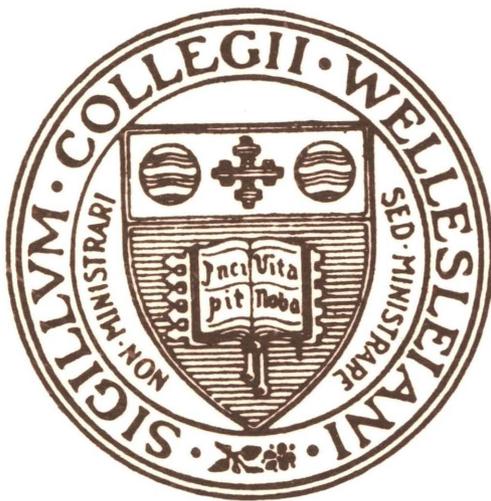


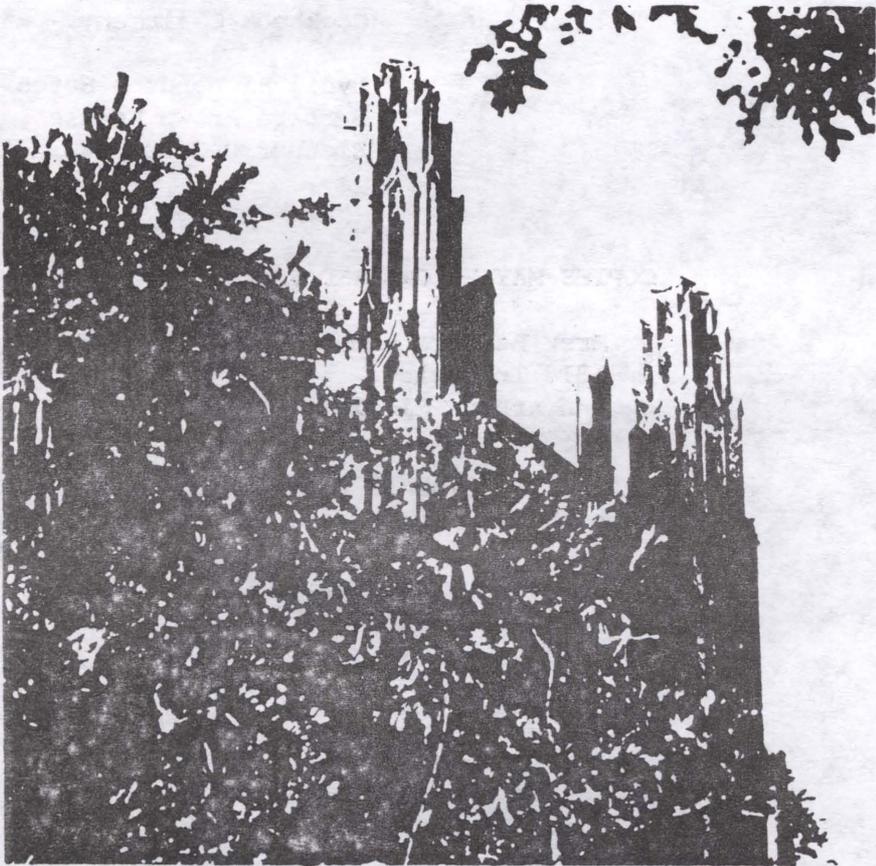
FARE THEE WELL II



Ann Arbor

Wellesley Club

*The Members of the
Ann Arbor Wellesley Club
Present
FARE THEE WELL II*



FOREWORD

With "Fare Thee Well" as an inspiration, the Ann Arbor Wellesley Club now presents "Far Thee Well II" to delight your palate and to earn funds to benefit Wellesley College. Here is another collection of good things to eat which includes some selected "encores" from our first edition. Many of the recipes are from our Wellesley Club potluck meetings and others are family favorites of our members past and present. Special thanks go to all our members who have contributed recipes, talent, and time to make "Fare Thee Well II" possible. What fun this "gathering of goodies" has been! Bon Appetit!!

Cookbook Chairmen:

Lydia Richardson Bates
Barbara Brown Knauss
Eleanor DeCourcy Wernette

COPIES MAY BE ORDERED FROM:

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1314 Iroquois
Ann Arbor, Michigan 48104

Price: \$5 plus \$1 postage
Make checks payable to: Ann Arbor Wellesley
Club

ART WORK BY:

Kathy Knauss
and
Chrissy Cunningham

Gratefully dedicated to Eleanor DeCourcy Wernette '30

Founder (1947), New Mexico Wellesley Club

Founder (1951) and First President, Ann Arbor
Wellesley Club

by the Ann Arbor Wellesley Club

Eleanor's administrative expertise has made our club one of Wellesley's most resourceful and productive alumnae organizations. Her loyalty and enthusiasm toward the College and the community cannot be matched.

To those of us who know and love her, Eleanor Wernette represents the true spirit of Wellesley's motto:

NON MINISTRARI, SED MINISTARE

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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	1 pound = 16 ounces
3 teaspoons = 1 tablespoon	1 cup = $\frac{1}{2}$ pint
2 tablespoons = 1 fluid ounce	2 cups = 1 pint
4 tablespoons = $\frac{1}{4}$ cup	4 cups = 1 quart
$5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup	4 quarts = 1 gallon
8 tablespoons = $\frac{1}{2}$ 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 = $\frac{1}{2}$ pound
1 pound of butter = 2 cups
1 cup of hydrogenated fat plus $\frac{1}{2}$ t. salt = 1 cup butter
2 cups sugar = 1 pound
 $2\frac{1}{2}$ 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

1 tablespoon cornstarch = 2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk

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

LENGTH

1 millimeter	= 0.04 inch
1 centimeter	= 0.39 inch
1 meter	= 39.37 inches
	= 1.09 yards
1 kilometer	= 0.62 statute mile

METRIC - U.S. EQUIVALENTS

(To second decimal place)

CAPACITY

1 cubic centimeter	= 0.27 fluid dram
1 liter	= 1.06 liquid quarts

WEIGHT

1 gram	= 0.04 ounce avoirdupois
1 kilogram	= 2.20 pounds avoirdupois
	= 1000 kilograms
1 metric ton	= 2204.62 pounds avoirdupois
	= 1.10 tons

EQUIVALENTS OF THE COMMON CAPACITY UNITS USED IN THE KITCHEN

Units	Fluid drams	Teaspoonful	Tablespoonful	Fluid ounces	1/4 cupful	Gills (1/2 cupful)	Cupful	Liquid pints	Liquid quarts	Milliliters*	Liters	Units
1 fluid dram equals	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	3.7	0.004	Equals 1 fluid dram
1 teaspoon equals	1-1/3	1	1/3	1/6	1/12	1/24	1/48	1/96	1/192	4.9	0.005	Equals 1 teaspoonful
1 tablespoon equals	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015	Equals 1 tablespoonful
1 fluid ounce equals	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.030	Equals 1 fluid ounce
1/4 cupful equals	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059	Equals 1/4 cupful
1 gill (1/2 cupful) equals	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118	Equals 1 gill (1/2 cupful)
1 cupful equals	64	48	16	8	4	2	1	1/2	1/4	237	0.237	Equals 1 cupful
1 liquid pint equals	128	96	32	16	8	4	2	1	1/2	473	0.473	Equals 1 liquid pint
1 liquid quart equals	256	192	64	32	16	8	4	2	1	946	0.946	Equals 1 liquid quart
1 milliliter* equals	0.27	0.20	0.068	0.034	0.017	0.0084	0.0042	0.0021	0.0011	1	1/1000	Equals 1 milliliter*
1 liter equals	270	203	67.6	33.8	16.9	8.45	4.23	2.11	1.06	1000	1	Equals 1 liter

*For all household purposes 1 milliliter may be considered as equal to 1 cubic centimeter.

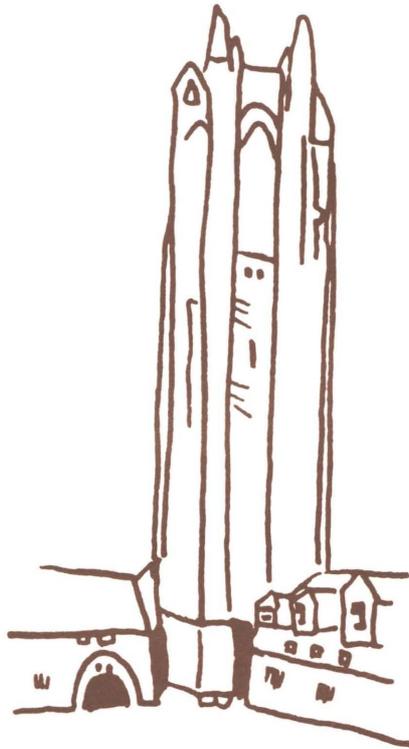
Approximate 100 Calorie Portions

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

APPROXIMATE AMOUNTS TO SERVE 50 PEOPLE

Navy beans for baking	3 qts. or 6 lbs.
Canned string beans	2 No. 10 cans
Canned beets.	2 No. 10 cans
Roast beef.	20 lbs.
Roast beef for Swiss steak	
3/4 in. thick.	20 lbs.
Ground meat for loaf.	10 lbs.
Butter.	1-1/2 lbs.
Chicken (roasted)	30 lbs.
Chicken pie	20 lbs.
Coffee.	1 lb.
Baked Ham	2 hams 10 to 12 lbs. each
Ice cream - dessert	2 gal.
Ice cream - for pie	1 gal.
Lettuce	1 oz. per salad
Head lettuce salad.	7 lbs.
Salted nuts	1-1/2 lbs.
Olives.	2 qts.
Oysters (escaloped).	1 gal.
Peas.	2 No. 10 cans
Peas and carrots.	1 No. 10 can and 5 lbs. carrots
Roast pork or fresh ham	20 lbs.
Pork chops.	18 lbs.
Potatoes (mashed)	1-1/4 pecks
Sweet potatoes.	13-1/2 lbs.
Rice.	3 lbs.
Rolls	100 rolls
Soup.	3 gal.
Turkey.	22-25 lbs.
Vegetables (fresh): Beans,	
beets, carrots or cabbage.	10 lbs.
Whipped cream	2 pts.

WELLESLEY FAVORITES



and Contemporary Dorm Favorites

WELLESLEY FAVORITES

CUCUMBER GELATIN SALAD

Carol Johnson Johns,
Acting President of
Wellesley College, 1979-

1 lg. peeled cucumber
1 pkg. lime Jello (3 oz.)
1 c. cottage cheese
1/2 c. mayonnaise
1/2 c. pecans or walnuts, broken
in large pieces
1/2 tsp. salt
Speck of grated onion

Dissolve Jello in 3/4 cup boiling water. Cool until almost ready to gel. Grate cucumber. Add salt and onion. Add cottage cheese and mayonnaise to cucumber mixture. Fold in nuts. Add entire mixture to cooled and slightly thickened gelatin. Put in salad mold. Stir as it gels if nuts have floated to the top. Chill several hours. Turn out on bed of lettuce. Sprinkle top with bit of paprika. Serve with mayonnaise. Recipe can be doubled to tripled.

CHILLED GRAPES

Ruth M. Adams
President of
Wellesley College, 1966-1972

Miss Adams writes from Dartmouth: "Indeed I remember the Ann Arbor Cookbook, and I'm delighted you energetic people are doing it again."

Wash and stem as many small, seedless, white grapes as you will need. Drain. Coat lightly with commercial sour cream, and add light brown sugar to taste. Mix lightly, chill well.

"This is an easy dessert. The instructions are vague because they depend entirely on how many people are to be fed. And the sweet teeth!"

NOTE: See page 19 of the Spring, 1980 issue of Wellesley (the magazine).

HOT TUNA-CHEESE-TOMATO IN SYRIAN BREAD

Elizabeth Cornwall,
Director Food Service
at Wellesley.

Cut a 9-ounce Syrian (Pita) Bread in half.

Fill with: Generous scoop of Tunafish salad
1 slice Muenster or Swiss cheese
1 slice tomato

Place cheese side down on baking sheet. Heat in 350° oven for about 8 minutes, until cheese starts to melt.

COPPER PENNIES

Mildred McAfee Horton,
President of Wellesley College,
1936-1949

Start with crispy fresh vegetables (though I have been known to have considerable success with canned carrots).

2 lbs. fresh carrots, sliced in 3/4 in. rounds (4 1/2 c.)	3/4 c. vinegar 2/3 c. sugar
2 med. onions, thinly sliced and separated in rings	1/2 c. cooking oil 1 tsp. Worcestershire sauce
1 med. green pepper, cut in thin strips	1 tsp. prepared mustard 1/2 tsp. salt
1 (10 3/4 oz.) can condensed tomato soup	

Cook carrots in small amount of boiling water until just tender, about 5 to 10 minutes. Drain. Combine with onion and green pepper in large bowl. Stir together remaining ingredients; pour over vegetables in bowl. Cover and marinate in refrigerator several hours or overnight. Drain, reserving marinade. Serve in lettuce-lined bowl if desired. Return any leftover vegetables to marinade.

SPINACH-MUSHROOM-ZUCCHINI QUICHE

Elizabeth Cornwall,
Director Food Service
Office at Wellesley.

1 9-inch unbaked pastry shell	1/2 c. frozen, chopped spinach, well drained
4 oz. mushrooms, sliced	1 T. salad oil
1 sm. zucchini, diced, unpeeled	1/2 tsp. dried dill-weed
2 c. ricotta cheese	1 tsp. garlic salt
1 c. mozzarella grated	1/2 tsp. pepper
3 lg. eggs	

Saute fresh zucchini about 5 minutes. Beat together ricotta, mozzarella, eggs, spinach, oil, dill-weed, garlic salt and pepper. Add mushrooms and zucchini. Fill pastry shell. Bake at 350° for 30 minutes. Until knife comes out clean.

Certain it is fine women eat a crazy salad with their meat.

W. B. Yeats

CANADIAN CHEESE SOUP

Elizabeth Cornwall,
 Director Food Service
 at Wellesley.

1 qt. chicken stock	1/4 c. flour
1/2 c. celery, cut fine	2 tsp. cornstarch
1/2 c. carrots, cut fine	1 c. grated Cheddar cheese
1/2 c. onions, cut fine	Dash paprika
1 qt. milk	Salt to taste
1/4 c. oleo	1 T. chopped parsley

Cook carrots, and celery in chicken stock. Make white sauce with milk, margarine, flour and cornstarch. Add stock, vegetables, cheese, and seasonings to sauce. Serve as soon as cheese is melted. Garnish with chopped parsley.

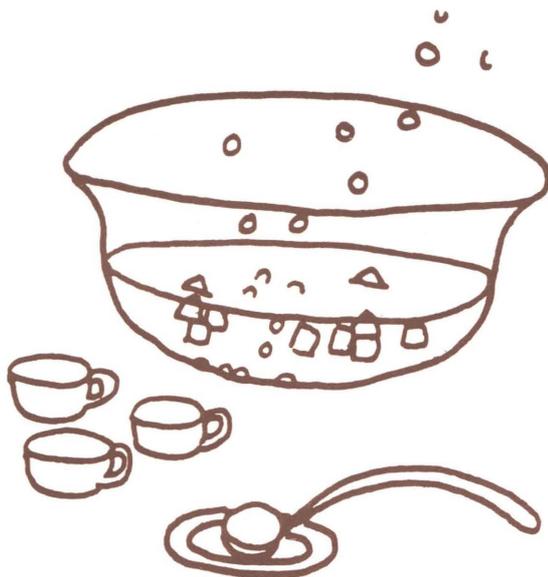
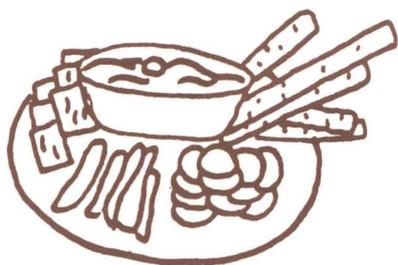
(This is a current "Dorm Favorite")

A man is in general better pleased when he has a good dinner upon his table than when his wife talks Greek.

Dr. Johnson

ADDITIONAL RECIPES

GOOD BEGINNINGS



GOOD BEGINNINGS

ALMOND PINE CONES

Lydia Richardson Bates

- | | |
|------------------------------|---------------------|
| 1 1/4 c. whole almonds | 2 T. onion, chopped |
| 1 (8 oz.) pkg. cream cheese | 1/2 tsp. dill-weed |
| 1/2 c. mayonaise | 1/8 tsp. pepper |
| 5 strips bacon, cooked crisp | |

Bake whole almonds in shallow pan at 300° for 15 minutes, stirring often, until they just turn color. Combine softened cheese and mayonaise. Add bacon, onion, dill-weed, and pepper. mix well. Chill until firm. Shape into pine cone shape (half), cover surface with almonds in fish scale pattern. Decorate plate with pine branch.

