cinnamon | 1 c. flour (sifted) |
| 1 tsp. baking soda | 1/2 c. nuts (chopped) |

Cream together butter and sugar. Add rest of ingredients.

Bake 35 minutes in a 350° oven. Serve with whipped cream, ice cream or any sauce.

Serves 4 to 6.

NORMANDIE CAKE

Betty Osgood Woodburne

This recipe is supposed to have been purchased from the chef of the luxury liner, the Normandie.

- | | |
|---------------------|------------------------------|
| 1/4 c. butter | 1 1/2 c. milk |
| 3 egg yolks | 4 squares chocolate (melted) |
| 2 1/2 c. cake flour | 2 tsp. vanilla |
| 1 1/4 c. sugar | |

Cream butter. Add egg yolks, sugar, cake flour alternately with milk, chocolate and vanilla. Beat well about 2 minutes. Fold in 3 egg whites beaten with 1 1/2 c. sugar. Last; fold in 2 tsp. baking powder. Bake in 3 layers in 350° oven. Frost with chocolate butter frosting.

QUICK LOAF CAKE

Gail Schaefer Fu

- | | |
|---|---|
| 1 c. sugar | 1 1/2 tsp. baking powder |
| White of 1 egg (<u>or</u> 1 whole egg) | Raisins (1/2 c. <u>or</u> as desired) |
| 1/2 c. shortening | Nutmeg (1 whole grate-it-yourself
type nutmeg is best) |
| 1 c. sweet milk | |
| 2 c. flour (full) | |

Cream sugar and shortening; add egg and beat. Stir in remaining ingredients. Bake in a small tube pan at 350° until tests done with toothpick.

AUNT JENNIE'S CUPCAKES

Lydia Richardson Bates

(Great in School Lunches)

- | | |
|-------------------|----------------------|
| 3 eggs | 1 tsp. baking powder |
| 1/4 lb. butter | 3/8 c. milk |
| 3/4 c. sugar | Shake salt |
| 1 c. pastry flour | 1/2 tsp. vanilla |

Cream butter and sugar; add eggs one at a time and beat well. Combine dry ingredients and add alternately with milk; stir in vanilla. Makes about 18 small cupcakes. Bake at 350° for 25 minutes. Frost with a plain or fruit flavored butter cream frosting.

MRS. DUPONT'S MERINGUE CAKE

Elizabeth Walker Mouzon

1/2 c. butter (<u>or</u> 1/4 c. Crisco <u>and</u> 1/4 c. butter)	1/2 c. sugar
1/2 c. sugar	1 tsp. vanilla
4 egg yolks	1 tsp. baking powder (heaping)
4 egg whites	1 c. flour
	3 T. milk <u>plus</u>

Cream butter and sugar. Add egg yolks, vanilla, baking powder, flour and milk. Batter should be of frosting consistency. Spread in shallow flat baking pan about (10x14) inches. Make meringue mixture of the 4 egg whites and 1/2 c. sugar. You may add chopped nuts, if desired. Spread over baking mixture. Sprinkle granulated sugar on top. Bake 30 minutes in oven at 350°.

CHOCOLATE ANGEL FOOD

Helen Methfessel Haugen

1 1/2 c. egg whites	1 c. flour
1/2 tsp. salt	1/2 c. cocoa
1 tsp. cream of tartar	1 tsp. lemon juice
2 c. sugar	1 tsp. vanilla

Beat egg whites, salt and cream of tartar until stiff. Gradually beat in 1 c. sugar. Sift flour, cocoa and 1 c. sugar several times. Fold into egg whites gradually with vanilla and lemon juice. Bake in ungreased angel food tin at 275° for 1/2 hour and at 325° for next half hour.

QUICK BABA AU RHUM

Terry Harris Grabar

CAKE:

2 eggs (separated)	4 T. flour (well rounded)
4 T. sugar (well rounded)	2 tsp. baking powder

RUM SAUCE:

1 1/2 c. water	1/2 c. rum
1 1/2 c. sugar	Juice of 1/2 lemon

Cake - Mix egg yolks and sugar. Sift in flour and baking powder. If batter is very thick, add milk to it. Beat egg whites until stiff but not dry and fold in. Bake in large angel cake tin, buttered and floured, for 1/2 hour at 375°. Cool slightly.

Sauce - Bring sugar to a boil. Stir until sugar is completely dissolved. Remove from flame. Add rum and lemon juice. Pour lukewarm sauce over cake slowly while cake is still in pan. If pan has a removable bottom, put it on a plate to rescue and recycle syrup. Remove cake from pan and serve hot with whipped cream. Also good cold. Garnish-a bit or marron, perhaps? Serves 6 to 8.

POUND CAKE

Rebecca Patterson Hein

- | | |
|---|-------------------------|
| 1 c. shortening (half Crisco,
half butter) | 1 1/2 T. lemon juice |
| 1 2/3 c. sugar | 1/2 tsp. almond extract |
| 5 eggs | 2 c. flour |
| | 1/2 tsp. salt |

Thoroughly cream shortening and sugar. Add eggs, one at a time; beat well after each addition. Add lemon and almond; beat well. Add sifted dry ingredients. Bake in greased Bundt cake pan or tube pan for about 80 minutes or until well done at 325°.

