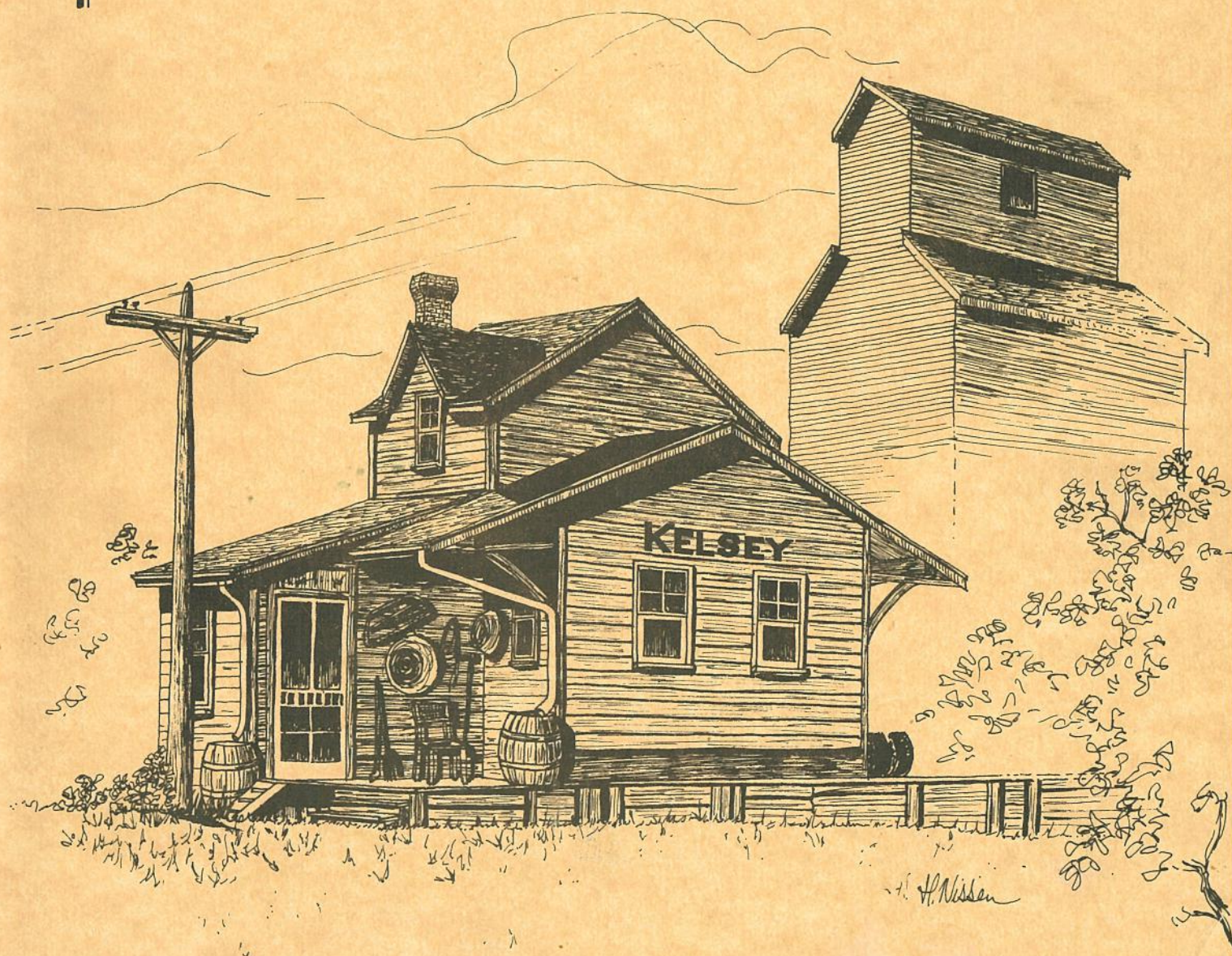


BURBROUGH'S FAMILY COOKBOOK



DEDICATION

Our Family Cookbook has been dedicated in loving memory of our parents/grandparents, Frank and Frances Burroughs. Frank was born April 16, 1891 in Grafton, North Dakota. Frances Hall was born June 25, 1904 in Estevan, Saskatchewan.

They met in Kelsey, Alberta. Dad lived in the grain elevator and Mom in the train station (with her parents) until they were united in marriage June 24, 1922.

All of their children, Melba, Beryl, Allyn, Cally, Larry and Neville were born in the family home in Kelsey. Intuitively, they reconized each of their children was to be treated as an "individual". Each child was lovingly given encouragement, praise, security, approval, acceptance and treated with fairness (remember in that era, books had not been published recognizing children's individual needs).

Their lives were filled with positivity, believing in looking at the bright side of every situation and individual they met. Their riches were not necessarily of material value, but more of spiritual value, knowing all needs would be met.

Our heritage is one to be very proud of. We each have the ability to offer as much to our family and friends, as Frank and Frances Burroughs did.

RECOGNITIONS

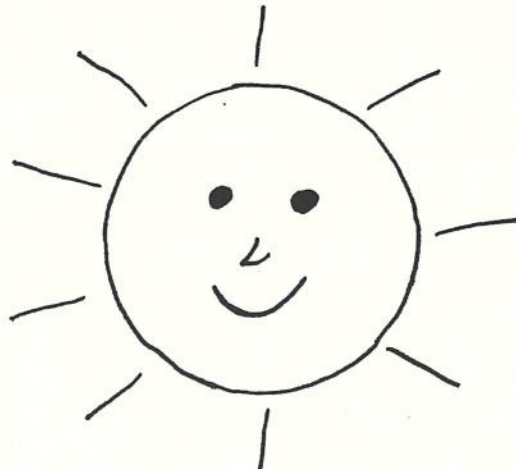
I would like to thank all of our family members who took time to contribute their favorite family recipes.

A very "Special Thanks" to my friend Heidi, whose artistic ability created the front cover from a photograph and to my co-workers, Tami, Patti, Debbie and Susan who spent numerous lunch hours typing and proof-reading to make this cookbook possible.

As you prepare the recipes, you will no doubt note some spelling errors. I decided in order to make this a "Genuine Family Cookbook" I would leave most of the errors as they were received and I no doubt added a few myself. Remember as you prepare the recipes "We have Character"!!

TODAY, TOMORROW AND ALWAYS

I know you will be yourself, enjoying your achievements as well as your plans. Be Happy!!



Karen

In closing, I have chosen three spiritual quotes we can apply to our daily lives.

A PRAYER FOR TODAY

This is the beginning of a new day.
God has given me this day to use as I will.
I can waste it or use it for good, but what I do today is important, because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it.

I want it to be gain and not loss, good and not evil, success and not failure in order that I shall not regret the price I have paid for it.

* * *

DIVINE POWER AND ITS USES

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive."

--- Matthew 21:22

Today, I have the freedom to choose positive ideas of health, prosperity, love and self-expression. God flows through me as the motivating Power in my life. With confidence, I speak my word, knowing that the good I desire, I have already. This is my truth, now.

* * *

LET GO AND LIVE

"Nothing shall be impossible to you."

--- Matthew 17:20

My faith, right now, is attuned to God, the Power and Presence which flows through me, invigorating me with Life and revealing to me, through me, my answers. I am filled with Love and I let go all fear, allowing the free, harmonious expression of God to heal everything in my life. I let go and let God!

MY FAVORITE RECIPES

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VOLUME

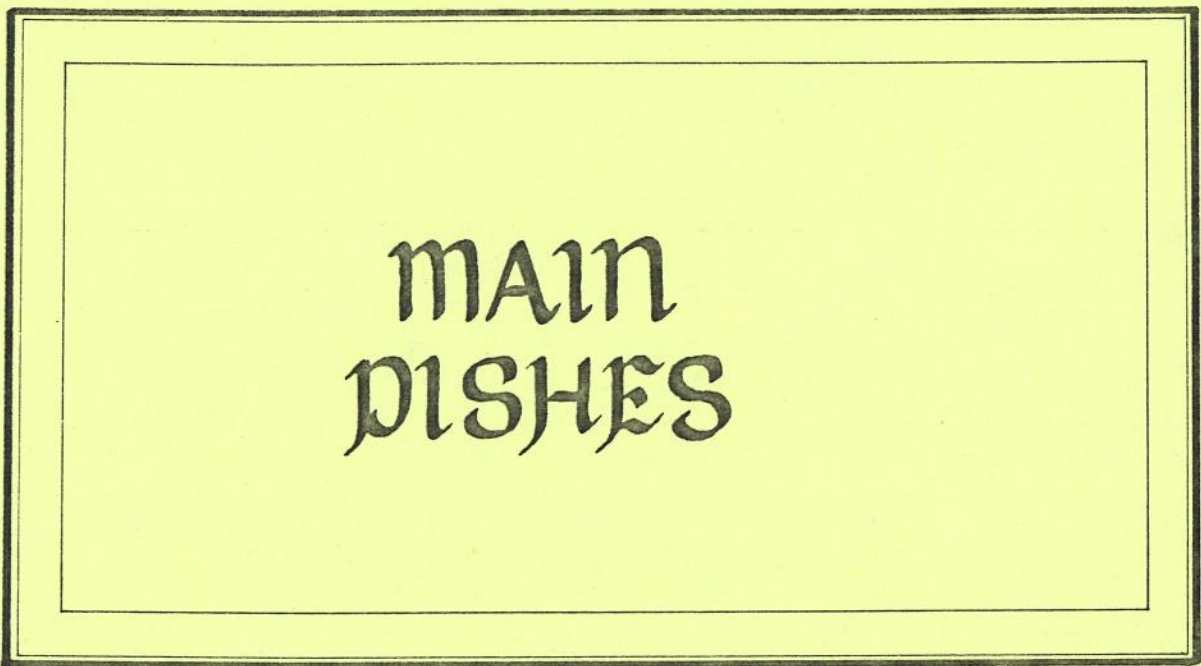
<u>Measure</u>	<u>Approximate Replacement</u>
1 mL	$\frac{1}{4}$ tsp
2 mL	$\frac{1}{2}$ tsp
5 mL	1 tsp
15 mL	1 tbsp
30 mL	1 oz
50 mL	$\frac{1}{4}$ c or 2 oz
75 mL	$\frac{1}{3}$ c or 3 oz
125 mL	$\frac{1}{2}$ c or 4 oz
175 mL	$\frac{2}{3}$ c or 5 oz
200 mL	$\frac{3}{4}$ c or 6 oz
250 mL	1 c or 8 oz
500 mL	2 c or 16 oz
625 mL	$2\frac{1}{2}$ c or 20 oz
750 mL	3 c or 24 oz
875 mL	$3\frac{1}{2}$ c or 28 oz
1000 mL or	
1 L	4 c or 32 oz
1.2 L	5 c or 40 oz
1.5 L	6 c or 48 oz
1.6 L	7 c or 56 oz
2 L	8 c or 64 oz
3 L	12 c or 96 oz