ARTICHOKE SQUARES

Molly Hunter Dobson

- | | |
|--|------------------------------|
| 1 (10 oz.) can artichoke hearts, drained and chopped | 1/4 c. dry fine bread crumbs |
| 1 sm. onion, chopped | 1/8 tsp. pepper |
| 1 clove garlic, minced | 1/8 tsp. oregano |
| 4 eggs, beaten | 1/8 tsp. Tabasco |
| 2 c. Cheddar cheese, shredded | 1/4 tsp. salt |
| 2 T. minced parsley | |

Saute onion and garlic in a little butter until limp. Add eggs, crumbs, seasonings and other ingredients. Pour into greased 9 inch square pan and bake at 325° for 30 minutes or until set. Serve hot or cold. Can be refrigerated and heated before serving. Cut into 36 squares.

MARY'S BLACK BEAN DIP

Molly Hunter Dobson

- | | |
|---|-----------------------------|
| 1 (10 oz.) can Campbell's black bean Soup | 2 T. parsley, chopped |
| 2 T. Hellmann's mayonnaise | 2 T. Worcestershire sauce |
| 2 T. onion, chopped | 1 (8 oz.) pkg. cream cheese |

Mix above ingredients, blending until smooth. Chill before serving. Serve with mushrooms, cauliflower, chips, crackers, or Fritos.

I look upon it, that he who does not mind his belly will hardly mind anything else.

Dr. Johnson

CHILI CON QUESO (HOT! CHEESE DIP OR SPREAD)

Anne Pyne Cowley

- | | |
|--|--|
| 1 can (10 oz.) tomatoes and
green chili | 2 lbs. American cheese, grated
(Velvetta is good) |
| 1 can (10 oz.) green chili | 1-2 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.

CHEESE BALLS

Eleanor DeCourcy Wernette

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

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

KAY'S BOURSIN CHEESE SPREAD

Molly Hunter Dobson

- | | |
|--------------------------------|----------------------|
| 2 lg. pkgs. cream cheese | 1 1/2 tsp. dill-weed |
| 8 oz. whipped butter, unsalted | 1 1/2 tsp. thyme |
| 2 cloves garlic, minced | 1 tsp. marjoram |

Have cheese and butter at room temperature, then add herbs and garlic. Mix well and serve with crackers.

AVOCADO CURRY COLD SOUP

Barbara Brown Knauss

- | | |
|---|----------------------------|
| 1 ripe avocado | 1 to 2 T. curry |
| 2 c. cold chicken broth
(Campbell's) | 1/4 tsp. salt |
| 2 T. light Bacardi rum | Dash freshly ground pepper |

Blend ingredients. Put in small bowls. Chill. Serve with small dollop of sour cream, parsley.

CAROL ANN'S DILL DIP

Lydia Richardson Bates

- | | |
|-----------------------|--|
| 2 c. sour cream | 1 pkg. Good Seasons cheese
garlic mix |
| 1 or 2 tsp. dill weed | |

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

PAT'S CHILES RELLENOS

Molly Hunter Dobson

1 c. half-and half	1/2 lb. monterey jack cheese,
2 eggs	grated
1/3 c. flour	1/2 lb. sharp Cheddar cheese,
3 (4 oz.) cans whole green	grated
chiles	1 (8 oz.) can tomato sauce

Beat cream with eggs and flour until smooth. Split open chiles, rinse out seeds and drain. Mix cheeses, saving 1/2 cup for topping. Butter deep 1 1/2 quart casserole and layer cheeses and chiles. Pour egg mixture over all, then top with tomato sauce. Sprinkle with reserved cheeses. Bake in 325° oven 1 1/2 hours.

CRAB FONDUE

Serves 15 for cocktails Barbara Brown Knauss

Always a hit at our Wellesley Club Christmas Party

4 T. butter	1 can (7 1/2 oz.) Demings King
4 T. flour	Crab
1 c. coffee cream	Salt and pepper to taste
1/4 c. sherry (about)	1 pkg. (4 oz.) sharp Cheddar
	cheese, 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 sized pieces French bread. (Break it up at last minute).

CURRY CHEESE PATE

Molly Hunter Dobson

1 (8 oz.) pkg. cream cheese	3 tsp. dry sherry
1/4 tsp. curry powder	1 (10 oz.) pkg. Cracker Barrel
1 med. bottle Major Gray's	extra sharp Cheddar cheese,
chutney	grated
1 lg. bunch green onions, sliced	
thin	

Mix well, at room temperature, the cheeses, curry powder, and sherry. Mound entire mixture on flat serving plate and shape into a circle about 1/2 inch thick. Cover with chutne , chopped, and tips and ends of green onions. Serve with Bremner wafers.

GWEN'S CHEESE KRISPIES

Molly Hunter Dobson

2 sticks soft margarine 3 c. Rice Krispies
 10 oz. pkg. Cracker Barrel 2 c. flour
 extra sharp Cheddar cheese, 1/2 tsp. salt
 grated 1/2 tsp. cayenne pepper

Mix thoroughly, then add gently 3 cups Rice Krispies. Roll into small balls and flatten slightly on ungreased cookie sheet. Cook 12 minutes in 350° oven. Makes approximately 120 biscuits.

CREAM CHEESE AND OLIVE DIP

Lydia Richardson Bates

1 (8 oz.) pkg. cream cheese 1/4 c. chopped olives
 2 hard boiled eggs, separated 2 T. mayonaise
 1/8 onion, cut in small chunks
 and put through garlic press.

Mix cream cheese and egg yolks til smooth. Add onion juice which has been pushed through a garlic press. Add mayonaise and olive juice to bring to spreading consistency. Stir in chopped egg whites and chopped olives. Chill.

Also makes a wonderful sandwich spread.

PARMESAN CHEESE ROUNDS

Elizabeth Chase Cunningham

1 c. Parmesan cheese 1 med. onion, chopped fine
 1 c. mayonaise Toasted rye squares

Mix Parmesan cheese and mayonaise until consistency of soft butter. Spread toasted rye squares liberally with mixture. Sprinkle with chopped onion and broil until bubbly--carefully as it burns quickly.

KAY'S GREEN CHILI SQUARES

Molly Hunter Dobson

2 lbs. sharp Cheddar cheese, 1 doz. eggs
 grated 1/4 tsp. chili powder
 2 (4 oz.) cans diced green 1/4 tsp. paprika
 chili peppers

Drain chili peppers, reserving liquid. Put half of the cheese in a 10x15 inch buttered pan. Add chili peppers and top with remaining cheese. Beat eggs with chili powder, paprika, and juice from chili peppers. Pour over mixture in pan and bake 30-40 minutes at 350° until solid, or knife put in center comes out clean. Let cool and cut into small bite-sized squares.

LIVER PATE

Molly Hunter Dobson

1 lb. chicken livers	1/4 c. brandy
2 shallots	1/2 tsp. salt
1 stick butter	1/8 tsp. allspice
2 T. bacon drippings	1/3 c. heavy cream

Saute liver in drippings. Put in processor with shallots, seasonings, and cream. Process smooth. Melt butter and add through feeder tube. Pack into greased cheesecloth-lined container and refrigerate. Serve with melba toast as an appetizer.

STUFFED MUSHROOMS

Jean Byers Hernandez

24 lg. mushrooms	1 tsp. garlic salt
3 T. butter	1/4 tsp. pepper
1/2 c. Italian seasoned bread crumbs	1 T. lemon juice
1 sm. onion, grated	1 tsp. Worcestershire sauce

Separate mushrooms, stems and caps. Saute caps in butter until lightly browned. Drain. Chop mushroom stems finely, and mix with remaining ingredients. Stuff mushroom caps with mixture. Bake at 350° for 8 to 10 minutes. Serves 4 to 6 as an appetizer.

SALMON MOUSSE

Barbara Brown Knauss

2 (16 oz.) cans red salmon	2 T. frozen chives
1/2 c. white wine	2 T. fresh dill, chopped
1/2 c. sour cream	1 tsp. salt
2 T. horseradish	Some pepper
2 pkgs. unflavored gelatin	1 T. prepared mustard
1/4 c. lemon juice	1 c. heavy cream whipped

Drain salmon. Add wine, blend till smooth. Fold in sour cream, horseradish. Sprinkle gelatin over 1/4 cup water and lemon juice; let stand 5 minutes; set in pan of boiling water, stir till smooth. Stir into salmon mix. Add chives, dill, salt, pepper, mustard. Fold in whipped cream. Turn into decorative mold. Leave at least 4 hours in refrigerator, until firm.

You first parents of the human race...who ruined yourselves for an apple, what might you not have done for a truffled turkey?

Brillat-Savarin

KAY'S HOT SAUSAGE BALLS

Molly Hunter Dobson

3 c. Bisquick
8 oz. sharp cheese, grated

1 lb. hot sausage

Mix thoroughly. Roll into small balls and bake at 350° for approximately 7 minutes. Makes approximately 7 dozen. Freezes well. Good for morning coffee.

SOUR CREAM SPINACH DIP

Molly Hunter Dobson

1 pkg. Knorr vegetable soup mix
1 pkg. frozen shopped spinach,
1 c. chopped water chestnuts

1 c. mayonaise
1 pt. sour cream
1 onion, chopped

Mix ingredients together by hand or briefly in food processor. Serve with Triscuit and wheat crackers.

MINESTRONE SOUP

Lydia Richardson Bates

1 c. lg. shells of macaroni, cooked
1 clove garlic, minced
2 T. parsley, Chopped
1 med. onion, chopped
3/4 c. celery, chopped
1 (16 oz.) can tomato sauce
1 (16 oz.) can tomatos

1 c. coarsely grated cabbage
6 c. water
2 tsp. salt; 1 T. olive oil
1/4 tsp. pepper
1/4 tsp. celery salt
1 T. soy sauce
1 (16 oz.) can kidney beans
Parmesan cheese

Mince garlic, combine with onion, parsley, celery, and cook until onion is limp. Add rest of ingredients except macaroni and beans and cook, covered, 30-45 minutes. Add beans and shells and cook 15 minutes more. Add salt to taste. Serve with Parmesan cheese, salad and French bread for good, easy supper. Soup improves with standing.

HOT SHERRIED TOMATO BOUILLON

Mary Gerathy

1 (46 oz.) can tomato juice
3 (10 1/2 oz.) cans consomme
1 tsp. chervil
1 tsp. Spice Island's Salad Herbs

1 tsp. basil
1 tsp. chives
1 soup can Almaden dry cocktail sherry

Heat juice, consomme, sherry and herbs together 20 minutes. Serve piping hot.

MUSHROOM SOUP

Pat Harvey Kennedy

15 green onions, tops and all	7 c. chicken broth
3/4 c. butter	1 1/2 lbs. fresh washed trimmed and sliced mushrooms
1/2 c. flour	
Salt and white pepper to taste	2 c. half-and-half cream

Cook onions in butter for about 3 minutes. Add flour, salt, and white pepper to taste. Heat for about 10 minutes, stirring constantly. Stir in mushrooms, reserving some for garnish, and cook 10 minutes more. Slowly add heated chicken broth and bring to boil. Put through blender until smooth. Return to stove and stir in cream. Heat through but do not boil. Garnish each serving with reserved mushroom slices.

NORWEGIAN FRUIT SOUP

Helen Methfessel Haugen

1/2 box prunes	1 orange sliced thin
1/2 box dried apricots	1 (3 inch) stick cinnamon
1/2 box dried peaches	1/2 c. pearl tapioca
1/4 c. currants	1/2 c. sugar
1 c. raisins	1 can pie cherries
1 lemon, sliced thin	3 qt. water

Soak dried fruits and tapioca in 2 quarts water overnight. Bring to boil and simmer until tapioca is clear. Add 1 qt. water and pie cherries and heat. When serving, a little brandy in each bowl is excellent.

NURSERY SOUP

Shirley Bradley Ceely

1 lg. onion, cut thin	1 (20 oz.) can tomatos
4 sm. potatoes	3 c. milk
Pinch baking soda	Salt
Butter or margarine	Pepper
1/4 c. water	Celery salt
Pinch of sugar	

Saute onions in butter or margarine until soft. Slice potatoes and cook separately until soft. Add tomatoes to onion and cook gently until tomatoes soften and fall apart. Add potatoes and 1/4 cup water to tomato mixture. Cook five minutes. Remove from fire. Heat milk, add a pinch of baking soda. Add milk to mixture. Do not boil. Add seasonings. Serves 3 to 4.

As we advance in life, we learn the limits of our abilities.

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 sm.-med. cucumbers, chopped

1 T. parsley
 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. fresh dill or 1/2 tsp. dill 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 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.

V-8 FROM OUR OWN TOMATOES

Elsbeth Cahil Swope

15 lbs. tomatoes, fully ripe, peeled and coarsely chopped
 2 c. celery, chopped
 3 lg. onions, chopped
 3 cloves garlic, minced or mashed
 1 green pepper, chopped
 1 bunch parsley, chopped

1/4 c. sugar
 2 T. salt
 3/4 tsp. black pepper
 2 tsp. prepared horseradish
 1/3 c. lemon juice
 Several dashes Worcestershire sauce

Combine first six ingredients in stainless steel kettle and bring to boil over medium heat. Boil gently, stirring often, for about 20 minutes. In covered blender jar, whirl tomato mixture a little at a time until smooth. Press through wire strainer, discarding pulp. Stir in seasonings, taste, and adjust seasoning. Chill well before serving. To freeze, pour into freezer containers, leaving 1-2 inches expansion room, and freeze. Defrost in refrigerator and shake well before serving.

WALTER'S SCOTCH BROTH FOR TWO

Margaret Lohman Helmreich

(because he always has a supply of frozen ground lamb and frozen lamb stock)

1 1/2 c. lamb stock	1 med carrot, sliced, approx. 1/3 c.
1/3 c. quick barley	
1/3 c. lamb (ground uncooked or diced cooked or whatever)	1 sm. turnip diced, approx. 1/3 c. Some celery if desired, approx. 1/3 c.
1 or 2 T. chopped onion	Salt and pepper
1 T. butter (approx.)	Parsley

Saute lamb, butter, onion, carrot, turnip, celery for 10 minutes. Bring stock to boil. Add barley and the sauteed ingredients to stock. Continue to simmer for 10 minutes. Season and add parsley. He eats it all, but it is enough for two.

WASCHTAGSUPPE (OF LENTILS, DRIED PEAS, OR BEANS) Renata Briggs

1 lb. dried lentils, peas, or beans	3 beef bouillon cubes
3 qts. water	1/4 tsp. allspice
3-4 stalks celery with tops	1 bay leaf
2-3 lg. carrots	Salt and pepper to taste
3-4 med. leeks or onions	4-5 med. potatoes, peeled and diced
1 ham bone or pig's feet or pig's shanks	1-2 additional onions finely diced
1/4 tsp. dried mustard	Dash soy or Maggi sauce 2 tsp. butter or bacon fat

In a good sized pot, perhaps pretty enough to take to the table, put in the water, bone or meat, lentils (or peas or beans). Bring to a heavy boil and then simmer on low heat. Add the vegetables, coarsely chopped, and the spices and herbs. Cook for about two hours, stirring occasionally with a wooden spoon. If you are unable to stir the soup, put the boiling pot into the oven at 300° for about two hours.

Just before serving correct seasoning. Melt butter or bacon fat and brown onions. If you like, frankfurters, knock-wurst or other tasty sausages may be cut into the soup and cooked in it. Washday Soup should be served with rye bread or crispy rolls, and followed by a heavy dessert, such as upside down cake or rice pudding. Many people like to add a dash of vinegar to their Waschtagsuppe. Serves six to eight.

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WELLESLEY CHRISTMAS PUNCH

Delia Smith Hunter

1 bottle (fifth) P.M. blend whiskey
 1 qt. club soda
 1 can (4 oz.) lemonade
 1 qt. ginger ale

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

ROSE WINE PUNCH

Eleanor DeCourcy Wernette

3 qts. Gallo's Mountain Rose
 3 qts. soda water
 3 (12 oz.) cans frozen lemonade
 12 oz. brandy
 Serve over ice.

MERIDY'S COCOA MIX

Martha Hatcher Cargo

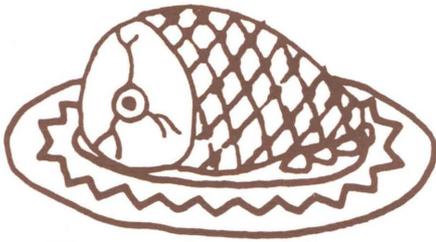
Small box of powdered milk
 Lg. jar of Cremora or similar cream substitute
 Largest box of Nestle's Quik
 1 lb. box of confectioner's sugar

Using a very large pan or bowl, mix all together thoroughly. Store in an air-tight container and use generously to make delicious cocoa from hot water.