VARIATION: Substitute 1 tsp. vanilla and 1/4 tsp. ground mace for lemon and almond flavorings.

Becky did a lot of ground work for this cook book. Her pound cake is delicious.

CRUMB CAKE

Betty Osgood Woodburne

- | | |
|-----------------------|-----------------|
| 2 c. dark brown sugar | 1 tsp. vanilla |
| 1/2 c. shortening | 1/4 tsp. salt |
| 2 c. flour | 1 tsp. soda |
| 1 egg | 1 tsp. cinnamon |
| 1 c. sour milk | |

Mix sugar, shortening and flour until a crumbly mixture forms. Reserve 1 c. of this. To the rest add other ingredients and beat for 2 minutes in mixer. Pour into greased (9x12) inch pan. Sprinkle reserved crumbs over the top. Bake 25 to 30 minutes at 350°.

SWEDISH SPIDER CAKE

Beth Chase Cunningham

- | | |
|---|----------------------|
| 2 T. butter | 1/3 c. cold water |
| 1 c. light brown sugar | 1 c. flour (sifted) |
| 1 large can apricots
(whole, peeled) | 1 tsp. baking powder |
| 2 eggs | 1 tsp. vanilla |
| 1 c. white sugar | Whipped cream |

Melt butter in large (9 inch) iron spider (skillet). Add sugar and let it dissolve. Drain and pit apricots. Place halves in pan, cut side down. Beat eggs till light, add sugar and beat well. Add water. Sift flour and baking powder together and add (use a rubber spatula). Add vanilla. Pour over apricot mixture. Bake about 45 minutes in 350° oven. Turn out of pan onto plate while hot. Cool. Garnish with whipped cream. Also good made with cooked prunes.

CINNAMON TOAST PIE

Margaret Elliott Tracy

- | | |
|--------------------------------|---------------------|
| 6 pieces white bread (toasted) | 1/4 c. sugar |
| (or more if needed to line | 2 T. butter |
| bottom of 8x12 Pyrex dish) | 3 1/2 c. applesauce |
| 1 tsp. cinnamon | |

MERINGUE:

- | | |
|---------------|------------------|
| 3 egg whites | 1/2 c. sugar |
| 1/4 tsp. salt | 1/2 tsp. vanilla |

Filling - Line the bottom of well greased baking dish with toast. Sprinkle toast with cinnamon and sugar mixed, and dot with butter. Spread applesauce over the toast. Make meringue.

Meringue - Have egg whites at room temperature; add salt and beat till foamy; add sugar gradually and continue beating till stiff. Add vanilla. Pile meringue lightly on top of pie. Bake in slow oven (325°) 20 to 25 minutes, or until meringue lightly browned.

Serves 6.

FROZEN RASPBERRY PIE

Lydia Richardson Bates

(Serves 10 to 12)

- | | |
|---------------------------|-----------------------------------|
| 1 pkg. (10 oz.) frozen | 1 T. lemon juice |
| raspberries (thawed; room | Dash salt |
| temperature preferable) | 1 c. cream (whipped) |
| 1 c. sugar | 1/4 c. toasted almonds (chopped) |
| 2 egg whites | 10 inch baked pie shell (flavored |
| (room temperature) | with 1/2 tsp. chopped toasted |
| | almonds) |

Combine raspberries, sugar, egg whites, lemon juice and salt and beat at high speed for 15 minutes or until stiff. (This splatters at first so I cover mixer with a large dishtowel.) Fold in the whipped cream and 1/4 c. almonds. Pile in baked pie shell and freeze.

FORGOTTEN COOKIES

Elsbeth Cahill Swope

- | | |
|--------------------|----------------------------|
| 2 egg whites | 1 c. chocolate chips |
| 3/4 c. white sugar | 1 tsp. vanilla |
| 1/4 tsp. salt | Few drops of food coloring |

Preheat oven to 375°. Beat egg whites, gradually add the sugar and salt. Beat till stiff. Fold in chocolate chips, vanilla and food coloring; to avoid ghastly color of end product. Drop by teaspoonsful onto aluminum foil covered cookie sheet. Put into oven. Turn off heat. Attach following sign to oven door with tape: Openers of this door will be penalized 2 cookies. Leave in oven with door shut overnight. REMARKS: Fun for a beginner cook to make.

GRANDMA'S PEANUT BUTTER COOKIES

Carol Holland White

- | | |
|-----------------------|---------------------------|
| 1 c. peanut butter | 2 1/2 c. flour |
| 1 c. Crisco | 1 tsp. baking powder |
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 c. granulated sugar | 1/2 tsp. salt |
| 2 eggs | 1 tsp. vanilla (optional) |

Cream first 4 ingredients. Add 2 beaten eggs. Sift last 4 ingredients. Combine mixtures. Drop teaspoonsful on cookie sheet. Flatten with fork. Bake 8 to 12 minutes (until lightly browned on edges) in 350° oven.

About 3 dozen.