MASS

<u>Measure</u>	<u>Approximate Replacement</u>
250 g	$\frac{1}{2}$ lb
500 g	1 lb
1000 g or	
1 kg	2 lb

LENGTH

<u>Measure</u>	<u>Approximate Replacement</u>
1.3 cm	$\frac{1}{2}$ "
2.5 cm	1 "
5 cm	2 "
15.3 cm	6 "
30 cm	12 "



MAIN DISHES

CLAM CHOWDER - Lorna

1 large onion (chopped)	$\frac{1}{2}$ tsp pepper or to taste
1 c celery (chopped)	3 tins ($4\frac{1}{2}$ oz) minced clams
1 c diced carrots	1 tin shrimp ($5\frac{1}{2}$ oz approx)
2 c potatoes	$\frac{1}{2}$ -1 lbs bacon (fried & diced)
3 tbsp butter	2 qts milk (more or less)
$\frac{1}{2}$ tsp salt	$\frac{1}{3}$ c flour

1. Cook vegetables, seasonings and butter (in large pot) covered with water.
2. When veg. are cooked, add bacon, then milk. Heat thoroughly (along with clam juice) and thicken with flour dissolved in milk.
3. Once thickened, reduce heat and add the clams and shrimp.
4. DO NOT BOIL AGAIN as seafood with toughen.

* * *

KENTUCKY BURGEOO - Karen

3 hrs. cooking time

2 lbs round steak ($1\frac{1}{2}$ " cubes)	2 c pared diced carrots
one 3 lb chicken	one 28oz can tomatoes
1 tsp tabasco sauce	one 8oz can tomatoe sauce
3 tsp salt (divided see below)	5 beef bouillon cubes
11 c water	one 10oz pkg frozen cut green beans
2 c pared diced potatoes	two 10oz pkgs frozen kernel corn
2 c chopped onions	two 10oz pkgs frozen peas
1 clove garlic minced	

1. In very large kettle combine beef cubes, whole chicken, tabasco sauce, 1 tsp salt and water. Cover, bring to boil, reduce heat and simmer, covered, $1\frac{1}{2}$ hours.
2. Remove chicken from pot and set aside to cool.
3. Add the 2 tsp salt and all other remaining ingredients to pot. Cover and simmer $1\frac{1}{2}$ hours.
4. Meanwhile, remove skin from chicken and pull meat from bones. Cut into bite sized pieces. Add chicken to beef mixture and heat through. Discard skin and bones.
5. SERVES TWELVE.

* * *

MARITIMER'S CLAM CHOWDER Karen

6 medium potatoes	1 can kernel corn & juice
1 large onion	2 cans baby clams & juice
2 tbsp margarine	$\frac{1}{2}$ tsp paprika
3 c milk	salt & pepper to taste

1. Peel and cube potatoes. Chop onions. Place in a saucepan cover with water add salt, and boil for approximately 15 minutes. (Just until the potatoes are partially cooked) Drain off the water.
2. Place the potatoes and onions back in the saucepan and add corn & juice, clams & juice then the milk and margarine. (Use your own judgement as to the amount of milk you add using just enough to cover the ingredients if you like it like a stew or add more milk if you like it like a soup. Add the paprika and salt and pepper to taste.
3. Simmer for about $\frac{1}{2}$ and hour or until the potatoes are cooked.

* * *

SWEET AND SOUR MEATBALLS	Karen	225° 2 $\frac{1}{2}$ hours OR
		Slow cooker 8 hours

1 $\frac{1}{2}$ lb hamburger	6 soda crackers (crushed fine)
1 pkge dry onion soup	1 c grape jelly
1 egg (beaten)	1 c chili sauce (bottled)*

1. Combine hamburger, onion soup, egg and cracker crumbs mixing thoroughly with your hands. Make small meatballs and brown both sides. Drain the meatballs and place in a roasting pan or slow cooker.
2. In a saucepan, heat the grape jelly and chili sauce until melted together. Pour over the meatballs and bake or slow cook.

*THE CHILI SAUCE IS PURCHASED IN YOUR LOCAL GROCERY STORE
IN THE SECTION WHERE YOU WOULD BUY KETCHUP.

* * *

BREASTS OF CHICKEN - Corinne

375° - 1 hour

6 chicken breasts (boneless)	1½ c fine ground white bread crumbs
salt & pepper to taste	1 tsp parsley, chopped
½ tsp basil	1 clove garlic minced
1 c flour	1 c butter
1 c milk	½ c oil
1 c parmesan cheese, grated	

1. Season breasts with salt, pepper and basil.
2. Coat with flour and dip in milk.
3. Bread with cheese, bread crumbs & parsley combined.
4. Repeat dip and breading.
5. Saute' garlic in butter and oil.
6. Add breasts and saute' until golden. Bake.

* * *

CHICKEN BALLS - Phyllis

250° - 1 hour

2 - 3 chicken breasts	1 tsp accent
1 or 2 eggs (beaten)	1 tsp salt
½ c flour	

Sauce

½ c sugar	1/3 c pineapple juice
½ c vinegar	¼ c catsup
1 tbsp soya sauce	sprinkle of pepper
½ c pineapple chunks	2 tbsp cornstarch

1. To prepare chicken, mix flour, accent, salt. Cut chicken into bite size pieces. Roll chicken pieces in egg, dip in flour mixture and fry in oil until light brown.
2. To prepare sauce, combine all ingredients EXCEPT cornstarch, and bring to a boil, thickening with cornstarch. Pour over chicken balls and bake.

* * *

CHINESE CHICKEN WINGS - Kim

375° - 1 hour

3 lbs chicken wings	1 c honey
salt & pepper to taste	$\frac{1}{2}$ c soya sauce
2 tbsp vegetable oil	1 clove garlic - mashed
	2 tbsp ketchup

1. Cut off and discard tips from chicken wings. Cut remaining wings into 2 parts. Sprinkle with salt, pepper and oil.
2. Combine remaining ingredients and pour over wings.
3. Bake in shallow 10" X 15" pan for one hour or more basting often.

* * *

B-B-Q SPARERIBS - Fleurette

On the B-B-Q

Spareribs

Sauce

1 c ketchup	2 tsp prepared mustard
$\frac{1}{4}$ c water	1 tsp garlic powder
$\frac{1}{4}$ c lemon juice	1 tsp salt
$\frac{1}{4}$ c honey or brown sugar	$\frac{1}{4}$ tsp thyme
3 tbsp Worcestershire sauce	

1. Combine all sauce ingredients and simmer 5 minutes.
2. Cook spareribs flat, rotate them in a split basket, or thread them in and out like an accordion on an oiled spit skewer.
3. Cook ribs slowly until the meat shrinks away from the ends of the bones. Baste regularly during cooking.

* * *

COMPANY CHICKEN - Shirley

350° - 1 hour

chicken pieces 1 can cream of chicken or mushroom soup
 flour 1 can mushrooms with the liquid
 $\frac{1}{2}$ tsp curry powder salt and pepper to taste

1. Roll chicken in flour and brown in skillet.
2. Place chicken in casserole dish.
3. Add soup, mushrooms with liquid, salt, pepper, curry powder to the fry pan the chicken was in. Simmer for a few minutes and pour this over the chicken. Bake.
4. The above makes gravy for mashed potatoes.

* * *

SWEET AND SOUR PORK - Fran

Pan fry - 45 minutes

2 lbs lean boneless pork $\frac{1}{4}$ c brown sugar
 2 tbsp vegetable oil $\frac{1}{2}$ c water
 1 clove garlic, chopped $\frac{1}{2}$ c wine vinegar
 salt and pepper to taste 1 tbsp soya sauce
 19 oz can pineapple chunks 1 green pepper (cut in 1" pieces)
 (keep the juice) $\frac{1}{2}$ c maraschino cherries
 2 tbsp cornstarch

1. Cut pork into 1" cubes.
2. Heat oil in electric frying pan.
3. Saute' garlic then meat cubes. Salt and pepper meat.
4. In a small saucepan, combine cornstarch, water and brown sugar (add pineapple juice too) and simmer until it thickens to form a sauce.
5. Pour over meat and simmer 30 minutes or until meat is tender. (It maybe necessary to add additional water)
6. Add pineapple chunks, cherries and green pepper. Cook another 10 minutes
7. Serve with plain rice.

* * *

MEAT LOAF - Melba

350° - 1 hour

2 lbs hamburger	1/3 c ketchup
1/2- 1 c soft bread crumbs	1 pkge dry onion soup mix
3/4 c warm water	2 eggs slightly beaten

1. Mix water, ketchup, soup mix and eggs.
2. Mix bread crumbs and hamberger and add the above mixture. Mix by hand until combined. Bake

* * *

CHINESE FOOD - Karen

Ban fry - 30 minutes

1 c diced roast beef OR	salt to taste
pork OR chicken	1 tbsp cornstarch mixed with
1 c sliced carrots	a little cold water
1 c sliced onions	1 c sliced celery
1 can whole mushrooms	1 c green peas (frozen)
2 tbsp soya sauce	1 green pepper sliced (optional)
1 tbsp white sugar	1 c slivered almonds (use with chicken)

1. Fry meat in a tbsp oil over hot fire, turning constantly until brown.
2. Add 1 tbsp soya sauce, stir, remove from pan, put aside.
3. Cook carrots, celery and mushrooms, adding just enough water to prevent burning, turning the vegetables. Vegetables for chinese food should not be over cooked.
4. Add onions, green peas and peppers towards the last.
5. Add a tbsp sugar, 1 tbsp soya sauce and salt to taste
6. Thicken with cornstarch-water mixture. Mix in meat and sprinkle with almonds for chicken chop suey.
7. Serve with rice.

* * *

HOT CURRIED FRUIT - Shirley 300° - 20-25 min.

1 c brown sugar	$\frac{1}{2}$ c butter
$\frac{1}{4}$ tsp salt	3 - 14 oz. cans drained fruit*
1 tbsp curry	

*Choose combinations of pineapple, pears, peaches, apricots, or mandarin oranges. Use maraschino cherries for color.