All human history attests
 That happiness for man - the hungry sinner -
 Since Eve ate apples, much depends on dinner!
 Lord Byron

* * * * *

MAIN DISHES



MAIN DISHES

NAN'S ZESTY BARBEQUED BEEF

Elsbeth Cahill Swope

- | | |
|------------------------------|-----------------------------------|
| 2 jars Del Monte chili sauce | 1 lg. green pepper, sliced thinly |
| 2 T. brown sugar | 2 c. cooked beef, thinly sliced |
| 2 T. prepared mustard | Shredded cabbage |
| 1/2 tsp. Tabasco | 12 buns |
| 1 c. carrots, chopped | |

Combine in large saucepan chili sauce, seasonings, carrots, pepper. Cover tightly and cook on low heat for 10 minutes stirring occasionally. Add beef and continue cooking and stirring for 15-20 minutes. Serve 1/2 c. barbeque per bun with cabbage.

BEEF EN DAUBE

Barbara Brown Knauss

- | | |
|--|--|
| 2 lbs. boneless lean stew
beef, cut into 2 inch cubes | 2 bay leaves |
| 1 1/2 c. Burgundy wine | 1/2 tsp. thyme |
| 1 onion, cut in half and
studded with 2 cloves | 1/2 T. tarragon leaves |
| 1 clove garlic, cut in half | 1 tsp. pepper |
| 1 T. vinegar | 4 med. potatoes, peeled and
quartered |
| 1 T. salad oil | 3 T. flour |
| | 1 tsp. salt |

Place meat in a large bowl. Add wine, onion, garlic, vinegar, oil, bay leaves, thyme, tarragon, and 1/2 teaspoon pepper. Cover bowl and refrigerate overnight. Drain meat, reserving 1/2 c. liquid. In a slow cooker, combine meat, potatoes, flour, reserved marinating liquid, salt, and 1/2 teaspoon pepper. Cook in a slow cooker set at the simmer, covered, for 5 hours, or cook, covered, in a heavy casserole in a 250° oven for 5 hours. Serves 4-6.

CASSEROLE—FAMILY SPECIAL

Kathleen Cutting Wagner

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

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.

BEEF TESSERON

Barbara Brown Knauss

2 lbs. top sirloin, sliced thin	10 mushrooms, sliced
2 T. butter	1 clove garlic, sliced
2 T. olive oil	1/2 green pepper, sliced
1/2 onion, sliced thin	Salt as desired
	1/2 c. wine

Heat butter and olive oil in pan. Add onion and cook till translucent (keep moving so will not stick). Add mushrooms, garlic, pepper. Cook only until green pepper becomes darker. Remove to a plate, leaving oil in pan. Place meat, sliced thin and rubbed with garlic, in pan and cook as desired. Add salt to taste. Add wine and cooked vegetables. Serve on a platter, garnish with tomatoes, parsley, and rice. Serves 4.

FOOTBALL LASAGNA

Eleanor DeCourcy Wernette

1 (8 oz.) pkg. of thin noodles	Salt and pepper
2 lbs. ground beef	1 pt. sour cream
16 oz. tomato sauce	1 lg. pkg. cream cheese
8 oz. mushroom stems and pieces	6 green onions with tops, chopped
1 tsp. Italian seasoning	1 c. sharp Cheddar, grated
2 T. chili sauce	

Cook noodles and drain. Place in buttered 9x13 inch pan. Brown meat and drain, add tomato sauce, mushroom, seasonings. Put in pan. Mix sour cream, cream cheese, onion and put on meat. Spread Cheddar on top. Bake at 350° for 45 minutes.

ISY'S MOIST MEAT LOAF

Carol Ingham Plumer

1 lb. lean ground beef	Salt and pepper
3/4 herb stuffing mix	thyme and oregano—a pinch
1 T. chopped onion	3/4 c. applesauce
1 egg, slightly beaten	

Mix well, put into small bread tin, bake at 375° for an hour. The applesauce is what makes this special. Good served cold.

What is patriotism but the love of the good things we ate in our childhood?

Lin Yutang

CONTINENTAL MEAT BALL PIE

Martha Hatcher Cargo

- | | |
|--|---|
| 1 1/2 lbs ground beef,
seasoned to taste | 1 can (6 oz.) tomato paste |
| 3 T. flour | 12 sm. carrots, pared and cut
in 1 inch pieces |
| 3 T. salad oil | 1 pkg. frozen green peas and
pearl onions |
| 1/2 lb. link sausage, 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 cups water, spaghetti sauce mix and tomato paste into pan with meat. Cover and simmer 15 minutes. Cook carrots in 1 cup water (salted), adding peas and pearl onions when almost done. Add to meat mixture being sure there is 1/2 cup liquid to add. Spoon mixture into 12 cups baking dish. Prepare pie crust. Roll into 15x12 inch rectangle and cut nine or more 1 inch strips. Save three strips for rim of pie. Weave remainder over pie to make lattice top. Cover rim with remaining strips and press down lightly all around. Brush with beaten egg. Bake in hot oven (425°) for 30 minutes or until pastry is golden and filling bubbles up. Serves 6 to 8.

SPAGHETTI NUT BAKE

Patricia Harvey Kennedy

- | | |
|------------------------------------|--|
| 1 (8 oz.) pkg. spaghetti | 1/2 lb. Cheddar, shredded |
| 2 T. butter | 1 1/2 T. Worcestershire |
| 2/3 c. onion, finely chopped | 2 drops Tabasco |
| 2 lbs. lean ground beef | 1 tsp. sugar |
| 2 tsp. salt and 1/2 tsp.
pepper | 1 (7 oz.) can salted mixed nuts,
coarsely chopped |
| 1 can tomato soup | |
| 1 can sliced mushrooms | |

Cook and drain spaghetti. Saute onions in butter (using a large saucepan) then brown meat til crumbly. Add salt and pepper, soup and one can of water, mushrooms, two-thirds of the cheese, seasonings, spaghetti. Stir, cover, simmer 15 minutes. Transfer to greased casserole, sprinkle nuts over and press them into the mixture, sprinkle remaining cheese, and bake at 350° for 30 minutes. Serves 8 to 10.

A mule can't pull while kicking; neither can you.

SPOON TACOS

Jean Willson Hill

1 pkg. Fritos	1 c. tomatoes, chopped
1 1/2 lbs. ground beef	1 1/2 c. lettuce, chopped
1 c. onion, chopped	1/2 c. chopped olives
1-2 cans chili with beans	3/4 c. onterey ack, grated
1 can taco sauce	

Cover bottom of large casserole with Fritos and bake at 200° for 6 minutes. Brown beef, drain, add onions and saute, add chili and sauce. Put beef mixture and remaining ingredients in casserole ending with cheese. Place under broiler until cheese melts.

BAKED CHICKEN AND HAM

Barbara Brown Knauss

4-6 chicken breasts	1 tsp. savory
4-6 slices ham	Celery leaves, minced
1/3 c. flour	1 c. mushrooms, sliced
2 tsp. salt	1/2 c. sauterne or dry sherry
2 tsp. paprika	1 c. sour cream
1/4 c. butter	

Combine flour, salt, paprika. Coat chicken pieces separately with seasoned flour in paper bag. Brown floured chicken in skillet, reserving butter. Place in a casserole the ham, sprinkle with savory and celery leaves, add chicken and mushrooms. Stir wine into hot skillet and add flour from the bag, sour cream. Heat and stir, pour over chicken. Cover with foil and bake at 350° for 2 hours.

CHICKEN-BROCCOLI SUPREME

Eleanor DeCourcy Wernette

1 pkg (5 1/2 oz.) Betty Crocker noodles Romanoff	2 c. cooked chicken, cut in good size pieces
2 T. butter	Pimento, chopped for color, about 2 T.
1 c. chicken broth	1/3 c. slivered almonds
1 can cream of mushroom soup	1 pkg. frozen chopped broccoli

Cook noodles as package directs. Stir in butter, broth, mushroom soup, and sour cream-cheese mix inside package. 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°. Serves 8.

CHICKEN CASSEROLE

Rebecca Patterson Hein

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 pkgs. (3 oz.) 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 1/2x 7 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.

CHICKEN TETRAZZINE

Elizabeth Chase Cunningham

2 c. spaghetti, broken into 3-inch pieces	1 c. breadcrumbs
2 c. chicken breast, cut in in julienne strips	5 T. butter
1 c. sliced mushrooms--or more	1/4 c. flour
Pimiento, chopped	Salt and pepper
1/3 c. Parmesan	2 c. milk
	1/4 c. dry white wine

Cook and drain spaghetti, set aside. Make a white sauce with last five ingredients, add chicken, spaghetti, mushrooms, pimento. Pour into buttered casserole, cover with cheese, breadcrumbs, dot with butter. Bake at 425° for 15 minutes.

LAMB RIBLETS

Jane Davis Hartwell

2 lbs. lamb riblets	1 1/2 tsp. curry powder
1/2 c. soy sauce	1/2 tsp. garlic salt

Pour marinade over 2 pounds lamb riblets. Marinate at least one hour. Bake at 350° for one hour until brown; turn in marinade once or twice while baking. This marinade with 2 tablespoons 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.

RAISIN LAMB CURRY

Caroline Child Tucker

- | | |
|-------------------------------|------------------------------|
| 1 T. curry powder | 1 can (14 oz.) chicken broth |
| 1 T. butter | 1 tsp. garlic salt |
| 1 med. onion, sliced | 1 1/2 T. cornstarch |
| 2 med. stalks celery, sliced | 2/3 c. seedless raisins |
| 1 1/2 lbs. boneless lean lamb | 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 until meat is tender (1 to 1 1/2 hours). Add raisins and cornstarch blended with water. Cook slowly 15 minutes longer. Serve with plain or Persian rice.

LAMB DIJON

Barbara Brown Knauss

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

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 two hours, but will depend on your oven! Serve with Spinach Rockefeller followed by a salad and fruit for dessert.

BARBECUED SPARERIBS

Virginia Butterworth En-Wong

- | | |
|--|-------------------|
| 3 lbs. fresh spareribs, hack
apart from top to bottom,
don't sever | 1 T. sugar |
| 1 T. dark soy sauce | 1 T. honey |
| 4 T. light soy sauce | 2 T. hoisin sauce |
| 2 cloves garlic, crushed | 2 tsp. salt |

Combine all ingredients for sauce. Marinate pork for at least 1 hour (may be prepared one day in advance and marinated in refrigerator overnight). 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.

HAM LOAF

Kathleen Cutting Wagner

1 1/2 lbs. ham, ground together with 1 1/2 lbs. fresh pork	Worcestershire sauce or Kitchen Bouquet to taste
2 eggs	1 c. bread crumbs
1 can (2 lbs.) whole tomatoes	1 c. cracker crumbs
TOPPING:	1 onion, chopped
1 c. brown sugar	Red pepper to taste
1 tsp. mustard	

Rub bowl with garlic. Mix loaf ingredients together and fill two 6x9 inch greased loaf pans. Spread with topping. Bake in medium oven (375°) for 1 1/2 to 2 hours. Serves 10 to 12.

INDIVIDUAL HAM LOAVES

Elsbeth Cahill Swope

3 lbs. ham load from your butcher	Tomato juice
2 c. cracker crumbs	3/4 c. vinegar
3 eggs	1 c. brown sugar
	1 tsp. brown sugar

Mix ham, crumbs, eggs and just moisten with tomato juice. Shape into small loaves and place in baking pan. Heat together brown sugar, vinegar, mustard and pour over ham. Bake at 350° for 1 hour.

Easy to make ahead and freeze for a buffet. Can be baked half an hour, frozen, baked another half hour before serving. Also good served cold.

HAM PATTIES

Eleanor DeCourcy Wernette

1 lb. leftover ham, ground	10 pineapple slices, canned
3/4 c. condensed milk	1 c. brown sugar
1/2 c. bread crumbs	1 tsp. dry mustard
2 T. minced onion	3 T. vinegar
Pepper	

Mix ham through pepper, form into 10 patties, bake at 350° for 30 minutes. Top each patty with a slice of pineapple and bake 30 minutes longer, basting every 10 minutes with brown sugar, mustard, vinegar marinade.

We treat this world of ours as though we had a spare in the trunk.

SAUCE FOR HAM

Helen Methfessel Haugen

1 tsp. dry mustard
 1/4 tsp. powdered cloves
 1/4 tsp. cinnamon

2 T. vinegar
 1 sm. glass crabapple jelly

Mix all ingredients and heat over a slow heat until jelly is melted. Serve hot.

VEAL WITH SHERRY AND MUSHROOMS

Barbara Baumberger Crane

1/4 c. flour, sifted
 1/4 tsp. nutmeg
 1 tsp. salt
 1 1/2 lbs. boneless veal stew
 meat
 4 T. butter or margarine

1 c. chicken broth or bouillon
 1/2 c. sherry
 1/4 lb. fresh mushrooms
 1 T. instant minced onion
 1 T. parsley, finely chopped

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.

SCALLOPED OYSTERS

Kathleen Cutting Wagner

1 pt. oysters
 4 tsp. oyster liquid
 2 tsp. milk or cream
 1/2 c. dry bread crumbs

1 c. cracker crumbs
 1/2 c. butter, melted
 Salt and pepper

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 remaining crumbs. Bake 30 minutes in a hot (450°) oven. Never allow more than two layers of oysters. If desired, sprinkle each layer of oysters with mace or grated nutmeg.

MIXED SEAFOOD

Lydia Richardson Bates

1/4 c. butter
 1/4 c. flour
 1 c. milk
 1/2 c. grated Cheddar cheese
 Dash pepper

1/2 tsp. salt
 2 c. mixed seafood
 2 T. dry sherry
 1 T. ketchup

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. Serves 4.

STUFFED FISH

Anne Pyne Cowley

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

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.

TUNA OR CHICKEN SALAD

Martha Hatcher Cargo

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

DRESSING:

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

TUNA MORNAY

Agnes Pearson Reading

1 (9 1/2 oz.) can tuna (water- pack), drained	6 T. flour
2-3 c. broccoli florets, blanched and drained (or thawed and drained)	3 c. milk
1 sm. onion, finely chopped	1 tsp. dry mustard
6 T. butter	2 tsp. Worcestershire
	1 1/2 c. sharp Cheddar, grated
	Salt and pepper
	Paprika parsley

In buttered casserole place broccoli, tuna. Melt butter in pan, saute onions, till transparent, add flour and cook thoroughly, add milk slowly stirring continuously, then rest of ingredients and cook till thick. Pour over tuna and broccoli, sprinkle with paprika. Bake at 350° until bubbly.

BRUNCH EGGS

Mary Hunter Dobson

6 hard-boiled eggs	1/3 c. chopped onion
3 T. sour cream	1 can mushroom soup
2 tsp. prepared mustard	1 c. sour cream
1/2 tsp. salt	1/4 c. chopped pimento
2 T. butter	1/2 c. Cheddar, grated
1/2 c. chopped green pepper	

Devil the eggs with sour cream, mustard and salt. Lay in buttered baking dish. Saute onion and pepper in butter. Mix soup, sour cream, pimento; add sauteed vegetables, pour over eggs. Sprinkle with Cheddar and bake at 350° 20-30 minutes.

CREOLE EGGS MACARONI

Shirley Bradley Ceeley

4 T. butter or margarine	1 (No. 2) can tomatoes
1/2 c. green pepper, diced	3/4 c. elbow macaroni
1 T. onion, chopped	4 hard-boiled eggs, quartered
3 T. flour	Parmesan or Romano
Salt and pepper	A pinch of sugar

Saute pepper and onion in butter till soft, blend in flour, salt and pepper, add tomatoes and cook, stirring, till slightly thickened. Remove from heat. Cook and drain macaroni. Place everything in buttered baking dish, sprinkle with cheese and sugar, bake at 350° for 15 minutes.

HILLY'S CRABMEAT QUICHE

Mary Hunter Dobson

Frozen pastry shell	2 eggs, beaten
1 can crabmeat	1/2 c. milk
1/2 c. mayonnaise	8 oz. Swiss cheese, cubed
2 T. flour	1/3 c. green onions, chopped

Add flour to mayonnaise, eggs, milk. Add cheese and onions, then crab. Put in frozen pastry shell and cook at 350° for 45 minutes.

It is well to treasure the memories of past misfortunes; they constitute our bank of fortitude.

CRAB PIE

Anne Pyne Cowley

2 9-inch pie crusts	6 eggs
Egg white	4 green onions with tops, chopped
2 c. Swiss cheese, grated	Salt and pepper
2 cans crab meat, drained and flaked	1/4 tsp. nutmeg
2 c. light cream	1/2 tsp. grated lemon peel
	1/2 tsp lemon juice

Make pie crusts and brush with egg white to prevent sog-
giness. In each crust put 1 cup cheese, 1 can crab. Beat till
smooth remaining ingredients and pour into crusts. Bake at
325° for 45 minutes.