ALMOND COOKIES

Virginia Butterworth Eng-Wong

- | | |
|---------------------------|--------------------------|
| 36 whole blanched almonds | 1 tsp. almond extract |
| 1/2 c. ground almonds | 2 1/2 c. flour |
| 1 c. lard | 1 1/2 tsp. baking powder |
| 1 c. sugar | 1/8 tsp. salt |
| 1 egg | |

Preheat oven to 350°. Cream together lard and sugar. Beat egg and add along with ground almonds and almond extract. Blend well. Sift flour together with baking powder and salt, and gradually add, mixing with hands to blend. Knead into a dough (if it is too stiff, add water a drop at a time, but do not soften too much). Shape into long roll, 1 to 2 inches in diameter. Cut in 1/4 inch slices. Top with almond and bake on greased baking sheet. Bake until golden; about 15 minutes.

LEMON BROWNIES

Martie Helmreich

- | | |
|-----------------------------|--------------------------|
| 3/4 c. margarine | 3 T. flour |
| 1/3 c. confectioners' sugar | 3 eggs (slightly beaten) |
| 1 1/2 c. flour | 3 1/2 tsp. lemon juice |
| 1 1/2 c. granulated sugar | |

Mix first 3 ingredients until crumbly but not too soft. Pat into a (9x13) inch Pyrex pan and bake in 325° oven for 20 minutes. Remove from oven and pour mixture made from remaining ingredients over baked portion. Return to oven. Bake 20 minutes more. Remove from oven and dust with powdered sugar immediately.

APRICOT SQUARES

Ruth H. Strang
(Via Friend's Kitchen)

Recipe for (8x8) inch pan.	Double recipe for (9x12) inch pan.
2/3 c. dried apricots	1/4 tsp. salt
1/2 c. soft butter	1 c. brown sugar
1/4 c. granulated sugar	2 eggs
1 1/3 c. all-purpose flour (sifted)	1/2 tsp. vanilla
1/2 tsp. baking powder	1/2 c. pecans (chopped)
	Confectioners' sugar

Rinse apricots; cover with water and boil 10 minutes. Drain, cool, chop finely, or grind. Preheat oven to 350°. Grease (8x8x2) inch pan. Mix butter, granulated sugar and 1 c. sifted flour until crumbly. Pack into greased pan. Bake 25 minutes, or until lightly browned.

Sift together 1/3 c. flour, baking powder and salt. Beat brown sugar into eggs; then beat in flour mixture, vanilla, pecans and apricots. Spread this mixture over the baked layer and bake 30 minutes, or until done. Cool in pan on rack; cut and dust with confectioners' sugar. Store tightly covered.

CRUMB COOKIES

Kathleen Cutting Wagner

1 c. crumbs (day old bread)	1 c. sugar
1 c. ground nuts (measured after grinding)	2 eggs (beaten)
	Vanilla and salt

Mix all together. Form in balls the size of a small walnut. Bake at 375° about 10 minutes on greased cookie sheet. Remove from sheet while hot. Makes 40 small cookies.

CHOCOLATE COCONUT DROPS

Margaret Elliott Tracy

1 can Eagle Brand condensed milk	2 squares Baker's unsweetened chocolate
1 can shredded, moist coconut (<u>not</u> dry, flaked)	Vanilla
	Pinch of salt

Melt chocolate in condensed milk in double boiler. Add coconut, vanilla, and salt. Drop by spoonfuls on buttered pan. Moderate oven. Be careful not to scorch.

Stay is a charming word in a friend's vocabulary.

OATMEAL COOKIES

Rebecca Patterson Hein

- | | |
|--------------------------|----------------------------|
| 1 c. Crisco | 1 egg |
| 1/2 c. white sugar | 1 tsp. vanilla |
| 1/2 c. light brown sugar | 1 tsp. salt |
| 1/2 tsp. baking soda | 1 can moist coconut |
| 1 c. flour (sifted) | 2 c. quick-cooking oatmeal |

Cream thoroughly shortening and sugars. Add egg and vanilla and beat well. Add sifted flour, salt and baking soda. Stir in oatmeal and coconut. Roll in 2 long rolls and refrigerate until hard. Slice and bake about 10 minutes at 350° on greased cookie sheets.

LEMON SQUARES

Betty Osgood Woodburne

- | | |
|-----------------------|--------------------------|
| 1 c. flour (sifted) | 1/2 tsp. baking powder |
| 1/4 c. powdered sugar | 1/8 tsp. salt |
| 1/4 tsp. salt | 2 eggs (slightly beaten) |
| 1/2 c. margarine | 2 T. lemon juice |
| 1 c. granulated sugar | 1 T. grated lemon rind |
| 2 T. flour | |

Combine flour, powdered sugar and salt in bowl. Cut in margarine until consistency of coarse crumbs. Press into greased (8x8) inch pan and bake 15 minutes at 325°. Mix remaining ingredients. Spread over and continue baking for 25 minutes. Spread with the following glaze while still warm:

- | | |
|-----------------------|----------------------|
| 1/2 c. powdered sugar | 1 T. butter (melted) |
| 1 T. lemon juice | |

COCONUT-OATMEAL COOKIES

Delia Smith Hunter

- | | |
|-----------------------------|-------------------------|
| 1/2 c. vegetable shortening | 1/2 tsp. salt |
| 3 T. butter | 1/2 tsp. soda |
| 1 1/4 c. brown sugar | 1/2 tsp. baking powder |
| 1 egg | 1 c. oatmeal |
| 1 c. flour (sifted) | 1/2 c. shredded coconut |

Mix thoroughly shortening, sugar and egg. Sift together flour, soda, salt, baking powder. Stir into shortening mixture. Then add oatmeal and coconut. Shape into balls size of small walnut. Press down with cloth-covered glass dipped in flour. Bake in 400° oven until golden brown, about 5 minutes. Makes 4 dozen cookies.