1. Combine first four ingredients in a saucepan and bring to a boil. Cook 5 minutes.
2. Pour over fruit in a buttered casserole dish. Bake.

* * *

QUICK QUICHE' - Fran 400° - 35 Minutes

1 frozen pie shell	
2/3 c of $\frac{1}{2}$ & $\frac{1}{2}$ cream	3 slices of bacon chopped
3 eggs	1 c raw spinach shredded
2/3 c grated Swiss Cheese	in small pieces
salt and pepper	2 tbsp minced green onions
	$\frac{1}{4}$ c sliced mushrooms

1. While preparing filling, bake pie shell for 8 to 10 minutes.
2. Saute bacon, mushrooms, spinach and onions.
3. In a medium size bowl, beat the eggs, add the cream, cheese, salt and pepper.
4. To the cheese mixture add sauted bacon mixture.
5. Pour into partially baked shell and bake.
Quiche' is baked when metal knife comes out clean.

VARIATIONS - Use 1 large can of either shrimp, crab or salmon.

This receipe is excellent for brunch. Serve with a fresh fruit cocktail, for an appetizer. Accompany with a spinach and mushroom salad and hot rolls.

* * *

LASAGNA - Beryl

325° - 1 hour

1 lb ground pork	5 shakes Worcestershire sauce
1 lb ground beef	$\frac{1}{2}$ tsp oregano
2 large onions chopped	$\frac{1}{2}$ tsp poultry seasoning
10 oz can tomatoe soup	$\frac{1}{2}$ tsp sage
8 oz can tomatoe paste	$\frac{1}{2}$ tsp nutmeg
20 oz can whole tomatoes	$\frac{1}{2}$ tsp thyme
2 14 oz cans Italian	$\frac{1}{2}$ tsp salt
tomatoe sauce	$\frac{1}{4}$ tsp pepper
$\frac{1}{2}$ c sugar	2 crushed cloves of garlic
3 tbsps parsley	parmesan cheese
16 oz pkge mozz. cheese slices	
12 oz pkge swiss cheese slices	

1. Brown pork and beef. Drain off fat.
2. Boil the onions until transparent and drain off water.
3. Combine remaining ingredients with the meat and onions EXCEPT cheese and simmer for 2 hours.
4. Cook enough lasagna noodles to layer in an 8 X 8 AND 9 X 11 pan.
5. In the pans layer noodles, meat, cheese - noodles meat, cheese. (Cheeses should be checker board style - SEE BELOW) Sprinkle parmesan cheese on top of last layer. Bake.
6. Once the lasagna is baked LET STAND 15 minutes before serving.

CHECKER BOARD STYLE

1ST LAYER

Swiss	Mozz.	Swiss
Mozz.	Swiss	Mozz.
Swiss	Mozz.	Swiss

2ND LAYER

Mozz.	Swiss	Mozz.
Swiss	Mozz.	Swiss
Mozz.	Swiss	Mozz.

TUNA CASSEROLE - Melba

425° - 20 Minutes

6½ oz can tuna, drained	½ tsp salt
½ c mayonnaise	10½ oz can cream of mushroom soup
1 c sliced celery	½ c milk
1/3 c chopped onion	4 oz sharp cheese (shredded-1 c)
¼ c canned pimento	½ c slivered almonds (optional)
6 oz pkge (3 cups) medium noodles, cooked & drained	

1. Combine soup and milk and heat through. Add shredded cheese and heat until cheese melts.
2. In a bowl, combine remaining ingredients EXCEPT almonds, then mix in the soup mixture. If desired top with almonds and bake in a 2 quart casserole dish (ungreased & uncovered)

YIELD: Serves 6

* * *

LEFT OVER CHICKEN CASSEROLE - Karen

300°- 45 Minutes

1½ c cut up left over chicken	¼ c diced onions
1 can cream of mushroom soup	½ c diced celery
2 c sliced carrots	salt and pepper to taste

1. Cook carrots, celery and onion in water until carrots are done. DO NOT THROW OUT CARROT WATER.
2. Combine soup and carrot water in casserole dish, mixing until creamy. Add remaining ingredients and bake.
3. You can serve this with rice or top with Melba's Tea Biscuits the last 10-15 minutes in the oven. (See Page 30.)

* * *

STEAK CASSEROLE - Gail

250° - 3 hours

1½ lbs round steak (cut in narrow strips)
1 can cream of mushroom soup
1 c half & half cream

1. Brown meat strips on high heat in fry pan using salt and pepper to taste. Remove meat and add a little water and simmer for 5 minutes.
2. In a casserole dish mix mushroom soup and cream, add meat and water mixture. Bake

* * *

SEAFOOD CASSEROLE - Melba

350° - 30 Minutes

2 cans lge. or med. shrimp	$\frac{1}{2}$ tsp salt
1 can lobster	$\frac{3}{4}$ c milk
1 can crab meat	$\frac{1}{2}$ pint light cream
$\frac{1}{3}$ c butter	2 tbsp sherry
1 can whole mushrooms	1 c crushed rice crispies
$\frac{1}{4}$ c chopped onions	2 tbsp melted butter
$\frac{1}{3}$ c flour	

1. Drain seafood and break up lobster and crab meat.
2. Melt $\frac{1}{3}$ c butter, add mushrooms and onions, saute'.
Add flour then cream, milk and sherry. Boil.
3. Add seafood to above mixture and pour into casserole dish.
4. Melt 2 tbsp butter and add crushed rice crispies.
Spread on top of casserole. Bake.

YIELD: Serves six.

* * *

HONEY AND GARLIC RIBS - Karen

350° - 1 hour

2 lbs lean pork ribs	1 tsp garlic
4 tbsp oil	5 tbsp liquid honey
2 tsp ginger	

1. Cut ribs into individual pieces. Boil in water for about 20 minutes and drain.
2. Mix oil, ginger and garlic. Brown ribs in fry pan with the aforementioned mixture.
3. Place in cassorle dish and bake. ADD the honey the last $\frac{1}{2}$ hour and mix thoroughly.

* * *

SEAFOOD CASSEROLE - Karen

325° - 45 Minutes

2 c chopped onion	$\frac{1}{2}$ c butter
3 c chopped celery	1 lb sliced pasteurized cheese
3 tbsp butter	10 ounces lobster meat
1 tsp salt	$\frac{3}{4}$ lb cooked shrimp
$\frac{1}{4}$ tsp pepper	1 lb cooked scallops, quartered
5 c milk	$\frac{1}{2}$ lb crabmeat
$\frac{3}{4}$ c flour	

1. Saute' onion and celery in 3 tbsp butter, add salt and pepper. Set aside.
2. Bring milk to boil, mix in butter and flour. Add saute'd celery and onions - add cheese slices. Cook until cheese is melted and sauce is slightly thickened.
3. Add seafoods and place in large casserole dish. Bake until bubbly and brown (approx. 45 minutes)
* This is good added over baked potatoes.*

* * *

CHILI - Melba

Simmer - $1\frac{1}{2}$ -2 Hours

1 lb hamburger	1 can kidney beans
$\frac{1}{2}$ c chopped onion	1 tbsp vinegar
1 can tomatoe soup	$1\frac{1}{2}$ tsp chili powder

1. Brown hamburger and onions. Drain off excess fat.
2. Add remaining ingredients and simmer.

* * *

SHIRLEY'S CHEAPER CUT ROAST

450° - 2 Hours

325° - 2 Hours

350° - 2 Hours

325° - 2 Hours

4 - 5 lb cheap cut roast (*CHUCK ROAST)
heavy roasting pan (like cast aluminium)

1. Place roast in pan, salt and pepper to taste. DO NOT ADD WATER. Place lid on top and bake one hour, turn the roast over and bake another hour with the lid on.
2. Turn the oven down and continue baking. You may need to add a little water near the end, but add just a small amount.

* * *

450° 375°
1 HOUR [lid on] x entire time
2-3 HOURS

MAY ADD POTATOES
& CARROTS LAST
HOUR.

ROASTING A CHICKEN - Karen

425° - 1 hour *uncovered*
 350° - 1½ hours *covered*

5-6 lb chicken or turkey
 melted butter or margarine

uncovered

1. Place chicken or turkey in roasting pan, brush with melted butter and salt and pepper to taste. Bake at 425° for about an hour (enough to brown it)
 MAKE SURE THE LID IS OFF and DON'T ADD WATER
2. Pour a LITTLE hot water, put the lid on and continue baking at 350° for approximately 1½ hours.
3. If you have a larger chicken or turkey, just increase the times.

IT IS NOT NECESSARY TO BASTE YOUR CHICKEN OR TURKEY

WHEN preparing your dressing use MILK instead of water for more taste.

* * *

ASPARAGUS WITH CHEESE - Corinne

350° - 5 Minutes

1 lb fresh asparagus or 2 tbsp chopped canned pimiento
 one 10 oz pkge frozen 2 tsp sesame seed, toasted
 ½ c shredded swiss cheese

1. In 10" skillet, cook asparagus spears in salted, boiling water until tender. Drain.
2. Toss together, cheese, pimiento and sesame seed.
3. Place asparagus in baking dish and sprinkle with cheese mixture. Bake until cheese is melted.

YIELD: Serves 4

* * *

POTATOES FOR TEN - Beryl

350° - 1-1½ Hours

2 lbs hash browns	½ c melted butter
2 cans mushroom soup	2 c grated cheddar cheese
1 chopped onion	parmesan cheese (in the can)

1. Mix all ingredients EXCEPT parmesan cheese. Sprinkle the parmesian cheese on top and bake in uncovered casserole

* * *

BAKED BROCCOLI CASSEROLE - Cally

350° - 30 Minutes

2 bunches fresh broccoli	1½ c sharp cheddar cheese - grated
3 stalks diced celery	½ c buttered bread crumbs
1 can mushrooms	2 tbsp flour
2 medium onions - chopped	1 large tin mushroom soup

1. Skin the stems of the broccoli. Chop all the broccoli including the flowerettes. Steam for a few minutes until only slightly done but still crisp. Drain.
2. Saute' celery, mushrooms and onion in butter. Set aside.
3. Heat soup in saucepan, add flour and stir until smooth, then add grated cheese.
4. Combine vegetables with soup mixture and pour into buttered casserole dish (1½ qt).
5. Cover with crumbs and bake.

YIELD: Serves 8.