JANET'S QUICHE

Anne Groton

33 saltines	3 eggs, beaten
8 T. butter	Salt and pepper
2 1/2 c. onion, chopped	1 tsp. Worcestershire
1 1/2 c. milk	Spinach, cooked, drained, chopped
1/2 lb. sharp Cheddar, shredded	cashews

Crumble crackers, mix with 6 tablespoons melted butter,
press into bottom and sides of 9-inch pie pan. Saute onions
in 2 tablespoons butter till transparent and put in pan.
Optional: cover with layer of cashews and layer of spinach.
Scald the milk, remove from heat, add cheese and stir. Add
eggs, salt, pepper, Worcestershire and stir again. Pour into
pan. Set pan on cookie sheet and bake at 350° for 40 minutes.
Serve hot or cold.

ONION AND CHEESE CASSEROLE

Patricia Harvey Kennedy

6 slices bread	4 eggs, slightly beaten
2 c. sm. white onions, blanched and drained	2 c. milk
1 c. Cheddar, grated	Salt and pepper

Cut bread in quarters. In a buttered casserole arrange
in layers the bread, onions and cheese. Mix the eggs, milk,
seasonings, pour into casserole, set casserole in a pan of hot
water and bake at 350° for 45 minutes. Serves 6.

Only he who attempts the ridiculous can achieve the impossible.

SALMON QUICHE

Agnes Pearson Reading

1 c. whole wheat flour	3 eggs ,beaten
2/3 c. sharp Cheddar, shredded	1 c. sour cream
1/3 c. almonds, chopped	1/4 c. mayonnaise
Salt-paprika-cayenne	1/2 c. sharp Cheddar, shredded
6 T. cooking oil	1 T. onion, grated
1 (15 1/2 oz.) can salmon	1/4 tsp. dill-weed
	3 drops Tabasco

Crust: Combine flour through oil saving 1/2 cup of mixture for top, press remainder onto bottom and sides of pie plate. Bake at 400° for 10 minutes. (This can be done ahead and even refrigerated.)

Filling-drain salmon and reserve liquid. Flake and bone salmon. Combine all ingredients, adding to salmon liquid enough water to make 1/2 cup liquid. Fill crust, top with remainder. Bake at 325° for 45 minutes.

A little public scandal is good once in a while - takes the tension our of the news.

• • • • •

VEGETABLES

and

SALADS



VEGETABLES

BARLEY CASSEROLE

Carol Ingham Plumer

1/4 c. butter or margarine	1 men. can sliced mushrooms
1/2 c. chopped onion	Salt and pepper
1 1/2 c. pearl barley	3 c. chicken broth
1 sm. jar pimento, sliced	

Saute onion in butter, add mushrooms, barley, salt and pepper; cook a few minutes. Add pimento. Transfer to casserole, add two cups of broth, bake, covered, at 350° for 45 minutes. Add remaining cup of broth and bake 30 minutes longer. Serves five or six.

Add chicken to make a one-dish meal.

BARLEY AND PINE NUTS CASSEROLE

Helen Methfessel Haugen

1 c. barley	1 c. scallions, finely chopped
1 stick butter	1 c. parsley, finely chopped
1/2 c. pine nuts	1/4 tsp. pepper
3 cans bouillon, undiluted	1 tsp. salt

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

RUTH'S MARINATED CARROTS

Eleanor DeCourcy Wernette

2 lbs carrots-boiling water to cover. Cook 10 minutes. Drain

DRESSING:

1 can tomato soup, undiluted	1/2 tsp. pepper
1 c. sugar	1 1/2 tsp. dry mustard
1 c. Wesson oil	1 T. dry onions
3/4 c. cider vinegar	1 green pepper, finely diced
1 tsp. salt	

Mix all dressing ingredients in blender. Pour dressing over cooked carrots. Let marinate over night. Will keep in refrigerator for several days.

Silence is something a mother of four can scarcely remember.

DURGIN PARK BOSTON BAKED BEANS

Lydia Richardson Bates

2 lbs. great northern beans, soaked overnight	7 T. brown sugar
1 lb. salt pork, diced	2/3 c. molasses
1 med. onion, quartered	2 tsp. dry mustard
Hot water	4 tsp. salt and pepper

Parboil soaked beans for 5 minutes with 1 teaspoon baking soda, drain and run cold water over them. In bottom of 2 quart bean pot put half the diced salt pork and the onion. Add the beans and the rest of the salt pork. Mix seasonings with enough hot water to cover beans. Bake UNCOVERED at 300° for 6 hours. Check frequently; add water to keep liquid level with top of beans.

FRANNIE'S BAKED BEANS

Mary Hunter Dobson

A (No. 2) can of EACH:	1 lb. bacon
Baby lima beans	1 c. chopped onion
Red kidney beans	1 c. chopped celery
Butter beans	3 T. wine vinegar
Chi-chi beans	3 T. brown sugar

A 1/2 lb. can of B&M baked beans

Blend the five cans and their liquid carefully with hands. Add remaining ingredients equally carefully. Bake uncovered at 250° for 5 hours, stirring several times with a long-tined fork.

PINEAPPLE BEETS

Martha Hatcher Cargo

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

Drain syrup from pineapple and mix with water and vinegar. Mix sugar, cornstarch, 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.

GRITS CASSEROLE

Mary Burke Porter

1 1/2 c. grits	Few dashes Tabasco
6 c. water	1 lb. sharp Cheddar, grated
1/4 lb. butter	3 lg. eggs, well beaten
1 T. salt	

Continued Next Page.

GRITS CASSEROLE (Continued)•

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 or 8 skimpily. Good with marinated and barbecued pork or beef.

CAULIFLOWER AND CARROT CASSEROLE

Eleanor DeCourcy Wernette

1 med. head cauliflower, broken into florets	1/2 c. water 1/2 c. milk
6 carrots, cut into pieces 1/4 inch thick	1 can cream chicken soup Ritz crackers
1 tsp. salt	Butter dots

Cook cauliflower and carrots with salt and water, covered, for 10 minutes. Drain and put in buttered casserole. Add milk to soup. Pour over vegetables. Top with Ritz crackers and butter dots. Bake at 350° for 20 minutes.

EGGPLANT CREOLE

Eleanor DeCourcy Wernette

1 med. eggplant	1 tsp. salt
2 sm. onions, finely chopped	1 T. brown sugar
3 to 4 T. margarine	1 lb. can stewed tomatoes
3 T. flour	Ritz crackers, buttered and crumbled

Peel and dice eggplant. Cook in boiling salted water, covered, for 10 minutes. Drain and put in greased 2 quart casserole. Melt margarine and saute 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°.

PEAS ORIENTALE

Mary Hunter Dobson

2 (10 oz) pkg. frozen peas, slightly cooked	1/2 lb. sm. mushrooms, sauteed in butter
1 sm. can water chestnuts, drained and sliced thinly	1 (10 1/2 oz.) can cream of mushroom soup
1 can bean sprouts, drained	

Beat soup with fork. Mix vegetables with soup and place in buttered casserole. Bake at 350° for 30 minutes. Top with french fried onion rings and bake 15 minutes more.

GNOCCCHI

Eleanor Johnson Bates '23
(Lydia's mother-in-law from L.A.)

1 c. hominy grits-regular	Dash pepper
1 qt. milk	1 c. Gruyere, grated
1/2 c. butter	1/2 c. Parmesan, grated
1 tsp. salt	

Bring milk to a boil, add butter, add grits gradually, stirring constantly and cook 5 minutes until thick. Remove from heat, add salt and pepper, beat with electric mixer for 5 minutes. Spread into 9x13 inch pan and let cool. Cut into 1x2 inch rectangles. Lay pieces "fallen domino style" on oven proof serving dish, sprinkle with cheeses and pour melted butter over the top. Bake at 400° for 30-35 minutes.

HASH BROWN SCALLOP

Clare Malcolm Fingerle

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

In greased 1 1/2 quart 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. Quick, easy and good potato casserole.

SCALLOPED POTATOES

Barbara Brown Knauss

6 lg. potatoes, sliced	Butter, approx. 4 T. (1/4 c.)
2 lg. onions, cut in rings	Salt and pepper
Flour, approx. 1/4 c.	Milk at room temperature
1 c. grated cheese, packaged sharp Cheddar is preferable	

Grease a 3-quart casserole with butter. Place in casserole, in layers, potatoes, onions, cheese. Sprinkle with flour and dot with butter. Add salt and pepper to taste. Repeat until all ingredients are used up and pour milk over top to cover. Bake one hour at 350°. Serves 4-6.

Years teach us more than books.

CORA'S TWICE-BAKED POTATOES

Barbara Brown Knauss

Lg. baking potatoes, baked	Salt and pepper to taste
Grated cheese, Velveta works well, to taste	Milk
Chopped onions	Optional: sour cream

Cut potatoes in half lengthwise. Hollow out potatoes and place in bowl (mixer). Mash, adding milk and sour cream to make a soft consistency. Add salt and pepper, grated cheese, and onions to the mixture. Return to shells and place on baking sheet. Bake at 350° until warmed through and top is browned. Garnish with chives or parsley.

TWICE-BAKED POTATOES

Margaret Lohman Helmreich

4 lg. baking potatoes	3/4 c. yellow cheese, cubed
Butter	1 T. green onion, chopped
1/2 c. sour cream	Salt and pepper
4 T. butter	1/4 c. Parmesan cheese, grated
1 egg, well beaten	Paprika

Rub potatoes with butter and prick skins with fork. Bake at 400° for 45 minutes. Split lengthwise and carefully scoop out potato, saving skins. Mash potato while still hot with sour cream, 3 tablespoons butter and beaten egg; beat till fluffy, stir in onion and cheese, salt and pepper to taste. Butter the skins with remaining tablespoon, pile in mashed potato light and high, sprinkle with Parmesan and paprika. Bake at 425° for 20 minutes.

These freeze well; hold the parmesan and paprika till second bake.

PERSIAN RICE

Caroline Child Tucker

2 T. butter	1/2 c. raisins
1 c. rice	1/4 c. silvered almonds
1 c. orange juice	1/4 tsp. grated orange peel
1 1/2 c. water	1 T. parsley, chopped
1 tsp. salt	

Combine butter and rice in skillet. Cook until 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

Place rice in 2 quart saucepan, wash with cold water, drain, then add the 2 1/2 to 3 cups water. Place saucepan over highest flame and boil, uncovered, until water is nearly boiled off. Steam holes will appear in rice. (The Chinese call these "fish eyes".) Cover, immediately, turn to lowest possible heat. Continue cooking for 15 to 20 minutes. Fluff rice with fork before serving.

PINEAPPLE RICE (MY MOTHER'S RECIPE)

Margaret Lohman Helmreich

1 c. uncooked rice

1 c. brown sugar

1 med. size can crushed

1/2 stick butter

pineapple

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.

BETSY'S SAVORY RICE

Elizabeth Walker Mouzon

1 c. uncooked rice, not

1 can (4 oz.) mushroom (stems and pieces) or equal amount of fresh mushrooms (sauteed in some of the butter)

Minute Rice

1 can onion soup

1 can water

1/4 lb. margarine or butter, cut in pieces

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

EASY SPINACH CASSEROLE

Margaret Lohman Helmreich

3 pkgs. frozen chopped spinach

Sm. can water chestnuts

1 pt sour cream

Cheddar cheese, grated, 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.

SPINACH ROCKEFELLER

Barbara Brown Knauss

2 1/2 pkgs. chopped spinach	2 buds garlic, minced
2 c. bread crumbs	1/2 tsp. thyme
1 onion, minced	1/2 tsp. cayenne
6 whole eggs, beaten	1 tsp. pepper
3/4 c. butter, melted	Salt to taste
1/2 c. Parmesan cheese	Garlic salt
1 T. Accent	

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.

BAKED ZUCCHINI SQUASH

Elizabeth Knudson Halford

6 sm. or 4 med. 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° for 25 to 30 minutes. Serves 6.

SALADS

ANTIPASTO SALAD

(serves 6-8)

Jeanne Byers Hernandez

1/2 sm. head cauliflower, in flowerettes	1 (4 oz.) jar pimento
2 carrots in 2 inch strips	1 (3 oz.) jar green olives
2 stalks celery in 1 inch pieces	1 (3 oz.) jar pitted black olives
1 green epper in 2 inch strips	1 tsp. salt
3/4 c. wine vinegar	1/2 tsp. oregano
1/2 c. olive oil	1/4 tsp. pepper
2 T. sugar	1/4 c. water

Mix all ingredients in large skillet. Bring to boil, reduce heat and simmer 5 minutes. Cool. Refrigerate at least 24 hours. Drain and serve. Cheese, pepperoni, croutons, anchovies, and/or hard-boiled eggs may be added for serving.

BLUEBERRY SALAD

Elizabeth Walker Mouzon

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

Dissolve gelatin in boiling water. Drain pineapple and blueberries and measure liquid. Add water to make 1 cup and add to gelatin. 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.

BLACK CHERRY AND PINEAPPLE SALAD WITH COCA COLA

Margaret Lohman Helmreich

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|--------------------------------------|---|
| 2 pkgs. black cherry Jello | 1 (No. 303) can black cherries, quartered |
| 1 (No. 2 1/2) can crushed pineapple | 2 bottles Coca Cola |

Drain fruit, reserve juice. Bring juice to a boil, dissolve Jello, add Coke. When Jello begins to congeal add fruit and chill.

BROCCOLI AND MUSHROOM SALAD

Mary Hunter Dobson

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|--|--------------------|
| 1 lb. mushrooms, cleaned and sliced | 4 tsp. vinegar |
| 1 head broccoli separated into florets | 1 tsp. salt |
| 2 green onions finely chopped | 1 tsp. paprika |
| 1 c. oil | 1 tsp. celery seed |
| | 1 T. onion powder |
| | 1/2 c. sugar |

Combine mushrooms, broccoli, onions and allow to stand 1 hour. Mix oil, vinegar and seasonings, pour over salad, let stand another hour before serving.

BETTY'S GREEN PEA SALAD

Martha Hatcher Cargo

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|---|--------------------------------|
| 6 slices bacon, cooked crisp | 1/2 c. celery, sliced thin |
| 20 oz. frozen peas, cooked and well-drained | 1/4 lb. American cheese, cubed |
| 3 T. chopped onion | 6 hard-boiled eggs, chopped |

Assemble all in bowl and chill. One-half hour before serving, mix with 1 teaspoon Accent and 1 cup salad dressing.

TWENTY-FOUR HOUR SLAW

Margaret Lohman Helmreich

1 med. head cabbage, shredded	1 tsp. celery salt
1 sm. onion, grated	1 tsp. prepared mustard
1 c. sugar	1/2 tsp. pepper
1 c. vinegar	1/2 c. salad oil
1 tsp. salt	

Boil 3 minutes; vinegar, salt, celery salt, mustard, pepper, oil. Pour over cabbage, onion, sugar. Cover and refrigerate 24 hours.

MARILYN'S CRANBERRY-RASPBERRY JELLO MOLD Lydia Richardson Bates

1 lg. pkg. raspberry Jello	1 can (11 oz.) crushed pineapple
1 1/2 c. boiling water	Marshmallows or nuts (optional)
1 can (2 cups) cranberry jelly	

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

CUCUMBER SALAD MOLD

Jeanne Byers Hernandez

1 (3 oz.) pkg. lime Jello	1/2 c. diced celery
1 1/2 c. water	2 tsp. grated onion
2 T. lemon juice	1 c. mayonnaise
1 c. minced seeded cucumber	1/2 c. sour cream

Dissolve Jello in 3/4 cup boiling water. Add remaining 3/4 cup water and lemon juice. Chill until partially set. Add remaining ingredients and beat together. Pour into 5-cup mold and chill until firm.

SPICED FRUIT SALAD

Betty Osgood Woodburne

2 cans fruit for salad, well drained	1 tsp. mild curry powder
1 can bing cherries, well drained	Juice of 1 lemon
	3/4 c. sugar
	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.

MEDIEVAL SALAD

Roberta Frechette

Escarole	Fresh mint
Chicory	Watercress
Fennel bulbs, sliced thinly	Borage
Shallots, minced	Fresh rosemary
Leeks (white part only), thinly sliced	Rue
Turnips and parsnips, peeled and sliced	Purslane
Almonds, chopped	Wine or cider vinegar
Dates and figs, chopped	Mustard
Garlic, finely minced	Brown sugar
Filberts, chopped	Salt, pepper
Raisins	Sweet spices
Cabbage, shredded	Walnut oil (or virgin olive oil)

Put together the greens, vegetables, nuts and dried fruits in whatever combination is available and pleases you. Serve with a vinaigrette dressing as above. This adaptation of a late 14th century English recipe was served at the banquet which ended the Wellesley College Medieval Symposium, Summer 1980.