Grease cookie tray with butter.

LAURA RAHM'S OATMEAL CRISPIES

Elizabeth Knudson Halford

Laura was a member of the A. A. Wellesley Club for several years; very well liked, and these cookies are really delicious.

1 1/2 c. all-purpose flour	1 c. butter <u>or</u> margarine
1 tsp. salt	1 c. white sugar
1 tsp. soda	1 c. brown sugar
3 c. quick oats	2 eggs (beaten)
1/2 c. pecans (chopped)	1 tsp. vanilla

Sift and measure flour. Sift again with salt and soda. Stir in oats and nuts. Cream shortening, sugars and eggs until light and fluffy. Add vanilla. Add creamed mixture to dry ingredients. Blend thoroughly and form into 2 or 3 rolls. Wrap in waxed paper and chill for several hours or overnight. Slice thin and bake on ungreased cookie sheet 8 to 10 minutes at 350° till lightly browned.

Makes 5 dozen cookies. Preparation time: 1 hour.

JENNY'S MUNCHY GRANOLA COOKIES

Elsa Morgan Luker

3/4 c. soft shortening	1 c. flour
1/2 c. brown sugar	1 tsp. salt
1 egg	1/2 tsp. soda
1/2 c. honey	2 c. granola
1/4 c. water	1/2 c. sunflower seeds
1 tsp. vanilla	3/4 c. raisins

Cream shortening and sugar. Add egg, honey, water and vanilla. Sift together flour, salt and soda, and blend. Add granola, seeds and raisins. Drop by teaspoonsful on greased cookie sheet and bake at 350° 10 to 12 minutes.

Makes 5 dozen.

VIENNA KIPFEL (COOKIES)

Virginia Hodson Chambers

4 oz. butter	1 1/4 c. flour (sifted twice)
1/3 c. sugar	1 tsp. vanilla
4 T. finely ground almonds	

Cream butter with sugar. Add remaining ingredients. Shape by hand a pinch of dough into 1 1/2 inch roll, make into a crescent. (Oil hands lightly.) Place on unbuttered cookie sheet. Bake at 325° until sand colored, 6 to 8 minutes. Remove carefully.

PAWTUCKET SQUARES

Betty Osgood Woodburne

1/2 c. shortening	3/4 c. flour (sifted with
2 squares baking chocolate	1/2 tsp. salt <u>and</u>
1 c. sugar	1 tsp. baking powder)
3 eggs	1 tsp. vanilla

Melt shortening and chocolate in a saucepan over direct heat. Remove from fire and stir in the sugar. Add eggs, stirring in one at a time, then flour mixture and, lastly, the vanilla. When well mixed, put into greased 9 inch square pan and bake at 350° about 25 to 30 minutes.

CHOCOLATE FLUFF ICING

Helen Methfessel Haugen

4 T. butter <u>or</u> margarine	3 squares unsweetened chocolate
1 1/2 c. confectioners' sugar	(melted)
(sifted)	1/4 tsp. salt
1 tsp. vanilla extract	2 egg whites

Work butter until creamy. Add 3/4 c. of the sugar and blend well. Next add vanilla, melted chocolate and salt. Beat egg whites until stiff but not dry; then beat in remaining 3/4 c. sugar, 2 T. at a time, beating after each addition until blended. Beat until mixture peaks, then fold into chocolate mixture, gently but thoroughly.

RUM SAUCE

Anne Campbell Ryan

1 c. light brown sugar	2 T. butter
1/3 c. light cream	1 1/2 T. rum (light)

It is very important that the sugar be light brown, not dark. You can use butter or margarine, cream or milk. You can make this without the rum and it is delicious; it is better with the rum, usually a light rum.

Mix the sugar, cream and butter together in a chafing dish pan over direct heat or over the burner of your stove. Let boil 3 min.; turn off heat. When the mixture is lukewarm, stir the rum in and then serve on vanilla ice cream.

ICE CREAM BOMBS

Margaret Lohman Helmreich

Vanilla ice cream	Orange sherbet
Coffee ice cream	Almond macaroons

Line a pretty mold of size desired with vanilla ice cream, slightly softened. Sprinkle crumbled macaroons over vanilla ice cream. Add softened coffee ice cream, then fill mold rest of way with orange sherbet. Freeze hard. Unmold by putting warm cloth on bottom of mold or by running warm water on the pan. Return to freezer to harden before slicing and serving.

GINGER CAKES

Elizabeth Cadbury Musgrave

From the Musgrave Family.

- | | |
|---|------------------------------|
| 3/4 c. brown sugar | 1 tsp. ginger |
| 3/4 c. molasses | 1/2 tsp. cinnamon |
| 1/2 c. butter | 1/4 tsp. cloves |
| 2 eggs | 1/4 tsp. allspice |
| 2 c. flour | 1/2 tsp. salt |
| 1 tsp. soda dissolved in 1 c. boiling water | Raisins and nuts, if desired |

Cream butter and sugar, add molasses and eggs. Stir in soda and water mixture. Sift flour, salt and spices together and stir in. Chill dough. Drop rounded teaspoonfuls about 2 inch apart on lightly greased baking sheet. Bake until set at 350°.