* * *

CORN CASSEROLE - Beryl

350° - 40 Minutes

1 - 20 oz can cream corn	2 tbsp finely chopped onion
1 c evaporated milk	¼ tsp celery salt
1 tbsp butter	¼ tsp salt and pepper
¾ c cracker crumbs	1/3 c cracker crumbs
3 hard boiled eggs (chopped)	

1. Heat milk and butter. Combine with remaining ingredients EXCEPT 1/3 c cracker crumbs.
2. Pour into buttered casserole dish and sprinkle with 1/3 cup of cracker crumbs. Dot with butter and bake.

* * *

TURNIP CASSEROLE - Melba

350° - 30 Minutes

2 c mashed cooked turnip	dash of pepper
3 tbsp margarine	1 c soft bread crumbs
1 tbsp sugar	2 eggs (beaten)
1 tsp salt	1 tbsp butter (melted)

1. Combine turnip, 3 tbsp marg., sugar, salt and pepper, 3/4 c crumbs, eggs. Mix well and turn into buttered 1 quart casserole dish.
2. Mix remaining crumbs and melted butter. Sprinkle on top. Bake.

YIELD: Serves 6

* * *

TUNA SALAD - Lorna

Refrigerate

1 can tuna	1 c mayonnaise
1 can chicken gumbo soup	1/2 c whipping cream
2-3 tbsp chopped green onion	1 small Lemon jello
2 tbsp chopped celery	1 c boiling water

1. Partially set jelly and stir in rest of ingredients. Part of cream may be omitted for firmer salad.
2. When doubled, you might add 1 tbsp plain gelatin.
3. This salad may be placed in individual molds, if desired.

* * *

SPINACH SALAD - Kim

Salad

Spinach leaves
 3 slices crumbled bacon
 1 c shredded hard boiled egg
 mushrooms (optional)
 red onion (optional)

Dressing

1 egg yolk
 1/2 tsp seasoned salt
 1/2 tsp dry mustard
 4 heaping tsp sour cream
 1-2 tsp Tarragon vinegar
 1/2 c olive oil
 garlic to taste

1. Combine salad ingredients in order given and toss.
2. Combine dressing ingredients in order, mixing well after each. Pour over salad and toss until evenly coated.

* * *

MACARONI SALAD - Marc

3 c macaroni bows	2/3 c mayonnaise
6 hard cooked eggs (chopped)	1/2 tsp dried mustard
1/2 c cubed cheddar cheese	1/2 tsp salt
1 c thinly sliced celery	lettuce leaves
1 oz finely chopped green onion	

1. Cook macaroni, drain and rinse with cold water.
2. Combine eggs, cheese, celery, mayonnaise, onions, mustard and salt. Stir in macaroni.
3. Chill if time permits for better results.

YIELD: Serves 6.

* * *

FRUIT SALAD - Lorna

Chill

1 c drained pineapple chunks	1 c coconut
1 c drained canned mandarin oranges	1 c sour cream
	2/3 bag Kraft miniature colored marshmallows

1. Mix and completely chill before serving.

* * *

COTTAGE CHEESE SALAD - Fran

1 pkge. lime jello	1 can crushed pineapple
1 c hot water	1 c salad dressing
18 marshmallows (cut up)	1 tsp lemon juice
1 lb cottage cheese	

1. Combine lime jello and hot water.
2. Add marshmallows. Let cool and add cottage cheese.
3. Add remaining ingredients and toss all together.

* * *

TOMATO ALMOND SURPRISE SALAD - Melba Refrigerate till set

1 pkge lemon jello	4-6 chopped green onions
1 can tomato soup	$\frac{1}{2}$ c almonds chopped
$\frac{1}{2}$ tsp gelatin	1 green pepper diced
8 oz cream cheese	1 c Miracle Whip
$1\frac{1}{2}$ c diced celery	

1. Mix first 3 ingredients in a saucepan, heat until hot.
2. Whip the cream cheese and heat in jello mixture.
3. Add remaining ingredients and pour into jello mould.

* * *

24 HOUR SALAD - Karen Refrigerate 24 hours

1 head of lettuce	1 c grated carrot
1 c diced celery	1 c mayonaise (NOT MIRACLE WHIP)
1 c green pepper (diced)	1 tbsps sugar
1 c chopped spanish onion	$\frac{1}{2}$ lb bacon
1 c frozen peas	1 c grated cheddar cheese

1. Fry the bacon until crisp. Break it up into pieces.
2. Tear lettuce in bite size pieces. Layer the ingredients in the order given, in a LARGE DEEP bowl.
3. Cover with saran wrap for 24 hours. DO NOT PEEK!!
4. When serving, make sure to tell your guests to dig right to the bottom of the bowl to make sure they get a taste of everything.
5. This will keep up to a week in the fridge without the lettuce wilting.

* * *

TOMATO ASPIC SALAD - Melba

Refrigerate till set

1 pkge lemon jello
 1 19 oz tin tomato juice
 1 tbsp vinegar

1 4 oz tin large or med. shrimp
 4 green onions chopped fine
 ½ c celery chopped fine

1. Heat juice to boiling, mix with jello and refrigerate until partially set.
2. Add all other remaining ingredients and pour into mould.

* * *

VEGETABLE SALAD - Karen

Refrigerate 24 hours

1 large head cauliflower
 1 basket cherry tomatoes
 1 bunch broccoli
 4 carrots

3 stalks of celery
 2 cans button mushrooms
 1 8 oz bottle Italian dressing
 1 can pitted black olives drained

1. Cut cauliflower, broccoli with peeled stems, carrots celery into bite size pieces.
2. Mix all the ingredients in a double plastic bag or a Tupperware marinate dish.
3. Refrigerate for 24 hours, turning the bag frequently to ensure the vegetables are all marinated.
4. Drain off excess dressing before serving.

* * *

COLESLAW Karen

Refrigerate 3 hours

GROUP # 1

3 lb cabbage
 2 small onions
 2 carrots
 ¾ c sugar

GROUP #2

1 c vinegar
 2 tsp mustard seed
 2 tsp celery seed
 1 tsp salt
 ¼ c sugar
 ¾ c oil

1. From group 1, shread the cabbage and carrots and chop up the onion. Combine in a bowl and add the ¾ c sugar, mixing well. Set aside while preparing group 2.
2. Combine all the ingredients in group 2 with the exception of the oil. Bring to a boil and add the oil. Boil 3 minutes. Pour this over the ingredients of group 1.
3. Let this refrigerate for at least 3 hours before using.

THIS WILL KEEP IN THE REFRIGERATOR FOR ONE MONTH !!

* * *

COOKIES

DROP COOKIES - Mom Burroughs

350° - 15 Minutes

1 c raisins	1 tsp cinnamon
2 c flour	$\frac{1}{2}$ tsp cloves
1 tsp baking soda	$\frac{1}{2}$ c walnuts
1 tsp vanilla	$\frac{1}{2}$ c butter
$\frac{1}{2}$ tsp nutmeg	$\frac{1}{2}$ c sugar
	2 eggs

1. Cover raisins with water and boil 15 minutes. Cool in fridge until cold.
2. Beat butter, sugar & eggs in a small bowl.
3. Mix all dry ingredients in a large separate bowl.
4. Mix all ingredients together in the large bowl and bake. You may need to add more flour to make a stiff cookie dough.

Yield - $3\frac{1}{2}$ dozen

* * *

GINGER SNAPS - Lorna

350° - 8-10 Minutes

2 c flour	$\frac{1}{2}$ tsp salt
1 tsp ginger	$\frac{3}{4}$ c lard
2 tsp soda	1 c white sugar
1 tsp cinnamon	1 egg
	$\frac{1}{4}$ c molasses

1. Mix lard, sugar, then egg and dry ingredients.
2. Roll dough in balls, then sugar.
3. Place on cookie sheet, slightly flatten and bake.
4. When finished baking, remove from pan immediately.

* * *

NO BAKE COOKIES - Lorna

1 c sugar	1 c peanut butter
1 c corn syrup	$4\frac{1}{2}$ c Kellogg's Special "K"

1. In 2 quart saucepan, place sugar and corn syrup.
2. Stir constantly while on low heat until sugar is no longer granular. Remove from heat and stir in peanut butter and Special "K" cereal.
3. Spoon onto cookie sheet, shape and store between wax paper in tightly closed container.

* * *

SHORTBREAD - Mom Burroughs

300° - 15-20 Minutes

1 c brown sugar 4 c flour
2 c butter

1. Leave butter sit for 24 hours before using.
2. Mix sugar and flour by hand and slowly add butter and mix by hand.
3. Take a piece at a time and knead it (the more you knead it, the better it will be). Refridgerate. for awhile.
4. Roll out or pat and cut with small cookie cutter, then prick with fork.
5. Bake till golden brown on ungreased cookie sheet.

* * *

SAUCEPAN COOKIES - Beryl

2 c brown sugar 1 tsp vanilla
 $\frac{1}{2}$ c milk $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ c butter 3 c rolled oats
 $\frac{1}{2}$ c cocoa 1 c coconut

1. Combine first 6 ingredients in saucepan and boil for 5 minutes. Add other ingredients and stir.
2. Drop on wax paper by teaspoons. Chill until set.

* * *

MONA'S MOTHER'S MOTHER'S BEST
FRIEND'S FAVORITE COOKIES - Lorna

350° until golden brown

1 c sugar $1\frac{1}{4}$ c quick rolled oats
 $\frac{1}{2}$ c brown sugar $\frac{3}{4}$ c coconut
1 egg 1 tsp baking powder
1 c butter 1 tsp baking soda
*1 c flour

1. Mix all ingredients together in order and drop on cookie sheet by teaspoons. Bake.

NOTE: You may need to use $\frac{1}{2}$ cup or more of flour.

* * *

CAKES &
FROSTINGS

NOT SO SWEET FROSTING - Lorna

1 c milk	$\frac{1}{2}$ c margarine
6 Tbsp flour	2 tsp vanilla
$\frac{1}{2}$ c crisco	2 c icing sugar

1. Cook milk and flour together, stirring constantly, making a thick paste.
2. Beat crisco, margarine vanilla & icing sugar in a bowl at high speed 5-10 minutes. Add cooled flour mixture, beat 3-5 minutes more.

* * *

CAKE TOPPING - Phyllis

1 envelope whipped topping mix	$1\frac{1}{2}$ c cold milk
1 small pkg. instant pudding mix	

1. In chilled bowl blend and whip the whipped topping mix and the instant pudding mix with the cold milk until stiff.
2. Immediately frost cake and store in refrigerator.