SPICY PEACH SALAD

Pat Harvey Kennedy

Peach syrup from canned peaches	1 1/2 tsp. whole cloves
3/4 c. vinegar	3 pkgs. (3 oz.) orange gelatin
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 cups. Combine with vinegar, salt and spices in saucepan. Simmer 10 minutes. Remove spices. Measure syrup and add boiling water to make 6 cups. Pour over gelatin; stir until 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 gelatin over fruit. Chill until firm. Cut in squares; serve on lettuce.

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

Let the salad-maker be a spendthrift for oil, a miser for vinegar, a statesman for salt, and a madman for mixing.

Spanish Proverb

PINEAPPLE-SHRIMP MOLD

Betty Osgood Woodburne

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, ringed and drain
1 tsp. salt	

Dissolve Jello in boiling water. Add cold water, vinegar and salt. To 1 1/2 c. gelatin mix, add pineapple chunks. Pour into 2 quart salad mold. Let set. To 1 cup gelatin mix, add mayonnaise and onion. Stir well. Pour over set mixture of above. Chill. When set, pour over the rest of gelatin mix to which shrimp have been added. Let set. Unmold on lettuce to serve.

Serves 8.

POTATO SALAD "FOR ALL SEASONS"

Barbara Brown Knauss

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

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!

LORENE'S OVERNIGHT SALAD

Barbara Baumberger Crane

2 c. chopped lettuce	1 pt. mayonnaise
1/2 c. chopped onion	1/2 c. Parmesan cheese
1/2 c. chopped celery	1/2 lb. bacon, cooked and crumbled
1 can sliced water chestnuts	5 hard-boiled eggs, chopped
2 tsp. sugar	Fresh parsley
1 (10 oz.) pkg. frozen peas, thawed and drained	

Cover with lettuce a flat serving dish 4-5 inches deep. Add in layers: onion, celery, water chestnuts, sprinkle sugar over all. Add peas evenly, spread mayonnaise, sprinkle Parmesan. Cover tightly with foil and refrigerate overnight. Next day add bacon, eggs. Cover tightly again until ready to serve. Garnish with parsley.

Don't brag; it isn't the whistle that pulls the train.

PEAS 'N' PEANUTS

Eleanor DeCourcy Wernette

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|--|-----------------------------|
| 2 pkg. frozen peas | 1 tsp. garlic salt |
| 1 pt. dairy sour cream | 1 tsp. lemon juice |
| 1 sm. can Spanish peanuts or
Cocktail peanuts | 1 tsp. Worcestershire sauce |

Spread peas on terry towel. Defrost and dry. Mix with rest of ingredients. Refrigerate for several hours.

RICE SALAD

Molly Hunter Dobson

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|------------------------------------|----------------------------------|
| 1 c. uncooked rice | 2 pimentoes, diced |
| 2 c. carrots, coarsely
shredded | Salt to taste |
| 1/2 c. celery, thinly sliced | Freshly ground pepper to taste |
| 1 green pepper, cut in
strips | 3 green onions |
| | 1 c. (barely) cooked peas |
| | 1/2 c. Wishbone Italian dressing |

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

SHRIMP SALAD

Martha Hatcher Cargo

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|-------------------------------|--------------------------------|
| 1/2 c. uncooked rice | 6 stuffed olives |
| 1 (4 1/2 oz.) can shrimp | Juice of 1/2 lemon |
| 1/2 green pepper | 1/4 c. mayonnaise |
| 1 sm. onion | Salt, pepper, Tabasco to taste |
| 1 c. raw cauliflower sections | |

Cook rice in boiling salted water till tender. Drain and cool. Cut shrimp in half, lengthwise; chop onion and pepper fine. Separate cauliflower into little sections, and slice olives. Mix shrimp, rice, vegetables, and lemon juice together. Add remaining seasonings and mayonnaise. Serve on crisp salad greens or use to stuff small, whole tomatoes.

SPINACH SALAD

Barbara Brown Knauss

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|--|--------------------|
| 2 pkgs. fresh spinach, washed
drained, stemmed, torn into
small pieces | 1/3 c. oil |
| 6 hard-boiled eggs, sliced | 2 T. vinegar |
| 8 slices bacon, cooked and
crumbled | 1 tsp. lemon juice |
| 1 med. onion, thinly sliced | Salt and pepper |
| | 1 T. dry mustard |
| | 1/2 tsp. sugar |
| | Paprika, parsley |

Marinate onion in dressing, pour over spinach and bacon, decorate with egg, parsley, paprika.

SPINACH-RICOTTA MOLD

Jean Byers Hernandez

1 pkg. frozen chopped spinach	1 c. water
1 envelope unflavored gelatin	1/4 c. lemon juice
1/2 c. water	1/3 c. mayonnaise
1/4 c. sugar	1 c. Ricotts cheese
3/4 tsp. salt	1/2 c. celery, chopped

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

SPINACH SALAD

Eleanor DeCourcy Wernette

1 pkg. fresh spinach; wash, drain and stem	1 c. salad oil
1 can bean sprouts, drained	3/4 c. sugar
4 hard-boiled eggs	1/2 c. catsup
4 slices bacon, cooked and crumbled	1/4 c. vinegar
	1 med. onion, chopped fine
	Dash Worcestershire...salt

Mix dressing well. Pour over spinach etc.

TABOULI

Trudy Oliver Bulkley

1 1/4 c. coarse bulgar wheat, raw	3/4 c. fresh mint, minced
4 c. boiling water	3/4 c. scallions, chopped
1 can garbanzo beans, drained	3 tomatoes, chopped
1 1/2 c. fresh parsley, minced	1/2 c. (or more) lemon juice
minced	1/4 c. olive oil
	1-2 tsp. salt, pepper to taste

Pour boiling water over wheat and let stand 2 hours, fluffing occasionally. Drain and squeeze as dry as possible. Combine with the rest of the ingredients and chill.

CRANBERRIES WITH A FLAIR

Carol Ingham Plumer

More than 1 lb. cranberries, sorted	1 1/2 to 2 c. water
1 1/2 c. sugar	3 cinnamon sticks

Add sugar and water to cranberries. Add cinnamon sticks. Bring to boil and cook for 10 minutes; skim the froth. It's the cinnamon that is special. If you can't get the sticks, use a teaspoon or so of ground cinnamon.

VEGETABLE SALAD

Patricia Harvey Kennedy

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|--|---------------------------|
| 1 can (No. 303) french
green beans, drained | 2 c. green onion, chopped |
| 1 can (No. 303) baby lima
beans, drained | 1 c. celery, chopped |
| 1 can (No. 303) tiny peas,
drained and sliced | 3/4 c. salad oil |
| 2 sm. jars pimentos, drained
and slices | 3/4 c. wine vinegar |
| | 3/4 c. cider vinegar |
| | 1 1/2 c. sugar |
| | 2 tsp. salt |

Mix well oil, vinegars, seasonings and pour over vegetables. Refrigerate several hours before serving. Will keep for weeks.

MOCK HOLLANDAISE SAUCE

Eleanor DeCourcy Wernette

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|--------------------------------------|------------------|
| 2 egg yolks, beaten slightly | 2 T. lemon juice |
| 1 c. coffee cream (or 1/2 n
1/2) | 3/4 tsp. salt |

Beat yolks and coffee cream. Add lemon and salt. Cook in double boiler over hot water until thick. stirring constantly. Can be re-heated.

QUINCE SAUCE

Carol Ingham Plumer

Quinces, however many you have, cored and cut up

This is like apple sauce but with a special tang. In water to cover, simmer until soft, or cook over night in a crock pot. Put through strainer. Most people think only of quince jelly, but if you can find quinces, you will like this with meat or as a dessert.

A boy becomes a man when he walks around a puddle instead of through it.

ADDITIONAL RECIPES

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INTERNATIONAL



INTERNATIONAL

CHINESE CHILLED BEAN CURD WITH DRIED SHRIMP

Ann Patterson Munro

1 container bean curd	2-3 T. soy sauce
1/2 c. dried shrimp	1/4 tsp. MSG
2 T. green onion and/or leek, chopped	2 T. sesame oil

Drain bean curd and slice into 3 or 4 3/4 inch thick slices. Arrange on serving platter. Soak dried shrimp in lukewarm water for 15 minutes; drain and squeeze out water. Slice (do not chop fine). Cover the bean curd with shrimp. Sprinkle with onion/leek, soy sauce, MSG and sesame oil. Chill at least one hour before serving.

MUSTARD TOFU DIP (FROM SOY PLANT)

Sally Waddell Wacker

1 lb. tofu (soy bean curd)	2 T. soy sauce
1 T. ground dry mustard	1 T. vinegar
1/2 T. (or less!) cayenne	1/4 c. oil, approximately
1 1/2 T. turmeric	

Blend in blender, adding oil as needed.

TINA'A GAZPACHO

Elspeth Cahill Swope

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

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 three hours in refrigerator. Makes 8 servings. Serve in individual chilled glass bowls; croutons to sprinkle on top are optional. No cooking involved!

The biggest room in the world is the room for improvement.

POTAGE PARMENTIER

Elspeth Cahill Swope

- | | |
|--------------------------------|------------------------|
| 6 c. water | 1 (No. 2) can tomatoes |
| 4 lg. potatoes, peeled | Butter |
| 3 lg leeks, washed and chopped | Seasonings to taste |

Cook potatoes in salted water until they fall apart. Saute leeks in butter until soft but not brown. In another pan simmer tomatoes, broken up, and liquid. Add leeks and tomatoes to potatoes and simmer half an hour. Season to taste.

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.

MOUSSAKA

Anne Pyne Cowley

- | | |
|----------------------------|--------------------------------|
| 2 med. eggplants | 1/4 tsp. cinnamon |
| 8 T. olive oil | Salt and pepper |
| 2 lbs. ground lamb or beef | 8 T. butter |
| 2-3 lg. onions, chopped | 6 T. flour |
| 3 T. tomato paste | 1 qt. milk |
| 1/4 c. dry wine | 4 eggs, well beaten |
| 1/2 c. chopped parsley | 1/2 tsp. nutmeg |
| | 2 c. ricotta or cottage cheese |
| | 1 c. Parmesan, grated |

Peel eggplant, slice 1/4 inch thick, brown quickly in 4 tablespoons oil and set aside. Heat 4 tablespoons more oil, brown onions, meat, and other ingredients through, salt and pepper; simmer 25 minutes. Melt butter, stir in flour, add milk slowly, cook stirring till thickened. Add beaten eggs, nutmeg, ricotta. Grease a 11x16 inch baking dish (or two smaller ones) and layer with: eggplant, Parmesan, meat sauce, more Parmesan, egg mixture. Bake at 350° for 1 hour. Can be made a day ahead and reheated.

Even the mosquito gets a pat on the back when he's working.

STEPHATHO (GREEK STEW)

Mona Seelig Stolz

2 lbs. beef (or rabbit) stew meat, 1 inch cubes	1/4 c. olive oil 24 small boiled onions
3 cloves garlic, peeled	1/2 T. salt
1/4 tsp. pepper	1/4 tsp. cinnamon
1 tsp. pickling spice	3 bay leaves
1 pt. red wine	1/4 c. vinegar

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

TACO SALAD

Anne Pyne Cowley

1 lb. ground beef	1/2 c. Cheddar, grated
1 pkg. powdered taco sauce mix	1 bermuda onion, chopped
1/2 head lettuce, shredded	1 sm. can pitted olives
3 tomatoes, chopped	1 bag tortilla chips, crushed
1 avacado	2-3 T. salad dressing

Brown beef, drain excess fat, add sauce mix and prescribed amount of water and simmer. Mix remaining ingredients in salad bowl. Add beef, toss, and serve immediately.

CHOP SUEY

Virginia Butterworth Eng-Wong

2 T. oil	1 sm. can mushrooms
1 tsp. salt	1 c. chicken stock
1 1/2 c. uncooked chicken meat, diced	1/2 c. sliced scallions
6-8 water chestnuts, sliced	1 T. cornstarch
3/4 c. diced bamboo shoots	1/4 c. cold water
1 c. frozen peas	2 T. oyster sauce

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

Money never made a fool of anybody; it only shows them up.

CHOW MEIN

Virginia Butterworth Eng-Wong

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|--|---|
| 2 T. oil | 1 lb. Chinese noodles |
| 1 tsp. salt | 1 T. light soy sauce |
| 2 c. uncooked chicken and/or pork | 1 T. sherry |
| 2 stalks celery, diagonally sliced | 1 tsp. sesame oil, optional |
| 1 c. bamboo shoots, finely sliced | 1 c. chicken broth |
| 1/2 lb. bean sprouts | 1 tsp. sugar |
| 6 to 8 black mushrooms, soaked and sliced | 1 tsp. dark soy sauce |
| 1 lg. bunch bok toi (1 1/2 lb.) diagonally sliced) | 1/4 tsp. MSG |
| 6 to 8 water chestnuts (sliced) | 1 1/2 T. cornstarch, dissolved in 1/4 c. cold water |
| | 3 T. oyster sauce |
| | Oil for frying |

Boil noodles in large pot of boiling salted water, 5 to 7 minutes. Drain in colander and reserve. Heat several tablespoons of 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. Meanwhile, heat 2 tablespoons oil in Dutch oven or large frying pan. Add salt, then chicken or pork and cook until meat changes color. Add all vegetables and stir-fry thoroughly (2 to 3 minutes). Mix in soy sauce, sesame oil, sherry, sugar and chicken broth. Cover pan, lower heat to medium and cook 3 to 5 minutes. Raise heat, thicken sauce with cornstarch dissolved in water; season with MSG and oyster sauce. Arrange noodles on individual plates; ladle vegetable mixture over noodles on each plate. vinegar and soy sauce may be used as condiments.

SWEET AND SOUR CHICKEN

Caroline Child Tucker

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|--|---------------------------------|
| 12 whole chicken breasts, boned or 24 mixed chicken pieces | 1 lg. green pepper, diced |
| 1 c. ketchup | 1 c. brown sugar |
| 3 T. prepared mustard | 1 can (No. 2) crushed pineapple |
| | 1 lg. onion, diced |

Simmer ketchup, custard, 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 minutes. Pour over seasoned chicken pieces. Bake boned breasts 45 minutes at 375°; other parts 1 1/2 hours at 350°

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 med. green pepper, diced |
| 2 tsp. cornstarch | 1 tsp. sugar |
| 3 T. oil | 2 T. Hoisin sauce |

Soak mushrooms at least 30 minutes. Rinse, drain and dice. Skin and bone chicken breasts. Cut into large dice. Mix chicken with sherry and cornstarch. Heat oil in skillet over high flame; stir-fry chicken about three minutes until meat whitens. DO NOT BROWN. Add vegetables; mix and stir-fry thoroughly. Add sugar and Hoisin sauce; mix thoroughly. You may also stir in 1/3 cup slivered blanched almonds.

RED-COOKED CHICKEN

Harriet Mills

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|--|--|
| 1 (5-6 lbs.) chicken, whole
or cut up | 1 star anise |
| 1 wedge ginger root (size of
50¢ piece) | 2 tsp. sherry |
| 1 clove garlic | 1 c. light soy sauce (regular
supermarket type) |
| 4 T. sugar (or to taste) | 1 c. dark soy sauce (regular
soy sauce will do) |
| 1 c. water | |

Wash chicken thoroughly and dry with paper towels. Some people hang chicken up for 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 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 cup 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 awhile 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.

Home is the place where we grumble the most and are treated the best.

TURKEY ORIENTAL

Martha Hatcher Cargo

1/2 d. 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. turkey, diced
1/2 c. celery, dices
2 T. green pepper, chopped
3/4 tsp. salt
Rice or chow mein noodles
1/3 c. chopped almonds, toasted

Saute pineapple in butter or margarine about 5 minutes;
Add turkey broth or bouillon and bring to boiling. Blend
pineapple juice and flour and stir into hot mixture; cook,
stirring constantly, until mixture thickens. Add Tabasco,
turkey, celery, green pepper, pimiento, almonds and salt and
heat to serving temperature; serve over hot rice or crisp fried
noodles. Serves 4-6.