A HAPPY HOME RECIPE

Found by E. Wernette

- | | |
|-----------------------|------------------------|
| 4 cups of love | 5 spoons of hope |
| 2 cups of loyalty | 2 spoons of tenderness |
| 3 cups of forgiveness | 4 quarts of faith |
| 1 cup of friendship | 1 barrell of laughter |

Take love and loyalty, mix it thoroughly with faith. Blend it with tenderness, kindness and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

THIS and THAT



THIS AND THAT

THOUSAND ISLAND DRESSING

Helen Ebersbach Reifel

- | | |
|--|--|
| 1 medium sized pepper | 2 (12 oz.) bottles chili sauce |
| 24 stuffed olives | 4 oz. catsup |
| 4 hard boiled eggs | 1 tsp. Worcestershire sauce |
| 1 medium sized sweet pickle | 6 oz. vinegar |
| 8 oz. sharp cheese | 1 T. paprika (sprinkle in) |
| 2 blades celery | 6 oz. sugar |
| 1 quart Miracle Whip dressing
(at room temperature) | 1/2 tsp. garlic sauce <u>or</u> powder |

Grind first 6 ingredients through medium blade of food chopper. Add the remaining ingredients. Stir until blended. An electric beater may be used.

Makes 3 full quarts.

FRENCH DRESSING

Helen Ebersbach Reifel

- | | |
|----------------------|--|
| 1 pint vegetable oil | 1/2 c. vinegar |
| 7 T. sugar | 1/2 c. water |
| 2 tsp. salt | 2 T. grated onion <u>or</u> 2 T. onion
juice obtained from pressing onion |
| 1 c. catsup | 2 cloves garlic (halved lengthwise) |
| 1 tsp. paprika | |

Place ingredients in a mixing bowl and beat well. Store in refrigerator for 24 hours to get full flavor.

HONEY SALAD DRESSING

Helen Methfessel Haugen

- | | |
|--------------------|---------------------|
| 1/2 c. sugar | 5 T. wine vinegar |
| 1 tsp. dry mustard | 3 T. lemon juice |
| 1 tsp. paprika | 1 tsp. grated onion |
| 1 tsp. celery seed | 1/2 c. honey |
| 1/2 tsp. salt | 1/2 c. oil |

Heat first 6 ingredients just enough to dissolve sugar. Then add next 3 ingredients. Beat well and add the oil.

Makes 2 c.

The greatest honor we can bestow on truth is to use it.

CELERY SEED DRESSING

Molly Hunter Dobson

2 1/4 c. powdered sugar

3 c. salad oil

1 T. dry mustard

1 T. paprika

1 T. salt

1 T. celery seed

1/2 c. plus 1 T. vinegar

Mix all together but last 3 ingredients. Let stand 3 hours, stirring about every 30 minutes, until a honey-like consistency. Heat half the oil and add paprika. Strain and cool. Add paprika oil to remainder of oil, and when cool add to first mixture slowly. Last, add celery seed and let stand 24 hours before using.

Excellent on fruit salads. Makes 1 quart.

"RUTH ANN" (BEAUMONT INN SALAD DRESSING)

Terry Cunningham Beem

1 c. white sugar

1 medium onion (chopped)

1 c. white vinegar

3 tsp. prepared mustard

1 c. vegetable oil

3 tsp. salt

1 green pepper (chopped)

3 tsp. Worcestershire sauce

1 small can pimiento (optional)

Blend in blender.

BLENDER SALAD DRESSING - BEACHCART, LONGBOAT KEY, FLORIDA

Elsbeth Cahill Swope

1 can tomato soup

1/2 c. vinegar

1 c. Wesson oil

1 T. salt

1/2 c. sugar

1/2 tsp. pepper

1/2 c. vinegar

3 T. green pepper (chopped)

3 T. celery (diced)

Put all ingredients into blender; process for a minute or two. Splendid on green salads. Refrigerate to keep.

FLUFFY MUSTARD SAUCE

Helen Methfessel Haugen

2 egg yolks (beaten)

3/4 tsp. salt

1 T. sugar

1 T. butter or margarine

3 T. prepared mustard

1 T. horseradish

2 T. vinegar

1/2 c. heavy cream (whipped)

1 T. water

Combine first 6 ingredients. Mix well. Cook over hot, not boiling, water stirring constantly till thick. (About 4 or 5 min.) Blend in butter and horseradish. Cool thoroughly. Fold in whipped cream. Delicious with ham or corned beef.

VIRGINIA WILSON'S HOMEMADE MAYONNAISE

Elsa Morgan Luker

2 T. lemon juice	1 egg
1/2 tsp. salt	1 c. salad oil
1 T. prepared mustard	1 hard cooked egg (chopped)
1/2 tsp. minced onion (optional)	(optional)

Blend all but 3/4 c. salad oil at high speed in blender with the lemon juice, salt and mustard. Add remaining oil slowly while blending on High Speed until thick. Add egg and onion if desired. Great with baked fish!

I was introduced to this superb mayonnaise with whole baked Northwest salmon!