* * *

CARMEL ICING - Gail

1 c brown sugar	3 Tbsp butter
3 Tbsp cream	a bit of icing sugar & cream

1. Combine and boil all ingredients for 1 minute. Let cool slightly and beat until desired consistency.

* * *

ROLLED OATS CAKE - Gail

375° - 10-15 Minutes

$\frac{3}{4}$ c brown sugar	$\frac{1}{2}$ c butter
1 tsp baking powder	$\frac{1}{2}$ tsp vanilla
2 c rolled oats	

1. Combine all ingredients. Pat into 8 X 8 ungreased pan.

* * *

BURROUGHS' CHRISTMAS/WEDDING CAKE - Mom Burroughs

300° - 3.4 Hours

GROUP # 1

1 lb currants
 1 lb dates
 1 lb seeded puffed raisins
 1 lb raisins
 1 lb mixed fruit
 grated rind of one orange
 grated rind of one lemon
 1 c walnuts
 1 c almonds
 1 c flour

GROUP # 2

1 tsp salt
 4 tsp cocoa
 2 tsp cinnamon
 1½ tsp baking powder
 ½ tsp nutmeg
 ½ tsp cloves
 ½ tsp allspice
 ½ tsp ginger
 3 heaping c flour

GROUP # 3

1 lb butter
 2¼ c sugar
 10 eggs

GROUP # 4

1 c grape juice
 juice of one lemon
 juice of one orange

1. Mix ingredients of group # 1 in a bowl.
2. Sift together the ingredients of group # 2 in another bowl.
3. From group # 3, cream butter and sugar and add well beaten eggs (in a large bowl)
4. To ingredients of group # 3, add those of group # 2 then add group # 1. Mix well.
5. Mix the ingredients of group # 4 and add to the aforementioned mixed groups.
6. Line the pans (sides and bottom) with brown paper then wax paper. Bake in three layer cake pans (ie. small, medium and large pans). ENSURE a pan of hot water is in the oven during the entire time to provide moisture to the cakes.
7. You may need to turn the oven down to 250° if the cakes are browning too fast.

THIS IS A DARK CHRISTMAS CAKE

* * *

GRANDMA JOHNSONS CHRISTMAS CAKE - Beryl 300° - 2hrs.
250° until done

1½ lbs butter	2 lbs raisins (Australian Suttan)
3 c sugar	1 lb currants
14 eggs	2 lbs mixed fruit
4 c flour	1 lb cherries
1 tsp baking powder	1 pkg almonds
½ tsp lemon juice	

1. Add flour to clean fruit.
2. Beat butter, sugar & eggs.
3. Add all ingredients to fruit.
4. Waxpaperline 5 loaf pans, pour in, and bake. (THIS IS A LIGHT CAKE)

* * *

CARROT CAKE & FROSTING - Fran 350° - 30 Minutes

1 c corn oil	¾ tsp salt
1 c sugar	1½ tsp cinnamon
3 eggs	½ c nuts
1½ c flour	2 c raw grated carrots
1½ tsp soda	1 tsp almond extract
1½ tsp baking powder	

1. Beat the corn oil at a low speed with mixer. Add the white sugar, and the 3 eggs, one at a time.
2. Sift together the flour, soda, baking powder and salt. Add these dry ingredients to the wet mixture. Add cinnamon and nuts, blend well.
3. Pour the almond extract over the carrots. Add to the other ingredients and mix thoroughly. Pour into 13 X 9 pan and bake.

ICING

1 pkg. cream cheese	1½ c icing sugar
¼ c butter	1 tsp vanilla

1. Cream together the cream cheese, butter, vanilla & icing sugar.
2. Beat well and spread on cooled cake.

* * *

CRAZY CHOCOLATE CAKE - Kim 325° - 25-30 Minutes

1 c miracle whip	1 tsp baking soda
1 c sugar	1 tsp baking powder
1 tsp vanilla	dash salt
2 $\frac{1}{4}$ c flour	3/4 c cold water
1/2 c cocoa	

1. Combine miracle whip, sugar and vanilla. Sift together flour, cocoa, baking soda, baking powder and salt. Add to first mixture alternating with water, mixing well after each addition.
2. Pour into greased 9 X 13 pan or 2 8" layer pans.

COCOA BUTTER ICING

1/3 c soft butter	1 $\frac{1}{2}$ tsp vanilla
1/3 c cocoa	2 Tbsp milk or more
2 c icing sugar	

1. Mix together butter and cocoa. Blend in sifted sugar, then stir in vanilla and milk.
2. Beat until smooth and of spreading consistency.

* * *

WHITE CAKE - Lorna

350° - 45 Minutes

2 $\frac{1}{2}$ c flour	2/3 c shortening
3 tsp baking powder	3 eggs
1 tsp salt	1 tsp vanilla
1 2/3 c sugar	1 1/3 c milk

1. Cream shortening, sugar, salt and vanilla well, add eggs, beating well after each addition.
2. Add dry ingredients alternately with milk. Mix well but don't overbeat. Pour in 9 X 13 pan and bake.
3. For easy removal from pan, paper bottom of pan before putting batter in.

* * *

CARROT CAKE - Cally

300° - 1 hour

1 c sugar	1 1/3 tsp soda
1 c cooking oil	1 1/3 tsp baking powder
3 eggs	1 1/3 tsp cinnamon
1 1/3 c flour	2 c grated carrot
1/2 tsp salt	1/2 c walnuts

1. Combine sugar & oil, beat. Beat in eggs, one at a time. Add sifted dry ingredients to mixture and beat well.
2. Fold in carrots and chopped nuts. Bake in oblong pan or 2 layer pans.

ICING

1 8oz pkg cream	2 tsp vanilla
cheese (softened)	1 box icing sugar
1/4 c butter	

1. Beat all ingredients together well and spread over cake (use 1/2 this recipe for oblong pan, full recipe for 2 layer tins).

* * *

SOUR CREAM BANANA CAKE - Shirley

350° - 25-35 Minutes

1/4 c shortening	1 tsp baking soda
1 1/3 c sugar	3/4 tsp salt
2 eggs	1 c sour cream
1 tsp vanilla	1 c mashed bananas
2 c flour	1/2 c chopped peacans
1 tsp baking powder	

1. Cream shortening and sugar until light and fluffy. Add eggs and vanilla; blend thoroughly. Combine flour, baking powder, baking soda and salt. Add to creamed mixture alternately with sour cream beginning and ending with dry ingredients.
2. Add bananas and peacans mixing just until blended.
3. Spoon batter into a greased 9 X 13 pan, bake.

ICING

1 - 8oz pkg cream cheese	1 tsp vanilla
(softened)	1 lb box powdered sugar
1/4 c melted margarine	

1. Combine all ingredients and blend well.

* * *

STRAWBERRY SHORTCAKE - Mom Burroughs 350° - 30 Minutes

$\frac{1}{2}$ c margarine (soft)	2 c flour
1 c sugar	2 tsp baking powder
2 eggs (beaten)	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ c milk	

1. Cream margarine and sugar in large bowl.
2. Mix dry ingredients in small bowl.
3. Beat eggs and milk in small bowl.
4. Alternating add dry and wet ingredients to margarine and sugar mixture, mixing well after each addition.
5. Once all the ingredients are well blended, pour into a greased 9 X 12 pan and bake until a toothpick comes out clean and the cake is golden brown.
6. Serve with prepared strawberries and whip cream.

* * *

FLUFFY WHITE CAKE & FROSTING - Karen 350° - 25 Minutes

2 eggs (beaten)	1 c flour
1 c sugar	$\frac{1}{2}$ c milk
$\frac{1}{4}$ tsp salt	3 tbsp margarine
1 tsp baking powder	1 tsp vanilla

1. Bring the milk and margarine to a boil. Set aside to slightly cool.
2. Beat the eggs thoroughly, add sugar, beat well. Add the remaining dry ingredients and beat really well.
3. Add the boiled milk-margarine, beat well and add vanilla.
4. Pour into a greased 8 X 8 pan and bake until golden brown.

ICING

$\frac{1}{4}$ c margarine	$1\frac{1}{4}$ c icing sugar
$\frac{1}{2}$ c brown sugar	1 tsp vanilla
2 tbsp milk	$\frac{1}{4}$ c chopped walnuts (optional)

1. Melt margarine in a saucepan, add brown sugar and stir over low heat for 2 minutes. Add milk and stir constantly until it comes to a boil. Remove from heat. Add icing sugar and vanilla. Beat until creamy. Pour over cooled cake. Sprinkle on nuts. (THE ICING IS NOT STIFF LIKE MOST - but it will harden on the cake)

* * *

SQUARES, MUFFINS,
LOAFS, DESSERTS, PIES

PUMPKIN PIE - Mom Burroughs

425° - 15 Minutes then to
350° - 45 Minutes

USE ONLY LIBBY'S PUMPKIN FOR BEST RESULTS

2 c pumpkin	1½ c sugar
3 c boiled milk	1 tbsp ginger, nutmeg, cinnamon (of each)
6 eggs	1 c cream or evaporated milk

1. Mix all ingredients except boiled milk. Blend thoroughly with mixer.
2. Mix in boiled milk.
3. Bake until knife inserted in middle comes out clean.

* * *

PIE CRUST - Karen

5 c flour	1 lb lard (Tenderflake)
2 tsp baking powder	1 egg
1 tsp salt	1 tbsp vinegar
2 tbsp sugar (optional)	water

1. In large bowl mix flour, baking powder, salt, sugar mixing well. Add lard and mix by hand to make pea like consistency.
2. In a one cup measuring cup, slightly beat egg, add vinegar and fill to one cup with cool water.
3. Add water mixture to flour mixture and mix by hand until well blended. (You may need to add a little more flour) DO NOT OVERWORK your pastry.
4. This can be refrigerated for 2-3 weeks or frozen.
YIELD: 3 double pie crusts.

* * *

PUMPKIN PIE - Karen

425° - 15 Minutes then to
350° - 45 Minutes

14 oz can Libby's pumpkin	1 tsp cinnamon
2 eggs (beaten)	½ tsp ginger
¾ c sugar	¼ tsp cloves
½ tsp salt	14 oz can evaporated milk

1. Mix ingredients in order given with an electric beater. Pour into deep pastry shell. Bake until knife inserted comes clean.

* * *

SIMPLE BLUEBERRY PUDDING - Gail

2 c frozen blueberries	1-2 Tbsp cornstarch mixed with a little water
$\frac{1}{4}$ c water	1 c whipping cream
$\frac{1}{4}$ c sugar	6 soda crackers

1. Cook the blueberries, water & sugar. Add the cornstarch and cook until thickened. Let cool completely.
2. Prepare the whipping cream adding sugar and vanilla to taste. Take the soda crackers and make fine crumbs.
3. Sprinkle soda cracker crumbs on bottom of bowl, then half of the blueberries & half of the whipping cream, REPEAT. (Ingredients should be prepared ahead of time but assemble just before serving).