LO MEIN

Virginia Butterworth Eng-Wong

8 to 10 lg. black mushrooms
1 pkg. fresh noodles
6 T. oil
3/4 lb. bok toi, shredded
2 tsp. salt

2 c. roast pork, shredded
1/2 lb. bean sprouts
4 T. soy sauce
2 tsp. sugar
1/4 tsp. MSG

Soak mushrooms at least 30 minutes. Rinse, drain and slice
julienne. Boil noodles in 2 quarts water for 3 minutes. Rinse
in cold water, drain and mix with 2 tablespoons of the oil. Stir
fry mushrooms and bok toi in 1 tablespoon of oil over high flame
in Dutch oven. Add salt and mix well. Add pork and bean sprouts;
stir-fry 1 minute. Remove all and reserve for later use. Add
remaining 3 tablespoons of oil to pan; stir-fry noodles, breaking
with spoon while stirring. Add soy sauce, sugar and MSG.
Return vegetables and meat to pan, mix well and serve. Serves 6.

PORK WITH BEAN SPROUTS

Virginia Butterworth Eng-Wong

1/2 lb. fresh pork, finely
shredded
2 T. salad oil (peanut, corn
or vegetable; not olive oil
or butter)
Pinch salt
Pinch sugar
Pinch MSG
1 tsp. DARK soy sauce

1 tsp. sherry
2 cloves garlic, crushed
1/2 lb. bean sprouts, rinse
and clean
1/3 c. chicken broth
1 tsp. cornstarch (dissolved
in 1 T. cold water)
1 scallion, chopped
Continued Next Page.

PORK WITH BEAN SPROUTS (Continued).

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 bean sprouts about 2 minutes. Remove to bowl. Stir-fry pork for 2-3 minutes. DO NOT BROWN. Add broth, bring to boil, then thicken with cornstarch mixture. Return sprouts to skillet, heat thoroughly, pour into serving dish and garnish with scallions.

PORK WITH SNOW PEAS

Jeanne Byers Hernandez

2 lbs. 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 pkgs. frozen snow peas, water chestnuts and bamboo shoots
1/3 c. vegetable oil	1/4 c. sherry
1 sm. 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° for 30 minutes, or until pork is tender. Add vegetables, sherry and water to skillet. Cook at 250° for 5 minutes. Serve with rice for 4-5.

CREATIVE COOKERY

Cookery means carefulness, willingness, daring-inventiveness, readiness of equipment and appliances. It means the economy of your grandmothers', the science of modern chemists; it means much testing and no wasting; it means patience, and patience some more; it means the love for cooking; enticing the family to proper tantalizing meals and foods; centering the life of the family around the kitchen; with English thoroughness, French Art, Irish wit, German rivalry, Spanish struggle, Italian achievements, Bohemian determination, American advancements and Arabian hospitality.

SWEET AND SOUR PORK

Helen Curtis Davis

1 lb. lean pork	1 T. cold water
2 green peppers	1 T. soy sauce
1 can pineapple	1/2 tsp. salt
1 green onion including top, sliced	1 T. cornstarch
6 water chestnuts, sliced	4 T. cold water
1 T. cornstarch	1 T. soy sauce
	3 T. vinegar
	4 T. sugar

Cut pork into strips 2x1/3x1/3 inch and marinate overnight in cornstarch, water, soy sauce, salt. To prepare, coat pork strips with cornstarch and fry in oil till done. Remove, let dry, and keep warm. Saute sliced green pepper and cut-up pineapple lightly and remove excess oil. Add last five ingredients stirring till thickened. Remove from heat and add pork just before serving.

NORWEGIAN SALMON PUDDING

Elizabeth Knudson Halford

1 lb. can red salmon	2/3 c. butter or margarine, melted
1 c. fine cracker crumbs	1 T. lemon juice
3 or 4 eggs, well beaten	4 T. ketchup
1 c. milk	Salt and pepper

SAUCE:

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

Flake and bone salmon and mix thoroughly with cracker crumbs. Add seasoning. 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. Make sauce with first 4 sauce ingredients. Add seasonings and parsley. Also salt and pepper if desired. Preparation time 1 1/2 hours. Serves 6.

TERIYAKI SAUCE FOR FISH -DOROTHY PON

Elsbeth Cahill Swope

1/4 c. good soy sauce	4 T. dark brown sugar
1/4 c. water	1 clove garlic
1/3 c. sherry	3 T. onion, grated
1 inch piece ginger, sliced thinly	

Continued Next Page.

TERIYAKI SAUCE FOR FISH (Continued).

Marinate raw fillets of fish (coho salmon is great) in sauce. Drain, don't blot, and place fillets in shallow pan-no rack. Broil close to flame. Strain and thicken sauce and pour over cooked fish.

SHRIMPS WITH CUCUMBER

Virginia Butterworth Eng-Wong

1 lb. fresh shrimp	3 T. oil
1 T. sherry	1/3 tsp. sugar
2 tsp. salt	2 slices ginger root
2 tsp. cornstarch	Pinch MSG
2 med. cucumbers	

Clean and shell shrimp, split lengthwise, rinse in cold water. Mix shrimp with sherry, 1 teaspoon of the salt and cornstarch. Peel cucumber and quarter lengthwise. Cut into 1 inch dice. Heat 1 tablespoon of oil in skillet on high flame; add remaining salt and sugar. Add cucumbers and stir-fry until slightly transparent. Do not overcook. Remove and reserve. Stir-fry shrimp in remaining oil with ginger root. When shrimp turns pink, return cucumber to the pan; mix well, add MSG and serve.

ASPARAGUS, CHINESE STYLE

Barbara Brown Knauss

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

Remove ends of asparagus stalks. Wash thoroughly and cut in thin diagonal slices. Combine cornstarch, 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.

The glory of every morning is that it offers us a chance to begin again.

CURRIED CORN

Helen Curtis Davis

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|------------------------|----------------------------|
| 1 egg | 1 1/4 c. small bread cubes |
| 1 can cream style corn | 3 T. butter |
| 1/4 tsp. salt | 1 1/2 tsp. curry powder |

Beat egg till thickened, mix in corn and salt, pour into 8-inch greased baking pan. Top with bread cubes. Melt butter, stir in curry, pour over everything. Bake at 350° for 30 minutes. May be garnished with olives, parsley, pimento.

OI (CUCUMBER) NAMUL -- KOREAN

Ann Patterson Munro

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|---------------------------|----------------------------------|
| 3 cucumbers (med. to lg.) | 2 T. salt |
| DRESSING: | |
| 1 T. sesame seed oil | 2 tsp. green onion, chopped |
| 1 T. soy sauce | 1 tsp. sugar (may need less) |
| 1 tsp. cayenne | White vinegar to taste (1 tsp.+) |
| 1 tsp. crushed garlic | |

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

SAUTEED SPINACH A LA CHINOISE

Harriet Mills

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|--------------------|-------------------------|
| 1 lb. spinach | 1/4 tsp. sugar |
| 2 T. vegetable oil | 1/4 tsp. MSG (optional) |
| 1/2 tsp. salt | Dash pepper |
| 1 clove garlic | |

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 15 seconds. Add sugar, MSG and pepper. Serves 3 or 4. This recipe can be used for any leafy vegetable.

BEAN SPROUT SALAD

Virginia Butterworth Eng-Wong

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|---------------------------|-------------------------|
| 1/2 lb. bean sprouts | 1 1/2 T. dark soy sauce |
| 1/4 c. scallions, chopped | 1/2 tsp. sugar |
| 1 T. oil | Pinch MSG |
| 1 T. wine vinegar | Continued Next Page. |

BEAN SPROUT SALAD (Continued).

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.

NORTHERN CHINESE SALAD

Ann Patterson Munro

1 cucumber, thinly sliced
1 carrot, sliced very thin
1 chicken breast, cooked
2 slices cooked ham

1 c. bean sprouts
1/4 c. parsley, chopped
2 oz Yang Fen (Chinese vermicelli)
1 egg

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
3-4 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 teaspoon 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.

FRIED RICE

Virginia Butterworth Eng-Wong

4 T. oil
2 eggs, individually slightly beaten
3/4 c. fresh shrimp, chopped
4 c. cold cooked rice
1 c. fresh or frozen peas

2 T. soy sauce
1/2 tsp. sugar
Pinch MSG
1 c. cooked ham, chopped
1/2 c. scallions

Heat 1 tablespoon 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 3-5 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).

GREEK SALAD

Anne Pyne Cowley

Tomatoes, cut in wedges	Feta cheese, crumbled
Cucumbers, peeled and sliced	Salt and pepper
Bermuda onion, thinly slices	Olive oil
Ripe olives	Lemon juice (fresh)

Arrange in bowl, drizzle with olive oil and lemon juice.

HOMMOS

Barbara Brown Knauss

1 can garbanzos (chickpeas)	1/4 c. lemon juice
6 T. tahini (sesame seed paste)	1 clove garlic, minced
1/2 tsp. salt	1/2 tsp. cumin
1/4 c. olive oil	

Drain garbanzos, reserving liquid. Blend or process all ingredients with adding liquid to desired consistency, approximately 1/4 c.

Serve with pita bread or raw vegetables.

QUICK BABA AU RHUM

Terry Harris Grabar

CAKE:

2 eggs, separated	4 T. flour, well rounded
4 T. (well rounded) sugar	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.

A friend is a present you give yourself.

SWEDISH SPIDER CAKE

Beth Chase Cunningham

2 T. butter	1/3 c. cold water
1 c. light brown sugar	1 c. flour, sifted
1 lg. 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 until 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.

CHINESE 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.

VIENNA KEPFEL (COOKIES)

Virginia Hodson Chambers

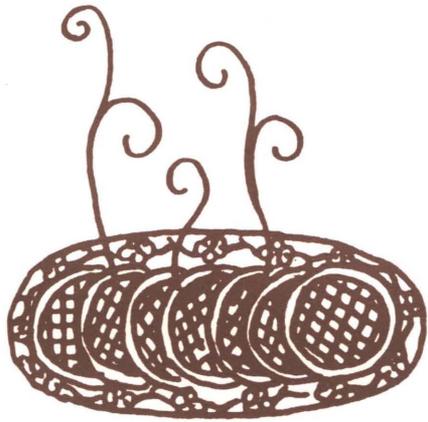
4 oz. butter	1 1/4 c. flour, sifted twice
1/3 c. sugar	1 tsp. vanilla
4 T. finely ground almonds	

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.

ADDITIONAL RECIPES

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BREAD



BREADS

BLENDER BANANA BREAD

Beth Chase Cunningham

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
1/2 c. wheat germ	1/2 c. shelled pecan pieces
2 eggs	

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

COMPLEAT BREAKFAST BREAD

Agnes Pearson Reading

1 c. quick oatmeal	1 pkg. plus 1 tsp. dry yeast
1/2 c. molasses	1/4 c. warm water
2 c. boiling water	2 c. whole wheat flour
1 tsp. salt	3 c. white flour
2 T. butter or margarine	1 egg
1/4 c. powdered milk	

Combine first five ingredients; let cool. Dissolve yeast in warm water; add yeast mixture, egg, powdered milk to cooled molasses mixture. Add one cup whole wheat flour and beat with hand mixer for two minutes. Add second cup whole wheat flour and mix another two minutes. Add white flour, one cup at a time, and mix thoroughly. Cover and let rise until double. Punch down, divide into two parts, place into greased loaf pans. Let rise again, then bake at 350° for 40 minutes, or until done.

The human body is designed to last a life time if it is given the proper care.

CHEDDAR CHEESE BREAD

Elspeth Cahill Swope

1 pkg. dry yeast	2 tsp. salt
1 3/4 c. milk	2 T. butter
1 c. warm water, 105-115°	5 c. sharp Cheddar cheese, shredded
1/4 c. sugar	5 1/2 c. flour

Sprinkle yeast over warm water in small bowl and stir to dissolve. Set aside. Heat milk to scalding. Stir in sugar, salt, butter, and 3 1/2 cups cheese. Stir until butter and cheese are melted; set aside to cool until lukewarm. In mixing bowl, combine 2 1/2 cups flour, the cheese mixture, yeast, and the other 1 1/2 cups cheese. With electric mixer beat for 2 minutes until smooth. Add additional flour, 1 cup at a time, stirring with wooden spoon, then kneading until dough is rough-formed and leaves sides of bowl. If it is wet or slack, use additional 1/2 cup flour. Knead 10 minutes. Place in greased bowl, turn to coat, cover tightly. Place in warm place to rise until doubled, approximately 1 1/2 hours. Punch down, divide in half, let rest 10 minutes. Shape into loaves, cover, let rise until doubles. Bake at 375° for 40 minutes. Check after 15 minutes of baking and cover with foil or brown paper if it is getting too brown. Let cool on wire rack. This is fabulous toasted but be careful it does not burn.

EASY CHEESE BREAD

Betty Osgood Woodburne

1/2 c. warm water	2 tsp. salt
1 T. sugar	1/4 c. oil
1 pkg. dry yeast	1 T. honey
1 c. powdered milk	2 c. shredded cheese
1 1/2 c. hot water	6-7 c. white flour

Mix well in a small bowl warm water, sugar, and yeast. Mix well in a large bowl powdered milk, hot water, salt, oil, and honey. Stir in yeast mixture and cheese. Add 2 cups flour and beat well with electric beater. Add up to 5 cups flour to make dough. Knead 8-10 minutes. Let rise, covered, until doubled in bulk, about one hour. Make into two loaves. Let rise 30 minutes. Bake at 375° for 30 minutes.

Gossip is the art of saying nothing in a way that leaves nothing unsaid.

NO-WAIT HEALTHY BREAD

Betty Osgood Woodburne

1 1/2 c. oatmeal, not instant	1 T. salt
2-3 pkgs. dry yeast	1/4 c. salad oil
1-4 c. warm water	1/4 c. wheat germ
2 T. honey	1 c. soy grits
1/8 c. honey	6 c. whole wheat flour
1/8 c. molasses	3 c. white flour, approximately

Warm oatmeal in 275° oven. Put water and 2 tablespoons honey in large bowl, add yeast, and let stand 10 minutes in a warm place, until foamy. Add rest of honey, molasses, salt, oil and oatmeal. Let stand a few minutes. Add wheat germ, soy grits, and whole wheat flour. Add enough white flour so you can handle dough. Knead 8-10 minutes. Shape into two loaves. Place in greased loaf pans. Bake 15 minutes at 275°. Increase heat to 350° and bake 30-40 minutes longer until loaf sounds hollow when tapped on bottom.

ENGLISH HERB BREAD

Beth Chase Cunningham

1 pkg. (1 T.) granulated yeast	2 eggs, well beaten
2 c. milk	1 tsp. nutmeg
1/4 c. sugar	2 tsp. crumbled sage
1 T. salt	4 tsp. caraway seeds
1/4 c. butter or margarine	1 tsp. celery seed
6 c. (approximately) flour	

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 cups 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). Punchdown, divide into two equal parts. Let rest a few minutes. Make into two loaves. Place in 9x5x3 inch loaf pans.

Let rise in warm place until double. Bake 10 minutes at 425°, then about 30 minutes at 375°. To test doneness, turn loaf out of pan and thump bottom with knuckles; loaf will sound hollow when done. Cool thoroughly on rack (turn loaf on side) before wrapping. Can also be baked in miniature loaf pans (made of heavy aluminum foil and available at hardware stores). These are nice for a cocktail party. Excellent with cheese, turkey or roast beef.

This recipe was given to me by a wonderful lady, Bea Watson.

OATMEAL BREAD - 1

Jane Lockwood Barney

2 c. oatmeal, quick or regular	2 pkgs, dry yeast
3 1/2 c. boiling water	1/2 c. lukewarm water
2/3 c. brown sugar	Pinch sugar
4 tsp. salt	11 c. flour
1/2 c. oil	1 T. molasses, optional

Place oatmeal, brown sugar, salt, oil and molasses in large mixing bowl. Pour boiling water over it, stir, and let stand until lukewarm (or cool it after a few minutes). Dissolve sugar and yeast in lukewarm water. Pour yeast mixture into oatmeal mixture, add enough flour to make a very stiff dough. Knead 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 down 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 cloth and let rise until double in size. Bake in 325-352° oven for about 40 minutes. Turn out on cake rack and let cool. Makes 3 loaves, under 2 pounds each.

OATMEAL BREAD - 11

Jane Lockwood Barney

3 c. oatmeal, quick or regular	2 pkgs. dry yeast
5 1/2 c. boiling water	1/2 c. lukewarm water
1 c. dark brown sugar	Pinch of sugar
6 tsp. salt	16 1/2 c. flour, approximately
3/4 c. vegetable oil	2 T. molasses, optional

Place oatmeal, brown sugar, salt, oil, and molasses in large mixing bowl. Pour boiling water over it, stir, and let stand until lukewarm (or cool it after a few minutes). Dissolve yeast and sugar in lukewarm water. Pour yeast mixture into oatmeal mixture, add enough flour to make a very stiff dough. Knead 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 down 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 325-350° oven for about 40 minutes. Turn out on cake rack and let cool. Makes 4 two-pound loaves and small round loaf or few rolls.