BARB NELSON'S SWEET-SOUR BARBECUE SAUCE

Elsa Morgan Luker

1/4 c. sugar	4 tsp. horseradish
1/4 c. vinegar	1 1/2 T. Worcestershire
1/2 c. water <u>OR</u> 1/4 c. oil	Dash Tabasco
1/2 c. catsup	Salt

With spareribs use water; with chicken or beef ribs use oil. Watch carefully as you broil with this as the high sugar content causes it to burn easily. I precook spareribs and chicken, and brush this on during last 1/2 hour of broiling.

BARBEQUE MARINADE AND SAUCE

Elsa Morgan Luker

1/2 c. oil	1 tsp. sugar
1/2 c. A-1 sauce	Dash onion powder <u>or</u> chopped chives
2 tsp. Worcestershire sauce	Dash garlic powder <u>or</u> pressed
1/2 tsp. cracked pepper	clove garlic
1 tsp. dry mustard	2 T. soy sauce <u>or</u> salt to taste

We like to marinate flank or round steak cut to fit into hot dog rolls several hours. Broil and serve in toasted, buttered rolls.

TERIYAKI MARINADE

Elsa Morgan Luker

1/2 c. soy sauce	1 tsp. ground ginger
1/2 c. water	1 clove garlic (minced)
2 T. brown sugar	2 tsp. Worcestershire
1/4 c. bourbon <u>or</u> sherry	2 T. chopped chives

Marinate whole thick steak several hours. Marinate thin slices less than 1 hour, then thread on skewers to broil. This marinade tenderizes as well as flavors! Great served with white rice.

BEEF JERKY - GREAT FOR CAMPERS, BACKPACKERS AND CYCLISTS!

Jane Davis Hartwell

- 1 beef flank steak Garlic salt
 (trim off all fat) Lemmon pepper
 1/2 c. soy sauce

Cut steak lengthwise into very thin strips. Put in dish and cover with marinade of soy sauce, coating each strip. Sprinkle with salt and pepper generously. Marinate 1 to 8 hours.

Place strips on wire rack, each one separate, place rack on a cookie sheet. Set oven very low, 150° to 170°, and leave meat in oven overnight (12 to 14 hours). It should be dry but not crisp. Will keep at least 1 week in a plastic bag, much longer if refrigerated.

YOGURT

Frances Oguss Stallings

(About 2 quarts)

- 3 c. dry instant nonfat milk 5 c. water (hot bath temperature)
 1 large can evaporated milk

OR:

- 4 c. dry instant nonfat milk 6 c. water (hot bath temperature)

Rinse a large mixing bowl (steel, Pyrex or Corning) with very hot water. In the bowl, blend milk and water. Thoroughly mix in about 1/3 c. of fresh commercial unflavored yogurt. Cover the bowl and leave it undisturbed in a warm place (about 120°; see suggestions below) while fermentation proceeds. After 3 hours, uncover the bowl and check flavor (a bit odd when warm, but you can judge tartness) and texture (should be like soft custard; shake the bowl). Tartness and solidity of the yogurt will keep increasing with fermentation time. When the yogurt has reached the desired tartness and consistency, stop fermentation by chilling it.

It will keep well for more than a week in the refrigerator. Serve the yogurt plain, or: with fresh or canned fruit; with jam or preserves; with brown sugar; or with chopped fresh vegetables. It makes a lovely salad dressing on raw spinach and cucumbers, with or without herbs.

NOTES TO ENSURE SUCCESS:

Common causes of failure in making yogurt at home can be avoided as follows:

TEMPERATURE DURING FERMENTATION

- A gas oven with a vigorous pilot light.
- A gas or electric oven with good insulation, preheated to 250° and then turned off when the bowl is placed inside.

(Continued Next Page).

c. Use a heavy bowl preheated with boiling water; wrap it in layers of clean terry towels. Try to keep the temperature over 100° to inhibit growth of milk spoilage bacteria. Speed of fermentation will vary with temperature.

QUALITY OF THE YOGURT STARTER

Be sure your starter has not been pasteurized after fermentation, though of course it should have been made with pasteurized milk. Fresh Dannon yogurt has never failed for use. To keep your own starter: set aside 1/2 c. of your fresh yogurt in the freezer. It will stay vigorous for at least a month. Simply thaw at room temperature and use.

SPOILAGE

Use clean utensils, reliable quality dry milk, and warm temperatures. The organic acids produced by the yogurt fermentation will inhibit growth of most harmful bacteria.

GRANOLA - VARIATION #1

Shirley Bradley Ceely

2 c. rolled oats	3 T. oil (soy, safflower, or olive)
1/4 c. wheat germ	1/2 tsp. cinnamon
1/4 c. sunflower seeds	1/2 tsp. salt
1/4 c. sesame seeds	Nuts (optional)
1/4 c. coconut copra	Raisins (optional)
3 T. honey	

Preheat oven to 500°. Mix first 5 ingredients. Mix oil, honey, cinnamon and salt and add to first mixture; also nuts and raisins if desired. Spread on cookie sheet. Reduce heat to 450° and bake, stirring every 3 to 4 minutes, about 15 minutes.

Store in refrigerator or freezer until toasty brown. Serve with milk or fruit.