* * *

APPLE PIE - Karen

425° for 15 Minutes then to
350° for 45 Minutes

8-10 apples	3 Tbsp tapioca
3 tsp cinnamon	1 c sugar
$\frac{1}{2}$ tsp nutmeg	

1. Mix dry ingredients, then mix with sliced apples.
2. Pour into uncooked pie crust and bake.

* * *

PECAN CRISPS - Gail

300° - 30-35 Minutes

1 c butter	2 c flour
$\frac{1}{4}$ c sugar	1 c chopped pecans
$\frac{1}{2}$ tsp vanilla	Icing sugar
$\frac{1}{4}$ tsp salt	

1. Cream butter, add sugar gradually and beat mixture well. Stir in vanilla, salt, flour and pecans, blend thoroughly.
2. Roll into balls, flatten & bake. While still warm, roll in icing sugar.
3. Once you have flattened the balls, you can trim around the edge with a small tupperware container so they are perfectly round.

* * *

CHEESECAKE CUPCAKES - Lorna

350° - 18-20 Minutes

Medium paper muffin cups 3 eggs
 Vanilla wafers 2 tsp lemon juice
 1 c sugar cherry pie filling
 2 8oz pkg cream cheese

1. Mix sugar, eggs, cheese and lemon. Line cupcake pans with papers. Place one vanilla wafer in each. Spoon cheese mixture over wafers (about 2/3 full).
2. Bake 18-20 minutes, cool and spoon pie filling on each cupcake (other kinds of pie filling may be used). Refridgerate for 1 hour.

* * *

WHEAT GERM MUFFINS - Shirley & Corinne

350°-375°
15 Minutes

1 c sifted flour 1 egg
 3 tsp baking powder 3/4 c milk
 1/8 tsp baking soda 1/4 c salad oil
 1/2 c wheat germ 1/2 c raisins
 3/4 c brown sugar

1. Sift dry ingredients, add liquid, oil & raisins. Mix only to blend. Bake. (I DOUBLE THE RECIPE)

* * *

CINNAMON LOAF - Phyllis

350° - 1 hour

3 Tbsp brown sugar 2 eggs 1 tsp baking powder
 1 Tbsp cinnamon 1 c sour milk 1 tsp baking soda
 1/4 c butter 2 tsp vanilla 1 tsp salt
 1 c sugar 2 c flour

1. Mix the brown sugar and cinnamon and set aside.
2. Cream the butter and the white sugar, add the eggs and beat well. Set aside.
3. Mix the flour, baking powder, baking soda and salt.
4. Alternating, add sour milk and flour mixture to the butter mixture, mixing well after each.
5. Pour 1/3 of batter in a pan and sprinkle with 1/2 the cinnamon mixture. Add another 1/3 of batter then the rest of the cinnamon. Pour the last of the batter on and bake.

* * *

LEMON LOAF - Kim

350° - 1 $\frac{1}{4}$ Hours

$\frac{1}{2}$ c shortening	1 c sugar
2 eggs	grated lemon rind
1 $\frac{1}{2}$ c flour	1 tsp baking powder
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ c milk

1. Cream shortening and sugar and add eggs and lemon rind. Beat well.
2. Alternate dry and liquid ingredients.
3. Bake
4. When loaf comes out of oven , over hot loaf pour approximately $\frac{1}{2}$ cup sugar and moisten with lemon juice.
5. Return to oven for additional 5 minutes.

* * *

WALNUT LOAF - Karen

350 ° - 60-70 Minutes

3 c flour	1 $\frac{1}{2}$ c walnuts
1 c sugar	1 egg beaten
4 tsp baking powder	1 $\frac{1}{2}$ c milk
1 tsp salt	1 tsp vanilla
3/4 c margarine	

1. Mix flour, sugar, baking powder and salt. Cut in margarine.
2. Stir in 1 $\frac{1}{4}$ c walnuts. Add egg and milk.
3. Mix until JUST blended.
4. Turn into greased and floured 9 x 5 loaf pan.
5. Sprinkle $\frac{1}{4}$ c walnuts and bake.

* * *

RYE BREAD - Karen

375° - 35-40 Minutes

2 tbsp dry yeast	$\frac{1}{2}$ c vegetable oil
1 tbsp salt	$\frac{1}{2}$ c wheat germ
2 tbsp honey	1 c rye flour <u>or</u>
2 c warm water	whole wheat flour <u>or</u>
$\frac{2}{3}$ c instant skim	graham flour
milk powder	4 c white flour (all purpose)

1. In large bowl mix yeast, salt and honey. Add water and stir in skim milk powder, then oil. Stir in wheat germ and rye flour then all purpose flour.
2. Turn onto lightly floured board and knead 10 minutes, adding flour as dough becomes sticky. ($\frac{1}{2}$ - 1 cup)
- NOTE: The dough should be soft and elastic like (Not Dry).
3. Let rest while you grease and flour three loaf pans. Divide dough into three pans.
4. Cover loosely with greased wax paper and let rise in fridge overnight. (Minimum 5 hours - Maximum 24 hours.)
5. Bake.

* * *

TEA BISCUITS - Melba

450° - 10-14 Minutes

2 c flour	$\frac{1}{2}$ c margarine
1 tbsp sugar	1 egg
4 tsp baking powder	1 tbsp vinegar
$\frac{1}{2}$ tsp salt	$\frac{2}{3}$ c milk

1. Mix dry ingredients, cut in margarine, and combine milk, egg and vinegar and add to other mixture.
2. Stir until dough follows fork around the bowl.
3. Turn onto lightly floured board.
4. Knead 20 strokes. (NO MORE)
5. Roll $\frac{3}{4}$ " thick, dip 2" cutter in flour and cut.
6. Put on ungreased baking sheets and bake.

* * *

CHOCOLATE MINT DESSERT - Melba

- $1\frac{1}{2}$ c chocolate wafers
 crushed
 * $\frac{1}{2}$ c crushed after dinner
 mints
- 3 tbsp butter (melted)
 $\frac{1}{2}$ pint whipping cream

1. Mix the chocolate wafers and the butter together and spread $\frac{1}{2}$ of the mixture in a 8 x 8 pan.
2. Fold the crushed after dinner mints into the whipped cream. Spread on top of the crust and sprinkle the remaining wafers on top.
3. Chill until set. Minimum 6 hours.

* Note: Do Not Use Dream Whip.
 Also use only plain white after dinner mints.

* * *

APPLE CRUMBLE - Carrie

375° 25-30 minutes

- 4 or 5 apples
 $\frac{1}{4}$ c sugar
 1 oz water
 $\frac{1}{4}$ tsp cloves

Crumble Topping

- $\frac{1}{2}$ c flour
 $\frac{3}{4}$ c rolled oats
 dash of salt
 $\frac{1}{4}$ c brown sugar
 $\frac{1}{2}$ c melted margarine
 1 tsp cinnamon

Lemon Sauce

- $\frac{1}{4}$ c sugar
 $1\frac{1}{2}$ tbsp cornstarch
 1 c water
 $1\frac{1}{2}$ tbsp lemon juice

1. Slice apples, place in casserole dish, sprinkle with water, sugar and cloves.
2. To prepare topping, combine dry ingredients, add melted butter. Sprinkle topping over fruit. Bake.
3. To prepare Lemon Sauce, combine sugar, cornstarch and water in double boiler. Cook over heat until thickened. Add lemon juice. Pour over baked fruit when serving.

* * *

ENGLISH TRIFLE - Cally

1 small sponge cake (from bakery)	$\frac{1}{2}$ - 1 c raspberry jam $\frac{1}{2}$ c sherry
1 pkg frozen raspberries thawed & well drained	1 pkg vanilla instant pudding 2 c whipping cream
4 tbsp icing sugar	toasted almonds and maraschino cherries

1. Beat vanilla instant pudding and chill until firm. Cut cake into 1 inch finger slices. Spread with raspberry jam on one side. Place half of cake slices, jam side up in serving bowl.
2. Sprinkle with half of sherry. Cover with $\frac{1}{2}$ of berries then half of pudding. Whip cream and sweeten with icing sugar. Spread half over custard.
3. Repeat layers. Put whipping cream on top and garnish with toasted almond and cherries. Chill overnight.

Note: Use a deep attractive see through bowl.

* * *

CHERRIES IN THE SNOW - Corinne 350° - 6-8 Minutes

<u>Graham Cracker Crust</u>	1 $\frac{1}{2}$ -2 pkg graham crackers 1 stick of butter or margarine
-----------------------------	--

<u>Filling</u>	2 pkg (8 oz.) cream cheese
1 tsp vanilla extract	1 tsp lemon extract
powdered sugar to taste	$\frac{1}{2}$ pkg dream whip
<u>Topping</u> - 1 can cherries	

1. Mix graham crackers with melted butter to make crust.
2. Mix ingrediants and pour over crust. Top with whipping cream and one can of cherries.
3. Refridgerate.

* * *

STRAWBERRY SQUARE DESSERT - Melba 350° - 15 Minutes
Refrigerate for 6 hours

1 c flour	$\frac{1}{4}$ c brown sugar
$\frac{1}{2}$ c chopped walnuts	$\frac{1}{2}$ c melted butter
2 egg whites	1 c sugar
2 c sliced strawberries	2 tbsp lemon juice
or 1-10 oz. pkg frozen berries	1 c cream whipped

1. Stir flour, brown sugar, chopped walnuts and melted butter. Spread on 13 x 9 pan. Bake 350° stirring every 5 minutes about 15 minutes.
2. Combine egg whites beat and add sugar, berries and lemon juice. Beat 10 minutes. Fold in whipped cream.
3. Pour over $\frac{3}{4}$ of crumbs and top with remaining crumbs.
4. Freeze 6 hours. This will keep in a covered pan 3-4 weeks in freezer.