ONION DILL BREAD

Elspeth Cahill Swope

3 c. all purpose flour	2 tsp. dried dill seed (if you use dill-weed, make it 4 tsp.)
1 pkg. dry yeast	2 tsp. instant minced onion
1 1/4 c. milk	1 egg
2 T. sugar	1 tsp. salt
2 T. butter	

Put 1 1/2 cups flour and the yeast in large mixer bowl. Heat together milk, sugar, butter, dill seed and minced onion in small pan, until the butter melts. (Don't scald or simmer!) Add the warmed-up liquid to dry ingredients. Break in egg. Blend. Then beat 3 minutes on high, scraping bowl. Remove beaters when mixer is off. Blend in remaining 1 1/2 cups flour with spatula or spoon. Round dough over in bowl cover with clean cloth and let rise 'till double in bulk. Place in bread pan, (9x5x3 inches) which has been greased. Again, cover and let double in size. Preheat oven to 350°. Bake for 25 minutes, test for doneness. Cool. Wrap in foil and refrigerate. This is so easy, it is foolproof. Can make into 6 onion rolls, if you'd rather. Super-tasting for reubens!

ANOTHER RECIPE FROM THE HERB LADY, MARY GERATHY...

Elspeth C. Swope

PUMPKIN BREAD

Anne Pyne Cowely

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.

Many of us spend half our time wishing for things we could have, if we didn't spend half our time wishing.

MONKEY BREAD

Agnes Pearson Reading

- | | |
|-------------------------------------|-----------------------|
| 1 c. milk, scalded | 1 pkg. dry yeast |
| 1 c. potatoes, cooked
and mashed | 1/2 c. lukewarm water |
| 2/3 c. shortening | 2 eggs, well beaten |
| 1 tsp. salt | 5-6 c. flour |
| 2/3 c. sugar | 3/4 lb. melted butter |

Combine first five ingredients in large bowl; let stand until lukewarm. Dissolve yeast in water; add to cooled potato mixture. Stir in eggs. Add 1 1/2 c. flour; beat well. Continue to add flour until dough is stiff. Turn onto floured board and knead until smooth and elastic. Place in greased bowl, cover, and let rise two hours. Put into refrigerator to chill thoroughly. About 1 1/2 hours before serving time, roll out dough about 1/2 inch thick. Cut into 1 1/2 inch diamonds. Pull diamonds at opposite ends to elongate; dip into melted butter; arrange in layers in greased bread pans (ring molds are pretty and festive); then add second or third layers, staggering diamonds, until all is used. Fill pans no more than half full. Let rise until double, approximately 1 to 1 1/2 hours. Bake at 400° for 20-25 minutes. Makes three generous loaves. Very rich, and wonderful for eliminating buttering at the table.

ZUCCHINI BREAD

Margaret Lohman Helmreich

- | | |
|---|----------------------------------|
| 3 eggs, beaten | 1 tsp. salt |
| 1 c. oil | 1 1/4 tsp. baking powder |
| 2 1/2 c. sugar | 1 tsp. baking soda |
| 2 c. zucchini, grated but not
peeled | 3 tsp. cinnamon |
| 1 tsp. vanilla, or 2 tsp.
lemon peel, grated | 1 c. nuts, chopped
(optional) |
| | 3 c. flour |

Mix first five ingredients together. Then add rest of ingredients. Grease and flour 2 loaf pans or 1 bundt pan. Bake 60-70 minutes at 350°.

REFRIGERATOR WHITE BREAD

Betty Osgood Woodburne

- | | |
|--------------------|--------------------------|
| 6-7 c. white flour | 2 pkgs. dry yeast |
| 2 T. sugar | 1/4 c. shortening |
| 1 T. salt | 2 1/4 c. very warm water |
- Continued Next Page.

REFRIGERATOR WHITE BREAD (Continued).

Blend 2 cups flour, sugar, salt, and yeast in a large bowl. Add shortening and water. Beat 2 minutes at medium speed. Add 1 cup flour and beat 1 minute at high speed. Stir in additional flour until dough can be handled. Knead 8-10 minutes. Cover and let rest 20 minutes. Punch down and shape into two loaves. Place in greased pans. Brush tops of loaves with salad oil. Cover with plastic, leaving room for loaves to rise. Refrigerate for 2-24 hours. Remove from refrigerator. Preheat oven to 400°. With a toothpick prick any bubbles that have formed in the dough. When oven is heated, bake about 35 minutes, until loaf sounds hollow when tapped on the bottom. Makes two loaves.

MONTE CARLO BREAD

Beth Chase Cunningham

1 pkg. dry granulated yeast	3 c. flour
1/4 c. lukewarm water	2 eggs, slightly beaten
2/3 c. milk, scalded	1 c. mixed fruit (whatever you have: candied pineapple, cherries, citron, white raisins, currants, etc.)
1/2 tsp. salt	
1/3 c. sugar	
1/3 c. margarine or butter	

Soften yeast in lukewarm water. Add milk to salt, sugar and butter; stir until butter is melted. When lukewarm, add yeast. Add half the flour and beat well with wooden spoon. Let rise until very light. Add eggs, fruit and remaining flour. Knead lightly, let rise until light. Punch down, make into loaf and put in greased 9x5x3 inch loaf pan. Let rise and when light, bake in 400° oven for 10 minutes. Reduce to 375° and bake 35-40 minutes longer. Done when bottom sounds hollow when tapped. Cool on rack on side. Makes 1 large loaf (I usually triple recipe).

BETTY O'BRIEN'S NO BEAT POPOVERS

Eleanor DeCourcy Wernette

2 eggs	1 c. milk
1 c. flour (scant)	1/2 tsp. salt

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

GWEN'S BRAN MUFFINS

Molly Hunter Dobson

2 c. raisins	2 c. buttermilk
1 c. very hot water	1 tsp. salt
1 c. margarine	2 1/2 tsp. soda
1 c. sugar	2 c. flour
2 eggs	3 c. Kelloggs All-Bran

Soak raisins in hot water and set aside to soften. Cream margarine and sugar thoroughly. Add eggs and beat. Alternately add buttermilk and dry ingredients, then bran. Finally add water-raisin mixture. Bake in muffin tin in 375° oven for 20 minutes. Makes about 2 1/3 dozen.

ENGLISH MUFFINS

Lydia Richardson Bates

1 pkg. dry yeast	1 tsp. salt
1 c. lukewarm water	2-2 1/2 c. flour
1/2 c. potato flakes	White cornmeal

Add yeast to water and mix well. Add rest of ingredients and enough flour to make a manageable but soft dough. Put in greased bowl and let rise until doubled. Dump out on floured surface and pat 3/4 inch thick (no thinner). Cut with tuna fish can and place on cookie sheet which has been sprinkled liberally with cornmeal. Let rise one hour. Sprinkle electric fry pan with cornmeal and heat to 350°. Cook muffins 8 minutes on first side, turn and cook another 5-8 minutes on second side. Be careful not to crowd muffins in fry pan. These muffins keep best in the refrigerator.

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 same beater until light and lemon-colored. Stir in salt, flour, and cheese. Fold in egg whites. Bake on pre-heated pancake griddle.

RUBY'S LAST-MINUTE "ROLLS"

Martha Hatcher Cargo

1 c. self-rising flour (if using regular flour, add scant 1/2 tsp. soda and 1/4 tsp. salt)	1/2 c. milk
	2 generous T. mayonnaise or salad dressing

Mix ingredients together. Cook in unheated muffin tins at 425° for about 15 minutes.

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.

CAROLYN SMITH'S HERB BUTTER

Lydia Richardson Bates

1 stick butter	2 pinches basil
Freshly ground pepper	Marjoram

Soften butter and add seasonings. Brush on French bread that has been sliced horizontally. Broil until bubbly.

One reason why a dog is such a lovable creature is that his tail wags instead of his tongue.

ADDITIONAL RECIPES



DESSERTS



CAKES

GINGER CAKES

Elizabeth Cadbury Musgrave

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. Raisins and nuts, if desired boiling water	

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 inches apart on lightly greased baking sheet. Bake until set at 350°.

MRS. DUPONT'S MERINGUE CAKE

Elizabeth Walker Mouzon

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

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 inch. Make meringue mixture of the 4 egg whites and 1/2 cup sugar. You may add chopped nuts, if desired. Spread over baking mixture. Sprinkle granulated sugar on top. Bake 30 minutes in oven at 350°.

BETTY'S POUND CAKE

Lydia Richardson Bates

2 c. flour	1/2 c. milk
1 3/4 c. sugar	2 tsp. baking powder
1/2 c. Crisco	1 tsp. vanilla
1/4 lb. oleo	4 eggs

Put all ingredients in mixer and beat 20 minutes at moderate speed. Scrape sides of bowl a few times. Start in cold oven. Pour into well greased and floured tube or bundt pan. Bake 1 hour at 350°. Ships well.

MARY'S PISTACHIO MARBLE CAKE

Lydia Richardson Bates

For cake:

1 pkg. yellow cake mix
 4 eggs
 1 c. club soda
 3/4 c. Hershey syrup

1/2 c. cooking oil
 1/2 c. chopped walnuts
 1 pkg. pistachio instant pudding mix

For glaze:

1 T. butter
 2 T. cocoa

1 T. water
 1 c. XXXX sugar
 1 to 2 T. hot water

Combine all cake ingredients except nuts and syrup and mix at low speed 1 minute and at high speed 3 minutes, until well blended. Pour 2/3 of batter into greased and floured bundt pan. Add syrup and nuts to remaining batter and mix well. Pour over first batter and swirl into each other. Bake for 1 hour at 350°. Allow to cool 15 minutes and turn out. Cover with glaze while still warm. For glaze: Melt butter, stir in cocoa and water. Add XXXX sugar and enough hot water to make of drizzle consistency.

NORMANDIE CAKE

Betty Osgood Woodburne

1/4 c. butter
 3 egg yolks
 2 1/2 c. cake flour
 1 1/4 c. sugar

1 1/2 c. milk
 4 squares chocolate, melted
 2 tsp. vanilla

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 cup sugar. Last; fold 2 teaspoon baking powder. Bake in 3 layers in 350° oven. Frost with chocolate butter frosting.

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

QUICK LOAF CAKE

Gail Schaefer Fu

1 c. sugar
 1 egg white, or 1 whole egg
 1/2 c. shortening
 1 c. sweet milk

1 1/2 tsp. baking powder
 1/2 c. raisins, or as desired
 1 whole nutmeg, grate it yourself
 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.

LOUISE LOHMAN'S NOBY CAKE

Margaret Lohman Helmreich

1 c. sugar	1/2 tsp. nutmeg
2 T. butter or 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.

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 four 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.

RUM CAKE

Anne Pyne Cowley

For cake:

1 c. chopped nuts, pecans or walnuts	4 eggs
1 (18 oz.) pkg. yellow cake mix	1/2 c. cold water
1 (3 3/4 oz) vanilla pudding mix (Jello)	1/2 c. oil
	1/2 c. dark rum

GLAZE:

1/4 lb. butter	1 c. sugar
1/4 c. water	1/2 c. rum

Grease and flour 10 inch bundt or tube pan. Sprinkle with nuts. Mix rest of cake ingredients and pour over nuts. Bake 1 hour at 325°. Cool, invert on plate. Prick top with fork and drizzle with glaze. Decorate with whipped cream, cherries and grapes dusted with icing sugar. For glaze: melt butter, add rest, boil 5 minutes, stirring constantly. Remove from heat and add rum.

UPSIDE DOWN CAKE

Mona Seeling Stolz

1 can (1 lb.) apricots,
 pineapple, or peaches
 Maraschino cherries
 2/3 stick butter
 2 T. juice from canned fruit

2 T. rum
 2/3 c. brown sugar
 1 box (1 layer) white or yellow
 cake mix (substitute 1 egg
 and milk for water when
 preparing)

Drain fruit and set juice aside. In a 9 inch round, 2 inch deep pan, melt butter; add sugar and fruit syrup. Stir until sugar melts. Arrange fruit in pan. Prepare cake mix and pour evenly over fruit. Bake in 350° oven for about 40 minutes; until knife in center comes out clean. Turn on plate immediately but wait a few minutes before lifting off baking pan. Sprinkle top with rum. Serve with vanilla ice cream or whipped cream.

INDIVIDUAL CHEESE CAKES

Barbara Brown Knauss

2 (8oz.) pkgs cream cheese,
 softened
 3/4 c. sugar

3 eggs
 18 vanilla wafers
 Can fruit filling

Put vanilla wafers in cupcake papers. Mix together softened cream cheese, sugar, and eggs. Pour into cup papers 3/4 full. Bake at 350° for 15-18 minutes. As cheese cakes cool, they will settle. Top with fruit topping. Keep refrigerated.

COOKIES

COCONUT-OATMEAL COOKIES

Delia Smith Hunter

1/2 c. vegetable shortening
 3 T. butter
 1 1/4 c. brown sugar
 1 egg
 1 c. flour, sifted

1/2 tsp. salt
 1/2 tsp. soda
 1/2 tsp. baking powder
 1 c. oatmeal
 1/2 c. shredded coconut

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

RITA NOWLAND'S FRESH APPLE COOKIES

Elspeth Cahill Swope

2 c. flour	1/4 c. milk
1 tsp. soda	1/2 c. (1 stick) margarine
1 tsp. cinnamon	1 c. apples, cup up, peeled
1/2 tsp. nutmeg	1 c. nut meats
1/2 tsp. salt	1 c. currants (raisins will do, but currants make it even better!)
1 1/3 c. brown sugar, packed	
1 egg	

Big, tasty cookies! Bake only nine or ten at a time on regular-size cookie sheet. In large mixing bowl, put the margarine and the first six ingredients; mix in egg and milk and start beating slowly. When well mixed, add apples, nut meats, and currants. Drop by spoonfuls onto cookie sheet and bake at 375° till done. While still warm, may be frosted with 10X confectioner's sugar mixed with enough lemon juice to make a paste.

MOLASSES SUGAR COOKIES (5-6dozen)

Sarah Hallaran Gramentine

3/4 c. shortening	2 tsp. baking soda
1 1/4 c. sugar (use half brown)	1/4 tsp. salt
1/4 c. molasses	1/2 tsp. ginger
1 egg	1/2 tsp. cloves, ground
1 tsp. vanilla	1 tsp. cinnamon
1 3/4 c. flour	Granulated sugar

Cream shortening and sugar. Add molasses, egg, and vanilla, and mix well. Sift together flour, soda, salt, and spices, and add to molasses mixture. Mix thoroughly. Chill. Form into 1 inch balls, roll in granulated sugar, and place on a cookie sheet about 2 inches apart. Bake at 375° for 8-10 minutes.

SEVEN LAYER COOKIES

Eleanor DeCourcy Wernette

1 stick (1/4 lb.) butter or margarine	1 c. chocolate chips
1 c. graham crackers, crushed	1 c. chopped nuts (walnuts or pecans)
1 c. butterscotch chips	1 can Eagle Brand condensed milk
1 c. shredded coconut	

Melt butter in bottom of a 9x12 inch baking pan while heating oven to 350°F. (Butter is only melted, not burned.) Spread graham cracker crumbs evenly over the melted butter. Add butterscotch chips, coconut, chocolate chips, and nuts, in any order. (Spread each ingredient evenly). Add condensed milk last, pour carefully for even distribution over top. Bake 25-30 minutes.

ORANGE BALL COOKIES

Elsbeth Cahill Swope

- | | |
|--|---|
| 1 lg. box vanilla wafer,
rolled fine (or whirled in
blender) | 1 box confectioner's sugar |
| 1 stick (1/2 c.) margarine | 1 1/2 c. pecans, chopped (or
you can substitute coconut) |
| 1 sm. (6 oz.) can orange juice
concentrate | Food coloring to color coconut,
optional |

1. Cream margarine and sugar. Add orange juice concentrate, thawed; mix. Add the cookie crumbs and half of the chopped pecans to the mixture. Form dough into small balls. 2. Roll balls in the remaining chopped nuts (3/4 cupful); you may prefer to use coconut shreds instead. Mixture will be very sticky, but roll in the nuts right away, because cookies will dry fast and the coating will not adhere well otherwise. 3. If desired, you may color coconut red or green.

DESSERTS

PRALINE GINGERBREAD

Edith Riley Baubie

- | | |
|---|-----------------------------------|
| 1 pkg. Betty Crocker ginger-
bread mix | 1/4 c. melted butter or margarine |
| 1/2 c. brown sugar | 2 T. water |
| 2 T. flour | 1/2 c. pecans |
| | 1/2 tsp. cinnamon |

Bake the gingerbread mix. Mix together rest of ingredients and add to top of hot gingerbread. Bake at 375° for 5 minutes. Top with whipped cream.