GRANOLA - VARIATION #2

Terry Cunningham Beem

5 c. old fashioned oatmeal	1 c. soy flour
1 c. cut almonds (or peanuts)	1 c. noninstant powdered milk
1 c. unrefined sesame seeds	1 c. wheat germ
1 c. sunflower seeds	1 c. honey
1 c. shredded coconut (or add after baking)	1 c. vegetable oil

Combine dry ingredients. Mix honey and oil and add. Spread on 2 cookie sheets, preferably with sides. Bake at 300° for 30 to 40 minutes until slightly brown. Stir frequently. Add dried fruit or raisins if desired; may be brown sugar; experiment. Delicious with fresh fruit, yogurt, or milk.

GRANOLA - VARIATION #3

Helen Methfessel Haugen

5 c. rolled oats
 1 c. toasted wheat germ
 1 c. shredded coconut
 1 c. sunflower seeds
 1 c. sesame seeds
 1 c. slivered almonds
 1 c. Carnation dried milk

1 c. soybean oil
 1 c. brown sugar
 1 c. water
 2 T. honey
 2 T. unsulphured molasses
 1 c. unsulphured raisins

Mix oil, sugar, water, honey, molasses. Add to dry ingredients which have been mixed together. Mix well and spread on 2 cookie sheets. Bake for 1 hour at 275°. Stir at least once. Add raisins at that time.

MARION HALFORD'S SUPERLATIVE SPICED CANDIED WALNUTS

Elizabeth Knudson Halford

2 c. walnut meats
 1 c. sugar
 6 T. milk

1/2 tsp. cinnamon
 1/2 tsp. vanilla

Boil sugar, milk and cinnamon in large deep kettle slowly until mixture forms a soft ball (236°F). Remove from heat, add vanilla and walnuts and stir to coat nuts. When it can no longer be stirred, turn out on waxed paper, separating nutmeats quickly.

DR. BEEM'S PEANUT BRITTLE

Beth Chase Cunningham

1/2 c. water
 2 c. sugar
 1 c. white Karo syrup
 2 c. raw peanuts
 1 tsp. salt

1 tsp. butter
 1 tsp. vanilla
 1 T. baking soda
 Candy thermometer

Boil water, sugar and Karo together without stirring until thermometer reaches 250°. Add peanuts, salt and butter and stir constantly while boiling till thermometer reads 300°. Add 1 tsp. vanilla and 1 T. baking soda; immediately pour out on 2 large greased cookie sheets. Work quickly to make brittle as thin as possible.

MRS. CLAUS' FUDGE

Molly Hunter Dobson

- | | |
|--------------------------|---------------------------|
| 4 c. sugar | 2 (6 oz.) pkg. semi-sweet |
| 1 (14 1/2 oz.) can | chocolate bits |
| evaporated milk | 1 tsp. vanilla |
| 1 c. butter | 1 c. California walnuts |
| 1 pint marshmallow creme | (broken) |

Cook sugar, milk and butter to soft ball stage (236°), stirring frequently. Remove from heat; add chocolate bits, marshmallow creme, vanilla and nuts. Beat until chocolate is melted and blended. Pour into buttered (10x15) inch pan. Smooth with a spatula and let cool before cutting.

Preparation time: 1/2 hour.

DELUXE ICED TEA

Delia Smith Hunter

- | | |
|-----------------------------|--------------------|
| Large handful of fresh mint | 5 heaping T. sugar |
| 3 oranges | 18.5 fluid oz. can |
| 2 lemons | lemonade mix |
| Boiling water | (Minute Maid best) |
| 11 Red Rose teabags | |

In gallon crock or large crockery pitcher put large handful of fresh mint cut in 1 inch lengths. Put large teakettle of water on to boil. Cut 3 oranges, 2 lemons in small pieces and put on top of mint. Add 5 T. sugar (heaping). Using 2 teapots (5 c. or 6 c. size), put 6 Red Rose tea bags in larger pot, 5 in smaller pot. Pour on boiling water and let brew 7 minutes. Pour tea onto mixture in crock, leaving teabags in the teapots. Fill half full of boiling water, steep 2 minutes, and then add to the crock. Press fruit, mint, sugar, tea hard with old wooden potato masher several times; leave, press again. Leave several hours or overnight, until mixture is cool. Strain 18.5 fluid oz. can lemonade mix (Minute Maid is best) into tea; add 6 cans cool water. You will need a second pitcher or crock. Mix well. Pour into 2 gallon Mason jars and refrigerate.

Serve with plenty of ice in glasses.

LAST MINUTE EXOTICA

As you all probably know, Santha wrote "The Cooking of India" in the Time-Life Book Series, "Foods of the World". Peth Swope, who knew her at Wellesley, wrote and asked her if she would like to contribute to our cookbook. Santha sent a delightful letter, explaining that she was out of the country and included the following recipes. Thanks to General Publishing for putting them in at the last minute! And thank you Santha.

RAAN

Vasanthai Rama Rau Wattles

This is a grand classic of North Indian cooking, called Raan.