* * *

BAVARIAN APPLE TORTE - Karen 450° - 10 minutes then down to
400° - 25 minutes

<u>Base</u>	<u>First Layer</u>
$\frac{1}{2}$ c margarine	one 8 oz pkge cream cheese (soft)
$\frac{1}{3}$ c white sugar	$\frac{1}{4}$ c white sugar
1 c flour	1 egg (beaten)
$\frac{1}{4}$ tsp vanilla	$\frac{1}{4}$ tsp vanilla

Topping
4 c sliced apples
 $\frac{1}{3}$ c white sugar
1 tsp cinnamon
 $\frac{1}{2}$ c slivered almonds

1. To prepare base, cream marg. and sugar. Blend in flour and vanilla. Mix well and press into bottom of 9" spring form pan or pie plate.
2. To prepare first layer, cream sugar and cheese. Add egg and vanilla. Blend until smooth and creamy. Pour over base.
3. To prepare topping, mix sugar and cinnamon, stir in apples. Place on top of first layer, sprinkle with almonds and bake.

* * *

BROWNIES - Lorna

350° 25-30 minutes

3/4 c flour	3/4 c white sugar
1/2 tsp baking powder	2 eggs
1/4 tsp salt	1 tsp vanilla
1/2 c butter	3/4 c chopped nuts
1/4 c Fry's cocoa	

1. Melt butter, stir in cocoa, then sugar, eggs and vanilla.
2. Beat by hand (ingredients mixed in same pan used for baking).
3. Add dry ingredients, then nuts. Bake or microwave on high power for 3 1/2 - 4 1/2 minutes. Turn as required to avoid hot spot.
4. Ice when cool, if desired.

* * *

PINEAPPLE CHERRY SQUARE - Fleurette 375° - 30 Minutes

Combine the following ingredients in a saucepan:

1 16 ounce can of	1/2 c sugar
crushed pineapple	1 8 ounce jar of corseley
2 beaten eggs	chopped marachino cherries
1 1/2 tbsp of cornstarch	

1. Stir over a low flame until thick. Allow to cool.
2. In a bowl sift:

1 1/2 c flour
 2 c oatmeal
 1/4 lb. margarine
 or butter (melted)

1 tsp of baking soda
 1 1/2 c brown sugar

1/2 c.

3. Make a crumbly mixture by blending lightly with your fingers.
4. Spread half of the mixture in a 13 x 9 greased pan.
5. Spread the pineapple-cherry mixture over the crumbs and cover with the rest of the crumb mixture.
6. Bake until lightly brown. Allow time to cool and cut in squares. May be served plain, with whipped cream, or with cherry or vanilla ice cream.

* * *

NANAIMO BARS - Lorna

$\frac{1}{2}$ c butter	5 tbsp cocoa
1 egg	2 c graham cracker crumbs
1 c coconut (fine)	$\frac{1}{2}$ c chopped walnuts
$\frac{1}{4}$ c sugar	1 tsp vanilla

1. Place softened butter in bowl, add sugar, cocoa, vanilla & egg. Set bowl over pan of boiling water.
2. Stir until butter has melted and mixture resembles custard. Combine cracker crumbs, coconut and nuts.
3. Blend well and add to custard mixture. Pack in 9" square pan and spread with the following special icing:

CUSTARD ICING

Let set 15 Minutes

$\frac{1}{4}$ c butter	3 tbsp milk
2 tbsp custard powder (vanilla)	2 c icing sugar

1. Mix above ingredients and pour over mixture # 1.
2. Melt 4 squares semi sweet chocolate with 1 tbsp butter and spread on custard icing. Cool and cut.

* * *

BUTTERTART BARS - Fleurette

350° - 15 Minutes

$\frac{1}{2}$ c margarine	1 c flour
2 tbsp brown sugar	

1. Cut flour and brown sugar into margarine until mixture is crumbly. Press into buttered 9 inch square pan. Bake.

FILLING

350° - 20 Minutes

2 beaten eggs	$1\frac{1}{2}$ c brown sugar
$\frac{1}{2}$ c oatmeal	$\frac{1}{4}$ tsp salt
$\frac{1}{2}$ tsp baking powder	1 tsp vanilla
$\frac{1}{2}$ c chopped nuts	

1. Beat eggs well and add remaining filling ingredients. Pour over partially baked crumb layer and bake 20 minutes. Cool and cut.

* * *

BUTTERSCOTCH SQUARES - Karen

Refrigerate - 3 Hours

BASE

Enough whole graham wafers to cover a 9 X 12 pan

FILLING

1 egg (beaten)	1 c coconut
1 c margarine	1 c graham wafer crumbs
1 c brown sugar	$\frac{1}{2}$ c walnuts (chopped)
$\frac{1}{2}$ c milk	1 tsp vanilla

ICING

3 c icing sugar	5 tbsp cocoa
$\frac{1}{4}$ c melted margarine	3 tbsp boiling water

1. Line the bottom of a 9 X 12 pan with whole graham wafers.
2. To prepare filling, bring to a boil margarine, brown sugar, milk and egg. Boil for about 3-4 minutes. Set aside to cool. When cool, add coconut, graham wafer crumbs, walnuts and vanilla. Pour this over the graham wafers and spread evenly.
3. To prepare icing, mix icing sugar and cocoa. Blend in the melted margarine and boiling water, beating with an electric beater until creamy and smooth. You may need to add a little more boiling water to make the icing a bit on the runny side. Ice the squares. Refrigerate.

* * *

PANOCHA - Lorna

$1\frac{1}{2}$ c granulated sugar	1 c brown sugar
$\frac{1}{3}$ c light cream (evap. milk)	$\frac{1}{3}$ c milk
1 tsp vanilla	2 tbsp margarine
	$\frac{1}{2}$ c broken pecans

1. Butter the sides of a heavy 2 qt. saucepan and in it combine sugars, cream, milk and margarine. Heat over medium heat stirring constantly til sugars dissolve and mixture comes to boiling.
2. Cook to soft ball stage (238°) - stir only if necessary. Immediately remove from heat and cool to lukewarm (110°) without stirring. Add vanilla.
3. Beat vigorously til fudge becomes thick and starts to lose its gloss. Quickly stir in nuts and spread in buttered pan. Score while warm. Cut when firm.

* * *

MISCELLANEOUS

SUGARED POPCORN - Phyllis

Boil - 10 Minutes

3 tbsp margarine

1/8 c water

1 1/2 c brown sugar

Popcorn (approx. 12 c)

1. Melt margarine in pan.
2. Add brown sugar and water.
3. Boil 10 minutes and pour over popcorn. Stir to coat.

* * *

CARAMEL POPCORN - Lorna

300° - Candy Thermometer

1 c white sugar

1/2 c margarine

1/3 c brown sugar

1/2 c butter

1 tsp vinegar

1 tbsp corn syrup

1/4 c water

dash salt

4-5 quarts freshly popped popcorn

1. In heavy saucepan boil to hard crack stage (280 - 300° on candy thermometer) the first 7 ingredients.
2. Remove from heat and beat in 1 tsp vanilla.
3. Pour in a thin stream on popcorn, while stirring quickly to coat all popcorn.
4. Tastes like Cracker Jack or Poppycock.

* * *

CHOCOLATE CHIP ICE CREAM SANDWICHES - Karen

- Homemade chocolate chip cookies
- Ice cream

1. When making the chocolate chip cookies, drop by tablespoon and press down, shaping into circles.
2. Completely cool cookies.
3. Soften ice cream and spoon on the bottom side of cookie, placing another cookie on top. (bottom side down)
4. Wrap individually in saran wrap and keep in freezer for the kids on hot days.

* * *

1 lb large pecan halves	$\frac{1}{4}$ tsp salt
1 egg white	$\frac{1}{2}$ tsp cinnamon
1 tsp cold water	a sprinkle of ground nutmeg
$\frac{1}{2}$ c sugar	

1. Beat egg white and water until frothy.
2. Add pecans and mix until well coated.
3. Combine sugar, salt, cinnamon and nutmeg. Add to the pecan mixture.
4. Bake 1 hour at 225° on buttered cookie sheet, and be sure to stir mixture every 15 minutes.

* * *

BACON & CHEDDAR MUNCHIES - Melba 400° - 12 minutes
(no longer)

```

1 c grated cheddar cheese    pinch cayenne
1/2 c flour                  1/4 c margarine
1/2 tsp paprika              1/2 c rice krispies
1/4 tsp dry mustard          6 slices bacon (crisp & crumbled)

```

1. Mix cheese, flour and seasonings.
2. Add margarine and mix by hand.
3. Work in cereal and bacon.
4. Roll into 1" balls and place on ungreased cookie sheet.
5. Bake.

* * *

APPETIZER STUFFED FRENCH LOAF - Fran

Refridgerate 3-4 hours
before serving

- | | |
|------------------------------|--------------------------------------|
| 1 long thin French Stick | $\frac{1}{4}$ c sliced radish |
| 2 large pkgs. cream cheese | $\frac{1}{4}$ c watercress (parsley) |
| $\frac{1}{2}$ lb. liverwurst | $\frac{1}{4}$ c chopped onion |
| $\frac{1}{4}$ c beer | 1 tbsp dry mustard |

1. Cut french stick into 3's and pull centre out to form a tube (hollow-diameter about $1\frac{1}{2}$ ") for the filling.
Toast bread crumbs-this is to be added to the cheese mixture.
2. Soften the cream cheese and liverwurst.
3. Add $\frac{1}{4}$ c beer, radishes, watercress, chopped onions and dry mustard.
4. Stir in toasted bread crumbs.
5. Stuff centre of french stick with this mixture and wrap tightly in saran.
6. Refridgerate 3-4 hours before serving. Slice 1" thick and serve.

This is different and always a hit!

* * *

STUFFED MUSHROOM CAPS - Karen

350° - 18 to 20 minutes

- | | |
|----------------------------------|-------------------------------|
| 1 lb mushrooms (approx. 24) | 2 tsp finely chopped celery |
| 1 can (6 Oz.) crab meat | 1 tsp finely chopped onion |
| 1 egg - well beaten | salt and pepper |
| $\frac{1}{4}$ c fine breadcrumbs | $\frac{1}{4}$ c melted butter |
| $\frac{1}{4}$ c clamato juice | 2 tsp finely chopped parsley |
| 1 tsp lemon juice | crumbled bacon |
| dash Worcestire Sauce | $\frac{1}{2}$ c bread crumbs |

1. Wash mushrooms, dry thoroughly. Remove stems for other use.
2. In a bowl thoroughly combine crabmeat, egg, $\frac{1}{4}$ c fine breadcrumbs, clamato juice, lemon juice, celery, onion and Worcestire Sauce. Season with salt and pepper to taste.
3. Fill mushroom caps with this mixture.
4. Toss together $\frac{1}{2}$ c breadcrumbs, melted butter, parsley and bacon. Sprinkle this mixture over mushroom caps.
5. Place caps on baking sheet and bake 350° for 18-20 minutes.