SAILOR'S DUFF, AN OLD NEW ENGLAND RECIPE Lydia Richardson Bates

For duff:

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|--------------------|---|
| 1 egg well beaten | 1 tsp. soda, dissolved in 1 T.
water |
| 2 T. sugar | |
| 1/2 c. molasses | 1 1/2 c. cake flour |
| 2 T. melted butter | 1 tsp. baking powder |
| | 1/2 c. boiling water |

For sauce:

- | | |
|---------------|------------------|
| 1/2 c. butter | 3 T. sweet cream |
| 1/2 c. sugar | 1/2 tsp. vanilla |

Mix ingredients in order. Pour into greased tin which can be used as steamer. Cover with foil and steam one hour. (I use pressure cooker with gauge off.) Serve with sauce. For sauce: Stir over hot water till blended.

CHEESE PIE

Jacqueline Read Brown

8 oz. cream cheese, room temperature	4 graham crackers
1 c. cottage cheese	Butter
1 c. sugar	1 pt. sour cream
1/2 tsp. vanilla (or Kahlua)	1/2 c. sugar
3 eggs	1/2 tsp. vanilla (or Kahlua)

Preheat oven to 375°. Mix first five ingredients. Grease with butter a glass pie pan. Crumble finely graham crackers and flour pan with them. Bake at 375° for 20 minutes. Remove from oven. Mix sour cream, sugar, vanilla, and pour on. Bake at 475° for 5 minutes. Cool 1 hour. Refrigerate.

IMPOSSIBLE PIE

Agnes Houghton Boss

2 c. milk	1 c. coconut
3/4 stick oleo	1 c. sugar or 3/4 c. honey
2 tsp. vanilla	Dash salt
	1/2 c. Bisquick

Mix by hand or in blender. Pour into a greased pie plate. Bake 50 minutes at 350°. It makes its own crust! Serves 6.

KAHLUA PIE

Margaret Lohman Helmreich

1 unbaked 9 inch pie shell	3 eggs
1 c. light corn syrup	1/2 tsp. salt
4 T. butter	1/4 c. Kahlua
1 c. brown sugar	3/4 c. pecans

Cream butter and sugar together well. Beat in eggs, one at a time. Stir in salt, corn syrup, and Kahlua. Arrange pecans in pie shell and carefully pour Kahlua mixture over them. Bake in 375° oven for 30 minutes. Cool thoroughly. Serve with a topping of Kahlua cream: Cool Whip seasoned to taste with Kahlua.

Before you ask advice, explore your own head, there may be something in it.

RHUBARB MERINGUE PIE

Martha Hatcher Cargo

3 c. rhubarb
 1 1/2 c. sugar
 3 egg yolks
 2 to 3 T. butter
 3 T. flour

Baked pie crust
 3 egg whites
 6 T. sugar
 1/3 tsp. cream of tartar

Mix thoroughly in large saucepan the rhubarb, sugar (1 1/2 c.) egg yolks, butter, flour. Place over low flame until juice appears, then increase heat until it starts to boil. Stir it while doing this. Reduce heat; cook until thick. Watch closely, as it scorches easily. Put into baked pie crust. Cover with meringue made with egg whites, cream of tartar, and (6 T.) sugar. Bake in quick moderate oven until meringue is golden brown.

BISHOP'S PUDDING AND SAUCE

Betty Osgood Woodburne

For pudding:

1 c. chopped nuts
 1 c. chopped dates
 1/8 tsp. salt

1 c. sugar
 1 tsp. baking powder
 3 eggs

For sauce:

1 c. sugar
 1 T. vinegar

2 T. water
 2 T. butter

Mix sugar, baking powder, and salt. Add dates, nuts, well-beaten eggs. Bake in a flat pan, 8 or 9 inches square, slowly for 45 minutes. When cold, cut in squares. Place a heaping tablespoon of vanilla ice cream on each square. Serve with hot sauce. For sauce: Cook together ingredients for 3 minutes.

MRS. FELTHAM'S CARAMEL PUDDING

Martha Hatcher Cargo

1 pt. water
 1 c. brown sugar
 1/2 T. butter or oleo
 Pinch of salt

1/2 c. tapioca
 1 egg
 1/4 tsp. vanilla

Boil water, salt, and tapioca until clear. Add butter. When melted, add sugar. Cook 2 minutes. Remove from heat, and let cool while beating egg very light. Add vanilla. Beat in the egg with a fork. Serve cold.

It takes less time to do a thing right than to explain why you did it wrong.

EDIE'S EASY YORKSHIRE PUDDING

Carol Ingham Plumer

1/2 stick butter

1/2 c. flour

1/2 c. milk

2 eggs, well beaten

Melt butter in a cast iron skillet, add milk, flour, eggs, and bake at 425° for 15-20 minutes.

RASPBERRY PUDDING

Betty Osgood Woodburne

1 can red raspberries
with juice

1 to 2 T. margarine

4 or 5 slices white bread

1/2 c. sugar

Remove crusts from slices of bread and cube them. Place in suitable bowl or casserole and pour hot raspberry mixture over. Mix. Cover. Let stand until cool, then refrigerate. Serve chilled with cream. Serves 5.

SPANISH SOUFFLE'

Betty Osgood Woodburne

1/4 c. butter

2 T. sugar

1/2 c. bread crumbs

3 eggs, separated

1 c. milk

1/2 tsp. vanilla

Melt butter. Add crumbs and cook until slightly browned, stirring often. Add milk and sugar. Cook 20 minutes in double boiler. Remove from heat. Add unbeaten yolk of eggs. Fold in beaten whites and vanilla. Pour into buttered baking dish, leaving it 3/4 full. Set in pan of hot water and bake in 350° oven until firm, approximately 1/2 hour. Serve hot with cream. Serves 5.

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

GLAZE: 1/2 c. powdered sugar, 1 T. lemon juice, 1 T. butter, melted

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 glaze while still warm.

APRICOT SQUARESRuth H. Strang
(via a friend's kitchen)

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. 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 and chop finely or grind. Preheat oven to 350°. Grease 8x8x2 inch pan. Mix butter, granulated sugar and 1 cup 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. Double recipe needs a 9x12 inch pan.

RASPBERRY MERINGUE SQUARES

Clare Malcolm Fingerle

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

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 cup sugar. Beat until stiff peaks form. Swirl meringue over crumb crust; bake in slow oven (325°) for 12 to 15 minutes. Cool. Spread berries over meringue. Prepare dessert topping mix according to directions. Gently stir in lemon juice. Spread over berries; chill. Cut into squares to serve. Garnish each serving with a berry. Serves 9.

PAWTUCKET SQUARES

Betty Osgood Woodburne

1/2 c. shortening	3/4 c. flour, sifted with:
2 squares baking chocolate	1/2 tsp. salt and 1 tsp.
1 c. sugar	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 9x9 inch pan and bake at 350° about 25 to 30 minutes.

SNACK TO SATISFY A SWEET TOOTH

Debby Lindstrom McMullen

Apple slices and dates, dipped in sesame tahini.

NUTTED FROZEN BANANAS

Debby Lindstrom McMullen

6 bananas, very ripe	3/4 c. finely chopped raw almonds
1/2 can (3 oz.) frozen orange juice concentrate	

Peel bananas, place on square of foil or wax paper on cookie sheet, and coat each with 1 tablespoon frozen orange juice concentrate. Place in freezer to chill, about 15 minutes. Roll each banana in 2 tablespoon chopped nuts, pressing to coat. Set in freezer until firm. Serve frozen. Makes 6 servings.

NUTTY NOODLEY CLUSTERS

Agnes Houghton Boss

2 (6 oz.) pkg. chocolate chips	2 (3 oz.) cans LaChoy Chow Mein Noodles
2 (6 oz.) pkg. butterscotch	1/2 c. nut meats

Melt all chips over low heat, stirring constantly. Remove from heat and stir in noodles and nuts so that all are coated evenly. Drop by spoonfuls on wax paper. Place in refrigerator to harden. Yields about 24 clusters.

EASY (AND DELICIOUS) CHERRY PARFAIT

Anne Pyne Cowley

1 can vanilla pudding	Canned cherry pie filling
1 c. commercial sour cream	Coconut
1 tsp. almond flavoring	

Stir together pudding, sour cream, flavoring. Alternate layers of (1) this pudding mix, (2) canned cherry pie filling, and (3) a sprinkling of coconut, in parfait or wine glass. Chill approximately 1 hour before serving.

CHERRY DESSERT

Eleanor Billmeyer Puffe

1 (32 oz.) can cherry pie
filling
1/3 c. sugar
1/2 c. water

1 (3 oz.) pkg. cherry Jello
1 pkg. graham crackers
1 stick (1/2 c.) butter

1. Melt butter over low heat. Grind graham crackers into crumbs. Combine in an 8x8 inch pan. Press down firmly to form crust. Refrigerate to harden. 2. Combine cherry pie filling, sugar, and water in large saucepan. Heat over low till boiling. Remove from heat, add cherry Jello. Let cool to room temperature, stirring often. When cool, pour the cherry mix over the crust, arranging the cherries evenly. Refrigerate several hours. Serve in large squares. Use 9x13 inch pan if doubling recipe.

BUTTERSCOTCH PEACHES

Elsbeth Cahill Swope

8 firm-ripe fresh peaches
1/2 c. firmly packed brown
sugar

Butter or margarine
Vanilla ice cream

Place peach halves, cavity side up, in narrow baking pan. Put 1 tablespoon brown sugar and 1 teaspoon butter in each cavity. Bake at 325° for 15-20 minutes. Top with vanilla ice cream and syrup from pan.

FROSTED GRAHAM CRACKERS

Eleanor Billmeyer Puffe

1 box graham crackers--
break apart into squares
1/2 c. cream

1 c. white sugar
1 T. butter
1 T. peanut butter--plain or
chunky

Combine cream, sugar, and butter in saucepan. Bring slowly to a boil. Boil for 5 minutes, then remove from heat. Add a heaping tablespoon of peanut butter. Stir and beat until frosting is thick enough to drop by spoonfuls on the graham crackers. An electric hand mixer is handy for this; it can take a while by hand. But once the frosting gets to the right consistency, you'll have to work fast to spread it on the graham crackers before it hardens.

Cold cash is something no one can keep long enough to warm up.

ANN'S PEANUT BUTTER CUPS

Molly Hunter Dobson

- | | |
|-------------------------------------|--|
| 2 c. peanut butter,
chunky style | 2 3/4 c. powdered sugar |
| 1/2 c. melted oleo | 1 (12 oz.) pkg. chocolate
pieces, Nestles |

In mixer, blend peanut butter, oleo, and powdered sugar. Press mixture into bottom of 9 inch square pan. Melt chocolate bits and spread on top. Refrigerate 10 minutes to set chocolate. Store at room temperature.

JO GRISEZ'S PUMPKIN SQUARES

Elsbeth Cahill Swope

- | | |
|------------------------|----------------------------|
| 1 (16 oz.) can pumpkin | 1/2 tsp. nutmeg |
| 1 c. sugar | 1 c. chopped nuts |
| 1 tsp. salt | 1/2 gal. vanilla ice cream |
| 1 tsp. cinnamon | 48 gingersnaps |
| 1 tsp. ginger | |

Mix together pumpkin, sugar, and spices. Add softened ice cream and mix again. Fold in the chopped nuts. Place 24 of the gingersnaps in the bottom of a large Pyrex or Corningware pan. Spread with half of the ice cream-pumpkin mixture. Add a layer of gingersnaps and other half of the ice cream-pumpkin mixture. Freeze for several hours. May be prepared several days before using. Remove from freezer 30 minutes before serving; cut in squares.

GAIL'S BASIC FRUIT-FLAVORED ICE CREAM

Lydia Richardson Bates

- | | |
|--|---|
| 2 c. half and half | Sugar to taste (for strawberries
use 1 c. sugar to 4 c. puree [®]) |
| 2 c. whipping cream | |
| 4 c. peeled fruit (strawberries
peaches, or whatever) | |

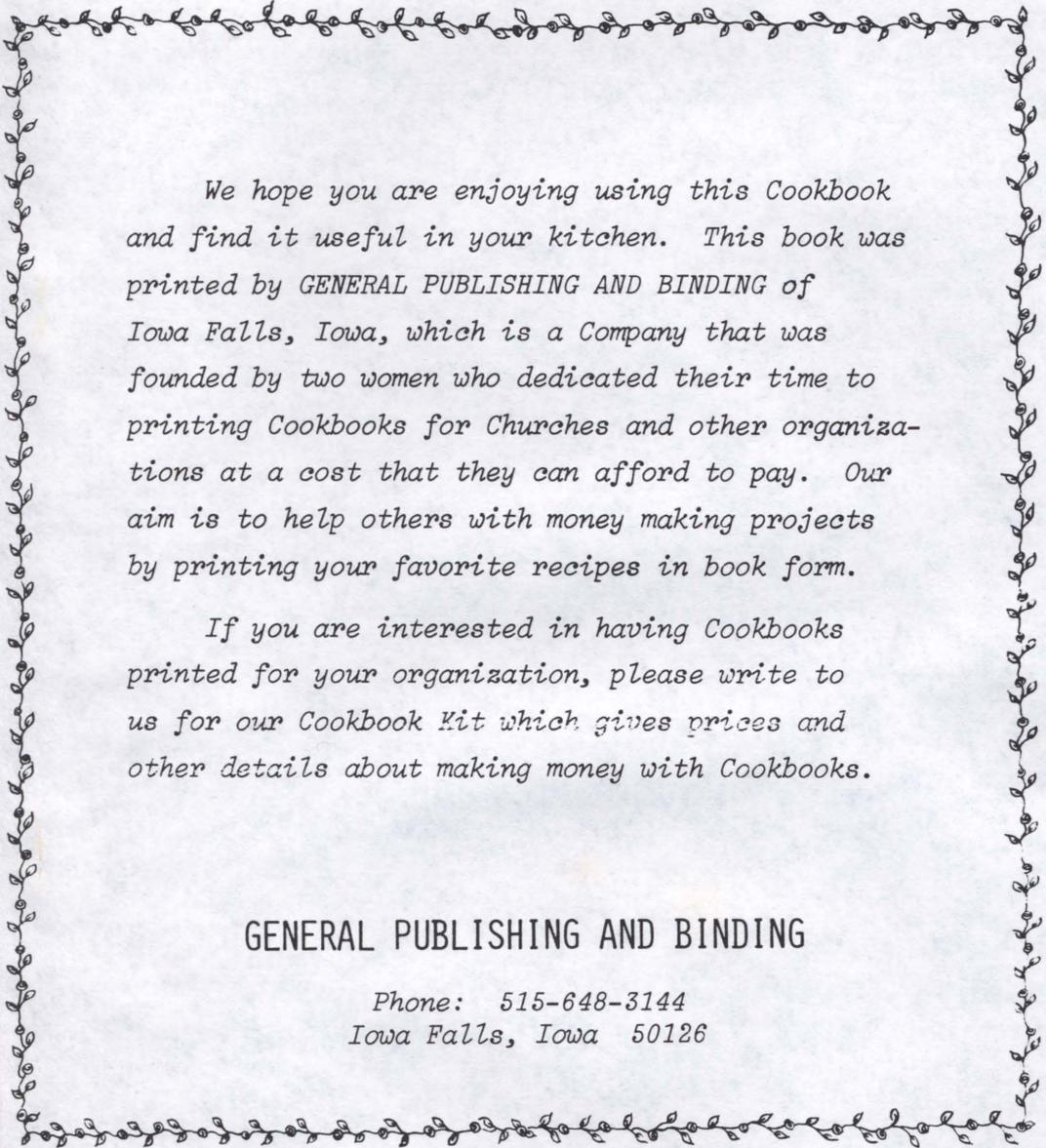
Freeze in ice cream freezer (salt to ice ratio 1:8).

JEAN'S COFFEE ICE CREAM PIE

Lydia Richardson Bates

- | | |
|-------------------------------------|--------------------------------|
| 18 crushed Oreo cookies | 1 square unsweetened chocolate |
| 1/2 c. oleo, melted | 1/2 c. sugar |
| 1 qt. coffee ice cream,
softened | 1 T. oleo |
| 1 (8 oz.) tub Cool Whip | 2/3 c. evaporated milk |

Mix Oreo cookies and oleo. Press into 9 pie plate. Bake at 375° for 8 minutes. Cool. Add ice cream to pie plate. Put Cool Whip over pie. Freeze. Combine last four ingredients. Cook until thick. Pour over pie. Freeze.



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LEMON SHERBET

Frances Oguss Stallings

1/2 to 1 c. sugar

1 lemon

2 c. milk

Lemon rind, optional

Dissolve sugar in milk (a little cream may be substituted). Grate the rind and stir in. 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. Makes 4 half cup 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.

Home is a place where you can take off your new shoes and put on your old manners.

* * * * *

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