- 2 T. scraped, finely chopped fresh ginger root
- 6 Medium garlic cloves, peeled and coarsely chopped
- 1/4 tsp. cardamon seeds
- 1-inch piece of cinnamon stick, coarsely crushed
- 8 whole cloves
- 1 tsp. cummin seeds
- 1 tsp. turmeric
- 1 tsp. ground hot red pepper
- 4 tsp. salt
- 1/4 c. fresh lemon juice
- 5-6 lb. leg of lamb trimmed of skin and fat
- 1/2 cup raw pistachios
- 1/2 cup seedless raisins
- 1/4 cup slivered, blanched almonds
- 1 cup unflavored yoghurt
- 1/2 cup honey
- 1/2 tsp. saffron threads
- 3 T. plus 1 cup boiling water

Make a paste of the ginger, garlic, cardamon, cinnamon, cloves, turmeric, hot red pepper, salt and lemon juice in an electric blender. With a sharp knife, make about 12 slashes, 2 inches deep and 1 inch long, on each side of the leg of lamb. Rub the whole leg with the spice paste, forcing it into the slashes. Place lamb in a heavy casserole, let stand. Puree the pistachios, raisins, almonds, and yoghurt in the blender, spread the mixture evenly over the lamb. Drip the honey over the leg, cover the casserole tightly, marinate in a cool place for 24 hours. Preheat oven to 350°. Soak saffron threads in a small bowl in 3 T. of boiling water for 15 minutes. Pour saffron and its water over the lamb, and 1 cup boiling water down sides of casserole. Bring to a boil over high heat, cover tightly and bake lamb for 1 1/2 hrs. Reduce heat to 250° for 30 minutes more, or until lamb is tender. Remove casserole from oven, uncover it, let the lamb cool in its sauce for 1 hr. Serves 6 - 8.

VERSATILE LENTILS

Vasanthai Rama Rau Wattles

In these days of looking-for-meat-substitutes, this is a lentil recipe I use often. It works for any kind of lentil, also chickpeas, but you have to adjust the amount of liquid according to the kind of lentil.

- 1 c. yellow lentils
- 2 cups chicken broth (canned), or chicken bouillon cubes in 2 cups boiling water
- 1 tsp. turmeric
- 1/4 cup cooking oil
- 1 large onion, peeled and slivered
- 1 tsp. cumin seed
- 1/2 tsp. coriander seed
- 1 medium clove garlic
- 1 tsp. fresh ginger root, peeled and chopped
- 1 T. chopped parsley.

Wash the lentils thoroughly, place in a saucepan with the chicken broth and turmeric. Bring to rapid boil, then reduce heat and simmer for 30 minutes or until lentils are tender.

Meanwhile, in a heavy skillet, heat the cooking oil, add the onion, cumin seeds, coriander seeds, crushed garlic clove and ginger. Stir the mixture constantly while it is frying for 7 or 8 minutes, or until the onion is soft and golden brown. Pour the mixture into the saucepan when the lentils are cooked. Stir and simmer gently for a minute. Sprinkle with parsley. Serves 4.

"I like this concoction because it's very versatile. You can add a teaspoon of hot red pepper and/or a teaspoon of curry powder if you like strong tastes. You can add more liquid or a large can of peeled tomatoes to make a lentil soup, or cubed ham or sausage or any left-over meat for a heartier dish. Or serve cold as a salad, with a vinaigrette dressing. Much luck with the cookbook."

With all good wishes

Santha"

LATE ARRIVALS

HASH BROWN SCALLOP

Clare Malcolm Fingerle

Quick, easy, and good potato casserole.

- | | |
|--|---------------------------|
| 1 (16 oz.) pkg. (4 c.) frozen | 1/4 c. sliced green onion |
| hash brown potatoes, thawed | 1 chicken bouillon cube |
| 4 oz. sharp process American cheese, (shredded) (1 c.) | 1/2 c. boiling water |
| | 1 T. butter |

In greased 1 1/2 qt. casserole combine potatoes, shredded cheese, and sliced green onion. Dissolve bouillon cube in boiling water, pour over potato mixture. Dot with 1 T. butter. Bake, covered, in 375° oven for 30 minutes or until potatoes are tender, stirring once or twice. If desired, top with triangles of cheese. Bake until cheese melts. Serves 6.

PINEAPPLE RICE

(My mother's recipe)

Margaret Lohman Helnreich

- | | |
|-------------------------------------|------------------|
| 1 c. uncooked rice | 1 c. brown sugar |
| 1 medium size can crushed pineapple | 1/2 stick butter |

Cook rice; add butter, brown sugar, and pineapple to hot rice. Mix well. Place in greased casserole. Bake in a slow oven for 2 hours. This is good served with ham or with a chicken dish, that needs a sweet accompaniment.

EASY SPINACH CASSEROLE

Margaret Lohman Helmreich

- | | |
|--------------------------------|---------------------------|
| 3 pkgs. frozen chopped spinach | Small can water chestnuts |
| 1 pint carton sour cream | Grated cheddar cheese, if |
| 1 pkg. onion soup mix | desired |

Cook spinach, drain thoroughly. Add sour cream. Stir in onion soup mix and mix well. Slice water chestnuts and stir into mixture. Put in casserole. Sprinkle grated cheddar cheese on top. Bake for 20 minutes in a 350° oven.

We hope you are enjoying using this Cook Book and find it useful in your kitchen. This book was printed by GENERAL PUBLISHING AND BINDING of Iowa Falls, Iowa, which is a Company that was founded by two women who are dedicating their time to printing Cook Books for Churches and other organizations at a cost that they can afford to pay. Our aim is to help others with money making projects by printing your favorite recipes in book form.

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PHYLLIS HARRIS

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