* * *

MEAT PATÉ - Karen

Refridgerate at least 1 hour.

- | | |
|----------------------------------|---------------|
| 1-2 green onions, finely chopped | 1/3 lb butter |
| | 1 tbsp cream |
- 1 pkg German spread sausage
(preferably BRAUNSEHWEIGER or LIVERWURST)
1. Mix butter and cream together.
 2. Mix meat and onions together.
 3. Combine butter mixture and meat mixture. Mix well.
(This blends best when mixed with your hands)
 4. Shape into a ball and wrap in saran or handiwrap.
Refridgerate at least 1 hour.
 5. Remove from fridge about $\frac{1}{2}$ hour before serving and
let stand at room temperature.

* * *

ANTIPASTA - Beryl

Boil 10 minutes. Stand 5 minutes.

- | | |
|---------------------------|------------------------------|
| 2 cans green beans | 2 cans black olives (pitted) |
| 2 lbs cauliflower | 1 can green olives (pitted) |
| 2 jars pickled onions | 4 cans mushrooms |
| (drained and soaked in | 4 cans tuna |
| cold water) | 1 gallon ketchup |
| 1 32 oz. jar dill pickles | $1\frac{1}{2}$ c mazola oil |
| 2 lbs red peppers | $1\frac{1}{2}$ c vinegar |
| 2 lbs green peppers | |

1. Finely chop all ingredients.
2. Mix all ingrediants together except tuna and olives.
3. Boil for 10 minutes.
4. Add other ingrediants and let stand 5 minutes.
5. Put into jars. Makes 24 pints.

* * *

NACHOS - Corinne

350°
15-20 Minutes

1lb bag of dorritos or corn chips
1lb cheese (cheddar or colby)
Picante sauce or hot taco sauce

1 avocado
2 tomatoes
1 can of bean dip

1. Spread chips on a cookie sheet. Grate cheese and spread over chips.
2. Cut tomatoes into small cubes and spread over mixture, then mash up avocado and also place it on the mixture along with the bean dip.
3. Spoon on as much Picante sauce as desired and Bake until cheese is melted.

* * *

4 LARGE CHEESE BALLS - Lorna

1 c butter
2 or 3 cloves garlic (crushed)
1 dash tabasco or hot pepper sauce
8 oz. cream cheese
7½ oz. sharp cheddar cheese

1¼ oz. blue cheese
6 oz. canadian cheese slices
6 oz. nippy strong cheese slices
1 tsp. pimento (optional)
3 tbsp. cream

1. In 2qt. saucepan, melt cheeses, butter, garlic, etc over low heat while stirring constantly.
2. Remove from heat and cool until slightly hard. Beat with rotary beaters until smooth after adding cream.
3. Shape into four balls and roll in chopped nuts or garnish with parsley for serving with crackers, etc. Cheeseballs may be frozen and thawed a couple hours before needed.

* * *

MUSTARD SAUCE - Melba

2 eggs
1/3 c sugar
¼ c butter

¼ c mustard
½ c vinegar

1. In double boiler mix sugar and mustard. Add eggs and vinegar, beat well. Add butter and cook, stirring often. If too thick add a little water.
2. Place the top of the double boiler on the burner and stir constantly. This will keep for a long time.

* * *

ORANGE GLAZE FOR HAM - Cally

$\frac{1}{2}$ c brown sugar	2 tbsp. corn starch (heaping)
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{2}$ c orange juice (pre-mixed)

1. Combine first three ingredients with $\frac{1}{2}$ to $\frac{3}{4}$ cups of mixed orange juice.
2. Cook ham for $1\frac{1}{2}$ hours, drain off fat. Start basting once the fat is drained off. Pour some of the marinade over the ham at 20 minute intervals until all the marinade is used up. During the baking process, baste the ham with the marinade from the bottom of the pan.

* * *

SWEET & SOUR SAUCE - Lorna

$\frac{1}{4}$ c brown sugar	$\frac{3}{4}$ tsp. chili powder
3 tbsp. cornstarch	1 clove garlic (crushed)
$\frac{1}{4}$ tsp dry mustard	5 tbsp. vinegar
$\frac{1}{8}$ tsp. ginger	1 c tomato juice
1 tsp. salt	1 c water

1. Mix brown sugar, cornstarch and seasonings. Add liquids and well crushed garlic. Simmer 10 minutes until thickened, stirring constantly.

*Hint - works well for sauce on county style pork ribs. Brown pork, place in large casserole or roaster, pour sauce over and bake covered in 325° oven approximately 1 hour.

* * *

ORANGE SAUCE FOR FRUIT - Karen

250 g pkg. cream cheese (8 oz.)	2 tbsp. sugar
$\frac{1}{2}$ c orange juice (pre-mixed)	1 tsp. grated orange rind

1. Combine ingredients and use for dip for fruit or over pound cake.

* * *

SALAMI - Karen

225° - 3 Hours

6 lbs lean ground beef	2 tsp. pepper
$\frac{1}{2}$ c quick cure salt	1 tsp. garlic powder
3 tbsp. liquid smoke	

1. Mix thoroughly for about 5 minutes by hand. Cover and put in fridge for 24 hours.
2. Roll into tight rolls and put on broiler pan rack. When finished baking, cool and wrap in tin foil and freeze.

* * *

SLUSH - Lorna

2 large pkg. jello (raspberry)	2 tsp. almond extract
4 c sugar	8 qts. gingerale or 7-up
10 c water	
4 qts. pineapple juice	
2 c freshly squeezed lemon juice	

1. Bring jello and sugar and water to boil. Remove from heat and add 10 cups cold water, pineapple juice, lemon juice and almond extract.
2. Freeze in coffee cans which have been lined with plastic bags. Remove before completely frozen. 2 hours before serving, place in a punch bowl and break up a little. Add mixer

* * *

CRABMEAT DIP - Karen

1 can drained crabmeat	pepper to taste
$\frac{1}{2}$ c mayonnaise	garlic salt or powder to taste
2 tbsp catsup or chili sauce	$\frac{1}{2}$ tsp. horseradish
3 tbsp. lemon juice	

1. Combine all ingredients and mix well.

* * *

VEGETABLE DIP - Karen

1 c mayonnaise	1 tsp. onion salt
1 tsp. curry powder	1 tsp. angastura (spice)
1 tsp. mustard (not dry)	$\frac{1}{2}$ tsp. paprika

1. Combine all ingredients and mix well.

* * *

ICICLE PICKLES - Karen

6 medium cukes, peeled	3 onions, thinly sliced
1 green pepper cut in strips	2 c granulated sugar
1 red pepper cut in strips	2 tsp celery seed
$\frac{1}{2}$ c course pickling salt	2 tsp mustard seed
2 c vinegar	$\frac{1}{2}$ tsp tumeric

1. Cut cukes into long strips, removing most of seeds. Combine in large bowl with onions, peppers and salt. Soak in ice water for 3 hours, adding more ice as it melts. Drain well.
2. In large saucepan combine remaining ingredients. Bring to a boil and simmer 5 minutes. Add vegetables and return to boil.
3. Pack into hot sterilized jars, covering vegetables with liquid. Seal. YIELD: 3 pints

HELPFULL
HINTS

HELPFUL HINTS

1. To make a MERINGUE fuller, add $\frac{1}{4}$ tsp. of baking soda for each three egg whites.
2. A CAKE is easier to ICE if you freeze it first, icing it while it's frozen.
3. To keep BEETS red, cook them whole with two inches of stem. A little vinegar added to the cooking water will prevent them from fading.
4. PEACHES ripen quickly if you put them in a box and cover with newspaper (it seals the gases).
5. Dental floss is good for TRUSSING TURKEY.
6. When cooking TURNIP don't add salt. This will prevent turnips from being strong and will remain sweet.
7. Spray some Pam on your TIN FOIL before you place your vegetables on the foil to B-B-Q. This will prevent burnt vegetables.
8. HAIR BRUSHES and COMBS can be disinfected by soaking them in your bathroom sink with hot tap water and one half cup of ammonia.
9. KITCHEN CUPBOARDS and CUTTING BOARDS should be washed down weekly with hot tap water and $\frac{1}{2}$ cup bleach to prevent bacteria build up.
10. CANDLE WAX drippings on carpets or table clothes can be removed by placing a brown paper bag over the spot and lightly running a hot iron over it.
11. If your DISHES are coming out of the dishwasher with SPOTS, add a few tablespoons of vinegar in the bottom of the dishwasher before turning it on.
12. For an excellent WINDOW WASHING solution, add $\frac{1}{2}$ cup of ammonia, $\frac{1}{2}$ cup of vinegar and 2 tbsp. of cornstarch to a bucket of warm water.
13. Throw a few mothballs in the GARBAGE CAN to neutralize odors and keep out insects.
14. To keep your neighborhood animals away from your GARBAGE CANS, spray a solution of $\frac{1}{2}$ cup ammonia and water around the cans. This solution can be kept in a spray bottle and lasts a long time.

HELPFUL HINTS (Con't)

15. To save money, SOFT SOAP can be made by grating one large bar of Dove and combining $2\frac{1}{2}$ cups water in a large bowl. Cook this mixture in the microwave, stirring at 2 minute intervals. Once the mixture is creamy, it's done. This can be stored in a glass jar indefinitely.
16. To REMOVE STAINS from upholstery, carpets and clothes, spot with Club Soda and rub well. The spot will disappear. Great for grape pop stains.
17. When HANGING PICTURES in your CHILD'S ROOM hang them at their eye level. Can you imagine looking way up to look at your pictures.
18. When you remove the LID off your TUPPERWARE crisper, don't wipe off the moisture from the lid. This has been absorbed from the vegetables and continuous removal will result in your vegetables drying out.
19. Once a month WATER your PLANTS using a solution of 1 tsp gelatin, $\frac{1}{3}$ c hot water - mix well and add 1 c cold water. Prepare only as much as you plan on using at one time (you can easily double or triple the recipe). Use this as a part of your normal watering pattern to provide continuous nourishment to your plants between applications.

2012-Michell

Magic Cookie Bars "Yummy"

A Recipe For:

Ingredients:

- 1/2 c Butter or Margarine - melted
- 1 cup graham cracker crumbs
- 6 oz chocolate chips
- 6 oz Butterscotch chips
- 1 c coconut
- 1 c chopped walnuts
- 1 can sweetened Condensed milk

Bake @ 350° for 30 min.

Layer from top to bottom of recipe in 8x8 pan.